



Febuary 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	SUTCLEFFE	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

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	



Aug 2020 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	



Oct 2020 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	

November 2020 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	



Time Trial Results - 2020

Note: if your target time is 16:15 then this is either because you are a fast runner or you have not run a time trial in the previous 12 months. If this is not the case or there are any other errors please contact david.c.sanders@outlook.com.

NAME	FEB	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	TOTAL