

Club Handicap Results – Final results after 5 races, August 2023

Handicap Scores by Month						
Name	Apr	May	Jun	Jul	Aug	Best 3
James Nelson	0	13	20	5	0	38
Michelle Morgan	1	17	1	17	1	35
Chris Boden	1	19	15	0	1	35
Mark Chapman	17	15	3	1	0	35
Elizabeth Freeth	0	1	17	14	3	34
Sarah Anne Fitzsimmons	14	0	1	1	19	34
Barbara Johnson	4	16	0	11	6	33
Chris Sprules	19	0	1	12	1	32
Matthew Emery	0	1	19	0	12	32
Toby Oury	15	6	10	0	5	31
Nicky Jones	9	8	14	1	1	31
Tammy Partridge Smith	20	1	2	2	8	30
Michael Mason	11	0	18	0	1	30
Rebecca Grimshaw	0	0	0	20	9	29
Josh Porter	0	0	0	13	16	29
Roxy Babla	3	1	5	9	14	28
Sally Gordon	2	1	16	8	1	26
Claire Crook	5	20	1	1	1	26
Colin Nicholls	18	1	6	1	1	25
Simon Hudson	0	0	1	15	7	23
Harshad Patel	0	1	4	1	18	23
Lucy Baker	0	10	12	0	0	22
Becky Steele	0	0	1	19	1	21
Lucy Anne Farrington	0	11	9	0	0	20
Sarah Bishop	0	18	0	1	1	20
Rachel Antoine	0	0	0	0	20	20
Pete Waterhouse	0	1	0	18	0	19
Helen Hirst	0	1	13	4	0	18
Shelly Nicholls	1	1	1	7	10	18
Ryan Noon	0	1	0	0	17	18
Mike Donoghue	7	0	1	10	1	18
Louise Booker	17	0	0	0	0	17
Graeme Cook	0	0	0	16	1	17
Abby Wright	12	1	1	3	1	16
Emma Williams	13	1	1	1	0	15
Martin Wall	1	14	0	0	0	15
Victoria O'Connor	0	1	1	1	13	15
Lawrence Hewitt	0	0	0	0	15	15
Kara Nicholls	1	12	1	0	1	14

Handicap Scores by Month						
Name	Apr	May	Jun	Jul	Aug	Best 3
George Brizell	0	0	11	1	2	14
Mark Johnson	11	0	1	0	1	13
Luke White	0	1	1	0	11	13
Anne Kelsall	0	5	1	6	1	12
Carl Nicholls	8	3	0	0	1	12
Sue Davis	0	1	8	1	0	10
Stephen Marshall	0	9	0	1	0	10
Mike Morley	1	7	1	1	1	9
Wendy Sargeant	1	4	0	1	4	9
Pete Dimbleby	0	0	7	1	0	8
Nic Baker	6	0	0	0	0	6
Steve Hammond	0	2	1	1	0	4
Geoff Card	1	1	1	1	0	3
Gemma Archer	1	1	1	1	0	3
Terry Hastings	1	1	1	0	0	3
Andrew Fisher	1	0	1	0	0	2
Kat Stevenson	0	1	0	1	0	2
Leigh Sprules	0	0	0	1	1	2
Melissa Brizell	0	0	1	0	1	2
Nichola James	0	0	0	1	0	1
Rachel Anne Jones	0	0	0	1	0	1
David Roberts	1	0	0	0	0	1
Dan Williams	0	0	1	0	0	1
Lee Harris	0	0	1	0	0	1
Daniel Day	0	1	0	0	0	1
Scott Davies	0	1	0	0	0	1
Emma Gerrard	0	1	0	0	0	1
Nicholas Beach	0	1	0	0	0	1
Cathryn Jones	0	1	0	0	0	1
Emily Grimwade	1	0	0	0	0	1
Ian Jennings	1	0	0	0	0	1
Karen Waple	1	0	0	0	0	1
Jodie Davies	1	0	0	0	0	1
Simon Brown	0	0	0	0	1	1
Catherine Burke	0	0	0	0	1	1
Tia Mason	0	0	0	0	1	1
Kay McHugh	0	0	0	0	1	1
Helen ?	0	0	0	0	1	1
Tim Farmer	0	0	0	0	1	1

Club Handicap Results – August 2023

Handicap Adjusted Times					Actual Times			
Position	Name	Min	Sec	Points	Position	Name	Min	Sec
1	Rachel Antoine	38	11	20	1	Toby Oury	16	20
2	Sarah Anne Fitzsimmons	38	16	19	2	Ryan Noon	19	16
3	Harshad Patel	39	22	18	3	George Brizell	19	27
4	Ryan Noon	39	46	17	4	Mike Morley	19	32
5	Josh Porter	40	26	16	5	Luke White	19	34
6	Lawrence Hewitt	40	40	15	6	Harshad Patel	20	22
7	Roxy Babla	40	43	14	7	Michael Mason	21	45
8	Victoria O'Connor	40	49	13	8	Carl Nicholls	22	43
9	Matthew Emery	40	57	12	9	Colin Nicholls	23	12
10	Luke White	41	4	11	10	Claire Crook	23	41
11	Shelly Nicholls	41	5	10	11	Nicky Jones	24	0
12	Rebecca Grimshaw	41	11	9	12	Graeme Cook	24	1
13	Tammy Partridge Smith	41	12	8	13	Chris Sprules	24	9
14	Simon Hudson	41	17	7	14	Josh Porter	24	56
15	Barbara Johnson	41	18	6	15	Simon Hudson	25	47
16	Toby Oury	41	20	5	16	Matthew Emery	25	57
17	Wendy Sargeant	41	24	4	17	Anne Kelsall	26	1
18	Elizabeth Freeth	41	26	3	18	Roxy Babla	26	13
19	George Brizell	41	27	2	19	Kara Nicholls	26	43
20	Leigh Sprules	41	28	1	20	Wendy Sargeant	26	54
21	Anne Kelsall	41	31	1	21	Elizabeth Freeth	26	56
22	Mike Morley	41	32	1	22	Leigh Sprules	26	58
23	Chris Sprules	41	39	1	23	Shelly Nicholls	27	5
24	Colin Nicholls	41	42	1	24	Mike Donoghue	27	12
25	Michael Mason	41	45	1	25	Lawrence Hewitt	27	40
26	Simon Brown	41	51	1	26	Rebecca Grimshaw	27	41
27	Catherine Burke	41	53	1	27	Simon Brown	27	51
28	Tia Mason	41	55	1	28	Chris Boden	28	7
29	Melissa Brizell	41	56	1	29	Barbara Johnson	28	18
30	Nicky Jones	42	0	1	30	Sally Gordon	28	40
31	Graeme Cook	42	1	1	31	Abby Wright	28	47
32	Sally Gordon	42	10	1	32	Tammy Partridge Smith	29	12
33	Claire Crook	42	11	1	33	Catherine Burke	29	53
34	Mike Donoghue	42	12	1	34	Victoria O'Connor	30	19
35	Kara Nicholls	42	13	1	35	Melissa Brizell	31	26
36	Abby Wright	42	17	1	36	Tia Mason	32	25
37	Sarah Bishop	42	24	1	37	Becky Steele	32	37
38	Mark Johnson	42	26	1	38	Kay McHugh	32	37
39	Becky Steele	42	37	1	39	Sarah Bishop	32	54
40	Kay McHugh	42	37	1	40	Mark Johnson	32	56
41	Carl Nicholls	42	43	1	41	Rachel Antoine	36	11
42	Chris Boden	43	7	1	42	Michelle Morgan	36	15
43	Michelle Morgan	43	15	1	43	Sarah Anne Fitzsimmons	36	16
44	Helen ?	43	28	1	44	Helen ?	38	28
45	Tim Farmer	43	29	1	45	Tim Farmer	38	29
74	-	-	-	1	74	-	-	-

Club Handicap Results –July 2023

Handicap Adjusted Times					Actual Times			
Position	Name	Min	Sec	Points	Position	Name	Min	Sec
1	Rebecca Grimshaw	38	37	20	1	Mike Morley	19	12
2	Becky Steele	39	0	19	2	Stephen Marshall	19	16
3	Pete Waterhouse	39	31	18	3	George Brizell	19	35
4	Michelle Morgan	39	40	17	4	Pete Dimpleby	20	39
5	Jenni Tomkinson	39	44	-	5	Steve Hammond	21	27
6	Graeme Cook	40	46	16	6	Harshad Patel	22	29
7	Simon Hudson	40	54	15	7	Graeme Cook	23	16
8	Elizabeth Freeth	41	0	14	8	James Nelson	23	25
9	Josh Porter	41	7	13	9	Colin Nicholls	23	26
10	Chris Sprules	41	9	12	10	Nicky Jones	23	54
11	Barbara Johnson	41	10	11	11	Chris Sprules	24	9
12	Mike Donoghue	41	18	10	12	Simon Hudson	25	54
13	Roxy Babla	41	19	9	13	Anne Kelsall	25	54
14	Sally Gordon	41	21	8	14	Josh Porter	26	7
15	Shelly Nicholls	41	22	7	15	Mike Donoghue	26	18
16	Anne Kelsall	41	24	6	16	Emma Williams	26	30
17	James Nelson	41	25	5	17	Roxy Babla	26	49
18	Helen Hirst	41	27	4	18	Claire Crook	26	57
19	Abby Wright	41	28	3	19	Rachel Anne Jones	26	57
20	Tammy Partridge Smith	41	36	2	20	Elizabeth Freeth	27	0
21	Wendy Sargeant	41	37	1	21	Wendy Sargeant	27	7
22	Geoff Card	41	38	1	22	Leigh Sprules	27	9
23	Leigh Sprules	41	39	1	23	Shelly Nicholls	27	22
24	Stephen Marshall	41	46	1	24	Geoff Card	27	38
25	Nicky Jones	41	54	1	25	Sally Gordon	27	51
26	Sue Davis	41	55	1	26	Abby Wright	27	58
27	Colin Nicholls	41	56	1	27	Rebecca Grimshaw	28	37
28	Steve Hammond	41	57	1	28	Barbara Johnson	28	40
29	Nichola James	42	3	1	29	Tammy Partridge Smith	29	36
30	George Brizell	42	5	1	30	Mark Chapman	30	36
31	Mike Morley	42	12	1	31	Gemma Archer	31	12
32	Emma Williams	42	30	1	32	Victoria O'Connor	31	13
33	Mark Chapman	42	36	1	33	Becky Steele	31	30
34	Gemma Archer	42	42	1	34	Sarah Bishop	32	21
35	Victoria O'Connor	42	43	1	35	Helen Hirst	32	27
36	Sarah Bishop	42	51	1	36	Jenni Tomkinson	33	14
37	Pete Dimpleby	43	9	1	37	Nichola James	34	3
38	Sarah Anne Fitzsimmons	43	15	1	38	Kat Stevenson	34	35
39	Rachel Antoine	43	15	-	39	Michelle Morgan	34	40
40	Harshad Patel	43	29	1	40	Pete Waterhouse	35	31
41	Kat Stevenson	43	35	1	41	Sue Davis	36	25
42	Claire Crook	45	27	1	42	Sarah Anne Fitzsimmons	39	45
43	Rachel Anne Jones	45	27	1	43	Rachel Antoine	39	45

Club Handicap Results –June 2023

Handicap Adjusted Times					Actual Times			
Position	Name	Min	Sec	Points	Position	Name	Min	Sec
1	James Nelson	38	52	20	1	Dan Williams	18	3
2	Matthew Emery	39	23	19	2	Mike Morley	18	42
3	Michael Mason	39	43	18	3	George Brizell	19	18
4	Elizabeth Freeth	39	46	17	4	Toby Oury	19	19
5	Sally Gordon	40	12	16	5	Pete Dimbleby	19	22
6	Chris Boden	40	13	15	6	Luke White	19	41
7	Nicky Jones	40	24	14	7	Lee Harris	19	44
8	Helen Hirst	40	36	13	8	Matthew Emery	19	53
9	Lucy Baker	40	45	12	9	Harshad Patel	20	30
10	George Brizell	40	48	11	10	Steve Hammond	21	21
11	Toby Oury	40	49	10	11	Michael Mason	21	43
12	Lucy Anne Farrington	40	50	9	12	Claire Crook	23	20
13	Sue Davis	40	51	8	13	Colin Nicholls	23	24
14	Pete Dimbleby	40	52	7	14	James Nelson	23	52
15	Colin Nicholls	40	54	6	15	Nicky Jones	23	54
16	Roxy Babla	40	56	5	16	David Roberts	24	34
17	Harshad Patel	41	0	4	17	Chris Sprules	24	53
18	Mark Chapman	41	5	3	18	Emma Williams	25	28
19	Laura Kirwan	41	6	2	19	Laura Kirwan	25	36
20	Tammy Partridge Smith	41	9	1	20	Lucy Anne Farrington	25	50
21	Geoff Card	41	16	1	21	Anne Kelsall	25	59
22	Gemma Archer	41	17	1	22	Kara Nicholls	26	13
23	Victoria O'Connor	41	20	1	23	Simon Hudson	26	36
24	Steve Hammond	41	21	1	24	Chris Boden	26	43
25	Michelle Morgan	41	23	1	25	Mike Donoghue	26	45
26	Terry Hastings	41	25	1	26	Roxy Babla	27	26
27	Anne Kelsall	41	29	1	27	Andrew Fisher	27	34
28	Simon Hudson	41	36	1	28	Shelly Nicholls	27	38
29	Shelly Nicholls	41	38	1	29	Geoff Card	27	46
30	Mike Morley	41	42	1	30	Elizabeth Freeth	27	46
31	Kara Nicholls	41	43	1	31	Abby Wright	28	12
32	Mike Donoghue	41	45	1	32	Sally Gordon	28	12
33	Mark Johnson	41	48	1	33	Mark Chapman	29	35
34	Chris Sprules	41	53	1	34	Tammy Partridge Smith	29	39
35	Emma Williams	41	58	1	35	Gemma Archer	30	17
36	Abby Wright	42	12	1	36	Victoria O'Connor	30	20
37	Jenni Tomkinson	42	19	1	37	Lucy Baker	30	45
38	Claire Crook	42	20	1	38	Melissa Brizell	31	21
39	Melissa Brizell	42	21	1	39	Terry Hastings	31	55
40	Dan Williams	42	33	1	40	Mark Johnson	32	18
41	Luke White	42	41	1	41	Helen Hirst	32	36
42	Lee Harris	42	44	1	42	Jenni Tomkinson	35	19
43	Andrew Fisher	43	34	1	43	Sue Davis	35	51
44	David Roberts	44	34	1	44	Michelle Morgan	36	23
45	Sarah Anne Fitzsimmons	44	45	1	45	Sarah Anne Fitzsimmons	38	15

Club Handicap Results - May 2023

Handicap Adjusted Times				
Position	Name	Min	Sec	Points
1	Claire Crook	39	24	20
2	Sarah Bishop	40	6	19
3	Michelle Morgan	40	11	18
4	Barbara Johnson	40	13	17
5	Mark Chapman	40	41	16
6	Martin Wall	40	43	15
7	James Nelson	40	46	14
8	Kara Nicholls	40	57	13
9	Lucy Anne Farrington	40	58	12
10	Lucy Baker	41	1	11
11	Stephen Marshall	41	7	10
12	Nicky Jones	41	10	9
13	Mike Morley	41	11	8
14	Toby Oury	41	24	7
15	Anne Kelsall	41	26	6
16	Wendy Sargeant	41	27	5
17	Carl Nicholls	41	35	4
18	Steve Hammond	41	42	3
19	Geoff Card	41	45	2
20	Daniel Day	41	47	1
21	Scott Davies	41	51	1
22	Victoria O'Connor	41	56	1
23	Abby Wright	41	57	1
24	Emma Williams	42	6	1
25	Gemma Archer	42	8	1
26	Emma Gerrard	42	8	1
27	Luke White	42	12	1
28	Kat Stevenson	42	21	1
29	Colin Nicholls	42	22	1
30	Nicholas Beach	42	25	1
31	Sally Gordon	42	33	1
32	Tammy Partridge Smith	42	34	1
33	Helen Hirst	42	40	1
34	Terry Hastings	42	45	1
35	Shelly Nicholls	42	51	1
36	Pete Waterhouse	42	59	1
37	Matthew Emery	43	0	1
38	Harshad Patel	43	1	1
39	Sue Davis	43	6	1
40	Ryan Noon	43	7	1
41	Cathryn Jones	43	13	1
42	Roxy Babla	43	18	1
43	Chris Boden	43	22	1
44	Elizabeth Freeth	43	50	1

Actual Times			
Position	Name	Min	Sec
1	Toby Oury	16	24
2	Mike Morley	18	11
3	Luke White	18	42
4	Daniel Day	19	17
5	Stephen Marshall	19	37
6	Scott Davies	20	21
7	Nicholas Beach	20	55
8	Harshad Patel	21	1
9	Carl Nicholls	21	35
10	Ryan Noon	21	37
11	Steve Hammond	21	42
12	Martin Wall	21	43
13	Matthew Emery	22	0
14	Claire Crook	22	54
15	Colin Nicholls	24	22
16	Nicky Jones	25	10
17	Emma Williams	25	36
18	Anne Kelsall	25	56
19	Kara Nicholls	26	27
20	James Nelson	26	46
21	Wendy Sargeant	26	57
22	Lucy Anne Farrington	26	58
23	Shelly Nicholls	27	51
24	Abby Wright	27	57
25	Geoff Card	28	15
26	Roxy Babla	28	18
27	Chris Boden	28	22
28	Barbara Johnson	29	13
29	Elizabeth Freeth	29	50
30	Sally Gordon	30	3
31	Tammy Partridge Smith	30	4
32	Mark Chapman	30	11
33	Victoria O'Connor	30	56
34	Sarah Bishop	31	6
35	Gemma Archer	31	8
36	Lucy Baker	32	1
37	Terry Hastings	32	15
38	Kat Stevenson	32	51
39	Helen Hirst	33	40
40	Cathryn Jones	34	13
41	Michelle Morgan	36	41
42	Sue Davis	37	6
43	Pete Waterhouse	37	59
44	Emma Gerrard	42	8

The overall season winner will be calculated by adding together the points obtained from the **best three** races in the season. Trophies will be awarded to those in the top **three** places in this final table.

For rules and dates, please see the end of this document.

Club Handicap Results - April 2023

Handicap Adjusted Times						Actual Times			
Position	Name	Min	Sec	Points		Position	Name	Min	Sec
1	Tammy Partridge Smith	38	4	20		1	Toby Oury	17	0
2	Chris Sprules	38	7	19		2	Mike Morley	18	52
3	Colin Nicholls	38	8	18		3	Carl Nicholls	21	43
4	Mark Chapman	38	13	17		4	David Roberts	22	7
5	Louise Booker	38	13	17		5	Louise Booker	22	43
6	Toby Oury	38	15	15		6	Martin Wall	22	48
7	Sarah Anne Fitzsimmons	38	18	14		7	Michael Mason	23	34
8	Emma Williams	38	20	13		8	Colin Nicholls	23	38
9	Abby Wright	38	32	12		9	Ian Jennings	24	34
10	Michael Mason	38	34	11		10	Chris Sprules	24	37
11	Mark Johnson	38	34	11		11	Claire Crook	25	17
12	Nicky Jones	38	37	9		12	Emma Williams	25	20
13	Carl Nicholls	38	43	8		13	Nicky Jones	25	37
14	Chris Boden	38	44	7		14	Andrew Fisher	25	54
15	Nic Baker	38	45	6		15	Shelly Nicholls	26	44
16	Claire Crook	38	47	5		16	Chris Boden	26	44
17	Barbara Johnson	38	53	4		17	Roxy Babla	26	56
18	Roxy Babla	38	56	3		18	Kara Nicholls	27	9
19	Sally Gordon	38	57	2		19	Wendy Sargeant	27	15
20	Michelle Morgan	38	57	1		20	Abby Wright	27	32
21	Geoff Card	39	3	1		21	Geoff Card	28	33
22	Gemma Archer	39	7	1		22	Sally Gordon	29	27
23	Kara Nicholls	39	9	1		23	Tammy Partridge Smith	29	34
24	Shelly Nicholls	39	14	1		24	Gemma Archer	30	37
25	Wendy Sargeant	39	15	1		25	Mike Donohue	30	39
26	Emily Grimwade	39	17	1		26	Nic Baker	30	45
27	Andrew Fisher	39	24	1		27	Barbara Johnson	30	53
28	Ian Jennings	39	34	1		28	Mark Chapman	31	13
29	David Roberts	39	37	1		29	Terry Hastings	31	37
30	Mike Morley	39	37	1		30	Karen Waple	31	44
31	Terry Hastings	39	37	1		31	Mark Johnson	32	4
32	Mike Donohue	39	39	1		32	Emily Grimwade	33	17
33	Karen Waple	39	44	1		33	Sarah Anne Fitzsimmons	35	18
34	Martin Wall	40	18	1		34	Michelle Morgan	38	17
35	Jodie Davies	41	3	1		35	Jodie Davies	41	3

The overall season winner will be calculated by adding together the points obtained from the **best three** races in the season. Trophies will be awarded to those in the top **three** places in this final table.

Dates this season:

1. Tues 4th April
2. Tues 9th May (Ron's retro handicap followed by red/white/blue foodie social)
3. Tues 6th June
4. Tues 4th July
5. Tues 1st August

For rules, please see the end of this document.

Rules:

The handicap takes place on the 1st Tuesday of each month from April to August, with the exception of May, which for this year has been moved to the 2nd Tuesday to co-incide with national Coronation celebrations. Each event starts as soon as possible after 7pm.

Runners start at different times, according to their handicap, with slower runners starting first and faster runners later – this ensures that if all run to form we will all finish at the same time. Therefore those who finish first will have exceeded expectations and the first to come home is the winner, with points awarded from 20 (first place) down to 1 (20th and successive places). This means that anyone, no matter how fast or slow, has a chance of winning and all who complete a race gain at least one point.

Handicaps, and therefore starting positions, will change throughout the season, so if you are improving you will see your start time get later, whilst if you are struggling you will start earlier the next time.

To simplify timing it would help if participants could join the 'ARC 2022 Handicap group' Strava group – see Steve Blakemore if you have any difficulty here.

The overall season winner will be calculated by adding together the points obtained from the **best three** races and trophies will be awarded to the winner and to the members placed second and third.

Route: Right out of The Green, right into Noddy Park Road, right into Walsall Wood Road, right into Lazy Hill Road, left into Kingshayes Road, left into Greenwood Road, left into Northgate, left at the bottom back to the club - signs will be put out to ensure no-one can get lost. The route can be found on this [Strava segment](#).

If you have not done the handicap race before please contact Steve Blakemore at least **one week before** the race date so that he can calculate your start time. He will base your handicap time on your parkrun 5k time; if you haven't done a parkrun and wish to take part please let Steve know your 5k time.

We do encourage all club members to take part in the handicap. Not only is it fun but it is good to have a challenge once a month and there are trophies to be won (see above)! There will be no official runs organised on handicap evenings.