



Alex Fraser

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|------------------------|------------|-------|------|--------|
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Bronze |
|------------------------|------------|-------|------|--------|

Alex Tate

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|--------------------|------------|-------|------|--------|
| Lytham Carnival 5k | 09/07/2017 | Sen M | 3.11 | Bronze |
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|------------------|------------|-------|------|--------|
| Green Drive Five | 16/10/2016 | Sen M | 5.00 | Bronze |
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|------------------------|------------|-------|------|--------|
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Bronze |
|------------------------|------------|-------|------|--------|

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|-----------------|------------|-------|------|--------|
| The Sheriff 10k | 30/04/2017 | Sen M | 6.21 | Bronze |
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|-------------------|------------|-------|------|--------|
| Wesham Summer 10k | 23/05/2018 | Sen M | 6.21 | Bronze |
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|-------------------|------------|-------|-------|--------|
| St Annes 10 Miler | 29/01/2017 | Sen M | 10.00 | Bronze |
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|--------------------|------------|-------|-------|--------|
| St Annes Ten Miler | 28/01/2018 | Sen M | 10.00 | Bronze |
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|-------------------------|------------|-------|-------|--------|
| Calder Vale Country 10m | 30/03/2018 | Sen M | 10.00 | Bronze |
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|--------------------|------------|-------|-------|--------|
| Central Lancs Half | 08/01/2017 | Sen M | 13.10 | Bronze |
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|--------------------------------|------------|-------|-------|--------|
| Great North West Half Marathon | 19/02/2017 | Sen M | 13.10 | Bronze |
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|-----------------|------------|-------|-------|--------|
| Freckleton Half | 18/06/2017 | Sen M | 13.10 | Bronze |
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|---------------|------------|-------|-------|--------|
| Garstang Half | 03/09/2017 | Sen M | 13.10 | Bronze |
|---------------|------------|-------|-------|--------|

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|-----------------------|------------|-------|-------|--------|
| English Half Marathon | 17/09/2017 | Sen M | 13.10 | Bronze |
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|-----------------|------------|-------|-------|--------|
| West Coast Half | 08/10/2017 | Sen M | 13.10 | Bronze |
|-----------------|------------|-------|-------|--------|

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|-----------------------------|------------|-------|-------|--------|
| Central Lancs New Year Half | 07/01/2018 | Sen M | 13.10 | Bronze |
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| Blackpool Marathon | 23/04/2017 | Sen M | 26.20 | Bronze |
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|-------------------|------------|-------|------|--------|
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Silver |
|-------------------|------------|-------|------|--------|

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|---------------|------------|-------|------|--------|
| Lancaster 10k | 12/07/2017 | Sen M | 6.21 | Silver |
|---------------|------------|-------|------|--------|

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|-------------------|------------|-------|------|--------|
| Illuminations 10k | 26/08/2017 | Sen M | 6.21 | Silver |
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|-----------------|------------|-------|-------|--------|
| West Coast Half | 09/10/2016 | Sen M | 13.10 | Silver |
|-----------------|------------|-------|-------|--------|

Andy Draper

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|--------------------------------|------------|-------|-------|--------|
| Great North West Half Marathon | 21/02/2016 | Sen M | 13.10 | Bronze |
| MBNA Chester Marathon | 04/10/2015 | Sen M | 26.20 | Bronze |
| Catforth Canter | 13/08/2016 | Sen M | 3.11 | Gold |
| Catforth Canter | 13/11/2016 | Sen M | 3.11 | Gold |
| Lostock Hall Carnival 5k | 01/07/2017 | Sen M | 3.11 | Gold |
| Lytham Carnival 5k | 09/07/2017 | Sen M | 3.11 | Gold |
| 315 Lancaster Saturday 5k | 30/09/2017 | Sen M | 3.11 | Gold |
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Gold |
| Salford 10k | 25/03/2016 | Sen M | 6.21 | Gold |
| English Half Marathon 10k (!) | 18/09/2016 | Sen M | 6.21 | Gold |
| Pilling 10k (July) | 29/07/2017 | Sen M | 6.21 | Gold |
| Pilling 10k (August) | 26/08/2017 | Sen M | 6.21 | Gold |
| Ribble Valley 10k | 31/12/2017 | Sen M | 6.21 | Gold |
| Wesham Summer 10k | 23/05/2018 | Sen M | 6.21 | Gold |
| City Of Preston 10m | 13/08/2017 | Sen M | 10.00 | Gold |
| Myprotein Preston 10 | 19/11/2017 | Sen M | 10.00 | Gold |
| Inskip Half | 21/01/2017 | Sen M | 13.10 | Gold |
| Wilmslow Half | 19/03/2017 | Sen M | 13.10 | Gold |
| English Half Marathon | 17/09/2017 | Sen M | 13.10 | Gold |
| Lancaster Half | 05/11/2017 | Sen M | 13.10 | Gold |
| Inskip Half | 21/01/2018 | Sen M | 13.10 | Gold |
| Trimpell 20 | 20/03/2016 | Sen M | 20.00 | Gold |
| Trimpell 20 | 18/03/2018 | Sen M | 20.00 | Gold |

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|----------------------------|------------|-------|-------|--------|
| Virgin London Marathon | 26/04/2015 | Sen M | 26.20 | Gold |
| Virgin London Marathon | 24/04/2016 | Sen M | 26.20 | Gold |
| Chester Marathon | 02/10/2016 | Sen M | 26.20 | Gold |
| Virgin London Marathon | 23/04/2017 | Sen M | 26.20 | Gold |
| Virgin London Marathon | 22/04/2018 | Sen M | 26.20 | Gold |
| St Annes Carnival | 12/07/2015 | Sen M | 3.11 | Silver |
| Vernon's 5k | 26/07/2016 | Sen M | 3.11 | Silver |
| Catforth Canter (May 2017) | 27/05/2017 | Sen M | 3.11 | Silver |
| Lytham Interclub | 14/05/2015 | Sen M | 5.00 | Silver |
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Silver |
| Thornton Inter Club | 27/06/2017 | Sen M | 5.00 | Silver |
| Salford 10k | 03/04/2015 | Sen M | 6.21 | Silver |
| Fleetwood 10k | 10/04/2016 | Sen M | 6.21 | Silver |
| Ribble Valley | 27/12/2016 | Sen M | 6.21 | Silver |
| Pilling 10k (May) | 20/05/2017 | Sen M | 6.21 | Silver |
| Sweatshop 10 | 13/03/2016 | Sen M | 10.00 | Silver |
| St Annes Ten Miler | 28/01/2018 | Sen M | 10.00 | Silver |
| Freckleton Half Marathon | 21/06/2015 | Sen M | 13.10 | Silver |

Andy Unsworth

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|----------------------------------|------------|------|-------|--------|
| Freckleton Half Marathon | 21/06/2015 | MV40 | 13.10 | Bronze |
| Lytham Interclub | 14/05/2015 | MV40 | 5.00 | Silver |
| Lytham Interclub | 09/06/2016 | MV40 | 5.00 | Silver |
| Windmill Half | 17/07/2016 | MV40 | 13.10 | Silver |
| Lytham Inter Club 2018 | 03/05/2018 | MV45 | 5.00 | Gold |
| Mitja Marato Pollenca | 08/04/2018 | MV45 | 13.10 | Gold |
| Liverpool Rock 'N' Roll Marathon | 20/05/2018 | MV45 | 26.20 | Gold |

Bob Clough

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|---------------------|------------|------|------|--------|
| Lytham Carnival 5k | 09/07/2017 | MV65 | 3.11 | Bronze |
| Thornton Inter Club | 27/06/2017 | MV65 | 5.00 | Bronze |
| Windmill 10k | 13/11/2016 | MV65 | 6.21 | Bronze |

Chris McCarthy

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

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|--------------------------|------------|-------|-------|--------|
| Virgin London Marathon | 23/04/2017 | Sen M | 26.20 | Gold |
| Lostock Hall Carnival 5k | 02/07/2016 | Sen M | 3.11 | Silver |
| Vernon's 5k | 26/07/2016 | Sen M | 3.11 | Silver |
| Lancaster 315 | 17/06/2017 | Sen M | 3.11 | Silver |
| Lytham Interclub | 09/06/2016 | Sen M | 5.00 | Silver |
| Blackpool Promenade 10 | 28/05/2016 | Sen M | 10.00 | Silver |
| Windmill Half | 17/07/2016 | Sen M | 13.10 | Silver |
| Fleetwood Half | 21/08/2016 | Sen M | 13.10 | Silver |
| Virgin London Marathon | 24/04/2016 | Sen M | 26.20 | Silver |

Colin Laidlaw

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|---------------------|------------|------|------|--------|
| Lytham Inter Club | 11/05/2017 | MV60 | 5.00 | Silver |
| Thornton Inter Club | 27/06/2017 | MV60 | 5.00 | Silver |
| Lancaster 10k | 12/07/2017 | MV60 | 6.21 | Silver |
| Illuminations 10k | 26/08/2017 | MV60 | 6.21 | Silver |

Darran Ames

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|------------------------|------------|------|-------|--------|
| Lytham Inter Club 2018 | 03/05/2018 | MV40 | 5.00 | Bronze |
| Wesham 10k | 25/11/2017 | MV40 | 6.21 | Bronze |
| Myprotein Preston 10 | 19/11/2017 | MV40 | 10.00 | Bronze |

Derek Caborn

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|------------------|------------|------|------|--------|
| Lytham Interclub | 09/06/2016 | MV65 | 5.00 | Bronze |
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Emily Hargreaves

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|---|------------|-------|-------|---------|
| Move It Garda Arcese Half Marathon, Italy | 12/11/2017 | FV40 | 13.10 | Gold |
| BMW Berlin Marathon | 27/09/2015 | Sen L | 26.20 | Diamond |
| San Sebastian Marathon | 29/11/2015 | Sen L | 26.20 | Diamond |
| Virgin London Marathon | 24/04/2016 | Sen L | 26.20 | Diamond |
| Peter Lowe Memorial Hollins Green 5k | 13/06/2015 | Sen L | 3.11 | Gold |
| Munich Garching 10k | 26/07/2015 | Sen L | 6.21 | Gold |
| Worthersee Halbmarathon | 21/08/2015 | Sen L | 13.10 | Gold |
| Mornington Chasers' Regents Park 10k | 07/02/2016 | Sen L | 6.21 | Silver |
| Garda Trantino | 08/11/2015 | Sen L | 13.10 | Silver |

Felicity Wolohan

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|------------------------------|------------|-------|-------|------|
| Christleton | 19/05/2017 | Sen L | 3.11 | Gold |
| Mystery 5k | 13/06/2017 | Sen L | 3.11 | Gold |
| Run The Alderley Edge Bypass | 02/07/2017 | Sen L | 6.21 | Gold |
| Helena Tipping Wrexham 10k | 30/07/2017 | Sen L | 6.21 | Gold |
| Belfast Half Marathon | 17/09/2017 | Sen L | 13.10 | Gold |
| Brass Monkey | 14/01/2018 | Sen L | 13.10 | Gold |
| Village Bakery Half | 25/02/2018 | Sen L | 13.10 | Gold |
| The Golden Ball | 03/09/2017 | Sen L | 20.00 | Gold |
| Trimpell 20 | 18/03/2018 | Sen L | 20.00 | Gold |
| Amsterdam Marathon | 15/10/2017 | Sen L | 26.20 | Gold |

Gavin Stanfield

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|------------------------|------------|------|-------|--------|
| Lytham Inter Club 2018 | 03/05/2018 | MV45 | 5.00 | Bronze |
| St Annes Ten Miler | 28/01/2018 | MV45 | 10.00 | Bronze |

Gill Draper

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|-------------------|------------|-------|------|--------|
| Wesham Summer 10k | 23/05/2018 | Sen L | 6.21 | Silver |
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Heidi Haigh

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|--------------|------------|------|-------|--------|
| Keswick Half | 06/05/2018 | FV45 | 13.10 | Bronze |
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| Lytham Inter Club 2018 | 03/05/2018 | FV45 | 5.00 | Silver |
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| Blackpool Festival Of Running Half Marathon | 22/04/2018 | FV45 | 13.10 | Silver |
|---|------------|------|-------|--------|

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| Paphos Marathon, Cyprus | 04/03/2018 | FV45 | 26.20 | Silver |
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| Manchester Marathon | 08/04/2018 | FV45 | 26.20 | Silver |
|---------------------|------------|------|-------|--------|

Ian Tate

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|--------------|------------|------|------|--------|
| Garstang 10k | 14/01/2018 | MV40 | 6.21 | Bronze |
|--------------|------------|------|------|--------|

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|-------------------|------------|------|------|--------|
| Wesham Summer 10k | 23/05/2018 | MV40 | 6.21 | Bronze |
|-------------------|------------|------|------|--------|

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|-----------------------|------------|------|-------|--------|
| English Half Marathon | 17/09/2017 | MV40 | 13.10 | Bronze |
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| Central Lancs New Year Half | 07/01/2018 | MV40 | 13.10 | Bronze |
|-----------------------------|------------|------|-------|--------|

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| Great North West Half | 18/02/2018 | MV40 | 13.10 | Bronze |
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Jennifer Hill

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|------------------------|------------|-------|------|--------|
| Lytham Inter Club 2018 | 03/05/2018 | Sen L | 5.00 | Silver |
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|---------------------------|------------|-------|------|--------|
| English Half Marathon 10k | 17/09/2017 | Sen L | 6.21 | Silver |
|---------------------------|------------|-------|------|--------|

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| Autumn Breaker | 15/10/2017 | Sen L | 6.21 | Silver |
|----------------|------------|-------|------|--------|

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|-------------------------------------|------------|-------|------|--------|
| Stanley Park 10k Weekend (Saturday) | 24/02/2018 | Sen L | 6.21 | Silver |
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|---------------|------------|-------|------|--------|
| Fleetwood 10k | 08/04/2018 | Sen L | 6.21 | Silver |
|---------------|------------|-------|------|--------|

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| Myprotein Preston 10 | 19/11/2017 | Sen L | 10.00 | Silver |
|----------------------|------------|-------|-------|--------|

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|-----------|------------|-------|-------|--------|
| Rome Half | 11/03/2018 | Sen L | 13.10 | Silver |
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Jo Goorney

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|--|------------|------|-------|---------|
| Lytham Interclub | 14/05/2015 | FV45 | 5.00 | Diamond |
| Green Drive Five | 18/10/2015 | FV45 | 5.00 | Diamond |
| Lytham Interclub | 09/06/2016 | FV45 | 5.00 | Diamond |
| Bernard and Evelyn's 80th Birthday Bash | 31/07/2016 | FV45 | 5.00 | Diamond |
| Fairclough Five | 23/10/2016 | FV45 | 5.00 | Diamond |
| Lytham Inter Club | 11/05/2017 | FV45 | 5.00 | Diamond |
| Thornton Inter Club | 27/06/2017 | FV45 | 5.00 | Diamond |
| Lytham Inter Club 2018 | 03/05/2018 | FV45 | 5.00 | Diamond |
| Blackpool Airshow 10k | 09/08/2015 | FV45 | 6.21 | Diamond |
| Barnsley 10k | 29/11/2015 | FV45 | 6.21 | Diamond |
| Lancaster Mothers' Day | 06/03/2016 | FV45 | 6.21 | Diamond |
| Lancaster | 20/07/2016 | FV45 | 6.21 | Diamond |
| Blackpool Airshow 10k | 08/08/2016 | FV45 | 6.21 | Diamond |
| Hoad Hill Harriers Christmas Pudding 10k | 04/12/2016 | FV45 | 6.21 | Diamond |
| Elswick Express | 18/07/2015 | FV45 | 10.00 | Diamond |
| Freckleton Half Marathon | 21/06/2015 | FV45 | 13.10 | Diamond |
| Freckleton Half Marathon | 19/06/2016 | FV45 | 13.10 | Diamond |
| Freckleton Half | 18/06/2017 | FV45 | 13.10 | Diamond |

Joe Greenwood

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|--------------------------------|------------|-------|-------|--------|
| Great North West Half Marathon | 21/02/2016 | Sen M | 13.10 | Bronze |
| Trimpell 20 | 18/03/2018 | Sen M | 20.00 | Bronze |
| Manchester Marathon | 08/04/2018 | Sen M | 26.20 | Bronze |
| St Annes Carnival | 12/07/2015 | Sen M | 3.11 | Gold |
| Catforth Canter | 13/11/2016 | Sen M | 3.11 | Gold |
| Lytham Carnival 5k | 09/07/2017 | Sen M | 3.11 | Gold |
| Lytham Interclub | 09/06/2016 | Sen M | 5.00 | Gold |
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Gold |
| Thornton Inter Club | 27/06/2017 | Sen M | 5.00 | Gold |
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Gold |
| Fleetwood 10k | 09/04/2017 | Sen M | 6.21 | Gold |
| Lancaster 10k | 12/07/2017 | Sen M | 6.21 | Gold |
| Preston Harriers' Ten Miler | 20/11/2016 | Sen M | 10.00 | Gold |
| St Annes 10 Miler | 29/01/2017 | Sen M | 10.00 | Gold |
| Freckleton Half Marathon | 19/06/2016 | Sen M | 13.10 | Gold |
| Inskip Half | 21/01/2017 | Sen M | 13.10 | Gold |
| Great North West Half Marathon | 19/02/2017 | Sen M | 13.10 | Gold |
| Green Drive Five | 18/10/2015 | Sen M | 5.00 | Silver |
| Blackpool Airshow 10k | 08/08/2016 | Sen M | 6.21 | Silver |
| St Annes Ten Miler | 28/01/2018 | Sen M | 10.00 | Silver |
| Blackpool Half Marathon | 24/04/2016 | Sen M | 13.10 | Silver |
| West Coast Half | 09/10/2016 | Sen M | 13.10 | Silver |
| Valiant's Half | 16/04/2017 | Sen M | 13.10 | Silver |

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|---|------------|-------|-------|--------|
| Freckleton Half | 18/06/2017 | Sen M | 13.10 | Silver |
| Windmill Half | 16/07/2017 | Sen M | 13.10 | Silver |
| Fleetwood Half | 20/08/2017 | Sen M | 13.10 | Silver |
| Central Lancs New Year Half | 07/01/2018 | Sen M | 13.10 | Silver |
| Inskip Half | 21/01/2018 | Sen M | 13.10 | Silver |
| Darwen Heritage Half | 25/03/2018 | Sen M | 13.10 | Silver |
| Blackpool Festival Of Running Half Marathon | 22/04/2018 | Sen M | 13.10 | Silver |

Jonathan Tuck

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|------------------------|------------|------|------|--------|
| Lytham Inter Club 2018 | 03/05/2018 | MV40 | 5.00 | Silver |
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Julie Wiseman

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|------------------|------------|--|------|--------|
| Green Drive Five | 22/10/2017 | | 5.00 | Bronze |
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|--------------------|------------|------|-------|--------|
| St Annes Ten Miler | 28/01/2018 | FV55 | 10.00 | Bronze |
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| Lytham Inter Club 2018 | 03/05/2018 | FV55 | 5.00 | Silver |
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Karen Lanigan

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|------------------|------------|------|------|--------|
| Lytham Interclub | 14/05/2015 | FV50 | 5.00 | Bronze |
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Karl Lee

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|------------------------|------------|-------|------|------|
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Gold |
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Kirsten Burnett

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|--------------|------------|------|------|--------|
| Avenham Park | 07/05/2018 | FV45 | 3.11 | Silver |
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Lee Morrison

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|-------------------------|------------|------|------|--------|
| Lancaster Three Bridges | 30/04/2017 | MV40 | 6.21 | Bronze |
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Liz Abbott

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|------------------------|------------|-------|------|------|
| Lytham Inter Club 2018 | 03/05/2018 | Sen L | 5.00 | Gold |
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Louise De-Gier Flood

St Annes 10 Miler

29/01/2017

Sen L

10.00

Bronze

ASICS Manchester Marathon

02/04/2017

Sen L

26.20

Bronze

Mel Koth

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|---|------------|------|-------|--------|
| Lytham Interclub | 14/05/2015 | FV40 | 5.00 | Gold |
| Lytham Inter Club 2018 | 03/05/2018 | FV40 | 5.00 | Gold |
| Morrisons Greater Manchester 10k | 10/05/2015 | FV40 | 6.21 | Gold |
| Chorley Fire 10k | 11/11/2015 | FV40 | 6.21 | Gold |
| Worden Park Boxing Day 10k | 26/12/2016 | FV40 | 6.21 | Gold |
| Valiants Half Marathon | 10/10/2015 | FV40 | 13.10 | Gold |
| Central Lancs Half Marathon | 03/01/2016 | FV40 | 13.10 | Gold |
| Tatton Park Half | 20/11/2016 | FV40 | 13.10 | Gold |
| Central Lancs Half | 08/01/2017 | FV40 | 13.10 | Gold |
| Inskip Half | 21/01/2017 | FV40 | 13.10 | Gold |
| Trimpell 20 | 19/03/2017 | FV40 | 20.00 | Gold |
| Virgin London Marathon | 23/04/2017 | FV40 | 26.20 | Gold |
| Avenham Park | 07/05/2018 | FV40 | 3.11 | Silver |
| Lytham Interclub | 09/06/2016 | FV40 | 5.00 | Silver |
| Bernard and Evelyn's 80th Birthday Bash | 31/07/2016 | FV40 | 5.00 | Silver |
| Lytham Inter Club | 11/05/2017 | FV40 | 5.00 | Silver |
| Thornton Inter Club | 27/06/2017 | FV40 | 5.00 | Silver |
| Great Manchester Run | 22/05/2016 | FV40 | 6.21 | Silver |
| Blackburn Winter Warmer | 05/02/2017 | FV40 | 6.21 | Silver |
| Fleetwood 10k | 09/04/2017 | FV40 | 6.21 | Silver |
| Great Manchester Run 10k | 28/05/2017 | FV40 | 6.21 | Silver |
| Illuminations 10k | 26/08/2017 | FV40 | 6.21 | Silver |
| Run Preston 10k | 24/09/2017 | FV40 | 6.21 | Silver |

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|--------------------------------|------------|------|-------|--------|
| Ribble Valley 10k | 31/12/2017 | FV40 | 6.21 | Silver |
| Fleetwood 10k | 08/04/2018 | FV40 | 6.21 | Silver |
| Caldervale | 03/04/2015 | FV40 | 10.00 | Silver |
| Prudent Riverside 10 | 02/08/2015 | FV40 | 10.00 | Silver |
| City Of Preston 10m | 13/08/2017 | FV40 | 10.00 | Silver |
| Windmill Half | 19/07/2015 | FV40 | 13.10 | Silver |
| Darwen Heritage Half Marathon | 03/04/2016 | FV40 | 13.10 | Silver |
| Great North West Half Marathon | 19/02/2017 | FV40 | 13.10 | Silver |
| Darwen Heritage Half Marathon | 02/04/2017 | FV40 | 13.10 | Silver |
| Manchester Half | 15/10/2017 | FV40 | 13.10 | Silver |
| Central Lancs New Year Half | 07/01/2018 | FV40 | 13.10 | Silver |
| Village Bakery Half | 25/02/2018 | FV40 | 13.10 | Silver |
| Darwen Heritage Half | 25/03/2018 | FV40 | 13.10 | Silver |
| Trimpell 20 | 20/03/2016 | FV40 | 20.00 | Silver |
| Trimpell 20 | 18/03/2018 | FV40 | 20.00 | Silver |
| Virgin London Marathon | 24/04/2016 | FV40 | 26.20 | Silver |
| Virgin London Marathon | 22/04/2018 | FV40 | 26.20 | Silver |

Mike Toft

| | | | | |
|------------------------|------------|-------|-------|--------|
| Vic Musgrave 5k | 19/07/2017 | Sen M | 3.11 | Gold |
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Gold |
| Fairclough Five | 29/10/2017 | Sen M | 5.00 | Gold |
| Lancaster 10k | 12/07/2017 | Sen M | 6.21 | Gold |
| Ribble Valley 10k | 31/12/2017 | Sen M | 6.21 | Gold |
| Myprotein Preston 10 | 19/11/2017 | Sen M | 10.00 | Gold |
| Chester Half | 21/05/2017 | Sen M | 13.10 | Gold |
| Freckleton Half | 18/06/2017 | Sen M | 13.10 | Gold |
| Windmill Half | 16/07/2017 | Sen M | 13.10 | Gold |
| 315 Lancaster Half | 03/12/2017 | Sen M | 13.10 | Gold |
| Inskip Half | 21/01/2018 | Sen M | 13.10 | Gold |
| The Golden Ball | 03/09/2017 | Sen M | 20.00 | Gold |
| Blackpool Marathon | 23/04/2017 | Sen M | 26.20 | Gold |
| Chester Marathon | 08/10/2017 | Sen M | 26.20 | Gold |
| Thornton Inter Club | 27/06/2017 | Sen M | 5.00 | Silver |
| Blackpool Promenade 10 | 27/05/2017 | Sen M | 10.00 | Silver |
| Trimpell 20 | 19/03/2017 | Sen M | 20.00 | Silver |
| Virgin London Marathon | 22/04/2018 | Sen M | 26.20 | Silver |

Neil Baynton-Roberts

| | | | | |
|-------------------------------|------------|-----|-------|--------|
| Freckleton Half Marathon | 21/06/2015 | V50 | 13.10 | Bronze |
| 315 Lancaster 5k (March 2018) | 03/03/2018 | V55 | 3.11 | Gold |
| Great Manchester Run 10k | 28/05/2017 | V55 | 6.21 | Gold |
| Lancaster 10k | 12/07/2017 | V55 | 6.21 | Gold |
| St Annes Ten Miler | 28/01/2018 | V55 | 10.00 | Gold |
| Freckleton Half | 18/06/2017 | V55 | 13.10 | Gold |
| Wesham 10k | 26/11/2016 | V55 | 6.21 | Silver |

Neil Tate

| | | | | |
|------------------------|------------|-------|-------|--------|
| Wesham Summer 10k | 23/05/2018 | Sen M | 6.21 | Bronze |
| Virgin London Marathon | 24/04/2016 | Sen M | 26.20 | Gold |

Nigel Simpkin

| | | | | |
|---------------------------------|------------|------|-------|--------|
| St Annes Carnival | 12/07/2015 | MV55 | 3.11 | Bronze |
| Preston 10 | 15/11/2015 | MV55 | 10.00 | Bronze |
| Freckleton Half Marathon | 21/06/2015 | MV55 | 13.10 | Bronze |
| Plusnet Yorkshire Half Marathon | 10/04/2016 | MV55 | 13.10 | Bronze |
| Thornton Inter Club | 27/06/2017 | MV60 | 5.00 | Bronze |

Pam Hardman

| | | | | |
|--------------------------|------------|------|-------|--------|
| St Annes Carnival | 12/07/2015 | FV55 | 3.11 | Gold |
| St Annes Carnival 5k | 10/07/2016 | FV55 | 3.11 | Gold |
| Elletson Arms 10k | 17/10/2015 | FV55 | 6.21 | Gold |
| Fairclough 5 | 25/10/2015 | FV55 | 5.00 | Silver |
| Lytham Interclub | 09/06/2016 | FV55 | 5.00 | Silver |
| Fairclough Five | 23/10/2016 | FV55 | 5.00 | Silver |
| Blacksticks Blue | 08/05/2016 | FV55 | 6.21 | Silver |
| Sweatshop 10 | 13/03/2016 | FV55 | 10.00 | Silver |
| Derwentwater 10 | 06/11/2016 | FV55 | 10.00 | Silver |
| St Annes 10 Miler | 29/01/2017 | FV55 | 10.00 | Silver |
| Freckleton Half Marathon | 19/06/2016 | FV55 | 13.10 | Silver |
| Conwy Half | 20/11/2016 | FV55 | 13.10 | Silver |

Paul Veevers

| | | | | |
|---------------------------|------------|-------|-------|--------|
| Illuminations 5k | 26/08/2017 | Sen M | 3.11 | Bronze |
| Green Drive Five | 16/10/2016 | Sen M | 5.00 | Bronze |
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Bronze |
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Bronze |
| Windmill 10k | 13/11/2016 | Sen M | 6.21 | Bronze |
| Garstang 10k | 08/01/2017 | Sen M | 6.21 | Bronze |
| Wesham Summer 10k | 23/05/2018 | Sen M | 6.21 | Bronze |
| Freckleton Half | 18/06/2017 | Sen M | 13.10 | Bronze |
| ASICS Manchester Marathon | 02/04/2017 | Sen M | 26.20 | Bronze |
| Lytham Carnival 5k | 09/07/2017 | Sen M | 3.11 | Silver |
| Best 5k | 26/11/2017 | Sen M | 3.11 | Silver |
| Thornton Inter Club | 27/06/2017 | Sen M | 5.00 | Silver |
| Fairclough Five | 29/10/2017 | Sen M | 5.00 | Silver |
| Ribble Valley | 27/12/2016 | Sen M | 6.21 | Silver |
| Lancaster 10k | 12/07/2017 | Sen M | 6.21 | Silver |
| Ribble Valley 10k | 31/12/2017 | Sen M | 6.21 | Silver |
| English Half Marathon | 17/09/2017 | Sen M | 13.10 | Silver |

Paula McCandless

| | | | | |
|---------------------|------------|------|------|--------|
| Thornton Inter Club | 27/06/2017 | FV50 | 5.00 | Bronze |
| Lancaster 10k | 12/07/2017 | FV50 | 6.21 | Bronze |

Ross McKelvie

| | | | | |
|--|------------|-------|-------|--------|
| St Annes Carnival 5k | 10/07/2016 | Sen M | 3.11 | Bronze |
| Lytham Carnival 5k | 09/07/2017 | Sen M | 3.11 | Bronze |
| Blackpool Festival Of Running 5k | 21/04/2018 | Sen M | 3.11 | Bronze |
| Avenham Park | 07/05/2018 | Sen M | 3.11 | Bronze |
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Bronze |
| Blackpool Airshow 10k | 08/08/2016 | Sen M | 6.21 | Bronze |
| Quiaing 10k, Isle of Skye | 20/08/2016 | Sen M | 6.21 | Bronze |
| Great Scottish Run | 02/10/2016 | Sen M | 6.21 | Bronze |
| Autumn Breaker | 15/10/2017 | Sen M | 6.21 | Bronze |
| Lancaster 3-2-1 Series Christmas Cracker 2 | 24/12/2017 | Sen M | 6.21 | Bronze |
| Stanley Park 10k Weekend (Saturday) | 24/02/2018 | Sen M | 6.21 | Bronze |
| Mother's Day 10k | 10/03/2018 | Sen M | 6.21 | Bronze |
| Blackpool Promenade 10 | 28/05/2016 | Sen M | 10.00 | Bronze |
| St Annes 10 Miler | 29/01/2017 | Sen M | 10.00 | Bronze |
| Victoria Park Easter Run | 30/03/2018 | Sen M | 13.10 | Gold |
| St Annes Carnival | 12/07/2015 | Sen M | 3.11 | Silver |
| Illuminations 5k | 27/08/2016 | Sen M | 3.11 | Silver |
| 315 5k Fun Run | 03/12/2017 | Sen M | 3.11 | Silver |
| Lancaster 315 Series (13th Jan) | 13/01/2018 | Sen M | 3.11 | Silver |
| Lancaster 315 Series (3rd Feb) | 03/02/2018 | Sen M | 3.11 | Silver |
| 315 Lancaster 5k (March 2018) | 03/03/2018 | Sen M | 3.11 | Silver |
| Lancaster 123 (May 2018) | 19/05/2018 | Sen M | 3.11 | Silver |
| Lancaster 3-2-1 Series Christmas Cracker 1 | 17/12/2017 | Sen M | 6.21 | Silver |

Roy Stevens

| | | | | |
|---|------------|------|-------|--------|
| Great North West Half Marathon | 21/02/2016 | MV60 | 13.10 | Bronze |
| IAAF World Half Marathon Championships, Cardiff | 26/03/2016 | MV60 | 13.10 | Bronze |
| MBNA Chester Marathon | 04/10/2015 | MV60 | 26.20 | Bronze |
| Dublin Marathon | 30/10/2016 | MV60 | 26.20 | Bronze |
| St Annes Carnival 5k | 10/07/2016 | MV60 | 3.11 | Silver |
| Lytham Interclub | 14/05/2015 | MV60 | 5.00 | Silver |
| Green Drive Five | 18/10/2015 | MV60 | 5.00 | Silver |
| St George's Day 10k | 26/04/2015 | MV60 | 6.21 | Silver |
| Fleetwood 10k | 10/04/2016 | MV60 | 6.21 | Silver |
| Windmill 10k | 13/11/2016 | MV60 | 6.21 | Silver |
| Freckleton Half Marathon | 21/06/2015 | MV60 | 13.10 | Silver |
| Windmill Half | 17/07/2016 | MV60 | 13.10 | Silver |
| Fleetwood Half | 21/08/2016 | MV60 | 13.10 | Silver |
| Rochdale Half Marathon | 25/09/2016 | MV60 | 13.10 | Silver |
| Lancaster 20 | 04/09/2016 | MV60 | 20.00 | Silver |
| Vodafone Malta Marathon | 05/03/2017 | MV65 | 26.20 | Bronze |
| Tokyo Marathon | 25/02/2018 | MV65 | 26.20 | Bronze |
| Wesham 10k | 26/11/2016 | MV65 | 6.21 | Gold |
| Myerscough 10 | 01/12/2017 | MV65 | 10.00 | Gold |
| Lytham Carnival 5k | 09/07/2017 | MV65 | 3.11 | Silver |
| Lytham Inter Club | 11/05/2017 | MV65 | 5.00 | Silver |
| Lytham Inter Club 2018 | 03/05/2018 | MV65 | 5.00 | Silver |
| St Annes Ten Miler | 28/01/2018 | MV65 | 10.00 | Silver |

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|--------------------------------|------------|------|-------|--------|
| Great North West Half Marathon | 19/02/2017 | MV65 | 13.10 | Silver |
| Chester Half | 21/05/2017 | MV65 | 13.10 | Silver |
| West Coast Half | 08/10/2017 | MV65 | 13.10 | Silver |
| Inskip Half | 21/01/2018 | MV65 | 13.10 | Silver |
| Brighton Marathon | 09/04/2017 | MV65 | 26.20 | Silver |

Roy Upton

| | | | | |
|------------------------|------------|------|------|--------|
| Lytham Interclub | 14/05/2015 | MV45 | 5.00 | Bronze |
| Lytham Carnival 5k | 09/07/2017 | MV50 | 3.11 | Bronze |
| Lytham Inter Club 2018 | 03/05/2018 | MV50 | 5.00 | Bronze |

Russ Chew

| | | | | |
|---------------------------------------|------------|------|-------|--------|
| Liverpool Spring 10k | 06/05/2018 | MV55 | 6.21 | Bronze |
| Liverpool Rock 'N' Roll Half Marathon | 20/05/2018 | MV55 | 13.10 | Bronze |

Ruth Wheatley

| | | | | |
|---------------------------------------|------------|------|-------|--------|
| Green Drive Five | 18/10/2015 | FV45 | 5.00 | Bronze |
| Windmill 10k | 13/11/2016 | FV45 | 6.21 | Bronze |
| Wesham 10k | 26/11/2016 | FV45 | 6.21 | Bronze |
| Barcelona Half Marathon | 05/02/2017 | FV45 | 13.10 | Bronze |
| Liverpool Rock 'N' Roll Half Marathon | 28/05/2017 | FV45 | 13.10 | Bronze |
| Conwy Half | 19/11/2017 | FV45 | 13.10 | Bronze |
| Lytham Carnival 5k | 09/07/2017 | FV45 | 3.11 | Silver |
| Wesham 10k | 25/11/2017 | FV45 | 6.21 | Silver |

Steve Hargreaves

| | | | | |
|---|------------|-------|-------|---------|
| Villa de Getafe | 31/01/2016 | MV40 | 13.10 | Diamond |
| IAAF World Half Marathon Championships, Cardiff | 26/03/2016 | MV40 | 13.10 | Diamond |
| BMW Berlin Marathon | 27/09/2015 | MV40 | 26.20 | Diamond |
| Virgin London Marathon | 24/04/2016 | MV40 | 26.20 | Diamond |
| Treviso Marathon | 25/03/2018 | MV40 | 26.20 | Diamond |
| 10k de San Sebastian | 29/11/2015 | MV40 | 6.21 | Gold |
| Mornington Chasers' Regents Park 10k | 07/02/2016 | MV40 | 6.21 | Gold |
| Garda Trantino | 08/11/2015 | MV40 | 13.10 | Gold |
| Move It Garda Arcese Half Marathon, Italy | 12/11/2017 | MV40 | 13.10 | Gold |
| Peter Lowe Memorial Hollins Green 5k | 13/06/2015 | Sen M | 3.11 | Gold |
| Worthersee Halbmarathon | 21/08/2015 | Sen M | 13.10 | Gold |

Steve Tate

| | | | | |
|------------------------|------------|------|------|--------|
| St Annes Carnival 5k | 10/07/2016 | MV60 | 3.11 | Bronze |
| Lytham Carnival 5k | 09/07/2017 | MV60 | 3.11 | Bronze |
| Green Drive Five | 16/10/2016 | MV60 | 5.00 | Bronze |
| Lytham Inter Club 2018 | 03/05/2018 | MV60 | 5.00 | Bronze |

Sue Hawitt

| | | | | |
|---|------------|------|------|------|
| Best 5k (Run For Rory) | 27/11/2016 | FV50 | 3.11 | Gold |
| Catforth Canter (August) | 12/08/2017 | FV50 | 3.11 | Gold |
| Bernard and Evelyn's 80th Birthday Bash | 31/07/2016 | FV50 | 5.00 | Gold |
| Windmill 10k | 13/11/2016 | FV50 | 6.21 | Gold |

Sue Samme

| | | | | |
|-------------------|------------|------|------|---------|
| Wesham Summer 10k | 23/05/2018 | FV55 | 6.21 | Diamond |
|-------------------|------------|------|------|---------|

Sylvia Gittins

| | | | | |
|---|------------|------|-------|--------|
| Conwy Half | 19/11/2017 | FV70 | 13.10 | Bronze |
| Bernard and Evelyn's 80th Birthday Bash | 31/07/2016 | FV70 | 5.00 | Gold |
| Blackburn Winter Warmer | 05/02/2017 | FV70 | 6.21 | Gold |
| Sweatshop 10 | 13/03/2016 | FV70 | 10.00 | Gold |
| Blackpool Promenade 10 | 28/05/2016 | FV70 | 10.00 | Gold |
| Guy's Court 10 | 04/12/2016 | FV70 | 10.00 | Gold |
| St Annes 10 Miler | 29/01/2017 | FV70 | 10.00 | Gold |
| Eastbourne Half Marathon | 06/03/2016 | FV70 | 13.10 | Gold |
| Inskip Half | 21/01/2017 | FV70 | 13.10 | Gold |
| Thornton Inter Club | 27/06/2017 | FV70 | 5.00 | Silver |
| Blacksticks Blue | 08/05/2016 | FV70 | 6.21 | Silver |
| Blackburn Winter Warmer | 04/02/2018 | FV70 | 6.21 | Silver |
| St Annes Ten Miler | 28/01/2018 | FV70 | 10.00 | Silver |
| Calder Vale Country 10m | 30/03/2018 | FV70 | 10.00 | Silver |
| Conwy Half | 20/11/2016 | FV70 | 13.10 | Silver |
| Eastbourne Half Marathon | 05/03/2017 | FV70 | 13.10 | Silver |
| Great North West Half | 18/02/2018 | FV70 | 13.10 | Silver |

Tom Howarth

| | | | | |
|--------------------------|------------|-------|-------|--------|
| St Annes Carnival | 12/07/2015 | Sen M | 3.11 | Bronze |
| St Annes Carnival 5k | 10/07/2016 | Sen M | 3.11 | Bronze |
| Lytham Carnival 5k | 09/07/2017 | Sen M | 3.11 | Bronze |
| Green Drive Five | 18/10/2015 | Sen M | 5.00 | Bronze |
| Lytham Interclub | 09/06/2016 | Sen M | 5.00 | Bronze |
| Green Drive Five | 16/10/2016 | Sen M | 5.00 | Bronze |
| Worden Park 10k | 17/05/2015 | Sen M | 6.21 | Bronze |
| Windmill 10k | 08/11/2015 | Sen M | 6.21 | Bronze |
| Wesham 10k | 28/11/2015 | Sen M | 6.21 | Bronze |
| Garstang 10k | 10/01/2016 | Sen M | 6.21 | Bronze |
| Garstang 10k | 08/01/2017 | Sen M | 6.21 | Bronze |
| Lancaster 10k | 12/07/2017 | Sen M | 6.21 | Bronze |
| Ribble Valley 10k | 31/12/2017 | Sen M | 6.21 | Bronze |
| Preston 10 | 15/11/2015 | Sen M | 10.00 | Bronze |
| Blackpool Promenade 10 | 27/05/2017 | Sen M | 10.00 | Bronze |
| St Annes Ten Miler | 28/01/2018 | Sen M | 10.00 | Bronze |
| Freckleton Half Marathon | 19/06/2016 | Sen M | 13.10 | Bronze |
| Windmill Half | 17/07/2016 | Sen M | 13.10 | Bronze |
| Freckleton Half | 18/06/2017 | Sen M | 13.10 | Bronze |
| Windmill Half | 16/07/2017 | Sen M | 13.10 | Bronze |
| English Half Marathon | 17/09/2017 | Sen M | 13.10 | Bronze |
| Lancaster 5k | 29/08/2015 | Sen M | 3.11 | Gold |
| Cheshire 10k | 10/04/2016 | Sen M | 6.21 | Gold |

| | | | | |
|--------------------------------------|------------|-------|-------|--------|
| Trimpell 20 | 20/03/2016 | Sen M | 20.00 | Gold |
| Catforth Canter | 04/07/2015 | Sen M | 3.11 | Silver |
| Catforth Canter | 15/08/2015 | Sen M | 3.11 | Silver |
| Lytham Interclub | 14/05/2015 | Sen M | 5.00 | Silver |
| Lytham Inter Club | 11/05/2017 | Sen M | 5.00 | Silver |
| Thornton Inter Club | 27/06/2017 | Sen M | 5.00 | Silver |
| Lytham Inter Club 2018 | 03/05/2018 | Sen M | 5.00 | Silver |
| Lancaster Wednesday 10k | 15/07/2015 | Sen M | 6.21 | Silver |
| Arley Hall 10k | 12/11/2016 | Sen M | 6.21 | Silver |
| Wesham 10k | 26/11/2016 | Sen M | 6.21 | Silver |
| Ribble Valley | 27/12/2016 | Sen M | 6.21 | Silver |
| Cheshire 10k | 04/11/2017 | Sen M | 6.21 | Silver |
| Sweatshop 10 | 13/03/2016 | Sen M | 10.00 | Silver |
| Preston Harriers' Ten Miler | 20/11/2016 | Sen M | 10.00 | Silver |
| Guy's Court 10 | 04/12/2016 | Sen M | 10.00 | Silver |
| St Annes 10 Miler | 29/01/2017 | Sen M | 10.00 | Silver |
| Myprotein Preston 10 | 19/11/2017 | Sen M | 10.00 | Silver |
| Freckleton Half Marathon | 21/06/2015 | Sen M | 13.10 | Silver |
| Windmill Half | 19/07/2015 | Sen M | 13.10 | Silver |
| Wrexham Village Bakery Half | 14/02/2016 | Sen M | 13.10 | Silver |
| Valiants Half Marathon | 17/04/2016 | Sen M | 13.10 | Silver |
| Inskip Half | 21/01/2017 | Sen M | 13.10 | Silver |
| Wrexham Village Bakery Half Marathon | 19/02/2017 | Sen M | 13.10 | Silver |
| Valiant's Half | 16/04/2017 | Sen M | 13.10 | Silver |

| | | | | |
|---------------------------|------------|-------|-------|--------|
| 315 Lancaster Half | 03/12/2017 | Sen M | 13.10 | Silver |
| Inskip Half | 21/01/2018 | Sen M | 13.10 | Silver |
| Virgin London Marathon | 26/04/2015 | Sen M | 26.20 | Silver |
| MBNA Chester Marathon | 04/10/2015 | Sen M | 26.20 | Silver |
| Chester Marathon | 02/10/2016 | Sen M | 26.20 | Silver |
| ASICS Manchester Marathon | 02/04/2017 | Sen M | 26.20 | Silver |

