



Athlete		Miles	Race	Time	Points
Maddy Markham	F				121
	02/06/2023	3.11	Power of 5k (June)	00:25:02	42
	28/04/2023	3.11	Mid Cheshire 5k	00:25:10	41
	27/06/2023	5.00	Thornton Interclub	00:41:31	38
Rosie Eagles	F				50
	24/05/2023	6.21	Wesham Summer 10k	00:49:36	50
	09/12/2023	6.21	Langdale Christmas Pudding	01:14:49	0
Sarah Beck	F				244
	27/05/2023	3.11	Catforth Canter (May)	00:21:08	80
	26/12/2023	6.21	Leyland Boxing Day 10k	00:45:01	72
	06/08/2023	13.10	Windmill Half	01:47:40	53
	25/06/2023	13.10	Southport Half	01:53:55	39
Gill Draper	F35			Qualified	493
	25/11/2023	6.21	Wesham Winter 10k	00:39:52	97
	12/11/2023	6.21	Windmill Remembrance 10k	00:40:42	93
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:04:45	101
	20/01/2024	13.10	Inskip Half	01:28:34	97
	23/04/2023	26.20	TCS London Marathon	03:05:33	105
Gillian Anderson	F35			Qualified	164
	27/06/2023	5.00	Thornton Interclub	00:41:34	38
	24/05/2023	6.21	Wesham Summer 10k	00:50:48	44
	12/11/2023	6.21	Windmill Remembrance 10k	00:53:43	30
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:31:00	23
	23/04/2023	13.10	Blackpool Festival of Running Half	01:58:13	29

Athlete		Miles	Race	Time	Points
Jennifer Hill	F35				64
	18/09/2023	6.21	Fairhaven Flyer	00:46:46	64
Kate Price Edwards	F35				250
	09/07/2023	3.11	St Annes Carnival 5k	00:22:08	70
	27/06/2023	5.00	Thornton Interclub	00:36:45	67
	25/06/2023	13.10	Southport Half	01:47:43	53
	23/04/2023	26.20	TCS London Marathon	03:45:00	60
Liz Canavan	F35				143
	27/06/2023	5.00	Thornton Interclub	00:39:27	51
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:23:08	46
	02/04/2023	26.20	Paris Marathon	03:57:10	46
Vicki Richardson	F35				0
	27/06/2023	5.00	Thornton Interclub	00:53:35	0
Cass Chisholm	F40				0
	09/12/2023	6.21	Langdale Christmas Pudding	01:14:48	0
Emma Johnston	F40				0
	12/11/2023	6.21	Windmill Remembrance 10k	01:01:20	0
Laura Byrne	F40				0
	27/06/2023	5.00	Thornton Interclub	00:52:05	0
Sarah Cook	F40				0
	27/06/2023	5.00	Thornton Interclub	00:54:09	0
	27/06/2023	5.00	Thornton Interclub	00:54:09	0
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:53:38	0
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:53:38	0

Athlete		Miles	Race	Time	Points
Claire Markham	F45				128
	27/06/2023	5.00	Thornton Interclub	00:43:07	29
	04/02/2024	6.21	Blackburn Winter Warmer	00:52:49	35
	03/12/2023	10.00	Myerscough 10	01:24:57	41
	14/05/2023	26.20	Rob Burrows Leeds Marathon	04:17:17	23
Clare Taylor	F45			Qualified	273
	09/07/2023	3.11	St Annes Carnival 5k	00:22:38	65
	27/06/2023	5.00	Thornton Interclub	00:37:15	64
	25/06/2023	13.10	Southport Half	01:46:28	56
	21/10/2023	13.10	Langdale Half	01:58:55	27
	16/04/2023	26.20	Manchester Marathon	03:44:35	61
Kirsten Burnett	F45			Qualified	50
	09/07/2023	3.11	St Annes Carnival 5k	00:25:25	38
	12/11/2023	6.21	Windmill Remembrance 10k	00:57:24	12
	02/04/2023	13.10	Darwen Heritage Half	02:23:01	0
	23/04/2023	26.20	TCS London Marathon	04:44:28	0
	21/05/2023	26.20	Salzburg Marathon	04:53:28	0
Mel Koth	F45				336
	27/06/2023	5.00	Thornton Interclub	00:34:40	80
	07/01/2024	13.10	Central Lancs New Year Half	01:35:53	80
	02/04/2023	13.10	Darwen Heritage Half	01:36:34	79
	23/04/2023	26.20	TCS London Marathon	03:12:49	97
Sue Henry	F45				0
	27/06/2023	5.00	Thornton Interclub	00:54:07	0

Athlete		Miles	Race	Time	Points
Xavia Cooper	F45			Qualified	224
	27/06/2023	5.00	Thornton Interclub	00:40:19	46
	12/11/2023	6.21	Windmill Remembrance 10k	00:50:30	46
	24/05/2023	6.21	Wesham Summer 10k	00:50:42	45
	06/08/2023	13.10	Lancaster Riverside Half	01:50:10	47
	16/04/2023	26.20	Manchester Marathon	04:02:14	40
Catherine Carrdus	F50			Qualified	362
	24/06/2023	3.11	Catforth Canter (June)	00:20:03	90
	28/04/2023	3.11	Mid Cheshire 5k	00:20:30	86
	23/07/2023	6.21	Helena Tipping Wrexham 10k	00:46:34	65
	18/02/2024	13.10	Village Bakery Half	01:43:18	63
	18/06/2023	13.10	Freckleton Half	01:45:36	58
Catherine Maclachlan	F50				52
	02/04/2023	6.21	Fleetwood 10k	00:56:13	18
	13/01/2024	6.21	Garstang 10k	00:57:05	14
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:32:00	20
	08/09/2023	13.10	Great North Run	02:31:17	0
Linda Chadderton	F50				16
	12/11/2023	6.21	Windmill Remembrance 10k	00:56:43	16
Louise Cox	F50				143
	16/04/2023	6.21	Lancaster Three Bridges (and 84 bloomin' steps)	00:45:02	72
	25/11/2023	6.21	Wesham Winter 10k	00:45:14	71
Ruth Williams	F55				35
	03/12/2023	6.21	Blackburn Winter Warmer	00:52:40	35

Athlete		Miles	Race	Time	Points
Sue Hawitt	F55			Qualified	202
	27/06/2023	5.00	Thornton Interclub	00:40:32	44
	12/11/2023	6.21	Windmill Remembrance 10k	00:50:50	44
	03/12/2023	6.21	Blackburn Winter Warmer	00:52:40	35
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:23:23	45
	23/04/2023	26.20	TCS London Marathon	04:07:24	34
Barbara Holmes	F60				251
	17/03/2024	3.11	Wigan Festival of Running 5k	00:23:11	60
	01/10/2023	6.21	Knutsford 10k	00:46:10	67
	12/11/2023	6.21	Windmill Remembrance 10k	00:47:15	61
	16/04/2023	26.20	Manchester Marathon	03:42:04	63
Julia Rolfe	F60				66
	09/07/2023	3.11	St Annes Carnival 5k	00:26:32	27
	17/12/2023	6.21	Lancaster Christmas Cracker	00:53:31	31
	04/02/2024	6.21	Blackburn Winter Warmer	00:58:18	8
Pam Hardman	F60				17
	07/01/2024	13.10	Central Lancs New Year Half	02:03:24	17
Pam Binns	F75				0
	24/05/2023	6.21	Wesham Summer 10k	01:04:40	0
	18/06/2023	13.10	Freckleton Half	02:31:18	0
Sylvia Gittins	F75				0
	18/06/2023	13.10	Freckleton Half	02:33:56	0
Alistair Leivers	M				254
	08/03/2024	3.11	Power of 5k (March)	00:15:52	130
	17/03/2024	13.10	Liverpool Half Marathon	01:16:38	124

Athlete		Miles	Race	Time	Points
Chris Cottam	M			Qualified	449
	02/06/2023	3.11	Power of 5k (June)	00:19:37	94
	27/06/2023	5.00	Thornton Interclub	00:32:48	91
	26/12/2023	6.21	Leyland Boxing Day 10k	00:41:49	88
	18/02/2024	13.10	Village Bakery Half	01:32:58	87
	10/03/2024	20.00	Trimpell 20	02:27:00	89
James Whittle	M			Qualified	520
	08/03/2024	3.11	Power of 5k (March)	00:17:58	110
	12/08/2023	3.11	Catforth Canter (August)	00:18:33	104
	27/06/2023	5.00	Thornton Interclub	00:32:18	94
	12/11/2023	6.21	Windmill Remembrance 10k	00:38:37	103
	18/02/2024	13.10	Village Bakery Half	01:23:08	109
Joe Greenwood	M			Qualified	477
	27/06/2023	5.00	Thornton Interclub	00:30:55	102
	24/05/2023	6.21	Wesham Summer 10k	00:38:51	102
	12/11/2023	6.21	Windmill Remembrance 10k	00:39:17	100
	18/06/2023	13.10	Freckleton Half	01:29:06	96
	10/06/2023	13.10	Welsh Castles Relay 2023 Stage 10	01:37:08	77
Matt Kay	M				5
	27/06/2023	5.00	Thornton Interclub	00:47:04	5
	24/09/2023	13.10	Run Through Warrington Half	02:11:00	0
Matthew Staniforth	M				159
	27/06/2023	5.00	Thornton Interclub	00:39:37	50
	12/11/2023	6.21	Windmill Remembrance 10k	00:44:04	77
	08/10/2023	26.20	Chester Marathon	04:09:20	32

Athlete		Miles	Race	Time	Points
Mike Toft	M				378
	08/03/2024	3.11	Power of 5k (March)	00:15:55	130
	18/09/2023	6.21	Fairhaven Flyer	00:33:48	126
	21/05/2023	13.10	AJ Bell Great Manchester Half	01:17:34	122
Ross McKelvie	M				371
	28/04/2023	3.11	Mid Cheshire 5k	00:15:54	130
	12/08/2023	3.11	Catforth Canter (August)	00:16:53	121
	27/06/2023	5.00	Thornton Interclub	00:27:58	120
Steven Pepper	M			Qualified	458
	12/08/2023	3.11	Catforth Canter (August)	00:19:46	93
	26/12/2023	6.21	Leyland Boxing Day 10k	00:40:22	95
	12/11/2023	6.21	Windmill Remembrance 10k	00:40:30	94
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:06:58	95
	18/02/2024	13.10	Village Bakery Half	01:35:27	81
Andy Draper	M40			Qualified	563
	12/11/2023	6.21	Windmill Remembrance 10k	00:36:59	111
	17/11/2023	10.00	City of Preston 10	00:59:39	117
	03/12/2023	10.00	Myerscough 10	00:59:38	117
	18/06/2023	13.10	Freckleton Half	01:24:48	105
	10/03/2024	20.00	Trimpell 20	02:10:49	113
Dom Kirby	M40				94
	27/06/2023	5.00	Thornton Interclub	00:32:19	94

Athlete		Miles	Race	Time	Points
Lewis McAfee	M40			Qualified	234
	17/11/2023	3.11	Power of 5k (November)	00:22:42	64
	27/06/2023	5.00	Thornton Interclub	00:38:32	56
	24/05/2023	6.21	Wesham Summer 10k	00:47:47	59
	18/06/2023	13.10	Freckleton Half	01:56:49	32
	05/11/2023	26.20	New York Marathon	04:17:13	23
Mark Selby	M40				23
	23/04/2023	26.20	TCS London Marathon	04:17:36	23
Jonathan Tuck	M45				89
	18/06/2023	13.10	Freckleton Half	01:32:11	89
Mark Hughes	M45				41
	08/09/2023	13.10	Great North Run	01:53:06	41
Dan Gregson	M50				61
	22/04/2023	6.21	Wrak Scarecrow 10k	00:47:18	61
Dave Booth	M50			Qualified	9
	25/02/2024	6.21	Stanley Park 10k	00:58:49	6
	16/07/2023	6.21	Blackpool Music Run	00:59:25	3
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:42:52	0
	15/10/2023	13.10	Manchester Half Marathon	02:20:16	0
	08/09/2023	13.10	Great North Run	02:43:28	0
Gavin Stanfield	M50				57
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:19:26	57

Athlete	Miles	Race	Time	Points
Mick Widdop	M50			77
	07/05/2023	6.21 Chorley 10k	00:56:44	16
	07/04/2023	10.00 Caldervale Country Ten	01:34:15	13
	27/08/2023	13.10 Fleetwood Half	01:57:13	31
	21/05/2023	13.10 AJ Bell Great Manchester Half	02:03:37	17
Peter Reid	M50			97
	09/07/2023	3.11 St Annes Carnival 5k	00:25:45	35
	27/06/2023	5.00 Thornton Interclub	00:44:34	20
	16/07/2023	6.21 Blackpool Music Run	00:55:04	24
	12/11/2023	6.21 Windmill Remembrance 10k	00:56:11	18
Richard Storey	M50		Qualified	261
	27/05/2023	3.11 Catforth Canter (May)	00:23:26	57
	24/06/2023	3.11 Catforth Canter (June)	00:23:51	53
	24/05/2023	6.21 Wesham Summer 10k	00:49:02	53
	03/12/2023	10.00 Myerscough 10	01:22:20	49
	08/10/2023	26.20 Chicago Marathon	03:54:28	49
Tim Gibson	M50			44
	28/01/2024	10.00 St Annes 10 Miler (the one with the Baltic force ten gale)	01:23:54	44
Greg Oulton	M55		Qualified	238
	02/06/2023	3.11 Power of 5k (June)	00:23:49	54
	08/03/2024	3.11 Power of 5k (March)	00:23:46	54
	27/06/2023	5.00 Thornton Interclub	00:40:10	47
	16/04/2023	6.21 Lancaster Three Bridges (and 84 bloomin' steps)	00:50:11	47
	07/05/2023	13.10 Coronation Half Marathon	01:55:16	36

Athlete		Miles	Race	Time	Points
Paul McAllister	M55				35
	04/02/2024	6.21	Blackburn Winter Warmer	00:57:01	14
	23/04/2023	13.10	Blackpool Festival of Running Half	02:01:52	21
	28/01/2024	13.10	Seville Half Marathon	02:11:19	0
Stephen Rodwell	M55			Qualified	347
	27/06/2023	5.00	Thornton Interclub	00:37:41	61
	18/09/2023	6.21	Fairhaven Flyer	00:44:39	74
	25/02/2024	6.21	Stanley Park 10k	00:44:44	74
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:14:51	71
	15/10/2023	13.10	Manchester Half Marathon	01:41:38	67
Stephen Wise	M55				98
	12/08/2023	3.11	Catforth Canter (August)	00:22:24	67
	17/03/2024	6.21	High Legh	00:53:29	31
John Wild	M60				0
	21/10/2023	13.10	Langdale Half	02:52:30	0
Peter Thomson	M60				14
	27/06/2023	5.00	Thornton Interclub	00:45:38	14
Barry Broughton	M65				200
	27/06/2023	5.00	Thornton Interclub	00:38:12	58
	24/05/2023	6.21	Wesham Summer 10k	00:48:55	53
	12/11/2023	6.21	Windmill Remembrance 10k	00:49:56	48
	10/09/2023	13.10	Cheshire Half	01:52:46	41

Athlete		Miles	Race	Time	Points
Graham Cunliffe	M65			Qualified	158
	09/07/2023	3.11	St Annes Carnival 5k	00:24:33	47
	25/11/2023	6.21	Wesham Winter 10k	00:51:06	43
	24/05/2023	6.21	Wesham Summer 10k	00:52:09	38
	28/01/2024	10.00	St Annes 10 Miler (the one with the Baltic force ten gale)	01:28:30	30
	05/11/2023	13.10	Lancaster Half	02:22:16	0
John Bertenshaw	M65			Qualified	264
	28/04/2023	3.11	Mid Cheshire 5k	00:23:00	62
	24/06/2023	3.11	Catforth Canter (June)	00:23:25	57
	23/07/2023	6.21	Helena Tipping Wrexham 10k	00:49:04	53
	21/01/2024	13.10	The Brass Monkey	01:48:46	51
	18/02/2024	13.10	Village Bakery Half	01:52:54	41
Bob Clough	M70				0
	18/06/2023	13.10	Freckleton Half	02:32:57	0
Graham Webster	M70				51
	17/11/2023	10.00	City of Preston 10	01:21:40	51
Roy Stevens	M70			Qualified	42
	25/02/2024	6.21	Stanley Park 10k	00:57:21	13
	25/11/2023	6.21	Wesham Winter 10k	01:08:47	0
	21/01/2024	10.00	Morecambe Festival Of Running 10 Mile	01:34:03	13
	21/02/2024	13.10	Great North West Half	02:05:05	13
	06/08/2023	13.10	Windmill Half	02:09:39	3