

Name	Date	Activity1	Time	Distance	Activity2	Time	Distance	Activity3	Time	Distance
Steve Brown	02/04/2020	Row	00:09:23	2300m	Bike	00:41:00	13:06 miles	Xtrain	00:13	3:10miles
Bob Hudson	02/04/2020	Skip	00:10:00		Bike	00:45:00		Walk	01:00:00	5.02 km
Alan Jackson	02/04/2020	Run	00:35:01	6km	Workout	00:30:00		Xtrain	00:20:00	
Sally Blackmore	03/04/2020	Hike	01:28:51	8.31km	Run	0:36:00	6.11km	Cycling	01:16:27	
Dan Lewis	03/04/2020	Row	00:10:02	26 yards	Bike	00:49:20	12.62 miles	Run	00:26:26	3.14 miles
Sharron Jackson	04/04/2020	Run	00:26:05	3.09 miles	Bike	00:40:54	13.12 miles	Run	00:13:14	1.56 miles
Donna Lewis	05/04/2020	Row	00:10:01		Bike	00:30:00		Run	00:23:37	
Sophie Jones	05/04/2020	Trampoline			Bike			Run		
Lauren Redwood	06/04/2020									
Eica Redwood	06/04/2020									
Niamh Conlin	08/04/2020	Skipping	00:10:00		Joe Wicks	00:30		Run	00:15:00	
Orla Conlin	08/04/2020	Skipping	00:10:00		Joe Wicks	00:30		Run	00:15:00	
Ann Divers	04/04/2020	Hoola hoop	00:22:44		Bike	01:08:28	24.76 km	Run	00:56:03	7.43km
Chris Ashurst	04/04/2020	Circuits	00:20:00		Bike	01:08:44	24.75km	Run	01:57:13	20.52km
Catlin Hampson										
Louise Denby Smith	11/04/2020	Swim		1.1km	Bike		25km	Run		5km
Chris Cox	13/04/2020	Circuits	00:18:51		Bike		23.24km	Run	00:28:44	5km
Tiffany Chevis	14/04/2020	Hike	04:20:33	20.58km	Bike	01:16:57	22.92km	Run	00:50:27	8.17km
Simon Carr	15/04/2020	Row	00:25:02	5km	Bike	01:08:00	30km	Run	00:43:24	5km
Natalie Carr	15/04/2020	Row		2km	Bike	00:35:12	8.4km	Run	00:27.1	4km
Martha Carr	15/04/2020				Bike	00:35:12	8.4km			
Joy Koebel	15/04/2020	Skipping	00:10:00		Bike		5 km	Run		8km
Sinead Pletts	16/04/2020	Trampoline	00:10:00		Bike		27km	Treadmill		5km
Art Pletts	16/04/2020	Trampoline	00:10:00		Bike	00:05:00	rd the house	Run	00:05:00	rd the house

