

RR Harriers – Virtual Track Races – 3000m – Mon July 6th to Sun July 12th 2020

Well done all. 30 Harriers took part in the virtual 3000m. Usual subjects leading the way, with again Gordon and Claire leading their genders.

Obviously not as demanding as the 1500m as a lot less whingeing, Although Bob did drop in he had a slightly cooling breeze to contend with, and Gemma mentioned she was weighed down by dog poo bags!

Well done all anyway.

RR Harriers - Virtual Track Races 3000m, July 6th to 12th 2020		
Name	Age Category	Time
Gordon Kalwak	M	10m 12s
Russ Parkin	M v55	10m 28s
Howard Williams	M	11m 04s
Tristan Cooper	M	11m 24s
Claire McKittrick	L v45	11m 51s
James Ward	M v50	11m 56s
Karolina Kucharek	L v40	11m 57s
Jon Kinder	M v50	12m 15s
Ian Page	M v60	12m 41s
Martin Perry	M v45	12m 43s
Steve Roebuck	M v40	13m 20s
Andy Norman	M v50	13m 20s
Kev Sutcliffe	M v45	13m 21s
Richard Kerry	M	13m 28s
David Johnson	M v45	13m 56s
Bob Bond	M v70	14m 41s
Nigel Granville	M v55	14m 46s
Dean Smith	M v45	14m 49s
Andy Ward	M v60	14m 51s
Paula Parkin	L v50	14m 56s
Ravinder Bedi	M v40	15m 03s
Neal Fellows	M v50	15m 09s
Julian Smith	M v45	15m 22s
Gillian Whiteside	L v50	15m 30s
Steve Wakefield	M v55	15m 35s
Steve Leach	M v60	15m 47s
Cliff Cooper	M v65	16m 54s
Gemma Stacey	L	16m 55s
Bill Southgate	M v70	18m 17s
Allan Pollock	M v70	24m 18s