

Name of runner	Date	Distance	Name of race	Time	WMA
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
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%
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%
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%
Andrew 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%
Sharon Franklin	25/02/2024	Half marathon	Brighton half	2:18:00	49.56%
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%
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
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
Melissa 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%
Charlie Day	17/03/2024	10k	MK Festival of running	1:17:33	34.62%

Calculator: [WMA Age-grading calculator \(howardgrubb.co.uk\)](https://www.howardgrubb.co.uk)

Values: 2006/2010

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%
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%
Jessica 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 Loughton	24/03/2024	20 miles	Oakley	3:01:13	64.91%
Lewis Green	24/03/2024	20 miles	Oakley	2:51:25	57.03%
Paul Smith	24/03/2024	20 miles	Oakley	2:51:20	66.95%
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%
Jessica 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 Loughton	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%
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%
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%
Melissa 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%
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%
Melissa 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%
Jessica 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%
Nicholas 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 Toresse	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%
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%
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 Torsesse	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%
Jessica 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
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%
Conor 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%
Melissa 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	5k	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%
Conor 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%
Jessica 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%
Melissa 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
Jessica 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%
Amy Whitby	23/07/2024	5k	Handicap race3	32:41	51.29%
Andy Chapman	23/07/2024	5k	Handicap race3	24:42	57.40%
Ashley Bates	23/07/2024	5k	Handicap race3	24:11	56.03%
Ben Murphy	23/07/2024	5k	Handicap race3	24:50	52.08%
Bobby Buckley	23/07/2024	5k	Handicap race3	22:29	58.31%
Caitlin Evans	23/07/2024	5k	Handicap race3	27:19	54.18%
Charlie Day	23/07/2024	5k	Handicap race3	37:01	34.85%
Conor O'Neill	23/07/2024	5k	Handicap race3	21:04	66.78%
Danny Bishop	23/07/2024	5k	Handicap race3	23:22	57.14%
David Poulter	23/07/2024	5k	Handicap race3	29:49	50.27%
Denise Ricot	23/07/2024	5k	Handicap race3	32:34	58.73%
Edwin Smith	23/07/2024	5k	Handicap race3	20:51	62.88%
Emma Chapman	23/07/2024	5k	Handicap race3	28:07	52.84%
Emma Wick	23/07/2024	5k	Handicap race3	33:04	45.53%
Gavin Cooper	23/07/2024	5k	Handicap race3	24:40	57.93%
Graham Eden	23/07/2024	5k	Handicap race3	23:55	57.07%
Hayden Cooper	23/07/2024	5k	Handicap race3	23:28	57.56%
John Harris	23/07/2024	5k	Handicap race3	33:15	40.15%
Kath Phoenix	23/07/2024	5k	Handicap race3	24:32	60.91%
Katie Mitham	23/07/2024	5k	Handicap race3	24:16	61.06%
Katka Laughton	23/07/2024	5k	Handicap race3	25:35	64.73%
Ken Hall	23/07/2024	5k	Handicap race3	24:30	72.83%

Lewis Green	23/07/2024	5k	Handicap race3	22:05	62.74%
Mark Blease	23/07/2024	5k	Handicap race3	27:29	48.93%
Martin Harris	23/07/2024	5k	Handicap race3	23:21	56.44%
Myles Hammersley	23/07/2024	5k	Handicap race3	28:04	46.71%
Naomi Sleator	23/07/2024	5k	Handicap race3	30:42	48.21%
Phil Gover	23/07/2024	5k	Handicap race3	24:41	55.30%
Simona Leadbetter	23/07/2024	5k	Handicap race3	28:21	55.52%
Wendy Summerbee	23/07/2024	5k	Handicap race3	34:12	54.39%
Zoe Shreeve	23/07/2024	5k	Handicap race3	29:08	58.26%
Emma Mead	27/07/2024	50k	Rodent Wriggle	7:12:00	N/A
Alex Wasley	28/07/2024	5k	Chariots of Fire	20:15	66.71%
Martin Wasley	28/07/2024	5k	Chariots of Fire	29:06	49.88%
Melissa Tanti	28/07/2024	5k	Chariots of Fire	27:57	53.46%
Stella Toresse	28/07/2024	5k	Chariots of Fire	29:55	62.18%
Alex Wasley	31/07/2024	5k	Ridlins 5k	18:40	71.47%
Ashley Bates	31/07/2024	5k	Ridlins 5k	25:39	52.82%
Denise Ricot	31/07/2024	5k	Ridlins 5k	33:35	56.95%
Ken Hall	31/07/2024	5k	Ridlins 5k	24:08	74.93%
Melissa Tanti	31/07/2024	5k	Ridlins 5k	26:24	56.60%
Ashley Bates	04/08/2024	Marathon	Bedford GP Autodrome	5:03:38	41.81%
Ashton Marshall	04/08/2024	10k	Bedford GP Autodrome	45:23	59.17%
Alex Wasley	15/08/2024	5k	Handicap 5k Race 4	18:43	71.27%
Amy Whitby	15/08/2024	5k	Handicap 5k Race 4	32:53	50.98%
Ashley Bates	15/08/2024	5k	Handicap 5k Race 4	24:01	56.41%
Ben Murphy	15/08/2024	5k	Handicap 5k Race 4	24:11	53.48%
Caitlin Evans	15/08/2024	5k	Handicap 5k Race 4	26:03	56.81%
Charlie Day	15/08/2024	5k	Handicap 5k Race 4	36:25	35.42%
Damla Akkul	15/08/2024	5k	Handicap 5k Race 4	27:09	54.64%
Dan Curtin	15/08/2024	5k	Handicap 5k Race 4	30:03	47.18%
Danny Bishop	15/08/2024	5k	Handicap 5k Race 4	23:52	55.94%
David Poulter	15/08/2024	5k	Handicap 5k Race 4	30:47	48.69%
Gavin Cooper	15/08/2024	5k	Handicap 5k Race 4	23:59	59.58%
George Bradshaw	15/08/2024	5k	Handicap 5k Race 4	23:06	56.28%
George Curtin	15/08/2024	5k	Handicap 5k Race 4	24:51	54.36%
Hayden Cooper	15/08/2024	5k	Handicap 5k Race 4	22:08	61.03%
Jo Heasman	15/08/2024	5k	Handicap 5k Race 4	28:£2	65.20%
John Harris	15/08/2024	5k	Handicap 5k Race 4	31:47	42.01%
Jon Boe	15/08/2024	5k	Handicap 5k Race 4	29:55	50.52%
Kath Phoenix	15/08/2024	5k	Handicap 5k Race 4	22:49	65.49%
Katka Laughton	15/08/2024	5k	Handicap 5k Race 4	25:17	65.50%
Kerry Cunnane	15/08/2024	5k	Handicap 5k Race 4	28:54	53.25%
Lewis Green	15/08/2024	5k	Handicap 5k Race 4	21:45	63.71%
Lisa Liversidge	15/08/2024	5k	Handicap 5k Race 4	27:44	66.17%
Mark Legate	15/08/2024	5k	Handicap 5k Race 4	26:42	57.55%
Martin Wasley	15/08/2024	5k	Handicap 5k Race 4	28:19	51.26%
Myles Hammersley	15/08/2024	5k	Handicap 5k Race 4	28:26	46.11%
Neal Crawley	15/08/2024	5k	Handicap 5k Race 4	23:27	67.22%

Phil Gover	15/08/2024	5k	Handicap 5k Race 4	24:25	55.90%
Zoe Shreeve	15/08/2024	5k	Handicap 5k Race 4	28:53	58.77%
Wendy Summerbee	18/08/2024	10k	Friendship Run	01:10:13	54.30%
Garry Wallace	31/08/2024	4.5 miles	Port of Dartmouth Royal Regatta Road Race	46:55	n/a
Conor O'Neill	01/09/2024	Half	Big Half	1:47:48	59.09%
Denise Ricot	01/09/2024	Half	Big Half	2:48:11	50.59%
Katka Laughton	01/09/2024	10k	Summertime Windsor Trail Run	53:20	63.64%
Nicholas West	01/09/2024	Half	Big Half	2:04:40	49.87%
Peter Tungate	01/09/2024	Long	Rat Race Sea to Summit		n/a
Simona Leadbetter	01/09/2024	10k	Summertime Windsor Trail Run	01:05:04	49.58%
Zoe Shreeve	01/09/2024	10k	RunThrough Thrope Park 10k	57:47	60.21%
Andy Chapman	03/09/2024	5k	Handicap Race 5	24:43	57.36%
Ashley Bates	03/09/2024	5k	Handicap Race 5	23:52	56.77%
Ben Murphy	03/09/2024	5k	Handicap Race 5	23:57	54%
Charlie Day	03/09/2024	5k	Handicap Race 5	35:38	36.20%
Conor O'Neill	03/09/2024	5k	Handicap Race 5	21:35	65.19%
Damla Akkul	03/09/2024	5k	Handicap Race 5	26:36	55.77%
Dan Curtin	03/09/2024	5k	Handicap Race 5	29:21	48.30%
David Poulter	03/09/2024	5k	Handicap Race 5	27:48	53.92%
Emma Wick	03/09/2024	5k	Handicap Race 5	32:36	46.18%
Gemma Holloway	03/09/2024	5k	Handicap Race 5	26:13	57.20%
Graeme Hulstrom	03/09/2024	5k	Handicap Race 5	31:33	44.94%
Jodie Kantas	03/09/2024	5k	Handicap Race 5	22:56	67.11%
John Harris	03/09/2024	5k	Handicap Race 5	29:25	45.39%
Jon Boe	03/09/2024	5k	Handicap Race 5	27:3	54.95%
Kath Phoenix	03/09/2024	5k	Handicap Race 5	22:12	67.31%
Katka Laughton	03/09/2024	5k	Handicap Race 5	25:08	65.89%
Kerry Cunnane	03/09/2024	5k	Handicap Race 5	28:2	54.32%
Lewis Green	03/09/2024	5k	Handicap Race 5	21:18	65.05%
Martin Harris	03/09/2024	5k	Handicap Race 5	22:23	58.88%
Martin Wasley	03/09/2024	5k	Handicap Race 5	28:01	51.80%
Neal Crawley	03/09/2024	5k	Handicap Race 5	23:38	66.70%
Richard Liversidge	03/09/2024	5k	Handicap Race 5	31:56	48.94%
Simona Leadbetter	03/09/2024	5k	Handicap Race 5	28:06	56.02%
Ken Hall	04/09/2024	5k	Hatfield 5k	23:42	76.30%
Ashley Bates	07/09/2024	5k	Bedford Running Festival	24:11	56.03%
Ashley Bates	07/09/2024	10k	Bedford Running Festival	54:42	51.56%
Melissa Tanti	07/09/2024	10k	Bedford Running Festival	54:43	55.97%
Sue Pudner	07/09/2024	5k	Bedford Running Festival	36:01	46.55%
Ashley Bates	08/09/2024	Half	Bedford Running Festival	02:10:35	46.87%
Gemma Holloway	08/09/2024	20 miles	Bedford Running Festival	03:41:08	46.99%
Graham Eden	08/09/2024	20 miles	Bedford Running Festival	03:17:52	48.60%
Hayden Cooper	08/09/2024	Half	Bedford Running Festival	1:55:21	53.96%
Lewis Green	08/09/2024	1 mile	Letchworth Round The Garden	6:12	n/a
Scott Crawford	08/09/2024	20 miles	Bedford Running Festival	3:50:27	46.21%
Sue Leigh	08/09/2024	10k	Bedford Running Festival	1:03:29	61.75%
Sue Pudner	08/09/2024	10k	Bedford Running Festival	1:22:05	41.86%
Wendy Summerbee	08/09/2024	10k	Bedford Running Festival	1:10:35	54.02%
Lewis Green	11/09/2024	5k	Hatfield 5k Midweek #3	21:15	65.21%
Ashley Bates	14/09/2024	Ultra	Ultra X England	15:16:00	n/a

Charlie Day	15/09/2024	10k	Stevenage 10k	1:17:03	34.85%
Emma Wick	15/09/2024	10k	Stevenage 10k	1:11:42	43.04%
Ian Harvey	15/09/2024	10k	Stevenage 10k	42:32	67.81%
Ken Hall	15/09/2024	10k	Stevenage 10k	51:07	73.63%
Vicky Lang	15/09/2024	10k	Stevenage 10k	58:24	53.67%
Emma Mead	21/09/2024	Ultra	Equinox24		n/a
Lisa Liversidge	21/09/2024	Ultra	Surrey Tops	16:09:00	n/a
Mark Legate	21/09/2024	Marathon	Lucky Horseshoe		n/a
Alex Wasley	22/09/2024	10k	Vitality 10k	38:52	71.44%
Charlie Day	22/09/2024	10k	Vitality 10k	1:16:40	35.02%
David Poulter	22/09/2024	10k	Vitality 10k	1:08:45	45.38%
Jo Heasman	22/09/2024	10k	Vitality 10k	1:07:34	56.43%
Martin Wasley	22/09/2024	10k	Vitality 10k	1:01:54	48.80%
Neal Crawley	22/09/2024	10k	Vitality 10k	48:33	67.58%
Zoe Shreeve	22/09/2024	10k	Vitality 10k	1:07:34	51.49%
Alex Wasley	29/09/2024	5k	Hitchin 5k	19:12	69.48%
Ben Murphy	29/09/2024	5k	Hitchin 5k	25:06	51.64%
Caitlin Evans	29/09/2024	5k	Hitchin 5k	28:08	52.61%
Charlie Day	29/09/2024	5k	Hitchin 5k	38:29	33.52%
Christopher Nunn	29/09/2024	5k	Hitchin 5k	21:53	59.63%
Conor O'Neill	29/09/2024	5k	Hitchin 5k	22:09	63.52%
Emma Wick	29/09/2024	5k	Hitchin 5k	35:05	43.11%
Jacky Murphy	29/09/2024	5k	Hitchin 5k	30:38	60.73%
Jo Heasman	29/09/2024	5k	Hitchin 5k	28:59	64.18%
John Harris	29/09/2024	5k	Hitchin 5k	28:58	46.09%
Katie Mitham	29/09/2024	5k	Hitchin 5k	24:17	61.01%
Katka Laughton	29/09/2024	5k	Hitchin 5k	25:06	65.98%
Kerry Cunnane	29/09/2024	5k	Hitchin 5k	28:07	54.73%
Martin Harris	29/09/2024	5k	Hitchin 5k	24:15	54.35%
Neil Homewood	29/09/2024	5k	Hitchin 5k	27:59	58.86%
Phil Gover	29/09/2024	5k	Hitchin 5k	27:08	50.30%
Simona Leadbetter	29/09/2024	5k	Hitchin 5k	29:07	54.06%
Sue Leigh	29/09/2024	5k	Hitchin 5k	33:36	56.92%
Sue Pudner	29/09/2024	5k	Hitchin 5k	36:03	46.50%
Wendy Summerbee	29/09/2024	5k	Hitchin 5k	33:37	55.34%
Amy Whitby	06/10/2024	5k	Herts 5k	37:51	44.29%
Conor O'Neill	06/10/2024	10k	Standalone 10k	46:01	63.64%
Damla Akkul	06/10/2024	10k	Standalone 10k	54:14	56.07%
Denise Ricot	06/10/2024	10k	Standalone 10k	1:12:35	54.01%
Ian Harvey	06/10/2024	10k	Standalone 10k	42:35	67.73%
Ian Young	06/10/2024	10k	Standalone 10k	45:42	68.27%
Jodie Kantas	06/10/2024	10k	Standalone 10k	49:16	64.02%
John Harris	06/10/2024	10k	Standalone 10k	1:02:06	44.75%
Ken Hall	06/10/2024	10k	Standalone 10k	49:40	75.78%
Neil Homewood	06/10/2024	10k	Standalone 10k	58:07	58.99%
Aaron Reynolds	10/10/2024	5k	Handicap 5k Race 6	20:17	64.34%
Alex Wasley	10/10/2024	5k	Handicap 5k Race 6	18:22	72.63%
Charlie Day	10/10/2024	5k	Handicap 5k Race 6	32:38:00	39.53%
Conor O'Neill	10/10/2024	5k	Handicap 5k Race 6	21:24	65.74%
Damla Akkul	10/10/2024	5k	Handicap 5k Race 6	25:05:00	59.15%

Dan Curtin	10/10/2024	5k	Handicap 5k Race 6	30:16	46.84%
David Poulter	10/10/2024	5k	Handicap 5k Race 6	34:45:00	43.14%
Emma Wick	10/10/2024	5k	Handicap 5k Race 6	33:21:00	45.35%
George Bradshaw	10/10/2024	5k	Handicap 5k Race 6	22:58	56.61%
George Curtin	10/10/2024	5k	Handicap 5k Race 6	22:20	60.48%
Graeme Hulstrom	10/10/2024	5k	Handicap 5k Race 6	30:58	45.78%
John Harris	10/10/2024	5k	Handicap 5k Race 6	28:24:00	47.01%
Jon Boe	10/10/2024	5k	Handicap 5k Race 6	28:38:00	52.78%
Kath Phoenix	10/10/2024	5k	Handicap 5k Race 6	21:59	67.98%
Katie Mitham	10/10/2024	5k	Handicap 5k Race 6	24:13:00	61.18%
Katka Laughton	10/10/2024	5k	Handicap 5k Race 6	24:25:00	67.82%
Mark Blease	10/10/2024	5k	Handicap 5k Race 6	28:24:00	47.35%
Mark Legate	10/10/2024	5k	Handicap 5k Race 6	28:54:00	53.17%
Martin Harris	10/10/2024	5k	Handicap 5k Race 6	20:22	64.71%
Wendy Summerbee	10/10/2024	5k	Handicap 5k Race 6	34:44	53.56%
Caitlin Evans	13/10/2024	Half	Royal Parks Half	02:11:22	50.11%
Charlie Day	13/10/2024	Half	Royal Parks Half	02:38:07	37.45%
Emma Chapman	13/10/2024	Half	Leceister Half	02:37:16	41.89%
Jessica Meadows	13/10/2024	Half	Royal Parks Half	01:55:56	56.79%
Jodie Kantas	13/10/2024	50k	North Chilterns 50k	05:50:24	49.71%
Jon Boe	13/10/2024	Half	Royal Parks Half	02:24:35	47.52%
Mason Simmons	13/10/2024	Half	Royal Parks Half	01:54:31	51.71%
Melissa Tanti	13/10/2024	Half	Royal Parks Half	02:07:19	52.21%
Richard Moore	13/10/2024	Half	Royal Parks Half	01:55:04	56.73%
Katka Laughton	16/10/2024	10k	Chase The Moon Battersea Park	1:00:16	56.31%
Simona Leadbetter	16/10/2024	10k	Chase The Moon Battersea Park	1:00:19	53.97%
Aaron Reynolds	20/10/2024	Marathon	Stevenage Marathon	3:53:18	53.54%
Alex Wasley	20/10/2024	Marathon	Stevenage Marathon	3:47:57	56.99%
Amy Whitby	20/10/2024	10k	Duxford 10k	01:09:10	49.69%
Andy Chapman	20/10/2024	Half	Stevenage Half Marathon	2:01:43	52.76%
Ashton Marshall	20/10/2024	Marathon	Stevenage Marathon	4:10:56	49.78%
Ben Murphy	20/10/2024	10k	Duxford 10k	53:27	50.48%
Charlie Day	20/10/2024	5k	Duxford 5k	35:56	35.90%
Chris Leigh	20/10/2024	Marathon	Abington Marathon	3:53:30	66.25%
Conor O'Neill	20/10/2024	10k	Duxford 10k	45:42	64.59%
David Poulter	20/10/2024	Half	Stevenage Half Marathon	2:22:53	47.67%
Graham Eden	20/10/2024	Marathon	Stevenage Marathon	4:09:34	51.29%
Katie Mitham	20/10/2024	Half	Stevenage Half Marathon	1:50:52	59.44%
Katka Laughton	20/10/2024	10k	Duxford 10k	50:21	67.39%
Mark Legate	20/10/2024	Marathon	Stevenage Marathon	4:41:48	51.81%
Martin Harris	20/10/2024	Half	Stevenage Half Marathon	1:50:31	53.90%
Martin Wasley	20/10/2024	Marathon	Stevenage Marathon	5:53:48	38.72%
Nicholas West	20/10/2024	Marathon	Stevenage Marathon	5:02:33	42.66%
Simona Leadbetter	20/10/2024	10k	Duxford 10k	1:02:53	51.76%
Wendy Summerbee	20/10/2024	5k	Duxford 5k	33:02	56.31%
Emma Mead	26/10/2024	Marathon	Marathon Eryri	4:58:20	51.25%
Jodie Kantas	26/10/2024	Marathon	Marathon Eryri	4:15:15	56.46%
Katka Laughton	30/10/2024	5k	Ridlins 5k	23:51	69.43%
Martin Wasley	30/10/2024	5k	Ridlins 5k	27:34	52.65%
Simona Leadbetter	30/10/2024	5k	Ridlins 5k	27:34	57.61%

Ashley Bates	03/11/2024	Half	Hertfordshire Half	2:02:46	49.86%
Charlie Day	03/11/2024	Half	Hertfordshire Half	2:40:25	36.91%
Conor O'Neill	03/11/2024	Half	Hertfordshire Half	1:42:42	62.02%
David Poulter	03/11/2024	10k	Hertfordshire 10k	1:04:03	48.71%
Denise Ricot	03/11/2024	Half	Hertfordshire Half	2:32:21	55.84%
Ian Young	03/11/2024	Half	Hertfordshire Half	1:40:34	67.74%
Jamie Long	03/11/2024	Half	Hertfordshire Half	1:56:52	50.87%
Jo Heasman	03/11/2024	10k	Hertfordshire 10k	1:01:20	62.16%
John Harris	03/11/2024	10k	Hertfordshire 10k	59:37	46.61%
Katie Mitham	03/11/2024	Half	Hertfordshire Half	1:56:43	56.47%
Katka Laughton	03/11/2024	Half	Hertfordshire Half	1:51:57	65.80%
Kerry Cunnane	03/11/2024	10k	Hertfordshire 10k	59:28	53.04%
Martin Harris	03/11/2024	Half	Hertfordshire Half	1:43:13	57.80%
Martin Wasley	03/11/2024	10k	Hertfordshire 10k	59:28	50.80%
Neal Crawley	03/11/2024	Half	Hertfordshire Half	1:47:16	66.99%
Nick West	03/11/2024	Half	Hertfordshire Half	1:59:19	52.11%
Simona Leadbetter	03/11/2024	10k	Hertfordshire 10k	59:21	54.84%
Vicky Lang	03/11/2024	10k	Hertfordshire 10k	57:34	54.79%
Aaron Reynolds	10/11/2024	5 miles	Handicap 5 miles	33:46	63.91%
Ben Murphy	10/11/2024	5 miles	Handicap 5 miles	41:03	52.22%
Charlie Day	10/11/2024	5 miles	Handicap 5 miles	56:01	38.08%
Conor O'Neill	10/11/2024	5 miles	Handicap 5 miles	36:21	64.01%
Damla Akkul	10/11/2024	5 miles	Handicap 5 miles	43:49	55.36%
Gavin Cooper	10/11/2024	5 miles	Handicap 5 miles	44:46	52.78%
George Bradshaw	10/11/2024	5 miles	Handicap 5 miles	42:03	51.13%
Graham Eden	10/11/2024	5 miles	Handicap 5 miles	36:55	61.15%
Ian Young	10/11/2024	5 miles	Handicap 5 miles	36:25	68.07%
Jo Heasman	10/11/2024	5 miles	Handicap 5 miles	48:36	62.59%
Jodie Kantas	10/11/2024	5 miles	Handicap 5 miles	38:25	65.50%
John Harris	10/11/2024	5 miles	Handicap 5 miles	45:09	48.90%
Katie Mitham	10/11/2024	5 miles	Handicap 5 miles	42:46	56.65%
Katka Laughton	10/11/2024	5 miles	Handicap 5 miles	41:24	65.41%
Ken Hall	10/11/2024	5 miles	Handicap 5 miles	41:51	71.45%
Martin Wasley	10/11/2024	5 miles	Handicap 5 miles	46:03	52.12%
Myles Hammersley	10/11/2024	5 miles	Handicap 5 miles	47:16	45.87%
Neal Crawley	10/11/2024	5 miles	Handicap 5 miles	37:31	69.48%
Peter Tungate	10/11/2024	5 miles	Handicap 5 miles	37:23	62.72%
Simon Lodge	10/11/2024	5 miles	Handicap 5 miles	31:10	82.23%
Jo Heasman	16/11/2024	10k	Alton Towers 10k	1:00:44	62.78%
Zoe Shreeve	16/11/2024	10k	Alton Towers 10k	1:00:44	57.28%
Emma Mead	17/11/2024	Marathon	LDWA Shillington Shuffle	5:44:43	n/a
Jon Boe	17/11/2024	10k	Coastbuster 10k	1:02:30	50.33%
Lisa Liversidge	17/11/2024	Marathon	LDWA Shillington Shuffle	5:44:43	n/a
Simon Lodge	17/11/2024	10k	Brighton 10k	36:55	87.38%
Alex Wasley	24/11/2024	5 miles	Hatfield 5	31:52	69.23%
Amy Whitby	24/11/2024	5 miles	Hatfield 5	57:18	47.84%
Ashley Bates	24/11/2024	5 miles	Hatfield 5	41:40	53.78%
Ben Murphy	24/11/2024	5 miles	Hatfield 5	39:57	53.66%
Charlie Day	24/11/2024	5 miles	Hatfield 5	58:45	36.31%
Danny Bishop	24/11/2024	5 miles	Hatfield 5	41:43	52.93%

Emma Wick	24/11/2024	5 miles	Hatfield 5	56:47	43.55%
Gemma Holloway	24/11/2024	5 miles	Hatfield 5	47:58	51.12%
Conor O'Neill	24/11/2024	10 miles	Basse Belle	1:19:49	60.13%
John Harris	24/11/2024	5 miles	Hatfield 5	47:17	46.70%
Jon Boe	24/11/2024	5 miles	Hatfield 5	48:15	51.80%
Katie Mitham	24/11/2024	5 miles	Hatfield 5	39:28	61.39%
Katka Lughton	24/11/2024	5 miles	Hatfield 5	41:07	65.86%
Kerry Cunnane	24/11/2024	5 miles	Hatfield 5	47:48	52.64%
Lewis Green	24/11/2024	5 miles	Hatfield 5	37:11	61.63%
Lisa Liversidge	24/11/2024	5 miles	Hatfield 5	45:19	67.12%
Martin Harris	24/11/2024	5 miles	Hatfield 5	35:44	60.99%
Martin Wasley	24/11/2024	5 miles	Hatfield 5	50:00	48.00%
Melissa Tanti	24/11/2024	5 miles	Hatfield 5	43:34	56.09%
Kath Phoenix	24/11/2024	10k	Adnams 10k	48:49	62.74%
Neal Crawley	24/11/2024	5 miles	Hatfield 5	38:10	68.30%
Simon Lodge	24/11/2024	5 miles	Hatfield 5	30:38	83.66%
Simona Leadbetter	24/11/2024	5 miles	Hatfield 5	48:02	54.06%
Wendy Summerbee	24/11/2024	5 miles	Hatfield 5	57:20	53.05%
Zoe Shreeve	24/11/2024	5 miles	Hatfield 5	46:58	59.10%
Nick West	24/11/2024	10 miles	Basse Belle	1:32:54	50.45%
Alex Wasley	08/12/2024	10k	Stevenage Winter 10k	42:54	64.72%
Aaron Reynolds	08/12/2024	10k	Stevenage Winter 10k	43:03	63.07%
Andy Chapman	08/12/2024	10k	Stevenage Winter 10k	52:47	55.90%
Graham Eden	08/12/2024	10k	Stevenage Winter 10k	46:59	60.47%
George Bradshaw	08/12/2024	10k	Stevenage Winter 10k	50:57	53.11%
Ashley Bates	08/12/2024	5 miles	Festive 5	41:35	53.88%
Emma Mead	08/12/2024	5 miles	Festive 5	42:01	62.39%
Amy Whitby	08/12/2024	5 miles	Festive 5	58:15	47.06%
Myles Hammersley	08/12/2024	10k	Stevenage Winter 10k	1:01:53	44.09%
Ken Hall	08/12/2024	5 miles	Festive 5	43:31	68.72%
Ian Young	08/12/2024	5 miles	Festive 5	37:21	66.37%
Lacey Harris	08/12/2024	5 miles	Festive 5	54:41	45.20%
Katie Mitham	08/12/2024	Half	Stevenage Winter Half	2:15:01	48.81%
Martin Harris	08/12/2024	Half	Stevenage Winter Half	2:16:25	43.74%
John Harris	08/12/2024	Half	Stevenage Winter Half	2:16:28	44.19%
Richard Moore	08/12/2024	10k	Stevenage Winter 10k	46:37	64.30%
Peter Tungate	08/12/2024	Half	Milton Keynes Winter Half	1:42:02	62.94%
Scott Crawford	08/12/2024	5 miles	Festive 5	48:58	51.04%
Wendy Summerbee	08/12/2024	5 miles	Festive 5	58:16	52.02%
Phil Gover	08/12/2024	10k	Stevenage Winter 10k	57:20	49.55%
Amy Whitby	15/12/2024	5k	Guilden Morgan 5k	33:57	49.38%
Charlie Day	15/12/2024	10k	London 10k	1:11:21	37.63%
Ashley Bates	15/12/2024	10k	London 10k	58:24	48.29%
Katie Mitham	15/12/2024	10k	London 10k	53:56	56.30%
Wendy Summerbee	15/12/2024	5k	Guilden Morgan 5k	33:57	54.79%
Neil Homewood	15/12/2024	10k	London 10k	58:46	58.34%
Denise Ricot	29/12/2024	10 miles	Buntingford 10	1:52:39	57.80%
Ashley Bates	31/12/2024	10k	St Albans NYE 10k	56:15	50.13%
Conor O'Neill	31/12/2024	10k	St Albans NYE 10k	44:42	65.51%
Gemma Holloway	31/12/2024	10k	St Albans NYE 10k	59:18	51.83%

Denise Ricot	31/12/2024	10k	St Albans NYE 10k	1:08:42	57.87%
Katie Mitham	31/12/2024	10k	St Albans NYE 10k	47:33	63.86%
Jodie Kantas	31/12/2024	10k	St Albans NYE 10k	46:35	67.71%
John Harris	31/12/2024	10k	St Albans NYE 10k	1:03:14	43.95%
Martin Harris	31/12/2024	10k	St Albans NYE 10k	45:21	60.49%
Lacey Harris	31/12/2024	10k	St Albans NYE 10k	1:10:49	43.76%
Richard Moore	31/12/2024	10k	St Albans NYE 10k	46:23	64.62%