

	January 5 Km Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Newnham	18:08		13	Amy Whiting	26:35
	2	Ben Worsfold	22:07		14	David Walters	27:34
	3	Su Baldock	22:35		15	Louise Belben	27:37
	4	Katherine Wealthy	22:40		16	Mike Barker	28:12
	5	Jason Belben	22:51		17	Tony Baron	28:15
	6	Gavin Llewellyn	23:08		18	Steve Cawte	28:34
	7	Ben Wales	23:16		19	Lisa Jakins	28:47
	8	Gill Dowling	23:41		20	David Baker	29:45
	9	Kev White	23:58		21	Gill Thomas	31:27
	10	Steve Calder	24:28		22	Melissa Pink	31:32
	11	Mark Jakins	24:47		23	Brian Fisher	33:25
	12	David Whiing	25:38		24	Jackie Brady	33:27
	Starter/Timer:- Liz Redpath. Back-up Timer:- Paul Street. Numbers:- Sid Smith. Marshals and Supporters:- Dace Kirby, Ken Eaden, Julie Conway, Rachel Gee, Karen Morby and Jen Parker-Lummis. Thanks to our tailrunner tonight - Jackie Brady.						

	February 5 Km Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Newnham	17:45		21	Melissa Pink	29:35
	2	Chris Buxton	18:33		22	Rebecca Scott	29:50
	3	Aiden Morby	21:15		23	Lisa Jakins	29:53
	4	Dan Roi De Sa	23:06		24	Jenny Mckay	29:58
	5	Andy Pearce	23:16		25	Jackie Brady	33:02
	6	Katherine Wealthy	23:57		26	Richard Smith	33:31
	7	Mark Jakins	24:29		27	Mel Bagwell	34:11
	8	Lynne Franklin	26:04		28	Karen Harding	35:10
	9	Tony Barron	26:23		29	Andi O'Flanagan	39:17
	10	Dave Walters	27:03		30	Celia Martin	39:24
	11	Lou Belben	27:13		31	Caz Delooze	42:40
	12	Mike Barker	27:25		32	Roz Weaver	44:01
	13	Jo Yorke	27:26		33	Lee Howard	44:02
	14	Ethan Barrett	27:41		34	Sid Smith	44:32
	15	Amy Whiting	27:53		35	Andy Brown	44:56
	16	Tom Reader	28:45		36	Pam Ella	45:02
	17	David Barker	29:09		37	Brian Fisher	45:02
	18	Colin Middleton	29:19		38	Kim Carter (Tail Runner)	45:04
	19	Cathy Harman	29:26				
	20	Gill Thomas	29:28				
	Starter/Timer:- Paul Street. Back-up Timer:- Steve Cawte. Recorder:- Sue Barrett. Numbers:- Deborah Birch. Marshals and Supporters:- Dave Kirby, Karen Morby, Dave Croft, Ali Watson, Jason Belben and Sara New. Thanks to our tailrunner tonight - Kim Carter.						

	March 5 Km Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Newman	20:19		17	Richard Smith	33:49
	2	Aidan Morby	20:48		18	Sara New	34:19
	3	Gavin Llewellyn	22:46		19	Andi O'Flanagan	34:26
	4	Gill Dowling	24:54		20	Mel Bagwell	35:18
	5	Steve Calder	24:55		21	Karen Harding	35:19
	6	Ethan Barrett	26:25		22	Sue Barrett	35:20
	7	Tony Baron	27:12		23	Caz Delooze	37:49
	8	Karen Morby	29:04		24	Ange Elshaw	37:50
	9	Honor Reader	29:36		25	Keith Elshaw	37:51
	10	David Baker	30:02		26	Andy Brown	40:39
	11	Ken Eaden	30:08		27	Roz Weaver	41:42
	12	Kellee Read	30:40		28	Lee Howard	41:43
	13	Rebecca Scott	30:56		29	Pam Fisher	43:36
	14	Lynne Lemis	30:57		30	Sid Smith	43:37
	15	Deborah Birch	31:07		31	Kim Carter (Tail Runner)	43:38
	16	Jackie Brady	32:09				
	Starter/Timer:- Liz Redpath.Back-up timer:-Rachel Gee. Recorder:- Gary Francis. Numbers:- Paul Street. Marshals:- Dave Kirby, Brian Fisher, Dave Croft, Lyn Franklin and Richard Swift. Thanks to Kim Carter for tail running tonight.						

	April 5 Km Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Newnham	17:55		21	Mick Kearney	30:37
	2	Chris Buxton	19:08		22	Zoe Windsor	30:54
	3	Nikki Moxham	19:36		23	Gill Thomas	30:58
	4	Luke Foley Greaves	20:52		24	Melissa Pink	31:01
	5	Aiden Morby	21:24		25	Jenny Mackay	31:35
	6	Ben Worsfold	21:30		26	Lisa Jakins	31:36
	7	Su Baldock	22:15		27	Jackie Brady	31:54
	8	Gavin Llewellyn	22:34		28	Becky Scott	31:55
	9	Katherine Wealthy	22:37		29	Melanie Bagwell	37:15
	10	Gill Dowling	23:26		30	Karen Harding	37:16
	11	Ethan Barrett	24:02		31	Rory Fall	37:19
	12	Mark Jakins	25:46		32	Roz Weaver	41:01
	13	Louise Belben	27:37		33	Andy Brown	41:02
	14	Mike Barker	27:49		34	Kim Carter (Tail Runner)	41:03
	15	Steve Cawte	28:50				
	16	Zoe Belben	28:53				
	17	Tonia Morrell	28:55				
	18	Deborah Birch	29:08				
	19	Kathy Harman	29:31				
	20	David Baker	29:58				
	Starter/Timer:- Paul Street. Back-up Timer:- Sue Barrett. Recorder:- Gary Francis. Numbers:-Sid Smith. Marshals and Supporters:- Dave Kirby, Karen Morby, Dave Croft, Ali Watson, Sara New,Mick Stares, Brian Fisher, Jackie Tombs, Lyn Franklin, Jo Yorke and Gav Brooker. Thanks to our tailrunner tonight - Kim Carter.						

	May 5 Mile Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Luke Willis	29:05		15	Kerry Irwin	46:24
	2	Nikki Moxham	31:31		16	Mike Kearney	46:37
	3	Chris Buxton	32:43		17	Mike Barker	46:38
	4	Luke Foley Greaves	34:09		18	Cathy Harman	46:44
	5	Ben Worsfold	34:36		19	Deborah Birch	46:52
	6	Aiden Morby	34:40		20	Lisa McGuinness	48:36
	7	Adam Baines	38:05		21	Melissa Pink	48:46
	8	Katherine Wealthy	39:24		22	David Baker	49:18
	9	Su Baldock	39:24		23	Gill Thomas	49:24
	10	Mark Jakins	41:26		24	Lisa Jakins	49:34
	11	Steve Wood	42:40		25	Becky Scott	52:57
	12	Lou Belben	46:03		26	Jackie Brady	52:58
	13	Steve Cawte	46:04		27	Rory Fall	01:00:35
	14	Tonia Morrell	46:15		28	Lynne Franklin	01:00:36
	Starter/Timer:- Liz Redpath Back-up Timer:- Sue Barratt. Recorder:- Gary Francis. Numbers:-Paul Street. Marshals and Supporters:- Karen Morby, Kellee Read, Mike Bowers, Dave Croft, Brian Fisher, Jackie Tombs, Mike Stares, Karen Harding, Tom Reader, Jo Yorke, Gav Brooker, Jenny McKay and Sara New. Thanks to our tailrunner tonight - Lynne Franklin						

	June 5 Km Time Trial 2022					
	Pos.	Name	Time	Pos.	Name	Time
	1	Mike Newham	18:41	16	Lynne Lemmis	29:31
	2	Andy Ford (Guest)	18:41	17	Deborah Birch	30:42
	3	Adam Crook	19:47	18	Steve Cawte	30:43
	4	Martin Charndler (545 ARC)	19:48	19	Gill Thomas	30:54
	5	Aiden Morby	22:47	20	Melissa Tyrrell	31:07
	6	Gavin Llewellyn	22:47	21	Brian Fisher	31:09
	7	Gill Dowling	22:58	22	Jackie Brady	31:26
	8	Julia Roi De Sa	26:48	23	Rebecca Scott	31:27
	9	Ethan Barrett (Guest)	26:58	24	Sara New	31:29
	10	Mel Spence (545 ARC)	27:03	25	Richard Smith	33:26
	11	Kate Stubbings	27:16	26	Andi O'Flanagan	35:26
	12	Laura Wake	28:51	27	Peter Lindley	35:52
	13	Mike Kearney	28:22	28	Rory Fall	36:57
	14	David Baker	29:18	29	Kim Carter	36:58
	15	Lisa McGuinness	29:30			
Finish /Starting Crew:- Sue Barrett, Karen Morby, Janet Lindley and Rachel Gee. Supporters and Marshals:- Ken Eaden, Sid Smith, Mike Stares, Kathy Harman, Mike Bowers, Lyn Franklin, Dave Croft, Ben Worsfold and Andy Brown.Big thanks to our tailrunner Kim Carter.						
Many thanks to 545 ARC for coming along tonight and also to our guest runners.						

July 10 Km Time Trial 2022					
Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	36:53	6	Gill Dowling	49:13
2	Mike Percival	39:55	7	Lynne Franklin	54:13
3	Chris Buxton	41:23	8	Kate Stubbings	55:26
4	Luke Fowley Greaves	44:13	9	Steve Wood	57:50
5	Su Baldock	48:56	10	Mick Kearney	01:02:43
5 Km Times					
1	Ethan Barrett	26:10	6	Jenny Mckay	31:19
2	Karen Morby	29:37	7	Lisa Jakins	31:22
3	Jo Yorke	29:38	8	David Baker	31:27
4	Tonia Morrell	29:56	9	Rory Fall	38:44
5	Melissa Tyrell	30:56	10	Kim Carter (Tail Runner)	38:46
Finish /Starting Crew:- Liz Redpath, Paul Street, Su Barker, Gary Francis, Deborah Birch. Marshals and Supporters:Steve Cawte, Dave Croft, Mick Stares, Mike Barker, Kellee Read, Kaz Delouz, Colin Gardner and Mike Bowers.					

	August 5 Km Time Trial						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Percival	19:20		17	Andy Faichen	30:30
	2	Nicky Moxham	19:40		18	David Baker	30:31
	3	Chris Buxton	19:44		19	Lisa McGuiness	30:32
	4	Luke Foley-Greaves	20:11		20	Melissa Tyrrell	30:40
	5	Josh Belben	21:22		21	Sara New	30:53
	6	Aiden Morby	21:29		22	Ken Eaden	30:56
	7	Julia Roi-De-Sa	24:29		23	Deborah Birch	30:59
	8	Austin Hill	25:09		24	Rory Fall	31:00
	9	Steve Calder	25:20		25	Cathy Harman	31:02
	10	Ethan Barrett	27:16		26	Jenny Mackay	31:39
	11	Jo Yorke	28:26		27	Becky Scott	32:32
	12	Mike Barker	28:50		28	Lisa Jakins	32:34
	13	Steve Cawte	29:08		29	Richard Smith	33:07
	14	Shirley Faichen	29:39		30	Sue Barrett	33:10
	15	Carla Husband	30:13		31	Roz Weaver	41:47
	16	Mike Kearney	30:16		32	Jackie Brady	41:48
	Starter/Timer:- Paul Street. Back-up Timer:- Kellee Read. Recorder:- Gary Francis. Numbers:- Sid Smith. Marshals and Supporters:- Mark Jakins, Tonia Morrell, Mike Stares, Lynne franklin & Dave Croft. Thanks to our tailrunner tonight - Jackie Brady.						

	September 5 Mile Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Newman	32:39		10	Mike Barker	48:22
	2	Nicky Moxham	33:11		11	Lisa Jakins	49:04
	3	Steve Crook	33:33		12	Becky Scott	50:00
	4	Ben Worsfold	35:25		13	David Baker	50:05
	5	Su Bladock	38:58		14	Mick Stares	50:06
	6	Steve Calder	43:02		15	Deborah Birch	51:08
	7	Fiona Tomlinson	47:14		16	Mick Kearney	51:32
	8	Kerry irwin	47:20		17	Biddy Russell	58:45
	9	Tonia Morrell	47:44		18	Jackie Tombs	58:46
	Starter/Timer:- Paul Street.Back-up timer:-Sue Barrett. Recorder:- Gary Francis. Numbers:- Ken Eaden. Marshals & Supporters: Brian Fisher, Dave Croft, Jenny McKay, Roz Weaver, Liz Redpath, Gav Booker, Dave Walters, Gill Dowling, Mike Bowers, Nick Boom and Steve Cawte. Thanks to jackie Tombs for being our tail runner tonight.						

	October 5 Km Time Trial 2022						
	Pos.	Name	Time		Pos.	Name	Time
	1	Mike Newhan	18:01		18	Sue Barrett	33:47
	2	Mike Percival	18:35		19	Caroline Delooze	36:54
	3	Chris Buxton	18:55		20	Maisie Elshaw	36:56
	4	Nikki Moxham	19:17		21	Ange Elshaw	36:59
	5	Mark Brown	22:55		22	Sara New	38:08
	6	Steve Calder	26:23		23	Annette Owers	39:20
	7	Mark Jakins	27:03		24	Karen Morby	39:21
	8	Steve Cawte	27:51		25	Nicky Hayward	39:22
	9	Gill Dowling	28:46		26	Jo Yorke	39:23
	10	Fiona Tomlinson	28:46		27	Rory Fall	39:38
	11	Mick Kearney	29:09		28	Lisa Jakins	39:39
	12	Ethan Barrett	29:34		29	Clare Thomas	43:12
	13	David Baker	30:04		30	Lani Robertson	43:39
	14	Brian Fisher	30:47		31	Jackie Brady	43:39
	15	Mike Stares	31:09		32	Karen Codling	44:48
	16	Becky Scott	33:45		33	Karen Harding	44:49
	17	Biddy Russell	33:46		34	Kim Carter (Tail Runner)	44:50
	Starter/Timer:- Liz Redpath.Back-up timer:-Paul Street. Recorder:- Gary Francis. Numbers:- Sid Smith. Marshals:- Dave Croft, Ken Eaden, Pam Ella, Ali Watson and Roz Weaver. Thanks to Kim Carter for tail running tonight.						

November 5 Km Time Trial 2022					
Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	18:07	34	Steve Woods	27:05
2	Chris Buxton	18:49	35	Ethan Barrett	27:12
3	Ben Jarvis (F)	19:25	36	Mark Gibbard (F)	27:15
4	Andy Simpson (SGR)	19:45	37	Rachel Thompson (F)	27:30
5	Simon Ross (SGR)	19:49	38	Fran Bennett (F)	28:02
6	Kerry Riches (F)	19:55	39	Caroline Harwood (F)	28:03
7	Marek Liskutini (F)	20:05	40	Mike Healy (SGR)	28:09
8	Charlie Fuller (F)	20:25	41	Kerry Irwin-Hall	28:19
9	Martin Pegler (F)	21:34	42	Melanie Sharpe (F)	28:51
10	Matt Law (F)	22:01	43	Zoe Windsor	29:10
11	Eleanor Purduk (F)	22:08	44	Ken Eaden	29:29
12	Chris Holliday (F)	22:14	45	Eddie Casper (F)	29:30
13	Mark Brooks (F)	22:18	46	Tom Reader	29:31
14	Jason Mudge (F)	22:50	47	Sara New	29:34
15	Mark Brown	22:57	48	Martha Mccallum (SGR)	29:42
16	Ed Hare (SGR)	23:03	49	David Baker	29:54
17	Sturart Bamberger (SGR)	23:14	50	Al Tottle (545)	30:36
18	Gavin Llewellyn	23:18	51	Mike Stares	30:50
19	Dominique Shepherd (SGR)	23:47	52	Clara Sutton (F)	31:03
20	Dom Ducellier (F)	23:57	53	Lynne Simpson (F)	31:04
21	Steve Matty (SGR)	24:10	54	Peter Turnbull (SGR)	31:08
22	Alan Kinnard (F)	24:13	55	Deborah Casper (F)	31:10
23	Colin Sharpe (F)	24:41	56	Janine Jenkins (SGR)	31:20
24	Sara McRitchie (SGR)	25:11	57	Vicky Waterman (F)	32:40
25	Brian Graham (SGR)	25:26	58	Stacey Read (SGR)	33:20
26	Chris Stothard (F)	25:36	59	Jacqueline Healy (SGR)	33:20
27	Ray Peckham (F)	25:36	60	Biddy Russell	33:41
28	Sarah Law (F)	25:38	61	Rebecca Scott	34:17
29	Neil Richards (F)	25:50	62	Neve Parker	34:18
30	Mark Jakins	26:24	63	Mel Barham (SGR)	35:38
31	Nigel Feast (SGR)	26:27	64	Karen Harding	35:45
32	Kirsty Watts (F)	26:43	65	Vanessa Long (F)	36:54
33	Chris Rees (F)	26:58	66	Kim Carter (Tailrunner)	36:58
Finish /Starting Crew:- Paul Street,Sue Barrett, Jo Yorke, Lisa Jakins and Roz Weaver. Supporters and Marshals:- Fiona Tomlinson, Karen Morby, Mike Bowers, Lyn Franklin, Steve Crook, Richard Swift, Dave Croft, Brian Fisher, Gavin Booker, Pam Ella.Big thanks to our tailrunner Kim Carter. Many thanks to Fareham (F), Stubbington Green (SGR) and 545 ARC for coming along tonight and enjoying the lovely running conditions.					

Alver Valley Cross Country

1	Chris Buxton * (First Male)
2	Aiden Morby
3	Ben Worsfold
4	Shawn Curd
5	Steve Calder
6	Gill Dowling * (First Female)
7	Kevin Busch
8	Jason Belben
9	Ben Davies (Guest)
10	Mark Jakins
11	David Walters
12	Lynne Franklin
13	Rachel Davies (Guest)
14	Louise Belben
15	Sylvia Cawte
16	Tonia Morrell
17	Colin Middleton
18	Honor Reader
19	Karen Morby
20	David Baker
21	Jill Thomas
22	Becky Scott
23	Jenny Shilling

24	Fiona Tomlinson
25	Jackie Brady
26	Lisa Young
27	Lisa Jakins
28	Richard Smith
29	Andi O'Flanagan
30	Mel Bagwell
31	Karen Harding
.....	
Helpers	
Dave Croft, Gary Francis, Andy Brown, Mark Birch, Deborah Birch, Fay Birch, Brian Fisher, Sharon Clutton, Liz Redpath, Shirley Faichen, Brook Faichen, Sue Barker, Sue Tingley, Pete Lindley, Sue Barrett, Kelly Read, Mike Stares, Ken Eaden, Paul Street, Ian Buzzard, Mike Barker and Steve Cawte.	
Honoured Guest	
Mick Welsted	

Helpers Half Marathon 2022			Helpers 'Quarter' Marathon 2022		
Pos.	Name	Time	Pos.	Name	Time
1	Luke Willis	01:23:55	1	Mark Jakins	01:03:40
2	Luke Foley-Greaves	01:33:54	2	Fi Tomlinson	01:04:55
3	Steve Crook	01:35:14	3	Tonia Morrell	01:06:42
4	Adam Crook	01:39:34	4	Melissa Tyrrell	01:06:42
5	Aidan Morby	01:42:24	5	Sylvia Cawte	01:09:48
6	Su Baldock	01:46:59	6	Liz Redpath	01:12:32
7	Gav Llewelyn	01:50:45	7	Sharon Clutton	01:14:38
8	Kev Busch	01:51:35	8	Maisie Elshaw	01:15:52
9	Steve Calder	01:58:31	9	Amanda Morby	01:16:37
10	Rob Hylands	02:00:19	10	Kim Carter	01:19:19
11	Kate Stubbings	02:07:37	11	Emma Noyce	01:20:19
12	Julia Roiz de Sa	02:07:38	12	Karen Harding	01:20:20
13	Jackie Tombs	02:07:38	13	Ange Elshaw	01:20:21
14	Jenny Shilling	02:11:10	14	Pete Lindley	01:20:43
15	Tracy Wales	02:11:11	15	Louise Milson	01:49:34
16	Tony Barron	02:13:02	16	Janet Lindley	01:49:35
17	Steve Wood	02:16:28			
18	Tom Reader	02:27:34			
19	Kellee Read	02:27:54			
20	Deborah Birch	02:30:56			
21	Lisa Jakins	02:32:26			
22	Steve Cawte	02:32:44			
23	Mike Barker	02:33:36			
24	Lisa McGuinness	02:34:02			
25	Karen Morby	02:34:04			
26	Sue Barker	03:20:00			
27	Sue Tingley	03:20:00			
Finish /Starting Crew:- Paul Street, Neil Elshaw, Lizzie Elshaw, Ken Eaden, Gary Francis and Andy Clutton. Supporters and Marshals:- Jenny Mackay, Roz Weaver,Dave Croft, Sue Barrett, Lynne Franklin, Jackie Brady,Mick Stares, Gill Thomas, Jo Yorke and Gav Booker. Thanks to Karen Morby for being this years tail runner.					

NAME	FINISH TIME	DISTANCE 5km/10Km	STATED TIME	ADJUSTED TIME	SET-OFF TIME	FINISH TIME	TIME DIFFERENCE (HH:MM:SS)	STATED TIME - ACTUAL TIME	COMMENTS
Peter Lindley	11:50:00	10 Km	01:20:00	01:20:00	10:30:00	11:42:26	01:12:26	-07:34	
Mike Stares	11:50:00	10 Km	01:02:30	01:02:30	10:47:30	11:47:25	00:59:55	-02:35	
Fiona Wood	11:50:00	10 Km	01:02:00	01:02:00	10:48:00	11:45:36	00:57:36	-04:24	
Tom Reader	11:50:00	10 Km	01:00:00	01:02:00	10:48:00	11:45:34	00:57:34	-04:26	
Lisa Jakins	11:50:00	10 Km	01:02:00	01:01:00	10:49:00	11:50:30	01:01:30	00:30	
Karen Morby	11:50:00	10 Km	01:02:00	01:00:00	10:50:00	11:50:20	01:00:20	00:20	
Mike Barker	11:50:00	10 Km	00:59:10	00:59:10	10:50:50	11:50:20	00:59:30	00:20	First Man - 10 Km
Jo Yorke	11:50:00	10 Km	01:02:00	00:59:00	10:51:00	11:50:17	00:59:17	00:17	First Lady - 10 Km
Louise Belben	11:50:00	10 Km	01:00:00	00:58:30	10:51:30	11:46:42	00:55:12	-03:18	
Tonia Morrell	11:50:00	10 km	01:00:00	00:58:00	10:52:00	11:46:56	00:54:56	-03:04	
Steve Wood	11:50:00	10 Km	00:57:00	00:57:00	10:53:00	11:44:08	00:51:08	-05:52	Asked the Marshals what the time was!
Jenny Shilling	11:50:00	10 Km	00:57:00	00:56:00	10:54:00	11:46:25	00:52:25	-03:35	
Mark Jakins	11:50:00	10 Km	00:56:00	00:55:00	10:55:00	11:45:56	00:50:56	-04:04	
Kev Busch	11:50:00	10 Km	00:50:00	00:47:00	11:03:00	11:52:55	00:49:55	02:55	
Adam Crook	11:50:00	10 Km	00:42:34	00:42:30	11:07:30	11:47:28	00:39:58	-02:32	
Donna Tatem	11:50:00	5 Km	00:35:00	00:36:00	11:14:00	00:00:00	00:00:00	00:00	Did not finish !!
Dave Croft	11:50:00	5 Km	00:35:00	00:35:00	11:15:00	11:47:40	00:32:40	-02:20	
Biddy Russell	11:50:00	5 Km	00:34:47	00:35:00	11:15:00	11:47:41	00:32:41	-02:19	First Lady - 5 Km
Zoe Windsor	11:50:00	5 Km	00:34:50	00:34:00	11:16:00	11:45:32	00:29:32	-04:28	
Jackie Brady	11:50:00	5 Km	00:30:00	00:31:00	11:19:00	11:47:30	00:28:30	-02:30	
Mick Kearney	11:50:00	5 Km	00:30:00	00:29:00	11:21:00	11:49:19	00:28:19	-00:41	First Man - 5 Km
Ken Eaden	11:50:00	5 Km	00:28:30	00:28:30	11:21:30	11:49:10	00:27:40	-00:50	
Steve Calder	11:50:00	5 Km	00:27:59	00:27:00	11:23:00	11:48:24	00:25:24	-01:36	
Dale Poulter	11:50:00	5 Km	00:24:00	00:24:00	11:26:00	11:48:28	00:22:28	-01:32	

Here are the timings from the Christmas handicap 2022. Many thanks to everyone that turned out to run on this cold wet day.

You are probably not aware, as you didn't have any GPS watches on that the course was not quite 5 Km or 10 Km. If you were to run the route with your watch you will find that one lap is 4.68 Km and two laps is 9.36 Km so just a bit short of 5 and 10 Km.

We picked this route as it was deemed the safest with only one road crossing at Western Way.

Congratulations to the winners. First Lady 10 Km - Jo Yorke. First Man 10 Km - Mike Barker.

First Lady 5 Km - Biddy Russell. First Man 5 Km - Mick Kearney.

Bonus prize for best 'Christmas' Dressed runner - Dale Poulter.

We are hoping to hold another similar event in the spring. Many thanks for all you support.