



Andy Unsworth				217.20
Pollensa Half	13.10	13/04/2019		74.56
Wesham 10k	6.21	30/11/2019		72.53
Virgin London Marathon	26.20	28/04/2019		70.11
Angela Bremner				109.60
Remembrance 10k	6.21	10/11/2019		57.27
Great North Run	13.10	08/09/2019		52.33
Barbara Holmes				269.23
Power of 5k (Feb)	3.11	28/02/2020		95.06
Remembrance 10k	6.21	10/11/2019		88.39
Worden Park Festive 5k	3.11	14/12/2019		85.78
Bob Clough				186.91
Thornton Inter Club (2019)	5.00	25/06/2019		63.77
Freckleton Half	13.10	16/06/2019		61.93
Wesham 10k	6.21	30/11/2019		61.21
Catherine Carrdus				261.40
Power of 5k (September)	3.11	13/09/2019		88.28
Power of 5k (August)	3.11	02/08/2019		87.42
Pilling 10k	6.21	27/07/2019		85.70
Christine Rouse				65.22
Wesham Summer 10k	6.21	22/05/2019		65.22
Claire Markham				205.79
Power of 5k (September)	3.11	13/09/2019		69.06
Avenham Park 5k	3.11	06/05/2019		68.70
Lancaster Three Bridges	6.21	14/04/2019		68.03
Dan Gregson				71.46
Best 5k	3.11	24/11/2019		71.46

Darran Ames				199.07
Fleetwood 10k	6.21	07/04/2019	66.73	
Fairhaven Flyer	6.21	15/09/2019	66.17	
Remembrance 10k	6.21	10/11/2019	66.17	
David Butler				206.15
St Annes 10m	10.00	26/01/2020	69.92	
Barcelona Half Marathon	13.10	16/02/2020	68.92	
Fleetwood Half	13.10	18/08/2019	67.31	
Debbie Francis				107.36
Wesham Summer 10k	6.21	22/05/2019	57.03	
Great North Run	13.10	08/09/2019	50.33	
Dez Appleton				54.07
Freckleton Half	13.10	16/06/2019	54.07	
Gerard Browne				61.54
Fairhaven Flyer	6.21	15/09/2019	61.54	
Gill Draper				212.16
Stanley Park 10k (Saturday)	6.21	22/02/2020	74.00	
3-1-5 Lancaster Half	13.10	01/12/2019	69.34	
Remembrance 10k	6.21	10/11/2019	68.82	
Gillian Oliver				107.31
Lancaster 10k Wednesday	6.21	17/07/2019	53.89	
Run To The Castle	6.21	14/04/2019	53.42	
Graham Webster				247.77
Vitality London 10,000	6.21	27/05/2019	82.86	
Wesham Summer 10k	6.21	22/05/2019	82.83	
Power of 5k (May)	3.11	11/05/2019	82.08	
Greg Oulton				162.84
Fairclough Five	5.00	27/10/2019	54.44	
Power of 5k (May)	3.11	11/05/2019	54.20	
Wesham Summer 10k	6.21	22/05/2019	54.20	

Heidi Haigh			179.99
Thornton Inter Club (2019)	5.00	25/06/2019	63.89
Rock 'N' Roll Liverpool Marathon	26.20	26/05/2019	58.22
Chester Marathon	26.20	06/10/2019	57.88
Ian Tate			124.20
Birchwood 10k	6.21	18/08/2019	62.42
Wesham Summer 10k	6.21	22/05/2019	61.78
Jacqui Murray			167.26
Remembrance 10k	6.21	10/11/2019	56.07
Garstang Community 10k	6.21	12/01/2020	55.90
St Annes 10m	10.00	26/01/2020	55.29
Jason Sheridan			184.17
Remembrance 10k	6.21	10/11/2019	62.61
Wesham Summer 10k	6.21	22/05/2019	61.42
Fairhaven Flyer	6.21	15/09/2019	60.14
Jen Trohear			185.51
Wesham 10k	6.21	30/11/2019	62.54
Remembrance 10k	6.21	10/11/2019	61.83
Wesham Summer 10k	6.21	22/05/2019	61.14
Jo Goorney			163.82
Virgin London Marathon	26.20	28/04/2019	82.80
Thornton Inter Club (2019)	5.00	25/06/2019	81.02
John Bertenshaw			231.09
Power of 5k (September)	3.11	13/09/2019	77.57
Power of 5k (August)	3.11	02/08/2019	76.85
Wesham 10k	6.21	30/11/2019	76.67
John Wild			104.99
Freckleton Half	13.10	16/06/2019	55.74
Rock 'N' Roll Liverpool Marathon	26.20	26/05/2019	49.25

Jonathan Tuck			152.41
Remembrance 10k	6.21	10/11/2019	76.78
Thornton Inter Club (2019)	5.00	25/06/2019	75.63
Julia Rolfe			197.54
Pilling 10k	6.21	24/08/2019	67.37
Pilling 10k	6.21	27/07/2019	67.33
Thornton Inter Club (2019)	5.00	25/06/2019	62.84
Julie Wiseman			187.98
Thornton Inter Club (2019)	5.00	25/06/2019	64.68
Fairhaven Flyer	6.21	15/09/2019	61.69
Rock 'N' Roll Liverpool Half Marathon	13.10	26/05/2019	61.61
Kathy Gaunt			222.19
Power of 5k (Feb)	3.11	28/02/2020	75.83
Remembrance 10k	6.21	10/11/2019	73.27
Stanley Park 10k (Sunday)	6.21	23/02/2020	73.09
Kevin Murray			187.48
Wesham 10k	6.21	30/11/2019	63.61
Remembrance 10k	6.21	10/11/2019	62.02
Fairhaven Flyer	6.21	15/09/2019	61.85
Kirsten Burnett			178.30
Stanley Park 10k (Saturday)	6.21	22/02/2020	60.58
Thornton Inter Club (2019)	5.00	25/06/2019	58.94
Wesham 10k	6.21	30/11/2019	58.78
Laura Byrne			163.16
St Annes 10m	10.00	26/01/2020	55.21
Remembrance 10k	6.21	10/11/2019	54.15
Wesham 10k	6.21	30/11/2019	53.80
Liz Abbott			262.66
Power of 5k (Feb)	3.11	28/02/2020	88.50
Manchester 10k	6.21	19/05/2019	87.48
Thornton Inter Club (2019)	5.00	25/06/2019	86.68

Louise Cox			229.98
Power of 5k (September)	3.11	13/09/2019	78.43
City of Preston 5m	5.00	11/08/2019	75.93
St Annes 10m	10.00	26/01/2020	75.62
Mark Hughes			168.51
Remembrance 10k	6.21	10/11/2019	61.02
St Annes 10m	10.00	26/01/2020	55.68
Manchester Marathon	26.20	07/04/2019	51.81
Mark Selby			119.50
Freckleton Half	13.10	16/06/2019	61.37
Virgin London Marathon	26.20	28/04/2019	58.13
Mel Koth			240.05
Thornton Inter Club (2019)	5.00	25/06/2019	80.53
Essar Four Villages Half	13.10	19/01/2020	79.93
Central Lancs Half	13.10	05/01/2020	79.59
Michelle Sheridan			156.79
Stanley Park 10k (Sunday)	6.21	23/02/2020	52.71
Fairhaven Flyer	6.21	15/09/2019	52.20
Remembrance 10k	6.21	10/11/2019	51.88
Mick Widdop			184.17
Remembrance 10k	6.21	10/11/2019	62.53
Pilling 10k	6.21	24/08/2019	61.01
Lancaster Half	13.10	03/11/2019	60.63
Neil Bayntun-Roberts			68.98
Freckleton Half	13.10	16/06/2019	68.98
Neil Tate			217.00
Fairclough Five	5.00	27/10/2019	72.58
Boxing Day 10k	6.21	26/12/2019	72.23
St Annes 10m	10.00	26/01/2020	72.19
Nicola Rowlands			51.13
Windmill Half	13.10	21/07/2019	51.13

Pam Binns			251.83
Thornton Inter Club (2019)	5.00	25/06/2019	84.79
Fairclough Five	5.00	27/10/2019	84.67
Run The Lights 10k	6.21	17/08/2019	82.37
Pam Hardman			229.53
Fairclough Five	5.00	27/10/2019	79.61
Wray Scarecrow 10k	6.21	27/04/2019	77.45
Freckleton Half	13.10	16/06/2019	72.47
Paul Veevers			219.11
Power of 5k (December)	3.11	06/12/2019	74.32
Boxing Day 10k	6.21	26/12/2019	72.63
Thornton Inter Club (2019)	5.00	25/06/2019	72.16
Peter Reid			178.67
Thornton Inter Club (2019)	5.00	25/06/2019	61.00
Wesham Summer 10k	6.21	22/05/2019	60.96
Remembrance 10k	6.21	10/11/2019	56.71
Robert Parker			43.22
Remembrance 10k	6.21	10/11/2019	43.22
Roy Stevens			207.70
Remembrance 10k	6.21	10/11/2019	72.02
Thornton Inter Club (2019)	5.00	25/06/2019	68.20
Fleetwood Half	13.10	18/08/2019	67.48
Ruth Bye			144.10
Thornton Inter Club (2019)	5.00	25/06/2019	49.47
Wesham 10k	6.21	30/11/2019	48.18
Freckleton Half	13.10	16/06/2019	46.45
Ruth Wheatley			57.14
Rock 'N' Roll Liverpool Half Marathon	13.10	26/05/2019	57.14

Sarah Bagshaw				126.73
Fairhaven Flyer	6.21	15/09/2019	43.33	
Remembrance 10k	6.21	10/11/2019	42.10	
Thornton Inter Club (2019)	5.00	25/06/2019	41.30	
Simon Smith				53.86
Remembrance 10k	6.21	10/11/2019	53.86	
Stephen Wise				195.96
Power of 5k (August)	3.11	02/08/2019	66.23	
Myerscough 10	10.00	01/12/2019	65.04	
Thornton Inter Club (2019)	5.00	25/06/2019	64.69	
Steve Tate				189.39
Wesham Summer 10k	6.21	22/05/2019	64.08	
Remembrance 10k	6.21	10/11/2019	63.11	
Autumn Breaker	6.21	13/10/2019	62.20	
Sue Hawitt				228.27
Power of 5k (September)	3.11	13/09/2019	77.83	
Autumn Breaker	6.21	13/10/2019	75.58	
Fairhaven Flyer	6.21	15/09/2019	74.86	
Sue Henry				147.82
Boxing Day 10k	6.21	26/12/2019	50.31	
Fairhaven Flyer	6.21	15/09/2019	49.02	
Garstang Community 10k	6.21	12/01/2020	48.49	
Sylvia Gittins				244.02
Thornton Inter Club (2019)	5.00	25/06/2019	81.88	
Fairclough Five	5.00	27/10/2019	81.39	
Morecambe 10k	6.21	02/06/2019	80.75	
Terry Hellings				150.33
Power of 5k (May)	3.11	11/05/2019	75.44	
Wesham Summer 10k	6.21	22/05/2019	74.89	