

**EZ CARNEGIE HARRIERS 3 MILE TIME TRIAL**  
**12th FEBRUARY 2004**  
**RESULTS**

<u>Pos.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Cat.</u>
1	<b>Stevie Ogg</b>	<b>Energy Zone Carnegie Harriers</b>	<b>15.59</b>	<b>M CR</b>
2	Mike Harvey	Energy Zone Carnegie Harriers	16.19	MV
3	Ian Armstrong	Energy Zone Carnegie Harriers	18.15	M
4	Paul Hutton	Energy Zone Carnegie Harriers	18.59	M
5	Ricky Flett	Energy Zone Carnegie Harriers	19.04	M
6	Alan Cockburn	Energy Zone Carnegie Harriers	19.37	M
7	John Milton	Energy Zone Carnegie Harriers	19.47	MSV
8	Stephen Greer	Energy Zone Carnegie Harriers	20.18	MV
9	Andrew Kay	Energy Zone Carnegie Harriers	20.39	M
10	Michael Moyes	Energy Zone Carnegie Harriers	20.46	M
11	Paul Arnott	Energy Zone Carnegie Harriers	21.06	M
12	<b>Gail Murdoch</b>	<b>Energy Zone Carnegie Harriers</b>	<b>21.09</b>	<b>FV CR</b>
13	Carol Lisle	Energy Zone Carnegie Harriers	21.18	FV
14	Russell Adams	Energy Zone Carnegie Harriers	22.06	M
	<b>CR - COURSE RECORD</b>			