

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard	
1-Jan-2020	Bedford Park Run 5K*	Joe Strange		17	23	PB	100	74.83% Gold	
		Mark Waine		17	55		99	80.45% Elite	
		Philip Mead		19	46		98	65.63% Silver	
		Michelle Morris		23	32		97	61.71% Bronze	
		Gary Morris		24	23		96	66.90% Silver	
		Vickie Humber		38	03		95	41.42%	
	Beds Road Lottery Ride Cycle 11.3M	Steve James		32	00				
		Paula James		47	00				
		Phil Berton		55	00				
	Burgess Park Run 5K*	Warwick Payne		20	57			68.27% Silver	
	Gadebridge Park Run 5K*	Megan McCreddie		27	27			52.46%	
	Great Denham Park Run 5K*	Joe Strange		16	40	PB Family Flyer	100	78.05% Elite	
		Chris Littlejohn		17	03			99	79.63% Elite
		Mark Waine		18	19			99	78.69% Elite
		Leigh Pilgrim		21	24			98+3	61.69% Bronze
		Colin Woods		21	25			97	60.70% Bronze
		John Cross		22	22			96+2	66.01% Silver
		Martin Godin		22	46			95+2	70.93% Gold
		Tim Harris		23	30			94	56.96%
		Martin Lees		24	50			93+1	59.95%
		Kara Farmer		25	07				61.18% Bronze
		Paul Farmer		25	08			92	54.41%
		Mei Trace		25	43			91	65.32% Silver
		Helen Kearns		26	36			90+2	68.52% Silver
		Charlene Halpin		27	27			89	52.44%
		Pat Godfrey		31	25			88	64.83% Bronze
Lyndsey Bithrey		35	07	87	49.76%				
Vickie Humber		45	02	86	35.00%				
	Houghton Hall Park Run 5K*	Haydon Littlewood		25	15			53.77%	
		Clare Littlewood		25	16			60.31% Bronze	
		Rebecca Fleckney		29	00			51.69%	
		Lionel Mann		46	10			43.29%	
	Luton Wardown Park Run 5K*	Lionel Mann		43	45			45.68%	
	Millennium Country Park Run 5K*	Leigh Pilgrim		20	43		100	63.73% Bronze	
		Stephen Mullens		22	23		99	68.84% Silver	
		Martin Lees		25	43		98	57.89%	
		Deborah Salmon		27	22		97+1	70.60% Gold	
		Siobhan Lees		28	50		96	61.88% Bronze	
	Rushmere Park Run 5K*	Martin Beare		20	06			76.66% Elite	
		Rebecca Fleckney		52	54			28.34%	
	Southwark Park Run 5K*	Warwick Payne		21	49			65.56% Silver	
	St.Albans Park Run 5K*	Megan McCreddie		25	46			55.89%	
	Tring Park Run 5K*	Andrew Dodds		24	04			53.91%	
		Jess Anstee		25	14			58.46%	
	Wendover Woods Park Run 5K*	Andrew Dodds		22	17			58.22%	
		Jess Anstee		23	50			61.90% Bronze	
	Willen Lake (MK Park Run) 5K*	Stephen Mullens		26	14			58.74%	
2-Jan-2020	Eagle Drive Time Trial 5K*	Sunil Sharma		20	01	Joined since Event		69.32% Silver	
		Philip Mead		20	12			64.22% Bronze	
		Andy Berton		20	26			68.93% Silver	
		Stuart Price		23	04			60.16% Bronze	
		Cam Morris		24	12			55.43%	
		Richie Jones		24	50			60.96% Bronze	
		Martin Lees		26	18			56.61%	
		Laura Johnston		28	20			59.28%	
		Daniel Hulatt		29	46			43.70%	
		Emily Mead		29	53			48.23%	
		Hayley Matthews		32	27			47.75%	
		Sara Sutton		32	27			47.75%	
Dave Sedgley		38	28	51.96%					
Lionel Mann		44	50	44.58%					
4-Jan-2020	Bedford Park Run 5K*	Steven Upton		18	14			76.66% Elite	
		Dan Karaiskou		22	25			58.07%	
		Michelle Morris		26	16			55.28%	
	Bournemouth Park Run 5K*	Craig Palmer		23	38			54.89%	
	Clare Castle Park Run 5K*	Warwick Payne		23	06			61.91% Bronze	
	County XC Champs (Sen/Vet Men) c11K	Paul Farmer		39	42	2nd MV40 - 2nd MV Team	100		
		Ian Halpin		40	04		99		
		Martin Beare		44	39	1st MV55 - 2nd MV Team	98		
		Ashley Larman		45	11	2nd MV Team	97		
		Will Willmott		46	35	2nd MV Team	96		
		Sunil Sharma		46	50	2nd MV Team	95+1		

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Callum Harrison		48	50		94	
		Ben Stoneman		50	15	2nd MV Team	93+1	
		Jeremy Godfrey		50	31		92	
		Henry Lynn		56	46		91	
	County XC Champs (Sen/Vet Women) c8K	Lisa Wells		41	10	2nd FV50		
		Caroline Armstrong		44	24			
		Rebecca Fleckney		54	28			
	County XC Champs (V60+ Men) c8K	Rob Cook		52	07			
	Ellenbrook Fields Park Run 5K*	Dave Ackerley		23	49			54.47%
	Great Denham Park Run 5K*	John Cross		21	40	ARB	100	68.15% Silver
		Jo Aatkar		22	46		99	73.08% Gold
		Jacqui Morland		23	36		98	65.66% Silver
		Clare Littlewood		24	08		97	63.14% Bronze
		Fraser Geddes		24	23		96+2	53.77%
		Eleanor Keep		25	15		95+2	57.17%
		Charlene Halpin		28	02		94	51.35%
		Caroline Cook		28	11		93+1	55.92%
		Paresh Aatkar		28	38		92+1	52.87%
		Adam Street		28	40		91+1	45.44%
		Pat Godfrey		31	50		90	63.98% Bronze
		Lyndsey Bithrey		35	48		89	48.81%
	Heaton Park Park Run 5K*	Heledd Rimmer		23	09	Joined since Event - Bury AC		63.19% Bronze
	Houghton Hall Park Run 5K*	Samantha Walters		28	19			53.81%
	Luton Wardown Park Run 5K*	Sunil Sharma		35	04			39.57%
		Lionel Mann		42	31			47.01%
	Millennium Country Park Run 5K*	Stephen Mullens		22	31	Joined since Event	100	68.44% Silver
		Jeremy Bell		24	30		99	62.34% Bronze
		Martin Lees		24	37		98	60.48% Bronze
		Andy Ralphs		26	57		97	53.48%
		Cassie Wood		32	21			47.90%
		Ann Davies		34	15		96	54.45%
	Willen Lake (MK Park Run) 5K*	Jess Anstee		21	57			67.21% Silver
		Andrew Dodds		22	10			58.53%
	Wimpole Estate Park Run 5K*	Justine Cullen		40	05			40.75%
11-Jan-2020	Chiltern League XC - Keysoe Equestrian Centre Men (c10.2K)	Joe Strange		38	27	Bedford&Cty	(100)	
		Simon Read		44	29	Redway Runners	(99)	
		Callum Harrison		46	57		98	
		Philip Mead		49	38		97	
		Ben Stoneman		49	59		96	
		Jamie Keane		56	00		95	
	Chiltern League XC - Keysoe Equestrian Centre Women (c6.1K)	Jess Anstee		28	19	Gade Valley Harriers	100	
		Abi Wells-Day		28	24		99+1	
		Lisa Wells		29	39		98	
		Katie Ruditis		30	38		97	
		Megan McCreddie		32	26		(96)	
		Rebecca Fleckney		37	02		95	
	Clevedon Salthouse Fields Park Run 5K*	Paula James		29	19			58.41%
	Coventry Park Run 5K*	Warwick Payne		21	24			66.83% Silver
	Forest Rec Park Run 5K*	Sofia Aatkar		28	19	Family Flyer		50.94%
	Great Denham Park Run 5K*	John Cross		21	16	Family Flyer		69.43% Silver
		Richie Jones		23	52			63.43% Bronze
		Joe Strange		24	52			52.31%
		Caroline Cook		28	18			55.69%
		Daren Schofield		30	20	Family Flyer		46.79%
		Emma Schofield		31	40	Family Flyer		47.12%
		Sarah Schofield		35	19			42.79%
	Heaton Park Park Run 5K*	Heledd Rimmer		22	30	Joined since Event - Bury AC		65.01% Silver
	Houghton Hall Park Run 5K*	Vickie Humber		44	01			35.81%
	Luton Wardown Park Run 5K*	Lionel Mann		42	59			46.50%
	Millennium Country Park Run 5K*	Richard Pillinger		19	02	PB	100	73.44% Gold
		Stephen Mullens		22	04		99	69.83% Silver
		Jeremy Bell		24	19		98	62.81% Bronze
		Martin Lees		25	50		97	57.63%
		Daniel Hulatt		26	18		96	49.46%
		Andy Ralphs		26	54		95	53.58%
		Will Carpenter		27	19	Joined since Event		47.72%
		Deborah Salmon		27	34		94	70.09% Gold

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		Holly Papps		28	35		93	50.40%
		Susanna Hare		30	48	Junior Flyer		52.71%
		Cassie Wood		32	17	Joined since Event		48.00%
	SYDNEY, The Ponds Park Run 5K*	Henry Lynn		22	40			64.09% Bronze
12-Jan-2020	3 Counties XC - Dunstable	Tim Harris				M001 - Scorer 1	100	
		Craig Palmer				M002 - Scorer 2	99	
		Joe Strange				M004 - Scorer 3	98	
		Ian Halpin				M007 - Scorer 4	97	
		Paul Farmer				M009 - Scorer 5	96	
		Chris Littlejohn				M010 - Scorer 6	95	
		Steven Upton				M014 - Scorer 7	94	
		Mark Waine				M022 - Scorer 8	93	
		Dave Ackerley				M027	92	
		Dan Karaiskou				M030	91	
		John Decesare				M037	90	
		Martin Beare				M040	89	
		Ashley Larman				M044	88	
		Marcus Cook				M054	87	
		Tom Cawdell				M056	86+6	
		Andy Berton				M057	85+6	
		Barry Stratford				M059	84	
		Will Willmott				M070	83	
		Callum Harrison				M073	82	
		Gavin Nicholson				M077	81	
		James Handley				M082	80+2	
		Jim Hurford				M090	79+2	
		Andrew Dodds				M093	78+2	
		Ross Henson				M100	77+2	
		Sunil Sharma				M118	76+2	
		Abi Wells-Day				F011 - Scorer 1	75+5	
		Philip Mead				M121	74+2	
		Graham Haigh				M131	73+4	
		Jess Anstee				F016 - Scorer 2	72	
		Stuart Price				M133	71+3	
		Jo Aatkar				F019 - Scorer 3	70+3	
		Warwick Browning				M153	69	
		Paul Court				M159	68+2	
		Michelle Morris				F031 - Scorer 4	67	
		Andy Atherton				M160	66+5	
		Dean Shanley				M167	65+1	
		Amy Hayes				F040	64+6	
		Caroline Gilby				F043	63+1	
		Mark Billington				M177	62	
		Caroline Armstrong				F047	61+2	
		Megan McCreddie				F053	60+3	
		Dave Coker				M183	59+3	
		Katie Ruditis				F055	58	
		Terry Mchugh				M188	57	
		Colin Clennett				M194	56+5	
		Fraser Geddes				M197	55+5	
		Rob Cook				M205	54+5	
		Paresh Aatkar				M219	53+5	
		Laura Johnston				F101	52+1	
		Nicola Wilkins				F102	51+1	
		Dave Stanley				M225	50+1	
		Emily Mead				F115	49+2	
		Helen Satterthwaite				F127	48+2	
		Rebecca Fleckney				F128	47	
		Pat Godfrey				F133	46	
		Dave Sedgley				M233	45	
18-Jan-2020	Aldenham Park Run 5K*	Andrew Dodds		20	44			62.57% Bronze
		Jess Anstee		22	21			66.00% Silver
	Bedford Park Run 5K*	Callum Harrison		21	35			60.11% Bronze
		Joe Strange		24	49			52.42%
		Pat Godfrey		30	46			66.20% Silver
	Frimley Lodge Park Run 5K*	Holly Papps		28	09			51.18%
	Holkham Park Run 5K*	John Kenyon		27	38			51.76%
	Houghton Hall Park Run 5K*	Adam Schofield		21	18		100	62.28% Bronze
		Haydon Littlewood		21	47		99	62.33% Bronze
		Clare Littlewood		23	53		98	63.80% Bronze
		Keith Farmborough		30	36		97	53.85%
		Daren Schofield		30	48	Family Flyer		46.08%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Vickie Humber		37	49		96	41.68%
	Luton Wardown Park Run 5K*	Lionel Mann		46	09			43.31%
	Millennium Country Park Run 5K*	Stephen Mullens		22	17		100	69.15% Silver
		Jeremy Lewis		23	46		99+1	61.12% Bronze
		Will Carpenter		26	07	Joined since Event		49.91%
		Martin Lees		26	13		98	56.79%
		Mark Trew		26	29		97	50.90%
		Jakob Wood		29	54	Junior Flyer		47.08%
		Susanna Hare		31	33	Junior Flyer		51.46%
		Cassie Wood		33	26	Joined since Event		46.35%
		Ann Davies		36	19		96	51.35%
	Rushmere Park Run 5K*	Martin Beare		20	17		100	75.97% Elite
		Carly Keens		26	25		99+1	54.49%
		Lisa Wells		26	45		98	62.79% Bronze
		Megan McCreddie		26	50		97+1	53.67%
		Rebecca Fleckney		34	50		96	43.03%
	Willen Lake (MK Park Run) 5K*	Chris Hannigan		23	26			55.36%
19-Jan-2020	Benfleet 15M	Steven Upton	1	45	54			
		Mark Trew	2	7	10			
		Michelle Morris	2	30	19			
	Essendon 5K	Lionel Mann		44	13			45.20%
	St.Albans (Fred Hughes) 10M	Richard Pillinger	1	4	08	PB		74.29% Gold
		Joe Walters	1	37	00			48.40%
	Winter Tanners - LDWA 30.8M Marathon	Chris Newnham	6	41	00			
	Winter Tanners - LDWA 20M	Dave Sedgley	5	55	00			
25-Jan-2020	Great Denham Park Run 5K*	John Cross		20	50		100+2	70.87% Gold
		Terry Stanley		21	42		99	59.78%
		Jess Anstee		25	23		98	58.12%
		Dave Stanley		27	56		97	60.93% Bronze
		Lyndsey Bithrey		34	51		96	50.14%
	Houghton Hall Park Run 5K*	Adam Schofield		20	35			64.45% Bronze
		Warwick Payne		21	56			
		Jason Savage		28	51			45.76%
	Kingston Park Run 5K*	Lionel Mann		43	05			46.39%
	Millennium Country Park Run 5K*	Stephen Mullens		21	31		100	71.62% Gold
		Will Carpenter		24	31	Joined since Event		53.17%
		Martin Lees		24	40		99	60.35% Bronze
		Annette Bell		26	48		98+1	64.53% Bronze
		Jakob Wood		26	57	Junior Flyer		52.23%
		Charlene Halpin		29	09		97	49.38%
		Susanna Hare		30	20	Junior Flyer		53.53%
		James Hare		30	20	Junior Flyer		43.34%
		Ann Davies		34	55		96	53.41%
		Ed Watts		40	13		95	45.52%
	SEAA XC, Parliament Hills Sen/Vet Men c15K	Tim Harris		53	56	94 - of - 1172	100	
		Ian Halpin		56	23	183	99	
		Paul Farmer		56	39	Self timed - Lost Chip	98	
		Chris Littlejohn		57	52	247	97	
		Mark Waine	1	1	28	422	96	
		Gary Salmon	1	2	04	Clapham Chasers	(95)	
		Ashley Larman	1	5	41	632	94	
		Tom Cawdell	1	6	49	682	93+3	
		Sunil Sharma	1	9	46	795	92+3	
		Gavin Nicholson	1	10	21	818	91	
		Will Willmott	1	10	54	Self timed - Lost Chip	90	
		Callum Harrison	1	13	10	907	89	
	SEAA XC, Parliament Hills Sen/Vet Women c8K	Lisa Wells		41	18	346 - of - 694		
		Megan McCreddie		45	31	484		
		Caroline Armstrong		45	45	493		
		Rebecca Fleckney		56	06	661		
	Tamar Trails Park Run 5K*	Paula James		31	18			54.71%
	Tring Park Run 5K*	Becky Hornby		40	13	Joined since Event		35.84%
26-Jan-2020	Four Season Winter Challenge Marathon	Paul Barton	5	16	08			41.38%
	Gade Valley Marathon Training 12M	Martin Lees	1	48	35			
		Siobhan Lees	2	20	06			
	Wellingborough Dirt Run 15K*	Martin Beare		57	22			85.01% Elite
1-Feb-2020	Bedford Park Run 5K*	Philip Mead		20	30			63.28% Bronze
	Bournemouth Park Run 5K*	Craig Palmer		21	49			59.47%
	Chipping Norton School Park Run 5K*	Warwick Payne		24	00			59.59%
	Eastbourne Park Run 5K*	James Hare		26	15	Junior Flyer		50.08%

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	Great Denham Park Run 5K*	John Cross		22	06		100+1	66.81% Silver
		Ian Halpin		24	26		99	53.29%
		Fraser Geddes		24	28		98+2	53.59%
		Charlene Halpin		28	47		97	50.06%
		Pat Godfrey		31	47		96	64.08% Bronze
	Houghton Hall Park Run 5K*	Adam Schofield		20	17			65.41% Silver
		Holly Papps		27	40			52.07%
		Daren Schofield		28	32	Family Flyer		49.74%
	Luton Wardown Park Run 5K*	Lionel Mann		43	02			46.44%
	Millennium Country Park Run 5K*	Andy Berton		19	31		100	72.17% Gold
		Stephen Mullens		21	42		99	71.01% Gold
		Martin Lees		26	04		98	57.11%
		Andy Ralphs		26	40		97+2	54.05%
		Jakob Wood		27	20	Junior Flyer		51.50%
		Annette Bell		27	54		96+2	61.98% Bronze
		Tara Armstrong		28	34		95+2	55.66%
		Samantha Walters		30	19		94	50.26%
		Susanna Hare		31	08	Junior Flyer		52.15%
		Cassie Wood		31	30	Joined since Event		49.19%
		Siobhan Lees		31	50		93	56.05%
		Ann Davies		35	31		92	52.51%
	St.Albans Park Run 5K*	Kirsty Weeks		37	16			38.64%
	Wimpole Estate Park Run 5K*	Dave Ackerley		24	44			52.45%
2-Feb-2020	RSPB Sandy 10K*	Callum Harrison		44	02		100	61.26% Bronze
		Warwick Browning		49	48		99	67.75% Silver
		Caroline Gilby		51	13		98+2	70.41% Gold
		Paul Court		51	29		97+2	56.56%
		Jeremy Bell		52	44		96	59.90%
		Richie Jones		53	09		95	59.43%
		Terry Mchugh		55	32		94	60.15% Bronze
		Denise Browning		59	18		93+1	63.43% Bronze
		Christine Sharman	1	0	52		92	58.08%
		Laura Johnston	1	6	08		91	52.43%
		Claire Jones	1	12	17		90	49.89%
	Watford 1/2Marathon	Steven Upton	1	22	17			77.67% Elite
		Henry Lynn	1	49	15			60.33% Bronze
		Rebecca Fleckney	2	16	04			49.68%
6-Feb-2020	Eagle Drive Time Trial 5K*	Cam Morris		22	26	PB		59.80%
		Holly Jessup		22	32			64.01% Bronze
		Will Carpenter		24	05	PB		54.24%
		Terry McHugh		24	30			65.92% Silver
		Emily Brown		25	14			57.09%
		Rob Cook		27	39			57.83%
		Pat Godfrey		32	35			62.51% Bronze
		Ann Davies		36	57			50.47%
		Lionel Mann		41	32			48.12%
	Enigma Quadzilla(1) Marathon	Paul Barton	5	8	44			42.37%
7-Feb-2020	Enigma Quadzilla(2) Marathon	Paul Barton	5	41	19			38.33%
8-Feb-2020	Bournemouth Park Run 5K*	Craig Palmer		22	03			58.84%
	Bury St Edmunds Park Run 5K*	Paula James		29	53			57.31%
	Chiltern League XC - Campbell Park Men (c8.4K)	Joe Strange		29	41	Bedford&Cty	(100)	
		Simon Read		33	35	Redway Runners	(99)	
		Martin Beare		33	39		98	
		Callum Harrison		36	50		97	
		Philip Mead		37	55		96	
		Henry Lynn		42	17		95	
	Chiltern League XC - Campbell Park Women (c5.6K)	Jess Anstee		27	05		100	
		Lisa Wells		27	14		99	
		Katie Ruditis		28	34		98	
		Caroline Armstrong		28	51		97	
		Rebecca Fleckney		33	18		96	
		Charlene Halpin		34	15		95	
	East Park Park Run 5K*	Warwick Payne		21	21			66.99% Silver
	Eastbourne Park Run 5K*	James Hare		25	43	Junior Flyer		51.12%
	Enigma Quadzilla(3) Marathon	Paul Barton	5	2	39			43.22%
	Great Denham Park Run 5K*	Andy Berton		19	12			73.36% Gold
		Fraser Geddes		23	59			54.67%
		Pat Godfrey		31	40			64.32% Bronze

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	Houghton Hall Park Run 5K*	Samantha Walters		28	48			52.91%
	Linford Wood Park Run 5K*	Stephen Mullens		21	43			70.96% Gold
	Luton Wardown Park Run 5K*	Lionel Mann		40	50			48.95%
	Millennium Country Park Run 5K*	Ian Halpin		18	45			69.45% Silver
		Andy Ralphs		25	36			56.30%
		Jakob Wood		28	33	Junior Flyer		49.31%
		Susanna Hare		32	22	Junior Flyer		50.16%
		Ann Davies		35	41			52.26%
		Ed Watts		39	52			45.92%
	Salisbury Park Run 5K*	Harry Smith		16	02			81.25% Elite
	Sherwood Pines Park Run 5K*	Sofia Aatkar		28	13	Family Flyer		51.12%
9-Feb-2020	Enigma Quadzilla(4) Marathon	Paul Barton	5	46	21			37.77%
15-Feb-2020	Fulbourn Hospital Park Run 5K*	Warwick Payne		22	25			64.30% Bronze
	Great Denham Park Run 5K*	Rebecca Fleckney		28	19			52.94%
		Lionel Mann		42	55			46.57%
	Marlborough Common Park Run 5K*	Paula James		32	14			53.13%
	Mile End Park Run 5K*	Sofia Aatkar		27	36	Family Flyer		52.26%
	Willen Lake (MK Park Run) 5K*	Jess Anstee		26	25			55.84%
		Andrew Dodds		26	55			48.20%
16-Feb-2020	Milton Keynes Winter 10K	Philip Mead		43	58			61.35% Bronze
		John Cross		47	00			64.96% Bronze
		Holly Jessup		47	56			62.60% Bronze
	Milton Keynes Winter 5K	Lionel Mann		42	20			47.21%
22-Feb-2020	100 Marathon Club AGM Marathon	Paul Barton	5	25	46			40.16%
	California Country Park Run 5K*	Holly Papps		28	33			50.46%
	Clapham Common Park Run 5K*	Warwick Payne		22	11			64.97% Bronze
	Gadebridge Park Run 5K*	Andrew Dodds		22	39			57.28%
		Jess Anstee		26	26			55.81%
	Houghton Hall Park Run 5K*	Haydon Littlewood		20	54			65.43% Silver
		Clare Littlewood		24	13			62.92% Bronze
		Dave Stanley		27	58			60.85% Bronze
	Luton Wardown Park Run 5K*	Pat Godfrey		32	42			62.28% Bronze
		Lionel Mann		42	07			47.46%
	Wimpole Estate Park Run 5K*	Paula James		31	14			54.83%
	Wollaton Hall Deer Park, National XC Champs Senior Women c9K	Abi Wells-Day		46	50	402 - of 911		
		Lisa Wells		48	46	495		
		Caroline Armstrong		53	24	657		
23-Feb-2020	Baldock Beast 1/2Marathon	Will Willmott	1	32	44			67.41% Silver
		James Handley	1	38	58			62.70% Bronze
		Ian Ballard	1	54	08			59.68%
		Kyrstin Fairweather	2	0	40			59.91%
	Brighton 1/2Marathon	Nathan Wood	1	45	52			58.62%
		Katie Ruditis	1	52	19			59.70%
	Gade Valley Marathon Training 17M	Martin Lees	2	44	41			
		Siobhan Lees	3	30	23			
	Harpenden 1/2Marathon	Stuart Price	1	50	34			56.95%
	Quicksilver-Hampton Court 1/2Marathon	Helen Kearns	1	59	10	FV60 Record		68.83% Silver
	Stowe Winter Trail 6K*	Lionel Mann		51	33			
	Uxbridge 10K	Jess Anstee		50	30			60.34% Bronze
	Winslow 10K	Philip Mead		42	26			63.57% Bronze
	Wokingham 1/2Marathon	Paul Farmer	1	14	40	MV40 Record		83.11% Elite
		Tom Cawdell	1	29	19	PB		66.78% Silver
		Philip Horan	1	35	54			68.19% Silver
29-Feb-2020	Bedford Park Run 5K*	Barry Stratford		17	52			74.40% Gold
		Marcus Cook		18	56			72.23% Gold
		Philip Mead		20	07			64.49% Bronze
		Pat Godfrey		31	32			64.59% Bronze
	Forest Rec Park Run 5K*	Steve Gibbons		33	18			42.62%
	Houghton Hall Park Run 5K*	Dave Stanley		27	27			62.00% Bronze
	Luton Wardown Park Run 5K*	Lionel Mann		42	09			47.42%
	Millennium Country Park Run 5K*	Andrew Dodds		21	21		100+1	60.99% Bronze
		Jess Anstee		23	48		99	61.98% Bronze
		Will Carpenter		24	48		98	52.67%
		Ann Davies		36	10		97	51.56%
		Ed Watts		40	09		96	45.59%
	Oaklands Park Run 5K*	Warwick Payne		21	52			65.91% Silver
	Rushmere Park Run 5K*	Rebecca Fleckney		40	07			37.37%
	South Shropshire LDWA 21.2M	Dave Sedgley	8	45	00			
	Stevenage Park Run 5K*	Dave Ackerley		19	19			67.16% Silver
	Willen Lake (MK Park Run) 5K*	Jon Walker		25	19			61.98% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Holly Papps		28	55			49.82%
1-Mar-2020	Berkhamsted 1/2Marathon	Carly Keens	1	48	20			60.74% Bronze
	Cambridge Boundary Marathon	Paul Barton	5	19	59			40.88%
	Essex 20M	Mark Waine	2	6	09	Springfield Striders - PB		81.57% Elite
	Knebworth Park Muddy Mayhem 5K*	Jeremy Bell		31	30			48.48%
	London Big Half 1/2Marathon	Ashley Larman	1	22	09	ARB	100	76.65% Elite
		Sunil Sharma	1	24	24		99+2	74.60% Gold
		Gavin Nicholson	1	27	47	pb	98	70.19% Gold
		Colin Woods	1	31	57		97	65.05% Silver
		Nathan Wood	1	44	54	Joined since Event		59.16%
		Clare Littlewood	1	47	02	PB	96	64.18% Bronze
		Joe Walters	2	13	24		95	46.86%
	MK (Run for Chocolate) 5K	Lionel Mann		42	51			46.64%
	Windsor Lakeside 1/2Marathon	George Arbuckle	1	28	32			72.74% Gold
5-Mar-2020	Eagle Drive Time Trial 5K*	Leigh Pilgrim		20	14	Course PB Off Course		65.25% Silver
		Philip Mead		21	08			61.78% Bronze
		Cam Morris		21	13			63.23% Bronze
		Will Carpenter		26	26			49.42%
		Jason Savage		26	55			49.05%
		John Corcoran		27	16			50.15%
		Claire Henry		33	29			46.67%
		Pat Godfrey		34	09			59.64%
		Ann Davies		37	49			49.31%
		Dave Sedgley		40	00			49.97%
	Lionel Mann		42	16		47.29%		
7-Mar-2020	Bedford Park Run 5K*	Philip Mead		19	57			65.03% Silver
	Great Denham Park Run 5K*	Lyndsey Bithrey		34	18			51.47%
	Houghton Hall Park Run 5K*	Warwick Payne		21	14			67.88% Silver
		Clare Littlewood		23	07			65.92% Silver
		Vickie Humber		42	22			37.20%
		Samantha Walters		42	23			35.95%
	Loughborough Senior Men(c10K) Inter-Counties XC Champs	Tim Harris		43	28	124 - of - 293		
		Joe Strange		48	04	257		
	Loughborough U13 Girls(c3K) Inter-Counties XC Champs	Lily Farr		14	48	Family Flyer - 16 - of - 306		
	Luton Wardown Park Run 5K*	Sunil Sharma		19	01			72.97% Gold
		Lionel Mann		40	59			48.77%
	Millennium Country Park Run 5K*	Jess Anstee		24	35			60.01% Bronze
		Daniel Hulatt		27	43			46.93%
		Pat Godfrey		32	19			63.02% Bronze
		Ann Davies		35	00			53.28%
	Preston Park Run 5K*	Andy Penfold		25	52			55.29%
		Karen Penfold		28	34			56.16%
	Rickmansworth Park Run 5K*	George Arbuckle		18	39			76.10% Elite
	Seaton Park Run 5K*	Steven Upton		21	36			65.21% Silver
		Michelle Morris		25	41			56.99%
		Rebecca Fleckney		29	35			50.67%
	St Albans Park Run 5K*	Paula James		29	07			58.81%
8-Mar-2020	Cherry Blossom Marathon	Paul Barton	5	11	04			42.05%
	Grizzly	Steven Upton	2	53	24			
		Martin Beare	2	54	54			
		Michelle Morris	4	54	03			
		Rebecca Fleckney	5	30	18			
	Grizzly Cub Run	Warwick Browning	1	30	56			
		Denise Browning	1	50	54			
	Hillingdon 20M	Clare Littlewood	2	57	47			60.49% Bronze
	Rowney Warren Wood 5.1K (Orienteering)	Dave Sedgley	2	4	59			
	Wendover Woods Duathlon (5K, 20K, 5K)	Andy Berton	1	38	07	25 - of - 506		
	Woking 1/2Marathon	Harry Smith	1	13	38			81.46% Elite
14-Mar-2020	Bedford Park Run 5K*	Dan Karaiskou		22	02			59.04%
	Bournemouth Park Run 5K*	Craig Palmer		17	07			75.79% Elite
	Cannock Chase Park Run 5K*	Abi Wells-Day		23	26			61.58% Bronze
	Cassiobury Park Run 5K*	George Arbuckle		18	59			74.76% Gold
	Chalkwell Beach Park Run 5K*	Warwick Payne		21	05			68.36% Silver
	Great Denham Park Run 5K*	Lyndsey Bithrey		35	05			50.32%
	Holkham Park Run 5K*	Alison Parker		29	48			56.91%
	Houghton Hall Park Run 5K*	Dave Stanley		26	32			64.14% Bronze
	Luton Wardown Park Run 5K*	Lionel Mann		41	01			48.73%
	Rushmere Park Run 5K*	Rebecca Fleckney		35	26			42.31%
	Southsea Park Run 5K*	Carrie Walker		30	25			47.54%
	Wendover Woods Park Run 5K*	Helen Satterthwaite		30	53			53.87%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Willen Lake (MK Park Run) 5K*	Pat Godfrey		31	30			64.66% Bronze
15-Mar-2020	Milton Keynes Festival 1/2Marathon	Dan Karaiskou	1	17	24	PB	100	77.35% Elite
		Barry Stratford	1	21	21		99	74.16% Gold
		Simon Read	1	24	38	Redway Runners	(98)	74.40% Gold
		Carly Keens	1	42	53	PB	97	63.96% Bronze
		Simon Wilkins	1	43	17	PB	96	62.35% Bronze
		Jacqui Morland	1	45	19	PB	95	66.32% Silver
		Dean Shanley	1	46	46		94	59.86%
		Megan McCreddie	1	58	24		93	55.63%
		Mei Trace	2	4	27		92	60.79% Bronze
		Nicola Wilkins	2	5	36		91	56.56%
	Milton Keynes Festival 20M	Ian Halpin	2	1	58	PB	100	77.33% Elite
		Martin Beare	2	13	10	ARB	99	82.59% Elite
		Gavin Nicholson	2	29	55		98	64.67% Bronze
		Martin Lees	3	2	16		97	58.31%
		Emily Brown	3	24	30		96	50.69%
		Siobhan Lees	4	3	24		95	51.61%
		Caroline O'Mahoney	4	11	14	PB	94	48.49%
	Milton Keynes Festival 5K	Philip Mead		20	07			64.49% Bronze
		Lionel Mann		40	47			49.01%
	Oundle 20M	Paul Court	2	57	47			56.57%
6-Apr-2020	Isolation Relay Week 1 5K*	Tim Harris		15	48			84.72% Elite
		Craig Palmer		16	03			80.83% Elite
		Ian Halpin		16	35			78.52% Elite
		Chris Littlejohn		16	46			80.98% Elite
		Paul Farmer		16	53			81.00% Elite
		John Decesare		17	02	1st Team		86.68% Elite
		Dave Ackerley		17	02			76.16% Elite
		Mark Waine		17	26			82.68% Elite
		Peter Jr Benedickter		17	33			74.02% Gold
		Tom Cawdell		18	11	1st Team		72.10% Gold
		Martin Beare		18	13			84.59% Elite
		Gavin Nicholson		18	22			73.92% Gold
		Simon Read		18	40	1st Team		74.33% Gold
		Philip Horan		18	47			76.73% Elite
		Marcus Cook		18	48			72.74% Gold
		Will Willmott		18	49			75.00% Gold
		Haydon Littlewood		19	04			71.72% Gold
		Colin Woods		19	12			67.71% Silver
		Terry Stanley		19	37			66.13% Silver
		Jamie Keane		19	54			65.19% Silver
		Jim Hurford		20	41	1st Team		62.96% Bronze
		Leigh Pilgrim		20	45	1st Team		63.62% Bronze
		Cam Morris		21	16			63.08% Bronze
		Philip Mead		21	17			60.96% Bronze
		Chris Newnham		21	28			71.15% Gold
		Mark Billington		21	30	1st Team		70.41% Gold
		Simon Wilkins		22	00			64.51% Bronze
		Martin Godin		22	25			72.76% Gold
		Clare Littlewood		22	28			67.83% Silver
		Jon Walker		22	43			69.07% Silver
		Jacqui Morland		22	48	1st Team		67.96% Silver
		Jeremy Bell		22	49			66.94% Silver
		Michelle Morris		22	49			64.15% Bronze
		Will Carpenter		23	31			55.55%
		Martin Lees		23	35	1st Team		63.13% Bronze
		Richie Jones		23	43			64.40% Bronze
		Stuart Price		23	49			58.26%
		Katie Ruditis		24	01			61.93% Bronze
		Ashley Larman		24	01			57.78%
		Hattie Oakley-King		24	29			58.80%
		Zoey Didlick		24	33	1st Team		63.12% Bronze
		Anita Wilson		24	38			67.54% Silver
		Niki Jackson		24	44			60.12% Bronze
		Adam Street		24	45			52.63%
		Sally Sawkins		24	53			67.50% Silver
		Eleanor Keep		25	12			57.28%
		Steve Cunningham		25	38			51.86%
		Bobby Riddaway		26	16			54.87%
		Liam Smyth		26	20	1st Team		49.27%
		Kimberley Yardley		26	26			54.46%
		John Kenyon		26	35			53.80%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Dave Stanley		26	39	1st Team		63.86% Bronze
		Nicola Wilkins		26	43			59.00%
		Charlene Halpin		27	22			52.65%
		Helen Kearns		27	25			67.24% Silver
		Debbie Newell		27	38			58.05%
		Andrea Innes		27	44			54.05%
		Louise Wilkins		27	46			58.29%
		Caroline O'Mahoney		27	59	1st Team		61.80% Bronze
		Laura Johnston		28	03			59.88%
		Emily Brown		28	08			51.19%
		Alison Parker		28	44			59.02%
		Helen Satterthwaite		28	45			57.87%
		Barry Dackombe		28	48			52.56%
		Siobhan Lees		29	01			61.49% Bronze
		Samantha Walters		29	08			52.74%
		Rebecca Fleckney		29	15	1st Team		51.25%
		Joe Walters		29	21			46.93%
		Clare Petts		29	34			53.78%
		Steve Gibbons		30	07	1st Team		47.12%
		Kevin Cutler		30	30			44.20%
		Claire Jones		31	18	1st Team		55.82%
		Brendan O'Mahoney		31	20			50.08%
		Mandy Rimmer		32	57			43.69%
		Pat Godfrey		33	17			61.19% Bronze
		Sarah Allonby		34	02			47.99%
		Dave Sedgley		40	38			49.19%
		Lionel Mann		41	39			47.99%
20-Apr-2020	Isolation Relay Week 2 5K*	Tim Harris		17	01			78.66% Elite
		Barry Stratford		18	05	1st Team		73.51% Gold
		Martin Beare		18	10	1st Team		84.82% Elite
		Tom Cawdell		18	13			71.97% Gold
		Marcus Cook		18	19			74.66% Gold
		Ashley Larman		18	20			75.69% Elite
		Will Willmott		18	47			73.33% Gold
		Colin Woods		18	52			68.90% Silver
		Philip Horan		19	10			75.20% Elite
		Simon Read		19	10			72.40% Gold
		Haydon Littlewood		19	11			71.29% Gold
		Chris Littlejohn		20	17			66.94% Silver
		Stephen Green		20	24			66.08% Silver
		Philip Mead		20	42			62.67% Bronze
		Mark Billington		21	11	1st Team		71.46% Gold
		Clare Littlewood		22	17			68.38% Silver
		Stuart Price		22	23			61.99% Bronze
		Carly Keens		22	43	1st Team		63.37% Bronze
		Steve Cunningham		22	44			58.47%
		Michelle Morris		22	45			64.34% Bronze
		Holly Jessup		22	57			62.85% Bronze
		Simon Wilkins		23	11			61.22% Bronze
		Martin Godin		23	15			70.16% Gold
		Katie Ruditis		24	15			61.32% Bronze
		Zoey Didlick		24	22			63.59% Bronze
		Adam Street		24	53	1st Team		52.35%
		Eleanor Keep		24	58	1st Team		57.82%
		Sally Sawkins		25	09			66.79% Silver
		Kimberley Yardley		25	23			56.71%
		Anthony Collins		25	30			59.37%
		Bobby Riddaway		26	13			54.98%
		Terry McHugh		26	26			61.09% Bronze
		Dave Stanley		26	51			63.38% Bronze
		Charlene Halpin		27	06			53.17%
		Helen Kearns		27	17			67.57% Silver
		Louise Wilkins		27	30	1st Team		58.86%
		Rebecca Fleckney		27	52	1st Team		53.79%
		Richie Jones		27	58			54.61%
		Debbie Newell		28	16			56.75%
		Mei Trace		28	53			58.15%
		Helen Satterthwaite		28	56			57.50%
		Clare Petts		29	15	1st Team		54.36%
		Caroline O'Mahoney		29	50			57.97%
		Alison Parker		30	00			56.53%
		Laura Johnston		30	15			55.53%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Claire Jones		31	32			55.41%
		Siobhan Lees		31	46			56.16%
		Pat Godfrey		32	00			63.65% Bronze
		Sarah Allonby		32	24	1st Team		50.41%
		Steve Gibbons		32	43			43.38%
		Dave Sedgley		40	01			49.95%
		Lionel Mann		42	27			47.08%
4-May-2020	Isolation Relay Week 3 5K*	Mark Waine		17	02			84.62% Elite
		Tom Cawdell		17	20			75.64% Elite
		Martin Beare		18	14	1st Team		84.51% Elite
		Chris Littlejohn		18	17			74.26% Gold
		Colin Woods		18	37			69.78% Silver
		Philip Horan		19	00			75.86% Elite
		Andy Berton		20	15			70.09% Gold
		Philip Mead		21	13			61.15% Bronze
		Mark Billington		21	15			71.24% Gold
		Will Carpenter		22	01	1st Team		59.33%
		Simon Wilkins		22	19			63.60% Bronze
		Michelle Morris		22	36			64.76% Bronze
		Julie Pritchett		22	55			69.38% Silver
		Stuart Price		23	05			60.11% Bronze
		Jon Walker		23	08	1st Team		67.83% Silver
		Zoey Didlick		23	42			65.38% Silver
		Katie Ruditis		23	57			62.09% Bronze
		Niki Jackson		24	28	1st Team		60.78% Bronze
		Anita Wilson		25	01			66.51% Silver
		Kimberley Yardley		25	10			57.20%
		Anthony Collins		25	26			59.53%
		Bobby Riddaway		25	37			56.26%
		Helen Kearns		26	08	1st Team		70.54% Gold
		Rebecca Fleckney		26	23			56.82%
		Mei Trace		26	27			63.50% Bronze
		Louise Wilkins		26	47	1st Team		60.43% Bronze
		Debbie Newell		27	15			58.87%
		Nicola Wilkins		27	37			57.07%
		Helen Satterthwaite		28	04	1st Team		59.28%
		Clare Petts		28	58			54.89%
		Alison Parker		29	08			58.21%
		Lorraine Horan		31	59			49.71%
		Pat Godfrey		32	00			63.65% Bronze
		Lionel Mann		39	27			50.66%
		Dave Sedgley		42	50			46.66%
18-May-2020	Isolation Relay Week 4 5K*	Ashley Larman		17	49			77.88% Elite
		Steven Upton		18	10			77.53% Elite
		Marcus Cook		18	18			74.73% Gold
		Gavin Nicholson		19	13			70.65% Gold
		Andy Berton		20	20			69.80% Silver
		Philip Mead		20	54			62.07% Bronze
		Chris Newnham		21	06	1st Team		72.38% Gold
		Mark Billington		21	15	1st Team		71.24% Gold
		Holly Jessup		22	06			65.24% Silver
		Stuart Price		22	59			60.37% Bronze
		Katie Ruditis		24	01			61.92% Bronze
		Zoey Didlick		24	53			62.27% Bronze
		Anita Wilson		25	06			66.29% Silver
		Bobby Riddaway		25	20			56.89%
		Helen Kearns		25	29			72.34% Gold
		Rebecca Fleckney		25	55			57.84%
		Richie Jones		26	35			57.45%
		Debbie Newell		26	46			59.93%
		Mei Trace		26	47			62.71% Bronze
		Kimberley Yardley		28	16	1st Team		50.93%
		Alison Parker		28	36	1st Team		59.30%
		Siobhan Lees		28	55	1st Team		62.36% Bronze
		Dean Shanley		29	42			47.42%
		Pat Godfrey		30	40			66.41% Silver
		Dave Sedgley		38	37			51.76%
		Lionel Mann		39	22	1st Team		50.77%
30-May-2020	MK Virtual Relay 1/4Marathon	Martin Lees	1	7	09			
		Siobhan Lees	1	7	35			
1-Jun-2020	Isolation Relay Week 5 5K*	Chris Littlejohn		17	42			76.71% Elite
		Steven Upton		17	54			78.68% Elite

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Andy Berton		19	58	1st Team		71.08% Gold
		Philip Mead		20	47	1st Team		62.42% Bronze
		Chris Newnham		21	12			72.04% Gold
		Mark Billington		21	25			70.68% Gold
		Stuart Price		22	11	1st Team		62.55% Bronze
		Michelle Morris		22	47			64.24% Bronze
		Mei Trace		23	00			73.03% Gold
		Richie Jones		23	40	1st Team		64.53% Bronze
		Katie Ruditis		24	02			61.88% Bronze
		Anita Wilson		25	05			66.33% Silver
		Rebecca Fleckney		25	23	1st Team		59.05%
		Helen Kearns		25	37			71.97% Gold
		Zoey Didlick		25	52	1st Team		59.91%
		Kimberley Yardley		25	59	Late Posting		55.40%
		Clare Petts		28	51			55.11%
		Siobhan Lees		29	13			61.72% Bronze
		Pat Godfrey		32	50			62.03% Bronze
		Alison Parker		34	00			49.88%
		Lionel Mann		38	41	1st Team		51.67%
		Dave Sedgley		47	38			41.96%
13-Jun-2020	Virtual 30min Challenge	Paul Farmer				5.48M		
		Ian Halpin				5.26M		
		Mark Waine				5.24M		
		Chris Littlejohn				5.19M		
		Barry Stratford				5.05M		
		Martin Beare				4.98M		
		Tom Cawdell				4.86M		
		Marcus Cook				4.81M		
		Ashley Larman				4.74M		
		Gavin Nicholson				4.71M		
		Richard Pillingier				4.68M		
		Philip Horan				4.55M		
		Chris Newnham				4.37M		
		Mark Billington				4.28M		
		Paul Owen				4.17M		
		Philip Mead				4.13M		
		Haydon Littlewood				4.13M		
		Roger Ball				4.00M		
		Richie Jones				4.00M		
		Caroline Gilby				3.92M		
		James Mee				3.92M		
		Cam Morris				3.89M		
		Craig Palmer				3.86M		
		Clare Littlewood				3.81M		
		Katie Ruditis				3.77M		
		Caroline Armstrong				3.75M		
		Martin Davey				3.73M		
		Martin Lees				3.68M		
		Terry McHugh				3.66M		
		Mei Trace				3.57M		
		Caroline Cook				3.48M		
		Debbie Newell				3.41M		
		Nicola Wilkins				3.34M		
		Tara Armstrong				3.33M		
		Emily Brown				3.33M		
		Rossiana Mee				3.31M		
		Tony Armstrong				3.31M		
		Helen Satterthwaite				3.29M		
		Clare Petts				3.26M		
		Kimberley Yardley				3.24M		
		Siobhan Lees				3.21M		
		Brendan O'Mahoney				3.15M		
		Caroline O'Mahoney				3.13M		
		Rebecca Fleckney				3.07M		
		Steve Gibbons				2.90M		
		Jo Morris				2.82M		
		Pat Godfrey				2.65M		
15-Jun-2020	Isolation Relay Week 6 5K*	Paul Farmer		17	01			80.40% Elite
		Ian Halpin		17	43			73.99% Gold
		Mark Waine		17	47	1st Team		81.03% Elite
		Chris Littlejohn		17	58			75.60% Elite
		Steven Upton		18	11			77.46% Elite

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Barry Stratford	18	27		1st Team		72.02% Gold
		Martin Beare	18	43				82.33% Elite
		Gavin Nicholson	19	06		1st Team		71.08% Gold
		Tom Cawdell	19	11				68.36% Silver
		Jamie Keane	19	15				67.39% Silver
		Marcus Cook	19	23		1st Team		70.57% Gold
		Ashley Larman	19	40				70.57% Gold
		Andy Berton	19	51				71.50% Gold
		Richard Pillinger	19	55		1st Team		70.19% Gold
		Philip Horan	20	29				70.36% Gold
		Chris Newnham	21	20				71.61% Gold
		Philip Mead	21	42				59.78%
		Mark Billington	21	47				70.13% Gold
		Jacqui Morland	22	15				69.64% Silver
		Paul Owen	22	21				66.06% Silver
		Haydon Littlewood	22	34				60.60% Bronze
		Martin Lees	23	07				64.40% Bronze
		Holly Jessup	23	09				62.28% Bronze
		Roger Ball	23	18				61.38% Bronze
		Richie Jones	23	18		1st Team		65.54% Silver
		Caroline Gilby	23	47				73.48% Gold
		James Mee	23	47				54.56%
		Cam Morris	23	58				55.99%
		Craig Palmer	24	09				53.92%
		Clare Littlewood	24	28				62.29% Bronze
		Katie Ruditis	24	43		1st Team		60.15% Bronze
		Caroline Armstrong	24	51				64.54% Bronze
		Martin Davey	24	59				63.37% Bronze
		Helen Kearns	25	24				72.58% Gold
		Terry McHugh	25	28				64.05% Bronze
		Zoey Didlick	25	33				60.65% Bronze
		Kimberley Yardley	25	36				56.23%
		Rebecca Fleckney	25	48		1st Team		58.58%
		Mei Trace	26	08				64.27% Bronze
		Debbie Newell	26	15				61.11% Bronze
		Caroline Cook	26	47				58.85%
		Caroline O'Mahoney	27	11				64.28% Bronze
		Nicola Wilkins	27	54				56.48%
		Tara Armstrong	27	59		1st Team		57.31%
		Emily Brown	27	59		1st Team		51.45%
		Rossiana Mee	28	10				51.12%
		Tony Armstrong	28	10				52.42%
		Helen Satterthwaite	28	20				59.29%
		Siobhan Lees	28	32				63.20% Bronze
		Clare Petts	28	35				55.61%
		Brendan O'Mahoney	29	35				53.03%
		Steve Gibbons	32	08		1st Team		44.16%
		Pat Godfrey	32	42				62.28% Bronze
		Jo Morris	33	03				48.11%
		Lionel Mann	42	08				47.44%
20-Jun-2020	RunFly5K.com 5K*	Philip Mead	20	47				62.42% Bronze
		Clare Petts	28	55				54.99%
		Lionel Mann	42	22				47.18%
24-Jun-2020	Milton Keynes (not) Park Run 5K*	Paul Dove	28	55				60.20% Bronze
27-Jun-2020	Bedford (not) Park Run 5K*	Michelle Morris	23	25				66.17% Silver
29-Jun-2020	Isolation Relay Week 7 5K*	Steven Upton	18	19				76.90% Elite
		Andy Berton	19	55		1st Team		71.26% Gold
		Philip Mead	21	53		1st Team		59.28%
		Mark Billington	21	58				69.53% Silver
		Michelle Morris	23	26				62.46% Bronze
		Martin Lees	23	43				62.77% Bronze
		Katie Ruditis	24	09				61.58% Bronze
		Colin Clennett	24	27		1st Team		63.60% Bronze
		Kimberley Yardley	25	16		1st Team		56.97%
		Helen Kearns	26	15				70.23% Gold
		Zoey Didlick	26	19		1st Team		58.88%
		Siobhan Lees	27	15		1st Team		66.17% Silver
		Bobby Riddaway	27	22				53.08%
		Rebecca Fleckney	29	24				51.40%
		Clare Petts	29	33				53.81%
		Pat Godfrey	33	02				62.49% Bronze
		Lionel Mann	42	01				47.57%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Milton Keynes (not) Park Run 5K*	Paul Dove		28	40			60.73% Bronze
4-Jul-2020	RunFly5K.com 5K*	Philip Mead		21	34			60.15% Bronze
		Katie Ruditis		24	30			60.70% Bronze
		Pat Godfrey		33	19			61.96% Bronze
		Lionel Mann		42	10			47.40%
5-Jul-2020	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	32			59.53%
6-Jul-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		43	00			33.78%
9-Jul-2020	Center Parcs Time Trial 5K*	Stephen Green		20	49			64.76% Bronze
		Caroline Armstrong		26	41			60.12% Bronze
		Andy Atherton		26	42			57.20%
		Martin Lees		27	44			53.68%
		Will Carpenter		27	51			46.90%
		Kyrstin Fairweather		29	05			55.16%
		Caroline O'Mahoney		32	21			54.01%
		Tara Armstrong		33	28			47.93%
		Siobhan Lees		33	54			53.19%
		Rebecca Fleckney		37	09			40.68%
		Ann Davies		43	02			43.85%
		Lionel Mann		48	21			41.34%
	Millennium Country (not) Park Run 5K*	Stephen Mullens		20	58			63.98% Bronze
11-Jul-2020	RunFly5K.com 5K*	Sunil Sharma		18	31			75.49% Elite
	Virtual 30min Challenge	Max Dillon				5.31M		
		Paul Farmer				5.26M		
		Mark Waine				5.23M		
		Harry Smith				5.22M		
		Chris Littlejohn				5.20M		
		John Decesare				5.14M		
		Barry Stratford				5.14M		
		Martin Beare				5.13M		
		Tom Cawdell				5.08M		
		Ashley Larman				5.06M		
		Jamie Keane				4.95M		
		Stephen Green				4.83M		
		Gavin Nicholson				4.82M		
		Marcus Cook				4.80M		
		Philip Horan				4.64M		
		Andy Berton				4.61M		
		Alex Anstee				4.59M		
		Dave Ackerley				4.57M		
		Chris Newnham				4.45M		
		Philip Mead				4.43M		
		Ben Stoneman				4.28M		
		Matt Chapple				4.11M		
		Henry Lynn				4.08M		
		Richie Jones				4.06M		
		James Mee				4.05M		
		Clare Littlewood				4.05M		
		Cam Morris				3.90M		
		Caroline Armstrong				3.85M		
		Martin Lees				3.80M		
		Martin Davey				3.79M		
		Katie Ruditis				3.78M		
		Jacqui Morland				3.78M		
		Kimberley Yardley				3.72M		
		Anita Wilson				3.70M		
		Mei Trace				3.47M		
		Nicola Wilkins				3.41M		
		Brendan O'Mahoney				3.37M		
		Terry McHugh				3.35M		
		Caroline O'Mahoney				3.35M		
		Clare Petts				3.34M		
		Siobhan Lees				3.31M		
		Jo Morris				3.00M		
		Pat Godfrey				2.92M		
		Rebecca Fleckney				2.70M		
		Lionel Mann				2.25M		
12-Jul-2020	Isolation Relay Week 8 5K*	Max Dillon		17	33	1st Team		74.69% Gold
		Paul Farmer		17	43			77.17% Elite
		Mark Waine		17	49			81.51% Elite
		Jamie Keane		17	51			72.68% Gold
		Steven Upton		17	51			78.91% Elite
		Harry Smith		17	51			72.96% Gold

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Chris Littlejohn		17	55			75.75% Elite
		John Decesare		18	08			81.42% Elite
		Barry Stratford		18	08			73.30% Gold
		Martin Beare		18	10			84.81% Elite
		Tom Cawdell		18	21			71.46% Gold
		Ashley Larman		18	25			75.33% Elite
		Stephen Green		19	18	1st Team		69.86% Silver
		Gavin Nicholson		19	20	1st Team		70.21% Gold
		Marcus Cook		19	25			70.43% Gold
		Philip Horan		19	48			72.79% Gold
		Andy Bierton		19	55			71.26% Gold
		Alex Anstee		20	18			66.38% Silver
		Dave Ackerley		20	24			63.61% Bronze
		Philip Mead		20	54			62.07% Bronze
		Chris Newnham		20	57			72.92% Gold
		Ben Stoneman		21	47			62.80% Bronze
		Matt Chapple		22	41			57.21%
		Henry Lynn		22	51			63.59% Bronze
		Richie Jones		22	57			66.53% Silver
		James Mee		23	01	1st Team		56.37%
		Clare Littlewood		23	01			66.21% Silver
		Michelle Morris		23	04			63.45% Bronze
		Cam Morris		23	54			56.13%
		Caroline Armstrong		24	13			66.26% Silver
		Anita Wilson		24	31			67.86% Silver
		Martin Lees		24	32			60.70% Bronze
		Martin Davey		24	36			64.39% Bronze
		Katie Ruditis		24	39			60.31% Bronze
		Jacqui Morland		24	39	1st Team		62.84% Bronze
		Kimberley Yardley		25	07	1st Team		57.31%
		Andy Atherton		25	11			60.63% Bronze
		Will Carpenter		26	16	1st Team		49.72%
		Mei Trace		26	23			63.67% Bronze
		Nicola Wilkins		27	20			57.66%
		Kyrstin Fairweather		27	26			58.47%
		Brendan O'Mahoney		27	39	1st Team		56.73%
		Caroline O'Mahoney		27	49	1st Team		62.80% Bronze
		Terry McHugh		27	49			58.63%
		Siobhan Lees		28	10	1st Team		64.04% Bronze
		Clare Petts		28	26			55.92%
		Rebecca Fleckney		30	12			50.04%
		Jo Morris		31	04			51.18%
		Tara Armstrong		31	34			50.81%
		Pat Godfrey		31	55			64.67% Bronze
		Ann Davies		40	36			46.48%
		Lionel Mann		43	00			46.48%
14-Jul-2020	Bedford (not) Park Run 5K*	Steven Upton		18	17			76.45% Elite
15-Jul-2020	Milton Keynes (not) Park Run 5K*	Paul Dove		28	00			62.18% Bronze
16-Jul-2020	Beds RCC Evening League Cycle - 11.3M	Leigh Pilgrim		33	46			
18-Jul-2020	Bedford (not) Park Run 5K*	Katie Ruditis		24	32			59.66%
	RunFly5K.com 5K*	Philip MEAD		21	05			61.53% Bronze
		Katie RUDITIS		24	32			60.61% Bronze
		Pat GODFREY		34	32			59.78%
19-Jul-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		40	32			49.31%
	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	12			60.43% Bronze
21-Jul-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		42	38			34.07%
23-Jul-2020	Beds RCC Evening League Cycle - 10M	Julie Pritchett		30	32			
		Phil Bierton		42	21			
24-Jul-2020	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	47			58.88%
25-Jul-2020	RunFly5K.com 5K*	Lionel Mann		45	06			35.46%
26-Jul-2020	Beds RCC Spoco TT Cycle - King of Hillfoot 12M	Leigh Pilgrim		38	47			
	Isolation Relay Week 9 5K*	Steven Upton		17	51	1st Team		75.52% Elite
		Martin Beare		17	54			86.09% Elite
		Philip Mead		20	56			62.06% Bronze
		Andy Bierton		21	16			66.74% Silver
		Mark Billington		21	25	1st Team		71.31% Gold
		Michelle Morris		22	13			66.41% Silver
		Colin Clennett		23	44	1st Team		68.04% Silver
		Katie Ruditis		24	06	1st Team		71.76% Gold
		Kimberley Yardley		24	50			61.88% Bronze
		Zoey Didlick		27	54	1st Team		60.20% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Alison Parker		29	18	1st Team		49.15%
		Rebecca Fleckney		32	14			54.77%
		Pat Godfrey		33	10	1st Team		52.68%
		Lionel Mann		42	38			37.51%
27-Jul-2020	Milton Keynes (not) Park Run 5K*	Paul Dove		28	48			60.45% Bronze
28-Jul-2020	Bedford (not) Park Run 5K*	Steven Upton		18	45			74.55% Gold
30-Jul-2020	Beds RCC Evening League Cycle - 11.3M	Julie Pritchett		35	20			
		Phil Berton		46	49			
1-Aug-2020	RunFly5K.com 5K*	Philip MEAD		21	10			74.81% Gold
		Katie RUDITIS		27	50			60.93% Bronze
		Pat GODFREY		32	59			50.44%
		Lionel MANN		45	33			28.54%
2-Aug-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		42	54			46.59%
	Virtual Greensand Relay AFF Tryers	Claire Jones	1	0	24	Leg 1 (5.6M)		
		Katie Ruditis		35	00	Leg 2 (3.9M)		
		Terry McHugh	2	30	00	Leg 3 (9.1M)		
		Zoey Didlick		53	14	Leg 4 (5.7M)		
		Caroline Armstrong		49	44	Leg 5 (5.5M)		
		Laura Johnston		47	25	Leg 6 (4.7M)		
	Virtual Greensand Relay Billy NoMates	Dave Sedgley		55	42	Leg 6 (4.7M)		
	Virtual Greensand Relay Greensand Groovers	Caroline Gilby		45	58	Leg 1 (5.6M)		
		Jo Aatkar		32	57	Leg 2 (3.9M)		
		Richie Jones	1	21	42	Leg 3 (9.1M)		
		Paul Owen		47	53	Leg 4 (5.7M)		
		Mark Billington		42	28	Leg 5 (5.5M)		
		Chris Newnham		34	24	Leg 6 (4.7M)		
3-Aug-2020	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	5	02			22.19%
6-Aug-2020	Beds RCC Evening League Cycle - 10M	Deborah Beare		25	59			
		Julie Pritchett		30	54			
		Phil Berton		41	11			
	Center Parcs Time Trial 5K*	Martin Beare		20	08			76.54% Elite
		Ben Stoneman		23	56			57.14%
		Colin Clennett		25	51			60.15% Bronze
		Andy Atherton		26	20			58.00%
		Caroline Armstrong		26	46			59.93%
		Richie Jones		26	48			56.99%
		Jeremy Bell		27	16			56.01%
		Martin Lees		29	03			51.25%
		Dave Sedgley		40	42			49.11%
		Ann Davies		42	26			44.47%
		Lionel Mann		42	42			46.81%
	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	36			59.36%
8-Aug-2020	RunFly5K.com 5K*	Lionel Mann		44	37			44.80%
9-Aug-2020	Isolation Relay Week 10 5K*	Steven Upton		18	01	1st Team		78.18% Elite
		Martin Beare		19	00			81.13% Elite
		Ben Stoneman		22	35			60.57% Bronze
		Michelle Morris		22	36	1st Team		64.76% Bronze
		Kimberley Yardley		23	49			60.44% Bronze
		Colin Clennett		24	23	1st Team		63.76% Bronze
		Andy Atherton		24	51	1st Team		61.48% Bronze
		Caroline Armstrong		25	15			63.53% Bronze
		Richie Jones		25	17	1st Team		60.41% Bronze
		Jeremy Bell		25	43			59.37%
		Martin Lees		27	24			54.32%
		Mei Trace		28	06	1st Team		59.78%
		Pat Godfrey		33	02	1st Team		62.49% Bronze
		Dave Sedgley		38	24			52.05%
		Ann Davies		40	02			47.13%
		Lionel Mann		40	59	1st Team		48.77%
13-Aug-2020	Beds RCC Evening League Cycle - 10M	Phil Berton		42	20			
15-Aug-2020	RunFly5K.com 5K*	Sunil Sharma		19	10			72.93% Gold
		Philip Mead		21	10			61.29% Bronze
		Lionel Mann		44	07			45.30%
	Virtual 30min Challenge	Martin Beare				4.90M		
		Gavin Nicholson				4.50M		
		Philip Horan				4.50M		
		Philip Mead				4.38M		
		Paul Owen				4.19M		
		Mark Billington				4.15M		
		Haydon Littlewood				4.05M		
		Henry Lynn				4.01M		

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Richard Gale				4.01M		
		Chris Newnham				3.99M		
		Clare Littlewood				3.95M		
		Colin Clennett				3.95M		
		Richie Jones				3.95M		
		Caroline Armstrong				3.87M		
		Terry McHugh				3.84M		
		Jacqui Morland				3.83M		
		Martin Davey				3.80M		
		Kimberley Yardley				3.75M		
		Martin Lees				3.75M		
		Ben Stoneman				3.70M		
		Caroline Cook				3.60M		
		Katie Ruditis				3.47M		
		Nicola Wilkins				3.38M		
		Siobhan Lees				2.96M		
		Pat Godfrey				2.80M		
		Rebecca Fleckney				2.79M		
		Lionel Mann				2.25M		
16-Aug-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		42	32			46.99%
20-Aug-2020	Bedford (not) Park Run 5K*	Philip Mead		22	13			70.63% Gold
21-Aug-2020	MK5K PB Special Willen Lake 5K	Ian Halpin		16	08	PB		81.27% Elite
		Dan Karaiskou		17	04	PB		76.22% Elite
		Marcus Cook		18	15	PB		74.93% Gold
22-Aug-2020	RunFly5K.com 5K*	Lionel Mann		44	03			45.37%
23-Aug-2020	Beds RCC Spoco TT Cycle 15M	Deborah Beare		41	14			
	Box End Ultra(1) 5K*	Rebecca Fleckney		36	01			41.96%
	Box End Ultra(2) 5K*	Rebecca Fleckney		37	18			40.52%
	Box End Ultra(3) 5K*	Rebecca Fleckney		37	44			40.05%
	Box End Ultra(4) 5K*	Rebecca Fleckney		39	14			38.52%
	Box End Ultra(5) 5K*	Rebecca Fleckney		38	05			39.68%
	Isolation Relay Week 11 1M*	John Decesare		4	49	1st Team		89.70% Elite
		Mark Waine		4	59			85.28% Elite
		Steven Upton		5	00	1st Team		82.38% Elite
		Ian Halpin		5	06			75.13% Elite
		Philip Horan		5	22			78.56% Elite
		Will Willmott		5	26			74.68% Gold
		Marcus Cook		5	39			70.76% Gold
		Gavin Nicholson		5	40	1st Team		70.04% Gold
		Andy Berton		5	50			71.16% Gold
		Philip Mead		6	17			59.74%
		Michelle Morris		6	29	1st Team		65.96% Silver
		Colin Clennett		6	46			67.28% Silver
		Martin Lees		6	56	1st Team		62.84% Bronze
		Jeremy Lewis		7	18			58.70%
		Caroline Armstrong		7	24			63.41% Bronze
		Katie Ruditis		7	28	1st Team		58.21%
		Caroline O'Mahoney		7	36	1st Team		67.33% Silver
		Brendan O'Mahoney		7	47			59.04%
		Terry McHugh		8	04			59.25%
		Nicola Wilkins		8	06			56.91%
		Zoey Didlick		8	06			55.94%
		Siobhan Lees		8	27			62.52% Bronze
		Mei Trace		8	34			57.39%
		Debbie Newell		9	58			47.51%
		Rebecca Fleckney		9	58			44.33%
		Lionel Mann		13	35			43.26%
	Luton Wardown (not) Park Run 5K*	Lionel Mann		43	22			46.09%
	St.Albans Summer 10K	Martin Beare		37	06	MV55 Record		85.90% Elite
		Clare Littlewood		47	24			66.39% Silver
		Caroline Cook		55	48			58.33%
29-Aug-2020	Millennium Country (not) Park Run 5K*	Stephen Mullens		23	52			56.21%
	RunFly5K.com 5K*	Sunil Sharma		19	11			72.87% Gold
		Pat Godfrey		33	22			61.87% Bronze
		Lionel Mann		46	27			43.03%
30-Aug-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		43	29			45.96%
1-Sep-2020	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	9	35			20.74%
3-Sep-2020	Center Parcs Time Trial 5K*	Andy Berton		21	38			65.60% Silver
		Ben Stoneman		23	41			57.74%
		Colin Clennett		24	40	Course PB		63.04% Bronze
		Richie Jones		25	49			59.16%
		Andy Atherton		26	03			58.63%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Caroline Armstrong		26	12			61.23% Bronze
		Jeremy Bell		26	53			57.32%
		Martin Lees		27	25			54.30%
		Katie Ruditis		33	38	6.1K Run		44.21%
		Dave Sedgley		39	30			50.60%
		Rebecca Fleckney		41	20			36.56%
		Becky Hornby		43	27			33.16%
		Lionel Mann		44	14			45.18%
5-Sep-2020	RunFly5K.com 5K*	Lionel Mann		45	03			44.37%
6-Sep-2020	Beds RCC Spoco TT Cycle 19.2M	Deborah Beare		49	06			
	Isolation Relay Week 12 5K*	Steven Upton		18	05			77.89% Elite
		Andy Bieron		20	25	1st Team		69.54% Silver
		Colin Clennett		22	19			69.67% Silver
		Ben Stoneman		22	21	1st Team		61.21% Bronze
		Martin Godin		23	15	1st Team		70.16% Gold
		Michelle Morris		23	36			62.02% Bronze
		Richie Jones		24	21			62.71% Bronze
		Andy Atherton		24	35	1st Team		62.15% Bronze
		Caroline Armstrong		24	43			64.90% Bronze
		Zoey Didlick		25	18			61.25% Bronze
		Jeremy Bell		25	22			60.76% Bronze
		Martin Lees		25	52			57.56%
		Katie Ruditis		26	00			57.18%
		Autumn Lynch		28	00			61.16% Bronze
		Rebecca Fleckney		33	51			44.65%
		Dave Sedgley		37	16	1st Team		53.64%
		Becky Hornby		40	59	1st Team		35.15%
		Lionel Mann		41	20			48.35%
	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	09			60.56% Bronze
8-Sep-2020	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	32			59.53%
11-Sep-2020	Bedford (not) Park Run 5K*	Philip Mead		20	49			75.38% Elite
12-Sep-2020	RunFly5K.com 5K*	Lionel Mann		43	18			46.16%
13-Sep-2020	Duxford Dash 5K	Clare Petts		31	54			49.84%
	Redway Runners Daytona 5K*	Simon Read		19	26			71.93% Gold
		Philip Mead		22	28			57.74%
17-Sep-2020	Re-imagined MK marathon Marathon*	Clare Littlewood	3	59	59			59.86%
18-Sep-2020	Millennium Country (not) Park Run 5K*	Stephen Mullens		21	18			62.98% Bronze
19-Sep-2020	RunFly5K.com 5K*	Lionel Mann		45	25			44.01%
20-Sep-2020	Beds RCC Spoco TT Cycle 16M	Phil Bieron	1	5	17			
	Isolation Relay Week 13 5K*	Philip Mead		20	42	1st Team		62.67% Bronze
		Stuart Price		22	19	1st Team		62.18% Bronze
		Colin Clennett		22	26			69.31% Silver
		Michelle Morris		22	46			64.29% Bronze
		Richie Jones		23	15	1st Team		65.69% Silver
		Ben Stoneman		23	16	1st Team		58.78%
		Katie Ruditis		24	00			62.46% Bronze
		Emily Brown		25	44			55.96%
		Martin Lees		27	13			54.70%
		Autumn Lynch		27	27			62.38% Bronze
		Caroline O'Mahoney		29	23			59.46%
		Mei Trace		30	00	1st Team		56.53%
		Clare Petts		30	42			51.79%
		Pat Godfrey		31	23			65.78% Silver
		Rebecca Fleckney		33	50			44.67%
		Becky Hornby		36	25	1st Team		39.56%
		Lionel Mann		44	44			44.68%
21-Sep-2020	Bedford (not) Park Run 5K*	Richie Jones		23	15			65.69% Silver
26-Sep-2020	RunFly5K.com 5K*	Lionel Mann		46	13			43.94%
27-Sep-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		45	13			44.91%
	MK5K PB Special Willen Lake 5K	Craig Palmer		15	53	Bournemouth AC	(100)	81.98% Elite
		Paul Farmer		16	12	ARB - MV40 Record	99	84.41% Elite
		Dan Karaiskou		16	51	PB	98	77.20% Elite
		John Decesare		17	06		97	86.34% Elite
		Mark Waine		17	13		96	84.37% Elite
		Tom Cawdell		17	48		95+4	74.17% Gold
		Marcus Cook		17	57	PB	94	76.18% Elite
		Ashley Larman		18	11		93	76.31% Elite
		Terry Stanley		18	29		92	70.19% Gold
		Gavin Nicholson		18	58		91	72.10% Gold
28-Sep-2020	Great Denham (not) Park Run 5K*	Haydon Littlewood		23	13			63.08% Bronze
	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		31	52			49.90%
1-Oct-2020	Bedford (not) Park Run 5K*	Philip Mead		21	03			74.54% Gold

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Eagle Drive Time Trial 5K*	Leigh Pilgrim		20	02			66.35% Silver
		Cam Morris		21	34			61.51% Bronze
		Jeremy Bell		22	53			67.34% Silver
		Colin Clennett		23	02			67.51% Silver
		Richie Jones		23	20			65.45% Silver
		Martin Lees		24	45			60.15% Bronze
		Siobhan Lees		30	00			60.11% Bronze
		Pat Godfrey		32	38			63.26% Bronze
		Rebecca Fleckney		33	19			45.36%
		Becky Hornby		34	09			42.19%
		Lionel Mann		38	37			52.59%
3-Oct-2020	RunFly5K.com 5K*	Pat Godfrey		33	00			62.56% Bronze
		Lionel Mann		45	35			44.55%
4-Oct-2020	Big Cow Autumn 10K	Barry Stratford		37	29			73.31% Gold
		Tom Cawdell		37	37			72.55% Gold
	Dorney Lake Marathon	Paul Barton	4	49	07			45.25%
	Isolation Relay Week 14 5K*	Steven Upton		18	03			78.03% Elite
		Leigh Pilgrim		20	02	1st Team		66.35% Silver
		Andy Berton		20	09			70.43% Gold
		Philip Mead		20	58			61.88% Bronze
		Cam Morris		21	34			61.51% Bronze
		Michelle Morris		22	17			65.68% Silver
		Jeremy Bell		22	53	1st Team		67.34% Silver
		Colin Clennett		23	02			67.51% Silver
		Richie Jones		23	20			65.45% Silver
		Martin Lees		24	45			60.65% Bronze
		Zoey Didlick		25	13	1st Team		61.45% Bronze
		Autumn Lynch		26	59			63.46% Bronze
		Mei Trace		27	51			60.89% Bronze
		Alison Parker		28	23	1st Team		59.75%
		Siobhan Lees		30	00	1st Team		60.11% Bronze
		Pat Godfrey		32	38			63.26% Bronze
		Rebecca Fleckney		33	19			45.36%
		Becky Hornby		34	09	1st Team		42.19%
		Lionel Mann		38	37			52.59%
	London Virtual Marathon*	Colin Woods	3	20	51			63.27% Bronze
		Simon Wilkins	4	2	35			56.39%
		Carly Keens	4	3	19			57.07%
		Anita Wilson	4	4	53			63.94% Bronze
		Paul Owen	4	49	08			49.23%
		Claire Henry	4	49	55			51.22%
		Paul Dove	5	42	24			48.56%
		Caroline O'Mahoney	12	3	04			22.72%
		Brendan O'Mahoney	12	3	12			20.74%
	Millennium Country (not) Park Run 5K*	Stephen Mullens		22	33			58.83%
7-Oct-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		34	57			45.49%
8-Oct-2020	Bedford (not) Park Run 5K*	Philip Mead		20	45			75.62% Elite
10-Oct-2020	CORFU, Old Town 14K	Warwick Browning	1	11	08			
		Denise Browning	1	22	00			
	Dorney 10K	John Decesare		36	01	PB		84.77% Elite
		Jamie Keane		36	59	PB		72.93% Gold
		Gavin Nicholson		40	05			70.53% Gold
	RunFly5K.com 5K*	Lionel Mann		43	13			46.99%
11-Oct-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		39	24			36.87%
	Run the Wild Trail 10K*	Martin Lees	1	30	47			34.20%
		Siobhan Lees	1	42	17			36.38%
12-Oct-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		32	37			48.75%
17-Oct-2020	Bedford (not) Park Run 5K*	Philip Mead		20	32			76.42% Elite
	RunFly5K.com 5K*	Pat Godfrey		30	52			56.61%
		Lionel Mann		40	26			39.55%
18-Oct-2020	Bedford Autodrome 1/2Marathon	Stuart Price	1	43	49	PB	100+1	61.10% Bronze
		Clare Littlewood	1	43	49	PB	99+3	66.72% Silver
		Richie Jones	1	46	15		98	65.21% Silver
		Martin Lees	1	54	49		97	62.00% Bronze
		Caroline Cook	2	7	16	PB	96+1	56.30%
		Rebecca Fleckney	2	32	16		95	44.75%
	Bedford Autodrome 10K	Ian Halpin		35	50			78.33% Elite
		Colin Clennett		47	46	PB		67.32% Silver
		Jon Walker		48	32			63.43% Bronze
	Bedford Autodrome 5K	Jim Hurford		18	19			72.57% Gold
	Bedford Autodrome Marathon	Mark Rouse	3	46	01	PB		56.12%
		Paul Barton	4	47	44	500th Marathon		45.47%

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Isolation Relay Week 15 1M*	Steven Upton		5	08			77.32% Elite
		Jim Hurford		5	17	PB - 1st Team		73.54% Gold
		Will Willmott		5	22	1st Team		78.56% Elite
		Philip Horan		6	18			72.27% Gold
		Michelle Morris		6	34			64.29% Bronze
		Colin Clennett		6	47			67.12% Silver
		Warwick Browning		7	09			66.84% Silver
		Martin Lees		7	11			63.97% Bronze
		Richie Jones		7	14			61.81% Bronze
		Katie Ruditis		7	38			66.34% Silver
		Chris Liston		7	42			55.65%
		Denise Browning		7	52			67.89% Silver
		Siobhan Lees		7	54			79.09% Elite
		Autumn Lynch		8	13	1st Team		69.87% Silver
		Mei Trace		8	28			64.56% Bronze
		Nicola Wilkins		8	29			54.34%
		Clare Petts		8	35			61.55% Bronze
	Debbie Newell		8	36	1st Team		53.14%	
	Pat Godfrey		9	42	1st Team		52.75%	
	Lionel Mann		13	23			35.00%	
20-Oct-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		40	23			35.97%
21-Oct-2020	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	2	30			23.09%
23-Oct-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		32	29			48.95%
24-Oct-2020	(not) Park Run 5K*	Martin Lees		24	38			60.94% Bronze
		Siobhan Lees		31	37			57.03%
	Beachy Head Marathon	Chris Newnham	4	35	37			53.45%
	RunFly5K.com 5K*	Pat Godfrey		31	14			66.10% Silver
		Lionel Mann		43	30			46.69%
27-Oct-2020	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	2	16			23.17%
29-Oct-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		31	39			50.24%
31-Oct-2020	RunFly5K.com 5K*	Pat Godfrey		32	07			64.28% Bronze
		Lionel Mann		42	21			47.95%
1-Nov-2020	Isolation Relay Week 16 5K*	Steven Upton		17	43			79.50% Elite
		Michelle Morris		22	02			66.43% Silver
		Stuart Price		22	56			60.95% Bronze
		Ben Stoneman		23	03	1st Team		59.33%
		Kimberley Yardley		23	41	1st Team		60.78% Bronze
		Katie Ruditis		25	32	1st Team		58.71%
		Autumn Lynch		26	45			64.65% Bronze
		Mei Trace		28	11	1st Team		60.17% Bronze
		Debbie Newell		28	33			56.69%
		Zoey Didlick		29	18			52.89%
		Alison Parker		29	26			57.62%
		Pat Godfrey		33	10	1st Team		62.24% Bronze
	Lionel Mann		41	07	1st Team		49.39%	
2-Nov-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		32	31			48.90%
4-Nov-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		42	34			34.40%
6-Nov-2020	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	2	18			23.16%
7-Nov-2020	Bedford (not) Park Run 5K*	Philip Mead		21	01			74.66% Gold
	RunFly5K.com 5K*	Pat Godfrey		30	58			66.66% Silver
		Lionel Mann		44	46			45.37%
13-Nov-2020	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	1	50			23.34%
15-Nov-2020	Isolation Relay Week 17 5K*	Steven Upton		18	08	1st Team		77.67% Elite
		Philip Mead		20	27	1st Team		63.44% Bronze
		Mark Billington		22	05	1st Team		69.16% Silver
		Michelle Morris		22	26			65.24% Silver
		Richie Jones		23	57			63.77% Bronze
		Zoey Didlick		25	01			61.94% Bronze
		Chris Liston		25	45			52.35%
		Katie Ruditis		26	03			57.54%
		Sally Sawkins		26	24			63.64% Bronze
		Mei Trace		26	35			63.80% Bronze
		Debbie Newell		27	27	1st Team		58.96%
		Clare Petts		30	03			52.91%
		Pat Godfrey		31	04			66.45% Silver
	Louise Wilkins		31	37			51.66%	
	Lionel Mann		41	33	1st Team		48.88%	
	Shillington Shuffle LDWA 12M	Louise Clark	2	19	00			
		Mark Billington	2	19	00			
	Shillington Shuffle LDWA 26M	Chris Newnham	4	46	14			
		Mark Rouse	4	46	22			
16-Nov-2020	Bedford (not) Park Run 5K*	Philip Mead		20	27			76.73% Elite

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
	Luton Wardown (not) Park Run 5K*	Patricia Mann	1	1	46			23.36%
18-Nov-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		32	44			48.58%
21-Nov-2020	RunFly5K.com 5K*	Pat Godfrey Lionel Mann		30 42	31 53			67.65% Silver 47.36%
22-Nov-2020	Shillington Shuffle LDWA 12M	Richie Jones Warwick Browning Claire Jones Denise Browning	2 2 2 2	2 2 21 21	00 00 00 00			
	Steppingley Step LDWA 26M	Henry Lynn Mark Rouse	5 5	46 46	00 00			
28-Nov-2020	RunFly5K.com 5K*	Lionel Mann		45	15			44.88%
29-Nov-2020	Isolation Relay Week 18 5K*	Mark Billington Michelle Morris Steven Upton Kimberley Yardley Chris Liston Martin Godin Ben Stoneman Katie Ruditis Zoey Didlick Terry McHugh Martin Lees Autumn Lynch Debbie Newell Alison Parker Pat Godfrey Lionel Mann		21 22 22 23 23 23 24 24 25 25 25 26 28 30 31 42	45 11 11 14 32 40 11 53 31 39 51 55 04 06 38 25	1st Team 1st Team 1st Team 1st Team 1st Team 1st Team 1st Team 1st Team 1st Team		70.22% Gold 65.98% Silver 63.49% Bronze 61.96% Bronze 57.28% 68.92% Silver 56.96% 60.24% Bronze 60.73% Bronze 63.59% Bronze 58.07% 64.25% Bronze 57.65% 56.34% 65.26% Silver 47.88%
	Sundon Saunter LDWA 28M	Mark Rouse	6	30	00			
3-Dec-2020	Eagle Drive Time Trial 5K*	Cam Morris Jeremy Bell Richard Bowen Rossiana Mee Richie Jones Will Carpenter Katie Ruditis Terry McHugh Martin Lees Pat Godfrey		21 23 23 23 23 24 24 25 25 32	03 22 30 35 49 09 21 32 56 32			63.02% Bronze 65.95% Silver 57.77% 61.04% Bronze 64.13% Bronze 54.05% 61.56% Bronze 63.88% Bronze 57.89% 63.45% Bronze
4-Dec-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		45	22			32.28%
5-Dec-2020	RunFly5K.com 5K*	Pat Godfrey Lionel Mann		30 46	43 01			67.21% Silver 44.13%
6-Dec-2020	Hertfordshire Remembrance 10K	Mark Waine		35	54			85.75% Elite
	Hertfordshire Remembrance 5K	Ashley Larman		18	38			69.88% Silver
12-Dec-2020	Milton Keynes Winter 1/2Marathon	Mark Waine Chris Newnham Simon Wilkins Paul Court Julie Pritchett Henry Lynn Carly Keens Jane Swinburne Richie Jones Amy Hayes Katie Ruditis Anita Wilson Mei Trace Nicola Wilkins Colin Clennett Debbie Newell Rebecca Fleckney	1 1 1 1 1 1 1 1 1 1 1 1 1 1 2 2 2 2	19 35 38 42 43 46 49 50 51 51 51 57 0 4 9 31	29 36 57 44 52 24 57 19 05 06 41 57 16 39 47 08	ARB PB PB PB PB PB	100 98 97+2 95+2 94+5 93+2 92+2 91+3 90 89+4 88+1 87+3 85+2 84+2 83+5 82+2 78	82.93% Elite 73.13% Gold 65.58% Silver 62.69% Bronze 68.99% Silver 62.45% Bronze 59.85% 67.31% Silver 62.38% Bronze 59.23% 60.52% Bronze 67.58% Silver 64.87% Bronze 59.06% 56.59% 56.19% 45.08%
	RunFly5K.com 5K*	Lionel Mann		46	00			44.15%
13-Dec-2020	Essex Remembrance 5K	Paul Farmer Jamie Keane Mark Waine Ashley Larman		16 17 17 18	07 28 56 06	ARB - MV40 Record		85.47% Elite 74.27% Gold 81.00% Elite 77.23% Elite
	Isolation Relay Week 19 5K*	Jamie Keane Mark Waine Steven Upton Ashley Larman Philip Horan Michelle Morris Kimberley Yardley		17 17 18 18 19 22 23	28 56 00 06 14 42 02	1st Team 1st Team 1st Team		74.27% Gold 81.00% Elite 78.25% Elite 77.23% Elite 75.53% Elite 64.48% Bronze 62.50% Bronze

Date	Event	Name	Hr	Min	Sec	Notes	GP Points	Standard
		Ben Stoneman		25	28			54.09%
		Katie Ruditis		26	03	1st Team		57.54%
		Martin Lees		26	20			57.01%
		Mei Trace		26	22	1st Team		64.32% Bronze
		Zoey Didlick		28	08			55.08%
		Debbie Newell		28	29			56.82%
		Clare Petts		29	34			53.78%
		Alison Parker		29	48			56.91%
		Pat Godfrey		30	54	1st Team		66.81% Silver
		Lionel Mann		44	21			45.79%
	Milton Keynes Winter 1/2Marathon	Gavin Nicholson	1	30	28		99	68.60% Silver
		Stuart Price	1	42	29	PB	96+2	61.89% Bronze
		Martin Lees	1	54	10		86+1	59.66%
		Joe Walters	2	13	39		81+2	47.11%
		Paul Owen	2	14	53		80	50.08%
		Siobhan Lees	2	16	54	PB	79+1	59.28%
14-Dec-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		35	53			44.31%
19-Dec-2020	RunFly5K.com 5K*	Lionel Mann		46	37			43.57%
20-Dec-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		44	20			33.03%
25-Dec-2020	Luton Wardown (not) Park Run 5K*	Helen Satterthwaite		31	00			51.29%
		Lionel Mann		44	01			33.27%
		Patricia Mann	1	1	11			23.58%
26-Dec-2020	RunFly5K.com 5K*	Lionel Mann		44	42			45.43%
27-Dec-2020	Millennium Country (not) Park Run 5K*	Stephen Mullens		24	31			54.11%
31-Dec-2020	Luton Wardown (not) Park Run 5K*	Lionel Mann		44	14			33.11%
18-Jan-2020	Bedford Park Run 5K*	Richard Bowen		27	21	Joined since Event		49.29%
15-Nov-2020	Brighton Virtual 10K*	Vidya Rajbhoj	1	15	00	Joined since Event		41.28%