

		Sep-16	Pace	Distance	Improvement	Percentage improvement
Hayley	Billson	14:37	09:45	1.5		
Lisa	Carpenter	16:30	11:00	1.5		
Margaret	Delaney	16:49	11:13	1.5		
Karen	Feeley	17:59	11:59	1.5		
Dalbir	Gill	16:57	11:18	1.5		
Sue	Hines	16:30	11:00	1.5		
Lisa	Horton	17:25	11:37	1.5		
Christine	Kimberley	17:17	11:31	1.5		
Becky	Lealand	16:10	10:47	1.5		
Jane	Parnham	19:00	12:40	1.5		
Sanhya	Patel	18:03	12:02	1.5		
Helena	Payne	16:06	10:44	1.5		
Sally	Petty	18:33	12:22	1.5		
Elizabeth	Plunkett	15:15	10:10	1.5		
Clare	Roberts	17:43	11:49	1.5		
Harjinder	Sagoo	15:04	10:03	1.5		
Sophie	Taylor	15:06	10:04	1.5		
Rosie	Titmus	16:57	11:18	1.5		
Peter	Van Arkadie	14:00	09:20	1.5		
Anabel	Van Arkadie	15:06	10:04	1.5		
Andrea	Walton	16:18	10:52	1.5		
Phil	Wilson	20:05	13:23	1.5		
Sue	Wilson	19:58	13:19	1.5		
		15:15	10:10	1.5		