

# ECH Handicap Race – 5<sup>th</sup> August 2003 – Merrymeet 7.84M

Well done to all runners turning up on a hot evening and struggling up to Caradon Mast and back.

Thank you to marshals and helpers – fewer complaints this year about going the wrong way!

A record of 28 entries with 7 beating PT (predicted times) despite the heat – only 1 out of 9 Indian Queens Half Marathon runners beat their PT indicating that a hot 13.1 miles two days before is detrimental to a fast Handicap Race. Worryingly there were 3 runners who did not finish this year.

Special congratulations to Kerry winning her first major race and beating many serious athletes – also thanks to Kerry for preparing the 2003 race series sheet for me. Paul showing a remarkable come-back after an injury stormed home in front of the men (obviously training hard to keep up with the females at home).

12 out of 24 club finishers were within 70 secs of predicted time, of which 3 were within 6secs & 5 were within 20secs & 15 returned within 2minutes of PT but 10 running more than 2 mins slower (4 Indian Queens runners)

PT are worked out approximately on an average of previous race times, so to get a reliable PT you need a few race times – 6 of the runners had 1 or no race times to go on! So you see some is accurate calculation and other is sheer guesswork.

Some calculations I have used include:

Plymouth Half time x0.63, St Eval x1.4, Sticker x1.73, Blaythorne x0.83, Cubert x 1.77, Hoe Ten x0.85, Mag7 x1.18, Indian Queens x0.62, Piran Surf x1.35 – the most recent races are more reliable as form changes during the season – last year's handicap times were all a little quick as the course was slightly shorter, but previous times may be used as a guide. The winner is the person having their best run of the season.

## Results

<b>Men</b>	<b>PT</b>	<b>Actual Time</b>	<b>Ladies</b>	<b>PT</b>	<b>Act.T</b>
1st Paul Rogers	72:50	71:52	1st Kerry Mordan	93	91
2 George Preston	72:00	71:16	2 Rita Hoile	74:20	73:09
3 Miles Coleman	60:00	59:57	3 Sharon Daw	60:50	60:45
4 Gary Herbert	52:50	52:56	4 Ellen Loopstra	73:00	73:19
5 Mark Lintern	58:15	58:35	5 Carol Pollard	72:30	73:26
6 John McKinley	61:30	62:08	6 Amanda Erith	66:20	68:15
7 Nigel Osborne	59:06	60:08	7 Jane Coleman	77:30	79:51
8 Steve Wilson	57:20	58:30	7=Karen Sims	77:30	79:51
9 John Pollard	76:00	77:56	9 Revis Crowle	53:30	57:05
10 Alan Smith	61:00	63:04	10 Alison Martin	60:06	64:08
11 Kevin Williams	58:00	60:32	11 Pat Parritt	71:00	75:17
12 Mark Andrews	60:10	62:50	12 Hilda McKinley	74	DNF
13 Andrew Lord	60:20	64:22			
14 Tim Lord (guest)		72:01			
15 Rod Andrews	60:10	DNF			
16 Richard Daulton	55:30	DNF			