

	50	100	150	200	250	300	350	400
Chris	00:45	01:40	02:37	03:34	04:35	05:34		07:38
Andrew	00:51	01:51	02:56	04:02	05:08	06:10	07:13	08:19
Paul	00:58	02:02	02:45	02:45	02:45	02:45	02:45	02:45
Kevin	00:53	01:56	03:04	04:07	05:13	06:21	07:29	08:35
Stacey	01:00	02:07	03:13	04:22	05:30	06:42	07:54	09:09
Alan	01:05	02:23	03:40	04:42	06:24	07:49	09:16	10:38
Dougie	01:03	02:13	03:24	04:58	06:00	07:03	08:16	09:28

	50	100	150	200
Chris	00:50	01:47	02:49	03:46
Andrew	00:53	01:55	02:56	04:00
Paul	00:56	02:01	03:09	04:20
Kevin	00:57	02:02	03:08	04:12
Stacey	01:01	02:10	03:21	04:27
Dougie	01:01	02:11	03:25	04:36
Alan	01:09	02:30		05:15