



Alex Tate

Lytham Carnival 5k	09/07/2017	3.11	Bronze
Green Drive Five	16/10/2016	5.00	Bronze
The Sheriff 10k	30/04/2017	6.21	Bronze
St Annes 10 Miler	29/01/2017	10.00	Bronze
St Annes Ten Miler	28/01/2018	10.00	Bronze
Central Lancs Half	08/01/2017	13.10	Bronze
Great North West Half Marathon	19/02/2017	13.10	Bronze
Freckleton Half	18/06/2017	13.10	Bronze
Garstang Half	03/09/2017	13.10	Bronze
English Half Marathon	17/09/2017	13.10	Bronze
West Coast Half	08/10/2017	13.10	Bronze
Central Lancs New Year Half	07/01/2018	13.10	Bronze
Blackpool Marathon	23/04/2017	26.20	Bronze
Lytham Inter Club	11/05/2017	5.00	Silver
Lancaster 10k	12/07/2017	6.21	Silver
Illuminations 10k	26/08/2017	6.21	Silver
West Coast Half	09/10/2016	13.10	Silver

Great North West Half Marathon	21/02/2016	13.10	Bronze
MBNA Chester Marathon	04/10/2015	26.20	Bronze
Catforth Canter	13/08/2016	3.11	Gold
Catforth Canter	13/11/2016	3.11	Gold
Lostock Hall Carnival 5k	01/07/2017	3.11	Gold
Lytham Carnival 5k	09/07/2017	3.11	Gold
315 Lancaster Saturday 5k	30/09/2017	3.11	Gold
Salford 10k	25/03/2016	6.21	Gold
English Half Marathon 10k (!)	18/09/2016	6.21	Gold
Pilling 10k (July)	29/07/2017	6.21	Gold
Pilling 10k (August)	26/08/2017	6.21	Gold
Ribble Valley 10k	31/12/2017	6.21	Gold
City Of Preston 10m	13/08/2017	10.00	Gold
Myprotein Preston 10	19/11/2017	10.00	Gold
Inskip Half	21/01/2017	13.10	Gold
Wilmslow Half	19/03/2017	13.10	Gold
English Half Marathon	17/09/2017	13.10	Gold
Lancaster Half	05/11/2017	13.10	Gold
Inskip Half	21/01/2018	13.10	Gold
Trimpell 20	20/03/2016	20.00	Gold
Virgin London Marathon	26/04/2015	26.20	Gold
Virgin London Marathon	24/04/2016	26.20	Gold
Chester Marathon	02/10/2016	26.20	Gold
Virgin London Marathon	23/04/2017	26.20	Gold
St Annes Carnival	12/07/2015	3.11	Silver
Vernon's 5k	26/07/2016	3.11	Silver
Catforth Canter (May 2017)	27/05/2017	3.11	Silver
Lytham Interclub	14/05/2015	5.00	Silver
Lytham Inter Club	11/05/2017	5.00	Silver
Thornton Inter Club	27/06/2017	5.00	Silver
Salford 10k	03/04/2015	6.21	Silver
Fleetwood 10k	10/04/2016	6.21	Silver
Ribble Valley	27/12/2016	6.21	Silver

Pilling 10k (May)	20/05/2017	6.21	Silver
Sweatshop 10	13/03/2016	10.00	Silver
St Annes Ten Miler	28/01/2018	10.00	Silver
Freckleton Half Marathon	21/06/2015	13.10	Silver

Andy Unsworth

Freckleton Half Marathon	21/06/2015	13.10	Bronze
Lytham Interclub	14/05/2015	5.00	Silver
Lytham Interclub	09/06/2016	5.00	Silver
Windmill Half	17/07/2016	13.10	Silver

Bob Clough

Lytham Carnival 5k	09/07/2017	3.11	Bronze
Thornton Inter Club	27/06/2017	5.00	Bronze
Windmill 10k	13/11/2016	6.21	Bronze

Catherine Carrdus

Catforth Canter	15/08/2015	3.11	Diamond
Lancaster 5k	29/08/2015	3.11	Diamond
Catforth Canter	08/11/2015	3.11	Diamond
Decathlon Sale Sizzler	17/08/2017	3.11	Diamond
Mid Cheshire 5k	24/08/2017	3.11	Diamond
Green Drive Five	18/10/2015	5.00	Diamond
Lytham Inter Club	11/05/2017	5.00	Diamond
Thornton Inter Club	27/06/2017	5.00	Diamond
Salford 10k	03/04/2015	6.21	Diamond
Age UK Leeds Abbey Dash	15/11/2015	6.21	Diamond
Cheshire 10k	10/04/2016	6.21	Diamond
Arley Hall 10k	12/11/2016	6.21	Diamond
Garstang 10k	08/01/2017	6.21	Diamond
English Half Marathon 10k	17/09/2017	6.21	Diamond
Cheshire 10k	04/11/2017	6.21	Diamond
Myprotein Preston 10	19/11/2017	10.00	Diamond
Freckleton Half Marathon	21/06/2015	13.10	Diamond
Wrexham Village Bakery Half Marathon	19/02/2017	13.10	Diamond
Virgin London Marathon	26/04/2015	26.20	Diamond
Brathay Windermere Marathon	22/05/2016	26.20	Diamond
Garstang 10k	10/01/2016	6.21	Gold
Blackpool Airshow 10k	08/08/2016	6.21	Gold
Wrexham Village Bakery Half	14/02/2016	13.10	Gold
Berlin Marathon	25/09/2016	26.20	Gold

Blackpool Summer 10k	10/07/2016	6.21	Bronze
Blackpool Airshow 10k	08/08/2016	6.21	Bronze
Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21	Bronze
Windmill Half	16/07/2017	13.10	Bronze
Fleetwood Half	20/08/2017	13.10	Bronze
Vernons 5k	28/06/2016	3.11	Gold
Catforth Canter	13/08/2016	3.11	Gold
Lostock Hall Carnival 5k	01/07/2017	3.11	Gold
Lytham Carnival 5k	09/07/2017	3.11	Gold
315 Lancaster 5k Series (July)	29/07/2017	3.11	Gold
Green Drive Five	16/10/2016	5.00	Gold
Lytham Inter Club	11/05/2017	5.00	Gold
Thornton Inter Club	27/06/2017	5.00	Gold
Windmill 10k	13/11/2016	6.21	Gold
Ribble Valley	27/12/2016	6.21	Gold
Leeds Abbey Dash	05/11/2017	6.21	Gold
Ribble Valley 10k	31/12/2017	6.21	Gold
Sri Chinmoy Valentine's 10k	17/02/2018	6.21	Gold
JWK Lancaster Half Marathon	06/11/2016	13.10	Gold
Central Lancs Half	08/01/2017	13.10	Gold
Wilmslow Half	19/03/2017	13.10	Gold
Inskip Half	21/01/2018	13.10	Gold
Virgin London Marathon	23/04/2017	26.20	Gold
Lostock Hall Carnival 5k	02/07/2016	3.11	Silver
Vernon's 5k	26/07/2016	3.11	Silver
Lancaster 315	17/06/2017	3.11	Silver
Lytham Interclub	09/06/2016	5.00	Silver
Blackpool Promenade 10	28/05/2016	10.00	Silver
Windmill Half	17/07/2016	13.10	Silver
Fleetwood Half	21/08/2016	13.10	Silver
Virgin London Marathon	24/04/2016	26.20	Silver

Colin Laidlaw

Lytham Inter Club	11/05/2017	5.00	Silver
Thornton Inter Club	27/06/2017	5.00	Silver
Lancaster 10k	12/07/2017	6.21	Silver
Illuminations 10k	26/08/2017	6.21	Silver

Darran Ames

Wesham 10k	25/11/2017	6.21	Bronze
Myprotein Preston 10	19/11/2017	10.00	Bronze

Dawn Bloor

Lytham Interclub	14/05/2015	5.00	Gold
Blackpool Stanley Park 5	11/07/2015	5.00	Gold
St George's Day 10k	26/04/2015	6.21	Gold
Catforth Canter (May 2017)	27/05/2017	3.11	Silver

Derek Caborn

Lytham Interclub	09/06/2016	5.00	Bronze
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Emily Hargreaves

BMW Berlin Marathon	27/09/2015	26.20	Diamond
San Sebastian Marathon	29/11/2015	26.20	Diamond
Virgin London Marathon	24/04/2016	26.20	Diamond
Peter Lowe Memorial Hollins Green 5k	13/06/2015	3.11	Gold
Munich Garching 10k	26/07/2015	6.21	Gold
Worthersee Halbmarathon	21/08/2015	13.10	Gold
Mornington Chasers' Regents Park 10k	07/02/2016	6.21	Silver
Garda Trantino	08/11/2015	13.10	Silver

Felicity Wolohan

Christleton	19/05/2017	3.11	Gold
Mystery 5k	13/06/2017	3.11	Gold
Run The Alderley Edge Bypass	02/07/2017	6.21	Gold
Helena Tipping Wrexham 10k	30/07/2017	6.21	Gold
Belfast Half Marathon	17/09/2017	13.10	Gold
Brass Monkey	14/01/2018	13.10	Gold
Village Bakery Half	25/02/2018	13.10	Gold
The Golden Ball	03/09/2017	20.00	Gold
Amsterdam Marathon	15/10/2017	26.20	Gold

Gavin Stanfield

St Annes Ten Miler	28/01/2018	10.00	Bronze
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Gill Draper

Catforth Canter (May 2017)	27/05/2017	3.11	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Bronze
Lytham Inter Club	11/05/2017	5.00	Bronze
Thornton Inter Club	27/06/2017	5.00	Bronze
City Of Preston 5m	13/08/2017	5.00	Bronze
Pilling 10k (May)	20/05/2017	6.21	Bronze
Pilling 10k (July)	29/07/2017	6.21	Bronze
Pilling 10k (August)	26/08/2017	6.21	Bronze
Lancaster 315 Series (13th Jan)	13/01/2018	3.11	Silver
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21	Silver
Myprotein Preston 10	19/11/2017	10.00	Silver
Lancaster Half	05/11/2017	13.10	Silver
Inskip Half	21/01/2018	13.10	Silver
Great North West Half	18/02/2018	13.10	Silver

St Annes Carnival	12/07/2015	3.11	Diamond
Catforth Canter	13/08/2016	3.11	Diamond
Lytham Carnival 5k	09/07/2017	3.11	Diamond
Lytham Interclub	14/05/2015	5.00	Diamond
Lytham Inter Club	11/05/2017	5.00	Diamond
Fairclough Five	29/10/2017	5.00	Diamond
Exeter Fast Friday	03/04/2015	6.21	Diamond
Northern Vets 10k	09/10/2016	6.21	Diamond
Lancaster 10k	12/07/2017	6.21	Diamond
Blackpool Airshow	13/08/2017	6.21	Diamond
Myprotein Preston 10	19/11/2017	10.00	Diamond
St Annes Ten Miler	28/01/2018	10.00	Diamond
Great British Masters 10m Championships	24/02/2018	10.00	Diamond
Freckleton Half Marathon	21/06/2015	13.10	Diamond
Exeter Half Marathon	16/10/2016	13.10	Diamond
Silverstone Half Marathon	12/03/2017	13.10	Diamond
European Masters Half Marathon	06/08/2017	13.10	Diamond
Great Western Run	15/10/2017	13.10	Diamond
315 Lancaster Half	03/12/2017	13.10	Diamond
Virgin London Marathon	26/04/2015	26.20	Diamond
Virgin London Marathon	23/04/2017	26.20	Diamond
Lytham Interclub	09/06/2016	5.00	Gold
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Gold
Thornton Inter Club	27/06/2017	5.00	Gold
Blackpool Autumn Breaker	11/10/2015	6.21	Gold
QEOP Summer 10k	02/04/2016	6.21	Gold
Blacksticks Blue	08/05/2016	6.21	Gold
European Masters 10k	20/05/2016	6.21	Gold
Great Newham 10k	17/07/2016	6.21	Gold
Blackpool Airshow 10k	08/08/2016	6.21	Gold
Sweatshop 10	13/03/2016	10.00	Gold
St Annes 10 Miler	29/01/2017	10.00	Gold
Exeter Half	13/02/2016	13.10	Gold

European Masters	22/05/2016	13.10	Gold
Freckleton Half Marathon	19/06/2016	13.10	Gold
World Masters Athletics Half Marathon	06/11/2016	13.10	Gold
Trimpell 20	20/03/2016	20.00	Gold
Trimpell 20	19/03/2017	20.00	Gold

Greg Oulton

Catforth Canter	31/05/2014	3.11	Bronze
St Annes Carnival	06/07/2014	3.11	Bronze

Ian Tate

Garstang 10k	14/01/2018	6.21	Bronze
English Half Marathon	17/09/2017	13.10	Bronze
Central Lancs New Year Half	07/01/2018	13.10	Bronze
Great North West Half	18/02/2018	13.10	Bronze

Jennifer Fisher

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

Lytham Carnival 5k	09/07/2017	3.11	Bronze
Thornton Inter Club	27/06/2017	5.00	Bronze
Crazy Cow	21/05/2017	6.21	Bronze
Pilling 10k (July)	29/07/2017	6.21	Bronze
London Regents Park	13/08/2017	6.21	Bronze
St Annes Ten Miler	28/01/2018	10.00	Bronze
English Half Marathon 10k	17/09/2017	6.21	Silver
Autumn Breaker	15/10/2017	6.21	Silver
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21	Silver
Myprotein Preston 10	19/11/2017	10.00	Silver

Jim Whitworth

Avenham Park 5k	04/05/2015	3.11	Bronze
St Annes Carnival	12/07/2015	3.11	Bronze
Catforth Canter	13/11/2016	3.11	Bronze
Best 5k (Run For Rory)	27/11/2016	3.11	Bronze
Avenham Park 5k	01/05/2017	3.11	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Bronze
Catforth Canter (August)	12/08/2017	3.11	Bronze
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Bronze
Stanley Park 5	02/10/2016	5.00	Bronze
Worden Park 10k	17/05/2015	6.21	Bronze
Llandudno Easter 5k	04/04/2015	3.11	Silver
Catforth Canter	30/05/2015	3.11	Silver

Jo Goorney

Lytham Interclub	14/05/2015	5.00	Diamond
Green Drive Five	18/10/2015	5.00	Diamond
Lytham Interclub	09/06/2016	5.00	Diamond
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Diamond
Fairclough Five	23/10/2016	5.00	Diamond
Lytham Inter Club	11/05/2017	5.00	Diamond
Thornton Inter Club	27/06/2017	5.00	Diamond
Blackpool Airshow 10k	09/08/2015	6.21	Diamond
Barnsley 10k	29/11/2015	6.21	Diamond
Lancaster Mothers' Day	06/03/2016	6.21	Diamond
Lancaster	20/07/2016	6.21	Diamond
Blackpool Airshow 10k	08/08/2016	6.21	Diamond
Hoad Hill Harriers Christmas Pudding 10k	04/12/2016	6.21	Diamond
Elswick Express	18/07/2015	10.00	Diamond
Freckleton Half Marathon	21/06/2015	13.10	Diamond
Freckleton Half Marathon	19/06/2016	13.10	Diamond
Freckleton Half	18/06/2017	13.10	Diamond

Great North West Half Marathon	21/02/2016	13.10	Bronze
St Annes Carnival	12/07/2015	3.11	Gold
Catforth Canter	13/11/2016	3.11	Gold
Lytham Carnival 5k	09/07/2017	3.11	Gold
Lytham Interclub	09/06/2016	5.00	Gold
Lytham Inter Club	11/05/2017	5.00	Gold
Thornton Inter Club	27/06/2017	5.00	Gold
Fleetwood 10k	09/04/2017	6.21	Gold
Lancaster 10k	12/07/2017	6.21	Gold
Preston Harriers' Ten Miler	20/11/2016	10.00	Gold
St Annes 10 Miler	29/01/2017	10.00	Gold
Freckleton Half Marathon	19/06/2016	13.10	Gold
Inskip Half	21/01/2017	13.10	Gold
Great North West Half Marathon	19/02/2017	13.10	Gold
Green Drive Five	18/10/2015	5.00	Silver
Blackpool Airshow 10k	08/08/2016	6.21	Silver
St Annes Ten Miler	28/01/2018	10.00	Silver
Blackpool Half Marathon	24/04/2016	13.10	Silver
West Coast Half	09/10/2016	13.10	Silver
Valiant's Half	16/04/2017	13.10	Silver
Freckleton Half	18/06/2017	13.10	Silver
Windmill Half	16/07/2017	13.10	Silver
Fleetwood Half	20/08/2017	13.10	Silver
Central Lancs New Year Half	07/01/2018	13.10	Silver
Inskip Half	21/01/2018	13.10	Silver

John Bertenshaw

Decathlon Sale Sizzler	17/08/2017	3.11	Diamond
Mid Cheshire 5k	24/08/2017	3.11	Diamond
Cheshire 10k	04/11/2017	6.21	Diamond
Myprotein Preston 10	19/11/2017	10.00	Diamond
English Half Marathon	17/09/2017	13.10	Diamond
Catforth Canter	15/08/2015	3.11	Gold
Lancaster 5k	29/08/2015	3.11	Gold
Catforth Canter	08/11/2015	3.11	Gold
Lytham Interclub	14/05/2015	5.00	Gold
Green Drive Five	18/10/2015	5.00	Gold
Lytham Interclub	09/06/2016	5.00	Gold
Lytham Inter Club	11/05/2017	5.00	Gold
Thornton Inter Club	27/06/2017	5.00	Gold
Age UK Leeds Abbey Dash	15/11/2015	6.21	Gold
Garstang 10k	10/01/2016	6.21	Gold
Cheshire 10k	10/04/2016	6.21	Gold
Arley Hall 10k	12/11/2016	6.21	Gold
Garstang 10k	08/01/2017	6.21	Gold
Freckleton Half Marathon	21/06/2015	13.10	Gold
Wrexham Village Bakery Half	14/02/2016	13.10	Gold
Wrexham Village Bakery Half Marathon	19/02/2017	13.10	Gold
Brathay Windermere Marathon	22/05/2016	26.20	Gold
Berlin Marathon	25/09/2016	26.20	Gold
Catforth Canter	04/07/2015	3.11	Silver
Valiants Half Marathon	17/04/2016	13.10	Silver

Julia Rolfe

Lancaster 5k	27/08/2017	3.11	Gold
City Of Preston 5m	13/08/2017	5.00	Gold
Pilling 10k (July)	29/07/2017	6.21	Gold
Myerscough 10	01/12/2017	10.00	Gold

Julie Wiseman

Green Drive Five	22/10/2017	5.00	Bronze
St Annes Ten Miler	28/01/2018	10.00	Bronze

Justin Allitt

Lytham Interclub	14/05/2015	5.00	Bronze
Lytham Interclub	09/06/2016	5.00	Silver
Wesham 10k	26/11/2016	6.21	Silver
Freckleton Half Marathon	19/06/2016	13.10	Silver

Karen Lanigan

Lytham Interclub	14/05/2015	5.00	Bronze
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Kathy Gaunt

Illuminations 5k	26/08/2017	3.11	Gold
Lytham Inter Club	11/05/2017	5.00	Gold
Thornton Inter Club	27/06/2017	5.00	Gold
City Of Preston 5m	13/08/2017	5.00	Gold
Windmill 10k	13/11/2016	6.21	Gold
Stanley Park 10k (Sunday)	26/02/2017	6.21	Gold
Fleetwood 10k	09/04/2017	6.21	Gold
Run Preston 10k	24/09/2017	6.21	Gold
Wesham 10k	25/11/2017	6.21	Gold
Stanley Park 10k Weekend (Sunday)	25/02/2018	6.21	Gold
St Annes 10 Miler	29/01/2017	10.00	Gold
St Annes Ten Miler	28/01/2018	10.00	Gold
Windmill Half	16/07/2017	13.10	Gold

Kirsten Burnett

Avenham Park 5k	01/05/2017	3.11	Bronze
Lytham Inter Club	11/05/2017	5.00	Bronze
Fairclough Five	29/10/2017	5.00	Bronze
Wesham 10k	26/11/2016	6.21	Bronze
Stanley Park 10k (Saturday)	25/02/2017	6.21	Bronze
Lancaster 3-2-1 Series Christmas Cracker 2	24/12/2017	6.21	Bronze
Ribble Valley 10k	31/12/2017	6.21	Bronze
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21	Bronze
Myprotein Preston 10	19/11/2017	10.00	Bronze
Inskip Half	21/01/2017	13.10	Bronze
Great North West Half Marathon	19/02/2017	13.10	Bronze
315 Lancaster Half	03/12/2017	13.10	Bronze

Lee Morrison

Lancaster Three Bridges	30/04/2017	6.21	Bronze
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Louise De-Gier Flo

St Annes 10 Miler	29/01/2017	10.00	Bronze
ASICS Manchester Marathon	02/04/2017	26.20	Bronze

Mark Selby

St Annes Carnival 5k	10/07/2016	3.11	Bronze
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Virgin London Marathon	26/04/2015	26.20	Diamond
Lytham Interclub	14/05/2015	5.00	Gold
Morrisons Greater Manchester 10k	10/05/2015	6.21	Gold
Chorley Fire 10k	11/11/2015	6.21	Gold
Worden Park Boxing Day 10k	26/12/2016	6.21	Gold
Valiants Half Marathon	10/10/2015	13.10	Gold
Central Lancs Half Marathon	03/01/2016	13.10	Gold
Tatton Park Half	20/11/2016	13.10	Gold
Central Lancs Half	08/01/2017	13.10	Gold
Inskip Half	21/01/2017	13.10	Gold
Trimpell 20	19/03/2017	20.00	Gold
Virgin London Marathon	23/04/2017	26.20	Gold
Lytham Interclub	09/06/2016	5.00	Silver
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Silver
Lytham Inter Club	11/05/2017	5.00	Silver
Thornton Inter Club	27/06/2017	5.00	Silver
Great Manchester Run	22/05/2016	6.21	Silver
Blackburn Winter Warmer	05/02/2017	6.21	Silver
Fleetwood 10k	09/04/2017	6.21	Silver
Great Manchester Run 10k	28/05/2017	6.21	Silver
Illuminations 10k	26/08/2017	6.21	Silver
Run Preston 10k	24/09/2017	6.21	Silver
Ribble Valley 10k	31/12/2017	6.21	Silver
Caldervale	03/04/2015	10.00	Silver
Prudent Riverside 10	02/08/2015	10.00	Silver
City Of Preston 10m	13/08/2017	10.00	Silver
Windmill Half	19/07/2015	13.10	Silver
Darwen Heritage Half Marathon	03/04/2016	13.10	Silver
Great North West Half Marathon	19/02/2017	13.10	Silver
Darwen Heritage Half Marathon	02/04/2017	13.10	Silver
Manchester Half	15/10/2017	13.10	Silver
Central Lancs New Year Half	07/01/2018	13.10	Silver
Village Bakery Half	25/02/2018	13.10	Silver

Trimpell 20	20/03/2016	20.00	Silver
Virgin London Marathon	24/04/2016	26.20	Silver
Michelle Hook			
Lytham Interclub	09/06/2016	5.00	Bronze
Illuminations 10k	27/08/2016	6.21	Bronze
Garstang 10k	08/01/2017	6.21	Bronze
Lancaster 315 Winter 10k Series	14/01/2017	6.21	Bronze
Preston Harriers' Ten Miler	20/11/2016	10.00	Bronze
Caldervale 10	14/04/2017	10.00	Bronze
English Half Marathon	18/09/2016	13.10	Bronze
Wilmslow Half	19/03/2017	13.10	Bronze
Freckleton Half	18/06/2017	13.10	Bronze
Run Preston 5k	25/09/2016	3.11	Silver
Catforth Canter	13/11/2016	3.11	Silver
Lostock Hall Carnival 5k	01/07/2017	3.11	Silver
Lytham Carnival 5k	09/07/2017	3.11	Silver
Lytham Inter Club	11/05/2017	5.00	Silver
Thornton Inter Club	27/06/2017	5.00	Silver
Stanley Park 10k (Sunday)	26/02/2017	6.21	Silver
Lancaster Three Bridges	30/04/2017	6.21	Silver
Pilling 10k (July)	29/07/2017	6.21	Silver
English Half Marathon 10k	17/09/2017	6.21	Silver
Pilling 10k	30/09/2017	6.21	Silver
City Of Preston 10m	13/08/2017	10.00	Silver
Chester Half	21/05/2017	13.10	Silver
Great North Run	10/09/2017	13.10	Silver

Mike Toft

Vic Musgrave 5k	19/07/2017	3.11	Gold
Lytham Inter Club	11/05/2017	5.00	Gold
Fairclough Five	29/10/2017	5.00	Gold
Lancaster 10k	12/07/2017	6.21	Gold
Ribble Valley 10k	31/12/2017	6.21	Gold
Myprotein Preston 10	19/11/2017	10.00	Gold
Chester Half	21/05/2017	13.10	Gold
Freckleton Half	18/06/2017	13.10	Gold
Windmill Half	16/07/2017	13.10	Gold
315 Lancaster Half	03/12/2017	13.10	Gold
Inskip Half	21/01/2018	13.10	Gold
The Golden Ball	03/09/2017	20.00	Gold
Blackpool Marathon	23/04/2017	26.20	Gold
Chester Marathon	08/10/2017	26.20	Gold
Thornton Inter Club	27/06/2017	5.00	Silver
Blackpool Promenade 10	27/05/2017	10.00	Silver
Trimpell 20	19/03/2017	20.00	Silver

Neil Baynton-Rob

Freckleton Half Marathon	21/06/2015	13.10	Bronze
Great Manchester Run 10k	28/05/2017	6.21	Gold
Lancaster 10k	12/07/2017	6.21	Gold
St Annes Ten Miler	28/01/2018	10.00	Gold
Freckleton Half	18/06/2017	13.10	Gold
Wesham 10k	26/11/2016	6.21	Silver

Neil Tate

Virgin London Marathon	24/04/2016	26.20	Gold
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Nigel Simpkin

St Annes Carnival	12/07/2015	3.11	Bronze
Thornton Inter Club	27/06/2017	5.00	Bronze
Preston 10	15/11/2015	10.00	Bronze
Freckleton Half Marathon	21/06/2015	13.10	Bronze
Plusnet Yorkshire Half Marathon	10/04/2016	13.10	Bronze

Ollie Hirsch

Pilling 10k	22/08/2015	6.21	Bronze
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Pam Binns

Jersey Marathon	01/10/2017	26.20	Bronze
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Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Gold
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Virgin London Marathon	26/04/2015	26.20	Gold
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Wesham 10k	25/11/2017	6.21	Silver
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Guy's Court 10	04/12/2016	10.00	Silver
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Myerscough 10	01/12/2017	10.00	Silver
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St Annes Ten Miler	28/01/2018	10.00	Silver
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Manchester Half Marathon	16/10/2016	13.10	Silver
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Brighton Half Marathon	26/02/2017	13.10	Silver
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MBNA Chester Marathon	04/10/2015	26.20	Silver
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Rock 'N' Roll Liverpool Marathon	29/05/2016	26.20	Silver
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Pam Hardman

St Annes Carnival	12/07/2015	3.11	Gold
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St Annes Carnival 5k	10/07/2016	3.11	Gold
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Elletson Arms 10k	17/10/2015	6.21	Gold
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Fairclough 5	25/10/2015	5.00	Silver
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Lytham Interclub	09/06/2016	5.00	Silver
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Fairclough Five	23/10/2016	5.00	Silver
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Blacksticks Blue	08/05/2016	6.21	Silver
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Sweatshop 10	13/03/2016	10.00	Silver
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Derwentwater 10	06/11/2016	10.00	Silver
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St Annes 10 Miler	29/01/2017	10.00	Silver
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Freckleton Half Marathon	19/06/2016	13.10	Silver
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Conwy Half	20/11/2016	13.10	Silver
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Pat Bullen

St Annes 10 Miler	29/01/2017	10.00	Bronze
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Green Drive Five	16/10/2016	5.00	Silver
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Paul Veevers

Illuminations 5k	26/08/2017	3.11	Bronze
Green Drive Five	16/10/2016	5.00	Bronze
Lytham Inter Club	11/05/2017	5.00	Bronze
Windmill 10k	13/11/2016	6.21	Bronze
Garstang 10k	08/01/2017	6.21	Bronze
Freckleton Half	18/06/2017	13.10	Bronze
ASICS Manchester Marathon	02/04/2017	26.20	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Silver
Best 5k	26/11/2017	3.11	Silver
Thornton Inter Club	27/06/2017	5.00	Silver
Fairclough Five	29/10/2017	5.00	Silver
Ribble Valley	27/12/2016	6.21	Silver
Lancaster 10k	12/07/2017	6.21	Silver
Ribble Valley 10k	31/12/2017	6.21	Silver
English Half Marathon	17/09/2017	13.10	Silver

Paula McCandless

Thornton Inter Club	27/06/2017	5.00	Bronze
Lancaster 10k	12/07/2017	6.21	Bronze

Rachael Crowe

Southport Half Marathon	03/07/2016	13.10	Gold
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St Annes Carnival 5k	10/07/2016	3.11	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Bronze
Lytham Inter Club	11/05/2017	5.00	Bronze
Blackpool Airshow 10k	08/08/2016	6.21	Bronze
Quiaing 10k, Isle of Skye	20/08/2016	6.21	Bronze
Great Scottish Run	02/10/2016	6.21	Bronze
Autumn Breaker	15/10/2017	6.21	Bronze
Lancaster 3-2-1 Series Christmas Cracker 2	24/12/2017	6.21	Bronze
Stanley Park 10k Weekend (Saturday)	24/02/2018	6.21	Bronze
Blackpool Promenade 10	28/05/2016	10.00	Bronze
St Annes 10 Miler	29/01/2017	10.00	Bronze
St Annes Carnival	12/07/2015	3.11	Silver
Illuminations 5k	27/08/2016	3.11	Silver
315 5k Fun Run	03/12/2017	3.11	Silver
Lancaster 315 Series (13th Jan)	13/01/2018	3.11	Silver
Lancaster 315 Series (3rd Feb)	03/02/2018	3.11	Silver
Lancaster 3-2-1 Series Christmas Cracker 1	17/12/2017	6.21	Silver

Roy Stevens

Great North West Half Marathon	21/02/2016	13.10	Bronze
IAAF World Half Marathon Championships, Cardiff	26/03/2016	13.10	Bronze
MBNA Chester Marathon	04/10/2015	26.20	Bronze
Dublin Marathon	30/10/2016	26.20	Bronze
Vodafone Malta Marathon	05/03/2017	26.20	Bronze
Tokyo Marathon	25/02/2018	26.20	Bronze
Wesham 10k	26/11/2016	6.21	Gold
Myerscough 10	01/12/2017	10.00	Gold
St Annes Carnival 5k	10/07/2016	3.11	Silver
Lytham Carnival 5k	09/07/2017	3.11	Silver
Lytham Interclub	14/05/2015	5.00	Silver
Green Drive Five	18/10/2015	5.00	Silver
Lytham Inter Club	11/05/2017	5.00	Silver
St George's Day 10k	26/04/2015	6.21	Silver
Fleetwood 10k	10/04/2016	6.21	Silver
Windmill 10k	13/11/2016	6.21	Silver
St Annes Ten Miler	28/01/2018	10.00	Silver
Freckleton Half Marathon	21/06/2015	13.10	Silver
Windmill Half	17/07/2016	13.10	Silver
Fleetwood Half	21/08/2016	13.10	Silver
Rochdale Half Marathon	25/09/2016	13.10	Silver
Great North West Half Marathon	19/02/2017	13.10	Silver
Chester Half	21/05/2017	13.10	Silver
West Coast Half	08/10/2017	13.10	Silver
Inskip Half	21/01/2018	13.10	Silver
Lancaster 20	04/09/2016	20.00	Silver
Brighton Marathon	09/04/2017	26.20	Silver

Roy Upton

Lytham Carnival 5k	09/07/2017	3.11	Bronze
Lytham Interclub	14/05/2015	5.00	Bronze

Russ Chew

Rock 'N' Roll Liverpool 5k	28/05/2016	3.11	Bronze
Liverpool Rock 'N' Roll 5k	28/05/2017	3.11	Bronze
Blue Light	15/06/2014	5.00	Bronze
Green Drive Five	19/10/2014	5.00	Bronze
Arley Hall	02/11/2014	6.21	Bronze
Morrisons Greater Manchester 10k	10/05/2015	6.21	Bronze
Sandgrounder	26/05/2014	3.11	Silver

Ruth Wheatley

Green Drive Five	18/10/2015	5.00	Bronze
Windmill 10k	13/11/2016	6.21	Bronze
Wesham 10k	26/11/2016	6.21	Bronze
Barcelona Half Marathon	05/02/2017	13.10	Bronze
Liverpool Rock 'N' Roll Half Marathon	28/05/2017	13.10	Bronze
Conwy Half	19/11/2017	13.10	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Silver
Wesham 10k	25/11/2017	6.21	Silver

Simon Denye

315 Lancaster5k	20/05/2017	3.11	Bronze
Catforth Canter (May 2017)	27/05/2017	3.11	Bronze
Lytham Inter Club	11/05/2017	5.00	Bronze
Thornton Inter Club	27/06/2017	5.00	Bronze
Catforth Canter	30/05/2015	3.11	Gold
Lytham Interclub	14/05/2015	5.00	Gold
Salford 10k	03/04/2015	6.21	Gold
Elswick Express	18/07/2015	10.00	Gold
Sweatshop 10	13/03/2016	10.00	Gold
Preston Harriers' Ten Miler	20/11/2016	10.00	Gold
Morrisons Great North Run	13/09/2015	13.10	Gold
Great North West Half Marathon	21/02/2016	13.10	Silver
Wilmslow Half Marathon	03/04/2016	13.10	Silver
Valiants Half Marathon	17/04/2016	13.10	Silver

Steve Hargreaves

Villa de Getafe	31/01/2016	13.10	Diamond
IAAF World Half Marathon Championships, Cardiff	26/03/2016	13.10	Diamond
BMW Berlin Marathon	27/09/2015	26.20	Diamond
Virgin London Marathon	24/04/2016	26.20	Diamond
Peter Lowe Memorial Hollins Green 5k	13/06/2015	3.11	Gold
10k de San Sebastian	29/11/2015	6.21	Gold
Mornington Chasers' Regents Park 10k	07/02/2016	6.21	Gold
Worthersee Halbmarathon	21/08/2015	13.10	Gold
Garda Trantino	08/11/2015	13.10	Gold

Steve Quarmby

St Annes Carnival 5k	10/07/2016	3.11	Bronze
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Steve Tate

St Annes Carnival 5k	10/07/2016	3.11	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Bronze
Green Drive Five	16/10/2016	5.00	Bronze

Sue Hawitt

Best 5k (Run For Rory)	27/11/2016	3.11	Gold
Catforth Canter (August)	12/08/2017	3.11	Gold
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Gold
Windmill 10k	13/11/2016	6.21	Gold

Sue Samme

Hollingworth Lake	21/04/2014	3.11	Diamond
3-1-5 Winter Series	16/12/2017	3.11	Diamond
Fairclough Five	29/10/2017	5.00	Diamond
Wesham 10k	25/11/2017	6.21	Diamond

Sylvia Gittins

Conwy Half	19/11/2017	13.10	Bronze
Bernard and Evelyn's 80th Birthday Bash	31/07/2016	5.00	Gold
Blackburn Winter Warmer	05/02/2017	6.21	Gold
Sweatshop 10	13/03/2016	10.00	Gold
Blackpool Promenade 10	28/05/2016	10.00	Gold
Guy's Court 10	04/12/2016	10.00	Gold
St Annes 10 Miler	29/01/2017	10.00	Gold
Eastbourne Half Marathon	06/03/2016	13.10	Gold
Inskip Half	21/01/2017	13.10	Gold
Thornton Inter Club	27/06/2017	5.00	Silver
Blacksticks Blue	08/05/2016	6.21	Silver
Blackburn Winter Warmer	04/02/2018	6.21	Silver
St Annes Ten Miler	28/01/2018	10.00	Silver
Conwy Half	20/11/2016	13.10	Silver
Eastbourne Half Marathon	05/03/2017	13.10	Silver
Great North West Half	18/02/2018	13.10	Silver

Terry Hellings

St Annes Ten Miler	28/01/2018	10.00	Gold
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St Annes Carnival	12/07/2015	3.11	Bronze
St Annes Carnival 5k	10/07/2016	3.11	Bronze
Lytham Carnival 5k	09/07/2017	3.11	Bronze
Green Drive Five	18/10/2015	5.00	Bronze
Lytham Interclub	09/06/2016	5.00	Bronze
Green Drive Five	16/10/2016	5.00	Bronze
Worden Park 10k	17/05/2015	6.21	Bronze
Windmill 10k	08/11/2015	6.21	Bronze
Wesham 10k	28/11/2015	6.21	Bronze
Garstang 10k	10/01/2016	6.21	Bronze
Garstang 10k	08/01/2017	6.21	Bronze
Lancaster 10k	12/07/2017	6.21	Bronze
Ribble Valley 10k	31/12/2017	6.21	Bronze
Preston 10	15/11/2015	10.00	Bronze
Blackpool Promenade 10	27/05/2017	10.00	Bronze
St Annes Ten Miler	28/01/2018	10.00	Bronze
Freckleton Half Marathon	19/06/2016	13.10	Bronze
Windmill Half	17/07/2016	13.10	Bronze
Freckleton Half	18/06/2017	13.10	Bronze
Windmill Half	16/07/2017	13.10	Bronze
English Half Marathon	17/09/2017	13.10	Bronze
Lancaster 5k	29/08/2015	3.11	Gold
Cheshire 10k	10/04/2016	6.21	Gold
Trimpell 20	20/03/2016	20.00	Gold
Catforth Canter	04/07/2015	3.11	Silver
Catforth Canter	15/08/2015	3.11	Silver
Lytham Interclub	14/05/2015	5.00	Silver
Lytham Inter Club	11/05/2017	5.00	Silver
Thornton Inter Club	27/06/2017	5.00	Silver
Lancaster Wednesday 10k	15/07/2015	6.21	Silver
Arley Hall 10k	12/11/2016	6.21	Silver
Wesham 10k	26/11/2016	6.21	Silver
Ribble Valley	27/12/2016	6.21	Silver

Cheshire 10k	04/11/2017	6.21	Silver
Sweatshop 10	13/03/2016	10.00	Silver
Preston Harriers' Ten Miler	20/11/2016	10.00	Silver
Guy's Court 10	04/12/2016	10.00	Silver
St Annes 10 Miler	29/01/2017	10.00	Silver
Myprotein Preston 10	19/11/2017	10.00	Silver
Freckleton Half Marathon	21/06/2015	13.10	Silver
Windmill Half	19/07/2015	13.10	Silver
Wrexham Village Bakery Half	14/02/2016	13.10	Silver
Valiants Half Marathon	17/04/2016	13.10	Silver
Inskip Half	21/01/2017	13.10	Silver
Wrexham Village Bakery Half Marathon	19/02/2017	13.10	Silver
Valiant's Half	16/04/2017	13.10	Silver
315 Lancaster Half	03/12/2017	13.10	Silver
Inskip Half	21/01/2018	13.10	Silver
Virgin London Marathon	26/04/2015	26.20	Silver
MBNA Chester Marathon	04/10/2015	26.20	Silver
Chester Marathon	02/10/2016	26.20	Silver
ASICS Manchester Marathon	02/04/2017	26.20	Silver