

# Sep-7 Virtual Teams

Team A		Team B		Team C	
Name	Time	Name	Time	Name	Time
Andy Berton	20:25	Steven Upton	18:05	Katie Ruditis	26:00
Ben Stoneman	22:21	Michelle Morris	23:36	Jeremy Bell	25:22
Martin Godin	23:15	Richie Jones	24:21	Caroline Armstrong	24:43
Andy Atherton	24:35	Colin Clennett	22:19	Zoey Didlick	25:18
Dave Sedgley	37:16	Martin Lees	25:52	Rebecca Fleckney	33:51
Becky Hornby	40:59	Autumn Lynch	28:00	Lionel Mann	41:20
		Louise Wilkins	31:05		
<b>Team Total</b>	<b>168:50</b>	<b>Team Total</b>	<b>173:18</b>	<b>Team Total</b>	<b>176:34</b>
<b>Team Target</b>	<b>170:05</b>	<b>Team Target</b>	<b>169:59</b>	<b>Team Target</b>	<b>170:04</b>
				<b>Best Score</b>	<b>168:50</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Not so many again this week. Fortunately the numbers were swelled by those attending the Center Parcs TT.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 13 will start on 14th September with a reporting deadline of midday on 21st, when we will be sticking to the usual 5K distance. No other supporting events this time, so we will be looking for more participants.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# Aug-24 Virtual Teams

Team A		Team B		Team C		Team D	
Name	Time	Name	Time	Name	Time	Name	Time
John Decesare	4:49	Mark Waine	4:59	Andy Bierton	5:50	Ian Halpin	5:06
Steven Upton	5:00	Marcus Cook	5:39	Caroline Armstrong	7:24	Philip Mead	6:17
Gavin Nicholson	5:40	Philip Horan	5:22	Zoey Didlick	8:06	Jeremy Lewis	7:18
Michelle Morris	6:29	Will Willmott	5:26	Debbie Newell	9:58	Terry McHugh	8:04
Katie Ruditis	7:28	Colin Clennett	6:46	Rebecca Fleckney	9:58	Mei Trace	8:34
Martin Lees	6:56	Nicola Wilkins	8:06	Brendan O'Mahoney	7:47	Lionel Mann	13:25
Caroline O'Mahoney	7:36	Siobhan Lees	8:27				
<b>Team Total</b>	<b>43:58</b>	<b>Team Total</b>	<b>44:45</b>	<b>Team Total</b>	<b>49:03</b>	<b>Team Total</b>	<b>48:44</b>
<b>Team Target</b>	<b>45:16</b>	<b>Team Target</b>	<b>45:17</b>	<b>Team Target</b>	<b>45:15</b>	<b>Team Target</b>	<b>45:17</b>
<b>Best Score</b>							<b>43:58</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. These have been adjusted to give target times for 1 mile that have similar age related levels to your calculated 5K targets. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly and even more difficult with smaller targets to work with. A few more participants this time. Maybe the shorter distance or possibly the cooler conditions. Good to see some of the racers running downhill.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 12 will start on 31st August with a reporting deadline of midday on 7th September. Back to the usual 5K distance next time which will again include times from the Center Parcs TT.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# Aug-10 Virtual Teams

Team A		Team B	
Name	Time	Name	Time
Steven Upton	18:01	Martin Beare	19:00
Michelle Morris	22:36	Ben Stoneman	22:35
Richie Jones	25:17	Jeremy Bell	25:43
Colin Clennett	24:23	Martin Lees	27:24
Andy Atherton	24:51	Caroline Armstrong	25:15
Mei Trace	28:06	Kimberley Yardley	23:49
Pat Godfrey	33:02	Ann Davies	40:02
Lionel Mann	40:59	Dave Sedgley	38:24
<b>Team Total</b>	<b>217:15</b>	<b>Team Total</b>	<b>222:12</b>
<b>Team Target</b>	<b>215:54</b>	<b>Team Target</b>	<b>215:52</b>
		<b>Best Score</b>	<b>217:15</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Very low numbers again this week. Definitely only enough for 2 teams. At midnight on Sunday I had only 4 reports which were, thankfully, swelled by the adjusted times from Center Parcs TT and a couple of last minute reports.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 11 will start on 17th August with a reporting deadline of midday on 24th. I have been asked if we can run the relays over other distances; This next round will be run over **1 MILE**. If you get carried away and accidentally report the time for the usual 5K I will calculate a representative 1 mile time based on your reported 5K time.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# Jul-27 Virtual Teams

Team A		Team B	
Name	Time	Name	Time
Martin Beare	17:54	Steven Upton	17:51
Andy Bierton	21:16	Mark Billington	21:25
Philip Mead	20:56	Katie Ruditis	24:06
Michelle Morris	22:13	Zoey Didlick	27:54
Kimberley Yardley	24:50	Colin Clennett	23:44
Rebecca Fleckney	32:14	Alison Parker	29:18
Lionel Mann	42:38	Pat Godfrey	33:10
<b>Team Total</b>	<b>182:01</b>	<b>Team Total</b>	<b>177:28</b>
<b>Team Target</b>	<b>176:02</b>	<b>Team Target</b>	<b>175:56</b>
		<b>Best Score</b>	<b>177:28</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Not so many again this week; definitely only enough for 2 teams. Hopefully we will have more next week as I will be including times from the Center Parcs TT. These will be adjusted to allow for the more testing course.

Round 10 will start on 3rd August with a reporting deadline of midday on 10th. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# Jul-13 Virtual Teams

Team A		Team B		Team C		Team D		Team E	
Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
Paul Farmer	17:43	Harry Smith	17:51	Chris Littlejohn	17:55	Max Dillon	17:33	Mark Waine	17:49
John Decesare	18:08	Marcus Cook	19:25	Ashley Larman	18:25	Gavin Nicholson	19:20	Steven Upton	17:51
Alex Anstee	20:18	Martin Beare	18:10	Philip Horan	19:48	Stephen Green	19:18	Andy Berton	19:55
Barry Stratford	18:08	Dave Ackerley	20:24	Philip Mead	20:54	Jacqui Morland	24:39	Jamie Keane	17:51
Tom Cawdell	18:21	Ben Stoneman	21:47	Cameron Morris	23:54	James Mee	23:01	Matt Chapple	22:41
Henry Lynn	22:51	Chris Newnham	20:57	Terry McHugh	27:49	Will Carpenter	26:16	Andy Atherton	25:11
Clare Littlewood	23:01	Michelle Morris	23:04	Martin Lees	24:32	Kimberley Yardley	25:07	Anita Wilson	24:31
Katie Ruditis	24:39	Martin Davey	24:36	Mei Trace	26:23	Siobhan Lees	28:10	Caroline Armstrong	24:13
Nicola Wilkins	27:20	Richie Jones	22:57	Pat Godfrey	31:55	Caroline O'Mahoney	27:49	Tara Armstrong	31:34
Kyrstin Fairweather	27:26	Rebecca Fleckney	30:12	Ann Davies	40:36	Brendan O'Mahoney	27:39	Lionel Mann	43:00
Clare Petts	28:26	Jo Morris	31:04						
<b>Team Total</b>	<b>246:22</b>	<b>Team Total</b>	<b>250:27</b>	<b>Team Total</b>	<b>252:12</b>	<b>Team Total</b>	<b>238:53</b>	<b>Team Total</b>	<b>244:36</b>
<b>Team Target</b>	<b>243:54</b>	<b>Team Target</b>	<b>246:17</b>	<b>Team Target</b>	<b>242:31</b>	<b>Team Target</b>	<b>240:35</b>	<b>Team Target</b>	<b>243:33</b>
								<b>Best Score</b>	<b>238:53</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. A much better turn out this week, largely swollen by the inclusion of times from the 30 minute challenge and a few from the Center Parcs time trial.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 9 will start on 20th July with a reporting deadline of midday on 27th. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# Jun-29 Virtual Teams

Team A		Team B		Team C	
Name	Time	Name	Time	Name	Time
Michelle Morris	23:26	Steven Upton	18:19	Andy Bierton	19:55
Helen Kearns	26:15	Mark Billington	21:58	Philip Mead	21:53
Rebecca Fleckney	29:24	Katie Ruditis	24:09	Zoey Didlick	26:19
Clare Petts	29:33	Martin Lees	23:43	Colin Clennett	24:27
Lionel Mann	42:01	Bobby Riddaway	27:22	Kimberley Yardley	25:16
		Pat Godfrey	33:02	Siobhan Lees	27:15
<b>Team Total</b>	<b>150:39</b>	<b>Team Total</b>	<b>148:33</b>	<b>Team Total</b>	<b>145:05</b>
<b>Team Target</b>	<b>145:47</b>	<b>Team Target</b>	<b>146:22</b>	<b>Team Target</b>	<b>145:54</b>
				<b>Best Score</b>	<b>145:05</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Not so many again this week. It was difficult to decide between 2 or 3 teams and 3 teams gave a more even balance but not as close as I would like. Hopefully the number taking part will be greater next time as it will include results from the next Interclub 30 Minute challenge on 11th July.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 8 will start on 6th July with a reporting deadline of midday on 13th. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

## Jun-15 Virtual Teams

Team A		Team B		Team C		Team D		Team E	
Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
Martin Beare	18:43	Craig Palmer	24:09	Mark Waite	17:47	Paul Farmer	17:01	Ian Halpin	17:43
Jamie Keane	19:15	Ashley Larman	19:40	Marcus Cook	19:23	Steven Upton	18:11	Chris Littlejohn	17:58
Mark Billington	21:47	Tom Cawdell	19:11	Barry Stratford	18:27	Philip Horan	20:29	Andy Berton	19:51
Terry McHugh	25:28	Haydon Littlewood	22:34	Richard Pillinger	19:55	Philip Mead	21:42	Roger Ball	23:18
Jo Morris	33:03	Chris Newnham	21:20	Gavin Nicholson	19:06	James Mee	23:47	Cameron Morris	23:58
Clare Littlewood	24:28	Martin Davey	24:59	Katie Ruditis	24:43	Jacqui Morland	22:15	Holly Jessup	23:09
Kimberley Yardley	25:36	Caroline Gilby	23:47	Richie Jones	23:18	Rossiana Mee	28:10	Zoey Didlick	25:33
Mei Trace	26:08	Paul Owen	22:21	Emily Brown	27:59	Martin Lees	23:07	Caroline Armstrong	24:51
Brendan O'Mahoney	29:35	Nicola Wilkins	27:54	Rebecca Fleckney	25:48	Helen Kearns	25:24	Debbie Newell	26:15
Lionel Mann	42:08	Caroline O'Mahoney	27:11	Tara Armstrong	27:59	Siobhan Lees	28:32	Caroline Cook	26:47
		Pat Godfrey	32:42	Steve Gibbons	32:08	Helen Satterthwaite	28:20	Clare Petts	28:35
<b>Team Total</b>	<b>266:11</b>	<b>Team Total</b>	<b>265:48</b>	<b>Team Total</b>	<b>256:35</b>	<b>Team Total</b>	<b>256:57</b>	<b>Team Total</b>	<b>257:58</b>
<b>Team Target</b>	<b>254:09</b>	<b>Team Target</b>	<b>254:09</b>	<b>Team Target</b>	<b>254:04</b>	<b>Team Target</b>	<b>254:05</b>	<b>Team Target</b>	<b>254:03</b>
								<b>Best Score</b>	<b>256:35</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. A much better showing this time round but, I fear, mainly due to the inclusion of the results from the 30 Minute Challenge held on Saturday. Once again Team C came out on top but no team managed to achieve their target time.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 7 will start on 22nd June with a reporting deadline of midday on 29th June. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# Jun-1 Virtual Teams

Team A		Team B		Team C	
Name	Time	Name	Time	Name	Time
Andy Berton	19:58	Steven Upton	17:54	Chris Littlejohn	17:42
Philip Mead	20:47	Chris Newnham	21:12	Mark Billington	21:25
Stuart Price	22:11	Michelle Morris	22:47	Anita Wilson	25:05
Richie Jones	23:40	Katie Ruditis	24:02	Helen Kearns	25:35
Zoey Didlick	25:52	Mei Trace	23:00	Siobhan Lees	29:13
Rebecca Fleckney	25:23	Alison Parker	34:00	Clare Petts	28:51
Lionel Mann	38:41	Dave Sedgley	47:38	Pat Godfrey	32:50
<b>Team Total</b>	<b>176:32</b>	<b>Team Total</b>	<b>190:33</b>	<b>Team Total</b>	<b>180:41</b>
<b>Team Target</b>	<b>181:52</b>	<b>Team Target</b>	<b>181:44</b>	<b>Team Target</b>	<b>181:41</b>
				<b>Best Score</b>	<b>176:32</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Numbers, taking part, are gradually dwindling so that we are currently unable to support 5, or even 4, teams and would only have had 2 if it were not for a last minute submission from Siobhan. Even though the team targets were quite similar the recorded totals were widely spread.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 5 will start on 8th June with a reporting deadline of midday on 15th June. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.



# May-18 Virtual Teams

Team A		Team B		Team C		Team D	
Name	Time	Name	Time	Name	Time	Name	Time
Andy Berton	20:20	Marcus Cook	18:18	Steven Upton	18:10	Chris Newnham	21:06
Michelle Morris	22:38	Ashley Larman	17:49	Philip Mead	20:54	Mark Billington	21:15
Katie Ruditis	24:01	Gavin Nicholson	19:13	Holly Jessup	22:06	Kimberley Yardley	28:16
Anita Wilson	25:06	Stuart Price	22:59	Zoey Didlick	24:53	Siobhan Lees	28:55
Mei Trace	26:47	Richie Jones	26:35	Bobby Riddaway	25:20	Alison Parker	28:36
Debbie Newell	26:46	Dean Shanley	29:42	Rebecca Fleckney	25:55	Lionel Mann	39:22
Helen Kearns	25:29	Dave Sedgley	38:37	Pat Godfrey	30:40		
<b>Team Total</b>	<b>171:07</b>	<b>Team Total</b>	<b>173:13</b>	<b>Team Total</b>	<b>167:58</b>	<b>Team Total</b>	<b>167:30</b>
<b>Team Target</b>	<b>171:54</b>	<b>Team Target</b>	<b>171:52</b>	<b>Team Target</b>	<b>171:47</b>	<b>Team Target</b>	<b>172:03</b>
						<b>Best Score</b>	<b>167:30</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Numbers, taking part, are gradually dwindling so that we are currently unable to support 5 teams and were very close to only having 3 teams. The good news is that team C did not win this time round.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 5 will start on 25th May with a reporting deadline of midday on 1st June. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# May-4 Virtual Teams

Team A		Team B		Team C		Team D		Team E	
Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
Philip Horan	19:00	Tom Cawdell	17:20	Martin Beare	18:14	Chris Littlejohn	18:17	Mark Waine	17:02
Andy Bierton	20:15	Colin Woods	18:37	Jon Walker	23:08	Mark Billington	21:15	Michelle Morris	22:36
Philip Mead	21:13	Stuart Price	23:05	Niki Jackson	24:28	Simon Wilkins	22:19	Anthony Collins	25:26
Julie Pritchett	22:55	Katie Ruditis	23:57	Will Carpenter	22:01	Nicola Wilkins	27:37	Kimberley Yardley	25:10
Anita Wilson	25:01	Zoey Didlick	23:42	Helen Kearns	26:08	Bobby Riddaway	25:37	Debbie Newell	27:15
Mei Trace	26:27	Rebecca Fleckney	26:23	Louise Wilkins	26:47	Clare Petts	28:58	Lorraine Horan	31:59
Lionel Mann	39:27	Dave Sedgley	42:50	Helen Satterthwaite	28:04	Pat Godfrey	32:00	Alison Parker	29:08
<b>Team Total</b>	<b>174:18</b>	<b>Team Total</b>	<b>175:54</b>	<b>Team Total</b>	<b>168:50</b>	<b>Team Total</b>	<b>176:03</b>	<b>Team Total</b>	<b>178:36</b>
<b>Team Target</b>	<b>177:43</b>	<b>Team Target</b>	<b>177:50</b>	<b>Team Target</b>	<b>177:49</b>	<b>Team Target</b>	<b>177:48</b>	<b>Team Target</b>	<b>177:52</b>
<b>Average Target</b>	<b>177:48</b>							<b>Best Score</b>	<b>168:50</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. Although the process of allocating people to teams is based purely on target times and I do not take into account members names or recorded times, yet again **Team C** have come out on top, all recording times better than target.

I thought I would have to reduce the number of teams this time but have managed to come up with matching teams of 7 members. Anything less than that would be difficult to cope with, so let's have a few more people participating in round 4 which will start on 11th May with a reporting deadline of midday on 18th May. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

# April-20 Virtual Teams

Team A		Team B		Team C		Team D		Team E	
Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
Stephen Green	20:24	Tim Harris	17:01	Martin Beare	18:10	Ashley Larman	18:20	Simon Read	19:10
Chris Littlejohn	20:17	Marcus Cook	18:19	Barry Stratford	18:05	Martin Godin	23:15	Tom Cawdell	18:13
Philip Mead	20:42	Philip Horan	19:10	Mark Billington	21:11	Holly Jessup	22:57	Stuart Price	22:23
Haydon Littlewood	19:11	Will Willmott	18:47	Carly Keens	22:43	Simon Wilkins	23:11	Michelle Morris	22:45
Katie Ruditis	24:15	Colin Woods	18:52	Eleanor Keep	24:58	Mei Trace	28:53	Zoey Didlick	24:22
Sally Sawkins	25:09	Clare Littlewood	22:17	Adam Street	24:53	Dave Stanley	26:51	Anthony Collins	25:30
Bobby Riddaway	26:13	Richie Jones	27:58	Rebecca Fleckney	27:52	Caroline O'Mahoney	29:50	Steve Cunningham	22:44
Kimberley Yardley	25:23	Terry McHugh	26:26	Louise Wilkins	27:30	Helen Satterthwaite	28:56	Helen Kearns	27:17
Laura Johnston	30:15	Debbie Newell	28:16	Clare Petts	29:15	Pat Godfrey	32:00	Claire Jones	31:32
Charlene Halpin	27:06	Siobhan Lees	31:46	Sarah Allonby	32:24	Steve Gibbons	32:43	Lionel Mann	42:27
Alison Parker	30:00	Dave Sedgley	40:01						
<b>Team Total</b>	<b>268:55</b>	<b>Team Total</b>	<b>268:53</b>	<b>Team Total</b>	<b>247:01</b>	<b>Team Total</b>	<b>266:56</b>	<b>Team Total</b>	<b>256:23</b>
<b>Team Target</b>	<b>262:11</b>	<b>Team Target</b>	<b>262:08</b>	<b>Team Target</b>	<b>262:08</b>	<b>Team Target</b>	<b>262:11</b>	<b>Team Target</b>	<b>262:10</b>
<b>Average Target</b>	<b>262:10</b>							<b>Best Score</b>	<b>247:01</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly. This round I have managed with only 3 seconds between the fastest and slowest team targets but you just can't cope when everyone in the team runs inside their individual target. Well done team C.

We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So round 3 will start on 27th April with a reporting deadline of midday on 4th May. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.

## April-6 Virtual Teams

Team A		Team B		Team C		Team D		Team E	
Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
Ian Halpin	16:35	Mark Waine	17:26	John Decesare	17:02	Craig Palmer	16:03	Tim Harris	15:48
Chris Littlejohn	16:46	Marcus Cook	18:48	Simon Read	18:40	Philip Horan	18:47	Peter Jr Benedickter	17:33
Gavin Nicholson	18:22	Dave Ackerley	17:02	Leigh Pilgrim	20:45	Martin Beare	18:13	Paul Farmer	16:53
Will Willmott	18:49	Terry Stanley	19:37	Tom Cawdell	18:11	Philip Mead	21:17	Ashley Larman	24:01
Martin Godin	22:25	Chris Newnham	21:28	Liam Smyth	26:20	Cameron Morris	21:16	Colin Woods	19:12
Stuart Price	23:49	Michelle Morris	22:49	Jacqui Morland	22:48	Sally Sawkins	24:53	Jamie Keane	19:54
Hattie Oakley-King	24:29	Jeremy Bell	22:49	Mark Billington	21:30	Richie Jones	23:43	Haydon Littlewood	19:04
Niki Jackson	24:44	Jon Walker	22:43	Jim Hurford	20:41	Clare Littlewood	22:28	Simon Wilkins	22:00
Will Carpenter	23:31	Steve Cunningham	25:38	Martin Lees	23:35	Nicola Wilkins	26:43	Katie Ruditis	24:01
Anita Wilson	24:38	Joe Walters	29:21	Dave Stanley	26:39	John Kenyon	26:35	Emily Brown	28:08
Eleanor Keep	25:12	Helen Kearns	27:25	Caroline O'Mahoney	27:59	Adam Street	24:45	Kimberley Yardley	26:26
Samantha Walters	29:08	Laura Johnston	28:03	Zoey Didlick	24:33	Charlene Halpin	27:22	Debbie Newell	27:38
Brendan O'Mahoney	31:20	Sarah Allonby	34:02	Rebecca Fleckney	29:15	Barry Dackombe	28:48	Andrea Innes	27:44
Kevin Cutler	30:30	Alison Parker	28:44	Claire Jones	31:18	Clare Petts	29:34	Siobhan Lees	29:01
Lionel Mann	41:39	Dave Sedgley	40:38	Steve Gibbons	30:07	Pat Godfrey	33:17	Helen Satterthwaite	28:45
								Louise Wilkins	27:46
<b>Team Total</b>	<b>371:57</b>	<b>Team Total</b>	<b>376:33</b>	<b>Team Total</b>	<b>359:23</b>	<b>Team Total</b>	<b>363:44</b>	<b>Team Total</b>	<b>373:54</b>
<b>Team Target</b>	<b>373:50</b>	<b>Team Target</b>	<b>373:51</b>	<b>Team Target</b>	<b>373:54</b>	<b>Team Target</b>	<b>373:50</b>	<b>Team Target</b>	<b>373:47</b>
<b>Average Target</b>								<b>373:50</b>	
								<b>Best Score</b>	<b>359:23</b>

You have been allocated to a team based on a target time derived from your most recent 5K & 10K times reported over the last 12 months. I have tried to generate teams with similar Team Targets but given the vast range of individual target times it is impractical, if not impossible, for them to match exactly.

Overall, I think this has been a success, and thank Tim for his original idea. We will repeat the process once a fortnight for the duration of the Covid-19 restrictions. So the next round will start on 13th April with a reporting deadline of midday on 20th. Ideally you should attempt to use the same course for each run so you get an idea of your own progress.

New teams will be allocated each time and your times from the previous efforts will influence individual target times so you will be teaming up with new people depending on their new targets and who reports.