

## Monday 23<sup>rd</sup> November to Sunday 29<sup>th</sup> November – a 10mile Time trial

Well done to all that attempted this challenge. 24 Harriers had a go at this one and amongst them, some fine efforts were produced.

Winner of this week's challenge, once the age grading factor had been applied, was the ever-youthful Jon Leek. Jon rolled back the years and ran a serious time of just over 72mins anyway and the age grading lowered that to 58mins 03sec. The age grading for the longer distance does seem to favour the older age brackets and Jon was closely followed by Bob Bond, Chris Morrison, Mike Lawson and Ian Page.

Congrats to;

- Gordon Kalwak for running the fastest actual time of 65mins 56secs.
- Gillian for leading the ladies home (after the age grading applied),
- Kev Sutcliffe for taking 2.5mins off his 10mile pb (.....see these virtual events are good for you 😊),
- Debbie Phelps, who even though she collected the wooden spoon, gamely participated, and walked the extra miles on top of her current allowed mileage to record a time,
- Nigel Granville who has graduated from being a 5km park runner at the start of the year to being able to complete a 10miler

Welcome back to;

- Crispin Cousins who has been missing in action for a while

And,

- Club Stalwart Andy Norman who has stopped whingeing about a bad case of housemaid's knee and put his running shoes back on 😊

Position	Name	10mile Actual Time h:mm:ss	Age	Category	Age and gender grade adjusted % h:mm:ss
1	Jon Leek	1:12:26	62	Mv60	0:58:03
2	Bob Bond	1:24:50	74	Mv70	0:59:36
3	Chris Morrison	1:17:00	64	Mv60	1:00:32
4	Mike Lawson	1:25:04	70	Mv70	1:02:57
5	Ian Page	1:20:01	63	Mv60	1:03:31
6	James Ward	1:14:47	55	Mv55	1:03:57
7	Paul Spencer	1:11:08	48	Mv45	1:04:39
8	Gordon Kalwak	1:05:56	37	Mv35	1:05:51
9	Jon Kinder	1:15:24	51	Mv50	1:06:48
10	Andy Ward	1:26:03	65	Mv65	1:06:59
11	Tristan Cooper	1:09:50	35	Mv35	1:09:23
12	Howard Williams	1:12:32	31	Sm	1:12:32
13	Kev Sutcliffe	1:22:27	49	Mv45	1:14:18
14	Mark Fowell	1:33:27	58	Mv55	1:17:46
15	Dean Smith	1:29:43	49	Mv45	1:19:50
16	Rob Goulds	1:32:34	52	Mv50	1:21:18
17	Gillian Whiteside	1:37:24	53	Lv50	1:22:35
18	Crispin Cousins	1:24:09	24	Sm	1:24:09
19	Nigel Granville	1:44:57	57	Mv55	1:24:34
20	Andy Norman	1:42:37	51	Mv50	1:29:09
21	Karolina Kucharek	1:33:30	41	Lv40	1:29:47
22	Steve Wakefield	1:47:27	57	Mv55	1:30:15
23	Ravinder Bedi	1:42:00	43	Mv40	1:36:28
24	Tom Mowbray	1:40:02	28	Sm	1:40:02
25	Debbie Phelps	1:43:30	39	Lv35	1:40:39