

St.Austell Running Club

Time Trial Positions 2009

| | 10/01/2009 | 14/04/2009 | 19/05/2009 | 30/06/2009 | 27/08/2009 | 16/09/2009 | Average |
|------------------------|------------|------------|------------|------------|------------|------------|---------|
| ALSOP, Daniel | | 0:22:41 | | | | | 0:22:41 |
| BESTWICK, Paul | | 0:23:43 | 0:24:02 | | | 0:24:19 | 0:24:01 |
| DOYLE, Nigel | | | | 0:25:06 | | | 0:25:06 |
| MONTGOMERY SMITH, Phil | | | | | | 0:25:12 | 0:25:12 |
| MACLAREN, Donald | | 0:24:53 | 0:26:02 | | | 0:24:50 | 0:25:15 |
| TRUDGIAN, Andy | 0:24:33 | 0:25:19 | 0:25:29 | 0:25:35 | | 0:25:39 | 0:25:19 |
| ROBERTS, Malcolm | | 0:25:07 | 0:25:12 | 0:25:49 | | | 0:25:23 |
| WHERRY, James | | | | | 0:26:39 | 0:24:54 | 0:25:47 |
| HAWKIN, Richard | | | | 0:26:08 | | 0:25:49 | 0:25:58 |
| TREGASKES, Andy | | | | 0:26:15 | | 0:26:10 | 0:26:13 |
| BROWN, Ken | 0:27:01 | | | | | 0:25:26 | 0:26:13 |
| REYNOLDS, Andy | | | | 0:26:21 | | | 0:26:21 |
| BLEWETT, Derren | | | | 0:26:10 | 0:26:35 | | 0:26:22 |
| BULLOCK, Paul | 0:26:15 | | 0:26:07 | | | 0:26:48 | 0:26:23 |
| WALLBANK, Rob | | 0:26:30 | | | | | 0:26:30 |
| BUDGE, Stephen | | | 0:27:25 | 0:26:10 | | | 0:26:48 |
| CROWLE, Mark | | 0:26:49 | | | | | 0:26:49 |
| BUDGE, Lee | | | 0:26:52 | | | | 0:26:52 |
| ANDREW, Jamie | | 0:26:44 | 0:26:37 | 0:27:16 | | 0:27:00 | 0:26:54 |
| BAZIN, Peter | | 0:27:06 | | 0:26:38 | 0:27:35 | 0:26:30 | 0:26:57 |
| NEWSTEAD, Kayleigh | | | 0:27:27 | | | 0:26:33 | 0:27:00 |
| CIANO, Phil | | | 0:27:07 | | | | 0:27:07 |
| POMEROY, Shane | | | | | | 0:27:16 | 0:27:16 |
| ADAMS, Tim | | | | | | 0:27:18 | 0:27:18 |
| MARSHALL, Tom | 0:28:01 | | | 0:26:50 | | | 0:27:25 |
| MARTIN, Steve | | 0:28:12 | 0:27:19 | | | 0:26:48 | 0:27:26 |
| PLAYER, Garry | | 0:27:27 | | | | | 0:27:27 |
| HOOK, Guy | 0:28:43 | | | | 0:27:28 | 0:27:15 | 0:27:49 |
| GIBBONS, Stuart | | | | 0:27:49 | | | 0:27:49 |
| GILLESPIE, Steve | 0:28:29 | 0:27:19 | | | | 0:28:07 | 0:27:58 |
| ALSOP, Doug | | | 0:29:12 | 0:28:43 | 0:27:22 | 0:26:41 | 0:28:00 |
| SCRACE, Shaun | 0:30:08 | | 0:27:45 | | 0:27:03 | | 0:28:19 |
| FERGUSON, Andy | | 0:28:28 | 0:28:23 | | | 0:28:15 | 0:28:22 |
| FARQUAR, James | | 0:29:00 | 0:28:21 | 0:29:20 | 0:27:00 | | 0:28:25 |
| COTTISS, Ashley | | 0:28:41 | 0:28:11 | | | 0:28:36 | 0:28:29 |
| PIPET, Martin | | 0:28:27 | 0:28:02 | 0:29:04 | | | 0:28:31 |
| HAWKIN, Gareth | | 0:28:37 | | | | | 0:28:37 |
| COLLET, Jeri | | 0:29:44 | 0:28:05 | | | 0:28:10 | 0:28:40 |
| HARRISON, Osham | | 0:28:41 | | | | | 0:28:41 |
| GROSE, Matt | 0:30:44 | | 0:28:20 | | 0:27:05 | | 0:28:43 |
| ROBINSON, Kevin | | 0:28:48 | | | | | 0:28:48 |
| MURPHY, Jason | | 0:29:46 | 0:28:14 | 0:29:38 | 00:28:46 | | 0:29:06 |
| HOULT, Colin | | | 0:29:58 | 0:30:01 | 00:28:59 | 0:28:47 | 0:29:26 |
| LEE, Steven | | | | 0:29:29 | | | 0:29:29 |
| GREET, Pete | | 0:29:40 | | | | | 0:29:40 |
| BATE, Geoff | | 0:29:42 | | | | | 0:29:42 |

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|-----------------------|---------|---------|---------|---------|----------|---------|
| ELLIS, Steve | | | 0:29:48 | | | 0:29:48 |
| FLOWERS, Cliff | 0:29:27 | | 0:30:38 | | | 0:30:03 |
| ALLEN, Sue | | 0:30:17 | | | | 0:30:17 |
| JONES, Simon | | | 0:34:01 | 0:26:54 | | 0:30:27 |
| ROWE, Tim | 0:30:32 | | 0:30:29 | | | 0:30:31 |
| POLLARD, Simon | | 0:30:36 | | | | 0:30:36 |
| BULL, Andy | | | 0:30:25 | | 0:30:48 | 0:30:37 |
| EDEN, Reg | | | 0:30:43 | | | 0:30:43 |
| CAIRNEY, Shirley | | 0:30:05 | 0:31:30 | | | 0:30:48 |
| CAMBORIEUX, Catherine | 0:31:22 | | 0:30:41 | 0:30:31 | | 0:30:51 |
| JEFFREY, Tristram | | 0:30:10 | 0:30:40 | 0:32:12 | | 0:31:01 |
| ROWETT, Kimberley | | | 0:31:01 | | | 0:31:01 |
| DAVEY, Tracey | 0:30:55 | | 0:29:51 | 0:32:26 | | 0:31:04 |
| KIMPTON, Fred | | 0:31:29 | 0:31:10 | 0:30:33 | | 0:31:04 |
| WRIGHT, Lucy | | | | | 0:31:06 | 0:31:06 |
| ROGERS, Mark | | 0:30:00 | | | 0:32:12 | 0:31:06 |
| CROUCH, Laura | | | 0:31:18 | | | 0:31:18 |
| WRIGHT, Lucy | | | 0:31:25 | | | 0:31:25 |
| ENGLEY, Rupert | 0:34:21 | 0:30:57 | | 0:29:05 | | 0:31:28 |
| JONES, Lisa | | | | | 0:31:43 | 0:31:43 |
| VAGUE, Kala | | | | 0:32:10 | | 0:32:10 |
| DUANE, Richard | 0:32:24 | 0:30:35 | 0:32:42 | | 0:33:00 | 0:32:10 |
| BUILDER, Rachel | | | | 0:32:13 | | 0:32:13 |
| BAZELEY, Geoff | | 0:32:33 | | 0:34:07 | 0:30:03 | 0:32:14 |
| COTTEISS, Claire | | 0:31:31 | 0:32:31 | 0:32:47 | | 0:32:16 |
| CHILLINGWORTH, Jackie | | 0:32:20 | | 0:32:13 | | 0:32:16 |
| JIWA, Shiraz | | | 0:32:44 | 0:33:42 | 0:30:53 | 0:32:26 |
| ENDEAN, Dave | | | | 0:32:42 | | 0:32:42 |
| COVUS, Steve | | | 0:34:04 | 0:33:17 | 0:31:51 | 0:33:04 |
| GRILLS, Deb | | | | 0:33:00 | 00:33:12 | 0:33:06 |
| WILLIAMS, Phil | | | | 0:36:09 | 0:31:03 | 0:33:36 |
| COCKINGS, Abbie | 0:33:47 | | | | | 0:33:47 |
| BUDGE, Claire | | 0:33:47 | | | | 0:33:47 |
| MELLIS, Susan | | 0:32:20 | 0:33:06 | | 0:35:58 | 0:33:48 |
| HORTON, Jackie | | | 0:34:02 | 0:33:58 | | 0:34:00 |
| MITCHELL, Marilyn | | | | | 0:33:52 | 0:34:09 |
| BLAKE, Rachel | 0:34:10 | | | | | 0:34:10 |
| BAZELEY, Sarah | | 0:34:24 | 0:34:12 | 0:35:08 | 0:33:56 | 0:34:25 |
| CAIRNEY, Terry | | | 0:31:56 | 0:39:07 | 0:32:14 | 0:34:26 |
| O'REILLY, Gayle | | | | 0:34:29 | | 0:34:29 |
| ROWE, Kristy | 0:35:26 | 0:34:12 | | | | 0:34:49 |
| PRESTON, Helen | | | 0:34:50 | | | 0:34:50 |
| MACLAREN, Lesley | | 0:35:22 | 0:33:22 | 0:36:13 | | 0:34:59 |
| BUDGE, Andy | | 0:35:02 | | | | 0:35:02 |
| WILKINSON, Andrew | | | 0:35:20 | | | 0:35:20 |
| BAILEY, Sarah | | | 0:35:25 | | | 0:35:25 |
| CARTHEW, Roz | | | | 0:35:35 | | 0:35:35 |
| FENN, Holly | | | 0:35:39 | | | 0:35:39 |
| BROWN, Lisa | | | 0:36:15 | | | 0:36:15 |
| WEST, Lindsay | 0:36:18 | | | | | 0:36:18 |
| HIBBS, Vicky | 0:36:21 | | | | | 0:36:21 |

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|--------------------|---------|---------|---------|---------|---------|-----------------|
| HANCOCK, Debbie | | 0:36:26 | | | | 0:36:26 |
| HERRINGTON, Julie | | 0:37:25 | 0:35:33 | | | 0:36:29 |
| DAVEY, Lynne | 0:36:50 | | 0:36:08 | | | 0:38:03 0:37:00 |
| ASSER, James | | | 0:47:09 | 0:34:41 | 0:29:58 | 0:37:16 |
| YATES, Angela | 0:38:04 | 0:38:11 | | | 0:36:39 | 0:37:14 0:37:32 |
| UPWARD, Barry | | 0:37:59 | | | | 0:37:59 |
| BULLOCK, Katie | 0:38:47 | 0:43:31 | 0:36:33 | 0:34:41 | 0:36:31 | 0:38:01 |
| WILLIAMS, Angela | | | | 0:39:44 | 0:36:24 | 0:38:04 |
| JONES, Trish | | | | 0:38:06 | | 0:38:06 |
| HUMPHRIES, Steve | | 0:38:46 | | | | 0:38:46 |
| LOBB, Michele | 0:37:29 | | 0:38:17 | 0:42:17 | | 0:39:21 |
| FRANKS, Michelle | | | 0:38:35 | 0:40:15 | | 0:39:25 |
| LEWIS, Mel | | | | 0:40:14 | | 0:40:14 |
| COLEMAN, Alison | 0:44:30 | 0:38:36 | | 0:38:07 | | 0:40:24 |
| DUTTON, Mike | | | | 0:43:47 | 0:37:15 | 0:40:31 |
| MITCHELL, Niki | | 0:40:36 | | | | 0:40:36 |
| BUCKLEY, Charlotte | | | | | 0:41:45 | 0:41:45 |
| HINDS, Olivia | | | | 0:42:41 | | 0:42:41 |
| MILES, Sandra | | 0:43:09 | | | 0:42:44 | 0:42:57 |
| MACLAREN, Hazel | | | | 0:44:47 | 0:41:22 | 0:43:05 |
| HARRIS, Jayne | | 0:43:29 | | | | 0:43:29 |
| WYATT, Terry | | | | 0:48:03 | 0:41:52 | 0:44:57 |
| SNELL, Sarah | | | | 0:45:10 | | 0:45:10 |

Times Fastest

| | |
|---|---------|
| 1 | 0:22:41 |
| 3 | 0:23:43 |
| 1 | 0:25:06 |
| 1 | 0:25:12 |
| 3 | 0:24:50 |
| 5 | 0:24:33 |
| 3 | 0:25:07 |
| 2 | 0:24:54 |
| 2 | 0:25:49 |
| 2 | 0:26:10 |
| 2 | 0:25:26 |
| 1 | 0:26:21 |
| 2 | 0:26:10 |
| 3 | 0:26:07 |
| 1 | 0:26:30 |
| 2 | 0:26:10 |
| 1 | 0:26:49 |
| 1 | 0:26:52 |
| 4 | 0:26:37 |
| 4 | 0:26:30 |
| 2 | 0:26:33 |
| 1 | 0:27:07 |
| 1 | 0:27:16 |
| 1 | 0:27:18 |
| 2 | 0:26:50 |
| 3 | 0:26:48 |
| 1 | 0:27:27 |
| 3 | 0:27:15 |
| 1 | 0:27:49 |
| 3 | 0:27:19 |
| 4 | 0:26:41 |
| 3 | 0:27:03 |
| 3 | 0:28:15 |
| 4 | 0:27:00 |
| 3 | 0:28:11 |
| 3 | 0:28:02 |
| 1 | 0:28:37 |
| 3 | 0:28:05 |
| 1 | 0:28:41 |
| 3 | 0:27:05 |
| 1 | 0:28:48 |
| 4 | 0:28:14 |
| 4 | 0:28:47 |
| 1 | 0:29:29 |
| 1 | 0:29:40 |
| 1 | 0:29:42 |

1 0:29:48
2 0:29:27
1 0:30:17
2 0:26:54
2 0:30:29
1 0:30:36
2 0:30:25
1 0:30:43
2 0:30:05
3 0:30:31
3 0:30:10
1 0:31:01
3 0:29:51
3 0:30:33
1 0:31:06
2 0:30:00
1 0:31:18
1 0:31:25
3 0:29:05
1 0:31:43
1 0:32:10
4 0:30:35
1 0:32:13
3 0:30:03
3 0:31:31
2 0:32:13
3 0:30:53
1 0:32:42
3 0:31:51
2 0:33:00
2 0:31:03
1 0:33:47
1 0:33:47
3 0:32:20
2 0:33:58
2 0:33:52
1 0:34:10
4 0:33:56
3 0:31:56
1 0:34:29
2 0:34:12
1 0:34:50
3 0:33:22
1 0:35:02
1 0:35:20
1 0:35:25
1 0:35:35
1 0:35:39
1 0:36:15
1 0:36:18
1 0:36:21

| | |
|---|---------|
| 1 | 0:36:26 |
| 2 | 0:35:33 |
| 3 | 0:36:08 |
| 3 | 0:29:58 |
| 4 | 0:36:39 |
| 1 | 0:37:59 |
| 5 | 0:34:41 |
| 2 | 0:36:24 |
| 1 | 0:38:06 |
| 1 | 0:38:46 |
| 3 | 0:37:29 |
| 2 | 0:38:35 |
| 1 | 0:40:14 |
| 3 | 0:38:07 |
| 2 | 0:37:15 |
| 1 | 0:40:36 |
| 1 | 0:41:45 |
| 1 | 0:42:41 |
| 2 | 0:42:44 |
| 2 | 0:41:22 |
| 1 | 0:43:29 |
| 2 | 0:41:52 |
| 1 | 0:45:10 |