Lichfield Running Club

Time Trial Results (best five results)

	Feb 5k TT	Mar 5k TT	Apr 5k TT	May 5M TT	Jul 5M TT	Aug 5M TT	Sep 5k TT	Oct 5k TT	Nov 5k TT	Total Points	Marshalled?
Paul Mortimer	93	100	96	71	99	94		98		487	☐
Ed Coppinger	100	95			100	97	94		88	486	☑
Paul Fowler		74	100		95	98		97	91	481	☑
Owen Davies	83	92	92			100	95			462	☑
Joy Atkin	82				98	91	96		90	457	☑
Alan Miles	74		97		89	88	91	90		455	☑
Nick Parkes	90	90	90	91	90	86		80	75	451	☑
John Doyle			91	80	94	81		84	99	449	☑
Janna Heathershaw	94	94			85	89			83	445	☑
Andy Evans	77	93		85			82	85	98	443	☑
Stephen Howard	89			94	86	83	85	89	84	443	☑
James Kay	96			87	92			77	89	441	☑
Ann Schwarzenbach	87	97	95	79				82	77	440	☑
Dan Turner	84		81	92	91		92			440	☐
Abbi Storer		83	99	72			83	88	87	440	☑
Clare Tanter			84	90		96	86		74	430	☑
Dave Sanders				84	83	90	90		81	428	☑
Aby Jones	81		83	93	87	82			82	427	☑
Sophie Thompson		78		77		75	99		95	424	☑
Phil Radnor	75			97	93		80	78		423	☑
Paul Gilbert		73	89	70			100	81		413	☑
Wayne Asprey	92			99		92		93		376	☑
Will Packham		80		78			98		86	342	☑
James Coombes		87			88	79			85	339	☑

	Feb 5k TT	Mar 5k TT	Apr 5k TT	May 5M TT	Jul 5M TT	Aug 5M TT	Sep 5k TT	Oct 5k TT	Nov 5k TT	Total Points	Marshalled?
Federica Cantatore					81	84	77	96		338	☑
Daniella Gonzalez		76	93		78				76	323	☐
Lorraine Amos	86					74	81	75		316	☑
Julia Smith	91	98			97					286	☐
Hannah McLay		91		98			97			286	☐
Gail Fortes Mayer				95		95	89			279	☑
Mark Job	88			89				92		269	☑
Julie Brent		99		88					79	266	☐
Ryan Simms	76	88		96						260	☐
Phil Pinney						78		76	100	254	☑
Liz Clarke		82		82			88			252	☑
Amy Newport		82		81			87			250	☑
Andy Clay				75			79		94	248	☑
Ben Richards					79	93	73			245	☑
Morgan Bradley		94						73	78	245	☐
Ryan Robinson							72	95	73	240	☑
Keith Lowther	99								93	192	☑
Beth Clarke								100	92	192	☑
Phillip Brindle								87	97	184	☐
Simon Watson	95		88							183	☑
Dave Bentley	98				84					182	☐
Alun Thomas					82	99				181	☐
Sean Steventon	97							83		180	☑
Jon Alderson				86			93			179	☑
Adele Rodda		75	98							173	☑
Gemma Lunn		86	86							172	☐
Carina Allan						87	84			171	☑
Martin Thompson	85			83						168	☑
Neal McCathie					80			79		159	☑

	Feb 5k TT	Mar 5k TT	Apr 5k TT	May 5M TT	Jul 5M TT	Aug 5M TT	Sep 5k TT	Oct 5k TT	Nov 5k TT	Total Points	Marshalled?
Daniel Floyd	78					80				158	☐
Libby Hyde-Durrant	72					72				144	☑
Melissa Farmer				100						100	☐
Michelle Cooper								99		99	☐
Ben Stanaway		96								96	☐
Jane Bradbury		89								89	☐
Duncan Cooper			87							87	☐
Marian Lowther								86		86	☑
Kim Leary		85								85	☐
Darryl Godden			85							85	☐
Claire Wheat		84								84	☑
Steve Rivers			82							82	☐
Gillian Jelley	80									80	☐
Georgina Orford			80							80	☐
Matthew Allan									80	80	☐
James Pickering	79									79	☐
Piotr Szaltys		79								79	☐
Charlotte Wesley						77				77	☑
Martin Shortall		77								77	☑
Oi Hin Lai						76				76	☐
Ludovica Mazzucco							76			76	☐
Matt Hall						73				73	☑
Adrian Jelley	73									73	☐
Charlotte Murphy	71									71	☐
Marcelle Hollins	70									70	☐
Harry Bell	69									69	☐
Steve Williams	68									68	☐

Feb 5k TT Results

	Time	Target Time	Improvement	TT Points
Ed Coppinger	00:19:23	00:21:29	9.78%	100
Keith Lowther	00:23:33	00:25:10	6.42%	99
Dave Bentley	00:27:20	00:29:01	5.80%	98
Sean Steventon	00:23:47	00:25:04	5.12%	97
James Kay	00:17:14	00:17:45	2.91%	96
Simon Watson	00:23:39	00:24:10	2.14%	95
Janna Heathershaw	00:27:14	00:27:48	2.04%	94
Paul Mortimer	00:26:50	00:27:19	1.77%	93
Wayne Asprey	00:18:52	00:19:09	1.48%	92
Julia Smith	00:24:30	00:24:35	0.34%	91
Nick Parkes	00:21:03	00:21:07	0.32%	90
Stephen Howard	00:21:35	00:21:39	0.31%	89
Mark Job	00:25:38	00:25:37	-0.07%	88
Ann Schwarzenbach	00:30:18	00:30:14	-0.22%	87
Lorraine Amos	00:23:44	00:23:38	-0.42%	86
Martin Thompson	00:28:58	00:28:45	-0.75%	85
Dan Turner	00:17:42	00:17:22	-1.92%	84
Owen Davies	00:20:26	00:19:43	-3.63%	83
Joy Atkin	00:26:12	00:24:58	-4.94%	82
Aby Jones	00:34:38	00:32:30	-6.56%	81
Gillian Jelley	00:28:15	00:26:29	-6.67%	80
James Pickering	00:18:33	00:17:21	-6.92%	79
Daniel Floyd	00:18:19	00:17:00	-7.75%	78
Andy Evans	00:18:28	00:17:08	-7.78%	77
Ryan Simms	00:18:28	00:16:42	-10.58%	76
Phil Radnor	00:20:36	00:18:33	-11.05%	75
Alan Miles	00:29:39	00:26:41	-11.12%	74
Adrian Jelley	00:23:30	00:20:18	-15.76%	73
Libby Hyde-Durrant	00:28:10	00:21:45	-29.50%	72
Charlotte Murphy	00:32:59	00:21:45	-51.65%	71
Marcelle Hollins	00:33:36	00:21:45	-54.48%	70
Harry Bell	00:27:26	00:16:42	-64.27%	69
Steve Williams	00:30:27	00:16:42	-82.34%	68

Mar 5k TT Results

	Time	Target Time	Improvement	TT Points
Paul Mortimer	00:25:52	00:26:50	3.60%	100
Julie Brent	00:25:24	00:26:02	2.43%	99
Julia Smith	00:24:13	00:24:30	1.16%	98
Ann Schwarzenbach	00:30:05	00:30:14	0.50%	97
Ben Stanaway	00:17:39	00:17:43	0.38%	96
Ed Coppinger	00:19:26	00:19:23	-0.26%	95
Morgan Bradley	00:18:04	00:17:54	-0.93%	94
Andy Evans	00:17:36	00:17:08	-2.72%	93
Owen Davies	00:20:24	00:19:43	-3.47%	92
Hannah McLay	00:23:18	00:21:56	-6.23%	91
Nick Parkes	00:22:56	00:21:03	-8.95%	90
Jane Bradbury	00:37:27	00:34:01	-10.09%	89
Ryan Simms	00:18:40	00:16:42	-11.78%	88
James Coombes	00:21:20	00:18:51	-13.17%	87
Gemma Lunn	00:24:52	00:21:45	-14.33%	86
Kim Leary	00:25:23	00:21:45	-16.70%	85
Claire Wheat	00:37:27	00:32:02	-16.91%	84
Abbi Storer	00:33:50	00:28:50	-17.34%	83
Liz Clarke	00:32:16	00:26:57	-19.73%	82
Amy Newport	00:32:16	00:26:57	-19.73%	82
Will Packham	00:20:00	00:16:42	-19.76%	80
Piotr Szaltys	00:23:12	00:16:42	-38.92%	79
Sophie Thompson	00:30:34	00:21:45	-40.54%	78
Martin Shortall	00:23:39	00:16:42	-41.62%	77
Daniella Gonzalez	00:32:59	00:21:45	-51.65%	76
Adele Rodda	00:33:54	00:21:45	-55.86%	75
Paul Fowler	00:33:01	00:16:42	-97.70%	74
Paul Gilbert	00:33:51	00:16:42	-102.69%	73

Apr 5k TT Results

	Time	Target Time	Improvement	TT Points
Paul Fowler	00:26:24	00:33:01	20.04%	100
Abbi Storer	00:29:21	00:33:50	13.25%	99
Adele Rodda	00:30:34	00:33:54	9.83%	98
Alan Miles	00:27:51	00:29:39	6.07%	97
Paul Mortimer	00:24:49	00:25:52	4.06%	96
Ann Schwarzenbach	00:29:03	00:30:05	3.43%	95
Janna Heathershaw	00:26:45	00:27:14	1.77%	94
Daniella Gonzalez	00:32:31	00:32:59	1.41%	93
Owen Davies	00:20:11	00:20:24	1.06%	92
John Doyle	00:17:37	00:17:47	0.94%	91
Nick Parkes	00:21:05	00:21:03	-0.16%	90
Paul Gilbert	00:33:57	00:33:51	-0.30%	89
Simon Watson	00:23:57	00:23:39	-1.27%	88
Duncan Cooper	00:19:55	00:19:38	-1.44%	87
Gemma Lunn	00:25:14	00:24:52	-1.47%	86
Darryl Godden	00:29:39	00:28:06	-5.52%	85
Clare Tanter	00:29:26	00:27:34	-6.77%	84
Aby Jones	00:35:01	00:32:30	-7.74%	83
Steve Rivers	00:20:24	00:18:53	-8.03%	82
Dan Turner	00:19:23	00:17:42	-9.51%	81
Georgina Orford	00:35:01	00:31:09	-12.41%	80

May 5M TT Results

	Time	Target Time	Improvement	TT Points
Melissa Farmer	00:48:18	00:51:53	6.91%	100
Wayne Asprey	00:31:09	00:32:54	5.32%	99
Hannah McLay	00:37:38	00:38:37	2.55%	98
Phil Radnor	00:32:13	00:32:48	1.78%	97
Ryan Simms	00:28:17	00:28:44	1.57%	96
Gail Fortes Mayer	00:38:06	00:38:37	1.34%	95
Stephen Howard	00:36:40	00:36:28	-0.55%	94
Aby Jones	01:00:25	00:59:58	-0.75%	93
Dan Turner	00:29:25	00:29:09	-0.91%	92
Nick Parkes	00:36:17	00:35:49	-1.30%	91
Clare Tanter	00:47:23	00:46:45	-1.35%	90
Mark Job	00:45:07	00:44:30	-1.39%	89
Julie Brent	00:43:11	00:42:34	-1.45%	88
James Kay	00:29:48	00:28:39	-4.01%	87
Jon Alderson	00:32:30	00:31:08	-4.39%	86
Andy Evans	00:30:27	00:28:49	-5.67%	85
Dave Sanders	00:33:48	00:31:27	-7.47%	84
Martin Thompson	00:56:14	00:51:32	-9.12%	83
Liz Clarke	00:52:57	00:48:17	-9.67%	82
Amy Newport	00:52:57	00:48:14	-9.78%	81
John Doyle	00:33:04	00:29:36	-11.71%	80
Ann Schwarzenbach	00:58:42	00:50:54	-15.32%	79
Will Packham	00:31:51	00:26:55	-18.33%	78
Sophie Thompson	00:46:59	00:38:37	-21.67%	77
Liam Chawner	00:33:18	00:26:55	-23.72%	76
Andy Clay	00:33:35	00:26:55	-24.77%	75
Ben Watson	00:35:46	00:26:55	-32.88%	74
Owen Mitchell	00:38:48	00:26:55	-44.15%	73
Abbi Storer	00:58:39	00:38:37	-51.88%	72
Paul Mortimer	00:41:57	00:26:55	-55.85%	71
Paul Gilbert	00:54:33	00:26:55	-102.66%	70

July 5M TT Results

	Time	Target Time	Improvement	TT Points
Ed Coppinger	00:32:10	00:45:08	28.73%	100
Paul Mortimer	00:40:03	00:41:57	4.53%	99
Joy Atkin	00:41:32	00:43:08	3.71%	98
Julia Smith	00:40:15	00:41:43	3.52%	97
Owen Mitchell	00:37:48	00:38:48	2.58%	96
Paul Fowler	00:43:21	00:44:26	2.44%	95
John Doyle	00:29:13	00:29:36	1.30%	94
Phil Radnor	00:31:53	00:32:13	1.03%	93
James Kay	00:28:31	00:28:39	0.47%	92
Dan Turner	00:29:39	00:29:09	-1.72%	91
Nick Parkes	00:36:28	00:35:49	-1.81%	90
Alan Miles	00:47:23	00:46:24	-2.12%	89
James Coombes	00:33:46	00:32:33	-3.74%	88
Aby Jones	01:02:30	00:59:58	-4.22%	87
Stephen Howard	00:38:31	00:36:28	-5.62%	86
Janna Heathershaw	00:48:36	00:44:56	-8.16%	85
Dave Bentley	00:48:36	00:44:38	-8.89%	84
Dave Sanders	00:34:15	00:31:27	-8.90%	83
Alun Thomas	00:29:33	00:26:55	-9.78%	82
Federica Cantatore	00:44:23	00:37:38	-17.94%	81
Neal McCathie	00:36:30	00:26:55	-35.60%	80
Ben Richards	00:37:53	00:26:55	-40.74%	79
Daniella Gonzalez	01:01:32	00:37:38	-63.51%	78

August 5M TT Results

	Time	Target Time	Improvement	TT Points
Owen Davies	00:32:26	00:34:07	4.93%	100
Alun Thomas	00:28:20	00:29:33	4.12%	99
Paul Fowler	00:42:19	00:43:21	2.38%	98
Ed Coppinger	00:31:27	00:32:10	2.23%	97
Clare Tanter	00:46:42	00:47:23	1.44%	96
Gail Fortes Mayer	00:37:38	00:38:06	1.22%	95
Paul Mortimer	00:39:35	00:40:03	1.17%	94
Ben Richards	00:37:34	00:37:53	0.84%	93
Wayne Asprey	00:31:01	00:31:09	0.43%	92
Joy Atkin	00:41:22	00:41:32	0.40%	91
Dave Sanders	00:33:54	00:33:48	-0.30%	90
Janna Heathershaw	00:45:23	00:44:56	-1.00%	89
Alan Miles	00:47:55	00:47:23	-1.13%	88
Carina Allan	00:46:50	00:46:14	-1.30%	87
Nick Parkes	00:36:27	00:35:49	-1.77%	86
Ben Watson	00:36:28	00:35:46	-1.96%	85
Federica Cantatore	00:45:24	00:44:23	-2.29%	84
Stephen Howard	00:37:36	00:36:40	-2.55%	83
Aby Jones	01:01:39	00:59:58	-2.81%	82
John Doyle	00:30:12	00:29:13	-3.37%	81
Daniel Floyd	00:29:12	00:28:08	-3.79%	80
James Coombes	00:35:37	00:33:46	-5.48%	79
Phil Pinney	00:46:00	00:42:18	-8.75%	78
Charlotte Wesley	01:01:17	00:55:25	-10.59%	77
Oi Hin Lai	00:42:02	00:37:38	-11.69%	76
Sophie Thompson	00:53:36	00:46:59	-14.08%	75
Lorraine Amos	00:45:54	00:38:57	-17.84%	74
Matt Hall	00:35:49	00:26:55	-33.07%	73
Libby Hyde-Durrant	00:53:36	00:37:38	-42.43%	72

September 5k TT Results

	Time	Target Time	Improvement	TT Points
Paul Gilbert	00:29:41	00:33:51	12.31%	100
Sophie Thompson	00:27:18	00:30:34	10.69%	99
Will Packham	00:18:34	00:20:00	7.17%	98
Hannah McLay	00:22:00	00:23:18	5.58%	97
Joy Atkin	00:24:56	00:26:12	4.83%	96
Owen Davies	00:19:19	00:20:11	4.29%	95
Ed Coppinger	00:18:57	00:19:23	2.24%	94
Jon Alderson	00:19:15	00:19:22	0.60%	93
Dan Turner	00:17:40	00:17:42	0.19%	92
Alan Miles	00:28:07	00:27:51	-0.96%	91
Dave Sanders	00:20:05	00:19:29	-3.08%	90
Gail Fortes Mayer	00:22:32	00:21:45	-3.60%	89
Liz Clarke	00:30:25	00:29:02	-4.76%	88
Amy Newport	00:30:26	00:29:00	-4.94%	87
Clare Tanter	00:29:05	00:27:34	-5.50%	86
Stephen Howard	00:22:54	00:21:35	-6.10%	85
Carina Allan	00:28:43	00:26:47	-7.22%	84
Abbi Storer	00:31:31	00:29:21	-7.38%	83
Andy Evans	00:19:13	00:17:36	-9.19%	82
Lorraine Amos	00:25:57	00:23:38	-9.80%	81
Phil Radnor	00:21:03	00:19:02	-10.60%	80
Andy Clay	00:19:39	00:17:14	-14.02%	79
Marco Marcatili	00:20:12	00:17:14	-17.21%	78
Federica Cantatore	00:27:00	00:21:45	-24.14%	77
Ludovica Mazzucco	00:27:01	00:21:45	-24.21%	76
Owen Mitchell	00:21:55	00:17:14	-27.18%	75
Sarah Kay	00:28:13	00:21:45	-29.73%	74
Ben Richards	00:22:47	00:17:14	-32.21%	73
Ryan Robinson	00:28:47	00:17:14	-67.02%	72

October 5k TT Results

	Time	Target Time	Improvement	TT Points
Beth Clarke	00:28:17	00:29:40	4.66%	100
Michelle Cooper	00:29:51	00:31:15	4.48%	99
Paul Mortimer	00:23:50	00:24:49	3.96%	98
Paul Fowler	00:25:28	00:26:24	3.54%	97
Federica Cantatore	00:26:07	00:27:00	3.27%	96
Ryan Robinson	00:27:56	00:28:47	2.95%	95
Marco Marcatili	00:19:44	00:20:12	2.31%	94
Wayne Asprey	00:18:34	00:18:52	1.59%	93
Mark Job	00:25:16	00:25:37	1.37%	92
Owen Mitchell	00:21:45	00:21:55	0.76%	91
Alan Miles	00:27:51	00:27:51	0.00%	90
Stephen Howard	00:21:51	00:21:35	-1.24%	89
Abbi Storer	00:29:50	00:29:21	-1.65%	88
Phillip Brindle	00:20:25	00:19:57	-2.34%	87
Marian Lowther	00:30:00	00:29:18	-2.39%	86
Andy Evans	00:18:02	00:17:36	-2.46%	85
John Doyle	00:18:04	00:17:37	-2.55%	84
Sean Steventon	00:24:30	00:23:47	-3.01%	83
Ann Schwarzenbach	00:29:57	00:29:03	-3.10%	82
Paul Gilbert	00:30:45	00:29:41	-3.59%	81
Nick Parkes	00:21:51	00:21:03	-3.80%	80
Neal McCathie	00:21:28	00:20:38	-4.04%	79
Phil Radnor	00:19:59	00:19:02	-4.99%	78
James Kay	00:18:32	00:17:14	-7.54%	77
Phil Pinney	00:28:04	00:25:37	-9.56%	76
Lorraine Amos	00:26:12	00:23:38	-10.86%	75
Katie Elton	00:24:21	00:21:45	-11.95%	74
Morgan Bradley	00:20:17	00:18:04	-12.27%	73
Steve Butler	00:19:59	00:17:14	-15.96%	72
Rachel Dobson	00:28:12	00:21:45	-29.66%	71

November 5k TT Results

	Time	Target Time	Improvement	TT Points
Phil Pinney	00:26:23	00:28:04	6.00%	100
John Doyle	00:16:54	00:17:37	4.07%	99
Andy Evans	00:16:55	00:17:36	3.88%	98
Phillip Brindle	00:19:39	00:20:25	3.76%	97
Steve Butler	00:19:15	00:19:59	3.67%	96
Sophie Thompson	00:26:35	00:27:18	2.63%	95
Andy Clay	00:19:18	00:19:39	1.78%	94
Keith Lowther	00:23:09	00:23:33	1.70%	93
Beth Clarke	00:27:49	00:28:17	1.65%	92
Paul Fowler	00:25:03	00:25:28	1.64%	91
Joy Atkin	00:24:44	00:24:56	0.80%	90
James Kay	00:17:09	00:17:14	0.48%	89
Ed Coppinger	00:18:56	00:18:57	0.09%	88
Abbi Storer	00:29:27	00:29:21	-0.34%	87
Will Packham	00:18:40	00:18:34	-0.54%	86
James Coombes	00:21:31	00:21:20	-0.86%	85
Matthew Allan	00:18:19	00:18:08	-1.01%	84
Stephen Howard	00:21:49	00:21:35	-1.08%	83
Janna Heathershaw	00:27:10	00:26:45	-1.56%	82
Aby Jones	00:35:17	00:34:38	-1.88%	81
Dave Sanders	00:19:53	00:19:29	-2.05%	80
Julie Brent	00:26:00	00:25:24	-2.36%	79
Morgan Bradley	00:18:31	00:18:04	-2.49%	78
Ann Schwarzenbach	00:30:39	00:29:03	-5.51%	77
Daniella Gonzalez	00:34:45	00:32:31	-6.87%	76
Nick Parkes	00:23:21	00:21:03	-10.93%	75
Clare Tanter	00:31:25	00:27:34	-13.97%	74
Ryan Robinson	00:32:08	00:27:56	-15.04%	73
Raquel Gil	00:26:42	00:21:45	-22.76%	72
Stephanie Jervis	00:30:33	00:21:45	-40.46%	71
Jon Jervis	00:24:51	00:17:14	-44.20%	70