

GALA HARRIERS 5K TIME TRIAL AND RACE PREDICTION CHART

Black Path, Winston Road, Netherdale, Low Road, Asda

	01/11/2004	27/12/2004	21/03/2005	23/01/2006	23/10/2006	28/11/2006	15/01/2008	02/01/2008	08/09/2009	14/09/2009	5K Time	5k/mile	10K Time	10K/mile
Linda			30.21								30.21	9.43	62.12	9.57
Susan H.	27.43	29.06	27.36	27.12						29.35	29.30	9.26	60.30	9.41
Tina			26.14	27.08	28.09					29.30	29.30	9.26	60.30	9.41
Ann L		28.21	27.47	27.49	26.27			27.50		28.28	28.15	9.02	58.00	9.17
Anne P			27.47		27.43					27.45	27.43	8.52	56.56	9.07
Caroline D										27.32	27.32	8.49	56.34	9.03
Rosi	26.27	27.37			27.22			27.23			27.23	8.46	56.16	9.00
Gillian Sandy										27.18	27.18	8.44	56.06	8.59
Vicky										27.05	27.05	8.40	55.40	8.54
Lisa Hogg										26.49	26.49	8.35	55.08	8.49
Gerry								26.43			26.43	8.33	54.56	8.47
Karen R.	24.39		23.24			26.41		26.55		24.48	26.30	8.29	54.30	8.43
Jane Rob										26.18	26.18	8.25	54.06	8.39
Caroline M					26.16						26.16	8.24	54.02	8.39
Sheila King			27.26	26.19				25.50		26.31	26.15	8.24	54.00	8.38
Pauline	25.27		24.53		25.2			23.39		25.36	25.30	8.10	52.30	8.24
Anne W.					24.13			25.54		24.36	24.36	7.52	50.42	8.07
Fiona Morris										24.36	24.36	7.52	50.42	8.07
Jane								24.22			24.22	7.48	50.14	8.02
Sheila McNab					24.06			25.03		24.14	24.14	7.45	49.58	7.60
Nicola P										23.22	23.22	7.29	48.14	7.43
Jackie Law									23.03		23.03	7.23	47.36	7.37
Alan Murray														
Fiona S.				26.22	24.01			23.14		23.03	23.03	7.23	47.36	7.37
Angela				22.49	22.44			22.54		22.53	22.53	7.19	47.16	7.34
John P.					20.38						22.44	7.16	46.58	7.31
Ruth					22.21					22.57	22.30	7.12	46.30	7.26
Karen H.				22.08							22.21	7.09	46.12	7.24
Gina								26.33			22.08	7.05	45.46	7.19
Fiona Forrest										22.01	22.01	7.03	45.32	7.17
Leanne				21.28						21.38	21.38	6.55	44.46	7.10
Derrick B.					21.23		19.17				21.28	6.52	44.26	7.07
Paul		21.22									21.23	6.51	44.16	7.05
Fiona D.	20.23		20.34	20.21	20.35						21.22	6.50	44.14	7.05
Margo				22.15	22.55		21.51		21.37	21.30	21.15	6.48	44.00	7.02
Eileen		21.52	21.12	21.57	21.29			21.18		21.13	21.13	6.47	43.56	7.02
Tommy		21.11	20.22	21.54							21.12	6.47	43.54	7.01
Gerry Moss											21.11	6.47	43.52	7.01
Gillian					21.01					21.08	21.08	6.46	43.46	7.00
Will								20.59			21.01	6.44	43.32	6.58
David H.	20.35	20.31		21.00		20.20					20.59	6.43	43.28	6.57
Tish	19.01			19.21	20.22	20.16					20.20	6.30	42.10	6.45
Billy							20.09				20.14	6.28	41.58	6.43
Tony		18.46		18.47	19.38			19.39	20.14		20.09	6.27	41.48	6.41
Graham J.	20.02	24.14	19.59		20.11						20.00	6.24	41.30	6.38
Graeme C.			19.59		20.21						19.59	6.24	41.28	6.38
Graeme P.				19.57	20.08						19.59	6.24	41.28	6.38
Paul Daly											19.57	6.23	41.24	6.37
Billy McCull										19.53	19.53	6.22	41.16	6.36
Robert				19.33					20.14	19.48	19.48	6.20	41.06	6.35
Scot Forsyth											19.33	6.15	40.36	6.30
Rachel						19.12	19.30	19.52			19.32	6.15	40.34	6.29
Gregor					22.01				19.28		19.30	6.14	40.30	6.29
Magnus										19.28	19.28	6.14	40.26	6.28
Robin	19.24	19.19	20.18	19.44					19.24		19.24	6.12	40.18	6.27
Martin	18.54			19.18		19.36	19.42		19.17		19.24	6.12	40.18	6.27
Steven	19.09	20.11	19.14	19.16							19.17	6.10	40.04	6.25
Davey D.	19.08		19.49	20.29							19.09	6.08	39.48	6.22
Dave N.				20.07							19.08	6.07	39.46	6.22
Neil R.	18.23	20.39		18.55		19.57			18.43		19.00	6.05	39.30	6.19
Rob	18.31		18.05	18.50			18.52	19.09			18.55	6.03	39.20	6.18
Katie		20.27	20.02	21.02	20.07			18.47			18.50	6.02	39.10	6.16
Derek F.			18.44								18.47	6.01	39.04	6.15
Fergus		18.31	19.38								18.44	5.60	38.58	6.14
John B.	17.29										18.31	5.56	38.32	6.10
Graeme M.	19.24	18.51		18.13	17.43						17.29	5.36	36.28	5.50
										16.55	16.55	5.25	35.20	5.39