

# Brathay 10in10 Club Members 2007 – 2022



No.	Name	Year(s)	No.	Name	Year(s)
1.	Sir Christopher Ball	2007	29.	Anna Finn	2010
2.	Simon Moseley	2007	30.	Chris Heaton	2010
3.	Steve Edwards	2007 '08 '09 '10	31.	Naomi Prasad	2010
4.	Brian Meakin	2007	32.	Jim Meta	2010 '12
5.	Jim Mundy	2007 '08	33.	Andy Nice	2011
6.	John Dawson	2007 '11	34.	Malcolm Collins	2011 '13 '15 '16 '18 '19 '20 '21 '22
7.	Brent Iddles	2007	35.	Jon Errington	2011
8.	George Russell	2008	36.	Howard Clark	2011
9.	Phil Roberts	2008	37.	Matt Cawood	2011
10.	Ray O'Connor	2008 '10	38.	Noel Jones	2011
11.	Matthew Evans	2008	39.	Vanessa Buckle	2011
12.	Malcolm Anderson	2008	40.	Penny Moreton	2011
13.	Michelle Atkins	2008 '09 '10	41.	Amanda Heslegrave	2011
14.	Paul Adams	2008	41.	Mark Lynock	2011
15.	Selina da Silva	2008	43.	Liz Tunna	2011
16.	Leon Bond	2009	44.	Keith Luxon	2012
17.	Adam Holland	2009 '10 '14 '22	45.	Paul Foster	2012 '13 '14
18.	Tim Charles	2009	46.	Sally Ford	2012
19.	Lorna Gold	2009	47.	Paul Dewar	2012 '16
20.	Adam Thwaites	2009	48.	Matt Dunn	2012
21.	David Bayley	2009 '10 '11 '12 '13 '15	49.	Howard Bayley	2012
22.	Alyson Knowles	2009 '10	50.	Jeff Prestridge	2012
23.	Mark Sleeman	2009	51.	Lee Boniface	2012
24.	Mark Blackwood	2009	52.	Nick Woodward	2012
25.	Tom Giles	2009	53.	Karen Hurrell	2012 '13 '14 '16
26.	Sue Adams	2009	54.	Davey Green	2012 '14 '18 '21
27.	Anastasia Lincoln	2009	55.	Diane Shaw	2012
28.	David Wintle	2010	56.	Adrian Shandley	2012

<b>57.</b>	Robert Dallison	2012	<b>86.</b>	Andrew Shanley	2015
<b>58.</b>	Stuart Pyper	2012	<b>87.</b>	Lesley Coulton	2015
<b>59.</b>	Tinu Ogundari	2012	<b>88.</b>	Caroline Johnson	2015
<b>60.</b>	Tony Hooper	2013 '15 '19	<b>89.</b>	Rob Byrne	2016
<b>61.</b>	Rik Vercoe	2013	<b>90.</b>	Jonathan Carter	2016 '18 '22
<b>62.</b>	John Grundy	2013	<b>91.</b>	Helen McLoughlin	2016
<b>63.</b>	Lucy Clough	2013 '17	<b>92.</b>	Adrian Brooks	2016 '18
<b>64.</b>	John McCann	2013 '18	<b>93.</b>	Donna Fitzpatrick	2016
<b>65.</b>	Naomi Newton-Fisher	2013	<b>94.</b>	Jack Swannick	2016
<b>66.</b>	Eleanor Tillotson	2013	<b>95.</b>	Gary Herring	2017
<b>67.</b>	Rosemary Nixon	2013	<b>96.</b>	Mike Sprot	2017
<b>68.</b>	Janet Shepherd	2013 '18	<b>97.</b>	Mat Bellingham	2017
<b>69.</b>	Craig Johnson	2013 '15	<b>98.</b>	Tim Brown	2017
<b>70.</b>	Phil Adams	2014	<b>99.</b>	Janet Dickson	2017
<b>71.</b>	Chris Renton	2014 '15 '16	<b>100.</b>	Roger Davies	2017
<b>72.</b>	Kevin Blackhurst	2014	<b>101.</b>	Angela Oldham	2017
<b>73.</b>	David Clark	2014	<b>102.</b>	Claire Harrison	2017 '21
<b>74.</b>	Paul Mason	2014	<b>103.</b>	James Abel	2017
<b>75.</b>	Mark Myatt	2014	<b>104.</b>	Trudi Dewar	2017
<b>76.</b>	Ally Cameron	2014	<b>105.</b>	Paul Brown	2018
<b>77.</b>	Ellan Iaquaniello	2014 '15	<b>106.</b>	Sean Warburton	2018
<b>78.</b>	Heather McDonald Hamilton	2014	<b>107.</b>	Liane Warren	2018
<b>79.</b>	Charles Cowling	2014	<b>108.</b>	Mark Haynes	2018
<b>80.</b>	Andre Mangeot	2015	<b>109.</b>	Richard Storr	2018
<b>81.</b>	Paul Sutherland	2015	<b>110.</b>	Gary Wade	2018 '20
<b>82.</b>	Sonja Foster	2015 '16 '17 '19 '20	<b>111.</b>	Graham Dewar	2018
<b>83.</b>	Kate McIntyre	2015	<b>112.</b>	David Green	2018
<b>84.</b>	Richard Rex	2015 '17 '18	<b>113.</b>	Joni Southall	2018 '21
<b>85.</b>	Mark Bradshaw	2015	<b>114.</b>	George Sherriffs	2018

<b>115.</b>	Linda Brewis	2018	<b>134.</b>	Avril O'Donnell	2021
<b>116.</b>	Diane Morris	2018 '19 '20 '22	<b>135.</b>	Gary Dixon	2021
<b>117.</b>	Duncan Evans	2018 '19 '21	<b>136.</b>	Michelle Woodcock	2021
<b>118.</b>	Darren Jenness	2019 '20	<b>137.</b>	Catherine Higgins	2021
<b>119.</b>	Paul Mayson	2019 '20 '21	<b>138.</b>	Neil Jones	2021
<b>120.</b>	Joe Morrell	2019	<b>139.</b>	Dave Edwards	2022
<b>121.</b>	Patrick Norris	2019	<b>140.</b>	Sam Castle	2022
<b>122.</b>	Richard Whall	2019	<b>141.</b>	Chris Littlewood	2022
<b>123.</b>	Paul Bushby	2019	<b>142.</b>	Andy Wilkin	2022
<b>124.</b>	Daniel Kershaw	2019	<b>143.</b>	David Smith	2022
<b>125.</b>	Matt Whitehead	2019	<b>144.</b>	Amy Bradley	2022
<b>126.</b>	James Thomas	2019 '21	<b>145.</b>	Louise Cantley	2022
<b>127.</b>	Marie Williamson	2019	<b>146.</b>	Mark Turner	2022
<b>128.</b>	Vicki Hulme	2019	<b>147.</b>	Maria Masters	2022
<b>129.</b>	Rachel Masser	2020	<b>148.</b>	Andy Townsend	2022
<b>130.</b>	Lee Wilkinson	2020	<b>149.</b>	Jane Lightfoot	2022
<b>131.</b>	Annette Clarke	2020	<b>150.</b>	Joanne Egerton	2022
<b>132.</b>	Alison Robinson	2020	<b>151.</b>	Andy Rennie	2022
<b>133.</b>	Rebecca Henry-Brown	2020	<b>152.</b>	Simon Fawcett	2022

## **Brathay 10in10 Club Completion Times**

<b>Position</b>	<b>Runner</b>	<b>Year</b>	<b>Total Time</b>	<b>Average Time</b>
1.	Adam Holland	2022	29:02:47	2:54:17
2.	Adam Holland	2010	30:24:54	3:02:05
3.	Mike Sprot	2017	32:25:07	3:14:31
4.	Adam Holland	2014	32:42:29	3:16:15
5.	Adam Holland	2009	32:47:03	3:16:42
6.	Gary Herring	2017	33:07:38	3:18:46
7.	Steve Edwards	2009	33:16:34	3:19:39
8.	Tim Charles	2009	33:22:05	3:20:12
9.	Rik Vercoe	2013	33:37:07	3:21:43
10.	David Wintle	2010	34:11:20	3:25:08
11.	Darren Jenness	2020	34:12:16	3:25:14
12.	Tony Hooper	2015	34:25:47	3:26:35
13.	Paul Brown	2018	35:04:14	3:30:25

14.	Steve Edwards	2010	35:06:18	3:30:38
15.	Tony Hooper	2019	35:13:34	3:31:21
16.	Rob Byrne	2016	35:14:09	3:31:25
17.	Malcolm Collins	2015	35:19:20	3:31:56
18.	Steve Edwards	2008	35:20:45	3:32:05
19.	Leon Bond	2009	35:39:09	3:33:55
20.	Andy Nice	2011	35:50:40	3:35:04
21.	Jonathan Carter	2016	35:59:37	3:35:58
22.	Tony Hooper	2013	36:02:51	3:36:17
23.	Dave Edwards	2022	36:03:37	3:36:22
24.	Jonathan Carter	2018	36:21:56	3:38:12
25.	Paul Foster	2013	36:34:49	3:39:29
26.	Sally Ford	2012	36:38:53	3:39:53
27.	Darren Jenness	2019	36:40:02	3:40:00
28.	Sam Castle	2022	36:42:55	3:40:18
29.	Keith Luxon	2012	36:45:02	3:40:30
30.	Malcolm Collins	2013	36:55:32	3:41:33
31.	Malcolm Collins	2016	37:03:13	3:42:19
32.	Ray O'Connor	2010	37:12:57	3:43:18
33.	Rachel Masser	2020	37:16:46	3:43:41
34.	Andy Wilkin	2022	37:16:50	3:43:41
35.	Matt Dunn	2012	37:39:28	3:45:57
36.	Simon Moseley	2007	37:39:34	3:45:57
37.	Steve Edwards	2007	37:45:23	3:46:32
38.	David Bayley	2010	37:57:54	3:47:47
39.	Paul Dewar	2012	37:58:11	3:47:49
40.	Tim Brown	2017	38:09:56	3:49:00
41.	Malcolm Collins	2018	38:12:30	3:49:15
42.	Sean Warburton	2018	38:21:25	3:50:09
43.	Phil Adams	2014	38:22:55	3:50:17
44.	Jonathan Carter	2022	38:24:38	3:50:28
45.	Paul Mayson	2021	38:32:58	3:51:18
46.	Chris Littlewood	2022	38:46:08	3:52:37
47.	Paul Mayson	2019	38:53:00	3:53:18
48.	Anna Finn	2010	39:07:49	3:54:47
49.	Brian Meakin	2007	39:10:09	3:55:01
50.	Kevin Blackhurst	2014	39:11:15	3:55:07
51.	John Grundy	2013	39:11:34	3:55:09
52.	Jon Errington	2011	39:21:50	3:56:11
53.	Andre Mangeot	2015	39:24:23	3:56:26
54.	George Russell	2008	39:33:19	3:57:20
55.	Paul Sutherland	2015	39:39:36	3:57:58
56.	Paul Foster	2014	39:44:25	3:58:26
57.	Paul Mayson	2020	39:49:26	3:58:57
58.	Malcolm Collins	2011	39:49:38	3:58:58
59.	Paul Foster	2012	39:50:32	3:59:03
60.	Lee Wilkinson	2020	39:55:21	3:59:32
61.	Claire Harrison	2021	40:00:11	4:00:01
62.	Adam Thwaites	2009	40:01:59	4:00:12
63.	Lucy Clough	2017	40:23:31	4:02:21
64.	Richard Rex	2018	40:27:00	4:02:42

65.	David Bayley	2015	40:38:57	4:03:54
66.	David Bayley	2009	40:42:25	4:04:14
67.	Chris Renton	2016	40:54:19	4:05:26
68.	Lorna Gold	2009	41:00:47	4:06:05
69.	Claire Harrison	2017	41:04:51	4:06:29
70.	Chris Renton	2014	41:05:21	4:06:32
71.	Malcolm Collins	2021	41:10:12	4:07:01
72.	Phil Roberts	2008	41:26:02	4:08:36
73.	David Bayley	2011	41:44:51	4:10:29
74.	Lucy Clough	2013	41:52:13	4:11:13
75.	Chris Renton	2015	41:58:13	4:11:49
76.	Howard Clark	2011	41:59:32	4:11:57
77.	Richard Storr	2018	42:03:25	4:12:21
78.	Roger Davies	2017	42:08:24	4:12:50
79.	Simon Fawcett	2022	42:11:21	4:13:08
80.	Mark Blackwood	2009	42:15:07	4:13:31
81.	Janet Dickson	2017	42:29:03	4:14:54
82.	Jim Mundy	2008	42:38:11	4:15:49
83.	David Smith	2022	42:47:30	4:16:45
84.	Ellan Iaquaniello	2015	42:57:00	4:17:42
85.	Duncan Evans	2019	42:59:27	4:17:57
86.	Paul Bushby	2019	43:06:31	4:18:39
87.	Noel Jones	2011	43:11:01	4:19:06
88.	Matt Cawood	2011	43:11:16	4:19:08
89.	Ray O'Connor	2008	43:16:51	4:19:41
90.	Avril O'Donnell	2021	43:29:34	4:20:57
91.	John McCann	2013	43:29:51	4:20:59
92.	Liane Warren	2018	43:29:50	4:20:59
93.	David Clark	2014	43:43:20	4:22:20
94.	Malcolm Collins	2019	43:50:37	4:23:04
95.	Adrian Brooks	2018	43:51:37	4:23:10
96.	Mat Bellingham	2017	43:54:14	4:23:25
97.	Angela Oldham	2017	44:04:44	4:24:28
98.	Richard Rex	2017	44:13:37	4:25:22
99.	Malcolm Collins	2022	44:14:34	4:25:27
100.	Richard Rex	2015	44:32:11	4:27:13
101.	Patrick Norris	2019	44:33:40	4:27:22
102.	Rosemary Nixon	2013	44:35:30	4:27:33
103.	David Bayley	2013	44:49:48	4:28:59
104.	Chris Heaton	2010	44:50:07	4:29:01
105.	Sonja Foster	2015	44:53:17	4:29:20
106.	Malcolm Collins	2020	45:00:36	4:30:04
107.	Ellan Iaquaniello	2014	45:03:59	4:30:24
108.	Howard Bailey	2012	45:11:20	4:31:08
109.	Lee Boniface	2012	45:27:13	4:32:43
110.	Jim Mundy	2007	45:28:08	4:32:49
111.	David Bayley	2012	45:43:43	4:34:22
112.	Mark Turner	2022	45:44:45	4:34:29
113.	Naomi Prasad	2010	45:49:47	4:34:59
114.	Gary Dixon	2021	45:53:59	4:35:24
115.	Annette Clarke	2020	45:55:19	4:35:32

116.	James Thomas	2021	45:55:34	4:35:33
117.	Karen Hurrell	2013	46:05:48	4:36:35
118.	Mark Bradshaw	2015	46:11:30	4:37:09
119.	Louise Cantley	2022	46:15:20	4:37:32
120.	Helen McLoughlin	2016	46:20:24	4:38:02
121.	Heather McDonald Hamilton	2014	46:23:56	4:38:24
122.	Amy Bradley	2022	46:33:49	4:39:23
123.	Naomi Newton-Fisher	2013	46:39:09	4:39:55
124.	Jeff Prestridge	2012	46:43:58	4:40:24
125.	Andrew Shanley	2015	46:47:41	4:40:46
126.	Daniel Kershaw	2019	47:02:47	4:42:17
127.	Adrian Shandley	2012	47:11:47	4:43:11
128.	Matthew Evans	2008	47:30:23	4:45:02
129.	Maria Masters	2022	47:36:30	4:45:39
130.	Mark Haynes	2018	47:46:51	4:46:41
131.	Graham Dewar	2018	47:47:28	4:46:45
132.	Nick Woodward	2015	48:01:37	4:48:10
133.	Gary Wade	2018	48:29:38	4:50:58
134.	Jim Meta	2010	48:31:49	4:51:11
135.	James Thomas	2019	48:41:43	4:52:10
136.	Mark Myatt	2014	48:49:53	4:52:59
137.	Karen Hurrell	2014	48:50:23	4:53:02
138.	Adrian Brooks	2016	48:56:52	4:53:41
139.	Craig Johnson	2015	48:58:19	4:53:50
140.	Richard Whall	2019	49:01:23	4:54:08
141.	Alyson Knowles	2009	49:08:36	4:54:52
142.	Alison Robinson	2020	49:18:30	4:55:51
143.	Diane Shaw	2012	49:19:33	4:55:57
144.	Duncan Evans	2021	49:19:57	4:56:00
145.	Andy Townsend	2022	49:25:22	4:56:32
146.	Sonja Foster	2016	49:29:22	4:56:56
147.	Vanessa Buckle	2011	49:39:21	4:57:56
148.	Catherine Higgins	2021	49:44:58	4:58:30
149.	Paul Mason	2014	49:56:02	4:59:36
150.	Malcolm Anderson	2008	50:20:23	5:02:02
151.	John McCann	2018	50:34:42	5:03:28
152.	Ally Cameron	2014	51:03:26	5:06:21
153.	Diane Morris	2022	51:03:53	5:06:23
154.	Marie Williamson	2019	51:07:27	5:06:45
155.	Kate McIntyre	2015	51:09:02	5:06:54
156.	Penny Moreton	2011	51:11:20	5:07:08
157.	Joe Morrell	2019	51:13:59	5:07:24
158.	Michelle Woodcock	2021	51:18:54	5:07:53
159.	Diane Morris	2019	51:38:42	5:09:52
160.	Janet Shepherd	2013	51:41:25	5:10:09
161.	Craig Johnson	2013	51:45:58	5:10:36
162.	David Green	2018	51:58:02	5:11:48
163.	Jane Lightfoot	2022	52:10:43	5:13:04
164.	George Sherriffs	2018	52:12:35	5:13:16
165.	Eleanor Tillotson	2013	52:32:28	5:15:15
166.	Matt Whitehead	2019	52:33:22	5:15:20

167.	Janet Shepherd	2018	52:42:51	5:16:17
168.	Sonja Farish	2019	53:07:49	5:18:47
169.	Gary Wade	2020	53:37:23	5:21:44
170.	James Abel	2017	53:46:19	5:22:38
171.	Sonja Foster	2017	53:46:54	5:22:41
172.	Amanda Heslegrave	2011	53:57:48	5:23:47
173.	Mark Lynock	2011	53:57:48	5:23:47
174.	Donna Fitzpatrick	2016	54:03:51	5:24:23
175.	Mark Sleeman	2009	54:08:27	5:24:51
176.	Jim Meta	2012	54:16:00	5:25:36
177.	Diane Morris	2018	54:35:57	5:27:36
178.	Diane Morris	2020	54:49:21	5:28:56
179.	Karen Hurrell	2012	54:58:34	5:29:51
180.	Joni Southall	2018	54:59:49	5:29:59
181.	Duncan Evans	2018	55:14:45	5:31:29
182.	Lesley Coulton	2015	55:16:25	5:31:38
183.	Sue Adams	2009	55:29:05	5:32:54
184.	Michelle Atkins	2009	55:34:11	5:33:25
185.	Davey Green	2014	56:19:17	5:37:56
186.	Rebecca Henry-Brown	2020	56:32:10	5:39:13
187.	John Dawson	2007	56:45:31	5:40:33
188.	Alyson Knowles	2010	56:51:56	5:41:12
189.	Michelle Atkins	2008	57:07:41	5:42:46
190.	Jack Swannick	2016	57:10:22	5:43:02
191.	Davey Green	2021	57:22:38	5:44:16
192.	Joanne Egerton	2022	57:27:22	5:44:44
193.	Sonja Farish	2020	57:29:42	5:44:58
194.	Joni Southall	2021	57:33:12	5:45:19
195.	Davey Green	2018	58:26:14	5:50:37
196.	Paul Dewar	2016	58:40:01	5:52:00
197.	Michelle Atkins	2010	58:45:33	5:52:33
198.	Paul Adams	2008	58:48:26	5:52:51
199.	Andy Rennie	2022	59:04:29	5:54:27
200.	Karen Hurrell	2016	60:46:20	6:04:38
201.	Liz Tunna	2011	60:57:35	6:05:46
202.	Neil Jones	2021	61:17:13	6:07:43
203.	Charles Cowling	2014	61:33:08	6:09:19
204.	Tom Giles	2009	61:40:24	6:10:02
205.	Caroline Johnson	2015	61:42:19	6:10:14
206.	Vicki Hulme	2019	62:13:16	6:13:20
207.	Selina da Silva	2008	62:51:22	6:17:08
208.	Trudi Dewar	2017	65:13:30	6:31:21
209.	Stuart Pyper	2012	65:25:08	6:32:31
210.	Linda Brewis	2018	65:32:57	6:33:18
211.	Davey Green	2012	66:11:56	6:37:12
212.	Robert Dallison	2012	67:40:45	6:46:04
213.	Christopher Ball	2007	70:02:03	7:00:12
214.	Anastasia Lincoln	2009	70:12:20	7:01:14
215.	John Dawson	2011	71:21:08	7:08:07
216.	Tinu Ogundari	2012	76:57:12	7:41:43
217.	Brent Iddles	2007	78:51:10	7:53:07

<b>Other Notable Achievements</b>				<b>Average Time</b>
1.	Cliff Burgess	2007	2 marathons	5:49:47
2.	Sue Adams	2008	5 marathons	6:55:25
3.	Gareth Ashby	2009	2 marathons	4:31:55
4.	Phil Love	2010	5 marathons	5:03:49
5.	Phil Eccleston	2013	8 marathons	4:08:45
6.	Shane Cliffe	2014	4 marathons	5:17:22
7.	Jim Meta	2016	4 marathons	5:18:22
8.	Malc Collins	2017	4 marathons	4:19:25
9.	Kev Blackhurst	2017	4 marathons	4:20:42
10.	Bob Bowman	2017	8 marathons	5:03:40
11.	Richard Rex	2019	6 marathons	4:52:02
12.	Greg Thorley	2021	7 marathons	4:39:15
13.	Patrick Norris	2021	9 marathons	4:49:17
14.	Greg Thorley	2022	5 marathons	5:38:25

**The Brathay 10in10 has resulted in a total of 2,243 marathons being completed in an average (mean) time of: 4:40:13**

*A total distance of 58,767 miles has been covered.*

<b>Year</b>	<b>Average (mean) Age</b>	<b>Average (mean) Time</b>
2007	55yrs 9mths	52:14:34
2008	45yrs 5mths	47:23:51
2009	39yrs 1mth	46:05:35
2010	40yrs 10mths	42:36:57
2011	43yrs 7mths	48:10:18
2012	44yrs 11mths	50:06:43
2013	42yrs 10mths	43:16:43
2014	46yrs 1mth	45:54:59
2015	47yrs 0mths	44:55:36
2016	42yrs 11mths	47:41:41
2017	43yrs 7mths	44:12:54
2018	47yrs 8mths	47:54:41
2019	44yrs 2mths	46:59:50
2020	50yrs 11mths	46:43:21
2021	50yrs 8mths	48:28:17
2022	43yrs 2mths	44:29:35



## Brathay 10in10 Club Records

<b>Men's Record:</b>	Adam Holland	2022	29:02:47	(av. 2:54:17)
<b>Women's Record:</b>	Sally Ford	2012	36:38:53	(av. 3:39:53)
<b>Fastest individual marathon:</b>	Adam Holland	2022	2:45:45	(10 <sup>th</sup> marathon)
<b>Fastest women's individual marathon:</b>	Sally Ford	2012	3:33:15	(7 <sup>th</sup> marathon)
<b>Most Brathay 10in10's completed (men):</b>	Malcolm Collins	9 x Brathay 10in10	2011 '13 '15 '16 '18 '19 '20 '21 '22	
<b>Most Brathay 10in10's completed (women):</b>	Sonja Farish	5 x Brathay 10in10	2015 '16 '17 '19 '20	
<b>Oldest runner:</b>	John Dawson	2011	73 years old	
<b>Youngest runner:</b>	Adam Holland	2009	22 years old	

## Guinness World Records

*"Fastest 10 marathons on consecutive days (men)":* Adam Holland 2010 30:20:54

*"Fastest 10 marathons on consecutive days (women)":* Sally Ford 2012 36:38:53

*"The first female to complete 10 marathons in 10 days":* Michelle Atkins 2008

## Associated Brathay 10in10 Challenges

### Challenge 30 - 30 Marathons in 30 Days: Chris Heaton, September 2013

- Alternate laps of the Windermere and Great Langdale Marathon courses
- 786 miles of running over 30 days
- Two of the most challenging road marathon courses in the UK

### To Hell & Back – Ultimate Tri Challenge: Paul Dewar, May 2016

- Cycle - 1,350 miles (Land's End – John O'Groats – Ambleside)
- Swim – Windermere
- Run – Brathay 10in10

### Socially Distant 10in10 on a Treadmill: Gary Howells, May 2020

- 10 marathons in 10 days on a treadmill completed in 35:55:49 (av. 3:35:35)

### Sonic's Ultimate Triathlon: Sonja Farish, July to November 2020

- Cycle - Brathay 262
- Swim – Windermere
- Run – Brathay 10in10