

JUNE 2024 HANDICAP

Wednesday 5th June

Officials: Liz Airnes, Tony Airnes & Nick Hume

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Simon Reason	00:15:00	37:35	22:35	22.03	Oct-20
2	Nicola Unsworth	00:11:00	38:32	27:32	24.53	Apr-18
3	Michelle Tomlinson	00:10:00	38:41	28:41	PB	
4	Andy Slater	00:11:00	38:44	27:44	27.28	Sep-23
5	Michael Osinski-Gray	00:18:00	39:03	21:03	20.14	May-23
6	Dave Williamson	00:16:00	39:05	23:05	21.41	Jul-15
7	Anthony Blight	00:10:00	39:07	29:07	24.55	May-02
8	Joe Rutland	00:16:00	39:07	23:07	DR	
9	Roy Tomlinson	00:15:00	39:41	24:41	PB	
10	Peter Gibson	00:08:00	39:56	31:56	25.35	Dec-11
11	Graham Davies	00:15:00	40:10	25:10	19.39	Mar-00
12	Paul Eaton	00:14:30	40:24	25:54	24.23	Oct-21
13	Basia Pawelczak	00:13:00	41:03	28:03	27.03	Jun-19
14	Rachael Slater	00:10:00	41:05	31:05	29.25	Sep-23
15	Malcolm Beech	00:01:00	41:32	40:32	30.54	Apr-19
16	Tony Croft	00:00:00	43:53	43:53	19.33	Jun-87

On a evening that seemed more like Spring or Autumn, with a cool breeze blowing, it was good to see 16 runners at the Handicap. Michelle Tomlinson continued her good streak with another PB followed in by husband Roy also setting a PB. Joe Rutland making his debut now has a time to chase whilst Simon Reason looked good just before his Lakeland Triathlon. Graham Davies wasn't too far from his M65 Record set last month whilst the others enjoyed the challenge despite some moans about their "handicaps"!

Next Handicap will be Wednesday 3rd July at 19.00

HANDICAP RECORDS

Category	Name	Time	Date
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	25.04	May-24
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