

Winter 5k Series											
Position	Runner	Month 1	Month 2	Month 3	Best time	Most Improved					
1	Ian	21m 18s	- 56s	20m22s	-24s	19m58s	19m58s	-1m20s			
2	Andy Budd	20m 37s	- 20s	20m17s	-2s	20m15s	20m15s	-22s			
3	Greg	21m22s	+ 1m 56s	23m18s			21m22s				
4	Adrian	21m 28s					21m28s				
5	Jo	22m 53s					22m53s				
6	Vincent			23m31s	-16s	23m15s	23m15s	-16s			
7	Sandra	23m 30s	+4m06s	27m36s	-6s	23m24s	23m24s	-6s			
8	Emily D			24m41m	-1m13s	23m28s	23m28s	-1m13s			
9	Marie P	24m 31s	-19s	24m12s	-13s	23m59s	23m59s	-32s			
10	Andrew C	24m05s					24m05s				
11	Paul M	24m 33s	-4s	24m29s			24m29s	-4s			
12	Helen Y	25m 32s	-49s	24m43s	-10s	24m33s	24m33s	-59s			
13	Emma Lee	25m 02s					25m02s				

14	Nicola	26m53s			-27s	26m26s		26m26s	-27s
15	Louise			27m54s	-1m17s	26m37s		26m37s	-1m17s
16	Lorna			27m05s				27m05s	
17	Karen			27m28s				27m28s	
18	Glenn	28m 31s	-39s	27m52s				27m52s	-39s
19	Chris	27m 52s						27m52s	
20	Steve W			28m24s				28m24s	
21	Lyndsay W	30m 02s	-1m29s	28m33s					-1m29s
22	Mark	30m 42s			-2m7s	28m35s		28m35s	-2m7s
23	Laura	31m 47s	-1m13s	30m34s	-1m48s	28m46s		28m46s	-3m1s
24	Fran Harry					29m26s 29m26s		29m26s 29m26s	
25	Carolyn	33m 13s	-1m40s	31m33s	-1m16s	30m17s		30m17s	-2m56s
26	Lisa	31m 25s	-39s	30m46s				30m46s	-39s
27	Austen	30m 46s						30m46s	
28	Helen M	31m 25s						31m25s	
29	Amanda	33m 13s	-1m42s	31m31s				31m31s	-1m42s

30	Teresa	32m 09s	+3s	32m 12s				32m09s	
31	Teresa's Daughter	32m 09s						32m09s	
32	Caroline			32m47s		32m21s		32m21s	-26s
33	Emma W	32m41s	-4s	32m37s				32m37s	-4s
34	Sue	32m41s						32m41s	