

North Leeds Handicap 2024

Safety information

- It's up to you to get round the course safely – there are no marshals out on course this year
- If you drop out, please ensure I know that you're doing so!
- The weather forecast is poor. Bring waterproofs to carry.
- If there is lightening, the race will be cancelled.

Race Brief:

- First starter will go at 19:15 (approx)
- People will then start at their handicap time after the first starter. I.e. if your handicap is 2mins, you start 2mins after the first person.
- If you didn't give me a time to predict from, you start at the course record time. Or at my discretion.
- The handicaps and predicted times are below.
- First person to cross the finish line wins.
- First person in the Hermit buys me a pint.

	Predicted time	Handicap	Approx Start time
Martha James	1:03:05	0:00:00	19:15:00
Hilary Lane	1:01:07	0:01:58	19:16:58
Caroline Clarke	0:55:56	0:07:09	19:22:09
Emma Lane	0:53:59	0:09:06	19:24:06
Chris Barr	0:52:11	0:10:54	19:25:54
Tim Jacobs	0:46:55	0:16:10	19:31:10
Nick Flower	0:43:40	0:19:25	19:34:25
Ellis Maguire	0:42:54	0:20:11	19:35:11
Paul Simkins	0:42:38	0:20:27	19:35:27
Tom Sanders	0:41:46	0:21:19	19:36:19
Cailum Early	0:37:19	0:25:46	19:40:46
Dave Middlemas	0:35:38	0:27:27	19:42:27
Ian Furlong	0:35:34	0:27:31	19:42:31
Josh Day	0:35:19	0:27:46	19:42:46
Phil Livermore	0:34:34	0:28:31	19:43:31
Mattia Dessi	0:34:05	0:29:00	19:44:00
Course Record	0:31:40	0:31:25	19:46:25