



Athlete		Miles	Race	Time	Points
Als Everest	F				71
		29/01/2017	10.00 St Annes 10 Miler	01:23:16	46
		17/07/2016	13.10 Windmill Half	01:59:53	25
Felicity Wolohan	F			Qualified	431
		04/02/2017	3.11 Alder Hey Halewood 5k	00:20:02	90
		25/06/2016	3.11 Runfest Wales 5k	00:20:30	86
		19/02/2017	13.10 Wrexham Village Bakery Half Marathon	01:31:58	89
		15/01/2017	13.10 Essar Four Villages	01:34:38	83
		12/03/2017	20.00 Wrexham Marathon Festival	02:30:42	83
Hannah McCandless	F				0
		09/06/2016	5.00 Lytham Interclub	00:50:04	0
Laura Byrne	F			Qualified	28
		26/11/2016	6.21 Wesham 10k	00:58:06	9
		13/11/2016	6.21 Windmill 10k	00:58:11	9
		29/01/2017	10.00 St Annes 10 Miler	01:36:53	5
		19/02/2017	13.10 Great North West Half Marathon	02:08:43	5
		19/03/2017	20.00 Trimpell 20	03:34:16	0
Lorna Cragg	F				0
		09/06/2016	5.00 Lytham Interclub	00:55:19	0
		08/01/2017	6.21 Garstang 10k	01:17:43	0
		25/02/2017	6.21 Stanley Park 10k	01:11:59	0

Athlete		Miles	Race	Time	Points
Louise De-Gier Flood	F				152
	29/01/2017	10.00	St Annes 10 Miler	01:20:18	55
	19/02/2017	13.10	Great North West Half Marathon	01:49:11	50
	19/03/2017	20.00	Trimpell 20	02:54:59	47
Michelle Hook	F			Qualified	406
	13/11/2016	3.11	Catforth Canter	00:20:21	87
	25/09/2016	3.11	Run Preston 5k	00:21:07	80
	26/02/2017	6.21	Stanley Park 10k (Sunday)	00:42:54	82
	27/08/2016	6.21	Illuminations 10k	00:43:46	78
	19/03/2017	13.10	Wilmslow Half	01:36:25	79
Natalie Toft	F				2
	19/02/2017	13.10	Great North West Half Marathon	02:09:50	2
Olivia Johnson-Allen	F			Qualified	43
	25/09/2016	3.11	Run Preston 5k	00:29:21	0
	09/06/2016	5.00	Lytham Interclub	00:46:04	11
	13/11/2016	6.21	Windmill 10k	00:57:25	12
	29/01/2017	10.00	St Annes 10 Miler	01:33:40	15
	26/06/2016	13.10	JWK Solicitors Morecambe Half Marathon	02:08:30	5
Rachael Crowe	F				98
	03/07/2016	13.10	Southport Half Marathon	01:28:14	98
Rachael Wignall	F				0
	10/07/2016	3.11	St Annes Carnival 5k	00:29:20	0
	17/07/2016	13.10	Windmill Half	02:42:09	0
	19/02/2017	13.10	Great North West Half Marathon	02:49:15	0
	24/04/2016	26.20	Virgin London Marathon	05:13:51	0

Athlete		Miles	Race	Time	Points
Ruth Bye	F				0
	26/11/2016	6.21	Wesham 10k	01:03:32	0
	25/02/2017	6.21	Stanley Park 10k	01:00:57	0
Emily Hargreaves	F35				101
	24/04/2016	26.20	Virgin London Marathon	03:08:56	101
Louisa Denye	F35				31
	20/11/2016	10.00	Preston Harriers' Ten Miler	01:28:17	31
Catherine Carrdus	F40			Qualified	420
	12/11/2016	6.21	Arley Hall 10k	00:39:19	100
	10/04/2016	6.21	Cheshire 10k	00:40:12	95
	19/02/2017	13.10	Wrexham Village Bakery Half Marathon	01:33:40	85
	25/09/2016	26.20	Berlin Marathon	03:19:18	89
	22/05/2016	26.20	Brathay Windermere Marathon	03:52:51	51
Jacqui Murray	F40				0
	19/03/2017	20.00	Trimpell 20	03:34:16	0
Kirsten Burnett	F40			Qualified	179
	25/02/2017	6.21	Stanley Park 10k	00:49:44	49
	26/11/2016	6.21	Wesham 10k	00:51:26	41
	29/01/2017	10.00	St Annes 10 Miler	01:35:48	8
	21/01/2017	13.10	Inskip Half	01:52:26	42
	19/02/2017	13.10	Great North West Half Marathon	01:53:55	39

Athlete		Miles	Race	Time	Points
<b>Mel Koth</b>	<b>F40</b>			<b>Qualified</b>	<b>398</b>
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:35:30	75
	26/12/2016	6.21	Worden Park Boxing Day 10k	00:43:49	78
	21/01/2017	13.10	Inskip Half	01:33:45	85
	08/01/2017	13.10	Central Lancs Half	01:34:20	84
	19/03/2017	20.00	Trimpell 20	02:35:32	76
<b>Sarah Bagshaw</b>	<b>F40</b>				<b>0</b>
	26/11/2016	6.21	Wesham 10k	01:05:59	0
	13/11/2016	6.21	Windmill 10k	01:04:14	0
	29/01/2017	10.00	St Annes 10 Miler	01:50:22	0
<b>Jo Goorney</b>	<b>F45</b>			<b>Qualified</b>	<b>480</b>
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:31:50	97
	09/06/2016	5.00	Lytham Interclub	00:31:57	96
	04/12/2016	6.21	Hoad Hill Harriers Christmas Pudding 10k	00:39:50	97
	20/07/2016	6.21	Lancaster	00:40:48	93
	19/06/2016	13.10	Freckleton Half Marathon	01:28:36	97
<b>Maria Tierney</b>	<b>F45</b>				<b>10</b>
	10/07/2016	3.11	St Annes Carnival 5k	00:28:17	10
<b>Michelle Sheridan</b>	<b>F45</b>				<b>0</b>
	26/02/2017	6.21	Stanley Park 10k (Sunday)	01:06:43	0
	29/01/2017	10.00	St Annes 10 Miler	01:54:11	0
	19/03/2017	20.00	Trimpell 20	04:33:14	0

Athlete		Miles	Race	Time	Points
<b>Ruth Wheatley</b>	<b>F45</b>			<b>Qualified</b>	<b>110</b>
	26/11/2016	6.21	Wesham 10k	00:53:01	34
	13/11/2016	6.21	Windmill 10k	00:53:23	32
	05/02/2017	13.10	Barcelona Half Marathon	01:59:29	26
	20/11/2016	13.10	Conwy Half	02:03:13	18
	24/04/2016	26.20	Virgin London Marathon	05:06:43	0
<b>Claire England</b>	<b>F50</b>			<b>Qualified</b>	<b>285</b>
	13/08/2016	3.11	Catforth Canter	00:22:58	62
	10/07/2016	3.11	St Annes Carnival 5k	00:23:16	59
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:38:13	58
	10/04/2016	6.21	Fleetwood 10k	00:48:41	54
	19/06/2016	13.10	Freckleton Half Marathon	01:48:02	52
<b>Fiona Geldard</b>	<b>F50</b>				<b>0</b>
	17/07/2016	6.21	Great Newham 10k	01:00:12	0
<b>Julia Rolfe</b>	<b>F50</b>			<b>Qualified</b>	<b>184</b>
	30/07/2016	3.11	Lancaster 5k	00:24:10	50
	13/11/2016	3.11	Catforth Canter	00:25:13	40
	24/04/2016	6.21	Bolton 10k	00:52:02	38
	25/02/2017	6.21	Stanley Park 10k	00:52:38	35
	16/10/2016	13.10	Great Birmingham Race	02:01:33	21
<b>Kathy Gaunt</b>	<b>F50</b>				<b>176</b>
	13/11/2016	6.21	Windmill 10k	00:47:43	59
	26/02/2017	6.21	Stanley Park 10k (Sunday)	00:47:41	59
	29/01/2017	10.00	St Annes 10 Miler	01:19:09	58

Athlete		Miles	Race	Time	Points
<b>Sarah Bradshaw</b>	<b>F50</b>				<b>0</b>
	25/02/2017	6.21	Stanley Park 10k	01:01:55	0
	26/11/2016	6.21	Wesham 10k	01:03:18	0
<b>Sue Hawitt</b>	<b>F50</b>			<b>Qualified</b>	<b>224</b>
	27/11/2016	3.11	Best 5k (Run For Rory)	00:24:19	49
	10/07/2016	3.11	St Annes Carnival 5k	00:24:26	48
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:39:43	49
	13/11/2016	6.21	Windmill 10k	00:49:44	49
	17/07/2016	13.10	Windmill Half	01:58:02	29
<b>Barbara Holmes</b>	<b>F55</b>			<b>Qualified</b>	<b>331</b>
	09/06/2016	5.00	Lytham Interclub	00:34:58	78
	27/12/2016	6.21	Ribble Valley	00:45:00	72
	13/11/2016	6.21	Windmill 10k	00:46:52	63
	12/03/2017	10.00	Sweat Shop Ten Miler	01:16:56	65
	08/01/2017	13.10	Central Lancs Half	01:47:53	53
<b>Pam Hardman</b>	<b>F55</b>			<b>Qualified</b>	<b>142</b>
	10/07/2016	3.11	St Annes Carnival 5k	00:25:25	38
	09/06/2016	5.00	Lytham Interclub	00:42:15	34
	23/10/2016	5.00	Fairclough Five	00:42:49	31
	06/11/2016	10.00	Derwentwater 10	01:32:43	17
	19/06/2016	13.10	Freckleton Half Marathon	02:01:18	22
<b>Pat Bullen</b>	<b>F55</b>				<b>0</b>
	29/01/2017	10.00	St Annes 10 Miler	01:42:43	0

Athlete		Miles	Race	Time	Points
<b>Dawn Lock</b>	<b>F70</b>				<b>0</b>
	27/11/2016	3.11	Best 5k (Run For Rory)	00:38:13	0
	02/10/2016	5.00	Stanley Park 5	01:05:06	0
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:58:55	0
<b>Pam Binns</b>	<b>F70</b>			<b>Qualified</b>	<b>2</b>
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:47:46	1
	04/12/2016	10.00	Guy's Court 10	01:42:38	0
	16/10/2016	13.10	Manchester Half Marathon	02:10:36	1
	26/02/2017	13.10	Brighton Half Marathon	02:16:38	0
	29/05/2016	26.20	Rock 'N' Roll Liverpool Marathon	04:46:54	0
<b>Sylvia Gittins</b>	<b>F70</b>			<b>Qualified</b>	<b>31</b>
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:47:50	1
	08/05/2016	6.21	Blacksticks Blue	01:01:59	0
	29/01/2017	10.00	St Annes 10 Miler	01:35:31	9
	04/12/2016	10.00	Guy's Court 10	01:35:45	8
	21/01/2017	13.10	Inskip Half	02:05:14	13
<b>Alan Elstone</b>	<b>M</b>			<b>Qualified</b>	<b>382</b>
	10/07/2016	3.11	St Annes Carnival 5k	00:21:01	81
	09/06/2016	5.00	Lytham Interclub	00:35:01	77
	13/11/2016	6.21	Windmill 10k	00:44:18	76
	09/10/2016	13.10	West Coast Half	01:36:57	78
	17/07/2016	13.10	Windmill Half	01:40:26	70
<b>Alex Tate</b>	<b>M</b>				<b>309</b>
	29/01/2017	10.00	St Annes 10 Miler	01:04:35	102
	09/10/2016	13.10	West Coast Half	01:23:52	108
	19/02/2017	13.10	Great North West Half Marathon	01:27:39	99

Athlete		Miles	Race	Time	Points
Alex Wiggins	M				0
	24/04/2016	26.20	Virgin London Marathon	05:25:55	0
Andy Draper	M			Qualified	615
	13/11/2016	3.11	Catforth Canter	00:17:03	119
	18/09/2016	6.21	English Half Marathon 10k (!)	00:35:04	120
	21/01/2017	13.10	Inskip Half	01:18:32	120
	24/04/2016	26.20	Virgin London Marathon	02:45:28	128
	02/10/2016	26.20	Chester Marathon	02:46:03	128
Chris McCarthy	M			Qualified	618
	13/08/2016	3.11	Catforth Canter	00:17:16	117
	27/12/2016	6.21	Ribble Valley	00:33:49	126
	13/11/2016	6.21	Windmill 10k	00:34:54	121
	19/03/2017	13.10	Wilmslow Half	01:15:15	127
	08/01/2017	13.10	Central Lancs Half	01:15:16	127
Gerard Browne	M				159
	13/11/2016	6.21	Windmill 10k	00:48:59	53
	17/07/2016	13.10	Windmill Half	01:47:14	54
	09/10/2016	13.10	West Coast Half	01:48:05	52
Ian Tate	M				288
	09/06/2016	5.00	Lytham Interclub	00:36:35	68
	21/08/2016	6.21	Birchwood 10k	00:45:25	70
	18/09/2016	13.10	English Half Marathon	01:36:36	78
	17/04/2016	13.10	Valiants Half Marathon	01:39:17	72



Athlete		Miles	Race	Time	Points
Joe Greenwood	M			Qualified	594
	13/11/2016	3.11	Catforth Canter	00:16:57	120
	09/06/2016	5.00	Lytham Interclub	00:28:02	119
	29/01/2017	10.00	St Annes 10 Miler	00:59:33	117
	21/01/2017	13.10	Inskip Half	01:18:17	120
	19/02/2017	13.10	Great North West Half Marathon	01:19:20	118
Mark Selby	M				155
	10/07/2016	3.11	St Annes Carnival 5k	00:20:00	90
	29/05/2016	26.20	Edinburgh Festival Marathon	03:41:03	65
Mike Toft	M				115
	19/03/2017	20.00	Trimpell 20	02:09:54	115
Neil Tate	M			Qualified	542
	27/12/2016	6.21	Ribble Valley	00:37:31	108
	29/01/2017	10.00	St Annes 10 Miler	01:03:24	105
	19/02/2017	13.10	Great North West Half Marathon	01:24:40	106
	09/10/2016	13.10	West Coast Half	01:25:01	105
	24/04/2016	26.20	Virgin London Marathon	02:54:37	118
Paul Veevers	M				211
	27/12/2016	6.21	Ribble Valley	00:37:26	109
	13/11/2016	6.21	Windmill 10k	00:38:45	102
Robert Parker	M				54
	13/11/2016	6.21	Windmill 10k	00:55:55	20
	19/02/2017	13.10	Great North West Half Marathon	01:55:59	34

Athlete		Miles	Race	Time	Points
<b>Ross McKelvie</b>	<b>M</b>			<b>Qualified</b>	<b>505</b>
	27/08/2016	3.11	Illuminations 5k	00:17:37	113
	10/07/2016	3.11	St Annes Carnival 5k	00:18:46	102
	20/08/2016	6.21	Quiaing 10k, Isle of Skye	00:38:25	104
	28/05/2016	10.00	Blackpool Promenade 10	01:06:10	97
	24/04/2016	13.10	Blackpool Half Marathon	01:31:47	89
<b>Tom Howarth</b>	<b>M</b>			<b>Qualified</b>	<b>561</b>
	10/04/2016	6.21	Cheshire 10k	00:35:51	116
	12/11/2016	6.21	Arley Hall 10k	00:36:56	111
	20/11/2016	10.00	Preston Harriers' Ten Miler	01:02:22	108
	17/04/2016	13.10	Valiants Half Marathon	01:21:07	114
	19/02/2017	13.10	Wrexham Village Bakery Half Marathon	01:21:47	112
<b>Andy Unsworth</b>	<b>M40</b>				<b>205</b>
	09/06/2016	5.00	Lytham Interclub	00:30:26	105
	17/07/2016	13.10	Windmill Half	01:27:02	100
<b>Des Heron</b>	<b>M40</b>				<b>93</b>
	10/07/2016	3.11	St Annes Carnival 5k	00:23:55	53
	09/06/2016	5.00	Lytham Interclub	00:41:07	40
<b>Justin Allitt</b>	<b>M40</b>				<b>312</b>
	09/06/2016	5.00	Lytham Interclub	00:30:50	103
	26/11/2016	6.21	Wesham 10k	00:38:17	105
	19/06/2016	13.10	Freckleton Half Marathon	01:25:31	104

Athlete	Miles	Race	Time	Points
<b>Simon Denye</b>	<b>M40</b>		<b>Qualified</b>	<b>441</b>
	12/03/2017	3.11 Fastrax 5k	00:23:30	57
	20/11/2016	10.00 Preston Harriers' Ten Miler	01:02:02	109
	29/01/2017	10.00 St Annes 10 Miler	01:12:08	79
	03/04/2016	13.10 Wilmslow Half Marathon	01:27:21	100
	17/04/2016	13.10 Valiants Half Marathon	01:28:52	96
<b>Steve Hargreaves</b>	<b>M40</b>			<b>132</b>
	24/04/2016	26.20 Virgin London Marathon	02:42:24	132
<b>Greg Oulton</b>	<b>M45</b>		<b>Qualified</b>	<b>131</b>
	13/08/2016	3.11 Catforth Canter	00:25:47	35
	31/07/2016	5.00 Bernard and Evelyn's 80th Birthday Bash	00:41:49	37
	08/08/2016	6.21 Blackpool Airshow 10k	00:54:59	24
	20/05/2016	6.21 European Masters 10k	00:55:56	19
	19/06/2016	13.10 Freckleton Half Marathon	02:03:42	16
<b>Peter Reid</b>	<b>M45</b>			<b>61</b>
	26/02/2017	6.21 Stanley Park 10k (Sunday)	00:53:12	33
	29/01/2017	10.00 St Annes 10 Miler	01:29:15	28
<b>Richard Storey</b>	<b>M45</b>		<b>Qualified</b>	<b>378</b>
	13/08/2016	3.11 Catforth Canter	00:21:23	77
	02/07/2016	3.11 Catforth Canter	00:21:38	75
	04/09/2016	6.21 City of Salford 10k	00:43:46	78
	04/12/2016	10.00 Guy's Court 10	01:14:43	71
	09/10/2016	13.10 West Coast Half	01:37:18	77
<b>Stuart Henderson</b>	<b>M45</b>			<b>36</b>
	19/02/2017	13.10 Great North West Half Marathon	01:54:59	36

Athlete	Miles	Race	Time	Points
<b>Dave Dunn</b>	<b>M50</b>			<b>143</b>
	10/07/2016	3.11 St Annes Carnival 5k	00:22:03	71
	09/06/2016	5.00 Lytham Interclub	00:36:00	72
<b>Graham Young</b>	<b>M50</b>			<b>0</b>
	13/11/2016	6.21 Windmill 10k	01:01:26	0
<b>Neil Baynton-Roberts</b>	<b>M50</b>			<b>85</b>
	26/11/2016	6.21 Wesham 10k	00:42:17	85
<b>Russ Chew</b>	<b>M50</b>		<b>Qualified</b>	<b>212</b>
	28/05/2016	3.11 Rock 'N' Roll Liverpool 5k	00:24:02	52
	12/03/2017	3.11 Heaton Park 5k	00:25:11	40
	26/03/2017	6.21 Arley Hall 10k	00:49:57	48
	05/03/2017	6.21 Trafford 10k	00:50:14	47
	19/03/2017	13.10 Wilmslow Half	02:00:09	25
<b>Steve Ashton</b>	<b>M50</b>			<b>40</b>
	08/05/2016	6.21 Blacksticks Blue	00:51:46	40
<b>Steve Quarmby</b>	<b>M50</b>			<b>58</b>
	10/07/2016	3.11 St Annes Carnival 5k	00:23:22	58
<b>Jeremy McCandless</b>	<b>M55</b>			<b>25</b>
	09/06/2016	5.00 Lytham Interclub	00:43:45	25
<b>John Bertenshaw</b>	<b>M55</b>		<b>Qualified</b>	<b>423</b>
	09/06/2016	5.00 Lytham Interclub	00:34:10	83
	10/04/2016	6.21 Cheshire 10k	00:40:27	94
	12/11/2016	6.21 Arley Hall 10k	00:41:59	87
	19/02/2017	13.10 Wrexham Village Bakery Half Marathon	01:35:53	80
	17/04/2016	13.10 Valiants Half Marathon	01:36:09	79

Athlete	Miles	Race	Time	Points
<b>John Wild</b>	<b>M55</b>			<b>0</b>
	02/10/2016	26.20 Chester Marathon	04:54:18	0
<b>Nigel Simpkin</b>	<b>M55</b>			<b>44</b>
	10/04/2016	13.10 Plusnet Yorkshire Half Marathon	01:51:46	44
<b>Bob Clough</b>	<b>M60</b>			<b>8</b>
	13/11/2016	6.21 Windmill 10k	00:58:19	8
	08/05/2016	6.21 Blacksticks Blue	01:11:45	0
	10/04/2016	26.20 ASICS Greater Manchester Marathon	04:45:42	0
<b>Colin Laidlaw</b>	<b>M60</b>			<b>185</b>
	09/06/2016	5.00 Lytham Interclub	00:39:10	53
	26/02/2017	6.21 Stanley Park 10k (Sunday)	00:45:56	68
	27/12/2016	6.21 Ribble Valley	00:46:45	64
<b>Graham Webster</b>	<b>M60</b>		<b>Qualified</b>	<b>446</b>
	13/08/2016	3.11 Catforth Canter	00:19:57	91
	09/06/2016	5.00 Lytham Interclub	00:33:02	89
	16/10/2016	13.10 Exeter Half Marathon	01:31:49	89
	12/03/2017	13.10 Silverstone Half Marathon	01:31:52	89
	19/03/2017	20.00 Trimpell 20	02:27:51	88
<b>Roy Stevens</b>	<b>M60</b>		<b>Qualified</b>	<b>292</b>
	26/11/2016	6.21 Wesham 10k	00:48:10	57
	13/11/2016	6.21 Windmill 10k	00:48:45	54
	25/09/2016	13.10 Rochdale Half Marathon	01:42:26	65
	21/08/2016	13.10 Fleetwood Half	01:45:08	59
	04/09/2016	20.00 Lancaster 20	02:48:30	57
<b>Steve Tate</b>	<b>M60</b>			<b>39</b>
	10/07/2016	3.11 St Annes Carnival 5k	00:25:18	39

Athlete		Miles	Race	Time	Points
Terry Hellings	M60				154
	09/06/2016	5.00	Lytham Interclub	00:34:40	80
	17/07/2016	6.21	Great Newham 10k	00:44:43	74
Derek Caborn	M65				19
	09/06/2016	5.00	Lytham Interclub	00:44:49	19
Jim Whitworth	M65				83
	27/11/2016	3.11	Best 5k (Run For Rory)	00:27:07	22
	13/11/2016	3.11	Catforth Canter	00:27:40	16
	02/10/2016	5.00	Stanley Park 5	00:43:59	24
	31/07/2016	5.00	Bernard and Evelyn's 80th Birthday Bash	00:44:25	21