

**CARN RUNNERS  
SHOW THE BEST  
2015/16 SEASON  
QUARTER ENDED 31 JULY 2016  
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF BIRTH	AGE AT 01/11/2015	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
1	Ali Campbell	14/01/1977	38.79	34:07		58:44			1:59:48		6:35:54
2	Ali Galloway	12/09/1963	52.13	26:53			1:10:18				
3	Andy Caldwell	11/10/1961	54.05				42:16				
4	Andy Millward	25/07/1960	55.27	20:55	27:42	35:30		55:16	1:13:21	1:38:33	3:28:58
5	Anna Pascoe	24/12/1981	33.85	23:09	31:44	39:55	1:02:03	1:03:11	1:29:50	2:05:52	5:51:30
6	Barrie Cardew	06/08/1958	57.24		25:42	31:47		49:56	1:06:21	1:30:42	
7	Barry Drew	22/06/1947	68.36	26:45		41:22	1:02:46		1:24:32		
8	Brydie Bray	13/02/1966	49.72	28:38							4:10:26
9	Carol Penberthy	30/03/1959	56.59			42:44					
10	Carole Drew	05/11/1947	67.99	30:49		54:08			2:00:09	2:50:15	
11	Caroline Phillips	11/02/1966	49.72				1:12:08				
12	Caz Vinnicombe	16/02/1974	41.70				1:12:11		2:03:44	2:50:15	
13	Ceri Harvey	26/05/1977	38.43	35:02		38:20	54:36		1:24:51		
14	Claire Francom	10/03/1975	40.64						1:25:27	2:02:47	
15	Craig Hall	19/05/1974	41.45	18:15	23:39	29:47	49:35	49:46	1:02:07	1:23:12	2:55:43
16	Dave Cox	23/11/1978	36.94						1:14:05	1:33:18	
17	Dave Mounter	25/02/1948	67.68			45:04	1:00:08		1:42:54		5:17:42
18	Dawn Scallan	23/10/1971	44.02			41:38			1:29:32	1:57:54	
19	Debbie Hocking	17/08/1967	48.21			50:42	1:12:08		1:45:01	2:38:09	
20	Debbie Nugent	23/02/1965	50.68	21:28	28:12	34:29		55:17	1:16:58	1:45:42	
21	Demelza Widdershoven	07/02/1982	33.73	27:33	34:06	42:34	1:15:52		1:32:29	2:10:07	
22	Denise Cardew	11/09/1961	54.14		35:02	43:27					
23	Diane Catterall	19/08/1985	30.20			45:11			1:34:06	2:01:32	



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		BIRTH	01/11/2015	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
48	Julie Green	08/08/1963	52.23	25:13	33:39	43:23	1:11:25	1:12:19	1:33:22	2:06:56		
49	Juliet Knowles	03/06/1972	43.41						1:19:41			
50	Julie Toy	20/01/1965	50.78			59:26						
51	Kathryn Marsh	13/05/1975	40.47		44:00	56:26	1:37:22	1:30:38	1:52:06	2:28:40	5:38:12	
52	Kensa Clemence	27/02/1991	24.68								7:50:18	
53	Laura Millward	11/04/1962	53.56	25:13	34:35	43:43		1:15:50	1:40:42			
54	Lisa Boaden	06/12/1970	44.90		36:04				1:35:50	2:19:23	4:51:43	
55	Lisa Clark	30/07/1980	35.26		48:26	57:44						
56	Lisa Gower	13/06/1970	45.38				01:17:16					
57	Lisa-Marie Clarke	15/01/1981	34.79	28:55					1:27:47	1:52:27		
58	Lisa Uren	08/06/1977	38.39		32:39	40:38	52:26		1:36:03	2:07:06		
59	Margaret Wade	28/10/1951	64.01	29:46	39:24	48:30	1:01:00	1:26:31	1:53:39	2:40:18	5:22:28	
60	Mark Dorrell	10/04/1963	52.56	22:36						1:35:40		
61	Martin Symons	28/02/1967	48.67		31:15	38:45						
62	Matt Walters	11/05/1974	41.47			35:47						
63	Meryl Elstone	31/05/1967	48.42	23:39	32:12	38:59		1:02:05	1:25:38	1:56:09		
64	Michelle Hart	23/09/1987	28.10		37:05	44:06			1:35:05	2:15:07	6:35:54	
65	Mike Mack	08/09/1948	67.14		39:18	48:05		1:15:44	2:20:29			
66	Mollie Evans	26/02/1977	38.68		36:53	46:34	1:08:05					
67	Nicki Carter	02/03/1969	46.67				1:26:22					
68	Olivia Pellowe	30/03/1977	38.59						1:35:24			
69	Paul Elliott	06/10/1975	40.07	29:56	33:18	41:02	58:49					
70	Paul Sawford	31/03/1967	48.59	17:46	23:57	29:40	41:02		1:07:19	1:30:24	2:51:21	
71	Pete Chapman	04/06/1954	61.41	26:29	30:58	38:25		1:04:48	1:25:45			

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		BIRTH	01/11/2015	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
72	Pete Kearney	01/09/1962	53.17		26:48	37:50			1:13:43	1:33:59		
73	Peter Drew	02/03/1949	66.67	23:25	32:06	38:39		1:04:37	1:28:17	2:00:21		
74	Richard Harvey	13/12/1975	39.88	21:43		38:20			1:24:52	2:14:12		
75	Rob Rochowiak	26/01/1961	54.76			37:05			1:20:46	1:54:41		
76	Rosie Foster	18/03/1962	53.62						1:51:07			
77	Saffion Hall	09/11/1999	15.98		42:49	52:05						
78	Sandy Jamieson	27/02/1952	63.67	27:21	36:43	45:35		1:13:37	1:42:34	2:29:24	5:21:05	
79	Sarah Carswell	27/10/1973	42.01		42:22	53:38				2:16:49		
80	Sarah Clemence	06/04/1969	46.57								7:50:19	
81	Sharon Smith	17/12/1973	41.87	26:39	32:12	38:10			1:20:27	1:48:04	3:37:32	
82	Steve Jones	01/02/1970	45.75						1:27:47	1:59:04		
83	Stacey Lowe	05/04/1982	33.50				1:10:48		1:20:10			
84	Steve Phillips	30/12/1973	41.84	22:02	26:06	34:09	52:32					
85	Steve Thompson	26/02/1963	52.68			49:37						
86	Tim Widdershoven	07/05/1981	34.48			34:23			1:20:50			
87	Tommy Polglase	20/05/1950	65.45			35:02			1:10:06			
88	Treve Evans	11/10/1965	50.05	29:13	32:23							
89	Tryphaena Joel	25/01/1976	39.77		37:38		1:11:40					
90	Walter Mankee	12/11/1957	57.97	33:08	32:44	40:16			1:31:56			
91	Wayne Tully	25/06/1983	32.35		28:31	34:05		56:54				
92	Wendy Savage	12/12/1961	53.88			53:37	1:12:08		2:02:43	2:50:15		
93	Wietske Hitchens	23/12/1966	48.86	23:03	31:02	38:14		59:49	1:20:48	1:52:44		
94	Zoe Hall	21/04/1970	45.46		48:27	56:21		1:30:38	1:58:06	3:24:10		