

DOUBLE GRAVS HANDICAP 28/6/17

Name	Finish time	Handicap	Run time
Sarah Lightman	47.23	0.00	47.23
Mike Blades	48.57	11.45	37.12
Steve Brown	49.11	10.30	38.41
George Russell	49.14	16.30	32.44
Matt Jones	49.41	14.00	35.41
Helen Cater	49.51	7.30	42.21
Ken Morrell	49.57	7.30	42.27
Juliet Jones	50.07	8.00	42.08
Catherine Simkins	50.24	12.00	38.24
Chris Bell	50.30	18.45	31.45
Caroline Challender	50.35	6.00	44.35
Joe Gallagher	50.36	16.30	34.06
Brendan Hanley	50.37	11.30	39.07
John Harrison	50.39	11.30	39.09
Gary Fox	50.42	14.30	36.12
Richard Eadsforth	50.52	9.30	41.22
Nigel Adcock	51.02	10.30	40.32
Simon Elliott	51.07	11.00	40.07
Rob Jackson	51.09	10.00	41.09
Helen Rawson	51.10	8.45	42.25
Mihail Mihaylov	51.13	11.00	40.13
Richard Upward	51.15	14.45	36.30
Steve Mason	51.20	16.30	34.50
Jackie Welburn	51.23	9.00	42.23
Dave Bish	51.27	13.00	38.14
John Evans	51.34	18.15	33.19
Mark Rowson	51.43	8.00	43.43
Dave Evans	51.50	10.30	41.20
Genie Mihaylova	51.51	7.30	44.21
Pedro Juanes	51.52	16.00	35.52
Louise Evans	51.59	6.00	45.59
Guy Barwell	52.04	7.00	45.04
Shane Fenn	52.16	5.00	47.16
Rab Acid	52.21	7.30	44.51
Clint Southern-Warburton	53.23	12.30	40.53
Pat Land	54.18	8.45	45.33
Theresa Gorman	55.14	8.00	47.14
Jane Guest	55.14	8.00	47.14
Cool blustery conditions with light rain - perfect!			
Sarah and Chris show that running an Ultra 3 days earlier is no barrier to running fast times.			
Many thanks to Phil Herd for masteminding the handicaps!			