

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
1-Jan-2018	Bedford Park Run 5K*	Pat Godfrey		29	29			67.26% Silver
		Lyndsey Bithrey		33	46			50.71%
	Houghton Hall Park Run 5K*	Patricia Mann		53	53			40.71%
		Lionel Mann		53	55			35.93%
	Linford Wood Park Run 5K*	Elliot Bierton		23	41			59.44%
		Andy Bierton		23	42			58.55%
		Jack Bierton		25	29			52.06%
		Vanessa Bierton		25	29			60.81% Bronze
		Lisa Wells		29	28			55.93%
	Luton Wardown Park Run 5K*	Kevin Cutler		25	23			52.37%
		Claire Wilson		32	47		Not Registered as Flyer	45.72%
		Sarah Wheeler		32	48			50.72%
		Lionel Mann		39	31			49.03%
		Warwick Payne		40	58			34.38%
	Tymon Park Run 5K*	Martin Lees		27	04			54.11%
		Siobhan Lees		32	03			54.52%
	Willen Lake (MK Park Run) 5K*	Elliot Bierton		24	57			56.42%
		Vanessa Bierton		25	36		100+5	60.53% Bronze
		Martin Godin		25	58		99+1	60.98% Bronze
		Mark Rouse		26	45		98	51.49%
		Chloe Godin		27	45			51.94%
		Jack Bierton		28	43			46.20%
		Deborah Salmon		29	27		97+3	64.07% Bronze
		Steve Gibbons		29	38		96+1	46.83%
		Louise Wilkins		29	50		95+1	53.30%
		Lisa Wells		40	08		94	41.07%
		Emma White		41	12		93	37.30%
	Worcester, Croome Park Trail 10K*	Jess Anstee		55	37			53.93%
	Worcester, Croome Park Trail 15K*	George Arbuckle	1	21	00			54.60%
4-Jan-2018	Eagle Drive Time Trial 5K*	Philip Mead		20	27			63.44% Bronze
		Andrew MacIntyre		21	02			61.81% Bronze
		Jeremy Lewis		23	04			62.00% Bronze
		Paul Owen		23	07			62.84% Bronze
		Simon Wilkins		23	20			59.91%
		Kate Cornelius		25	28			56.52%
		Barry Dackombe		26	49			55.51%
		Louise Wilkins		27	10			58.53%
		Laura Johnston		27	23			60.19% Bronze
		Emily Mead		27	45			51.98%
		Christine Sharman		27	58			60.06% Bronze
		Claire Jones		28	54			59.25%
		Emily Brown		29	11		PB	49.41%
		Sarah Schofield		29	48			49.90%
		Pat Godfrey		31	02			63.90% Bronze
		Helen Satterthwaite		33	47			48.34%
Ann Davies		38	17			47.61%		
6-Jan-2018	Bedford Park Run 5K*	Martin Godin		21	49			72.58% Gold
		Callum Harrison		21	53			59.37%
		Deborah Salmon		26	37			70.89% Gold
		Ann Davies		37	20			48.82%
	County XC Champs (Sen/Vet Men) c11K	Craig Palmer		48	24	2nd - 2nd Team	100	
		Paul Farmer		50	51	2nd Team	99	
		Ian Halpin		52	40	2nd Team	98	
		Martin Beare		57	51	2nd Team - County MV55 Champ	97	
		Jeremy Godfrey	1	5	07	2nd Team	96	
		Richard Gale	1	7	55	2nd Team	95	
		Jeremy Bell	1	12	11		94	
		John Kenyon	1	34	53		93+1	
		Brendan O'Mahoney	1	39	54		92	
	County XC Champs (Sen/Vet Women) c8K	Deborah Beare		52	07		100	
		Lisa Wells		52	30		99+1	
		Hattie Oakley-King		53	02		98	
		Charlene Halpin	1	0	45		97	
		Rebecca Fleckney	1	8	16		96	
		Pat Godfrey	1	17	44	County FV65 Champ	95	
	Luton Wardown Park Run 5K*	Terry Stanley		19	20			67.10% Silver
		Claire Wilson		30	17			49.50%
		Lionel Mann		53	25			36.27%
		Patricia Mann		53	25			41.07%
	Northampton (Magic) 1M	Barry Dackombe		7	58			54.69%
		Richie Jones		8	48			49.51%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Claire Jones		9	18			53.91%
		Helen Satterthwaite		9	41			49.35%
	Northampton Park Run 5K*	Barry Dackombe		27	25			54.30%
		Richie Jones		27	45			53.65%
		Claire Jones		29	58			57.15%
		Helen Satterthwaite		32	54			49.64%
	<b>Willen Lake (MK Park Run) 5K*</b>	<b>Martin Lees</b>		<b>26</b>	<b>22</b>	<b>Joined since Event</b>		<b>55.54%</b>
7-Jan-2018	Enigma Winter Marathon	Paul Barton	4	1	21			53.43%
	Tadworth 10M	Steven Upton	1	3	47	1st MV40		73.61% Gold
13-Jan-2018	Bedford Park Run 5K*	Jeremy Lewis		23	15		100	61.51% Bronze
		Chloe Godin		25	20			56.89%
		Deborah Salmon		25	55	FV60 Parkrun Record	99+1	72.80% Gold
		Andy Ralphs		26	19	Joined since Event		53.93%
		Richie Jones		26	53		98	55.38%
		Claire Jones		29	19		97	58.41%
		Pat Godfrey		29	33		96	67.11% Silver
		Lyndsey Bithrey		33	59			50.39%
		Vickie Humber		41	07	Joined since Event		37.69%
	Houghton Hall Park Run 5K*	Rebecca Fleckney		29	51			49.42%
	Kingsbury Water Park Run 5K*	Abi Wells-Day		28	16	Re-joined Since Event		51.09%
	Luton Wardown Park Run 5K*	Lionel Mann		51	35			37.56%
		Patricia Mann		51	36			42.51%
	Rushmere Park Run 5K*	Emma Clare		39	52			39.20%
	St.Albans Park Run 5K*	James Arbuckle		25	35			55.02%
		George Arbuckle		25	36			54.60%
	<b>Willen Lake (MK Park Run) 5K*</b>	<b>Peter Jr Benedickter</b>		<b>16</b>	<b>38</b>			<b>78.21% Elite</b>
		<b>Martin Lees</b>		<b>25</b>	<b>47</b>	<b>Joined since Event</b>		<b>56.80%</b>
		<b>Siobhan Lees</b>		<b>32</b>	<b>46</b>	<b>Joined since Event</b>		<b>53.32%</b>
14-Jan-2018	3 Counties XC - Bedford Prory	Peter Jr Benedickter				M002 - SM Scorer 1	100	
		Joe Strange				M007 - SM Scorer 2	99	
		Paul Farmer				M008 - SM Scorer 3	98	
		Ian Halpin				M011 - SM Scorer 4	97	
		Steven Upton				M019 - VM Scorer 5	96	
		Mark Waine				M025 - VM Scorer 6	95	
		John Decesare				M034 - VM Scorer 7	94	
		Stephen Hartley				M041 - VM Scorer 8	93	
		Martin Beare				M044	92	
		Alex Anstee				M051	91	
		Simon Read				M055	90	
		Ross Henson				M062	89+3	
		Dan Karaiskou				M088	88+3	
		James Handley				M100	87+3	
		Callum Harrison				M103	86	
		Richard Gale				M106	85+2	
		Richard Stanley				M113	84	
		Philip Mead				M121	83+1	
		Chris Newnham				M123	82+1	
		Jess Anstee				F016 - VF Scorer 1	81+1	
		Stephen Mullens				M145	80+1	
		Robert Hardwick				M147	79+1	
		Sophia Bartlett				F019 - VF Scorer 2	78+1	
		Paul Owen				M150	77+1	
		Hattie Oakley-King				F021 - SF Scorer 3	76+1	
		Martin Godin				M157	75+4	
		Mark Billington				M158	74+1	
		Louise Clark				F024 - VF Scorer 4	73+3	
		Caroline Gilby				F027	72+3	
		Jeremy Bell				M170	71+1	
		Deborah Beare				F029	70	
		Mark Rouse				M171	69	
		Andy Atherton				M172	68	
		Jon Walker				M175	67+6	
		Sophie Windmill				F032	66+6	
		Lisa Wells				F033	65	
		Stan Greening				M177	64+5	
		Simon Wilkins				M179	63	
		Jeremy Lewis				M182	62+4	
		Keri Withers				F048	61	
		Katie Ruditis				F052	60	
		Julie Pritchett				F060	59+2	
		Kate Cornelius				F071	58+2	

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Dave Stanley				M224	57	
		Rebecca Fleckney				F082	56	
		Jacqui Morland				F083	55+1	
		Kevin Cutler				M226	54+1	
		Charlene Halpin				F084	53+1	
		Richie Jones				M230	52+1	
		Christine Sharman				F090	51+4	
		Emily Mead				F091	50+4	
		Terry Mchugh				M234	49+1	
		Barry Dackombe				M236	48	
		Helen Kearns				F092	47+2	
		Brendan O'Mahoney				M239	46+2	
		Louise Wilkins				F095	45+2	
		Sarah Kelley				F097	44	
		Emma White				F102	43+1	
		Laura Johnston				F103	42+1	
		Joe Walters				M246	41+1	
		Claire Jones				F120	40+1	
		Sarah Schofield				F121	39+1	
		Rob Cook				M247	38+1	
		Pat Godfrey				F132	37+1	
		Nicola Wilkins				F135	36	
		Caroline O'Mahoney				F136	35	
		Helen Satterthwaite				F138	34	
		Dave Sedgley				M250	33	
16-Jan-2018	District Schools XC - Linford c3K	Jennifer Johnston				13 - of 250+		
20-Jan-2018	Bedford Park Run 5K*	Steven Upton		18	01		100	76.46% Elite
		Philip Mead		20	25		99+2	63.54% Bronze
		Callum Harrison		20	45		98	62.61% Bronze
		Lisa Wells		23	11		97+1	71.09% Gold
		Sophie Windmill		23	42		96+1	60.79% Bronze
		<b>Martin Lees</b>		<b>26</b>	<b>10</b>	Joined since Event		<b>55.97%</b>
		Ben Horan		27	39			50.91%
		Michelle Morris		27	57		95	51.50%
		Pat Godfrey		29	54		94	66.32% Silver
		<b>Siobhan Lees</b>		<b>30</b>	<b>26</b>	Joined since Event		<b>57.41%</b>
		Lorraine Horan		31	48		93	48.73%
	Houghton Hall Park Run 5K*	Kevin Cutler		24	30			54.25%
	Luton Wardown Park Run 5K*	Warwick Payne		29	03			48.48%
		<b>Claire Wilson</b>		<b>30</b>	<b>32</b>			<b>49.09%</b>
		Mandy Fraser		30	43	PB		57.48%
		Patricia Mann		48	58			44.80%
		Lionel Mann		48	59			39.55%
	Northampton Park Run 5K*	Paul Owen		32	29			44.72%
		Megan Owen		32	29			44.48%
	Rushmere Park Run 5K*	Paula James		31	29			53.35%
	TVOC - RAF Halton 4.5K (Orienteering)	Wendy Kent	1	22	22			
	TVOC - RAF Halton 6.9K (Orienteering)	Richie Jones	1	42	24			
		Claire Jones	1	42	24			
		Denise Browning	1	45	02			
		Warwick Browning	1	45	02			
	Willen Lake (MK Park Run) 5K*	John Cross		22	52			63.53% Bronze
		<b>Darryl Pottinger</b>		<b>22</b>	<b>53</b>			<b>61.55% Bronze</b>
		Jacqui Morland		28	22			53.72%
		Emily Mead		29	08			49.51%
		Helen Satterthwaite		32	37			50.07%
21-Jan-2018	St.Albans (Fred Hughes) 10M	Mark Billington	1	19	32			63.80% Bronze
		Jody Buczynski	1	20	57			55.97%
		Barry Dackombe	1	38	28			51.54%
		<b>Ali Smith</b>	1	<b>57</b>	<b>47</b>			<b>47.89%</b>
	Winter Tanners - LDWA 30M Marathon	Mark Rouse	7	13	00			
		Chris Newnham	7	29	00			
		Paul Owen	7	30	00			
		Rebecca Fleckney	8	54	30			
		Richard Jones	9	54	00			
25-Jan-2018	District Schools XC - Bedford Priory c3K	Jennifer Johnston				13 - of 250+		
27-Jan-2018	Bedford Park Run 5K*	John Decesare		18	00	Equal MV50 Parkrun Record	100	80.70% Elite
		Martin Godin		23	38		99	67.00% Silver
		<b>Andy Ralphs</b>		<b>25</b>	<b>41</b>	Joined since Event		<b>55.26%</b>
		Pat Godfrey		29	06		98	68.15% Silver
		Vickie Humber		36	39	PB	97	42.28%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Ann Davies		37	14		96	48.95%
		Lisa Wells		40	22		95	40.83%
	Brickfields Park Run 5K*	Siobhan Lees		31	36	Joined since Event		55.29%
	Houghton Hall Park Run 5K*	Emily Brown		27	57	PB		51.59%
		Warwick Payne		28	19			49.74%
	Kingsbury Water Park Run 5K*	Abi Wells-Day		24	20	Re-joined Since Event		59.35%
	Kingston Park Run 5K*	Lionel Mann		39	00			49.68%
	Linford Wood Park Run 5K*	Martin Lees		26	18	Joined since Event		55.68%
	Luton Wardown Park Run 5K*	Dave Coker		24	44			61.21% Bronze
	SEAA XC, Brighton Sen/Vet Men c15K	Craig Palmer		55	28	41 - of - 740		
	SEAA XC, Brighton Sen/Vet Women c8K	Charlene Halpin		48	12	302 - of - 351		
	Sherwood Pines Park Run 5K*	Helen Satterthwaite		30	10	ARB		54.14%
	St Albans Park Run 5K*	Lyndsey Bithrey		36	05			47.46%
28-Jan-2018	Gade Valley Marathon Training 12M	Keri Withers	1	48	44	Self Timed		
		Richard Stanley	1	48	44	Self Timed		
		Pat Godfrey	2	24	00	Self Timed		
	Harpenden 10K	Dave Ackerley		39	33	Woodbridge Shufflers		68.30% Silver
	Seville 1/2Marathon	Steven Upton	1	17	54	PB - MV40 Record		80.83% Elite
31-Jan-2018	District Schools XC - Marston Forest c3K - Year 6/7 Boys	Luke Farmer				7th		
	District Schools XC - Marston Forest c3K - Year 6/7 Girls	Lily Farr				3rd		
		Jennifer Johnston				8th		
	District Schools XC - Marston Forest c6K - Year 10/11 Boys	Adam Schofield				15th		
		Aiden Killeen				1st		
1-Feb-2018	Eagle Drive Time Trial 5K*	Philip Mead		21	54			59.24%
		Jeremy Lewis		23	17			61.43% Bronze
		Katie Ruditis		24	12			60.48% Bronze
		Kate Cornelius		25	14			57.05%
		Terry McHugh		26	27			59.87%
		Laura Johnston		26	47			61.54% Bronze
		Claire Jones		28	40	ARB		59.74%
		Sarah Schofield		28	54			51.46%
		Caroline O'Mahoney		29	12			58.08%
		Rob Cook		29	35			53.04%
		Helen Satterthwaite		30	10			54.14%
		Pat Godfrey		31	20			63.29% Bronze
		Kate Bristow		32	22			48.28%
		Francesca Milburn		32	24	Off Course		45.54%
		Dave Sedgley		35	44			54.22%
		Ann Davies		37	46			48.26%
	Enigma Quadzilla(1) Marathon	Paul Barton	4	23	39			48.91%
2-Feb-2018	Enigma Quadzilla(2) Marathon	Paul Barton	4	35	50			46.75%
3-Feb-2018	Bedford Park Run 5K*	Andy Ralphs		24	45	Joined since Event		57.34%
		Ann Davies		36	38			49.75%
	Enigma Quadzilla(3) Marathon	Paul Barton	4	47	35			44.84%
	Letchworth Park Run 5K*	Jim Dodds		26	43			57.17%
	Linford Wood Park Run 5K*	Martin Lees		25	48	Joined since Event		56.76%
	Luton Wardown Park Run 5K*	Chris Littlejohn		18	59	Joined Since Event		70.51% Gold
		Warwick Payne		27	33			51.12%
		Lionel Mann		50	18			38.52%
		Patricia Mann		50	18			43.61%
	Willen Lake (MK Park Run) 5K*	George Arbuckle		19	50	20 Min Pacer		70.48% Gold
		Terry Stanley		21	00	21 Min Pacer		61.78% Bronze
		Colin Woods		21	40	22 Min Pacer		60.08% Bronze
		Abi Wells-Day		22	57	Re-joined Since Event		62.92% Bronze
		Mike Petty		22	59	23 Min Pacer		67.65% Silver
		Martin Godin		24	10	24 Min Pacer		65.52% Silver
		Robert Hardwick		24	55	25 Min Pacer		52.26%
		James Arbuckle		26	17			53.56%
		Caroline Gilby		27	06	27 Min Pacer		63.19% Bronze
		Jacqui Morland		28	06	28 Min Pacer		54.23%
		Charlene Halpin		29	05	29 Min Pacer		49.50%
		Brendan O'Mahoney		30	14	30 Min Pacer		50.97%
		Caroline O'Mahoney		35	03	35 Min Pacer		48.39%
		Lisa Wells		42	46	40 Min Pacer		38.54%
		Pat Godfrey		47	08	Tail Runner		42.07%
4-Feb-2018	Charnwood Hills Fell Race c14M	Mark Billington	2	27	38			
	Enigma Quadzilla(4) Marathon	Paul Barton	4	46	26			45.02%
	London Winter 10K	Toni Elston	1	11	17			52.21%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	RSPB Sandy 10K*	Callum Harrison		44	15		100	61.04% Bronze
		Caroline Gilby		49	11		99+1	71.87% Gold
		Jeremy Bell		50	56		98	60.95% Bronze
		Sophie Windmill		52	50		97+1	56.69%
		Barry Dackombe		57	03		96	53.96%
		Laura Johnston		58	46		95	57.90%
		Brendan O'Mahoney		58	48		94	54.20%
		John Kenyon	1	0	33		93+2	48.09%
		Jodie Kelly	1	3	20		92	47.40%
		Caroline O'Mahoney	1	9	31		91	50.36%
		Dave Sedgley	1	10	56		90	56.52%
	RSPB Sandy 2K*	Jennifer Johnston		9	26			61.67% Bronze
	Watford 1/2Marathon	Ian Halpin	1	18	46	PB	100	75.73% Elite
		Steven Upton	1	19	17		99	79.42% Elite
		Chris Newnham	1	34	38	PB	98+1	71.97% Gold
		Richard Stanley	1	37	26		97	68.76% Silver
		Keri Withers	1	52	23		96	68.62% Silver
		Emily Mead	2	0	35	PB	95	54.82%
7-Feb-2018	County Schools XC - Ampthill Park Year 6/7 Girls	Jennifer Johnston				30th		
10-Feb-2018	Bedford Park Run 5K*	Andy Berton		20	34		100	67.47% Silver
		Elliot Berton		22	22			62.94% Bronze
		Lisa Wells		22	36	PB	99	72.93% Gold
		Jack Berton		23	39			56.10%
		Jeremy Lewis		24	24		98	58.61%
		Pat Godfrey		29	00	ARB - FV65 Parkrun Record	97	68.38% Silver
		Ann Davies		35	44		96+1	51.01%
		Rebecca Fleckney		38	15		95	38.57%
	Houghton Hall Park Run 5K*	John Cross		23	59			60.57%
		Darryl Pottinger		24	43			57.42%
		Warwick Payne		26	21			53.86%
	Luton Wardown Park Run 5K*	Patricia Mann		51	05			42.94%
		Lionel Mann		51	06			37.92%
	Poolsbrook Park Run 5K*	Paula James		28	35			58.76%
		Zoe James		38	11			37.81%
	St.Albans Park Run 5K*	John Decesare		17	37	MV50 Parkrun Record		82.46%
	Willen Lake (MK Park Run) 5K*	Martin Lees		26	03	Joined since Event		56.22%
		Siobhan Lees		32	24	Joined since Event		53.93%
11-Feb-2018	Bramley 10M	Mark Waine	1	0	36	ARB		79.91%
	Bramley 20M	Steven Upton	2	14	25			73.71%
		Ian Halpin	2	18	07	PB		68.29%
		Alex Anstee	2	20	33	PB		67.54%
		Nicola Bowerman	2	21	30			77.27%
	Chessington Valentine's 10K	George Arbuckle		39	32			73.11% Gold
	Love Welwyn Garden City 10K	Dave Ackerley		36	53	Woodbridge Shufflers		73.24% Gold
		Martin Lees		54	11	Joined since Event		55.89%
		Siobhan Lees	1	2	22	Joined since Event		57.83%
	Lytchett Manor 10M	Craig Palmer		54	45	Littledown Harriers		81.58% Elite
	Punchbowl - LDWA Marathon*	Paul Owen	6	31	00			35.53%
		Chris Newnham	6	31	00			36.71%
		Paul Barton	7	14	00			29.71%
		Rebecca Fleckney	7	59	00			29.05%
		Richard Jones	7	59	00			30.75%
	Victoria Park Winter 10K	Dan Karaiskou		39	21			68.84% Silver
17-Feb-2018	Bedford Park Run 5K*	Deborah Beare		22	52			63.50% Bronze
		Deborah Salmon		26	18			71.74% Gold
		Martin Lees		27	13	Joined since Event		53.81%
		Siobhan Lees		29	15	Joined since Event		59.73%
		Michelle Morris		32	05			44.87%
		Simon Wilkins		38	53			35.95%
	Great Denham Park Run 5K*	Ian Halpin		17	01		100	76.24% Elite
		Hattie Oakley-King		21	08		99	68.12% Silver
		Sophia Bartlett		21	37		98	72.29% Gold
		Lisa Wells		21	55	PB	97	75.20% Elite
		Jacqui Morland		24	16	PB	96	62.80% Bronze
		Charlene Halpin		24	50		95	57.97%
		James Arbuckle		24	52			56.61%
		George Arbuckle		24	52		94	56.21%
		Pat Godfrey		28	57	ARB - FV65 Parkrun Record	93+1	68.50% Silver
		Rebecca Fleckney		35	07		92	42.01%
	Letchworth Park Run 5K*	Warwick Payne		28	05			50.54%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Luton Wardown Park Run 5K*	Claire Wilson		29	08			51.45%
		Patricia Mann		50	30			43.44%
		Lionel Mann		50	31			38.35%
	Poolsbrook Park Run 5K*	Zoe James		37	36			38.39%
	Rushmere Park Run 5K*	Caroline Gilby		24	37			69.57% Silver
		Paula James		30	33			54.98%
18-Feb-2018	Hardwick X-Stream 6M*	Terry Stanley		41	37		100	62.48% Bronze
		Richard Stanley		47	19		99	62.22% Bronze
		Lisa Wells		51	33		98	63.66% Bronze
		Keri Withers		52	08		97	65.39% Silver
		Jon Walker		53	11		96+1	57.78%
		Charlene Halpin		59	09		95+1	48.76%
		Dave Stanley	1	6	52		94	49.65%
	Milton Keynes Winter 1/2Marathon	Paul Farmer	1	14	49	MV40 Record - 1st MV40	100	81.76% Elite
		John Decesare	1	21	14	1st MV50	99	81.14% Elite
		Nick Jones	1	21	51	MV55 Record	98	83.91% Elite
		Scott Huntley	1	23	23	PB	97	71.54% Gold
		George Arbuckle	1	28	53		96+1	71.36% Gold
		Colin Woods	1	33	23	Springfield Striders	(95)	64.17% Bronze
		Martin Lees	2	5	02	Joined since Event		53.14%
		Steve Gibbons	2	8	13		94	49.47%
	Wokingham 1/2Marathon	Craig Palmer	1	10	59	PB		84.03% Elite
24-Feb-2018	100 Marathon Club AGM Marathon	Paul Barton	4	48	34			44.69%
	Bedford Park Run 5K*	Michelle Morris		36	07			39.86%
	Bedworth Park Run 5K*	Warwick Payne		25	35			55.48%
	Big Fetch - Bedford Track 1M	Philip Mead		5	53			63.57% Bronze
		Denise Browning		7	38			68.47% Silver
		Pat Godfrey		8	39			67.26% Silver
	Brickfields Park Run 5K*	Siobhan Lees		28	50			60.60% Bronze
	Endurance Life Coastal Trail Series - Northumberland 35.2M	John Mitcalf	5	2	00	9th of 106		
	Great Denham Park Run 5K*	Joe Strange		16	56		100	76.93% Elite
		Philip Horan		19	13		99	73.85% Gold
		Richard Pillinger		19	57	No Barcode	(98)	69.05% Silver
		Jo Morris		24	58	PB	97	62.59% Bronze
		Martin Lees		25	14		96	58.04%
		Pat Godfrey		28	05	PB - FV65 Parkrun Record	95	70.61% Gold
	Houghton Hall Park Run 5K*	Emily Brown		28	06			51.31%
	Letchworth Park Run 5K*	Justin Abbott		29	30			47.74%
	Longrun Meadow Park Run 5K*	Steve James		22	09			67.77% Silver
		Paula James		29	03			57.82%
	Luton Wardown Park Run 5K*	Lionel Mann		51	57			37.29%
		Patricia Mann		51	57			42.23%
	Parliament Hills, National XC Champs Junior Women 6K	Lauren Nichols		32	18	117 of 146 - Bedford & Cty		
	Parliament Hills, National XC Champs Senior Men 12K	Craig Palmer		44	25	147 of 2328	100	
		Peter Jr Benedickter		47	49	341 - Bedford & Cty	(99)	
		Tim Harris		49	39	671	98	
		George Arbuckle		54	55	1100	97+2	
		Jeremy Godfrey	1	1	43	1729	96+1	
		Ian Halpin	1	5	44	1959	95	
	Parliament Hills, National XC Champs Senior Women 8K	Jess Anstee		39	30	424 of 1113	100	
		Hattie Oakley-King		40	41	513	99	
		Charlene Halpin		48	37	911	98	
		Julie Pritchett		48	55	922 - 87th team of 112	97	
		Rebecca Fleckney		53	56	1034	96	
	Parliament Hills, National XC Champs U17 Men 6K	Aiden Killeen		21	29	56 of 356 - Bedford & Cty		
	Rushmere Park Run 5K*	Dave Ackerley		24	27			53.13%
		Emma Clare		36	37			42.68%
	South Shropshire Circular - LDWA Marathon	Dave Sedgley	8	34	00			35.96%
	Willen Lake (MK Park Run) 5K*	Max Dillon		18	03			71.87% Gold
	Wolverhampton Park Run 5K*	Andy Ralphs		24	42	Joined since Event		57.46%
25-Feb-2018	Baldock Beast 1/2Marathon	Ben Stoneman	1	40	29	PB	100+3	60.88% Bronze
		Mark Trew	1	42	08		99+3	59.07%
		Robert Hardwick	1	43	56		98	57.39%
		Stephen Mullens	1	45	29		97	65.11% Silver
		Mark Billington	1	45	49		96	63.83% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Brighton 1/2Marathon	Katie Ruditis	1	50	08			59.93%
	Gade Valley Marathon Training 17M	Steven Upton	1	56	30			
		Emma White	3	0	39			
		Sarah Schofield	3	20	00			
		Pat Godfrey	3	40	00			
	Hillingdon 1/2Marathon	Mark Waine	1	18	14	ARB - 1st MV40		82.32% Elite
		Alex Anstee	1	18	48	PB		76.56% Elite
		Ashley Larman	1	25	46	PB		72.36% Gold
	New Forest - LDWA 18M (Orienteering)	Haydn Leaker	6	52	00			
		Laura Johnston	6	52	00			
	Seville Marathon	Richard Jones	4	17	20			57.24%
		Paul Owen	4	17	20			53.98%
	Thorpe Park 1/2Marathon	Richard Gale	1	29	29	PB		68.36% Silver
3-Mar-2018	Benidorme 1/2Marathon	George Arbuckle	1	27	47			72.26% Gold
		Philip Horan	1	34	25			68.21% Silver
	Benidorme 10K	Richard Pillinger		42	01			67.78% Silver
4-Mar-2018	London Big Half 1/2Marathon	Craig Palmer	1	11	20		100	83.62% Elite
		Barry Stratford	1	19	34		99	74.97% Gold
		Nicola Bowerman	1	28	14		98	79.16% Elite
		Keri Withers	1	49	29		97	70.44% Gold
		Jason Theobald	1	55	00		96+1	55.58%
		Louise Wilkins	2	3	59	PB	95	57.79%
8-Mar-2018	Eagle Drive Time Trial 5K*	Philip Mead		20	44			62.57% Bronze
		Simon Wilkins		22	37			61.81% Bronze
		Jeremy Lewis		22	56			62.36% Bronze
		Dean Shanley		23	05			60.11% Bronze
		Dave Coker		23	15			65.11% Silver
		Francesca Milburn		26	10			56.39%
		Terry McHugh		26	19			60.17% Bronze
		Christine Sharman		26	22			63.71% Bronze
		Emily Brown		27	24	PB		52.62%
		Pat Godfrey		32	14			61.52% Bronze
		Jane Cook		36	11			52.15%
		Ed Watts		40	16			44.30%
		Ann Davies		40	28			45.04%
		Rebecca George		40	28			35.61%
10-Mar-2018	Bedford Park Run 5K*	Andy Ralphs		26	18	Joined since Event		53.96%
		Vickie Humber	1	2	44			24.70%
	Great Denham Park Run 5K*	George Arbuckle		19	20			72.30% Gold
		Elliot Berton		22	32			62.47% Bronze
		Andy Berton		22	33			61.53% Bronze
		Jack Berton		24	34			54.00%
		James Arbuckle		26	17			53.56%
		Pat Godfrey		29	06			68.15% Silver
		Ann Davies		35	53			50.79%
	Houghton Hall Park Run 5K*	John Cross		24	00			60.53% Bronze
		Darryl Pottinger		24	00			59.14%
	Loughborough Inter-Counties XC Champs	Craig Palmer		49	08	120 of 284 - 1st Beds Runner		
		Paul Farmer		51	39	190 - 3rd Beds Runner		
	Luton Wardown Park Run 5K*	Lionel Mann		52	34			36.86%
		Patricia Mann		52	34			42.40%
	Sixfields Upton Park Run 5K*	Warwick Payne		26	25			53.73%
	Wimpole Hall Night Run 7K	Stan Greening		31	25		100+1	
		Mark Billington		32	25		99	
		Denise Browning		40	00		98	
		Christine Sharman		40	05		97	
		Laura Johnston		40	50		96	
		Gemma Bear		45	57		95+1	
		Helen Satterthwaite		47	01		94+1	
		Jacqueline Seymour		53	30		93+1	
		Pat Godfrey	1	0	00		92	
		Ann De_Winter	1	4	00		91	
		Val Von Arx	1	4	00		90	
	Woodhouse Moor Park Run 5K*	Martin Lees		26	29			55.30%
		Siobhan Lees		30	02			58.18%
	XNRG Humanity Direct Amersham 50K*	Mark Rouse	5	53	00			44.97%
11-Mar-2018	Cambridge Boundary Marathon	Paul Barton	5	32	02			38.84%
		Rebecca Fleckney	5	34	36			41.58%
	Milton Keynes Festival 1/2Marathon	Simon Wilkins	1	46	22		100	59.63%
		Katie Ruditis	1	48	10		99	61.02% Bronze
		Jacqui Morland	1	54	21	PB	98	60.08% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Sally Sawkins	1	54	35	PB	97	64.80% Bronze
		Willie Ellingham	1	58	20		96	58.04%
	Milton Keynes Festival 10K	Marcus Cook		39	42	PB		70.20% Gold
		Martin Lees		51	34			58.73%
		Charlene Halpin		54	20			55.06%
		Justin Abbott		59	23			49.04%
		Siobhan Lees	1	0	12	PB		59.91%
		Laura Usher	1	7	11	PB		45.36%
	Milton Keynes Festival 20M	Steven Upton	2	15	35		100	73.08% Gold
		Scott Huntley	2	22	42		99	66.09% Silver
		Nicola Bowerman	2	49	10		98	64.63% Bronze
		Jess Anstee	2	49	10	PB	97+1	61.21% Bronze
		Richard Stanley	2	57	56		96	59.24%
		Keri Withers	2	57	56	PB - FV50 Record	95	67.81% Silver
		Julie Pritchett	3	2	33	PB	94	60.40% Bronze
		Louise Wilkins	3	19	00	PB	93	56.36%
		Emma White	3	38	22		92	50.07%
		Sarah Schofield	3	50	27		91	45.56%
		Kate Bristow	4	9	38		90	44.17%
	Milton Keynes Festival 5K	Philip Mead		20	33			63.13% Bronze
		Hattie Oakley-King		21	49			65.98% Silver
		Lionel Mann		38	55	Belgrave Harriers		49.79%
		Vickie Humber		41	09			37.66%
	White Star Running - Larmer Tree 20M	Claire Jones	5	11	49			38.69%
		Richie Jones	5	11	51			34.36%
17-Mar-2018	Bedford Park Run 5K*	Andy Ralphs		24	34	Joined since Event		57.77%
		Annette Bell		27	13			62.31% Bronze
		Rebecca Fleckney		38	23			38.43%
	Great Denham Park Run 5K*	Joe Strange		17	05		100	76.25% Elite
		Mark Waine		17	08	MV40 Parkrun Record	99	82.84% Elite
		Martin Lees		24	54		98+1	58.81%
		Charlene Halpin		24	59		97	57.62%
		Mandy Rimmer		25	08		96	57.27%
		Siobhan Lees		28	27		95	61.41% Bronze
	Letchworth Park Run 5K*	Justin Abbott		30	05			46.82%
		Ron Lawrence		30	06			49.05%
	Luton Wardown Park Run 5K*	Lionel Mann		38	23			50.48%
	Rushmere Park Run 5K*	Dave Ackerley		24	20			53.39%
	Willen Lake (MK Park Run) 5K*	Willie Ellingham		33	19			45.44%
		Clare Petts		34	39	Joined Since Event		45.10%
	Witney Park Run 5K*	Warwick Payne		31	06			45.63%
18-Mar-2018	Box End 27.5M Marathon*	Paul Barton	4	50	00			
	CYPRUS, Limassol Marathon	Richard Jones	4	18	11			57.06%
		Paul Owen	4	32	57			50.90%
	Grizzly Cub 9M Snow Course	Kristian Hollingsworth	1	16	18			
		James Handley	1	17	15		100+1	
		Mark Rouse	1	44	59		99+1	
		Deborah Beare	1	48	50		98	
		Rick Hollingsworth	1	49	41		97+1	
		Richie Jones	1	50	56		96+1	
		Sally Sawkins	1	51	36		95+1	
		Denise Browning	1	54	13		94+3	
		Barry Dackombe	1	55	09		93	
		Louise Wilkins	2	7	00		92	
		Claire Jones	2	7	06		91+1	
		Rebecca Fleckney	2	12	08		90	
		Laura Johnston	2	13	09		89	
		Caroline O'Mahoney	2	22	31		88	
		Brendan O'Mahoney	2	22	32		87	
		Nichole Neate	2	25	17		86	
		Karen Hollingsworth				Incomplete Course		
24-Mar-2018	Bedford Park Run 5K*	Philip Mead		20	17			63.96% Bronze
	Bournemouth Park Run 5K*	Craig Palmer		17	13			75.35% Elite
	Charnwood Marathon	Rebecca Fleckney	7	36	00			30.51%
	Great Denham Park Run 5K*	Ian Halpin		16	48	PB	100	77.22% Elite
		Dave Ackerley		17	41		99	73.46% Gold
		Richard Gale		20	28		98+1	65.86% Silver
		Callum Harrison		20	46		97	62.56% Bronze
		Jess Anstee		21	03		96	68.98% Silver
		Hattie Oakley-King		21	16		95	67.69% Silver
		Robert Hardwick		21	30		94	60.57% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Sophie Windmill		23	46		93	60.59% Bronze
		Charlene Halpin		24	49		92	58.01%
		Warwick Payne		25	44		91	55.15%
		Ann Davies		35	19		90	51.61%
	Houghton Hall Park Run 5K*	Mark Rouse		22	23			61.54% Bronze
		Louise Wilkins		26	36			59.78%
	Krakow Park Run 5K*	Martin Lees		24	19			60.22% Bronze
	Lanhydrock Park Run 5K*	Richie Jones		28	28			52.73%
		Claire Jones		33	48			50.66%
	Luton Wardown Park Run 5K*	Lionel Mann		37	53			51.14%
	North London (MT) 10K*	Terry Stanley		41	18			65.31% Silver
	Rushmere Park Run 5K*	Jon Walker		25	58			59.34%
		Terry McHugh		29	02			54.54%
		Joe Walters		31	31			43.08%
		Emma Clare		39	05			39.98%
	Sandy Track 100m	Keith Morgan		0	17			70.18% Gold
		Brendan O'Mahoney		0	17			67.88% Silver
		Caroline O'Mahoney		0	19			67.22% Silver
		Helen Satterthwaite		0	20			60.28% Bronze
	Sandy Track 200m	Keith Morgan		0	34			71.23% Gold
		Brendan O'Mahoney		0	35			66.15% Silver
		Caroline O'Mahoney		0	41			63.17% Bronze
		Helen Satterthwaite		0	42			59.42%
	Sandy Track 400m	Keith Morgan		1	20			67.47% Silver
		Brendan O'Mahoney		1	23			62.61% Bronze
		Caroline O'Mahoney		1	32			62.51% Bronze
		Helen Satterthwaite		1	34			59.05%
	Sandy Track 800m	Brendan O'Mahoney		3	17			62.73% Bronze
		Caroline O'Mahoney		3	33			64.19% Bronze
		Helen Satterthwaite		3	38			60.25% Bronze
25-Mar-2018	Bedford 20M	Lisa Wells	2	59	17		100+1	64.81% Bronze
		Katie Ruditis	3	4	55		99+1	55.99%
		John Corcoran	3	11	03		98+2	50.39%
		Darryl Pottinger	3	12	14		97+1	52.71%
		John Cross	3	12	14		96	53.95%
		Sarah Kelley	3	43	58		95	47.63%
		Emma White	3	43	58		94	48.82%
	Gade Valley Marathon Training 20M*	Steven Upton	2	15	30		100	73.12% Gold
		Callum Harrison	2	43	10		99	57.92%
		Mark Rouse	3	28	25		97	47.19%
		Louise Wilkins	3	28	25		98	53.81%
		Sarah Schofield	4	6	00		96	42.68%
	Lee Valley Run Fest 1/2Marathon	Pete Collings	1	34	03	PB		63.42% Bronze
	London Landmarks 1/2Marathon	Jo Morris	1	50	32	PB		63.72% Bronze
30-Mar-2018	Enigma Good Friday Marathon	Paul Barton	4	28	52			47.96%
	Great Barrow Challenge(1) Marathon	Mark Rouse	4	6	00			53.56%
		Paul Owen	4	21	55			53.04%
	Great Barrow Challenge 1/2Marathon	Louise Wilkins	2	6	00			56.87%
	Maidenhead Easter 10M	Dan Karaiskou	1	3	22			70.85% Gold
31-Mar-2018	Bedford Park Run 5K*	Steven Upton		17	46			78.10% Elite
		Martin Godin		22	31			71.02% Gold
		Katie Ruditis		23	55			61.20% Bronze
		Michelle Morris		47	39			30.24%
	Brickfields Park Run 5K*	Martin Lees		26	13			55.86%
		Siobhan Lees		28	33			61.20% Bronze
	Colchester Castle Park Run 5K*	Warwick Payne		25	09			56.43%
	Great Denham Park Run 5K*	Philip Horan		19	05		100	74.37% Gold
		Richard Pillinger		19	58		99	68.99% Silver
		Andy Bierton		20	08		98+1	68.92% Silver
		Jeremy Godfrey		20	18		97	63.91% Bronze
		Pat Godfrey		30	05		96	65.92% Silver
		Ann Davies		35	22		95	51.53%
	Houghton Hall Park Run 5K*	Gavin Nicholson		21	13			63.09% Bronze
		Steve Gibbons		28	40			48.76%
	Killarney Park Run 5K*	Lee Murphy		18	05	Joined since Event		71.84% Gold
	Llanbedr-Blaenafon 15.8M (Fell Race)	Richard Stanley	3	29	26			
	Luton Wardown Park Run 5K*	Lionel Mann		38	03			50.92%
	Northampton Park Run 5K*	Hattie Oakley-King		21	33			66.80% Silver
	Rushmere Park Run 5K*	Jon Walker		27	08			56.79%
	Willen Lake (MK Park Run) 5K*	Leigh Pilgrim		19	12			67.82% Silver
		Stephen Pilgrim		25	01			66.54% Silver



Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Helen Satterthwaite	1	43	49		73+3	53.35%
		Lorraine Horan	1	46	58		72+3	49.55%
		Claire Jones	1	47	19		71	54.09%
		Pat Godfrey	1	49	11		70	61.46% Bronze
		Dave Sedgley	1	53	37	FV65 Record	69+1	58.12%
		Jane Cook	2	4	21	MV75 Record - County MV70 Champ	68+1	51.38%
		Rob Cook	2	4	22		67	43.40%
14-Apr-2018	Bedford Park Run 5K*	Martin Godin		22	31			71.02% Gold
		Justine Goode		41	38			39.59%
	Great Denham Park Run 5K*	Martin Lees		24	53			58.85%
		James Arbuckle		26	40			52.79%
		George Arbuckle		26	43			52.32%
		Lyndsey Bithrey		35	00			49.41%
		Ann Davies		36	15			50.28%
	Houghton Hall Park Run 5K*	Warwick Payne		24	29			57.97%
	Luton Wardown Park Run 5K*	Lionel Mann		37	16			51.99%
	Margate Park Run 5K*	Ian Ballard		23	22			63.19% Bronze
	Rushmere Park Run 5K*	Dave Ackerley		19	56			65.17% Silver
		Jon Walker		25	32			60.35% Bronze
	Swansea Bay Park Run 5K*	Pat Godfrey		29	22			67.53% Silver
	Willen Lake (MK Park Run) 5K*	John Cross		31	22			46.69%
		Darryl Pottinger		31	23			45.22%
		Clare Petts		33	50	Joined Since Event		46.19%
		Emma Clare		36	24			42.93%
15-Apr-2018	Beds RCC Spoco TT Cycle - Hilly 16M	Leigh Pilgrim		49	30			
		Phil Berton		59	37			
	Boston Marathon	Carolyn Whiley	3	56	46			66.13% Silver
		Chris Newnham	4	59	25			47.94%
	Brighton Marathon	Ashley Larman	3	28	59	PB		62.60% Bronze
		Sarah Schofield	5	8	00	PB		45.53%
	Valleys & Views LDWA 6M*	Denise Browning	1	44	00			34.15%
		Richie Jones	1	44	00			28.78%
		Claire Jones	1	44	00			32.78%
		Louise Wilkins	1	44	00			30.44%
	Valleys & Views LDWA Marathon*	Mark Rouse	5	55	00			37.12%
		Paul Barton	7	35	00			28.34%
		Laura Johnston	7	50	00			33.01%
		Caroline O'Mahoney	7	50	00			33.95%
		Brendan O'Mahoney	7	50	00			31.34%
		Rebecca Fleckney	7	59	34			29.01%
16-Apr-2018	Boston (USA) Marathon	Steven Upton	3	0	47			73.42% Gold
17-Apr-2018	Patrouille des Glaciers 53K (SkiMo)	Phil Wolstencroft	13	46	09	SkiMo is Ski Mountaineering		
21-Apr-2018	Bedford Park Run 5K*	Andy Berton		20	20			68.24% Silver
		Jeremy Lewis		23	38			60.52% Bronze
		Katie Ruditis		24	30			59.74%
		Terry Mchugh		25	13			62.79% Bronze
	Great Denham Park Run 5K*	Dave Ackerley		17	46		100	73.12% Gold
		Jeremy Godfrey		21	13		99	61.15% Bronze
		Abi Wells-Day		21	50	Re-joined Since Event		66.14% Silver
		Warwick Payne		23	31		98+2	60.35% Bronze
		Charlene Halpin		24	24		97+1	59.00%
		Lisa Wells		24	26		96	68.09% Silver
		Pat Godfrey		28	56		95	68.54% Silver
		Sarah Schofield		30	55		94	48.10%
		Emma Schofield		31	46			47.65%
		Daren Schofield		31	48			44.29%
		Ann Davies		37	51		93	48.15%
	Luton Wardown Park Run 5K*	Lionel Mann		40	58			47.29%
	Northampton Park Run 5K*	Hattie Oakley-King		21	05			68.28% Silver
	Willen Lake (MK Park Run) 5K*	Jon Walker		23	34			65.39% Silver
		Joe Walters		26	49			50.63%
22-Apr-2018	Essex Walker Marathon	Paul Barton	6	18	00			34.12%
	London Marathon	Craig Palmer	2	34	45		100	81.96% Elite
		Barry Stratford	2	59	40		99	70.59% Gold
		Alex Anstee	3	28	51		98	60.89% Bronze
		Keri Withers	4	1	32		97+2	66.69% Silver
		Richard Jones	4	22	02		96+2	56.22%
		Jacqui Morland	4	31	41		95+2	52.87%
		Darryl Pottinger	4	38	07		94+2	48.81%
		John Cross	4	38	07		93	50.35%
		Louise Wilkins	5	5	19		92+1	49.05%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Sarah Kelley	5	32	55		91+1	42.80%
		Paul Owen	5	50	44		90	39.61%
		Emma White	6	38	34		89	36.64%
	Salcome Head to Head Trail 1/2Marathon*	Mike Petty	2	33	00			46.10%
	Southampton 1/2Marathon	Martin Davey	1	54	15			61.74% Bronze
	Southampton Marathon	Callum Harrison	3	46	46			56.04%
		Robert Hardwick	4	2	26			52.32%
25-Apr-2018	Les Irvine Road Relay 1.1M A-Team	Philip Mead		6	18	Leg 1		
		Jo Morris		8	29	Leg 2		
		Martin Godin		7	38	Leg 3		
		Caroline Gilby		7	50	Leg 4		
	Les Irvine Road Relay 1.1M B=Team	Gemma Bear		8	52	Leg 1		
		Helen Satterthwaite		9	10	Leg 2		
		Dave Stanley		8	46	Leg 3		
		Barry Dackombe		8	11	Leg 4		
	Les Irvine Road Relay 1.1M C-Team	Caroline O'Mahoney		8	50	Leg 1		
		Pat Godfrey		9	48	Leg 2		
		Nicola Wilkins		9	39	Leg 3		
		Laura Johnston		8	27	Leg 4		
	Les Irvine Road Relay 1.1M Frequent Flyers	Sally Sawkins		7	57	Leg 1		
		Mark Billington		7	06	Leg 2		
		Lisa Wells		7	18	Leg 3		
		Mike Petty		6	53	Leg 4		
28-Apr-2018	Bedford Park Run 5K*	Martin Godin		24	34			65.09% Silver
	Great Denham Park Run 5K*	Andy Bieron		19	42			70.96% Gold
		Martin Lees		24	25			59.98%
		Rebecca Fleckney		39	10			37.66%
	Harold Pit Run 5K*	Jeremy Bell		21	11			70.87% Gold
	Luton Wardown Park Run 5K*	Lionel Mann		40	02			48.40%
	Northampton Park Run 5K*	Warwick Payne		23	34			60.22% Bronze
	Pomphrey Hill Park Run 5K*	Steve James		22	53	Not Registered as Flyer		65.60% Silver
		Paula James		29	41			57.13%
	Tring Park Run 5K*	Jon Walker		25	27			60.55% Bronze
	Wolverhampton Park Run 5K*	Abi Wells-Day		22	33	Re-joined Since Event		64.04% Bronze
29-Apr-2018	Flitwick 10K	Tim Harris		35	53			76.05% Elite
		Dave Ackerley		37	06			72.81% Gold
		John Decesare		37	19	1st MV50		80.49% Elite
		Lee Murphy		38	07	Joined since Event		70.87% Gold
		Leigh Pilgrim		40	43			66.25% Silver
		Gavin Nicholson		41	24	Joined since Event		66.84% Silver
		Ryan Short		43	00	Joined Since Event		62.73% Bronze
		Adam Schofield		45	24			62.08% Bronze
		Ian Ballard		48	38			62.78% Bronze
		Jeremy Lewis		48	45			60.66% Bronze
		Deborah Beare		48	58			61.26% Bronze
		Kyrstin Fairweather		49	41	PB		65.51% Silver
		Martin Lees		50	22			60.12% Bronze
		Dean Shanley		50	38			56.66%
		Jodie Kelly		51	13			58.62%
		Kate Cornelius		52	13	PB		57.29%
		Andy Ralphs		53	16			55.09%
		John Saunders		53	40			62.24% Bronze
		Rebecca Fleckney		54	37			55.79%
		Francesca Milburn		54	42			55.78%
		Carrie Walker		54	51			55.63%
		Laura Johnston		55	09	ARB		61.70% Bronze
		Joe Walters		56	45	PB		49.46%
		Paul Dove		57	24			61.34% Bronze
		Emily Brown		58	53			50.90%
		Siobhan Lees	1	0	10	ARB		60.56% Bronze
		Helen Satterthwaite	1	0	24	PB		55.83%
		Pat Godfrey	1	1	44			66.26% Silver
		Steph James	1	2	16			48.05%
		David Bartram	1	6	18			53.71%
		Ali Smith	1	11	01			48.37%
		Joe Yardley	1	11	22			37.80%
		Clare Petts	1	12	06	Joined Since Event		44.76%
	Unventure Obstacle 12K	Callum Harrison	1	31	36			35.75%
2-May-2018	Lee Valley, Eastern Masters AC League 3000m	Mark Waine		9	56	Southend-on-Sea AC		82.81% Elite

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
3-May-2018	Beds RCC Evening League Cycle - 10M	Julie Pritchett		32	08			
		Phil Berton		36	12			
5-May-2018	Bedford Park Run 5K*	Philip Mead		20	09			64.38% Bronze
	Bournemouth Park Run 5K*	Craig Palmer		18	58			68.40% Silver
	Brickfields Park Run 5K*	Martin Lees		26	01			56.29%
	Cannock Chase Park Run 5K*	Abi Wells-Day		23	14	Re-joined Since Event		62.16% Bronze
	Great Denham Park Run 5K*	Adam Schofield		21	51			62.22% Bronze
		Sarah Schofield		29	02			51.22%
		Rebecca Fleckney		30	00			49.17%
		Ann Davies		36	45			49.59%
	Houghton Hall Park Run 5K*	Mark Rouse		24	15		100	57.22%
		Richie Jones		25	05		99	59.85%
		Laura Johnston		27	01		98+2	61.01% Bronze
		Sally Sawkins		28	25		96	58.00%
		Louise Wilkins		28	25		97	55.95%
		Brendan O'Mahoney		30	07		95	51.17%
		Claire Jones		30	44		94	55.72%
		Emma Clare		35	31		93	44.00%
	Lanhydrock Park Run 5K*	Paula James		32	02			52.94%
	Luton Wardown Park Run 5K*	John Cross		21	15			68.92% Silver
		Darryl Pottinger		22	46			62.34% Bronze
		Lionel Mann		38	15			50.65%
	Minehead Park Run 5K*	Andy Berton		20	07			69.49% Silver
	Willen Lake (MK Park Run) 5K*	James Arbuckle		27	44			50.76%
		Mark Billington		28	33			52.14%
		George Arbuckle		28	34			48.93%
		Ed Druce		28	34			47.53%
		Paul Owen		28	36			50.79%
6-May-2018	Beds RCC Spoco TT Cycle - King of Hillfoot 12M	Leigh Pilgrim		36	53	Ascent times 2:24 & 2:29		
		Phil Berton		44	43	Ascent times 4:04 & 4:15		
	Kassios Dias, CORFU Trail 5M	Warwick Browning		44	16			59.51%
		Denise Browning		53	43			54.66%
	Keyne-O Loughton Valley 4.5K (Orienteering)	Emma Clare	1	24	19			
		Emma White	1	24	19			
		Sarah Schofield	1	24	19			
		Kate Bristow	1	24	19			
	Keyne-O Loughton Valley 7.1K (Orienteering)	Brendan O'Mahoney	2	17	29			
		Caroline O'Mahoney	2	17	29			
	Milton Keynes Rocket 5K	John Decesare		17	20	ARB - MV50 Record	100	83.80% Elite
		Nick Jones		17	32	ARB - MV55 Record	99	86.34% Elite
		Richard Pillinger		19	15	PB	98+1	71.56% Gold
		Callum Harrison		19	24		97	66.96% Silver
		Roger Ball		19	31	PB	96+4	72.17% Gold
		Hattie Oakley-King		19	48	PB	95	72.70% Gold
		Robert Hardwick		20	46	PB	94	62.70% Bronze
		Jess Anstee		21	33		93	67.38% Silver
		Richie Jones		23	37		92+1	63.56% Bronze
		Jodie Kelly		23	45	PB	91+2	60.73% Bronze
		Paul Barton		23	55		90	56.36%
		Charlene Halpin		24	24		89	59.00%
		Pat Godfrey		28	30		88	69.58% Silver
		Vickie Humber		36	43		87	42.20%
7-May-2018	Milton Keynes 1/2Marathon	Dan Karaiskou	1	31	06		100	65.84% Silver
		Marcus Cook	1	33	16		99	65.59% Silver
		Callum Harrison	1	37	52			61.06% Bronze
		Simon Wilkins	1	58	41		98	53.45%
		Martin Lees	2	2	46	PB	97+2	54.13%
		Richie Jones	2	4	50		96+1	54.56%
		Joe Walters	2	26	31		95+1	42.05%
		Claire Jones	2	37	11		94+1	49.06%
		Helen Satterthwaite	2	41	34		93+1	45.54%
		Justine Goode	2	43	37		92+1	45.38%
		Katie Ruditis	2	45	10		91	39.96%
		Mandy Fraser	2	47	32		90	47.44%
		Claire Wilson	2	47	33		89	40.67%
Sarah Wheeler	3	10	26		88	39.36%		
	Milton Keynes Marathon	Ben Stoneman	4	5	39		100+4	52.50%
		Lisa Wells	4	6	17		99+4	63.58% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Pete Collings	4	7	56		98	51.16%
		Philip Horan	4	14	55			53.25%
		George Arbuckle	4	24	32		97+3	50.54%
		Paul Owen	4	30	41		96	51.32%
		Sally Sawkins	4	40	36		95+2	55.29%
		Mark Rouse	4	41	52		94	47.09%
		Jo Morris	4	44	53		93+5	51.69%
		Fraser Geddes	4	47	58		92+1	44.04%
		Annette Bell	4	52	29	PB	91+4	54.55%
		Willie Ellingham	5	13	14		90+1	46.21%
		Louise Wilkins	5	17	33		89+1	47.16%
		Paul Barton	5	21	09		88	40.16%
		Rebecca Fleckney	5	27	56		87	42.43%
	Milton Keynes Marathon Relay	Mike Petty	1	11	46	Leg1		
		Mark Billington	1	5	18	Leg2		
		Jonny Oakley	1	6	08	Leg3		
		Phil Clarke		49	19	Leg4		
9-May-2018	Silverstone (EMGP) 10K	Stephen Green		37	50	MMKAC		72.63% Gold
		Hattie Oakley-King		42	23			70.59% Gold
		Martin Davey		47	50			67.23% Silver
		Steve Gibbons		57	37			50.16%
10-May-2018	Beds RCC Evening League Cycle - 11.3M	David Cook		28	28			
		Phil Berton		41	32			
	Center Parcs Time Trial 5K*	Scott Huntley		19	07	Course PB		68.58% Silver
		Jess Anstee		23	26	Course PB		61.97% Bronze
		Dean Shanley		24	33			56.52%
		Andy Atherton		25	06			59.81%
		Mandy Rimmer		26	07	Course PB		55.12%
		Paul Barton		26	18			51.26%
		Martin Lees		26	34			55.12%
		Francesca Milburn		26	50			54.51%
		Terry McHugh		27	19			57.97%
		Laura Johnston		29	48			55.31%
		Jemma Goughran		30	25			47.42%
		Caroline O'Mahoney		31	21			54.62%
		Claire Jones		31	54	Course PB		53.68%
		Helen Satterthwaite		32	16	Course PB		50.62%
		Sarah Schofield		32	33			45.69%
		Siobhan Lees		34	21			51.40%
		Rebecca Fleckney		36	25			40.51%
		Dave Sedgley		39	36			48.93%
		Ann Davies		40	44			44.75%
	Chicks & Chaps (1) 5K	Philip Mead		20	31			63.23% Bronze
12-May-2018	Bedford Park Run 5K*	Philip Mead		20	18			63.91% Bronze
		Katie Ruditis		24	04			60.82% Bronze
		Andy Ralphs		24	09			58.77%
	Chelmsford - Essex Champs 1500m	Mark Waine		4	37	Springfield Striders		83.28% Elite
	Chelmsford - Essex Champs 5000m	Mark Waine		17	39	Springfield Striders		80.41% Elite
	Great Denham Park Run 5K*	Peter Jr Benedickter		16	20		100	79.65% Elite
		Ashley Larman		19	30	PB	99	70.13% Gold
		Martin Lees		24	12		98+2	60.51% Bronze
		Andy Berton		24	17		97	57.56%
		Charlene Halpin		24	18		96	59.24%
		Ann Davies		35	39		95	51.13%
	Houghton Hall Park Run 5K*	Richie Jones		24	46			60.61% Bronze
		Samantha Walters		34	35			43.70%
	Ipswich Jaffa Twilight 5K	Mark Waine		16	40	PB - MV45 Record		85.15% Elite
	Luton Wardown Park Run 5K*	Warwick Payne		23	27			60.52% Bronze
		Chris Burgess		27	00			59.22%
		Lionel Mann		39	05			49.57%
	Perry Hall Park Run 5K*	Abi Wells-Day		23	28	Re-joined Since Event		61.54% Bronze
	Rushmere Park Run 5K*	Emma Clare		36	16			43.09%
		Rebecca Fleckney		41	10			35.83%
	Willen Lake (MK Park Run) 5K*	Darryl Pottinger		23	38			60.05% Bronze
		John Cross		23	40			61.88% Bronze
		Willie Ellingham		35	33			42.58%
13-May-2018	Greenway Challenge 1/2Marathon*	Jeremy Lewis	2	2	09			53.13%
	Shakespeare 1/2Marathon	Steve Gibbons	2	14	25			47.19%
	Shakespeare Marathon	Paul Barton	4	28	27			48.04%
	Stevington 12K	Scott Huntley		46	17		100	70.86% Gold
		Ashley Larman		50	45		99+3	67.42% Silver

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Philip Mead		52	54		98+3	61.81% Bronze
		Richard Stanley		53	14		97	69.40% Silver
		Callum Harrison		53	45		96	60.92% Bronze
		David Thomas		54	06		95+1	66.14% Silver
		Richard Gale		54	19		94+1	62.09% Bronze
		Jess Anstee		54	29		93+1	66.59% Silver
		Sophia Bartlett		55	05		92+1	70.86% Gold
		Robert Hardwick		56	52		91+1	57.50%
		Simon Wilkins		57	22		90+4	60.96% Bronze
		Mark Billington		57	44		89+1	64.52% Bronze
		Martin Davey		57	48		88+3	67.31% Silver
		Jeremy Bell		57	58		87+1	64.80% Bronze
		Lisa Wells		58	00		86+2	71.62% Gold
		Dean Shanley		58	17		85+2	59.56%
		Ian Ballard		59	24		84+2	62.19% Bronze
		Keri Withers	1	0	22		83+2	70.81% Gold
		Deborah Beare	1	0	52		82	59.61%
		Richie Jones	1	1	03		81+4	61.53% Bronze
		Katie Ruditis	1	1	27		80+1	59.51%
		Terry McHugh	1	1	39		79+3	64.27% Bronze
		Jon Walker	1	2	14		78+3	61.96% Bronze
		Sally Sawkins	1	2	22		77+3	65.98% Silver
		Francesca Milburn	1	3	04		76+3	58.84%
		Kyrstin Fairweather	1	3	05		75+1	62.40% Bronze
		Rebecca Fleckney	1	6	27		74+2	55.47%
		Brendan O'Mahoney	1	6	48		73+2	57.72%
		Laura Johnston	1	6	54		72+3	61.51% Bronze
		Helen Kearns	1	6	58		71+3	67.19% Silver
		Louise Wilkins	1	8	55		70+2	57.62%
		Rob Cook	1	8	58		69+2	57.45%
		Emma White	1	9	49		68+2	55.44%
		Emily Brown	1	10	50		67+5	51.30%
		Joe Walters	1	10	57		66+2	47.88%
		Barry Dackombe	1	13	34		65+1	50.63%
		Caroline O'Mahoney	1	13	36		64+1	58.08%
		Claire Jones	1	15	18		63+1	56.77%
		Sarah Allonby	1	15	25		62+1	53.12%
		Paul Owen	1	15	26		61	48.18%
		Fiona Owen	1	15	26		60	54.55%
		Helen Satterthwaite	1	16	42		59	53.17%
		Keith Morgan	1	23	44		58	48.26%
14-May-2018	SCVAC Herts & Middlesex League 400m	Bobby Riddaway		1	07	St.Albans Striders		72.68% Gold
17-May-2018	Beds RCC Evening League Cycle - 10M	Phil Berton		36	01			
18-May-2018	Blisworth (EMGP) 5M	Hattie Oakley-King		36	38			64.96% Bronze
		Martin Davey		37	32			68.24% Silver
		Emma White		47	38			53.55%
		Helen Satterthwaite		49	25			54.40%
	Luton Airport Pasque Hospice 10K	Warwick Browning		45	56			72.00% Gold
		Richie Jones		50	54			60.99% Bronze
		Denise Browning		54	06			68.06% Silver
		Claire Jones	1	1	24			57.57%
19-May-2018	Bedford Park Run 5K*	Callum Harrison		20	22		100	63.79% Bronze
		Katie Ruditis		24	04		99	60.82% Bronze
		Sophie Windmill		24	15		98	59.38%
		Vickie Humber		34	44	PB	97+1	44.61%
		Rebecca Fleckney		39	45		96	37.11%
	Great Denham Park Run 5K*	Richard Pillingier		19	12	PB	100	71.74% Gold
		Philip Horan		19	19		99	73.47% Gold
		Jess Anstee		21	00		98	69.15% Silver
		Mandy Rimmer		23	51	PB	97	60.36% Bronze
		Martin Lees		24	34		96	59.61%
		Pat Godfrey		29	11		95	67.95% Silver
		Siobhan Lees		29	29		94	59.88%
		Debbie Newell		29	37	Joined Since Event		53.22%
		Lyndsey Bithrey		32	20			53.48%
		Ann Davies		34	35	PB	93	52.70%
	Luton Wardown Park Run 5K*	Darryl Pottinger		21	49			65.05% Silver
		Joe Walters		26	54			50.47%
		Samantha Walters		35	14			42.89%
		Patricia Mann		53	30			41.00%
		Lionel Mann		53	30			36.21%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Oxford Park Run 5K*	Paula James		27	51			60.89% Bronze
	Perry Hall Park Run 5K*	Abi Wells-Day		22	54	Re-joined Since Event		63.06% Bronze
	Victoria Dock Park Run 5K*	Warwick Payne		23	06			61.44% Bronze
20-May-2018	Bedford Sprint Triathlon(400m, 24K, 5K)	Leigh Pilgrim	1	11	29			
		Richie Jones	1	25	25			
		Ben Stoneman	1	28	20			
	Grafman Middle Distance Triathlon (1.9K, 56M, 13.1M)	Martin Beare	4	52	55	1st in Age Cat		
		Fraser Geddes	6	12	20			
	North Downs Way 50M	Scott Huntley	7	59	51			
	Richmond Park Marathon	Richard Jones	5	11	39			47.27%
		Rebecca Fleckney	5	11	42			44.64%
		George Arbuckle	5	11	42			42.90%
		Paul Owen	5	11	43			44.57%
	Wheathampstead 10K	Richard Stanley		46	47			65.26% Silver
		Keri Withers		51	12			69.04% Silver
		Emma Burnham		56	02			53.39%
		Sarah Allonby	1	7	02			49.41%
24-May-2018	Beds RCC Evening League Cycle - 11.3M	Phil Berton		38	50			
	Rugby (EMGP) 6M	Martin Davey		45	53		100	67.58% Silver
		Laura Johnston		59	17		99+1	55.35%
		Brendan O'Mahoney		59	17		98+1	51.83%
		Rebecca Fleckney		59	17		97	49.57%
		Caroline O'Mahoney		59	17		96	57.50%
26-May-2018	Bedford Park Run 5K*	Rebecca Fleckney		32	34			45.30%
	Colchester Castle Park Run 5K*	Callum Harrison		21	21			60.85% Bronze
		Sophie Windmill		24	44			58.22%
	Great Denham Park Run 5K*	Alex Anstee		17	26		100	76.25% Elite
		John Decesare		18	15		99	79.60% Elite
		Philip Horan		19	08		98	74.18% Gold
		Martin Godin		22	09		97	72.19% Gold
		Lisa Wells		22	54		96	72.65% Gold
		Pat Godfrey		28	46		95	68.94% Silver
		Lyndsey Bithrey		32	33			53.13%
		Ann Davies		35	14		94	51.73%
	Houghton Hall Park Run 5K*	Samantha Walters		33	09			45.59%
	Luton Wardown Park Run 5K*	Patricia Mann		54	12			40.48%
		Lionel Mann		54	14			35.72%
	March Park Run 5K*	Dave Ackerley		20	37			63.01% Bronze
	Wolverhampton Park Run 5K*	Abi Wells-Day		27	31	Re-joined Since Event		52.48%
27-May-2018	Beds RCC Spoco TT Cycle - 2*11.3M	Phil Berton		39	28	1 Lap, Puncture on lap 2		
		Leigh Pilgrim	1	9	08			
	Braintree Track Marathon	Paul Barton	4	52	23			44.11%
	Dorchester Marathon	Emma White	5	28	12	PB		44.49%
	Edinburgh Marathon	Dan Karaiskou	2	56	26	PB		72.31% Gold
	Herts Spring- Sprint Triathlon (750m, 20K, 5K)	Jody Buczynski	1	19	08			
28-May-2018	Flitton Flit 5K*	John Decesare		18	42		100	77.68% Elite
		Warwick Browning		21	12		99+2	75.43% Elite
		Colin Woods		21	23		98	60.84% Bronze
		Ian Ballard		21	46		97+3	67.83% Silver
		Hattie Oakley-King		21	55		96+1	65.68% Silver
		Jeremy Bell		22	25		95+1	66.97% Silver
		Jonny Oakley		22	32		94+1	68.39% Silver
		Martin Godin		23	14		93+1	68.83% Silver
		Lisa Wells		23	33		92+1	70.65% Gold
		Kyrstin Fairweather		23	49		91+1	66.18% Silver
		Jeremy Lewis		24	09		90+2	59.22%
		Richie Jones		24	19		89+2	61.73% Bronze
		Mandy Rimmer		24	28		88+2	58.84%
		Katie Ruditis		24	50		87+1	58.94%
		Deborah Beare		25	50		86	56.66%
		Chloe Godin		26	27		85	54.47%
		Denise Browning		26	46		84	66.66% Silver
		Jodie Kelly		27	18		83	52.83%
		Annette Bell		27	32		82	61.60% Bronze
		Emma Sharman-Court		27	50			54.39%
		Paul Court		27	50		81	49.85%
		Lorraine Horan		30	16		80+3	51.63%
		Pat Godfrey		30	36		79	64.81% Bronze
		Claire Jones		31	04		78	55.12%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Samantha Walters		31	56		77+1	47.33%
		Joe Walters		31	57		76	42.80%
		Alec Maldar		32	00		75+2	49.03%
		Mike Day		36	45	Re-joined Since Event		40.18%
		Vickie Humber		37	10		74	41.69%
		Lionel Mann		40	48		73	47.49%
	Flitton Fun Flit 1M*	Lily Farr		7	41			66.59% Silver
		Christian Farr		8	25			52.55%
		Milly Sharman-Court		9	07			50.13%
		Grace Corbett		9	21			50.36%
2-Jun-2018	Brickfields Park Run 5K*	Martin Lees		25	17			57.92%
		Siobhan Lees		30	22			58.14%
	Great Denham Park Run 5K*	John Decesare		17	54		100	81.15% Elite
		Philip Horan		19	16		99	73.66% Gold
		Sophia Bartlett		21	41		98	72.07% Gold
		Katie Ruditis		23	56		97	61.16% Bronze
		Jacqui Morland		24	04	PB	96	63.32% Bronze
		Charlene Halpin		24	57		95	57.70%
		Deborah Salmon		25	53	ARB - FV60 Parkrun Record	94	73.76% Gold
		Pat Godfrey		28	57		93	68.50% Silver
		Ann Davies		37	16		92	48.91%
	Houghton Hall Park Run 5K*	John Cross		22	44			64.42% Bronze
		Darryl Pottinger		22	53			62.02% Bronze
		Brendan O'Mahoney		27	06			56.86%
		Caroline O'Mahoney		27	48			61.60% Bronze
	Kesgrave Park Run 5K*	Dave Ackerley		18	42			69.42% Silver
	Luton Wardown Park Run 5K*	Lionel Mann		40	20			48.04%
	Moors Valley Park Run 5K*	Callum Harrison		21	01			61.81% Bronze
		Sophie Windmill		23	49			60.47% Bronze
	Perry Hall Park Run 5K*	Abi Wells-Day		24	38	Re-joined Since Event		58.62%
3-Jun-2018	Beds RCC - InterClubTT Cycle - 11.3M	David Cook		28	51			
		Leigh Pilgrim		33	15			
		Phil Bierton		37	51			
	Dunstable RR Trail Relay 5K*	Lisa Wells		27	47	KLC Chicks - Leg 1		59.88%
		Christine Sharman		33	06	KLC Chicks - Leg 2		51.24%
		Kate Cornelius		30	21	KLC Chicks - Leg 3		47.48%
		Mark Billington		26	39	Rugged Rascals - Leg 1		55.86%
		Stan Greening		26	36	Rugged Rascals - Leg 2		56.43%
		Chris Newnham		26	35	Rugged Rascals - Leg 3		56.47%
		Pat Godfrey		38	26	Trio-Tryers - Leg 1		51.60%
		Caroline O'Mahoney		35	03	Trio-Tryers - Leg 2		48.86%
		Terry McHugh		30	36	Trio-Tryers - Leg 3		51.75%
	Ewelme - Chiltern Chase 15K*	Warwick Browning	1	9	46		100	72.54% Gold
		Richie Jones	1	24	08		99	56.46%
		Denise Browning	1	33	48		98	59.88%
		Claire Jones	1	50	44		97	48.71%
		Emma White	1	50	45		96	44.10%
	Keyne-O Howe Park Wood 7K (Orienteering)	Richard Stanley	1	4	37			
		Keri Withers	1	4	37			
6-Jun-2018	Corby (EMGP) 5M	Martin Davey		39	00			65.67% Silver
7-Jun-2018	Beds RCC Evening League Cycle - 11.3M	David Cook		29	03			
		Phil Bierton		38	19			
	Center Parcs Time Trial 5K*	Stephen Green		18	54			70.33% Gold
		Paul Farmer		19	01			70.89% Gold
		Simon Wilkins		24	30	Course PB		57.05%
		Andy Atherton		24	44			60.69% Bronze
		Paul Barton		27	11			49.59%
		Chris Burgess		29	37			53.99%
		Caroline O'Mahoney		30	43	Course PB		55.75%
		Claire Jones		31	53	Course PB		53.71%
		Tara Armstrong		33	04			47.67%
		Dave Sedgley		37	14			52.04%
	Chicks & Chaps (2) 5K	Philip Mead		20	43			62.62% Bronze
8-Jun-2018	Marston Forest 5K	Peter Jr Benedickter		16	12	1st Man - Vegan Runners		80.30% Elite
		Ian Halpin		16	58			76.46% Elite
		Lee Murphy		17	57	Joined since Event		72.32% Gold
		Ashley Larman		19	06	PB		71.60% Gold
		Philip Horan		19	21			73.35% Gold
		Jeremy Godfrey		20	28			63.39% Bronze
		Colin Woods		20	33			63.30% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Darryl Pottinger		21	31			65.96% Silver
		Francesca Milburn		21	58	PB		66.59% Silver
		Lisa Wells		22	08			75.17% Elite
		James Hare		23	00	PB		58.32%
		Jeremy Lewis		23	08			61.82% Bronze
		Dean Shanley		23	10			59.90%
		Paul Barton		23	21			57.73%
		Martin Lees		23	44			61.70% Bronze
		Adam Schofield		23	45			56.48%
		Sally Sawkins		24	22	PB		67.64% Silver
		Andy Ralphs		24	25			58.13%
		Emma Burnham		25	34	PB		56.30%
		Paul Dove		26	13			64.92% Bronze
		Andy Penfold		26	22	PB		53.42%
		Karen Penfold		27	34	PB		57.68%
		Jodie Kelly		27	36			52.26%
		Siobhan Lees		27	36			63.97% Bronze
		Emma Schofield		28	20	PB		54.41%
		Sarah Schofield		28	34			52.06%
		Samantha Walters		29	51			50.63%
		Pat Godfrey		29	57			66.21% Silver
		Mike Day		35	50	Joined Since Event		41.20%
		Vickie Humber		36	14			42.77%
		Lionel Mann		39	29			49.07%
		Rebecca Fleckney		42	12			35.24%
9-Jun-2018	Bedford Park Run 5K*	Philip Mead		20	59			61.83% Bronze
		Vickie Humber		47	06			32.90%
	Bressay Park Run 5K*	Barry Dackombe		26	58			55.21%
	Cannock Chase Park Run 5K*	Abi Wells-Day		22	06	Re-joined Since Event		65.34% Silver
	Catton Park Run 5K*	Justine Cullen		37	51			42.76%
	Farthingstone Marathon	Paul Barton	7	35	00			28.34%
	Great Denham Park Run 5K*	Ryan Short		20	45	Joined Since Event		62.75% Bronze
	Great Denham Park Run 5K*	Alex Anstee		17	03	PB	100	77.96% Elite
		Lisa Wells		22	30		99	73.95% Gold
		Martin Lees		23	50		98	61.45% Bronze
		Deborah Salmon		25	41	PB - FV60 Parkrun Record	97	74.34% Gold
		Pat Godfrey		29	08		96	68.07% Silver
		Ann Davies		35	12		95	51.78%
	Linford Wood Park Run 5K*	John Cross		21	12			69.08% Silver
		Darryl Pottinger		23	11			61.22% Bronze
	Luton Wardown Park Run 5K*	Patricia Mann		51	57			42.23%
		Lionel Mann		51	57			37.29%
	Maidenhead Park Run 5K*	Sophie Windmill		23	39	No Barcode ??		60.89% Bronze
	Runstock Ekiden(1) 5K*	Rebecca Fleckney		42	32			34.96%
	Runstock Ekiden(2) 5K*	Rebecca Fleckney		35	18			42.13%
	Runstock Ekiden(3) 5K*	Rebecca Fleckney		33	45			44.06%
	Runstock Ekiden(4) 5K*	Rebecca Fleckney		35	09			42.31%
	Runstock Ekiden(5) 5K*	Rebecca Fleckney		32	17			46.06%
	Runstock Ekiden(6) 5K*	Rebecca Fleckney		31	12			47.66%
	Runstock Ekiden(7) 5K*	Rebecca Fleckney		27	50			53.43%
	Rushmere Park Run 5K*	Dave Ackerley		22	23			58.00%
10-Jun-2018	Pick & Mix (Gt.Missenden) LDWA 20M*	Laura Johnston	6	30	00			29.79%
		Brendan O'Mahoney	6	30	00			28.20%
		Caroline O'Mahoney	6	30	00			30.94%
	St.Albans 1/2Marathon	Marcus Cook	1	27	19	PB		70.06% Gold
		Ben Stoneman	1	40	21			60.96% Bronze
	Stotfold 5K*	Pat Godfrey		30	50			64.32% Bronze
		Lionel Mann		41	39			46.52%
	Windsor Jubilee River Swim 10K	Richie Jones	3	46	08			
12-Jun-2018	Banbury (EMGP) 5M	Martin Davey		38	09			67.13% Silver
14-Jun-2018	Beds RCC Evening League Cycle - Fast 10M	David Cook		25	33			
		Louise Clark		30	11			
		Phil Berton		33	01			
16-Jun-2018	Bedford Park Run 5K*	Martin Godin		22	19			71.65% Gold
		Andy Atherton		22	37			66.37% Silver
		Daren Schofield		29	00	PB		48.57%
		Sarah Schofield		29	14			50.87%
	Bournemouth Park Run 5K*	Craig Palmer		17	10			75.57% Elite
	Great Denham Park Run 5K*	Lorraine Horan		28	36	PB		54.64%
		Lyndsey Bithrey		31	56			54.15%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Ann Davies		35	02			52.03%
	Greensand Relay Afflatuses	Phil Holland		35	40	Leg 1 (5.5M) - Fastest Team		
		Paul Farmer		23	50	Leg 2 (3.9M) - MV40 Leg Record		
		Scott Huntley		58	06	Leg 3 (9.1M)		
		John Decesare		38	22	Leg 4 (5.7M) - MV50 Leg Record		
		Stephen Green		33	21	Leg 5 (5.5M)		
		Mark Waine		27	06	Leg 6 (4.7M) - MV40 Leg Record		
	Greensand Relay Bits & Pieces	Dave Coker		48	17	Leg 1 (5.5M)		
		Dave Stanley		34	02	Leg 2 (3.9M)		
		Terry Stanley	1	11	33	Leg 3 (9.1M)		
		Richie Jones		50	13	Leg 4 (5.7M)		
		Mark Billington		44	06	Leg 5 (5.5M)		
		Andy Berton		31	12	Leg 6 (4.7M)		
	Greensand Relay BSFC	Alex Anstee		35	27	Leg 1 (5.5M)		
		Ian Halpin		24	29	Leg 2 (3.9M)		
		Ashley Larman	1	4	33	Leg 3 (9.1M)		
		Marcus Cook		41	00	Leg 4 (5.7M)		
		Richard Gale		45	55	Leg 5 (5.5M)		
		Barry Stratford		32	23	Leg 6 (4.7M)		
	Greensand Relay Happy Feet	Fiona Owen		41	59	Leg 2 (3.9M)		
		Paul Owen	1	14	05	Leg 3 (9.1M)		
	Greensand Relay Hills of Difficulty	Louise Clark		48	40	Leg 1 (5.5M) - 1st Mixed Team		
		Denise Browning		34	52	Leg 2 (3.9M)		
		Richard Stanley	1	8	38	Leg 3 (9.1M)		
		Lisa Wells		47	52	Leg 4 (5.7M)		
		Keri Withers		45	40	Leg 5 (5.5M)		
		Mike Petty		35	17	Leg 6 (4.7M)		
	Greensand Relay Orchid Chasers	Theresa Jackson		32	19	Leg 2 (3.9M)		
		Caroline Gilby	1	18	16	Leg 3 (9.1M)		
		Zoey Didlick		54	12	Leg 4 (5.7M)		
		Jo Aatkar		45	54	Leg 5 (5.5M)		
		Amy Farr		37	07	Leg 6 (4.7M)		
	Greensand Relay Ridge Raiders	Gordon Eyton-Williams	1	8	34	Leg 1 (5.5M)		
		Caroline O'Mahoney		40	08	Leg 2 (3.9M)		
		Jeremy Bell	1	16	10	Leg 3 (9.1M)		
		Warwick Browning		42	25	Leg 4 (5.7M) - MV60 Leg Record		
		Paul Court		46	20	Leg 5 (5.5M)		
		Brendan O'Mahoney		41	58	Leg 6 (4.7M)		
	Greensand Relay Solo	Brian Layton	7	30	32	Tring RC		
		Chris Newnham	7	24	13			
		Louise Wilkins	7	38	46			
		Rebecca Fleckney	7	38	51			
	Greensand Relay Tryers	Claire Jones	1	0	05	Leg 1 (5.5M)		
		Laura Johnston		37	51	Leg 2 (3.9M)		
		Terry McHugh	1	26	24	Leg 3 (9.1M)		
		Keith Morgan	1	10	26	Leg 4 (5.7M)		
		Katie Ruditis		49	05	Leg 5 (5.5M)		
		Christine Sharman		40	12	Leg 6 (4.7M)		
	Houghton Hall Park Run 5K*	Warwick Payne		24	59			56.81%
	Luton Wardown Park Run 5K*	Patricia Mann		51	33			42.56%
		Lionel Mann		51	34			37.57%
	Northampton Park Run 5K*	Megan Owen		31	30			45.86%
	Rushmere Park Run 5K*	Dave Ackerley		27	57			46.45%
	Sedgefield Park Run 5K*	Samantha Walters		30	22			49.77%
	Tring Park Run 5K*	Dayle Walker		25	40			56.29%
		Jon Walker		26	05			59.08%
17-Jun-2018	Enigma Word Up Marathon	Paul Barton	4	36	47			46.59%
	Flitton Potato Race	Jess Anstee		7	15			
		Keri Withers		8	47	10Kg		
		Richard Stanley		8	47	20Kg		
	Letchworth Run Round The Garden 1M	Dave Ackerley		5	13			71.73% Gold
		Richard Stanley		6	28			66.81% Silver
		Keri Withers		7	08			70.28% Gold
	Newton Aycliffe 10K	Joe Walters		52	12	PB		54.16%
	Newton Aycliffe 3K*	Samantha Walters		19	53			44.06%
	Run Bedford 10K	Ian Halpin		35	10	PB	100	76.70% Elite
		Scott Huntley		37	01	PB	99	73.21% Gold
		Lee Murphy		37	28		98+1	72.04% Gold
		Nick Jones		37	45	MV55 Record	97	82.93% Elite
		Philip Horan		40	06		96	73.18% Gold
		Pete Collings		41	04	PB	95	65.68% Silver

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Richard Pillinger		41	08	ARB	94	69.24% Silver
		Ben Stoneman		42	58	PB	93+4	64.86% Bronze
		Philip Mead		44	27		92	60.68% Bronze
		John Cross		44	53		91	67.47% Silver
		Mark Billington		45	54		90	67.63% Silver
		Darryl Pottinger		46	06	PB	89+1	63.65% Bronze
		Hattie Oakley-King		46	33		88	64.27% Bronze
		Jacqui Morland		49	34	PB	87	63.49% Bronze
		Martin Lees		50	47		86+3	59.63%
		Helen Kearns		53	07	ARB	85+3	70.06% Gold
		Charlene Halpin		54	52		84	54.53%
		Siobhan Lees		56	19	PB	83+3	64.70% Bronze
		Pat Godfrey	1	0	06	ARB - FV65 Record	82+2	68.06% Silver
		Emma Blackwell	1	1	04		81	49.11%
		Lindsey Blackwell	1	1	05		80+2	57.87%
		Lyndsey Bithrey	1	4	35	PB	79	55.27%
		Laura Usher	1	14	38		78	40.83%
21-Jun-2018	Beds RCC Evening League Cycle - 11.3M	Phil Berton		38	27			
	Luton Wardown Park Run 5K*	Chris Hannigan		25	21	Joined Since Event		51.18%
22-Jun-2018	Colworth Challenge 5M*	Callum Harrison		35	14		100	60.95% Bronze
		Richard Stanley		36	12		99	67.18% Silver
		Jeremy Bell		37	14		98	66.41% Silver
		Mark Billington		38	51		97	63.64% Bronze
		Keri Withers		41	59		96	67.13% Silver
		Jeremy Lewis		44	06		95	53.83%
		Brendan O'Mahoney		46	10		94+2	54.98%
		Rebecca Fleckney		47	51		93	51.16%
		Louise Wilkins		47	51		92	54.70%
		Caroline O'Mahoney		50	28		91	55.84%
	Redway Runners Track 1M	Philip Mead		6	00			62.33% Bronze
		Pat Godfrey		8	52			65.62% Silver
	St.Albans Summer Solstice 10K	Emma Burnham		54	20			55.06%
23-Jun-2018	Bedford Park Run 5K*	Katie Ruditis		24	53			58.82%
		Rebecca Fleckney		33	44			44.08%
	Colworth Challenge Trail 8.1M	Warwick Browning		59	43		100+!	
		Callum Harrison	1	0	01		99	
		Jeremy Lewis	1	12	15		98	
		Sophie Windmill	1	16	41		97	
		Denise Browning	1	17	46		96	
	Fritton Lake Park Run 5K*	Paula James		29	04			58.35%
	Great Denham Park Run 5K*	Paul Farmer		16	49	MV40 Parkrun Record		80.16% Elite
		Nick Jones		18	30	MV55 Parkrun Record		81.83% Elite
		Martin Lees		25	03			58.46%
		Lyndsey Bithrey		32	00			54.04%
		Ann Davies		36	10			50.39%
	Houghton Hall Park Run 5K*	Samantha Walters		31	35			47.85%
	Hove Promenade Park Run 5K*	Claire Jones		29	38			57.79%
	Luton Wardown Park Run 5K*	Lionel Mann		51	20			37.74%
		Patricia Mann		51	20			42.74%
	Pocket Park Run 5K*	Warwick Payne		24	45			57.34%
24-Jun-2018	Cheddar Gorge 10K	Dayle Walker	1	1	44			48.72%
		Jon Walker	1	7	49			46.99%
	Colworth Challenge 1/2Marathon*	Callum Harrison	1	46	14			56.25%
		Jeremy Lewis	2	11	47			49.63%
	Herts Hobble Marathon*	Paul Barton	6	26	00			33.41%
		Dave Sedgley	7	39	00			40.27%
	Hitchin Hard 1/2Marathon	Steven Upton	1	28	35			71.08% Gold
	Hitchin Nomads CC - Southill ICTT Cycle - 30M	David Cook	1	18	42			
		Martin Beare	1	19	40			
		Deborah Beare	1	33	16			
		Phil Berton	1	43	00			
	Luton - John O'Callaghan Memorial 5M	Ian Halpin		28	41	Club Champion - 2nd in County	100	74.77% Gold
		Lee Murphy		30	18		99+3	70.83% Gold
		John Decesare		30	25	MV40 Champ - County MV50 Champ	98	78.66% Elite
		Ashley Larman		32	21	2nd MV40 in County	97+2	69.62% Silver
		Philip Horan		32	53		96+2	71.08% Gold
		Colin Woods		33	54		95	63.43% Bronze
		Warwick Browning		34	28	MV50 Champ - 2nd MV60 in County	94+1	76.42% Elite
		Richard Stanley		34	53		93	69.71% Silver
		Philip Mead		35	44		92	60.02% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Jess Anstee		36	00	PB - Female Champion - 2nd FV35 in County	91	66.40% Silver
		Martin Godin		36	40		90+2	71.84% Gold
		Mark Billington		37	06		89	66.65% Silver
		Lisa Wells		38	41	ARB - FV35 Champ - County FV50 Champ	88	70.79% Gold
		Jeremy Bell		39	00		87+1	63.40% Bronze
		Ian Ballard		39	02		86	62.30% Bronze
		Keri Withers		39	49	PB - FV45 Champ	85	70.78% Gold
		Jodie Kelly		40	18		84+6	59.20%
		Jacqui Morland		40	31	2nd FV40 in County	83+1	61.91% Bronze
		Kyrstin Fairweather		40	52	PB - 2nd FV45 in County	82	63.48% Bronze
		Sally Sawkins		41	35		81	65.23% Silver
		Kate Cornelius		41	59		80	56.68%
		Denise Browning		42	56	County FV55 Champ	79+2	68.39% Silver
		Charlene Halpin		42	59	PB	78	55.36%
		Deborah Salmon		45	18	FV60 Record - 2nd FV60 in County	77+1	69.35% Silver
		Laura Johnston		46	33	2nd Fv50 in county	76+1	58.27%
		Rebecca Fleckney		49	01		75	49.94%
		Pat Godfrey		50	57	2nd FV65 in County	74	64.03% Bronze
		Lorraine Horan		51	10		73	50.27%
	Silsoe Stride 10K*	Tim Harris		36	47		100	74.19% Gold
		Richie Jones		49	49		99	62.32% Bronze
		Joe Walters		52	37		98	53.73%
		Martin Lees		55	01		97	55.04%
		Mike Day	1	1	18	Joined Since Event		49.81%
		Emma White	1	2	07		96	51.51%
		Sarah Allonby	1	8	51		95	48.11%
	Silsoe Stride 5K*	Dave Ackerley		18	29		100	70.24% Gold
		Jodie Kelly		20	49		99+2	69.29% Silver
		Katie Ruditis		25	20		98	57.78%
		Terry McHugh		25	46		97	62.06% Bronze
		Samantha Walters		30	10		96	50.10%
		Mei Trace		30	59	Joined Since Event		
		Keith Morgan		33	27		95	48.28%
		Jacqueline Seymour		33	30		94	50.62%
		Kate Bristow		36	37		93	42.68%
		Lionel Mann		39	00	Belgrave Harriers	(92)	49.68%
25-Jun-2018	Enigma 5K	Paul Barton		24	32			54.95%
26-Jun-2018	Weedon (EMGP) 10K	Martin Davey		52	15			61.54% Bronze
30-Jun-2018	Bedford Park Run 5K*	Philip Mead		21	02			61.68% Bronze
		Rebecca Fleckney		29	11			50.96%
	Goreleston Cliffs Park Run 5K*	Vickie Humber		34	32	PB		44.87%
	Great Denham Park Run 5K*	Helen Kearns		26	25			68.26% Silver
		Lyndsey Bithrey		32	21			53.46%
		Ann Davies		35	09			52.45%
	Houghton Hall Park Run 5K*	Joe Walters		24	28			55.89%
		Warwick Payne		24	59			56.81%
		Samantha Walters		31	35			47.85%
	Luton Wardown Park Run 5K*	Jeremy Lewis		23	45		100	60.69% Bronze
		Terry McHugh		24	34		99	65.09% Silver
		Pat Godfrey		30	39		98	65.56% Silver
		Justine Cullen		38	34		97	41.97%
		Patricia Mann		50	48		(96)	43.18%
		Lionel Mann		50	48		95	38.14%
	Pretty Muddy Trail 10K*	Denise Browning	1	7	18			54.71%
		Christine Sharman	1	7	18			52.02%
		Claire Jones	1	7	18			52.52%
	Willen Lake (MK Park Run) 5K*	John Cross		22	32			64.99% Bronze
		Jon Walker		23	56			64.39% Bronze
1-Jul-2018	Hitchin Beer Run 1M*	Warwick Browning		7	00	Lemonade Champ		
		Denise Browning		8	03			
		Keri Withers		8	10			
		Rebecca Fleckney		8	12			
		Claire Jones		9	09			
		Mark Billington		9	26			
		Richard Stanley		9	26			
		Richie Jones		9	56			
		Laura Johnston		18	19			
		Emma White		18	19			
	St.Neots Sprint Triathlon (750m, 25K, 5K)	Jody Buczynski	1	25	06			

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Wardown Park 5K	Lee Murphy		18	12			71.33% Gold
		Jeremy Bell		22	53			65.60% Silver
		Pat Godfrey		30	33			65.78% Silver
		Lionel Mann		39	02			49.64%
5-Jul-2018	Beds RCC Evening League Cycle - 11.3M	David Cook		28	56			
		Phil Berton		43	29			
	Biggleswade Track Fest 100m	Philip Mead		0	15			66.98% Silver
		Jonny Oakley		0	16			71.27% Gold
		Lisa Wells		0	17			73.38% Gold
		Brendan O'Mahoney		0	17			67.29% Silver
		Mark Billington		0	17			65.87% Silver
		Chris Newnham		0	18			64.49% Bronze
		Richie Jones		0	18			62.26% Bronze
		Caroline O'Mahoney		0	19			67.92% Silver
		Sally Sawkins		0	19			65.87% Silver
		Rebecca Fleckney		0	19			57.63%
		Nichole Neate		0	20			58.65%
		Warwick Browning		0	20			58.28%
		Claire Jones		0	21			60.38% Bronze
		Louise Wilkins		0	22			55.13%
		Pat Godfrey		0	22			64.60% Bronze
		Laura Johnston		0	22			55.03%
		Emma White		0	23			51.53%
		Richard Stanley		0	23			48.51%
		Mike Day		0	24	Joined Since Event		46.83%
		Keri Withers		0	26			49.06%
		Denise Browning		0	28			46.07%
	Biggleswade Track Fest 200m	Philip Mead		0	30			66.62% Silver
		Jonny Oakley		0	33			70.47% Gold
		Chris Newnham		0	34			66.73% Silver
		Hattie Oakley-King		0	35			62.49% Bronze
		Mark Billington		0	35			65.01% Silver
		Brendan O'Mahoney		0	36			65.32% Silver
		Lisa Wells		0	36			70.12% Gold
		Richie Jones		0	36			63.68% Bronze
		Rebecca Fleckney		0	39			58.78%
		Caroline O'Mahoney		0	39			65.96% Silver
		Sally Sawkins		0	39			63.76% Bronze
		Laura Johnston		0	44			56.15%
		Nichole Neate		0	46			50.51%
		Denise Browning		0	46			57.72%
		Warwick Browning		0	47			51.88%
		Louise Wilkins		0	48			51.11%
		Pat Godfrey		0	48			61.64% Bronze
		Richard Stanley		0	48			46.89%
		Claire Jones		0	48			53.46%
		Keri Withers		0	50			52.14%
		Emma White		0	50			47.51%
	Biggleswade Track Fest 3000m	Philip Mead		12	03			62.13% Bronze
		Warwick Browning		12	19			75.33% Elite
		Chris Newnham		12	34			69.30% Silver
		Jess Anstee		12	38			66.63% Silver
		Mark Billington		12	56			67.30% Silver
		Richie Jones		13	48			63.07% Bronze
		Richard Stanley		14	10			60.44% Bronze
		Sally Sawkins		14	37			65.39% Silver
		Denise Browning		14	43			70.35% Gold
		Brendan O'Mahoney		15	03			59.37%
		Keri Withers		15	05			65.87% Silver
		Caroline O'Mahoney		15	40			63.40% Bronze
		Rebecca Fleckney		15	46			54.66%
		Louise Wilkins		15	46			58.97%
		Laura Johnston		15	55			60.05% Bronze
		Claire Jones		17	15			57.58%
		Pat Godfrey		17	21			67.28% Silver
		Helen Satterthwaite		17	42			53.99%
		Nichole Neate		18	50			46.92%
	Biggleswade Track Fest 400m	Jonny Oakley		1	12			72.16% Gold
		Hattie Oakley-King		1	13			65.99% Silver
		Mark Billington		1	16			67.41% Silver
		Chris Newnham		1	18			65.18% Silver

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Philip Mead		1	20			54.28%
		Richie Jones		1	22			61.93% Bronze
		Warwick Browning		1	29			60.85% Bronze
		Denise Browning		1	31			66.07% Silver
		Richard Stanley		1	40			50.12%
		Rebecca Fleckney		1	42			49.84%
		Claire Jones		1	43			56.46%
		Emma White		1	44			50.56%
		Keri Withers		1	46			54.78%
		Laura Johnston		1	47			46.44%
		Pat Godfrey		1	49			61.65% Bronze
	Biggleswade Track Fest 800m	Philip Mead		2	36			65.50% Silver
		Hattie Oakley-King		2	45			68.35% Silver
		Jonny Oakley		2	46			74.67% Gold
		Chris Newnham		2	57			68.15% Silver
		Mark Billington		3	03			66.05% Silver
		Lisa Wells		3	08			71.18% Gold
		Richie Jones		3	21			59.87%
		Sally Sawkins		3	32			62.40% Bronze
		Warwick Browning		3	39			58.64%
		Denise Browning		3	39			65.52% Silver
		Rebecca Fleckney		3	41			54.13%
		Laura Johnston		3	44			59.08%
		Richard Stanley		3	46			52.41%
		Keri Withers		3	46			60.81% Bronze
		Louise Wilkins		3	52			55.57%
		Emma White		3	54			53.25%
		Claire Jones		4	03			56.60%
		Pat Godfrey		4	10			64.71% Bronze
		Nichole Neate		4	26			46.07%
	Center Parcs Time Trial 5K*	Stephen Green		19	02			75.14% Elite
		Paul Barton		27	00			49.93%
		Dave Stanley		27	17			54.21%
		Jeremy Lewis		27	40			51.30%
		Samantha Walters		34	12			54.53%
		Ann Davies		43	53			32.95%
		Lionel Mann		44	45			29.38%
6-Jul-2018	Luton Airport Runway. 4.5K*	Leigh Pilgrim		14	56			
7-Jul-2018	Bedford Park Run 5K*	Jeremy Bell		22	27			66.87% Silver
		Pat Godfrey		30	09			66.65% Silver
		Justine Cullen		36	08			44.79%
	<b>Bournemouth Park Run 5K*</b>	<b>Craig Palmer</b>		<b>25</b>	<b>27</b>			<b>50.98%</b>
	GreatDenham Park Run 5K*	John Cross		21	27			68.27% Silver
		<b>Martin Lees</b>		<b>24</b>	<b>09</b>			<b>60.64% Bronze</b>
		Rebecca Fleckney		29	21			50.67%
	Ham & Lyme Trail 50K*	Emma White	9	45	18			30.01%
	Luton Wardown Park Run 5K*	Lionel Mann		38	51			49.87%
	<b>Wimpole Estate Park Run 5K*</b>	<b>Jim Dodds</b>		<b>27</b>	<b>54</b>			<b>54.74%</b>
8-Jul-2018	Fen Gallop Trail 10K*	Rebecca Fleckney	1	3	14			48.57%
	Ware 10M	Steven Upton	1	3	19			74.69% Gold
10-Jul-2018	Milton Keynes (EMGP) 10K	Alex Anstee		36	11	PB	100	75.94% Elite
		<b>Stephen Green</b>		<b>36</b>	<b>23</b>	<b>MMKAC</b>	<b>(99)</b>	<b>75.53% Elite</b>
		Lee Murphy		37	18		98+2	72.37% Gold
		Martin Beare		38	44		97	80.82% Elite
		<b>Simon Read</b>		<b>40</b>	<b>08</b>	<b>Redway Runners</b>	<b>(96)</b>	<b>70.45% Gold</b>
		Philip Horan		41	18		95	71.05% Gold
		Jess Anstee		44	04		94	68.07% Silver
		Ashley Larman		44	06		93	64.11% Bronze
		Rebecca Fleckney	1	1	59		92	49.55%
12-Jul-2018	Beds RCC Evening League Cycle - Fast 10M	Phil Berton		33	01			
14-Jul-2018	Bedford Park Run 5K*	Ian Halpin		20	43		100	62.62% Bronze
		Jon Walker		23	45		99	64.88% Bronze
		Martin Lees		24	10		98+5	60.60% Bronze
		Jacqui Morland		24	12		97	62.97% Bronze
		Charlene Halpin		24	38		96	58.44%
		Charlotte Newton		25	58	Joined Since Event		
		Richie Jones		26	03		95	57.63%
		Andy Penfold		28	51		93+3	48.82%
		Jason Savage		28	51		94+3	45.14%
		Emily Brown		29	03		92+3	49.61%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Siobhan Lees		29	33		91+3	59.75%
		Emily Mead		29	49		90+2	48.36%
		Louise Wilkins		30	12		89	53.12%
		Carrie Walker		30	14	Not Registered as Flyer		48.06%
		Karen Penfold		30	32		88+1	52.08%
		Laura Doherty		33	49	Joined Since Event		
		Terry McHugh		34	37		87	46.19%
		Helen Waine		39	10			38.91%
	Great Denham Park Run 5K*	Stephen Green		17	25			76.32% Elite
		Rebecca Fleckney		29	54			49.74%
	Houghton Hall Park Run 5K*	Gavin Nicholson		20	52			64.15% Bronze
		Joe Walters		24	00			56.98%
		Samantha Walters		29	00	PB		52.11%
	Luton Wardown Park Run 5K*	Lee Murphy		19	52			65.35% Silver
		Lionel Mann		50	09			38.63%
		Patricia Mann		50	09			43.74%
	Willen Lake (MK Park Run) 5K*	Leigh Pilgrim		19	52			65.54% Silver
		Willie Ellingham		26	39			57.31%
	Wimpole Estate Park Run 5K*	Jim Dodds		26	44	Not Registered as Flyer		57.13%
	XNRG Humanity Direct Chiltern Challenge 50K*	Ben Stoneman	6	0	27			43.10%
		Mark Rouse	6	49	59			39.00%
15-Jul-2018	Fairlands Valley Challenge 18M	Louise Wilkins	5	15	20			
	Fairlands Valley Challenge Marathon*	Chris Newnham	5	14	00			45.71%
		Rebecca Fleckney	7	11	00			32.54%
	LDWA - Hannington Hike 14M	Laura Johnston	3	52	00			
		Brendan O'Mahoney	3	52	00			
		Caroline O'Mahoney	3	52	00			
	LDWA - Hannington Hike 27M	Paul Barton	7	6	00			
		Denise Browning	7	26	00			
		Warwick Browning	7	26	00			
		Richie Jones	7	26	00			
		Claire Jones	7	26	00			
	Luton Hoo 10K	Lee Murphy		38	48	1st in Series	100	69.57% Silver
		Jeremy Bell		49	19		99	62.95% Bronze
		Lisa Wells		50	55		98	67.46% Silver
		Ian Ballard		51	32		97	59.25%
		Kyrstin Fairweather		55	00		96	59.18%
		Kate Cornelius		57	15		95	52.26%
	Women's Running - Milton Keynes 10K	Vickie Humber	1	16	13			41.98%
20-Jul-2018	Beds AAA 10K	Mark Waine		35	04	PB	100	84.33% Elite
		Ian Halpin		35	33		99	75.87% Elite
		Alex Anstee		36	01	PB	98	76.30% Elite
		Scott Huntley		37	39		97	71.98% Gold
		Lee Murphy		38	00		96+1	71.03% Gold
		Martin Beare		38	39	1st MV55 - County MV55 Champ	95	81.00% Elite
		Ashley Larman		40	27	PB	94	69.89% Silver
		Jeremy Bell		45	52		93	67.68% Silver
		Lisa Wells		46	29	PB - 1st FV50 - County FV50 Champ	92+1	73.89% Gold
		Jeremy Godfrey		48	27		91	55.67%
		Katie Ruditis		50	27	County FV35 Champ	90	59.92%
		Emma Burnham		53	07	PB	89+4	56.32%
		Rob Cook		56	39		88+2	57.81%
		Louise Wilkins		56	59	County FV45 Champ	87	58.13%
		Rebecca Fleckney		59	47		86	51.37%
		Pat Godfrey	1	2	39		85	66.15% Silver
21-Jul-2018	1 Hour Run - Sandy Track	Philip Mead				12999m		
		Martin Godin				12410m		
		Jeremy Lewis				11940m		
		Francesca Milburn				11661m		
		Terry McHugh				11248m		
		Mark Rouse				10890m		
		Brendan O'Mahoney				9449m		
		Laura Johnston				9449m		
		Rebecca Fleckney				9446m		
		Louise Wilkins				9446m		
		Caroline O'Mahoney				8897m		
		Karen Penfold				8849m		
		Emma White				8829m		
		Pat Godfrey				7844m		
	Bedford Park Run 5K*	Philip Horan		19	10			74.05% Gold

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Richard Pillinger		19	50			69.45% Silver
		Mei Trace		30	33	Joined Since Event		
	Bournemouth Park Run 5K*	Craig Palmer		24	43			52.49%
	Bushy Park Run 5K*	Lee Murphy		18	03			71.92% Gold
	Cannock Chase Park Run 5K*	Abi Wells-Day		22	50	Re-joined Since Event		63.25% Bronze
	Dinton Pastures Park Run 5K*	Warwick Payne		26	08			54.31%
	Great Denham Park Run 5K*	Andy Berton		19	42		100	70.96% Gold
		Jon Walker		23	22		99	65.95% Silver
		Martin Lees		24	16		98+2	60.35% Bronze
		Rebecca Fleckney		28	51		97	51.55%
		Siobhan Lees		29	02		96+2	60.81% Bronze
		Karen Penfold		29	33		95+2	53.81%
		Louise Wilkins		29	34		94	54.26%
		Helen Kearns		30	50		93	58.48%
		Lyndsey Bithrey		33	37	Not Registered as Flyer		51.44%
	Houghton Hall Park Run 5K*	John Cross		22	52			64.04% Bronze
		Darryl Pottinger		24	18	Not Registered as Flyer		58.41%
		Samantha Walters		28	23	PB		53.25%
	Luton Wardown Park Run 5K*	Chris Hannigan		25	21			51.18%
		Patricia Mann		51	13			42.83%
		Lionel Mann		51	14			37.82%
	Parke Park Run 5K*	Richie Jones		26	21			56.97%
		Claire Jones		33	00			51.89%
	Willen Lake (MK Park Run) 5K*	Willie Ellingham		29	01			52.63%
		Gemma Bear		30	01			49.15%
	Wimpole Estate Park Run 5K*	Jim Dodds		26	47	Not Registered as Flyer		57.02%
22-Jul-2018	Bath (Relish Running) Trail Marathon*	Steven Upton	3	58	17			55.70%
	Bedford Super Sprint Triathlon(400m, 24K, 5K)	Ben Stoneman	1	26	45			
	CC Ashwell - ICTT Cycle - 25M	David Cook	1	2	18			
		Martin Beare	1	5	10			
		Deborah Beare	1	16	23			
	English National Aquathlon(750m, 5K)	Leigh Pilgrim		37	44			
25-Jul-2018	Bedford Park (Doug Anderson) 5K	Peter Jr Benedickter		16	11	Club Champion - County Champion - 1st Male - 1st Male Team	100	80.38% Elite
		Mark Waine		17	00	MV40 Champ - 1st MV45 - 1st Male Team	99	84.13% Elite
		Ian Halpin		17	17	1st Male Team	98	75.06% Elite
		Phil Holland		17	41	1st MV40	97+2	76.78% Elite
		Lee Murphy		18	34		96+2	69.92% Silver
		Giles Shorley		19	13		95	72.21% Gold
		Jeremy Godfrey		20	51		94+1	62.22% Bronze
		Jody Buczynski		21	09		93+5	62.85% Bronze
		Chris Newnham		21	25	MV50 Champ	92+1	70.09% Gold
		Jess Anstee		21	44	Female Champion	91+1	66.82% Silver
		Hattie Oakley-King		22	16		90+1	64.65% Bronze
		Francesca Milburn		22	42		89+3	64.44% Bronze
		Lisa Wells		22	50	FV35 Champ	88+2	72.87% Gold
		Richie Jones		23	09		87+2	64.84% Bronze
		Jeremy Lewis		23	18		86+2	61.86% Bronze
		Joe Walters		23	24		85+7	58.44%
		Mark Rouse		23	35		84+1	58.84%
		Jacqui Morland		24	14		83+1	62.88% Bronze
		Terry McHugh		24	23	ARB	82+1	65.58% Silver
		Sophie Windmill		24	31		81+1	58.74%
		Callum Harrison		24	32		80	52.95%
		Emma Burnham		25	59		79+5	55.40%
		Charlene Halpin		27	35		78	52.19%
		Rebecca Fleckney		27	59		77	53.14%
		Samantha Walters		28	14	PB	76+3	53.53%
		Mei Trace		30	19	Joined Since Event		
		Claire Jones		30	22	FV45 Champ	75	56.39%
		Pat Godfrey		30	28		74	65.96% Silver
		Sarah Schofield		30	34		73	48.65%
		Mike Day		36	59	Joined Since Event		39.92%
		Lionel Mann		38	22	Belgrave Harriers	(72)	50.50%
26-Jul-2018	Fairlands Valley 3K Relays DRR-A	Lee Murphy		10	40	Leg-1		
	Fairlands Valley 3K Relays Men-A	Paul Owen		12	50	Leg-1		
		Jonny Oakley		12	51	Leg-2		
		Mark Billington		12	59	Leg-3		
		Chris Newnham		12	26	Leg-4		
		Philip Mead		11	42	Leg-5		

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Fairlands Valley 3K Relays Men-B	Joe Walters		13	37	Leg-1		
		Jon Walker		13	24	Leg-2		
		Terry McHugh		13	56	Leg-3		
		Richie Jones		13	01	Leg-4		
		Brendan O'Mahoney		16	26	Leg-5		
	Fairlands Valley 3K Relays Women-A	Lisa Wells		13	27	Leg-1		
		Hattie Oakley-King		12	29	Leg-2		
		Jess Anstee		12	46	Leg-3		
	Fairlands Valley 3K Relays Women-B	Louise Clark		14	05	Leg-1		
		Kate Cornelius		14	10	Leg-2		
		Rebecca Fleckney		15	20	Leg-3		
	Fairlands Valley 3K Relays Women-C	Sarah Schofield		17	00	Leg-1		
		Louise Wilkins		16	02	Leg-2		
		Christine Sharman		15	22	Leg-3		
	Fairlands Valley 3K Relays Women-D	Caroline O'Mahoney		16	24	Leg-1		
		Laura Johnston		15	40	Leg-2		
		Emma White		16	58	Leg-3		
	Fairlands Valley 3K Relays Women-E	Pat Godfrey		17	31	Leg-1		
		Samantha Walters		17	08	Leg-2		
		Nichole Neate		19	35	Leg-3		
	Fairlands Valley 3K Relays Women-F	Helen Satterthwaite		17	57	Leg-1		
		Justine Cullen		20	17	Leg-2		
		Claire Jones		17	35	Leg-3		
28-Jul-2018	Chichester Park Run 5K*	Steve James		23	15			64.57% Bronze
		Paula James		27	46			61.08% Bronze
	Clare Castle Park Run 5K*	Nichole Neate		35	03			43.48%
	Enigma Show Me The Money Marathon	Paul Barton	4	54	42			43.76%
	Great Denham Park Run 5K*	John Decesare		18	31		100	78.45% Elite
		Philip Horan		19	32		99	72.66% Gold
		Kerry Large		21	59		98+1	65.48% Silver
		Mark Rouse		23	09		97	59.94%
		Jon Walker		23	43		96	64.97% Bronze
		Martin Lees		24	29		95+1	59.81%
		Siobhan Lees		28	42		94+1	61.52% Bronze
		Debbie Newell		29	11		93+1	54.01%
		Rebecca Fleckney		29	45		92	49.99%
		Helen Waine		37	58			40.14%
	Houghton Hall Park Run 5K*	Kevin Cutler		25	17			52.94%
		Abi Wells-Day		25	53	Re-joined Since Event		55.79%
	Kingsbury Water Park Run 5K*	Warwick Payne		24	15			58.53%
	Longrun Meadow Park Run 5K*	Francesca Milburn		22	09			66.04% Silver
	Luton Wardown Park Run 5K*	Lee Murphy		21	45			59.69%
		Lionel Mann		50	39			38.25%
		Patricia Mann		50	39			43.31%
	Wimpole Estate Park Run 5K*	Jim Dodds		26	13	Not Registered as Flyer		58.26%
29-Jul-2018	Lee Valley Festival 10M	John Cross	1	23	36			59.71%
		Darryl Pottinger	1	24	01			57.58%
	Wellingborough 5M	Alex Anstee		29	33	PB	100	74.08% Gold
		Abi Wells-Day		36	56	Re-joined Since Event		64.70% Bronze
		Lisa Wells		37	45	PB	99	72.54% Gold
		Louise Wilkins		47	42		98	55.35%
		Rebecca Fleckney		49	25		97	49.53%
		Pat Godfrey		50	53		96	64.96% Bronze
1-Aug-2018	Enigma Trains Marathon	Paul Barton	4	51	02			44.31%
2-Aug-2018	Beds RCC Evening League Cycle - 11.3M	Louise Clark		34	08			
		Phil Bierton		41	51			
	Center Parcs Time Trial 5K*	Jess Anstee		23	13	Course PB		62.55% Bronze
		Ryan Short		23	59			54.67%
		Hattie Oakley-King		25	57			55.47%
		Jeremy Lewis		26	24			54.60%
		Kate Cornelius		28	12			51.10%
		Adam Schofield		31	21			42.79%
		Claire Jones		32	42			52.37%
		Rebecca Fleckney		32	43			45.45%
		Debbie Newell		33	09			47.55%
		Sarah Schofield		34	07			43.59%
		Lisa Wells		34	28			48.27%
		Pat Godfrey		34	53			57.61%
		Helen Satterthwaite		35	37			46.27%
		Dave Sedgley		38	56			49.76%
	Mike Day		39	09			37.71%	

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
4-Aug-2018	Camperdown Park Run 5K*	Lionel Mann		39	40			48.84%
	Great Denham Park Run 5K*	Ryan Short		21	36			60.70% Bronze
	Houghton Hall Park Run 5K*	Jess Anstee		21	04			68.93% Silver
		Mike Day		34	36	PB		42.67%
	Killarney Park Run 5K*	Lee Murphy		18	08			71.59% Gold
	Longrun Meadow Park Run 5K*	Francesca Milburn		21	24			68.35% Silver
	Northampton (Magic) 1M	Brendan O'Mahoney		7	34		100+2	59.62%
		Rebecca Fleckney		7	48		99	55.72%
		Caroline O'Mahoney		7	51		98+1	63.87% Bronze
		Louise Wilkins		8	06		97	57.93%
		Emma White		8	07		96	55.82%
	Northampton Park Run 5K*	Mark Rouse		22	26			61.85% Bronze
		Rebecca Fleckney		28	38			51.94%
		Emma White		28	38			54.12%
		Louise Wilkins		28	39			55.99%
	Southsea Park Run 5K*	Warwick Payne		24	13			58.61%
	Willen Lake (MK Park Run) 5K*	Dayle Walker		22	54	Not Registered as Flyer		63.06% Bronze
		Jon Walker		23	48			64.75% Bronze
	Wimpole Estate Park Run 5K*	Jim Dodds		26	11	Not Registered as Flyer		58.85%
5-Aug-2018	Bearbrook 10K	Mark Waine		40	45			72.57% Gold
		Ashley Larman		40	53			69.15% Silver
		Rebecca Fleckney	1	4	16			42.76%
	Hook Norton 6M	Richard Stanley		44	20		100	66.96% Silver
		Richie Jones		50	14		99+1	59.59%
		Keri Withers		50	36		98	67.37% Silver
		Emma White	1	1	05		97	50.52%
		Claire Jones	1	1	47		96	55.18%
		Helen Satterthwaite	1	3	04		95	52.03%
	Norwich 10K	John Kenyon	1	3	42			52.00%
	Riverside Runners 10K	Emma Burnham		57	32			52.00%
		Sarah Schofield	1	7	35			45.44%
		Vickie Humber	1	16	10			42.37%
10-Aug-2018	Balmoral Gelder 4M	Lionel Mann		48	58	Belgrave Harriers		
11-Aug-2018	Bedford Park Run 5K*	Jeremy Bell		22	54			65.55% Silver
	Great Denham Park Run 5K*	Jody Buczynski		20	28		100+1	64.95% Bronze
		Ryan Short		21	40		99	60.10% Bronze
		Jon Walker		23	28		98	65.67% Silver
		Linda Walker		28	09		97	61.43% Bronze
		Vickie Humber		35	54		96	43.53%
		Ann Davies		36	33		95	50.44%
	Houghton Hall Park Run 5K*	Marcus Cook		19	13	PB		70.15% Gold
	Luton Wardown Park Run 5K*	Lee Murphy		18	34			69.92% Silver
	Milton Keynes (BMC Meeting) 5000m	Mark Waine		16	33			86.38% Elite
		Ian Halpin		16	50			77.05% Elite
		John Decesare		17	46			81.77% Elite
		Jess Anstee		21	02			69.02% Silver
	MK5000 PB Spectial 5000M	Mark Waine		16	33			86.38% Elite
		Ian Halpin		16	50			77.05% Elite
		John Decesare		17	46			81.77% Elite
		Jess Anstee		21	02			69.02% Silver
	Perth Park Run 5K*	Patricia Mann		50	19			43.60%
		Lionel Mann		50	20			38.49%
	Shipleigh Country Park Run 5K*	Warwick Payne		25	17			56.13%
	St.Albans Park Run 5K*	James Handley		19	11	ARB		70.77% Gold
	Willen Lake (MK Park Run) 5K*	Richie Jones		25	12			59.57%
		Claire Jones		31	31			54.34%
12-Aug-2018	Salisbury 54321 Marathon	Louise Wilkins	5	56	31			42.38%
		Mark Rouse	5	56	31			37.23%
	St.Albans 10K	Colin Woods		41	22			65.39% Silver
		Jodie Kelly		51	31			58.24%
	Stopsley Trail Run 10M*	Steven Upton	1	3	20		100	74.68% Gold
		Warwick Browning	1	12	58		99	74.70% Gold
		Abi Wells-Day	1	22	11		98+1	60.47% Bronze
		Lisa Wells	1	22	28		97	68.40% Silver
		Steve Gibbons	1	45	38		96	45.10%
	Stopsley Trail Run 5M*	Lee Murphy		31	56		100	67.21% Silver
		Richie Jones		40	28		99	61.10% Bronze
		Laura Johnston		46	04		98+1	58.88%
		Emma White		48	14		97+1	52.88%
		Rebecca Fleckney		50	30		96	48.33%
		Mei Trace		50	39		95+3	53.56%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Helen Satterthwaite		51	08		94+1	53.05%
		Claire Jones		51	38		93	54.58%
		Laura Usher		59	34		92	41.09%
16-Aug-2018	Beds RCC Evening League Cycle - 11.3M	Phil Berton		41	54			
18-Aug-2018	Aldenham Park Run 5K*	Ian Halpin		17	47			72.95% Gold
	Bedford Park Run 5K*	Jeremy Bell		22	32			66.62% Silver
		Nicola Wilkins		28	42	PB		53.99%
	Gorleston Cliffs Park Run 5K*	Chris Littlejohn		18	00			74.36% Gold
	Great Denham Park Run 5K*	Kerry Large		21	52			65.83% Silver
		Ryan Short		21	57			59.32%
		Paul Barton		24	22			55.32%
		Katie Ruditis		31	07			47.04%
	Houghton Hall Park Run 5K*	Marcus Cook		19	42	PB		68.43% Silver
		Gavin Nicholson		20	49	PB		64.30% Bronze
		Dayle Walker		23	20			61.89% Bronze
		Jon Walker		23	30			65.57% Silver
	Littleport Park Run 5K*	Warwick Payne		23	02			61.62% Bronze
	Luton Wardown Park Run 5K*	Patricia Mann		51	33			42.56%
		Lionel Mann		51	33			37.58%
	Pendle Park Run 5K*	Will Willmott		22	44			60.15% Bronze
	Rushmere Park Run 5K*	Dave Ackerley		21	06			61.53% Bronze
		Rebecca Fleckney		40	14			36.96%
	Sutton Park Park Run 5K*	Abi Wells-Day		24	05			59.96%
	Wimpole Estate Park Run 5K*	Jim Dodds		25	55	Not Registered as Flyer		59.46%
19-Aug-2018	Kimbolton 1/2Marathon	Steven Upton	1	21	38			77.13% Elite
		Emma White	2	10	12	PB		53.65%
		Brendan O'Mahoney	2	18	01			50.65%
		Caroline O'Mahoney	2	22	42	PB		54.04%
	Kimbolton 3K*	Warwick Browning		12	53			71.99% Gold
		Denise Browning		15	23			67.30% Silver
	Thorney 5M	Hattie Oakley-King		36	00	PB		66.10% Silver
21-Aug-2018	Dunstable RR Summer 5000m	Hattie Oakley-King		19	36		100	73.44% Gold
		Richie Jones		23	22		99	64.24% Bronze
		Denise Browning		25	25		98+1	70.20% Gold
		Laura Johnston		26	49		97+1	61.46% Bronze
		Brendan O'Mahoney		26	56		96+1	57.21%
		Rebecca Fleckney		27	10		95	54.74%
		Emma White		27	15		94	56.86%
		Caroline O'Mahoney		28	56		93	59.19%
		Claire Jones		30	09		92	56.80%
		Helen Satterthwaite		30	18		91	54.39%
25-Aug-2018	Bedford Park Run 5K*	Philip Mead		20	13		100	64.17% Bronze
		Martin Godin		24	33		99	65.13% Silver
		Chloe Godin		25	20		98	56.87%
		Andy Ralphs		25	55		97	55.18%
		Haydn Leaker		29	40		96	54.98%
	Blanford Forum, East Farm Trail 10K*	Warwick Browning		49	08			67.31% Silver
	Blanford Forum, East Farm 1/2Marathon	Warwick Browning	1	49	33		100	66.21% Silver
		Paul Court	2	19	12		99+2	45.57%
		Richie Jones	2	19	54		98	48.68%
		Claire Jones	2	47	32		97+1	46.03%
		Denise Browning	2	47	33		96+1	47.93%
		Sally Sawkins	2	47	34		95	44.31%
		Christine Sharman	2	47	34		94	45.58%
	Blanford Forum, East Farm Marathon	Chris Newnham	4	24	03			54.81%
		Mark Billington	5	39	11			42.32%
		Louise Wilkins	6	18	21			39.93%
		Mark Rouse	6	18	22			35.08%
	Great Denham Park Run 5K*	John Cross		21	00		100	69.74% Silver
		Darryl Pottinger		22	22	Not Registered as Flyer		63.45% Bronze
		Abi Wells-Day		22	23		99+1	64.52% Bronze
		Lisa Wells		22	54		98	72.65% Gold
		Martin Lees		24	49		97+1	59.01%
		Ann Davies		34	34	PB	96+1	53.33%
		Mike Day		34	47		95+1	42.45%
		Rebecca Fleckney		41	36		94	35.75%
	Higginson Park Run 5K*	Warwick Payne		23	28			60.48% Bronze
	Houghton Hall Park Run 5K*	Gavin Nicholson		20	57			63.89% Bronze
	Keswick Park Run 5K*	Jeremy Bell		23	14			65.16% Silver
	Luton Wardown Park Run 5K*	Lee Murphy		22	11			58.52%
		Patricia Mann		52	25			41.85%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Lionel Mann		52	26			36.95%
	Rushmere Park Run 5K*	Dave Ackerley		24	39			52.67%
	Willen Lake (MK Park Run) 5K*	Dayle Walker		22	44		100	63.52% Bronze
		Jon Walker		23	27		99+1	65.71% Silver
		Ed Druce		27	01		98	50.62%
		Reuben Druce		27	01			58.73%
		Linda Walker		30	40		97	56.39%
		Carrie Walker		30	41		96	47.36%
		Toby Druce		30	41			46.92%
	Wimpole Estate Park Run 5K*	Jim Dodds		25	25	Not Registered as Flyer		60.63% Bronze
26-Aug-2018	Blanford Forum, East Farm Chaos	Louise Wilkins		24	15			
	Blanford Forum, East Farm Frolic Marathon	Rebecca Fleckney	5	59	31			39.01%
	Challenge Running's Chilterns Way 100K	Scott Huntley	12	5	28	1st - Course Record		46.77%
	Headington 5M	Charlene Halpin		40	22	PB		58.95%
		Ian Halpin		40	27			53.02%
1-Sep-2018	Bedford Park Run 5K*	Philip Mead		19	52	PB		65.30% Silver
		Hannah Armstrong		40	21			40.24%
		Tara Armstrong		40	22			39.05%
	Bedford Twilight 10K	Paul Owen		46	01		100	65.81% Silver
		Lisa Wells		47	34		99	72.21% Gold
		Kate Cornelius		51	51	PB	98+1	57.70%
		Katie Ruditis		52	00		97	58.14%
		Terry Mchugh		52	17		96	63.26% Bronze
		Abi Wells-Day		52	39	PB	95	57.09%
		Charlotte Newton		54	14		94+3	55.36%
		Jo Morris		54	26	PB	93+1	59.28%
		Jason Savage	1	0	42		92+2	44.44%
		Gemma Bear	1	0	59		91+2	49.97%
		Rob Cook	1	4	57		90+1	50.42%
		Rebecca Fleckney	1	5	49		89	46.66%
		Laura Usher	1	7	46		88	45.32%
		Megan Owen	1	8	38		87+3	43.80%
		Fiona Owen	1	8	40		86	49.55%
		Laura Doherty	1	10	40		85+2	42.33%
	Kate Bristow	1	13	49		84	43.72%	
	Vickie Humber	1	27	06		83	37.05%	
	Brickfields Park Run 5K*	Siobhan Lees		28	58			60.95% Bronze
	Great Denham Park Run 5K*	Barry Stratford		17	52		100	73.38% Gold
		Philip Horan		19	37		99	72.35% Gold
		Louise Wilkins		34	25		98	46.61%
		Rebecca Fleckney		34	27		97	43.17%
		Ann Davies		37	04		96	49.74%
	Houghton Hall Park Run 5K*	Gavin Nicholson		20	20			65.83% Silver
	Luton Wardown Park Run 5K*	Patricia Mann		51	20			42.74%
		Lionel Mann		51	21			37.73%
	Northampton (Magic) 1M	Laura Johnston		8	10			59.06%
	Northampton Park Run 5K*	Laura Johnston		29	52			55.18%
	Poole Park Run 5K*	Craig Palmer		23	44			54.66%
	Redway Runners Track 1M	Warwick Browning		6	25			73.00% Gold
	Severn Bridge Park Run 5K*	Warwick Payne		22	36			62.80% Bronze
	St.Albans Stampede 4M Laps for 12 hours	Warwick Browning	1	29	01	3 laps		
		Denise Browning	1	54	00	3 laps		
		Callum Harrison				5 laps		
		Sophie Windmill				5 laps		
2-Sep-2018	Bedford 1/2Marathon	Marcus Cook	1	27	46		100	69.70% Silver
		Ashley Larman	1	28	46		99	69.91% Silver
		Stuart Berry	1	32	14	Unknown Runner		72.04% Gold
		Jacqui Morland	1	54	11	PB	98	60.16% Bronze
		Kimberley Yardley	1	59	48	PB	97	54.92%
		Deborah Salmon	2	12	46		96	64.68% Bronze
		Paul Dove	2	23	47		95	53.68%
		Emma Burnham	2	28	27		94	44.32%
	Beds RCC Spoco TT Cycle - 16M	Leigh Pilgrim		48	36			
		Phil Berton	1	5	49			
	Bovingdon 10K	Ian Halpin		35	29			76.02% Elite
	Dunstable Challenge 20M*	Steven Upton	2	37	45	2nd		62.81% Bronze
		Ben Stoneman	3	24	12			47.14%
		Mark Billington	3	41	44			48.33%
	Dunstable Challenge Marathon*	Mark Rouse	4	48	12		100	46.05%
		Robert Hardwick	5	12	40		99	40.57%
		Rebecca Fleckney	5	40	10		98+1	41.23%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Louise Wilkins	5	40	10		97+1	44.41%
		Paul Barton	5	48	24		96	37.02%
		Caroline O'Mahoney	6	34	04	PB	95	40.87%
		Brendan O'Mahoney	6	51	20		94	35.81%
	High Peak District Trail - Castleton 14K	George Arbuckle	1	16	56			
	Milton Keynes Big Fun 5K*	Lionel Mann		38	53			49.83%
	Tour of MK - Tattenhoe 11K	Jess Anstee		47	45			
3-Sep-2018	Tour of MK - Potterpurys XC 5M	Jess Anstee		35	19			67.69% Silver
4-Sep-2018	Tour of MK - Stantonbury Track 1M	Mark Waine		4	57			84.51% Elite
		Jess Anstee		6	13			68.29% Silver
5-Sep-2018	Hatfield 5K	Alex Anstee		17	11			77.36% Elite
	Tour of MK - Campbell Park 4.5M	Jess Anstee		30	17			
6-Sep-2018	Center Parcs Handicap 5K*	Philip Mead		21	38	Target Time = 22:00, Fastest Time		59.97%
		Gavin Nicholson		22	26	Target Time = 22:00		60.09% Bronze
		Ryan Short		22	33	Target Time = 22:45		57.75%
		Andy Atherton		24	34	Target Time = 24:30		61.11% Bronze
		Lisa Wells		25	09	Target Time = 25:15		66.15% Silver
		Richie Jones		25	27	Target Time = 26:45		58.98%
		Paul Court		25	54	Target Time = 29:30, First on Handicap - PB		53.97%
		Martin Lees		26	13	Target Time = 26:15, Closest to Target		55.86%
		Kate Cornelius		27	17	Target Time = 28:00		52.81%
		Jo Morris		27	46	Target Time = 27:15		56.28%
		Dave Stanley		28	11	Target Time = 27:30		59.72%
		Jeremy Lewis		28	37	Target Time = 25:00		50.37%
		Laura Johnston		30	22	Target Time = 29:15		54.28%
		Louise Wilkins		30	44	Target Time = 31:30		52.20%
		Helen Satterthwaite		31	50	Target Time = 33:00		51.77%
		Tara Armstrong		31	57	Target Time = 33:00 - PB		49.33%
		Siobhan Lees		33	21	Target Time = 32:00		52.94%
		Dave Sedgley		35	53	Target Time = 37:30		53.99%
		Rebecca Fleckney		36	32	Target Time = 30:00		40.70%
		Mike Day		37	13	Target Time = 36:45		39.67%
		Ann Davies		39	25	Target Time = 39:00		46.77%
		Lionel Mann		44	33	Target Time = 42:00		43.49%
	Tour of MK - Brickhill Woods Hill 2M	Jess Anstee		17	30			52.00%
7-Sep-2018	Tour of MK - Willen Lake 6.5M	Warwick Browning		44	04			
		Jess Anstee		44	39			
8-Sep-2018	Bakewell Park Run 5K*	Warwick Payne		22	27			63.22% Bronze
	Bedford Park Run 5K*	Leigh Pilgrim		18	53		100	69.43% Silver
		Philip Mead		19	48	PB	99	65.52% Silver
		Martin Godin		22	12		98	72.03% Gold
		Simon Wilkins		24	55		97	56.53%
		Emma White		27	32	ARB	96	56.28%
	Bracknell Park Run 5K*	Callum Harrison		21	58			59.14%
	Druridge Bay Park Run 5K*	Rebecca Fleckney		30	55			48.10%
	Houghton Hall Park Run 5K*	Dave Stanley		25	25			66.22% Silver
	Hove Promenade Park Run 5K*	Paula James		27	16			62.20% Bronze
	Linford Wood Park Run 5K*	John Cross		22	49			64.18% Bronze
	Luton Wardown Park Run 5K*	Patricia Mann		49	43			44.13%
		Lionel Mann		49	44			38.96%
	ORLANDO, Clermont Waterfront Park Run 5K*	Jon Walker		24	23			63.20% Bronze
		Linda Walker		31	16			55.31%
	Willen Lake Cancer Research Muddy 10K	Louise Wilkins	1	12	09			45.91%
		Sally Sawkins	1	12	09			47.16%
9-Sep-2018	Baldock Rat Run 5K	Lionel Mann		38	59			49.70%
	Chiltern 20M	Warwick Browning	4	47	00			39.76%
		Denise Browning	4	47	00			43.77%
	Chiltern Marathon	Paul Barton	6	57	00			30.93%
	Farnham Pilgrim Marathon	Mark Rouse	4	44	00			46.74%
	Great North Run 1/2Marathon	Rebecca Fleckney	3	12	09			34.90%
	Rye Ancient Trails 15K*	George Arbuckle	1	44	44			
15-Sep-2018	Bedford Park Run 5K*	Steve Gibbons		27	51			50.19%
		Rebecca Fleckney		38	37			38.51%
	Cannock Chase Park Run 5K*	Abi Wells-Day		23	47			60.72% Bronze
	Dolgellau Park Run 5K*	Phil Berton		35	49	MV70 Parkrun Record		50.45%
	Great Denham Park Run 5K*	Andy Berton		19	01			73.51% Gold
		Elliot Berton		23	02			59.96%
		Simon Wilkins		24	06			58.44%
		Nicola Wilkins		29	25			52.68%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Ann Davies		35	31			51.91%
	Heart of England Marathon	Paul Barton	6	42	00			32.08%
		Helen Satterthwaite	7	7	00			36.33%
	Houghton Hall Park Run 5K*	Warwick Payne		22	52			62.07% Bronze
		Samantha Walters		28	06	PB		53.78%
	Luton Wardown Park Run 5K*	Lee Murphy		20	08			64.48% Bronze
		John Cross		23	54			61.27% Bronze
		Patricia Mann		50	19			43.60%
		Lionel Mann		50	20			38.49%
	ORLANDO, Clermont Waterfront Park Run 5K*	Jon Walker		23	19			66.09% Silver
		Linda Walker		30	03			57.55%
	Penrose Park Run 5K*	Martin Godin		21	55			72.96% Gold
	Royston Harvest Trail 1/2Marathon*	Callum Harrison	1	47	58			55.35%
		Richard Stanley	1	53	28			59.53%
	Royston Harvest Trail 1/4Marathon	Philip Mead		48	56			
	Rushmere Park Run 5K*	Dave Ackerley		19	24			66.92% Silver
16-Sep-2018	Cransley Hospice 10K	Caroline O'Mahoney	1	6	51			52.88%
		Brendan O'Mahoney	1	6	51			47.67%
	Richmond 1/2Marathon	Vickie Humber	2	46	03			42.42%
	Rutland 1/2Marathon	Steve Gibbons	2	30	42			42.09%
	Rutland Marathon	James Handley	4	10	26			51.86%
	Swansea 10K	Lee Murphy		37	01			72.92% Gold
	WAOC - Ampthill Park 6.75K (Orienteering)	Dave Sedgley	1	45	26			
		Rebecca Fleckney	2	31	12			
		Mark Billington	2	31	12			
18-Sep-2018	Millbrook MAD 5K*	Terry Stanley		25	23		100	51.11%
		Warwick Browning		26	34		99	60.19% Bronze
		John Cross		28	07			52.09%
		Richie Jones		28	48		98	52.12%
		Dave Stanley		32	08		97+1	52.38%
		Paul Barton		33	43		96	39.98%
		Emily Brown		34	18		95+2	42.02%
		Rebecca Fleckney		35	39		94	41.71%
		Claire Jones		38	06		93	44.95%
19-Sep-2018	Hatfield 5K	Ian Halpin		16	36			78.15% Elite
		Alex Anstee		17	42			75.10% Elite
22-Sep-2018	Bedford Park Run 5K*	Vickie Humber		35	31			44.00%
	<b>Bournemouth Park Run 5K*</b>	<b>Craig Palmer</b>		<b>16</b>	<b>53</b>			<b>76.84% Elite</b>
	Enigma Toys in the Attic 1/2Marathon	Warwick Browning	1	33	50			77.30% Elite
		Denise Browning	2	1	38			66.02% Silver
	Enigma Toys in the Attic Marathon	Paul Barton	4	24	44			48.71%
	Great Denham Park Run 5K*	Martin Beare		18	13	MV55 Parkrun Record	100	83.10% Elite
		Philip Horan		18	57		99	75.47% Elite
		John Cross		20	44		98	70.63% Gold
		Jacqui Morland		23	30	PB	97+2	64.84% Bronze
		Charlene Halpin		24	00		96+2	59.98%
		Hattie Oakley-King		24	00		95	59.98%
		Lisa Wells		24	01		94	69.28% Silver
		Ann Davies		34	24	PB	93	53.59%
	Houghton Hall Park Run 5K*	Gavin Nicholson		20	23	ARB		66.13% Silver
		Dave Stanley		24	50			67.77% Silver
		Samantha Walters		28	21			53.31%
		Justine Cullen		34	40			46.69%
	Meerbrook 15K	Brendan O'Mahoney	2	11	35			37.06%
		Caroline O'Mahoney	2	11	35			40.99%
	Wendover Woods Park Run 5K*	Rebecca Fleckney		32	20			45.99%
	Willen Lake (MK Park Run) 5K*	Patricia Mann		53	08			41.29%
		Lionel Mann		53	08			37.03%
	Wolverhampton Park Run 5K*	Martin Lees		25	13			58.07%
	XNRG Tring Ultra 50K	Mark Rouse	5	56	00			44.92%
23-Sep-2018	Bristol 1/2Marathon	John Corcoran	1	49	00			56.52%
	Draycote Water. 20M	Rebecca Fleckney	3	44	50			46.70%
	Enigma Toys in the Attic Marathon	Paul Barton	4	27	43			48.17%
	Ingatestone 5M	Brendan O'Mahoney		51	23			49.40%
		Caroline O'Mahoney		51	23			54.85%
	Leighton Buzzard 10M	Martin Beare	1	3	52	MV55 Record	100	80.80% Elite
		Gavin Nicholson	1	10	27		99+1	65.21% Silver
		<b>Callum Harrison</b>	<b>1</b>	<b>12</b>	<b>09</b>		<b>98</b>	<b>62.01% Bronze</b>
		Lisa Wells	1	19	58		97	70.54% Gold
		Jeremy Lewis	1	25	21		96	57.56%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Terry McHugh	1	31	17		95	59.71%
	St.Pauls Walden Bury 5K	Lionel Mann		41	06			47.87%
28-Sep-2018	Serpentine 5K	John Decesare		18	01			80.63% Elite
29-Sep-2018	Bedford Park Run 5K*	Steven Upton		18	14			76.10% Elite
		Michelle Morris		26	03			55.31%
	Biggleswade Open Meeting 1500m	Philip Mead		5	27			63.60% Bronze
		Warwick Browning		5	58			72.68% Gold
		Richie Jones		6	14			65.32% Silver
		Mark Billington		6	17			64.78% Bronze
		Denise Browning		6	55			70.05% Gold
		Rebecca Fleckney		7	03			57.19%
		Brendan O'Mahoney		7	10			58.41%
		Caroline O'Mahoney		7	10			64.89% Bronze
		Laura Johnston		7	21			60.79% Bronze
		Helen Satterthwaite		7	22			60.65% Bronze
		Louise Wilkins		7	37			57.10%
		Emma White		7	37			55.13%
		Claire Jones		7	50			59.35%
		Keith Morgan		8	05			54.26%
	Biggleswade Open Meeting 3000m	Emma White		15	41			57.30%
	Biggleswade Open Meeting 400m	Louise Wilkins		1	43			52.97%
	Biggleswade Open Meeting 5000m	Warwick Browning		20	22			78.51% Elite
		Mark Billington		21	46			68.96% Silver
		Louise Wilkins		25	29			62.95% Bronze
	Coventry Park Run 5K*	George Arbuckle		18	13			76.73% Elite
	Great Denham Park Run 5K*	Barry Stratford		17	12		100	76.23% Elite
		Marcus Cook		18	36	PB	99	72.47% Gold
		Martin Godin		22	17		98	71.76% Gold
		Richie Jones		22	46		97	65.94% Silver
		Deborah Salmon		26	09		96	73.01% Gold
		Claire Jones		29	05		95	58.88%
		Ann Davies		34	39		94	53.20%
	Houghton Hall Park Run 5K*	Jeremy Godfrey		20	30		100+1	63.28% Bronze
		Terry Stanley		24	40		99	52.59%
		Dave Stanley		24	42		98	68.14% Silver
		Samantha Walters		26	28	PB	97+1	57.10%
		Rebecca Fleckney		35	33		96	41.83%
	Luton Wardown Park Run 5K*	Lionel Mann		51	16			38.38%
		Patricia Mann		51	17			42.78%
	Milton Keynes (NSPCC) 1/2Marathon	Katie Ruditis	1	50	19			60.30% Bronze
	Poole Park Run 5K*	Craig Palmer		22	28			57.74%
	Wendover Woods Park Run 5K*	Warwick Payne		25	13			56.28%
30-Sep-2018	Blackwater Navigation Marathon	Paul Barton	4	49	31			44.54%
	Clifton XC 5K	Lionel Mann		39	28			49.85%
	Forest of Dean Trail 1/2Marathon*	George Arbuckle	1	31	26			69.37% Silver
	Grantchester Charity 10K	Justine Cullen	1	11	42			46.61%
	Hitchin 5K	Philip Mead		20	23			63.65% Bronze
	Milton Keynes Bowl 10K	Gavin Nicholson		44	59			61.95% Bronze
	Olney Squeaky Bone Relay 3.5M	Mark Rouse		28	15	Flying Squeakers Leg-4		
		Emma White		33	40	Flying Squeakers Leg-3		
		Louise Wilkins		35	24	Flying Squeakers Leg-1		
		Rebecca Fleckney		38	03	Flying Squeakers Leg-2		
	Sharpenhoe IC Hill Climb Cycle 1K	David Cook		3	03			
		Leigh Pilgrim		3	04			
		Louise Clark		3	25			
		Deborah Beare		3	40			
3-Oct-2018	1 Hour Run - Bedford Track	Stephen Green				15220m		
		Philip Mead				14100m		
		Gavin Nicholson				13947m		
		Warwick Browning				13510m		
		Jeremy Bell				13117m		
		Andy Atherton				12870m		
		Richie Jones				12506m		
		Mark Billington				12430m		
		Katie Ruditis				12060m		
		Sally Sawkins				11585m		
		Barry Dackombe				10348m		
		Helen Satterthwaite				10268m		
		Denise Browning				9891m		
		Rebecca Fleckney				9770m		
		Claire Jones				9430m		

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
4-Oct-2018	Eagle Drive Time Trial 5K*	Gavin Nicholson		19	49	PB		68.02% Silver
		Will Willmott		20	24	PB		67.04% Silver
		Abi Wells-Day		23	00			62.79% Bronze
		Jeremy Godfrey		23	28			55.28%
		Dave Coker		23	53			63.95% Bronze
		Martin Lees		24	51			59.42%
		Jeremy Lewis		25	57			55.54%
		Lisa Wells		27	45			59.96%
		Debbie Newell		27	48		PB	57.20%
		Helen Satterthwaite		28	20		PB	58.17%
		Rebecca Fleckney		31	04			47.87%
		Ann Clarkson		32	10			56.66%
		Dave Sedgley		33	38			57.61%
		Mike Day		35	20			41.79%
		Samantha Walters		36	14			41.71%
		Vickie Humber		36	14			43.13%
Jane Cook		36	38			51.51%		
Lionel Mann		40	45			48.28%		
6-Oct-2018	Bedford Park Run 5K*	Martin Godin		22	16			71.81% Gold
		Ann Davies		34	17	PB		53.77%
	Great Barrow Challenge Marathon	Paul Barton	4	56	08			43.55%
	Great Denham Park Run 5K*	Rebecca Fleckney		30	35			48.62%
	Houghton Hall Park Run 5K*	Dave Stanley		24	58			67.41% Silver
		Mike Day		34	51			42.37%
	Linford Wood Park Run 5K*	Martin Lees		25	06			58.82%
	Luton Wardown Park Run 5K*	Lee Murphy		24	55			52.10%
		Lionel Mann		51	02			38.56%
		Patricia Mann		51	02			42.99%
	Northampton Park Run 5K*	Tara Armstrong		29	06	PB		54.16%
	Rushmere Park Run 5K*	Dave Ackerley		19	07			67.91% Silver
	Southend Park Run 5K*	Warwick Payne		22	13			63.88% Bronze
	St.Albans Park Run 5K*	George Arbuckle		19	12			72.80% Gold
7-Oct-2018	Bedford Autodrome Marathon	Paul Barton	4	12	58			50.98%
	Bedford Grand Prix 5K	Lionel Mann		36	39			53.69%
	Bournemouth 1/2Marathon	Mark Waine	1	16	17	PB - MV45 Record		85.07% Elite
		Louise Clark	1	45	15			66.92% Silver
	Chicago Marathon	Steven Upton	2	56	27	PB		75.22% Elite
	Harlington Village 3.4M	Mei Trace		30	06			
		Jayne Hunt		33	09			
	Standalone 10K	Ian Halpin		34	46	PB - Club Champion	100	77.58% Elite
		Barry Stratford		36	18		99	74.66% Gold
		John Decesare		37	00	MV40 Champ	98	81.18% Elite
		Giles Shorley		38	19		97	74.87% Gold
		Marcus Cook		39	00	PB	96	71.46% Gold
		Philip Horan		39	10		95+2	75.50% Elite
		Ashley Larman		39	25	PB	94+2	71.73% Gold
		Philip Mead		41	13	PB	93+2	65.44% Silver
		Callum Harrison		41	14	PB	92	65.51% Silver
		Will Willmott		42	01		91+1	67.29% Silver
		Chris Newnham		42	45	PB - MV50 Champ	90+1	73.23% Gold
		Jeremy Godfrey		42	51	PB	89+1	62.95% Bronze
		Richard Gale		43	04	PB		65.17% Silver
		Ryan Short		43	09	ARB	88+1	62.81% Bronze
		Ross Henson		43	14		87+1	65.39% Silver
		Hattie Oakley-King		44	00		86+1	67.99% Silver
		Jess Anstee		44	05	Female Champion	85+1	68.58% Silver
		John Cross		44	12		84+1	68.51% Silver
		Lee Murphy		44	50		83+1	60.21% Bronze
		Richard Stanley		45	08		82	68.21% Silver
		Lisa Wells		45	53	PB - FV35 Champ	81+1	74.86% Gold
		Richie Jones		46	14		80+3	67.15% Silver
		Dayle Walker		46	49		79+3	64.21% Bronze
		Abi Wells-Day		47	23	PB	78+3	63.44% Bronze
		Jeremy Lewis		48	08		77+3	61.91% Bronze
		Jon Walker		48	16	ARB	76+3	66.62% Silver
		Jacqui Morland		48	38	PB	75+3	64.71% Bronze
		Sophie Windmill		48	51		74+3	61.28% Bronze
		Kate Cornelius		49	48	PB	73+3	60.07% Bronze
		Martin Lees		50	02	ARB	72+6	61.02% Bronze
		Paul Owen		50	40		71	59.77%
		Keri Withers		50	44	FV45 Champ	70	69.68% Silver

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Simon Wilkins		51	41		69	56.35%
		Charlene Halpin		52	43		68	56.75%
		Jo Morris		53	37	PB	67+2	60.19% Bronze
		Andy Penfold		53	46		66+6	54.58%
		Deborah Salmon		54	00	PB - FV60 Record	65+2	72.95% Gold
		Louise Wilkins		54	33	PB	64	60.72% Bronze
		Emily Brown		54	34	PB	63+4	54.92%
		Emma White		57	32	PB	62+1	55.62%
		Lorraine Horan		57	49	PB	61+3	55.82%
		Siobhan Lees		58	09		60+3	62.66% Bronze
		Claire Jones		59	09	ARB	59+1	59.76%
		Karen Penfold		59	19	PB	58+2	55.35%
		Rebecca Fleckney	1	0	41		57	50.61%
		Sarah Schofield	1	2	22		56	49.64%
		Justine Cullen	1	7	52	PB	55	49.24%
	Stowe XC 3.6M	Denise Browning		32	32			
		Rebecca Fleckney		39	57			
	Stowe XC 5.3M	Warwick Browning		38	55			
		Dave Stanley		47	49			
	Wimpole Trail 1/2Marathon*	Helen Satterthwaite	2	18	16	PB		53.70%
13-Oct-2018	Bakewell Park Run 5K*	Rebecca Fleckney		33	25			44.50%
	Bedford Park Run 5K*	Roger Ball		20	52			67.50% Silver
		Martin Lees		24	32			60.18% Bronze
	Cannock Chase Park Run 5K*	Abi Wells-Day		24	40			58.55%
	Catton Park Run 5K*	Justine Cullen		33	23			48.48%
	Chiltern League XC - Shotover Park, Oxford Men (c8.9K)	Tim Harris		31	59		100	
		Ian Halpin		33	04		99	
		Mark Waine		33	04		98	
		Stephen Green		33	08	MMKAC	(97)	
		Joe Strange		33	40	Beds & Cty	(96)	
		Simon Read		35	24	Redway Runners	(95)	
		Lee Murphy		37	40		94+1	
		Callum Harrison		39	29		93	
	Chiltern League XC - Shotover Park, Oxford Women (c5.9K)	Hattie Oakley-King		26	12			
		Lisa Wells		27	49			
		Sophie Windmill		28	22			
	Great Denham Park Run 5K*	John Decesare		18	54		100	76.86% Elite
		Kerry Large		22	13		99+1	64.79% Bronze
		John Cross		23	04		98	63.49% Bronze
		Simon Wilkins		24	54		97	56.56%
		Nicola Wilkins		29	06		96	53.25%
		Sarah Schofield		29	43		95	50.44%
		Ann Davies		36	10		94	50.97%
	Gunnersbury Park Run 5K*	George Arbuckle		19	17			72.49% Gold
	Houghton Hall Park Run 5K*	Jeremy Godfrey		21	12			61.19% Bronze
		Clare Petts		34	44			44.99%
	Hove Promenade Park Run 5K*	Warwick Payne		22	19			63.60% Bronze
	Linford Wood Park Run 5K*	Martin Godin		22	47			70.18% Gold
	Luton Wardown Park Run 5K*	Helen Satterthwaite		28	22			58.10%
		Patricia Mann		49	24			44.41%
		Lionel Mann		49	24			39.83%
	Lydney Park Run 5K*	Paula James		30	11			56.19%
	Willen Lake (MK Park Run) 5K*	Leigh Pilgrim		19	59			65.61% Silver
14-Oct-2018	Great Eastern Run 1/2Marathon	Marcus Cook	1	25	00	PB		71.97% Gold
		Ashley Larman	1	25	37	PB		72.48% Gold
	Tring, Ridgway 15K	Terry Stanley	1	8	12		100	60.75% Bronze
		Ross Henson	1	10	06		99+1	61.72% Bronze
		Richard Stanley	1	17	49		98	60.54% Bronze
		Mark Billington	1	19	51		97	59.49%
		Jeremy Bell	1	20	16		96	59.68%
		Mark Rouse	1	20	41		95	54.41%
		Dave Stanley	1	27	28		94	60.90% Bronze
		Terry McHugh	1	33	21		93	54.21%
		Steve Phillpot	1	33	50		92+5	51.97%
		Christine Sharman	1	34	07		91+1	56.76%
		Louise Wilkins	1	41	07		90	49.99%
		Laura Johnston	1	59	56		89	43.30%
		Caroline O'Mahoney	1	59	57		87	44.96%
		Brendan O'Mahoney	1	59	57		88	40.65%

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