



Athlete		Miles	Race	Time	Points
Emma Johnston	F				7
	26/01/2020	10.00	St Annes 10m	01:36:19	7
Gill Draper	F				314
	21/07/2019	3.11	Penwortham Bypass 5k	00:22:11	69
	22/02/2020	6.21	Stanley Park 10k (Saturday)	00:41:25	90
	10/11/2019	6.21	Remembrance 10k	00:44:32	75
	01/12/2019	13.10	3-1-5 Lancaster Half	01:36:07	80
Jennifer Hill	F			Qualified	251
	27/04/2019	6.21	Blackpool Festival of Running 10k	00:49:14	52
	10/11/2019	6.21	Remembrance 10k	00:54:33	26
	19/04/2019	10.00	Caldervale 10	01:21:45	50
	19/05/2019	13.10	Manchester Half	01:43:18	63
	07/04/2019	13.10	Darwen Heritage Half	01:44:48	60
Layla Foley	F				111
	06/12/2019	3.11	Power of 5k (December)	00:17:55	111
Linda Chadderton	F				25
	01/12/2019	10.00	Myerscough 10	01:33:02	16
	26/01/2020	10.00	St Annes 10m	01:35:23	9
Liz Canavan	F				26
	22/02/2020	6.21	Stanley Park 10k (Saturday)	00:54:31	26

Athlete		Miles	Race	Time	Points
Michelle Chadwick	F			Qualified	462
	28/02/2020	3.11	Power of 5k (Feb)	00:18:43	103
	25/10/2019	3.11	Power of 5k (October)	00:19:23	96
	11/08/2019	10.00	City of Preston 10m	01:10:31	84
	13/10/2019	13.10	Manchester Half	01:29:16	95
	08/09/2019	13.10	Great North Run	01:34:15	84
Rachael McAfee	F				0
	22/05/2019	6.21	Wesham Summer 10k	01:00:23	0
Sara Cook	F				12
	23/02/2020	6.21	Stanley Park 10k (Sunday)	00:57:32	12
Vicki Richardson	F			Qualified	124
	06/05/2019	3.11	Avenham Park 5k	00:25:33	37
	24/11/2019	3.11	Best 5k	00:26:38	26
	25/06/2019	5.00	Thornton Inter Club (2019)	00:43:04	29
	10/11/2019	6.21	Remembrance 10k	00:54:57	24
	16/06/2019	13.10	Freckleton Half	02:07:31	8
Laura Byrne	F35			Qualified	27
	25/06/2019	5.00	Thornton Inter Club (2019)	00:49:07	0
	10/11/2019	6.21	Remembrance 10k	00:57:21	13
	30/11/2019	6.21	Wesham 10k	00:57:43	11
	26/01/2020	10.00	St Annes 10m	01:37:25	3
	28/04/2019	26.20	Virgin London Marathon	05:19:01	0

Athlete	Miles	Race	Time	Points
Liz Abbott	F35		Qualified	594
	28/02/2020	3.11 Power of 5k (Feb)	00:17:13	117
	25/06/2019	5.00 Thornton Inter Club (2019)	00:28:35	116
	19/05/2019	6.21 Manchester 10k	00:35:30	118
	29/12/2019	6.21 Ribble Valley 10k	00:36:36	113
	07/04/2019	26.20 Manchester Marathon	02:43:30	130
Ruth Bye	F35			0
	25/06/2019	5.00 Thornton Inter Club (2019)	00:49:50	0
	30/11/2019	6.21 Wesham 10k	01:04:08	0
	16/06/2019	13.10 Freckleton Half	02:24:52	0
	28/04/2019	26.20 Blackpool Festival Of Running Marathon	05:24:24	0
Jacqui Murray	F40		Qualified	27
	10/11/2019	6.21 Remembrance 10k	00:57:50	10
	12/01/2020	6.21 Garstang Community 10k	00:58:00	10
	26/01/2020	10.00 St Annes 10m	01:36:03	7
	03/11/2019	13.10 Lancaster Half	02:13:17	0
	28/04/2019	26.20 Virgin London Marathon	04:49:34	0
Nicola Rowlands	F40			0
	21/07/2019	13.10 Windmill Half	02:15:21	0
Sue Henry	F40			0
	15/09/2019	6.21 Fairhaven Flyer	01:05:34	0
	26/12/2019	6.21 Boxing Day 10k	01:03:53	0
Angela Bremner	F45			11
	10/11/2019	6.21 Remembrance 10k	00:57:45	11
	08/09/2019	13.10 Great North Run	02:19:24	0

Athlete		Miles	Race	Time	Points
Catherine Carrdus	F45			Qualified	494
	13/09/2019	3.11	Power of 5k (September)	00:18:42	103
	02/08/2019	3.11	Power of 5k (August)	00:18:53	101
	22/05/2019	6.21	Wesham Summer 10k	00:39:13	100
	27/07/2019	6.21	Pilling 10k	00:39:29	99
	01/09/2019	13.10	Garstang Half	01:31:15	91
Claire Markham	F45			Qualified	245
	06/05/2019	3.11	Avenham Park 5k	00:23:15	59
	13/09/2019	3.11	Power of 5k (September)	00:23:22	58
	14/04/2019	6.21	Lancaster Three Bridges	00:48:07	57
	22/05/2019	6.21	Wesham Summer 10k	00:48:42	54
	16/06/2019	13.10	Freckleton Half	02:03:18	17
Debbie Francis	F45				6
	22/05/2019	6.21	Wesham Summer 10k	00:58:38	6
	08/09/2019	13.10	Great North Run	02:28:32	0
Heidi Haigh	F45				87
	25/06/2019	5.00	Thornton Inter Club (2019)	00:41:18	39
	18/08/2019	13.10	Fleetwood Half	02:06:04	11
	26/05/2019	26.20	Rock 'N' Roll Liverpool Marathon	04:21:13	19
	15/04/2019	26.20	Boston Marathon	04:21:56	18
Jen Trohear	F45				84
	25/06/2019	5.00	Thornton Inter Club (2019)	00:44:50	19
	30/11/2019	6.21	Wesham 10k	00:53:28	31
	10/11/2019	6.21	Remembrance 10k	00:54:05	28
	26/01/2020	10.00	St Annes 10m	01:36:34	6

Athlete		Miles	Race	Time	Points
Kirsten Burnett	F45				63
	25/06/2019	5.00	Thornton Inter Club (2019)	00:44:46	19
	22/02/2020	6.21	Stanley Park 10k (Saturday)	00:54:36	26
	30/11/2019	6.21	Wesham 10k	00:56:16	18
	03/11/2019	13.10	Lancaster Half	02:27:15	0
Louise Cox	F45				302
	13/09/2019	3.11	Power of 5k (September)	00:21:03	80
	11/08/2019	5.00	City of Preston 5m	00:35:33	74
	22/05/2019	6.21	Wesham Summer 10k	00:45:06	72
	26/01/2020	10.00	St Annes 10m	01:13:17	76
Mel Koth	F45			Qualified	463
	06/05/2019	3.11	Avenham Park 5k	00:20:18	88
	25/06/2019	5.00	Thornton Inter Club (2019)	00:32:26	93
	19/01/2020	13.10	Essar Four Villages Half	01:31:16	91
	05/01/2020	13.10	Central Lancs Half	01:31:40	90
	28/04/2019	26.20	Virgin London Marathon	03:09:05	101
Ruth Wheatley	F45				0
	26/05/2019	13.10	Rock 'N' Roll Liverpool Half Marathon	02:12:29	0
Sarah Bagshaw	F45				0
	25/06/2019	5.00	Thornton Inter Club (2019)	01:03:54	0
	15/09/2019	6.21	Fairhaven Flyer	01:17:10	0
	10/11/2019	6.21	Remembrance 10k	01:19:26	0
	08/09/2019	13.10	Great North Run	03:03:26	0
Christine Rouse	F50				26
	22/05/2019	6.21	Wesham Summer 10k	00:54:32	26

Athlete	Miles	Race	Time	Points
Gillian Oliver	F50			0
	17/07/2019	6.21 Lancaster 10k Wednesday	01:04:21	0
	14/04/2019	6.21 Run To The Castle	01:04:55	0
Jo Goorney	F50			179
	25/06/2019	5.00 Thornton Inter Club (2019)	00:34:09	83
	28/04/2019	26.20 Virgin London Marathon	03:13:17	96
Kathy Gaunt	F50		Qualified	246
	28/02/2020	3.11 Power of 5k (Feb)	00:23:29	57
	10/11/2019	6.21 Remembrance 10k	00:49:10	52
	23/02/2020	6.21 Stanley Park 10k (Sunday)	00:49:56	48
	01/09/2019	10.00 Golden Ball 10	01:21:26	51
	08/09/2019	13.10 Great North Run	01:54:09	38
Michelle Sheridan	F50		Qualified	0
	25/06/2019	5.00 Thornton Inter Club (2019)	00:57:20	0
	10/11/2019	6.21 Remembrance 10k	01:07:41	0
	15/09/2019	6.21 Fairhaven Flyer	01:07:16	0
	29/09/2019	10.00 Kirkby Milers 10	01:59:35	0
	13/10/2019	13.10 Manchester Half	02:51:29	0
Sue Hawitt	F50		Qualified	261
	13/09/2019	3.11 Power of 5k (September)	00:23:11	60
	13/10/2019	6.21 Autumn Breaker	00:48:56	53
	15/09/2019	6.21 Fairhaven Flyer	00:49:24	51
	01/09/2019	10.00 Golden Ball 10	01:21:48	50
	08/09/2019	13.10 Great North Run	01:50:30	47

Athlete		Miles	Race	Time	Points
Barbara Holmes	F55			Qualified	351
	28/02/2020	3.11	Power of 5k (Feb)	00:20:20	87
	10/11/2019	6.21	Remembrance 10k	00:44:49	73
	22/05/2019	6.21	Wesham Summer 10k	00:45:39	69
	01/12/2019	10.00	Myerscough 10	01:16:36	66
	21/07/2019	13.10	Windmill Half	01:46:34	56
Jackie Carruthers	F55				15
	23/02/2020	6.21	Stanley Park 10k (Sunday)	00:56:57	15
Julia Rolfe	F55				44
	25/06/2019	5.00	Thornton Inter Club (2019)	00:47:35	2
	27/07/2019	6.21	Pilling 10k	00:55:40	21
	24/08/2019	6.21	Pilling 10k	00:55:38	21
Julie Wiseman	F60			Qualified	0
	25/06/2019	5.00	Thornton Inter Club (2019)	00:48:52	0
	17/08/2019	6.21	Run The Lights 10k	01:04:20	0
	15/09/2019	6.21	Fairhaven Flyer	01:04:13	0
	29/09/2019	10.00	Kirkby Milers 10	01:54:33	0
	26/05/2019	13.10	Rock 'N' Roll Liverpool Half Marathon	02:22:30	0
Pam Hardman	F60				129
	27/10/2019	5.00	Fairclough Five	00:39:42	49
	27/04/2019	6.21	Wray Scarecrow 10k	00:51:09	43
	19/04/2019	10.00	Caldervale 10	01:33:26	15
	16/06/2019	13.10	Freckleton Half	02:01:09	22

Athlete		Miles	Race	Time	Points
Pam Binns	F70			Qualified	17
	27/10/2019	5.00	Fairclough Five	00:46:37	8
	25/06/2019	5.00	Thornton Inter Club (2019)	00:46:33	8
	17/08/2019	6.21	Run The Lights 10k	01:00:04	0
	08/09/2019	13.10	Wirral Half	02:10:16	1
	06/10/2019	13.10	West Coast Half	02:15:10	0
Sylvia Gittins	F70			Qualified	5
	25/06/2019	5.00	Thornton Inter Club (2019)	00:47:22	3
	27/10/2019	5.00	Fairclough Five	00:47:39	2
	02/06/2019	6.21	Morecambe 10k	01:00:12	0
	26/01/2020	10.00	St Annes 10m	01:43:30	0
	01/12/2019	10.00	Myerscough 10	01:42:18	0
Adrian Sargent	M				25
	25/06/2019	5.00	Thornton Inter Club (2019)	00:43:41	25
Alan Elstone	M				52
	10/11/2019	6.21	Remembrance 10k	00:49:18	52
Alex Tate	M				297
	22/05/2019	6.21	Wesham Summer 10k	00:37:28	109
	26/12/2019	6.21	Boxing Day 10k	00:39:07	101
	26/01/2020	10.00	St Annes 10m	01:09:27	87
Alistair Leivers	M				346
	17/01/2020	3.11	Power of 5k	00:16:39	123
	02/08/2019	3.11	Power of 5k (August)	00:17:20	116
	25/06/2019	5.00	Thornton Inter Club (2019)	00:30:09	107

Athlete		Miles	Race	Time	Points
Andy Draper	M				437
	25/06/2019	5.00	Thornton Inter Club (2019)	00:29:40	110
	21/07/2019	6.21	Penwortham Bypass 10k	00:37:23	109
	22/05/2019	6.21	Wesham Summer 10k	00:38:31	104
	19/01/2020	13.10	Inskip Half	01:21:08	114
Ben McCabe	M				174
	02/08/2019	3.11	Power of 5k (August)	00:21:53	72
	25/06/2019	5.00	Thornton Inter Club (2019)	00:38:17	58
	28/07/2019	10.00	Caldervale Summer 10	01:23:59	44
	21/07/2019	13.10	Windmill Half	02:22:03	0
Chris Bowker	M				158
	10/11/2019	6.21	Remembrance 10k	00:47:00	63
	22/05/2019	6.21	Wesham Summer 10k	00:48:06	57
	16/06/2019	13.10	Freckleton Half	01:54:13	38
Chris McCarthy	M				330
	28/02/2020	3.11	Power of 5k (Feb)	00:17:14	117
	23/02/2020	6.21	Stanley Park 10k (Sunday)	00:35:47	117
	08/02/2020	6.21	Mid Lancs XC, Blackpool (Men)	00:40:10	96
Dominic Garrett	M				177
	06/10/2019	13.10	West Coast Half	01:32:06	89
	16/06/2019	13.10	Freckleton Half	01:32:30	88
James Buckley	M				100
	25/06/2019	5.00	Thornton Inter Club (2019)	00:38:16	58
	16/06/2019	13.10	Freckleton Half	01:56:54	32
	06/10/2019	13.10	West Coast Half	02:06:21	10

Athlete		Miles	Race	Time	Points
Joe Greenwood	M				456
	25/06/2019	5.00	Thornton Inter Club (2019)	00:28:12	118
	22/05/2019	6.21	Wesham Summer 10k	00:35:34	118
	26/01/2020	10.00	St Annes 10m	01:02:55	107
	19/01/2020	13.10	Inskip Half	01:21:19	113
Lewis McAfee	M			Qualified	351
	02/08/2019	3.11	Power of 5k (August)	00:21:48	73
	25/06/2019	5.00	Thornton Inter Club (2019)	00:36:56	66
	23/02/2020	6.21	Stanley Park 10k (Sunday)	00:44:26	75
	10/11/2019	6.21	Remembrance 10k	00:44:47	73
	03/11/2019	13.10	Lancaster Half	01:42:58	64
Mike Toft	M			Qualified	648
	21/07/2019	3.11	Penwortham Bypass 5k	00:16:17	126
	11/08/2019	5.00	City of Preston 5m	00:26:56	126
	26/01/2020	10.00	St Annes 10m	00:53:50	134
	13/10/2019	13.10	Manchester Half	01:13:13	132
	01/06/2019	26.20	Copenhagen Marathon	02:43:50	130
Neil Tate	M			Qualified	500
	27/10/2019	5.00	Fairclough Five	00:31:06	101
	26/12/2019	6.21	Boxing Day 10k	00:39:20	100
	15/09/2019	6.21	Fairhaven Flyer	00:39:40	98
	26/01/2020	10.00	St Annes 10m	01:04:26	102
	03/11/2019	13.10	Lancaster Half	01:27:45	99

Athlete	Miles	Race	Time	Points
Ross McKelvie	M			488
	28/02/2020	3.11 Power of 5k (Feb)	00:16:09	128
	17/01/2020	3.11 Power of 5k	00:16:10	127
	27/10/2019	5.00 Fairclough Five	00:30:10	107
	16/02/2020	6.21 Valentines 10k	00:33:51	126
Tom Howarth	M		Qualified	566
	02/08/2019	3.11 Power of 5k (August)	00:17:24	116
	22/05/2019	6.21 Wesham Summer 10k	00:36:53	111
	19/01/2020	13.10 Inskip Half	01:21:39	113
	07/04/2019	26.20 Manchester Marathon	02:58:36	113
	06/10/2019	26.20 Chester Marathon	02:59:09	113
Darran Ames	M40		Qualified	353
	07/04/2019	6.21 Fleetwood 10k	00:43:13	81
	10/11/2019	6.21 Remembrance 10k	00:43:35	79
	26/01/2020	10.00 St Annes 10m	01:16:22	66
	06/10/2019	13.10 West Coast Half	01:40:17	70
	16/06/2019	13.10 Freckleton Half	01:46:06	57
Dez Appleton	M40			32
	16/06/2019	13.10 Freckleton Half	01:56:51	32
Gerard Browne	M40			124
	15/09/2019	6.21 Fairhaven Flyer	00:46:52	63
	10/11/2019	6.21 Remembrance 10k	00:47:21	61
Ian Tate	M40			132
	18/08/2019	6.21 Birchwood 10k	00:46:12	66
	22/05/2019	6.21 Wesham Summer 10k	00:46:20	66

Athlete		Miles	Race	Time	Points
Jonathan Tuck	M40				206
	25/06/2019	5.00	Thornton Inter Club (2019)	00:31:00	102
	10/11/2019	6.21	Remembrance 10k	00:38:26	104
Mark Selby	M40				134
	16/06/2019	13.10	Freckleton Half	01:41:19	68
	28/04/2019	26.20	Virgin London Marathon	03:40:11	66
Paul Veevers	M40			Qualified	495
	06/12/2019	3.11	Power of 5k (December)	00:18:22	106
	25/06/2019	5.00	Thornton Inter Club (2019)	00:31:17	100
	26/12/2019	6.21	Boxing Day 10k	00:39:07	101
	26/01/2020	10.00	St Annes 10m	01:07:02	94
	21/07/2019	13.10	Windmill Half	01:29:47	94
Robert Parker	M40				0
	10/11/2019	6.21	Remembrance 10k	01:05:44	0
Andy Unsworth	M45				291
	30/11/2019	6.21	Wesham 10k	00:41:00	92
	13/04/2019	13.10	Pollensa Half	01:26:50	101
	28/04/2019	26.20	Virgin London Marathon	03:12:02	98
Dan Gregson	M45				63
	24/11/2019	3.11	Best 5k	00:22:50	63
David Butler	M45				242
	26/01/2020	10.00	St Annes 10m	01:10:54	83
	16/02/2020	13.10	Barcelona Half Marathon	01:35:31	81
	18/08/2019	13.10	Fleetwood Half	01:36:59	78

Athlete	Miles	Race	Time	Points
Gavin Stanfield	M45			120
	26/01/2020	10.00 St Annes 10m	01:17:33	63
	07/04/2019	13.10 Darwen Heritage Half	01:46:02	57
Jason Sheridan	M45			197
	25/06/2019	5.00 Thornton Inter Club (2019)	00:40:49	42
	10/11/2019	6.21 Remembrance 10k	00:48:38	55
	22/05/2019	6.21 Wesham Summer 10k	00:49:11	52
	13/10/2019	13.10 Manchester Half	01:49:45	48
Kevin Murray	M45		Qualified	282
	30/11/2019	6.21 Wesham 10k	00:46:45	64
	10/11/2019	6.21 Remembrance 10k	00:47:57	58
	26/01/2020	10.00 St Annes 10m	01:22:13	49
	19/05/2019	13.10 Manchester Half	01:46:18	56
	19/01/2020	13.10 Inskip Half	01:46:58	55
Mark Hughes	M45		Qualified	125
	10/11/2019	6.21 Remembrance 10k	00:48:44	54
	26/01/2020	10.00 St Annes 10m	01:27:35	33
	19/04/2019	10.00 Caldervale 10	01:40:29	0
	08/09/2019	13.10 Great North Run	02:04:25	15
	07/04/2019	26.20 Manchester Marathon	04:17:37	23
Mick Widdop	M45		Qualified	235
	10/11/2019	6.21 Remembrance 10k	00:48:42	54
	24/08/2019	6.21 Pilling 10k	00:49:31	50
	26/01/2020	10.00 St Annes 10m	01:27:13	34
	03/11/2019	13.10 Lancaster Half	01:49:30	49
	18/08/2019	13.10 Fleetwood Half	01:49:50	48

Athlete		Miles	Race	Time	Points
Peter Reid	M45				131
	25/06/2019	5.00	Thornton Inter Club (2019)	00:39:40	50
	22/05/2019	6.21	Wesham Summer 10k	00:49:57	48
	10/11/2019	6.21	Remembrance 10k	00:54:08	28
	13/10/2019	13.10	Manchester Half	02:08:47	5
Richard Storey	M45				39
	25/06/2019	5.00	Thornton Inter Club (2019)	00:41:27	39
Simon Smith	M45				23
	10/11/2019	6.21	Remembrance 10k	00:55:13	23
Greg Oulton	M50				43
	11/05/2019	3.11	Power of 5k (May)	00:27:26	19
	27/10/2019	5.00	Fairclough Five	00:45:32	14
	22/05/2019	6.21	Wesham Summer 10k	00:57:52	10
Neil Bayntun-Roberts	M55				63
	16/06/2019	13.10	Freckleton Half	01:43:14	63
Stephen Wise	M55			Qualified	246
	02/08/2019	3.11	Power of 5k (August)	00:23:12	60
	25/06/2019	5.00	Thornton Inter Club (2019)	00:39:17	52
	01/12/2019	10.00	Myerscough 10	01:21:35	51
	03/11/2019	13.10	Tatton Half	01:52:21	42
	19/01/2020	13.10	Inskip Half	01:53:01	41

Athlete	Miles	Race	Time	Points
John Bertenshaw	M60		Qualified	362
	13/09/2019	3.11 Power of 5k (September)	00:21:14	79
	02/08/2019	3.11 Power of 5k (August)	00:21:26	77
	30/11/2019	6.21 Wesham 10k	00:44:43	74
	27/07/2019	6.21 Pilling 10k	00:45:04	72
	01/09/2019	13.10 Garstang Half	01:44:42	60
John Wild	M60			0
	16/06/2019	13.10 Freckleton Half	02:11:19	0
	26/05/2019	26.20 Rock 'N' Roll Liverpool Marathon	05:11:01	0
Steve Tate	M60			54
	22/05/2019	6.21 Wesham Summer 10k	00:53:59	29
	10/11/2019	6.21 Remembrance 10k	00:54:49	25
	21/07/2019	13.10 Windmill Half	02:19:15	0
Bob Clough	M65			32
	25/06/2019	5.00 Thornton Inter Club (2019)	00:44:44	19
	30/11/2019	6.21 Wesham 10k	00:58:39	6
	16/06/2019	13.10 Freckleton Half	02:07:44	7
Graham Webster	M65			321
	11/05/2019	3.11 Power of 5k (May)	00:20:49	83
	27/06/2019	3.11 CLAN FFS 5k	00:21:20	78
	25/06/2019	5.00 Thornton Inter Club (2019)	00:34:56	78
	27/05/2019	6.21 Vitality London 10,000	00:42:55	82

Athlete		Miles	Race	Time	Points
Roy Stevens	M65			Qualified	177
	25/06/2019	5.00	Thornton Inter Club (2019)	00:41:26	39
	10/11/2019	6.21	Remembrance 10k	00:49:51	49
	22/05/2019	6.21	Wesham Summer 10k	00:55:42	21
	18/08/2019	13.10	Fleetwood Half	01:56:03	34
	06/10/2019	26.20	Chester Marathon	04:08:01	34
Terry Hellings	M65				133
	11/05/2019	3.11	Power of 5k (May)	00:22:14	69
	22/05/2019	6.21	Wesham Summer 10k	00:46:37	64