

		Apr-16	Pace	Distance	Improvement	Percentage improvement
Jenny	Ball	16:52	11:15	1.5		
Carole	Carpenter	16:10	10:47	1.5		
Lisa	Carpenter	15:58	10:39	1.5		
Margaret	Delaney	16:37	11:05	1.5		
Sandra	Dworkin	16:28	10:59	1.5		
Yasmin	Ellis	16:35	11:03	1.5		
Paul	Franks	16:03	10:42	1.5		
Caroline	Green	20:46	13:51	1.5		
Lousie	Green	19:00	12:40	1.5		
Brendan	Hearne	16:51	11:14	1.5		
Sarah	Hennessy	17:10	11:27	1.5		
Lauren	Holliday	22:41	15:07	1.5		
Sarah	Jefferson	19:39	13:06	1.5		
Catherine	Lambden	15:54	10:36	1.5		
Jane	Parnham	19:40	13:07	1.5		
Sandhya	Patel	17:38	11:45	1.5		
Clare	Roberts	17:17	11:31	1.5		
Adrian	Tarlton	14:55	09:57	1.5		
Janet	Wilkinson	16:14	10:49	1.5		

Track time in Red

Park/Road time in black

PB in red or black