

HRC CHAMPIONSHIP TIMES 2013

Ladies

Name	5k	5m	10k	10m	1/2 M	15m	20m	M
Michelle Aitken	26:12							4:54:52
Debbie Barry	24:56							
Louise Brass							2:38:04	3:23:55
Alison Bull	27:30		57:33					
Vicky Calver	31:47							
Jane Carey	27:10							
Louise Cootes	26:44		55:59					4:28:07
Susan Dewen	27:55							
Jane Evans	26:34							
Odette Galea							3:16:10	4:15:30
Paulene Galoppi			1:07:02					
Julia Gardiner	21:39		43:26		1:38:25			
Celia Haigh								4:35:42
Joy Hale	27:48	45:13	56:36					
Melanie Harris	33:07		1:08:11					6:50:25
Linda Hawkins								4:51:58
Lyndsey Hodge	24:00							3:59:30
Dionne Jones	20:53	35:35	43:50	1:16:29	1:33:25			3:23:48
Dawn McCallum	29:39							
Joanne Mills	29:31							
Pushpa Mistry			57:53					
Katie Muirhead	26:56							
Holly Nairn	25:52							4:37:53
Janice Page	23:26		52:52	1:22:30	1:47:54			
Paula Reynolds	21:51							
Catherine Ridge	22:16	38:34						4:28:51
Claire Russell					1:43:54			3:41:47
Laura Seaward	30:22							
Claire Sees								5:49:52
Debbie Smith	25:46		57:59	1:28:43				
Wendy Spring	25:40	42:03	55:03	1:28:17	1:59:35			
Kim Wookey			1:06:27					
Sharon Wright	21:39		46:10		1:43:54			

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Men

Name	5k	5m	10k	10m	1/2 M	15m	20m	M
Steve Ambrose							2:33:10	3:39:16
Peter Ayling			48:10	1:21:03				4:36:21
Jared Bethell			36:04	1:01:17	1:17:07			2:43:45
Pete Brewin			48:07					
Spencer Brooks	22:55							
Alan Broughton				1:03:57				
John Bull	21:06		44:00	1:12:00		1:54:24		3:41:54
Lyndon Cooper	17:39	28:45						
Alan Cootes			46:02					
Adrian Fell	18:43		40:54	1:07:48				
Sean Flynn	21:31			1:15:45	1:40:02			3:44:34
Graham George	22:34							
Jason Haigh								3:44:13
Paul Jeffrey-Read	18:57	30:39	41:02	1:06:21		1:53:49		
Daniel Jephcott	19:36	33:08	42:09	1:10:58	1:41:31			
Jamie Jephcott	18:40	31:31	40:17	1:05:42	1:32:51		2:27:05	3:14:16
Matt Jones					1:47:51			
Andy Kinney							5:34:31	5:09:35
Marc Lowers	19:55							
Robin Lozeau	22:44	39:03	50:09	1:23:08	1:52:28			
Jamie Luck				1:26:25				
Martin McColgan	24:12				1:50:47			
Steve Mackenzie			41:48					
Paul McFarlane	21:25							
Peter Mills	26:13							
Colin Moody		35:45		1:12:24	1:39:04		2:38:11	3:51:05
Steve Murtagh	16:47	27:27	34:48	56:57	1:14:40		1:57:25	2:36:48
David Page	23:30	40:51	50:38	1:28:47	1:54:07			4:35:43
Justin Patten	22:24		46:48	1:24:25				
Pasquale Pellecchia		36:35		1:19:05				
Terry Pike	24:15		51:11					
Graham Pugh							4:01:49	
Andrew Ramage	23:27							
Terry Ridge	19:58							3:52:14
Graham Saville	23:06		47:40	1:19:12	1:52:01	2:09:55		4:24:36

Stuart Saville	18:25						
Paul Schroder	23:24	40:33	53:20	1:21:22	1:55:07		
Derek Seymour			52:31				
Richard Solomons	20:33		44:37				
Marc Silver							6:23:52
Jon Steadman			44:53				
Roy Steven	21:00			1:09:42			
John Tennant	19:53	33:15	44:15	1:16:20	1:35:05	2:11:28	3:39:38
Andy Terrell	20:14				1:48:29		3:35:13
William Wall					1:36:06		