

Campbelltown Joggers Club

1989 Handicap Series Results

H'cap No: 1

Date: Mar

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Peter Knott		0:44:35			No		
	Bruce Frazer		0:36:47			No		
	Dennis Hams		0:49:49			No		
	Alan Holt		0:48:32			No		
	Alan Banfield		0:45:09			No		
	Chris Thoroughgood		0:43:50			No		
	Michael Limbrey		0:43:30			No		
	Simon Price		0:43:10			No		
	Barry Hall		0:41:40			No		
	John Chapman		0:39:34			No		
	Michael Larven		0:39:06			No	>	02:12
	Rod Glynn		0:37:28			No		
	Bob Corderoy		0:37:06			No	>	00:49
	Malcolm Nearn		0:46:18			No		

Campbelltown Joggers Club

1989 Handicap Series Results

H'cap No: 2

Date: Apr

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Barry Hall		0:38:57			No		
	Malcolm Nearn		0:45:37			No	>	00:02
	Dennis Hams		0:51:39			No		
	Alan Holt		0:47:39			No		
	Don Johnson		0:47:12			No		
	Simon Price		0:47:10			No		
	Alan Banfield		0:45:15			No		
	Bruce Frazer		0:43:18			No		
	Peter Knott		0:43:17			No	>	01:18
	Michael Larven		0:39:36			No		
	Rod Glynn		0:37:15			No		
	Andy Ponsonby		0:40:40			No		

Campbelltown Joggers Club

1989 Handicap Series Results

H'cap No: 3

Date: May

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Peter Knott		0:45:22			No		
	Rod Glynn		0:36:11			No	>	00:30
	Stan Cousins		0:47:38			No		
	Alan Holt		0:46:03			No		
	Don Johnson		0:45:30			No		
	Dennis Hams		0:45:23			No		
	Michael Larven		0:39:01			No	>	00:05
	Andy Ponsonby		0:38:46			No	>	00:31
	John Chapman		0:38:44			No		
	Bob Corderoy		0:36:47			No	>	00:19
	Chris Thoroughgood		0:45:14			No		
	Barry Hall		0:37:16			No		

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1989 Handicap Series Results

H'cap No: 4

Date: Jun

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Ken Saunders		0:42:39			No		
	Simon Price		0:51:25			No		
	Alan Banfield		0:49:55			No		
	Dennis Hams		0:47:03			No		
	Alan Holt		0:46:12			No		
	Don Johnson		0:45:45			No		
	Stan Cousins		0:44:36			No		
	Michael Limbrey		0:43:35			No		
	Peter Knott		0:41:46			No	>	01:31
	John Chapman		0:38:38			No		
	Barry Hall		0:37:50			No		
	Rod Glynn		0:35:54			No	>	00:17
	Malcolm Nearn		0:44:20			No	>	01:17

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1989 Handicap Series Results

H'cap No: 5

Date: Jul

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Peter Knott		0:42:15			No		
	Michael Larven		0:38:53			No	>	00:08
	Chris Thoroughgood		0:42:34			No		
	Michael Limbrey		0:42:53			No		
	Alan Banfield		0:43:37			No		
	Malcolm Nearn		0:43:40			No	>	00:40
	Stan Cousins		0:44:03			No		
	Dennis Hams		0:44:45			No	>	00:33
	Alan Holt		0:45:22			No		
	Don Johnson		0:45:56			No		
	Barry Hall		0:39:12			No		

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1989 Handicap Series Results

H'cap No: 6

Date: Aug

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	John Chapman		0:39:32			No		
	Stan Cousins		0:45:30			No		
	Don Johnson		0:45:20			No		
	Alan Holt		0:45:15			No		
	Alan Banfield		0:44:48			No		
	Dennis Hams		0:44:42			No	>	00:03
	Bruce Frazer		0:40:49			No		
	Michael Larven		0:38:56			No		
	Andy Ponsonby		0:38:50			No		
	Malcolm Nearn		0:44:00			No		

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1989 Handicap Series Results

H'cap No: 7

Date: Sep

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Simon Price		0:45:19			No		
	Alan Banfield		0:45:59			No		
	Don Johnson		0:46:09			No		
	Alan Holt		0:45:50			No		
	Dennis Hams		0:45:23			No		
	Malcolm Nearn		0:42:24			No	>	01:16
	Andy Ponsonby		0:40:50			No		
	Bruce Frazer		0:39:28			No		
	Barry Hall		0:37:30			No		
	Michael Limbrey		0:43:53			No		

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1989 Handicap Series Results

H'cap No: 8

Date: Oct

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Dennis Hams		0:45:26			No		
	Bob Corderoy		0:36:52			No		
	Ross Field		0:46:36			No		
	Alan Banfield		0:45:00			No		
	Alan Holt		0:44:54			No		
	Michael Limbrey		0:44:17			No		
	Ken Saunders		0:43:11			No		
	Malcolm Nearn		0:43:03			No		
	Andy Ponsonby		0:39:22			No		
	Barry Hall		0:37:59			No		
	Peter Knott		0:43:22			No		
	Stan Cousins		0:49:44			No		

Campbelltown Joggers Club

1989 Handicap Series Results

H'cap No: 9

Date: Nov

Course: Airds 10 km

Start: Unknown

Place	Name	H'cap	Actual	+/-	Points	Note	PB	Improv
	Rod Glynn		0:40:26			No		
	Simon Price		0:50:20			No		
	Don Johnson		0:50:20			No		
	Stan Cousins		0:50:20			No		
	Alan Banfield		0:46:55			No		
	Alan Holt		0:45:13			No		
	Malcolm Nearn		0:42:03			No	>	00:21
	Peter Knott		0:41:50			No		
	Kevin Hardaker		0:40:26			No		
	Andy Ponsonby		0:39:03			No		
	Barry Hall		0:36:26			No		
	Bob Corderoy		0:36:20			No	>	00:27
	Chris Thoroughgood		0:50:20			No		
	Michael Limbrey		0:41:36			No		