

**CARN RUNNERS  
SHOW THE BEST  
2016/17 SEASON  
Q/E 31 JULY 2017**

	NAME	DATE OF BIRTH	AGE AT 01/11/2016	DISTANCE								AVERAGE OF BEST 4
				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
1	Glynn Davis	08/04/1964	52.56	81.72	81.00	81.40	81.43	75.84	80.47	77.23		81.39
2	Paul Sawford	31/03/1967	49.59	81.74		77.66	80.97			71.81	77.99	79.59
3	Barrie Cardew	06/08/1958	58.24	80.07	79.39	75.77			73.43	73.58		77.20
4	Jason Vinnicombe	08/11/1974	41.98	73.22	76.54	72.69	75.10		75.98	62.34	73.68	75.32
5	Tommy Polglase	20/05/1950	66.45		75.30	78.49		73.61	70.12			74.38
6	Craig Hall	19/05/1974	42.45	73.36	73.05	71.81	73.86			76.54		74.20
7	Andy Millward	25/07/1960	56.27	72.41	71.56	71.93		67.23	69.26		71.37	71.82
8	Meryl Elstone	31/05/1967	49.42	72.59	71.03	71.05	71.27		67.04		61.01	71.49
9	Peter Drew	02/03/1949	67.67	71.74	72.44	71.48	70.19		69.62	61.59		71.46
10	Sandy Jamieson	27/02/1952	64.67	71.89		70.35	72.87		69.44	65.90	64.35	71.14
11	Wietske Hitchens	23/12/1966	49.86	69.52	68.29	67.59			70.96		61.42	69.09
12	Margaret Wade	28/10/1951	65.01	68.78	67.65	65.28	70.38	62.79	69.45	62.40	60.34	69.06
13	Pete Chapman	04/06/1954	62.41			72.39	72.25		61.58	69.34		68.89
14	Stacey Lowe	05/04/1982	34.50	69.28	68.08	66.73			67.31			67.85
15	Helen Thomas	12/10/1970	46.05		65.96	69.26	67.36		67.99	58.14		67.64
16	Laura Millward	11/04/1962	54.56	68.44	70.08	65.07		60.09	64.83		62.43	67.10
17	Rob Rochowiak	26/01/1961	55.76		65.74	67.54	66.90		67.01	63.03		66.80
18	Rob Pooley	06/10/1978	38.07		63.44	66.00	65.35		64.33			64.78
19	Julie Green	08/08/1963	53.23			66.08	66.44		62.34	62.01		64.22
20	Tim Widdershoven	07/05/1981	35.48		64.85	66.02	62.76	44.36	63.00	58.90		64.16
21	Judy Jameson	06/05/1959	57.49	60.93		63.48	63.94		62.31	56.40	53.14	62.66
22	James Findlay	21/12/1984	31.86	61.91	61.20	62.49	60.73		61.22	56.65		61.70
23	Ceri Harvey	26/05/1977	39.43	56.68	60.10	61.50	65.80					61.02
24	Sharon Smith	17/12/1973	42.87	55.94	52.55	57.34				68.08	61.85	60.80
25	Mike Mack	08/09/1948	68.14		60.08			57.36	62.02	59.61		59.77
26	Janna Eyre	30/08/1981	35.17	64.78		60.43			55.74	54.97		58.98
27	Steve Jones	01/02/1970	46.75			62.80	58.40		54.93	52.86		57.25





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84	Karen Strout	07/01/1971	45.82						53.21			N/A
85	Katherine Dilleigh	28/10/1971	45.01	54.23								N/A
86	Leanna Cox	09/09/1972	44.15	51.32								N/A
87	Les Smitham	03/06/1972	44.41						61.44		58.15	N/A
88	Lisa Boaden	06/12/1970	45.90						56.00		51.21	N/A
89	Lisa Gower	13/06/1970	46.38	58.34		57.23	46.91					N/A
90	Lisa Richards	22/02/1979	37.69		53.84				51.55			N/A
91	Lorna Burton	17/08/1973	43.21	39.77								N/A
92	Louise Evans	08/10/1971	45.07	39.81		38.73						N/A
93	Lucy Jose	20/01/1983	33.78	46.91								N/A
94	Makayla-Rose Butler	10/03/1985	31.65				52.13		45.15			N/A
95	Mark Dorrell	10/04/1963	53.56	57.96					70.67			N/A
96	Martin Symons	28/02/1967	49.67	62.85								N/A
97	Mary Johns	30/05/1969	47.42	45.24								N/A
98	Matt Walters	11/05/1974	42.48							59.39		N/A
99	Melanie Pomery	24/02/1978	38.69	43.61								N/A
100	Melanie Williams	10/12/1972	43.89	34.09								N/A
101	Michelle Hart	23/09/1987	29.11						42.92	47.42		N/A
102	Natalie Thompson	23/10/1969	47.02	45.03								N/A
103	Natasha Johns	09/05/1990	26.48	46.88								N/A
104	Nicki Carter	02/03/1969	47.67								45.79	N/A
105	Peter Pascoe	21/05/1964	52.45			51.00						N/A
106	Rebecca Allen	10/02/1985	31.72	54.15								N/A
107	Rebecca Lawrence	24/07/1988	28.27	46.78								N/A
108	Richard Harvey	13/12/1975	40.88	63.25	63.15		53.14					N/A
109	Rosie Foster	18/03/1962	54.62		55.67							N/A
110	Sam Murray	26/09/1966	50.10			61.67						N/A
111	Samantha Clarke	08/07/1977	39.32			57.76			54.27			N/A

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112	Sammy Newton	02/10/1989	27.08	43.37								N/A
113	Sarah Hutchins	09/04/1975	41.56						59.33			N/A
114	Shane Zahra	07/01/1974	42.82							53.74		N/A
115	Simon Jones	19/11/1969	46.95		56.59	53.27						N/A
116	Steve Thompson	26/02/1963	53.68	54.98								N/A
117	Tim Moran	05/03/1981	35.66			56.65			57.07	56.21		N/A
118	Tracey Radley	20/08/1969	47.20	49.77								N/A
119	Tracey Rowe	03/08/1965	51.25	56.66								N/A
120	Treve Evans	11/10/1965	51.05			61.62			53.48			N/A
121	Walter Mankee	12/11/1957	58.97			56.35						N/A

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