



TwoOne in 21! Members Memory Days				
Name	Memory Date	Memory Day	Miles	Kms
Francis Mason	01/01/21	New years day 2021, a date that everyone looked forward	5	0
Jeannie Noonan	28/02/10	20/08/2021	0	13
Kevin Coughlan	23/06/21	Dad's 20 Year Anniversary	0	14
Lee Newark	15/02/21	Birthday	0	11
Lisa Bragg	23/12/21	My birthday!	11	0
Mark Baker	08/02/21	Last Birm Leag XC race n Glouc b4 lockdowns	13	0
Megan Miller	06/02/21	My birthday!	0	11
Stephen Simpson	27/02/21	Former member and friend Dave Buckingham	0	16
Steve Turvey	10/10/21	Heroes day (SA) plus likely marathon day this year. Also legs struggling with more than 5km this week!	0	5
Terry Moynihan	08/02/21	In memoriam	0	13
Tracey Williams	22/03/65	Date of my birthday this year	10	0
Yvonne Boyle	22/03/21	My Birthday	10	0

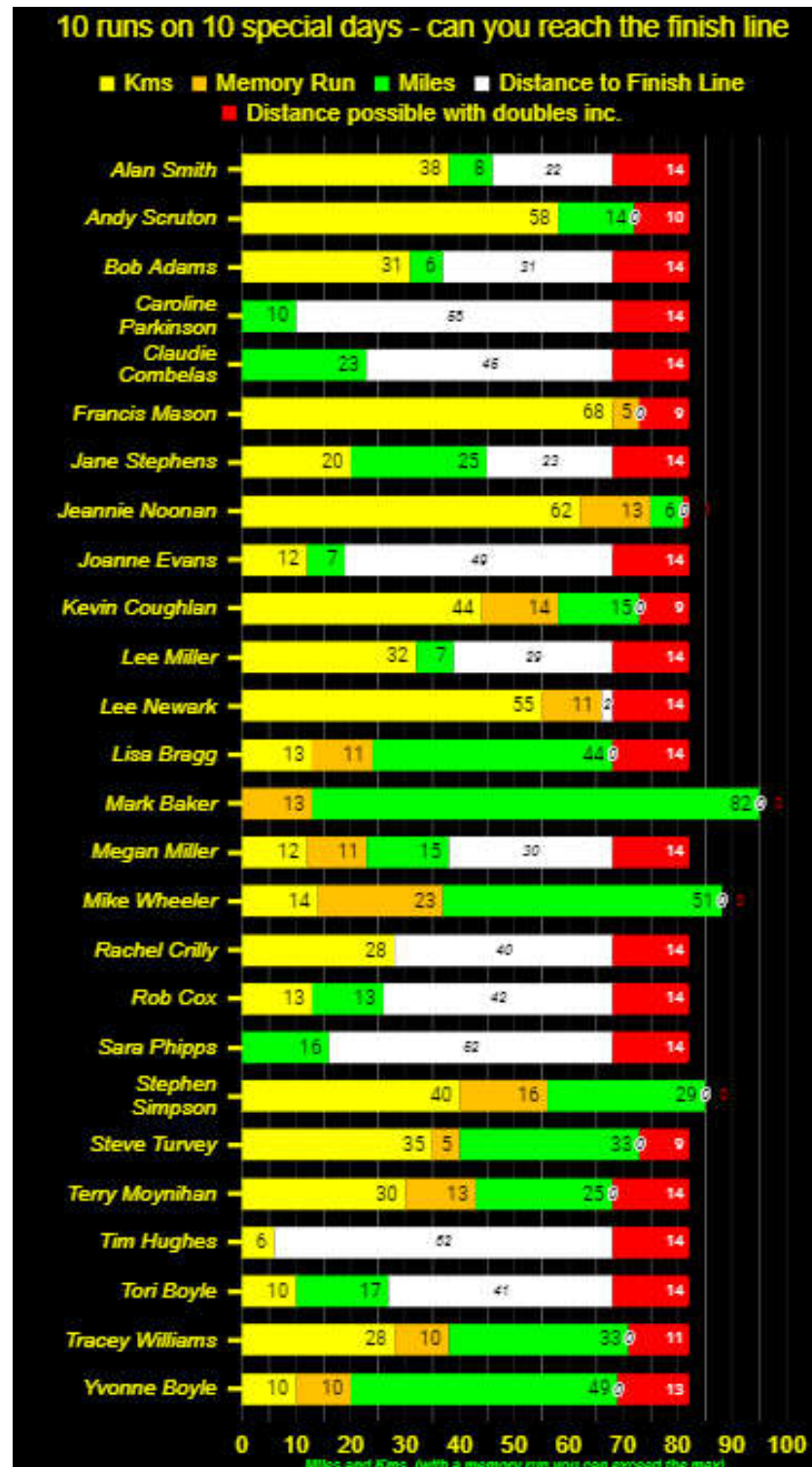


Table 3: Total Distances Ran

Final Spot Prizes (£5) THIS WEEK....prize for 1 male and 1 female runner who matches the "challenge total" for hidden kms and miles combination!
N.B. You need to reach the finish line !!

**Nearest match winners
Jennie Noonan and
Terry Moynihan**

SUM of TwoOne Distance

Name	Measure					Males	Females	Hidden KM	Hidden Miles
	Kms	Memory Run	Miles	Distance to Finish Line	Distance possible with				
Alan Smith	38		8	22	14			44	24
Andy Scruton	58		14	0	10			52	16
Bob Adams	31		6	31	14				
Caroline Parkinson			10	58	14				
Claudia Combelas			23	45	14				
Francis Mason	68	5		0	9				
Jane Stephens	20		25	23	14				
Jeannie Noonan	62	13	6	0	1				
Joanne Evans	12		7	49	14				
Kevin Coughlan	44	14	15	0	9				
Lee Miller	32		7	29	14				
Lee Newark	55	11		2	14				
Lisa Bragg	13	11	44	0	14				
Mark Baker		13	82	0	0				
Megan Miller	12	11	15	30	14				
Mike Wheeler	14	23	51	0	0				
Rachel Crilly	28			40	14				
Rob Cox	13		13	42	14				
Sara Phipps			16	52	14				
Stephen Simpson	40	16	29	0	0				
Steve Turvey	35	5	33	0	9				
Terry Moynihan	30	13	25	0	14				
Tim Hughes	6			62	14				
Tori Boyle	10		17	41	14				
Tracey Williams	28	10	33	0	11				
Yvonne Boyle	10	10	49	0	13				
Grand Total	659	155	528						

nearest match

nearest match



21
Two
1
February Challenge

Nearest match winners
Jennie Noonan
and
Terry Moynihan



Names

[illegible]



Nearest match
winners
Jennie Noonan
and
Terry Moynihan



Names

[illegible]



21
Two
1
February Challenge

Nearest match winners
Jennie Noonan
and
Terry Moynihan



Names

		22	21	19	18	17	16	15	13	12	11	10	9	8	7	6	5	4	3	2	1	
		9 Kms Run EIGHT 22/2/21	9 Miles Run EIGHT 22/2/21	8 Kms Run SEVEN 21/2/21	8 Miles Run SEVEN 21/2/21	7 kms Run SIX 20/2/21	7 miles Run SIX 20/2/21	Valentine s 10k	Valentines 10miles	8 Miles Run FIVE 12/2/21 DOUBLE RUN! (16miles)	8 Kms Run FIVE 12/2/21	8 Miles Run FIVE 12/2/21	7 kms Run FOUR 11/2/21	7 miles Run FOUR 11/2/21	6 Kms Run THREE 10/2/21	6 Miles Run THREE 10/2/21	7 km Run TWO 2/2/21	7 miles Run TWO 2/2/21	6 Km Run ONE 1/2/21 DOUBLE RUN! (12km)	6 Mile Run ONE 1/2/21 DOUBLE RUN! (12miles)	6 Km Run ONE 1/2/21	6 Mile Run ONE 1/2/21
Name	Date You Ran	9	9	8	8	7	7	10	10	16	8	8	7	7	6	6	7	7	12	12	6	6
Rob Cox	7-Feb																00:47:35					
	20-Feb					00:47:23																
	23-Feb			00:54:28																		
	24-Feb																			00:33:20		
	4-Feb																01:05:03					
Sara Phipps	12-Feb														00:52:05							
	14-Feb											00:33:52										
	3-Feb																				01:01:25	
Stephen Simpson	14-Feb								01:38:00													
	3-Feb																			00:33:12		
	4-Feb																	01:09:17				
Steve Turvey	7-Feb																					
	10-Feb														00:43:12						01:12:43	
	13-Feb												01:18:56									
	14-Feb									01:30:32												
	20-Feb					00:55:12																
	21-Feb				01:25:12																	
	22-Feb	00:55:32																				
	2-Feb																00:33:39					
	5-Feb																				00:49:35	
	10-Feb														00:26:57							
	11-Feb												00:32:21									
Terry Moynihan	13-Feb									01:00:45												
	20-Feb					00:40:54			01:20:48													
	21-Feb			00:39:00																		
	24-Feb		01:11:58																			
	1-Feb																			00:29:07		
	2-Feb																00:33:07					
	13-Feb									00:38:39												
Tim Hughes	14-Feb								01:27:06													
	20-Feb						00:53:33															
	21-Feb				01:08:03																	
	26-Feb	00:43:05																				
	4-Feb																			00:30:21		
	18-Feb							01:24:36														
Tori Boyle	20-Feb		01:38:57																			
	22-Feb				01:16:30																	
	22-Feb				01:34:44																	
Tracey Williams	20-Feb								02:07:02													
	1-Feb																			00:50:49		

TwoOne in 21! **February Challenge 2021**
 Northbrook AC Virtual Running **Week 4 (21st to 28th)**
 03/03/2021 07:45:22 **FINAL WEEK !!!**
<https://www.northbrookac.org.uk/twoone-in-21/>

Final Spot Prizes (£5) THIS WEEK.....prize for 1 male and 1 female runner who matches the "challenge total" for hidden kms and miles combination! **N.B. You need to reach the finish line !!**

Nearest match winners
Jennie Noonan
 and
Terry Moynihan



No. of Runners: 26 **Table 1: Runners Finish Times**
 (see below pace times , distance tally and memory days)

Names

		22	21	20	19	18	17	16	15	13	12	11	10	9	8	7	6	5	4	3	2	1
		9 Kms Run EIGHT 22/2/21	9 Miles Run EIGHT 22/2/21	8 Kms Run SEVEN 21/2/21	8 Miles Run SEVEN 21/2/21	7 kms Run SIX 20/2/21	7 miles Run SIX 20/2/21	Valentine s 10k	Valentines 10miles	8 Miles Run FIVE 12/2/21 DOUBLE RUN! (16miles)	8 Kms Run FIVE 12/2/21	8 Miles Run FIVE 12/2/21	7 kms Run FOUR 11/2/21	7 miles Run FOUR 11/2/21	6 Kms Run THREE 10/2/21	6 Miles Run THREE 10/2/21	7 km Run TWO 2/2/21	7 miles Run TWO 2/2/21	6 Km Run ONE 1/2/21 DOUBLE RUN! (12km)	6 Mile Run ONE 1/2/21 DOUBLE RUN! (12miles)	6 Km Run ONE 1/2/21	6 Mile Run ONE 1/2/21
Name	Date You Ran	9	9	8	8	7	7	10	10	16	8	8	7	7	6	6	7	7	12	12	6	6
Yvonne Boyle	6-Feb																	01:27:58				
	10-Feb														00:57:44							
	13-Feb											01:53:35										
	24-Feb	01:06:00																				
	28-Feb					00:46:12																
	1-Feb																					01:13:34
	2-Feb																	01:41:01				
	10-Feb															01:23:13						
	11-Feb												01:34:22									
	13-Feb										01:50:10											
	18-Feb							01:25:06														
	20-Feb						01:33:43															
	22-Feb				01:41:38																	
Grand Total		00:43:05	01:11:58	00:39:00	01:08:03	00:38:01	00:53:33	00:53:42	01:20:48	02:04:24	00:38:39	01:00:45	00:32:21	00:54:37	00:26:57	00:52:05	00:33:07	00:48:22	01:09:17	01:34:31	00:29:07	00:49:35



Table 2: PACE Times

Minute per Mile / Minute per km	Date You Ran	9 Kms Run EIGHT 22/2/21	9 Miles Run EIGHT 22/2/21	8 Kms Run SEVEN 21/2/21	8 Miles Run SEVEN 21/2/21	7 kms Run SIX 20/2/21	7 miles Run SIX 20/2/21	Valentine s 10k	Valentines 10miles	8 Miles Run FIVE 12/2/21 DOUBLE RUN! (16miles)	8 Kms Run FIVE 12/2/21	8 Miles Run FIVE 12/2/21	7 kms Run FOUR 11/2/21	7 miles Run FOUR 11/2/21	6 Kms Run THREE 10/2/21	6 Miles Run THREE 10/2/21	7 km Run TWO 2/2/21	7 miles Run TWO 2/2/21	6 Km Run ONE 1/2/21 DOUBLE RUN! (12km)	6 Mile Run ONE 1/2/21 DOUBLE RUN! (12miles)	6 Km Run ONE 1/2/21	6 Mile Run ONE 1/2/21
Alan Smith	10-Feb														00:05:48							
	11-Feb												00:05:53									
	12-Feb										00:06:04											
	13-Feb											00:10:18										
	14-Feb							00:05:47														
	19-Feb					00:06:19																
Andy Scruton	1-Feb																00:05:38					
	4-Feb																				00:05:36	
	9-Feb															00:08:50						
	12-Feb												00:05:20									
	13-Feb																					
	16-Feb										00:05:27											
	23-Feb			00:05:28									00:05:36									
	25-Feb			00:05:28																		
	27-Feb				00:08:53																	
	28-Feb					00:05:26																
Bob Adams	1-Feb																				00:05:40	
	2-Feb																00:05:47					
	10-Feb															00:10:10						
	12-Feb										00:05:16											
	14-Feb							00:05:46														
Caroline Parkinson	14-Feb								00:11:03													
Claudia Combela	1-Feb																					00:10:30
	2-Feb																	00:09:03				
	14-Feb								00:09:56													
Francis Mason	1-Feb																				00:04:52	
	2-Feb																00:05:04					
	10-Feb														00:05:25							
	17-Feb												00:04:58									
	18-Feb										00:05:05											
	23-Feb			00:05:13																		
	26-Feb					00:05:31																
	28-Feb	00:06:08						00:05:38														
Jane Stephens	1-Feb																				00:09:10	
	4-Feb																00:08:29					
	6-Feb																	00:14:17				
	10-Feb											00:08:24										
	13-Feb										00:13:28											
	20-Feb								00:13:40													
Jeannie Noonan	23-Jan			00:06:19																		
	1-Feb																					00:09:57
	2-Feb																					
	11-Feb												00:06:19				00:06:28					
	12-Feb										00:06:12											
	14-Feb														00:06:03							
	16-Feb							00:06:24														
	19-Feb					00:06:16																
	25-Feb	00:06:34																				
Joanne Evans	3-Feb																		00:06:04			
	4-Feb																	00:10:13				
Kevin Coughlan	6-Feb																		00:06:05			
	7-Feb																					
	9-Feb														00:05:53		00:06:08					
	10-Feb																					
	13-Feb										00:10:02			00:09:17								
	18-Feb							00:05:34														
	20-Feb	00:05:53																				
Lee Miller	3-Feb																				00:05:40	
	6-Feb																	00:09:19				

**Table 2: PACE Times**[illegible]

**Table 2: PACE Times**

Minute per Mile / Minute per km		9 Kms Run EIGHT 22/2/21	9 Miles Run EIGHT 22/2/21	8 Kms Run SEVEN 21/2/21	8 Miles Run SEVEN 21/2/21	7 kms Run SIX 20/2/21	7 miles Run SIX 20/2/21	Valentine s 10k	Valentines 10miles	8 Miles Run FIVE 12/2/21 DOUBLE RUN! (16miles)	8 Kms Run FIVE 12/2/21	8 Miles Run FIVE 12/2/21	7 kms Run FOUR 11/2/21	7 miles Run FOUR 11/2/21	6 Kms Run THREE 10/2/21	6 Miles Run THREE 10/2/21	7 km Run TWO 2/2/21	7 miles Run TWO 2/2/21	6 Km Run ONE 1/2/21 DOUBLE RUN! (12km)	6 Mile Run ONE 1/2/21 DOUBLE RUN! (12miles)	6 Km Run ONE 1/2/21	6 Mile Run ONE 1/2/21
	Date You Ran																					
Terry Moynihan	20-Feb			00:04:53		00:05:51			00:08:05													
	21-Feb																					
	24-Feb		00:08:00																			
	1-Feb																				00:04:51	
	2-Feb																					
Tim Hughes	13-Feb									00:04:50							00:04:44					
	14-Feb								00:08:43													
	20-Feb						00:07:39															
	21-Feb				00:08:30																	
	26-Feb	00:04:47																				
Torl Boyle	4-Feb																				00:05:04	
	18-Feb							00:08:28														
	20-Feb		00:11:00																			
Tracey Williams	22-Feb				00:09:34																	
	22-Feb				00:11:51																	
	20-Feb								00:12:42													
Yvonne Boyle	1-Feb																				00:08:28	
	6-Feb																					
	10-Feb																	00:12:34				
	13-Feb														00:09:37							
	24-Feb	00:07:20								00:14:12												
	28-Feb					00:06:36																
	1-Feb																				00:12:16	
	2-Feb																	00:14:26				
	10-Feb															00:13:52						
	11-Feb												00:13:29									
Grand Total	13-Feb									00:13:46												
	18-Feb						00:08:31															
	20-Feb					00:13:23																
	22-Feb				00:12:42																	
		00:04:47	00:08:00	00:04:53	00:08:30	00:05:26	00:07:39	00:05:22	00:08:05	00:07:47	00:04:50	00:07:36	00:04:37	00:07:48	00:04:30	00:08:41	00:04:44	00:06:55	00:05:46	00:07:53	00:04:51	00:08:16