



Alex Tate				131.84
Blackpool Bounce Back 10k	6.21	09/05/2021		68.52
Garstang Half	13.10	05/09/2021		63.32
Alistair Leivers				167.18
Windmill Remembrance 10k	6.21	14/11/2021		84.28
Green Drive Five	5.00	24/10/2021		82.90
Barbara Holmes				267.51
Windmill Remembrance 10k	6.21	14/11/2021		93.49
Windmill Half	13.10	08/08/2021		87.56
St Annes 10 Miler	10.00	30/01/2022		86.46
Barry Broughton				54.44
Green Drive Five	5.00	24/10/2021		54.44
Catherine Carrdus				248.54
Green Drive Five	5.00	24/10/2021		83.17
Catforth Canter	3.11	11/09/2021		82.87
Cheshire 10k	6.21	16/10/2021		82.50
Catherine Maclachlan				53.62
Southport 10k	6.21	27/06/2021		53.62
Chris Cottam				179.04
St Annes 10 Miler	10.00	30/01/2022		60.90
Wesham 10k (Winter)	6.21	27/11/2021		59.55
Green Drive Five	5.00	24/10/2021		58.59
Claire Markham				197.97
St Annes 10 Miler	10.00	30/01/2022		67.68
Windmill Remembrance 10k	6.21	14/11/2021		65.68
Pilling 10k	6.21	19/03/2022		64.61
Clare Taylor				66.98
Great North Western Half	13.10	20/02/2022		66.98

Dan Gregson				202.23
Stanley Park 10k	6.21	27/02/2022	67.74	
Windmill Remembrance 10k	6.21	14/11/2021	67.47	
Green Drive Five	5.00	24/10/2021	67.02	
Darran Ames				126.29
St Annes 10 Miler	10.00	30/01/2022	66.89	
Wesham 10k (Winter)	6.21	27/11/2021	59.40	
David Butler				66.46
Chorley 10k	6.21	29/08/2021	66.46	
David McDonald				125.53
Green Drive Five	5.00	24/10/2021	66.22	
Southport Half	13.10	27/06/2021	59.31	
Dom Kirby				67.82
Essar Chester Half	13.10	19/09/2021	67.82	
Emma Johnston				52.93
Blackpool Bounce Back 10k	6.21	09/05/2021	52.93	
Gill Draper				236.61
Power of 5k (January)	3.11	21/01/2022	81.72	
Lancaster 5k Series	3.11	08/01/2022	77.79	
St Annes 10 Miler	10.00	30/01/2022	77.10	
Gillian Oliver				52.11
Pilling 10k	6.21	22/01/2022	52.11	
Graham Webster				161.63
Power of 5k (March)	3.11	18/03/2022	81.50	
Power of 5k (January)	3.11	21/01/2022	80.13	
Greg Oulton				114.63
Power of 5k (January)	3.11	21/01/2022	59.18	
Blackburn Winter Warmer	6.21	06/02/2022	55.45	
Jackie Carruthers				67.24
Garstang 10k	6.21	08/01/2022	67.24	

Jennifer Hill				216.89
Windmill Remembrance 10k	6.21	14/11/2021	72.66	
Green Drive Five	5.00	24/10/2021	72.20	
Stanley Park 10k (Sunday)	6.21	21/11/2021	72.03	
Joe Greenwood				146.38
St Annes 10 Miler	10.00	30/01/2022	73.23	
Windmill Remembrance 10k	6.21	14/11/2021	73.15	
John Bertenshaw				227.52
Green Drive Five	5.00	24/10/2021	76.03	
Mid Cheshire 5k	3.11	27/08/2021	75.95	
Cheshire 10k	6.21	16/10/2021	75.54	
John Oakley				54.35
Waters Wilmslow Half	13.10	20/03/2022	54.35	
Jonathan Tuck				158.98
Windmill Remembrance 10k	6.21	14/11/2021	79.86	
Green Drive Five	5.00	24/10/2021	79.12	
Julie Wiseman				201.78
Mad March Hare 5k	3.11	20/03/2022	71.35	
St Annes 10 Miler	10.00	30/01/2022	66.38	
Windmill Remembrance 10k	6.21	14/11/2021	64.05	
Kate Price Edwards				189.60
Catforth Canter	3.11	11/09/2021	70.75	
Windmill Remembrance 10k	6.21	14/11/2021	62.90	
Virgin London Marathon	26.20	03/10/2021	55.95	
Kevin Murray				111.13
Blackpool Bounce Back 10k	6.21	09/05/2021	56.42	
St Annes 10 Miler	10.00	30/01/2022	54.71	
Kirsten Burnett				185.74
Blackpool Summer 10k	6.21	11/07/2021	63.44	
Windmill Remembrance 10k	6.21	14/11/2021	62.20	
Blackburn Winter Warmer	6.21	06/02/2022	60.10	

Lewis McAfee				179.10
Catforth Canter	3.11	11/09/2021		62.97
Southport Half	13.10	27/06/2021		58.52
Blackburn Winter Warmer	6.21	06/02/2022		57.61
Lia Muphy				51.24
Green Drive Five	5.00	24/10/2021		51.24
Linda Chadderton				167.44
Blackpool Bounce Back 10k	6.21	09/05/2021		59.38
Wilmslow Half	13.10	12/09/2021		56.94
Therme Manchester Marathon	26.20	10/10/2021		51.12
Liz Canavan				105.49
Windmill Remembrance 10k	6.21	14/11/2021		53.75
Blackburn Winter Warmer	6.21	06/02/2022		51.74
Louise Cox				79.19
Morcambe Bay 5k	3.11	21/11/2021		79.19
Maddy Markham				58.56
Winter Handicap (March)	4.00	31/03/2022		58.56
Mark Hughes				131.67
Southport 10k	6.21	27/06/2021		66.19
Great North Run	13.10	12/09/2021		65.48
Mark Selby				129.07
Mad March Hare 10k	6.21	20/03/2022		64.99
Blackburn Winter Warmer	6.21	06/02/2022		64.08
Mel Koth				245.29
Wilmslow Half	13.10	12/09/2021		82.68
Waters Wilmslow Half	13.10	20/03/2022		81.67
Green Drive Five	5.00	24/10/2021		80.94
Michelle Sheridan				48.12
Blackburn Winter Warmer	6.21	06/02/2022		48.12

Mick Widdop				182.75
Windmill Remembrance 10k	6.21	14/11/2021	61.22	
Ribble Valley 10k	6.21	27/12/2021	60.88	
Run the Lights 10k	6.21	14/08/2021	60.65	
Mike Toft				157.43
Windmill Half	13.10	08/08/2021	78.82	
Therme Manchester Marathon	26.20	10/10/2021	78.61	
Neil Tate				199.80
Lancaster Three Bridges	6.21	19/09/2021	67.88	
St Annes 10 Miler	10.00	30/01/2022	66.47	
Windmill Remembrance 10k	6.21	14/11/2021	65.45	
Pam Binns				250.20
Myerscough 10	10.00	05/12/2021	84.82	
Green Drive Five	5.00	24/10/2021	83.47	
Brighton Half Marathon	13.10	27/02/2022	81.91	
Pam Hardman				67.45
Rome Marathon	26.20	27/03/2022	67.45	
Paul McAllister				180.35
Windmill Remembrance 10k	6.21	14/11/2021	60.59	
Porche Centre Preston 10 mile	10.00	21/11/2021	60.05	
St Annes 10 Miler	10.00	30/01/2022	59.71	
Peter Reid				119.94
Windmill Remembrance 10k	6.21	14/11/2021	60.23	
St Annes 10 Miler	10.00	30/01/2022	59.71	
Ross McKelvie				239.46
Power of 5k (January)	3.11	21/01/2022	82.46	
Run the Lights 5k	3.11	14/08/2021	78.81	
Castle 5k	3.11	09/06/2021	78.19	

Roy Stevens			196.99
St Annes 10 Miler	10.00	30/01/2022	67.59
Windmill Remembrance 10k	6.21	14/11/2021	64.72
Mad March Hare 5k	3.11	20/03/2022	64.68
Stephen Wise			65.25
Wesham 10k (Winter)	6.21	27/11/2021	65.25
Sue Hawitt			223.22
Mad March Hare 5k	3.11	20/03/2022	75.61
Morcambe Bay 5k	3.11	21/11/2021	75.56
Valentines 10k	6.21	13/02/2022	72.05
Sue Henry			150.16
Windmill Remembrance 10k	6.21	14/11/2021	51.42
Worden Park Boxing Day 10k	6.21	26/12/2021	51.07
Stanley Park 10k	6.21	27/02/2022	47.67
Sylvia Gittins			248.07
St Annes 10 Miler	10.00	30/01/2022	83.87
Myerscough 10	10.00	05/12/2021	82.96
Green Drive Five	5.00	24/10/2021	81.24
Tom Howarth			210.76
Helena Tipping Wrexham 10k	6.21	25/07/2021	71.16
Windmill Remembrance 10k	6.21	14/11/2021	70.55
St Annes 10 Miler	10.00	30/01/2022	69.05