



Alex Fraser

Lytham Inter Club 2018

03/05/2018

Sen M

5.00

Bronze

Alex Tate

Lytham Carnival 5k	09/07/2017	Sen M	3.11	Bronze
Green Drive Five	16/10/2016	Sen M	5.00	Bronze
Lytham Inter Club 2018	03/05/2018	Sen M	5.00	Bronze
Thornton Inter Club (2018)	26/06/2018	Sen M	5.00	Bronze
The Sheriff 10k	30/04/2017	Sen M	6.21	Bronze
Wesham Summer 10k	23/05/2018	Sen M	6.21	Bronze
Boxing Day 10k	26/12/2018	Sen M	6.21	Bronze
St Annes 10 Miler	29/01/2017	Sen M	10.00	Bronze
St Annes Ten Miler	28/01/2018	Sen M	10.00	Bronze
Calder Vale Country 10m	30/03/2018	Sen M	10.00	Bronze
Caldervale Country 10m	29/07/2018	Sen M	10.00	Bronze
Preston Harriers' 10 Miler	18/11/2018	Sen M	10.00	Bronze
Central Lancs Half	08/01/2017	Sen M	13.10	Bronze
Great North West Half Marathon	19/02/2017	Sen M	13.10	Bronze
Freckleton Half	18/06/2017	Sen M	13.10	Bronze
Garstang Half	03/09/2017	Sen M	13.10	Bronze
English Half Marathon	17/09/2017	Sen M	13.10	Bronze
West Coast Half	08/10/2017	Sen M	13.10	Bronze
Central Lancs New Year Half	07/01/2018	Sen M	13.10	Bronze
Blackpool Marathon	23/04/2017	Sen M	26.20	Bronze
Lytham Inter Club	11/05/2017	Sen M	5.00	Silver
Lancaster 10k	12/07/2017	Sen M	6.21	Silver
Illuminations 10k	26/08/2017	Sen M	6.21	Silver

West Coast Half	09/10/2016	Sen M	13.10	Silver
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Alistair Leivers

Thornton Inter Club (2018)	26/06/2018	Sen M	5.00	Bronze
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Manchester Half	14/10/2018	Sen M	13.10	Silver
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Andy Draper

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
Lostock Hall Carnival 5k	07/07/2018	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
Windmill 10k	11/11/2018	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
Preston Harriers' 10 Miler	18/11/2018	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
English Half Marathon	16/09/2018	Sen M	13.10	Gold
Inskip Half	20/01/2019	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
123 Golden Ball	02/09/2018	Sen M	20.00	Gold
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
Yorkshire Marathon	14/10/2018	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
Ribble Valley 10k	30/12/2018	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				
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
Thornton Inter Club (2018)	26/06/2018	MV45	5.00	Gold
Wesham 10k	24/11/2018	MV45	6.21	Gold
Mitja Marato Pollenca	08/04/2018	MV45	13.10	Gold
Freckleton Half	17/06/2018	MV45	13.10	Gold
Liverpool Rock 'N' Roll Marathon	20/05/2018	MV45	26.20	Gold
Bob Clough				
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

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
Berlin Marathon	16/09/2018	Sen M	26.20	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
Fairclough Five	28/10/2018	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
Leeds Abbey Dash	04/11/2018	Sen M	6.21	Gold
Ribble Valley 10k	30/12/2018	Sen M	6.21	Gold
Garstang 10k	13/01/2019	Sen M	6.21	Gold

Valentine's 10k	10/02/2019	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
Inskip Half	20/01/2019	Sen M	13.10	Gold
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
Claire Markham				
Green Drive Five	21/10/2018	FV45	5.00	Silver
Autumn Breaker	14/10/2018	FV45	6.21	Silver
St Annes 10 Miler	27/01/2019	FV45	10.00	Silver

Colin Laidlaw

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

Lytham Inter Club 2018	03/05/2018	MV40	5.00	Bronze
Fairclough Five	28/10/2018	MV40	5.00	Bronze
Wesham 10k	25/11/2017	MV40	6.21	Bronze
Fairhaven Flier	16/09/2018	MV40	6.21	Bronze
Wesham 10k	24/11/2018	MV40	6.21	Bronze
Myprotein Preston 10	19/11/2017	MV40	10.00	Bronze
Preston Harriers' 10 Miler	18/11/2018	MV40	10.00	Bronze
West Coast Half Marathon	07/10/2018	MV40	13.10	Bronze

Derek Caborn

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

Move It Garda Arcese Half Marathon, Italy	12/11/2017	FV40	13.10	Gold
Frankfurt Marathon	28/10/2018	FV40	26.20	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

Christleton	19/05/2017	Sen L	3.11	Gold
Mystery 5k	13/06/2017	Sen L	3.11	Gold
Ellesmere Port RC 5k	15/08/2018	Sen L	3.11	Gold
Mid Cheshire 5k	23/08/2018	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
Myerscough 10	02/12/2018	Sen L	10.00	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
Brass Monkey	13/01/2019	Sen L	13.10	Gold
Essar Village Half	20/01/2019	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
123 Golden Ball	02/09/2018	Sen L	20.00	Gold
Amsterdam Marathon	15/10/2017	Sen L	26.20	Gold
Yorkshire Marathon	14/10/2018	Sen L	26.20	Gold

Gavin Stanfield

Lytham Inter Club 2018	03/05/2018	MV45	5.00	Bronze
Thornton Inter Club (2018)	26/06/2018	MV45	5.00	Bronze
Green Drive Five	21/10/2018	MV45	5.00	Bronze
St Annes Ten Miler	28/01/2018	MV45	10.00	Bronze

Heidi Haigh

Keswick Half	06/05/2018	FV45	13.10	Bronze
Lytham Inter Club 2018	03/05/2018	FV45	5.00	Silver
Thornton Inter Club (2018)	26/06/2018	FV45	5.00	Silver
Windmill 10k	11/11/2018	FV45	6.21	Silver
Blackpool Festival Of Running Half Marathon	22/04/2018	FV45	13.10	Silver
Paphos Marathon, Cyprus	04/03/2018	FV45	26.20	Silver
Manchester Marathon	08/04/2018	FV45	26.20	Silver
Liverbird Double Day 1	31/12/2018	FV45	26.20	Silver

Ian Tate

Hunters 5k	19/06/2018	MV40	3.11	Bronze
Hunters 5k (August 2018)	28/08/2018	MV40	3.11	Bronze
Thornton Inter Club (2018)	26/06/2018	MV40	5.00	Bronze
Garstang 10k	14/01/2018	MV40	6.21	Bronze
Wesham Summer 10k	23/05/2018	MV40	6.21	Bronze
English Half Marathon	17/09/2017	MV40	13.10	Bronze
Central Lancs New Year Half	07/01/2018	MV40	13.10	Bronze
Great North West Half	18/02/2018	MV40	13.10	Bronze

Jennifer Hill

Inskip Half	20/01/2019	Sen L	13.10	Bronze
Lytham Inter Club 2018	03/05/2018	Sen L	5.00	Silver
English Half Marathon 10k	17/09/2017	Sen L	6.21	Silver
Autumn Breaker	15/10/2017	Sen L	6.21	Silver
Stanley Park 10k Weekend (Saturday)	24/02/2018	Sen L	6.21	Silver
Fleetwood 10k	08/04/2018	Sen L	6.21	Silver
Myprotein Preston 10	19/11/2017	Sen L	10.00	Silver
Rome Half	11/03/2018	Sen L	13.10	Silver

Jo Goorney

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

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
Thornton Inter Club (2018)	26/06/2018	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
Preston Harriers' 10 Miler	18/11/2018	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
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
Freckleton Half	17/06/2018	Sen M	13.10	Silver

Jonathan Tuck

Lytham Inter Club 2018	03/05/2018	MV40	5.00	Silver
Thornton Inter Club (2018)	26/06/2018	MV40	5.00	Silver
Green Drive Five	21/10/2018	MV40	5.00	Silver

Julie Wiseman

Green Drive Five	22/10/2017	FV55	5.00	Bronze
Windmill 10k	11/11/2018	FV55	6.21	Bronze
Boxing Day 10k	26/12/2018	FV55	6.21	Bronze
St Annes Ten Miler	28/01/2018	FV55	10.00	Bronze
Lytham Inter Club 2018	03/05/2018	FV55	5.00	Silver
Thornton Inter Club (2018)	26/06/2018	FV55	5.00	Silver
Fairhaven Flier	16/09/2018	FV55	6.21	Silver
St Annes 10 Miler	27/01/2019	FV60	10.00	Bronze

Karen Lanigan

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

Lytham Inter Club 2018	03/05/2018	Sen M	5.00	Gold
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Thornton Inter Club (2018)	26/06/2018	Sen M	5.00	Silver
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Kevin Murray

Fairhaven Flier	16/09/2018	MV45	6.21	Bronze
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Kirsten Burnett

Avenham Park	07/05/2018	FV45	3.11	Silver
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Green Drive Five	21/10/2018	FV45	5.00	Silver
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Jail Break 10k	28/10/2018	FV45	6.21	Silver
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Windmill 10k	11/11/2018	FV45	6.21	Silver
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Boxing Day 10k	26/12/2018	FV45	6.21	Silver
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Ribble Valley 10k	30/12/2018	FV45	6.21	Silver
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Lee Morrison

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

City Of Preston 10k	30/09/2018	FV35	6.21	Diamond
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Ribble Valley 10k	30/12/2018	FV35	6.21	Diamond
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Preston Harriers' 10 Miler	18/11/2018	FV35	10.00	Diamond
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Lytham Inter Club 2018	03/05/2018	FV35	5.00	Gold
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Louise Cox

Boxing Day 10k	26/12/2018	FV45	6.21	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

Catforth Canter (May 2018)	26/05/2018	FV40	3.11	Gold
Lytham Interclub	14/05/2015	FV40	5.00	Gold
Lytham Inter Club 2018	03/05/2018	FV40	5.00	Gold
Thornton Inter Club (2018)	26/06/2018	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
City Of Preston 10m	12/08/2018	FV40	10.00	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
Ribble Valley 10k	31/12/2017	FV40	6.21	Silver
Fleetwood 10k	08/04/2018	FV40	6.21	Silver
Simply Health Manchester 10k	20/05/2018	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
Fairclough Five	28/10/2018	FV45	5.00	Diamond
Fairhaven Flier	16/09/2018	FV45	6.21	Diamond
Boxing Day 10k	26/12/2018	FV45	6.21	Diamond

Rochdale Half	07/10/2018	FV45	13.10	Diamond
Central Lancs Half	06/01/2019	FV45	13.10	Diamond
Essar Village Half	20/01/2019	FV45	13.10	Diamond
Village Bakery Half	17/02/2019	FV45	13.10	Diamond
Michelle Hook				
Inskip Half	20/01/2019	Sen L	13.10	Bronze

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
Thornton Inter Club (2018)	26/06/2018	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
Cheshire 10k	10/11/2018	Sen M	6.21	Gold
Myprotein Preston 10	19/11/2017	Sen M	10.00	Gold
Myerscough 10	02/12/2018	Sen M	10.00	Gold
St Annes 10 Miler	27/01/2019	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
Central Lancs Half	06/01/2019	Sen M	13.10	Gold
Great North West Half	17/02/2019	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
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Neil Baynton-Roberts

St Annes 10 Miler	27/01/2019	MV55	10.00	Bronze
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3-1-5 Lancaster 5k (12th Feb)	12/01/2019	MV55	3.11	Gold
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Garstang 10k	13/01/2019	MV55	6.21	Gold
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Freckleton Half	17/06/2018	MV55	13.10	Gold
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Freckleton Half Marathon	21/06/2015	V50	13.10	Bronze
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315 Lancaster 5k (March 2018)	03/03/2018	V55	3.11	Gold
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Great Manchester Run 10k	28/05/2017	V55	6.21	Gold
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Lancaster 10k	12/07/2017	V55	6.21	Gold
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St Annes Ten Miler	28/01/2018	V55	10.00	Gold
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Freckleton Half	18/06/2017	V55	13.10	Gold
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Wesham 10k	26/11/2016	V55	6.21	Silver
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Neil Tate

Hunters 5k	19/06/2018	Sen M	3.11	Gold
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Thornton Inter Club (2018)	26/06/2018	Sen M	5.00	Gold
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Virgin London Marathon	24/04/2016	Sen M	26.20	Gold
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Nigel Simpkin

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

New York Marathon 5k	03/11/2018	MV50	3.11	Bronze
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Pam Hardman

St Annes Carnival	12/07/2015	FV55	3.11	Gold
St Annes Carnival 5k	10/07/2016	FV55	3.11	Gold
Thornton Inter Club (2018)	26/06/2018	FV55	5.00	Gold
Elletson Arms 10k	17/10/2015	FV55	6.21	Gold
Freckleton Half	17/06/2018	FV55	13.10	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
Garstang Half	02/09/2018	FV55	13.10	Silver
3-1-5 5k	02/02/2019	FV60	3.11	Diamond
Fairclough Five	28/10/2018	FV60	5.00	Diamond
Hunters	27/01/2019	FV60	6.21	Diamond
Derwentwater 10	04/11/2018	FV60	10.00	Gold
Great North West Half	17/02/2019	FV60	13.10	Gold

Paul Veevers

Illuminations 5k	26/08/2017	Sen M	3.11	Bronze
Hunters 5k (August 2018)	28/08/2018	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
Green Drive Five	21/10/2018	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
City Of Preston 10k	30/09/2018	Sen M	6.21	Bronze
Windmill 10k	11/11/2018	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
Lostock Hall Carnival 5k	07/07/2018	Sen M	3.11	Gold
Lytham Carnival 5k	09/07/2017	Sen M	3.11	Silver
Best 5k	26/11/2017	Sen M	3.11	Silver
Hunters 5k	19/06/2018	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
Thornton Inter Club (2018)	26/06/2018	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
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Freckleton Half	17/06/2018	Sen M	13.10	Silver
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Paula McCandless

Thornton Inter Club	27/06/2017	FV50	5.00	Bronze
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Lancaster 10k	12/07/2017	FV50	6.21	Bronze
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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
315 Cancer Care 5k	26/09/2018	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
Jail Break 10k	28/10/2018	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
Power of 5k	20/07/2018	Sen M	3.11	Silver
3-1-5 5k	02/02/2019	Sen M	3.11	Silver
Green Drive Five	21/10/2018	Sen M	5.00	Silver
Lancaster 3-2-1 Series Christmas Cracker 1	17/12/2017	Sen M	6.21	Silver
Bank Of Scotland Great Scottish 10k	30/09/2018	Sen M	6.21	Silver
Autumn Breaker	14/10/2018	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
St Annes 10 Miler	27/01/2019	MV65	10.00	Bronze
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
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
Fairhaven Flier	16/09/2018	MV50	6.21	Bronze

Russ Chew

Green Drive Five	21/10/2018	MV55	5.00	Bronze
Liverpool Spring 10k	06/05/2018	MV55	6.21	Bronze
Alderley Edge	01/07/2018	MV55	6.21	Bronze
Liverpool Rock 'N' Roll Half Marathon	20/05/2018	MV55	13.10	Bronze
Podium 5k	15/06/2018	MV55	3.11	Silver

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
Frankfurt Marathon	28/10/2018	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
Hunters 5k	29/05/2018	MV60	3.11	Bronze
Hunters 5k	19/06/2018	MV60	3.11	Bronze
Hunters 5k (August 2018)	28/08/2018	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
Thornton Inter Club (2018)	26/06/2018	MV60	5.00	Bronze
Green Drive Five	21/10/2018	MV60	5.00	Silver
Windmill 10k	11/11/2018	MV60	6.21	Silver

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
Windmill 10k	11/11/2018	FV50	6.21	Gold

Sue Samme

Wesham Summer 10k	23/05/2018	FV55	6.21	Diamond
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Terry Hellings

Power of 5k	15/02/2019	MV65	3.11	Diamond
Lancaster 315	15/12/2018	MV65	3.11	Gold
3-1-5 5k	02/02/2019	MV65	3.11	Gold
Hunters	27/01/2019	MV65	6.21	Gold

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
Thornton Inter Club (2018)	26/06/2018	Sen M	5.00	Bronze
Green Drive Five	21/10/2018	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
Trafford 10k	02/09/2018	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
St Annes 10 Miler	27/01/2019	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
English Half Marathon	16/09/2018	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
Cheshire 10k	10/11/2018	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
Preston Harriers' 10 Miler	18/11/2018	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
Freckleton Half	17/06/2018	Sen M	13.10	Silver
Inskip Half	20/01/2019	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
Trevor Roberts				
Green Drive Five	21/10/2018	MV60	5.00	Bronze

