**2019 FORRES HARRIERS CLUB ROAD CHAMPIONSHIP RESULTS**

**The Women’s contest** was close, with Clare Nicholas, who had enjoyed such a good season, leading the standings until the final 10 miles race in December. **Jackie Nicol** (sunshine powered?) became our champion, with Susan McRitchie, returning to impressive running form, finishing second, just in front of Clare, Paula Boon and Elaine Schiavone.

**The Men’s contest** should have resulted in a clear victory for Dave Weir, in front of Colin Hall. However, they only completed two distances, so **Colin Youngson somehow retained the title he won last year.** In 2020, hopefully, many more Forres Harriers will ensure that they race not only 5k and 10k but also a longer event.

Here is the final table (any queries to Colin Youngson).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **NAME** | **5KM** | **10KM** | 10M or | HALF or  | MAR |  | AVERAGE |
| Paula Boon | **74.36** | **68.97** | 67.67 | **73.81** |  | **4th** | **72.38%** |
| Clare Nicholas | **73.64** | **73.83** | **70.30** |  |  | **3rd** | **72.59%** |
| Susan McRitchie | **74.09** | **73.94** | **73.28** |  |  | **2nd** | **73.7%** |
| Jackie Nicol | **79.49** | **79.60** | **80.99** |  |  | **1st** | **80.03%** |
| Fran Britain | 80.10 |  |  |  |  |  |  |
| Elaine Schiavone | **73.97** | **72.02** |  | **69.49** | 64.34 | **5th** | **71.82%** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Lindsay Grant |  | 73.02 | 75.39 |  |  |  |  |
| Paul Hughes | 63.02 |  |  | 64.10 |  |  |  |
| Colin Youngson | **76.12** | **76.93** | **74.35** |  |  | **1st** | **75.8%** |
| Colin Hall | 77.72 | 79.56 |  |  |  |  |  |
| Dave Weir | 84.99 |  | 86.79 |  |  |  |  |

For each interested Harrier, **only three fastest times** will contribute to the 2020 Club Championship results: **5 km**; **10 km**; and the best age-graded percentage from **either** 10 Miles **or** Half Marathon **or** Marathon. The percentages will be found using the online Good Run Guide age-graded calculator.

In 2020, please send the following information to Colin Youngson at cjyoungson@btinternet.com. Name; date of birth; name and date of race; distance; and finishing time.