

The short run was much more significant than the long run, that long run in which, as he used to say, "we are all dead".

Club Championship 2012

Bunny Runs

5-17/4/2012

Race Results

<u>CH Pos</u>	<u>Name</u>	<u>Time</u>	<u>Pace (min/mile)</u>
1	Pete Ward	23:07	5:56
2	Paul Murrin	23:34	6:03
3	Rich Matthews	23:56	6:08
4	Mark Harvey Jr	24:22	6:15
5	Paul Dodd	24:44	6:21
6	Laurie Carter	25:40	6:35
7	Steve Harris	25:56	6:39
8	Matthew Lawson	26:07	6:42
9	Mark English	26:13	6:43
10	Paul Lidgett	26:25	6:46
11	Steve Caldwell	26:32	6:48
12	Rob Hook	26:37	6:49
13	Rob Taylor	26:47	6:52
14	Andy Creber	26:48	6:52
15	Vanessa Lawson	26:57	6:55
16	Lou Summers	26:58	6:55
17	Niki Morgan	27:04	6:56
18	Neil Grant	27:24	7:02
19	Leo Cohen	27:47	7:07
20	Pete Hutton	28:06	7:12
21	Ivan Teed	28:11	7:14
22	Jane Horler	28:14	7:14
23	Sam Harris	28:15	7:15
24	Helen Duffield	28:27	7:18
25	Mike Evans	28:34	7:20
26	Chris Worthy	28:35	7:20
27	Andrew Calway	29:18	7:31
28	John Thomas	29:41	7:37
29	Gerry Ashton Ian Wade	29:52	7:39
31	Esther Barrett	30:12	7:45
32	Kevin McEntee	30:14	7:45
33	Allan McCall	30:22	7:47
34	Jan Morris	30:54	7:55
35	Adam Blythe	31:18	8:02
36	Andy Silk	31:48	8:09
37	Gareth Lewis	31:55	8:11
38	Dave Andrews	32:08	8:14
39	Dick Finch	32:14	8:16
40	Joc Dodd	32:16	8:16

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<u>CH Pos</u>	<u>Name</u>	<u>Time</u>	<u>Pace (min/mile)</u>
41	Berna Cantwell	33:01	8:28
42	Jackie Webb	33:18	8:32
43	Geoff Cram	33:26	8:34
44	Denise Evans	33:58	8:43
45	Rob Brown Snr	34:00	8:43
46	Berta Havers	34:01	8:43
47	Karen Elvers	34:02	8:44
48	Jane Rymer	34:04	8:44
49	Tom Riddington	34:24	8:49
50	Barry Evans	34:55	8:57
51	Jane Bayliss	35:21	9:04
52	Gemma Beves	35:50	9:11
53	Madelein Tulett	36:07	9:16
54	Geoff Bayliss	36:07	9:16
55	Helen Clancy	36:15	9:18
56	Bill Bewg	37:10	9:32
57	Phil Nagl	38:36	9:54
58	Kathryn Thomas	38:43	9:56
59	Claire Ross	44:06	11:19

A shed load (it would be a very big shed) of Harriers ran the new Bunny Run route in St Pierre Wood this April. Everyone had three chances to run with their best time being counted towards the championships.

Coming in at just under 4 miles, the race was a two lap course, mildly undulating all the way round on forestry tracks with one more off-road section. The profile below shows the nature of the beast and as the slow times for the distance reflect, was a much harder course than it first looks.



As a two lap route, everyone's lap splits were also timed and those that had the best runs were unsurprisingly those with the most even splits.

At a reasonable guess I would say conditions for each run got worse as the month went by, with the first race very dry underfoot compared to the next two. Despite this, the majority of those that did run more than once managed to achieve a quicker time in the later, wetter conditions, presumably thanks to previous knowledge of the course.

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Men's Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Pete Ward	100
2	Paul Murrin	99
3	Rich Matthews	98
4	Mark Harvey Jr	97
5	Paul Dodd	96
6	Laurie Carter	95
7	Steve Harris	94
8	Matthew Lawson	93
9	Mark English	92
10	Paul Lidgett	91
11	Steve Caldwell	90
12	Rob Hook	89
13	Rob Taylor	88
14	Andy Creber	87
15	Neil Grant	86
16	Leo Cohen	85
17	Pete Hutton	84
18	Ivan Teed	83
19	Mike Evans	82
20	Chris Worthy	81
21	Andrew Calway	80
22	John Thomas	79
23	Gerry Ashton Ian Wade	78
25	Kevin McEntee	76
26	Allan McCall	75
27	Adam Blythe	74
28	Andy Silk	73
29	Gareth Lewis	72
30	Dave Andrews	71
31	Dick Finch	70
32	Geoff Cram	69
33	Rob Brown Snr	68
34	Tom Riddington	67
35	Barry Evans	66
36	Geoff Bayliss	65
37	Bill Bewg	64
38	Phil Nagl	63

Ladies' Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Vanessa Lawson	100
2	Lou Summers	99
3	Niki Morgan	98
4	Jane Horler	97
5	Sam Harris	96
6	Helen Duffield	95
7	Esther Barrett	94
8	Jan Morris	93
9	Joc Dodd	92
10	Berna Cantwell	91
11	Jackie Webb	90
12	Denise Evans	89
13	Berta Havers	88
14	Karen Elvers	87
15	Jane Rymer	86
16	Jane Bayliss	85
17	Gemma Beves	84
18	Madelein Tulett	83
19	Helen Clancy	82
20	Kathryn Thomas	81
21	Claire Ross	80

Gerry and Ian share points for both getting exactly the same time, though in different races.

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Notes on Best in Club

Ages are of 31/12/2011

The age adjusted time is your race time multiplied by your age related factor (dependent on your age). In theory it is the time you would run if you were at the optimum age for this race.

The age graded percentage is derived from your age adjusted time in relation to the open standard time for the race.

The race distance was approximately 3.9 miles and I have used this distance to calculate the open standard times. I have used the 4 mile age factors.

The open standard times for the men and women were thus as follows:

Open Standard (M) 00:16:25
Open Standard (F) 00:18:44

Best in Club						
Pos	Name	Age	Time	Age adjusted time	Graded %	Points
1	Paul Dodd	54	24:44	20:56	78.41%	100
2	Pete Ward	41	23:07	21:41	75.71%	99
3	Laurie Carter	54	25:40	21:44	75.56%	98
4	Neil Grant	60	27:24	22:02	74.49%	97
5	Lou Summers	44	26:58	25:21	73.89%	96
6	Niki Morgan	44	27:04	25:27	73.61%	95
7	Joc Dodd	58	32:16	25:40	72.97%	94
8	Paul Murrin	38	23:34	22:36	72.62%	93
9	Vanessa Lawson	40	26:57	26:05	71.82%	92
10	Andy Creber	53	26:48	22:53	71.75%	91
11	Rich Matthews	33	23:56	23:39	69.39%	90
12	Mike Evans	56	28:34	23:47	69.02%	89
13	Rob Hook	47	26:37	23:51	68.85%	88
14	Jane Horler	40	28:14	27:20	68.54%	87
15	Paul Lidgett	45	26:25	24:02	68.30%	86
16	Matthew Lawson	43	26:07	24:08	68.03%	85
17	Pete Hutton	52	28:06	24:11	67.89%	84
18	Mark English	43	26:13	24:13	67.77%	83
19	Helen Duffield	39	28:27	27:42	67.65%	82
20	Jane Bayliss	59	35:21	27:44	67.53%	81
21	Dick Finch	67	32:14	24:20	67.46%	80
22	Mark Harvey Jr	24	24:22	24:22	67.37%	79
23	Gerry Ashton	58	29:52	24:27	67.16%	78
24	Sam Harris	32	28:15	28:11	66.47%	77

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Pos	Name	Age	Time	Age adjusted time	Graded %	Points
25	Dave Andrews	64	32:08	24:56	65.83%	76
26	Steve Caldwell	40	26:32	25:05	65.47%	75
27	Kevin McEntee	55	30:14	25:23	64.68%	74
28	Steve Harris	34	25:56	25:31	64.33%	73
29	Jan Morris	43	30:54	29:17	63.96%	72
30	Geoff Cram	65	33:26	25:43	63.84%	71
31	Jackie Webb	50	33:18	29:24	63.72%	70
32	Esther Barrett	38	30:12	29:33	63.39%	69
33	Ian Wade	51	29:52	25:55	63.35%	68
34	Chris Worthy	45	28:35	26:00	63.12%	67
35	Andrew Calway	48	29:18	26:02	63.05%	66
36	Rob Brown Snr	65	34:00	26:09	62.78%	65
37	John Thomas	48	29:41	26:23	62.23%	64
38	Rob Taylor	32	26:47	26:34	61.78%	63
39	Andy Silk	55	31:48	26:42	61.49%	62
40	Leo Cohen	37	27:47	26:51	61.16%	61
41	Bill Bewg	71	37:10	26:52	61.09%	60
42	Berna Cantwell	45	33:01	30:46	60.89%	59
43	Denise Evans	47	33:58	31:03	60.34%	58
44	Gareth Lewis	52	31:55	27:28	59.77%	57
45	Jane Rymer	46	34:04	31:27	59.56%	56
46	Ivan Teed	34	28:11	27:44	59.20%	55
47	Geoff Bayliss	65	36:07	27:47	59.10%	54
48	Allan McCall	44	30:22	27:51	58.96%	53
49	Karen Elvers	40	34:02	32:56	56.88%	52
50	Adam Blythe	40	31:18	29:35	55.50%	51
51	Helen Clancy	45	36:15	33:47	55.46%	50
52	Berta Havers	31	34:01	33:59	55.13%	49
53	Phil Nagl	59	38:36	31:19	52.42%	48
54	Gemma Beves	30	35:50	35:49	52.30%	47
55	Kathryn Thomas	45	38:43	36:05	51.92%	46
56	Madelein Tulett	29	36:07	36:07	51.87%	45
57	Barry Evans	44	34:55	32:01	51.28%	44
58	Tom Riddington	39	34:24	32:45	50.12%	43
59	Claire Ross	32	44:06	44:00	42.58%	42

If anyone has any problems with the results or thinks something is wrong then please email me at stats@chepstowharriers.org.uk