



Alex Tate				130.86
Wesham Spring 10k	6.21	25/05/2022	69.58	
Freckleton Half Marathon	13.10	19/06/2022	61.28	
Alex Wiggins				148.63
Lytham Interclub	5.00	12/05/2022	51.54	
Blackpool Interclub 2022	4.00	06/04/2022	49.56	
Thornton Interclub	5.00	28/06/2022	47.53	
Alistair Leivers				218.27
Carnival 5k	3.11	05/06/2022	81.34	
Run Media City 5k	3.11	26/05/2022	78.22	
Lytham Interclub	5.00	12/05/2022	58.71	
Als Young				100.43
Windmill 10k	6.21	13/11/2022	52.08	
Blackpool Summer 10k	6.21	10/07/2022	48.35	
Andy Draper				230.04
Power of 5k (February)	3.11	10/02/2023	77.91	
Mothers Day 10k	6.21	18/03/2023	77.01	
Inskip Half	13.10	21/01/2023	75.12	
Barbara Holmes				265.83
Mothers Day 10k	6.21	18/03/2023	91.05	
Windmill 10k	6.21	13/11/2022	90.49	
Myerscough 10	10.00	04/12/2022	84.29	
Barry Broughton				197.39
Carnival 5k	3.11	05/06/2022	66.64	
Wesham Spring 10k	6.21	25/05/2022	65.66	
Thornton Interclub	5.00	28/06/2022	65.09	
Bec Willetts				57.16
Preston Western Distributor 10k	6.21	29/10/2022	57.16	

Bob Clough				57.28
Carnival 5k	3.11	05/06/2022		57.28
Catherine Carrdus				245.07
Western Distributor 5k	3.11	29/10/2022		82.24
Mid Cheshire 5k	3.11	29/04/2022		82.14
Blackpool Interclub 2022	4.00	06/04/2022		80.69
Catherine Maclachlan				185.07
Thornton Interclub	5.00	28/06/2022		62.52
Blackpool Interclub 2022	4.00	06/04/2022		61.39
Ripley St Thomas Supper Run	4.00	28/04/2022		61.16
Chris Bowker				98.85
Freckleton Half Marathon	13.10	19/06/2022		50.75
St Annes Ten Miler	10.00	29/01/2023		48.10
Chris Cottam				194.33
Catforth Canter (June)	3.11	25/06/2022		64.82
Worden Park Boxing Day 10k	6.21	26/12/2022		64.80
Power of 5k (July)	3.11	01/07/2022		64.71
Claire Markham				210.51
Power of 5k (July)	3.11	01/07/2022		70.60
Green Drive Five	5.00	23/10/2022		70.52
Lytham Interclub	5.00	12/05/2022		69.39
Clare Taylor				133.56
Great North West Half	13.10	19/02/2023		69.54
TCS London Marathon	26.20	02/10/2022		64.02
Dan Gregson				205.41
Fairhaven Flyer	6.21	18/09/2022		68.72
Catforth Canter (May)	3.11	28/05/2022		68.44
Western Distributor 5k	3.11	29/10/2022		68.25
Darran Ames				59.78
Wesham Winter 10k	6.21	26/11/2022		59.78

Dave Booth			50.21
Windmill 10k	6.21	13/11/2022	50.21
David Butler			65.33
Lytham Interclub	5.00	12/05/2022	65.33
Dom Kirby			209.03
Manchester Half	13.10	09/10/2022	70.33
Lytham Interclub	5.00	12/05/2022	69.40
Blackpool Interclub 2022	4.00	06/04/2022	69.30
Emma Johnston			51.42
Blackpool Interclub 2022	4.00	06/04/2022	51.42
Gill Draper			233.58
Wesham Spring 10k	6.21	25/05/2022	78.20
Manchester Half	13.10	22/05/2022	78.13
Wesham Winter 10k	6.21	26/11/2022	77.25
Gillian Oliver			53.17
CR 315 Lancaster 10k	6.21	09/07/2022	53.17
Graham Cunliffe			69.19
Power of 5k (February)	3.11	10/02/2023	69.19
Graham Webster			243.28
Mid Cheshire 5k	3.11	29/04/2022	81.72
Run Through Chase The Sun	6.21	13/04/2022	81.40
Wesham Spring 10k	6.21	25/05/2022	80.16
Greg Oulton			180.64
Power of 5k (July)	3.11	01/07/2022	61.00
Catforth Canter (June)	3.11	25/06/2022	59.84
Preston Western Distributor 10k	6.21	29/10/2022	59.80
Helen Rennie			62.72
Thornton Interclub	5.00	28/06/2022	62.72

Ian Tate				169.35
Thornton Interclub	5.00	28/06/2022		57.42
Blackpool Run The Lights 10k	6.21	13/08/2022		56.86
Southport Half	13.10	26/06/2022		55.07
James Whittle				206.92
Power of 5k (February)	3.11	10/02/2023		70.72
Western Distributor 5k	3.11	29/10/2022		68.31
Manchester Half	13.10	09/10/2022		67.89
Jennifer Hill				201.19
Thornton Interclub	5.00	28/06/2022		70.26
Lytham Interclub	5.00	12/05/2022		68.14
Blackpool Interclub 2022	4.00	06/04/2022		62.79
Jo Goorney				170.14
Blackpool Interclub 2022	4.00	06/04/2022		85.61
Lytham Interclub	5.00	12/05/2022		84.53
Joe Greenwood				217.87
Catforth Canter (May)	3.11	28/05/2022		73.51
Blackpool Interclub 2022	4.00	06/04/2022		72.20
Carnival 5k	3.11	05/06/2022		72.16
John Bertenshaw				226.78
Mid Cheshire 5k	3.11	29/04/2022		76.76
Blackpool Interclub 2022	4.00	06/04/2022		75.03
Run Through Tatton Half	13.10	05/11/2022		74.99
Jonathan Tuck				235.38
Green Drive Five	5.00	23/10/2022		78.87
Preston Western Distributor 10k	6.21	29/10/2022		78.57
Blackpool Interclub 2022	4.00	06/04/2022		77.94
Julia Rolfe				215.29
Power of 5k (August)	3.11	26/08/2022		72.21
Conwy Half	13.10	20/11/2022		72.05
Blackpool Interclub 2022	4.00	06/04/2022		71.03

Julie Wiseman			207.95
Carnival 5k	3.11	05/06/2022	70.80
Preston Western Distributor 10k	6.21	29/10/2022	68.64
Windmill 10k	6.21	13/11/2022	68.51
Kat Fawcett			47.04
Ripley St Thomas Supper Run	4.00	28/04/2022	47.04
Kate Price Edwards			199.22
Thornton Interclub	5.00	28/06/2022	68.12
Windmill Half	13.10	07/08/2022	66.64
Lytham Interclub	5.00	12/05/2022	64.46
Kathy Gaunt			50.23
Winter Warmer	6.21	05/02/2023	50.23
Kevin Murray			165.85
Green Drive Five	5.00	23/10/2022	56.35
West Coast Half	13.10	09/10/2022	55.87
Windmill 10k	6.21	13/11/2022	53.63
Kim Dykes			62.28
Thornton Interclub	5.00	28/06/2022	62.28
Kirsten Burnett			189.66
Winter Warmer	6.21	05/02/2023	64.30
Catforth Canter (May)	3.11	28/05/2022	63.14
Wesham Spring 10k	6.21	25/05/2022	62.22
Laura Byrne			53.91
Western Distributor 5k	3.11	29/10/2022	53.91
Leanne Nield			64.43
Lytham Interclub	5.00	12/05/2022	64.43
Lewis McAfee			182.74
Power of 6k (October)	3.11	21/10/2022	63.14
Thornton Interclub	5.00	28/06/2022	59.90
Ripley St Thomas Supper Run	4.00	28/04/2022	59.70

Lia Murphy			104.00
Thornton Interclub	5.00	28/06/2022	52.34
Carnival 5k	3.11	05/06/2022	51.66
Linda Chadderton			60.87
Blackpool Interclub 2022	4.00	06/04/2022	60.87
Liz Canavan			172.95
Winter Warmer	6.21	05/02/2023	60.66
St Annes Ten Miler	10.00	29/01/2023	57.03
Wesham Spring 10k	6.21	25/05/2022	55.26
Louise Cox			236.44
Run Media City 10k	6.21	28/04/2022	79.75
Wesham Spring 10k	6.21	25/05/2022	78.94
Thornton Interclub	5.00	28/06/2022	77.75
Maddy Markham			210.25
Power of 5k (July)	3.11	01/07/2022	74.18
Thornton Interclub	5.00	28/06/2022	68.68
Lytham Interclub	5.00	12/05/2022	67.39
Mark Hughes			175.64
Thornton Interclub	5.00	28/06/2022	65.94
Great North Run	13.10	11/09/2022	58.59
Ripley St Thomas Supper Run	4.00	28/04/2022	51.11
Mark Selby			206.93
Blackpool Run The Lights 5k	3.11	13/08/2022	70.11
Carnival 5k	3.11	05/06/2022	68.80
Western Distributor 5k	3.11	29/10/2022	68.02
Matt Jones			47.06
Lytham Interclub	5.00	12/05/2022	47.06
Mel Koth			249.19
Manchester Half	13.10	09/10/2022	85.00
Central Lancs New Year Half	13.10	08/01/2023	82.40
Village Bakery Half	13.10	04/09/2022	81.79

Michelle Chadwick				208.22
Essar Cheshire Half	13.10	15/05/2022		71.19
Freckleton Half Marathon	13.10	19/06/2022		70.10
Caldervale 10	10.00	15/04/2022		66.93
Michelle Sheridan				93.14
Manchester Half	13.10	09/10/2022		47.23
London Landmarks Half Marathon	13.10	03/04/2022		45.91
Mick Widdop				179.46
Wesham Spring 10k	6.21	25/05/2022		60.03
Blackpool Interclub 2022	4.00	06/04/2022		59.85
Wesham Winter 10k	6.21	26/11/2022		59.58
Mike Toft				159.21
Fleetwood 10k	6.21	03/04/2022		79.62
Blackpool Interclub 2022	4.00	06/04/2022		79.59
Neil Tate				196.10
Wesham Spring 10k	6.21	25/05/2022		67.42
Ripley St Thomas Supper Run	4.00	28/04/2022		66.07
Carnival 5k	3.11	05/06/2022		62.61
Pam Binns				264.35
Carnival 5k	3.11	05/06/2022		89.63
Wesham Spring 10k	6.21	25/05/2022		88.63
Myerscough 10	10.00	04/12/2022		86.09
Pam Hardman				242.79
Wesham Spring 10k	6.21	25/05/2022		81.78
Blackpool Interclub 2022	4.00	06/04/2022		81.74
Ripley St Thomas Supper Run	4.00	28/04/2022		79.27
Paul McAllister				169.21
Blackpool Interclub 2022	4.00	06/04/2022		59.10
Woodbridge 10k	6.21	08/05/2022		55.74
Thornton Interclub	5.00	28/06/2022		54.37

Peter Reid			186.06
Carnival 5k	3.11	05/06/2022	62.94
Blackpool Interclub 2022	4.00	06/04/2022	61.86
Lytham Interclub	5.00	12/05/2022	61.26
Peter Thomson			125.14
Thornton Interclub	5.00	28/06/2022	63.30
Blackpool Interclub 2022	4.00	06/04/2022	61.84
Richard Storey			174.47
Western Distributor 5k	3.11	29/10/2022	59.59
Catforth Canter (June)	3.11	25/06/2022	57.55
Catforth Canter (May)	3.11	28/05/2022	57.33
Ross McKelvie			255.66
Podium 5k	3.11	29/10/2022	85.92
Great Scottish Run 10k	6.17	02/10/2022	84.92
Power of 5k (February)	3.11	10/02/2023	84.82
Roy Stevens			200.27
Wesham Spring 10k	6.21	25/05/2022	67.69
Mothers Day 10k	6.21	18/03/2023	66.36
Lytham Interclub	5.00	12/05/2022	66.22
Ruth Williams			205.91
Carnival 5k	3.11	05/06/2022	70.25
Windmill 10k	6.21	13/11/2022	67.92
Blackpool Interclub 2022	4.00	06/04/2022	67.74
Scott Gall			51.14
Southport Half	13.10	26/06/2022	51.14
Stephen Wilde			73.56
Lytham Interclub	5.00	12/05/2022	73.56
Stephen Wise			205.38
Catforth Canter (May)	3.11	28/05/2022	69.49
Plough at Eaves	3.11	10/06/2022	68.29
Catforth Canter (June)	3.11	25/06/2022	67.60

Steve Jones				119.60
Carnival 5k	3.11	05/06/2022		62.10
Lytham Interclub	5.00	12/05/2022		57.50
Sue Hawitt				226.40
Great North West Half	13.10	19/02/2023		76.28
Wesham Winter 10k	6.21	26/11/2022		75.90
Winter Warmer	6.21	05/02/2023		74.22
Sue Henry				156.15
Freckleton Half Marathon	13.10	19/06/2022		52.90
Festival of Running Half	13.10	24/04/2022		51.88
Thornton Interclub	5.00	28/06/2022		51.37
Sylvia Gittins				240.61
Wray Scarecrow	6.21	23/04/2022		80.99
Thornton Interclub	5.00	28/06/2022		80.17
Preston Western Distributor 10k	6.21	29/10/2022		79.45
Tom Howarth				130.36
Thornton Interclub	5.00	28/06/2022		65.33
Blackpool Interclub 2022	4.00	06/04/2022		65.03
Vicki Richardson				83.05
Great North Run	13.10	11/09/2022		46.40
Lytham Interclub	5.00	12/05/2022		36.65
Xavia Cooper				185.64
Scottish Half Marathon	13.10	18/09/2022		64.14
Western Distributor 5k	3.11	29/10/2022		61.48
St Annes Ten Miler	10.00	29/01/2023		60.02