	Dates 2009	25-Jan	01-Mar	05-Apr	05-Jul	02-Aug	27-Sep	15-Nov
		(5k)	(10k)	(5k)	(5m)	(7m)	(5m)	(10m)
First Name	**Surname**							
Alan	Bushell	21.55	44.14		35.25			1.12.10
Becky	Durrant	27.55	59.22	27.20	49.09		51.21	
Ben	Letzer	20.44	46.42		35.41		34.42	1.11.15
Darren	Howard		49.17	23.38				
Daphne	Hathaway					71.54		
Dave	Simpson						41.26	
Dawn	Crane	27.22	58.21		42.38			
Dean	Blake	20.05		20.16		50.40		
Dee	Neal	29.52	60.09	28.27		66.18		1.53.40
Emma	Blake						50.07	
Fiona	Baldwin							
Freddie	Jones			30.58				
Gavin	Lee	29.45	63.28	26.18	44.15			1.36.33
Gavin	McKee							
Graham	Barnes	23.11	47.16	22.09	43.03	54.58	41.05	
Howard	Burton	22.27		21.02				1.15.24
Janet	Neale		53.36			59.05	49.40	DNF
Jackie	Bye				42.40	58.55		1.25.30
Jeremy	Lawrence				40.36	55.10		1.20.02
Jillie	Cole			27.59	47.04			
Joanne	West	25.15	52.17	24.51	44.28			1.30.59
John	Sharpe							
Jon	Queripel	21.17						
Jonathan	Edwards					61.17		
Kathy	Bagnell							1.50.16
Ken	Bowman	21.47	44.40	21.03		52.30	38.01	
Margaret	Sharpe							
Martin	Bagnell		53.45	24.32	39.30		38.00	1.19.10
Mary	Hopkins				41.54	58.11		1.25.02
Mel	Porter			22.15	35.10	51.08	36.03	1.13.14
Michael	King	23.07	45.22	21.35	36.41			
Paul	Groves	21.49		21.34				1.25.15
Peter	Kean-Cockburn			26.55				
Peter	Cobb				38.55			
Peter	Laddiman			21.37				
Richard	Collyer	26.53	54.01	22.36	39.37			1.16.35
Rod	Bye					53.59		
Shirley	Wilcock	DNF		31.13	50.45	69.38		1.53.41
Stewart	Marden	24.01						
Steve	Cole		59.35		45.56	66.43		
Steve	Walpole		45.13					
Steve	Niblett					49.16	34.53	1.11.02