

**Autumn / winter virtual club championship 2020 – results Tuesday October 13th**

<b>Event</b>				
<b>Age-graded events (%)</b>	Calculator used for aged-graded results: <a href="http://www.howardgrubb.co.uk/athletics/wmaroad15.html">http://www.howardgrubb.co.uk/athletics/wmaroad15.html</a> Please ask if you are not sure how age-grading works.			
Age-graded mile				
Age-graded 5K	Grace Gilpin 77.93	Andrew Fletcher 77.3	Julia Spittle 67.72	Heather Hodgson 58.61
Age-graded 10K	Liz Sowter 72.82			
Age-graded 10 miles	Andrew Fletcher 70.16			
Age-graded half marathon				
Age-graded marathon				
<b>Up and down + endurance</b>				
Fastest downhill mile - male				
Fastest downhill mile - female				
Most ascent in 30 minutes - male				
Most ascent in 30 minutes - female				
Most distance covered in 24 hours (male or female)				
<b>With two-legged and four-legged family members</b>				
Couple: fastest 10K				
Family, including at least one under 18: fastest 5K	Heather Hodgson 53.34			
Family, including at least one of primary school age: fastest 3K				
Canicross: most distance covered in 30 minutes with a dog under 10 years old on lead	Annelie and Jasper 3.49 miles			
Senior canicross: most distance covered in 30 minutes with a dog aged 10 years or over on lead				
Open canicross: most distance covered in one hour. Any dog, on or off lead.	Jan Ilsley 6.76 miles (1.02.41)	Annelie and Jasper 5.84 miles		
<b>Artistic</b>				
Best photo showing what running means to you				

Photo of the yuckiest runner's foot				
Best Strava art				