

TRAFFORD TRAILS

SUPPORTED BY

DRAGONS RUNNING CLUB

League Table

LOG YOUR RUN

Table Last Updated - 7am 1st July - League Complete

New 'One off' Bonus points available from 15th June.

- Get a selfie at Sale's new riverside cafe [5 Points]
- Conquer the stretford mountain [10 Points]
- Refer a friend [5 Points] - they must enter your email address when doing their first run.
- Selfie with a farm animal [5 points] - Cow, Horse, Pig, Goat, Ostrich -- what ever

Position	Athlete	Best time	Runs	Club	Points
1	<u>Phil Jackson</u>	22 min 10 sec	50	Independent	226
2	<u>Scott Damerum</u>	24 min 1 sec	43	Dragons Running Club (Sale)	193
3	<u>Anne Kelly</u>	27 min 3 sec	43	Dragons Running Club (Sale)	186
4	<u>Samantha Saunders-Rose</u>	25 min 4 sec	39	Dragons Running Club (Sale)	176
5	<u>Frank Cordingley</u>	20 min 11 sec	31	Sale Harriers	151
6	<u>Brian Bradshaw</u>	19 min 6 sec	30	Dragons Running Club (Sale)	129

Position	Athlete	Best time	Runs	Club	Points
7	<u>Jackie Cordingley</u>	22 min 14 sec	25	Sale Harriers	119
8	<u>Melanie</u>	22 min 6 sec	26	Sale Harriers	117
9	<u>Jo Clarke</u>	27 min 10 sec	22	MileShyClub	105
10	<u>Joanne Healy</u>	24 min 8 sec	22	Dragons Running Club (Sale)	96
11	<u>Trevor Holliday</u>	21 min 15 sec	18	Run the Joules	94
12	<u>Jane Damerum</u>	28 min 8 sec	18	Dragons Running Club (Sale)	90
13	<u>Jen Simpson</u>	27 min 11 sec	14	Dragons Running Club (Sale)	81
14	<u>Richard Healy</u>	19 min 14 sec	17	Dragons Running Club (Sale)	79
15	<u>Rebecca Foley</u>	28 min 0 sec	17	Run the Joules	76
16	<u>Zoe Coombe</u>	24 min 9 sec	17	Run the Joules Sale Dragons	69
17	<u>Alan Lamb</u>	26 min 13 sec	15	Dragons Running Club (Sale)	68
18	<u>Jess Laffly</u>	23 min 9 sec	16	Independent	66
19	<u>Sara Wadsworth</u>	27 min 10 sec	9	Independent	31
20	<u>Rob Wadsworth</u>	22 min 7 sec	6	Dragons Running Club (Sale)	28
21	<u>Graeme Mac</u>	21 min 11 sec	6	Lonely Goat	24

Position	Athlete	Best time	Runs	Club	Points
22	<u>Andy Land</u>	21 min 16 sec	5	Dragons Running Club (Sale)	24
23	<u>Jo Brailsford</u>	21 min 3 sec	4	Dragons Running Club (Sale)	20
24	<u>Mr Spin</u>	24 min 18 sec	5	Independent	20
25	<u>Andy Blackburn</u>	28 min 35 sec	5	Run the Joules	20
26	<u>Sarah Thomas</u>	28 min 12 sec	3	Run the Joules	17
27	<u>Paul Maybury</u>	23 min 13 sec	2	Dragons Running Club (Sale)	16
28	<u>Janette Crump</u>	29 min 15 sec	4	MileShyClub	16
29	<u>Lou Armstrong</u>	24 min 1 sec	2	Run the Joules	15
30	<u>Rebecca Foley</u>	35 min 40 sec	1	Run the Joules	15
31	<u>Oli Irlam</u>	27 min 16 sec	2	Independent	13
32	<u>Rob Macdonald</u>	33 min 55 sec	2	Dragons Running Club (Sale)	11
33	<u>Sharon Gibbs</u>	32 min 10 sec	2	Independent	10
34	<u>Chris Hunter</u>	18 min 45 sec	1	Wakefield Harriers	9
35	<u>Claire Gwyer</u>	25 min 15 sec	2	Sam's Running Buddies	9
36	<u>Fiona Roberts</u>	30 min 27 sec	2	Chorlton Runners	9

Position	Athlete	Best time	Runs	Club	Points
37	<u>Karen Cleminson</u>	37 min 18 sec	1	Maltby Running Club	9
38	<u>Beatrice Cordingley</u>	21 min 25 sec	1	Sale Harriers	8
39	<u>Paul Maybury</u>	23 min 42 sec	1	Dragons Running Club (Sale)	8
40	<u>Malcolm Smith</u>	27 min 43 sec	1	Independent	7
41	<u>Martin Knight</u>	25 min 42 sec	1	Maltby Running Club	6
42	<u>Guy Bennett</u>	29 min 37 sec	1	Independent	6
43	<u>Mary Waudby</u>	32 min 15 sec	1	Dragons Running Club (Sale)	6
44	<u>Kate OConnor</u>	34 min 0 sec	1	Sam's Running Buddies	6
45	<u>Lisa Bradley</u>	37 min 34 sec	1	MileShyClub	6
46	<u>Sasha</u>	30 min 48 sec	1	MileShyClub	5
47	<u>Lisa holt</u>	31 min 57 sec	1	Sam's Running Buddies	5
48	<u>Sally M</u>	34 min 52 sec	1	MileShyClub	5
49	<u>Isla</u>	35 min 0 sec	1	St Albans Striders	5

All runs

Athlete	Date	Duration
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Athlete	Date	Duration
Chris Hunter	23rd June	18 min 45 sec
Brian Bradshaw	30th June	19 min 15 sec
Richard Healy	16th June	19 min 41 sec
Richard Healy	8th June	20 min 08 sec
Frank Cordingley	20th June	20 min 51 sec
Brianb Bradshaw	18th June	20 min 59 sec
Brian Bradshaw	23rd June	21 min 07 sec
Richard Healy	15th June	21 min 19 sec
Brian Bradshaw	26th June	21 min 20 sec
Beatrice Cordingley	24th June	21 min 25 sec
Richard Healy	5th June	21 min 28 sec
Richard Healy	10th June	21 min 52 sec
Andy Land	3rd June	21 min 55 sec
Andy Land	13th June	21 min 55 sec
Graeme Mac	13th June	21 min 55 sec
Jo Brailsford	4th June	21 min 57 sec
Jo Brailsford	4th June	21 min 57 sec
Trevor Holliday	1st June	21 min 58 sec
Phil Jackson	3rd June	22 min 15 sec
Phil Jackson	13th June	22 min 21 sec
Phil Jackson	2nd June	22 min 22 sec
Brian Bradshaw	28th June	22 min 25 sec
brian bradshaw	5th June	22 min 31 sec
Richard Healy	9th June	22 min 31 sec

Athlete	Date	Duration
Melanie barber	3rd June	22 min 33 sec
Phil Jackson	10th June	22 min 36 sec
Rob Wadsworth	5th June	22 min 37 sec
Phil Jackson	10th June	22 min 38 sec
Richard Healy	22nd June	22 min 39 sec
Brian Bradshaw	10th June	22 min 42 sec
Frank Cordingley	14th June	22 min 49 sec
Phil Jackson	11th June	22 min 50 sec
Jackie Cordingley	20th June	22 min 52 sec
Melanie barber	5th June	22 min 58 sec
Melanie	1st June	22 min 6 sec
Trevor Holliday	9th June	23 min 04 sec
Trevor Holliday	9th June	23 min 04 sec
Phil Jackson	8th June	23 min 05 sec
Phil Jackson	9th June	23 min 07 sec
Phil Jackson	7th June	23 min 10 sec
Phil Jackson	9th June	23 min 12 sec
Paul Maybury	7th June	23 min 13 sec
Paul Maybury	7th June	23 min 13 sec
Frank Cordingley	29th June	23 min 13 sec
Phil Jackson	6th June	23 min 14 sec
Richard Healy	13th June	23 min 18 sec
Melanie barber	7th June	23 min 19 sec
Phil Jackson	17th June	23 min 20 sec

Athlete	Date	Duration
Phil Jackson	18th June	23 min 22 sec
Phil Jackson	18th June	23 min 22 sec
Trevor Holliday	8th June	23 min 24 sec
Jess Laffly	11th June	23 min 25 sec
Phil Jackson	8th June	23 min 27 sec
Jackie Cordingley	14th June	23 min 27 sec
Trevor Holliday	2nd June	23 min 28 sec
Andy Land	6th June	23 min 28 sec
Rob Wadsworth	3rd June	23 min 30 sec
Brian Bradshaw	14th June	23 min 30 sec
Phil Jackson	17th June	23 min 33 sec
Phil Jackson	16th June	23 min 41 sec
Paul Maybury	18th June	23 min 42 sec
Melanie barber	30th June	23 min 47 sec
Phil Jackson	11th June	23 min 50 sec
Phil Jackson	15th June	23 min 51 sec
Melanie barber	14th June	23 min 56 sec
Brian Bradshaw	21st June	23 min 57 sec
Brian Bradshaw	20th June	23 min 58 sec
Rob Wadsworth	1st June	23 min 8 sec
Trevor Holliday	17th June	24 min 01 sec
Phil Jackson	23rd June	24 min 04 sec
Phil Jackson	27th June	24 min 04 sec
Brian Bradshaw	22nd June	24 min 07 sec

Athlete	Date	Duration
Phil Jackson	6th June	24 min 08 sec
Phil Jackson	23rd June	24 min 08 sec
Frank Cordingley	28th June	24 min 09 sec
Lou Armstrong	2nd June	24 min 10 sec
Trevor Holliday	9th June	24 min 15 sec
Trevor Holliday	9th June	24 min 15 sec
Phil Jackson	15th June	24 min 15 sec
Jackie Cordingley	29th June	24 min 15 sec
Andy Land	2nd June	24 min 16 sec
Melanie Barber	21st June	24 min 16 sec
Phil Jackson	12th June	24 min 18 sec
Mr Spin	20th June	24 min 18 sec
Brian Bradshaw	27th June	24 min 18 sec
Frank Cordingley	28th June	24 min 18 sec
Phil Jackson	24th June	24 min 19 sec
Phil Jackson	26th June	24 min 19 sec
Mr Spin	9th June	24 min 22 sec
Phil Jackson	19th June	24 min 23 sec
Trevor Holliday	24th June	24 min 24 sec
Trevor Holliday	24th June	24 min 26 sec
Zoe Coombe	27th June	24 min 29 sec
Joanne Healy	8th June	24 min 31 sec
Phil Jackson	16th June	24 min 32 sec
Richard Healy	29th June	24 min 33 sec

Athlete	Date	Duration
Jess Laffly	3rd June	24 min 34 sec
Trevor Holliday	24th June	24 min 34 sec
Trevor Holliday	11th June	24 min 38 sec
Trevor Holliday	25th June	24 min 38 sec
Phil Jackson	2nd June	24 min 41 sec
Brian Bradshaw	16th June	24 min 42 sec
Trevor Holliday	17th June	24 min 44 sec
Phil Jackson	19th June	24 min 44 sec
Joanne Healy	4th June	24 min 46 sec
Richard Healy	18th June	24 min 47 sec
Brian Bradshaw	8th June	24 min 48 sec
Melanie barber	14th June	24 min 50 sec
Scott Damerum	23rd June	24 min 52 sec
Brian Bradshaw	13th June	24 min 53 sec
Brian Bradshaw	13th June	24 min 53 sec
Phil Jackson	22nd June	24 min 53 sec
Mr Spin	23rd June	24 min 53 sec
Trevor Holliday	25th June	24 min 53 sec
Mr Spin	1st June	24 min 58 sec
Melanie Barber	21st June	24 min 58 sec
Phil Jackson	26th June	24 min 58 sec
Graeme mac	17th June	24 min 59 sec
Melanie barber	25th June	24 min 6 sec
Joanne Healy	1st June	24 min 8 sec

Athlete	Date	Duration
Phil Jackson	23rd June	25 min 00 sec
Phil Jackson	22nd June	25 min 04 sec
Jackie Cordingley	25th June	25 min 04 sec
Frank Cordingley	23rd June	25 min 05 sec
Joanne Healy	13th June	25 min 08 sec
Melanie	6th June	25 min 12 sec
Claire Gwyer	22nd June	25 min 15 sec
Graeme Mac	27th June	25 min 16 sec
Mr Spin	13th June	25 min 20 sec
Scott Damerum	9th June	25 min 21 sec
Phil Jackson	25th June	25 min 21 sec
Jess Laffly	5th June	25 min 25 sec
Zoe Coombe	6th June	25 min 25 sec
Jess Laffly	4th June	25 min 26 sec
Phil Jackson	26th June	25 min 27 sec
Joanne Healy	16th June	25 min 28 sec
Phil Jackson	12th June	25 min 29 sec
Brian Bradshaw	15th June	25 min 29 sec
Joanne Healy	25th June	25 min 32 sec
Jess Laffly	10th June	25 min 33 sec
Richard Healy	27th June	25 min 38 sec
Graeme Mac	30th June	25 min 38 sec
Zoe Coombe	4th June	25 min 40 sec
Scott Damerum	13th June	25 min 41 sec

Athlete	Date	Duration
Martin Knight	20th June	25 min 42 sec
Phil Jackson	29th June	25 min 42 sec
Melanie barber	28th June	25 min 44 sec
Jo Brailsford	14th June	25 min 49 sec
Jess Laffly	7th June	25 min 52 sec
Jess Laffly	1st June	25 min 53 sec
Joanne Healy	6th June	25 min 53 sec
Jess Laffly	16th June	25 min 53 sec
Phil Jackson	27th June	25 min 53 sec
Phil Jackson	20th June	25 min 57 sec
Joanne Healy	3rd June	25 min 59 sec
Samantha Saunders-Rose	7th June	25 min 59 sec
Trevor holliday	4th June	26 min 01 sec
Andy Land	12th June	26 min 03 sec
Jess Laffly	12th June	26 min 05 sec
Brian Bradshaw	11th June	26 min 08 sec
Jess Laffly	7th June	26 min 09 sec
Melanie barber	10th June	26 min 09 sec
Melanie barber	11th June	26 min 09 sec
Lou Armstrong	1st June	26 min 1 sec
Phil Jackson	28th June	26 min 10 sec
Phil Jackson	28th June	26 min 11 sec
Scott Damerum	18th June	26 min 13 sec
Phil Jackson	24th June	26 min 14 sec

Athlete	Date	Duration
Joanne Healy	22nd June	26 min 15 sec
Melanie barber	27th June	26 min 16 sec
Richard Healy	30th June	26 min 20 sec
Scott Damerum	16th June	26 min 25 sec
brian bradshaw	12th June	26 min 27 sec
Joanne Healy	19th June	26 min 29 sec
Jo Brailsford	12th June	26 min 3 sec
Zoe Coombe	18th June	26 min 31 sec
Phil Jackson	30th June	26 min 32 sec
Melanie barber	25th June	26 min 33 sec
Phil Jackson	22nd June	26 min 34 sec
Frank Cordingley	25th June	26 min 34 sec
Joanne Healy	23rd June	26 min 35 sec
Jess Laffly	3rd June	26 min 37 sec
Joanne Healy	17th June	26 min 37 sec
Richard Healy	17th June	26 min 37 sec
Rob Wadsworth	9th June	26 min 38 sec
Jess Laffly	8th June	26 min 39 sec
Brian Bradshaw	24th June	26 min 39 sec
Richard Healy	26th June	26 min 39 sec
Alan Lamb	25th June	26 min 39 sec
Joanne Healy	30th June	26 min 40 sec
Frank Cordingley	3rd June	26 min 43 sec
Jess Laffly	17th June	26 min 43 sec

Athlete	Date	Duration
Rob Wadsworth	7th June	26 min 43 sec
Alan Lamb	4th June	26 min 44 sec
Alan Lamb	16th June	26 min 44 sec
Frank Cordingley	30th June	26 min 44 sec
Brian Bradshaw	19th June	26 min 46 sec
Alan Lamb	28th June	26 min 47 sec
Scott Damerum	18th June	26 min 48 sec
Joanne Healy	22nd June	26 min 49 sec
Joanne Healy	15th June	26 min 52 sec
Brian Bradshaw	6th June	26 min 6 sec
Brian Bradshaw	6th June	26 min 6 sec
Brian Bradshaw	11th June	26 min 8 sec
Jess Laffly	10th June	26 min 9 sec
Melanie barber	28th June	26 min 9 sec
Jess Laffly	17th June	27 min 01 sec
SARA	17th June	27 min 01 sec
Joanne Healy	29th June	27 min 02 sec
Phil Jackson	29th June	27 min 03 sec
Joanne Healy	26th June	27 min 04 sec
Alan Lamb	19th June	27 min 05 sec
Alan Lamb	7th June	27 min 07 sec
Jen Simpson	9th June	27 min 11 sec
Jen Simpson	2nd June	27 min 12 sec
Sara Wadsworth	1st June	27 min 13 sec

Athlete	Date	Duration
Zoe Coombe	8th June	27 min 13 sec
Samantha Saunders-Rose	16th June	27 min 13 sec
Richard Healy	22nd June	27 min 14 sec
Scott Damerum	18th June	27 min 16 sec
Zoe Coombe	8th June	27 min 17 sec
Jackie Cordingley	30th June	27 min 20 sec
Phil Jackson	30th June	27 min 20 sec
Jess Laffly	11th June	27 min 22 sec
Jo Clarke	13th June	27 min 22 sec
Jo Clarke	8th June	27 min 24 sec
Jo Clarke	30th June	27 min 24 sec
Anne Kelly	1st June	27 min 28 sec
Alan Lamb	30th June	27 min 28 sec
Jackie Cordingley	10th June	27 min 29 sec
Frank Cordingley	9th June	27 min 30 sec
Trevor Holliday	20th June	27 min 31 sec
Jo Clarke	27th June	27 min 32 sec
Jo Clarke	19th June	27 min 33 sec
Jackie Cordingley	30th June	27 min 35 sec
Joanne Healy	11th June	27 min 37 sec
Graeme Mac	22nd June	27 min 37 sec
Jo Clarke	29th June	27 min 40 sec
Samantha Saunders-Rose	11th June	27 min 43 sec
Malcolm Smith	13th June	27 min 43 sec

Athlete	Date	Duration
Sara Wadsworth	9th June	27 min 45 sec
Phil Jackson	25th June	27 min 45 sec
Scott Damerum	16th June	27 min 50 sec
Trevor Holliday	4th June	27 min 51 sec
Jo Clarke	18th June	27 min 52 sec
Frank Cordingley	16th June	27 min 53 sec
Jackie Cordingley	16th June	27 min 53 sec
Oli Irlam	7th June	27 min 56 sec
Rob Wadsworth	7th June	27 min 7 sec
Zoe Coombe	13th June	27 min 9 sec
Jo Clarke	24th June	28 min 01 sec
Jo Clarke	26th June	28 min 04 sec
Zoe Coombe	10th June	28 min 09 sec
Jane Damerum	16th June	28 min 09 sec
Scott Damerum	21st June	28 min 10 sec
Sara Wadsworth	4th June	28 min 10 sec
Phil Jackson	30th June	28 min 11 sec
Sara	30th June	28 min 15 sec
Oli Irlam	4th June	28 min 16 sec
Joanne Healy	27th June	28 min 16 sec
Sarah Thomas	5th June	28 min 18 sec
Jen Simpson	12th June	28 min 19 sec
Scott Damerum	30th June	28 min 19 sec
Jackie Cordingley	3rd June	28 min 21 sec

Athlete	Date	Duration
Jackie Cordingley	3rd June	28 min 21 sec
Frank Cordingley	7th June	28 min 21 sec
Jen Simpson	18th June	28 min 22 sec
Samantha Saunders-Rose	25th June	28 min 22 sec
Jane Damerum	9th June	28 min 24 sec
Frank Cordingley	24th June	28 min 24 sec
Sara	26th June	28 min 25 sec
Zoe Coombe	16th June	28 min 29 sec
Jackie Cordingley	5th June	28 min 32 sec
Andy Blackburn	1st June	28 min 35 sec
Andy Blackburn	1st June	28 min 35 sec
Andy Blackburn	1st June	28 min 35 sec
Andy Blackburn	1st June	28 min 35 sec
Andy Blackburn	1st June	28 min 35 sec
Samantha Saunders-Rose	30th June	28 min 35 sec
Joanne Healy	30th June	28 min 35 sec
Samantha Saunders-Rose	12th June	28 min 37 sec
Rebecca Foley	13th June	28 min 38 sec
Jane Damerum	2nd June	28 min 39 sec
Jo Clarke	3rd June	28 min 40 sec
Frank Cordingley	5th June	28 min 41 sec
Jo Clarke	5th June	28 min 41 sec
Joanne Healy	27th June	28 min 43 sec
Brian Bradshaw	29th June	28 min 44 sec

Athlete	Date	Duration
Jackie Cordingley	27th June	28 min 46 sec
Jackie Cordingley	10th June	28 min 47 sec
Melanie barber	23rd June	28 min 47 sec
Sarah Thomas	8th June	28 min 48 sec
Samantha Saunders-Rose	5th June	28 min 49 sec
Jo Clarke	7th June	28 min 49 sec
Melanie barber	22nd June	28 min 49 sec
Sara	22nd June	28 min 50 sec
Samantha Saunders-Rose	21st June	28 min 52 sec
Scott Damerum	13th June	28 min 53 sec
Samantha Saunders-Rose	10th June	28 min 56 sec
Scott Damerum	1st June	28 min 57 sec
Samantha Saunders-Rose	23rd June	28 min 57 sec
Samantha Saunders-Rose	30th June	28 min 58 sec
Zoe Coombe	23rd June	28 min 59 sec
Richard Healy	27th June	29 min 00 sec
Frank Cordingley	7th June	29 min 02 sec
Jo Clarke	15th June	29 min 06 sec
Zoe	25th June	29 min 06 sec
Jo Clarke	10th June	29 min 08 sec
Zoe Coombe	1st June	29 min 10 sec
Jo Clarke	22nd June	29 min 10 sec
Graeme Mac	19th June	29 min 11 sec
Sarah Thomas	3rd June	29 min 12 sec

Athlete	Date	Duration
Melanie barber	28th June	29 min 13 sec
Jo Clarke	16th June	29 min 14 sec
Rebecca Foley	7th June	29 min 15 sec
Janette Crump	8th June	29 min 16 sec
Frank Cordingley	9th June	29 min 16 sec
Melanie barber	13th June	29 min 18 sec
Scott Damerum	24th June	29 min 2 sec
Jen Simpson	4th June	29 min 20 sec
Samantha Saunders-Rose	5th June	29 min 20 sec
Jen Simpson	12th June	29 min 20 sec
Samantha Saunders-Rose	26th June	29 min 20 sec
Scott Damerum	21st June	29 min 23 sec
Scott Damerum	5th June	29 min 24 sec
Melanie barber	22nd June	29 min 26 sec
Zoe Coombe	30th June	29 min 26 sec
Scott Damerum	19th June	29 min 33 sec
Frank Cordingley	24th June	29 min 33 sec
Jackie Cordingley	7th June	29 min 37 sec
Guy Bennett	15th June	29 min 37 sec
Jen Simpson	15th June	29 min 39 sec
Frank Cordingley	13th June	29 min 42 sec
Jackie Cordingley	24th June	29 min 46 sec
Jane Damerum	23rd June	29 min 46 sec
Jen Simpson	30th June	29 min 49 sec

Athlete	Date	Duration
Samantha Saunders-Rose	25th June	29 min 5 sec
Samantha Saunders-Rose	4th June	29 min 50 sec
Jo Clarke	12th June	29 min 50 sec
Sara Wadsworth	13th June	29 min 50 sec
Frank Cordingley	17th June	29 min 51 sec
Frank Cordingley	5th June	29 min 54 sec
Jackie Cordingley	5th June	29 min 54 sec
Zoe Coombe	14th June	29 min 55 sec
Samantha Saunders-Rose	21st June	29 min 56 sec
Anne Kelly	12th June	29 min 57 sec
Frank Cordingley	13th June	29 min 57 sec
Jane Damerum	1st June	29 min 8 sec
Jane Damerum	3rd June	29 min 9 sec
Brian Bradshaw	29th June	30 min 06 sec
Jackie Cordingley	13th June	30 min 07 sec
Frank Cordingley	27th June	30 min 11 sec
Anne Kelly	8th June	30 min 13 sec
Zoe Coombe	20th June	30 min 18 sec
Frank Cordingley	27th June	30 min 18 sec
Jane Damerum	29th June	30 min 21 sec
Samantha Saunders-Rose	12th June	30 min 22 sec
Melanie barber	12th June	30 min 25 sec
Scott Damerum	17th June	30 min 25 sec
Anne Kelly	2nd June	30 min 27 sec

Athlete	Date	Duration
Fiona Roberts	1st June	30 min 27 sec
Scott Damerum	28th June	30 min 28 sec
Zoe Coombe	28th June	30 min 29 sec
Jane Damerum	13th June	30 min 32 sec
Jen Simpson	25th June	30 min 33 sec
Samantha Saunders-Rose	15th June	30 min 39 sec
Frank Cordingley	22nd June	30 min 42 sec
Samantha Saunders-Rose	26th June	30 min 42 sec
Rebecca Foley	20th June	30 min 45 sec
Melanie barber	5th June	30 min 46 sec
Sasha	15th June	30 min 48 sec
Rebecca Foley	4th June	30 min 51 sec
Anne Kelly	15th June	30 min 52 sec
Alan Lamb	6th June	30 min 53 sec
Anne Kelly	28th June	30 min 53 sec
Zoe Coombe	20th June	30 min 55 sec
Frank Cordingley	21st June	30 min 55 sec
Jane Damerum	28th June	30 min 58 sec
Samantha Saunders-Rose	20th June	30 min 7 sec
Anne Kelly	21st June	30 min 8 sec
Scott Damerum	28th June	30 min 9 sec
Jackie Cordingley	21st June	31 min 00 sec
Melanie barber	7th June	31 min 04 sec
Alan Lamb	21st June	31 min 04 sec

Athlete	Date	Duration
Jane Damerum	28th June	31 min 09 sec
Scott Damerum	21st June	31 min 1 sec
Jo Clarke	4th June	31 min 13 sec
Jane Damerum	30th June	31 min 13 sec
Jane Damerum	20th June	31 min 16 sec
Jen Simpson	23rd June	31 min 20 sec
Jen Simpson	7th June	31 min 21 sec
Jen Simpson	20th June	31 min 24 sec
Sara Wadsworth	27th June	31 min 25 sec
Anne Kelly	21st June	31 min 27 sec
Jackie Cordingley	17th June	31 min 30 sec
Jo Clarke	30th June	31 min 30 sec
Jo Clarke	9th June	31 min 31 sec
Fiona Roberts	2nd June	31 min 34 sec
Rebecca Foley	6th June	31 min 34 sec
Samantha Saunders-Rose	26th June	31 min 4 sec
Anne Kelly	5th June	31 min 46 sec
Samantha Saunders-Rose	19th June	31 min 46 sec
Alan Lamb	27th June	31 min 46 sec
Frank Cordingley	30th June	31 min 48 sec
Anne Kelly	9th June	31 min 49 sec
Anne Kelly	23rd June	31 min 5 sec
Frank Cordingley	16th June	31 min 50 sec
Jackie Cordingley	16th June	31 min 50 sec

Athlete	Date	Duration
Anne Kelly	12th June	31 min 52 sec
Anne Kelly	25th June	31 min 54 sec
Lisa holt	15th June	31 min 57 sec
Anne Kelly	8th June	31 min 58 sec
Anne Kelly	22nd June	32 min 00 sec
Rebecca Foley	27th June	32 min 00 sec
Scott Damerum	9th June	32 min 1 sec
Sharon Gibbs	2nd June	32 min 10 sec
Sharon Gibbs	6th June	32 min 11 sec
Mary Waudby	13th June	32 min 15 sec
Claire Gwyer	19th June	32 min 19 sec
Scott Damerum	10th June	32 min 2 sec
Scott Damerum	28th June	32 min 2 sec
Frank Cordingley	25th June	32 min 28 sec
Jane Damerum	9th June	32 min 29 sec
Jane Damerum	27th June	32 min 32 sec
Scott Damerum	21st June	32 min 35 sec
Rebecca Foley	18th June	32 min 39 sec
Scott Damerum	25th June	32 min 41 sec
Samantha Saunders-Rose	30th June	32 min 45 sec
Anne Kelly	8th June	32 min 46 sec
Frank Cordingley	17th June	32 min 51 sec
Rebecca Foley	21st June	32 min 51 sec
Jackie Cordingley	24th June	32 min 51 sec

Athlete	Date	Duration
Jackie Cordingley	17th June	32 min 53 sec
Rebecca Foley	7th June	32 min 59 sec
Rebecca Foley	18th June	32 min 59 sec
Scott Damerum	6th June	32 min 7 sec
Rebecca Foley	20th June	33 min 0 sec
Jane Damerum	6th June	33 min 07 sec
Jackie Cordingley	1st June	33 min 14 sec
Frank Cordingley	1st June	33 min 16 sec
Scott Damerum	26th June	33 min 18 sec
Frank Cordingley	22nd June	33 min 19 sec
Rebecca Foley	26th June	33 min 26 sec
Jane Damerum	10th June	33 min 28 sec
Rebecca Foley	11th June	33 min 30 sec
Anne Kelly	29th June	33 min 32 sec
Scott Damerum	17th June	33 min 4 sec
Brian Bradshaw	17th June	33 min 41 sec
Rob Macdonald	13th June	33 min 55 sec
Rob Macdonald	13th June	33 min 55 sec
Anne Kelly	15th June	33 min 57 sec
Scott Damerum	8th June	33 min 58 sec
Rebecca Foley	9th June	33 min 58 sec
Rebecca Foley	15th June	34 min 04 sec
Anne Kelly	18th June	34 min 04 sec
Anne Kelly	19th June	34 min 04 sec

Athlete	Date	Duration
Kate OConnor	15th June	34 min 05 sec
Alan Lamb	21st June	34 min 17 sec
Rebecca Foley	12th June	34 min 19 sec
Anne Kelly	26th June	34 min 24 sec
Jen Simpson	28th June	34 min 37 sec
Sally M	16th June	34 min 52 sec
Anne Kelly	29th June	34 min 58 sec
Anne Kelly	18th June	34 min 59 sec
Isla	30th June	35 min 08 sec
Jen Simpson	25th June	35 min 11 sec
Scott Damerum	26th June	35 min 11 sec
Scott Damerum	17th June	35 min 13 sec
Anne Kelly	28th June	35 min 21 sec
Rebecca Foley	28th June	35 min 40 sec
Alan Lamb	13th June	35 min 41 sec
Jo Clarke	20th June	35 min 50 sec
Anne Kelly	28th June	35 min 58 sec
Alan Lamb	14th June	36 min 07 sec
Anne Kelly	26th June	36 min 35 sec
Scott Damerum	5th June	36 min 41 sec
Rebecca Foley	26th June	36 min 43 sec
Jo Clarke	9th June	36 min 51 sec
Anne Kelly	29th June	36 min 52 sec
Anne Kelly	28th June	36 min 59 sec

Athlete	Date	Duration
Scott Damerum	28th June	36 min 59 sec
Brian Bradshaw	25th June	37 min 17 sec
Karen Cleminson	21st June	37 min 18 sec
Lisa Bradley	17th June	37 min 34 sec
Scott Damerum	19th June	37 min 39 sec
Anne Kelly	14th June	37 min 44 sec
Scott Damerum	25th June	38 min 11 sec
Anne Kelly	30th June	38 min 18 sec
Jane Damerum	27th June	38 min 25 sec
Anne Kelly	30th June	38 min 34 sec
Anne Kelly	8th June	38 min 36 sec
Scott Damerum	26th June	38 min 38 sec
Samantha Saunders-Rose	18th June	38 min 40 sec
Anne Kelly	30th June	38 min 56 sec
Brian Bradshaw	1st June	38 min 59 sec
Jane Damerum	19th June	39 min 28 sec
Jackie Cordingley	27th June	39 min 29 sec
Anne Kelly	14th June	39 min 33 sec
Anne Kelly	29th June	39 min 38 sec
Scott Damerum	23rd June	39 min 53 sec
samantha.saunders2@live.co.uk	21st June	40 min 18 sec
Scott Damerum	27th June	40 min 35 sec
Anne Kelly	29th June	40 min 8 sec
Joanne Healy	7th June	41 min 03 sec

Athlete	Date	Duration
Richard Healy	7th June	41 min 03 sec
Samantha Saunders-Rose	25th June	42 min 10 sec
Scott Damerum	30th June	42 min 23 sec
Scott Damerum	28th June	42 min 27 sec
Samantha Saunders-Rose	11th June	42 min 28 sec
Samantha Saunders-Rose	10th June	43 min 42 sec
Samantha Saunders-Rose	24th June	43 min 5 sec
Samantha Saunders-Rose	4th June	43 min 56 sec
Samantha Saunders-Rose	17th June	44 min 17 sec
Samantha Saunders-Rose	29th June	44 min 20 sec
Anne Kelly	29th June	44 min 27 sec
Samantha Saunders-Rose	29th June	44 min 6 sec
Anne Kelly	28th June	45 min 50 sec
Samantha Saunders-Rose	22nd June	45 min 57 sec
Scott Damerum	28th June	47 min 36 sec
Scott Damerum	28th June	47 min 36 sec
Samantha Saunders-Rose	15th June	47 min 46 sec
Brian Bradshaw	3rd June	48 min 55 sec
Samantha Saunders-Rose	8th June	49 min 34 sec
Anne Kelly	12th June	54 min 25 sec
Anne Kelly	10th June	54 min 36 sec
Anne Kelly	24th June	55 min 4 sec
Melanie barber	17th June	56 min 36 sec
Samantha Saunders-Rose	22nd June	57 min 59 sec

Athlete	Date	Duration
Anne Kelly	26th June	60 min 9 sec
Jackie Cordingley	22nd June	63 min 00 sec
Anne Kelly	24th June	63 min 3 sec
Janette Crump	17th June	64 min 08 sec
Janette Crump	4th June	79 min 34 sec
Janette Crump	13th June	94 min 15 sec

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