



Alan Elstone	Races entered =	18	totalling	106.03	miles
	Blackpool Interclub	06/04/2016		4.00	
	Handicap	28/04/2016		4.35	
	Welsh Castles Leg 16	05/06/2016		8.80	
	Lytham Interclub	09/06/2016		5.00	
	Freckleton Half Marathon	19/06/2016		13.10	
	Handicap	30/06/2016		4.35	
	St Annes Carnival 5k	10/07/2016		3.11	
	Windmill Half	17/07/2016		13.10	
	Wesham Interclub A (Full course)	18/07/2016		4.60	
	Northern Athletics Road Relays	25/09/2016		3.50	
	September Handicap	29/09/2016		4.35	
	West Coast Half	09/10/2016		13.10	
	Green Drive Five	16/10/2016		5.00	
	Windmill 10k	13/11/2016		6.21	
	December Handicap	15/12/2016		3.45	
	Handicap	26/01/2017		3.45	
	February Handicap	23/02/2017		3.45	
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	

Alex Tate Races entered = 14 totalling 90.99 miles

Blackpool Interclub	06/04/2016	4.00
Handicap	28/04/2016	4.35
Handicap	30/06/2016	4.35
Caldervale Supper Run	14/07/2016	4.00
Mid Lancs XC - Astley Park (Men)	01/10/2016	6.19
West Coast Half	09/10/2016	13.10
Green Drive Five	16/10/2016	5.00
December Handicap	15/12/2016	3.45
Central Lancs Half	08/01/2017	13.10
Handicap	26/01/2017	3.45
St Annes 10 Miler	29/01/2017	10.00
Great North West Half Marathon	19/02/2017	13.10
February Handicap	23/02/2017	3.45
Winter Handicap	30/03/2017	3.45

Alex Wiggins Races entered = 1 totalling 26.20 miles

Virgin London Marathon	24/04/2016	26.20
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Als Everest

Races entered =

11

totalling

66.48

miles

Blackpool Interclub	06/04/2016	4.00
Welsh Castles Leg 9	04/06/2016	8.50
Caldervale Supper Run	14/07/2016	4.00
Windmill Half	17/07/2016	13.10
Chorley Inter Club	10/08/2016	4.80
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
Green Drive Five	16/10/2016	5.00
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75
Northern Athletics Relays (Long Leg)	25/03/2017	5.85

Andy Draper

Races entered =

19

totalling

149.58

miles

Blackpool Interclub	06/04/2016	4.00
Fleetwood 10k	10/04/2016	6.21
Virgin London Marathon	24/04/2016	26.20
Preston Interclub	11/05/2016	4.00
Wesham Interclub B (Short course)	18/07/2016	3.70
Vernon's 5k	26/07/2016	3.11
Catforth Canter	13/08/2016	3.11
English Half Marathon 10k (!)	18/09/2016	6.21
Northern Athletics Road Relays	25/09/2016	3.50
Chester Marathon	02/10/2016	26.20
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
Catforth Canter	13/11/2016	3.11
Ribble Valley	27/12/2016	6.21
Mid Lancs XC, Burnley (Men)	14/01/2017	6.10
Inskip Half	21/01/2017	13.10
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Wilmslow Half	19/03/2017	13.10
Northern Athletics Relays (Short Leg)	25/03/2017	3.11

Andy Unsworth

Races entered =

5

totalling

29.56

miles

Preston Interclub

11/05/2016

4.00

Handicap

26/05/2016

4.35

Lytham Interclub

09/06/2016

5.00

Windmill Half

17/07/2016

13.10

Northern Athletics Relays (Short  
Leg)

25/03/2017

3.11

Barbara Holmes

Races entered =

29

totalling

140.15

miles

Ribby Hall Tri	03/04/2016	3.11
Blackpool Interclub	06/04/2016	4.00
British Sprint Triathlon Championships	15/05/2016	3.11
ETU European Sprint Tri, Lisbon	27/05/2016	3.11
Lytham Interclub	09/06/2016	5.00
National Aquathlon Championships, Leeds	11/06/2016	3.11
National Aquathlon Championships, Leeds	12/06/2016	6.21
The Ultimate 70.3 Half Ironman	03/07/2016	13.10
MTC Aquathlon	19/07/2016	3.11
Fylde Tri Duathlon - Run One	20/07/2016	3.11
Fylde Tri Duathlon - Run Two	20/07/2016	3.11
Fylde Triathlon	03/08/2016	3.11
British Triathlon, Liverpool	14/08/2016	6.21
Triathlon Relay Championships 2016 (Sat pm)	27/08/2016	3.11
Triathlon Relay Championships 2016 (Sun pm)	28/08/2016	1.88
Triathlon Relay Championships 2016 (Sun am)	28/08/2016	0.94
World Triathlon Championships	16/09/2016	3.11
Fleetwood Triathlon	25/09/2016	3.11
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06

Ribble Valley	27/12/2016	6.21
Central Lancs Half	08/01/2017	13.10
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
Oulton Park Duathlon (Run Two)	05/03/2017	3.11
Oulton Park Duathlon (Run One)	05/03/2017	3.11
Sweat Shop Ten Miler	12/03/2017	10.00
Cartmell Trail	18/03/2017	11.25

Bec Willetts Races entered = 2 totalling 7.11 miles

Preston Interclub	11/05/2016	4.00
Fleetwood Triathlon	25/09/2016	3.11

Bill Lock Races entered = 1 totalling 4.00 miles

Blackpool Interclub	06/04/2016	4.00
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Bob Clough Races entered = 4 totalling 42.07 miles

ASICS Greater Manchester Marathon	10/04/2016	26.20
Blacksticks Blue	08/05/2016	6.21
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45

Brian Porter Races entered = 3 totalling 14.60 miles

Wesham Interclub A (Full course)	18/07/2016	4.60
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Rudolph's Red Nose Race	24/12/2016	5.00

Catherine Carrdus

Races entered =

12

totalling

111.89

miles

Blackpool Interclub	06/04/2016	4.00
Cheshire 10k	10/04/2016	6.21
Brathay Windermere Marathon	22/05/2016	26.20
Thornton Cleveleys Interclub	21/06/2016	5.00
Blackpool Airshow 10k	08/08/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Red Rose Interclub	07/09/2016	4.25
Berlin Marathon	25/09/2016	26.20
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
Arley Hall 10k	12/11/2016	6.21
Garstang 10k	08/01/2017	6.21
Wrexham Village Bakery Half Marathon	19/02/2017	13.10



Chris McCarthy Races entered = 33 totalling 237.56 miles

Virgin London Marathon	24/04/2016	26.20
Beaverbrooks Fun Run	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Blackpool Promenade 10	28/05/2016	10.00
Welsh Castles Leg 15	05/06/2016	12.80
Lytham Interclub	09/06/2016	5.00
Vernons 5k	28/06/2016	3.11
Handicap	30/06/2016	4.35
Lostock Hall Carnival 5k	02/07/2016	3.11
20 Barriers	05/07/2016	5.40
Tockholes Evening	07/07/2016	5.60
Blackpool Summer 10k	10/07/2016	6.21
Windmill Half	17/07/2016	13.10
Harrock Hill	21/07/2016	5.25
Vernon's 5k	26/07/2016	3.11
Blackpool Airshow 10k	08/08/2016	6.21
Catforth Canter	13/08/2016	3.11
Fleetwood Half	21/08/2016	13.10
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
Vernons Four Mile	09/10/2016	4.00
Green Drive Five	16/10/2016	5.00
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
JWK Lancaster Half Marathon	06/11/2016	13.10

Windmill 10k	13/11/2016	6.21
British Athletics Cross Challenge (Men)	26/11/2016	6.12
Ribble Valley	27/12/2016	6.21
Central Lancs Half	08/01/2017	13.10
Mid Lancs XC, Burnley (Men)	14/01/2017	6.10
Handicap	26/01/2017	3.45
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Wilmslow Half	19/03/2017	13.10

Claire England

Races entered =

31

totalling

175.12

miles

Blackpool Interclub	06/04/2016	4.00
Fleetwood 10k	10/04/2016	6.21
Blacksticks Blue	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Catforth Canter	28/05/2016	3.11
Welsh Castles Leg 4	04/06/2016	9.50
Freckleton Half Marathon	19/06/2016	13.10
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
20 Barriers	05/07/2016	5.40
St Annes Carnival 5k	10/07/2016	3.11
Caldervale Supper Run	14/07/2016	4.00
Windmill Half	17/07/2016	13.10
Handicap	28/07/2016	4.35
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Catforth Canter	13/08/2016	3.11
Fleetwood Half	21/08/2016	13.10
Handicap (Winter route due to road works)	25/08/2016	3.45
Illuminations 5k	27/08/2016	3.11
September Handicap	29/09/2016	4.35
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
West Coast Half	09/10/2016	13.10
October Handicap	27/10/2016	3.45
Windmill 10k	13/11/2016	6.21

November Handicap	24/11/2016	3.45
Best 5k (Run For Rory)	27/11/2016	3.11
December Handicap	15/12/2016	3.45
Handicap	26/01/2017	3.45
St Annes 10 Miler	29/01/2017	10.00
Northern Athletics Relays (Short Leg)	25/03/2017	3.11

Colin Laidlaw

Races entered =

24

totalling

113.76

miles

Handicap	28/04/2016	4.35
Blacksticks Blue	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Lytham Interclub	09/06/2016	5.00
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
Wesham Interclub A (Full course)	18/07/2016	4.60
Handicap	28/07/2016	4.35
Blackpool Airshow 10k	08/08/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Illuminations 10k	27/08/2016	6.21
Red Rose Interclub	07/09/2016	4.25
Green Drive Five	16/10/2016	5.00
October Handicap	27/10/2016	3.45
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45
December Handicap	15/12/2016	3.45
Ribble Valley	27/12/2016	6.21
Handicap	26/01/2017	3.45
February Handicap	23/02/2017	3.45
Stanley Park 10k (Sunday)	26/02/2017	6.21
Roddlesworth Roller	12/03/2017	5.75
Winter Handicap	30/03/2017	3.45

Dave Dunn Races entered = 3 totalling 18.81 miles

Welsh Castles Leg 2 04/06/2016 10.70

Lytham Interclub 09/06/2016 5.00

St Annes Carnival 5k 10/07/2016 3.11

Dawn Bloor Races entered = 1 totalling 3.45 miles

Handicap 26/01/2017 3.45

Dawn Lock

Races entered =

25

totalling

107.09

miles

Blackpool Interclub	06/04/2016	4.00
Handicap	28/04/2016	4.35
Handicap	26/05/2016	4.35
Aggie's Staircase	16/06/2016	4.09
Thornton Cleveleys Interclub	21/06/2016	5.00
20 Barriers	05/07/2016	5.40
Wesham Interclub A (Full course)	18/07/2016	4.60
Handicap	28/07/2016	4.35
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Chorley Inter Club	10/08/2016	4.80
Handicap (Winter route due to road works)	25/08/2016	3.45
Red Rose Interclub	07/09/2016	4.25
September Handicap	29/09/2016	4.35
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
Stanley Park 5	02/10/2016	5.00
Fairclough Five	23/10/2016	5.00
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06
Best 5k (Run For Rory)	27/11/2016	3.11
December Handicap	15/12/2016	3.45
Lancashire Champs XC (Ladies)	07/01/2017	4.00
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
Northern Cross Country (Ladies)	28/01/2017	5.00
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75

Mid Lancs XC, Leigh (Ladies)	04/03/2017	3.75
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Debbie Cooper	Races entered =	24	totalling	365.34	miles
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Blackpool Interclub	06/04/2016	4.00
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Fellsman	16/04/2016	61.00
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Todmorden Boundary	01/05/2016	22.00
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Preston Interclub	11/05/2016	4.00
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Handicap	26/05/2016	4.35
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Wadsworth Boundary	12/06/2016	21.00
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Aggie's Staircase	16/06/2016	4.09
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Thornton Cleveleys Interclub	21/06/2016	5.00
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Durham Dales	25/06/2016	31.00
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Handicap	30/06/2016	4.35
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20 Barriers	05/07/2016	5.40
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Wesham Interclub A (Full course)	18/07/2016	4.60
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Lakeland 50	30/07/2016	50.00
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Chorley Inter Club	10/08/2016	4.80
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Harrock Hill (4)	24/08/2016	5.25
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Handicap (Winter route due to road works)	25/08/2016	3.45
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High Peak 40	17/09/2016	40.00
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October Handicap	27/10/2016	3.45
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Warrington Way	12/11/2016	40.00
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David Staff Memorial Fell Race	27/11/2016	4.00
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December Handicap	15/12/2016	3.45
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Handicap	26/01/2017	3.45
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Mr Sparkle's Dark 'un	18/02/2017	5.00
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Haworth Hobble	11/03/2017	31.70
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Derek Caborn	Races entered =	3	totalling	12.80	miles
	Lytham Interclub	09/06/2016		5.00	
	Handicap	30/06/2016		4.35	
	Winter Handicap	30/03/2017		3.45	
Des Heron	Races entered =	4	totalling	13.85	miles
	Lytham Interclub	09/06/2016		5.00	
	St Annes Carnival 5k	10/07/2016		3.11	
	St Annes Carnival 1500m Fun Run	10/07/2016		0.94	
	Chorley Inter Club	10/08/2016		4.80	
Emily Hargreaves	Races entered =	4	totalling	81.40	miles
	Virgin London Marathon	24/04/2016		26.20	
	Welsh Castles Leg 5	04/06/2016		9.60	
	Zugspitze Halb	24/07/2016		13.10	
	Karwendelmarsch	27/08/2016		32.50	

Felicity Wolohan			
Races entered =		19	totalling
			187.08 miles
Schneider Electric Paris Marathon	03/04/2016		26.20
Rock 'N' Roll Liverpool Half Marathon	29/05/2016		13.10
Freckleton Half Marathon	19/06/2016		13.10
Runfest Wales 5k	25/06/2016		3.11
Penny Lane Striders 10k	26/06/2016		6.21
Forest Park Ladies 5k	06/07/2016		3.11
Windmill Half	17/07/2016		13.10
Lancaster Riverside 10m	08/08/2016		10.00
Ellesmere Port RC	17/08/2016		3.11
Green Drive Five	16/10/2016		5.00
Beachy Head 10k	29/10/2016		6.21
Conwy Half	20/11/2016		13.10
Essar Four Villages	15/01/2017		13.10
Alder Hey Halewood 5k	04/02/2017		3.11
Wrexham Village Bakery Half Marathon	19/02/2017		13.10
High Legh Robbert Moffat Memorial 10k	05/03/2017		6.21
Wrexham Marathon Festival	12/03/2017		20.00
Wilmslow Half	19/03/2017		13.10
Northern Athletics Relays (Short Leg)	25/03/2017		3.11
Fiona Geldard			
Races entered =		2	totalling
			19.31 miles
Great Newham 10k	17/07/2016		6.21
Silverstone Half Marathon	12/03/2017		13.10

Gemma Czarnota	Races entered =	2	totalling	8.00	miles
	Blackpool Interclub	06/04/2016		4.00	
	Preston Interclub	11/05/2016		4.00	
Georgina Read	Races entered =	1	totalling	3.45	miles
	October Handicap	27/10/2016		3.45	
Gerard Browne	Races entered =	10	totalling	77.36	miles
	Handicap	26/05/2016		4.35	
	Handicap	30/06/2016		4.35	
	Windmill Half	17/07/2016		13.10	
	Fleetwood Half	21/08/2016		13.10	
	Handicap (Winter route due to road works)	25/08/2016		3.45	
	West Coast Half	09/10/2016		13.10	
	Green Drive Five	16/10/2016		5.00	
	October Handicap	27/10/2016		3.45	
	Windmill 10k	13/11/2016		6.21	
	Cartmell Trail	18/03/2017		11.25	
Gill Draper	Races entered =	1	totalling	3.11	miles
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	
Gillian Oliver	Races entered =	6	totalling	21.60	miles
	Handicap (Winter route due to road works)	25/08/2016		3.45	
	September Handicap	29/09/2016		4.35	
	October Handicap	27/10/2016		3.45	
	November Handicap	24/11/2016		3.45	
	February Handicap	23/02/2017		3.45	
	Winter Handicap	30/03/2017		3.45	

Graham Webster

Races entered =

56

totalling

273.69

miles

QEOP Summer 10k	02/04/2016	6.21
Blackpool Interclub	06/04/2016	4.00
Northern Vets 3000m	13/04/2016	1.88
Northern Vets 400m	13/04/2016	0.25
Northern Vets 800m	13/04/2016	0.50
Northern Vets 1500m	13/04/2016	0.94
Handicap	28/04/2016	4.35
Northern vets 3000m	01/05/2016	1.88
Northern Vets 1500m	01/05/2016	0.94
Northern Vets 800m	01/05/2016	0.50
Blacksticks Blue	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
European Masters 10k	20/05/2016	6.21
European Masters XC	21/05/2016	2.65
European Masters	22/05/2016	13.10
Welsh Castles Leg 6	04/06/2016	10.70
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
Great Newham 10k	17/07/2016	6.21
Wesham Interclub B (Short course)	18/07/2016	3.70
Northern Vets 5000m	20/07/2016	3.11
Northern Vets 400m	20/07/2016	0.25
Northern Vets 1500m	20/07/2016	0.97

Northern Vets 800m	20/07/2016	0.50
Fireman Relays	22/07/2016	2.67
Handicap	28/07/2016	4.35
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Blackpool Airshow 10k	08/08/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Catforth Canter	13/08/2016	3.11
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
Northern Athletics Road Relays	25/09/2016	3.50
Northern Vets 10k	09/10/2016	6.21
Exeter Half Marathon	16/10/2016	13.10
World Masters Athletics XC	26/10/2016	5.00
World Masters Athletics 800m Heats	27/10/2016	0.50
World Masters Athletics 800m Final	28/10/2016	0.50
World Masters Athletics 5000m	29/10/2016	3.11
World Masters Athletics 1500m Heats	04/11/2016	0.94
World Masters Athletics 1500m Final	05/11/2016	0.94
World Masters Athletics Half Marathon	06/11/2016	13.10
World Masters Athletics 4x400m Relay	06/11/2016	0.25
November Handicap	24/11/2016	3.45
British Athletics Cross Challenge (Men)	26/11/2016	6.12
Handicap	26/01/2017	3.45

Northern Cross Country (Men)	28/01/2017	7.50
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
February Handicap	23/02/2017	3.45
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Silverstone Half Marathon	12/03/2017	13.10
Trimpell 20	19/03/2017	20.00
Northern Athletics Relays (Long Leg)	25/03/2017	5.85

Graham Young Races entered = 1 totalling 6.21 miles

Windmill 10k	13/11/2016	6.21
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Greg Oulton	Races entered =	52	totalling	285.14	miles
Pendle Hill			02/04/2016		4.60
Blackpool Interclub			06/04/2016		4.00
Lakeland Trails Hawkshead 17k			16/04/2016		10.90
Bolton 10k			24/04/2016		6.21
Handicap			28/04/2016		4.35
Wray Caton Moor			02/05/2016		6.24
Pinhaw			06/05/2016		5.11
Blacksticks Blue			08/05/2016		6.21
Preston Interclub			11/05/2016		4.00
European Masters 10k			20/05/2016		6.21
European Masters XC			21/05/2016		2.65
Handicap			26/05/2016		4.35
Paddy's Pole			07/06/2016		3.77
Knowl Hill			12/06/2016		6.03
Aggie's Staircase			16/06/2016		4.09
Freckleton Half Marathon			19/06/2016		13.10
Harrock Hill			22/06/2016		5.25
Handicap			30/06/2016		4.35
Trawden 7			03/07/2016		7.00
20 Barriers			05/07/2016		5.40
Tockholes Evening			07/07/2016		5.60
Bull Hill			14/07/2016		5.00
Warton Crag			16/07/2016		5.80
Wesham Interclub A (Full course)			18/07/2016		4.60
Harrock Hill			21/07/2016		5.25
Towneley Park 10k			24/07/2016		6.21

Handicap	28/07/2016	4.35
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Badger Run	04/08/2016	6.21
Blackpool Airshow 10k	08/08/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Catforth Canter	13/08/2016	3.11
Lowther Lakeland Trail	14/08/2016	13.10
Darwen Gala Catherine Dowdell Memorial	20/08/2016	4.75
Harrock Hill (4)	24/08/2016	5.25
Handicap (Winter route due to road works)	25/08/2016	3.45
Chipping Show	27/08/2016	7.75
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
September Handicap	29/09/2016	4.35
Mid Lancs XC - Astley Park (Men)	01/10/2016	6.19
World Masters Athletics XC	26/10/2016	5.00
World Masters Athletics Half Marathon	06/11/2016	13.10
November Handicap	24/11/2016	3.45
British Athletics Cross Challenge (Men)	26/11/2016	6.12
December Handicap	15/12/2016	3.45
Cheeky Santa Dash	17/12/2016	3.11
Handicap	26/01/2017	3.45
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Mr Sparkle's Dark 'un	18/02/2017	5.00



February Handicap	23/02/2017	3.45
Winter Handicap	30/03/2017	3.45

Hannah McCandless Races entered = 13 totalling 58.84 miles

Handicap	28/04/2016	4.35
Preston Interclub	11/05/2016	4.00
Lytham Interclub	09/06/2016	5.00
Aggie's Staircase	16/06/2016	4.09
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
Tockholes Evening	07/07/2016	5.60
Caldervale Supper Run	14/07/2016	4.00
Wesham Interclub A (Full course)	18/07/2016	4.60
Harrock Hill	21/07/2016	5.25
Handicap	28/07/2016	4.35
Chorley Inter Club	10/08/2016	4.80
Handicap (Winter route due to road works)	25/08/2016	3.45

Ian Tate	Races entered =	13	totalling	91.27	miles
	Blackpool Interclub	06/04/2016		4.00	
	Valiants Half Marathon	17/04/2016		13.10	
	Welsh Castles Leg 8	04/06/2016		10.80	
	Lytham Interclub	09/06/2016		5.00	
	Freckleton Half Marathon	19/06/2016		13.10	
	Thornton Cleveleys Interclub	21/06/2016		5.00	
	Caldervale Supper Run	14/07/2016		4.00	
	Wesham Interclub A (Full course)	18/07/2016		4.60	
	Birchwood 10k	21/08/2016		6.21	
	Red Rose Interclub	07/09/2016		4.25	
	English Half Marathon	18/09/2016		13.10	
	Warrington RC 5 Mile	28/01/2017		5.00	
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	

Jacqui Murray	Races entered =	3	totalling	29.30	miles
	Handicap	26/01/2017		3.45	
	Trimpell 20	19/03/2017		20.00	
	Northern Athletics Relays (Long Leg)	25/03/2017		5.85	

Jeremy McCandless Races entered = 19 totalling 77.59 miles

Blackpool Interclub	06/04/2016	4.00
Handicap	28/04/2016	4.35
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Lytham Interclub	09/06/2016	5.00
Aggie's Staircase	16/06/2016	4.09
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
Caldervale Supper Run	14/07/2016	4.00
Handicap	28/07/2016	4.35
Chorley Inter Club	10/08/2016	4.80
Handicap (Winter route due to road works)	25/08/2016	3.45
Red Rose Interclub	07/09/2016	4.25
September Handicap	29/09/2016	4.35
October Handicap	27/10/2016	3.45
November Handicap	24/11/2016	3.45
December Handicap	15/12/2016	3.45
February Handicap	23/02/2017	3.45
Winter Handicap	30/03/2017	3.45

Jim Whitworth

Races entered =

6

totalling

23.33

miles

St Annes Carnival 5k

10/07/2016

3.11

Bernard and Evelyn's 80th Birthday  
Bash

31/07/2016

5.00

Great Eccleston Scout Fast Four

28/08/2016

4.00

Stanley Park 5

02/10/2016

5.00

Catforth Canter

13/11/2016

3.11

Best 5k (Run For Rory)

27/11/2016

3.11

Jo Goorney

Races entered =

28

totalling

146.29

miles

Pendle Hill	02/04/2016	4.60
Blackpool Interclub	06/04/2016	4.00
Mid Lancs League 800m	30/04/2016	0.50
Mid Lancs League 1500m	30/04/2016	0.94
Mid Lancs League 3000m	30/04/2016	1.88
Up The Nab	07/05/2016	4.00
Preston Interclub	11/05/2016	4.00
Harrock Hill	25/05/2016	5.25
Hutton Roof Crag	28/05/2016	7.00
Welsh Castles Leg 20	05/06/2016	10.70
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
20 Barriers	05/07/2016	5.40
Wesham Interclub B (Short course)	18/07/2016	3.70
Lancaster	20/07/2016	6.21
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Blackpool Airshow 10k	08/08/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
Withins Skyline	09/10/2016	7.50
Fairclough Five	23/10/2016	5.00
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06
Hoad Hill Harriers Christmas Pudding 10k	04/12/2016	6.21

Lancashire Champs XC (Ladies)	07/01/2017	4.00
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
Mid Lancs XC, Leigh (Ladies)	04/03/2017	3.75
Long Mynd Valleys	25/03/2017	11.50

Joe Greenwood

Races entered =

30

totalling

200.66

miles

Blackpool Interclub	06/04/2016	4.00
Blackpool Half Marathon	24/04/2016	13.10
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Welsh Castles Leg 14	05/06/2016	10.80
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
Tockholes Evening	07/07/2016	5.60
Bull Hill	14/07/2016	5.00
Handicap	28/07/2016	4.35
Blackpool Airshow 10k	08/08/2016	6.21
Harrock Hill (4)	24/08/2016	5.25
Handicap (Winter route due to road works)	25/08/2016	3.45
Red Rose Interclub	07/09/2016	4.25
West Coast Half	09/10/2016	13.10
October Handicap	27/10/2016	3.45
Catforth Canter	13/11/2016	3.11
Preston Harriers' Ten Miler	20/11/2016	10.00
November Handicap	24/11/2016	3.45
British Athletics Cross Challenge (Men)	26/11/2016	6.12
Lancashire Championships XC (Men)	07/01/2017	5.45
Mid Lancs XC, Burnley (Men)	14/01/2017	6.10
Inskip Half	21/01/2017	13.10

St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Great North West Half Marathon	19/02/2017	13.10
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Winter Handicap	30/03/2017	3.45

John Bertenshaw Races entered = 13 totalling 126.47 miles

Blackpool Interclub	06/04/2016	4.00
Cheshire 10k	10/04/2016	6.21
Valiants Half Marathon	17/04/2016	13.10
Brathay Windermere Marathon	22/05/2016	26.20
Lytham Interclub	09/06/2016	5.00
Thornton Cleveleys Interclub	21/06/2016	5.00
Chorley Inter Club	10/08/2016	4.80
Red Rose Interclub	07/09/2016	4.25
Berlin Marathon	25/09/2016	26.20
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
Arley Hall 10k	12/11/2016	6.21
Garstang 10k	08/01/2017	6.21
Wrexham Village Bakery Half Marathon	19/02/2017	13.10

John Wild Races entered = 3 totalling 63.30 miles

Lakeland Trails Hawkshead 17k	16/04/2016	10.90
Lakeland Trails Coniston Marathon	06/06/2016	26.20
Chester Marathon	02/10/2016	26.20



Julia Rolfe

Races entered =

27

totalling

134.40

miles

Pendle Hill	02/04/2016	4.60
Blackpool Interclub	06/04/2016	4.00
Bolton 10k	24/04/2016	6.21
Preston Interclub	11/05/2016	4.00
Aggie's Staircase	16/06/2016	4.09
Thornton Cleveleys Interclub	21/06/2016	5.00
Harrock Hill	22/06/2016	5.25
Wesham Interclub A (Full course)	18/07/2016	4.60
Harrock Hill	21/07/2016	5.25
Handicap	28/07/2016	4.35
Lancaster 5k	30/07/2016	3.11
Badger Run	04/08/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Darwen Gala Catherine Dowdell Memorial	20/08/2016	4.75
Handicap (Winter route due to road works)	25/08/2016	3.45
Great Birmingham Race	16/10/2016	13.10
October Handicap	27/10/2016	3.45
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
Catforth Canter	13/11/2016	3.11
November Handicap	24/11/2016	3.45
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06
Stockport 10	04/12/2016	10.00
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75

Stanley Park 10k (Saturday)	25/02/2017	6.21
Mid Lancs XC, Leigh (Ladies)	04/03/2017	3.75
Roddlesworth Roller	12/03/2017	5.75

Julie Oldrid Races entered = 3 totalling 11.90 miles

Handicap (Winter route due to road works)	25/08/2016	3.45
Green Drive Five	16/10/2016	5.00
October Handicap	27/10/2016	3.45

Justin Allitt Races entered = 9 totalling 49.51 miles

Blackpool Interclub	06/04/2016	4.00
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Wesham Interclub B (Short course)	18/07/2016	3.70
Handicap	28/07/2016	4.35
Chorley Inter Club	10/08/2016	4.80
Wesham 10k	26/11/2016	6.21

Karen Lanigan	Races entered =	10	totalling	41.25	miles
	Blackpool Interclub	06/04/2016		4.00	
	Handicap	28/04/2016		4.35	
	Handicap	26/05/2016		4.35	
	20 Barriers	05/07/2016		5.40	
	Handicap (Winter route due to road works)	25/08/2016		3.45	
	September Handicap	29/09/2016		4.35	
	Green Drive Five	16/10/2016		5.00	
	October Handicap	27/10/2016		3.45	
	December Handicap	15/12/2016		3.45	
	Winter Handicap	30/03/2017		3.45	

Kathy Gaunt	Races entered =	5	totalling	29.32	miles
	October Handicap	27/10/2016		3.45	
	Windmill 10k	13/11/2016		6.21	
	December Handicap	15/12/2016		3.45	
	St Annes 10 Miler	29/01/2017		10.00	
	Stanley Park 10k (Sunday)	26/02/2017		6.21	

Kirsten Burnett

Races entered =

20

totalling

128.97

miles

Handicap (Winter route due to road works)	25/08/2016	3.45
Great North Run	11/09/2016	13.10
September Handicap	29/09/2016	4.35
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
West Coast Half	09/10/2016	13.10
Green Drive Five	16/10/2016	5.00
October Handicap	27/10/2016	3.45
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45
Wesham 10k	26/11/2016	6.21
December Handicap	15/12/2016	3.45
Worden Park Boxing Day 10k	26/12/2016	6.21
Lancashire Champs XC (Ladies)	07/01/2017	4.00
Inskip Half	21/01/2017	13.10
Handicap	26/01/2017	3.45
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75
Great North West Half Marathon	19/02/2017	13.10
Stanley Park 10k (Saturday)	25/02/2017	6.21

Laura Byrne	Races entered =	11	totalling	75.88	miles
	October Handicap	27/10/2016		3.45	
	Windmill 10k	13/11/2016		6.21	
	November Handicap	24/11/2016		3.45	
	Wesham 10k	26/11/2016		6.21	
	December Handicap	15/12/2016		3.45	
	Handicap	26/01/2017		3.45	
	St Annes 10 Miler	29/01/2017		10.00	
	Great North West Half Marathon	19/02/2017		13.10	
	Trimpell 20	19/03/2017		20.00	
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	
	Winter Handicap	30/03/2017		3.45	
Layla Foley	Races entered =	1	totalling	3.75	miles
	Mid Lancs XC, Rossall School (Ladies)	11/02/2017		3.75	
Lee Morrison	Races entered =	2	totalling	6.56	miles
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	
	Winter Handicap	30/03/2017		3.45	
Liz Boon	Races entered =	1	totalling	26.20	miles
	Lakeland Trails Coniston Marathon	06/06/2016		26.20	

Lorna Cragg	Races entered =	5	totalling	26.74	miles
	Lytham Interclub	09/06/2016		5.00	
	Run Preston 10k	25/09/2016		6.21	
	Garstang 10k	08/01/2017		6.21	
	Stanley Park 10k (Saturday)	25/02/2017		6.21	
	Heaton Park 5k	12/03/2017		3.11	
Louisa Denye	Races entered =	8	totalling	40.34	miles
	Northern Counties Road Relays	10/09/2016		4.30	
	Mid Lancs XC -Astley Park (Ladies)	01/10/2016		3.88	
	Green Drive Five	16/10/2016		5.00	
	Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016		3.50	
	Preston Harriers' Ten Miler	20/11/2016		10.00	
	British Athletics Cross Challenge (Ladies)	26/11/2016		5.06	
	Rudolph's Red Nose Race	24/12/2016		5.00	
	Mid Lancs XC, Burnley (Ladies)	14/01/2017		3.60	
Louise Charnock	Races entered =	1	totalling	3.11	miles
	Fleetwood Triathlon	25/09/2016		3.11	
Louise De-Gier Flood	Races entered =	4	totalling	46.55	miles
	Handicap	26/01/2017		3.45	
	St Annes 10 Miler	29/01/2017		10.00	
	Great North West Half Marathon	19/02/2017		13.10	
	Trimpell 20	19/03/2017		20.00	
Maria Tierney	Races entered =	1	totalling	3.11	miles
	St Annes Carnival 5k	10/07/2016		3.11	

Mark Selby

Races entered =

9

totalling

61.80

miles

Handicap	28/04/2016	4.35
Handicap	26/05/2016	4.35
Edinburgh Festival Marathon	29/05/2016	26.20
Thornton Cleveleys Interclub	21/06/2016	5.00
St Annes Carnival 5k	10/07/2016	3.11
Wesham Interclub B (Short course)	18/07/2016	3.70
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
Lancashire Championships XC (Men)	07/01/2017	5.45
Winter Handicap	30/03/2017	3.45

Mel Koth	Races entered =	36	totalling	291.62	miles
Darwen Heritage Half Marathon		03/04/2016		13.10	
Blackpool Interclub		06/04/2016		4.00	
Virgin London Marathon		24/04/2016		26.20	
Preston Interclub		11/05/2016		4.00	
Great Manchester Run		22/05/2016		6.21	
Cuerden Valley Badger Trail 10k		02/06/2016		6.21	
Welsh Castles Leg 12		05/06/2016		11.20	
Lytham Interclub		09/06/2016		5.00	
Thornton Cleveleys Interclub		21/06/2016		5.00	
Preston Tri		20/07/2016		13.10	
Bernard and Evelyn's 80th Birthday Bash		31/07/2016		5.00	
Badger Run		04/08/2016		6.21	
Chorley Inter Club		10/08/2016		4.80	
British Triathlon, Liverpool		14/08/2016		6.21	
Wirral Triathlon		27/08/2016		3.11	
Lakeland Trails Derwent Water 15k		03/09/2016		9.38	
Red Rose Interclub		07/09/2016		4.25	
Northern Counties Road Relays		10/09/2016		4.30	
Montane Delamere Trail 13		11/09/2016		13.10	
Yarrow River Splash 10k		18/09/2016		6.21	
Coniston Trail Challenge		01/10/2016		9.38	
Mid Lancs XC - Cuerden Park (Ladies)		29/10/2016		3.50	
Helvellyn Trail		05/11/2016		9.38	
Tatton Park Half		20/11/2016		13.10	
Longridge Pudding Race		11/12/2016		7.00	



Worden Park Boxing Day 10k	26/12/2016	6.21
Lancashire Champs XC (Ladies)	07/01/2017	4.00
Central Lancs Half	08/01/2017	13.10
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
Inskip Half	21/01/2017	13.10
Blackburn Winter Warmer	05/02/2017	6.21
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75
Great North West Half Marathon	19/02/2017	13.10
Mid Lancs XC, Leigh (Ladies)	04/03/2017	3.75
Trimpell 20	19/03/2017	20.00
Northern Athletics Relays (Long Leg)	25/03/2017	5.85

Michelle Hook Races entered = 21 totalling 149.89 miles

Handicap	28/04/2016	4.35
Beaverbrooks Fun Run	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Blackpool Promenade 10	28/05/2016	10.00
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Blackpool Summer 10k	10/07/2016	6.21
Windmill Half	17/07/2016	13.10
Handicap	28/07/2016	4.35
Illuminations 10k	27/08/2016	6.21
Red Rose Interclub	07/09/2016	4.25
English Half Marathon	18/09/2016	13.10
Run Preston 10k	25/09/2016	6.21
Run Preston 5k	25/09/2016	3.11
Catforth Canter	13/11/2016	3.11
Preston Harriers' Ten Miler	20/11/2016	10.00
Garstang 10k	08/01/2017	6.21
Lancaster 315 Winter 10k Series	14/01/2017	6.21
Stanley Park 10k (Sunday)	26/02/2017	6.21
Wilmslow Half	19/03/2017	13.10
Northern Athletics Relays (Long Leg)	25/03/2017	5.85

Michelle Sheridan	Races entered =	4	totalling	39.66	miles
	Handicap		26/01/2017		3.45
	St Annes 10 Miler		29/01/2017		10.00
	Stanley Park 10k (Sunday)		26/02/2017		6.21
	Trimpell 20		19/03/2017		20.00

Mike Toft	Races entered =	3	totalling	32.06	miles
	Mid Lancs XC, Leigh (Men)		04/03/2017		6.21
	Trimpell 20		19/03/2017		20.00
	Northern Athletics Relays (Long Leg)		25/03/2017		5.85

Natalie Toft	Races entered =	1	totalling	13.10	miles
	Great North West Half Marathon		19/02/2017		13.10

Neil Baynton-Roberts	Races entered =	1	totalling	6.21	miles
	Wesham 10k		26/11/2016		6.21

Neil Tate	Races entered =	41	totalling	287.26	miles
Blackpool Interclub			06/04/2016		4.00
Virgin London Marathon			24/04/2016		26.20
Handicap			28/04/2016		4.35
Blacksticks Blue			08/05/2016		6.21
Preston Interclub			11/05/2016		4.00
Handicap			26/05/2016		4.35
Welsh Castles Leg 7			04/06/2016		9.50
Lytham Interclub			09/06/2016		5.00
Freckleton Half Marathon			19/06/2016		13.10
Thornton Cleveleys Interclub			21/06/2016		5.00
Handicap			30/06/2016		4.35
20 Barriers			05/07/2016		5.40
St Annes Carnival 5k			10/07/2016		3.11
Caldervale Supper Run			14/07/2016		4.00
Windmill Half			17/07/2016		13.10
Wesham Interclub A (Full course)			18/07/2016		4.60
Bernard and Evelyn's 80th Birthday Bash			31/07/2016		5.00
Handicap (Winter route due to road works)			25/08/2016		3.45
Northern Counties Road Relays			10/09/2016		4.30
Northern Athletics Road Relays			25/09/2016		3.50
September Handicap			29/09/2016		4.35
Mid Lancs XC - Astley Park (Men)			01/10/2016		6.19
West Coast Half			09/10/2016		13.10
Green Drive Five			16/10/2016		5.00
Fairclough Five			23/10/2016		5.00

October Handicap	27/10/2016	3.45
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45
British Athletics Cross Challenge (Men)	26/11/2016	6.12
Ribble Valley	27/12/2016	6.21
Lancashire Championships XC (Men)	07/01/2017	5.45
Central Lancs Half	08/01/2017	13.10
Mid Lancs XC, Burnley (Men)	14/01/2017	6.10
Handicap	26/01/2017	3.45
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Great North West Half Marathon	19/02/2017	13.10
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Trimpell 20	19/03/2017	20.00
Northern Athletics Relays (Long Leg)	25/03/2017	5.85

Nigel Simpkin

Races entered =

6

totalling

41.19

miles

Blackpool Interclub	06/04/2016	4.00
Plusnet Yorkshire Half Marathon	10/04/2016	13.10
Preston Interclub	11/05/2016	4.00
Welsh Castles Leg 1	04/06/2016	9.10
Chorley Inter Club	10/08/2016	4.80
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19

Olivia Johnson-Allen

Races entered =

10

totalling

88.64

miles

Virgin London Marathon	24/04/2016	26.20
Rock 'N' Roll Liverpool Half Marathon	29/05/2016	13.10
Lytham Interclub	09/06/2016	5.00
JWK Solicitors Morecambe Half Marathon	26/06/2016	13.10
Run Preston 5k	25/09/2016	3.11
Windmill 10k	13/11/2016	6.21
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75
Northern Athletics Relays (Short Leg)	25/03/2017	3.11

Pam Binns

Races entered =

16

totalling

123.08

miles

Handicap	28/04/2016	4.35
Rock 'N' Roll Liverpool Marathon	29/05/2016	26.20
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
Wesham Interclub A (Full course)	18/07/2016	4.60
Handicap	28/07/2016	4.35
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Chorley Inter Club	10/08/2016	4.80
Handicap (Winter route due to road works)	25/08/2016	3.45
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
Manchester Half Marathon	16/10/2016	13.10
Guy's Court 10	04/12/2016	10.00
December Handicap	15/12/2016	3.45
Handicap	26/01/2017	3.45
Brighton Half Marathon	26/02/2017	13.10
Coniston 14	25/03/2017	14.00

Pam Hardman	Races entered =	23	totalling	146.46	miles
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Blacksticks Blue	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Welsh Castles Leg 19	05/06/2016	7.70
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Harrock Hill	22/06/2016	5.25
St Annes Carnival 5k	10/07/2016	3.11
Caldervale Supper Run	14/07/2016	4.00
Warton Crag	16/07/2016	5.80
Wesham Interclub A (Full course)	18/07/2016	4.60
Handicap	28/07/2016	4.35
Darwen Gala Catherine Dowdell Memorial	20/08/2016	4.75
Harrock Hill (4)	24/08/2016	5.25
Fleetwood Triathlon	25/09/2016	3.11
Mid Lancs XC -Astley Park (Ladies)	01/10/2016	3.88
Fairclough Five	23/10/2016	5.00
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
Derwentwater 10	06/11/2016	10.00
Conwy Half	20/11/2016	13.10
Longridge Pudding Race	11/12/2016	7.00
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75
Coniston 14	25/03/2017	14.00



Pat Bullen

Races entered =

11

totalling

61.98

miles

Chorley Inter Club	10/08/2016	4.80
Handicap (Winter route due to road works)	25/08/2016	3.45
Red Rose Interclub	07/09/2016	4.25
September Handicap	29/09/2016	4.35
Chester Metric Marathon	02/10/2016	16.37
Green Drive Five	16/10/2016	5.00
October Handicap	27/10/2016	3.45
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Leigh (Ladies)	04/03/2017	3.75
Northern Athletics Relays (Short Leg)	25/03/2017	3.11
Winter Handicap	30/03/2017	3.45

Paul Veevers	Races entered =	12	totalling	70.09	miles
	Mid Lancs XC - Astley Park (Men)	01/10/2016		6.19	
	Green Drive Five	16/10/2016		5.00	
	Mid Lancs XC - Cuerden Park (Men)	29/10/2016		6.19	
	Windmill 10k	13/11/2016		6.21	
	Longridge Pudding Race	11/12/2016		7.00	
	Ribble Valley	27/12/2016		6.21	
	Lancashire Championships XC (Men)	07/01/2017		5.45	
	Garstang 10k	08/01/2017		6.21	
	Mid Lancs XC, Burnley (Men)	14/01/2017		6.10	
	Mid Lancs XC, Rossall School (Men)	11/02/2017		6.21	
	Mid Lancs XC, Leigh (Men)	04/03/2017		6.21	
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	
Paula McCandless	Races entered =	2	totalling	7.80	miles
	September Handicap	29/09/2016		4.35	
	October Handicap	27/10/2016		3.45	
Peter Reid	Races entered =	5	totalling	26.56	miles
	Handicap	26/01/2017		3.45	
	St Annes 10 Miler	29/01/2017		10.00	
	February Handicap	23/02/2017		3.45	
	Stanley Park 10k (Sunday)	26/02/2017		6.21	
	Winter Handicap	30/03/2017		3.45	
Rachael Crowe	Races entered =	1	totalling	13.10	miles
	Southport Half Marathon	03/07/2016		13.10	

Rachael Wignall Races entered = 10 totalling 80.19 miles

Mid Lancs League 100m	02/04/2016	0.06
Blackpool Interclub	06/04/2016	4.00
Virgin London Marathon	24/04/2016	26.20
Handicap	28/04/2016	4.35
Beaverbrooks Fun Run	08/05/2016	6.21
Thornton Cleveleys Interclub	21/06/2016	5.00
St Annes Carnival 5k	10/07/2016	3.11
Windmill Half	17/07/2016	13.10
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06
Great North West Half Marathon	19/02/2017	13.10

Richard Storey

Races entered =

21

totalling

125.64

miles

Handicap	28/04/2016	4.35
Blacksticks Blue	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Welsh Castles Leg 18	05/06/2016	9.10
Thornton Cleveleys Interclub	21/06/2016	5.00
Catforth Canter	02/07/2016	3.11
20 Barriers	05/07/2016	5.40
Caldervale Supper Run	14/07/2016	4.00
Wesham Interclub A (Full course)	18/07/2016	4.60
Handicap	28/07/2016	4.35
Catforth Canter	13/08/2016	3.11
City of Salford 10k	04/09/2016	6.21
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
September Handicap	29/09/2016	4.35
West Coast Half	09/10/2016	13.10
Tatton Park Half	20/11/2016	13.10
Guy's Court 10	04/12/2016	10.00
Longridge Pudding Race	11/12/2016	7.00
Roddlesworth Roller	12/03/2017	5.75

Robert Parker

Races entered =

7

totalling

36.56

miles

October Handicap	27/10/2016	3.45
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45
December Handicap	15/12/2016	3.45
Handicap	26/01/2017	3.45
Great North West Half Marathon	19/02/2017	13.10
Winter Handicap	30/03/2017	3.45

Ross McKelvie

Races entered =

21

totalling

121.87

miles

Blackpool Interclub	06/04/2016	4.00
Blackpool Half Marathon	24/04/2016	13.10
Handicap	28/04/2016	4.35
Preston Interclub	11/05/2016	4.00
Blackpool Beach 10k	15/05/2016	6.21
Blackpool Promenade 10	28/05/2016	10.00
St Annes Carnival 5k	10/07/2016	3.11
Blackpool Airshow 10k	08/08/2016	6.21
Quiaing 10k, Isle of Skye	20/08/2016	6.21
Illuminations 5k	27/08/2016	3.11
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
Mid Lancs XC - Astley Park (Men)	01/10/2016	6.19
Great Scottish Run	02/10/2016	6.21
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
November Handicap	24/11/2016	3.45
Lancashire Championships XC (Men)	07/01/2017	5.45
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Northern Athletics Relays (Short Leg)	25/03/2017	3.11

Roy Stevens

Races entered =

17

totalling

171.39

miles

Blackpool Interclub	06/04/2016	4.00
Fleetwood 10k	10/04/2016	6.21
Preston Interclub	11/05/2016	4.00
St Annes Carnival 5k	10/07/2016	3.11
Windmill Half	17/07/2016	13.10
Handicap	28/07/2016	4.35
Chorley Inter Club	10/08/2016	4.80
Fleetwood Half	21/08/2016	13.10
Handicap (Winter route due to road works)	25/08/2016	3.45
Lancaster 20	04/09/2016	20.00
Red Rose Interclub	07/09/2016	4.25
Rochdale Half Marathon	25/09/2016	13.10
Dublin Marathon	30/10/2016	26.20
Windmill 10k	13/11/2016	6.21
Wesham 10k	26/11/2016	6.21
Great North West Half Marathon	19/02/2017	13.10
Vodafone Malta Marathon	05/03/2017	26.20

Russ Chew	Races entered =	9	totalling	35.73	miles
	Northern Vets 200m	01/05/2016		0.13	
	Northern Vets 800m	01/05/2016		0.50	
	Northern Vets 400m	01/05/2016		0.25	
	Rock 'N' Roll Liverpool 5k	28/05/2016		3.11	
	Central Lancs 5k	19/02/2017		3.11	
	Trafford 10k	05/03/2017		6.21	
	Heaton Park 5k	12/03/2017		3.11	
	Wilmslow Half	19/03/2017		13.10	
	Arley Hall 10k	26/03/2017		6.21	
Ruth Bye	Races entered =	4	totalling	19.78	miles
	Red Rose Interclub	07/09/2016		4.25	
	Wesham 10k	26/11/2016		6.21	
	Stanley Park 10k (Saturday)	25/02/2017		6.21	
	Northern Athletics Relays (Short Leg)	25/03/2017		3.11	
Ruth Wheatley	Races entered =	7	totalling	91.92	miles
	Virgin London Marathon	24/04/2016		26.20	
	Rock 'N' Roll Liverpool Half Marathon	29/05/2016		13.10	
	Windmill 10k	13/11/2016		6.21	
	Conwy Half	20/11/2016		13.10	
	Wesham 10k	26/11/2016		6.21	
	Barcelona Half Marathon	05/02/2017		13.10	
	Coniston 14	25/03/2017		14.00	



Sarah Ashton	Races entered =	2	totalling	7.71	miles
	Wesham Interclub A (Full course)	18/07/2016		4.60	
	Fleetwood Triathlon	25/09/2016		3.11	
Sarah Bagshaw	Races entered =	17	totalling	80.13	miles
	Wesham Interclub A (Full course)	18/07/2016		4.60	
	Handicap	28/07/2016		4.35	
	Chorley Inter Club	10/08/2016		4.80	
	Handicap (Winter route due to road works)	25/08/2016		3.45	
	Red Rose Interclub	07/09/2016		4.25	
	September Handicap	29/09/2016		4.35	
	Green Drive Five	16/10/2016		5.00	
	October Handicap	27/10/2016		3.45	
	Windmill 10k	13/11/2016		6.21	
	November Handicap	24/11/2016		3.45	
	Wesham 10k	26/11/2016		6.21	
	December Handicap	15/12/2016		3.45	
	Handicap	26/01/2017		3.45	
	St Annes 10 Miler	29/01/2017		10.00	
	February Handicap	23/02/2017		3.45	
	Stanley Park 10k (Saturday)	25/02/2017		6.21	
	Winter Handicap	30/03/2017		3.45	

Sarah Bradshaw	Races entered =	10	totalling	46.03	miles
	Handicap (Winter route due to road works)	25/08/2016		3.45	
	Red Rose Interclub	07/09/2016		4.25	
	September Handicap	29/09/2016		4.35	
	Green Drive Five	16/10/2016		5.00	
	Windmill 10k	13/11/2016		6.21	
	Wesham 10k	26/11/2016		6.21	
	December Handicap	15/12/2016		3.45	
	Handicap	26/01/2017		3.45	
	February Handicap	23/02/2017		3.45	
	Stanley Park 10k (Saturday)	25/02/2017		6.21	

Simon Denye	Races entered =	5	totalling	49.31	miles
	Wilmslow Half Marathon	03/04/2016		13.10	
	Valiants Half Marathon	17/04/2016		13.10	
	Preston Harriers' Ten Miler	20/11/2016		10.00	
	St Annes 10 Miler	29/01/2017		10.00	
	Fastrax 5k	12/03/2017		3.11	

Steve Ashton	Races entered =	6	totalling	60.91	miles
	Blackpool Interclub	06/04/2016		4.00	
	Rivington Pike 10m Trail	24/04/2016		10.00	
	Blacksticks Blue	08/05/2016		6.21	
	Preston Interclub	11/05/2016		4.00	
	Welsh Castles Leg 13	05/06/2016		10.60	
	Ironman UK	17/07/2016		26.10	

Steve Hargreaves	Races entered =	2	totalling	38.50	miles
	Virgin London Marathon		24/04/2016		26.20
	Welsh Castles Leg 11		05/06/2016		12.30
Steve Quarmby	Races entered =	2	totalling	8.11	miles
	St Annes Carnival 5k		10/07/2016		3.11
	Green Drive Five		16/10/2016		5.00
Steve Tate	Races entered =	8	totalling	30.86	miles
	Handicap		30/06/2016		4.35
	St Annes Carnival 5k		10/07/2016		3.11
	Wesham Interclub A (Full course)		18/07/2016		4.60
	Green Drive Five		16/10/2016		5.00
	November Handicap		24/11/2016		3.45
	December Handicap		15/12/2016		3.45
	Handicap		26/01/2017		3.45
	Winter Handicap		30/03/2017		3.45
Stuart Henderson	Races entered =	1	totalling	13.10	miles
	Great North West Half Marathon		19/02/2017		13.10

Sue Hawitt

Races entered =

30

totalling

194.97

miles

Blackpool Interclub	06/04/2016	4.00
Fleetwood 10k	10/04/2016	6.21
Handicap	28/04/2016	4.35
Blacksticks Blue	08/05/2016	6.21
Preston Interclub	11/05/2016	4.00
Handicap	26/05/2016	4.35
Catforth Canter	28/05/2016	3.11
Welsh Castles Leg 17	05/06/2016	9.20
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Thornton Cleveleys Interclub	21/06/2016	5.00
Harrock Hill	22/06/2016	5.25
Handicap	30/06/2016	4.35
20 Barriers	05/07/2016	5.40
St Annes Carnival 5k	10/07/2016	3.11
Caldervale Supper Run	14/07/2016	4.00
Windmill Half	17/07/2016	13.10
Handicap	28/07/2016	4.35
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Lancaster 20	04/09/2016	20.00
Chester Marathon	02/10/2016	26.20
October Handicap	27/10/2016	3.45
Windmill 10k	13/11/2016	6.21
November Handicap	24/11/2016	3.45
Best 5k (Run For Rory)	27/11/2016	3.11

Handicap	26/01/2017	3.45
St Annes 10 Miler	29/01/2017	10.00
February Handicap	23/02/2017	3.45
Northern Athletics Relays (Short Leg)	25/03/2017	3.11
Winter Handicap	30/03/2017	3.45

Sylvia Gittins

Races entered =

22

totalling

153.08

miles

Handicap	28/04/2016	4.35
Blacksticks Blue	08/05/2016	6.21
Handicap	26/05/2016	4.35
Blackpool Promenade 10	28/05/2016	10.00
Thornton Cleveleys Interclub	21/06/2016	5.00
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00
Handicap (Winter route due to road works)	25/08/2016	3.45
Northern Counties Road Relays	10/09/2016	4.30
Mid Lancs XC - Cuerden Park (Ladies)	29/10/2016	3.50
Conwy Half	20/11/2016	13.10
British Athletics Cross Challenge (Ladies)	26/11/2016	5.06
Guy's Court 10	04/12/2016	10.00
Longridge Pudding Race	11/12/2016	7.00
Cabbage Patch 4	26/12/2016	4.00
Lancashire Champs XC (Ladies)	07/01/2017	4.00
Mid Lancs XC, Burnley (Ladies)	14/01/2017	3.60
Inskip Half	21/01/2017	13.10
St Annes 10 Miler	29/01/2017	10.00
Blackburn Winter Warmer	05/02/2017	6.21
Mid Lancs XC, Rossall School (Ladies)	11/02/2017	3.75
Eastbourne Half Marathon	05/03/2017	13.10
Coniston 14	25/03/2017	14.00

Terry Hellings

Races entered =

24

totalling

114.30

miles

Blackpool Interclub	06/04/2016	4.00
Northern Vets 800m	01/05/2016	0.50
Northern Vets 400m	01/05/2016	0.25
Northern Vets 1500m	01/05/2016	0.94
Northern vets 3000m	01/05/2016	1.88
Preston Interclub	11/05/2016	4.00
Welsh Castles Leg 3	04/06/2016	12.30
Lytham Interclub	09/06/2016	5.00
Thornton Cleveleys Interclub	21/06/2016	5.00
Harrock Hill	22/06/2016	5.25
Great Newham 10k	17/07/2016	6.21
Chorley Inter Club	10/08/2016	4.80
Harrock Hill (4)	24/08/2016	5.25
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
Northern Athletics Road Relays	25/09/2016	3.50
Mid Lancs XC - Astley Park (Men)	01/10/2016	6.19
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
British Athletics Cross Challenge (Men)	26/11/2016	6.12
Lancashire Championships XC (Men)	07/01/2017	5.45
Mid Lancs XC, Burnley (Men)	14/01/2017	6.10
Northern Cross Country (Men)	28/01/2017	7.50
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Northern Athletics Relays (Short Leg)	25/03/2017	3.11

Tom Howarth

Races entered =

41

totalling

309.07

miles

Blackpool Interclub	06/04/2016	4.00
Cheshire 10k	10/04/2016	6.21
Valiants Half Marathon	17/04/2016	13.10
Handicap	28/04/2016	4.35
Preston Interclub	11/05/2016	4.00
Brathay Windermere Marathon	22/05/2016	26.20
Handicap	26/05/2016	4.35
Welsh Castles Leg 10	04/06/2016	13.10
Lytham Interclub	09/06/2016	5.00
Freckleton Half Marathon	19/06/2016	13.10
Thornton Cleveleys Interclub	21/06/2016	5.00
Handicap	30/06/2016	4.35
St Annes Carnival 5k	10/07/2016	3.11
Windmill Half	17/07/2016	13.10
Wesham Interclub B (Short course)	18/07/2016	3.70
Chorley Inter Club	10/08/2016	4.80
Red Rose Interclub	07/09/2016	4.25
Northern Counties Road Relays	10/09/2016	4.30
Northern Athletics Road Relays	25/09/2016	3.50
Chester Marathon	02/10/2016	26.20
Green Drive Five	16/10/2016	5.00
Mid Lancs XC - Cuerden Park (Men)	29/10/2016	6.19
Arley Hall 10k	12/11/2016	6.21
Preston Harriers' Ten Miler	20/11/2016	10.00
November Handicap	24/11/2016	3.45



Wesham 10k	26/11/2016	6.21
Guy's Court 10	04/12/2016	10.00
December Handicap	15/12/2016	3.45
Ribble Valley	27/12/2016	6.21
Lancashire Championships XC (Men)	07/01/2017	5.45
Garstang 10k	08/01/2017	6.21
Mid Lancs XC, Burnley (Men)	14/01/2017	6.10
Inskip Half	21/01/2017	13.10
Handicap	26/01/2017	3.45
Northern Cross Country (Men)	28/01/2017	7.50
St Annes 10 Miler	29/01/2017	10.00
Mid Lancs XC, Rossall School (Men)	11/02/2017	6.21
Wrexham Village Bakery Half Marathon	19/02/2017	13.10
February Handicap	23/02/2017	3.45
Mid Lancs XC, Leigh (Men)	04/03/2017	6.21
Northern Athletics Relays (Long Leg)	25/03/2017	5.85

Will McAllister Races entered = 1 totalling 10.90 miles

Lakeland Trails Hawkshead 17k 16/04/2016 10.90

Total Races Entered = 1126

Total Miles Raced = 7,507.99