

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%