

304th Crook Log Friday Handicap

11th March 2016

Name	Club	Elapsed Time	Handicap	Net Time	New Handicap	
Jane Vallins	Unattached	33.07	3.00	30.07	4.45	P.B.
Sam Packer	Unattached	33.07	3.00	30.07	4.45	
Michael Clark	Aquila	33.30	11.30	22.00	13.00	
Stephanie Dungate	Cambridge H.	33.35	5.00	28.35	6.45	P.B.
Bob Carter	Swanley	33.59	-1.00	34.59	0.00	
Jane Blackmore	Swanley	34.10	11.00	23.10	11.45	
Sally Musson	Tonbridge	34.19	12.30	21.49	13.00	
Angie Charkiewicz	N.E.J.	34.28	1.00	33.28	1.30	
Alistair Jackson	Vets A/C	34.30	1.00	33.30	1.30	
Chris Hunt	N.E.J.	34.48	9.00	25.46	9.00	
Stuart Littlewood	Hercules W.	35.09	9.00	26.09	8.45	
Alan Cox	Aquila	35.14	13.30	21.44	13.15	
Steve Dipre	N.E.J.	35.17	14.30	20.47	14.15	F.T.
Carol Parish	Unattached	35.28	11.00	24.28	10.30	
Keith Dungate	Cambridge H.	35.34	11.00	24.34	10.30	
Tom Dradey	Unattached	36.07	5.00	31.07	4.00	
Susan Cane	N.E.J.	37.10	-0.30	36.40	-1.30	
Peter Cane	N.E.J.	37.10	-0.30	36.40	-1.30	
Mark Tingley	Unattached	36.47	1.30	35.17	-0.15	
Geraldine Legon	Bexley	36.56	5.00	31.56	3.00	

20 runners

At last the sun was shining and it was really warm, which was perfect for some fast times. Well done to the ladies, Jane & Sam for coming home first.. Also a fast time set by Stephanie which, I think, is another P.B. With Easter coming early this year .we couldn't have our usual hot cross bun run so this one was just part of it & next month we will have another one!!!! (I do like the buns)!! Hope to see you there.

NEXT RUN
Friday 8th April 2016