

TRAINING

FRIDAY 11<sup>th</sup> JULY 1975

	3.8 MILES	5.6 MILES	6.6 MILES	8.4 MILES	9.4 MILES
FRANK RILEY. /	23" 17.	33" 48.	40" 26.	51" 00.	57" 30.
DOUG LUCKMAD. /	24" 07.	35" 28.	42" 42.	54" 18.	61" 30.
HENRY GORTON. /	24" 41.	36" 17.	43" 32.	55" 31.	62" 58.
PETER ROWNTREE. /	25" 01.	36" 50.	44" 27.	56" 31.	63" 45.
MIKE GOOLEY. /	27" 22.	40" 05.	48" 15.	61" 30.	69" 42.
PETER PAPST. /	27" 30.	39" 43.	47" 50.		
JOHN MOXHAM. /	29" 07.	43" 45.	51" 25.	64" 55.	73" 13.
PAUL CONNELL. /	31" 05.	44" 57.	53" 40.	68" 04.	77" 48.
RON MURPHY. /	31" 10.	45" 58.	55" 31.	70" 28.	80" 11.
WAL DOVER. /	31" 15.	45" 58.	55" 31.	70" 28.	80" 11.
MAX STIBBARD. /	31" 22.	46" 05.	55" 28.	71" 05.	81" 17.
KEN CAMERON. /	2.8 MILES 19" 30.				

TRAINING

FRIDAY 18<sup>th</sup> JULY 1975

	5.6 MILES	6.6 MILES	8.4 MILES	9.4 MILES
FRANK RILEY. /		42" 19.	53" 32.	60" 13.
DOUG LUCKMAD. /		43" 35.	55" 25.	62" 57.
HENRY GORTON. /		44" 07.	56" 05.	63" 27.
PETER ROWNTREE. /		45" 13.	57" 15.	64" 06.
MIKE GOOLEY. /		48" 33.	61" 42.	69" 49.
KEN CAMERON. /	41" 15.			
BILL STAFFORD. /	43" 15.	51" 20.		
PAUL CONNELL. /	48" 40.	58" 45.		
PETER FERGUSON. /	48" 40.	58" 45.		
RON MURPHY. /	48" 40.	58" 45.		
WAL DOVER. /	48" 40.	58" 45.	73" 55.	