

Rolls Royce Harriers – One hour challenge, Mon 5th May to Sun 10th May 2020

Again another great turnout. This time the youngsters took the honours with Tom Mowbray just managing to pip Gordon Kalwak by a few metres. The flying Vet Russ Parkin came third.

It was a tough challenge but many runners managed great performances and personal bests of some variety. Step forward Crispin and Debbie Watkins.

However, whilst it was maybe an event for the tough guys, it showed the tough guys are quite capable of whingeing, downplaying their achievements, and manipulating strava!

Results

Position	Name	Distance (miles)	Received Comment.....or whinge!
1	Tom Mowbray	9.35	
2	Gordon Kalwak	9.28	"Pretty disappointed, felt terrible"
3	Russ Parkin	8.88	"This challenge isn't really to my liking"
4	Paul Spencer	8.79	"Bit of a tough challenge that one"
5	Howard Williams	8.46	
6	Karolina Kucharek	8.23	Dubious. Strava stopped after 50mins allowing KK a rest, massage and shower before sprinting for another 10 mins
7	Crispin Cousins	8.04	** PB - Well done Crispin!!
8	Jon Kinder	7.76	Seen on strava: "The challenge now is to close the loop on a <i>better</i> day"
9	Mark Fowell	7.71	
10	Andy Dodsley	7.68	
11	Joe Rees	7.62	
12	Chris Smith	7.57	
13	Ian Page	7.52	
14	Kev Sutcliffe	7.14	
15	Andrew Deighton	7.03	
16	Gemma Stacey	6.94	
17	Dean Smith	6.92	"I didn't feel great this morning but thought I ought to get out there" said the hard man of the mountains..... (bear that in mind if you ever need a mountain rescue!)
18	Andy Norman	6.91	
19	Steve Roebuck	6.80	"This was my furthest run of the year to be honest"
20	Bob Bond	6.63	
21	Fleur Cox	6.54	"It was so hot and I felt so dehydrated...."
22	Neal Fellows	6.54	
23	Gillian Whiteside	6.36	Again another 17 attempts on this challenge to get the best distance
24	Cliff Cooper	6.16	"It's very hilly where I live you know"
25	Steve Wakefield	5.92	
26	Steve Leach	5.80	
27	Debbie Watkins	5.60	**PB for local course - Well done Debbie!"
28	Richard Kerry	5.54	"I'm not very fit at the moment....."
29	Andy Ward	5.35	
30	James Ward	4.17	"My back hurts so I just walked for an hour"
31	Debbie Phelps	0.00	Auditioning for the lead part in the film "My left foot"!

*Note, for any newcomers to the club, we have a "Whingers Award" at our annual awards night – so be careful what you say as it will be noted!