

DECEMBER

Buntingford 10 – 30th December

POS	NAME	TIME
-	Mick Courtney	01:14:14
-	Anne Golding	01:28:50
-	Tara Quinn	01:30:21
-	Carmel Jarman	01:33:46
-	Kelly Bywaters	01:33:54
-	Phillip Tubbs	01:38:41

Lanzarote Marathon – 9th December

POS	NAME	TIME
-	Mark Cornell	03:56:32
-	Dean Bugler	04:27:14

Lanzarote Half Marathon – 9th December

POS	NAME	TIME
-	Tara Pountney	02:18:17
-	Lisa Bracken	02:42:54
-	Zoe Ewins	02:42:54

Lanzarote 10k – 9th December

POS	NAME	TIME
-	David Ryan	01:07:29
-	Sarah Cornell	01:12:23
-	Cheryl Ryan	01:15:10
-	Janica Thompson	01:15:55

Milton Keynes Winter Half Marathon – 9th December

POS	NAME	TIME
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-	Liam Dellar	01:28:50
-	Anastasia Murphy	01:58:46
-	Shilen Mantri	01:58:54
-	Robert Haylock	01:59:17
-	Jonathan Venning	02:01:56
-	Melody Ntambalika	02:05:58
-	Alison Hunt	02:08:39
-	Steven Mcallister	02:16:53
-	Clare Bates	02:18:55
-	Louise Perry	02:25:16
-	Kerrie Gosling	02:30:33
-	Samantha Kelly	02:33:33
-	Paul Hinton	02:35:04

Bedford Half Marathon – 2nd December

POS	NAME	TIME
-	Darran Wilson	01:27:16
-	Winston Woodward	01:29:43
-	Gordon Reeves	01:40:43
-	Robert Curtis	01:43:43
-	Emily Prejac	01:44:24
-	Anne Golding	01:58:59
-	Paul Stack	02:05:53
-	Carmel Jarman	02:09:45
-	Kelly Bywaters	02:09:55
-	Steven McAllister	02:16:31
-	Suzanne Spicer	02:23:17
-	Shelah Surgey	02:35:47
-	John Reade	02:53:43

NOVEMBER

Independence Marathon, Albania– 25th November

POS	NAME	TIME
-	Dan Micola	05:08:00

Wolverton 5 Mile – 25th November

POS	NAME	TIME
-	Lisa Phee	00:37:28
-	Tara Quinn	00:40:12

Hatfield 5 Mile – 25th November

POS	NAME	TIME
-	Neil Currant	00:32:43
-	Sarah Shynn	00:37:49
-	Sue McAvock	00:37:56
-	Carmel Jarman	00:39:31
-	Claire Thomas	00:40:13
-	Margaret DeWinter	00:40:49
-	Sharon Hawkins	00:41:14
-	Kelly Bywaters	00:43:44
-	Alison Hunt	00:43:53
-	Phil Tubbs	00:44:49
-	Hayley Keeble	00:45:03
-	Clare Bates	00:47:46
-	John Reade	00:49:56
-	Diane White	00:50:07
-	Shelah Surgey	00:50:17
-	Janica Thompson	00:54:09
-	Deb Hooker	00:54:11
-	Cheryl Currant	00:57:44
-	Paula Kearney	00:57:46

Herberts Hole 10k – 18th November

POS	NAME	TIME
-	Paul Stack	01:01:47

Brighton 10k – 18th November

POS	NAME	TIME
-	Tara Quinn	00:52:20

St Neots Half Marathon– 18th November

POS	NAME	TIME
-	Mick Courtney	01:41:05
-	Shileen Mantri	01:44:49
-	Johanna Hadley	01:54:46
-	Greer Kidney	02:08:56

Leighton Dirt Half – 17th November

POS	NAME	TIME
-	Darren Wilson	01:31:29
-	James Young	01:37:26
-	Teresa Warren	01:59:51
-	Phil Brogan	02:05:31
-	Richard Evans	02:08:16
-	Ian Sage	02:08:13
-	Dean Bugler	02:09:31
-	Tara Pountney	02:25:08
-	Magdalena Golebiewska	02:31:19
-	John Reade	02:32:20
-	Lisa Bracken	02:36:46
-	Shelah Surgey	02:37:47
-	Janica Thompson	02:45:31

RAF Henlow 10 mile – 15th November

POS	NAME	TIME
-	Adrian Shotbolt	01:23:59

Grand Union Canal Half Marathon – 11th November

POS	NAME	TIME
-	David Willis	02:03:14

New York City Marathon – 4th November

POS	NAME	TIME
-	Suzanne Spicer	05:07:08

Stevenage Half Marathon – 4th November

POS	NAME	TIME
-	John Murphy	01:32:11

Grim Northern Jumble - 3rd November

POS	NAME	TIME
-	Dan Micola	05:55:00

Pumpkin Marathon, Telford - 3rd November

POS	NAME	TIME
-	Dan Micola	05:12:55

OCTOBER

Dublin Marathon – 28th October

POS	NAME	TIME
-	Lucillia O'Brien	06:06:48

Love Luton Half Marathon – 28th October

POS	NAME	TIME
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-	Mark Pedder	01:33:47
-	Sean Byrne	01:34:05
-	Jose Santos	01:44:20
-	Sue Mcavock	01:45:34
-	Mike Reilly	01:49:15
-	Scott Ayers	01:50:00
-	Craig Sweet	01:53:34
-	Owen Hendry	01:54:53
-	Carmel Jarman	01:54:41
-	Ian Early	01:55:49
-	Claire Thomas	01:55:38
-	Kelly Bywaters	01:56:51
-	Robert Lee	01:57:04
-	Shilen Mantri	01:59:19
-	Rebecca Ravenhill	02:01:31
-	Lee Jarman	02:02:07
-	Matt Cooke	02:03:21
-	Alison Hunt	02:06:21
-	Richard Evans	02:19:55
-	Trisha Mcskeane	02:21:10
-	Sadie Martin	02:27:28
-	Clare Bates	02:23:58
-	Karen Larrington	02:48:31

-	Cheryl Currant	02:48:32
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Love Luton 10k – 28th October

POS	NAME	TIME
-	Liam Hoare	00:38:39
-	James Young	00:39:36
-	Steven Kerin	00:39:5
-	Teresa Warren	00:49:45
-	Tara Quinn	00:50:03
-	Clifford Punter	00:52:31
-	Lisa Phee	00:54:06
-	Steven Mcallister	00:56:02
-	Adrian Shodbolt	00:59:34
-	Magdalena Golebiewska	01:00:23
-	Karen Mulholland-Mcgroary	01:02:00
-	Jackie Muir	01:06:34
-	Claire Lamond	01:07:33
-	Susan Robinson	01:12:20

Beachy Head 10k – 27th October

POS	NAME	TIME
-	Maria McKenna	01:16:25
-	Sarah Cornell	01:24:19
-	Cheryl Ryan	01:24:19
-	Janica Thompson	01:24:18

Beachy Head Marathon – 27th October

POS	NAME	TIME
-	Mike Jackson	04:26:24
-	Craig Sweet	04:44:17
-	Mark Cornell	04:44:19
-	Ian Sage	05:30:54
-	Tara Pountney	05:48:49
-	Dean Bugler	05:49:54

Khujan Marathon, Khujand, Tajikistan – 27th October

POS	NAME	TIME
-	Dan Micola	05:41:10

Tashkent City Marathon, Tashkent, Uzbekistan–26th October

POS	NAME	TIME
-	Dan Micola	05:08:17

Bishkek Ala-Too Marathon Bishkek, Kyrgystan–24th October

POS	NAME	TIME
-	Dan Micola	05:29:04

Shymbulak Marathon, Almaty, Kazakhstan –22nd October

POS	NAME	TIME
-	Dan Micola	05:38:31

Kopet Dag Marathon, Ashgabet, Turkmenistan –21st October

POS	NAME	TIME
-	Dan Micola	05:22:20

Abingdon Marathon – 21st October

POS	NAME	TIME
-	Darren Wilson	03:00:30
-	John Murphy	03:16:44
-	Emily Prejac	03:22:28
-	Lisa Phee	04:05:21
-	Greer Kidney	04:55:06

Great South Run (10 miles) – 21st October

POS	NAME	TIME
-	Melody Ntambalika	01:30:18

Ampthill Trophy 10k – 21st October

POS	NAME	TIME
-	Neil Currant	00:46:13
-	Jose Santos	00:49:12
-	Shilen Mantri	00:51:58
-	Ian Sage	01:02:09
-	Steven McAllister	01:04:14
-	Karen Mulholland	01:17:40
-	Deb Hooker	01:18:07
-	Cheryl Currant	01:23:20
-	Ursula Hewson	01:23:40

Herts 10k – 14th October

POS	NAME	TIME
-	Ian Early	00:50:19
-	Janica Thompson	01:09:30

Tring Ridgeway 15:5k – 14th October

POS	NAME	TIME
-	Robert Curtis	01:13:28

-	Jose Santos	01:16:22
-	Scott Ayres	01:22:56
-	Andrew Derbidge	01:27:29
-	Paul Stack	01:29:28
-	Anne Golding	01:29:38
-	Jeanette Walster	01:36:18
-	Greer Kidney	01:36:21
-	Steven McAllister	01:40:08

Royal Parks Half Marathon – 14th October

POS	NAME	TIME
-	Debbie Fantini	02:01:07
-	Becky Sharpe	01:50:15

Manchester Half Marathon – 14th October

POS	NAME	TIME
-	Dean Bugler	01:44:12

Hatfield Half Marathon – 14th October

POS	NAME	TIME
-	Teresa Warren	01:48:08

Fulham & Putney Half Marathon – 14th October

POS	NAME	TIME
-	Lucilla O'Brien	2:08:51

Chicago Marathon – 7th October

POS	NAME	TIME
-	Dan Micola	04:58:34
-	Shelah Surgey	05:12:15

Oxford Half Marathon – 7th October

POS	NAME	TIME
-	Karen Mulholland	02:26:09

Bournemouth Marathon – 7th October

POS	NAME	TIME
-	Richard Moore	03:39:21

Bournemouth Half Marathon – 7th October

POS	NAME	TIME
-	Paul Scholes	02:11:06

Bournemouth 10k – 7th October

POS	NAME	TIME
-	Jane Scholes	01:08:13

Running Grand Prix, Bedford Half Marathon – 7th October

POS	NAME	TIME
-	Owen Hendry	01:51:53
-	Amanda Jefferys	01:53:49
-	Suzanne Spicer	02:09:43

Running Grand Prix, Bedford 10k – 7th October

POS	NAME	TIME
-	James Young	00:40:19

Willow 10k – 7th October

POS	NAME	TIME
-	Adrian Shotbolt	00:51:45
-	Claire Fooks	01:03:32
-	Clare Bates	01:04:54
-	Karen Larrington	01:09:51
-	Deb Hooker	01:10:57

-	Wendy Mitchell	01:26:12
-	Rebecca Shotbolt	01:26:10
-	Adam Langford	01:36:41

Standalone 10k – 7th October

POS	NAME	TIME
-	James Bunyan	01:01:05

Kempton Park 10k – 7th October

POS	NAME	TIME
-	Robert Lee	00:50:01

Kempton Park Half Marathon – 7th October

POS	NAME	TIME
-	Andrew Dunn	01:49:14

Atlantic Coast Challenge (79 miles) - 5th - 7th October

POS	NAME	TIME
36	Craig Sweet	18:00:55
40	Steve Burgess	18:26:46
135	Tara Pountney	25:05:07
156	Zoe Ewins	25:05:23

SEPTEMBER

Labour of Love Ultra (29:9 miles) - 29th September

POS	NAME	TIME
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Grand to Grand Ultra (273km!!) - 22- 29th September

POS	NAME	TIME
40th	Mike Jackson	50:43:17

Windsor Half Marathon– 29th September

POS	NAME	TIME
-	Mark Cornell	01:40:59
-	Dean Bugler	01:49:34
-	Scott Ayres	01:59:55

Leighton 5K Fun Run – 29th September

POS	NAME	TIME
-	Shaun Kirtley	00:30:48

Dark & White Autumn Trail#2 15:9K – 23rd September

POS	NAME	TIME
-	Martin Kidney	01:29:50

Loch Ness Marathon – 23rd September

POS	NAME	TIME
-	Johanna Hadley	04:36:23
-	Shelah Surgey	04:55:49

Leighton 10 Mile – 23rd September

POS	NAME	TIME
-	Darran Wilson	1:06:26
-	Mark Pedder	1:06:51
-	Liam Deller	1:08:34
-	Richard Moore	1:10:15
-	Stuart Berry	1:10:18
-	Cahal Mccconville	1:11:34
-	Emily Prejac	1:14:14
-	Robert Curtis	1:17:06
-	Sue Mcavcock	1:21:16
-	Dean Bugler	1:24:13

-	Anne Golding	1:28:57
-	Owen Hendry	1:29:00
-	Andrew Derbidge	1:29:17
-	Liz Harding	1:31:12
-	Clifford Punter	1:34:27
-	Deborah Fantini	1:37:55
-	Alison Hunt	1:38:18
-	Steve Crossley	1:38:18
-	Tina Kenyon	1:40:43
-	Melody Ntambalika	1:40:47
-	Phillip Tubbs	1:42:10
-	Steven Mcallister	1:42:18
-	Suzanne Spicer	1:45:04
-	Lucilla O'brien	1:45:34
-	Lisa Bracken	1:45:51
-	John Reade	1:50:49

Harrow Half Marathon - 16th September

POS	NAME	TIME
-	Teresa Warren	01:47:47
-	Lucilla O'Brien	02:17:25

Inov8 Maverick Race 21km - 16th September

POS	NAME	TIME
-	Richard Moore	02:06:56

Rutland Half Marathon - 16th September

POS	NAME	TIME
-	Emily Prejac	01:46:37
-	Andrew Dunn	01:59:35

Richmond RunFest Pirate 5k– 15th September

POS	NAME	TIME
-	Johanna Hadley	00:25:19
-	Rob Lee	00:25:42
-	John Reade	00:31:55
-	Shelah Surgey	00:33:59
-	Karen Mulholland	00:33:59
-	Clare Bates	00:34:03
-	Deb Hooker	00:35:40
-	Ursula Hewson	00:39:15
-	Karen Larrington	00:42:04
-	Cheryl Currant	00:45:09
-	Emma Caswell	00:45:09

Richmond Runfest Kew Gardens 10k – 15th September

POS	NAME	TIME
-	Johanna Hadley	00:50:50
-	John Reade	01:00:54
-	Shelah Surgey	01:01:44
-	Clare Bates	01:03:19
-	Karen Mulholland	01:05:20
-	Ursula Hewson	01:11:14
-	Deb Hooker	01:11:43
-	Cheryl Currant	01:20:42
-	Karen Larrington	01:20:44
-	Emma Caswell	01:20:48

Great North Run– 9th September

POS	NAME	TIME
-	Mark Cornell	01:42:29

-	Dean Bulger	01:53:20
-	Zoe Ewins	02:21:55
-	Suzanne Spicer	02:26:06
-	Claire Belmar	02:29:09
-	Scott Baillie	02:30:45
-	Julia Ballie	02:30:46
-	Cheryl Ryan	02:33:05
-	David Ryan	02:35:26
-	Ali Gransby	02:41:06
-	Janica Thompson	02:41:12
-	Sarah Cornell	02:45:08
-	Ursula Hewson	02:54:32

Welwyn Half Marathon– 9th September

POS	NAME	TIME
-	Darren Wilson	01:26:15
-	Rob Connors	01:38:29
-	Lisa Jane Phee	01:58:31
-	Melody Ntambalika	02:11:40

Welwyn Half Marathon– 9th September

POS	NAME	TIME
-	Becky Sharpe	04:20:01

Dunstable Downs Challenge Half Marathon– 2nd September

POS	NAME	TIME
-	Darren Wilson	1:31:31
-	John Murphy	1:39:35
-	Cahal McConville	1:44:16
-	Scott Ayres	1:54:54

-	Clifford Punter	2:16:37
-	Paul Stack	2:17:04
-	Phil Tubbs	2:25:30
-	Jeanette Walster	2:27:39
-	Greer Kidney	2:27:47
-	Tara Pountney	2:28:05
-	Lisa Bracken	2:30:27
-	Kelly Bywaters	2:37:43
-	Carmel Jarman	2:37:44
-	Nichola Dent	2:37:46
-	Lucilla O'brien	2:37:47
-	Phil Brogan	2:57:54
-	Matt Gibbons	2:57:55

Dunstable Downs Challenge 20 Miles– 2nd September

POS	NAME	TIME
-	Mark Peddar	2:43:56
-	Liam Hoare	2:43:56
-	Richard Moore	2:55:03
-	Steven Kerin	3:01:40
-	Mike Reilly	3:38:27
-	Ian Sage	4:05:36
-	Shelah Surgey	5:12:55
-	John Reade	5:13:26

Dunstable Downs Challenge Marathon– 2nd September

POS	NAME	TIME
-	Mick Courtney	3:53:02
-	Scott Riddell	4:10:10
-	Michael Jackson	4:21:28

-	Sus McAvock	4:33:16
-	Craig Sweet	4:33:16
-	Dean Bulger	4:46:26
-	Jonathan Venning	5:20:59
-	Johanna Hadley	6:39:38
-	Christina Lawrence	6:39:38
-	Lisa Phee	6:39:38

Bedford Half Marathon – 1st September

POS	NAME	TIME
-	Liam Dellar	1:33:03
-	Emily Prejac	1:33:55
-	Anastasia Murphy	2:02:30
-	Richard Evans	2:21:57

Bedford Twilight 10k – 1st September

POS	NAME	TIME
-	Jose Santos	47:13
-	Shilen Mantri	47:56
-	Owen Hendry	51:14
-	Amanda Jeffreys	55:49
-	Steven McAllister	1:04:14
-	Jackie Muir	1:12:09
-	Susan Robinson	1:19:55
-	Sarah Caswell	1:22:13
-	Meryl Dimmock	1:37:08

AUGUST

Karakoram Marathon, Pakistan– 29th August

POS	NAME	TIME
-	Dan Micola	07:26:00

Burnham Beeches Half Marathon– 11th August

POS	NAME	TIME
-	Darran Wilson	1:27:39
-	Teresa Warren	1:45:41
-	Dean Bulger	1:46:59
-	Tara Pountney	2:25:08

Great Yarmouth Half Marathon – 11th August

POS	NAME	TIME
-	Richard Evans	02:24:40

Salisbury 54321 Marathon – 11th August

POS	NAME	TIME
-	Dan Micola	05:34:22

Stopsley 5 mile – 11th August

POS	NAME	TIME
-	Emma Caswell	00:57:49
-	Adam Langford	01:07:40

Stopsley 10 mile – 11th August

POS	NAME	TIME
-	Neil Carrant	1:12:59
-	James Young	1:19:54
-	Owen Hendry	1,32,09
-	Amanda Jeffreys	1:32:12
-	Patricia McSkeane	1:50:56

Bearbrook 10k – 5th August

POS	NAME	TIME
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-	Neil Currant	00:41:46
-	Mel Ntambalika	00:57:20
-	Clare Bates	01:02:39
-	Cheryl Currant	01:07:23
-	John Reade	01:07:53
-	Karren Larrington	01:10:52
-	Shelah Surgey	01:11:05

Dovedale Dipper Challenge – 5th August

POS	NAME	TIME
-	Dan Micola	07:54:00

JULY

Doug Anderson 10k – 25th July

POS	NAME	TIME
1 st MV45	Darran Wilson	00:18:40
-	Sarah Shynn	00:24:39
1 st FV65	Margaret Dewinter	00:25:21
-	John Reade	00:29:29

Scorcher Run Marathon – 21st July

POS	NAME	TIME
-	Dan Micola	05:15:30

Beds AAA 10k – 20th July

POS	NAME	TIME
1 st Male 40	Darran Wilson	0038:42
3 rd Female 40	Tara Quinn	00:53:41

Iron Man (2:4 mile swim, 112 mile bike, marathon run) – 15th July

POS	NAME	TIME
-	Steve Burgess	01:13:25, 05:25:36, 04:49:53

Fairlands Valley Challenge 18 Miles – 15th July

POS	NAME	TIME
-	Teresa Warren	03:49:00

Luton Series 10k – 15th July

POS	NAME	TIME
-	Neil Currant	00:44:47
-	Robert Curtis	0:47:50
-	Sue McAvok	00:52:09
-	Ian Sage	00:58:12
-	Johanna Hadley	00:58:17
-	Lee Jarman	00:58:19
-	Anne Golding	00:58:42
-	Carmel Jarman	01:01:11
-	Kelly Bywaters	01:01:36
-	Alison Hunt	01:02:41
-	Mel Ntambalika	01:04:45
-	Martin Cowley	01:10:33
-	John Reade	01:10:34
-	Toby Noblett	01:10:54
-	Cheryl Currant	01:19:11
-	Karen Mulholland McGroary	01:19:35
-	Adam Mitchell	01:20:27
-	Samantha Hinton	01:20:27
-	Shelah Surgey	01:20:27
-	Jeanette Eames	01:28:09

British 10k – 15th July

POS	NAME	TIME
-	Claire Thomas	00:53:08

Milton Keynes 10k – 10th July

POS	NAME	TIME
-	Mark Peddar	00:39:44
-	Mick Courtney	00:42:44
-	Cahal Mcconville	00:43:23
-	Clifford Punter	00:55:14

Ware 10 mile – 8th July

POS	NAME	TIME
-	a	01:13:49

JUNE

Great Barrow Challenge (10 marathons in 10 days!) - 28th June - 7th July

Dan Micola

POS	NAME	TIME
	28 Jun 2018- Circle Course	05:46:01
-	29 Jun 2018- Kirtling Course	06:15:53
-	30 Jun 2018- Clover Course	06:42:32
-	1 Jul 2018- Wickhambrook Course	06:46:08
-	2 Jul 2018- Thetford Course	06:40:22
-	3 Jul 2018- Newmarket Course	06:23:52
-	4 Jul 2018- GBC Village Course	05:58:43
-	5 Jul 2018- Wickhambrook Course	06:45:33
-	6 Jul 2018- Circle Course	06:26:23
-	7 Jul 2018- Clover Course	06:33:33

Hitchin Hard Half Marathon – 24th June

POS	NAME	TIME
-	Teresa Warren	01:57:41

John O'Callaghan 5 Mile (Luton Series) – 24th June

POS	NAME	TIME
-	James Young	30:45
-	Darran Wilson	31:41
-	Neil Currant	33:09
-	Emily Prejac	35:53
-	ROBERT CURTIS	36:24
-	Sue Mcavock	39:28
-	Margaret De Winter	42:42
-	Johanna Hadley	42:51
-	Anne Golding	43:41
-	Ian Sage	43:56
-	Richard Evans	44:13
-	Lee Jarman	45:22
-	Carmel Jarman	46:13
-	Kelly Bywaters	46:13
-	Alison Hunt	46:47
-	Tina Kenyon	46:5
-	Melody Ntambalika	47:59
-	Martin Cowley	53:03
-	John Reade	54:2
-	Tony Noblett	55
-	Cheryl Currant	55:16
-	Karen Mulholland-Mcgroary	55:31
-	Adam Mitchell	58:29
-	Jeanette Eames	58:29

Midnight Mountain Marathon – 23rd June

POS	NAME	TIME
-	Dan Micola	06:53:00

Bedford 10k – 17th June

POS	NAME	TIME
-	Darren Wilson	38:55
-	Scott Riddell	41:53
-	Becky Sharpe	48:00

Salomon Trail Marathon – 16th June

POS	NAME	TIME
-	Mark Peddar	04:23:56
-	Mick Courtney	04:28:56
-	Mark Cornell	04:39:01
-	Cahal Mcconville	04:42:08
-	Richard Moore	05:16:46
-	Dean Bugler	05:59:02
-	Rob Curtis	06:12:58
-	Anne Golding	06:12:59
-	Johanna Hadley	06:45:05
-	Tara Pountney	06:45:09
-	Zoe Ewins	06:45:09

Salomon Trail Half Marathon – 16th June

POS	NAME	TIME
-	Bryn Thomas	02:30:30
-	Claire Thomas	02:42:26
-	Lisa Bracken	03:02:17
-	Sarah Cornell	03:45:52
-	Janica Thompson	03:45:53

Race to the Tower 52:4 miles!– 9th& 10th June

POS	NAME	TIME
36 th Lady	Zoe Ewins	15:20:57

St Albans Half Marathon– 10th June

POS	NAME	TIME
-	Lee Murphy	01:29:00
-	Stuart Berry	01:33:22
-	Hallam Smallpeice	01:39:18
-	Andrew Dunn	01:51:05
-	Bex Sharpe	01:53:00
-	Claire Thomas	01:57:31
-	JP Mercer	01:59:23
-	Phil Tubbs	01:58:52
-	Carmel Jarman	02:09:10
-	Kelly Bywaters	02:12:22
-	Suzanne Spicer	02:27:11
-	Claire Bates	02:33:16
-	Cheryl Currant	02:47:35
-	Shelah Surgey	03:00:17

Upper Heyford Airbase Half Marathon– 10th June

POS	NAME	TIME
-	Phil Brogan	01:42:09

Dorney Lake 10k– 9th June

POS	NAME	TIME
-	Shilen Mantri	00:26:17

Marston Forest 5k– 8th June

POS	NAME	TIME
-	Lee Murphy	00:17:57
-	James Young	00:18:06
-	Winston Woodward	00:18:26
-	Darran Wilson	00:18:36
-	Ben Warren	00:18:45
-	Neil Currant	00:19:48
-	Scott Riddell	00:19:50
-	Mark Cornell	00:20:25
-	Emily Prejac	00:21:12
-	Teresa Warren	00:22:43
-	Jonathan Warren	00:23:22
-	Liz Harding	00:23:36
-	Claire Thomas	00:23:59
-	Margaret De Winter	00:24:32
-	Carmel Jarman	00:25:03
-	Kelly Bywaters	00:26:34
-	Ian Sage	00:26:57
-	Melody Ntambalika	00:27:47
-	John Reade	00:29:25
-	Tara Pountney	00:29:42
-	Cheryl Currant	00:30:18
-	Shelah Surgey	00:30:30
-	Stacey Bartlett	00:30:44
-	Jose Santos	00:31:04
-	Sarah Cornell	00:31:26
-	Claire Belmar	00:31:45
-	Deb Hooker	00:32:10
-	Emma Caswell	00:32:12
-	Ursula Hewson	00:32:30

-	Clare Bates	00:32:54
-	Wendy Mitchell	00:36:08
-	Adam Langford	00:36:08
-	Karen Mulholland-Mcgroary	00:36:10

Chicks & Chaps Series – Event#2 – 5k– 7th June

POS	NAME	TIME
1	Lee Murphy	00:18:26
3 rd Lady	Lisa Phee	00:23:08

Chicks & Chaps Series – Event#2 – 10k– 7th June

POS	NAME	TIME
1	James Young	00:38:06
3 rd Lady	Teresa Warren	00:47:15
-	Ben Warren	00:48:44

The Aruba Marathon, Nordic, Aruba– 2nd June

POS	NAME	TIME
-	Dan Micola	05:14:30

MAY

Vitality 10,000– 28th May

POS	NAME	TIME
-	Shilen Mantri	00:46:24
-	Ian Sage	00:54:23
-	Melody Ntambalika	01:01:53
-	Gary Mardle	01:24:26

Maraton Stazama Branka Ćopića, Novi Grad, Bosnia and Herzegovina– 27th May

POS	NAME	TIME
-	Dan Micola	05:25:00

Jesolo Moonlight Half Marathon, Venice– 26th May

POS	NAME	TIME
-	Mark Cornell	1:42:51
-	Dean Bugler	1:52:22
-	Dave Ryan	2:22:14
-	Tara Pountney	2:23:39
-	Zoe Ewins	2:23:39
-	Sarah Cornell	2:42:39
-	Cheryl Ryan	2:42:39

OSIM Sundown Marathon– 20th May

POS	NAME	TIME
-	Dan Micola	5:25:00

Corby Race for Life 10k– 20th May

POS	NAME	TIME
-	Karen Mulholland	-

Buckingham Half Marathon – 20th May

POS	NAME	TIME
-	Andrew Dunn	1:50:05
-	Scott Ayres	1:49:37

Wheathampstead 10k – 20th May

POS	NAME	TIME
-	Darran Wilson	41:15
-	Nicola Cassidy	1:00:30

Liverpool Rock n Roll Marathon– 20th May

POS	NAME	TIME
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-	Lee Murphy	3:07:22
-	Carmel Jarman	4:54:16
-	Kelly Bywaters	5:14:58
-	Phil Tubbs	5:14:58

Liverpool Rock n Roll Half Marathon– 20th May

POS	NAME	TIME
-	Neil Currant	1:37:21
-	Sue Mcavock	1:48:32
-	Claire Thomas	1:51:03
-	Sharon Hawkins	2:01:21
-	Magdalena Golebiewska	2:01:21
-	Mel Mwa-Sylvester	2:09:40
-	Hayley Keeble	2:12:01
-	Lee Jarman	2:12:05
-	Clare Bates	2:24:06
-	Nicola Dent	2:25:42
-	Shelah Surgey	2:26:58
-	Claire Belmar	2:38:01
-	Ursula Hewson	2:43:11
-	Jeanette Eames	2:43:41
-	Cheryl Currant	2:46:28
-	Deb Hooker	2:50:18
-	Martin Cowley	3:22:59
-	Wendy Mitchell	3:23:02
-	Lorna Morison	3:23:02

Liverpool Rock n Roll 5k– 19th May

POS	NAME	TIME
-	Lee Jarman	23:38

-	Magdalena Golebiewska	27:14
-	Mel Mwa-Sylvester	27:45
-	Sharon Hawkins	29:08
-	Sue Mcavock	29:08
-	Claire Thomas	29:12
-	Shelah Surgey	29:37
-	Alison Hunt	31:07
-	Clare Bates	31:08
-	Ursula Hewson	32:29
-	Claire Belmar	32:43
-	Deb Hooker	34:14
-	Martin Cowley	36:12
-	Cheryl Currant	38:47
-	Lorna Morison	38:48
-	Wendy Mitchell	38:48
-	Jeanette Eames	41:54

Hitchin 10k– 13th May

POS	NAME	TIME
-	Joanna Jeffs	50:14
-	Caron Cannell	52:28

Green Ways Challenge Half Marathon – 13th May

POS	NAME	TIME
-	Scott Ayres	1:47:21
-	Martin Kidney	2:01:24
-	Jeanette Walster	2:08:21
-	Greer Kidney	2:08:22

Halstead & Essex Marathon – 13th May

POS	NAME	TIME
-	Dan Micola	4:35

London 10 – 13th May

POS	NAME	TIME
-	Dean Bugler	1:21:05
-	lisa bracken	1:44:02
-	Cheryl Denton	1:49:03
-	Janica Thompson	1:54:24

Rotary Shakespeare Marathon– 13th May

POS	NAME	TIME
-	Emily Prejac	3:24:17
-	Zoe Ewins	4:56:19

Rotary Shakespeare Half Marathon– 13th May

POS	NAME	TIME
-	Mark Cornell	1:38:49

Chicks & Chaps Race 1 10k – 10th May

POS	NAME	TIME
1	James Young	38:21
-	Teresa Warren	46:04

Chicks & Chaps Race 1 5k – 10th May

POS	NAME	TIME
1	Lee Murphy	18:07
-	Lisa Phee	23:15

Silverstone 10k– 9th May

POS	NAME	TIME
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-	Darren Wilson	38:20
-	Richard Reid	42:04
-	Emily Prejac	43:01
-	Andrew Dunn	43:17

MK Marathon – 7th May

POS	NAME	TIME
-	Liam Dellar	4:19:57
-	Johanna Hadley	5:08:45
-	Tara Pountney	5:15:14
-	Martina Mcintyre	5:31:32
-	Dan Micola	5:50:38

MK Half Marathon – 7th May

POS	NAME	TIME
-	Shilen Mantri	1:53:30
-	Dean Bugler	1:55:20
-	Teresa Warren	1:58:21
-	Phil Brogan	2:02:18
-	Liz Harding	2:02:27
-	Carmel Jarman	2:07:09
-	Robert Haylock	2:08:48
-	Lynn Russell	2:09:56
-	Craig Sweet	2:09:57
-	Melody Ntambalika	2:14:20
-	Phillip Tubbs	2:17:50
-	Kelly Bywaters	2:19:09
-	Lee Jarman	2:21:56
-	Sarah Humphreys	2:32:35

-	Suzanne Spicer	2:34:08
-	Jeannette Eames	3:07:15
-	Martin Cowley	3:07:16

MK Marathon Relay - 7th May

POS	NAME	TIME
-	Top Cats (Lee Harper, Mark Cornell, Cahal Mcconville, Mark Peddar)	03:07:21
-	In it for the 3rd Medal (John Reade, Neil Currant, Shelah Surgey, Cheryl Currant)	04:49:39
-	Crocadoodledoos (Adam Langford, Karen Larrington, Claire Lamond, Ursula Hewson)	05:29:15

MK Rocket 5k- 6th May

POS	NAME	TIME
-	Neil Currant	19:42
-	Phil Brogan	21:33
-	Liz Harding	22:33
-	Joanna Jeffs	23:40
-	Caron Cannell	23:47
-	Teresa Warren	24:12
-	Poppy Russell	24:44
-	Suzanne Spicer	27:28
-	Sarah Humphreys	27:29
-	Cheryl Currant	29:16
-	Jose Santos	29:16
-	Shelah Surgey	30:13
-	John Reade	30:16
-	Martin Cowley	31:09
-	Claire Belmar	31:25
-	Jeanette Eames	33:15

-	Adam Langford	33:16
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Great Birmingham 10k – 6th May

POS	NAME	TIME
-	James Young	50:56

APRIL

Flitwick 10k– 29th April

POS	NAME	TIME
-	Lee Murphy	38:07
-	Winston Woodward	38:41
-	Darran Wilson	38:57
-	Liam Hoare	39:10
-	John Murphy	39:48
-	James Young	39:55
-	Sean Byrne	41:49
-	Jose Santos	42:23
-	Mick Courtney	42:49
-	Neil Currant	43:14
-	Emily Prejac	44:35
-	Lisa Jane Phee	49:15
-	Sue McAvock	49:14
-	Carmel Jarman	49:23
-	Joanna Jeffs	50:05
-	John Mercer	50:52
-	Lee Jarman	50:46
-	Caron Cannell	52:09
-	Andrew Derbidge	53:11
-	Lynn Russell	53:08
-	Sharon Hawkins	53:33

-	Margaret De Winter	53:47
-	Ian Sage	54:38
-	Kelly Bywaters	54:39
-	Johanna Hadley	55:56
-	Steve Crossley	56:51
-	Magdalena Golebiewska	57:11
-	Melody Ntambalika	57:25
-	Andrew Duffy	58:26
-	James Bunyan	58:31
-	Jonathan Venningg	1:00
-	John Reade	1:02
-	Clare Bates	1:03
-	Karen Mulholland-Mcgroary	1:04
-	Cheryl Currant	1:04
-	Tony Noblett	1:05
-	Paula Kearney	1:08
-	Deb Hooker	1:08
-	Ursula Hewson	1:10
-	Diane White	1:11
-	Beccy Shotbolt	1:13

London Marathon – 22nd April

POS	NAME	TIME
-	Mark Peddar	3:26:21
-	Lee Murphy	3:32:07
-	John Murphy	3:32:07
-	Mark Cornell	3:35:28
-	Emily Prejac	3:50:11
-	Claire Thomas	4:07:57
-	Craig A-sweet	4:29:49

-	Anne Golding	4:31:55
-	Wendy Cope	4:40:43
-	Dean Bugler	4:44:51
-	Debs SF	4:51:14
-	Richard Moore	5:02:39
-	Anastasia Murphy:	5:29:57
-	Shelah Surgey	5:32:24
-	Sarah Caswell	5:32:24

Brighton Marathon – 15th April

POS	NAME	TIME
-	Darren Wilson	3:02:39
-	Mick Courtney	3:26:55
-	Mike Jackson	3:40:03
-	Ian Early	3:41:58
-	Scott Riddell	3:55:04
-	Carmel Jarman	4:04:14
-	Sue Mcavock	4:04:37
-	Liz Hardy	4:18:03
-	Phil Brogan	4:20:38
-	Kelly Bywaters	4:23:15
-	Greer Kidney	4:23:48
-	Magdalena Golebiewska	4:32:05
-	Maria Mckenna	4:33:50
-	Richard Evans	4:51:22
-	Mel Sylvester	4:54:32
-	Kerrie Finley	4:54:38
-	Jeanette Eames	5:12:53

Brighton 10k – 15th April

POS	NAME	TIME
-	James Young	00:38:22
-	Johanna Hadley	00:51:47
-	Sharon Hawkins	00:53:16
-	Lee Jarman	00:53:16
-	Zoe Ewins	00:54:54
-	Dave Ryan	00:56:14
-	Lisa Bracken	00:58:83
-	Tara Pountney	01:00:45
-	Cheryl Ryan	01:05:08
-	Sarah Cornell	01:05:12
-	Janica Thompson	01:06:32
-	Deb Hooker	01:12:14

Manchester Marathon – 8th April

POS	NAME	TIME
-	Lisa Jane Phee	04:19:05

Manchester Marathon Relay – 8th April

POS	NAME	TIME
-	2 Teams Unite (inc: Liz Harding & Phil Brogan)	03:35:51

Paris Marathon – 8th April

POS	NAME	TIME
-	Johanna Hadley	04:22:42

Sandy 10 mile – 8th April

POS	NAME	TIME
-	Lee Murphy	01:05:35

-	Emily Prejac	01:12:17
-	Mick Courtney	01:13:54
-	Scott Ayres	01:19:12
-	Carmel Jarman	01:22:07
-	Kelly Bywaters	01:25:03
-	Paul Stack	01:28:38
-	Ian Sage	01:30:23
-	John Reade	01:57:13

Grand Union Half Marathon – 8th April

POS	NAME	TIME
-	Wendy Cope	02:06:25
-	Paul Eggleton	02:06:45

Leighton 10k - 8th April

POS	NAME	TIME
-	Neil Currant	00:43:28
-	Lisa Bracken	01:04:08
-	Cheryl Currant	01:09:54

MARCH

Dorney Lake Marathon Prep 20 Miles – 25th March

POS	NAME	TIME
-	Craig Sweet	2:51:34
-	Zoe Ewins	3:38:18
-	Tara Pountney	3:38:19

Bedford 20 – 25th March

POS	NAME	TIME
-	Jose Santos	02:36:53

-	Sue Mcavock	02:57:30
-	Teresa Warren	03:02:20
-	Carmel Jarman	03:04:27
-	Claire Thomas	03:10:01
-	Kelly Bywaters	03:17:14
-	Johanna Hadley	03:20:35
-	Jeanettes Walster	03:24:37
-	Greer Kidney	03:24:51
-	Deborah Fantini	03:28:04
-	Melody Ntambalika	03:29:18
-	Magdalena Golebiewska	03:29:20
-	Shelah Surgey	03:46:33
-	Sarah Caswell	03:46:33

Coniston 14– 24th March

POS	NAME	TIME
-	John Mercer	02:11:42

Ashridge Boundary Run – 17th March

POS	NAME	TIME
-	Mick Courtney	02:17:32
-	Phil Brogan	02:36:20
-	Liz Harding	02:36:32
-	Steve Burgess	02:43:23
-	Sue Mcavock	02:52:33
-	Greer Kidney	03:07:31
-	Wendy Cope	03:10:57
-	Craig Sweet	03:11:10
-	Lisa Phee	03:11:45
-	Claire Thomas	03:24:13

-	Alison Hunt	03:34:22
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Harpenden Half Marathon – 11th March

POS	NAME	TIME
-	Scott Ayres	01:51:50
-	Magdalena Golebiewska	02:21:22

Milton Keynes Festival of Running 20 Mile – 11th March

POS	NAME	TIME
-	John Murphy	02:26:23
-	Lee Murphy	02:28:33
-	Liam Dellar	02:31:15
-	Scott Riddell	02:34:54
-	Ian Early	02:41:20
-	Richard Moore	02:48:23
-	Sue Mcavock	02:51:19
-	Mick Courtney	02:54:45
-	Martina Mcintyre	02:59:51
-	Johanna Hadley	03:11:40
-	Alison Hunt	03:30:25

Milton Keynes Festival of Running Half Marathon – 11th March

POS	NAME	TIME
-	Darran Wilson	01:24:17
-	Jose Santos	01:38:05
-	Phillip Tubbs	01:55:42
-	Paul Stack	01:58:34
-	Melody Ntambalika	02:10:32
-	Tina Kenyon	02:37:12

Milton Keynes Festival of Running 10k – 11th March

POS	NAME	TIME
-	James Young	00:41:53
-	Caron Cannell	00:53:30
-	Margaret Dewinter	00:55:07

The Big Half – 4th March

POS	NAME	TIME
-	Lee Murphy	1:29:17
-	John Murphy	1:30:08
-	Emily Prejac	1:34:11
-	Kevin Darcy	1:36:07
-	Teresa Warren	1:49:50
-	Debs SF	1:57:55
-	Sarah Caswell	2:11:26
-	Dave Ryan	2:15:23
-	Cheryl Currant	2:28:20
-	Cheryl Ryan	2:30:41
-	Stacey Bartlett	2:33:54
-	Amanda Rankin	2:34:10
-	Karen Mulholland-Mcgroary	2:34:52
-	Karen Larrington	2:35:55
-	Diane White	2:36:29
-	Clare Bates	2:36:43
-	Claire Lamond	2:38:51
-	Ursula Hewson	2:39:18
-	Claire Pinnell Brown	2:42:44
-	Claire Belmar	2:44:14
-	Paula Kearney	2:49:52

-	Deb Hooker	2:52:43
-	Emma Caswell	2:58:55
-	Beccy Shotbolt	3:01:42
-	Wendy Mitchell	3:01:43

FEBRUARY

Thorpe Park Half Marathon– 25th February

POS	NAME	TIME
-	Dean Bugler	01:42:09

The Grand Brighton Half Marathon– 25th February

POS	NAME	TIME
-	Liam Hoare	01:24:54
-	Mark Peddar	01:25:22
-	Mark Cornell	01:34:09
-	Sarah Cornell	02:38:40

Baldock Beast Half Marathon– 25th February

POS	NAME	TIME
-	Mick Courtney	01:34:33
-	Scott Riddell	01:34:38

Richmond Half Marathon– 18th February

POS	NAME	TIME
-	Teresa Warren	01:49:02

MK Winter Half Marathon– 18th February

POS	NAME	TIME
-	John Murphy	1:29:06
-	Lee Murphy	1:29:06

-	Lisa Jane Phee	1:51:26
-	Joanna Jeffs	1:54:37
-	Anastasia Murphy	2:07:59
-	Clare Bates	2:28:19

Bramley 20 – 11th February

POS	NAME	TIME
-	Mark Pedder	02:17:21
-	Darran Wilson	02:20:07
-	Lee Murphy	02:29:03
-	John Murphy	02:28:55
-	Martina Mcintyre	02:41:21
-	Lisa Phee	03:23:22

Bramley 10 – 11th February

POS	NAME	TIME
-	Martin Cowley	01:47:17
-	Jeannette Eames	01:47:18

Love Welwyn 10k – 11th February

POS	NAME	TIME
-	Carmel Jarman	51:51
-	Kelly Bywaters	54:06
-	Suzanne Spicer	1:03:47

CRUK Winter Run 10k – 4th February

POS	NAME	TIME
-	Melody Ntambalika	58:08:00
-	Sharon Hawkins	59:42:00

-	Magdalena Golebiewska	59:42:00
-	Claire Lamond	1:01:41
-	Clare Bates	1:06:33
-	Karen Mulholland-Mcgroary	1:07:12
-	Cheryl Currant	1:07:37
-	Karen Larrington	1:10:02
-	Ursula Hewson	1:13:48
-	Emma Caswell	1:14:17
-	Wendy Mitchell	1:14:19
-	Adam Langford	1:15:16
-	Deb Hooker	1:15:17
-	Lorna Morison	1:16:29
-	Claire Belmar	1:35:23

JANUARY

Essendon Country Club 10k – 21st January

POS	NAME	TIME
42	Andrew Dunn	00:54:06
146 Finishers		

Fred Hughes 10 – 21st January

POS	NAME	TIME
57	Liam Hoare	01:03:50
96	Mark Pedder	01:07:13
97	Darran Wilson	01:07:17
108	Steven Kerin	01:08:09
148	Scott Riddell	01:10:52
164	Mark Cornell	01:11:46
173	James Young	01:12:26
184	Sean Byrne	01:12:44

186	Cahal Mcconville	01:13:12
195	Benjamin Wells	01:13:31
200	Mick Courtney	01:14:05
205	Phil Brogan	01:14:13
226	Craig A-Sweet	01:15:44
246	Ian Early	01:17:16
254	Robert Curtis	01:17:56
269	Dean Bugler	01:18:42
293	Scott Ayres	01:19:13
330	Bryn Thomas	01:21:09
405	Claire Thomas	01:25:57
430	Liz Harding	01:27:17
446	Carmel Jarman	01:27:11
456	Lisa Jane Phee	01:28:31
458	Lee Jarman	01:27:50
469	Anne Golding	01:29:22
499	Kelly Bywaters	01:30:00
618	Tara Pountney	01:39:58
631	Sarah Caswell	01:40:36
632	Melody Ntambalika	01:40:39
660	Martin Cowley	01:43:43
686	Shelah Surgey	01:47:30
695	Diane White	01:49:24
703	Jeannette Eames	01:50:28
704	Karen Mulholland-Mcgroary	01:50:32
711	Clare Bates	01:51:43
713	Cheryl Currant	01:52:25
755 Finishers		

Xiamen Marathon, China– 7th January

POS	NAME	TIME
	Dan Micola	05:25:00