

1.5 mile assessments		Week 4 Sept-14	previous best	improvement	Percentage improvement
Sheena	Gordon	20:07	22:08	02:01	9%
Lisa J	Baker	19:57			
Corinne	Bennett	18:43			
Julie	Collins	18:10			
Patricia	Handley	20:16			
Annette	Heath	18:02			
Jane	Lawson	21:27			
Julie	Morris	19:52			
Sally	Neville	18:30			
Heidi	Summersby	18:02			