

Cumberland AC Handicap Series 2012

(2ND Run - 'Summer' Event)

Names (Order of Registration)	Start Time (Handicap)	Finish Time	Adjusted Time	Positions (Scoring)	Pace min/mile & Position (Non-Scoring)	Pace min/mile & Time
					Summer race	Spring race
Vanessa	6.50pm -Scratch-	27min 15sec	27min 15sec	14th	11m 21s 15 th	12m 43s 30m 31s
Sarah (Chaudri)	-6min30sec-	25min 48sec	19min 18sec	8th	8m 03s 10 th	-
Sarah (Edwards)	-5mins-	25min 30sec	20min 30sec	7th	8m 33s 12 th	9m 01s 21m 39s
Debbie	-4mins-	25min 12sec	21min 12sec	6th	8m 50s 13 th	-
Mark (Greaves)	-7min30sec-	25min 51sec	18min 21sec	9th	7m 39s 8 th	-
Chris	-11min30sec-	26min 36sec	15min 06sec	12th	6m 18s 2 nd	-
Nicola	-6min30sec-	26min 05sec	19min 35sec	10th	8m 10s 11 th	8m 31s 20m 26s
Nick (Jones)	-5min-	22min 19sec	17min 19sec	1st	7m 13s 6 th	-
Sue	-6min30sec-	24min 32sec	18min 02sec	4th	7m 31s 7 th	-
Melanie	-7min30sec-	24min 05sec	16min 35sec	2nd	6m 55s 5 th	-
Robin	6.50pm -Scratch-	24min 10sec	24min 10sec	3rd	10m 04s 14 th	-
Keith	-10.30sec-	27min 02sec	16min 32sec	13th	6m 53s 4 th	6m 40s 16m 01s
Ian	-11min30sec-	26min 30sec	15min 00sec	11th	6m 15s 1 st	-
Peter	-6min30min-	24min 58sec	18min 28sec	5th	7m 42 10 th	-
Mark (Denham-Smith)	-11min30sec-	27min 31sec	16min 01sec	15th	6m 40s 3rd	-

Summer Handicap run Evaluation

Having just about convinced myself we had run the first 'Spring' handicap race *in* season, some of us met again at Whitehaven Skate Park, on Thursday 30th August, for the 'Summer' handicap race. Although we have had everything but a summer, weather-wise, we were mercifully spared the torrential downpours of the previous few of days, and registration (sic) and the run took place in nigh-on perfect running weather.

As per the previous event, this deliberately informal run was characterised by the cheerful goodwill of both the runners and those willing to turn up and offer help. In the latter regard, I'd like to extend my thanks to Errick who came to offer marshalling support at the turn-around; and to Sheila, who timed/recorded and gave us free loan of her technical coaching head.

As for the race itself I was so pleased to see new faces taking part, to the extent that only 4 had run in the previous event; and so I will get my apologies in quick. The handicapping process was *slightly* confounded by this and has, therefore, revealed a few 'ringers.' I hope to see you again for the 'Autumn' Handicap Run.....May I suggest you bring a moped (☺)?

That said we adjusted the handicaps of those previously taking part. Nicola and Sarah (Edwards) were murdered with, respectively, 3 and 2 minutes lopped from their initial set-off times. Vanessa ran from scratch position and proceeded to run 3mins 16secs quicker than last time: Brilliant run!

Many other noteworthy performances were revealed in the course of the run. Chris stuck like glue to Ian 'Alf Tupper' McDougal, Nick 'Dark Horse' Jones romped home to win in

17mins 19secs, Melanie recorded a scorching 16mins 30secs, and Alf Tupper himself got in on the action, by running fastest time of the day, and fastest run so far over both legs with 15mins dead.

Some of our new participants may have found my relaxed attitude to start and finish points slightly off-putting. I apologise if this was the case; but I can assure you that they were within 1 or 2 metres of the last run, and we did at least find a finish rope (Thanks Susan D-S).

All in all I really enjoyed the evening; and I hope everyone else present on the night had the same experience. Meanwhile, please see the results above, which includes pace for the 2.4 mile distance, and an additional column for those to compare their last run.

I will in time send further information, including running points-totals; and it shouldn't be beyond the reason of man to chart up runners' progress, eventually. Meanwhile, we hope to see you for the 'Autumn' Handicap Run so; fast girls and boys, fire up your mopeds.

Happy Running

Shaun Cavanagh