

Lockdown Countdown 10: Pace times (per mile)

Name	4m	3m	2m	1m	Average
David Hughes	06:39	06:31	06:14	06:02	00:06:22
Mark Leadbeater	07:32	06:53	06:27	06:01	00:06:43
Darren Horobin	07:15	07:06	06:56	06:35	00:06:58
Charlie Lines	07:47	06:54	06:34	06:15	00:06:52
Kevin Guttridge	07:38	07:19	06:47	06:24	00:07:02
Nicolas Daudet	07:42	07:15	07:04	06:32	00:07:08
Alister Nicholl	07:46	07:25	06:56	06:24	00:07:08
William Walker	07:39	07:26	07:15	06:40	00:07:15
Julie Stafford	07:29	07:24	07:22	07:23	00:07:24
Robert Milner	08:04	07:42	07:22	06:53	00:07:30
Peter Grimoldby	08:02	07:41	07:40	07:12	00:07:39
Laura Mcadam	08:12	07:58	07:27	06:55	00:07:38
Charlotte Smith	08:07	08:22	07:30	06:51	00:07:43
Debbie Sidwell	08:26	08:11	07:31	07:02	00:07:47
Thomas Macklam	08:27	08:04	07:39	07:03	00:07:48
Terry Mottram	08:41	08:03	07:27	06:45	00:07:44
Kelly Gill	08:41	07:53	07:40	07:05	00:07:50
Ruth Walker	08:33	08:16	07:51	06:59	00:07:55
Simon Bennett	07:49	09:04	08:34	06:20	00:07:57
Catherine Warren	08:42	08:06	07:44	07:22	00:07:59
Jurie Swanepoel	09:33	07:41	07:13	06:41	00:07:47
Colin Turner	08:48	08:26	07:50	07:12	00:08:04
Gemma Lund	08:52	08:19	07:55	07:24	00:08:08
Martyn Stearn	08:33	08:29	08:15	07:32	00:08:12
Liane Warren	08:48	08:17	08:16	07:25	00:08:11
Olivia Gardner	08:45	08:33	08:02	07:18	00:08:10
Mark Hull	08:41	08:37	08:09	07:33	00:08:15
Louise O'Marr	08:33	08:42	08:16	07:42	00:08:18
Dawn Collins	08:51	08:32	08:01	07:58	00:08:21
Chris Taylor	08:40	08:47	08:09	08:19	00:08:29
Rebecca Greenwood	08:46	08:57	08:15	07:38	00:08:24
Julie Roberts	08:55	08:51	07:58	07:53	00:08:24
Theresa de Beer	09:01	08:51	08:00	07:51	00:08:26
Amie Gardner	08:53	08:58	08:20	07:24	00:08:24
Rachel Cooke	09:15	08:53	07:58	07:42	00:08:27
Maggie Hawksworth	09:00	08:49	08:31	08:07	00:08:37
Adrian Leach	09:22	09:19	07:38	07:03	00:08:21
Ian Vogan	09:04	08:36	08:32	08:40	00:08:43
David Cooper	09:28	08:58	08:11	07:10	00:08:27
Denise Clark	09:13	09:02	08:15	08:14	00:08:41
Debbie Barton	09:04	09:39	08:41	07:50	00:08:49
Emily Chatwin	09:49	09:18	07:43	07:57	00:08:42
Jill Daly	09:31	08:58	08:56	08:09	00:08:54
Gill Bennett	09:46	09:03	08:31	07:59	00:08:50
James Davey	09:13	09:07	09:36	08:36	00:09:08
Charlotte Grace	10:07	09:05	08:21	07:55	00:08:52
Yvette McKinney	09:16	08:53	09:44	09:25	00:09:19
Julie Swanepoel	09:36	09:09	09:11	08:45	00:09:10
Daryl Pearson	10:07	09:33	08:07	08:29	00:09:04
Hayley Goldthorpe	09:39	09:33	09:04	08:39	00:09:14
Sarah Turner	10:13	09:36	09:28	07:05	00:09:05
Roger Waterhouse	10:06	09:29	09:17	08:31	00:09:21
Dawn Guttridge	10:07	09:49	08:54	08:26	00:09:19
Roy Simpson	10:28	09:16	09:24	08:27	00:09:24
Dawn Sketchley	10:16	10:04	08:48	08:09	00:09:19
Melanie Owen	10:10	10:31	08:51	08:15	00:09:27
Emma Bird	10:18	10:05	09:21	08:22	00:09:32

Amanda McKinnell	10:17	10:12	08:59	08:57	00:09:36
Katie Daly	10:40	10:09	09:43	07:59	00:09:38
Ros Kitchen	10:22	09:51	09:52	09:44	00:09:57
Jane Busfield	10:38	10:01	09:46	09:12	00:09:54
Chris Crowther	10:58	09:56	09:21	08:58	00:09:48
Stephen Berry	10:41	10:13	09:34	09:04	00:09:53
Victoria Peckover	11:26	09:44	09:35	08:35	00:09:50
Debbie Worthington	13:19	08:58	08:19	08:15	00:09:43
Sally Morris	10:58	11:09	09:16	09:29	00:10:13
Michael Higgitt	10:47	10:43	10:16	09:38	00:10:21
Wendy Berry	10:51	10:26	11:36	09:17	00:10:33
Cary Bernard	11:33	10:53	10:05	09:30	00:10:30
Emma Woodall	11:24	11:00	10:17	09:41	00:10:35
Stewart Haigh	11:42	10:39	10:41	09:27	00:10:37
Jeff Denton	11:18	11:25	10:39	10:08	00:10:52
Jessica Holt	12:00	11:11	10:08	09:12	00:10:38
Christine Hall	11:48	11:25	10:59	10:24	00:11:09
Kathryn Evans	12:49	11:34	10:47	10:57	00:11:32
Yvonne Stearn	12:52	12:21	12:19	10:44	00:12:04
Ruth Saville	13:04	12:43	13:21	10:59	00:12:32
Sarah Longfield	12:43	12:22	11:39	18:27	00:13:48
Roy Young	14:15	13:09	12:00	11:15	00:12:40
Alan Tattersall	12:35	11:47	17:50	11:09	00:13:20
Janice Hookham	13:23	13:23	13:02	13:27	00:13:19
Alison John-Baptiste	14:18	14:02	13:31	12:02	00:13:28
Elly Roberts	07:58	07:08	06:49		
Gail Wrangles	08:20	07:54	08:20		
Justin Hargraves	09:58	09:45	08:58		
Lindsay Pinder	12:52	12:46	10:52		
Linda Selby	14:56	15:24	12:26		
Victoria Burch	17:17	16:46	16:57		
Bill Winder	07:02	06:50		06:11	
Adam Connellan	07:24	07:07			
Carrie Simmonds	09:27	10:03			
Georgi Newton	10:25	10:25			
James Selby	11:48	11:33			
Helen Wainwright	11:49	12:01			
Emma Flanagan	13:02	12:54			
Lisette Jones	13:02	12:54			
Barbara Radecki		11:51	11:18	10:21	
Charles McKinney	07:31				
Christopher Sharp	09:56		09:34		
Debbie Macklam	10:40				
Elena Clark		10:12	10:11		
Emma Aldred		12:08			
Helen Gordon		10:45	10:52		
Ian Treanor	10:58				
James Roberts	07:14				
Lesley Needham	11:38				
Louise Clapham	13:30				
Maya McCormack		08:20	08:06		
Nicola Pashley	11:09		10:25		
Paul Barton		09:40			
Paul Gallagher		11:00	09:36		
Paul Lawrence	08:26				
Paul Zywicki	09:30				
Poppy Cooke	09:15				
Richard Burke	07:00				
Sally Hayward	13:53		21:46		

Sarah Cooper	09:01				
Sarah Powala	09:22				
Stephen Wong	09:33				
Tom Camponi	13:48				
Tracy Bridgett	12:28				
Victoria Burch	17:17	16:46	16:57		00:17:00
Overall Averages	10:02	09:40	09:15	08:19	00:09:22