

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 second event will be on Wednesday 10th of June. The dates for the whole series are:

Round 3:	10 th June
Round 4:	8 th July
Round 5:	12 th August
Final:	9th September

Round 3, June 10th - Start Times

Name	Handicap	Start Time	Runs so far
Vicky Hinds	55:50	19:04:10	0
Dianne Harold	55:33	19:04:25	1
Lynne Bargwell	55:33	19:04:25	1
Jo Heron	55:00	19:05:00	0
Stan White	54:50	19:05:10	0
Janet Raine	54:50	19:05:10	0
Viv Patterson	54:20	19:05:40	0
Mike Hall	51:00	19:09:00	0
Emma Detchon	50:40	19:09:15	2
Joanne Potter	50:41	19:09:15	1
Lynn Moor	50:30	19:09:30	0
Joanne Sorley	50:09	19:09:50	1
Nina Mason	50:00	19:10:00	0
Jim Nicholson	50:00	19:10:00	0
Kate Fisher	49:50	19:10:10	0
Christine Farnsworth	48:50	19:11:10	0
Julie Lister	48:30	19:11:30	0
Angela Procter	48:10	19:11:45	1
Andy James	46:06	19:13:50	1
Kirsty Dykes	45:51	19:14:05	1
Michael Kitson	45:30	19:14:30	0
Emily Hooson	45:00	19:15:00	0
Zoe Tomlins	44:53	19:15:05	1
Jean Bradley	44:50	19:15:10	0
Debs Goddard	44:13	19:15:45	1
Dave Shipman	44:13	19:15:45	1
Phil Todd	44:00	19:16:00	0
Jen Copley	43:50	19:16:10	2
Louise Bilcliffe	43:40	19:16:20	0
Jane Ives	43:11	19:16:45	2
Ian Graham	43:00	19:17:00	0
Callum Young	43:00	19:17:00	0
Keith Wesson	43:00	19:17:00	0
George Nicholson	42:39	19:17:20	1
Barrie Evans	42:35	19:17:20	1
Peter Brooks	42:30	19:17:30	1
Amanda Hunter	42:27	19:17:30	1
Melanie Hudson	42:27	19:17:30	1
Denise Mason	42:04	19:17:55	2
Emma Robinson	41:40	19:18:20	0
Sue Pearson	41:30	19:18:30	0
Roz Layton	41:00	19:19:00	0
Wendy Rowell	40:50	19:19:05	2
Alan Smith	40:53	19:19:05	1
Kevin Chambers	40:40	19:19:15	1
Dave Robson	40:20	19:19:40	1
John Metson	40:10	19:19:50	0

Carl Harvey	40:03	19:19:55	1
Steve Walker	39:50	19:20:10	0
Andrew Thompson	39:50	19:20:10	2
Anna Pethybridge	39:46	19:20:10	1
Jan Young	39:38	19:20:20	2
Adrian Jenkins	39:30	19:20:30	0
Stef Barlow	39:13	19:20:45	1
Phil Owen	38:38	19:21:20	1
Alister Robson	38:23	19:21:35	2
Susan Davis	38:16	19:21:40	1
Dougie Nisbet	38:04	19:21:55	1
Ray Partridge	37:56	19:22:00	2
John Hutchison	37:56	19:22:00	1
Graham Darglish	37:40	19:22:20	0
Grahame Arrowsmith	37:37	19:22:20	1
Sandra Graham	37:17	19:22:40	1
John Everett	37:20	19:22:40	0
Geoff Davis	37:10	19:22:50	1
Nigel Heppell	36:39	19:23:20	1
Andy Jordan	36:05	19:23:55	1
Pete Fahey	36:00	19:24:00	0
Tom Reeves	35:21	19:24:35	1
Emma Bain	35:00	19:25:00	0
Fiona Shenton	35:00	19:25:00	0
Steve Lindsay	34:50	19:25:10	0
Colin Blackburn	34:49	19:25:10	1
Conrad White	34:30	19:25:30	0
Paul Loftus	34:30	19:25:30	0
Shaun Roberts	33:14	19:26:45	1
Mike Bennett	32:31	19:27:25	2
Jamie Steel	32:34	19:27:25	1
Geoff Watson	31:16	19:28:40	2
Elliot Makin	31:00	19:29:00	0
Will Horsley	28:55	19:31:00	2