

Running Time Trial Results																
Squad Member	PB	19/08/08	30/09/08	28/10/08	2/12/08	20/01/09	3/03/09	23/06/09	14/07/09	11/08/09	1/09/09	22/09/09	20/10/09	22/12/09	2/02/10	9/03/10
3 km																
Aaron Beckinsale	11:17													11:50		11:17
Alan Kepper	13:11															13:11
Alex Barry	10:21											10:55	10:21			
Alex McNeill	10:04							10:29		10:04						
Ali Catto	11:22						11:22									
Alice Dabelstien	13:24				13:24											
Alice Haynes	14:23			14:23		14:28										
Alicia Johnson	16:36	16:36				18:01										
Alicia Newman	14:02						17:00			15:51		16:28	15:26			14:02
Alison Downs	14:19											14:19				
Alissa Williams	11:37															11:37
Amanda Ahrens	14:51						16:08			14:51						
Amy Broadhurst	15:38											15:38				
Andrew Callow	10:42							10:57		11:07		10:43	10:42		11:09	10:55
Andy Pinsent	12:43											12:43				13:04
Anita Robinson	15:59			16:50	15:59	16:25										
Anne Costello	14:29						14:29									
Anthea Howard	19:01			20:17	19:01	19:48										
Belinda Daniels	14:40									15:40		15:45	15:07	14:40		14:56
Bess Brownjohn	14:15			15:25	16:17	15:58	14:59						14:15			
Beth Richardson	13:02					13:46	13:08						14:43	13:02	13:53	
Billy Hulin	12:29															12:29
Blair Venn	12:58							12:58								
Brad Hector	10:06			10:25		10:41	10:07	10:38	10:06							
Brooke Watts	18:28												18:28			
Carmen Low	14:32															14:32
Carmen Reinikka	13:44											13:44				
Carol Russell	12:23						12:23						12:31			
Caryn Williams	13:59			14:52	13:59											
Catherine Harrington	14:56				14:56											
Catherine Sharpe	12:52							13:07		13:27		13:27	13:14	12:55	13:01	12:52
Cherie Barben	14:04											14:57	14:04			
Cherie Lowe	12:59					13:48										
Chris Arlott	12:53	14:03	12:59	12:53			13:37			14:20	13:16		14:57			
Chris Berton	10:00								10:35	10:08	10:00				11:20	10:31
Claire Lipman	18:24			20:02						19:26		20:08	18:24			
Craig Maynard	12:55			13:23												
Dale Symons	14:01			14:01												
Daniel Yelf	14:45															14:45
Danielle Raynor	13:18									13:18		13:25				
Darren Low	12:26	13:08	13:05				12:26									
David Doyle	11:11														11:46	11:11
David Sangster	10:47			10:57	10:47											
David Thomas	10:55															10:55
Debbie Linskey	14:19											14:19				
Doug Galbraith	11:38														11:38	
Ed Connolly	12:06													13:07		12:06
Eddie Mills	11:52	11:52				12:10										
Eliza Brabyn	12:36		13:33	13:06	13:22	13:15	12:36									
Ellie Wilson	13:42			13:42	15:27											
Emma Earl	13:04	13:04														
Emma Maynard	14:11					15:36	14:30									
Ernst Le Roux	13:39			14:06			13:39									
Evie McNiell	11:50														12:05	11:50
Ewen Larsen	12:22							12:22								
Faye Jenner	10:42												10:42			
Galen Gillham	12:01									12:01						
Gerrad Duffy	11:37						11:41			11:37						
Gillian Mearns	16:23												16:23			

Running Time Trial Results																
Squad Member	PB	19/08/08	30/09/08	28/10/08	2/12/08	20/01/09	3/03/09	23/06/09	14/07/09	11/08/09	1/09/09	22/09/09	20/10/09	22/12/09	2/02/10	9/03/10
3 km																
Glen Stephenson	11:25												11:25			
Grant Crease	15:16			15:58	15:40			15:16								
Grant Hill	12:48													12:48		
Hannah Hogan	12:22								13:10			12:48	12:22			
Harley Kairn	14:26							14:33						14:26		
Ivan Poznik	11:37									12:51		12:58	12:32			11:37
Jack Kepper	15:57															15:57
Jacque Gravesend	12:39				13:14	13:19	12:39									
Jacqui Elliott	12:23				13:27		12:55		12:50		12:23					
James Johnson	11:10	11:56	11:52	11:56	12:15	11:52	11:32		11:10				11:35			
Jason Sing	11:12									11:59		11:39	11:23			11:12
Jess Ford	12:59			13:27	12:59											
Jody McAully	17:16											17:16				
John Agyik	09:15													9:15	9:59	
John Miles	12:30			12:43		13:06										
John Warren	11:37											11:37				
Johnny Van Rooyen	11:21							11:36	11:24				11:21		11:26	
Joseph Powen	12:21														12:21	
Jordan Cleland	11:21						11:21									
Julie Furness	14:42	15:48	15:13	14:42	14:46											
Karl Manz	12:05												12:05			
Kate Markey	15:33													16:43		15:33
Kate Nind	11:34	12:46			11:40				11:34	12:15	11:45					
Kate Wardrope	12:30													12:30		
Katie Dall	12:42							12:58		13:17		13:11	13:23		12:42	
Katie Nugent	13:50														14:00	13:50
Katrina Purdon	12:40											12:40				
Kai Kenman	11:21			11:21	11:36											
Kellie Liddelow	14:32															14:32
Kieran Gartshore	12:38														12:38	
Kieron Smith	12:57												12:57			
Kristen Walker	15:27									17:09		16:03	15:31		15:27	16:02
Kristy Bell	12:22													12:22		
Laura Miyakawa	13:59	13:59			14:11											
Lauren Cresswell	15:20											16:33		15:20		
Liz Symmons	13:19														13:19	
Lucy Harrington	12:53			12:53												
Marjorie Van Rooyen	15:12							15:54							17:02	
Marilena Vico Costa	17:46			18:48	17:46											
Mariam Morad	15:12															15:12
Mark Gleeson	11:05											11:36		11:16	11:05	11:09
Mark Lawton	14:28	14:38	14:39		14:28					15:25					15:21	
Mark Pierce	10:11				10:56		10:30			10:11						
Megan Daniels	15:04									15:39		18:11	15:04	15:07		
Melissa Collie	13:05												13:26	13:05	13:20	13:58
Merinda Eckart	14:02		15:40	14:08			14:02		14:49				14:46	14:40	14:19	
Michael Webb	10:22	11:31			11:27			10:50		10:22			10:28			
Michelle Twentyman	13:04	13:22	13:23	13:04	13:11											
Mick Pointing	11:41			11:41												
Mike Hill	10:24	12:13	11:44	11:21	11:18		10:47			11:17	10:48		10:24		10:39	
Mike Tunnah	10:51								11:16	10:51						
Nadine McMilliam	10:44	12:40			11:35	11:56	11:17			10:53			10:44			
Naomi Batch	13:10								13:28							13:10
Nicola Savage	11:13		15:12	14:43			12:30		11:50	11:34	11:33		12:10	11:25	11:36	11:13
Nicole Milazzo	14:17			14:43									15:00			
Nigel Mather	10:52		10:58					11:14								10:52
Patty Duque	14:09				14:09											
Paul Scroggie	11:41												11:41			
Paul Smith	12:17			12:22			12:17			12:58					14:42	

Running Time Trial Results																
Squad Member	PB	19/08/08	30/09/08	28/10/08	2/12/08	20/01/09	3/03/09	23/06/09	14/07/09	11/08/09	1/09/09	22/09/09	20/10/09	22/12/09	2/02/10	9/03/10
3 km																
Paul Stephenson	12:02											12:14				12:02
Paul Thistleton	10:38		10:56				10:38	11:04	10:46	10:48				11:08		
Peter	11:43					11:43										
Piotr Puchala	11:35											11:35				
Ray Pogi	11:35				12:17	11:51	11:35		12:21	12:28	11:52		11:43		13:10	
Rebecca Thorn	12:58			13:45	14:03		13:43	12:58								
Rena Jones	11:27							11:47		11:34	11:27					
Renee Smith	12:41			12:44				12:41								
Richard Fairhead	10:32	10:32					10:45	10:46								
Rob Bogner	13:25		13:30	13:25												
Robyn Hansen	13:17		14:56	14:24				13:55		13:17						
Rupert	11:52		12:37	11:52												
Ruth Marshall	14:31	14:56	14:47			14:31										
Sarah Hulme	15:12	16:50	16:05	16:09	16:11	16:26	15:12			15:45						
Scott Budd	10:28		10:41				10:28								11:31	
Scott Reeve	17:02					17:02										
Sean Reddell	11:08															11:08
Shannon Dooland	12:12									12:33			12:13	12:12	12:30	
Shelley Marriott	15:05		15:16	15:05												
Simon Corrie	13:20													13:20		13:40
Simon Prebble	11:12				11:52	12:01	11:21		11:30	11:26			11:23			11:12
Sophie Bergeron	13:02	15:24	14:25	13:28	13:17		13:02			13:19		13:18				
Stacey Rawlings	14:27			14:27												
Steve Anderson	13:43						14:09							13:43		
Steve Coman	10:32						10:46						10:32			
Steven Houghton	11:31	12:17	11:57		11:31											
Suzanna Trajanovska	15:32												15:32			
Suzanne McCarthy	12:13				13:01		12:54	12:59	12:36		12:13					
Tahlia Murdoch	11:15				12:58						11:35				11:58	11:15
Tania Proctor	12:40													12:40		
Tanya Aaskov	12:14	13:06	13:03					12:25	12:31		12:14					
Tara Purton	11:26									12:29	12:06	11:54	11:26			11:40
Taya-Gae Leejeimer	14:15			14:15		14:45										
Taryn Richardson	13:29											18:21	15:09	14:18	15:26	13:29
Tim Franklin	12:14				13:01	13:24	12:33	12:14		12:46		12:36	12:57			
Tim Osborne	11:15	11:38	11:35	11:43	11:32		11:15	11:54		12:00		11:38				
Tom Hogbin	10:41													10:45	10:47	10:41
Tom Manning	09:42					10:38	10:03			9:42			10:03		10:39	9:55
Troy Grimshaw	09:38							10:41		10:10		9:38			10:14	
Vanessa Dellow	12:05	13:11		13:02				12:51	12:21		12:05					
Yasmin Grigaliunas	12:29												12:44		12:45	12:29