

### May 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
James Pickering	M5EN	00:29:29	1	1	1	N/A
James Coombes	M5EN	00:30:10	2	2	2	N/A
Dan Turner	MV40	00:30:50	3	3	1	N/A
Hermione Green	F5EN	00:31:31	4	1	1	N/A
Matthew Orford	M5EN	00:33:09	5	4	3	N/A
Joseph Goodwin	MV50	00:33:40	6	5	1	N/A
Darren Leaver	MV50	00:33:58	7	6	2	N/A
Owen Davies	MV40	00:34:01	8	7	2	N/A
Esther Hunt	FV40	00:34:30	9	2	1	N/A
Dave Sanders	MV40	00:37:10	10	8	3	N/A
Cass Jackson	FV50	00:41:48	11	3	1	N/A
Lisa Parry-Wolfe	FV40	00:41:49	12	4	2	N/A
Denise Softley	FV50	00:42:29	13	5	2	N/A
Jo Turrell	FV50	00:43:20	14	6	3	N/A
Phillipa Pinches	FV40	00:44:54	15	7	3	N/A
Richard Newman	MV50	00:45:53	16	9	3	N/A
Radhika Mccathie	FV40	00:46:27	17	8	4	N/A
Ruth Kennedy-Green	FV40	00:46:31	18	9	5	N/A
Hazel Moore	FV40	00:49:16	19	10	6	N/A
Jane Bradbury	FV50	00:49:53	20	11	4	N/A
Cliff Cartwright	MV60	00:49:55	21	10	1	N/A
Chris Cox	MV70	00:50:14	22	11	1	N/A

#### Ranked by Age Grading

Name	Running Time hr:min:sec	Age Grading	Age Grading Position	Age Grading Points
Hermione Green	00:31:31	76.78%	1	N/A
Darren Leaver	00:33:58	74.81%	2	N/A
Esther Hunt	00:34:30	74.00%	3	N/A
Dan Turner	00:30:50	73.76%	4	N/A
James Coombes	00:30:10	72.69%	5	N/A
James Pickering	00:29:29	72.36%	6	N/A
Joseph Goodwin	00:33:40	71.87%	7	N/A
Jo Turrell	00:43:20	70.19%	8	N/A
Owen Davies	00:34:01	66.36%	9	N/A
Cass Jackson	00:41:48	65.58%	10	N/A
Matthew Orford	00:33:09	64.52%	11	N/A
Denise Softley	00:42:29	63.74%	12	N/A
Dave Sanders	00:37:10	63.08%	13	N/A
Lisa Parry-Wolfe	00:41:49	59.80%	14	N/A
Jane Bradbury	00:49:53	59.35%	15	N/A
Chris Cox	00:50:14	57.37%	16	N/A
Phillipa Pinches	00:44:54	56.86%	17	N/A
Radhika Mccathie	00:46:27	56.86%	18	N/A
Ruth Kennedy-Green	00:46:31	55.91%	19	N/A
Hazel Moore	00:49:16	54.34%	20	N/A
Richard Newman	00:45:53	54.03%	21	N/A
Cliff Cartwright	00:49:55	52.68%	22	N/A

#### Ranked by Improvement

Name	Running Time hr:min:sec	Target Time hr:min:sec	Improvement	TT Points
Lisa Parry-Wolfe	00:41:49	00:53:53	22.39%	100
Hermione Green	00:31:31	00:34:27	8.51%	99
Phillipa Pinches	00:44:54	00:49:02	8.43%	98
Jo Turrell	00:43:20	00:46:43	7.24%	97
Darren Leaver	00:33:58	00:36:01	5.69%	96
Esther Hunt	00:34:30	00:36:01	4.21%	95
James Pickering	00:29:29	00:30:09	2.21%	94
Hazel Moore	00:49:16	00:50:14	1.92%	93
Denise Softley	00:42:29	00:42:14	-0.59%	92
Owen Davies	00:34:01	00:33:42	-0.94%	91
Jane Bradbury	00:49:53	00:47:12	-5.69%	90
James Coombes	00:30:10	00:28:18	-6.60%	89
Dan Turner	00:30:50	00:28:50	-6.94%	88
Ruth Kennedy-Green	00:46:31	00:42:44	-8.85%	87
Richard Newman	00:45:53	00:41:19	-11.05%	86
Radhika Mccathie	00:46:27	00:39:45	-16.86%	85
Dave Sanders	00:37:10	00:31:42	-17.25%	85
Joseph Goodwin	00:33:40	00:28:40	-17.44%	84
Chris Cox	00:50:14	00:42:29	-18.24%	83
Matthew Orford	00:33:09	00:27:31	-20.47%	82
Cliff Cartwright	00:49:55	00:41:09	-21.30%	81
Cass Jackson	00:41:48	00:34:27	-21.34%	80