

Cumberland AC Handicap Series 2013

Winter Woollies R4 Whusses

Tuesday 17th December

Winter Handicap run Evaluation

Well done to all that participated in the 4th run of our Handicap race series. This was especially themed to consider both the festive season, and the need for an extra layer of (silly) clothing!

Of the four handicap runs we've managed to organise, this one was particularly significant, as it helped close the circle on a successful year in which the club has been strengthened by the addition of new members. Some of these have emerged from the 'Learn to Run course,' who comprised the bulk of (nervous) participants stepping up to run a 2.17mile loop of local roads which was used to trial initial handicapping process on the 2nd April.

It was, however, on a cold and blustery evening on Tuesday 17th December that a strange assortment of trainer-clad Santa's helpers, Santa imposters and an MC Hammer tribute act gathered shivering and giggling on the road by Moorclose swimming pool. All were headed in the direction of the travellers' Rest - not for a sherry and mince pie; but as a staging post whilst en-route to a single lap 2.4 mile run. This aimed to replicate the route taken on the trial event, for comparison purposes, with the exception of an additional hill (and distance) to add a little Christmas cheer!?

Overall, the run revealed a number of discrete competitions. In acknowledging the tight bunching of the 'fast lads,' and I was at last pleased to find they discovered the *handicapping* to be sufficiently harsh. However, by sending groups off in two minute intervals, based on their perceived speed, the spread from first to final finish time was eventually revealed to be little more than 8mins and 20secs. This proved a mixed blessing for recording results, with so many runners packing tightly together and finishing at a speed commensurate with the prospect of pies and beer. The other problem for the recorders was the fact that everyone was in disguise! Hence, I apologise for any anomalies that appear in the results; and this particularly concerns Pete, Margaret H and Joanne.....do let me know if you have different.

In the final analysis, Andy came out on top, being sufficiently new as to escape the rough justice his excellent performance will certainly merit next year. He was happily closely followed in by two former 'learn to runners' (Yeeeeeeeeesss!!) with the remaining participants graduating in reasonably close proximity thereafter.

There were 35 running participants on the day; and as ever I would like to thank those who chose not to run but instead help me organise things, namely: Keith, Craig, Erick and Phil. The results are available for viewing (have fun!) by checking the table below and an additional table will be circulated with the full series results and brief final evaluation.

Well done to all participants on the night

Happy Running

Shaun Cavanagh

Position (Points) ■	Name	Finish Time	Actual Time (Handicap)	Time Position (Non Scoring)
1	Andy	23m 39s	17m 39s 6 Min	5 th
2	Carol	23m 50s	23m 50s -	30 th
3	Anna Carlton	24m 04s	24m 04s -	31 st
4	Jim	24m 14s	20m 14s 4mins	20 th
5	Veronica	24m 31s	24m 31s -	32 nd
6	Sarah HB	25m 07s	19m 07s 6 Min	12 th
7	Tracey	25m 10s	19m 10s 6 Min	13 th
8	Phil	25m 51s	21m 51s 4 Min	27 th
9	Andrea	25m 54s	21m 54s 4 Min	28 th
10	Mike L	26m 10s	18m 10s 8mins	7 th
11	Alison	26m 27s	22m 27s 4mins	29 th
12	Gillian	26m 36s	20m 36s 6 Min	21 st
13	Stuart	26m 46s	18m 46s 8mins	10 th
14	Sheila	26m 56s	18mins 56s 8mins	11 th
Position	Name	Finish	Actual Time	Time

(Points)		Time	(Handicap)	Position
15	Sarah C	27m 02s	21m 02s 6 Mins	24 th
16	Chris	27m 10s	17m 10s 10mins	1 st
17	Rob	27m12s	17m 12s 10 Min	2 nd
18	Tony H	27m 15s	17ms 15s 10 Min	3 rd
19	Joe	27m 29s	19m 29s 6 Min	14 th
20	Tony B	27m 33s	17m 33s 10 Min	4 th
21	Joanne	27m 36s	19m 36s 6 Min	16 th
22	Peter	27m 39s	19m 39s 12 Min	17 th
23	Margaret	27m 40s	19 40s 10 Min	18 th
24	Karen	27m 50s	21m 50s 6 Min	26 th
25	Mark	27m 51	19m 52s 6 Min	19 th
26	Ian	28m 05s	18m 05s 10 Min	6 th
27	Fayaz	28m 07s	28m 07s -	33 rd
28	Dan	28m 18s	18m 18s 10 Min	8 th
29	Martin	28m 37s	18m 37s 10 Min	9 th
Position (Points)	Name	Finish Time	Actual Time (Handicap)	Time Position

=30	Lucy	28m 46s	20m 46s 6 Min	=22 nd
=30	Rhiannon	28m 46s	20m 46s 6 Min	=22 nd
32	Carly	29m 13s	21m 13s 8 Min	25 th
33	Dave B	29m 23s	19m 23s 10 Min	14 th
34	Ben D-S	32m 02s	32m 02s 10 Min	=34 th
35	Sue D-S	32m 02s	32m 02s 10 Min	=34 th