

SEPTEMBER 2023 HANDICAP

Monday 28th August

Officials: Liz Airnes, Tony Airnes & Tony Croft

| Pos | Name | Start Time | Finish Time | H'Cap Time | PB | Date |
|-----|----------------------|------------|-------------|------------|-------|--------|
| 1 | Andy Slater | 00:02:00 | 29:28 | 27:28 | PB | |
| 2 | Andy Hall | 00:03:00 | 30:25 | 27:25 | 26.49 | Jul-22 |
| 3 | Michael Osinski-Gray | 00:10:00 | 30:27 | 20:27 | 20.14 | May-23 |
| 4 | Josh Smith | 00:10:00 | 30:55 | 20:55 | PB | |
| 5 | Steve Wilson | 00:07:30 | 30:56 | 23:26 | PB | |
| 6 | Rachael Slater | 00:02:00 | 31:25 | 29:25 | PB | |
| 7 | Jack Wilson | 00:09:00 | 31:47 | 22:47 | 22.18 | Jun-23 |
| 8 | Nick Hume | 00:03:00 | 31:57 | 28:57 | 18.37 | Feb-88 |
| 9 | Anthony Blight | 00:02:00 | 32:03 | 30:03 | 24.55 | May-02 |
| 10 | Tony Terras | 00:07:00 | 32:30 | 25:30 | 23.33 | Nov-16 |
| 11 | Paul Eaton | 00:07:30 | 32:42 | 25:12 | 24.23 | Oct-21 |
| 12 | Peter Gibson | 00:00:00 | 32:59 | 32:59 | 25.35 | Dec-11 |
| 13 | Luke Helmn | 00:06:00 | 37:15 | 31:15 | 25.51 | Aug-23 |

Many thanks to all who supported the Handicap tonight, especially Liz, Tony A & Tony C, and a good evening for racing saw 4 PBs. The Slater family went home with honours even as both Andy and Rachel set very good PBs, as did Josh and Steve. Good to see two athletes under 21 minutes. We wish Andy all the best for his Hernia operation tomorrow and a speedy recovery. Hopefully Luke and Tony C will recover from their injuries ready for the October Handicap.

Despite dire predictions that the world would end at 19.00 due to the Handicap moving days this did not occur and a few runners thought they saw the Rev wearing sack cloth and ashes in one of the fields adjacent to the Lanes!

Next Handicap will be Wednesday 4th October at 18.15

HANDICAP RECORDS

| Category | Name | Time | Date |
|-------------|-------------------|-------|--------|
| Open Men | CARL KING | 18.16 | Jun-98 |
| M40 | PHIL LEYBOURNE | 19.17 | Jun-11 |
| M45 | JOHN HOUGHTON | 19.36 | Oct-02 |
| M50 | TONY CROFT | 20.04 | Apr-00 |
| M55 | STUART CALDERBANK | 21.14 | Mar-02 |
| M60 | GRAHAM DAVIES | 23.49 | Apr-17 |
| M65 | GRAHAM DAVIES | 25.21 | May-22 |
| M70 | JOHN WINTERS | 26.25 | Sep-05 |
| M75 | MIKE WALSH | 28.07 | Jun-07 |
| Open Ladies | SHARON ASTLEY | 20.49 | Jul-86 |
| F35 | CAROLINE BETMEAD | 21.47 | Jun-07 |
| F40 | CHRISSIE O'CONNOR | 23.27 | May-04 |
| F45 | CAROLINE BETMEAD | 23.07 | Jun-21 |
| F50 | CAROLINE BETMEAD | 24.05 | Dec-21 |
| F55 | BEV WRIGHT | 24.46 | Mar-17 |
| F60 | MARGARET BROWN | 29.07 | Nov-06 |
| F65 | MARGARET BROWN | 30.44 | Sep-08 |