

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 Bieron		23	41			59.44%
		Andy Bieron		23	42			58.55%
		Jack Bieron		25	29			52.06%
		Vanessa Bieron		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			45.72%
		Lionel Mann		39	31			49.03%
		Warwick Payne		40	58			34.38%
	Tymon Park Run 5K*	Martin Lees		27	04	Joined since Event		54.11%
		Siobhan Lees		32	03	Joined since Event		54.52%
	Willen Lake (MK Park Run) 5K*	Elliot Bieron		24	57			56.42%
		Vanessa Bieron		25	36		100+5	60.53% Bronze
		Martin Godin		25	58		99+1	60.98% Bronze
		Mark Rouse		26	45		98	51.49%
		Jack Bieron		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%
		Claire Jones		9	18			53.91%
		Helen Satterthwaite		9	41			49.35%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	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%
		Willen Lake (MK Park Run) 5K*	Martin Lees		26	22	Joined since Event	
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
		Deborah Salmon		25	55	FV60 Parkrun Record	99+1	72.80% Gold
		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			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%
	Willen Lake (MK Park Run) 5K*	Peter Jr Benedickter		16	38			78.21% Elite
		Martin Lees		25	47	Joined since Event		56.80%
		Siobhan Lees		32	46	Joined since Event		53.32%
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	
		Dave Stanley				M224	57+2	
		Rebecca Fleckney				F082	56	
		Jacqui Morland				F083	55+1	
		Kevin Cutler				M226	54+5	

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Charlene Halpin				F084	53+5	
		Richie Jones				M230	52+1	
		Christine Sharman				F090	51+1	
		Emily Mead				F091	50+3	
		Terry Mchugh				M234	49+3	
		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+2	
		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
		Martin Lees		26	10	Joined since Event		55.97%
		Ben Horan		27	39			50.91%
		Michelle Morris		27	57		95	51.50%
		Pat Godfrey		29	54		94	66.32% Silver
		Siobhan Lees		30	26	Joined since Event		57.41%
		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%
		Claire Wilson		30	32			49.09%
		Mandy Fraser		30	43	PB		57.48%
		Patricia Mann		48	58			44.80%
		Lionel Mann		48	59			39.55%
	Northampton Park Run 5K*	Megan Owen		32	29			44.48%
		Paul Owen		32	29			44.72%
	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)	Claire Jones	1	42	24			
		Richie 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
		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%
	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
		Pat Godfrey		29	06		98	68.15% Silver
		Vickie Humber		36	39	PB	97	42.28%
		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			59.35%
	Kingston Park Run 5K*	Lionel Mann		39	00			49.68%

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	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*	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*	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			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%
	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	48.09%
		Jodie Kelly	1	3	20		92	47.40%

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		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%
		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*	Chris Newnham	6	31	00			36.71%
		Paul Owen	6	31	00			35.53%
		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 Karaïskou		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+3	62.80% Bronze
		Charlene Halpin		24	50		95	57.97%
		George Arbuckle		24	52		94	56.21%
		James Arbuckle		24	52			56.61%
		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%
	Luton Wardown Park Run 5K*	Claire Wilson		29	08			51.45%
		Patricia Mann		50	30			43.44%
		Lionel Mann		50	31			38.35%
	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%

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		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 Pillingier		19	57	No Barcode	(98)	69.05% Silver
		Jo Morris		24	58	PB	97+1	62.59% Bronze
		Martin Lees		25	14		9761	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
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
	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	Paul Owen	4	17	20			53.98%
		Richard Jones	4	17	20			57.24%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	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*	Vickie Humber	1	2	44			24.70%
	Great Denham Park Run 5K*	George Arbuckle		19	20			72.30% Gold
		Elliot Bierton		22	32			62.47% Bronze
		Andy Bierton		22	33			61.53% Bronze
		Jack Bierton		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
	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+2	60.08% Bronze
		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

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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*	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%
	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+1	
		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
		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

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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+1	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 Karaïskou	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 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 Berton		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*	Steve Gibbons		28	40			48.76%
	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
1-Apr-2018	Beds RCC Spoco TT Cycle - 11.3M	Leigh Pilgrim		35	18			
		Phil Berton		44	29			
	Great Barrow Challenge(3) Marathon	Paul Owen	4	7	58			56.02%
5-Apr-2018	Eagle Drive Handicap 5K*	Roger Ball		20	17	Target Time = 20:45, Fastest Time		69.44% Silver
		Philip Mead		20	17	Target Time = 21:00, Fastest Time		63.96% Bronze
		Lisa Wells		22	47	Target Time = 24:45		73.03% Gold
		Terry McHugh		24	36	Target Time = 27:30		64.37% Bronze
		Martin Lees		24	39	Target Time = 26:00		59.41%
		Laura Johnston		26	12	Target Time = 27:45		62.91% Bronze
		Jo Morris		26	13	Target Time = 26:15, Closest to Target		59.61%
		Rebecca Fleckney		26	27	Target Time = 32:15, First on Handicap		55.77%
		Rob Cook		27	38	Target Time = 28:15		57.30%
		Caroline O'Mahoney		28	02	Target Time = 32:15		60.50% Bronze
		Sarah Schofield		28	24	Target Time = 29:15		52.36%
		Siobhan Lees		28	38	Target Time = 29:45		61.02% Bronze
		Helen Satterthwaite		29	30	Target Time = 31:45		55.36%
		Pat Godfrey		30	28	Target Time = 30:30, Closest to Target		65.09% Silver
		Nichole Neate		32	23	Target Time = 32:00		47.06%
		Dave Sedgley		34	11	Target Time = 34:15		56.68%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Lionel Mann		37	23	Target Time = 38:15		51.83%
		Ed Watts		37	58	Target Time = 40:15		46.98%
7-Apr-2018	Basingstoke Park Run 5K*	Warwick Payne		24	44			57.38%
	Bedford Park Run 5K*	Emma Burnham		27	07			53.09%
	Houghton Hall Park Run 5K*	Andy Bieron		20	31			67.63% Silver
	Linford Wood Park Run 5K*	John Cross		24	14			60.43% Bronze
	Luton Wardown Park Run 5K*	Lionel Mann		53	05			36.50%
		Patricia Mann		53	12			41.24%
	Perry Hall Park Run 5K*	Abi Wells-Day		23	34			61.28% Bronze
	Poole Park Run 5K*	Craig Palmer		15	32	Parkrun Record		83.52% Elite
	Rushmere Park Run 5K*	Emma Clare		37	59			41.14%
	South Downs Way 50M	Scott Huntley	8	13	14			
	Willen Lake (MK Park Run) 5K*	Jon Walker		23	15			66.28% Silver
8-Apr-2018	Leighton 10K	Dave Ackerley		36	58			73.07% Gold
		Martin Lees		52	23			57.81%
		Siobhan Lees	1	0	05	PB		60.02% Bronze
	Manchester Marathon	Paul Farmer	2	41	33	PB - MV40 Record	100	79.83% Elite
		Nick Jones	2	52	30	PB - MV55 Record - 1st V55	99	83.91% Elite
		John Decesare	2	53	51	PB - MV50 Record	98	79.91% Elite
		Ian Halpin	2	56	45	PB	97	71.76% Gold
		Jess Anstee	3	40	47		96	62.89% Bronze
		Richard Gale	3	43	33		95	57.69%
		Julie Pritchett	3	47	35	ARB	94	64.70% Bronze
	Sandy 10M	Philip Horan	1	7	53	PB - Club Champion	100+1	71.26% Gold
		Richard Pillinger	1	8	25	ARB - MV40 Champ	99+1	68.62% Silver
		Roger Ball	1	8	57	PB	98+2	69.63% Silver
		Chris Newnham	1	12	00	MV50 Champ	97+1	71.08% Gold
		Richard Stanley	1	13	47		96	68.21% Silver
		Simon Wilkins	1	16	42	PB	95	62.12% Bronze
		Lisa Wells	1	17	58	PB - Female Champion	94	72.36% Gold
		Ian Ballard	1	20	50		93	62.26% Bronze
		Jeremy Lewis	1	21	07		92+5	60.10% Bronze
		Keri Withers	1	21	11	ARB - FV35 Champ	91	71.50% Gold
		Sean Graham	1	21	14		90+4	59.55%
		Caroline Gilby	1	22	21	FV45 Champ	89	70.48% Gold
		Katie Ruditis	1	22	59	PB	88	59.87%
		Mike Petty	1	23	19		87	63.61% Bronze
		Richie Jones	1	26	12		86+1	59.37%
		Terry Mchugh	1	27	10		85+4	61.92% Bronze
		Kyrstin Fairweather	1	27	57		84	60.79% Bronze
		Brendan O'Mahoney	1	29	59	PB	83+3	58.38%
		Laura Johnston	1	30	55	ARB	82+3	61.47% Bronze
		Christine Sharman	1	31	06		81+3	63.10% Bronze
		Louise Wilkins	1	32	28	PB	80	58.32%
		Annette Bell	1	33	09	ARB	79+2	61.71% Bronze
		Deborah Salmon	1	33	30	FV60 Record	78+2	68.33% Silver
		Emma White	1	36	16		77+2	54.61%
		Steve Gibbons	1	37	45		76	48.74%
		Rebecca Fleckney	1	37	54		75	51.14%
		Caroline O'Mahoney	1	42	48		74+2	55.92%
		Helen Satterthwaite	1	43	49		73+2	53.35%
		Lorraine Horan	1	46	58		72+2	49.55%
		Claire Jones	1	47	19		71	54.09%
		Pat Godfrey	1	49	11	FV65 Record	70	61.46% Bronze
		Dave Sedgley	1	53	37	MV75 Record - County MV70 Champ	69	58.12%
		Jane Cook	2	4	21		68	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%
		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%
		Emma Clare		36	24			42.93%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
15-Apr-2018	Beds RCC Spoco TT Cycle - Hilly 16M	Leigh Pilgrim		49	30			
		Phil Berton		59	37			
	Brighton Marathon	Ashley Larman	3	28	59	PB		62.60% Bronze
		Sarah Schofield	5	8	00	PB		45.53%
	Valleys & Views LDWA 6M*	Claire Jones	1	44	00			32.78%
		Richie Jones	1	44	00			28.78%
		Louise Wilkins	1	44	00			30.44%
		Denise Browning	1	44	00			34.15%
	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%
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			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%
		Ann Davies		37	51		93	48.15%
	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	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	66.69% Silver
		Richard Jones	4	22	02		96	56.22%
		Jacqui Morland	4	31	41		95	52.87%
		Darryl Pottinger	4	38	07		94	48.81%
		John Cross	4	38	07		93	50.35%
		Louise Wilkins	5	5	19		92	49.05%
		Sarah Kelley	5	32	55		91	42.80%
		Paul Owen	5	50	44		90	39.61%
		Emma White	6	38	34		89	36.64%
			Southampton 1/2Marathon	Martin Davey	1	54	15	
	Southampton Marathon	Callum Harrison	3	46	46			56.04%
		Robert Hardwick	4	2	26			52.32%