

The Woking Handicap 3

5 JUN 2019

From Run No. 364 on 2 JAN 2019
to Run No. 369 on 5 JUN 2019

| H'cap | Name | Club/Company | Latest | Best | Runs |
|-------|----------------------------|-----------------------|-----------|-----------|------|
| 6:30 | Baggott,Michael | - | 20:26 365 | 16:10 295 | 9 |
| 9:45 | Baggott,Richard | - | 17:16 369 | 16:24 300 | 32 |
| 0:00 | V Baker,Bill | - | 31:42 368 | 24:34 251 | 56 |
| 1:45 | W V Baulk,Lesley | - | 25:10 369 | 25:10 369 | 2 |
| 8:00 | Botterill,Simon | - | 18:54 365 | 18:54 365 | 1 |
| 10:15 | V Bradbury,Bob | Woking A.C. | 16:48 367 | 16:48 367 | 4 |
| 0:00 | V Burnett,Kevin | Striders of Croydon | 49:00 365 | 27:28 254 | 45 |
| 0:15 | V Capindale,Paul | - | 26:45 369 | 23:30 238 | 13 |
| 0:15 | W Cazerres,Daniela | - | 26:48 369 | 26:48 369 | 1 |
| 0:30 | V Coxhead,Mark | Windle Valley Runners | 26:36 368 | 17:12 73 | 255 |
| 0:00 | V Davidson,Alan | Liss Runners | 30:26 369 | 16:18 34 | 307 |
| 3:00 | V Dry,Peter | Epsom Oddballs | 23:54 369 | 18:33 273 | 146 |
| 0:45 | W V Fernandez,Eralys | - | 26:09 369 | 24:20 326 | 2 |
| 8:15 | Fraser,Alasdair | Clapham Chasers | 18:43 369 | 16:44 295 | 4 |
| 0:00 | W V Fraser,Marion | - | 28:17 369 | 27:20 304 | 69 |
| 2:15 | Gibson,Tom | - | 24:47 367 | 24:47 367 | 1 |
| 0:00 | V Gilbert,Barry | Wadhurst Runners | 29:57 369 | 21:35 238 | 79 |
| 0:00 | V Godber,Steve | - | 26:55 369 | 21:05 238 | 65 |
| 3:15 | V Harris,Colin | Woking A.C. | 23:43 369 | 22:03 354 | 17 |
| 8:00 | V Huggins,Tim | - | 19:06 366 | 19:04 308 | 2 |
| 4:15 | V Innemee,Henk | Spectrum | 22:43 369 | 19:42 225 | 205 |
| 0:00 | V Lott,Dave | - | 29:07 368 | 22:58 154 | 86 |
| 0:30 | W V Maltby,Bridget | - | 26:37 369 | 23:02 293 | 28 |
| 8:15 | V Marriott,Ray | South London Harriers | 18:38 366 | 14:50 230 | 22 |
| 0:00 | V Martin,Julian | Woking A.C. | 31:49 364 | 22:08 143 | 110 |
| 5:00 | Martin,Matt | - | 22:05 367 | 22:05 367 | 1 |
| 0:00 | Martin,Simon | - | 40:04 367 | 40:04 367 | 1 |
| 9:15 | V Maughan,Victor | - | 17:39 366 | 17:39 366 | 2 |
| 2:30 | V Mayger,Alan | - | 24:32 368 | 17:49 163 | 161 |
| 2:15 | W V Mills,Valerie | - | 24:49 368 | 24:49 368 | 2 |
| 4:45 | W V Musselwhite,Jacqueline | - | 22:21 366 | 21:07 361 | 5 |
| 2:30 | V Neal,Greg | Watford Harriers | 24:31 367 | 20:04 243 | 34 |
| 3:30 | Parsley,Steve | - | 23:27 367 | 23:27 367 | 2 |
| 7:45 | Ridley,David | - | 19:14 368 | 19:14 368 | 3 |
| 6:45 | V Rolfe,Duncan | - | 20:15 369 | 20:15 369 | 6 |
| 0:00 | W V Rowland,Sonia | Ranelagh | 40:14 367 | 19:43 227 | 120 |
| 0:00 | V Sabourin,John | Wimbledon Windmilers | 29:10 369 | 26:08 316 | 45 |
| 1:15 | W Saunders-Martin,Xanthe | - | 25:41 367 | 25:41 367 | 1 |
| 4:30 | V Scammell,Clive | Wimbledon Windmilers | 22:28 369 | 19:30 326 | 32 |
| 0:00 | W V Smallbone,Catherine | - | 30:52 364 | 30:52 364 | 2 |
| 0:00 | V Smyth,Ray | Imprint | 31:20 368 | 18:46 213 | 63 |
| 7:00 | W V Stubbs,Sally | Runnymede Runners | 20:02 369 | 17:33 226 | 52 |
| 0:00 | W V Thevenet,Ramona | Stragglers | 29:36 369 | 17:55 277 | 131 |
| 5:00 | W Tibbotts,Mary | - | 21:58 366 | 20:04 0 | 12 |
| 8:00 | W V Trinder,Kay | Woking A.C. | 18:55 365 | 18:16 254 | 7 |
| 0:00 | V Vaughan,Malcolm | Woking A.C. | 33:42 368 | 21:31 297 | 69 |
| 0:00 | V Warboys,Pip | Witham & Essex | 30:50 366 | 18:49 152 | 35 |
| 2:30 | W Whittington,Catherine | - | 24:34 368 | 24:30 367 | 2 |
| 0:00 | V Wilson,Gordon | R.N.A.C. | 28:03 369 | 16:26 76 | 118 |

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