

## RR Harriers virtual 5km Easter Egg burner - Mon 26<sup>th</sup> April to Sun 2<sup>nd</sup> May

Congratulations to all that completed this challenge. Seems like a few have been either carbo loading on Easter Eggs or having extras put into their jabs.

Some very fast times recorded, with 4 runners going under 20mins. Gordon recording the fastest with a fine sub 18min effort.

However, the age grading produced a very tight finish with Russ just pipping Clare by 0.5%. Both running splendid times.

Howard also ran a sub 20min time, but being a young sprog, the age grading didn't help him much.

Further down the field, Paul Steele took time out from babysitting his Grandson in Banbury to escape the nappy changing chores; Jon Kinder found the only flat 5km stretch on the North Devon coast; Andy Ward managed to beat his Winter Warmer 5km time by 1 min; and Nigel Granville who has been taking lessons from Leeky in the whinging stakes, managed to run a PB!

Also a mention for Gillian, who has turned into a running machine and hasn't missed a day's training in the last 6 months. And...we wish Gillian all the best for her early retirement (from RR, not running, and defo not her RR harriers committee duties!)

Well done all 😊

(I'm off to watch the last episode of Line of Duty now. No comment).

RR Harriers Easter Egg burner 5km						
Mon 26 Apr to Sun 2 May 2021						
Position	Name	Time	Cat	Age	Age Graded Time	Age Graded %
1	Russ Parkin	18m 37sec	Mv55	58	15m 20sec	83.8
2	Claire McKittrick	19m 35sec	Lv45	49	17m 41sec	83.3
3	Gordon Kalwak	17m 51sec	Mv35	37	17m 19sec	74.2
4	Bob Bond	25m 11sec	Mv70	74	17m 33sec	73.2
5	Ian Page	23m 00sec	Mv60	63	18m 08sec	70.9
6	Paul Spencer	20m 30sec	Mv45	49	18m 10sec	70.7
7	Jon Kinder	22m 10sec	Mv50	52	19m 11sec	67.0
8	Andy Ward	24m 50sec	Mv65	65	19m 14sec	66.9
9	Howard Williams	19m 32sec	SM	32	18m 28sec	66.0
10	Rob Goulds	23m 06sec	Mv50	52	20m 00sec	64.3
11	Alan Ecclestone	26m 40sec	Mv65	68	20m 05sec	64.0
12	Tristan Cooper	20m 33sec	Mv35	35	20m 13sec	63.5
13	Paul Steele	24m 54sec	Mv55	57	20m 41sec	62.1
14	Gillian Whiteside	27m 48sec	Lv50	54	23m 45sec	62.0
15	Debbie Phelps	24m 31sec	Lv35	39	23m 59sec	61.4
16	Nigel Granville	25m 24sec	Mv55	57	21m 05sec	60.9
17	David Johnson	23m 32sec	Mv45	46	21m 25sec	60.2
18	Dean Smith	24m 38sec	Mv50	50	21m 40sec	59.3
19	Cliff Cooper	29m 09sec	Mv65	68	21m 57sec	58.5
20	Steve Roebuck	23m 43sec	Mv40	41	22m 21sec	57.5
21	James Ward	26m 37sec	Mv55	55	22m 29sec	57.2
22	Julian Smith	25m 58sec	Mv45	48	23m 12sec	55.4
23	Steve Wakefield	28m 02sec	Mv55	57	23m 17sec	55.2