RR Harriers Virtual Marathon Challenge Week - Mon 1st Feb to Sun 7th Feb 2021

Hope you all enjoyed that one! I've read a few complaints about tired legs – just remember no pain no gain!

A few different strategies chosen for this event, with runners choosing a single one off attempt, 2 half marathons, a run every other day, or running each day of the week. I didn't know how the forumula's were going to work, and obviously the more runs you did, the more you were penalised. However, it does seem that the age grading ended up being the biggest factor

And as such, we find ourselves once again with a couple of old codgers claiming the top 2 positions (the top 3 if you include JK).

Well done to Jon Leek who claims his second victory of the lockdown 3 campaign. His 2 half marathon strategy, the age factor, and above all some fine running landed him with a sub 3 hour finishing time.

Bob Bond produced a very consistent set of runs to gain his customary podium position.

JK ran a superb sole one-off marathon to gain 3rd. (Note: one marathon in a week isn't enough for Jon and ran he ran another one later in the week to support a friend – and it just happened to include a mere ~8000ft ascent).

Clare ran the fastest aggregate time of just over 3 hours with her 3 run strategy at a superb pace which I think many thought would give her the win, but she was penalised by the age grading for being a mere youngster at 49!

Well done to Howard who completed his first ever marathon in a fine 3hr42. One feels off proper training he could go a fair bit quicker than that.

Also well done to Allan pollock for his yomp round Derby – I won't mention it was actually a few metres short but I've included for the effort!

A fair few others completed great runs this weeks; including Andy Ward with, at 65, his longest run ever. Also well done to Gillian whose running streak is now up to 98 days!

And a mention for Kev Sutcliffe who did attempt a marathon – but I think the effects of a mega mileage January left him a bit worse for wear and he aborted his attempt. Some of us do get wiser with age.

There weren't too many whinges this week, apart from the understandable tired legs whinges. There certainly weren't any whinges from the South Derby contingent regarding the lack of hills. There was however a topical whinge from Chris Morrison, who felt he had to let me know that his Covid vaccination had left him just a little tired for his last 2 runs 😊.

Hope the mileage and training does you good for the future events!

Well done all.

Position	Name	Age	Category	Total Time (hh:mm:ss)	No of Runs	No of Runs Penalty adjusted time (hh:mm:ss)	Age Graded Time (hh:mm:ss)
	RR Harriers Virtual Marathon Challenge Week - Mon 1st Feb to Sun 7th Feb 2021						
1	Jon Leek	62	Mv60	03:15:18	2	03:34:50	02:52:28
2	Bob Bond	74	Mv70	03:47:19	3	04:21:25	03:03:59
3	Jon Kinder	52	Mv50	03:32:17	1	03:32:17	03:06:56
4	Clare McIttrick	49	Lv45	03:03:26	3	03:30:57	03:07:52
5	Ian Page	63	Mv60	03:36:00	2	03:57:36	03:08:54
6	Paul Spencer	49	Mv45	03:11:42	3	03:40:27	03:19:16
7	Chris Morrison	65	Mv65	03:36:06	4	04:19:19	03:22:07
8	James Ward	55	Mv55	03:16:33	4	03:55:52	03:22:11
9	Russ Parkin	58	Mv55	03:20:29	5	04:10:36	03:28:59
10	Howard Williams	32	SM	03:42:51	1	03:42:51	03:42:48
11	Andy Ward	65	Mv65	04:08:44	3	04:46:03	03:42:57
12	Cliff Cooper	68	Mv65	04:25:03	3	05:04:48	03:50:28
13	Martin Perry	46	Mv45	03:58:23	2	04:22:13	04:03:09
14	Tristan Cooper	35	Mv35	03:33:00	3	04:04:57	04:03:44
15	Alan Eccleston	68	Mv65	04:41:00	3	05:23:09	04:04:20
16	Debbie Phelps	39	Lv35	03:39:39	3	04:12:36	04:06:28
17	Dean Smith	49	Mv45	04:24:59	2	04:51:29	04:23:28
18	Gillian Whiteside	53	Lv50	04:02:51	7	05:15:42	04:27:16
19	Steve Wakefield	57	Mv55	05:00:53	2	05:30:58	04:38:34
20	Crispin Cousins	24	SM	03:56:15	4	04:43:30	04:43:30
21	Andy Norman	51	Mv50	04:29:31	4	05:23:25	04:47:19
22	Nigel Granville	57	Mv55	04:39:45	6	06:03:40	05:06:56
23	Allan Pollock	71	Mv70	08:27:00	1	08:27:00	06:11:20
24	Karolina Kucharek	41	Lv40	07:40:00	7	09:58:00	09:36:10

The penalty adjusted times were calculated as below;

1 run = time x 1.0

2 runs = time x 1.1

3 runs = time x 1.15

4 runs = time x 1.2

5 runs = time x 1.25

6 runs or more = time x 1.3