

ECH Handicap Race 13th August 2002

Well done all runners for a fine performance.

Record number of starters – 26, with many PBs for the course.

19 runners bettered their predicted time, some by a considerable margin. There were several reasons for this:

1. The club handicap is hotly contested and competitive with most of you running very hard knowing you have an equal chance of winning (unlike The Plymouth Half for example) – showing that mental attitude affects your performance.
2. A good evening's weather, no wind, not too hot
3. Maybe slightly shorter course this year
4. You are all much fitter and improving rapidly
5. You were dying to get to the pub for a drink & the excellent food
6. You forgot that this year's times maybe used to calculate next years handicap (with 1% increase for ageing)
7. You were enjoying yourself so much (or chasing the one in front) you forgot to slow down for hills

Results

Ladies

		actual time	predicted time	
1.	Karen Mahony	73mins 50secs	79mins	
2.	Ellen Loopstra	69.55	74.30	
3.	Kerry Mordan	91.47	95	
4.	Sharon Daw	56.58	60	
5.	Margaret Pugh	80.05	82	
6.	Meta Pitts(guest)	83.14	85	
7.	Revis Crowle	53.08	54.10	new course record for ladies – 53.08
8.	Pat Parritt	71.01	72	
9.	Allison Martin	62.47	63.20	
10.	Andrea Smyth	74.22	73.30	
11.	Carol Pollard	71.51	71	
12.	Vi Gold	92.41	91	
13.	Sarah Parrott	96.39	94	
14.	Sylvia Muller	87.48	84	

Men

1.	Bill Muller	57.58	62
2.	Nigel Osborne	55.37	59.15
3.	John McKinley	56.05	59.30
4.	Steve Wilson	55.43	57.50
5.	Richard Daulton	52.53	54.50
6.	Andy Gwillam	47.52	49.30
7.	Alan Smith	57.10	58.45
8.	Andrew Lord	56.57	58.30
9.	Len White	55.19	56.50
10.	Alan Green	57.34	56.40
11.	Mark Andrews	62.11	60.15
12.	Anton Luiten	70.40	61.30

Course record men – Andy Garside 1998 45mins.46secs (maybe slightly shorter route)