

**10K Time Trial**  
**Race 5 - 18th December 2016**

Position	Name	Actual or Estimated PB	Start Time	Finish Time	Result	Points	Points including PB
1	Joey Xing	01:26:00	21:00	01:39:25	01:18:25	20	25
2	Brian Owen	01:17:30	29:30	01:41:12	01:11:42	19	24
3	Ricky White	01:00:30	46:30	01:44:44	00:58:14	18	23
4	David / Danielle	01:05:30	41:30	01:45:23	01:03:53	17	17
5	Romeo Balla	01:06:00	41:00	01:46:26	01:05:26	16	16
6	Paul / Malcolm C2	01:01:30	45:30	01:46:26	01:00:56	15	15
7	Almir / Diana K2	00:56:30	50:30	01:47:05	00:56:35	14	14
8	Euan Caton	01:02:30	44:30	01:47:18	01:02:48	13	13
9	Robin / Kerstin K2	01:05:30	41:30	01:47:57	01:06:27	12	12
10	Melanie Bennett	01:05:30	41:30	01:48:04	01:06:34	11	11
11	Mike Toomey	00:55:30	51:30	01:48:36	00:57:06	10	10
12	Gordon Bullock	01:04:00	43:00	01:48:45	01:05:45	9	9
13	Danny / Neil K2	00:54:30	52:30	01:50:05	00:57:35	8	8
14	Ella Beatty	00:54:00	53:00	01:50:06	00:57:06	7	7
15	Connor Higgins	01:10:30	36:30	01:50:42	01:14:12	6	6
16	Dave Hallam	00:50:30	56:30	01:51:08	00:54:38	5	5
17	Megan Kenny	00:55:30	51:30	01:52:14	01:00:44	4	4
18	James Smythe	00:47:30	59:30	01:52:59	00:53:29	3	3
19	James Daly	01:08:00	39:00	01:53:00	01:14:00	2	2
20	Heidi White	00:51:30	55:30	01:53:00	00:57:30	1	1
21	Yazmin / Eilidh	01:10:00	37:00	01:54:50	01:17:50	1	1
22	Lexie / Jess K2	00:57:30	49:30	01:57:37	01:08:07	1	1
23	Catherine Robinson	01:16:30	30:30	01:59:49	01:29:19	1	1

**5K Time Trial**  
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Position	Name	Finish Time
1	Sam Twaddle	36:01
2	Pablo Blanco	40:01
3	Luis Blanco	40:14
4	Rosie Whittington	45:46
5	Olivia Cutts	54:55
6	Amelia Sanderson	55:19