

RR Harriers virtual Can you judge your pace Challenge - Mon 10th May to Sun 16th May

Congratulations to all that completed this challenge. Wasn't sure how it was going to work out but hope you had some fun with it.

We did have some varied results, and some varied strategies. Some opted for 10miles in the hope that it would work the algorithm in their favour: some opted for controlled 6mile efforts: whilst some managed to run fairly even paced whilst running up and down Lake District mountains (JK)!

However, Russ swallowed a metronome, set himself on cruise control, and ran 7miles with an amazing differential between the splits of just 1sec. Divided by the number of miles it gave a score of 0.14.

Second with a very consistent 6miler was Andy Ward, who just pipped fellow old codger Bob Bond, who also opted for a 6mile strategy, with a score of 1.17 to 1.50

Debbie ran a very creditable 10miler to finish 4th and thus pipped Tristan into 5th.

Further down the field, Paul Spencer would have got close to the podium bar a steady first mile whilst he was warming up a calf strain (whinge whinge).

James and Nigel both appear to have ran random fartlek's, whilst Julian ran a deceleration run (run it in reverse Julian and you'll smash the forthcoming acceleration run challenge!)

Well done all. Thanks for taking part.

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| Runner | Miles Completed | Mile 1 | Mile 2 | Mile 3 | Mile 4 | Mile 5 | Mile 6 | Mile 7 | Mile 8 | Mile 9 | Mile 10 | Average | Differential (Secs) | Score |
|------------------|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------------------|----------|
| Russ Parkin | 7 | 08:22 | 08:22 | 08:21 | 08:21 | 08:21 | 08:21 | 08:22 | | | | 08:21 | 00:01 | 00:00.14 |
| Andy Ward | 6 | 09:29 | 09:29 | 09:26 | 09:28 | 09:25 | 09:32 | | | | | 09:28 | 00:07 | 00:01.17 |
| Bob Bond | 6 | 08:52 | 08:46 | 08:52 | 08:46 | 08:54 | 08:45 | | | | | 08:49 | 00:09 | 00:01.50 |
| Debbie Phelps | 10 | 08:12 | 08:08 | 08:14 | 08:11 | 08:05 | 08:05 | 08:00 | 08:00 | 08:09 | 08:17 | 08:08 | 00:17 | 00:01.70 |
| Tristan Cooper | 6 | 07:58 | 08:00 | 08:03 | 08:09 | 08:09 | 08:05 | | | | | 08:04 | 00:11 | 00:01.83 |
| Andy Dodsley | 6 | 08:03 | 07:59 | 07:58 | 07:56 | 08:03 | 08:09 | | | | | 08:01 | 00:13 | 00:02.17 |
| Andy Norman | 8 | 10:03 | 10:07 | 10:21 | 10:21 | 10:01 | 10:10 | 10:17 | 10:01 | | | 10:10 | 00:20 | 00:02.50 |
| Jon Kinder | 7 | 08:56 | 09:09 | 08:51 | 08:55 | 08:49 | 09:09 | | | | | 08:58 | 00:20 | 00:02.86 |
| Dean Smith | 8 | 09:13 | 08:59 | 09:11 | 09:16 | 09:15 | 09:19 | 09:06 | 08:56 | | | 09:09 | 00:23 | 00:02.87 |
| Cliff Cooper | 6 | 10:02 | 10:05 | 09:47 | 09:54 | 10:05 | 09:48 | | | | | 09:57 | 00:18 | 00:03.00 |
| Howard Williams | 8 | 07:33 | 07:30 | 07:22 | 07:20 | 07:36 | 07:44 | 07:46 | 07:32 | | | 07:33 | 00:26 | 00:03.25 |
| Ian Page | 7 | 07:55 | 07:45 | 07:51 | 07:58 | 08:00 | 08:12 | 08:07 | | | | 07:58 | 00:27 | 00:03.86 |
| Gilian Whiteside | 6 | 09:47 | 09:33 | 09:58 | 09:52 | 09:45 | 09:47 | | | | | 09:47 | 00:25 | 00:04.17 |
| Gordon Kalwak | 10 | 06:58 | 07:05 | 07:02 | 06:59 | 07:27 | 06:39 | 07:22 | 06:54 | 06:48 | 07:02 | 07:02 | 00:48 | 00:04.80 |
| Steve Wakefield | 7 | 11:05 | 11:00 | 10:31 | 10:57 | 10:57 | 10:44 | 11:00 | | | | 10:53 | 00:34 | 00:04.86 |
| Paul Spencer | 6 | 07:53 | 07:28 | 07:33 | 07:23 | 07:32 | 07:31 | | | | | 07:33 | 00:30 | 00:05.00 |
| James Ward | 7 | 08:43 | 08:31 | 09:02 | 08:53 | 08:39 | 09:13 | 08:43 | | | | 08:49 | 00:42 | 00:06.00 |
| Nigel Granville | 6 | 10:50 | 10:27 | 10:38 | 11:19 | 10:47 | 10:46 | | | | | 10:48 | 00:52 | 00:08.67 |
| Julian Smith | 6 | 08:15 | 08:36 | 09:09 | 09:15 | 09:25 | 09:33 | | | | | 09:02 | 01:18 | 00:13.00 |