**Autumn Almost Done**

**Tuesday 15th October**

**Autumn Handicap run Evaluation**

The third in the series of club handicapped races was run on a bitterly cold evening around a tried and tested lap of Lillyhall Business Park. The loop is 1mile in length (give or take a metre or three); but it has a testing left turning gradient on the Harrington end of the circuit. This being our chosen start/finish point, the incline was to prove something of a game changer for a couple of the participants, with relative advantages in strength showing in the final stages of the three lap event.

That said there was no shortage of speed on show, as evidenced by the impressive pace set by some participants. Stephen and Paul particularly confounded my handicapping and, together with Daniel and Chris, revealed insufficient *weighting* both through underestimation (my part) and excellent performance (theirs)!

The table below has been duly completed to reflect all results in finishing position order. Well done to all 19 participants who turned up to grind it out on this mentally challenging run; but particularly well done to those whose performance is so clearly improving.

Finally, it would neither be possible to collate the results below, nor to organise the race in the first place were it not for Keith’s willingness to offer his time keeping skills– Thanks again.

The series is beginning to lean for the line; so I hope to see you and others again with Winter Woolies duly cast aside

**Happy Running**

**Shaun Cavanagh**

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| **Names**(alphabetical order) | **Start Time****Handicap** | **Finish Time** | **Adjusted (actual) Time** | **Positions****(Scoring)** | **Pace** min/mile**& Position**(Non-Scoring)**Autumn****race** |
|
| **Paul** | 5mins | 23min 40secs | **18min 40secs** | **1st** | 6m 55s5th |
| **Stephen Brown** | 6min 30secs | 24min 30secs | **18min 00secs** | **2nd** | 6m 40s=2nd |
| **Daniel** | 5min 30secs | 24min 35secs | **19min 35secs** | **3rd** | 7m 04s7th |
| **Chris Wear** | 7min | 24min 40secs | **17min 40secs** | **4th** | 6m 33s1st |
| **Lucy** | 6mins | 24min 44secs | **18min 44secs** | **5th** | 6m 56s6th |
| **Leslie T** | 1min | 24min 45secs | **23min 45secs** | **6th** | 8m 48s13th |
| **Tony Briscoe** | 7mins | 25mins 0secs | **18mins 0secs** | **7th** | 6m 40s=2nd |
| **Errik Hannah** | 5mins | 25min 05secs | **20min 05secs** | **8th** | 7m 26s9th |
| **Ian McDougal** | 7min 30secs | 25min 31secs | **18min 01sec** | **9th** | 6m 40s4th |
| **Margaret H** | 2min 30secs | 25min 45secs | **23min 45secs** | **10th** | 8m 37s=11th |
| **Phil Hawley** | 2mins | 26min 03secs | **24min 03secs** | **11th** | 8m 54s16th |
| **Sarah Edwards** | 3mins | 26min 15secs | **23min 15secs** | **12th** | 8m 37s=11th |
| **Names**(alphabetical order) | **Start Time****Handicap** | **Finish Time** | **Adjusted (actual) Time** | **Positions****(Scoring)** | **Pace** min/mile**& Position**(Non-Scoring)**Autumn****race** |
| **Martin Penrice** | 7min | 26min 17secs | **19min 17secs** | **13th** | 7m 09s8th |
| **Mark D-S** | 6min 30secs | 26min 18secs | **20min 18secs** | **14th** | 7m 31s10th |
| **Andrea Fell** | 2min | 26min 31secs | **24min 31secs** | **15th** | 9m 5s18th |
| **Helen Armstrong** | 2min 30secs | 26min 35sec | **24min 05secs** | **16th** | 8m 55s17th |
| **Karen**  | 4mins | 27min 46secs | **23min 46secs** | **17th** | 8m 48s14th |
| **Tracey Owen** | 4mins | 27min 58ses | **23min 58secs** | **18th** | 8m 53s15th |
| **Susan Denholm-Smith** | Scratch | 28min 19secs | **28min 19secs** | **19th** | 10m29s19th |