



| Athlete | | Miles | Race | Time | Points |
|------------------|---|------------|------------------------------------------|-----------|--------|
| Als Everest | F | | | | 175 |
| | | 26/08/2017 | 6.21 Illuminations 10k | 00:49:38 | 50 |
| | | 30/04/2017 | 6.21 Lancaster Three Bridges | 00:50:14 | 47 |
| | | 13/08/2017 | 10.00 City Of Preston 10m | 01:24:51 | 41 |
| | | 08/10/2017 | 13.10 West Coast Half | 01:54:41 | 37 |
| Amy Fletcher | F | | | | 0 |
| | | 28/01/2018 | 10.00 St Annes Ten Miler | 02:22:57 | 0 |
| | | 18/02/2018 | 13.10 Great North West Half | 03:15:02 | 0 |
| Felicity Wolohan | F | | | Qualified | 502 |
| | | 30/07/2017 | 6.21 Helena Tipping Wrexham 10k | 00:39:33 | 99 |
| | | 14/01/2018 | 13.10 Brass Monkey | 01:25:49 | 103 |
| | | 17/09/2017 | 13.10 Belfast Half Marathon | 01:27:47 | 99 |
| | | 18/03/2018 | 20.00 Trimpell 20 | 02:20:24 | 99 |
| | | 15/10/2017 | 26.20 Amsterdam Marathon | 03:08:01 | 102 |
| Gill Draper | F | | | Qualified | 449 |
| | | 13/01/2018 | 3.11 Lancaster 315 Series (13th Jan) | 00:19:50 | 92 |
| | | 03/03/2018 | 3.11 315 Lancaster 5k (March 2018) | 00:20:17 | 88 |
| | | 24/02/2018 | 6.21 Stanley Park 10k Weekend (Saturday) | 00:41:05 | 91 |
| | | 18/02/2018 | 13.10 Great North West Half | 01:32:10 | 89 |
| | | 21/01/2018 | 13.10 Inskip Half | 01:31:56 | 89 |
| Jennifer Fisher | F | | | | 75 |
| | | 17/12/2017 | 6.21 Christmas Cracker 10k | 00:44:30 | 75 |

| Athlete | | Miles | Race | Time | Points |
|----------------------|------------|-------|-------------------------------------|-----------|--------|
| Jennifer Hill | F | | | Qualified | 405 |
| | 24/02/2018 | 6.21 | Stanley Park 10k Weekend (Saturday) | 00:42:21 | 85 |
| | 17/09/2017 | 6.21 | English Half Marathon 10k | 00:42:57 | 82 |
| | 19/11/2017 | 10.00 | Myprotein Preston 10 | 01:11:12 | 82 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:14:04 | 73 |
| | 11/03/2018 | 13.10 | Rome Half | 01:34:27 | 83 |
| Lorna Cragg | F | | | | 0 |
| | 01/05/2017 | 3.11 | Avenham Park 5k | 00:39:14 | 0 |
| Michelle Hook | F | | | Qualified | 457 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:19:53 | 92 |
| | 01/07/2017 | 3.11 | Lostock Hall Carnival 5k | 00:19:52 | 92 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:32:59 | 90 |
| | 29/07/2017 | 6.21 | Pilling 10k (July) | 00:40:57 | 92 |
| | 10/09/2017 | 13.10 | Great North Run | 01:31:12 | 91 |
| Natalie Toft | F | | | | 10 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:46:17 | 10 |
| | 23/04/2017 | 26.20 | Blackpool Marathon | 05:17:00 | 0 |
| Olivia Johnson-Allen | F | | | Qualified | 64 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:45:01 | 17 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:46:20 | 10 |
| | 26/08/2017 | 6.21 | Illuminations 10k | 00:55:05 | 24 |
| | 08/10/2017 | 10.00 | Plusnet Yorkshire 10m | 01:37:46 | 2 |
| | 16/07/2017 | 13.10 | Windmill Half | 02:06:11 | 11 |
| Rachael Wignall | F | | | | 0 |
| | 18/03/2018 | 20.00 | Trimpell 20 | 04:00:15 | 0 |

| Athlete | Miles | Race | Time | Points |
|-----------------------------|------------|---------------------------------|------------------|------------|
| Laura Byrne | F35 | | Qualified | 19 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:47:26 | 3 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:47:42 | 1 |
| | 25/11/2017 | 6.21 Wesham 10k | 00:57:01 | 14 |
| | 14/01/2018 | 6.21 Garstang 10k | 00:59:43 | 1 |
| | 23/04/2017 | 26.20 Virgin London Marathon | 05:20:33 | 0 |
| Louise De-Gier Flood | F35 | | | 175 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:39:49 | 49 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:40:51 | 41 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:28:37 | 30 |
| | 02/04/2017 | 26.20 ASICS Manchester Marathon | 03:49:49 | 55 |
| Ruth Bye | F35 | | Qualified | 16 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:47:27 | 3 |
| | 26/08/2017 | 6.21 Illuminations 10k | 00:57:49 | 10 |
| | 25/11/2017 | 6.21 Wesham 10k | 00:59:25 | 3 |
| | 27/05/2017 | 10.00 Blackpool Promenade 10 | 01:47:13 | 0 |
| | 05/11/2017 | 13.10 Lancaster Half | 02:14:21 | 0 |
| Heidi Haigh | F40 | | | 37 |
| | 04/03/2018 | 26.20 Paphos Marathon, Cyprus | 04:05:30 | 37 |
| Jacqui Murray | F40 | | Qualified | 38 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:47:03 | 5 |
| | 25/11/2017 | 6.21 Wesham 10k | 00:58:33 | 7 |
| | 19/11/2017 | 10.00 Myprotein Preston 10 | 01:35:12 | 10 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:36:35 | 6 |
| | 17/09/2017 | 13.10 English Half Marathon | 02:06:25 | 10 |

| Athlete | | Miles | Race | Time | Points |
|--------------------------|------------|-------|--------------------------------------------|------------------|------------|
| Kirsten Burnett | F40 | | | Qualified | 211 |
| | 01/05/2017 | 3.11 | Avenham Park 5k | 00:24:35 | 46 |
| | 29/10/2017 | 5.00 | Fairclough Five | 00:40:46 | 42 |
| | 24/12/2017 | 6.21 | Lancaster 3-2-1 Series Christmas Cracker 2 | 00:50:40 | 45 |
| | 31/12/2017 | 6.21 | Ribble Valley 10k | 00:51:35 | 40 |
| | 03/12/2017 | 13.10 | 315 Lancaster Half | 01:54:29 | 38 |
| Mel Koth | F40 | | | Qualified | 388 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:35:14 | 76 |
| | 28/05/2017 | 6.21 | Great Manchester Run 10k | 00:44:01 | 77 |
| | 09/04/2017 | 6.21 | Fleetwood 10k | 00:44:35 | 74 |
| | 15/10/2017 | 13.10 | Manchester Half | 01:38:52 | 73 |
| | 23/04/2017 | 26.20 | Virgin London Marathon | 03:20:45 | 88 |
| Sarah Bagshaw | F40 | | | | 0 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:36:26 | 0 |
| | 25/11/2017 | 6.21 | Wesham 10k | 01:07:53 | 0 |
| | 24/02/2018 | 6.21 | Stanley Park 10k Weekend (Saturday) | 01:05:37 | 0 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:53:35 | 0 |
| Catherine Carrdus | F45 | | | | 410 |
| | 17/08/2017 | 3.11 | Decathlon Sale Sizzler | 00:18:33 | 104 |
| | 24/08/2017 | 3.11 | Mid Cheshire 5k | 00:18:33 | 104 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:31:14 | 100 |
| | 17/09/2017 | 6.21 | English Half Marathon 10k | 00:38:51 | 102 |

| Athlete | | Miles | Race | Time | Points |
|--------------------------|------------|-------|-----------------------------------|------------------|------------|
| Christine Walker | F45 | | | Qualified | 38 |
| | 13/01/2018 | 3.11 | Lancaster 315 Series (13th Jan) | 00:27:50 | 15 |
| | 26/11/2017 | 3.11 | Best 5k | 00:28:18 | 10 |
| | 11/02/2018 | 6.21 | Valentine 10k | 00:57:24 | 12 |
| | 24/09/2017 | 6.21 | Run Preston 10k | 00:59:40 | 1 |
| | 18/02/2018 | 13.10 | Great North West Half | 02:18:59 | 0 |
| Jo Goorney | F45 | | | | 276 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:32:02 | 95 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:32:05 | 95 |
| | 18/06/2017 | 13.10 | Freckleton Half | 01:33:12 | 86 |
| Maria Tierney | F45 | | | | 0 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:48:53 | 0 |
| Michelle Sheridan | F45 | | | Qualified | 0 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:54:46 | 0 |
| | 25/11/2017 | 6.21 | Wesham 10k | 01:05:50 | 0 |
| | 14/01/2018 | 6.21 | Garstang 10k | 01:05:58 | 0 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:51:34 | 0 |
| | 23/04/2017 | 26.20 | Virgin London Marathon | 06:35:20 | 0 |
| Penny Morrison | F45 | | | | 0 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:53:28 | 0 |
| | 25/02/2018 | 6.21 | Stanley Park 10k Weekend (Sunday) | 01:06:33 | 0 |
| | 25/11/2017 | 6.21 | Wesham 10k | 01:04:58 | 0 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:53:21 | 0 |

| Athlete | | Miles | Race | Time | Points |
|-----------------------|------------|-------|---------------------------------------|------------------|------------|
| Ruth Wheatley | F45 | | | | 137 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:25:14 | 40 |
| | 25/11/2017 | 6.21 | Wesham 10k | 00:51:56 | 39 |
| | 19/11/2017 | 13.10 | Conwy Half | 01:57:39 | 30 |
| | 28/05/2017 | 13.10 | Liverpool Rock 'N' Roll Half Marathon | 01:58:26 | 28 |
| Claire England | F50 | | | Qualified | 77 |
| | 26/08/2017 | 3.11 | Illuminations 5k | 00:27:55 | 14 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 01:09:51 | 0 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:54:02 | 29 |
| | 16/07/2017 | 13.10 | Windmill Half | 02:01:52 | 21 |
| | 20/08/2017 | 13.10 | Fleetwood Half | 02:05:00 | 13 |
| Dawn Bloor | F50 | | | | 47 |
| | 27/05/2017 | 3.11 | Catforth Canter (May 2017) | 00:24:30 | 47 |
| Fiona Geldard | F50 | | | | 18 |
| | 06/08/2017 | 6.21 | Run Through Hyde Park | 00:56:24 | 17 |
| | 23/04/2017 | 26.20 | Virgin London Marathon | 04:36:18 | 1 |
| Julia Rolfe | F50 | | | Qualified | 186 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:40:41 | 42 |
| | 13/08/2017 | 5.00 | City Of Preston 5m | 00:41:30 | 39 |
| | 29/07/2017 | 6.21 | Pilling 10k (July) | 00:51:59 | 39 |
| | 01/12/2017 | 10.00 | Myerscough 10 | 01:24:45 | 41 |
| | 12/11/2017 | 13.10 | Grand Union Canal Autumn Half | 02:00:06 | 25 |
| Karen Lanigan | F50 | | | | 0 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:50:31 | 0 |

| Athlete | | Miles | Race | Time | Points |
|------------------|------------|-------|-----------------------------------|-----------|--------|
| Kathy Gaunt | F50 | | | Qualified | 283 |
| | 13/08/2017 | 5.00 | City Of Preston 5m | 00:38:13 | 58 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:38:32 | 56 |
| | 25/02/2018 | 6.21 | Stanley Park 10k Weekend (Sunday) | 00:48:01 | 58 |
| | 09/04/2017 | 6.21 | Fleetwood 10k | 00:47:52 | 58 |
| | 16/07/2017 | 13.10 | Windmill Half | 01:47:47 | 53 |
| Paula McCandless | F50 | | | | 21 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:45:38 | 14 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:58:27 | 7 |
| | 08/10/2017 | 13.10 | West Coast Half | 02:13:21 | 0 |
| Sue Hawitt | F50 | | | Qualified | 227 |
| | 12/08/2017 | 3.11 | Catforth Canter (August) | 00:24:06 | 51 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:24:23 | 48 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:40:43 | 42 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:50:50 | 44 |
| | 16/07/2017 | 13.10 | Windmill Half | 01:52:32 | 42 |
| Sue Samme | F50 | | | | 261 |
| | 16/12/2017 | 3.11 | 3-1-5 Winter Series | 00:19:53 | 92 |
| | 29/10/2017 | 5.00 | Fairclough Five | 00:34:29 | 81 |
| | 25/11/2017 | 6.21 | Wesham 10k | 00:41:45 | 88 |
| Barbara Holmes | F55 | | | | 73 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:35:50 | 73 |
| Julie Wiseman | F55 | | | | 0 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:41:40 | 0 |

| Athlete | | Miles | Race | Time | Points |
|-----------------------|------------|-------|-----------------------------|------------------|------------|
| Dawn Lock | F70 | | | | 0 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 01:06:28 | 0 |
| | 29/10/2017 | 5.00 | Fairclough Five | 01:04:26 | 0 |
| | 23/04/2017 | 6.21 | Bolton 10k | 01:19:28 | 0 |
| Pam Binns | F70 | | | | 0 |
| | 25/11/2017 | 6.21 | Wesham 10k | 01:02:12 | 0 |
| | 01/12/2017 | 10.00 | Myerscough 10 | 01:44:23 | 0 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:43:58 | 0 |
| | 01/10/2017 | 26.20 | Jersey Marathon | 05:05:10 | 0 |
| Sylvia Gittins | F70 | | | Qualified | 0 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:48:48 | 0 |
| | 04/02/2018 | 6.21 | Blackburn Winter Warmer | 01:03:21 | 0 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:48:18 | 0 |
| | 18/02/2018 | 13.10 | Great North West Half | 02:21:27 | 0 |
| | 19/11/2017 | 13.10 | Conwy Half | 02:33:26 | 0 |
| Adrian Sargent | M | | | | 170 |
| | 29/10/2017 | 5.00 | Fairclough Five | 00:39:28 | 51 |
| | 25/11/2017 | 6.21 | Wesham 10k | 00:47:11 | 62 |
| | 07/01/2018 | 13.10 | Central Lancs New Year Half | 01:46:09 | 57 |
| Alan Elstone | M | | | Qualified | 316 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:22:00 | 71 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:36:58 | 66 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:45:31 | 70 |
| | 16/07/2017 | 13.10 | Windmill Half | 01:44:42 | 60 |
| | 18/06/2017 | 13.10 | Freckleton Half | 01:49:18 | 49 |

| Athlete | | Miles | Race | Time | Points |
|----------------|------------|-------|--------------------------------|-----------|--------|
| Alex Tate | M | | | Qualified | 530 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:18:38 | 104 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:29:55 | 108 |
| | 26/08/2017 | 6.21 | Illuminations 10k | 00:37:38 | 108 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:37:49 | 107 |
| | 07/01/2018 | 13.10 | Central Lancs New Year Half | 01:25:43 | 103 |
| Andy Draper | M | | | Qualified | 617 |
| | 30/09/2017 | 3.11 | 315 Lancaster Saturday 5k | 00:16:51 | 121 |
| | 13/08/2017 | 10.00 | City Of Preston 10m | 00:58:11 | 121 |
| | 17/09/2017 | 13.10 | English Half Marathon | 01:15:15 | 127 |
| | 21/01/2018 | 13.10 | Inskip Half | 01:16:55 | 123 |
| | 23/04/2017 | 26.20 | Virgin London Marathon | 02:47:51 | 125 |
| Chris Bowker | M | | | Qualified | 264 |
| | 24/09/2017 | 6.21 | Natterjack Southport 10k | 00:47:15 | 61 |
| | 26/08/2017 | 6.21 | Illuminations 10k | 00:48:41 | 54 |
| | 19/11/2017 | 10.00 | Myprotein Preston 10 | 01:21:05 | 52 |
| | 03/12/2017 | 13.10 | 315 Lancaster Half | 01:49:11 | 50 |
| | 07/01/2018 | 13.10 | Central Lancs New Year Half | 01:50:33 | 47 |
| Chris McCarthy | M | | | Qualified | 618 |
| | 29/07/2017 | 3.11 | 315 Lancaster 5k Series (July) | 00:16:28 | 125 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:27:30 | 123 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:27:49 | 121 |
| | 21/01/2018 | 13.10 | Inskip Half | 01:15:44 | 126 |
| | 04/03/2018 | 13.10 | The Big Half | 01:16:57 | 123 |

| Athlete | | Miles | Race | Time | Points |
|----------------------|------------|-------|-------------------------------------|------------------|------------|
| Gerard Browne | M | | | | 114 |
| | 24/02/2018 | 6.21 | Stanley Park 10k Weekend (Saturday) | 00:47:55 | 58 |
| | 25/02/2018 | 6.21 | Stanley Park 10k Weekend (Sunday) | 00:48:17 | 56 |
| Ian Tate | M | | | Qualified | 421 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:33:46 | 85 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:34:17 | 82 |
| | 14/01/2018 | 6.21 | Garstang 10k | 00:41:59 | 87 |
| | 07/01/2018 | 13.10 | Central Lancs New Year Half | 01:33:38 | 85 |
| | 17/09/2017 | 13.10 | English Half Marathon | 01:34:56 | 82 |
| James Buckley | M | | | Qualified | 262 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:38:40 | 56 |
| | 26/08/2017 | 6.21 | Illuminations 10k | 00:47:33 | 60 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:18:04 | 61 |
| | 01/12/2017 | 10.00 | Myerscough 10 | 01:22:12 | 49 |
| | 16/07/2017 | 13.10 | Windmill Half | 01:55:06 | 36 |
| Joe Greenwood | M | | | Qualified | 591 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:17:03 | 119 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:27:52 | 120 |
| | 09/04/2017 | 6.21 | Fleetwood 10k | 00:35:17 | 119 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:35:43 | 117 |
| | 18/06/2017 | 13.10 | Freckleton Half | 01:20:15 | 116 |
| Mark Selby | M | | | | 39 |
| | 18/06/2017 | 13.10 | Freckleton Half | 01:54:00 | 39 |
| Matt Hill | M | | | | 75 |
| | 24/02/2018 | 6.21 | Stanley Park 10k Weekend (Saturday) | 00:50:03 | 48 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:29:33 | 27 |

| Athlete | | Miles | Race | Time | Points |
|----------------------|------------|-------|-----------------------|------------------|------------|
| Mike Toft | M | | | Qualified | 632 |
| | 19/11/2017 | 10.00 | Myprotein Preston 10 | 00:57:01 | 124 |
| | 21/01/2018 | 13.10 | Inskip Half | 01:14:47 | 128 |
| | 03/12/2017 | 13.10 | 315 Lancaster Half | 01:16:29 | 124 |
| | 03/09/2017 | 20.00 | The Golden Ball | 02:01:43 | 127 |
| | 08/10/2017 | 26.20 | Chester Marathon | 02:44:34 | 129 |
| Neil Tate | M | | | Qualified | 548 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:18:03 | 109 |
| | 29/10/2017 | 5.00 | Fairclough Five | 00:29:35 | 110 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:37:19 | 109 |
| | 17/09/2017 | 13.10 | English Half Marathon | 01:22:19 | 111 |
| | 23/04/2017 | 26.20 | Blackpool Marathon | 03:02:11 | 109 |
| Paul Veevers | M | | | Qualified | 557 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:17:50 | 111 |
| | 26/11/2017 | 3.11 | Best 5k | 00:17:56 | 110 |
| | 29/10/2017 | 5.00 | Fairclough Five | 00:29:08 | 113 |
| | 12/07/2017 | 6.21 | Lancaster 10k | 00:37:11 | 110 |
| | 17/09/2017 | 13.10 | English Half Marathon | 01:21:33 | 113 |
| Robert Parker | M | | | Qualified | 131 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:41:47 | 37 |
| | 29/10/2017 | 5.00 | Fairclough Five | 00:42:43 | 31 |
| | 26/08/2017 | 6.21 | Illuminations 10k | 00:52:58 | 34 |
| | 21/05/2017 | 6.21 | Crazy Cow | 00:54:04 | 29 |
| | 17/09/2017 | 13.10 | English Half Marathon | 02:14:57 | 0 |

| Athlete | | Miles | Race | Time | Points |
|----------------------|------------|-------|--------------------------------------------|------------------|------------|
| Ross McKelvie | M | | | Qualified | 499 |
| | 13/01/2018 | 3.11 | Lancaster 315 Series (13th Jan) | 00:17:32 | 114 |
| | 03/02/2018 | 3.11 | Lancaster 315 Series (3rd Feb) | 00:17:56 | 110 |
| | 17/12/2017 | 6.21 | Lancaster 3-2-1 Series Christmas Cracker 1 | 00:37:16 | 110 |
| | 10/03/2018 | 6.21 | Mother's Day 10k | 00:38:12 | 105 |
| | 16/07/2017 | 13.10 | Windmill Half | 01:44:37 | 60 |
| Scott Gall | M | | | | 13 |
| | 07/01/2018 | 13.10 | Central Lancs New Year Half | 02:05:18 | 13 |
| Tom Howarth | M | | | Qualified | 548 |
| | 11/05/2017 | 5.00 | Lytham Inter Club | 00:30:10 | 107 |
| | 19/11/2017 | 10.00 | Myprotein Preston 10 | 01:02:09 | 109 |
| | 16/04/2017 | 13.10 | Valiant's Half | 01:22:26 | 111 |
| | 21/01/2018 | 13.10 | Inskip Half | 01:23:09 | 109 |
| | 02/04/2017 | 26.20 | ASICS Manchester Marathon | 02:59:33 | 112 |
| Darran Ames | M40 | | | Qualified | 382 |
| | 27/06/2017 | 5.00 | Thornton Inter Club | 00:36:28 | 69 |
| | 25/11/2017 | 6.21 | Wesham 10k | 00:43:06 | 81 |
| | 19/11/2017 | 10.00 | Myprotein Preston 10 | 01:11:11 | 82 |
| | 21/01/2018 | 13.10 | Inskip Half | 01:36:05 | 80 |
| | 08/10/2017 | 13.10 | West Coast Half | 01:40:19 | 70 |
| Kevin Murray | M40 | | | Qualified | 334 |
| | 09/07/2017 | 3.11 | Lytham Carnival 5k | 00:21:46 | 73 |
| | 26/08/2017 | 6.21 | Illuminations 10k | 00:46:16 | 66 |
| | 19/11/2017 | 10.00 | Myprotein Preston 10 | 01:15:37 | 69 |
| | 28/01/2018 | 10.00 | St Annes Ten Miler | 01:16:21 | 66 |
| | 15/10/2017 | 13.10 | Manchester Half | 01:44:48 | 60 |

| Athlete | Miles | Race | Time | Points |
|------------------------|------------|------------------------------------|-----------|------------|
| Lee Morrison | M40 | | | 283 |
| | 26/11/2017 | 3.11 Best 5k | 00:23:48 | 54 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:34:41 | 79 |
| | 30/04/2017 | 6.21 Lancaster Three Bridges | 00:42:33 | 84 |
| | 14/04/2017 | 10.00 Caldervale 10 | 01:16:29 | 66 |
| Mark Hughes | M40 | | | 279 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:35:44 | 73 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:36:42 | 67 |
| | 10/09/2017 | 13.10 Great North Run | 01:40:26 | 70 |
| | 16/07/2017 | 13.10 Windmill Half | 01:40:53 | 69 |
| Simon Denye | M40 | | | 371 |
| | 27/05/2017 | 3.11 Catforth Canter (May 2017) | 00:19:33 | 95 |
| | 20/05/2017 | 3.11 315 Lancaster5k | 00:20:03 | 90 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:32:24 | 93 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:32:30 | 93 |
| Gavin Stanfield | M45 | | | 70 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:15:08 | 70 |
| Greg Oulton | M45 | | Qualified | 88 |
| | 29/10/2017 | 5.00 Fairclough Five | 00:43:52 | 24 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:45:30 | 15 |
| | 01/12/2017 | 10.00 Myerscough 10 | 01:30:15 | 25 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:31:16 | 22 |
| | 12/11/2017 | 13.10 Las Vegas Rock 'N' Roll Half | 02:09:58 | 2 |

| Athlete | Miles | Race | Time | Points |
|-----------------------|------------|---------------------------------------------|------------------|------------|
| Peter Reid | M45 | | Qualified | 195 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:38:41 | 55 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:39:47 | 49 |
| | 12/07/2017 | 6.21 Lancaster 10k | 00:50:33 | 45 |
| | 21/05/2017 | 6.21 Crazy Cow | 00:51:12 | 42 |
| | 16/07/2017 | 13.10 Windmill Half | 02:09:17 | 4 |
| Richard Storey | M45 | | Qualified | 301 |
| | 01/07/2017 | 3.11 Catforth Canter (July 2017) | 00:23:07 | 60 |
| | 14/01/2018 | 6.21 Garstang 10k | 00:47:54 | 58 |
| | 01/12/2017 | 10.00 Myerscough 10 | 01:17:28 | 63 |
| | 08/10/2017 | 13.10 West Coast Half | 01:43:27 | 63 |
| | 21/01/2018 | 13.10 Inskip Half | 01:46:05 | 57 |
| Ian Balshaw | M50 | | Qualified | 155 |
| | 13/01/2018 | 3.11 Lancaster 315 Series (13th Jan) | 00:24:13 | 50 |
| | 03/03/2018 | 3.11 315 Lancaster 5k (March 2018) | 00:24:25 | 48 |
| | 18/03/2018 | 10.00 Sweatshop 10 | 01:26:37 | 36 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:33:45 | 14 |
| | 18/02/2018 | 13.10 Great North West Half | 02:07:50 | 7 |
| Roy Upton | M50 | | | 54 |
| | 09/07/2017 | 3.11 Lytham Carnival 5k | 00:23:47 | 54 |
| Russ Chew | M50 | | | 81 |
| | 28/05/2017 | 3.11 Liverpool Rock 'N' Roll 5k | 00:23:21 | 58 |
| | 28/05/2017 | 13.10 Liverpool Rock 'N' Roll Half Marathon | 02:01:01 | 23 |

| Athlete | Miles | Race | Time | Points |
|-----------------------------|------------|--------------------------------------|------------------|------------|
| Jeremy McCandless | M55 | | | 24 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:45:04 | 17 |
| | 12/07/2017 | 6.21 Lancaster 10k | 00:58:29 | 7 |
| | 08/10/2017 | 13.10 West Coast Half | 02:19:59 | 0 |
| Neil Baynton-Roberts | M55 | | Qualified | 427 |
| | 03/03/2018 | 3.11 315 Lancaster 5k (March 2018) | 00:21:10 | 79 |
| | 12/07/2017 | 6.21 Lancaster 10k | 00:41:16 | 90 |
| | 28/05/2017 | 6.21 Great Manchester Run 10k | 00:42:31 | 84 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:10:11 | 85 |
| | 18/06/2017 | 13.10 Freckleton Half | 01:32:08 | 89 |
| Peter Cooke | M55 | | | 16 |
| | 29/10/2017 | 5.00 Fairclough Five | 00:45:17 | 16 |
| Colin Laidlaw | M60 | | | 212 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:39:05 | 53 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:39:25 | 51 |
| | 26/08/2017 | 6.21 Illuminations 10k | 00:48:45 | 54 |
| | 12/07/2017 | 6.21 Lancaster 10k | 00:48:49 | 54 |
| Graham Webster | M60 | | Qualified | 431 |
| | 09/07/2017 | 3.11 Lytham Carnival 5k | 00:20:42 | 84 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:33:36 | 86 |
| | 13/08/2017 | 6.21 Blackpool Airshow | 00:42:06 | 86 |
| | 19/11/2017 | 10.00 Myprotein Preston 10 | 01:08:27 | 90 |
| | 06/08/2017 | 13.10 European Masters Half Marathon | 01:33:55 | 85 |

| Athlete | Miles | Race | Time | Points |
|------------------------|------------|-----------------------------|------------------|------------|
| John Bertenshaw | M60 | | Qualified | 460 |
| | 24/08/2017 | 3.11 Mid Cheshire 5k | 00:19:43 | 93 |
| | 17/08/2017 | 3.11 Decathlon Sale Sizzler | 00:19:48 | 92 |
| | 04/11/2017 | 6.21 Cheshire 10k | 00:41:13 | 91 |
| | 19/11/2017 | 10.00 Myprotein Preston 10 | 01:08:25 | 90 |
| | 17/09/2017 | 13.10 English Half Marathon | 01:30:00 | 94 |
| Nigel Simpkin | M60 | | | 42 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:40:46 | 42 |
| Steve Tate | M60 | | | 39 |
| | 09/07/2017 | 3.11 Lytham Carnival 5k | 00:27:13 | 21 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:46:08 | 11 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:46:49 | 7 |
| Terry Hellings | M60 | | | 294 |
| | 16/12/2017 | 3.11 3-1-5 Winter Series | 00:21:44 | 74 |
| | 11/05/2017 | 5.00 Lytham Inter Club | 00:35:17 | 76 |
| | 29/10/2017 | 5.00 Fairclough Five | 00:36:07 | 71 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:14:19 | 73 |
| Bob Clough | M65 | | | 27 |
| | 09/07/2017 | 3.11 Lytham Carnival 5k | 00:27:56 | 14 |
| | 27/06/2017 | 5.00 Thornton Inter Club | 00:45:43 | 13 |
| Roy Stevens | M65 | | Qualified | 256 |
| | 09/07/2017 | 3.11 Lytham Carnival 5k | 00:24:12 | 50 |
| | 01/12/2017 | 10.00 Myerscough 10 | 01:19:06 | 58 |
| | 28/01/2018 | 10.00 St Annes Ten Miler | 01:22:11 | 49 |
| | 21/01/2018 | 13.10 Inskip Half | 01:49:05 | 50 |
| | 21/05/2017 | 13.10 Chester Half | 01:49:29 | 49 |

| Athlete | Miles | Race | Time | Points |
|---------------|------------|-------------------------|----------|--------|
| Jim Whitworth | M70 | | | 32 |
| | 01/05/2017 | 3.11 Avenham Park 5k | 00:27:53 | 14 |
| | 09/07/2017 | 3.11 Lytham Carnival 5k | 00:28:00 | 13 |
| | 03/09/2017 | 6.21 Wigan 10k | 00:58:52 | 5 |