

Name of runner	Date	Distance	Name of race	Time	WMA
Alex Wasley	12/01/2025	10k	Hatfield 10k	40:55	64.65%
Andy Chapman	12/01/2025	10k	Hatfield 10k	49:16	57.86%
Charlie Day	12/01/2025	10k	Hatfield 10k	01:11:19	37.02%
Connie Richardson	12/01/2025	10k	Hatfield 10k	01:04:20	46.23%
Graham Eden	12/01/2025	10k	Hatfield 10k	44:13	61.96%
Jon Boe	12/01/2025	10k	Hatfield 10k	58:35	52.03%
Kerry Cunnane	12/01/2025	10k	Hatfield 10k	56:52	54.65%
Martin Wasley	12/01/2025	10k	Hatfield 10k	01:01:16	47.69%
Neal Crawley	12/01/2025	10k	Hatfield 10k	48:11	66.13%
Phil Gover	12/01/2025	10k	Hatfield 10k	54:57	50.25%
Scott Crawford	12/01/2025	Half	WTF Zig-Zag Half Marathon	2:32:43	n/a
Ian Harvey	18/01/2025	10 miles	Wild Running: Dark Skies Surrey Hilla	1:50:07	N/A
Jodie Kantas	18/01/2025	10 miles	Wild Running: Dark Skies Surrey Hilla	1:50:07	N/A
Alex Wasley	19/01/2025	10 miles	run rebel BrighTEN 10 mile	1:06:41	65.65%
Martin Wasley	19/01/2025	10 miles	run rebel BrighTEN 10 mile	01:44:36	46.16%
Melissa Tanti	19/01/2025	10 miles	run rebel BrighTEN 10 mile	1:32:31	53.56%
Jodie Kantas	25/01/2025	25 Miles	ARC of Attrition (UTMB)	05:17:26	N/A
Lewis Green	25/01/2025	25 miles	ARC of Attrition (UTMB)	06:05:30	N/A
Ben Murphy	26/01/2025	5k	Essendon 5	25:38	N/A
Caitlin Evans	26/01/2025	10 miles	Bedford 10	1:39:09	49.42%
Charlie Day	26/01/2025	5k	Essendon 5	38:41	N/A
Connie Richardson	26/01/2025	10 miles	Bedford 10	1:45:16	46.55%
Conor O'Neill	26/01/2025	10 miles	Bedford 10	1:17:44	60.07%
Denise Ricot	26/01/2025	10 miles	Bedford 10	1:53:04	56.25%
Ian Young	26/01/2025	10 miles	Bedford 10	1:16:00	66.34%
Jacky Murphy	26/01/2025	5k	Essendon 5	32:51	N/A
Katie Mitham	26/01/2025	10 miles	Bedford 10	1:20:39	60.87%
Katka Laughton	26/01/2025	10 miles	Bedford 10	1:25:58	64.55%
Martin Harris	26/01/2025	10 miles	Bedford 10	1:11:36	61.52%
Richard Moore	26/01/2025	10 miles	Bedford 10	1:27:34	54.67%
Scott Crawford	26/01/2025	10 miles	Bedford 10	1:47:45	46.79%
Simona Leadbetter	26/01/2025	10 miles	Bedford 10	1:44:57	50.18%
Alex Wasley	01/02/2025	10k	Queen Elizabeth Olympic Park 5k and 10k	38:27	68.80%

Denise Ricot	01/02/2025	Half	Watford Half Marathon	2:35:20	54.38%
Martin Wasley	01/02/2025	5k	Queen Elizabeth Olympic Park 5k and 10k	28:17	51.24%
Melissa Tanti	01/02/2025	5k	Queen Elizabeth Olympic Park 5k and 10k	26:17	56.42%
Simon Lodge	01/02/2025	10k	Queen Elizabeth Olympic Park 5k and 10k	38:16	81.78%
Scott Crawford	02/02/2025	Half	OMG One More Mile to Go	2:55:53	N/A
Suzy Taylor	02/02/2025	10k	OMG One More Mile to Go	1:56:01	N/A
Emma Mead	09/02/2025	Marathon	Run for Cake	05:27:39	N/A
Lisa Liversidge	09/02/2025	Marathon	Run for Cake	05:27:39	N/A
Ashley Bates	15/02/2025	5k	Battersea Park 5k	24:02	55.89%
Aaron Reynolds	16/02/2025	10k	ATW Love Welwyn Garden City 10k	41:50	63.31%
Andy Chapman	16/02/2025	-	Cross Country Race 5 - Watford	52:04	N/A
Ben Murphy	16/02/2025	10k	ATW Love Welwyn Garden City 10k	50:45	52.04%
Charlie Day	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:09:17	38.10%
Chloe Fox	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:13:31	40.46%
Conor O'Neill	16/02/2025	-	Cross Country Race 5 - Watford	45:43	N/A
Emma Wick	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:14:47	40.84%
John Harris	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:02:29	43.26%
Katie Mitham	16/02/2025	10k	ATW Love Welwyn Garden City 10k	55:18	54.04%
Ken Hall	16/02/2025	-	Cross Country Race 5 - Watford	54:21	N/A
Martin Harris	16/02/2025	10k	ATW Love Welwyn Garden City 10k	55:18	48.18%
Neal Crawley	16/02/2025	-	Cross Country Race 5 - Watford	52:41	N/A
Scott Crawford	16/02/2025	Half	R.I.O.T - Running is Our Therapy	02:33:18	N/A
Andy Chapman	23/02/2025	Half	Baldock Beast	2:04:33	50.45%
Bobby Buckley	23/02/2025	Half	Baldock Beast	1:54:15	50.93%
Caitlin Evans	23/02/2025	Half	Baldock Beast	2:16:13	47.69%
Connie Richardson	23/02/2025	Half	Baldock Beast	2:24:39	44.91%
Conor O'Neill	23/02/2025	Half	Baldock Beast	1:44:12	59.80%
Damla Akkul	23/02/2025	Half	Baldock Beast	1:57:53	55.34%
Emma Mead	23/02/2025	Half	Baldock Beast	2:05:00	56.29%
Greg Lasenby	23/02/2025	Half	Baldock Beast	2:04:08	47.88%
John Harris	23/02/2025	10k	London Winter 10k	53:39	50.38%
James Woodcock	23/02/2025	Half	Baldock Beast	1:53:42	51.70%
Kath Phoenix	23/02/2025	Half	Bedford Half Marathon	1:44:50	62.58%
Katie Mitham	23/02/2025	10k	London Winter 10k	53:23	55.98%

2nd Claim

Katka Laughton	23/02/2025	Half	Baldock Beast	1:56:30	63.12%	
Kerry Cunnane	23/02/2025	10k	London Winter 10k	59:23	52.33%	
Lewis Green	23/02/2025	Half	Baldock Beast	1:43:55	58.97%	
Lisa Liversidge	23/02/2025	Half	Baldock Beast	2:15:44	59.81%	
Martin Harris	23/02/2025	10k	London Winter 10k	53:21	49.94%	
Neal Crawley	23/02/2025	10k	London Winter 10k	48:40	65.47%	
Phil Gover	23/02/2025	Half	Baldock Beast	2:26:32	41.14%	
Emma Mead	02/03/2025	Marathon	Chiltern Kanter	6:58:00	N/A	
Jodie Kantas	02/03/2025	Marathon	Chiltern Kanter	6:58:00	N/A	
Lisa Liversidge	02/03/2025	Marathon	Chiltern Kanter	6:58:00	N/A	
Katie Mitham	02/03/2025	Half	Roma Half Marathon	1:48:05	60.25%	
Martin Harris	02/03/2025	Half	Roma Half Marathon	1:48:06	53.97%	
Melissa Tanti	02/03/2025	5k	Great Yarmouth 5k	27:11	54.56%	
Debbie Pierson	02/03/2025	5 mile	Berkhamsted 5 mile fun run	58:02	47.42%	
Bobby Buckley	08/03/2025	Ultra	Thunder 50k Ultra	4:06	N/A	
James Woodcock	08/03/2025	Ultra	Thunder 50k Ultra	4:06	N/A	
Peter Tungate	09/03/2025	Half	Stowmarket Half Marathon	1:47:56	57.74%	
Garry Wallace	09/03/2025	10 miles	The Granite Way 10 miles	1:37:24	N/A	2nd Claim
Conor O'Neill	09/03/2025	Half	Cambridge Half Marathon	1:44:18	59.75%	
Richard Moore	09/03/2025	Half	Cambridge Half Marathon	1:51:21	56.91%	
Kerry Cunnane	09/03/2025	Half	Cambridge Half Marathon	2:14:13	50.33%	
Caitlin Evans	09/03/2025	Half	Cambridge Half Marathon	2:15:00	48.12%	
David Poulter	09/03/2025	Half	Cambridge Half Marathon	2:30:46	43.90%	
Scott Crawford	09/03/2025	Half	Cambridge Half Marathon	2:34:00	43.35%	
Charlie Day	09/03/2025	Half	Cambridge Half Marathon	2:56:41	32.84%	
Katie Mitham	16/03/2025	20 miles	Essex 20	2:57:39	56.88%	
Caitlin Evans	16/03/2025	20 miles	Essex 20	3:36:17	46.69%	
Aaron Reynolds	16/03/2025	Half	Bath Half	1:34:00	61.90%	2nd Claim
Melissa Tanti	16/03/2025	Half	Bath Half	2:07:57	51.27%	
Garry Wallace	16/03/2025	Half	Bath Half	2:05:32	59.60%	2nd Claim
Nicholas West	16/03/2025	Half	Richmond Riverside Half Marathon	2:14:57	45.04%	
Andrew Liddle	16/03/2025	Half	MK Half	2:02:00	47.82%	2nd Claim
Scott Crawford	22/03/2025	Half	Zig Zag Running Calf Half	2:33:18	N/A	
Ben Murphy	23/03/2025	10k	Lee Valley 10k	49:30	53.35%	

