

Kenilworth Runners

Club Race League



Newbold - 3.3 miles

22 July 2017

Surname	Forename	Age Cat	Group	Predicted Time	Predicted Pace (min/mi)	Actual Time	Actual Pace (min/mi)	Notes	% Percentage Improvement	Race Score	Next Race Target Time miles
Williams	Tom	MV40	B	23.34	7.09	23.23	7.05	Joker	0.79	100	0.00
Kerr	Rachel	SL	B	24.35	7.27	24.30	7.25		0.31	49	0.00
Delaney	James	SM	B	24.30	7.26	24.26	7.24		0.29	48	0.00
Shields	Alex	SL	A	26.47	8.07	26.47	8.07		0.02	47	0.00
Crust	Michael	MV60	A	27.50	8.26	28.16	8.34		-1.57	46	0.00
Oxtoby	David	MV40	B	23.27	7.06	23.50	7.13		-1.61	45	0.00
Taylor	Ben	SM	C	19.11	5.49	19.35	5.56		-2.10	44	0.00
Broomfield	Martin	SM	A	29.55	9.04	30.35	9.16		-2.22	43	0.00
Wreford-Bush	Emma	SL	B	25.26	7.42	26.14	7.57		-3.16	42	0.00
Fuste Raba	Carla	SM	B	26.51	8.08	27.43	8.24		-3.21	41	0.00
Holmes	Amanda	SL	A	27.29	8.20	28.25	8.37		-3.39	40	0.00
Houghton	Phil	MV45	B	23.26	7.06	24.19	7.22		-3.79	39	0.00
Armstrong	Rachel	SL	B	25.26	7.42	26.28	8.01	Joker	-4.06	76	0.00
Brown	Dave	MV50	A	26.27	8.01	27.37	8.22		-4.44	37	0.00
Martin	Stuart	MV50	B	22.56	6.57	24.00	7.16		-4.69	36	0.00
Elkington	Barry	MV60	B	23.04	6.59	24.10	7.19		-4.74	35	0.00
Powell	Alister	SM	C	21.08	6.24	22.12	6.44		-5.02	34	0.00
Shillington	Stef	MV70	A	28.28	8.38	30.03	9.06		-5.54	33	0.00
Cookson	Sophie	LV35	A	28.37	8.40	30.13	9.09		-5.61	32	0.00
Beasley	Keith	SM	B	22.05	6.42	23.25	7.06		-6.04	31	0.00
Doxey	Stanley	SM	C	18.59	5.45	20.14	6.08		-6.60	30	0.00
Chapple	Liam	MV50	C	21.00	6.22	22.27	6.48		-6.90	29	0.00
Broadbent	Richard	MV45	B	21.22	6.28	22.55	6.57		-7.26	28	0.00
Streets	Debbie	LV40	B	25.08	7.37	26.58	8.10	Joker	-7.27	54	0.00
Williams	Nick	SM	C	19.47	6.00	21.15	6.26		-7.42	26	0.00
Bailey	Colin	MV45	B	21.27	6.30	23.04	6.59		-7.56	25	0.00
Sawle	Jim	MV40	C	19.35	5.56	21.04	6.23		-7.56	24	0.00
Marshall	Tom	MV50	C	21.44	6.35	23.27	7.06		-7.92	23	0.00
Crust	Mandy	LV50	A	26.46	8.07	28.53	8.45		-7.93	22	0.00
Marr	Steve	MV40	C	18.20	5.33	19.48	6.00		-7.96	21	0.00
Baynes	Ian	MV75	B	22.04	6.41	23.51	7.14		-8.09	20	0.00
Dable	Tom	MV65	A	28.08	8.32	30.27	9.14		-8.23	19	0.00
Hope	Kev	SM	C	18.04	5.28	19.33	5.55		-8.24	18	0.00
Kidd	Jane	LV55	B	24.57	7.34	27.02	8.12		-8.34	17	0.00
Briggs	Wayne	MV40	C	19.22	5.52	21.02	6.22		-8.61	16	0.00
Dorrill	Martin	MV50	C	19.35	5.56	21.16	6.27		-8.64	15	0.00
Bryan	Peter	MV50	C	19.33	5.56	21.15	6.26		-8.67	14	0.00
Pettifer	Laura	LV35	B	21.44	6.35	23.39	7.10		-8.82	13	0.00
Ilman	Esther	SM	B	22.03	6.41	24.03	7.17		-9.03	12	0.00
Dilnot	Gary	MV45	A	25.57	7.52	28.18	8.35		-9.04	11	0.00
Rose	Sarah	SL	C	19.52	6.01	21.45	6.35		-9.50	10	0.00
Lyons	Chris	SM	B	21.55	6.38	24.02	7.17		-9.67	9	0.00
Elkington	Matthew	SM	C	17.11	5.12	18.52	5.43	Joker	-9.78	16	0.00
Lunn	Kimberley	LV45	A	31.45	9.37	34.52	10.34		-9.82	7	0.00
Andrews	Louise	LV40	B	22.05	6.42	24.22	7.23		-10.34	6	0.00
Williams	Lorne	MV55	B	23.26	7.06	25.56	7.52		-10.64	5	0.00
Flippance	Kerrie	SL	B	24.31	7.26	27.08	8.13		-10.67	4	0.00
Lawrence	Nick	MV50	C	19.57	6.03	22.05	6.42		-10.72	3	0.00
Leadley	David	MV50	C	19.31	5.55	21.51	6.37		-11.92	2	0.00
Baker	Helen	SL	A	31.31	9.33	35.53	10.52		-13.84	1	0.00
Steel	Richard	MV50	B	21.18	6.27	24.16	7.21		-13.89	0	0.00
Kirkwood	Alistair	MV60	B	26.26	8.01	30.26	9.13	Joker	-15.16	0	0.00

Course Records:

Men: - 0.01 ... Vets: - 0.01
Ladies: - 0.01 ... Vets: - 0.01

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Dable	Pauline	LV65	A	29.00	8.47	34.12	10.22		-17.90	0	0.00
Ayyalasomayajul	Pavan	SM	B	26.15	7.57	32.44	9.55		-24.68	0	0.00
Landels	Alistair	MV45	C	16.40	5.03	21.22	6.28		-28.17	0	0.00
Philpott	Jenny	LV35	A	24.07	7.18	31.10	9.27		-29.28	0	0.00
Mellor	Lesley	LV35	B	16.40	5.03	25.33	7.45		-53.26	0	0.00

Marshalls											
Crow	Tina	SL	B			Marshall		Marshall			45
Fullaway	Linda	SL	A			Marshall		Marshall			45
Cookson	Richard	MV50	C			Marshall		Marshall			45
Mottershead	Simon	MV40	B			Marshall		Marshall			45
Cahill	Mike	MV70	A			Marshall		Marshall			45
Wilson	Kate	LV40	B			Marshall		Marshall			45
Luntley	Chris	SM	A			Marshall		Marshall			45
Pearce	Clive	MV50	B			Marshall		Marshall			45

Course Records:

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Ladies: - 0.01 ... Vets: - 0.01