

FEBRUARY

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
HOUGHTON	BOB	00:29:28	00:33:22	234	100
COPPINGER	EDWARD	00:17:48	00:19:04	76	99
DAUNCEY	SARAH	00:19:40	00:20:47	67	98
GRIFFITHS	SIMON	00:19:25	00:20:23	58	97
TROLLOPE	JAMES	00:15:57	00:16:52	55	96
THOMPSON	CATHERINE	00:23:37	00:24:15	38	95
FENNON	EMMA	00:23:12	00:23:36	24	94
PRITCHARD	ALAN	00:22:51	00:23:13	22	93
TAYLOR	TINA	00:26:48	00:27:00	12	92
DOYLE	JOHN	00:16:44	00:16:52	8	91
GILLINGHAM	PHIL	00:23:19	00:23:23	4	90
AMOS	LORRAINE	00:22:08	00:22:01	-7	89
VALE	MATTHEW	00:19:10	00:18:59	-11	88
COOMBES	JAMES	00:17:07	00:16:54	-13	87
PINCHES	PHILLIPA	00:26:01	00:25:44	-17	86
ROBINSON	IAN	00:22:10	00:21:36	-34	85
JACKSON	CASS	00:21:56	00:21:18	-38	84
KUMAN	SALLY	00:21:30	00:20:49	-41	83
YEOMANS	LAWRENCE	00:21:14	00:20:33	-41	83
WALSH	ANDY	00:18:21	00:17:39	-42	81
SCHWARZENBACH	ANN	00:26:33	00:25:36	-57	80
HUTCHISON	JOHN	00:20:50	00:19:52	-58	79
PARRY	LISA	00:26:49	00:25:41	-68	78
CARTWRIGHT	CLIFF	00:24:21	00:23:06	-75	77
SHORT	SONIA	00:24:24	00:23:06	-78	76
SHORTALL	MARTIN	00:20:35	00:19:15	-80	75
BARNBY	MIKE	00:18:26	00:16:52	-94	74
FUNNEL	EMMA	00:23:21	00:21:47	-94	74
COX	CHRIS	00:24:36	00:22:53	-103	72
TURRELL	RICHARD	00:25:12	00:23:22	-110	71
PALMER	JOANNA	00:22:39	00:20:47	-112	70
LAMB	CLIVE	00:21:52	00:19:55	-117	69
BRADLEY	ANNA	00:22:28	00:20:18	-130	68
FLOYD	DANIEL	00:21:03	00:16:52	-251	67
EALIS	GAYNOR	00:34:00	00:29:14	-286	66
STEVENSON	LAURA	00:27:23	00:20:47	-396	65
FRIER	KIRSTY	00:27:48	00:20:47	-421	64
PARKER	DAWN	00:28:32	00:20:47	-465	63
SWEETNAM	VANESSA	00:32:43	00:20:47	-716	62
BURNS	KARL	00:28:51	00:16:52	-719	61
LITTING	MIKE	00:32:29	00:16:52	-937	60
WARD	AARON	00:16:50		GUEST	
HANCOCK	STEVE	00:22:25		GUEST	
UPMALIS	ANDY	00:25:04		GUEST	
FORD	LAURA	00:27:53		GUEST	
CLARKE	ANITA	00:30:03		GUEST	

MARCH

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
LITTING	MIKE	00:26:27	00:28:32	125	100
TAYLOR	TINA	00:26:30	00:26:48	18	99
THOMPSON	CATHERINE	00:23:32	00:23:37	5	98
MORRISON	JOANNE	00:25:00	00:25:03	3	97
TROLLOPE	JAMES	00:16:05	00:16:08	3	97
NEEDHAM	RUTH	00:25:14	00:25:13	-1	95
TOLE	RACHEL	00:22:13	00:22:11	-2	94
PINCHES	PHILLIPA	00:25:47	00:25:44	-3	93
CARTWRIGHT	CLIFF	00:23:12	00:23:06	-6	92
GILLINGHAM	LOUISE	00:25:05	00:24:55	-10	91
DOYLE	JOHN	00:17:10	00:16:44	-26	90
WALSH	ANDY	00:18:05	00:17:39	-26	90
COX	CHRIS	00:25:20	00:24:36	-44	88
HUTCHISON	JOHN	00:20:43	00:19:52	-51	87
HUNT	ESTHER	00:20:31	00:19:40	-51	87
WOLFE	JON	00:18:46	00:17:50	-56	85
FLOYD	DANIEL	00:21:16	00:19:58	-78	84
FRIER	KIRSTY	00:26:36	00:25:02	-94	83
STEVENSON	LAURA	00:26:20	00:24:43	-97	82
BURNS	KARL	00:27:32	00:25:49	-103	81
COOMBES	JAMES	00:18:42	00:16:54	-108	80
PARRY	LISA	00:27:42	00:25:41	-121	79
DANN	NICK	00:25:47	00:23:25	-142	78
SUTCLIFFE	PHIL	00:21:49	00:16:44	-305	77
GOULD	DAVID	00:22:34	00:16:44	-350	76
GREEN	MARK	00:22:51	00:16:44	-367	75
CRADDOCK	LIAM	00:23:13	00:16:44	-389	74
ALAN	ARGYLE	00:24:49	00:16:44	-485	73
CLARKE	ANITA	00:30:15	00:19:40	-635	72
HOUGHTON	BOB	00:49:55	00:29:28	-1227	71
McMULKIN	BRIAN	00:20:00		GUEST	
UPMALIS	ANDY	00:23:09		GUEST	
BROOKES	ANDREW	00:23:56		GUEST	
McGLAVE	JENNY	00:25:27		GUEST	
LARGE	TAMMY	00:34:27		GUEST	

APRIL

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
PRITCHARD	ALAN	00:22:05	00:22:51	46	100
AMOS	LORRAINE	00:21:16	00:22:01	45	99
NEEDHAM	RUTH	00:24:35	00:25:13	38	98
THOMAS	TREVOR	00:21:07	00:21:37	30	97
STEVENSON	LAURA	00:25:56	00:26:20	24	96
JOHNSON	HANNAH	00:22:58	00:23:17	19	95
CARTWRIGHT	CLIFF	00:22:57	00:23:06	9	94
TURRELL	RICHARD	00:24:56	00:24:58	2	93
COPPINGER	EDWARD	00:17:53	00:17:48	-5	92
COX	CHRIS	00:24:46	00:24:36	-10	91
PINCHES	PHILLIPA	00:25:54	00:25:44	-10	91
FLOYD	DANIEL	00:21:13	00:21:03	-10	91
WALSH	ANDY	00:18:09	00:17:39	-30	88
RIVERS	STEVE	00:17:42	00:17:11	-31	87
GREEN	MARK	00:21:57	00:21:19	-38	86
DOYLE	JOHN	00:17:23	00:16:44	-39	85
COOMBES	JAMES	00:17:38	00:16:54	-44	84
TAYLOR	TINA	00:27:25	00:26:30	-55	83
LAMB	CLIVE	00:20:52	00:19:55	-57	82
HUTCHISON	JOHN	00:20:52	00:19:52	-60	81
SUTCLIFFE	PHIL	00:22:09	00:20:32	-97	80
ROBINSON	IAN	00:23:34	00:21:36	-118	79
TAYLOR	JULIE	00:24:09	00:19:40	-269	78
CLARKE	BETH	00:28:22	00:19:40	-522	77
TURNER	NEIL	00:19:40		GUEST	
PARKER	MICK	00:19:49		GUEST	

MAY

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
NEEDHAM	RUTH	00:43:10	00:42:24	-46	100
FOSTER	EDWARD	00:32:45	00:31:54	-51	99
THOMPSON	CATHERINE	00:41:39	00:40:38	-61	98
GILLINGHAM	LOUISE	00:44:07	00:42:59	-68	97
COOMBES	JAMES	00:30:44	00:29:31	-73	96
BURNS	KARL	00:48:35	00:47:21	-74	95
DOYLE	JOHN	00:30:28	00:29:14	-74	95
RIVERS	STEVE	00:31:14	00:30:00	-74	95
BARNBY	MIKE	00:32:51	00:31:22	-89	92
COPPINGER	EDWARD	00:32:30	00:31:01	-89	92
WALSH	ANDY	00:32:17	00:30:47	-90	90
AMOS	LORRAINE	00:38:22	00:36:50	-92	89
STEVENSON	LAURA	00:46:20	00:44:40	-100	88
DOBBS	NIGEL	00:33:30	00:31:44	-106	87
SHORTALL	MARTIN	00:35:22	00:33:27	-115	86
ROBINSON	IAN	00:39:39	00:37:24	-135	85
JACKSON	CASS	00:39:35	00:36:54	-161	84
PINCHES	PHILLIPA	00:47:13	00:44:21	-172	83
FLOYD	DANIEL	00:39:27	00:36:28	-179	82
RILEY	KAREN	00:46:47	00:42:46	-241	81
CLARKE	BETH	00:49:21	00:43:52	-329	80
KEEGAN	JOHN	00:40:39	00:34:16	-383	79
GRIFFITHS	SIMON	00:40:39	00:33:44	-415	78
HOUGHTON	BOB	01:01:56	00:50:35	-681	77
SWEETNAM	VANESSA	01:01:56	00:49:20	-756	76
LARGE	TAMMY	00:48:37	00:34:09	-868	75
WATTERS	CRAIG	00:32:02		GUEST	
WATTERS	ELIZABETH	00:37:40		GUEST	
PARKER	NICK	00:38:28		GUEST	
CHARLES-GALLAND	JEAN	00:41:51		GUEST	

JUNE

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
SWEETNAM	VANESSA	00:54:27	00:56:02	95	100
FUNNEL	EMMA	00:38:12	00:37:42	-30	99
GRIFFITHS	SIMON	00:34:32	00:33:44	-48	98
SUTCLIFFE	PHIL	00:38:47	00:37:45	-62	97
DOBBS	NIGEL	00:32:51	00:31:44	-67	96
COPPINGER	EDWARD	00:32:13	00:31:01	-72	95
SHORTALL	MARTIN	00:35:56	00:34:27	-89	94
WALSH	ANDY	00:32:20	00:30:47	-93	93
PINCHES	PHILLIPA	00:46:10	00:44:21	-109	92
DOYLE	JOHN	00:31:24	00:29:14	-130	91
AMOS	LORRAINE	00:39:01	00:36:50	-131	90
VALE	MATTHEW	00:35:12	00:33:00	-132	89
STEVENSON	LAURA	00:46:52	00:44:40	-132	89
ROBINSON	IAN	00:39:52	00:37:24	-148	87
TURRELL	RICHARD	00:45:33	00:42:59	-154	86
THOMPSON	CATHERINE	00:43:30	00:40:38	-172	85
KEEGAN	JOHN	00:39:41	00:35:57	-224	84
HOUGHTON	BOB	00:54:28	00:50:35	-233	83
GILLINGHAM	LOUISE	00:47:03	00:42:59	-244	82
SCHEVERN	TIMON	00:33:44	00:29:39	-245	81
LARGE	TAMMY	00:48:01	00:43:46	-255	80
SHORT	SONIA	00:43:20	00:38:52	-268	79
PARKER	NICHOLAS	00:36:19	00:29:14	-425	78
POTTER	CLAIRE	00:43:51	00:34:09	-582	77
CLARKE	ANITA	00:56:23	00:46:14	-609	76

JULY

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
CLARKE	BETH	00:47:39	00:48:45	66	100
SUTCLIFFE	PHIL	00:37:37	00:37:45	8	99
FUNNEL	EMMA	00:37:44	00:37:42	-2	98
PRITCHARD	ALAN	00:38:19	00:38:12	-7	97
KUMAN	SALLY	00:37:21	00:37:13	-8	96
SHORTALL	MARTIN	00:35:51	00:35:22	-29	95
PARKER	NICHOLAS	00:35:01	00:34:32	-29	95
DOYLE	JOHN	00:29:46	00:29:14	-32	93
FENNON	EMMA	00:40:47	00:40:05	-42	92
BARNBY	MIKE	00:32:50	00:32:05	-45	91
DAUNCEY	SARAH	00:33:52	00:32:55	-57	90
TURRELL	RICHARD	00:43:59	00:42:59	-60	89
COX	CHRIS	00:43:27	00:42:25	-62	88
MORRISON	JOANNE	00:44:09	00:43:06	-63	87
DEERE	KEVIN	00:39:24	00:38:16	-68	86
DOBBS	NIGEL	00:33:13	00:31:44	-89	85
GRIFFITHS	SIMON	00:35:29	00:33:44	-105	84
THOMPSON	CATHERINE	00:42:59	00:40:38	-141	83
SCHEVERN	TIMON	00:32:14	00:29:39	-155	82
NEEDHAM	RUTH	00:45:12	00:42:24	-168	81
STEVENSON	LAURA	00:47:31	00:44:40	-171	80
ROBINSON	IAN	00:40:26	00:37:24	-182	79
KEEGAN	JOHN	00:39:03	00:35:57	-186	78
EMES	PAUL	00:39:33	00:36:23	-190	77
PINCHES	PHILLIPA	00:47:37	00:44:21	-196	76
YEOMANS	LAWRENCE	00:39:15	00:34:53	-262	75
PARRY	LISA	00:48:47	00:44:16	-271	74
TURNER	NEIL	00:33:45	00:29:14	-271	74
EVANS	RHIANNON	00:40:44	00:34:09	-395	72
FRISON	FRANS	00:37:18	00:29:14	-484	71
HARRINGTON	DAVID	00:37:34		GUEST	
DOWNIE	CHRIS	00:39:17		GUEST	
ROXBURGH	CALLUM	00:42:31		GUEST	
SANDERS	ANNA	00:46:46		GUEST	
WATSON	LISA	00:47:45		GUEST	
BROWNE	MARIA	00:48:45		GUEST	
DOWNING	MEL	00:48:49		GUEST	
JACKSON	EMMA	00:51:56		GUEST	
KING	HELEN	00:55:56		GUEST	
DENNIS	SARAH	00:55:59		GUEST	

AUGUST

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
SUTCLIFFE	PHIL	00:37:12	00:37:37	25	100
SHORTALL	MARTIN	00:35:04	00:35:22	18	99
CORPE	JON	00:31:38	00:31:50	12	98
FLOYD	DANIEL	00:36:52	00:36:28	-24	97
DOYLE	JOHN	00:29:49	00:29:14	-35	96
GRIFFITHS	SIMON	00:34:20	00:33:44	-36	95
THOMPSON	CATHERINE	00:41:16	00:40:38	-38	94
PRITCHARD	ALAN	00:38:57	00:38:12	-45	93
CLARKE	BETH	00:48:46	00:47:39	-67	92
PARKER	NICHOLAS	00:36:11	00:35:01	-70	91
GILLINGHAM	PHIL	00:41:44	00:40:16	-88	90
COOMBES	JAMES	00:31:00	00:29:31	-89	89
NEEDHAM	RUTH	00:44:37	00:42:24	-133	88
SCHWARZENBACH	ANN	00:46:22	00:44:07	-135	87
AMOS	LORRAINE	00:39:33	00:36:50	-163	86
TAYLOR	TINA	00:48:47	00:45:37	-190	85
KEEGAN	JOHN	00:39:23	00:35:57	-206	84
THOMAS	TREVOR	00:40:02	00:36:35	-207	83
HOUGHTON	BOB	00:57:56	00:50:35	-441	82
PAY	ANDREW	00:39:04	00:29:14	-590	81
SGODA	STEPHANIE	00:44:15	00:33:52	-623	80
COOPER-GAVIN	DAN	00:44:14	00:29:14	-900	79
HINSLEY	LOUISE	00:49:00	00:33:52	-908	78
HOLLINS	MARCELLE	00:51:39	00:33:52	-1067	77
KING	HELEN	00:55:48	00:33:52	-1316	76
CARTER	HILARY	00:57:50	00:33:52	-1438	75
ADAMS	NEIL		00:36:47	GUEST	
ALLERTON	KARL		00:29:14	GUEST	
AYERST	JENNIFER		00:33:52	GUEST	
BAGLEY	ROBERT		00:41:52	GUEST	

SEPTEMBER

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:mIn:sec	hr:mIn:sec	seconds	
LARGE	TAMMY	00:24:01	00:27:55	234	100
HOUGHTON	BOB	00:27:02	00:29:28	146	99
NEEDHAM	RUTH	00:23:48	00:24:35	47	98
CLARKE	BETH	00:26:57	00:27:42	45	97
COX	CHRIS	00:23:56	00:24:36	40	96
FUNNEL	EMMA	00:21:18	00:21:47	29	95
GILLINGHAM	PHIL	00:23:11	00:23:19	8	94
PRITCHARD	ALAN	00:21:57	00:22:05	8	94
POTTER	CLAIRE	00:23:13	00:23:16	3	92
THOMPSON	CATHERINE	00:23:47	00:23:32	-15	91
JACKSON	CASS	00:21:49	00:21:18	-31	90
WOLFE	JON	00:18:32	00:17:59	-33	89
PAY	ANDREW	00:21:40	00:21:07	-33	89
EMES	PAUL	00:21:34	00:20:59	-35	87
SCHWARZENBACH	ANN	00:26:11	00:25:36	-35	87
DOYLE	JOHN	00:17:23	00:16:44	-39	85
SGODA	STEPHANIE	00:24:11	00:23:26	-45	84
WALSH	ANDY	00:18:27	00:17:39	-48	83
AMOS	LORRAINE	00:22:07	00:21:16	-51	82
PARRY	LISA	00:26:58	00:26:00	-58	81
PINCHES	PHILLIPA	00:27:00	00:25:44	-76	80
CARTER	HILARY	00:30:55	00:29:31	-84	79
KING	HELEN	00:30:22	00:28:36	-106	78
EALDES	GAYNOR	00:35:46	00:33:22	-144	77
HOLLINS	MARCELLE	00:29:14	00:26:45	-149	76
TAYLOR	TINA	00:30:55	00:26:30	-265	75
SANDERS	ANNA	00:24:54	00:19:29	-325	74
WATSON	LISA	00:26:16	00:19:29	-407	73
BROWNE	MARIA	00:26:23	00:19:29	-414	72
McFADYEN	CRAIG	00:23:45	00:16:44	-421	71
JARVIS	GILL	00:28:19	00:19:29	-530	70
WILLIAMS	STEVE	00:21:55		GUEST	
BENSON	NAOMI	00:21:57		GUEST	

OCTOBER

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:mIn:sec	hr:mIn:sec	seconds	
HOLLINS	MARCELLE	00:28:09	00:29:14	65	100
COX	CHRIS	00:23:16	00:23:56	40	99
CORPE	JON	00:17:50	00:18:09	19	98
KING	HELEN	00:30:04	00:30:22	18	97
GILLINGHAM	PHIL	00:22:55	00:23:11	16	96
SUTCLIFFE	PHIL	00:21:22	00:21:28	6	95
O'SULLIVAN	RICHARD	00:16:50	00:16:55	5	94
CLARKE	BETH	00:26:53	00:26:57	4	93
SWEETNAM	VANESSA	00:31:46	00:31:45	-1	92
THOMPSON	CATHERINE	00:23:38	00:23:32	-6	91
STEVENSON	LAURA	00:26:04	00:25:56	-8	90
GREEN	MARK	00:22:16	00:21:57	-19	89
DEERE	KEVIN	00:22:30	00:22:07	-23	88
PAY	ANDREW	00:22:03	00:21:40	-23	88
PINCHES	PHILLIPA	00:26:11	00:25:44	-27	86
EALDES	GAYNOR	00:34:10	00:33:22	-48	85
POTTER	CLAIRE	00:24:11	00:23:13	-58	84
COPPINGER	EDWARD	00:18:51	00:17:48	-63	83
EVANS	RHIANNON	00:23:04	00:21:52	-72	82
COOPER	DUNCAN	00:17:58	00:16:44	-74	81
McFADYEN	CRAIG	00:23:15	00:21:59	-76	80
HINSLEY	LOUISE	00:28:05	00:25:34	-151	79
BENSON	NAOMI	00:22:09	00:19:29	-160	78
SHORT	SONIA	00:28:00	00:24:24	-216	77
HOUGHTON	BOB	00:34:10	00:27:02	-428	76
GILBERT	LISA	00:28:10	00:19:29	-521	75
HOEY	KEVIN	00:17:49		GUEST	
FRY	JACOB	00:18:22		GUEST	
TURNER	DAN	00:21:10		GUEST	
FERNS	MANUEL	00:21:47		GUEST	
WILLIAMS	STEVE	00:22:27		GUEST	

NOVEMBER

NAME		RUNNING TIME	TARGET TIME	IMPROVEMENT	POINTS
		hr:min:sec	hr:min:sec	seconds	
FUNNEL	EMMA	00:21:05	00:21:18	13	100
FLOYD	DANIEL	00:20:58	00:21:03	5	99
HOUGHTON	BOB	00:27:21	00:27:02	-19	98
McFADYEN	CRAIG	00:23:44	00:23:15	-29	97
EVANS	RHANNON	00:23:48	00:23:04	-44	96
PARKER	NICHOLAS	00:20:59	00:20:10	-49	95
FENNON	EMMA	00:24:05	00:23:12	-53	94
WOLFE	JON	00:18:53	00:17:59	-54	93
STEVENSON	LAURA	00:26:54	00:25:56	-58	92
DOYLE	JOHN	00:17:45	00:16:44	-61	91
PARRY	LISA	00:27:01	00:26:00	-61	91
THOMPSON	CATHERINE	00:24:37	00:23:32	-65	89
SCHEVERN	TIMON	00:18:09	00:16:58	-71	88
COX	CHRIS	00:24:37	00:23:16	-81	87
NEEDHAM	RUTH	00:25:14	00:23:48	-86	86
CARTER	HILARY	00:32:25	00:30:55	-90	85
PINCHES	PHILLIPA	00:27:17	00:25:44	-93	84
SCHWARZENBACH	ANN	00:27:14	00:25:36	-98	83
SANDERS	ANNA	00:25:13	00:22:51	-142	82
SHORTALL	MARTIN	00:22:45	00:20:12	-153	81
VALE	MATTHEW	00:21:32	00:18:59	-153	81
JARVIS	GILL	00:28:07	00:25:25	-162	79
TURRELL	RICHARD	00:27:44	00:24:56	-168	78
PRITCHARD	ALAN	00:24:47	00:21:57	-170	77
TROLLOPE	JAMES	00:19:25	00:15:57	-208	76
HOEY	KEVIN	00:18:38		GUEST	
FRY	JACOB	00:19:59		GUEST	
TURNER	DAN	00:21:29		GUEST	
POWELL	ANNA	00:27:54		GUEST	
WOODWARD	MARK	00:30:56		GUEST	