



Alex Wiggins Races entered = totalling miles

Blackpool Inter Club 2023	05/04/2023	4.00
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Alistair Leivers Races entered = totalling miles

Summer Handicap (April)	27/04/2023	4.35
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Summer Handicap (July)	27/07/2023	4.35
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Winter Handicap (October)	26/10/2023	3.45
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Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
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Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
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Winter Handicap (December)	21/12/2023	3.45
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Winter Handicap (January)	25/01/2024	3.45
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Power of 5k (March)	08/03/2024	3.11
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Liverpool Half Marathon	17/03/2024	13.10
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Andy Draper

Races entered =

17

totalling

125.63

miles

Ibiza Half Marathon	01/04/2023	13.67
Blackpool Inter Club 2023	05/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Wesham Interclub	17/07/2023	4.50
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Windmill Remembrance 10k	12/11/2023	6.21
City of Preston 10	17/11/2023	10.00
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Myerscough 10	03/12/2023	10.00
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Trimpell 20	10/03/2024	20.00

Barbara Holmes

Races entered =

12

totalling

76.90

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Southport Tri	21/05/2023	3.11
Summer Handicap (August)	31/08/2023	4.35
Knutsford 10k	01/10/2023	6.21
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95
Windmill Remembrance 10k	12/11/2023	6.21
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Leyland Boxing Day 10k	26/12/2023	6.21
Mid Lancs XC, Lawsons Field (Ladies & MV70)	13/01/2024	3.80
Wigan Festival of Running 5k	17/03/2024	3.11

Barry Broughton	Races entered =	17	totalling	86.22	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (April)	27/04/2023		4.35	
	Lytham Interclub	12/05/2023		4.75	
	Wesham Summer 10k	24/05/2023		6.21	
	Summer Handicap (May)	25/05/2023		4.35	
	Preston Harriers Interclub	14/06/2023		4.00	
	Summer Handicap (June)	23/06/2023		4.35	
	Thornton Interclub	27/06/2023		5.00	
	Wesham Interclub	17/07/2023		4.50	
	Summer Handicap (July)	27/07/2023		4.35	
	Chorley Interclub 2023	09/08/2023		4.90	
	Summer Handicap (August)	31/08/2023		4.35	
	Cheshire Half	10/09/2023		13.10	
	Summer Handicap (September)	28/09/2023		4.35	
	Windmill Remembrance 10k	12/11/2023		6.21	
	Winter Handicap (November)	30/11/2023		3.45	

Bec Willetts	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	

Bob Clough	Races entered =	2	totalling	17.10	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Freckleton Half	18/06/2023		13.10	

Cass Chisholm	Races entered =	3	totalling	13.11	miles
	Langdale Christmas Pudding		09/12/2023		6.21
	Mid Lancs XC, Burnley (Ladies)		10/02/2024		3.20
	Mid Lancs XC, Skelmersdale (Ladies & MV70)		02/03/2024		3.70

Catherine Carrdus	Races entered =	11	totalling	69.39	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Mid Cheshire 5k		28/04/2023		3.11
	Welsh Castles Relay 2023 Stage 11		11/06/2023		10.80
	Preston Harriers Interclub		14/06/2023		4.00
	Freckleton Half		18/06/2023		13.10
	Catforth Canter (June)		24/06/2023		3.11
	St Annes Carnival 5k		09/07/2023		3.11
	Wesham Interclub		17/07/2023		4.50
	Helena Tipping Wrexham 10k		23/07/2023		6.21
	Summer Handicap (July)		27/07/2023		4.35
	Village Bakery Half		18/02/2024		13.10

Catherine Maclachlan	Races entered =	9	totalling	59.73	miles
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Fleetwood 10k	02/04/2023	6.21
Blackpool Inter Club 2023	05/04/2023	4.00
Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Harrock Hill (May)	24/05/2023	5.25
Coniston 10k	10/06/2023	6.21
Great North Run	08/09/2023	13.10
Garstang 10k	13/01/2024	6.21
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00

Chris Bowker	Races entered =	1	totalling	3.11	miles
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St Annes Tri	21/05/2023	3.11
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Chris Cottam

Races entered =

34

totalling

275.85

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Farm Yard Five	19/04/2023	5.00
Mid Lancs T&F, Witton Park, 1500m	22/04/2023	0.94
Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Beaverbrooks 10k Fun Run	14/05/2023	6.21
Power of 5k (June)	02/06/2023	3.11
Welsh Castles Relay 2023 Stage 3	10/06/2023	12.30
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Don Ashton Memorial	06/07/2023	5.70
Wesham Interclub	17/07/2023	4.50
Millbrook Monster	19/07/2023	6.21
Lancaster Riverside Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
inov-8 Pennine Trail Marathon	26/08/2023	27.25
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Chester Marathon	08/10/2023	26.20
Winter Handicap (October)	26/10/2023	3.45
Alton Towers 10k	11/11/2023	6.21
Power of 5k (November)	17/11/2023	3.11
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90

Myerscough 10	03/12/2023	10.00
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Leyland Boxing Day 10k	26/12/2023	6.21
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Village Bakery Half	18/02/2024	13.10
Trimpell 20	10/03/2024	20.00

Ciara Greene Races entered = 2 totalling 8.70 miles

Lytham Interclub	12/05/2023	4.75
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95

Claire England Races entered = 1 totalling 4.75 miles

Lytham Interclub	12/05/2023	4.75
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Claire Markham

Races entered =

25

totalling

172.96

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Rob Burrows Leeds Marathon	14/05/2023	26.20
Harrock Hill (May)	24/05/2023	5.25
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Welsh Castles Relay 2023 Stage 5	10/06/2023	9.60
Preston Harriers Interclub	14/06/2023	4.00
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
inov-8 Pennine Trail Marathon	26/08/2023	27.25
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Rivington Trail Half	07/10/2023	13.10
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Myerscough 10	03/12/2023	10.00
Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023	3.45
Mr Sparkle's Dark 'un	02/02/2024	5.25
Blackburn Winter Warmer	04/02/2024	6.21
Mid Lancs XC, Burnley (Ladies)	10/02/2024	3.20
Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024	3.70

Clare Taylor

Races entered =

18

totalling

125.66

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Lytham Interclub	12/05/2023	4.75
Blacksticks Blue	14/05/2023	6.21
St Annes Tri	21/05/2023	3.11
Summer Handicap (May)	25/05/2023	4.35
Preston Harriers Interclub	14/06/2023	4.00
Southport Half	25/06/2023	13.10
Thornton Interclub	27/06/2023	5.00
St Annes Carnival 5k	09/07/2023	3.11
Wesham Interclub	17/07/2023	4.50
North West Road Relays	09/09/2023	2.60
Chester Metric Marathon	08/10/2023	16.38
Langdale Half	21/10/2023	13.10
Winter Handicap (December)	21/12/2023	3.45
Winter Handicap (Feb)	29/02/2024	3.45

Dan Gregson	Races entered =	10	totalling	44.87	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Farm Yard Five		19/04/2023		5.00
	Wray Scarecrow 10k		22/04/2023		6.21
	Ripley St Thomas Supper Run		25/04/2023		4.00
	Summer Handicap (April)		27/04/2023		4.35
	Lytham Interclub		12/05/2023		4.75
	Blacksticks Blue		14/05/2023		6.21
	Winter Handicap (November)		30/11/2023		3.45
	Winter Handicap (December)		21/12/2023		3.45
	Winter Handicap (Feb)		29/02/2024		3.45

Dave Booth	Races entered =	6	totalling	54.83	miles
	Blackpool Music Run		16/07/2023		6.21
	Great North Run		08/09/2023		13.10
	Manchester Half Marathon		15/10/2023		13.10
	Windmill Remembrance 10k		12/11/2023		6.21
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
	Stanley Park 10k		25/02/2024		6.21

Dave Dunn	Races entered =	2	totalling	8.20	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Red Rose Interclub 2023		06/09/2023		4.20

Debbie Barry	Races entered =	1	totalling	5.50	miles
	Roddlesworth Roller		17/03/2024		5.50

Dom Kirby	Races entered =	26	totalling	127.88	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (April)	27/04/2023		4.35	
	Lytham Interclub	12/05/2023		4.75	
	Scorton Trail	21/05/2023		9.38	
	Summer Handicap (May)	25/05/2023		4.35	
	Welsh Castles Relay 2023 Stage 7	10/06/2023		10.10	
	Preston Harriers Interclub	14/06/2023		4.00	
	Summer Handicap (June)	23/06/2023		4.35	
	Thornton Interclub	27/06/2023		5.00	
	Wesham Interclub	17/07/2023		4.50	
	Chorley Interclub 2023	09/08/2023		4.90	
	Summer Handicap (August)	31/08/2023		4.35	
	Red Rose Interclub 2023	06/09/2023		4.20	
	North West Road Relays	09/09/2023		2.60	
	Summer Handicap (September)	28/09/2023		4.35	
	Mid Lancs XC Westmorland (Men)	14/10/2023		6.30	
	Winter Handicap (October)	26/10/2023		3.45	
	Mid Lancs XC, Sefton (Men)	25/11/2023		5.90	
	Winter Handicap (November)	30/11/2023		3.45	
	Mid Lancs XC, Ryelands (Men)	09/12/2023		5.60	
	Winter Handicap (December)	21/12/2023		3.45	
	Mid Lancs XC, Lawsons Field (Men)	13/01/2024		5.60	
	Winter Handicap (January)	25/01/2024		3.45	
	Mid Lancs XC, Burnley (Men)	10/02/2024		5.60	
	Mid Lancs XC, Skelmersdale (Men)	02/03/2024		5.90	

Dominic Garrett	Races entered =	3	totalling	17.30	miles
	Preston Harriers Interclub		14/06/2023		4.00
	Mid Lancs XC Westmorland (Men)		14/10/2023		6.30
	Garstang Gallop		17/03/2024		7.00
Emma Johnston	Races entered =	2	totalling	26.21	miles
	Montane Ullswater 20 Trail		03/06/2023		20.00
	Windmill Remembrance 10k		12/11/2023		6.21
Evie Alker	Races entered =	1	totalling	3.11	miles
	St Annes Carnival 5k		09/07/2023		3.11
Gavin Stanfield	Races entered =	3	totalling	45.30	miles
	Dorset Village Marathon		15/04/2023		26.20
	Welsh Castles Relay 2023 Stage 18		11/06/2023		9.10
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00

Gill Draper

Races entered =

17

totalling

126.62

miles

Blackpool Inter Club 2023	05/04/2023	4.00
TCS London Marathon	23/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Summer Handicap (September)	28/09/2023	4.35
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Wesham Winter 10k	25/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Inskip Half	20/01/2024	13.10
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Trimpell 20	10/03/2024	20.00

Gillian Anderson

Races entered =

20

totalling

103.32

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Blackpool Festival of Running Half	23/04/2023	13.10
Summer Handicap (April)	27/04/2023	4.35
Lytham Interclub	12/05/2023	4.75
Wesham Summer 10k	24/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
Preston Harriers Interclub	14/06/2023	4.00
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
Summer Handicap (September)	28/09/2023	4.35
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Winter Handicap (December)	21/12/2023	3.45
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00

Graham Cunliffe

Races entered =

22

totalling

144.52

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Power of 5k (April)	21/04/2023	3.11
Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Wesham Summer 10k	24/05/2023	6.21
St Annes Carnival 5k	09/07/2023	3.11
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
City of Preston 10	13/08/2023	10.00
Summer Handicap (August)	31/08/2023	4.35
Riverside 10	03/09/2023	10.00
Red Rose Interclub 2023	06/09/2023	4.20
Fairhaven Flyer	18/09/2023	6.21
Active Northumberland Kielder Half Marathon	08/10/2023	13.10
Lancaster Half	05/11/2023	13.10
City of Preston 10	17/11/2023	10.00
Wesham Winter 10k	25/11/2023	6.21
Leyland Boxing Day 10k	26/12/2023	6.21
Garstang 10k	13/01/2024	6.21
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Lostock 6	25/02/2024	6.00

Graham Webster

Races entered =

20

totalling

56.54

miles

Summer Handicap (May)	25/05/2023	4.35
Summer Handicap (July)	27/07/2023	4.35
Mid Lancs, Lancaster, 100m	29/07/2023	0.06
Mid Lancs, Lancaster, 200m	29/07/2023	0.12
Mid Lancs, Lancaster, 400m	29/07/2023	0.25
Spike Night of 5000s - Mile	25/08/2023	1.00
Aztec T&F Series - 3000m	03/09/2023	1.87
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Summer Handicap (September)	28/09/2023	4.35
City of Preston 10	17/11/2023	10.00
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023	3.45
Mid Lancs XC, Lawsons Field (Ladies & MV70)	13/01/2024	3.80
Winter Handicap (January)	25/01/2024	3.45
British Masters Indoors 800m	28/01/2024	0.50
British Masters Indoors 400m	28/01/2024	0.25
British Masters Indoors 60m	28/01/2024	0.04
Mid Lancs XC, Burnley (Ladies)	10/02/2024	3.20
Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024	3.70

Greg Oulton

Races entered =

42

totalling

235.28

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Caldervale Country Ten	07/04/2023	10.00
Wardle Skyline fell race	08/04/2023	7.00
Lancaster Three Bridges (and 84 bloomin' steps)	16/04/2023	6.21
Power of 5k (April)	21/04/2023	3.11
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Great Hameldon fell race	30/04/2023	5.75
Coronation Half Marathon	07/05/2023	13.10
Lytham Interclub	12/05/2023	4.75
Blacksticks Blue	14/05/2023	6.21
Wesham Summer 10k	24/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Power of 5k (June)	02/06/2023	3.11
Welsh Castles Relay 2023 Stage 4	10/06/2023	9.50
Preston Harriers Interclub	14/06/2023	4.00
Aggie's Staircase	22/06/2023	4.10
Summer Handicap (June)	23/06/2023	4.35
Trawden 7	25/06/2023	7.10
Thornton Interclub	27/06/2023	5.00
20 Barriers	04/07/2023	5.60
Don Ashton Memorial	06/07/2023	5.70
Mid Lancs League, Bury, 3000m	15/07/2023	1.87
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35

North West Road Relays	09/09/2023	2.60
Winter Handicap (October)	26/10/2023	3.45
Lancaster Half	05/11/2023	13.10
City of Preston 10	17/11/2023	10.00
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Mr Sparkle's Dark 'un	02/02/2024	5.25
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Winter Handicap (Feb)	29/02/2024	3.45
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Power of 5k (March)	08/03/2024	3.11
Roddlesworth Roller	17/03/2024	5.50

Helen Rennie Races entered = 2 totalling 8.75 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Lytham Interclub	12/05/2023	4.75

Jake Rodwell

Races entered =

19

totalling

104.59

miles

Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
Fairhaven Flyer	18/09/2023	6.21
Summer Handicap (September)	28/09/2023	4.35
Manchester Half Marathon	15/10/2023	13.10
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Lancaster Christmas Cracker	17/12/2023	6.21
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Valentines 10k	11/02/2024	6.21

James Whittle

Races entered =

33

totalling

162.35

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Farm Yard Five	19/04/2023	5.00
Mid Lancs T&F, Witton Park, 400m	22/04/2023	0.25
Mid Lancs T&F, Witton Park, 1500m	22/04/2023	0.94
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Welsh Castles Relay 2023 Stage 2	10/06/2023	10.70
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Mid Lancs League, Bury, 1500m	15/07/2023	0.93
Mid Lancs League, Bury, 400m	15/07/2023	0.25
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Catforth Canter (August)	12/08/2023	3.11
Mid Lancs Medal Meeting, Blackpool, 1500m	26/08/2023	0.00
Summer Handicap (August)	31/08/2023	4.35
North West Road Relays	09/09/2023	2.60
Run Through Warrington Half	24/09/2023	13.10
Summer Handicap (September)	28/09/2023	4.35
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90

Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Village Bakery Half	18/02/2024	13.10
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Power of 5k (March)	08/03/2024	3.11

Jayden Richardson Races entered = 2 totalling 7.46 miles

Summer Handicap (May)	25/05/2023	4.35
St Annes Carnival 5k	09/07/2023	3.11

Jennifer Hill Races entered = 5 totalling 23.81 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Wesham Interclub	17/07/2023	4.50
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
Fairhaven Flyer	18/09/2023	6.21

Jo Goorney Races entered = 2 totalling 36.00 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Lakeland 5 Passes	24/06/2023	32.00

Joe Alker Races entered = 1 totalling 3.11 miles

St Annes Carnival 5k	09/07/2023	3.11
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Joe Greenwood	Races entered =	26	totalling	140.75	miles
Blackpool Inter Club 2023			05/04/2023		4.00
Ripley St Thomas Supper Run			25/04/2023		4.00
Summer Handicap (April)			27/04/2023		4.35
Lytham Interclub			12/05/2023		4.75
Scorton Trail			21/05/2023		9.38
Wesham Summer 10k			24/05/2023		6.21
Welsh Castles Relay 2023 Stage 10			10/06/2023		13.10
Preston Harriers Interclub			14/06/2023		4.00
Freckleton Half			18/06/2023		13.10
Summer Handicap (June)			23/06/2023		4.35
Thornton Interclub			27/06/2023		5.00
Wesham Interclub			17/07/2023		4.50
Summer Handicap (July)			27/07/2023		4.35
Chorley Interclub 2023			09/08/2023		4.90
Summer Handicap (August)			31/08/2023		4.35
Red Rose Interclub 2023			06/09/2023		4.20
North West Road Relays			09/09/2023		2.60
Summer Handicap (September)			28/09/2023		4.35
Winter Handicap (October)			26/10/2023		3.45
Windmill Remembrance 10k			12/11/2023		6.21
Mid Lancs XC, Ryelands (Men)			09/12/2023		5.60
Mid Lancs XC, Lawsons Field (Men)			13/01/2024		5.60
Winter Handicap (January)			25/01/2024		3.45
Mid Lancs XC, Burnley (Men)			10/02/2024		5.60
Winter Handicap (Feb)			29/02/2024		3.45
Mid Lancs XC, Skelmersdale (Men)			02/03/2024		5.90

John Bertenshaw	Races entered =	7	totalling	55.43	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Mid Cheshire 5k	28/04/2023		3.11	
	Welsh Castles Relay 2023 Stage 15	11/06/2023		12.80	
	Catforth Canter (June)	24/06/2023		3.11	
	Helena Tipping Wrexham 10k	23/07/2023		6.21	
	The Brass Monkey	21/01/2024		13.10	
	Village Bakery Half	18/02/2024		13.10	

John Wild	Races entered =	1	totalling	13.10	miles
	Langdale Half	21/10/2023		13.10	

Jonathan Tuck	Races entered =	15	totalling	85.76	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (April)	27/04/2023		4.35	
	Lytham Interclub	12/05/2023		4.75	
	Blacksticks Blue	14/05/2023		6.21	
	Summer Handicap (May)	25/05/2023		4.35	
	Welsh Castles Relay 2023 Stage 16	11/06/2023		12.50	
	Freckleton Half	18/06/2023		13.10	
	North West Road Relays	09/09/2023		2.60	
	Mid Lancs XC, Sefton (Men)	25/11/2023		5.90	
	Winter Handicap (November)	30/11/2023		3.45	
	Mid Lancs XC, Ryelands (Men)	09/12/2023		5.60	
	Winter Handicap (December)	21/12/2023		3.45	
	Mid Lancs XC, Burnley (Men)	10/02/2024		5.60	
	Mid Lancs XC, Skelmersdale (Men)	02/03/2024		5.90	

Julia Rolfe	Races entered =	17	totalling	82.48	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Wardle Skyline fell race	08/04/2023		7.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Great Hameldon fell race	30/04/2023		5.75	
	Harrock Hill (May)	24/05/2023		5.25	
	The Coppice	30/05/2023		5.10	
	Preston Harriers Interclub	14/06/2023		4.00	
	Aggie's Staircase	22/06/2023		4.10	
	20 Barriers	04/07/2023		5.60	
	St Annes Carnival 5k	09/07/2023		3.11	
	Wesham Interclub	17/07/2023		4.50	
	Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023		5.00	
	Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023		3.45	
	Lancaster Christmas Cracker	17/12/2023		6.21	
	Blackburn Winter Warmer	04/02/2024		6.21	
	Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024		3.70	
	Roddlesworth Roller	17/03/2024		5.50	

Julie Wiseman	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	

Kate Price Edwards	Races entered =	9	totalling	74.41	miles
	TCS London Marathon	23/04/2023		26.20	
	Lytham Interclub	12/05/2023		4.75	
	Summer Handicap (May)	25/05/2023		4.35	
	Welsh Castles Relay 2023 Stage 20	11/06/2023		10.10	
	Southport Half	25/06/2023		13.10	
	Thornton Interclub	27/06/2023		5.00	
	St Annes Carnival 5k	09/07/2023		3.11	
	Summer Handicap (August)	31/08/2023		4.35	
	Winter Handicap (December)	21/12/2023		3.45	

Kirsten Burnett	Races entered =	15	totalling	132.01	miles
	Darwen Heritage Half	02/04/2023		13.10	
	TCS London Marathon	23/04/2023		26.20	
	Salzburg Marathon	21/05/2023		26.20	
	Welsh Castles Relay 2023 Stage 1	10/06/2023		9.10	
	Thornton Interclub	27/06/2023		5.00	
	St Annes Carnival 5k	09/07/2023		3.11	
	Mid Lancs League, Bury, 100m	15/07/2023		0.06	
	Mid Lancs League, Bury, 200m	15/07/2023		0.12	
	Wesham Interclub	17/07/2023		4.50	
	Chorley Interclub 2023	09/08/2023		4.90	
	Red Rose Interclub 2023	06/09/2023		4.20	
	Run Through Warrington Half	24/09/2023		13.10	
	Windmill Remembrance 10k	12/11/2023		6.21	
	Leyland Boxing Day 10k	26/12/2023		6.21	
	St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024		10.00	

Laura Byrne

Races entered =

8

totalling

35.30

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Summer Handicap (May)	25/05/2023	4.35
Preston Harriers Interclub	14/06/2023	4.00
Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
Summer Handicap (September)	28/09/2023	4.35

Lewis McAfee		Races entered =	19	totalling	138.31	miles
	Farm Yard Five			19/04/2023		5.00
	Ripley St Thomas Supper Run			25/04/2023		4.00
	Summer Handicap (April)			27/04/2023		4.35
	Lytham Interclub			12/05/2023		4.75
	Blacksticks Blue			14/05/2023		6.21
	Wesham Summer 10k			24/05/2023		6.21
	Summer Handicap (May)			25/05/2023		4.35
	Welsh Castles Relay 2023 Stage 8			10/06/2023		10.80
	Preston Harriers Interclub			14/06/2023		4.00
	Freckleton Half			18/06/2023		13.10
	Thornton Interclub			27/06/2023		5.00
	Don Ashton Memorial			06/07/2023		5.70
	Summer Handicap (July)			27/07/2023		4.35
	North West Road Relays			09/09/2023		2.60
	Chester Metric Marathon			08/10/2023		16.38
	Mid Lancs XC Westmorland (Men)			14/10/2023		6.30
	New York Marathon			05/11/2023		26.20
	Power of 5k (November)			17/11/2023		3.11
	Mid Lancs XC, Sefton (Men)			25/11/2023		5.90

Lia Murphy		Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2023			05/04/2023		4.00

Linda Chadderton		Races entered =	2	totalling	26.21	miles
	Montane Ullswater 20 Trail			03/06/2023		20.00
	Windmill Remembrance 10k			12/11/2023		6.21

Linda Herriott	Races entered =	1	totalling	3.45	miles
	Winter Handicap (December)		21/12/2023		3.45

Liz Canavan	Races entered =	13	totalling	95.83	miles
	Paris Marathon		02/04/2023		26.20
	Ripley St Thomas Supper Run		25/04/2023		4.00
	Summer Handicap (April)		27/04/2023		4.35
	Summer Handicap (May)		25/05/2023		4.35
	Preston Harriers Interclub		14/06/2023		4.00
	Summer Handicap (June)		23/06/2023		4.35
	Thornton Interclub		27/06/2023		5.00
	Wesham Interclub		17/07/2023		4.50
	Chorley Interclub 2023		09/08/2023		4.90
	Summer Handicap (September)		28/09/2023		4.35
	Chester Metric Marathon		08/10/2023		16.38
	Winter Handicap (January)		25/01/2024		3.45
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00

Louise Cox	Races entered =	3	totalling	16.42	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Lancaster Three Bridges (and 84 bloomin' steps)		16/04/2023		6.21
	Wesham Winter 10k		25/11/2023		6.21

Maddy Markham	Races entered =	12	totalling	48.28	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Mid Cheshire 5k	28/04/2023		3.11	
	The Coppice	30/05/2023		5.10	
	Power of 5k (June)	02/06/2023		3.11	
	Welsh Castles Relay 2023 Stage 17	11/06/2023		8.70	
	Thornton Interclub	27/06/2023		5.00	
	St Annes Carnival 5k	09/07/2023		3.11	
	Wesham Interclub	17/07/2023		4.50	
	Mid Lancs Medal Meeting, Blackpool, 400m	26/08/2023		0.25	
	Mid Lancs XC, Westmorland (Ladies)	14/10/2023		3.95	
	Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023		3.45	

Mark Hughes	Races entered =	3	totalling	21.45	miles
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (May)	25/05/2023		4.35	
	Great North Run	08/09/2023		13.10	

Mark Selby	Races entered =	1	totalling	26.20	miles
	TCS London Marathon	23/04/2023		26.20	

Matt Kay Races entered = 8 totalling 53.98 miles

Lytham Interclub	12/05/2023	4.75
Summer Handicap (May)	25/05/2023	4.35
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
North West Road Relays	09/09/2023	2.60
Run Through Warrington Half	24/09/2023	13.10
Chester Metric Marathon	08/10/2023	16.38
Winter Handicap (October)	26/10/2023	3.45

Matthew Staniforth Races entered = 8 totalling 58.81 miles

Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
Chester Marathon	08/10/2023	26.20
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (December)	21/12/2023	3.45

Mel Koth		Races entered =	16	totalling	183.30	miles
	Darwen Heritage Half			02/04/2023		13.10
	TCS London Marathon			23/04/2023		26.20
	Lytham Interclub			12/05/2023		4.75
	Howgills Marathon			14/05/2023		26.20
	Epicman Windermere Triathlon			29/05/2023		13.10
	The Coppice			30/05/2023		5.10
	Montane Ullswater 20 Trail			03/06/2023		20.00
	Preston Harriers Interclub			14/06/2023		4.00
	Lakeland 5 Passes			24/06/2023		32.00
	Thornton Interclub			27/06/2023		5.00
	Chorley Interclub 2023			09/08/2023		4.90
	Mid Lancs XC, Westmorland (Ladies)			14/10/2023		3.95
	Mid Lancs XC, Sefton (Ladies & MV70)			25/11/2023		5.00
	Central Lancs New Year Half			07/01/2024		13.10
	Mid Lancs XC, Burnley (Ladies)			10/02/2024		3.20
	Mid Lancs XC, Skelmersdale (Ladies & MV70)			02/03/2024		3.70

Mick Widdop		Races entered =	7	totalling	84.99	miles
	Caldervale Country Ten			07/04/2023		10.00
	Chorley 10k			07/05/2023		6.21
	AJ Bell Great Manchester Half			21/05/2023		13.10
	Freckleton Half			18/06/2023		13.10
	Fleetwood Half			27/08/2023		13.10
	Cheshire Half			10/09/2023		13.10
	Chester Metric Marathon			08/10/2023		16.38

Mike Toft	Races entered =	13	totalling	69.67	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Lytham Interclub		12/05/2023		4.75
	AJ Bell Great Manchester Half		21/05/2023		13.10
	Preston Harriers Interclub		14/06/2023		4.00
	Red Rose Interclub 2023		06/09/2023		4.20
	Fairhaven Flyer		18/09/2023		6.21
	Mid Lancs XC Westmorland (Men)		14/10/2023		6.30
	Mid Lancs XC, Ryelands (Men)		09/12/2023		5.60
	Winter Handicap (December)		21/12/2023		3.45
	Mid Lancs XC, Burnley (Men)		10/02/2024		5.60
	Winter Handicap (Feb)		29/02/2024		3.45
	Mid Lancs XC, Skelmersdale (Men)		02/03/2024		5.90
	Power of 5k (March)		08/03/2024		3.11

Morgan Pritchard	Races entered =	3	totalling	10.35	miles
	Winter Handicap (October)		26/10/2023		3.45
	Winter Handicap (January)		25/01/2024		3.45
	Winter Handicap (Feb)		29/02/2024		3.45

Oliver Thomson	Races entered =	2	totalling	8.20	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Red Rose Interclub 2023		06/09/2023		4.20

Pam Binns	Races entered =	5	totalling	30.26	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Wesham Summer 10k	24/05/2023		6.21	
	Summer Handicap (May)	25/05/2023		4.35	
	Freckleton Half	18/06/2023		13.10	
	North West Road Relays	09/09/2023		2.60	

Pam Hardman	Races entered =	9	totalling	59.55	miles
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Great Hameldon fell race	30/04/2023		5.75	
	Harrock Hill (May)	24/05/2023		5.25	
	Preston Harriers Interclub	14/06/2023		4.00	
	Chorley Interclub 2023	09/08/2023		4.90	
	Rivington Trail Half	07/10/2023		13.10	
	Mid Lancs XC, Westmorland (Ladies)	14/10/2023		3.95	
	Central Lancs New Year Half	07/01/2024		13.10	
	Roddlesworth Roller	17/03/2024		5.50	

Paul McAllister	Races entered =	9	totalling	54.63	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Blackpool Festival of Running Half	23/04/2023		13.10	
	Summer Handicap (April)	27/04/2023		4.35	
	Summer Handicap (May)	25/05/2023		4.35	
	Wesham Interclub	17/07/2023		4.50	
	Mid Lancs, Lancaster, 200m	29/07/2023		0.12	
	Chorley Interclub 2023	09/08/2023		4.90	
	Seville Half Marathon	28/01/2024		13.10	
	Blackburn Winter Warmer	04/02/2024		6.21	

Peter Dilks	Races entered =	3	totalling	10.35	miles
	Winter Handicap (November)		30/11/2023		3.45
	Winter Handicap (December)		21/12/2023		3.45
	Winter Handicap (January)		25/01/2024		3.45

Peter Reid	Races entered =	10	totalling	45.43	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Lytham Interclub		12/05/2023		4.75
	Preston Harriers Interclub		14/06/2023		4.00
	Thornton Interclub		27/06/2023		5.00
	St Annes Carnival 5k		09/07/2023		3.11
	Blackpool Music Run		16/07/2023		6.21
	Wesham Interclub		17/07/2023		4.50
	Red Rose Interclub 2023		06/09/2023		4.20
	Winter Handicap (October)		26/10/2023		3.45
	Windmill Remembrance 10k		12/11/2023		6.21

Peter Thomson Races entered = 12 totalling 61.75 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Preston Harriers Interclub	14/06/2023	4.00
Thornton Interclub	27/06/2023	5.00
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90

Reuben May Races entered = 1 totalling 3.11 miles

Blackpool Run The Lights 5k	19/08/2023	3.11
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Richard Storey	Races entered =	19	totalling	142.14	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Caldervale Country Ten	07/04/2023		10.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Blacksticks Blue	14/05/2023		6.21	
	Wesham Summer 10k	24/05/2023		6.21	
	Catforth Canter (May)	27/05/2023		3.11	
	Welsh Castles Relay 2023 Stage 19	11/06/2023		7.70	
	Preston Harriers Interclub	14/06/2023		4.00	
	Catforth Canter (June)	24/06/2023		3.11	
	Thornton Interclub	27/06/2023		5.00	
	Chorley Interclub 2023	09/08/2023		4.90	
	Golden Ball	03/09/2023		20.00	
	Red Rose Interclub 2023	06/09/2023		4.20	
	North West Road Relays	09/09/2023		2.60	
	Summer Handicap (September)	28/09/2023		4.35	
	Chicago Marathon	08/10/2023		26.20	
	Winter Handicap (November)	30/11/2023		3.45	
	Myerscough 10	03/12/2023		10.00	
	Central Lancs New Year Half	07/01/2024		13.10	

Rosie Eagles	Races entered =	4	totalling	21.12	miles
	Summer Handicap (April)	27/04/2023		4.35	
	Wesham Summer 10k	24/05/2023		6.21	
	Summer Handicap (June)	23/06/2023		4.35	
	Langdale Christmas Pudding	09/12/2023		6.21	

Ross McKelvie	Races entered =	19	totalling	79.08	miles
Blackpool Inter Club 2023			05/04/2023		4.00
Power of 5k (April)			21/04/2023		3.11
Ripley St Thomas Supper Run			25/04/2023		4.00
Mid Cheshire 5k			28/04/2023		3.11
Power of 5k (June)			02/06/2023		3.11
Welsh Castles Relay 2023 Stage 14			11/06/2023		10.80
Summer Handicap (June)			23/06/2023		4.35
Thornton Interclub			27/06/2023		5.00
St Annes Carnival 5k			09/07/2023		3.11
Catforth Canter (August)			12/08/2023		3.11
Mid Lancs Medal Meeting, Blackpool, 100m			26/08/2023		0.06
Mid Lancs Medal Meeting, Blackpool, 400m			26/08/2023		0.25
Mid Lancs Medal Meeting, Blackpool, 3000m			26/08/2023		1.87
Red Rose Interclub 2023			06/09/2023		4.20
Mid Lancs XC Westmorland (Men)			14/10/2023		6.30
Mid Lancs XC, Sefton (Men)			25/11/2023		5.90
Mid Lancs XC, Ryelands (Men)			09/12/2023		5.60
Mid Lancs XC, Lawsons Field (Men)			13/01/2024		5.60
Mid Lancs XC, Burnley (Men)			10/02/2024		5.60

Roy Stevens	Races entered =	8	totalling	62.37	miles
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (July)		27/07/2023		4.35
	Windmill Half		06/08/2023		13.10
	Chorley Interclub 2023		09/08/2023		4.90
	Wesham Winter 10k		25/11/2023		6.21
	Morecambe Festival Of Running 10 Mile		21/01/2024		10.00
	Great North West Half		18/02/2024		13.10
	Stanley Park 10k		25/02/2024		6.21

Ruth Wheatley	Races entered =	1	totalling	3.11	miles
	St Annes Tri		21/05/2023		3.11

Ruth Williams	Races entered =	7	totalling	31.46	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Preston Harriers Interclub		14/06/2023		4.00
	Wesham Interclub		17/07/2023		4.50
	Mid Lancs XC, Westmorland (Ladies)		14/10/2023		3.95
	Mid Lancs XC, Sefton (Ladies & MV70)		25/11/2023		5.00
	Blackburn Winter Warmer		03/12/2023		6.21
	Mid Lancs XC, Lawsons Field (Ladies & MV70)		13/01/2024		3.80

Sarah Beck			
Races entered =	10	totalling	68.02 miles
Ripley St Thomas Supper Run	25/04/2023		4.00
Catforth Canter (May)	27/05/2023		3.11
Preston Harriers Interclub	14/06/2023		4.00
Southport Half	25/06/2023		13.10
Wesham Interclub	17/07/2023		4.50
Windmill Half	06/08/2023		13.10
Great North Run	08/09/2023		13.10
Winter Handicap (October)	26/10/2023		3.45
Winter Handicap (December)	21/12/2023		3.45
Leyland Boxing Day 10k	26/12/2023		6.21

Sarah Cook			
Races entered =	13	totalling	63.66 miles
Blackpool Inter Club 2023	05/04/2023		4.00
Summer Handicap (April)	27/04/2023		4.35
Beaverbrooks 10k Fun Run	14/05/2023		6.21
Summer Handicap (May)	25/05/2023		4.35
Preston Harriers Interclub	14/06/2023		4.00
Thornton Interclub	27/06/2023		5.00
Wesham Interclub	17/07/2023		4.50
Chorley Interclub 2023	09/08/2023		4.90
Summer Handicap (August)	31/08/2023		4.35
Red Rose Interclub 2023	06/09/2023		4.20
Summer Handicap (September)	28/09/2023		4.35
Winter Handicap (January)	25/01/2024		3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024		10.00

Sharon Cooper	Races entered =	1	totalling	3.45	miles
	Winter Handicap (November)		30/11/2023		3.45
Stephen Rodwell	Races entered =	19	totalling	103.05	miles
	Thornton Interclub		27/06/2023		5.00
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (July)		27/07/2023		4.35
	Chorley Interclub 2023		09/08/2023		4.90
	Summer Handicap (August)		31/08/2023		4.35
	Red Rose Interclub 2023		06/09/2023		4.20
	Fairhaven Flyer		18/09/2023		6.21
	Summer Handicap (September)		28/09/2023		4.35
	Manchester Half Marathon		15/10/2023		13.10
	Winter Handicap (October)		26/10/2023		3.45
	Windmill Remembrance 10k		12/11/2023		6.21
	Winter Handicap (November)		30/11/2023		3.45
	Lancaster Christmas Cracker		17/12/2023		6.21
	Winter Handicap (December)		21/12/2023		3.45
	Winter Handicap (January)		25/01/2024		3.45
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
	Valentines 10k		11/02/2024		6.21
	Stanley Park 10k		25/02/2024		6.21
	Winter Handicap (Feb)		29/02/2024		3.45

Stephen Wise

Races entered =

21

totalling

104.54

miles

Blacksticks Blue	14/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
Welsh Castles Relay 2023 Stage 13	11/06/2023	10.60
Summer Handicap (June)	23/06/2023	4.35
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Catforth Canter (August)	12/08/2023	3.11
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Winter Handicap (October)	26/10/2023	3.45
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Winter Handicap (November)	30/11/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Winter Handicap (Feb)	29/02/2024	3.45
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Leighton Hall Trail	16/03/2024	6.21
High Legh	17/03/2024	6.21

Steven Pepper

Races entered =

25

totalling

152.94

miles

Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Catforth Canter (May)	27/05/2023	3.11
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Summer Handicap (June)	23/06/2023	4.35
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Windmill Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
Catforth Canter (August)	12/08/2023	3.11
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
Great North Run	08/09/2023	13.10
Summer Handicap (September)	28/09/2023	4.35
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Winter Handicap (December)	21/12/2023	3.45
Leyland Boxing Day 10k	26/12/2023	6.21
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Village Bakery Half	18/02/2024	13.10

Sue Hawitt

Races entered =

23

totalling

189.35

miles

London Landmarks	02/04/2023	13.10
Blackpool Inter Club 2023	05/04/2023	4.00
TCS London Marathon	23/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Rob Burrows Leeds Marathon	14/05/2023	26.20
Harrock Hill (May)	24/05/2023	5.25
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Welsh Castles Relay 2023 Stage 12	11/06/2023	11.20
Preston Harriers Interclub	14/06/2023	4.00
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Summer Handicap (July)	27/07/2023	4.35
Windmill Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (September)	28/09/2023	4.35
Chester Metric Marathon	08/10/2023	16.38
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Blackburn Winter Warmer	03/12/2023	6.21
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00

Sue Henry	Races entered =	10	totalling	43.95	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Summer Handicap (April)		27/04/2023		4.35
	Summer Handicap (May)		25/05/2023		4.35
	Preston Harriers Interclub		14/06/2023		4.00
	Summer Handicap (June)		23/06/2023		4.35
	Thornton Interclub		27/06/2023		5.00
	20 Barriers		04/07/2023		5.60
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (August)		31/08/2023		4.35
	Winter Handicap (November)		30/11/2023		3.45
Sylvia Gittins	Races entered =	5	totalling	29.15	miles
	Lytham Interclub		12/05/2023		4.75
	Summer Handicap (May)		25/05/2023		4.35
	Freckleton Half		18/06/2023		13.10
	Summer Handicap (June)		23/06/2023		4.35
	North West Road Relays		09/09/2023		2.60
Terry Hellings	Races entered =	1	totalling	4.00	miles
	Ripley St Thomas Supper Run		25/04/2023		4.00
Tim Gibson	Races entered =	1	totalling	10.00	miles
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
Vicki Richardson	Races entered =	3	totalling	5.99	miles
	Thornton Interclub		27/06/2023		5.00
	Mid Lancs League, Bury, 100m		15/07/2023		0.06
	Mid Lancs League, Bury, 1500m		15/07/2023		0.93

Xavia Cooper

Races entered =

32

totalling

226.69

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Great Hameldon fell race	30/04/2023	5.75
Lytham Interclub	12/05/2023	4.75
Wesham Summer 10k	24/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Welsh Castles Relay 2023 Stage 6	10/06/2023	9.10
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Aggie's Staircase	22/06/2023	4.10
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Summer Handicap (July)	27/07/2023	4.35
Lancaster Riverside Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Summer Handicap (September)	28/09/2023	4.35
Chester Marathon	08/10/2023	26.20
Langdale Half	21/10/2023	13.10
Winter Handicap (October)	26/10/2023	3.45
Shepherd's Skyline	06/11/2023	6.20

Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Myerscough 10	03/12/2023	10.00
Langdale Christmas Pudding	09/12/2023	6.21
Winter Handicap (Feb)	29/02/2024	3.45
Leighton Hall Trail	16/03/2024	6.21

Total Races Entered

Total Miles =