



Albert Forga Alberich			205.44
Thornton Interclub	5.00	25/06/2024	71.26
Preston Interclub	4.00	12/06/2024	69.36
Freckleton Half	13.10	16/06/2024	64.82
Andy Draper			226.71
Thornton Interclub	5.00	25/06/2024	76.89
Blackpool Interclub	4.00	10/04/2024	75.36
Manchester Marathon	26.20	14/04/2024	74.46
Andy Unsworth			75.82
Great North Run	13.10	06/09/2024	75.82
Barbara Holmes			88.35
Lytham Interclub	5.00	09/05/2024	88.35
Barry Broughton			119.20
Ripley St Thomas Supper Run	4.00	23/04/2024	61.79
Blackpool Interclub	4.00	10/04/2024	57.41
Catherine Carrdus			238.50
Power of 5k (October)	3.11	25/10/2024	83.50
Freckleton Half	13.10	16/06/2024	77.73
Solway Coast Marathon	26.10	30/06/2024	77.27
Catherine Maclachlan			121.56
Morecambe 5k	3.11	02/06/2024	65.48
Great North Run	13.10	06/09/2024	56.08
Chris Bowker			168.46
Preston Interclub	4.00	12/06/2024	58.04
Thornton Interclub	5.00	25/06/2024	55.76
Lytham Interclub	5.00	09/05/2024	54.66

Chris Cottam			201.95
Lytham Interclub	5.00	09/05/2024	67.62
Ripley St Thomas Supper Run	4.00	23/04/2024	67.29
Power of 5k (June)	3.11	28/06/2024	67.04
Claire Markham			185.00
Lytham Interclub	5.00	09/05/2024	65.74
Garstang Half	13.10	01/09/2024	60.62
Blackpool Interclub	4.00	10/04/2024	58.64
Clare Taylor			221.15
Preston Interclub	4.00	12/06/2024	75.54
Thornton Interclub	5.00	25/06/2024	74.23
Lytham Interclub	5.00	09/05/2024	71.38
Cliff Whiston			64.83
Blackpool Interclub	4.00	10/04/2024	64.83
Dan Gregson			190.89
Lytham Interclub	5.00	09/05/2024	63.81
Kendal 10k	6.21	01/05/2024	63.71
Wray 10k	6.21	27/04/2024	63.37
Darran Ames			59.08
Wesham Summer 10k	6.21	29/05/2024	59.08
Dave Booth			95.62
St Annes Carnival	3.11	30/06/2024	52.85
TCS London Marathon	26.20	21/04/2024	42.77
Debbie Barry			215.42
Preston Interclub	4.00	12/06/2024	72.15
Blackpool Interclub	4.00	10/04/2024	71.89
Thornton Interclub	5.00	25/06/2024	71.38
Dom Kirby			218.09
Lytham Interclub	5.00	09/05/2024	72.97
Ripley St Thomas Supper Run	4.00	23/04/2024	72.63
Preston Interclub	4.00	12/06/2024	72.49

Dominic Garrett			123.15
Great North Run	13.10	06/09/2024	61.72
Lytham Interclub	5.00	09/05/2024	61.43
Gill Draper			239.44
Great Eastern Run Half	13.10	13/10/2024	80.91
Power of 5k (October)	3.11	25/10/2024	80.06
Green Drive Five	5.00	20/10/2024	78.47
Gillian Anderson			183.25
Preston Interclub	4.00	12/06/2024	63.93
Thornton Interclub	5.00	25/06/2024	60.50
Lytham Interclub	5.00	09/05/2024	58.82
Ginny Hester-See			54.57
Preston Interclub	4.00	12/06/2024	54.57
Graham Cunliffe			202.93
Green Drive Five	5.00	20/10/2024	68.38
Morecambe Half	13.10	29/09/2024	67.61
Riverside 10	10.00	01/09/2024	66.94
Graham Webster			232.36
Power of 5k (August)	3.11	23/08/2024	79.49
Green Drive Five	5.00	20/10/2024	76.48
Freckleton Half	13.10	16/06/2024	76.39
Greg Oulton			193.90
Riverside 10	10.00	01/09/2024	64.96
Power of 5k (October)	3.11	25/10/2024	64.80
Power of 5k (August)	3.11	23/08/2024	64.14
Jack Atkin			60.46
Thornton Interclub	5.00	25/06/2024	60.46
Jake Rodwell			229.97
Power of 5k (June)	3.11	28/06/2024	77.04
Power of 5k (May)	3.11	03/05/2024	76.52
Manchester Half	13.10	13/10/2024	76.41

James Whittle			218.26
Manchester Half	13.10	13/10/2024	73.31
Great North Run	13.10	06/09/2024	72.65
Preston Interclub	4.00	12/06/2024	72.30
Jennifer Hill			131.60
Lytham Interclub	5.00	09/05/2024	65.89
Blackpool Interclub	4.00	10/04/2024	65.71
Joe Greenwood			217.91
Preston Interclub	4.00	12/06/2024	74.02
Lytham Interclub	5.00	09/05/2024	72.81
Blackpool Interclub	4.00	10/04/2024	71.08
John Bertenshaw			220.10
Freckleton Half	13.10	16/06/2024	74.00
Morecambe Half	13.10	29/09/2024	73.84
Blackpool Interclub	4.00	10/04/2024	72.26
Jonathan Tuck			150.04
Lytham Interclub	5.00	09/05/2024	77.01
Blackpool Interclub	4.00	10/04/2024	73.03
Julia Rolfe			222.38
Preston Interclub	4.00	12/06/2024	75.31
Lytham Interclub	5.00	09/05/2024	73.59
Thornton Interclub	5.00	25/06/2024	73.48
Julie Wiseman			127.11
Preston Interclub	4.00	12/06/2024	64.96
Blackpool Interclub	4.00	10/04/2024	62.15
Kate Price Edwards			135.68
Lytham Interclub	5.00	09/05/2024	68.77
Blackpool Interclub	4.00	10/04/2024	66.91
Kathy Gaunt			161.05
Power of 5k (October)	3.11	25/10/2024	82.61
Windmill Half	13.10	11/08/2024	78.44

Kirsten Burnett			157.77
Thornton Interclub	5.00	25/06/2024	54.93
Wesham Summer 10k	6.21	29/05/2024	53.82
Paris Marathon	26.20	07/04/2024	49.02
Laura Byrne			148.11
Preston Interclub	4.00	12/06/2024	51.03
Wesham Summer 10k	6.21	29/05/2024	49.26
Blackpool Interclub	4.00	10/04/2024	47.82
Leanne Nield			139.25
Preston Interclub	4.00	12/06/2024	70.74
Thornton Interclub	5.00	25/06/2024	68.51
Lewis McAfee			51.67
Thornton Interclub	5.00	25/06/2024	51.67
Linda Herriott			69.56
Blackpool Interclub	4.00	10/04/2024	69.56
Liz Canavan			187.03
Wesham Summer 10k	6.21	29/05/2024	62.83
Lytham Interclub	5.00	09/05/2024	62.36
Preston Interclub	4.00	12/06/2024	61.84
Louise Cox			243.51
Sydney 10	6.21	19/05/2024	83.65
Green Drive Five	5.00	20/10/2024	80.92
Bay to Bay Half	13.10	16/06/2024	78.94
Luisa Haylett			187.40
Thornton Interclub	5.00	25/06/2024	64.03
Preston Interclub	4.00	12/06/2024	62.02
Wesham Summer 10k	6.21	29/05/2024	61.35
Maddy Markham			61.67
Blackpool Interclub	4.00	10/04/2024	61.67

Mel Koth			235.93
Manchester Half	13.10	13/10/2024	81.17
TCS London Marathon	26.20	21/04/2024	77.77
Lytham Interclub	5.00	09/05/2024	76.99
Mick Widdop			109.28
Great North Run	13.10	06/09/2024	54.78
Chorley 10k	6.21	05/05/2024	54.50
Mike Toft			250.45
Manchester Half	13.10	13/10/2024	84.16
Bolton 10k	6.21	28/04/2024	83.42
Lytham Interclub	5.00	09/05/2024	82.87
Morgan Pritchard			183.26
Preston Interclub	4.00	12/06/2024	61.18
Wesham Summer 10k	6.21	29/05/2024	61.07
St Annes Carnival	3.11	30/06/2024	61.01
Pam Binns			74.29
Blackpool Interclub	4.00	10/04/2024	74.29
Pam Hardman			251.57
Preston Interclub	4.00	12/06/2024	84.51
Thornton Interclub	5.00	25/06/2024	83.54
St Annes Carnival	3.11	30/06/2024	83.52
Paul McAllister			180.28
Ripley St Thomas Supper Run	4.00	23/04/2024	61.22
Blackpool Interclub	4.00	10/04/2024	59.77
Fleetwood 10k	6.21	07/04/2024	59.29
Peter Reid			164.28
St Annes Carnival	3.11	30/06/2024	55.65
Lytham Interclub	5.00	09/05/2024	54.47
Preston Interclub	4.00	12/06/2024	54.16

Peter Thomson				165.43
Preston Interclub	4.00	12/06/2024		55.43
Thornton Interclub	5.00	25/06/2024		55.36
Blackpool Interclub	4.00	10/04/2024		54.64
Richard Storey				119.21
Preston Interclub	4.00	12/06/2024		61.88
Ripley St Thomas Supper Run	4.00	23/04/2024		57.33
Sarah Beck				205.68
Blackpool Interclub	4.00	10/04/2024		68.77
Preston Interclub	4.00	12/06/2024		68.69
Fleetwood 10k	6.21	07/04/2024		68.22
Sarah Cook				88.91
Blackpool Interclub	4.00	10/04/2024		45.47
TCS London Marathon	26.20	21/04/2024		43.44
Stephen Rodwell				228.81
Power of 5k (May)	3.11	03/05/2024		77.48
Lytham Interclub	5.00	09/05/2024		75.97
Power of 5k (June)	3.11	28/06/2024		75.36
Stephen Wilde				78.01
Blackpool Interclub	4.00	10/04/2024		78.01
Stephen Wise				67.62
Wesham Summer 10k	6.21	29/05/2024		67.62
Steven Pepper				214.79
Lytham Interclub	5.00	09/05/2024		71.96
Wesham Summer 10k	6.21	29/05/2024		71.47
Preston Interclub	4.00	12/06/2024		71.36
Sue Hawitt				228.17
Preston Interclub	4.00	12/06/2024		78.00
Thornton Interclub	5.00	25/06/2024		75.27
Wesham Summer 10k	6.21	29/05/2024		74.90

Sue Henry			106.32
Preston Interclub	4.00	12/06/2024	53.66
Wesham Summer 10k	6.21	29/05/2024	52.66
Sylvia Gittins			72.16
Edinburgh Half	13.10	26/05/2024	72.16
Terry Hellings			129.38
Blackpool Interclub	4.00	10/04/2024	66.96
Ripley St Thomas Supper Run	4.00	23/04/2024	62.42
Vicki Richardson			86.41
Blackpool Interclub	4.00	10/04/2024	46.14
Lytham Interclub	5.00	09/05/2024	40.27
Xavia Cooper			189.81
Run Aintree Half	13.10	29/09/2024	63.98
Run The Lights 10k	6.21	17/08/2024	63.03
Lytham Interclub	5.00	09/05/2024	62.80