

## Haharau Park Plumbers Point 1000m x 9 Lap Relay 3 Person Teams 11th May 2019

Team 2 = 1st			Team 5 = 2nd		
2 Michael Sutton	3.10	3.10	5 Elliott Pugh	3.44	3.44
2 Gavin Smith	7.13	4.03	5 Malcolm Smith	7.22	3.38
2 Paula Sutton	12.00	4.47	5 Josh Smith	11.35	4.13
2 Michael Sutton	15.06	3.06	5 Elliott Pugh	15.52	4.17
2 Gavin Smith	19.16	4.10	5 Malcolm Smith	19.45	3.53
2 Michael Sutton	22.31	3.15	5 Josh Smith	24.14	4.29
2 Paula Sutton	27.27	4.56	5 Elliott Pugh	27.34	3.20
2 Gavin Smith	31.32	4.05	5 Malcolm Smith	31.26	3.52
2 Michael Sutton	34.41	3.09	5 Josh Smith	35.33	4.07
Team 3 = 3rd			Team 4 = 4th		
3 Sally Gibbs	4.18	4.18	4 Ian Pugh	3.39	3.39
3 Emily Ashley	8.12	3.54	4 Alex Whimster	8.58	5.19
3 Mark Handley	11.59	3.47	4 Eleanor Pugh	12.58	4.00
3 Sally Gibbs	16.03	4.04	4 Ian Pugh	16.41	3.43
3 Emily Ashley	20.04	4.01	4 Alex Whimster	22.03	5.21
3 Mark Handley	23.54	3.50	4 Ian Pugh	25.58	3.55
3 Sally Gibbs	27.53	3.59	4 Eleanor Pugh	30.09	4.11
3 Emily Ashley	31.57	4.04	4 Alex Whimster	35.27	5.18
3 Mark Handley	35.48	3.51	4 Ian Pugh	38.46	3.19
Team 1 = 5th					
1 Michael Pugh	3.27	3.27			
1 Lulu Johnston	7.14	3.47			
1 Michael Pugh	10.40	3.26			
1 Ray Wakeford	16.32	5.52			
1 Michael Pugh	19.15	Injured			
1 Lulu Johnston					
1 Lulu Johnston	23.07	3.52			
1 Ray Wakeford	29.09	6.02			
1 Lulu Johnston	33.00	3.51			
1 Ray Wakeford	39.01	6.01			

Great day in the park today with the relay that is a training session. Sadly Magic Michael Pugh was injured. Some great runs made interesting laps, some may say tactical with Gavin Smith and Michael Sutton prevailing with secret weapon Paula Sutton with the teams randomly selected.

Page down for Lap time order and relay progress times on pages 2 and 3.

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Team	Lap Times		Team	Lap Times		Rank	
2 Michael Sutton	15.06	3.06	1	4 Eleanor Pugh	12.58	4.00	24
2 Michael Sutton	34.41	3.09	2	3 Emily Ashley	20.04	4.01	25
2 Michael Sutton	3.10	3.10	3	2 Gavin Smith	7.13	4.03	26
2 Michael Sutton	22.31	3.15	4	3 Sally Gibbs	16.03	4.04	27
4 Ian Pugh	38.46	3.19	5	3 Emily Ashley	31.57	4.04	28
5 Elliott Pugh	27.34	3.20	6	2 Gavin Smith	31.32	4.05	29
1 Michael Pugh	10.40	3.26	7	5 Josh Smith	35.33	4.07	30
1 Michael Pugh	3.27	3.27	8	2 Gavin Smith	19.16	4.10	31
5 Malcolm Smith	7.22	3.38	9	4 Eleanor Pugh	30.09	4.11	32
4 Ian Pugh	3.39	3.39	10	5 Josh Smith	11.35	4.13	33
4 Ian Pugh	16.41	3.43	11	5 Elliott Pugh	15.52	4.17	34
5 Elliott Pugh	3.44	3.44	12	3 Sally Gibbs	4.18	4.18	35
3 Mark Handley	11.59	3.47	13	5 Josh Smith	24.14	4.29	36
1 Lulu Johnston	7.14	3.47	14	2 Paula Sutton	12.00	4.47	37
3 Mark Handley	23.54	3.50	15	2 Paula Sutton	27.27	4.56	38
3 Mark Handley	35.48	3.51	16	4 Alex Whimster	35.27	5.18	39
1 Lulu Johnston	33.00	3.51	17	4 Alex Whimster	8.58	5.19	40
1 Lulu Johnston	23.07	3.52	18	4 Alex Whimster	22.03	5.21	41
5 Malcolm Smith	31.26	3.52	19	1 Ray Wakeford	16.32	5.52	42
5 Malcolm Smith	19.45	3.53	20	1 Ray Wakeford	39.01	6.01	43
3 Emily Ashley	8.12	3.54	21	1 Ray Wakeford	29.09	6.02	44
4 Ian Pugh	25.58	3.55	22	1 Michael Pugh	19.15	Injured	45
3 Sally Gibbs	27.53	3.59	23				

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Team	Name	Elapsed	Lap
1	Michael Pugh	3.27	3.27
4	Ian Pugh	3.39	3.39
5	Elliott Pugh	3.44	3.44
3	Sally Gibbs	4.18	4.18
2	Gavin Smith	7.13	4.03
1	Lulu Johnston	7.14	3.47
5	Malcolm Smith	7.22	3.38
3	Emily Ashley	8.12	3.54
4	Alex Whimster	8.58	5.19
1	Michael Pugh	10.40	3.26
5	Josh Smith	11.35	4.13
3	Mark Handley	11.59	3.47
2	Paula Sutton	12.00	4.47
4	Eleanor Pugh	12.58	4.00
2	Michael Sutton	15.06	3.06
5	Elliott Pugh	15.52	4.17
3	Sally Gibbs	16.03	4.04
1	Ray Wakeford	16.32	5.52
4	Ian Pugh	16.41	3.43
1	Michael Pugh	19.15	Injured
2	Gavin Smith	19.16	4.10
5	Malcolm Smith	19.45	3.53
3	Emily Ashley	20.04	4.01
4	Alex Whimster	22.03	5.21
2	Michael Sutton	22.31	3.15
1	Lulu Johnston	23.07	3.52
3	Mark Handley	23.54	3.50
5	Josh Smith	24.14	4.29
4	Ian Pugh	25.58	3.55
2	Paula Sutton	27.27	4.56
5	Elliott Pugh	27.34	3.20
3	Sally Gibbs	27.53	3.59
1	Ray Wakeford	29.09	6.02
4	Eleanor Pugh	30.09	4.11
5	Malcolm Smith	31.26	3.52
2	Gavin Smith	31.32	4.05
3	Emily Ashley	31.57	4.04
1	Lulu Johnston	33.00	3.51
2	Michael Sutton	34.41	3.09
4	Alex Whimster	35.27	5.18
5	Josh Smith	35.33	4.07
3	Mark Handley	35.48	3.51
4	Ian Pugh	38.46	3.19
1	Ray Wakeford	39.01	6.01