

## **Christmas Handicap Wednesday 14/12/16.**

Thanks to all 26 of you who turned out to run and also to Lesley Chapman, Gordon Dixon, Neil McAnany, Dave Taylor, Paul Waterston, Peter Scaife & Linda Bray for support duties!

Special mention to Mike Steven for pulling together a computer programme that sorts out the results (including the all important % age effort rankings!) that saves my tiny brain from meltdown and to Carol Parry and all those who brought food and drink for the mince pie and mulled wine post race binge!



### **A perfect example of a proper runners post race re-fuelling / re-hydration programme!**

**So – to the race;** Well after the November Handicap I realised I had been a bit lenient with the ladies and a bit hard on the ‘elder statesmen’ so some jiggery pokery was required – plus the addition of some new faces ( who were more than welcome) threw me a bit!

Anyway the upshot of all that was;

First/Second/Third across the line; Mark Snowball/Bob Sewell/Matty Waterfield

Fastest Men; Mark Snowball 14:48/ Sam Hancox 15:03/ Matty Waterfield 15:59

Fastest Ladies; Helen King 19:22/ Lindsay Turnbull 19:51/ Jane Kirby 20:18

%age effort – Pam Woodcock 85.23% / Rob Hancox 79.82%/ Gavin Bayne 78.53%

Congratulations to them all but also to everyone who turned out – new faces plus old faces on the comeback trail (it was great to see Bob Sewell back at the hut after a long absence through injury) and hopefully everyone got something from the night and enjoyed it!

Full results are below;

<b>Finishing position</b>				
		Time	Net time	
1	Mark Snowball	0:25:08	0:14:48	76.35%
2	Bob Sewell	0:25:55	0:19:25	73.00%
3	Matty Waterfield	0:25:59	0:15:59	76.30%
4	Richard Sill	0:26:15	0:19:20	73.32%
5	Gavin Bayne	0:26:28	0:18:03	78.53%
6	Mike Steven	0:26:30	0:18:30	75.29%
7	Cinty Wake	0:26:33	0:21:33	69.59%
8	Claire Hiscock	0:26:35	0:24:50	54.13%
9	Rob Hancox	0:26:39	0:16:19	79.82%
10	Helen King	0:26:42	0:19:22	70.58%
11	Matthew Briggs	0:26:51	0:16:31	73.84%
12	Dave Slade	0:26:54	0:19:59	64.65%
13	Lindsay Turnbull	0:26:56	0:19:51	71.88%
14	Carol Parry	0:26:57	0:21:17	67.86%
15	Sam Hancox	0:26:58	0:15:03	75.38%
16	Andrew Richardson	0:27:00	0:17:00	68.80%
17	Richard Kirby	0:27:06	0:18:41	66.47%
18	Jane Kirby	0:27:13	0:20:18	67.98%
19	Helen Bruce	0:27:23	0:20:53	64.88%
20	Paul Banks	0:27:24	0:17:24	71.37%
21	Pam Woodcock	0:27:26	0:21:46	85.23%
22	Simon Eaton	0:27:33	0:20:28	61.16%
23	Les Cavill	0:27:36	0:20:31	67.89%
24	Phil Walker	0:27:49	0:17:29	73.89%
25	Sue Smith	0:27:53	0:21:58	68.27%
26	Judith Clarkin	0:28:21	0:27:11	48.78%

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Age grade %		
1	Pam Woodcock	85.23%
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Hopefully Mr & Mrs Kirby have now made up after Mr Kirby gallantly overtook and out sprinted his wife in the last 20 metres (thats a recipe for a Happy Christmas – but note that Mrs K did Mr K in the %age!), and for those of you who spotted Matthew Briggs (aged 15) associating with some dubious characters in the photo – the bottle of wine he carried away was for his mum Jane who won a prize at the last race. Whether or not it got to her.....???