

East Cornwall Harriers Seniors Handicap Race 9th August 2005

Congratulations to Mary and John on their excellent wins last night and also to those in silver and bronze position : Jenny Nash(2nd), Claire Davison (3rd), Ian Crowle (2nd) and Paul Arrowsmith (3rd).

It was fantastic to see so many runners this year; a record number of starters, 31. To run to win, it had to be possible for me to calculate a handicap time for you from a selection of recent local races. Everyone else was welcome to join in for fun, and the run times for those who ran without a handicap are listed below as well (and gives you a course PB for next year!). It was great to see Andrea and Carole once again, running as guests of ECH.

A big thanks to everyone involved: Sue and Len, Revis, Hilary, Jane, all the marshals, helpers, (and the weather!) for making it such a successful evening.

Kerry

Ladies Race

Position		Run Time	Over/Under
1st	Mary Bowers	1:17:07	-3:23
2nd	Jenny Nash	58:02	-2:08
3rd	Claire Davidson	57.25	-1:05
4th	Amanda Erith	1:06:02	-0:08
5th	Sharon Daw	56.33	+0:13
6th	Hilda McKinley	1:16:00	+1:00
7th	Carol Pollard	1:14:24	+2:44
8th	Pat Parritt	1:09:50	+3:50
9th	Ellen Loopstra	1:18:21	+4:31

Mens Race

Position		Run Time	Over/Under
1st	John McKinley	58:27	-2:33
2nd	Ian Crowle	58:35	-1:55
3rd	Paul Arrowsmith	1:05:02	-0:38
4th	Garry Player	56:54	-0:06
5th	Dan Charman	54:57	+0:27
6th	Alan Green	57:08	+0:38
7th	Adam Purvis	1:00:33	+1:33
8th	Kevin Smith	1:08:52	+2:22
9th	John Brady	1:06:42	+4:12
10th	Nigel Bowers	1:19:19	+4:39

Runners for which a handicap couldn't be calculated

	Run Time
Pete Nash	55:25
Will Garnier	59:44
Becky Wall	1:05:08
Dawn McKay	1:05:33
Ian Littlewood	1:06:58
Carole Sutton	1:13:46
Louise England	1:16:36
Andrea Smyth	1:16:58
Debbie Smith	1:18:43
Dawn Holgate	1:25:55

DNF Tim Brighton and Lynda Jones