

Participants name	Details of miles	Total	Overall total
CARRIED FORWARD		1235	1235
Barbara Gorburn	Walking and shopping in Roundhay, Leeds	1	1236
Caroline Fry	Walking	25	1261
Christina Blake	Nordic walking, swim and aquarobics	22	1283
Colin Heath	Walking with children and grandchildren plus street ch	9	1292
David Murdoch	walking	2	1294
Duncan	Running	15	1309
Hannah	Walking my dog and visiting local farm that	21	1330
Irena Gorburn	Walking and shopping in Roundhay, Leeds	28	1358
Jackie Farrell	Twice daily mindful walking round the lawn spiral	1	1359
Jeff Kilner	Running and local walks	54	1413
Jilly and Dave Coope	Static bike and walking	100	1513
Jo Ward	Walking	3	1516
Katherine Phillips	Walking	15	1531
Kim	Walking along Avon Canal and Hungerford, walking th	11	1542
Peter Fry	Walking and litter picking	68	1610
Peter Horner	walking	22	1632
Richrd Law	Walking	5	1637
Ryan Williams	Home workouts plus some extra	20	1657
Sue	Walking and jogging	10	1667
Zethan Rooks	Walking with dogs at nearby golf course and walking v	18	1685
		450	1685