

Autumn 2013 5km assessments							
		Aug/Sept	PACE	Previous best	PACE	improvement	Percentage improvement
Clare	Adams	35:12	11:21				
Danielle	Alger	30:17	09:46				
Megan	Anyan	38:06	12:17				
Helena	Barron	33:26	10:47				
Audrey	Bean	35:20	11:24				
Jo	Briley	33:45	10:53				
Martin	Callaghan	28:30	09:12	33:14	10:43	04:44	14%
Sue	Cartwright	35:20	11:24	37:13	12:00	01:53	5%
Lisa	Codling	33:17	10:44				
Julie	Collins	36:16	11:42				
Toni	Cook	29:00	09:21				
Margaret	Delaney	36:12	11:41				
Usha	Devi	34:04	10:59	36:05	11:38	02:01	6%
Helen	Edge	32:56	10:37				
Yasmin	Ellis	38:39	12:28				
Louise	Green	40:40	13:07				
Helen	Hodgkiss	36:14	11:41				
Nicky	Hodrien	38:54	12:33				
Susan	Holder	34:32	11:08	35:14	11:22	00:42	2%
Julie	Hughes	38:08	12:18	38:52	12:32	00:44	2%
Kathryn	James	30:24	09:48	36:49	11:53	06:25	17%
Iggy	Johal	32:41	10:33	34:09	11:01	01:28	4%
Tracey	Kelly	31:53	10:17	34:51	11:15	02:58	9%
Chris	Kimberley	34:33	11:09				
Amanda	Lansdown	34:41	11:11				
Becky	Lealand	34:49	11:14				
Judith	Lewis	35:02	11:18				
Sharon	Lewis	35:12	11:21				
Linda	Macpherson	34:09	11:01				

Elaine	Millington	36:41	11:50				
Luke	Morris	30:51	09:57				
Fiona	Muir	33:57	10:57	35:14	11:22	01:17	4%
Sally	Neville	41:10	13:17				
Lisa	Palmer	35:25	11:25				
Hannah	Pette	27:28	08:52				
Catherine	Potter	32:12	10:23	35:21	11:24	03:09	9%
Wendy	Price	34:38	11:10				
Marie	Priest	32:55	10:37	32:57	10:38	00:02	
Clare	Roberts	35:02	11:18				
Jan	Rowley	34:00	10:58				
Hollie	Shakespeare	34:46	11:13	35:51	11:34	01:05	3%
Kim	Sheridan	40:05	12:56				
Maurice	Stack	30:10	09:44				
Lesley	Steele	32:51	10:36				
Sarah	Turner	33:21	10:45				
Heather	Waller	34:42	11:12	39:06	12:37	04:24	11%
Natalie	Ward	34:38	11:10				
Cassandra	Ward	43:26	14:01				
Fiona	Wood	35:55	11:35	36:41	11:50	00:46	2%