

Running Time Trial Results														
Squad Member	PB	Sep-09	Oct-09	Dec-09	Feb-10	Mar-10	Jun-10	Jul-10	Oct-10	Jan-11	Mar-11	Aug-11	Oct-11	Dec-11
3 km														
Aaron Beckinsale	10:31			11:50		11:17		11:41	10:31	11:23			11:21	
Alan Kepper	11:42					13:11	12:55		11:42	12:26	11:47		12:01	
Alex Barry	10:08	10:55	10:21							10:57	10:08			
Alicia Newman	13:39	16:28	15:26			14:02			13:39					
Alissa Williams	10:44					11:37	11:40	11:27	11:01		10:44			
Amanda Johns	13:41											13:41		
Amanda Lucas	12:33									12:55	12:33			
Amanda Penton	14:10								14:10				16:36	
Andrew Callow	10:23	10:43	10:42		11:09	10:55		10:59	10:34	10:40	10:23		10:27	
Andrew Lowry	11:22											11:22	11:31	
Anouska Vanderwilt	14:34								14:34				15:13	
Belinda Daniels	14:12	15:45	15:07	14:40		14:56		14:12						
Ben Beauchamp	10:05						11:37	10:33	10:05					
Ben Hargreaves	12:11												12:11	
Beth Richardson	13:02		14:43	13:02	13:53									
Blair Venn	11:12						12:31		12:13	11:43	11:12			
Brad Hector	10:06													10:40
Brad Jones	10:29							11:36					10:29	
Brady Knudsen	11:22							13:52			11:22			
Brooke Shaw	13:20								14:19		13:20			
Callan Lloyd	10:49										11:05		10:49	
Cameron Dwyer	12:22											13:15	12:22	
Carmen Low	14:02					14:32		14:02						
Carol Russell	12:23		12:31					13:00	12:31	13:45				
Chris Berton	09:53	10:00			11:20	10:31	10:32			10:26	9:53		10:10	10:13
Christian Seymour	13:43												13:43	13:52
Claire Schneider	13:00							15:16	13:19	13:48	13:17		13:00	13:16
Claire Weller	16:44							16:44	17:33					
David Doyle	10:25				11:46	11:11		10:57		11:17		11:45	10:25	
David Thomas	10:24					10:55		10:24			10:30		10:30	
Elizabeth Haas	10:36												10:36	
Emma Hogan	14:22								15:00	16:45	14:48	14:22		
Faye Jenner	10:42		10:42											
Galen Gillham	12:01													
Glen Stephenson	11:06		11:25							12:03	11:06			
Grant Hill	10:51			12:48			12:02			12:12			10:51	
Hannah Hogan	11:25	12:48	12:22					12:47	11:25				12:04	
Helen Barrett	14:49												14:49	
Ivan Poznik	11:37	12:58	12:32			11:37		13:53	13:09					
Jack Kepper	14:39					15:57			14:39					
Jacqui Elliott	12:23	12:23												
Jarrold Williams	12:38									12:38		13:45	13:10	
Jason Sing	11:12	11:39	11:23			11:12		12:04		13:47				
Jess Melville	16:50												16:50	
John Agyik	09:15			9:15	9:59			10:08		10:13				
John Miles	12:03								12:03	13:46	12:35		12:06	
Jonathan Lucas	13:31									14:22				13:31
Johnny Van Rooyen	11:21	11:21			11:26			11:55						11:53
Josh Lightfoot	10:42								11:37				10:42	
Karen Ward	13:43											14:48	13:43	
Karen Wolski	15:21									15:51	15:21			
Kate Markey	14:15			16:43		15:33	15:19		15:08			14:15		
Kate Wardrope	12:22			12:30			12:22			12:39				
Katie Dall	12:42	13:11	13:23		12:42				12:56					
Kellie Liddelow	12:05					14:32	14:28		12:23	12:05				
Kit Rix	10:07										10:07			
Krista Page	13:40									14:25	13:50		13:40	
Kristie Rickman	18:10							18:10						
Kristy Bell	11:46			12:22					11:54	12:24	11:46			

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Squad Member	PB	Sep-09	Oct-09	Dec-09	Feb-10	Mar-10	Jun-10	Jul-10	Oct-10	Jan-11	Mar-11	Aug-11	Oct-11	Dec-11
3 km														
Marjorie Van Rooyen	15:12				17:02			17:33						
Mariam Morad	13:41					15:12				15:43		13:41		
Marina Mangano	13:27								13:27	14:37			13:27	
Mark Gleeson	10:37	11:36		11:16	11:05	11:09	11:09	11:15	10:50				10:37	10:51
Mark Pierce	10:11													
Melissa Collie	13:05		13:26	13:05	13:20	13:58			13:10					
Merinda Eckart	12:14		14:46	14:40	14:19			13:23	12:54	13:07	12:14		12:44	12:28
Michael Zink	12:04												12:04	
Mike Hill	10:24	10:48	10:24		10:39		10:36	10:52						
Mike Tunnah	10:51													
Natasha Alford	14:54												14:54	
Nicola Savage	11:13	11:33	12:10	11:25	11:36	11:13								
Paul Scroggie	10:54		11:41										10:54	
Paul Thistleton	10:26			11:08					10:33		11:16		10:26	
Phillip Alexander	19:12										19:12			
Phillippa Smith	13:23							15:00	13:56	14:21	13:43	14:07	13:23	
Ray Pogi	11:35	11:52	11:43		13:10									
Richard Fairhead	10:32													
Sarah Hulme	15:11							15:11						
Sarah Jones	12:18							12:18						
Scott Budd	10:28				11:31									
Scott Reeve	17:02													
Shane Bamkin	14:23												14:23	
Shannon Dooland	10:56		12:13	12:12	12:30			12:12	11:17			12:37	10:56	
Sheena Leung	12:54											14:25	13:25	12:54
Shelley Marriott	15:05													
Simon Corrie	11:50			13:20		13:40	13:04	13:55	12:30	13:03	12:14	12:51	11:50	
Simon Prebble	10:56		11:23			11:12		11:36		11:41			10:56	
Sophie Mooney	15:32								16:50	16:54			15:54	15:32
Stephanie Reid	14:03											14:03		
Steve Anderson	13:43			13:43										
Tania Proctor	12:40			12:40										
Taryn Richardson	13:29	18:21	15:09	14:18	15:26	13:29			14:24					
Tawanda	11:41											11:41		
Tim Franklin	10:37	12:36	12:57				11:30	11:08	10:37	11:16			10:42	
Tim Osborne	11:15	11:38						12:08		11:30			11:20	
Tom Chandler	10:51									10:59				10:51
Tom Hogbin	10:08			10:45	10:47	10:41	11:08	10:26	10:08		10:10	10:51	10:24	
Tom Manning	09:26		10:03		10:39	9:55			9:27	10:19	9:26			
Tom Verdich	09:34													9:34
Trevor Wantenaar	12:59											14:27	12:59	
Troy Grimshaw	09:30	9:38			10:14		10:27	10:00	9:37	10:19	9:30			9:34
Yasmin Grigaliunas	12:13		12:44		12:45	12:29		15:22	12:13	12:51	12:20		12:13	