



Albert Forga Alberich	Races entered =	12	totalling	88.71	miles
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Manchester Marathon	14/04/2024	26.20
Summer Handicap (April)	25/04/2024	5.10
Summer Handicap (May)	30/05/2024	5.10
Preston Interclub	12/06/2024	4.00
Freckleton Half	16/06/2024	13.10
Thornton Interclub	25/06/2024	5.00
Summer Handicap (June)	27/06/2024	5.10
Hameldon Fell Race	09/07/2024	4.30
Scorton Supper Run	17/07/2024	4.75
Golf Ball Fell Race	21/08/2024	5.80
Summer Handicap (August)	29/08/2024	5.10
Summer Handicap (September)	26/09/2024	5.16

Alistair Cave	Races entered =	4	totalling	16.77	miles
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Winter Handicap (November)	28/11/2024	3.52
Garstang 10k	12/01/2025	6.21
Winter Handicap (January)	30/01/2025	3.52
Winter Handicap (February)	27/02/2025	3.52

Alistair Leivers	Races entered =	5	totalling	23.53	miles
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Summer Handicap (April)	25/04/2024	5.10
Summer Handicap (May)	30/05/2024	5.10
Northern Counties Relays	21/09/2024	3.50
Mid Lancs XC, Blackburn (Men)	12/10/2024	6.38
Winter Handicap (October)	24/10/2024	3.45

Andy Draper	Races entered =	5	totalling	43.50	miles
	Blackpool Interclub	10/04/2024		4.00	
	Manchester Marathon	14/04/2024		26.20	
	Thornton Interclub	25/06/2024		5.00	
	Chorley Interclub	14/08/2024		4.80	
	Northern Counties Relays	21/09/2024		3.50	
Andy Unsworth	Races entered =	1	totalling	13.10	miles
	Great North Run	06/09/2024		13.10	
Barbara Holmes	Races entered =	4	totalling	25.37	miles
	Lytham Interclub	09/05/2024		5.00	
	Wesham Inter Club	22/07/2024		4.16	
	Windmill 10k	10/11/2024		6.21	
	Lytham St Annes 10	26/01/2025		10.00	
Barry Broughton	Races entered =	3	totalling	13.10	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	

Cass Chisholm	Races entered =	9	totalling	36.39	miles
	Harrock Hill	22/05/2024		5.25	
	Hameldon Fell Race	09/07/2024		4.30	
	Pendleton Fell Race	24/08/2024		4.60	
	Red Rose Interclub	04/09/2024		4.10	
	Giant's Tooth	01/01/2025		2.76	
	Lancs Champs XC (Ladies)	04/01/2025		5.00	
	Mid Lancs XC, Burnley (Ladies)	08/02/2025		3.18	
	Mid Lancs XC, Skelmersdale (Ladies)	01/03/2025		3.75	
	Winter Handicap (March)	27/03/2025		3.45	
Catherine Carrdus	Races entered =	11	totalling	118.83	miles
	Freckleton Half	16/06/2024		13.10	
	Solway Coast Marathon	30/06/2024		26.10	
	Docklands Marina 5k	28/07/2024		3.11	
	Fleetwood Half	25/08/2024		13.10	
	Essar Guilden Sutton 10k	15/09/2024		6.21	
	Preston Harriers 10m	17/10/2024		10.00	
	Power of 5k (October)	25/10/2024		3.11	
	Myerscough 10	01/12/2024		10.00	
	Longridge Christmas Pudding	08/12/2024		7.00	
	Brass Monkey Half	19/01/2025		13.10	
	Coniston 14	29/03/2025		14.00	

Catherine Maclachlan	Races entered =	5	totalling	28.61	miles
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Morecambe 5k	02/06/2024	3.11
Chorley Interclub	14/08/2024	4.80
Red Rose Interclub	04/09/2024	4.10
Great North Run	06/09/2024	13.10
Northern Counties Relays	21/09/2024	3.50

Chris Bowker	Races entered =	4	totalling	18.80	miles
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Lytham Interclub	09/05/2024	5.00
Preston Interclub	12/06/2024	4.00
Thornton Interclub	25/06/2024	5.00
Caldervale Supper Run	02/07/2024	4.80

Chris Cottam	Races entered =	31	totalling	192.71	miles
	Sheffield Half	07/04/2024		13.10	
	Blackpool Interclub	10/04/2024		4.00	
	Manchester Marathon	14/04/2024		26.20	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Kendal 10k	01/05/2024		6.21	
	Lytham Interclub	09/05/2024		5.00	
	Harrock Hill	22/05/2024		5.25	
	AJ Bell Manchester 10k	26/05/2024		6.21	
	Wesham Summer 10k	29/05/2024		6.21	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Thornton Interclub	25/06/2024		5.00	
	Power of 5k (June)	28/06/2024		3.11	
	Caldervale Supper Run	02/07/2024		4.80	
	Hameldon Fell Race	09/07/2024		4.30	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Chorley Interclub	14/08/2024		4.80	
	Golf Ball Fell Race	21/08/2024		5.80	
	Red Rose Interclub	04/09/2024		4.10	
	Cross Keys Relay (Road)	14/09/2024		3.00	
	Northern Counties Relays	21/09/2024		3.50	
	West Coast Half	13/10/2024		13.10	

Mid Lancs XC, Liverpool (Men)	23/11/2024	5.00
Winter Handicap (December)	19/12/2024	3.52
Power of 5k (Feb)	07/02/2025	3.11
Mid Lancs XC, Burnley (Men)	08/02/2025	5.42
Mid Lancs XC, Skelmersdale (Men)	01/03/2025	5.96

Ciara Greene	Races entered =	1	totalling	5.00	miles
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Mid Lancs XC, Liverpool (Ladies)	23/11/2024	5.00
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Claire Markham	Races entered =	12	totalling	85.35	miles
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Blackpool Interclub	10/04/2024	4.00
Lytham Interclub	09/05/2024	5.00
Edenfield Fell Race	02/06/2024	6.44
Boulsworth Fell Race	11/08/2024	6.50
Garstang Half	01/09/2024	13.10
Red Rose Interclub	04/09/2024	4.10
Cross Keys Relay (Road)	14/09/2024	3.00
Preston Harriers 10m	17/10/2024	10.00
Myerscough 10	01/12/2024	10.00
Lytham St Annes 10	26/01/2025	10.00
Valentine's Day 10k	16/02/2025	6.21
Garstang Gallop	16/03/2025	7.00

Clare Taylor	Races entered =	12	totalling	63.08	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Lytham Interclub	09/05/2024		5.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Preston Interclub	12/06/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Thornton Interclub	25/06/2024		5.00	
	Scorton Supper Run	17/07/2024		4.75	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Winter Handicap (December)	19/12/2024		3.52	
Cliff Whiston	Races entered =	1	totalling	4.00	miles
	Blackpool Interclub	10/04/2024		4.00	

Dan Gregson	Races entered =	19	totalling	89.38	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Wray 10k	27/04/2024		6.21	
	Kendal 10k	01/05/2024		6.21	
	Lytham Interclub	09/05/2024		5.00	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Caldervale Supper Run	02/07/2024		4.80	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Chorley Interclub	14/08/2024		4.80	
	Summer Handicap (August)	29/08/2024		5.10	
	Northern Counties Relays	21/09/2024		3.50	
	Summer Handicap (September)	26/09/2024		5.16	
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (December)	19/12/2024		3.52	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	

Darran Ames	Races entered =	1	totalling	6.21	miles
	Wesham Summer 10k	29/05/2024		6.21	

Dave Booth

Races entered =

7

totalling

62.69

miles

TCS London Marathon

21/04/2024

26.20

St Annes Carnival

30/06/2024

3.11

Blackpool Music Run

14/07/2024

6.21

Scorton Supper Run

17/07/2024

4.75

Windmill 10k

10/11/2024

6.21

Lytham St Annes 10

26/01/2025

10.00

Trimpell 10k

09/03/2025

6.21

Debbie Barry	Races entered =	21	totalling	109.29	miles
	Rimrose Trail Race	07/04/2024		5.00	
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Summer Handicap (June)	27/06/2024		5.10	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Docklands Marina 10k	28/07/2024		6.21	
	Birchwood	18/08/2024		6.21	
	Summer Handicap (August)	29/08/2024		5.10	
	Red Rose Interclub	04/09/2024		4.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Garstang 10k	12/01/2025		6.21	
	Morecambe Festival Of Running 10k	26/01/2025		6.21	
	Valentine's Day 10k	16/02/2025		6.21	
	New Longton 10k	02/03/2025		6.21	
	Trimpell 10k	09/03/2025		6.21	
	Roddlesworth Roller	16/03/2025		5.50	
	Moor Park 10k Fun Run	23/03/2025		6.21	

Dom Kirby	Races entered =	24	totalling	133.02	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Madrid Half	28/04/2024		13.10	
	Lytham Interclub	09/05/2024		5.00	
	Mearley Clough	14/05/2024		4.00	
	Harrock Hill	22/05/2024		5.25	
	Edenfield Fell Race	02/06/2024		6.44	
	Preston Interclub	12/06/2024		4.00	
	Moleside	18/06/2024		3.25	
	Thornton Interclub	25/06/2024		5.00	
	Hameldon Fell Race	09/07/2024		4.30	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Chorley Interclub	14/08/2024		4.80	
	Pendleton Fell Race	24/08/2024		4.60	
	Summer Handicap (August)	29/08/2024		5.10	
	Red Rose Interclub	04/09/2024		4.10	
	Cross Keys Relay (Fell)	14/09/2024		2.60	
	Langdale Half	19/10/2024		13.10	
	Winter Handicap (December)	19/12/2024		3.52	
	Beyond The Lune Winter Solstice 20k	21/12/2024		12.42	
	Winter Handicap (February)	27/02/2025		3.52	
	Mid Lancs XC, Skelmersdale (Men)	01/03/2025		5.96	
	Pendle Mountain Rescue Dark Dash	26/03/2025		5.70	

Dominic Garrett	Races entered =	4	totalling	26.62	miles
	Lytham Interclub	09/05/2024		5.00	
	Great North Run	06/09/2024		13.10	
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	
	Winter Handicap (December)	19/12/2024		3.52	
Emma Pattison	Races entered =	1	totalling	10.00	miles
	Lytham St Annes 10	26/01/2025		10.00	
Gavin Stanfield	Races entered =	3	totalling	15.15	miles
	Wesham 10k	30/11/2024		6.21	
	Winter Handicap (December)	19/12/2024		3.52	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	
Gemma Anderson	Races entered =	1	totalling	4.00	miles
	Ripley St Thomas Supper Run	23/04/2024		4.00	
Gill Draper	Races entered =	10	totalling	96.91	miles
	Blackpool Interclub	10/04/2024		4.00	
	TCS London Marathon	21/04/2024		26.20	
	Thornton Interclub	25/06/2024		5.00	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Great Eastern Run Half	13/10/2024		13.10	
	Power of 5k (October)	25/10/2024		3.11	
	Village Bakery Wrexham Half	16/02/2025		13.10	
	Trimpell 20	09/03/2025		20.00	

Gillian Anderson	Races entered =	16	totalling	79.08	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Lytham Interclub	09/05/2024		5.00	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Summer Handicap (September)	26/09/2024		5.16	
	Winter Handicap (November)	28/11/2024		3.52	
	Blackburn Winter Warmer	08/12/2024		6.21	
	Winter Handicap (December)	19/12/2024		3.52	
	Winter Handicap (February)	27/02/2025		3.52	
	Liverpool Half	23/03/2025		13.10	
	Winter Handicap (March)	27/03/2025		3.45	

Ginny Hester-See	Races entered =	20	totalling	90.77	miles
	Harrock Hill	22/05/2024		5.25	
	Summer Handicap (May)	30/05/2024		5.10	
	Edenfield Fell Race	02/06/2024		6.44	
	Preston Interclub	12/06/2024		4.00	
	Moleside	18/06/2024		3.25	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Chorley Interclub	14/08/2024		4.80	
	Pendleton Fell Race	24/08/2024		4.60	
	Northern Counties Relays	21/09/2024		3.50	
	Mid Lancs XC, Blackburn (Ladies)	12/10/2024		3.44	
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (December)	19/12/2024		3.52	
	Beyond The Lune Winter Solstice 10k	21/12/2024		6.21	
	Mid Lancs XC, Burnley (Ladies)	08/02/2025		3.18	
	Bleasdale Circle	15/02/2025		5.00	
	Winter Handicap (February)	27/02/2025		3.52	
	Pendle Mountain Rescue Dark Dash	26/03/2025		5.70	

Graham Cunliffe	Races entered =	24	totalling	170.18	miles
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Morecambe Half	05/05/2024		13.10	
	Lytham Interclub	09/05/2024		5.00	
	Abbystead Supper Run	21/05/2024		3.93	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	St Annes Carnival	30/06/2024		3.11	
	Wesham Inter Club	22/07/2024		4.16	
	Chorley Interclub	14/08/2024		4.80	
	Lancaster Riverside Half	18/08/2024		13.10	
	Riverside 10	01/09/2024		10.00	
	Red Rose Interclub	04/09/2024		4.10	
	Morecambe Half	29/09/2024		13.10	
	Lancaster Half	03/11/2024		13.10	
	Wesham 10k	30/11/2024		6.21	
	Turkey Trot Half	15/12/2024		13.10	
	Garstang 10k	12/01/2025		6.21	
	Morecambe festival Of Running 10m	26/01/2025		10.00	
	Power of 5k (Feb)	07/02/2025		3.11	
	Valentine's Day 10k	16/02/2025		6.21	
	New Longton 10k	02/03/2025		6.21	
	Trimpell 10k	09/03/2025		6.21	
	Moor Park 10k Fun Run	23/03/2025		6.21	
	Mothers' Day 10k	29/03/2025		6.21	

Graham Webster	Races entered =	23	totalling	88.35	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Preston Interclub	12/06/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Thornton Interclub	25/06/2024		5.00	
	Summer Handicap (June)	27/06/2024		5.10	
	St Annes Carnival	30/06/2024		3.11	
	Wesham Inter Club	22/07/2024		4.16	
	BMAF 1500m	26/07/2024		0.93	
	BMAF 400m	26/07/2024		0.25	
	BMAF 200m	28/07/2024		0.12	
	BMAF 800m	28/07/2024		0.50	
	Chorley Interclub	14/08/2024		4.80	
	Power of 5k (August)	23/08/2024		3.11	
	Red Rose Interclub	04/09/2024		4.10	
	Cross Keys Relay (Road)	14/09/2024		3.00	
	Northern Counties Relays	21/09/2024		3.50	
	Power of 5k (October)	25/10/2024		3.11	
	Wesham 10k	30/11/2024		6.21	
	Power of 5k (November)	13/12/2024		3.11	
	Mid Lancs XC, Burnley (Ladies)	08/02/2025		3.18	
	Mid Lancs XC, Skelmersdale (Ladies)	01/03/2025		3.75	
	Trimpell 10k	09/03/2025		6.21	

Greg Oulton	Races entered =	51	totalling	254.42	miles
	Rimrose Trail Race	07/04/2024		5.00	
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Foe Edge Fell Race	24/04/2024		4.50	
	Summer Handicap (April)	25/04/2024		5.10	
	Wray Caton Moor Fell Race	30/04/2024		6.25	
	Morecambe Half	05/05/2024		13.10	
	Lytham Interclub	09/05/2024		5.00	
	Abbystead Supper Run	21/05/2024		3.93	
	Harrock Hill	22/05/2024		5.25	
	Austwick Amble	27/05/2024		7.80	
	Wesham Summer 10k	29/05/2024		6.21	
	Summer Handicap (May)	30/05/2024		5.10	
	Edenfield Fell Race	02/06/2024		6.44	
	Preston Interclub	12/06/2024		4.00	
	Moleside	18/06/2024		3.25	
	Thornton Interclub	25/06/2024		5.00	
	Summer Handicap (June)	27/06/2024		5.10	
	Mid Lancs T&F, Bury 3000m	29/06/2024		1.87	
	Mid Lancs T&F, Lancaster, 3000m	06/07/2024		1.86	
	Hameldon Fell Race	09/07/2024		4.30	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Docklands Marina 5k	28/07/2024		3.11	

Mid Lancs T&F Preston 3000m	03/08/2024	1.87
Mid Lancs T&F Preston 200m	03/08/2024	0.12
Boulsworth Fell Race	11/08/2024	6.50
Chorley Interclub	14/08/2024	4.80
Lancaster Riverside Half	18/08/2024	13.10
Golf Ball Fell Race	21/08/2024	5.80
Power of 5k (August)	23/08/2024	3.11
Pendleton Fell Race	24/08/2024	4.60
Summer Handicap (August)	29/08/2024	5.10
Riverside 10	01/09/2024	10.00
Red Rose Interclub	04/09/2024	4.10
Cross Keys Relay (Fell)	14/09/2024	2.60
Summer Handicap (September)	26/09/2024	5.16
Winter Handicap (October)	24/10/2024	3.45
Power of 5k (October)	25/10/2024	3.11
Bronte Way	27/10/2024	8.15
Winter Handicap (November)	28/11/2024	3.52
Power of 5k (November)	13/12/2024	3.11
Whinberry Naze Fell Race	26/12/2024	3.46
Valentine's Day 10k	16/02/2025	6.21
Mr Sparkle's Dark 'un	28/02/2025	5.20
Trimpell 10k	09/03/2025	6.21
Roddlesworth Roller	16/03/2025	5.50
Moor Park 10k Fun Run	23/03/2025	6.21
Winter Handicap (March)	27/03/2025	3.45

Jack Atkin

Races entered =

3

totalling

14.32

miles

Thornton Interclub

25/06/2024

5.00

Blackburn Winter Warmer

08/12/2024

6.21

Power of 5k (Feb)

07/02/2025

3.11

Jake Rodwell	Races entered =	29	totalling	140.36	miles
	Run Heaton Park Half	07/04/2024		13.10	
	Blackpool Interclub	10/04/2024		4.00	
	Blackpool Festival of Running 5k	20/04/2024		3.11	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Power of 5k (May)	03/05/2024		3.11	
	Lytham Interclub	09/05/2024		5.00	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Power of 5k (June)	28/06/2024		3.11	
	St Annes Carnival	30/06/2024		3.11	
	Caldervale Supper Run	02/07/2024		4.80	
	Mid Lancs T&F, Lancaster, 1500m	06/07/2024		0.93	
	Mid Lancs T&F, Lancaster, 3000m	06/07/2024		1.86	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Chorley Interclub	14/08/2024		4.80	
	Summer Handicap (August)	29/08/2024		5.10	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Summer Handicap (September)	26/09/2024		5.16	
	Manchester Half	13/10/2024		13.10	
	Pendle Witches 10k	27/10/2024		6.21	
	Power of 5k (November)	13/12/2024		3.11	

Christmas Cracker 10k	15/12/2024	6.21
Winter Handicap (December)	19/12/2024	3.52
Trimpell 10k	09/03/2025	6.21

James Whittle	Races entered =	26	totalling	132.09	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Mid Lancs T&F, Witton Park, 3000m	04/05/2024		1.88	
	Wesham Summer 10k	29/05/2024		6.21	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Summer Handicap (June)	27/06/2024		5.10	
	St Annes Carnival	30/06/2024		3.11	
	Caldervale Supper Run	02/07/2024		4.80	
	Mid Lancs T&F, Lancaster, 1500m	06/07/2024		0.93	
	Mid Lancs T&F, Lancaster, 3000m	06/07/2024		1.86	
	Wesham Inter Club	22/07/2024		4.16	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Great North Run	06/09/2024		13.10	
	Manchester Half	13/10/2024		13.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	
	Winter Handicap (November)	28/11/2024		3.52	
	Ribble Valley 10k	29/12/2024		6.21	
	Winter Handicap (January)	30/01/2025		3.52	
	Power of 5k (Feb)	07/02/2025		3.11	
	Village Bakery Wrexham Half	16/02/2025		13.10	
	Winter Handicap (February)	27/02/2025		3.52	
	Mid Lancs XC, Skelmersdale (Men)	01/03/2025		5.96	
	Winter Handicap (March)	27/03/2025		3.45	

Jennifer Hill	Races entered =	4	totalling	19.21	miles
	Blackpool Interclub	10/04/2024		4.00	
	Lytham Interclub	09/05/2024		5.00	
	Preston Interclub	12/06/2024		4.00	
	Fairhaven Flyer	15/09/2024		6.21	
Jo Goorney	Races entered =	4	totalling	16.93	miles
	Mid Lancs XC, Liverpool (Ladies)	23/11/2024		5.00	
	Lancs Champs XC (Ladies)	04/01/2025		5.00	
	Mid Lancs XC, Burnley (Ladies)	08/02/2025		3.18	
	Mid Lancs XC, Skelmersdale (Ladies)	01/03/2025		3.75	
Joe Greenwood	Races entered =	16	totalling	81.16	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Lytham Interclub	09/05/2024		5.00	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Summer Handicap (June)	27/06/2024		5.10	
	Summer Handicap (July)	25/07/2024		5.10	
	Chorley Interclub	14/08/2024		4.80	
	Golf Ball Fell Race	21/08/2024		5.80	
	Summer Handicap (August)	29/08/2024		5.10	
	Northern Counties Relays	21/09/2024		3.50	
	Summer Handicap (September)	26/09/2024		5.16	
	Mid Lancs XC, Blackburn (Men)	12/10/2024		6.38	
	Winter Handicap (October)	24/10/2024		3.45	
	Bronte Way	27/10/2024		8.15	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	

John Bertenshaw	Races entered =	11	totalling	96.04	miles
	Blackpool Interclub	10/04/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Kirkbride 10k	30/06/2024		6.21	
	Docklands Marina 5k	28/07/2024		3.11	
	Fleetwood Half	25/08/2024		13.10	
	Essar Guilden Sutton 10k	15/09/2024		6.21	
	Morecambe Half	29/09/2024		13.10	
	Preston Harriers 10m	17/10/2024		10.00	
	Wesham 10k	30/11/2024		6.21	
	Longridge Christmas Pudding	08/12/2024		7.00	
	Coniston 14	29/03/2025		14.00	
John Wild	Races entered =	2	totalling	12.42	miles
	Blackpool Music Run	14/07/2024		6.21	
	Leighton Hall AOB 10k	22/03/2025		6.21	
Jonathan Tuck	Races entered =	11	totalling	50.68	miles
	Blackpool Interclub	10/04/2024		4.00	
	Lytham Interclub	09/05/2024		5.00	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Cross Keys Relay (Road)	14/09/2024		3.00	
	Northern Counties Relays	21/09/2024		3.50	
	Mid Lancs XC, Blackburn (Men)	12/10/2024		6.38	
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	
	Winter Handicap (November)	28/11/2024		3.52	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	
	Mid Lancs XC, Skelmersdale (Men)	01/03/2025		5.96	

Julia Rolfe	Races entered =	27	totalling	145.46	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Wray Caton Moor Fell Race	30/04/2024		6.25	
	Lytham Interclub	09/05/2024		5.00	
	Mearley Clough	14/05/2024		4.00	
	Harrock Hill	22/05/2024		5.25	
	Austwick Amble	27/05/2024		7.80	
	Edenfield Fell Race	02/06/2024		6.44	
	Preston Interclub	12/06/2024		4.00	
	Moleside	18/06/2024		3.25	
	Thornton Interclub	25/06/2024		5.00	
	Hameldon Fell Race	09/07/2024		4.30	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Boulsworth Fell Race	11/08/2024		6.50	
	Chorley Interclub	14/08/2024		4.80	
	Golf Ball Fell Race	21/08/2024		5.80	
	Pendleton Fell Race	24/08/2024		4.60	
	Red Rose Interclub	04/09/2024		4.10	
	Mid Lancs XC, Blackburn (Ladies)	12/10/2024		3.44	
	Langdale Half	19/10/2024		13.10	
	Mid Lancs XC, Liverpool (Ladies)	23/11/2024		5.00	
	Winter Handicap (December)	19/12/2024		3.52	
	Beyond The Lune Winter Solstice 20k	21/12/2024		12.42	
	Lancs Champs XC (Ladies)	04/01/2025		5.00	

Mid Lancs XC, Burnley (Ladies)	08/02/2025	3.18
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Julie Wiseman	Races entered =	3	totalling	12.16	miles
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Blackpool Interclub	10/04/2024	4.00
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Preston Interclub	12/06/2024	4.00
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Wesham Inter Club	22/07/2024	4.16
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Kat Fawcett	Races entered =	1	totalling	6.21	miles
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Mothers' Day 10k	29/03/2025	6.21
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Kate Price Edwards	Races entered =	5	totalling	22.14	miles
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Blackpool Interclub	10/04/2024	4.00
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Lytham Interclub	09/05/2024	5.00
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Mid Lancs XC, Burnley (Ladies)	08/02/2025	3.18
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Williamson Park 10k	09/02/2025	6.21
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Mid Lancs XC, Skelmersdale (Ladies)	01/03/2025	3.75
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Kathy Gaunt	Races entered =	6	totalling	42.73	miles
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Windmill Half	11/08/2024	13.10
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Red Rose Interclub	04/09/2024	4.10
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Power of 5k (October)	25/10/2024	3.11
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Windmill 10k	10/11/2024	6.21
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Wesham 10k	30/11/2024	6.21
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Lytham St Annes 10	26/01/2025	10.00
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Kirsten Burnett	Races entered =	5	totalling	53.62	miles
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Paris Marathon	07/04/2024	26.20
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Wesham Summer 10k	29/05/2024	6.21
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Thornton Interclub	25/06/2024	5.00
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Lytham St Annes 10	26/01/2025	10.00
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Red Hot Toddy	09/03/2025	6.21
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Laura Byrne	Races entered =	3	totalling	14.21	miles
	Blackpool Interclub	10/04/2024		4.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Preston Interclub	12/06/2024		4.00	
Leanne Nield	Races entered =	10	totalling	43.36	miles
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Red Rose Interclub	04/09/2024		4.10	
	Mid Lancs XC, Blackburn (Ladies)	12/10/2024		3.44	
	Mid Lancs XC, Liverpool (Ladies)	23/11/2024		5.00	
	Winter Handicap (December)	19/12/2024		3.52	
	Power of 5k (Feb)	07/02/2025		3.11	
	Mid Lancs XC, Burnley (Ladies)	08/02/2025		3.18	
	Mothers' Day 10k	29/03/2025		6.21	
Lewis McAfee	Races entered =	5	totalling	19.52	miles
	Summer Handicap (April)	25/04/2024		5.10	
	Thornton Interclub	25/06/2024		5.00	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Mid Lancs T&F Preston 200m	03/08/2024		0.12	
	Northern Counties Relays	21/09/2024		3.50	
Linda Chadderton	Races entered =	1	totalling	6.21	miles
	Windmill 10k	10/11/2024		6.21	

Linda Herriott	Races entered =	4	totalling	16.78	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Wesham Inter Club	22/07/2024		4.16	
	Winter Handicap (November)	28/11/2024		3.52	
Liz Canavan	Races entered =	12	totalling	83.36	miles
	Paris Marathon	07/04/2024		26.20	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Lytham Interclub	09/05/2024		5.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Preston Interclub	12/06/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (November)	28/11/2024		3.52	
	Winter Handicap (December)	19/12/2024		3.52	
Louise Cox	Races entered =	5	totalling	34.42	miles
	Run Sydney 10	05/05/2024		6.21	
	Sydney 10	19/05/2024		6.21	
	Bay to Bay Half	16/06/2024		13.10	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	

Luisa Haylett	Races entered =	11	totalling	55.86	miles
	Blackpool Interclub	10/04/2024		4.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Wesham Inter Club	22/07/2024		4.16	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (November)	28/11/2024		3.52	
	Winter Handicap (December)	19/12/2024		3.52	
	Central Lancs New Years Half	19/01/2025		13.10	
Maddy Markham	Races entered =	4	totalling	26.10	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (July)	25/07/2024		5.10	
	Lytham St Annes 10	26/01/2025		10.00	
	Garstang Gallop	16/03/2025		7.00	
Matthias Lindorfer	Races entered =	3	totalling	16.97	miles
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (November)	28/11/2024		3.52	
	Lytham St Annes 10	26/01/2025		10.00	

Mel Koth	Races entered =	24	totalling	344.58	miles
	Blackpool Interclub	10/04/2024			4.00
	TCS London Marathon	21/04/2024			26.20
	Wray Caton Moor Fell Race	30/04/2024			6.25
	Lytham Interclub	09/05/2024			5.00
	Mearley Clough	14/05/2024			4.00
	Montane Ullswater Ultra	08/06/2024			34.38
	Preston Interclub	12/06/2024			4.00
	Moleside	18/06/2024			3.25
	Thornton Interclub	25/06/2024			5.00
	Lakeland Five Passes	29/06/2024			34.00
	20 Barriers	02/07/2024			5.00
	Wesham Inter Club	22/07/2024			4.16
	Lakeland 100	26/07/2024			105.00
	Golf Ball Fell Race	21/08/2024			5.80
	Red Rose Interclub	04/09/2024			4.10
	Lakeland Four Passes	05/10/2024			17.00
	Manchester Half	13/10/2024			13.10
	Mid Lancs XC, Liverpool (Ladies)	23/11/2024			5.00
	Leyland Boxing Day 10k	26/12/2024			6.21
	Essar Four Villages Half	19/01/2025			13.10
	Mid Lancs XC, Burnley (Ladies)	08/02/2025			3.18
	Village Bakery Wrexham Half	16/02/2025			13.10
	Mid Lancs XC, Skelmersdale (Ladies)	01/03/2025			3.75
	Trimpell 20	09/03/2025			20.00

Mick Widdop	Races entered =	2	totalling	19.31	miles
	Chorley 10k	05/05/2024		6.21	
	Great North Run	06/09/2024		13.10	
Mike Toft	Races entered =	15	totalling	104.81	miles
	Blackpool Interclub	10/04/2024		4.00	
	Bolton 10k	28/04/2024		6.21	
	Lytham Interclub	09/05/2024		5.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Thornton Interclub	25/06/2024		5.00	
	Wesham Inter Club	22/07/2024		4.16	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Manchester Half	13/10/2024		13.10	
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	
	Winter Handicap (December)	19/12/2024		3.52	
	Ribble Valley 10k	29/12/2024		6.21	
	Trimpell 20	09/03/2025		20.00	
	Coniston 14	29/03/2025		14.00	
Morgan Pritchard	Races entered =	4	totalling	18.32	miles
	Lytham Interclub	09/05/2024		5.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Preston Interclub	12/06/2024		4.00	
	St Annes Carnival	30/06/2024		3.11	
Murray Pattison	Races entered =	1	totalling	5.00	miles
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	

Nathan Allcock	Races entered =	4	totalling	20.49	miles
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (November)	28/11/2024		3.52	
	Winter Handicap (December)	19/12/2024		3.52	
	Lytham St Annes 10	26/01/2025		10.00	

Pam Binns	Races entered =	2	totalling	9.10	miles
	Blackpool Interclub	10/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	

Pam Hardman	Races entered =	13	totalling	113.58	miles
	Blackpool Interclub	10/04/2024		4.00	
	Preston Interclub	12/06/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Thornton Interclub	25/06/2024		5.00	
	St Annes Carnival	30/06/2024		3.11	
	Hameldon Fell Race	09/07/2024		4.30	
	Lakeland 50	27/07/2024		50.00	
	Boulsworth Fell Race	11/08/2024		6.50	
	Pendleton Fell Race	24/08/2024		4.60	
	Red Rose Interclub	04/09/2024		4.10	
	City Of Preston 10k	22/09/2024		6.21	
	Whinberry Naze Fell Race	26/12/2024		3.46	
	Mr Sparkle's Dark 'un	28/02/2025		5.20	

Paul McAllister	Races entered =	8	totalling	35.23	miles
	Fleetwood 10k	07/04/2024		6.21	
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Mid Lancs T&F, Witton Park, 200m	04/05/2024		0.12	
	Red Rose Interclub	04/09/2024		4.10	
	Mid Lancs XC, Blackburn (Men)	12/10/2024		6.38	
	Lancs Champs XC (Men)	04/01/2025		5.00	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	

Peter Dilks	Races entered =	10	totalling	41.44	miles
	Summer Handicap (April)	25/04/2024		5.10	
	Summer Handicap (June)	27/06/2024		5.10	
	Summer Handicap (August)	29/08/2024		5.10	
	Summer Handicap (September)	26/09/2024		5.16	
	Winter Handicap (October)	24/10/2024		3.45	
	Winter Handicap (November)	28/11/2024		3.52	
	Winter Handicap (December)	19/12/2024		3.52	
	Winter Handicap (January)	30/01/2025		3.52	
	Winter Handicap (February)	27/02/2025		3.52	
	Winter Handicap (March)	27/03/2025		3.45	

Peter Reid	Races entered =	9	totalling	43.34	miles
	Lytham Interclub	09/05/2024		5.00	
	Preston Interclub	12/06/2024		4.00	
	St Annes Carnival	30/06/2024		3.11	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Chorley Interclub	14/08/2024		4.80	
	Windmill 10k	10/11/2024		6.21	
	Trimpell 10k	09/03/2025		6.21	
Peter Thomson	Races entered =	5	totalling	20.62	miles
	Blackpool Interclub	10/04/2024		4.00	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Red Rose Interclub	04/09/2024		4.10	
	Winter Handicap (December)	19/12/2024		3.52	
Richard Storey	Races entered =	6	totalling	27.92	miles
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Preston Interclub	12/06/2024		4.00	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Chorley Interclub	14/08/2024		4.80	
	Valentine's Day 10k	16/02/2025		6.21	

Ross McKelvie	Races entered =	11	totalling	41.96	miles
	Mid Lancs T&F, Carlisle, 1500m	13/04/2024		0.93	
	Mid Lancs T&F, Carlisle, 3000m	13/04/2024		1.87	
	Mid Lancs T&F, Witton Park, 3000m	04/05/2024		1.88	
	Golf Ball Fell Race	21/08/2024		5.80	
	Red Rose Interclub	04/09/2024		4.10	
	Cross Keys Relay (Fell)	14/09/2024		2.60	
	Northern Counties Relays	21/09/2024		3.50	
	Mid Lancs XC, Blackburn (Men)	12/10/2024		6.38	
	Winter Handicap (December)	19/12/2024		3.52	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	
	Mid Lancs XC, Skelmersdale (Men)	01/03/2025		5.96	

Ruth Williams	Races entered =	7	totalling	31.40	miles
	Northern Counties Relays	21/09/2024		3.50	
	Mid Lancs XC, Blackburn (Ladies)	12/10/2024		3.44	
	Windmill 10k	10/11/2024		6.21	
	Winter Handicap (November)	28/11/2024		3.52	
	Wesham 10k	30/11/2024		6.21	
	Winter Handicap (December)	19/12/2024		3.52	
	Lancs Champs XC (Ladies)	04/01/2025		5.00	

Sarah Beck	Races entered =	9	totalling	42.84	miles
	Fleetwood 10k	07/04/2024		6.21	
	Blackpool Interclub	10/04/2024		4.00	
	Lytham Interclub	09/05/2024		5.00	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	
	Windmill 10k	10/11/2024		6.21	
	Winter Handicap (December)	19/12/2024		3.52	
Sarah Cook	Races entered =	2	totalling	30.20	miles
	Blackpool Interclub	10/04/2024		4.00	
	TCS London Marathon	21/04/2024		26.20	
Simon Nield	Races entered =	1	totalling	3.45	miles
	Winter Handicap (March)	27/03/2025		3.45	

Stephen Rodwell	Races entered =	38	totalling	201.38	miles
	Run Heaton Park Half	07/04/2024		13.10	
	Blackpool Interclub	10/04/2024		4.00	
	Blackpool Festival of Running 5k	20/04/2024		3.11	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Power of 5k (May)	03/05/2024		3.11	
	Lytham Interclub	09/05/2024		5.00	
	Beaverbrooks 10k	12/05/2024		6.21	
	AJ Bell Manchester Half	26/05/2024		13.10	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Thornton Interclub	25/06/2024		5.00	
	Power of 5k (June)	28/06/2024		3.11	
	St Annes Carnival	30/06/2024		3.11	
	Caldervale Supper Run	02/07/2024		4.80	
	Mid Lancs T&F, Lancaster, 3000m	06/07/2024		1.86	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Chorley Interclub	14/08/2024		4.80	
	Summer Handicap (August)	29/08/2024		5.10	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Summer Handicap (September)	26/09/2024		5.16	
	Manchester Half	13/10/2024		13.10	
	Pendle Witches 10k	27/10/2024		6.21	

Windmill 10k	10/11/2024	6.21
Winter Handicap (November)	28/11/2024	3.52
Power of 5k (November)	13/12/2024	3.11
Christmas Cracker 10k	15/12/2024	6.21
Winter Handicap (December)	19/12/2024	3.52
Lytham St Annes 10	26/01/2025	10.00
Winter Handicap (January)	30/01/2025	3.52
Valentine's Day 10k	16/02/2025	6.21
Winter Handicap (February)	27/02/2025	3.52
Trimpell 10k	09/03/2025	6.21
Cleveleys 10k	16/03/2025	6.21
Winter Handicap (March)	27/03/2025	3.45

Stephen Wilde

Races entered =

1

totalling

4.00

miles

Blackpool Interclub	10/04/2024	4.00
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Stephen Wise	Races entered =	21	totalling	116.61	miles
	Mearley Clough	14/05/2024		4.00	
	Harrock Hill	22/05/2024		5.25	
	Wesham Summer 10k	29/05/2024		6.21	
	Summer Handicap (May)	30/05/2024		5.10	
	Edenfield Fell Race	02/06/2024		6.44	
	Summer Handicap (June)	27/06/2024		5.10	
	Caldervale Supper Run	02/07/2024		4.80	
	Chorley Interclub	14/08/2024		4.80	
	Pendleton Fell Race	24/08/2024		4.60	
	Summer Handicap (August)	29/08/2024		5.10	
	Summer Handicap (September)	26/09/2024		5.16	
	Mid Lancs XC, Blackburn (Men)	12/10/2024		6.38	
	Langdale Half	19/10/2024		13.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Windmill 10k	10/11/2024		6.21	
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	
	Winter Handicap (November)	28/11/2024		3.52	
	Myerscough 10	01/12/2024		10.00	
	Mid Lancs XC, Burnley (Men)	08/02/2025		5.42	
	Winter Handicap (February)	27/02/2025		3.52	
	Winter Handicap (March)	27/03/2025		3.45	

Steven Pepper	Races entered =	34	totalling	187.59	miles
	Fleetwood 10k	07/04/2024		6.21	
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Kendal 10k	01/05/2024		6.21	
	Lytham Interclub	09/05/2024		5.00	
	Wesham Summer 10k	29/05/2024		6.21	
	Summer Handicap (May)	30/05/2024		5.10	
	Preston Interclub	12/06/2024		4.00	
	Freckleton Half	16/06/2024		13.10	
	Thornton Interclub	25/06/2024		5.00	
	Summer Handicap (June)	27/06/2024		5.10	
	St Annes Carnival	30/06/2024		3.11	
	Caldervale Supper Run	02/07/2024		4.80	
	Hameldon Fell Race	09/07/2024		4.30	
	Chorley Interclub	14/08/2024		4.80	
	Summer Handicap (August)	29/08/2024		5.10	
	Riverside 10	01/09/2024		10.00	
	Red Rose Interclub	04/09/2024		4.10	
	Northern Counties Relays	21/09/2024		3.50	
	Mid Lancs XC, Blackburn (Men)	12/10/2024		6.38	
	Langdale Half	19/10/2024		13.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Windmill 10k	10/11/2024		6.21	
	Mid Lancs XC, Liverpool (Men)	23/11/2024		5.00	
	Winter Handicap (November)	28/11/2024		3.52	

Winter Handicap (December)	19/12/2024	3.52
Ribble Valley 10k	29/12/2024	6.21
Lytham St Annes 10	26/01/2025	10.00
Power of 5k (Feb)	07/02/2025	3.11
Mid Lancs XC, Burnley (Men)	08/02/2025	5.42
Winter Handicap (February)	27/02/2025	3.52
Mid Lancs XC, Skelmersdale (Men)	01/03/2025	5.96
Winter Handicap (March)	27/03/2025	3.45

Sue Hawitt	Races entered =	10	totalling	48.40	miles
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Blackpool Interclub	10/04/2024	4.00
Lytham Interclub	09/05/2024	5.00
Wesham Summer 10k	29/05/2024	6.21
Preston Interclub	12/06/2024	4.00
Thornton Interclub	25/06/2024	5.00
Scorton Supper Run	17/07/2024	4.75
Northern Counties Relays	21/09/2024	3.50
Windmill 10k	10/11/2024	6.21
Winter Handicap (November)	28/11/2024	3.52
Wesham 10k	30/11/2024	6.21

Sue Henry	Races entered =	5	totalling	24.68	miles
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Wesham Summer 10k	29/05/2024	6.21
Preston Interclub	12/06/2024	4.00
Wesham Inter Club	22/07/2024	4.16
Red Rose Interclub	04/09/2024	4.10
Red Hot Toddy	09/03/2025	6.21

Sylvia Gittins	Races entered =	1	totalling	13.10	miles
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Edinburgh Half	26/05/2024	13.10
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Terry Hellings	Races entered =	3	totalling	11.93	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Abbystead Supper Run	21/05/2024		3.93	
Vicki Richardson	Races entered =	4	totalling	17.90	miles
	Blackpool Interclub	10/04/2024		4.00	
	Lytham Interclub	09/05/2024		5.00	
	Chorley Interclub	14/08/2024		4.80	
	Red Rose Interclub	04/09/2024		4.10	

Xavia Cooper	Races entered =	39	totalling	213.10	miles
	Blackpool Interclub	10/04/2024		4.00	
	Ripley St Thomas Supper Run	23/04/2024		4.00	
	Summer Handicap (April)	25/04/2024		5.10	
	Lytham Interclub	09/05/2024		5.00	
	Mearley Clough	14/05/2024		4.00	
	Caldervale Ultra Relay	19/05/2024		4.90	
	Harrock Hill	22/05/2024		5.25	
	Scorton Supper Run	17/07/2024		4.75	
	Wesham Inter Club	22/07/2024		4.16	
	Summer Handicap (July)	25/07/2024		5.10	
	Beetham Sports Fell Race	27/07/2024		5.80	
	Chorley Interclub	14/08/2024		4.80	
	Run The Lights 10k	17/08/2024		6.21	
	Golf Ball Fell Race	21/08/2024		5.80	
	Pendleton Fell Race	24/08/2024		4.60	
	Red Rose Interclub	04/09/2024		4.10	
	Cross Keys Relay (Fell)	14/09/2024		2.60	
	Northern Counties Relays	21/09/2024		3.50	
	Summer Handicap (September)	26/09/2024		5.16	
	Run Aintree Half	29/09/2024		13.10	
	Mid Lancs XC, Blackburn (Ladies)	12/10/2024		3.44	
	Langdale Half	19/10/2024		13.10	
	Winter Handicap (October)	24/10/2024		3.45	
	Bronte Way	27/10/2024		8.15	
	Windmill 10k	10/11/2024		6.21	
	Mid Lancs XC, Liverpool (Ladies)	23/11/2024		5.00	

Winter Handicap (November)	28/11/2024	3.52
Myerscough 10	01/12/2024	10.00
Beyond The Lune Winter Solstice 20k	21/12/2024	12.42
Giant's Tooth	01/01/2025	2.76
Lancs Champs XC (Ladies)	04/01/2025	5.00
Lytham St Annes 10	26/01/2025	10.00
Winter Handicap (January)	30/01/2025	3.52
Mid Lancs XC, Burnley (Ladies)	08/02/2025	3.18
Bleasdale Circle	15/02/2025	5.00
Winter Handicap (February)	27/02/2025	3.52
Mid Lancs XC, Skelmersdale (Ladies)	01/03/2025	3.75
Pendle Mountain Rescue Dark Dash	26/03/2025	5.70
Winter Handicap (March)	27/03/2025	3.45

Total Races Entered	845
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Total Miles =	4,967.52
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