

The JOG ON Mile 2022 Results									
Position	Time	Name	Country	Gender	Age	Overall Position	Age-Graded %	Age-Graded Position	Notes
1	4.56	Andrew Green	UK	M	20	1st	76.77%	3rd	My first time ever really going all out over a distance shorter than 5km.
2	5.04	Rob Tate	UK	M	24	2nd	74.67%	5	It has shown my running improvements, my previous PB was 5:30! Sub 5 next year!?
3	5.14	Alex Hurrell	UK	M	28	3rd=	72.29%	8	
3	5.14	Nicholas Saunderson	UK	M	34	3rd=	73.18%	7	
5	5.18	Jay Cook	UK	M	21		71.38%	14	Run completed at Cambridge University
6	5.28	Richard Burroughs	UK	M	31		69.36%	22	I just wanted to say I really love your videos.
6	5.28	Conor Rafferty	UK	M	34		70.06%	19	
8	5.32	James Hughes	UK	M	36		69.94%	20	PB. Even though I hate the short stuff I actually enjoyed the challenge.
9	5.38	Jake Reynolds	UK	M	16		68.52%	25	
10	5.40	Toby Cherry	UK	M	13		72.09%	10	I'm more of a distance runner but I loved doing the 1 mile.
11	5.43	Stephen Dent	UK	M	57		79.45%	1st	
11	5.43	Adam Buckeridge	UK	M	43		71.20%	16	
11	5.43	Richard Price	UK	M	40		69.65%	21	Not all cops sit around and eat doughnuts on their lunch break!
14	5.45	Jonathan Perkin	UK	M	44		71.51%	13	Managed a new mile PB.
15	5.50	Ross Hammond	UK	M	15		67.11%	30	Instead of running into a lamp post I nearly squashed a squirrel.
15	5.50	Conrad Burdekin	UK	M	46		71.37%	15	
17	5.50	Ben Dykman	AUSTRALIA	M	36		66.34%	34	Thanks for organising another event and keeping it short and sweet (still painful).
18	5.53	Chris Pickersgill	UK	M	39		67.20%	29	After illness, managed to "go for that run" today, so really happy.
19	5.54	Andy Newman	UK	M	33		64.63%	41	Had been meaning to get out and see how quickly I could do a mile for a while.
20	5.58	Ethan Statham	UK	M	9		79.44%	2nd	
21	6.00	Anna Corby	UK	F	25	1st Female	70.28%	18	Completed after run directing at Oxford parkrun where I was very excited to cheer on Ami.
22	6.02	Neil Sumner	UK	M	52		72.29%	8	
22	6.02	Lyall Mew	UK	M	30		62.76%	44	
24	6.05	Emily Brown	UK	F	26	2nd Female	69.32%	23	6 beers in the stomach on that mile this morning was not ideal.
24	6.05	Jamie Ford	UK	M	15		64.36%	43	
26	6.08	Ben Frankland	UK	M	19		61.68%	51	Ran this with quite bad tonsillitis so my lungs died but happy to participate!
27	6.09	Tom Newbould	UK	M	46		67.70%	28	Gave us a reason to shoot for mile PBs. Think I'd have left it until the summer otherwise!
27	6.09	Amy Newbould	UK	F	15	3rd Female	72.03%	11	
29	6.11	Barry Douce	UK	M	42		65.34%	40	
30	6.12	Sam Wilkinson	UK	M	17		61.51%	52	Thanks for putting this event on, keep up the hard work and... JOG ON!!
31	6.13	Maisie Ogier	UK	F	31		67.86%	26	
32	6.14	Scott Anderson	USA	M	46		66.79%	32	
33	6.16	Paul Adnett	UK	M	46		66.44%	33	Thanks for organising a fun event.
33	6.16	Gary Qualter	UK	M	56		71.89%	12	Run completed in South Devon, England.
35	6.18	Kevin Powles	UK	M	55		70.93%	17	
36	6.25	Christina Clementson	UK	F	51		74.34%	6	Marathon training so a mile race was both a welcome change and a shock to the system!
37	6.26	Vicky Rutter	UK	F	35		65.98%	37	I really enjoyed taking part in this running challenge alongside other JOG ON Crew!
37	6.26	Justin Lloyd-Jones	UK	M	52		67.80%	27	You should definitely come to Jersey. We have great running over here.
39	6.27	Conall Dougherty	UK	M	24		57.66%	65	Really enjoyed taking part in my first JOG ON event, looking forward to more!
39	6.27	John Garner	UK	M	37		60.41%	55	
41	6.29	Jack Dundas	UK	M	27		58.35%	62	
42	6.30	Charles Hall	UK	M	49		65.54%	38	
43	6.34	Steve Morgan	UK	M	66		74.75%	4	
44	6.36	Allison Tucker	AUSTRALIA	F	47		69.27%	24	Absolutely love watching your channel!
45	6.38	Paul O'Donnell	UK	M	54		66.81%	31	
46	6.41	Bertie Ballinger	UK	M	27		56.61%	75	
47	6.42	Harley Hogg	UK	M	13		60.97%	54	
48	6.43	Ton Overmeire	NETHERLANDS	M	53		65.46%	39	
49	6.47	Daniel Read	UK	M	19		55.77%	79	Thank you for continuously producing entertaining content.
49	6.47	Kayleigh Pickersgill	UK	F	36		62.75%	45	5 seconds quicker than my last recorded mile time.
49	6.47	Rob Metcalf	UK	M	46		61.38%	53	
52	6.48	Marc Brine	UK	M	37		57.30%	68	Something a bit different to the normal Sunday long run!
53	6.49	Simon Woods	UK	M	36		56.77%	74	
54	6.53	Deano Carline	UK	M	26		54.96%	83	
55	6.54	Nathan Astill	UK	M	24		54.83%	85	Thanks for running this event. I love your videos, they're really entertaining.
56	6.55	Colin Sawyer	UK	M	50		62.07%	48	
57	7.01	Sarah Adnett	UK	F	46		64.51%	42	
58	7.04	Trevor Piercey	UK	M	54		62.71%	46	It was very enjoyable to do a different race event. Keep up the fantastic work and content.
59	7.05	Peter Chadwick	UK	M	43		57.46%	67	
60	7.07	Emily Douce	UK	F	12		66.00%	36	
61	7.10	Daniel Tatham	UK	M	30		52.84%	91	
61	7.10	Tom Hodkin	UK	M	29		52.79%	92	
63	7.13	Steven Chalmers	UK	M	56		62.42%	47	Love the challenges so keep them coming.
64	7.16	Tom Howard	UK	M	30		52.11%	96	Was good to keep my JOG ON virtual events streak going.
65	7.18	Lewis Callaghan	UK	M	23		51.83%	98	Make sure you factor in the hangover.
66	7.22	Alex Griffith Crowe	UK	M	22		51.36%	103	Looking forward to more events like this.
67	7.23	Emily Woodall	UK	F	28		57.11%	72	
67	7.23	Harry Cunningham	UK	M	16		52.28%	95	
69	7.24	Steven Heide	UK	M	55		60.38%	56	
69	7.24	Robin Price	UK	M	66		66.33%	35	
71	7.25	Alasdair Hunter	UK	M	52		58.81%	59	Owner of the first JOG ON top ever ordered.
72	7.27	Tom Patterson	UK	M	37		52.30%	94	
73	7.28	Rob Pocock	UK	M	51		57.95%	63	Fantastic fun, really muddy running along the canal. Thanks for putting this together.
73	7.28	Steve Sugden	UK	M	59		61.85%	50	Wish me luck for the Seville half marathon in January, going to be my first.
73	7.28	Rob Harwood	UK	M	47		56.18%	77	Love the channel so much.
76	7.32	Edward Connell	EIRE	M	38		52.10%	97	
76	7.32	Aaron Fisher	UK	M	26		50.22%	109	
78	7.33	Dave Lock	UK	M	49		56.42%	76	
79	7.35	Edward Phillips	UK	M	36		51.03%	105	Thanks very much for putting this little challenge on, it was good fun!
80	7.39	Charlotte Hughes-Broughton	MALTA	F	27		55.12%	81	I ran around the harbour of Spinola Bay in Malta as I was on holiday.
81	7.41	Mike Timbury	UK	M	50		55.88%	78	Your content continues to keep me motivated and entertained 2.5 years into my new start!
82	7.43	Kathryn Lansdown	UK	F	38		57.21%	71	Rainy, dark, exhausting, and almost interrupted by a park ranger guy in a golf cart.
83	7.44	Quinton Wood	UK	M	57		58.73%	60	A bit of a challenge to find somewhere suitable to run around me. Hills everywhere!
84	7.48	Harriet Ferris	UK	F	23		54.06%	87	Really fun event - thank you!!!
85	7.49	Joseph Douce	UK	M	15		50.09%	110	
86	7.51	Emma Richardson	USA	F	21		53.72%	90	
87	7.52	Visne Bariman	UK	F	14		57.31%	69	Ran my very first parkrun after watching your videos and since have found a joy in running.
88	7.54	Gary Winter	UK	M	62		59.98%	58	The only time I've beaten this is running downhill so very pleased.
89	7.58	David Wang	USA	M	36		48.58%	117	
90	8.02	Mark Robertson	UK	M	54		55.17%	80	
90	8.02	Kimberley Clifton	UK	F	47		56.91%	73	
92	8.03	Mark Calvert	UK	M	30		47.04%	126	Videos have helped me with continuing to run on days where you really can't be bothered!
93	8.04	Teresa Milroy	UK	F	42		54.36%	86	Slightly gutted I didn't break 8 mins but I just didn't have enough in the tank...
94	8.05	Jennifer Ruggier	UK	F	34		52.37%	93	It was a lot of fun pushing myself over a shorter distance.
94	8.05	Aaron Milauskas	USA	M	31		46.91%	128	Ran pushing son Colby in a stroller. I appreciate your entertaining content.
96	8.13	Steven Brand	UK	M	39		48.11%	120	Thanks for putting on a fun event with a distance for all abilities and ages.
96	8.13	Barney Butler	UK	M	10		55.07%	82	
96	8.13	Fergus Butler	UK	M	9		57.69%	64	
99	8.14	Chris Hieke	UK	M	70		62.04%	49	An early Sunday morning in the rain!
100	8.15	Julia Wierzbecki	USA	F	21		51.11%	104	Thanks so much!!
101	8.23	Claire Vernon	UK	F	39		51.41%	102	
102	8.24	Garry Curtis	UK	M	51		51.51%	101	
103	8.28	Adam Heppenstall	UK	M	30		44.72%	137	I've only been running since Sept and your videos continue to keep me off the couch.
104	8.29	Dave Juson	UK	M	70		60.22%	57	Keep flyin'.
105	8.32	Adrian Barnett	UK	M	53		51.52%	100	Very enjoyable challenge although weather was awful.
106	8.35	Joseph Urban	UK	M	31		44.17%	140	Thank you for providing an opportunity for me to get my butt moving.
107	8.36	Adam Bevington	UK	M	41		46.63%	129	
108	8.37	Julian Barker	UK	M	53		51.03%	105	
109	8.40	Julie Bailey	AUSTRALIA	F	55		57.58%	66	
110	8.42	Naomi Fischer	ISRAEL	F	43		50.75%	107	Was aiming for sub 9 minutes so am pleased with the result. Ran in Tel Aviv
111	8.43	Jenny Williams	UK	F	55		57.25%	70	
112	8.47	Lucy Watson	AUSTRALIA	F	27		48.01%	122	My watch said predicted best effort was 9:00 so just wanted to beat that.
113	8.48	Sheridan Martin	AUSTRALIA	F	35		48.24%	119	Thanks so much for putting on this event!
114	8.53	Amy Rickerby	UK	F	24		47.47%	125	Thank you from us both here in the Lake District!
114	8.53	David Williams	UK	M	53		49.49%	113	Thank you from us both here in the Lake District!
116	8.54	Jonathan Murphy	UK	M	38		44.10%	141	It was a pleasure to take part in the community event, your content has inspired me.
117	8.57	Tony Easter	UK	M	56		50.34%	108	
117	8.57	Caron Winter	UK	F	59		58.44%	61	
119	9.07	Kirsty Hawkes	UK	F	20		46.25%	130	Thank you so much for the challenge and for all that you do!
120	9.09	Austen Carpenter	UK	M	39		43.21%	144	Ran on behalf of Colin Carpenter.
121	9.12	Tadeusz Cantwell	EIRE	M	45		44.91%	136	
122	9.13	Jamie Horsman	UK	M	44		44.48%	139	Mile is a post-22 min parkrun pootle home.
123	9.15	Lee Austin	UK	M	28		40.90%	151	Because of the various videos you've posted I have entered a race next year, so thank you.
124	9.18	Oliver Eaton	UK	M	12		45.20%	134	JOG Ollie himself.
124	9.18	John Collins	AUSTRALIA	M	70		54.93%	84	
124	9.18	Nick Liversidge	UK	M	50		46.16%	132	
127	9.22	Anne-Marie Rhodes	UK	F	28		45.02%	135	Star of the Anne-Marie Trilogy, a JOG ON production.
128	9.23	Julian Oxborough	UK	M	58		48.81%	116	Looking forward to seeing how everyone got on.
129	9.28	Debra Hammond	UK	F	53		51.53%	99	
130	9.31	Gail Lock	UK	F	46		47.57%	123	My fastest 1 mile since injury in June!
131	9.32	Lauraine Powles	UK	F	50		49.49%	113	
132	9.35	Tracy Brown	UK	F	58		53.91%	89	This is the fastest time I've run down this local road.
133	9.39	Jeremy North	AUSTRALIA	M	48		43.80%	142	A warmup for a parkrun. I only sometimes do a warm-up, if I do, it isn't this far!
134	9.40	Richard Cooper	UK	M	55		46.22%	131	Thanks for setting up an event for this year - always nice to be part of it.
135	9.41	Sue McAdam	UK	F	59		54.01%	88	Looking forward to seeing the JOG ON finished production soon!
136	9.46	Kerry Powell	UK	F	37		43.74%	143	Thank you, it was great to focus on the shorter distance!
137	9.48	Iain Callaghan	UK	M	54		45.22%	133	
138	9.48	Mark Mager	UK	M	48		43.13%	145	Was great to get my partner and daughter to run as they never normally would.
139	9.49	Sarah Lancaster	UK	F	53		49.69%	112	
140	9.51	Fiona Phillips	UK	F	33		42.91%	146	I'm delighted with my first attempt at a 1 mile so thanks for putting this challenge on.
141	9.52	William Woods-Hall	UK	M	9		48.04%	121	
142	9.54	Joel Duncan	AUSTRALIA	M	36		39.09%	155	This challenge was just what I needed to give me a new spark.
143	10.04	Franny Boburka	USA	F	37		42.43%	147	These last few years of more disciplined training has really changed my life.
144	10.06	Mya Pham	AUSTRALIA	F	35		42.03%	148	Never thought I'd enter an event like this but I'm really enjoying the JOG ON videos.
145	10.07	Michael Boffey	UK	M	32		37.58%	159	Looking forward to rocking the wristband.
146	10.18	Martha Harder	USA	F	35		41.21%	150	We had so much fun. This was GREAT. Thank you!!
146	10.18	Molly Harder	USA	F	9		49.27%	115	
148	10.22	Helen Coull	UK	F	48		44.55%	138	I only started running in March 2022 and this is the first event that I've entered.
149	10.25	Marie Teleki	UK	F	29		40.48%	153	Thank you for all that you do and for organising such a wonderful little event.
149	10.25	Steven Lewis	UK	M	41		38.50%	157	
151	10.28	Carol Schofield	UK	F	59		49.97%	111	
152	10.30								