

The Woking Handicap 3

8 APR 2014

From Run No. 292 on 2 JAN 2013
to Run No. 303 on 4 DEC 2013

H'cap	Name	Club/Company	Latest	Best	Runs
10:45	Baggott, Michael	-	16:10 295	16:10 295	7
2:15	V Bore, Chris	-	24:45 294	24:45 294	1
7:45	W V Bowers, Liz	City of Portsmouth	19:15 295	19:00 235	2
5:15	Brown, James	-	21:46 299	21:46 299	4
6:15	V Burden, Ian	M.V.A.12	20:51 302	18:37 211	24
7:30	V Clapham, Nick	-	19:33 300	19:33 300	3
0:00	V Cuthbert, Tim	M.V.A.12	29:43 302	29:43 302	1
4:45	Foley, Sean	-	22:15 297	21:40 290	3
10:15	Fraser, Alasdair	Clapham Chasers	16:44 295	16:44 295	3
8:00	V Frost, Malcolm	Haslemere S.C.	18:53 294	17:57 231	40
3:00	V Godber, Steve	-	23:58 303	21:05 238	41
5:30	W V Guy, Jenny	Datchet Dashers	21:37 301	19:56 250	7
0:45	W Hooper, Claire	-	26:18 292	26:18 292	1
5:00	J Knowles, Archie	-	22:06 292	22:06 292	1
3:30	V Knowles, Martin	Mayer Brown	23:34 297	20:08 291	3
4:45	W V Maltby, Bridget	-	22:17 295	23:02 293	20
0:00	W V Mant, Cathy	Chiltern Running Siste	29:46 303	29:30 301	3
6:15	V Maskell, Dan	Veterans A.C.	20:45 300	19:07 229	16
2:15	W V McGraw, Debbie	-	24:50 293	22:32 277	39
7:30	V Morton, Jeremy	-	19:33 301	19:33 301	1
5:15	V Pennifold, John	W. Midlands Fire Serv.	21:40 295	19:14 183	110
9:00	Smith, Adrian	-	17:59 301	17:31 297	3
4:00	V Smyth, John	Morrystown RHC USA	22:57 299	22:57 299	1
8:45	V Spencer, Jez	Surrey Fire Brigade	18:14 297	16:26 219	13
7:30	W V Stubbs, Sally	Runnymede Runners	19:26 302	17:33 226	41
9:45	V Waine, Mike	Woking A.C.	17:12 300	15:06 100	30
0:00	W V Wainwright, Alison	-	31:00 303	26:05 298	10
2:15	W V Wheeler, Emma	Windle Valley Runners	24:43 302	24:43 302	5
7:30	Wilkinson, Ian	M.V.A.12	19:36 303	16:58 228	62
	29 runners				