Striders One Mile Time Trial

Results			2017					2016					
			16-Aug	20-Jul	14-Jun	03-May	05-Apr	07-Sep	03-Aug	06-Jul	01-Jun	04-May	06-Apr
Name		Best	warm and dry	hot & humid	hot & humid	dry & cold	dry & cool	warm & dry	warm& dry	mild	wet underf oot	Warmis h and still	
Simon	Ambrosi	0.00											
Yasmin	Anderson	0.00											
Sue	Atkinson	0.00											
Kevin	Bannister	0.00											
Amanda	Barros	0.00											
Dave	Batten	0.00											
Nicholas	Batten	0.00											
Adele	Boesinger	7.09					7.09						
Graeme	Bowyer	8.38											
Ivanka	Brown	0.00											
Tom	Brown	0.00											
James	Burree	6.01									6.23		
Terry	Buxton	7.24								7.24		7.27	
Allie	Cairnie	6.39											
Emily	Campbell	0.00											
Killian	Carr	6.43											
Janice	Champion	0.00											
Patrick	Chung	7.27											
Michelle	Clarke	6.50				6.50							
Phil	Coales	4.53					4.53		5.17				
Sarah	Cobb	0.00											
Eve	Collins	0.00											
Nigel	Collins	0.00											
Steve	Collins	0.00											
Karen	Connor	0.00											
Colin	Cotton	0.00											
Chloe	Cripps	0.00											
Paul	Cripps	5.48						5.48	5.50	6.00	6.11		6.10
Gerrie	Crispie	7.20											
Dave	Denton	0.00											
Andrew	Diamantis	0.00											
Alan	Dolton	0.00											
William	Donald	7.30										7.30	
Graeme	Drysdale	5.39			5.44								
James	Duffin	6.43											
Nick	Eaves	0.00											
Richard	Edwards	0.00											
Rosemary	Egbe	10.23											
Paul	Eisenhut	0.00											
Andy	Elliott	8.28										8.28	
Alice	Ewen	0.00											
Bob	Ewen	0.00											
Margaret	Faherty	0.00											
Nick	Fiander	0.00											
Barry	Finch	0.00											
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
Tony	Flowers	0.00											
Kim	Ford	0.00											
Sandra	Francis	8.49										9.06	
Lyes	Fridi	0.00											
John	Gannon	0.00											
Mick	George	7.41											
Raymond	Gilmour	0.00											
Natalie	Gooden	0.00											
Martin	Gourlay	0.00											
Louise	Grech	0.00											
Matt	Grindrod	0.00											
Michael	(guest)	0.00											
David	Gunaratnam	0.00											
Colin	Hann	0.00											
Ernie	Hann	5.22	5.54	5.22						5.23			
Graham	Hansen	5.20									5.20		
Sam	Hansen	5.26								5.40	5.26		
Tim	Harris	0.00											
Steve	Harris	5.47	5.47										
Susan	Haynes	0.00											
Stuart	Hills	0.00											
Mel	Hinds	9.41											
Taylor	Huggins	0.00											
Robin	Jamieson	0.00											
Peter	Johnson	6.05								6.05			6.19
Julia	Jordan	0.00											
Mark	Kelly	0.00											
James	Kelly	0.00											
Danyay	Khan	7.46			7.46								
John	Kirby	0.00											
Krzysztof	Klidzia	5.42					5.42						
Norman	Kuruvita	0.00											
JP	Lamarque	0.00											
Asisat	Lamina	6.54											
Robbie	Lashley	0.00											
Becky	Laurence	0.00											
Phillipa	Lawler	0.00											

		2015						2014					
		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		Overca st and mild	Mild	hot and humid	Dry & watm	Windy	Windy	Mild	Mild	Hot	Humid	Mild	Mild
Simon	Ambrosi							5.26					
Yasmin	Anderson												
Sue	Atkinson												
Kevin	Bannister												
Amanda	Barros												
Dave	Batten												
Nicholas	Batten												
Adele	Boesinger						7.59						
Graeme	Bowyer						8.38	8.42					
Ivanka	Brown									8.46			
Tom	Brown												
James	Burree						6.01						
Terry	Buxton		7.37		7.40	7.44	8.01						
Allie	Cairnie		6.39		6.49	7.00							
Emily	Campbell												
Killian	Carr			6.43									
Janice	Champion												
Patrick	Chung		7.27								7.29		
Michelle	Clarke												7.13
Phil	Coales	5.13	5.15										
Sarah	Cobb												
Eve	Collins												
Nigel	Collins												
Steve	Collins												
Karen	Connor												
Colin	Cotton												
Chloe	Cripps												
Paul	Cripps												
Gerrie	Crispie						7.20						
Dave	Denton							7.40					
Andrew	Diamantis							8.21					
Alan	Dolton												
William	Donald												
Graeme	Drysdale	5.39				5.40							
James	Duffin		6.43	6.43	7.04								6.57
Nick	Eaves												
Richard	Edwards												
Rosemary	Egbe					10.23				*10.23*			
Paul	Eisenhut												
Andy	Elliott					8.41		8.25	8.30		8.50	8.19	8.27
Alice	Ewen												
Bob	Ewen												
Margaret	Faherty												
Nick	Fiander												7.48
Barry	Finch												
Christopher	Finch												
Lucy	Finch												
Nigel	Finch						6.15						6.19
Tony	Flowers												
Kim	Ford												
Sandra	Francis	8.49											8.16
Lyes	Fridi												
John	Gannon												
Mick	George				7.41	8.02							
Raymond	Gilmour												
Natalie	Gooden												
Martin	Gourlay												
Louise	Grech									*8.07*			
Matt	Grindrod												
Michael	(guest)												
David	Gunaratnam												
Colin	Hann							5.43	5.23			5.48	
Ernie	Hann										5.08	5.22	5.16
Graham	Hansen												
Sam	Hansen												
Tim	Harris												6.47
Steve	Harris												
Susan	Haynes												
Stuart	Hills												
Mel	Hinds						9.41						
Taylor	Huggins												
Robin	Jamieson												
Peter	Johnson												
Julia	Jordan												
Mark	Kelly											6.22	
James	Kelly											6.21	
Danyay	Khan												
John	Kirby												
Krzysztof	Klidzia												
Norman	Kuruvita												
JP	Lamarque												
Asisat	Lamina		6.54										
Robbie	Lashley												
Becky	Laurence												
Phillipa	Lawler												

		2013							2012				
		02-Oct	04-Sep	07-Aug	17-Jul	19-Jun	01-May	03-Apr	07-Nov	03-Oct	03-Aug	06-Jul	13-Apr
Name		Mild	Dry & warm	Dry & warm	Humid	Humid	Mild and dry	Very Cold	Cold & dry	Cold & dry	Cold & dry	Cold & dry	Mild
Simon	Ambrosi												
Yasmin	Anderson								6.50				
Sue	Atkinson												
Kevin	Bannister												
Amanda	Barros												
Dave	Batten												
Nicholas	Batten												
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												
Andrew	Diamantis			7.46	7.39								
Alan	Dolton												
William	Donald												
Graeme	Drysdale												
James	Duffin												
Nick	Eaves												
Richard	Edwards												
Rosemary	Egbe												
Paul	Eisenhut				5.55								
Andy	Elliott												8.09
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
Lyes	Fridi												
John	Gannon									7.11			
Mick	George												
Raymond	Gilmour												
Natalie	Gooden												
Martin	Gourlay												
Louise	Grech												
Matt	Grindrod												
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												
Steve	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												
Asisat	Lamina												
Robbie	Lashley										7.38		7.48
Becky	Laurence							7.03					
Phillipa	Lawler												

		2011					2010				
		07-Oct	02-Sep	05-Aug	01-Jul	06-May	03-Sep	06-Aug	02-Jul	07-May	02-Apr
Name		Mild	Warm & still	Warm & still	Warm & still	Dry & Cool	Mild & dry	Bluster y & mild	Dry & warm	Dry & Cool	Dry & Cool
Simon	Ambrosi					5.33					
Yasmin	Anderson										
Sue	Atkinson										
Kevin	Bannister										
Amanda	Barros							7.43	7.39		
Dave	Batten										
Nicholas	Batten										
Adele	Boesinger										
Graeme	Bowyer										
Ivanka	Brown										
Tom	Brown										
James	Burree										
Terry	Buxton										
Allie	Cairnie										
Emily	Campbell										
Killian	Carr										
Janice	Champion						8.54				
Patrick	Chung									8.21	
Michelle	Clarke										
Phil	Coales										
Sarah	Cobb										
Eve	Collins									8.02	
Nigel	Collins										
Steve	Collins										
Karen	Connor										
Colin	Cotton										
Chloe	Cripps										
Paul	Cripps										
Gerrie	Crispie										
Dave	Denton					7.15					
Andrew	Diamantis										
Alan	Dolton										
William	Donald										
Graeme	Drysdale										
James	Duffin										
Nick	Eaves		6.01								
Richard	Edwards										
Rosemary	Egbe										
Paul	Eisenhut			5.58						6.00	
Andy	Elliott				8.16		7.30	7.24		7.30	
Alice	Ewen										
Bob	Ewen										
Margaret	Faherty										
Nick	Fiander										
Barry	Finch										
Christopher	Finch										
Lucy	Finch										
Nigel	Finch										
Tony	Flowers										
Kim	Ford								8.10		8.37
Sandra	Francis	8.55		9.02							
Lyes	Fridi										
John	Gannon										
Mick	George										
Raymond	Gilmour					7.29					
Natalie	Gooden										
Martin	Gourlay										
Louise	Grech										
Matt	Grindrod		6.18		6.03	6.08					
Michael	(guest)								6.53		
David	Gunaratnam										
Colin	Hann										
Ernie	Hann										
Graham	Hansen										
Sam	Hansen										
Tim	Harris										
Steve	Harris										
Susan	Haynes										
Stuart	Hills										
Mel	Hinds										
Taylor	Huggins										
Robin	Jamieson							6.53			
Peter	Johnson										
Julia	Jordan							8.06			
Mark	Kelly										
James	Kelly										
Danyay	Khan										
John	Kirby										
Krzysztof	Klidzia										
Norman	Kuruvita										
JP	Lamarque										
Asisat	Lamina										
Robbie	Lashley										
Becky	Laurence										
Phillipa	Lawler										

		2009									2008					
		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		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															
Dave	Batten			5.46	5.55		5.55									
Nicholas	Batten				5.48		5.52									
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															
Patrick	Chung				7.50											
Michelle	Clarke															
Phil	Coales															
Sarah	Cobb															
Eve	Collins															
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															
Andy	Elliott				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			8.05		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)															
David	Gunaratnam										6.17		6.17			
Colin	Hann															
Ernie	Hann															
Graham	Hansen															
Sam	Hansen															
Tim	Harris															
Steve	Harris															
Susan	Haynes										8.10			8.20		8.10
Stuart	Hills										6.35		6.35			
Mel	Hinds															
Taylor	Huggins						5.45									
Robin	Jamieson			6.41						7.03	6.43		6.43			
Peter	Johnson															
Julia	Jordan															
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															
Robbie	Lashley															
Becky	Laurence															
Phillipa	Lawler				7.07											

Richard	Lee-Smith	0.00																																						5.09												5.15			5.21		5.21			
Victoria	Legge	11.32																	11.32														9.58										9.28		9.23		10.05							9.26		9.47	10.17			9.58	9.47
Liam	(guest)	0.00																																					5.52																						
Luke	Limbach	5.47	5.47																																																											
Tom	Littlewood	0.00																															6.55																6.58	6.47	6.58		6.50				6.38					6.38
Yvonne	Liversidge	0.00																																			8.00																									
Jon	Lloyd	0.00																																									6.02																			
Dave	Lovell	0.00																																6.04												6.12	6.24										6.02				6.02	
Damian	Macenhill	0.00																																										5.21																		
Justin	Macenhill	0.00																																															4.56							4.58						
Karen	Macenhill.	0.00																									7.25		7.39																											7.35			7.40	7.35	
Charlie	Mander	0.00																																																											
James	Mason	0.00																																															6.27	6.28												
Steve	Massey	5.49								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	0.00																																																			5.02			5.11				5.11	
Chris	Morton	6.13							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	0.00																																									8.56																			
Adam	Nally	0.00																								6.30																																				
David	Nielson	6.57					6.57																																																							
John	O'Dowd	0.00																						6.49	6.42																																					
John	O'Mahony	5.50				5.50				6.11			6.11																																																	
Susannah	Oliver	0.00																																																					7.50		7.52	7.52				
Eliot	Osher	0.00																																																					5.41							
Natalie	Osher	0.00																																																					6.51		6.46					6.46
Matthew	Ostrowski	5.20	5.29	5.31					5.28	5.50	5.20	5.34	5.50		6.11																																															
Tony	Ostrowski	6.35	6.59	6.38						6.35	6.56	6.38	6.35		6.56																																															
Karen	Peake	0.00																															8.22																													
Jo	Penny	0.00																																															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	0.00																																																						5.40					5.40
Jessica	Polya	7.32					7.32																																																						
Nadine	Pryce	7.13								7.13																																																			
Gearoid	Quigley	0.00																									5.21																																		
John	Ralf	0.00																																																											
Hayley	Rand	0.00																																									8.18																			
Phil	Richards	0.00																							6.55																																				
Michael	Ricketts (gues	0.00																																																											
Sarah	Robinson	0.00																														8.57																														
Vishal	Saxena	0.00																																																											
Dennis	Seymour	5.52			6.45							6.31			6.12	6.12	5.52	5.54	6.14																																											
Bas	Sharif	0.00																																																		6.00									
Rob	Sharpe	0.00																																5.24																												
Tony	Shepherd	0.00																																																	5.30											
Adam	Shew	0.00																								7.16			7.25		7.34																															
Julie	Shew	0.00																																												9.03																
Peter	Shew	0.00																																										6.55													6.52				6.52	
Alistair	Smith	0.00																									6.00		5.58																																
Clive	Smith	0.00																											7.47					7.16			7.19		7.19	7.37	7.16	7.23		8.16																		
Matthew	Smith	0.00																		6.40														6.43			6.35		6.38	6.54		6.48		7.57																		
Rod	Smith	0.00																																											8.50	9.07																
Steve	Smith	6.29	6.44		6.50					6.48			6.48		6.29																																															
Carmen	Somerset	0.00																																																7.14			6.57		7.12	8.05	8.05				
Sophia	(guest)	0.00																																				8.54																							
Dee	Stanford	0.00																																										8.48	7.45	7.39	7.42	8.18														
Paul	Stanford	6.02																	6.02																											5.41								5.47		6.13						
Tom	Stevens	0.00																																																7.16											
Isaac	Stoute	0.00																																																											
Andy	Thatcher	0.00																																																						8.28					8.28
Jessica	Thomas-Cole	8.02																	8.02																																											
Kirsty	Thompson	0.00																																	6.28		7.10		6.32	6.31																						
Mick	Turner	0.00																																				5.54	6.16						5.54								5.40								
Steve	Tyler	9.54				9.54																																																		8.17					8.17
Steph	Upton	0.00																					6.36																					6.40													6.50			6.50		
Christina	Uwins	7.52			7.52																																																									
D	Vinton	6.01		6.01																																																										
Alex	Warchol	7.15						7.15																																																						
William	Ward	0.00																															6.04																		5.50	5.56	6.05	6.15		6.32	6.53	6.53				
Kevin	Waller	0.00																																			8.01																									
Simon	Webster	0.00																															5.57	6.01																												
Alison	Whitlock	6.57		6.57	7.01																		7.09				7.00		7.18																																	
Zoe	Williams	0.00																						6.51					6.46																																	
Bernadette	Winsborrow	0.00																																8.13																												
Barry	White	0.00																																												5.30		5.34														
Darren	Woods	5.44						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		4.53	5.29	5.22	5.44	5.50	4.53	5.48	5.17	5.23	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