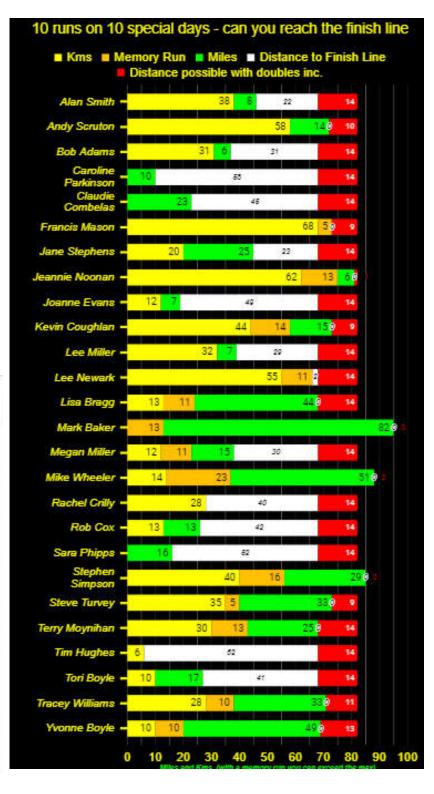


TwoOne in 21!	Men	bers Memo	ory Days	
Name	Memory Date	Memory Day	Miles	Kms
☐ Francis Mason	<b>01/01/21</b>	New years day 2021, a date that everyone looked forward	5	0
Jeannie Noonan	28/02/10	20/08/2021	0	13
Kevin Coughian	23/06/21	Dad's 20 Year Anniversary	0	14
Lee Newark Lisa Bragg	■ 15/02/21 ■ 23/12/21	Birthday My birthday! Last Birm Leag	0 11	11 0
Mark Baker	<b>a</b> 08/02/21	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	Ō	16
□ Stove Turvey	<ul><li>10/10/21</li></ul>	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 - 22/03/21	Date of my birthday this year	10 10	0
☐ Yvonne Boyle	22/03/21	My Birthday	10	U



## **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

Hidden KM Hidden Miles 44 52 16

Measure

SUM of TwoOne Distance	Measure				
Name	Kms	Memory Run	Miles	Distance to Finish Line	Distance possible with
Alan Smith	38		8	22	14
Andy Scruton	58		14	0	10
<b>Bob Adams</b>	31	8	6	31	14
Caroline Parkinson	697.889		10	58	14
Claudie 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 Coughian	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	18 18		40	14
Rob Cox	13		13	42	14
Sara Phipps	C186-7-4		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	12		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		- Miles

JZ		Ş
Kms Plus memory	Miles Plus memory	e.
38	8	
58	14	
31	6	85 93
5	10	7) (2)
	23	
68	5	
20	25	9
75	6 7	nearest match
12	7	ii V
58	15	8
32	7	i. B
66		
13	55	S X
0	95	
23	15	į. Š
14	51	
28		iti N
13	13	
	16	ži
56	29	
40	33	e R
43	25	nearest match
6	2	8
10	17	64:
28	43	6
10	59	L.
742	528	

TwoOne in 21! For Northbrook AC Virtual Running 03/03/2021 07:45:22

February Challenge 2021

Meek 4 (21st to 28th)

FINAL WEEK!!!

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February Challenge

No. of Runners: 26

Table 1: Runners Finish Times

(	see be	ow pace ti	mes , d	istance ta	y and mem	ory d

Names	(see below pace	times , distance tally	and memory days)														8.					
		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	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	9	9	8	8	7	7	10	10	16	8	8	7	7	6	6	7	7	12	12	6	6
Alan Smith	10-Feb														00:34:50							
	11-Feb												00:41:14									
	12-Feb										00:48:34											
	13-Feb											01:22:27										
	14-Feb					00.44.40		00:57:53		1					ļ		ļ					
	19-Feb					00:44:12									-							
Andy Scruton	1-Feb 4-Feb																00:39:28			_	00:33:36	
	9-Feb					-										00:53:00					00:33:36	
	12-Feb												00:37:23			00.55.00						
	13-Feb									t	00:43:33		00.07.20									
	16-Feb												00:39:10		1		1					
	23-Feb			00:43:40																		
	25-Feb			00:43:43											ļ							
	27-Feb				01:11:02					ļ					ļ		ļ		ļ	-		
Bob Adams	28-Feb			-		00:38:01				<b>+</b>	-				-		-			-		
Bob Adams	1-Feb 2-Feb																00:40:30			_	00:34:00	
	10-Feb												1			01:01:00	00:40:30			_		
	12-Feb					<b>†</b>				<b>†</b>	00:42:10				-	01.01.00	<b>+</b>		1			
	14-Feb							00:57:35		İ	00.12.10											
Caroline Parkinson	14-Feb								01:50:29						1							
Claudie Combelas	1-Feb																					01:02:58
	2-Feb																	01:03:24				
	14 <b>-</b> Feb								01:39:19													
Francis Mason	1-Feb																				00:29:11	
	2-Feb																00:35:27					
	10-Feb														00:32:30		ļ					
	17-Feb						-			-	20.40.40		00:34:47		ļ		ļ			-		
	18-Feb 23-Feb			00:41:43		1				<b>-</b>	00:40:43				-		-	-	-	-		-
	23-Feb 26-Feb			00.41.43		00:38:40				1	+				<b>-</b>		-					
	28-Feb	00:55:08				00.00.10		00:56:15														
Jane Stephens	1-Feb																				00:54:59	
	4-Feb					1				1							00:59:24				1	
	6-Feb																	01:39:56				
	10-Feb												00:58:48									
	13-Feb											01:47:41			ļ							
Income la Manage	20-Feb		-			1	+		02:16:43	<b>-</b>	-		1		l		<b>I</b>	-		+	-	
Jeannie Noonan	23-Jan		-	00:50:30	-					<b>I</b>	-		1		<b> </b>		<b> </b>	1		+		00.50 :-
	1-Feb 2-Feb			<del>                                     </del>		1	+	<del>                                     </del>	1	<del>                                     </del>	+		1		<del>                                     </del>		00:45:13	1	-	+		00:59:43
	11-Feb			1		1	+	<del>                                     </del>		1	+		00:44:16	-	1		00.45:13	1	<del>                                     </del>	+	-	
	12-Feb					t					00:49:34		00.44.10		1		1			<b>†</b>		
	14-Feb					1				1	000.0				00:36:19		1			1		
	16-Feb							01:04:03														
	19 <b>-</b> Feb					00:43:49																

TwoOne in 21! For Northbrook AC Virtual Running 03/03/2021 07:45:22

February Challenge 2021

Meek 4 (21st to 28th)

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February Challenge

No. of Runners: 26

able 1: Runners Finish Times

(see below pace times, distance tally and memory day

Names	(see below pace	times , distance tally	and memory days)																	_	į.	
Names																						
		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	7 6 Miles Run THREE 10/2/21	6 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
	25-Feb	00:59:09																				
<b>Joanne Evans</b>	3-Feb																		01:12:51			
	4-Feb																	01:11:32				
Kevin Coughian	6-Feb																		01:12:56			
	7-Feb 9-Feb														00:35:19		00:42:57				+	
	10-Feb													01:04:56	00.33.19						+	
	13-Feb											01:20:19		01.01.00								
	18-Feb							00:55:42														
	20-Feb	00:52:55																				
Lee Miller	3-Feb																				00:33:57	
	6-Feb 15-Feb							00:59:56										01:05:14			+	
	27-Feb					00:39:59		00.59.50													+	
	28-Feb	00:52:26				00.00.00																
Lee Newark	1-Feb																				00:30:47	
	2-Feb																00:36:03					
	8-Feb														00:29:15							
	12-Feb							00.50.40			00:43:51										+	
	14-Feb 25-Feb	00:47:21						00:53:42													+	
	28-Feb	00:46:45																			+	
Lisa Bragg	2-Feb																00:36:59					
	4-Feb						01:09:17															
	7-Feb																			01:56:49		
	10-Feb														00:33:08							
	12-Feb 14-Feb								01:38:05			01:09:51		01:02:46							+	
Mark Baker	1-Feb								01.36.03					01.02.40						01:57:06	+	
mark Baks	2-Feb			1														01:07:43		01.57.00	+	
	9-Feb													01:09:13				01101110				
	10 <b>-</b> Feb															01:03:50						
	14-Feb									02:37:02												
	15-Feb 20-Feb						01:09:17		01:36:21												+	
	23-Feb		01:29:48				01:09:17														+	
	25-Feb		01.20.40	1	01:18:32																	
Megan Miller	2-Feb																	00:58:11				
	4-Feb																				00:29:44	
	10-Feb											04.00.00			00:29:26							
Mike Wheeler	15-Feb 1-Feb			1	+							01:06:26					-			01:34:31	+	-
mike Wieelel	3-Feb			1														00:48:22		01.34.31	+	
	9-Feb			1											00:33:40			30.40.22				
	10-Feb													00:54:37								
	14-Feb									02:04:24												
Doob of Oallie	28-Feb		01:13:24	01:02:26																	00.44.62	
Rachel Crilly	1-Feb			L		L	l		1		l		L	1	<u> </u>		<u> </u>				00:41:20	

TwoOne in 21! For Northbrook AC Virtual Running 03/03/2021 07:45:22

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February Challenge

No. of Runners: 26

Table 1: Runners Finish Times

Names	(see below pace	times , distance tally	and memory days)														_			_		
Mamoo																						
		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
	7-Feb					00.47.00											00:47:35					
	20-Feb 23-Feb			00:54:28		00:47:23											1					
Rob Cox	2-Feb			00.04.20																	00:33:20	
	4-Feb																	01:05:03				
	12-Feb 14-Feb			-									00:33:52	-		00:52:05						
Sara Phipps	3-Feb												00.33.32									01:01:25
	14 <b>-</b> Feb								01:38:00													
Stephen Simpson	3-Feb																				00:33:12	
	4-Feb																		01:09:17			
	7-Feb																					01:12:43
	10-Feb														00:43:12							
	13-Feb													01:18:56								
	14 <b>-</b> Feb											01:30:32										
	20 <b>-</b> Feb					00:55:12																
	21 <b>-</b> Feb				01:25:12																	
	22 <b>-</b> Feb	00:55:32																				
Steve Turvey	2-Feb																00:33:39					
	5-Feb																					00:49:35
	10-Feb														00:26:57							
	11 <b>-</b> Feb												00:32:21									
	13 <b>-</b> Feb											01:00:45										
	20 <b>-</b> Feb					00:40:54			01:20:48													
	21 <b>-</b> Feb			00:39:00																		
	24 <b>-</b> Feb		01:11:58																			
Terry Moynihan	1-Feb																				00:29:07	
	2-Feb																00:33:07					
	13 <b>-</b> Feb										00:38:39											
	14 <b>-</b> Feb								01:27:06													
	20-Feb						00:53:33															
	21-Feb				01:08:03																	
	26-Feb	00:43:05																				
Tim Hughes	4-Feb																				00:30:21	
Tori Boyle	18-Feb							01:24:36														
	20-Feb		01:38:57																			
	22-Feb				01:16:30																	
Tracey Williams	22-Feb				01:34:44																	
	20-Feb								02:07:02													
	1-Feb								1				l		<u> </u>						00:50:49	

TwoOne in 21! F Northbrook AC Virtual Running 03/03/2021 07:45:22

February Challenge 2021

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https://www.northbrookac.org.uk/twoone-in-21/

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**February Challenge** 

No. of Runners: 26

Table 1: Runners Finish Times

Managa	(see below pace	times , distance tall	y and memory days)																	_		
Names		22	21	20	19	18	17	16	15	13	12	11	10	9	8	7	6	5	4		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
	6-Feb																	01:27:58				
	10 <b>-</b> Feb														00:57:44							
	13-Feb											01:53:35										
	24-Feb	01:06:00																				
	28-Feb					00:46:12																
Yvonne Boyle	1-Feb																					01:13:34
	2-Feb																	01:41:01				-
	10-Feb															01:23:13						
	11 <b>-</b> Feb													01:34:22							$\overline{}$	
	13-Feb											01:50:10										
	18 <b>-</b> Feb							01:25:06													$\vdash$	
	20 <b>-</b> Feb						01:33:43															$\vdash$
	22 <b>-</b> Feb				01:41:38																	$\vdash$
<b>Grand Total</b>		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

TwoOne in 21! Fe Northbrook AC Virtual Running

February Challenge 2021
unning Week 4 (21st to 28th)

https://www.northbrookac.org.uk/twoone-in-21/



Table 2: PACE Times

211	
February Challenge	

										8 Miles Run FIVE 12/2/21						6 Miles			6 Km Run ONE 1/2/21	6 Mile Run ONE 1/2/21		
Minute per Mile /		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	Valentines 10miles	DOUBLE RUN! (16miles)	8 Kms Run FIVE 12/2/21	8 Miles Run FIVE 12/2/21	7 kms Run FOUR	7 miles Run FOUR 11/2/21	6 Kms Run THREE	Run THREE 10/2/21	7 km Run TWO 2/2/21	7 miles Run TWO	DOUBLE RUN! (12km)	DOUBLE RUN! (12miles)	6 Km Run ONE 1/2/21	6 Mile Run ONE 1/2/21
Minute per km Alan Smith		22/2/21	22/2/21	21/2/21	21/2/21	20/2/21	20/2/21	s 10k	10miles	(16miles)	12/2/21	12/2/21	11/2/21	11/2/21		10/2/21	2/2/21	2/2/21	(12km)	(12miles)	1/2/21	1/2/21
Alan Smith	10-Feb 11-Feb												00:05:53		00:05:48							<del></del> '
	12 <b>-</b> Feb										00:06:04											
	13-Feb 14-Feb							00:05:47				00:10:18										<del></del> '
	19-Feb					00:06:19		00.03.47														
Andy Scruton	1-Feb																00:05:38					
	4-Feb 9-Feb															00:08:50					00:05:36	<b>—</b>
	12-Feb												00:05:20			00.00.00						
	13-Feb 16-Feb										00:05:27		00:05:36									<u> </u>
	23-Feb			00:05:28									00:05:36									
	25 <b>-</b> Feb			00:05:28																		
	27-Feb 28-Feb			<del>                                     </del>	00:08:53	00:05:26																<del></del> '
Bob Adams	1-Feb					10.00.20															00:05:40	
	2-Feb															00.46.12	00:05:47					
	10-Feb 12-Feb			<del> </del>							00:05:16					00:10:10						<del></del> '
	14-Feb							00:05:46														
Caroline Parkinson Claudie Combelas	14-Feb								00:11:03													<u> </u>
Ciaudie Compelas	1-Feb 2-Feb																	00:09:03				00:10:30
	14 <b>-</b> Feb								00:09:56									00.05.00				
Francis Mason	1-Feb																				00:04:52	<u> </u>
	2-Feb 10-Feb														00:05:25		00:05:04					<del></del>
	17 <b>-</b> Feb												00:04:58		00.00.20							
	18-Feb 23-Feb			00:05:13							00:05:05											<u> </u>
	26-Feb			00.05.15		00:05:31																
	28 <b>-</b> Feb							00:05:38														
Jane Stephens	1-Feb 4-Feb																00:08:29				00:09:10	<u> </u>
	6-Feb																00.00.23	00:14:17				
	10-Feb											00.40.00	00:08:24									
	13-Feb 20-Feb			<del>                                     </del>					00:13:40			00:13:28										
Jeannie Noonan	23-Jan			00:06:19																		
	1-Feb 2-Feb																00:06:28					00:09:57
	11-Feb												00:06:19				00:06:28					
	12 <b>-</b> Feb										00:06:12											
	14-Feb 16-Feb			-				00:06:24							00:06:03							<b>—</b>
	19 <b>-</b> Feb					00:06:16		00.00.27														
Joanne Evans	25-Feb	00:06:34																	00.00.0:			<u> </u>
Joanne Eyans	3-Feb 4-Feb			<del>                                     </del>														00:10:13	00:06:04			
<b>Kevin Coughian</b>	6-Feb																	30.10.13	00:06:05			
	7-Feb														00.05.50		00:06:08					
	9-Feb 10-Feb			<del>                                     </del>										00:09:17	00:05:53							
	13 <b>-</b> Feb											00:10:02										
	18-Feb 20-Feb	00:05:53		-				00:05:34														<u> </u>
Lee Miller	3-Feb	00.03.33		<del> </del>																	00:05:40	
	6-Feb																	00:09:19				



Table 2: PACE Times



Market Company Company		9 Kms Run EIGHT 22/2/21	9 Miles Run EIGHT 22/2/21	8 Kms Run SEVEN	8 Miles Run SEVEN 21/2/21	7 kms Run SIX	7 miles Run SIX 20/2/21	Valentine	Valentines	8 Miles Run FIVE 12/2/21 DOUBLE RUN! (16miles)	8 Kms Run FIVE 12/2/21	8 Miles Run FIVE	7 kms Run FOUR	7 miles Run FOUR 11/2/21	6 Kms Run THREE	6 Miles Run THREE	7 km Run TWO 2/2/21	7 miles Run TWO	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
Minute per km	Date You Ran 15-Feb	22/2/21	22/2/21	21/2/21	21/2/21	20/2/21	20/2/21	s 10k 00:06:00	10miles	(16miles)	12/2/21	12/2/21	11/2/21	11/2/21	10/2/21	10/2/21	2/2/21	2/2/21	(12km)	(12miles)	1/2/21	1/2/21
	27-Feb					00:05:43		00:06:00														
	28-Feb	00:05:50																				
Lee Newark	1-Feb																				00:05:08	
	2-Feb 8-Feb														00.04.50		00:05:09					
	12-Feb										00:05:29				00:04:53							
	14 <b>-</b> Feb							00:05:22			55.55.25											
	25-Feb	00:05:16																				
Line Brown	28-Feb	00:05:12																				
Lisa Bragg	2-Feb 4-Feb						00:09:54										00:05:17					
	7-Feb						00:09:54													00:09:44		
	10-Feb														00:05:31							
	12-Feb											00:08:44										
Mark Baker	14-Feb								00:09:49					00:08:58								
Mark Baker	1-Feb 2-Feb										-							00:09:40		00:09:46		
-	9-Feb													00:09:53				00.09.40				
	10-Feb															00:10:38						
	14-Feb									00:09:49												
	15-Feb 20-Feb						00:09:54		00:09:38													
	20-Feb		00:09:59				00:09:54								<b>-</b>		<b>-</b>					
	25-Feb		00.00.00		00:09:49																	
Megan Miller	2-Feb																	00:08:19				1
	4-Feb																				00:04:57	
	10-Feb 15-Feb											00:08:18			00:04:54							
Mike Wheeler	15-Feb											00:08:18								00:07:53		
mike Wilesiel	3-Feb																	00:06:55		00.07.55		
	9-Feb														00:05:37							
	10-Feb													00:07:48								
	14-Feb 28-Feb		00:08:09	00:07:48						00:07:47												
Rachel Crilly	1-Feb		00:06:09	00:07:46																	00:06:53	
raciioi Oliiiy	7 <b>-</b> Feb																00:06:48				00.06.55	
	20-Feb					00:06:46																
	23-Feb			00:06:49																		
Rob Cox	2-Feb																				00:05:33	
-	4-Feb 12-Feb															00:08:41		00:09:18				
	14-Feb												00:04:50			00.00.41						
Sara Phipps	3-Feb																					00:10:14
	14 <b>-</b> Feb								00:09:48													
Stephen Simpson	3-Feb																				00:05:32	
	4-Feb				-														00:05:46			00.40.07
	7-Feb 10-Feb				<del>                                     </del>										00:07:12							00:12:07
	13-Feb													00:11:17	00.07.12							
	14-Feb											00:11:19										
	20-Feb				00.40.00	00:07:53																
	21-Feb 22-Feb	00:06:10			00:10:39																	
Steve Turvey	2-Feb	30.00.10															00:04:48					
	5-Feb																30.04.40					00:08:16
	10-Feb														00:04:30							
	11-Feb 13-Feb											00:07:36	00:04:37									

TwoOne in 21! Fe Northbrook AC Virtual Running

February Challenge 2021
nning Week 4 (21st to 28th)

1 https://www.northbrookac.org.uk/twoone-in-21/



Table 2: PACE Times



linute 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
	20-Feb					00:05:51			00:08:05													
	21 <b>-</b> Feb			00:04:53																		
	24-Feb		00:88:00																			
erry Moynihan	1-Feb																				00:04:51	
	2-Feb																00:04:44					
	13-Feb										00:04:50											
	14-Feb								00:08:43													
	20-Feb						00:07:39															
	21 <b>-</b> Feb				00:08:30																	
	26-Feb	00:04:47																				
lm Hughes	4-Feb																				00:05:04	
ori Boyle	18-Feb							00:08:28														
	20-Feb		00:11:00																			
	22 <b>-</b> Feb				00:09:34																	
racey Williams	22-Feb				00:11:51																	
	20 <b>-</b> Feb								00:12:42													
	1-Feb																				00:08:28	
	6-Feb																	00:12:34				
	10-Feb														00:09:37							
	13-Feb											00:14:12										
	24-Feb	00:07:20				00.00.00																+
waren Barda	28-Feb					00:06:36																+
vonne Boyle	1-Feb																	00.44.00				00:12:16
	2-Feb 10-Feb															00:13:52	l	00:14:26				+
	10-Feb													00:13:29		00.13:52						+
	13-Feb											00:13:46		00.13:29			<del>                                     </del>					+
	18-Feb							00:08:31				00.13.40										+
	20-Feb						00:13:23	30.00.31					1				<b> </b>					+
	22-Feb				00:12:42		55.10.20										l					
rand Total	22 1 05	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
		00.04.47	00.00.00	00.04.03	00.00.30	00.05.20	00.07.39	00.03.22	00.06.05	00.07.47	00.04.00	00.07.30	00.04.37	00.07.40	00.04.30	00.00.41	00.04.44	00.00.00	00.05.40	00.07.00	00.04.01	100.00.10