



Athlete		Miles	Race	Time	Points
Amy Fletcher	F				0
		22/04/2018	26.20 Virgin London Marathon	08:42:23	0
Felicity Wolohan	F			Qualified	505
		23/08/2018	3.11 Mid Cheshire 5k	00:19:11	98
		20/01/2019	13.10 Essar Village Half	01:26:07	102
		13/01/2019	13.10 Brass Monkey	01:26:50	101
		02/09/2018	20.00 123 Golden Ball	02:20:12	99
		14/10/2018	26.20 Yorkshire Marathon	03:05:19	105
Gill Draper	F				308
		03/05/2018	5.00 Lytham Inter Club 2018	00:33:13	88
		23/05/2018	6.21 Wesham Summer 10k	00:42:09	86
		16/09/2018	6.21 Fairhaven Flier	00:50:39	45
		08/04/2018	26.20 Manchester Marathon	03:19:41	89
Jennifer Hill	F			Qualified	383
		03/05/2018	5.00 Lytham Inter Club 2018	00:34:34	80
		28/10/2018	5.00 Fairclough Five	00:35:42	73
		08/04/2018	6.21 Fleetwood 10k	00:42:45	83
		24/02/2019	6.21 Stanley Park 10k (Sunday)	00:44:14	76
		20/01/2019	13.10 Inskip Half	01:39:54	71
Liz Canavan	F				37
		03/05/2018	5.00 Lytham Inter Club 2018	00:43:14	28
		26/06/2018	5.00 Thornton Inter Club (2018)	00:46:23	9
		22/04/2018	26.20 Virgin London Marathon	05:02:55	0

Athlete		Miles	Race	Time	Points
Michelle Hook	F				157
	17/06/2018	13.10	Freckleton Half	01:33:22	86
	20/01/2019	13.10	Inskip Half	01:39:54	71
Olivia Johnson-Allen	F				0
	03/05/2018	5.00	Lytham Inter Club 2018	00:50:18	0
	11/11/2018	6.21	Windmill 10k	01:00:24	0
Rachael Wignall	F				0
	22/04/2018	26.20	Virgin London Marathon	05:26:16	0
Laura Byrne	F35			Qualified	32
	11/11/2018	6.21	Windmill 10k	00:56:26	17
	24/11/2018	6.21	Wesham 10k	00:57:06	14
	07/10/2018	13.10	West Coast Half Marathon	02:10:18	1
	10/03/2019	26.20	Barcelona Marathon	05:07:27	0
	29/04/2018	26.20	Stirling Scottish Marathon	04:55:12	0
Liz Abbott	F35			Qualified	558
	03/05/2018	5.00	Lytham Inter Club 2018	00:32:37	92
	30/12/2018	6.21	Ribble Valley 10k	00:35:53	116
	30/09/2018	6.21	City Of Preston 10k	00:37:20	109
	18/11/2018	10.00	Preston Harriers' 10 Miler	00:59:30	117
	10/03/2019	13.10	Inverness Half	01:16:48	124
Louise De-Gier Flood	F35				36
	03/05/2018	5.00	Lytham Inter Club 2018	00:42:10	35
	11/11/2018	6.21	Windmill 10k	00:59:40	1

Athlete		Miles	Race	Time	Points
Nicola Wiseman	F35				0
	11/11/2018	6.21	Windmill 10k	01:14:21	0
	08/07/2018	6.21	Blackpool Summer 10k	01:15:39	0
	09/09/2018	13.10	SimplyHealth Great North Run	03:09:24	0
Ruth Bye	F35			Qualified	0
	26/06/2018	5.00	Thornton Inter Club (2018)	00:54:38	0
	23/02/2019	6.21	Stanley Park 10k (Saturday)	01:00:42	0
	23/05/2018	6.21	Wesham Summer 10k	01:01:03	0
	26/05/2018	10.00	Blackpool Promenade 10m	01:46:12	0
	17/06/2018	13.10	Freckleton Half	02:16:59	0
Sarah Gill	F35				0
	07/05/2018	3.11	Avenham Park	00:32:05	0
Claire Markham	F40				154
	29/03/2019	3.11	Power of 5k	00:22:58	62
	14/10/2018	6.21	Autumn Breaker	00:50:14	47
	27/01/2019	10.00	St Annes 10 Miler	01:23:22	45
Emily Hargreaves	F40				96
	28/10/2018	26.20	Frankfurt Marathon	03:13:28	96
Jacqui Murray	F40			Qualified	97
	26/06/2018	5.00	Thornton Inter Club (2018)	00:46:48	7
	16/09/2018	6.21	Fairhaven Flier	00:54:42	25
	08/07/2018	6.21	Blackpool Summer 10k	00:57:02	14
	14/10/2018	13.10	Manchester Half	01:59:40	26
	07/10/2018	13.10	West Coast Half Marathon	02:00:06	25

Athlete	Miles	Race	Time	Points
Kirsten Burnett	F40		Qualified	149
	07/05/2018	3.11 Avenham Park	00:25:30	37
	19/06/2018	3.11 Hunters 5k	00:27:42	16
	11/11/2018	6.21 Windmill 10k	00:50:29	46
	23/12/2018	6.21 Christmas Cracker	00:51:21	42
	16/09/2018	13.10 English Half Marathon	02:07:14	8
Mel Koth	F40		Qualified	440
	28/10/2018	5.00 Fairclough Five	00:33:31	86
	16/09/2018	6.21 Fairhaven Flier	00:42:06	86
	26/12/2018	6.21 Boxing Day 10k	00:42:09	86
	07/10/2018	13.10 Rochdale Half	01:30:39	92
	20/01/2019	13.10 Essar Village Half	01:31:21	90
Nicola Rowlands	F40			13
	17/02/2019	13.10 Great North West Half	02:05:11	13
Sue Henry	F40			0
	24/11/2018	3.11 Best 5k	00:29:59	0
	26/12/2018	6.21 Boxing Day 10k	01:01:09	0
Catherine Carrdus	F45		Qualified	498
	03/05/2018	5.00 Lytham Inter Club 2018	00:31:08	101
	10/11/2018	6.21 Cheshire 10k	00:38:49	102
	23/03/2019	6.21 Cheshire 10k	00:39:04	101
	18/11/2018	10.00 Preston Harriers' 10 Miler	01:07:09	94
	16/09/2018	13.10 English Half Marathon	01:27:14	100
Debbie Francis	F45			0
	03/05/2018	5.00 Lytham Inter Club 2018	00:48:17	0
	26/06/2018	5.00 Thornton Inter Club (2018)	00:48:10	0

Athlete		Miles	Race	Time	Points
Gillian Oliver	F45				0
	03/05/2018	5.00	Lytham Inter Club 2018	00:51:51	0
Heidi Haigh	F45			Qualified	276
	03/05/2018	5.00	Lytham Inter Club 2018	00:37:37	62
	26/06/2018	5.00	Thornton Inter Club (2018)	00:39:49	49
	11/11/2018	6.21	Windmill 10k	00:49:41	50
	22/04/2018	13.10	Blackpool Festival Of Running Half Marathon	01:46:49	55
	08/04/2018	26.20	Manchester Marathon	03:44:38	60
Jo Goorney	F45				90
	03/05/2018	5.00	Lytham Inter Club 2018	00:32:58	90
Liz Boon	F45				0
	20/10/2018	13.10	Langdale Half Marathon	02:33:30	0
Louise Cox	F45				68
	26/12/2018	6.21	Boxing Day 10k	00:45:47	68
Penny Morrison	F45				0
	08/04/2018	6.21	Fleetwood 10k	01:08:16	0
	23/05/2018	6.21	Wesham Summer 10k	01:09:23	0
Ruth Wheatley	F45				17
	11/11/2018	6.21	Windmill 10k	00:56:29	17
Sarah Bagshaw	F45			Qualified	0
	26/06/2018	5.00	Thornton Inter Club (2018)	00:56:09	0
	16/09/2018	6.21	Fairhaven Flier	01:05:12	0
	08/04/2018	6.21	Fleetwood 10k	01:06:49	0
	26/05/2018	10.00	Blackpool Promenade 10m	01:59:23	0
	22/04/2018	13.10	Blackpool Festival Of Running Half Marathon	02:32:14	0

Athlete	Miles	Race	Time	Points
Kathy Gaunt	F50		Qualified	225
	17/03/2019	3.11 Run Wigan Festival 5k	00:24:22	48
	14/10/2018	6.21 Autumn Breaker	00:49:41	50
	30/03/2019	6.21 Mothers' Day 10k	00:50:00	48
	27/01/2019	10.00 St Annes 10 Miler	01:25:25	39
	17/02/2019	13.10 Great North West Half	01:53:33	40
Michelle Sheridan	F50		Qualified	0
	26/06/2018	5.00 Thornton Inter Club (2018)	00:53:00	0
	03/05/2018	5.00 Lytham Inter Club 2018	01:10:20	0
	28/04/2018	6.21 Wray Scarecrow 10k	01:08:48	0
	23/05/2018	6.21 Wesham Summer 10k	01:05:14	0
	26/05/2018	10.00 Blackpool Promenade 10m	02:00:06	0
Sue Hawitt	F50		Qualified	240
	03/05/2018	5.00 Lytham Inter Club 2018	00:40:04	47
	26/06/2018	5.00 Thornton Inter Club (2018)	00:41:47	37
	23/03/2019	6.21 Cheshire 10k	00:47:14	61
	11/11/2018	6.21 Windmill 10k	00:49:33	50
	17/02/2019	13.10 Great North West Half	01:51:01	45
Barbara Holmes	F55			51
	27/01/2019	10.00 St Annes 10 Miler	01:21:37	51
Julia Rolfe	F55			117
	28/08/2018	3.11 Hunters 5k (August 2018)	00:26:15	30
	12/08/2018	5.00 City Of Preston 5m	00:42:59	30
	26/12/2018	6.21 Boxing Day 10k	00:52:39	35
	15/04/2018	6.21 Three Bridges	00:55:29	22

Athlete		Miles	Race	Time	Points
Julie Wiseman	F55			Qualified	23
	03/05/2018	5.00	Lytham Inter Club 2018	00:45:24	15
	26/06/2018	5.00	Thornton Inter Club (2018)	00:47:40	2
	16/09/2018	6.21	Fairhaven Flier	00:58:41	6
	20/05/2018	13.10	Liverpool Rock 'N' Roll Half Marathon	02:24:44	0
	01/07/2018	13.10	Tour Of Merseyside Southport Half	02:19:50	0
Kate Benett	F55				0
	01/07/2018	6.21	Tour Of Merseyside Southport 10k	01:07:12	0
Pam Hardman	F55			Qualified	204
	02/02/2019	3.11	3-1-5 5k	00:24:26	48
	26/06/2018	5.00	Thornton Inter Club (2018)	00:40:46	42
	28/10/2018	5.00	Fairclough Five	00:41:13	39
	27/01/2019	6.21	Hunters	00:51:51	39
	17/06/2018	13.10	Freckleton Half	01:55:01	36
Sue Samme	F55				258
	29/03/2019	3.11	Power of 5k	00:20:13	88
	17/03/2019	3.11	Run Wigan Festival 5k	00:20:19	87
	23/05/2018	6.21	Wesham Summer 10k	00:42:46	83
Dawn Lock	F70				0
	26/06/2018	5.00	Thornton Inter Club (2018)	01:11:10	0
Pam Binns	F70			Qualified	0
	26/06/2018	5.00	Thornton Inter Club (2018)	00:50:06	0
	13/01/2019	6.21	Garstang 10k	00:59:57	0
	27/01/2019	10.00	St Annes 10 Miler	01:45:28	0
	02/12/2018	10.00	Myerscough 10	01:40:03	0
	16/06/2018	13.10	Tour of Tameside Hero Half Marathon	02:23:42	0

Athlete		Miles	Race	Time	Points
Sylvia Gittins	F70			Qualified	0
	13/01/2019	6.21	Garstang 10k	01:00:48	0
	27/01/2019	10.00	St Annes 10 Miler	01:46:17	0
	02/12/2018	10.00	Myerscough 10	01:42:00	0
	18/11/2018	13.10	Conway Half	02:26:57	0
	17/03/2019	13.10	Run Wigan Festival Half	02:21:35	0
Adrian Sargent	M				87
	23/05/2018	6.21	Wesham Summer 10k	00:50:24	46
	24/11/2018	6.21	Wesham 10k	00:51:23	41
Alan Elstone	M			Qualified	351
	29/05/2018	3.11	Hunters 5k	00:22:19	68
	03/05/2018	5.00	Lytham Inter Club 2018	00:34:55	78
	14/10/2018	6.21	Autumn Breaker	00:44:30	75
	24/11/2018	6.21	Wesham 10k	00:44:43	74
	17/02/2019	13.10	Great North West Half	01:46:26	56
Alex Fraser	M				166
	03/05/2018	5.00	Lytham Inter Club 2018	00:31:18	100
	26/06/2018	5.00	Thornton Inter Club (2018)	00:36:53	66
Alex Tate	M			Qualified	485
	03/05/2018	5.00	Lytham Inter Club 2018	00:30:22	105
	23/05/2018	6.21	Wesham Summer 10k	00:38:52	102
	26/12/2018	6.21	Boxing Day 10k	00:39:01	101
	18/11/2018	10.00	Preston Harriers' 10 Miler	01:03:50	104
	02/09/2018	13.10	Garstang Half	01:38:58	73

Athlete		Miles	Race	Time	Points
Alistair Leivers	M				199
	26/06/2018	5.00	Thornton Inter Club (2018)	00:32:23	93
	14/10/2018	13.10	Manchester Half	01:24:36	106
Andy Draper	M			Qualified	615
	18/11/2018	10.00	Preston Harriers' 10 Miler	00:57:32	123
	16/09/2018	13.10	English Half Marathon	01:17:17	123
	02/09/2018	20.00	123 Golden Ball	02:05:07	122
	14/10/2018	26.20	Yorkshire Marathon	02:46:27	127
	22/04/2018	26.20	Virgin London Marathon	02:52:18	120
Ben McCabe	M			Qualified	282
	20/07/2018	3.11	Power of 5k	00:22:56	62
	03/05/2018	5.00	Lytham Inter Club 2018	00:38:46	55
	16/09/2018	6.21	Fairhaven Flier	00:46:55	63
	13/01/2019	6.21	Garstang 10k	00:47:22	61
	17/02/2019	13.10	Great North West Half	01:52:57	41
Chris Bowker	M			Qualified	355
	28/10/2018	5.00	Fairclough Five	00:35:19	76
	16/09/2018	6.21	Fairhaven Flier	00:44:42	74
	23/12/2018	6.21	Christmas Cracker	00:45:27	70
	18/11/2018	10.00	Preston Harriers' 10 Miler	01:17:03	64
	07/10/2018	13.10	West Coast Half Marathon	01:39:39	71

Athlete		Miles	Race	Time	Points
Chris McCarthy	M			Qualified	591
	28/10/2018	5.00	Fairclough Five	00:27:50	121
	10/02/2019	6.21	Valentine's 10k	00:34:41	122
	04/11/2018	6.21	Leeds Abbey Dash	00:34:53	121
	20/01/2019	13.10	Inskip Half	01:16:33	124
	16/09/2018	26.20	Berlin Marathon	03:07:38	103
James Buckley	M			Qualified	311
	03/05/2018	5.00	Lytham Inter Club 2018	00:35:28	75
	26/06/2018	5.00	Thornton Inter Club (2018)	00:36:19	70
	16/09/2018	6.21	Fairhaven Flier	00:48:10	57
	17/06/2018	13.10	Freckleton Half	01:43:37	62
	17/02/2019	13.10	Great North West Half	01:50:08	47
James Hartley	M				285
	15/12/2018	3.11	Lancaster 315	00:22:17	68
	28/10/2018	5.00	Fairclough Five	00:36:23	69
	11/11/2018	6.21	Windmill 10k	00:44:01	77
	14/10/2018	6.21	Autumn Breaker	00:45:13	71
Joe Greenwood	M			Qualified	573
	03/05/2018	5.00	Lytham Inter Club 2018	00:28:07	119
	26/06/2018	5.00	Thornton Inter Club (2018)	00:28:52	114
	18/11/2018	10.00	Preston Harriers' 10 Miler	01:00:54	113
	22/04/2018	13.10	Blackpool Festival Of Running Half Marathon	01:20:23	116
	17/06/2018	13.10	Freckleton Half	01:22:15	111
Karl Lee	M				233
	03/05/2018	5.00	Lytham Inter Club 2018	00:28:40	116
	23/05/2018	6.21	Wesham Summer 10k	00:35:45	117

Athlete		Miles	Race	Time	Points
Lewis McAfee	M			Qualified	286
	20/07/2018	3.11	Power of 5k	00:22:54	62
	26/06/2018	5.00	Thornton Inter Club (2018)	00:40:15	46
	24/02/2019	6.21	Stanley Park 10k (Sunday)	00:46:53	63
	16/09/2018	6.21	Fairhaven Flier	00:46:54	63
	07/10/2018	13.10	West Coast Half Marathon	01:48:19	52
Matt Hill	M				175
	28/10/2018	5.00	Fairclough Five	00:40:26	45
	24/02/2019	6.21	Stanley Park 10k (Sunday)	00:47:34	60
	16/09/2018	6.21	Fairhaven Flier	00:51:33	41
	27/01/2019	10.00	St Annes 10 Miler	01:28:54	29
Mike Toft	M			Qualified	631
	10/11/2018	6.21	Cheshire 10k	00:33:45	127
	02/12/2018	10.00	Myerscough 10	00:57:00	125
	27/01/2019	10.00	St Annes 10 Miler	00:58:44	119
	06/01/2019	13.10	Central Lancs Half	01:14:07	130
	17/02/2019	13.10	Great North West Half	01:14:06	130
Neil Tate	M			Qualified	521
	24/11/2018	3.11	Best 5k	00:18:56	101
	26/12/2018	6.21	Boxing Day 10k	00:38:13	105
	16/09/2018	13.10	English Half Marathon	01:26:19	102
	22/04/2018	26.20	Blackpool Festival Of Running Marathon	03:02:24	109
	31/12/2018	26.20	Liverbird Double Day 1	03:06:54	104

Athlete		Miles	Race	Time	Points
Paul Veevers	M			Qualified	522
	07/07/2018	3.11	Lostock Hall Carnival 5k	00:17:58	110
	29/05/2018	3.11	Hunters 5k	00:18:41	103
	03/05/2018	5.00	Lytham Inter Club 2018	00:30:35	104
	11/11/2018	6.21	Windmill 10k	00:38:12	105
	17/06/2018	13.10	Freckleton Half	01:27:17	100
Ross McKelvie	M				464
	29/03/2019	3.11	Power of 5k	00:16:38	123
	15/02/2019	3.11	Power of 5k	00:17:11	118
	30/03/2019	6.21	Mothers' Day 10k	00:36:45	112
	30/09/2018	6.21	Bank Of Scotland Great Scottish 10k	00:36:56	111
Tom Howarth	M			Qualified	550
	03/05/2018	5.00	Lytham Inter Club 2018	00:29:10	113
	10/11/2018	6.21	Cheshire 10k	00:37:30	108
	18/11/2018	10.00	Preston Harriers' 10 Miler	01:02:44	107
	20/01/2019	13.10	Inskip Half	01:22:06	112
	17/02/2019	13.10	Village Bakery Half	01:22:43	110
Darran Ames	M40			Qualified	419
	03/05/2018	5.00	Lytham Inter Club 2018	00:33:52	84
	16/09/2018	6.21	Fairhaven Flier	00:42:10	86
	24/11/2018	6.21	Wesham 10k	00:42:41	83
	18/11/2018	10.00	Preston Harriers' 10 Miler	01:09:58	86
	07/10/2018	13.10	West Coast Half Marathon	01:35:48	80

Athlete		Miles	Race	Time	Points
Dez Appleton	M40			Qualified	351
	20/07/2018	3.11	Power of 5k	00:21:20	78
	26/06/2018	5.00	Thornton Inter Club (2018)	00:35:30	75
	24/11/2018	6.21	Wesham 10k	00:46:15	66
	13/01/2019	6.21	Garstang 10k	00:47:24	61
	22/04/2018	13.10	Blackpool Festival Of Running Half Marathon	01:40:03	71
Gerard Browne	M40				155
	11/11/2018	6.21	Windmill 10k	00:46:22	66
	14/10/2018	6.21	Autumn Breaker	00:46:50	63
	17/03/2019	20.00	Trimpell 20	03:09:08	26
Ian Tate	M40			Qualified	425
	17/03/2019	3.11	Run Wigan Festival 5k	00:20:49	83
	26/06/2018	5.00	Thornton Inter Club (2018)	00:34:11	82
	23/03/2019	6.21	Cheshire 10k	00:40:45	93
	10/03/2019	6.21	Trafford 10k	00:42:25	85
	03/02/2019	13.10	Run Aintree Half Marathon	01:35:16	82
Jonathan Tuck	M40				205
	03/05/2018	5.00	Lytham Inter Club 2018	00:30:32	104
	26/06/2018	5.00	Thornton Inter Club (2018)	00:31:10	101
Kevin Murray	M40			Qualified	317
	03/05/2018	5.00	Lytham Inter Club 2018	00:37:32	62
	16/09/2018	6.21	Fairhaven Flier	00:46:25	65
	24/11/2018	6.21	Wesham 10k	00:47:36	60
	27/05/2018	13.10	Edinburgh Half Marathon	01:40:17	70
	31/03/2019	13.10	Alloa Half	01:44:41	60

Athlete		Miles	Race	Time	Points
Lee Morrison	M40				41
	15/04/2018	6.21	Three Bridges	00:51:30	41
Mark Hughes	M40			Qualified	299
	07/05/2018	3.11	Avenham Park	00:22:32	66
	03/05/2018	5.00	Lytham Inter Club 2018	00:36:59	66
	28/10/2018	5.00	Fairclough Five	00:37:07	65
	11/11/2018	6.21	Windmill 10k	00:46:10	67
	06/01/2019	13.10	Central Lancs Half	01:55:39	35
Steve Hargreaves	M40				128
	28/10/2018	26.20	Frankfurt Marathon	02:45:29	128
Andy Unsworth	M45			Qualified	534
	03/05/2018	5.00	Lytham Inter Club 2018	00:29:50	109
	24/11/2018	6.21	Wesham 10k	00:37:32	108
	08/04/2018	13.10	Mitja Marato Pollenca	01:23:50	108
	17/06/2018	13.10	Freckleton Half	01:25:28	104
	17/03/2019	20.00	Trimpell 20	02:16:38	105
Gavin Stanfield	M45				147
	03/05/2018	5.00	Lytham Inter Club 2018	00:35:07	77
	26/06/2018	5.00	Thornton Inter Club (2018)	00:36:15	70
Jason Sheridan	M45			Qualified	212
	29/05/2018	3.11	Hunters 5k	00:24:17	49
	26/06/2018	5.00	Thornton Inter Club (2018)	00:43:03	29
	24/02/2019	6.21	Stanley Park 10k (Sunday)	00:49:00	53
	23/05/2018	6.21	Wesham Summer 10k	00:49:06	52
	27/01/2019	10.00	St Annes 10 Miler	01:28:53	29

Athlete	Miles	Race	Time	Points
Peter Reid	M45			208
	29/05/2018	3.11 Hunters 5k	00:23:27	57
	03/05/2018	5.00 Lytham Inter Club 2018	00:38:41	55
	26/06/2018	5.00 Thornton Inter Club (2018)	00:40:04	47
	23/05/2018	6.21 Wesham Summer 10k	00:49:50	49
Richard Storey	M45			189
	29/05/2018	3.11 Hunters 5k	00:23:15	59
	19/06/2018	3.11 Hunters 5k	00:26:41	26
	26/06/2018	5.00 Thornton Inter Club (2018)	00:40:47	42
	23/05/2018	6.21 Wesham Summer 10k	00:47:07	62
Brian Porter	M50			24
	26/06/2018	5.00 Thornton Inter Club (2018)	00:43:52	24
Greg Oulton	M50		Qualified	152
	26/05/2018	3.11 Catforth Canter (May 2018)	00:26:03	32
	03/05/2018	5.00 Lytham Inter Club 2018	00:41:52	36
	28/10/2018	5.00 Fairclough Five	00:43:14	28
	18/11/2018	10.00 Preston Harriers' 10 Miler	01:29:19	28
	24/02/2019	13.10 Oulton Park Asics Half	01:58:30	28
Ian Balshaw	M50			56
	04/11/2018	13.10 Lancaster Castle Half	01:55:23	35
	08/04/2018	13.10 Berlin Half	02:01:30	21
Mark Gill	M50			0
	07/05/2018	3.11 Avenham Park	00:32:06	0
Nigel Thompson	M50			65
	03/11/2018	3.11 New York Marathon 5k	00:22:40	65

Athlete		Miles	Race	Time	Points
Roy Upton	M50				110
	03/05/2018	5.00	Lytham Inter Club 2018	00:38:38	56
	16/09/2018	6.21	Fairhaven Flier	00:48:50	54
Graham Young	M55				0
	11/11/2018	6.21	Windmill 10k	01:04:01	0
John Wild	M55				0
	20/10/2018	13.10	Langdale Half Marathon	02:33:31	0
	28/05/2018	26.20	Windermere Marathon	05:32:49	0
Neil Baynton-Roberts	M55			Qualified	367
	12/01/2019	3.11	3-1-5 Lancaster 5k (12th Feb)	00:20:50	82
	17/03/2019	3.11	Run Wigan Festival 5k	00:23:14	59
	13/01/2019	6.21	Garstang 10k	00:42:33	84
	27/01/2019	10.00	St Annes 10 Miler	01:18:46	59
	17/06/2018	13.10	Freckleton Half	01:34:41	83
Russ Chew	M55				208
	15/06/2018	3.11	Podium 5k	00:22:39	65
	01/07/2018	6.21	Alderley Edge	00:48:05	57
	06/05/2018	6.21	Liverpool Spring 10k	00:51:48	39
	20/05/2018	13.10	Liverpool Rock 'N' Roll Half Marathon	01:50:11	47
John Bertenshaw	M60			Qualified	386
	03/05/2018	5.00	Lytham Inter Club 2018	00:34:22	81
	26/06/2018	5.00	Thornton Inter Club (2018)	00:35:07	77
	02/09/2018	6.21	Trafford 10k	00:43:24	80
	29/07/2018	10.00	Caldervale Country 10m	01:16:03	67
	16/09/2018	13.10	English Half Marathon	01:35:17	81

Athlete	Miles	Race	Time	Points
Steve Tate	M60			139
	28/08/2018	3.11 Hunters 5k (August 2018)	00:25:27	38
	19/06/2018	3.11 Hunters 5k	00:26:41	26
	26/06/2018	5.00 Thornton Inter Club (2018)	00:43:36	26
	11/11/2018	6.21 Windmill 10k	00:49:55	49
Terry Hellings	M60			297
	15/02/2019	3.11 Power of 5k	00:21:29	76
	02/02/2019	3.11 3-1-5 5k	00:21:56	72
	03/05/2018	5.00 Lytham Inter Club 2018	00:35:23	75
	24/02/2019	6.21 Oulton Park Asics 10k	00:44:37	74
Graham Webster	M65		Qualified	389
	29/03/2019	3.11 Power of 5k	00:20:30	86
	15/02/2019	3.11 Power of 5k	00:21:00	81
	03/05/2018	5.00 Lytham Inter Club 2018	00:33:56	84
	10/11/2018	6.21 Cheshire 10k	00:43:11	81
	16/09/2018	13.10 World Masters Half Marathon	01:46:04	57
Roy Stevens	M65			72
	03/05/2018	5.00 Lytham Inter Club 2018	00:39:37	50
	27/01/2019	10.00 St Annes 10 Miler	01:31:17	22
	22/04/2018	26.20 Virgin London Marathon	04:50:15	0