## No Watch Race 2019

## Results ordered by prediction accuracy

| Name | Predicted | Actual | Actual pace per mile | Difference |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Ashley Jackson | 00:52:40 | 00:52:50 | 00:10:34 | 00:10 | slower |
| Louise Houhton | 00:45:00 | 00:44:46 | 00:08:57 | 00:14 | faster |
| Davide Figo | 00:34:10 | 00:34:28 | 00:06:54 | 00:18 | slower |
| Seb Walker | 00:37:55 | 00:38:13 | 00:07:39 | 00:18 | slower |
| Rachel Heggs | 00:52:17 | 00:52:40 | 00:10:32 | 00:23 | slower |
| Chris Genes | 00:45:52 | 00:45:19 | 00:09:04 | 00:33 | faster |
| Chris Southam | 00:32:00 | 00:31:22 | 00:06:16 | 00:38 | faster |
| Mark Ashmore | 00:37:14 | 00:36:25 | 00:07:17 | 00:49 | faster |
| Alison Wilson | 00:48:55 | 00:47:59 | 00:09:36 | 00:56 | faster |
| David Hall | 00:42:00 | 00:40:58 | 00:08:12 | 01:02 | faster |
| Nick Smith | 00:42:42 | 00:43:48 | 00:08:46 | 01:06 | slower |
| Nick Pryke | 00:47:30 | 00:48:38 | 00:09:44 | 01:08 | slower |
| Neil Jaggard | 00:42:19 | 00:44:00 | 00:08:48 | 01:41 | slower |
| Brian Walkling | 00:44:07 | 00:42:18 | 00:08:28 | 01:49 | faster |
| Vanessa Walker | 00:48:11 | 00:46:04 | 00:09:13 | 02:07 | faster |
| Jenny Kent | 00:50:50 | 00:48:38 | 00:09:44 | 02:12 | faster |
| Sean Elkington | 00:35:00 | 00:32:40 | 00:06:32 | 02:20 | faster |
| Nicola Taylor | 00:41:30 | 00:39:05 | 00:07:49 | 02:25 | faster |
| Celina Silver | 00:47:47 | 00:45:14 | 00:09:03 | 02:33 | faster |
| Julie Bass | 00:41:15 | 00:38:38 | 00:07:44 | 02:37 | faster |
| Alison Clarke | 00:48:45 | 00:46:05 | 00:09:13 | 02:40 | faster |
| Ian Mason | 00:49:00 | 00:46:18 | 00:09:16 | 02:42 | faster |
| Vicki Lowe | 00:42:00 | 00:39:06 | 00:07:49 | 02:54 | faster |
| Liz Taylor | 00:48:26 | 00:44:45 | 00:08:57 | 03:41 | faster |
| Clive Kent | 00:38:38 | 00:34:55 | 00:06:59 | 03:43 | faster |
| Robert Craig | 00:41:05 | 00:37:01 | 00:07:24 | 04:04 | faster |
| Natasha Inns | 00:55:00 | 00:47:44 | 00:09:33 | 07:16 | faster |

Race location: The Crown Inn, Sproxton
Date \& Time: $14^{\text {th }}$ August 2019, 19.00
Distance: 5.00 miles (road - undulating)

## No Watch Race 2019

## Results ordered by finish position

| Name | Predicted | Actual | Actual pace per mile | Difference |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Chris Southam | 00:32:00 | 00:31:22 | 00:06:16 | 00:38 | faster |
| Sean Elkington | 00:35:00 | 00:32:40 | 00:06:32 | 02:20 | faster |
| Davide Figo | 00:34:10 | 00:34:28 | 00:06:54 | 00:18 | slower |
| Clive Kent | 00:38:38 | 00:34:55 | 00:06:59 | 03:43 | faster |
| Mark Ashmore | 00:37:14 | 00:36:25 | 00:07:17 | 00:49 | faster |
| Robert Craig | 00:41:05 | 00:37:01 | 00:07:24 | 04:04 | faster |
| Seb Walker | 00:37:55 | 00:38:13 | 00:07:39 | 00:18 | slower |
| Julie Bass | 00:41:15 | 00:38:38 | 00:07:44 | 02:37 | faster |
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| Vicki Lowe | 00:42:00 | 00:39:06 | 00:07:49 | 02:54 | faster |
| David Hall | 00:42:00 | 00:40:58 | 00:08:12 | 01:02 | faster |
| Brian Walkling | 00:44:07 | 00:42:18 | 00:08:28 | 01:49 | faster |
| Nick Smith | 00:42:42 | 00:43:48 | 00:08:46 | 01:06 | slower |
| Neil Jaggard | 00:42:19 | 00:44:00 | 00:08:48 | 01:41 | slower |
| Liz Taylor | 00:48:26 | 00:44:45 | 00:08:57 | 03:41 | faster |
| Louise Houhton | 00:45:00 | 00:44:46 | 00:08:57 | 00:14 | faster |
| Celina Silver | 00:47:47 | 00:45:14 | 00:09:03 | 02:33 | faster |
| Chris Genes | 00:45:52 | 00:45:19 | 00:09:04 | 00:33 | faster |
| Vanessa Walker | 00:48:11 | 00:46:04 | 00:09:13 | 02:07 | faster |
| Alison Clarke | 00:48:45 | 00:46:05 | 00:09:13 | 02:40 | faster |
| Ian Mason | 00:49:00 | 00:46:18 | 00:09:16 | 02:42 | faster |
| Natasha Inns | 00:55:00 | 00:47:44 | 00:09:33 | 07:16 | faster |
| Alison Wilson | 00:48:55 | 00:47:59 | 00:09:36 | 00:56 | faster |
| Nick Pryke | 00:47:30 | 00:48:38 | 00:09:44 | 01:08 | slower |
| Jenny Kent | 00:50:50 | 00:48:38 | 00:09:44 | 02:12 | faster |
| Rachel Heggs | 00:52:17 | 00:52:40 | 00:10:32 | 00:23 | slower |
| Ashley Jackson | 00:52:40 | 00:52:50 | 00:10:34 | 00:10 | slower |

Race location: The Crown Inn, Sproxton
Date \& Time: $14^{\text {th }}$ August 2019, 19.00
Distance: 5.00 miles (road - undulating)

