

Mon 9th Nov to Sun 15th Nov 2020: 5km interval challenge, Age Graded

Hi All

Great effort from those that ran, and hope you'll reap the benefits from this interval challenge in the weeks to come.

Great to Nigel back in action, and also a welcome return to form for Jon Leek. Must also mention the sprightly Bob Bond who churned out 10x500m to give 3rd place with an age graded time of 15m31sec.

However, Russ topped the charts and his 16min08sec from his 10x500m gave a mind boggling 13m28sec when age graded.

Position	Name	Sum of 5km of Intervals (mm:ss)	Interval Session (if known)	Age	Category	Age and gender grade adjusted %
1	Russ Parkin	16m08sec	10x500m	58	M55	13m20sec
2	Jon Leek	19m19sec		62	M60	15m27sec
3	Bob Bond	22m03sec	10x500m	74	M70	15m31sec
4	Chris Morrison	20m20sec	5x1km, 1min recov	64	M60	15m59sec
5	Paul Spencer	19m42sec	5x1km	48	M45	17m36sec
6	Andy Ward	22m54sec	5x1km	65	M65	17m51sec
7	Tristan Cooper	18m46sec	10x500m	35	M35	18m22sec
8	Karolina Kucharek	19m44sec	15x1m15sec + 1x800m	41	L40	19m06sec
9	Ian Page	24m39sec	1x5000m	63	M60	19m43sec
10	Paula Parkin	23m12sec	15x330m	54	L50	19m50sec
11	Steve Wakefield	24m10sec		57	M55	20m08sec
12	James Ward	24m25sec	5x1km, 1km jog recov	55	M55	20m40sec
13	Nigel Granville	26m32sec	10x500m	57	M55	22m07sec
14	Cliff Cooper	30m03sec		68	M65	22m48sec
15	Neal Fellows	26m55sec	5x1km	51	M50	23m31sec
16	Gillian Whiteside	28m26sec	1x5000m	53	L50	24m35sec
17	Dean Smith	29m12sec	1x5000m	49	M45	25m54sec
18	Ravinder Bedi	29m00sec	1x5000m	43	M40	26m53sec