

**5k Time Trial held at 19:00 / 19:30hrs on 11<sup>th</sup> Dec. 2019 at the Aldershot 400m Trac**

<b>Trial Date: 11th December 2019</b>		21:00	Split		
<b>First Name</b>	<b>Surname</b>	<b>Expected Time</b>	<b>Race No</b>	<b>Finish Times</b>	<b>Race</b>
Alex	Mathews (J)	18:00	10	17:22.4	1
Matthew	Morgan	17:30	7	17:55.7	1
Finlay	McGuinness (J)	19:30	9	18:52.8	1
Tom	Barton	19:30	5	19:27.4	1
Gavin	Langan	20:00	4	19:31.3	1
Darren	Wood [HRR]	20:00	2	19:35.9	1
Adam	Carman (J)	22:00	8	19:48.0	2
Mike	Hewison	20:30	6	20:16.1	1
Charles	Convery	21:30	3	20:39.6	1
Helen	Rossiter [HRR]	20:00	17	20:58.9	1
Peter	Richards	21:30	12	21:09.1	2
Andrew	Lucas	24:30	13	22:50.0	2
Kate	Raggett	23:30	1	23:23.4	1
Becky	McMahon	25:00	15	24:11.1	2
Bob	Cornwell	24:30	18	24:13.5	2
Mark	McGuinness	25:30	11	25:59.7	2
Sue	Capel	27:00	14	28:19.8	2
Emma	Pitman	25:00	16	DNF	2