

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 | 5K Time | 5k/mile | 10K Time | 10K/mile |
|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|---------|---------|----------|----------|
| Linda | | | 30.21 | | | | | | | 30.21 | 9.43 | 62.12 | 9.57 |
| Anne P | | | 27.47 | | 27.43 | | | | | 27.43 | 8.52 | 56.56 | 9.07 |
| Ann L | | 28.21 | 27.47 | 27.49 | 26.27 | | | 27.50 | | 27.40 | 8.51 | 56.50 | 9.06 |
| Rosi | 26.27 | 27.37 | | | 27.22 | | | 27.23 | | 27.23 | 8.46 | 56.16 | 9.00 |
| Susan H. | 27.43 | 29.06 | 27.36 | 27.12 | | | | | | 27.12 | 8.42 | 55.54 | 8.57 |
| Gerry | | | | | | | | 26.43 | | 26.43 | 8.33 | 54.56 | 8.47 |
| Gina | | | | | | | | 26.33 | | 26.33 | 8.30 | 54.36 | 8.44 |
| Karen R. | 24.39 | | 23.24 | | | 26.41 | | 26.55 | | 26.30 | 8.29 | 54.30 | 8.43 |
| Caroline | | | | | 26.16 | | | | | 26.16 | 8.24 | 54.02 | 8.39 |
| Tina | | | 26.14 | 27.08 | 28.09 | | | | | 26.14 | 8.24 | 53.58 | 8.38 |
| Anne W. | | | | | 24.13 | | | 25.54 | | 25.54 | 8.17 | 53.18 | 8.32 |
| Sheila King | | | 27.26 | 26.19 | | | | 25.50 | | 25.50 | 8.16 | 53.10 | 8.30 |
| Sheila McNab | | | | | 24.06 | | | 25.03 | | 25.00 | 8.00 | 51.30 | 8.14 |
| Jane | | | | | | | | 24.22 | | 24.22 | 7.48 | 50.14 | 8.02 |
| Pauline | 25.27 | | 24.53 | | 25.2 | | | 23.39 | | 23.39 | 7.34 | 48.48 | 7.48 |
| Fiona S. | | | | 26.22 | 24.01 | | | 23.14 | | 23.14 | 7.26 | 47.58 | 7.40 |
| Jackie Law | | | | | | | | | 23.03 | 23.03 | 7.23 | 47.36 | 7.37 |
| Angela | | | | 22.49 | 22.44 | | | 22.54 | | 22.44 | 7.16 | 46.58 | 7.31 |
| Ruth | | | | | 22.21 | | | | | 22.21 | 7.09 | 46.12 | 7.24 |
| Karen H. | | | | 22.08 | | | | | | 22.08 | 7.05 | 45.46 | 7.19 |
| Margo | | | | 22.15 | 22.55 | | 21.51 | | 21.37 | 21.37 | 6.55 | 44.44 | 7.09 |
| Leanne | | | | 21.28 | | | | | | 21.28 | 6.52 | 44.26 | 7.07 |
| Derrick B. | | | | | 21.23 | | 19.17 | | | 21.23 | 6.51 | 44.16 | 7.05 |
| Paul | | 21.22 | | | | | | | | 21.22 | 6.50 | 44.14 | 7.05 |
| Eileen | | 21.52 | 21.12 | 21.57 | 21.29 | | | 21.18 | | 21.12 | 6.47 | 43.54 | 7.01 |
| Tommy | | 21.11 | 20.22 | | 21.54 | | | | | 21.11 | 6.47 | 43.52 | 7.01 |
| Gillian | | | | | 21.01 | | | | | 21.01 | 6.44 | 43.32 | 6.98 |
| Will | | | | | | | | 20.59 | | 20.59 | 6.43 | 43.28 | 6.97 |
| John P. | | | | | 20.38 | | | | | 20.38 | 6.36 | 42.46 | 6.91 |
| Fiona D. | 20.23 | | 20.34 | 20.21 | 20.35 | | | | | 20.21 | 6.31 | 42.12 | 6.85 |
| David H. | 20.35 | 20.31 | | 21.00 | | 20.20 | | | | 20.20 | 6.30 | 42.10 | 6.85 |
| Tish | 19.01 | | | 19.21 | 20.22 | 20.16 | | | | 20.14 | 6.28 | 41.58 | 6.83 |
| Billy MCCull | | | | | | | | | 20.14 | 20.14 | 6.28 | 41.58 | 6.83 |
| Billy | | | | | | | 20.09 | | | 20.09 | 6.27 | 41.48 | 6.81 |
| Tony | | 18.46 | | 18.47 | 19.38 | | | 19.39 | 20.14 | 20.00 | 6.24 | 41.30 | 6.78 |
| Graham J. | 20.02 | 24.14 | 19.59 | | 20.11 | | | | | 19.59 | 6.24 | 41.28 | 6.78 |
| Graeme C. | | | 19.59 | | 20.21 | | | | | 19.59 | 6.24 | 41.28 | 6.78 |
| Graeme P. | | | | 19.57 | 20.08 | | | | | 19.57 | 6.23 | 41.24 | 6.77 |
| Robert | | | | 19.33 | | | | | | 19.33 | 6.15 | 40.36 | 6.70 |
| Rachel | | | | | 19.12 | 19.30 | 19.52 | | | 19.30 | 6.14 | 40.30 | 6.69 |
| Gregor | | | | | 22.01 | | | 19.28 | | 19.28 | 6.14 | 40.26 | 6.68 |
| Magnus | | | | | | | | | 19.24 | 19.24 | 6.12 | 40.18 | 6.67 |
| Robin | 19.24 | 19.19 | 20.18 | 19.44 | | | | | | 19.24 | 6.12 | 40.18 | 6.67 |
| Martin | 18.54 | | | 19.18 | | 19.36 | 19.42 | | 19.17 | 19.17 | 6.10 | 40.04 | 6.25 |
| Steven | 19.09 | 20.11 | 19.14 | 19.16 | | | | | | 19.09 | 6.08 | 39.48 | 6.22 |
| Davey D. | 19.08 | | 19.49 | 20.29 | | | | | | 19.08 | 6.07 | 39.46 | 6.22 |
| Dave N. | | | | 20.07 | | | | | | 19.00 | 6.05 | 39.30 | 6.19 |
| Neil R. | 18.23 | 20.39 | | 18.55 | | 19.57 | | | | 18.55 | 6.03 | 39.20 | 6.18 |
| Rob | 18.31 | | 18.05 | 18.50 | | 18.22 | 18.52 | 19.09 | | 18.50 | 6.02 | 39.10 | 6.16 |
| Katie | | 20.27 | 20.02 | 21.02 | 20.07 | | | 18.47 | | 18.47 | 6.01 | 39.04 | 6.15 |
| Derek F. | | | 18.44 | | | | | | | 18.44 | 5.60 | 38.58 | 6.14 |
| Fergus | | | 18.31 | 19.38 | | | | | | 18.31 | 5.56 | 38.32 | 6.10 |
| Graeme M. | 19.24 | 18.51 | | 18.13 | 17.43 | | | | | 17.43 | 5.40 | 36.56 | 5.55 |
| John B. | 17.29 | | | | | | | | | 17.29 | 5.36 | 36.28 | 5.50 |