

APRIL 2026 HANDICAP

Sunday 1st April

Officials: Liz & Tony Airnes

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Simon Reason	00:15:30	00:37:05	21:35	PB	
2	Tom Cowan	00:15:30	00:37:33	22:03	DR	
3	Stuart Ford	00:15:30	00:38:35	23:05	DR	
4	Martin Van	00:14:00	00:39:04	25:04	PB	
5	Tom Raybould	00:15:30	00:39:06	23:36	PB	
6	Rachael Slater	00:07:00	00:39:11	32:11	29.25	Sep-23
7	Gary Sharratt	00:07:00	00:39:13	32:13	29.38	May-23
8	Daniel Higgins	00:11:00	00:39:17	28:17	26.20	Aug-20
9	Paul Woolford	00:14:00	00:39:35	25:35	DR	
10	Anthony Blight	00:10:00	00:39:37	29:37	24.55	May-02
11	Nicola Unsworth	00:11:30	00:39:48	28:18	24.53	Apr-18
12	Nick Hume	00:11:00	00:40:04	29:04	18.37	Feb-88
13	Basia Pawelczak	00:14:00	00:40:08	26:08	25.56	Aug-25
14	Craig Farmer	00:14:00	00:40:12	26:12	DR	
15	Todd Graham	00:14:00	00:40:24	26:24	DR	
16	Andrea Smith	00:07:00	00:40:44	33:44	22.36	Sep-02
17	Karen Dunford	00:07:00	00:40:45	33:45	26.44	May-06
18	Tony Clowes	00:14:00	00:42:27	28:27	PB	
19	Jonathon Sanderson	00:15:30	00:44:59	29:29	22.04	Aug-25

What an evening with rain at the start, a setting sun at the finish and a small water hazard to navigate on the course but a good turnout for the first summer Handicap. There were 4 PBs and 5 first timers which bodes well for the future. For the others some were living on memories from long ago and others had been cajoled into continuing to support the event, but whatever your reason this is a good test of pacing and race judgement. The Handicapping will be adjusted for May, but as the bulk of the runners finished within 100 sec of each other the Handicapper wasn't too far out on the night, apart perhaps for the timekeepers! So again thanks to Tony and Liz for their great support.

MAY HANDICAP: Wednesday 13th May 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	MICHELLE TOMLINSON	28.41	Jun-24
F65	MARGARET BROWN	30.44	Sep-08