



Alex Fraser	Races entered =	4	totalling	23.70	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Summer Handicap (May)	27/05/2021		4.35	
	Winter Handicap (Dec, new route)	23/12/2021		4.00	
	Caldervale Muddy 11	05/02/2022		11.00	

Alex Tate	Races entered =	5	totalling	34.11	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Blackpool Bounce Back 10k	09/05/2021		6.21	
	Summer Handicap (May)	27/05/2021		4.35	
	Garstang Half	05/09/2021		13.10	
	Mid Lancs XC Blackpool (Men)	15/01/2022		6.10	

Alex Wiggins	Races entered =	1	totalling	4.00	miles
	Winter Handicap (Dec, new route)	23/12/2021		4.00	

Alistair Leivers	Races entered =	7	totalling	24.17	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Mid Lancs League (Lancaster) 3000m	03/07/2021		1.88	
	Mid Lancs T&F, Liverpool, 3000m	31/07/2021		1.88	
	Mid Lancs T&F, Liverpool, 1500m	31/07/2021		0.94	
	Lancs T&F Champs 5000m	21/08/2021		3.11	
	Mid Lancs XC, Burnley (1), Men	09/10/2021		5.80	
	Windmill Remembrance 10k	14/11/2021		6.21	

Als Young	Races entered =	1	totalling	3.30	miles
	Mid Lancs XC, Burnley (1), Ladies	09/10/2021		3.30	

Andy Draper	Races entered =	2	totalling	10.60	miles
	Mid Lancs XC Hyndburn (2) - Men		30/10/2021		4.50
	Mid Lancs XC Blackpool (Men)		15/01/2022		6.10
Barbara Holmes	Races entered =	21	totalling	124.65	miles
	Summer Handicap (April)		29/04/2021		4.35
	St Annes Tri		23/05/2021		3.31
	Leeds Standard Tri		06/06/2021		6.21
	Outlaw Half Tri		20/06/2021		13.10
	Woodhorn Museum Standard Tri		10/07/2021		6.21
	Mallory Park Sprint Tri		18/07/2021		3.11
	Windmill Half		08/08/2021		13.10
	Box End Sprint Tri		04/09/2021		3.11
	Ribby Hall Sprint Tri		05/09/2021		3.11
	Fleetwood Sprint Tri		26/09/2021		3.11
	Oulton Park Duathlon run 2		03/10/2021		2.69
	Oulton Park Duathlon run 1		03/10/2021		5.38
	Mid Lancs XC, Burnley (1), Ladies		09/10/2021		3.30
	Mid Lancs XC Hyndburn (2) Ladies		30/10/2021		3.00
	Windmill Remembrance 10k		14/11/2021		6.21
	Mid Lancs XC Liverpool (Ladies)		27/11/2021		5.00
	Mid Lancs XC Blackpool (Ladies)		15/01/2022		3.80
	St Annes 10 Miler		30/01/2022		10.00
	Mid Lancs XC, Leigh (Ladies)		12/02/2022		3.35
	Mid Lancs XC - Burnley 2 (Ladies)		12/03/2022		3.20
	Trimpell 20		13/03/2022		20.00

Barry Broughton

Races entered =

4

totalling

16.15

miles

Summer Handicap (April)

29/04/2021

4.35

Summer Handicap (July)

29/07/2021

4.35

Winter Handicap (November)

25/11/2021

3.45

Winter Handicap (Jan)

27/01/2022

4.00

Bob Clough

Races entered =

1

totalling

3.45

miles

Winter Handicap (October)

28/10/2021

3.45

Catherine Carrdus		Races entered =	21	totalling	103.12	miles
	Sale Sizzler			22/07/2021		3.11
	Helena Tipping Wrexham 10k			25/07/2021		6.21
	Mid Lancs T&F, Liverpool, 800m			31/07/2021		0.50
	Mid Lancs T&F, Liverpool, 3000m			31/07/2021		1.88
	British Uni 5k			06/08/2021		3.11
	Neil Cliffe Sizzler			11/08/2021		3.11
	Mid Cheshire 5k			27/08/2021		3.11
	Village Bakery Wrexham Half			05/09/2021		13.10
	Catforth Canter			11/09/2021		3.11
	Mid Lancs T&F, Blackpool, 3000m			19/09/2021		1.88
	Mid Lancs T&F, Blackpool, 1500m			19/09/2021		0.94
	Mid Lancs T&F, Blackpool, 800m			19/09/2021		0.50
	Coniston 14			10/10/2021		14.00
	Cheshire 10k			16/10/2021		6.21
	Mid Lancs XC Hyndburn (2) Ladies			30/10/2021		3.00
	Guy Fawkes 10			01/11/2021		10.00
	Mid Lancs XC Liverpool (Ladies)			27/11/2021		5.00
	Mid Lancs XC Blackpool (Ladies)			15/01/2022		3.80
	Mid Lancs XC, Leigh (Ladies)			12/02/2022		3.35
	Mid Lancs XC - Burnley 2 (Ladies)			12/03/2022		3.20
	Coniston 14			26/03/2022		14.00

Catherine Maclachlan		Races entered =	2	totalling	10.56	miles
	Summer Handicap (June)			24/06/2021		4.35
	Southport 10k			27/06/2021		6.21

Chris Bowker Races entered = 1 totalling 5.80 miles

Mid Lancs XC, Burnley (1), Men 09/10/2021 5.80

Chris Cottam Races entered = 17 totalling 102.04 miles

Summer Handicap (April) 29/04/2021 4.35

Summer Handicap (May) 27/05/2021 4.35

Summer Handicap (June) 24/06/2021 4.35

Summer Handicap (July) 29/07/2021 4.35

Windmill Half 08/08/2021 13.10

Summer Handicap (August) 02/09/2021 4.35

Summer Handicap (September) 24/09/2021 4.35

Winter Handicap (October) 28/10/2021 3.45

Windmill Remembrance 10k 14/11/2021 6.21

Stanley Park 10k (Saturday) 20/11/2021 6.21

Winter Handicap (November) 25/11/2021 3.45

Wesham 10k (Winter) 27/11/2021 6.21

Winter Handicap (Dec, new route) 23/12/2021 4.00

St Annes 10 Miler 30/01/2022 10.00

Blackburn Winter Warmer 06/02/2022 6.21

Great North Western Half 20/02/2022 13.10

Winter Handicap (March) 31/03/2022 4.00

Christine Rouse Races entered = 2 totalling 8.70 miles

Summer Handicap (April) 29/04/2021 4.35

Summer Handicap (June) 24/06/2021 4.35

Claire Markham	Races entered =	15	totalling	74.78	miles
Summer Handicap (April)			29/04/2021		4.35
Summer Handicap (August)			02/09/2021		4.35
Summer Handicap (September)			24/09/2021		4.35
Mid Lancs XC, Burnley (1), Ladies			09/10/2021		3.30
Winter Handicap (October)			28/10/2021		3.45
Windmill Remembrance 10k			14/11/2021		6.21
Mid Lancs XC Liverpool (Ladies)			27/11/2021		5.00
Longridge Christmas Pudding			12/12/2021		7.00
Worden Park Boxing Day 10k			26/12/2021		6.21
Mid Lancs XC Blackpool (Ladies)			15/01/2022		3.80
St Annes 10 Miler			30/01/2022		10.00
Mid Lancs XC, Leigh (Ladies)			12/02/2022		3.35
Mid Lancs XC - Burnley 2 (Ladies)			12/03/2022		3.20
Pilling 10k			19/03/2022		6.21
Winter Handicap (March)			31/03/2022		4.00

Clare Taylor	Races entered =	5	totalling	27.55	miles
Summer Handicap (June)			24/06/2021		4.35
Mid Lancs XC, Burnley (1), Ladies			09/10/2021		3.30
Mid Lancs XC Hyndburn (2) Ladies			30/10/2021		3.00
Mid Lancs XC Blackpool (Ladies)			15/01/2022		3.80
Great North Western Half			20/02/2022		13.10

Dan Gregson		Races entered =	19	totalling	94.85	miles
Summer Handicap (April)	29/04/2021				4.35	
Summer Handicap (May)	27/05/2021				4.35	
Summer Handicap (July)	29/07/2021				4.35	
Endmoor 10k	11/08/2021				6.21	
Summer Handicap (September)	24/09/2021				4.35	
Bentham Beagles Bash 10k	02/10/2021				6.21	
Winter Handicap (October)	28/10/2021				3.45	
Mid Lancs XC Hyndburn (2) - Men	30/10/2021				4.50	
Windmill Remembrance 10k	14/11/2021				6.21	
Winter Handicap (November)	25/11/2021				3.45	
Longridge Christmas Pudding	12/12/2021				7.00	
Winter Handicap (Dec, new route)	23/12/2021				4.00	
Mid Lancs XC Blackpool (Men)	15/01/2022				6.10	
Winter Handicap (Jan)	27/01/2022				4.00	
Mid Lancs XC, Leigh (Men)	12/02/2022				6.45	
Winter Handicap (February)	24/02/2022				4.00	
Stanley Park 10k	27/02/2022				6.21	
Mid Lancs XC - Burnley 2 (Men)	12/03/2022				5.66	
Winter Handicap (March)	31/03/2022				4.00	

Darran Ames		Races entered =	6	totalling	33.26	miles
Summer Handicap (April)	29/04/2021				4.35	
Summer Handicap (May)	27/05/2021				4.35	
Summer Handicap (September)	24/09/2021				4.35	
Wesham 10k (Winter)	27/11/2021				6.21	
Winter Handicap (Dec, new route)	23/12/2021				4.00	
St Annes 10 Miler	30/01/2022				10.00	

Daryl Bentley	Races entered =	5	totalling	20.85	miles
	Summer Handicap (May)		27/05/2021		4.35
	Summer Handicap (June)		24/06/2021		4.35
	Summer Handicap (July)		29/07/2021		4.35
	Summer Handicap (August)		02/09/2021		4.35
	Winter Handicap (October)		28/10/2021		3.45

David Butler	Races entered =	1	totalling	6.21	miles
	Chorley 10k		29/08/2021		6.21

David McDonald	Races entered =	1	totalling	13.10	miles
	Southport Half		27/06/2021		13.10

Debbie Cooper	Races entered =	4	totalling	16.50	miles
	Summer Handicap (May)		27/05/2021		4.35
	Summer Handicap (June)		24/06/2021		4.35
	Summer Handicap (July)		29/07/2021		4.35
	Winter Handicap (October)		28/10/2021		3.45

Debbie Francis	Races entered =	1	totalling	4.35	miles
	Summer Handicap (April)		29/04/2021		4.35

Dom Kirby	Races entered =	11	totalling	54.65	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Summer Handicap (May)	27/05/2021		4.35	
	Summer Handicap (June)	24/06/2021		4.35	
	Summer Handicap (July)	29/07/2021		4.35	
	Summer Handicap (August)	02/09/2021		4.35	
	Essar Chester Half	19/09/2021		13.10	
	Summer Handicap (September)	24/09/2021		4.35	
	Winter Handicap (October)	28/10/2021		3.45	
	Winter Handicap (Dec, new route)	23/12/2021		4.00	
	Winter Handicap (February)	24/02/2022		4.00	
	Winter Handicap (March)	31/03/2022		4.00	

Dominic Garrett	Races entered =	3	totalling	24.10	miles
	Coniston 14	10/10/2021		14.00	
	Winter Handicap (Dec, new route)	23/12/2021		4.00	
	Mid Lancs XC Blackpool (Men)	15/01/2022		6.10	

Emma Johnston	Races entered =	5	totalling	22.36	miles
	Blackpool Bounce Back 10k	09/05/2021		6.21	
	Summer Handicap (June)	24/06/2021		4.35	
	Summer Handicap (July)	29/07/2021		4.35	
	Winter Handicap (October)	28/10/2021		3.45	
	Winter Handicap (February)	24/02/2022		4.00	

Gill Draper Races entered = 6 totalling 55.53 miles

Windmill Remembrance 10k	14/11/2021	6.21
Lancaster 5k Series	08/01/2022	3.11
Power of 5k (January)	21/01/2022	3.11
St Annes 10 Miler	30/01/2022	10.00
Great North Western Half	20/02/2022	13.10
Trimpell 20	13/03/2022	20.00

Gillian Oliver Races entered = 2 totalling 12.42 miles

Pilling 10k	22/01/2022	6.21
Pilling 10k (January)	05/02/2022	6.21

Graham Webster

Races entered =

18

totalling

45.21

miles

Summer Handicap (April)	29/04/2021	4.35
Mid Lancs T&F, Blackpool, 1500m	19/09/2021	0.94
Mid Lancs T&F, Blackpool, 4x400m relay	19/09/2021	0.25
Mid Lancs T&F, Blackpool, 200m	19/09/2021	0.13
Mid Lancs T&F, Blackpool, 800m	19/09/2021	0.50
Northern Vets Champs 200m	24/10/2021	0.13
Northern Vets Champs 400m	24/10/2021	0.25
Northern Vets Champs 800m	24/10/2021	0.50
Northern Vets Champs 1500m	24/10/2021	0.94
Winter Handicap (October)	28/10/2021	3.45
Winter Handicap (November)	25/11/2021	3.45
Mid Lancs XC Liverpool (Men)	27/11/2021	6.00
Winter Handicap (Dec, new route)	23/12/2021	4.00
Mid Lancs XC Blackpool (Men)	15/01/2022	6.10
Power of 5k (January)	21/01/2022	3.11
Winter Handicap (February)	24/02/2022	4.00
Power of 5k (March)	18/03/2022	3.11
Winter Handicap (March)	31/03/2022	4.00

Greg Oulton	Races entered =	12	totalling	52.60	miles
	Summer Handicap (April)		29/04/2021		4.35
	Summer Handicap (May)		27/05/2021		4.35
	Summer Handicap (June)		24/06/2021		4.35
	Mid Lancs T&F, Liverpool, 3000m		31/07/2021		1.88
	Summer Handicap (September)		24/09/2021		4.35
	Winter Handicap (October)		28/10/2021		3.45
	Winter Handicap (Dec, new route)		23/12/2021		4.00
	Mid Lancs XC Blackpool (Men)		15/01/2022		6.10
	Power of 5k (January)		21/01/2022		3.11
	Winter Handicap (Jan)		27/01/2022		4.00
	Blackburn Winter Warmer		06/02/2022		6.21
	Mid Lancs XC, Leigh (Men)		12/02/2022		6.45
Helen Rennie	Races entered =	2	totalling	6.50	miles
	Mid Lancs XC, Burnley (1), Ladies		09/10/2021		3.30
	Mid Lancs XC - Burnley 2 (Ladies)		12/03/2022		3.20
Jackie Carruthers	Races entered =	1	totalling	6.21	miles
	Garstang 10k		08/01/2022		6.21
Jacqui Murray	Races entered =	1	totalling	4.35	miles
	Summer Handicap (May)		27/05/2021		4.35
James Whittle	Races entered =	1	totalling	4.00	miles
	Winter Handicap (March)		31/03/2022		4.00

Jennifer Hill	Races entered =	14	totalling	78.51	miles
Summer Handicap (April)			29/04/2021		4.35
Blackpool Bounce Back 10k			09/05/2021		6.21
Summer Handicap (May)			27/05/2021		4.35
Windmill Half			08/08/2021		13.10
Asda Leeds Half			05/09/2021		13.10
Mid Lancs T&F, Blackpool, 400m			19/09/2021		0.25
Mid Lancs T&F, Blackpool, 3000m			19/09/2021		1.88
Mid Lancs T&F, Blackpool, 800m			19/09/2021		0.50
Summer Handicap (September)			24/09/2021		4.35
Windmill Remembrance 10k			14/11/2021		6.21
Stanley Park 10k (Sunday)			21/11/2021		6.21
Winter Handicap (Dec, new route)			23/12/2021		4.00
Winter Handicap (Jan)			27/01/2022		4.00
St Annes 10 Miler			30/01/2022		10.00

Jo Goorney	Races entered =	10	totalling	108.55	miles
Lakeland 50			23/07/2021		50.00
Mid Lancs XC, Burnley (1), Ladies			09/10/2021		3.30
Mid Lancs XC Hyndburn (2) Ladies			30/10/2021		3.00
Cop			07/11/2021		6.20
Mid Lancs XC Liverpool (Ladies)			27/11/2021		5.00
Mytholmroyd			05/12/2021		6.00
Mid Lancs XC Blackpool (Ladies)			15/01/2022		3.80
Stanbury Splash			16/01/2022		6.80
Mid Lancs XC, Leigh (Ladies)			12/02/2022		3.35
Edale Skyline			27/03/2022		21.10

Joe Greenwood

Races entered =

16

totalling

73.46

miles

Summer Handicap (April)	29/04/2021	4.35
Summer Handicap (May)	27/05/2021	4.35
Summer Handicap (June)	24/06/2021	4.35
Summer Handicap (July)	29/07/2021	4.35
Summer Handicap (August)	02/09/2021	4.35
Mid Lancs T&F, Blackpool, 4x400m relay	19/09/2021	0.25
Mid Lancs T&F, Blackpool, 3000m	19/09/2021	1.88
Winter Handicap (October)	28/10/2021	3.45
Mid Lancs XC Hyndburn (2) - Men	30/10/2021	4.50
Windmill Remembrance 10k	14/11/2021	6.21
Winter Handicap (November)	25/11/2021	3.45
Mid Lancs XC Blackpool (Men)	15/01/2022	6.10
Winter Handicap (Jan)	27/01/2022	4.00
St Annes 10 Miler	30/01/2022	10.00
Blackburn Winter Warmer	06/02/2022	6.21
Mid Lancs XC - Burnley 2 (Men)	12/03/2022	5.66

John Bertenshaw		Races entered =	17	totalling	90.08	miles
	Sale Sizzler			22/07/2021		3.11
	Helena Tipping Wrexham 10k			25/07/2021		6.21
	Mid Lancs T&F, Liverpool, 3000m			31/07/2021		1.88
	Mid Lancs T&F, Liverpool, 800m			31/07/2021		0.50
	British Uni 5k			06/08/2021		3.11
	Neil Cliffe Sizzler			11/08/2021		3.11
	Mid Cheshire 5k			27/08/2021		3.11
	Village Bakery Wrexham Half			05/09/2021		13.10
	Catforth Canter			11/09/2021		3.11
	Mid Lancs T&F, Blackpool, 800m			19/09/2021		0.50
	Mid Lancs T&F, Blackpool, 3000m			19/09/2021		1.88
	Mid Lancs T&F, Blackpool, 4x400m relay			19/09/2021		0.25
	Coniston 14			10/10/2021		14.00
	Cheshire 10k			16/10/2021		6.21
	Guy Fawkes 10			01/11/2021		10.00
	Mid Lancs XC Liverpool (Men)			27/11/2021		6.00
	Coniston 14			26/03/2022		14.00

John Oakley		Races entered =	1	totalling	13.10	miles
	Waters Wilmslow Half			20/03/2022		13.10

Jonathan Tuck	Races entered =	11	totalling	55.14	miles
	Summer Handicap (August)		02/09/2021		4.35
	Oulton Park Duathlon run 2		03/10/2021		2.69
	Oulton Park Duathlon run 1		03/10/2021		5.38
	Mid Lancs XC, Burnley (1), Men		09/10/2021		5.80
	Mid Lancs XC Hyndburn (2) - Men		30/10/2021		4.50
	Windmill Remembrance 10k		14/11/2021		6.21
	Winter Handicap (Dec, new route)		23/12/2021		4.00
	Mid Lancs XC Blackpool (Men)		15/01/2022		6.10
	Mid Lancs XC, Leigh (Men)		12/02/2022		6.45
	Winter Handicap (February)		24/02/2022		4.00
	Mid Lancs XC - Burnley 2 (Men)		12/03/2022		5.66

Julia Rolfe	Races entered =	4	totalling	14.65	miles
	Mid Lancs XC, Burnley (1), Ladies		09/10/2021		3.30
	Mid Lancs XC Hyndburn (2) Ladies		30/10/2021		3.00
	Mid Lancs XC Liverpool (Ladies)		27/11/2021		5.00
	Mid Lancs XC, Leigh (Ladies)		12/02/2022		3.35

Julie Wiseman	Races entered =	10	totalling	63.17	miles
	Summer Handicap (May)		27/05/2021		4.35
	London Landmarks Half		01/08/2021		13.10
	Great North Run		12/09/2021		13.10
	Mid Lancs XC, Burnley (1), Ladies		09/10/2021		3.30
	Mid Lancs XC Hyndburn (2) Ladies		30/10/2021		3.00
	Windmill Remembrance 10k		14/11/2021		6.21
	Mid Lancs XC Blackpool (Ladies)		15/01/2022		3.80
	St Annes 10 Miler		30/01/2022		10.00
	Mid Lancs XC - Burnley 2 (Ladies)		12/03/2022		3.20
	Mad March Hare 5k		20/03/2022		3.11

Kate Price Edwards	Races entered =	4	totalling	55.52	miles
	Catforth Canter		11/09/2021		3.11
	Virgin London Marathon		03/10/2021		26.20
	Windmill Remembrance 10k		14/11/2021		6.21
	Trimpell 20		13/03/2022		20.00

Kathy Gaunt	Races entered =	1	totalling	6.21	miles
	Red Hot Toddy		13/03/2022		6.21

Kevin Murray	Races entered =	2	totalling	16.21	miles
	Blackpool Bounce Back 10k		09/05/2021		6.21
	St Annes 10 Miler		30/01/2022		10.00

Kirsten Burnett Races entered = 22 totalling 129.56 miles

Summer Handicap (May)	27/05/2021	4.35
Mid Lancs League (Lancaster) 100m	03/07/2021	0.06
Mid Lancs League (Lancaster) 200m	03/07/2021	0.13
Mid Lancs League (Lancaster) 400m	03/07/2021	0.25
Blackpool Summer 10k	11/07/2021	6.21
Lancaster Celebration Of Running Half Marathon	18/07/2021	13.10
Summer Handicap (July)	29/07/2021	4.35
Trimpell 20	22/08/2021	20.00
Summer Handicap (August)	02/09/2021	4.35
Mid Lancs T&F, Blackpool, 3000m	19/09/2021	1.88
Mid Lancs T&F, Blackpool, 100m	19/09/2021	0.06
Mid Lancs T&F, Blackpool, 200m	19/09/2021	0.13
Chester Marathon	03/10/2021	26.20
Mid Lancs XC, Burnley (1), Ladies	09/10/2021	3.30
Windmill Remembrance 10k	14/11/2021	6.21
Worden Park Boxing Day 10k	26/12/2021	6.21
Mid Lancs XC Blackpool (Ladies)	15/01/2022	3.80
St Annes 10 Miler	30/01/2022	10.00
Blackburn Winter Warmer	06/02/2022	6.21
Mid Lancs XC, Leigh (Ladies)	12/02/2022	3.35
Mid Lancs XC - Burnley 2 (Ladies)	12/03/2022	3.20
Red Hot Toddy	13/03/2022	6.21

Laura Byrne Races entered = 2 totalling 8.70 miles

Summer Handicap (April)	29/04/2021	4.35
Summer Handicap (May)	27/05/2021	4.35

Leanne Nield	Races entered =	1	totalling	6.21	miles
		Stanley Park 10k		26/02/2022	6.21
Lee Ramsden	Races entered =	2	totalling	7.95	miles
		Winter Handicap (October)		28/10/2021	3.45
		Mid Lancs XC Hyndburn (2) - Men		30/10/2021	4.50
Lewis McAfee	Races entered =	10	totalling	99.32	miles
		Summer Handicap (April)		29/04/2021	4.35
		Southport Half		27/06/2021	13.10
		Summer Handicap (August)		02/09/2021	4.35
		Catforth Canter		11/09/2021	3.11
		Virgin London Marathon		03/10/2021	26.20
		Coniston 14		10/10/2021	14.00
		Winter Handicap (Jan)		27/01/2022	4.00
		Blackburn Winter Warmer		06/02/2022	6.21
		Trimpell 20		13/03/2022	20.00
		Winter Handicap (March)		31/03/2022	4.00
Lia Muphy	Races entered =	2	totalling	14.00	miles
		Longridge Christmas Pudding		12/12/2021	7.00
		Garstang Gallop		13/03/2022	7.00
Linda Chadderton	Races entered =	6	totalling	58.21	miles
		Summer Handicap (April)		29/04/2021	4.35
		Blackpool Bounce Back 10k		09/05/2021	6.21
		Summer Handicap (July)		29/07/2021	4.35
		Wilmslow Half		12/09/2021	13.10
		Therme Manchester Marathon		10/10/2021	26.20
		Winter Handicap (February)		24/02/2022	4.00

Liz Boon	Races entered =	1	totalling	4.35	miles
	Summer Handicap (July)		29/07/2021		4.35
Liz Canavan	Races entered =	5	totalling	25.47	miles
	Summer Handicap (April)		29/04/2021		4.35
	Summer Handicap (June)		24/06/2021		4.35
	Summer Handicap (July)		29/07/2021		4.35
	Windmill Remembrance 10k		14/11/2021		6.21
	Blackburn Winter Warmer		06/02/2022		6.21
Louise Cox	Races entered =	5	totalling	31.77	miles
	Canberra Festival Of Running Half		13/04/2021		13.10
	City of Preston 5m		08/08/2021		5.00
	Summer Handicap (August)		02/09/2021		4.35
	Windmill Remembrance 10k		14/11/2021		6.21
	Morcambe Bay 5k		21/11/2021		3.11
Maddy Markham	Races entered =	7	totalling	28.91	miles
	Summer Handicap (April)		29/04/2021		4.35
	Mid Lancs XC Blackpool (Ladies)		15/01/2022		3.80
	Mid Lancs XC, Leigh (Ladies)		12/02/2022		3.35
	Winter Handicap (February)		24/02/2022		4.00
	Mid Lancs XC - Burnley 2 (Ladies)		12/03/2022		3.20
	Pilling 10k		19/03/2022		6.21
	Winter Handicap (March)		31/03/2022		4.00

Mark Hughes	Races entered =	5	totalling	37.86	miles
	Southport 10k		27/06/2021		6.21
	Great North Run		12/09/2021		13.10
	Mid Lancs XC Liverpool (Men)		27/11/2021		6.00
	Mid Lancs XC Blackpool (Men)		15/01/2022		6.10
	Mid Lancs XC, Leigh (Men)		12/02/2022		6.45

Mark Johnston	Races entered =	1	totalling	4.35	miles
	Summer Handicap (April)		29/04/2021		4.35

Mark Selby	Races entered =	5	totalling	25.47	miles
	Summer Handicap (April)		29/04/2021		4.35
	Summer Handicap (June)		24/06/2021		4.35
	Summer Handicap (August)		02/09/2021		4.35
	Blackburn Winter Warmer		06/02/2022		6.21
	Mad March Hare 10k		20/03/2022		6.21

Matthew Holton	Races entered =	1	totalling	4.35	miles
	Summer Handicap (April)		29/04/2021		4.35

Mel Koth

Races entered =

24

totalling

203.93

miles

Firefighter 2Up Duathlon (Run 2)	18/04/2021	4.00
Firefighter 2Up Duathlon (Run 1)	18/04/2021	4.00
Howgills Half	09/05/2021	13.10
Southport Tri	16/05/2021	5.94
Epicman Windermere Tri	30/05/2021	12.50
Ulswater Way 10	05/06/2021	10.00
Lakesman Half	20/06/2021	13.10
Southport Half	27/06/2021	13.10
Castle Howard Tri	25/07/2021	6.56
City of Preston 10	08/08/2021	10.00
West Lancs Tri	29/08/2021	3.11
Wilmslow Half	12/09/2021	13.10
Virgin London Marathon	03/10/2021	26.20
Mid Lancs XC Hyndburn (2) Ladies	30/10/2021	3.00
Dressers Arms Through The Villages	07/11/2021	8.45
Mid Lancs XC Liverpool (Ladies)	27/11/2021	5.00
Worden Park Boxing Day 10k	26/12/2021	6.21
Mid Lancs XC Blackpool (Ladies)	15/01/2022	3.80
Blackburn Winter Warmer	06/02/2022	6.21
Mid Lancs XC, Leigh (Ladies)	12/02/2022	3.35
Great North Western Half	20/02/2022	13.10
Firefighters 2UP Duathlon (Run 2)	13/03/2022	3.50
Firefighters 2UP Duathlon (Run 1)	13/03/2022	3.50
Waters Wilmslow Half	20/03/2022	13.10

Michael Hall	Races entered =	2	totalling	7.80	miles
	Summer Handicap (May)		27/05/2021		4.35
	Winter Handicap (October)		28/10/2021		3.45
Michelle Sheridan	Races entered =	3	totalling	18.63	miles
	Blackburn Winter Warmer		06/02/2022		6.21
	Stanley Park 10k		26/02/2022		6.21
	Red Hot Toddy		13/03/2022		6.21
Mick Widdop	Races entered =	15	totalling	168.96	miles
	Southport Half		27/06/2021		13.10
	Aldi Cheshire 10k		18/07/2021		6.21
	Run the Lights 10k		14/08/2021		6.21
	Trimpell 20		22/08/2021		20.00
	Essar Chester Half		19/09/2021		13.10
	Chester Marathon		03/10/2021		26.20
	Windmill Remembrance 10k		14/11/2021		6.21
	Morcambe Bay 10		21/11/2021		10.00
	West Coast Half		28/11/2021		13.10
	Blackburn 10k		12/12/2021		6.21
	Ribble Valley 10k		27/12/2021		6.21
	Central Lancs New Year Half		01/01/2022		13.10
	St Annes 10 Miler		30/01/2022		10.00
	Blackburn Winter Warmer		06/02/2022		6.21
	BTR Liverpool Skyline Half		27/03/2022		13.10

Mike Toft	Races entered =	6	totalling	67.31	miles
	Run Tatton Half	25/04/2021		13.10	
	Summer Handicap (May)	27/05/2021		4.35	
	Fathers Day 10k	20/06/2021		6.21	
	Summer Handicap (July)	29/07/2021		4.35	
	Windmill Half	08/08/2021		13.10	
	Therme Manchester Marathon	10/10/2021		26.20	
Morgan Pritchard	Races entered =	4	totalling	17.11	miles
	Winter Handicap (October)	28/10/2021		3.45	
	Winter Handicap (November)	25/11/2021		3.45	
	Winter Handicap (Jan)	27/01/2022		4.00	
	Stanley Park 10k	27/02/2022		6.21	
Neil Tate	Races entered =	12	totalling	87.27	miles
	Summer Handicap (May)	27/05/2021		4.35	
	Windmill Half	08/08/2021		13.10	
	Summer Handicap (August)	02/09/2021		4.35	
	Lancaster Three Bridges	19/09/2021		6.21	
	Summer Handicap (September)	24/09/2021		4.35	
	Mid Lancs XC Hyndburn (2) - Men	30/10/2021		4.50	
	Windmill Remembrance 10k	14/11/2021		6.21	
	Winter Handicap (Dec, new route)	23/12/2021		4.00	
	Mid Lancs XC Blackpool (Men)	15/01/2022		6.10	
	St Annes 10 Miler	30/01/2022		10.00	
	Caldervale Muddy 11	05/02/2022		11.00	
	Great North Western Half	20/02/2022		13.10	

Oliver Thomson	Races entered =	8	totalling	32.85	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Summer Handicap (May)	27/05/2021		4.35	
	Summer Handicap (June)	24/06/2021		4.35	
	Summer Handicap (July)	29/07/2021		4.35	
	Winter Handicap (November)	25/11/2021		3.45	
	Winter Handicap (Dec, new route)	23/12/2021		4.00	
	Winter Handicap (Jan)	27/01/2022		4.00	
	Winter Handicap (March)	31/03/2022		4.00	

Pam Binns	Races entered =	11	totalling	57.80	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Summer Handicap (May)	27/05/2021		4.35	
	Summer Handicap (July)	29/07/2021		4.35	
	Summer Handicap (August)	02/09/2021		4.35	
	Summer Handicap (September)	24/09/2021		4.35	
	Mid Lancs XC, Burnley (1), Ladies	09/10/2021		3.30	
	Winter Handicap (October)	28/10/2021		3.45	
	Mid Lancs XC Hyndburn (2) Ladies	30/10/2021		3.00	
	Myerscough 10	05/12/2021		10.00	
	Brighton Half Marathon	27/02/2022		13.10	
	Mid Lancs XC - Burnley 2 (Ladies)	12/03/2022		3.20	

Pam Hardman	Races entered =	7	totalling	98.46	miles
	Settle Saunter	12/06/2021		23.00	
	B****y Bingley Half	01/08/2021		13.11	
	Winter Handicap (October)	28/10/2021		3.45	
	Mid Lancs XC Hyndburn (2) Ladies	30/10/2021		3.00	
	Delamere Trail 13	09/01/2022		13.10	
	Anglezarke Amble	12/02/2022		16.60	
	Rome Marathon	27/03/2022		26.20	

Paul McAllister	Races entered =	6	totalling	37.06	miles
	Mid Lancs T&F, Blackpool, 4x400m relay	19/09/2021		0.25	
	Mid Lancs XC Hyndburn (2) - Men	30/10/2021		4.50	
	Windmill Remembrance 10k	14/11/2021		6.21	
	Porche Centre Preston 10 mile	21/11/2021		10.00	
	Mid Lancs XC Blackpool (Men)	15/01/2022		6.10	
	St Annes 10 Miler	30/01/2022		10.00	

Peter Reid	Races entered =	2	totalling	16.21	miles
	Windmill Remembrance 10k	14/11/2021		6.21	
	St Annes 10 Miler	30/01/2022		10.00	

Peter Thomson	Races entered =	17	totalling	79.16	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Summer Handicap (May)	27/05/2021		4.35	
	Summer Handicap (June)	24/06/2021		4.35	
	Summer Handicap (July)	29/07/2021		4.35	
	Summer Handicap (September)	24/09/2021		4.35	
	Mid Lancs XC, Burnley (1), Men	09/10/2021		5.80	
	Winter Handicap (October)	28/10/2021		3.45	
	Mid Lancs XC Hyndburn (2) - Men	30/10/2021		4.50	
	Winter Handicap (November)	25/11/2021		3.45	
	Mid Lancs XC Liverpool (Men)	27/11/2021		6.00	
	Winter Handicap (Dec, new route)	23/12/2021		4.00	
	Mid Lancs XC Blackpool (Men)	15/01/2022		6.10	
	Winter Handicap (Jan)	27/01/2022		4.00	
	Mid Lancs XC, Leigh (Men)	12/02/2022		6.45	
	Winter Handicap (February)	24/02/2022		4.00	
	Mid Lancs XC - Burnley 2 (Men)	12/03/2022		5.66	
	Winter Handicap (March)	31/03/2022		4.00	
Richard Needham	Races entered =	2	totalling	8.70	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Summer Handicap (May)	27/05/2021		4.35	
Richard Storey	Races entered =	1	totalling	4.35	miles
	Summer Handicap (June)	24/06/2021		4.35	

Ross McKelvie	Races entered =	18	totalling	89.40	miles
	Fast 5k	05/04/2021		3.11	
	Castle 5k	09/06/2021		3.11	
	Mid Lancs League (Lancaster) 3000m	03/07/2021		1.88	
	Castle 5k	07/07/2021		3.11	
	Blackpool Summer 10k	11/07/2021		6.21	
	Lancaster Celebration Of Running 10k	17/07/2021		6.21	
	Lancaster Celebration Of Running 5k	17/07/2021		3.11	
	Glasgow AA T&F 5000m	30/07/2021		3.11	
	Run the Lights 5k	14/08/2021		3.11	
	Lancs T&F Champs 5000m	21/08/2021		3.11	
	Mid Cheshire 5k	27/08/2021		3.11	
	Mid Lancs XC, Burnley (1), Men	09/10/2021		5.80	
	Mid Lancs XC Blackpool (Men)	15/01/2022		6.10	
	Power of 5k (January)	21/01/2022		3.11	
	St Annes 10 Miler	30/01/2022		10.00	
	Mid Lancs XC, Leigh (Men)	12/02/2022		6.45	
	Mid Lancs XC - Burnley 2 (Men)	12/03/2022		5.66	
	Run For All Sheffield Half	27/03/2022		13.10	
Roy Stevens	Races entered =	6	totalling	42.98	miles
	Summer Handicap (April)	29/04/2021		4.35	
	Windmill Remembrance 10k	14/11/2021		6.21	
	Wesham 10k (Winter)	27/11/2021		6.21	
	Essar Four Villages Half	08/01/2022		13.10	
	St Annes 10 Miler	30/01/2022		10.00	
	Mad March Hare 5k	20/03/2022		3.11	

Stephen Wise	Races entered =	5	totalling	23.41	miles
	Summer Handicap (April)		29/04/2021		4.35
	Summer Handicap (July)		29/07/2021		4.35
	Mid Lancs XC Hyndburn (2) - Men		30/10/2021		4.50
	Wesham 10k (Winter)		27/11/2021		6.21
	Winter Handicap (March)		31/03/2022		4.00

Sue Hawitt	Races entered =	7	totalling	36.44	miles
	Summer Handicap (June)		24/06/2021		4.35
	Winter Handicap (October)		28/10/2021		3.45
	Morcambe Bay 5k		21/11/2021		3.11
	St Annes 10 Miler		30/01/2022		10.00
	Valentines 10k		13/02/2022		6.21
	Red Hot Toddy		13/03/2022		6.21
	Mad March Hare 5k		20/03/2022		3.11

Sue Henry	Races entered =	6	totalling	39.98	miles
	Summer Handicap (May)		27/05/2021		4.35
	Windmill Remembrance 10k		14/11/2021		6.21
	Longridge Christmas Pudding		12/12/2021		7.00
	Worden Park Boxing Day 10k		26/12/2021		6.21
	St Annes 10 Miler		30/01/2022		10.00
	Stanley Park 10k		27/02/2022		6.21

Sylvia Gittins Races entered = 15 totalling 94.98 miles

Summer Handicap (July)	29/07/2021	4.35
Summer Handicap (August)	02/09/2021	4.35
Great North West Half	19/09/2021	13.10
Summer Handicap (September)	24/09/2021	4.35
Mid Lancs XC, Burnley (1), Ladies	09/10/2021	3.30
Winter Handicap (October)	28/10/2021	3.45
Conwy Half	21/11/2021	13.10
Myerscough 10	05/12/2021	10.00
Worden Park Boxing Day 10k	26/12/2021	6.21
Mid Lancs XC Blackpool (Ladies)	15/01/2022	3.80
St Annes 10 Miler	30/01/2022	10.00
Blackburn Winter Warmer	06/02/2022	6.21
Mid Lancs XC, Leigh (Ladies)	12/02/2022	3.35
Mid Lancs XC - Burnley 2 (Ladies)	12/03/2022	3.20
Red Hot Toddy	13/03/2022	6.21

Terri Eccles Races entered = 2 totalling 7.65 miles

Summer Handicap (April)	29/04/2021	4.35
Mid Lancs XC, Burnley (1), Ladies	09/10/2021	3.30

Tim Jefferson Races entered = 2 totalling 8.70 miles

Summer Handicap (April)	29/04/2021	4.35
Summer Handicap (May)	27/05/2021	4.35

Tom Howarth	Races entered =	10	totalling	53.87	miles
	Summer Handicap (April)		29/04/2021		4.35
	Summer Handicap (May)		27/05/2021		4.35
	Summer Handicap (June)		24/06/2021		4.35
	Helena Tipping Wrexham 10k		25/07/2021		6.21
	Summer Handicap (August)		02/09/2021		4.35
	Winter Handicap (October)		28/10/2021		3.45
	Mid Lancs XC Hyndburn (2) - Men		30/10/2021		4.50
	Windmill Remembrance 10k		14/11/2021		6.21
	Mid Lancs XC Blackpool (Men)		15/01/2022		6.10
	St Annes 10 Miler		30/01/2022		10.00

Wayne Byrne	Races entered =	2	totalling	8.70	miles
	Summer Handicap (July)		29/07/2021		4.35
	Summer Handicap (August)		02/09/2021		4.35

Total Races Entered	566	Total Miles =	3,426.52
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