

FORMULA 400 / LIGHTWEIGHTS & EARLYSTOCKS

LAP TIMES - TIMED PRACTICE

5 Brian SPOONER

Lap	1	2	3	4	5	6	7	8	9	10
1	1:39.08	1:22.22	1:21.47	1:22.47	1:22.32	1:17.95	1:16.12	1:17.87		

6 Kimberley ROSE

Lap	1	2	3	4	5	6	7	8	9	10
1	1:50.66	1:38.63	1:34.15	1:31.76	1:31.84	1:30.10	1:30.59	1:30.65		

7 James MARSH

Lap	1	2	3	4	5	6	7	8	9	10
1	1:30.00	1:21.69	1:17.06	1:13.50	1:17.23	1:14.63	1:13.19	1:15.06		

7 James MARSH

Lap	1	2	3	4	5	6	7	8	9	10
1	1:30.00	1:21.69	1:17.06	1:13.50	1:17.23	1:14.63	1:13.19	1:15.06		

11 Rob MAWBEY

Lap	1	2	3	4	5	6	7	8	9	10
1	1:44.60	1:28.54	1:22.65	1:15.38	1:14.08	1:12.19				

12 Kevin MAIN

Lap	1	2	3	4	5	6	7	8	9	10
1	1:42.17	1:23.32	1:21.64	1:24.13	1:24.59	1:19.14	1:22.50			

13 Ian FAIRGRIEVE

Lap	1	2	3	4	5	6	7	8	9	10
1	1:28.93	1:19.10	1:14.64	1:15.17	1:14.96	1:15.76				

15 Anthony LIMER

Lap	1	2	3	4	5	6	7	8	9	10
1	1:39.74	1:32.99	1:28.94	1:25.81	1:26.73	1:25.61	1:24.92	1:24.22		

15 Anthony LIMER

Lap	1	2	3	4	5	6	7	8	9	10
1	1:39.74	1:32.99	1:28.94	1:25.81	1:26.73	1:25.61	1:24.92	1:24.22		

16 Stuart FRITH

Lap	1	2	3	4	5	6	7	8	9	10
1	1:29.60	1:22.64	1:19.38	1:21.27	1:18.99	1:18.30	1:17.67	1:17.84		

17 Daniel THACKER

Lap	1	2	3	4	5	6	7	8	9	10
1	1:27.36	1:22.38	1:25.29	1:25.49	1:22.59	1:20.15	1:21.44	1:20.36	1:21.56	

19 Jonathan TODD

Lap	1	2	3	4	5	6	7	8	9	10
1	1:28.40	1:22.55	1:19.26	1:24.43						

21 Shane HODGKINSON

Lap	1	2	3	4	5	6	7	8	9	10
1	1:21.04	1:16.75	1:21.67	1:19.01	1:17.90	1:16.20	1:13.69	1:15.63	1:13.31	1:14.26

22	Matt ZSCHIESCHE										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:30.98	1:21.03	1:20.62	1:21.79	1:22.13	1:20.11	1:18.74	1:19.64	1:20.47	
22	Matt ZSCHIESCHE										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:30.98	1:21.03	1:20.62	1:21.79	1:22.13	1:20.11	1:18.74	1:19.64	1:20.47	
23	Adrian KERSHAW										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:28.07	1:19.83	1:13.77	1:13.42	1:14.47	1:14.02	1:12.43	1:11.93	1:11.69	1:10.29
35	Adam HOARE										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:14.77	1:14.52	1:09.56	1:07.64	1:09.94	1:06.61				
36	Gary DANGERFIELD										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:27.31	1:20.11	1:17.04	1:14.65	1:17.43	1:15.01	1:13.42	1:11.25	1:13.32	1:14.13
36	Gary DANGERFIELD										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:27.31	1:20.11	1:17.04	1:14.65	1:17.43	1:15.01	1:13.42	1:11.25	1:13.32	1:14.13
37	Robert GREGSON										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:40.00	1:29.74	1:27.72	1:26.31	1:24.65	1:26.68	1:28.28	1:26.13		
44	Stephen WALKER										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:59.95									
45	Joe CANN										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:36.49	1:25.52	1:20.24	1:19.42	1:15.76					
48	Phil WOODALL										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:48.98	1:34.26	1:28.81	1:25.39	1:25.94	1:26.68	1:24.60	1:24.84		
54	Fred BURBIDGE										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:30.82	1:22.82	1:19.35	1:19.46	1:18.99	1:18.50	1:17.75	1:19.35	1:17.35	
57	Rich THOMPSON										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:48.65	1:41.89								
60	Simon PERKIN										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:41.19	1:27.27	1:23.41	1:21.23						
61	Brian PERKINS										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	2:05.48	1:49.51	1:46.35	1:43.24	1:41.07					

63	Dave MURPHY										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:40.52	1:37.89	1:22.77	1:16.89	1:15.69	1:19.22	1:14.79	1:17.56	1:12.90	
69	Ken DAVIS										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:18.05	1:13.10	1:13.36	1:15.17	1:12.39					
77	Ian FLETCHER										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:29.44	1:22.78	1:20.37	1:19.75	1:16.78	1:17.40	1:17.51	1:19.50	1:17.67	
77	Ian FLETCHER										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:29.44	1:22.78	1:20.37	1:19.75	1:16.78	1:17.40	1:17.51	1:19.50	1:17.67	
88	Mark HERBERT										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:40.55	1:25.04	1:21.85	1:23.21	1:19.37	1:18.48	1:17.73	1:16.26	1:15.78	
98	Tim VERNALL										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:52.54	1:40.52	1:38.57	1:38.86	1:38.73					
141	Robert CHAMBERS										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:49.04	1:34.47	1:32.18	1:27.25	1:26.10	1:29.83	1:28.58	1:28.54		
158	Paul ROGERS										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:47.60	1:27.58	1:23.10	1:23.68	1:22.09	1:20.62	1:18.96	1:19.60	1:17.52	
216	Alec GILFILLAN										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:40.54	1:27.69	1:23.64	1:25.86	1:22.51	1:19.05	1:22.37	1:22.37	1:22.38	
217	Tom BENFORD										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:34.73	1:27.16	1:24.94	1:22.65	1:22.36	1:21.58	1:20.09			
219	Rob PAGET										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:40.80	1:32.04	1:29.21	1:27.95	1:26.53	1:27.68	1:26.50	1:25.26		
223	Steve LONG										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:31.46	1:22.30	1:20.30	1:18.51	1:16.95	1:16.31	1:17.53			
226	Colin YOUNG										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:38.49	1:26.92	1:24.66	1:27.24	1:24.22	1:27.97	1:22.36	1:22.11		
228	Jon MOLD										
	Lap	1	2	3	4	5	6	7	8	9	10
	1	1:35.63	1:26.44	1:24.59	1:22.69	1:22.45	1:22.48	1:23.84	1:23.29	1:22.76	

231	Sam NICHOLSON									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:32.36	1:20.17	1:18.44	1:16.85	1:18.76	1:15.73	1:15.81	1:15.70		
234	Cassandra BEARDMORE									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:47.86	1:34.80	1:30.94	1:31.00						
245	Rob PATTERSON									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:45.46	1:35.94	1:34.79	1:35.20	1:34.74	1:33.91	1:32.26	1:32.16		
265	Giles HEPWORTH									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:43.14	1:34.52	1:32.10	1:30.76	1:30.62	1:31.71	1:31.33	1:28.03		
267	Chris SPOONER									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:29.43	1:19.99	1:17.90	1:12.49	1:14.21	1:16.95	1:12.50	1:14.39	1:11.52	1:15.74
267	Chris SPOONER									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:29.43	1:19.99	1:17.90	1:12.49	1:14.21	1:16.95	1:12.50	1:14.39	1:11.52	1:15.74
275	Neil MYATT									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:32.63	1:22.38	1:23.39	1:21.55	1:20.19	1:19.76	1:20.08	1:21.86	1:19.59	
282	Lee COOK									
Lap	1	2	3	4	5	6	7	8	9	10
1	2:00.35	1:41.18	1:39.41							
366	Ian O'REILLY									
Lap	1	2	3	4	5	6	7	8	9	10
1	1:59.82	1:46.09	1:39.77	1:38.97	1:35.51	1:35.89	1:31.52			