

Stevenage Phoenix Running Club - results 2024

Name of runner	Date	Distance	Name of race	Time	Wava
Emma Mead	07/01/2024	Marathon	Stansted Stagger	5:28:00	N/a
Garry Wallace	07/01/2024	10k	The Exeter First Chance 10k	58:01	59.09%
Ian Harvey	07/01/2024	Marathon	Stansted Stagger	5:28:00	N/a
Jodie Kantas	07/01/2024	Marathon	Stansted Stagger	5:28:00	N/a
Ashley Bates	14/01/2024	Marathon	Zig Zag Where's the Finish?	5:44:06	N/a
Gemma Holloway	14/01/2024	Marathon	Zig Zag Where's the Finish?	5:38:39	N/a
Ken Hall	14/01/2024	10k	The Salcey 10k (ATW)	56:47	N/a
Emma Mead	21/01/2024	15 miles	South Downs and Arundel	3:08:48	N/a
James Woodcock	21/01/2024	31km	Run the Sun at Weston	3:35:26	N/a
Jodie kantas	21/01/2024	15 miles	South Downs and Arundel	2:45:53	N/a
Chris Leigh	24/01/2024	Marathon	Big Bear hedgehog challenge trail marathon	4:48:02	N/a
Jessica Clarke	28/01/2024	Half marathon	Finsbury Park half	2:18:46	47.40%
James Woodcock	29/01/2024	Marathon	Enigma running Easter marathon	3:52:34	53.71%
Ashley Bates	04/02/2024	70km	Brecon to Cardiff 70km	11:02:42	N/a
Emma Mead	04/02/2024	70km	Brecon to Cardiff 70km	11:02:32	N/a
Ian Harvey	04/02/2024	70km	Brecon to Cardiff 70km	9:24:01	N/a
Ian Young	04/02/2024	Half marathon	Watford half	1:41:52	66.80%
Jodie Kantas	04/02/2024	70km	Brecon to Cardiff 70km	9:03:28	N/a
Paul Smith	04/02/2024	Half marathon	Watford half	1:45:53	69.05%
Wayne Simmons	04/02/2024	Half marathon	Watford half	1:53:19	64.52%
Bobby Buckley	11/02/2024	10k	Love Welwyn 10k	46:51	57.98%
Charlie Day	11/02/2024	10k	Love Welwyn 10k	1:13:37	36.47%
Chris Leigh	11/02/2024	30 miles	Devils Punchbowl (LDWA self navigation)	7:22:13	N/a
Conor O'Neill	11/02/2024	10k	Love Welwyn 10k	48:42	59.67%
Emma Mead	11/02/2024	10k	Love Welwyn 10k	51:24	63.33%
George Bradshaw	11/02/2024	10k	Love Welwyn 10k	50:05	53.87%
James Woodcock	11/02/2024	10k	Love Welwyn 10k	46:53	58.87%
Katka Laughton	11/02/2024	10k	Love Welwyn 10k	1:02:24	54.39%
Kelsee Watson	11/02/2024	10k	Love Welwyn 10k	1:04:44	46.86%
Ken Hall	11/02/2024	10k	Love Welwyn 10k	51:07	72.65%
Lewis Green	11/02/2024	50 miles	LDWA Winter Poppyline	12:20:56	N/a
Phil Gover	11/02/2024	10k	Love Welwyn 10k	1:02:17	50.32%
Simona Leadbetter	11/02/2024	10k	Love Welwyn 10k	1:04:27	50.06%
Caitlin Evans	18/02/2024	10k	Winchester 10k	57:59	52.31%
Simon Burton	18/02/2024	Marathon	Seville	5:21:29	41.12%
Andy Liddle	25/02/2024	Half marathon	Baldock Beast	2:01:38	48.83%
Ashley Bates	25/02/2024	Half marathon	Baldock Beast	2:07:39	47.53%
Denise Ricot	25/02/2024	10k	The London Winter 10k	1:12:40	53.95%
Eleanor Morgan	25/02/2024	10k	The London Winter 10k	1:15:23	40.93%
Mason Simmons	25/02/2024	10k	The London Winter 10k	51:33	52.03%
Sharon Franklin	25/02/2024	Half marathon	Brighton half	2:18:00	49.56%
Wayne Simmons	25/02/2024	10k	The London Winter 10k	51:38	64.65%
Wendy Brewster	25/02/2024	10k	The London Winter 10k	1:27:17	47.33%
Ashley Bates	03/03/2024	Half marathon	Middlesborough	1:52:04	54.14%
Charlie Day	03/03/2024	Half marathon	Cambridge	2:48:08	35.18%
Chris Leigh	03/03/2024	Marathon	Hannington Hike SN trail marathon	5:22:47	N/a
Conor O'Neill	03/03/2024	Half marathon	Cambridge	1:49:59	57.85%
Emma Mead	03/03/2024	Marathon	Hannington Hike SN trail marathon	6:59:00	N/a
Jay Papa	03/03/2024	Half marathon	Cambridge	1:27:38	67.50%
Jodie Kantas	03/03/2024	Half marathon	Cambridge	1:42:50	66.51%
Lisa Liversidge	03/03/2024	Marathon	Hannington Hike SN trail marathon	6:59:00	N/a
Mel Tanti	03/03/2024	Half marathon	Cambridge	2:13:43	49.51%
Nicholas West	03/03/2024	Half marathon	Cambridge	2:00:13	51.66%
Paul Smith	03/03/2024	Half marathon	Cambridge	1:40:35	72.69%
Scott Crawford	03/03/2024	Half marathon	Cambridge	2:20:34	48.41%
Chris Leigh	07/03/2024	Marathon	Big Bear Elephant Challenge	4:56:17	N/a
Charlie Day	17/03/2024	10k	MK Festival of running	1:17:33	34.62%
Conor O'Neill	17/03/2024	10k	MK Festival of running	48:19	60.61%
Heidi Cameron	17/03/2024	5k	MK Festival of running	29:35	51.40%
Jacky Murphy	17/03/2024	5k	MK Festival of running	30:33	60.07%
Jessica Clarke	17/03/2024	Half marathon	Colchester half marathon	2:16:41	48.12%

Jo Heasman	17/03/2024	5k	MK Festival of running	29:04	63.13%
Mason Simmons	17/03/2024	10k	MK Festival of running	41:30	64.70%
Sue Leigh	17/03/2024	5k	MK Festival of running	30:32	61.77%
Wendy Summerbee	17/03/2024	5k	MK Festival of running	35:46	52.01%
Bobby Buckley	24/03/2024	20 miles	Oakley	2:50:45	54.61%
Jay Papa	24/03/2024	20 miles	Oakley	2:22:27	65.44%
Jess Clarke	24/03/2024	20 miles	Oakley	3:46:36	45.09%
Jodie Kantas	24/03/2024	20 miles	Oakley	2:57:39	60.50%
Katka Laughton	24/03/2024	20 miles	Oakley	3:01:13	64.91%
Lewis Green	24/03/2024	20 miles	Oakley	2:51:25	57.03%
Mason Simmons	24/03/2024	Half	Brentwood half marathon	1:51:32	53.03%
Paul Smith	24/03/2024	20 miles	Oakley	2:51:20	66.95%
Wayne Simmons	24/03/2024	Half	Brentwood half marathon	1:51:31	65.57%
Charlie Day	29/03/2024	10k	St Albans 10k	1:12:04	37.26%
David Poulter	29/03/2024	10k	St Albans 10k	1:11:25	43.33%
Ian Young	29/03/2024	10k	St Albans 10k	44:57	69.41%
Jo Heasman	29/03/2024	10k	St Albans 10k	1:00:03	62.63%
Katie Mitham	29/03/2024	10k	St Albans 10k	1:03:07	48.11%
Kelsee Watson	29/03/2024	10k	St Albans 10k	1:05:24	46.38%
Zoe Shreeve	29/03/2024	10k	St Albans 10k	59:42	58.27%
Ashley Bates	30/03/2024	Marathon	The Unbreakable Scroll (Phoenix Running)	4:50:15	43.38%
Jessica Clarke	30/03/2024	10k	Shrewsbury 10k	54:50	55.32%
George Bradshaw	01/04/2024	Half marathon	ATW Bedford half	1:49:46	53.90%
James Woodcock	01/04/2024	Half marathon	ATW Bedford half	1:44:10	57.49%
Jay Papa	01/04/2024	10k	ATW Bedford 10k	40:01	67.10%
Jess Clarke	01/04/2024	Half marathon	ATW Bedford half	2:25:12	45.30%
Emma Mead	06/04/2024	50 miles	The Woldsman Spring Challenge	14:21:00	N/a
Garry Wallace	06/04/2024	10 miles	Powderham power run	1:57:01	N/a
Louise Chancellor	06/04/2024	5 miles	Powderham power run	1:02:59	N/a
Ashley Bates	07/04/2024	Half marathon	London Landmarks	2:00:02	50.54%
Charlie Day	07/04/2024	Half marathon	London Landmarks	2:54:00	34.00%
Colette Cooper	07/04/2024	Marathon	Brighton	5:19:00	46.73%
Denise Ricot	07/04/2024	Half marathon	London Landmarks	2:40:59	45.42%
Jo Heasman	07/04/2024	10k	Brighton 10k	58:39	64.13%
Katka Laughton	07/04/2024	Half marathon	London Landmarks	2:08:35	57.23%
Richard Moore	07/04/2024	Half marathon	London Landmarks	1:59:40	54.05%
Sam Webster	07/04/2024	Half marathon	London Landmarks	2:11:24	50.17%
Simona Leadbetter	07/04/2024	Half marathon	London Landmarks	2:30:04	46.61%
Chris Leigh	14/04/2024	Ultra marathon	The Battle of the Brampton Valley Way trail	5:41:04	N/a
Conor O'Neill	14/04/2024	10k	Flitwick 10k	46:53	62.46%
David Poulter	14/04/2024	10k	Flitwick 10k	1:09:32	44.87%
Jay Papa	14/04/2024	Marathon	Manchester marathon	3:12:01	64.98%
Jessica Clarke	14/04/2024	Marathon	Manchester marathon	5:20:17	42.24%
Katie Mitham	14/04/2024	10k	Cambridge Cambourne 10k	1:00:20	44.72%
Kelsee Watson	14/04/2024	10k	Cambridge Cambourne 10k	1:08:27	44.36%
Ken Hall	14/04/2024	10k	Flitwick 10k	52:25	70.85%
Mel Tanti	14/04/2024	10k	Flitwick 10k	57:09	53.43%
Ashton Marshall	21/04/2024	Marathon	London marathon	4:03:12	51.31%
Bobby Buckley	21/04/2024	Marathon	London marathon	3:48:32	54.60%
Charlie Day	21/04/2024	Marathon	London marathon	6:37:18	31.41%
Kerry Cunnane	21/04/2024	Marathon	London marathon	5:29:14	43.73%
Ashley Bates	28/04/2024	Marathon	Norfolk marathon	4:43:58	44.34%
Garry Wallace	28/04/2024	Half marathon	Plymouth running festival	2:16:47	55.53%
Katka Laughton	28/04/2024	Marathon	Norfolk marathon	4:54:21	55.85%
Lewis Green	28/04/2024	Marathon	Norfolk marathon	3:56:47	54.90%
Louise Chancellor	28/04/2024	10k	Plymouth running festival	1:02:17	57.29%
Scott Crawford	28/04/2024	10k	Colchester Zoo Stampede	58:47	53.07%
Bobby Buckley	01/05/2024	10k	EPMG Silverstone	47:28	57.49%
George Bradshaw	01/05/2024	10k	EPMG Silverstone	49:02	55.19%
James Woodcock	01/05/2024	10k	EPMG Silverstone	46:46	59.01%
Chris Leigh	03/05/2024	Ultra marathon	Big Bear Fox Challenge	5:10:44	N/a
Jodie Kantas	04/05/2024	Ultra marathon	Action Challenge Isle of Wight Ultra	17:01:40	N/a
Caitlin Evans	05/05/2024	10k	Hitchin 10k	59:16	51.18%
Denise Ricot	05/05/2024	10k	Hitchin 10k	1:12:28	54.09%
Jo Heasman	05/05/2024	10k	Hitchin 10k	58:58	63.78%
Katie Mitham	05/05/2024	10k	Hitchin 10k	56:41	53.57%

Kelsee Watson	05/05/2024	10k	Hitchin 10k	1:05:25	46.37%
Ken Hall	05/05/2024	10k	Hitchin 10k	51:55	71.53%
Lewis Green	05/05/2024	5k	Victoria Park 5k	21:29	64.50%
Mel Tanti	05/05/2024	10k	Aylsham 10k	58:54	51.84%
Richard Moore	05/05/2024	10k	Hitchin 10k	50:51	58.49%
Alex Wasley	12/05/2024	5 miles	The Phoenix 5	32:03	69.70%
Angela Goodwin	12/05/2024	5 miles	The Phoenix 5	1:01:31	46.87%
Dan Curtin	12/05/2024	5 miles	The Phoenix 5	52:40	44.52%
Danny Bishop	12/05/2024	5 miles	The Phoenix 5	43:17	51.01%
Denise Ricot	12/05/2024	5 miles	The Phoenix 5	1:01:47	50.61%
George Curtin	12/05/2024	5 miles	The Phoenix 5	41:52	53.36%
Heidi Cameron	12/05/2024	5 miles	The Phoenix 5	48:58	50.76%
Jess Clarke	12/05/2024	5 miles	The Phoenix 5	46:52	51.63%
Katie Mitham	12/05/2024	5 miles	The Phoenix 5	53:20	45.42%
Kelsee Watson	12/05/2024	5 miles	The Phoenix 5	53:23	45.32%
Lewis Green	12/05/2024	50k	Ultra Trail Snowdonia	13:22:00	N/a
Martin Wasley	12/05/2024	5 miles	The Phoenix 5	50:43	47.33%
Myles Hammersley	12/05/2024	5 miles	The Phoenix 5	54:46	39.59%
Nick West	12/05/2024	5 miles	The Phoenix 5	42:16	53.81%
Phil Gover	12/05/2024	5 miles	The Phoenix 5	47:37	47.40%
Simon Lodge	12/05/2024	5 miles	The Phoenix 5	30:05	84.47%
Andrew Liddle	15/05/2024	10k	Midweek league race 1-Stevenage	50:07	54.45%
Caitlin Evans	15/05/2024	10k	Midweek league race 1-Stevenage	54:17	55.88%
Conor O'Neill	15/05/2024	10k	Midweek league race 1-Stevenage	46:34	62.89%
Danny Bishop	15/05/2024	10k	Midweek league race 1-Stevenage	51:10	54.31%
David Poulter	15/05/2024	10k	Midweek league race 1-Stevenage	1:04:39	48.26%
Edwin Smith	15/05/2024	10k	Midweek league race 1-Stevenage	51:11	53.31%
Graham Eden	15/05/2024	10k	Midweek league race 1-Stevenage	52:54	53.70%
Ian Harvey	15/05/2024	10k	Midweek league race 1-Stevenage	43:20	66.06%
Jo Heasman	15/05/2024	10k	Midweek league race 1-Stevenage	1:03:31	59.21%
Jon Boe	15/05/2024	10k	Midweek league race 1-Stevenage	59:15	52.66%
Katka Laughton	15/05/2024	10k	Midweek league race 1-Stevenage	56:24	60.18%
Ken Hall	15/05/2024	10k	Midweek league race 1-Stevenage	52:23	70.89%
Lisa Liversidge	15/05/2024	10k	Midweek league race 1-Stevenage	57:46	65.11%
Melissa Tanti	15/05/2024	10k	Midweek league race 1-Stevenage	56:24	54.14%
Neil Homewood	15/05/2024	10k	Midweek league race 1-Stevenage	59:55	57.22%
Simona Leadbetter	15/05/2024	10k	Midweek league race 1-Stevenage	59:20	54.38%
Stella Toresse	15/05/2024	10k	Midweek league race 1-Stevenage	59:47	63.77%
Amy Whitby	19/05/2024	5 miles	The Phoenix 5 club race	56:26	47.97%
Andy Chapman	19/05/2024	5 miles	The Phoenix 5 club race	43:09	54.34%
Caitlin Evans	19/05/2024	10 miles	The Stort 10	1:48:00	45.99%
Charlie Day	19/05/2024	5 miles	The Phoenix 5 club race	59:39	40.56%
Gavin Cooper	19/05/2024	5 miles	The Phoenix 5 club race	41:12	57.35%
Hayden Cooper	19/05/2024	5 miles	The Phoenix 5 club race	42:58	51.99%
Ian Young	19/05/2024	5 miles	The Phoenix 5 club race	35:47	69.28%
Jacky Murphy	19/05/2024	5 miles	The Phoenix 5 club race	50:31	60.20%
James Woodcock	19/05/2024	50k ultra	The Goring Gap	6:21:21	N/a
Katka Laughton	19/05/2024	5 miles	The Phoenix 5 club race	44:26	60.93%
Kerry Cunnane	19/05/2024	5 miles	The Phoenix 5 club race	50:34	49.75%
Mark Legate	19/05/2024	5 miles	The Phoenix 5 club race	43:23	58.58%
Scott Crawford	19/05/2024	5 miles	The Phoenix 5 club race	48:03	51.59%
Simona Leadbetter	19/05/2024	5 miles	The Phoenix 5 club race	48:36	52.95%
Sue Leigh	19/05/2024	5 miles	The Phoenix 5 club race	50:41	60.84%
Sue Pudner	19/05/2024	5 miles	The Phoenix 5 club race	56:03	48.30%
Wendy Summerbee	19/05/2024	5 miles	The Phoenix 5 club race	57:02	53.32%
Andrew Liddle	23/05/2024	5 miles	The Phoenix 5 club race	39:11	55.33%
Ashley Bates	23/05/2024	5 miles	The Phoenix 5 club race	40:31	54.88%
Bobby Buckley	23/05/2024	5 miles	The Phoenix 5 club race	36:53	58.78%
Caitlin Evans	23/05/2024	5 miles	The Phoenix 5 club race	43:47	55.26%
Conor O'Neill	23/05/2024	5 miles	The Phoenix 5 club race	36:31	63.72%
Edwin Smith	23/05/2024	5 miles	The Phoenix 5 club race	35:51	60.47%
Gemma Holloway	23/05/2024	5 miles	The Phoenix 5 club race	45:13	54.03%
George Bradshaw	23/05/2024	5 miles	The Phoenix 5 club race	38:59	55.15%
Graham Eden	23/05/2024	5 miles	The Phoenix 5 club race	40:13	56.13%
Jo Heasman	23/05/2024	5 miles	The Phoenix 5 club race	48:49	61.46%
Jon Boe	23/05/2024	5 miles	The Phoenix 5 club race	45:30	54.48%

Kath Phoenix	23/05/2024	5 miles	The Phoenix 5 club race	43:48	55.78%
Ken Hall	23/05/2024	5 miles	The Phoenix 5 club race	41:23	71.30%
Lacey Harris	23/05/2024	5 miles	The Phoenix 5 club race	59:49	37.35%
Melissa Tanti	23/05/2024	5 miles	The Phoenix 5 club race	44:12	55.11%
Neil Homewood	23/05/2024	5 miles	The Phoenix 5 club race	46:13	58.94%
Stella Toesse	23/05/2024	5 miles	The Phoenix 5 club race	47:50	63.58%
Zoe Shreeve	23/05/2024	5 miles	The Phoenix 5 club race	48:15	57.51%
Heidi Cameron	26/05/2024	5k	Run the Wade	28:54	52.61%
Jo Heasman	26/05/2024	5k	Run the Wade	28:23	64.65%
Lisa Liversidge	26/05/2024	50k	Greensand Country 50k	7:26:16	N/a
Mark Blease	26/05/2024	5k	Run the Wade	29:52	45.03%
Zoe Shreeve	26/05/2024	5k	Run the Wade	28:33	59.46%
Alex Wasley	28/05/2024	5k	Handicap race 1	18:56	71.34%
Amy Whitby	28/05/2024	5k	Handicap race 1	33:10	49.93%
Ben Murphy	28/05/2024	5k	Handicap race 1	24:53	51.97%
Bobby Buckley	28/05/2024	5k	Handicap race 1	22:11	59.10%
Conor O'Neill	28/05/2024	5k	Handicap race 1	21:16	66.16%
Damla Akkul	28/05/2024	5k	Handicap race 1	26:35	55.81%
Danny Bishop	28/05/2024	5k	Handicap race 1	24:40	54.13%
Denise Ricot	28/05/2024	5k	Handicap race 1	35:05	54.52%
Edwin Smith	28/05/2024	5k	Handicap race 1	20:40	63.43%
Fran Levy	28/05/2024	5k	Handicap race 1	28:59	73.21%
Graeme Hulstrom	28/05/2024	5k	Handicap race 1	28:37	49.54%
Graham Eden	28/05/2024	5k	Handicap race 1	24:08	56.56%
Ian Young	28/05/2024	5k	Handicap race 1	21:20	70.26%
Jo Heasman	28/05/2024	5k	Handicap race 1	28:50	63.64%
Jon Boe	28/05/2024	5k	Handicap race 1	27:31	54.47%
Katie Mitham	28/05/2024	5k	Handicap race 1	25:05	59.07%
Katka Laughton	28/05/2024	5k	Handicap race 1	25:57	63.82%
Ken Hall	28/05/2024	5k	Handicap race 1	24:27	72.97%
Kerry Cunnane	28/05/2024	5k	Handicap race 1	29:05	52.91%
Lewis Green	28/05/2024	5k	Handicap race 1	22:51	60.64%
Lucy Hilton	28/05/2024	5k	Handicap race 1	31:56	48.53%
Mark Legate	28/05/2024	5k	Handicap race 1	25:38	59.95%
Martin Wasley	28/05/2024	5k	Handicap race 1	28:34	50.81%
Myles Hammersley	28/05/2024	5k	Handicap race 1	29:12	44.90%
Neal Crawley	28/05/2024	5k	Handicap race 1	25:18	61.77%
Neil Homewood	28/05/2024	5k	Handicap race 1	27:40	59.53%
Phil Gover	28/05/2024	5k	Handicap race 1	25:10	54.24%
Richard Liversidge	28/05/2024	5k	Handicap race 1	32:38	47.89%
Scott Crawford	28/05/2024	5k	Handicap race 1	28:44	52.17%
Simona Leadbetter	28/05/2024	5k	Handicap race 1	28:43	54.82%
Chris Leigh	01/06/2024	Ultra marathon	Farthingstone footfest	5:57:29	N/a
Alex Wasley	02/06/2024	Half marathon	Hitchin half	1:37:07	64.02%
Ashley Bates	02/06/2024	Half marathon	Hitchin half	1:59:09	50.92%
Chris Leigh	02/06/2024	Ultra marathon	Pick and Mix (38.5 miles)	7:25:43	N/a
Damla Akkul	02/06/2024	Half marathon	Hitchin half	1:59:54	54.99%
Emma Mead	02/06/2024	14.5 miles	Pick and mix	N/a	N/a
Lisa Liversidge	02/06/2024	14.5 miles	Pick and mix	N/a	N/a
Martin Wasley	02/06/2024	Half marathon	Hitchin half	2:30:20	43.74%
Alex Wasley	04/06/2024	10k	Midweek league race 2	41:29	67.77%
Andrew Liddle	04/06/2024	10k	Midweek league race 2	49:47	54.81%
Danny Bishop	04/06/2024	10k	Midweek league race 2	52:07	53.32%
Graham Eden	04/06/2024	10k	Midweek league race 2	51:48	54.84%
Hayden Cooper	04/06/2024	10k	Midweek league race 2	52:11	53.88%
Ian Harvey	04/06/2024	10k	Midweek league race 2	43:04	66.97%
Jo Heasman	04/06/2024	10k	Midweek league race 2	1:01:50	60.83%
Katka Laughton	04/06/2024	10k	Midweek league race 2	54:16	62.55%
Ken Hall	04/06/2024	10k	Midweek league race 2	52:44	70.42%
Lewis Green	04/06/2024	10k	Midweek league race 2	47:21	60.91%
Lisa Liversidge	04/06/2024	10k	Midweek league race 2	59:59	62.70%
Melissa Tanti	04/06/2024	10k	Midweek league race 2	56:19	54.22%
Simona Leadbetter	04/06/2024	10k	Midweek league race 2	59:50	53.92%
Stella Toesse	04/06/2024	10k	Midweek league race 2	1:01:17	62.21%
Zoe Shreeve	04/06/2024	10k	Midweek league race 2	1:01:50	56.26%
Ashley Bates	05/06/2024	10k	Chase the Sun	50:09	55.82%

Gavin Cooper	07/06/2024	5k	Marston Forest 5k	24:24	58.56%
Hayden Cooper	07/06/2024	5k	Marston Forest 5k	24:09	55.93%
Neil Homewood	07/06/2024	5k	Marston Forest 5k	27:21	60.22%
Phil Gover	07/06/2024	5k	Marston Forest 5k	25:01	54.56%
Bobby Buckley	09/06/2024	Half	St Albans half	1:45:04	56.53%
Caitlin Evans	09/06/2024	Half	St Albans half	2:18:29	47.49%
Charlie Day	09/06/2024	Half	St Albans half	2:54:31	42.71%
David Poulter	09/06/2024	Half	St Albans half	2:45:19	49.14%
Denise Ricot	09/06/2024	Half	St Albans half	2:42:05	52.44%
Jess Clarke	09/06/2024	Half	St Albans half	1:59:23	55.09%
Katie Mitham	09/06/2024	Half	St Albans half	2:23:25	45.91%
Kelsee Watson	09/06/2024	Half	St Albans half	2:23:27	45.85%
Alex Wasley	13/06/2024	5k	Handicap race 2	18:30	73.02%
Ashley Bates	13/06/2024	5k	Handicap race 2	24:54	54.01%
Bobby Buckley	13/06/2024	5k	Handicap race 2	22:01	59.54%
Charlie Day	13/06/2024	5k	Handicap race 2	35:20	36.51%
Danny Bishop	13/06/2024	5k	Handicap race 2	23:13	57.51%
Edwin Smith	13/06/2024	5k	Handicap race 2	21:50	60.04%
Fran Levy	13/06/2024	5k	Handicap race 2	28:57	73.29%
Gavin Cooper	13/06/2024	5k	Handicap race 2	24:11	59.09%
Gemma Holloway	13/06/2024	5k	Handicap race 2	26:49	55.72%
George Curtin	13/06/2024	5k	Handicap race 2	23:25	57.68%
Graham Eden	13/06/2024	5k	Handicap race 2	23:58	56.95%
Hayden Cooper	13/06/2024	5k	Handicap race 2	24:12	55.82%
Ian Young	13/06/2024	5k	Handicap race 2	21:12	70.71%
Jo Heasman	13/06/2024	5k	Handicap race 2	31:33	58.16%
Mark Blease	13/06/2024	5k	Handicap race 2	27:49	48.35%
Paul Thomas	13/06/2024	5k	Handicap race 2	26:38	54.93%
Phil Gover	13/06/2024	5k	Handicap race 2	25:06	54.38%
Sam Webster	13/06/2024	5k	Handicap race 2	27:53	53.31%
Simon Lodge	13/06/2024	5k	Handicap race 2	17:59	85.45%
Stella Toresse	13/06/2024	5k	Handicap race 2	29:25	63.24%
Wendy Summerbee	13/06/2024	5k	Handicap race 2	33:10	56.09%
Zoe Shreeve	13/06/2024	5k	Handicap race 2	29:36	57.35%
Alex Wasley	14/06/2024	17.5 miles	The Owl Challenge	5:13:19	N/a
Lewis Green	14/06/2024	Marathon	The Salomon trail marathon of Wales	5:21:04	N/a
Martin Wasley	14/06/2024	17.5 miles	The Owl Challenge	5:13:21	N/a
Chris Leigh	15/06/2024	Ultra marathon	The Wall - 70 miles	18:59:11	N/a
Alex Wasley	19/06/2024	10k	Harlow Mwl race 3	40:13	69.91%
Andrew Liddle	19/06/2024	10k	Harlow Mwl race 3	48:55	55.78%
Connor O'Neill	19/06/2024	10k	Harlow Mwl race 3	45:08	64.88%
Danny Bishop	19/06/2024	10k	Harlow Mwl race 3	49:00	56.71%
David Poulter	19/06/2024	10k	Harlow Mwl race 3	1:05:18	47.78%
Edwin Smith	19/06/2024	10k	Harlow Mwl race 3	48:38	56.11%
Graham Eden	19/06/2024	10k	Harlow Mwl race 3	51:58	54.67%
Ian Harvey	19/06/2024	10k	Harlow Mwl race 3	41:33	68.89%
Jo Heasman	19/06/2024	10k	Harlow Mwl race 3	1:04:28	58.34%
Jodie Kantas	19/06/2024	10k	Harlow Mwl race 3	48:27	65.10%
Katka Laughton	19/06/2024	10k	Harlow Mwl race 3	53:52	63.03%
Ken Hall	19/06/2024	10k	Harlow Mwl race 3	50:51	73.03%
Martin Wasley	19/06/2024	10k	Harlow Mwl race 3	58:34	51.58%
Melissa Tanti	19/06/2024	10k	Harlow Mwl race 3	1:01:08	49.95%
Simona Leadbetter	19/06/2024	10k	Harlow Mwl race 3	1:00:20	53.47%
Stella Toresse	19/06/2024	10k	Harlow Mwl race 3	1:01:07	62.38%
Zoe Shreeve	19/06/2024	10k	Harlow Mwl race 3	1:03:41	54.63%
Graeme Hulstrom	20/06/2024	10k	St Albans Summer Solstice 10k	1:02:05	47.53%
Emma Mead	23/06/2024	Marathon	The Herts Hobble	06:37:30	N/a
Lewis Green	23/06/2024	Half	Midsummer munro	02:54:51	N/a
Lisa Liversidge	23/06/2024	Marathon	The Herts Hobble	06:37:30	N/a
Phil Gover	23/06/2024	Marathon	The Herts Hobble	06:37:30	N/a
Alex Wasley	27/06/2024	10k	Midweek league race 3 Trent Park	40:49	68.88%
Caitlin Evans	27/06/2024	10k	Midweek league race 3 Trent Park	1:03:16	47.95%
Conor O'Neill	27/06/2024	10k	Midweek league race 3 Trent Park	47:08	62.13%
David Poulter	27/06/2024	10k	Midweek league race 3 Trent Park	1:14:23	41.94%
Edwin Smith	27/06/2024	10k	Midweek league race 3 Trent Park	45:43	59.69%
Graham Eden	27/06/2024	10k	Midweek league race 3 Trent Park	53:22	53.23%

Ian Harvey	27/06/2024	10k	Midweek league race 3 Trent Park	43:40	65.55%
Jon Boe	27/06/2024	10k	Midweek league race 3 Trent Park	1:03:01	49.51%
Ken Hall	27/06/2024	10k	Midweek league race 3 Trent Park	53:20	69.63%
Martin Wasley	27/06/2024	10k	Midweek league race 3 Trent Park	1:01:55	48.79%
Zoe Shreeve	27/06/2024	10k	Midweek league race 3 Trent Park	1:04:53	53.62%
Mel Tanti	29/06/2024	5k	Regents Park	25:50	57.67%
Simon Lodge	29/06/2024	10k	Regents Park	37:44	84.76%
Ben Murphy	30/06/2024	10k	Welwyn 10k	55:53	48.17%
Caitlin Evans	30/06/2024	10k	Welwyn 10k	1:00:04	50.50%
Conor O'Neill	30/06/2024	10k	Welwyn 10k	47:33	61.58%
Ian Young	30/06/2024	10k	Welwyn 10k	45:47	68.15%
James Woodcock	30/06/2024	6.5 laps	Strive for 12	N/a	N/a
Lewis Green	30/06/2024	47.7km	Cock a doodle dawdle	5:51:23	N/a
Mark Legate	30/06/2024	Half	Cock a doodle dawdle	2:31:41	N/a
Ashley Bates	06/07/2024	25 miles	Man v Coast	7:26:00	N/a
Emma Mead	06/07/2024	52 miles	Odyssey 12	11:26:02	N/a
Gemma Holloway	06/07/2024	25 miles	Man v Coast	7:26:00	N/a
Katie Mitham	06/07/2024	14.9 miles	Odyssey 12	?	N/a
Andy Chapman	07/07/2024	5k	Race for life	36:14	N/a
Conor O'Neill	07/07/2024	10 miles	Ware 10s	1:14:49	64.15%
Katie Mitham	07/07/2024	10k	Race for life	1:09:18	N/a
Kelsee Watson	07/07/2024	10k	Race for life	1:09:18	N/a
Ken Hall	07/07/2024	10k	Race for life	25:49	N/a
Neil Homewood	07/07/2024	10k	Ware 10s	1:00:45	56.43%
Sue Pudner	07/07/2024	10k	Race for life	1:15:50	N/a
Alex Wasley	10/07/2024	10k	Midweek league mob match	41:22	67.97%
Connor O'Neill	10/07/2024	10k	Midweek league mob match	45:30	64.36%
Edwin Smith	10/07/2024	10k	Midweek league mob match	44:44	61.00%
Katka Laughton	10/07/2024	10k	Midweek league mob match	55:20	61.34%
Ken Hall	10/07/2024	10k	Midweek league mob match	52:07	71.26%
Martin Wasley	10/07/2024	10k	Midweek league mob match	1:01:51	48.84%
Zoe Shreeve	10/07/2024	10k	Midweek league mob match	1:03:34	54.73%
Charlie Day	14/07/2024	10k	London 10k	1:21:15	33.05%
Denise Ricot	14/07/2024	10k	London 10k	1:14:09	52.87%
Jon Boe	14/07/2024	7k	Harbour Wallbanger	47:11	N/a
Sam Webster	14/07/2024	10k	London 10k	58:51	51.77%
Amy Whitby	17/07/2024	5k	Doug Anderson 5k	33:15	49.81%
Caitlin Evans	17/07/2024	5k	Doug Anderson 5k	26:33	55.74%
Charlie Day	17/07/2024	5k	Doug Anderson 5k	37:14	34.65%
Conor O'Neill	17/07/2024	5k	Doug Anderson 5k	21:29	65.49%
David Poulter	17/07/2024	5k	Doug Anderson 5k	29:45	50.39%
Ian Harvey	17/07/2024	5k	Doug Anderson 5k	19:39	70.51%
Jacky Murphy	17/07/2024	5k	Doug Anderson 5k	29:50	62.35%
Jess Clarke	17/07/2024	5k	Doug Anderson 5k	24:39	60.04%
Jo Heasman	17/07/2024	5k	Doug Anderson 5k	30:08	60.90%
Jodie Kantas	17/07/2024	5k	Doug Anderson 5k	22:29	68.45%
Jon Boe	17/07/2024	5k	Doug Anderson 5k	28:18	52.97%
Katka Laughton	17/07/2024	5k	Doug Anderson 5k	25:54	63.94%
Mel Tanti	17/07/2024	5k	Doug Anderson 5k	26:16	56.72%
Neil Homewood	17/07/2024	5k	Doug Anderson 5k	28:53	57.03%
Phil Gover	17/07/2024	5k	Doug Anderson 5k	25:24	53.74%
Simona Leadbetter	17/07/2024	5k	Doug Anderson 5k	28:56	54.41%
Sue Leigh	17/07/2024	5k	Doug Anderson 5k	30:09	62.56%
Wendy Summerbee	17/07/2024	5k	Doug Anderson 5k	35:12	52.85%
Zoe Shreeve	17/07/2024	5k	Doug Anderson 5k	29:03	58.43%
Caitlin Evans	21/07/2024	Half	FV Challenge	2:38:00	N/a
Gemma Smith	21/07/2024	Half	FV Challenge	2:38:00	N/a
Ian Young	21/07/2024	18 miles	FV Challenge	4:25:00	N/a
Jess Clarke	21/07/2024	Half	FV Challenge	2:38:00	N/a
Katie Mitham	21/07/2024	10k	St Albans 10k	50:07	60.59%
Mark Legate	21/07/2024	18 miles	FV Challenge	4:25:00	N/a
Martin Harris	21/07/2024	10k	St Albans 10k	50:06	54.75%
Phil Gover	21/07/2024	Half	FV Challenge	2:38:00	N/a
Russ Wingfield	21/07/2024	Marathon	FV Challenge	5:14:56	N/a
Scott Crawford	21/07/2024	18 miles	FV Challenge	4:25:00	N/a
Alex Wasley	23/07/2024	5k	Handicap race3	18:33	72.82%

Stevenage Phoenix Running Club - results 2023

Name of runner	Date	Distance	Name of race	Time	Wava
Lewis Green	05/11/2023	1 mile	Run round the garden	6:31	N/a
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%
Ashley Bates	19/03/2023	10 miles	Twin Lakes 10	01:49:35	41.49%
Mark Legate	02/04/2023	10 miles	Sandy	01:28:33	58.38%
Ian Harvey	21/05/2023	10 miles	Stort 10	1:23:56	N/a
Jodie Kantas	21/05/2023	10 miles	Stort 10	1:23:56	N/a
Lisa Liversidge	21/05/2023	10 miles	Stort 10	1:32:00	N/a
Denise Ricot	02/07/2023	10 miles	Ware 10	2:12:03	47.94%
Emma Mead	10/09/2023	10 miles	Felixstowe Coastal 10	1:38:34	54.08%
Peter Tungate	10/09/2023	10 miles	Felixstowe Coastal 10	1:48:16	58.29%
Chris Leigh	15/10/2023	10 miles	Cabbage Patch 10	1:30:29	60.78%
Emma Mead	15/10/2023	10 miles	Cabbage Patch 10	1:26:58	61.28%
Ian Harvey	15/10/2023	10 miles	Cabbage Patch 10	1:12:38	64.53%
Jay Papa	15/10/2023	10 miles	Cabbage Patch 10	1:12:38	61.11%
Jodie Kantas	15/10/2023	10 miles	Cabbage Patch 10	1:18:30	65.38%
Lewis Green	15/10/2023	10 miles	Cabbage Patch 10	1:13:12	64.03%
Mel Tanti	15/10/2023	10 miles	Cabbage Patch 10	1:40:26	49.79%
Colette Cooper	30/12/2023	10 miles	Buntingford 10	86:31	61.07%
Emma Mead	30/12/2023	10 miles	Buntingford 10	85:45	62.16%
Jay Papa	30/12/2023	10 miles	Buntingford 10	85:45	51.76%
Katka Laughton	30/12/2023	10 miles	Buntingford 10	82:26	67.42%
Lisa Liversidge	30/12/2023	10 miles	Buntingford 10	98:38	62.44%
Lewis Green	09/07/2023	100k	Race to the Stones	19:31:12	N/a
Simon Burton	05/02/2023	10k	London Winter Run	01:02:31	46.48%
Chris Leigh	18/02/2023	10k	Hyde Park 10k	54:00	61.29%
Dawn Loynes	26/02/2023	10k	Bedford (ATW)	59:59	55.94%
Emma Mead	26/02/2023	10k	Bedford (ATW)	53:03	60.82%
Greg Bradbury	26/02/2023	10k	Bedford (ATW)	44:34	63.28%
Sue Bryson	26/02/2023	10k	Bedford (ATW)	56:47	62.04%
Emma Mead	12/03/2023	10k	MK Festival of running	56:44	56.87%
Greg Bradbury	12/03/2023	10k	MK Festival of running	46:14	61.00%
Jodie Kantas	12/03/2023	10k	MK Festival of running	51:00	61.46%
Laura Luhman	12/03/2023	10k	MK Festival of running	1:07:17	47.20%
Sue Leigh	12/03/2023	10k	MK Festival of running	01:07:17	56.67%
Jodie Kantas	19/03/2023	10k	Victoria Park	48:19	64.87%
Mel Tanti	22/03/2023	10k	Chase the moon Battersea park	59:24	51.29%
Eleanor Williams	26/03/2023	10k	Lee Valley	01:14:00	41.53%
Chris Leigh	29/04/2023	10k	Hyde Park 10k	50:45	65.21%
Ashley Bates	30/04/2023	10k	Hitchin	52:58	52.47%
Ken Hall	30/04/2023	10k	Hitchin	52:09	70.35%
Emma Mead	29/05/2023	10k	Hatfield Broad Oak	53:35	60.21%
Garry Wallace	29/05/2023	10k	Hatfield Broad Oak	1:01:55	55.37%
Louise Chancellor	29/05/2023	10k	Hatfield Broad Oak	1:03:30	56.19%
Paul Smith	29/05/2023	10k	Hatfield Broad Oak	45:17	73.08%
Scott Crawford	29/05/2023	10k	Hatfield Broad Oak	56:10	55.10%
Andrew Liddle	18/06/2023	10k	Triffic trail Trent Park	54:58	N/a
Emma Mead	18/06/2023	10k	Triffic trail Trent Park	57:18	N/a
Ian Harvey	18/06/2023	10k	Triffic trail Trent Park	48:19	N/a
Jay Papa	18/06/2023	10k	Triffic trail Trent Park	49:12	N/a
Jodie Kantas	18/06/2023	10k	Triffic trail Trent Park	57:18	N/a
Andrew Liddle	24/06/2023	10k	Rutland 10k	48:25	56.10%
Ashley Bates	25/06/2023	10k	Silsoe Stride	1:02:11	N/a
Garry Wallace	30/06/2023	10k	Exeter 10k river run	59:19	57.80%
Louise Chancellor	30/06/2023	10k	Exeter 10k river run	01:10:20	57.44%
Ashley Bates	09/07/2023	10k	Mitre 10k	52:17	53.54%
Brian Stapleton	09/07/2023	10k	ASICS London 10k	1:18:07	42.37%
Laura Luhman	09/07/2023	10k	ASICS London 10k	1:04:44	49.06%
Ashley Bates	29/07/2023	10k	Lee Valley Sundowner	51:21	57.03%
Gemma Holloway	29/07/2023	10k	Lee Valley Sundowner	56:57	53.62%
Emma Mead	06/08/2023	10k	St Albans 10k	53:35	60.21%
Garry Wallace	06/08/2023	10k	Totnes 10k	1:10:06	48.91%
Louise Chancellor	06/08/2023	10k	Totnes 10k	1:17:49	45.85%
Emma Mead	20/08/2023	10k	Tewinbury trail	59:54	N/a
Jay Papa	20/08/2023	10k	Tewinbury trail	49:06	N/a
Katka Laughton	20/08/2023	10k	Tewinbury trail	57:03	N/a
Scott Crawford	20/08/2023	10k	Tewinbury trail	1:07:05	N/a
Emma Mead	02/09/2023	10k	Bedford running festival	51:20	62.83%
Chris Leigh	06/09/2023	10k	Hyde Park Chase the Sun	49:52	66.94%
Julie Tribe	09/09/2023	10k	Richmond 10k	54:18	67.44%
Connor O'Neill	17/09/2023	10k	Stevenage 10k	51:22	56.57%
Graham Eden	17/09/2023	10k	Stevenage 10k	51:57	54.28%
Ian Young	17/09/2023	10k	Stevenage 10k	49:07	63.01%
Jay Papa	17/09/2023	10k	Stevenage 10k	44:17	60.63%
Kath Phoenix	17/09/2023	10k	Stevenage 10k	48:25	63.07%
Katka Laughton	17/09/2023	10k	Stevenage 10k	51:48	64.78%
Ken Hall	17/09/2023	10k	Stevenage 10k	53:03	
Phil Gover	17/09/2023	10k	Spitfire 10k	54:48	51.46%
Scott Crawford	17/09/2023	10k	Stevenage 10k	57:59	53.37%
Amy Whitby	01/10/2023	10k	Standalone 10k	1:14:08	45.78%
Chris Leigh	01/10/2023	10k	Standalone 10k	1:05:26	51.02%
Colette Cooper	01/10/2023	10k	Standalone 10k	50:34	63.28%
Conor O'Neill	01/10/2023	10k	Standalone 10k	49:46	58.39%
Danny Bishop	01/10/2023	10k	Standalone 10k	59:24	46.46%
Darren Gilbert	01/10/2023	10k	Standalone 10k	52:23	53.05%
Eleanor Williams	01/10/2023	10k	Standalone 10k	1:11:37	43.09%
Gavin Cooper	01/10/2023	10k	Standalone 10k	47:53	61.63%
Gemma Holloway	01/10/2023	10k	Standalone 10k	58:26	52.41%
Graham Eden	01/10/2023	10k	Standalone 10k	51:35	54.67%
Ian Harvey	01/10/2023	10k	Standalone 10k	43:24	65.96%
Ian Young	01/10/2023	10k	Standalone 10k	47:21	65.36%
Jay Papa	01/10/2023	10k	Standalone 10k	45:00	59.72%
Kat Fausset	01/10/2023	10k	Standalone 10k	1:03:42	53.94%
Kath Phoenix	01/10/2023	10k	Standalone 10k	47:16	64.60%
Ken Hall	01/10/2023	10k	Standalone 10k	51:40	71.88%
Lewis Green	01/10/2023	10k	Standalone 10k	45:46	62.54%
Lisa Liversidge	01/10/2023	10k	Standalone 10k	58:37	64.16%
Mark Legate	01/10/2023	10k	Standalone 10k	51:48	61.23%
Neil Homeewood	01/10/2023	10k	Standalone 10k	1:00:13	56.43%
Paul Smith	01/10/2023	10k	Standalone 10k	46:27	71.25%
Phil Gover	01/10/2023	10k	Standalone 10k	51:38	54.62%
Richard Moore	01/10/2023	10k	Standalone 10k	53:48	54.85%
Russ Wingfield	01/10/2023	10k	Standalone 10k	46:59	62.33%
Stella Toresse	01/10/2023	10k	Standalone 10k	1:06:59	56.15%
Sue Leigh	01/10/2023	10k	Standalone 10k	1:05:26	59.08%
Emma Mead	08/10/2023	10k	Edmonton Run the River	51:17	63.47%
Jay Papa	08/10/2023	10k	Edmonton Run the River	43:21	61.94%
Sue Leigh	13/10/2023	10k	Saturn teenage mutant ninja runners	1:05:34	58.96%
Denise Ricot	15/10/2023	10k	Salcey Forest 10k	1:13:24	52.66%
Colette Cooper	22/10/2023	10k	Duxford Dash	48:51	66.04%
Gavin Cooper	22/10/2023	10k	Duxford Dash	47:30	62.12%
Ian Harvey	22/10/2023	10k	Duxford Dash	42:33	67.27%
Mason Simmons	22/10/2023	10k	Duxford Dash	44:55	59.78%
Chris Leigh	26/10/2023	10k	Cattle Creepy	54:08	61.67%
Wayne Simmons	11/11/2023	10k	Remembrance run (ATW)	48:57	68.20%

Lisa Liversidge	12/11/2023	10k	Brooklyn Fall 10k	57:56	64.92%
Graham Eden	19/11/2023	10k	Watford autumn 10k	55:23	50.92%
Julie Tribe	20/11/2023	10k	Barr Ellison Hoohah	1:07	N/a
Conor O'Neil	17/12/2023	10k	Steeple Chasers Santa Fun Run	49:02	59.26%
Ian Young	17/12/2023	10k	Steeple Chasers Santa Fun Run	46:35	66.43%
James Woodcock	17/12/2023	10k	Steeple Chasers Santa Fun Run	55:54	49.07%
Jess Clarke	17/12/2023	10k	Steeple Chasers Santa Fun Run	1:04:00	47.40%
Paul Smith	17/12/2023	10k	Steeple Chasers Santa Fun Run	48:54	67.68%
Phil Gover	17/12/2023	10k	Steeple Chasers Santa Fun Run	55:15	51.04%
Conor O'Neill	31/12/2023	10k	St Albans 10k	52:55	54.91%
James Woodcock	31/12/2023	10k	St Albans 10k	59:26	46.16%
Jay Papa	31/12/2023	10k	St Albans 10k	41:58	63.99%
Jess Clarke	31/12/2023	10k	St Albans 10k	1:06:27	45.65%
Jodie Kantas	31/12/2023	10k	St Albans 10k	47:10	66.45%
Eleanor Williams	05/02/2023	10k	London Winter Run	01:05:18	47.06%
Amy Whitby	26/03/2023	10k	Lee Valley	01:15:37	44.37%
Ken Hall	16/04/2023	10k	Flitwick	54:34	67.23%
Russ Wingfield	30/04/2023	10k	Hitchin	45:30	64.36%
Emma Mead	01/05/2023	10k	Kimpton	58:39	55.01%
Gemma Smith	01/05/2023	10k	Kimpton	59:10	53.68%
Chris Leigh	13/10/2023	10k	Saturn teenage mutant ninja runners	1:05:34	50.91%
Caitlin Evans	05/11/2023	10k	Herts 10k	56:01	54.15%
Charlie Day	05/11/2023	10k	Herts 10k	1:22:21	32.60%
Denise Ricot	05/11/2023	10k	Herts 10k	1:16:56	50.25%
Eleanor Williams	05/11/2023	10k	Herts 10k	1:15:57	40.63%
Emma Eagland	05/11/2023	10k	Herts 10k	1:14:16	40.84%
Kath Phoenix	05/11/2023	10k	Adnams 10k	48:01	63.59%
Ken Hall	05/11/2023	10k	Herts 10k	52:40	70.51%
Kerry Cunnane	05/11/2023	10k	Herts 10k	1:00:58	51.41%
Mel Tanti	05/11/2023	10k	East coast 10k	58:43	52.00%
Richard Moore	05/11/2023	10k	Herts 10k	50:16	59.17%
Simona Leadbetter	05/11/2023	10k	Herts 10k	1:05:09	49.52%
Stella Toresse	05/11/2023	10k	East coast 10k	1:05:48	57.17%
Ashley Bates	20/08/2023	110km	The ASICS Ultra X 110	23:44:53	N/a
Jodie Kantas	20/08/2023	15 miles	The Big Pilgrimage 15	2:26:26	N/a
Emma Mead	02/12/2023	16k	Maverick Exposure Lights Dark	1:44:32	N/a
Jodie Kantas	02/12/2023	16k	Maverick Exposure Lights Dark	1:44:32	N/a
Emma Mead	19/11/2023	18 miles	Steppingly Step	4:11:23	N/a
Jodie Kantas	19/11/2023	18 miles	Steppingly Step	4:11:23	N/a
Jay Papa	16/07/2023	19 miles	Fairlands Challenge	3:13:14	N/a
Jodie Kantas	16/07/2023	19 miles	Fairlands Challenge	3:24:19	N/a
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	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	3:50:44	40.78%
Lewis Green	12/03/2023	20 miles	MK Festival of running	03:02:42	53.07%
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%
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%
Gemma Holloway	03/09/2023	20 miles	Bedford running festival	3:36:30	47.78%
Chris Leigh	24/09/2023	20 miles	Bedford Autodrome 20	3:11:13	60.00%
Emma Mead	01/10/2023	20k	Wendover Woods 20k	2:09:31	N/a
Angela Goodwin	29/10/2023	5 mile	Handicap 5 mile	1:00:18	47.20%
Ashley Bates	29/10/2023	5 mile	Handicap 5 mile	41:42	53.34%
Caitlin Evans	29/10/2023	5 mile	Handicap 5 mile	44:53	53.91%
Colette Cooper	29/10/2023	5 mile	Handicap 5 mile	39:28	65.21%
Emma Mead	29/10/2023	5 mile	Handicap 5 mile	51:50	50.09%
Fran Levy	29/10/2023	5 mile	Handicap 5 mile	47:19	72.18%
Garry Wallace	29/10/2023	5 mile	Exeter Halloween 5	46:16	58.87%
Gavin Cooper	29/10/2023	5 mile	Handicap 5 mile	38:35	60.77%
Gemma Holloway	29/10/2023	5 mile	Handicap 5 mile	47:46	51.14%
Ian Harvey	29/10/2023	5 mile	Handicap 5 mile	34:29	65.95%
Ian Young	29/10/2023	5 mile	Handicap 5 mile	37:32	65.51%
James Woodcock	29/10/2023	5 mile	Handicap 5 mile	40:53	53.31%
Jay Papa	29/10/2023	5 mile	Handicap 5 mile	40:53	52.19%
Jodie Kantas	29/10/2023	5 mile	Handicap 5 mile	40:46	61.33%
Katka Laughton	29/10/2023	5 mile	Handicap 5 mile	40:58	65.33%
Ken Hall	29/10/2023	5 mile	Handicap 5 mile	41:37	70.90%
Lisa Liversidge	29/10/2023	5 mile	Handicap 5 mile	46:05	65.1%
Louise Chancellor	29/10/2023	5 mile	Exeter Halloween 5	50:30	55.65%
Mark Legate	29/10/2023	5 mile	Handicap 5 mile	40:55	61.59%
Neil Homewood	29/10/2023	5 mile	Handicap 5 mile	43:42	61.78%
Paul Smith	29/10/2023	5 mile	Handicap 5 mile	36:59	71.10%
Russ Wingfield	29/10/2023	5 mile	Handicap 5 mile	36:33	61.99%
Stella Toresse	29/10/2023	5 mile	Handicap 5 mile	51:50	57.88%
Tony Vasse	29/10/2023	5 mile	Handicap 5 mile	49:33	54.49%
Wayne Simmons	29/10/2023	5 mile	Handicap 5 mile	41:30	63.91%
Wendy Summerbee	29/10/2023	5 mile	Handicap 5 mile	57:59	51.74%
Chris Leigh	14/05/2023	5 miles	Marlow	43:14	60.82%
Fran Levy	14/05/2023	5 miles	Marlow	45:31	75.04%
Greg Bradbury	14/05/2023	5 miles	Marlow	34:07	65.68%
Amy Whitby	26/11/2023	5 miles	Hatfield 5	55:46	48.55%
Andy Liddle	26/11/2023	5 miles	Hatfield 5	38:36	55.91%
Ashley Bates	26/11/2023	5 miles	Hatfield 5	40:59	54.27%
Ashton Marshall	26/11/2023	5 miles	Hatfield 5	34:44	61.42%
Bobby Buckley	26/11/2023	5 miles	Hatfield 5	39:11	55.05%
Caitlin Evans	26/11/2023	5 miles	Hatfield 5	43:14	55.97%
Charlie Day	26/11/2023	5 miles	Hatfield 5	61:41	34.59%
Chris Leigh	26/11/2023	5 miles	Hatfield 5	50:24	52.63%
Conor O'Neill	26/11/2023	5 miles	Hatfield 5	38:31	59.94%
Eleanor Williams	26/11/2023	5 miles	Hatfield 5	55:04	44.70%
Emma Mead	26/11/2023	5 miles	Hatfield 5	40:02	64.86%
Ian Young	26/11/2023	5 miles	Hatfield 5	36:09	68.02%
James Woodcock	26/11/2023	5 miles	Hatfield 5	39:19	55.44%
Jay Papa	26/11/2023	5 miles	Hatfield 5	31:28	67.80%
Joanna Szuciakow	26/11/2023	5 miles	Hatfield 5	53:33	48.06%
Jodie Kantas	26/11/2023	5 miles	Hatfield 5	37:25	66.82%
Jon Boe	26/11/2023	5 miles	Hatfield 5	46:28	53.35%
Katka Laughton	26/11/2023	5 miles	Hatfield 5	39:29	67.79%
Ken Hall	26/11/2023	5 miles	Hatfield 5	40:19	73.19%
Lewis Green	26/11/2023	5 miles	Hatfield 5	34:28	65.99%
Mason Simmons	26/11/2023	5 miles	Hatfield 5	39:12	54.42%
Mel Tanti	26/11/2023	5 miles	Hatfield 5	45:10	53.93%
Neil Homewood	26/11/2023	5 miles	Hatfield 5	44:34	60.58%
Paul Smith	26/11/2023	5 miles	Hatfield 5	36:17	72.47%
Phil Gover	26/11/2023	5 miles	Hatfield 5	41:49	53.58%
Sue Leigh	26/11/2023	5 miles	Hatfield 5	50:24	61.18%
Wayne Simmons	26/11/2023	5 miles	Hatfield 5	39:12	67.66%
Wendy Summerbee	26/11/2023	5 miles	Hatfield 5	55:37	53.94%
Angela Goodwin	10/12/2023	5 miles	Festive 5	58:58	48.90%
Charlie Day	10/12/2023	5 miles	Festive 5	60:08	35.48%
Eleanor Williams	18/06/2023	50k	Race to the King	10:47:50	N/a
Eleanor Williams	09/07/2023	50k	Race to the Stones	11:47:06	N/a
Ashley Bates	16/07/2023	50k	Fairlands Challenge	8:20:43	N/a
Emma Mead	16/07/2023	50k	Fairlands Challenge	8:20:44	N/a
Lisa Liversidge	16/07/2023	50k	Fairlands Challenge	8:20:44	N/a
Peter Tungate	16/07/2023	50k	Fairlands Challenge	8:20:44	N/a
Russ Wingfield	16/07/2023	50k	Fairlands Challenge	8:20:43	N/a
Chris Leigh	27/12/2023	50k	Saturn Time Turner trail	6:48:50	N/a
Eleanor Williams	06/05/2023	50km	Run to the Sea	9:01:59	N/a

Lewis Green	06/05/2023	50km	Run to the Sea	6:15:30	N/a
Lewis Green	13/05/2023	50km	Ultra Trail Snowdonia	13:03:26	N/a
Chris Leigh	12/03/2023	5k	MK Festival of running	23:36	67.37%
Andrew Liddle	04/04/2023	5k	Handicap race 1	22:32	57.91%
Ashley Bates	04/04/2023	5k	Handicap race 1	25:52	51.62%
Catherine White	04/04/2023	5k	Handicap race 1	36:10	50.06%
Colette Cooper	04/04/2023	5k	Handicap race 1	24:50	62.87%
Darren Gilbert	04/04/2023	5k	Handicap race 1	27:25	48.70%
Fran Levy	04/04/2023	5k	Handicap race 1	28:28	73.39%
Garry Wallace	04/04/2023	5k	Handicap race 1	30:39	53.74%
Gavin Cooper	04/04/2023	5k	Handicap race 1	24:12	58.58%
Gemma Smith	04/04/2023	5k	Handicap race 1	26:46	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	51.21%
Katie Barnard	04/04/2023	5k	Handicap race 1	28:59	51.40%
Ken Hall	04/04/2023	5k	Handicap race 1	25:49	68.27%
Laura Luhman	04/04/2023	5k	Handicap race 1	30:39	50.56%
Louise Chancellor	04/04/2023	5k	Handicap race 1	30:26	55.78%
Mark Legate	04/04/2023	5k	Handicap race 1	24:07	62.66%
Neil Homewood	04/04/2023	5k	Handicap race 1	28:58	56.36%
Olivia White	04/04/2023	5k	Handicap race 1	37:26	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	54.56%
Steve Wood	04/04/2023	5k	Handicap race 1	33:26	53.37%
Suzy Taylor	04/04/2023	5k	Handicap race 1	36:50	47.88%
Wendy Summerbee	04/04/2023	5k	Handicap 5k race 3	37:11	49.35%
Ashley Bates	12/04/2023	5k	Resolution 5k	25:57	51.45%
Colette Cooper	12/04/2023	5k	Resolution 5k	24:47	63.00%
Gavin Cooper	12/04/2023	5k	Resolution 5k	24:12	58.58%
Jodie Kantas	12/04/2023	5k	Resolution 5k	23:20	65.54%
Ken Hall	12/04/2023	5k	Resolution 5k	25:57	67.92%
Mark Legate	12/04/2023	5k	Resolution 5k	23:44	63.68%
Mel Tanti	12/04/2023	5k	Resolution 5k	28:35	52.00%
Neil Homewood	12/04/2023	5k	Resolution 5k	29:45	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	56.28%
Ian Harvey	07/05/2023	5k	Victoria Park	20:14	67.46%
Danny Bishop	22/05/2023	5k	Handicap 5k race 2	24:51	53.36%
David Lloyd	22/05/2023	5k	Handicap 5k race 2	36:08	43.62%
Emma Mead	22/05/2023	5k	Handicap 5k race 2	25:42	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	56.83%
Graham Eden	22/05/2023	5k	Handicap 5k race 2	27:30	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	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	59.50%
Katie Barnard	22/05/2023	5k	Handicap 5k race 2	28:41	51.94%
Ken Hall	22/05/2023	5k	Handicap 5k race 2	25:20	69.57%
Lewis Green	22/05/2023	5k	Handicap 5k race 2	23:27	58.65%
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	50.27%
Sandra Laird	22/05/2023	5k	Handicap 5k race 2	30:03	59.46%
Stella Torsesse	22/05/2023	5k	Handicap 5k race 2	33:19	55.08%
Tom McGrath	22/05/2023	5k	Handicap 5k race 2	22:12	61.03%
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	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	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	57.12%
Jon Boe	08/06/2023	5k	Handicap 5k race 3	29:55	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	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	45.65%
Neil Homewood	08/06/2023	5k	Handicap 5k race 3	29:14	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	50.30%
Emma Mead	09/06/2023	5k	Marston Forest 5k	25:13	62.47%
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	51.02%
Emma Mead	06/07/2023	5k	Handicap 5k race 4	25:11	62.51%
Gemma Holloway	06/07/2023	5k	Handicap 5k race 4	27:32	54.11%
Gemma Smith	06/07/2023	5k	Handicap 5k race 4	27:56	55.47%
Graham Eden	06/07/2023	5k	Handicap 5k race 4	25:27	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	50.75%
Kat Fausset	06/07/2023	5k	Handicap 5k race 4	27:21	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	69.44%
Laura Luhman	06/07/2023	5k	Handicap 5k race 4	31:18	49.51%
Mark Legate	06/07/2023	5k	Handicap 5k race 4	26:05	58.43%
Neil Homewood	06/07/2023	5k	Handicap 5k race 4	27:39	59.04%
Peter Tungate	06/07/2023	5k	Handicap 5k race 4	21:40	64.44%
Sam Luhnmen	06/07/2023	5k	Handicap 5k race 4	27:18	51.14%
Scott Crawford	06/07/2023	5k	Handicap 5k race 4	26:41	55.72%
Stella Torsesse	06/07/2023	5k	Handicap 5k race 4	31:50	57.65%
Wendy Summerbee	06/07/2023	5k	Handicap 5k race 4	36:32	50.23%
Danielle Murphy	09/07/2023	5k	Race for Life Stevenage	30:42	N/a
Jacky Murphy	09/07/2023	5k	Race for Life Stevenage	30:42	N/a
Emma Mead	19/07/2023	5k	Doug Anderson (Bedford)	25:37	61.41%
Greg Bradbury	19/07/2023	5k	Doug Anderson (Bedford)	21:24	63.31%
Jay Papa	19/07/2023	5k	Doug Anderson (Bedford)	21:12	60.85%
Mel Tanti	19/07/2023	5k	Doug Anderson (Bedford)	28:42	51.40%
Neil Homewood	19/07/2023	5k	Doug Anderson (Bedford)	27:05	60.28%
Owen Storey	19/07/2023	5k	Doug Anderson (Bedford)	27:41	49.44%
Stella Torsesse	19/07/2023	5k	Doug Anderson (Bedford)	31:27	57.95%
Wendy Summerbee	19/07/2023	5k	Doug Anderson (Bedford)	34:57	52.16%
Ashley Bates	08/08/2023	5k	Handicap 5k race 5	24:36	54.67%
Conor O'Neill	08/08/2023	5k	Handicap 5k race 5	24:34	56.83%
Danny Bishop	08/08/2023	5k	Handicap 5k race 5	25:31	59.93%
Gavin Cooper	08/08/2023	5k	Handicap 5k race 5	24:33	57.75%
Graham Eden	08/08/2023	5k	Handicap 5k race 5	24:26	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	51.96%
Jon Boe	08/08/2023	5k	Handicap 5k race 5	27:45	54.02%
Kat Fausset	08/08/2023	5k	Handicap 5k race 5	27:41	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	65.96%
Mark Legate	08/08/2023	5k	Handicap 5k race 5	25:08	60.63%
Marthe Kouame	08/08/2023	5k	Handicap 5k race 5	30:48	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	53.33%
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	55.01%
Stella Toresse	16/08/2023	5k	Resolution 5k race 2	28:22	64.69%
Ashley Bates	07/09/2023	5k	Handicap race 6	24:06	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	52.66%
Fran Levy	07/09/2023	5k	Handicap race 6	28:47	72.58%
Graham Eden	07/09/2023	5k	Handicap race 6	24:03	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	58.75%
Jon Boe	07/09/2023	5k	Handicap race 6	28:55	51.84%
Katie Barnard	07/09/2023	5k	Handicap race 6	29:06	51.20%
Katka Laughton	07/09/2023	5k	Handicap race 6	25:24	64.46%
Laura Luhman	07/09/2023	5k	Handicap race 6	33:28	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	59.76%
Neil Homeewood	07/09/2023	5k	Handicap race 6	27:27	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	49.78%
Stella Toresse	07/09/2023	5k	Handicap race 6	30:27	60.27%
Stella Toresse	20/09/2023	5k	Landaid 5k	31:52	57.59%
Chris Leigh	30/09/2023	5k	RunThrough Hyde Park 5k	22:51	70.19%
Andrew Liddle	18/10/2023	5k	Resolution 5k race 3	22:59	56.78%
Ashton Marshll	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	56.30%
James Woodcock	18/10/2023	5k	Resolution 5k race 3	24:10	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	65.84%
Ken Hsll	18/10/2023	5k	Resolution 5k race 3	24:53	71.70%
Kerry Cunnane	18/10/2023	5k	Resolution 5k race 3	29:18	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	56.34%
Richard Moore	18/10/2023	5k	Resolution 5k race 3	25:17	55.52%
Sam Webster	18/10/2023	5k	Resolution 5k race 3	29:10	50.86%
Wendy Summerbee	22/10/2023	5k	Duxford Dash	34:03	53.89%
Garry Wallace	05/11/2023	5k	Run round the garden	27:17	60.63%
Louise Chancellor	05/11/2023	5k	Run round the garden	28:50	59.62%
Jay Papa	11/11/2023	5k	Remembrance run (ATW)	18:52	68.38%
Mason Simmons	11/11/2023	5k	Remembrance run (ATW)	18:59	67.95%
Caitlin Evans	17/12/2023	5k	Steeple Chasers Santa Fun Run	26:15	56.38%
Charlie Day	17/12/2023	5k	Steeple Chasers Santa Fun Run	34:10	37.76%
Emma Mead	17/12/2023	5k	Steeple Chasers Santa Fun Run	24:34	64.65%
Wendy Summerbee	17/12/2023	5k	Steeple Chasers Santa Fun Run	34:10	53.71%
Mel Tanti	20/12/2023	5k	Chase the Moon Victoria Park	27:15	54.67%
Jay Papa	26/12/2023	5k	Aylesbury Boxing Day 5k	20:13	63.82%
Emma Mead	24/09/2023	5k	Hitchin 5k	25:09	63.15%
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%
Katka Laughton	04/02/2023	Half	London Landmarks half	1:54:45	63.40%
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 anniversary 2023	02:48:24	39.57%
Emma Mead	18/02/2023	Half	Zig Zag Lucky Clover	02:07:59	54.66%
Isobel Macdougall	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%
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 Szuciakow	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%
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%
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%
Joanna Szuciakow	26/03/2023	Half	Lee Valley	02:19:41	49.67%
Angela Goodwin	02/04/2023	Half	London Landmarks	02:38:05	48.94%
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%
Ashley Bates	07/05/2023	Half	Morecombe	1:55:27	52.18%
Gemma Holloway	07/05/2023	Half	Morecombe	2:10:45	50.51%
Russ Wingfield	07/05/2023	Half	Greenway challenge	1:50:50	57.41%
Simon Burton	07/05/2023	Half	Greenway challenge	2:29:35	42.19%
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	2:21:35	47.64%
Wayne Simmons	11/06/2023	Half	St Albans	02:19:10	52.06%
Lisa Liversidge	02/07/2023	Half	Chiltern ridge	2:42:00	N/A
Andrew Liddle	16/07/2023	Half	Fairlands Challenge	2:31:18	N/A
Chris Leigh	16/07/2023	Half	Fairlands Challenge	2:33:25	N/A
Gavin Cooper	16/07/2023	Half	Fairlands Challenge	2:31:09	N/A
Mark Legate	16/07/2023	Half	Fairlands Challenge	2:33:29	N/A
Phil Gover	16/07/2023	Half	Fairlands Challenge	2:31:03	N/A
Scott Crawford	16/07/2023	Half	Fairlands Challenge	2:33:30	N/A
Simon Burton	16/07/2023	Half	Fairlands Challenge	2:32:20	N/A
Jay Papa	13/08/2023	Half	Great Yarmouth	1:39:32	59.43%
Chris Leigh	01/09/2023	Half	Saturn running Chasing Numbers	1:57:52	62.06%
Ashley Bates	03/09/2023	Half	Bedford running festival	2:19:37	43.45%
Jay Papa	03/09/2023	Half	Bedford running festival	2:11:20	45.04%
Phil Gover	03/09/2023	Half	Bedford running festival	2:11:20	46.55%
Denise Ricot	10/09/2023	Half	The Great North Run	3:14:37	43.07%
Ian Harvey	10/09/2023	Half	The Great North Run	1:54:01	54.47%
Jodie Kantas	10/09/2023	Half	The Great North Run	1:53:26	59.91%
Emma Mead	17/09/2023	Half	Harvest trail	2:23:29	N/A
Ian Harvey	24/09/2023	Half	Windsor half	2:00:30	51.54%
Jodie Kantas	24/09/2023	Half	Windsor half	2:00:32	56.40%
Wayne Simmons	24/09/2023	Half	Windsor	2:00:51	60.50%
Colette Cooper	08/10/2023	Half	The Royal Parks half	1:52:21	61.76%
Darren Gilbert	08/10/2023	Half	The Royal Parks half	1:59:12	50.53%
Simon Burton	08/10/2023	Half	The Royal Parks half	2:07:20	49.97%
Andrew Liddle	15/10/2023	Half	Richmond half	1:56:36	50.81%
Mason Simmons	15/10/2023	Half	Amsterdam half	1:31:30	64.65%
Ashton Marshall	22/10/2023	Half	Stevenage half	1:42:42	57.60%
Joanna Szuciakow	22/10/2023	Half	Stevenage half	2:34:14	45.36%

Paul Smith	22/10/2023	Half	Stevenage half	1:43:22	70.09%
Phil Gover	22/10/2023	Half	Stevenage half	2:02:30	49.91%
Chris Leigh	03/11/2023	Half	Saturn Spooktacular Chasing Numbers	2:04:04	58.93%
Ashley Bates	05/11/2023	Half	Herts half	1:58:19	51.28%
Ashton Marshall	05/11/2023	Half	Herts half	1:57:18	50.43%
Jay Papa	05/11/2023	Half	Herts 10k	1:39:22	59.53%
Andrew Liddle	19/11/2023	Half	St Neots	1:56:15	50.96%
Emma Mead	10/12/2023	Half	MK Winter Half	1:52:39	62.65%
Jodie Kantas	10/12/2023	Half	MK Winter Half	1:42:15	66.46%
Wayne Simmons	10/12/2023	Half	MK Winter Half	1:53:34	64.38%
Chris Leigh	17/12/2023	Half	Portsmouth Coastal trail half marathon	2:14:10	54.54%
Jay Papa	19/11/2023	Half	St Neots	1:30:44	65.19%
Caitlin Evans	01/10/2023	Half marathon	Cardiff half	2:32:48	43.04%
Greg Bradbury	01/10/2023	Half marathon	Cardiff half	1:44:16	58.64%
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	16/04/2023	Marathon	Manchester	4:06:08	50.69%
Ashley Bates	16/04/2023	Marathon	Manchester	5:05:08	41.06%
Eleanor Williams	16/04/2023	Marathon	Manchester	5:54:37	38.95%
Gemma Holloway	16/04/2023	Marathon	Manchester	5:00:46	45.46%
Katka Laughton	16/04/2023	Marathon	Manchester	4:11:42	62.22%
Paul Smith	16/04/2023	Marathon	Manchester	4:00:31	62.99%
Angela Goodwin	23/04/2023	Marathon	London	6:22:58	43.65%
Eleanor Williams	23/04/2023	Marathon	London	6:03:33	37.99%
Natalie Liversidge	23/04/2023	Marathon	London	5:49:59	38.92%
Emma Mead	13/05/2023	Marathon	Zig zag birthday run	4:54:25	50.65%
Andrew Liddle	14/05/2023	Marathon	Leeds	4:48:35	43.24%
Ashley Bates	04/06/2023	Marathon	Cork marathon	4:59:24	41.84%
Jodie Kantas	05/08/2023	Marathon	Cybi Coastal marathon (Anglesey)	5:40:55	N/a
Lewis Green	05/08/2023	Marathon	Cybi Coastal marathon (Anglesey)	6:14:46	N/a
Eleanor Williams	24/09/2023	Marathon	Berlin	6:14:15	37.14%
Peter Tungate	01/10/2023	Marathon	Lochness marathon	5:36:47	38.60%
Scott Crawford	15/10/2023	Marathon	Chelmsford	4:40:30	50.57%
Jodie Kantas	21/10/2023	Marathon	Beachy Head marathon	5:15:41	45.14%
Lewis Green	28/10/2023	Marathon	Snowdonia	4:18:45	49.82%
Chris Leigh	11/11/2023	Marathon	Saturn We will remember	4:31:16	56.05%
Emma Mead	12/11/2023	Marathon	Phoenix Remembrance Sunday	4:27:14	56.47%
Ian Harvey	12/11/2023	Marathon	Phoenix Remembrance Sunday	4:27:14	48.24%
Lewis Green	12/11/2023	Marathon	Athens	4:04:09	52.79%
Jay Papa	03/12/2023	Marathon	Zig Zag running Bauble Bimble	3:34:21	58.21%
Mark Legate	10/12/2023	Marathon	'Twas the night before Christmas	5:01:34	47.95%
Lisa Liversidge	17/09/2023	Quarter mar	Harvest trail	1:13:07	N/a
Lorraine Wyatt	17/09/2023	Quarter mar	Harvest trail	1:13:41	N/a

Stevenage Phoenix Running Club - results 2022

Name	Date	Distance	Race name	Race time	Age grade %
Chris Leigh	15/10/2022	Marathon	Phoenix Steampunk trail marathon	04:39:47	54.15%
Joanna Heasman	16/10/2022	10km	Worthing seafront	55:56	66.35%
Lewis Green	16/10/2022	Marathon	Amsterdam marathon	03:58:11	53.68%
Chris Leigh	20/10/2022	Marathon	Running miles Decade Dash trail	05:04:38	49.73%
Chris Leigh	23/10/2022	Marathon	Abingdon	04:19:01	58.49%
Joanna Heasman	23/10/2022	10km	Lancing 10k	58:44	63.18%
Chris Leigh	29/10/2022	Marathon	Saturn Hemerodromoi trail marathon	05:24:48	46.65%
Ashley Bates	30/10/2022	Half	Hertfordshire half	02:12:28	45.47%
Gemma Holloway	30/10/2022	Half	Hertfordshire half	02:21:57	46.64%
Chris Leigh	04/11/2022	Marathon	Enigma Fireworks trail marathon	05:25:01	46.58%
Paul Smith	06/11/2022	Half	Stevenage half	01:41:29	70.73%
Sarah Allen	06/11/2022	Half	Stevenage half	02:07:47	52.36%
Chris Leigh	11/11/2022	Marathon	Phoenix Armistice trail marathon	05:00:41	50.39%
Dawn Lloynes	13/11/2022	Half	Phoenix Remembrance half	02:36:34	46.47%
Chris Leigh	17/11/2022	Marathon	Running Miles Ricky Races trail marathon	04:54:09	51.51%
Lisa Liversidge	19/11/2022	Half	The Dirt half	02:37:25	51.11%
Lorraine Wyatt	19/11/2022	Half	The Dirt half	02:37:25	52.52%
Sue Leigh	20/11/2022	Ultra	The Sundon Saunter	08:04:56	39.82%
Chris Leigh	25/11/2022	Marathon	The Phoenix Intergalactic Friday trail	04:52:31	51.79%
Angela Goodwin	27/11/2022	5 miles	Hatfield 5	56:22	50.49%
Chris Leigh	27/11/2022	Marathon	Saturn Autumn trail marathon	5:00:03	50.49%
Eleanor Williams	27/11/2022	5 miles	Hatfield 5	54:34	44.93%
Emma Mead	27/11/2022	5 miles	Hatfield 5	44:58	55.60%
Joanna Szuciakow	27/11/2022	5 miles	Hatfield 5	48:43	52.40%
Lewis Green	27/11/2022	5 miles	Hatfield 5	36:51	61.26%
Paul Smith	27/11/2022	5 miles	Hatfield 5	36:00	72.41%
Stefanie Gransby	27/11/2022	5 miles	Hatfield 5	57:19	43.37%
Chris Leigh	01/12/2022	Marathon	Phoenix Advent trail marathon	4:56:19	51.13%
Angela Goodwin	04/12/2022	5 miles	Festive 5	54:55:00	51.83%
Ashley Bates	04/12/2022	5 miles	Festive 5	43:43:00	50.51%
Chris Leigh	04/12/2022	5 miles	Festive 5	44:00:00	59.76%
Danielle Murphy	04/12/2022	5 miles	Festive 5	53:33:00	45.18%
Dawn Lloynes	04/12/2022	5 miles	Festive 5	52:57:00	50.55%
Eleanor Williams	04/12/2022	5 miles	Festive 5	51:56:00	47.20%
Emma Mead	04/12/2022	5 miles	Festive 5	44:56:00	57.27%
Gemma Holloway	04/12/2022	5 miles	Festive 5	46:58:00	51.86%
Greg Bradbury	04/12/2022	5 miles	Festive 5	36:56:00	60.67%
Jacky Murphy	04/12/2022	5 miles	Festive 5	53:33:00	55.28%
Joanna Heasman	04/12/2022	5 miles	Festive 5	46:40:00	63.43%
Joanna Szuciakow	04/12/2022	5 miles	Festive 5	47:45:00	53.46%
Lewis Green	04/12/2022	5 miles	Festive 5	35:50:00	62.99%
Paul Smith	04/12/2022	5 miles	Festive 5	36:44:00	70.96%
Philip Farman	04/12/2022	5 miles	Festive 5	43:20:00	58.16%
Scott Crawford	04/12/2022	5 miles	Festive 5	45:53:00	53.59%
Sue Leigh	04/12/2022	5 miles	Festive 5	53:35:00	56.76%
Susan Bryson	04/12/2022	5 miles	Festive 5	51:44:00	54.32%
Tim Saban	04/12/2022	5 miles	Festive 5	37:20:00	68.07%
Emma Mead	11/12/2022	10km	Santa run	01:01:05	52.82%
Julie Tribe	11/12/2022	10km	Santa run	01:01:04	59.19%
Chris Leigh	15/12/2022	Half	Running Miles Pop Up Jubilee River run trail half	02:17:05	52.85%
Chris Leigh	28/12/2022	Half	Phoenix Year end trail half marathon	02:16:52	52.93%
Lewis Green	30/12/2022	10 miles	Buntingford 10	01:24:21	55.14%