

RR Harriers 3Km Interval Challenge - Mon 22nd Feb to Sun 28th Feb 2021

Well done all that competed in this challenge. Hope you enjoyed getting some speed into the legs and there weren't any pulled muscles trying too hard 😊.

Intervals are the bread and butter of track running and following Boris roadmap, hopefully we may, just may, be able to run our normal track races later in the summer.

Because the 'runbundle' tool I use for the age grading times seemed to be favouring the Men, I've gone back to ordering the results by the 'Age Grading %'. (I used the age grading percentage for the first virtual age grading challenge we did last year).

However, that didn't make any difference to the top 3, and once again we have a bunch of old codgers claiming the podium positions (well Russ approaching codger status anyway).

Russ Parkin ran a fine set of 10x300m for an aggregate time of 9m14sec, which when age graded meant he'd have been racing it out to the finish line with Mo Farah in a time of 7min37sec.

Jon Leek also finished with an age graded time of under 8mins which would have meant he was in the finishing straight with Mo as well.

Bob Bond secured third by pounding up and down Infinity Way, making use of the full 45 mins, and also by adding a year onto his age to get a bit more benefit from the runbundle tool. Happy birthday Bob 😊!!

Clare benefited from using the Age Grading % for the rankings, finishing 4th and first lady. Gordon Kalwak again ran the fastest aggregate time with a super 8min 46sec.

Looking further down the field, Dave Thompson had his highest placing yet with a fine sub 10min aggregate time, and Steve Turnough blasted out a fine set of 15x200m to finish in the top 10 for the first time.

So hopefully these intervals have whetted your appetite for more. JK tells me he's really keen on them, so think we'll have a 1mile interval challenge next lol.

Well done all.

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Position	Name	Time	Session	Cat	Age	Age Graded Time	Age Grading %
1	Russ Parkin	9m 14sec	10x300m	Mv55	58	7m 37sec	98.47
2	Jon Leek	9m 58sec	8x375m	Mv60	62	7m 56sec	94.40
3	Bob Bond	11m 54sec	10x300m	Mv70	75	8m 11sec	91.65
4	Clare McKittrick	10m 25sec	10x300m	Lv45	49	9m 24sec	90.64
5	Gordon Kalwak	8m 46sec	9x 333M	Mv35	37	8m 30sec	88.14
6	Chris Morrison	11m 18sec	6x500m	Mv65	65	8m 46sec	85.50
7	Dave Thompson	9m 56sec	6x500m	Mv45	48	8m 53sec	84.43
8	James Ward	10m 49sec	10x300m	Mv55	55	9m 09sec	81.99
9	Jon Kinder	10m 49sec	tba	Mv50	52	9m 22sec	80.02
10	Stephen Turnough	10m 22sec	15x200m	Mv45	46	9m 25sec	79.66
11	Tom Mowbray	9m 32sec	10x300m	SM	28	9m 32sec	78.69
12	Karolina Kucharek	11m 28sec	random	Lv40	41	11m 05sec	76.86
13	Ian Page	12m 25sec	5x600m	Mv60	63	9m 48sec	76.44
14	Andy Ward	12m 44sec	5x600m	Mv65	65	9m 53sec	75.88
15	Steve Wakefield	12m 30sec	15x200m	Mv55	57	10m 24sec	72.13
16	Alan Ecclestone	13m 56sec	6x500m	Mv65	68	10m 31sec	71.28
17	Paula Parkin	14m 01sec	tba	Lv50	54	11m 58sec	71.19
18	Paul Spencer	12m 32sec	9x333m	Mv45	48	11m 12sec	66.91
19	Howard Williams	11m 28sec	1x3000m	SM	32	11m 25sec	65.68
20	Neal Fellows	13m 11sec	10x300m	Mv50	51	11m 31sec	65.13
21	Nigel Granville	13m 37sec	6x500m	Mv55	57	11m 36sec	64.64
22	Gillian Whiteside	16m 08sec	6x500m	Lv50	54	13m 47sec	61.85
23	Steve Roebuck	13m 09sec	3x1000m	Mv40	41	12m 24sec	60.49
24	Cliff Cooper	16m 38sec	6x500m	Mv65	68	12m 33sec	59.71
25	Kevin Sutcliffe	15m 57sec	1x3000m	Mv45	49	14m 09sec	53.00