	2016 Beg		PR		March 29th				April 12th				April 26th				May 10th				June 7th				June 28th				July 12th				August 2nd				August 8th				August 23rd				September 9th				TOTAL	
	Time	Speed	Time	Speed	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points		
Bennett, Chad					25:15.72	23.76	0.00%	12	25:22.66	23.64	-0.53%	10	24:23.84	24.51	3.13%	31					24:03.17	24.93	1.73%	24	23:30.66	25.53	2.41%	27	Volunteer			12	23:58.26	25.03	-1.95%	6	Volunteer			12	23:20.34	25.53	0.00%	15	26:24.14	22.73	-10.98%	12	161	Bennett, Chad
Samartino, Frank					27:24.30	21.66	0.00%	12	27:53.84	21.78	0.54%	18	Volunteer			12	27:09.84	22.09	1.41%	21	27:29.42	21.83	-1.15%	8	28:14.00	22.49	1.81%	24	26:49.11	22.37	-0.50%	12	26:50.36	22.36	-0.56%	10	Rain			12	26:46.42	22.42	-0.31%	12	27:07.58	22.11	-1.66%	12	153	Samartino, Frank
Herring, Tony					27:47.05	21.60	0.00%	12	25:30.44	23.09	6.93%	34	25:40.00	23.24	0.65%	18	24:57.24	24.05	3.47%	31	Volunteer			12	26:03.44	23.03	-4.20%	1	25:06.48	23.90	-0.60%	10	Rain			12	25:10.48	23.84	-0.86%	10	26:52.51	22.32	-7.12%	12	152	Herring, Tony
Alvey, Keith	25:02.68	23.95	25:02.68	23.95	27:08.06	22.11	-7.68%	1					26:48.14	22.39	-1.24%	21					25:34.42	23.47	4.82%	34	26:03.76	23.02	-1.92%	4	25:53.67	23.47	0.80%	15	25:44.68	23.30	-0.71%	14	24:25.31	24.34	3.72%	33	26:10.76	22.92	-5.86%	12	140	Alvey, Keith
Beck, Jake	20:53.86	28.71	20:53.86	28.71	22:01.26	27.25	-5.07%	1	21:13.85	28.26	3.69%	33	22:59.25	26.11	-7.61%	1	21:51.59	27.44	-2.90%	3	21:14.58	28.24	-0.08%	12	21:02.03	28.53	0.95%	18	20:27.67	29.32	2.77%	29	20:33.03	29.20	-0.41%	12	20:51.81	28.75	-1.92%	14	20:48.91	28.82	-1.68%	6	20:38.55	29.06	-0.89%	10	139	Beck, Jake
Graham, Douglas	23:13.79	25.82	23:13.79	25.82	22:57.53	26.53	2.73%	29					22:10.48	27.05	1.95%	24	21:56.58	27.33	1.06%	21	21:57.32	27.33	0.00%	12	22:18.58	26.89	-1.64%	6	21:58.50	27.29	-0.15%	12	Volunteer			12	22:19.88	26.87	-1.72%	6	22:32.76	26.61	-2.66%	3	137	Graham, Douglas
Grigat, Michael	22:31.64	26.63	22:31.64	26.63	22:20.45	26.69	0.22%	15					22:03.76	26.79	0.37%	15	22:25.73	26.75	-0.15%	12	22:43.61	26.39	-1.47%	8	22:30.70	26.65	-0.52%	10	22:30.28	26.67	-0.44%	12	22:45.20	26.37	-1.54%	6	22:21.84	26.85	0.22%	17	22:41.26	26.45	-1.47%	8	23:52.17	25.14	-6.35%	12	115	Grigat, Michael
Dutton, Alan	29:06.41	20.62	29:06.41	20.62	30:50.03	19.46	-5.62%	1	30:48.84	19.47	0.05%	15					30:43.89	19.52	0.27%	15	29:50.32	20.11	3.02%	31	Volunteer			12	29:51.06	20.10	-0.06%	12	29:18.53	20.47	1.76%	26													112	Dutton, Alan
Pennywacker, Dean	25:15.09	23.76	25:15.09	23.76	25:15.17	23.76	0.07%	15	27:17.26	24.21	1.82%	24	24:51.11	24.14	-0.27%	12	24:11.23	24.46	1.02%	21					Volunteer			12					25:38.03	23.41	-4.26%	1	Rain			12	25:30.64	23.51	-3.85%	1	26:42.09	22.47	-8.11%	12	110	Pennywacker, Dean
Patterson, John	21:18.69	28.15	20:33.69	29.15	21:02.91	28.50	1.27%	21	20:44.66	28.92	1.45%	21	20:33.44	29.17	0.80%	18	21:00.25	28.57	-2.06%	4	21:06.20	28.44	-2.53%	3	21:01.36	28.55	-2.14%	4	20:59.14	28.59	-1.99%	6	21:13.17	28.28	-3.06%	2	21:20.08	28.13	-3.59%	14	21:01.94	28.53	-2.22%	4	21:09.73	28.35	-2.83%	12	109	Patterson, John
Fowley, David	22:40.26	26.47	22:40.26	26.47	22:57.97	26.12	-1.31%	12	23:21.47	25.70	-1.64%	6	23:11.14	25.88	-0.93%	10	23:25.88	25.60	-1.99%	6	23:36.64	25.41	-2.75%	12	23:21.51	25.68	-1.71%	12	23:10.47	25.90	-0.86%	10	23:12.29	25.86	-1.01%	8	Rain			12	23:17.58	25.75	-1.43%	8	24:48.55	24.18	-7.45%	12	108	Fowley, David
Six, Fred	23:29.49	25.55	23:29.49	25.55	25:49.75	23.23	-9.10%	1					24:33.97	24.42	5.16%	34	23:57.51	25.03	2.50%	29	23:48.42	25.21	0.70%	18	23:31.65	25.50	1.13%	21																	103	Six, Fred
Reinke, Chris	23:08.58	25.92	22:52.73	26.22	27:49.29	21.57	-16.78%	1	26:30.43	22.64	-4.97%	34	26:03.72	23.02	-1.66%	24	27:04.94	22.15	-3.75%	1	Volunteer			12	Volunteer			12																	29:04.00	20.64	-10.32%	12	96	Reinke, Chris
Triplett, Chester/Harold, Paul																					21:12.32	28.30	0.00%	12	20:57.60	28.57	0.95%	18	20:52.61	29.10	1.86%	24	20:48.05	28.85	-0.88%	14	20:38.64	29.06	-0.16%	12	20:48.26	28.85	-0.88%	10	90	Triplett, Chester/Harold, Paul
Cacali, Greg	22:22.67	26.81	22:22.67	26.81	23:15.97	25.79	-3.80%	1					23:03.40	26.03	0.94%	18	23:43.88	25.28	-2.88%	3	23:06.36	25.97	-0.22%	12	22:48.45	26.32	1.10%	21					22:53.05	26.22	-0.36%	14	23:06.00	25.97	-1.30%	8	25:28.61	23.54	-10.52%	12	89	Cacali, Greg
Macleod, Scott	29:44.46	20.18	29:44.46	20.18	29:01.23	20.68	2.47%	27	28:44.34	20.88	0.99%	18	29:01.87	20.67	-1.03%	8	28:22.51	21.14	1.23%	21					28:19.27	21.19	0.24%	15																			89	Macleod, Scott
Daniel, Roxanne									30:25.08	19.73	0.00%	12	29:19.76	20.45	3.69%	33	29:06.17	20.63	0.86%	18									28:46.17	20.86	1.10%	21	29:28.64	20.35	-2.43%	4															88	Daniel, Roxanne
Black, Robert	23:32.58	25.48	23:20.70	25.70	DNF			12					23:19.73	25.84	1.44%	21	22:48.06	26.32	1.83%	24	Volunteer			12					Volunteer			12	23:18.09	25.75	-2.15%	4					23:31.70	25.50	-3.12%	2					87	Black, Robert
Shiels, Terry	28:31.10	21.04	25:00.63	23.98	27:00.26	22.22	5.62%	34	27:33.84	21.77	-2.06%	4	26:45.43	22.43	0.93%	18	Volunteer			12	28:12.91	21.26	-5.20%	1	27:02.91	22.18	-1.11%	8	27:53.66	21.51	-4.12%	1	27:43.42	21.65	-3.49%	2					27:27.11	21.86	-2.55%	3	28:36.54	20.97	-6.52%	1	84	Shiels, Terry
Cassidy, Peter	24:03.22	24.95	24:03.22	24.95	23:53.70	25.10	0.63%	18					22:40.44	26.30	4.75%	34					23:06.73	25.96	-1.30%	8	22:52.55	26.22	-0.29%	12					Rain			12											84	Cassidy, Peter
Wilson, Bob	27:49.32	21.57	27:23.46	21.91	28:52.33	20.79	-3.54%	1	29:08.59	20.58	-0.97%	10	28:17.87	21.20	2.00%	27	28:15.72	21.23	0.12%	15					28:07.76	21.33	0.47%	15	28:04.37	21.38	0.24%	15															83	Wilson, Bob
Enes, Tony													27:05.52	22.14	0.00%	12	25:18.50	23.72	3.49%	31									42:19.37	14.18		1	25:45.94	23.29	-1.81%	6											83	Enes, Tony
Freeman, Kevin	23:57.53	25.03	23:57.53	25.03	25:04.33	23.94	-4.39%	1	25:03.72	23.94	0.00%	12									24:16.64	24.71	3.23%	31	24:37.61	24.36	-1.42%	8	25:05.20	23.92	-3.19%	2	24:53.03	24.11	-2.41%	4	Rain			12					27:02.54	22.18	-10.23%	12	82	Freeman, Kevin
McMahand, Matt									20:09.75	20.57	0.00%	12	20:37.26	21.21	3.12%	31	28:03.56	21.38	0.77%	18					28:22.11	21.15	-1.06%	8	28:04.69	21.36	-0.06%	12															81	McMahand, Matt
Capuano, Mike	23:44.93	25.26	23:44.93	25.26	24:10.03	24.83	-1.72%	6	23:43.43	25.30	1.90%	24	24:12.40	24.79	-2.00%	6	23:21.18	25.51	0.85%	18	23:57.20	25.05	-1.81%	6					24:33.14	24.44	-4.21%	1	24:52.64	24.11	-5.49%	1					24:07.88	24.86	-2.56%	3	25:16.39	23.75	-6.93%	12	77	Capuano, Mike
Purser, Lat	26:33.00	22.60	26:33.00	22.60																	26:44.06	22.44	-0.69%	10	26:41.53	23.35	4.02%	34	26:30.13	23.45	0.46%	15	Rain			12	26:59.36	22.24	-5.19%	1	26:33.45	22.60	-3.94%	1	73	Purser, Lat
Fineran, Dan	24:36.38	24.39	23:07.51	25.94	24:40.94	24.31	-0.34%	12													25:21.70	23.65	-2.69%	3	24:33.06	24.44	0.54%	18	25:13.25	23.79	-2.64%	3	24:37.23	24.37	-0.27%	12					24:16.97	24.71	1.10%	21	24:52.33	24.13	-2.35%	4	73	Fineran, Dan
Rickards, Ben	26:51.38	22.35	26:51.38	22.35					27:03.02	22.18	-0.74%	10	26:51.87	22.33	0.68%	18	25:38.60	23.11	3.47%	31	26:00.67	23.06	-0.19%	12																					71	Rickards, Ben
Young, Ellwood													25:57.27	16.25	0.00%	12	35:15.04	17.01	4.73%	34	35:46.64	16.77	-1.44%	8									Rain			12											66	Young, Ellwood
Malpiedi, David					30:35.28	19.62	0.00%	12	29:31.54	20.33	3.61%	33	29:00.81	20.57	1.20%	21																															66	Malpiedi, David
Bogan, Bob					26:35.70	22.51	0.00%	12	26:06.72	22.97	2.04%	27	26:11.87	22.90	-0.32%	12	26:05.30	23.00	0.13%	15																											66	Bogan, Bob
Peterson, Mark	23:05.36	25.99	22:47.90	26.32	23:51.94	25.14	-3.28%	2													23:28.58	25.55	1.63%	24	23:43.76	25.28	-1.05%	8									24:04.43	24.93	-2.42%	14	23:22.29	25.68	0.50%	12	24:36.42	24.39	-5.01%	1	61	Peterson, Mark
Spencer, Sonyah					41:44.00	14.38	0.00%	12	40:34.17	14.79	2.88%	29	45:09.81	13.28	-10.18%	1	42:28.00	14.13	-4.47%	1																					40:14.24	14.91	0.83%	18					61	Spencer, Sonyah
Van Holderbeke, Sonja	27:28.73	21.83	25:43.92	23.32	27:29.45	21.83	0.00%	12	27:57.31	21.47	-1.67%	6	28:29.84	21.05	-3.57%	1	27:54.59	21.49	-1.55%	6	27:15.39	22.02	0.86%	18	28:15.51	21.23	-3.60%	1	28:41.28	20.92	-5.00%	1	28:14.33	21.25	-3.48%	2	Volunteer			12	28:32.51	21.02	-4.55%	1					60	Van Holderbeke, Sonja
Robinson, Nan	31:53.15	18.82	31:53.15	18.82	Volunteer			12	32:55.17	18.23	-3.14%	2	Volunteer			12	32:13.85	18.61	2.12%	27									33:00.50	18.17	-2.37%	4					Volunteer											57	Robinson, Nan
Bolton, Scott																													28:23.67	21.13	0.00%	12	29:21.56	20.43	-3.29%	2	Rain			12									55	Bolton, Scott
Clements, Glynn					27:11.85	22.06	0.00%	12													26:38.69	22.51	2.06%	27					27:08.20	22.11	-1.78%	6	27:05.03	22.15	-1.60%	6											51	Clements, Glynn
Whitt, Randy	25:59.52	23.08	24:57.18	24.05									26:15.69	22.84	-1.02%	8					26:39.11	22.51	-1.44%	8	26:19.94	22.78	-0.25%	12	27:00.78	22.21	-2.78%	3	26:38.39	22.53	-1.38%	8	Rain			12									51	Whitt, Randy
Stinson, Shawn																													24:05.50	24.23	0.00%	12	24:44.08	24.26	0.13%	15											51	Stinson, Shawn
Bendt, Samantha	24:17.80	24.69	24:15.47	24.74	25:20.14	23.68	-4.08%	1	25:26.14	23.59	-0.39%	12	25:25.05	23.61	-0.33%	12	24:57.34	24.05	1.54%	24																					24:21.73	24.62	1.50%	24					49	Bendt, Samantha
Croom, John			24:44.68	24.24					23:39.40	25.37	4.65%	34	23:53.84	25.42	0.21%	15																															49	Croom, John
Lehman, Steve	23:10.23	25.90	23:10.23	25.90									Volunteer			12													26:24.65	22.71	-12.30%	1											25:18.23	23.72	4.41%	34	47	Lehman, Steve
Crowell, Jamie/Blackley, Jonathan																																									31:00.80	19.35	0.00%	12	29:05.69	20.62	6.53%	34	46	Crowell, Jamie/Blackley, Jonath
Shaver, Barbara			36:51.06	16.28	43:12.36	13.89	0.00%	12	40:46.87	14.71	5.93%	34																																	46	Shaver, Barbara
Velez, Jose					33:20.59	17.99	0.00%	12					31:32.76	19.02	5.71%	34																													46	Velez, Jose
Stoica, Radu					31:58.45	18.76	0.00%	12									30:53.15	19.45	3.67%	33									32:02.72	18.72	-3.74%	1													46	Stoica, Radu
Topp, Dakota																	29:30.10	20.24	6.18%	34																									46	Topp, Dakota
Chin, Bernie	26:01.64	23.05	23:45.94	25.25									25:55.69	23.14	0.39%	15	25:04.32	23.94	3.46%	31																									46	Chin, Bernie
Shaver, Ernie			29:39.76	20.22	Volunteer			12	28:31.69	20.70	2.36%	27	29:25.84	20.39	-1.53%	6																													45	Shaver, Ernie
Houlihan, Shannon																													27:35.53	21.74	0.00%	12	27:29.06	21.95	0.99%	18					Volunteer			12					42	Houlihan, Shannon
Broom, John	25:39.56	23.38	25:39.56	23.38	25:48.48	23.26	-0.52%	10	25:26.40	23.59	1.44%	21	26:32.56	22.60	-4.21%	1													25:40.11	23.38	-0.91%	10															42	Broom, John
Dannen, Cody	22:22.00	26.83	22:22.00	26.83																																	22:32.83	26.61	-0.81%	14	22:26.42	27.15	2.04%	27					41	Dannen, Cody
McGlothlin, Steve	25:24.83	23.61	25:24.83	23.61																	26:22.06	22.76	-3.60%	1	26:37.11	22.54	-0.94%	10													25:43.36	23.33	2.53%	29					40	McGlothlin, Steve
Ducharme, Chip	26:03.94	23.02	26:03.94	23.02	25:08.33	23.86	3.64%	33																	25:40.32	23.38	-2.01%	4																	37	Ducharme, Chip
Young, Patrick	26:14.96	22.86	26:14.96	22.86	27:23.76	21.90	-4.20%	1																	24:54.69	23.94	9.31%	34																	35	Young, Patrick
Elmore, Dean					26:55.29	22.25	0.00%	12									26:40.12	22.49	1.06%	21																									33	Elmore, Dean
West, David	29:13.82	20.52	29:13.82	20.52																	28:50.09	20.81	-1.39%	21					29:00.50	20.69	-0.57%	10													31	West, David
Rouse, Charles	24:22.89	24.61	24:22.89	24.61									26:00.59	23.06	-6.28%	1									25:15.67	23.75	2.97%	29																	30	Rouse, Charles
Herrin, Jimmy	24:06.47	24.90	23:10.29	25.90	24:36.48	24.39	-2.03%	4					24:11.75	24.79	1.65%	24																													28	Herrin, Jimmy
Davies, Rodney	25:03.53	23.94	23:56.46	25.07																	24:51.76	24.13	0.80%	18	25:14.17	23.78	-1.45%	8																	26	Davies, Rodney
Howden, Reuben			22:39.63	26.47																																	24:06.34	24.90	-5.95%	14	23:22.29	25.68	3.14%	12					26	Howden, Reuben
Noonan, Dave													25:29.62	23.53	0.00%	12					25:32.36	23.50	-0.13%	12																					24	Noonan, Dave
Adams, John	26:49.48	22.37	26:49.48	22.37	Volunteer			12	Volunteer			12																																	24	Adams, John
Garmany, Becky	39:54.71	15.03	39:54.71	15.03																									Volunteer			12									Volunteer			12	24	Garmany, Becky
Jonas, Eddie	26:28.39	22.67	26:28.39	22.67					28:19.08	21.19	-6.53%	1													27:55.33	21.49	1.43%	21																	22	Jonas, Eddie
O'Donnell, Tim	22:47.15	26.34	22:47.15	26.34	22:56.06	26.16	-0.65%	10					Volunteer			12																													22	O'Donnell, Tim
Six, Zoe																	29:13.54	20.52	0.00%	12	29:36.61	20.26	-1.29%	8																					20	Six, Zoe
Johnston, Raymond	27:17.49	21.99	26:13.89	22.87																	29:22.45	20.43	-7.09%	1					30:03.02	19.97	-2.27%	4	Rain			12									17	Johnston, Raymond
Maner, Chris																					30:14.11	19.54	0.00%	12	32:26.61	18.49	-5.39%	1	32:18.47	18.58	-4.95%	1													14	Maner, Chris
Hester, Brian	24:31.64	24.46	24:31.64	24.46	24:31.91	24.46	0.00%	12																																	25:24.45	23.62	-3.41%	2					14	Hester, Brian
McCall, Benjamin	34:43.95	17.27	34:43.95	17.27																					31:22.62	18.53	0.00%	12	33:42.84	17.80	-3.95%	1													13	McCall, Benjamin
Stiel, Gordon	22:12.25	27.03	21:23.96	28.04																																							24:19.26	24.67	0.00%	12	12	Stiel, Gordon
Peerman, Riley																					38:23.84	15.60	0.00%	12																					12	Peerman, Riley
Velez, Sylvia													28:25.57	15.61	0.00%	12																													12	Velez, Sylvia
Haycock, Shawn					34:05.54	17.60	0.00%	12																																					12	Haycock, Shawn
Snyder, James																					31:50.70	18.84	0.00%	12																					12	Snyder, James
Spokas, TJ																									31:52.11	19.02	0.00%	12																	12	Spokas, TJ
Postell, Danny	32:06.38	18.69	32:06.38	18.69													30:48.69	19.48	0.00%	12																									12	Postell, Danny
McCall, Jason			26:33.02	22.60																									30:04.08	19.96	0.00%	12													12	McCall, Jason
Snyder, Daniel																					29:56.74	20.03	0.00%	12																					12	Snyder, Daniel
Overby, Sarah																	29:46.06	20.16	0.00%	12																									12	Overby, Sarah
Condon, Caroline																									27:55.52	21.48	0.00%	12																	12	Condon, Caroline
Brace, Geoff					27:47.42	21.60	0.00%	12																																					12	Brace, Geoff
Haukes, Collin													27:50.63	21.80	0.00%	12																													12	Haukes, Collin
O'Sullivan, Teresa									27:16.35	22.00	0.00%	12																																	12	O'Sullivan, Teresa
Gallagher, Riley																					27:31.78	22.05	0.00%	12																					12	Gallagher, Riley
Howden, Reuben and Florence																					25:37.67	23.42	0.00%	12																					12	Howden, Reuben and Florence
Gaunt, Jay					25:11.17	23.83	0.00%	12																																					12	Gaunt, Jay
Acker, Christian	25:24.13	23.62	25:24.13	23.62													24:53.11	24.11	0.00%	12																									12	Acker, Christian
Dyer, Sonni																					24:52.53	24.61	0.00%	12																					12	Dyer, Sonni
Arensman, Hannah																					24:10.17	24.81	0.00%	12																					12	Arensman, Hannah
Houlihan, Mark					28:33.70	25.42	0.00%	12																																					12	Houlihan, Mark
Weslock, Rick																					31:55.72	27.36	0.00%	12																					12	Weslock, Rick
Triplett, Chester/Matta, Joseph					21:16.70	28.15	0.00%	12																																					12	Triplett, Chester/Matta, Joseph
Geiser, Jennifer																																			Rain			12									12	Geiser, Jennifer
Heil, Jack																																			Rain			12									12	Heil, Jack
Miller, Doug																																			Rain			12									12	Miller, Doug
Kearney, Andy	29:36.92	20.26	29:36.92	20.26					30:00.69	19.99	-1.33%	8																																	8	Kearney, Andy
Leonard, Paul	26:35.83	22.56	26:35.83	22.56									27:03.17	22.18	-1.66%	6																													6	Leonard, Paul
Richter, Rick	28:06.75	21.34	28:00.78	21.42	28:45.31	20.87	-2.20%	4																																					4	Richter, Rick
Mackin, Holly	24:42.65	24.28	24:14.90	24.74																													25:18.94	23.70	-2.37%	4											4	Mackin, Holly
Britt, Sandy	30:40.82	19.55	27:51.22	21.54									32:33.56	18.42	-5.78%	1																													1	Britt, Sandy
Williams, Elizabeth	30:39.06	19.58	28:32.52	21.02									32:13.99	18.61	-4.91%	1																													1	Williams, Elizabeth
Olsen, Jacob	24:58.89	24.02	24:58.89	24.02									26:37.22	22.54	-6.