

3000m Beachley Track Time Trial

13/09/2011

Position	Name	Time	Pace (min/mile)	Age Graded %	Equivalent 5k Time
1	James Blore	10:21	05:33	71.13%	17:15
2	Dave Somersall	11:11	06:00	69.90%	18:38
3	Jane Horler	11:36	06:13	74.76%	19:20
4	Niki Morgan	11:59	06:26	75.06%	19:58
5	Lou Summers	12:07	06:30	74.24%	20:12
6	Andy Creber	12:08	06:30	70.23%	20:13
7	Neil Grant	12:13	06:33	73.99%	20:22
8	Mike Smith	12:15	06:34	70.13%	20:25
9	Helen Duffield	12:16	06:35	70.20%	20:27
10	Andrew Calway	12:16	06:35	66.74%	20:27
11	Vanessa Lawson	12:17	06:35	70.60%	20:28
12	Leo Cohen	12:28	06:41	60.46%	20:47
13	Mike Evans	12:29	06:42	69.98%	20:48
14	Andy Green	13:06	07:02	61.05%	21:50
15	Esther Barrett	13:13	07:05	64.74%	22:02
16	Geoff Bayliss	13:45	07:22	68.72%	22:55
17	Denise Evans	14:10	07:36	65.77%	23:37
18	Barry (Guest)	14:24	07:43	#N/A	24:00
19	Jackie Webb	14:59	08:02	64.53%	24:58
20	Jane Bayliss	15:05	08:05	72.30%	25:08
21	Andy Bray	16:04	08:37	53.92%	26:47
22	Syd Wheeler	16:15	08:43	64.18%	27:05
23	Sharon Blore	16:59	09:07	58.40%	28:18