

Handicap: Cornbank - 2 miles											
Date: 25 September 2018											
		HANDICAP		SCRATCH POSITIONS							
		Start	Finish			Scratch	Lap1	Lap 2	Lap 3	Lap 4	
Pos.	Name	Time	Time		Pos.	Name	Time				
1	Chris Craig	05m40s	19m18s		1	Adam Gray	11m12s	02m40s	02m53s	02m52s	02m47s
2	Gordon Campbell	05m20s	19m35s		2	John Gibbs	11m33s	02m53s	02m58s	02m58s	02m44s
3	Chris Downie	04m40s	19m45s		3	Michael Greens	12m15s	03m12s	03m03s	02m58s	03m02s
4	Daniel Greens	05m00s	19m51s		4	Chris Craig	13m38s	03m13s	03m23s	03m28s	03m34s
5	Dyane Harvey	03m40s	19m51s		5	Gregor Gorjanc	13m47s	03m27s	03m36s	03m26s	03m18s
6	Emma Baird	01m40s	19m51s		6	Gordon Campbell	14m15s	03m32s	03m33s	03m36s	03m34s
7	Adam Gray	08m50s	20m02s		7	Rachel McGavin	14m41s	03m32s	03m40s	03m47s	03m42s
8	Mel Dunbar	05m20s	20m11s		8	Daniel Greens	14m51s	03m36s	03m48s	03m53s	03m34s
9	Zoe Fowler	05m20s	20m14s		9	Mel Dunbar	14m51s	03m39s	03m43s	03m52s	03m37s
10	Michael Greens	08m00s	20m15s		10	Zoe Fowler	14m54s	03m47s	03m50s	03m45s	03m32s
11	John Gibbs	09m00s	20m33s		11	Chris Downie	15m05s	03m40s	03m50s	03m55s	03m40s
12	Rachel McGavin	06m00s	20m41s		12	Dyane Harvey	16m11s	04m00s	04m02s	04m05s	04m04s
13	Gregor Gorjanc	07m00s	20m47s		13	Emma Baird	18m11s	04m33s	04m46s	04m45s	04m07s
Welcome to Winter and with it, a warm welcome back to Rachel McG											
Don't know if I should be praising or scolding Michael & Adam who did the Two Breweries/Inverness Marathon respectively at the weekend!											
Results were subject to scrutiny, only amendment was Chris C's net time (sorry Chris)											
Newbie Chris C turned me over well & truly; well done Chris, that's you put down a marker so lets see if you can do it again next month?											
Great effort Adam after your weekends endeavours, that puts you straight in at 3rd best time on this course											
Great efforts from Emma (1m02s improvement since March) & Dyane (14s improvement since January)											
Thanks to Yan, Kate, Robin & Duncan for taking times/places/splits											

Handicap: Railway - 2 miles								
Date: 28 August 2018								
		HANDICAP		SCRATCH POSITIONS				
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2
1	Fran Jones	03m00s	18m28s	1	Adam Gray	11m00s	05m08s	05m52s
2	Chris Falconer	07m00s	18m58s	2	Michael Greens	11m27s	05m29s	05m58s
3	Charlie Crawford	06m40s	19m21s	3	Des Crowe	11m52s	05m40s	06m02s
4	Michael Greens	08m00s	19m27s	4	Chris Falconer	11m58s	05m38s	06m20s
5	Des Crowe	07m40s	19m32s	5	Allan Dunbar	12m20s	05m53s	06m27s
6	Adam Gray	08m40s	19m40s	6	Charlie Crawford	12m41s	06m04s	06m37s
7	Allan Dunbar	07m20s	19m40s	7	Robin Hall	13m47s	06m32s	07m15s
8	Chris Downie	04m40s	19m42s	8	Gordon Campbell	14m33s	06m51s	07m42s
9	Robin Hall	06m00s	19m47s	9	Chris Downie	15m02s	07m10s	07m52s
10	Michelle Cooper	02m00s	19m56s	10	Daniel Greens	15m24s	07m09s	08m15s
11	Gordon Campbell	05m45s	20m18s	11	Fran Jones	15m28s	07m16s	08m12s
12	Daniel Greens	05m20s	20m44s	12	Michelle Cooper	17m56s	08m24s	09m32s
Well done Fran, first time on this course since doing your course PB on 30/06/2015								
Great effort Adam after 4th place finish on the Speyside way at the weekend; 3 consecutive handicaps & only 3s covering your times								
Course PB's for Michael G (-7s) & Charlie (-9s); great progress guys								
Chris F on his way back too; only 9s off course PB								
Thanks to Emma, Mark S & Dyane (finish place/time); Gilly, Mark D & Kevin (turn-around splits)								
Great efforts from everyone to round of the summer handicap season; thanks to all for your efforts								

Handicap: Railway - 2 miles								
Date: 31 July 2018								
HANDICAP				SCRATCH POSITIONS				
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2
1	Allan Dunbar	06m20s	18m38s	1	John Gibbs	10m38s	05m04s	05m34s
2	Coleen Bowen	04m20s	18m51s	2	Adam Gray	11m01s	05m09s	05m52s
3	Charlie Crawford	06m20s	19m10s	3	Michael Greens	12m13s	05m45s	06m28s
4	Christine Craig	01m40s	19m12s	4	Allan Dunbar	12m18s	05m53s	06m25s
5	Michelle Cooper	01m40s	19m17s	5	Charlie Crawford	12m50s	06m05s	06m45s
6	John Gibbs	08m40s	19m18s	6	Mark Snodgrass	14m02s	06m36s	07m26s
7	Daniel Greens	05m20s	19m33s	7	Daniel Greens	14m13s	06m41s	07m32s
8	Sarah Burthe	04m20s	19m37s	8	Coleen Bowen	14m31s	07m11s	07m20s
9	Adam Gray	08m40s	19m41s	9	Gordon Campbell	14m49s	06m48s	08m01s
10	Phil Rayson	04m00s	19m45s	10	Sarah Burthe	15m17s	07m27s	07m50s
11	Mark Snodgrass	06m00s	20m02s	11	Phil Rayson	15m45s	07m30s	08m15s
12	Michael Greens	08m00s	20m13s	12	Christine Craig	17m32s	08m12s	09m20s
13	Emma Baird	02m00s	20m27s	13	Michelle Cooper	17m37s	08m00s	09m37s
14	Gordon Campbell	06m00s	20m49s	14	Emma Baird	18m27s	08m54s	08m28s
Well done Allan, back on track & only 8s off your course PB								
Great effort John, latest addition to the sub 11 min. group with a new course PB & improvement over the last year (-53s)								
Good work Charlie, continuing your seasons progress with a consecutive course PB (-19s) & now sub 13 min.								
Phil equalled his course PB too despite the psychological trauma on hearing his handicap, well done Phil								
New group members Coleen & Christine, that's you set down your marker now to chase on next months handicap								
Thanks to Julian, Bill & Dyane (finish place/time); Vicky & Sadie (turn-around splits)								
* Apologies to Allan & Charlie for my tardiness in setting you off at the wrong start time & confusion over results								

Handicap: Railway - 2 miles								
Date: 26 June 2018								
		HANDICAP		SCRATCH POSITIONS				
		Start	Finish			Scratch	Lap1	Lap 2
Pos.	Name	Time	Time	Pos.	Name	Time		
1	Phil Rayson	03m00s	18m45s	1	Adam Gray	10m58s	05m11s	05m47s
2	Céadach Morton	07m20s	18m57s	2	Derek Newport	11m33s	05m35s	05m58s
3	Daniel Greens	05m20s	19m22s	3	Michael Greens	11m34s	05m36s	05m58s
4	Michelle Cooper	02m00s	19m31s	4	Céadach Morton	11m37s	05m30s	06m07s
5	Derek Newport	08m00s	19m33s	5	Charlie Crawford	13m09s	06m18s	06m51s
6	Michael Greens	08m00s	19m34s	6	Daniel Greens	14m02s	06m40s	07m22s
7	Adam Gray	08m40s	19m38s	7	Mel Dunbar	14m35s	06m56s	07m39s
8	Tracy Philp	05m00s	19m48s	8	Gordon Campbell	14m46s	06m51s	07m55s
9	Charlie Crawford	06m40s	19m49s	9	Tracy Philp	14m48s	07m05s	07m43s
10	Mel Dunbar	05m20s	19m55s	10	Chris Downie	15m10s	07m10s	08m00s
11	Chris Downie	05m00s	20m10s	11	Phil Rayson	15m45s	07m42s	08m03s
12	Gordon Campbell	05m40s	20m26s	12	Michelle Cooper	17m31s	08m24s	09m07s
13	Michael Philp	03m20s	20m42s	13	Michael Philp	17m22s	08m21s	09m01s
Target gross time was 20m00s (+/- 20s) - Handicappers got a wee bit work to do!								
Great effort Phil & rewarded with a new course PB (-8s)								
Well done new man Adam too, this is now your course PB but more significantly only our second sub 11 min. result								
Great competition between Derek & Michael G, Michael rewarded with a new course PB (-14s)								
Course PB's also for Charlie (-22s) & Céadach (-35s)								
Thanks to Zoe, Juliane & Mark D (finish place/time) & Jan, Dyane & Emma (turn-around splits)								

Handicap: Railway - New re-measured 6 miles**Date: 29 May 2018**

HANDICAP				SCRATCH POSITIONS				
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Out	Back
1	Sadie Kemp	16m00s	59m22s	1	Adam Gray	36m12s	18m07s	18m05s
2	Lori McCrae	12m00s	60m41s	2	John Gibbs	36m20s	18m08s	18m12s
3	Craig Davenport	21m00s	60m52s	3	Michael Greens	37m47s	18m55s	18m52s
4	Adam Gray	25m00s	61m12s	4	Craig Davenport	39m52s	19m48s	20m04s
5	Robin Hall	18m00s	61m29s	5	Allan Dunbar	40m17s	20m09s	20m08s
6	Michael Greens	24m00s	61m47s	6	Sadie Kemp	43m22s	21m31s	21m51s
7	Mark Snodgrass	18m00s	62m05s	7	Robin Hall	43m29s	21m29s	22m00s
8	Allan Dunbar	22m00s	62m17s	8	Mark Snodgrass	44m05s	21m32s	22m33s
9	John Gibbs	26m00s	62m20s	9	Daniel Greens	48m07s	23m57s	24m10s
10	Daniel Greens	15m00s	63m07s	10	Lori McCrae	48m41s	24m50s	23m51s
11	Chris Downie	14m00s	63m44s	11	Chris Downie	49m44s	24m31s	25m13s
12	Emma Baird	03m00s	64m11s	12	Emma Baird	61m11s	29m48s	31m23s

Target gross time was 63m00s (+/- 1min) - Well, got that wrong, AGAIN!

Well, a new re-measured distance (200m approximately longer) so your previous course PB's are out the window

Congratulations to Sadie, not only won tonight's handicap but equalled her previous course PB time (aren't stats fascinating)

Not to be outdone, Lori conned me totally but in so doing beat her previous course PB from 2014 which does deserve congratulations

As it's a new course you have all set course PB's to go for next year (or challenge on training runs)

Really good pace judgement displayed by the out & back splits generally (although out is predominantly uphill)

New course records therefore go to Adam (warming down after sub 3hr last Sunday) & Sadie

Thanks to Kate, Juliane & Dyane assisting at finish; Des & Phil Marshalling at Auchendinny & Gilly, Duncan & Gordon manning turn-around

Handicap: Railway - 2 miles								
Date: 24 April 2018								
HANDICAP				SCRATCH POSITIONS				
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2
1	Michelle Cooper	00m40s	18m15s	1	Derek Newport	11m47s	05m46s	06m01s
2	Chris Downie	04m40s	19m09s	2	Michael Greens	11m51s	05m41s	06m10s
3	Emma Baird	01m40s	19m11s	3	Céadach Morton	12m12s	05m52s	06m20s
4	Céadach Morton	07m00s	19m12s	4	Chris Falconer	12m36s	05m49s	06m47s
5	Chris Falconer	06m40s	19m16s	5	Gregor Gorjanc	12m51s	05m59s	06m52s
6	Julie Hand	05m00s	19m22s	6	Julie Hand	14m22s	06m41s	07m41s
7	Phil Rayson	03m00s	19m34s	7	Chris Downie	14m29s	06m57s	07m32s
8	Derek Newport	08m00s	19m47s	8	Daniel Greens	14m49s	06m52s	07m57s
9	Michael Greens	08m00s	19m51s	9	Mel Dunbar	15m03s	07m04s	07m59s
10	Gregor Gorjanc	07m00s	19m51s	10	Phil Rayson	16m34s	07m50s	08m44s
11	Daniel Greens	05m40s	20m29s	11	Emma Baird	17m31s	08m19s	09m12s
12	Mel Dunbar	05m40s	20m43s	12	Michelle Cooper	17m35s	08m34s	09m01s
Target gross time was 20m00s (+/- 20s) - Got that well wrong!								
Great effort & improvement Michelle								
*Slight course adjustment to accommodate Auchendinny bridge works but garmins indicate 1.96-1.97 miles so not far off								
Only one new course PB from Gregor (-13s)* but Michael was pretty close too (+3s)								
Good effort from Céadach too in his first handicap, that's a course PB for you to target now								
Glad to see numbers picking up again after a prolonged winter & handicap disruption								
Thanks to Susan McF, Sarah B, Bill, Robin & Sadie for doing a great job with place/time at finish & turn-around splits								

Handicap: Cornbank - 2 miles										
Date: 27 March 2018										
HANDICAP				SCRATCH POSITIONS						
Pos.	Name	Start Time	Finish Time	Pos.	Name	Scratch Time	Lap1	Lap 2	Lap3	Lap4
1	Sadie Kemp	05m20s	19m35s	1	Ritchie Thomson	10m59s	02m34s	02m48s	02m48s	02m49s
2	Chris Downie	04m40s	19m40s	2	Michael Greens	11m48s	02m52s	02m56s	03m01s	02m59s
3	Michael Greens	08m00s	19m48s	3	Allan Dunbar	12m44s	03m09s	03m11s	03m15s	03m09s
4	Allan Dunbar	07m20s	20m04s	4	Stuart Dun	12m48s	03m06s	03m19s	03m18s	03m05s
5	Ritchie Thomson	09m20s	20m19s	5	Sadie Kemp	14m15s	03m29s	03m34s	03m35s	03m37s
6	Stuart Dun	08m00s	20m48s	6	Chris Downie	15m00s	03m42s	03m48s	03m52s	03m38s
7	Emma Baird	03m00s	22m13s	7	Emma Baird	19m13s	04m35s	04m46s	04m53s	04m59s
Target gross time was 20m00s (+/- 20s)										
Well done again Sadie, here's me taking pity after your weekends exploits, I'll know better next month (PS 5s faster than last month)										
Only one new course PB this month, great effort Michael (-8s)										
Looks like the recent adverse weather has taken it's toll on numbers; hopefully the lighter nights will encourage bigger fields										
Thanks to Susan McF, Billy D, Chris F & Raymond for doing a great job with place/time splits and finishes										

Handicap: Cornbank - 2 miles**Date: 30 January 2018**

HANDICAP				SCRATCH POSITIONS						
		Start	Finish			Scratch	Lap1	Lap 2	Lap3	Lap4
Pos.	Name	Time	Time	Pos.	Name	Time				
1	Sadie Kemp	05m00s	19m20s	1	Ritchie Thomson	10m45s	02m37s	02m47s	02m45s	02m36s
2	Ritchie Thomson	09m00s	19m45s	2	John Gibbs	11m11s	02m43s	02m49s	02m51s	02m48s
3	Dean Logan	07m00s	19m49s	3	Michael Greens	12m02s	02m55s	03m00s	03m04s	03m03s
4	John Gibbs	08m40s	19m51s	4	Allan Dunbar	12m37s	03m11s	03m08s	03m11s	03m07s
5	Gregor Gorjanc	07m00s	19m52s	5	Dean Logan	12m49s	03m06s	03m17s	03m17s	03m09s
6	Allan Dunbar	07m20s	19m57s	6	Gregor Gorjanc	12m52s	03m05s	03m16s	03m18s	03m13s
7	Michael Greens	08m00s	20m02s	7	Robin Hall	13m55s	03m25s	03m32s	03m31s	03m27s
8	Dyane Harvey	03m40s	20m05s	8	Sadie Kemp	14m20s	03m43s	03m24s	03m36s	03m37s
9	Robin Hall	06m20s	20m15s	9	Dyane Harvey	16m25s	04m03s	04m12s	04m06s	04m04s
10	Michelle Cooper	02m00s	21m23s	10	Michelle Cooper	19m23s	04m55s	04m56s	04m54s	04m38s

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

Well done Sadie, our first victor of 2018 & your fastest time since 29/03/2016

Great run too from Ritchie, second fastest time for this course but Peter Avent still holds that with 10m03s (25/03/2014)

Only one new course PB, well done Gregor (-9s)

Dean & Ritchie, that's your first time on the course so you've both got course PB's to target

Thanks to Susan McF, Billy D, Mark D & Steve M for doing a great job with place/time splits and finishes

That's you all put a marker for the year now!