

## Silson Road Running Challenge Round 7 Harborough 5M

Round 7 and no change at the top after Harborough but now the Challenge is just over the half way mark and dropped scores will come into play after the next round. 10 Challengers made the longish trek to Harborough and were rewarded with a new course which was fast for the first three miles and then faced with mile long hill to test the stamina. Congratulations to Chris for leading the Silson contingent home followed closely by Andy P.

Overall Leader            Heather Cooke

Class Leaders

F Senior                    Heather Cooke  
F 45 & F65                Madeleine Moutrie  
M Senior                    Andy Kirk  
M 40                         Andy Pacey  
M 45                         Kevin Reboul  
M 50 & M55                David Jarrett

Yellow highlight indicates joker played on this race

	<b>Harborough 5</b>		<u>Mins</u>	<u>Secs</u>	<b>Race</b>	<b>Challenge</b>
					<b>Total</b>	<b>Total</b>
1	Heather Cooke	F Senior	33	24	109.33	<b>736.40</b>
2	Andy Kirk	M Senior	31	3	120.66	<b>790.16</b>
3	David Jarrett	M50	35	53	<b>77.71</b>	<b>842.52</b>
<b>Six Races</b>						
	Andy Pacey	M40	28	50	110.12	<b>613.27</b>
	Madeleine Moutrie	F45	41	22	116.91	<b>704.32</b>
<b>Five Races</b>						
	Kevin Reboul	M45				<b>527.43</b>
	Chris Wood	M Senior	27	57	108.61	<b>515.81</b>
	Brian Keers	M45	37	21	128.20	<b>623.08</b>
	Richard Davies	M Senior			0.00	<b>636.87</b>
<b>Four Races</b>						
	Andy Hoare	M50	33	24	109.57	<b>450.07</b>
<b>Three Races</b>						
	Simon Woodward	M Senior			0.00	<b>317.49</b>
	Laura Churchward	F Senior	42	4	<b>107.70</b>	<b>387.03</b>
	Rosie Moffat	F45			0.00	<b>407.39</b>
	Juliet Hanson	F45			0.00	<b>413.61</b>
<b>Two Races</b>						
	Carol Debney	F65			0.00	<b>205.80</b>
	Trevor Barnes	M55			0.00	<b>212.56</b>
	Trevor George	M50			0.00	<b>221.98</b>
	Sheona Smee	F45			0.00	<b>245.47</b>
	Matt Lama	M Senior			0.00	<b>250.86</b>
	Natasha King	F Senior	39	41	129.90	<b>257.99</b>
	Sandy Moffat	M50			<b>0.00</b>	<b>260.48</b>
	Leigh Churchward	M Senior			0.00	<b>263.52</b>
<b>One Race</b>						
	Sam Roe	F40			0.00	<b>121.76</b>
	Paul King	M Senior			0.00	<b>124.88</b>
	Tom Pomeroy	M60			0.00	<b>126.32</b>

There was a notable run from Laura who played her joker and beat her target time by a 1.5 minutes

The next Challenge race is the Milton Keynes 10K followed by the traditional picnic on the 29<sup>th</sup> June so Good Luck to everyone.

Well done to Heather and thanks to all the Challengers for supporting the SRRC.

Brian