

RESULTS OF THE FIRST (21-8-76)

TRENT LOCK HANDICAP

<u>Pos'n</u>	<u>Name</u>	<u>Time</u>	<u>Handicap</u>	<u>Actual Time</u>
1st	Dave Skidmore	73 mins 28 sec.	8 mins 40 sec.	64 mins 48 sec.
2nd	Dave Taylor	74 mins 08 sec.	1 min 05 sec.	73 mins 03 sec.
3rd	John Carter ^{CARRIER}	74 mins 27 sec.	1 min 15 sec.	73 mins 12 sec.
4th	Chris Moore	75 mins 11 sec.	5 mins 00 sec.	70 mins 11 sec.
5th*	Roger Woodward	75 mins 21 sec.	17 mins 30 sec.	57 mins 51 sec.
6th	Pat Walsh	75 mins 32 sec.	6 mins 00 sec.	69 mins 32 sec.
7th	Pete Hayes	76 mins 32 sec.	13 mins 35 sec.	62 mins 57 sec.
8th	Eddie Beck	77 mins 12 sec.	10 mins 25 sec.	67 mins 47 sec.
9th	Jim Dunn	77 mins 28 sec.	13 mins 25 sec.	64 mins 03 sec.
10th	Frank Drozda	77 mins 38 sec.	18 mins 00 sec.	59 mins 38 sec.
11th	Charlie Farmer	79 mins 40 sec.	6 mins 30 sec.	73 mins 10 sec.
12th	Charles Martin	80 mins 27 sec.	8 mins 00 sec.	72 mins 17 sec.
13th	Bill Evans	81 mins 28 sec.	(1 min 00 sec.) (+ 4 stones Wt.)	80 mins 28 sec.
14th	Pete Wright	85 mins 17 sec.	17 mins 10 sec.	68 mins 07 sec.
15th	Dick Barson	85 mins 17 sec.	(0 mins 00 sec.) (+ 5 stones Wt.)	85 mins 17 sec.

Approximate distance = 10 $\frac{1}{4}$ miles.

* This time now stands as the official Club course record.

Well done Roger.

FLESSEY A.C.

TRENT LOCK HANDICAP JULY 1983

RESULTS:

POSN	NAME	TIME	H/CAP	ACTUAL
1	JIM DUNN	88:26	14:20	74:06
2	DAVE WORTON	88:53	10:10	78:43
3	ALAN STANLEY	92:27	24:50	67:37
4	BOB RODEN	93:26	25:40	67:46
5	DAVE HICKLING	94:10	28:20	65:50
6	CHRIS MOORE	94:27	26:50	67:37
7	DAVE TENNANT	94:58	27:30	67:08
8	TERRY MORRILL	95:16	21:50	73:26
9	JOHN CARRIEL	97:00	27:30	69:30
10	DEREK MURDOCH	97:36	16:00	81:36
11	JOHN BURTON	98:16	13:35	84:46
12	TONY RUSHMAN	99:58	24:35	75:23
13	DAN TOOMEY	100:36	25:00	75:36
14	COLIN WALKER	100:58	15:35	85:23
15	COLIN WOLF	103:05	23:20	79:45
16	ANDY GUEST	103:17	20:00	83:17
17	TIM THAXTER	105:23	23:20	82:03
18	CHRIS BRYAN	105:37	13:35	92:02
19	TONY SCOTT	106:43	12:35	94:08
20	{ GLEN EAST	119:08	14:00	105:08
	{ CHARLES MARTIN	119:08	21:50	97:18

Many thanks to all the marshalls, timekeeper and runners for such a good turn-out.
 Special thanks to Dave Beresford for providing refreshments and support at Trent Lock

Colin Walker
 Handicapper!

15 7 83

1984 TRENT LOCK HANDICAP

RESULTS

POSITION	NAME	TIME	H'CAP	ACTUAL	1983 ACTUAL	POSITION ON ACTUAL TIME
1	M. GALLOWAY	76:57	3:00	73:57		18
2	J. SPAFFORD	78:10	1:00	77:10		19
3	R. WOODWARD	80:23	18:00	62:23		1
4	R. HALLAM	80:36	8:00	72:36		13
5	D. TOOMEY	80:37	16:00	64:37	73:36	4
6	R. SHAW	81:14	7:30	73:44		16
7	C. ARCHER	82:26	2:00	80:26		22
8	R. COLBERT	82:49	10:00	72:49		14
9	J. DUNN	82:59	15:40	67:19	74:06	6
10	D. MURDOCH	83:35	11:15	72:20	81:36	12
11	R. BARSON	83:41	14:00	69:41		9
12	T. SCOTT	84:12	5:00	79:12	94:08	21
13	R. BURGESS	84:13	3:30	80:43		23
14	D. NORTON	84:23	15:20	69:03	78:43	7
15	C. MOORE	84:48	21:00	63:48	67:37	2
16	A. GUEST	84:57	12:00	72:57	83:17	15
17	J. CARRIER	84:59	20:00	64:59		5
18	D. TENNANT	85:28	21:30	63:58	67:08	3
19	L. PARKER	85:38	13:30	72:08		11
20	J. WRIGHT	85:41	7:00	78:41		20
21	J. BURTON	86:03	4:30	81:33	84:41	24
22	T. COX	86:53	13:00	73:53	69:30	17
23	P. NEEDHAM	87:12	2:00	85:12		25
24	A. STANLEY	87:50	17:45	70:05	67:37	10
25	R. RODEN	89:59	20:30	69:29	67:46	8

Many thanks to Thelma, Gillian and Steve. Photographs of your appearance at Trent Lock will be available shortly.

PLESSEY A.C.

TRENT LOCK HANDICAP RESULTS 1985

POS'N	NAME	TIME	H'CAP	ACTUAL TIME	1984 ACTUAL	POS'N ON ACTUAL TIME
1	Mick Towlson	86:02	2:00	84:02	---	30
2	John O'Donnell	91:02	15:00	76:02	---	19
3	Dave Tennant	93:41	32:00	61:41	63:58	1
4	John Carrier	94:30	31:00	63:30	64:59	2
5	Martin Galloway	95:05	24:30	70:35	73:57	10
6	Colin Walker	95:20	24:00	71:20	---	11
7	Brian Wigley	95:31	22:00	73:31	---	15
8	Richard Hallam	95:41	22:00	73:41	72:36	16
9	Tony Scott	96:40	19:00	77:40	79:12	22
10	Jim Dunn	96:43	28:00	68:43	67:19	7
11	Alan Stanley	96:44	28:30	68:14	70:05	4
12	Maureen Davids	96:57	11:00	85:57	---	31 1st. Lady
13	Bob Roden	97:00	28:45	68:15	69:29	5
14	Dan Toomey	97:03	31:30	65:33	64:37	3
15	R. Russell	97:08	18:30	78:38	---	24
16	Dave Norton	97:35	29:00	68:35	69:03	6
17	John Dent	97:41	27:45	69:56	---	8
18	John Spafford	98:03	20:00	78:03	77:10	23
19	Ray Colbert	98:08	25:30	72:38	72:49	13
20	Rich Burgess	98:25	17:00	81:25	80:43	27
21	Chris Archer	98:42	22:30	76:12	80:26	20
22	Dick Barson	99:02	24:30	74:32	69:41	17
23	Mick Croton	99:05	26:30	72:35	---	12
24	Ken Miles	99:13	29:00	70:13	---	9
25	Trevor Haw	99:14	24:00	75:14	---	18
26	Ron George	99:40	27:00	72:40	---	14
27	Chris Stanley	100:43	23:30	77:13	---	21
28	Steve Komarek	101:30	18:30	83:00	---	29
29	Derek Murdoch	101:57	23:00	78:57	72:20	25
30	Mark Hodgson	103:01	22:00	81:01	---	26
31	Kelvin Wright	107:42	20:00	87:42	78:41	32
32	Kevin Lyons	109:45	28:15	81:30	---	28

Many thanks to all the runners for great turn-out and subjecting themselves to some testing handicaps. Thanks also to the officials, marshalls, and timekeeper especially Steve and his photographer at Trent Lock.

On behalf of the Club, my appreciation and thanks to Roger, Noel, and Gordon Thompson for their support, provision, and presentation of the prizes and trophies.

All we need now is the invite to Mick's Barbeque Party so Kevin can use his spoon.

From the handicapping point of view, I can see a number of short-comings that I hope to rectify next year. We have now got Mick spotted and hope that his victory will encourage him training and improve performances for the future. We look forward to his defence of the title next year.

Colin Walker

Handicapper.

20. 7.85.

LESSLY A.C.

TRENT BRIDGE HANDICAP RESULTS 1986

POS'N	NAME	TIME	H'CAP	ACTUAL	POS'N ON ACTUAL
1	Roger Woodward	1:16:14	16:30	0:59:44	1
2	Alan Stanley	1:17:28	09:15	1:08:13	11
3	Dave Rose	1:17:38	01:50	1:15:48	22
4	Colin Wolf	1:17:54	13:40	1:04:14	6
5	Chris Moore	1:18:21	16:30	1:01:51	3
6	Dave Taylor	1:18:32	18:15	1:00:17	2
7	John Dent	1:19:06	08:05	1:11:01	15
8	Roger Taylor	1:19:18	13:00	1:06:18	8
9	Dan Toomey	1:19:30	16:30	1:03:00	5
10	John Spafford	1:19:53	04:30	1:15:23	21
11	Bob Roden	1:20:18	11:40	1:08:38	12
12	Dick Barson	1:20:33	10:10	1:10:23	14
13	John Burton	1:20:39	05:25	1:15:14	19
14	Jim Dunn	1:20:41	09:15	1:11:26	16
15	Dave Tennant	1:20:46	18:10	1:02:36	4
16	John Thorpe	1:22:11	14:50	1:07:21	9
17	Ray Colbert	1:22:22	13:00	1:09:22	13
18	Chris Barson	1:22:32	14:25	1:08:07	10
19	Brian Wigley	1:23:24	09:50	1:13:34	18
20	Derek Murdoch	1:23:25	05:45	1:17:40	23
21	Chris Stanley	1:23:58	18:20	1:05:38	7
22	Martin Galloway	1:24:20	05:20	1:19:00	24
23	Tony Rushton	1:26:01	12:40	1:13:21	17
24	Chris Bryan	1:29:48	02:45	1:27:03	25
25	Phil Turner	1:29:55	14:35	1:15:20	20

Colin Walker, Tony Scott, Mark Hodgson, and John O'Donnell - DNF.

John O'Donnell's excursion down the river bank shows that we need to take our running a little more seriously, especially in warm weather. I wrote about this in the Crack last year then forgot to take my own advice and ended up in Queen's Medical Centre after collapsing in the Nottingham Half. The motto is DON'T DRINK ALCOHOL BEFORE YOU RUN, it could be your last race. This was another super turn-out, many thanks for your support and especially to:- Brian for time-keeping, Gillian for the paperwork, Bev and Rich for marshalling, Dick for getting muddy putting out the markers, the Boat and Horses for their pop and beano. The next handicap will be in the Autumn around the Gravels, see you then if not before.

ANNUL 'TRENT LOCK H/CAP' BUT DUE TO FOOT PATH DISRUPTION IN THE GRAVEL PITS RACE CROSSED OVER TRENT BRIDGE.
Colin Walker.

PLESSEY A.C.

1987 TRENT LOCK HANDICAP RESULT SHEET

POS'N	NAME	TIME	H'CAP	ACTUAL	POS'N ON ACTUAL	1986 ACTUAL
1	R. Taylor	1:12:35	6:20	1:06:15	3	
2	T. Bacon	1:13:37	4:00	1:09:37	8	
3	A. Stanley	1:13:39	5:00	1:08:39	6	1:13:26
4	T. Scott	1:15:09	1:00	1:14:09	14	
5	C. Walker	1:15:30	1:00	1:14:30	15	1:21:31
6	D. Wood	1:15:44	6:00	1:09:44	9	
7	C. Bryan	1:16:09	4:00	1:12:09	12	
8	R. Woodward	1:16;25	13:00	1:03:25	1	1:05:19
9	J. Burton	1:17:20	1:00	1:16:20	17	1:17:19
10	R. Hallam	1:17:40	0:00	1:17:40	18	
11	L. Parker	1:17:49	6:00	1:11:49	11	1:14:43
12	R. Roden	1:18:41	10:00	1:08:41	7	1:10:47
13	K. Miles	1:19:04	12:00	1:07:04	4	1:08:01
14	D. Norton	1:19:13	11:00	1:08:13	5	1:13:26
15	C. Ryan	1:19:50	0:30	1:19:20	20	
16	D. Toomey	1:20:14	15:00	1:05:14	2	
17	R. Barson	1:20:27	7:00	1:13:27	13	
18	C. Archer	1:21:01	6:00	1:15:01	16	
19	T. Rushton	1:21:15	10:00	1:11:15	10	1:09:22
20	D. Murdoch	1:21:57	4:00	1:17:57	19	1:16:34
21	B. Wilson	1:24:12	0:00	1:24:12	21	
22	R. Burgess	1:27:13	0:00	1:27:13	22	

One more runner turned out more than last year, well done Roger, Terry, and Alan. I'm sorry about those lads who's handicaps I didn't quite get right. Infact, Dan Toomey was the only one I guessed right. All those of you that finished in front of him ran faster than I thought so only Dick, Derek, Chris, Tony Brian, and Rich can feel badly done by. Of these, only Chris and Brian ran faster than previous times.

Many thanks to Thelma, Steve and Margaret Beresford for their help as Marshalls, Timekeeper, Starter, Recorder, and Referee.

The next Club Handicap will be in the Autumn, The Single Gravels, giving everyone plenty of time to improve yet again.

P.S. I'm sorry about the cacellation of the Bar B Q, anyone who didn't receive a refund, please see th eir friendly Committee Man.



1988 TRENT LOCK HANDICAP RESULTS

POSITION	NAME	TIME	H'CAP	ESTIMATED TIME	ACTUAL TIME	RACE POSITION	1987 TIME	PB
1	T. RUSHTON	77.15	6.40	71.50	70.35	7	71.15	
2	R. BARSON	77.32	5.10	73.20	72.22	9	73.27	
3	D. TOOMEY	78.37	14.40	63.50	63.57	3	65.14	*
4	J. TINGLE	79.18	10.20	68.40	68.58	6	D.N.R.	*
5	J. SPAFFORD	79.23	4.10	74.20	75.13	13	D.N.R.	*
6	J. GUEST	79.38	10.50	67.40	68.48	5	D.N.R.	*
7	C. STANLEY	79.39	19.50	58.40	59.49	1	D.N.R.	*
8	B. SMITH	79.42	00.00	78.30	79.42	21	D.N.R.	*
9	K. MILES	80.18	15.30	63.00	64.48	4	67.04	*
10	D. TENNANT	80.32	16.40	61.50	63.52	2	D.N.R.	
11	A. STANLEY	80.38	9.50	68.10	70.48	8	68.39	
12	L. PARKER	81.02	7.10	71.20	73.52	10	71.49	
13	C. ARCHER	81.31	6.40	71.50	74.51	11	75.01	*
14	J. BURTON	81.33	6.00	72.30	75.33	14	76.20	*
15	R. HALLAM	81.35	5.10	73.20	76.25	16	77.40	
16	C. FARMER	82.08	3.50	74.40	78.18	18	D.N.R.	*
17	J. O'DONNELL	82.35	7.40	70.50	74.55	12	D.N.R.	*
18	M. HODGSON	82.49	5.40	72.50	77.09	17	D.N.R.	*
19	B. O'NEILL	84.34	8.40	69.50	75.54	15	D.N.R.	*
20	B. WILSON	85.30	6.50	71.40	78.40	19	84.12	*
21	C. BRYAN	87.49	3.50	74.40	83.59	22	72.09	*
22	J. DUNN	87.57	8.40	69.50	79.17	20	D.N.R.	
23	E. BREADMORE	100.32	9.30	69.00	91.02	23	D.N.R.	

* DENOTES PERSONAL BEST D.N.R. = DID NOT RUN

One more runner than last year, although there were four who dropped out at the last minute. Despite serious thought to the actual handicapping, I obviously got it all wrong. The first 8 were all under or close to 1 minute outside the handicap, but several were way off the mark. I thought that some had obviously not trained to my handicap time but one or two came in looking too fresh. Anyway, you all know how you ran. With the next one being the Gravs Handicap in OCTOBER or early NOVEMBER, I should get it somewhere near by then. Hope you all enjoyed the evening and thanks to you all especially, Steve, at the halfway mark, Maureen, Glennis & Gill at the finish and Colin for the prizes.

Cheers for now

Dave

J D Norton
8/7/88

G.P.T. A.C. 1989 TRENT LOCK HANDICAP

POSITION	NAME	TIME	H'CAP	ACTUAL	POSN	P.BEST	+OR -H'CAP
1	M. CROTON	1-17-51	6.30	71.21	9	*	-1.09
2	K. MILES	1-18-13	13.30	64.43	2	*	-47
3	C. WOLF	1-18-21	10.45	67.36	3	*	-39
4	D. TENNANT	1-18-52	15.50	63.02	1		-8
5	J. DENT	1-19-10	6.00	73.10	11		+10
6	C. WALKER	1-19-16	6.30	72.46	10	*	+16
7	A. STANLEY	1-19-19	11.30	67.49	4		+19
8	J. O'DONNELL	1-20-06	10.30	69.36	6	*	+1.06
9	R. HALLAM	1-20-15	00.00	80.15	19		+1.15
10	J. GUEST	1-20-25	10.20	70.05	8		+1.25
11	T. SCOTT	1-20-41	4.30	76.11	17		+1.41
12	C. FARMER	1-20-53	7.40	73.13	12	*	+1.53
13	P. TURNER	1-21-00	11.00	70.00	7	*	+2.00
14	T. HAW	1-21-13	7.40	73.33	13	*	+2.13
15	D. TOOMEY	1-21-22	13.00	68.22	5		+2.22
16	C. APCHER	1-21-34	7.40	73.54	14	*	+2.34
17	B. RODEN	1-22-12	7.40	74.32	15		+3.12
18	M. HODGSON	1-23-33	8.45	74.48	16	*	+4.33
19	M. GALLOWAY	1-26-44	7.15	79.29	18		+7.44
20	G. MORRIS	1-27-30	5.45	81.45	21	*	+8.30
21	R. BARSON	1-28-37	8.00	80.37	20		+9.37
22	C. STANLEY	1-32-54	18.15	84.39	22		+23.44

* = PERSONAL BEST

A good turn out on a splendid evening. Well done lads but there is a lot more in some of you yet. Some of you will persist in finishing in the incorrect order which does not do much for my image. The booby prize was won on the night by one who normally finishes at the other end of the winning list and has still to down his prize of a tin of Andrews liver salt, precisely the opposite to his requirements at the finish of the run.

J.D. Norton

J.D. Norton 11/8/89

G.P.T. A CLUB TRENT LOCK H'CAP 1990
27TH JUNE 1990

	NAME	TIME	H'CAP	ACT TIME	ACT POSN	✓ = P. BEST	1989	1988	1987	1985	1984
1	A. STANLEY	1-15-29	7.00	68.29	7		67.49	70.48	68.39	68.14	70.05
2	D. TOOMEY	1-16-57	12.30	64.27	2		68.22	63.*57	65.14	65.38	64.37
3	D. TENNANT	1-17-35	13.40	63.55	1		63.02	63.52	—	61.*41	63.58
4	C. ARCHER	1-17-51	3.30	74.21	12		73.*54	74.51	75.01	76.12	80.26
5	M. HODGSON	1-18-29	5.00	73.29	11	✓	74.48	77.09	—	81.01	
6	R. RODEN	1-18-43	7.00	71.43	9		74.32	—	68.41	68.15	69.29
	C. MOORE	1-18-53	12.30	66.23	3		—	—	—		63.48
8	K. MILES	1-19-15	12.00	67.15	5		64.*43	64.48	67.04	70.13	—
9	J. BERESFORD	1-20-05	5.00	75.05	13	✓	—	—	—		
10	J. O'DONNELL	1-20-11	10.00	70.11	8		69.*36	74.55	—	76.02	—
11	T. SCOTT	1-20-30	4.40	75.50	14		76.11		74.09	77.40	79.12
12	J. SPAFFORD	1-20-34	0	80.34	17		—	75.*13	—	78.03	77.10
13	D. NORTON	1-20-37	13.00	67.37	6	✓	—	—	68.13	68.35	69.03
14	D. PEARSON	1-21-04	2.00	79.04	16	✓	—	—	—		
15	G. BENISTON	1-21-40	9.00	72.40	10	✓	—	—	—		
16	C. STANLEY	1-23-15	16.30	66.45	4		84.39	59.*49	—	77.13	
17	C. TOWNER	1-24-54	6.00	78.54	15	✓	—	—	—		
18	D. BARSON	1-26-22	2.00	84.22	19		80.37	72.22	73.27	74.32	69.41
19	L. PARKER	1-27-36	6.00	81.36	18		—	73.52	71.49	72.0	72.08

* in COLUMN ABOVE TIME = PERSONAL BEST

CHRIS

Sorry I forgot to post you a copy
Will put your name on WED 15/8/90
for Derbyshire Run + Pub Do.

D Norton
30/6/90

Dave

G.P.T. ATHLETICS CLUB

TRENTLOCK HANDICAP 1991

24TH JULY 1991

N ^o	NAME	TIME	H/CAP	ACTUAL TIME	ACTUAL POSITION	* = P ^{BEST}	PREVIOUS BEST
1	K. MILES	76.47	15.00	61.47	1	*	64.43 1989
2	D. SELLARS	76.58	6.00	70.58	8	*	NONE
3	D. JARDINE	78.04	3.00	75.04	14	*	NONE
4	T. SCOTT	78.41	6.00	72.41	10	*	74.09 1987
5	D. TOOMEY	78.57	14.00	64.57	2		63.57 1988
6	J. O'DONNELL	79.10	13.00	66.10	4	*	69.36 1989
7	J. SPAFFORD	79.28	00.00	79.28	15		75.13 1988
8	S. BOOTH	80.01	05.00	75.01	13	*	NONE
9	G. AITLEY	80.19	11.30	68.49	6	*	NONE
10	P. TURNER	80.27	11.00	69.27	7	*	70.00 1989
11	J. GUEST	80.56	8.00	72.56	11		68.48 1988
12	A. STANLEY	81.23	9.30	71.53	9		67.49 1989
13	D. TENNANT	81.26	16.00	65.26	3		61.41 1985
14	C. STANLEY	83.24	17.00	66.24	5		59.49 1988
15	D. SMITH	83.35	9.30	74.05	12	*	NONE
16	C. PEET	85.02	00.00	85.02	16	*	NONE
17	J. DUNN	97.02	02.00	95.02	17		

Thanks to all of you who turned out and supported the event on what proved to be ideal conditions. An extremely fine performance from Ken Miles, the overall winner beating his previous best by almost 3 minutes. Supporting the finishing table, Jim Dunn is an example to us all by turning out and having a go despite having very little mileage in the Bank. Good on ya Jim. Thanks to Steve, Maggie at the turn and to Tony & Glennis at the Finish.

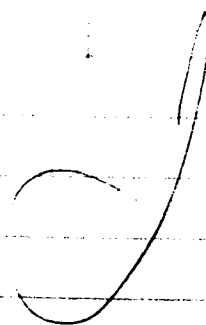
J D Norton

HANDICAPPER 25/7/91

G.P.T. ATHLETICS CLUB RESULT SHEET

TRENT LOCK HANDICAP 1992

No	NAME	TIME	H/CAP	ACTUAL TIME	ACTUAL POSITION	H/CAP VARIATION	P.B.
1	Tony Rushton	1.15.15	0.30	1.14.45	6	-6-45s	
2	Phil Upton	1.17.56	0.00	1.17.56	13	-3-04s	*
3	Dick Barson	1.19.21	2.30	1.16.51	12	-1-39	
4	Chris Archer	1.19.47	6.00	1.13.47	5	-4-13	* 73.54
5	Mark Hodgson	1.20.32	14.20	1.06.12	2	-28	* 73.29
6	John O'Donnell	1.20.37	13.15	1.07.22	4	-23	*
7	Dan Toomey	1.20.48	14.20	1.06.28	3	-12	
8	John Carrier	1.20.54	15.00	1.05.54	1	-6	
9	Bob Roden	1.21.53	6.00	1.15.53	11	+53	
10	Alan Stanley	1.22.25	7.00	1.15.25	8	+1-25	
11	Len Parker	1.22.29	7.00	1.15.29	9	+1-29	
12	John Spafford	1.23.45	2.30	1.21.15	15	+2-45	
13	Dave Smith	1.26.12	11.15	1.14.57	7	+5-12	
14	Phil Turner	1.26.54	8.00	1.18.54	14	+5-54	
15	Colin Walker	1.27.24	1.00	1.26.24	16	+6-24	
16	Pete Rushton	1.28.00	12.30	1.15.30	10	+7-00	



 D. Nolan

 14-8-92

RESULT SHEET.

G. P. T. ATHLETICS CLUB TRENT LOCK HANDICAP 1993

N ^o	NAME	TIME	H'CAP	ACT TIME	ACT PTS	H'CAP VARIATION	1992	1991	PB *
1	R. BARJON	1. 20. 57	0. 00	1. 20. 57	16	-1. 03.	1.16.51		
2.	S. BOOTH	1. 21. 23	4. 30	1.16.53	10	-0. 37	-	1.15.01	
3	D. TOOMEY	1. 22. 07	17. 15	1.04.52	2	-0. 07	1.06.28	1.04.57	
4	C. RANSOME	1. 23. 42	4. 00	1.19.42	14	+1. 42	-	-	*
5	G. ASTLEY	1. 23. 58	19. 30	1.04.28	1	+1. 58	-	1.08.49	
6.	A. STANLEY	1. 24. 11	6. 00	1.18.11	12	+2. 11	1.15.25	1.11.53	
7	D. JARDINE	1. 24. 19	3. 30	1.20.49	15	+2. 19	1.05.12	1.05.04	
8	M. HODGSON	1. 24. 42	15. 30	1.09.12	5	+2. 42	1.06.12	-	
9	J. O'DONNELL	1. 24. 48	16. 00	1.08.48	3	+2. 48	1.07.22	1.06.10	
10	C. MOORE	1. 25. 18	16. 30	1.08.48	3	+3. 18	-	-	
11.	C. ARCHER	1. 26. 15	9. 00	1.17.15	11	+4. 15	1.13.47	-	
12	J. D. NORTON	1. 26. 34	12. 30	1.14.04	9	+4. 34	-	-	
13.	J. CARRIER	1. 26. 52	16. 30	1.10.22	6	+4. 52	1.05.54	-	
14	G. BENISTON	1. 27. 03	15. 30	1.11.33	7	+5. 03.	-	-	
15.	R. RODEN	1. 27. 14	9. 00	1.18.14	13	+5. 14	1.15.53	-	
16	D. TENNANT	1. 30. 49	18. 30	1.12.19	8.	+8. 49	-	1.05.26	

HELD ON 15TH SEPT 1993

CONDITIONS:- COOL - ^{AIR.} DRY - MUDDY GROUND.


 (EX - HANDICAPPER)

J.D. NORTON.

26TH SEPTEMBER 1993


RESULT SHEET

G.P.T. ATHLETICS CLUB TRENT LOCK HANDICAP 1994.

NAME	TIME	H'CAP	ACT TIME	ACT POSN	H'CAP VARIATION	1993	1992.	
MR. HODGSON	77.23	12-50	64.33	3	-3-37	69-12	66-12	* PERSONAL BEST
M. KIRK	78.45	7-00	71.45	7	-2-15	—	—	1ST RUN. * PERSONAL BEST
D. JELLARS	79.11	6-30	72.41	9	-1-49	—	—	P.B. 76.58 (1989)
G. ASTLEY	80.20	16-50	63.30	2	-0-40	64-28	—	* PERSONAL BEST
J. CARRIER	81.04	15-20	65.44	4	+0-04	70-22	65-54	P.B. 63-30 (1988)
J. BOOTH	81.37	4-30	77.07	11	+0-37	76-53	—	P.B. 75-01 (1991)
R. RODEN	81.52	2-30	79.22	13	+0-52	78-14	75-53	P.B. 67-46 (1988)
C. MOORE	82.24	14-30	67.54	6	+1-24	68-48	—	P.B. 63-41 (1988)
D. TOOMEY	83.15	16-00	67.15	5	+2-15	64-52	66-28	P.B. 63.57 (1988)
A.J. STANLEY	83.22	7-30	75.52	10	+2-22	78-11	75-25	P.B. 67.37 (1988)
J. ELLIOTT	83.46	22.30	61.16	1	+2-46	—	—	1ST RUN PERSONAL BEST
A. HUNTER	84.31	12-00	72.31	8	+3-31	—	—	1ST RUN PERSONAL BEST
C. WALKER	86.47	0-00	86.47	14	+5-47	—	86-24	P.B. 72-46 (1989)
K. HAVERS	88.32	9-30	79.02	12	+7-32	—	—	1ST RUN PERSONAL BEST

HELD ON WEDNESDAY 24TH AUGUST 1994.

CONDITIONS :- COOL - DRY BUT WET UNDERFOOT AFTER EARLIER THUNDERSTORM. IDEAL. WETTERLY WIND.


 D. Norman (HANDICAPPER)
 25TH AUGUST 1994.

1995. Trent Lock. Results

1995.

	Name	Time	H'cap	Actual	Actual Pos'n	Out
1	K HAVERS	77:50	00:30	77:20	5	79:02
2	A HUNTER	79:33	9:00	70:33	3	72:31
3	A STANLEY J O DONNELL	80:31	6:00	74:31	4	-
4	J CARRIER	81:51	14:00	67:51	1	65:44
5	A STANLEY	84:02	4:00	80:02	7	75:52
6	M. HEBBORN	84:58	15:00	69:58	2	64:31
7	S. BOOTH	85:35	3:00	82:35	8	77:07
8	C ARCHER	85:37	2:30	83:07	9	77:15 (1993)
9	C. BARSON	87:41	9:00	78:41	6	-
10	V. TURNER	90:56	5:30	85:26	10	-
11	J. BIRLAND	92:14	3:30	88:44	11	-
12	R. G BARSON	99:55	1:00	98:55	12	80:57 (1993)

Weather: Muggy, warm, breezy out.

1996 TREN T LOCK.

	Name	Time	H Cap.	Actual	Pos'n	Prev Best
1	L Parker.	88:45	15:00	73:45*	8	75:2
2	S. Blyth.	92:50	18:00	78:50	9	-
3	A Hunter	94:02	28:00	66:02.	3	70:35
4	M Hodge Sen	94:14	29:00	65:14.	2	66:12
5	J. Cooney	94:31	23:00	71:31.	5.	63:51
6	J O'Donnell	95:44	24:00	71:44	6	67:22
7	A. Rushton	95:54	14:00	81:54	11	69:22 ⁸
8	J. Smith	95:57	24:00	71:57	7	74:05
9	G. Ashley.	97:51	34:00	63:51	1	63:30
10	A Stanley	98:23	18:00	80:23	10	67:49
11	A Patel.	99:59	33:00	66:59	4	-
12.	R Roden	100:14	15:00.	85:14	12.	67:46

Cool Blustery E. Wind, Getting Dark

Handicapping?

* Personal Best.

John Spoff
Wendy
Row
Dave N.

Col:

SIEMENS ATHLETIC CLUB RESULTS

TRENT LOCK HANDICAP 1997

NAME	TIME	H/CAP	ACT/TIME	ACT/POSN	VARIATION	PREV/BEST
V. MORRELL	83.56	0.00	83.56	12	-2.04	PB*
T. MORRELL	83.57	0.00	83.57	13	-2.00	73.26
D. TOOMEY	84.28	14.00	70.28	3	-1.32	63.57
J. WEAVER	84.53	11.00	73.53	6	-1.07	PB*
A. PATEL	85.48	19.30	66.18	1	-.12	PB*
T. LESPEARE	85.57	11.00	74.57	8	-.3	PB*
G. ASTLEY	86.17	16.30	69.47	2	+1.17	63.30
B. RODEN	86.47	7.00	79.47	10	+1.47	67.46
L. PARKER	87.14	13.00	74.14	7	+1.14	71.49
A. HUNTER	87.21	14.00	73.21	5	+1.21	66.02
J. O'DONNELL	87.48	16.30	71.18	4	+1.48	67.22
G. ROWELL	91.16	9.00	82.16	11	+5.16	PB*
D. EVANS	91.32	13.00	78.32	9	+5.32	PB*
T. THORPE	105.04	11.00	94.04	14	+30.06	PB*
S. BLYTHEN	D.N.F.	7.00	—	—	—	

10/9/97

THANKS FOR ATTENDING, QUITE A GOOD TURN
 OUT. SPECIAL THANKS TO COLIN FOR TIME KEEPING
 & RON FOR FINDING THE MONEY & MAKING
 THE TEA.

WEATHER SUNNY, WARM GOOD UNDER FEET

Geoff Astley

TRENT LOCK RESULTS 1998-09-09

	START	FINISH	ACTUAL
Andrew Hunter	15.45	1.26.02	1.10.17
Mark Rowlson	14.45	1.27.13	1.12.28
Dave Evans	10.15	1.27.39	1.17.24
Dave Smith	13.45	1.28.14	1.14.29
Geoff Astley	23.00	1.28.26	1.05.26
Peter Rowlatt	0.00	1.28.37	1.28.37
Mike Kirk	20.45	1.28.49	1.08.04
John O Donnell	17.30	1.28.57	1.11.27
Trevor Lespeare	13.45	1.30.26	1.16.51
Graham Beniston	11.15	1.30.48	1.19.33
Ashok Patel	21.30	1.31.02	1.09.32
Clive Brown	12.30	1.33.40	1.21.10

Thank You to everyone for running, and making the effort for the good of the club. Weather wasn't very kind high winds up trent lock also blazing sunshine in your eyes along with the slippery ground. Nevertheless a good night. Thanks also to Phil Turner for timekeeping and to Steve Beresford for the drink station at half way. May I wish everyone who is doing Robin Hood a good run and lets have some P.B.'s

Geoff Astley

Trent 100

Trent Lock Handicap 8/9/99

Position	Name	Time	Handicap	Actual	Actual Position
1	Graham Beniston	1.28.01	16,30	1.11.31	5
2	Trevor Lespeare	1.28.13	16,30	1.11.43	6
3	Clive Brown	1.28.39	13,00	1.15.39	11
4	Peter Rowlatt	1.29.38	00,00	1.29.28	15
5	Geoff Astley	1.30.22	20,00	1.10.22	4
6	Mark Rowison	1.30.38	24,00	1.06.38	2
7	Mike Kirk	1.30.59	22,00	1.08.29	3
8	David Smith	1.30.59	16,30	1.14.29	10
9	John O Donnell	1.31.11	18,30	1.12.41	8
10	Bob Roden	1.31.21	05,00	1.24.28	14
11	David Evans	1.31.35	15,00	1.16.35	12
12	Andrew Hunter	1.31.50	20,00	1.11.50	7
13	Ashok Patel	1.32.03	25,30	1.06.33	1
14	Mark Hodgson	1.32.56	20,00	1.12.56	9
15	Paul Glasgow	1.38.03	15,00	1.23.03	13