

Club Handicap – Overall Placings at August 2017

Position	Name	Points
1	LAURA KIRWAN	49
2=	ROBERT WISHART	39
2=	ZOE JAMES	39
2=	BARINDERJIT CHEEMA	39
5	TIM FARMER	38
6	SUE BAKER	36
7	ADRIAN WORRALL	34
8=	JACKIE WILKES	31
8=	LIAM HARROLD	31
8=	REBECCA GRIMSHAW	31
11=	PAUL O'CONNELL	30
11=	TOBY OURY	30
13	CAROL WATSON	28
14	GARY NEWMAN	27
15	LLOYD MARDENBOROUGH	19

Race 1 Results and Placings – April 2017

Position	Number	Name	Time	Points
1	128	PAUL SHOTTON	35:40	20
2	33	BARRY CHEEMA	35:40	19
3	123	SUE BAKER	34:25	18
4	125	ADAM HOLDER	44:44	17
5	132	MICHELLE JEFFREYS	43:44	16
6	117	PAUL O'CONNELL	31:35	15
7	122	GARY NEWMAN	30:34	14
8	105	JACKIE WILKES	34:30	13
9	69	NIGEL BULLOCK	28:18	12
10	45	CAROL WATSON	44:57	11
11	126	SAM JONES (GUEST)	34:57	
12	127	CHRIS JONES (GUEST)	34:57	
13	36	JOAN FEELY	34:14	8
14	39	PETE KELSALL	33:44	7
15	44	TOBY OURY	23:30	6
16	102	CLAIRE O'BRIEN	34:00	5
17	99	IAN MALSURY	32:30	4
18	120	JOHN PEARCE	28:30	3
19	18	LOUISE BOOKER	27:30	2
20	24	KAREN KITELEY	28:45	1

Race 2 Results and Placings – May 2017

Position	Number	Name	Time	Points
1	137	ROBERT WISHART	36.30	20
2	141	ZOE JAMES	40.50	19
3	80	LAURA KIRWAN	31.30	18
4	136	CLAIRE FOSTER	41.22	17
5	112	KERRIE TAYLOR	34.00	16
6	50	JO DULSON-COX	33.25	15
7	140	EMMA HEAVEN	35.42	14
8	113	STEVE BLAKEMORE	25.04	13
9	103	CLAIRE MILLER	41.00	12
10	88	REBECCA BEALE	34.00	11
11	139	ADRIAN WORRALL	34.10	10
12	105	JACKIE WILKES	32.40	9
13	12	LIAM HARROLD	23.25	8
14	93	MICHAEL MASON	28.11	7
15	6	LLOYD MARDENBOROUGH	30.41	6
16	110	PHIL MORRIS	28.19	5
17	38	TERRY HASTINGS	42.20	14
18	7	HELEN PHILLIPS	33.56	3
19	121	DAN WILLIAMS	23.30	2
20	44	TOBY OURY	23.40	1

Race 3 Results and Placings – June 2017

Position	Name	Time	Points
1	ZOE JAMES	38:15	20
2	ROBERT WISHART	34:25	19
3	CRAIG SIMMONS	31:40	18
4	ADRIAN WORRALL	32:36	17
5	SUE BAKER	33:54	16
6	LAURA KIRWAN	30:55	15
7	PAUL O'CONNELL	30:56	14
8	GARY NEWMAN	30:55	13
9	LLOYD MARDENBOROUGH	28:25	12
10	CLAIRE MILLER	40:30	11
11	CATH JONES	37:40	10
12	HELEN HARTLE	31:40	9
13	REBECCA BEALE	33:40	8
14	PHIL MORRIS	28.14	7
15	LIZI CHAMBERS	34:52	6
16	ALEX CROOK	31:30	5
17	DAN WILLIAMS	23:30	14
18	BRETT ANTILL	25:43	3
19	KEVIN ATTWOOD	32:17	2
20	MICHAEL MASON	28:47	1

Race 4 Results and Placings – July 2017

Position	Name	Time	Points
1	TIM FARMER	42:55	20
2	PAUL BRAZIER	35:10	19
3	BARRY CHEEMA	37:40	18
4	SHELLEY NICHOLS	38:40	17
5	CAROL WATSON	44:30	16
6	HELEN HARTLE	31:02	15
7	CLAIRE O'BRIEN	33:34	14
8	KEVIN ATTWOOD	31:07	13
9	KEVIN ADAMS	27:40	12
10	LAURA KIRWAN	30:11	11
11	REBECCA GRIMSHAW	46:22	10
12	KARA NICHOLS	36:22	9
13	JACKIE WILKES	34:22	8
14	NICK DEAN	29:36	7
15	CLAIRE FOSTER	41:46	6
16	TOBY OURY	23:50	5
17	LOUISE BOOKER	27:50	4
18	LIAM HARROLD	24:06	3
19	HELEN HIRST	39:10	2
20	LUCY BAKER	42:20	1

Race 5 Results and Placings – August 2017

Position	Name	Time	Points
1	REBECCA GRIMSHAW	43:15	20
2	LIAM HARROLD	23:30	19
3	TOBY OURY	23:45	18
4	TIM FARMER	40:25	17
5	MICK DAVIES	33:30	16
6	SARAH-ANNE FITZSIMMONS	44:30	15
7	DAN WILLIAMS	24:00	14
8	HELEN HIRST	37:00	13
9	SUE BAKER	33:24	12
10	CLAIRE FOSTER	40:00	11
11	JACKIE SHAN	38:30	10
12	SHARON FARMER	46:50	9
13	NICOLA JAMES	45:03	8
14	ADRIAN WORRALL	32:06	7
15	JASON VIGRASS	32:18	6
16	LAURA KIRWAN	30:25	5
17	CASSIE SMITH	35:30	4
18	LUCY BAKER	42:05	3
19	KARA NICHOLS	36:15	2
20	ANNE KELSALL	32:00	1

All other finishers receive **1 point** for each race.

The winner of each race will receive a trophy at our Presentation Evening.

An overall season winner will be calculated by adding together the points obtained from the **best four** races.

Dates this season:

1. Tues 18th April
2. Tues 16th May
3. Tues 20 June
4. Tues 18 July
5. Tues 15th August
6. Tues 5th September.

Route: Greenwood 4 - signs will be put out to ensure no-one can get lost.

If you have not done the handicap race before please see Ron Reynolds **before** the race date so that he can provide you with a number and 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 park please let Ron 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 or effort sessions going on when the handicap race is on

Rules:

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.

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.

On the evening you need to collect your number from Ron - this number will be your handicap number throughout the handicap races. When you finish the race you need to tell Ron (and/or whoever is helping him) the number and return the tag.