

Competitors this week:

| Name | 6/24/2009 | Time (min.sec) | | | | 6/17/2009 | Time (min.sec) | 6/10/2009 | Time (min.sec) | 6/3/2009 | Time (min.sec) | 5/27/2009 | Time (min.sec) |
|--------------------------|-----------|----------------|----------|--------|-------|-----------|----------------|------------|----------------|----------|----------------|-----------|----------------|
| | Distance | Nominated | Handicap | Actual | Place | Distance | Actual | Distance | Actual | Distance | Actual | Distance | Actual |
| Adin Archer | 3K | 23.00 | -0.14 | 22.46 | 5 | | | 3K | 23.16 | 3K | 24.17 | | |
| Aleisha Barnes | 3K | 13.30 | -0.01 | 13.29 | 1 | 3K | 12.33 | 3K | 14.19 | | | | |
| Andrea Hargreaves | 5K | 20.30 | 0.59 | 21.29 | 12 | 5K | 21.05 | 5K | 21.05 | 5K | 21.42 | 5K | 21.18 |
| Ben Chilcott | 3K | 11.50 | 0.03 | 11.53 | 2 | 3K | 12.03 | 3K | 11.44 | 3K | 11.35 | | |
| Celia Mackenzie | 5K | 30.00 | 0.10 | 30.10 | 4 | | | 5K | 28.36 | | | | |
| Chris Chapman | 5K | 33.00 | -4.15 | 28.45 | 17 | 5K | 26.57 | 5K | 28.15 | 5K | 28.40 | 5K | 29.09 |
| Eve Kusinski | 5K | 25.15 | 0.24 | 25.34 | 8 | 5K | 25.57 | 5K | 25.05 | 5K | 25.12 | | |
| Hannah Witten | 3K | 12.15 | 0.25 | 12.40 | 9 | | | 3K | 11.42 | | | | |
| Idan Piercy | 5K | 19.15 | -0.05 | 19.10 | 3 | 5K | 19.25 | 5K | 19.26 | 5K | 19.54 | | |
| Jim Cavill | 5K | 27.00 | -0.26 | 26.34 | 10 | 5K | 27.11 | 5K | 28.17 | 5K | 22.02 | | |
| Jurdy Dugdale | 3K | 30.00 | -1.30 | 28.30 | 14 | | | | | | | | |
| Martin Ball | 5K | 27.00 | -0.26 | 26.34 | 10 | 5K | 26.29 | Recovering | | 5K | 28.10 | | |
| Michelle Wellington | 3K | 31.00 | -2.41 | 28.19 | 15 | 3K | 28.51 | 3K | time record | 3K | 11.00 | | |
| Rob Mackenzie | 5K | 22.00 | 0.10 | 22.10 | 4 | | | 5K | 20.43 | 5K | 20.46 | 5K | 21.11 |
| Rosie Ball | 5K | 32.00 | -0.18 | 31.42 | 7 | | | Recovering | | 5K | 33.01 | | |
| Rosie Shannon | 5K | 33.00 | -4.00 | 29.00 | 16 | | | | | | | | |
| Sam Ederveen | 3K | 11.30 | 0.17 | 11.47 | 6 | 3K | 11.39 | 3K | 11.06 | 3K | 11.27 | | |
| Sandra Buckley | 5K | 32.00 | 0.05 | 32.05 | 3 | 5K | 32.45 | 5K | 32.00 | 5K | 30.40 | 5K | 31.50 |
| Steve Cunningham | 5K | 19.30 | -1.10 | 18.20 | 13 | | | Away | | 5K | 18.38 | | |
| Rod & Yuna Tindale | 3K | 15.00 | 0.50 | 15.50 | 11 | 3K | 15.07 | | | | | | |

Away this week, but special mention goes to: (4 races!)

| | | | | | | | | | | | | | |
|------------|--|---------|--|--|--|----|-------|----|-------|----|-------|----|-------|
| Chris Keir | | Injured | | | | 5K | 26.57 | 5K | 28.15 | 5K | 28.40 | 5K | 28.30 |
| Jeff Bunt | | | | | | 5K | 23.07 | 5K | 21.56 | 5K | 23.33 | 5K | 23.44 |

Away this week, but special mention goes to: (3 races!)

| | | | | | | | | | | | | | |
|------------------|--|---------|--|--|--|----|-------|---------|-------|----|-------|----|-------|
| Ella Hargreaves | | Injured | | | | 3K | 12.44 | 3K | 11.30 | 3K | 12.24 | | |
| Hayden D'Addona | | | | | | 3K | 12.02 | 3K | 11.57 | 3K | 11.40 | | |
| Izzy Paterson | | | | | | 3K | 13.36 | 3K | 13.54 | 3K | 13.27 | | |
| Rebecca Tucker | | | | | | | | 5K | 28.08 | 5K | 29.45 | 5K | 31.36 |
| Stephanie Ward | | | | | | 3K | 12.27 | 3K | 12.19 | 3K | 12.46 | | |
| Taras Jakubovsky | | | | | | 5K | 19.00 | Working | | 5K | 19.11 | 5K | 19.38 |

Other competitors over the past 5 weeks:

| Name | 6/24/2009 | Time (min.sec) | | | | 6/17/2009 | Time (min.sec) | 6/10/2009 | Time (min.sec) | 6/3/2009 | Time (min.sec) | 5/27/2009 | Time (min.sec) |
|---------------------|-----------|----------------|----------|--------|-------|-----------|----------------|-----------|----------------|----------|----------------|-----------|----------------|
| | Distance | Nominated | Handicap | Actual | Place | Distance | Actual | Distance | Actual | Distance | Actual | Distance | Actual |
| Alishamay Chartevis | | | | | | 3K | 13.23 | | | | | | |
| Brenden Graham | | | | | | 3K | 12.36 | | | | | | |
| Bradley Hunter | | | | | | | | 3K | 11.43 | | | | |
| Brendan Bunt | | | | | | | | 3K | 13.30 | | | | |
| Chris Charlton | | | | | | | | 3K | 11.26 | 3K | 11.17 | | |
| Debra Bunt | | | | | | 3K | 15.57 | 3K | 16.40 | | | | |
| Darren Hargreaves | | | | | | | | Injured | | | | 5K | 31.12 |
| Ellen Ward | | | | | | 3K | 17.12 | 3K | 16.12 | | | | |
| Fiona Bunt | | | | | | | | 3K | 20.40 | | | | |
| Henry Smith | | | | | | 5K | 23.12 | | | | | | |
| Ian Grant | | | | | | | | | | | | 5K | 20.13 |
| Jackson Bunt | | | | | | 5K | Injured | 5K | 21.56 | 5K | 23.06 | | |
| Kirsten LeRoux | | | | | | 5K | 27.52 | 5K | 28.22 | | | | |
| Luke Garrone | | | | | | 3K | ?? | | | 3K | 11.24 | | |
| Marcell Dekievith | | Injured | | | | | | Injured | | 3K | 12.40 | 5K | 21.20 |
| Nathan Lee | | | | | | 5K | 25.29 | | | | | | |
| Niels Ederveen | | | | | | | | 3K | 14.05 | | | | |
| Peter Banaghan | | | | | | | | 5K | 22.01 | | | | |
| Peter Morris | | | | | | | | 5K | Injured | 5K | 24.41 | 5K | 25.42 |
| Peter Paterson | | | | | | | | 3K | 13.54 | | | | |
| Robert Barnes | | | | | | 5K | 19.44 | 5K | 19.36 | | | | |
| Roger Carter | | | | | | 5K | 23.23 | 5K | 23.56 | | | | |
| Shona Paterson | | | | | | | | | | 3K | 18.44 | | |
| Sue Rayner | | | | | | 5K | 29.10 | Away | | 5K | 30.44 | | |
| Sue Ward | | | | | | | | 3K | 17.18 | | | | |
| Tash Chapman | | | | | | | | Injured | | 3K | 27.08 | 3K | 24.00 |
| Yuna Tindale | | | | | | 3K | 15.07 | | | | | | |