

Sutton Park sevens training event 28/10/15

Day	Class	Course	Controls	Time
Emils Vainovskis	M20	6.8	7	42:23
Mick Sadler	M65	6.8	7	65:19
Ian Gamlen	M50	6.8	7	71:33
Robert Vickers	M70	4.1	7	56:23
Steve Nightingale	M65	2.6	7	31:44
Barry McGowan	M65	6.8	5	79:27
Jenny Hunter	W55	4.1	4	54:26
Night				
Dave Ellis	M55	6.8	7	75:04
Chris McCartney	M45	6.8	7	100:23
Andy White	M55	4.1	7	60:18
Marian White	W55	4.1	7	65:17
Mike Dugmore	M75	4.1	7	79:39
Yvonne Feasey	W50	4.1	7*	65:15
Peter Langmaid	M45	6.8	2	68:09

*after restart

If you'd like yours or anyone else's splits, please email me at dadge@hotmail.com

Thanks for coming. It was a lovely autumn day for a run, and the long course went over to Westwood Coppice for the first time. Sorry about the dodgy bridge across the marsh, but I did try to warn you! Congratulations to Emils on his first ever run in Sutton Park - he wasn't fazed at all by the different terrains and I only managed to put him off slightly by the lack of blue ink on his map.

Training every Wednesday at 6.30 at Clifton Road.

Next events: 25th November, 16th December (Santa-O)

Adrian Bailey