

Alton Runners - 1 Mile Time Trial - Benchmark Run 2017

Venue:		Newman Lane				Jubilee Field				Newman Lane			
Name	2017 PB	05/12/2017	07/11/2017	03/10/2017	05/09/2017	01/08/2017	04/07/2017	06/06/2017	02/05/2017	04/04/2017	07/03/2017	07/02/2017	03/01/2017
Becky Lord (Stubbington Green)	05:29	05:29											
Chris Sandy	05:14	05:37	05:50		05:21		05:25		05:29	05:40		05:44	05:14
Eli Dawson	05:18	05:51			05:37		05:26	05:36	05:34		05:56	05:51	05:18
Beth Swadling	05:54	06:33	06:53		06:34	06:32		06:24		06:25	06:45	06:40	05:54
Mike Sennett	06:28	06:37	06:46	06:34	06:28			06:28					
Vanessa Lowe	05:57	06:49	07:23		06:32	06:33	06:42				06:57	06:43	05:57
Richard Bacon	06:52	07:09		06:52									
Fran Light	07:15	07:23	07:36					07:18	07:15				
Jim Armitage	06:40	07:30		07:14	07:08	07:16	07:25	07:14	07:01	07:08		07:09	06:40
Joanna Humphries	07:41	07:41											
Karen Masson	07:31	07:50										07:31	
Heather Laughlin	07:16	07:53		07:37		07:55	07:42	08:29	07:24	07:16	07:50	07:46	
Richard Scrase	07:12	08:20	08:14							07:12	07:24		
Pat Bacon	07:46	08:24				08:07	07:46		08:08	08:22	08:55		
Nicola Rivett	08:58	08:58		10:15		09:49	10:08		09:19				
Debbie Bickerdike	09:03	09:03		09:18		10:21					10:06		
Terry Blake	08:43	10:04			10:08		09:33		09:49	09:48	10:13	09:50	08:43
Catherine Scrase	10:26	10:26	10:43	11:08	11:02	11:58	11:02	10:27	10:41	10:50	11:48	10:56	10:40
Jenny French	10:33	11:02		10:33	11:17	11:09	11:00			10:39			
Adam Rowbotham	06:15									06:26	06:49	06:43	06:15
Alastair Morey	05:28		05:54		05:52		05:28	05:44			05:54		05:28
Amir Savage	05:37						05:37						
Ben Bastin	05:51						05:51						
Carlos Garcia	05:05		05:32	05:18	05:21				05:05	05:22	05:28	05:31	
Caroline Levey	07:24			07:56	08:15	08:33	08:02		08:01		08:52		07:24
Dan Jagers	05:41									06:22	06:05	06:02	05:41
Dave Molyneux	06:53												06:53
Dave Smith	06:02			06:02		06:07		06:04	06:14	06:32		06:20	
Diego Maldonado	05:24				06:35						06:30	06:26	05:24
Dominic Nixon	07:05						07:05			07:07			
Emma Mitchinson	07:53			07:53									
Emma Proctor	07:06				07:18		07:06				07:57		
Eva Greatorex	08:07			08:07									
Felicity Arneaud	06:42												06:42
Gary Thurtle	06:14				06:14								
Gemma Langly	07:26			07:51			07:26				08:40		
Gilly Hill	10:10						10:10						
Hannah Thomas	07:59						07:59						

