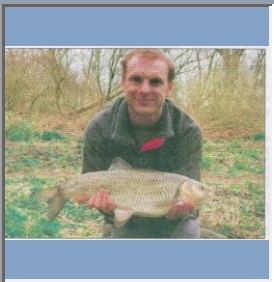


Jon

Balaam



5K best 20:23

5K date 02/09/2010

5K venue or race name: Fairland Valley 5K

10K best 42:21

10K date 04/05/2011

10K venue or race name: Silverstone

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

10 mile date:

10 mile venue or race name:

Half marathon best: 01:31:33

Half marathon date: 07/03/2010

Half marathon venue or race name: Milton Keynes

20 mile best: 02:38:15

20 mile date: 27/03/2011

20 mile venue or race name: Oakley

Marathon best: 03:27:27

Marathon date: 17/04/2011

Marathon venue or race name: London

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Julie

Balaam



5K best

22:27

5K date

26/06/2008

5K venue or race name:

Marston 5K

10K best

46:02

10K date

06/05/2008

10K venue or race name:

Silverstone

15K best

01:07:13

15K date

25/04/2010

15K venue or race name:

London Marathon

30K best

02:17:02

30K date

25/04/2010

30K venue or race name:

London Marathon

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

01:14:30

10 mile date:

29/11/2009

10 mile venue or race name:

Pednor

Half marathon best:

01:35:51

Half marathon date:

16/11/2008

Half marathon venue or race name:

St Neots

20 mile best:

02:25:59

20 mile date:

28/03/2010

20 mile venue or race name:

Oakley

Marathon best

03:15:30

Marathon date

25/04/2010

Marathon venue or race name:

London

Other race distance:

35 miles

Other race best:

05:36:12

Other race date:

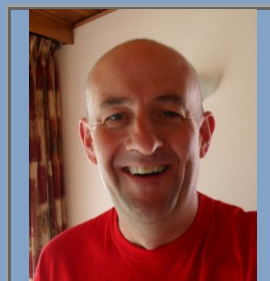
06/06/2010

Other race venue or race name:

Northants ultra

Gary

Baldwin



5K best 21:48

5K date 05/11/2011

5K venue or race name: Bedford Park 5K

10K best 48:03

10K date 04/09/2011

10K venue or race name: Beds Harriers 10k

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:24:58

10 mile date: 11/09/2011

10 mile venue or race name: Swineshead

Half marathon best: 01:44:27

Half marathon date: 20/11/2011

Half marathon venue or race name: St Neots

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best 5:32:16

Marathon date 25/04/2011

Marathon venue or race name: London Marathon

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Georgia

Barker



5K best

5K date

5K venue or race name:

10K best

53:33

10K date

05/10/2014

10K venue or race name:

Standalone

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

01:30:54

10 mile date:

07/09/2014

10 mile venue or race name:

Swineshead 10

Half marathon best:

01:57:31

Half marathon date:

16/11/2014

Half marathon venue or race name:

St Neots half marathon

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best

Marathon date

Marathon venue or race name:

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Thom

Berkery



5K best 19:58

5K date 15/06/2013

5K venue or race name: St Ives

10K best 45:49

10K date 03/10/2010

10K venue or race name: Standalone

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

10 mile date:

10 mile venue or race name:

Half marathon best:

Half marathon date:

Half marathon venue or race name:

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best:

Marathon date:

Marathon venue or race name:

Other race distance: 800m

Other race best: 2:20

Other race date: 21/06/2012

Other race venue or race name: Peterborough

Richard

Bevan



5K best 17:18

5K date 27/07/2011

5K venue or race name: Doug Anderson

10K best 35:46

10K date 09/06/2013

10K venue or race name: Whipsnade Zoo

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 28:33

5 mile date: 20/08/2017

5 mile venue or race name: Thorney

10 mile best: 00:59:19

10 mile date: 28/10/2012

10 mile venue or race name: Fenland 10

Half marathon best: 01:18:50

Half marathon date: 14/10/2012

Half marathon venue or race name: Great Eastern half

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best:

Marathon date:

Marathon venue or race name:

Other race distance: 1500m

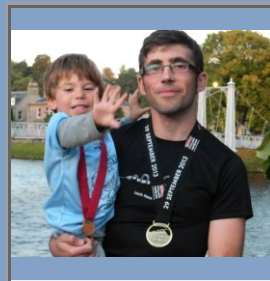
Other race best: 4:30.42

Other race date: 18/04/2013

Other race venue or race name: Watford

MICHAEL

BLUNT



5K best 18:05

5K date 20/06/2014

5K venue or race name: Marston Vale

10K best 42:46

10K date 02/09/2012

10K venue or race name: bedford harriers 10k

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

10 mile date:

10 mile venue or race name:

Half marathon best: 1:29:17

Half marathon date: 18/11/2013

Half marathon venue or race name: st neots

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best 3:21:24

Marathon date 29/09/2013

Marathon venue or race name: loch ness marathon

Other race distance: 800m

Other race best: 00:02:11.6

Other race date: 02/08/2014

Other race venue or race name: Cambridge (track)

Paul

Boggon



5K best

5K date

5K venue or race name:

10K best

50:24

10K date

27/05/2013

10K venue or race name:

BUPA London 10K

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

01:33:51

10 mile date:

26/10/2014

10 mile venue or race name:

Great South Run

Half marathon best:

01:57:30

Half marathon date:

29/09/2013

Half marathon venue or race name:

Robin Hood, Nottingham

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best

04:23:56

Marathon date

05/10/2014

Marathon venue or race name:

Chester

Other race distance:

Other race best:

Other race date:

Other race venue or race name:



Melanie

Brooks



5K best 25:46

5K date 18/05/2013

5K venue or race name: Bedford Park Run

10K best 53:56

10K date 21/07/2013

10K venue or race name: St Ives

15K best 01:25:52

15K date 21/04/2013

15K venue or race name: London Marathon

30K best 03:02:02

30K date 21/04/2013

30K venue or race name: London Marathon

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 1:38:05

10 mile date: 01/04/2010

10 mile venue or race name: Maidenhead 10

Half marathon best: 02:01:46

Half marathon date: 21/04/2013

Half marathon venue or race name: London Marathon

20 mile best: 03:24:15

20 mile date: 11/03/2012

20 mile venue or race name: Finchley

Marathon best: 04:28:55

Marathon date: 21/04/2013

Marathon venue or race name: London Marathon

Other race distance: 15 miles

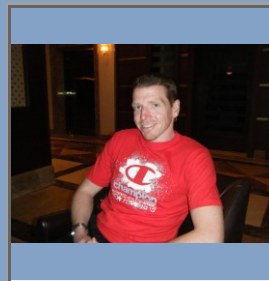
Other race best: 2:34

Other race date: 22/01/2012

Other race venue or race name: Folksworth

Craig

Brown



5K best 16:11

5K date 08/08/2015

5K venue or race name: Battersea

10K best 34:32

10K date 08/08/2015

10K venue or race name: Battersea

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 28:02

5 mile date: 07/04/2013

5 mile venue or race name: Victoria Park

10 mile best: 00:57:59

10 mile date: 01/03/2014

10 mile venue or race name: Battersea

Half marathon best: 01:16:55

Half marathon date: 12/10/2014

Half marathon venue or race name: Great Eastern

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best 02:56:51

Marathon date 02/11/2014

Marathon venue or race name: Stevenage

Other race distance: 3K

Other race best: 09:52

Other race date: 19/07/2012

Other race venue or race name: Fairlands Relays

David

Brown



5K best 16:29

5K date 21/06/1988

5K venue or race name: Luton

10K best 34:15

10K date 11/08/1991

10K venue or race name: Camborne (Cornwall)

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 31:50

5 mile date: 24/09/2000

5 mile venue or race name: Shuttleworth

10 mile best: 56:15:

10 mile date: 03/09/1989

10 mile venue or race name: Moggerhanger

Half marathon best:

Half marathon date:

Half marathon venue or race name:

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best

Marathon date

Marathon venue or race name:

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Nigel

Bush



5K best 17:32

5K date 08/08/1989

5K venue or race name: Bedford

10K best 35:09

10K date 15/10/1989

10K venue or race name: Letchworth Standalone 10k

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 27:41

5 mile date: 10/06/1990

5 mile venue or race name: Letchworth IWSL 5m

10 mile best: 00:58:02

10 mile date: 02/07/1989

10 mile venue or race name: March Barron Meats 10

Half marathon best: 01:17:22

Half marathon date: 17/09/1989

Half marathon venue or race name: Bedford Half Marathon

20 mile best: 02:07:40

20 mile date: 28/02/1989

20 mile venue or race name: Bury St Edmunds 20

Marathon best: 02:50:26

Marathon date: 21/04/1990

Marathon venue or race name: ADT London Marathon

Other race distance: 32 miles

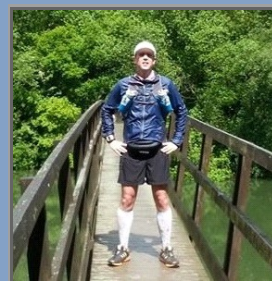
Other race best: 05:09:00

Other race date: 20/08/1989

Other race venue or race name: Dorset Doddle

Paul

Cooke



5K best 17:58

5K date 03/08/2015

5K venue or race name: Battersea

10K best 39:19

10K date 29/11/2014

10K venue or race name: Battersea

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:04:51

10 mile date: 01/03/2015

10 mile venue or race name: Battersea

Half marathon best: 01:24:24

Half marathon date: 13/03/2016

Half marathon venue or race name: Bath

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best 02:57:59

Marathon date 17/04/2017

Marathon venue or race name: Brighton

Other race distance: 100km

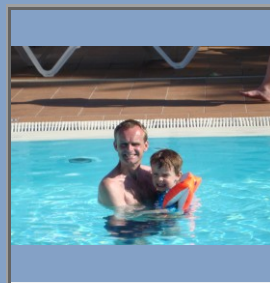
Other race best: 13:38:48

Other race date: 24/05/2014

Other race venue or race name: London to Brighton

Paul

Davies



5K best 16:58

5K date 09/06/2014

5K venue or race name: Battersea

10K best 35:25

10K date 04/10/2014

10K venue or race name: Battersea

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 28:41

5 mile date: 07/04/2013

5 mile venue or race name: Victoria Park

10 mile best: 00:58:47

10 mile date: 28/02/2015

10 mile venue or race name: Battersea

Half marathon best: 01:17:27

Half marathon date: 12/10/2014

Half marathon venue or race name: Great Eastern

20 mile best: 02:07:04

20 mile date: 08/03/2015

20 mile venue or race name: Brett Lydd

Marathon best: 02:51:11

Marathon date: 26/04/2015

Marathon venue or race name: London

Other race distance:

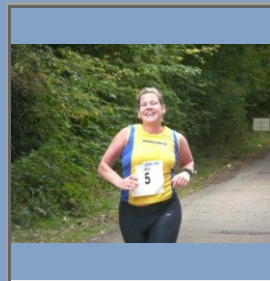
Other race best:

Other race date:

Other race venue or race name:

Joanne

Ellary



5K best

5K date

5K venue or race name:

10K best

55:52

10K date

04/10/2009

10K venue or race name:

Standalone 10k

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

1:38:23

10 mile date:

13/09/2009

10 mile venue or race name:

Swineshead 10

Half marathon best:

2:10:08

Half marathon date:

15/11/2009

Half marathon venue or race name:

St Neots Half

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best

Marathon date

Marathon venue or race name:

Other race distance:

3.5 miles

Other race best:

37:23

Other race date:

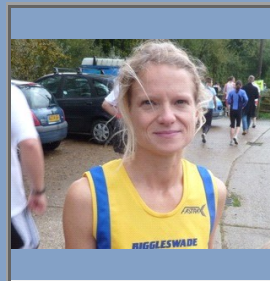
05/12/2010

Other race venue or race name:

Santa Run

Isobel

Everest



5K best 18:37

5K date 25/07/2012

5K venue or race name: Doug Anderson 5K

10K best 40:18

10K date 21/11/2014

10K venue or race name: Battersea

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:07:21

10 mile date: 28/02/2015

10 mile venue or race name: Battersea

Half marathon best: 01:28:04

Half marathon date: 14/10/2012

Half marathon venue or race name: The Great Eastern Run

20 mile best: 02:23:24

20 mile date: 07/03/2010

20 mile venue or race name: Wymondham 20

Marathon best: 03:11:23

Marathon date: 15/04/2012

Marathon venue or race name: London Marathon

Other race distance: 15 miles

Other race best: 01:47:25

Other race date: 24/01/2010

Other race venue or race name: Folkesworth 15



Giles

Hawthorne



5K best 19:07

5K date 08/06/2015

5K venue or race name: Battersea

10K best 39:57

10K date 13/06/2015

10K venue or race name: Battersea

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:07:45

10 mile date: 01/12/2013

10 mile venue or race name: Nene Valley

Half marathon best: 01:29:11

Half marathon date: 16/11/2014

Half marathon venue or race name: St Neots

20 mile best: 02:26:37

20 mile date: 08/03/2015

20 mile venue or race name: Brett Lydd

Marathon best: 03:35:27

Marathon date: 26/04/2015

Marathon venue or race name: London

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Peter

Howell



5K best 23:49

5K date 28/07/2010

5K venue or race name: Doug Anderson 5K

10K best 49:00

10K date 07/06/2006

10K venue or race name: Stevenage mid-week

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 37:21

5 mile date: 21/01/2006

5 mile venue or race name: Victoria Park, Hackney

10 mile best: 01:21:59

10 mile date: 19/11/2006

10 mile venue or race name: Bishops Stortford

Half marathon best: 01:55:39

Half marathon date: 12/12/2010

Half marathon venue or race name: Wootton, Bedford

20 mile best: 03:23:49

20 mile date: 27/03/2011

20 mile venue or race name: Oakley

Marathon best: 04:53:29

Marathon date: 17/04/2011

Marathon venue or race name: London

Other race distance:

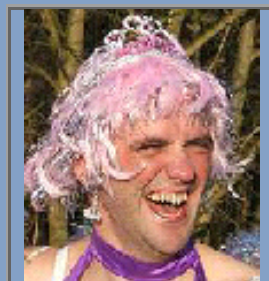
Other race best:

Other race date:

Other race venue or race name:

Tim

Huxtable



5K best

5K date

5K venue or race name:

10K best

43:17

10K date

07/10/2001

10K venue or race name:

Standalone 10K

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

10 mile date:

10 mile venue or race name:

Half marathon best:

01:38:01

Half marathon date:

31/10/2001

Half marathon venue or race name:

Nottingham Half Marathon

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best

Marathon date

Marathon venue or race name:

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Ed

Jones



5K best 19:38

5K date 18/06/2011

5K venue or race name: Bedford Park Run

10K best 40:14

10K date 02/10/2011

10K venue or race name: Standalone

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:04:53

10 mile date: 26/02/2012

10 mile venue or race name: Tarpley

Half marathon best: 01:24:43

Half marathon date: 20/11/2011

Half marathon venue or race name: St Neots

20 mile best: 02:18:12

20 mile date: 01/04/2012

20 mile venue or race name: Oakley

Marathon best: 03:08:34

Marathon date: 13/05/2012

Marathon venue or race name: Halstead

Other race distance: 100 Miles

Other race best: 22:18:24

Other race date: 15/06/2013

Other race venue or race name: South Downs Way Ultra

Julia

Mackay



5K best 25:19

5K date 22/07/2009

5K venue or race name: Doug Anderson

10K best 52:55

10K date 05/10/2008

10K venue or race name: Standalone

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:34:35

10 mile date: 11/09/2011

10 mile venue or race name: Swineshead

Half marathon best: 1:55:11

Half marathon date: 16/11/2008

Half marathon venue or race name: St Neots

20 mile best: 3:16:02

20 mile date: 05/04/2009

20 mile venue or race name: Oakley

Marathon best: 4:32:24

Marathon date: 26/04/2009

Marathon venue or race name: London

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Damien

Pitts



5K best 18:51

5K date 09/07/2004

5K venue or race name: Cranfield

10K best 39:46

10K date 04/05/2004

10K venue or race name: Silverstone

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 32:28

5 mile date: 02/07/2010

5 mile venue or race name: Cranfield

10 mile best: 01:05:26

10 mile date: 31/10/2010

10 mile venue or race name: Fenland

Half marathon best: 01:30:01

Half marathon date: 20/11/2011

Half marathon venue or race name: St Neots

20 mile best: 02:26:06

20 mile date: 26/02/2006

20 mile venue or race name: Bury

Marathon best: 03:17:20

Marathon date: 23/04/2006

Marathon venue or race name: London

Other race distance: 12 mile

Other race best: 01:20:20

Other race date: 02/04/2006

Other race venue or race name: Oakley

Ken

Prior



5K best

5K date

5K venue or race name:

10K best

34:54

10K date

17/05/1989

10K venue or race name:

St Albans

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best:

00:56:48

10 mile date:

26/12/1988

10 mile venue or race name:

Bedford

Half marathon best:

01:15:40

Half marathon date:

14/06/1987

Half marathon venue or race name:

Welwyn

20 mile best:

2:00:34

20 mile date:

12/03/1989

20 mile venue or race name:

Welwyn Garden City

Marathon best

2:47:44

Marathon date

12/04/1992

Marathon venue or race name:

London

Other race distance:

75 miles 1333yds

Other race best:

12 hours

Other race date:

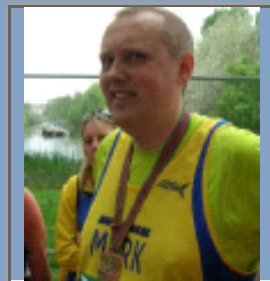
09/05/1993

Other race venue or race name:

Stevenage 12 hour race

Mark

Stead



5K best 24:41

5K date 25/07/2012

5K venue or race name: Doug Anderson

10K best 51:52

10K date 15/07/2012

10K venue or race name: St Ives

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 40:45

5 mile date: 23/09/2012

5 mile venue or race name: Paul McGuire (Stevenage)

10 mile best: 01:28:01

10 mile date: 02/12/2012

10 mile venue or race name: Nene Valley

Half marathon best: 01:57:32

Half marathon date: 23/02/2013

Half marathon venue or race name: Sleaford

20 mile best: 03:17:16

20 mile date: 25/03/2012

20 mile venue or race name: Gade Valley

Marathon best 04:42:25

Marathon date 29/09/2013

Marathon venue or race name: Berlin

Other race distance: 26.2Miles

Other race best: 4:11:49

Other race date:

Other race venue or race name: Colworth Marathon Challenge



Chris

Watson



5K best 18:56

5K date 06/04/2013

5K venue or race name: Bedford Park Run

10K best 38:56

10K date 06/10/2013

10K venue or race name: Flitwick

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best:

5 mile date:

5 mile venue or race name:

10 mile best: 01:09:29

10 mile date: 14/09/2008

10 mile venue or race name: Swineshead

Half marathon best: 01:26:42

Half marathon date: 17/11/2013

Half marathon venue or race name: St Neots

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best 03:12:19

Marathon date 21/04/2013

Marathon venue or race name: London Marathon

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Fiona

Wynde



5K best 20:07

5K date 10/12/2009

5K venue or race name: Stevenage

10K best 42:31

10K date 26/09/2010

10K venue or race name: Biddenham River run

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 33:07

5 mile date: 28/11/2009

5 mile venue or race name: Wolverton

10 mile best: 1:11:30

10 mile date: 13/09/2009

10 mile venue or race name: Swineshead

Half marathon best: 1:33:19

Half marathon date: 15/11/2009

Half marathon venue or race name: St Neots

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best:

Marathon date:

Marathon venue or race name:

Other race distance:

Other race best:

Other race date:

Other race venue or race name:

Robin

Wynde



5K best 20:15

5K date 13/07/2001

5K venue or race name: Cranfield

10K best 41:23

10K date 02/05/1993

10K venue or race name: Langtoft

15K best

15K date

15K venue or race name:

30K best

30K date

30K venue or race name:

5 mile best: 32:18

5 mile date: 08/06/1996

5 mile venue or race name: Battersea Park

10 mile best: 01:10:27

10 mile date: 03/12/2006

10 mile venue or race name: Nene Valley

Half marathon best: 01:29:14

Half marathon date: 17/03/1996

Half marathon venue or race name: Hillingdon

20 mile best:

20 mile date:

20 mile venue or race name:

Marathon best 03:40:30

Marathon date 19/05/1996

Marathon venue or race name: Prague

Other race distance:

Other race best:

Other race date:

Other race venue or race name: