

September 14 - 5km assessments			Previous best	Improvement	Percentage improvement
Sarah	Tomlinson	33:54	36:46	02:52	7.8%
Fiona	Wood	33:20	35:55	02:35	7.2%
Kuli	Kang	30:14	31:55	01:41	5.3%
Angie	Hodges	35:58	37:44	01:46	4.7%
Judith	Lewis	33:46	35:02	01:16	3.6%
Yasmin	Ellis	33:48	34:42	00:54	2.6%
Fiona	Muir	33:50	33:57	00:07	0.3%
Jane	Bailey	35:31			
Catherine	Bragington	33:41			
Sue	Cartwright	35:54			
Jo	Clews	33:34			
Sarah	Conner	34:37			
Margaret	Delaney	34:12			
Sue	Doolan	34:58			
Gail	Farmer	36:44			
Aimee	Fitzpatrick	37:07			
Amanda	Foster	36:46			
Hilary	Goodreid	35:45			
Joy	Gosling	33:17			
Karen	Harris	35:43			
Brendan	Hearne	37:12			
Linda	Hudson	35:16			
Rebecca	Johnson	37:11			
Niamh	Jordan	36:54			
Elaine	Millington	37:23			
Alan	Nash	29:36			
Jane	Parnham	35:22			
Sandhya	Patel	35:07			
Marie	Priest	32:57			
Clare	Roberts	35:14			
Charlotte	Roberts	32:55			
Heidi	Ryan	31:52			
Linda	Sheriff	34:41			
Avril	Smith	36:57			