



Alex Tate

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|--------------------------------|------------|-------|--------|
| 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 |
| 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 |
| 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 |

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|--------------------------------|------------|-------|--------|
| 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 |
| 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 |
| 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 |

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|--------------------------|------------|-------|--------|
| Freckleton Half Marathon | 21/06/2015 | 13.10 | Silver |
|--------------------------|------------|-------|--------|

Andy Unsworth

| | | | |
|--------------------------|------------|-------|--------|
| Freckleton Half Marathon | 21/06/2015 | 13.10 | Bronze |
|--------------------------|------------|-------|--------|

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|------------------|------------|------|--------|
| Lytham Interclub | 14/05/2015 | 5.00 | Silver |
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|------------------|------------|------|--------|
| Lytham Interclub | 09/06/2016 | 5.00 | Silver |
|------------------|------------|------|--------|

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|---------------|------------|-------|--------|
| Windmill Half | 17/07/2016 | 13.10 | Silver |
|---------------|------------|-------|--------|

Bob Clough

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|--------------------|------------|------|--------|
| Lytham Carnival 5k | 09/07/2017 | 3.11 | Bronze |
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|---------------------|------------|------|--------|
| Thornton Inter Club | 27/06/2017 | 5.00 | Bronze |
|---------------------|------------|------|--------|

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|--------------|------------|------|--------|
| 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 |

Chris McCarthy

| | | | |
|--------------------------------|------------|-------|--------|
| Blackpool Summer 10k | 10/07/2016 | 6.21 | Bronze |
| Blackpool Airshow 10k | 08/08/2016 | 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 |
| 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 |
| 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

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|------------------|------------|------|--------|
| 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 |
| The Golden Ball | 03/09/2017 | 20.00 | Gold |
| Amsterdam Marathon | 15/10/2017 | 26.20 | Gold |

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 |
| Myprotein Preston 10 | 19/11/2017 | 10.00 | Silver |
| Lancaster Half | 05/11/2017 | 13.10 | Silver |

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|---|------------|-------|---------|
| 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 |
| 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 |

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|---------------------------------------|------------|-------|------|
| 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

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|-----------------------|------------|-------|--------|
| English Half Marathon | 17/09/2017 | 13.10 | Bronze |
|-----------------------|------------|-------|--------|

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 |
| English Half Marathon 10k | 17/09/2017 | 6.21 | Silver |
| Autumn Breaker | 15/10/2017 | 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 |

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|--------------------------------|------------|-------|--------|
| 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 |
| 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 |

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 |

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 |
|------------------|------------|------|--------|

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 |
| St Annes 10 Miler | 29/01/2017 | 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 |
| 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

| | | | |
|---|------------|-------|---------|
| 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 |
| 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 |
| Trimpell 20 | 20/03/2016 | 20.00 | Silver |
| Virgin London Marathon | 24/04/2016 | 26.20 | Silver |

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|---------------------------------|------------|-------|--------|
| 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 |
| 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 |
| 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 |
| 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 |
| Fairclough Five | 29/10/2017 | 5.00 | Silver |
| Myprotein Preston 10 | 19/11/2017 | 10.00 | Silver |
| English Half Marathon | 17/09/2017 | 13.10 | Silver |

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 |
|-------------|------------|------|--------|

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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|--------------------------|------------|-------|--------|
| 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 |
|----------------------------------|------------|-------|--------|

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 |
|------------|------------|-------|--------|

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 |
|------------------|------------|------|--------|

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 |
| 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 |
|-------------------------|------------|-------|------|

Ross McKelvie

| | | | |
|---------------------------|------------|-------|--------|
| 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 |
| 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 |

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 |
| 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 |
| 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 |
| 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 |
|----------------------|------------|------|--------|

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 |
| 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 |
| Conwy Half | 20/11/2016 | 13.10 | Silver |
| Eastbourne Half Marathon | 05/03/2017 | 13.10 | Silver |

Terry Hellings

| | | | |
|-------------------|------------|------|------|
| Lytham Inter Club | 11/05/2017 | 5.00 | Gold |
| Fairclough Five | 29/10/2017 | 5.00 | Gold |

| | | | |
|--------------------------|------------|-------|--------|
| 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 |
| Preston 10 | 15/11/2015 | 10.00 | Bronze |
| Blackpool Promenade 10 | 27/05/2017 | 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 |

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|--------------------------------------|------------|-------|--------|
| 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 |
| 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 |