

Silson Road Running Challenge Round 8 Milton Keynes 10K

Jokers and dropped scores have started to really spice the Challenge up with a change at the top after the Milton Keynes 10K. Heather, Andy and David have completed all eight rounds and so drop their worst scores (for all three it was their score from Rugby) and in addition they each played a joker with Andy coming off best, though the most effective joker was played by Tash who took over 5.5 minutes off her 2009 time which was worth a reduction of 110 points and might make up for the fact Paul entered as an unattached runner and so had his score disallowed.

So Andy K now leads from Heather which should make things interesting in the Cooke/Kirk household.

Overall Leader	Andy Kirk
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

	MK 10		<u>Mins</u>	<u>Secs</u>	Race	Challenge
					Total	Total
1	Andy Kirk	M Senior	40	4	23.85	685.08
2	Heather Cooke	F Senior	43	18	71.41	695.16
3	Andy Pacey	M40	37	23	112.09	725.36
4	David Jarrett	M50	45	13	85.49	783.95
5	Madeleine Moutrie	F45	53	8	117.42	821.74
Six Races						
	Chris Wood	M Senior	35	42	110.36	626.16
	Kevin Reboul	M45	39	14	108.88	636.31
	Brian Keers	M45	49	2	138.58	761.66
	Richard Davies	M Senior	42	3	129.98	766.85
Five Races						
	Andy Hoare	M50	42	41	78.46	528.52
Four Races						
	Juliet Hanson	F45	61	22	135.62	549.23
Three Races						
	Natasha King	F Senior	51	28	22.42	280.41
	Simon Woodward	M Senior			0.00	317.49
	Sheona Smee	F45	54	24	120.22	365.69
	Matt Lama	M Senior	39	40	122.62	373.48
	Laura Churchward	F Senior			0.00	387.03
	Rosie Moffat	F45			0.00	407.39
Two Races						
	Carol Debney	F65			0.00	205.80
	Trevor Barnes	M55			0.00	212.56
	Trevor George	M50			0.00	221.98
	Sandy Moffat	M50			0.00	260.48
	Leigh Churchward	M Senior			0.00	263.52

One Race						
Nick Pacey	M45	36.00	43.00	103.77		103.77
Sam Roe	F40			0.00		121.76
Paul King	M Senior	47	12	0.00		124.88
Tom Pomeroy	M60			0.00		126.32

There's now a break before the next round – the Wellingborough 5 on Sunday 1st August followed quickly by the Blisworth 5 on Friday 6th.

Congratulations to our new leader Andy, but there can be no resting on laurels as Heather and Andy P are both within easy striking distance.

Enjoy the break and see you at Wellingborough.

Brian