

5k & 3k Paced Intervals

First Name	Last Name	5k Time	3min @ 5k Race Pace			3k Time	2min @ 3k Race Pace			First Name	Last Name
			5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)		3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)		
Adrian	Thompson	23:23	4:41	320	640	13:19	4:26	230	460	Adrian	Thompson
Alastair	Henshaw	26:29	5:18	280	560	15:05	5:02	200	400	Alastair	Henshaw
Amy	Tredger	35:16	7:03	210	420	20:05	6:42	150	300	Amy	Tredger
Amy	Sparks	24:28	4:54	310	620	13:56	4:39	220	440	Amy	Sparks
Angela	Prestidge	26:29	5:18	280	560	15:05	5:02	200	400	Angela	Prestidge
Anna	Hastie	30:07	6:01	250	500	17:09	5:43	170	340	Anna	Hastie
Annie	Van Herck	26:40	5:20	280	560	15:11	5:04	200	400	Annie	Van Herck
Belinda	Sheridan	34:04	6:49	220	440	19:24	6:28	150	300	Belinda	Sheridan
Cathy	Finnimore	25:07	5:01	300	600	14:18	4:46	210	420	Cathy	Finnimore
Eoin	Davidson	28:02	5:36	270	540	15:58	5:19	190	380	Eoin	Davidson
Georgina	Wedge	30:16	6:03	250	500	17:14	5:45	170	340	Georgina	Wedge
John	Langham	18:58	3:48	400	800	10:48	3:36	280	560	John	Langham
Jon	Saunders	23:16	4:39	320	640	13:15	4:25	230	460	Jon	Saunders
Julie	Collow	24:11	4:50	310	620	13:46	4:35	220	440	Julie	Collow
Karen	Orr	25:51	5:10	290	580	14:43	4:54	200	400	Karen	Orr
Lara	Robertson	25:56	5:11	290	580	14:46	4:55	200	400	Lara	Robertson
Liz	Gibbs	30:12	6:02	250	500	17:12	5:44	170	340	Liz	Gibbs
Megan	Keenan	34:04	6:49	220	440	19:24	6:28	150	300	Megan	Keenan
Neven	MacEwan	21:08	4:14	350	700	12:02	4:01	250	500	Neven	MacEwan
Pam	Longmire	#N/A	#N/A	#N/A	#N/A	NT	#VALUE!	#VALUE!	#VALUE!	Pam	Longmire
Rachel	Chrysoulis	22:48	4:34	330	660	12:59	4:20	230	460	Rachel	Chrysoulis
Ruth	Noakes	25:17	5:03	300	600	14:24	4:48	210	420	Ruth	Noakes

Sara	Blake	26:01	5:12	290	580	14:49	4:56	200	400	Sara	Blake
Siobhan	Hillyard	28:22	5:40	260	520	16:09	5:23	190	380	Siobhan	Hillyard
Stephen	Bates	24:46	4:57	300	600	14:06	4:42	210	420	Stephen	Bates
Victoria	Wilks	30:09	6:02	250	500	17:10	5:43	170	340	Victoria	Wilks
First Name	Last Name	5k Time	5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)	3k Time	3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)	First Name	Last Name
3min @ 5k Race Pace						2min @ 3k Race Pace					