**Cottingham Timed Runs – 2025-2026 Season**

**WALKERS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Walk 1**  **Sept 2025** | **Walk 2**  **Oct 2025** | **Walk 3**  **Nov 2025** | **Walk 4**  **Dec 2025** | **Walk 5**  **Jan 2025** | **Walk 6**  **Feb 2025** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Alison Gray | 34:13 |  |  |  |  |  |
| Carole Airey | 38:04 |  |  |  |  |  |
| Lynne Lawson | 34:10 |  |  |  |  |  |
| Karen Rudd | 38:06 |  |  |  |  |  |
| Debbie Argent-Salvidge | 34:08 |  |  |  |  |  |

**2 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Sept 2025** | **Run 2**  **Oct 2025** | **Run 3**  **Nov 2025** | **Run 4**  **Dec 2025** | **Run 5**  **Jan 2026** | **Run 6**  **Feb 2026** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Carole McMahon | 23:33 |  |  |  |  |  |
| Pauline Penrose | 3mile walk |  |  |  |  |  |
| Bev Eyles | 20:59 |  |  |  |  |  |
| Kerrie Stephenson | 23:58 |  |  |  |  |  |
| Sharon Butler | 26:35 |  |  |  |  |  |

**3 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Sept 2025** | **Run 2**  **Oct 2025** | **Run 3**  **Nov 2025** | **Run 4**  **Dec 2025** | **Run 5**  **Jan 2026** | **Run 6**  **Feb 2026** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Ashleigh Brailey | 26:36 |  |  |  |  |  |
| Mike Eyles | 28:25 |  |  |  |  |  |
| Nicola Spencer | 31:47 |  |  |  |  |  |
| Yvonne Foster | 31:44 |  |  |  |  |  |
| Kim Miller-Shakesby | 26:03 |  |  |  |  |  |
| Rachel Proctor | 24:23 |  |  |  |  |  |
| Jessica Morris | 26:10 |  |  |  |  |  |
| Cassie Kemp | 26:19 |  |  |  |  |  |
| Paul Harby | 33:10 |  |  |  |  |  |
| Julia Peplow | 31:33 |  |  |  |  |  |
| Ruth Abramson | 25:57 |  |  |  |  |  |
| Hana Wake | 31:48 |  |  |  |  |  |
| Pauline Penrose | 48:45 (W) |  |  |  |  |  |

Timer – Sept. Caroline & Jackie Oct.

1 mile – Sept. Helen Oct.