

RR Harriers virtual Tribute to Roger 1 mile challenge - Mon 3rd May to Sun 9th May

Congratulations to all that completed this challenge. Hope there were some burning lungs after that challenge 😊.

This one wasn't age graded so was a chance for the youngsters to get to the top – except they couldn't knock Russ off the top of the podium. Howard had a good go, and I believe ran a pb in the process. Clare again showed form is temporary whilst class is permanent.

Further down the field, Nigel ran another pb, Karolina has thrown away her crutches, and Alan Eccleston ran a super sub 7min mile. Cliff got bogged down in sand dunes, whilst Steve still heavy legged from moving house.

Well done all. Roger would have been proud 😊



RR Harriers Virtual 1 mile - Tribute to Roger				
Mon 03 May to Sun 09 May 2021				
Position	Name	Time (mm:ss)	Cat	Age
1	Russ Parkin	05:18	Mv55	55
2	Howard Williams	05:31	SM	32
3	Clare McIltrick	05:47	Lv45	49
4	Tristan Cooper	06:08	Mv35	35
5	Jon Kinder	06:13	Mv50	52
6	Andy Dodsley	06:27	Mv45	46
7	Steve Roebuck	06:30	Mv40	41
8	Martin Perry	06:38	Mv40	46
9	Karolina Kucharek	06:38	Lv40	41
10	Alan Eccleston	06:50	Mv65	68
11	James Ward	06:55	Mv55	55
12	Ian Page	06:58	Mv60	63
13	Dean Smith	07:05	Mv50	50
14	Andy Ward	07:15	Mv65	65
15	Bob Bond	07:25	Mv70	74
16	Nigel Granville	07:33	Mv55	57
17	Paul Steele	07:36	Mv55	57
18	Andy Norman	07:46	Mv50	52
19	Julian Smith	07:52	Mv45	48
20	Gillian Whiteside	08:34	Lv50	54
21	Neal Fellows	08:35	Mv50	51
22	Cliff Cooper	08:36	Mv65	68
23	Steve Wakefield	09:11	Mv55	57