

Longwood Harriers Christmas Handicaps 2022

<u>Under 11's Race</u>		Finish Time	H'cap	Actual Time
1	Gracie Timmins	8.45	1 Min	7.45 *
2	Olivier Miller	9.17	40 Secs	8.37

Under 16's Race

1	Noah Scholes	15.10	Nil	15.10
2	Alex Whitehead	16.01	3Mins 40Secs	12.21 *
3	William Varley	16.38	2Mins 40Secs	13.58
4	Andre Chetty	16.42	2Mins 40Secs	14.02
5	Sophie Wood	17.06	3Mins 20Secs	13.46 *
6	Alice Kaye	17.38	2Mins 40Secs	14.58
7	Ella Corrion	18.27	20Secs	18.07
8	Ava Iveson	19.06	40Secs	18.26

Senior Ladies Race

1	Lindsay Roberts	25.56	3Mins	22.56 *
2	Karen Mitchell	26.35	Nil	26.35
3	Francesca Robertson	27.18	3Mins	24.18

Senior Mens Race

1	Richard Norgate	41.43	10Mins 30Secs	31.13 *
2	Ian Mitchell	42.30	Nil	42.30
3	Rob Unwin	43.09	8Mins	35.09
4	James Scholes	43.3]	1Min	42.35
5	Simon Crook	45.10	7Mins	38.10
6	Owen Whitehead	47.43	7Mins	40.43
7	Kohsuke Urano	DNF		

* Fastest Time Award

Conditions Very Cold 2C Frozen surface

(Record times for the race on next page)

Christmas Handicap - current record times (2022)			
	u11	U13/15	U17 & Seniors
	1 lap (1.1 miles)	2 laps (2.2 miles)	3 laps (F) 5 laps(M)
Fastest Male	Luke White 2011	Hakan Dalbal 2015	Hakan Dalbal 2016
Time	6.16	11.25	29.17
Fastest Female	Harriet Ayres 2021	Holly Brewster 2019	Neve Hardcastle 2019
Time	6.58	12.47	20.25