

### **RR Harriers 5mile Cross Country Challenge, 30th Nov to 6th Dec 2020**

Well done to all that got their feet, and legs, and bums muddy in this challenge. Cross country is great for winter conditioning work, stamina and general character building. There were some super photos shared on the WhatsApp group of waterlogged fields, muddy paths, dirty trainers, alpacas, a garmin in a bag of chips, and a playful pussy!

We had Jon Leek cutting himself to ribbons in the pursuit of glory, Jon Kinder having to have his hand held by Tracey in case he slipped over, Andy Norman with his atmospheric photos of Melbourne Pool, Nigel trying to kill himself running in flats round Darley Park, Gordon re-enacting the Blair Witch Project with his spooky headtorch run in the woods and Bob creating phallic pictures with his strava route.

Welcome back after a period of absence to David Johnson and also Helen Payne, who must have finished cleaning up the cow pats off her garden.

I've listed all the times and venues below. We're all winners on this one for getting out and having a go 😊.

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Position	Name	Time (mm:ss)	Venue
1	Gordon Kalwak	34:38	Bretby
2	Jon Leek	36:58	Chellaston fields
3	Howard Williams	38:30	Littleover
4	James Ward	40:54	Markeaton Park
5	Dean Smith	41:53	Duffield
6	Tom Mowbray	44:08	Chesterfield
7	Steve Roebuck	45:04	Sutton In Ashfield
8	Ian Page	45:54	Risley
9	Paul Spencer	47:14	Breaston
10	Jon Kinder	47:16	Oakwood
11	Martin Perry	48:54	Allestree/Quarndon
12	David Johnson	48:55	West Hallam
13	Bob Bond	48:57	Sinfin Moor
14	Neal Fellows	50:15	Gedling
15	Andy Ward	50:18	Mickleover
16	Steve Wakefield	50:28	Sinfin Moor
17	Nigel Granville	52:33	Darley Park
18	Crispin Cousins	54:18	Belper
19	Kev Sutcliffe	55:23	Castle Donnington
20	Andy Norman	57:57	Melbourne
21	Gillian Whiteside	61:54	Allestree Park
22	Helen Payne	67:00	Wollaton Park