

Easter 10 Helpers' Handicap 2019

Over a 2 lap course following large parts of the Easter 10 route, and in wet and challenging conditions the annual Easter 10 Helpers Handicap Race took place on Sunday 13th October. Out of 16 entries there were 14 starters and 12 finishers, all cheered on by an impressive team of marshals and MAC Sunday runners who ran the course in reverse. First man home was David Waugh who finished in 1:32:16 - an unbelievable 5 minutes 55 seconds ahead of his handicap time. He was closely followed by first lady, Sarah Fogg in an remarkable time of 1:36:09 - a full 5 minutes below her handicap time and demonstrating her recovery from injury.

Full results are below, with apparent anomalies in finish times due to staggered start times and a predicted finish at 10:30. James Fickling and Peter Oldham were within 26 seconds of their handicap times, and James' run was particularly notable as he was running with a buggy!

Name	Position	Finish time
David Waugh	1st	01:32:16
Sarah Fogg	2nd (1st)	01:36:09
Jeanette Sanderson	3rd (2nd)	01:34:05
Caroline Shrimpton	4th (3rd)	01:23:18
James Fickling	5th (2nd)	01:10:37
Peter Oldham	6th (3rd)	01:34:40
Leila Oliver	7th (4th)	01:29:36
Chris Lewington	8th (4th)	01:20:18
Linda Szulc	9th (5th)	01:42:06
Ali Fyffe	10th (6th)	01:31:47
Anthony Hornby	11th (5th)	01:19:50
Dave Waterman	12th (6th)	01:44:29

