	Dates 2011	6th Feb	10th April	5th June	3rd July	7th Aug	25th Sept	6th Nov
		not all times are accurate (5k)	(10k)	(5k)	(5m)	(7m)	(5m)	(10m)
Andrew Mulligan				18.46		46.55	34.35	1.08.53
Anita					51.21			
Amanda Grey								1.30.13
Becky Durant			56.35				47.29	1.39.48
Ben Letzer						55.41		
Charlotte Harmer				29.40				
Christine Cooke		24.28	53.32	24.47	51.22		43.46	
Chris Goodson					38.56	54.36		
Clare Hicks		28.19	58.49	27.43	45.26		49.20	
Colin Jeckel			58.49					
Danni Lee			59.03	24.54	42.32	77.10	43.28	
Debbie Jones								1.30.06
Dee Neal			57.51	27.33				
Ellie Bye					38.07			1.25.25
Emma Blake							51.51	1.34.56
Fiona Baldwin			58.57		45.55		51.47	1.39.32
Gavin Lee			59.56	26.00	45.39	78.36	50.19	
Izzy List			44.10					
Jacke Bye					42.22			1.29.07
Jeremy Lawrence		20.23	43.50	20.58	35.10	49.16	35.01	
Jillie Cole			61.30		45.56			
Jo West		23.39		25.20	43.22			
John Carr						54.24	37.20	1.15.59
Jonathon Edwards		22.22	48.11	21.39	39.54	54.23	40.35	1.21.02
Ken Bowman		20.39		21.39	36.40	53.57		
Mark Harmer			43.49	20.33		48.02		1.09.51
Mark Tidy					37.31			
Martin Bagnell			43.59	20.50	34.40	48.22		1.14.10
Mel Porter		19.30	41.04	19.29	33.40	46.58	33.49	1.10.03
Melanie Burch		24.31	50.07	23.00		53.59	38.54	
Michael Fairchild							42.02	
Paul Groves						?		
Peter Cobb					37.14		37.50	1.17.19
Peter Kean-Cockburn					44.38		45.04	1.27.41
Rebecca Widdows					42.05			
Rod Bye					36.43			1.16.11
Rosemary							46.09	
Shirley Wilcock		28.25						
Steve Cole					46.25			
Steve Niblett						48.21		
Stewart Marden			46.04	21.59		51.12		1.13.07
Vicky							53.02	
Wayne Gibbs						50.50	33.09	1.06.04
Zac Mace					33.44			