Striders one Mile Time Trial

Results

				2011				2010						2009 2nd Half						2009 1st Half						2008					
				05-Aug	01-Jul	06-May	01-Apr	03-Sep	06-Aug	02-Jul	06-Jun	07-May	02-Apr		04-Dec	02-Oct	04-Sep	07-Aug	03-Jul		05-Jun	01-May	03-Apr	06-Mar	13-Feb		12-Dec	07-Nov	03-Oct	05-Sep	01-Aug
Name		Improve-ment	Best	Warm & still	Warm & still	Dry & Cool	Dry & Cool	Mild & dry	Blustery & mild	Dry & warm	Dry & warm	Dry & Cool	Dry & Cool	Best	Wet & mild	Dry & Cool	Blustery & mild	Warm & Sunny	Warm & Sunny	Best	Dry & Cool	Dry & Sunny	Cool Breeze	Dry & Cool	Dry & Cold	Best	Damp & Windy	Dry & Cool	Dry & Cool	Wet & Windy	Dry & Sunny
Simon	Ambrosi		5.21			5.33								5.21						5.21						5.21				5.33	5.21
Yasmin	Anderson		6.35											6.35						6.35				6.35		7.02					7.02
Sue	Atkinson		9.34											9.34				9.34													
Kevin	Bannister		7.52											7.52						7.52						7.52		7.52			
Amanda	Barros		7.39						7.43	7.39																					
Dave	Batten		5.46											5.46			6.02	5.46	5.55	5.55		5.55									
Nicholas	Batten		5.48											5.48			6.10		5.48	5.52		5.52									
Stuart	Bell		6.21											6.21			6.21	6.22													
Tom	Brown		6.24											6.24						6.24						6.24			6.38		6.24
Emily	Campbell		7.05											7.05						7.05						7.05			7.05		
Janice	Champion		8.54					8.54																							
Patrick	Chung		7.50									8.21		7.50					7.50												
Eve	Collins		8.02									8.02																			
Steve	Collins		6.25								6.25																				
Karen	Connor		9.09											9.09						9.09						9.09					9.09
Colin	Cotton		6.25											6.25						6.25						6.25					6.25
Dave	Denton		6.42			7.15								6.42					6.43	6.42		6.42									
Alan	Dolton		5.57											5.57						5.57		6.12	5.57	6.12		6.22					6.22
Nick	Eaves		5.50											5.50				5.50	5.58												
Richard	Edwards		6.27				6.27																								
Paul	Eisenhut		5.58	5.58								6.00																			
Andy	Elliott		7.15		8.16			7.30	7.24			7.30		7.15			7.37		7.15	7.19			7.50	7.21	7.38	7.19				7.30	7.19
Alice	Ewen		6.16											6.16						6.16			6.16	6.32		7.08			7.08		
Bob	Ewen		5.51											5.51						5.51			5.51								
Margaret	Faherty		7.49											7.49					8.01	7.49					7.49	8.09	8.09				
Barry	Finch		6.46											6.46						6.46						6.46	6.46				
Kim	Ford		7.47							8.10	7.59		8.37	7.47				8.05		7.47	7.47			8.21							
Sandra	Francis		9.02	9.02																											
John	Gannon		6.50											6.50	7.01	6.50				7.17						7.17		7.17			
Michael	(guest)		6.53							6.53																					
Mick	George		7.12											7.12				7.12	7.17												
Raymond	Gilmour		7.29			7.29																									
Natalie	Gooden		9.27											9.27						9.27					9.27	9.27				9.36	9.27
Martin	Gourlay		7.17											7.17						7.17	7.17	7.21			8.05						
Matt	Grindrod		6.03		6.03	6.08																									
David	Gunaratnam		6.17											6.17						6.17						6.17		6.17			
Susan	Haynes		8.10											8.10						8.10						8.10			8.20		8.10
Stuart	Hills		6.35											6.35						6.35						6.35		6.35			
Taylor	Huggins		5.45											5.45						5.45		5.45									
Robin	Jamieson		6.41						6.53					6.41				6.41		6.43				7.03		6.43		6.43			
Julia	Jordan		8.06						8.06																						
John	Kirby		6.30											6.30						6.30				6.30							
Norman	Kuruvita		8.15											8.15					8.28	8.15	8.15										
JP	Lamarque		8.10											8.10						8.10	8.10					8.21			8.21		
Phillipa	Lawler		7.07											7.07					7.07												
Richard	Lee-Smith	1.2%	5.09			5.09								5.15						5.15			5.15			5.21		5.21			
Victoria	Legge	0.3%	9.23						9.28			9.23		9.26	10.05					9.26				9.26		9.47	10.17			9.58	9.47
Liam	(guest)		5.52	5.52																											
Tom	Littlewood		6.38											6.38		6.58		6.47	6.58	6.38		6.50				6.38					6.38
Jon	Lloyd		6.02					6.02																							
Dave	Lovell		6.02									6.12	6.24	6.02			6.36			6.02						6.02				6.02	
Damian	Macenhill		5.21						5.21																						
Justin	Macenhill		4.56											4.56		4.56				4.58					4.58						
Karen	Macenhill.		7.35											7.35						7.35						7.35			7.40	7.35	
Charlie	Mander		6.30								6.30																				
James	Mason		6.27											6.27		6.27		6.28													
Steve	Massey		5.44							5.46	5.44																				
Matt	Morgan		5.02											5.02						5.02			5.02			5.11				5.11	
Chris	Morton	8.2%	5.51	6.03				5.51						6.00						6.00	6.07		6.00			6.09			6.09		
Ian	Murdoch		8.56					8.56																							
Susannah	Oliver		7.50											7.50						7.50				7.50		7.52	7.52				
Elliot	Osher		5.41											5.41						5.41				5.41							
Natalie	Osher		6.46											6.46						6.46				6.51		6.46					6.46
Jo	Penny		7.54											7.54		7.54															
Darren	Piper		5.40											5.40						5.40						5.40					5.40
John	Ralf		6.12								6.12																				
Hayley	Rand		8.18					8.18																							
Bas	Sharif		6.00											6.00						6.00		6.00									
Rob	Sharpe		5.31								5.31																				
Tony	Shepherd		5.30											5.30																	
Julie	Shew		9.03									9.03																			
Peter	Shew		6.52						6.55					6.52						6.52						6.52				6.52	
Clive	Smith		7.16	7.37	7.16	7.23	7.42		8.16																						
Matthew	Smith		6.46	6.54		6.48	6.46		7.57																						
Rod	Smith		8.50							8.50	8.54	9.07																			
Steve	Smith		6.24											6.24			6.24														
Carmen	Somerset		6.57											6.57					7.14	6.57			6.57		7.12	8.05	8.05				
Dee	Stanford	9.7%	7.39						8.48	7.45		7.39	7.42	8.18	8.18																
Paul	Stanford	1.1%	5.41									5.41		5.47						5.47			5.47		6.13						
Tom	Stevens		7.16											7.16					7.16												
Isaac	Stoute		6.00								6.00																				
Andy	Thatcher		8.28											8.28						8.28						8.28					8.28
Kirstie	Thompson		6.31	6.31																											
Mick	Turner		5.40	6.16								5.54		5.40						5.40			5.40								
Steve	Tyler		8.17											8.17						8.17						8.17					8.17
Steph	Upton	1.8%	6.38						6.40		6.38			6.50						6.50						6.50			6.50		
William	Ward		5.50											5.50					5.50	5.56	5.56	6.05	6.15		6.32	6.53	6.53				
Barry	White	0.7%	5.30									5.30		5.34	5.34																