

RR Harriers – Virtual Track Races – 1500m – Mon June 29th to Sun July 5th 2020

Well done all. 30 Harriers burst their lungs and endured the lactic acid build up of sprinting 1500m. As the results show, with the exception of Peter Pan Parkin, it's the youngsters that still have the speed in their legs. Gordon again leading the way with a 4m 45s, Russ 4m 52s, then Tom with 5m 11s.

A few whinges from the men; Andy Norman leaving a lung somewhere along the cloud trail, Simon Cook getting his pacing wrong and dying after the first 400m, Howard "why am I hurting myself nobody is watching" Williams, and Ravinder "I have to cope with 34c you know" Bedi.

In the ladies, the female equivalent of Peter Pan, Claire, just held off Karolina Kucharek by 2 secs with her 5min 32s. Probably a dead heat in the whinge category for ladies with Claire rubbing in her victory over Karolina by reminding her she's been ill all week (and felt sick after her run); whilst Karolina maintained that the 3m climbing in her run cost her 5sec. However, on the positive front, Gillian posted her best time since 2017.

Well done all anyway. The times suggest we could have had some terrific close track races. I suspect on the track you could knock another 10secs off your times.

RR Harriers - Virtual Track Races 1500m		
Name	Age Category	Time
Gordon Kalwak	M	4m 45s
Russ Parkin	M v50	4m 52s
Tom Mowbray	M	5m 11s
Howard Williams	M	5m 20s
Tristan Cooper	M	5m 31s
Claire McKittrick	L v45	5m 32s
Karolina Kucharek	L v40	5m 34s
James Ward	M v50	5m 41s
Dean Smith	M v45	5m 41s
Sion Griffiths	M	5m 43s
Joe Rees	M v45	5m 50s
Jon Kinder	M v50	5m 51s
Martin Perry	M v45	6m 02s
Andy Norman	M v50	6m 07s
Kev Sutcliffe	M v45	6m 07s
Ian Page	M v60	6m 12s
Steve Roebuck	M v40	6m 17s
Simon Cook	M v55	6m 31s
Gemma Stacey	L	6m 38s
Andy Ward	M v60	6m 41s
Julian Smith	M v45	6m 49s
Paula Parkin	L v50	6m 53s
Bob Bond	M v70	7m 06s
Nigel Granville	M v55	7m 08s
Ravinder Bedi	M v40	7m 12s
Neal Fellows	M v50	7m 21s
Steve Wakefield	M v55	7m 26s
Gillian Whiteside	L v50	7m 39s
Cliff Cooper	M v65	7m 48s
Allan Pollock	M v70	8m 34s
Bill Southgate	M v70	8m 39s