**Cottingham Timed Runs – 2024-2025 Season**

**WALKERS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Walk 1**  **Oct 2024** | **Walk 2**  **Nov 2024** | **Walk 3**  **Dec 2024** | **Walk 4**  **Jan 2025** | **Walk 5**  **Feb 2025** | **Walk 6**  **March 2025** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Pauline Alden | 36:21 | 39:59 | - | 36:08 |  |  |
| Alison Gray | 36:27 | 36:22 | - | 36:00 |  |  |
| Tracy Heslop | 31:09 | 34:26 | 27:36 | 34:26 |  |  |
| Carole Airey | 36:35 | - | - | 36:05 |  |  |
| Lynne Fancey | 36:24 | 36:21 | - | 36:01 |  |  |
| Margaret Swinson | 35:59 | - | - | 35:11 |  |  |
| Wendy Hirst | 36:00 | - | 36:54 | - |  |  |
| Irene Preston | - | 39:47 | - | 35:10 |  |  |
| Pam Murphy | - | 39:49 | - | - |  |  |
| Keren Schofield | - | 40.01 | - | - |  |  |
| Paul Schofield | - | 40:02 | - | - |  |  |
| Lynne Lawson | - | 34:27 | - | 34:27 |  |  |
| Karen Rudd | - | 40:04 | - | 44:02 |  |  |
| Sarah Graves | - | 40:03 | - | 43:59 |  |  |
| Amanda Hardy | - | 29:57 | - | - |  |  |
| Dee Phillips | - | - | 36:54 | - |  |  |
| Tonya Ward | - | - | - | 36:08 |  |  |
| Alison Beales | - | - | - | 44:19 |  |  |
|  |  |  |  |  |  |  |

**2 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Oct 2024** | **Run 2**  **Nov 2024** | **Run 3**  **Dec 2024** | **Run 4**  **Jan 2025** | **Run 5**  **Feb 2025** | **Run 6**  **March 2025** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Carole McMahon | 27:07 | 25:06 | 27:29 | 27:57 |  |  |
| Pauline Penrose | 27:07 | - | 27:29 | 27:57 |  |  |
| Gill Langton | 29:14 | 30:41 | - | - |  |  |
| Christine Taylor | 25:27 | - | - | - |  |  |
| Kerry Stephenson | 29:13 | - | - | - |  |  |
| Bridget Horner | 25:27 | - | = | - |  |  |
| Caroline Tomlinson | - | 25:49 | - | - |  |  |
| Liz Hunter | - | 21:59 | 22:20 | - |  |  |
| Julie Roebuck | - | 25:43 | - | - |  |  |
| Sharon Butler | - | 25:47 | - | - |  |  |
| Louise Newton | - | 26.51 | - | - |  |  |
| Sarah Mudd | - | 26.52 | - | - |  |  |
| Linda Sunman | - | 27:43 | 29:32 | - |  |  |
| Jessica Morris | - | 23:39 | 21:54 | 3 miles |  |  |
| Jackie Hessey | 3 mile | 27:44 | 29:32 | 1 milers |  |  |
| Helen Collins | - | 27:39 | - | - |  |  |
| Lucy Abel | - | - | 22:44 | 23:52 |  |  |

**3 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Oct 2024** | **Run 2**  **Nov 2024** | **Run 3**  **Dec 2024** | **Run 4**  **Jan 2025** | **Run 5**  **Feb 2025** | **Run 6**  **March 2025** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Ashleigh Brailey | 26:28 | 26.33 | 25:54 | 27:25 |  |  |
| Charlie Watson | 23:49 | - | - | - |  |  |
| Stacey Hornby | 31:03 | - | 32:18 | 31:43 |  |  |
| Nicola Spencer | 34:32 | - | - | 32.41 |  |  |
| Vanessa Chu | 29:11 | 29.55 | - | - |  |  |
| Yvonne Foster | 32:45 | - | 33:24 | - |  |  |
| Claire Ball | 29:10 | 27:45 | - | - |  |  |
| Alex Abel | 25:15 | 24:41 | - | - |  |  |
| Jackie Hessey | 35:10 | 2 mile | - | - |  |  |
| Alasdair Hunter | - | 24:43 | 24:22 | - |  |  |
| Barry Cracknell | - | 23:18 | - | - |  |  |
| Kim Miller-Shakesby | - | 26:17 | - | 27:01 |  |  |
| Aimee Carver | - | 29:32 | - | 31:31 |  |  |
| Lucy Mell | - | 29:35 | - | 31:32 |  |  |
| Dave Sunman | - | 26:13 | 25:02 | - |  |  |
| Rachel Proctor | - | - | 25:52 | 24:28 |  |  |
| Pete V | - | - | 22:07 | 24:33 |  |  |
| Lee Gray | - | - | N/T | - |  |  |
| Jessica Morris | - | - | - | 28:09 |  |  |
| Nicola Anderson | - | - | - | 31:32 |  |  |
| Melissa Kirby | - | - | - | 27:52 |  |  |
| Julia Peplow | - | - | - | 31:59 |  |  |
| Emmie Barlow | - | - | - | 26:17 |  |  |
| Cassie Kemp | - | - | - | 26:26 |  |  |
| Lisa Hinchliffe | - | - | - | 26:41 |  |  |
| Ruth Abramson | - | - | - | Ran |  |  |

Timer – October –Caroline November - Caroline December- Caroline Jan – Caroline Feb – March -

1 mile – Oct –Sam November – 0 December – 0 Jan – Jackie Feb - March -