

Personal Bests October 2013

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
Michael	00:23.58	00:45.28	03:00.13	06:10.92
Chris	00:25.54	00:47.35	03:08.79	07:05.85
Micah	00:23.70	00:45.52	02:50.39	06:00.79

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	00:59.60	02:02.84	03:20.57	07:09.10
Jody	01:11.58	02:27.09	03:44.32	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	1000m	1500m	3000m
Lucas	00:28.14	00:39.23	00:53.50	02:20.31	03:38.83	
Caius	00:27.54	00:40.06	00:52.36	02:11.33	03:24.37	07:15.21
Tristan	00:29.13	00:44.25	00:57.40		03:44.62	
Caleb	00:27.55	00:40.26	00:52.53		03:38.58	07:55.60
Jacob	00:27.80	00:43.71	00:56.32		03:44.98	
Issac	00:28.80	00:43.15	00:58.50		04:31.07	
Emma	00:33.71	00:49.84	01:16.77			
Breda	00:44.88	01:04.28	01:25.87		05:33.00	