

LONGWOOD HARRIERS CHRISTMAS CROSS COUNTRY HANDICAPS 2024

<u>Under 11's Race</u>	<u>Finish Time</u>	<u>H'cap</u>	<u>Actual Time</u>	
1. Dante Simpson	8.19	0.00	8.19	1 st Boy
2. Olivia Lidster	8.22	0.30	7.52	1 st Girl
3. Jasper Ayres	8.45	1.30	7.15 *FT	2 nd Boy
4. Alice Duggan	8.49	0.00	8.49	2 nd Girl
5. Ajay Stephenson	9.41	1.30	8.11	3 rd Boy
6. Beatrix Duggan	9.42	1.30	8.12	3 rd Girl
7. Anaya Quashie	9.48	2.00	7.48	
8. Emily Hardcastle	10.05	2.00	8.05	

Under 16's Race

1. Isobelle Crowther	16.01	2.30	13.31*FT	1 st Girl
2. Harriet Ayres	16.45	2.30	14.15	2 nd Girl
3. Luella Ramsden	17.22	0.00	17.22	3 rd Girl
4. Callum Harris	18.15	1.00	17.15	1 st Boy

Senior Ladies' Race

1. Helen Holdsworth	25.52	3.30	22.22*FT	
2. Lindsay Roberts	27.21	2.30	24.51	
4. Sophie Wood	28.53	5.30	23.23	
4. Karen Mitchell	29.37	0.00	29.37	

Senior Mens' Race

1. Simon Crook	43.51	5.00	38.51	
2. Alex Whitehead	44.06	12.00	32.06*FT	
3. Owen Whitehead	45.22	6.00	39.22	
4. John Benton	45.49	12.00	33.49	
5. Richard Pollard	46.24	11.00	35.24	
6. Phil Mitchell	46.57	13.00	33.57	
7. Ian Mitchell	47.10	0.00	47.10	
8. Adam Taylor	47.19	4.10	43.09	

*FT = Fastest time

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