

Running Time Trial Results				
Squad Member	PB	Feb-11	Aug-11	Nov-11
3 km				
Adam Gazal	10:16	10:16		
Anthony Papa	10:56	10:56		
Dean Thurgood	11:50		11:50	
Emma Simpson	12:33	12:33		
Ian Dowling	10:51			10:51
Kerri Ireland	16:23			16:23
Kerri Spanner	12:54	12:54	13:02	13:25
Kristy Howard	17:51		17:51	
Steve Davy	12:25			12:25
Wendy Bryan	15:42		15:43	15:42