

Name	Lengths	Extra YDS	Total Yards	Total Metres	ST	100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500	1600	1700	Mile	1800	1900	2000	
Derek	82	46	2096	1917	Splits - 5	1.25	2.50	4.13	5.39	7.05	8.32	9.59	11.26	12.53	14.19	15.46	17.11	18.38	20.05	21.32	22.56	24.23	25.06	25.57	27.19	28.46	
Nick	80	15	2015	1843		1.20	2.46	4.19	5.46	7.17	8.46	10.17	11.48	13.18	14.47	16.17	17.45	19.14	20.42	22.12	23.48	25.18	26.01	26.47	28.19	29.5	
Catherine	74	3	1853	1694	Splits - 10	1.33	3.04	4.38	6.15	7.57	9.37	11.13	12.48	14.30	16.07	17.58	19.30	21.07	22.46	24.27	26.01	27.4	28.29	29.18			
Natalie	73	10	1835	1678																							
Steve	73	10	1835	1678																							
David	73	10	1835	1678																							
Phil	68	25	1725	1577																							
Lindsay	64	0	1600	1463		1.43	3.36	5.26	7.17	9.11	11.05	12.55	14.49	16.41	18.39	20.27	22.19	24.19	26.00	28.04	30.00						
Jane	60	20	1520	1390		1.45	3.40	5.40	7.42	9.42	11.44	13.44	15.56	18.00	19.56	21.50	23.48			29.38							
Mandy	58	15	1465	1340	splits - 10	2.01	4.01	6.04	8.09	10.12	12.15	14.18	16.20	18.24	20.29	22.31	24.41		28.58								
Jayne	58	5	1455	1330	Splits - 5	1.55	3.55	5.58	8.04	10.07	12.11	14.14	16.16	18.17	20.26	22.27	24.57	27.56									
Bahir	58	0	1450	1326	Splits - 15	2.07	4.10	6.12	8.16	10.19	12.22	14.25	16.29	18.30	20.35	22.39	24.52		29.04								
Lucy	52	5	1305	1193	Splits - 5	2.02	4.15	6.31	8.50	11.13	13.27	15.40	18.04	20.26	22.24	25.00	27.34										
Caroline	50	32	1282	1172																							
Liz	50	32	1282	1172																							
Lisa	46	48	1198	1095		2.07	4.34	7.06	9.36	12.08	14.44	17.18	19.50	22.28	25.03	27.34											
Kusum	46	11	1161	1062	Splits - 10	2.10	4.32	7.01	9.36	12.01	14.32	17.10	19.41	22.25	25.00	27.34											
Robert	40	26	1026	938		2.31	5.20	8.15	11.16	14.08	17.09	20.15	23.09	26.07	29.19												
Split -5/10/15 = time to be taken off of split times in relation to starting position																											