Filte Striders One Mile Time Trial

x	Results			2017		2016						2015						2014						2013							2012					2011					2010					2009									2008					
x				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	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	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
x																																																												
x	Name		Best	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	Mild	Dry & warm	Dry & warm	Humid	Humid	Mild and dry	Very Cold	Cold & dry	Cold & dry	Cold & dry	Cold & dry	Miild	Miild	Warm & still	Warm & still	Warm & still	Dry & Cool	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
0	Simon	Ambrosi	5.21															5.26																						5.33															5.21				5.33	5.21
0	Yasmin	Anderson	6.35																												6.50																						6.35		7.02					7.02
0	Sue	Atkinson	9.34																																													9.34												
0	Kevin	Bannister	7.52																																																				7.52		7.52			
0	Amanda	Barros	7.39																																							7.43	7.39																	
0	Dave	Batten	5.46																																													5.46	5.55		5.55									
0	Nicholas	Batten	5.48																																														5.48		5.52									
0	Stuart	Bell	6.21																																													6.22												
7.1	Adele	Boesinger	7.09		7.09												7.59																																											
8.4	Graeme	Bowyer	8.38														8.38	8.42																																										
0	Ivanka	Brown	8.46																	8.46																																								
0	Tom	Brown	6.24																																																				6.24			6.38		6.24
6	James	Burree	6.01						6.23								6.01														6.15																													
7.2	Terry	Buxton	7.24					7.24		7.27			7.37		7.40	7.44	8.01																																											
6.4	Allie	Cairnie	6.39										6.39		6.49	7.00																																												
0	Emily	Campbell	7.05																																																				7.05			7.05		
6.4	Killian	Carr	6.43											6.43																																												
0	Janice	Champion	8.54																																						8.54																			
7.3	Patrick	Chung	7.19										7.27								7.29					7.28				7.19														8.21					7.50											
0	Michelle	Clarke	7.13	6.50																			7.13																																					
4.5	Phil	Coales	4.53		4.53		5.17					5.13	5.15																																															
0	Sarah	Cobb	8.29																							8.54			8.29	8.40																														
0	Eve	Collins	8.02																																									8.02																
0	Nigel	Collins	5.42																								5.42																																	
0	Steve	Collins	6.25																																																									
0	Karen	Connor	9.09																																																				9.09					9.09
0	Colin	Cotton	6.25																																																				6.25					6.25
0	Chloe	Cripps	8.09																																																									
5.5	Paul	Cripps	5.48			5.48	5.50	6.00	6.11		6.10																																																	
7.2	Gerrie	Crispie	7.20														7.20																																											
0	Dave	Denton	6.42															7.40																						7.15									6.43		6.42									
0	Andrew	Diamantis	7.39															8.21								7.46	7.39																																	
0	Alan	Dolton	5.57																																																6.12	5.57	6.12		6.22					6.22
7.3	William	Donald	7.30							7.30																																																		
5.4	Graeme	Drysdale	5.39									5.39				5.40																																												
6.4	James	Duffin	6.43										6.43	6.43	7.04								6.57																																					
0	Nick	Eaves	5.50																																		6.01											5.50	5.58											
0	Richard	Edwards	6.27																																																									
10	Rosemary	Egbe	10.23													10.23				*10.23*																																								
0	Paul	Eisenhut	5.55																								5.55											5.58						6.00																
8.3	Andy	Elliott	7.15							8.28						8.41		8.25	8.30		8.50	8.19	8.27												8.09				8.16		7.30	7.24		7.30					7.15			7.50	7.21	7.38	7.19				7.30	7.19
0	Alice	Ewen	6.16																													6.42																				6.16	6.32		7.08			7.08		
0	Bob	Ewen	5.51																																																	5.51								
0	Margaret	Faherty	7.49																																														8.01					7.49	8.09	8.09				
0	Nick	Fiander	7.48																				7.48																																					
0	Barry	Finch	6.46																																																				6.46	6.46				
6.3	Christopher	Finch	6.27			6.27																																																						
6.4	Lucy	Finch	6.36			6.36		6.39			6.39																																																	
6.1	Nigel	Finch	6.10			6.36		6.10			6.39						6.15						6.19																																					
0	Tony	Flowers	7.53																														7.53																											
0	Kim	Ford	7.47																							8.32			8.18	8.25					8.19								8.10		8.37			8.05		7.47			8.21							
8.5	Sandra	Francis	8.16							9.06		8.49											8.16									9.00			8.55	8.55		9.02																						
6.5	Lyes	Fridi	6.47																																																									
0	John	Gannon	6.50																													7.11														7.01	6.50								7.17		7.17			
7.4	Mick	George	7.12												7.41	8.02																																7.12	7.17											
0	Raymond	Gilmour	7.29																																					7.29																				
0	Natalie	Gooden	9.27																																																			9.27	9.27				9.36	9.27
0	Martin	Gourlay	7.17																																															7.17	7.21			8.05						
0	Louise	Grech	8.07																	*8.07*																																								
0	Matt	Grindrod	6.03																																		6.18		6.03	6.08																				
0	Michael	(guest)	6.53																																								6.53																	
0	David	Gunaratnam	6.17																																																				6.17		6.17			
0	Colin	Hann	5.23															5.43	5.23			5.48		6.49	7.01	7.12																																		
5.2	Ernie	Hann	5.08					5.23													5.08	5.22	5.16	5.33	5.31	5.39	5.39	5.39			5.34	5.56																												
5.2	Graham	Hansen	5.20						5.20																																																			
5.3	Sam	Hansen	5.26					5.40	5.26																																																			
0	Tim	Harris	6.47																				6.47																																					
0	Susan	Haynes	8.10																																																				8.10			8.20		8.10
0	Stuart	Hills	6.35																																																				6.35		6.35			
9.4	Mel	Hinds	9.41														9.41																																											
0	Taylor	Huggins	5.45																																																5.45									
0	Robin	Jamieson	6.41																												7.00											6.53						6.41						7.03	6.43		6.43			
6.1	Peter	Johnson	6.05					6.05			6.19																																																	
0	Julia	Jordan	8.06																																							8.06																		
0	Mark	Kelly	6.22																			6.22																																						
0	James	Kelly	6.21																			6.21																																						
0	John	Kirby	6.30																																																		6.30							
5.4	Krzysztof	Klidzia	5.38		5.42																										5.38																													
0	Norman	Kuruvita	8.15																																														8.28	8.15										
0	JP	Lamarque	8.10																																															8.10					8.21			8.21		
6.5	Asisat	Lamina	6.54										6.54																																															

0	Robbie	Lashley	7.29																													7.38		7.48																									
0	Becky	Laurence	7.03																										7.03																													
0	Phillipa	Lawler	7.07																																													7.07										
0	Richard	Lee-Smith	5.09																																				5.09											5.15			5.21		5.21			
11	Victoria	Legge	9.23													11.32														9.58										9.28		9.23		10.05							9.26		9.47	10.17			9.58	9.47
0	Liam	(guest)	5.52																																		5.52																					
0	Tom	Littlewood	6.38																											6.55																6.58	6.47	6.58		6.50				6.38					6.38
0	Yvonne	Liversidge	8.00																															8.00																									
0	Jon	Lloyd	6.02																																					6.02																			
0	Dave	Lovell	6.02																												6.04												6.12	6.24										6.02				6.02	
0	Damian	Macenhill	5.21																																						5.21																		
0	Justin	Macenhill	4.56																																											4.56							4.58						
0	Karen	Macenhill.	7.25																						7.25		7.39																											7.35			7.40	7.35	
0	Charlie	Mander	6.30																																																									
0	James	Mason	6.27																																											6.27	6.28												
5.5	Steve	Massey	5.44					5.49	5.59				5.49				6.08					6.01							7.34		6.06				5.52								5.46																	
7.6	Helene	McCann	7.55					7.55			7.55																																																	
9.2	Robert	McCann	9.24					9.24			9.24																																																	
7.4	Neil	McDonough	7.42							7.42		8.39	7.52																																															
7.3	Katie	McInnes	7.29				7.29													8.13																																								
5.1	Peter	Mills	5.05							5.05																																																		
0	Matt	Morgan	5.02																																																	5.02			5.11				5.11	
6.1	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		
0	Ian	Murdoch	8.56																																					8.56																			
0	Adam	Nally	6.30																					6.30																																			
6.6	David	Nielson	6.57		6.57																																																							
0	John	O'Dowd	6.42																			6.49	6.42																																					
6.1	John	O'Mahony	6.11	5.50				6.11			6.11																																																	
0	Susannah	Oliver	7.50																																																		7.50		7.52	7.52				
0	Eliot	Osher	5.41																																																		5.41							
0	Natalie	Osher	6.46																																																		6.51		6.46					6.46
5.2	Matthew	Ostrowski	5.20				5.28	5.50	5.20	5.34	5.50		6.11																																															
6.4	Tony	Ostrowski	6.35					6.35	6.56	6.38	6.35		6.56																																															
0	Karen	Peake	8.22																											8.22																													
0	Jo	Penny	7.54																																											7.54													
5.4	Andy	Perks	5.44	6.06	5.5	7.08	7.37					6.02	5.57				5.44			5.50																																								
9.3	Hazel	Perks	9.27			9.27	9.40																																																					
7.1	Holly	Perks	7.09			7.09	7.37																																																					
8.3	Ruth	Pearson	8.32		8.32	9.32	9.41																																																					
0	Darren	Piper	5.40																																																				5.40					5.40
7.3	Jessica	Polya	7.32		7.32																																																							
7.1	Nadine	Pryce	7.13					7.13																																																				
0	Gearoid	Quigley	5.21																						5.21																																			
0	John	Ralf	6.12																																																									
0	Hayley	Rand	8.18																																					8.18																			
0	Phil	Richards	6.55																				6.55																																					
0	Michael	Ricketts (gues	6.51																																																									
0	Sarah	Robinson	8.57																										8.57																													
0	Vishal	Saxena	7.06																																																									
5.5	Dennis	Seymour	5.52							6.31			6.12	6.12	5.52	5.54	6.14																																											
0	Bas	Sharif	6.00																																																6.00									
0	Rob	Sharpe	5.20																												5.24																												
0	Tony	Shepherd	5.30																																														5.30											
0	Adam	Shew	7.16																					7.16			7.25		7.34																															
0	Julie	Shew	9.03																																									9.03																
0	Peter	Shew	6.52																																							6.55													6.52				6.52	
0	Alistair	Smith	5.58																						6.00		5.58																																	
0	Clive	Smith	7.13																								7.47					7.16			7.19		7.19	7.37	7.16	7.23		8.16																		
0	Matthew	Smith	6.35															6.40														6.43			6.35		6.38	6.54		6.48		7.57																		
0	Rod	Smith	8.50																																							8.50	9.07																
6.3	Steve	Smith	6.24					6.48			6.48		6.29																																															
0	Carmen	Somerset	6.57																																														7.14			6.57		7.12	8.05	8.05				
0	Sophia	(guest)	8.54																																		8.54																						
0	Dee	Stanford	7.39																																							8.48	7.45	7.39	7.42	8.18														
6	Paul	Stanford	5.41														6.02																										5.41								5.47		6.13						
0	Tom	Stevens	7.16																																														7.16											
0	Isaac	Stoute	6.00																																																									
0	Andy	Thatcher	8.28																																																				8.28					8.28
8	Jessica	Thomas-Cole	8.02														8.02																																											
0	Kirsty	Thompson	6.28																														6.28		7.10		6.32	6.31																						
0	Mick	Turner	5.40																																		5.54	6.16						5.54								5.40								
0	Steve	Tyler	8.17	9.54																																																		8.17					8.17
0	Steph	Upton	6.36																			6.36																				6.40													6.50			6.50		
7.2	Alex	Warchol	7.15			7.15																																																						
0	William	Ward	5.50																											6.04																		5.50	5.56	6.05	6.15		6.32	6.53	6.53				
0	Kevin	Waller	7.50																															8.01																									
0	Simon	Webster	5.57																											5.57	6.01																												
0	Alison	Whitlock	7.00																		7.09				7.00		7.18																																	
0	Zoe	Williams	6.46																			6.51					6.46																																	
0	Bernadette	Winsborrow	8.13																												8.13																												
0	Barry	White	5.30																																									5.30		5.34														
5.4	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																																						
	fastest		4.56		4.53			6	5.20	5.05	5.50	5.13	5.15	6.12	5.44	5.40	5.44	5.26	5.23	5.50	5.08	5.22	5.16	5.33	5.21	5.39	5.39	5.39	7.34	7.03	5.34	5.24	6.28		5.52	8.55	5.54	5.52	6.03	5.09	5.51	5.21	5.46	5.30	6.24	5.34	4.56	5.46	5.30	5.56	5.45	5.02	5.41	4.58	5.11	6.46	5.21	6.09	5.11	5.21
	6	15	14						9	3	6	5	10	10	4	5	7	9	3	4	5	11	11	3	0	7	10	10	1	7	8	3	7	3	6	11	6	9	12	3	6	9	15	6	9	10	9	6	6	8	15									