

FEBRUARY

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
YEOMANS	LAWRENCE	00:21:52	00:23:51	119	100
WOODWARD	JULIA	00:22:20	00:23:31	71	99
SHORTALL	MARTIN	00:19:19	00:20:20	61	98
WEYHAM	NEIL	00:22:36	00:23:22	46	97
THOMPSON	CATHERINE	00:25:32	00:26:12	40	96
CORPE	JON	00:17:39	00:18:07	28	95
PINCHES	PHILLIPA	00:26:13	00:26:40	27	94
RIVERS	STEVE	00:18:00	00:18:23	23	93
PARRY	LISA	00:26:27	00:26:49	22	92
LEE	ANGELA	00:23:13	00:23:24	11	91
WALSH	ANDY	00:18:11	00:18:03	-8	90
HUTCHISON	JOHN	00:20:01	00:19:52	-9	89
LAMB	CLIVE	00:20:32	00:20:18	-14	88
DOBBS	NIGEL	00:19:02	00:18:42	-20	87
TAYLOR	TINA	00:27:55	00:27:34	-21	86
COPPINGER	EDWARD	00:19:17	00:18:54	-23	85
PALMER	JOANNA	00:20:52	00:20:29	-23	85
CLEVELY	RUTH	00:22:29	00:21:58	-31	83
TOLE	RACHEL	00:22:51	00:21:35	-76	82
DANN	NICK	00:24:41	00:23:19	-82	81
BARTON	ANNE-MARIE	00:24:15	00:22:50	-85	80
HEWERTSON	LORNA	00:25:20	00:23:52	-88	79
OAKLEY	HELEN	00:30:12	00:28:42	-90	78
BHATTI	JAVED	00:21:28			GUEST
PAY	ANDREW	00:24:10			GUEST

MARCH

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
STUBBS	GARETH	00:19:07	00:20:32	85	100
JOHNSON	HANNAH	00:24:30	00:25:21	51	99
GILLINGHAM	LOUISE	00:25:01	00:25:40	39	98
WOOTTON	IAN	00:24:49	00:25:25	36	97
TAYLOR	TINA	00:27:06	00:27:34	28	96
DOYLE	JOHN	00:17:21	00:17:22	1	95
THOMPSON	CATHERINE	00:25:35	00:25:32	-3	94
PALMER	JOANNA	00:20:59	00:20:52	-7	93
COOMBES	JAMES	00:17:18	00:17:10	-8	92
WALSH	ANDY	00:18:16	00:18:03	-13	91
COPPINGER	EDWARD	00:19:08	00:18:54	-14	90
WEDGE	GARETH	00:20:05	00:19:49	-16	89
CARTWRIGHT	CLIFF	00:23:34	00:23:15	-19	88
VALE	MATTHEW	00:20:11	00:19:52	-19	88
WOLFE	JON	00:18:16	00:17:56	-20	86
CORPE	JON	00:18:03	00:17:39	-24	85
WOODWARD	JULIA	00:22:45	00:22:20	-25	84
DOBBS	NIGEL	00:19:10	00:18:42	-28	83
FOSTER	EDWARD	00:18:55	00:18:27	-28	83
SHORTALL	MARTIN	00:19:55	00:19:19	-36	81
PINCHES	PHILLIPA	00:26:59	00:26:13	-46	80
PARRY	LISA	00:27:22	00:26:27	-55	79
PRITCHARD	ALAN	00:24:01	00:23:04	-57	78
ADAMS	NEIL	00:22:36	00:21:33	-63	77
TURRELL	RICHARD	00:25:04	00:23:22	-102	76
JARVIS	GILL	00:27:02	00:24:57	-125	75
PRITCHARD	ANTONY	00:26:19	00:23:26	-173	74
KEMP	DAVID	00:20:53	00:16:58	-235	73
THOMAS	TREVOR	00:22:31	00:16:58	-333	72
DEERE	KEVIN	00:22:41	00:16:58	-343	71
BEDDOW	JULIA	00:28:25	00:20:49	-456	70
MULLIGAN	PHIL	00:20:39			GUEST
WALKER	NATALIE	00:22:50			GUEST
DANN	GEORGINA	00:27:03			GUEST

APRIL

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
THOMPSON	CATHERINE	00:24:39	00:25:32	53	100
BARTON	ANNE-MARIE	00:23:28	00:24:15	47	99
PARRY	LISA	00:25:47	00:26:27	40	98
TOLE	RACHEL	00:22:26	00:22:51	25	97
GILLINGHAM	PHIL	00:24:23	00:24:42	19	96
CORPE	JON	00:17:26	00:17:39	13	95
LAMB	CLIVE	00:20:05	00:20:18	13	95
RIVERS	STEVE	00:17:55	00:18:00	5	93
DOBBS	NIGEL	00:18:38	00:18:42	4	92
WOLFE	JON	00:17:54	00:17:56	2	91
WEYHAM	NEIL	00:22:42	00:22:36	-6	90
SCHEVEN	TIMON	00:17:14	00:16:58	-16	89
AMOS	LORRAINE	00:22:57	00:22:34	-23	88
WALSH	ANDY	00:18:29	00:18:03	-26	87
KENNEDY-GREEN	RUTH	00:24:29	00:23:51	-38	86
PRITCHARD	ALAN	00:23:51	00:23:04	-47	85
JOHNSON	HANNAH	00:25:18	00:24:30	-48	84
DEERE	KEVIN	00:22:25	00:21:15	-70	83
FENNON	EMMA	00:24:02	00:20:49	-193	82
COX	CHRIS	00:27:24	00:22:53	-271	81
O'GORMAN	LIZ	00:25:38	00:20:49	-289	80
NEEDHAM	RUTH	00:25:43	00:20:49	-294	79
UPMALIS	ANDY	00:21:44			GUEST
CLARKE	ANITA	00:34:08			GUEST

MAY

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
GRIFFITHS	SIMON	00:35:22	00:37:18	116	100
HATHAWAY	GRAHAM	00:37:45	00:38:14	29	99
DANN	NICK	00:40:27	00:40:17	-10	98
WEYHAM	NEIL	00:39:15	00:39:04	-11	97
RIVERS	STEVE	00:31:26	00:31:13	-13	96
DOBBS	NIGEL	00:32:42	00:32:25	-17	95
TOLE	RACHEL	00:39:08	00:38:47	-21	94
TAYLOR	TINA	00:47:08	00:46:37	-31	93
SCHEVEN	TIMON	00:30:29	00:29:58	-31	93
ORTON	RICHARD	00:40:27	00:39:32	-55	91
PRITCHARD	ALAN	00:42:15	00:41:10	-65	90
WOLFE	JON	00:32:20	00:31:11	-69	89
AMOS	LORRAINE	00:40:11	00:39:01	-70	88
MORRIS	JANE	00:38:28	00:36:56	-92	87
KUMAN	SALLY	00:37:51	00:36:06	-105	86
ROBINSON	IAN	00:39:52	00:38:05	-107	85
PINCHES	PHILLIPA	00:46:58	00:45:08	-110	84
ADAMS	NEIL	00:39:19	00:37:18	-121	83
THOMPSON	CATHERINE	00:44:43	00:42:30	-133	82
HUTCHISON	JOHN	00:36:44	00:34:30	-134	81
SHORTALL	MARTIN	00:35:59	00:33:34	-145	80
PARRY	LISA	00:46:59	00:44:25	-154	79
JACKSON	CASS	00:39:58	00:37:22	-156	78
GAFFNEY	EMMA	00:41:17	00:38:05	-192	77
FENNON	EMMA	00:43:40	00:38:31	-309	76
NEEDHAM	RUTH	00:46:14	00:40:38	-336	75
EMES	PAUL	00:38:28	00:29:38	-530	74
DANN	GEORGINA	00:46:17	00:36:06	-611	73
RILEY	KAREN	00:47:17	00:36:06	-671	72
MISSION	MATT	00:27:40		GUEST	
TROLLOP	JAMES	00:29:11		GUEST	
CHILDS	JACK	00:30:30		GUEST	
COOPER	DUNCAN	00:32:00		GUEST	
UPMALIS	ANDY	00:39:25		GUEST	
MORRISON	JOANNE	00:47:16		GUEST	
MITCHELL	KATIE	00:47:23		GUEST	

JUNE

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
SCHEVEN	TIMON	00:29:49	00:30:04	15	100
CARTWRIGHT	CLIFF	00:39:56	00:40:10	14	99
TOLE	RACHEL	00:38:37	00:38:47	10	98
DOYLE	JOHN	00:30:29	00:30:16	-13	97
FENNON	EMMA	00:41:48	00:41:28	-20	96
ROBINSON	IAN	00:38:26	00:38:05	-21	95
DOBBS	NIGEL	00:32:48	00:32:25	-23	94
GILLINGHAM	LOUISE	00:43:32	00:43:07	-25	93
NEEDHAM	RUTH	00:44:46	00:44:18	-28	92
JACKSON	CASS	00:38:02	00:37:22	-40	91
PALMER	JOANNA	00:36:58	00:36:10	-48	90
THOMPSON	CATHERINE	00:43:34	00:42:30	-64	89
JAMIESON	SCOTT	00:30:48	00:29:38	-70	88
WALSH	ANDY	00:32:43	00:31:26	-77	87
ORTON	RICHARD	00:40:57	00:39:32	-85	86
PINCHES	PHILLIPA	00:46:54	00:45:08	-106	85
FUNNEL	EMMA	00:41:09	00:38:22	-167	84
THOMAS	TREVOR	00:39:40	00:36:36	-184	83
BAGLEY	ROBERT	00:45:41	00:39:05	-396	82
COX	CHRIS	00:46:19	00:39:33	-406	81
MORRISON	JOANNE	00:47:52	00:36:06	-706	80
MITCHELL	KATIE	00:47:55	00:36:06	-709	79
TROLLOPE	JAMES	00:27:55		GUEST	
UPMALIS	ANDY	00:40:50		GUEST	

JULY

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
COOMBES	JAMES	00:29:31	00:29:58	27	100
FENNON	EMMA	00:41:04	00:41:28	24	99
NEEDHAM	RUTH	00:44:00	00:44:18	18	98
DOBBS	NIGEL	00:32:12	00:32:25	13	97
RIVERS	STEVE	00:31:04	00:31:13	9	96
O'SULLIVAN	RICHARD	00:29:33	00:29:38	5	95
SCHEVEN	TIMON	00:29:46	00:29:49	3	94
WEYHAM	NEIL	00:39:13	00:39:04	-9	93
CARTWRIGHT	CLIFF	00:40:16	00:39:56	-20	92
ROBINSON	IAN	00:38:31	00:38:05	-26	91
BARTON	ANNE-MARIE	00:41:07	00:40:31	-36	90
PALMER	JOANNA	00:36:48	00:36:10	-38	89
LAMB	CLIVE	00:36:12	00:34:51	-81	88
FUNNEL	EMMA	00:39:52	00:38:22	-90	87
WALSH	ANDY	00:32:57	00:31:26	-91	86
WOLFE	JON	00:32:45	00:31:11	-94	85
PINCHES	PHILLIPA	00:46:54	00:45:08	-106	84
EMES	PAUL	00:38:04	00:36:15	-109	83
GILLINGHAM	PHIL	00:44:08	00:42:04	-124	82
TAYLOR	TINA	00:49:02	00:46:37	-145	81
GAFFNEY	EMMA	00:40:37	00:38:05	-152	80
MORRISON	JOANNE	00:45:50	00:43:18	-152	80
GLEN	CHRIS	00:36:11	00:33:30	-161	78
MITCHELL	KATIE	00:46:40	00:43:20	-200	77
SHORTALL	MARTIN	00:39:00	00:33:34	-326	76
TROLLOPE	JAMES	00:29:04		GUEST	
UPMALIS	ANDY	00:39:50		GUEST	

AUGUST

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
MORRISON	JOANNE	00:44:05	00:45:50	105	100
THOMAS	TREVOR	00:38:13	00:38:56	43	99
RIVERS	STEVE	00:30:38	00:31:04	26	98
WEYHAM	NEIL	00:38:59	00:39:04	5	97
ROBINSON	IAN	00:38:10	00:38:05	-5	96
FUNNEL	EMMA	00:38:29	00:38:22	-7	95
DOBBS	NIGEL	00:32:24	00:32:12	-12	94
SCHEVEN	TIMON	00:30:16	00:29:46	-30	93
PALMER	JOANNA	00:36:51	00:36:10	-41	92
FENNON	EMMA	00:41:49	00:41:04	-45	91
WOLFE	JON	00:31:59	00:31:11	-48	90
THOMPSON	CATHERINE	00:43:28	00:42:30	-58	89
PINCHES	PHILLIPA	00:46:14	00:45:08	-66	88
DEERE	KEVIN	00:39:52	00:38:46	-66	88
LAMB	CLIVE	00:36:02	00:34:51	-71	86
DOYLE	JOHN	00:31:44	00:30:16	-88	85
GAFFNEY	EMMA	00:39:38	00:38:05	-93	84
PARRY	LISA	00:46:15	00:44:25	-110	83
GILLINGHAM	LOUISE	00:45:39	00:43:07	-152	82
SCHWARZENBACH	ANN	00:47:30	00:44:45	-165	81
DANN	NICK	00:44:04	00:40:27	-217	80
GRIFFITHS	SIMON	00:39:31	00:35:22	-249	79
KEEGAN	JOHN	00:36:42	00:29:31	-431	78
DANN	GEORGINA	00:49:33	00:42:05	-448	77
HALL	SIMON	00:36:29		GUEST	

SEPTEMBER

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
SCHWARZENBACH	ANN	00:26:30	00:27:37	67	100
EMES	PAUL	00:21:04	00:21:59	55	99
WALSH	ANDY	00:17:43	00:18:03	20	98
WEYHAM	NEIL	00:22:14	00:22:32	18	97
GILLINGHAM	PHIL	00:24:10	00:24:23	13	96
DEERE	KEVIN	00:22:12	00:22:25	13	96
NEEDHAM	RUTH	00:25:19	00:25:32	13	96
MITCHELL	KATIE	00:26:59	00:27:07	8	93
DOBBS	NIGEL	00:18:23	00:18:29	6	92
FENNON	EMMA	00:23:41	00:23:47	6	92
LAMB	CLIVE	00:20:00	00:20:05	5	90
RIVERS	STEVE	00:17:28	00:17:33	5	90
THOMPSON	CATHERINE	00:24:41	00:24:39	-2	88
JACKSON	CASS	00:21:44	00:21:35	-9	87
O'SULLIVAN	RICHARD	00:17:05	00:16:55	-10	86
CARTWRIGHT	CLIFF	00:23:34	00:23:06	-28	85
PINCHES	PHILLIPA	00:26:45	00:26:13	-32	84
COX	CHRIS	00:26:40	00:22:53	-227	83
BAGLEY	ROBERT	00:27:18	00:22:36	-282	82
TROLLOPE	JAMES	00:16:31		GUEST	
WARD	AARON	00:18:18		GUEST	
HALL	SIMON	00:20:38		GUEST	
SMITH	TREVOR	00:21:08		GUEST	
GOULD	DAVID	00:21:59		GUEST	
MCGLACK	RACHEL	00:22:43		GUEST	
SUTCLIFF	PHIL	00:23:07		GUEST	
UPMALIS	ANDY	00:23:37		GUEST	
PAYE	ANDY	00:23:47		GUEST	
SCOTT	LESLEY	00:26:43		GUEST	
ZANIN	INGRID	00:27:18		GUEST	
MALLARE	VICKY	00:27:27		GUEST	
ARMSTRONG	HANNAH	00:27:57		GUEST	
CLARKE	BETH	00:29:36		GUEST	

OCTOBER

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
PRITCHARD	ALAN	00:23:18	00:23:51	33	100
GILLINGHAM	PHIL	00:23:50	00:24:10	20	99
FUNNEL	EMMA	00:21:58	00:22:10	12	98
JACKSON	CASS	00:21:23	00:21:35	12	98
THOMPSON	CATHERINE	00:24:30	00:24:39	9	96
WALSH	ANDY	00:17:44	00:17:43	-1	95
LAMB	CLIVE	00:20:08	00:20:00	-8	94
DOYLE	JOHN	00:17:31	00:17:21	-10	93
O'SULLIVAN	RICHARD	00:17:07	00:16:55	-12	92
TOLE	RACHEL	00:22:31	00:22:19	-12	92
FENNON	EMMA	00:23:54	00:23:41	-13	90
WOLFE	JON	00:18:11	00:17:54	-17	89
SCHEVEN	TIMON	00:17:19	00:17:02	-17	89
PARRY	LISA	00:26:06	00:25:47	-19	87
BARTON	MARIE	00:23:56	00:23:28	-28	86
HOUGHTON	BOB	00:33:29	00:32:40	-49	85
TAYLOR	TINA	00:28:00	00:27:06	-54	84
WEYHAM	NEIL	00:23:32	00:22:14	-78	83
CORPE	JON	00:18:52	00:17:26	-86	82
BAGLEY	ROBERT	00:24:21	00:22:36	-105	81
ZANIN	INGRID	00:26:12	00:20:49	-323	80
MALONE	VICKY	00:26:27	00:20:49	-338	79
HIPKISS	JULIE	00:28:22	00:20:49	-453	78
EALLES	GAYNOR	00:33:29	00:20:49	-760	77
TROLLOPE	JAMES	00:15:50		GUEST	
FISHWICK	ANDREW	00:22:24		GUEST	
EVERET	JON	00:24:54		GUEST	
CLARKE	BETH	00:29:14		GUEST	
FRIER	KIRSTY	00:29:30		GUEST	
HALE	KATY	00:31:36		GUEST	

NOVEMBER

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
JOHNSON	HANNAH	00:23:22	00:24:30	68	100
AMOS	LORRAINE	00:22:06	00:22:57	51	99
VALE	MATTHEW	00:19:03	00:19:52	49	98
SCHWARZENBACH	ANN	00:25:42	00:26:30	48	97
DOYLE	JOHN	00:16:56	00:17:21	25	96
PINCHES	PHILLIPA	00:25:50	00:26:13	23	95
GILLINGHAM	PHIL	00:23:28	00:23:50	22	94
THOMPSON	CATHERINE	00:24:20	00:24:30	10	93
TOLE	RACHEL	00:22:16	00:22:19	3	92
DOBBS	NIGEL	00:18:22	00:18:23	1	91
WEYHAM	NEIL	00:22:17	00:22:14	-3	90
SCHEVEN	TIMON	00:17:05	00:17:02	-3	90
FUNNEL	EMMA	00:22:08	00:21:58	-10	88
WALSH	ANDY	00:18:11	00:17:43	-28	87
KUMAN	SALLY	00:21:59	00:20:49	-70	86
HIPKISS	JULIE	00:26:44	00:25:30	-74	85
CLEVELY	RUTH	00:23:19	00:21:58	-81	84
ZANIN	INGRID	00:25:36	00:23:52	-104	83
SHORTALL	MARTIN	00:21:08	00:19:19	-109	82
GLEN	CHRIS	00:22:00	00:19:52	-128	81
MALONE	VICKY	00:26:19	00:24:03	-136	80
FURGUS	KATIE	00:26:44	00:20:49	-355	79
CASTLEDINE	JOE	00:22:53	00:16:54	-359	78
CLARKE	BETH	00:28:20	00:20:49	-451	77
BARNEY	MIKE	00:18:43		GUEST	
MELLOR	PAUL	00:19:50		GUEST	
GREEN	MARK	00:25:16		GUEST	
FRIER	KIRSTY	00:27:35		GUEST	
OSBOUNE	GEORGIA	00:28:18		GUEST	
CLARKE	ANITA	00:33:04		GUEST	

