

**The Woking Handicap 3**  
 From Run No. 221 on 3 JAN 2007  
 to Run No. 232 on 5 DEC 2007

10 NOV 2011

H'cap	Name	Club/Company	Latest		Best		Runs
1:00	V Aitken,Alastair	Highgate Harriers	26:04	223	26:04	223	2
10:45	Aitken,Andrew	South London Harriers	16:21	223	15:59	218	4
7:00	V Austin,Tony	South London Harriers	19:56	231	18:37	202	5
10:45	Barnes,Sam	-	16:17	228	16:17	228	1
5:00	V Bartlett,Edwin	Veterans A.C.	22:06	224	18:10	44	13
10:45	J Benzerroune,Zak	Thames Valley Harriers	16:08	221	16:08	221	1
7:00	V Brown,Mike	-	19:53	226	19:53	226	5
6:30	W J Bryant,Olivia	Thames Valley Harriers	20:28	221	20:28	221	1
5:00	Cayley,Brett	Petrofac	22:05	231	20:21	228	3
7:45	W V Cory,Sarah	Runnymede Runners	19:14	232	19:14	232	1
6:15	V Cutmore,Simon	Windle Valley Runners	20:52	224	20:52	224	5
8:30	J Daniell,Nick	-	18:26	221	18:26	221	2
4:15	Edwards,Charlotte	R.M.P. (Iraq)	22:42	221	22:42	221	1
8:15	V Falkner,Andrew	-	18:40	227	18:10	187	29
4:15	W Faturova,Jana	-	22:43	229	22:43	229	1
9:30	Fearon,Simon	-	17:32	230	17:20	228	4
6:45	W Ferris,Chantelle	Bracknell Forest	20:09	232	20:09	232	1
0:45	V Foster,David	Barlows	26:19	229	22:30	179	15
1:00	J Foster,Johnny	Cranleigh Tortoise & H	26:00	229	26:00	229	1
4:45	W V Frost,Jill	Haslemere S.C.	22:16	230	21:51	184	9
8:15	J Grimshaw,Peter	-	18:38	227	18:38	227	2
5:45	Halkes,Dean	Petrofac	21:10	229	21:10	229	1
7:45	Havard,Andrew	Met Police	19:19	224	19:19	224	2
1:00	W V Holden,Viv	-	25:53	230	25:53	230	4
8:30	Keil,Timo	LG Wilhelmshaven	18:24	226	18:24	226	1
0:45	Le Loroux,Florian	M.V.A.	26:15	225	24:34	213	6
10:45	Lyons,Leslie	Bracknell Forest	16:18	232	16:18	232	1
6:00	V Manning,Norman	South London Harriers	20:54	229	19:37	172	3
8:00	Marolia,Neil	-	18:56	230	18:56	230	1
12:15	V Marriott,Ray	South London Harriers	14:50	230	14:50	230	16
0:00	V Matthews,Mike	Ranelagh Harriers	28:51	225	17:25	44	31
6:45	V Metz,Ray	Telewest	20:18	226	20:18	226	5
9:15	V Middlehurst,Tim	Woking A.C.	17:51	229	17:10	175	13
9:45	V Mortimer,Jon	Crawley AC	17:12	228	17:12	228	1
5:45	V Moss,Nick	Andover A.C.	21:14	230	18:02	114	7
8:15	W J Newbery,Mel	Thames Valley Harriers	18:40	221	18:40	221	2
3:15	Nichols,Peter	-	23:47	223	23:47	223	1
1:00	W Nyazai,Laura	-	26:06	229	26:06	229	1
8:45	O'Leary,Grant	-	18:11	227	18:11	227	4
1:15	V Phillips,Steven	-	25:43	222	25:43	222	1
5:00	Pierce,David	Mercia	22:00	227	22:00	227	1
0:00	Quinn,Rob	-	26:56	223	23:03	222	3
7:15	W V Reed,Nicola	Bracknell Forest	19:42	232	19:42	232	1
1:45	W V Salisbury,Abbie	-	25:15	222	24:53	219	4
6:00	J Salisbury,Adam	-	21:02	221	21:02	221	1
0:45	J Salisbury,Tom	-	26:16	221	26:16	221	1
1:30	V Sweet,Valerie	-	25:34	230	25:34	230	1
5:30	V Taylor,Neil	Larkfield A.C.	21:29	222	21:29	222	1
6:45	Veats,William	Guildford Hash	20:16	232	18:23	198	14
6:45	W V Walker,Sue	-	20:11	230	19:20	144	25
9:15	Wilkins,Matt	Petrofac	17:43	231	17:36	229	3
8:45	Willey,David	Cruisers	18:13	227	16:23	140	10
3:15	W V Woodward,Zoe	-	23:51	229	23:51	229	4
10:30	Woollett,Guy	Gade Valley Harriers	16:37	228	16:08	224	15
8:45	J de Marcos,Eneko	Thames Valley Harriers	18:08	221	18:08	221	1

55 runners