

Alton Runners - 1 Mile Time Trial - Benchmark Run

Venue:			Newman Lane	Winchester Road	Jubilee Field					Bolle Road		
Name	2016 PB	Dec	01/11/2016	04/10/2016	06/09/2016	02/08/2016	05/07/2016	03/05/2016	05/04/2016	02/03/2016	01/02/2016	05/01/2016
Carlos Garcia	05:03		05:10	05:37	05:03	05:21	05:21	05:23				
Chris Sandy	05:33		05:33	06:05	05:49				06:02	06:05	05:56	05:57
Eli Dawson	05:24		05:35	05:49	05:30	05:38	05:48	05:24	06:06	06:09		
Mark Barber	05:38		05:38						06:13			
Neil Kinder	05:46		05:46									
Jamie Kilner-Smith	05:55		05:55		06:03							
John Gould	06:03		06:03									
Vanessa Lowe	06:04		06:14	06:59	06:12	06:26	06:12	06:04	09:17			
Beth Swadling	06:15		06:15									
Keith Parrish	06:16		06:16									
Adam Rowbotham	06:05		06:20	06:57		06:23			06:36	06:40	06:52	06:05
Steve Kitney	06:23		06:23		06:24							
Jess Smith	06:41		06:41							07:05		
Jim Armitage	06:39		06:52	07:32		07:03	07:07	06:39	07:11	07:01		07:17
Karen Masson	06:59		06:59		07:02		07:40					
Mel Kinder	07:20		07:20									
Heather Laughlin	07:32		07:32									
Natalie Percy	08:49		08:49				09:22					
Phil Moore	08:29		09:05	11:22	08:29							
Jenny French	09:48		09:48	10:20		10:14	10:08	10:23	10:30		10:34	10:33
Adam Stonehill	05:50								05:50			
Adrian Durham	07:13									07:17		07:13
Alethea Norman-Rhodes	07:12										07:12	
Alistair Morey	05:28				05:28		05:40	05:36		06:01	05:58	05:58
Amir Savage	05:52						05:52		06:01		06:09	
Amy Panther	07:08							07:08			07:32	07:57
Becky Lord	05:18						05:18		05:39			
Becky Ryan	08:10				08:10							
Caroline Freeman	08:14			08:20					08:14			
Caroline Levey	08:15				08:15						08:22	
Caroline Wren	08:18							08:18	09:40		09:20	
Catherine Scrase	11:38			11:38		11:56		12:03				
Chris Ogilvie Thompson	06:22				06:22							
Chris Starr	06:37							06:37				07:36
Claire Bourne	08:01								08:01			
Claire Thurlow	08:29							08:29				
David Molyneux	07:11						07:11				07:43	07:41
David Smith	05:40			06:15			05:53	05:40	06:30			06:28
Debbie Bickerdike	09:50				09:55							09:50
Debbie Rhodes	07:02									07:16	07:04	07:02

Derek Collins	07:36			08:04			07:36				
Diego Maldonado	05:43			06:03	05:43	05:45		05:48			
Elaine Molyneux	08:46				08:49	08:54		09:20	09:06	08:46	09:17
Eleanor Magee	06:17						06:17			07:14	
Fran Light	07:14			07:14		07:28					
Gary Thurtle	05:44			05:44	06:16				06:24		
Gemma Langlay	07:38		07:52			07:48		08:00		07:38	
Gemma Lock	07:59										07:59
Gregor Lock	06:24										06:24
Harinder Boparai	07:40		08:10	07:54	07:59	08:05	07:40			08:02	
Hazel Moreton	09:15										09:15
Helen Smith	07:10				07:10				07:18	07:22	07:31
Jane Scrase	06:50					07:17	06:50				
Janice McDonald	09:30									09:30	
Jeff Smart	06:28			06:28				07:18			07:20
Karen Hellier	08:01										08:01
Kate Bourne	08:08							08:08			
Kim O'Griggs	10:13					10:13					
Lena Wicking	07:46						07:46				
Lisa McAlister	07:50						07:50				
Luke Puttock	08:46									08:46	
Maggie Tesolin	09:51			09:51	10:00						10:34
Martin Kercher	05:50						05:50				
Mike Sennett	06:06				06:35		06:06	06:51		06:48	06:47
Nichola Gordon-Jones	06:43				06:43				07:08	07:06	07:20
Penny Pate	07:46						07:46	09:15		08:50	
Philip Scrase	06:40		06:40								
Richard Frost	06:35							06:35	06:42	07:19	
Richard Scrase	06:55			06:55	07:24	07:10					
Richard Taylor	06:28										06:28
Rossella Guidetti	07:27									07:27	
Sarah Morgan	06:57			06:57							
Tara Goodwyn	07:09								07:09		07:14
Terry Blake	09:43		09:50		09:43	09:52					09:55
Tiziano Tesolin	06:12							06:12		06:12	06:21
Veronica Martin	09:49			09:49	09:58	10:23	09:49				
Vicky Bishop	06:44									06:44	
Vicky Maldonado	07:48						07:48			08:52	