After nearly nine hours of competitive running, the 2022 Handicap Trophy is decided by the smallest of margins,  1 minute 50 seconds.

While many of us were thinking "if only I could run faster", many more of us "why the hell am I doing this at my age?", two members stood out proud, fought until the end, to give us our now compulsory last race spectacle.

Rohan Thompson, the underdog, with a narrow lead at the start of the day, knew his three, top five finishes may not be enough to fend of the ferocious Rodney Glossop, looking to wipe out a poor start to this competition, and make it five, top five finishes, in the final five races.

Rodney knew all he had to do was hunt (sorry I mean chase) Rohan down to claim trophy victory.

Rohan set off with a healthy 14 minute head start, but the Nedlands course is not a friendly one if your being chased by Rodney 'the machine' Glossop.

Rodneys grunts to Rohan as they passed in opposite directions would normally fluster a lesser runner than Rohan, but this spurred him on, and at the 5km turn Rohan was passing runners like taking lollies from children.

But alas, despite one of his best times of the year, Rohan was sucked back into Rodney 'the machine" Glossop's grasp and finally succumbed, battered and beaten by the man of the moment Rodney Glossop.

(Based on a true story, though some details may have been included for entertainment purposes.)

If only Rohan could have lasted another one minute and 50 seconds...........

Seriously, great run by two fantastic competitors, and congratulations to Rodney Glossop, our 2022 Handicap Trophy winner.