

Bingley Harriers Handicap 19th Oct 2013 RESULTS

Position	Race No.	Name	Clock	Handicap	Actual Time
1	35	Anthony Parry (Guest / Non counter)	42.42	22.00	64.42
2	43	Petre Covey	47.05	-5.00	42.05
3	37	Adrian Netherwood	48.19	-9.00	39.19
4	36	Gary Childs	49.21	-10.00	39.21
5	33	Dominic Goldthorpe	50.52	-15.00	35.52
6	38	Paul Tiffany	51.32	-20.00	31.32
7	41	Becky Weight	51.40	-10.00	41.40
8	44	Andy Nicoll	52.26	-19.00	33.26
9	29	John Merrick	52.44	-10.00	42.44
10		Phil Hawkswell	53.18	-7.00	46.18
11	42	Robin Lawrence	53.25	-20.00	33.25
12	30	Steve Fry	54.38	-19.00	35.38
13	39	James Howgego	54.58	-19.00	35.58
14	40	Gaynor Beckett	60.25	0.00	60.25

A low turn out and such a shame as it was perfect weather and underfoot conditions....(Much muddier underfoot this afternoon as we collected the markers)
 Thanks to all who made the effort, to John and Tony for time keeping to Ian Goodyear for marshalling to Dave Stephenson and family for marking the course and to my Daughter Vicky for helping me collect them.
 Special Thanks to Sally Robinson for organising registration, recording finishers and actually running this on the day allowing me the chance to run. Much appreciated as I love the race.

The aim was to get everyone round in 55 minutes but the whole field fooled me and you are fitter than I was giving you credit for.
 I think the route was also a little shorter than I had based my calculations on.
 The result was the handicapper got his backside kicked as only myself and James Howgego were anywhere near the times I expected.

First back was guest runner Anthony Parry who came to cheer on our junior runners for the marathon challenge and took the opportunity to have a run himself.
 He advised me his best 10k time was 1 hour 40 minutes so it was agreed we would set him off before the official start but as such he would not be eligible for a prize.

Well done to Peter Covey who proved his altitude training at Gary and Debbie's Pyrenian training camp was worth while.
 Full details of this can be found at <http://pyrenees-haven.com/>
 Peter had a fantastic run to be the official victor this year. A worthy winner.
 Well done also to Adrian Netherwood. No prize but a very good run proving that "working" from home has definite benefits and it took a World Mountain running medalist to beat him.
 Paul Tiffany proved his training his paying off too with fastest time of the day by over 2 minutes from Robin Lawrence and Andy Nicoll
 Beck Weight was first and fastest lady.

It has become a bit of a tradition that someone always gets lost at the Autumn handicap, so before the race I took the decision to "award" an apine cow bell to anyone who got lost this year. This was a prize I was awarded with as part of the Bingley team who took part in the PTL, a race in the Alps last year.
 I never expected that the person who got lost would be one of my PTL team mates Andy Nicoll!
 So Andy is the current holder of the Bingley Harriers Location Beacon....to be called the...I'm over here award....this will be presented to anyone who gets lost at a handicap.
 So be warned and get out and recy them. Next up it's the Christmas Handicap on Saturday 21st December