

## OCTOBER 2023 HANDICAP

Wednesday 4th October

Officials: Liz Airnes, Tony Airnes & Malc Beech

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Michael Osinski-Gray	00:10:30	31:44	21:14	20.14	May-23
2	Steve Wilson	00:09:00	32:24	23:24	PB	
3	Ian Dawson	00:08:00	32:50	24:50	21.43	Jul-15
4	Andy Slater	00:05:00	33:06	28:06	27.28	Sep-23
5	Rachael Slater	00:03:00	33:29	30:29	29.25	Sep-23
6	Steve Dunn	00:08:00	33:35	25:35	23.21	May-21
7	Graham Davies	00:08:00	33:45	25:45	19.39	Mar-00
8	Scott Ross	00:09:00	34:01	25:01	23.23	Apr-23
9	Nick Hume	00:07:00	34:14	27:14	18.37	Feb-88
10	Jonathon Sanderson	00:11:00	34:16	23:16	PB	
11	Basia Pawelczak	00:05:30	34:22	28:52	27.03	Jun-19
12	Anthony Blight	00:05:00	34:34	29:34	24.55	May-02
13	Nicola Unsworth	00:07:00	35:06	28:06	24.53	Apr-18
14	Peter Bradburn	00:07:00	35:45	28:45	DR	
15	Karen Dunford	00:05:00	35:59	30:59	26.44	May-06
16	Natasha Armstead	00:05:30	35:59	30:29	26.5	May-21
17	Paul Eaton	00:10:30	36:51	26:21	24.23	Oct-21
18	Phil Lakeland	00:05:00	46:44	41:44	29.44	Jun-17
19	Tony Croft	00:00:00	DNF		19.33	Jun-87

It was good to see so many runners out for the last of the summer Handicaps and non more so than those who had completed the 30 mile Ultra on Saturday and who surprisingly didn't seem that much affected by those effort with Steve Wilson managing a PB! Also surprising himself was Jonathon Sanderson with quite a significant PB. Peter Bradburn made his long awaited debut and now has something to aim for. Once again thanks go to Liz & Tony Airnes along with Malc Beech for turning out to officiate for us.

One reminder is not to park on New Lane if at all possible, apart from the officials, as the owner of the caravan site did request cars to keep off the grass verges. Use Arndel Drive or the other side of the crossing and jog to the start.

**Next Handicap will be Sunday 5th November at 10.00**

**HANDICAP RECORDS**

<b>Category</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
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