

| First Name | Last Name | 5k TT 8-9Mar17 | 1-Mile | 3k | 5k | 10k | Half | Full | Lactate Threshold | VO2Max | Rep Pace 400m | Rep Pace 200m | Easy Pace Max | Easy Pace Min | First Name | Last Name |
|------------|------------|----------------|--------|-------|-------|-------|---------|---------|-------------------|--------|---------------|---------------|---------------|---------------|------------|------------|
| Adrian | Thompson | 13:19 | 6:44 | 13:19 | 23:23 | 48:34 | 1:48:16 | 3:47:51 | 4:56 | 4:15 | 1:33 | 0:46 | 5:23 | 6:11 | Adrian | Thompson |
| Alastair | Henshaw | 15:05 | 7:38 | 15:05 | 26:29 | 55:00 | 2:02:37 | 4:18:03 | 5:31 | 4:45 | 1:44 | 0:52 | 6:03 | 6:49 | Alastair | Henshaw |
| Amy | Tredger | 20:05 | 10:10 | 20:05 | 35:16 | 13:15 | 2:43:17 | 5:43:38 | 7:16 | 6:10 | 2:13 | 1:07 | 7:55 | 8:34 | Amy | Tredger |
| Amy | Sparks | 13:56 | 7:03 | 13:56 | 24:28 | 50:49 | 1:53:17 | 3:58:24 | 5:08 | 4:26 | 1:37 | 0:48 | 5:37 | 6:25 | Amy | Sparks |
| Angela | Prestidge | 15:05 | 7:38 | 15:05 | 26:29 | 55:00 | 2:02:37 | 4:18:03 | 5:31 | 4:45 | 1:44 | 0:52 | 6:03 | 6:49 | Angela | Prestidge |
| Anna | Hastie | 17:09 | 8:41 | 17:09 | 30:07 | 2:33 | 2:19:26 | 4:53:27 | 6:14 | 5:21 | 1:56 | 0:58 | 6:49 | 7:33 | Anna | Hastie |
| Annie | Van Herck | 15:11 | 7:41 | 15:11 | 26:40 | 55:23 | 2:03:28 | 4:19:50 | 5:33 | 4:47 | 1:45 | 0:52 | 6:05 | 6:51 | Annie | Van Herck |
| Belinda | Sheridan | 19:24 | 9:49 | 19:24 | 34:04 | 10:45 | 2:37:44 | 5:31:57 | 7:03 | 5:59 | 2:10 | 1:05 | 7:40 | 8:20 | Belinda | Sheridan |
| Cathy | Finnimore | 14:18 | 7:21 | 14:18 | 25:07 | 52:10 | 1:56:17 | 4:04:44 | 5:15 | 4:32 | 1:39 | 0:50 | 5:45 | 6:33 | Cathy | Finnimore |
| Eoin | Davidson | 15:58 | 8:05 | 15:58 | 28:02 | 58:13 | 2:09:47 | 4:33:09 | 5:47 | 5:00 | 1:50 | 0:55 | 6:22 | 7:09 | Eoin | Davidson |
| Georgina | Wedge | 17:14 | 8:43 | 17:14 | 30:16 | 2:52 | 2:20:08 | 4:54:55 | 6:16 | 5:22 | 1:57 | 0:59 | 6:51 | 7:35 | Georgina | Wedge |
| John | Langham | 10:48 | 5:28 | 10:48 | 18:58 | 39:24 | 1:27:49 | 3:04:49 | 4:04 | 3:31 | 1:17 | 0:38 | 4:30 | 5:15 | John | Langham |
| Jon | Saunders | 13:15 | 6:42 | 13:15 | 23:16 | 48:19 | 1:47:43 | 3:46:43 | 4:55 | 4:14 | 1:33 | 0:46 | 5:22 | 6:10 | Jon | Saunders |
| Julie | Collow | 13:46 | 6:58 | 13:46 | 24:11 | 50:14 | 1:51:58 | 3:55:38 | 5:04 | 4:22 | 1:36 | 0:48 | 5:33 | 6:21 | Julie | Collow |
| Karen | Orr | 14:43 | 7:27 | 14:43 | 25:51 | 53:41 | 1:59:41 | 4:11:53 | 5:24 | 4:39 | 1:42 | 0:51 | 5:55 | 6:42 | Karen | Orr |
| Lara | Robertson | 14:46 | 7:28 | 14:46 | 25:56 | 53:52 | 2:00:04 | 4:12:42 | 5:25 | 4:40 | 1:43 | 0:51 | 5:56 | 6:43 | Lara | Robertson |
| Liz | Gibbs | 17:12 | 8:42 | 17:12 | 30:12 | 2:43 | 2:19:50 | 4:54:16 | 6:15 | 5:22 | 1:57 | 0:58 | 6:50 | 7:34 | Liz | Gibbs |
| Megan | Keenan | 19:24 | 9:49 | 19:24 | 34:04 | 10:45 | 2:37:44 | 5:31:57 | 7:03 | 5:59 | 2:10 | 1:05 | 7:40 | 8:20 | Megan | Keenan |
| Neven | MacEwan | 12:02 | 6:05 | 12:02 | 21:08 | 43:54 | 1:37:51 | 3:25:55 | 4:30 | 3:52 | 1:25 | 0:42 | 4:56 | 5:44 | Neven | MacEwan |
| Pam | Longmire | NT | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | #N/A | Pam | Longmire |
| Rachel | Chrysoulis | 12:59 | 6:34 | 12:59 | 22:48 | 47:21 | 1:45:33 | 3:42:10 | 4:49 | 4:09 | 1:31 | 0:46 | 5:17 | 6:04 | Rachel | Chrysoulis |
| Ruth | Noakes | 14:24 | 7:21 | 14:24 | 25:17 | 52:31 | 1:57:04 | 4:06:21 | 5:17 | 4:33 | 1:40 | 0:50 | 5:47 | 6:35 | Ruth | Noakes |
| Sara | Blake | 14:49 | 7:30 | 14:49 | 26:01 | 54:02 | 2:00:28 | 4:13:31 | 5:26 | 4:41 | 1:43 | 0:52 | 5:57 | 6:44 | Sara | Blake |
| Siobhan | Hillyard | 16:09 | 8:10 | 16:09 | 28:22 | 58:54 | 2:11:20 | 4:36:24 | 5:53 | 5:04 | 1:51 | 0:56 | 6:26 | 7:13 | Siobhan | Hillyard |
| Stephen | Bates | 14:06 | 7:13 | 14:06 | 24:46 | 51:26 | 1:54:40 | 4:01:20 | 5:11 | 4:29 | 1:38 | 0:49 | 5:40 | 6:29 | Stephen | Bates |
| Victoria | Wilks | 17:10 | 8:41 | 17:10 | 30:09 | 2:37 | 2:19:36 | 4:53:47 | 6:15 | 5:21 | 1:57 | 0:58 | 6:50 | 7:34 | Victoria | Wilks |
| First Name | Last Name | 5k TT 8-9Mar17 | 1-Mile | 3k | 5k | 10k | Half | Full | Lactate Threshold | VO2Max | Rep Pace 400m | Rep Pace 200m | Easy Pace Max | Easy Pace Min | First Name | Last Name |