

WORSTEAD HANDICAP Tuesday 19th July

This casual but fun event was started to enable marshalls etc to run the Worstead course.

This was a self timed event with runners going off in batches in accordance with their own estimated pace.

RESULTS - thanks for coming

Start Time	ESTIMATED TIME	ACTUAL TIME	Finish Postion (estimated after 10th as couldnot remember)
1845 (11min+ pace)			
Karen Emery	60	58.54	12
Maria Culley	61	55	9
1855 (10 min)			
Claire Dunnett	50	45.4	13
1900 (9 min)			
Eddie Carman	45	40.44	5* Had a Pit Stop
Emma Culley	45	45	14
Andy Toogood	45	45	15
Andrea Osbourne	45	43.51	8
Malcolm Ball	45	44.55	10
Keith Dickens	45	44.55	11
1905 (8 min)			
Terry Quigley	37	37.36	6* Injury at 4.5 miles! Stopped for rest
Jim Hayes	38	35.48	2
Rob Osbourne	41	38.52	7
Sally Middleton	38	38.5	4* stopped to see how I was
Rob Emery	40	37.25	3* made small detour
1910 (7 min)			
1915 (6 min)			
Quinton Brown	32.3	30.15	1