

1.5 mile assessments		Week 2 Oct-13	previous best	improvement	Percentage improvement
Helena	Barron	14:49			
Audrey	Bean	15:58	16:02	00:04	0.1%
Connie	Bennett	18:08	19:06	00:58	5%
Suzie	Butler	19:26			
Nicola	Callaghan	15:40	16:21	00:41	4%
Sue	Cartwright	16:45			
Anne	Clews	15:18			
Julie	Collins	18:59			
Margaret	Delaney	16:17			
Usha	Devi	16:06	17:05	00:59	6%
Sue	Doolan	16:52			
Yasmin	Ellis	16:56	19:10	02:14	12%
Zoey	Evans	14:38			
Amanda	Foster	18:08			
Carol	Fry	17:19			
Ellen	Garvey	16:41	16:56	00:15	1%
Dalbir	Gill	17:55			
Caroline	Glennon	17:11			
Sheena	Gordon	18:51			
Helen	Grainger	17:51			
Louise	Green	18:20			
Rachel	Hageney	18:50			
Karen	Harris	14:50			
Julie	Hayes	17:08			
Vanessa	Hill	14:34			
Angela	Hodges	18:15			
Nicky	Hodrien	18:55			
Iggy	Johal	15:43			
Kuli	Kang	17:32			
Joy	Knight	17:50			
Amanda	Lansdown	16:00			
Frederike	Lawton	16:20			
Hannah	Lawton	16:45			
Becky	Lealand	16:17			
Sharon	Lewis	15:40			
Julie	Lewis	16:11	16:57	00:46	5%
Anne	McNair	16:55			

Linda	McPherson	16:15			
Elaine	Millington	17:21			
Luke	Morris	13:26			
Karen	Mulholland	17:55			
Tracey	O'Shea	17:26			
Lisa	Palmer	16:03	16:55	00:52	5%
Elizabeth	Parkes	14:22			
Jenny	Piper	17:17			
Wendy	Price	16:05	18:18	02:13	12%
Marie	Priest	15:33			
Lisa	Pugh	16:38			
Becky	Reekie	15:01			
Clare	Roberts	16:28	17:54	01:26	8%
Linda	Sheriff	16:32	16:38	00:06	1%
Sarah	Starr	18:27			
Lesley	Steele	15:11	17:14	02:03	12%
Rebecca	Thomas	16:31			
Viv	Totty	14:38			
Heather	Waller	15:18			
Natalie	Ward	14:50			
Michelle	Waterworth	18:10			
Rachael	Webb	18:22			
Fiona	Wood	15:40			