

**LONGWOOD HARRIERS A.C.**  
**CHRISTMAS CROSS COUNTRY HANDICAP 2021**

| <b><u>Senior Ladies Race</u></b> | <b><u>Finish Time</u></b> | <b><u>H'cap</u></b> | <b><u>Actual Time</u></b> |
|----------------------------------|---------------------------|---------------------|---------------------------|
| 1. Lucy Fairburn                 | 25.14                     | 4.30                | 21.14                     |
| 2. Karen Mitchell                | 27.15                     | 0.00                | 27.15                     |
| 3. Helen Roby                    | 28.01                     | 7.20                | 20.41 (Fastest Time)      |
| 4. Rachel Scholes                | 29.00                     | 3.00                | 26.00                     |
| Samantha Norgate                 | 35.47                     | 5.00                | 30.47 (Guest)             |

**Senior Mens Race**

|                    |       |       |                      |
|--------------------|-------|-------|----------------------|
| 1. Owen Whitehead  | 40.23 | 2.30  | 37.53                |
| 2. Simon Parkinson | 40.56 | 8.30  | 32.26 (Fastest Time) |
| 3. Donald Kennedy  | 41.26 | 7.45  | 33.41                |
| 4. Simon Crook     | 42.31 | 6.15  | 36.16                |
| 5. Adam Taylor     | 43.16 | 4.00  | 39.16                |
| 6. James Scholes   | 44.02 | 0.00  | 44.02                |
| 7. Richard Norgate | 46.30 | 10.45 | 35.45                |

Conditions: Dull, dry, firm(ish), 5C.