



Alex Wiggins Races entered = totalling miles

Blackpool Inter Club 2023	05/04/2023	4.00
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Alistair Leivers Races entered = totalling miles

Summer Handicap (April)	27/04/2023	4.35
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Summer Handicap (July)	27/07/2023	4.35
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Winter Handicap (October)	26/10/2023	3.45
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Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
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Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
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Winter Handicap (December)	21/12/2023	3.45
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Winter Handicap (January)	25/01/2024	3.45
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Power of 5k (March)	08/03/2024	3.11
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Liverpool Half Marathon	17/03/2024	13.10
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Winter Handicap (March)	28/03/2024	3.45
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Andy Draper

Races entered =

17

totalling

125.63

miles

Ibiza Half Marathon	01/04/2023	13.67
Blackpool Inter Club 2023	05/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Wesham Interclub	17/07/2023	4.50
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Windmill Remembrance 10k	12/11/2023	6.21
City of Preston 10	17/11/2023	10.00
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Myerscough 10	03/12/2023	10.00
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Trimpell 20	10/03/2024	20.00

Barbara Holmes

Races entered =

13

totalling

81.90

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Southport Tri	21/05/2023	3.11
Summer Handicap (August)	31/08/2023	4.35
Knutsford 10k	01/10/2023	6.21
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95
Windmill Remembrance 10k	12/11/2023	6.21
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Leyland Boxing Day 10k	26/12/2023	6.21
Mid Lancs XC, Lawsons Field (Ladies & MV70)	13/01/2024	3.80
Wigan Festival of Running 5k	17/03/2024	3.11
Hale Village 5	31/03/2024	5.00

Barry Broughton	Races entered =	17	totalling	86.22	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (April)	27/04/2023		4.35	
	Lytham Interclub	12/05/2023		4.75	
	Wesham Summer 10k	24/05/2023		6.21	
	Summer Handicap (May)	25/05/2023		4.35	
	Preston Harriers Interclub	14/06/2023		4.00	
	Summer Handicap (June)	23/06/2023		4.35	
	Thornton Interclub	27/06/2023		5.00	
	Wesham Interclub	17/07/2023		4.50	
	Summer Handicap (July)	27/07/2023		4.35	
	Chorley Interclub 2023	09/08/2023		4.90	
	Summer Handicap (August)	31/08/2023		4.35	
	Cheshire Half	10/09/2023		13.10	
	Summer Handicap (September)	28/09/2023		4.35	
	Windmill Remembrance 10k	12/11/2023		6.21	
	Winter Handicap (November)	30/11/2023		3.45	

Bec Willetts	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	

Bob Clough	Races entered =	2	totalling	17.10	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Freckleton Half	18/06/2023		13.10	

Cass Chisholm	Races entered =	3	totalling	13.11	miles
	Langdale Christmas Pudding		09/12/2023		6.21
	Mid Lancs XC, Burnley (Ladies)		10/02/2024		3.20
	Mid Lancs XC, Skelmersdale (Ladies & MV70)		02/03/2024		3.70

Catherine Carrdus	Races entered =	12	totalling	83.39	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Mid Cheshire 5k		28/04/2023		3.11
	Welsh Castles Relay 2023 Stage 11		11/06/2023		10.80
	Preston Harriers Interclub		14/06/2023		4.00
	Freckleton Half		18/06/2023		13.10
	Catforth Canter (June)		24/06/2023		3.11
	St Annes Carnival 5k		09/07/2023		3.11
	Wesham Interclub		17/07/2023		4.50
	Helena Tipping Wrexham 10k		23/07/2023		6.21
	Summer Handicap (July)		27/07/2023		4.35
	Village Bakery Half		18/02/2024		13.10
	Coniston 14		23/03/2024		14.00

Catherine Maclachlan	Races entered =	9	totalling	59.73	miles
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Fleetwood 10k	02/04/2023	6.21
Blackpool Inter Club 2023	05/04/2023	4.00
Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Harrock Hill (May)	24/05/2023	5.25
Coniston 10k	10/06/2023	6.21
Great North Run	08/09/2023	13.10
Garstang 10k	13/01/2024	6.21
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00

Chris Bowker	Races entered =	1	totalling	3.11	miles
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St Annes Tri	21/05/2023	3.11
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Chris Cottam

Races entered =

35

totalling

279.30

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Farm Yard Five	19/04/2023	5.00
Mid Lancs T&F, Witton Park, 1500m	22/04/2023	0.94
Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Beaverbrooks 10k Fun Run	14/05/2023	6.21
Power of 5k (June)	02/06/2023	3.11
Welsh Castles Relay 2023 Stage 3	10/06/2023	12.30
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Don Ashton Memorial	06/07/2023	5.70
Wesham Interclub	17/07/2023	4.50
Millbrook Monster	19/07/2023	6.21
Lancaster Riverside Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
inov-8 Pennine Trail Marathon	26/08/2023	27.25
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Chester Marathon	08/10/2023	26.20
Winter Handicap (October)	26/10/2023	3.45
Alton Towers 10k	11/11/2023	6.21
Power of 5k (November)	17/11/2023	3.11
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90

Myerscough 10	03/12/2023	10.00
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Leyland Boxing Day 10k	26/12/2023	6.21
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Village Bakery Half	18/02/2024	13.10
Trimpell 20	10/03/2024	20.00
Winter Handicap (March)	28/03/2024	3.45

Ciara Greene Races entered = 2 totalling 8.70 miles

Lytham Interclub	12/05/2023	4.75
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95

Claire England Races entered = 1 totalling 4.75 miles

Lytham Interclub	12/05/2023	4.75
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Claire Markham

Races entered =

25

totalling

172.96

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Rob Burrows Leeds Marathon	14/05/2023	26.20
Harrock Hill (May)	24/05/2023	5.25
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Welsh Castles Relay 2023 Stage 5	10/06/2023	9.60
Preston Harriers Interclub	14/06/2023	4.00
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
inov-8 Pennine Trail Marathon	26/08/2023	27.25
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Rivington Trail Half	07/10/2023	13.10
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Myerscough 10	03/12/2023	10.00
Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023	3.45
Mr Sparkle's Dark 'un	02/02/2024	5.25
Blackburn Winter Warmer	04/02/2024	6.21
Mid Lancs XC, Burnley (Ladies)	10/02/2024	3.20
Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024	3.70

Clare Taylor

Races entered =

19

totalling

129.11

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Lytham Interclub	12/05/2023	4.75
Blacksticks Blue	14/05/2023	6.21
St Annes Tri	21/05/2023	3.11
Summer Handicap (May)	25/05/2023	4.35
Preston Harriers Interclub	14/06/2023	4.00
Southport Half	25/06/2023	13.10
Thornton Interclub	27/06/2023	5.00
St Annes Carnival 5k	09/07/2023	3.11
Wesham Interclub	17/07/2023	4.50
North West Road Relays	09/09/2023	2.60
Chester Metric Marathon	08/10/2023	16.38
Langdale Half	21/10/2023	13.10
Winter Handicap (December)	21/12/2023	3.45
Winter Handicap (Feb)	29/02/2024	3.45
Winter Handicap (March)	28/03/2024	3.45

Dan Gregson	Races entered =	10	totalling	44.87	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Farm Yard Five		19/04/2023		5.00
	Wray Scarecrow 10k		22/04/2023		6.21
	Ripley St Thomas Supper Run		25/04/2023		4.00
	Summer Handicap (April)		27/04/2023		4.35
	Lytham Interclub		12/05/2023		4.75
	Blacksticks Blue		14/05/2023		6.21
	Winter Handicap (November)		30/11/2023		3.45
	Winter Handicap (December)		21/12/2023		3.45
	Winter Handicap (Feb)		29/02/2024		3.45

Dave Booth	Races entered =	6	totalling	54.83	miles
	Blackpool Music Run		16/07/2023		6.21
	Great North Run		08/09/2023		13.10
	Manchester Half Marathon		15/10/2023		13.10
	Windmill Remembrance 10k		12/11/2023		6.21
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
	Stanley Park 10k		25/02/2024		6.21

Dave Dunn	Races entered =	2	totalling	8.20	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Red Rose Interclub 2023		06/09/2023		4.20

Debbie Barry	Races entered =	2	totalling	11.71	miles
	Roddlesworth Roller		17/03/2024		5.50
	Wilmslow Festival Of Running 5k		24/03/2024		6.21

Dom Kirby	Races entered =	26	totalling	127.88	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (April)	27/04/2023		4.35	
	Lytham Interclub	12/05/2023		4.75	
	Scorton Trail	21/05/2023		9.38	
	Summer Handicap (May)	25/05/2023		4.35	
	Welsh Castles Relay 2023 Stage 7	10/06/2023		10.10	
	Preston Harriers Interclub	14/06/2023		4.00	
	Summer Handicap (June)	23/06/2023		4.35	
	Thornton Interclub	27/06/2023		5.00	
	Wesham Interclub	17/07/2023		4.50	
	Chorley Interclub 2023	09/08/2023		4.90	
	Summer Handicap (August)	31/08/2023		4.35	
	Red Rose Interclub 2023	06/09/2023		4.20	
	North West Road Relays	09/09/2023		2.60	
	Summer Handicap (September)	28/09/2023		4.35	
	Mid Lancs XC Westmorland (Men)	14/10/2023		6.30	
	Winter Handicap (October)	26/10/2023		3.45	
	Mid Lancs XC, Sefton (Men)	25/11/2023		5.90	
	Winter Handicap (November)	30/11/2023		3.45	
	Mid Lancs XC, Ryelands (Men)	09/12/2023		5.60	
	Winter Handicap (December)	21/12/2023		3.45	
	Mid Lancs XC, Lawsons Field (Men)	13/01/2024		5.60	
	Winter Handicap (January)	25/01/2024		3.45	
	Mid Lancs XC, Burnley (Men)	10/02/2024		5.60	
	Mid Lancs XC, Skelmersdale (Men)	02/03/2024		5.90	

Dominic Garrett	Races entered =	<input type="text" value="3"/>	totalling	<input type="text" value="17.30"/>	miles
		<input type="text" value="Preston Harriers Interclub"/>	<input type="text" value="14/06/2023"/>	<input type="text" value="4.00"/>	
		<input type="text" value="Mid Lancs XC Westmorland (Men)"/>	<input type="text" value="14/10/2023"/>	<input type="text" value="6.30"/>	
		<input type="text" value="Garstang Gallop"/>	<input type="text" value="17/03/2024"/>	<input type="text" value="7.00"/>	
Emma Johnston	Races entered =	<input type="text" value="2"/>	totalling	<input type="text" value="26.21"/>	miles
		<input type="text" value="Montane Ullswater 20 Trail"/>	<input type="text" value="03/06/2023"/>	<input type="text" value="20.00"/>	
		<input type="text" value="Windmill Remembrance 10k"/>	<input type="text" value="12/11/2023"/>	<input type="text" value="6.21"/>	
Evie Alker	Races entered =	<input type="text" value="1"/>	totalling	<input type="text" value="3.11"/>	miles
		<input type="text" value="St Annes Carnival 5k"/>	<input type="text" value="09/07/2023"/>	<input type="text" value="3.11"/>	
Gavin Stanfield	Races entered =	<input type="text" value="3"/>	totalling	<input type="text" value="45.30"/>	miles
		<input type="text" value="Dorset Village Marathon"/>	<input type="text" value="15/04/2023"/>	<input type="text" value="26.20"/>	
		<input type="text" value="Welsh Castles Relay 2023 Stage 18"/>	<input type="text" value="11/06/2023"/>	<input type="text" value="9.10"/>	
		<input type="text" value="St Annes 10 Miler (the one with the Baltic force ten gale)"/>	<input type="text" value="28/01/2024"/>	<input type="text" value="10.00"/>	

Gill Draper

Races entered =

18

totalling

132.83

miles

Blackpool Inter Club 2023	05/04/2023	4.00
TCS London Marathon	23/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Summer Handicap (September)	28/09/2023	4.35
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Wesham Winter 10k	25/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Inskip Half	20/01/2024	13.10
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Trimpell 20	10/03/2024	20.00
Salford 10k	29/03/2024	6.21

Gillian Anderson

Races entered =

21

totalling

106.77

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Blackpool Festival of Running Half	23/04/2023	13.10
Summer Handicap (April)	27/04/2023	4.35
Lytham Interclub	12/05/2023	4.75
Wesham Summer 10k	24/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
Preston Harriers Interclub	14/06/2023	4.00
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
Summer Handicap (September)	28/09/2023	4.35
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Winter Handicap (December)	21/12/2023	3.45
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Winter Handicap (March)	28/03/2024	3.45

Graham Cunliffe	Races entered =	22	totalling	144.52	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Power of 5k (April)		21/04/2023		3.11
	Ripley St Thomas Supper Run		25/04/2023		4.00
	Lytham Interclub		12/05/2023		4.75
	Wesham Summer 10k		24/05/2023		6.21
	St Annes Carnival 5k		09/07/2023		3.11
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (July)		27/07/2023		4.35
	Chorley Interclub 2023		09/08/2023		4.90
	City of Preston 10		13/08/2023		10.00
	Summer Handicap (August)		31/08/2023		4.35
	Riverside 10		03/09/2023		10.00
	Red Rose Interclub 2023		06/09/2023		4.20
	Fairhaven Flyer		18/09/2023		6.21
	Active Northumberland Kielder Half Marathon		08/10/2023		13.10
	Lancaster Half		05/11/2023		13.10
	City of Preston 10		17/11/2023		10.00
	Wesham Winter 10k		25/11/2023		6.21
	Leyland Boxing Day 10k		26/12/2023		6.21
	Garstang 10k		13/01/2024		6.21
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
	Lostock 6		25/02/2024		6.00

Graham Webster

Races entered =

20

totalling

56.54

miles

Summer Handicap (May)	25/05/2023	4.35
Summer Handicap (July)	27/07/2023	4.35
Mid Lancs, Lancaster, 400m	29/07/2023	0.25
Mid Lancs, Lancaster, 100m	29/07/2023	0.06
Mid Lancs, Lancaster, 200m	29/07/2023	0.12
Spike Night of 5000s - Mile	25/08/2023	1.00
Aztec T&F Series - 3000m	03/09/2023	1.87
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Summer Handicap (September)	28/09/2023	4.35
City of Preston 10	17/11/2023	10.00
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023	3.45
Mid Lancs XC, Lawsons Field (Ladies & MV70)	13/01/2024	3.80
Winter Handicap (January)	25/01/2024	3.45
British Masters Indoors 60m	28/01/2024	0.04
British Masters Indoors 400m	28/01/2024	0.25
British Masters Indoors 800m	28/01/2024	0.50
Mid Lancs XC, Burnley (Ladies)	10/02/2024	3.20
Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024	3.70

Greg Oulton

Races entered =

42

totalling

235.28

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Caldervale Country Ten	07/04/2023	10.00
Wardle Skyline fell race	08/04/2023	7.00
Lancaster Three Bridges (and 84 bloomin' steps)	16/04/2023	6.21
Power of 5k (April)	21/04/2023	3.11
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Great Hameldon fell race	30/04/2023	5.75
Coronation Half Marathon	07/05/2023	13.10
Lytham Interclub	12/05/2023	4.75
Blacksticks Blue	14/05/2023	6.21
Wesham Summer 10k	24/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Power of 5k (June)	02/06/2023	3.11
Welsh Castles Relay 2023 Stage 4	10/06/2023	9.50
Preston Harriers Interclub	14/06/2023	4.00
Aggie's Staircase	22/06/2023	4.10
Summer Handicap (June)	23/06/2023	4.35
Trawden 7	25/06/2023	7.10
Thornton Interclub	27/06/2023	5.00
20 Barriers	04/07/2023	5.60
Don Ashton Memorial	06/07/2023	5.70
Mid Lancs League, Bury, 3000m	15/07/2023	1.87
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35

North West Road Relays	09/09/2023	2.60
Winter Handicap (October)	26/10/2023	3.45
Lancaster Half	05/11/2023	13.10
City of Preston 10	17/11/2023	10.00
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Mr Sparkle's Dark 'un	02/02/2024	5.25
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Winter Handicap (Feb)	29/02/2024	3.45
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Power of 5k (March)	08/03/2024	3.11
Roddlesworth Roller	17/03/2024	5.50

Helen Rennie Races entered = 2 totalling 8.75 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Lytham Interclub	12/05/2023	4.75

Jake Rodwell

Races entered =

20

totalling

108.04

miles

Thornton Interclub	27/06/2023	5.00
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
Fairhaven Flyer	18/09/2023	6.21
Summer Handicap (September)	28/09/2023	4.35
Manchester Half Marathon	15/10/2023	13.10
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Lancaster Christmas Cracker	17/12/2023	6.21
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Valentines 10k	11/02/2024	6.21
Winter Handicap (March)	28/03/2024	3.45

James Whittle

Races entered =

34

totalling

165.80

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Farm Yard Five	19/04/2023	5.00
Mid Lancs T&F, Witton Park, 1500m	22/04/2023	0.94
Mid Lancs T&F, Witton Park, 400m	22/04/2023	0.25
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Welsh Castles Relay 2023 Stage 2	10/06/2023	10.70
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Mid Lancs League, Bury, 1500m	15/07/2023	0.93
Mid Lancs League, Bury, 400m	15/07/2023	0.25
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Chorley Interclub 2023	09/08/2023	4.90
Catforth Canter (August)	12/08/2023	3.11
Mid Lancs Medal Meeting, Blackpool, 1500m	26/08/2023	0.00
Summer Handicap (August)	31/08/2023	4.35
North West Road Relays	09/09/2023	2.60
Run Through Warrington Half	24/09/2023	13.10
Summer Handicap (September)	28/09/2023	4.35
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90

Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Village Bakery Half	18/02/2024	13.10
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Power of 5k (March)	08/03/2024	3.11
Winter Handicap (March)	28/03/2024	3.45

Jayden Richardson Races entered = 2 totalling 7.46 miles

Summer Handicap (May)	25/05/2023	4.35
St Annes Carnival 5k	09/07/2023	3.11

Jennifer Hill Races entered = 5 totalling 23.81 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Wesham Interclub	17/07/2023	4.50
Chorley Interclub 2023	09/08/2023	4.90
Red Rose Interclub 2023	06/09/2023	4.20
Fairhaven Flyer	18/09/2023	6.21

Jo Goorney Races entered = 2 totalling 36.00 miles

Blackpool Inter Club 2023	05/04/2023	4.00
Lakeland 5 Passes	24/06/2023	32.00

Joe Alker Races entered = 1 totalling 3.11 miles

St Annes Carnival 5k	09/07/2023	3.11
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Joe Greenwood	Races entered =	27	totalling	144.20	miles
Blackpool Inter Club 2023			05/04/2023		4.00
Ripley St Thomas Supper Run			25/04/2023		4.00
Summer Handicap (April)			27/04/2023		4.35
Lytham Interclub			12/05/2023		4.75
Scorton Trail			21/05/2023		9.38
Wesham Summer 10k			24/05/2023		6.21
Welsh Castles Relay 2023 Stage 10			10/06/2023		13.10
Preston Harriers Interclub			14/06/2023		4.00
Freckleton Half			18/06/2023		13.10
Summer Handicap (June)			23/06/2023		4.35
Thornton Interclub			27/06/2023		5.00
Wesham Interclub			17/07/2023		4.50
Summer Handicap (July)			27/07/2023		4.35
Chorley Interclub 2023			09/08/2023		4.90
Summer Handicap (August)			31/08/2023		4.35
Red Rose Interclub 2023			06/09/2023		4.20
North West Road Relays			09/09/2023		2.60
Summer Handicap (September)			28/09/2023		4.35
Winter Handicap (October)			26/10/2023		3.45
Windmill Remembrance 10k			12/11/2023		6.21
Mid Lancs XC, Ryelands (Men)			09/12/2023		5.60
Mid Lancs XC, Lawsons Field (Men)			13/01/2024		5.60
Winter Handicap (January)			25/01/2024		3.45
Mid Lancs XC, Burnley (Men)			10/02/2024		5.60
Winter Handicap (Feb)			29/02/2024		3.45
Mid Lancs XC, Skelmersdale (Men)			02/03/2024		5.90

Winter Handicap (March)	28/03/2024	3.45
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John Bertenshaw	Races entered =	9	totalling	75.64	miles
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Blackpool Inter Club 2023	05/04/2023	4.00
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Mid Cheshire 5k	28/04/2023	3.11
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Welsh Castles Relay 2023 Stage 15	11/06/2023	12.80
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Catforth Canter (June)	24/06/2023	3.11
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Helena Tipping Wrexham 10k	23/07/2023	6.21
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The Brass Monkey	21/01/2024	13.10
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Village Bakery Half	18/02/2024	13.10
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Coniston 14	23/03/2024	14.00
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Salford 10k	29/03/2024	6.21
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John Wild	Races entered =	1	totalling	13.10	miles
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Langdale Half	21/10/2023	13.10
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Jonathan Tuck

Races entered =

16

totalling

89.21

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Lytham Interclub	12/05/2023	4.75
Blacksticks Blue	14/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
Welsh Castles Relay 2023 Stage 16	11/06/2023	12.50
Freckleton Half	18/06/2023	13.10
North West Road Relays	09/09/2023	2.60
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Winter Handicap (November)	30/11/2023	3.45
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Winter Handicap (December)	21/12/2023	3.45
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60
Mid Lancs XC, Skelmersdale (Men)	02/03/2024	5.90
Winter Handicap (March)	28/03/2024	3.45

Julia Rolfe	Races entered =	17	totalling	82.48	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Wardle Skyline fell race	08/04/2023		7.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Great Hameldon fell race	30/04/2023		5.75	
	Harrock Hill (May)	24/05/2023		5.25	
	The Coppice	30/05/2023		5.10	
	Preston Harriers Interclub	14/06/2023		4.00	
	Aggie's Staircase	22/06/2023		4.10	
	20 Barriers	04/07/2023		5.60	
	St Annes Carnival 5k	09/07/2023		3.11	
	Wesham Interclub	17/07/2023		4.50	
	Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023		5.00	
	Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023		3.45	
	Lancaster Christmas Cracker	17/12/2023		6.21	
	Blackburn Winter Warmer	04/02/2024		6.21	
	Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024		3.70	
	Roddlesworth Roller	17/03/2024		5.50	

Julie Wiseman	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	

Kate Price Edwards

Races entered =

10

totalling

77.86

miles

TCS London Marathon	23/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Summer Handicap (May)	25/05/2023	4.35
Welsh Castles Relay 2023 Stage 20	11/06/2023	10.10
Southport Half	25/06/2023	13.10
Thornton Interclub	27/06/2023	5.00
St Annes Carnival 5k	09/07/2023	3.11
Summer Handicap (August)	31/08/2023	4.35
Winter Handicap (December)	21/12/2023	3.45
Winter Handicap (March)	28/03/2024	3.45

Kirsten Burnett	Races entered =	15	totalling	132.01	miles
	Darwen Heritage Half	02/04/2023		13.10	
	TCS London Marathon	23/04/2023		26.20	
	Salzburg Marathon	21/05/2023		26.20	
	Welsh Castles Relay 2023 Stage 1	10/06/2023		9.10	
	Thornton Interclub	27/06/2023		5.00	
	St Annes Carnival 5k	09/07/2023		3.11	
	Mid Lancs League, Bury, 100m	15/07/2023		0.06	
	Mid Lancs League, Bury, 200m	15/07/2023		0.12	
	Wesham Interclub	17/07/2023		4.50	
	Chorley Interclub 2023	09/08/2023		4.90	
	Red Rose Interclub 2023	06/09/2023		4.20	
	Run Through Warrington Half	24/09/2023		13.10	
	Windmill Remembrance 10k	12/11/2023		6.21	
	Leyland Boxing Day 10k	26/12/2023		6.21	
	St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024		10.00	

Laura Byrne	Races entered =	8	totalling	35.30	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Summer Handicap (May)	25/05/2023		4.35	
	Preston Harriers Interclub	14/06/2023		4.00	
	Thornton Interclub	27/06/2023		5.00	
	Wesham Interclub	17/07/2023		4.50	
	Chorley Interclub 2023	09/08/2023		4.90	
	Red Rose Interclub 2023	06/09/2023		4.20	
	Summer Handicap (September)	28/09/2023		4.35	

Lewis McAfee	Races entered =	20	totalling	141.76	miles
	Farm Yard Five	19/04/2023		5.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (April)	27/04/2023		4.35	
	Lytham Interclub	12/05/2023		4.75	
	Blacksticks Blue	14/05/2023		6.21	
	Wesham Summer 10k	24/05/2023		6.21	
	Summer Handicap (May)	25/05/2023		4.35	
	Welsh Castles Relay 2023 Stage 8	10/06/2023		10.80	
	Preston Harriers Interclub	14/06/2023		4.00	
	Freckleton Half	18/06/2023		13.10	
	Thornton Interclub	27/06/2023		5.00	
	Don Ashton Memorial	06/07/2023		5.70	
	Summer Handicap (July)	27/07/2023		4.35	
	North West Road Relays	09/09/2023		2.60	
	Chester Metric Marathon	08/10/2023		16.38	
	Mid Lancs XC Westmorland (Men)	14/10/2023		6.30	
	New York Marathon	05/11/2023		26.20	
	Power of 5k (November)	17/11/2023		3.11	
	Mid Lancs XC, Sefton (Men)	25/11/2023		5.90	
	Winter Handicap (March)	28/03/2024		3.45	

Lia Murphy	Races entered =	1	totalling	4.00	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	

Linda Chadderton	Races entered =	2	totalling	26.21	miles
	Montane Ullswater 20 Trail	03/06/2023		20.00	
	Windmill Remembrance 10k	12/11/2023		6.21	

Linda Herriott	Races entered =	2	totalling	6.90	miles
	Winter Handicap (December)		21/12/2023		3.45
	Winter Handicap (March)		28/03/2024		3.45
Liz Canavan	Races entered =	14	totalling	99.28	miles
	Paris Marathon		02/04/2023		26.20
	Ripley St Thomas Supper Run		25/04/2023		4.00
	Summer Handicap (April)		27/04/2023		4.35
	Summer Handicap (May)		25/05/2023		4.35
	Preston Harriers Interclub		14/06/2023		4.00
	Summer Handicap (June)		23/06/2023		4.35
	Thornton Interclub		27/06/2023		5.00
	Wesham Interclub		17/07/2023		4.50
	Chorley Interclub 2023		09/08/2023		4.90
	Summer Handicap (September)		28/09/2023		4.35
	Chester Metric Marathon		08/10/2023		16.38
	Winter Handicap (January)		25/01/2024		3.45
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
	Winter Handicap (March)		28/03/2024		3.45
Louisa Haylett	Races entered =	1	totalling	3.45	miles
	Winter Handicap (March)		28/03/2024		3.45
Louise Cox	Races entered =	3	totalling	16.42	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Lancaster Three Bridges (and 84 bloomin' steps)		16/04/2023		6.21
	Wesham Winter 10k		25/11/2023		6.21

Maddy Markham	Races entered =	12	totalling	48.28	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Mid Cheshire 5k	28/04/2023		3.11	
	The Coppice	30/05/2023		5.10	
	Power of 5k (June)	02/06/2023		3.11	
	Welsh Castles Relay 2023 Stage 17	11/06/2023		8.70	
	Thornton Interclub	27/06/2023		5.00	
	St Annes Carnival 5k	09/07/2023		3.11	
	Wesham Interclub	17/07/2023		4.50	
	Mid Lancs Medal Meeting, Blackpool, 400m	26/08/2023		0.25	
	Mid Lancs XC, Westmorland (Ladies)	14/10/2023		3.95	
	Mid Lancs XC, Ryelands (Ladies & MV70)	09/12/2023		3.45	

Mark Hughes	Races entered =	3	totalling	21.45	miles
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Summer Handicap (May)	25/05/2023		4.35	
	Great North Run	08/09/2023		13.10	

Mark Selby	Races entered =	1	totalling	26.20	miles
	TCS London Marathon	23/04/2023		26.20	

Matt Kay	Races entered =	8	totalling	53.98	miles
	Lytham Interclub		12/05/2023		4.75
	Summer Handicap (May)		25/05/2023		4.35
	Summer Handicap (June)		23/06/2023		4.35
	Thornton Interclub		27/06/2023		5.00
	North West Road Relays		09/09/2023		2.60
	Run Through Warrington Half		24/09/2023		13.10
	Chester Metric Marathon		08/10/2023		16.38
	Winter Handicap (October)		26/10/2023		3.45

Matthew Staniforth	Races entered =	8	totalling	58.81	miles
	Summer Handicap (June)		23/06/2023		4.35
	Thornton Interclub		27/06/2023		5.00
	Wesham Interclub		17/07/2023		4.50
	Chorley Interclub 2023		09/08/2023		4.90
	Red Rose Interclub 2023		06/09/2023		4.20
	Chester Marathon		08/10/2023		26.20
	Windmill Remembrance 10k		12/11/2023		6.21
	Winter Handicap (December)		21/12/2023		3.45

Mel Koth

Races entered =

22

totalling

321.50

miles

Darwen Heritage Half	02/04/2023	13.10
TCS London Marathon	23/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Howgills Marathon	14/05/2023	26.20
Epicman Windermere Triathlon	29/05/2023	13.10
The Coppice	30/05/2023	5.10
Montane Ullswater 20 Trail	03/06/2023	20.00
Preston Harriers Interclub	14/06/2023	4.00
Lakeland 5 Passes	24/06/2023	32.00
Thornton Interclub	27/06/2023	5.00
Lakeland 50	29/07/2023	50.00
Chorley Interclub 2023	09/08/2023	4.90
Ambleside 50k	17/09/2023	32.00
Mid Lancs XC, Westmorland (Ladies)	14/10/2023	3.95
Mid Lancs XC, Sefton (Ladies & MV70)	25/11/2023	5.00
Beacon Bash	10/12/2023	20.00
Central Lancs New Year Half	07/01/2024	13.10
Grizedale Forest Half	04/02/2024	13.10
Mid Lancs XC, Burnley (Ladies)	10/02/2024	3.20
Mid Lancs XC, Skelmersdale (Ladies & MV70)	02/03/2024	3.70
Wilmslow Festival Of Running Half	24/03/2024	13.10
Caldervale 10	29/03/2024	10.00

Mick Widdop	Races entered =	7	totalling	84.99	miles
	Caldervale Country Ten	07/04/2023		10.00	
	Chorley 10k	07/05/2023		6.21	
	AJ Bell Great Manchester Half	21/05/2023		13.10	
	Freckleton Half	18/06/2023		13.10	
	Fleetwood Half	27/08/2023		13.10	
	Cheshire Half	10/09/2023		13.10	
	Chester Metric Marathon	08/10/2023		16.38	

Mike Toft	Races entered =	14	totalling	73.12	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Lytham Interclub	12/05/2023		4.75	
	AJ Bell Great Manchester Half	21/05/2023		13.10	
	Preston Harriers Interclub	14/06/2023		4.00	
	Red Rose Interclub 2023	06/09/2023		4.20	
	Fairhaven Flyer	18/09/2023		6.21	
	Mid Lancs XC Westmorland (Men)	14/10/2023		6.30	
	Mid Lancs XC, Ryelands (Men)	09/12/2023		5.60	
	Winter Handicap (December)	21/12/2023		3.45	
	Mid Lancs XC, Burnley (Men)	10/02/2024		5.60	
	Winter Handicap (Feb)	29/02/2024		3.45	
	Mid Lancs XC, Skelmersdale (Men)	02/03/2024		5.90	
	Power of 5k (March)	08/03/2024		3.11	
	Winter Handicap (March)	28/03/2024		3.45	

Morgan Pritchard	Races entered =	4	totalling	13.80	miles
	Winter Handicap (October)		26/10/2023		3.45
	Winter Handicap (January)		25/01/2024		3.45
	Winter Handicap (Feb)		29/02/2024		3.45
	Winter Handicap (March)		28/03/2024		3.45
Oliver Thomson	Races entered =	2	totalling	8.20	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Red Rose Interclub 2023		06/09/2023		4.20
Pam Binns	Races entered =	5	totalling	30.26	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Wesham Summer 10k		24/05/2023		6.21
	Summer Handicap (May)		25/05/2023		4.35
	Freckleton Half		18/06/2023		13.10
	North West Road Relays		09/09/2023		2.60
Pam Hardman	Races entered =	10	totalling	69.55	miles
	Ripley St Thomas Supper Run		25/04/2023		4.00
	Great Hameldon fell race		30/04/2023		5.75
	Harrock Hill (May)		24/05/2023		5.25
	Preston Harriers Interclub		14/06/2023		4.00
	Chorley Interclub 2023		09/08/2023		4.90
	Rivington Trail Half		07/10/2023		13.10
	Mid Lancs XC, Westmorland (Ladies)		14/10/2023		3.95
	Central Lancs New Year Half		07/01/2024		13.10
	Roddlesworth Roller		17/03/2024		5.50
	Caldervale 10		29/03/2024		10.00

Paul McAllister	Races entered =	10	totalling	64.63	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Blackpool Festival of Running Half	23/04/2023		13.10	
	Summer Handicap (April)	27/04/2023		4.35	
	Summer Handicap (May)	25/05/2023		4.35	
	Wesham Interclub	17/07/2023		4.50	
	Mid Lancs, Lancaster, 200m	29/07/2023		0.12	
	Chorley Interclub 2023	09/08/2023		4.90	
	Seville Half Marathon	28/01/2024		13.10	
	Blackburn Winter Warmer	04/02/2024		6.21	
	Caldervale 10	29/03/2024		10.00	

Peter Dilks	Races entered =	4	totalling	13.80	miles
	Winter Handicap (November)	30/11/2023		3.45	
	Winter Handicap (December)	21/12/2023		3.45	
	Winter Handicap (January)	25/01/2024		3.45	
	Winter Handicap (March)	28/03/2024		3.45	

Peter Reid	Races entered =	10	totalling	45.43	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Lytham Interclub	12/05/2023		4.75	
	Preston Harriers Interclub	14/06/2023		4.00	
	Thornton Interclub	27/06/2023		5.00	
	St Annes Carnival 5k	09/07/2023		3.11	
	Blackpool Music Run	16/07/2023		6.21	
	Wesham Interclub	17/07/2023		4.50	
	Red Rose Interclub 2023	06/09/2023		4.20	
	Winter Handicap (October)	26/10/2023		3.45	
	Windmill Remembrance 10k	12/11/2023		6.21	

Peter Thomson	Races entered =	12	totalling	61.75	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Lytham Interclub		12/05/2023		4.75
	Preston Harriers Interclub		14/06/2023		4.00
	Thornton Interclub		27/06/2023		5.00
	Chorley Interclub 2023		09/08/2023		4.90
	Red Rose Interclub 2023		06/09/2023		4.20
	Mid Lancs XC Westmorland (Men)		14/10/2023		6.30
	Mid Lancs XC, Sefton (Men)		25/11/2023		5.90
	Mid Lancs XC, Ryelands (Men)		09/12/2023		5.60
	Mid Lancs XC, Lawsons Field (Men)		13/01/2024		5.60
	Mid Lancs XC, Burnley (Men)		10/02/2024		5.60
	Mid Lancs XC, Skelmersdale (Men)		02/03/2024		5.90

Reuben May	Races entered =	1	totalling	3.11	miles
	Blackpool Run The Lights 5k		19/08/2023		3.11

Richard Storey	Races entered =	19	totalling	142.14	miles
	Blackpool Inter Club 2023	05/04/2023		4.00	
	Caldervale Country Ten	07/04/2023		10.00	
	Ripley St Thomas Supper Run	25/04/2023		4.00	
	Blacksticks Blue	14/05/2023		6.21	
	Wesham Summer 10k	24/05/2023		6.21	
	Catforth Canter (May)	27/05/2023		3.11	
	Welsh Castles Relay 2023 Stage 19	11/06/2023		7.70	
	Preston Harriers Interclub	14/06/2023		4.00	
	Catforth Canter (June)	24/06/2023		3.11	
	Thornton Interclub	27/06/2023		5.00	
	Chorley Interclub 2023	09/08/2023		4.90	
	Golden Ball	03/09/2023		20.00	
	Red Rose Interclub 2023	06/09/2023		4.20	
	North West Road Relays	09/09/2023		2.60	
	Summer Handicap (September)	28/09/2023		4.35	
	Chicago Marathon	08/10/2023		26.20	
	Winter Handicap (November)	30/11/2023		3.45	
	Myerscough 10	03/12/2023		10.00	
	Central Lancs New Year Half	07/01/2024		13.10	

Rosie Eagles	Races entered =	4	totalling	21.12	miles
	Summer Handicap (April)	27/04/2023		4.35	
	Wesham Summer 10k	24/05/2023		6.21	
	Summer Handicap (June)	23/06/2023		4.35	
	Langdale Christmas Pudding	09/12/2023		6.21	

Ross McKelvie

Races entered =

19

totalling

79.08

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Power of 5k (April)	21/04/2023	3.11
Ripley St Thomas Supper Run	25/04/2023	4.00
Mid Cheshire 5k	28/04/2023	3.11
Power of 5k (June)	02/06/2023	3.11
Welsh Castles Relay 2023 Stage 14	11/06/2023	10.80
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
St Annes Carnival 5k	09/07/2023	3.11
Catforth Canter (August)	12/08/2023	3.11
Mid Lancs Medal Meeting, Blackpool, 100m	26/08/2023	0.06
Mid Lancs Medal Meeting, Blackpool, 400m	26/08/2023	0.25
Mid Lancs Medal Meeting, Blackpool, 3000m	26/08/2023	1.87
Red Rose Interclub 2023	06/09/2023	4.20
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Mid Lancs XC, Ryelands (Men)	09/12/2023	5.60
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Mid Lancs XC, Burnley (Men)	10/02/2024	5.60

Roy Stevens	Races entered =	8	totalling	62.37	miles
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (July)		27/07/2023		4.35
	Windmill Half		06/08/2023		13.10
	Chorley Interclub 2023		09/08/2023		4.90
	Wesham Winter 10k		25/11/2023		6.21
	Morecambe Festival Of Running 10 Mile		21/01/2024		10.00
	Great North West Half		18/02/2024		13.10
	Stanley Park 10k		25/02/2024		6.21

Ruth Wheatley	Races entered =	1	totalling	3.11	miles
	St Annes Tri		21/05/2023		3.11

Ruth Williams	Races entered =	7	totalling	31.46	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Preston Harriers Interclub		14/06/2023		4.00
	Wesham Interclub		17/07/2023		4.50
	Mid Lancs XC, Westmorland (Ladies)		14/10/2023		3.95
	Mid Lancs XC, Sefton (Ladies & MV70)		25/11/2023		5.00
	Blackburn Winter Warmer		03/12/2023		6.21
	Mid Lancs XC, Lawsons Field (Ladies & MV70)		13/01/2024		3.80

Sarah Beck		Races entered =	10	totalling	68.02	miles
	Ripley St Thomas Supper Run			25/04/2023		4.00
	Catforth Canter (May)			27/05/2023		3.11
	Preston Harriers Interclub			14/06/2023		4.00
	Southport Half			25/06/2023		13.10
	Wesham Interclub			17/07/2023		4.50
	Windmill Half			06/08/2023		13.10
	Great North Run			08/09/2023		13.10
	Winter Handicap (October)			26/10/2023		3.45
	Winter Handicap (December)			21/12/2023		3.45
	Leyland Boxing Day 10k			26/12/2023		6.21

Sarah Cook		Races entered =	13	totalling	63.66	miles
	Blackpool Inter Club 2023			05/04/2023		4.00
	Summer Handicap (April)			27/04/2023		4.35
	Beaverbrooks 10k Fun Run			14/05/2023		6.21
	Summer Handicap (May)			25/05/2023		4.35
	Preston Harriers Interclub			14/06/2023		4.00
	Thornton Interclub			27/06/2023		5.00
	Wesham Interclub			17/07/2023		4.50
	Chorley Interclub 2023			09/08/2023		4.90
	Summer Handicap (August)			31/08/2023		4.35
	Red Rose Interclub 2023			06/09/2023		4.20
	Summer Handicap (September)			28/09/2023		4.35
	Winter Handicap (January)			25/01/2024		3.45
	St Annes 10 Miler (the one with the Baltic force ten gale)			28/01/2024		10.00

Sharon Cooper	Races entered =	1	totalling	3.45	miles
	Winter Handicap (November)		30/11/2023		3.45
Stephen Rodwell	Races entered =	20	totalling	106.50	miles
	Thornton Interclub		27/06/2023		5.00
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (July)		27/07/2023		4.35
	Chorley Interclub 2023		09/08/2023		4.90
	Summer Handicap (August)		31/08/2023		4.35
	Red Rose Interclub 2023		06/09/2023		4.20
	Fairhaven Flyer		18/09/2023		6.21
	Summer Handicap (September)		28/09/2023		4.35
	Manchester Half Marathon		15/10/2023		13.10
	Winter Handicap (October)		26/10/2023		3.45
	Windmill Remembrance 10k		12/11/2023		6.21
	Winter Handicap (November)		30/11/2023		3.45
	Lancaster Christmas Cracker		17/12/2023		6.21
	Winter Handicap (December)		21/12/2023		3.45
	Winter Handicap (January)		25/01/2024		3.45
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00
	Valentines 10k		11/02/2024		6.21
	Stanley Park 10k		25/02/2024		6.21
	Winter Handicap (Feb)		29/02/2024		3.45
	Winter Handicap (March)		28/03/2024		3.45

Stephen Wise	Races entered =	21	totalling	104.54	miles
	Blacksticks Blue		14/05/2023		6.21
	Summer Handicap (May)		25/05/2023		4.35
	Welsh Castles Relay 2023 Stage 13		11/06/2023		10.60
	Summer Handicap (June)		23/06/2023		4.35
	Summer Handicap (July)		27/07/2023		4.35
	Chorley Interclub 2023		09/08/2023		4.90
	Catforth Canter (August)		12/08/2023		3.11
	Summer Handicap (August)		31/08/2023		4.35
	Red Rose Interclub 2023		06/09/2023		4.20
	North West Road Relays		09/09/2023		2.60
	Mid Lancs XC Westmorland (Men)		14/10/2023		6.30
	Winter Handicap (October)		26/10/2023		3.45
	Mid Lancs XC, Sefton (Men)		25/11/2023		5.90
	Winter Handicap (November)		30/11/2023		3.45
	Mid Lancs XC, Lawsons Field (Men)		13/01/2024		5.60
	Winter Handicap (January)		25/01/2024		3.45
	Mid Lancs XC, Burnley (Men)		10/02/2024		5.60
	Winter Handicap (Feb)		29/02/2024		3.45
	Mid Lancs XC, Skelmersdale (Men)		02/03/2024		5.90
	Leighton Hall Trail		16/03/2024		6.21
	High Legh		17/03/2024		6.21

Steven Pepper

Races entered =

26

totalling

156.39

miles

Ripley St Thomas Supper Run	25/04/2023	4.00
Lytham Interclub	12/05/2023	4.75
Catforth Canter (May)	27/05/2023	3.11
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Summer Handicap (June)	23/06/2023	4.35
Wesham Interclub	17/07/2023	4.50
Summer Handicap (July)	27/07/2023	4.35
Windmill Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
Catforth Canter (August)	12/08/2023	3.11
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
Great North Run	08/09/2023	13.10
Summer Handicap (September)	28/09/2023	4.35
Mid Lancs XC Westmorland (Men)	14/10/2023	6.30
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Mid Lancs XC, Sefton (Men)	25/11/2023	5.90
Winter Handicap (December)	21/12/2023	3.45
Leyland Boxing Day 10k	26/12/2023	6.21
Mid Lancs XC, Lawsons Field (Men)	13/01/2024	5.60
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00
Village Bakery Half	18/02/2024	13.10
Winter Handicap (March)	28/03/2024	3.45

Sue Hawitt

Races entered =

23

totalling

189.35

miles

London Landmarks	02/04/2023	13.10
Blackpool Inter Club 2023	05/04/2023	4.00
TCS London Marathon	23/04/2023	26.20
Lytham Interclub	12/05/2023	4.75
Rob Burrows Leeds Marathon	14/05/2023	26.20
Harrock Hill (May)	24/05/2023	5.25
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Welsh Castles Relay 2023 Stage 12	11/06/2023	11.20
Preston Harriers Interclub	14/06/2023	4.00
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Summer Handicap (July)	27/07/2023	4.35
Windmill Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (September)	28/09/2023	4.35
Chester Metric Marathon	08/10/2023	16.38
Winter Handicap (October)	26/10/2023	3.45
Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Blackburn Winter Warmer	03/12/2023	6.21
Winter Handicap (January)	25/01/2024	3.45
St Annes 10 Miler (the one with the Baltic force ten gale)	28/01/2024	10.00

Sue Henry	Races entered =	10	totalling	43.95	miles
	Blackpool Inter Club 2023		05/04/2023		4.00
	Summer Handicap (April)		27/04/2023		4.35
	Summer Handicap (May)		25/05/2023		4.35
	Preston Harriers Interclub		14/06/2023		4.00
	Summer Handicap (June)		23/06/2023		4.35
	Thornton Interclub		27/06/2023		5.00
	20 Barriers		04/07/2023		5.60
	Wesham Interclub		17/07/2023		4.50
	Summer Handicap (August)		31/08/2023		4.35
	Winter Handicap (November)		30/11/2023		3.45

Sylvia Gittins	Races entered =	5	totalling	29.15	miles
	Lytham Interclub		12/05/2023		4.75
	Summer Handicap (May)		25/05/2023		4.35
	Freckleton Half		18/06/2023		13.10
	Summer Handicap (June)		23/06/2023		4.35
	North West Road Relays		09/09/2023		2.60

Terry Hellings	Races entered =	1	totalling	4.00	miles
	Ripley St Thomas Supper Run		25/04/2023		4.00

Tim Gibson	Races entered =	1	totalling	10.00	miles
	St Annes 10 Miler (the one with the Baltic force ten gale)		28/01/2024		10.00

Vicki Richardson	Races entered =	3	totalling	5.99	miles
	Thornton Interclub		27/06/2023		5.00
	Mid Lancs League, Bury, 100m		15/07/2023		0.06
	Mid Lancs League, Bury, 1500m		15/07/2023		0.93

Xavia Cooper

Races entered =

33

totalling

230.14

miles

Blackpool Inter Club 2023	05/04/2023	4.00
Manchester Marathon	16/04/2023	26.20
Ripley St Thomas Supper Run	25/04/2023	4.00
Summer Handicap (April)	27/04/2023	4.35
Great Hameldon fell race	30/04/2023	5.75
Lytham Interclub	12/05/2023	4.75
Wesham Summer 10k	24/05/2023	6.21
Summer Handicap (May)	25/05/2023	4.35
The Coppice	30/05/2023	5.10
Welsh Castles Relay 2023 Stage 6	10/06/2023	9.10
Preston Harriers Interclub	14/06/2023	4.00
Freckleton Half	18/06/2023	13.10
Aggie's Staircase	22/06/2023	4.10
Summer Handicap (June)	23/06/2023	4.35
Thornton Interclub	27/06/2023	5.00
Summer Handicap (July)	27/07/2023	4.35
Lancaster Riverside Half	06/08/2023	13.10
Chorley Interclub 2023	09/08/2023	4.90
Summer Handicap (August)	31/08/2023	4.35
Red Rose Interclub 2023	06/09/2023	4.20
North West Road Relays	09/09/2023	2.60
Summer Handicap (September)	28/09/2023	4.35
Chester Marathon	08/10/2023	26.20
Langdale Half	21/10/2023	13.10
Winter Handicap (October)	26/10/2023	3.45
Shepherd's Skyline	06/11/2023	6.20

Windmill Remembrance 10k	12/11/2023	6.21
Winter Handicap (November)	30/11/2023	3.45
Myerscough 10	03/12/2023	10.00
Langdale Christmas Pudding	09/12/2023	6.21
Winter Handicap (Feb)	29/02/2024	3.45
Leighton Hall Trail	16/03/2024	6.21
Winter Handicap (March)	28/03/2024	3.45

Total Races Entered

Total Miles =