Name of runner	Date	Distance	Name of race	Time	WMA
Scott Crawford	12/01/2025	Half	WTF Zig-Zag Half Marathon	2:32:43	n/a
Alex Wasley	12/01/2025	10k	Hatfield 10k	40:55	64.65%
Graham Eden	12/01/2025	10k	Hatfield 10k	44:13	61.96%
Neal Crawley	12/01/2025	10k	Hatfield 10k	48:11	66.13%
Andy Chapman	12/01/2025	10k	Hatfield 10k	49:16	57.86%
Phil Gover	12/01/2025	10k	Hatfield 10k	54:57	50.25%
Kerry Cunnane	12/01/2025	10k	Hatfield 10k	56:52	54.65%
Jon Boe	12/01/2025	10k	Hatfield 10k	58:35	52.03%
Martin Wasley	12/01/2025	10k	Hatfield 10k	01:01:16	47.69%
Connie Richardson	12/01/2025	10k	Hatfield 10k	01:04:20	46.23%
Charlie Day	12/01/2025	10k	Hatfield 10k	01:11:19	37.02%
Melissa Tanti	19/01/2025	10 miles	run rebel BrighTEN 10 mile	1:32:31	53.56%
Martin Wasley	19/01/2025	10 miles	run rebel BrighTEN 10 mile	01:44:36	46.16%
Alex Wasley	19/01/2025	10 miles	run rebel BrighTEN 10 mile	1:06:41	65.65%
Jodie Kantas	18/01/2025	10 miles	Wild Running: Dark Skies Surrey Hilla	1:50:07	N/A
Ian Harvey	18/01/2025	10 miles	Wild Running: Dark Skies Surrey Hilla	1:50:07	N/A
Jodie Kantas	25/01/2025	25 Miles	ARC of Attrition (UTMB)	05:17:26	N/A
Lewis Green	25/01/2025	25 miles	ARC of Attrition (UTMB)	06:05:30	N/A
Conor O'Neill	26/01/2025	10 miles	Bedford 10	1:17:44	60.07%
Connie Richardson	26/01/2025	10 miles	Bedford 10	1:45:16	46.55%
Ian Young	26/01/2025	10 miles	Bedford 10	1:16:00	66.34%
Richard Moore	26/01/2025	10 miles	Bedford 10	1:27:34	54.67%
Caitlin Evans	26/01/2025	10 miles	Bedford 10	1:39:09	49.42%
Martin Harris	26/01/2025	10 miles	Bedford 10	1:11:36	61.52%
Katie Mitham	26/01/2025	10 miles	Bedford 10	1:20:39	60.87%
Denise Ricot	26/01/2025	10 miles	Bedford 10	1:53:04	56.25%
Katka Laughton	26/01/2025	10 miles	Bedford 10	1:25:58	64.55%
Simona Leadbetter	26/01/2025	10 miles	Bedford 10	1:44:57	50.18%
Scott Crawford	26/01/2025	10 miles	Bedford 10	1:47:45	46.79%
Charlie Day	26/01/2025	5k	Essendon 5	38:41	N/A
Ben Murphy	26/01/2025	5k	Essendon 5	25:38	N/A
Jacky Murphy	26/01/2025	5k	Essendon 5	32:51	N/A
Melissa Tanti	01/02/2025	5k	Queen Elizabeth Olympic Park 5k and 10k	26:17	56.42%
Martin Wasley	01/02/2025	5k	Queen Elizabeth Olympic Park 5k and 10k	28:17	51.24%
Simon Lodge	01/02/2025	10k	Queen Elizabeth Olympic Park 5k and 10k	38:16	81.78%
Alex Wasley	01/02/2025	10k	Queen Elizabeth Olympic Park 5k and 10k	38:27	68.80%
Scott Crawford	02/02/2025	Half	OMG One More Mile to Go	2:55:53	N/A
Suzy Taylor	02/02/2025	10k	OMG One More Mile to Go	1:56:01	N/A

MLDR Road age-grading calculator