

Elswick Harriers Winter 5K Series

Thanks to Derek Nelson, Johnny Lowes and Rob Lambert for marshalling and encouraging our runners on a night when many stayed a home, as the rain came down early on and put some of the less hardy runners off turning out across the board on a club night.

A new course which covers our 2 mile session plus an extra 1.1 mile, with the hardest part being the second time running back up to B&Q bollards.

The 15 runners set off and ran through the Blaydon lot who had the cheek to come north to train, however no collisions occurred.

After the 1st third of the race the runners came through looking good and still fresh, they then turned and ran back to the bus stop, with the wind on their backs and plenty of encouragement from the lads helping out. The last 3rd was back to B&Q with the wind in their faces, a tough little run on the night which gave some of the runners an indication of where their fitness levels were.

Results

Andrew 18.01

Scott 18.22

Steve 18.32

Mark 18.35

Jason 19.18

Richard 20.00

Peter 21.00

Amy 21.36

Cath 21.55

Johnathon 21.57

Rob 23.32

Dave 23.32

Yvonne 23.48

Robyn 26.10 rounded down to 24.19 after she stopped to talk with Derek, which would have been a PB

Tracey 26.45

Well done to all

Tom