

Name of runner	Date	Distance	Name of race	Time	WMA	
Aaron Reynolds	16/02/2025	10k	ATW Love Welwyn Garden City 10k	41:50	N/A	2nd claim
Aaron Reynolds	16/03/2025	Half	Bath Half	1:34:00	N/A	2nd claim
Aaron Reynolds	17/04/2025	5k	Club Handicap 5k Race 1	19:58	N/A	2nd claim
Aaron Reynolds	21/04/2025	10k	Stevenage Spring 10k	42:36	N/A	2nd claim
Aaron Reynolds	04/05/2025	10k	Hitchin 10k	42:04	N/A	2nd claim
Aaron Reynolds	11/05/2025	5 miles	Phoenix 5	34:20	N/A	2nd claim
Aaron Reynolds	13/07/2025	10k	Saucony LDN 10k	40:29	N/A	2nd claim
Aaron Reynolds	15/07/2025	5k	Handicap Race 4	19:46	N/A	2nd claim
Aaron Reynolds	19/08/2025	5k	Handicap Race 5	19:34	N/A	2nd claim
Aaron Reynolds	14/09/2025	5k	Menzies 5k	23:05	N/A	2nd claim
Aaron Reynolds	14/09/2025	10k	Menzies 10k	41:44	N/A	2nd claim
Aaron Reynolds	19/10/2025	10 Miles	Great South Run - 10	01:07:00	N/A	2nd claim
Alex Wasley	12/01/2025	10k	Hatfield 10k	40:55	64.65%	
Alex Wasley	19/01/2025	10 miles	run rebel BrightTEN 10 mile	1:06:41	65.65%	
Alex Wasley	01/02/2025	10k	Queen Elizabeth Olympic Park 5k and 10k	38:27	68.80%	
Alex Wasley	06/04/2025	Half	London Landmarks	1:24:21	68.83%	
Alex Wasley	17/04/2025	5k	Club Handicap 5k Race 1	18:24	69.86%	
Alex Wasley	21/04/2025	10k	Stevenage Spring 10k	42:34	62.15%	
Alex Wasley	04/05/2025	10k	Hitchin 10k	38:33	68.62%	
Alex Wasley	11/05/2025	5 miles	Phoenix 5	31:13	67.53%	
Alex Wasley	15/05/2025	400m	GCR 4x400 m relay	0:57	N/A	
Alex Wasley	04/07/2025	5k	Jaws 50th Anniversary 5k - Enigma Running	19:07	67.24%	
Alex Wasley	15/07/2025	5k	Handicap Race 4	18:25	69.80%	
Alex Wasley	09/09/2025	5k	Handicap 5k - Race 6	18:19	70.15%	
Alex Wasley	14/09/2025	5k	Menzies 5k	18:22	69.96%	
Alex Wasley	14/09/2025	10k	Menzies 10k	40:42	64.86%	
Alex Wasley	21/09/2025	1 mile	Letchworth 1 mile	5:15	72.06%	
Alex Wasley	28/09/2025	5k	Hitchin 5k	18:35	69.15%	
Alex Wasley	19/10/2025	Half	Stevenage Half Marathon	01:41:21	57.24%	
Alex Wasley	25/10/2025	10k	RunThrough VeloPark	00:39:46	66.39%	
Amy Whitby	13/04/2025	10k	Flitwick 10k	1:09:09	48.71%	
Amy Whitby	17/04/2025	5k	Club Handicap 5k Race 1	31:59	51.54%	
Amy Whitby	21/05/2025	5 miles	Phoenix 5	54:55	49.00%	
Amy Whitby	19/06/2025	5k	Club Handicap 5k Race 3	33:14	49.60%	
Amy Whitby	06/07/2025	10k	CRUK 10k	1:08:28	49.20%	
Amy Whitby	15/07/2025	5k	Handicap Race 4	32:13	51.17%	
Andrew Liddle	16/03/2025	Half	MK Half	2:02:00	47.82%	
Andy Chapman	12/01/2025	10k	Hatfield 10k	49:16	57.86%	
Andy Chapman	16/02/2025	-	Cross Country Race 5 - Watford	52:04	N/A	
Andy Chapman	23/02/2025	Half	Baldock Beast	2:04:33	50.45%	
Andy Chapman	17/04/2025	5k	Club Handicap 5k Race 1	22:44	62.28%	
Andy Chapman	30/04/2025	5k	Resolution 5k	23:08	61.20%	
Andy Chapman	18/05/2025	5 miles	Phoenix 5	39:09	58.82%	
Andy Chapman	28/05/2025	10k	MWL Race 1 - Stevenage	48:21	59.44%	
Andy Chapman	19/06/2025	5k	Club Handicap 5k Race 3	23:10	61.12%	
Andy Chapman	09/07/2025	10k	MWL Race 5 - Welwyn	51:56	55.34%	
Andy Chapman	20/07/2025	50k	Fairlands Valley Challenge	7:25:53	N/A	
Andy Chapman	23/07/2025	5k	Doug Anderson 5k	24:50	57.01%	
Andy Chapman	09/09/2025	5k	Handicap 5k - Race 6	23:02	61.47%	
Andy Liddle	13/05/2025	5 miles	Phoenix 5	38:39	55.09%	
Andy Liddle	20/05/2025	5k	Club Handicap 5k Race 2	21:51	59.76%	
Andy Liddle	28/05/2025	10k	MWL Race 1 - Stevenage	47:17	56.34%	
Andy Liddle	04/06/2025	10k	MWL Race 2 - Watford	48:58	54.41%	
Andy Liddle	10/06/2025	10k	MWL Race 3 - Harpenden	47:23	56.23%	
Andy Liddle	25/06/2025	10k	MWL Race 4 - Royston	48:47	54.61%	
Andy Liddle	09/07/2025	10k	MWL Race 5 - Welwyn	50:50	52.41%	
Ashleigh Warren	15/07/2025	5k	Handicap Race 4	28:00	52.74%	
Ashleigh Warren	09/09/2025	5k	Handicap 5k - Race 6	27:30	53.70%	
Ashleigh Warren	14/09/2025	5k	Menzies 5k	28:52	51.15%	
Ashleigh Warren	14/09/2025	10k	Menzies 10k	57:48	51.83%	
Ashleigh Warren	19/10/2025	Half	Stevenage Half Marathon	02:07:45	51.06%	
Ashley Bates	15/02/2025	5k	Battersea Park 5k	24:02	55.89%	
Ashley Bates	23/03/2025	10k	Lee Valley 10k	1:04:43	42.03%	
Ashley Bates	30/04/2025	5k	Resolution 5k	24:59	53.77%	
Ashley Bates	13/05/2025	5 miles	Phoenix 5	41:35	52.43%	
Ashley Bates	20/05/2025	5k	Club Handicap 5k Race 2	24:32	54.76%	
Ashley Bates	01/06/2025	Half	Hitchin Half	2:10:26	45.56%	
Ashley Bates	19/06/2025	5k	Club Handicap 5k Race 3	27:36	48.67%	
Ashley Bates	23/07/2025	5k	Doug Anderson 5k	25:05	53.95%	
Ashley Bates	19/08/2025	5k	Handicap Race 5	23:56	56.54%	
Ashley Bates	28/09/2025	5k	Hitchin 5k	25:08	53.84%	
Ashley Bates	05/10/2025	Marathon	MARATHON DE SALON DE PROVENCE	05:30:33	37.96%	
Ashley Bates	26/10/2025	10k	Brigg Poppy 10k	00:51:04	53.65%	
Ben Murphy	26/01/2025	5k	Essendon 5	25:38	N/A	
Ben Murphy	16/02/2025	10k	ATW Love Welwyn Garden City 10k	50:45	52.04%	
Ben Murphy	23/03/2025	10k	Lee Valley 10k	49:30	53.35%	
Ben Murphy	04/05/2025	10k	Hitchin 10k	50:02	52.78%	
Ben Murphy	13/05/2025	5 miles	Phoenix 5	39:58	52.74%	
Ben Murphy	15/05/2025	400m	GCR 4x400 m relay	1:05	N/A	
Ben Murphy	25/05/2025	5k	Biggleswade 5k	23:48	54.01%	
Ben Murphy	15/07/2025	5k	Handicap Race 4	23:18	55.21%	
Ben Murphy	20/07/2025	Half	Fairlands Valley Challenge	2:42:33	N/A	
Ben Murphy	23/07/2025	5k	Doug Anderson 5k	23:13	55.41%	
Ben Murphy	19/08/2025	5k	Handicap Race 5	22:50	56.34%	
Ben Murphy	06/09/2025	10k	Bedford Running Festival - 10k	51:24	51.38%	

Ben Murphy	07/09/2025	10k	Thorpe Park 10k	54:58	48.05%	
Ben Murphy	13/09/2025	Half	Kilkenny Half	1:53:41	51.03%	
Ben Murphy	28/09/2025	5k	Hitchin 5k	23:35	54.66%	
Ben Murphy	26/10/2025	10k	Duxford Dash	00:48:58	54.00%	
Bobby Buckley	23/02/2025	Half	Baldock Beast	1:54:15	50.93%	
Bobby Buckley	08/03/2025	Ultra	Thunder 50k Ultra	4:06	N/A	
Bobby Buckley	06/05/2025	10k	Silverstone 10k	47:54	56.11%	
Caitlin Evans	26/01/2025	10 miles	Bedford 10	1:39:09	49.42%	
Caitlin Evans	23/02/2025	Half	Baldock Beast	2:16:13	47.69%	
Caitlin Evans	09/03/2025	Half	Cambridge Half Marathon	2:15:00	48.12%	
Caitlin Evans	16/03/2025	20 miles	Essex 20	3:36:17	46.69%	
Caitlin Evans	06/04/2025	Marathon	Brighton Marathon	5:11:57	42.98%	
Caitlin Evans	04/05/2025	10k	Hitchin 10k	56:36	52.51%	
Caitlin Evans	13/05/2025	5 miles	Phoenix 5	46:08	51.66%	
Caitlin Evans	20/05/2025	5k	Club Handicap 5k Race 2	26:35	55.42%	
Caitlin Evans	28/05/2025	10k	MWL Race 1 - Stevenage	56:59	52.16%	
Caitlin Evans	03/08/2025	10k	RunThrough Foundation 10k	57:43	51.50%	
Caitlin Evans	07/09/2025	5k	Thorpe Park 5k	28:40	51.40%	
Charlie Day	12/01/2025	10k	Hatfield 10k	01:11:19	37.02%	
Charlie Day	26/01/2025	5k	Essendon 5	38:41	N/A	
Charlie Day	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:09:17	38.10%	
Charlie Day	09/03/2025	Half	Cambridge Half Marathon	2:56:41	32.84%	
Charlie Day	06/04/2025	Half	London Landmarks	2:55:24	33.08%	
Chloe Fox	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:13:31	40.46%	
Chloe Fox	11/05/2025	5 miles	Phoenix 5	56:55	41.92%	
Chloe Fox	14/09/2025	10k	Menzies 10k	1:11:52	41.43%	
Chloe Fox	26/10/2025	10k	Duxford Dash	01:08:08	43.70%	
Chris Leigh	02/05/2025	Marathon	Saturn chasing numbers May	05:16:23	N/A	2nd claim
Chris Leigh	05/05/2025	Marathon	Saturn Bank Holiday madness	04:53:30	N/A	2nd claim
Chris Leigh	17/05/2025	15.5 miles	Run Rabbit Trail Mix Challenge	2:49:59	N/A	2nd claim
Chris Leigh	17/05/2025	10k	Run Rabbit Headlight Hop	47:48	N/A	2nd claim
Chris Leigh	17/05/2025	25 km	Run Rabbit Trail Mix Challenge	2:49:59	N/A	2nd claim
Chris Leigh	30/05/2025	50k	Saturn Leon's Birthday Race	5:53:45	N/A	2nd claim
Chris Leigh	01/06/2025	37 miles	LDWA Pick and Mix Event	7:20:37	N/A	2nd claim
Chris Leigh	06/06/2025	29.5 miles	Saturn Running Chasing Numbers	6:47:29	N/A	2nd claim
Chris Leigh	08/06/2025	Half	Southend Half Marathon	1:46:40	N/A	2nd claim
Chris Leigh	22/06/2025	27.5 miles	Stour Valley trail marathon	5:37:44	N/A	2nd claim
Chris Leigh	29/06/2025	32.5 miles	Sikhs in the City Summer Samosa Challenge	7:44:06	N/A	2nd claim
Chris Leigh	04/07/2025	Marathon	Saturn Chasing Numbers event at Runnymede	5:05:07	N/A	2nd claim
Chris Leigh	04/07/2025	Marathon	Saturn Chasing Numbers July	5:05:07	N/A	2nd claim
Chris Leigh	06/07/2025	10k	Beat the Boat 10k	49:28	N/A	2nd claim
Chris Leigh	11/07/2025	Marathon	Big Bear Swan Challenge	4:46:04	N/A	2nd claim
Chris Leigh	18/07/2025	Marathon	Saturn Running, Sausage Run	5:36:19	N/A	2nd claim
Chris Leigh	01/08/2025	29.5 miles	Saturn Running - Midweek Chasing Numbers	6:05:51	N/A	2nd claim
Chris Leigh	03/08/2025	Marathon	Birmingham Canal Canter	5:51:00	N/A	2nd claim
Chris Leigh	N/A	Half	Saturn Chasing Numbers Jan	1:59:44	N/A	2nd claim
Chris Leigh	N/A	20 miles	The Winter Tanners	4:21:00	N/A	2nd claim
Chris Leigh	N/A	20 miles	The Devils Punchbowl	4:46:00	N/A	2nd claim
Chris Leigh	N/A	Marathon	Rayneing Medals	4:44:11	N/A	2nd claim
Chris Leigh	N/A	50km	Saturn Chasing Numbers Feb	5:41:16	N/A	2nd claim
Chris Leigh	N/A	19 miles	Chiltern Canter	4:44:07	N/A	2nd claim
Chris Leigh	N/A	17.5 miles	Saturn Chasing Numbers Mar	2:58:01	N/A	2nd claim
Chris Leigh	N/A	Marathon	Cambridge Boundary run	4:03:57	N/A	2nd claim
Chris Leigh	N/A	16.4 miles	Saturn Chasing numbers Apr	2:54:07	N/A	2nd claim
Chris Leigh	N/A	Half	Saltmarsh half marathon	1:55:31	N/A	2nd claim
Chris Leigh	N/A	28 miles	Battle of Brampton Valley Way	5:08:36	N/A	2nd claim
Chris Leigh	N/A	10k	Hyde Park Chase the Sun	47:57	N/A	2nd claim
Chris Leigh	N/A	10 miles	Maidenhead 10	79:06	N/A	2nd claim
Chris Leigh	N/A	50km	Rise from the Ashes- Song Bird	5:28:46	N/A	2nd claim
Chris Leigh	N/A	35 miles	Pewsey Downsaround	8:12:00	N/A	2nd claim
Connie Richardson	12/01/2025	10k	Hatfield 10k	01:04:20	46.23%	
Connie Richardson	26/01/2025	10 miles	Bedford 10	1:45:16	46.55%	
Connie Richardson	23/02/2025	Half	Baldock Beast	2:24:39	44.91%	
Connie Richardson	13/04/2025	Marathon	Norfolk Marathon	5:19:58	41.90%	
Connie Richardson	04/05/2025	10k	Hitchin 10k	1:01:52	48.08%	
Connie Richardson	14/09/2025	Half	Richmond Half	2:23:03	45.43%	
Conor O'Neill	26/01/2025	10 miles	Bedford 10	1:17:44	60.07%	
Conor O'Neill	16/02/2025	-	Cross Country Race 5 - Watford	45:43	N/A	
Conor O'Neill	23/02/2025	Half	Baldock Beast	1:44:12	59.80%	
Conor O'Neill	09/03/2025	Half	Cambridge Half Marathon	1:44:18	59.75%	
Conor O'Neill	17/04/2025	5k	Club Handicap 5k Race 1	21:05	66.64%	
Conor O'Neill	15/05/2025	400m	GCR 4x400 m relay	1:18	N/A	
Conor O'Neill	18/05/2025	5 miles	Phoenix 5	35:42	63.98%	
Conor O'Neill	28/05/2025	10k	MWL Race 1 - Stevenage	45:25	62.77%	
Conor O'Neill	04/06/2025	10k	MWL Race 2 - Watford	46:26	61.39%	
Conor O'Neill	10/06/2025	10k	MWL Race 3 - Harpenden	48:16	59.06%	
Conor O'Neill	19/06/2025	5k	Club Handicap 5k Race 3	22:07	63.53%	
Conor O'Neill	06/07/2025	10 miles	Ware Festival of Running	1:21:23	57.85%	
Conor O'Neill	09/07/2025	10k	MWL Race 5 - Welwyn	48:51	58.36%	
Conor O'Neill	15/07/2025	5k	Handicap Race 4	21:32	65.25%	
Conor O'Neill	20/07/2025	50k	Fairlands Valley Challenge	7:25:53	N/A	
Conor O'Neill	23/07/2025	5k	Doug Anderson 5k	22:03	63.72%	
Conor O'Neill	19/08/2025	5k	Handicap Race 5	21:17	66.01%	
Conor O'Neill	07/09/2025	Half	The Big Half	1:46:45	58.38%	
Conor O'Neill	13/09/2025	Marathon	Kilkenny Marathon	3:49:49	56.85%	
Conor O'Neill	05/10/2025	10k	Standalone 10k	47:16	60.31%	

Damla Akkul	23/02/2025	Half	Baldock Beast	1:57:53	55.34%
Damla Akkul	27/04/2025	Half	Istanbul Half	1:57:38	55.45%
Damla Akkul	11/05/2025	Marathon	Cesme Marathon	4:22:17	51.15%
Damla Akkul	28/09/2025	Half	Windsor Half Marathon	2:23:08	45.58%
Dan Curtin	11/05/2025	5 miles	Phoenix 5	51:38	44.60%
Dan Curtin	15/07/2025	5k	Handicap Race 4	27:57	50.66%
David Poulter	09/03/2025	Half	Cambridge Half Marathon	2:30:46	43.90%
David Poulter	06/04/2025	Half	London Landmarks	2:24:59	45.65%
David Poulter	04/05/2025	10k	Hitchin 10k	1:02:32	48.33%
David Poulter	11/05/2025	5 miles	Phoenix 5	1:18:07	31.23%
David Poulter	13/05/2025	5 miles	Phoenix 5	51:18	47.56%
David Poulter	20/05/2025	5k	Club Handicap 5k Race 2	28:36	52.33%
David Poulter	15/07/2025	5k	Handicap Race 4	27:42	54.03%
David Poulter	20/07/2025	18 miles	Fairlands Valley Challenge	4:06:21	N/A
David Poulter	19/08/2025	5k	Handicap Race 5	29:09	51.34%
David Poulter	09/09/2025	5k	Handicap 5k - Race 6	27:14	54.96%
David Poulter	14/09/2025	5k	Menzies 5k	33:18	44.94%
David Poulter	14/09/2025	10k	Menzies 10k	1:11:53	42.40%
David Poulter	21/09/2025	5k	Letchworth 5k	30:37	48.88%
David Poulter	28/09/2025	5k	Hitchin 5k	27:58	53.52%
David Poulter	26/10/2025	10k	Duxford Dash	01:08:08	44.74%
Debbie Pierson	02/03/2025	5 mile	Berkhamsted 5 mile fun run	58:02	47.42%
Denise Ricot	26/01/2025	10 miles	Bedford 10	1:53:04	56.25%
Denise Ricot	01/02/2025	Half	Watford Half Marathon	2:35:20	54.38%
Emma Chapman	27/04/2025	Marathon	Manchester Marathon	5:57:35	37.73%
Emma Mead	09/02/2025	Marathon	Run for Cake	05:27:39	N/A
Emma Mead	23/02/2025	Half	Baldock Beast	2:05:00	56.29%
Emma Mead	02/03/2025	Marathon	Chiltern Kanter	6:58:00	N/A
Emma Mead	25/05/2025	100 miles	The Flower of Suffolk 100	33:05:00	N/A
Emma Mead	20/07/2025	18 miles	Fairlands Valley Challenge	4:06:21	N/A
Emma Mead	26/07/2025	50 miles	Golden 50	13:14:00	N/A
Emma Mead	25/10/2025	Marathon	LDWA Blackwater marathon	05:17:00	N/A
Emma Wick	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:14:47	40.84%
Emma Wick	17/04/2025	5k	Club Handicap 5k Race 1	32:21	46.33%
Emma Wick	04/05/2025	10k	Hitchin 10k	1:09:00	44.26%
Emma Wick	15/05/2025	400m	GCR 4x400 m relay	1:37	N/A
Emma Wick	20/05/2025	5k	Club Handicap 5k Race 2	31:31	47.55%
Emma Wick	25/05/2025	5k	Biggleswade 5k	32:35	45.99%
Emma Wick	23/07/2025	5k	Doug Anderson 5k	32:26	46.21%
Emma Wick	28/09/2025	5k	Hitchin 5k	38:12	39.42%
Eren Ilseven	18/05/2025	5 miles	Phoenix 5	35:38	N/A
Eren Ilseven	19/08/2025	5k	Handicap Race 5	19:40	65.34%
Garry Wallace	09/03/2025	10 miles	The Granite Way 10 miles	1:37:24	N/A
Garry Wallace	16/03/2025	Half	Bath Half	2:05:32	N/A
Garry Wallace	13/09/2025	5k	Sourton Tors Fell	38:58	N/A
Garry Wallace	21/09/2025	10k	Warhorse 10k	1:00:02	N/A
Gary Wallace	11/05/2025	Half	Run Plymouth Half Marathon	2:10:49	N/A
Gavin Cooper	13/05/2025	5 miles	Phoenix 5	47:25	48.95%
Gemma Holloway	20/05/2025	5k	Club Handicap 5k Race 2	25:33	58.21%
George Bradshaw	23/03/2025	20 miles	Oakley 20	2:58:57	51.00%
George Bradshaw	27/04/2025	Marathon	London Marathon	4:31:25	44.88%
George Bradshaw	18/05/2025	5 miles	Phoenix 5	38:11	55.40%
George Bradshaw	19/06/2025	5k	Club Handicap 5k Race 3	23:50	54.26%
George Bradshaw	03/08/2025	10k	RunThrough Foundation 10k	45:59	57.60%
George Bradshaw	13/09/2025	Half	Kilkenny Half	1:42:16	56.80%
George Curtin	15/07/2025	5k	Handicap Race 4	25:18	50.81%
Graeme Hulstrom	13/05/2025	5 miles	Phoenix 5	54:38	42.15%
Graeme Hulstrom	20/05/2025	5k	Club Handicap 5k Race 2	30:14	46.83%
Graeme Hulstrom	15/07/2025	5k	Handicap Race 4	26:29	53.46%
Graeme Hulstrom	09/09/2025	5k	Handicap 5k - Race 6	26:14	53.97%
Graeme Hulstrom	28/09/2025	5k	Hitchin 5k	28:07	50.36%
Graham Eden	12/01/2025	10k	Hatfield 10k	44:13	61.96%
Graham Eden	17/04/2025	5k	Club Handicap 5k Race 1	20:56	65.13%
Graham Eden	04/05/2025	10k	Hitchin 10k	44:00	62.75%
Graham Eden	13/05/2025	5 miles	Phoenix 5	35:48	61.84%
Graham Eden	20/05/2025	5k	Club Handicap 5k Race 2	20:24	66.83%
Graham Eden	28/05/2025	10k	MWL Race 1 - Stevenage	42:51	64.40%
Graham Eden	10/06/2025	10k	MWL Race 3 - Harpenden	44:55	61.47%
Graham Eden	19/06/2025	5k	Club Handicap 5k Race 3	20:56	65.13%
Graham Eden	25/06/2025	10k	MWL Race 4 - Royston	44:11	62.49%
Graham Eden	06/07/2025	10 miles	Ware Festival of Running	1:16:16	59.76%
Graham Eden	09/07/2025	10k	MWL Race 5 - Welwyn	44:43	61.75%
Graham Eden	20/07/2025	50k	Fairlands Valley Challenge	7:25:53	N/A
Graham Eden	13/09/2025	Marathon	Kilkenny Marathon	3:47:37	55.54%
Graham Eden	05/10/2025	10k	Standalone 10k	43:19	63.74%
Graham Eden	19/10/2025	Half	Stevenage Half Marathon	01:37:29	61.84%
Graham Eden	25/10/2025	Marathon	Lisbon Marathon	03:47:25	55.59%
Greg Lasenby	23/02/2025	Half	Baldock Beast	2:04:08	47.88%
Greg Lasenby	11/05/2025	5 miles	Phoenix 5	41:29	52.56%
Greg Lasenby	20/07/2025	18 miles	Fairlands Valley Challenge	4:06:21	N/A
Greg Lasenby	14/09/2025	10k	Menzies 10k	53:12	51.50%
Greg Lasenby	19/10/2025	Half	Stevenage Half Marathon	01:57:55	50.74%
Hayden Cooper	27/04/2025	Marathon	London Marathon	4:57:13	40.96%
Hayden Cooper	13/05/2025	5 miles	Phoenix 5	47:12	44.66%
Ian Harvey	18/01/2025	10 miles	Wild Running: Dark Skies Surrey Hilla	1:50:07	N/A
Ian Harvey	20/07/2025	13 miles	Fairlands Valley Challenge	3:00:41	N/A

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Ian Harvey	07/09/2025	Half	The Big Half	1:58:38	51.66%
Ian Harvey	28/09/2025	10k	London Vitality 10000	48:54	57.37%
Ian Harvey	19/10/2025	Half	Stevenage Half Marathon	01:44:02	58.91%
Ian Young	26/01/2025	10 miles	Bedford 10	1:16:00	66.34%
Ian Young	21/04/2025	10k	Stevenage Spring 10k	44:27	68.58%
Ian Young	27/04/2025	Half	Zig Zag - The Other One	2:06:36	N/A
Ian Young	04/05/2025	10k	Hitchin 10k	57:44	52.80%
Ian Young	13/05/2025	5 miles	Phoenix 5	37:05	65.79%
Ian Young	13/07/2025	Half	Phoenix Running Goonie Run	1:49:40	N/A
Ian Young	07/09/2025	Half	Bedford Running Festival - Half	1:57:02	57.05%
Jacky Murphy	26/01/2025	5k	Essendon 5	32:51	N/A
Jacky Murphy	25/05/2025	5k	Biggleswade 5k	30:28	59.98%
Jacky Murphy	23/07/2025	5k	Doug Anderson 5k	28:55	63.19%
Jacky Murphy	28/09/2025	5k	Hitchin 5k	29:35	61.77%
James Woodcock	23/02/2025	Half	Baldock Beast	1:53:42	51.70%
James Woodcock	08/03/2025	Ultra	Thunder 50k Ultra	4:06	N/A
James Woodcock	23/03/2025	20 miles	Oakley 20	2:58:58	51.61%
James Woodcock	06/05/2025	10k	Silverstone 10k	45:53	58.58%
Jo Heasman	06/04/2025	10k	Brighton 10k	56:59	64.97%
Jo Heasman	21/09/2025	5k	Letchworth 5k	30:01	60.88%
Jo Heasman	28/09/2025	5k	Hitchin 5k	29:21	62.26%
Joanna Heasman	04/05/2025	10k	Hitchin 10k	57:44	64.13%
Joanna Heasman	20/05/2025	5k	Club Handicap 5k Race 2	28:26	63.50%
Joanna Heasman	25/05/2025	5k	Biggleswade 5k	27:47	64.99%
Joanna Heasman	06/07/2025	10k	CRUK 10k	59:06	62.64%
Joanna Heasman	13/07/2025	10k	Saucony LDN 10k	58:23	63.41%
Joanna Heasman	15/07/2025	5k	Handicap Race 4	30:15	59.69%
Joanna Heasman	19/08/2025	5k	Handicap Race 5	27:07	67.39%
Joanna Heasman	26/10/2025	5k	Duxford Dash	00:31:03	58.85%
Jodie Kantas	18/01/2025	10 miles	Wild Running: Dark Skies Surrey Hilla	1:50:07	N/A
Jodie Kantas	25/01/2025	25 Miles	ARC of Attrition (UTMB)	05:17:26	N/A
Jodie Kantas	02/03/2025	Marathon	Chiltern Kanter	6:58:00	N/A
Jodie Kantas	18/05/2025	50k	UTS 50k	13:01:02	N/A
Jodie Kantas	10/06/2025	10k	MWL Race 3 - Harpenden	51:50	60.35%
Jodie Kantas	25/06/2025	10k	MWL Race 4 - Royston	51:50	60.35%
Jodie Kantas	09/07/2025	10k	MWL Race 5 - Welwyn	50:23	62.09%
Jodie Kantas	20/07/2025	50k	Fairlands Valley Challenge	6:03:19	N/A
Jodie Kantas	02/08/2025	48 miles	Round the Rock 48 miles	9:04:38	N/A
Jodie Kantas	03/09/2025	5k	Hatfield 5k Series - Race 2	22:12	69.02%
Jodie Kantas	07/09/2025	Half	The Big Half	1:58:38	57.33%
Jodie Kantas	10/09/2025	5k	Hatfield 5k Series - Race 3	22:01	69.59%
Jodie Kantas	25/10/2025	Marathon	LDWA Blackwater marathon	05:17:00	N/A
John Harris	16/02/2025	10k	ATW Love Welwyn Garden City 10k	01:02:29	43.26%
John Harris	23/02/2025	10k	London Winter 10k	53:39	50.38%
John Harris	17/04/2025	5k	Club Handicap 5k Race 1	26:04	51.16%
John Harris	30/04/2025	5k	Resolution 5k	24:30	54.43%
John Harris	04/05/2025	10k	Hitchin 10k	55:37	48.60%
John Harris	13/05/2025	5 miles	Phoenix 5	42:37	50.79%
John Harris	15/05/2025	400m	GCR 4x400 m relay	1:12	N/A
John Harris	20/05/2025	5k	Club Handicap 5k Race 2	24:28	54.50%
John Harris	28/05/2025	10k	MWL Race 1 - Stevenage	56:53	47.52%
John Harris	09/07/2025	10k	MWL Race 5 - Welwyn	58:43	46.03%
John Harris	15/07/2025	5k	Handicap Race 4	23:41	56.31%
John Harris	23/07/2025	5k	Doug Anderson 5k	25:54	51.49%
John Harris	09/09/2025	5k	Handicap 5k - Race 6	27:35	48.34%
John Harris	12/10/2025	Half	Royal Parks Half Marathon	02:16:06	43.41%
Jon Boe	12/01/2025	10k	Hatfield 10k	58:35	52.03%
Jon Boe	23/03/2025	10k	Lee Valley 10k	59:38	51.12%
Jon Boe	13/05/2025	5 miles	Phoenix 5	45:48	53.27%
Jon Boe	20/05/2025	5k	Club Handicap 5k Race 2	26:59	55.47%
Jon Boe	10/06/2025	10k	MWL Race 3 - Harpenden	59:08	51.55%
Jon Boe	23/07/2025	5k	Doug Anderson 5k	27:54	54.09%
Jon Boe	28/09/2025	5k	Hitchin 5k	29:50	50.58%
Jon Boe	19/10/2025	Half	Stevenage Half Marathon	02:40:05	42.09%
Kath Phoenix	23/02/2025	Half	Bedford Half Marathon	1:44:50	62.58%
Kath Phoenix	23/03/2025	20 miles	Oakley 20	2:58:07	57.04%
Kath Phoenix	27/04/2025	Marathon	London Marathon	4:03:28	55.43%
Kath Phoenix	13/05/2025	5 miles	Phoenix 5	38:38	62.64%
Kath Phoenix	19/06/2025	5k	Club Handicap 5k Race 3	22:59	64.71%
Kath Phoenix	15/07/2025	5k	Handicap Race 4	22:31	66.05%
Kath Phoenix	19/08/2025	5k	Handicap Race 5	22:06	67.30%
Kath Phoenix	07/09/2025	Half	The Big Half	1:45:55	62.14%
Katie Mitham	26/01/2025	10 miles	Bedford 10	1:20:39	60.87%
Katie Mitham	16/02/2025	10k	ATW Love Welwyn Garden City 10k	55:18	54.04%
Katie Mitham	23/02/2025	10k	London Winter 10k	53:23	55.98%
Katie Mitham	02/03/2025	Half	Roma Half Marathon	1:48:05	60.25%
Katie Mitham	16/03/2025	20 miles	Essex 20	2:57:39	56.88%
Katie Mitham	06/04/2025	Marathon	Brighton Marathon	4:13:03	52.99%
Katie Mitham	04/05/2025	10k	Hitchin 10k	54:09	55.19%
Katie Mitham	13/05/2025	5 miles	Phoenix 5	39:58	59.86%
Katie Mitham	20/05/2025	5k	Club Handicap 5k Race 2	23:18	63.30%
Katie Mitham	28/05/2025	10k	MWL Race 1 - Stevenage	55:12	54.14%
Katie Mitham	25/06/2025	10k	MWL Race 4 - Royston	52:44	56.67%
Katie Mitham	06/07/2025	10k	Ware Festival of Running	53:27	55.91%
Katie Mitham	23/07/2025	5k	Doug Anderson 5k	22:35	65.91%
Katie Mitham	03/08/2025	10k	RunThrough Foundation 10k	57:40	51.82%

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Katie Mitham	06/09/2025	10k	Bedford Running Festival - 10k	51:25	58.12%
Katie Mitham	14/09/2025	Half	Richmond Half	1:53:57	57.14%
Katie Mitham	28/09/2025	5k	Hitchin 5k	24:02	61.37%
Katie Mitham	26/10/2025	10k	Duxford Dash	00:48:31	61.59%
Katka Laughton	26/01/2025	10 miles	Bedford 10	1:25:58	64.55%
Katka Laughton	23/02/2025	Half	Baldock Beast	1:56:30	63.12%
Katka Laughton	23/03/2025	10k	Lee Valley 10k	59:51	56.28%
Katka Laughton	27/04/2025	Half	Dubrovnik Half	2:21:27	51.99%
Katka Laughton	13/05/2025	5 miles	Phoenix 5	47:21	56.83%
Katka Laughton	28/05/2025	10k	MWL Race 1 - Stevenage	56:00	60.15%
Katka Laughton	04/06/2025	10k	MWL Race 2 - Watford	55:53	60.28%
Katka Laughton	10/06/2025	10k	MWL Race 3 - Harpenden	58:52	57.22%
Katka Laughton	19/06/2025	5k	Club Handicap 5k Race 3	26:34	62.05%
Katka Laughton	20/06/2025	10k	St Albans Summer Solstice 10k	59:26	56.68%
Katka Laughton	25/06/2025	10k	MWL Race 4 - Royston	56:52	59.24%
Katka Laughton	09/07/2025	10k	MWL Race 5 - Welwyn	57:03	59.04%
Katka Laughton	15/07/2025	5k	Handicap Race 4	25:26	64.82%
Katka Laughton	20/07/2025	18 miles	Fairlands Valley Challenge	4:06:21	N/A
Katka Laughton	19/08/2025	5k	Handicap Race 5	25:55	63.61%
Katka Laughton	07/09/2025	Half	The Big Half	2:01:23	60.58%
Katka Laughton	14/09/2025	5k	Menzies 5k	33:26	49.31%
Katka Laughton	14/09/2025	10k	Menzies 10k	56:57	59.15%
Katka Laughton	19/10/2025	Half	Stevenage Half Marathon	01:58:06	62.26%
Katka Laughton	26/10/2025	10k	Duxford Dash	01:00:03	56.09%
Ken Hall	16/02/2025	-	Cross Country Race 5 - Watford	54:21	N/A
Ken Hall	13/04/2025	10k	Flitwick 10k	51:00	71.67%
Ken Hall	13/05/2025	5 miles	Phoenix 5	43:53	66.56%
Ken Hall	28/05/2025	10k	MWL Race 1 - Stevenage	52:14	69.97%
Ken Hall	04/06/2025	10k	MWL Race 2 - Watford	56:28	64.73%
Ken Hall	10/06/2025	10k	MWL Race 3 - Harpenden	54:12	67.44%
Ken Hall	25/06/2025	10k	MWL Race 4 - Royston	55:57	65.33%
Ken Hall	09/07/2025	10k	MWL Race 5 - Welwyn	59:50	61.09%
Ken Hall	13/07/2025	5k	Race for Life Northampton	30:18	59.05%
Ken Hall	03/09/2025	5k	Hatfield 5k Series - Race 2	25:58	69.90%
Ken Hall	28/09/2025	5k	Hitchin 5k	28:49	62.99%
Ken Hall	05/10/2025	10k	Standalone 10k	1:00:33	61.14%
Kerry Cunnane	12/01/2025	10k	Hatfield 10k	56:52	54.65%
Kerry Cunnane	23/02/2025	10k	London Winter 10k	59:23	52.33%
Kerry Cunnane	09/03/2025	Half	Cambridge Half Marathon	2:14:13	50.33%
Kerry Cunnane	13/05/2025	5 miles	Phoenix 5	49:29	50.51%
Kerry Cunnane	20/05/2025	5k	Club Handicap 5k Race 2	28:28	53.82%
Kerry Cunnane	06/07/2025	10 miles	Ware Festival of Running	1:40:36	51.10%
Kerry Cunnane	15/07/2025	5k	Handicap Race 4	27:40	55.38%
Kerry Cunnane	19/08/2025	5k	Handicap Race 5	27:41	55.35%
Kerry Cunnane	09/09/2025	5k	Handicap 5k - Race 6	27:05	56.57%
Kerry Cunnane	05/10/2025	Half	Cardiff Half	2:07:20	53.42%
Lewis Green	25/01/2025	25 miles	ARC of Attrition (UTMB)	06:05:30	N/A
Lewis Green	23/02/2025	Half	Baldock Beast	1:43:55	58.97%
Lewis Green	18/05/2025	50k	UTS 50k	11:43:30	N/A
Lewis Green	03/09/2025	5k	Hatfield 5k Series - Race 2	21:57	63.04%
Lewis Green	14/09/2025	5k	Menzies 5k	21:58	63.00%
Lewis Green	21/09/2025	1 mile	Letchworth 1 mile	6:14	65.29%
Lisa Liversidge	09/02/2025	Marathon	Run for Cake	05:27:39	N/A
Lisa Liversidge	23/02/2025	Half	Baldock Beast	2:15:44	59.81%
Lisa Liversidge	02/03/2025	Marathon	Chiltern Kanter	6:58:00	N/A
Lisa Liversidge	24/05/2025	50k	The Flower of Suffolk 100	15:21:00	N/A
Lisa Liversidge	20/07/2025	18 miles	Fairlands Valley Challenge	4:06:21	N/A
Lisa Liversidge	26/07/2025	50 miles	Golden 50	13:14:00	N/A
Lisa Liversidge	25/10/2025	18 miles	LDWA Blackwater marathon	TBC	N/A
Mark Legate	18/04/2025	Half	Zig Zag Running Easter Challenge	2:31:56	N/A
Martin Harris	26/01/2025	10 miles	Bedford 10	1:11:36	61.52%
Martin Harris	16/02/2025	10k	ATW Love Welwyn Garden City 10k	55:18	48.18%
Martin Harris	23/02/2025	10k	London Winter 10k	53:21	49.94%
Martin Harris	02/03/2025	Half	Roma Half Marathon	1:48:06	53.97%
Martin Harris	17/04/2025	5k	Club Handicap 5k Race 1	21:32	61.04%
Martin Harris	13/05/2025	5 miles	Phoenix 5	35:53	59.61%
Martin Wasley	12/01/2025	10k	Hatfield 10k	01:01:16	47.69%
Martin Wasley	19/01/2025	10 miles	run rebel BrightEN 10 mile	01:44:36	46.16%
Martin Wasley	01/02/2025	5k	Queen Elizabeth Olympic Park 5k and 10k	28:17	51.24%
Martin Wasley	06/04/2025	Half	London Landmarks	2:21:42	45.50%
Martin Wasley	17/04/2025	5k	Club Handicap 5k Race 1	28:12	51.39%
Martin Wasley	21/04/2025	10k	Stevenage Spring 10k	1:00:52	48.40%
Martin Wasley	30/04/2025	5k	Resolution 5k	27:45	52.23%
Martin Wasley	04/05/2025	10k	Hitchin 10k	1:02:01	47.51%
Martin Wasley	11/05/2025	5 miles	Phoenix 5	49:19	47.84%
Martin Wasley	15/05/2025	400m	GCR 4x400 m relay	1:28	N/A
Martin Wasley	04/07/2025	5k	Jaws 50th Anniversary 5k - Enigma Running	30:58	46.80%
Martin Wasley	15/07/2025	5k	Handicap Race 4	28:49	50.29%
Martin Wasley	19/08/2025	5k	Handicap Race 5	27:54	51.95%
Martin Wasley	24/08/2025	10k	Asics LDNX 10k	1:00:37	48.60%
Martin Wasley	14/09/2025	5k	Menzies 5k	40:01	36.22%
Martin Wasley	14/09/2025	10k	Menzies 10k	1:11:40	41.11%
Martin Wasley	26/10/2025	10k	Duxford Dash	01:04:57	45.36%
Martin Wasley	31/04/2025	5k	Mystery Box 5k	29:34	N/A
Martin Wasley	23/03/2025	10k	Lee Valley 10k	1:04:43	45.52%
Melissa Tanti	19/01/2025	10 miles	run rebel BrightEN 10 mile	1:32:31	53.56%

Melissa Tanti	01/02/2025	5k	Queen Elizabeth Olympic Park 5k and 10k	26:17	56.42%
Melissa Tanti	02/03/2025	5k	Great Yarmouth 5k	27:11	54.56%
Melissa Tanti	16/03/2025	Half	Bath Half	2:07:57	51.27%
Melissa Tanti	06/04/2025	5 mile	Dunstable 5 miles	42:52	56.25%
Melissa Tanti	16/04/2025	5 mile	Great Yarmouth 5 Mile Series, Race 1	42:16	57.05%
Melissa Tanti	04/05/2025	10k	Hitchin 10k	54:09	55.68%
Melissa Tanti	13/05/2025	5 miles	Phoenix 5	44:45	53.88%
Melissa Tanti	15/05/2025	400m	GCR 4x400 m relay	1:32	N/A
Melissa Tanti	24/05/2025	5k	Banham Zoo 5k	33:14	44.62%
Melissa Tanti	28/05/2025	10k	MWL Race 1 - Stevenage	56:35	53.28%
Melissa Tanti	25/06/2025	10k	MWL Race 4 - Royston	58:11	51.82%
Melissa Tanti	04/07/2025	5k	Jaws 50th Anniversary 5k - Enigma Running	30:27	48.70%
Melissa Tanti	06/07/2025	10 miles	Ware Festival of Running	1:37:13	50.97%
Melissa Tanti	19/08/2025	5k	Handicap Race 5	25:23	58.59%
Melissa Tanti	27/08/2025	10k	Battersea Park 10k	55:14	54.79%
Melissa Tanti	07/09/2025	10k	Run Norwich 10k	1:13:45	41.04%
Melissa Tanti	14/09/2025	5k	Menzies 5k	25:25	58.52%
Melissa Tanti	28/09/2025	Half	Windsor Half Marathon	2:23:19	45.92%
Melissa Tanti	12/10/2025	Half	Manchester Half Marathon	02:00:25	54.66%%
Melissa Tanti	25/10/2025	1 mile	RunThrough VeloPark	00:07:29	56.88%
Myles Hammersley	06/06/2025	10k	Stanford Hall Wolf Run	1:30:00	N/A
Neal Crawley	12/01/2025	10k	Hatfield 10k	48:11	66.13%
Neal Crawley	16/02/2025	-	Cross Country Race 5 - Watford	52:41	N/A
Neal Crawley	23/02/2025	10k	London Winter 10k	48:40	65.47%
Neal Crawley	23/03/2025	10k	Lee Valley 10k	50:18	63.34%
Neal Crawley	17/04/2025	5k	Club Handicap 5k Race 1	22:56	68.03%
Neal Crawley	11/05/2025	5 miles	Phoenix 5	41:05	62.02%
Neal Crawley	20/05/2025	5k	Club Handicap 5k Race 2	24:06	64.74%
Neal Crawley	28/05/2025	10k	MWL Race 1 - Stevenage	47:49	66.63%
Neal Crawley	04/06/2025	10k	MWL Race 2 - Watford	48:24	65.83%
Neal Crawley	10/06/2025	10k	MWL Race 3 - Harpenden	47:59	66.40%
Neal Crawley	25/06/2025	10k	MWL Race 4 - Royston	49:25	65.06%
Neal Crawley	09/07/2025	10k	MWL Race 5 - Welwyn	52:42	61.01%
Neal Crawley	23/07/2025	5k	Doug Anderson 5k	23:18	67.54%
Neal Crawley	19/08/2025	5k	Handicap Race 5	24:38	63.88%
Neal Crawley	19/10/2025	Half	Stevenage Half Marathon	02:00:52	58.38%
Neil Homewood	18/04/2025	10k	St Albans Easter 10k	59:15	56.86%
Neil Homewood	13/05/2025	5 miles	Phoenix 5	47:40	56.47%
Neil Homewood	06/07/2025	10k	Ware Festival of Running	59:24	56.72%
Neil Homewood	15/07/2025	5k	Handicap Race 4	26:58	60.96%
Neil Homewood	19/08/2025	5k	Handicap Race 5	27:33	59.67%
Neil Homewood	07/09/2025	10k	Woodbury Common 10k	1:13:13	46.01%
Neil Homewood	05/10/2025	10k	Standalone 10k	58:48	57.30%
Nicholas West	16/03/2025	Half	Richmond Riverside Half Marathon	2:14:57	45.04%
Nicholas West	04/05/2025	10k	Hitchin 10k	51:08	54.43%
Nicholas West	18/05/2025	5 miles	Phoenix 5	40:03	55.71%
Nicholas West	20/05/2025	5k	Club Handicap 5k Race 2	23:59	57.27%
Nick West	07/09/2025	Half	The Big Half	1:57:03	51.93%
Paul Smith	13/05/2025	5 miles	Phoenix 5	41:46	62.67%
Paul Smith	19/06/2025	5k	Club Handicap 5k Race 3	25:21	63.16%
Paul Smith	15/07/2025	5k	Handicap Race 4	24:32	65.26%
Paul Smith	19/08/2025	5k	Handicap Race 5	23:46	67.36%
Paul Smith	14/09/2025	10k	Menzies 10k	47:12	69.39%
Paul Smith	21/09/2025	10 miles	Leighton 10 mile	1:20:36	67.34%
Paul Smith	05/10/2025	10k	Standalone 10k	46:34	70.33%
Paul Smith	19/10/2025	Half	Stevenage Half Marathon	01:48:46	66.12%
Peter Tungate	09/03/2025	Half	Stowmarket Half Marathon	1:47:56	57.74%
Petra Warner-Quirk	15/07/2025	5k	Handicap Race 4	23:44	N/A
Petra Warner-Quirk	19/08/2025	5k	Handicap Race 5	23:21	N/A
Petra Warner-Quirk	24/08/2025	10k	Asics LDNX 10k	48:22	N/A
Petra Warner-Quirk	06/09/2025	10k	Bedford Running Festival - 10k	50:32	N/A
Petra Warner-Quirk	09/09/2025	5k	Handicap 5k - Race 6	23:27	N/A
Petra Warner-Quirk	14/09/2025	5k	Menzies 5k	33:21	N/A
Petra Warner-Quirk	14/09/2025	10k	Menzies 10k	48:31	N/A
Petra Warner-Quirk	28/09/2025	10k	London Vitality 10000	1:06:19	N/A
Petra Warner-Quirk	05/10/2025	Half	Cardiff Half	1:55:31	N/A
Petra Warner-Quirk	26/10/2025	Half	Valencia Half	01:51:36	N/A
Phil Gover	12/01/2025	10k	Hatfield 10k	54:57	50.25%
Phil Gover	23/02/2025	Half	Baldock Beast	2:26:32	41.14%
Phil Gover	13/05/2025	5 miles	Phoenix 5	46:41	47.42%
Phil Gover	20/07/2025	Half	Fairlands Valley Challenge	2:42:23	N/A
Pradeep Sundram	18/05/2025	5 miles	Phoenix 5	51:06	43.66%
Richard Moore	26/01/2025	10 miles	Bedford 10	1:27:34	54.67%
Richard Moore	09/03/2025	Half	Cambridge Half Marathon	1:51:21	56.91%
Richard Moore	04/05/2025	10k	Hitchin 10k	49:05	59.04%
Richard Moore	13/05/2025	5 miles	Phoenix 5	39:03	59.44%
Richard Moore	28/05/2025	10k	MWL Race 1 - Stevenage	47:38	60.83%
Robert Warren	11/05/2025	5 miles	Phoenix 5	41:23	51.23%
Robert Warren	20/05/2025	5k	Club Handicap 5k Race 2	24:14	53.60%
Robert Warren	20/06/2025	10k	St Albans Summer Solstice 10k	52:33	50.53%
Robert Warren	06/07/2025	10k	Ware Festival of Running	53:28	49.66%
Robert Warren	19/08/2025	5k	Handicap Race 5	24:02	54.33%
Robert Warren	19/10/2025	Half	Stevenage Half Marathon	02:07:44	45.67%
Robert Warren	06/09/2025	10k	Bedford Running Festival - 10k	50:14	53.04%
Robert Warren	09/09/2025	5k	Handicap 5k - Race 6	23:24	55.80%
Robert Warren	14/09/2025	5k	Menzies 5k	25:38	50.94%

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Robert Warren	14/09/2025	10k	Menzies 10k	51:32	51.70%
Robert Warren	28/09/2025	5k	Hitchin 5k	24:29	53.34%
Russ Wingfield	20/07/2025	50k	Fairlands Valley Challenge	7:25:53	N/A
Scott Crawford	12/01/2025	Half	WTF Zig-Zag Half Marathon	2:32:43	n/a
Scott Crawford	26/01/2025	10 miles	Bedford 10	1:47:45	46.79%
Scott Crawford	02/02/2025	Half	OMG One More Mile to Go	2:55:53	N/A
Scott Crawford	16/02/2025	Half	R.I.O.T - Running is Our Therapy	02:33:18	N/A
Scott Crawford	09/03/2025	Half	Cambridge Half Marathon	2:34:00	43.35%
Scott Crawford	22/03/2025	Half	Zig Zag Running Calf Half	2:33:18	N/A
Scott Crawford	06/04/2025	Half	Haughty Festival of Running	2:26:46	N/A
Scott Crawford	18/04/2025	Half	Zig Zag Running Easter Challenge	2:39:34	N/A
Scott Crawford	27/04/2025	10k	Zig Zag - The Other One	1:03:32	N/A
Scott Crawford	24/05/2025	50k	Farmageddon	8:44:32	N/A
Scott Crawford	26/05/2025	10k	Hatfield Broad Oak 10k	1:26:17	35.33%
Scott Crawford	13/07/2025	9.8 miles	Phoenix Running Goonie Run	1:47:21	N/A
Scott Crawford	07/09/2025	Half	Bedford Running Festival - Half	2:28:53	44.84%
Scott Crawford	14/09/2025	25km	Harvathon	3:52:36	N/A
Scott Crawford	20/09/2025	Half	ZigZag Lucky Horseshoe	2:25:25	45.91%
Scott Crawford	19/10/2025	Marathon	Amsterdam Marathon	05:12:15	45.24%
Shaun Pinner	17/04/2025	5k	Club Handicap 5k Race 1	21:04	61.06%
Shaun Pinner	11/05/2025	5 miles	Phoenix 5	35:30	59.37%
Shaun Pinner	15/05/2025	400m	GCR 4x400 m relay	1:12	N/A
Shaun Pinner	19/06/2025	5k	Club Handicap 5k Race 3	22:34	57.00%
Shaun Pinner	28/09/2025	5k	Hitchin 5k	21:50	58.92%
Simon Burton	29/05/2025	5k	RunThrough Relays London	28:46	49.22%
Simon Leadbetter	14/09/2025	5k	Menzies 5k	33:28	44.36%
Simon Leadbetter	14/09/2025	10k	Menzies 10k	1:01:43	48.97%
Simon Leadbetter	28/09/2025	10k	London Vitality 10000	46:35	64.87%
Simon Leadbetter	05/10/2025	10k	Town and Gown 10k Cambridge	57:46	54.66%
Simon Lodge	01/02/2025	10k	Queen Elizabeth Olympic Park 5k and 10k	38:16	81.78%
Simon Lodge	30/04/2025	5k	Resolution 5k	17:41	86.76%
Simon Lodge	11/05/2025	5 miles	Phoenix 5	29:45	84.15%
Simon Lodge	20/05/2025	5k	Club Handicap 5k Race 2	17:56	85.55%
Simon Lodge	01/06/2025	10k	Green Park, Reading 10k	36:48	85.04%
Simon Lodge	25/10/2025	1 mile	RunThrough VeloPark	00:05:45	78.99%
Simona Leadbetter	26/01/2025	10 miles	Bedford 10	1:44:57	50.18%
Simona Leadbetter	04/05/2025	10k	Hitchin 10k	1:01:52	51.77%
Simona Leadbetter	13/05/2025	5 miles	Phoenix 5	48:57	52.26%
Simona Leadbetter	20/05/2025	5k	Club Handicap 5k Race 2	28:13	55.56%
Simona Leadbetter	19/06/2025	5k	Club Handicap 5k Race 3	29:48	52.61%
Simona Leadbetter	20/06/2025	10k	St Albans Summer Solstice 10k	59:56	53.44%
Simona Leadbetter	15/07/2025	5k	Handicap Race 4	27:26	57.14%
Simona Leadbetter	20/07/2025	Half	Fairlands Valley Challenge	2:42:34	N/A
Simona Leadbetter	14/09/2025	5k	Menzies 5k	33:28	46.84%
Simona Leadbetter	14/09/2025	10k	Menzies 10k	1:02:17	51.43%
Simona Leadbetter	05/10/2025	10k	Town and Gown 10k Cambridge	1:00:11	53.70%
Simona Leadbetter	26/10/2025	10k	Duxford Dash	01:00:03	53.82%
Sue Leigh	18/04/2025	10 miles	Maidenhead 10 miles	2:02:32	51.22%
Sue Leigh	11/07/2025	5k	Enigma Running, Live Aid at 40	34:29	53.63%
Suzy Taylor	02/02/2025	10k	OMG One More Mile to Go	1:56:01	N/A
Suzy Taylor	18/04/2025	10k	Zig Zag Running Easter Challenge	1:34:58	N/A
Suzy Taylor	26/05/2025	10k	Hatfield Broad Oak 10k	1:26:17	42.38%
Wendy Brewster	14/09/2025	5k	Menzies 5k	40:10	43.40%
Wendy Brewster	14/09/2025	10k	Menzies 10k	1:37:35	36.58%
Wendy Summerbee	25/05/2025	5k	Biggleswade 5k	35:13	51.89%
Wendy Summerbee	28/09/2025	5k	Hitchin 5k	38:12	47.84%
Wills Jennings	19/08/2025	5k	Handicap Race 5	26:29	
Zoe Shreeve	04/05/2025	10k	Hitchin 10k	56:41	60.80%
Zoe Shreeve	13/07/2025	10k	Saucony LDN 10k	58:42	58.71%
Zoe Shreeve	03/08/2025	10k	RunThrough Foundation 10k	58:25	58.99%
Zoe Shreeve	21/09/2025	5k	Letchworth 5k	30:35	55.10%