CARN RUNNERS
SHOW THE BEST
2016/17 SEASON
Q/E 30 APRIL 2017

	NAME	DATE OF	AGE AT			DISTANCE						AVERAGE
		BIRTH	01/11/2016	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	OF BEST 3
1	Glynn Davis	08/04/1964	52.56	81.72	81.00	79.69	81.43		80.47	77.23		81.38
2	Paul Sawford	31/03/1967	49.59	80.70		77.66	80.97			60.41	77.99	79.89
3	Barrie Cardew	06/08/1958	58.24	80.07	79.39	75.77			73.43	73.58		78.41
4	Jason Vinnicombe	08/11/1974	41.98	73.22	76.54	72.69	75.10		75.98	62.34	73.68	75.87
5	Craig Hall	19/05/1974	42.45	73.36	73.05	71.81	73.86					73.42
6	Andy Millward	25/07/1960	56.27	72.41	71.56				69.26		71.37	71.78
7	Sandy Jamieson	27/02/1952	64.67	71.89		70.35	72.87		69.44	65.90		71.70
8	Meryl Elstone	31/05/1967	49.42	72.59	71.03	65.76	71.27		67.04		61.01	71.63
9	Peter Drew	02/03/1949	67.67	71.74	72.44	69.57	70.19		69.62			71.46
10	Pete Chapman	04/06/1954	62.41			72.39	72.25		61.58	69.34		71.33
11	Wietske Hitchens	23/12/1966	49.86	69.52	68.29	67.59			70.96		61.42	69.59
12	Margaret Wade	28/10/1951	65.01	68.78	67.65		70.38		69.45	62.40		69.54
13	Laura Millward	11/04/1962	54.56	68.44	70.08				64.83		62.43	67.78
14	Helen Thomas	12/10/1970	46.05		65.96	67.24	67.36		67.99	53.14		67.53
15	Stacey Lowe	05/04/1982	34.50	66.84	68.08	66.73			67.31			67.41
16	Rob Rochowiak	26/01/1961	55.76		65.74	66.22	66.90		67.01	63.03		66.71
17	Julie Green	08/08/1963	53.23			66.08	66.44		62.34	62.01		64.95
18	Judy Jameson	06/05/1959	57.49	60.93		63.48	63.94		62.31	56.40		63.24
19	Tim Widdershoven	07/05/1981	35.48		62.99		62.76		63.00	58.90		62.92
20	Ceri Harvey	26/05/1977	39.43	36.96	60.10	61.50	65.80					62.47
21	James Findlay	21/12/1984	31.86	61.91	61.20	60.35	60.73		61.22	56.65		61.44
22	Juliet Knowles	03/06/1972	44.41	69.95		60.23			52.02			60.73
23	Matt Maloney	05/09/1986	30.16		62.99				59.19	59.78		60.65
24	Janna Eyre	30/08/1981	35.17	64.78		60.43			55.74	54.97		60.32
25	Dawn Scallan	23/10/1971	45.02		59.12		59.89		58.14			59.05
26	Steve Jones	01/02/1970	46.75			59.63	58.40		54.93	52.86		57.65
27	Paul Reeve	17/10/1968	48.04		61.74	64.01					41.78	55.84

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Q/E 30 APRIL 2017

28	Demelza Widdershoven	07/02/1982	34.73	55.27	55.59		55.75		53.72			55.54
29	Stephen Thomas	10/04/1977	39.56		57.76	53.87	54.22		51.62			55.28
30	Emma Mankee	20/06/1969	47.36				54.50		56.87		52.40	54.59
31	Paul Elliott	06/10/1975	41.07	56.28	56.18				50.28			54.25
32	Julie Matraves	24/07/1968	48.27	54.76		52.47	53.62					53.62
33	Faye Gibson	26/06/1976	40.35			51.87	53.81		55.12			53.60
34	Diane Catterall	19/08/1985	31.20				55.52		52.85	52.35		53.57
35	Debbie Hocking	17/08/1967	49.29				55.66		53.50	51.29		53.48
36	Jeanette Toy	18/07/1970	46.29	52.56	52.29	47.75	48.74		45.36			51.20
37	Kathryn Marsh	13/05/1975	41.47		48.15	45.79	50.17		48.57		44.64	48.96
38	Caz Vinnicombe	16/02/1974	42.70	45.19	49.39	48.12	48.97		48.42	46.56		48.93
39	Laura Pryor	23/09/1992	24.11						50.37	46.94	45.86	47.72
40	Sarah Carswell	27/10/1973	43.01	50.99	51.25				40.64			47.63
41	Hayley Martin	06/08/1979	37.24	46.94	46.97		45.73		46.32			46.74
42	Ali Galloway	12/09/1963	53.13	62.11		62.78						N/A
43	Andy Caldwell	11/10/1961	55.05			63.68						N/A
44	Barry Drew	22/06/1947	69.36	59.49								N/A
45	Brydie Bray	13/02/1966	50.72	65.08								N/A
46	Carole Drew	05/11/1947	68.99	68.03		52.28						N/A
47	Caroline Phillips	11/02/1966	50.72	47.73								N/A
48	Charlotte Richards	15/02/1974	42.71						41.20			N/A
49	Chris Perry	02/08/1975	41.25	63.70								N/A
50	Christiana Richardson	07/09/1980	36.15				51.90					N/A
51	Clair Richards	03/12/1975	40.91	52.35					49.05			N/A
52	Claire Francom	10/03/1975	41.64								53.54	N/A
53	Claire Payne	21/01/1971	45.78				50.79					N/A
54	Claire Redgers	11/12/1975	40.89			44.31	44.52					N/A
55	Danielle Adderley	15/04/1983	33.55	43.20			42.83					N/A

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Q/E 30 APRIL 2017

56	Dave Cox	23/11/1978	37.94								53.85	N/A
57	Dave Mounter	25/02/1948	68.68						55.66	55.59		N/A
58	Debbie Roberts	05/07/1975	41.27		53.81		53.57					N/A
59	Deborah Jasynewycz	09/09/1966	50.15			47.15						N/A
60	Denise Cardew	11/09/1961	55.14		64.64	64.22						N/A
61	Donna Allen	18/01/1977	39.79	36.22								N/A
62	Emma Beever	04/03/1974	42.66						52.14	47.91		N/A
63	Gareth Evans	29/03/1991	25.59			52.83			53.17			N/A
64	Gemma Thomas	11/11/1983	32.97						49.01			N/A
65	George Williams	30/12/1961	54.84						71.45			N/A
66	Helen Richards	18/03/1976	40.62						55.84			N/A
67	Jason Richards	17/03/1986	30.62			64.88						N/A
68	Julian Lewis	21/09/1968	48.11	55.57								N/A
69	Karen Strout	07/01/1971	45.82						53.21			N/A
70	Kelly Bills	08/04/1976	40.57	52.53								N/A
71	Kevin Redgers	26/02/1967	49.68			42.45	42.49					N/A
72	Leanna Cox	09/09/1972	44.15	51.32								N/A
73	Les Smitham	03/06/1972	44.41						61.44		58.15	N/A
74	Lisa Boaden	06/12/1970	45.90						56.00		51.21	N/A
75	Lisa Gower	13/06/1970	46.38	53.68		51.51						N/A
76	Lisa Richards	22/02/1979	37.69						51.55			N/A
77	Lisa Uren	08/06/1977	39.39			37.16			50.10			N/A
78	Lisa-Marie Clarke	15/01/1981	35.80						41.22			N/A
79	Louise Evans	08/10/1971	45.07	39.81		38.73						N/A
80	Makayla-Rose Butler	10/03/1985	31.65				52.13					N/A
81	Mark Dorrell	10/04/1963	53.56						70.67			N/A
82	Mark Harrington	01/05/1964	52.50				52.75		49.84			N/A
83	Martin Symons	28/02/1967	49.67	52.84								N/A

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Q/E 30 APRIL 2017

84	Matt Walters	11/05/1974	42.48							59.39		N/A
85	Michelle Hart	23/09/1987	29.11							47.42		N/A
86	Mike Mack	08/09/1948	68.14						62.02	59.61		N/A
87	Mollie Evans	26/02/1977	39.68						50.61			N/A
88	Nicki Carter	02/03/1969	47.67								45.79	N/A
89	Richard Harvey	13/12/1975	40.88	63.25	63.15							N/A
90	Rob Pooley	06/10/1978	38.07				65.35		64.33			N/A
91	Rosie Foster	18/03/1962	54.62		55.67							N/A
92	Saffion Hall	09/11/1999	16.98			42.03						N/A
93	Samantha Clarke	08/07/1977	39.32						54.27			N/A
94	Sarah Hutchins	09/04/1975	41.56						59.33			N/A
95	Shane Zahra	07/01/1974	42.82							53.74		N/A
96	Sharon Smith	17/12/1973	42.87							68.08	61.85	N/A
97	Simon Jones	19/11/1969	46.95		56.59	53.27						N/A
98	Steve Thompson	26/02/1963	53.68	54.98								N/A
99	Tim Moran	05/03/1981	35.66						57.07	56.21		N/A
100	Tommy Polglase	20/05/1950	66.45			76.58						N/A
101	Treve Evans	11/10/1965	51.05			61.62			53.48			N/A
102	Walter Mankee	12/11/1957	58.97			56.35						N/A
103	Zoe Hall	21/04/1970	46.46			44.44					44.43	N/A

RED ENTRIES ARE THE PERSON'S BEST 3 RESULTS FOR THIS PERIOD'S LEAGUE TABLE