Wed Night Club Run		4-May-11			11-May-11					18-May-11					25-May-11			
Name		Distance	Actual time	Speed in Km/h	Distance	Actual time	Speed in Km/h	Improvement to previous week in %	Biggest improver in speed!	Distance	Actual time	Speed in Km/h	Improvement to previous	Biggest improver in speed!	Distance	Actual time	Speed in Km/h	Improvement to previous
Akmentins	Melissa									10	54:41	10.97						
Ball	Martin														5	23:10	12.95	
Ball	Rosie	3	19:20	9.31	3	19:30	9.23	-0.85							5	31:25	9.55	
Bell	Christine				3	18:35	9.69			3	17:55	10.05	3.7209		3	17:45	10.14	0.939
Besgrove	Paula	5	23:25	12.81	5	23:59	12.51	-2.36		5	23:05	13.00	3.8989		5	23:15	12.90	-0.7168
Bradt	Nick				5	23:00	13.04											
Brown	Suzie				3	18:33	9.70								3	16:25	10.96	
Bryant	Alex	3	26:24	6.82						3	25:35	7.04			3	19:14	9.36	33.016
Bryant	Amanda	3	19:05	9.43	3	18:47	9.58	1.60		3	17:55	10.05	4.8372		3	17:45	10.14	0.939
Bryant	Gary	8	33:33	14.31	8	32:55	14.58	1.92		8	32:42	14.68	0.6626		8	33:53	14.17	-3.4924
Bryant	Josh														3	23:44	7.58	
Bryant	Nikita	3	15:19	11.75	3	14:54	12.08	2.80		3	14:56	12.05	-0.2232		3	14:45	12.20	1.2429
Buckley	Sandra	3	21:26	8.40														
Bunt	Debra																	
Bunt	Jackson				5	25:29	11.77											
Bunt	Jeff				5	24:48	12.10											
Cavill	Jim				5	27:00	11.11								5	30:00	10.00	
Collins	Andrea				3	14:40	12.27								3	13:55	12.93	
Colman	Kylie	5	34:16	8.75	5	31:46	9.44	7.87							5	31:25	9.55	
Congdon	Brad	12								10	45:43	13.12						
Cordingley	Louisa														10	44:00	13.64	
Courtney	Alan				3	14:21	12.54			3	13:43	13.12	4.6173		3	13:15	13.58	3.522
Courtney	Amelise									3								
Courtney	Eamon									3								
Courtney	Ronan				5	26:00	11.54			5	24:34	12.21	5.8345	Winner	3	17:58	10.02	-17.959

Cunningham	Steven	5	21:00	14.29														
de Kievith	Marcel	5	24:10	12.41														
de Kievith	Moniek	5	26:40	11.25														
de Kievith	Trees	5	27:00	11.11														
Dobson	John														10	45:08	13.29	
Dowd	Suzy	3	23:05	7.80														
Elkington	Mary Anne									5	21:20	14.06						
Elmer	Don	3	12:30	14.40	3	12:30	14.40	0.00		3	12:00	15.00	4.1667		3	12:15	14.69	-2.0408
Farkas	Michelle				5	30:00	10.00											
Fearon	Aislinn									3	14:55	12.07			3	18:35	9.69	-19.731
Fearon	Bridget									3	25:00	7.20			3	22:20	8.06	11.94
Fearon	Imogen									3	20:00	9.00						
Fearon	Keith	8	36:12	13.26						8	36:03	13.31			10	45:30	13.19	-0.9615
Fearon	Lorien	3	16:02	11.23						3	14:57	12.04			3	18:35	9.69	-19.552
Fearon	Niamh									3					3	14:00	12.86	
Fearon	Rod									8	35:00	13.71						
Fearon	Siobhan									3	25:00	7.20			3	22:20	8.06	11.94
Francis	Steven	5	23:00	13.04						5	23:00	13.04						
Griffiths	Sarah	5	31:00	9.68														
Groen	Gus														3	17:00	10.59	
Guerini	Corey				3	17:00	10.59											
Guerini	Kelsi				3	19:00	9.47											
Guerini	Stephen				3	19:00	9.47											
Guerini	Susan				3	16:17	11.05											
Harris	Craig				3	14:15	12.63			3	24:24	7.38	-41.598		5	23:20	12.86	74.286
Harris	Rex				5	26:00	11.54			5	25:00	12.00	4					
Harrison	Deb	6	37:34	9.58														
Hartley	T.A.									5	24:22	12.31						
Jakubovsky	Taras				5	19:00	15.79											
Kaminski	Sarah				3	25:06	7.17											
Kiefer	Marco									5	27:30	10.91						
Lawson	Lorraine				5	28:31	10.52								5	30:00	10.00	
Loder	Daniel				3	12:30	14.40											
Martin	Flynn	3	15:03	11.96														
Martin	Michael	3	13:30	13.33														
Matthews	Philip	5	20:39	14.53														
Matykiewicz	Chelsey				3	19:00	9.47											
Mitchell	Tania	5	29:00	10.34														
Moody	Kelly	5	34:51	8.61	5	32:48	9.15	6.25										
Moore	Nathan	10	56:30	10.62	8	25:27	18.86	77.60	Winner	8	48:00	10.00	-46.979		8	44:00	10.91	9.0909
O'Connor	Sam				5	27:15	11.01											
Paris	Gordon	3	19:05	9.43	3	17:40	10.19	8.02										

Pasion	Leland									5								
Pinchen	Andrew														10	48:05	12.48	
Ratcliffe	Chrissy				5	28:04	10.69			5	28:20	10.59	-0.9412					
Ratcliffe	Scott																	
Robonson	Robbo	5	19:48	15.15														
Shepley	Rachelle	3																
Smith	Alison	5	24:45	12.12	5	24:40	12.16	0.34										
Smith	Gareth	5	25:00	12.00														
Tucker	Rebecca	5	26:45	11.21	3	14:57	12.04	7.36										
Valentine	Ian	6	28:57	12.44						5	23:45	12.63						
Vaughan	Ceiridwen	3	20:23	8.83	3	19:53	9.05	2.51		3	21:03	8.55	-5.5424		3	22:33	7.98	-6.6519
Vaughan	Gwilym	3	16:00	11.25	3	20:35	8.74	-22.27							3	25:00	7.20	
Vaughan	John	5	26:45	11.21	3	15:00	12.00	7.00							5	26:00	11.54	
Vaughan	Llewellyn																	
Walmsley	Nathan									10	43:54	13.67						
Watson	Alice	3	20:23	8.83	3	20:32	8.77	-0.73										
Wilkins	Nicola				3	18:47	9.58								3	18:39	9.65	
Willett	Ange									5	25:58	11.55			5	28:00	10.71	-7.2619
Leland	Pasion									5	27:58	10.73						