

East Cornwall Harriers Seniors Handicap Race 10th August 2004

Congratulations to Pat and Miles on their excellent wins last night and, in this Olympic year, the other podium places too: Karen Sims(2nd), Rita (3rd), Len (2nd) and Andrew Lord (3rd).

A honorary mention too for Amanda who ran her handicap to the second!

It was good to see Andrea and her friends able to join us as guests and run the course with company.

A big thanks to everyone involved Jane, Sue, and all the marshals and runners.

Kerry

Ladies Race

		Run Time	Over/Under Handicap
1 st	Pat Parritt	65:44	-4:16
2 nd	Karen Sims	73:18	-2:12
3 rd	Rita Hoile	70:52	-1:53
4 th	Sharon Daw	56:18	-1:42
5 th	Amanda Erith	65:50	0
6 th	Hilda McKinley	74:35	+1:00
7 th	Revis Crowle	54:48	+1:18
8 th	Ellen Loopstra	73:46	+3:36

Mens Race

1 st	Miles Coleman	57:16	-3:04
2 nd	Len White	57:22	-2:38
3 rd	Andrew Lord	58:57	-1:43
4 th	Rob Pick	57:09	-1:01
5 th	John Brady	63:44	-0:46
6 th	Kevin Williams	60:24	-0:06
7 th	John McKinley	61:00	+0:10
8 th	Mark Andrew	61:02	+0:52
9 th	Alan Smith	70:42	+1:42
10 th	Andrew Sims	76:06	+2:06

Guest Times

Andrea and Carol 73:46 Danny 57:46