

Members of the Sprints athletics club have been taking part in an intense training scheme, aimed at reducing their times taken to run 400 m. For a random sample of 9 athletes from the club, the times taken, in seconds, before and after the training scheme are given in the following table.

Athlete	<i>A</i>	<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>H</i>	<i>I</i>
Time before	48.8	48.2	50.3	49.6	49.4	48.9	47.6	50.3	48.4
Time after	47.9	47.8	49.6	49.1	49.6	48.9	47.7	49.1	48.1

The organiser of the training scheme claims that on average an athlete's time will be reduced by at least 0.3 seconds.

Test at the 10% significance level whether the organiser's claim is justified, stating any assumption that you make. [8]