

## December 2013 5km assessments

		Dec-13	PACE	Previous best	PACE	Improvement	Percentage improvement
Yasmin	Ellis	34:11	11:02	38:39	12:28	04:28	12%
Helen	Hodgkiss	33:00	10:39	36:14	11:41	03:14	9%
Kevin	Reekie	32:37	10:31	35:28	11:26	02:51	8%
Heather	Walker	32:07	10:22	34:42	11:12	02:35	7%
Margaret	Delaney	33:36	10:50	36:12	11:41	02:36	7%
Melanie	Knowles	31:50	10:16	34:04	10:59	02:14	7%
Beth	Harris	31:29	10:09	33:31	10:49	02:02	6%
Jane	Mann	34:55	11:16	37:00	11:56	02:05	6%
Tracey	Kelly	30:14	09:45	31:53	10:17	01:39	5%
Sharon	Lewis	33:25	10:47	35:12	11:21	01:47	5%
Lucy	Patton	29:59	09:40	31:22	10:07	01:23	4%
Julie	Hughes	36:29	11:46	38:08	12:18	01:39	4%
Audrey	Bean	33:57	10:57	35:20	11:24	01:23	4%
Dalbir	Gill	33:57	10:57	35:15	11:22	01:18	4%
Kathryn	James	29:27	09:30	30:24	09:48	00:57	3%
Julie	Clougher	32:39	10:32	33:41	10:52	01:02	3%
Michelle	Waterworth	38:25	12:24	39:29	12:44	01:04	3%
Marie	Priest	32:18	10:25	32:55	10:37	00:37	2%
Linda	Macpherson	33:35	10:50	34:09	11:01	00:34	2%
Kate	Rose	31:35	10:11	32:02	10:20	00:27	1%
Claire	Hope	29:47	09:36	30:12	09:45	00:25	1%
Susan	Holder	34:11	11:02	34:32	11:08	00:21	1%
Liz	Petley	32:40	10:32	32:56	10:37	00:16	1%
Amanda	Baxter	32:02	10:20	32:09	10:22	00:07	0.4%
Becky	Lealand	34:42	11:12	34:49	11:14	00:07	0.3%
Jenny	Bailey	29:22	09:28				
Julia	Baker	27:04	08:44				
Helena	Barron	33:37	10:51				
Judy	Brieger	35:00	11:17				
Sylvia	Burns	33:33	10:49				
Liz	Chew	34:04	10:59				
Karen	Clifford	26:32	08:34				
Vickie	Collins	33:03	10:40				
Julie	Collins	39:46	12:50				
Debbie	Croton	34:13	11:02				
Catherine	D'Costa	30:09	09:44				
Catherine	Dettmar	31:50	10:16				
Carmel	Dorricott	34:04	10:59				

Kevin	Dunphy	31:45	10:15				
Becky	Gale	33:50	10:55				
Matt	Gibbons	21:38	06:59				
Carrie	Gibson	28:25	09:10				
Helen	Grainger	39:43	12:49				
Jackie	Harknett-Whitte	29:01	09:22				
Deborah	Hartland	31:39	10:13				
Julie	Hayes	35:15	11:22				
Andy	Hope	31:00	10:00				
Richard	Hope	25:25	08:12				
Lucy	Idell-Fellows	33:18	10:45				
Iggy	Johal	32:46	10:34				
Kulvinder	Kang	33:44	10:53				
Chris	Kimberley	33:25	10:47				
Amanda	Lansdown	34:04	10:59				
Marie	Lewis	34:58	11:17				
Nick	Lines	24:50	08:01				
Elaine	Millington	37:50	12:12				
Amrutha	Nellikunja	30:27	09:49				
Fiona	Ollerenshaw	24:45	07:59				
Claire	Payne	31:02	10:01				
Malcolm	Payne	21:59	07:05				
Maddy	Peacock	26:57	08:42				
Jane	Phillips	30:07	09:43				
Janine	Ridge	29:59	09:40				
Dawn	Roberts	30:01	09:41				
Amy	Roberts	38:18	12:21				
Claire	Roberts	36:33	11:47				
Neil	Rudd	22:50	07:22				
Linda	Sheriff	34:26	11:06				
Helen	Sieracki	26:45	08:38				
Cheryl	Smylie	27:18	08:48				
Pat	Stack	28:40	09:15				
Luke	Thackery	29:12	09:25				
Jack	Thackery	33:32	10:49				
Mark	Vale	27:21	08:49				
Jackie	Ward	31:43	10:14				
Fleur	Weddle	33:29	10:48				
Rebecca	White	37:15	12:01				
Kevin	Whittaker	26:43	08:37				
Peter	Woolgar	24:17	07:50				

