

RR Harriers Tribute to the Alsager 5m - Mon 8th Feb to Sun 14th Feb 2021

Well done all that competed in this challenge, and glad 25 of us had some energy in our legs after last weeks virtual marathon challenge.

The Alsager 5mile road race always produced some fast times, and our challenge considering they were solo efforts, did so as well.

Russ Parkin is returning to full fitness after some earl season niggles and ran a sterling 31:46, which when age graded gave him victory with a time of 26:18.

Jon leek had to settle for 2nd on this challenge with his age graded 27:24.

Gordon Kalwak took up the bait to challenge the old codgers, managed to break 30 mins for his effort, with only his younger years holding back his age graded time, giving him a fine 3rd.

Clare, after running the fastest aggregate time in the virtual marathon last week ran a fine time of 33:33. This gave Clare the fastest ladies time, and the fastest ladies age graded time.

(I have noticed that the age grading tool does seem to favour men and takes more off men's times, than ladies time, for runners of the same age e.g. if Clare was male she'd have had an extra 10secs taken off her time. Don't ask me how it works!).

In the battle of the walkers, Karolina walked a faster time than Andy Ward, but the age grading meant Karolina collected another wooden spoon for her collection.

A couple of stand out performances; Debbie is returning to something like full fitness after a long injury battle and ran a fine 36:41. Also Rob Goulds duathlon training is working and Rob ran a great 39:51.

The top of the leaderboard was once again dominated by the old codgers. I think we'll have some none age graded events to give our youngsters a chance!

For interest, the 'proper' virtual Alsager 5mile race was won in times of 26:36 for the men and 27:16 for the ladies.

Well done all.

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| Position | Name | Time (h:mm:ss) | Cat | Age | Age Graded Time (h:mm:ss) |
|-----------------|-------------------|-----------------------|------------|------------|----------------------------------|
| 1 | Russ Parkin | 00:31:46 | Mv55 | 58 | 00:26:18 |
| 2 | Jon Leek | 00:34:17 | Mv60 | 62 | 00:27:24 |
| 3 | Gordon Kalwak | 00:29:32 | Mv35 | 37 | 00:28:53 |
| 4 | Chris Morrison | 00:37:12 | Mv65 | 65 | 00:28:55 |
| 5 | Ian Page | 00:37:09 | Mv60 | 63 | 00:29:25 |
| 6 | Bob Bond | 00:42:07 | Mv70 | 74 | 00:29:32 |
| 7 | James Ward | 00:34:56 | Mv55 | 55 | 00:29:41 |
| 8 | Clare McKittrick | 00:33:33 | Lv45 | 49 | 00:30:08 |
| 9 | Paul Spencer | 00:34:05 | Mv45 | 49 | 00:30:26 |
| 10 | Alan Eccleston | 00:43:49 | Mv65 | 68 | 00:33:07 |
| 11 | Tristan Cooper | 00:34:12 | Mv35 | 35 | 00:33:46 |
| 12 | Rob Goulds | 00:39:51 | Mv50 | 52 | 00:34:44 |
| 13 | Debbie Phelps | 00:36:41 | Lv35 | 39 | 00:35:51 |
| 14 | Martin Perry | 00:39:52 | Mv45 | 46 | 00:36:28 |
| 15 | Dean Smith | 00:40:55 | Mv45 | 49 | 00:36:33 |
| 16 | Andy Dodsley | 00:40:08 | Mv45 | 46 | 00:36:43 |
| 17 | Cliff Cooper | 00:49:08 | Mv65 | 68 | 00:37:08 |
| 18 | Nigel Granville | 00:46:07 | Mv55 | 57 | 00:38:31 |
| 19 | Gillian Whiteside | 00:48:03 | Lv50 | 54 | 00:40:04 |
| 20 | Steve Wakefield | 00:49:02 | Mv55 | 57 | 00:40:57 |
| 21 | Julian Smith | 00:46:03 | Mv45 | 48 | 00:41:28 |
| 22 | Richard Kerry | 00:43:18 | SM | 34 | 00:42:55 |
| 23 | Neal Fellows | 00:52:43 | Mv50 | 51 | 00:46:19 |
| 24 | Andy Ward | 01:24:06 | Mv65 | 65 | 01:05:23 |
| 25 | Karolina Kucharek | 01:20:00 | Lv40 | 41 | 01:17:17 |