

Haney to Harrison Relay - Team Information for:

RUNNING SMILE

Scheduled start time: **7:00 AM**

Leg	km	Name	10km Time			10km Pace (min/km)	Predicted Leg time	Predicted Pace (min/km)	Predicted Pace (min/mile)
			Hr	Min	Sec				
1	9.42	MIYUKI NISHIKAWA	0	60	0	6:00	0:57:31	6:06	9:50
2	13.51	MASARU HORIE	0	44	0	4:24	1:02:09	4:36	7:24
3	15.12	YUJI KIKUCHI	0	46	55	4:41	1:17:00	5:06	8:12
4	14.42	MIKA SUZUKI	0	57	44	5:46	1:25:00	5:54	9:29
5	13.12	MIYUKI OKAWA	0	53	0	5:18	1:12:42	5:32	8:55
6	13.08	KYOKO HORIGUCHI	0	54	0	5:24	1:14:13	5:40	9:08
7	13.31	NORIYUKI MORIMATSU	0	45	32	4:33	1:03:21	4:46	7:40
8	8.03	KAZUE HARADA	0	47	30	4:45	0:38:05	4:45	7:38

The blue cells are calculated. Fill in the yellow cells only & don't forget your team name. You can change the leg number (green cell), but make sure that all eight legs exist and there are no duplicates. **Click the SORT button to resort the legs.** Use the tab key to move from yellow cell to the next yellow cell after entering the data. Select the "PredictedTimes" worksheet below to view predicted exchange times.

It is important that realistic 10 km times are used. If all team members underestimate their 10km, then the predicted exchange times will not accurate.

This Haney to Harrison relay predictor is based on comparing times in a previous Haney to Harrison relay with the times the same runner ran in the following 10 km races: Summerfast, Richmond Flatlands, Garden City, Post to Post, UBC Fall Classic and the Longest Day. Over 10,000 times in these races provided 345 times where the same runner ran one of these race and last year's relay.

Haney to Harrison Relay - Time Predictions for: RUNNING SMILE

Leg	Team Member Name	Leg Distance	Predicted Leg pace min/km	Predicted Finish Time			Cumulative 50% Expected	Clock Time at Finish			Update with actual clock time	Actual Leg Time
				50% Expected	10% Faster	10% Slower		50% Expected	10% Early	10% Late		
								7:00:00	7:00	7:00		
1	MIYUKI NISHIKAWA	9.42	6:06	0:57:31	0:52:21	1:02:42	0:57:31	7:57:31	7:52	8:02		
2	MASARU HORIE	13.51	4:36	1:02:09	0:58:12	1:06:06	1:59:40	8:59:40	8:53	9:06		
3	YUJI KIKUCHI	15.12	5:06	1:17:00	1:12:40	1:21:20	3:16:40	10:16:40	10:08	10:24		
4	MIKA SUZUKI	14.42	5:54	1:25:00	1:19:11	1:30:50	4:41:40	11:41:40	11:31	11:51		
5	MIYUKI OKAWA	13.12	5:32	1:12:42	1:07:37	1:17:48	5:54:23	12:54:23	12:43	13:05		
6	KYOKO HORIGUCHI	13.08	5:40	1:14:13	1:09:09	1:19:18	7:08:36	14:08:36	13:56	14:20		
7	NORIYUKI MORIMATSU	13.31	4:46	1:03:21	0:58:01	1:08:41	8:11:57	15:11:57	14:58	15:25		
8	KAZUE HARADA	8.03	4:45	0:38:05	0:35:56	0:40:14	8:50:02	15:50:02	15:36	16:03		

Enter team members and 10km times, team name and scheduled start time on the TeamData worksheet.

The TeamData worksheet must be sorted if all names do not appear on this table in the correct order.

Print this in landscape mode to get a hard copy to share and take with you on race day.

Take your laptop and enter the actual clock times as you go to get updated predictions or enter the actual clock times after the fact.

If your team members have provided reasonably accurate 10km times on a flat course this prediction may give you an idea as to when each runner will start his or her leg. the probabilities do not take into account any correlation between legs; for example, if there was a strong tail wind for all legs the predicted times will likely be too slow.

It is the team's responsibility to ensure that their runners at the exchange on time; the Haney to Harrison Relay in no way warrants the accuracy of this prediction. It is purely provided as a convenience.

To help improve this prediction tool for next year please e-mail the completed sheet with your comments and suggestions to H2Hpredict@telus.net