

5k Time Trial
Mid Summer Dash - 22nd June 2016

| | Actual or Estimated PE | Start Time | Finish Time | Result |
|--------------------|------------------------|------------|-------------|--------|
| Jessica Gaynor | 45:00 | 00:00 | 36:59 | 36:59 |
| Kirsten Queenie | 38:00 | 07:00 | 40:05 | 33:05 |
| Yazmin Layzell | 36:45 | 08:15 | 40:10 | 31:55 |
| Connor Higgins | 41:15 | 03:45 | 41:20 | 37:35 |
| Wayne Stevens | 40:30 | 04:30 | 41:20 | 36:50 |
| Euan Caton | 35:00 | 10:00 | 41:50 | 31:50 |
| Mike Toomey | 29:15 | 15:45 | 42:26 | 26:41 |
| Heidi / Ricky K2 | 26:45 | 18:15 | 42:55 | 24:40 |
| Oscar Toomey | 33:00 | 12:00 | 43:15 | 31:15 |
| Richard Winstanley | 25:00 | 20:00 | 43:17 | 23:17 |
| Paul Surrage | 29:45 | 15:15 | 44:08 | 28:53 |
| Alasdair / Mike K2 | 26:30 | 18:30 | 44:09 | 25:39 |
| Matt Parkes | 22:00 | 23:00 | 44:25 | 21:25 |
| Danny Beazley | 22:00 | 23:00 | 44:26 | 21:26 |
| Chris Sze | 27:00 | 18:00 | 44:42 | 26:42 |
| Kevin Warbrick | 29:15 | 15:45 | 45:12 | 29:27 |
| Josh Young | 23:30 | 21:30 | 45:15 | 23:45 |
| Ant / Octavia | 27:15 | 17:45 | 46:00 | 28:15 |
| Judith English | 32:30 | 12:30 | 46:05 | 33:35 |
| Jacque / Dave K2 | 30:15 | 14:45 | 46:06 | 31:21 |
| Emily Scott | 28:45 | 16:15 | 46:09 | 29:54 |
| Anne / Nathan K2 | 28:15 | 16:45 | 46:23 | 29:38 |