

June 2021 5M Time Trial

Please note, your target time is your 5M TT PB over the last two years. If you haven't completed a 5M TT in the last 2 years your target time is the fastest time achieved by any runner of the same sex during that time

Ranked by Time

Name	Category	Running Time hr:min:sec	Overall Position	Gender Position	Category Position	Grand Prix Points
Joseph Goodwin	MV50	00:30:26	1	1	1	100
Dave Sanders	MV40	00:31:55	2	2	1	99
Matthew Orford	MSEN	00:32:05	3	3	1	98
Dan Turner	MV40	00:34:01	4	4	2	97
James Pickering	MSEN	00:35:14	5	5	2	96
Nick Parkes	MV40	00:36:34	6	6	3	95
Keith Lowther	MV50	00:37:01	7	7	2	94
Darren Leaver	MV50	00:37:07	8	8	3	93
Esther Hunt	FV40	00:38:08	9	1	1	100
Radhika Mccathie	FV40	00:40:07	10	2	2	99
Jo Turrell	FV50	00:41:32	11	3	1	98
Denise Softley	FV50	00:41:48	12	4	2	97
Ruth Kennedy-Green	FV40	00:42:46	13	5	3	96
Cass Jackson	FV50	00:43:07	14	6	3	95
Phillipa Pinches	FV40	00:43:09	15	7	4	94
Louise Hinsley	FSEN	00:43:21	16	8	1	93
Helen King	FV40	00:46:23	17	9	5	92
Abigail Kanabar	FSEN	00:47:21	18	10	2	91
Chris Cox	MV70	00:47:36	19	9	1	92
Marian Lowther	FV50	00:47:45	20	11	4	90
Richard Newman	MV50	00:48:50	21	10	4	91
Hazel Moore	FV40	00:54:29	22	12	6	89

Ranked by Age Grading

Name	Running Time hr:min:sec	Age Grading	Age Grading Position	Age Grading Points
Joseph Goodwin	00:30:26	79.50%	1	100
Dave Sanders	00:31:55	73.46%	2	99
Jo Turrell	00:41:32	73.24%	3	98
Keith Lowther	00:37:01	71.04%	4	97
Darren Leaver	00:37:07	68.47%	5	96
Esther Hunt	00:38:08	66.95%	6	95
Dan Turner	00:34:01	66.86%	7	94
Matthew Orford	00:32:05	66.66%	8	93
Radhika Mccathie	00:40:07	65.34%	9	92
Denise Softley	00:41:48	64.78%	10	91
Nick Parkes	00:36:34	64.62%	11	90
Cass Jackson	00:43:07	64.37%	12	89
Marian Lowther	00:47:45	62.84%	13	88
James Pickering	00:35:14	60.55%	14	87
Chris Cox	00:47:36	60.55%	15	86
Ruth Kennedy-Green	00:42:46	60.19%	16	85
Phillipa Pinches	00:43:09	59.17%	17	84
Louise Hinsley	00:43:21	55.89%	18	83
Helen King	00:46:23	55.49%	19	82
Abigail Kanabar	00:47:21	51.60%	20	81
Richard Newman	00:48:50	50.76%	21	80
Hazel Moore	00:54:29	49.13%	22	79

Ranked by Improvement

Name	Running Time hr:min:sec	Target Time hr:min:sec	Improvement	TT Points
Jo Turrell	00:41:32	00:43:20	4.15%	100
Phillipa Pinches	00:43:09	00:44:54	3.90%	99
Radhika Mccathie	00:40:07	00:41:14	2.71%	98
Keith Lowther	00:37:01	00:37:53	2.29%	97
Denise Softley	00:41:48	00:42:29	1.61%	96
Louise Hinsley	00:43:21	00:43:39	0.69%	95
Ruth Kennedy-Green	00:42:46	00:42:44	-0.08%	94
Marian Lowther	00:47:45	00:47:36	-0.32%	93
Dave Sanders	00:31:55	00:31:42	-0.68%	92
Nick Parkes	00:36:34	00:35:42	-2.43%	91
Cass Jackson	00:43:07	00:41:48	-3.15%	90
Joseph Goodwin	00:30:26	00:28:40	-6.16%	89
Darren Leaver	00:37:07	00:33:58	-9.27%	88
Matthew Orford	00:32:05	00:29:17	-9.56%	87
Helen King	00:46:23	00:42:18	-9.65%	86
Esther Hunt	00:38:08	00:34:30	-10.53%	85
Hazel Moore	00:54:29	00:49:16	-10.59%	84
Chris Cox	00:47:36	00:42:29	-12.04%	83
Dan Turner	00:34:01	00:28:50	-17.98%	82
Richard Newman	00:48:50	00:41:19	-18.19%	81
James Pickering	00:35:14	00:29:29	-19.50%	80
Abigail Kanabar	00:47:21	00:31:51	-50.24%	79