

**RR Harriers Virtual Challenge: Acceleration Run - Mon 3rd to Sun 30th October 2022**

Pos	Runner	Miles Completed	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 6	Mile 7	Mile 8		
1	Russ Parkin	5	10:28	09:59	09:28	09:00	08:28					
2	Clare McKittrick	5	08:21	08:09	08:01	07:51	07:37					
3	Chris Booth	6	08:59	08:30	08:03	07:28	07:01	06:28				
4	Gillian Whiteside	5	10:36	10:26	10:12	10:05	09:54					
5	Andy Ward	7	10:19	10:04	09:59	09:48	09:41	09:27	09:19			
6	Mark Rogerson	5	09:58	09:33	09:09	08:51	08:24					
7	Nigel Granville	5	11:54	11:25	11:18	10:27	10:14					
	James Ward	6	08:43	08:31	08:17	07:58	08:03	07:37				
	Julian Smith	5	09:15	09:06	08:37	08:39	07:28					
Pos	Runner	Diff M1 to M2	Diff M2 to M3	Diff M3 to M4	Diff M4 to M5	Diff M5 to M6	Diff M6 to M7	Diff M7 to M8	Total Improvement	Average Improvement	Differential (Secs)	Score
1	Russ Parkin	00:29	00:31	00:28	00:32				02:00	00:30	00:04	00:00.80
2	Clare McKittrick	00:12	00:08	00:10	00:14				00:44	00:11	00:06	00:01.20
3	Chris Booth	00:29	00:27	00:35	00:27	00:33			02:31	00:30	00:08	00:01.33
4	Gillian Whiteside	00:10	00:14	00:07	00:11				00:42	00:10	00:07	00:01.40
5	Andy Ward	00:15	00:05	00:11	00:07	00:14	00:08		01:00	00:10	00:10	00:01.43
6	Mark Rogerson	00:25	00:24	00:18	00:27				01:34	00:24	00:09	00:01.80
7	Nigel Granville	00:29	00:07	00:51	00:13				01:40	00:25	00:44	00:08.80
	James Ward	00:12	00:14	00:19	#####	00:26			01:06	00:13	00:31	Disq.
	Julian Smith	00:09	00:29	#####	01:11				01:47	00:27	01:13	Disq.

<b>Points</b>
20
19
18
17
16
15
14
0
0