

**5K Time Trial**  
**Race 4 - 1st August 2018**

<b>Position</b>	<b>Name</b>	<b>Actual or Estimated PB</b>	<b>Start Time</b>	<b>Finish Time</b>	<b>Result</b>	<b>Points</b>	<b>PB</b>	<b>Points including PB</b>
1	Euan Caton	24:00	35:30	57:41	22:11	20	5	25
2	Matt Mills	26:00	33:30	58:56	25:26	19	5	24
3	Kerstin Queeney	30:15	29:15	59:26	30:11	18	5	23
4	Mike Toomey	26:30	33:00	59:29	26:29	17	5	22
5	Adam Beaumont	22:45	36:45	59:41	22:56	16		16
6	Ricky White	26:30	33:00	01:00:17	27:17	15		15
7	Ella Beatty	26:00	33:30	01:01:22	27:52	14		14