

Bob Clarke Challenge

Final - 500 Metres less Handicap (Wed. 9 December)

<u>Place</u>		<u>Age</u>	<u>Handicap</u>	<u>Add</u>	<u>To Run</u>	<u>Time</u>
1	Vicky Caputo	40 (41)	55	<i>nil</i>	445	1.11.71
2	Graham Henderson	70 (71)	102	10	388	1.14.45
3	Peter Crump	60 (60)	69	<i>nil</i>	431	1.14.62
4	Paul Lainio	50 (53)	40	10	450	1.16.01
5	Sabine Orchard-Simonides	50 (53)	82	30	388	1.17.20
6	Ross Hill-Brown	65 (65)	85	140	275	1.17.91
7	Hayden Harrell	60 (61)	69	10	421	1.19.83
8	Ross Lowe	70 (72)	146	54	300	1.26.50
9	Dean Mortimer	60 (64)	69	30	401	1.30.33

Vicky's winning time of 1.11.71 was an improvement of 2.41 sec. on her 1.14.12 in running 4th in last year's final over the same distance of 445m.

Of the other two runners from last year's final, Paul Lainio improved his time by 1.81 sec. (running 10m less) and Sabine improved her time by 3.46 sec.

(running 5 metres less than last year).

Improvements with age !

Great runs in the final by the 2nd and 3rd place getters who 'gave it everything' in the final surge to the line. Almost a dead heat.