

| Brown= inter | Blue = Pump house | TIME TRIALS 2023 | | | | | | | |
|------------------|-------------------|-------------------|--------------------|----------|----------|----------|----------|----------|----------|
| | | Best time 2022 | Best times 2023 | 29/03/23 | 05/04/23 | 12/04/23 | 19/04/23 | 26/04/23 | 03/05/23 |
| Rob | Balogh | 29:51 | 28:52 | | 30:18 | | 30:44 | | 30:27 |
| Mark | Bellamy | | | | | | | | |
| Mark | Burgoyne | 28:10 | 28:39 | 29:54 | 30:07 | | 29:40 | | |
| Olly | Burgoyne | | 29:42 | | | | 37:07 | | |
| Mark and Ollie | Burgoyne | | 26:58 | | | | | 29:11 | 29:11 |
| John | Cameron | 32:13 | 31:54 | | | | 32:42 | | 33:17 |
| Lee | Champ | | 38:02 | | | | | | |
| Dave | Cianchi | 36:20 | 36:09 | 37:22 | 37:12 | | 36:28 | 36:09 | 37:20 |
| Sharon | Colley | 31:11 | 32:58 | | | | | | |
| Sarah | Deacon | | 44:45 | | 13:37 | | 13:22 | 31:49 | |
| Olly (Paul) | Evans | | 30:11 | | | | | | |
| Nathan | Hoon | 37:57 | 37:45 | | | | | | |
| Lee | Howson | 30:47 | 30:42 | | | | | | |
| Jeff | Hyde | 31:23 | 29:24 | | | | 32:20 | | 32:35 |
| Bianca | Jackson | 14:10 | 38:01 | | 13:43 | | 30:07 | | 41:01 |
| John | Jackson | 29:30 | 28:54 | | | | | | 31:06 |
| Sarah | Jones | 40:25 | 36:00 | | | | 38:43 | | |
| Paul | Jones | | 30:58 | | | | 33:45 | | 31:53 |
| Arvydas | Kiela | 31:56 | 33:02 | 37:10 | 34:15 | | 35:37 | 33:31 | |
| Rob | King | 28:01 | 27:12 | | | | | 28:31 | 29:18 |
| Steve | King | 30:01 | 29:16 | | | | | | |
| Andrew | Lovegrove | 37:52 | 38:05 | 40:46 | 39:24 | | 38:42 | 38:55 | 39:50 |
| Fred | Lovegrove | 31:27 | 29:39 | 32:50 | 33:00 | | 33:19 | 31:17 | 32:04 |
| Simon | Lyddon | | 34:20 | | | | | | |
| Olly | Main | 30:46 | 31:36 | 33:43 | | | | | 31:55 |
| kay | Spencer | | 37:59 | | 13:11 | | | | 39:45 |
| Theo | Victor-Trott | 28:04 | 27:08 | | | | 29:41 | 38:32 | 29:19 |
| Andrew | Wibmer | 35:13 | 35:05 | | | | | | |
| Mike Oliver | | | 35:29 | | | | | | |
| Andrew W & Lee C | | | 32:19 | | | | | | 0:35:12 |
| John J and Theo | | 30:28 | | | | | | | |
| Paul & Sarah | Jones | | 29:20 | | | | | 31:10 | |
| Olly E & Sarah J | | | 30:33 | | | | | | |
| Simon I& Bianca | | | 33:17 | | | | | | |
| Jeremy | Power | | 39:19 | | | | | | |
| James | | | 34:09 | | | | | | |

| Brown= inter | Blue = Pump house | | | | | | | |
|------------------|-------------------|----------|----------|----------|----------|----------|------------|------------|
| | | 10/05/23 | 17/05/23 | 24/05/23 | 31/05/23 | 07/06/23 | 14/06/2023 | 21/06/2023 |
| Rob | Balogh | 29:55 | | | 30:35 | 30:36 | | 30:25 |
| Mark | Bellamy | | | | | | | |
| Mark | Burgoyne | 28:55 | 29:34 | 30:18 | | | 30:22 | 30:42 |
| Olly | Burgoyne | 34:22 | 33:52 | 33:07 | 33:00 | 32:05 | 30:51 | 31:05 |
| Mark and Ollie | Burgoyne | | | | | | | |
| John | Cameron | 32:47 | | | | | 32:57 | |
| Lee | Champ | | | | | | | 38:02 |
| Dave | Cianchi | 36:26 | | | | | | |
| Sharon | Colley | | | 32:58 | | | | |
| Sarah | Deacon | 45:51 | | 44:45 | | | | |
| Olly (Paul) | Evans | | | | 30:48 | | | 30:11 |
| Nathan | Hoon | | 37:59 | 38:05 | | 38:56 | 37:45 | |
| Lee | Howson | | 30:42 | | | | | |
| Jeff | Hyde | 31:32 | 31:05 | 30:48 | 30:56 | | 30:44 | 30:37 |
| Bianca | Jackson | 39:38 | | | | 41:12 | 38:01 | |
| John | Jackson | | | 30:42 | 30:54 | | 30:26 | |
| Sarah | Jones | | 37:24 | 38:19 | | | 36:00 | |
| Paul | Jones | | | 31:41 | 31:28 | 30:58 | | 31:07 |
| Arvydas | Kiela | 33:41 | 34:25 | 33:58 | 33:46 | 33:23 | 33:40 | 33:10 |
| Rob | King | | | | 28:45 | | 27:50 | 27:59 |
| Steve | King | | | | | | | |
| Andrew | Lovegrove | 39:09 | 39:18 | | | 39:45 | 38:22 | 41:39 |
| Fred | Lovegrove | 32:00 | 31:39 | | | 31:59 | 30:48 | 30:44 |
| Simon | Lyddon | | 34:48 | | 34:20 | | | |
| Olly | Main | 31:36 | | | | | 31:53 | |
| kay | Spencer | 37:59 | 38:29 | | | 38:30 | | 38:20 |
| Theo | Victor-Trott | 28:58 | 28:27 | | 28:48 | 29:17 | 27:49 | 28:00 |
| Andrew | Wibmer | | | 36:46 | | | | |
| Mike Oliver | | | 35:59 | 35:29 | | | | |
| Andrew W & Lee C | | 33:01 | 32:31 | | 33:52 | 33:44 | 32:19 | |
| John J and Theo | | | | | | | | |
| Paul & Sarah | Jones | 31:34 | 33:21 | | | | | |
| Olly E & Sarah J | | | | | | 30:33 | | |
| Simon I& Bianca | | | | | | | | |
| Jeremy | Power | | 39:19 | | | | | |
| James | | 34:56 | 34:53 | 35:13 | 35:32 | 36:18 | 34:17 | 34:53 |