

Name	Category	Date	Miles	Feet Climbed	Pace (min/mile)	climb rate (min/1000ft)	rate of climb (feet/mile)	Run Category
Matt Kay	M	26/05/2020	11.8	4656	17.1	43	396	AM
Stuart Russell	M	27/05/2020	9.7	4501	18.2	39	463	AM
Tim Brooks	M	29/05/2020	12.4	4482	20.0	55	361	AM
Stuart Russell	M	23/05/2020	11.8	4403	14.7	40	373	AM
Dougie Zinis	M	26/05/2020	12.2	4285	11.6	33	351	AM
Catherine Holden	F	27/05/2020	11.9	3714	14.2	46	312	AM
Catherine Jones	F	31/05/2020	9.8	3648	15.2	41	372	AM
Christina Turner	F	30/05/2020	10.6	3458	24.1	74	327	AM
Cass Chisholm	F	31/05/2020	10.5	3009	16.4	58	285	AM
Charlie Ing	M	27/05/2020	8.4	2874	11.1	33	341	AM
Catherine Jones	F	24/05/2020	7.1	2694	31.2	82	382	AM
Ben Mounsey	M	25/05/2020	9.7	2339	14.2	59	242	BM
Gloria Ayuso	F	24/05/2020	10.8	2208	11.5	57	204	BM
Gloria Ayuso	F	26/05/2020	10.2	2208	11.5	53	217	BM
Shaun Godsman	M	30/05/2020	8.0	2192	9.0	33	273	AM
Jill Convey	F	27/05/2020	10.7	2119	11.1	56	198	BM
Phil Wells	M	28/05/2020	9.5	2087	12.2	56	220	BM
Dan Marsden	M	31/05/2020	11.2	2044	8.8	48	183	BM
Dougie Zinis	M	31/05/2020	11.2	2044	8.8	48	183	BM
Mark O'Connor	M	28/05/2020	6.7	2044	10.3	34	304	AM
Holly Page	F	24/05/2020	8.1	2037	11.7	46	252	BM
Cass Chisholm	F	27/05/2020	8.3	1972	15.4	65	238	BM
Cass Chisholm	F	24/05/2020	11.8	1969	14.1	85	167	BM
Toby Cotterill	M	31/05/2020	9.1	1923	36.6	173	211	BM
Matt Kay	M	30/05/2020	10.7	1919	10.2	57	179	BM
Ben Mounsey	M	23/05/2020	7.2	1870	10.9	42	259	BM
Jonathan Emberton	M	25/05/2020	7.5	1870	12.7	51	251	BM
Lee Shimwell	M	23/05/2020	6.7	1857	11.2	40	277	AM
Carolyn Shimwell	F	31/05/2020	9.0	1815	13.9	69	201	BM
Liz Lloyd	F	31/05/2020	9.0	1815	13.9	69	201	BM
Jonathan Emberton	M	31/05/2020	8.7	1804	12.6	61	207	BM
Iain Powell	M	31/05/2020	11.8	1798	9.5	62	152	BM
Stuart Russell	M	28/05/2020	9.2	1759	10.7	56	191	BM
Tim Brooks	M	30/05/2020	9.8	1755	31.9	178	179	BM
Phil Wells	M	31/05/2020	6.4	1706	13.3	50	265	AM
Matt Kay	M	24/05/2020	9.1	1699	9.0	48	187	BM
Paul Haigh	M	28/05/2020	7.0	1680	9.4	39	239	BM
Tim Brooks	M	23/05/2020	12.4	1659	25.9	193	134	BM
Richard Sunderland	M	23/05/2020	11.1	1650	13.4	90	149	BM
Ben Mounsey	M	24/05/2020	11.5	1631	8.2	58	141	BM
Mark Burton	M	23/05/2020	9.7	1617	8.4	51	166	BM
Jonathan Moon	M	28/05/2020	9.8	1608	11.2	68	163	BM
Matt Ray	M	31/05/2020	8.9	1601	8.3	46	180	BM
Dougie Zinis	M	28/05/2020	6.8	1591	8.5	37	233	BM
Chris Holdsworth	M	28/05/2020	10.2	1581	6.9	44	156	BM
Karl Gray	M	31/05/2020	8.3	1568	9.0	48	188	BM
Toby Cotterill	M	28/05/2020	7.2	1549	22.9	106	215	BM
Mark Burton	M	26/05/2020	6.9	1545	10.7	48	223	BM
Jonathan Moon	M	27/05/2020	8.8	1545	10.5	59	176	BM
George McFie	B	28/05/2020	6.5	1529	9.9	43	234	BM
Ben Mounsey	M	27/05/2020	9.6	1503	10.9	70	156	BM
Mark Burton	M	29/05/2020	7.2	1503	9.9	47	208	BM
Matt Cope	M	25/05/2020	9.9	1486	10.8	73	149	BM
Amanda Farrell	F	25/05/2020	9.6	1438	12.5	83	150	BM
Sue Martin	F	25/05/2020	9.6	1438	12.5	83	150	BM
Carolyn Shimwell	F	25/05/2020	7.3	1417	16.4	85	193	BM
Natasha Butterfield	F	30/05/2020	11.2	1411	8.1	65	126	CM
Richard Sunderland	M	24/05/2020	8.2	1404	25.5	150	170	BM
Phil Wells	M	31/05/2020	6.7	1394	10.3	49	208	BM
Jonathan Emberton	M	23/05/2020	8.7	1378	13.8	87	158	BM
Bob Howard	M	25/05/2020	9.0	1362	16.3	107	152	BM
Mark O'Connor	M	30/05/2020	7.9	1362	12.2	71	172	BM
Ian Sparks	M	23/05/2020	9.0	1343	11.8	79	149	BM

Holly Page	F	26/05/2020	8.4	1329	10.7	68	158	BM
Marc Collett	M	29/05/2020	8.2	1322	14.2	88	161	BM
Catherine Holden	F	29/05/2020	9.1	1306	23.7	165	144	BM
Manhar Patel	M	25/05/2020	9.8	1293	12.2	93	131	CM
Bill Johnson	M	28/05/2020	10.3	1276	8.9	71	124	CM
James Cooke	M	26/05/2020	6.3	1273	11.6	57	202	BM
Catherine Holden	F	26/05/2020	7.1	1263	16.6	94	177	BM
Toby Sydes	M	26/05/2020	6.3	1260	11.7	59	199	BM
Jocasta Fletcher	F	28/05/2020	6.4	1253	18.8	96	195	BM
Harley Beecroft	F	24/05/2020	7.9	1227	12.2	79	155	BM
Matt Kay	M	29/05/2020	7.2	1217	8.6	51	169	BM
Ben Frechette	M	30/05/2020	8.0	1198	12.0	80	150	BM
Ian Sparks	M	25/05/2020	6.4	1179	11.6	63	185	BM
Diane Wright	F	25/05/2020	8.4	1175	10.8	77	141	BM
Diane Wright	F	26/05/2020	8.0	1165	11.2	77	145	BM
Catherine Holden	F	23/05/2020	8.1	1161	11.6	81	144	BM
Nathan Kennaugh	M	30/05/2020	8.0	1161	12.0	83	145	BM
Elliot Corner	M	26/05/2020	6.5	1155	10.1	57	177	BM
Natasha Butterfield	F	27/05/2020	10.4	1152	8.5	77	110	CM
Gill Dickson	F	24/05/2020	8.6	1125	12.6	96	131	CM
Marc Collett	M	27/05/2020	7.5	1099	13.6	94	146	BM
Matt Kay	M	28/05/2020	6.4	1083	8.9	53	169	BM
Richard Sunderland	M	31/05/2020	8.3	1043	11.3	90	125	CM
Amanda Farrell	F	26/05/2020	9.8	1000	12.2	120	102	-M
Gloria Ayuso	F	31/05/2020	6.5	974	11.8	79	150	BM
Toby Sydes	M	31/05/2020	7.5	915	10.9	88	123	CM
Richard Sunderland	M	25/05/2020	7.0	902	14.1	110	128	CM
Alasdair Pedley	M	26/05/2020	7.0	850	8.6	71	122	CM
Amanda Farrell	F	30/05/2020	6.5	839	18.4	143	129	CM
Mark Burton	M	24/05/2020	10.1	817	6.8	84	81	-M
Charlie Ing	M	29/05/2020	10.0	725	6.6	92	72	-M
Gloria Ayuso	F	27/05/2020	6.7	666	24.4	246	99	-M
Charlie Ing	M	25/05/2020	10.0	354	6.0	170	35	-M