

**EZ CARNEGIE HARRIERS 3 MILE TIME TRIAL**  
**11th NOVEMBER 2004**  
**RESULTS**

<b>Pos.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Cat.</b>
1	<b>Tommy Lawrence</b>	<b>Kilbarchan AAC</b>	<b>16.06</b>	<b>M</b>
2	Robert Milton	Energy Zone Carnegie Harriers	16.25	MV
3	John Hargreaves	Energy Zone Carnegie Harriers	16.37	M
4	<b>Rosalyn Alexander</b>	<b>Energy Zone Carnegie Harriers</b>	<b>17.26</b>	<b>F</b>
5	Jeff Burton	Energy Zone Carnegie Harriers	18.24	MV
6	Alan Cockburn	Energy Zone Carnegie Harriers	19.34	M
7	Allan Davie	Energy Zone Carnegie Harriers	19.58	MV
8	Colin Fentiman	Energy Zone Carnegie Harriers	20.06	MV
9	Mick Cowie	Energy Zone Carnegie Harriers	20.28	MSV
10	Phil Smithard	Energy Zone Carnegie Harriers	20.30	MSV
11	Dave McCormack	U/A	20.45	M
12	Stephen Greer	Energy Zone Carnegie Harriers	21.22	MV
13	Lyndsay McMaster	Energy Zone Carnegie Harriers	23.58	F
14	Catherine Watson	Energy Zone Carnegie Harriers	24.11	FV
15	Casper Lewis	U/A	24.18	M
16	Sue Walker	Energy Zone Carnegie Harriers	24.33	FV
17	Tom Mailey	U/A	24.40	MSV
18	Jennifer Durie	U/A	24.54	F
19	Nicola Taylor	Energy Zone Carnegie Harriers	27.00	F
	<b>CR - COURSE RECORD</b>			