

## Results

Pos	Name		Actual Time	Handicap	Watch Time	
1	Jo Henry	W40	01:33:52	00:00	01:33:52	
2	Shona Stone	W40	01:12:22	25:00	01:37.22	
3	Simon Jones	M50	01:03:52	35:00	01:38:52	
4	Robbie Williams	M40	01:04:33	35.00	01:39:33	
5	Faye Firth		01:40:01	00:00	01:40:01	
6	Szilvia Szendrei		01:16:04	24:00	01:40:04	
7	Lisa Pearson	W50	01:35:06	05:00	01:40:06	
8	Jo Buckley	W40	01:05:37	35:00	01:40:37	Fastest lady
9	Tim Ayres (Guest/P&B)	M50	01:36:17	05:00	01:41:17	
10	Greg Trussell	M40	01:08:04	35:00	01:43:04	
11	Bruce Duncan	M70	01.29.29	15:00	01.44.29	
12	Sue Fulton	W60	01.30.14	15.00	01.45.14	
13	Becky Weight	W60	01.22.42	24.00	01.46.42	
14	Will Duggan	M50	01.12.10	35.00	01.47.10	
15	Peter Ellerton	M70	01.23.27	24.00	01.47.27	
16	Steve Varley	M50	01.13.18	35.00	01.48.18	
17	Carl Hitchens	M50	01.18.28	30.00	01.48.28	
18	Martin Peace	M50	01.03.32	45.00	01.48.32	Fastest Man
19	Clive Smith		01.13.41	35.00	01.48.41	
20	Neil Barrett	M50	01.29.56	20.00	01.49.56	
21	Kevin Scarfe (Guest U/A)	M60	01.37.36	15.00	01.52.36	
22	Alison Marks	W50	01.37.52	15.00	01.52.52	
23	Kev Garlick		01.09.41	45.00	01.54.41	
24	Ann Smith (Guest/Ambleside)	W70	02.10.20	00.00	02.10.20	

This year the annual Christmas Handicap fitted in quite nicely between the GWF/Christmas Trip weekend and Christmas itself so a reasonable turnout of club members was expected. A clash might happen in the future and the local Saturday park run might always be a distraction to some runners. Twenty-four hardy competitors including three guests braved the tough 7.6-mile course in fairly muddy conditions. The basically out and back course starts on the canal bank near the Fisherman's pub, takes in Hope Hill and Low Spring Woods near Hawksworth. The course is not marked and with limited marshals also gives scope for some route variations, so recceing beforehand is recommended.

As a handicap, the event should not favour any competitor and is therefore ideal for novice and experienced club members and this was reflected in the different abilities of the entrants.

Jo Henry held off the second fastest lady (Shona) and man (Simon) to become the winner of the handicap.

Jo Buckley and handicapper Martin Peace were the fastest on actual times.

Ann Smith and Bruce Duncan both completed the course taking the over seventies prizes....well done to both.

I must thank Barbara for registration and results with Dave Stephenson, Co-organiser Stephen Firth for timekeeping (and donating two bottles of wine as prizes.... thanks Stephen) and of course Martin Peace for handling the unenviable job of handicapping everybody. Also, the marshals who helped on the road crossings and the staff at the Fisherman's who were extremely cooperative in allowing us to use the pub for registration and prize presentation.

Finally, thank you to all the competitors who turned out to make the event worthwhile and enjoyable.