

Name	Run 1	Run 2	Run 3	Run 4	Benchmark time	Improvement time	Improvement	Rank
Robert Swan	00.24.20	00.24.49	00.26.30	00.22.39	00.24.20	00.22.39	00.01.41	1
Matt Horne	00.25.32	00.25.22	00.23.50		00.25.22	00.23.50	00.01.32	2
Andrew Hartley	00.26.44	00.26.34	00.25.08		00.26.34	00.25.08	00.01.26	3
Calum Laver	00.27.16	00.27.24	00.26.02		00.27.16	00.26.02	00.01.14	4
Dawn Whamond	00.34.45	00.33.14	00.32.13	00.32.50	00.33.14	00.32.13	00.01.01	5
Jodi Bowbrick	00.37.02	00.41.34	00.36.23	00.37.55	00.37.02	00.36.23	00.00.39	6
Caitlin Laver	00.31.46	00.31.39	00.31.05		00.31.39	00.31.05	00.00.34	7
Barnaby Smith	00.32.47	00.32.12	00.31.45	00.31.39	00.32.12	00.31.39	00.00.33	8
Jo Stone	00.26.35	00.26.04	00.25.40		00.26.04	00.25.40	00.00.24	9
Kendra Bowbrick	00.38.29	00.38.11	00.37.53		00.38.11	00.37.53	00.00.18	10
Carl Laver	00.27.58	00.27.26	00.27.09		00.27.26	00.27.09	00.00.17	11
Brian Stone	00.21.53	00.21.50	00.21.37		00.21.50	00.21.37	00.00.13	12
Edita Wallace	00.28.11	00.27.37	00.27.27		00.27.37	00.27.27	00.00.10	13
Phil Chew	00.24.52	00.23.05	00.23.04		00.23.05	00.23.04	00.00.01	14
Kristian Bowbrick	00.23.48				00.23.48			15
Nick Street	00.23.51				00.23.51			16
Rich Cornell	00.23.53				00.23.53			17
Chris Moore	00.18.47	00.18.33			00.18.33			18
Rachel Hamson	00.24.36	00.24.20			00.24.20			19
Claire Blake	00.24.44	00.24.30			00.24.30			20
Tony Hogben	00.24.49				00.24.49			21
Hadley O'Dwyer	00.19.29				00.19.29			22
Simon Lockwood	00.19.33	00.19.10			00.19.10			23
Helen James	00.25.38				00.25.38			24
Dave Dawson	00.25.42				00.25.42			25
Shaun Black	00.19.35	00.19.23			00.19.23			26
Rob Shapland	00.19.50				00.19.50			27
Chris Monks	00.27.17				00.27.17			28
Scott Edwards	00.27.32				00.27.32			29
Rich March	00.20.01	00.19.27			00.19.27			30
Chloe Briffa	00.28.02				00.28.02			31
Michael Dargue	00.20.49				00.20.49			32
Julie Gallagher	00.28.26				00.28.26			33
Nathan Atkins Brooks	00.28.56				00.28.56			34
Tamarah Bartlett	00.29.12				00.29.12			35
Hayley O'Dwyer	00.29.48				00.29.48			36
Dawn Bailey	00.30.02				00.30.02			37
Peter Atkins	00.30.34				00.30.34			38
Sarah Reeves	00.31.21				00.31.21			39
Simon Holmes	00.21.26				00.21.26			40
Suzanne Bunch	00.31.51				00.31.51			41
Susan Bailey	00.31.57				00.31.57			42
Jayne Marks	00.32.11	00.32.01			00.32.01			43
Luke Minogue	00.18.40	00.18.52			00.18.40			44
Oliver Cannon	00.23.02				00.23.02			45
Sandrine Yeates	00.35.17	00.36.01			00.35.17			46
Jamie Atkins	00.23.13				00.23.13			47
Paul Chantler	00.23.38	00.23.38			00.23.38			48
Mathew Gordon	00.17.35				00.17.35			49
Ryan Grimble	00.19.27				00.19.27			50
Jon Hardwick	00.21.48				00.21.48			51
Leo Maclachlan	00.22.07	00.23.44			00.22.07			52
David Pollard	00.25.14				00.25.14			53
David Dawson	00.25.43				00.25.43			54
Rob Hampson	00.25.52				00.25.52			55
Rob Black	00.23.43				00.23.43			56
Andrew Wright	00.27.34				00.27.34			57
Lucy Jordan	00.28.33				00.28.33			58
Natalie Smithson	00.29.12	00.28.02			00.28.02			59
Amanda Sullivan	00.29.25	00.29.30			00.29.25			60
Sue Bailey	00.31.43				00.31.43			61
Helena Jordan	00.32.29				00.32.29			62
Helen Mallows	00.33.03	00.31.53			00.31.53			63
Martin Pollard	00.18.29				00.18.29			64
Geoff Nichols	00.24.43				00.24.43			65
Tom Macdonald	00.17.44				00.17.44			66
Kelly Docherty	00.24.32				00.24.32			67
Colette Hall	00.29.24				00.29.24			68
Erika Hall	00.29.36				00.29.36			69

Anna Shingareva	00.29.45				00.29.45				70
Helen Franklin	00.24.47	00.24.39	00.24.43		00.24.39	00.24.43	-00.00.04		71
Malcolm Footer	00.20.28	00.20.08	00.20.21	00.21.40	00.20.08	00.20.21	-00.00.13		72
Simon Perkins	00.19.24	00.18.18	00.18.33		00.18.18	00.18.33	-00.00.15		73
Steve Hook	00.42.12	00.40.04	00.40.27		00.40.04	00.40.27	-00.00.23		74
Fiona Lear	00.34.46	00.33.08	00.33.37	00.33.43	00.33.08	00.33.37	-00.00.29		75
Mick Duplock	00.42.32	00.41.34	00.42.34	00.45.03	00.41.34	00.42.34	-00.01.00		76
Ian Dickinson	00.21.35	00.22.19	00.22.46		00.21.35	00.22.46	-00.01.11		77
Alan Maclachlan	00.23.58	00.23.38	00.24.50		00.23.38	00.24.50	-00.01.12		78
Warren Marks	00.24.22	00.25.59	00.26.30		00.24.22	00.26.30	-00.02.08		79