**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 | 35:53 | - |
| Alison Gray  | 36:27 | 36:22 | - | 36:00 | 35.52 | 37:39 |
| Tracy Heslop | 31:09 | 34:26 | 27:36 | 34:26 | 27:49 | 26:03 |
| Carole Airey  | 36:35 | - | - | 36:05 | - | - |
| Lynne Fancey | 36:24 | 36:21 | - | 36:01 | 35:50 | 37:39 |
| Margaret Swinton | 35:59 | - | - | 35:11 | 34:05 | 37:17 |
| Wendy Hirst  | 36:00 | - | 36:54 | - | 34:02 | - |
| Irene Preston | - | 39:47 | - | 35:10 | 34:03 | 32:18 |
| Pam Murphy  | - | 39:49 | - | - | - | 38:35 |
| 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 | - | - | 41:32 |
| Tonya Ward  | - | - | - | 36.08 | - | - |
| Alison Beals | - | - | - | 44:19 | - | - |
| Ros Tomlinson  |  |  | - | - | - | 41:32 |
| Pauline Penrose  | 2 miles | - | 2 miles  | - | 31:00 | 2 mile  |

**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 | 28:06 | 28:01 |
| Pauline Penrose | 27:07 | - | 27:29 | 27:57 | Walk | 28:01 |
| 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 | - | - | - |
| Jackie Hessey | 3 mile | 27:44 | 29:32 | 1 mile/T | 1 mile/T | 1 mile/T |
| Helen Collins | - | 27:39 | - | -- | - | 24:16 |
| Lucy Abel | - | - | 22:44 | 23:52 | - | - |
| Leanne Robinson | - | - | - | - | 28:06 | 24:28 |
| Barrie Cracknell | - | 3 mile | - | - | 17:40 | -  |
| Yvonne Foster  | 3 mile | - | 3 mile  | - | - | 24:20 |
| Denise Robinson | - | - | - | - | - | 30:13 |

**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 | 26:48 | 27:46 |
| Charlie Watson | 23:49 | - | - | - | - | - |
| Stacey Hornby  | 31:03 | - | 32:18 | 31:43 | 30:27 | - |
| Nicola Spencer  | 34:32 | - | - | 37:41 | - | 34:50 |
| Vanessa Chu | 29:11 | 29.55 | - | - | - | 30:03 |
| Yvonne Foster | 32:45 | - | 33:24 | - | - | 2 mile |
| Claire Ball  | 29:10 | 27:45 | - | - | - | 28:19 |
| Alex Abel - | 25:15 | 24:41 | - | - | 25:19 | 30:08 |
| Jackie Hessey  | 35:10 | 2 mile | 2 mile | 1 mile/T | 1mile/T | 1 mile/T |
| Alasdair Hunter | - | 24:43 | 24:22 | - | - | - |
| Barrie Cracknell | - | 23:18 | - | - | - | - |
| Kim Miller-Shakesby | - | 26:17 | - | 27:10 | 27:07 | 27:21 |
| Aimee Carver  | - | 29:32 | - | 31:31 | 30:38 | 27:59 |
| Lucy Mell  | - | 29:35 | - | 31:32 | 30:40 | 30:05 |
| 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 | 36:10 | - |
| Nicola Anderson  | - | - | - | 31:32 | 30:34 | 30:04 |
| Melissa Kirby | - | - | - | 27:52 | - | - |
| Cassie Kemp | - | - | - | 26:26 | 26:43 | 24:17 |
| Emmie Barlow | - | - | - | 26:17 | - | - |
| Julia Peplow | - | - | - | 31:59 | 30.53 | 30:49 |
| Lisa Hinchliffe | - | - | - | 26:41 | 28:40 | - |
| Ruth Abramson | - | - | - | N/T | - | - |
| Hana Wake  | - | - | - | - | 30:29 | - |
| Sam Barlow | 1 mile  | - | - | - | - | 27:52 |
| Vickie Hillier | - | - | - | - | - | 27:57 |
| Julia Sutton  | - | - | - | - | - | 27:29 |
| Ruth Abrahamson  | - | - | - | - | - | 24:42 |

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

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