

**The Woking Handicap 3**  
 From Run No. 233 on 2 JAN 2008  
 to Run No. 244 on 3 DEC 2008

6 APR 2013

H'cap	Name	Club/Company	Latest	Best	Runs
4:45	V Ahmad-Hambling, Rana	-	22:21 234	22:11 229	3
1:15	W V Amiss, Nicola	-	25:45 235	25:45 235	2
1:30	W Attenborough, Ali	-	25:28 235	25:28 235	2
1:30	W V Banasiewicz, Shelna	Business Link - Surrey	25:36 235	22:23 190	10
0:45	W V Barac, Sabina	-	26:22 243	26:22 243	1
10:15	Batchelor, Robert	Windle Valley Runners	16:43 233	15:30 191	13
9:00	Berry, Ian	Winchester & District	17:29 235	17:29 235	1
6:15	Carlisle, Colby	Ventyx Inc.	20:46 242	20:46 242	2
7:30	V Chamberlain, John	Veterans A.C.	19:23 234	16:39 70	48
11:00	Chapman, David	Team Milton Keynes	16:01 234	15:33 218	11
1:45	W Currie, Helen	-	25:08 239	25:08 239	2
8:45	Currie, Simon	Army Triathlon Assocn	18:22 241	18:22 241	2
0:00	W V Cushen, Bridget	Veterans A.C.	28:46 237	24:40 188	18
8:15	W V Davey, Bridget	Blackheath Harriers	18:46 243	18:46 243	1
10:30	Dennis, Paul	Woking A.C.	16:32 233	16:32 233	1
8:30	V Dowden, Derek	Charlotteville C.C.	18:34 233	18:34 233	2
9:00	Gallop, Matt	-	18:06 234	18:06 234	1
4:00	W Gilmour, Kirsty	Runnymede Runners	23:05 234	23:05 234	1
0:00	Gristwood, Graham	-	33:50 234	32:07 229	3
5:00	V Gristwood, Philip	Mole Valley Orienteers	21:57 242	21:57 242	1
5:15	Haimes, Ross	Petrofac	21:44 241	21:44 241	1
8:15	V Handy, Lionel	New Forest Runners	18:47 243	18:47 243	1
5:30	V Humphrey, Keith	Road Runners Club	21:31 238	17:46 167	27
3:00	W Innemee, Johanna	-	23:57 241	22:24 228	4
5:30	W V Jones, Amanda	-	21:26 241	21:26 241	1
4:15	W V Kuroda, Rieko	-	22:44 234	22:44 234	1
11:15	V Lane, Mick	Ranelagh	15:52 238	15:52 238	1
0:00	W V Lewis, Susan	-	29:36 234	29:36 234	1
0:00	W Lucas, Claire	-	35:24 239	35:24 239	1
9:00	V Mannion, Daniel	West Wight	17:53 238	16:40 105	23
4:30	W V Morgan, Sioned	Serpentine Runners	22:31 242	22:31 242	1
0:00	W V Musters, Gulbin	-	32:07 233	32:07 233	2
7:45	V Newman, Geoff	Fleet & Cookham	19:22 233	19:22 233	1
3:30	W V Nutt, Valerie	-	23:30 244	23:30 244	2
7:30	Parsonage, Dan	Serpentine Runners	19:34 242	19:34 242	1
9:45	V Perrin, Martin	Reading Roadrunners	17:17 235	17:17 235	1
8:45	Perrins, Ian	-	18:14 240	18:14 240	1
6:15	W Perrins, Louise	Tatley A.C.	20:39 240	20:39 240	1
3:00	Phipps, Kitty	Serpentine Runners	23:55 238	23:55 238	1
5:15	W V Raine, Helen	-	21:50 234	21:50 234	1
2:15	Ralls, Warren	Business Link - Surrey	24:43 234	24:43 234	2
5:30	V Ruiz, Leon	Dulwich Park Runners	21:32 234	19:02 189	20
7:30	Shakespeare, Gwidion	Capgemini	19:35 234	19:35 234	1
4:30	J Spencer, Ryan	-	22:27 241	22:27 241	2
5:15	W V Sprigings, Ann	Woking A.C.	21:46 244	20:31 197	38
0:00	W Squires, Melanie	-	28:38 233	28:38 233	1
0:00	W V Stephens, Michelle	-	40:08 239	40:08 239	1
5:00	Sullivan, Eugene	Waverley Harriers	22:00 239	17:28 31	4
0:00	W V Thomas, Vicki	-	26:53 234	26:53 234	1
5:15	Volkaerts, Paul	-	21:43 233	21:43 233	1
9:45	V Wood, Jim	Aldershot, Farnham & D.	17:09 236	16:09 202	2
2:30	V Woolston, Pete	-	24:28 233	22:10 200	2
8:30	V Zucca, Roberto	Petrofac	18:23 242	18:23 242	2

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