

## RR Harriers 5Km Interval Challenge

Sep-22

Position	Name	Time	Session (if known)	Cat	Age	Age Graded Time	Age Graded %	Points
1	Russ Parkin	16:50	10x500m	Mv55	60	13:37	94.29	20
2	Clare McKittrick	18:55		Lv50	50	16:54	87.15	19
3	Chris Booth	19:33	4x500m, 1x1km, 2x500m, 1x1km	Mv55	59	15:57	80.49	18
4	Andy Ward	21:18	10x0.43km	Mv65	67	16:12	79.32	17
5	Karolina Kucharek	20:01		Lv40	43	19:06	77.09	16
6	Paul Spencer	19:01	5x1km	Mv45	50	16:43	76.82	15
7	James Ward	20:46	10x500m	Mv55	57	17:14	74.49	14
8	Ian Page	23:03	(a few break points)	Mv60	64	18:01	71.32	13
9	Mark Rogerson	21:25	5x1km	Mv50	55	18:05	71.04	12
10	Jon Kinder	21:21	1x5km	Mv50	53	18:45	68.50	11
11	Gillian Whiteside	26:10	5x1km	Mv55	55	22:06	66.62	10
12	Nigel Granville	24:09	5x1km	Mv55	59	19:43	65.16	10
13	David Johnson	22:15	10x500m	Mv45	48	19:53	64.63	10
14	Paula Parkin	28:33		Lv55	56	23:51	61.77	10
15	Dean Smith	23:52	1x5km	Mv50	51	20:49	61.70	10
16	Steve Wakefield	27:19		Mv55	59	22:18	57.61	10
17	Cliff Cooper	31:14	2x2.5k	Mv65	70	23:01	55.83	10
18	Simon Cook	30:12	1x5km	Mv55	57	25:05	51.23	10