

Eton Manor AC - 2020 parkrun challenge (to run 250 parkruns (or parkrun replacements) in a fortnight)

| Count | Date | Runner | Course | Time |
|-------|------------|-------------------|-------------------------|-------|
| 1 | 29/03/2020 | Paul Boddey | Hackney Marshes | 19.12 |
| 2 | 30/03/2020 | Geoff Nicholls | QEOP | 28.14 |
| 3 | 30/03/2020 | Ben Aldersey | QEOP (wrong way!) | 23.14 |
| 4 | 30/03/2020 | Kay Gillett | Local 5k | 24.28 |
| 5 | 30/03/2020 | Michael Cates | 5k recce #1 | 24.47 |
| 6 | 30/03/2020 | Paul Boddey | Mile End | 19.39 |
| 7 | 30/03/2020 | Paul Boddey | Mile End | 19.43 |
| 8 | 30/03/2020 | Paul Boddey | Mile End | 19.23 |
| 9 | 30/03/2020 | Chloe Shrimpton | Pretend parkrun | 27.47 |
| 10 | 30/03/2020 | Dee Mullner | Dee's Leytonstone Loop | 38.54 |
| 11 | 30/03/2020 | Kathy Webb | Hackney Marshes | 33.33 |
| 12 | 30/03/2020 | Mala Singh | Hollow Ponds | 29.52 |
| 13 | 30/03/2020 | Graham White | Wanstead Flats parkrun | 22.16 |
| 14 | 31/03/2020 | Graham White | E.M. Olympian Loop | 21.31 |
| 15 | 31/03/2020 | Paul Manson | Hackney Marshes | 30.01 |
| 16 | 31/03/2020 | Janine Durrant | Jubilee Loop | 30.32 |
| 17 | 31/03/2020 | Sian Williams | Jubilee Loop | 30.21 |
| 18 | 31/03/2020 | Paul Boddey | Mile End | 19.51 |
| 19 | 31/03/2020 | Paul Boddey | Mile End | 19.21 |
| 20 | 31/03/2020 | Chloe Woodhead | Hollow Ponds | |
| 21 | 31/03/2020 | Dave Daugirda | Hackney Marshes | 22.36 |
| 22 | 01/04/2020 | Claude Gierl | Hackney Marshes | 33.59 |
| 23 | 01/04/2020 | Chloe Shrimpton | Pretend parkrun | 31.41 |
| 24 | 01/04/2020 | Chloe Woodhead | Hollow Ponds | |
| 25 | 01/04/2020 | Paul Boddey | Hackney Marshes | 19.26 |
| 26 | 01/04/2020 | Geoff Nicholls | QEOP | 27.04 |
| 27 | 01/04/2020 | Geoff Nicholls | Hackney Marshes | 28.26 |
| 28 | 01/04/2020 | Dylan Williams | Woodhouse Moor | 24.47 |
| 29 | 01/04/2020 | Jenny Heymann | freedom run | 24.42 |
| 30 | 01/04/2020 | Toby Long | 5k recce #1 | 21.13 |
| 31 | 01/04/2020 | Christina Long | 5k recce #1 | 21.13 |
| 32 | 01/04/2020 | Michael Cates | 5k recce #2 | |
| 33 | 01/04/2020 | Jan Van Weert | Eton Manor Home Turf 5k | 24.42 |
| 34 | 01/04/2020 | Janine Durrant | freedom run | 27.04 |
| 35 | 01/04/2020 | Sian Williams | Lee Valley Ice Rink 5k | 29.40 |
| 36 | 01/04/2020 | Dee Mullner | Dee's Leytonstone Loop | 37.31 |
| 37 | 01/04/2020 | Dave Cato | Wanstead Flats parkrun | 20.59 |
| 38 | 02/04/2020 | James Hutchison | Lee Valley Park 5k | 18.47 |
| 39 | 02/04/2020 | James Hutchison | Lee Valley Park 5k | 19.40 |
| 40 | 02/04/2020 | Geoff Nicholls | QEOP | 28.23 |
| 41 | 02/04/2020 | Paul Boddey | Mile End | 21.11 |
| 42 | 02/04/2020 | Paul Boddey | Mile End | 21.08 |
| 43 | 02/04/2020 | Paul Boddey | Mile End | 21.00 |
| 44 | 02/04/2020 | Kate Daly | Hackney Marshes | 25.32 |
| 45 | 02/04/2020 | Toby Long | 5k recce #2 | 21.53 |
| 46 | 02/04/2020 | Christina Long | 5k recce #2 | 21.53 |
| 47 | 02/04/2020 | Fen Coles | Wanstead Flats parkrun | 27.35 |
| 48 | 02/04/2020 | Janine Durrant | Eton Manor Home Turf 5k | 30.32 |
| 49 | 02/04/2020 | Jan Van Weert | Eton Manor Home Turf 5k | 24.08 |
| 50 | 02/04/2020 | Dave Cato | Hackney Marshes | 20.35 |
| 51 | 02/04/2020 | Chloe Shrimpton | Pretend parkrun | 28.07 |
| 52 | 02/04/2020 | Jess Verrall | Hackney Marshes | 22.54 |
| 53 | 02/04/2020 | Craig Stevens | Hackney Marshes | 23.03 |
| 54 | 02/04/2020 | Ben Aldersey | QEOP | 23.45 |
| 55 | 02/04/2020 | Graham White | E.M. Olympian Loop | 24.27 |
| 56 | 02/04/2020 | Giles Bailey | Hackney Marshes | 20.32 |
| 57 | 02/04/2020 | Owen Espley | Westdean 5k | 25.42 |
| 58 | 03/04/2020 | Conor FitzPatrick | Lea Bridge Loop | 25.37 |
| 59 | 03/04/2020 | Paul Boddey | Mile End | 20.14 |
| 60 | 03/04/2020 | Paul Boddey | Mile End | 18.55 |
| 61 | 03/04/2020 | James Hutchison | Coppermill Lane 5k | 22.30 |
| 62 | 03/04/2020 | James Hutchison | Coppermill Fields 5k | 23.43 |
| 63 | 03/04/2020 | Geoff Nicholls | Hackney Marshes | 27.11 |
| 64 | 03/04/2020 | Alex Taylor | Hackney Marshes | 18.32 |
| 65 | 03/04/2020 | Owen Espley | Westdean 5k | 25.03 |
| 66 | 03/04/2020 | Toby Long | freedom run | 22.51 |
| 67 | 03/04/2020 | Christina Long | freedom run | 22.51 |
| 68 | 03/04/2020 | Graham White | 5k Clockwise Loop | 24.33 |
| 69 | 03/04/2020 | Lily Van Weert | Leyton Jnr parkrun | 15.14 |
| 70 | 03/04/2020 | Christina Watson | Waltham Forest run | 33.54 |
| 71 | 03/04/2020 | Sian Williams | Jubilee Loop | 30.09 |
| 72 | 03/04/2020 | Janine Durrant | Jubilee Loop | 30.19 |
| 73 | 03/04/2020 | Claude Gierl | Wanstead Flats parkrun | 37.52 |
| 74 | 04/04/2020 | Claude Gierl | freedom run | 37.46 |
| 75 | 04/04/2020 | Tom Ward | Hackney Marshes | 24.27 |



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| Count | Date | Runner | Course | Time |
|-------|------------|-------------------|--------------------------------|-------|
| 76 | 04/04/2020 | Tom Ward | Avoid Jubilee Park 5k | 24.13 |
| 77 | 04/04/2020 | Conor FitzPatrick | Leyton Loop | 24.50 |
| 78 | 04/04/2020 | Dee Mullner | Dee's Leytonstone Loop | 37.39 |
| 79 | 04/04/2020 | Claude Gierl | freedom run | 39.41 |
| 80 | 04/04/2020 | Paul Boddey | Pretend parkrun | 20.57 |
| 81 | 04/04/2020 | Kate Daly | Hackney Marshes | 24.25 |
| 82 | 04/04/2020 | Chloe Shrimpton | Pretend parkrun | 32.08 |
| 83 | 04/04/2020 | Taryne McPherson | freedom run | 20.33 |
| 84 | 04/04/2020 | Dylan Williams | freedom run | 24.28 |
| 85 | 04/04/2020 | Craig Stevens | Walthamstow parkrun | 21.30 |
| 86 | 04/04/2020 | Craig Stevens | Walthamstow parkrun | 24.06 |
| 87 | 04/04/2020 | Christina Watson | freedom run | 36.54 |
| 88 | 04/04/2020 | Ali Sheppard | Hollow Ponds | 40.17 |
| 89 | 04/04/2020 | Jane Rukin White | 5k Clockwise Loop | 25.07 |
| 90 | 04/04/2020 | Jane Rukin White | 5k Clockwise Loop | 25.24 |
| 91 | 04/04/2020 | Chloe Woodhead | Hollow Ponds | |
| 92 | 04/04/2020 | Giles Bailey | Wanstead Flats parkrun | 21.12 |
| 93 | 04/04/2020 | Ellie Croxford | Hackney Marshes | 22.04 |
| 94 | 04/04/2020 | Jerome Francis | Hackney Marshes | 18.07 |
| 95 | 04/04/2020 | Kay Gillett | freedom run | 28.38 |
| 96 | 04/04/2020 | Graham White | Hackney Marshes | 19.30 |
| 97 | 04/04/2020 | Graham White | QEOP | 20.50 |
| 98 | 04/04/2020 | Toby Long | freedom run | 23.27 |
| 99 | 04/04/2020 | Christina Long | freedom run | 23.27 |
| 100 | 04/04/2020 | Janine Durrant | Jubilee Loop | 29.17 |
| 101 | 04/04/2020 | Mala Singh | Hollow Ponds | 34.22 |
| 102 | 04/04/2020 | Louise Taylor | freedom run | 29.43 |
| 103 | 05/04/2020 | Paul Boddey | Jubilee Loop | 22.32 |
| 104 | 05/04/2020 | Paul Boddey | Eton Manor Home Turf 5k | 24.04 |
| 105 | 05/04/2020 | Paul Boddey | E.M. Olympian Loop | 18.53 |
| 106 | 05/04/2020 | Jenny Heymann | Hackney Marshes | 25.00 |
| 107 | 05/04/2020 | James Pilch | Hackney Marshes | 19.41 |
| 108 | 05/04/2020 | James Hutchison | Lee Valley Park 5k | 23.54 |
| 109 | 05/04/2020 | James Hutchison | Lee Valley Park 5k | 23.39 |
| 110 | 05/04/2020 | Jan Van Weert | QEOP | 26.11 |
| 111 | 05/04/2020 | Conor FitzPatrick | Orient Way Loop | 24.30 |
| 112 | 05/04/2020 | Dave Cato | Wanstead Flats parkrun | 31.49 |
| 113 | 05/04/2020 | Janine Durrant | Whipps Cross | 30.17 |
| 114 | 05/04/2020 | Simon Cottle | Hackney Marshes | 22.30 |
| 115 | 05/04/2020 | Christina Watson | freedom run | 35.18 |
| 116 | 05/04/2020 | Kate Malcolm | freedom run | 24.17 |
| 117 | 05/04/2020 | Ben Aldersey | Wanstead Flats parkrun | 25.21 |
| 118 | 05/04/2020 | Paul Manson | Hackney Marshes | 34.00 |
| 119 | 05/04/2020 | Dee Mullner | Francis Road 5k | |
| 120 | 05/04/2020 | Craig Stevens | Pretend parkrun | 22.51 |
| 121 | 05/04/2020 | Craig Stevens | Pretend parkrun | 22.54 |
| 122 | 05/04/2020 | Tom Ward | Avoid Jubilee Park 5k | 22.43 |
| 123 | 05/04/2020 | Sharon Bolister | freedom run | 28.02 |
| 124 | 05/04/2020 | Mala Singh | Hollow Ponds | 29.33 |
| 125 | 05/04/2020 | Kathy Webb | freedom run | 33.58 |
| 126 | 05/04/2020 | Russ Jones | Hackney Marshes | 20.46 |
| 127 | 06/04/2020 | Conor FitzPatrick | Markhouse Lea Bridge & Marshes | 27.09 |
| 128 | 06/04/2020 | Kay Gillett | freedom run | 29.02 |
| 129 | 06/04/2020 | Sharon Bolister | Orion Rides | 24.14 |
| 130 | 06/04/2020 | Taryne McPherson | St Mary's Island | 21.43 |
| 131 | 06/04/2020 | James Hutchison | Lee Valley Park 5k | 22.37 |
| 132 | 06/04/2020 | James Hutchison | Lee Valley Park 5k | 22.38 |
| 133 | 06/04/2020 | Chloe Shrimpton | Pretend parkrun | 33.24 |
| 134 | 06/04/2020 | Paul Boddey | freedom run | 21.06 |
| 135 | 06/04/2020 | Geoff Nicholls | Dagenham Brook | 28.07 |
| 136 | 06/04/2020 | Jane Rukin White | Hackney Marshes | 23.56 |
| 137 | 06/04/2020 | Claude Gierl | freedom run | 37.10 |
| 138 | 06/04/2020 | Toby Long | freedom run | 29.12 |
| 139 | 06/04/2020 | Christina Long | freedom run | 29.12 |
| 140 | 06/04/2020 | Janine Durrant | Jubilee Loop | 29.19 |
| 141 | 06/04/2020 | Owen Espley | Westdean 5k | 25.03 |
| 142 | 06/04/2020 | Graham White | Wanstead Flats parkrun | 21.40 |
| 143 | 06/04/2020 | Jess Verrall | St Mary's to Nags Head | 24.42 |
| 144 | 06/04/2020 | Craig Stevens | St Mary's to Nags Head | 24.38 |
| 145 | 06/04/2020 | Kate Daly | Grange Park Rd to Olympic Park | 27.16 |
| 146 | 06/04/2020 | Mala Singh | Hollow Ponds | 34.47 |
| 147 | 06/04/2020 | Simon Cottle | Avoid Jubilee Park 5k | 30.57 |
| 148 | 06/04/2020 | Rebecca Anderson | freedom run | 35.25 |
| 149 | 06/04/2020 | Christina Watson | freedom run | 33.23 |
| 150 | 06/04/2020 | Sian Williams | freedom run | 29.39 |



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| Count | Date | Runner | Course | Time |
|-------|------------|-------------------|-----------------------------|-------|
| 151 | 06/04/2020 | Fen Coles | Wanstead Flats parkrun | 28.06 |
| 152 | 07/04/2020 | Alex Taylor | Hackney Marshes | 19.02 |
| 153 | 07/04/2020 | Conor FitzPatrick | freedom run | 24.18 |
| 154 | 07/04/2020 | James Hutchison | Lee Valley Park 5k | 21.42 |
| 155 | 07/04/2020 | Toby Long | freedom run | 28.19 |
| 156 | 07/04/2020 | Christina Long | freedom run | 28.19 |
| 157 | 07/04/2020 | Sacha Ackland | freedom run | 35.30 |
| 158 | 07/04/2020 | Christina Watson | freedom run | 33.26 |
| 159 | 07/04/2020 | Graham White | Wanstead Flats parkrun | 27.11 |
| 160 | 07/04/2020 | Jane Rukin White | Wanstead Flats parkrun | 27.11 |
| 161 | 07/04/2020 | Paul Boddey | Hackney Marshes | 18.04 |
| 162 | 07/04/2020 | Jerome Francis | Hackney Marshes | 18.04 |
| 163 | 07/04/2020 | Taryne McPherson | freedom run | 31.34 |
| 164 | 07/04/2020 | Taryne McPherson | freedom run | 20.07 |
| 165 | 07/04/2020 | Amanda Hearn | freedom run | 26.24 |
| 166 | 07/04/2020 | Janine Durrant | freedom run | 33.25 |
| 167 | 07/04/2020 | Sian Williams | freedom run | 33.28 |
| 168 | 07/04/2020 | Gilian McKay | Lloyd Park run | 31.34 |
| 169 | 07/04/2020 | Jenny Heymann | freedom run | 23.17 |
| 170 | 08/04/2020 | Conor FitzPatrick | freedom run | 25.30 |
| 171 | 08/04/2020 | Kate Daly | Grange Park Rd to the pond | 28.35 |
| 172 | 08/04/2020 | Paul Boddey | Mile End | 19.41 |
| 173 | 08/04/2020 | Paul Boddey | Mile End | 19.51 |
| 174 | 08/04/2020 | Chloe Shrimpton | freedom run | 32.32 |
| 175 | 08/04/2020 | Rosie-May Parker | freedom run | 25.49 |
| 176 | 08/04/2020 | James Hutchison | Lee Valley Park 5k | 23.46 |
| 177 | 08/04/2020 | James Hutchison | Lee Valley Park 5k | 24.08 |
| 178 | 08/04/2020 | Christina Long | freedom run | 29.02 |
| 179 | 08/04/2020 | Toby Long | freedom run | 29.02 |
| 180 | 08/04/2020 | Sian Williams | Jubilee Loop | 30.00 |
| 181 | 08/04/2020 | Janine Durrant | Jubilee Loop | 29.57 |
| 182 | 08/04/2020 | Jan Van Weert | Jubilee Park | 26.20 |
| 183 | 08/04/2020 | Dave Cato | Claude Road parkrun | |
| 184 | 08/04/2020 | Dave Cato | Sam & Tom big loop | |
| 185 | 08/04/2020 | Kay Gillett | freedom run | 35.00 |
| 186 | 08/04/2020 | Ben Aldersey | Hackney Marshes | 23.46 |
| 187 | 08/04/2020 | Jane Rukin White | QEOP | 25.44 |
| 188 | 08/04/2020 | Craig Stevens | Pretend parkrun | 27.29 |
| 189 | 08/04/2020 | Jess Verrall | Pretend parkrun | 27.29 |
| 190 | 08/04/2020 | Giles Bailey | Hackney Marshes | 20.22 |
| 191 | 09/04/2020 | Mala Singh | Wanstead Flats parkrun | 32.28 |
| 192 | 09/04/2020 | Mala Singh | Wanstead Flats parkrun | 32.52 |
| 193 | 09/04/2020 | Paul Manson | freedom run | 30.28 |
| 194 | 09/04/2020 | Jenny Heymann | Tottenham Marsh 5k | 22.56 |
| 195 | 09/04/2020 | Geoff Nicholls | freedom run | 29.21 |
| 196 | 09/04/2020 | Rebecca Anderson | freedom run | 35.07 |
| 197 | 09/04/2020 | Christina Watson | freedom run | 33.33 |
| 198 | 09/04/2020 | James Hutchison | Lee Valley Park 5k | 19.05 |
| 199 | 09/04/2020 | James Hutchison | Lee Valley Park 5k | 19.11 |
| 200 | 09/04/2020 | Conor FitzPatrick | St James Loop | 25.47 |
| 201 | 09/04/2020 | Jane Rukin White | 5k Anticlockwise loop | 25.17 |
| 202 | 09/04/2020 | Paul Boddey | Mile End | 21.03 |
| 203 | 09/04/2020 | Sian Williams | freedom run | 29.31 |
| 204 | 09/04/2020 | Janine Durrant | freedom run | 30.15 |
| 205 | 09/04/2020 | Christina Long | freedom run | 29.30 |
| 206 | 09/04/2020 | Toby Long | freedom run | 29.30 |
| 207 | 09/04/2020 | Graham White | 5k Anticlockwise loop | 23.32 |
| 208 | 09/04/2020 | Dee Mullner | Dee's Leytonstone Loop | 41.40 |
| 209 | 09/04/2020 | Tom Ward | Avoid Jubilee Park 5k | 21.52 |
| 210 | 09/04/2020 | Tom Ward Jnr | Leyton Jnr parkrun | |
| 211 | 09/04/2020 | Amanda Hearn | freedom run | 28.19 |
| 212 | 09/04/2020 | Ben Aldersey | QEOP | 23.50 |
| 213 | 09/04/2020 | Chloe Shrimpton | Pretend parkrun | 32.18 |
| 214 | 09/04/2020 | Louise Taylor | freedom run | 32.51 |
| 215 | 09/04/2020 | Simon Cottle | Avoid Jubilee Park 5k | 23.48 |
| 216 | 09/04/2020 | Simon Cottle | Avoid Jubilee Park 5k | 24.37 |
| 217 | 10/04/2020 | Paul Boddey | Mile End | 21.08 |
| 218 | 10/04/2020 | Paul Boddey | Mile End | 20.09 |
| 219 | 10/04/2020 | James Pilch | Sping Hill 5k | 21.39 |
| 220 | 10/04/2020 | James Hutchison | Lee Valley Park 5k | 22.37 |
| 221 | 10/04/2020 | James Hutchison | Lee Valley Park 5k | 22.52 |
| 222 | 10/04/2020 | Dave Cato | Hackney Marshes (old route) | 20.39 |
| 223 | 10/04/2020 | Conor FitzPatrick | Orient Way Loop | 24.50 |
| 224 | 10/04/2020 | Paul Manson | freedom run | 30.07 |
| 225 | 10/04/2020 | Christina Watson | freedom run | 31.12 |



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| Count | Date | Runner | Course | Time |
|-------|------------|-------------------|--------------------------------|-------|
| 226 | 10/04/2020 | Simon Cottle | Avoid Jubilee Park 5k | 24.36 |
| 227 | 10/04/2020 | Simon Cottle | Avoid Jubilee Park 5k | 26.25 |
| 228 | 10/04/2020 | Janine Durrant | Avoid Jubilee Park 5k | 29.17 |
| 229 | 10/04/2020 | Jane Rukin White | 5k Anticlockwise loop | 27.20 |
| 230 | 10/04/2020 | Jane Rukin White | 5k Anticlockwise loop | 26.12 |
| 231 | 10/04/2020 | Kate Malcolm | freedom run | 29.10 |
| 232 | 10/04/2020 | Geoff Nicholls | QEOP | 28.09 |
| 233 | 10/04/2020 | Claude Gierl | freedom run | 37.16 |
| 234 | 10/04/2020 | Kate Daly | Forest Rd to Orient Way | 30.05 |
| 235 | 10/04/2020 | Kate Daly | Grange Park Rd to Canal | 29.04 |
| 236 | 10/04/2020 | Janine Durrant | To The Dump & Back | 45.33 |
| 237 | 10/04/2020 | Craig Stevens | Pretend parkrun | 18.50 |
| 238 | 10/04/2020 | Louise Taylor | freedom run | 31.13 |
| 239 | 10/04/2020 | Chloe Woodhead | Hollow Ponds | 38.21 |
| 240 | 10/04/2020 | Christina Long | freedom run | 28.36 |
| 241 | 10/04/2020 | Toby Long | freedom run | 28.36 |
| 242 | 10/04/2020 | Ru Rose | freedom run | 24.36 |
| 243 | 10/04/2020 | Jasmine Rose | Leyton Jnr parkrun | 20.04 |
| 244 | 10/04/2020 | Alex McKerrrell | freedom run | 17.52 |
| 245 | 10/04/2020 | Alex McKerrrell | freedom run | 18.45 |
| 246 | 11/04/2020 | Conor FitzPatrick | freedom run | 25.13 |
| 247 | 11/04/2020 | Janine Durrant | Feelgood 2 loop | 28.59 |
| 248 | 11/04/2020 | Jan Van Weert | Eton Manor Home Turf 5k | 26.57 |
| 249 | 11/04/2020 | Jan Van Weert | Avoid Jubilee Park 5k | |
| 250 | 11/04/2020 | Kay Gillett | On The Road | 30.17 |
| 251 | 11/04/2020 | Mary Armitage | freedom run | 24.18 |
| 252 | 11/04/2020 | Paul Manson | 5k loop | |
| 253 | 11/04/2020 | Fen Coles | Wanstead Flats parkrun | 29.21 |
| 254 | 11/04/2020 | Fen Coles | Wanstead Flats parkrun | 29.21 |
| 255 | 11/04/2020 | Steph Rashbrook | 5k loop | 39.58 |
| 256 | 11/04/2020 | Michael Cates | freedom run | |
| 257 | 11/04/2020 | Jess Verrall | Pretend parkrun | |
| 258 | 11/04/2020 | Louise Taylor | freedom run | 30.21 |
| 259 | 11/04/2020 | Chloe Shrimpton | Pretend parkrun | 36.30 |
| 260 | 11/04/2020 | Christina Long | freedom run | 30.02 |
| 261 | 11/04/2020 | Toby Long | freedom run | 30.02 |
| 262 | 11/04/2020 | Graham White | Hackney Marshes (old route) | 23.29 |
| 263 | 11/04/2020 | Graham White | QEOP | 23.58 |
| 264 | 11/04/2020 | Graham White | E.M. Olympian Loop | 23.30 |
| 265 | 11/04/2020 | Jane Rukin White | Hackney Marshes (old route) | 29.38 |
| 266 | 11/04/2020 | Jane Rukin White | QEOP | 25.09 |
| 267 | 11/04/2020 | Jane Rukin White | 5k Clockwise Loop | 24.52 |
| 268 | 11/04/2020 | Craig Stevens | Pretend parkrun | 26.34 |
| 269 | 11/04/2020 | Craig Stevens | St Mary's to Nags Head | 21.42 |
| 270 | 11/04/2020 | Dylan Williams | freedom run | 24.56 |
| 271 | 11/04/2020 | Ali Sheppard | St Mary's to Nags Head | 42.06 |
| 272 | 11/04/2020 | Tom Ward | Avoid Jubilee Park 5k | 24.40 |
| 273 | 11/04/2020 | Ben Aldersey | QEOP | 28.17 |
| 274 | 12/04/2020 | Conor FitzPatrick | St James Loop | 25.28 |
| 275 | 12/04/2020 | Tom Ward | freedom run | 20.18 |
| 276 | 12/04/2020 | Tom Ward Jnr | Leyton Jnr parkrun | 28.42 |
| 277 | 12/04/2020 | Dee Mullner | Dee's Leytonstone Loop | 37.29 |
| 278 | 12/04/2020 | Alex Taylor | E.M. Olympian Loop | 18.38 |
| 279 | 12/04/2020 | Alex Taylor | Hackney Marshes | 19.58 |
| 280 | 12/04/2020 | Alex Taylor | Avoid Jubilee Park 5k | 20.41 |
| 281 | 12/04/2020 | Paul Boddey | Hackney Marshes | 20.09 |
| 282 | 12/04/2020 | Paul Boddey | E.M. Olympian Loop | 20.12 |
| 283 | 12/04/2020 | George Fernandez | E.M. Olympian Loop | 20.27 |
| 284 | 12/04/2020 | Kathy Webb | freedom run | 33.21 |
| 285 | 12/04/2020 | Christina Watson | freedom run | 46.49 |
| 286 | 12/04/2020 | Janine Durrant | Orient Way Loop | 27.31 |
| 287 | 12/04/2020 | Kate Daly | Grange Park Rd to Olympic Park | 27.58 |
| 288 | 12/04/2020 | Paul Manson | Orient Way Loop | 31.52 |
| 289 | 12/04/2020 | Graham White | 5k Anticlockwise loop | 24.24 |
| 290 | 12/04/2020 | James Hutchison | Lee Valley Park 5k | 23.32 |
| 291 | 12/04/2020 | James Hutchison | Lee Valley Park 5k | 20.47 |
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