

Round 8**Wellingborough 5****2nd August 2009**

The sun always seems to shine for the Wellingborough 5 and so it did again this year. A great turnout of Joggers included twelve Challengers and some very close racing amongst the clubs top runners.

Andy and Mel have both now completed all eight races and as only seven rounds count towards the final placings, have dropped their worst scores so far which resulted in some changes in the overall order.

Andy still leads but Heather and Andy have leap-frogged Mel into second and third places respectively. There were no changes in the class leaders

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

| | Name | | Time | Points | Total Points |
|-----------------------|-------------------|----------|-------------|---------------|---------------------|
| 1 | Andy Pacey | M40 | 28.41 | 102.20 | 742.41 |
| 2 | Heather Cooke | F Senior | 35.08 | 117.05 | 797.15 |
| 3 | Andy Hoare | M50 | 32.54 | 115.03 | 799.33 |
| 4 | Mel Bignell | F45 | 40.48 | 115.74 | 819.85 |
| 5 | Michael Spencer | M45 | 33.27 | 118.97 | 821.28 |
| <u>6 Races</u> | | | | | |
| 6 | Allan Lock | M65 | | | 667.56 |
| 7 | Len Pannell | M60 | | | 690.93 |
| 8 | Dan Taylor | M Senior | 32.03 | 123.11 | 729.07 |
| 9 | Sandy Moffat | M45 | | | 816.13 |
| 10 | Rosie Moffat | F45 | | | 842.13 |
| <u>5 Races</u> | | | | | |
| 11 | Jim Darcy | M40 | | | 534.57 |
| 12 | Chris Wood | M Senior | 28.49 | 110.69 | 563.73 |
| 13 | Madeleine Moutrie | F45 | 40.32 | 114.99 | 585.26 |
| 14 | Warren Marsh | M50 | | | 608.85 |
| 15 | Richard Popiel | M45 | 34.55 | 124.18 | 643.84 |
| 16 | Tom Pomeroy | M60 | | | 656.48 |
| <u>4 Races</u> | | | | | |
| 17 | Simon Woodward | M Senior | 29.44 | 114.21 | 454.87 |
| 18 | Andy Taylor | M Senior | 31.59 | 122.86 | 515.44 |
| <u>2 Races</u> | | | | | |
| 19 | Brian Keers | M45 | 38.02 | 135.27 | 260.34 |
| <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

There were no M45 and M65 categories so the times are based on M40 and M60

| | Mins | Secs |
|-----------------|-------------|-------------|
| F Senior | 30 | 1 |
| F35 | 35 | 27 |
| F45 | 35 | 15 |
| M Senior | 26 | 2 |
| M40 | 28 | 7 |
| M45 | | |
| M50 | 28 | 36 |
| M60 | 31 | 21 |
| M65 | | |

The remaining Challenge races are:

| | | |
|--------------------------------|-----------------------------------|-----------|
| 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) |

There are some really interesting battles going on throughout the placings and it's now up to Heather and Andy H to stop Andy P from running away with overall victory.

See you at Blisworth.

Brian