

# Key Numbers Report

01 Aug 25 - 31 Aug 25



Date Range: 01 Aug 25 - 31 Aug 25

Name	Moves		Zone 0	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Totals	Calories	Peak Heart Rate	Avg Effort
Richard Marrington	73	<b>Mins:</b>	104:54	74:39	40:14	21:09	01:42	00:00	<b>242:38</b>	85,370	168	51%
		<b>MEPs:</b>		4,479	4,828	3,807	408	0	<b>13,522</b>			
Darren Moody	10	<b>Mins:</b>	01:30	07:56	06:48	13:02	11:15	00:47	<b>41:18</b>	34,281	180	70%
		<b>MEPs:</b>		476	816	2,346	2,700	188	<b>6,526</b>			
Sian Mills	48	<b>Mins:</b>	01:17	09:59	27:18	09:51	03:22	00:09	<b>51:56</b>	18,747	167	65%
		<b>MEPs:</b>		599	3,276	1,773	808	36	<b>6,492</b>			
Jane Ansell	59	<b>Mins:</b>	34:32	42:44	23:12	04:25	00:39	00:09	<b>105:41</b>	15,148	167	54%
		<b>MEPs:</b>		2,564	2,784	795	156	36	<b>6,335</b>			
Ian Walker	51	<b>Mins:</b>	01:17	10:47	17:05	11:47	02:04	00:18	<b>43:18</b>	28,883	169	65%
		<b>MEPs:</b>		647	2,050	2,121	496	72	<b>5,386</b>			
Boris B	54	<b>Mins:</b>	27:56	32:30	11:32	02:16	02:51	00:46	<b>77:51</b>	28,698	177	54%
		<b>MEPs:</b>		1,950	1,384	408	684	184	<b>4,610</b>			
Katie Walker	32	<b>Mins:</b>	00:38	06:01	10:02	08:53	03:57	00:27	<b>29:58</b>	8,761	151	68%
		<b>MEPs:</b>		361	1,204	1,599	948	108	<b>4,220</b>			
Ellen HAMSTEAD	23	<b>Mins:</b>	24:10	30:02	13:44	02:18	00:06	00:00	<b>70:20</b>	12,971	155	53%
		<b>MEPs:</b>		1,802	1,648	414	24	0	<b>3,888</b>			
Kathleen Charles	24	<b>Mins:</b>	00:08	03:17	10:14	08:41	01:33	00:12	<b>24:05</b>	7,026	155	68%
		<b>MEPs:</b>		197	1,228	1,563	372	48	<b>3,408</b>			
Kirstie Brooks	22	<b>Mins:</b>	11:32	12:20	12:57	04:59	00:25	00:16	<b>42:29</b>	9,378	176	57%
		<b>MEPs:</b>		740	1,554	897	100	64	<b>3,355</b>			
Megan Fox	16	<b>Mins:</b>	07:54	08:56	05:43	05:15	04:45	00:05	<b>32:38</b>	12,310	192	61%
		<b>MEPs:</b>		536	686	945	1,140	20	<b>3,327</b>			
Liza Barber	29	<b>Mins:</b>	00:30	02:33	10:24	05:39	02:32	00:45	<b>22:23</b>	8,086	168	68%
		<b>MEPs:</b>		153	1,248	1,017	608	180	<b>3,206</b>			
Tris Turner	23	<b>Mins:</b>	06:24	07:03	05:58	02:34	03:16	03:18	<b>28:33</b>	15,968	194	63%
		<b>MEPs:</b>		423	716	462	784	792	<b>3,177</b>			
Bev Tout	17	<b>Mins:</b>	00:22	04:40	15:35	03:59	00:56	00:16	<b>25:48</b>	9,336	192	64%
		<b>MEPs:</b>		280	1,870	717	224	64	<b>3,155</b>			

Lorraine Clode	28	<b>Mins:</b> <b>MEPs:</b>	04:16 223	03:43 1,130	09:25 1,551	08:37 60	00:15 32	00:08 <b>26:24</b> <b>2,996</b>	11,714	209	63%
Bridgetta Worsley	12	<b>Mins:</b> <b>MEPs:</b>	03:06 483	08:03 890	07:25 720	04:00 664	02:46 56	00:14 <b>25:34</b> <b>2,813</b>	8,090	176	63%
Tracy Allbon	14	<b>Mins:</b> <b>MEPs:</b>	00:51 37	00:37 176	01:28 489	02:43 1,916	07:59 76	00:19 <b>13:57</b> <b>2,694</b>	7,534	175	76%
Katie Le Flem	25	<b>Mins:</b> <b>MEPs:</b>	07:03 429	07:09 738	06:09 333	01:51 652	02:43 444	01:51 <b>26:46</b> <b>2,596</b>	7,873	181	60%
Sue Davis	28	<b>Mins:</b> <b>MEPs:</b>	30:23 1,753	29:13 652	05:26 123	00:41 4	00:01 0	00:00 <b>65:44</b> <b>2,532</b>	10,252	150	50%
Leyon Joseph	22	<b>Mins:</b> <b>MEPs:</b>	12:35 465	07:45 488	04:04 702	03:54 676	02:49 64	00:16 <b>31:23</b> <b>2,395</b>	12,425	175	56%
Moreton	22	<b>Mins:</b> <b>MEPs:</b>	01:53 394	06:34 1,224	10:12 639	03:33 132	00:33 0	00:00 <b>22:45</b> <b>2,389</b>	18,451	136	61%
Melanie finch	18	<b>Mins:</b> <b>MEPs:</b>	04:58 585	09:45 632	05:16 681	03:47 412	01:43 56	00:14 <b>25:43</b> <b>2,366</b>	6,873	171	59%
Niamh Moreton	29	<b>Mins:</b> <b>MEPs:</b>	02:48 365	06:05 730	06:05 603	03:21 580	02:25 52	00:13 <b>20:57</b> <b>2,330</b>	7,943	183	62%
Ollie Davis	9	<b>Mins:</b> <b>MEPs:</b>	03:38 243	04:03 462	03:51 702	03:54 708	02:57 212	00:53 <b>19:16</b> <b>2,327</b>	12,302	184	64%
Boo Donovan	9	<b>Mins:</b> <b>MEPs:</b>	02:25 410	06:50 792	06:36 549	03:03 528	02:12 8	00:02 <b>21:08</b> <b>2,287</b>	7,202	171	62%
Lee Cooper	15	<b>Mins:</b> <b>MEPs:</b>	02:44 387	06:27 586	04:53 546	03:02 536	02:14 164	00:41 <b>20:01</b> <b>2,219</b>	11,402	186	63%
Charlie Ferrier	6	<b>Mins:</b> <b>MEPs:</b>	06:27 239	03:59 348	02:54 438	02:26 764	03:11 388	01:37 <b>20:34</b> <b>2,177</b>	9,711	199	62%
Paul Davis	16	<b>Mins:</b> <b>MEPs:</b>	21:34 842	14:02 624	05:12 408	02:16 240	01:00 0	00:00 <b>44:04</b> <b>2,114</b>	14,280	169	51%
Jess Mayes	10	<b>Mins:</b> <b>MEPs:</b>	02:20 204	03:24 280	02:20 417	02:19 1,092	04:33 108	00:27 <b>15:23</b> <b>2,101</b>	6,986	193	67%
Paul Nichols	13	<b>Mins:</b> <b>MEPs:</b>	09:06 524	08:44 876	07:18 474	02:38 220	00:55 0	00:00 <b>28:41</b> <b>2,094</b>	12,165	153	55%
Michael Leevy	11	<b>Mins:</b> <b>MEPs:</b>	00:45 132	02:12 840	07:00 807	04:29 124	00:31 148	00:37 <b>15:34</b> <b>2,051</b>	9,084	176	67%

Inez Daly	15	<b>Mins:</b> <b>MEPs:</b>	08:16 935	15:35 802	06:41 246	01:22 64	00:16 0	00:00 <b>32:10</b> <b>2,047</b>	9,361	169	54%
sam allen	15	<b>Mins:</b> <b>MEPs:</b>	11:13 535	08:55 536	04:28 285	01:35 320	01:20 336	01:24 <b>28:55</b> <b>2,012</b>	7,156	188	56%
Ian Cooke	13	<b>Mins:</b> <b>MEPs:</b>	01:58 400	06:40 884	07:22 447	02:29 244	01:01 4	00:01 <b>19:31</b> <b>1,979</b>	11,313	163	61%
Anne Harper	28	<b>Mins:</b> <b>MEPs:</b>	08:47 1,377	22:57 408	03:24 174	00:58 12	00:03 0	00:00 <b>36:09</b> <b>1,971</b>	6,994	150	53%
Pene colwell	22	<b>Mins:</b> <b>MEPs:</b>	04:58 359	05:59 616	05:08 699	03:53 288	01:12 0	00:00 <b>21:10</b> <b>1,962</b>	6,429	161	59%
Lyn Fuller	9	<b>Mins:</b> <b>MEPs:</b>	01:17 305	05:05 760	06:20 315	01:45 328	01:22 60	00:15 <b>16:04</b> <b>1,768</b>	5,617	170	62%
Grant Tout	13	<b>Mins:</b> <b>MEPs:</b>	07:25 696	11:36 698	05:49 303	01:41 40	00:10 4	00:01 <b>26:42</b> <b>1,741</b>	9,920	159	55%
Clare Rhodes	19	<b>Mins:</b> <b>MEPs:</b>	66:40 710	11:50 382	03:11 390	02:10 240	01:00 4	00:01 <b>84:52</b> <b>1,726</b>	6,295	176	45%
Brooke Bryan	19	<b>Mins:</b> <b>MEPs:</b>	02:27 503	08:23 492	04:06 381	02:07 272	01:08 12	00:03 <b>18:14</b> <b>1,660</b>	10,315	169	59%
Annmarie Cooper	14	<b>Mins:</b> <b>MEPs:</b>	11:03 257	04:17 202	01:41 492	02:44 660	02:45 48	00:12 <b>22:42</b> <b>1,659</b>	4,777	169	55%
Tasmin Smith	9	<b>Mins:</b> <b>MEPs:</b>	32:31 529	08:49 352	02:56 258	01:26 168	00:42 344	01:26 <b>47:50</b> <b>1,651</b>	5,269	203	45%
Fiona Brent	12	<b>Mins:</b> <b>MEPs:</b>	06:25 198	03:18 272	02:16 828	04:36 328	01:22 8	00:02 <b>17:59</b> <b>1,634</b>	4,706	164	58%
Leanne Gelder	17	<b>Mins:</b> <b>MEPs:</b>	05:26 431	07:11 472	03:56 432	02:24 240	01:00 8	00:02 <b>19:59</b> <b>1,583</b>	5,404	167	57%
Peter Brent	15	<b>Mins:</b> <b>MEPs:</b>	04:53 256	04:16 344	02:52 459	02:33 508	02:07 16	00:04 <b>16:45</b> <b>1,583</b>	7,928	163	59%
Britt Megahey	14	<b>Mins:</b> <b>MEPs:</b>	04:47 848	14:08 524	04:22 132	00:44 44	00:11 4	00:01 <b>24:13</b> <b>1,552</b>	11,656	173	55%
Mark Mayes	23	<b>Mins:</b> <b>MEPs:</b>	08:38 614	10:14 392	03:16 159	00:53 376	01:34 8	00:02 <b>24:37</b> <b>1,549</b>	7,976	153	54%
Louisa Alexander	10	<b>Mins:</b> <b>MEPs:</b>	01:23 88	01:28 140	01:10 435	02:25 788	03:17 64	00:16 <b>09:59</b> <b>1,515</b>	5,280	195	69%

Jenny Burrell	8	<b>Mins:</b>	03:43	07:36	04:28	02:10	00:24	00:01	<b>18:22</b>	5,225	171	58%
		<b>MEPs:</b>		456	536	390	96	4	<b>1,482</b>			
Larissa Bryan	23	<b>Mins:</b>	10:18	06:07	04:06	02:25	00:46	00:00	<b>23:42</b>	5,371	166	52%
		<b>MEPs:</b>		367	492	435	184	0	<b>1,478</b>			
Jenny Heywood	11	<b>Mins:</b>	01:49	09:14	06:49	00:33	00:00	00:00	<b>18:25</b>	4,035	141	57%
		<b>MEPs:</b>		554	818	99	0	0	<b>1,471</b>			
Becky Burningham	13	<b>Mins:</b>	35:57	11:41	02:04	01:11	01:14	00:00	<b>52:07</b>	4,789	173	48%
		<b>MEPs:</b>		701	248	213	296	0	<b>1,458</b>			
Clare Stringer	21	<b>Mins:</b>	34:49	11:12	03:24	01:02	00:30	00:17	<b>51:14</b>	4,790	175	47%
		<b>MEPs:</b>		672	408	186	120	68	<b>1,454</b>			
Melissa Beadsworth	10	<b>Mins:</b>	03:33	03:11	02:17	01:53	01:27	01:14	<b>13:35</b>	3,992	166	62%
		<b>MEPs:</b>		191	274	339	348	296	<b>1,448</b>			
sue wierzbicki	9	<b>Mins:</b>	03:21	05:49	03:58	03:04	00:14	00:00	<b>16:26</b>	4,986	162	58%
		<b>MEPs:</b>		349	476	552	56	0	<b>1,433</b>			
kerry mackin	11	<b>Mins:</b>	04:28	05:12	02:43	02:24	01:26	00:04	<b>16:17</b>	5,188	183	59%
		<b>MEPs:</b>		312	326	432	344	16	<b>1,430</b>			
Emily Webb	10	<b>Mins:</b>	02:36	03:11	02:28	02:49	01:38	00:08	<b>12:50</b>	4,204	170	62%
		<b>MEPs:</b>		191	296	507	392	32	<b>1,418</b>			
George Mayes	19	<b>Mins:</b>	09:08	08:34	03:45	01:47	00:31	00:00	<b>23:45</b>	5,273	169	53%
		<b>MEPs:</b>		514	450	321	124	0	<b>1,409</b>			
Paul Caiger-Watson	16	<b>Mins:</b>	25:14	08:10	03:53	01:43	00:32	00:04	<b>39:36</b>	8,140	176	47%
		<b>MEPs:</b>		490	466	309	128	16	<b>1,409</b>			
Sarah-Jane Tarr	13	<b>Mins:</b>	05:58	03:27	02:07	03:52	00:53	00:00	<b>16:17</b>	5,766	190	56%
		<b>MEPs:</b>		207	254	696	212	0	<b>1,369</b>			
Emily Payne	22	<b>Mins:</b>	11:06	12:34	02:52	01:11	00:07	00:00	<b>27:50</b>	5,709	165	51%
		<b>MEPs:</b>		754	344	213	28	0	<b>1,339</b>			
Francis Worsley	18	<b>Mins:</b>	03:40	08:50	02:11	01:20	01:14	00:00	<b>17:15</b>	10,373	176	57%
		<b>MEPs:</b>		530	262	240	296	0	<b>1,328</b>			
Amanda Mansell	11	<b>Mins:</b>	03:34	07:59	04:06	01:51	00:05	00:01	<b>17:36</b>	5,565	180	56%
		<b>MEPs:</b>		479	492	333	20	4	<b>1,328</b>			
Richard Jarman	11	<b>Mins:</b>	10:34	05:44	03:14	01:41	01:06	00:04	<b>22:23</b>	6,932	161	52%
		<b>MEPs:</b>		344	388	303	264	16	<b>1,315</b>			
Hayley SK	10	<b>Mins:</b>	10:55	06:25	02:48	01:47	01:07	00:01	<b>23:03</b>	5,305	183	52%
		<b>MEPs:</b>		385	336	321	268	4	<b>1,314</b>			

Dan Banks	5	<b>Mins:</b> <b>MEPs:</b>	00:31 65	01:05 126	01:03 231	01:17 428	01:47 460	01:55 <b>07:38</b>	<b>1,310</b>	7,023	186	75%
Sandy Saunders	8	<b>Mins:</b> <b>MEPs:</b>	05:28 142	02:22 352	02:56 537	02:59 276	01:09 0	00:00 <b>14:54</b>	<b>1,307</b>	6,511	154	58%
Michelle Nelsonp	10	<b>Mins:</b> <b>MEPs:</b>	02:51 243	04:03 758	06:19 306	01:42 0	00:00 0	00:00 <b>14:55</b>	<b>1,307</b>	4,827	148	59%
Joanne Monks	10	<b>Mins:</b> <b>MEPs:</b>	52:25 478	07:58 272	02:16 207	01:09 52	00:13 0	00:00 <b>64:01</b>	<b>1,009</b>	3,671	163	45%
Frair Burgess	5	<b>Mins:</b> <b>MEPs:</b>	04:31 266	04:26 470	03:55 114	00:38 0	00:00 0	00:00 <b>13:30</b>	<b>850</b>	2,984	141	54%
Kirsty Garratt	4	<b>Mins:</b> <b>MEPs:</b>	00:12 52	00:52 126	01:03 411	02:17 80	00:20 0	00:00 <b>04:44</b>	<b>669</b>	1,259	163	67%
Rachel Dunn	4	<b>Mins:</b> <b>MEPs:</b>	00:08 176	02:56 320	02:40 105	00:35 52	00:13 0	00:00 <b>06:32</b>	<b>653</b>	2,091	152	61%
Sophia Cooper	5	<b>Mins:</b> <b>MEPs:</b>	00:43 185	03:05 262	02:11 69	00:23 12	00:03 12	00:03 <b>06:28</b>	<b>540</b>	2,072	187	58%
Chris Cullen	5	<b>Mins:</b> <b>MEPs:</b>	03:04 64	01:04 110	00:55 309	01:43 56	00:14 0	00:00 <b>07:00</b>	<b>539</b>	2,663	161	56%
Morgan saunders	3	<b>Mins:</b> <b>MEPs:</b>	00:11 62	01:02 116	00:58 30	00:10 244	01:01 44	00:11 <b>03:33</b>	<b>496</b>	1,419	178	68%
BINA WILSON	2	<b>Mins:</b> <b>MEPs:</b>	21:13 299	04:59 116	00:58 18	00:06 0	00:00 0	00:00 <b>27:16</b>	<b>433</b>	1,748	144	45%
phil pafford	3	<b>Mins:</b> <b>MEPs:</b>	00:20 49	00:49 76	00:38 69	00:23 104	00:26 68	00:17 <b>02:53</b>	<b>366</b>	2,132	189	66%
Faye colwell	3	<b>Mins:</b> <b>MEPs:</b>	00:24 59	00:59 74	00:37 135	00:45 88	00:22 0	00:00 <b>03:07</b>	<b>356</b>	1,200	164	63%
Kate Mardel-Ferreira	1	<b>Mins:</b> <b>MEPs:</b>	02:07 42	00:42 48	00:24 45	00:15 116	00:29 12	00:03 <b>04:00</b>	<b>263</b>	955	179	55%
Henry Charles	3	<b>Mins:</b> <b>MEPs:</b>	00:27 87	01:27 142	01:11 21	00:07 0	00:00 0	00:00 <b>03:12</b>	<b>250</b>	1,260	147	57%
Tim Donovan	1	<b>Mins:</b> <b>MEPs:</b>	00:12 46	00:46 26	00:13 51	00:17 104	00:26 0	00:00 <b>01:54</b>	<b>227</b>	1,203	160	64%
Matthew Guille	2	<b>Mins:</b> <b>MEPs:</b>	00:41 68	01:08 66	00:33 72	00:24 8	00:02 0	00:00 <b>02:48</b>	<b>214</b>	1,103	126	57%