



Adhamh Holton	Races entered =	3	totalling	12.21	miles
	Lytham Inter Club 2019	02/05/2019		4.60	
	Carnival 5k	07/07/2019		3.11	
	Wesham Inter Club 2019	22/07/2019		4.50	
Adrian Sargent	Races entered =	4	totalling	19.30	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	Don Ashton Memorial Fell Race	04/07/2019		5.80	
	Wesham Inter Club 2019	22/07/2019		4.50	
Alan Elstone	Races entered =	1	totalling	6.21	miles
	Remembrance 10k	10/11/2019		6.21	
Alex Tate	Races entered =	10	totalling	54.30	miles
	Lytham Inter Club 2019	02/05/2019		4.60	
	Wesham Summer 10k	22/05/2019		6.21	
	Carnival 5k	07/07/2019		3.11	
	Caldervale Supper Run	09/07/2019		4.00	
	Scorton Supper Run	18/07/2019		4.75	
	Summer Handicap (August 2019)	29/08/2019		4.35	
	Mid Lancs XC Ulverston (Men)	28/09/2019		5.67	
	Mid Lancs XC, Hyndburn (Men)	09/11/2019		5.40	
	Boxing Day 10k	26/12/2019		6.21	
	St Annes 10m	26/01/2020		10.00	

Alistair Leivers

Races entered =

11

totalling

52.94

miles

Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Power of 5k (August)	02/08/2019	3.11
Chorley Inter Club	14/08/2019	4.80
Preston Harriers 10	17/11/2019	10.00
Winter Handicap (December)	19/12/2019	3.45
Mid Lancs XC Burnley (Men)	11/01/2020	5.90
Power of 5k	17/01/2020	3.11
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21

Andy Draper	Races entered =	16	totalling	108.21	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Lytham Inter Club 2019	02/05/2019		4.60	
	Wesham Summer 10k	22/05/2019		6.21	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	Penwortham Bypass 10k	21/07/2019		6.21	
	Red Rose Inter Club 2019	04/09/2019		4.10	
	Mid Lancs XC Ulverston (Men)	28/09/2019		5.67	
	Mid Lancs XC, Hyndburn (Men)	09/11/2019		5.40	
	Remembrance 10k	10/11/2019		6.21	
	Mid Lancs XC, Liverpool (Men)	23/11/2019		6.00	
	Mid Lancs XC Burnley (Men)	11/01/2020		5.90	
	Inskip Half	19/01/2020		13.10	
	Mid Lancs XC, Blackpool (Men)	08/02/2020		6.21	
	Mid Lancs XC, Lancaster (Men)	29/02/2020		5.70	
	Trimpell 20	15/03/2020		20.00	

Andy Unsworth	Races entered =	5	totalling	54.51	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Pollensa Half	13/04/2019		13.10	
	Virgin London Marathon	28/04/2019		26.20	
	Wesham 10k	30/11/2019		6.21	
	Rudolph Red Nose	22/12/2019		5.00	

Angela Bremner

Races entered =

4

totalling

27.36

miles

Lytham Inter Club 2019

02/05/2019

4.60

Great North Run

08/09/2019

13.10

Remembrance 10k

10/11/2019

6.21

Winter Handicap (January)

30/01/2020

3.45

Barbara Holmes

Races entered =

27

totalling

168.71

miles

Lytham Inter Club 2019	02/05/2019	4.60
Beaverbrooks Fun Run	12/05/2019	6.21
St Annes Tri	19/05/2019	3.11
Wesham Summer 10k	22/05/2019	6.21
Hawaii 70.3 Ironman	01/06/2019	13.10
Leeds Tri	09/06/2019	6.21
Nottingham Tri	15/06/2019	3.11
Windmill Half	21/07/2019	13.10
Salford Tri	28/07/2019	6.21
Lausanne World Tri Championships (Sprint)	31/08/2019	3.11
Lausanne World Tri Championships	01/09/2019	6.21
Ironman 70.2, Nice	08/09/2019	13.10
Fleetwood Tri	15/09/2019	3.11
Mid Lancs XC Ulverston (Ladies)	28/09/2019	3.91
Lakeland Trails Ulswater	26/10/2019	9.38
Mid Lancs XC, Hyndburn (Ladies)	09/11/2019	3.30
Remembrance 10k	10/11/2019	6.21
Preston Harriers 10	17/11/2019	10.00
Mid Lancs XC, Liverpool (Ladies)	23/11/2019	4.90
Myerscough 10	01/12/2019	10.00
Worden Park Festive 5k	14/12/2019	3.11
Lancs XC Champs (Ladies)	04/01/2020	3.75
Central Lancs Half	05/01/2020	13.10
Mid Lancs XC Burnley (Ladies)	11/01/2020	3.30
Mid Lancs XC, Blackpool (Ladies)	08/02/2020	3.75
Power of 5k (Feb)	28/02/2020	3.11

Mid Lancs XC, Lancaster (Ladies)

29/02/2020

3.50

Bec Willetts

Races entered =

1

totalling

4.10

miles

Red Rose Inter Club 2019

04/09/2019

4.10

Ben Gregson

Races entered =

7

totalling

29.93

miles

Preston Inter Club (2019)

12/06/2019

3.90

Wesham Inter Club 2019

22/07/2019

4.50

Red Rose Inter Club 2019

04/09/2019

4.10

Fairclough Five

27/10/2019

5.00

Best 5k

24/11/2019

3.11

Wesham 10k

30/11/2019

6.21

Action For Children

20/02/2020

3.11

Ben McCabe

Races entered =

10

totalling

58.31

miles

Blackpool Inter Club

03/04/2019

4.00

Preston Inter Club (2019)

12/06/2019

3.90

Thornton Inter Club (2019)

25/06/2019

5.00

Don Ashton Memorial Fell Race

04/07/2019

5.80

Windmill Half

21/07/2019

13.10

Wesham Inter Club 2019

22/07/2019

4.50

Caldervale Summer 10

28/07/2019

10.00

Power of 5k (August)

02/08/2019

3.11

Chorley Inter Club

14/08/2019

4.80

Red Rose Inter Club 2019

04/09/2019

4.10

Bob Clough Races entered = 8 totalling 45.71 miles

Blackpool Inter Club	03/04/2019	4.00
Summer Handicap (April 2019)	25/04/2019	4.35
Summer Handicap (May 2019)	30/05/2019	4.35
Preston Inter Club (2019)	12/06/2019	3.90
Freckleton Half	16/06/2019	13.10
Thornton Inter Club (2019)	25/06/2019	5.00
Chorley Inter Club	14/08/2019	4.80
Wesham 10k	30/11/2019	6.21

Brogane Murphy Races entered = 3 totalling 14.32 miles

Power of 5k (September)	13/09/2019	3.11
Fairclough Five	27/10/2019	5.00
Remembrance 10k	10/11/2019	6.21

Carolyn Melvin Races entered = 1 totalling 3.45 miles

Winter Handicap (January)	30/01/2020	3.45
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Catherine Carrdus	Races entered =	30	totalling	161.93	miles
	Blackpool Inter Club		03/04/2019		4.00
	Caldervale 10		19/04/2019		10.00
	Summer Handicap (April 2019)		25/04/2019		4.35
	Lytham Inter Club 2019		02/05/2019		4.60
	Wesham Summer 10k		22/05/2019		6.21
	Summer Handicap (May 2019)		30/05/2019		4.35
	Welsh Castles Leg 4		08/06/2019		9.50
	Preston Inter Club (2019)		12/06/2019		3.90
	Carnival 5k		07/07/2019		3.11
	Wesham Inter Club 2019		22/07/2019		4.50
	Summer Handicap (July 2019)		25/07/2019		4.35
	Pilling 10k		27/07/2019		6.21
	Power of 5k (August)		02/08/2019		3.11
	Chorley Inter Club		14/08/2019		4.80
	Fleetwood Half		18/08/2019		13.10
	Pilling 10k		24/08/2019		6.21
	Summer Handicap (August 2019)		29/08/2019		4.35
	Garstang Half		01/09/2019		13.10
	Red Rose Inter Club 2019		04/09/2019		4.10
	Power of 5k (September)		13/09/2019		3.11
	Derwentwater 10		03/11/2019		10.00
	Mid Lancs XC, Hyndburn (Ladies)		09/11/2019		3.30
	Mid Lancs XC, Liverpool (Ladies)		23/11/2019		4.90
	Wesham 10k		30/11/2019		6.21
	Winter Handicap (December)		19/12/2019		3.45
	Mid Lancs XC Burnley (Ladies)		11/01/2020		3.30

Winter Handicap (January)	30/01/2020	3.45
Mid Lancs XC, Blackpool (Ladies)	08/02/2020	3.75
Action For Children	20/02/2020	3.11
Mid Lancs XC, Lancaster (Ladies)	29/02/2020	3.50

Catherine Maclachlan Races entered = 3 totalling 10.32 miles

Mid Lancs XC Ulverston (Ladies)	28/09/2019	3.91
Mid Lancs XC, Hyndburn (Ladies)	09/11/2019	3.30
Action For Children	20/02/2020	3.11

Chris Bowker Races entered = 15 totalling 88.80 miles

Lytham Inter Club 2019	02/05/2019	4.60
Mearley Clough	14/05/2019	4.00
Wesham Summer 10k	22/05/2019	6.21
Beach 10k	26/05/2019	6.20
Welsh Castles Leg 18	09/06/2019	9.10
Preston Inter Club (2019)	12/06/2019	3.90
Freckleton Half	16/06/2019	13.10
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Mid Lancs XC Ulverston (Men)	28/09/2019	5.67
Winter Handicap (October)	24/10/2019	3.45
Mid Lancs XC, Hyndburn (Men)	09/11/2019	5.40
Remembrance 10k	10/11/2019	6.21
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21

Chris Cottam Races entered = 1 totalling 3.45 miles

Winter Handicap (January)	30/01/2020	3.45
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Chris McCarthy Races entered = 5 totalling 22.09 miles

Winter Handicap (January) 30/01/2020 3.45

Mid Lancs XC, Blackpool (Men) 08/02/2020 6.21

Action For Children 20/02/2020 3.11

Stanley Park 10k (Sunday) 23/02/2020 6.21

Power of 5k (Feb) 28/02/2020 3.11

Christine Rouse Races entered = 2 totalling 9.66 miles

Wesham Summer 10k 22/05/2019 6.21

Winter Handicap (January) 30/01/2020 3.45

Claire England Races entered = 1 totalling 4.00 miles

Mearley Clough 14/05/2019 4.00

Claire Markham

Races entered =

37

totalling

194.03

miles

Blackpool Inter Club	03/04/2019	4.00
Lytham High 10k Fun Fun	07/04/2019	6.21
Lancaster Three Bridges	14/04/2019	6.21
Summer Handicap (April 2019)	25/04/2019	4.35
Lytham Inter Club 2019	02/05/2019	4.60
Avenham Park 5k	06/05/2019	3.11
Blacksticks Blue	12/05/2019	6.21
Wordern Park 10k	19/05/2019	6.21
Wesham Summer 10k	22/05/2019	6.21
Summer Handicap (May 2019)	30/05/2019	4.35
Welsh Castles Leg 12	09/06/2019	11.20
Freckleton Half	16/06/2019	13.10
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Scorton Supper Run	18/07/2019	4.75
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Chorley Inter Club	14/08/2019	4.80
Power of 5k (September)	13/09/2019	3.11
Fairhaven Flyer	15/09/2019	6.21
Mid Lancs XC Ulverston (Ladies)	28/09/2019	3.91
Winter Handicap (October)	24/10/2019	3.45
Fairclough Five	27/10/2019	5.00
Mid Lancs XC, Hyndburn (Ladies)	09/11/2019	3.30
Mid Lancs XC, Liverpool (Ladies)	23/11/2019	4.90

Wesham 10k	30/11/2019	6.21
Longridge Pudding	08/12/2019	7.00
Winter Handicap (December)	19/12/2019	3.45
Rudolph Red Nose	22/12/2019	5.00
Mid Lancs XC Burnley (Ladies)	11/01/2020	3.30
St Annes 10m	26/01/2020	10.00
Winter Warmer	02/02/2020	6.21
Mid Lancs XC, Blackpool (Ladies)	08/02/2020	3.75
Action For Children	20/02/2020	3.11
Lostock 6	23/02/2020	6.00
Mid Lancs XC, Lancaster (Ladies)	29/02/2020	3.50

Dan Gregson Races entered = 12 totalling 50.53 miles

Blackpool Inter Club	03/04/2019	4.00
Lytham High 10k Fun Fun	07/04/2019	6.21
Summer Handicap (April 2019)	25/04/2019	4.35
Preston Inter Club (2019)	12/06/2019	3.90
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Wesham Inter Club 2019	22/07/2019	4.50
Chorley Inter Club	14/08/2019	4.80
Best 5k	24/11/2019	3.11
Winter Handicap (December)	19/12/2019	3.45

Darran Ames

Races entered =

10

totalling

75.20

miles

Fleetwood 10k	07/04/2019	6.21
Wesham Summer 10k	22/05/2019	6.21
Freckleton Half	16/06/2019	13.10
Wesham Inter Club 2019	22/07/2019	4.50
Fairhaven Flyer	15/09/2019	6.21
West Coast Half	06/10/2019	13.10
Remembrance 10k	10/11/2019	6.21
Wesham 10k	30/11/2019	6.21
St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45

Daryl Bentley	Races entered =	16	totalling	184.65	miles
	Newlands Memorial Fell Race	20/04/2019		11.70	
	Lytham Inter Club 2019	02/05/2019		4.60	
	Coniston	04/05/2019		8.70	
	Spire Ultra	11/05/2019		30.00	
	Summer Handicap (May 2019)	30/05/2019		4.35	
	Wesham Inter Club 2019	22/07/2019		4.50	
	Kentmere Horseshoe	28/07/2019		12.30	
	Lee Mill fell race	31/07/2019		6.50	
	Chorley Inter Club	14/08/2019		4.80	
	Catherine Dowdall Memorial Fell Race	17/08/2019		4.75	
	Golf Ball	21/08/2019		5.70	
	Summer Handicap (August 2019)	29/08/2019		4.35	
	Blackshaw Head fell race	31/08/2019		5.50	
	Red Rose Inter Club 2019	04/09/2019		4.10	
	Bullock Smithy Ultra	07/09/2019		56.00	
	Tour Of Pendle	16/11/2019		16.80	

Dave Dunn	Races entered =	1	totalling	10.60	miles
	Welsh Castles Leg 13	09/06/2019		10.60	

David Butler

Races entered =

8

totalling

67.30

miles

Lytham Inter Club 2019	02/05/2019	4.60
Wesham Inter Club 2019	22/07/2019	4.50
Chorley Inter Club	14/08/2019	4.80
Fleetwood Half	18/08/2019	13.10
Red Rose Inter Club 2019	04/09/2019	4.10
West Coast Half	06/10/2019	13.10
St Annes 10m	26/01/2020	10.00
Barcelona Half Marathon	16/02/2020	13.10

Debbie Cooper

Races entered =

19

totalling

245.40

miles

Blackpool Inter Club	03/04/2019	4.00
Newlands Memorial Fell Race	20/04/2019	11.70
Coniston	04/05/2019	8.70
Spire Ultra	11/05/2019	30.00
Summer Handicap (May 2019)	30/05/2019	4.35
Wesham Inter Club 2019	22/07/2019	4.50
Kentmere Horseshoe	28/07/2019	12.30
Lee Mill fell race	31/07/2019	6.50
Chorley Inter Club	14/08/2019	4.80
Catherine Dowdall Memorial Fell Race	17/08/2019	4.75
Golf Ball	21/08/2019	5.70
Summer Handicap (August 2019)	29/08/2019	4.35
Blackshaw Head fell race	31/08/2019	5.50
Red Rose Inter Club 2019	04/09/2019	4.10
Bullock Smithy Ultra	07/09/2019	56.00
Three Towers Ultra	06/10/2019	43.00
Langdale Horseshoe	12/10/2019	13.10
Tour Of Pendle	16/11/2019	16.80
Mr Sparkles Dark 'un	14/02/2020	5.25

Debbie Francis	Races entered =	8	totalling	44.16	miles
	Summer Handicap (April 2019)	25/04/2019		4.35	
	Lytham Inter Club 2019	02/05/2019		4.60	
	Wesham Summer 10k	22/05/2019		6.21	
	Wesham Inter Club 2019	22/07/2019		4.50	
	Summer Handicap (July 2019)	25/07/2019		4.35	
	Great North Run	08/09/2019		13.10	
	Mid Lancs XC, Hyndburn (Ladies)	09/11/2019		3.30	
	Mid Lancs XC, Blackpool (Ladies)	08/02/2020		3.75	

Dez Appleton	Races entered =	6	totalling	35.70	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Freckleton Half	16/06/2019		13.10	
	Don Ashton Memorial Fell Race	04/07/2019		5.80	
	Chorley Inter Club	14/08/2019		4.80	
	Red Rose Inter Club 2019	04/09/2019		4.10	

Dominic Garrett Races entered = totalling miles

Lytham Inter Club 2019	02/05/2019	4.60
Mearley Clough	14/05/2019	4.00
Welsh Castles Leg 11	09/06/2019	10.80
Preston Inter Club (2019)	12/06/2019	3.90
Freckleton Half	16/06/2019	13.10
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Chorley Inter Club	14/08/2019	4.80
Mid Lancs XC Ulverston (Men)	28/09/2019	5.67
West Coast Half	06/10/2019	13.10
Mid Lancs XC, Hyndburn (Men)	09/11/2019	5.40
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Winter Handicap (December)	19/12/2019	3.45
Rudolph Red Nose	22/12/2019	5.00
Winter Handicap (January)	30/01/2020	3.45
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21
Mid Lancs XC, Lancaster (Men)	29/02/2020	5.70

Emma Johnston Races entered = totalling miles

St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45
Trimpell 20	15/03/2020	20.00

Felicity Wolohan Races entered = totalling miles

St Neott's Tri	01/09/2019	5.60
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Gavin Stanfield	Races entered =	4	totalling	54.41	miles
	Darwen Heritage Half		07/04/2019		13.10
	Dorset Invader		26/05/2019		28.20
	St Annes 10m		26/01/2020		10.00
	Action For Children		20/02/2020		3.11

Gerard Browne	Races entered =	8	totalling	73.80	miles
	Lakeland Trails Coniston 10k		02/06/2019		6.21
	New Forest Marathon		09/08/2019		26.20
	Fairhaven Flyer		15/09/2019		6.21
	Break Out Of Jail		27/10/2019		6.21
	Remembrance 10k		10/11/2019		6.21
	Winter Handicap (December)		19/12/2019		3.45
	Stanley Park 10k (Sunday)		23/02/2020		6.21
	Inverness Half		08/03/2020		13.10

Gill Draper	Races entered =	7	totalling	56.63	miles
	Preston Inter Club (2019)		12/06/2019		3.90
	Penwortham Bypass 5k		21/07/2019		3.11
	Red Rose Inter Club 2019		04/09/2019		4.10
	Remembrance 10k		10/11/2019		6.21
	3-1-5 Lancaster Half		01/12/2019		13.10
	Stanley Park 10k (Saturday)		22/02/2020		6.21
	Trimpell 20		15/03/2020		20.00

Gillian Oliver	Races entered =	6	totalling	27.27	miles
	Run To The Castle	14/04/2019		6.21	
	Summer Handicap (May 2019)	30/05/2019		4.35	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Lancaster 10k Wednesday	17/07/2019		6.21	
	Mid Lancs XC, Hyndburn (Ladies)	09/11/2019		3.30	
	Mid Lancs XC Burnley (Ladies)	11/01/2020		3.30	

Graham Webster	Races entered =	18	totalling	68.54	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Lytham High 10k Fun Fun	07/04/2019		6.21	
	Northern Masters 1500	10/04/2019		0.94	
	Northern Masters 3000	10/04/2019		1.88	
	Northern Masters 800m	10/04/2019		0.50	
	Lytham Inter Club 2019	02/05/2019		4.60	
	Power of 5k (May)	11/05/2019		3.11	
	Beaverbrooks Fun Run	12/05/2019		6.21	
	Northern Masters 800m	15/05/2019		0.50	
	Northern Masters 3000m	15/05/2019		1.87	
	Northern Masters 1500m	15/05/2019		0.94	
	Northern Masters 400m	15/05/2019		0.25	
	Wesham Summer 10k	22/05/2019		6.21	
	Vitality London 10,000	27/05/2019		6.21	
	Welsh Castles Leg 10	08/06/2019		13.10	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	CLAN FFS 5k	27/06/2019		3.11	

Graham Young

Races entered =

1

totalling

3.45

miles

Winter Handicap (January)

30/01/2020

3.45

Greg Oulton

Races entered =

28

totalling

174.99

miles

Summer Handicap (April 2019)	25/04/2019	4.35
Lakeland Trails Kentmere	04/05/2019	11.25
Wray Caton Moor	06/05/2019	6.20
Power of 5k (May)	11/05/2019	3.11
Mearley Clough	14/05/2019	4.00
Wesham Summer 10k	22/05/2019	6.21
Hutton Roof Crags	25/05/2019	7.60
Austwick Amble	27/05/2019	7.80
Summer Handicap (May 2019)	30/05/2019	4.35
Lakeland Trails Coniston Marathon	02/06/2019	26.20
Welsh Castles Leg 9	08/06/2019	8.50
Preston Inter Club (2019)	12/06/2019	3.90
Summer Handicap (June)	27/06/2019	4.35
Trawden 7	30/06/2019	7.10
Don Ashton Memorial Fell Race	04/07/2019	5.80
Scorton Supper Run	18/07/2019	4.75
Wesham Inter Club 2019	22/07/2019	4.50
Lee Mill fell race	31/07/2019	6.50
Farleton Knott	04/08/2019	4.50
Summer Handicap (August 2019)	29/08/2019	4.35
Blackshaw Head fell race	31/08/2019	5.50
Red Rose Inter Club 2019	04/09/2019	4.10
Summer Handicap (September 2019)	26/09/2019	4.35
Mid Lancs XC Ulverston (Men)	28/09/2019	5.67
Withins Skyline	13/10/2019	6.20
Winter Handicap (October)	24/10/2019	3.45

Fairclough Five	27/10/2019	5.00
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Mid Lancs XC, Hyndburn (Men)	09/11/2019	5.40
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Heidi Haigh	Races entered =	18	totalling	500.71	miles
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Boston Marathon	15/04/2019	26.20
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Virgin London Marathon	28/04/2019	26.20
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Howgills Marathon	12/05/2019	26.20
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Rock 'N' Roll Liverpool Marathon	26/05/2019	26.20
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Thornton Inter Club (2019)	25/06/2019	5.00
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Lakeland Trails Ultra 100	29/06/2019	62.50
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Badger Run 3	02/08/2019	6.21
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Gritstone Grind	03/08/2019	35.00
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Fleetwood Half	18/08/2019	13.10
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Grand Tour of Skidaw	31/08/2019	38.70
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Chester Marathon	06/10/2019	26.20
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Lakes In A Day	12/10/2019	52.00
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Snowdon	26/10/2019	26.20
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Hell Of A Hill Marathon (Day 1)	13/11/2019	26.20
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Hell Of A Hill Marathon (Day 2)	14/11/2019	26.20
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Hell Of A Hill Marathon (Day 3)	15/11/2019	26.20
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Hell Of A Hill Marathon (Day 4)	16/11/2019	26.20
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Hell Of A Hill Marathon (Day 5)	17/11/2019	26.20
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Ian Tate	Races entered =	7	totalling	43.58	miles
	Lytham Inter Club 2019	02/05/2019		4.60	
	Wesham Summer 10k	22/05/2019		6.21	
	Welsh Castles Leg 1	08/06/2019		9.10	
	Harrock Hill	24/07/2019		5.25	
	Birchwood 10k	18/08/2019		6.21	
	Standish Hall Trail Race	12/10/2019		6.21	
	Mid Lancs XC, Liverpool (Men)	23/11/2019		6.00	

Jackie Carruthers	Races entered =	1	totalling	6.21	miles
	Stanley Park 10k (Sunday)	23/02/2020		6.21	

Jacqui Murray	Races entered =	10	totalling	96.88	miles
	Virgin London Marathon	28/04/2019		26.20	
	Wesham Inter Club 2019	22/07/2019		4.50	
	Fairhaven Flyer	15/09/2019		6.21	
	Summer Handicap (September 2019)	26/09/2019		4.35	
	Lancaster Half	03/11/2019		13.10	
	Remembrance 10k	10/11/2019		6.21	
	Longridge Pudding	08/12/2019		7.00	
	Garstang Community 10k	12/01/2020		6.21	
	St Annes 10m	26/01/2020		10.00	
	Great North Western	16/02/2020		13.10	

James Buckley	Races entered =	6	totalling	55.11	miles
	Lytham Inter Club 2019	02/05/2019		4.60	
	Freckleton Half	16/06/2019		13.10	
	Crazy Cow	23/06/2019		6.21	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	Windmill Half	21/07/2019		13.10	
	West Coast Half	06/10/2019		13.10	

Jason Sheridan	Races entered =	16	totalling	88.35	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Summer Handicap (April 2019)	25/04/2019		4.35	
	Wray Scarecrow 10k	27/04/2019		6.21	
	Mearley Clough	14/05/2019		4.00	
	Wesham Summer 10k	22/05/2019		6.21	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	Caldervale Supper Run	09/07/2019		4.00	
	Wesham Inter Club 2019	22/07/2019		4.50	
	St Levan 10k	16/08/2019		6.21	
	Summer Handicap (August 2019)	29/08/2019		4.35	
	Red Rose Inter Club 2019	04/09/2019		4.10	
	Fairhaven Flyer	15/09/2019		6.21	
	Manchester Half	13/10/2019		13.10	
	Remembrance 10k	10/11/2019		6.21	
	Mid Lancs XC, Liverpool (Men)	23/11/2019		6.00	

Jasper Richardson	Races entered =	1	totalling	3.11	miles
	Best 5k	24/11/2019		3.11	

Jen Trohear	Races entered =	10	totalling	54.31	miles
	Lytham High 5k Fun Run		07/04/2019		3.11
	Wesham Summer 10k		22/05/2019		6.21
	Summer Handicap (May 2019)		30/05/2019		4.35
	Preston Inter Club (2019)		12/06/2019		3.90
	Thornton Inter Club (2019)		25/06/2019		5.00
	Remembrance 10k		10/11/2019		6.21
	Wesham 10k		30/11/2019		6.21
	St Annes 10m		26/01/2020		10.00
	Action For Children		20/02/2020		3.11
	Stanley Park 10k (Sunday)		23/02/2020		6.21

Jennifer Hill	Races entered =	11	totalling	95.84	miles
	Blackpool Inter Club		03/04/2019		4.00
	Darwen Heritage Half		07/04/2019		13.10
	Caldervale 10		19/04/2019		10.00
	Blackpool Festival of Running 10k		27/04/2019		6.21
	Lytham Inter Club 2019		02/05/2019		4.60
	Beaverbrooks Fun Run		12/05/2019		6.21
	Manchester Half		19/05/2019		13.10
	Helsinki Half		06/06/2019		13.10
	Father's Day 10k, Lancaster		16/06/2019		6.21
	Munchen Marathon		13/10/2019		13.10
	Remembrance 10k		10/11/2019		6.21

Jeremy McCandless

Races entered =

11

totalling

46.05

miles

Blackpool Inter Club	03/04/2019	4.00
Summer Handicap (April 2019)	25/04/2019	4.35
Summer Handicap (May 2019)	30/05/2019	4.35
Summer Handicap (June)	27/06/2019	4.35
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Chorley Inter Club	14/08/2019	4.80
Summer Handicap (August 2019)	29/08/2019	4.35
Red Rose Inter Club 2019	04/09/2019	4.10
Winter Handicap (December)	19/12/2019	3.45
Winter Handicap (January)	30/01/2020	3.45

Jo Goorney

Races entered =

15

totalling

87.55

miles

Blackpool Inter Club	03/04/2019	4.00
Virgin London Marathon	28/04/2019	26.20
Thornton Inter Club (2019)	25/06/2019	5.00
Wesham Inter Club 2019	22/07/2019	4.50
Chorley Inter Club	14/08/2019	4.80
Catherine Dowdall Memorial Fell Race	17/08/2019	4.75
Blackshaw Head fell race	31/08/2019	5.50
Red Rose Inter Club 2019	04/09/2019	4.10
Mid Lancs XC, Hyndburn (Ladies)	09/11/2019	3.30
Mid Lancs XC, Liverpool (Ladies)	23/11/2019	4.90
Mythmlroyd	08/12/2019	6.20
Lancs XC Champs (Ladies)	04/01/2020	3.75
Mid Lancs XC Burnley (Ladies)	11/01/2020	3.30
Mid Lancs XC, Blackpool (Ladies)	08/02/2020	3.75
Mid Lancs XC, Lancaster (Ladies)	29/02/2020	3.50

Joe Greenwood

Races entered =

21

totalling

111.20

miles

Blackpool Inter Club	03/04/2019	4.00
Lytham High 10k Fun Fun	07/04/2019	6.21
Summer Handicap (April 2019)	25/04/2019	4.35
Wesham Summer 10k	22/05/2019	6.21
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Wesham Inter Club 2019	22/07/2019	4.50
Chorley Inter Club	14/08/2019	4.80
Summer Handicap (September 2019)	26/09/2019	4.35
Winter Handicap (October)	24/10/2019	3.45
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Winter Handicap (December)	19/12/2019	3.45
Lancs XC Champs (Men)	04/01/2020	5.75
Mid Lancs XC Burnley (Men)	11/01/2020	5.90
Inskip Half	19/01/2020	13.10
St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21
Action For Children	20/02/2020	3.11

John Bertenshaw

Races entered =

15

totalling

90.92

miles

Blackpool Inter Club	03/04/2019	4.00
Lytham Inter Club 2019	02/05/2019	4.60
Wesham Summer 10k	22/05/2019	6.21
Welsh Castles Leg 8	08/06/2019	10.80
Preston Inter Club (2019)	12/06/2019	3.90
Carnival 5k	07/07/2019	3.11
Pilling 10k	27/07/2019	6.21
Power of 5k (August)	02/08/2019	3.11
Pilling 10k	24/08/2019	6.21
Summer Handicap (August 2019)	29/08/2019	4.35
Garstang Half	01/09/2019	13.10
Power of 5k (September)	13/09/2019	3.11
Derwentwater 10	03/11/2019	10.00
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Wesham 10k	30/11/2019	6.21

John Wild

Races entered =

3

totalling

45.51

miles

Lakeland Trails Hawkshead	13/04/2019	6.21
Rock 'N' Roll Liverpool Marathon	26/05/2019	26.20
Freckleton Half	16/06/2019	13.10

Jonathan Tuck

Races entered =

21

totalling

99.52

miles

Blackpool Inter Club	03/04/2019	4.00
ITU Triathlon World Championships - Run 1	27/04/2019	3.11
ITU Triathlon World Championships - Run 2	27/04/2019	1.56
Lytham Inter Club 2019	02/05/2019	4.60
Summer Handicap (May 2019)	30/05/2019	4.35
Welsh Castles Leg 7	08/06/2019	10.10
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
North West Road Relays	08/09/2019	3.10
Summer Handicap (September 2019)	26/09/2019	4.35
Mid Lancs XC Ulverston (Men)	28/09/2019	5.67
Winter Handicap (October)	24/10/2019	3.45
Mid Lancs XC, Hyndburn (Men)	09/11/2019	5.40
Remembrance 10k	10/11/2019	6.21
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Winter Handicap (December)	19/12/2019	3.45
Mid Lancs XC Burnley (Men)	11/01/2020	5.90
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21
Action For Children	20/02/2020	3.11
Mid Lancs XC, Lancaster (Men)	29/02/2020	5.70

Julia Rolfe

Races entered =

22

totalling

104.78

miles

Blackpool Inter Club	03/04/2019	4.00
Pendle Fell	06/04/2019	4.20
Radcliffe 10	14/04/2019	6.21
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Pilling 10k	27/07/2019	6.21
Lee Mill fell race	31/07/2019	6.50
Farleton Knott	04/08/2019	4.50
Chorley Inter Club	14/08/2019	4.80
Golf Ball	21/08/2019	5.70
Pilling 10k	24/08/2019	6.21
Red Rose Inter Club 2019	04/09/2019	4.10
Cop Hill Fell Race	03/11/2019	6.20
Mid Lancs XC, Hyndburn (Ladies)	09/11/2019	3.30
Arnside Knott	17/11/2019	6.20
Mid Lancs XC, Liverpool (Ladies)	23/11/2019	4.90
Winter Handicap (December)	19/12/2019	3.45
Lancs XC Champs (Ladies)	04/01/2020	3.75
Mid Lancs XC Burnley (Ladies)	11/01/2020	3.30
Mid Lancs XC, Lancaster (Ladies)	29/02/2020	3.50

Julie Wiseman

Races entered =

14

totalling

87.85

miles

Blackpool Inter Club	03/04/2019	4.00
Summer Handicap (April 2019)	25/04/2019	4.35
Blue Skies Fun Run	08/05/2019	3.11
Beaverbrooks Fun Run	12/05/2019	6.21
Rock 'N' Roll Liverpool Half Marathon	26/05/2019	13.10
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Scorton Supper Run	18/07/2019	4.75
Chorley Inter Club	14/08/2019	4.80
Run The Lights 10k	17/08/2019	6.21
Fairhaven Flyer	15/09/2019	6.21
Kirkby Milers 10	29/09/2019	10.00
West Coast Half	06/10/2019	13.10
Halloween 5k	31/10/2019	3.11

Kathy Gaunt

Races entered =

19

totalling

135.74

miles

Beaverbrooks Fun Run	12/05/2019	6.21
Mearley Clough	14/05/2019	4.00
Manchester 10k	19/05/2019	6.21
Preston Inter Club (2019)	12/06/2019	3.90
Southport 10k	30/06/2019	6.21
Blackpool Summer 10k	07/07/2019	6.21
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Fleetwood Half	18/08/2019	13.10
Golden Ball 10	01/09/2019	10.00
Great North Run	08/09/2019	13.10
West Coast Half	06/10/2019	13.10
Autumn Breaker	13/10/2019	6.21
Remembrance 10k	10/11/2019	6.21
Longridge Pudding	08/12/2019	7.00
Boxing Day 10k	26/12/2019	6.21
St Annes 10m	26/01/2020	10.00
Stanley Park 10k (Sunday)	23/02/2020	6.21
Power of 5k (Feb)	28/02/2020	3.11

Katy McIntyre	Races entered =	7	totalling	29.55	miles
	Summer Handicap (April 2019)		25/04/2019		4.35
	Lytham Inter Club 2019		02/05/2019		4.60
	Summer Handicap (May 2019)		30/05/2019		4.35
	Preston Inter Club (2019)		12/06/2019		3.90
	Wesham Inter Club 2019		22/07/2019		4.50
	Red Rose Inter Club 2019		04/09/2019		4.10
	Mid Lancs XC, Blackpool (Ladies)		08/02/2020		3.75

Kevin Murray	Races entered =	17	totalling	158.60	miles
	Manchester Half		19/05/2019		13.10
	Freckleton Half		16/06/2019		13.10
	Carnival 5k		07/07/2019		3.11
	Windmill Half		21/07/2019		13.10
	Wesham Inter Club 2019		22/07/2019		4.50
	Fairhaven Flyer		15/09/2019		6.21
	Summer Handicap (September 2019)		26/09/2019		4.35
	West Coast Half		06/10/2019		13.10
	Manchester Half		13/10/2019		13.10
	Lancaster Half		03/11/2019		13.10
	Remembrance 10k		10/11/2019		6.21
	Wesham 10k		30/11/2019		6.21
	Longridge Pudding		08/12/2019		7.00
	Garstang Community 10k		12/01/2020		6.21
	Inskip Half		19/01/2020		13.10
	St Annes 10m		26/01/2020		10.00
	Great North Western		16/02/2020		13.10

Kirsten Burnett		Races entered =	22	totalling	116.29	miles
	Blackpool Inter Club			03/04/2019		4.00
	Summer Handicap (April 2019)			25/04/2019		4.35
	Lytham Inter Club 2019			02/05/2019		4.60
	Blue Skies Fun Run			08/05/2019		3.11
	Summer Handicap (May 2019)			30/05/2019		4.35
	Welsh Castles Leg 19			09/06/2019		7.70
	Preston Inter Club (2019)			12/06/2019		3.90
	Thornton Inter Club (2019)			25/06/2019		5.00
	Summer Handicap (September 2019)			26/09/2019		4.35
	Mid Lancs XC Ulverston (Ladies)			28/09/2019		3.91
	Lancaster Half			03/11/2019		13.10
	Wesham 10k			30/11/2019		6.21
	Longridge Pudding			08/12/2019		7.00
	Lancaster Christmas Cracker			21/12/2019		6.21
	Boxing Day 10k			26/12/2019		6.21
	Ribble Valley 10k			29/12/2019		6.21
	Mid Lancs XC Burnley (Ladies)			11/01/2020		3.30
	Mid Lancs XC, Blackpool (Ladies)			08/02/2020		3.75
	Action For Children			20/02/2020		3.11
	Stanley Park 10k (Saturday)			22/02/2020		6.21
	Mid Lancs XC, Lancaster (Ladies)			29/02/2020		3.50
	Red Hot Toddy			08/03/2020		6.21

Laura Bremner		Races entered =	3	totalling	11.16	miles
	Lytham Inter Club 2019			02/05/2019		4.60
	Carnival 5k			07/07/2019		3.11
	Winter Handicap (January)			30/01/2020		3.45

Laura Byrne	Races entered =	12	totalling	93.14	miles
	Virgin London Marathon		28/04/2019		26.20
	Summer Handicap (May 2019)		30/05/2019		4.35
	Preston Inter Club (2019)		12/06/2019		3.90
	Thornton Inter Club (2019)		25/06/2019		5.00
	Wesham Inter Club 2019		22/07/2019		4.50
	Fairhaven Flyer		15/09/2019		6.21
	Summer Handicap (September 2019)		26/09/2019		4.35
	Lancaster Half		03/11/2019		13.10
	Remembrance 10k		10/11/2019		6.21
	Wesham 10k		30/11/2019		6.21
	St Annes 10m		26/01/2020		10.00
	Action For Children		20/02/2020		3.11

Layla Foley	Races entered =	1	totalling	3.11	miles
	Power of 5k (December)		06/12/2019		3.11

Lee Vaudrey	Races entered =	1	totalling	3.45	miles
	Winter Handicap (January)		30/01/2020		3.45

Lewis McAfee

Races entered =

29

totalling

222.47

miles

Blackpool Inter Club	03/04/2019	4.00
Virgin London Marathon	28/04/2019	26.20
Mearley Clough	14/05/2019	4.00
Wesham Summer 10k	22/05/2019	6.21
Hambleton Fun Run	26/05/2019	4.50
Summer Handicap (May 2019)	30/05/2019	4.35
Preston Inter Club (2019)	12/06/2019	3.90
Freckleton Half	16/06/2019	13.10
Thornton Inter Club (2019)	25/06/2019	5.00
Southport Half	30/06/2019	13.10
Don Ashton Memorial Fell Race	04/07/2019	5.80
Carnival 5k	07/07/2019	3.11
Caldervale Supper Run	09/07/2019	4.00
Wesham Inter Club 2019	22/07/2019	4.50
Caldervale Summer 10	28/07/2019	10.00
Power of 5k (August)	02/08/2019	3.11
Run The Lights 10k	17/08/2019	6.21
Red Rose Inter Club 2019	04/09/2019	4.10
Summer Handicap (September 2019)	26/09/2019	4.35
Chester Marathon	06/10/2019	26.20
Lancaster Half	03/11/2019	13.10
Remembrance 10k	10/11/2019	6.21
Winter Handicap (December)	19/12/2019	3.45
Rudolph Red Nose	22/12/2019	5.00
St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45

Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21
Great North Western	16/02/2020	13.10
Stanley Park 10k (Sunday)	23/02/2020	6.21

Linda Chadderton Races entered = 3 totalling 23.45 miles

Myerscough 10	01/12/2019	10.00
St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45

Liz Abbott			
Races entered =	20	totalling	138.85 miles
Blackpool Inter Club	03/04/2019		4.00
Manchester Marathon	07/04/2019		26.20
Summer Handicap (April 2019)	25/04/2019		4.35
Lytham Inter Club 2019	02/05/2019		4.60
Manchester 10k	19/05/2019		6.21
Preston Inter Club (2019)	12/06/2019		3.90
Thornton Inter Club (2019)	25/06/2019		5.00
Don Ashton Memorial Fell Race	04/07/2019		5.80
Carnival 5k	07/07/2019		3.11
Chorley Inter Club	14/08/2019		4.80
Summer Handicap (August 2019)	29/08/2019		4.35
Red Rose Inter Club 2019	04/09/2019		4.10
Winter Handicap (December)	19/12/2019		3.45
Ribble Valley 10k	29/12/2019		6.21
St Annes 10m	26/01/2020		10.00
Winter Handicap (January)	30/01/2020		3.45
Action For Children	20/02/2020		3.11
Power of 5k (Feb)	28/02/2020		3.11
Inverness Half	08/03/2020		13.10
Trimpell 20	15/03/2020		20.00

Liz Canavan			
Races entered =	4	totalling	16.22 miles
Carnival 5k	07/07/2019		3.11
Winter Handicap (October)	24/10/2019		3.45
Winter Handicap (January)	30/01/2020		3.45
Stanley Park 10k (Saturday)	22/02/2020		6.21

Louise Cox

Races entered =

13

totalling

63.74

miles

Blackpool Inter Club	03/04/2019	4.00
Lytham Inter Club 2019	02/05/2019	4.60
Wesham Summer 10k	22/05/2019	6.21
Summer Handicap (May 2019)	30/05/2019	4.35
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Carnival 5k	07/07/2019	3.11
City of Preston 5m	11/08/2019	5.00
Chorley Inter Club	14/08/2019	4.80
Power of 5k (September)	13/09/2019	3.11
Winter Handicap (October)	24/10/2019	3.45
Mount Stromlo Trail 10k, Canberra	24/11/2019	6.21
St Annes 10m	26/01/2020	10.00

Maddy Markham

Races entered =

16

totalling

77.16

miles

Wordern Park 10k	19/05/2019	6.21
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Wesham Inter Club 2019	22/07/2019	4.50
Chorley Inter Club	14/08/2019	4.80
Red Rose Inter Club 2019	04/09/2019	4.10
Power of 5k (September)	13/09/2019	3.11
Fairclough Five	27/10/2019	5.00
Wesham 10k	30/11/2019	6.21
Longridge Pudding	08/12/2019	7.00
Winter Handicap (December)	19/12/2019	3.45
Rudolph Red Nose	22/12/2019	5.00
Winter Warmer	02/02/2020	6.21
Action For Children	20/02/2020	3.11
Lostock 6	23/02/2020	6.00

Mark Hughes	Races entered =	11	totalling	92.63	miles
	Blackpool Inter Club		03/04/2019		4.00
	Manchester Marathon		07/04/2019		26.20
	Caldervale 10		19/04/2019		10.00
	Summer Handicap (August 2019)		29/08/2019		4.35
	Great North Run		08/09/2019		13.10
	Remembrance 10k		10/11/2019		6.21
	Mid Lancs XC, Liverpool (Men)		23/11/2019		6.00
	St Annes 10m		26/01/2020		10.00
	Winter Handicap (January)		30/01/2020		3.45
	Mid Lancs XC, Blackpool (Men)		08/02/2020		6.21
	Action For Children		20/02/2020		3.11

Mark Selby	Races entered =	3	totalling	42.75	miles
	Virgin London Marathon		28/04/2019		26.20
	Freckleton Half		16/06/2019		13.10
	Winter Handicap (October)		24/10/2019		3.45

Matthew Holton	Races entered =	2	totalling	6.56	miles
	Winter Handicap (January)		30/01/2020		3.45
	Action For Children		20/02/2020		3.11

Mel Koth	Races entered =	30	totalling	225.01	miles
	Blackpool Inter Club		03/04/2019		4.00
	Darwen Heritage Half		07/04/2019		13.10
	Virgin London Marathon		28/04/2019		26.20
	Lytham Inter Club 2019		02/05/2019		4.60
	Avenham Park 5k		06/05/2019		3.11
	Southport Triathlon		19/05/2019		6.21
	Epicman Windermere		02/06/2019		13.10
	Preston Inter Club (2019)		12/06/2019		3.90
	Thornton Inter Club (2019)		25/06/2019		5.00
	ETU European Tri Championships		07/07/2019		13.20
	Capenwray Tri		07/07/2019		3.11
	Wesham Inter Club 2019		22/07/2019		4.50
	City of Preston 10m		11/08/2019		10.00
	Chorley Inter Club		14/08/2019		4.80
	Golden Ball 10		01/09/2019		10.00
	Yarrow River Splash		15/09/2019		6.21
	BMW Williams Rochdale Half		06/10/2019		13.10
	Run Through The Villages		03/11/2019		8.50
	Mid Lancs XC, Hyndburn (Ladies)		09/11/2019		3.30
	Mid Lancs XC, Liverpool (Ladies)		23/11/2019		4.90
	Longridge Pudding		08/12/2019		7.00
	Santa Dash		22/12/2019		4.00
	Boxing Day 10k		26/12/2019		6.21
	Festive 4		29/12/2019		4.00
	Central Lancs Half		05/01/2020		13.10
	Mid Lancs XC Burnley (Ladies)		11/01/2020		3.30

Essar Four Villages Half	19/01/2020	13.10
Winter Warmer	02/02/2020	6.21
Mid Lancs XC, Blackpool (Ladies)	08/02/2020	3.75
Mid Lancs XC, Lancaster (Ladies)	29/02/2020	3.50

Michael Hall Races entered = 3 totalling 11.25 miles

Summer Handicap (July 2019)	25/07/2019	4.35
Winter Handicap (December)	19/12/2019	3.45
Winter Handicap (January)	30/01/2020	3.45

Michelle Chadwick Races entered = 7 totalling 58.63 miles

City of Preston 10m	11/08/2019	10.00
Pilling 10k	24/08/2019	6.21
Great North Run	08/09/2019	13.10
Manchester Half	13/10/2019	13.10
Power of 5k (October)	25/10/2019	3.11
Preston Harriers 10	17/11/2019	10.00
Power of 5k (Feb)	28/02/2020	3.11

Michelle Sheridan

Races entered =

20

totalling

130.56

miles

Wray Scarecrow 10k	27/04/2019	6.21
Beaverbrooks Fun Run	12/05/2019	6.21
Manchester 10k	19/05/2019	6.21
Wesham Summer 10k	22/05/2019	6.21
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Southport 10k	30/06/2019	6.21
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Wesham Inter Club 2019	22/07/2019	4.50
St Levan 10k	16/08/2019	6.21
Fairhaven Flyer	15/09/2019	6.21
Kirkby Milers 10	29/09/2019	10.00
Manchester Half	13/10/2019	13.10
Remembrance 10k	10/11/2019	6.21
Longridge Pudding	08/12/2019	7.00
Boxing Day 10k	26/12/2019	6.21
Garstang Community 10k	12/01/2020	6.21
St Annes 10m	26/01/2020	10.00
Stanley Park 10k (Sunday)	23/02/2020	6.21

Mick Widdop

Races entered =

13

totalling

101.67

miles

Scorton Supper Run	18/07/2019	4.75
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Chorley Inter Club	14/08/2019	4.80
Fleetwood Half	18/08/2019	13.10
Pilling 10k	24/08/2019	6.21
Summer Handicap (August 2019)	29/08/2019	4.35
Red Rose Inter Club 2019	04/09/2019	4.10
Manchester Half	13/10/2019	13.10
Lancaster Half	03/11/2019	13.10
Remembrance 10k	10/11/2019	6.21
St Annes 10m	26/01/2020	10.00
Great North Western	16/02/2020	13.10

Mike Toft	Races entered =	20	totalling	133.08	miles
	Blackpool Inter Club	03/04/2019		4.00	
	Lytham Inter Club 2019	02/05/2019		4.60	
	Wesham Summer 10k	22/05/2019		6.21	
	Copenhagen Marathon	01/06/2019		26.20	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Carnival 5k	07/07/2019		3.11	
	Penwortham Bypass 5k	21/07/2019		3.11	
	Wesham Inter Club 2019	22/07/2019		4.50	
	Power of 5k (August)	02/08/2019		3.11	
	City of Preston 5m	11/08/2019		5.00	
	Summer Handicap (August 2019)	29/08/2019		4.35	
	Mid Lancs XC Ulverston (Men)	28/09/2019		5.67	
	Manchester Half	13/10/2019		13.10	
	Fairclough Five	27/10/2019		5.00	
	Preston Harriers 10	17/11/2019		10.00	
	Mid Lancs XC, Liverpool (Men)	23/11/2019		6.00	
	Mid Lancs XC Burnley (Men)	11/01/2020		5.90	
	St Annes 10m	26/01/2020		10.00	
	Mid Lancs XC, Blackpool (Men)	08/02/2020		6.21	
	Action For Children	20/02/2020		3.11	
Morgan Pritchard	Races entered =	2	totalling	6.22	miles
	Carnival 5k	07/07/2019		3.11	
	Action For Children	20/02/2020		3.11	

Neil Bayntun-
Roberts

Races entered =

2

totalling

19.31

miles

Freckleton Half

16/06/2019

13.10

New Longton 10k

08/03/2020

6.21

Neil Tate

Races entered =

43

totalling

317.72

miles

Blackpool Inter Club	03/04/2019	4.00
Lytham High 10k Fun Fun	07/04/2019	6.21
Caldervale 10	19/04/2019	10.00
Wray Caton Moor	06/05/2019	6.20
Beaverbrooks Fun Run	12/05/2019	6.21
Mearley Clough	14/05/2019	4.00
Summer Handicap (May 2019)	30/05/2019	4.35
Welsh Castles Leg 3	08/06/2019	12.30
Preston Inter Club (2019)	12/06/2019	3.90
Freckleton Half	16/06/2019	13.10
Don Ashton Memorial Fell Race	04/07/2019	5.80
Carnival 5k	07/07/2019	3.11
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Windmill Half	21/07/2019	13.10
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Caldervale Summer 10	28/07/2019	10.00
Lee Mill fell race	31/07/2019	6.50
Chorley Inter Club	14/08/2019	4.80
Fairhaven Flyer	15/09/2019	6.21
Summer Handicap (September 2019)	26/09/2019	4.35
Mid Lancs XC Ulverston (Men)	28/09/2019	5.67
West Coast Half	06/10/2019	13.10
Autumn Breaker	13/10/2019	6.21
Fairclough Five	27/10/2019	5.00

Lancaster Half	03/11/2019	13.10
Mid Lancs XC, Hyndburn (Men)	09/11/2019	5.40
Remembrance 10k	10/11/2019	6.21
Hell Of A Hill Marathon (Day 4)	16/11/2019	26.20
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Winter Handicap (December)	19/12/2019	3.45
Boxing Day 10k	26/12/2019	6.21
Lancs XC Champs (Men)	04/01/2020	5.75
Mid Lancs XC Burnley (Men)	11/01/2020	5.90
Inskip Half	19/01/2020	13.10
St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21
Action For Children	20/02/2020	3.11
Stanley Park 10k (Sunday)	23/02/2020	6.21
Mid Lancs XC, Lancaster (Men)	29/02/2020	5.70
Trimpell 20	15/03/2020	20.00

Nicola Rowlands Races entered = totalling miles

Windmill Half	21/07/2019	13.10
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Oliver McIntyre Races entered = totalling miles

Preston Inter Club (2019)	12/06/2019	3.90
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Wesham Inter Club 2019	22/07/2019	4.50
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Red Rose Inter Club 2019	04/09/2019	4.10
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Pam Binns

Races entered =

21

totalling

107.84

miles

Blackpool Inter Club	03/04/2019	4.00
Summer Handicap (April 2019)	25/04/2019	4.35
Northern Masters 200m	15/05/2019	0.12
Northern Masters 400m	15/05/2019	0.25
Northern Masters 1500m	15/05/2019	0.94
Jersey Half	09/06/2019	13.10
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Chorley Inter Club	14/08/2019	4.80
Run The Lights 10k	17/08/2019	6.21
Summer Handicap (August 2019)	29/08/2019	4.35
Red Rose Inter Club 2019	04/09/2019	4.10
Wirral Half	08/09/2019	13.10
West Coast Half	06/10/2019	13.10
Winter Handicap (October)	24/10/2019	3.45
Fairclough Five	27/10/2019	5.00
Winter Handicap (January)	30/01/2020	3.45
Red Hot Toddy	08/03/2020	6.21

Pam Hardman

Races entered =

17

totalling

165.21

miles

Blackpool Inter Club	03/04/2019	4.00
Pendle Fell	06/04/2019	4.20
Caldervale 10	19/04/2019	10.00
Wray Scarecrow 10k	27/04/2019	6.21
Perigord Trail Marathon de Bastide	11/05/2019	26.20
Welsh Castles Leg 6	08/06/2019	9.10
Freckleton Half	16/06/2019	13.10
Don Ashton Memorial Fell Race	04/07/2019	5.80
Caldervale Supper Run	09/07/2019	4.00
Lakeland 50	27/07/2019	50.00
Chorley Inter Club	14/08/2019	4.80
Golf Ball	21/08/2019	5.70
Red Rose Inter Club 2019	04/09/2019	4.10
Fairclough Five	27/10/2019	5.00
Arnside Knott	17/11/2019	6.20
Mid Lancs XC Burnley (Ladies)	11/01/2020	3.30
Mid Lancs XC, Lancaster (Ladies)	29/02/2020	3.50

Paul Veevers	Races entered =	16	totalling	103.39	miles
	Lytham Inter Club 2019		02/05/2019		4.60
	Welsh Castles Leg 14		09/06/2019		10.80
	Freckleton Half		16/06/2019		13.10
	Thornton Inter Club (2019)		25/06/2019		5.00
	Carnival 5k		07/07/2019		3.11
	Windmill Half		21/07/2019		13.10
	Wesham Inter Club 2019		22/07/2019		4.50
	North West Road Relays		08/09/2019		3.10
	Winter Handicap (October)		24/10/2019		3.45
	Mid Lancs XC, Hyndburn (Men)		09/11/2019		5.40
	Mid Lancs XC, Liverpool (Men)		23/11/2019		6.00
	Power of 5k (December)		06/12/2019		3.11
	Boxing Day 10k		26/12/2019		6.21
	St Annes 10m		26/01/2020		10.00
	Mid Lancs XC, Blackpool (Men)		08/02/2020		6.21
	Mid Lancs XC, Lancaster (Men)		29/02/2020		5.70

Peter Reid

Races entered =

13

totalling

67.88

miles

Summer Handicap (April 2019)	25/04/2019	4.35
Mearley Clough	14/05/2019	4.00
Wesham Summer 10k	22/05/2019	6.21
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Carnival 5k	07/07/2019	3.11
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Chorley Inter Club	14/08/2019	4.80
Red Rose Inter Club 2019	04/09/2019	4.10
Manchester Half	13/10/2019	13.10
Remembrance 10k	10/11/2019	6.21

Peter Thomson	Races entered =	16	totalling	75.08	miles
	Blackpool Inter Club		03/04/2019		4.00
	Summer Handicap (April 2019)		25/04/2019		4.35
	Summer Handicap (May 2019)		30/05/2019		4.35
	Preston Inter Club (2019)		12/06/2019		3.90
	Chorley Inter Club		14/08/2019		4.80
	Red Rose Inter Club 2019		04/09/2019		4.10
	Summer Handicap (September 2019)		26/09/2019		4.35
	Mid Lancs XC Ulverston (Men)		28/09/2019		5.67
	Winter Handicap (October)		24/10/2019		3.45
	Mid Lancs XC, Hyndburn (Men)		09/11/2019		5.40
	Mid Lancs XC, Liverpool (Men)		23/11/2019		6.00
	Winter Handicap (December)		19/12/2019		3.45
	Mid Lancs XC Burnley (Men)		11/01/2020		5.90
	Winter Handicap (January)		30/01/2020		3.45
	Mid Lancs XC, Blackpool (Men)		08/02/2020		6.21
	Mid Lancs XC, Lancaster (Men)		29/02/2020		5.70
Rachael Hoyle	Races entered =	1	totalling	3.11	miles
	Lytham High 5k Fun Run		07/04/2019		3.11
Rachael McAfee	Races entered =	1	totalling	6.21	miles
	Wesham Summer 10k		22/05/2019		6.21
Richard Storey	Races entered =	4	totalling	22.35	miles
	Welsh Castles Leg 17		09/06/2019		8.70
	Preston Inter Club (2019)		12/06/2019		3.90
	Thornton Inter Club (2019)		25/06/2019		5.00
	Scorton Supper Run		18/07/2019		4.75

Robert Parker

Races entered =

1

totalling

6.21

miles

Remembrance 10k

10/11/2019

6.21

Ross McKelvie

Races entered =

26

totalling

113.00

miles

Lytham High 5k Fun Run	07/04/2019	3.11
Blackpool Festival of Running 5k	27/04/2019	3.11
Lytham Inter Club 2019	02/05/2019	4.60
Welsh Castles Leg 16	09/06/2019	12.50
Thornton Inter Club (2019)	25/06/2019	5.00
315 Lancaster (June)	30/06/2019	3.11
Carnival 5k	07/07/2019	3.11
Power of 5k (August)	02/08/2019	3.11
Chorley Inter Club	14/08/2019	4.80
Run The Lights 5k	17/08/2019	3.11
Red Rose Inter Club 2019	04/09/2019	4.10
North West Road Relays	08/09/2019	3.10
Power of 5k (September)	13/09/2019	3.11
Great Scottish 10k	29/09/2019	6.21
Power of 5k (October)	25/10/2019	3.11
Fairclough Five	27/10/2019	5.00
Halloween 5k	31/10/2019	3.11
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Power of 5k (December)	06/12/2019	3.11
Winter Handicap (December)	19/12/2019	3.45
Mid Lancs XC Burnley (Men)	11/01/2020	5.90
Power of 5k	17/01/2020	3.11
Valentines 10k	16/02/2020	6.21
Action For Children	20/02/2020	3.11
Power of 5k (Feb)	28/02/2020	3.11
Mid Lancs XC, Lancaster (Men)	29/02/2020	5.70

Roy Stevens	Races entered =	8	totalling	90.83	miles
	Paris Marathon	14/04/2019		26.20	
	Wesham Summer 10k	22/05/2019		6.21	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	Carnival 5k	07/07/2019		3.11	
	Chorley Inter Club	14/08/2019		4.80	
	Fleetwood Half	18/08/2019		13.10	
	Chester Marathon	06/10/2019		26.20	
	Remembrance 10k	10/11/2019		6.21	

Ruth Bye	Races entered =	6	totalling	58.91	miles
	Blackpool Festival Of Running Marathon	28/04/2019		26.20	
	Preston Inter Club (2019)	12/06/2019		3.90	
	Freckleton Half	16/06/2019		13.10	
	Thornton Inter Club (2019)	25/06/2019		5.00	
	Wesham Inter Club 2019	22/07/2019		4.50	
	Wesham 10k	30/11/2019		6.21	

Ruth Wheatley	Races entered =	2	totalling	16.21	miles
	Rock 'N' Roll Liverpool Half Marathon	26/05/2019		13.10	
	Carnival 5k	07/07/2019		3.11	

Sarah Bagshaw	Races entered =	7	totalling	43.57	miles
	Preston Inter Club (2019)		12/06/2019		3.90
	Thornton Inter Club (2019)		25/06/2019		5.00
	Summer Handicap (July 2019)		25/07/2019		4.35
	Chorley Inter Club		14/08/2019		4.80
	Great North Run		08/09/2019		13.10
	Fairhaven Flyer		15/09/2019		6.21
	Remembrance 10k		10/11/2019		6.21

Sarah Cook	Races entered =	4	totalling	32.77	miles
	Winter Handicap (January)		30/01/2020		3.45
	Action For Children		20/02/2020		3.11
	Stanley Park 10k (Sunday)		23/02/2020		6.21
	Trimpell 20		15/03/2020		20.00

Simon Smith	Races entered =	3	totalling	13.11	miles
	Winter Handicap (October)		24/10/2019		3.45
	Remembrance 10k		10/11/2019		6.21
	Winter Handicap (December)		19/12/2019		3.45

Sophie Bohannon	Races entered =	3	totalling	10.01	miles
	Carnival 5k		07/07/2019		3.11
	Winter Handicap (December)		19/12/2019		3.45
	Winter Handicap (January)		30/01/2020		3.45

Stephen Wise	Races entered =	9	totalling	69.96	miles
	Lytham Inter Club 2019		02/05/2019		4.60
	Thornton Inter Club (2019)		25/06/2019		5.00
	Wesham Inter Club 2019		22/07/2019		4.50
	Power of 5k (August)		02/08/2019		3.11
	Tatton Half		03/11/2019		13.10
	Myerscough 10		01/12/2019		10.00
	Inskip Half		19/01/2020		13.10
	Winter Handicap (January)		30/01/2020		3.45
	Great North Western		16/02/2020		13.10

Steve Tate	Races entered =	15	totalling	76.44	miles
	Blackpool Inter Club		03/04/2019		4.00
	Summer Handicap (April 2019)		25/04/2019		4.35
	Lytham Inter Club 2019		02/05/2019		4.60
	Wesham Summer 10k		22/05/2019		6.21
	Summer Handicap (May 2019)		30/05/2019		4.35
	Summer Handicap (June)		27/06/2019		4.35
	Carnival 5k		07/07/2019		3.11
	Windmill Half		21/07/2019		13.10
	Summer Handicap (July 2019)		25/07/2019		4.35
	Summer Handicap (August 2019)		29/08/2019		4.35
	Summer Handicap (September 2019)		26/09/2019		4.35
	Autumn Breaker		13/10/2019		6.21
	Winter Handicap (October)		24/10/2019		3.45
	Remembrance 10k		10/11/2019		6.21
	Winter Handicap (January)		30/01/2020		3.45

Sue Hawitt

Races entered =

28

totalling

230.68

miles

Virgin London Marathon	28/04/2019	26.20
Beaverbrooks Fun Run	12/05/2019	6.21
Mearley Clough	14/05/2019	4.00
Welsh Castles Leg 5	08/06/2019	9.60
Preston Inter Club (2019)	12/06/2019	3.90
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Southport Half	30/06/2019	13.10
Don Ashton Memorial Fell Race	04/07/2019	5.80
Caldervale Supper Run	09/07/2019	4.00
Scorton Supper Run	18/07/2019	4.75
Windmill Half	21/07/2019	13.10
Lee Mill fell race	31/07/2019	6.50
Chorley Inter Club	14/08/2019	4.80
Fleetwood Half	18/08/2019	13.10
Golden Ball 10	01/09/2019	10.00
Great North Run	08/09/2019	13.10
Power of 5k (September)	13/09/2019	3.11
Fairhaven Flyer	15/09/2019	6.21
Mid Lancs XC Ulverston (Ladies)	28/09/2019	3.91
West Coast Half	06/10/2019	13.10
Autumn Breaker	13/10/2019	6.21
Remembrance 10k	10/11/2019	6.21
Longridge Pudding	08/12/2019	7.00
Rudolph Red Nose	22/12/2019	5.00
Boxing Day 10k	26/12/2019	6.21

Stanley Park 10k (Sunday)	23/02/2020	6.21
Trimpell 20	15/03/2020	20.00

Sue Henry Races entered = 13 totalling 63.54 miles

Blackpool Inter Club	03/04/2019	4.00
Caldervale 4m Fun Run	19/04/2019	4.00
Summer Handicap (April 2019)	25/04/2019	4.35
Lytham Inter Club 2019	02/05/2019	4.60
Blue Skies Fun Run	08/05/2019	3.11
Beaverbrooks Fun Run	12/05/2019	6.21
Wesham Summer 10k	22/05/2019	6.21
Carnival 5k	07/07/2019	3.11
Fairhaven Flyer	15/09/2019	6.21
Remembrance 10k	10/11/2019	6.21
Boxing Day 10k	26/12/2019	6.21
Garstang Community 10k	12/01/2020	6.21
Action For Children	20/02/2020	3.11

Sue Samme Races entered = 3 totalling 12.35 miles

Blackpool Inter Club	03/04/2019	4.00
Lytham Inter Club 2019	02/05/2019	4.60
Mid Lancs XC, Blackpool (Ladies)	08/02/2020	3.75

Sylvia Gittins	Races entered =	14	totalling	81.33	miles
Blackpool Inter Club			03/04/2019		4.00
Morecambe 10k			02/06/2019		6.21
Preston Inter Club (2019)			12/06/2019		3.90
Thornton Inter Club (2019)			25/06/2019		5.00
Summer Handicap (June)			27/06/2019		4.35
Wesham Inter Club 2019			22/07/2019		4.50
Riverside 10			04/08/2019		10.00
Chorley Inter Club			14/08/2019		4.80
Mid Lancs XC Ulverston (Ladies)			28/09/2019		3.91
Fairclough Five			27/10/2019		5.00
Myerscough 10			01/12/2019		10.00
St Annes 10m			26/01/2020		10.00
Winter Handicap (January)			30/01/2020		3.45
Red Hot Toddy			08/03/2020		6.21

Terry Hellings	Races entered =	5	totalling	25.62	miles
Lytham Inter Club 2019			02/05/2019		4.60
Power of 5k (May)			11/05/2019		3.11
Wesham Summer 10k			22/05/2019		6.21
Westminster Mile			26/05/2019		1.00
Welsh Castles Leg 2			08/06/2019		10.70

Tom Howarth

Races entered =

40

totalling

290.28

miles

Blackpool Inter Club	03/04/2019	4.00
Manchester Marathon	07/04/2019	26.20
Summer Handicap (April 2019)	25/04/2019	4.35
Lytham Inter Club 2019	02/05/2019	4.60
Wesham Summer 10k	22/05/2019	6.21
Summer Handicap (May 2019)	30/05/2019	4.35
Welsh Castles Leg 15	09/06/2019	12.80
Preston Inter Club (2019)	12/06/2019	3.90
Freckleton Half	16/06/2019	13.10
Thornton Inter Club (2019)	25/06/2019	5.00
Summer Handicap (June)	27/06/2019	4.35
Southport Half	30/06/2019	13.10
Carnival 5k	07/07/2019	3.11
Windmill Half	21/07/2019	13.10
Wesham Inter Club 2019	22/07/2019	4.50
Summer Handicap (July 2019)	25/07/2019	4.35
Power of 5k (August)	02/08/2019	3.11
Chorley Inter Club	14/08/2019	4.80
Pilling 10k	24/08/2019	6.21
Summer Handicap (August 2019)	29/08/2019	4.35
Red Rose Inter Club 2019	04/09/2019	4.10
North West Road Relays	08/09/2019	3.10
Summer Handicap (September 2019)	26/09/2019	4.35
Chester Marathon	06/10/2019	26.20
Winter Handicap (October)	24/10/2019	3.45
Lancaster Half	03/11/2019	13.10

Mid Lancs XC, Hyndburn (Men)	09/11/2019	5.40
Remembrance 10k	10/11/2019	6.21
Preston Harriers 10	17/11/2019	10.00
Mid Lancs XC, Liverpool (Men)	23/11/2019	6.00
Winter Handicap (December)	19/12/2019	3.45
Ribble Valley 10k	29/12/2019	6.21
Lancs XC Champs (Men)	04/01/2020	5.75
Mid Lancs XC Burnley (Men)	11/01/2020	5.90
Inskip Half	19/01/2020	13.10
St Annes 10m	26/01/2020	10.00
Winter Handicap (January)	30/01/2020	3.45
Mid Lancs XC, Blackpool (Men)	08/02/2020	6.21
Action For Children	20/02/2020	3.11
Mid Lancs XC, Lancaster (Men)	29/02/2020	5.70

Trevor Roberts

Races entered =

1

totalling

4.60

miles

Lytham Inter Club 2019

02/05/2019

4.60

Vicki Richardson	Races entered =	11	totalling	80.76	miles
	Blackpool Inter Club		03/04/2019		4.00
	Manchester Marathon		07/04/2019		26.20
	Avenham Park 5k		06/05/2019		3.11
	Beaverbrooks Fun Run		12/05/2019		6.21
	Freckleton Half		16/06/2019		13.10
	Thornton Inter Club (2019)		25/06/2019		5.00
	Wesham Inter Club 2019		22/07/2019		4.50
	Fairhaven Flyer		15/09/2019		6.21
	Remembrance 10k		10/11/2019		6.21
	Best 5k		24/11/2019		3.11
	Action For Children		20/02/2020		3.11

Willie Richmond	Races entered =	1	totalling	10.10	miles
	Welsh Castles Leg 20		09/06/2019		10.10

Total Races Entered

Total Miles =