

<u>November Handicap</u> Position	Name		Actual Time	Age graded %	
1	CINTY	WAKE	22;22	67.11%	
2	FRANCES	NAYLOR	22;45	64.33%	
3	JILLY	BELL	21;30	66.42%	
4	SUE	SMITH	21;33	69.65%	
5	PAM	WOODCOCK	21;42	85.56%	
6	CAROL	PARRY	21;43	66.57%	
7	LINDSAY	TURNBULL	19;50	72.00%	
8	DAVE	SLADE	20;37	62.73%	
9	PHIL	WALKER	16;58	76.22%	
10	DANIEL	DIXON	14;37	85.13%	
11	MIKE	STEVEN	18;38	74.83%	
12	HELEN	BRUCE	21;05	64.33%	
13	JOHN	BUTTERS	14;56	80.75%	
14	JANE	BRIGGS	19;57	73.63%	
15	SAM	HANCOX	14;40	77.43%	
16	TOM	STRAUGHAN	14;56	75.81%	
17	ALEX	ZELLER	19;19	59.24%	
18	TOM	PATTISON	16;58	68.53%	
19	HELEN	KING	19;22	70.64%	
20	ANDREW	RICHARDSON	17;19	67.61%	
21	NEIL	MCANANEY	17;45	75.91%	
22	SIMON	EATON	20;06	62.34%	
23	MATTHEW	BRIGGS	17;36	69.36%	

24	GAVIN	BAYNE	18;14	77.82%	
25	ROB	HANCOX	17;36	74.08%	
26	PETER	SCAIFE	18;38	72.93%	
27	SCOTT	ALLAN	17;41	67.19%	

Fastest times;

Men; Daniel Dixon (14yrs) 14.37, Sam Hancox (21yrs) 14.40, John Butters (41yrs) 14.56, Tom Straughan (29yrs) 14.56, Tom Pattison (36yrs) 16.58 & Phil Walker (50yrs) 16.58

Ladies; Helen King (42yrs) 19.22, Lindsay Turnbull (46yrs) 19.50, Jane Briggs (48yrs) 19.57

Top Age Grade % from the; www.goodrunguide.co.uk based on 2.8 mile route (according to my Garmin).

Pam Woodcock (65yrs) 85.56%, Daniel Dixon (14yrs) 85.13%, John Butters (41yrs) 80.75%, Gavin Bayne (61yrs) 77.82%, Sam Hancox (21yrs) 77.43%, Phil Walker (50yrs) 76.22%, Neil McAnany (55yrs) 75.91%, Tom Straughan (29yrs) 75.81%.