**Monthly Handicap**

**Thursday 28th July, 2016, 4.35 miles**

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|  **RESULTS** |  |  |  |  |  |
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|  |  | TIME IN | TIMEOUT | TIME TAKEN | POINTS |
| 1 | Hannah McCandless | 54.24 | 16.30 | 37.54 | 30+2 PB |
| 2 | Michelle Hook | 56.19 | 24.45 | 31.34 | 29+2 PB |
| 3 | Jeremy McCandless | 56.23 | 18.30 | 37.53 | 28+2 SB |
| 4 | Richard Storey | 56.33 | 25.30 | 31.03 | 27+2 SB |
| 5 | Justin Allitt | 56.52 | 30.30 | 26.22 | 26+2 PB |
| 6 | Claire England | 56.55 | 23.45 | 33.10 | 25+2 SB |
| 7 | Greg Oulton | 57.15 | 21.15 | 36.00 | 24+2 SB |
| 8 | Graham Webster | 57.19 | 28.45 | 28.34 | 23+2 SB |
| 9 | Sue Hawitt | 57.28 | 21.45 | 35.43 | 22 |
| 10 | Joe Greenwood | 57.32 | 33.00 | 24.32 | 21 |
| 11 | Colin Laidlaw | 57.34 | 24.45 | 32.49 | 20 |
| 12 | Dawn Lock | 57.54 | 00.00 | 57.54 | 19 |
| 13 | Julia Rolfe | 58.01 | 22.00 | 36.01 | 18 |
| 14 | Roy Stevens | 58.19 | 25.00 | 33.19 | 17 |
| 15. | Pam Binns | 61.02 | 16.00 | 45.02 | 16 |
| Est. | Rob Goodall | 55.45 | 16.30 | 37.54 |  |
| Est. | Sarah Bagshaw | 57.21 | 09.30 | 47.51 |  |
| Est. | Paul Fergus | 58.51 | 30.30 | 28.21 |  |
| Est. | Pam Hardman | 59.00 | 21.45 | 37.15 |  |

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*Where a handicap was an estimate for a new, guest or lapsed runner they score no points but their handicap for the next month will be based on the time taken and qualify for a full score. A season’s best (SB) or personal best (PB) earns two bonus points except for the first race of each season. Please check your statistics on both tables and notify me of any errors.*

Congratulations to our leading ladies Hannah McCandless and Michelle Hook who each ran PBs, Hannah's being over three minutes faster than her previous run. In the annual competition Greg Oulton maintains his overall lead but now by only one point from Jeremy McCandless.

We also enjoyed the company of three guests; former members Rob and Lucy Goodall on holiday from Australia and Paul Fergus, an occasional visitor to the club from Holland. Sarah Bagshaw was running the handicap for the first time and I hope she enjoyed the experience enough to become a regular.

Thanks to Debbie Cooper and Bec Willetts for their help at the start and finish, Terry Hellings for collecting the chips, and to everyone who contributed to the buffet. Bec deserves a special mention for her delicious pie made with bilberries picked wild on Beacon Fell!

A plastic food container was left behind. Should anyone want it back please let me know.

Bill