

**CARN RUNNERS
SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 31 JULY 2017
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF BIRTH	AGE AT 01/11/2016	DISTANCE							
				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
1	Ali Galloway	12/09/1963	53.13	27:32		45:03					
2	Amanda Jeffery	09/01/1969	47.81	31:00							
3	Andy Millward	25/07/1960	56.27	21:23	28:08	35:16		53:27	1:15:09		3:23:19
4	Barrie Cardew	06/08/1958	58.24	19:39	25:48	34:03			1:12:09	1:35:22	
5	Barry Drew	22/06/1947	69.36	29:10		55:43			1:37:51		
6	Brian Hamilton	25/03/1974	42.53		33:47						
7	Carole Drew	05/11/1947	68.99	30:36		55:42			2:17:04		
8	Carolyn Howell	26/05/1976	40.43	50:58							
9	Caz Vinnicombe	16/02/1974	42.70	34:09	40:42	49:27	1:04:58		1:47:30	2:27:41	
10	Ceri Harvey	26/05/1977	39.43	26:42	32:45	40:21	47:19				
11	Charlotte Richards	15/02/1974	42.71			1:02:45			2:06:23		
12	Chris Perry	02/08/1975	41.25	21:41							
13	Claire Francom	10/03/1975	41.64								4:23:44
14	Claire Payne	21/01/1971	45.78				1:04:21				
15	Claire Redgers	11/12/1975	40.89	31:14	46:58	56:30	1:10:32				
16	Clair Richards	03/12/1975	40.91	29:08	39:46	48:40			1:44:43		
17	Craig Hall	19/05/1974	42.45	19:01	24:44	31:34	38:15			1:19:52	
18	Danielle Adderley	15/04/1983	33.55	34:18			1:11:06				
19	Dave Cox	23/11/1978	37.94								3:52:03
20	Dave Mounter	25/02/1948	68.68						1:45:22	2:19:54	
21	Dawn Scallan	23/10/1971	45.02		34:37		54:11		1:31:22		
22	Debbie Hocking	17/08/1967	49.21		39:44	47:17	1:01:03	1:15:22	1:43:56	2:23:12	

**SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 31 JULY 2017
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF	AGE AT			DISTANCE						
		BIRTH	01/11/2016	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
23	Debbie Roberts	25/07/1975	41.27		36:59		58:46					
24	Demelza Widdershoven	07/02/1982	34.73	26:52	34:45	43:54	54:46	1:08:58	1:32:42			
25	Denise Cardew	11/09/1961	55.14		35:24	45:08						
26	Diane Catterall	19/08/1985	31.20		35:10	40:58	54:40		1:33:30	2:04:43		
27	Donna Allen	18/01/1977	39.79	41:50								
28	Emma Beever	04/03/1974	42.66						1:39:48	2:23:29	5:16:30	
29	Emma Mankee	20/06/1969	47.36	40:33	41:32	46:58	1:00:59		1:35:41		4:44:28	
30	Faye Gibson	26/06/1976	40.35		38:22	44:11	58:10		1:32:50			
31	Gareth Evans	29/03/1991	25.59			40:21			1:22:45			
32	Gemma Thomas	09/02/1900	32.97						1:10:08			
33	George Williams	30/12/1961	54.84						1:11:55			
34	Glynn Davis	08/04/1964	52.56	18:25	24:07	30:12	37:42	45:52	1:02:34	1:26:17		
35	Harriet Oates	20/06/1980	36.37	31:36								
36	Hayley Martin	06/08/1979	37.24	31:53	40:33	50:08	1:07:21	1:14:27	1:48:35			
37	Hazel Cregan	20/04/1975	41.53	30:02								
38	Helen Richards	18/03/1976	40.62		34:27				1:31:49			
39	Helen Thomas	12/10/1970	46.05		31:20	37:41	48:40		1:18:56	2:01:57		
40	James Findlay	21/12/1984	31.86	21:08	27:45	34:13	44:03		1:11:54	1:43:05		
41	Jamie Richards	02/06/1987	29.42	20:36								
42	Janna Eyre	30/08/1981	35.17	22:57		40:21			1:29:28	1:59:53		
43	Jason Vinnicombe	08/11/1974	41.98	18:59	23:31	31:04	37:29		1:00:38	1:37:41	2:54:05	
44	Jeannette Toy	18/07/1970	46.29	30:15	39:37	51:07	1:07:26		1:58:37		6:10:04	
45	Jennifer Forbes	12/07/1984	32.33		35:08							
46	Joanne Sidney	25/09/1984	32.10	32:02								

**SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 31 JULY 2017
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF BIRTH	AGE AT 01/11/2016	DISTANCE							
				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
47	Jo Smitheram	28/03/1974	42.60	31:40							
48	Judy Jameson	06/05/1959	57.49	29:31		47:00	58:50		1:38:55	2:24:23	5:19:40
49	Julie Matraves	24/07/1968	48.27	29:37		47:04	1:02:38				
50	Julian Lewis	21/09/1968	48.11	25:34							
51	Julie Green	08/08/1963	53.23			42:51	53:38		1:33:39	2:04:22	
52	Julie Honeychurch	30/04/1958	58.51	43:04							
53	Juliet Knowles	03/06/1972	44.41	22:21		40:16			1:41:32		
54	Julie Toy	20/01/1965	5.78				1:13:25				
55	June Nisbet	19/07/1961	55.29	40:36							
56	Karen Strout	07/01/1971	45.82						1:40:37		
57	Katherine Dilleigh	28/10/1971	45.01	28:59							
58	Kathryn Marsh	13/05/1975	41.47	28:11	39:10	54:53	1:02:51	1:13:00	1:46:10		5:04:42
59	Kelly Bills	08/04/1976	40.57	28:58	40:35	49:07		1:13:45	1:59:24		
60	Kevin Redgers	26/02/1967	49.68	30:47	46:58	56:32	1:10:32				
61	Laura Millward	11/04/1962	54.56	25:24	32:25	44:14		1:08:09	1:31:33		4:21:31
62	Laura Pryor	23/09/1992	24.11			45:37			1:37:58	2:18:54	4:55:18
63	Leanna Cox	09/09/1972	44.15	30:24							
64	Les Smitham	03/06/1972	44.41						1:16:28		3:45:02
65	Lisa Boaden	06/12/1970	45.90						1:35:41		4:46:23
66	Lisa Gower	13/06/1970	46.38	27:17		45:45	1:10:08				
67	Lisa Richards	22/02/1979	37.69		36:15				1:37:46		
68	Lisa Uren	08/06/1977	39.39	38:06	35:02	40:17			1:37:50		
69	Lorna Burton	17/08/1973	43.21	38:56							

**SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 31 JULY 2017
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF BIRTH	AGE AT 01/11/2016	DISTANCE							
				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
70	Louise Evans	08/10/1971	45.07	39:29		1:06:47					
71	Lucy Jose	20/01/1983	33.78	31:35							
72	Makayla-Rose Butler	10/03/1985	31.65				58:13		1:49:31		
73	Margaret Wade	28/10/1951	65.01	28:43	38:20	50:30	59:15	1:15:02	1:38:28	2:24:48	5:14:07
74	Mark Dorrell	10/04/1963	53.56	26:10					1:11:53		
75	Mark Harrington	01/05/1964	52.50		35:03	43:17	58:10		1:40:57		
76	Martin Symons	28/02/1967	49.67	23:25							
77	Mary Johns	30/05/1969	47.42	35:33							
78	Matt Maloney	05/09/1986	30.16	32:03	26:53				1:14:20	1:37:40	
79	Matt Walters	11/05/1974	42.48							1:42:58	
80	Melanie Pomery	24/02/1978	38.69	34:33							
81	Melanie Williams	10/12/1972	43.89	45:40							
82	Meryl Elstone	31/05/1967	49.42	22:37	30:09	38:07	47:45		1:23:08		4:10:31
83	Michelle Hart	23/09/1987	29.11						1:54:59	2:17:30	
84	Mike Mack	08/09/1948	68.14		37:12			1:10:03	1:34:02	2:09:44	
85	Mollie Evans	26/02/1977	39.68		36:48	44:36		1:10:19	1:40:40		
86	Natalie Thompson	23/10/1969	47.02	35:34							
87	Natasha Johns	09/05/1990	26.48	31:30							
88	Nicki Carter	02/03/1969	47.67								5:26:45
89	Paul Elliott	06/10/1975	41.07	24:33	31:50	40:53		1:13:51	1:30:57		
90	Paul Reeve	17/10/1968	48.04		30:32	37:00			1:43:45		5:22:51
91	Paul Sawford	31/03/1967	49.59	17:59		30:53	36:58			1:30:24	2:55:18
92	Pete Chapman	04/06/1954	62.41			37:22	46:26		1:29:30	1:45:18	

**SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 31 JULY 2017
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF BIRTH	AGE AT 01/11/2016	DISTANCE							
				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
93	Peter Drew	02/03/1949	67.67	23:46	30:43	39:20	50:16		1:23:23	2:04:56	
94	Peter Pascoe	21/05/1964	52.45			48:08					
95	Rebecca Allen	10/02/1985	31.72	27:18							
96	Rebecca Lawrence	24/07/1988	28.27	31:34							
97	Richard Harvey	13/12/1975	40.88	21:49	28:16		52:30				
98	Rob Pooley	06/10/1978	38.07		27:35	33:14	41:45		1:09:43		
99	Rob Rochowiak	26/01/1961	55.76		30:30	37:23	47:11		1:17:18	1:48:49	
100	Rosie Foster	18/03/1962	54.62		40:50						
101	Samantha Clarke	08/07/1977	39.32			42:56			1:33:42		
102	Sam Murray	26/09/1966	50.10			44:16					
103	Sammy Newton	02/10/1989	27.08	34:03							
104	Sandy Jamieson	27/02/1952	64.67	27:20		46:39	56:57		1:38:00	2:16:25	4:53:00
105	Sarah Carswell	27/10/1973	43.01	30:20	39:17	51:04			2:02:35		
106	Sarah Hutchins	09/04/1975	41.56						1:26:58		
107	Shane Zahra	07/01/1974	42.82							1:54:08	
108	Sharon Smith	17/12/1973	42.87	27:37	38:17	44:16				1:41:09	3:50:30
109	Simon Jones	19/11/1969	46.95		33:01	44:05					
110	Stacey Lowe	05/04/1982	34.50	21:26	28:21	36:28			1:13:56		
111	Steve Jones	01/02/1970	46.75			37:19	50:05		1:27:12	1:59:53	
112	Stephen Thomas	10/04/1977	39.56		30:37	41:09	50:58		1:27:40		
113	Steve Thompson	26/02/1963	53.68	27:37							
114	Tim Moran	05/03/1981	35.66			38:13			1:17:46	1:44:36	
115	Tim Widdershoven	07/05/1981	35.48		26:33	32:46	43:03	1:08:59	1:10:24	1:37:46	

**SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 31 JULY 2017
ACTUAL TIMES (ALPHABETICAL)**

116	Tommy Polglase	20/05/1950	66.45		29:13	35:25		53:41	1:21:46		
117	Tracey Radley	20/08/1969	47.20	32:13							
118	Tracey Rowe	03/08/1965	51.25	37:11							
119	Treve Evans	11/10/1965	51.05			39:23			1:32:54		
120	Walter Mankee	12/11/1957	58.97			46:05					
121	Wietske Hitchens	23/12/1966	49.86	23:44	31:32	40:16			1:18:58		4:10:14