

Beat the Clock Results  
Day at the Track July 5, 2009

<b>200 Meter – Track Bike</b>		
Geissert	Warren	00:12.33
Millar	Alex	00:12.66
Wilford	Bruce	00:13.28
Kinney	Jay	00:13.35
Gildea	Ray	00:13.39
Allen	Richard	00:13.50
Youngman	William	00:13.52
MacDonald	Mike	00:14.03
Armour	Nicholas	00:17.78
Morgan	Cathy	00:15.55
Hillman	Dorit	00:15.70
Grasel	Kathryn	00:16.60
Hernandez-Jones	Elizabeth	00:16.36
<b>500 Meter – Track Bike</b>		
Geissert	Warren	00:37.80
Kincaid	Judd	00:38.51
Millar	Alex	00:38.63
Gildea	Ray	00:39.15
Tapscott`	Peter	00:40.14
Youngman	William	00:41.50
Allen	Richard	00:42.20
Kinney	Jay	00:42.57
Szabo	Lawrence	00:43.13
Cook	John	00:43.67
MacDonald	Mike	00:43.85
Dewitt	Robert	00:44.30
Turner	Jim	00:46.80
Armour	John	00:47.00
Chibbaro	Michael	00:47.30
Armour	Nicholas	00:51.90
Ross	Heather	00:44.90
Lewis	Nancy	00:45.28
Woods	Donna	00:46.33

Beat the Clock Results  
Day at the Track July 5, 2009

Morgan	Cathy	00:47.84
Clatterbuck	Sarah	00:49.57
Hillman	Dorit	00:49.86
Hernandez-Jones	Elizabeth	00:50.53
Chaiken	Alison	00:52.28
	<b>500 Meter – Road Bike</b>	
King	Mark	00:42.80
Burr	Barry	00:45.01
Paulsen	David	00:45.13
Cutter	Tom	00:46.94
Beye	Jack	00:48.20
Davis	Tom	00:49.70
Walbroehl	Yvonne	00:49.74
Kinfong	Donna	00:55.31
	<b>Kilo – Track Bike</b>	
Cheetham	John	01:16.72
Gildea	Ray	01:19.77
Goals	Mike	01:20.25
Youngman	William	01:20.79
Jeffs	Gerald	01:26.53
Armour	John	01:31.80
Morgan	Cathy	01:35.41
Clatterbuck	Sarah	01:36.84
Hernandez-Jones	Elizabeth	01:38.53
Grassl	Kathryn	01:39.20
	<b>Kilo – Road Bike</b>	
King	Mark	01:22.06
Dodelson	John	01:22.36
Burr	Barry	01:26.43
Paolini	John	01:30.01
Paulsen	David	01:32.56
Beye	Jack	01:35.99

Beat the Clock Results  
Day at the Track July 5, 2009

Cutter	Tom	01:36.40
Davis	Tom	01:38.70
Walbroehl	Yvonne	01:41.58
Kinfong	Donna	02:02.63
<b>2000 Meter – Track Bike</b>		
Tapscott	Peter	02:42.10
Kinney	Jay	02:46.75
Gildea	Ray	02:49.80
Allen	Richard	02:51.60
Szabo	Lawrence	02:54.90
Turner	Jim	03:02.09
Dewitt	Robert	03:02.15
Jeffs	Gerald	03:02.53
MacDonald	Mike	03:04.00
Millar	Alex	03:04.30
Smith	Andi	03:00.04
Lewis	Nancy	03:04.69
Woods	Donna	03:08.15
Hillman	Dorit	03:11.23
Allen	Mary Ellen	03:12.50
Morgan	Cathy	03:19.60
Grassl	Kathryn	03:19.78
Chaiken	Alison	03:29.85
Hernandez-Jones	Elizabeth	03:31.27
Clatterbuck	Sarah	03:32.00
<b>2000 Meter – Road Bike</b>		
Dodelson	John	02:49.98
King	Mark	02:53.00
Burr	Barry	03:05.20
Chibbaro	Michael	03:14.60
Paulsen	David	03:21.84
Walbroehl	Yvonne	03:18.03

Beat the Clock Results  
Day at the Track July 5, 2009

<b>3000 Meter – Track Bike</b>		
Cheetham	John	04:04.60
Kincaid	Judd	04:06.30
Tapscott	Peter	04:10.09
Wilford	Bruce	04:12.54
Boals	Mike	04:15.50
Jeffs	Gerald	04:39.28
Cook	John	04:40.47
Ross	Heather	04:32.07
Clatterbuck	Sarah	05:30.64
<b>3000 Meter – Road Bike</b>		
King	Mark	04:12.55
Dodelson	John	04:20.39
Cutter	Tom	04:47.10
Paulsen	David	05:12.10
Walbroehl	Yvonne	04:55.70
<b>4000 Meter TTT</b>		
Peter Tapscott	Ray Gildea	
John Cheetham	Bruce Wilford	