

Round 7**Milton Keynes 10K****30th June 2009**

A very hot and humid evening presented the runners at Milton Keynes with some very challenging conditions, but it didn't seem to stop prevent some great performances.

Andy retains his position at the head of the table but is now followed by Mel as Allan didn't run in this event. Further down, **Dan** and **Michael** move into position as class leaders in their respective age groups.

This was the seventh round and from those challengers who have completed all seven events and compete in further rounds will start to drop scores.

Overall Leader Andy Pacey

Class Leaders

| | |
|----------|------------------------|
| F Senior | Heather Cooke |
| F 35 | No Runners |
| F 45 | Mel Bignell |
| M Senior | Dan Taylor |
| M 40 | Andy Pacey |
| M 45 | Michael Spencer |
| M 50 | Andy Hoare |
| M 60 | Len Pannell |
| M 65 | Allan Lock |

Full Results

| | | <u>Name</u> | <u>Class</u> | Milton Keynes 10K | | |
|----------------------------|-------------------|--------------------|---------------------|--------------------------|--------|--------|
| | | | | Time | Points | Total |
| 1 | Andy Pacey | M40 | | 35.57 | 108.57 | 754.55 |
| 2 | Mel Bignell | F45 | | 52.08 | 137.98 | 842.09 |
| <u>Six Rounds</u> | | | | | | |
| 3 | Allan Lock | M65 | | | | 667.56 |
| 4 | Heather Cooke | F Senior | 45.36 | 119.32 | | 680.10 |
| 5 | Andy Hoare | M50 | 44.49 | 114.91 | | 684.30 |
| 6 | Len Pannell | M60 | 48.11 | 115.32 | | 690.93 |
| 7 | Michael Spencer | M45 | 44.00 | 124.00 | | 702.31 |
| 8 | Sandy Moffat | M45 | | | | 816.13 |
| 9 | Rosie Moffat | F45 | 59.58 | 158.71 | | 842.13 |
| <u>Five Rounds</u> | | | | | | |
| 10 | Jim Darcy | M40 | 38.01 | 111.70 | | 534.57 |
| 11 | Dan Taylor | M Senior | 42.05 | 130.42 | | 605.96 |
| 12 | Warren Marsh | M50 | 45.50 | 117.52 | | 608.85 |
| 13 | Tom Pomeroy | M60 | 54.50 | 131.23 | | 656.48 |
| <u>Four Rounds</u> | | | | | | |
| 14 | Chris Wood | M Senior | | | | 453.04 |
| 15 | Madeleine Moutrie | F45 | | | | 470.27 |
| 16 | Richard Popiel | M45 | 49.49 | 140.39 | | 519.66 |
| <u>Three Rounds</u> | | | | | | |
| 17 | Simon Woodward | M Senior | 38.32 | 119.42 | | 340.66 |
| 18 | Andy Taylor | M Senior | 41.55 | 129.91 | | 392.58 |
| <u>One Round</u> | | | | | | |
| 19 | Brian Keers | M45 | | | | 125.07 |
| 20 | Trevor George | M50 | | | | 126.16 |
| 21 | Tom Phelps | M Senior | | | | 128.42 |
| 22 | David Morley | M40 | 57.14 | 168.17 | | 168.17 |

Fastest Times

| | |
|----------|-------|
| F Senior | 38.13 |
| F35 | 38.06 |
| F45 | 37.47 |
| M Senior | 32.16 |
| M40 | 34.02 |
| M45 | 35.29 |
| M50 | 39.00 |
| M60 | 41.47 |
| M65 | 46.16 |

There's now a few weeks break before the next round at Wellingborough on Sunday August 2nd. The Wellingborough 5 is a fast run on a mixture of main and rural roads with only one (gentle) hill.

Details are available from the website below, see you there!

<http://www.wdac.org.uk/wellingborough5.htm>

The remaining Challenge races are:

| | | |
|--------------------------------|-----------------------------------|-----------|
| Wellingborough 5 | Sunday 2 nd August | (NAA RRL) |
| Blisworth 5 M | Friday 7 th August | (NAA RRL) |
| Moulton 10K | Sunday 30 th August | (NAA RRL) |
| Cransley Hospice Half Marathon | Sunday 20 th September | (NAA RRL) |
| Daventry 6M | Sunday 27 th September | (NAA RRL) |

Congratulations to Andy for maintaining his leading form and thank you to all the challengers who braved the Milton Keynes heat.

Brian