

Handicap: Mauricewood - 2 miles									
Date: 12 December 2017									
HANDICAP				SCRATCH POSITIONS					
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2	Lap3
1	Sarah McKechnie	06m20s	19m28s	1	Michael Greens	12m35s	04m03s	04m16s	04m16s
2	Gordon Campbell	06m00s	19m59s	2	Allan Dunbar	12m47s	04m12s	04m25s	04m10s
3	Chris Downie	05m00s	20m01s	3	Sarah McKechnie	13m08s	04m22s	04m19s	04m27s
4	Daniel Greens	06m00s	20m04s	4	Chris Falconer	13m14s	04m05s	04m27s	04m42s
5	Rob Wilson	06m40s	20m06s	5	Rob Wilson	13m26s	04m15s	04m43s	04m28s
6	Allan Dunbar	07m20s	20m07s	6	Gillian Cairns	13m57s	04m42s	04m42s	04m33s
7	Julie Hand	05m00s	20m08s	7	Gordon Campbell	13m59s	04m31s	04m53s	04m35s
8	Tracy Philp	05m00s	20m11s	8	Daniel Greens	14m04s	04m33s	04m53s	04m38s
9	Gillian Cairns	06m20s	20m17s	9	Chris Downie	15m01s	05m02s	05m07s	04m52s
10	Andrew McDermott	05m00s	20m18s	10	Sadie Kemp	15m02s	04m59s	05m02s	05m01s
11	Sadie Kemp	05m20s	20m22s	11	Julie Hand	15m08s	04m44s	05m11s	05m13s
12	Michael Greens	08m00s	20m35s	12	Tracy Philp	15m11s	05m02s	05m06s	05m03s
13	Sarah Burthe	05m00s	21m00s	13	Andrew McDermott	15m18s	04m51s	05m19s	05m08s
14	Chris Falconer	08m00s	21m14s	14	Sarah Burthe	16m00s	05m13s	05m26s	05m21s
15	Fran Jones	03m40s	21m21s	15	Fran Jones	17m41s	06m02s	05m51s	05m48s
Target gross time was 20m00s (+/- 20s)									
First time on this course since 24/02/2015 which coincidentally was Sarah McK last handicap run, welcome back and well done									
Handicappers soft heart open for all to see, well it is Christmas!!!!									
New course PB's for Gillian (-4s) & Michael G (-1m29s)									
Might be a while before chasing course PB's for first timers Gordon, Allan, Chris F, Daniel, Julie H, Fran (surprisingly) & Andrew									
Thanks to Susan McF, Ellie, Billy D, Julie Y, Juliane & Susie for doing a great job with place/time splits and finishes									
Have a great Christmas & see you all in the New Year									

Handicap: Cornbank - 2 miles										
Date: 28 November 2017										
		HANDICAP		SCRATCH POSITIONS						
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2	Lap3	Lap4
1	Mike Brooks	06m00s	19m24s	1	John Gibbs	11m28s	02m51s	02m55s	02m54s	02m48s
2	Sadie Kemp	05m00s	19m27s	2	Michael Greens	11m56s	02m52s	02m58s	03m04s	03m02s
3	Chris Downie	05m00s	19m42s	3=	Mike Brooks	12m54s	03m12s	03m14s	03m19s	03m09s
4	Gordon Campbell	06m00s	19m44s	3=	Allan Dunbar	12m54s	03m06s	03m11s	03m18s	03m19s
5	Robin Hall	06m20s	19m45s	5	Gregor Gorjanc	13m01s	03m13s	03m20s	03m18s	03m10s
6	John Gibbs	08m20s	19m48s	6	Robin Hall	13m25s	03m18s	03m23s	03m28s	03m16s
7	Michael Greens	08m00s	19m56s	7	Gordon Campbell	13m44s	03m23s	03m28s	03m33s	03m20s
8	Gregor Gorjanc	07m00s	20m01s	8	Sadie Kemp	14m27s	03m31s	03m35s	03m38s	03m43s
9	Allan Dunbar	07m40s	20m34s	9	Chris Downie	14m42s	03m33s	03m42s	03m50s	03m37s
10	Zoe Fowler	05m40s	20m34s	10	Zoe Fowler	14m54s	03m35s	03m46s	03m51s	03m42s
Target gross time was 20m00s (+/- 20s)										
Handicaper attempted to compensate for injury recovery, recent racing & holiday absences but pretty well failed!										
Well Done Mike B, first one back after prolonged injury rewarded with a 16s improvement from November 2016										
Michael G broke the majic 12min barrier with a new course PB (-7s); Gregor also continuing his improvement with course PB (-6s)										
First timer on this course, Robin, that's you got a course PB to go for now!										
Thanks to Bill, Fran, Chris F & Mark S for doing a great job with place/time splits and finishes										

Handicap: Cornbank - 2 miles										
Date: 31 October 2017										
HANDICAP				SCRATCH POSITIONS						
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2	Lap3	Lap4
1	Daniel Greens	05m40s	19m39s	1	Michael Greens	12m17s	02m57s	03m06s	03m08s	03m06s
2	Gregor Gorjanc	06m40s	19m48s	2	Gregor Gorjanc	13m08s	03m15s	03m25s	03m17s	03m11s
3	Phill Rayson	03m20s	20m06s	3	Billy Dickson	13m51s	03m23s	03m30s	03m35s	03m23s
4	Billy Dickson	06m20s	20m11s	4	Daniel Greens	13m59s	03m35s	03m31s	03m37s	03m16s
5	Michael Greens	08m00s	20m17s	5	Sadie Kemp	15m17s	03m53s	03m46s	03m49s	03m49s
6	Sarah Burthe	05m20s	20m52s	6	Chris Downie	15m20s	03m54s	03m47s	03m53s	03m46s
7	Sadie Kemp	05m40s	20m57s	7	Sarah Burthe	15m32s	03m50s	03m55s	03m58s	03m49s
8	Chris Downie	05m40s	21m00s	8	Phill Rayson	16m46s	04m12s	04m15s	04m10s	04m09s
9	Julie Hand	05m40s	DNF	9	Julie Hand	DNF	03m40s	-	-	-
Target gross time was 20m00s (+/- 20s)										
Harriers Hallowe'en Handicap with the spirits & creatures of the night taking possession (at least of Coach Dave)										
Well done Daniel, getting back to form and only 1 sec outside your course PB										
No course PB's this month but Gregor also only 1 sec outside his course PB										
Some tired legs apparent in the results!										
David Sheridan & Allan Dunbar; sorry you guys missed the opportunity to chase your course PB's										
Thanks to Allan D, Susan, Ellie, Chris F & Dyane for stepping up to the mark and doing a great job with place/time splits and finish results										

Handicap: Cornbank - 2 miles

Date: 26 September 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2	Lap3	Lap4
1	Fran Jones	02m00s	18m16s	1	John Gibbs	11m05s	02m49s	02m48s	02m50s	02m38s
2	Michelle Cooper	01m40s	19m33s	2	Michael Greens	12m16s	03m01s	03m00s	03m03s	03m12s
3	Gordon Campbell	06m00s	19m42s	3	Chris Falconer	12m19s	03m03s	03m09s	03m07s	03m00s
4	John Gibbs	08m40s	19m45s	4	David Sheridan	13m28s	03m20s	03m23s	03m18s	03m27s
5	Chris Falconer	07m40s	19m59s	5	Kevin Anderson	13m29s	03m20s	03m23s	03m19s	03m27s
6	Julie Hand	05m40s	20m02s	6	Gordon Campbell	13m42s	03m16s	03m23s	03m32s	03m31s
7	Chris Downie	05m40s	20m02s	7	Julie Hand	14m22s	03m24s	03m33s	03m45s	03m40s
8	Sadie Kemp	05m40s	20m05s	8	Chris Downie	14m22s	03m30s	03m36s	03m42s	03m34s
9	Michael Greens	08m00s	20m16s	9	Sadie Kemp	14m25s	03m29s	03m35s	03m42s	03m39s
10	David Sheridan	07m00s	20m28s	10	Daniel Greens	14m40s	03m22s	03m34s	03m51s	03m53s
11	Kevin Anderson	07m00s	20m29s	11	Andrew McDermot	14m54s	03m37s	03m50s	03m48s	03m39s
12	Daniel Greens	06m00s	20m40s	12	Fran Jones	16m16s	04m05s	04m05s	04m08s	03m58s
13	Andrew McDermot	06m20s	21m14s	13	Michelle Cooper	17m53s	04m18s	04m31s	04m35s	04m29s

Target gross time was 20m00s (+/- 20s)

Last of the "winter" handicaps - calm& mild but the midges still about!

Well done Fran, turned the handicapper over well & good; good to see you back with us & steady lapping

New course PB for Gordon C (-10s); well done and just reward for your efforts

Great effort from course first timers John G (puts you 2nd on my list) & new addition David S; course PB's to target now

Handicapper does feel a wee bit conned; how are we still getting sub 19m40s times; watch out you guys, coach is watching!

Thanks to Susan, Allan D, Vicky & Juliane for taking place/time splits and finish results

Handicap: Railway - 2 miles

Date: 29 August 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Out	Back
1	Michelle Cooper	00m20s	18m01s	1	Des Crowe	11m36s	05m29s	06m07s
2	Emma Baird	02m20s	18m42s	2	Michael Greens	11m48s	05m34s	06m14s
3	Gordon Campbell	05m40s	19m16s	3	Derek Newport	11m49s	05m39s	06m10s
4	Gregor Gorjanc	06m40s	19m44s	4	Chris Falconer	11m51s	05m35s	06m16s
5	Michael Greens	08m00s	19m48s	5	Lewis Irvine	12m06s	05m32s	06m34s
6	Chris Falconer	08m00s	19m51s	6	Allan Dunbar	12m18s	05m58s	06m20s
7	Sadie Kemp	05m40s	19m55s	7	Gregor Gorjanc	13m04s	06m21s	06m43s
8	Des Crowe	08m20s	19m56s	8	Charlie Crawford	13m31s	06m19s	07m12s
9	Chris Downie	05m40s	19m56s	9	Gordon Campbell	13m36s	06m29s	07m07s
10	Robin Hall	06m20s	19m57s	10	Robin Hall	13m37s	06m30s	07m07s
11	Allan Dunbar	07m40s	19m58s	11	Daniel Greens	13m59s	06m35s	07m24s
12	Daniel Greens	06m00s	19m59s	12	Juliane Friedrich	14m14s	06m35s	07m39s
13	Lewis Irvine	08m00s	20m06s	13	Sadie Kemp	14m15s	06m40s	07m35s
14	Derek Newport	08m20s	20m09s	14	Chris Downie	14m16s	06m47s	07m29s
15	Charlie Crawford	07m00s	20m31s	15	Emma Baird	16m22s	07m44s	08m38s
16	Juliane Friedrich	06m20s	20m34s	16	Michelle Cooper	17m41s	08m35s	09m06s

Target gross time was 20m00s (+/- 20s)

Last of the "summer" handicaps - a cool evening but it didn't stop the midges nippin'!

Well done Michelle, a 44s improvement from the spring & Emma too with a massive 1m25s improvement

New course PB's for Gordon C (-22s), Gregor G (-5s) & Michael G (-3s); well done guys

Course first timers Charlie C (not done this one before?) & new group member Lewis; course PB's to target next year

4 No. sub-12 mins; brilliant guys & a couple knocking at the door

Handicaper failed again in reducing the sub 19m40s times; but the spread is closing!

Thanks to Ellie, Billy D, Stuart, Amy & Yan for finish control; Susie, Duncan & Craig for manning turnaround

Handicap: Railway - 2 miles

Date: 25 July 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Out	Back
1	Chris Falconer	07m20s	19m09s	1	John Gibbs	11m31s	05m32s	05m59s
2	Robin Hall	06m00s	19m21s	2	Chris Falconer	11m49s	05m36s	06m13s
3	Sadie Kemp	05m20s	19m29s	3	Michael Greens	11m51s	05m39s	06m12s
4	Allan Dunbar	07m20s	19m30s	4	Allan Dunbar	12m10s	05m56s	06m14s
5	Michael Greens Susan	07m40s	19m31s	5	Gregor Gorjanc	13m09s	05m40s	06m46s
6	McFarlane	06m00s	19m32s	6	Robin Hall	13m21s	06m17s	07m04s
7	Rachael Lees	06m00s	19m36s	7=	Billy Dickson Susan	13m32s	06m33s	06m59s
8	Zoe Fowler	06m00s	19m40s	7=	McFarlane	13m32s	06m28s	07m04s
9	Gregor Gorjanc	06m40s	19m49s	9	Rachael Lees	13m36s	06m27s	07m09s
10	Billy Dickson	06m20s	19m52s	10	Zoe Fowler	13m40s	06m26s	07m14s
11	Daniel Greens	06m00s	19m54s	11	Daniel Greens	13m54s	06m24s	07m30s
12	Emma Baird	02m20s	19m55s	12	Sadie Kemp	14m09s	06m39s	07m30s
13	Chris Downie	05m40s	20m04s	13	Chris Downie	14m24s	06m51s	07m33s
14	Phill Rayson	03m20s	20m07s	14	Phill Rayson	16m47s	07m54s	08m53s
15	John Gibbs	08m40s	20m11s	15	Emma Baird	17m35s	08m18s	09m17s

Target gross time was 20m00s (+/- 20s)

A bit cool but a better night for midges!

Well done Chris F just reward with improvement & course PB (-37s) for your efforts over the past month following long term injury

Course first timer Robin H finished second with a course PB now to target

New course PB's for Allan D (-16s), Gregor G (-3s) & Michael G (-16s); well done guys

Definitely developing greater strength in depth: 3 No. sub-12 mins & what about the 6min group?

(Billy D, watch out, you're in with them next month; Robin you're not)

Handicaper failed again in reducing the sub 19m40s times; but the spread is closing!

Thanks to Gilly, Ngemi & Yan for taking finish times/places; Susie, Fran & Lynne for manning turnaround & taking splits

Handicap: Railway - 2 miles

Date: 26 June 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Out	Back
1	Raymond Richford	06m00s	19m04s	1	John Gibbs	11m10s	05m20s	05m50s
2	Juliane Friedrich	05m40s	19m09s	2	Des Crowe	11m28s	05m28s	06m00s
3	John Gibbs	08m00s	19m10s	3	Michael Greens	12m07s	05m41s	06m26s
4	Daniel Greens	05m40s	19m24s	4	Stuart Dunn	12m12s	05m39s	06m33s
5	Tracy Philp	05m00s	19m28s	5	Chris Falconer	12m26s	05m40s	06m46s
6	Des Crowe	08m07s	19m35s	6	Raymond Richford	13m04s	06m23s	06m41s
7	Susan McFarlane	06m00s	19m38s	7	Juliane Friedrich	13m29s	06m19s	07m10s
8	Chris Downie	05m40s	19m41s	8	Billy Dickson	13m31s	06m14s	07m17s
9	Sadie Kemp	05m20s	19m44s	9	Susan McFarlane	13m38s	06m27s	07m11s
10	Rachael Lees	06m00s	19m44s	10=	Daniel Greens	13m44s	06m21s	07m23s
11	Michael Greens	07m40s	19m47s	10=	Rachael Lees	13m44s	06m31s	07m13s
12	Gordon Campbell	05m40s	19m50s	12	Chris Downie	14m01s	06m37s	07m24s
13	Chris Falconer	07m40s	20m06s	13	Gordon Campbell	14m10s	06m15s	07m55s
14	Billy Dickson	06m40s	20m11s	14	Sadie Kemp	14m24s	06m42s	07m42s
15	Michael Philp	04m00s	20m24s	15	Tracy Philp	14m28s	06m48s	07m40s
16	Stuart Dunn	08m20s	20m32s	16	Michael Philp	16m24s	07m42s	08m42s

Target gross time was 20m00s (+/- 20s)

Midges, midges, midges - nip, nip, nip!!!!!!!

Well done Raymond, great performane and a course PB to target for the summer

Likewise John, great time on your debut and shoots you into second place in my records from 2012

Course first timer Chris F, retuning from injury 7 looking good, a course PB for you to target too

Juliane, almost catching me out again with my handicap allocation, a new course PB for you (-24s)

New course PB for Des (-5s) and Tracy P, you equalled your course PB from 2015 (where did that come from???)

Stuart D, only 3s short of your course PB

Handicaper's still got some work to do in reducing these sub 19m40s times; or is it the quality of coaching provided??

Thanks to Fran, Dyane & Gilly for taking finish times/places, Duncan & Phill for manning turnaround & taking splits

Handicap: Railway - 6 miles

Date: 30 May 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Out	Back
1	Jan Dawson	08min	48m44s	1	Billy Colvin	35m24s	17m33s	17m51s
2	Sadie Kemp	05min	49m18s	2	Derek Newport	35m46s	17m34s	18m12s
3	Billy Colvin	14min	49m24s	3	Michael Greens	36m59s	18m04s	18m55s
4	Derek Newport	14 min	49m46s	4	Allan Dunbar	39m02s	19m31s	19m31s
5	Gordon Campbell	7 min	49m54s	5	Jan Dawson	40m44s	20m16s	20m28s
6	Michael Greens	13 min	49m59s	6	Gregor Gorjanc	42m26s	21m08s	21m18s
7	Chris Downie	7 min	50m06s	7	Gordon Campbell	42m54s	21m22s	21m32s
8	Raymond Richford	8 min	50m56s	8	Raymond Richford	42m56s	21m39s	21m17s
9	Allan Dunbar	12 min	51m02s	9	Chris Downie	43m06s	21m33s	21m33s
10	Rachael Lees	8 min	51m15s	10	Yan Horsburgh*	43m14s	18m03s	25m11s
11	Zoe Fowler	8 min	52m08s	11	Rachael Lees	43m15s	21m20s	21m55s
12	Daniel Greens	6 min	52m09s	12	Zoe Fowler	44m08s	22m03s	22m05s
13	Gregor Gorjanc	10 min	52m26s	13	Sadie Kemp	44m18s	22m02s	22m16s
14	Scott McIntosh	7 min	52m28s	14	Scott McIntosh	45m28s	22m37s	22m51s
15	Andy Briggs	8 min	53m36s	15	Andy Briggs	45m36s	22m44s	22m52s
16	Michael Philp	0 min	54m53s	16	Daniel Greens	46m09s	22m56s	23m13s
17	Yan Horsburgh	13 min	56m14s	17	Michael Philp	54m53s	26m55s	27m58s
18	Sarah Burthe	6 min	DNF	18	Sarah Burthe	DNF		

Target gross time was 50mins (+/- 1 min)

Our annual "6 miler" (or thereabouts - Strava feedback gives 5.7-5.8 miles); does the actual distance matter, what about your PB's?

So, here's me trying to make allowance for recent race efforts with what I thought was appropriate handicap "tweaking" - DOH!!

Notwithstanding the above, well done Jan, great effort after Boston & Stirling also Sadie ("Fling", Stirling, Rig Race & Edinburgh.....).

Didn't expect this after last weekends Edinburgh Half - well done Billy on a new PB (-1m52s) & Course Record.

Course PB's for Michael G (-3m28s) & Derek N (-1m06s from 29/05/2012)

Course first timers Andy B, Raymond R & Michael P, course PB's to chase now.

Very impressed with pace judgement; Allan & Chris (Wow!) & Raymond (the only negative split); great efforts.

Thanks to Ellie, Fran, Juliane & Charlie for taking finish times/places and Gilly, Vicky & Rachael D for manning turnaround & taking splits.

Tracy & Julian also deserve your thanks for keeping you all safe through Auchendinny.

Handicap: Railway - 2 miles

Date: 25 April 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Out	Back
	Susan							
1	McFarlane	05m20s	18m51s	1	Michael Greens	11m57s	05m40s	06m17s
2	Daniel Greens	05m20s	19m06s	2	Allan Dunbar	12m26s	05m57s	06m29s
	Juliane							
3	Friedrich	05m20s	19m13s	3	Gregor Gorjanc	13m12s	06m28s	06m44s
4	Chris Downie	05m20s	19m14s	4	Billy Dickson	13m29s	06m30s	06m59s
	Susan							
5	Michelle Cooper	01m00s	19m25s	5	McFarlane	13m31s	06m31s	07m00s
6	Phill Rayson	03m40s	19m33s	6	Rachael Lees	13m39s	06m32s	07m07s
7	Sarah Burthe	05m20s	19m36s	7	Daniel Greens	13m46s	06m21s	07m25s
	Juliane							
8	Michael Greens	07m40s	19m37s	8	Friedrich	13m53s	06m29s	07m24s
	Gordon							
9	Campbell	05m40s	19m38s	9	Chris Downie	13m54s	06m40s	07m14s
	Gordon							
10	Rachael Lees	06m00s	19m39s	10	Campbell	13m58s	06m25s	07m33s
11	Allan Dunbar	07m20s	19m46s	11	Zoe Fowler	14m07s	06m47s	07m20s
12	Billy Dickson	06m20s	19m49s	12	Sarah Burthe	14m16s	06m52s	07m24s
	Alastair							
13	Gregor Gorjanc	06m40s	19m52s	13	McKintosh	14m32s	07m00s	07m32s
14	Zoe Fowler	06m00s	20m07s	14	Phill Rayson	15m53s	07m36s	08m17s
15	Emma Baird	02m20s	20m07s	15	Emma Baird	17m47s	08m52s	08m55s
	Alastair							
16	McKintosh	05m40s	20m12s	16	Michelle Cooper	18m25s	09m10s	09m27s
17	Vicky Lyon	01m00s	20m14s	17	Vicky Lyon	19m14s	09m09s	10m05s

Target gross time was 20m00s (+/- 20s)

Welcolme to the first SUMMER HANDICAP of the season (did anyone remember to tell the weatherman?)

Well done Susan, back from injury and lookin' great (only 7s outside your course PB)

Smiles from Michael tonight; great run rewarded with a new course PB (-17s) and breaking the 12mim. Barrier for first time.

Course first timers Gordon, Allan, Juliane (almost did it again) & Phill; that's you got course PB's to chase now.

No other course PB's but Gregor did match his fromlast year, the rest all now have Seasons course PB's to target

Looks like the Handicaper's needing to do some serious thinking, too many sub 19m40s times in there!!

Thanks to Jan, Charlie & Julie H for taking finish times/places and Sadie, Fran, Juian & Ngeme for manning turnaround & taking splits.

Handicap: Cornbank - 2 miles

Date: 28 March 2017

HANDICAP

SCRATCH POSITIONS

	Start	Finish		Scratch	Lap 1	Lap 2	Lap 3	Lap 4		
Pos.	Name	Time	Time	Pos.	Name	Time				
1	Juliane Friedrich	04m20s	18m46s	1	Michael Greens	12m04s	02m55s	03m01s	03m05s	03m03s
2	Raymond Richford	05m40s	19m10s	2	Steve Morton	12m36s	03m04s	03m10s	03m11s	03m11s
3	Daniel Greens	05m00s	19m24s	3	Allan Dunbar	13m12s	03m13s	03m21s	03m23s	03m15s
4	Phill Rayson	03m20s	19m34s	4	Julie Hand	13m13s	03m10s	03m21s	03m19s	03m23s
5	Steve Morton	07m00s	19m36s	5	Raymond Richford	13m30s	03m23s	03m28s	03m24s	03m15s
6	Vicky Lyon	01m00s	19m37s	6	Rachael Lees	13m55s	03m27s	03m37s	03m32s	03m19s
7	Sadie Kemp	05m20s	19m41s	7	Gordon Campbell	14m07s	03m19s	03m35s	03m37s	03m36s
8	Michael Greens	07m40s	19m44s	8	Sadie Kemp	14m21s	03m34s	03m34s	03m37s	03m36s
9	Gordon Campbell	05m40s	19m47s	9	Daniel Greens	14m24s	03m29s	03m38s	03m43s	03m34s
10	Julie Hand	06m40s	19m53s	10	Juliane Friedrich	14m26s	03m26s	03m36s	03m44s	03m40s
11	Rachael Lees	06m00s	19m55s	11	Chris Downie	14m31s	03m28s	03m41s	03m43s	03m39s
12	Chris Downie	05m40s	20m11s	12	Phill Rayson	16m14s	04m03s	04m04s	04m08s	03m59s
13	Allan Dunbar	07m20s	20m32s	13	Vicky Lyon	18m37s	04m28s	04m40s	04m49s	04m40s

Target gross time was 20m00s (+/- 20s)

Last winter handicap of the season; maybe that's why the numbers were further diminished!

Well done Juliane, turned me over again with further outstanding 54s course PB (that's -1m52s since you joined the group at Christmas)

Welcome first timers Steve, Raymond & Phill, great consistent runs from you all and course PB to go for next winter.

No course PB's to end the season but Michael G came nearest, just missing out by 1s; great winter season Michael.

Great to see our marathon queen Vicky back with us (first Cornbank handicap since 10/12/2013), well done Vicky.

Thanks to Susie, Louise C, Mark D & Yan for taking lap/finish times/places & distributing/collecting numbers

Hopefully see you all back on the summer "Railway" handicap course (with the midgies) next month, Aye "IT'S SUMMER"!

Handicap Cornbank - 2 miles

Date: 28 February 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap 1	Lap 2	Lap 3	Lap 4
1	Gordon Bee	05m40s	19m13s	1	Stuart Dun	11m35s	02m55s	02m56s	02m54s	02m50s
2	Julie Hand	06m40s	19m33s	2	Michael Greens	12m03s	02m54s	03m05s	03m06s	02m58s
3	Andy Briggs	05m40s	19m34s	3	Julie Hand	12m53s	03m07s	03m14s	03m21s	03m11s
4	Stuart Dun	08m00s	19m35s	4	Gordon Bee	13m33s	03m29s	03m27s	03m24s	03m13s
5	Susie Maxwell	03m40s	19m36s	5	Rachael Lees	13m52s	03m19s	03m28s	03m36s	03m29s
6	Emma Sampson	00m00s	19m39s	6	Andy Briggs	13m54s	03m31s	03m28s	03m32s	03m23s
7	Gordon Campbell	05m40s	19m39s	7	Gordon Campbell	13m59s	03m31s	03m29s	03m35s	03m24s
8	Melanie Dunbar	05m40s	19m40s	8	Melanie Dunbar	14m00s	03m31s	03m29s	03m33s	03m27s
9	Michael Greens	07m40s	19m43s	9	Chris Downie	14m12s	03m31s	03m32s	03m37s	03m32s
10	Sadie Kemp	05m20s	19m48s	10	Sadie Kemp	14m28s	03m36s	03m34s	03m37s	03m41s
11	Chris Downie	05m40s	19m52s	11	Susie Maxwell	15m56s	03m44s	04m01s	04m10s	04m01s
12	Rachael Lees	06m20s	20m12s	12	Katie Grace	18m22s	04m37s	04m39s	04m31s	04m35s
13	Katie Grace	03m20s	21m42s	13	Emma Sampson	19m39s	04m54s	04m57s	04m59s	04m49s
14	Stuart Sanderson	08m00s	DNF	14	Stuart Sanderson	DNF	03m04s	-	-	-

Target gross time was 20m00s (+/- 20s)

Has winter returned?; a wee bit cooler tonight but some excellent performances warmed us all up

Where was everyone? Lowest turn out for a very long time

First timer Gordon turned over the handicapper; great run and a course PB to go for next month

Fantastic runs & course PB's from Mel D (-5s), Stuart D (-7s), Michael G (-9s), Julie H (-20s) & Emma S (-19s)

Special congrat's to Michael G (progressively lowered course PB every month this winter) & Julie H (broke the 13min barrier for the first time)

Thanks to Susan McF, Billy C, Fran & Martin B for taking lap/finish times/places & distributing/collecting numbers

Handicap Cornbank - 2 miles

Date: 31 January 2017

HANDICAP

SCRATCH POSITIONS

Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap 1	Lap 2	Lap 3	Lap 4
1	Juliane Friedrich	03m40s	19m00s	1	Colin Deans Stuart	11m55s	02m53s	03m01s	02m57s	03m04s
2	Colin Deans	07m20s	19m15s	2	Sanderson	12m10s	02m54s	03m00s	03m09s	03m07s
3	Allan Dunbar	07m00s	19m27s	3	Michael Greens	12m12s	02m50s	03m01s	03m12s	03m09s
4	Julie Hand	06m20s	19m36s	4	Allan Dunbar Craig	12m27s	03m02s	03m08s	03m11s	03m06s
5	Andy Briggs Gordon	05m40s	19m38s	5	Davenport	13m00s	03m02s	03m12s	03m22s	03m24s
6	Campbell	05m40s	19m49s	6	Kevin Anderson	13m03s	03m08s	03m17s	03m19s	03m19s
7	Sadie Kemp	05m20s	19m51s	7	Julie Hand	13m16s	03m19s	03m22s	03m20s	03m15s
8	Michael Greens	07m40s	19m52s	8=	Jan Dawson	13m36s	03m13s	03m25s	03m27s	03m31s
9	Jan Dawson	06m20s	19m56s	8=	Rachael Lees	13m36s	03m20s	03m26s	03m31s	03m19s
10	Rachael Lees	06m20s	19m56s	10	Andy Briggs Gordon	13m58s	03m29s	03m33s	03m33s	03m23s
11	Katie Grace	03m20s	20m00s	11=	Campbell	14m09s	03m19s	03m36s	03m39s	03m35s
12	Kevin Anderson Emma	07m00s	20m03s	11=	Jane McPhillips	14m09s	03m23s	03m30s	03m39s	03m37s
13	Sampson	00m00s	20m06s	13=	Sadie Kemp	14m31s	03m37s	03m35s	03m40s	03m39s
14	Emma Baird	03m00s	20m08s	13=	Chris Downie	14m31s	03m29s	03m36s	03m37s	03m49s
15	Stuart Sanderson	08m00s	20m10s	15	Juliane Friedrich	15m20s	03m49s	03m51s	03m52s	03m48s
16	Craig Davenport	07m20s	20m20s	16	Andrea Wilson	15m24s	03m46s	03m56s	03m54s	03m48s
17	Helen Osman	03m40s	20m25s	17	Katie Grace	16m40s	04m17s	04m27s	04m04s	03m52s
18	Jane McPhillips	06m20s	20m29s	18	Helen Osman	16m45s	04m10s	04m09s	04m10s	04m16s
19	Chris Downie	06m00s	20m31s	19	Emma Baird	17m08s	04m23s	04m34s	04m04s	04m07s
20	Andrea Wilson	05m20s	20m44s	20	Emma Sampson	20m06s	04m56s	05m05s	05m07s	04m58s

Target gross time was 20m00s (+/- 20s)

Still "UNSEASONALLY WARM"; what is mother nature going to throw at us (the eternal pessimist)?

Juliane, what can I say, well done in turning me over again with an incredible 58s improvement from December

Great run from first timer Colin; that's a decent course PB for you and a mark to go for next month

Apologies to Emma B, you should have started 20s earlier so if I'd got it right that run would have placed you 5th finisher

Also Andea, the effects of your recent cold showing (but what do I do for next monthshandicap?)

Michael G marches on with another course PB (-1s) while Julie H (+3s) & Andy B (+5s) almost getting there too

Jane Mc, welcolm to our monthly handicap, that's you got a course PB to go for now

Never known so many close times but "corner cutting" not an issue this month

Thanks to Jennie, Billy C, Fran & Chris F for taking lap/finish times/places & distributing/collecting numbers