

## **Club Handicap – 23 April 2009**

Good weather, and Chepstow Park Woods was busy with 33 handicappers, several improvers, lots of helpers, and a few random walkers who got stuck in the car park...

Winner on the night was Mike Mugridge – good to see him running again! Second was Chris Adams and third Kath Matthews who ran a much better time at 33.48. Kath was also the fastest lady on the night, she is clearly getting back to form quickly.

Very good times on the night included Paul Murrin who ran 29.13 and Pete Ward did 29.39. However pride of place goes to Mark who did a storming 28.38!!!! Only 8 seconds outside the course record, fantastic time Mark, well done!

My very grateful thanks to all the helpers who set up the course, did the start, the finish, the numbers – I could not have done it without any of you!!!! Thanks Ivan, Syd, Suzie, Jan, Paul, and anyone else I've forgotten.

The full results are on the attached sheet. While I do not wish to blow my own trumpet too much I was very pleased to see that almost 85% of the field finished within 4 minutes of the first runner – the hours spent calculating are worth it when you get a good overall result, even despite the complaints I got!!!!

The next handicap is on Thursday 7 May, at 7.15pm. Please meet at Leisure Centre at 7pm to share cars, to avoid the car park congestion!!!