

JOG ON'S LAST RUN OF 2021											
Finish Position	Name	Country	Area	Age	10K or Marathon	Gender M/F	Running Club	Finish Time	Age-Graded %	Age-Graded Position	Notes
<b>10K FINAL RESULTS</b>											
00:00:00											
1	Darren Francis	England	Paignton, Devon	53	10K	M	Torbay Tri Club	00:39:08	77.90%	1	1st Overall, and 1st Age-Graded Finisher
2	Alex Hurrell	England	Kent	27	10K	M	None	00:39:42	66.50%	8	2nd Overall Ran in Battersea Park
3	Luke Scarrott	England	Bicester, Oxfordshire	39	10K	M	None	00:39:52	68.23%	3	3rd Overall Used local Parkrun course - 1st km in 3.29! Went out too fast, and slowly died
4	Dafydd Eryl	Wales	Caernarfon, Gwynedd	20	10K	M	None	0:41:23	63.79%	16	
5	Nath Dolphin	England	Tamworth, Staffordshire	36	10K	M	Nate Dogs	00:41:39	64.23%	14	Hoping for sub-41, but a few too many hills. I normally run Parkruns.
6	Richard Marland	England	Aldershot, Hampshire	35	10K	M	AFD	00:41:55	63.58%	17	Trying to get sub-40, but didn't have anything left after 2.5km! Mince pies...too many!
7	Jim Laidlaw	England	Camberley, Surrey	43	10K	M	AFD	00:41:57	66.87%	7	
8	Paul Adnett	England	Bideford, Devon	45	10K	M	Just Jog Bideford	00:42:25	67.19%	6	PB
9	Robert Dewar	England	South Lanarkshire	42	10K	M	None	00:42:40	65.23%	11	Goal Sub-44, new PB!
10	Rory Thomas	England	Bristol	29	10K	M	None	0:43:01	61.37%	27	
11	Ethan Butler	England	Sheffield	23	10K	M	Dark Peak Fell Runners	00:43:06	61.25%	28	
12	Nick North	England	Coulsdon	19	10K	M	None	00:43:35	60.57%	31	PB
13	Adam Buckeridge	England	Torrington, Devon	42	10K	M	Just Jog Bideford	00:43:47	63.57%	18	Really nice to have an event at the end of the year
14	Adam Ecken	England	Oldbury, Birmingham	36	10K	M	None	00:44:00	60.80%	30	Really enjoy JOG ON - inspired to keep on running
15	Patrick Gow	Netherlands	Amersfoort	40	10K	M	None	00:44:09	62.06%	26	Greetings from The Netherlands - 4.09 for last kilometre
16	Martin Wilkins	England	Southampton	25	10K	M	None	00:44:12	59.73%	37	
17	Stephen Dent	England	Darlington, Durham	56	10K	M	Darlington Harriers	00:44:19	70.63%	2	Would like to say that he enjoyed every minute....
18	Shaun Drew	England	Cranbrook, Devon	29	10K	M	Cranbrook	00:45:44	57.73%	42	PB - really enjoyed the event
19	Gary Qualter	England	Exmouth, Devon	55	10K	M	None	00:45:56	67.53%	5	
20	George Muir	England	Staines, London	29	10K	M	None	00:45:58	57.43%	43	Great event - do more please!
21	Ben Dykman	Australia	Buninyong	35	10K	M	None	00:46:04	57.85%	41	PB - ran in Australia
22	Gaby Robert	England	Fleet, Hampshire	22	10K	F	Fleet & Crookham AC	00:46:48	63.50%	19	1st Female
23	Paul Davidson	Scotland	Inverness	48	10K	M	None	00:46:53	62.32%	23	Thank you for all you do to motivate people in their running journey
24	Tom Newbould	England	Newark	45	10K	M	None	00:47:27	60.06%	36	We're Parkrun mad in this family!
25	Emily Brown	England	Barnehurst, Kent	25	10K	F	None	00:47:42	62.30%	24	2nd Female: Ran with sister and Mum - JOG ON brought family together at Christmas
26	Kieron McKenna	England	St Helen's	46	10K	M	Mad Runners	00:47:49	60.09%	34	Recent subscriber - I binge watched JOG ON videos over Christmas
27	Lee Dittrich	England	Southampton	33	10K	M	None	00:48:00	55.17%	49	
28	Ollie Beere	England	Wotton-under-Edge	16	10K	M	Yate AC	0:48:17	55.68%	47	
29	Barnaby Beere	England	Gloucestershire	50	10K	M	None	00:48:40	61.06%	29	Broke 50 minute barrier
30	Sam Wilkinson	England	Mansfield	16	10K	M	None	00:48:49	55.07%	50	
31	Menno Parkins	Netherlands	Lisse	55	10K	M	None	00:48:57	63.36%	20	Reached 4,006km for 2021, delighted to have gone sub-50
32	Christina Clementson	England	Romford	50	10K	F	Havering '90 Joggers	00:49:23	68.21%	4	3rd Female
33	Jonathan Carter	England	Ely, Cambridgeshire	24	10K	M	Lonely Goat	00:49:28	53.37%	59	PBs on both JOG ON's virtual events
34	Joe Bennett	England	West Sussex	31	10K	M	None	00:49:35	53.28%	61	Ran same time as Rebecca Moore, fiancée
35	Rebecca Moore	England	West Sussex	30	10K	F	Chichester Runners	00:49:35	60.07%	35	Ran same time as Joe Bennett, fiancé
36	Barnaby Strange	England	Hampton Hill, Richmond	15	10K	M	St Mary's	00:49:39	54.92%	51	1st 10k race, around Bushy Park.
37	Will Rollason	England	Twyford	16	10K	M	None	00:49:40	54.13%	53	Thank you to the JOG ON team for allowing us to do this awesome last run
38	Chris Quarton	England	Southfields, London	29	10K	M	Curry Club Harriers	00:50:05	52.71%	64	
39	Steve Potter	England	Cambridge	52	10K	M	None	00:50:10	60.23%	33	No PB, but average heart rate broke a new record...
40	Steve Morgan	England	Lymptone, Devon	65	10K	M	Exmouth Harriers	00:52:06	65.29%	10	
41	Alasdair Hunter	England	Awbridge, Hampshire	51	10K	M	Muddy Runners	00:52:22	57.22%	45	Joined Harry during 500k Challenge in 2021
42	Mark Ferriday	England	Lichfield, Staffordshire	47	10K	M	None	00:52:47	54.91%	52	
43	Sarah Adnett	England	Bideford, Devon	45	10K	F	Just Jog Bideford	00:52:57	60.50%	32	After indulging, tough, wet, windy run
44	Robin Price	England	London	65	10K	M	None	00:52:59	64.20%	15	Ran in Hythe in windy conditions
45	Will Ferriday	England	Lichfield, Staffordshire	16	10K	M	None	00:53:20	50.41%	75	
46	Amanda Francis	England	Paignton, Devon	50	10K	F	Torbay Tri Club	00:53:22	63.12%	21	Ran as part of marathon training, love the YouTube channel
47	James Hare	England	Eastbourne	20	10K	M	Marston Moretaine Runners	00:53:25	49.42%	81	Thx for getting me to do my first ever 10k race!
48	Gareth Kavanagh-Dixon	England	Ely, Cambridgeshire	44	10K	M	None	00:53:29	52.88%	62	
49	David Williams	England	Aldershot, Hampshire	59	10K	M	None	00:54:18	59.21%	38	
50	Thomas Gilbert	England	Horsham	28	10K	M	None	00:54:20	48.59%	88	
51	Robert Harwood	England	Crowthorne, Berkshire	47	10K	M	JOG ON Crew	00:54:53	52.81%	63	2nd 10k ever, running for 9 months
52	Simon Tucker	England	Plymouth	42	10K	M	None	00:55:18	50.33%	76	Followed JOG ON since Alan Outbound videos
53	Mark Taylor	England	Witham, Essex	48	10K	M	None	00:55:38	52.52%	65	Its been a challenging year, and this run has given me something to focus on
54	Clare Moore	England	Littlehampton	58	10K	F	None	00:55:42	66.46%	9	
55	Nicky Jones	England	Buckinghamshire	48	10K	F	Run4MS	00:55:58	58.87%	40	Thx for the inspiration Harry, it was a great way to end my year of running
56	Mark Robertson	England	Lancaster, Lancashire	53	10K	M	None	00:56:37	53.84%	55	Your videos and podcasts have brightened up a challenging year
57	Dave Juson	England	Southampton	69	10K	M	None	00:56:39	62.46%	22	Circuits of Southampton's Mediaeval walls
58	Brian O'Shea	Ireland	Cork	47	10K	M	Carrigaline AC	00:56:49	51.01%	71	Ran 5km EVERY DAY in 2021
59	Jonathan Wren	England	London	45	10K	M	None	00:57:00	50.00%	80	
60	Ian Burgess	England	Darlington, Durham	64	10K	M	Quakers Running Club	00:57:00	59.09%	39	
61	Paul Truman	England	Shropshire	39	10K	M	None	00:57:04	47.66%	91	Ran in Denver, Colorado: 1st recorded 10k
62	Steven Grimley	England	Littleharrowden	37	10K	M	None	00:57:17	46.93%	94	Furthest run in a long time - delighted to get under an hour.
63	Lucy Jones	Wales	Gwent	23	10K	F	None	00:57:36	51.59%	70	
64	Martin Finlay	England	Pudsey, W. Yorkshire	55	10K	M	None	00:57:51	53.62%	56	PB - part of Half Marathon training in Leeds
65	Michael Boffey	England	Wigan, Lancashire	31	10K	M	None	00:58:24	45.23%	108	Started in 2021, shed 8 stone, inspired by videos
66	Tom Fitzjohn	England	Bristol	30	10K	M	JOG ON Crew	00:58:34	45.08%	111	Horrendous headwinds on the cliffs of Dover!
67	Simon Owen	England	Wollaston, Cheshire	37	10K	M	None	0:58:40	45.82%	106	This 10km takes me to 2,000km for 2021
68	Emily Adcock	England	Bristol	30	10K	F	None	00:58:42	50.74%	73	Ran with my Dad, through Henleaze in Bristol
69	John Broom	England	Sheffield	51	10K	M	Penistone Footpath Runners	00:58:47	50.98%	72	
70	Dawn Broom	England	Sheffield	57	10K	F	Penistone Footpath Runners	00:58:47	62.21%	25	
71	Colin Sawyer	England	Trowbridge	49	10K	M	Avon Valley Runners	00:58:50	50.08%	79	
72	George Sawyer	England	Trowbridge	15	10K	M	Avon Valley Runners	00:58:50	46.35%	101	Ran with my Dad - supporting my favourite YouTuber
73	Alex Sheen	England	West End, Hampshire	33	10K	M	Kingfisher Swimmers	00:58:51	45.00%	112	Chocolate Orange & Christmas cake are not great running fuel!
74	Conor Rafferty	England	Lancaster, Lancashire	33	10K	M	Blackpool Fronrunners	00:59:03	44.85%	113	
75	Simon Bourne	Wales	Cardiff	48	10K	M	None	00:59:26	49.16%	83	
76	Kate Budd	England	Southampton	44	10K	F	Hamwic Harriers	00:59:33	53.34%	60	
77	Philip Mills	England	Southampton	43	10K	M	St James' Runners	00:59:51	46.87%	95	Nipped inside the hour mark
78	Steven Chalmers	Scotland	Aberdeenshire	55	10K	M	None	01:00:01	51.68%	69	Nearly broke the hour...
79	Teresa Milroy	England	Sandhurst, Berkshire	41	10K	F	Sandhurst Joggers	01:00:06	51.69%	67	
80	Becky Dunning	England	Southampton	46	10K	F	Holly Hill Runners	01:00:16	53.62%	57	Nearly broke the hour....
81	Claire Reed	England	Aldershot, Hampshire	38	10K	F	Blackwater Valley	01:00:20	50.61%	74	
82	John Gigg	Wales	Barry	33	10K	M	JOG ON Crew	01:00:49	43.55%	122	
83	Jennifer Dittrich	England	Southampton	31	10K	F	St James' Runners	01:00:58	48.91%	87	
84	Peter Adcock	England	Bristol	64	10K	M	None	01:01:00	55.22%	48	Ran with my daughter Emily
85	Clare Quarton	England	Truro, Cornwall	33	10K	F	Runcrew	01:01:02	49.07%	84	
86	Alice Brown	England	London	26	10K	F	Puresport Run Club	01:01:10	48.58%	89	I never thought I'd be part of a running community! Had to fight foot injuries...
87	David Clarke	Scotland	Galston, East Ayrshire	37	10K	M	None	01:01:19	43.84%	118	PB, started in 2021 with Couch to 5k
88	Steven Crane	England	Colchester, Essex	49	10K	M	None	01:01:34	47.86%	90	
89	Todor Georgiev	Bulgaria	Primorsko	32	10K	M	Labrador	01:01:36	42.91%	124	Run completed in Bulgaria
90	Richard Cooper	England	Southampton	54	10K	M	Lonely Goat	01:02:26	49.25%	82	
91	Ian Baker	England	Farnham, Hampshire	47	10K	M	None	01:02:34	46.32%	102	
92	Chris Usher	England	Lincoln, Lincolnshire	28	10K	M	None	01:02:47	42.05%	127	JOG ON podcast guest - my running journey
93	Di Barker	England	Lymptone, Devon	66	10K	F	None	1:03:29	64.72%	12	
94	Rhiannon Cogbill	England	Southfields, London	28	10K	F	Chasing after Chris	01:03:33	46.76%	97	I wouldn't have got out of the front door without this event
95	Sherhan Que	England	Southampton	45	10K	M	None	01:03:35	44.82%	114	Ran round Southampton Common
96	Colin Carpenter	England	Sandhurst, Berkshire	71	10K	M	Sandhurst Joggers	01:03:48	56.61%	46	2,500 miles in 2021 - ran same course 3 times, test running 3 diff trainers
97	Shiela Vasquez	England	Boston	31	10K	F	None	01:03:50	46.71%	98	Boxing Day run
98	Mark Ellis-Somerville	England	West Sussex	56	10K	M	None	01:03:55	48.97%	86	Outside PB by 3 seconds!
99	Samantha Robinson	England	Camberley, Surrey	38	10K	F	Blackwater Valley	1:04:29	47.35%	93	Dog-assisted!
100	Gareth Roberts	England	Leatherhead	60	10K	M	None	01:04:39	50.19%	78	Too much gluttony and sloth
101	Simon Bird	England	Dunmow	21	10K	M	None	01:04:44	40.78%	133	Cyclist trying a run!
102	Mike Timbury	England	Holsworthy, Devon	49	10K	M	None	01:05:15	45.16%	109	Thx for all your content - kept me going this year
103	Richard Gill	England	Lowestoft, Suffolk	57	10K	M	None	01:06:19	47.63%	92	Happy New Year, Jog On for 2022!
104	William Chaplin	England	Ash, Surrey	15							



120	Allan Johnson	England	Leyland, Lancashire	61	10K	M	Red Rose Road Runners	01:10:42	46.32%	103	
121	Alexandra Head	England	Southampton	34	10K	F	None	1:11:16	42.17%	126	
122	Jeanette Parker	England	Southampton	74	10K	F	Lonely Goat	1:11:27	64.61%	13	
123	Jenny Williams	England	Newton Abbot, Devon	54	10K	F	Bovey Valley Runners	01:12:00	48.98%	85	
124	Simon Cavill	England	Hook, Hampshire	61	10K	M	Hook Runners	01:12:23	45.25%	107	Go Hook Runners! Trail run, avoiding fallen trees - an ankle-twisting route
125	Tracey Johnson	England	Leyland, Lancashire	59	10K	F	None	01:12:31	51.69%	68	
126	Tracy Brown	England	Bexley Heath, Kent	57	10K	F	None	01:12:47	50.24%	77	
127	Nick Rafferty	N. Ireland	Carryduff, Belfast	58	10K	M	None	1:13:35	43.31%	123	
128	Robert Cain	England	Isleworth, Middlesex	66	10K	M	None	01:14:26	46.15%	104	Too much to eat & drink on Xmas Day
129	Marie Conrad	England	Bexhill-on-Sea, E. Sussex	62	10K	F	None	1:14:38	52.19%	66	Started running in 2020 - a newfound passion
130	Jagdeep Gill	England	Hounslow, Middlesex	55	10K	M	None	01:15:00	41.36%	131	
131	Kerry Powell	England	Brighton	36	10K	F	JOG ON Crew	01:15:12	40.25%	135	
132	Julie Bryson	England	Southampton	49	10K	F	St James' Runners	01:15:51	43.92%	116	
133	Edward Bird	England	Dunmow	27	10K	M	None	01:16:09	34.67%	152	
134	Laurence Bird	England	Chelmsford, Essex	32	10K	M	None	01:16:28	34.57%	153	1st run over 4km - ran with brothers. Thx for inspirational videos.
135	Diane Glancey	England	Oxfordshire	67	10K	F	None	01:18:00	53.42%	58	
136	Cheryl Davies	England	Winsford, Cheshire	42	10K	F	None	01:18:00	40.11%	136	
137	Elizabeth Randall	Wales	Pontyclun	40	10K	F	Les Croupiers	01:18:04	39.56%	137	Scenic route along Cardiff Bay Trail
138	James Randall	Wales	Pontypridd	38	10K	M	None	01:18:22	34.50%	154	
139	Keith Flack	England	Budleigh, Devon	66	10K	M	Budleigh Runners	01:18:36	43.70%	120	
140	Richard Van Berkel	England	Northwich, Cheshire	40	10K	M	None	01:18:57	34.71%	150	
141	Helen Barker	Wales	Pontypridd	35	10K	F	None	01:18:59	38.17%	143	Scenic route along Cardiff Bay Trail
142	Douglas Milroy	England	Sandhurst, Berkshire	40	10K	M	Sandhurst Joggers	01:19:01	34.68%	151	Ran the 10k for a JOG ON top
143	Robert Wilson	Wales	Pontyclun	50	10K	M	None	01:19:20	37.46%	145	Scenic route along Cardiff Bay Trail
144	Dave Stagg	England	Leatherhead	65	10K	M	Mole Valley Runners	01:20:00	42.52%	125	Buying a JOG ON top soon!
145	Debbie Davies	England	Northwich, Cheshire	40	10K	F	Razzers Runners	01:20:00	38.60%	141	
146	Elaine Campbell	England	Aldershot, Hampshire	58	10K	F	Blackwater Valley	01:23:00	44.60%	115	
147	Dave Lock	England	Lidlington, Bedfordshire	49	10K	M	None	01:23:54	35.12%	149	Thames Path and Windsor
148	Sarah Cain	England	Isleworth, Middlesex	28	10K	F	None	01:24:16	35.27%	148	
149	Priya Anthony	England	Hounslow, Middlesex	44	10K	F	None	01:25:41	37.07%	146	
150	Elizabeth Messum	England	Awbridge, Hampshire	55	10K	F	Muddy Runners	01:26:10	41.43%	130	
151	Oli Owen	England	London	23	10K	M	None	01:26:11	30.63%	155	Ran up and down garden 1,000+ times! Stuck in quarantine...super excited for more events
152	Val Kenrick	England	Fleet, Hampshire	56	10K	F	None	01:29:00	40.60%	134	Just finished Couch to 5K - 1st organised event ever run
153	Will Johnson	England	Fleet, Hampshire	66	10K	M	None	01:29:00	38.60%	142	Just finished Couch to 5K - 1st organised event ever run
154	Gail Lock	England	Denham, Bedford	45	10K	F	MK Lakeside	01:29:06	35.95%	147	Thames Path and Windsor
155	Dawn Sawyer	England	Trowbridge	51	10K	F	Avon Valley Runners	01:29:54	37.89%	144	
156	Judah Elliott	England	Coulsdon, Surrey	24	10K	M	South London Harriers	01:40:00	26.40%	158	Ran Half Marathon instead of 10k
157	Heather Clarke	Scotland	Galston, East Ayrshire	37	10K	F	None	01:42:44	29.59%	156	
158	Iain Callaghan	England	Bordon, Hampshire	53	10K	M	JOG ON Crew	01:46:12	28.70%	157	Ran on Brutal Longmoor course
159	Robert Hulonce	Wales	Pontypridd	51	10K	M	None	02:05:35	23.86%	159	Walked with son, daughter and granddaughter
160	Emily Hulonce	Wales	Pontypridd	29	10K	F	None	02:07:00	23.43%	160	Last Walk of the Year!
	Courtney Thompson	Ireland	Bangor	25	10K	F	None	DNF			Had to stop - went to get knee X-rayed!
	Louise Small	England	Surrey	29	10K	F	AFD	DNS			
	Rebecca Lewis	England	Warwickshire	40	10K	F	None	DNS			
	Harry Thompson	England	Harrogate	21	10K	M	None	DNS			
	Anita Louise-Cato	England	Aldershot, Hampshire	32	10K	F	Blackwater Valley	DNS			
	Simon Woods	England	Accrington, Lancashire	35	10K	M	Ossy Joggers	DNS			
	Sally Woods	England	Accrington, Lancashire	37	10K	F	Ossy Joggers	DNS			
	Bradley Singer	England	Greater London	33	10K	M	Shaftesbury Barnet Harriers	DNS			
	Ronald Strachan	Scotland	Glasgow	40	10K	M	None	DNS			
	Alex Miller	England	London	26	10K	M	None	DNS			
	Julian Herring	England	Cambridgeshire	53	10K	M	None	DNS			
	Ben West	England	Farnham	30	10K	M	Blackwater Valley	DNS			
	Lawrence Deacon	England	Southampton	41	10K	M	None	DNS			
	Karen Bowes	England	Bideford, Devon	60	10K	F	None	DNS			
	Nicholas Saunderson	N. Ireland	Larne, Antrim	33	10K	M	None	DNS			
	Sonny Hacker	England	Bath	31	10K	M	JOG ON Crew	DNS			Unable to run due to ill-health
	Neil Ryan	England	Poole, Dorset	48	10K	M	Littledown Harriers	DNS			
	Tim Appleton	England	Northwich, Cheshire	48	10K	M	Razzers Runners	DNS			
	Tony Farrell	England	Comberbach, Cheshire	45	10K	M	Razzers Runners	DNS			
	Neil Wagstaff	England	Camberley	46	10K	M	None	DNS			Unable to run due to illness - hope to run next JOG ON event!
	Russell Lipscombe	England	Willington, Derby	56	10K	M	None	DNS			
<b>MARATHON FINAL RESULTS</b>											
1	Sebastian Gallbrunner	Austria	Wien	42	Marathon	M	FHT	03:50:12	55.36%	1	Ran along the Danube in Vienna - great videos
2	Andrew Freegard	England	Christchurch, Hampshire	35	Marathon	M	New Forest Runners	04:26:00	45.98%	3	
3	Gary Holford	England	West Sussex	60	Marathon	M	None	04:42:55	52.80%	2	Entered 10K but accidentally ran a Marathon!
4	Tom Howard	England	Cornwall	30	Marathon	M	Falmouth RRC	05:03:46	40.05%	5	Keen to see if anyone else did a hillier marathon! Elevation gain 2,602 feet!
5	Darren Adams	England	Gorleston, Norfolk	53	Marathon	M	Great Yarmouth RR	06:12:00	37.63%	6	
6	Sean Newbury	England	Gorleston, Norfolk	51	Marathon	M	Great Yarmouth RR	06:17:30	36.43%	7	
7	Ian Freel	England	Belton, Norfolk	62	Marathon	M	Team Dunerunner	06:18:04	40.28%	4	
	Steven Chalmers	Scotland	Aberdeenshire	55	Marathon	M	None	DNF			Made it to 11 miles...having not run any long distances for a long time
	David Shafford	England	Rochester	40	Marathon	M	None	DNS			