

323rd Crook Log Friday Handicap

13th October 2017

Name	Club	Elapsed Time	Handicap	Net Time	New Handicap	
John Hampton	Unattached	32.52	6.00	26.52	8.00	PB
Gina Little	Plumstead	33.04	6.00	27.04	8.00	
Stephanie Dungate	Cambridge	33.04	2.30	30.34	4.15	
Mark Tingley	Unattached	33.31	3.15	30.16	4.30	
Angie Charkiewicz	N.E.J.	33.45	0.00	33.45	1.15	
Sally Musson	Tonbridge	34.13	12.30	21.43	13.15	
Jane Blackmore	Swanley	34.23	10.00	24.23	10.30	
Tom Dradey	Unattached	34.32	0.00	34.32	0.30	
Geraldine Legon	Bexley	34.51	1.00	33.51	1.00	
Keith Dungate	Cambridge	34.52	5.30	29.22	5.30	
Nello L	N.E.J.	34.53	11.00	23.53	11.00	
Stuart Littlewood	Hercules W.	34.59	7.15	27.44	7.15	
Steve Dipre	N.E.J.	35.18	14.00	21.18	13.45	FT
Sue Cane	N.E.J.	35.28	-3.30	38.58	-4.00	
Peter Cane	N.E.J.	35.28	-3.30	38.58	-4.00	
John Leach	N.E.J.	36.20	6.00	30.20	-4.15	

16 runners

Weather good for fast times & we were not disappointed. Nearly everyone beat their handicap times with some by over two minutes which was very rewarding. Well done to John Hampton & also to Gina who helped by pacing John with her good steady running. Hope next month will be as good.

NEXT RUN

Friday 10th November 2017