

The Woking Handicap 3

9 DEC 2016

From Run No. 328 on 6 JAN 2016
to Run No. 339 on 7 DEC 2016

H'cap	Name	Club/Company	Latest	Best	Runs
9:00	V Adams,Paul	-	18:05 338	17:07 256	13
7:30	W V Aitken,Debbie	Purple Patch Runners	19:28 332	19:28 332	3
4:30	V Austin,Tony	Hercules Wimbledon	22:26 334	18:37 202	8
10:15	Baggott,Richard	-	16:48 339	16:24 300	14
0:00	V Baker,Bill	-	28:31 338	24:34 251	48
0:45	V Bell,Fred	Woking A.C.	26:10 328	18:47 194	46
6:00	W V Bodoano,Tracy	-	21:05 330	21:05 330	3
9:30	V Bradbury,Bob	Woking A.C.	17:32 331	17:11 307	3
9:30	V Brown,Daniel	-	17:37 339	17:37 339	3
0:00	V Burnett,Kevin	Striders of Croydon	33:59 336	27:28 254	38
7:00	V Chambers,Roy	-	20:06 339	20:06 339	1
0:30	V Coxhead,Mark	Windle Valley Runners	26:34 339	17:12 73	229
6:15	Dasani,Akhil	-	20:46 336	20:46 336	1
3:15	V Davidson,Alan	Liss Runners	23:44 339	16:18 34	285
8:00	V Donaghy,Simon	Herne Hill Harriers	19:00 337	16:14 76	16
0:00	V Dry,Peter	Stragglers	29:28 339	18:33 273	127
5:45	V Falkner,Andrew	-	21:21 338	18:10 187	35
4:15	W V Flynn,Christine	Woking A.C.	22:50 329	22:12 279	5
0:00	W V Fraser,Marion	-	28:36 337	27:20 304	49
0:00	W Furze,Georgina	-	19:12 331	0:00 0	1
5:30	V Gibbons,Gary	Bracknell Forest	21:26 339	18:15 295	38
8:00	V Gibson,Alistair	Guildford & Godalming	18:53 332	18:18 290	21
0:00	V Gilbert,Barry	Wadhurst Runners	28:14 339	21:35 238	58
0:00	V Godber,Paul	Southampton R.C.	26:54 332	19:35 233	19
2:00	V Godber,Steve	-	24:54 338	21:05 238	53
0:00	W Hargreaves,Deborah	-	39:39 329	33:32 150	2
9:00	V Howard,Phil	-	18:02 339	18:02 339	3
7:30	V Hukowski,Tom	-	19:35 339	18:42 337	3
0:00	W Ingram,Carole	-	28:37 338	28:31 329	15
4:45	V Innemee,Henk	Spectrum	22:20 339	19:42 225	181
0:00	V Jackson,Alistair	Veterans A.C.	29:07 336	20:46 155	146
7:00	V Jones,Pete	Windle Valley Runners	20:00 338	18:21 269	6
0:00	W V Kyle,Lauren	-	30:00 337	23:20 229	36
0:15	W V Lambert,Sue	Serpentine Runners	26:47 336	23:22 283	11
0:00	V Lott,Dave	-	27:48 339	22:58 154	73
0:00	V Martin,Julian	Woking A.C.	29:51 339	22:08 143	95
4:45	V Maskell,Dan	Veterans A.C.	22:09 334	19:07 229	19
3:30	V Mayger,Alan	-	23:28 339	17:49 163	141
7:30	W Mayo,Bronwyn	-	19:26 339	19:26 339	1
7:00	V Mellor,Jon	-	20:04 338	20:04 338	4
9:45	Myring,Rob	Guildford & Godalming	17:22 331	16:22 319	36
4:15	V Neal,Greg	Watford Harriers	22:42 337	20:04 243	26
5:00	V Nichols,Dave	Woking A.C.	21:53 328	18:00 130	151
5:15	W Payne,Jo	Woking A.C.	21:52 336	17:31 274	8
4:15	W V Pears,Louise	Ranelagh	22:50 339	20:03 254	44
0:00	V Reay,Tom	-	22:39 333	0:00 0	1
7:00	Ridley,David	-	19:56 336	19:56 336	1
8:15	V Ridley,David	Maidenhead A.C.	18:52 337	18:25 224	14
6:45	W V Roke,Karen	-	20:21 331	20:21 331	1
5:15	W V Rowland,Sonia	Ranelagh	21:44 339	19:43 227	116
0:00	V Rowland,Steve	Ranelagh	28:30 338	17:18 196	114
0:15	V Sabourin,John	-	26:41 339	26:08 316	19
6:15	V Scammell,Clive	Wimbledon Windmilers	20:40 339	19:30 326	11
1:00	V Smyth,Ray	Imprint	26:00 337	18:46 213	51
1:45	V Snowden,James	Woking A.C.	25:19 334	24:15 309	13
7:00	V Sperber,Christian	-	19:54 339	19:54 339	1

0:00	V	Spinks,George	-	42:00	339	28:09	243	56
7:00	W V	Stubbs,Sally	Runnymede Runners	19:56	330	17:33	226	46
0:00	V	Surtees,Guy		18:35	339	0:00	0	1
4:30	W	Taranda,Marta		22:27	335	22:27	335	1
8:00	W	Taylor,Kath		19:00	337	19:00	337	1
7:15	W V	Thevenet,Ramona	Woking A.C.	19:51	339	17:55	277	106
7:15	W	Thomas,Patricia		19:40	339	19:40	337	12
5:00	W	Tibbotts,Mary		21:57	338	20:04	0	6
8:00	W V	Trinder,Kay	Woking A.C.	18:57	331	18:16	254	4
1:15	V	Vaughan,Malcolm	Woking A.C.	25:51	339	21:31	297	48
9:15	V	Waine,Mike	Woking A.C.	17:45	337	15:06	100	36
3:15	W V	Walters,Jessamy	-	23:51	330	23:51	330	4
9:15		Whitehead,Chris	M.V.A.	17:46	331	17:27	206	67
6:15		Wilkinson,Ian	M.V.A.	20:44	338	16:58	228	72
3:30	V	Williams,Dennis	Hercules Wimbledon	23:28	335	19:53	235	42
3:00	V	Wilson,Gordon	R.N.A.C.	23:53	338	16:26	76	106
3:15	W	Winn-Smith,Joanna	Cambridge Harriers	23:45	338	21:29	243	12
8:45		Woodward,Mark		18:21	339	18:21	339	3
		74 runners						