

**Mon July 27<sup>th</sup> to Sat Aug 1<sup>st</sup> 12pm): Virtual Park Run, Age Graded**

Hi All

Great effort from those that ran, and overall it would appear that the lockdown challenges have boosted the levels of Harriers fitness! Of the 15 runners that completed this challenge back in April, 60% achieved faster times. Well done.

Fastest overall again was Gordon with a 17:58sec which was 2 sec faster than last time. Russ had an exceptional run to take 44 secs off his last performance to almost chase Gordon down. Fastest lady was Claire with 20:18, although the wind and heat (whinge whinge) affected performance.

Biggest improvement came from Andy Ward knocking a huge 2min 22sec off his April time. Fantastic effort.

And we do have a very serious contender for whinger of the year with a hilarious excuse for not competing. "I couldn't run today as a herd of cows had pooped on my garden at 4am and I'm a bit tired now" .....Helen Payne!!

Position	Name	Actual Time (mm:ss)	Age	Category	Age and gender grade adjusted %	Age and gender graded adjusted time (mm:ss)	Previous Time (mm:ss)	Improvement (sec)	Improvement Rankings
1	Russ Parkin	18:20	57	M55	84.99	15:16.5	19:04	-44	5
2	Claire McKittrick	20:18	48	L45	79.66	18:32.2	19:57	21	12
3	Bob Bond	25:09	74	M70	76.36	17:00.1	25:34	-25	6
4	Gordon Kalwak	17:58	36	M35	74.24	17:29.3	18:00	-2	9
5	James Ward	20:41	54	M50	73.56	17:38.9	20:39	2	10
6	Ian Page	22:20	62	M60	72.69	17:51.6	21:59	21	12
7	Andy Ward	24:38	64	M60	67.03	19:22.2	27:00	-142	1
8	Paula Parkin	26:29	53	L50	64.50	22:53.7	26:51	-22	7
9	Howard Williams	20:18	31	M	64.30	20:11.5	20:20	2	10
10	Gillian Whiteside	26:42	53	L50	63.94	23:05.8	27:36	-54	4
11	Dean Smith	22:55	49	M45	63.88	20:19.4	23:08	-13	8
12	Martin Perry	22:32	45	M45	63.07	20:35.2	n/a	n/a	n/a
13	Steve Leach	27:31	65	M65	60.52	21:27.1	n/a	n/a	n/a
14	Steve Wakefield	26:32	57	M50	58.69	22:07.3	n/a	n/a	n/a
15	Gemma Stacey	25:25	35	L	58.48	25:15.1	25:01	24	15
16	Bill Southgate	30:59	71	M70	57.06	22:45.2	n/a	n/a	n/a
17	Steve Roebuck	24:48	40	M40	55.28	23:29.3	n/a	n/a	n/a
18	Cliff Cooper	30:58	67	M65	54.72	23:46.6	32:38	-100	2
19	Neal Fellows	27:07	50	M50	54.40	23:51.9	26:46	21	12
20	Julian Smith	26:53	47	M45	53.65	24:12.0	n/a	n/a	n/a
21	Richard Kerry	24:50	33	M	52.91	24:32.4	26:40	-91.1	3
22	Ravinder Bedi	27:58	43	M40	50.08	25:55.5	n/a	n/a	n/a