



Alex Tate Races entered = 2 totalling 19.31 miles

Wesham Spring 10k 25/05/2022 6.21

Freckleton Half Marathon 19/06/2022 13.10

Alex Wiggins Races entered = 5 totalling 22.70 miles

Blackpool Interclub 2022 06/04/2022 4.00

Lytham Interclub 12/05/2022 5.00

Thornton Interclub 28/06/2022 5.00

Summer Handicap (June) 30/06/2022 4.35

Summer Handicap (July) 28/07/2022 4.35

Alistair Leivers Races entered = 7 totalling 25.65 miles

Nuneaton Season Opener 10/04/2022 1.87

Lytham Interclub 12/05/2022 5.00

Run Media City 5k 26/05/2022 3.11

Carnival 5k 05/06/2022 3.11

Loughborough BMC 15/06/2022 3.11

Mid Lancs XC, Liverpool (Men) 26/11/2022 6.00

Winter Handicap (December) 22/12/2022 3.45

Als Young Races entered = 3 totalling 15.22 miles

Blackpool Summer 10k 10/07/2022 6.21

Mid Lancs XC, Blackburn (Ladies & MV70) 15/10/2022 2.80

Windmill 10k 13/11/2022 6.21

Andy Draper	Races entered =	8	totalling	59.32	miles
	Mid Lancs XC, Blackburn (Men)		15/10/2022		5.50
	Preston Porche Centre 10m		20/11/2022		10.00
	Mid Lancs XC, Blackpool (Men)		14/01/2023		5.70
	Inskip Half		21/01/2023		13.10
	St Annes Ten Miler		29/01/2023		10.00
	Power of 5k (February)		10/02/2023		3.11
	Mid Lancs XC, Burnley (Men)		11/03/2023		5.70
	Mothers Day 10k		18/03/2023		6.21
Ant Joy	Races entered =	2	totalling	6.90	miles
	Winter Handicap (January)		26/01/2023		3.45
	Winter Handicap (February)		23/02/2023		3.45
Barbara Holmes	Races entered =	12	totalling	123.05	miles
	Iron Mallorca (Marathon)		07/05/2022		26.20
	World Triathlon Championships, Montreal		25/06/2022		3.11
	Aquathlon Worlds Samorin		18/08/2022		3.11
	Long Distance Tri Worlds Samorin		21/08/2022		11.25
	Wesham Interclub 2022		31/08/2022		4.55
	Ironman World Champs, Kona		06/10/2022		26.20
	Windmill 10k		13/11/2022		6.21
	Myerscough 10		04/12/2022		10.00
	Central Lancs New Year Half		08/01/2023		13.10
	St Annes Ten Miler		29/01/2023		10.00
	Mothers Day 10k		18/03/2023		6.21
	Wigan Festival of Running 5k		19/03/2023		3.11

Barry Broughton	Races entered =	13	totalling	57.38	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Ripley St Thomas Supper Run	28/04/2022		4.00	
	Summer Handicap (April)	28/04/2022		4.35	
	Lytham Interclub	12/05/2022		5.00	
	Wesham Spring 10k	25/05/2022		6.21	
	Carnival 5k	05/06/2022		3.11	
	Thornton Interclub	28/06/2022		5.00	
	Summer Handicap (June)	30/06/2022		4.35	
	Chorley Intercub 2022	10/08/2022		4.80	
	Winter Handicap (October)	27/10/2022		3.45	
	Preston Western Distributor 10k	29/10/2022		6.21	
	Winter Handicap (February)	23/02/2023		3.45	
	Winter Handicap (March 2023)	30/03/2023		3.45	

Bec Willetts	Races entered =	4	totalling	16.56	miles
	Preston Western Distributor 10k	29/10/2022		6.21	
	Winter Handicap (January)	26/01/2023		3.45	
	Winter Handicap (February)	23/02/2023		3.45	
	Winter Handicap (March 2023)	30/03/2023		3.45	

Bob Clough	Races entered =	1	totalling	3.11	miles
	Carnival 5k	05/06/2022		3.11	

Catherine Carrdus

Races entered =

12

totalling

60.52

miles

Blackpool Interclub 2022	06/04/2022	4.00
Mid Cheshire 5k	29/04/2022	3.11
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022	2.80
Western Distributor 5k	29/10/2022	3.11
Run Through Tatton Half	05/11/2022	13.10
Winter Handicap (November)	24/11/2022	3.45
Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10
Myerscough 10	04/12/2022	10.00
Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022	2.90
Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023	3.80

Catherine Maclachlan	Races entered =	13	totalling	62.21	miles
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Blackpool Interclub 2022	06/04/2022	4.00
Ripley St Thomas Supper Run	28/04/2022	4.00
Preston Harriers Inter Club	15/06/2022	3.80
Thornton Interclub	28/06/2022	5.00
Caldervale Supper Run	05/07/2022	3.70
Summer Handicap (July)	28/07/2022	4.35
Great North Run	11/09/2022	13.10
Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022	2.80
Winter Handicap (October)	27/10/2022	3.45
Gisburn Forest	29/10/2022	6.21
Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10
Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022	2.90
Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023	3.80

Chris Bowker	Races entered =	6	totalling	36.56	miles
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St Annes Tri	22/05/2022	3.11
Freckleton Half Marathon	19/06/2022	13.10
Winter Handicap (December)	22/12/2022	3.45
Winter Handicap (January)	26/01/2023	3.45
St Annes Ten Miler	29/01/2023	10.00
Winter Handicap (February)	23/02/2023	3.45

Chris Cottam

Races entered =

40

totalling

244.85

miles

Fleetwood 10k	03/04/2022	6.21
Blackpool Interclub 2022	06/04/2022	4.00
Summer Handicap (April)	28/04/2022	4.35
Avenham Park 5k	02/05/2022	3.11
Lytham Interclub	12/05/2022	5.00
Manchester Half	22/05/2022	13.10
Wesham Spring 10k	25/05/2022	6.21
Carnival 5k	05/06/2022	3.11
Plough at Eaves	10/06/2022	3.11
Preston Harriers Inter Club	15/06/2022	3.80
Freckleton Half Marathon	19/06/2022	13.10
Catforth Canter (June)	25/06/2022	3.11
Thornton Interclub	28/06/2022	5.00
Power of 5k (July)	01/07/2022	3.11
Mid Lancs 400m	16/07/2022	0.25
Mid Lancs 800m	16/07/2022	0.50
Mid Lancs 3000m	16/07/2022	1.87
Windmill Half	07/08/2022	13.10
Chorley Intercub 2022	10/08/2022	4.80
Trimpell 20	21/08/2022	20.00
Mid Lancs Track & Field, Blackpool (3000m)	27/08/2022	1.88
Mid Lancs Track & Field, Blackpool (1500m)	27/08/2022	0.94
Mid Lancs Track & Field, Blackpool (200m)	27/08/2022	0.12
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60

North West Counties Relays	11/09/2022	3.20
Manchester Half	09/10/2022	13.10
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Elswick Express	22/10/2022	10.00
Lancaster Half	06/11/2022	13.10
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Myerscough 10	04/12/2022	10.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Winter Handicap (December)	22/12/2022	3.45
Worden Park Boxing Day 10k	26/12/2022	6.21
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Winter Warmer	05/02/2023	6.21
Mid Lancs XC, Burnley (Men)	11/03/2023	5.70
Trimpell Twenty	12/03/2023	20.00
Winter Handicap (March 2023)	30/03/2023	3.45

Claire Markham

Races entered =

30

totalling

160.12

miles

Blackpool Interclub 2022	06/04/2022	4.00
Wray Scarecrow	23/04/2022	6.21
Summer Handicap (April)	28/04/2022	4.35
Great Hameldon	01/05/2022	5.70
Blacksticks Blue	08/05/2022	6.21
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Hutton Roof Crags	28/05/2022	7.35
Leo Pollard Memorial	02/06/2022	7.00
Walsh Two Lads	09/06/2022	5.25
Preston Harriers Inter Club	15/06/2022	3.80
Aggie's Staircase	23/06/2022	4.10
Thornton Interclub	28/06/2022	5.00
Power of 5k (July)	01/07/2022	3.11
Ingleborough Fell Race	17/07/2022	6.80
Chorley Intercub 2022	10/08/2022	4.80
Accrington Ron Hill 10k	14/08/2022	6.21
Summer Handicap (August)	25/08/2022	4.35
Chipping Show	27/08/2022	7.75
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Northern Relays	25/09/2022	4.20
Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022	2.80
Gisburn Forest	29/10/2022	6.21
Shepherd's Skyline	05/11/2022	6.21

Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10
Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022	2.90
Central Lancs New Year Half	08/01/2023	13.10
Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023	3.80
Winter Handicap (March 2023)	30/03/2023	3.45

Clare Taylor Races entered = 4 totalling 63.85 miles

Wesham Interclub 2022	31/08/2022	4.55
TCS London Marathon	02/10/2022	26.20
Great North West Half	19/02/2023	13.10
Trimpell Twenty	12/03/2023	20.00

Dan Gregson	Races entered =	30	totalling	147.58	miles
	Blackpool Interclub 2022		06/04/2022		4.00
	Festival of Running 10k		23/04/2022		6.21
	Summer Handicap (April)		28/04/2022		4.35
	Ripley St Thomas Supper Run		28/04/2022		4.00
	Lytham Interclub		12/05/2022		5.00
	Wesham Spring 10k		25/05/2022		6.21
	Catforth Canter (May)		28/05/2022		3.11
	Plough at Eaves		10/06/2022		3.11
	Preston Harriers Inter Club		15/06/2022		3.80
	Catforth Canter (June)		25/06/2022		3.11
	Thornton Interclub		28/06/2022		5.00
	Chorley Intercub 2022		10/08/2022		4.80
	Summer Handicap (August)		25/08/2022		4.35
	Wesham Interclub 2022		31/08/2022		4.55
	Red Rose Interclub 2022		07/09/2022		4.60
	North West Counties Relays		11/09/2022		3.20
	Fairhaven Flyer		18/09/2022		6.21
	Northern Relays		25/09/2022		4.20
	Summer Handicap (September)		29/09/2022		4.35
	Mid Lancs XC, Blackburn (Men)		15/10/2022		5.50
	Elswick Express		22/10/2022		10.00
	Western Distributor 5k		29/10/2022		3.11
	Mid Lancs XC, Liverpool (Men)		26/11/2022		6.00
	Myerscough 10		04/12/2022		10.00
	Mid Lancs XC, Hyndburn (Men)		10/12/2022		4.30
	Winter Handicap (December)		22/12/2022		3.45

Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Winter Warmer	05/02/2023	6.21
Winter Handicap (February)	23/02/2023	3.45
Mid Lancs XC, Burnley (Men)	11/03/2023	5.70

Darran Ames Races entered = totalling miles

Wesham Winter 10k	26/11/2022	6.21
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Dave Booth Races entered = totalling miles

Windmill 10k	13/11/2022	6.21
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Dave Williams Races entered = totalling miles

Wesham Interclub 2022	31/08/2022	4.55
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David Butler Races entered = totalling miles

Lytham Interclub	12/05/2022	5.00
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Dom Kirby Races entered = totalling miles

Blackpool Interclub 2022	06/04/2022	4.00
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Summer Handicap (April)	28/04/2022	4.35
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Lytham Interclub	12/05/2022	5.00
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Preston Harriers Inter Club	15/06/2022	3.80
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Summer Handicap (July)	28/07/2022	4.35
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Chorley Intercub 2022	10/08/2022	4.80
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Red Rose Interclub 2022	07/09/2022	4.60
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Summer Handicap (September)	29/09/2022	4.35
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Manchester Half	09/10/2022	13.10
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Winter Handicap (December)	22/12/2022	3.45
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Winter Handicap (February)	23/02/2023	3.45
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Winter Handicap (March 2023)	30/03/2023	3.45
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Dominic Garrett	Races entered =	1	totalling	3.80	miles
		Preston Harriers Inter Club		15/06/2022	3.80
Emma Johnston	Races entered =	3	totalling	75.00	miles
		Blackpool Interclub 2022		06/04/2022	4.00
		Montane Trail 20		04/06/2022	21.00
		Lakeland 50		28/07/2022	50.00
Gill Draper	Races entered =	10	totalling	106.04	miles
		Therme Manchester Marathon		03/04/2022	26.20
		Lytham Interclub		12/05/2022	5.00
		Manchester Half		22/05/2022	13.10
		Wesham Spring 10k		25/05/2022	6.21
		Preston Harriers Inter Club		15/06/2022	3.80
		Preston Western Distributor 10k		29/10/2022	6.21
		Windmill 10k		13/11/2022	6.21
		Wesham Winter 10k		26/11/2022	6.21
		Great North West Half		19/02/2023	13.10
		Trimpell Twenty		12/03/2023	20.00
Gillian Anderson	Races entered =	2	totalling	6.90	miles
		Winter Handicap (January)		26/01/2023	3.45
		Winter Handicap (March 2023)		30/03/2023	3.45
Gillian Oliver	Races entered =	2	totalling	10.56	miles
		Summer Handicap (June)		30/06/2022	4.35
		CR 315 Lancaster 10k		09/07/2022	6.21
Graham Cunliffe	Races entered =	2	totalling	8.81	miles
		Mid Lancs XC, Blackpool (Men)		14/01/2023	5.70
		Power of 5k (February)		10/02/2023	3.11

Graham Webster

Races entered =

33

totalling

87.67

miles

Blackpool Interclub 2022	06/04/2022	4.00
Run Through Chase The Sun	13/04/2022	6.21
Ripley St Thomas Supper Run	28/04/2022	4.00
Summer Handicap (April)	28/04/2022	4.35
Mid Cheshire 5k	29/04/2022	3.11
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Summer Handicap (May)	26/05/2022	4.35
Mid Lancs Hyndburn 3000m	04/06/2022	1.87
Mid Lancs 400m	04/06/2022	0.25
Mid Lancs Hyndburn 800m	04/06/2022	0.50
Preston Harriers Inter Club	15/06/2022	3.80
Summer Handicap (June)	30/06/2022	4.35
Power of 5k (July)	01/07/2022	3.11
World Record MV70 4x800m attempt (successful)	09/07/2022	0.50
Mid Lancs 200m	16/07/2022	0.12
Mid Lancs 400m	16/07/2022	0.25
Mid Lancs 800m	16/07/2022	0.50
Summer Handicap (July)	28/07/2022	4.35
Mid Lancs 4 x 400m Relay	07/08/2022	0.25
Mid Lancs 200m	07/08/2022	0.12
Mid Lancs 800m	07/08/2022	0.50
Mid Lancs 400m	07/08/2022	0.25
Chorley Intercub 2022	10/08/2022	4.80
Summer Handicap (August)	25/08/2022	4.35

Mid Lancs Track & Field, Blackpool (200m)	27/08/2022	0.12
Mid Lancs Track & Field, Blackpool (400m)	27/08/2022	0.25
Mid Lancs Track & Field, Blackpool (800m)	27/08/2022	0.50
Wesham Interclub 2022	31/08/2022	4.55
Summer Handicap (September)	29/09/2022	4.35
Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022	2.80
Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10
Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022	2.90

Greg Oulton

Races entered =

34

totalling

139.02

miles

Blackpool Interclub 2022	06/04/2022	4.00
Summer Handicap (April)	28/04/2022	4.35
Ripley St Thomas Supper Run	28/04/2022	4.00
Mid Lancs 3000m	07/05/2022	1.87
Mid Lancs 1500m	07/05/2022	0.97
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Summer Handicap (May)	26/05/2022	4.35
Catforth Canter (June)	25/06/2022	3.11
Thornton Interclub	28/06/2022	5.00
Summer Handicap (June)	30/06/2022	4.35
Power of 5k (July)	01/07/2022	3.11
Mid Lancs 3000m	07/08/2022	1.87
Mid Lancs 4 x 400m Relay	07/08/2022	0.25
Chorley Intercub 2022	10/08/2022	4.80
Power of 5k (August)	26/08/2022	3.11
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
North West Counties Relays	11/09/2022	3.20
Northern Relays	25/09/2022	4.20
Summer Handicap (September)	29/09/2022	4.35
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Preston Western Distributor 10k	29/10/2022	6.21
Winter Handicap (November)	24/11/2022	3.45
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30

Winter Handicap (December)	22/12/2022	3.45
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Winter Handicap (January)	26/01/2023	3.45
Winter Handicap (February)	23/02/2023	3.45
Mr Sparkle's Dark 'un	24/02/2023	5.10
Red Hot Toddy	05/03/2023	6.21
Roddlesworth Roller	12/03/2023	5.50
Winter Handicap (March 2023)	30/03/2023	3.45

Helen Rennie Races entered = 2 totalling 10.10 miles

Thornton Interclub	28/06/2022	5.00
Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10

Ian Tate Races entered = 12 totalling 95.67 miles

Blackpool Interclub 2022	06/04/2022	4.00
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Preston Harriers Inter Club	15/06/2022	3.80
Southport Half	26/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Caldervale Supper Run	05/07/2022	3.70
Windmill Half	07/08/2022	13.10
Chorley Intercub 2022	10/08/2022	4.80
Blackpool Run The Lights 10k	13/08/2022	6.21
Wesham Interclub 2022	31/08/2022	4.55
TCS London Marathon	02/10/2022	26.20

Jacqui Murray Races entered = 1 totalling 3.80 miles

Preston Harriers Inter Club	15/06/2022	3.80
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James Whittle

Races entered =

27

totalling

139.59

miles

Blackpool Interclub 2022	06/04/2022	4.00
Summer Handicap (April)	28/04/2022	4.35
Lytham Interclub	12/05/2022	5.00
Preston Harriers Inter Club	15/06/2022	3.80
Freckleton Half Marathon	19/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Power of 5k (July)	01/07/2022	3.11
Summer Handicap (July)	28/07/2022	4.35
Chorley Intercub 2022	10/08/2022	4.80
Wesham Interclub 2022	31/08/2022	4.55
North West Counties Relays	11/09/2022	3.20
Summer Handicap (September)	29/09/2022	4.35
Manchester Half	09/10/2022	13.10
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Elswick Express	22/10/2022	10.00
Winter Handicap (October)	27/10/2022	3.45
Western Distributor 5k	29/10/2022	3.11
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Winter Handicap (December)	22/12/2022	3.45
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Winter Handicap (January)	26/01/2023	3.45
Winter Warmer	05/02/2023	6.21
Power of 5k (February)	10/02/2023	3.11
Winter Handicap (February)	23/02/2023	3.45
Mid Lancs XC, Burnley (Men)	11/03/2023	5.70

Winter Handicap (March 2023)

30/03/2023

3.45

Jayden Richardson

Races entered =

1

totalling

0.94

miles

Mid Lancs Hyndburn 1500m

04/06/2022

0.94

Jennifer Hill

Races entered =

8

totalling

36.10

miles

Blackpool Interclub 2022

06/04/2022

4.00

Summer Handicap (April)

28/04/2022

4.35

Lytham Interclub

12/05/2022

5.00

Preston Harriers Inter Club

15/06/2022

3.80

Thornton Interclub

28/06/2022

5.00

Chorley Intercub 2022

10/08/2022

4.80

Wesham Interclub 2022

31/08/2022

4.55

Red Rose Interclub 2022

07/09/2022

4.60

Jo Goorney	Races entered =	14	totalling	173.95	miles
	Blackpool Interclub 2022		06/04/2022		4.00
	Three Peaks		30/04/2022		23.30
	Trunce (Race 3)		09/05/2022		4.00
	Lytham Interclub		12/05/2022		5.00
	Leo Pollard Memorial		02/06/2022		7.00
	Preston Harriers Inter Club		15/06/2022		3.80
	Trunce (Race 5)		20/06/2022		4.00
	Five Passes Ultra		25/06/2022		33.00
	Lakeland 50		28/07/2022		50.00
	Wesham Interclub 2022		31/08/2022		4.55
	Mid Lancs XC, Hyndburn (Ladies & MV70)		10/12/2022		2.90
	Ian Roberts Memorial		05/03/2023		6.40
	Haworth Hobble		12/03/2023		22.00
	Trunce Series (Race 1)		27/03/2023		4.00

Joe Alker	Races entered =	1	totalling	0.50	miles
	Mid Lancs Hyndburn 800m		04/06/2022		0.50

Joe Greenwood

Races entered =

19

totalling

95.94

miles

Blackpool Interclub 2022	06/04/2022	4.00
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Catforth Canter (May)	28/05/2022	3.11
Carnival 5k	05/06/2022	3.11
Freckleton Half Marathon	19/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Summer Handicap (July)	28/07/2022	4.35
Chorley Intercub 2022	10/08/2022	4.80
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Summer Handicap (September)	29/09/2022	4.35
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Power of 5k (February)	10/02/2023	3.11
Mid Lancs XC, Burnley (Men)	11/03/2023	5.70
Winter Handicap (March 2023)	30/03/2023	3.45

John Bertenshaw

Races entered =

15

totalling

85.90

miles

Blackpool Interclub 2022	06/04/2022	4.00
Mid Cheshire 5k	29/04/2022	3.11
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Run Through Tatton	11/06/2022	6.21
Preston Harriers Inter Club	15/06/2022	3.80
Run Through Tatton	13/08/2022	6.21
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Western Distributor 5k	29/10/2022	3.11
Run Through Tatton Half	05/11/2022	13.10
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Myerscough 10	04/12/2022	10.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70

Jonathan Tuck

Races entered =

15

totalling

69.12

miles

Blackpool Interclub 2022	06/04/2022	4.00
Lytham Interclub	12/05/2022	5.00
Catforth Canter (June)	25/06/2022	3.11
Thornton Interclub	28/06/2022	5.00
Summer Handicap (June)	30/06/2022	4.35
Summer Handicap (July)	28/07/2022	4.35
Chorley Intercub 2022	10/08/2022	4.80
Mid Lancs Track & Field, Blackpool (800m)	27/08/2022	0.50
Red Rose Interclub 2022	07/09/2022	4.60
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Preston Western Distributor 10k	29/10/2022	6.21
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Mid Lancs XC, Burnley (Men)	11/03/2023	5.70

Julia Rolfe

Races entered =

19

totalling

96.22

miles

Blackpool Interclub 2022	06/04/2022	4.00
Ripley St Thomas Supper Run	28/04/2022	4.00
Great Hameldon	01/05/2022	5.70
Walsh Two Lads	09/06/2022	5.25
Preston Harriers Inter Club	15/06/2022	3.80
Aggie's Staircase	23/06/2022	4.10
Ingleborough Fell Race	17/07/2022	6.80
Power of 5k (August)	26/08/2022	3.11
Chipping Show	27/08/2022	7.75
Red Rose Interclub 2022	07/09/2022	4.60
Accrington Road Runners 10k	30/10/2022	6.21
Conwy Half	20/11/2022	13.10
Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10
Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022	2.90
Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023	3.80
Winter Handicap (January)	26/01/2023	3.45
Mr Sparkle's Dark 'un	24/02/2023	5.10
Mid Lancs XC, Burnley (Ladies)	11/03/2023	4.00
Winter Handicap (March 2023)	30/03/2023	3.45

Julie Wiseman	Races entered =	9	totalling	70.43	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Summer Handicap (May)	26/05/2022		4.35	
	Carnival 5k	05/06/2022		3.11	
	Preston Harriers Inter Club	15/06/2022		3.80	
	Great North Run	11/09/2022		13.10	
	TCS London Marathon	02/10/2022		26.20	
	Preston Western Distributor 10k	29/10/2022		6.21	
	Windmill 10k	13/11/2022		6.21	
	Winter Handicap (January)	26/01/2023		3.45	
Kat Fawcett	Races entered =	1	totalling	4.00	miles
	Ripley St Thomas Supper Run	28/04/2022		4.00	
Kate Price Edwards	Races entered =	12	totalling	112.60	miles
	Therme Manchester Marathon	03/04/2022		26.20	
	Ripley St Thomas Supper Run	28/04/2022		4.00	
	Lytham Interclub	12/05/2022		5.00	
	Thornton Interclub	28/06/2022		5.00	
	Caldervale Supper Run	05/07/2022		3.70	
	Windmill Half	07/08/2022		13.10	
	Chorley Intercub 2022	10/08/2022		4.80	
	Trimpell 20	21/08/2022		20.00	
	Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022		2.80	
	Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022		5.10	
	Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022		2.90	
	Trimpell Twenty	12/03/2023		20.00	

Kathy Gaunt

Races entered =

1

totalling

6.21

miles

Winter Warmer

05/02/2023

6.21

Kevin Murray

Races entered =

3

totalling

32.41

miles

Freckleton Half Marathon

19/06/2022

13.10

West Coast Half

09/10/2022

13.10

Windmill 10k

13/11/2022

6.21

Kim Dykes

Races entered =

2

totalling

9.35

miles

Thornton Interclub

28/06/2022

5.00

Summer Handicap (June)

30/06/2022

4.35

Kirsten Burnett

Races entered =

29

totalling

181.88

miles

Schneider Electric Marathon de Paris	03/04/2022	26.20
Wray Scarecrow	23/04/2022	6.21
Summer Handicap (April)	28/04/2022	4.35
Blacksticks Blue	08/05/2022	6.21
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Catforth Canter (May)	28/05/2022	3.11
Preston Harriers Inter Club	15/06/2022	3.80
Freckleton Half Marathon	19/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Mid Lancs 200m	16/07/2022	0.12
Mid Lancs 100m	16/07/2022	0.06
Mid Lancs 200m	07/08/2022	0.12
Mid Lancs 100m	07/08/2022	0.06
Chorley Intercub 2022	10/08/2022	4.80
Accrington Ron Hill 10k	14/08/2022	6.21
Mid Lancs Track & Field, Blackpool (100m)	27/08/2022	0.06
Mid Lancs Track & Field, Blackpool (200m)	27/08/2022	0.12
Mid Lancs Track & Field, Blackpool (400m)	27/08/2022	0.25
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Berlin Marathon	25/09/2022	26.20
Western Distributor 5k	29/10/2022	3.11
Preston Porche Centre 10m	20/11/2022	10.00
Worden Park Boxing Day 10k	26/12/2022	6.21

Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023	3.80
Winter Warmer	05/02/2023	6.21
Red Hot Toddy	05/03/2023	6.21
Trimpell Twenty	12/03/2023	20.00

Laura Byrne Races entered = 4 totalling 14.71 miles

Preston Harriers Inter Club	15/06/2022	3.80
Summer Handicap (September)	29/09/2022	4.35
Winter Handicap (October)	27/10/2022	3.45
Western Distributor 5k	29/10/2022	3.11

Leanne Nield Races entered = 2 totalling 9.50 miles

Pendle Hill	03/04/2022	4.50
Lytham Interclub	12/05/2022	5.00

Lewis McAfee

Races entered =

23

totalling

180.33

miles

Therme Manchester Marathon	03/04/2022	26.20
Ripley St Thomas Supper Run	28/04/2022	4.00
Liverpool John West 10k	02/05/2022	6.21
Wesham Spring 10k	25/05/2022	6.21
Preston Harriers Inter Club	15/06/2022	3.80
Southport Half	26/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Summer Handicap (June)	30/06/2022	4.35
Caldervale Supper Run	05/07/2022	3.70
Summer Handicap (July)	28/07/2022	4.35
Windmill Half	07/08/2022	13.10
Chorley Intercub 2022	10/08/2022	4.80
Trimpell 20	21/08/2022	20.00
Summer Handicap (August)	25/08/2022	4.35
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
TCS London Marathon	02/10/2022	26.20
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Power of 6k (October)	21/10/2022	3.11
Winter Handicap (November)	24/11/2022	3.45
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Winter Handicap (February)	23/02/2023	3.45

Lia Murphy	Races entered =	4	totalling	16.26	miles
	Summer Handicap (April)		28/04/2022		4.35
	Carnival 5k		05/06/2022		3.11
	Preston Harriers Inter Club		15/06/2022		3.80
	Thornton Interclub		28/06/2022		5.00
Linda Chadderton	Races entered =	1	totalling	4.00	miles
	Blackpool Interclub 2022		06/04/2022		4.00
Liz Boon	Races entered =	1	totalling	13.10	miles
	Langdale Half		22/10/2022		13.10
Liz Canavan	Races entered =	14	totalling	88.69	miles
	Wray Scarecrow		23/04/2022		6.21
	Ripley St Thomas Supper Run		28/04/2022		4.00
	Lytham Interclub		12/05/2022		5.00
	Wesham Spring 10k		25/05/2022		6.21
	Preston Harriers Inter Club		15/06/2022		3.80
	Thornton Interclub		28/06/2022		5.00
	Chorley Intercub 2022		10/08/2022		4.80
	Summer Handicap (September)		29/09/2022		4.35
	Preston Western Distributor 10k		29/10/2022		6.21
	Winter Handicap (January)		26/01/2023		3.45
	St Annes Ten Miler		29/01/2023		10.00
	Winter Warmer		05/02/2023		6.21
	Winter Handicap (February)		23/02/2023		3.45
	Trimpell Twenty		12/03/2023		20.00

Louise Cox

Races entered =

9

totalling

51.39

miles

Blackpool Interclub 2022	06/04/2022	4.00
Run Media City 10k	28/04/2022	6.21
Lytham Interclub	12/05/2022	5.00
Wesham Spring 10k	25/05/2022	6.21
Preston Harriers Inter Club	15/06/2022	3.80
Thornton Interclub	28/06/2022	5.00
Sydney Harbour	24/07/2022	6.21
City2Surf	15/08/2022	8.75
Sydney Marathon Festival Bridge Run	18/09/2022	6.21

Maddy Markham

Races entered =

19

totalling

71.89

miles

Blackpool Interclub 2022	06/04/2022	4.00
Summer Handicap (April)	28/04/2022	4.35
Lytham Interclub	12/05/2022	5.00
Lancs T&F Champs 3000m (Ladies)	15/05/2022	1.87
Wesham Spring 10k	25/05/2022	6.21
Preston Harriers Inter Club	15/06/2022	3.80
Thornton Interclub	28/06/2022	5.00
Power of 5k (July)	01/07/2022	3.11
Mid Lancs 800m	16/07/2022	0.50
Mid Lancs 3000m	16/07/2022	1.87
Mid Lancs 3000m	07/08/2022	1.87
Chorley Intercub 2022	10/08/2022	4.80
Accrington Ron Hill 10k	14/08/2022	6.21
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Mid Lancs XC, Hyndburn (Ladies & MV70)	10/12/2022	2.90
Winter Handicap (December)	22/12/2022	3.45
Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023	3.80
Mid Lancs XC, Burnley (Ladies)	11/03/2023	4.00

Mark Hughes	Races entered =	11	totalling	61.31	miles
	Blackpool Interclub 2022		06/04/2022		4.00
	Ripley St Thomas Supper Run		28/04/2022		4.00
	Preston Harriers Inter Club		15/06/2022		3.80
	Thornton Interclub		28/06/2022		5.00
	Caldervale Supper Run		05/07/2022		3.70
	Great North Run		11/09/2022		13.10
	Mid Lancs XC, Blackburn (Men)		15/10/2022		5.50
	Gisburn Forest		29/10/2022		6.21
	Mid Lancs XC, Liverpool (Men)		26/11/2022		6.00
	Mid Lancs XC, Hyndburn (Men)		10/12/2022		4.30
	Mid Lancs XC, Blackpool (Men)		14/01/2023		5.70
Mark Johnston	Races entered =	2	totalling	71.00	miles
	Montane Trail 20		04/06/2022		21.00
	Lakeland 50		28/07/2022		50.00
Mark Selby	Races entered =	8	totalling	33.13	miles
	Carnival 5k		05/06/2022		3.11
	Blackpool Run The Lights 5k		13/08/2022		3.11
	Western Distributor 5k		29/10/2022		3.11
	Winter Handicap (December)		22/12/2022		3.45
	Winter Handicap (January)		26/01/2023		3.45
	St Annes Ten Miler		29/01/2023		10.00
	Winter Handicap (February)		23/02/2023		3.45
	Winter Handicap (March 2023)		30/03/2023		3.45
Matt Jones	Races entered =	1	totalling	5.00	miles
	Lytham Interclub		12/05/2022		5.00

Matt Kay

Races entered =

1

totalling

3.45

miles

Winter Handicap (March 2023)

30/03/2023

3.45

Mel Koth

Races entered =

25

totalling

251.69

miles

Blackpool Interclub 2022	06/04/2022	4.00
Wray Scarecrow	23/04/2022	6.21
Avenham Park 5k	02/05/2022	3.11
Lytham Interclub	12/05/2022	5.00
Howgills Half	15/05/2022	13.70
Montane Trail 10	04/06/2022	10.00
Preston Harriers Inter Club	15/06/2022	3.80
Lakesman Half Tri	19/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Lancaster Riverside	07/08/2022	13.10
Chorley Intercub 2022	10/08/2022	4.80
City of Preston 10	14/08/2022	10.00
Trimpell 20	21/08/2022	20.00
West Lancs Triathlon	28/08/2022	3.11
Wesham Interclub 2022	31/08/2022	4.55
Village Bakery Half	04/09/2022	13.10
Red Rose Interclub 2022	07/09/2022	4.60
TCS London Marathon	02/10/2022	26.20
Manchester Half	09/10/2022	13.10
Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022	2.80
Beacon Bash	11/12/2022	20.00
Worden Park Boxing Day 10k	26/12/2022	6.21
Central Lancs New Year Half	08/01/2023	13.10
Great North West Half	19/02/2023	13.10
Trimpell Twenty	12/03/2023	20.00

Michelle Chadwick	Races entered =	5	totalling	44.80	miles
	Caldervale 10		15/04/2022		10.00
	Essar Cheshire Half		15/05/2022		13.10
	Preston Harriers Inter Club		15/06/2022		3.80
	Freckleton Half Marathon		19/06/2022		13.10
	Chorley Intercub 2022		10/08/2022		4.80
Michelle Sheridan	Races entered =	2	totalling	26.20	miles
	London Landmarks Half Marathon		03/04/2022		13.10
	Manchester Half		09/10/2022		13.10
Mick Widdop	Races entered =	17	totalling	166.06	miles
	Blackpool Interclub 2022		06/04/2022		4.00
	Morecambe Half		01/05/2022		13.10
	Chorley 10k		08/05/2022		6.21
	Essar Cheshire Half		15/05/2022		13.10
	Wesham Spring 10k		25/05/2022		6.21
	Southport Half		26/06/2022		13.10
	Windmill Half		07/08/2022		13.10
	Fleetwood Half		21/08/2022		13.10
	Great North Run		11/09/2022		13.10
	Windmill 10k		13/11/2022		6.21
	Wesham Winter 10k		26/11/2022		6.21
	Blackburn Winter Warmer		04/12/2022		6.21
	Central Lancs New Year Half		08/01/2023		13.10
	St Annes Ten Miler		29/01/2023		10.00
	Winter Warmer		05/02/2023		6.21
	Wrexham Village Bakery Half		12/02/2023		13.10
	Golden Ball 10		12/03/2023		10.00

Mike Toft	Races entered =	7	totalling	52.28	miles
	Fleetwood 10k		03/04/2022		6.21
	Blackpool Interclub 2022		06/04/2022		4.00
	Windmill Half		07/08/2022		13.10
	Fairhaven Flyer		18/09/2022		6.21
	West Coast Half		09/10/2022		13.10
	Windmill 10k		13/11/2022		6.21
	Winter Handicap (March 2023)		30/03/2023		3.45

Morgan Pritchard	Races entered =	3	totalling	11.90	miles
	Lytham Interclub		12/05/2022		5.00
	Winter Handicap (October)		27/10/2022		3.45
	Winter Handicap (February)		23/02/2023		3.45

Neil Tate	Races entered =	5	totalling	30.12	miles
	Ripley St Thomas Supper Run		28/04/2022		4.00
	Wesham Spring 10k		25/05/2022		6.21
	Carnival 5k		05/06/2022		3.11
	Freckleton Half Marathon		19/06/2022		13.10
	Caldervale Supper Run		05/07/2022		3.70

Oliver Thomson

Races entered =

8

totalling

12.84

miles

Lancs T&F Champs 800m

15/05/2022

0.50

Mid Lancs Hyndburn 200m

04/06/2022

0.13

Mid Lancs Hyndburn 1500m

04/06/2022

0.94

Mid Lancs 1500m

07/08/2022

0.93

Mid Lancs 4 x 400m Relay

07/08/2022

0.25

Mid Lancs Track & Field, Blackpool
(1500m)

27/08/2022

0.94

Wesham Interclub 2022

31/08/2022

4.55

Red Rose Interclub 2022

07/09/2022

4.60

Pam Binns

Races entered =

19

totalling

92.02

miles

Blackpool Interclub 2022	06/04/2022	4.00
Wray Scarecrow	23/04/2022	6.21
Summer Handicap (April)	28/04/2022	4.35
Blacksticks Blue	08/05/2022	6.21
Wesham Spring 10k	25/05/2022	6.21
Carnival 5k	05/06/2022	3.11
Preston Harriers Inter Club	15/06/2022	3.80
Freckleton Half Marathon	19/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Summer Handicap (June)	30/06/2022	4.35
Mid Lancs Track & Field, Blackpool (800m)	27/08/2022	0.50
Mid Lancs Track & Field, Blackpool (400m)	27/08/2022	0.25
Mid Lancs Track & Field, Blackpool (200m)	27/08/2022	0.12
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Summer Handicap (September)	29/09/2022	4.35
Preston Western Distributor 10k	29/10/2022	6.21
Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022	5.10
Myerscough 10	04/12/2022	10.00

Pam Hardman	Races entered =	14	totalling	102.42	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Ripley St Thomas Supper Run	28/04/2022		4.00	
	Wesham Spring 10k	25/05/2022		6.21	
	Hutton Roof Crag	28/05/2022		7.35	
	Leo Pollard Memorial	02/06/2022		7.00	
	Walsh Two Lads	09/06/2022		5.25	
	Durham Dales Challenge	18/06/2022		15.00	
	Aggie's Staircase	23/06/2022		4.10	
	Don Ashton Memorial	07/07/2022		5.80	
	Ingleborough Fell Race	17/07/2022		6.80	
	Farleton Knott	07/08/2022		4.50	
	Shepherd's Skyline	05/11/2022		6.21	
	Conwy Half	20/11/2022		13.10	
	Malta Half Marathon	26/02/2023		13.10	

Paul McAllister	Races entered =	4	totalling	18.66	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Woodbridge 10k	08/05/2022		6.21	
	Thornton Interclub	28/06/2022		5.00	
	Winter Handicap (March 2023)	30/03/2023		3.45	

Paul Veevers	Races entered =	1	totalling	4.60	miles
	Red Rose Interclub 2022	07/09/2022		4.60	

Peter Reid	Races entered =	8	totalling	50.12	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Lytham Interclub	12/05/2022		5.00	
	Carnival 5k	05/06/2022		3.11	
	Thornton Interclub	28/06/2022		5.00	
	Caldervale Supper Run	05/07/2022		3.70	
	Windmill 10k	13/11/2022		6.21	
	Central Lancs New Year Half	08/01/2023		13.10	
	St Annes Ten Miler	29/01/2023		10.00	

Peter Thomson	Races entered =	11	totalling	52.55	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Summer Handicap (April)	28/04/2022		4.35	
	Summer Handicap (May)	26/05/2022		4.35	
	Preston Harriers Inter Club	15/06/2022		3.80	
	Thornton Interclub	28/06/2022		5.00	
	Chorley Intercub 2022	10/08/2022		4.80	
	Wesham Interclub 2022	31/08/2022		4.55	
	Mid Lancs XC, Liverpool (Men)	26/11/2022		6.00	
	Mid Lancs XC, Hyndburn (Men)	10/12/2022		4.30	
	Mid Lancs XC, Blackpool (Men)	14/01/2023		5.70	
	Mid Lancs XC, Burnley (Men)	11/03/2023		5.70	

Richard Storey

Races entered =

12

totalling

53.36

miles

Ripley St Thomas Supper Run	28/04/2022	4.00
Wesham Spring 10k	25/05/2022	6.21
Catforth Canter (May)	28/05/2022	3.11
Catforth Canter (June)	25/06/2022	3.11
Chorley Intercub 2022	10/08/2022	4.80
Red Rose Interclub 2022	07/09/2022	4.60
Western Distributor 5k	29/10/2022	3.11
Preston Western Distributor 10k	29/10/2022	6.21
Garstang 10k	08/01/2023	6.21
Winter Handicap (January)	26/01/2023	3.45
Mr Sparkle's Dark 'un	24/02/2023	5.10
Winter Handicap (March 2023)	30/03/2023	3.45

Ross McKelvie	Races entered =	46	totalling	158.78	miles
BWAF AC Track and Field			03/04/2022		1.88
Blackpool Interclub 2022			06/04/2022		4.00
Scottish 10,000m Championships			29/04/2022		6.21
Avenham Park 5k			02/05/2022		3.11
Mid Lancs 3000m			07/05/2022		1.87
Lytham Interclub			12/05/2022		5.00
Lancs T&F Champs 3000m (Man)			15/05/2022		1.87
Wesham Spring 10k			25/05/2022		6.21
Summer Handicap (May)			26/05/2022		4.35
Mid Lancs Hyndburn 3000m			04/06/2022		1.87
Mid Lancs Hyndburn 1500m			04/06/2022		0.94
Carnival 5k			05/06/2022		3.11
Plough at Eaves			10/06/2022		3.11
Preston Harriers Inter Club			15/06/2022		3.80
Catforth Canter (June)			25/06/2022		3.11
Thornton Interclub			28/06/2022		5.00
Power of 5k (July)			01/07/2022		3.11
Trafford Grand Prix			12/07/2022		1.87
Mid Lancs 800m			16/07/2022		0.50
Mid Lancs 3000m			16/07/2022		1.87
GAA Miler Meet			29/07/2022		3.11
Mid Lancs 3000m			07/08/2022		1.87
Mid Lancs 4 x 400m Relay			07/08/2022		0.25
Chorley Intercub 2022			10/08/2022		4.80
4J Scottish Championships			14/08/2022		3.11
MBC Regional Races			15/08/2022		1.87

Border Harriers Open	21/08/2022	3.11
Mid Lancs Track & Field, Blackpool (3000m)	27/08/2022	1.88
Mid Lancs Track & Field, Blackpool (200m)	27/08/2022	0.12
Mid Lancs Track & Field, Blackpool (1500m)	27/08/2022	0.94
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Monument 5k	14/09/2022	3.11
Fairhaven Flyer	18/09/2022	6.21
Leeds Golden Mile	24/09/2022	1.00
Great Scottish Run 10k	02/10/2022	6.17
Mid Lancs XC, Blackburn (Men)	15/10/2022	5.50
Leeds Abbey Dash	23/10/2022	6.21
Podium 5k	29/10/2022	3.11
Shepherd's Skyline	05/11/2022	6.21
Mid Lancs XC, Liverpool (Men)	26/11/2022	6.00
Mid Lancs XC, Hyndburn (Men)	10/12/2022	4.30
Winter Handicap (December)	22/12/2022	3.45
Mid Lancs XC, Blackpool (Men)	14/01/2023	5.70
Power of 5k (February)	10/02/2023	3.11
Mid Lancs XC, Burnley (Men)	11/03/2023	5.70

Roy Stevens	Races entered =	7	totalling	47.63	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Lytham Interclub	12/05/2022		5.00	
	St Annes Tri	22/05/2022		3.11	
	Wesham Spring 10k	25/05/2022		6.21	
	Freckleton Half Marathon	19/06/2022		13.10	
	St Annes Ten Miler	29/01/2023		10.00	
	Mothers Day 10k	18/03/2023		6.21	

Ruth Williams	Races entered =	14	totalling	62.23	miles
	Blackpool Interclub 2022	06/04/2022		4.00	
	Ripley St Thomas Supper Run	28/04/2022		4.00	
	Lytham Interclub	12/05/2022		5.00	
	Wesham Spring 10k	25/05/2022		6.21	
	Carnival 5k	05/06/2022		3.11	
	Preston Harriers Inter Club	15/06/2022		3.80	
	Summer Handicap (July)	28/07/2022		4.35	
	Chorley Intercub 2022	10/08/2022		4.80	
	Summer Handicap (August)	25/08/2022		4.35	
	Wesham Interclub 2022	31/08/2022		4.55	
	Red Rose Interclub 2022	07/09/2022		4.60	
	Winter Handicap (October)	27/10/2022		3.45	
	Windmill 10k	13/11/2022		6.21	
	Mid Lancs XC, Blackpool (Ladies & MV70)	14/01/2023		3.80	

Sarah Cook	Races entered =	7	totalling	25.40	miles
	Preston Harriers Inter Club		15/06/2022		3.80
	Summer Handicap (September)		29/09/2022		4.35
	Winter Handicap (October)		27/10/2022		3.45
	Winter Handicap (November)		24/11/2022		3.45
	Winter Handicap (December)		22/12/2022		3.45
	Winter Handicap (January)		26/01/2023		3.45
	Winter Handicap (February)		23/02/2023		3.45
Scott Gall	Races entered =	1	totalling	13.10	miles
	Southport Half		26/06/2022		13.10
Stephen Wilde	Races entered =	1	totalling	5.00	miles
	Lytham Interclub		12/05/2022		5.00
Stephen Wise	Races entered =	12	totalling	52.40	miles
	Blackpool Interclub 2022		06/04/2022		4.00
	Summer Handicap (April)		28/04/2022		4.35
	Wesham Spring 10k		25/05/2022		6.21
	Catforth Canter (May)		28/05/2022		3.11
	Plough at Eaves		10/06/2022		3.11
	Preston Harriers Inter Club		15/06/2022		3.80
	Catforth Canter (June)		25/06/2022		3.11
	Thornton Interclub		28/06/2022		5.00
	Summer Handicap (June)		30/06/2022		4.35
	Wesham Interclub 2022		31/08/2022		4.55
	Red Rose Interclub 2022		07/09/2022		4.60
	Wesham Winter 10k		26/11/2022		6.21

Steve Jones	Races entered =	2	totalling	8.11	miles
	Lytham Interclub		12/05/2022		5.00
	Carnival 5k		05/06/2022		3.11
Sue Hawitt	Races entered =	13	totalling	99.43	miles
	London Landmarks Half Marathon		03/04/2022		13.10
	Ripley St Thomas Supper Run		28/04/2022		4.00
	Lytham Interclub		12/05/2022		5.00
	Summer Handicap (July)		28/07/2022		4.35
	Summer Handicap (September)		29/09/2022		4.35
	Windmill 10k		13/11/2022		6.21
	Winter Handicap (November)		24/11/2022		3.45
	Wesham Winter 10k		26/11/2022		6.21
	Winter Handicap (January)		26/01/2023		3.45
	St Annes Ten Miler		29/01/2023		10.00
	Winter Warmer		05/02/2023		6.21
	Great North West Half		19/02/2023		13.10
	Trimpell Twenty		12/03/2023		20.00

Sue Henry

Races entered =

15

totalling

93.52

miles

Festival of Running Half	24/04/2022	13.10
Summer Handicap (May)	26/05/2022	4.35
Preston Harriers Inter Club	15/06/2022	3.80
Freckleton Half Marathon	19/06/2022	13.10
Thornton Interclub	28/06/2022	5.00
Summer Handicap (June)	30/06/2022	4.35
Windmill Half	07/08/2022	13.10
Chorley Intercub 2022	10/08/2022	4.80
Wesham Interclub 2022	31/08/2022	4.55
Red Rose Interclub 2022	07/09/2022	4.60
Fairhaven Flyer	18/09/2022	6.21
Windmill 10k	13/11/2022	6.21
Winter Handicap (January)	26/01/2023	3.45
Winter Handicap (February)	23/02/2023	3.45
Winter Handicap (March 2023)	30/03/2023	3.45

Sylvia Gittins	Races entered =	14	totalling	98.85	miles
	Wray Scarecrow	23/04/2022		6.21	
	Blacksticks Blue	08/05/2022		6.21	
	Blackpool Prom 10	21/05/2022		10.00	
	Summer Handicap (May)	26/05/2022		4.35	
	Thornton Interclub	28/06/2022		5.00	
	Summer Handicap (June)	30/06/2022		4.35	
	West Coast Half	09/10/2022		13.10	
	Mid Lancs XC, Blackburn (Ladies & MV70)	15/10/2022		2.80	
	Preston Western Distributor 10k	29/10/2022		6.21	
	Conwy Half	20/11/2022		13.10	
	Mid Lancs XC, Liverpool (Ladies & MV70)	26/11/2022		5.10	
	St Annes Ten Miler	29/01/2023		10.00	
	Winter Warmer	05/02/2023		6.21	
	Red Hot Toddy	05/03/2023		6.21	

Terri Eccles	Races entered =	1	totalling	4.55	miles
	Wesham Interclub 2022	31/08/2022		4.55	

Terry Hellings	Races entered =	5	totalling	25.15	miles
	Wesham Interclub 2022	31/08/2022		4.55	
	Red Rose Interclub 2022	07/09/2022		4.60	
	Mid Lancs XC, Liverpool (Men)	26/11/2022		6.00	
	Mid Lancs XC, Hyndburn (Men)	10/12/2022		4.30	
	Mid Lancs XC, Blackpool (Men)	14/01/2023		5.70	

Tom Howarth	Races entered =	4	totalling	25.90	miles
	Blackpool Interclub 2022		06/04/2022		4.00
	Preston Harriers Inter Club		15/06/2022		3.80
	Freckleton Half Marathon		19/06/2022		13.10
	Thornton Interclub		28/06/2022		5.00

Vicki Richardson	Races entered =	4	totalling	27.11	miles
	Lytham Interclub		12/05/2022		5.00
	Great North Run		11/09/2022		13.10
	Mid Lancs XC, Blackburn (Ladies & MV70)		15/10/2022		2.80
	Gisburn Forest		29/10/2022		6.21

Xavia Cooper	Races entered =	6	totalling	46.21	miles
	Scottish Half Marathon		18/09/2022		13.10
	Langdale Half		22/10/2022		13.10
	Western Distributor 5k		29/10/2022		3.11
	Winter Handicap (January)		26/01/2023		3.45
	St Annes Ten Miler		29/01/2023		10.00
	Winter Handicap (February)		23/02/2023		3.45

Total Races Entered

Total Miles =