

Date Range: 01 Jan 20 - 31 Dec 20

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Ben Graham-Evans	413	Mins:	405:18	123:54	145:52	145:21	45:52	02:27	868:44	356,847	191	53%
		MEPs:		7,434	17,504	26,163	11,008	588	62,697			
John Moreton	331	Mins:	27:20	159:19	187:03	125:38	12:21	00:19	512:00	428,041	176	63%
		MEPs:		9,559	22,446	22,614	2,964	76	57,659			
Darren Moody	177	Mins:	33:47	42:51	40:22	75:03	124:24	25:06	341:33	277,404	189	73%
		MEPs:		2,571	4,844	13,509	29,856	6,024	56,804			
Danielle Cheyney	300	Mins:	75:25	75:12	60:39	62:54	88:23	28:39	391:12	157,211	207	67%
		MEPs:		4,512	7,278	11,322	21,212	6,876	51,200			
Kerry Nelson	232	Mins:	97:01	219:39	190:48	34:58	21:33	02:45	566:44	193,840	177	58%
		MEPs:		13,179	22,896	6,294	5,172	660	48,201			
Nina Savage	150	Mins:	69:41	61:46	63:39	55:27	70:27	32:03	353:03	133,570	192	66%
		MEPs:		3,706	7,638	9,981	16,908	7,692	45,925			
Andy Beadsworth	122	Mins:	80:15	98:02	63:45	77:58	68:54	07:22	396:16	251,768	193	64%
		MEPs:		5,882	7,650	14,034	16,536	1,768	45,870			
Megan Fox	230	Mins:	57:54	66:57	57:26	55:32	78:49	17:26	334:04	145,443	200	66%
		MEPs:		4,017	6,892	9,996	18,916	4,184	44,005			
Sue Davis	208	Mins:	261:02	76:47	45:14	42:31	89:11	18:42	533:27	130,679	203	56%
		MEPs:		4,607	5,428	7,653	21,404	4,488	43,580			
Lorraine Clode	213	Mins:	03:18	06:55	40:11	133:30	26:42	00:36	211:12	122,181	209	73%
		MEPs:		415	4,822	24,030	6,408	144	35,819			
Leyon Joseph	267	Mins:	98:06	71:22	79:39	69:04	36:40	01:47	356:38	178,482	182	60%
		MEPs:		4,282	9,558	12,432	8,800	428	35,500			
George Mayes	389	Mins:	83:47	202:50	79:13	34:28	19:09	01:52	421:19	123,366	184	57%
		MEPs:		12,170	9,506	6,204	4,596	448	32,924			
Jack Mason	139	Mins:	51:51	28:12	25:13	37:58	70:11	16:49	230:14	152,048	194	68%
		MEPs:		1,692	3,026	6,834	16,844	4,036	32,432			
Kathleen Charles	189	Mins:	04:24	29:21	64:14	74:15	31:00	03:49	207:03	65,887	173	70%
		MEPs:		1,761	7,708	13,365	7,440	916	31,190			

Inez Daly	129	Mins: MEPs:	64:27 4,582	76:22 8,278	68:59 13,146	73:02 4,136	17:14 68	00:17 300:21 30,210	111,725	201	61%
Michael Leevy	235	Mins: MEPs:	73:13 5,787	96:27 9,222	76:51 10,566	58:42 4,480	18:40 56	00:14 324:07 30,111	180,227	177	60%
Sian Mills	201	Mins: MEPs:	62:48 5,838	97:18 13,502	112:31 7,581	42:07 2,484	10:21 88	00:22 325:27 29,493	85,465	178	59%
Sandy Saunders	173	Mins: MEPs:	83:14 2,367	39:27 4,532	37:46 7,797	43:19 11,380	47:25 2,152	08:58 260:09 28,228	130,706	202	62%
Elaine Smith	178	Mins: MEPs:	21:52 2,306	38:26 6,964	58:02 10,440	58:00 7,200	30:00 1,196	04:59 211:19 28,106	97,369	185	66%
Ifan Paxton	219	Mins: MEPs:	46:45 3,398	56:38 5,356	44:38 7,395	41:05 9,448	39:22 1,792	07:28 235:56 27,389	97,791	198	64%
Paul Davis	112	Mins: MEPs:	45:56 3,224	53:44 7,126	59:23 7,479	41:33 8,540	35:35 916	03:49 240:00 27,285	132,178	198	64%
Richard Marrington	78	Mins: MEPs:	57:39 1,724	28:44 2,986	24:53 7,767	43:09 13,804	57:31 612	02:33 214:29 26,893	120,344	183	65%
Lee Cooper	171	Mins: MEPs:	29:19 3,987	66:27 6,174	51:27 6,903	38:21 7,920	33:00 1,868	07:47 226:21 26,852	134,138	205	64%
Anne Harper	134	Mins: MEPs:	23:26 3,179	52:59 5,776	48:08 8,748	48:36 7,636	31:49 436	01:49 206:47 25,775	71,568	180	65%
Lissie Cervenka	229	Mins: MEPs:	39:07 1,926	32:06 3,726	31:03 6,972	38:44 11,208	46:42 972	04:03 191:45 24,804	83,348	193	65%
Peps Peplow	156	Mins: MEPs:	19:03 1,094	18:14 3,268	27:14 8,673	48:11 10,004	41:41 796	03:19 157:42 23,835	127,089	192	70%
Mark Mayes	269	Mins: MEPs:	89:53 2,180	36:20 3,966	33:03 7,569	42:03 8,728	36:22 1,304	05:26 243:07 23,747	99,418	182	59%
Jane Ansell	158	Mins: MEPs:	31:19 4,420	73:40 7,830	65:15 7,125	39:35 3,072	12:48 136	00:34 223:11 22,583	41,187	159	61%
Lyndsey kirkland	307	Mins: MEPs:	165:52 7,568	126:08 5,736	47:48 3,651	20:17 3,936	16:24 1,180	04:55 381:24 22,071	79,275	187	53%
Emily Payne	189	Mins: MEPs:	39:18 2,454	40:54 3,958	32:59 5,817	32:19 9,448	39:22 28	00:07 184:59 21,705	70,563	209	63%
Bridgetta Worsley	135	Mins: MEPs:	03:37 1,133	18:53 5,188	43:14 5,934	32:58 6,516	27:09 2,720	11:20 137:11 21,491	49,958	204	71%

Helen Geering	238	Mins: MEPs:	105:23	79:43 4,783	62:58 7,556	34:02 6,126	11:16 2,704	00:12 48	293:34 21,217	70,974	169	55%
Melissa Beadsworth	200	Mins: MEPs:	38:38	31:11 1,871	26:16 3,152	28:25 5,115	28:13 6,772	17:30 4,200	170:13 21,110	55,593	172	66%
Matthew Guille	175	Mins: MEPs:	26:08	48:53 2,933	61:25 7,370	36:18 6,534	14:11 3,404	02:19 556	189:14 20,797	92,656	179	62%
Sharon Gallagher	109	Mins: MEPs:	05:44	28:28 1,708	56:41 6,802	47:17 8,511	14:43 3,532	00:12 48	153:05 20,601	54,831	188	67%
Richard Thornber	138	Mins: MEPs:	25:33	21:19 1,279	22:01 2,642	31:48 5,724	38:02 9,128	07:03 1,692	145:46 20,465	104,261	210	68%
Annmarie Cooper	178	Mins: MEPs:	54:30	61:03 3,663	36:00 4,320	32:12 5,796	25:19 6,076	02:24 576	211:28 20,431	65,562	202	60%
sue wierzbicki	151	Mins: MEPs:	28:02	79:46 4,786	68:45 8,250	23:14 4,182	09:52 2,368	02:12 528	211:51 20,114	78,095	197	60%
Angela Morrell	107	Mins: MEPs:	144:24	129:35 7,775	53:14 6,388	22:23 4,029	07:30 1,800	00:27 108	357:33 20,100	62,943	177	53%
Bev Tout	174	Mins: MEPs:	08:12	59:53 3,593	84:55 10,190	27:16 4,908	05:12 1,248	00:21 84	185:49 20,023	63,767	190	62%
Duncan Bartlett	129	Mins: MEPs:	51:10	43:14 2,594	24:22 2,924	19:10 3,450	33:32 8,048	12:07 2,908	183:35 19,924	102,241	202	63%
Paul Nichols	104	Mins: MEPs:	46:10	55:58 3,358	32:41 3,922	27:23 4,929	28:50 6,920	02:56 704	193:58 19,833	100,148	184	61%
Katie Cumming	188	Mins: MEPs:	26:29	34:14 2,054	31:23 3,766	31:52 5,736	27:44 6,656	06:28 1,552	158:10 19,764	70,307	197	65%
Jessica Mills	111	Mins: MEPs:	11:41	42:29 2,549	78:46 9,452	33:57 6,111	06:29 1,556	00:03 12	173:25 19,680	73,722	184	63%
Sarah O'Callaghan	142	Mins: MEPs:	49:21	43:57 2,637	40:40 4,880	35:20 6,360	23:02 5,528	00:58 232	193:18 19,637	73,981	206	61%
Kate Bartlett	154	Mins: MEPs:	44:34	52:04 3,124	35:53 4,306	33:16 5,988	21:47 5,228	04:04 976	191:38 19,622	63,709	202	61%
Boo Donovan	103	Mins: MEPs:	14:53	43:44 2,624	61:05 7,330	26:26 4,758	16:55 4,060	03:24 816	166:27 19,588	63,102	186	64%
Lesley birch	125	Mins: MEPs:	47:42	40:44 2,444	39:28 4,736	31:42 5,706	21:37 5,188	04:33 1,092	185:46 19,166	57,869	192	61%

Lewis day off	72	Mins:	14:04	19:50	16:40	18:33	43:16	09:16	121:39	88,021	188	71%
		MEPs:		1,190	2,000	3,339	10,384	2,224	19,137			
Kymerley Saunders	155	Mins:	40:28	35:19	34:19	37:54	23:44	00:18	172:02	41,453	191	62%
		MEPs:		2,119	4,118	6,822	5,696	72	18,827			
neil kirkland	269	Mins:	122:58	94:58	39:50	22:43	13:33	03:36	297:38	109,169	178	54%
		MEPs:		5,698	4,780	4,089	3,252	864	18,683			
Kate Graham-Evans	193	Mins:	91:58	61:53	37:31	28:32	17:16	03:01	240:11	68,927	228	56%
		MEPs:		3,713	4,502	5,136	4,144	724	18,219			
Jess Mayes	214	Mins:	39:40	88:56	61:07	19:20	07:44	00:50	217:37	75,545	192	58%
		MEPs:		5,336	7,334	3,480	1,856	200	18,206			
Michelle Nelson	129	Mins:	17:21	38:35	63:26	29:56	09:06	02:14	160:38	57,285	185	63%
		MEPs:		2,315	7,612	5,388	2,184	536	18,035			
Tim Donovan	83	Mins:	41:44	29:00	23:44	25:49	33:02	02:30	155:49	91,577	195	63%
		MEPs:		1,740	2,848	4,647	7,928	600	17,763			
Boris B	139	Mins:	18:00	36:10	24:27	25:24	23:57	05:35	133:33	84,136	205	66%
		MEPs:		2,170	2,934	4,572	5,748	1,340	16,764			
Curtis Batterbee	96	Mins:	25:22	27:59	27:59	21:45	24:24	05:58	133:27	81,645	197	64%
		MEPs:		1,679	3,358	3,915	5,856	1,432	16,240			
Holly Beadsworth	150	Mins:	10:03	25:19	35:36	28:12	15:39	03:49	118:38	49,899	194	66%
		MEPs:		1,519	4,272	5,076	3,756	916	15,539			
Hayley SK	104	Mins:	34:37	49:53	42:36	18:04	11:50	04:34	161:34	55,913	197	60%
		MEPs:		2,993	5,112	3,252	2,840	1,096	15,293			
Larissa Bryan	123	Mins:	27:38	28:28	27:56	24:00	19:40	01:42	129:24	49,039	188	63%
		MEPs:		1,708	3,352	4,320	4,720	408	14,508			
Ellen Shearon	154	Mins:	64:07	71:03	41:28	14:49	05:47	00:59	198:13	42,418	194	55%
		MEPs:		4,263	4,976	2,667	1,388	236	13,530			
Karen Spicer	114	Mins:	39:27	19:19	22:26	26:43	18:36	01:02	127:33	45,648	194	60%
		MEPs:		1,159	2,692	4,809	4,464	248	13,372			
Steve Gale	100	Mins:	11:37	25:58	33:09	22:19	11:22	00:47	105:12	65,867	185	64%
		MEPs:		1,558	3,978	4,017	2,728	188	12,469			
Kirsty Garratt	68	Mins:	04:38	08:49	13:12	25:05	21:41	01:50	75:15	26,936	184	72%
		MEPs:		529	1,584	4,515	5,204	440	12,272			
Amanda Mansell	92	Mins:	15:36	28:13	35:46	19:16	10:03	01:41	110:35	44,356	198	63%
		MEPs:		1,693	4,292	3,468	2,412	404	12,269			

Sian Rixon	90	Mins: MEPs:	42:13	20:25	17:38	17:28	17:00	04:56	119:40 11,749	28,400	187	60%
Josh Bryan	90	Mins: MEPs:	19:15	17:10	15:54	15:00	17:06	07:01	91:26 11,426	62,654	201	65%
Alex Ansell	92	Mins: MEPs:	24:35	27:34	19:38	16:15	15:08	03:10	106:20 11,327	35,451	193	62%
Karen Gale	104	Mins: MEPs:	16:40	19:13	24:12	15:56	13:44	04:19	94:04 11,257	39,893	193	65%
Sarah Barrett	65	Mins: MEPs:	03:27	11:50	22:59	17:29	13:10	04:43	73:38 10,907	34,577	198	70%
Lou Barrow	79	Mins: MEPs:	23:35	30:40	21:48	13:44	13:32	02:42	106:01 10,824	30,726	176	61%
Brooke Bryan	64	Mins: MEPs:	05:22	08:55	11:35	11:49	19:59	05:20	63:00 10,128	50,271	193	72%
Kirstie Mayes	61	Mins: MEPs:	33:10	28:28	19:35	14:19	10:24	03:06	109:02 9,875	29,128	200	58%
Rowanne Cumbley	61	Mins: MEPs:	08:42	11:09	08:02	07:05	19:32	01:19	55:49 7,912	25,738	200	68%
Sam Jurd	38	Mins: MEPs:	04:28	07:00	06:36	06:40	15:54	05:31	46:09 7,552	36,422	195	73%
Mark Gulliford	68	Mins: MEPs:	04:17	08:24	12:20	24:30	04:29	00:04	54:04 7,486	42,295	193	68%
Clare Rhodes	78	Mins: MEPs:	44:16	23:07	13:53	09:19	10:07	00:11	100:53 7,202	24,738	188	56%
Gemma Howse	54	Mins: MEPs:	29:09	16:36	06:32	07:26	15:23	01:01	76:07 7,054	20,896	188	58%
Liam Dobbin	54	Mins: MEPs:	05:20	12:28	15:25	14:45	05:12	00:56	54:06 6,725	29,663	167	65%
Liam Phillips	31	Mins: MEPs:	01:14	01:42	03:01	08:31	16:48	02:24	33:40 6,605	26,522	195	78%
Louise O'Connor	41	Mins: MEPs:	05:40	05:37	05:41	05:53	11:33	06:05	40:29 6,310	16,841	179	71%
Ian Southwell	22	Mins: MEPs:	02:23	09:21	15:15	10:28	06:02	00:50	44:19 5,923	28,143	178	67%

Bruce Mills	43	Mins: MEPs:	09:34 1,284	21:24 2,046	17:03 1,539	08:33 1,004	04:11 32	00:08 60:53	5,905	32,215	180	60%
Clare Stringer	49	Mins: MEPs:	09:38 642	10:42 1,208	10:04 1,857	10:19 2,084	08:41 84	00:21 49:45	5,875	16,462	178	64%
Vickie moody	59	Mins: MEPs:	12:58 1,054	17:34 1,576	13:08 1,815	10:05 1,244	05:11 48	00:12 59:08	5,737	19,483	188	60%
Britt Megahey	32	Mins: MEPs:	02:43 296	04:56 866	07:13 1,971	10:57 2,132	08:53 216	00:54 35:36	5,481	23,851	194	70%
phil pafford	36	Mins: MEPs:	03:26 409	06:49 804	06:42 1,428	07:56 1,848	07:42 656	02:44 35:19	5,145	27,993	192	69%
Dan Mills	27	Mins: MEPs:	10:12 859	14:19 1,568	13:04 1,344	07:28 964	04:01 108	00:27 49:31	4,843	19,988	197	60%
Joanne Monks	25	Mins: MEPs:	26:37 736	12:16 894	07:27 1,350	07:30 1,320	05:30 156	00:39 59:59	4,456	13,074	171	55%
Julia Mandalios	33	Mins: MEPs:	06:11 612	10:12 986	08:13 1,407	07:49 1,196	04:59 88	00:22 37:46	4,289	9,317	181	64%
Anne Megahey	18	Mins: MEPs:	02:47 699	11:39 1,508	12:34 969	05:23 640	02:40 168	00:42 35:45	3,984	11,375	173	63%
pene colwell	23	Mins: MEPs:	00:49 284	04:44 780	06:30 1,083	06:01 1,464	06:06 296	01:14 25:24	3,907	10,821	169	70%
Emma Francis	22	Mins: MEPs:	01:53 257	04:17 644	05:22 891	04:57 1,548	06:27 360	01:30 24:26	3,700	11,954	194	70%
Rose Joseph	25	Mins: MEPs:	04:44 484	08:04 944	07:52 1,800	10:00 388	01:37 4	00:01 32:18	3,620	12,859	174	63%
Charlotte Simmons	25	Mins: MEPs:	01:11 156	02:36 320	02:40 723	04:01 1,288	05:22 964	04:01 19:51	3,451	9,751	207	76%
Clare Longman	20	Mins: MEPs:	05:23 381	06:21 634	05:17 894	04:58 1,124	04:41 296	01:14 27:54	3,329	8,841	169	64%
Tom Barrett	20	Mins: MEPs:	00:35 236	03:56 636	05:18 924	05:08 900	03:45 400	01:40 20:22	3,096	15,194	193	71%
Priscilla Thornber	19	Mins: MEPs:	02:05 328	05:28 676	05:38 819	04:33 1,156	04:49 116	00:29 23:02	3,095	9,263	176	67%
Ross Edwards	19	Mins: MEPs:	04:19 265	04:25 670	05:35 855	04:45 1,012	04:13 248	01:02 24:19	3,050	16,385	191	65%

joe miller	20	Mins:	03:34	04:38	04:41	05:09	04:43	00:37	23:22	16,168	179	66%
		MEPs:		278	562	927	1,132	148	3,047			
Richard Banks	18	Mins:	03:12	03:11	03:51	03:05	04:35	01:00	18:54	12,366	180	67%
		MEPs:		191	462	555	1,100	240	2,548			
Andrew Mayes	60	Mins:	26:42	08:51	04:02	03:26	02:00	01:03	46:04	8,907	147	52%
		MEPs:		531	484	618	480	252	2,365			
Clare Turner	14	Mins:	05:51	06:15	03:53	02:46	02:45	00:48	22:18	6,309	168	61%
		MEPs:		375	466	498	660	192	2,191			
Daniel Van Gelder	13	Mins:	00:01	01:00	04:16	05:09	02:10	00:22	12:58	7,475	180	72%
		MEPs:		60	512	927	520	88	2,107			
Niamh Moreton	11	Mins:	00:21	01:10	03:32	02:29	02:17	01:29	11:18	6,078	197	73%
		MEPs:		70	424	447	548	356	1,845			
Connor Gale	14	Mins:	01:42	02:30	01:38	02:03	02:27	01:31	11:51	8,678	209	69%
		MEPs:		150	196	369	588	364	1,667			
jack Turner-Doll	20	Mins:	00:20	00:37	00:35	00:59	03:38	01:44	07:53	7,033	199	79%
		MEPs:		37	70	177	872	416	1,572			
Beth Ross	6	Mins:	00:42	01:59	01:43	01:35	01:40	01:04	08:43	4,338	193	70%
		MEPs:		119	206	285	400	256	1,266			
Mikey Graves	3	Mins:	01:35	01:26	00:42	01:28	02:13	00:30	07:54	4,924	197	68%
		MEPs:		86	84	264	532	120	1,086			
Kira Baker	7	Mins:	01:00	02:11	02:23	01:21	01:12	00:14	08:21	3,632	188	64%
		MEPs:		131	286	243	288	56	1,004			
Jason Cozens	11	Mins:	00:20	01:51	03:05	01:58	00:34	00:05	07:53	4,972	164	66%
		MEPs:		111	370	354	136	20	991			
Marisa Lamb	7	Mins:	03:21	01:16	01:59	01:50	00:55	00:00	09:21	3,056	181	55%
		MEPs:		76	238	330	220	0	864			
Nick Hamstead	5	Mins:	00:35	01:21	02:11	01:19	00:52	00:02	06:20	4,068	164	65%
		MEPs:		81	262	237	208	8	796			
Rupert Graham-Evans	8	Mins:	03:14	01:04	02:04	01:40	00:32	00:00	08:34	3,961	161	57%
		MEPs:		64	248	300	128	0	740			
Graihagh Guille	5	Mins:	00:28	00:40	00:33	00:53	01:37	00:21	04:32	2,365	193	72%
		MEPs:		40	66	159	388	84	737			
sophie Scott	6	Mins:	01:08	01:00	00:55	01:03	01:09	00:17	05:32	2,255	182	65%
		MEPs:		60	110	189	276	68	703			

Toni Reid	4	Mins: MEPs:	00:23	01:26 86	01:13 146	00:40 120	00:57 228	00:18 72	04:57 652	1,943	175	67%
Susie Megahey	3	Mins: MEPs:	00:19	00:34 34	00:33 66	00:32 96	00:48 192	00:55 220	03:41 608	1,881	195	74%
Ollie Davis	4	Mins: MEPs:	01:10	00:34 34	00:40 80	00:28 84	01:27 348	00:10 40	04:29 586	2,842	181	66%
Christina Diaper	4	Mins: MEPs:	00:12	00:54 54	00:56 112	00:58 174	00:48 192	00:01 4	03:49 536	1,428	159	68%
BINA WILSON	3	Mins: MEPs:	00:12	00:34 34	00:53 106	00:41 123	00:28 112	00:02 8	02:50 383	1,189	174	68%
Christina Gunning	2	Mins: MEPs:	00:11	00:33 33	00:32 64	00:20 60	00:30 120	00:10 40	02:16 317	1,076	180	68%
Tina Wyatt	2	Mins: MEPs:	00:05	00:03 3	00:03 6	00:05 15	00:22 88	00:24 96	01:02 208	628	190	82%
Callum Diaper	2	Mins: MEPs:	00:19	00:36 36	00:31 62	00:24 72	00:01 4	00:00 0	01:51 174	1,032	161	60%
suzanne Auger	1	Mins: MEPs:	00:03	00:06 6	00:13 26	00:12 36	00:14 56	00:09 36	00:57 160	643	207	75%
Gemma Christie	2	Mins: MEPs:	00:14	00:12 12	00:14 28	00:00 0	00:00 0	00:00 0	00:40 40	147	129	48%
Kirsty Lynas	2	Mins: MEPs:	00:22	00:21 21	00:05 10	00:00 0	00:00 0	00:00 0	00:48 31	119	120	49%
Charles Jackson	1	Mins: MEPs:	00:11	00:00 0	00:00 0	00:00 0	00:00 0	00:00 0	00:11 0	0	76	31%