**Cottingham Timed Runs – 2022-2023 Season**

**WALKERS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Walk 1**  **Oct 2022** | **Walk 2**  **Nov 2022** | **Walk 3**  **Dec 2022** | **Walk 4**  **Jan 2023** | **Walk 5**  **Feb 2023** | **Walk 6**  **March 2023** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| ABBOTT – Rachel | Ran 2 | Ran 2 | 38:46 | - | - | - |
| BOUGHEN - Kerry | - | - | 36:17 | - | - | - |
| BOWSER – Lesley | - | 38:11 | 35:48 | - | - | - |
| CLAYTON - Wendy | - | - | 38:55 | 32:37 | 2 m | 2 m |
| CULKIN – Katherine | - | 49:48 | - | - | - | - |
| FANCEY - Lynn | - | 38:12 | 35:31 | 33:42 | - | 34.37 |
| GALLAGHER - Andrea | - | 36:12 | 35:48 | - | - | - |
| GRAY - Alison | 39:18 | 35:55 | 35:31 | 32:40 | 32:52 | 34.36 |
| HAY - Patricia | - | 49:22 | - | - | - | - |
| HOULT - Steph | - | - | 36:18 | - | - | - |
| HUNTER – Alastair | 3 m | 3 m | - | - | 32:53 | - |
| MARSHALL - Julie | 39:20 | 35:55 | - | - | - | - |
| SHAKESBY –Theresa | - | 49:24 | 38:48 | 33:58 | - | - |
| V – Pete | 39:19 | - | 38:56 | 3 m | 3 m | - |
| WRAY - Sue | - | 36:12 | 35:48 | - | - | - |

**2 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Oct 2022** | **Run 2**  **Nov 2022** | **Run 3**  **Dec 2022** | **Run 4**  **Jan 2023** | **Run 5**  **Feb 2023** | **Run 6**  **March 2023** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| ABBOTT – Rachel | 23:36 | 22.41 | Walked | - | - | - |
| BUTLER – Sharon | 24:35 | 23:06 | - | 26:32 | 22:51 | - |
| CLAYTON – Wendy | - | - | Walked | Walked | 24.31 | 24.55 |
| COLEMAN – Tracey | - | - | - | - | 31.14 | - |
| GILROY-LEE – Katie | 22:04 | 22:09 | - | 22:03 | 21:34 | - |
| GRIFFITHS - Fi | 21:48 | - | - | - | - | - |
| HALFORD - Jane | 28.04 | 25:32 | - | 28:45 | - | - |
| HORNER - Bridget | 25:09 | - | - | - | - | - |
| KENT – Bryony | - | - | - | - | 24:30 | - |
| LANGTON – Gill | - | 25:48 | - | 28:46 | - | - |
| McMAHON – Carole | 24:43 | 25:46 | 28:13 | 27:30 | 24:00 | 23.38 |
| MILLER-SHAKESBY - Kim | - | - | - | - | 31.14 | 26.56 (3 m) |
| PENROSE – Pauline | 25:53 | 25:49 | 28:13 | 27:31 | 26:53 | ½ injured |
| ROBINSON- Leeanne | - | - | - | - | 26:35 | - |
| STEPHENSON – Kerrie | 25:27 | 26:35 | - | 26:31 | - | - |
| SUNMAN – Linda | 25:33 | - | - | - | - | - |
| WALLIS – Joanne | - | - | - | - | 26:35 | - |

**3 MILES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Run 1**  **Oct 2022** | **Run 2**  **Nov 2022** | **Run 3**  **Dec 2022** | **Run 4**  **Jan 2023** | **Run 5**  **Feb 2023** | **Run 6**  **March 2023** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| ABEL – Alex | 23:43 | 22:58 | 22.39 | 27:24\* | 24:46 \* | Supporting Grimsby |
| ABRAMSON -Ruth | - | 26:59 | 27:40 | - | - | - |
| BRAILEY – Ashleigh | 31:37 | 30:05 | 30:13 | 29:27 | 28:50 | 28.05 |
| DENMAN – Charlotte | - | N/T | - | - | - | - |
| FOSTER – Yvonne | - | 28:58 | 30:13 | 29:04 | 31:26 | - |
| FRERE – Kate |  |  |  |  | 30:01 | - |
| GILPIN – Louise | 27:43 | 25:18 | 25:24 | 26:30 | 24:4 5 | 29.06 |
| GRAY – Lee | - | - | - | 24:38 | - | - |
| GREENHAM – Hayley | 30:01 | 28:58 | - | 30:03 | - | - |
| HESSEY - Jackie | 33:53 | 34:23 | Timer | Timer | Timer | Timer |
| HUNTER – Alastair | 33:18 | 34:31 | - | - | Walked | - |
| HUNTER – Elizabeth | 33:50 | 34:30 | 33:26 | - | 34:57 | - |
| KEMP – Cassie | 25:15 | 25:04 | 24:20 | 24:36 | 23:24 | 23.41 |
| KENDALL - Mark | 23:44 | - | - | - | - | - |
| MOORE – Martin | - | - | - | 27:25 | - | - |
| MOORE - Vicky | 24:39 | - | - | - | 24:31 | - |
| PROCTOR – Rachel | - | 23:50 | - | 23:20 | 23:19 | - |
| ROBINSON – Denise | - | 34:32 | - | - | - | - |
| SAYAN - Steph | 25:23 | 25:20 | 25:43 | - | - | - |
| THOMPSON – Kate |  | 34:31 | - | - | - | - |
| V - Pete | Walked | - | Walked | 24:54 | 22:36 | - |
| WAKE – Hana | - | N/T | - | - | N/T | N/T |

**Nordic Walkers**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **Walk 1**  **Dec 2022** | **Walk 2**  **Jan 2023** | **Walk 3**  **Feb 2023** | **Walk 4**  **March 2023** |
| **Name** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| WILLANS – Liz |  |  | 35:31 | 31:21 | - | - |
| WOOD – Christine |  |  | 36:09 | 38:50 | 35:22 | - |
| SHAKESBY – Sheila |  |  | 35:34 | 37:52 | - | - |
| TOMLINSON – Ros |  |  | 36:06 | - | - | 38.34 |
| PHILLIPS – Dee |  |  | 37:01 | 38:32 | 48:27 | - |
| COOPER – Claire |  |  | 37:01 | 38:47 | - | 45.15 |
| HOBMAN – Jane |  |  |  | 31:20 | - | - |
| TACKLE – Linda |  |  |  | 38:46 | - | - |
| KENDALL- Stuart |  |  |  | 33:55 | - | - |
| AUTY – Emily |  |  |  |  | 48:32 | 45.14 |
| AUTY – Lorna |  |  |  |  | 48:25 | 38.33 |
| BYRON – Vikki |  |  |  |  | 35:20 | 36.34 |

Timer – Oct – Caroline, Nov – Caroline & Fi, Dec – Caroline, Jackie & Martin, Jan/Feb/March– Caroline & Jackie

1 mile – Kate – Oct, Jan Fi - Nov, Dec, Mel – Feb Helen – March

Run/Walk No. 6

2 mile run

Claire Law – 20:30

Monica Martin – 22:32

2 mile walk

Alison Beale – 46:04

Lynne Lawson – 37:49

Sarah Graves – 46:04

Karen Rudd – 34:37

Lynne Darley – 37:29

Tracey Heslop – 37:50