

The Twin Town Challenge (Mon July 13^h to Sun July 19th 8pm)

We completely smashed this challenge!! Fantastic effort.

The route I chose was to go through the Channel Tunnel on the way there (571m), and then follow the ferry route (Hook of Holland to Harwich, 495m), on the way back which gave us a total of 1066 miles to complete. We not only achieved that, but ended up with an excess of 90miles!! So plenty of miles left over for a lengthy pub crawl in Derby to celebrate.

Super team effort with 51 Harriers contributing to the total. Every mile counted so well done all. Great to see some old faces back in action; Leek, Goulds, Carter. Great to see some new faces too; Payne, Smith.J. Fantastic effort from the old codgers; Southgate, Morrison (sorry Chris to put you in that bunch), and a great contribution from our overseas Harrier Ravinder. Oh and I must mention who finished top of the individual aggregated totals....ME!!

Biggest single effort came from Paul Steele with his 20.1miler, and his write up, pasted verbatim as too funny to para phrase, is below;

“Hi James,

I completed a 20.1 mile run on the Tissington trail this morning.

This gives 43 miles for me for the week, I think, way more than I usually run!

Thanks for organising this trip to Osnabruck.

The last time I went to Osnabruck was in 1982 with a college trip from Wilmorton. We were tipped-off before we went that if we took 5p coins they were the same size & weight as German DM coins.

We helped ourselves to all of the exotic Camel cigarettes shamelessly! Thankfully this trip was much more healthy although on my last 2 miles this morning I felt like Captain Tom Moore going round his back garden.”

I think a few of us felt like Captain Tom at the end of our runs this week!!

Also Andy Ward has given me the contact email address for the Derby/Osnabruck twin city envoy. I'll write a suitable email to them to inform them of our efforts.

Again, Well done all 😊 !!



Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Totals		
James Ward	7.0	11.2	6.3	13.6	4.4	6.8	15.7	65.0		
Robin Carter		9.7	11.7	11.9	10.6		11.1	55.0		
Andy Norman	7.7	3.6	4.9	5.4	4.0	13.1	13.2	51.9		
Karolina Kucharek	9.4	6.4	4.4	13.6	0.1	2.8	12.4	49.1		
Howard Williams		13.5		7.9	5.7	6.7	13.2	47.0		
Claire McKittrick	5.0	7.1	3.8	7.3	5.5	6.7	9.0	44.3		
Paul Steele	3.0	7.1		6.2	7.4	20.1		43.8		
Jon Kinder	14.8				9.2		18.0	42.0		
Chris Morrison	5.0	8.0	7.2	10.0		10.0		40.2		
Bill Southgate	3.2	6.0	7.0	4.1	9.2	5.0	5.5	40.0		
Martin Perry			15.8		10.2		10.4	36.4		
Ravinder Bedi	6.2	2.5	6.4	3.4		8.9	7.3	34.7		
Tristan Cooper		6.4	8.4		6.2		13.1	34.1		
Russ Parkin	4.7	3.7	9.8	3.5	2.5		6.6	30.8	Total Mileage	1156.3
Mike Wood		5.2		6.2		14.0	5.4	30.8	Outbound Osnabruck	571
Dean Smith			5.2	1.9	6.2		13.1	26.4	Inbound Derby	495
Ian Page		7.5			8.6		8.6	24.7	Miles Left	-90.3
Gillian Whiteside	6.2		7.3			5.0	5.2	23.7		
Steve Leach	7.9			6.8			6.8	21.5		
Rob Goulds		3.5		7.0			10.0	20.5		
Joe Rees	3.0	3.1	3.1	1.7	7.0	2.4		20.3		
Richard Kerry		3.6	5.0		3.4		7.4	19.4		
Steve Wakefield	1.3	3.1			4.9		9.4	18.7		
Alan Eccleston	9.2				9.2			18.4		
Julian Smith				4.1		7.3	7.0	18.4		
Nigel Granville	3.4		7.2				7.5	18.1		
Bob Bond				7.2			10.1	17.3		
Todd Coxhead		8.6		8.7				17.3		
Mark Huland		7.5				8.5		16.0		
Jon Leek		4.1		4.2			7.6	15.9		
Neal Fellows		8.5			6.2			14.7		
Andy Ward	7.2			7.3				14.5		
Paul Spencer	4.0		5.7		4.6			14.3		
Andrew Deighton	7.7				6.1			13.8		
Simon Cook		4.5		4.2		5.0		13.7		
Gemma Stacey			5.2		3.4		5.1	13.7		
David Johnson		6.2		3.1			4.0	13.3		
Mark Fowell		3.2	4.0	5.0				12.2		
Kevin Sutcliffe						4.2	8.0	12.2		
Steve Roebuck		3.1				9.0		12.1		
Neil Barnes						10.6		10.6		
Chris Smith							10.2	10.2		
Gordon Kalwak		10.0						10.0		
Paula Parkin							10.0	10.0		
Kieran Portman		2.2				6.2		8.4		
Allan Pollock					7.8			7.8		
Ian Lambert	7.7							7.7		
Helen Payne					2.4		3.1	5.5		
Judy Nolan					5.0			5.0		
Fleur Cox			3.1					3.1		
Chris Hunt		1.7						1.7		