

## Time Trial Tuesday 18th October - Towers Lane, Vicarage lane loops



4 loops starting at Rose lane up to Towers Lane, Simonscales Lane, Vicarage Lane and back along Lorton Road to Rose Lane. The aim was to keep a constant pace for all the loops, so as for previous consistent pace intervals a consistency score has been applied (average/(max-min time) with the highest scores highlighted.

Simon's running was by far the most consistent, but everyone's pacing is much improved from the last session in March of this year - well done!

Athletes		Loop1			Rest	Loop2			Rest	Loop3			Rest	Loop4			Average	Variance	Consistency Score
Forename	Surname	Start	Finish	Time		Start	Finish	Time		Start	Finish	Time		Start	Finish	Time			
Kirsty	Hitchin	Short Loop no times				0:00	5:46	5:46								5:46	N/A	N/A	
Ellie	Ulyalt	Short Loop no times				0:00	5:49	5:49	3:00	8:49	14:43	5:54	3:02	17:45	23:44	5:59	5:54	0:10	35.40
Simon		Short Loop no times				0:30	6:35	6:05	2:45	9:20	15:25	6:05	2:35	18:00	24:10	6:10	6:07	0:05	73.33
Andrew	Pipes	Short Loop no times				0:30	6:20	5:50	3:00	9:20	14:50	5:30	3:10	18:00	23:17	5:17	5:32	0:33	10.07
Tony	Davis	Short Loop no times				1:03	6:43	5:40	3:17	10:00	15:27	5:27	3:03	18:30	23:52	5:22	5:30	0:18	18.31
Stephen	Hackley	Short Loop no times				1:03	6:37	5:34	3:23	10:00	15:22	5:22	3:08	18:30	24:02	5:32	5:29	0:12	27.44
Howard	Seal	0:00	5:26	5:26	2:35	8:01	13:27	5:26	3:08	16:35	22:06	5:31	2:53	24:59	30:35	5:36	5:30	0:10	32.98