

The Woking Handicap 3
 From Run No. 197 on 5 JAN 2005
 to Run No. 208 on 7 DEC 2005

14 NOV 2011

H'cap	Name	Club/Company	Latest	Best	Runs
9:00	V	Abouchedid,Naji	-	17:58 199	17:40 193 5
8:30	J	Alexander,David	Walton A.C.	18:28 202	18:28 202 1
6:15	V	Ashton,Mark	S.F.W.	20:46 207	20:46 207 1
7:30		Batten,Richard	University of Surrey	19:34 200	19:16 176 4
10:00	V	Beasty,Alan	Waverley Harriers	16:57 197	16:57 197 1
0:00	W V	Bolding,Jilly	University of Surrey	27:24 200	27:24 200 1
10:00	V	Bone,Steve	Aldershot,Farnham & D.	17:06 202	17:06 202 1
6:00		Boothroyd,John	Royal Blue	20:59 197	20:59 197 2
5:15	W V	Bradford,Gail	-	21:49 198	21:49 198 1
5:30	V	Chanter,Keith	-	21:26 200	21:26 200 1
11:30		Corpes,Karl	Aldershot,Farnham & D.	15:30 202	14:21 141 14
2:15	W V	Davis,Clare	-	24:38 208	24:38 208 1
8:45		Del-Giudice,Adam	Crawley AC	18:13 204	18:13 204 1
10:15	V	Doogan,Maurice	Woking A.C.	26:34 202	16:38 106 3
7:30		Fenton,Stewart	Royal Blue	19:27 198	19:27 198 1
0:00	W	Fenwick,Ann	-	28:37 201	28:37 201 1
6:00		Gilpin,Keith	Royal Blue	20:53 206	20:20 198 9
7:00	V	Glaysheer,Andy	-	20:04 202	17:30 145 10
5:30	V	Gunn,Stephen	Royal Blue	21:26 206	20:53 190 10
6:30	J	Hampton,Neil	-	20:36 206	20:36 206 1
0:45	W V	Hancock,Dawn	Staines Strollers	26:13 205	24:48 202 27
0:00		Ho,Kin	Royal Blue	32:23 206	32:23 206 1
3:45		Huang,Biao	M.V.A.	23:19 202	23:19 202 1
8:45		Hudson,Philip	-	18:10 205	18:10 205 1
2:00	V	Johnson,Steve	-	24:55 205	24:55 205 2
9:45	V	Joyce,James	Team Solent	17:15 200	16:23 182 11
1:15	W V	Kissoon,Beverley	-	25:52 206	25:52 206 2
2:30		Ko,Chun	S.F.W.	24:34 207	24:34 207 1
5:30	V	Lack,Tony	-	21:33 207	21:02 206 3
9:45		Landon,Guy	S.F.W.	17:22 208	17:22 208 2
6:15		Mason,Andrew	Cayman Islands	20:44 200	19:46 191 4
9:30		Matthews,Luke	-	17:23 208	17:23 208 4
7:30	V	McClellan,Tom	South London Harriers	19:32 205	18:51 193 3
2:45	W	McElhinney,Julie	S.F.W.	24:21 207	24:21 207 1
3:00	V	McLoughlin,Pete	-	23:55 208	23:55 208 1
1:30	W	Meehin,Sophie	University of Surrey	25:28 200	24:25 199 2
9:45	V	Newton,Peter	City of Portsmouth	17:09 202	16:07 136 44
11:30		O'Doherty,Paul	Kingfisher	15:35 203	15:35 203 1
8:30	W	Pickett,Sarah	Aldershot,Farnham & D.	18:23 204	18:23 204 1
7:30	V	Quinn,Charlie	-	19:37 204	18:36 199 3
7:00	W	Regan,Lara	Loughton A.C.	19:55 199	19:55 199 8
1:45	W J	Reid,Leila	Thames Valley Harriers	25:10 200	25:10 200 1
2:00	W	Reissner,Louise	-	25:02 199	25:02 199 8
2:45	W V	Robins,Linda	Royal Blue	24:16 199	23:28 195 14
6:15		Sadler,Aaron	Royal Blue	20:39 206	20:33 195 2
5:45		Savell,Jason	Telewest	21:22 204	19:48 171 4
6:15		Sellen,Ivan	Royal Blue	20:42 206	20:15 186 4
0:00	W	Shareef,Juhi	-	32:14 204	32:14 204 1
7:00		Strong,Adam	Colinwood A.C.	19:55 204	18:12 176 2
10:00	V	Wade,Simon	Harwich Runners	17:00 208	17:00 208 1
11:15		Wiseman,Robert	Aldershot,Farnham & D.	15:40 204	15:40 204 2
0:00	V	Woodman,Don	-	29:08 203	29:08 203 2
3:15	W V	Woodman,Kim	-	23:40 203	23:40 203 3
1:00	W V	Woodman,Tracy	-	26:01 201	26:01 201 1
9:30	W	Woods,Katherine	Barnet & District	17:28 208	17:28 208 1
2:30	W V	Wright,Vanessa	Woking A.C.	24:24 207	24:24 207 2

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