

## March 2010 Handicap Results

| Name                    | Start Time      | Projected Time | Finish Time     | Race Time    |
|-------------------------|-----------------|----------------|-----------------|--------------|
| <i>Mick Reading</i>     | <i>18:35:00</i> | <i>45:00</i>   | <i>19:14:02</i> | <i>39:02</i> |
| <i>Nick Scotcher</i>    | <i>18:40:40</i> | <i>39:20</i>   | <i>19:16:10</i> | <i>35:30</i> |
| <i>Rob Moir</i>         | <i>18:46:00</i> | <i>34:00</i>   | <i>19:17:09</i> | <i>31:09</i> |
| <i>Steve Childerley</i> | <i>18:48:25</i> | <i>31:35</i>   | <i>19:17:19</i> | <i>28:54</i> |
| Norma Leckie            | 18:40:55        | 39:05          | 19:17:43        | 36:48        |
| Becky Hull              | 18:36:32        | 43:28          | 19:17:55        | 41:23        |
| Caroline Freeman        | 18:36:33        | 43:27          | 19:17:56        | 41:23        |
| Malcolm Pritchard       | 18:50:15        | 29:45          | 19:18:15        | 28:00        |
| Tom Hemingway           | 18:49:27        | 30:33          | 19:18:19        | 28:52        |
| <i>Paul Veitch</i>      | <i>18:52:04</i> | <i>27:56</i>   | <i>19:18:28</i> | <i>26:24</i> |
| Matt Gooderham          | 18:47:31        | 32:29          | 19:18:40        | 31:09        |
| Vicky L Chapman         | 18:37:49        | 42:11          | 19:18:45        | 40:56        |
| Annabel Thompson        | 18:37:51        | 42:09          | 19:18:47        | 40:56        |
| Paul Ridley             | 18:52:04        | 27:56          | 19:18:53        | 26:49        |
| James Bolm              | 18:48:13        | 31:47          | 19:18:55        | 30:42        |
| Netta Tyler             | 18:43:39        | 36:21          | 19:18:57        | 35:18        |
| Tina Blackwell          | 18:43:50        | 36:10          | 19:19:02        | 35:12        |
| John Willcock           | 18:40:13        | 39:47          | 19:19:06        | 38:53        |
| Paul Meadows            | 18:47:16        | 32:44          | 19:19:06        | 31:50        |
| Ruth Chamberlain        | 18:48:23        | 31:37          | 19:19:19        | 30:56        |
| Pauline Eastoe          | 18:39:17        | 40:43          | 19:19:20        | 40:03        |
| Rob Parker              | 18:49:26        | 30:34          | 19:19:41        | 30:15        |
| Steph Williams          | 18:43:14        | 36:46          | 19:19:44        | 36:30        |
| Keith Pritchard         | 18:51:41        | 28:19          | 19:19:50        | 28:09        |
| Keith Ritchie           | 18:50:46        | 29:14          | 19:20:19        | 29:33        |
| <i>Paul Milson</i>      | <i>18:49:55</i> | <i>30:05</i>   | <i>19:20:20</i> | <i>30:25</i> |
| Michelle Byatt          | 18:41:36        | 38:24          | 19:20:46        | 39:10        |
| Liz Hiner               | 18:42:24        | 37:36          | 19:20:56        | 38:32        |
| Andy Anderson           | 18:44:13        | 35:47          | 19:28:04        | 43:51        |

[Names and times in red are those runners who have set their time today. They can only qualify for one point irrespective of finishing position. The sharp eyed would spot that Andy A did not finish at 19:28hrs despite what the results here say, but because of an injury we started Andy 8 mins earlier than he was assigned. These results "correct" that manual adjustment.]

Many thanks to everyone who turned out this evening. There were 30 starters and 29 finishers. Most runners actually improved on their times set in January and/or February – probably because of a mix of getting fitter and the benefit of running in daylight.

Next month's start times will be based upon today's finish (for those that ran today and if not will be based upon January's or February's finish time). Anyone that finished before 19:20:00 will have their start time reduced by the amount they improved. Anyone who finished after 19:20:00 will have their start time extended by 25% of the time they took beyond 19:20:00 subject to a maximum increase of 30 seconds.