

RR Harriers 3Km Interval Challenge

Mar-22

Position	Name	Time	Session	Cat	Age	Age Graded Time	Points
1	Russ Parkin	08:49	15x200m	Mv55	59	07:12	20
2	Chris Booth	10:54	4x500m, 4x250m	Mv55	59	08:55	19
3	Clare McKittrick	10:11	6x300m, 6x200m	Lv50	50	09:06	18
4	Mark Rogerson	10:41	6x300m, 6x200m	Mv50	54	09:06	17
5	Ian Page	12:15	5x600m	Mv60	64	09:35	16
6	Karolina Kucharek	10:00	15x200m	Lv40	42	09:37	15
7	Andy Ward	13:10	6x500m	Mv65	66	10:07	14
8	Julian Smith	11:27	10x300m	Mv45	49	10:09	13
9	Paul Spencer	11:46	3x1km	Mv45	49	10:26	12
10	James Ward	12:33	6x500m	Mv55	56	10:31	11
11	Dean Smith	11:56	10x300m	Lv50	50	10:39	10
12	Steve Wakefield	13:18	10x300m	Mv55	58	10:58	10
13	Hazel Le Cornu	11:38	3x1km	Lv35	38	11:26	10
14	David Johnson	12:45	10x300m	Mv45	47	11:29	10
15	Nigel Granville	14:00	10x300m	Mv55	58	11:33	10
16	Neal Fellows	13:22	10x300m	Mv50	52	11:35	10
17	Emma Paxton	12:31	10x300m	Lv40	42	12:02	10
18	Gillian Whiteside	14:39	10x300m	Mv55	55	12:22	10
19	Cliff Cooper	17:02	3x1km	Mv65	69	12:44	10
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