

## Silson Road Running Challenge Round 5 Weedon 10K

All Change At The Top.....

An impressive run by Heather means that she has just edged Kevin out of first place but the advantage is small and the next round at Brackley may see a change. The Challengers faced the usual tough run and in addition to Heather's time, other highlights were performances from the Chris and Tash (who set a 10K PB despite still coming back from her London Marathon run)

Andy P played a well judged joker and benefitted from a 10 point reduction

Positions will start to even out once the 7<sup>th</sup> round is reached and dropped scores start to play a part.

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

<u>Weedon 10K</u>		<u>Mins</u>	<u>Secs</u>	<u>Race</u>	<u>Challenge</u>
				<u>Total</u>	<u>Total</u>
Heather Cooke	F Senior	43	24	111.19	527.07
Kevin Reboul	M45	39	12	114.34	527.43
Andy Kirk	M Senior	39	46	122.61	565.05
David Jarrett	M50	46	52	136.70	662.28
<b>Four Races</b>					
Andy Pacey	M40	36	29	94.74	402.45
Chris Wood	M Senior	35	44	110.17	407.19
Madeleine Moutrie	F45	54	36	119.87	475.98
Richard Davies	M Senior			0.00	512.61
<b>Three Races</b>					
Simon Woodward	M Senior	37	8	114.49	317.49
Andy Hoare	M50			0.00	340.50
Brian Keers	M45			0.00	376.09
Rosie Moffat	F45	59	34	130.77	407.39
<b>Two Races</b>					
Matt Lama	M Senior			0.00	250.86
Leigh Churchward	M Senior			0.00	263.52
Sheona Smee	F45	56	15	123.49	245.47
Laura Churchward	F Senior			0.00	279.33
Juliet Hanson	F45	65	43	144.27	283.35
<b>One Race</b>					
Carol Debney	F65			0.00	105.80
Trevor Barnes	M55			0.00	112.56
Trevor George	M50			0.00	113.39
Sam Roe	F40			0.00	121.76
Natasha King	F Senior	50	0	128.10	128.10
Sandy Moffat	M50			0.00	132.15

The next Challenge race is the Brackley F1 Chicken Run on Saturday 12 June with a 9.30am start. This is a local race being run for the first time so please support it if you can. Entries on the day will be taken (link to entry form below).

<http://www.brackleyrunningclub.co.uk/downloads/pdf/F1%20Chicken/F1CREntryForm.pdf>

The EMGP series continues next week with the Banbury 5 on Tuesday.

Congratulations to Heather and see you at Banbury or Brackley.

Brian