

5K Times Training Runs

	10 Feb	10 Sept	1 Oct	17 Dec	PB
ALEXANDER Michael			22:09		22:09
ALEXANDER Sara		32:58			32:58
BAILEY Emma		25:57	26:07	24:02	24:02
BAISTOW Scott		19:26	20:25		19:26
BEEBE Tom		21:13			21:13
BELSHAW Lianne		26:02			26:02
BELSHAW Ryan		26:03			26:03
BERESFORD Lucy		26:52	26:26	25:55	25:55
BERRY Andy	19:21		18:35		18:35
BLADES Judith			30:43		30:43
BOOTHMAN Jock	20:34				20:34
BOOTHMAN John	21:27	20:57			20:57
BOSTOCK Linda		24:25	24:16	23:33	23:33
BROWN Carolyn	29:04				29:04
BROWNE Mark		22:49			22:49
BRYAN Stuart	21:01	19:20			19:20
BUGLER Maggie		27:30	27:37		27:30
CARSON Andrew	19:56	17:57		18:04	17:57
CHEW Shaun	17:30				17:30
CHEW Stephen	17:11				17:11
CRAIG James	17:35	16:13		17:30	16:13
DAVIES Alan				22:15	22:15
DRIVER Andrew			19:45		19:45
FRYERS Paul				21:58	21:58
GORMALL Sue		27:30			27:30
HALL Kirsty	22:36				22:36
HALLIDAY Dave			28:32		28:32
HALLIDAY Elliot			28:30		28:30
HIRD Michelle		32:51			32:51
HIRST Jill				42:56	42:56
JACKSON Bob	25:11				25:11
LOWTHER Rachel	26:20	24:22	25:00	23:22	23:22
MASON Tom	23:48				23:48
PARK Abigail				32:08	32:08
PEEL Richard	26:22				26:22
RABY Fiona				22:07	22:07
STARKIE Richard				22:13	22:13
STEAD Helen		30:59		30:00	30:00
STEAD Jimmy		29:07		27:00	27:00
TAYLOR Dan		17:13		17:50	17:13
THISTLETHWAITE Michael	22:14				22:14
TIPLER Sarah		19:41	19:46		19:41
TOON Jez		18:43	18:31		18:31
TREITL Nick	17:45	17:18	17:25		17:18
WALDEN Derek	20:45	19:49	20:17	20:00	19:49
WEIR Rob				17:42	17:42

CRAIG James	17:35	16:13		17:30	16:13
CHEW Stephen	17:11				17:11
TAYLOR Dan		17:13		17:50	17:13
TREITL Nick	17:45	17:18	17:25		17:18
CHEW Shaun	17:30				17:30
WEIR Rob				17:42	17:42
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