

name	old PB	new PB	improvement
Ash, Noel	08:41:03	07:26:36	01:14:27
Brown, Terry	09:41:56	08:32:03	01:09:53
Oldam, Darrin	09:53:38	08:45:43	01:07:55
Whittaker, Kevin	10:29:43	09:22:12	01:07:31
Farquhar, Dale	09:39:40	08:35:45	01:03:55
Ievers, Julie	10:10:52	09:18:23	00:52:29
Dooley, Anne	09:39:59	08:50:46	00:49:13
Farquhar, Jayne	09:39:43	08:50:46	00:48:57
Gorry, Darren	09:06:41	08:20:31	00:46:10
Moore, Kevin	09:49:29	09:04:17	00:45:12
Kneen, Hannah	10:09:58	09:27:53	00:42:05
Peach, David	09:03:03	08:23:14	00:39:49
Reid, Jim	09:38:15	09:00:53	00:37:22
Briggs, Simon	08:01:44	07:25:47	00:35:57
Quayle, Stephanie	08:30:41	07:56:18	00:34:23
Kelly, Brian	08:07:02	07:35:13	00:31:49
Hollings, Louise	09:48:38	09:18:23	00:30:15
Denton, Mark	09:38:56	09:09:44	00:29:12
Miah, Zahed	09:27:43	08:58:34	00:29:09
Boyle, Denis	09:52:38	09:29:53	00:22:45
Rober, Gustav	09:47:27	09:24:44	00:22:43
Kiefer, Julia	09:00:02	08:37:20	00:22:42
Greenwood, Graham	09:52:39	09:29:59	00:22:40
Walter, Ed	08:47:21	08:25:40	00:21:41
McCarrick, Sharon	10:29:16	10:09:31	00:19:45
Readshaw, Mike	07:16:55	06:57:24	00:19:31
Melvin, June	09:06:08	08:46:53	00:19:15
Killip, Adam	08:10:06	07:50:57	00:19:09
Bonney, Michael	07:48:11	07:29:55	00:18:16
Clague, Pauline	09:53:11	09:34:57	00:18:14
Dixon, Andrew	09:03:05	08:45:16	00:17:49
Bannan, Mark	08:38:30	08:20:50	00:17:40
Readshaw, Mike	07:14:15	06:57:24	00:16:51
Harvey, Stephen	07:31:29	07:14:47	00:16:42
Gardner, Chaz	08:40:04	08:23:31	00:16:33
Moffatt, Maureen	08:00:30	07:44:27	00:16:03
Green, Keith	08:33:43	08:17:53	00:15:50
Watterson, John	08:59:00	08:44:04	00:14:56
Blenkinsop, Craig	08:39:44	08:25:48	00:13:56
Feeney, Frank	08:46:49	08:33:29	00:13:20
Wild, Jonathan	07:35:53	07:22:43	00:13:10
Kenna, Haydn	10:15:35	10:04:53	00:10:42
Walker, David	07:27:40	07:18:36	00:09:04
Dobinson, David	09:02:46	08:54:28	00:08:18
Erskine, Gordon	09:28:12	09:20:08	00:08:04
Storry, Mark	08:49:54	08:42:49	00:07:05
Arzt, Tony	09:08:06	09:02:38	00:05:28
Gibson, Helen	08:39:23	08:35:03	00:04:20
Corlett, Adie	09:28:41	09:24:58	00:03:43
Dobbie, Leila	08:29:59	08:26:34	00:03:25
Cunningham, Gillian	08:18:24	08:15:57	00:02:27

NB. Whilst every effort is made to identify people who have improved their Personal Best time, if names have been changed or shortened (i.e. David to Dave) we may not spot them.