

June 14 5km Time Challenge & assessments			Previous best	Improvement	Percentage improvement
Amanda	Baxter	26:16	32:02	05:46	18.0%
Clare	Adams	31:36	35:12	03:36	10.2%
Rob	Downing	24:10	25:51	01:41	6.5%
Carmel	Dorricott	32:02	34:04	02:02	6.0%
Marie	Lewis	32:28	34:22	01:54	5.5%
Bex	Benskin	32:57	34:42	01:45	5.0%
Halina	Barnes	28:22	29:36	01:14	4.2%
Carol	Fry	34:19	35:36	01:17	3.6%
Tracey	Kelly	29:13	30:14	01:01	3.4%
Catherine	D'Costa	29:12	30:11	00:59	3.3%
Michelle	Waterworth	35:42	36:28	00:46	2.1%
Mike	Stanley	28:55	29:22	00:27	1.5%
Liz	Adnitt	31:49			
Lisa	Baker	40:01			
Nigel	Barnes	22:19			
Emily	Campion	27:20			
Sue	Cartwright	35:30			
Lizi	Chambers	28:01			
Sue	Doolan	33:51			
Lisa	Downing	32:06			
Yasmin	Ellis	34:42			
Dalbir	Gill	34:38			
Hilary	Goodreid	34:02			
Joy	Gosling	33:34			
Beth	Harris	31:40			
Angie	Hodges	37:44			
Jayne	Hussey	29:22			
Iggy	Johal	32:53			
Helen	Johnson	29:13			
Jane	Lawson	41:05			
Nicki	Lea	33:09			
Morag	MacKenzie	31:43			
Julie	McAuley	33:10			
Anne	McNair	35:58			
Elaine	Millington	34:51			
Luke	Morris	31:00			
Emma	Mowatt	40:02			
Nikki	Murphy	32:11			
Diane	Murthwaite	31:38			

Sally	Neville	42:55			
Sandhya	Patel	34:33			
Liz	Peak	40:34			
Kate	Rose	31:57			
Kerry	Stewart	29:26			
Sarah	Tomlinson	36:46			
Stan	Turner	26:41			
Corinna	Watson	35:15			
Margaret	Downes	32:58			
Ellen	Garvey	34:16			
Sharon	Lewis	35:22			

Red = Assessments

Blue = Time challenge