Striders One Mile Time Trial

Results			2017				2016						2015						2014					
			20-Jul	14-Jun	03-May	05-Apr	07-Sep	03-Aug	06-Jul	01-Jun	04-May	06-Apr	02-Sep	05-Aug	01-Jul	03-Jun	07-May	01-Apr	24-Sep	27-Aug	30-Jul	25-Jun	28-May	30-Apr
Name		Best	hot & humid	hot & humid	dry & cold	dry & cool	warm & dry	warm& dry	mild	wet underfoot	Warmish and still		Overcast and mild	Mild	hot and humid	Dry & watm	Windy	Windy	Mild	Mild	Hot	Humid	Mild	Mild
Simon	Ambrosi	5.21																	5.26					
Yasmin	Anderson	6.35																						
Sue	Atkinson	9.34																						
Kevin	Bannister	7.52																						
Amanda	Barros	7.39																						
Dave	Batten	5.46																						
Nicholas	Batten	5.48																						
Stuart	Bell	6.21																						
Adele	Boesinger	7.09				7.09												7.59						
Graeme	Bowyer	8.38																8.38	8.42					
Ivanka	Brown	8.46																			8.46			
Tom	Brown	6.24																						
James	Burree	6.01								6.23								6.01						
Terry	Buxton	7.24							7.24		7.27			7.37		7.40	7.44	8.01						
Allie	Cairnie	6.39												6.39		6.49	7.00							
Emily	Campbell	7.05																						
Killian	Carr	6.43													6.43									
Janice	Champion	8.54																						
Patrick	Chung	7.19												7.27								7.29		
Michelle	Clarke	7.13			6.50																			7.13
Phil	Coales	4.53				4.53		5.17					5.13	5.15										
Sarah	Cobb	8.29																						
Eve	Collins	8.02																						
Nigel	Collins	5.42																						
Steve	Collins	6.25																						
Karen	Connor	9.09																						
Colin	Cotton	6.25																						
Chloe	Cripps	8.09																						
Paul	Cripps	5.48					5.48	5.50	6.00	6.11		6.10												
Gerrie	Crispie	7.20																7.20						
Dave	Denton	6.42																	7.40					
Andrew	Diamantis	7.39																	8.21					
Alan	Dolton	5.57																						
William	Donald	7.30									7.30													
Graeme	Drysdale	5.39		5.44									5.39				5.40							
James	Duffin	6.43												6.43	6.43	7.04								6.57
Nick	Eaves	5.50																						
Richard	Edwards	6.27																						
Rosemary	Egbe	10.23															10.23				*10.23*			
Paul	Eisenhut	5.55																						
Andy	Elliott	7.15									8.28						8.41		8.25	8.30		8.50	8.19	8.27
Alice	Ewen	6.16																						
Bob	Ewen	5.51																						
Margaret	Faherty	7.49																						
Nick	Fiander	7.48																						7.48
Barry	Finch	6.46																						
Christopher	Finch	6.27					6.27																	
Lucy	Finch	6.36					6.36		6.39			6.39												
Nigel	Finch	6.10					6.36		6.10			6.39						6.15						6.19
Tony	Flowers	7.53																						
Kim	Ford	7.47																						
Sandra	Francis	8.16									9.06		8.49											8.16
Lyes	Fridi	6.47																						
John	Gannon	6.50																						
Mick	George	7.12														7.41	8.02							
Raymond	Gilmour	7.29																						
Natalie	Gooden	9.27																						
Martin	Gourlay	7.17																						
Louise	Grech	8.07																			*8.07*			
Matt	Grindrod	6.03																						
Michael	(guest)	6.53																						
David	Gunaratnam	6.17																						
Colin	Hann	5.23																	5.43	5.23			5.48	
Ernie	Hann	5.08	5.22						5.23													5.08	5.22	5.16
Graham	Hansen	5.20								5.20														
Sam	Hansen	5.26							5.40	5.26														
Tim	Harris	6.47																						6.47
Susan	Haynes	8.10																						
Stuart	Hills	6.35																						
Mel	Hinds	9.41																9.41						
Taylor	Huggins	5.45																						
Robin	Jamieson	6.41																						
Peter	Johnson	6.05							6.05			6.19												
Julia	Jordan	8.06																						
Mark	Kelly	6.22																					6.22	
James	Kelly	6.21																					6.21	
Danyay	Khan	7.46		7.46																				
John	Kirby	6.30																						
Krzysztof	Klidzia	5.38				5.42																		
Norman	Kuruvita	8.15																						
JP	Lamarque	8.10																						

		2013							2012					2011				
		02-Oct	04-Sep	07-Aug	17-Jul	19-Jun	01-May	03-Apr	07-Nov	03-Oct	03-Aug	06-Jul	13-Apr	07-Oct	02-Sep	05-Aug	01-Jul	06-May
Name		Mild	Dry & warm	Dry & warm	Humid	Humid	Mild and dry	Very Cold	Cold & dry	Cold & dry	Cold & dry	Cold & dry	Mild	Mild	Warm & still	Warm & still	Warm & still	Dry & Cool
Simon	Ambrosi																	5.33
Yasmin	Anderson								6.50									
Sue	Atkinson																	
Kevin	Bannister																	
Amanda	Barros																	
Dave	Batten																	
Nicholas	Batten																	
Stuart	Bell																	
Adele	Boesinger																	
Graeme	Bowyer																	
Ivanka	Brown																	
Tom	Brown																	
James	Burree								6.15									
Terry	Buxton																	
Allie	Cairnie																	
Emily	Campbell																	
Killian	Carr																	
Janice	Champion																	
Patrick	Chung			7.28				7.19										
Michelle	Clarke																	
Phil	Coales																	
Sarah	Cobb			8.54			8.29	8.40										
Eve	Collins																	
Nigel	Collins				5.42													
Steve	Collins																	
Karen	Connor																	
Colin	Cotton																	
Chloe	Cripps																	
Paul	Cripps																	
Gerrie	Crispie																	
Dave	Denton																	7.15
Andrew	Diamantis			7.46	7.39													
Alan	Dolton																	
William	Donald																	
Graeme	Drysdale																	
James	Duffin																	
Nick	Eaves														6.01			
Richard	Edwards																	
Rosemary	Egbe																	
Paul	Eisenhut				5.55											5.58		
Andy	Elliott												8.09				8.16	
Alice	Ewen									6.42								
Bob	Ewen																	
Margaret	Faherty																	
Nick	Fiander																	
Barry	Finch																	
Christopher	Finch																	
Lucy	Finch																	
Nigel	Finch																	
Tony	Flowers										7.53							
Kim	Ford			8.32			8.18	8.25					8.19					
Sandra	Francis									9.00			8.55	8.55		9.02		
Lyes	Fridi																	
John	Gannon									7.11								
Mick	George																	
Raymond	Gilmour																	7.29
Natalie	Gooden																	
Martin	Gourlay																	
Louise	Grech																	
Matt	Grindrod														6.18		6.03	6.08
Michael	(guest)																	
David	Gunaratnam																	
Colin	Hann	6.49	7.01	7.12														
Ernie	Hann	5.33	5.31	5.39	5.39	5.39			5.34	5.56								
Graham	Hansen																	
Sam	Hansen																	
Tim	Harris																	
Susan	Haynes																	
Stuart	Hills																	
Mel	Hinds																	
Taylor	Huggins																	
Robin	Jamieson								7.00									
Peter	Johnson																	
Julia	Jordan																	
Mark	Kelly																	
James	Kelly																	
Danyay	Khan																	
John	Kirby																	
Krzysztof	Klidzia								5.38									
Norman	Kuruvita																	
JP	Lamarque																	

		2010					2009									2008					
		03-Sep	06-Aug	02-Jul	07-May	02-Apr	04-Dec	02-Oct	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		Mild & dry	Blustery & mild	Dry & warm	Dry & Cool	Dry & Cool	Wet & mild	Dry & Cool	Warm & Sunny	Warm & Sunny	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
Yasmin	Anderson													6.35		7.02					7.02
Sue	Atkinson								9.34												
Kevin	Bannister															7.52		7.52			
Amanda	Barros		7.43	7.39																	
Dave	Batten								5.46	5.55		5.55									
Nicholas	Batten									5.48		5.52									
Stuart	Bell								6.22												
Adele	Boesinger																				
Graeme	Bowyer																				
Ivanka	Brown																				
Tom	Brown															6.24			6.38		6.24
James	Burree																				
Terry	Buxton																				
Allie	Cairnie																				
Emily	Campbell															7.05			7.05		
Killian	Carr																				
Janice	Champion	8.54																			
Patrick	Chung				8.21					7.50											
Michelle	Clarke																				
Phil	Coales																				
Sarah	Cobb																				
Eve	Collins				8.02																
Nigel	Collins																				
Steve	Collins																				
Karen	Connor															9.09					9.09
Colin	Cotton															6.25					6.25
Chloe	Cripps																				
Paul	Cripps																				
Gerrie	Crispie																				
Dave	Denton									6.43		6.42									
Andrew	Diamantis																				
Alan	Dolton											6.12	5.57	6.12		6.22					6.22
William	Donald																				
Graeme	Drysdale																				
James	Duffin																				
Nick	Eaves								5.50	5.58											
Richard	Edwards																				
Rosemary	Egbe																				
Paul	Eisenhut				6.00																
Andy	Elliott	7.30	7.24		7.30					7.15			7.50	7.21	7.38	7.19				7.30	7.19
Alice	Ewen												6.16	6.32		7.08			7.08		
Bob	Ewen												5.51								
Margaret	Faherty									8.01					7.49	8.09	8.09				
Nick	Fiander																				
Barry	Finch															6.46	6.46				
Christopher	Finch																				
Lucy	Finch																				
Nigel	Finch																				
Tony	Flowers																				
Kim	Ford			8.10		8.37			8.05		7.47			8.21							
Sandra	Francis																				
Lyes	Fridi																				
John	Gannon						7.01	6.50								7.17		7.17			
Mick	George								7.12	7.17											
Raymond	Gilmour																				
Natalie	Gooden														9.27	9.27				9.36	9.27
Martin	Gourlay										7.17	7.21			8.05						
Louise	Grech																				
Matt	Grindrod																				
Michael	(guest)			6.53																	
David	Gunaratnam															6.17		6.17			
Colin	Hann																				
Ernie	Hann																				
Graham	Hansen																				
Sam	Hansen																				
Tim	Harris																				
Susan	Haynes															8.10			8.20		8.10
Stuart	Hills															6.35		6.35			
Mel	Hinds																				
Taylor	Huggins											5.45									
Robin	Jamieson		6.53						6.41						7.03	6.43		6.43			
Peter	Johnson																				
Julia	Jordan		8.06																		
Mark	Kelly																				
James	Kelly																				
Danyay	Khan																				
John	Kirby													6.30							
Krzysztof	Klidzia																				
Norman	Kuruvita									8.28	8.15										
JP	Lamarque										8.10					8.21			8.21		

Asisat	Lamina	6.54												6.54																																														
Robbie	Lashley	7.29																														7.38		7.48																									
Becky	Laurence	7.03																												7.03																													
Phillipa	Lawler	7.07																																														7.07											
Richard	Lee-Smith	5.09																																						5.09												5.15			5.21		5.21			
Victoria	Legge	9.23															11.32															9.58										9.28		9.23		10.05							9.26		9.47	10.17			9.58	9.47
Liam	(guest)	5.52																																			5.52																						
Tom	Littlewood	6.38																													6.55																6.58	6.47	6.58		6.50				6.38					6.38
Yvonne	Liversidge	8.00																																	8.00																									
Jon	Lloyd	6.02																																							6.02																			
Dave	Lovell	6.02																														6.04												6.12	6.24										6.02				6.02	
Damian	Macenhill	5.21																																								5.21																		
Justin	Macenhill	4.56																																													4.56							4.58						
Karen	Macenhill.	7.25																									7.25		7.39																													7.35			7.40	7.35	
Charlie	Mander	6.30																																																										
James	Mason	6.27																																													6.27	6.28												
Steve	Massey	5.44							5.49	5.59				5.49				6.08					6.01							7.34		6.06				5.52								5.46																	
Helene	McCann	7.55							7.55			7.55																																																	
Robert	McCann	9.24							9.24			9.24																																																	
Neil	McDonough	7.42									7.42		8.39	7.52																																														
Katie	McInnes	7.29						7.29													8.13																																							
Peter	Mills	5.05									5.05																																																	
Matt	Morgan	5.02																																																		5.02			5.11				5.11	
Chris	Morton	5.51						6.15		6.13				6.14	6.14				6.05										6.05			6.01							6.03			5.51									6.07		6.00			6.09			6.09		
Ian	Murdoch	8.56																																							8.56																			
Adam	Nally	6.30																						6.30																																					
David	Nielson	6.57				6.57																																																							
John	O'Dowd	6.42																					6.49	6.42																																					
John	O'Mahony	6.11			5.50				6.11			6.11																																																	
Susannah	Oliver	7.50																																																			7.50		7.52	7.52				
Eliot	Osher	5.41																																																			5.41							
Natalie	Osher	6.46																																																			6.51		6.46					6.46
Matthew	Ostrowski	5.20	5.31					5.28	5.50	5.20	5.34	5.50		6.11																																															
Tony	Ostrowski	6.35	6.38						6.35	6.56	6.38	6.35		6.56																																															
Karen	Peake	8.22																													8.22																													
Jo	Penny	7.54																																													7.54													
Andy	Perks	5.44			6.06	5.5	7.08	7.37					6.02	5.57				5.44			5.50																																							
Hazel	Perks	9.27					9.27	9.40																																																					
Holly	Perks	7.09					7.09	7.37																																																					
Ruth	Pearson	8.32				8.32	9.32	9.41																																																					
Darren	Piper	5.40																																																						5.40					5.40
Jessica	Polya	7.32				7.32																																																						
Nadine	Pryce	7.13							7.13																																																				
Gearoid	Quigley	5.21																							5.21																																				
John	Ralf	6.12																																																										
Hayley	Rand	8.18																																							8.18																			
Phil	Richards	6.55																						6.55																																					
Michael	Ricketts (gues	6.51																																																											
Sarah	Robinson	8.57																												8.57																														
Vishal	Saxena	7.06																																																											
Dennis	Seymour	5.52		6.45							6.31			6.12	6.12	5.52	5.54	6.14																																											
Bas	Sharif	6.00																																																	6.00									
Rob	Sharpe	5.20																														5.24																												
Tony	Shepherd	5.30																																															5.30											
Adam	Shew	7.16																						7.16			7.25		7.34																															
Julie	Shew	9.03																																										9.03																
Peter	Shew	6.52																																								6.55													6.52				6.52	
Alistair	Smith	5.58																							6.00		5.58																																	
Clive	Smith	7.13																									7.47					7.16			7.19		7.19	7.37	7.16	7.23		8.16																		
Matthew	Smith	6.35																	6.40													6.43			6.35		6.38	6.54		6.48		7.57																		
Rod	Smith	8.50																																									8.50	9.07																
Steve	Smith	6.24		6.50					6.48			6.48		6.29																																														
Carmen	Somerset	6.57																																															7.14			6.57		7.12	8.05	8.05				
Sophia	(guest)	8.54																																			8.54																							
Dee	Stanford	7.39																																								8.48	7.45	7.39	7.42	8.18														
Paul	Stanford	5.41															6.02																											5.41								5.47		6.13						
Tom	Stevens	7.16																																															7.16											
Isaac	Stoute	6.00																																																										
Andy	Thatcher	8.28																																																					8.28					8.28
Jessica	Thomas-Cole	8.02															8.02																																												
Kirsty	Thompson	6.28																															6.28		7.10		6.32	6.31																						
Mick	Turner	5.40																																			5.54	6.16						5.54								5.40								
Steve	Tyler	8.17			9.54																																																		8.17					8.17
Steph	Upton	6.36																					6.36																			6.40													6.50			6.50		
Christina	Uwins	7.52		7.52																																																								
D	Vinton		6.01																																																										
Alex	Warchol	7.15					7.15																																																						
William	Ward	5.50																													6.04																		5.50	5.56	6.05	6.15		6.32	6.53	6.53				
Kevin	Waller	7.50																																	8.01																									
Simon	Webster	5.57																													5.57	6.01																												
Alison	Whitlock	7.00	6.57	7.01																		7.09				7.00		7.18																																
Zoe	Williams	6.46																					6.51					6.46																																
Bernadette	Winsborrow	8.13																														8.13																												
Barry	White	5.30																																										5.30		5.34														
Darren	Woods	5.41					6.08				6.13		6.11	5.48		5.44	5.45	5.51	5.41	5.58	5.57	5.53	5.52																																						