

**CARN RUNNERS
SHOW THE BEST
2015/16 SEASON
Q/E 31 JULY 2016**

	NAME	DATE OF BIRTH	AGE AT 01/11/2015	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	AVERAGE OF BEST 4
1	Paul Sawford	31/03/1967	48.59	82.15	79.04	80.19	72.35		72.28	71.20	79.10	80.12
2	Barrie Cardew	06/08/1958	57.24		79.01	80.47		72.58	79.13	76.65		78.82
3	Debbie Nugent	23/02/1965	50.68	77.54	77.05	79.68		70.63	73.52	70.73		76.95
4	Craig Hall	19/05/1974	41.45	75.89	75.81	75.52	56.53	63.76	73.86	72.91	72.70	75.27
5	Gary Richards	30/08/1969	46.17	72.46		76.92			75.86	73.96		74.80
6	Jason Vinnicombe	08/11/1974	40.98		75.50	73.04			72.55	71.96	67.08	73.26
7	Andy Millward	25/07/1960	55.27	73.48	72.11	70.83		64.43	70.31	69.28	68.81	71.68
8	Pete Kearney	01/09/1962	53.17		73.26	65.29			68.67	71.28		69.63
9	Wietske Hitchens	23/12/1966	48.86	70.81	68.60	70.37		63.89	68.53	64.89		69.58
10	Peter Drew	02/03/1949	66.67	72.16	68.69	72.07		61.29	65.10	63.29		69.50
11	Sandy Jamieson	27/02/1952	63.67	70.96	69.37	71.01		62.80	65.39	59.31	57.83	69.18
12	Meryl Elstone	31/05/1967	48.42	68.69	65.79	68.68		61.24	64.33	62.66		66.87
13	Margaret Wade	28/10/1951	64.01	65.48	64.93	67.06	67.39	53.69	59.30	55.55	57.88	66.22
14	Janna Eyre	30/08/1981	34.17	61.25	68.64	68.53			58.72	57.28	65.56	66.00
15	Pete Chapman	04/06/1954	61.41	61.00	67.95	69.07		58.11	63.66			65.42
16	Julie Green	08/08/1963	52.23	67.15	65.72	64.50	49.30	55.01	61.76	60.01		64.78
17	Sharon Smith	17/12/1973	41.87	57.57	62.03	66.03			64.29	63.23	65.02	64.64
18	Barry Drew	22/06/1947	68.36	64.16		68.43	56.61		69.15			64.59
19	Laura Millward	11/04/1962	53.56	68.17	64.94	65.03		53.33	58.21			64.09
20	Judy Jameson	06/05/1959	56.49	66.13	64.60	66.77		55.41	58.17	49.10	52.17	63.92
21	Steve Phillips	30/12/1973	41.84	63.04	68.90	66.06	53.52					62.88
22	Carole Drew	05/11/1947	67.99	66.65		63.56			59.49	55.47		61.29
23	Anna Pascoe	24/12/1981	33.85	64.03	60.74	60.88	49.09	54.48	55.30	52.14	38.70	60.24
24	Lisa Uren	08/06/1977	38.39		59.96	60.76	59.04		52.67	52.58		58.11
25	Walter Mankee	12/11/1957	57.97	47.40	62.41	63.92			57.50			57.81

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26	Dave Mounter	25/02/1948	67.68			62.40	58.69		56.42		51.02	57.13
27	Ceri Harvey	26/05/1977	38.43	42.96		64.42	56.71		59.63			55.93
28	Demelza Widdershoven	07/02/1982	33.73	54.45	56.51	57.07	40.14		53.70	50.42		55.43
29	Richard Harvey	13/12/1975	39.88	63.07		57.98			53.44	44.70		54.80
30	Lisa Boaden	06/12/1970	44.90		56.71				55.36	50.29	49.77	53.03
31	Mike Mack	08/09/1948	67.14		56.35	58.19		52.54	41.11			52.05
32	Michelle Hart	23/09/1987	28.10		51.78	54.88			51.90	48.25	34.20	51.70
33	Emma Beever	04/03/1974	41.66		53.66	50.23	51.35		47.92			50.79
34	Paul Elliott	06/10/1975	40.07	45.82	53.30	54.24	47.15					50.13
35	Debbie Hocking	17/08/1967	48.21			52.68	46.53		52.32	45.90		49.36
36	Wendy Savage	12/12/1961	53.88			53.23	49.81		47.96	45.67		49.17
37	Kathryn Marsh	13/05/1975	40.47		44.99	44.25	32.17	39.05	45.69	45.51	41.41	45.11
38	Zoe Hall	21/04/1970	45.46		42.43	46.06		40.63	45.17	34.52		43.57
39	Ali Campbell	14/01/1977	38.79	44.19		42.12			42.32		35.02	40.91
40	Ali Galloway	12/09/1963	52.13	62.92			50.02					N/A
41	Andy Caldwell	11/10/1961	54.05				73.58					N/A
42	Brydie Bray	13/02/1966	49.72	57.53							61.26	N/A
43	Carol Penberthy	30/03/1959	56.59			69.05						N/A
44	Caroline Philips	11/02/1966	49.72				47.36					N/A
45	Caz Vinnicombe	16/02/1974	41.70				43.75		41.75	40.09		N/A
46	Claire Francom	10/03/1975	40.64						60.00	55.17		N/A
47	Dave Cox	23/11/1978	36.94						60.21	63.31		N/A
48	Dawn Scallan	23/10/1971	44.02			61.54			58.79	58.98		N/A
49	Denise Cardew	11/09/1961	54.14		64.54	65.89						N/A
50	Diane Catterall	19/08/1985	30.20			53.56			52.47	53.67		N/A
51	Donna Pollard	04/09/1973	42.16		37.03				41.21			N/A
52	Emma Mankee	20/06/1969	46.36		56.98	50.78			46.51			N/A

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53	Emma Richards	11/09/1979	36.14			57.46			53.08			N/A
54	Faye Gibson	26/06/1976	39.35		54.29		37.61				50.94	N/A
55	Gareth Evans	29/03/1991	24.59	39.91	52.38							N/A
56	George Williams	30/12/1961	53.84		60.93							N/A
57	Glynn Davis	08/04/1964	51.56		74.83	75.15		66.93				N/A
58	Hadden Page	17/12/1971	43.87		60.62	59.44						N/A
59	Hannah Wilkinson	16/09/1988	27.12				39.78					N/A
60	Helen Page	02/08/1975	40.25		59.10	57.49					52.76	N/A
61	Helen Thomas	12/10/1970	45.05			65.74			64.15			N/A
62	Ian Bowden	25/02/1971	44.68			44.06	34.48		38.56			N/A
63	James Findlay	21/12/1984	30.86		58.70	57.14			54.34			N/A
64	Jamie Aston	08/10/1991	24.07						68.27		58.66	N/A
65	Janet Ritchie	19/09/1961	54.12			67.11			63.19			N/A
66	Jason Richards	17/03/1986	29.62			65.24			66.35			N/A
67	Jeanette Toy	18/07/1970	45.29			46.26			44.28			N/A
68	Jo Kipling	06/01/1958	57.82							60.55		N/A
69	Julian Lewis	21/09/1968	47.11	51.28							45.12	N/A
70	Julie Toy	20/01/1965	50.78			46.28						N/A
71	Juliet Knowles	03/06/1972	43.41						65.71			N/A
72	Kensa Clemence	27/02/1991	24.68								28.79	N/A
73	Lisa Clark	30/07/1980	35.26		39.94	42.24						N/A
74	Lisa Gower	13/06/1970	45.38				42.15					N/A
75	Lisa-Marie Clarke	15/01/1981	34.79	51.37					56.74	58.52		N/A
76	Mark Dorrell	10/04/1963	52.56	66.57						69.65		N/A
77	Martin Symons	28/02/1967	48.67		60.62	61.43						N/A
78	Matt Walters	11/05/1974	41.47			62.86						N/A
79	Mollie Evans	26/02/1977	38.68		53.15	53.09	45.54					N/A

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80	Nicki Carter	02/03/1969	46.67				38.20					N/A
81	Olivia Pellowe	30/03/1977	38.59						53.08			N/A
82	Rob Rochowiak	26/01/1961	54.76			67.51			63.56	59.26		N/A
83	Rosie Foster	18/03/1962	53.62						52.79			N/A
84	Saffion Hall	09/11/1999	15.98		46.73	48.42						N/A
85	Sarah Carswell	27/10/1973	42.01		47.19	47.03				49.99		N/A
86	Sarah Clemence	06/04/1969	46.57								31.41	N/A
87	Stacey Lowe	05/04/1982	33.50				42.99		61.91			N/A
88	Steve Jones	01/02/1970	45.75						54.12	52.77		N/A
89	Steve Thompson	26/02/1963	52.68			49.58						N/A
90	Tim Widdershoven	07/05/1981	34.48			62.66			54.71			N/A
91	Tommy Polglase	20/05/1950	65.45			78.60			80.99			N/A
92	Treve Evans	11/10/1965	50.05	50.51	59.13							N/A
93	Tryphaena Joel	25/01/1976	38.77		52.39		43.52					N/A
94	Wayne Tully	25/06/1983	32.35		59.64	62.79		53.34				N/A

RED ENTRIES ARE THE PERSON'S BEST 4 RESULTS FOR THIS PERIOD'S LEAGUE TABLE