

5k Time Trial held at 19:30hrs on 11th Sept. 2019 at the Aldershot 400m Track

Race No	First Name	Surname	Expected Time	Finish Times	Race
23	Jeffrey	O'Connor	19:30	18:03.5	1
22	Tom	Howell	18:00	18:04.4	1
13	Alex	Mathews	18:30	18:07.7	1
16	Ruth	Wallace	19:00	18:49.2	1
10	Ryan	Powell	20:00	19:00.0	1
15	Dave	Chapman	20:00	19:06.5	1
26	Greg	Wright	20:00	19:12.3	1
21	Tom	Barton	19:00	19:17.7	1
11	Finlay	McGuinness (J)	20:00	19:21.4	1
25	Barry	Robinson	19:30	19:54.0	1
17	Ciaran	Farrell	21:30	20:11.4	2
28	Michael	Hegesippe	21:00	20:13.5	2
24	Kate	Raggett	23:00	23:22.4	2
32	Janet	Leggett	25:30	23:22.8	2
12	Roy	Booth	24:30	23:30.0	2
33	Elaine	Bradshaw	25:00	23:37.8	2
18	Ian	Mackie	24:30	23:53.6	2
19	Andrew	Lucas	27:00	24:17.0	2
20	Bob	Cornwell	24:30	24:30.7	2
30	Huw	Williams	26:30	25:02.3	2
14	Mark	McGuinness	24:30	25:32.5	2
29	Andy	Smerdon	25:00	26:48.2	2
27	Jussi	Kahtava	30:00	27:26.1	2
31	Jo	Speak	29:00	29:11.0	2