



Athlete		Miles	Race	Time	Points
Als Young	F				8
	13/11/2022	6.21	Windmill 10k	00:58:16	8
	10/07/2022	6.21	Blackpool Summer 10k	01:02:45	0
Kim Dykes	F				53
	28/06/2022	5.00	Thornton Interclub	00:39:02	53
Leanne Nield	F				60
	12/05/2022	5.00	Lytham Interclub	00:37:57	60
Lia Muphy	F				17
	05/06/2022	3.11	Carnival 5k	00:28:39	7
	28/06/2022	5.00	Thornton Interclub	00:46:14	10
Maddy Markham	F				298
	01/07/2022	3.11	Power of 5k (July)	00:20:10	89
	28/06/2022	5.00	Thornton Interclub	00:35:37	74
	12/05/2022	5.00	Lytham Interclub	00:36:18	70
	25/05/2022	6.21	Wesham Spring 10k	00:46:25	65
Michelle Chadwick	F				245
	15/04/2022	10.00	Caldervale 10	01:14:19	73
	15/05/2022	13.10	Essar Cheshire Half	01:32:36	88
	19/06/2022	13.10	Freckleton Half Marathon	01:34:03	84

Athlete		Miles	Race	Time	Points
Gill Draper	F35			Qualified	494
	25/05/2022	6.21	Wesham Spring 10k	00:39:31	99
	22/05/2022	13.10	Manchester Half	01:26:38	101
	26/03/2023	13.10	Waters Wilmslow Half	01:27:31	99
	12/03/2023	20.00	Trimpell Twenty	02:19:42	100
	03/04/2022	26.20	Therme Manchester Marathon	03:14:22	95
Helen Rennie	F35				53
	28/06/2022	5.00	Thornton Interclub	00:39:08	53
Jennifer Hill	F35				151
	28/06/2022	5.00	Thornton Interclub	00:34:48	79
	12/05/2022	5.00	Lytham Interclub	00:35:53	72
Kate Price Edwards	F35			Qualified	312
	28/06/2022	5.00	Thornton Interclub	00:36:22	69
	12/05/2022	5.00	Lytham Interclub	00:38:26	57
	07/08/2022	13.10	Windmill Half	01:41:34	67
	12/03/2023	20.00	Trimpell Twenty	02:48:26	57
	03/04/2022	26.20	Therme Manchester Marathon	03:43:18	62
Liz Canavan	F35			Qualified	161
	28/06/2022	5.00	Thornton Interclub	00:44:30	21
	05/02/2023	6.21	Winter Warmer	00:50:03	48
	25/05/2022	6.21	Wesham Spring 10k	00:55:28	22
	29/01/2023	10.00	St Annes Ten Miler	01:28:22	30
	12/03/2023	20.00	Trimpell Twenty	02:59:24	40
Vicki Richardson	F35				0
	12/05/2022	5.00	Lytham Interclub	01:06:43	0
	11/09/2022	13.10	GreatNorth Run	02:23:38	0

Athlete		Miles	Race	Time	Points
Clare Taylor	F40				167
	19/02/2023	13.10	Great North West Half	01:43:39	62
	12/03/2023	20.00	Trimpell Twenty	02:49:09	56
	02/10/2022	26.20	TCS London Marathon	03:54:40	49
Laura Byrne	F40				7
	29/10/2022	3.11	Western Distributor 5k	00:28:38	7
Claire Markham	F45			Qualified	235
	01/07/2022	3.11	Power of 5k (July)	00:23:23	58
	12/05/2022	5.00	Lytham Interclub	00:38:54	54
	28/06/2022	5.00	Thornton Interclub	00:39:34	50
	25/05/2022	6.21	Wesham Spring 10k	00:49:55	49
	08/01/2023	13.10	Central Lancs New Year Half	02:00:33	24
Kirsten Burnett	F45			Qualified	115
	28/05/2022	3.11	Catforth Canter (May)	00:26:28	28
	28/06/2022	5.00	Thornton Interclub	00:45:01	17
	05/02/2023	6.21	Winter Warmer	00:53:16	32
	25/05/2022	6.21	Wesham Spring 10k	00:55:03	24
	12/03/2023	20.00	Trimpell Twenty	03:17:05	14
Mel Koth	F45			Qualified	455
	12/05/2022	5.00	Lytham Interclub	00:33:27	87
	09/10/2022	13.10	Manchester Half	01:29:03	96
	07/08/2022	13.10	Lancaster Riverside	01:31:36	90
	21/08/2022	20.00	Trimpell 20	02:25:13	92
	12/03/2023	20.00	Trimpell Twenty	02:26:07	90

Athlete		Miles	Race	Time	Points
Sue Henry	F45			Qualified	0
	28/06/2022	5.00	Thornton Interclub	00:51:22	0
	18/09/2022	6.21	Fairhaven Flyer	01:13:51	0
	13/11/2022	6.21	Windmill 10k	01:14:16	0
	24/04/2022	13.10	Festival of Running Half	02:20:37	0
	19/06/2022	13.10	Freckleton Half Marathon	02:17:54	0
Xavia Cooper	F45				96
	29/10/2022	3.11	Western Distributor 5k	00:26:15	30
	29/01/2023	10.00	St Annes Ten Miler	01:29:22	27
	18/09/2022	13.10	Scottish Half Marathon	01:53:44	39
	22/10/2022	13.10	Langdale Half	02:21:58	0
Bec Willetts	F50				0
	29/10/2022	6.21	Preston Western Distributor 10k	01:02:13	0
Catherine Carrdus	F50				317
	29/04/2022	3.11	Mid Cheshire 5k	00:20:36	85
	29/10/2022	3.11	Western Distributor 5k	00:20:50	82
	04/12/2022	10.00	Myerscough 10	01:13:06	76
	05/11/2022	13.10	Run Through Tatton Half	01:38:28	74
Catherine Maclachlan	F50				22
	28/06/2022	5.00	Thornton Interclub	00:44:15	22
	11/09/2022	13.10	GreatNorth Run	02:25:07	0
Gillian Oliver	F50				0
	09/07/2022	6.21	CR 315 Lancaster 10k	01:07:45	0
Jo Goorney	F50				84
	12/05/2022	5.00	Lytham Interclub	00:34:00	84

Athlete		Miles	Race	Time	Points
Louise Cox	F50				294
	12/05/2022	5.00	Lytham Interclub	00:36:05	71
	28/06/2022	5.00	Thornton Interclub	00:36:02	71
	28/04/2022	6.21	Run Media City 10k	00:44:02	77
	25/05/2022	6.21	Wesham Spring 10k	00:44:29	75
Julia Rolfe	F55				62
	26/08/2022	3.11	Power of 5k (August)	00:26:46	25
	30/10/2022	6.21	Accrington Road Runners 10k	00:56:34	16
	20/11/2022	13.10	Conwy Half	02:01:52	21
Kathy Gaunt	F55				0
	05/02/2023	6.21	Winter Warmer	01:15:38	0
Ruth Williams	F55				93
	05/06/2022	3.11	Carnival 5k	00:26:02	32
	12/05/2022	5.00	Lytham Interclub	00:44:45	19
	13/11/2022	6.21	Windmill 10k	00:55:11	23
	25/05/2022	6.21	Wesham Spring 10k	00:56:08	19
Sue Hawitt	F55			Qualified	208
	26/11/2022	6.21	Wesham Winter 10k	00:50:45	45
	05/02/2023	6.21	Winter Warmer	00:51:54	39
	29/01/2023	10.00	St Annes Ten Miler	01:26:28	36
	19/02/2023	13.10	Great North West Half	01:51:51	44
	12/03/2023	20.00	Trimpell Twenty	02:56:58	44

Athlete		Miles	Race	Time	Points
Barbara Holmes	F60			Qualified	293
	25/06/2022	3.11	World Triathlon Championships, Montreal	00:23:55	53
	18/03/2023	6.21	Mothers Day 10k	00:45:27	70
	13/11/2022	6.21	Windmill 10k	00:45:44	69
	04/12/2022	10.00	Myerscough 10	01:20:25	54
	08/01/2023	13.10	Central Lancs New Year Half	01:50:29	47
Julie Wiseman	F60			Qualified	8
	05/06/2022	3.11	Carnival 5k	00:28:31	8
	13/11/2022	6.21	Windmill 10k	01:01:19	0
	29/10/2022	6.21	Preston Western Distributor 10k	01:01:12	0
	11/09/2022	13.10	GreatNorth Run	02:26:39	0
	02/10/2022	26.20	TCS London Marathon	05:13:51	0
Pam Hardman	F60				53
	25/05/2022	6.21	Wesham Spring 10k	00:50:36	45
	20/11/2022	13.10	Conwy Half	02:07:11	8
Pam Binns	F75			Qualified	14
	05/06/2022	3.11	Carnival 5k	00:28:27	9
	28/06/2022	5.00	Thornton Interclub	00:48:35	0
	25/05/2022	6.21	Wesham Spring 10k	00:58:58	5
	23/04/2022	6.21	Wray Scarecrow	01:03:34	0
	19/06/2022	13.10	Freckleton Half Marathon	02:23:03	0

Athlete		Miles	Race	Time	Points
Sylvia Gittins	F75			Qualified	0
	28/06/2022	5.00	Thornton Interclub	00:51:03	0
	23/04/2022	6.21	Wray Scarecrow	01:04:32	0
	29/10/2022	6.21	Preston Western Distributor 10k	01:04:34	0
	21/05/2022	10.00	Blackpool Prom 10	01:45:56	0
	09/10/2022	13.10	West Coast Half	02:25:20	0
Alex Tate	M				174
	25/05/2022	6.21	Wesham Spring 10k	00:39:40	98
	19/06/2022	13.10	Freckleton Half Marathon	01:37:50	76
Alex Wiggins	M				49
	12/05/2022	5.00	Lytham Interclub	00:42:04	35
	28/06/2022	5.00	Thornton Interclub	00:45:37	14
Alistair Leivers	M				323
	05/06/2022	3.11	Carnival 5k	00:15:52	130
	26/05/2022	3.11	Run Media City 5k	00:16:30	124
	12/05/2022	5.00	Lytham Interclub	00:36:21	69
Chris Bowker	M				34
	29/01/2023	10.00	St Annes Ten Miler	01:35:58	8
	19/06/2022	13.10	Freckleton Half Marathon	01:59:40	26
Chris Cottam	M			Qualified	441
	01/07/2022	3.11	Power of 5k (July)	00:19:59	91
	25/06/2022	3.11	Catforth Canter (June)	00:19:57	91
	26/12/2022	6.21	Worden Park Boxing Day 10k	00:41:38	89
	05/02/2023	6.21	Winter Warmer	00:41:53	87
	06/11/2022	13.10	Lancaster Half	01:34:47	83

Athlete		Miles	Race	Time	Points
James Whittle	M			Qualified	498
	10/02/2023	3.11	Power of 5k (February)	00:18:23	106
	29/10/2022	3.11	Western Distributor 5k	00:19:02	100
	05/02/2023	6.21	Winter Warmer	00:39:57	97
	22/10/2022	10.00	Elswick Express	01:06:50	95
	09/10/2022	13.10	Manchester Half	01:27:15	100
Joe Greenwood	M			Qualified	524
	28/05/2022	3.11	Catforth Canter (May)	00:17:50	111
	05/06/2022	3.11	Carnival 5k	00:18:10	108
	12/05/2022	5.00	Lytham Interclub	00:30:24	105
	25/05/2022	6.21	Wesham Spring 10k	00:37:57	106
	19/06/2022	13.10	Freckleton Half Marathon	01:29:42	94
Matt Jones	M				16
	12/05/2022	5.00	Lytham Interclub	00:45:20	16
Mike Toft	M				469
	03/04/2022	6.21	Fleetwood 10k	00:34:07	125
	13/11/2022	6.21	Windmill 10k	00:35:46	117
	09/10/2022	13.10	West Coast Half	01:20:44	115
	07/08/2022	13.10	Windmill Half	01:22:07	112
Ross McKelvie	M				522
	29/10/2022	3.11	Podium 5k	00:15:26	135
	10/02/2023	3.11	Power of 5k (February)	00:15:38	133
	28/06/2022	5.00	Thornton Interclub	00:26:49	127
	23/10/2022	6.21	Leeds Abbey Dash	00:33:39	127

Athlete		Miles	Race	Time	Points
Tom Howarth	M				157
	28/06/2022	5.00	Thornton Interclub	00:33:34	86
	19/06/2022	13.10	Freckleton Half Marathon	01:39:53	71
Andy Draper	M40			Qualified	540
	10/02/2023	3.11	Power of 5k (February)	00:17:39	113
	18/03/2023	6.21	Mothers Day 10k	00:37:10	110
	29/01/2023	10.00	St Annes Ten Miler	01:03:17	106
	20/11/2022	10.00	Preston Porche Centre 10m	01:04:46	101
	21/01/2023	13.10	Inskip Half	01:22:46	110
Dom Kirby	M40				366
	12/05/2022	5.00	Lytham Interclub	00:33:01	89
	12/05/2022	5.00	Lytham Interclub	00:33:01	89
	09/10/2022	13.10	Manchester Half	01:29:50	94
	09/10/2022	13.10	Manchester Half	01:29:50	94
Ian Tate	M40			Qualified	178
	28/06/2022	5.00	Thornton Interclub	00:40:31	44
	13/08/2022	6.21	Blackpool Run The Lights 10k	00:51:30	41
	25/05/2022	6.21	Wesham Spring 10k	00:54:42	25
	26/06/2022	13.10	Southport Half	01:55:39	35
	07/08/2022	13.10	Windmill Half	01:56:39	33
Lewis McAfee	M40			Qualified	260
	21/10/2022	3.11	Power of 6k (October)	00:21:37	75
	28/06/2022	5.00	Thornton Interclub	00:37:41	61
	21/08/2022	20.00	Trimpell 20	03:02:16	36
	03/04/2022	26.20	Therme Manchester Marathon	03:58:56	44
	02/10/2022	26.20	TCS London Marathon	03:59:18	44

Athlete	Miles	Race	Time	Points
Mark Selby	M40			250
	13/08/2022	3.11 Blackpool Run The Lights 5k	00:20:04	90
	05/06/2022	3.11 Carnival 5k	00:20:27	86
	29/01/2023	10.00 St Annes Ten Miler	01:13:54	74
Neil Tate	M40			168
	05/06/2022	3.11 Carnival 5k	00:22:18	68
	25/05/2022	6.21 Wesham Spring 10k	00:43:06	81
	19/06/2022	13.10 Freckleton Half Marathon	02:02:46	19
Darran Ames	M45			49
	26/11/2022	6.21 Wesham Winter 10k	00:49:45	49
Jonathan Tuck	M45			399
	25/06/2022	3.11 Catforth Canter (June)	00:19:59	91
	12/05/2022	5.00 Lytham Interclub	00:30:49	103
	28/06/2022	5.00 Thornton Interclub	00:31:05	101
	29/10/2022	6.21 Preston Western Distributor 10k	00:38:27	104
Kevin Murray	M45			49
	13/11/2022	6.21 Windmill 10k	00:56:47	15
	09/10/2022	13.10 West Coast Half	01:58:50	28
	19/06/2022	13.10 Freckleton Half Marathon	02:08:24	6
Mark Hughes	M45			111
	28/06/2022	5.00 Thornton Interclub	00:36:24	69
	11/09/2022	13.10 GreatNorth Run	01:52:22	42
Scott Gall	M45			7
	26/06/2022	13.10 Southport Half	02:07:40	7

Athlete	Miles	Race	Time	Points
Dan Gregson	M50		Qualified	359
	28/05/2022	3.11 Catforth Canter (May)	00:21:33	76
	29/10/2022	3.11 Western Distributor 5k	00:21:47	73
	18/09/2022	6.21 Fairhaven Flyer	00:45:02	72
	04/12/2022	10.00 Myerscough 10	01:14:50	71
	26/03/2023	13.10 Waters Wilmslow Half	01:41:47	67
Dave Booth	M50			0
	13/11/2022	6.21 Windmill 10k	01:02:39	0
David Butler	M50			62
	12/05/2022	5.00 Lytham Interclub	00:37:38	62
Greg Oulton	M50			141
	01/07/2022	3.11 Power of 5k (July)	00:24:59	42
	25/06/2022	3.11 Catforth Canter (June)	00:25:28	38
	28/06/2022	5.00 Thornton Interclub	00:42:55	30
	29/10/2022	6.21 Preston Western Distributor 10k	00:53:29	31
Mick Widdop	M50		Qualified	180
	25/05/2022	6.21 Wesham Spring 10k	00:51:33	41
	26/11/2022	6.21 Wesham Winter 10k	00:52:22	37
	12/03/2023	10.00 Golden Ball 10	01:27:10	34
	26/06/2022	13.10 Southport Half	01:55:54	34
	12/02/2023	13.10 Wrexham Village Bakery Half	01:55:59	34

Athlete	Miles	Race	Time	Points
Peter Reid	M50		Qualified	167
	05/06/2022	3.11 Carnival 5k	00:23:49	54
	12/05/2022	5.00 Lytham Interclub	00:40:28	45
	28/06/2022	5.00 Thornton Interclub	00:40:39	44
	13/11/2022	6.21 Windmill 10k	00:56:03	19
	08/01/2023	13.10 Central Lancs New Year Half	02:08:50	5
Richard Storey	M50			118
	29/10/2022	3.11 Western Distributor 5k	00:24:57	43
	25/06/2022	3.11 Catforth Canter (June)	00:25:50	34
	08/01/2023	6.21 Garstang 10k	00:54:45	25
	25/05/2022	6.21 Wesham Spring 10k	00:56:44	16
Stephen Wilde	M50			85
	12/05/2022	5.00 Lytham Interclub	00:33:42	85
Paul McAllister	M55			15
	28/06/2022	5.00 Thornton Interclub	00:47:08	5
	08/05/2022	6.21 Woodbridge 10k	00:57:52	10
Stephen Wise	M55		Qualified	285
	28/05/2022	3.11 Catforth Canter (May)	00:22:41	65
	10/06/2022	3.11 Plough at Eaves	00:23:05	61
	28/06/2022	5.00 Thornton Interclub	00:38:48	55
	26/11/2022	6.21 Wesham Winter 10k	00:49:15	52
	25/05/2022	6.21 Wesham Spring 10k	00:49:10	52
Steve Jones	M55			54
	05/06/2022	3.11 Carnival 5k	00:25:23	38
	12/05/2022	5.00 Lytham Interclub	00:45:20	16

Athlete	Miles	Race	Time	Points
Barry Broughton	M60			153
	05/06/2022	3.11 Carnival 5k	00:24:43	45
	28/06/2022	5.00 Thornton Interclub	00:41:51	36
	12/05/2022	5.00 Lytham Interclub	00:42:09	35
	25/05/2022	6.21 Wesham Spring 10k	00:52:13	37
Peter Thomson	M60			32
	28/06/2022	5.00 Thornton Interclub	00:42:39	32
Graham Cunliffe	M65			47
	10/02/2023	3.11 Power of 5k (February)	00:24:28	47
John Bertenshaw	M65		Qualified	324
	29/04/2022	3.11 Mid Cheshire 5k	00:21:51	73
	29/10/2022	3.11 Western Distributor 5k	00:22:36	65
	12/05/2022	5.00 Lytham Interclub	00:37:39	62
	25/05/2022	6.21 Wesham Spring 10k	00:47:15	61
	05/11/2022	13.10 Run Through Tatton Half	01:43:24	63
Bob Clough	M70			0
	05/06/2022	3.11 Carnival 5k	00:31:09	0
Graham Webster	M70			286
	29/04/2022	3.11 Mid Cheshire 5k	00:21:34	75
	01/07/2022	3.11 Power of 5k (July)	00:22:08	70
	13/04/2022	6.21 Run Through Chase The Sun	00:45:04	72
	25/05/2022	6.21 Wesham Spring 10k	00:45:46	69

Athlete		Miles	Race	Time	Points
Roy Stevens	M70			Qualified	74
	12/05/2022	5.00	Lytham Interclub	00:44:01	23
	25/05/2022	6.21	Wesham Spring 10k	00:54:12	28
	18/03/2023	6.21	Mothers Day 10k	00:55:58	19
	29/01/2023	10.00	St Annes Ten Miler	01:39:39	0
	19/06/2022	13.10	Freckleton Half Marathon	02:09:21	4