

Squad Progression Chart

Dave Edwards
10k in around 42 mins
Train for all distances

Steve Clayton / Ian Magill
10k in around 45 mins
Train for all distances

Joseph Chambers / Tony Morris
10k in around 47 mins
Train for all distances

Jane McCarthy
10k in around 49mins
Train for all distances

Paul Armstrong / Jean Butler
10k in around 49mins
Train for all distances

Jamie Stanton / Mandy Cook
5½ - onwards
Train to half marathon &
Some marathon training

Paula Daley / Mandy Cook
5½ - onwards
Train to half marathon &
Some marathon training

Tony Rawlinson
4 - 5½ miles
Train to 10k some half marathon training

Tony Ferry / Pat Daley
2½ - 4 miles
Train to 5k – 10k

Peter Marris / Hughie Carson
Beginners
0 – 3 miles