

PROGRESSION RUN

Half marathon pace, 10k pace, 5k pace

First Name	Last Name	5k	5k Pace	10k	10k Pace	Half	Half Pace
Abby	Oey	20:57	4:11	43:31	4:21	1:37:00	4:36
Andrew	Capel	20:38	4:08	42:51	4:17	1:35:32	4:32
Anna	Scarath	22:43	4:33	47:11	4:43	1:45:10	4:59
Aurelie	Desjardins	24:06	4:49	50:03	5:00	1:51:35	5:17
Bronwen	Wills	31:48	6:22	1:06:03	6:36	2:27:14	6:59
Cameron	Smithson	22:53	4:35	47:32	4:45	1:45:57	5:01
Cerise	McCormick	24:43	4:57	51:20	5:08	1:54:26	5:25
Chloe	Griveaud	25:40	5:08	53:19	5:20	1:58:50	5:38
Chris	Maffey	21:44	4:21	45:08	4:31	1:40:38	4:46
Chris	Lawrence	20:06	4:01	41:44	4:10	1:33:04	4:25
Cynthia	Davis	28:23	5:41	58:57	5:54	2:11:25	6:14
Dave	Nunez	20:57	4:11	43:31	4:21	1:37:00	4:36
Esther	Bowe	24:46	4:57	51:26	5:09	1:54:40	5:26
Ewan	Morris	21:22	4:16	44:22	4:26	1:38:56	4:41
Gah	Chan	24:13	4:51	50:18	5:02	1:52:07	5:19
Gareth	Evans	25:33	5:07	53:04	5:18	1:58:18	5:36
Gareth	Hodges	22:32	4:30	46:48	4:41	1:44:19	4:57
Greta	Hollies	27:27	5:29	57:01	5:42	2:07:05	6:01
Hilary	Fowler	27:24	5:29	56:54	5:41	2:06:51	6:01
Jacqueline	Kemp	26:04	5:13	54:08	5:25	2:00:42	5:43
Janelle	Nicholas	27:27	5:29	57:01	5:42	2:07:05	6:01
Jared	Schulz	25:02	5:00	51:59	5:12	1:55:54	5:30
Jemma	Logan	27:10	5:26	56:25	5:39	2:05:47	5:58
Jim	Waite	21:09	4:14	43:56	4:24	1:37:56	4:38
Josh	Helm	19:46	3:57	41:03	4:06	1:31:31	4:20
Julia	Wong	24:41	4:56	51:16	5:08	1:54:17	5:25
Julie	Moon	26:39	5:20	55:21	5:32	2:03:24	5:51
Katharine	Morgan	29:03	5:49	1:00:20	6:02	2:14:30	6:22
Kathy	Voss	28:29	5:42	59:09	5:55	2:11:52	6:15
Luke	Watson	22:19	4:28	46:21	4:38	1:43:19	4:54
Margaret	Reid	30:15	6:03	1:02:50	6:17	2:20:03	6:38
Marie	Curtis	29:22	5:52	1:00:59	6:06	2:15:58	6:27
Martin	Searle	18:35	3:43	38:36	3:52	1:26:02	4:05
Mathilde	Lepoutre	26:08	5:14	54:17	5:26	2:01:00	5:44
Matthew	Pickering	22:36	4:31	46:56	4:42	1:44:38	4:58
Matthieu	Moreaux	21:00	4:12	43:37	4:22	1:37:14	4:36
Michael	Jenkinson	24:50	4:58	51:34	5:09	1:54:59	5:27
Michelle	Hearne	24:33	4:55	50:59	5:06	1:53:40	5:23
Nicole	Archer	22:24	4:29	46:31	4:39	1:43:42	4:55
Pauline	Fleitz	27:10	5:26	56:25	5:39	2:05:47	5:58
Rebecca	Cox	31:41	6:20	1:05:48	6:35	2:26:42	6:57
Rob	Borland	18:34	3:43	38:33	3:51	1:25:58	4:04
Robert	Dimond	19:21	3:52	40:11	4:01	1:29:35	4:15
Sarah	Henriksen	31:51	6:22	1:06:09	6:37	2:27:28	6:59
Sarah	Sinclair	23:08	4:38	48:03	4:48	1:47:06	5:05
Sharon	Lee	25:54	5:11	53:48	5:23	1:59:55	5:41
Sophie	Ball	25:07	5:01	52:10	5:13	1:56:17	5:31
Sophie	Burridge	31:02	6:12	1:04:27	6:27	2:23:41	6:49
Stephanie	Boyle	27:14	5:27	56:33	5:39	2:06:05	5:59
Steve	Merchant	25:58	5:12	53:56	5:24	2:00:14	5:42
Sue	Meltzer	25:51	5:10	53:41	5:22	1:59:41	5:40
Susie	Hyatt	25:34	5:07	53:06	5:19	1:58:23	5:37
Suzanne	Jeffels	26:16	5:15	54:33	5:27	2:01:37	5:46
Troy	Taylor	25:09	5:02	52:14	5:13	1:56:27	5:31
Yano	Adhitya	27:05	5:25	56:15	5:37	2:05:24	5:57
Yuriy	Halytskyy	19:32	3:54	40:34	4:03	1:30:26	4:17
First Name	Last Name	5k	5k Pace	10k	10k Pace	Half	Half Pace