



Andy Unsworth			233.81
Wesham 10k	6.21	24/11/2018	78.62
Lytham Inter Club 2018	5.00	03/05/2018	78.59
Mitja Marato Pollenca	13.10	08/04/2018	76.60
Barbara Holmes			78.08
St Annes 10 Miler	10.00	27/01/2019	78.08
Brian Porter			57.45
Thornton Inter Club (2018)	5.00	26/06/2018	57.45
Catherine Carrdus			257.35
Cheshire 10k	6.21	10/11/2018	86.15
Cheshire 10k	6.21	23/03/2019	85.60
Trafford 10k	6.21	02/09/2018	85.60
Claire Markham			199.04
Power of 5k	3.11	29/03/2019	69.55
Autumn Breaker	6.21	14/10/2018	65.17
St Annes 10 Miler	10.00	27/01/2019	64.32
Darran Ames			202.09
Fairhaven Flier	6.21	16/09/2018	67.88
Lytham Inter Club 2018	5.00	03/05/2018	67.15
Wesham 10k	6.21	24/11/2018	67.06
Dawn Lock			54.49
Thornton Inter Club (2018)	5.00	26/06/2018	54.49
Debbie Francis			109.43
Thornton Inter Club (2018)	5.00	26/06/2018	54.78
Lytham Inter Club 2018	5.00	03/05/2018	54.65
Dez Appleton			192.33
Power of 5k	3.11	20/07/2018	64.95
Thornton Inter Club (2018)	5.00	26/06/2018	64.55
Wesham 10k	6.21	24/11/2018	62.83

Emily Hargreaves			74.19
Frankfurt Marathon	26.20	28/10/2018	74.19
Gavin Stanfield			132.47
Lytham Inter Club 2018	5.00	03/05/2018	66.77
Thornton Inter Club (2018)	5.00	26/06/2018	65.70
Gerard Browne			122.85
Windmill 10k	6.21	11/11/2018	61.73
Autumn Breaker	6.21	14/10/2018	61.12
Gillian Oliver			52.70
Lytham Inter Club 2018	5.00	03/05/2018	52.70
Graham Webster			248.10
Power of 5k	3.11	29/03/2019	83.25
Lytham Inter Club 2018	5.00	03/05/2018	82.50
Cheshire 10k	6.21	10/11/2018	82.35
Graham Young			50.38
Windmill 10k	6.21	11/11/2018	50.38
Greg Oulton			172.16
Lytham Inter Club 2018	5.00	03/05/2018	58.26
Oulton Park Asics Half	13.10	24/02/2019	56.99
Preston Harriers' 10 Miler	10.00	18/11/2018	56.91
Heidi Haigh			203.79
Lytham Inter Club 2018	5.00	03/05/2018	69.43
Blackpool Festival Of Running Half Marathon	13.10	22/04/2018	67.48
Manchester Marathon	26.20	08/04/2018	66.88
Ian Balshaw			174.80
Inskip Half	13.10	20/01/2019	60.29
Lancaster Castle Half	13.10	04/11/2018	58.93
Berlin Half	13.10	08/04/2018	55.58

Ian Tate				203.78
Cheshire 10k	6.21	23/03/2019		70.24
Standish Hall 10k	6.21	23/02/2019		67.48
Run Wigan Festival 5k	3.11	17/03/2019		66.06
Jacqui Murray				176.39
Manchester Half	13.10	14/10/2018		58.92
Fairhaven Flier	6.21	16/09/2018		58.76
West Coast Half Marathon	13.10	07/10/2018		58.71
Jason Sheridan				181.99
Stanley Park 10k (Sunday)	6.21	24/02/2019		61.65
Wesham Summer 10k	6.21	23/05/2018		61.04
Hunters 5k	3.11	29/05/2018		59.30
Jo Goorney				67.09
Lytham Inter Club 2018	5.00	03/05/2018		67.09
John Bertenshaw				235.14
Lytham Inter Club 2018	5.00	03/05/2018		78.56
Trafford 10k	6.21	02/09/2018		78.29
English Half Marathon	13.10	16/09/2018		78.29
John Wild				92.81
Langdale Half Marathon	13.10	20/10/2018		47.24
Windermere Marathon	26.20	28/05/2018		45.57
Jonathan Tuck				149.70
Lytham Inter Club 2018	5.00	03/05/2018		75.62
Thornton Inter Club (2018)	5.00	26/06/2018		74.08
Julia Rolfe				210.43
Boxing Day 10k	6.21	26/12/2018		71.19
Hunters 5k (August 2018)	3.11	28/08/2018		69.67
City Of Preston 5m	5.00	12/08/2018		69.57

Julie Wiseman			200.57
Lytham Inter Club 2018	5.00	03/05/2018	68.64
Fairhaven Flier	6.21	16/09/2018	66.56
Thornton Inter Club (2018)	5.00	26/06/2018	65.37
Kate Benett			56.54
Tour Of Merseyside Southport 10k	6.21	01/07/2018	56.54
Kathy Gaunt			215.77
Run Wigan Festival 5k	3.11	17/03/2019	72.14
Mothers' Day 10k	6.21	30/03/2019	72.05
Autumn Breaker	6.21	14/10/2018	71.58
Kevin Murray			189.07
Fairhaven Flier	6.21	16/09/2018	63.57
Edinburgh Half Marathon	13.10	27/05/2018	63.51
Wesham 10k	6.21	24/11/2018	61.99
Kirsten Burnett			187.76
Boxing Day 10k	6.21	26/12/2018	62.79
Avenham Park	3.11	07/05/2018	62.64
Ribble Valley 10k	6.21	30/12/2018	62.33
Laura Byrne			160.53
Windmill 10k	6.21	11/11/2018	54.76
Wesham 10k	6.21	24/11/2018	54.12
West Coast Half Marathon	13.10	07/10/2018	51.65
Lee Morrison			56.00
Three Bridges	6.21	15/04/2018	56.00
Liz Abbott			260.16
Inverness Half	13.10	10/03/2019	88.14
Ribble Valley 10k	6.21	30/12/2018	86.54
Preston Harriers' 10 Miler	10.00	18/11/2018	85.48
Liz Boon			48.11
Langdale Half Marathon	13.10	20/10/2018	48.11

Louise Cox			73.04
Boxing Day 10k	6.21	26/12/2018	73.04
Louise De-Gier Flood			110.00
Lytham Inter Club 2018	5.00	03/05/2018	58.21
Windmill 10k	6.21	11/11/2018	51.79
Mark Gill			45.94
Avenham Park	3.11	07/05/2018	45.94
Mark Hughes			189.02
Windmill 10k	6.21	11/11/2018	63.43
Lytham Inter Club 2018	5.00	03/05/2018	62.91
Fairclough Five	5.00	28/10/2018	62.68
Mel Koth			236.55
Rochdale Half	13.10	07/10/2018	79.52
Essar Village Half	13.10	20/01/2019	78.91
Waters Wilmslow Half	13.10	24/03/2019	78.12
Michelle Sheridan			155.76
Wesham Summer 10k	6.21	23/05/2018	53.16
Thornton Inter Club (2018)	5.00	26/06/2018	52.20
Wray Scarecrow 10k	6.21	28/04/2018	50.40
Neil Baynton-Roberts			226.00
Garstang 10k	6.21	13/01/2019	76.45
3-1-5 Lancaster 5k (12th Feb)	3.11	12/01/2019	75.02
Freckleton Half	13.10	17/06/2018	74.53
Nicola Rowlands			55.28
Great North West Half	13.10	17/02/2019	55.28
Nicola Wiseman			120.96
Windmill 10k	6.21	11/11/2018	42.26
Blackpool Summer 10k	6.21	08/07/2018	41.54
Boxing Day 10k	6.21	26/12/2018	37.16

Nigel Thompson			66.13
New York Marathon 5k	3.11	03/11/2018	66.13
Pam Binns			240.68
West Coast Half Marathon	13.10	07/10/2018	80.63
Run Wigan Festival Half	13.10	17/03/2019	80.47
Myerscough 10	10.00	02/12/2018	79.58
Pam Hardman			229.52
Fairclough Five	5.00	28/10/2018	76.68
Thornton Inter Club (2018)	5.00	26/06/2018	76.44
Hunters	6.21	27/01/2019	76.40
Paul Veevers			70.35
St Annes 10 Miler	10.00	27/01/2019	70.35
Penny Morrison			146.95
Fleetwood 10k	6.21	08/04/2018	50.17
Wesham Summer 10k	6.21	23/05/2018	49.37
Three Bridges	6.21	15/04/2018	47.41
Peter Reid			184.57
Lytham Inter Club 2018	5.00	03/05/2018	62.05
Hunters 5k	3.11	29/05/2018	61.90
Wesham Summer 10k	6.21	23/05/2018	60.62
Richard Storey			183.94
Wesham Summer 10k	6.21	23/05/2018	63.61
Hunters 5k	3.11	29/05/2018	61.94
Thornton Inter Club (2018)	5.00	26/06/2018	58.39
Roy Stevens			191.10
Lytham Inter Club 2018	5.00	03/05/2018	70.66
St Annes 10 Miler	10.00	27/01/2019	64.36
Virgin London Marathon	26.20	22/04/2018	56.08
Roy Upton			128.05
Lytham Inter Club 2018	5.00	03/05/2018	64.16
Fairhaven Flier	6.21	16/09/2018	63.89

Russ Chew			135.38
Podium 5k	3.11	15/06/2018	68.86
Alderley Edge	6.21	01/07/2018	66.52
Ruth Bye			150.19
Stanley Park 10k (Saturday)	6.21	23/02/2019	50.69
Wesham Summer 10k	6.21	23/05/2018	50.40
Wesham 10k	6.21	24/11/2018	49.10
Ruth Wheatley			60.64
Windmill 10k	6.21	11/11/2018	60.64
Sarah Bagshaw			147.07
Fairhaven Flier	6.21	16/09/2018	50.73
Fleetwood 10k	6.21	08/04/2018	48.99
Blackpool Festival Of Running Half Marathon	13.10	22/04/2018	47.35
Sarah Gill			46.99
Avenham Park	3.11	07/05/2018	46.99
Steve Hargreaves			79.30
Frankfurt Marathon	26.20	28/10/2018	79.30
Steve Tate			195.88
Windmill 10k	6.21	11/11/2018	68.68
Hunters 5k (August 2018)	3.11	28/08/2018	64.72
Thornton Inter Club (2018)	5.00	26/06/2018	62.48
Sue Hawitt			224.00
Cheshire 10k	6.21	23/03/2019	77.27
Windmill 10k	6.21	11/11/2018	73.66
Mothers' Day 10k	6.21	30/03/2019	73.07
Sue Henry			99.04
Best 5k	3.11	24/11/2018	51.88
Boxing Day 10k	6.21	26/12/2018	47.16

Sue Samme			266.95
Power of 5k	3.11	29/03/2019	90.46
Run Wigan Festival 5k	3.11	17/03/2019	90.01
Wesham Summer 10k	6.21	23/05/2018	86.48
Sylvia Gittins			233.13
Garstang 10k	6.21	13/01/2019	79.95
Myerscough 10	10.00	02/12/2018	76.72
Run Wigan Festival Half	13.10	17/03/2019	76.46
Terry Hellings			234.01
Oulton Park Asics 10k	6.21	24/02/2019	78.25
Power of 5k	3.11	15/02/2019	78.08
Lytham Inter Club 2018	5.00	03/05/2018	77.68