



Personal Bests 2016

Time Trial PB's

10 Miles

Name	Time	Course	Date
Steve Biddulph	20:04	V718	18 May 2016
Chris Melia	21:41	V718	17 July 2016
Bob Awcock	23:40	V718	28 August 2016
Ally Torode	24:46	V718	30 July 2016

25 Miles

Name	Time	Course	Date
Ian Manders	53:14	A25/11	18 June 2016
Katja Rietdorf	56:58	A25/11	14 May 2016
Bob Awcock	1:01:58	A25/11	18 June 2016
Ally Torode	1:05:03	A25/11	18 June 2016

50 Miles

Name	Time	Course	Date
Chris Melia	1:52:24	E2/50c	23 July 2016
Ian Manders	1:55:27	A50/6	25 June 2016
Katja Rietdorf	1:56:01	E2/50c	23 July 2016
Sue Semple	2:03:44	A50/6	25 June 2016
Bob Awcock	2:11:51	V259/1	11 September 2016

100 Miles

Name	Time	Course	Date
Katja Rietdorf	4:04:26	E2/100	
Sue Semple	4:26:42	T1002/2	10 July 2016

12 Hours

Name	Distance (Miles)	Course	Date
Jasmijn Muller	265.052	B12/3	4 September 2016
Katja Rietdorf	258.036	R12/16	26 June 2016
Bob Awcock	189.43	D12/1	21 August 2016

24 Hours

Name	Distance (Miles)	Course	Date
Libby McLaren	305.555	D24/1	23/24 July 2016

Track PB's**Flying 200 Meters**

Name	Time	Event	Date
Steve Biddulph	12.80 sec	LVRC Championship	29 Oct 2016
John McLaren	12.818 sec	National Masters Track Championships	2 July 2016

Flying 500 Meters

Name	Time	Event	Date
Steve Biddulph	32.87 sec	Derby Summer Series	12 July 2016

750 Meters

Name	Time	Event	Date
Sean Sleigh	54.730 sec	LVRC Track Championships	30 Oct 2016
Steve Biddulph	56.828 sec	LVRC Track Championships	30 Oct 2016

1,000 Meters

Name	Time	Event	Date
John McLaren	1 min 19.668 sec	National Masters Track Championships	2 July 2016

3,000 Meters

Name	Time	Event	Date
Steve Biddulph	3 min 49.537 sec	LVRC Track Championships	30 Oct 2016