

Round 10**Moulton 10K****30th August 2009**

After a three week break, seven Challengers met at Moulton for the fourth running of the 10K. The race was a late addition to the SRRC as the Tiffield 4M didn't take place this year. The route headed uphill out of Moulton, through the lanes to Pitsford and then back via a shallow ford (or bridge for those who had seen pictures of Richard Popiel's spectacular watery fall last year) and then to the finish on Moulton's sports field. Graham Linnell provided great encouragement as the runners headed up the steepest hill on the course at the 5K mark in Pitsford. **Andy P** remains in the lead of the Challenge still closely followed by **Heather, Madeleine, Chris and Richard** all gained places and there is now an intriguing battle for places 4 to 7 with only 2 points covering the runners.

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

			Moulton 10K		
Name			Time	Points	Total
1	Andy Pacey	M40	37.22	104.82	736.52
2	Heather Cooke	F Senior	45.00	113.97	784.24
3	Andy Hoare	M50			788.65
4	Mel Bignell	F45			812.50
5	Michael Spencer	M45	43.50	122.95	812.96
6	Len Pannell	M60			813.99
7	Madeleine Moutrie	F45	51.48	114.56	814.47
8	Dan Taylor	M Senior			861.72
9	Richard Popiel	M45	45.45	128.33	896.72
<u>6 Races</u>					
10	Allan Lock	M65			667.56
11	Chris Wood	M Senior	37.51	112.82	676.55
12	Warren Marsh	M50			744.06
13	Sandy Moffat	M45			816.13
14	Rosie Moffat	F45			842.13
<u>5 Races</u>					
15	Jim Darcy	M40			534.57
16	Simon Woodward	M Senior			577.12
17	Andy Taylor	M Senior			647.61
18	Tom Pomeroy	M60			656.48
<u>4 Races</u>					
19	Brian Keers	M45	48.15	135.34	528.76
<u>1 Race</u>					
20	Trevor George	M50			126.16
21	Tom Phelps	M Senior			128.42
22	David Morley	M40			168.17

Fastest Times

	Mins	Secs
F Senior	39	29
F35	37	39
F45	45	13
M Senior	33	33
M40	35	39
M45		
M50	36	13
M60	39	58
M65		

The remaining Challenge races are:

Cransley Hospice Half Marathon

Sunday 20th September (NAA RRL)

Daventry 6M

Sunday 27th September (NAA RRL)

Again thanks to everyone who took part at Moulton and see you at Cransley.

Brian