

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	Best	Average	No Runs		
Warringham, Gareth	M		23:20																											23:20	23:20	1		
Richards, Joel	M														24:32																23:27	24:00	2	
Sherridan, David	M				24:57		23:27																								23:27	24:13	2	
O'Grady, Gavin	M			23:54												23:29																23:29	23:42	2
Blackmore, Oliver	M																														23:30	23:30	1	
Ellis, Max (junior)	M															23:30						25:50		23:30							23:30	24:40	2	
James, Lee	M											24:21																			23:30	23:56	2	
Goater, Mike	M																24:02		23:33												23:33	23:47	2	
Deavin, Oliver	M														23:37																23:37	23:37	1	
Atkinson, Alastair	M																														23:39	23:39	1	
Perkins, Dominic	M						27:45	24:59	23:58	24:15								24:37	23:46	23:39											23:39	24:47	6	
Dunn, Matt	M												23:46																		23:46	23:58	3	
Campbell, Mark	M			25:05	23:50																										23:50	24:28	2	
Robins, Tim	M																														23:58	23:58	1	
Melvin, Don	M																														23:59	24:27	2	
Rowe, Richard	M				24:45	23:59		24:07																							23:59	24:17	3	
Powell, Julian	M																														24:01	25:14	3	
Morgan, Pete	M																														24:09	24:09	1	
Raza, Mahboob	M																														24:09	24:09	1	
Fairhead, Darryl	M																														24:27	24:59	4	
Cotton, Michael	M												24:29																		24:28	24:28	1	
Cornish, Daniel	M																														24:29	24:29	1	
Smith, David	M																														24:34	24:34	1	
Colton, Robert	M																														24:41	24:41	1	
Stankovic, M	M																														24:45	24:45	1	
Kurn, Douglas	M																														24:49	24:49	1	
Barlow, Chris	M																														24:49	24:49	1	
Basson, Stuart	M																														24:51	25:35	6	
Male, David	M																														24:51	25:35	6	
Rose, Steve	M																														24:58	24:58	1	
Potter, Steve	M																														25:02	25:02	1	
Willoughby, Adrian	M																														25:02	25:02	1	
Chadwick, Rennie	M																														25:03	25:35	4	
Butchart, James	M																														25:03	25:35	4	
Rosas, Esteban	M																														25:02	25:52	1	
Grant, Freddy (junior)	M																														25:02	25:20	1	
Wells, Neil	M																														25:02	25:20	1	
Emmanuel, Barre	M																														25:02	25:23	1	
Hobbs, Stephen	M																														25:02	25:23	1	
Watson, Peter	M																														25:02	25:23	1	
Hilton, Neil	M																														25:02	25:27	1	
Worsdell, Geoff	M																														25:02	25:30	1	
Stockley, John	M																														25:02	25:30	1	
Mathews, Terry	M																														25:02	25:30	1	
Sims, Andy	M																														25:02	25:30	1	
Turrell, Clive	M																														25:02	25:30	1	
Bate, Ewan (junior)	M																														25:02	25:30	1	
Kemp, Brian	M																														25:02	25:30	1	
Willoughby, Adrian	M																														25:02	25:30	1	
Chapman, Mark	M																														25:02	25:30	1	
Ward, Tim	M																														25:02	25:30	1	
Simpson Jones, Roger	M																														25:02	25:30	1	
Jacques, Anthony	M																														25:02	25:30	1	
Hatch, James	M																														25:02	25:30	1	
McGee, Steve	M																														25:02	25:30	1	
Jakes, Anthony	M																														25:02	25:30	1	
Foster, David	M																														25:02	25:30	1	
Conroy, Philip	M																														25:02	25:30	1	
Richards, Chris	M																														25:02	25:30	1	
Richards, Tony	M																														25:02	25:30	1	
Henley, Joff	M																														25:02	25:30	1	
Osborne, Steve	M																														25:02	25:30	1	
Evans, Neil	M																														25:02	25:30	1	
Mailk, Omar	M																														25:02	25:30	1	
McIntosh, Angus	M																														25:02	25:30	1	
Thomas, Dave	M																														25:02	25:30	1	
Balchin, Phil	M																														25:02	25:30	1	
Gonslaves, Alex	M																														25:02	25:30	1	
Bolter, Garth	M																														25:02	25:30	1	
Marrett, Clive	M																														25:02	25:30	1	

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	Best	Average	No Runs
Females																																	
Thom, Claire	F						19:50	19:37	18:30																					18:30	18:30	1	
Love, Fiona	F																													19:37	19:43	2	
Hiles, Ania	F			19:44																										19:44	19:44	1	
Taylor, Cait	F																													20:47	22:15	4	
Robey, Helena	F	21:26		20:50																										20:50	21:08	2	
Humphries, Julie	F																													20:53	20:53	1	
Hunt, Jenny	F																													21:05	21:34	3	
Hurst, Kim	F						21:14		21:05					22:18																21:05	21:10	2	
Shotten, Eleanor	F																													21:12	21:44	2	
Stacey, Rachel	F																													21:15	21:15	1	
Hindle, Anna	F																													21:21	21:21	1	
Sylvester, Clare	F																													21:30	21:30	1	
Goater, Yasmin	F		21:35	21:58	21:56																										21:35	21:56	6
Williams, Gail	F																													21:37	21:37	1	
Fitzpatrick, Wendy	F						24:59		22:47	22:21																					21:37	21:37	1
Crossman, All	F														22:02		21:47														21:55	21:38	6
Doyle, Ann	F	22:29				21:49	22:15		21:54																						21:47	22:07	2
Rowe, Zoe	F				24:38	22:28																									21:49	22:11	3
Doyle, Anne	F																														25:11	21:54	33
Wright, Anna	F																														21:58	21:58	1
Stewart, Cathy	F																														21:59	22:10	2
Ringrow, Caroline	F																														22:21	21:59	2
Bingle, Katie	F																														23:37	23:37	1
Taylor, Evelyn	F																														22:13	22:13	3
Kirrane, Denise	F																														22:20	22:20	1
Alves, Mayse	F																														22:20	22:20	1
Leggett, Janet	F																														22:20	22:20	1
McDonnell, Siobhan	F																														22:32	22:59	3
Brennan, Rebecca	F																														22:35	23:57	4
Bishop, Sarah	F																														23:00	23:00	1
Everett, Muriel	F						23:02																								23:02	23:02	1
Orr, Alex	F																														23:09	23:32	2
Merlini, Jacqueline	F																														23:14	23:14	1
Lichtensteiger, Sarah	F																														23:20	24:17	8
King, Sarah	F																														23:20	23:20	1
Johnson, Hazel	F																														23:22	23:39	2
Openshaw, Rachel	F																														23:30	23:30	1
Morton, Helen	F																														23:39	23:39	1
Domizio, Sandra	F																														24:18	23:45	4
Law, Jade	F																														23:45	23:59	4
Springings, Ann	F																														23:50	24:28	2
Johnson, Ellen	F																														23:53	24:39	2
Hawdon, Anne	F																														25:26	23:50	2
James, Dinny	F																														23:50	24:28	2
Matthews, Sarah	F																														24:12	24:33	3
Vaughan, Grethe	F																														24:29	24:29	1
Davis, Harriet	F																														24:29	24:29	1
Parker, Sarah	F																														24:49	24:52	2
Ellison, Anna	F																														25:16	24:50	9
Tobutt, Joanna	F																														24:51	24:51	1
Bourne, Julie	F																														25:00	25:23	4
Cole, Victoria	F																														25:02	25:32	2
Weight, Jo	F																														25:07	25:26	3
Hild, Konstanze	F																														25:23	26:20	3
Siddiqui, Nasima	F																														26:13	25:04	7
Wilkinson, Miranda	F																														25:04	26:21	7
Elson, Lisa	F																														25:07	25:26	3
Denny, Lucy	F																														25:15	25:15	1
Hinds, Rachel	F																														25:28	26:19	4
Paul, Renee	F																														26:38	25:39	2
Tennyson, Angelika	F																																

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	Best	Average	No Runs
Simpson Jones, Katherine	F																						28:17					28:00	28:08	2		
McIntosh, Tricia	F																						28:05					28:04	28:04	1		
Frackiewicz, Jo	F																						28:05					28:05	28:05	1		
Dugglely, Emma	F																				28:32							28:32	28:32	1		
Gray, Toria	F					28:35																						28:35	28:35	1		
Bate, Cath	F															29:23	29:02											29:02	29:13	2		
Butler, Amy	F																											29:05	29:05	1		
Shackleton, Jane	F			29:06	32:46	31:15		32:18																				29:06	31:21	4		
Coles, Kirsten	F			30:35			29:08																					29:08	29:52	2		
Porter, Clare	F									29:10																		29:10	29:10	1		
Chapman, Sophie	F																									29:16		29:16	29:16	1		
Walker, Louise	F																											29:39	29:39	1		
Neave, Julie	F																			29:47								29:47	29:47	1		
Hobbs, Kate	F																											29:56	29:56	1		
Askew, Donna	F																											30:34	31:10	2		
Clark, Philly	F														30:47													30:47	30:47	1		
Miron, Suzanne	F														30:47													30:47	30:47	1		
Durrant, Fiona	F													30:58														30:58	30:58	1		
Weight, Kerry	F													36:58														31:13	34:41	3		
Gascoigne, Esther	F																											31:32	31:32	1		
Aldridge, Lisa	F																											31:36	31:36	1		
Townsend, Carolyn	F																											31:38	31:38	1		
Dale, Jenny	F																											31:40	31:40	1		
Dale, Katie	F																											31:42	31:42	1		
Aman, Carolina	F																											31:45	31:45	1		
Sheridan, Mandy	F																											32:04	32:04	1		
Beavis, Lorraine	F				32:04																							32:34	32:34	1		
McGowan, Eilery	F																											32:34	32:34	1		
Harding, Kirsty	F																											32:36	32:38	2		
Harison, Sarah	F																											32:40	32:40	1		
Stockelmayerova, Petra	F																											32:50	32:50	1		
Garner, Alma	F																											33:49	33:49	1		
Marrett, Sarah	F																											34:54	34:54	1		
Black, Gerry	F																											35:00	35:00	1		
Cook, Caroline	F																											35:00	35:00	1		
Shaw, Kim	F																											35:00	35:00	1		
Smith, Donna	F																											41:33	41:33	1		
Total Runners		8	16	18	29	30	23	26	23	25	11	26	29	25	29	30	36	30	42	31	42	43	33	43	59	39	30	43	36	16:06	23:08	
Total Male		6	11	10	17	21	15	18	17	8	3	23	25	26	20	21	25	29	24	20	23	30	25	23	33	42	29	25	32	30	29	21:59
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	10	17	10	5	11	6	23:14	28:02