

<b>1.5 mile assessments</b>		<b>Week 2 Jan-14</b>	<b>previous best</b>	<b>improvement</b>	<b>Percentage improvement</b>
Julie	Hughes	16:25	18:23	01:58	11%
Amanda	Lansdown	14:38	16:00	01:22	9%
Hannah	Cox	15:35	16:48	01:13	7%
Rachel	Harper	14:36	15:19	00:43	5%
Michelle	Waterworth	17:20	18:10	00:50	5%
Elaine	Millington	16:34	17:21	00:47	5%
Margaret	Delaney	15:45	16:17	00:32	3%
Carol	Fry	16:38	17:09	00:31	3%
Louise	Green	17:47	18:20	00:33	3%
Yasmin	Ellis	16:30	16:56	00:26	3%
Frederike	Lawton	15:57	16:20	00:23	2%
Jenny	Piper	16:53	17:17	00:24	2%
Fleur	Weddle	13:52	14:11	00:19	2%
Anne	McNair	16:41	16:55	00:14	1%
Helena	Barron	14:38	14:49	00:11	1%
Ellen	Garvey	16:34	16:41	00:07	1%
Luke	Morris	13:21	13:26	00:05	1%
Judy	Briegen	16:42			
Lauren	Clohessy	15:39			
Julie	Collins	16:48			
Toni	Cook	15:57			
Carmel	Dorricott	14:34			
Julie	Fitzpatrick	16:48			
Becky	Gale	15:48			
Corinna	Gomm	17:34			
Joy	Gosling	16:33			
Clive	Hemus	15:26			
Angela	Hodges	18:53			
Rebecca	Jones	18:17			
Michelle	Keirnan	15:40			
Margaret	Kilroy	15:29			
Tammy	Kirby	15:12			
Lucy	Levey	17:01			
Marie	Lewis	15:50			
Judith	Lewis	16:20			
Louise	Martin	15:38			
Fiona	Muir	17:02			

Helen	Myers	17:27			
Corrine	Neville	13:35			
Beth	Pigott-Gainford	17:22			
Clare	Roberts	16:27			
Margaret	Sims	16:57			
Joanne	Thompson	17:31			
Rebecca	White	15:18			
Sue	Wilson	16:40			