

5K Time Trial Run in Loreto Park on 17th February 2013

	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Finish Time	Overall Position
1.	Yvette McDonnell	6:48	5:32	5:44	5:31	5:12	28:47	1
2.	Helen Thompson	6:48	5:33	5:44	5:30	5:14	28:49	2
3.	Carol Ann Clarke	6:49	5:54	5:58	5:58	5:34	30:13	3
4.	Aoife Redican	7:37	6:08	5:40	5:57	5:40	31:02	4
5.	Elaine Garland	7:37	6:22	6:30	6:20	6:05	32:40	5
6.	Orlaith Kelly	7:56	6:22	6:23	6:22	5:59	33:02	6
7.	Elain – Guest	7:59	7:30	7:36	7:36	6:25	37:06	7
8.	Lisa - Guest	7:59	7:30	7:36	7:36	6:25	37:06	7
9.	Shehryar Qureshi	8:12	6:28	8:14	8:58	8:23	40:15	8
10.	Adeela Irfan	9:15	8:49	7:50	9:10	7:31	42:35	9

5K Report: Well done to all who participated in 1st time trial run organised by Dynamic Fitness. Best part of the race was the enthusiasm of all the participants. We've compiled the result lap by lap to give you an idea that how fast or slow was your laps and where you need to work. But the best thing in this race was that 9 out of 10 people finished the last lap at fastest pace which shows the competence from everyone. The fastest lap is marked with RED colour

5.5K Race is scheduled on **10th March at 10am**. All participants are reminded to be there between 9:30am and 9:45am that we could start the race at 10am sharp.