

Elvet Striders Summer Handicap Series 2009

The series takes place on the second Wednesday of each month until August with final on the second Wednesday of September.

The handicap run is twice round Houghall Woods (same route as Pam and Barry's fancy dress handicaps or the Clamber.) This year, again, the course will be anticlockwise, ideal training for the Clamber! In each race you have a start time such that if everyone ran exactly to their handicap then everyone would cross the line at the same time, it never happens. After each event your next handicap time is based on your current performance.

If you take part in at least 3 of the rounds you are eligible to win the series final. In the final the first person across the line is the winner. There will also be prizes for the most improved and the person nearest to their handicap time (not wearing a watch.) If you don't manage three events there are still prizes on offer.

The start times for the third round are posted below. If you ran last year then you will already have a start time, don't worry if this seems a bit out, it will quickly adjust after your first run.

If this will be your first handicap then just come along on the night and suggest the start time of someone you know runs about the same as you.

And remember, **it doesn't matter how fast you are, you are running against yourself!**

The fourth event will be on Wednesday 8th of July. Note that this is the week before the Court Inn Clamber and so is an ideal final training run, although the Clamber is 400 yards longer.

The dates for the rest of the series are:

Round 4: 8th July
Round 5: 12th August
Final: 9th September

Round 4, July 8th - Start Times

First name	Surname	Start
Mike	Hall	19:03:20
Dianne	Harold	19:04:25
Emma	Detchon	19:09:15
Barrie	Evans	19:09:45
Joanne	Sorley	19:09:50
Jenny	Crilley	19:09:50
Cheralynn	Stott	19:10:15
Lynne	Bargwell	19:10:50
Andy	James	19:13:50
Joanne	Potter	19:14:35
Angela	Procter	19:14:50
Debs	Goddard	19:15:45
Dave	Shipman	19:15:45
Jen	Copley	19:16:10
Louise	Bilcliffe	19:16:20
Jane	Ives	19:16:45
George	Nicholson	19:17:20
Peter	Brooks	19:17:30
Amanda	Hunter	19:17:30
Kirsty	Dykes	19:17:35
Zoe	Tomlins	19:17:40
Denise	Mason	19:18:20
Alan	Smith	19:19:00
Wendy	Rowell	19:19:05
Kevin	Chambers	19:19:15
Dave	Robson	19:19:40
Carl	Harvey	19:19:55
Jan	Young	19:20:20
Andrew	Thompson	19:21:10
Stef	Barlow	19:21:15
Phil	Owen	19:21:15
Anna	Pethybridge	19:21:15
Melanie	Hudson	19:21:35
Alister	Robson	19:21:35
Susan	Davis	19:21:45
Dougie	Nisbet	19:21:55
Ray	Partridge	19:22:00
Grahame	Arrowsmith	19:22:25
Sandra	Graham	19:22:40
John	Hutchison	19:22:55
Nigel	Heppell	19:23:20
Andy	Jordan	19:23:55
Tom	Reeves	19:24:35
Geoff	Davis	19:24:55
Colin	Blackburn	19:25:05
Shaun	Roberts	19:26:45
Jamie	Steel	19:27:15
Mike	Bennett	19:27:25
Geoff	Watson	19:28:40
Will	Horsley	19:31:00