



Distance Run

| | | Metres Ran |
|-------------------|-----|------------|
| Matt BROWN | SM | 8305 |
| David WILSON | M50 | 8190 |
| Stephen WILLIAMS | M35 | 7693 |
| Anthony ROBINS | M45 | 7610 |
| Christian RODIGER | SM | 7540 |
| Steve GOODMAN | M35 | 7467 |
| James OZMOND | M45 | 7387 |
| Darren HOLMES | M45 | 7253 |
| Sara GENCO | W35 | 7242 |
| Mark EVERETT | M35 | 7217 |
| Neil BLACKMORE | M40 | 7050 |
| Suzanne JANES | W35 | 6723 |
| Stuart Stone | M55 | 6589 |
| Steve ELSON | M55 | 6370 |
| Chris SPARKES | M50 | 6019 |
| Barry TELLING | M60 | 5939 |
| Kristina VARLEY | SW | 5938 |
| Maria EVERETT | W35 | 5934 |
| Mike TERRY | M65 | 5874 |
| Sharon TAYLOR | W50 | 5649 |
| Steve TEENAN | M55 | 5430 |
| Alexandra STEVENS | W55 | 5310 |
| Kenneth REAGAN | M55 | 5280 |
| AMY FITZPATRICK | | 4842 |
| Amy SPREADBURY | W40 | 4839 |
| Vanessa LEONARD | W60 | 4797 |
| Karen BAKER | W55 | 4667 |
| Mat SHARP | M40 | 4631 |
| Mary CUSENS | W60 | 4570 |

Improvement

| | | Improvement |
|-------------------|-----|-------------|
| Steve ELSON | M55 | 168% |
| Barry TELLING | M60 | 120% |
| Amy SPREADBURY | W40 | 112% |
| Mike TERRY | M65 | 109% |
| Alexandra STEVENS | W55 | 106% |
| James OZMOND | M45 | 106% |
| Sara GENCO | W35 | 104% |
| Stephen WILLIAMS | M35 | 104% |
| Darren HOLMES | M45 | 104% |
| David WILSON | M50 | 103% |
| Kenneth REAGAN | M55 | 103% |
| Suzanne JANES | W35 | 103% |
| Chris SPARKES | M50 | 103% |
| Mary CUSENS | W60 | 102% |
| Matt BROWN | SM | 102% |
| Karen BAKER | W55 | 102% |
| Maria EVERETT | W35 | 102% |
| Anthony ROBINS | M45 | 100% |
| Vanessa LEONARD | W60 | 100% |
| Mark EVERETT | M35 | 100% |
| Kristina VARLEY | SW | 100% |
| Steve TEENAN | M55 | 99% |
| Sharon TAYLOR | W50 | 97% |
| Mat SHARP | M40 | 85% |

AWESOME WORK

SMASH IT NEXT WEEK

