



## February 2020 Time Trial

Please note that if your target time is 16:15 then it is because you have either not run a time trial before, or you are the fastest runner in LRC :-)

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
STUART	JONES	00:23:52	00:25:37	105	100
NICK	PARKES	00:21:42	00:22:07	25	99
KEITH	LOWTHER	00:23:03	00:23:21	18	98
STEPHEN	HOWARD	00:22:15	00:22:22	7	97
JAMES	PICKERING	00:18:42	00:18:49	7	97
JAMES	COOMBES	00:18:07	00:18:13	6	95
DANIEL	FLOYD	00:17:19	00:17:19	0	94
GEORGINA	MARTIN	00:26:52	00:26:44	-8	93
CATHERINE	THOMPSON	00:25:20	00:25:04	-16	92
YVONNE	WEIDNER	00:25:03	00:24:45	-18	91
JOHN	HUTCHISON	00:21:26	00:21:07	-19	90
DAN	TURNER	00:17:49	00:17:27	-22	89
RUTH	SHATTOCK	00:24:48	00:24:21	-27	88
EDWARD	FOSTER	00:19:08	00:18:38	-30	87
JO	TURRELL	00:24:55	00:24:24	-31	86
HERMIONE	GREEN	00:20:26	00:19:42	-44	85
DENISE	SOFTLEY	00:26:07	00:25:19	-48	84
MORGAN	BRADLEY	00:19:16	00:18:26	-50	83
STEVE	WILLIAMS	00:23:18	00:22:27	-51	82
ALEXANDRIA	EVANS	00:24:37	00:23:45	-52	81
OWEN	DAVIES	00:20:00	00:19:03	-57	80
JAMES	CARTER	00:20:18	00:19:19	-59	79
DUNCAN	COOPER	00:18:50	00:17:48	-62	78
ALAN	MILES	00:26:05	00:25:02	-63	77
CLAIRE	WHEAT	00:31:05	00:29:58	-67	76
MARIAN	LOWTHER	00:28:50	00:27:39	-71	75
PHIL	SUTCLIFFE	00:21:35	00:20:20	-75	74
JENNI	STONE	00:29:22	00:28:04	-78	73
KATE	DELL	00:23:51	00:22:23	-88	72
REG	JONES	00:25:11	00:23:33	-98	71
RACHEL	TOLE	00:22:47	00:21:09	-98	71
AMY	BUTTON	00:22:02	00:20:15	-107	69
LOUISE	HINSLEY	00:27:21	00:25:31	-110	68
JOHN	DOYLE	00:20:10	00:18:19	-111	67
CHRIS	HALL	00:18:58	00:16:15	-163	66
DAVE	BENTLEY	00:29:22	00:24:52	-270	65
DANIEL	ALLEN	00:22:32	00:16:15	-377	64
BECKY	BRAYSHAW	00:23:30	00:16:15	-435	63
GEMMA	LUNN	00:24:43	00:16:15	-508	62
MATTHEW	VALE	00:25:07	00:16:15	-532	61
HAZEL	MOORE	00:25:14	00:16:15	-539	60
CLAIRE	GRANGE	00:31:31	00:21:41	-590	59



## April 2020 Time Trial

Please note that if your target time is 16:15 then it is because you have either not run a time trial before, or you are the fastest runner in LRC :-)

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
JANE	BRADBURY	00:26:30	00:28:13	103	100
LEANNE	PARROTT	00:26:58	00:28:10	72	99
RICHARD	NEWMAN	00:25:27	00:26:27	60	98
HELEN	KING	00:27:35	00:28:24	49	97
CLAIRE	WHEAT	00:29:17	00:29:58	41	96
DANIEL	FLOYD	00:16:44	00:17:19	35	95
MARIA	BROWNE	00:24:16	00:24:48	32	94
JAMES	PICKERING	00:18:11	00:18:42	31	93
JOE	GOODWIN	00:17:55	00:18:16	21	92
MELISSA	FARMER	00:26:36	00:26:55	19	91
PHILLIPA	PINCHES	00:27:11	00:27:30	19	91
DUNCAN	COOPER	00:18:04	00:18:20	16	89
JENNI	STONE	00:27:48	00:28:04	16	89
STEPHEN	HOWARD	00:22:00	00:22:15	15	87
DAVE	SANDERS	00:18:49	00:18:57	8	86
KEITH	LOWTHER	00:23:10	00:23:03	-7	85
DAN	TURNER	00:17:34	00:17:27	-7	85
HERMIONE	GREEN	00:20:35	00:20:26	-9	83
DENISE	SOFTLEY	00:25:30	00:25:19	-11	82
JULIAN	WEBB	00:22:29	00:22:11	-18	81
REG	JONES	00:23:53	00:23:33	-20	80
LORRAINE	AMOS	00:23:48	00:23:21	-27	79
JULIE	TAYLOR	00:26:09	00:25:41	-28	78
LISA	PARRY-WOLFE	00:28:25	00:27:54	-31	77
NICK	PARKES	00:22:42	00:21:42	-60	76
CHRIS	COX	00:25:40	00:24:35	-65	75
LOUISE	HINSLEY	00:26:49	00:25:31	-78	74
MARIAN	LOWTHER	00:28:58	00:27:39	-79	73
THOMAS	HODGSON	00:19:26	00:17:37	-109	72
ANDREW	LEWIS	00:21:35	00:19:13	-142	71
MANDY	GEORGIU	00:31:16	00:28:52	-144	70
OWEN	DAVIES	00:21:37	00:19:03	-154	69
MARTIN	SHORTALL	00:23:50	00:21:12	-158	68
LAUREN	FOULDS	00:24:25	00:21:39	-166	67
RUTH	NEEDHAM	00:26:42	00:22:42	-240	66
JAMES	TAYLOR	00:26:58	00:22:12	-286	65
ANNA	SANDERS	00:28:25	00:23:24	-301	64
BETH	CLARKE	00:30:25	00:24:57	-328	63
CHARLOTTE	WESLEY	00:35:31	00:29:53	-338	62
NICK	GARDNER	00:22:03	00:16:15	-348	61
TAMLA	SHORT	00:22:26	00:16:15	-371	60
GEM	HARPER	00:28:48	00:16:15	-753	59



### May 2020 Time Trial

Please note that if your target time is 27:14 then it is because you have either not run a time trial before, or you are the fastest runner in LRC :)

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
LOUISE	GILLINGHAM	00:43:44	00:45:19	95	100
NICK	PARKES	00:34:46	00:36:02	76	99
JAMES	TAYLOR	00:36:05	00:36:50	45	98
RICHARD	NEWMAN	00:41:26	00:42:05	39	97
STEPHEN	HOWARD	00:36:14	00:36:31	17	96
KEVIN	DEERE	00:35:46	00:35:49	3	95
LORRAINE	AMOS	00:38:45	00:38:41	-4	94
REG	JONES	00:39:49	00:39:33	-16	93
CLAIRE	WHEAT	00:48:49	00:48:16	-33	92
DARREN	LEAVER	00:35:42	00:34:56	-46	91
JOE	GOODWIN	00:30:45	00:29:56	-49	90
HELEN	KING	00:46:25	00:45:31	-54	89
DAVE	SANDERS	00:32:20	00:31:23	-57	88
DAN	TURNER	00:30:13	00:29:10	-63	87
KEITH	LOWTHER	00:39:20	00:38:12	-68	86
DENISE	SOFTLEY	00:43:08	00:41:52	-76	85
CHRIS	COX	00:42:25	00:40:41	-104	84
DANIEL	FLOYD	00:30:14	00:28:01	-133	83
LOUISE	HINSLEY	00:44:59	00:42:11	-168	82
MARIAN	LOWTHER	00:48:50	00:45:38	-192	81
DANIEL	ALLEN	00:38:10	00:34:50	-200	80
MIKE	LITTING	00:44:00	00:40:36	-204	79
PHIL	GILLINGHAM	00:43:44	00:40:18	-206	78
JENNI	STONE	00:49:47	00:45:52	-235	77
LISA	PARRY-WOLFE	00:50:38	00:46:02	-276	76
JANE	BRADBURY	00:48:31	00:43:46	-285	75
PHILLIPA	PINCHES	00:49:47	00:44:52	-295	74
JAMES	PICKERING	00:35:31	00:30:21	-310	73
TAMLA	SHORT	00:39:58	00:34:43	-315	72
RYAN	SIMMS	00:32:37	00:27:14	-323	71
MATTHEW	ORFORD	00:32:41	00:27:14	-327	70
ANDREW	LEWIS	00:37:58	00:32:01	-357	69
OWEN	DAVIES	00:38:14	00:31:45	-389	68
LAUREN	FOULDS	00:46:27	00:38:51	-456	67
CLIFF	CARTWRIGHT	00:49:00	00:39:14	-586	66
CHARLOTTE	WESLEY	01:00:51	00:49:14	-697	65
RADHIKA	MCCATHIE	00:40:04	00:27:14	-770	64
RUTH	KENNEDY-GREEN	00:51:23	00:27:14	-1449	63



### June 2020 Time Trial

Please note that if your target time is 27:14 then it is because you have either not run a time trial before, or you are the fastest runner in LRC :-)

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
RUTH	KENNEDY-GREEN	00:43:33	00:45:20	-107	100
HELEN	KING	00:44:28	00:45:31	-63	99
LORRAINE	AMOS	00:37:45	00:38:41	-56	98
JAMES	COOMBES	00:30:13	00:30:15	-2	97
MATTHEW	ORFORD	00:27:31	00:27:14	-17	96
RYAN	SIMMS	00:31:36	00:31:16	-20	95
DENISE	SOFTLEY	00:42:14	00:41:52	-22	94
MIKE	BARBY	00:30:24	00:29:59	-25	93
LOUISE	GILLINGHAM	00:44:11	00:43:44	-27	92
HERMIONE	GREEN	00:34:29	00:33:59	-30	91
KEITH	LOWTHER	00:38:49	00:38:12	-37	90
REG	JONES	00:40:16	00:39:33	-43	89
CLAIRE	WHEAT	00:49:00	00:48:16	-44	88
RICHARD	NEWMAN	00:42:32	00:41:26	-66	87
DARREN	LEAVER	00:36:18	00:34:56	-82	86
NICK	PARKES	00:36:13	00:34:46	-87	85
JAMES	PICKERING	00:31:56	00:30:21	-95	84
LAUREN	FOULDS	00:40:49	00:38:51	-118	83
JOE	GOODWIN	00:31:59	00:29:56	-123	82
STEPHEN	HOWARD	00:38:21	00:36:14	-127	81
LOUISE	HINSLEY	00:44:32	00:42:11	-141	80
GEM	HARPER	00:44:48	00:42:25	-143	79
RADHIKA	MCCATHIE	00:39:45	00:36:51	-174	78
JANE	BRADBURY	00:47:12	00:43:46	-206	77
CLIFF	CARTWRIGHT	00:46:45	00:43:15	-210	76
MANDY	GEORGIU	00:55:04	00:51:28	-216	75
PHIL	GILLINGHAM	00:44:11	00:40:18	-233	74
PHILLIPA	PINCHES	00:49:02	00:44:52	-250	73
ANN	SCHWARZENBACH	00:52:47	00:48:30	-257	72
DAVE	SANDERS	00:35:59	00:31:23	-276	71
MARIAN	LOWTHER	00:50:17	00:45:38	-279	70
TAMLA	SHORT	00:42:23	00:37:13	-310	69
OWEN	DAVIES	00:37:26	00:31:45	-341	68
MARIA	BROWNE	00:49:01	00:40:10	-531	67
CHARLOTTE	WESLEY	00:59:20	00:49:14	-606	66
ANDREW	LEWIS	00:48:39	00:32:01	-998	65
JANE	PHINN	00:57:15	00:39:49	-1046	64
GAYNOR	WEBB	00:50:15	00:27:14	-1381	63



## Time Trial Results - 2020

NAME		FEB	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	TOTAL
STEPHEN	HOWARD	97	87	96	81	0	0	0	0	0	361
KEITH	LOWTHER	98	85	86	90	0	0	0	0	0	359
NICK	PARKES	99	76	99	85	0	0	0	0	0	359
CLAIRE	WHEAT	76	96	92	88	0	0	0	0	0	352
JAMES	PICKERING	97	93	73	84	0	0	0	0	0	347
DENISE	SOFTLEY	84	82	85	94	0	0	0	0	0	345
REG	JONES	71	80	93	89	0	0	0	0	0	333
LOUISE	HINSLEY	68	74	82	80	0	0	0	0	0	304
MARIAN	LOWTHER	75	73	81	70	0	0	0	0	0	299
OWEN	DAVIES	80	69	68	68	0	0	0	0	0	285
HELEN	KING	0	97	89	99	0	0	0	0	0	285
RICHARD	NEWMAN	0	98	97	87	0	0	0	0	0	282
DANIEL	FLOYD	94	95	83	0	0	0	0	0	0	272
LORRAINE	AMOS	0	79	94	98	0	0	0	0	0	271
JOE	GOODWIN	0	92	90	82	0	0	0	0	0	264
DAN	TURNER	89	85	87	0	0	0	0	0	0	261
HERMIONE	GREEN	85	83	0	91	0	0	0	0	0	259
JANE	BRADBURY	0	100	75	77	0	0	0	0	0	252
DAVE	SANDERS	0	86	88	71	0	0	0	0	0	245
JENNI	STONE	73	89	77	0	0	0	0	0	0	239
PHILLIPA	PINCHES	0	91	74	73	0	0	0	0	0	238
LAUREN	FOULDS	0	67	67	83	0	0	0	0	0	217
ANDREW	LEWIS	0	71	69	65	0	0	0	0	0	205
TAMLA	SHORT	0	60	72	69	0	0	0	0	0	201
CHARLOTTE	WESLEY	0	62	65	66	0	0	0	0	0	193
JAMES	COOMBES	95	0	0	97	0	0	0	0	0	192
LOUISE	GILLINGHAM	0	0	100	92	0	0	0	0	0	192
DARREN	LEAVER	0	0	91	86	0	0	0	0	0	177
DUNCAN	COOPER	78	89	0	0	0	0	0	0	0	167
MATTHEW	ORFORD	0	0	70	96	0	0	0	0	0	166
RYAN	SIMMS	0	0	71	95	0	0	0	0	0	166
RUTH	KENNEDY-GREEN	0	0	63	100	0	0	0	0	0	163
JAMES	TAYLOR	0	65	98	0	0	0	0	0	0	163
MARIA	BROWNE	0	94	0	67	0	0	0	0	0	161
CHRIS	COX	0	75	84	0	0	0	0	0	0	159
LISA	PARRY-WOLFE	0	77	76	0	0	0	0	0	0	153
PHIL	GILLINGHAM	0	0	78	74	0	0	0	0	0	152
MANDY	GEORGIOU	0	70	0	75	0	0	0	0	0	145
DANIEL	ALLEN	64	0	80	0	0	0	0	0	0	144
CLIFF	CARTWRIGHT	0	0	66	76	0	0	0	0	0	142
RADHIKA	MCCATHIE	0	0	64	78	0	0	0	0	0	142
GEM	HARPER	0	59	0	79	0	0	0	0	0	138
STUART	JONES	100	0	0	0	0	0	0	0	0	100
LEANNE	PARROTT	0	99	0	0	0	0	0	0	0	99
KEVIN	DEERE	0	0	95	0	0	0	0	0	0	95
MIKE	BARNBY	0	0	0	93	0	0	0	0	0	93
GEORGINA	MARTIN	93	0	0	0	0	0	0	0	0	93
CATHERINE	THOMPSON	92	0	0	0	0	0	0	0	0	92
MELISSA	FARMER	0	91	0	0	0	0	0	0	0	91
YVONNE	WEIDNER	91	0	0	0	0	0	0	0	0	91
JOHN	HUTCHISON	90	0	0	0	0	0	0	0	0	90
RUTH	SHATTOCK	88	0	0	0	0	0	0	0	0	88
EDWARD	FOSTER	87	0	0	0	0	0	0	0	0	87
JO	TURRELL	86	0	0	0	0	0	0	0	0	86
MORGAN	BRADLEY	83	0	0	0	0	0	0	0	0	83
STEVE	WILLIAMS	82	0	0	0	0	0	0	0	0	82
ALEXANDRIA	EVANS	81	0	0	0	0	0	0	0	0	81
JULIAN	WEBB	0	81	0	0	0	0	0	0	0	81
MIKE	LITTING	0	0	79	0	0	0	0	0	0	79
JAMES	CARTER	79	0	0	0	0	0	0	0	0	79
JULIE	TAYLOR	0	78	0	0	0	0	0	0	0	78
ALAN	MILES	77	0	0	0	0	0	0	0	0	77
PHIL	SUTCLIFFE	74	0	0	0	0	0	0	0	0	74
KATE	DELL	72	0	0	0	0	0	0	0	0	72
THOMAS	HODGSON	0	72	0	0	0	0	0	0	0	72
ANN	SCHWARZENBACH	0	0	0	72	0	0	0	0	0	72
RACHEL	TOLE	71	0	0	0	0	0	0	0	0	71
AMY	BUTTON	69	0	0	0	0	0	0	0	0	69
MARTIN	SHORTALL	0	68	0	0	0	0	0	0	0	68
JOHN	DOYLE	67	0	0	0	0	0	0	0	0	67
RUTH	NEEDHAM	0	66	0	0	0	0	0	0	0	66
CHRIS	HALL	66	0	0	0	0	0	0	0	0	66
DAVE	BENTLEY	65	0	0	0	0	0	0	0	0	65
JANE	PHINN	0	0	0	64	0	0	0	0	0	64
ANNA	SANDERS	0	64	0	0	0	0	0	0	0	64
BETH	CLARKE	0	63	0	0	0	0	0	0	0	63
GAYNOR	WEBB	0	0	0	63	0	0	0	0	0	63
BECKY	BRAYSHAW	63	0	0	0	0	0	0	0	0	63
GEMMA	LUNN	62	0	0	0	0	0	0	0	0	62
MATTHEW	VALE	61	0	0	0	0	0	0	0	0	61
NICK	GARDNER	0	61	0	0	0	0	0	0	0	61
HAZEL	MOORE	60	0	0	0	0	0	0	0	0	60
CLAIRE	GRANGE	59	0	0	0	0	0	0	0	0	59