



**STG Run Time Trials**

Summary of Results 2010 - 2014 \*

Distance: 5km

\* Note: 2010 times don't show on this page but are included in the calculation of ALL TIME FASTEST

Name	ALL TIME FASTEST		FASTEST OF LAST 3 TRIALS		5/01/2011		20/04/2011		6/07/2011		7/09/2011		30/11/2011		14/03/2012		13/06/2012		18/07/2012		19/12/2012		1/05/2013		26/06/2013		28/08/2013		18/12/2013		12/02/2014		17/09/2014		3/12/2014						
	All Time min/km	All Time min/km	Time min/km	Time min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km				
Steve Ellis	16:41.0	03:20.2	18:51.0	03:46.2	18:22.0	03:40.4	16:56.0	03:23.2																																	
Richie Connell	17:01.0	03:24.2	n/a	n/a											18:16.0	03:39.2	17:34.0	03:30.8	17:01.0	03:24.2																					
Alex Rogers	17:33.0	03:30.6	n/a	n/a																																					
Matt Malady	18:19.0	03:39.8	19:06.0	03:49.2	18:41.0	03:44.2	18:41.0	03:44.2	18:53.0	03:46.6				18:28.0	03:41.6	18:19.0	03:39.8	19:33.0	03:54.6	18:50.0	03:46.0	19:02.0	03:48.4			19:33.0	03:54.6			18:36.0	03:43.2	19:06.0	03:49.2								
Miles Williams	18:20.0	03:40.0	n/a	n/a																																					
John Ellis	18:45.0	03:45.0	n/a	n/a																																					
Gary Maher	19:01.0	03:48.2	19:01.0	03:48.2								19:53.0	03:58.6																												
Bruce Sanderson	19:02.0	03:48.4	n/a	n/a	20:35.0	04:07.0	20:13.0	04:02.6						20:23.0	04:04.6																										
Justin Zachan	19:11.0	03:50.2	n/a	n/a	19:20.0	03:52.0	19:11.0	03:50.2																																	
Will Parry	19:27.0	03:53.4	n/a	n/a			19:45.0	03:57.0													19:27.0	03:53.4																			
Daniel Beaver	19:27.0	03:53.4	n/a	n/a																																					
Gareth Rydon	19:31.0	03:54.2	n/a	n/a								19:31.0	03:54.2																												
David Adler	19:31.0	03:54.2	n/a	n/a																																					
Faith Geraghty	19:35.0	03:55.0	n/a	n/a								21:24.0	04:16.8	21:08.0	04:13.6			22:07.0	04:25.4	20:50.0	04:10.0						20:44.0	04:08.8	20:19.0	04:03.8	19:31.0	03:54.2									
Dean Ormston	19:37.0	03:55.4	n/a	n/a	20:06.0	04:01.2	19:37.0	03:55.4	20:25.0	04:05.0					21:07.0	04:13.4			20:08.0	04:01.6	20:13.0	04:02.6					19:35.0	03:55.0	19:51.0	03:58.2											
Jeff Sapier	19:37.0	03:55.4	n/a	n/a	20:18.0	04:03.6	19:37.0	03:55.4																																	
Andy Etlurk	19:45.0	03:57.0	19:45.0	03:57.0																																					
Phil Cameron	19:48.0	03:57.5	n/a	n/a	20:42.0	04:08.4																																			
Gerry Kelly	19:52.0	03:58.4	n/a	n/a																																					
Raymond Yeung	19:52.0	03:58.4	20:14.0	04:02.8																																					
Denyse Skipper	19:55.0	03:59.0	n/a	n/a								19:55.0	03:59.0																												
Mat Birch	19:56.0	03:59.2	20:23.0	04:04.6			20:05.0	04:01.0																																	
Jeremy Foote	19:57.0	03:59.4	20:22.0	04:04.4																																					
Matt Currow	20:01.0	04:00.2	n/a	n/a					21:07.0	04:13.4																															
Nathan Bellgrove	20:06.0	04:01.2	n/a	n/a								20:01.0	04:00.2																												
James Walker	20:14.0	04:02.8	n/a	n/a								20:50.0	04:10.0																												
Owen Humphries	20:14.0	04:02.8	n/a	n/a																																					
Gareth Chang	20:18.0	04:03.6	21:05.0	04:13.0																																					
Kate Guthrie	20:22.0	04:04.4	n/a	n/a	23:34.0	04:42.8																																			
Nick Cunningham	20:23.0	04:04.6	n/a	n/a																																					
Lee Linton	20:28.0	04:05.6	21:31.0	04:18.2	20:37.0	04:07.4	21:41.0	04:20.2																																	
Dougal Guthrie	20:29.0	04:05.8	n/a	n/a										21:06.0	04:13.2																										
Nicola Harrison	20:30.0	04:06.0	n/a	n/a	20:41.0	04:08.2	20:30.0	04:06.0													20:49.0	04:09.8																			
Helen O'Neill	20:36.0	04:07.2	n/a	n/a	02:15.5	04:23.0																																			
Michael Irwin	20:39.0	04:07.8	n/a	n/a										20:39.0	04:07.8																										
George Peppou	20:39.0	04:07.8	n/a	n/a																																					
Adam Lareau	20:40.0	04:08.0	n/a	n/a								21:30.0	04:18.0																												
Ben Le Masurier	20:41.0	04:08.2	n/a	n/a																																					
Mick Elliott	20:41.0	04:08.2	n/a	n/a	22:43.0	04:32.6																																			
Brett Boyd	20:43.0	04:08.6	n/a	n/a	21:38.0	04:19.6																																			
Jo McCaldin	21:03.0	04:12.6	n/a	n/a	21:03.0	04:12.6																																			
Bruce Flaherty	21:11.0	04:14.2	21:57.0	04:23.4	22:11.0	04:26.2	21:14.0	04:14.8																																	
Will Johnson	21:14.0	04:14.8	n/a	n/a																																					
Bryan Ellis	21:20.0	04:16.0	22:01.0	04:24.2																																					
Keir Simmons	21:29.0	04:17.8	n/a	n/a	21:49.0	04:21.8	21:29.0	04:17.8																																	
Karina Jones	21:35.0	04:19.0	n/a	n/a																																					
Dani Barclay	21:35.0	04:19.0	n/a	n/a																																					
Amanda Reed	21:42.0	04:20.4	n/a	n/a																																					
Alex Rudge	21:42.0	04:20.4	21:42.0	04:20.4																																					
Simon Hatlee	21:42.0	04:20.4	21:42.0	04:20.4	02:29.42	05:56.4																																			
Gerard Sarkozy	21:43.0	04:20.6	n/a	n/a																																					
Julia Brown	21:44.0	04:20.8	n/a	n/a																																					
Emily Watson	21:56.0	04:23.2																																							

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	All Time	min/km	Time	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km	min/km		
Kirsten Cargill	25:40.0	05:08.0	n/a	n/a																																	
Denise Pereira	26:03.0	05:12.6	n/a	n/a																																	
Nadine Miller	26:31.0	05:18.2	n/a	n/a																																	
Ruth Elliott	27:12.0	05:26.4	n/a	n/a																																	
Archana Rao	27:55.0	05:35.0	27:55.0	05:35.0																																	
Stephanie Zhang	28:06.0	05:37.2	28:06.0	05:37.2																																	
Natalie Sutton	29:42.0	05:56.4	n/a	n/a	0:29:42	05:56.4																															