

Date	Run location	Distance run	Total time	Pace (average ti	Social medias	Notes
01/03/2018	PureGym Altrincham	3.14	0:23:44	0:07:34	https://twitter.com/ste	With Lisa
02/03/2018	PureGym Manchester	3.14	0:22:33	0:07:11	https://www.instagram	With Paul
03/03/2018	Hollingworth Lake, Rochdale	3.16	0:24:33	0:07:46	https://twitter.com/ste	With Dad
04/03/2018	Canal loop	4.13	0:34:20	0:08:19	https://www.instagram	With Rick; looked at map twice
05/03/2018	PureGym Leeds	3.14	0:22:37	0:07:12	https://www.instagram	
06/03/2018	Home to MSI	3.14	0:23:29	0:07:29	https://twitter.com/ste	
07/03/2018	PureGym Manchester	3.14	0:27:13	0:08:40	http://aperiodical.com	
08/03/2018	PureGym Manchester	3.14	0:27:02	0:08:37	https://www.instagram	
09/03/2018	PureGym Manchester	3.14	0:25:00	0:07:58	https://twitter.com/ste	
10/03/2018	Greengate Square, Manchester	3.14	0:27:02	0:08:37	https://youtu.be/4z1Si	Round in a circle
11/03/2018	PureGym Manchester	3.14	0:24:31	0:07:48	https://twitter.com/ste	
12/03/2018	Canal loop	4.13	0:30:14	0:07:19	https://www.instagram	With Dad
13/03/2018	PureGym Manchester	3.14	0:27:06	0:08:38	https://twitter.com/ste	
14/03/2018	Alexandra Park, Manchester	3.2	0:25:19	0:07:55	https://www.instagram	With Chrissy
15/03/2018	PureGym Manchester	3.14	0:23:49	0:07:35	https://twitter.com/ste	With Lisa; time is approximate due to treadmill incompetence
16/03/2018	Birmingham airport, loop from Hotel Ibis around past t	3.79	0:26:54	0:07:06	https://www.instagram	With Zoe
17/03/2018	Up and down the NEC	3.2	0:26:14	0:08:12	https://twitter.com/ste	
18/03/2018	PureGym Cambridge	3.14	0:23:54	0:07:37	https://www.instagram	
19/03/2018	PureGym London Oval	3.14	0:21:20	0:06:48	https://twitter.com/ste	
20/03/2018	King's Cross to Russell Square and back	3.14	0:25:07	0:08:00	https://www.instagram	
21/03/2018	PureGym Ashton	3.14	0:23:59	0:07:38	https://twitter.com/ste	
22/03/2018	PureGym Exchange Quay	3.14	0:21:58	0:07:00	http://aperiodical.com	
23/03/2018	A different canal loop	3.39	0:24:52	0:07:20	https://twitter.com/ste	
24/03/2018	That canal loop again	3.39	0:24:00	0:07:05	https://www.instagram	With Paul
25/03/2018	Towards a pub, Milnrow	3.18	0:21:20	0:06:43	https://twitter.com/ste	With Dad
26/03/2018	PureGym Manchester	3.14	0:21:50	0:06:57	https://www.instagram	
27/03/2018	Out and back from hotel	3.15	0:21:08	0:06:43	https://twitter.com/ste	In St Andrews
28/03/2018	To the bank to pay in a cheque and back along canal	3.354	0:22:29	0:06:42	https://www.instagram	With Dad
29/03/2018	PureGym Manchester	3.14	0:23:33	0:07:30	https://www.instagram	With Alison
30/03/2018	PureGym Manchester	3.14	0:23:36	0:07:31	https://twitter.com/ste	With Paul
31/03/2018	Ardasley Reservoir	3.14	0:25:02	0:07:58	https://www.instagram	With Mark & Chrissy

