

## Club Handicap

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 were:

1. Tues 17th April
2. Tues 15th May
3. Tues 19th June
4. Tues ~~17<sup>th</sup>~~ 24<sup>th</sup> July
5. Tues 21st August
6. Tues 4th September

Route: Greenwood 4

The course record at **23:00** is jointly held by **Leigh Ally** and **Adam Smith**.

## Individual Event Results:

### September 2018:

Position	Name	Time	Points
1	<b>Martin Wall</b>	31:00	<b>20</b>
2	<b>Matthew Lowther</b>	31:10	<b>19</b>
3	<b>Simon Hudson</b>	28:46	<b>18</b>
4	<b>Lizi Chambers</b>	39:04	<b>17</b>
5	<b>Dan Williams</b>	23:19	<b>16</b>
6	<b>Irrah King</b>	46:30	<b>15</b>
7	<b>Mark Shaw</b>	24:34	<b>14</b>
8	<b>Sarah Baggott</b>	34:40	<b>13</b>
9	<b>Emma Lawton</b>	32:55	<b>12</b>
10	<b>Adam Smith</b>	23:04	<b>11</b>
11	<b>Michael Mason</b>	33:04	<b>10</b>
12	<b>Andrea Shaw-Matthews</b>	44:04	<b>9</b>
13	<b>Sarah Fitzsimmons</b>	44:04	<b>8</b>
14	<b>Michael Davis</b>	32:04	<b>7</b>
15	<b>Dave McHugh</b>	28:16	<b>6</b>
16	<b>Victoria O'Connor</b>	45:16	<b>5</b>
17	<b>Toby Oury</b>	24:27	<b>4</b>
18	<b>Liam Harrold</b>	23:27	<b>3</b>
19	<b>Chris Stewart</b>	28:37	<b>2</b>
20	<b>Abby Wright</b>	35:53	<b>1</b>

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

## August 2018:

Position	Name	Time	Points
1	Kay McHugh	36:38	20
2	Ian Hanaphy	28:09	19
3	Kara Nicholls	35:12	18
4	Lizi Chambers	35:41	17
5	Mark Shaw	25:37	16
6	Toby Oury	24:17	15
7	Andrea Shaw-Matthews	46:32	14
8	Tim Farmer	37:02	13
9	Liam Harrold	23:42	12
10	Helen Phillips	35:19	11
11	Richard Finn	34:50	10
12	Kevin Adams	26:50	9
13	Jason Vigrass	31:25	8
14	Rachel Jones	31:42	7
15	Irrah King	48:12	6
16	Adam Smith	23:24	5
17	Barry Cheema	34:29	4
18	Chris Stewart	30:08	3
19	Anita Passmore	40:48	2
20	Aaron Neath	27:55	1

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

## July 2018:

Position	Name	Time	Points
1	Becky Steele	41:50	20
2	Roxy Babla	33:00	19
3	Brett Antill	26:16	18
4	Ian Hanaphy	29:57	17
5	Kevin Attwood	28:57	16
6	Adam Smith	23:00	15
7	Richard Finn	34:56	14
8	Kay McHugh	38:57	13
9	Dave McHugh	29:30	12
10	Anne Kelsall	32:37	11
11	Andrew Fisher	31:49	10
12	Rebecca Beale	33:50	9
13	Angela Oury	37:00	8
14	Rob Young	30:26	7
15	Barry Cheema	34:21	6
16	Melissa Emery	35:55	5
17	Victoria O'Connor	44:39	4
18	Mark Shaw	26:20	3
19	Irrah King	48:25	2
20	Chris Stewart	34:56	1

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

## June 2018:

Position	Name	Time	Points
1	Andrew Fisher	32:43	20
2	Isabel Adams	35:23	19
3	Victoria O'Connor	44:49	18
4	Roxy Babla	38:29	17
5	Barry Cheema	32:29	16
6	Craig Simmons	29:30	15
7	Steve Blakemore	25:37	14
8	Simon Hudson	29:57	13
9	Angela Oury	37:30	12
10	Sarah Bishop	44:18	11
11	Lizi Chambers	36:49	10
12	Tim Ward	29:10	9
13	Dave McHugh	29:28	8
14	Jodie McAbe	44:29	7
15	Rob Young	30:35	6
16	Anne Kelsall	32:40	5
17	Richard Finn	35:50	4
18	Bruce Fanshaw	23:20	3
19	Becky Steele	50:02	2
20	Emma Gerrard	49:32	1

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

## May 2018:

Position	Name	Time	Points
1	Judith Toase	42:05	20
2	Abby Wright	33:06	19
3	Vicky Bird	42:38	18
4	Kevin Adams	26:04	17
5	Linda Cundliffe	43:45	16
6	Barry Cheema	38:18	15
7	Tim Farmer	37:23	14
8	Kevin Attwood	29:23	13
9	Angela Oury	38:32	12
10	Dave McHugh	29:46	11
11	Leigh Ally	23:00	10
12	Louise Gadd	34:54	9
13	Andy Lodge	28:01	8
14	Jason Vigrass	31:01	7
15	Gemma Archer	46:14	6
16	Rebecca Beale	32:14	5
17	Mick Davis	31:20	4
18	Mark Shaw	24:20	3
19	Helen Phillips	35:20	2
20	Claire O'Brien	33:55	1

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

## April 2018

Position	Name	Time	Points
1	Leigh Ally	24:54	20
2	Tim Ward	30:02	19
3	Andrea Shaw Matthews	44:00	18
4	Sarah Anne Fitzsimmons	42:00	17
5	Dan Williams	23:28	16
6	Kay McHugh	37:00	15
7	Toby Oury	24:08	14
8	Freddie Penrose	24:09	13
9	Angela Oury	39:30	12
10	Andy Lodge	28:46	11
11	Brett Antill	28:46	10
12	Dave McHugh	30:56	9
13	Mark Shaw	24:57	8
14	Jason Vigrass	31:30	7
15	Louise Booker	28:00	6
16	Mick Davis	32:00	5
17	Ammar Zia	30:18	4
18	Simon Hudson	32:00	3
19	Claire O'Brien	34:30	2
20	Anne Kelsall	32:40	1

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

### 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 (20<sup>th</sup> 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.