

## 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 / Lynn Vickers  
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