

Anna Folland

1st 5k Championship
1st 5m Championship
1st Cross Country Championship
LV40 10k Championship
LV40 Half Marathon Championship
LV40 Marathon Championship

Bev Hayes

LV40 5k Championship

Carla Fisher

2nd Half Marathon Championship
3rd 10m Championship
3rd Marathon Championship

Carla Jenkins

3rd 5m Championship
LV35 5k Championship
LV35 10m Championship
LV35 Half Marathon Championship
LV35 Cross Country Championship

Carole Darnell

LV50 10m Championship

Donna McEwen

LV35 Marathon Championship

Elaine McCulloch

LV60 5m Championship

Gill Fullen

1st 10m Championship
1st Marathon Championship

Helen Woolley

LV35 10k Championship

Jackie Keenan

LV60 5k Championship

Judy Prior

LV60 10m Championship
LV60 Marathon Championship

Juliet Smith

LV45 5k Championship
LV45 5m Championship
LV45 10k Championship
LV45 10m Championship

Kathy Horsman

LV50 Half Marathon Championship
LV50 Marathon Championship

Karen Robertson

LV50 Cross Country Championship

Lesley Gaunt

LV50 5k Championship

Lorena Henderson

LV40 5m Championship

Marianne Williamson

1st Half Marathon Championship
2nd Marathon Championship

Nora Haggart

1st Triathlon Championship Standard
LV55 5k Championship
LV55 5m Championship
LV55 10k Championship
LV55 10m Championship
LV55 Half Marathon Championship
LV55 Marathon Championship
LV55 Cross Country Championship

Rachel Beckett

LV50 10k championship

Rebecca Baxter

LV45 Half Marathon Championship
LV45 Marathon Championship

Renee Allen

1st 10k Championship
2nd 5k Championship
2nd Cross Country Championship
2nd 10m Championship
3rd Half Marathon Championship

Sally Cartwright

2nd 5m Championship
2nd 10k Championship
3rd 5k Championship
3rd 10m Championship
3rd Cross Country Championship

Val Bird

LV60 10k Championship
LV60 Cross Country Championship

Veronica Singleton

LV50 5m Championship

Sally Johnston

LV45 Cross Country Championship

Sarah Wanden

LV40 Cross Country Championship

Lynne Greenard

1st Triatlon Championship Sprint

Alison Cooper

1st Triatlon Championship Middle

Male Championship Races

Adam Hills

MV35 5m Championship

Adam Mills

1st 10m Championship

Alastair Fadden

1st Half Marathon Championship

MV45 10k Championship

Andrew Palombella

2nd 5m Championship

3rd Cross Country Championship

Bob Wells

MV65 Marathon Championship

Carl Furness

MV40 Marathon Championship

Dave Bamber

MV55 5m Championship

David Course

MV35 5k Championship

David Hutchings

MV45 Half Marathon Championship

David Roberts

3rd 10m Championship

MV45 5m Championship

MV45 Cross Country Championship

David Sharman

MV35 10k Championship

MV35 10m Championship

MV35 Marathon Championship

MV35 Cross Country Championship

Gary Finch

1st 5m Championship

2nd Marathon Championship

2nd Cross Country Championship

3rd 5k Championship

3rd 10k Championship

MV40 Half Marathon Championship

Ian Soaft

MV60 5k Championship

Jack Chana

MV60 5m Championship

James Wallbank

MV50 10m Championship

Jerry Pullinger

2nd 10m Championship

MV50 5k Championship

MV50 5m Championship

MV50 10k Championship

MV50 Half Marathon Championship

MV50 Marathon Championship

Jim Hendry

MV75 5k Championship

Jose Ariza

3rd 5m Championship

MV40 5k Championship

Justin Burrell

MV40 10m Championship

Kevin Willett

3rd Half Marathon Championship

Marcus Cookham

1st Marathon Championship

1st Cross Country Championship

2nd 5k Championship

2nd 10k Championship

MV35 Half marathon Championship

Mark Tinkler

MV55 10m Championship

Martin Leach

MV65 5k Championship

Morris Dempster

MV60 10k Championship

MV60 Half Marathon Championship

MV60 Marathon Championship

Neil Loader

3rd Marathon Championship

Neil Lovesey

MV55 10k Championship

MV55 Marathon Championship

MV55 Cross Country Championship

Paolo Basso

MV40 5m Championship

MV40 10k Championship

Paul Furness

2nd Half Marathon Championship

MV45 Marathon Championship

Paul Stuart

MV45 10m Championship

Richard Piron

1st Triathlon Championship Standard
 MV55 5k Championship
 MV60 10m Championship

Steve Williamson

MV55 Half Marathon Championship

Stuart Trevallion

MV45 5k Championship

Tony Dadd

1st 5k Championship
 1st 10k Championship

Graham Short

MV50 Cross Country Championship

Richard Beard

MV60 Cross Country Championship

Gareth Hardman

MV40 Cross Country Championship

Roger Sewell

MV75 Cross Country Championship

Peter Mealing

1st Triathlon Championship Sprint

Road Race Championship

1st Lady **Nora Haggard**
 2nd Lady **Anna Folland**
 3rd Lady **Kathy Horsman**

1st Man **Jerry Pullinger**
 2nd Man **Morris Dempster**
 3rd Man **Marcus Cookham**

Club Man of the Year 2012

Graham Short

Club Lady of the Year 2012

Zoë Willett

Most Improved runners

Sally Cartwright

Carl Furness

Anna Folland

July
 LV40 Doug Anderson 5k 19:10

September
 LV40 Bedford Harriers 10k 39:53

October
 LV40 Great Eastern Half Marathon 1:26:43

November
 LV40 St Neots Half Marathon 1:26:31

Bob Wells

January
 MV65 Course des Rois 10k 40:24

March
 MV65 Blagnac Half Marathon 1:26:32

November
 MV65 Brampton to Carlisle 10m 67:06

Gill Fullen

April
 LV45 Milton Keynes Marathon 3:02:36

November
 LV45 Wolverton 5 29:42

Marianne Williamson

April
 LV40 London Marathon 3:10:43

July
 LV40 Milton Keynes 10k 40:44

Nora Haggart

April
 LV55 Milton Keynes Marathon 3:38:44

May
 LV55 Silverstone 10k 44:16

September
 LV55 Leighton 10m 75:04

October
 LV55 Standalone 10k 43:08

Roger Sewell

November
 MV75 Maratona Tocino Half Marathon 2:34:06

Standard Awards

2012

Jerry Pullinger	Diamond
Marcus Cookham	Platinum
Paul Furness	Platinum
Sally Cartwright	Platinum
Andrew Palombella	Gold
Andrew Robertson	Gold
Carla Jenkins	Gold
David Roberts	Gold
Jenny Lovesey	Gold
Karen Robertson	Gold
Rebecca Baxter	Gold
Renee Allen	Gold
Steve Williamson	Gold
Helen Woolley	Silver
Lawrence Folley	Silver
Alan Rickhuss	Bronze
Charlie Hempstead	Bronze
David Course	Bronze
James Wallbank	Bronze
Jeanette Cheetham	Bronze
Luke Ablard	Bronze
Richard Pooley	Bronze
Tom Brassington	Bronze
Carole Darnell	Copper
Justin Burrell	Copper
Larissa Clarke	Copper
Melissa Burrell	Copper
Michael Munro	Copper
Paul Davis	Copper
Rachel Beckett	Copper
Robert Jones	Copper
Rupert Howton	Copper
Sarah Wanden	Copper
Stuart Bullard	Copper
Zoë Willett	Copper
Gareth Hardman	Tin
Ian Sturdjess	Tin
Joanne Finch	Tin
Joanne Smythe	Tin
Paul Walton	Tin
Steve Gibbons	Tin
Adam Panter	Club
Kimberley Willett	Club
Susan Pack	Club
John Aspinall	Club
Andrew Baylis	Club
Eliza Bogan	Club
Caroline Clark	Club
Catherine Course	Club
Tina Delaney	Club
Jenny Damon	Club
Stephanie Dennis	Club
Amanda Done	Club
Paul Hepburn	Club

Aleck Hornshaw	Club
Mark Jackson	Club
Susan Johnston	Club
Keith Milton	Club
Emma Robinson	Club
Colin Ross	Club
Lynn Short	Club
Cecilia Thomas	Club
Diane Wallis	Club
Richard Wild	Club
Steve Young	Club
Christopher Zaremba	Club

Special Awards

Mark Holland

Grand Union Canal 145 miles

Matt Burgin

Marathon Des Sables

Noel Jones

100 Marathons

Laugavegur Ultramarathon

Bev Hayes

40 races completed in 2012

Julie Tapley

ITU Duathlon World Championships, Nancy

ITU World Triathlon Grand Final, Auckland

Pete Buckingham

ITU Duathlon World Championships, Nancy

ITU World Triathlon Grand Final, Auckland

Richard Piron

ITU Duathlon World Championships

National English Triathlon Championships

National Sprint Triathlon Championships

Gill Fullen

ITU Duathlon World Championships, Gold

British Duathlon Age Group Champion

Ironman World Championships 2012

Fastest LV45 5 mile in UK 2012

Chris Linney

Pembrokeshire Coast Ultramarathon

1st man, Dunstable Downs Marathon Challenge

Carla Jenkins

Adidas Thunder Run 24hrs

100k completed

Richard Beard

Endurancelife Xtri

Forestman Long Distance Triathlon

Lakeland 100

Simon Fisher

Endurancelife Xtri