cia.	Surname	First Name	Country	Club	Gender	Age	Distance	Distance		Age-Graded ¹		Participant Comments
Lst Ind Brd	Unwin Micallef Lowe	Toby Graham Jonathan	UK UK Germany	1	М	22 46 28	9.69 9.65 9.47	KMs 15.61 15.53 15.25	Position 1st MALE 2nd MALE 3rd MALE	% 70.53% 76.19% 68.83%	Position 8 1st 12	Running with family, exploring together, finishing at the same time having run equally hard JOG ON Hour and running for time, 10/10 - no notes. Thank you Harry. Here is my submission for the event, was a bit crazy doing parkrun in the morning BUT so close to 200 parkruns Your channel has provided motivation and positivity in my running journey and I'm sure it has for so many others, thank you for that!
rd = = = = = = = = = = = = = = = = = = =	Reynolds Gibbons Forsbrook	Jonathan Jake Paul Russell	UK Ireland	JOG ON Crew Bedford and County AC Sliabh Buidhe Rovers AC North Somerset AC	M M	28 17 46 48	9.47 9.35 9.35 9.32	15.25 15.04 15.04 15.00	3rd MALE 4= 4= 6	68.83% 68.47% 73.69% 74.69%	12 13 3rd	Your channel has provided motivation and positivity in my running journey and I'm sure it has for so many others, thank you for that! Harry makes running more fun than it actually really is sometimes
	Levett Churchman	Russell Martin Ben	UK UK	North Somerset AC	M M	45 39	9.32 9.21 9.11	14.82 14.66	7 8	71.94% 67.86%	2nd 5= 14	
) 1 2	Laidlaw MacAlister Williams Pickersgill	Jim Gary Richard Chris	UK UK UK UK	Aldershot & Farnham District Avon Valley Runners Fleet and Crookham Sunderland Strollers	M	45 45 31 40	9.08 8.86 8.75 8.61	14.61 14.26 14.09 13.85	9 10 11 12	70.89% 69.08% 63.31% 64.42%	7 10 19 17	
2 3 4 5	Pickersgill Holliday Floyd McMahon	Chris Chris Ben Grace	UK UK UK	Sunderland Strollers Fareham Running Club JOG ON Crew	M M	40 47 38 40	8.61 8.50 8.36 8.33	13.85 13.68 13.45 13.42	12 13 14 1st FEM	64.42% 67.25% 61.64% 69.97%	17 15 22 9	Thank you for putting on this event. Hopefully see you at a Jog On meet up soon This was my first JOG ON event. Thanks Harry for organising- I really enjoyed running along Exeter Riverside. For me, today's running conditions were near perfect. Thank you!
5 7 3	Insole Wilkins Marshall	Patrick Alasdair George	UK Australia UK	Telegraph Hill Running Group JOG ON Crew	M	49 35 20	8.30 8.27 8.23	13.37 13.31 13.26	15 16 17	66.69% 60.11% 59.33%	16 25 29	Many thanks for organising the event – it was tough but really enjoyed getting out and getting it done!
)	Browning Poole Qualter	Matthew George Gary	Canada UK UK	JOG ON Crew Bitton Road Runners JOG ON Crew	М	36 26 57	8.20 8.12 8.01	13.21 13.07 12.89	18 19 20	59.78% 58.50% 68.92%	27 38= 11	Thanks again for organising the JOG ON Hour and for all you do, I only started running last year and your excellent videos, tips & tricks and general enthusiasm has propelled my running Very much enjoyed taking part in this event, something very different to anything I've done before! Keep up the good work The JOG ON Hour was great fun and made for a great half marathon training run, thank you for organising it.
3	King Adnett Trumper	Joanna Paul Matthias	UK UK Germany	JOG ON Crew Just Jog Bideford JOG ON Crew	F M	49 47 41	7.95 7.93 7.87	12.80 12.76 12.68	2nd FEM 21 22	71.94% 62.50% 59.06%	5= 20 33	The best worst run in a while, so quietly happy.
5	Morgan Woods Martin	Steve Simon Brian	UK UK UK	Exmouth Harriers JOG ON Crew Lonely Goat RC	M	67 39 55	7.79 7.75 7.62	12.53 12.48 12.27	23 24 25	73.58% 57.25% 64.19%	4 47 18	Lovely meet-up with the South West JOG ON Crew. Quite breezy along the canal, but generally good conditions After a recent endurance event, this was exactly what I needed to motivate me to get back out running. I look forward to seeing the results. Had a great time meeting up with other crew members, running somewhere new and having a good chat in The Shed afterwards.
/ = - -	Dundas Pikiotas Parkins	Jack Jonas Graham	UK UK UK	Marlow Striders	M	28 33 46	7.61 7.61 7.60	12.24 12.25 12.24	26= 26= 28	54.58% 54.72% 59.28%	63 61 31	Had a great time meeting up with other crew members, running somewhere new and having a good chat in The Shed afterwards I absolutely love these events and the idea of receiving a wristband rather than a medal is great, I am still wearing my JOG ON Mile band from November 2022 so can't wait to add this of This was the longest run ever for me. Only had to do 8K today as per my marathon plan so I had to push an extra 20 minutes today.
0 1 2	Walsh Hammett	Michael Will	UK UK	JOG ON Crew	M M	44 32	7.55 7.53	12.15 12.12	29	57.89% 54.03%	44 70	Thanks for organising this, a really great concept. Thanks for all the content \bigcirc
3 4 5=	Jackson Halligan Murray	Keanu Thomas Simon	UK Ireland UK		M	233039	7.51 7.49 7.48	12.08 12.06 12.04	31 32 33=	53.83% 53.67% 55.14%	73= 75 57	Definitely something I'd like to try again to see how I improve Thanks for inspiring us to get out and run. Keep up the great work.
5= 5= 8	Hamilton Martin Brine	Ben Darren Marc	UK Canada UK	JOG ON Crew JOG ON Crew	M	42 35 38	7.48 7.48 7.47	12.04 12.04 12.02	33= 33= 36	56.42% 54.03% 54.72%	51 69= 60=	Felt like I concentrated on my running and breathing more than I normally would. From Langley, British Columbia, Canada! Really love your videos! I'll buy some merchandise when I can! Thanks again! Enjoyed the event - I've only ever 'run to time' in very easy training runs, so this was a new experience for me! Thanks for organising
9 0 1	Spandley Bartram Jacklin	Richard Michael Ben	UK UK UK	Haslemere Border AC Cambridge & Coleridge AC JOG ON Crew	М	46 26 25	7.46 7.40 7.36	12.00 11.91 11.85	37 38 39	58.11% 53.00% 52.69%	43 80 8	I just wanted to say thank you so much for putting this event on, it's so inspirational and I just had to get out this weekend and take part! Thanks for putting on the JOG ON Hour! It was good fun to run!
!= != !=	Simpson Harwood Chavez Jnr	Steve Rob German	UK UK USA	Sandhurst Joggers JOG ON Crew	М	33 49 35	7.33 7.33 7.31	11.81 11.80 11.76	40= 40= 42=	52.61% 58.50% 52.75%	87= 38= 82	Love the content mate, keep doing what you're doing! Thanks mate, loved it, pushed myself for the first time since September. Sure, i'll be sore tomorrow but thoroughly enjoyed it. Next year shall we do the world largest baton relay?
.= .= 7	Potter Sharpe Tatham	Tony Danny Daniel	UK UK UK	Lonely Goat Aycliffe Running Club	M	51 39 31	7.31 7.31 7.29	11.77 11.77 11.73	42= 42= 45	59.31% 53.83% 52.17%	30 73= 92=	Thanks and look forward to the results video! This was my second attempt at the hour this weekend: 20 minutes in my watch battery died (during the first attempt) Thanks once again for creating another great event for us, really enjoyed it even though my legs didn't feel like running today
B= B= 0	Ogden Adnett Rogers	lan Sarah Ruth	UK UK UK	Wakefield Harriers Just Jog Bideford Thames Valley Triathletes	M F	51 47 39	7.25 7.25 7.24	11.67 11.67 11.66	46 3rd FEM 4	58.81% 58.86% 60.03%	35 34 26	
1 2 3	Jaffray Pickersgill Johns	Paul Kayleigh Nick	UK UK UK	JOG ON Crew Sunderland Strollers Preston Harriers	M F	37 37 39	7.23 7.21 7.18	11.65 11.60 11.55	47 5 48	52.58% 59.19% 52.83%	89 32 81	Thank you for running the event and I look forward to seeing everyone's results and receiving my wristband.
4 5	Frankland Pocock	Rob Richard	UK	JOG ON Crew	M	20 52	7.16 7.14	11.53 11.50	49 50	51.17% 58.36%	92= 40	Thank you for organising such a wonderful event once again! Here is my evidence of my Saturday attempt, just in time for inclusion I hope Great fun, thanks for organising it. I got a 10K PB!!! What an excuse for a trip to the seaside.
= = 8	Culshaw McKeaveney	Richard lan Bernard	UK UK UK	Gravesend Road Runners TFN Triathlon Club	M	52 37 45	7.12 7.12 7.09	11.47 11.46 11.41	51= 51= 53	58.19% 51.75% 54.64%	93 62	Destable in destable
9 0 1	Quarton Safford Mills	Christopher Will lan	UK USA Germany	JOG ON Crew Kuechenholz Parkrun Team	M M	31 20 39	7.03 7.01 7.00	11.32 11.28 11.28	54 55 56	50.19% 50.03% 51.42%	103 107 96	Perfectly judged route! Thanks JOG ON with Harry Morgan for the motivation to get out today.
!= != != i=	Sawyer Devlin Dixon Lock	George Mark David Dave	UK UK UK	JOG ON Crew JOG ON Crew JOG ON Crew	M	16 55 43 50	6.96 6.96 6.96 6.95	11.21 11.20 11.20 11.19	57= 57= 57= 60=	50.64% 58.33% 52.72% 55.75%	101 41 83= 55	Thank you Harry for organising another virtual event
i= i= 7	Lock Shannon Johnstone	Dave Connor Tom	UK UK UK	JOG ON Crew Addicts to Athletes JOG ON Crew	M M	50 28 20	6.95 6.95 6.92	11.19 11.19 11.15	60= 60= 62	55.75% 49.58% 49.36%	55 115 119=	Thank you Harry for organising another virtual event. Cheers for today it's been brilliant. I'll order a long-sleeve jog on top next week if you have stock.
8 9)=	Culshaw Lansdown Pocock	Steph Kathryn Jade	UK UK UK	Beeston AC JOG ON Crew JOG ON Crew	F F	33 39 23	6.91 6.90 6.89	11.12 11.11 11.10	6 7 8	55.81% 57.11% 55.22%	54 48 56	Keep doing what you are doing. It was great meeting you at Alton Towers! Go for that run and JOG ON Speed Demon Steph. I wanted to do something fun, so I set myself the challenge of finding out how many central London bridges I could run over in the space of my hour. Thank you for setting up this event, it was a challenge to run for that length of time but certainly enjoyed it!
)=)= 3	Hayes Ashford Aplin	Neil Darryl Simon	UK UK UK	JOG ON Crew	M	52 48 37	6.89 6.89 6.88	11.09 11.09 11.08	63= 63= 65	56.19% 54.33% 49.92%	53 64= 109=	This was a real challenge for me but having started watching your YouTube channel and listening to your podcast these have been a real inspiration for me. Thanks!!!!!
= = 6	Murfitt Gibson Hunter	Rosie Mark Alasdair	UK UK UK	JOG ON Crew JOG ON Crew	М	25 38 53	6.87 6.87 6.86	11.07 11.07 11.03	9 66 67	55.06% 50.11% 56.44%	58 104 50	Thanks for organising a fab event!! Had a great time at the south-east meet-up organised superbly by Iain Great event Harry! Thanks for organising it. Running for a set amount of time was really good, especially as I've been looking to increase the distance recently and do some longer, slowe Thanks for organising another fabulous event.
7 8 9	Dodsworth Licence Looker	Liam Tim Philip	UK UK UK	JOG ON Crew JOG ON Crew	M M	39 51 58	6.74 6.71 6.69	10.85 10.81 10.70	68 69 70	56.44% 49.42% 54.19% 57.44%	116= 67 46	Thanks for organising another fabulous event. From what started as my wife and I wanting to lose a little weight back in May running has transformed into a massive lifestyle change for me. Thanks Harry! Great fun to take part! Cheers!
9 0 1 !=	Holt Layard Wickens	Carole Darren Katia	Canada UK UK	Exmouth Harriers	F M	58 50 49 35	6.69 6.68 6.63 6.61	10.70 10.75 10.67 10.65	70 10 71 11	57.44% 60.58% 52.61% 53.61%	46 24 87= 76=	Thanks for hosting this event. Been following you on YouTube for a while now so it was fun to be able to take park in this even though I live a very long way from you. Great challenge! Have only ever pushed myself for a 5K and run an hour for my easy runs so was interesting to see what I could do. Look forward to the next JOG ON 'Something' next ye
!= != != 5	Hildyard Ince Ledger	Marcus David Alistair	NZ UK UK	JOG ON Crew JOG ON Crew	M	35 43 49 32	6.61 6.61 6.61 6.60	10.65 10.65 10.65 10.62	72= 72= 74	53.61% 49.92% 52.44% 47.00%	76= 109= 91 142=	Great challenge! Have only ever pushed myself for a 5K and run an hour for my easy runs so was interesting to see what I could do. Look forward to the next JOG ON 'Something' next ye Local drivers had clearly been watching the Las Vegas F1 and thought the small rural road we were running down was, in fact, the Vegas Strip.
6 '=	Richards Foster	Alistair Shayne Paddy Timo	UK UK		M	32 36 33 44	6.59 6.58	10.60 10.60	75 76=	47.00% 47.44% 46.92% 50.08%	134= 144=	I forced myself out, at a reduced pace 5 hours later then planned & got the job done.
'= 9)=	Pijnappel Singer Ogier	Bradley Maisie	Germany UK UK	Harborough AC	M F	35 32	6.58 6.57 6.56	10.60 10.57 10.56	76= 78 12	47.11% 52.72%	105= 141 83=	35 today (Sun 19 Nov) Thanks for a great event. The main man Mike Bell will be submitting our video
)=)= }=	Way Fryer Austin	Gordon Thomas Lee	UK NZ UK	JOG ON Crew TTT Runners Dumfries Harriers	M M M	55 17 29	6.56 6.56 6.55	10.57 10.56 10.54	79= 79= 81	54.78% 47.00% 46.56%	59 142= 159	Attached all evidence of the brilliant JOG ON Hour run. I learnt a valuable lesson today (charge your watch!) I started with the watch battery on 6% hoping it survived. Thankfully made it to the end with just 1% remaining! Cheers from New Zo
S= 5 6	Hawker Jones Budd	Liz Sarah Kate	UK UK UK	Tunbridge Wells Harriers JOG ON Crew Hamwic Harriers	F F	50 49 46	6.55 6.54 6.53	10.54 10.53 10.51	13 14 15	59.36% 58.58% 56.75%	28 36= 49	Great challenge, we had a lot of fun. Looking forward to the next challenge. A lovely run around Southampton Common. Afterwards I was tail walker at junior parkrun and was given an orange hi viz, very JOG ON!!
7 3= 3=	Polis Christy Davis	James Joshua Michael	UK USA USA	JOG ON Crew	M M M	34 34 55	6.52 6.50 6.50	10.50 10.46 10.46	82 83= 83=	46.58% 46.44% 54.25%	147 149 66	I was EXHAUSTED. Thanks for putting this together!
00 1= 1=	Savill Daley Hughes	Alex David Will	UK USA Australia	JOG ON Crew	M	31 33 23	6.49 6.48 6.48	10.44 10.43 10.43	85 86= 86=	46.11% 46.17% 46.03%	152= 150 154	Thank you for putting on the event, I took 5 minutes off my 10K PB and really enjoyed it. I enjoyed it much more than the hour walk home after realising I locked myself out of my car. Dismal day in Hobart today, but it was good to get out and do an hours worth of running. Came in at just under 10.5km, felt great.
3= 3= 05	Richards Tatman Tatman	Paul Helen Paul	UK UK UK	Finedon Gladstones Finedon Gladstones	F M	42 50 56	6.47 6.47 6.42	10.42 10.42 10.34	88 16 89	48.42% 58.58% 54.00%	127 36= 71	
)6)7 8=	Rawbone Bamford Eaves	Ren Simon Madeleine	UK UK UK		M F	16 42 34	6.38 6.35 6.34	10.27 10.23 10.21	90 91 17=	46.11% 47.47% 51.14%	152= 133 98	Thanks for hosting this event :) Really enjoyed it! A very soggy Sunday afternoon effort through flood after flood! Strangely enjoyable though!
8= 8= 8=	Unwin Bevington Jump	Olivia Adam Gordon	UK UK UK	JOG ON Crew	M	254236	6.34 6.34 6.34	10.21 10.20 10.20	17= 92= 92=	50.58% 47.39% 45.56%	102 136= 159	We ran on a weekend that would usually have been a write-off but because of this event we were able to explore a new place together. Thank you for hosting a great event. Great fun had here today in the South East! Iain Callaghan did a cracking job organsing a JOG ON HOUR meetup at Bordon. Lots of photos and videos were shot. Thanks for a great event.
2= 2= .4	North Laurence Kurkinen	Jeremy Mike Anne	Australia UK Australia	JOG ON Crew JOG ON Crew	M F	49 33 44	6.33 6.33 6.32	10.20 10.19 10.17	94= 94= 19	50.08% 45.03% 53.89%	105= 163 72	After a warm spring day, motivation was low. Getting out and doing this hour-long run helped end the day well. Thanks for your inspiring content. Fantastic community event to be a part of, very much looking forward to seeing how everyone gets on
5= 5= 5=	Sherratt Bradbury Bell	Jack Jonathan Mike	UK UK UK	JOG ON Crew JOG ON Crew Sevenoaks AC	М	275538	6.30 6.30 6.30	10.15 10.15 10.14	96= 96= 96=	44.67% 52.47% 45.72%	167 90 156	It was a much needed run and I most definitely wouldn't have got out for that run without the event! So thank you for that! A fantastic event, thank you for organising the JOG ON Hour! Some of the Ambassadors clubbed together to make a video of our virtual relay, as we couldn't meet in person.
.8 9= 9=	Kurkinen Bartels Kohlmayr	Jenna Jantje Tobias	Australia Germany Austria	JOG ON Crew JOG ON Crew	F	172421	6.28 6.27 6.27	10.11 10.10 10.10	20 21 99=	51.72% 50.00% 44.42%	94 108 168	Thank you for doing this. Managed to set my first 10K PB, with 59:23. It was really tough, but I managed to push through. Greetings from Salzburg, Austria!
9= 22 23	Perkin Puckeridge Sugden	Jonathan Jayne Steve	UK UK UK	JOG ON Crew Medway & Maidstone RC	F	45 52 60	6.27 6.25 6.24	10.09 10.06 10.05	99= 22 101	47.97% 57.78% 54.33%	130 45 64=	Cheers Harry, hope everything goes well with the event, it was a great idea! Thank you so much for organising this. No way I would have got out this morning if it wasn't for this event! Looking forward to the next one.
24 25 26	Seggie Stanga Mossop	Carl Laura Elliot	USA UK UK	JOG ON Crew JOG ON Crew JOG ON Crew	F	39 29 32	6.23 6.22 6.21	10.02 10.02 10.00	102 23 103	45.47% 49.64% 44.03%	160 114 172	Thank you for such a great activity! Not even one undone lace, wet leaves or many traffic lights working against me couldn't stop this PB today! Running can sometimes be lonely, but today! felt a crew behind me! Started running in April mostly doing parkrun and this is the longest run yet. Good work on your vids and running this challenge, very inspirational to get people moving.
.7 .8 .9	Timbury Fischer Hughes-Broughto	Mike Naomi on Charlotte	UK Israel UK	JOG ON Crew	F	51 44 28	6.20 6.19 6.17	9.99 9.96 9.93	104 24 25	49.83% 52.72% 49.19%	112 83= 122	Lovely too see/meet you all today! Thank you so much for putting that together! And thank you for the hot chocolate afterwards too! It was great to sit down and talk to everybody. I started running about a year ago for the Tel Aviv 10km night run in November 2022. The race was cancelled due to the war and your virtual race is much appreciated. I ran with a fab group of JogOnites in the South East meet-up organised by Iain. It was fantastic to meet other lovely neon orange-clad runners!!
30 31 32	Thomassen Hutt Gowanlock	Glenn Aaron Andrew	Australia UK UK	JOG ON Crew	М	48 19 32	6.16 6.14 6.13	9.91 9.88 9.87	105 106 107	48.28% 43.39% 43.44%	128 177 175=	Thank you Harry for putting on a great event.
33 34 5=	Burdekin Anderson Povey	Conrad Jon Ella	UK UK UK	Rodillian Runners JOG ON Crew	М	47 42 42	6.12 6.11 6.09	9.85 9.84 9.81	108 109 26=	47.56% 45.61% 51.06%	131= 158 99	Attached a shot of JOG ON mile wrist band. Congrats on the 5K PB Harry! Thanks so much for organising this, can't wait to watch the video compilation
5= 5= 5=	Carter Jensen Gladwell	Mark Claus Nem	UK USA UK	Grantham Running Club Prestatyn Running Club	М	57 52 30	6.09 6.09 6.09	9.81 9.80 9.80	110= 110= 110=	51.56% 49.33% 43.08%	95 121 179	Thanks for a great event Harry. As my weekend turned out very busy and I ended up doing the run later than planned it turned into a night run. Thanks for the motivation to do this Thank you so much for this wonderful opportunity!!!!
5= 0= 0=	Needham Cooper Palermo	Kim Jefferson Jason	Australia USA USA		М	33 29 28	6.09 6.07 6.07	9.80 9.77 9.77	26= 113= 113=	48.83% 42.94% 42.94%	123 180= 180=	
12 3= 3=	Sawyer Smith Roberts	Colin Lee Gareth	UK UK UK	JOG ON Crew JOG ON Crew	M	51 61 62	6.06 6.05 6.05	9.76 9.74 9.74	115 116= 116=	48.67% 53.11% 53.61%	125 79 76=	Enjoyed the run very much. Almost 10K - glad we found somewhere on the Isle of Wight that's pretty flat.
15 16	Dykman Smith	Ben Nicola	Australia UK	JOG ON Crew	M F	37 60	6.04 6.02	9.72 9.70	118 28	45.78% 61.22%	155 23	Had intended to get a bigger crew together for this, but dates clashed with other fitness events I am afraid. Met a guy named Glenn and bonded over a run, which was nice. I was in line for for a 10K PB but kept to the rules of stopping my watch at 1 hour 😂
17 18 19	West Daniel	Benjamin Matt Sally	UK UK Australia	JOG ON Crew JOG ON Crew	M F	25 31 37	6.01 5.99 5.96	9.67 9.64 9.60	119 120 29	42.50% 42.39% 48.53%	186= 189 126	Great event, thanks for organising!
50 51 2=	Darch Brisley Urban	Judy Joseph	UK UK UK	JOG ON Crew JOG ON Crew	F M	30 63 32	5.92 5.91 5.86	9.54 9.52 9.44	30 31 121=	47.25% 62.42% 41.47%	140 22 195	I wasn't pushing for my best time but glad I did it! It's been a lovely day today. Cold but bright & sunny & not too much wind. Aimed for 10K but can't win them all. Would you rather run in the rain or dark? Love you all
2= 54 5=	Philpott Tucker Vernon	Michael Simon Claire	UK UK UK		M F	52 44 40	5.86 5.84 5.83	9.44 9.40 9.38	121= 123 32	47.44% 44.25% 48.19%	134= 170 129	Despite the atrocious weather this morning, I really enjoyed this run. Maybe it was because I felt a part of a community of like-minded people.
57 58	Cooper Roberts	Stephen Richard Georgina	UK UK UK	Lordshill Road Runners Ackworth Road Runners	M F	56 29 48	5.82 5.81 5.79	9.38 9.35 9.32	124 125 33	41.11% 44.75% 46.14% 50.69%	196= 166 151	As I was running the Gosport Half today (Sunday), I thought it best to actually use the first hour of that for the JOG ON Hour as I needed to rest for a couple of days prior to this.
59 50 1= 1=	Speight Atkin Hieke Rhodes	Rachael Hazel Adam Tom	UK UK UK	JOG ON Crew	F M	38 42 36	5.75 5.74 5.73 5.73	9.25 9.24 9.23 9.22	34 35 126= 126=	46.92% 42.72% 41.03%	100 144= 182= 198	It was a really fun run - my first JOG ON event, first time running with a group, and first time running in that area. Everyone was really welcoming and friendly, showing the true spirit of J Thanks for organising! Never would have run that far without it and now I know I can do it JOG ON
53 54	Ryan De Jong	Neil Peter	UK Netherland	Littledown Harriers Is JOG ON Crew Ackworth Road Ruppers	M	50 24	5.64 5.63	9.09 9.07	128 129	44.86% 39.72%	164 207	Honestly? It felt great. Don't get me wrong: it started horribly. I haven't been training. It was sunny & then it was raining. It was 4°C. But it's no shame to take walking breaks!
55 56 57 58	Speight Plumb Wilcox Randall	Simon Rachael Andrew James	UK UK UK	Ackworth Road Runners JOG ON Crew	F M	55 29 49 39	5.63 5.55 5.51 5.50	9.06 8.93 8.87 8.86	130 36 131 132	46.72% 44.19% 43.44% 40.06%	146 171 175= 203	Thank you so much for putting this event on. I was trying to get as close to 9km as possible and given a red light stopped me for over a minute I can't grumble with that result! It was a good run, only started to run just over a year ago. Thank you Harry for organising this for all of us!!!!
58 9= 9=	Randall Newell Churchman	James Travis Lyndsay	UK USA UK	JOG ON Crew	M F	39 28 40	5.50 5.47 5.47	8.86 8.80 8.80	132 133 37=	40.06% 38.56% 45.11%	203 214 162	Thank you Harry for organising this for all of us!!!! Really enjoyed the event and looking forward to receiving our wristbands. Hope to see you soon at another meet-up.
9= 72 73	Lock Roberts Hosie	Gail Barry Jennifer	UK UK UK	MK Lakeside Runners Barton & District AC	M	47 48 52	5.46 5.45 5.42	8.80 8.78 8.72	37= 134 39	47.56% 42.61% 49.86%	131= 184 111	Was hoping for more but my legs were not playing ball and a head wind didn't help! But great to be involved 💗 Thank you for putting the event on, it showed me I can do much more than I thought. 👍 I've attached pictures of me in my JOG ON cap which Harry told me was the one in the promoved to the promoved promoved to the promoved promoved to the promoved promo
73 74 75 6=	Bates Bartels Edworthy	Tony Anne Stephen	UK UK Germany UK	JOG ON Crew UK Running Buddies	M F	52 41 58 47	5.42 5.41 5.41 5.39	8.72 8.70 8.71 8.68	39 135 40 136	49.86% 40.00% 53.42% 41.78%	111 204 78 192	Thanks for setting up this fun event. I just finished the second week of your 10K improver plan and already managed to get 900m further than on my benchmark run two weeks ago. Was a nice (sunny) controlled HR Zone 2 run with my Wife Vanessa.
6= 6= 78 9=	Edworthy Edworthy Heritage Stewart	Stephen Vanessa Nicole Jake	UK UK UK	UK Running Buddies UK Running Buddies Sandhurst Joggers JOG ON Crew	F F	47 44 27 30	5.39 5.39 5.37 5.36	8.68 8.68 8.65 8.62	136 41 42 137=	41.78% 45.69% 42.72% 37.75%	192 157 182= 218	Thanks JOG ON with Harry Morgan for making me run today. It was good fun, accompanied by Taylor Swift & an audiobook.
9= 9= 31 32	Schotterer Winter Perry	Jake Martin Caron Julie	UK Austria UK UK	JOG ON Crew JOG ON Crew JOG ON Crew	M F	30 56 60 49	5.36 5.36 5.35 5.32	8.62 8.63 8.62 8.57	137= 137= 43 44	37.75% 44.83% 54.14% 47.28%	218 165 68 139	Thank you for running this. I needed an excuse to get out today and this was perfect Thanks for the nice idea and thanks for all the great videos.
32 33 34 35	Robinson Aubrey Rayner	Steve Maureen Jenny	UK UK USA Australia	JOG ON Crew JOG ON Crew	M F	49 58 64 43	5.32 5.31 5.29 5.28	8.57 8.55 8.51 8.50	139 45 46	47.28% 45.19% 56.33% 44.39%	139 161 52 169	Thanks for giving me the incentive to get back out there again. To tell the truth , lost my mojo of late and needed something to restart my love for running. I know it's going to take time. Greetings from the merry old land of Oz and I hope this finds you all well.
35 36 37 8=	Callaghan Cardin Crandley	lain Andre Royston	UK UK UK	JOG ON Crew Bracknell Forest Runners	M	43553653	5.28 5.27 5.25 5.22	8.49 8.45 8.40	140 141 142	44.39% 43.67% 37.50% 42.50%	169 174 221 186=	Included my hill reps.
8= 90	Jolly Kemp	Lauren Steve	UK UK	JOG ON Crew Fordy Running Club	F M	32 48	5.22 5.21	8.40 8.38	47 143	41.67% 40.69%	194 199=	Earlier this year I suffered a mini stroke and had to have heart surgery to prevent it happening again. Just wanted to say a huge thank you to Harry for sharing such inspirational content
01 2= 2= 04	Homer Travis Custodio-Travis Bryant	Alistair Joe Beth Amanda	UK UK UK	Dulwich Road Runners Dulwich Road Runners JOG ON Crew	M F	33 37 29 43	5.20 5.17 5.17 5.16	8.37 8.32 8.32 8.30	144 145 48 49	36.72% 37.11% 41.11% 43.33%	229 226 196= 178	
5= 5=	Bryant Sadler Bray Eleming-Way	Amanda Rachel Caroline	UK UK USA	JOG ON Crew Uckfield Runners Lakewood Run Club	F F	43 56 41	5.16 5.13 5.13	8.30 8.25 8.25	49 50= 50=	43.33% 49.36% 42.50%	178 119= 186=	
97 98 9=	Fleming-Way Tang Panes	Hannah Andy Aimee	UK UK UK	JOG ON Crew Pontpridd Roadents AC	M F	29 50 25	5.12 5.11 5.10	8.25 8.23 8.21	52 146 53	40.69% 40.56% 40.53%	199= 201 202	I was struggling to hit my target of sub 30 5K, well I'm currently on my 4th sub 30 parkrun sub 60 10K next!
9= 1= 1=	Szot Brooke Radbourne	Lenny Dean Michael	USA UK UK	JOG ON Crew USA JOG ON Crew	M M M	45 35 55	5.10 5.09 5.09	8.21 8.20 8.19	147 148= 148=	38.86% 36.14% 42.14%	213 231= 190	Can't say thank you enough for everything you do. I completed the 10K training plan this year. It was brilliant and led me to crush my first 10K goal. You've built something truly special. I ran my JOG ON Hour along the coast of Bournemouth between two piers and I wanted to do it there and back twice but the wind and sand was just brutal. Thanks for organising this. It gave me my first target to aim for after a chest infection which lasted all of October. Good to be on the roads again. And the JOG ON socks really helped:)
1= 1=)5	Winpenny Drew Lewis	Karl Daniel Steve	UK UK UK	JOG ON Crew	M M M	30 35 42	5.09 5.09 5.08	8.19 8.19 8.18	148= 148= 152	35.78% 36.14% 37.78%	236 231= 217	
)6)7 8=	Teleki Frohnsdorff-Harri Hosie	Marie	UK UK UK	JOG ON Crew Dunstable Lions RC	F M	30 41 57	5.07 5.06 5.05	8.16 8.15 8.13	54 153 154=	35.61% 37.36% 42.53%	237 223 185	Had a really enjoyable run and was great to feel like I was part of something.
8= LO	Brooks Martin	Aldous Alison	UK	Lonely Goat RC	M F	27 54	5.05 5.04	8.13 8.11	154= 55	35.47% 47.33%	240 138	Thank you for organising a great event, even if I did re-injure my knee half way through 😂.
.1 2= 2= .4	Allison Hansford Ross Brown	Katya Jay Ciara Tracy	UK UK UK	JOG ON Crew JOG ON Crew	M F	30 44 24 59	5.02 5.01 5.01 4.99	8.08 8.06 8.06 8.04	56 156 57 58	39.92% 37.86% 39.81% 49.75%	205 216 206 113	So good I did it twice! Saturday disappeared from Garmin so a Sunday run too
.4 .5 6= 6=	Brown Bye Tredgett Taylor	Tracy Kevin Steve Alison	UK UK UK	JOG ON Crew JOG ON Crew	M M	59 44 47 49	4.99 4.97 4.95 4.95	8.04 8.00 7.97 7.97	58 157 158 59	49.75% 37.56% 38.31% 43.89%	113 220 215 173	So good I did it twice! Saturday disappeared from Garmin so a Sunday run too. Thank you for the challenge. It really pushed me even though my legs felt they didn't want to go. I plan to get some JOG ON merchandise in the new year and show it off on my runs. I've been running for 21 years and kind of lost my passion for it this year. I am now, thanks to Marc Brine, my work colleague and JOG ON ambassador, finding my love for running again.
8= 8=	Flower Worgan	Samantha Nick	UK UK	JOG ON Crew JOG ON Crew	F M	45 50	4.94 4.94	7.96 7.95	60 159	42.11% 39.19%	191 209	May have had one too many drinks last night for this lark but I did it anyway! As someone who doesn't normally run for an hour this was a challenge, especially after completing my 50th parkrun the day before.
0= 0= 0=	Whitfield Ellis-Somerville Monday	Olivia Mark Coral	UK UK UK		M F	25 58 33	4.91 4.91 4.91	7.91 7.91 7.90	61= 160 61=	39.00% 41.69% 39.22%	211 193 208	The whole hour was really fun! The first 25 mins were spent weaving in and out of people as they were all heading to the Old Trafford football grounds. Longest run since I fell down a hole in February. I decided to push on for my first 10k so it's over an hour, but there's a marker for my distance at 1 hour. It was great, 13 degrees and breezy!
4= 4=	Rung Robinson Kent	Lisa Ashley Christopher	USA Australia Australia	Runna Up JOG ON Crew	M	61 52 26	4.84 4.83 4.83	7.79 7.78 7.77	63 161= 161=	49.42% 38.94% 33.89%	116= 212 243	I was so excited because this is the first time I've gotten to a place where I could run for an hour in a lot of years, so thank you for the challenge. Bit of a hard day after having had two early Christmas parties on the two previous nights. Probably would have skipped the run if I hadn't committed to the hour.
5= 5= 8	Marr Abbott Newman	Maria Nicolle Kevin	UK UK UK	JOG ON Crew JOG ON Crew Redway Runners	F F M	27 29 44	4.69 4.69 4.68	7.56 7.55 7.53	64= 64= 163	37.22% 37.25% 35.33%	225 224 241	This challenge has been great motivation for me to finally run again for the first time in two months! The JOG ON Hour been a great way to restart my running journey, so thank you very
9	Purvis Binner Kelly	Hannah Callum Susan	Australia UK UK	JOG ON Crew JOG ON Crew Crickhowell Running Club	M F	26 23 64	4.66 4.64 4.60	7.50 7.47 7.40	66 164 67	37.00% 32.50% 48.69%	227 246 124	I started watching your videos as a source of inspiration. I have found a real love for running, and that is all thanks to you (so thank you!). We were in the throws of a storm, and I have got to say it was a battle to go out but I did and I'm so pleased with that.
2 3= 3=	Mills Bevington Allen	Amy Emma Katherine	UK UK UK	JOG ON Crew JOG ON Crew	F F	31 44 31	4.48 4.47 4.47	7.21 7.20 7.20	68 69= 69=	35.58% 37.67% 35.50%	238 219 239	
35 35 36 37	Taylor Powell Harte	Paul Kerry Karen	UK UK Australia	Mindfully Active JOG ON Crew JOG ON Crew	M F	53 38 44	4.47 4.46 4.45 4.44	7.18 7.17 7.15	165 71 72	36.19% 36.08% 37.39%	239 230 234 222	Thank you for setting up this event! I've greatly enjoyed it!
88	Lee Hipkiss Lee	Fiona Andy Richard	UK UK UK	Wakefield Thornes Parkrun JOG ON Crew Wakefield Thornes Parkrun	F M	43 30 48	4.42 4.41 4.40	7.11 7.10 7.09	73 166 167	36.94% 30.83% 34.25%	228 249 242	I came across JOG ON, which then led to me discovering your podcast. Have thoroughly enjoyed learning about your journey and couldn't wait to call myself part of the JOG ON Crew.
10 1 2= 2=	Whalen Brisley Glancey	Robert Richard Diane	UK UK UK	JOG ON Crew JOG ON Crew JOG ON Crew	M	38 82 69	4.40 4.25 4.20 4.20	6.84 6.77 6.76	167 168 169 74	34.25% 30.61% 49.39% 47.39%	242 250 118 136=	Thank you for organising this - I really didn't want to go out today and this challenge gave me the motivation!
2= 4 5 6=	Barba Randall	Diane Nicolas Elizabeth Darren	USA UK	JOG ON Crew JOG ON Crew	M F	26 41	4.13 4.03	6.65 6.48	170 75	28.81% 33.11%	253 245	First running event EVER!!!! Shoutout to the JOG ON Crew for creating such a wonderful community. I look forward to the next virtual event that y'all plan on hosting.
6= 8	Barker Carpenter	Helen Colin	UK UK UK	JOG ON Crew JOG ON Crew	F M	45 37 73	4.01 4.01 3.99	6.46 6.45 6.42	76 172	30.42% 32.28% 39.14%	251 247 210	I would like to thank Harry for the influence he has been helping me with major change. I completed the JOG ON First 10K training plan and all i can say is wow. The structure was amazing thanks so much for organising UD Dad came home from hospital in March The challenge for dad was to try and run for the whole hour. Mission accomplished and he also managed over 6K One very happy dad Thank
9 60 61	Merchant-Edge Quigley Gibson	Sally Laura Samantha	UK UK UK	JOG ON Crew	F F	53 39 55	3.93 3.88 3.83	6.33 6.25 6.17	77 78 79	36.14% 31.50% 36.03%	232= 248 235	
52 53 54	Melville Dawson Sawyer	Brenda Joshua Dawn	UK UK UK	Avon Valley Runners JOG ON Crew	F M F	45 24 53	3.70 3.69 3.68	5.95 5.94 5.92	80 173 81	28.03% 25.64% 33.78%	254 256 244	I unfortunately picked up a slight foot injury during a Movember race on Saturday so I had to do a JOG ON walk. Harry, I ran with Brenda Weston and here are our videos.
55 66 57	Roberts Bowden Bailey	Joanne Nicole Julie	UK UK Australia	JOG ON Crew	F F	44 30 56	3.61 3.17 2.91	5.81 5.10 4.69	82 83 84	30.22% 21.89% 27.43%	252 257 255	
8= 8= 60	Milroy Milroy Ferris	Teresa Douglas Harriet	UK UK UK	JOG ON Crew JOG ON Crew	M	43 42 24	2.60 2.60 2.46	4.18 4.18 3.96	85 174 86	21.30% 19.00% 19.18%	258 260 259	Thank you for getting us to go for that walk. Doug and I took the opportunity to spend some quality time together (life has kept us apart recently). Had to squeeze my JOG ON hour into my hockey match
1 2	Jousiffe Jousiffe	Vikki John	UK UK UK	JOG ON Crew	F	36 35	2.46 2.21 2.18	3.56 3.51	86 87 175	19.18% 17.26% 15.01%	259 261 262	A glorious family walk along the river. Many thanks for organising, such a great idea for an event
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