

GGAC 5k Time Trial Results

Sex	6-Oct-07	3-Nov-07	1-Dec-07	5-Jan-08	2-Feb-08	1-Mar-08	5-Apr-08	3-May-08	7-Jun-08	5-Jul-08	2-Aug-08	6-Sep-08	4-Oct-08	1-Nov-08	6-Dec-08	3-Jan-09	7-Mar-09	4-Apr-09	2-May-09	6-Jun-09	4-Jul-09	1-Aug-09	5-Sep-09	3-Oct-09	7-Nov-09	5-Dec-09	2-Jan-10	6-Feb-10	6-Mar-10	3-Apr-10	1-May-10	5-Jun-10	3-Jul-10	7-Aug-10	4-Sep-10	Best	Average	No Runs				
Vale, Mia									20:26																										22:41	20:26	21:24	3				
Walker, Derry																																					20:26	20:26	1			
Cooper, Gwilym																20:28											20:27										20:27	20:27	1			
Bate, Lawrence																																						20:28	20:28	1		
Gillingham, Steve				20:31								21:11																										20:31	20:31	2		
Vounatos, Marios																																						20:33	20:40	3		
Ashworth, Mike									20:34							21:54											20:41	20:33						20:45				20:34	21:14	2		
Macey, Chris																																						20:35	20:57	2		
Cartledge, Adam																																						20:39	20:39	1		
Spacie, Keith		22:12		22:05			21:22	21:33	21:32		22:33						20:39		20:47	20:46																		20:39	20:39	1		
Drake, Steve																																						20:46	21:36	8		
Perkins, Joseph																																						20:49	20:54	20:49	20:52	2
Stoneman, Elton							27:44	25:46	25:32										22:53	22:06	22:22								23:08				22:41	21:43	20:49	21:23	20:49	23:17	11			
Brokenshire, Nigel																																							20:50	20:51	2	
Magpherson, John												20:51	21:05																										20:51	21:26	8	
Fulleylove, Mark																																							20:51	20:58	2	
Mariadas, Steve																																						20:53	20:53	21:44	9	
Keywood, Steve		21:40		20:54		21:05																																	20:54	21:20	8	
Dawey, Matthew			21:05																																				21:05	21:05	1	
Gillan, Ben																																							21:05	21:05	1	
Skrippek, Rob																																							21:06	21:30	4	
Edwards, Paul																																							21:06	21:24	2	
Gibson, Alistair																																							21:07	21:07	1	
Nichols, Ed																																							21:07	21:33	5	
Lythell, Matt																																							21:07	21:33	5	
McCarthy, Ian																																							21:09	21:18	1	
Thomas, Nick																																							21:10	21:10	2	
Abbott, Jason																																							21:10	21:30	4	
Neave, David																																							21:11	22:14	6	
Lunskey, Simon																																							21:12	22:44	4	
Lythell, Matthew																																							21:12	22:09	11	
Bowden, Derek																																							21:17	21:26	2	
Grant, Henry																																							21:20	23:06	4	
Stubbings, Ian																																							21:21	21:21	1	
Wood, Tim																																							21:21	21:21	1	
Jenkins, Aled																																							21:25	21:51	4	
Raze, David																																							21:25	21:25	1	
Futcher, Martin																																							21:26	21:26	1	
Ramsay, John																																							21:27	21:27	1	
Richardson, Simon																																							21:29	21:42	2	
Kimber, Owen																																							21:31	21:31	1	
Showell, Justin																																							21:31	21:31	1	
Cottingham, Ryan																																							21:31	23:23	2	
Williams, David																																							21:34	22:08	10	
Stickey, Ben (Junior)																																						21:37	23:00	14		
Perry, Nick																																							21:37	21:37	1	
Male, Joe																																							21:39	21:39	1	
Gumbley, Gareth																																							21:39	22:13	3	
Austin, Des																																							21:40	21:40	1	
Lester, James																																							21:40	21:40	1	
Thomas, Nick																																							21:42	22:12	3	
May, Rob																																							21:43	22:46	3	
Crabbe, Simon																																							21:43	22:46	3	
Mizen, Elliot																																							21:44	22:09	7	
Clone, Simon & Lottie																																						21:45	21:45	1		
Conry, Zac																																						21:45	21:45	1		
Davidson, Alan																																						21:45	21:45	1		
Parker, Stuart																																						21:46	21:46	1		
Tinney, Antony																																						21:46	21:46	1		
Bosher, Daniel																																						21:48	21:48	1		
Peck, David																																						21:48	21:48	1		
Tyrie, Roger																																										

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Bate, Cath																29:23	29:02																			29:02	29:13	2		
Butler, Amy																																					29:05	29:05	1	
Shackleton, Jane			29:06	32:46	31:15		32:18																						29:05							29:06	31:21	4		
Coles, Kirsten				30:35			29:08																													29:08	29:52	2		
Porter, Clare										29:10																										29:10	29:10	1		
Stoneman, Nicola																																				29:14	29:17	2		
Chapman, Sophie																											29:16									29:16	29:16	1		
Walker, Louise																											29:16									29:39	29:39	1		
Neave, Julie																			29:47			29:39														29:47	29:48	2		
Hobbs, Kate																																				29:56	29:56	1		
Lumskey, Madeleine																																				29:56	29:56	1		
Bene, Sarah																																				30:13	31:37	2		
Rossouw, Barbara																																				30:18	30:18	1		
Askew, Donna																																				30:29	30:29	1		
Clark, Phyll																																					30:34	31:10	2	
Miron, Suzanne																																					30:47	30:47	1	
Durrant, Fiona																																					30:47	30:47	1	
Hill, Sarina																																					30:58	30:58	1	
Wright, Kerry																																					30:58	31:00	1	
Dunning, Lisa																																					31:13	35:52	3	
Aldridge, Lisa																																					31:13	31:32	1	
Gascoigne, Esther																																					31:13	31:32	1	
Townsend, Carolyn																																					31:32	31:32	1	
Dale, Jenny																																					31:38	31:38	1	
Dale, Katie																																					31:38	31:40	1	
Aman, Carolina																																					31:40	31:40	1	
Sheridan, Mandy																																					31:42	31:42	1	
Beavis, Lorraine																																					31:42	31:42	1	
McCowan, Eileay																																					31:45	31:45	1	
Harding, Kirsty																																					32:04	32:04	1	
Harrison, Sarah																																					32:04	32:04	1	
Stocksytayeva, Petra																																					32:34	32:34	1	
Garner, Alma																																					32:34	32:34	1	
Marrett, Sarah																																					32:36	32:38	2	
Black, Gerry																																						32:40	32:40	1
Cook, Caroline																																						32:50	32:50	1
Shaw, Kim																																						33:49	33:49	1
Atkinson, Elle																																						34:54	34:54	1
Dowling, Helen																																						35:00	35:00	1
Smith, Donna																																						35:00	35:00	1
Total Runners																																								
Total Male	8	16	18	29	30	23	26	23	25	11	26	26	29	25	20	30	35	30	42	31	42	43	33	43	59	39	30	43	36	37	35	41	50	49	36	16:05	23:05			
Total Female	2	5	8	12	9	8	8	6	8	3	3	1	3	5	8	5	7	6	22	8	12	18	10	17	29	25	5	11	6	6	5	10	14	8	4					