

HRC CHAMPIONSHIP TIMES 2011

Ladies

Name	5k	5m	10k	10m	1/2 M	15m	20m	M
Michelle Aitken	27:04		59:35	1:37:10				
Karen Anthony	29:42		1:04:08					
Caroline Bore								5:57:15
Wendy Bradford	27:12		58:38					
Louise Brass	19:44						2:28:13	3:22:01
Alison Bull		44:01	58:26	1:37:29	2:05:23			
Joanne Chung	25:40		55:05					
Zoe Delaney				1:29:02				
Susan Dewen	27:34	47:42		1:40:44	2:10:31			
Jo Galea				1:42:03				
Paulene Galoppi								5:11:07
Paula Green	27:16		55:19					5:03:33
Celia Haigh	26:24							
Katie Hammond			1:17:38					
Melanie Harris	33:38		1:09:58					
Linda Hawkins	26:48				2:08:07		3:32:50	5:12:52
Katie Herrington					1:48:48			
Kuzna Jackson	41:19							
Dionne Jones	21:24	37:41	45:56	1:13:06	1:39:56	2:15:52		
Anne Kleijwegt					1:56:29			4:31:17
Judy Lodge						2:48:15		
Joanne Mills	28:03		58:47					
Amy Moir	31:51							
Karen Moir	26:05	45:03	54:10	1:36:18	1:57:02	2:25:01		4:27:47
Susie Morley		46:34			2:10:58			
Janice Page	25:26		52:40	1:24:21	1:59:19			4:29:54
Amelia Palas								6:01:53
Cheryl Parker								5:35:24
Paula Reynolds	21:48							
Catherine Ridge	25:22		54:23	1:36:10				
Toni Ridge	28:00							
Claire Russell	21:56		46:41	1:18:26	1:47:06			
Linda Selby		44:01	55:07	1:33:47		2:25:54	3:20:17	4:44:06
Kim Shenton	29:41							
Wendy Spring	26:18		57:02					

Naomi Staines						
Vicky Steadman	22:57		51:48	1:49:39	2:12:03	2:58:37
Dirkie Swifen	27:23					3:53:49
Suzanne Waterfield	30:03					
Janet Webster						5:10:19
Donna Whitehead	27:00					
Clare Williams	23:47					3:49:17
Kim Wookey	28:50		1:02:10	2:12:15		5:18:27
Sharon Wright	21:32	36:27	45:35	1:50:59		

HRC CHAMPIONSHIP TIMES 2011

Men

Name	5k	5m	10k	10m	1/2 M	15m	20m	M
Steve Ambrose								3:40:59
David Ayling					1:30:36			
Pater Ayling			53:47	1:22:37				
Jared Bethell		29:33	36:07	58:38	1:16:34	1:35:47	02:00:33	2:46:40
Alan Bore								5:57:14
Andy Bradley		37:42	45:55	1:13:25				
Pete Brewin				1:20:27				
Alan Broughton				1:07:22				
John Bull		34:00	44:15	1:12:00	1:33:36			
Dan Chapman					1:40:10		2:42:19	4:28:35
Alan Cootes			47:07					
David Croly						1:52:41		
John Evans								3:34:25
Adrian Fell	18:50							
Sean Flynn	21:34				1:42:01			3:41:28
Mark Goodger			44:52					
Vince Hayward				1:16:48				
Terry Heapy								5:03:50
Peter Jackson								3:59:36
Paul Jeffrey-Read				1:05:33				3:34:08
Jamie Jephcott	18:15	31:05	39:06	1:04:48	1:28:52		2:20:32	3:13:29
Gavin Johnson	27:24							
Matt Jones				1:17:23	1:41:38			
Rob Lowe		31:21	38:30					
Marc Lowers					1:34:41	2:32:54		
Jamie Luck			45:48					
Martin McColgan	21:53	38:26	49:29	1:19:21				
Steve Mackenzie		32:58		1:04:53				
Kevin Marsh								5:52:13
Jim Martin			47:50					
Alan Moir		38:03	47:54					
Colin Moody			45:39	1:28:38	1:39:06		2:31:07	3:27:41
Steve Murtagh	16:59	28:53	35:31	57:51	1:18:03		1:59:37	2:42:20
Ron Newton			56:34					
David Page			51:33	1:25:05				4:48:35

Pasquale Pellecchia			43:44	1:13:43			
Robin Pope							3:48:45
Rick Ricketts					1:29:19		
Terry Ridge			43:35	1:17:33			3:36:34
Tony Robinson					2:15:04		
Graham Saville			50:20		2:12:01	2:46:56	4:29:36
Derek Seymour							
Richard Solomons	19:49	32:55	41:18	1:10:15	2:30:51		3:36:18
Roy Steven				1:06:04			
John Tennant	19:57	32:38	42:36	1:09:46	1:35:33	2:32:41	3:20:30
Andy Terrell			42:25	1:07:41		2:32:34	