



Feburary 2019 Time Trial

| NAME | | RUNNING | TARGET | IMPROVEME | POINTS | |
|------------|---------------|------------|------------|-----------|--------|--|
| | | TIME | TIME | NT | | |
| | | hr:min:sec | hr:min:sec | seconds | | |
| Weidner | Yvonne | 00:24:45 | 00:27:30 | 165 | 100 | |
| Alexandria | Evans | 00:26:52 | 00:27:24 | 32 | 99 | |
| MATTHEW | ORFORD | 00:16:38 | 00:16:56 | 18 | 98 | |
| LOUISE | HINSLEY | 00:25:39 | 00:25:56 | 17 | 97 | |
| DANIEL | FLOYD | 00:17:37 | 00:17:49 | 12 | 96 | |
| JAMES | PICKERING | 00:19:29 | 00:19:40 | 11 | 95 | |
| Denise | Softley | 00:26:00 | 00:26:05 | 5 | 94 | |
| Keith | Lowther | 00:25:19 | 00:25:20 | 1 | 93 | |
| ALAN | MILES | 00:25:13 | 00:25:13 | 0 | 92 | |
| SARAH | HAYMAN | 00:20:22 | 00:20:16 | -6 | 91 | |
| Marian | Lowther | 00:28:46 | 00:28:39 | -7 | 90 | |
| TIM | NICHOLLS | 00:21:00 | 00:20:47 | -13 | 89 | |
| Joe | Goodwin | 00:18:41 | 00:18:22 | -19 | 88 | |
| JENNI | STONE | 00:28:04 | 00:27:42 | -22 | 87 | |
| JAMES | COOMBES | 00:19:14 | 00:18:49 | -25 | 86 | |
| ANNA | SANDERS | 00:24:10 | 00:23:35 | -35 | 85 | |
| Julian | Webb | 00:23:55 | 00:23:16 | -39 | 84 | |
| CATHERINE | THOMPSON | 00:25:24 | 00:24:35 | -49 | 83 | |
| JOHN | HUTCHISON | 00:21:24 | 00:20:34 | -50 | 82 | |
| Stella | Bull | 00:31:51 | 00:30:57 | -54 | 81 | |
| DAN | TURNER | 00:19:05 | 00:18:00 | -65 | 80 | |
| Reg | Jones | 00:24:51 | 00:23:33 | -78 | 79 | |
| PHILLIPA | PINCHES | 00:28:36 | 00:27:03 | -93 | 78 | |
| DUNCAN | COOPER | 00:18:20 | 00:16:36 | -104 | 77 | |
| JOHN | DOYLE | 00:18:27 | 00:16:36 | -111 | 76 | |
| GARETH | STUBBS | 00:22:03 | 00:19:55 | -128 | 75 | |
| Dave | Sanders | 00:20:46 | 00:16:36 | -250 | 74 | |
| ANN | SCHWARZENBACH | 00:32:57 | 00:27:31 | -326 | 73 | |
| JAMES | TAYLOR | 00:22:12 | 00:16:36 | -336 | 72 | |
| Emma | Speck | 00:23:16 | 00:16:36 | -400 | 71 | |
| Roy | Mulchrone | 00:23:36 | 00:16:36 | -420 | 70 | |
| Stephen | Howard | 00:23:36 | 00:16:36 | -420 | 70 | |
| RHIANNON | EVANS | 00:23:58 | 00:16:36 | -442 | 68 | |
| ALAN | PRITCHARD | 00:29:44 | 00:22:21 | -443 | 67 | |
| KAREN | RILEY | 00:27:06 | 00:16:36 | -630 | 66 | |
| James | Hoe | 00:28:37 | 00:16:36 | -721 | 65 | |
| Claire | Wheat | 00:31:16 | 00:16:36 | -880 | 64 | |



April 2019 Time Trial

| NAME | | RUNNING | TARGET | IMPROVEME | POINTS | |
|------------|---------------|------------|------------|-----------|--------|--|
| | | TIME | TIME | NT | | |
| | | hr:min:sec | hr:min:sec | seconds | | |
| Alexandria | Evans | 00:25:45 | 00:26:52 | 67 | 100 | |
| Leanne | Parrott | 00:28:39 | 00:29:32 | 53 | 99 | |
| MIKE | LITTING | 00:24:32 | 00:25:16 | 44 | 98 | |
| Keith | Lowther | 00:24:59 | 00:25:19 | 20 | 97 | |
| ANNA | SANDERS | 00:23:24 | 00:23:35 | 11 | 96 | |
| JAMES | COOMBES | 00:18:40 | 00:18:49 | 9 | 95 | |
| MATTHEW | ORFORD | 00:16:36 | 00:16:38 | 2 | 94 | |
| OWEN | DAVIES | 00:19:08 | 00:19:04 | -4 | 93 | |
| DARREN | LEAVER | 00:21:01 | 00:20:54 | -7 | 92 | |
| ALAN | MILES | 00:25:20 | 00:25:13 | -7 | 92 | |
| RUTH | NEEDHAM | 00:24:51 | 00:24:37 | -14 | 90 | |
| Dave | Sanders | 00:19:57 | 00:19:43 | -14 | 90 | |
| James | Hoe | 00:25:54 | 00:25:36 | -18 | 88 | |
| JOHN | DOYLE | 00:18:19 | 00:17:59 | -20 | 87 | |
| PHILLIPA | PINCHES | 00:27:30 | 00:27:03 | -27 | 86 | |
| JOHN | HUTCHISON | 00:21:07 | 00:20:34 | -33 | 85 | |
| LOUISE | HINSLEY | 00:26:19 | 00:25:39 | -40 | 84 | |
| CHARLOTTE | ASPLEY | 00:34:24 | 00:33:38 | -46 | 83 | |
| Mark | Boulton | 00:29:13 | 00:28:20 | -53 | 82 | |
| ALAN | PRITCHARD | 00:23:36 | 00:22:21 | -75 | 81 | |
| Stephen | Howard | 00:23:07 | 00:21:51 | -76 | 80 | |
| LORRAINE | AMOS | 00:23:50 | 00:22:30 | -80 | 79 | |
| Reg | Jones | 00:25:56 | 00:23:33 | -143 | 78 | |
| NICHOLAS | PARKER | 00:19:28 | 00:16:36 | -172 | 77 | |
| ANN | SCHWARZENBACH | 00:31:27 | 00:27:31 | -236 | 76 | |
| RACHEL | TOLE | 00:22:48 | 00:16:36 | -372 | 75 | |
| LAURA | ALLEN | 00:34:25 | 00:27:09 | -436 | 74 | |
| Dave | Bentley | 00:24:52 | 00:16:36 | -496 | 73 | |
| Georgina | Martin | 00:26:44 | 00:16:36 | -608 | 72 | |
| Hayley | Bull | 00:28:00 | 00:16:36 | -684 | 71 | |
| Mann | Declan | 00:28:28 | 00:16:36 | -712 | 70 | |



May 2019 Time Trial

| NAME | | RUNNING TIME | TARGET TIME | IMPROVEMENT | POINTS |
|-----------|---------------|--------------|-------------|-------------|--------|
| | | hr:min:sec | hr:min:sec | seconds | |
| CHRIS | COX | 00:45:08 | 00:57:48 | 760 | 100 |
| EMMA | GAFFNEY | 00:40:56 | 00:41:20 | 24 | 99 |
| PHIL | SUTCLIFFE | 00:33:51 | 00:34:06 | 15 | 98 |
| JAMES | PICKERING | 00:32:26 | 00:32:27 | 1 | 97 |
| KEVIN | DEERE | 00:36:00 | 00:35:28 | -32 | 96 |
| RICHARD | BRAVINGTON | 00:29:59 | 00:29:21 | -38 | 95 |
| ANN | SCHWARZENBACH | 00:46:06 | 00:45:25 | -41 | 94 |
| IAN | ROBINSON | 00:40:28 | 00:39:35 | -53 | 93 |
| Charlotte | Wesley | 00:55:22 | 00:54:28 | -54 | 92 |
| JOHN | DOYLE | 00:31:31 | 00:30:34 | -57 | 91 |
| Morgan | Bradley | 00:31:45 | 00:30:46 | -59 | 90 |
| DANIEL | FLOYD | 00:30:28 | 00:29:27 | -61 | 89 |
| JAMES | COOMBES | 00:32:43 | 00:31:08 | -95 | 88 |
| DAN | TURNER | 00:31:43 | 00:30:04 | -99 | 87 |
| Roy | Mulchrone | 00:37:55 | 00:36:16 | -99 | 87 |
| EDWARD | FOSTER | 00:32:51 | 00:31:05 | -106 | 85 |
| Dave | Sanders | 00:34:44 | 00:32:51 | -113 | 84 |
| JOHN | HUTCHISON | 00:36:16 | 00:34:12 | -124 | 83 |
| ALAN | MILES | 00:44:06 | 00:41:42 | -144 | 82 |
| Chris | Cheek | 00:37:37 | 00:35:07 | -150 | 81 |
| OWEN | DAVIES | 00:34:19 | 00:31:47 | -152 | 80 |
| JULIE | TAYLOR | 00:47:33 | 00:43:54 | -219 | 79 |
| JAMES | TAYLOR | 00:38:54 | 00:34:35 | -259 | 78 |
| Reg | Jones | 00:43:35 | 00:39:01 | -274 | 77 |
| Denise | Softley | 00:47:34 | 00:42:58 | -276 | 76 |
| Stephen | Howard | 00:41:06 | 00:36:16 | -290 | 75 |
| Emma | Speck | 00:40:51 | 00:35:52 | -299 | 74 |
| JENNI | STONE | 00:50:46 | 00:45:42 | -304 | 73 |
| JO | TURRELL | 00:46:38 | 00:41:28 | -310 | 72 |
| PAUL | FOWLER | 00:45:26 | 00:40:15 | -311 | 71 |
| Ellen | Wintle | 00:53:49 | 00:47:21 | -388 | 70 |
| LOUISE | GILLINGHAM | 00:51:21 | 00:41:12 | -609 | 69 |
| David | Drew | 00:38:31 | 00:27:48 | -643 | 68 |
| Jess | Spadling | 0.028449074 | 0.019305556 | -790 | 67 |
| Richard | Hoar | 0.030046296 | 0.019305556 | -928 | 66 |
| ROBERT | BAGLEY | 00:44:48 | 00:27:48 | -1020 | 65 |
| Hayley | Bull | 0.032141204 | 0.019305556 | -1109 | 64 |
| Melissa | Farmer | 0.035104167 | 0.019305556 | -1365 | 63 |
| HELEN | KING | 00:52:48 | 00:27:48 | -1500 | 62 |



June 2019 Time Trial

| NAME | | RUNNING | TARGET | IMPROVEME | POINTS | |
|------------|-------------|------------|------------|-----------|--------|--|
| | | TIME | TIME | NT | | |
| | | hr:min:sec | hr:min:sec | seconds | | |
| CHRIS | COX | 00:43:44 | 00:45:08 | 84 | 100 | |
| Dave | Sanders | 00:33:27 | 00:34:31 | 64 | 99 | |
| Roy | Mulchrone | 00:36:59 | 00:37:55 | 56 | 98 | |
| LISA | PARRY-WOLFE | 00:47:40 | 00:48:33 | 53 | 97 | |
| Julian | Webb | 00:38:47 | 00:39:36 | 49 | 96 | |
| JOANNA | PALMER | 00:36:12 | 00:36:50 | 38 | 95 | |
| STEVE | RIVERS | 00:32:01 | 00:32:12 | 11 | 94 | |
| JAMES | PICKERING | 00:32:24 | 00:32:26 | 2 | 93 | |
| MATTHEW | ORFORD | 00:28:06 | 00:27:48 | -18 | 92 | |
| PHIL | SUTCLIFFE | 00:34:29 | 00:33:51 | -38 | 91 | |
| JAMES | COOMBES | 00:32:07 | 00:31:08 | -59 | 90 | |
| Emma | Speck | 00:39:43 | 00:38:33 | -70 | 89 | |
| Joe | Goodwin | 00:31:55 | 00:30:39 | -76 | 88 | |
| Marian | Lowther | 00:48:43 | 00:47:14 | -89 | 87 | |
| ALAN | MILES | 00:43:22 | 00:41:42 | -100 | 86 | |
| EDWARD | FOSTER | 00:32:46 | 00:31:05 | -101 | 85 | |
| Keith | Lowther | 00:43:05 | 00:41:20 | -105 | 84 | |
| DARREN | LEAVER | 00:36:43 | 00:34:56 | -107 | 83 | |
| DAN | TURNER | 00:31:55 | 00:30:04 | -111 | 82 | |
| ANNA | SANDERS | 00:40:46 | 00:38:46 | -120 | 81 | |
| IAN | ROBINSON | 00:41:45 | 00:39:35 | -130 | 80 | |
| Denise | Softley | 00:45:12 | 00:42:58 | -134 | 79 | |
| Weidner | Yvonne | 00:43:18 | 00:40:57 | -141 | 78 | |
| Melissa | Farmer | 00:47:42 | 00:44:51 | -171 | 77 | |
| MARTIN | SHORTALL | 00:38:10 | 00:35:02 | -188 | 76 | |
| HELEN | KING | 00:49:45 | 00:46:33 | -192 | 75 | |
| Reg | Jones | 00:42:21 | 00:39:01 | -200 | 74 | |
| JENNI | STONE | 00:49:03 | 00:45:42 | -201 | 73 | |
| MIKE | LITTING | 00:44:13 | 00:40:36 | -217 | 72 | |
| PAUL | FOWLER | 00:44:23 | 00:40:15 | -248 | 71 | |
| PHIL | GILLINGHAM | 00:43:25 | 00:39:05 | -260 | 70 | |
| PHILLIPA | PINCHES | 00:49:48 | 00:45:23 | -265 | 69 | |
| Ellen | Wintle | 00:52:32 | 00:47:39 | -293 | 68 | |
| LORRAINE | AMOS | 00:42:27 | 00:37:24 | -303 | 67 | |
| ANDY | PARKER | 00:41:28 | 00:35:41 | -347 | 66 | |
| Claire | Wheat | 00:51:31 | 00:45:33 | -358 | 65 | |
| Richard | Hoar | 00:46:12 | 00:39:24 | -408 | 64 | |
| Hayley | Bull | 00:48:41 | 00:41:39 | -422 | 63 | |
| ROBERT | BAGLEY | 00:47:39 | 00:40:33 | -426 | 62 | |
| LAWRENCE | YEOMANS | 00:43:59 | 00:35:03 | -536 | 61 | |
| Birmingham | Katherine | 00:41:27 | 00:27:48 | -819 | 60 | |
| CLIFF | CARTWRIGHT | 00:43:15 | 00:27:48 | -927 | 59 | |
| Dave | Bentley | 00:48:11 | 00:27:48 | -1223 | 58 | |
| Georgina | Martin | 00:48:38 | 00:27:48 | -1250 | 57 | |
| Mandy | Georgiou | 00:54:24 | 00:27:48 | -1596 | 56 | |



July 2019 Time Trial

| NAME | | RUNNING | TARGET | IMPROVEME | POINTS | |
|------------|---------------|------------|------------|-----------|--------|--|
| | | TIME | TIME | NT | | |
| | | hr:min:sec | hr:min:sec | seconds | | |
| LAURA | ALLEN | 00:46:26 | 00:50:31 | 245 | 100 | |
| RICHARD | BRAVINGTON | 00:28:25 | 00:29:21 | 56 | 99 | |
| JOANNA | PALMER | 00:36:06 | 00:36:12 | 6 | 98 | |
| Roy | Mulchrone | 00:36:55 | 00:36:59 | 4 | 97 | |
| Alexandria | Evans | 00:42:33 | 00:42:34 | 1 | 96 | |
| LISA | PARRY-WOLFE | 00:47:48 | 00:47:40 | -8 | 95 | |
| JAMES | COOMBES | 00:31:20 | 00:31:08 | -12 | 94 | |
| MATTHEW | ORFORD | 00:28:06 | 00:27:48 | -18 | 93 | |
| Charlotte | Wesley | 00:54:47 | 00:54:28 | -19 | 92 | |
| Dave | Sanders | 00:33:47 | 00:33:27 | -20 | 91 | |
| CHRIS | COX | 00:44:10 | 00:43:44 | -26 | 90 | |
| DAN | TURNER | 00:30:32 | 00:30:04 | -28 | 89 | |
| Morgan | Bradley | 00:31:29 | 00:30:46 | -43 | 88 | |
| JAMES | PICKERING | 00:33:11 | 00:32:24 | -47 | 87 | |
| PHIL | SUTCLIFFE | 00:34:51 | 00:33:51 | -60 | 86 | |
| DANIEL | FLOYD | 00:30:29 | 00:29:27 | -62 | 85 | |
| Leanne | Parrott | 00:48:19 | 00:47:14 | -65 | 84 | |
| OWEN | DAVIES | 00:33:09 | 00:31:47 | -82 | 83 | |
| ANNA | SANDERS | 00:40:10 | 00:38:46 | -84 | 82 | |
| ANDY | PARKER | 00:37:05 | 00:35:41 | -84 | 82 | |
| Denise | Softley | 00:44:28 | 00:42:58 | -90 | 80 | |
| IAN | ROBINSON | 00:41:09 | 00:39:35 | -94 | 79 | |
| Stephen | Howard | 00:40:44 | 00:39:06 | -98 | 78 | |
| ALAN | MILES | 00:43:21 | 00:41:42 | -99 | 77 | |
| MARTIN | SHORTALL | 00:36:41 | 00:35:02 | -99 | 77 | |
| LOUISE | HINSLEY | 00:44:13 | 00:42:24 | -109 | 75 | |
| Marian | Lowther | 00:49:15 | 00:47:14 | -121 | 74 | |
| EDWARD | FOSTER | 00:33:18 | 00:31:05 | -133 | 73 | |
| JON | WOLFE | 00:31:57 | 00:29:38 | -139 | 72 | |
| JO | TURRELL | 00:43:56 | 00:41:28 | -148 | 71 | |
| Richard | Hoar | 00:45:52 | 00:43:16 | -156 | 70 | |
| PAUL | FOWLER | 00:43:09 | 00:40:15 | -174 | 69 | |
| EMMA | GAFFNEY | 00:43:52 | 00:40:56 | -176 | 68 | |
| ANN | SCHWARZENBACH | 00:48:30 | 00:45:25 | -185 | 67 | |
| CHARLOTTE | ASPLEY | 00:58:38 | 00:55:17 | -201 | 66 | |
| James | Hoe | 00:46:31 | 00:42:48 | -223 | 65 | |
| PHILLIPA | PINCHES | 00:49:36 | 00:45:23 | -253 | 64 | |
| LORRAINE | AMOS | 00:42:27 | 00:37:24 | -303 | 63 | |
| Ellen | Winte | 00:52:51 | 00:47:39 | -312 | 62 | |
| Georgina | Martin | 00:49:28 | 00:43:25 | -363 | 61 | |
| Dave | Bentley | 00:49:14 | 00:43:05 | -369 | 60 | |
| ALAN | PRITCHARD | 00:44:02 | 00:37:05 | -417 | 59 | |
| MARIA | BROWNE | 00:44:07 | 00:27:48 | -979 | 58 | |
| MICHELLE | COOPER | 00:51:45 | 00:27:48 | -1437 | 57 | |



Aug 2019 Time Trial

| NAME | | RUNNING | TARGET | IMPROVEME | POINTS | |
|-----------|------------|------------|------------|-----------|--------|--|
| | | TIME | TIME | NT | | |
| | | hr:min:sec | hr:min:sec | seconds | | |
| CHRIS | COX | 00:42:57 | 00:43:44 | 47 | 100 | |
| Dave | Sanders | 00:32:45 | 00:33:27 | 42 | 99 | |
| PHIL | GILLINGHAM | 00:42:14 | 00:42:51 | 37 | 98 | |
| Melissa | Farmer | 00:47:42 | 00:47:42 | 0 | 97 | |
| Dave | Bentley | 00:48:15 | 00:48:11 | -4 | 96 | |
| IAN | ROBINSON | 00:40:37 | 00:40:28 | -9 | 95 | |
| JO | TURRELL | 00:41:53 | 00:41:28 | -25 | 94 | |
| Emma | Speck | 00:39:14 | 00:38:33 | -41 | 93 | |
| CHARLOTTE | ASPLEY | 00:56:01 | 00:55:17 | -44 | 92 | |
| Stephen | Howard | 00:40:07 | 00:39:06 | -61 | 91 | |
| Joe | Goodwin | 00:31:53 | 00:30:39 | -74 | 90 | |
| DANIEL | FLOYD | 00:30:52 | 00:29:27 | -85 | 89 | |
| JAMES | COOMBES | 00:32:40 | 00:31:08 | -92 | 88 | |
| MATTHEW | ORFORD | 00:29:26 | 00:27:48 | -98 | 87 | |
| KEVIN | DEERE | 00:37:12 | 00:35:28 | -104 | 86 | |
| PAUL | FOWLER | 00:42:42 | 00:40:15 | -147 | 85 | |
| PHILLIPA | PINCHES | 00:48:26 | 00:45:23 | -183 | 84 | |
| MIKE | LITTING | 00:43:49 | 00:40:36 | -193 | 83 | |
| Claire | Wheat | 00:56:01 | 00:51:28 | -273 | 82 | |
| CATHERINE | THOMPSON | 00:45:57 | 00:41:13 | -284 | 81 | |
| LORRAINE | AMOS | 00:42:12 | 00:37:24 | -288 | 80 | |
| Weidner | Yvonne | 00:45:57 | 00:40:57 | -300 | 79 | |
| Reg | Jones | 00:44:33 | 00:39:01 | -332 | 78 | |
| EMMA | FUNNELL | 00:45:28 | 00:37:32 | -476 | 77 | |
| Mann | Declan | 00:39:30 | 00:27:48 | -702 | 76 | |
| RUTH | CLEVELY | 00:44:41 | 00:27:48 | -1013 | 75 | |



Sept 2019 Time Trial

| NAME | | RUNNING | TARGET | IMPROVEME | POINTS | |
|------------|---------------|------------|------------|-----------|--------|--|
| | | TIME | TIME | NT | | |
| | | hr:min:sec | hr:min:sec | seconds | | |
| Dave | Bentley | 00:26:03 | 00:29:13 | 190 | 100 | |
| LAURA | ALLEN | 00:25:53 | 00:28:08 | 135 | 99 | |
| Melissa | Farmer | 00:26:55 | 00:28:55 | 120 | 98 | |
| Alexandria | Evans | 00:23:52 | 00:25:44 | 112 | 97 | |
| HELEN | KING | 00:28:24 | 00:30:12 | 108 | 96 | |
| Richard | Hoar | 00:24:35 | 00:26:10 | 95 | 95 | |
| Stephen | Howard | 00:22:22 | 00:23:36 | 74 | 94 | |
| Julian | Webb | 00:22:11 | 00:23:24 | 73 | 93 | |
| PHIL | GILLINGHAM | 00:24:21 | 00:25:32 | 71 | 92 | |
| Claire | Wheat | 00:30:15 | 00:31:16 | 61 | 91 | |
| LISA | PARRY-WOLFE | 00:27:54 | 00:28:54 | 60 | 90 | |
| Keith | Lowther | 00:24:00 | 00:24:59 | 59 | 89 | |
| CHRIS | COX | 00:25:11 | 00:25:59 | 48 | 88 | |
| TIM | NICHOLLS | 00:20:16 | 00:21:00 | 44 | 87 | |
| Marian | Lowther | 00:27:56 | 00:28:39 | 43 | 86 | |
| Dave | Sanders | 00:18:57 | 00:19:39 | 42 | 85 | |
| JO | TURRELL | 00:24:24 | 00:25:04 | 40 | 84 | |
| JOANNA | PALMER | 00:21:06 | 00:21:44 | 38 | 83 | |
| JAMES | PICKERING | 00:18:49 | 00:19:26 | 37 | 82 | |
| Emma | Speck | 00:22:42 | 00:23:16 | 34 | 81 | |
| DAN | TURNER | 00:17:27 | 00:18:00 | 33 | 80 | |
| MIKE | BARNBY | 00:18:31 | 00:18:53 | 22 | 79 | |
| MATTHEW | ORFORD | 00:16:15 | 00:16:36 | 21 | 78 | |
| Charlotte | Wesley | 00:32:48 | 00:33:08 | 20 | 77 | |
| DANIEL | FLOYD | 00:17:19 | 00:17:37 | 18 | 76 | |
| LOUISE | HINSLEY | 00:25:31 | 00:25:39 | 8 | 75 | |
| Joe | Goodwin | 00:18:16 | 00:18:22 | 6 | 74 | |
| ALAN | MILES | 00:25:10 | 00:25:13 | 3 | 73 | |
| JAMES | COOMBES | 00:18:40 | 00:18:40 | 0 | 72 | |
| Mann | Declan | 00:22:07 | 00:22:02 | -5 | 71 | |
| MARTIN | SHORTALL | 00:21:12 | 00:21:05 | -7 | 70 | |
| PHIL | SUTCLIFFE | 00:20:32 | 00:20:20 | -12 | 69 | |
| OWEN | DAVIES | 00:19:18 | 00:19:04 | -14 | 68 | |
| PHILLIPA | PINCHES | 00:27:44 | 00:27:30 | -14 | 68 | |
| Morgan | Bradley | 00:18:46 | 00:18:26 | -20 | 66 | |
| Denise | Softley | 00:26:23 | 00:26:00 | -23 | 65 | |
| PAUL | FOWLER | 00:24:56 | 00:24:19 | -37 | 64 | |
| MARIA | BROWNE | 00:24:48 | 00:24:10 | -38 | 63 | |
| LAWRENCE | YEOMANS | 00:23:38 | 00:22:35 | -63 | 62 | |
| EDWARD | FOSTER | 00:19:49 | 00:18:38 | -71 | 61 | |
| Tomas | Hodgson | 00:18:05 | 00:16:36 | -89 | 60 | |
| Birmingham | Katherine | 00:24:49 | 00:22:56 | -113 | 59 | |
| LORRAINE | AMOS | 00:24:30 | 00:22:33 | -117 | 58 | |
| CHARLOTTE | ASPLEY | 00:35:43 | 00:33:38 | -125 | 57 | |
| Ellen | Wintle | 00:31:03 | 00:28:54 | -129 | 56 | |
| Reg | Jones | 00:26:28 | 00:23:33 | -175 | 55 | |
| KAREN | RILEY | 00:27:25 | 00:24:28 | -177 | 54 | |
| STEVE | WILLIAMS | 00:26:15 | 00:22:27 | -228 | 53 | |
| ANN | SCHWARZENBACH | 00:31:35 | 00:27:31 | -244 | 52 | |
| Hermione | Green | 00:20:52 | 00:16:36 | -256 | 51 | |
| ESTHER | HUNT | 00:21:11 | 00:16:36 | -275 | 50 | |
| Louise | Hinsley | 00:21:43 | 00:16:36 | -307 | 49 | |
| Leanne | Parrott | 00:35:43 | 00:28:39 | -424 | 48 | |
| Jane | Phinn | 00:26:39 | 00:16:36 | -603 | 47 | |
| BETH | CLARKE | 00:27:52 | 00:16:36 | -676 | 46 | |
| Harry | Ayto | 00:28:25 | 00:16:36 | -709 | 45 | |
| Neil | Lainey | 00:29:35 | 00:16:36 | -779 | 44 | |



Oct 2019 Time Trial

| NAME | | RUNNING TIME | TARGET TIME | IMPROVEMENT | POINTS |
|-----------|-----------|--------------|-------------|-------------|--------|
| | | hr:min:sec | hr:min:sec | seconds | |
| Charlotte | Wesley | 00:29:53 | 00:32:48 | 175 | 100 |
| Georgina | Martin | 00:27:31 | 00:29:30 | 119 | 99 |
| Denise | Softley | 00:25:19 | 00:26:00 | 41 | 98 |
| ALAN | MILES | 00:25:02 | 00:25:10 | 8 | 97 |
| OWEN | DAVIES | 00:19:03 | 00:19:04 | 1 | 96 |
| LAWRENCE | YEOMANS | 00:22:46 | 00:22:35 | -11 | 95 |
| KEVIN | DEERE | 00:21:34 | 00:21:21 | -13 | 94 |
| PHIL | SUTCLIFFE | 00:20:34 | 00:20:20 | -14 | 93 |
| Marian | Lowther | 00:28:37 | 00:27:56 | -41 | 92 |
| LORRAINE | AMOS | 00:23:21 | 00:22:33 | -48 | 91 |
| Reg | Jones | 00:24:53 | 00:23:33 | -80 | 90 |
| DAVE | BISHTON | 00:22:27 | 00:21:00 | -87 | 89 |
| James | Hoe | 00:27:31 | 00:25:54 | -97 | 88 |
| STEVE | WILLIAMS | 00:24:21 | 00:22:27 | -114 | 87 |
| Harry | Ayto | 00:27:51 | 00:25:22 | -149 | 86 |
| NICHOLAS | PARKER | 00:22:17 | 00:18:39 | -218 | 85 |
| Richard | Newman | 00:29:52 | 00:16:15 | -817 | 84 |

November 2019 Time Trial

| NAME | | RUNNING TIME | TARGET TIME | IMPROVEMENT | POINTS |
|------------|-----------|--------------|-------------|-------------|--------|
| | | hr:min:sec | hr:min:sec | seconds | |
| CHARLOTTE | ASPLEY | 00:32:50 | 00:33:38 | 48 | 100 |
| Keith | Lowther | 00:23:21 | 00:24:00 | 39 | 99 |
| CHRIS | COX | 00:24:35 | 00:25:11 | 36 | 98 |
| Leanne | Parrott | 00:28:10 | 00:28:39 | 29 | 97 |
| JAMES | COOMBES | 00:18:13 | 00:18:40 | 27 | 96 |
| Marian | Lowther | 00:27:39 | 00:27:56 | 17 | 95 |
| Claire | Wheat | 00:29:58 | 00:30:15 | 17 | 95 |
| Alexandria | Evans | 00:23:45 | 00:23:52 | 7 | 93 |
| JAMES | PICKERING | 00:18:49 | 00:18:49 | 0 | 92 |
| Dave | Sanders | 00:19:00 | 00:18:57 | -3 | 91 |
| Weidner | Yvonne | 00:24:51 | 00:24:45 | -6 | 90 |
| Stephen | Howard | 00:22:28 | 00:22:22 | -6 | 90 |
| PHIL | SUTCLIFFE | 00:20:29 | 00:20:20 | -9 | 88 |
| CATHERINE | THOMPSON | 00:25:04 | 00:24:55 | -9 | 88 |
| Mann | Declan | 00:22:16 | 00:22:07 | -9 | 88 |
| DAVE | BISHTON | 00:22:52 | 00:22:27 | -25 | 85 |
| ALAN | MILES | 00:25:28 | 00:25:02 | -26 | 84 |
| Joe | Goodwin | 00:18:42 | 00:18:16 | -26 | 84 |
| Charlotte | Wesley | 00:30:24 | 00:29:53 | -31 | 82 |
| LOUISE | HINSLEY | 00:26:11 | 00:25:31 | -40 | 81 |
| OWEN | DAVIES | 00:19:57 | 00:19:03 | -54 | 80 |
| Melissa | Farmer | 00:30:23 | 00:26:55 | -208 | 79 |



Time Trial Results - 2019

Note: if your target time is 16:55 then this is either because you are a fast runner or you have not run a time trial in the previous 12 months. If however, you have run please contact d.floyd@hotmail.co.uk with TT thats wrong and the TT you have recently entered.

| NAME | FEBRUARY | APRIL | MAY | JUNE | JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | TOTAL |
|----------------------|----------|-------|-----|------|------|--------|-----------|---------|----------|-------|
| CHRIS COX | 0 | 0 | 100 | 100 | 90 | 100 | 88 | 0 | 98 | 488 |
| Alexandria Evans | 99 | 100 | 0 | 0 | 96 | 0 | 97 | 0 | 93 | 485 |
| Dave Sanders | 74 | 90 | 84 | 99 | 91 | 99 | 85 | 0 | 91 | 470 |
| JAMES PICKERING | 95 | 0 | 97 | 93 | 87 | 0 | 82 | 0 | 92 | 464 |
| MATTHEW ORFORD | 98 | 94 | 0 | 92 | 93 | 87 | 78 | 0 | 0 | 464 |
| JAMES COOMBES | 86 | 95 | 88 | 90 | 94 | 88 | 72 | 0 | 96 | 463 |
| Keith Lowther | 93 | 97 | 0 | 84 | 0 | 0 | 89 | 0 | 99 | 462 |
| PHIL SUTCLIFFE | 0 | 0 | 98 | 91 | 86 | 0 | 69 | 93 | 88 | 456 |
| ALAN MILES | 92 | 92 | 82 | 86 | 77 | 0 | 73 | 97 | 84 | 451 |
| Marian Lowther | 90 | 0 | 0 | 87 | 74 | 0 | 86 | 92 | 95 | 450 |
| Charlotte Wesley | 0 | 0 | 92 | 0 | 92 | 0 | 77 | 100 | 82 | 443 |
| DANIEL FLOYD | 96 | 0 | 89 | 0 | 85 | 89 | 76 | 0 | 0 | 435 |
| Stephen Howard | 70 | 80 | 75 | 0 | 78 | 91 | 94 | 0 | 90 | 433 |
| OWEN DAVIES | 0 | 93 | 80 | 0 | 83 | 0 | 68 | 96 | 80 | 432 |
| Denise Softley | 94 | 0 | 76 | 79 | 80 | 0 | 65 | 98 | 0 | 427 |
| Joe Goodwin | 88 | 0 | 0 | 88 | 0 | 90 | 74 | 0 | 84 | 424 |
| DAN TURNER | 80 | 0 | 87 | 82 | 89 | 0 | 80 | 0 | 0 | 418 |
| Melissa Farmer | 0 | 0 | 63 | 77 | 0 | 97 | 98 | 0 | 79 | 414 |
| LOUISE HINSLEY | 97 | 84 | 0 | 0 | 75 | 0 | 75 | 0 | 81 | 412 |
| Emma Speck | 71 | 0 | 74 | 89 | 0 | 93 | 81 | 0 | 0 | 408 |
| Reg Jones | 79 | 78 | 77 | 74 | 0 | 78 | 55 | 90 | 0 | 402 |
| CHARLOTTE ASPLEY | 0 | 83 | 0 | 0 | 66 | 92 | 57 | 0 | 100 | 398 |
| Claire Wheat | 64 | 0 | 0 | 65 | 0 | 82 | 91 | 0 | 95 | 397 |
| Dave Bentley | 0 | 73 | 0 | 58 | 60 | 96 | 100 | 0 | 0 | 387 |
| PHILLIPA PINCHES | 78 | 86 | 0 | 69 | 64 | 84 | 68 | 0 | 0 | 385 |
| LORRAINE AMOS | 0 | 79 | 0 | 67 | 63 | 80 | 58 | 91 | 0 | 380 |
| ANN SCHWARZENBACH | 73 | 76 | 94 | 0 | 67 | 0 | 52 | 0 | 0 | 362 |
| PAUL FOWLER | 0 | 0 | 71 | 71 | 69 | 85 | 64 | 0 | 0 | 360 |
| Roy Mulchrone | 70 | 0 | 87 | 98 | 97 | 0 | 0 | 0 | 0 | 352 |
| IAN ROBINSON | 0 | 0 | 93 | 80 | 79 | 95 | 0 | 0 | 0 | 347 |
| Weidner Yvonne | 100 | 0 | 0 | 78 | 0 | 79 | 0 | 0 | 90 | 347 |
| ANNA SANDERS | 85 | 96 | 0 | 81 | 82 | 0 | 0 | 0 | 0 | 344 |
| Leanne Parrott | 0 | 99 | 0 | 0 | 84 | 0 | 48 | 0 | 97 | 328 |
| JO TURRELL | 0 | 0 | 72 | 0 | 71 | 94 | 84 | 0 | 0 | 321 |
| James Hoe | 65 | 88 | 0 | 0 | 65 | 0 | 0 | 88 | 0 | 306 |
| Mann Declan | 0 | 70 | 0 | 0 | 0 | 76 | 71 | 0 | 88 | 305 |
| EDWARD FOSTER | 0 | 0 | 85 | 85 | 73 | 0 | 61 | 0 | 0 | 304 |
| Richard Hoar | 0 | 0 | 66 | 64 | 70 | 0 | 95 | 0 | 0 | 295 |
| Georgina Martin | 0 | 72 | 0 | 57 | 61 | 0 | 0 | 99 | 0 | 289 |
| LISA PARRY-WOLFE | 0 | 0 | 0 | 97 | 95 | 0 | 90 | 0 | 0 | 282 |
| KEVIN DEERE | 0 | 0 | 96 | 0 | 0 | 86 | 0 | 94 | 0 | 276 |
| JOANNA PALMER | 0 | 0 | 0 | 95 | 98 | 0 | 83 | 0 | 0 | 276 |
| LAURA ALLEN | 0 | 74 | 0 | 0 | 100 | 0 | 99 | 0 | 0 | 273 |
| Julian Webb | 84 | 0 | 0 | 96 | 0 | 0 | 93 | 0 | 0 | 273 |
| PHIL GILLINGHAM | 0 | 0 | 0 | 70 | 0 | 98 | 92 | 0 | 0 | 260 |
| Ellen Wintle | 0 | 0 | 70 | 68 | 62 | 0 | 56 | 0 | 0 | 256 |
| JOHN DOYLE | 76 | 87 | 91 | 0 | 0 | 0 | 0 | 0 | 0 | 254 |
| MIKE LITTING | 0 | 98 | 0 | 72 | 0 | 83 | 0 | 0 | 0 | 253 |
| CATHERINE THOMPSON | 83 | 0 | 0 | 0 | 0 | 81 | 0 | 0 | 88 | 252 |
| JOHN HUTCHISON | 82 | 85 | 83 | 0 | 0 | 0 | 0 | 0 | 0 | 250 |
| Bradley Morgan | 0 | 0 | 90 | 0 | 88 | 0 | 66 | 0 | 0 | 244 |
| HELEN KING | 0 | 0 | 62 | 75 | 0 | 0 | 96 | 0 | 0 | 233 |
| JENNI STONE | 87 | 0 | 73 | 73 | 0 | 0 | 0 | 0 | 0 | 233 |
| MARTIN SHORTALL | 0 | 0 | 0 | 76 | 77 | 0 | 70 | 0 | 0 | 223 |
| LAWRENCE YEOMANS | 0 | 0 | 0 | 61 | 0 | 0 | 62 | 95 | 0 | 218 |
| ALAN PRITCHARD | 67 | 81 | 0 | 0 | 59 | 0 | 0 | 0 | 0 | 207 |
| Hayley Bull | 0 | 71 | 64 | 63 | 0 | 0 | 0 | 0 | 0 | 198 |
| RICHARD BRAVINGTON | 0 | 0 | 95 | 0 | 99 | 0 | 0 | 0 | 0 | 194 |
| TIM NICHOLLS | 89 | 0 | 0 | 0 | 0 | 0 | 87 | 0 | 0 | 176 |
| DARREN LEAVER | 0 | 92 | 0 | 83 | 0 | 0 | 0 | 0 | 0 | 175 |
| DAVE BISHTON | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 89 | 85 | 174 |
| EMMA GAFFNEY | 0 | 0 | 99 | 0 | 68 | 0 | 0 | 0 | 0 | 167 |
| NICHOLAS PARKER | 0 | 77 | 0 | 0 | 0 | 0 | 0 | 85 | 0 | 162 |
| JAMES TAYLOR | 72 | 0 | 78 | 0 | 0 | 0 | 0 | 0 | 0 | 150 |
| ANDY PARKER | 0 | 0 | 0 | 66 | 82 | 0 | 0 | 0 | 0 | 148 |
| STEVE WILLIAMS | 0 | 0 | 0 | 0 | 0 | 0 | 53 | 87 | 0 | 140 |
| Harry Ayto | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 86 | 0 | 131 |
| ROBERT BAGLEY | 0 | 0 | 65 | 62 | 0 | 0 | 0 | 0 | 0 | 127 |
| MARIA BROWNE | 0 | 0 | 0 | 0 | 58 | 0 | 63 | 0 | 0 | 121 |
| KAREN RILEY | 66 | 0 | 0 | 0 | 0 | 0 | 54 | 0 | 0 | 120 |
| Birmingham Katherine | 0 | 0 | 0 | 60 | 0 | 0 | 59 | 0 | 0 | 119 |
| STEVE RIVERS | 0 | 0 | 0 | 94 | 0 | 0 | 0 | 0 | 0 | 94 |
| SARAH HAYMAN | 91 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 91 |
| RUTH NEEDHAM | 0 | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 |
| Richard Newman | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 84 | 0 | 84 |
| Mark Boulton | 0 | 82 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 82 |
| Stella Bull | 81 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 81 |
| Chris Cheek | 0 | 0 | 81 | 0 | 0 | 0 | 0 | 0 | 0 | 81 |
| MIKE BARNBY | 0 | 0 | 0 | 0 | 0 | 0 | 79 | 0 | 0 | 79 |
| JULIE TAYLOR | 0 | 0 | 79 | 0 | 0 | 0 | 0 | 0 | 0 | 79 |
| DUNCAN COOPER | 77 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 77 |
| EMMA FUNNELL | 0 | 0 | 0 | 0 | 0 | 77 | 0 | 0 | 0 | 77 |
| RUTH CLEVELY | 0 | 0 | 0 | 0 | 0 | 75 | 0 | 0 | 0 | 75 |
| GARETH STUBBS | 75 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 |
| RACHEL TOLE | 0 | 75 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 |
| JON WOLFE | 0 | 0 | 0 | 0 | 72 | 0 | 0 | 0 | 0 | 72 |
| LOUISE GILLINGHAM | 0 | 0 | 69 | 0 | 0 | 0 | 0 | 0 | 0 | 69 |
| RHIANNON EVANS | 68 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 68 |
| David Drew | 0 | 0 | 68 | 0 | 0 | 0 | 0 | 0 | 0 | 68 |
| Jess Spadling | 0 | 0 | 67 | 0 | 0 | 0 | 0 | 0 | 0 | 67 |
| Thomas Hodgson | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 0 | 0 | 60 |
| CLIFF CARTWRIGHT | 0 | 0 | 0 | 59 | 0 | 0 | 0 | 0 | 0 | 59 |
| MICHELLE COOPER | 0 | 0 | 0 | 0 | 57 | 0 | 0 | 0 | 0 | 57 |
| Mandy Georgiou | 0 | 0 | 0 | 56 | 0 | 0 | 0 | 0 | 0 | 56 |



| | | | | | | | | | | | |
|----------|---------|---|---|---|---|---|---|----|---|---|----|
| Hermione | Green | 0 | 0 | 0 | 0 | 0 | 0 | 51 | 0 | 0 | 51 |
| ESTHER | HUNT | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 50 |
| Louise | Hinsley | 0 | 0 | 0 | 0 | 0 | 0 | 49 | 0 | 0 | 49 |
| Jane | Phinn | 0 | 0 | 0 | 0 | 0 | 0 | 47 | 0 | 0 | 47 |
| BETH | CLARKE | 0 | 0 | 0 | 0 | 0 | 0 | 46 | 0 | 0 | 46 |
| Neil | Lainey | 0 | 0 | 0 | 0 | 0 | 0 | 44 | 0 | 0 | 44 |