

TRIANGULAR INTER CLUB VIRTUAL 5K SERIES

Race 3 of this interclub 5K series concluded last weekend. The event was well received as it provided long overdue (and some new) competition to the clubs involved!

Bragging rights will be revealed in later pages, but surely the award for most dogged determination to compete must go to **Richard Cavendar** M55 from Black Pear Joggers – he posted a time of 26.42 run in – BANGLADESH.

The male individual honours go to **Ian Radford** M40 from BPJ who convincingly won all three races - Race 2 / 3 being sub 16 mins.

The female individual competition was much tighter, and only 1 point separated Black Pear Joggers **Bernadette Pelster** W40 and **Sally Russell** W40. Bernadette posted the fastest female time of 19.16 in Race 1, but Sally prevailed over the three races. **Nixie Turner** SW from Worcester AC returned to competition in Race 3 to win - running the 2nd fastest time of 19.43.

Congratulations to Black Pear Joggers who won two out of the three team categories – with the narrowest of margins preventing a clean sweep in the third!

Malvern Buzzards Running Club embraced the event; even though members struggled to find routes that were an advantageous “neutral” elevation. A certain flat route around a trading estate in the north of the city was favoured by Worcester based runners!

The Buzzards club had most runner participation; across the three races 235 BPJ-MB-WAC runner’s times uploaded to the Opentrack® platform.

Race 3 and series race results are on following pages:

What next?

If there is sufficient interest, we are considering a Worcestershire-wide Virtual 10K Cross Country. This would be a one-off competition open to all Worcestershire based EA affiliated clubs.

cc. 12/11/2020

RESULTS – Inter Club Triangular Virtual 5K Series

RACE 3

Overall Combined Team	1 – Black Pear Joggers	91 pts
	2 – Worcester AC	112 pts
	3 – Malvern Buzzards RC	176 pts
Female Team	1 – Black Pear Joggers	36 pts
	2 – Malvern Buzzards RC	69 pts
	3 – Worcester AC	79 pts
Male Team	1 – Worcester AC	33 pts
	2 – Black Pear Joggers	55 pts
	3 – Malvern Buzzards RC	107 pts
Individual Female	Nixie Turner SW WAC	19:43
Individual Male	Ian Radford M40 BPJ	15:43

Competition Score after 3 Races

Overall Combined Team	1 – Black Pear Joggers	259 pts
	2 – Worcester AC	398 pts
	3 – Malvern Buzzards RC	474 pts
Female Team	1 – Black Pear Joggers	112 pts
	2 – Malvern Buzzards RC	184 pts
	3 – Worcester AC	258 pts
Male Team	1 – Worcester AC	140 pts
	2 – Black Pear Joggers	147 pts
	3 – Malvern Buzzards RC	290 pts
Individual Female	Sally Russell BPJ	5 pts
	Bernadette Pelster BPJ	6 pts
Individual Male	Ian Radford BPJ	3 pts
	Mike Jeavons WAC	8 pts

Race 3 Results over

RACE 3 OVERALL

Place	Performance	First Name	Last Name	Category	Team
1	15:43.00	Ian	Radford	M40	BPJ
2	15:52.00	Ben	Duncan	SM	WORC
3	16:22.00	Mike	Jeavons	M45	WORC
4	16:35.00	Jake	Watson	SM	WORC
5	16:59.00	Matthew	Davis	M40	BPJ
6=	17:04.00	Adam	Pollock	SM	WORC
6=	17:04.00	Matt	Moon	M40	BPJ
8	17:15.00	Richard	Walsh	M35	WORC
9	17:24.00	Neil	Laurenson	M35	BPJ
10=	17:29.00	Luke	Sheppard	SM	WORC
10=	17:29.00	Robbie	Campbell	M35	WORC
12	17:32.00	Tom	Bentley	SM	WORC
13	17:47.00	Matt	Fairlamb	M40	WORC
14	17:51.00	Scott	Collison	M45	BPJ
15	17:52.00	Carl	Salmon	M35	MALVB
16	18:02.00	Cassian	MacKean	SM	MALVB
17	18:03.00	Adam	Wilson	M50	MALVB
18	18:09.00	Steve	Beldon	M45	MALVB
19	18:17.00	Tom	Hall	M40	MALVB
20	18:19.00	Adam	Jackson	SM	BPJ
21	18:21.00	Chris	Attwood	M45	BPJ
22	18:46.00	James	Lush	SM	MALVB
23	19:11.00	Alun	Rees	M40	MALVB
24	19:41.00	Simeon	Foreman	M45	MALVB
25	19:43.00	Nixie	Turner	SW	WORC
26	19:47.00	Stuart	Parker	M45	BPJ
27	19:58.00	Owen	Jarman	M55	WORC
28	20:02.00	Sally	Russell	W40	BPJ
29	20:09.00	Bernadette	Pelster	W40	BPJ
30	20:29.00	Mark	Bradley	M55	BPJ
31	20:38.00	Isabel	Jeavons	U20W	WORC
32	20:59.00	Michelle	Ruddock	W35	BPJ
33	21:00.00	Sarah	Morris	W35	BPJ
34	21:02.00	Michael	Martin	M45	BPJ
35	21:04.00	Richard	Drewett	M60	BPJ
36	21:07.00	Natasha	Dent	W35	BPJ
37	21:09.00	Vikki	Sivertsen	W50	MALVB
38	21:21.00	Sarah	Armstrong	W50	MALVB
39	21:26.00	Peter	Darwen	M55	BPJ
40	21:29.00	Richard	Plater	M55	MALVB
41	21:40.00	Alison	Owens	W45	MALVB
42	21:42.00	James	Matheson	M45	BPJ
43	22:01.00	Paola	Sestito	W45	MALVB
44	22:08.00	Ian	Yorke	M55	MALVB
45=	22:23.00	Andrew	Houghton	M55	MALVB
45=	22:23.00	David	Bessant	M50	BPJ
47	23:19.00	Karen	Holland	W45	WORC
48	23:28.00	Andrew	Hughes	M50	MALVB
49	23:41.00	Alison	Buttle	W45	BPJ
50=	23:46.00	Nicola	Brighton	W45	MALVB
50=	23:46.00	Lorraine	Griffiths	W50	BPJ
52	24:11.00	Rachael	Alexander	W40	WORC
53	24:48.00	Amanda	Dawson	W50	MALVB

54	24:53.00	Alice	Dyson	W35	MALVB
55	25:05.00	Julie	Caseley	W60	MALVB
56	25:06.00	Elizabeth	Crosswell	W40	MALVB
57	25:15.00	Gillian	Jubb	W55	WORC
58	25:26.00	Andy	Townsend	M35	MALVB
59	25:44.40	Lucy	Coleshill	SW	BPJ
60	26:22.00	Emma	Foreman	W50	MALVB
61	26:42.00	Richard	Cavender	M55	BPJ
62	26:52.00	Claire	Shacklock	W35	BPJ
63	27:11.00	Scott	Mitchell	M35	MALVB
64	27:30.00	Daniel	Kelly	SM	MALVB
65	27:32.00	Jason	Cox	M50	MALVB
66	28:26.00	David	Capewell	M50	WORC
67	28:45.00	Margaret	Crosswell	W70	WORC
68	28:46.00	Elizabeth	Price	W40	MALVB
69	29:01.00	Sally	Jakeman	SW	MALVB
70	29:18.00	Alison	Foster	W55	MALVB
71	29:53.00	Lucy	Capel	W35	BPJ
72	30:08.00	Kim	Alston	W55	MALVB
73	31:27.00	Carole	Clark	W70	WORC
74	31:42.00	Kevin	Hart	M50	MALVB
75	35:12.00	Gerry	Taggart	M75	MALVB

**RACE
3****MALE**

Place	Performance	First Name	Last Name	Category	Team	BPJ	MB	WAC
1	15:43.00	Ian	Radford	M40	BPJ	1		
2	15:52.00	Ben	Duncan	SM	WORC			2
3	16:22.00	Mike	Jeavons	M45	WORC			3
4	16:35.00	Jake	Watson	SM	WORC			4
5	16:59.00	Matthew	Davis	M40	BPJ	5		
6=	17:04.00	Adam	Pollock	SM	WORC			6
6=	17:04.00	Matt	Moon	M40	BPJ	6		
8	17:15.00	Richard	Walsh	M35	WORC			8
9	17:24.00	Neil	Laurenson	M35	BPJ	9		
10=	17:29.00	Luke	Sheppard	SM	WORC			10
10=	17:29.00	Robbie	Campbell	M35	WORC			
12	17:32.00	Tom	Bentley	SM	WORC			
13	17:47.00	Matt	Fairlamb	M40	WORC			
14	17:51.00	Scott	Collison	M45	BPJ	14		
15	17:52.00	Carl	Salmon	M35	MALVB		15	
16	18:02.00	Cassian	MacKean	SM	MALVB		16	
17	18:03.00	Adam	Wilson	M50	MALVB		17	
18	18:09.00	Steve	Beldon	M45	MALVB		18	
19	18:17.00	Tom	Hall	M40	MALVB		19	
20	18:19.00	Adam	Jackson	SM	BPJ	20		
21	18:21.00	Chris	Attwood	M45	BPJ			
22	18:46.00	James	Lush	SM	MALVB		22	
23	19:11.00	Alun	Rees	M40	MALVB			
24	19:41.00	Simeon	Foreman	M45	MALVB			
25	19:47.00	Stuart	Parker	M45	BPJ			
26	19:58.00	Owen	Jarman	M55	WORC			
27	20:29.00	Mark	Bradley	M55	BPJ			
28	21:02.00	Michael	Martin	M45	BPJ			
29	21:04.00	Richard	Drewett	M60	BPJ			
30	21:26.00	Peter	Darwen	M55	BPJ			
31	21:29.00	Richard	Plater	M55	MALVB			
32	21:42.00	James	Matheson	M45	BPJ			
33	22:08.00	Ian	Yorke	M55	MALVB			
34=	22:23.00	Andrew	Houghton	M55	MALVB			
34=	22:23.00	David	Bessant	M50	BPJ			
36	23:28.00	Andrew	Hughes	M50	MALVB			
37	25:26.00	Andy	Townsend	M35	MALVB			
38	26:42.00	Richard	Cavender	M55	BPJ			
39	27:11.00	Scott	Mitchell	M35	MALVB			
40	27:30.00	Daniel	Kelly	SM	MALVB			
41	27:32.00	Jason	Cox	M50	MALVB			
42	28:26.00	David	Capewell	M50	WORC			
43	31:42.00	Kevin	Hart	M50	MALVB			
44	35:12.00	Gerry	Taggart	M75	MALVB			

**Team
Total** **55** **107** **33**

**RACE
3****FEMALE**

Place	Performance	First Name	Last Name	Category	Team	BPJ	MB	WAC
1	19:43.00	Nixie	Turner	SW	WORC			1
2	20:02.00	Sally	Russell	W40	BPJ	2		
3	20:09.00	Bernadette	Pelster	W40	BPJ	3		
4	20:38.00	Isabel	Jeavons	U20W	WORC			4
5	20:59.00	Michelle	Ruddock	W35	BPJ	5		
6	21:00.00	Sarah	Morris	W35	BPJ	6		
7	21:07.00	Natasha	Dent	W35	BPJ	7		
8	21:09.00	Vikki	Sivertsen	W50	MALVB		8	
9	21:21.00	Sarah	Armstrong	W50	MALVB		9	
10	21:40.00	Alison	Owens	W45	MALVB		10	
11	22:01.00	Paola	Sestito	W45	MALVB		11	
12	23:19.00	Karen	Holland	W45	WORC			12
13	23:41.00	Alison	Buttle	W45	BPJ	13		
14=	23:46.00	Nicola	Brighton	W45	MALVB		14	
14=	23:46.00	Lorraine	Griffiths	W50	BPJ			
16	24:11.00	Rachael	Alexander	W40	WORC			16
17	24:48.00	Amanda	Dawson	W50	MALVB		17	
18	24:53.00	Alice	Dyson	W35	MALVB			
19	25:05.00	Julie	Caseley	W60	MALVB			
20	25:06.00	Elizabeth	Crosswell	W40	MALVB			
21	25:15.00	Gillian	Jubb	W55	WORC			21
22	25:44.40	Lucy	Coleshill	SW	BPJ			
23	26:22.00	Emma	Foreman	W50	MALVB			
24	26:52.00	Claire	Shacklock	W35	BPJ			
25	28:45.00	Margaret	Crosswell	W70	WORC			25
26	28:46.00	Elizabeth	Price	W40	MALVB			
27	29:01.00	Sally	Jakeman	SW	MALVB			
28	29:18.00	Alison	Foster	W55	MALVB			
29	29:53.00	Lucy	Capel	W35	BPJ			
30	30:08.00	Kim	Alston	W55	MALVB			
31	31:27.00	Carole	Clark	W70	WORC			
					Team Total	36	69	79