**Cottingham Timed Runs – 2023-2024 Season**

**WALKERS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Walk 1**  **Sept 2023** | **Walk 2**  **Oct 2023** | **Walk 3**  **Nov 2023** | **Walk 4**  **Dec 2023** | **Walk 5**  **Jan 2024** | **Walk 6** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Jo Wilkinson | 39:30 | - | - | - | - |  |
| Erica Opare | 39:31 | - | - | - | - |  |
| Wendy Clayton | 32:37 | - | Ran | - | - |  |
| Laura Gulley | 41:49 | - | - | - | - |  |
| Paula Nicholls | 41:44 | - | - | - | - |  |
| Lisa Adcock | 41:47 | - | 39:54 | - | - |  |
| Wendy Williams | 41:45 | - | - | - | - |  |
| Lynne Fancey | 38:37 | 38.26 | 38:08 | 36:51 | - |  |
| Wendy Hirst | 38:01 | - | 35:28 | - | 35:05 |  |
| Alison Beales | 41:31 | - | 44:25 | - | 43:13 | 43:29 |
| Karen Rudd | 39:24 | 41.18 | 45:41 | 38:51 | 43:13 | 43:29 |
| Lynne Lawson | 38:00 | 41.18 | - | 38:50 | 34:25 | 33:11 |
| Sarah Graves | 41:32 | - | 44:24 | - | 43:15 | - |
| Alison Gray | 38:39 | 38.26 | 38:09 | 36:51 | 35:04 | 33:24 |
| Kerry McDonald | 41:42 | - | - | - | - | - |
| Pat Hay | 41:44 | - | - | - | - | - |
| Lynne Darley | 41:39 | - | - | - | - | - |
| Caroline Arnold | 39:23 | 41.17 | - | - | - | - |
| Lesley Bowser | - | 41.14 | 45:39 | - | - | - |
| Debbie Taylor | - | 41.15 | - | - | - | - |
| Dee Phillips | - | 41.20 | 46:44 | 43:41 | 45:30 | 37:24 |
| Ros Tomlinson | - | 41.21 | 46:45 | 43:42 | 45:29 | - |
| Laura Davison | - | 35.52 | - | - | - | - |
| Zoe Robinson | - | 35.51 | - | - | - | - |
| Elaine Barker | - | - | 39:53 | - | - | - |
| Tracy Heslop | - | - | 35:27 | - | 34:23 | 33:09 |
| Pamela Murphy | - | - | 46:42 | - | 45:31 | - |
| Sarah Pay | - | - | - | - | - | 37:35 |
| Irene Preston | - | - | - | - | - | 37:34 |

**2 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Sept 2023** | **Run 2**  **Oct 2023** | **Run 3**  **Nov 2023** | **Run 4**  **Dec 2023** | **Run 5**  **Jan 2024** | **Run 6**  **Feb 2024** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Carole McMahon | 23:01 | Hol | Paperwork | 24:25 | 23:09 | 23:54 |
| Stacey Hornby | 23:05 | 24.47 | Walk/injured | 3 mile | 22-47 | 3 mile |
| Hana Wake | 22.36 | - | 3 mile | 3 mile | - | - |
| Christine Taylor | 27:38 | - | - | - | 26:38 | - |
| Fi Griffiths | 21:36 | - | - | - | - | - |
| Katie Gilroy-Lee | 20:59 | - | - | 21:21 | 21-31 | - |
| Elizabeth Hunter | - | 24.52 | 24:17 | 22:46 | - | 28:12 |
| Linda Sunman | - | 27.20 | 27:10 | - | - | - |
| Gill Langton | - | 27.23 | 25:46 | - | 27-27 | - |
| Sharon Butler | - | 27.13 | - | - | 26:35 | - |
| Helen Collins | - | 27.11 | - | 1 mile lead | 1 mile lead | 25:29 |
| Kerry Stephenson | - | 27.22 | 24:50 | - | 27-26 | - |
| Julie Roebuck | - | 27.16 | - | - | - | - |
| Wendy Clayton | Walk | - | 27:11 | - | - | - |
| Claire McNamara | - | - | - | - | 26-41 | - |
| Michelle Griffiths | - | - | - | - | 26-38 | - |
| Lisa Hinchliffe | - | - | - | - | 21:30 | - |
| Kay Stark | - | - | - | - | - | 35:29 |

**3 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Sept 2023** | **Run 2**  **Oct 2023** | **Run 3**  **Nov 2023** | **Run 4**  **Dec 2023** | **Run 5**  **Jan 2024** | **Run 6** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Ashleigh Brailey | 26:44 | 27.08 | 25:30 | 27:43 | 26:09 | 26:29 |
| Pete Vojvodic | 23:14 | - | 1 mile | 22:55 | - | - |
| Cassie Kemp | 24:12 | 24.41 | 23:27 | 23:15 | 26:11 | 23:49 |
| Alex Abel | - | 25.39 | - | 28:20 | - | - |
| Mike King | - | 25.41 | - | - | - | - |
| Kim Miller-Shakesby | - | 27.09 | 26:56 | - | - | 28:11 |
| Dave Sunman | - | 25.53 | 24:56 | - | - | - |
| Yvonne Foster | - | 31.21 | 31:54 | - | 31:36 | 31:50 |
| Debbie Garrett | - | 27.31 | - | - | - | - |
| Philippa Houghton | - | - | 29:30 | 28:19 | 32:19 | - |
| Hana Wake | 2 mile | - | 29:27 | 31:49 | 32:19 | 33:48 |
| Ruth Abramson | - | - | 27:07 | - | - | 28:12 |
| Alisdair Hunter | - | 1 mile | 25:24 | - | - | 25:02 |
| Louise Gilpin | - | - | 25:54 | - | 26:48 | - |
| Stacey Hornby | 2 mile | 2 mile | walk | 31:49 | 2 mile | 33:49 |
| Rachel Proctor | - | - | - | - | - | 23:19 |
| Paul Harby | - | - | - | - | - | 37:30 |

Timer – Sept – Jackie & Caroline, October – Jackie & Caroline November – Jackie & Caroline December Jackie& Caroline Jan – Jackie & Caroline Feb – Jackie & Caroline

1 mile – Sept – None Oct – Alisdair November – Pete V December – Helen C Jan – Helen C Feb - None