

Club Handicap 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 MALSBUY	32:30	4
18	120	JOHN PEARCE	28:30	3
19	18	LOUISE BOOKER	27:30	2
20	24	KAREN KITELEY	28:45	1

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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

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

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.