

Monthly Handicap Top 20 Men

Pos	Name	Time	Date	Mile pace
1	Carl King	18.16	Jun 98	4.54
2	Vaughan Sadler	18.20	Oct 93	4.55
3	Phil Leybourne	18.21	Oct 99	4.55
4	Nick Hume	18.37	Feb 88	5.00
5	Stuart Robinson	18.40	Apr 09	5.00
6	Steve Littler	18.49	Sep 02	5.03
7	Paul Muller	18.51	May 93	5.04
8	Tony Ellis	18.58	Oct 97	5.05
9	Alan Newman	19.02	Aug 90	5.06
10	Kevin Vose	19.03	Sep91	5.06
11	Malcolm Eadie	19.07	Jun 03	5.07
12	Dave Noble	19.07	May 93	5.07
13	Chris Nelligan	19.11	Jun 93	5.08
14	Jeff Lawton	19.12	Mar 95	5.08
15	Tom Cunningham	19.23	Feb 07	5.12
16	James Simmonite	19.24	Jul/Sep 93	5.12
17	Rick Wallace	19.27	Sep 97	5.13
18	Tony Croft	19.33	Jun 87	5.14
19	Les Endean	19.35	May 93	5.14
20	John Houghton	19.36	Oct 02	5.15