



Adrian Sargent	Races entered =	4	totalling	27.76	miles
	Winter Handicap (October)	26/10/2017		3.45	
	Fairclough Five	29/10/2017		5.00	
	Wesham 10k	25/11/2017		6.21	
	Central Lancs New Year Half	07/01/2018		13.10	

Alan Elstone	Races entered =	10	totalling	73.13	miles
	Blackpool Inter Club	05/04/2017		4.00	
	May Handicap 2017	25/05/2017		4.35	
	Blackpool Promenade 10	27/05/2017		10.00	
	Welsh Castles Leg 20	11/06/2017		10.10	
	Preston Inter Club 2017	14/06/2017		4.16	
	Freckleton Half	18/06/2017		13.10	
	Thornton Inter Club	27/06/2017		5.00	
	Lytham Carnival 5k	09/07/2017		3.11	
	Lancaster 10k	12/07/2017		6.21	
	Windmill Half	16/07/2017		13.10	

Alex Tate

Races entered =

24

totalling

182.74

miles

Blackpool Inter Club	05/04/2017	4.00
Blackpool Marathon	23/04/2017	26.20
Summer Handicap - April 2017	27/04/2017	4.35
The Sheriff 10k	30/04/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Blackpool Promenade 10	27/05/2017	10.00
Freckleton Half	18/06/2017	13.10
Lytham Carnival 5k	09/07/2017	3.11
Lancaster 10k	12/07/2017	6.21
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (July 2017)	27/07/2017	4.35
Illuminations 10k	26/08/2017	6.21
Garstang Half	03/09/2017	13.10
English Half Marathon	17/09/2017	13.10
Summer Handicap (September)	28/09/2017	4.35
West Coast Half	08/10/2017	13.10
Winter Handicap (October)	26/10/2017	3.45
Winter Handicap (November 2017)	30/11/2017	3.45
Winter Handicap (December 2017)	21/12/2017	3.45
Central Lancs New Year Half	07/01/2018	13.10
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Winter Handicap (February 2018)	22/02/2018	3.45

Als Everest		Races entered =	13	totalling	76.19	miles
	Lancaster Three Bridges		30/04/2017		6.21	
	Welsh Castles Leg 17		11/06/2017		9.20	
	Wesham Inter Club 2017		17/07/2017		4.50	
	Chorley Inter Club 2017		09/08/2017		4.80	
	City Of Preston 10m		13/08/2017		10.00	
	Illuminations 10k		26/08/2017		6.21	
	Red Rose Inter Club 2017		06/09/2017		4.32	
	North West Counties Road Relays (Ladies)		09/09/2017		3.25	
	West Coast Half		08/10/2017		13.10	
	Mid Lancs XC (Cuerden Valley - Ladies)		14/10/2017		3.00	
	Mid Lancs XC, Leigh (Ladies)		09/12/2017		5.00	
	Mid Lancs XC, Burnley (Ladies)		13/01/2018		3.20	
	Mid Lancs XC, Ryelands Park, Lancaster (Ladies)		17/02/2018		3.40	

Amy Fletcher		Races entered =	4	totalling	30.00	miles
	Winter Handicap (Jan 2018)		25/01/2018		3.45	
	St Annes Ten Miler		28/01/2018		10.00	
	Great North West Half		18/02/2018		13.10	
	Winter Handicap (February 2018)		22/02/2018		3.45	

Andy Draper

Races entered =

31

totalling

220.92

miles

Blackpool Inter Club	05/04/2017	4.00
Virgin London Marathon	23/04/2017	26.20
Lytham Inter Club	11/05/2017	5.00
Pilling 10k (May)	20/05/2017	6.21
Catforth Canter (May 2017)	27/05/2017	3.11
Midsummer Mile	31/05/2017	1.00
Welsh Castles Leg 14	11/06/2017	10.80
Preston Inter Club 2017	14/06/2017	4.16
Midsummer Mile 2	21/06/2017	1.00
Thornton Inter Club	27/06/2017	5.00
Lostock Hall Carnival 5k	01/07/2017	3.11
Midsummer Mile Race 3	05/07/2017	1.00
Lytham Carnival 5k	09/07/2017	3.11
Pilling 10k (July)	29/07/2017	6.21
Chorley Inter Club 2017	09/08/2017	4.80
City Of Preston 10m	13/08/2017	10.00
Pilling 10k (August)	26/08/2017	6.21
North West Counties Relays (Men)	09/09/2017	4.13
English Half Marathon	17/09/2017	13.10
315 Lancaster Saturday 5k	30/09/2017	3.11
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Lancaster Half	05/11/2017	13.10
Myprotein Preston 10	19/11/2017	10.00
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Winter Handicap (December 2017)	21/12/2017	3.45

Ribble Valley 10k	31/12/2017	6.21
Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Inskip Half	21/01/2018	13.10
St Annes Ten Miler	28/01/2018	10.00
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
Trimpell 20	18/03/2018	20.00

Andy Unsworth Races entered = 5 totalling 19.42 miles

Ribby Hall Triathlon	23/04/2017	3.11
St Annes Triathlon	21/05/2017	3.11
June Handicap 2017	29/06/2017	4.35
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (August 2017)	31/08/2017	4.35

Barbara Holmes Races entered = 11 totalling 49.42 miles

Blackpool Inter Club	05/04/2017	4.00
Ribby Hall Triathlon	23/04/2017	3.11
Lytham Inter Club	11/05/2017	5.00
Brithish Triathlon Championships	27/05/2017	3.11
70.3 Staffordshire Half Ironman	18/06/2017	13.10
Black Sheep Ripon Triathlon	01/07/2017	6.21
BATS Trawlerman Semi Sprint Tri	02/07/2017	1.88
Wesham Inter Club 2017	17/07/2017	4.50
ITU World Championships, Rotterdam	17/09/2017	3.11
Oulton Park Duathlon - run one	08/10/2017	2.70
Oulton Park Duathlon - run two	08/10/2017	2.70

Bec Willetts Races entered = 1 totalling 3.11 miles

St Annes Triathlon	21/05/2017	3.11
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Bob Clough

Races entered =

11

totalling

49.19

miles

Blackpool Inter Club	05/04/2017	4.00
Summer Handicap - April 2017	27/04/2017	4.35
Blackstick Blue	07/05/2017	6.21
May Handicap 2017	25/05/2017	4.35
Thornton Inter Club	27/06/2017	5.00
June Handicap 2017	29/06/2017	4.35
Lytham Carnival 5k	09/07/2017	3.11
Summer Handicap (July 2017)	27/07/2017	4.35
Chorley Inter Club 2017	09/08/2017	4.80
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32

Catherine Carrdus	Races entered =	22	totalling	101.58	miles
Summer Handicap - April 2017		27/04/2017		4.35	
Lytham Inter Club		11/05/2017		5.00	
Preston Inter Club 2017		14/06/2017		4.16	
Thornton Inter Club		27/06/2017		5.00	
Badger Trail Race 2		06/07/2017		6.21	
Summer Handicap (July 2017)		27/07/2017		4.35	
Chorley Inter Club 2017		09/08/2017		4.80	
Decathlon Sale Sizzler		17/08/2017		3.11	
Mid Cheshire 5k		24/08/2017		3.11	
Summer Handicap (August 2017)		31/08/2017		4.35	
Red Rose Inter Club 2017		06/09/2017		4.32	
English Half Marathon 10k		17/09/2017		6.21	
Winter Handicap (October)		26/10/2017		3.45	
Cheshire 10k		04/11/2017		6.21	
Myprotein Preston 10		19/11/2017		10.00	
Liverpool XC (Ladies)		25/11/2017		5.00	
Winter Handicap (November 2017)		30/11/2017		3.45	
Mid Lancs XC, Leigh (Ladies)		09/12/2017		5.00	
Winter Handicap (December 2017)		21/12/2017		3.45	
Mid Lancs XC, Burnley (Ladies)		13/01/2018		3.20	
Mid Lancs XC, Ryelands Park, Lancaster (Ladies)		17/02/2018		3.40	
Winter Handicap (February 2018)		22/02/2018		3.45	

Chris Bowker

Races entered =

25

totalling

208.97

miles

ASICS Manchester Marathon	02/04/2017	26.20
Lytham Inter Club	11/05/2017	5.00
Preston Inter Club 2017	14/06/2017	4.16
Freckleton Half	18/06/2017	13.10
Thornton Inter Club	27/06/2017	5.00
Lancaster 10k	12/07/2017	6.21
Windmill Half	16/07/2017	13.10
Wesham Inter Club 2017	17/07/2017	4.50
Badger Run	03/08/2017	6.21
Chorley Inter Club 2017	09/08/2017	4.80
Illuminations 10k	26/08/2017	6.21
Red Rose Inter Club 2017	06/09/2017	4.32
Natterjack Southport 10k	24/09/2017	6.21
Summer Handicap (September)	28/09/2017	4.35
West Coast Half	08/10/2017	13.10
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Myprotein Preston 10	19/11/2017	10.00
Liverpool XC (Men)	25/11/2017	6.00
315 Lancaster Half	03/12/2017	13.10
Lancashire XC Championships (Men)	06/01/2018	5.25
Central Lancs New Year Half	07/01/2018	13.10
Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
St Annes Ten Miler	28/01/2018	10.00
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
Lakeland Trails Cartmel 18k	17/03/2018	11.75

Chris McCarthy

Races entered =

27

totalling

194.99

miles

Blackpool Inter Club	05/04/2017	4.00
Virgin London Marathon	23/04/2017	26.20
Summer Handicap - April 2017	27/04/2017	4.35
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
May Handicap 2017	25/05/2017	4.35
Fishwick Five	29/05/2017	5.00
Welsh Castles Leg 10	10/06/2017	13.10
Lancaster 315	17/06/2017	3.11
Aggie's Staircase	22/06/2017	4.10
Thornton Inter Club	27/06/2017	5.00
Lostock Hall Carnival 5k	01/07/2017	3.11
Lytham Carnival 5k	09/07/2017	3.11
Windmill Half	16/07/2017	13.10
Wesham Inter Club 2017	17/07/2017	4.50
315 Lancaster 5k Series (July)	29/07/2017	3.11
Fleetwood Half	20/08/2017	13.10
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Leeds Abbey Dash	05/11/2017	6.21
Liverpool XC (Men)	25/11/2017	6.00
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Ribble Valley 10k	31/12/2017	6.21
Lancashire XC Championships (Men)	06/01/2018	5.25
Inskip Half	21/01/2018	13.10
Sri Chinmoy Valentine's 10k	17/02/2018	6.21

Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21
The Big Half	04/03/2018	13.10

Christine Walker	Races entered =	11	totalling	83.47	miles
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Wigan 10k	03/09/2017	6.21
Run Preston 10k	24/09/2017	6.21
West Coast Half	08/10/2017	13.10
Manchester Half	15/10/2017	13.10
Best 5k	26/11/2017	3.11
Worden Park Boxing Day 10k	26/12/2017	6.21
Lancaster 315 Series (13th Jan)	13/01/2018	3.11
St Annes Ten Miler	28/01/2018	10.00
Valentine 10k	11/02/2018	6.21
Great North West Half	18/02/2018	13.10
315 Lancaster 5k (March 2018)	03/03/2018	3.11

Claire England	Races entered =	8	totalling	52.52	miles
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Lytham Inter Club	11/05/2017	5.00
June Handicap 2017	29/06/2017	4.35
Lancaster 10k	12/07/2017	6.21
Windmill Half	16/07/2017	13.10
Summer Handicap (July 2017)	27/07/2017	4.35
Fleetwood Half	20/08/2017	13.10
Illuminations 5k	26/08/2017	3.11
Herons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30

Colin Laidlaw

Races entered =

11

totalling

52.03

miles

Blackpool Inter Club	05/04/2017	4.00
Summer Handicap - April 2017	27/04/2017	4.35
Lytham Inter Club	11/05/2017	5.00
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
Lancaster 10k	12/07/2017	6.21
Wesham Inter Club 2017	17/07/2017	4.50
Chorley Inter Club 2017	09/08/2017	4.80
Illuminations 10k	26/08/2017	6.21
Summer Handicap (September)	28/09/2017	4.35
Winter Handicap (December 2017)	21/12/2017	3.45

Darran Ames			
Races entered =	18	totalling	114.40 miles
Lytham Inter Club	11/05/2017		5.00
Preston Inter Club 2017	14/06/2017		4.16
Thornton Inter Club	27/06/2017		5.00
Lytham Carnival 5k	09/07/2017		3.11
Windmill Half	16/07/2017		13.10
Summer Handicap (July 2017)	27/07/2017		4.35
Chorley Inter Club 2017	09/08/2017		4.80
Red Rose Inter Club 2017	06/09/2017		4.32
Summer Handicap (September)	28/09/2017		4.35
West Coast Half	08/10/2017		13.10
Winter Handicap (October)	26/10/2017		3.45
Myprotein Preston 10	19/11/2017		10.00
Wesham 10k	25/11/2017		6.21
Winter Handicap (November 2017)	30/11/2017		3.45
Winter Handicap (December 2017)	21/12/2017		3.45
Inskip Half	21/01/2018		13.10
St Annes Ten Miler	28/01/2018		10.00
Winter Handicap (February 2018)	22/02/2018		3.45

Dave Dunn			
Races entered =	1	totalling	9.10 miles
Welsh Castles Leg 18	11/06/2017		9.10

Dawn Bloor			
Races entered =	2	totalling	7.46 miles
Summer Handicap - April 2017	27/04/2017		4.35
Catforth Canter (May 2017)	27/05/2017		3.11

Dawn Lock	Races entered =	25	totalling	107.59	miles
Blackpool Inter Club		05/04/2017		4.00	
Bolton 10k		23/04/2017		6.21	
Ripley Supper Run		27/04/2017		4.00	
Haight Hall Night Race		10/05/2017		4.00	
Walsh Two Lads		08/06/2017		5.25	
Preston Inter Club 2017		14/06/2017		4.16	
Thornton Inter Club		27/06/2017		5.00	
June Handicap 2017		29/06/2017		4.35	
Caldervale Supper Run		11/07/2017		4.00	
Wesham Inter Club 2017		17/07/2017		4.50	
Summer Handicap (July 2017)		27/07/2017		4.35	
Harrock Hill August 2017		23/08/2017		5.25	
Summer Handicap (August 2017)		31/08/2017		4.35	
Red Rose Inter Club 2017		06/09/2017		4.32	
Summer Handicap (September)		28/09/2017		4.35	
Mid Lancs XC (Cuerden Valley - Ladies)		14/10/2017		3.00	
Winter Handicap (October)		26/10/2017		3.45	
Fairclough Five		29/10/2017		5.00	
Liverpool XC (Ladies)		25/11/2017		5.00	
Winter Handicap (November 2017)		30/11/2017		3.45	
Mid Lancs XC, Leigh (Ladies)		09/12/2017		5.00	
Lancashire XC Championships (Ladies)		06/01/2018		3.75	
Winter Handicap (Jan 2018)		25/01/2018		3.45	
Mid Lancs XC, Ryelands Park, Lancaster (Ladies)		17/02/2018		3.40	

Mid Lancs XC, Ulverston (Ladies)	03/03/2018	4.00
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Debbie Cooper	Races entered =	21	totalling	241.61	miles
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Blackpool Inter Club	05/04/2017	4.00
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Cake Race	29/04/2017	9.90
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Wray Caton Moor Fell Race	01/05/2017	6.27
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May Handicap 2017	25/05/2017	4.35
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Weets	27/05/2017	6.10
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Northants Ultra	04/06/2017	35.00
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Walsh Two Lads	08/06/2017	5.25
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Preston Inter Club 2017	14/06/2017	4.16
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South Wales 50	25/06/2017	53.00
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Bull Hill fell race	06/07/2017	5.00
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Boulsworth Hill	13/08/2017	6.21
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Red Rose Inter Club 2017	06/09/2017	4.32
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Summer Handicap (September)	28/09/2017	4.35
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Jedburgh Three Peaks Ultra Marathon	28/10/2017	38.00
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Winter Handicap (November 2017)	30/11/2017	3.45
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Winter Handicap (December 2017)	21/12/2017	3.45
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Winter Handicap (Jan 2018)	25/01/2018	3.45
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Bleasdale Circle fell race	17/02/2018	4.90
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Winter Handicap (February 2018)	22/02/2018	3.45
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Mr Sparkle's Dark 'Un	23/02/2018	5.00
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Haworth Hobble	11/03/2018	32.00
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Derek Caborn	Races entered =	1	totalling	3.45	miles
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Winter Handicap (February 2018)	22/02/2018	3.45
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Emily Hargreaves

Races entered =

2

totalling

12.20

miles

Stuiben Run

20/05/2017

1.00

Welsh Castles Leg 12

11/06/2017

11.20

Felicity Wolohan

Races entered =

25

totalling

248.56

miles

ASICS Manchester Marathon	02/04/2017	26.20
Mid Cheshire Spring 5k	28/04/2017	3.11
Liverpool Spring 10k	06/05/2017	6.21
Moel Eilio Fell Race	13/05/2017	7.60
Christleton	19/05/2017	3.11
Liverpool Rock 'N' Roll Half Marathon	28/05/2017	13.10
Seaside Run	31/05/2017	3.11
Mystery 5k	13/06/2017	3.11
Freckleton Half	18/06/2017	13.10
Penny Lane Striders 10k	25/06/2017	6.21
Run The Alderley Edge Bypass	02/07/2017	6.21
St Annes Carnival 1500m Fun Run	09/07/2017	0.94
Windmill Half	16/07/2017	13.10
Helena Tipping Wrexham 10k	30/07/2017	6.21
The Golden Ball	03/09/2017	20.00
Wavertree Mystery 5k	07/09/2017	3.11
Belfast Half Marathon	17/09/2017	13.10
Hoylake 10k Fun Run	24/09/2017	6.21
Amsterdam Marathon	15/10/2017	26.20
Run The Wilmslow Festive 10k	26/11/2017	6.21
Myerscough 10	01/12/2017	10.00
Worden Park Boxing Day 10k	26/12/2017	6.21
Brass Monkey	14/01/2018	13.10
Village Bakery Half	25/02/2018	13.10
Trimpell 20	18/03/2018	20.00

Fiona Geldard	Races entered =	3	totalling	58.61	miles
	Virgin London Marathon	23/04/2017		26.20	
	Bolton IronMan	16/07/2017		26.20	
	Run Through Hyde Park	06/08/2017		6.21	
Gavin Stanfield	Races entered =	5	totalling	33.05	miles
	Mid Lancs XC (Cuerden Valley - Men)	14/10/2017		5.75	
	Liverpool XC (Men)	25/11/2017		6.00	
	Mid Lancs XC, Burnley (Men)	13/01/2018		5.80	
	St Annes Ten Miler	28/01/2018		10.00	
	Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018		5.50	
Gerard Browne	Races entered =	3	totalling	18.63	miles
	Autumn Breaker	15/10/2017		6.21	
	Stanley Park 10k Weekend (Saturday)	24/02/2018		6.21	
	Stanley Park 10k Weekend (Sunday)	25/02/2018		6.21	

Gill Draper

Races entered =

23

totalling

153.46

miles

Blackpool Inter Club	05/04/2017	4.00
Fleetwood 10k	09/04/2017	6.21
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Pilling 10k (May)	20/05/2017	6.21
Catforth Canter (May 2017)	27/05/2017	3.11
Thornton Inter Club	27/06/2017	5.00
Midsummer Mile Race 3	05/07/2017	1.00
Lytham Carnival 5k	09/07/2017	3.11
Pilling 10k (July)	29/07/2017	6.21
Chorley Inter Club 2017	09/08/2017	4.80
City Of Preston 5m	13/08/2017	5.00
Pilling 10k (August)	26/08/2017	6.21
Lancaster Half	05/11/2017	13.10
Windmill 10k	12/11/2017	6.21
Myprotein Preston 10	19/11/2017	10.00
Winter Handicap (December 2017)	21/12/2017	3.45
Lancaster 315 Series (13th Jan)	13/01/2018	3.11
Inskip Half	21/01/2018	13.10
Great North West Half	18/02/2018	13.10
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21
315 Lancaster 5k (March 2018)	03/03/2018	3.11
Trimpell 20	18/03/2018	20.00

Gillian Oliver

Races entered =

3

totalling

13.05

miles

Summer Handicap - April 2017

27/04/2017

4.35

June Handicap 2017

29/06/2017

4.35

Summer Handicap (August 2017)

31/08/2017

4.35

Graham Webster

Races entered =

40

totalling

229.65

miles

Blackpool Inter Club	05/04/2017	4.00
Virgin London Marathon	23/04/2017	26.20
Summer Handicap - April 2017	27/04/2017	4.35
Blackstick Blue	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
May Handicap 2017	25/05/2017	4.35
Thornton Inter Club	27/06/2017	5.00
June Handicap 2017	29/06/2017	4.35
Mid Lancs 3000m	01/07/2017	1.88
Lytham Carnival 5k	09/07/2017	3.11
Lancaster 10k	12/07/2017	6.21
Wesham Inter Club 2017	17/07/2017	4.50
European Masters 1500m Heat	29/07/2017	0.94
European Masters 1500m Final	30/07/2017	0.94
European Masters 5000m Final	03/08/2017	3.11
European Masters 800m Final	05/08/2017	0.50
European Masters Half Marathon	06/08/2017	13.10
European Masters 4x400m Relay Final	06/08/2017	0.25
Blackpool Airshow	13/08/2017	6.21
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
Northern Counties Road Relays	16/09/2017	4.00
Summer Handicap (September)	28/09/2017	4.35
NVAC 10,000m	08/10/2017	6.21
Great Western Run	15/10/2017	13.10

Winter Handicap (October)	26/10/2017	3.45
Fairclough Five	29/10/2017	5.00
Myprotein Preston 10	19/11/2017	10.00
Liverpool XC (Men)	25/11/2017	6.00
315 Lancaster Half	03/12/2017	13.10
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Winter Handicap (December 2017)	21/12/2017	3.45
Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Winter Handicap (February 2018)	22/02/2018	3.45
Great British Masters 10m Championships	24/02/2018	10.00
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
BW AFC Winter Warmer 3000m	17/03/2018	1.88

Greg Oulton

Races entered =

60

totalling

376.74

miles

Blackpool Inter Club	05/04/2017	4.00
Wray Scarecrow 10k	22/04/2017	6.21
Summer Handicap - April 2017	27/04/2017	4.35
Cake Race	29/04/2017	9.90
Wray Caton Moor Fell Race	01/05/2017	6.27
Blackstick Blue	07/05/2017	6.21
Pinhaw Fell Race	12/05/2017	5.10
Harrock Hill	24/05/2017	5.25
May Handicap 2017	25/05/2017	4.35
Lakeland Trails Coniston Marathon	04/06/2017	26.20
Walsh Two Lads	08/06/2017	5.25
Welsh Castles Leg 19	11/06/2017	7.70
Preston Inter Club 2017	14/06/2017	4.16
Aggie's Staircase	22/06/2017	4.10
Thornton Inter Club	27/06/2017	5.00
Trawden 7	02/07/2017	7.00
Bull Hill fell race	06/07/2017	5.00
Wellybobs	16/07/2017	6.21
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (July 2017)	27/07/2017	4.35
Boulsworth Hill	13/08/2017	6.21
Darwen Gala	19/08/2017	3.90
Harrock Hill August 2017	23/08/2017	5.25
Royal Rumble	28/08/2017	5.00
Summer Handicap (August 2017)	31/08/2017	4.35

Blackshaw Head fell race	02/09/2017	5.50
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
Northern Counties Road Relays	16/09/2017	4.00
Summer Handicap (September)	28/09/2017	4.35
Mawdsley Millennium 10k	01/10/2017	6.21
Swithins Skyline	08/10/2017	6.21
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Winter Handicap (October)	26/10/2017	3.45
Fairclough Five	29/10/2017	5.00
Hérons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30
Allithwaite 8 Ttrail Race	01/11/2017	8.00
Las Vegas Rock 'N' Roll Half	12/11/2017	13.10
Liverpool XC (Men)	25/11/2017	6.00
David Staff Memorial Fell Race	26/11/2017	4.00
Winter Handicap (November 2017)	30/11/2017	3.45
Myerscough 10	01/12/2017	10.00
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (December 2017)	21/12/2017	3.45
Rudolph Trail	23/12/2017	5.00
Auld Lang Syne	31/12/2017	6.75
Lancashire XC Championships (Men)	06/01/2018	5.25
Scout Scar	07/01/2018	5.00

Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Giggleswick School Fell Race	21/01/2018	3.80
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Grizedale Forest Marathon	04/02/2018	26.70
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Winter Handicap (February 2018)	22/02/2018	3.45
Mr Sparkle's Dark 'Un	23/02/2018	5.00
Sedburgh School	25/02/2018	4.00
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
Lakeland Trails Cartmel 18k	17/03/2018	11.75

Heidi Haigh Races entered = 2 totalling 52.90 miles

Grizedale Forest Marathon	04/02/2018	26.70
Paphos Marathon, Cyprus	04/03/2018	26.20

Ian Balshaw

Races entered =

14

totalling

102.79

miles

Wigan 10k	03/09/2017	6.21
Run Preston 10k	24/09/2017	6.21
West Coast Half	08/10/2017	13.10
Manchester Half	15/10/2017	13.10
Windmill 10k	12/11/2017	6.21
3-1-5	25/11/2017	3.11
Best 5k	26/11/2017	3.11
Worden Park Boxing Day 10k	26/12/2017	6.21
Lancaster 315 Series (13th Jan)	13/01/2018	3.11
St Annes Ten Miler	28/01/2018	10.00
Valentine 10k	11/02/2018	6.21
Great North West Half	18/02/2018	13.10
315 Lancaster 5k (March 2018)	03/03/2018	3.11
Sweatshop 10	18/03/2018	10.00

Ian Tate

Races entered =

29

totalling

223.93

miles

Blackpool Inter Club	05/04/2017	4.00
The Sheriff 10k	30/04/2017	6.21
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Welsh Castles Leg 13	11/06/2017	10.60
Preston Inter Club 2017	14/06/2017	4.16
Freckleton Half	18/06/2017	13.10
Thornton Inter Club	27/06/2017	5.00
Caldervale Supper Run	11/07/2017	4.00
Summer Handicap (July 2017)	27/07/2017	4.35
Fleetwood Half	20/08/2017	13.10
Summer Handicap (August 2017)	31/08/2017	4.35
Garstang Half	03/09/2017	13.10
North West Counties Relays (Men)	09/09/2017	4.13
English Half Marathon	17/09/2017	13.10
Summer Handicap (September)	28/09/2017	4.35
West Coast Half	08/10/2017	13.10
Winter Handicap (October)	26/10/2017	3.45
Tatton Park Half	12/11/2017	13.10
Liverpool XC (Men)	25/11/2017	6.00
Winter Handicap (November 2017)	30/11/2017	3.45
Myerscough 10	01/12/2017	10.00
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (December 2017)	21/12/2017	3.45
Worden Park Boxing Day 10k	26/12/2017	6.21

Central Lancs New Year Half	07/01/2018	13.10
Garstang 10k	14/01/2018	6.21
Muddy Bottoms	10/02/2018	11.00
Great North West Half	18/02/2018	13.10

Jacqui Murray	Races entered =	28	totalling	288.30	miles
Blackpool Inter Club		05/04/2017		4.00	
Virgin London Marathon		23/04/2017		26.20	
Lytham Inter Club		11/05/2017		5.00	
Stirling Marathon		21/05/2017		26.20	
Great Manchester Half Marathon		28/05/2017		13.10	
Thornton Inter Club		27/06/2017		5.00	
June Handicap 2017		29/06/2017		4.35	
Windmill Half		16/07/2017		13.10	
Chorley Inter Club 2017		09/08/2017		4.80	
Fleetwood Half		20/08/2017		13.10	
Illuminations 5k		26/08/2017		3.11	
Summer Handicap (August 2017)		31/08/2017		4.35	
Garstang Half		03/09/2017		13.10	
Red Rose Inter Club 2017		06/09/2017		4.32	
Great North Run		10/09/2017		13.10	
English Half Marathon		17/09/2017		13.10	
Summer Handicap (September)		28/09/2017		4.35	
Congleton Half		01/10/2017		13.10	
West Coast Half		08/10/2017		13.10	
Manchester Half		15/10/2017		13.10	
Lancaster Half		05/11/2017		13.10	
Windmill 10k		12/11/2017		6.21	
Myprotein Preston 10		19/11/2017		10.00	
Wesham 10k		25/11/2017		6.21	
Longridge 7 Pudding Run		10/12/2017		7.00	
Central Lancs New Year Half		07/01/2018		13.10	

Inskip Half	21/01/2018	13.10
St Annes Ten Miler	28/01/2018	10.00

James Buckley Races entered = 7 totalling 55.52 miles

Thornton Inter Club	27/06/2017	5.00
Windmill Half	16/07/2017	13.10
Illuminations 10k	26/08/2017	6.21
Windmill 10k	12/11/2017	6.21
Myerscough 10	01/12/2017	10.00
Rudolph Trail	23/12/2017	5.00
St Annes Ten Miler	28/01/2018	10.00

Jason Sheridan Races entered = 3 totalling 14.70 miles

Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Winter Handicap (February 2018)	22/02/2018	3.45
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Jennifer Fisher Races entered = 1 totalling 6.21 miles

Lancaster 3-2-1 Series Christmas Cracker 1	17/12/2017	6.21
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Jennifer Hill

Races entered =

17

totalling

106.55

miles

Lytham Inter Club	11/05/2017	5.00
Crazy Cow	21/05/2017	6.21
Thornton Inter Club	27/06/2017	5.00
Lytham Carnival 5k	09/07/2017	3.11
Wesham Inter Club 2017	17/07/2017	4.50
Pilling 10k (July)	29/07/2017	6.21
Chorley Inter Club 2017	09/08/2017	4.80
London Regents Park	13/08/2017	6.21
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Road Relays (Ladies)	09/09/2017	3.25
English Half Marathon 10k	17/09/2017	6.21
Autumn Breaker	15/10/2017	6.21
Windmill 10k	12/11/2017	6.21
Myprotein Preston 10	19/11/2017	10.00
St Annes Ten Miler	28/01/2018	10.00
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21
Rome Half	11/03/2018	13.10

Jeremy McCandless Races entered = 12 totalling 61.12 miles

Blackpool Inter Club	05/04/2017	4.00
Summer Handicap - April 2017	27/04/2017	4.35
May Handicap 2017	25/05/2017	4.35
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
June Handicap 2017	29/06/2017	4.35
Lancaster 10k	12/07/2017	6.21
Summer Handicap (July 2017)	27/07/2017	4.35
Summer Handicap (August 2017)	31/08/2017	4.35
West Coast Half	08/10/2017	13.10
Winter Handicap (December 2017)	21/12/2017	3.45
Winter Handicap (Jan 2018)	25/01/2018	3.45

Jim Whitworth Races entered = 5 totalling 19.54 miles

Avenham Park 5k	01/05/2017	3.11
Lytham Carnival 5k	09/07/2017	3.11
Catforth Canter (August)	12/08/2017	3.11
Great Eccleston Fast Four	27/08/2017	4.00
Wigan 10k	03/09/2017	6.21

Jo Goorney

Races entered =

13

totalling

86.28 miles

Pendle Fell Race	01/04/2017	4.60
Blackpool Inter Club	05/04/2017	4.00
Cake Race	29/04/2017	9.90
Wray Caton Moor Fell Race	01/05/2017	6.27
Lytham Inter Club	11/05/2017	5.00
Welsh Castles Leg 07	10/06/2017	9.50
Preston Inter Club 2017	14/06/2017	4.16
Freckleton Half	18/06/2017	13.10
Thornton Inter Club	27/06/2017	5.00
Bull Hill fell race	06/07/2017	5.00
Liverpool XC (Ladies)	25/11/2017	5.00
Auld Lang Syne	31/12/2017	6.75
Nine Standards	01/01/2018	8.00

Joe Greenwood

Races entered =

31

totalling

233.33

miles

Blackpool Inter Club	05/04/2017	4.00
Fleetwood 10k	09/04/2017	6.21
Valiant's Half	16/04/2017	13.10
Cake Race	29/04/2017	9.90
Lytham Inter Club	11/05/2017	5.00
May Handicap 2017	25/05/2017	4.35
Welsh Castles Leg 03	10/06/2017	12.30
Freckleton Half	18/06/2017	13.10
Thornton Inter Club	27/06/2017	5.00
Lytham Carnival 5k	09/07/2017	3.11
Lancaster 10k	12/07/2017	6.21
Windmill Half	16/07/2017	13.10
Wesham Inter Club 2017	17/07/2017	4.50
Chorley Inter Club 2017	09/08/2017	4.80
Fleetwood Half	20/08/2017	13.10
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
Summer Handicap (September)	28/09/2017	4.35
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Winter Handicap (October)	26/10/2017	3.45
Liverpool XC (Men)	25/11/2017	6.00
Winter Handicap (November 2017)	30/11/2017	3.45
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Central Lancs New Year Half	07/01/2018	13.10

Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Inskip Half	21/01/2018	13.10
St Annes Ten Miler	28/01/2018	10.00
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
Trimpell 20	18/03/2018	20.00

John Bertenshaw Races entered = 14 totalling 80.29 miles

Summer Handicap - April 2017	27/04/2017	4.35
Lytham Inter Club	11/05/2017	5.00
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
Chorley Inter Club 2017	09/08/2017	4.80
Decathlon Sale Sizzler	17/08/2017	3.11
Mid Cheshire 5k	24/08/2017	3.11
English Half Marathon	17/09/2017	13.10
Cheshire 10k	04/11/2017	6.21
Myprotein Preston 10	19/11/2017	10.00
Liverpool XC (Men)	25/11/2017	6.00
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Winter Handicap (December 2017)	21/12/2017	3.45
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50

John Wild Races entered = 2 totalling 12.91 miles

Lakeland Trails Coniston 10k	04/06/2017	6.21
Lakeland Trails Cartmel 10k	17/03/2018	6.70

Jonathan Tuck

Races entered =

7

totalling

33.81

miles

Winter Handicap (October)	26/10/2017	3.45
Windmill 10k	12/11/2017	6.21
Liverpool XC (Men)	25/11/2017	6.00
Winter Handicap (December 2017)	21/12/2017	3.45
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Winter Handicap (February 2018)	22/02/2018	3.45
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Julia Rolfe

Races entered =

32

totalling

161.72

miles

Blackpool Inter Club	05/04/2017	4.00
Harrock Hill	24/05/2017	5.25
May Handicap 2017	25/05/2017	4.35
Badger Run 1	01/06/2017	6.21
Walsh Two Lads	08/06/2017	5.25
Preston Inter Club 2017	14/06/2017	4.16
Aggie's Staircase	22/06/2017	4.10
Thornton Inter Club	27/06/2017	5.00
June Handicap 2017	29/06/2017	4.35
Wesham Inter Club 2017	17/07/2017	4.50
Pilling 10k (July)	29/07/2017	6.21
Badger Run	03/08/2017	6.21
Chorley Inter Club 2017	09/08/2017	4.80
City Of Preston 5m	13/08/2017	5.00
Darwen Gala	19/08/2017	3.90
Harrock Hill August 2017	23/08/2017	5.25
Lancaster 5k	27/08/2017	3.11
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
Mid Lancs XC (Cuerden Valley - Ladies)	14/10/2017	3.00
Winter Handicap (October)	26/10/2017	3.45
Fairclough Five	29/10/2017	5.00
Grand Union Canal Autumn Half	12/11/2017	13.10
Liverpool XC (Ladies)	25/11/2017	5.00
Winter Handicap (November 2017)	30/11/2017	3.45

Myerscough 10	01/12/2017	10.00
Mid Lancs XC, Leigh (Ladies)	09/12/2017	5.00
Mid Lancs XC, Ryelands Park, Lancaster (Ladies)	17/02/2018	3.40
Mr Sparkle's Dark 'Un	23/02/2018	5.00
Lostock 6	25/02/2018	6.00
Mid Lancs XC, Ulverston (Ladies)	03/03/2018	4.00
Roddlesworth Roller	11/03/2018	5.00

Julie Wiseman Races entered = 5 totalling 30.11 miles

Windmill 10k	12/11/2017	6.21
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (December 2017)	21/12/2017	3.45
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00

Karen Lanigan Races entered = 2 totalling 9.35 miles

Summer Handicap - April 2017	27/04/2017	4.35
Lytham Inter Club	11/05/2017	5.00

Kathy Gaunt

Races entered =

17

totalling

103.30

miles

Blackpool Inter Club	05/04/2017	4.00
Fleetwood 10k	09/04/2017	6.21
Blackpool 10k	23/04/2017	6.21
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Thornton Inter Club	27/06/2017	5.00
Windmill Half	16/07/2017	13.10
City Of Preston 5m	13/08/2017	5.00
Illuminations 5k	26/08/2017	3.11
Red Rose Inter Club 2017	06/09/2017	4.32
Run Preston 10k	24/09/2017	6.21
Hérons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30
Windmill 10k	12/11/2017	6.21
Wesham 10k	25/11/2017	6.21
Longridge 7 Pudding Run	10/12/2017	7.00
St Annes Ten Miler	28/01/2018	10.00
Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21

Kevin Murray

Races entered =

17

totalling

177.88

miles

Great Manchester Half Marathon	28/05/2017	13.10
Freckleton Half	18/06/2017	13.10
Lytham Carnival 5k	09/07/2017	3.11
Windmill Half	16/07/2017	13.10
Fleetwood Half	20/08/2017	13.10
Illuminations 10k	26/08/2017	6.21
Summer Handicap (August 2017)	31/08/2017	4.35
Great North Run	10/09/2017	13.10
English Half Marathon	17/09/2017	13.10
West Coast Half	08/10/2017	13.10
Manchester Half	15/10/2017	13.10
Windmill 10k	12/11/2017	6.21
Myprotein Preston 10	19/11/2017	10.00
Longridge 7 Pudding Run	10/12/2017	7.00
Central Lancs New Year Half	07/01/2018	13.10
Inskip Half	21/01/2018	13.10
St Annes Ten Miler	28/01/2018	10.00

Kirsten Burnett

Races entered =

51

totalling

440.05

miles

ASICS Manchester Marathon	02/04/2017	26.20
Schneider Electric Marathon de Paris	09/04/2017	26.20
Blackpool 10k	23/04/2017	6.21
Summer Handicap - April 2017	27/04/2017	4.35
Avenham Park 5k	01/05/2017	3.11
Lytham Inter Club	11/05/2017	5.00
Liverpool Rock 'N' Roll Marathon	28/05/2017	26.20
Preston Inter Club 2017	14/06/2017	4.16
June Handicap 2017	29/06/2017	4.35
Lancaster 10k	12/07/2017	6.21
Windmill Half	16/07/2017	13.10
Illuminations 10k	26/08/2017	6.21
Garstang Half	03/09/2017	13.10
Red Rose Inter Club 2017	06/09/2017	4.32
Great North Run	10/09/2017	13.10
English Half Marathon	17/09/2017	13.10
Summer Handicap (September)	28/09/2017	4.35
Congleton Half	01/10/2017	13.10
Chester Metric Marathon	08/10/2017	16.38
Mid Lancs XC (Cuerden Valley - Ladies)	14/10/2017	3.00
Winter Handicap (October)	26/10/2017	3.45
Fairclough Five	29/10/2017	5.00
Hérons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30
Lancaster Half	05/11/2017	13.10
Windmill 10k	12/11/2017	6.21

Myprotein Preston 10	19/11/2017	10.00
Winter Handicap (November 2017)	30/11/2017	3.45
315 Lancaster Half	03/12/2017	13.10
Mid Lancs XC, Leigh (Ladies)	09/12/2017	5.00
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (December 2017)	21/12/2017	3.45
Rudolph Trail	23/12/2017	5.00
Lancaster 3-2-1 Series Christmas Cracker 2	24/12/2017	6.21
Worden Park Boxing Day 10k	26/12/2017	6.21
Ribble Valley 10k	31/12/2017	6.21
Central Lancs New Year Half	07/01/2018	13.10
Mid Lancs XC, Burnley (Ladies)	13/01/2018	3.20
Garstang 10k	14/01/2018	6.21
Inskip Half	21/01/2018	13.10
St Annes Ten Miler	28/01/2018	10.00
Blackburn Winter Warmer	04/02/2018	6.21
Muddy Bottoms	10/02/2018	11.00
Mid Lancs XC, Ryelands Park, Lancaster (Ladies)	17/02/2018	3.40
Great North West Half	18/02/2018	13.10
Winter Handicap (February 2018)	22/02/2018	3.45
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21
Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21
315 Lancaster 10k (March 2018)	03/03/2018	6.21
Mid Lancs XC, Ulverston (Ladies)	03/03/2018	4.00

Red Hot Toddy	11/03/2018	6.21
Trimpell 20	18/03/2018	20.00

Laura Byrne	Races entered =	22	totalling	161.56	miles
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Blackpool Inter Club	05/04/2017	4.00
Virgin London Marathon	23/04/2017	26.20
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Crazy Cow	21/05/2017	6.21
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
June Handicap 2017	29/06/2017	4.35
Windmill Half	16/07/2017	13.10
Summer Handicap (July 2017)	27/07/2017	4.35
Illuminations 5k	26/08/2017	3.11
Summer Handicap (August 2017)	31/08/2017	4.35
West Coast Half	08/10/2017	13.10
Winter Handicap (October)	26/10/2017	3.45
Lancaster Half	05/11/2017	13.10
Wesham 10k	25/11/2017	6.21
Winter Handicap (November 2017)	30/11/2017	3.45
Garstang 10k	14/01/2018	6.21
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Great North West Half	18/02/2018	13.10
Winter Handicap (February 2018)	22/02/2018	3.45

Layla Foley	Races entered =	2	totalling	1.90	miles
	Lancashire County Championships 1500m		13/05/2017		0.96
	Trafford 1500m		13/06/2017		0.94
Lee Morrison	Races entered =	8	totalling	45.09	miles
	Blackpool Inter Club		05/04/2017		4.00
	Caldervale 10		14/04/2017		10.00
	Summer Handicap - April 2017		27/04/2017		4.35
	Lancaster Three Bridges		30/04/2017		6.21
	Beaverbrooks 10k Fun Run		07/05/2017		6.21
	Lytham Inter Club		11/05/2017		5.00
	Crazy Cow		21/05/2017		6.21
	Best 5k		26/11/2017		3.11
Liam Jenkins	Races entered =	1	totalling	4.35	miles
	Summer Handicap (September)		28/09/2017		4.35
Liz Boon	Races entered =	1	totalling	6.21	miles
	Lakeland Trails Coniston 10k		04/06/2017		6.21
Lorna Cragg	Races entered =	2	totalling	6.22	miles
	Avenham Park 5k		01/05/2017		3.11
	Lostock Hall Carnival 5k		01/07/2017		3.11

Louise De-Gier Flood Races entered = 12 totalling 77.18 miles

ASICS Manchester Marathon	02/04/2017	26.20
Summer Handicap - April 2017	27/04/2017	4.35
Lytham Inter Club	11/05/2017	5.00
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
Summer Handicap (July 2017)	27/07/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
Winter Handicap (October)	26/10/2017	3.45
Winter Handicap (November 2017)	30/11/2017	3.45
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Winter Handicap (February 2018)	22/02/2018	3.45

Maria Tierney Races entered = 2 totalling 9.35 miles

Summer Handicap - April 2017	27/04/2017	4.35
Lytham Inter Club	11/05/2017	5.00

Mark Hughes Races entered = 19 totalling 126.63 miles

Lytham Inter Club	11/05/2017	5.00
May Handicap 2017	25/05/2017	4.35
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
June Handicap 2017	29/06/2017	4.35
Windmill Half	16/07/2017	13.10
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (July 2017)	27/07/2017	4.35
Chorley Inter Club 2017	09/08/2017	4.80
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
Great North Run	10/09/2017	13.10
Northern Counties Road Relays	16/09/2017	4.00
Kielder Marathon	08/10/2017	26.10
Liverpool XC (Men)	25/11/2017	6.00
Winter Handicap (November 2017)	30/11/2017	3.45
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Winter Handicap (December 2017)	21/12/2017	3.45
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Mark Selby Races entered = 2 totalling 16.40 miles

Freckleton Half	18/06/2017	13.10
Herons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30

Matt Hill

Races entered =

3

totalling

29.31 miles

St Annes Ten Miler

28/01/2018

10.00

Stanley Park 10k Weekend
(Saturday)

24/02/2018

6.21

Rome Half

11/03/2018

13.10

Mel Koth Races entered = 31 totalling 245.37 miles

Darwen Heritage Half Marathon	02/04/2017	13.10
Blackpool Inter Club	05/04/2017	4.00
Fleetwood 10k	09/04/2017	6.21
Virgin London Marathon	23/04/2017	26.20
Lytham Inter Club	11/05/2017	5.00
Outlaw Half Triathalon	21/05/2017	13.10
Great Manchester Run 10k	28/05/2017	6.21
Badger Run 1	01/06/2017	6.21
Welsh Castles Leg 08	10/06/2017	10.80
Thornton Inter Club	27/06/2017	5.00
Black Sheep Ripon Triathlon	01/07/2017	6.21
Badger Trail Race 2	06/07/2017	6.21
Wesham Inter Club 2017	17/07/2017	4.50
Capernwray Sprint Triathlon	02/08/2017	3.11
Chorley Inter Club 2017	09/08/2017	4.80
City Of Preston 10m	13/08/2017	10.00
Illuminations 10k	26/08/2017	6.21
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Road Relays (Ladies)	09/09/2017	3.25
Run Preston 10k	24/09/2017	6.21
Mid Lancs XC (Cuerden Valley - Ladies)	14/10/2017	3.00
Manchester Half	15/10/2017	13.10
Sweatshop Through The Villages	05/11/2017	8.40
Liverpool XC (Ladies)	25/11/2017	5.00
Worden Park Boxing Day 10k	26/12/2017	6.21

Ribble Valley 10k	31/12/2017	6.21
Central Lancs New Year Half	07/01/2018	13.10
Mid Lancs XC, Burnley (Ladies)	13/01/2018	3.20
Mid Lancs XC, Ryelands Park, Lancaster (Ladies)	17/02/2018	3.40
Village Bakery Half	25/02/2018	13.10
Trimpell 20	18/03/2018	20.00

Michelle Hook	Races entered =	21	totalling	144.16	miles
	Blackpool Inter Club	05/04/2017		4.00	
	Caldervale 10	14/04/2017		10.00	
	Lancaster Three Bridges	30/04/2017		6.21	
	Beaverbrooks 10k Fun Run	07/05/2017		6.21	
	Lytham Inter Club	11/05/2017		5.00	
	Chester Half	21/05/2017		13.10	
	Edinburgh Marathon Festival 10k	28/05/2017		6.21	
	Welsh Castles Leg 05	10/06/2017		9.60	
	Preston Inter Club 2017	14/06/2017		4.16	
	Freckleton Half	18/06/2017		13.10	
	Thornton Inter Club	27/06/2017		5.00	
	Lostock Hall Carnival 5k	01/07/2017		3.11	
	Lytham Carnival 5k	09/07/2017		3.11	
	Wesham Inter Club 2017	17/07/2017		4.50	
	Pilling 10k (July)	29/07/2017		6.21	
	Chorley Inter Club 2017	09/08/2017		4.80	
	City Of Preston 10m	13/08/2017		10.00	
	Red Rose Inter Club 2017	06/09/2017		4.32	
	Great North Run	10/09/2017		13.10	
	English Half Marathon 10k	17/09/2017		6.21	
	Pilling 10k	30/09/2017		6.21	

Michelle Sheridan

Races entered =

15

totalling

105.47

miles

Virgin London Marathon	23/04/2017	26.20
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Crazy Cow	21/05/2017	6.21
Autumn Breaker	15/10/2017	6.21
Winter Handicap (October)	26/10/2017	3.45
Wesham 10k	25/11/2017	6.21
Winter Handicap (November 2017)	30/11/2017	3.45
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (December 2017)	21/12/2017	3.45
Worden Park Boxing Day 10k	26/12/2017	6.21
Garstang 10k	14/01/2018	6.21
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21

Mike Toft	Races entered =	29	totalling	254.76	miles
Blackpool Inter Club		05/04/2017		4.00	
Blackpool Marathon		23/04/2017		26.20	
Beaverbrooks 10k Fun Run		07/05/2017		6.21	
Lytham Inter Club		11/05/2017		5.00	
Chester Half		21/05/2017		13.10	
May Handicap 2017		25/05/2017		4.35	
Blackpool Promenade 10		27/05/2017		10.00	
Preston Inter Club 2017		14/06/2017		4.16	
Freckleton Half		18/06/2017		13.10	
Thornton Inter Club		27/06/2017		5.00	
June Handicap 2017		29/06/2017		4.35	
Lancaster 10k		12/07/2017		6.21	
Windmill Half		16/07/2017		13.10	
Vic Musgrave 5k		19/07/2017		3.11	
Chorley Inter Club 2017		09/08/2017		4.80	
The Golden Ball		03/09/2017		20.00	
Chester Marathon		08/10/2017		26.20	
Mid Lancs XC (Cuerden Valley - Men)		14/10/2017		5.75	
Winter Handicap (October)		26/10/2017		3.45	
Fairclough Five		29/10/2017		5.00	
Windmill 10k		12/11/2017		6.21	
Myprotein Preston 10		19/11/2017		10.00	
Liverpool XC (Men)		25/11/2017		6.00	
315 Lancaster Half		03/12/2017		13.10	
Ribble Valley 10k		31/12/2017		6.21	

Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Inskip Half	21/01/2018	13.10
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Natalie Toft Races entered = 4 totalling 41.57 miles

Blackpool Marathon	23/04/2017	26.20
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Preston Inter Club 2017	14/06/2017	4.16

Neil Baynton-Roberts Races entered = 6 totalling 42.08 miles

Great Manchester Run 10k	28/05/2017	6.21
Freckleton Half	18/06/2017	13.10
Lancaster 10k	12/07/2017	6.21
Winter Handicap (December 2017)	21/12/2017	3.45
St Annes Ten Miler	28/01/2018	10.00
315 Lancaster 5k (March 2018)	03/03/2018	3.11

Neil Tate Races entered = 48 totalling 381.27 miles

Blackpool Inter Club	05/04/2017	4.00
Blackpool Marathon	23/04/2017	26.20
Lancaster Three Bridges	30/04/2017	6.21
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Worden Park	14/05/2017	6.21
Blackpool Promenade 10	27/05/2017	10.00
Fishwick Five	29/05/2017	5.00
Welsh Castles Leg 16	11/06/2017	8.80
Preston Inter Club 2017	14/06/2017	4.16
Freckleton Half	18/06/2017	13.10
Thornton Inter Club	27/06/2017	5.00
Mid Lancs 1500m	01/07/2017	0.94
Mid Lancs 800m	01/07/2017	0.50
Lytham Carnival 5k	09/07/2017	3.11
Lancaster 10k	12/07/2017	6.21
Windmill Half	16/07/2017	13.10
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (July 2017)	27/07/2017	4.35
Chorley Inter Club 2017	09/08/2017	4.80
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
EHM 5k Night Run	15/09/2017	2.70
English Half Marathon	17/09/2017	13.10

Summer Handicap (September)	28/09/2017	4.35
Kielder Marathon	08/10/2017	26.10
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Autumn Breaker	15/10/2017	6.21
Fairclough Five	29/10/2017	5.00
Windmill 10k	12/11/2017	6.21
Myprotein Preston 10	19/11/2017	10.00
Liverpool XC (Men)	25/11/2017	6.00
Winter Handicap (November 2017)	30/11/2017	3.45
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
Winter Handicap (December 2017)	21/12/2017	3.45
Liverpool Trail Marathon	31/12/2017	26.20
Lancashire XC Championships (Men)	06/01/2018	5.25
Central Lancs New Year Half	07/01/2018	13.10
Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Inskip Half	21/01/2018	13.10
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Muddy Bottoms	10/02/2018	11.00
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Great North West Half	18/02/2018	13.10
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
Trimpell 20	18/03/2018	20.00

Nigel Simpkin	Races entered =	10	totalling	43.99	miles
	Blackpool Inter Club	05/04/2017		4.00	
	Summer Handicap - April 2017	27/04/2017		4.35	
	May Handicap 2017	25/05/2017		4.35	
	Preston Inter Club 2017	14/06/2017		4.16	
	Thornton Inter Club	27/06/2017		5.00	
	Wesham Inter Club 2017	17/07/2017		4.50	
	Summer Handicap (July 2017)	27/07/2017		4.35	
	Chorley Inter Club 2017	09/08/2017		4.80	
	Summer Handicap (August 2017)	31/08/2017		4.35	
	North West Counties Relays (Men)	09/09/2017		4.13	

Nigel Thompson	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club	05/04/2017		4.00	

Olivia Johnson-Allen	Races entered =	10	totalling	75.28	miles
	Blackpool Inter Club	05/04/2017		4.00	
	Beaverbrooks 10k Fun Run	07/05/2017		6.21	
	Lytham Inter Club	11/05/2017		5.00	
	Welsh Castles Leg 09	10/06/2017		8.50	
	Preston Inter Club 2017	14/06/2017		4.16	
	Thornton Inter Club	27/06/2017		5.00	
	Windmill Half	16/07/2017		13.10	
	Illuminations 10k	26/08/2017		6.21	
	Plusnet Yorkshire 10m	08/10/2017		10.00	
	Great North West Half	18/02/2018		13.10	

Pam Binns

Races entered =

11

totalling

79.26

miles

May Handicap 2017	25/05/2017	4.35
June Handicap 2017	29/06/2017	4.35
Summer Handicap (August 2017)	31/08/2017	4.35
Jersey Marathon	01/10/2017	26.20
Winter Handicap (October)	26/10/2017	3.45
Wesham 10k	25/11/2017	6.21
Winter Handicap (November 2017)	30/11/2017	3.45
Myerscough 10	01/12/2017	10.00
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Winter Handicap (February 2018)	22/02/2018	3.45

Pam Hardman	Races entered =	15	totalling	67.99	miles
	St Annes Triathlon	21/05/2017		3.11	
	Harrock Hill	24/05/2017		5.25	
	Walsh Two Lads	08/06/2017		5.25	
	Preston Inter Club 2017	14/06/2017		4.16	
	Badger Run	03/08/2017		6.21	
	Chorley Inter Club 2017	09/08/2017		4.80	
	Boulsworth Hill	13/08/2017		6.21	
	Darwen Gala	19/08/2017		3.90	
	Harrock Hill August 2017	23/08/2017		5.25	
	Mid Lancs XC (Cuerden Valley - Ladies)	14/10/2017		3.00	
	Mid Lancs XC, Leigh (Ladies)	09/12/2017		5.00	
	Winter Handicap (Jan 2018)	25/01/2018		3.45	
	Mid Lancs XC, Ryelands Park, Lancaster (Ladies)	17/02/2018		3.40	
	Mr Sparkle's Dark 'Un	23/02/2018		5.00	
	Mid Lancs XC, Ulverston (Ladies)	03/03/2018		4.00	

Pat Bullen	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club	05/04/2017		4.00	

Paul Veevers	Races entered =	29	totalling	195.64	miles
ASICS Manchester Marathon		02/04/2017		26.20	
Blackpool Inter Club		05/04/2017		4.00	
Lytham Inter Club		11/05/2017		5.00	
Epicman 2017 Triathlon		11/06/2017		13.10	
Preston Inter Club 2017		14/06/2017		4.16	
Freckleton Half		18/06/2017		13.10	
Thornton Inter Club		27/06/2017		5.00	
Lytham Carnival 5k		09/07/2017		3.11	
Lancaster 10k		12/07/2017		6.21	
Wesham Inter Club 2017		17/07/2017		4.50	
Illuminations 5k		26/08/2017		3.11	
West Lancs Triathlon		27/08/2017		3.11	
Summer Handicap (August 2017)		31/08/2017		4.35	
Red Rose Inter Club 2017		06/09/2017		4.32	
North West Counties Relays (Men)		09/09/2017		4.13	
Northern Counties Road Relays		16/09/2017		4.00	
English Half Marathon		17/09/2017		13.10	
Mid Lancs XC (Cuerden Valley - Men)		14/10/2017		5.75	
Fairclough Five		29/10/2017		5.00	
Windmill 10k		12/11/2017		6.21	
Liverpool XC (Men)		25/11/2017		6.00	
Best 5k		26/11/2017		3.11	
Mid Lancs XC, Leigh (Men)		09/12/2017		6.50	
Worden Park Boxing Day 10k		26/12/2017		6.21	
Ribble Valley 10k		31/12/2017		6.21	

Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Great North West Half	18/02/2018	13.10
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Paula McCandless Races entered = totalling miles

Summer Handicap - April 2017	27/04/2017	4.35
May Handicap 2017	25/05/2017	4.35
Thornton Inter Club	27/06/2017	5.00
Lancaster 10k	12/07/2017	6.21
West Coast Half	08/10/2017	13.10

Penny Morrison Races entered = totalling miles

Blackpool Inter Club	05/04/2017	4.00
Summer Handicap - April 2017	27/04/2017	4.35
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Crazy Cow	21/05/2017	6.21
May Handicap 2017	25/05/2017	4.35
June Handicap 2017	29/06/2017	4.35
Lytham Carnival 5k	09/07/2017	3.11
Illuminations 10k	26/08/2017	6.21
Windmill 10k	12/11/2017	6.21
Wesham 10k	25/11/2017	6.21
Longridge 7 Pudding Run	10/12/2017	7.00
Garstang 10k	14/01/2018	6.21
St Annes Ten Miler	28/01/2018	10.00
Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21

Peter Cooke	Races entered =	2	totalling	10.00	miles
	Fairclough Five	29/10/2017		5.00	
	Rudolph Trail	23/12/2017		5.00	
Peter Reid	Races entered =	20	totalling	107.21	miles
	Blackpool Inter Club	05/04/2017		4.00	
	Lytham Inter Club	11/05/2017		5.00	
	Crazy Cow	21/05/2017		6.21	
	May Handicap 2017	25/05/2017		4.35	
	Preston Inter Club 2017	14/06/2017		4.16	
	Thornton Inter Club	27/06/2017		5.00	
	June Handicap 2017	29/06/2017		4.35	
	Lancaster 10k	12/07/2017		6.21	
	Windmill Half	16/07/2017		13.10	
	Chorley Inter Club 2017	09/08/2017		4.80	
	Summer Handicap (August 2017)	31/08/2017		4.35	
	Red Rose Inter Club 2017	06/09/2017		4.32	
	Summer Handicap (September)	28/09/2017		4.35	
	Winter Handicap (October)	26/10/2017		3.45	
	Windmill 10k	12/11/2017		6.21	
	Longridge 7 Pudding Run	10/12/2017		7.00	
	Winter Handicap (December 2017)	21/12/2017		3.45	
	Winter Handicap (Jan 2018)	25/01/2018		3.45	
	St Annes Ten Miler	28/01/2018		10.00	
	Winter Handicap (February 2018)	22/02/2018		3.45	

Rachael Wignall Races entered = 3 totalling 26.41 miles

Lytham Carnival 5k	09/07/2017	3.11
Herons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30
Trimpell 20	18/03/2018	20.00

Richard Storey Races entered = 16 totalling 108.55 miles

Summer Handicap - April 2017	27/04/2017	4.35
Blackstick Blue	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Welsh Castles Leg 06	10/06/2017	10.70
Preston Inter Club 2017	14/06/2017	4.16
Catforth Canter (July 2017)	01/07/2017	3.11
Lancaster 10k	12/07/2017	6.21
Wesham Inter Club 2017	17/07/2017	4.50
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
West Coast Half	08/10/2017	13.10
Myerscough 10	01/12/2017	10.00
Garstang 10k	14/01/2018	6.21
Inskip Half	21/01/2018	13.10
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00

Robert Parker Races entered = 18 totalling 96.39 miles

Blackpool Inter Club	05/04/2017	4.00
Blackpool 10k	23/04/2017	6.21
Summer Handicap - April 2017	27/04/2017	4.35
Avenham Park 5k	01/05/2017	3.11
Lytham Inter Club	11/05/2017	5.00
Crazy Cow	21/05/2017	6.21
May Handicap 2017	25/05/2017	4.35
Lancaster 10k	12/07/2017	6.21
Chorley Inter Club 2017	09/08/2017	4.80
Illuminations 10k	26/08/2017	6.21
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
English Half Marathon	17/09/2017	13.10
Winter Handicap (October)	26/10/2017	3.45
Fairclough Five	29/10/2017	5.00
Hérons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30
Windmill 10k	12/11/2017	6.21
Wesham 10k	25/11/2017	6.21

Ross McKelvie	Races entered =	24	totalling	127.62	miles
Blackpool Inter Club		05/04/2017		4.00	
Lytham Inter Club		11/05/2017		5.00	
Preston Inter Club 2017		14/06/2017		4.16	
Mid Lancs 800m		18/06/2017		0.50	
Bull Hill fell race		06/07/2017		5.00	
Lytham Carnival 5k		09/07/2017		3.11	
Windmill Half		16/07/2017		13.10	
Wesham Inter Club 2017		17/07/2017		4.50	
Illuminations 10k		26/08/2017		6.21	
North West Counties Relays (Men)		09/09/2017		4.13	
Autumn Breaker		15/10/2017		6.21	
315 5k Fun Run		03/12/2017		3.11	
Mid Lancs XC, Leigh (Men)		09/12/2017		6.50	
Lancaster 3-2-1 Series Christmas Cracker 1		17/12/2017		6.21	
Lancaster 3-2-1 Series Christmas Cracker 2		24/12/2017		6.21	
Lancaster 315 Series (13th Jan)		13/01/2018		3.11	
St Annes Ten Miler		28/01/2018		10.00	
Lancaster 315 Series (3rd Feb)		03/02/2018		3.11	
Mid Lancs XC, Ryelands Park, Lancaster (Men)		17/02/2018		5.50	
Stanley Park 10k Weekend (Saturday)		24/02/2018		6.21	
Stanley Park 10k Weekend (Sunday)		25/02/2018		6.21	
315 Lancaster 5k (March 2018)		03/03/2018		3.11	
Mother's Day 10k		10/03/2018		6.21	

Red Hot Toddy	11/03/2018	6.21
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Roy Stevens	Races entered =	18	totalling	169.14	miles
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Blackpool Inter Club	05/04/2017	4.00
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Brighton Marathon	09/04/2017	26.20
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Blackstick Blue	07/05/2017	6.21
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Lytham Inter Club	11/05/2017	5.00
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Chester Half	21/05/2017	13.10
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Welsh Castles Leg 04	10/06/2017	9.50
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Preston Inter Club 2017	14/06/2017	4.16
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Lytham Carnival 5k	09/07/2017	3.11
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Summer Handicap (July 2017)	27/07/2017	4.35
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Chorley Inter Club 2017	09/08/2017	4.80
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Summer Handicap (August 2017)	31/08/2017	4.35
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West Coast Half	08/10/2017	13.10
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Windmill 10k	12/11/2017	6.21
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Myerscough 10	01/12/2017	10.00
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Inskip Half	21/01/2018	13.10
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St Annes Ten Miler	28/01/2018	10.00
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Tokyo Marathon	25/02/2018	26.20
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Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75
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Roy Upton	Races entered =	7	totalling	27.41	miles
	June Handicap 2017	29/06/2017		4.35	
	Lytham Carnival 5k	09/07/2017		3.11	
	Summer Handicap (July 2017)	27/07/2017		4.35	
	Summer Handicap (August 2017)	31/08/2017		4.35	
	Summer Handicap (September)	28/09/2017		4.35	
	Winter Handicap (October)	26/10/2017		3.45	
	Winter Handicap (November 2017)	30/11/2017		3.45	
Russ Chew	Races entered =	2	totalling	16.21	miles
	Liverpool Rock 'N' Roll Half Marathon	28/05/2017		13.10	
	Liverpool Rock 'N' Roll 5k	28/05/2017		3.11	
Ruth Bye	Races entered =	11	totalling	77.19	miles
	Blackpool Promenade 10	27/05/2017		10.00	
	Preston Inter Club 2017	14/06/2017		4.16	
	Freckleton Half	18/06/2017		13.10	
	Thornton Inter Club	27/06/2017		5.00	
	Wesham Inter Club 2017	17/07/2017		4.50	
	Summer Handicap (July 2017)	27/07/2017		4.35	
	Illuminations 10k	26/08/2017		6.21	
	Summer Handicap (August 2017)	31/08/2017		4.35	
	Lancaster Half	05/11/2017		13.10	
	Wesham 10k	25/11/2017		6.21	
	Stanley Park 10k Weekend (Saturday)	24/02/2018		6.21	

Ruth Wheatley

Races entered =

9

totalling

68.84

miles

Beaverbrooks 10k Fun Run	07/05/2017	6.21
Liverpool Rock 'N' Roll Half Marathon	28/05/2017	13.10
Lytham Carnival 5k	09/07/2017	3.11
Summer Handicap (August 2017)	31/08/2017	4.35
Lisbon Half	15/10/2017	13.10
Winter Handicap (October)	26/10/2017	3.45
Windmill 10k	12/11/2017	6.21
Conwy Half	19/11/2017	13.10
Wesham 10k	25/11/2017	6.21

Sarah Bagshaw

Races entered =

21

totalling

101.23

miles

Blackpool Inter Club	05/04/2017	4.00
Fleetwood 10k	09/04/2017	6.21
Summer Handicap - April 2017	27/04/2017	4.35
Preston Inter Club 2017	14/06/2017	4.16
Lytham Carnival 5k	09/07/2017	3.11
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (July 2017)	27/07/2017	4.35
Chorley Inter Club 2017	09/08/2017	4.80
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
Summer Handicap (September)	28/09/2017	4.35
Winter Handicap (October)	26/10/2017	3.45
Herons Reach Halloween Spooktacular Fun Run	31/10/2017	3.30
Windmill 10k	12/11/2017	6.21
Wesham 10k	25/11/2017	6.21
Winter Handicap (November 2017)	30/11/2017	3.45
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (December 2017)	21/12/2017	3.45
St Annes Ten Miler	28/01/2018	10.00
Winter Handicap (February 2018)	22/02/2018	3.45
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21

Sarah Bradshaw	Races entered =	3	totalling	11.59	miles
	Preston Inter Club 2017	14/06/2017		4.16	
	Lytham Carnival 5k	09/07/2017		3.11	
	Red Rose Inter Club 2017	06/09/2017		4.32	
Scott Gall	Races entered =	1	totalling	13.10	miles
	Central Lancs New Year Half	07/01/2018		13.10	
Simon Denye	Races entered =	10	totalling	34.59	miles
	Astley Park Trail Race	03/05/2017		5.00	
	Beaverbrooks 10k Fun Run	07/05/2017		6.21	
	Lytham Inter Club	11/05/2017		5.00	
	315 Lancaster5k	20/05/2017		3.11	
	Catforth Canter (May 2017)	27/05/2017		3.11	
	Midsummer Mile	31/05/2017		1.00	
	Preston Inter Club 2017	14/06/2017		4.16	
	Midsummer Mile 2	21/06/2017		1.00	
	Thornton Inter Club	27/06/2017		5.00	
	Midsummer Mile Race 3	05/07/2017		1.00	
Steve Ashton	Races entered =	1	totalling	3.45	miles
	Winter Handicap (February 2018)	22/02/2018		3.45	
Steve Hargreaves	Races entered =	2	totalling	13.80	miles
	Stuiben Run	20/05/2017		1.00	
	Welsh Castles Leg 15	11/06/2017		12.80	

Steve Tate

Races entered =

12

totalling

52.33

miles

Blackpool Inter Club	05/04/2017	4.00
Summer Handicap - April 2017	27/04/2017	4.35
Beaverbrooks 10k Fun Run	07/05/2017	6.21
Lytham Inter Club	11/05/2017	5.00
Preston Inter Club 2017	14/06/2017	4.16
Thornton Inter Club	27/06/2017	5.00
Lytham Carnival 5k	09/07/2017	3.11
Caldervale Supper Run	11/07/2017	4.00
Summer Handicap (July 2017)	27/07/2017	4.35
Summer Handicap (August 2017)	31/08/2017	4.35
Summer Handicap (September)	28/09/2017	4.35
Winter Handicap (October)	26/10/2017	3.45

Sue Hawitt	Races entered =	19	totalling	151.85	miles
	Blackpool Inter Club	05/04/2017		4.00	
	Blackpool Half Marathon	23/04/2017		13.10	
	Harrock Hill	24/05/2017		5.25	
	May Handicap 2017	25/05/2017		4.35	
	Blackpool Promenade 10	27/05/2017		10.00	
	Walsh Two Lads	08/06/2017		5.25	
	Freckleton Half	18/06/2017		13.10	
	Thornton Inter Club	27/06/2017		5.00	
	Lytham Carnival 5k	09/07/2017		3.11	
	Lancaster 10k	12/07/2017		6.21	
	Windmill Half	16/07/2017		13.10	
	Summer Handicap (July 2017)	27/07/2017		4.35	
	Catforth Canter (August)	12/08/2017		3.11	
	Illuminations 5k	26/08/2017		3.11	
	Chester Marathon	08/10/2017		26.20	
	Hérons Reach Halloween Spooktacular Fun Run	31/10/2017		3.30	
	Lancaster Half	05/11/2017		13.10	
	Windmill 10k	12/11/2017		6.21	
	St Annes Ten Miler	28/01/2018		10.00	

Sue Samme	Races entered =	4	totalling	20.53	miles
	Fairclough Five	29/10/2017		5.00	
	Wesham 10k	25/11/2017		6.21	
	3-1-5 Winter Series	16/12/2017		3.11	
	Worden Park Boxing Day 10k	26/12/2017		6.21	

Sylvia Gittins

Races entered =

9

totalling

67.52

miles

Thornton Inter Club	27/06/2017	5.00
Winter Handicap (October)	26/10/2017	3.45
Conwy Half	19/11/2017	13.10
Longridge 7 Pudding Run	10/12/2017	7.00
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Blackburn Winter Warmer	04/02/2018	6.21
Great North West Half	18/02/2018	13.10
Red Hot Toddy	11/03/2018	6.21

Terry Hellings

Races entered =

20

totalling

118.86

miles

Blackpool Inter Club	05/04/2017	4.00
Lytham Inter Club	11/05/2017	5.00
Harrock Hill	24/05/2017	5.25
Welsh Castles Leg 02	10/06/2017	10.70
Wesham Inter Club 2017	17/07/2017	4.50
Chorley Inter Club 2017	09/08/2017	4.80
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
Northern Counties Road Relays	16/09/2017	4.00
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Fairclough Five	29/10/2017	5.00
Liverpool XC (Men)	25/11/2017	6.00
Mid Lancs XC, Leigh (Men)	09/12/2017	6.50
3-1-5 Winter Series	16/12/2017	3.11
Lancashire XC Championships (Men)	06/01/2018	5.25
Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
St Annes Ten Miler	28/01/2018	10.00
Grizedale Forest Half	04/02/2018	13.50
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Tom Howarth

Races entered =

35

totalling

259.05

miles

ASICS Manchester Marathon	02/04/2017	26.20
Valiant's Half	16/04/2017	13.10
Summer Handicap - April 2017	27/04/2017	4.35
Lytham Inter Club	11/05/2017	5.00
May Handicap 2017	25/05/2017	4.35
Blackpool Promenade 10	27/05/2017	10.00
Welsh Castles Leg 11	11/06/2017	12.30
Preston Inter Club 2017	14/06/2017	4.16
Freckleton Half	18/06/2017	13.10
Thornton Inter Club	27/06/2017	5.00
Lytham Carnival 5k	09/07/2017	3.11
Lancaster 10k	12/07/2017	6.21
Windmill Half	16/07/2017	13.10
Wesham Inter Club 2017	17/07/2017	4.50
Summer Handicap (August 2017)	31/08/2017	4.35
Red Rose Inter Club 2017	06/09/2017	4.32
North West Counties Relays (Men)	09/09/2017	4.13
Northern Counties Road Relays	16/09/2017	4.00
English Half Marathon	17/09/2017	13.10
Mid Lancs XC (Cuerden Valley - Men)	14/10/2017	5.75
Winter Handicap (October)	26/10/2017	3.45
Cheshire 10k	04/11/2017	6.21
Myprotein Preston 10	19/11/2017	10.00
Liverpool XC (Men)	25/11/2017	6.00
Winter Handicap (November 2017)	30/11/2017	3.45

315 Lancaster Half	03/12/2017	13.10
Winter Handicap (December 2017)	21/12/2017	3.45
Ribble Valley 10k	31/12/2017	6.21
Mid Lancs XC, Burnley (Men)	13/01/2018	5.80
Inskip Half	21/01/2018	13.10
Winter Handicap (Jan 2018)	25/01/2018	3.45
St Annes Ten Miler	28/01/2018	10.00
Mid Lancs XC, Ryelands Park, Lancaster (Men)	17/02/2018	5.50
Winter Handicap (February 2018)	22/02/2018	3.45
Mid Lancs XC, Ulverston (Men)	03/03/2018	5.75

Willie Richmond Races entered = 1 totalling 9.10 miles

Welsh Castles Leg 01	10/06/2017	9.10
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Total Races Entered = 1352

Total Miles Raced = 9,333.24