



Athlete		Miles	Race	Time	Points
Sarah Beck	F				223
	25/06/2024	5.00	Thornton Interclub	00:35:31	74
	09/05/2024	5.00	Lytham Interclub	00:35:40	74
	07/04/2024	6.21	Fleetwood 10k	00:44:28	75
Gill Draper	F35				397
	25/10/2024	3.11	Power of 5k (October)	00:19:09	99
	25/06/2024	5.00	Thornton Interclub	00:33:38	86
	13/10/2024	13.10	Great Eastern Run Half	01:24:51	105
	21/04/2024	26.20	TCS London Marathon	03:03:49	107
Gillian Anderson	F35				78
	25/06/2024	5.00	Thornton Interclub	00:40:45	42
	09/05/2024	5.00	Lytham Interclub	00:41:55	36
Jennifer Hill	F35				94
	09/05/2024	5.00	Lytham Interclub	00:37:25	63
	15/09/2024	6.21	Fairhaven Flyer	00:53:34	31
Kate Price Edwards	F35				72
	09/05/2024	5.00	Lytham Interclub	00:35:51	72
Leanne Nield	F35				72
	25/06/2024	5.00	Thornton Interclub	00:35:59	72
Liz Canavan	F35				166
	09/05/2024	5.00	Lytham Interclub	00:39:32	50
	29/05/2024	6.21	Wesham Summer 10k	00:49:11	52
	16/06/2024	13.10	Freckleton Half	01:51:55	43
	07/04/2024	26.20	Paris Marathon	04:19:16	21

Athlete		Miles	Race	Time	Points
Vicki Richardson	F35				0
	09/05/2024	5.00	Lytham Interclub	01:01:13	0
Laura Byrne	F40				0
	29/05/2024	6.21	Wesham Summer 10k	01:05:15	0
Luisa Haylett	F40				79
	25/06/2024	5.00	Thornton Interclub	00:40:24	45
	29/05/2024	6.21	Wesham Summer 10k	00:52:51	34
Sarah Cook	F40				0
	21/04/2024	26.20	TCS London Marathon	05:37:38	0
Clare Taylor	F45				266
	25/06/2024	5.00	Thornton Interclub	00:35:33	74
	09/05/2024	5.00	Lytham Interclub	00:36:58	66
	29/05/2024	6.21	Wesham Summer 10k	00:46:40	64
	16/06/2024	13.10	Freckleton Half	01:43:35	62
Sue Henry	F45				0
	29/05/2024	6.21	Wesham Summer 10k	01:04:15	0
Xavia Cooper	F45				95
	09/05/2024	5.00	Lytham Interclub	00:42:29	33
	17/08/2024	6.21	Run The Lights 10k	00:53:41	30
	29/09/2024	13.10	Run Aintree Half	01:56:51	32
Catherine Carrdus	F50				184
	25/10/2024	3.11	Power of 5k (October)	00:21:03	80
	16/06/2024	13.10	Freckleton Half	01:39:53	71
	25/08/2024	13.10	Fleetwood Half	01:56:31	33

Athlete		Miles	Race	Time	Points
Catherine Maclachlan	F50				28
	02/06/2024	3.11	Morecambe 5k	00:26:30	28
	06/09/2024	13.10	Great North Run	02:20:15	0
Claire Markham	F50				41
	09/05/2024	5.00	Lytham Interclub	00:42:05	35
	01/09/2024	13.10	Garstang Half	02:08:05	6
Kirsten Burnett	F50				0
	25/06/2024	5.00	Thornton Interclub	00:51:00	0
	29/05/2024	6.21	Wesham Summer 10k	01:05:15	0
	07/04/2024	26.20	Paris Marathon	05:26:11	0
Louise Cox	F50				174
	19/05/2024	6.21	Sydney 10	00:43:04	82
	05/05/2024	6.21	Run Sydney 10	00:54:59	24
	16/06/2024	13.10	Bay to Bay Half	01:40:57	68
Mel Koth	F50				304
	09/05/2024	5.00	Lytham Interclub	00:35:56	72
	25/06/2024	5.00	Thornton Interclub	00:36:30	69
	13/10/2024	13.10	Manchester Half	01:35:39	81
	21/04/2024	26.20	TCS London Marathon	03:25:36	82
Kathy Gaunt	F55				115
	25/10/2024	3.11	Power of 5k (October)	00:22:45	64
	11/08/2024	13.10	Windmill Half	01:48:46	51
Sue Hawitt	F55				109
	25/06/2024	5.00	Thornton Interclub	00:41:24	39
	09/05/2024	5.00	Lytham Interclub	00:42:33	32
	29/05/2024	6.21	Wesham Summer 10k	00:52:09	38

Athlete		Miles	Race	Time	Points
Barbara Holmes	F60				60
	09/05/2024	5.00	Lytham Interclub	00:37:56	60
Debbie Barry	F60				15
	25/06/2024	5.00	Thornton Interclub	00:46:15	10
	28/07/2024	6.21	Docklands Marina 10k	00:58:56	5
	19/05/2024	6.21	Worden Park 10k	01:00:24	0
Julia Rolfe	F60				52
	25/06/2024	5.00	Thornton Interclub	00:43:38	26
	09/05/2024	5.00	Lytham Interclub	00:43:34	26
Pam Hardman	F65				124
	30/06/2024	3.11	St Annes Carnival	00:24:55	43
	25/06/2024	5.00	Thornton Interclub	00:40:44	42
	22/09/2024	6.21	City Of Preston 10k	00:52:55	34
	16/06/2024	13.10	Freckleton Half	02:08:48	5
Sylvia Gittins	F75				0
	26/05/2024	13.10	Edinburgh Half	02:46:58	0
Chris Cottam	M			Qualified	457
	28/06/2024	3.11	Power of 5k (June)	00:19:20	97
	09/05/2024	5.00	Lytham Interclub	00:31:55	96
	26/05/2024	6.21	AJ Bell Manchester 10k	00:40:40	93
	29/05/2024	6.21	Wesham Summer 10k	00:41:33	89
	16/06/2024	13.10	Freckleton Half	01:35:02	82
Dominic Garrett	M				158
	09/05/2024	5.00	Lytham Interclub	00:35:00	78
	06/09/2024	13.10	Great North Run	01:35:58	80

Athlete		Miles	Race	Time	Points
Jack Atkin	M				76
	25/06/2024	5.00	Thornton Interclub	00:35:17	76
Jake Rodwell	M			Qualified	565
	28/06/2024	3.11	Power of 5k (June)	00:17:19	116
	03/05/2024	3.11	Power of 5k (May)	00:17:26	115
	09/05/2024	5.00	Lytham Interclub	00:29:18	112
	25/06/2024	5.00	Thornton Interclub	00:30:11	106
	13/10/2024	13.10	Manchester Half	01:20:22	116
James Whittle	M			Qualified	537
	30/06/2024	3.11	St Annes Carnival	00:18:20	107
	25/06/2024	5.00	Thornton Interclub	00:30:58	102
	29/05/2024	6.21	Wesham Summer 10k	00:38:52	102
	13/10/2024	13.10	Manchester Half	01:21:06	114
	06/09/2024	13.10	Great North Run	01:21:50	112
Joe Greenwood	M				107
	09/05/2024	5.00	Lytham Interclub	00:30:07	107
Mike Toft	M			Qualified	650
	09/05/2024	5.00	Lytham Interclub	00:26:18	130
	25/06/2024	5.00	Thornton Interclub	00:26:56	126
	28/04/2024	6.21	Bolton 10k	00:32:53	131
	29/05/2024	6.21	Wesham Summer 10k	00:33:49	126
	13/10/2024	13.10	Manchester Half	01:10:54	137
Morgan Pritchard	M				211
	30/06/2024	3.11	St Annes Carnival	00:21:52	72
	09/05/2024	5.00	Lytham Interclub	00:36:25	69
	29/05/2024	6.21	Wesham Summer 10k	00:45:28	70

Athlete		Miles	Race	Time	Points
Steven Pepper	M			Qualified	478
	30/06/2024	3.11	St Annes Carnival	00:19:16	98
	09/05/2024	5.00	Lytham Interclub	00:31:22	99
	29/05/2024	6.21	Wesham Summer 10k	00:39:45	98
	01/05/2024	6.21	Kendal 10k	00:40:47	93
	16/06/2024	13.10	Freckleton Half	01:31:21	90
Andy Draper	M40				227
	25/06/2024	5.00	Thornton Interclub	00:29:48	109
	14/04/2024	26.20	Manchester Marathon	02:54:47	118
Chris Bowker	M40				84
	25/06/2024	5.00	Thornton Interclub	00:40:29	45
	09/05/2024	5.00	Lytham Interclub	00:41:18	39
Dom Kirby	M40				188
	09/05/2024	5.00	Lytham Interclub	00:31:53	96
	25/06/2024	5.00	Thornton Interclub	00:32:35	92
Lewis McAfee	M40				21
	25/06/2024	5.00	Thornton Interclub	00:44:21	21
Darran Ames	M45				45
	29/05/2024	6.21	Wesham Summer 10k	00:50:44	45
Jonathan Tuck	M45				99
	09/05/2024	5.00	Lytham Interclub	00:31:25	99
Andy Unsworth	M50				96
	06/09/2024	13.10	Great North Run	01:29:04	96

Athlete		Miles	Race	Time	Points
Dan Gregson	M50				159
	09/05/2024	5.00	Lytham Interclub	00:38:51	54
	01/05/2024	6.21	Kendal 10k	00:48:58	53
	27/04/2024	6.21	Wray 10k	00:49:14	52
Dave Booth	M50				5
	30/06/2024	3.11	St Annes Carnival	00:28:50	5
	21/04/2024	26.20	TCS London Marathon	05:38:11	0
Mick Widdop	M50				21
	05/05/2024	6.21	Chorley 10k	00:57:43	11
	06/09/2024	13.10	Great North Run	02:06:32	10
Peter Reid	M50				29
	30/06/2024	3.11	St Annes Carnival	00:27:23	19
	09/05/2024	5.00	Lytham Interclub	00:46:16	10
Albert Forga Alberich	M55				134
	25/06/2024	5.00	Thornton Interclub	00:36:35	68
	16/06/2024	13.10	Freckleton Half	01:50:52	46
	14/04/2024	26.20	Manchester Marathon	04:19:38	20
Greg Oulton	M55			Qualified	237
	25/10/2024	3.11	Power of 5k (October)	00:24:07	51
	23/08/2024	3.11	Power of 5k (August)	00:24:22	48
	09/05/2024	5.00	Lytham Interclub	00:40:04	47
	01/09/2024	10.00	Riverside 10	01:22:25	48
	05/05/2024	13.10	Morecambe Half	01:52:09	43
Paul McAllister	M55				22
	07/04/2024	6.21	Fleetwood 10k	00:55:20	22

Athlete		Miles	Race	Time	Points
Peter Thomson	M60				0
	25/06/2024	5.00	Thornton Interclub	00:49:39	0
Stephen Rodwell	M60			Qualified	389
	03/05/2024	3.11	Power of 5k (May)	00:20:42	84
	28/06/2024	3.11	Power of 5k (June)	00:21:17	78
	09/05/2024	5.00	Lytham Interclub	00:34:55	78
	26/05/2024	13.10	AJ Bell Manchester Half	01:37:40	76
	13/10/2024	13.10	Manchester Half	01:38:47	73
Stephen Wise	M60				51
	29/05/2024	6.21	Wesham Summer 10k	00:49:22	51
Graham Cunliffe	M65			Qualified	139
	09/05/2024	5.00	Lytham Interclub	00:42:18	34
	19/05/2024	6.21	Worden Park 10k	00:55:46	20
	01/09/2024	10.00	Riverside 10	01:28:38	30
	29/09/2024	13.10	Morecambe Half	01:57:00	32
	18/08/2024	13.10	Lancaster Riverside Half	02:00:37	23
John Bertenshaw	M65				158
	30/06/2024	6.21	Kirkbride 10k	00:49:52	49
	16/06/2024	13.10	Freckleton Half	01:46:54	55
	29/09/2024	13.10	Morecambe Half	01:47:08	54
Graham Webster	M70				222
	23/08/2024	3.11	Power of 5k (August)	00:22:45	64
	25/10/2024	3.11	Power of 5k (October)	00:23:41	55
	25/06/2024	5.00	Thornton Interclub	00:39:30	51
	16/06/2024	13.10	Freckleton Half	01:48:11	52