

# 2011 4 MILE TIME TRIAL RESULTS

**RECORDS : MEN : Peter Freedman 20.31 LADIES : Jo Meek 24.04**

**JUNIOR MALE : Tom Gill 22.37 JUNIOR FEMALE : Clare Fraser 27.16**

**(for the purposes of this event, Juniors are Under 18)**

XX did not run last year J = Junior	2010	April	May	June	July	August	Sept.	October	Best
	Best								
Jim Cole	22.49			<b>SECOND FASTEST &gt;&gt;&gt;&gt;</b>			<b>20.44</b>	20.51	20.44
Tom Lawson	23.27						23.12		23.12
Richard Drage	22.43						23.13		23.13
Chris Champion	23.18			23.43			23.42		23.42
Tony Symons	25.50.						23.48		23.48
Rupert Warren	24.36			24.38					24.38
Sam Lane de Courtin (J)	xx	24.45						25.30.	24.45
Martin Exley	24.12					25.22	24.51		24.51
Chris Eastaugh	25.28			24.49			26.16		24.49
James Best (J)	xx	25.30.						25.47	25.30.
Charlie Lloyd	25.16						25.37		25.37
Owen Drage	25.41						26.02		26.02
Steve Groombridge	24.31						26.13		26.13
Christian Brown (J)	xx							26.32	26.32
Tom O'Callaghan	27.10.	27.15							27.15
Pete Bazley	26.44	28.26	27.36	27.18		26.52	28.00.	28.32	26.52
Josh Steven (J)	xx	27.39							27.39
Caroline Steven	xx			28.01					28.01
Becky Mingo	xx		28.30.						28.30.
David Twine	28.59		28.51	28.49	28.33	28.46			28.33
Bret Bassett (J)	xx							28.58	28.58
Tony Shearer	29.44	30.08				32.33		34.17	30.08
Tim Mitchell	xx					30.11			30.11
Claire Fraser (J)	28.22							31.08	31.08
Sarah Hornby (J)	30.11							31.11	31.11
Ellen Riis White (J)	xx							31.13	31.13
Nicole Heryet	32.25		31.23					36.22	31.23
Andy Houghton	31.39		31.30.	31.44		31.33			31.30.
Daryl Beeby	xx						32.45	31.53	31.53
Kate Rogers	32.32			32.07					32.07
Emily Attfield (J)	xx	32.08							32.08
Mike Carpenter	32.17				32.08				32.08
Harriet Ames (J)	xx	32.20.							32.20.
Rob Kirby	29.53	32.41	32.18						32.18
Clare Jackman	xx		32.23						32.23
Paul Bumford	32.01		32.26	32.54	31.54			36.31	31.54
Rob Moule	31.00.							32.29	32.29
Tracey Ann Cole	33.13					32.36			32.36
Andrew Alcock	34.09	32.42							32.42
Hannah Colston	35.23	33.00.							33.00.
Adrian Pitcher	36.12	33.17				32.36			32.36
Vicki Lloyd	33.15	33.47							33.47
Eliza Thomas	xx	34.17	33.58						33.58
Frozzie Andrews	xx	34.17	33.58						33.58
Hazel Walker	35.31		34.17	35.39				36.02	34.17
Ray Bennett	33.39							34.18	34.18

