

| Participants name      | Details of miles                                                                                                                                             | total      | Overall total |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------|
| <b>CARRIED FORWARD</b> |                                                                                                                                                              | <b>345</b> |               |
| Alan Findlay           | Walking round area of Stoke Park, Guildford                                                                                                                  | 12         | 357           |
| Barbara Gorburn        | walking                                                                                                                                                      | 1          | 358           |
| Caroline Fry           | Walking the beautiful cliffs with my sister on this perfect day to promote our virtual journey. Enjoyed ice cream at Porthcurno.                             | 16         | 374           |
| Christina Blake        | Nordic walking                                                                                                                                               | 24         | 398           |
| Colin Heath            | General exercise, walking daughters dog plus 2 hours street chaplain in Watford                                                                              | 10         | 408           |
| David Murdoch          | walk                                                                                                                                                         | 4          | 412           |
| Dineen Sharpe          | 1 mile walking daily in local park (on balcony when it is raining)                                                                                           | 7          | 419           |
| Duncan Crossland       | Running                                                                                                                                                      | 15         | 434           |
| Fred Jewitt            | Walking in Wales                                                                                                                                             | 5          | 439           |
| Hannah                 | Walking                                                                                                                                                      | 10         | 449           |
| Irena Gorburn          | Walking                                                                                                                                                      | 33         | 482           |
| Jackie                 | Twice Daily - mindful walking and dancing around the lawn spiral                                                                                             | 1          | 483           |
| Jean Squires           | Walking                                                                                                                                                      | 7          | 490           |
| Jeff Kilner            | 4 x 5 mile runs, 2x 10 mile walks and Perry the chicken walking 1 mile                                                                                       | 41         | 531           |
| Jilly and Dave Cooper  |                                                                                                                                                              | 78         | 609           |
| Jo Ward                | Walking and gardening                                                                                                                                        | 6          | 615           |
| Kim                    | Walking with dogs Simba & Sabre + walking out on site for work as environment manager                                                                        | 17         | 632           |
| Lindsay Wright         | Walking including to a reservoir and a lovely natural field as well. The Sfort, Pishiobury Park. An outing to Denham and Bradwell on sea for a walk and swim | 35         | 667           |
| Merane Todd            | Running and exercise                                                                                                                                         | 27         | 694           |
| Peter Fry              | Walking                                                                                                                                                      | 52         | 746           |
| Peter Horner           | Walking and gardening                                                                                                                                        | 20         | 766           |
| Richard Law            | walking                                                                                                                                                      | 13         | 779           |
| Ryan Williams          | Calisthenics workouts at home + I've been traveling in to work and moving house!                                                                             | 23         | 802           |
| Sheila                 | Summer pleasure and walking by River Chess with a few of our dancing friends.                                                                                | 10         | 812           |