

316th Crook Log Friday Handicap **10th March 2016**

Name	Club	Elapsed Time	Handicap	Net Time	New Handicap	
John Hampton	Unattached	32.55	4.45	28.10	6.45	P.B.
Jane Vallins	N.E.J.	33.08	4.00	29.08	5.45	P.B.
Pat Gravel	Unattached	33.08	3.45	29.23	5.30	
Michael Clark	Aquila	33.25	11.15	22.10	12.45	
Sue Cane	N.E.J.	33.45	-3.00	36.45	-1.45	
Peter Cane	N.E.J.	33.45	-3.00	36.45	-1.45	
Geraldine Eastment	N.E.J.	34.00	5.00	29.00	6.00	
Andy Eastment	N.E.J.	34.00	5.00	29.00	6.00	
Tom Dradey	Unattached	34.01	2.15	31.46	3.15	
Gina Little	Plumstead	34.15	6.00	28.15	6.45	
Sally Musson	Tonbridge	34.36	13.00	21.36	13.15	
Jane Blackmore	Swanley	35.02	11.15	23.48	11.15	
John Leach	N.E.J.	35.02	6.30	28.32	6.30	
Mark Tingley	Unattached	35.16	-1.00	36.16	-1.15	
Stuart Littlewood	Hercules W.	35.27	8.00	27.27	7.30	
Dave Brooks	Thurrock	36.41	8.00	28.41	6.15	
Geraldine Legon	Bexley	39.09	3.30	35.39	0.00	

17 Runners

Weather better at last & the turn out was much better too.
 There were some very good performances with Jane & John doing PBs.
 Nice to see Gina back again after her Hols. & still running well,
 hopefully back with us for a good while.
 Next run is on Good Friday so hope to get a great turn out.
 See you all then I hope.

NEXT RUN
 Friday 10t April 2017