



SILSON JOGGERS 10k HANDICAP RACE 2009

Start times for the 10k handicap, Wed 29 April 2009

Please ensure that you are at the start line at the appropriate time

Start time		Handicap
6:30	Kit Rapson	Scratch
6:32	John Fowler	+2:00
6:39	Allan Lock Gill Milner Mark Waldron Carole Debney	+9:00
6:40	Emma Sambrook	+10:00
6:41	Richard Pepper Tom Pomeroy	+11:00
6:43	Natasha King	+13:00
6:44	Madeleine Moutrie Sandy Moffat	+14:00
6:44:30	Claire Todd Mel Bignell	+14:30
6:45:30	Alex O'Connor Ian Gordon	+15:30
6:46	Casey Hill Dave Morley Anna Lawson	+16:00
6:47	Peter Morris Paul King Trevor George Jenny Dick	+17:00
6:48	Dave Lantsbery Len Pannell	+18:00
6:49	Brian Keers Stewart Shears	+19:00
6:49:30	Warren Marsh	+19:30
6:51	Heather Cooke	+21:00
6:53	Dave Coates Graham Linnell Rob Gillies Ashley Phillips	+23:00
6:53:30	Jodie Willis Andy Taylor	+23:30
6:54	Dan Taylor	+24:00
6:54:30	Matt Wootton	+24:30
6:55:30	Jim Darcy	+25:30
6:56	Chris Wood Jeff Haynes	+26:00
6:57	Andy Pacey Simon Woodward	+27:00