

**Blengdale Runners , Seascale Beach Run Handicap 17th July 2007. Nominally 9k:
Based on Bleng Handicap (10.2k)**

Name	Bleng or 10K Time	Corrected Estimated Time -1.00	Handicap Start Time	Race Time	Race Position	Actual Running Time	Derogatory Comments from Handicapper
Mel Gould	60.00	60.00	0.00	49.25	4	49.25	I didn't know Mel could run this fast!!
Richard Eastoe	59.59	60.00	0.00	43.26	1	43.26	Obviously R only 'jogged' round the Bleng!!
Chris Simcock	55.52	55.00	5.00	48.46	3	43.46	A 'Fair' result
Annette Morris	53.55	53.00	7.00	49.42	5	42.42	Not bad for the "coach"!!
Chris Dowling	52.12	51.00	9.00	49.46	6	40.46	Hiding his fitness well!!!
Andy Fletcher	51.54	51	9.00	48.29	2	39.29	Getting fitter as he matures!!
Gay Eastoe	49.49	49	10.00	55.40	11	45.40	Handicappers deliberate error, Sorry Gae
Paul Adams	48	47.00	13.00	52.19	7	39.19	A "dark horse" to watch in the future
Richard Eastman	48	47	13.00	52.58	9	39.28	Regaining his "old" form

Name	Bleng or 10K Time	Corrected Estimated Time -2.00	Handicap Start Time	Race Time	Race Position	Actual Running Time	Derogatory Comments from Handicapper
Larry Abel	45.00	44.00	16.00	52.23	8	34.23	Getting back to form
Dave Atkinson	42.49	41.30	18.30	52.50	10	34.20	Going well

Blengdale Run

		Actual Time	
59.49	17.00	42.49	Dave Atkinson
59.25	12.00	47.25	Angela Ball
59.25	12.00	47.25	Chris Cripps
61.54	10.00	51.54	Andy Fletcher
60.12	8.00	52.12	Chris Dowling
60.39	8.00	52.39	Peter Manning
61.55	8.00	53.55	Annette Morris
63.55	9.00	54.55	Mike Kenwright
57.52	2.00	55.52	Christine Simcock
59.43	0.00	59.43	Lindsay Buck
65.59	6.00	59.59	Gay and Richard Eastoe