



**Coaches 5 k**  
**handicap race**  
**Christmas 08**

**Individual Placings**

Name	Handicap	Time	plus/minus	Posn
t brown	27.25 secs	26.08 secs	minus 1.17 secs	1st
t holmes	22.25 secs	21.09 secs	minus 1.16 secs	2nd
j dale	29.30 secs	28.26 secs	minus1.04 secs	3rd
p beasley	23.00 secs	22.05 secs	minus 0.55 secs	4th
g brown	21.30 secs	20.51 secs	minus 0.39 secs	5th
p bird	23.15 secs	22.39 secs	minus 0.36 secs	6th
a longmead	22.30 secs	22.08 secs	minus 0.22 secs	7th
c taylor	22.45 secs	22.23 secs	minus 0.22 secs	7th
s haslem	28.30 secs	28.14 secs	minus 0.16 secs	9th
r roper	19.15 secs	19.07 secs	minus 0.08 secs	10th
b daws	26.00 secs	25.52 sec	minus 0.08 secs	10th
n palor	20.30 secs	20.22 secs	minus 0.08 secs	10th
b bailey	19.20 secs	19.13 secs	minus 0.07 secs	13th
m shaw	22.35 secs	22.38 secs	plus 0.02 secs	14th
b timmons	22.50 secs	22.54 secs	plus 0.04 secs	15th
r jender	23.45 secs	23.50 secs	plus 0.05 secs	16th
l timmons	30.30 secs	30.40 secs	plus 0.10 secs	17th
s williams	19.30 secs	19.40 secs	plus 0.10 secs	17th
k brown	19.25 secs	19.36 secs	plus 0.11 secs	19th
l elliot	27.25 secs	27.38 secs	plus 0.13 secs	20th
s kirkby	25.30 secs	25.44 secs	plus 0.14 secs	21st
a cooke	23.55 secs	24.09 secs	plus 0.14 secs	21 st
j powis	26.45 secs	25.25 secs	plus 0.25 secs	23rd
f meakin	19.00 secs	19.46 secs	plus 0.46 secs	24 th
R Robinson	17.15 secs	18.01 secs	plus 0.46 secs	24 th
m bird	27.00 secs	27.50 secs	plus 0.50 secs	26th
trish	28.45 secs	30.38 secs	plus1min.53 secs	27th
s bird	17.30 secs	19.43 secs	plus2mins.13 secs	28th
c walker	23.00 secs	25.36 secs	plus 2mins.36 secs	29th
a walker	24.25 secs	27.25 secs	plus 3 mins	30th
d mosely	28.58 secs	31.58 secs	plus 3 mins	30th
h smith	29.27 secs	32.27 secs	plus 3 mins	30th
r Elson	22.45 secs	dnf	dnf	33rd

**Team Placings**

Name	Time	Team Total	Posn
p bird	minus 0.36 secs	minus 1min 15 secs	1st
j dale	minus 1 min 04 secs		
j powis	plus 0.25 secs		
t holmes	minus 1min 16secs	minus 1min 21 secs	2nd
p beasley	minus 0.55secs		
m bird	plus 0.50secs		
k brown	plus 0.11secs	par	3rd
r jender	plus 0.05secs		
s haslem	minus 0.16secs		
s williams	plus 0.10 secs	plus 0.02secs	4th
s kirby	plus 0.14secs		
c taylor	minus 0.22 secs		
m shaw	plus 0.02secs	plus0.04secs	5th
l timmons	plus0.10secs		
b daws	minus0.08 secs		
n palor	minus0.08secs	plus 0.16secs	6th
f meakin	plus0.46secs		
a longmead	minus0.22secs		
richard	plus 0.46secs	plus 1 min 04secs	7th
b timmons	plus0.04secs		
a cooke	plus0.14secs		
r roper	minus 0.08secs	plus 1min 35secs	8th
t brown	minus1min 17secs		
a walker	plus 3mins		
s bird	plus 2min13secs	plus 1min47secs	9th
l elliot	plus0.13secs		
g brown	minus0.39secs		
b bailey	minus0.07secs	plus 4min.22secs	10th
c walker	plus 2min36secs		
trish	plus1min53secs		

## COACHES 2008 CHRISTMAS 5K HANDICAP RACE



On Thursday 18<sup>th</sup> of December, the last night of training before the Christmas break, the coaches decided to run a 5k handicap race.

Teams were of three runners, with the team with the lowest score being the winners. The handicappers were Mick Moakes and Harold Billings.

On a very wet night there was an excellent turn out on a measured undulating course. The teams were picked at random by the coaches, mixing various abilities together.

The first runner back was **Richard Robinson** one of our new recruits who we are hoping to see lots of improvement over the coming months.



**Tracy Holmes** was 1st lady back but her time was not quite good enough to get the individual 1st place.

That went to the massively improved **Tina Brown** whom won by a mere 1 sec.

Of the team placings, the winners were **Phil Bird, John Dale & Julie Powis**. All three ran very well beating the team in 2<sup>nd</sup> place by 6 seconds, John being the pick of the trio.

We would like to thank all marshals and timekeepers who made it a great night.

To finish the night of we had a nice buffet at the pub provided by Phil, (thank you)  
Also big Paul donated prizes for team winners.



*Mick Moakes & Harold Billings.*