

7 mile handicaps March 2024

last updated after 6th Feb handicap

Net 7 mile time = 60 minutes, Zero handicap start at 7.00pm

		Handicap	Start time
Jeff	Adams	0	7:00 pm
Paul	Alexander	-3	6:57 pm
Steve	Almond	-6	6:54 pm
Iain	Arnison	2	7:02 pm
Emily	Astley	-4	6:56 pm
Lynda	Bayley	1	7:01 pm
Paul	Bibby	-4	6:56 pm
Neil	Blakemore	4	7:04 pm
Kate	Brown	5	7:05 pm
Paul	Browne	2	7:02 pm
Fran	Byron	9	7:09 pm
Gemma	Carolan	-14	6:46 pm
Paul	Challender	5	7:05 pm
Ian	Chalmers	-20	6:40 pm
Rob	Chalmers	-1	6:59 pm
Kevin	Charleston	8	7:08 pm
Sam	Christian	-15	6:45 pm
Joanne	Cook	-9	6:51 pm
Alice	Cox-Cooper	8	7:08 pm
Nigel	Crompton	2	7:02 pm
Julie	Dala	4	7:04 pm
Ben	Darby	0	7:00 pm
Sue	Davies	-10	6:50 pm
Chris	Davies	4	7:04 pm
Xavier	Desse	13	7:13 pm
Keith	Dunham	5	7:05 pm
Raph	Dunne	-1	6:59 pm
Stella	Elliott	-3	6:57 pm
Steve	Ellis	-3	6:57 pm
Mark	Ezard	-1	6:59 pm
Jim	Fedigan	-5	6:55 pm
Trevor	Fisher	3	7:03 pm
Victoria	Ford	-13	6:47 pm
Peter	Gale	16	7:16 pm
Nikolaos	Giotakis	-2	6:58 pm
Neil	Gooding	4	7:04 pm
Lisa	Grantham	6	7:06 pm
Rob	Grantham	20	7:20 pm
David	Green	9	7:09 pm
Michael	Green	12	7:12 pm
Peter	Hampshire	13	7:13 pm
Claire	Haslam	7	7:07 pm
James	Holmes	-2	6:58 pm
Becky	Hounslea	0	7:00 pm
Ruth	Isaacs	6	7:06 pm
Gary	Johnstone	2	7:02 pm
Clare	Jones	-20	6:40 pm
Karen	Lamberton	-10	6:50 pm
Colin	Lamprey	-10	6:50 pm
Catherine	Lancaster	-5	6:55 pm
Alison	Leatherbarrow	-3	6:57 pm
Wendy	Lee	5	7:05 pm
Ali	Lewis	4	7:04 pm
David	Longford	5	7:05 pm
Bryony	Lucas-Swale	3	7:03 pm

Arvind	Mahendran	3	7:03 pm
Stephen	Mcconville	-1	6:59 pm
Bill	Mcdonnell	8	7:08 pm
Warren	Mcnally	11	7:11 pm
Rita	Mistry	-11	6:49 pm
Carole	Morrison	0	7:00 pm
Jill	Murphy	-20	6:40 pm
Dave	Oxborough	11	7:11 pm
Claudia	Pagoulatou	-9	6:51 pm
David	Parish	4	7:04 pm
Gary	Parker	7	7:07 pm
Janine	Parry	-10	6:50 pm
Paul	Parry	9	7:09 pm
Ralph	Pawling	13	7:13 pm
Tracy	Pennington	-6	6:54 pm
Brian	Pennington	4	7:04 pm
Tom	Peters	8	7:08 pm
Steph	Phillips	-12	6:48 pm
Richard	Pickering	14	7:14 pm
Will	Platts	11	7:11 pm
Richard	Potts	1	7:01 pm
Bob	Pritchard	3	7:03 pm
David	Quirk	1	7:01 pm
Arthur	Ramshaw	5	7:05 pm
Paul	Reilly	2	7:02 pm
Kate	Richardson	2	7:02 pm
Claire	Rick	-10	6:50 pm
Mark	Roberts	-3	6:57 pm
Paul	Robertson	7	7:07 pm
Jo	Robotham	6	7:06 pm
Eddie	Roche	11	7:11 pm
Duarte	Rosa	4	7:04 pm
Alex	Royden	-3	6:57 pm
Tom	Rygielski	-2	6:58 pm
Polly	Safarova	0	7:00 pm
Mark	Samuels	8	7:08 pm
Gordon	Scholefield	1	7:01 pm
Richard	Shayle	2	7:02 pm
Ian	Shorrock	9	7:09 pm
Charlie	Simpson	4	7:04 pm
John	Simpson	15	7:15 pm
Mark	Smith	10	7:10 pm
Richard	Snelson	12	7:12 pm
Mary	Stevenson	-10	6:50 pm
John	Suckley	10	7:10 pm
Ben	Taylor	16	7:16 pm
Gwyn	Thomas	-2	6:58 pm
Jake	Thomson	3	7:03 pm
Al	Waddell	-1	6:59 pm
Zoe	Wickens	-6	6:54 pm
Ellie	Wood	3	7:03 pm
Liam	Wooley	9	7:09 pm
Sasha	Yap	6	7:06 pm