

Wellington Relays & Intervals

| First Name | Last Name | 1min @ VO2Max Pace | | | 2min @ 3k Race Pace | | | 2min @ 5k Race Pace | | |
|------------|------------|--------------------|----------------------------|-------------------------|---------------------|-----------------------------|-------------------------|---------------------|-----------------------------|-------------------------|
| | | VO2Max Pace | VO2Max Turnaround (metres) | Total Distance (metres) | 3k Race Pace | 3k Pace Turnaround (metres) | Total Distance (metres) | 5k Race Pace | 5k Pace Turnaround (metres) | Total Distance (metres) |
| Allan | Janes | 3:28 | 140 | 280 | 3:32 | 280 | 560 | 4:00 | 250 | 500 |
| Adrian | Thompson | 4:15 | 120 | 240 | 4:26 | 230 | 460 | 4:40 | 210 | 420 |
| Alex | MacAvoy | 4:17 | 120 | 240 | 4:30 | 220 | 440 | 4:44 | 210 | 420 |
| Andrew | Joel | 4:18 | 120 | 240 | 4:31 | 220 | 440 | 4:46 | 210 | 420 |
| Andy | Fenton | 4:45 | 110 | 220 | 5:02 | 200 | 400 | 5:18 | 190 | 380 |
| Angela | Prestidge | 4:36 | 110 | 220 | 4:51 | 210 | 420 | 5:07 | 200 | 400 |
| Anna | Hastie | 5:27 | 90 | 180 | 5:51 | 170 | 340 | 6:10 | 160 | 320 |
| Belinda | Sheridan | 5:16 | 90 | 180 | 5:38 | 180 | 360 | 5:56 | 170 | 340 |
| Brendon | Cornell | 3:46 | 130 | 260 | 3:53 | 260 | 520 | 4:06 | 240 | 480 |
| Cameron | Small | 4:27 | 110 | 220 | 4:40 | 210 | 420 | 4:55 | 200 | 400 |
| Cathy | Finnimore | 4:44 | 110 | 220 | 5:00 | 200 | 400 | 5:16 | 190 | 380 |
| Gillian | Peoples | 5:06 | 100 | 200 | 5:26 | 180 | 360 | 5:43 | 170 | 340 |
| Helen | Rook | 4:53 | 100 | 200 | 5:11 | 190 | 380 | 5:28 | 180 | 360 |
| Jo | Murray | 4:46 | 100 | 200 | 4:41 | 210 | 420 | 5:19 | 190 | 380 |
| John | Langham | 3:31 | 140 | 280 | 3:37 | 280 | 560 | 3:48 | 260 | 520 |
| Jon | Saunders | 4:09 | 120 | 240 | 4:20 | 230 | 460 | 4:34 | 220 | 440 |
| Karen | Orr | 4:36 | 110 | 220 | 4:52 | 210 | 420 | 5:07 | 200 | 400 |
| Lara | Robertson | 4:52 | 100 | 200 | 5:09 | 190 | 380 | 5:25 | 180 | 360 |
| Lee-ann | Coutts | 5:02 | 100 | 200 | 5:21 | 190 | 380 | 5:39 | 180 | 360 |
| Linda | Mcarthur | 4:01 | 120 | 240 | 4:12 | 240 | 480 | 4:26 | 230 | 460 |
| Liz | Eade | 4:00 | 130 | 260 | 4:10 | 240 | 480 | 4:24 | 230 | 460 |
| Liz | Gibbs | 5:22 | 90 | 180 | 5:45 | 170 | 340 | 6:03 | 170 | 340 |
| Liz | van Boheem | 4:41 | 110 | 220 | 4:57 | 200 | 400 | 5:13 | 190 | 380 |
| Malcolm | Davidson | 4:20 | 120 | 240 | 4:33 | 220 | 440 | 4:48 | 210 | 420 |
| Marie | Dawkins | 5:44 | 90 | 180 | 6:11 | 160 | 320 | 6:31 | 150 | 300 |
| Megan | Keenan | 5:16 | 90 | 180 | 5:38 | 180 | 360 | 5:56 | 170 | 340 |
| Michelle | Malyon | 5:59 | 80 | 160 | 6:28 | 150 | 300 | 6:49 | 150 | 300 |
| Nancy | Linton | 4:28 | 110 | 220 | 4:41 | 210 | 420 | 4:56 | 200 | 400 |
| Nathan | McEldowney | 4:35 | 110 | 220 | 4:51 | 210 | 420 | 5:06 | 200 | 400 |
| Ruth | Noakes | 4:31 | 110 | 220 | 4:44 | 210 | 420 | 5:00 | 200 | 400 |
| Sara | Blake | 5:09 | 100 | 200 | 5:30 | 180 | 360 | 5:48 | 170 | 340 |
| Stuart | Irvine | 4:11 | 120 | 240 | 4:22 | 230 | 460 | 4:36 | 220 | 440 |
| Suzanne | Clarke | 5:48 | 90 | 180 | 6:15 | 160 | 320 | 6:35 | 150 | 300 |
| First Name | Last Name | VO2Max Pace | VO2Max Turnaround (metres) | Total Distance (metres) | 3k Race Pace | 3k Pace Turnaround (metres) | Total Distance (metres) | 5k Race Pace | 5k Pace Turnaround (metres) | Total Distance (metres) |
| | | 1min @ VO2Max Pace | | | 2min @ 3k Race Pace | | | 2min @ 5k Race Pace | | |