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| Alistair Leivers | | | | 81.30 |
| Power of 5k (March) | 3.11 | 08/03/2024 | 81.30 | |
| Andy Draper | | | | 236.40 |
| Myerscough 10 | 10.00 | 03/12/2023 | 79.22 | |
| City of Preston 10 | 10.00 | 17/11/2023 | 79.20 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 77.98 | |
| Barbara Holmes | | | | 273.27 |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | 93.38 | |
| Knutsford 10k | 6.21 | 01/10/2023 | 90.99 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 88.90 | |
| Barry Broughton | | | | 213.90 |
| Thornton Interclub | 5.00 | 27/06/2023 | 72.61 | |
| Wesham Summer 10k | 6.21 | 24/05/2023 | 71.37 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 69.92 | |
| Bob Clough | | | | 54.03 |
| Freckleton Half | 13.10 | 18/06/2023 | 54.03 | |
| Catherine Carrdus | | | | 245.40 |
| Catforth Canter (June) | 3.11 | 24/06/2023 | 85.45 | |
| Mid Cheshire 5k | 3.11 | 28/04/2023 | 83.58 | |
| Helena Tipping Wrexham 10k | 6.21 | 23/07/2023 | 76.37 | |
| Catherine Maclachlan | | | | 176.31 |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 62.52 | |
| Fleetwood 10k | 6.21 | 02/04/2023 | 62.47 | |
| Great North Run | 13.10 | 08/09/2023 | 51.32 | |
| Chris Cottam | | | | 196.13 |
| Power of 5k (June) | 3.11 | 02/06/2023 | 66.07 | |
| Thornton Interclub | 5.00 | 27/06/2023 | 65.35 | |
| Leyland Boxing Day 10k | 6.21 | 26/12/2023 | 64.71 | |

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|--|-------|------------|-------|--------|
| Claire Markham | | | | 204.48 |
| Green Drive Five | 5.00 | 22/10/2023 | 68.82 | |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | 68.80 | |
| Myerscough 10 | 10.00 | 03/12/2023 | 66.86 | |
| Clare Taylor | | | | 213.17 |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | 72.49 | |
| St Annes Carnival 5k | 3.11 | 09/07/2023 | 70.57 | |
| Thornton Interclub | 5.00 | 27/06/2023 | 70.11 | |
| Dan Gregson | | | | 65.42 |
| Wray Scarecrow 10k | 6.21 | 22/04/2023 | 65.42 | |
| Dave Booth | | | | 158.44 |
| Stanley Park 10k | 6.21 | 25/02/2024 | 53.93 | |
| Blackpool Music Run | 6.21 | 16/07/2023 | 52.94 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 51.57 | |
| Dom Kirby | | | | 71.45 |
| Thornton Interclub | 5.00 | 27/06/2023 | 71.45 | |
| Emma Johnston | | | | 51.98 |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 51.98 | |
| Gill Draper | | | | 235.73 |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 79.00 | |
| Green Drive Five | 5.00 | 22/10/2023 | 78.39 | |
| Wesham Winter 10k | 6.21 | 25/11/2023 | 78.34 | |
| Gillian Anderson | | | | 177.15 |
| Wesham Summer 10k | 6.21 | 24/05/2023 | 60.57 | |
| Thornton Interclub | 5.00 | 27/06/2023 | 59.05 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 57.53 | |
| Graham Cunliffe | | | | 207.54 |
| St Annes Carnival 5k | 3.11 | 09/07/2023 | 69.60 | |
| Wesham Winter 10k | 6.21 | 25/11/2023 | 69.59 | |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | 68.35 | |

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| Graham Webster | | | | 75.02 |
| City of Preston 10 | 10.00 | 17/11/2023 | | 75.02 |
| Greg Oulton | | | | 193.45 |
| Power of 5k (March) | 3.11 | 08/03/2024 | | 65.20 |
| Power of 5k (June) | 3.11 | 02/06/2023 | | 64.52 |
| Lancaster Three Bridges (and 84 bloomin' steps) | 6.21 | 16/04/2023 | | 63.73 |
| Jake Rodwell | | | | 214.45 |
| Fairhaven Flyer | 6.21 | 18/09/2023 | | 71.72 |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | | 71.44 |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | | 71.29 |
| James Whittle | | | | 214.32 |
| Power of 5k (March) | 3.11 | 08/03/2024 | | 72.63 |
| Village Bakery Half | 13.10 | 18/02/2024 | | 71.34 |
| Catforth Canter (August) | 3.11 | 12/08/2023 | | 70.35 |
| Jennifer Hill | | | | 66.08 |
| Fairhaven Flyer | 6.21 | 18/09/2023 | | 66.08 |
| Joe Greenwood | | | | 210.94 |
| Wesham Summer 10k | 6.21 | 24/05/2023 | | 70.61 |
| Thornton Interclub | 5.00 | 27/06/2023 | | 70.50 |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | | 69.83 |
| John Bertenshaw | | | | 219.62 |
| Mid Cheshire 5k | 3.11 | 28/04/2023 | | 73.60 |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | | 73.06 |
| Catforth Canter (June) | 3.11 | 24/06/2023 | | 72.96 |
| John Wild | | | | 44.08 |
| Langdale Half | 13.10 | 21/10/2023 | | 44.08 |
| Jonathan Tuck | | | | 71.41 |
| Freckleton Half | 13.10 | 18/06/2023 | | 71.41 |

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| Julia Rolfe | | | 222.33 |
| Lancaster Christmas Cracker | 6.21 | 17/12/2023 | 75.09 |
| St Annes Carnival 5k | 3.11 | 09/07/2023 | 73.90 |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | 73.34 |
| Kate Price Edwards | | | 199.90 |
| St Annes Carnival 5k | 3.11 | 09/07/2023 | 68.84 |
| Thornton Interclub | 5.00 | 27/06/2023 | 67.80 |
| Southport Half | 13.10 | 25/06/2023 | 63.26 |
| Kirsten Burnett | | | 183.20 |
| St Annes Carnival 5k | 3.11 | 09/07/2023 | 66.57 |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 60.42 |
| TCS London Marathon | 26.20 | 23/04/2023 | 56.21 |
| Laura Byrne | | | 48.83 |
| Thornton Interclub | 5.00 | 27/06/2023 | 48.83 |
| Lewis McAfee | | | 179.50 |
| Power of 5k (November) | 3.11 | 17/11/2023 | 60.58 |
| Wesham Summer 10k | 6.21 | 24/05/2023 | 59.90 |
| Thornton Interclub | 5.00 | 27/06/2023 | 59.02 |
| Linda Chadderton | | | 64.35 |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 64.35 |
| Liz Canavan | | | 181.59 |
| Thornton Interclub | 5.00 | 27/06/2023 | 62.49 |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 60.88 |
| Paris Marathon | 26.20 | 02/04/2023 | 58.22 |
| Louise Cox | | | 157.60 |
| Lancaster Three Bridges (and 84 bloomin' steps) | 6.21 | 16/04/2023 | 78.97 |
| Wesham Winter 10k | 6.21 | 25/11/2023 | 78.63 |
| Maddy Markham | | | 176.91 |
| Power of 5k (June) | 3.11 | 02/06/2023 | 59.35 |
| Mid Cheshire 5k | 3.11 | 28/04/2023 | 59.04 |
| Thornton Interclub | 5.00 | 27/06/2023 | 58.52 |

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| Mark Hughes | | | | 58.10 |
| Great North Run | 13.10 | 08/09/2023 | | 58.10 |
| Mark Selby | | | | 51.38 |
| TCS London Marathon | 26.20 | 23/04/2023 | | 51.38 |
| Matt Kay | | | | 91.86 |
| Thornton Interclub | 5.00 | 27/06/2023 | | 46.31 |
| Run Through Warrington Half | 13.10 | 24/09/2023 | | 45.55 |
| Matthew Staniforth | | | | 170.69 |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | | 63.99 |
| Thornton Interclub | 5.00 | 27/06/2023 | | 56.14 |
| Chester Marathon | 26.20 | 08/10/2023 | | 50.56 |
| Mel Koth | | | | 161.82 |
| TCS London Marathon | 26.20 | 23/04/2023 | | 81.87 |
| Central Lancs New Year Half | 13.10 | 07/01/2024 | | 79.95 |
| Mick Widdop | | | | 168.20 |
| Fleetwood Half | 13.10 | 27/08/2023 | | 58.11 |
| AJ Bell Great Manchester Half | 13.10 | 21/05/2023 | | 55.10 |
| Chorley 10k | 6.21 | 07/05/2023 | | 54.99 |
| Mike Toft | | | | 240.18 |
| Power of 5k (March) | 3.11 | 08/03/2024 | | 82.80 |
| Fairhaven Flyer | 6.21 | 18/09/2023 | | 80.73 |
| AJ Bell Great Manchester Half | 13.10 | 21/05/2023 | | 76.65 |
| Pam Binns | | | | 162.00 |
| Wesham Summer 10k | 6.21 | 24/05/2023 | | 82.37 |
| Freckleton Half | 13.10 | 18/06/2023 | | 79.63 |
| Pam Hardman | | | | 161.20 |
| Green Drive Five | 5.00 | 22/10/2023 | | 84.47 |
| Central Lancs New Year Half | 13.10 | 07/01/2024 | | 76.73 |

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| Paul McAllister | | | | 169.71 |
| Blackpool Festival of Running Half | 13.10 | 23/04/2023 | 58.43 | |
| Blackburn Winter Warmer | 6.21 | 04/02/2024 | 57.05 | |
| Seville Half Marathon | 13.10 | 28/01/2024 | 54.23 | |
| Peter Reid | | | | 172.26 |
| St Annes Carnival 5k | 3.11 | 09/07/2023 | 58.69 | |
| Blackpool Music Run | 6.21 | 16/07/2023 | 57.12 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 56.45 | |
| Peter Thomson | | | | 75.13 |
| Thornton Interclub | 5.00 | 27/06/2023 | 75.13 | |
| Richard Storey | | | | 190.45 |
| Catforth Canter (May) | 3.11 | 27/05/2023 | 63.97 | |
| Wesham Summer 10k | 6.21 | 24/05/2023 | 63.63 | |
| Catforth Canter (June) | 3.11 | 24/06/2023 | 62.85 | |
| Rosie Eagles | | | | 61.16 |
| Wesham Summer 10k | 6.21 | 24/05/2023 | 61.16 | |
| Ross McKelvie | | | | 250.33 |
| Power of 5k (April) | 3.11 | 21/04/2023 | 88.40 | |
| Mid Cheshire 5k | 3.11 | 28/04/2023 | 83.39 | |
| Catforth Canter (August) | 3.11 | 12/08/2023 | 78.54 | |
| Roy Stevens | | | | 197.67 |
| Great North West Half | 13.10 | 18/02/2024 | 66.07 | |
| Morecambe Festival Of Running 10 Mile | 10.00 | 21/01/2024 | 65.97 | |
| Stanley Park 10k | 6.21 | 25/02/2024 | 65.63 | |
| Ruth Williams | | | | 72.14 |
| Blackburn Winter Warmer | 6.21 | 03/12/2023 | 72.14 | |
| Sarah Beck | | | | 195.20 |
| Catforth Canter (May) | 3.11 | 27/05/2023 | 70.03 | |
| Leyland Boxing Day 10k | 6.21 | 26/12/2023 | 67.38 | |
| Southport Half | 13.10 | 25/06/2023 | 57.79 | |

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| Sarah Cook | | | | 93.68 |
| Thornton Interclub | 5.00 | 27/06/2023 | 47.35 | |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 46.33 | |
| Stephen Rodwell | | | | 224.22 |
| Green Drive Five | 5.00 | 22/10/2023 | 74.82 | |
| Fairhaven Flyer | 6.21 | 18/09/2023 | 74.77 | |
| Stanley Park 10k | 6.21 | 25/02/2024 | 74.63 | |
| Stephen Wise | | | | 133.47 |
| Catforth Canter (August) | 3.11 | 12/08/2023 | 70.98 | |
| High Legh | 6.21 | 17/03/2024 | 62.49 | |
| Steven Pepper | | | | 208.41 |
| Leyland Boxing Day 10k | 6.21 | 26/12/2023 | 69.86 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 69.63 | |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 68.92 | |
| Sue Hawitt | | | | 231.05 |
| Blackpool Inter Club 2023 | 4.00 | 05/04/2023 | 77.49 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 76.84 | |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 76.72 | |
| Sue Henry | | | | 49.30 |
| Thornton Interclub | 5.00 | 27/06/2023 | 49.30 | |
| Sylvia Gittins | | | | 76.46 |
| Freckleton Half | 13.10 | 18/06/2023 | 76.46 | |
| Tim Gibson | | | | 62.15 |
| St Annes 10 Miler (the one with the Baltic force ten gale) | 10.00 | 28/01/2024 | 62.15 | |
| Vicki Richardson | | | | 45.81 |
| Thornton Interclub | 5.00 | 27/06/2023 | 45.81 | |
| Xavia Cooper | | | | 199.42 |
| Lancaster Riverside Half | 13.10 | 06/08/2023 | 67.03 | |
| Windmill Remembrance 10k | 6.21 | 12/11/2023 | 66.22 | |
| Thornton Interclub | 5.00 | 27/06/2023 | 66.17 | |