

## Stevenage Phoenix Running Club - results 2023

| Name of runner   | Date       | Distance | Name of race                         | Time     | Wava   |
|------------------|------------|----------|--------------------------------------|----------|--------|
| Ashley Bates     | 15/01/2023 | Half     | Zig zag mid month mayhem             | 02:26:02 | 41.25% |
| Gemma Holloway   | 15/01/2023 | Half     | Zig zag mid month mayhem             | 02:26:02 | 45.34% |
| Chris Leigh      | 20/01/2023 | Half     | Phoenix On the Run Friday trail half | 02:08:19 | 56.46% |
| Gemma Holloway   | 22/01/2023 | Half     | Farnborough winter half              | 02:11:34 | 50.32% |
| Eleanor Williams | 29/01/2023 | 10 miles | ATW Bedford 10                       | 01:54:36 | 43.92% |
| Emma Mead        | 29/01/2023 | 10 miles | ATW Bedford 10                       | 01:33:10 | 56.71% |
| Joanna Szuciakow | 29/01/2023 | 10 miles | ATW Bedford 10                       | 01:40:20 | 52.23% |
| Lewis Green      | 29/01/2023 | 10 miles | ATW Bedford 10                       | 01:23:59 | 55.81% |
| Katka Laughton   | 04/02/2023 | Half     | London Landmarks h                   | 01:54:45 | 63.40% |
| Simon Burton     | 05/02/2023 | 10k      | London Winter Run                    | 01:02:31 | 46.48% |
| Eleanor Williams | 05/02/2023 | 10k      | London Winter Run                    | 01:05:18 | 47.06% |
| Alex Smith       | 05/02/2023 | Half     | Watford half                         | 03:09:51 | 31.54% |
| Angela Goodwin   | 05/02/2023 | Half     | Watford half                         | 02:38:09 | 48.92% |
| Ashley Bates     | 05/02/2023 | Half     | Watford half                         | 02:00:30 | 49.99% |
| Clare Smith      | 05/02/2023 | Half     | Watford half                         | 03:09:50 | 35.10% |
| Gemma Holloway   | 05/02/2023 | Half     | Watford half                         | 02:16:20 | 48.56% |
| Stefanie Gransby | 05/02/2023 | Half     | Watford half                         | 02:38:10 | 42.72% |
| Eleanor Williams | 12/02/2023 | Half     | Rayne-ing medals ar                  | 02:48:24 | 39.57% |
| Chris Leigh      | 18/02/2023 | 10k      | Hyde Park 10k                        | 54:00:00 | 61.29% |
| Emma Mead        | 18/02/2023 | Half     | Zig Zag Lucky Clove                  | 02:07:59 | 54.66% |
| Isobel Macdougla | 19/02/2023 | Half     | Richmond half                        | 01:59:32 | 55.02% |

|                    |            |          |                        |          |        |
|--------------------|------------|----------|------------------------|----------|--------|
| Jodie Kantas       | 19/02/2023 | Half     | Richmond half          | 01:59:06 | 57.06% |
| Peter Tungate      | 19/02/2023 | Half     | Richmond half          | 01:43:58 | 60.70% |
| Dawn Loynes        | 26/02/2023 | 10k      | Bedford (ATW)          | 59:59:00 | 55.94% |
| Emma Mead          | 26/02/2023 | 10k      | Bedford (ATW)          | 53:03:00 | 60.82% |
| Greg Bradbury      | 26/02/2023 | 10k      | Bedford (ATW)          | 44:34:00 | 63.28% |
| Sue Bryson         | 26/02/2023 | 10k      | Bedford (ATW)          | 56:47:00 | 62.04% |
| Ashley Bates       | 26/02/2023 | Half     | The Baldock Beast      | 01:58:50 | 50.69% |
| Eleanor Williams   | 26/02/2023 | Half     | The Baldock Beast      | 02:36:38 | 42.54% |
| Joanna Szuciako    | 26/02/2023 | Half     | Bedford (ATW)          | 02:10:56 | 52.99% |
| Lewis Green        | 26/02/2023 | Half     | The Baldock Beast      | 01:47:00 | 58.05% |
| Dawn Loynes        | 05/03/2023 | 20 miles | The Oundle 20          | 04:02:54 | 50.20% |
| Sue Bryson         | 05/03/2023 | 20 miles | The Oundle 20          | 03:55:43 | 51.80% |
| Andrew Liddle      | 05/03/2023 | Half     | The Cambridge half     | 01:56:08 | 51.02% |
| Eleanor Williams   | 05/03/2023 | Half     | The Cambridge half     | 02:31:36 | 39.50% |
| Isobel MacDougall  | 05/03/2023 | Half     | The Cambridge half     | 01:58:04 | 55.71% |
| Jodie Kantas       | 05/03/2023 | Half     | The Cambridge half     | 01:47:59 | 62.93% |
| Lewis Green        | 05/03/2023 | Half     | The Cambridge half     | 01:41:15 | 61.34% |
| Paul Smith         | 05/03/2023 | Half     | The Cambridge half     | 01:37:05 | 74.62% |
| Scott Crawford     | 05/03/2023 | Half     | The Cambridge half     | 02:08:30 | 52.50% |
| Tim Saban          | 05/03/2023 | Half     | Bideford half          | 01:40:52 | 68.05% |
| Emma Mead          | 12/03/2023 | 10k      | MK Festival of running | 56:44:00 | 56.87% |
| Greg Bradbury      | 12/03/2023 | 10k      | MK Festival of running | 46:14:00 | 61.00% |
| Jodie Kantas       | 12/03/2023 | 10k      | MK Festival of running | 51:00:00 | 61.46% |
| Laura Luhman       | 12/03/2023 | 10k      | MK Festival of running | 01:07:17 | 47.20% |
| Sue Leigh          | 12/03/2023 | 10k      | MK Festival of running | 01:07:17 | 56.67% |
| Andrew Liddle      | 12/03/2023 | 20 miles | MK Festival of running | 03:06:07 | 49.90% |
| Ashley Bates       | 12/03/2023 | 20 miles | MK Festival of running | 03:50:44 | 40.78% |
| Lewis Green        | 12/03/2023 | 20 miles | MK Festival of running | 03:02:42 | 53.07% |
| Chris Leigh        | 12/03/2023 | 5k       | MK Festival of running | 23:36    | 67.37% |
| Dawn Loynes        | 12/03/2023 | Half     | MK Festival of running | 02:29:54 | 48.54% |
| Sue Bryson         | 12/03/2023 | Half     | MK Festival of running | 02:19:35 | 54.73% |
| Ashley Bates       | 19/03/2023 | 10 miles | Twin Lakes 10          | 01:49:35 | 41.49% |
| Jodie Kantas       | 19/03/2023 | 10k      | Victoria Park          | 48:19:00 | 64.87% |
| Angela Goodwin     | 19/03/2023 | 20 miles | Twin Lakes 20          | 04:28:45 | 46.04% |
| Gemma Holloway     | 19/03/2023 | 20 miles | Twin Lakes 20          | 03:49:38 | 44.88% |
| Stef Gransby       | 19/03/2023 | 20 miles | Twin Lakes 20          | 04:28:46 | 39.37% |
| Mel Tanti          | 22/03/2023 | 10k      | Chase the moon Bat     | 59:24:00 | 51.29% |
| Eleanor Williams   | 26/03/2023 | 10k      | Lee Valley             | 01:14:00 | 41.53% |
| Amy Whitby         | 26/03/2023 | 10k      | Lee Valley             | 01:15:37 | 44.37% |
| Natalie Liversidge | 26/03/2023 | 20 miles | Oakley                 | 04:07:24 | 41.48% |
| Paul Smith         | 26/03/2023 | 20 miles | Oakley                 | 02:51:02 | 66.44% |
| Joanna Szuciako    | 26/03/2023 | Half     | Lee Valley             | 02:19:41 | 49.67% |
| Mark Legate        | 02/04/2023 | 10 miles | Sandy                  | 01:28:33 | 58.38% |
| Angela Goodwin     | 02/04/2023 | Half     | London Landmarks       | 02:38:05 | 48.94% |

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|--------------------|------------|----------|------------------|----------|--------|
| Darren Gilbert     | 02/04/2023 | Half     | London Landmarks | 02:12:49 | 45.35% |
| Greg Bradbury      | 02/04/2023 | Half     | London Landmarks | 01:41:21 | 60.33% |
| Lisa Liversidge    | 02/04/2023 | Half     | High lodge hslf  | 02:16:20 | 59.02% |
| Lorraine Wyatt     | 02/04/2023 | Half     | High lodge hslf  | 02:39:03 | 51.98% |
| Natalie Liversidge | 02/04/2023 | Half     | High lodge hslf  | 02:39:00 | 41.64% |
| Dawn Loynes        | 02/04/2023 | Marathon | Brighton         | 05:31:30 | 47.24% |
| Lewis Green        | 02/04/2023 | Marathon | Brighton         | 04:11:25 | 51.28% |
| Stef Gransby       | 02/04/2023 | Marathon | Brighton         | 06:19:33 | 37.20% |
| Sue Bryson         | 02/04/2023 | Marathon | Brighton         | 05:31:31 | 49.75% |
| Tom McGrath        | 02/04/2023 | Marathon | Brighton         | 04:18:01 | 49.15% |
| Andrew Liddle      | 04/04/2023 | 5k       | Handicap race 1  | 22:32    | 57.91% |
| Ashley Bates       | 04/04/2023 | 5k       | Handicap race 1  | 25:52:00 | 51.62% |
| Catherine White    | 04/04/2023 | 5k       | Handicap race 1  | 36:10:00 | 50.06% |
| Colette Cooper     | 04/04/2023 | 5k       | Handicap race 1  | 24:50:00 | 62.87% |
| Darren Gilbert     | 04/04/2023 | 5k       | Handicap race 1  | 27:25:00 | 48.70% |
| Fran Levy          | 04/04/2023 | 5k       | Handicap race 1  | 28:28:00 | 73.39% |
| Garry Wallace      | 04/04/2023 | 5k       | Handicap race 1  | 30:39:00 | 53.74% |
| Gavin Cooper       | 04/04/2023 | 5k       | Handicap race 1  | 24:12:00 | 58.58% |
| Gemma Smith        | 04/04/2023 | 5k       | Handicap race 1  | 26:46:00 | 57.49% |
| Jodie Kantas       | 04/04/2023 | 5k       | Handicap race 1  | 23:30    | 65.07% |
| Jon Boe            | 04/04/2023 | 5k       | Handicap race 1  | 29:02:00 | 51.21% |
| Katie Barnard      | 04/04/2023 | 5k       | Handicap race 1  | 28:59:00 | 51.40% |
| Ken Hall           | 04/04/2023 | 5k       | Handicap race 1  | 25:49:00 | 68.27% |
| Laura Luhman       | 04/04/2023 | 5k       | Handicap race 1  | 30:39:00 | 50.56% |
| Louise Chancellor  | 04/04/2023 | 5k       | Handicap race 1  | 30:26:00 | 55.78% |
| Mark Legate        | 04/04/2023 | 5k       | Handicap race 1  | 24:07:00 | 62.66% |
| Neil Homewood      | 04/04/2023 | 5k       | Handicap race 1  | 28:58:00 | 56.36% |

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|--------------------|------------|----------|--------------------|----------|--------|
| Olivia White       | 04/04/2023 | 5k       | Handicap race 1    | 37:26:00 | 39.54% |
| Paul Smith         | 04/04/2023 | 5k       | Handicap race 1    | 21:48    | 72.94% |
| Peter Tungate      | 04/04/2023 | 5k       | Handicap race 1    | 21:18    | 65.54% |
| Russ Wingfield     | 04/04/2023 | 5k       | Handicap race 1    | 21:53    | 64.29% |
| Scott Crawford     | 04/04/2023 | 5k       | Handicap race 1    | 27:15:00 | 54.56% |
| Steve Wood         | 04/04/2023 | 5k       | Handicap race 1    | 33:26:00 | 53.37% |
| Suzy Taylor        | 04/04/2023 | 5k       | Handicap race 1    | 36:50:00 | 47.88% |
| Wendy Summerbee    | 04/04/2023 | 5k       | Handicap 5k race 3 | 37:11:00 | 49.35% |
| Ashley Bates       | 12/04/2023 | 5k       | Resolution 5k      | 25:57:00 | 51.45% |
| Colette Cooper     | 12/04/2023 | 5k       | Resolution 5k      | 24:47:00 | 63.00% |
| Gavin Cooper       | 12/04/2023 | 5k       | Resolution 5k      | 24:12:00 | 58.58% |
| Jodie Kantas       | 12/04/2023 | 5k       | Resolution 5k      | 23:20    | 65.54% |
| Ken Hall           | 12/04/2023 | 5k       | Resolution 5k      | 25:57:00 | 67.92% |
| Mark Legate        | 12/04/2023 | 5k       | Resolution 5k      | 23:44    | 63.68% |
| Mel Tanti          | 12/04/2023 | 5k       | Resolution 5k      | 28:35:00 | 52.00% |
| Neil Homewood      | 12/04/2023 | 5k       | Resolution 5k      | 29:45:00 | 54.87% |
| Peter Tungate      | 12/04/2023 | 5k       | Resolution 5k      | 21:29    | 64.99% |
| Russ Wingfield     | 12/04/2023 | 5k       | Resolution 5k      | 21:54    | 64.24% |
| Scott Crawford     | 12/04/2023 | 5k       | Resolution 5k      | 26:25:00 | 56.28% |
| Ken Hall           | 16/04/2023 | 10k      | Flitwick           | 54:34:00 | 67.23% |
| Andrew Liddle      | 16/04/2023 | Marathon | Manchester         | 04:06:08 | 50.69% |
| Ashley Bates       | 16/04/2023 | Marathon | Manchester         | 05:05:08 | 41.06% |
| Eleanor Williams   | 16/04/2023 | Marathon | Manchester         | 05:54:37 | 38.95% |
| Gemma Holloway     | 16/04/2023 | Marathon | Manchester         | 05:00:46 | 45.46% |
| Katka Laughton     | 16/04/2023 | Marathon | Manchester         | 04:11:42 | 62.22% |
| Paul Smith         | 16/04/2023 | Marathon | Manchester         | 04:00:31 | 62.99% |
| Angela Goodwin     | 23/04/2023 | Marathon | London             | 06:22:58 | 43.65% |
| Eleanor Williams   | 23/04/2023 | Marathon | London             | 06:03:33 | 37.99% |
| Natalie Liversidge | 23/04/2023 | Marathon | London             | 05:49:59 | 38.92% |
| Chris Leigh        | 29/04/2023 | 10k      | Hyde Park 10k      | 50:45:00 | 65.21% |
| Ashley Bates       | 30/04/2023 | 10k      | Hitchin            | 52:58:00 | 52.47% |
| Ken Hall           | 30/04/2023 | 10k      | Hitchin            | 52:09:00 | 70.35% |
| Russ Wingfield     | 30/04/2023 | 10k      | Hitchin            | 45:30:00 | 64.36% |
| Emma Mead          | 01/05/2023 | 10k      | Kimpton            | 58:39:00 | 55.01% |
| Gemma Smith        | 01/05/2023 | 10k      | Kimpton            | 59:10:00 | 53.68% |
| Eleanor Williams   | 06/05/2023 | 50km     | Run to the Sea     | 09:01:59 | N/a    |

|                 |            |          |                       |          |        |
|-----------------|------------|----------|-----------------------|----------|--------|
| Lewis Green     | 06/05/2023 | 50km     | Run to the Sea        | 06:15:30 | N/a    |
| Ian Harvey      | 07/05/2023 | 5k       | Victoria Park         | 20:14    | 67.46% |
| Ashley Bates    | 07/05/2023 | Half     | Morecombe             | 01:55:27 | 52.18% |
| Gemma Holloway  | 07/05/2023 | Half     | Morecombe             | 02:10:45 | 50.51% |
| Russ Wingfield  | 07/05/2023 | Half     | Greenway challenge    | 01:50:50 | 57.41% |
| Simon Burton    | 07/05/2023 | Half     | Greenway challenge    | 02:29:35 | 42.19% |
| Lewis Green     | 13/05/2023 | 50km     | Ultra Trail Snowdonia | 13:03:26 | N/a    |
| Emma Mead       | 13/05/2023 | Marathon | Zig zag birthday run  | 04:54:25 | 50.65% |
| Chris Leigh     | 14/05/2023 | 5 miles  | Marlow                | 43:14:00 | 60.82% |
| Fran Levy       | 14/05/2023 | 5 miles  | Marlow                | 45:31:00 | 75.04% |
| Greg Bradbury   | 14/05/2023 | 5 miles  | Marlow                | 34:07:00 | 65.68% |
| Andrew Liddle   | 14/05/2023 | Marathon | Leeds                 | 04:48:35 | 43.24% |
| Ian Harvey      | 21/05/2023 | 10 miles | Stort 10              | 01:23:56 | N/a    |
| Jodie Kantas    | 21/05/2023 | 10 miles | Stort 10              | 01:23:56 | N/a    |
| Lisa Liversidge | 21/05/2023 | 10 miles | Stort 10              | 01:32:00 | N/a    |
| Danny Bishop    | 22/05/2023 | 5k       | Handicap 5k race 2    | 24:51:00 | 53.36% |
| David Lloyd     | 22/05/2023 | 5k       | Handicap 5k race 2    | 36:08:00 | 43.62% |
| Emma Mead       | 22/05/2023 | 5k       | Handicap 5k race 2    | 25:42:00 | 61.25% |
| Gavin Cooper    | 22/05/2023 | 5k       | Handicap 5k race 2    | 23:14    | 61.02% |
| Gemma Smith     | 22/05/2023 | 5k       | Handicap 5k race 2    | 27:16:00 | 56.83% |
| Graham Eden     | 22/05/2023 | 5k       | Handicap 5k race 2    | 27:30:00 | 49.27% |
| Ian Harvey      | 22/05/2023 | 5k       | Handicap 5k race 2    | 20:11    | 67.63% |
| Ian Young       | 22/05/2023 | 5k       | Handicap 5k race 2    | 23:38    | 62.91% |
| James Woodcock  | 22/05/2023 | 5k       | Handicap 5k race 2    | 22:23    | 58.88% |
| Jenna Tipping   | 22/05/2023 | 5k       | Handicap 5k race 2    | 34:52:00 | 45.55% |
| Jodie Kantas    | 22/05/2023 | 5k       | Handicap 5k race 2    | 22:26    | 68.17% |
| Kat Fausset     | 22/05/2023 | 5k       | Handicap 5k race 2    | 27:50:00 | 59.50% |
| Katie Barnard   | 22/05/2023 | 5k       | Handicap 5k race 2    | 28:41:00 | 51.94% |
| Ken Hall        | 22/05/2023 | 5k       | Handicap 5k race 2    | 25:20:00 | 69.57% |
| Lewis Green     | 22/05/2023 | 5k       | Handicap 5k race 2    | 23:27    | 58.65% |

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|------------------|------------|----------|--------------------|----------|--------|
| Paul Smith       | 22/05/2023 | 5k       | Handicap 5k race 2 | 21:51    | 72.77% |
| Phil Gover       | 22/05/2023 | 5k       | Handicap 5k race 2 | 26:57:00 | 50.27% |
| Sandra Laird     | 22/05/2023 | 5k       | Handicap 5k race 2 | 30:03:00 | 59.46% |
| Stella Toresse   | 22/05/2023 | 5k       | Handicap 5k race 2 | 33:19:00 | 55.08% |
| Tom McGrath      | 22/05/2023 | 5k       | Handicap 5k race 2 | 22:12    | 61.03% |
| Emma Mead        | 29/05/2023 | 10k      | Hatfield Broad Oak | 53:35:00 | 60.21% |
| Garry Wallace    | 29/05/2023 | 10k      | Hatfield Broad Oak | 01:01:55 | 55.37% |
| Louise Chancello | 29/05/2023 | 10k      | Hatfield Broad Oak | 01:03:30 | 56.19% |
| Paul Smith       | 29/05/2023 | 10k      | Hatfield Broad Oak | 45:17:00 | 73.08% |
| Scott Crawford   | 29/05/2023 | 10k      | Hatfield Broad Oak | 56:10:00 | 55.10% |
| Ashley Bates     | 04/06/2023 | Marathon | Cork marathon      | 04:59:24 | 41.84% |
| Andrew Liddle    | 08/06/2023 | 5k       | Handicap 5k race 3 | 23:10    | 56.33% |
| Fran Levy        | 08/06/2023 | 5k       | Handicap 5k race 3 | 27:55:00 | 74.84% |
| Gavin Cooper     | 08/06/2023 | 5k       | Handicap 5k race 3 | 23:33    | 60.20% |
| Graham Eden      | 08/06/2023 | 5k       | Handicap 5k race 3 | 26:23:00 | 51.35% |
| Ian Young        | 08/06/2023 | 5k       | Handicap 5k race 3 | 23:06    | 64.37% |
| James Woodcock   | 08/06/2023 | 5k       | Handicap 5k race 3 | 21:15    | 62.02% |
| Jay Papa         | 08/06/2023 | 5k       | Handicap 5k race 3 | 22:12    | 58.11% |
| Jo Heasman       | 08/06/2023 | 5k       | Handicap 5k race 3 | 31:42:00 | 57.12% |
| Jon Boe          | 08/06/2023 | 5k       | Handicap 5k race 3 | 29:55:00 | 49.70% |
| Kath Phoenix     | 08/06/2023 | 5k       | Handicap 5k race 3 | 23:28    | 63.49% |
| Ken Hall         | 08/06/2023 | 5k       | Handicap 5k race 3 | 25:33:00 | 68.98% |
| Lewis Green      | 08/06/2023 | 5k       | Handicap 5k race 3 | 23:28    | 58.61% |
| Mark Blease      | 08/06/2023 | 5k       | Handicap 5k race 3 | 29:11:00 | 45.65% |

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|-------------------|------------|----------|--------------------------|----------|--------|
| Neil Homewood     | 08/06/2023 | 5k       | Handicap 5k race 3       | 29:14:00 | 55.84% |
| Russ Wingfield    | 08/06/2023 | 5k       | Handicap 5k race 3       | 22:28    | 62.62% |
| Wendy Summerbee   | 08/06/2023 | 5k       | Handicap 5k race 3       | 36:29:00 | 50.30% |
| Emma Mead         | 09/06/2023 | 5k       | Marston Forest 5k        | 25:13:00 | 62.47% |
| Ian Harvey        | 11/06/2023 | Half     | St Albans                | 02:19:09 | 44.63% |
| Jodie Kantas      | 11/06/2023 | Half     | St Albans                | 02:12:39 | 51.23% |
| Paul Smith        | 11/06/2023 | Half     | St Albans                | 01:58:56 | 55.76% |
| Scott Crawford    | 11/06/2023 | Half     | Southend                 | 02:21:35 | 47.64% |
| Wayne Simmons     | 11/06/2023 | Half     | St Albans                | 02:19:10 | 52.06% |
| Andrew Liddle     | 18/06/2023 | 10k      | Triffic trail Trent Park | 54:58:00 | N/a    |
| Emma Mead         | 18/06/2023 | 10k      | Triffic trail Trent Park | 57:18:00 | N/a    |
| Ian Harvey        | 18/06/2023 | 10k      | Triffic trail Trent Park | 48:19:00 | N/a    |
| Jay Papa          | 18/06/2023 | 10k      | Triffic trail Trent Park | 49:12:00 | N/a    |
| Jodie Kantas      | 18/06/2023 | 10k      | Triffic trail Trent Park | 57:18:00 | N/a    |
| Eleanor Williams  | 18/06/2023 | 50k      | Race to the King         | 10:47:50 | N/a    |
| Andrew Liddle     | 24/06/2023 | 10k      | Rutland 10k              | 48:25:00 | 56.10% |
| Ashley Bates      | 25/06/2023 | 10k      | Silsoe Stride            | 01:02:11 | N/a    |
| Garry Wallace     | 30/06/2023 | 10k      | Exeter 10k river run     | 59:19:00 | 57.80% |
| Louise Chancellor | 30/06/2023 | 10k      | Exeter 10k river run     | 01:01:20 | 57.44% |
| Denise Ricot      | 02/07/2023 | 10 miles | Ware 10                  | 02:12:03 | 47.94% |

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|-----------------|------------|------|--------------------|----------|--------|
| Lisa Liversidge | 02/07/2023 | Half | Chiltern ridge     | 02:42:00 | N/a    |
| Andrew Liddle   | 06/07/2023 | 5k   | Handicap 5k race 4 | 22:49    | 57.20% |
| Darren Gilbert  | 06/07/2023 | 5k   | Handicap 5k race 4 | 26:10:00 | 51.02% |
| Emma Mead       | 06/07/2023 | 5k   | Handicap 5k race 4 | 25:11:00 | 62.51% |
| Gemma Holloway  | 06/07/2023 | 5k   | Handicap 5k race 4 | 27:32:00 | 54.11% |
| Gemma Smith     | 06/07/2023 | 5k   | Handicap 5k race 4 | 27:56:00 | 55.47% |
| Graham Eden     | 06/07/2023 | 5k   | Handicap 5k race 4 | 25:27:00 | 53.24% |
| Greg Bradbury   | 06/07/2023 | 5k   | Handicap 5k race 4 | 21:39    | 62.58% |
| Jay Papa        | 06/07/2023 | 5k   | Handicap 5k race 4 | 21:57    | 58.77% |
| Jon Boe         | 06/07/2023 | 5k   | Handicap 5k race 4 | 29:18:00 | 50.75% |
| Kat Fausset     | 06/07/2023 | 5k   | Handicap 5k race 4 | 27:21:00 | 60.55% |
| Kath Phoenix    | 06/07/2023 | 5k   | Handicap 5k race 4 | 23:04    | 64.59% |
| Ken Hall        | 06/07/2023 | 5k   | Handicap 5k race 4 | 25:23:00 | 69.44% |
| Laura Luhman    | 06/07/2023 | 5k   | Handicap 5k race 4 | 31:18:00 | 49.51% |
| Mark Legate     | 06/07/2023 | 5k   | Handicap 5k race 4 | 26:05:00 | 58.43% |
| Neil Homewood   | 06/07/2023 | 5k   | Handicap 5k race 4 | 27:39:00 | 59.04% |
| Peter Tungate   | 06/07/2023 | 5k   | Handicap 5k race 4 | 21:40    | 64.44% |
| Sam Luhmen      | 06/07/2023 | 5k   | Handicap 5k race 4 | 27:18:00 | 51.14% |
| Scott Crawford  | 06/07/2023 | 5k   | Handicap 5k race 4 | 26:41:00 | 55.72% |
| Stella Toresse  | 06/07/2023 | 5k   | Handicap 5k race 4 | 31:50    | 57.65% |



|                  |            |          |                      |          |        |
|------------------|------------|----------|----------------------|----------|--------|
| Wendy Summerbee  | 06/07/2023 | 5k       | Handicap 5k race 4   | 36:32:00 | 50.23% |
| Lewis Green      | 09/07/2023 | 100k     | Race to the Stones   | 19:31:12 | N/a    |
| Ashley Bates     | 09/07/2023 | 10k      | Mitre 10k            | 52:17:00 | 53.54% |
| Brian Stapleton  | 09/07/2023 | 10k      | ASICS London 10k     | 01:18:07 | 42.37% |
| Laura Luhman     | 09/07/2023 | 10k      | ASICS London 10k     | 01:04:44 | 49.06% |
| Eleanor Williams | 09/07/2023 | 50k      | Race to the Stones   | 11:47:06 | N/a    |
| Danielle Murphy  | 09/07/2023 | 5k       | Race for Life Steven | 30:42:00 | N/a    |
| Jacky Murphy     | 09/07/2023 | 5k       | Race for Life Steven | 30:42:00 | N/a    |
| Jay Papa         | 16/07/2023 | 19 miles | Fairlands Challenge  | 03:13:14 | N/a    |
| Jodie Kantas     | 16/07/2023 | 19 miles | Fairlands Challenge  | 03:24:19 | N/a    |
| Ashley Bates     | 16/07/2023 | 50k      | Fairlands Challenge  | 08:20:43 | N/a    |
| Emma Mead        | 16/07/2023 | 50k      | Fairlands Challenge  | 08:20:44 | N/a    |
| Lisa Liversidge  | 16/07/2023 | 50k      | Fairlands Challenge  | 08:20:44 | N/a    |
| Peter Tungate    | 16/07/2023 | 50k      | Fairlands Challenge  | 08:20:44 | N/a    |
| Russ Wingfield   | 16/07/2023 | 50k      | Fairlands Challenge  | 08:20:43 | N/a    |
| Andrew Liddle    | 16/07/2023 | Half     | Fairlands Challenge  | 02:31:18 | N/a    |
| Chris Leigh      | 16/07/2023 | Half     | Fairlands Challenge  | 02:33:25 | N/a    |
| Gavin Cooper     | 16/07/2023 | Half     | Fairlands Challenge  | 02:31:09 | N/a    |
| Mark Legate      | 16/07/2023 | Half     | Fairlands Challenge  | 02:33:29 | N/a    |
| Phil Gover       | 16/07/2023 | Half     | Fairlands Challenge  | 02:31:03 | N/a    |

|                   |            |          |                     |          |        |
|-------------------|------------|----------|---------------------|----------|--------|
| Scott Crawford    | 16/07/2023 | Half     | Fairlands Challenge | 02:33:30 | N/a    |
| Simon Burton      | 16/07/2023 | Half     | Fairlands Challenge | 02:32:20 | N/a    |
| Emma Mead         | 19/07/2023 | 5k       | Doug Anderson (Bec  | 25:37:00 | 61.41% |
| Greg Bradbury     | 19/07/2023 | 5k       | Doug Anderson (Bec  | 21:24    | 63.31% |
| Jay Papa          | 19/07/2023 | 5k       | Doug Anderson (Bec  | 21:12    | 60.85% |
| Mel Tanti         | 19/07/2023 | 5k       | Doug Anderson (Bec  | 28:42:00 | 51.40% |
| Neil Homewood     | 19/07/2023 | 5k       | Doug Anderson (Bec  | 27:05:00 | 60.28% |
| Owen Storey       | 19/07/2023 | 5k       | Doug Anderson (Bec  | 27:41:00 | 49.44% |
| Stella Toresse    | 19/07/2023 | 5k       | Doug Anderson (Bec  | 31:27:00 | 57.95% |
| Wendy Summerbee   | 19/07/2023 | 5k       | Doug Anderson (Bec  | 34:57:00 | 52.16% |
| Ashley Bates      | 29/07/2023 | 10k      | Lee Valley Sundown  | 51:21:00 | 57.03% |
| Gemma Holloway    | 29/07/2023 | 10k      | Lee Valley Sundown  | 56:57:00 | 53.62% |
| Jodie Kantas      | 05/08/2023 | Marathon | Cybi Coastal marath | 05:40:55 | N/a    |
| Lewis Green       | 05/08/2023 | Marathon | Cybi Coastal marath | 06:14:46 | N/a    |
| Emma Mead         | 06/08/2023 | 10k      | St Albans 10k       | 53:35:00 | 60.21% |
| Garry Wallace     | 06/08/2023 | 10k      | Totnes 10k          | 01:10:06 | 48.91% |
| Louise Chancellor | 06/08/2023 | 10k      | Totnes 10k          | 01:17:49 | 45.85% |
| Ashley Bates      | 08/08/2023 | 5k       | Handicap 5k race 5  | 24:36:00 | 54.67% |
| Conor O'Neill     | 08/08/2023 | 5k       | Handicap 5k race 5  | 24:34:00 | 56.83% |
| Danny Bishop      | 08/08/2023 | 5k       | Handicap 5k race 5  | 25:31:00 | 59.93% |

|                 |            |      |                      |          |        |
|-----------------|------------|------|----------------------|----------|--------|
| Gavin Cooper    | 08/08/2023 | 5k   | Handicap 5k race 5   | 24:33:00 | 57.75% |
| Graham Eden     | 08/08/2023 | 5k   | Handicap 5k race 5   | 24:26:00 | 55.45% |
| Ian Young       | 08/08/2023 | 5k   | Handicap 5k race 5   | 22:28    | 66.18% |
| Jay Papa        | 08/08/2023 | 5k   | Handicap 5k race 5   | 21:24    | 60.28% |
| Jodie Kantas    | 08/08/2023 | 5k   | Handicap 5k race 5   | 25:31:00 | 51.96% |
| Jon Boe         | 08/08/2023 | 5k   | Handicap 5k race 5   | 27:45:00 | 54.02% |
| Kat Fausset     | 08/08/2023 | 5k   | Handicap 5k race 5   | 27:41:00 | 59.82% |
| Kath Phoenix    | 08/08/2023 | 5k   | Handicap 5k race 5   | 23:02    | 64.68% |
| Lisa Liversidge | 08/08/2023 | 5k   | Handicap 5k race 5   | 27:27:00 | 65.96% |
| Mark Legate     | 08/08/2023 | 5k   | Handicap 5k race 5   | 25:08:00 | 60.63% |
| Marthe Kouame   | 08/08/2023 | 5k   | Handicap 5k race 5   | 30:48:00 | 53.77% |
| Peter Tungate   | 08/08/2023 | 5k   | Handicap 5k race 5   | 22:05    | 63.22% |
| Sue Pudner      | 08/08/2023 | 5k   | Handicap 5k race 5   | 30:42:00 | 53.33% |
| Jay Papa        | 13/08/2023 | Half | Great Yarmouth       | 01:39:32 | 59.43% |
| Jay Papa        | 16/08/2023 | 5k   | Resolution 5k race 2 | 21:00    | 61.43% |
| Mel Tanti       | 16/08/2023 | 5k   | Resolution 5k race 2 | 27:05:00 | 55.01% |
| Stella Toresse  | 16/08/2023 | 5k   | Resolution 5k race 2 | 28:22:00 | 64.69% |
| Emma Mead       | 20/08/2023 | 10k  | Tewinbury trail      | 59:54:00 | N/a    |
| Jay Papa        | 20/08/2023 | 10k  | Tewinbury trail      | 49:06:00 | N/a    |
| Katka Laughton  | 20/08/2023 | 10k  | Tewinbury trail      | 57:03:00 | N/a    |
| Scott Crawford  | 20/08/2023 | 10k  | Tewinbury trail      | 01:07:05 | N/a    |

|                |            |          |                       |          |        |
|----------------|------------|----------|-----------------------|----------|--------|
| Ashley Bates   | 20/08/2023 | 110km    | The ASICS Ultra X 1   | 23:44:53 | N/a    |
| Jodie Kantas   | 20/08/2023 | 15 miles | The Big Pilgrimage 1  | 02:26:26 | N/a    |
| Chris Leigh    | 01/09/2023 | Half     | Saturn running Chas   | 01:57:52 | 62.06% |
| Emma Mead      | 02/09/2023 | 10k      | Bedford running festi | 51:20:00 | 62.83% |
| Gemma Holloway | 03/09/2023 | 20 miles | Bedford running festi | 03:36:30 | 47.78% |
| Ashley Bates   | 03/09/2023 | Half     | Bedford running festi | 02:19:37 | 43.45% |
| Jay Papa       | 03/09/2023 | Half     | Bedford running festi | 02:11:20 | 45.04% |
| Phil Gover     | 03/09/2023 | Half     | Bedford running festi | 02:11:20 | 46.55% |
| Chris Leigh    | 06/09/2023 | 10k      | Hyde Park Chase the   | 49:52:00 | 66.94% |
| Ashley Bates   | 07/09/2023 | 5k       | Handicap race 6       | 24:06:00 | 55.80% |
| Conor O' Neill | 07/09/2023 | 5k       | Handicap race 6       | 23:54    | 58.41% |
| Darren Gilbert | 07/09/2023 | 5k       | Handicap race 6       | 25:24:00 | 52.66% |
| Fran Levy      | 07/09/2023 | 5k       | Handicap race 6       | 28:47:00 | 72.58% |
| Graham Eden    | 07/09/2023 | 5k       | Handicap race 6       | 24:03:00 | 56.34% |
| Ian Young      | 07/09/2023 | 5k       | Handicap race 6       | 22:32    | 65.98% |
| Jay Papa       | 07/09/2023 | 5k       | Handicap race 6       | 21:19    | 60.52% |
| Jo Heasman     | 07/09/2023 | 5k       | Handicap race 6       | 31:14:00 | 58.75% |
| Jon Boe        | 07/09/2023 | 5k       | Handicap race 6       | 28:55:00 | 51.84% |
| Katie Barnard  | 07/09/2023 | 5k       | Handicap race 6       | 29:06:00 | 51.20% |
| Katka Laughton | 07/09/2023 | 5k       | Handicap race 6       | 25:24:00 | 64.46% |
| Laura Luhman   | 07/09/2023 | 5k       | Handicap race 6       | 33:28:00 | 46.30% |
| Lewis Green    | 07/09/2023 | 5k       | Handicap race 6       | 22:48    | 60.32% |

|                   |            |          |                      |          |        |
|-------------------|------------|----------|----------------------|----------|--------|
| Mark Legate       | 07/09/2023 | 5k       | Handicap race 6      | 25:30:00 | 59.76% |
| Neil Homewood     | 07/09/2023 | 5k       | Handicap race 6      | 27:27:00 | 59.47% |
| Paul Smith        | 07/09/2023 | 5k       | Handicap race 6      | 23:09    | 66.53% |
| Simona Leadbetter | 07/09/2023 | 5k       | Handicap race 6      | 31:22:00 | 49.78% |
| Stella Toresse    | 07/09/2023 | 5k       | Handicap race 6      | 30:27:00 | 60.27% |
| Julie Tribe       | 09/09/2023 | 10k      | Richmond 10k         | 54:18:00 | 67.44% |
| Emma Mead         | 10/09/2023 | 10 miles | Felixstowe Coastal 1 | 01:38:34 | 54.08% |
| Peter Tungate     | 10/09/2023 | 10 miles | Felixstowe Coastal 1 | 01:48:16 | 58.29% |
| Denise Ricot      | 10/09/2023 | Half     | The Great North Run  | 03:14:37 | 43.07% |
| Ian Harvey        | 10/09/2023 | Half     | The Great North Run  | 01:54:01 | 54.47% |
| Jodie Kantas      | 10/09/2023 | Half     | The Great North Run  | 01:53:26 | 59.91% |
| Connor O'Neill    | 17/09/2023 | 10k      | Stevenage 10k        | 51:22:00 | 56.57% |
| Graham Eden       | 17/09/2023 | 10k      | Stevenage 10k        | 51:57:00 | 54.28% |
| Ian Young         | 17/09/2023 | 10k      | Stevenage 10k        | 49:07:00 | 63.01% |
| Jay Papa          | 17/09/2023 | 10k      | Stevenage 10k        | 44:17:00 | 60.63% |
| Kath Phoenix      | 17/09/2023 | 10k      | Stevenage 10k        | 48:25:00 | 63.07% |
| Katka Laughton    | 17/09/2023 | 10k      | Stevenage 10k        | 51:48:00 | 64.78% |
| Ken Hall          | 17/09/2023 | 10k      | Stevenage 10k        | 53:03:00 |        |
| Phil Gover        | 17/09/2023 | 10k      | Spitfire 10k         | 54:48:00 | 51.46% |
| Scott Crawford    | 17/09/2023 | 10k      | Stevenage 10k        | 57:59:00 | 53.37% |
| Emma Mead         | 17/09/2023 | Half     | Harvest trail        | 02:23:29 | N/a    |

|                  |            |                  |                      |          |        |
|------------------|------------|------------------|----------------------|----------|--------|
| Lisa Liversidge  | 17/09/2023 | Quarter marathon | Harvest trail        | 01:13:07 | N/a    |
| Lorraine Wyatt   | 17/09/2023 | Quarter marathon | Harvest trail        | 01:13:41 | N/a    |
| Stella Toresse   | 20/09/2023 | 5k               | Landaid 5k           | 31:52:00 | 57.59% |
| Chris Leigh      | 24/09/2023 | 20 miles         | Bedford Autodrome 20 | 03:11:13 | 60.00% |
| Emma Mead        | 24/09/2023 | 5k               | Hitchin 5k           | 25:09:00 | 63.15% |
| Ian Harvey       | 24/09/2023 | Half             | Windsor half         | 02:00:30 | 51.54% |
| Jodie Kantas     | 24/09/2023 | Half             | Windsor half         | 02:00:32 | 56.40% |
| Wayne Simmons    | 24/09/2023 | Half             | Windsor              | 02:00:51 | 60.50% |
| Eleanor Williams | 24/09/2023 | Marathon         | Berlin               | 06:14:15 | 37.14% |
| Chris Leigh      | 30/09/2023 | 5k               | RunThrough Hyde Park | 22:51    | 70.19% |
| Amy Whitby       | 01/10/2023 | 10k              | Standalone 10k       | 01:14:08 | 45.78% |
| Chris Leigh      | 01/10/2023 | 10k              | Standalone 10k       | 01:05:26 | 51.02% |
| Colette Cooper   | 01/10/2023 | 10k              | Standalone 10k       | 50:34:00 | 63.28% |
| Conor O'Neill    | 01/10/2023 | 10k              | Standalone 10k       | 49:46:00 | 58.39% |
| Danny Bishop     | 01/10/2023 | 10k              | Standalone 10k       | 59:24:00 | 46.46% |
| Darren Gilbert   | 01/10/2023 | 10k              | Standalone 10k       | 52:23:00 | 53.05% |
| Eleanor Williams | 01/10/2023 | 10k              | Standalone 10k       | 01:11:37 | 43.09% |
| Gavin Cooper     | 01/10/2023 | 10k              | Standalone 10k       | 47:53:00 | 61.63% |
| Gemma Holloway   | 01/10/2023 | 10k              | Standalone 10k       | 58:26:00 | 52.41% |
| Graham Eden      | 01/10/2023 | 10k              | Standalone 10k       | 51:35:00 | 54.67% |

|                 |            |             |                    |          |        |
|-----------------|------------|-------------|--------------------|----------|--------|
| Ian Harvey      | 01/10/2023 | 10k         | Standalone 10k     | 43:24:00 | 65.96% |
| Ian Young       | 01/10/2023 | 10k         | Standalone 10k     | 47:21:00 | 65.36% |
| Jay Papa        | 01/10/2023 | 10k         | Standalone 10k     | 45:00:00 | 59.72% |
| Kat Fausset     | 01/10/2023 | 10k         | Standalone 10k     | 01:03:42 | 53.94% |
| Kath Phoenix    | 01/10/2023 | 10k         | Standalone 10k     | 47:16:00 | 64.60% |
| Ken Hall        | 01/10/2023 | 10k         | Standalone 10k     | 51:40:00 | 71.88% |
| Lewis Green     | 01/10/2023 | 10k         | Standalone 10k     | 45:46:00 | 62.54% |
| Lisa Liversidge | 01/10/2023 | 10k         | Standalone 10k     | 58:37:00 | 64.16% |
| Mark Legate     | 01/10/2023 | 10k         | Standalone 10k     | 51:48:00 | 61.23% |
| Neil Homewood   | 01/10/2023 | 10k         | Standalone 10k     | 01:00:13 | 56.43% |
| Paul Smith      | 01/10/2023 | 10k         | Standalone 10k     | 46:27:00 | 71.25% |
| Phil Gover      | 01/10/2023 | 10k         | Standalone 10k     | 51:38:00 | 54.62% |
| Richard Moore   | 01/10/2023 | 10k         | Standalone 10k     | 53:48:00 | 54.85% |
| Russ Wingfield  | 01/10/2023 | 10k         | Standalone 10k     | 46:59:00 | 62.33% |
| Stella Toresse  | 01/10/2023 | 10k         | Standalone 10k     | 01:06:59 | 56.15% |
| Sue Leigh       | 01/10/2023 | 10k         | Standalone 10k     | 01:05:26 | 59.08% |
| Emma Mead       | 01/10/2023 | 20k         | Wendover Woods 20k | 02:09:31 | N/a    |
| Caitlin Evans   | 01/10/2023 | half marath | Cardiff half       | 02:32:48 | 43.04% |
| Greg Bradbury   | 01/10/2023 | half marath | Cardiff half       | 01:44:16 | 58.64% |
| Peter Tungate   | 01/10/2023 | Marathon    | Lochness marathon  | 05:36:47 | 38.60% |
| Emma Mead       | 08/10/2023 | 10k         | Edmonton Run the R | 51:17:00 | 63.47% |

|                 |            |          |                      |          |        |
|-----------------|------------|----------|----------------------|----------|--------|
| Jay Papa        | 08/10/2023 | 10k      | Edmonton Run the R   | 43:21:00 | 61.94% |
| Colette Cooper  | 08/10/2023 | Half     | The Royal Parks half | 01:52:21 | 61.76% |
| Darren Gilbert  | 08/10/2023 | Half     | The Royal Parks half | 01:59:12 | 50.53% |
| Simon Burton    | 08/10/2023 | Half     | The Royal Parks half | 02:07:20 | 49.97% |
| Sue Leigh       | 13/10/2023 | 10k      | Saturn teenage muta  | 01:05:34 | 58.96% |
| Chris Leigh     | 13/10/2023 | 10k      | Saturn teenage muta  | 01:05:34 | 50.91% |
| Chris Leigh     | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:30:29 | 60.78% |
| Emma Mead       | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:26:58 | 61.28% |
| Ian Harvey      | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:12:38 | 64.53% |
| Jay Papa        | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:12:38 | 61.11% |
| Jodie Kantas    | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:18:30 | 65.38% |
| Lewis Green     | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:13:12 | 64.03% |
| Mel Tanti       | 15/10/2023 | 10 miles | Cabbage Patch 10     | 01:40:26 | 49.79% |
| Denise Ricot    | 15/10/2023 | 10k      | Salcey Forest 10k    | 01:13:24 | 52.66% |
| Andrew Liddle   | 15/10/2023 | Half     | Richmond half        | 01:56:36 | 50.81% |
| Mason Simmons   | 15/10/2023 | Half     | Amsterdam half       | 01:31:30 | 64.65% |
| Scott Crawford  | 15/10/2023 | Marathon | Chelmsford           | 04:40:30 | 50.57% |
| Andrew Liddle   | 18/10/2023 | 5k       | Resolution 5k race 3 | 22:59    | 56.78% |
| Ashton Marshsll | 18/10/2023 | 5k       | Resolution 5k race 3 | 21:48    | 59.17% |
| Gavin Cooper    | 18/10/2023 | 5k       | Resolution 5k race 3 | 23:09    | 61.24% |
| Graham Eden     | 18/10/2023 | 5k       | Resolution 5k race 3 | 24:04:00 | 56.30% |



|                  |            |          |                      |          |        |
|------------------|------------|----------|----------------------|----------|--------|
| James Woodcock   | 18/10/2023 | 5k       | Resolution 5k race 3 | 24:10:00 | 54.54% |
| Jay Papa         | 18/10/2023 | 5k       | Resolution 5k race 3 | 20:34    | 62.73% |
| Katka Laughton   | 18/10/2023 | 5k       | Resolution 5k race 3 | 24:52:00 | 65.84% |
| Ken Hsll         | 18/10/2023 | 5k       | Resolution 5k race 3 | 24:53:00 | 71.70% |
| Kerry Cunnane    | 18/10/2023 | 5k       | Resolution 5k race 3 | 29:18:00 | 52.19% |
| Paul Smith       | 18/10/2023 | 5k       | Resolution 5k race 3 | 22:10    | 71.73% |
| Phil Gover       | 18/10/2023 | 5k       | Resolution 5k race 3 | 24:03:00 | 56.34% |
| Richard Moore    | 18/10/2023 | 5k       | Resolution 5k race 3 | 25:17:00 | 55.52% |
| Sam Webster      | 18/10/2023 | 5k       | Resolution 5k race 3 | 29:10:00 | 50.86% |
| Jodie Kantas     | 21/10/2023 | Marathon | Beachy Head marath   | 05:15:41 | 45.14% |
| Colette Cooper   | 22/10/2023 | 10k      | Duxford Dash         | 48:51:00 | 66.04% |
| Gavin Cooper     | 22/10/2023 | 10k      | Duxford Dash         | 47:30:00 | 62.12% |
| Ian Harvey       | 22/10/2023 | 10k      | Duxford Dash         | 42:33:00 | 67.27% |
| Mason Simmons    | 22/10/2023 | 10k      | Duxford Dash         | 44:55:00 | 59.78% |
| Wendy Summerbee  | 22/10/2023 | 5k       | Duxford Dash         | 34:03:00 | 53.89% |
| Ashton Marshall  | 22/10/2023 | Half     | Stevenage half       | 01:42:42 | 57.60% |
| Joanna Szuciakow | 22/10/2023 | Half     | Stevenage half       | 02:34:14 | 45.36% |
| Paul Smith       | 22/10/2023 | Half     | Stevenage half       | 01:43:22 | 70.09% |
| Phil Gover       | 22/10/2023 | Half     | Stevenage half       | 02:02:30 | 49.91% |
| Chris Leigh      | 26/10/2023 | 10k      | Cattle Creepy        | 54:08:00 | 61.67% |

|                   |            |          |                    |          |        |
|-------------------|------------|----------|--------------------|----------|--------|
| Lewis Green       | 28/10/2023 | Marathon | Snowdonia          | 04:18:45 | 49.82% |
| Angela Goodwin    | 29/10/2023 | 5 mile   | Handicap 5 mile    | 01:00:18 | 47.20% |
| Ashley Bates      | 29/10/2023 | 5 mile   | Handicap 5 mile    | 41:42:00 | 53.34% |
| Caitlin Evans     | 29/10/2023 | 5 mile   | Handicap 5 mile    | 44:53:00 | 53.91% |
| Colette Cooper    | 29/10/2023 | 5 mile   | Handicap 5 mile    | 39:28:00 | 65.21% |
| Emma Mead         | 29/10/2023 | 5 mile   | Handicap 5 mile    | 51:50:00 | 50.09% |
| Fran Levy         | 29/10/2023 | 5 mile   | Handicap 5 mile    | 47:19:00 | 72.18% |
| Garry Wallace     | 29/10/2023 | 5 mile   | Exeter Halloween 5 | 46:16:00 | 58.87% |
| Gavin Cooper      | 29/10/2023 | 5 mile   | Handicap 5 mile    | 38:35:00 | 60.77% |
| Gemma Holloway    | 29/10/2023 | 5 mile   | Handicap 5 mile    | 47:46:00 | 51.14% |
| Ian Harvey        | 29/10/2023 | 5 mile   | Handicap 5 mile    | 34:29:00 | 65.95% |
| Ian Young         | 29/10/2023 | 5 mile   | Handicap 5 mile    | 37:32:00 | 65.51% |
| James Woodcock    | 29/10/2023 | 5 mile   | Handicap 5 mile    | 40:53:00 | 53.31% |
| Jay Papa          | 29/10/2023 | 5 mile   | Handicap 5 mile    | 40:53:00 | 52.19% |
| Jodie Kantas      | 29/10/2023 | 5 mile   | Handicap 5 mile    | 40:46:00 | 61.33% |
| Katka Laughton    | 29/10/2023 | 5 mile   | Handicap 5 mile    | 40:58:00 | 65.33% |
| Ken Hall          | 29/10/2023 | 5 mile   | Handicap 5 mile    | 41:37:00 | 70.90% |
| Lisa Liversidge   | 29/10/2023 | 5 mile   | Handicap 5 mile    | 46:05:00 | 65.10% |
| Louise Chancellor | 29/10/2023 | 5 mile   | Exeter Halloween 5 | 50:30:00 | 55.65% |
| Mark Legate       | 29/10/2023 | 5 mile   | Handicap 5 mile    | 40:55:00 | 61.59% |

|                  |            |        |                     |          |         |
|------------------|------------|--------|---------------------|----------|---------|
| Neil Homewood    | 29/10/2023 | 5 mile | Handicap 5 mile     | 43:42:00 | 61.78%  |
| Paul Smith       | 29/10/2023 | 5 mile | Handicap 5 mile     | 36:59:00 | 71.10%  |
| Russ Wingfield   | 29/10/2023 | 5 mile | Handicap 5 mile     | 36:33:00 | 61.99%  |
| Stella Toresse   | 29/10/2023 | 5 mile | Handicap 5 mile     | 51:50:00 | 57.88%  |
| Tony Vasse       | 29/10/2023 | 5 mile | Handicap 5 mile     | 49:33:00 | 54.49%  |
| Wayne Simmons    | 29/10/2023 | 5 mile | Handicap 5 mile     | 41:30:00 | 63.91%  |
| Wendy Summerbee  | 29/10/2023 | 5 mile | Handicap 5 mile     | 57:59:00 | 51.74%  |
| Chris Leigh      | 03/11/2023 | Half   | Saturn Spooktacular | 02:04:04 | 58.93%  |
| Lewis Green      | 05/11/2023 | 1 mile | Run round the garde | 06:31    | N/a     |
| Caitlin Evans    | 05/11/2023 | 10k    | Herts 10k           | 56:01:00 | 54.15%  |
| Charlie Day      | 05/11/2023 | 10k    | Herts 10k           | 01:22:21 | 32.60%  |
| Denise Ricot     | 05/11/2023 | 10k    | Herts 10k           | 01:16:56 | 50.25%  |
| Eleanor Williams | 05/11/2023 | 10k    | Herts 10k           | 01:15:57 | 40.63%  |
| Emma Eagland     | 05/11/2023 | 10k    | Herts 10k           | 01:14:16 | 40.84%  |
| Kath Phoenix     | 05/11/2023 | 10k    | Adnams 10k          | 48:01:00 | 63.59.% |
| Ken Hall         | 05/11/2023 | 10k    | Herts 10k           | 52:40:00 | 70.51%  |
| Kerry Cunnane    | 05/11/2023 | 10k    | Herts 10k           | 01:00:58 | 51.41%  |
| Mel Tanti        | 05/11/2023 | 10k    | East coast 10k      | 58:43:00 | 52.00%  |
| Richard Moore    | 05/11/2023 | 10k    | Herts 10k           | 50:16:00 | 59.17%  |

|                   |            |          |                      |          |        |
|-------------------|------------|----------|----------------------|----------|--------|
| Simona Leadbetter | 05/11/2023 | 10k      | Herts 10k            | 01:05:09 | 49.52% |
| Stella Toresse    | 05/11/2023 | 10k      | East coast 10k       | 01:05:48 | 57.17% |
| Garry Wallace     | 05/11/2023 | 5k       | Run round the garde  | 27:17:00 | 60.63% |
| Louise Chancellor | 05/11/2023 | 5k       | Run round the garde  | 28:50:00 | 59.62% |
| Ashley Bates      | 05/11/2023 | Half     | Herts half           | 01:58:19 | 51.28% |
| Ashton Marshall   | 05/11/2023 | Half     | Herts half           | 01:57:18 | 50.43% |
| Jay Papa          | 05/11/2023 | Half     | Herts 10k            | 01:39:22 | 59.53% |
| Wayne Simmons     | 11/11/2023 | 10k      | Remembrance run (A   | 48:57:00 | 68.20% |
| Jay Papa          | 11/11/2023 | 5k       | Remembrance run (A   | 18:52    | 68.38% |
| Mason Simmons     | 11/11/2023 | 5k       | Remembrance run (A   | 18:59    | 67.95% |
| Chris Leigh       | 11/11/2023 | Marathon | Saturn We will remem | 04:31:16 | 56.05% |
| Lisa Liversidge   | 12/11/2023 | 10k      | Brooklyn Fall 10k    | 57:56:00 | 64.92% |
| Emma Mead         | 12/11/2023 | Marathon | Phoenix Remembran    | 04:27:14 | 56.47% |
| Ian Harvey        | 12/11/2023 | Marathon | Phoenix Remembran    | 04:27:14 | 48.24% |
| Lewis Green       | 12/11/2023 | Marathon | Athens               | 04:04:09 | 52.79% |
| Graham Eden       | 19/11/2023 | 10k      | Watford autumn 10k   | 55:23:00 | 50.92% |
| Emma Mead         | 19/11/2023 | 18 miles | Steppingly Step      | 04:11:23 | N/a    |
| Jodie Kantas      | 19/11/2023 | 18 miles | Steppingly Step      | 04:11:23 | N/a    |
| Andrew Liddle     | 19/11/2023 | Half     | St Neots             | 01:56:15 | 50.96% |
| Jay Papa          | 19/11/2023 | Half     | St Neots             | 01:30:44 | 65.19% |

|                  |            |         |                     |          |        |
|------------------|------------|---------|---------------------|----------|--------|
| Julie Tribe      | 20/11/2023 | 10k     | Barr Ellison Hoohah | 01:07    | N/a    |
| Amy Whitby       | 26/11/2023 | 5 miles | Hatfield 5          | 55:46:00 | 48.55% |
| Andy Liddle      | 26/11/2023 | 5 miles | Hatfield 5          | 38:36:00 | 55.91% |
| Ashley Bates     | 26/11/2023 | 5 miles | Hatfield 5          | 40:59:00 | 54.27% |
| Ashton Marshall  | 26/11/2023 | 5 miles | Hatfield 5          | 34:44:00 | 61.42% |
| Bobby Buckley    | 26/11/2023 | 5 miles | Hatfield 5          | 39:11:00 | 55.05% |
| Caitlin Evans    | 26/11/2023 | 5 miles | Hatfield 5          | 43:14:00 | 55.97% |
| Charlie Day      | 26/11/2023 | 5 miles | Hatfield 5          | 61:41:00 | 34.59% |
| Chris Leigh      | 26/11/2023 | 5 miles | Hatfield 5          | 50:24:00 | 52.63% |
| Conor O neill    | 26/11/2023 | 5 miles | Hatfield 5          | 38:31:00 | 59.94% |
| Eleanor Williams | 26/11/2023 | 5 miles | Hatfield 5          | 55:04:00 | 44.70% |
| Emma Mead        | 26/11/2023 | 5 miles | Hatfield 5          | 40:02:00 | 64.86% |
| Ian Young        | 26/11/2023 | 5 miles | Hatfield 5          | 36:09:00 | 68.02% |
| James Woodcock   | 26/11/2023 | 5 miles | Hatfield 5          | 39:19:00 | 55.44% |
| Jay Papa         | 26/11/2023 | 5 miles | Hatfield 5          | 31:28:00 | 67.80% |
| Joanna Szuciakow | 26/11/2023 | 5 miles | Hatfield 5          | 53:33:00 | 48.06% |
| Jodie Kantas     | 26/11/2023 | 5 miles | Hatfield 5          | 37:25:00 | 66.82% |
| Jon Boe          | 26/11/2023 | 5 miles | Hatfield 5          | 46:28:00 | 53.35% |
| Katka Laughton   | 26/11/2023 | 5 miles | Hatfield 5          | 39:29:00 | 67.79% |
| Ken Hall         | 26/11/2023 | 5 miles | Hatfield 5          | 40:19:00 | 73.19% |
| Lewis Green      | 26/11/2023 | 5 miles | Hatfield 5          | 34:28:00 | 65.99% |

|                 |            |          |                        |          |        |
|-----------------|------------|----------|------------------------|----------|--------|
| Mason Simmons   | 26/11/2023 | 5 miles  | Hatfield 5             | 39:12:00 | 54.42% |
| Mel Tanti       | 26/11/2023 | 5 miles  | Hatfield 5             | 45:10:00 | 53.93% |
| Neil Homewood   | 26/11/2023 | 5 miles  | Hatfield 5             | 44:34:00 | 60.58% |
| Paul Smith      | 26/11/2023 | 5 miles  | Hatfield 5             | 36:17:00 | 72.47% |
| Phil Gover      | 26/11/2023 | 5 miles  | Hatfield 5             | 41:49:00 | 53.58% |
| Sue Leigh       | 26/11/2023 | 5 miles  | Hatfield 5             | 50:24:00 | 61.18% |
| Wayne Simmons   | 26/11/2023 | 5 miles  | Hatfield 5             | 39:12:00 | 67.66% |
| Wendy Summerbee | 26/11/2023 | 5 miles  | Hatfield 5             | 55:37:00 | 53.94% |
| Emma Mead       | 02/12/2023 | 16k      | Maverick Exposure L    | 01:44:32 | N/a    |
| Jodie Kantas    | 02/12/2023 | 16k      | Maverick Exposure L    | 01:44:32 | N/a    |
| Jay Papa        | 03/12/2023 | Marathon | Zig Zag running Baul   | 03:34:21 | 58.21% |
| Angela Goodwin  | 10/12/2023 | 5 miles  | Festive 5              | 58:58:00 | 48.90% |
| Charlie Day     | 10/12/2023 | 5 miles  | Festive 5              | 60:08:00 | 35.48% |
| Emma Mead       | 10/12/2023 | Half     | MK Winter Half         | 01:52:39 | 62.65% |
| Jodie Kantas    | 10/12/2023 | Half     | MK Winter Half         | 01:42:15 | 66.46% |
| Wayne Simmons   | 10/12/2023 | Half     | MK Winter Half         | 01:53:34 | 64.38% |
| Mark Legate     | 10/12/2023 | Marathon | 'Twas the night before | 05:01:34 | 47.95% |
| Conor O'Neil    | 17/12/2023 | 10k      | Steeple Chasers Sar    | 49:02:00 | 59.26% |
| Ian Young       | 17/12/2023 | 10k      | Steeple Chasers Sar    | 46:35:00 | 66.43% |
| James Woodcock  | 17/12/2023 | 10k      | Steeple Chasers Sar    | 55:54:00 | 49.07% |

|                 |            |          |                      |          |        |
|-----------------|------------|----------|----------------------|----------|--------|
| Jess Clarke     | 17/12/2023 | 10k      | Steeple Chasers Sar  | 01:04:00 | 47.40% |
| Paul Smith      | 17/12/2023 | 10k      | Steeple Chasers Sar  | 48:54:00 | 67.68% |
| Phil Gover      | 17/12/2023 | 10k      | Steeple Chasers Sar  | 55:15:00 | 51.04% |
| Caitlin Evans   | 17/12/2023 | 5k       | Steeple Chasers Sar  | 26:15:00 | 56.38% |
| Charlie Day     | 17/12/2023 | 5k       | Steeple Chasers Sar  | 34:10:00 | 37.76% |
| Emma Mead       | 17/12/2023 | 5k       | Steeple Chasers Sar  | 24:34:00 | 64.65% |
| Wendy Summerbee | 17/12/2023 | 5k       | Steeple Chasers Sar  | 34:10:00 | 53.71% |
| Chris Leigh     | 17/12/2023 | Half     | Portsmouth Coastal   | 02:14:10 | 54.54% |
| Mel Tanti       | 20/12/2023 | 5k       | Chase the Moon Vic   | 27:15:00 | 54.67% |
| Jay Papa        | 26/12/2023 | 5k       | Aylesbury Boxing Da  | 20:13    | 63.82% |
| Chris Leigh     | 27/12/2023 | 50k      | Saturn Time Turner t | 06:48:50 | N/a    |
| Colette Cooper  | 30/12/2023 | 10 miles | Buntingford 10       | 86:31:00 | 61.07% |
| Emma Mead       | 30/12/2023 | 10 miles | Buntingford 10       | 85:45:00 | 62.16% |
| Jay Papa        | 30/12/2023 | 10 miles | Buntingford 10       | 85:45:00 | 51.76% |
| Katka Laughton  | 30/12/2023 | 10 miles | Buntingford 10       | 82:26:00 | 67.42% |
| Lisa Liversidge | 30/12/2023 | 10 miles | Buntingford 10       | 98:38:00 | 62.44% |
| Conor O'Neill   | 31/12/2023 | 10k      | St Albans 10k        | 52:55:00 | 54.91% |
| James Woodcock  | 31/12/2023 | 10k      | St Albans 10k        | 59:26:00 | 46.16% |
| Jay Papa        | 31/12/2023 | 10k      | St Albans 10k        | 41:58:00 | 63.99% |
| Jess Clarke     | 31/12/2023 | 10k      | St Albans 10k        | 01:06:27 | 45.65% |
| Jodie Kantas    | 31/12/2023 | 10k      | St Albans 10k        | 47:10:00 | 66.45% |