

Derwent AC Cockermouth



Strawberry How Time Trial Results

Forename	Surname	Time Trial	Time Trial	Time Trial	Bodyfit 5K	Time Trial	Bodyfit 5K	Time Trial
		24 Mar 09	28 Apr 09	23 Jun 09	16 Jul 09	04 Jun 10	14 Jul 10	26 Apr 11
Andrew	Barron	24:33	24:40	24:12		23:16	20:52	
Anna	Blackburn							31:40
Philip	Cueto	22:51	23:40	22:12	32:10			24:27
Philip	Casson							24:30
Tony	Davis	23:06	24:40	23:05	20:10	22:31	20:03	22:56
Robert	Dixon							24:00
Martin	Dutton				22:09	25:12		27:27
Andrew	Eland						22:04	
David	Hackley				26:04		26:42	
Stephen	Hackley	24:00	22:57	22:59	19:24	26:16	19:45	21:24
Duncan	Lightfoot						23:27	
Kirsty	Murdoch	27:44				24:56		24:17
Carl	Pearcson					25:52	21:46	
Joseph	Ritson	26:36	24:15	24:30				
Andy	Rodger						20:51	
Howard	Seal			22:20	19:46		18:24	20:06
Howard	Taylor	27:14	27:12		22:30	25:57		26:40

Note: The Bodyfit 5K results from 16th July 2009 were about 25 seconds too quick so the times have all had 25 seconds added back on