

## 10K Challenge – 1<sup>st</sup> July 2017

	<b>Time</b>	<b>Age Grading</b>	<b>Award</b>
Steve Paull	45:19	76.34%	Indigo
Caroline Day-Lewis	47:18	72.66%	Blue
Dave Young	49:16	69.59%	Green
Kath Donaldson	66:22	68.76%	Green
Simon Abery	46:20	67.34%	Green
Veronica Georgescu	64:05	65.80%	Green
Mike Morris	45:58	65.54%	Green
Mike Ransome	57:38	61.71%	Yellow
Tian Hollingshead	46:50	60.87%	Yellow
Sonny Peart	51:09	59.54%	Orange
Anne Nola	56:27	58.19%	Orange
Ruth Tidder	57:38	57.58%	Orange
Tiziana Spotti	67:18	57.43%	Orange
Kevin Eckersley	64:25	52.29%	Red
Jonathan Scott	55:34	51.90%	Red
Catherine Saunders	73:31	42.64%	White
Noa Perelmutter	73:31	42.64%	White
Jonathan Pang	57:09	--	

Congratulations to Catherine Saunders and Noa Perelmutter – having just finished the Couch to 5K programme they completed their first 10K. Congratulations also to Caroline Day-Lewis, Tian Hollingshead and Simon Abery who moved up an age grading category.

*Teresa Young*

### Award Colour Codes – 10K

