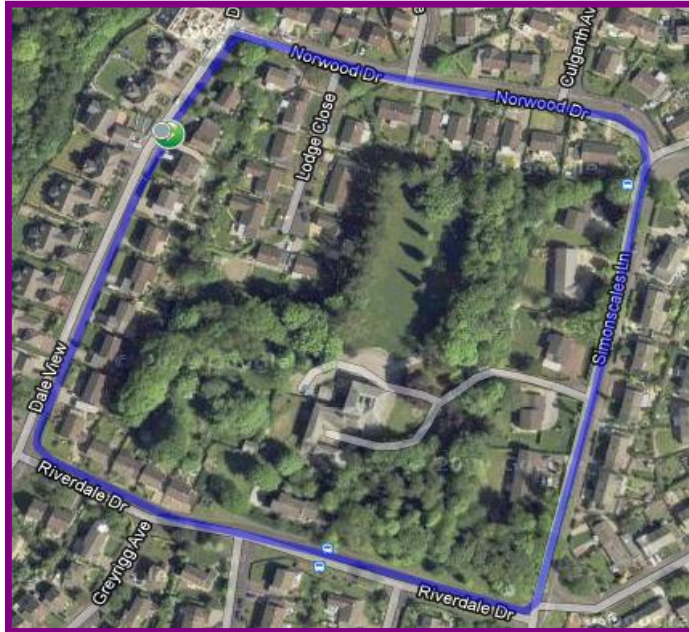


Tuesday 18th October 2011 - Dale View, Simonscales Loops

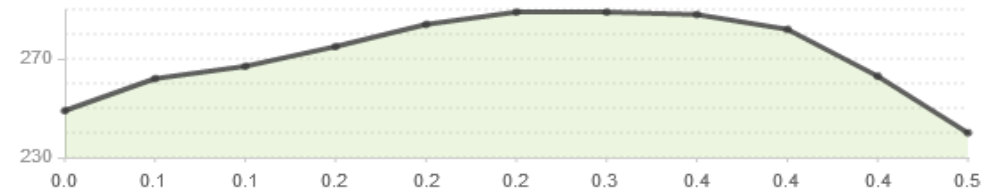


5 loops starting aton Dale View along to Riverdale drive, down Simonscales Lane, down Norwood drive and back alongDale View to the Start. About 0.53 miles a loop.

The aim: to keep a constant pace for the first four loops then use last one at the same pace, push all out or take it easy depending on runner.

Consistency score used to compare loops using the average/(max-min time) with a high score being better. At least three loops necessary to calculate consistency.

ELEVATION (feet)



Athletes		Loop1			Rest	Loop2			Rest	Loop3			Rest	Loop4			Rest	Loop5			Average	Variance	Consistency Score
Forename	Surname	Start	Finish	Time		Start	Finish	Time		Start	Finish	Time		Start	Finish	Time		Start	Finish	Time			
Anna	Blackburn	0:00	4:17	4:17	2:03	6:20	10:35	4:15	2:00	12:35	16:50	4:15	2:00	18:50	22:53	4:03	2:00	24:53	28:52	3:59	4:13	0:14	18.04
Joseph	Ritson	0:00	3:46	3:46	2:00	5:46	9:31	3:45	2:00	11:31	15:20	3:49	2:00	17:20	21:11	3:51	2:00	23:11	27:01	3:50	3:48	0:06	37.96
Philip	Cueto	0:00	3:35	3:35	2:11	5:46	9:12	3:26	Sensibly only doing two as coming back from injury - well done												0:09	N/A	
Kirsty	Hitchin	0:30	4:15	3:45	2:35	6:20	10:10	3:50	2:00	12:10	16:05	3:55	2:00	Missed this one			21:46	25:51	4:05	3:50	0:10	23.00	
Tony	Davis	0:30	4:01	3:31	2:04	6:05	10:00	3:55	2:00	12:00	15:43	3:43	2:00	17:43	21:04	3:21	2:00	23:04	26:38	3:34	3:38	0:34	6.40
Stephen	Hackley	0:30	3:52	3:22	2:13	6:05	9:18	3:13	2:00	11:18	14:30	3:12	2:00	16:30	19:46	3:16	2:00	21:46	25:41	3:55	3:16	0:10	19.58
Ellie	Ulyalt	0:30	4:13	3:43	2:07	6:20	10:05	3:45	2:00	12:05	15:45	3:40	2:00	17:45	21:20	3:35	2:00	23:20	26:41	3:21	3:41	0:10	22.07
Howard	Seal	10:00	13:10	3:10	2:00	15:10	18:18	3:08	2:00	20:18	23:29	3:11	2:00	25:29	28:38	3:09	1:22	30:00	33:05	3:05	3:10	0:03	63.17