**Monthly Handicap**

**Thursday 24th November, 2016, 3.45 miles**

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|  **RESULTS** |  |  |  |  |  |
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|  |  | TIME IN | TIMEOUT | TIME TAKEN | POINTS |
| 1 | Rob Parker | 43.20 | 15.30 | 27.50 | 30+2 PB  |
| 2 | Colin Laidlaw | 44.32 | 19.15 | 25.17 | 29+2 SB |
| 3 | Sue Hawitt | 44.46 | 16.30 | 28.16 | 28+2 SB |
| 4 | Laura Byrne | 44.48 | 13.00 | 31.48 | 27+2 PB  |
| 5 | Julia Rolfe | 44.51 | 16.00 | 28.51 | 26+2 SB  |
| 6 | Ross McKelvie | 44.52 | 23.15 | 21.37 | 25  |
| 7 | Kirsten Burnett | 45.02 | 16.00 | 29.02 | 24+2 PB |
| 8 | Neil Tate | 45.09 | 23.30 | 21.39 | 23+2 SB |
| 9 | Graham Webster | 45.46 | 22.45 | 23.01 | 22 |
| 10 | Sarah Bagshaw | 45.54 | 09.00 | 36.54 | 21 |
| 11 | Claire England | 45.56 | 17.45 | 28.11 | 20 |
| 12 | Jeremy McCandless | 46.02 | 15.15 | 30.47 | 19 |
| 13 | Joe Greenwood | 46.11 | 26.00 | 20.11 | 18 |
| 14 | Greg Oulton | 46.15 | 17.00 | 29.15 | 17 |
| 15 | Tom Howarth | 46.28 | 25.15 | 21.13 | 16 |
| 16 | Gillian Oliver | 46.47 | 12.45 | 34.02 | 15 |
| 17 | Steve Tate | 48.36 | 17.30 | 31.06 | 14 |
| Est. | Jackie Murray | 41.58 | 09.45  | 32.13 |  |
| Est. | Bob Clough | 44.36 | 12.45 | 31.51 |  |
| Est. | Barbara Holmes | 45.44 | 19.30 | 26.14 |  |

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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.*

A fast race with seven collecting bonus points and a close one, with fourteen in the middle of the field finishing within a two minute spell.

A tremendous winning effort by newcomer Rob Parker saw him improve by nearly two minutes over his only previous run while Colin Laidlaw, a veteran of many years of Handicaps, had an excellent second-place finish to move up to third on the points table. Other notable performances were by Jackie Murray who, running off an estimated start, was first across the line in her first race and, on a rare appearance, Barbara Holmes ran the fastest women's time.

For safety please consider wearing hi-vis or light-coloured clothing for the race. Those wearing all over black or very dark clothing were distinctly less visible under the street lights than others in lighter colours.

My thanks to Dawn for her help at the start and finish and to everyone who contributed to the very generous buffet.

**Advance notice of a couple of Christmas dates: The December Handicap will be on Thursday 15th with our après-race social at the Ship & Roya;l and the Fun Relay at 10.00 A.M. on Sunday 18th from the YMCA.**

Bill