

**All times are from a standing start at the catch position. Ergo is on level 4.**

	10km	5000m	2000m	1000m	500m	100m	1 minute	4 minutes
Captain Rob	39.37		6.50	3.21	1.28.0	15.9s	360m	
Mike L	39.12		6.59	3.49	1.40.4	17.5s	331m	
Shaun P			7.09		1.34.9	18.4s	327m	
Choppy			7.17	3.25	1.37.5	17.4s	310m	
Tony B			7.30	3.33	1.40.3	18.6s	304m	
Sean M			7.32			19.2s	304m	
Pete S			7.34				314m	
Alex P			7.37					
James B	45.14		7.38	3.50		17.7s	305m	
Rachel C			7.41					
Mike M			7.43					
Rob B			7.44	3.45	1.46.9		300m	
Lewis B			7.49		1.44.6		296m	
Charlie M			7.51			20.0s		
Mike W			7.52					
Joey M			7.53					
Sam P			7.59					
Jack W			8.00					
Grace P			8.00					
Gill K			8.02					
Amy P			8.05	3.58			291m	
Ollie S			8.11			18.4s	307m	
Tracey W			8.12			20.7s		
Sarah T			8.15					
Queenie			8.16			18.0s		
Aaron Y			8.22				254m	
Poppy D			8.23			20.0s	281m	
Ben S			8.30					
Louise M			8.39	4.20		22.2s	254m	
Laura T			8.40	4.07		21.4s	264m	
George J			8.43					
Bridget G			8.45	4.07		23.3s	256m	
Ana dF			8.49		2.00.0	22.4s	268m	
Roger P			8.53	4.22	1.51.0		279m	
Jo D			8.55					
Jess M			9.00					
Leanne B			9.10					
Nicole M			9.20					
Sue G			9.25					
Corrie C			9.28					
Holly Mac			9.30			22.8s	261m	
Fred M			9.32	4.35	2.20.0	23.3s		
Beth H			9.34					
Abbie M			9.36					
Ashleigh H			9.51					

