

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			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 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%
		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%
		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		55.54%
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
		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			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	
	Rebecca Fleckney				F082	56		
	Jacqui Morland				F083	55+1		

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		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
		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
		Darryl Pottinger		22	53			61.55% 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%
		Ali Smith	1	57	47			47.89%
	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
		Andy Ralphs		25	41	Joined since Event		55.26%
		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%

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	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%
	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*	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%

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		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*	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 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%
		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%
	Poolsbrook Park Run 5K*	Zoe James		37	36			38.39%

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	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
	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			

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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%
	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 Bieron		22	32			62.47% Bronze
		Andy Bieron		22	33			61.53% Bronze
		Jack Bieron		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
		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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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%
	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
		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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	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 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*	Gavin Nicholson		21	13			63.09% Bronze
		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
	Wolverhampton Park Run 5K*	Andy Ralphs		24	14			58.57%
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

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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%
		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 Bierton		20	31			67.63% Silver
	Linford Wood Park Run 5K*	John Cross		24	14			60.43% Bronze
		Darryl Pottinger		24	15			58.53%
	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	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	55.92%
		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	FV65 Record	70	61.46% Bronze
		Dave Sedgley	1	53	37	MV75 Record - County MV70 Champ	69+1	58.12%
		Jane Cook	2	4	21		68+1	51.38%
		Rob Cook	2	4	22		67	43.40%

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

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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 Bierton		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*	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			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
		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%
	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
3-May-2018	Beds RCC Evening League Cycle - 10M	Julie Pritchett		32	08			
		Phil Bierton		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			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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Richie Jones		25	05		99	59.85%
		Laura Johnston		27	01		98+2	61.01% Bronze
		Louise Wilkins		28	25		97	55.95%
		Sally Sawkins		28	25		96	58.00%
		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 Bieron		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 Bieron		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 White	1	24	19			
		Emma Clare	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
		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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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 Bieron		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 Waive		4	37	Springfield Striders		83.28% Elite
	Chelmsford - Essex Champs 5000m	Mark Waive		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 Bieron		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 Waive		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			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
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
		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

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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 Pillinger		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%
		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%
	Oxford Park Run 5K*	Paula James		27	51			60.89% Bronze
	Perry Hall Park Run 5K*	Abi Wells-Day		22	54			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%
		George Arbuckle	5	11	42			42.90%
		Rebecca Fleckney	5	11	42			44.64%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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 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			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+3	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%
		Samantha Walters		31	56		77+1	47.33%
		Joe Walters		31	57		76	42.80%
		Alec Maldar		32	00		75	49.03%
		Michael Day		36	45			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

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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			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
		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
		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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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
		Michael Day		35	50	PB		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			65.34% Silver
	Farthingstone Marathon	Paul Barton	7	35	00			28.34%
	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*	Brendan O'Mahoney	6	30	00			28.20%
		Caroline O'Mahoney	6	30	00			30.94%
		Laura Johnston	6	30	00			29.79%
	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 Bierton		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%
		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 Bierton		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)		

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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
		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+1	57.87%
		Lyndsey Bithrey	1	4	35	PB	79	55.27%
		Laura Usher	1	14	38		78	40.83%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
21-Jun-2018	Beds RCC Evening League Cycle - 11.3M	Phil Bierton		38	27			
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%
	Stantonbury Campus 1M	Pat Godfrey		8	52			65.62% Silver
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%
		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*	Patricia Mann		51	20			42.74%
		Lionel Mann		51	20			37.74%
	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 Bierton	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
		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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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%
		Michael Day	1	1	18			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	Unknown Runner		
		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%
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
		Ann Davies		35	09			52.45%
	Houghton Hall Park Run 5K*	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*	Christine Sharman	1	7	18			52.02%
		Denise Browning	1	7	18			54.71%
		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			
		Emma White		18	19			
		Laura Johnston		18	19			
	St.Neots Sprint Triathlon (750m, 25K, 5K)	Jody Buczynski	1	25	06			
	Wardown Park 5K	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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Emma White		0	23			51.53%
		Richard Stanley		0	23			48.51%
		Michael Day		0	24			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
		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%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		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%
	Bournemouth Park Run 5K*	Craig Palmer		25	27			50.98%
	GreatDenham Park Run 5K*	John Cross		21	27			68.27% Silver
		Martin Lees		24	09			60.64% Bronze
		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%
	Wimpole Estate Park Run 5K*	Jim Dodds		27	54			54.74%
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
		Stephen Green		36	23	MMKAC	(99)	75.53% Elite
		Lee Murphy		37	18		98+2	72.37% Gold
		Martin Beare		38	44		97	80.82% Elite
		Jess Anstee		40	04	PB - FV35 Record	96+1	74.86% Gold
		Simon Read		40	08	Redway Runners	(95)	70.45% Gold
		Philip Horan		41	18		94	71.05% Gold
		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	Unknown Runner		
		Richie Jones		26	03		95	57.63%
		Jason Savage		28	51		94+3	45.14%
		Andy Penfold		28	51		93+3	48.82%
		Emily Brown		29	03		92+3	49.61%
		Siobhan Lees		29	33		91+3	59.75%
		Emily Mead		29	49		90+2	48.36%
		Louise Wilkins		30	12		89	53.12%
		Karen Penfold		30	32		88+1	52.08%
		Laura Doherty		33	49	Unknown Runner		
		Terry McHugh		34	37		87	46.19%
	Great Denham Park Run 5K*	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
		Patricia Mann		50	09			43.74%
		Lionel Mann		50	09			38.63%
	Willen Lake (MK Park Run) 5K*	Leigh Pilgrim		19	52			65.54% Silver
	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	Brendan O'Mahoney	3	52	00			
		Caroline O'Mahoney	3	52	00			

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Laura Johnston	3	52	00			
	LDWA - Hannington Hike 27M	Claire Jones	7	26	00			
		Richie Jones	7	26	00			
		Warwick Browning	7	26	00			
		Denise Browning	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%