

Cumberland AC Handicap Series – Tuesday 16th July 2013

Summer Sunshine Slopes (2nd Handicap)

Names (alphabetical order)	Start Time Handicap	Finish Time	Adjusted (actual) Time	Positions (Scoring)	Pace min/mile & Position (Non-Scoring)	Comparison Tables			
						Summer race	Spring race		
Angela Farish	1min	34m 08s	33m 08s	16 th	9m 28s 16 th	10m 13s 20m 26s			
Anna Carlton	1min 30secs	38m 50s	37m 20s	20 th	10m 40s 20 th	9m 47s 19m 34s			
Carly Price	3mins	32m 56s	29m 59s	12 th	8m 34s 11 th	-			
Chris Wear	7mins 30secs	30m 49s	23m 19s	5 th	6m 40s 2 nd	6m 24s 12m 47s			
Debbie Redmond	2mins 30secs	36m 49s	34m 19s	19 th	9m 48s 18 th	-			
Errik Hannah	6mins	32m 19s	26m 19s	9 th	7m 31s 7 th	7m 24s 14m 48s			

Names (alphabetical order)	Start Time Handicap	Finish Time	Adjusted Time	Positions (Scoring)	Pace min/mile & Position (Non-Scoring) Summer race	Comparison Tables			
						Pace min/mile & Time			
Ian McDougal	7mins	29m 24s	22m 24s	1 st	6m 24s 1 st	6m 45s 13m 30s			
Joanne Lister	-	-	-	-	-	12m 17s 24m 33s			
John Hurley	-	-	-	-	-	10m 39s 21m 18s			
Jordan Jenkinson	-	-	-	-	-	7m 49s 15m 37s			
Katie Bailey	Scratch	33m 30s	33m 30s	14 th	9m 34s 17 th	10m 33s 21m 05s			
Karen Cavanagh	-	-	-	-	-	11m 47s 23m 34s			
Luke Trolman	-	-	-	-	-	8m 18s 16m 36s			
Mark Greaves	4mins	33m 16s	29m 16s	13 th	8m 22s 10 th	-			
Martin Penrice	7mins	31m 25s	24m 25s	6 th	6m 59s 6 th	-			

Names (alphabetical order)	Start Time Handicap	Finish Time	Adjusted Time	Positions (Scoring)	Pace min/mile & Position (Non-Scoring) Summer race	Comparison Tables			
						Pace min/mile & Time			
Paul	6mins 30secs	30m 34s	24m 04s	4 th	6m 53s 5 th	-			
Pete Milligan	4mins	31m 51s	27m 51s	7 th	7m 57s 8 th	8m 18s 16m 37s			
Phil	-	-	-	-	-	8m 48s 17m 45s			
Phil Hawley	2mins 30secs	32m 55s	30m 25s	11 th	8m 41s 13 th	8m 57s 17m 53			
Rob Wynne	-	-	-	-	-	6m 32s 13m 04s			
Sarah Caton	Scratch	31m 58s	31m 58s	8 th	9m 08s 15 th	10m 30s 20m 59s			
Sarah Chaudri	3mins	34m 40s	31m 40s	17 th	9m 03s 14 th	-			
Sarah Edwards	-	-	-	-	-	9m 23s 18m 45s			
Sheila McVeigh	3mins 30secs	32m 24s	28m 54s	10 th	8m 15s 9 th	-			

Names (alphabetical order)	Start Time Handicap	Finish Time	Adjusted Time	Positions (Scoring)	Pace min/mile & Position (Non-Scoring)	Comparison Tables			
						Summer race	Spring race		
Stephen Brown	6mins	29m 45s	23m 45s	2nd	6m 47s 3 rd	7m 11s 14m 22s			
Susan Denholm-Smith	30secs	36m 27s	35m 57s	18 th	10m 16s 19 th	10m 48s 21m 38s			
Tony Briscoe	6mins 30secs	30m 26s	23m 56s	3 rd	6m 50s 4 th	6m 52s 13m 43s			
Tracey Owen	3mins 30secs	33m 42s	30m 12s	15 th	8m 38s 12 th	9m 02s 18m 04s			
Vikki Henderson	-	-	-	-	-	12m 13s 24m 26s			

Summer Handicap run Evaluation

Well done to all that participated in the 2nd run in the Handicap race series; the results of your collective efforts can be viewed in the tables above.

I have used the GPS readings from a number of runners and came up with an average distance of 3.55 miles, so I'm opting for the race being run over a highly accurate 3.5 miles! I have spent a bit of time collating the detail of the 1st handicap race and this has now been added for comparison purposes. Many thanks to Chris, Katie and Tracey who scrutinised their records, and particularly Tony who went off and re-ran the route, all enabling one and two lap distances of 0.98 and 1.97miles to be used to assert that the 1st handicap race was a highly accurate 2 miles!

We were fortunate that the summer handicap was run in weather to match the theme of the event once narrow, shrub-lined paths and swarming insects had been negotiated. Thus, with handicaps rapidly adjusted to reflect the participating group, the warm up commenced to both recce and risk assess the lower path. On their return, and after a final briefing, the first of the runners were *released* to do battle with the local flora and fauna before tackling 'Wuckinton Fell.'

Sarah Caton was first to return for her second lap, to be followed in shortly by Ian and Stephen. Err, What!! As more of the fast lads began to filter through on their first lap, it became evident that the handicapper had suffered a serious attack of benevolence or sun stroke or something nasty

like, well – getting the handicap wrong! Apologies to all, it won't happen again. Next time they're gonna hurt they're gonna really, really hurt!!

Meanwhile, the race continued and concluded with full effort expressed in facial expression and demeanour in all runners bar none. Inevitably, a number of standout performances revealed themselves in respect of Ian's typically aggressive start to finish assault of the course, Stephen's lung-bursting run in and both Katie and Sarah Caton's outstanding pace improvements.

(NB – See the comparison table where, despite being challenged by a longer and much tougher course, almost all that participated in the 1st handicap race improved their pace, or slowed minimally, in the 2nd. This is clearly suggestive of increased fitness and strength 😊)

Finally, I want to extend a word of thanks to Keith for timing duties; to Karen for helping me to trim the Triffids prior to the run; and to Craig for leading the warm up and acting as marshall. All in all, I hope that a fun evening was had by all and you return for the next race in the series:

3. Autumn Almost Done - Tuesday 17th October

Autumn Glory (for the leaders perhaps) around Lillyhall business park.

Fast lads – beware!

Happy Running

Shaun Cavanagh