

Personal Bests

100m track	200m	400m	1500m	3000m
Hanna	00:23.67	00:45.15	03:05.23	07:03.36
Kathryn	00:23.96	00:45.50	03:11.17	07:06.25
Daryn	00:23.57		03:14.73	06:54.84
Michael	00:24.46	00:48.93	03:11.41	07:10.97
Chris	00:25.54	00:58.09	03:11.79	07:05.85
Micah	00:24.91	00:47.60	03:05.70	06:57.19

111.12m track	500m	1000m	1500m	3000m
Donald	00:46.82	01:39.93	02:32.04	06:17.28
Shea	00:48.94	01:39.34	02:37.30	05:26.62
Barry	00:50.32	01:45.67	02:44.72	06:27.75
Phil	00:51.63	01:46.24	02:43.48	06:18.48
Malcolm	00:01.42	02:06.34	03:21.47	07:09.10
Jody	01:13.27	02:31.03	03:55.56	08:19.15
Cord	01:12.76	02:29.20	03:58.95	
Micah	00:58.41			06:28.06

100m track	200m	300m	400m	1500m	3000m
Solon		00:42.14	00:57.15		
Lucas	00:29.19	00:42.75	00:57.56	03:43.27	
Caius	00:29.31	00:43.15	00:55.52	03:31.61	07:15.21
Tristan	00:30.12	00:44.58	01:02.93	03:46.90	
Caleb	00:27.55	00:40.26	00:52.53	03:38.58	07:55.60
Jacob	00:32.48	00:46.86	01:03.62	04:18.25	
Issac	00:33.13	00:52.11	01:04.57	04:31.07	
Wyatt	00:38.40	00:58.05	01:26.75		
Heather		01:12.07	01:34.81		
Emma	00:40.01	00:57.80	01:16.77		
Breda	00:44.88	01:04.28	01:25.87	05:33.00	
Thomas	00:41.24	01:00.01	01:17.75	06:24.52	