

Striders One Mile Time Trial																	
		2017				2016						2015					
		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		
Name	Best	dry & cold	dry & cool	warm & dry	warm&d ry	mild	wet underfoot	Warmish and still		Overcast and mild	Mild	hot and humid	Dry & watm	Windy	Windy		
Adele	Boesinger	7.09		7.09											7.59		
Graeme	Bowyer	8.38													8.38		
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		
Killian	Carr	6.43										6.43					
Patrick	Chung	7.19										7.27					
Michelle	Clarke	7.13	6.50														
Phil	Coales	4.53		4.53		5.17						5.13	5.15				
Paul	Cripps	5.48			5.48	5.50	6.00	6.11		6.10							
Gerrie	Crispie	7.20														7.20	
William	Donald	7.30							7.30								
Graeme	Drysdale	5.39										5.39			5.40		
James	Duffin	6.43										6.43	6.43	7.04			
Rosemary	Egbe	10.23													10.23		
Andy	Elliott	7.15							8.28						8.41		
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	
Sandra	Francis	8.16							9.06			8.49					
Mick	George	7.12											7.41	8.02			
Ernie	Hann	5.08					5.23										
Graham	Hansen	5.20						5.20									
Sam	Hansen	5.26					5.40	5.26									
Mel	Hinds	9.41														9.41	
Peter	Johnson	6.05					6.05			6.19							
Krzysztof	Klidzia	5.38		5.42													
Asisat	Lamina	6.54										6.54					
Victoria	Legge	9.23														11.32	
Steve	Massey	5.44					5.49	5.59				5.49				6.08	
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											
Peter	Mills	5.05							5.05								
Chris	Morton	5.51				6.15		6.13				6.14	6.14				
David	Nielson	6.57		6.57													
John	O'Mahony	6.11	5.50				6.11			6.11							
Matthew	Ostrowski	5.20				5.28	5.50	5.20	5.34	5.50		6.11					
Tony	Ostrowski	6.35					6.35	6.56	6.38	6.35		6.56					
Andy	Perks	5.44	6.06	5.5	7.08	7.37						6.02	5.57			5.44	
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											
Jessica	Polya	7.32		7.32													
Nadine	Pryce	7.13					7.13										
Dennis	Seymour	5.52							6.31			6.12	6.12	5.52	5.54	6.14	
Steve	Smith	6.24					6.48			6.48		6.29					
Paul	Stanford	5.41														6.02	
Jessica	Thomas-Cole	8.02														8.02	
Steve	Tyler	8.17	9.54														
Alex	Warchol	7.15			7.15												
Darren	Woods	5.41			6.08				6.13			6.11	5.48		5.44	5.45	5.51