

---



---

## Spring-Loaded or Sprung! Tuesday 16<sup>th</sup> April

Position (Points)	Name	Finish Time	Actual Time (Handicap)	Time Position (Non Scoring)
.			17m 45s	
1	Phil	18m 45s	1 Min 19m 34s	10 <sup>th</sup>
2	Anna Carlton	20m 34s	1 Min 18m 45s	14 <sup>th</sup>
3	Sarah Edwards	20m 45s	2min 20m 59s	13 <sup>th</sup>
4	Sarah Caton	20m 59s	Scratch 21m 18s	16 <sup>th</sup>
5	John Hurley	21m 18s	Scratch 20m 26s	18 <sup>th</sup>
6	Angela Farish	21m 26s	1 Min	15 <sup>th</sup>

			16m 37s	
7	Pete Milligan	21m 37s		9 <sup>th</sup>
			5 Min	
			18m 04s	
8	Tracey Owen	22m 04s		12 <sup>th</sup>
			4 Min	
			21m 05s	
9	Katy Bailey	22m 05s		17 <sup>th</sup>
			1 Min	
			21m 38s	
10	Susan Denholm-Smith	23m 08s		19 <sup>th</sup>
			1Min 30Sec	
			23m 34s	
11	Karen Cavanagh	23m 34s		20 <sup>th</sup>
			Scratch	
			13m 43s	
12	Tony Briscoe	24m 43s		4 <sup>th</sup>
			11 Min	
Position (Points)	Name	Finish Time	Actual Time (Handicap)	Time Position
			13m 04s	
13	Rob Wynne	25m 04s		2 <sup>nd</sup>
			12 Min	
			12m 47s	
14	Chris Wear	25m 17s		1 <sup>st</sup>

			12m 30s	
			24m 26s	
15	Vicky Henderson	25m 26s		21 <sup>st</sup>
			1 Min	
			13m 30s	
16	Ian McDougal	25m 30s		<b>3<sup>rd</sup></b>
			12m 30s	
			24m 33s	
17	Joanne Lister	25m 33s		22 <sup>nd</sup>
			1 Min	
			15m 37s	
18	Jordan	25m 37s		7 <sup>th</sup>
			10 Min	
			14m 48s	
19	Erik	25m 48s		6 <sup>th</sup>
			11 Min	
			14m 22s	
20	Stephen Brown	26m 22s		5 <sup>th</sup>
			12 Min	
			16m 36s	
21	Luke Trolman	26m 36s		8 <sup>th</sup>
			10 Min	
			17m 53s	
22	Phil Hawley	26m 53s		11 <sup>th</sup>
			9 Min	

## Race Evaluation

Here are the results of the first handicap run of 2013; and well done to all that took part. I'm sure you'll agree that despite a cool wind; we got away pretty lightly by comparison to the fierce South Westerly blowing just a day later. To that end, we were treated to an outwardly spring-like evening whilst running around the lovely Hall Park in Workington.

The 'Handicap series' of season-themed runs is aimed to promote the fun of running for its own sake, with the added benefits of offering up challenges to experienced runners; and provide a discrete introduction to more testing conditions for relatively new runners. So, well done to all the 'learn to run course' participants, who gamely turned up for both the trial run and this first of four handicapped events. I hope by now I will have sufficiently shown my hand in respect of murdering the experienced runners, as perhaps evidenced by those spittle-bedecked visions collapsing in front Keith and Sheila on the night!

That said it is our aim to utilise the handicap system as effectively as possible; and so use of the first set of results will be reflected in the future handicapping process: beware!<sup>^</sup> Of actual individual performances, there ought not to be too much focus placed on either the frontline battle or the rearguard action. Rather that it is more within the intended spirit of the series to reflect on performances throughout the field.

However, it's hard to resist a sharp intake of breath whilst reviewing the times of Chris, Rob and Ian. Additionally, we seemed to unearth the odd ringer in the pilot series of runs last year; and in Phil (sorry, Phil, I didn't catch your surname) we appear to have continued that tradition - Excellent effort from all.

Hopefully, there is sufficient information for all those that ran the trial to compare with the handicap run. In not so scientific terms once you have factored a bit of extra distance on the trial, your performances appear to be consistent. Previously GPS measures offered participants opportunity to track their

own progress. There seems little point doing this on the courses we have planned this year as there will be too much variance. However, once I get an accurate GPS measure, I will add a column with average pace at least to provide detail for perceived measures of progress.

Finally, as always a huge thanks to those that gave up their time to run. To Craig for stationing himself on the one potential tricky point of the lap; to Ian for his hare duties and resisting his natural urge to find the longest route; and of course to Keith and Sheila for recording and pre-run preparations.

See you for the summer handicapped run - Happy Running

Shaun