



Febuary 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEM ENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
TESS	CRABB	00:25:22	00:26:06	44	100
SARAH	BURTON	00:19:48	00:20:23	35	99
LOUISE	HINSLEY	00:26:56	00:27:31	35	99
ANDY	WALSH	00:17:17	00:17:42	25	97
LORRAINE	AMOS	00:22:15	00:22:39	24	96
HELEN	KING	00:27:28	00:27:50	22	95
JOHN	HAYMAN	00:17:54	00:18:14	20	94
DANIEL	FLOYD	00:18:56	00:19:10	14	93
RICHARD	O'SULLIVAN	00:16:56	00:17:05	9	92
DAN	TURNER	00:19:14	00:19:16	2	91
ALEX	EDWARDS	00:21:11	00:21:12	1	90
MARTIN	SHORTALL	00:21:12	00:21:10	-2	89
LAURA	MORGAN	00:27:40	00:27:33	-7	88
STEVE	RIVERS	00:18:09	00:17:58	-11	87
RICHARD	BRAVINGTON	00:18:20	00:18:05	-15	86
NICHOLAS	PARKER	00:19:31	00:19:04	-27	85
JOHN	DOYLE	00:17:39	00:16:48	-51	84
JON	CORPE	00:18:55	00:17:56	-59	83
MIKE	LITTING	00:26:51	00:25:46	-65	82
RUTH	NEEDHAM	00:25:58	00:24:41	-77	81
CLAIRE	POTTER	00:24:11	00:22:47	-84	80
JON	WOLFE	00:18:35	00:16:48	-107	79
MIKE	BARNBY	00:18:47	00:16:48	-119	78
LISA	PARRY	00:27:04	00:25:02	-122	77
OWEN	DAVIES	00:19:03	00:16:48	-135	76
ALAN	PRITCHARD	00:24:05	00:21:48	-137	75
RACHEL	TOLE	00:23:56	00:21:05	-171	74
DARREN	LEAVER	00:20:06	00:16:48	-198	73
DANIEL	HURLEY	00:20:21	00:16:48	-213	72
KAREN	RILEY	00:30:34	00:26:29	-245	71
ANDY	PARKER	00:21:11	00:16:48	-263	70
BETH	CLARKE	00:30:38	00:25:51	-287	69
DAVE	BISHTON	00:21:41	00:16:48	-293	68
PHIL	SUTCLIFFE	00:26:45	00:21:35	-310	67
TINA	TAYLOR	00:34:24	00:28:36	-348	66
STEVE	WILLIAMS	00:22:47	00:16:48	-359	65
JON	NEATHEY	00:22:50	00:16:48	-362	64
ELLIE	CAMPBELL-RICKETTS	00:28:54	00:22:13	-401	63
RUTH	GREEN	00:23:43	00:16:48	-415	62
LUKE	SLUCCOCK	00:24:01	00:16:48	-433	61
ANN	SCHWARZENBACH	00:33:20	00:25:58	-442	60
SONIA	SHORT	00:24:10	00:16:48	-442	60
RHIANNON	EVANS	00:24:35	00:16:48	-467	58
PHIL	GILLINGHAM	00:24:52	00:16:48	-484	57
HAZEL	MOORE	00:25:10	00:16:48	-502	56
PAUL	FOWLER	00:25:18	00:16:48	-510	55
MICHELLE	PRICE	00:25:22	00:16:48	-514	54
ALAN	MILES	00:25:33	00:16:48	-525	53
LAURA	POWELL	00:26:21	00:16:48	-573	52
MICHELLE	COOPER	00:28:59	00:18:40	-619	51
SELINA	CHAN	00:27:21	00:16:48	-633	50
ZOE	HEALEY	00:29:02	00:16:48	-734	49
GILL	JARVIS	00:29:06	00:16:48	-738	48
LAURA	ALLEN	00:29:10	00:16:48	-742	47
LEANNE	PARROTT	00:29:22	00:16:48	-754	46
MARK	WOODWARD	00:30:28	00:16:48	-820	45
SARAH	DAZELEY	00:32:53	00:16:48	-965	44
HELEN	MERRIL	00:33:21	00:16:48	-993	43
JENNI	STONE	00:35:57	00:16:48	-1149	42



April 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
DANIEL	HURLEY	00:18:46	00:19:29	43	100
JON	CORPE	00:17:35	00:17:56	21	99
DAN	TURNER	00:19:06	00:19:14	8	98
LORRAINE	AMOS	00:22:17	00:22:15	-2	97
OWEN	DAVIES	00:18:40	00:18:31	-9	96
NICHOLAS	PARKER	00:19:35	00:19:23	-12	95
LOUISE	HINSLEY	00:27:09	00:26:56	-13	94
KEVIN	HOEY	00:18:11	00:17:46	-25	93
BRIAN	SIMS	00:17:23	00:16:56	-27	92
RUTH	NEEDHAM	00:25:10	00:24:41	-29	91
CASS	JACKSON	00:23:23	00:22:48	-35	90
ANDY	WALSH	00:17:52	00:17:17	-35	90
DAVE	BISHTON	00:21:06	00:20:29	-37	88
BETH	CLARKE	00:29:42	00:28:52	-50	87
JENNI	STONE	00:32:15	00:31:11	-64	86
JOHN	DOYLE	00:18:39	00:17:31	-68	85
MIKE	LITTING	00:26:58	00:25:46	-72	84
MARK	GREEN	00:22:27	00:21:12	-75	83
DUNCAN	COOPER	00:20:16	00:18:52	-84	82
ANNA	SANDERS	00:26:21	00:24:24	-117	81
LUKE	SLUCCOCK	00:24:15	00:22:14	-121	80
GILL	JARVIS	00:28:10	00:26:03	-127	79
ALAN	MILES	00:25:35	00:23:23	-132	78
ELLIE	CAMPBELL-RICKETTS	00:28:12	00:25:54	-138	77
LEANNE	PARROTT	00:28:37	00:26:15	-142	76
RUSSELL	EDMUNDS	00:22:01	00:16:56	-305	75
ZOE	HEALEY	00:26:33	00:16:56	-577	74
MARCELLE	HOLLINS	00:28:15	00:16:56	-679	73



May 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
MARTIN	SHORTALL	00:35:45	00:36:43	58	100
EDWARD	COPPINGER	00:34:21	00:34:36	15	99
ION	WOLFE	00:31:04	00:31:06	2	98
BRIAN	SIMS	00:30:08	00:30:08	0	97
LORRAINE	AMOS	00:38:30	00:38:29	-1	96
RUTH	NEEDHAM	00:42:42	00:42:34	-8	95
DAN	TURNER	00:33:34	00:33:12	-22	94
RICHARD	BRAVINGTON	00:32:21	00:31:55	-26	93
CASS	JACKSON	00:39:57	00:39:24	-33	92
STEVE	RIVERS	00:31:55	00:31:18	-37	91
KEVIN	HOEY	00:31:45	00:30:58	-47	90
DANIEL	FLOYD	00:34:01	00:32:55	-66	89
ALAN	MILES	00:45:09	00:44:01	-68	88
OWEN	DAVIES	00:34:00	00:32:28	-92	87
NEIL	TURNER	00:31:12	00:29:34	-98	86
ELLIE	CAMPBELL-RICKETTS	00:50:20	00:48:28	-112	85
DARREN	LEAVER	00:35:41	00:33:33	-128	84
RACHEL	TOLE	00:40:30	00:38:22	-128	84
LAURA	MORGAN	00:49:56	00:47:34	-142	82
PAUL	FOWLER	00:42:47	00:40:05	-162	81
JOHN	DOYLE	00:33:21	00:30:33	-168	80
STEVE	WILLIAMS	00:41:55	00:39:06	-169	79
DANIEL	HURLEY	00:35:30	00:32:38	-172	78
KAREN	RILEY	00:48:38	00:45:36	-182	77
MARCELLE	HOLLINS	00:48:19	00:43:48	-271	76
HELEN	KING	00:51:53	00:47:14	-279	75
ANDY	PARKER	00:39:39	00:34:55	-284	74
ALAN	PRITCHARD	00:43:14	00:38:26	-288	73
LISA	PARRY	00:51:53	00:46:34	-319	72
ANNA	SANDERS	00:48:19	00:42:05	-374	71
ANN	SCHWARZENBACH	00:54:22	00:47:31	-411	70
ZOE	HEALEY	00:50:01	00:41:40	-501	69



June 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
JON	NEATHEY	01:01:12	00:30:34	1762	100
JENNI	STONE	00:51:02	00:55:15	253	99
DANIEL	FLOYD	00:32:09	00:32:55	46	98
MIKE	LITTING	00:43:41	00:44:23	42	97
BRIAN	SIMS	00:29:44	00:30:08	24	96
RICHARD	BRAVINGTON	00:31:35	00:31:55	20	95
MATTHEW	VALE	00:36:21	00:36:40	19	94
ELLIE	CAMPBELL-RICKETTS	00:48:22	00:48:28	6	93
JON	WOLFE	00:31:00	00:31:04	4	92
RACHEL	TOLE	00:40:27	00:40:30	3	91
ALAN	MILES	00:44:02	00:44:01	-1	90
CASS	JACKSON	00:39:31	00:39:24	-7	89
RUTH	NEEDHAM	00:42:50	00:42:34	-16	88
PAUL	FOWLER	00:43:07	00:42:47	-20	87
KEVIN	HOEY	00:31:43	00:31:21	-22	86
LORRAINE	AMOS	00:39:02	00:38:29	-33	85
SARAH	BURTON	00:35:11	00:34:22	-49	84
STEVE	WILLIAMS	00:40:23	00:39:06	-77	83
MARTIN	SHORTALL	00:37:09	00:35:45	-84	82
DANIEL	HURLEY	00:34:03	00:32:38	-85	81
JOHN	DOYLE	00:31:59	00:30:33	-86	80
DARREN	LEAVER	00:36:36	00:34:53	-103	79
ANN	SCHWARZENBACH	00:49:16	00:47:31	-105	78
ANDY	PARKER	00:39:00	00:36:42	-138	77
ZOE	HEALEY	00:48:01	00:45:42	-139	76
LAURA	MORGAN	00:50:00	00:47:34	-146	75
LISA	PARRY	00:49:00	00:46:34	-146	75
BETH	CLARKE	00:53:22	00:49:35	-227	73
SONIA	SHORT	00:42:33	00:32:15	-618	72
HANNAH	DALE	00:42:34	00:03:53	-2321	71
CHARLOTTE	ASPLEY	01:01:10	00:03:53	-3366	70



July 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
JADE	EDMUNDS	01:02:02	00:46:43	2661	100
JULIE	TAYLOR	01:02:02	00:28:28	1586	99
JENNI	STONE	00:50:59	00:55:15	256	98
PHIL	SUTCLIFFE	00:39:28	00:40:11	43	97
STEVE	RIVERS	00:31:10	00:31:18	8	96
JOHN	HAYMAN	00:31:07	00:31:11	4	95
ANNA	SANDERS	00:45:30	00:45:22	-8	94
DAN	TURNER	00:33:27	00:33:12	-15	93
SONIA	SHORT	00:42:01	00:41:42	-19	92
DANIEL	FLOYD	00:32:34	00:32:09	-25	91
JON	WOLFE	00:31:25	00:31:00	-25	91
NICHOLAS	PARKER	00:34:12	00:33:45	-27	89
RICHARD	O'SULLIVAN	00:30:13	00:29:34	-39	88
MARTIN	SHORTALL	00:36:33	00:35:45	-48	87
RACHEL	TOLE	00:41:21	00:40:27	-54	86
ELLIE	CAMPBELL-RICKETTS	00:49:21	00:48:22	-59	85
LORRAINE	AMOS	00:39:31	00:38:29	-62	84
ALAN	MILES	00:45:21	00:44:01	-80	83
SARAH	BURTON	00:35:45	00:34:22	-83	82
MARCELLE	HOLLINS	00:49:46	00:48:19	-87	81
JOHN	DOYLE	00:32:20	00:30:33	-107	80
ALEX	EDWARDS	00:38:39	00:36:42	-117	79
STEVE	WILLIAMS	00:41:21	00:39:06	-135	78
ANDY	PARKER	00:39:00	00:36:42	-138	77
LISA	PARRY	00:49:00	00:46:34	-146	76
HELEN	KING	00:50:06	00:47:14	-172	75
OWEN	DAVIES	00:35:28	00:32:28	-180	74
LOUISE	HINSLEY	00:49:31	00:46:20	-191	73
MARK	GREEN	00:42:08	00:38:49	-199	72
ALAN	PRITCHARD	00:41:52	00:38:26	-206	71
GILL	JARVIS	00:51:56	00:48:24	-212	70
ANN	SCHWARZENBACH	00:51:14	00:47:31	-223	69
DAVE	BISHTON	00:40:53	00:36:33	-260	68
BETH	CLARKE	00:54:29	00:49:35	-294	67
JOHN	HUTCHISON	00:38:04	00:29:41	-503	66
PHIL	GILLINGHAM	00:41:41	00:33:08	-513	65
RUSSELL	EDMUNDS	00:38:39	00:29:32	-547	64
HAZEL	MOORE	00:44:10	00:33:30	-640	63
DAVID	GOULD	00:40:50	00:30:06	-644	62
CHARLOTTE	ASPLEY	01:02:02	00:46:50	-789	61
RUTH	GREEN	00:41:29	00:03:53	-2256	60
KAREN	RILEY	00:48:26	00:03:53	-2673	59



Aug 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
JENNI	STONE	00:50:11	00:55:15	304	100
PHIL	GILLINGHAM	00:41:08	00:41:41	33	99
PHIL	SUTCLIFFE	00:38:56	00:39:28	32	98
DAN	TURNER	00:32:52	00:33:12	20	97
GARETH	STUBBS	01:03:36	00:03:53	17	96
JADE	EDMUNDS	00:46:29	00:46:43	14	95
RUSSELL	EDMUNDS	00:38:15	00:38:05	-10	94
RICHARD	BRAVINGTON	00:31:54	00:31:35	-19	93
MARK	GREEN	00:39:22	00:38:49	-33	92
LORRAINE	AMOS	00:39:12	00:38:29	-43	91
PAUL	FOWLER	00:43:35	00:42:47	-48	90
DAVE	BISHTON	00:37:47	00:36:33	-74	89
ALEX	EDWARDS	00:38:15	00:36:42	-93	88
JOHN	KEEGAN	00:40:24	00:38:51	-93	88
ALAN	PRITCHARD	00:40:49	00:38:26	-143	86
JON	NEATHEY	00:42:35	00:39:28	-187	85
LEANNE	PARROTT	00:52:48	00:49:10	-218	84
JAMES	COOMBES	00:32:24	00:27:06	-318	83
JULIE	TAYLOR	00:49:10	00:36:40	-750	82
CHRIS	COX	00:52:49	00:36:00	-1009	81
CLIVE	LAMB	00:39:23	00:03:53	-2130	80
IAN	ROBINSON	00:40:42	00:03:53	-2209	79
EMMA	GAFFNEY	00:43:07	00:03:53	-2354	78



September 2017 Time Trial

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
HELEN	KING	02:20:24	00:28:23	479	100
CHARLOTTE	ASPLEY	00:34:05	00:36:57	172	99
CHRIS	COX	00:25:37	00:28:04	147	98
PAUL	FOWLER	00:24:08	00:25:39	91	97
JOHN	HUTCHISON	00:21:31	00:22:45	74	96
PHIL	SUTCLIFFE	00:22:24	00:23:36	72	95
MIKE	LITTING	00:25:12	00:26:12	60	94
CASS	JACKSON	00:22:35	00:23:34	59	93
RICHARD	BRAVINGTON	00:17:59	00:18:45	46	92
DANIEL	FLOYD	00:18:25	00:19:06	41	91
RUTH	NEEDHAM	00:24:50	00:25:31	41	91
KEVIN	HOEY	00:18:01	00:18:37	36	89
ALAN	MILES	00:25:50	00:26:25	35	88
DANIEL	HURLEY	00:18:52	00:19:24	32	87
JOHN	KEEGAN	00:23:03	00:23:14	11	86
ALAN	PRITCHARD	00:23:33	00:22:58	-35	85
LAURA	MORGAN	00:31:58	00:28:36	-202	84
PHILLIPA	PINCHES	00:31:58	00:28:13	-225	83
BETH	CLARKE	00:34:05	00:29:50	-255	82
HELEN	MERRIL	00:34:05	00:26:17	-468	81
KAREN	RILEY	00:25:53	00:01:43	-1450	80



Time Trial Results - 2017

NAME		FEBRUARY	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	TOTAL
DAN	TURNER	91	98	94	0	93	97	0	0	0	473
LORRAINE	AMOS	96	97	96	85	84	91	0	0	0	465
DANIEL	FLOYD	93	0	89	98	91	0	91	0	0	462
RICHARD	BRAVINGTON	86	0	93	95	0	93	92	0	0	459
RUTH	NEEDHAM	81	91	95	88	0	0	91	0	0	446
ALAN	MILES	53	78	88	90	83	0	88	0	0	427
JENNI	STONE	42	86	0	99	98	100	0	0	0	425
DANIEL	HURLEY	72	100	78	81	0	0	87	0	0	418
PAUL	FOWLER	55	0	81	87	0	90	97	0	0	410
JOHN	DOYLE	84	85	80	80	80	0	0	0	0	409
ELLIE	CAMPBELL-RICKET	63	77	85	93	85	0	0	0	0	403
ALAN	PRITCHARD	75	0	73	0	71	86	85	0	0	390
BETH	CLARKE	69	87	0	73	67	0	82	0	0	378
CASS	JACKSON	0	90	92	89	0	0	93	0	0	364
JON	WOLFE	79	0	98	92	91	0	0	0	0	360
KEVIN	HOEY	0	93	90	86	0	0	89	0	0	358
MARTIN	SHORTALL	89	0	100	82	87	0	0	0	0	358
MIKE	LITTING	82	84	0	97	0	0	94	0	0	357
PHIL	SUTCLIFFE	67	0	0	0	97	98	95	0	0	357
HELEN	KING	95	0	75	0	75	0	100	0	0	345
RACHEL	TOLE	74	0	84	91	86	0	0	0	0	335
OWEN	DAVIES	76	96	87	0	74	0	0	0	0	333
LAURA	MORGAN	88	0	82	75	0	0	84	0	0	329
DAVE	BISHTON	68	88	0	0	68	89	0	0	0	313
STEVE	WILLIAMS	65	0	79	83	78	0	0	0	0	305
LISA	PARRY	77	0	72	75	76	0	0	0	0	300
ANDY	PARKER	70	0	74	77	77	0	0	0	0	298
KAREN	RILEY	71	0	77	0	59	0	80	0	0	287
BRIAN	SIMS	0	92	97	96	0	0	0	0	0	285
ANN	SCHWARZENBACH	60	0	70	78	69	0	0	0	0	277
STEVE	RIVERS	87	0	91	0	96	0	0	0	0	274
NICHOLAS	PARKER	85	95	0	0	89	0	0	0	0	269
ZOE	HEALEY	49	74	69	76	0	0	0	0	0	268
LOUISE	HINSLEY	99	94	0	0	73	0	0	0	0	266
SARAH	BURTON	99	0	0	84	82	0	0	0	0	265
ALEX	EDWARDS	90	0	0	0	79	88	0	0	0	257
JON	NEATHEY	64	0	0	100	0	85	0	0	0	249
MARK	GREEN	0	83	0	0	72	92	0	0	0	247
ANNA	SANDERS	0	81	71	0	94	0	0	0	0	246
DARREN	LEAVER	73	0	84	79	0	0	0	0	0	236
RUSSELL	EDMUNDS	0	75	0	0	64	94	0	0	0	233
CHARLOTTE	ASPLEY	0	0	0	70	61	0	99	0	0	230
MARCELLE	HOLLINS	0	73	76	0	81	0	0	0	0	230
SONIA	SHORT	60	0	0	72	92	0	0	0	0	224
PHIL	GILLINGHAM	57	0	0	0	65	99	0	0	0	221
LEANNE	PARROTT	46	76	0	0	0	84	0	0	0	206
GILL	JARVIS	48	79	0	0	70	0	0	0	0	197
JADE	EDMUNDS	0	0	0	0	100	95	0	0	0	195
JOHN	HAYMAN	94	0	0	0	95	0	0	0	0	189
ANDY	WALSH	97	90	0	0	0	0	0	0	0	187
JON	CORPE	83	99	0	0	0	0	0	0	0	182
JULIE	TAYLOR	0	0	0	0	99	82	0	0	0	181
RICHARD	O'SULLIVAN	92	0	0	0	88	0	0	0	0	180
CHRIS	COX	0	0	0	0	0	81	98	0	0	179
JOHN	KEEGAN	0	0	0	0	0	88	86	0	0	174
JOHN	HUTCHISON	0	0	0	0	66	0	96	0	0	162
LUKE	SLUCCOCK	61	80	0	0	0	0	0	0	0	141
HELEN	MERRIL	43	0	0	0	0	0	81	0	0	124
RUTH	GREEN	62	0	0	0	60	0	0	0	0	122
HAZEL	MOORE	56	0	0	0	63	0	0	0	0	119
TESS	CRABB	100	0	0	0	0	0	0	0	0	100
EDWARD	COPPINGER	0	0	99	0	0	0	0	0	0	99
GARETH	STUBBS	0	0	0	0	0	96	0	0	0	96
MATTHEW	VALE	0	0	0	94	0	0	0	0	0	94
NEIL	TURNER	0	0	86	0	0	0	0	0	0	86
JAMES	COOMBES	0	0	0	0	0	83	0	0	0	83
PHILLIPA	PINCHES	0	0	0	0	0	0	83	0	0	83
DUNCAN	COOPER	0	82	0	0	0	0	0	0	0	82
CLIVE	LAMB	0	0	0	0	0	80	0	0	0	80
CLAIRE	POTTER	80	0	0	0	0	0	0	0	0	80
IAN	ROBINSON	0	0	0	0	0	79	0	0	0	79
MIKE	BARNBY	78	0	0	0	0	0	0	0	0	78
EMMA	GAFFNEY	0	0	0	0	0	78	0	0	0	78
HANNAH	DALE	0	0	0	71	0	0	0	0	0	71
TINA	TAYLOR	66	0	0	0	0	0	0	0	0	66
DAVID	GOULD	0	0	0	0	62	0	0	0	0	62
RHIANNON	EVANS	58	0	0	0	0	0	0	0	0	58
MICHELLE	PRICE	54	0	0	0	0	0	0	0	0	54
LAURA	POWELL	52	0	0	0	0	0	0	0	0	52
MICHELLE	COOPER	51	0	0	0	0	0	0	0	0	51
SELINA	CHAN	50	0	0	0	0	0	0	0	0	50
LAURA	ALLEN	47	0	0	0	0	0	0	0	0	47
MARK	WOODWARD	45	0	0	0	0	0	0	0	0	45
SARAH	DAZELEY	44	0	0	0	0	0	0	0	0	44