



Athlete		Miles	Race	Time	Points
Jennifer Hill	F			Qualified	405
	14/11/2021	6.21	Windmill Remembrance 10k	00:42:11	86
	21/11/2021	6.21	Stanley Park 10k (Sunday)	00:42:33	84
	30/01/2022	10.00	St Annes 10 Miler	01:10:10	85
	05/09/2021	13.10	Asda Leeds Half	01:35:57	80
	08/08/2021	13.10	Windmill Half	01:40:12	70
Leanne Nield	F				54
	26/02/2022	6.21	Stanley Park 10k	00:48:41	54
Liz Canavan	F				18
	14/11/2021	6.21	Windmill Remembrance 10k	00:57:01	14
	06/02/2022	6.21	Blackburn Winter Warmer	00:59:14	4
Maddy Markham	F				37
	19/03/2022	6.21	Pilling 10k	00:52:22	37
Emma Johnston	F35				5
	09/05/2021	6.21	Blackpool Bounce Back 10k	00:59:00	5
Gill Draper	F35			Qualified	490
	21/01/2022	3.11	Power of 5k (January)	00:18:27	105
	08/01/2022	3.11	Lancaster 5k Series	00:19:23	96
	14/11/2021	6.21	Windmill Remembrance 10k	00:40:24	94
	30/01/2022	10.00	St Annes 10 Miler	01:05:39	99
	13/03/2022	20.00	Trimpell 20	02:22:06	96

Athlete		Miles	Race	Time	Points
Kate Price Edwards	F35				172
	11/09/2021	3.11	Catforth Canter	00:21:25	77
	14/11/2021	6.21	Windmill Remembrance 10k	00:49:22	51
	13/03/2022	20.00	Trimpell 20	03:17:28	13
	03/10/2021	26.20	Virgin London Marathon	04:09:59	31
Clare Taylor	F40				56
	20/02/2022	13.10	Great North Western Half	01:46:24	56
Catherine Carrdus	F45			Qualified	391
	11/09/2021	3.11	Catforth Canter	00:20:25	86
	06/08/2021	3.11	British Uni 5k	00:20:54	82
	16/10/2021	6.21	Cheshire 10k	00:42:02	87
	25/07/2021	6.21	Helena Tipping Wrexham 10k	00:44:33	74
	05/09/2021	13.10	Village Bakery Wrexham Half	01:43:48	62
Catherine Maclachlan	F45				0
	27/06/2021	6.21	Southport 10k	01:03:53	0
Claire Markham	F45				128
	14/11/2021	6.21	Windmill Remembrance 10k	00:51:31	41
	19/03/2022	6.21	Pilling 10k	00:52:22	37
	30/01/2022	10.00	St Annes 10 Miler	01:21:53	50
Kirsten Burnett	F45			Qualified	80
	11/07/2021	6.21	Blackpool Summer 10k	00:53:20	32
	14/11/2021	6.21	Windmill Remembrance 10k	00:54:24	27
	30/01/2022	10.00	St Annes 10 Miler	01:32:47	17
	18/07/2021	13.10	Lancaster Celebration Of Running Half Marathon	02:09:21	4
	22/08/2021	20.00	Trimpell 20	03:34:30	0

Athlete		Miles	Race	Time	Points
Mel Koth	F45			Qualified	432
	26/12/2021	6.21	Worden Park Boxing Day 10k	00:43:45	78
	08/08/2021	10.00	City of Preston 10	01:10:09	85
	12/09/2021	13.10	Wilmslow Half	01:30:25	93
	20/03/2022	13.10	Waters Wilmslow Half	01:31:32	90
	03/10/2021	26.20	Virgin London Marathon	03:22:22	86
Sue Henry	F45				0
	14/11/2021	6.21	Windmill Remembrance 10k	01:03:40	0
	27/02/2022	6.21	Stanley Park 10k	01:08:40	0
	30/01/2022	10.00	St Annes 10 Miler	02:12:53	0
Gillian Oliver	F50				0
	22/01/2022	6.21	Pilling 10k	01:08:15	0
Linda Chadderton	F50				4
	09/05/2021	6.21	Blackpool Bounce Back 10k	00:59:08	4
	12/09/2021	13.10	Wilmslow Half	02:16:22	0
	10/10/2021	26.20	Therme Manchester Marathon	05:16:53	0
Louise Cox	F50				258
	21/11/2021	3.11	Morcambe Bay 5k	00:21:22	77
	08/08/2021	5.00	City of Preston 5m	00:39:02	53
	14/11/2021	6.21	Windmill Remembrance 10k	00:46:02	67
	13/04/2021	13.10	Canberra Festival Of Running Half	01:44:21	61
Michelle Sheridan	F50				0
	06/02/2022	6.21	Blackburn Winter Warmer	01:14:52	0
	26/02/2022	6.21	Stanley Park 10k	01:10:42	0
Jackie Carruthers	F55				5
	08/01/2022	6.21	Garstang 10k	00:58:55	5

Athlete		Miles	Race	Time	Points
Kathy Gaunt	F55				0
	13/03/2022	6.21	Red Hot Toddy	01:15:29	0
Sue Hawitt	F55				162
	20/03/2022	3.11	Mad March Hare 5k	00:24:31	47
	21/11/2021	3.11	Morcambe Bay 5k	00:24:32	47
	13/02/2022	6.21	Valentines 10k	00:52:44	35
	30/01/2022	10.00	St Annes 10 Miler	01:27:24	33
Barbara Holmes	F60				246
	14/11/2021	6.21	Windmill Remembrance 10k	00:43:37	79
	30/01/2022	10.00	St Annes 10 Miler	01:17:15	64
	08/08/2021	13.10	Windmill Half	01:41:45	67
	13/03/2022	20.00	Trimpell 20	03:02:01	36
Julie Wiseman	F60				10
	20/03/2022	3.11	Mad March Hare 5k	00:28:18	10
	14/11/2021	6.21	Windmill Remembrance 10k	01:03:40	0
	30/01/2022	10.00	St Annes 10 Miler	01:42:07	0
	12/09/2021	13.10	Great North Run	02:28:03	0
Pam Hardman	F60				0
	27/03/2022	26.20	Rome Marathon	04:45:25	0
Pam Binns	F75				0
	05/12/2021	10.00	Myerscough 10	01:39:04	0
	27/02/2022	13.10	Brighton Half Marathon	02:20:15	0

Athlete		Miles	Race	Time	Points
Sylvia Gittins	F75			Qualified	0
	06/02/2022	6.21	Blackburn Winter Warmer	01:05:34	0
	26/12/2021	6.21	Worden Park Boxing Day 10k	01:02:26	0
	30/01/2022	10.00	St Annes 10 Miler	01:40:11	0
	19/09/2021	13.10	Great North West Half	02:22:08	0
	21/11/2021	13.10	Conwy Half	02:26:24	0
Alex Tate	M				180
	09/05/2021	6.21	Blackpool Bounce Back 10k	00:40:02	96
	05/09/2021	13.10	Garstang Half	01:34:14	84
Alistair Leivers	M				135
	14/11/2021	6.21	Windmill Remembrance 10k	00:31:59	135
Chris Cottam	M			Qualified	299
	27/11/2021	6.21	Wesham 10k (Winter)	00:45:12	71
	06/02/2022	6.21	Blackburn Winter Warmer	00:46:40	64
	30/01/2022	10.00	St Annes 10 Miler	01:12:53	77
	20/02/2022	13.10	Great North Western Half	01:49:31	49
	08/08/2021	13.10	Windmill Half	01:54:25	38
Joe Greenwood	M				328
	14/11/2021	6.21	Windmill Remembrance 10k	00:37:08	110
	06/02/2022	6.21	Blackburn Winter Warmer	00:38:17	105
	30/01/2022	10.00	St Annes 10 Miler	01:00:53	113

Athlete		Miles	Race	Time	Points
Lewis McAfee	M			Qualified	233
	11/09/2021	3.11	Catforth Canter	00:21:31	76
	06/02/2022	6.21	Blackburn Winter Warmer	00:48:57	53
	27/06/2021	13.10	Southport Half	01:44:36	60
	13/03/2022	20.00	Trimpell 20	03:17:30	13
	03/10/2021	26.20	Virgin London Marathon	04:10:00	31
Mike Toft	M				532
	20/06/2021	6.21	Fathers Day 10k	00:32:28	133
	25/04/2021	13.10	Run Tatton Half	01:11:54	135
	08/08/2021	13.10	Windmill Half	01:15:09	128
	10/10/2021	26.20	Therme Manchester Marathon	02:38:54	136
Ross McKelvie	M			Qualified	609
	21/01/2022	3.11	Power of 5k (January)	00:15:59	129
	14/08/2021	3.11	Run the Lights 5k	00:16:38	123
	11/07/2021	6.21	Blackpool Summer 10k	00:36:24	114
	30/01/2022	10.00	St Annes 10 Miler	00:58:01	121
	27/03/2022	13.10	Run For All Sheffield Half	01:17:47	122
Tom Howarth	M				307
	25/07/2021	6.21	Helena Tipping Wrexham 10k	00:38:33	103
	14/11/2021	6.21	Windmill Remembrance 10k	00:38:53	102
	30/01/2022	10.00	St Annes 10 Miler	01:04:34	102
Darran Ames	M40				132
	27/11/2021	6.21	Wesham 10k (Winter)	00:49:18	52
	30/01/2022	10.00	St Annes 10 Miler	01:11:45	80
Dom Kirby	M40				88
	19/09/2021	13.10	Essar Chester Half	01:32:25	88

Athlete		Miles	Race	Time	Points
Mark Selby	M40				145
	20/03/2022	6.21	Mad March Hare 10k	00:44:43	74
	06/02/2022	6.21	Blackburn Winter Warmer	00:45:21	71
Neil Tate	M40			Qualified	379
	19/09/2021	6.21	Lancaster Three Bridges	00:42:29	84
	14/11/2021	6.21	Windmill Remembrance 10k	00:44:04	77
	30/01/2022	10.00	St Annes 10 Miler	01:11:04	82
	08/08/2021	13.10	Windmill Half	01:37:50	76
	20/02/2022	13.10	Great North Western Half	01:44:43	60
Dan Gregson	M45				143
	14/11/2021	6.21	Windmill Remembrance 10k	00:45:08	72
	27/02/2022	6.21	Stanley Park 10k	00:45:19	71
David Butler	M45				68
	29/08/2021	6.21	Chorley 10k	00:45:49	68
Jonathan Tuck	M45				108
	14/11/2021	6.21	Windmill Remembrance 10k	00:37:32	108
Kevin Murray	M45				55
	09/05/2021	6.21	Blackpool Bounce Back 10k	00:53:33	31
	30/01/2022	10.00	St Annes 10 Miler	01:30:37	24
Mark Hughes	M45				142
	27/06/2021	6.21	Southport 10k	00:45:17	71
	12/09/2021	13.10	Great North Run	01:39:42	71
Greg Oulton	M50				48
	21/01/2022	3.11	Power of 5k (January)	00:25:45	35
	06/02/2022	6.21	Blackburn Winter Warmer	00:57:12	13

Athlete	Miles	Race	Time	Points
Mick Widdop	M50		Qualified	205
	14/08/2021	6.21 Run the Lights 10k	00:50:37	45
	14/11/2021	6.21 Windmill Remembrance 10k	00:50:33	45
	30/01/2022	10.00 St Annes 10 Miler	01:23:53	44
	21/11/2021	10.00 Morcambe Bay 10	01:26:39	36
	28/11/2021	13.10 West Coast Half	01:55:44	35
Peter Reid	M50			77
	14/11/2021	6.21 Windmill Remembrance 10k	00:51:48	39
	30/01/2022	10.00 St Annes 10 Miler	01:25:51	38
David McDonald	M55			27
	27/06/2021	13.10 Southport Half	01:58:59	27
Paul McAllister	M55			99
	14/11/2021	6.21 Windmill Remembrance 10k	00:52:47	35
	21/11/2021	10.00 Porche Centre Preston 10 mile	01:27:36	33
	30/01/2022	10.00 St Annes 10 Miler	01:28:06	31
Stephen Wise	M55			53
	27/11/2021	6.21 Wesham 10k (Winter)	00:49:01	53
John Bertenshaw	M60		Qualified	314
	27/08/2021	3.11 Mid Cheshire 5k	00:22:05	70
	11/09/2021	3.11 Catforth Canter	00:22:32	66
	16/10/2021	6.21 Cheshire 10k	00:46:13	66
	01/11/2021	10.00 Guy Fawkes 10	01:20:33	54
	05/09/2021	13.10 Village Bakery Wrexham Half	01:45:23	58
John Oakley	M60			0
	20/03/2022	13.10 Waters Wilmslow Half	02:19:55	0

Athlete	Miles	Race	Time	Points
Graham Webster	M65			151
	18/03/2022	3.11 Power of 5k	00:21:23	77
	21/01/2022	3.11 Power of 5k (January)	00:21:45	74
Roy Stevens	M65		Qualified	80
	20/03/2022	3.11 Mad March Hare 5k	00:27:15	20
	14/11/2021	6.21 Windmill Remembrance 10k	00:56:03	19
	27/11/2021	6.21 Wesham 10k (Winter)	00:58:08	9
	30/01/2022	10.00 St Annes 10 Miler	01:29:36	27
	08/01/2022	13.10 Essar Four Villages Half	02:08:54	5