

Alton Runners - 1 Mile Time Trial - Benchmark Run

Name	2014 PB	Winchester Road			Jubilee Playing Fields				Chawton Woods	Highridge/Butts		
		02/12/2014	04/11/2014	30/09/2014	02/09/2014	05/08/2014	01/07/2014	03/06/2014	13/05/2014	01/04/2014	04/03/2014	04/02/2014
Adam Harvey	07:52			07:52								
Adam Stonehill	05:22				05:24	05:22						
Alistair Morey	06:14			06:14		06:15						
Ben Norfolk	05:49	06:00	06:08					05:49				
Caroline Freeman	08:21	08:36	08:29	08:31	09:00	08:23	08:24			08:21		
Catherine Scrase	11:04			11:41	11:09	12:05	11:04	11:32			12:08	11:32
Claire McLeod	07:34	07:34										
Debbie Rhodes	06:55								08:12			06:55
Derek Collins	06:55	06:55										
Diego Maldonado	05:42		06:01				05:53		06:45	05:44	05:42	05:50
Eleanor Magee	07:32										07:32	08:02
Emma Scott	06:37		06:37	06:49		07:23						
Fran Light	07:21	07:21	07:41	07:40	07:39							
Geoff Scarfe	06:35	07:03		07:04		06:35	06:36	06:58	08:00	08:05		
Gregor Lock	06:51	06:51										
Harinder Boparai	07:49	08:37					08:12		09:39	07:49		08:09
Hugh Williams	06:55			07:42				07:08		06:55		
Jane Scrase	07:59			08:02	07:59		08:33	10:17				
Jenny French	10:18			10:18	10:26			10:42	12:45			
Jim Armitage	06:33			06:45	07:08	06:33	06:59	07:07		06:57	07:09	07:05
John Arbury	07:12					07:12					07:18	
Kerry Mendus-Edwards	07:42			07:42								
Mark Gettinby	07:21	07:21	07:56									
Mike Sennett	07:29	07:29	07:35									
Philip Scrase	06:04	06:26			06:04	06:19	06:04	06:28	07:00	06:26	06:26	06:22
Richard Scrase	08:18				08:18	08:23	08:31	09:01	10:57			
Rossella Guidetti	07:28			07:39		07:32				08:21		07:28
Susan Bryan	07:21	07:21										
Tara Goodwyn	07:02	07:07	07:03	07:02			07:15					
Terry Blake	08:53				09:10	09:23		09:21		08:57	08:53	09:25
Terry Newman	08:07	08:07	08:20	08:32	08:42	08:39	08:43	09:07				
Tiziano Tesolin	06:03						06:03	06:21		06:22	06:12	
Tom Parry	05:48	05:48		06:04	05:51							
Vanessa Lowe	06:30	07:01	06:37	06:32	06:34	06:30	06:42	06:48		06:32		06:40
Vince Wells	06:39		07:02		06:39							