

MOST IMPROVED RIDER

(Performance vs LTS for 10 or 25 miles)

Pos	Rider	LTS 10		SEASON BEST 10		10 +/-	LTS 25		SEASON BEST 25		25 +/-	10 / 25 +/-
		TIME	SPEED	TIME	SPEED		TIME	SPEED	TIME	SPEED		
1	Huw Williams	21:21	28.103	22:09	27.088	-1.015	1:01:54	24.233	1:00:30	24.793	0.560	0.560
2	Ian Cheesman	22:06	27.149	21:40	27.692	0.543	0:54:24	27.574	0:58:19	25.722	-1.852	0.543
3	Ivor Gent	27:54	21.505	27:13	22.045	0.540						0.540
4	Colin Toppin	22:15	26.966	21:54	27.397	0.431	0:59:39	25.147	0:59:01	25.417	0.270	0.431
5	John McGrath	20:40	29.032	20:33	29.197	0.165	0:54:41	27.431				0.165
6	Spencer Kirkham	21:10	28.346	21:20	28.125	-0.221	0:54:56	27.306	0:58:41	25.561	-1.745	-0.221
7	Phil Freaan	24:43	24.275	25:16	23.747	-0.528	1:08:04	22.037				-0.528
8	Nolan Heather	21:14	28.257	21:57	27.335	-0.922	0:55:15	27.149	0:59:53	25.049	-2.100	-0.922
9	Rick Hughes	22:08	27.108	22:59	26.106	-1.002	0:58:03	25.840				-1.002
10	Robert Downham	24:57	24.048	26:05	23.003	-1.045						-1.045
11	Karen McGrath	24:11	24.810	25:27	23.576	-1.234	1:03:24	23.659				-1.234
12	Ian Newbold	23:20	25.714	24:33	24.440	-1.274	1:08:51	21.786				-1.274
13	Trevor Leeding	21:31	27.885	22:56	26.163	-1.722	0:56:13	26.682	1:02:41	23.930	-2.752	-1.722
14	Colin Barton	21:31	27.885	23:41	25.334	-2.551	0:59:23	25.260				-2.551