

RR Harriers Virtual Challenge: Acceleration Run - Mon 7th to Sun 13th June 2021

Congratulations to all that completed this challenge. Just a hardy 13 attempted it, maybe others saving themselves for next week's handicap. Wasn't sure how it was going to work out but hope you had some fun with it. If nothing else, I'm sure it provided a good training exercise.

So, 13 attempted, 10, did it successfully, 3 have had to be disqualified. Sometimes you must be hard as an organiser and the rules were that each mile had to be faster than the last one. Not slower, and not the same pace! So sorry Ian, Karolina and JK!!

So the formula I used was quite simply the differential between the miles divided by the distance run. If it had been a tie, then the greatest increase in speed would have come into play.

Therefore the most uniform acceleration run was that of Nigel. Who perhaps kept himself in check thinking of what whinge he could deliver this week.

Andy Ward was second, with very similar times, but whose differential was just 1 second greater than that of Nigel.

Chris Booth ran a fine 7miler with a spirited 6:26 last mile to finish 3rd.

Well done all!

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Runner	Miles Completed	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 6	Mile 7	Mile 8	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
Nigel Granville	5	10:40	10:19	09:54	09:40	09:25				00:21	00:25	00:14	00:15				01:15	00:19	00:11	00:02.20
Andy Ward	5	10:10	10:03	09:45	09:39	09:25				00:07	00:18	00:06	00:14				00:45	00:11	00:12	00:02.40
Chris Booth	7	09:31	09:04	08:26	07:53	07:31	06:52	06:26		00:27	00:38	00:33	00:22	00:39	00:26		03:05	00:31	00:17	00:02.43
Steve Wakefield	5	12:54	12:05	11:11	10:01	09:02				00:49	00:54	01:10	00:59				03:52	00:58	00:21	00:04.20
Alan Eccleston	5	10:07	09:43	09:42	09:40	09:20				00:24	00:01	00:02	00:20				00:47	00:12	00:23	00:04.60
James Ward	6	08:55	08:17	07:55	07:40	07:11	07:05			00:38	00:22	00:15	00:29	00:06			01:50	00:22	00:32	00:05.33
Tristan Cooper	5	08:23	08:20	08:17	07:45	07:31				00:03	00:03	00:32	00:14				00:52	00:13	00:29	00:05.80
Paul Spencer	6	08:37	07:51	07:41	07:08	06:52	06:34			00:46	00:10	00:33	00:16	00:18			02:03	00:25	00:36	00:06.00
Russ Parkin	6	09:26	08:26	08:06	08:00	07:21	06:27			01:00	00:20	00:06	00:39	00:54			02:59	00:36	00:54	00:09.00
Cliff Cooper	6	17:58	17:33	16:41	16:19	13:02	10:18			00:25	00:52	00:22	03:17	02:44			07:40	01:32	02:55	00:29.17
Karolina Kucharek	5	08:37	07:52	07:16	07:10	07:26				00:45	00:36	00:06	#####				01:11	00:18	01:01	Disq.
Jon Kinder	5	10:03	09:35	09:00	09:00	08:46				00:28	00:35	00:00	00:14				01:17	00:19	00:35	Disq.
Ian Page	5	09:38	07:57	07:36	07:31	07:46				01:41	00:21	00:05	#####				01:52	00:28	01:56	Disq.