

JOG ON HOUR CHALLENGE: 17-19th NOVEMBER 2023									RESULTS			Source: Run Bundle!			
Overall	Surname	First Name	Country	Club	Gender	Age	Distance Miles	Distance Kilometres	Gender	Age-Graded %	Age-Graded Position	Participant Comments			
1st	Unwin	Today	UK	JOG ON Crew	M	22	9.59	15.01	1st MALE	70.53%	1	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.			
2nd	Alicia	Graham	UK	Aldershot & Farnham District	F	46	9.53	15.39	2nd FEMALE	70.28%	2	Here is my submission for the event, was a bit crazy doing parkrun in the morning BUT so close to 200 parkruns...			
3rd	Low	Jonathan	Germany	JOG ON Crew	M	28	9.47	15.05	3rd MALE	68.83%	12	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!			
4=	Reynolds	Jake	UK	Bedford and County AC	M	17	9.35	15.04	4=	68.47%	13				
4=	Gibbons	Paul	Ireland	Slabh Buidhe Rovers AC	M	46	9.35	15.04	4=	73.69%	3rd	Harry makes running more fun than it actually really is sometimes 🥰			
6	Forsbrook	Russell	UK	North Somerset AC	M	48	9.32	15.00	6	74.69%	2nd				
7	Levett	Martin	UK		M	45	9.21	14.82	7	71.94%	5=				
8	Churchman	Ben	UK		M	39	9.11	14.66	8	67.86%	14				
9	Laidlaw	Jam	UK	Aldershot & Farnham District	M	45	9.08	14.61	9	70.89%	7				
10	Macklister	Gary	UK	Avon Valley Runners	M	45	8.96	14.26	10	69.08%	10				
11	Williams	Richard	UK	Fleet and Hockham	M	31	8.75	14.09	11	63.31%	19				
12	Pickersgill	Chris	UK	Sunderland Strollers	M	40	8.61	13.85	12	64.42%	17				
13	Holliday	Chris	UK	Fareham Running Club	M	47	8.50	13.68	13	67.25%	15				
14	Floyd	Ben	UK	JOG ON Crew	M	38	8.36	13.45	14	61.64%	22	Thank you for putting on this event. Hopefully see you at a JOG ON meet up soon			
15	McMahon	Grace	UK	Godalming Hill Running Group	F	40	8.33	13.42	1st FEM	69.97%	9	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! Many thanks for organising the event - it was tough but really enjoyed getting out and getting it done!			
16	Insole	Patrick	UK	Tegehall Hill Running Group	M	49	8.30	13.37	15	66.69%	16				
17	Wilkins	Alasdair	Australia		M	35	8.27	13.31	16	60.11%	25				
18	Marshall	George	UK	JOG ON Crew	M	20	8.23	13.26	17	59.33%	29				
19	Browning	Matthew	Canada	JOG ON Crew	M	36	8.20	13.21	18	59.78%	27	Very much enjoying 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			
20	Poole	George	UK	Bitton Road Runners	M	26	8.12	13.07	19	58.50%	38=	Thanks again for organising this event, something very different to anything I've done before! Keep up the good work 🙌			
21	Qualter	Gary	UK	JOG ON Crew	M	57	8.01	12.89	20	68.92%	11	The JOG ON Hour was great fun and made for a great half marathon training run, thank you for organising it.			
22	King	Joanna	UK	JOG ON Crew	F	49	7.95	12.80	2nd FEM	71.94%	5=	The best worst run in a while, so quietly happy.			
23	Adnett	Paul	UK	Just Jog Bideford	M	47	7.93	12.76	21	62.50%	20				
24	Trumper	Matthias	Germany	JOG ON Crew	M	41	7.87	12.62	22	59.06%	33				
25	McGibbin	UK	Germany	Halsenebe Roderer AC	M	46	7.76	12.53	23	73.7%	4	Lovely meet-up with the South West JOG ON Crew. Quite breezy along the canal, but generally good conditions			
26	Woods	Simon	UK	JOG ON Crew	M	39	7.75	12.48	24	57.25%	47	After a recent endurance test, this was exactly what I needed to motivate me to get back out running. I look forward to seeing the results.			
27	Martin	Brian	UK	Lonely Goat RC	M	55	7.62	12.27	25	64.19%	18	Had a great time meeting up with other crew members, running somewhere new and having a good chat in The Shed afterwards.			
28=	Dundas	Jack	UK		M	28	7.61	12.24	26=	54.58%	63	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 one too			
28=	Pikiotas	Jonas	UK		M	33	7.61	12.25	26=	54.72%	61	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			
30	Parkins	Graham	UK	Marlow Striders	M	46	7.60	12.24	28	59.28%	31				
31	Walsh	Michael	UK	JOG ON Crew	M	44	7.55	12.15	29	57.89%	44				
32	Hammett	Will	UK		M	32	7.53	12.12	30	54.03%	70	Thanks for organising this, a really great concept. Thanks for all the content 🙌			
33	Jackson	Keanu	UK		M	23	7.51	12.08	31	53.83%	73=				
34	Halligan	Thomas	Ireland		M	36	7.49	12.06	32	58.32%	75	Definitely something I'd like to try again to see how I improve			
35=	Murray	Simon	UK		M	39	7.48	12.04	33=	55.14%	57	Thanks for inspiring us to get out and run. Keep up the great work.			
35=	Hamilton	Ben	UK	JOG ON Crew	M	42	7.48	12.04	33=	56.42%	51	Felt like I concentrated on my running and breathing more than I normally would.			
38=	Martin	Darren	Canada	JOG ON Crew	M	35	7.48	12.04	33=	54.03%	69=	From Langley, British Columbia, Canada! Really love your videos! I'll buy some merchandise when I can! Thanks again!			
38	Brine	Marc	UK	JOG ON Crew	M	38	7.47	12.02	36	54.72%	60=	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			
39	Spandley	Richard	UK	Halsenebe Roderer AC	M	46	7.46	12.02	37	58.11%	43				
40	Bartram	Michael	UK	Cambridge & Coleridge AC	M	25	7.40	11.91	38	53.00%	80	I was just about 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!			
41	Jacklin	Ben	UK	JOG ON Crew	M	25	7.36	11.85	39	52.69%	8	Thanks for putting on the JOG ON Hour! It was so much fun to run!			
42=	Simpson	Steve	UK		M	33	7.33	11.81	40=	52.61%	87=	Love the content mate, keep doing what you're doing!			
42=	Harwood	Rob	UK	Sandhurst Joggers	M	49	7.33	11.80	40=	58.50%	38=	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?			
44=	Chavez Jnr	German	USA	JOG ON Crew	M	35	7.31	11.76	42=	52.75%	82				
44=	Potter	Tony	UK	Lonely Goat	M	51	7.31	11.72	42=	59.31%	30	Thanks and look forward to the results video!			
44=	Sharpe	Danny	UK		M	39	7.31	11.77	42=	53.83%	73=	This was my second attempt at the hour this weekend: 20 minutes in my watch battery dead (during the first attempt)			
47	Tatham	Daniel	UK	Aycliffe Running Club	M	31	7.29	11.73	45	52.17%	92=	Thanks once again for creating another great event for us, really enjoyed it even though my legs didn't feel like running today 🙌			
48=	Ogden	Wendy	UK	Wakelield Harriers	M	51	7.25	11.67	46	46.4%	35				
48=	Adnett	F Sarah	UK	Just Jog Bideford	F	47	7.25	11.67	46	58.86%	34	3rd FEM			
50	Rogers	Ruth	UK	Thames Valley Triathletes	F	39	7.24	11.66	4	60.03%	26				
51	Jaffray	Paul	UK	JOG ON Crew	M	37	7.23	11.65	47	52.58%	89				
52	Pickersgill	Kayleigh	UK	Sunderland Strollers	F	37	7.21	11.60	5	59.19%	32				
53	Johns	Nick	UK	Preston Harriers	M	39	7.18	11.55	48	52.83%	81	Thank you for running the event and I look forward to seeing everyone's results and receiving my wristband.			
54	Frankland	Ben	UK	Cool Runnings	M	20	7.16	11.53	49	51.17%	92=	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			
55=	Pocock	Rob	UK	JOG ON Crew	M	52	7.14	11.50	50	58.36%	40	Great fun, thanks for organising it. I got a PK PHIIII 🙌🙌🙌. What an excuse for a trip to the seaside.			
56=	Les	Richard	UK	Gravesend Road Runners	M	52	7.12	11.47	51=	58.19%	42				
56=	Culshaw	Ian	UK	TFN Triathlon Club	M	37	7.12	11.46	51=	51.75%	93				
58	McKeaveeny	Bernard	UK		M	45	7.09	11.41	53	54.64%	62				
59	Quarton	Christopher	UK	JOG ON Crew	M	31	7.03	11.32	54	50.19%	103	Perfectly judged route!			
60	Safford	Will	USA		M	20	7.01	11.28	55	50.03%	107				
61	Mills	Ian	Germany	Kuechenholz Parkrun Team	M	39	7.00	11.28	56	51.42%	96	Thanks JOG ON with Harry Morgan for the motivation to get out today.			
62=	Sawyer	George	UK	JOG ON Crew	M	16	6.96	11.21	57=	50.64%	101				
62=	Devlin	UK	UK	JOG ON Crew	M	55	6.96	11.20	57=	58.33%	41				
62=	Diwon	David	UK		M	43	6.96	11.20	57=	52.72%	83=				
65=	Lock	Dave	UK	JOG ON Crew	M	50	6.95	11.19	60=	55.75%	55	Thank you Harry for organising another virtual event.			
65=	Shannon	Connor	UK	Addicts to Athletics	M	28	6.95	11.19	60=	49.58%	115	Cheers for today it's been brilliant, I'll order a long-sleeve jog on top next week if you have stock.			
67	Johnstone	Tom	UK	JOG ON Crew	M	20	6.92	11.15	62	49.36%	119=				
68	Culshaw	Steph	UK	Beeston AC	F	33	6.91	11.12	6	55.81%	54	Keep doing what you are doing. It was great meeting you at Alton Towers! Go for that run and JOG ON! 🏆 Speed Demon Steph.			
69	Lansdown	Kathryn	UK	JOG ON Crew	F	39	6.90	11.11	7	57.11%	48	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.			
70=	Pocock	Jade	UK	JOG ON Crew	F	23	6.89	11.10	8	55.22%	56	Thank you for setting up this event, it was a challenge to run for that length of time but certainly enjoyed it!			
70=	Hayes	Paul	UK		M	42	6.89	11.09	9	56.95%	68				
70=	Ashford	Darryl	UK		M	48	6.89	11.09	63=	54.33%	64=	This is 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.			
73	Ashlin	Simon	UK	JOG ON Crew	M	37	6.88	11.08	65	49.92%	109=	Thanks!!!!			
74=	Murfit	Rosie	UK	JOG ON Crew	F	25	6.87	11.07	9	55.06%	58	Thanks for organising a fab event!! Had a great time at the south-east meet-up organised especially by Iain 🙌			
74=	Gibson	Mark	UK	JOG ON Crew	M	38	6.87	11.07	66	50.11%	104	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, slower runs.			
76	Hunter	Alasdair	UK		M	53	6.86	11.03	67	56.44%	50	Thanks for organising another fabulous event.			
77	Dodsworth	Liam	UK	JOG ON Crew	M	39	6.74	10.85	68	49.42%	116=	From what started as my wife and I wanting to lose a little weight back in May running has transformed as to a massive lifestyle change for me.			
78	Licence	Phil	UK	JOG ON Crew	M	51	6.71	10.81	69	54.19%	67	Thanks Harry! Great fun to take part! Cheers!			
79	Locker	Phillip	UK		M	58	6.69	10.70	70	57.44%	46				
80	Holt	Steve	Canada		M	62	6.69	10.70	70	60.38%	10				
81	Layard	Darren	UK	Exmouth Harriers	M	49	6.63	10.67	71	52.61%	87=	Thanks for hosting this event. Been following you on YouTube for a while now so it was fun to be able to take part in this even though I live a very long way from you.			
82=	Wickens	Katia	UK		F	35	6.61	10.65	11	53.61%	76=	Great challenge! Have only ever pushed myself for a 5K and run 1 hour now for my easy runs so was interesting to see what I could do. Look forward to the next JOG ON 'Something' next year!			
82=	Hildyard	Marcus	NZ	JOG ON Crew	M	43	6.61	10.65	72=	49.92%	109=				
82=	Ince	David	UK		M	49	6.61	10.65	72=	52.44%	91	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.			
85	Ledger	Alistair	UK	JOG ON Crew	M	32	6.60	10.62	74	47.00%	142=				
86	Richards	Shayne	UK		M	36	6.59	10.60	75	47.44%	134=	I forced myself out, at a reduced pace 5 hours later then planned & got the job done.			
87=	Foster	Paddy	UK		M	33	6.58	10.60	76=	46.92%	144=				
87=	Pinappell	Tim	Germany		M	44	6.58	10.60	76=	50.08%	105=				
89	Singer	Bradley	UK		M	35	6.57	10.57	78	47.11%	141	35 today (Sun 19 Nov)			
90=	Ogier	Maisie	UK	Harborough AC	F	32	6.56	10.56	12	52.72%	83=	Thanks for a great event. The main man Mike Bell will be submitting our video 🙌			
90=	Way	Gordon	UK	JOG ON Crew	M	55	6.56	10.57	79=	54.78%	59	Attached all evidence of the brilliant JOG ON Hour run.			
90=	Fryer	Thomas	NZ	TTT Runners	M	17	6.56	10.56	79=	47.00%	142=	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 Zealand.			
93=	Austn	Lee	UK	Dumfries Harriers	M	29	6.55	10							