

RR Harriers 10 min Challenge. 18th May to 24th May 2020

Another great turn out for this event. 31 Harriers took to the streets to burst their lungs, develop as much lactic acid as possible, and leave their heartbeats in a dangerous tachycardic state. I told you fast running left you with a feel-good factor!!

Gordon Kalwak had smoke coming off his shoes to register the furthest distance with a superb 1.83miles. Our flying lady vet Clare McKittrick was first in the Ladies category with 1.63miles.

We were quite light on whinges for this event. Maybe the 'big brother is watching you' muted a few keyboards. However, Steve Leach moaned he had to walk home, Paul Spencer said he had to sit down for 10mins after his attempt, and Bob Bond whinged that he couldn't whinge in case it was deemed as a whinge!

Very well done to all that competed. Nice bit of speedwork in readiness for next week's 4mile handicap!

RR Harriers 10 min Challenge, May 18th to May 24th 2020		
Position	Name	Distance (miles)
1	Gordon Kalwak	1.83
2	Russ Parkin	1.76
3	Robin Carter	1.72
4	Tom Mowbray	1.70
5	Paul Spencer	1.64
6	Clare McKittrick	1.63
7	Howard Williams	1.62
8	Crispin Cousins	1.61
9	Tristan Cooper	1.59
10	Jon Kinder	1.56
10	Karolina Kucharek	1.56
12	Steve Roebuck	1.46
12	Ian Page	1.46
14	Chris Smith	1.45
15	Kevin Sutcliffe	1.43
16	Andrew Deighton	1.40
17	Andy Norman	1.36
18	Mark Fowell	1.35
19	Dean Smith	1.34
20	Andy Ward	1.32
21	Nigel Granville	1.27
21	Bob Bond	1.27
23	Paula Parkin	1.23
24	Neal Fellows	1.22
25	James Ward	1.20
25	Fluer Cox	1.20
27	Cliff Cooper	1.18
27	Steve Leach	1.18
29	Gillian Whiteside	1.17
29	Steve Wakefield	1.17
31	Debbie Watkins	1.12