

7 mile handicaps July 2026*last updated after June 26 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	7:06 PM
Iain	Arnison	-1	6:59 PM
Emily	Astley	-4	6:56 PM
Lynda	Bayley	1	7:01 PM
Paul	Bibby	-4	6:56 PM
Nick	Blackhurst	7	7:07PM
Neil	Blakemore	4	7:04 PM
Kate	Brown	5	7:05 PM
Paul	Browne	2	7:02 PM
Fran	Byron	7	7:07 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	10	7:10 PM
Sam	Christian	-15	6:45 PM
Joanne	Cook	-9	6:51 PM
Alice	Cox-Cooper	8	7:08 PM
David	Craddock	1	7:01 PM
Nigel	Crompton	2	7:02 PM
Julie	Dala	7	7:07 PM
Ben	Darby	6	7:06 PM
Sue	Davies	-9	6:51 PM
Chris	Davies	4	7:04 PM
Xavier	Desse	13	7:13 PM
Jon	Dixon	10	7:10 PM
Alison	Douglas	-17	6:43PM
Sophie	Drury	10	7:10pm
Keith	Dunham	7	7:07 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	-3	6:57 PM
Trevor	Fisher	3	7:03 PM
Victoria	Ford	-13	6:47 PM
Peter	Gale	16	7:16 PM
Adam	Gelder	9	7:09PM
Rachel	Gerrard	-9	6:51PM
Lloyd	Gilks	10	7:10PM
Nikolaos	Giotakis	-2	6:58 PM
Mike	Goodenough	-4	6:56PM
Neil	Gooding	4	7:04 PM
Lisa	O'Shea	3	7:03 PM
Rob	Grantham	17	7:17 PM
Tania	Gray	-20	6:40PM
Alison	Green	11	7:11 PM
David	Green	4	7:04 PM
Michael	Green	12	7:12 PM
Peter	Hampshire	13	7:13 PM

Claire	Haslam	6	7:06 PM
Ian	Hassal	-14	6:46PM
Tol	Hemming	9	7:09PM
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	-10	6:50 PM
Adam	Leary	4	7:04 PM
Wendy	Lee	5	7:05 PM
Ali	Lewis	3	7:03 PM
Paddy	Lewis	8	7:18 PM
David	Longford	5	7:05 PM
Bryony	Lucas-Swale	4	7:04 PM
Arvind	Mahendran	3	7:03 PM
Stephen	Marr	1	7:01 PM
Aiden	McMahon	1	7:01pm
Stephen	Mcconville	-2	6:58 PM
Bill	Mcdonnell	8	7:08 PM
Kyle	McGee	14	7:14 PM
Warren	Mcnally	11	7:11 PM
Rita	Mistry	-12	6:48 PM
Carole	Morrison	0	7:00 PM
Jill	Murphy	-20	6:40 PM
Sam	Newton	9	7:09 PM
Dave	Oxborough	11	7:11 PM
Claudia	Pagoulatou	-9	6:51 PM
David	Parish	4	7:04 PM
Gary	Parker	9	7:09 PM
Louise	Parnell	-3	6:57 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	9	7:09 PM
Steph	Phillips	-12	6:48 PM
Richard	Pickering	13	7:13 PM
Will	Platts	12	7:12 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
Helen	Richards	0	7:00PM
Kate	Richardson	2	7:02 PM
Claire	Rick	-10	6:50 PM
Mark	Roberts	-3	6:57 PM
Paul	Robertson	2	7:02 PM
Jo	Robotham	6	7:06 PM
Eddie	Roche	12	7:12 PM
Duarte	Rosa	4	7:04 PM

Alex	Royden	-3	6:57 PM
Ruth	Roxburgh	-20	6:40PM
Tom	Rygielski	-2	6:58 PM
Polly	Safarova	1	7:01 PM
Mark	Samuels	1	7:01 PM
Sue	Schofield	-5	6:55PM
Gordon	Scholefield	1	7:01 PM
Andy	Shaw	15	7:15 PM
Richard	Shayle	6	7:06 PM
Ian	Shorrock	9	7:09 PM
Charlie	Simpson	4	7:04 PM
John	Simpson	10	7:10 PM
Richard	Snelson	11	7:11 PM
Mary	Stevenson	-12	6:48 PM
John	Suckley	-1	6:59 PM
Ben	Taylor	16	7:16 PM
Gwyn	Thomas	-2	6:58 PM
Jake	Thomson	4	7:04 PM
Neil	Upton	7	7:07pm
Al	Waddell	-1	6:59 PM
Zoe	Wickens	-6	6:54 PM
Linda	Wilbourn	-20	6:40PM
Neil	Wong	-5	6:55PM
Ellie	Wood	7	7:07 PM
Liam	Wooley	7	7:07 PM
Sasha	Yap	6	7:06 PM