

RR Harriers Winter Warmer 5km; Mon 18th Jan to Sun 24th Jan 2021

Congratulations to all who managed to squeeze in a 5km between this weeks floods and snow blizzards – and to those that ran their 5km in them! Great to see appearances from some of the less frequent competitors Stephen Turnough and Alan Ecclestone. And Helen must have finally cleaned the cow pats off her lawn too and made it out for a run!

It appears that it's the old codgers that kept their bodies healthy over Christmas and have sprinted out of their blocks in the first challenge of the year, claiming 3 out of the top 5 places.

Jon Leek, despite all his whinges about lack of competition, too much cake, the inevitable decline of old age, ran a great 20min 29sec even before the age grading was applied. Ian Page ran an excellent time of under 22mins, despite mind tricks thinking he'd got his pacing wrong. Bob Bond remained ever consistent finishing in 5th place.

Well done to Howard, who ran the fastest time breaking 20mins. Debbie was fastest lady in a time just over 22mins.

Also fab to see Karolina and Gemma taking part; one recovering from a fractured ankle, the other in the early stages of pregnancy. Many congratulations Gemma 😊.

Well done all.

James

RR Harriers Winter Warmer 5km**Mon 18 Jan to Sun 25 Jan 2021**

Position	Name	Time	Cat	Age	Age Graded Time
1	Jon Leek	20m 29sec	Mv60	62	16m 22sec
2	Ian Page	21m 53sec	Mv60	63	17m 21sec
3	Paul Spencer	20m 15sec	Mv45	48	18m 05sec
4	James Ward	21m 24sec	Mv55	55	18m 07sec
5	Bob Bond	25m 57sec	Mv70	74	18m 16sec
6	Jon Kinder	21m 30sec	Mv50	52	18m 38sec
7	Howard Williams	19m 36sec	SM	32	19m 26sec
8	Andy Ward	25m 34sec	Mv65	65	19m 55sec
9	Tristan Cooper	21m 09sec	Mv35	35	20m 42sec
10	Alan Ecclestone	27m 34sec	Mv65	68	20m 55sec
11	Mark Fowell	25m 54sec	Mv55	58	21m 24sec
12	Nigel Granville	25m 43sec	Mv55	57	21m 25sec
13	Steve Leach	27m 47sec	Mv65	66	21m 28sec
14	Debbie Phelps	22m 08sec	Lv35	39	21m 39sec
15	Cliff Cooper	28m 35sec	Mv65	68	21m 42sec
16	Steve Roebuck	23m 21sec	Mv40	41	21m 57sec
17	Kevin Sutcliffe	24m 53sec	Mv45	49	22m 04sec
18	Paul Steele	26m 32sec	Mv55	57	22m 06sec
19	Steve Wakefield	27m 25sec	Mv55	57	22m 50sec
20	Martin Perry	25m 26sec	Mv45	45	23m 14sec
21	David Johnson	26m 08sec	Mv45	46	23m 42sec
22	Gillian Whiteside	28m 04sec	Lv50	54	23m 59sec
23	Ravinder Bedi	25m 54sec	Mv40	43	24m 00sec
24	Dean Smith	27m 24sec	Mv45	49	24m 17sec
25	Paula Parkin	28m 15sec	Mv50	53	24m 25sec
26	Rob Goulds	29m 09sec	Mv50	52	25m 15sec
27	Julian Smith	28m 54sec	Mv45	48	25m 49sec
28	Neal Fellows	30m 27sec	Mv50	51	26m 35sec
29	Stephen Turnough	30m 04sec	Mv45	46	27m 16sec
30	Helen Payne	44m 37sec	Lv40	40	43m 25sec
31	Karolina Kucharek	50m 00sec	Lv40	41	48m 23sec
32	Gemma Stacey	53m 17sec	Lv35	35	52m 56sec