

Week 8 : Beat your PR

Participant Name	Activity	Previous PR	New PR
Alanna	Cycling	Longest distance	54.3km
Nanami	Running	Longest distance without stopping	1.8km (no stopping)
Joshua	Running	Fastest 3km	20 mins 04 secs
Justin	Running	Fastest 2.5 mile	24mins 1 secs
Katelyn	Running	Longest distance	12.1km
Helen	Running	Longest distance	33 mins 21 secs
Rachel	running	PR for elevation	2hours 5 mins
Ariel	Running	Longest time	44 mins 37 secs
Timme	Cycling	Longest distance	54km
Felicia	Running	Longest time	27 mins 33 secs
Bronwyn	Trail running	Longest trail distance	9km