



## BATs 5K Time Trial 17th January 2018

	<u>Name</u>	<u>Time</u>	<u>Age Grading</u>
Andy	Cowden	00:23:40	66%
Lisa	Birch	00:26:30	64%
Frances	Morgan	00:27:34	63%
Dave	Adams	00:24:57	61%
Sally	Dunn	00:26:30	60%
Murray	Turner	00:24:57	58%
Mel	Greaves	00:27:42	58%
Pam	Adams	00:30:44	57%
Tanya	Argue	00:28:57	56%
Karen	Bradfield	00:30:56	56%
Hilary	Head	00:32:11	56%
Melissa	Pinfield	00:29:47	53%
Sam	Harte-Latremouille	00:29:47	52%
Debbie	Ashton	00:31:02	52%
Ali	Greaves	00:30:52	49%
Cally	Barnes	00:34:24	49%
Kate	Medhurst	00:31:03	48%
Jo	Bourton	00:40:19	42%
Fiona	Maddock	00:40:19	41%
Bart		00:18:10	



**BATs 5K Time Trial 14th February 2018**

	<u>Name</u>	<u>Time</u>	<u>Age Grading</u>
Derek	Hicks	00:25:41	65%
Frances	Morgan	00:26:54	65%
Tanya	Argue	00:30:19	53%
Debbie	Ashton	00:30:19	53%
Melissa	Pinfield	00:30:19	52%
Louise	Helcoop	00:36:46	43%
Shaun	Hingston	00:31:51	43%
Jo	Bourton	00:39:56	42%



# Bere Alston Trekkers Running Club

## BATs 5K Time Trial @ 14th February 2018

	<u>Name</u>	<u>14/02/2018</u>	<u>17/01/2018</u>	<u>29/11/2017</u>	<u>25/10/2017</u>	<u>27/09/2017</u>	<u>30/08/2017</u>	<u>26/07/2017</u>	<u>28/06/2017</u>	<u>31/05/2017</u>	<u>26/04/2017</u>	<u>29/03/2017</u>	<u>22/02/2017</u>
Dave	Adams		00:24:57										
Pam	Adams		00:30:44										
Tanya	Argue	00:30:19	00:28:57	00:29:39	00:28:12								
Debbie	Ashton	00:30:19	00:31:02	00:30:28	00:32:02		00:31:21						
Paul	Ashton			00:30:28	00:23:55								
Natasha	Ayres			00:30:49	00:31:38		00:30:54	00:31:14		00:29:32	00:29:59	00:29:27	
Cally	Barnes		00:34:24								00:31:15	00:31:38	
Sarah	Bartlett			00:33:35	00:32:24		00:31:40						
Hazel	Bickley					00:29:55					00:28:28	00:29:19	
Lisa	Birch		00:26:30			00:29:55							
Jo	Bourton	00:39:56	00:40:19										
Andrew	Bowden												
Karen	Bradfield		00:30:56	00:33:40									
Andy	Cowden		00:23:40		00:23:55		00:23:07						
Dave	Dencer					00:24:00							
Sally	Dunn		00:26:30										
Ralph	Elmes			00:31:07		00:29:42					00:27:58	00:28:40	
Heather	French					00:29:51					00:30:02		
Kate	Glanville						00:32:53				00:32:27		
Paul	Glanville												
Ali	Greaves		00:30:52	00:33:39		00:29:07	00:28:52		00:27:38	00:28:08		00:26:43	
Mel	Greaves		00:27:42	00:37:04	00:27:47					00:26:21	00:33:12	00:26:34	00:33:07
Sam	Harte-Latremouilli		00:29:47	00:29:41	00:29:23	00:28:00	00:31:38		00:28:03	00:27:14	00:27:54	00:30:13	00:32:14
Hilary	Head		00:32:11	00:33:59	00:29:38	00:34:14	00:29:50		00:33:45	00:29:45	00:31:21	00:34:59	
Martin	Head												
Louise	Helcoop	00:36:46				00:33:44							
Derek	Hicks	00:25:41				00:23:49	00:23:00	00:24:50					00:24:59
Yvonne	Hicks			00:37:04		00:36:20							
Natasha	Hingston				00:30:29	00:32:43							
Shaun	Hingston	00:31:51				00:30:16							
Karin	Kattenhorn			00:37:04		00:32:12		00:31:14		00:30:38	00:31:01		00:32:55
Peter	Kenvin					00:24:27		00:24:17	00:24:47	00:25:04	00:26:23		
Marcia	Macey				00:28:25			00:28:55					
Fiona	Maddock		00:40:19	00:34:24	00:34:54	00:34:14	00:32:42		00:33:38	00:32:25		00:33:53	
Kate	Medhurst		00:31:03			00:30:23				00:28:02	00:28:44	00:29:31	00:31:45
Mairi	Milne												
Frances	Morgan	00:26:54	00:27:34	00:27:28									
Nicola	Munday										00:30:02		
Dominika	Nawalany			00:32:42		00:33:55							
Julie	Page				00:24:52	00:28:00	00:24:06			00:26:21	00:23:36	00:24:22	00:31:47
Melissa	Pinfield	00:30:19	00:29:47			00:30:15							
Colin	Putt							00:27:07					00:31:51
Nikki	Putt										00:29:37		00:32:49
Eleanor	Ralph				00:32:24	00:33:54							



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Trevor	Ralph				00:29:22	00:31:59							
Jon	Rowsell					00:31:23							
Laurence	Sargeant												
Ben	Saul			00:27:07	00:27:41	00:29:02							
Julian	Settingington												
Murray	Turner		00:24:57	00:27:29		00:23:30	00:22:23			00:21:44		00:22:54	00:23:57
Su	Williams			00:29:44			00:28:49			00:29:41		00:29:15	00:31:47
Rachel	Wood												
	ZZPP	8	19	19	16	26	14	6	5	15	15	18	11



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Dave	Adams		61.1%										
Pam	Adams		56.7%										
Tanya	Argue	53.4%	56.0%	54.6%	57.4%								
Debbie	Ashton	52.9%	51.7%	52.6%	50.1%		51.1%						
Paul	Ashton			49.6%	63.2%								
Natasha	Ayres			51.5%	50.2%		51.4%	51.9%		53.8%	53.0%	53.4%	
Cally	Barnes		48.7%								53.0%	52.4%	
Sarah	Bartlett			51.2%	53.0%		54.3%						
Hazel	Bickley					52.6%					55.3%	53.3%	
Lisa	Birch		64.0%			56.0%							
Jo	Bourton	42.5%	41.6%										
Andrew	Bowden												
Karen	Bradfield		55.5%	51.0%									
Andy	Cowden		66.1%		64.8%		67.1%						
Dave	Dencer					54.7%							
Sally	Dunn		59.9%										
Ralph	Elmes			56.7%		59.4%					63.1%	61.5%	
Heather	French					54.3%					53.4%		
Kate	Glanville						53.6%				54.3%		
Paul	Glanville												
Ali	Greaves		49.2%	45.2%		52.2%	52.7%		55.0%	54.0%		56.9%	
Mel	Greaves		57.9%	42.9%	57.2%					60.3%	47.8%	59.8%	48.0%
Sam	Harte-Latremouilli		52.4%	52.6%	53.1%	55.4%	49.0%			56.9%	55.6%	51.3%	48.1%
Hilary	Head		55.5%	52.6%	60.3%	52.2%	59.9%		52.9%	59.3%	56.2%	50.4%	
Martin	Head												
Louise	Helcoop	43.2%				47.1%		48.0%	46.9%		47.4%	47.2%	
Derek	Hicks	65.3%				69.8%	72.2%	57.1%					66.5%
Yvonne	Hicks			50.2%		51.2%							
Natasha	Hingston				52.1%	48.5%							
Shaun	Hingston	43.2%				45.4%							
Karin	Kattenhorn			43.3%		49.8%		52.4%		52.3%	51.7%		48.3%
Peter	Kenvin					65.6%		66.0%	65.3%	64.0%	60.8%		
Marcia	Macey				65.5%			57.3%					
Fiona	Maddock		40.6%	47.6%	46.9%	47.3%	49.5%		48.7%	50.0%		47.8%	
Kate	Medhurst		48.5%			49.5%				53.7%	52.2%	50.8%	
Mairi	Milne											47.6%	
Frances	Morgan	64.7%	63.2%	63.4%									
Nicola	Munday										50.4%		
Dominika	Nawalany			45.5%		43.8%							
Julie	Page				65.1%	57.9%							
Melissa	Pinfield	51.9%	52.8%			52.0%							
Colin	Putt							52.7%					47.0%
Nikki	Putt										54.7%		48.9%
Eleanor	Ralph				56.6%	54.1%							



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Trevor	Ralph				55.6%	51.0%							
Jon	Rowsell					42.5%							
Laurence	Sargeant												
Ben	Saul			53.1%	52.0%	49.6%							
Julian	Settingington												
Murray	Turner		58.2%	52.8%		61.8%	64.9%			66.8%		63.4%	60.1%
Su	Williams			51.7%			53.4%			51.8%		52.6%	48.4%
Rachel	Wood												
	ZZPP	8	19	19	16	26	13	7	5	14	15	18	10