

The Woking Handicap 3
 From Run No. 185 on 7 JAN 2004
 to Run No. 196 on 1 DEC 2004

20 NOV 2011

H'cap	Name	Club/Company	Latest	Best	Runs
1:00	Bennett, Peter	PBD	25:59 193	24:50 190	4
0:00	V Berry, Leslie	Running Sixties	36:31 190	35:42 168	2
10:00	Bradbury, Jonathan	-	17:03 194	16:48 188	7
5:00	W Bradley, Jane	Royal Blue	22:07 194	22:07 194	1
6:45	Brown, Andrew	Royal Blue	20:20 185	20:20 185	2
9:00	Canham, Scott	Woking F. C.	18:02 193	18:02 193	1
7:30	V Cassell, John	Blackwater Valley R.	19:37 190	19:37 190	3
7:30	Cockerill, Liam	Woking F. C.	19:31 193	19:31 193	1
3:15	W Collyer, Emma	-	23:47 190	23:47 190	4
7:30	V Cotton, Robert	-	19:30 195	19:30 195	3
4:15	W V Davies, Sue	Woking A.C.	22:43 194	19:17 100	17
1:30	W V Emery, Mary	-	25:27 196	25:27 196	1
6:15	Fairley, Andy	-	20:41 189	20:41 189	3
4:00	W V Fogg, Jan	University of Surrey	23:07 191	22:04 176	23
6:45	V Frampton, Steve	Tadley Runners	20:22 195	20:03 187	3
8:00	V Freat, Michael	Wimbledon Windmilers	18:58 193	18:58 193	1
0:00	Gardiner, Kevin	-	27:59 191	27:59 191	2
0:45	W V Grace, Catherine	-	26:19 196	26:19 196	1
10:30	V Harran, Tony	Herne Hill Harriers	16:27 190	16:27 190	2
2:15	V Henley, Ralph	MABAC	24:42 191	24:28 178	4
6:30	V Heron, David	Tring	20:26 196	18:40 127	6
7:15	James, Ben	Royal Blue	19:51 189	19:51 189	1
0:00	W Jooste, Belinda	-	29:20 189	29:20 189	1
3:30	V Jordan, Clive	PBD	23:32 189	23:32 189	1
4:15	V Jump, Graham	-	22:40 187	22:40 187	2
8:45	Kerr, Phillip	Macaw Computing	18:22 190	18:22 190	5
0:00	W V Keshavarzi, Sima	-	34:44 191	34:44 191	1
4:00	W Knott, Deborah	-	22:56 192	20:03 112	31
0:45	W Lawson, Nicky	-	26:10 188	26:10 188	1
0:00	V Leighs, Gary	-	34:44 191	28:13 190	2
7:15	Lloyd, Guy	-	19:50 191	19:24 190	8
9:30	V Lovesey, Bill	Woking A.C.	17:32 188	17:32 188	5
10:15	V McLoughlin, Mark	Haywards Heath	16:40 192	16:35 175	6
0:00	Mosley, Joe	S.H.L.	41:34 188	41:34 188	1
6:30	V Palser, Graham	Woking A.C.	20:28 194	17:45 88	6
2:15	W Pike, Michela	Image Genius	24:51 189	21:47 181	18
8:45	Richards, Justin	Woking F. C.	18:19 193	18:19 193	1
0:00	V Rowley, Tom	Woking A.C.	28:12 187	20:45 49	23
7:15	V Rutherford, Jack	Walton A.C.	19:39 189	19:39 189	2
5:15	Sharp, John	Imprint	21:46 185	19:53 184	2
10:45	J Sheppard, Daniel	Aldershot, Farnham & D.	16:08 193	15:42 188	2
7:45	J Sheppard, Ian	Guildford & Godalming	19:14 193	19:14 193	4
5:15	V Sheppard, Julian	-	21:39 192	21:39 192	2
0:00	W V Sheppard, Karen	-	28:12 190	28:12 190	1
5:15	Szarvas, Paul	Royal Blue	21:42 185	20:48 184	2
9:15	Thomas, Chris	Royal Blue	17:47 185	17:47 185	2
5:45	Tindall, Duncan	M.V.A.	21:16 186	21:16 186	1
10:45	Ting, Vince	Wimbledon Windmilers	16:20 190	16:20 190	1
3:45	V Todd, Ian	Woking A.C.	23:18 187	23:18 187	2
8:00	V Tong, David	-	19:02 193	19:02 193	1
0:00	W V Walker, Mary	-	32:35 193	26:12 188	5
0:00	W V West, Vala	-	27:03 190	25:12 179	3
6:15	Woodcock, Brian	-	20:45 194	20:45 194	2

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