

**CARN RUNNERS
SHOW THE BEST
2016/17 SEASON
QUARTER ENDED 30 APRIL 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	Andy Caldwell	11/10/1961	55.05			39:25					
3	Andy Millward	25/07/1960	56.27	21:23	28:08				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							
6	Brydie Bray	13/02/1966	50.72	25:35							
7	Carole Drew	05/11/1947	68.99	30:36		1:06:47					
8	Caz Vinnicombe	16/02/1974	42.70	34:09	40:42	52:41	1:04:58		1:47:30	2:27:41	
9	Caroline Phillips	11/02/1966	50.72	34:53							
10	Ceri Harvey	26/05/1977	39.43	40:57	32:45	40:21	47:19				
11	Charlotte Richards	15/02/1974	42.71						2:06:23		
12	Chris Perry	02/08/1975	41.25	21:43							
13	Christiana Richardson	07/09/1980	36.15				59:05				
14	Claire Francom	10/03/1975	41.64								4:23:44
15	Claire Payne	21/01/1971	45.78				1:04:21				
16	Claire Redgers	11/12/1975	40.89			56:30	1:10:32				
17	Clair Richards	03/12/1975	40.91	29:08					1:44:43		
18	Craig Hall	19/05/1974	42.45	19:01	24:44	31:34	38:15				
19	Danielle Adderley	15/04/1983	33.55	34:18			1:11:06				
20	Dave Cox	23/11/1978	37.94								3:52:03
21	Dave Mounter	25/02/1948	68.68						1:45:22	2:19:54	
22	Dawn Scallan	23/10/1971	45.02		34:37		54:11		1:31:22		
23	Debbie Hocking	17/08/1967	49.21				1:01:03		1:43:56	2:23:12	

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24	Debbie Roberts	25/07/1975	41.27		36:59		58:46				
25	Deborah Jasynewycz	09/09/1966	50.15			57:56					
26	Demelza Widdershoven	07/02/1982	34.73	26:52	34:45		54:46		1:32:42		
27	Denise Cardew	11/09/1961	55.14		35:24	45:08					
28	Diane Catterall	19/08/1985	31.20				54:40		1:33:30	2:04:43	
29	Donna Allen	18/01/1977	39.79	41:50							
30	Emma Beever	04/03/1974	42.66						1:39:48	2:23:29	
31	Emma Mankee	20/06/1969	47.36				1:00:59		1:35:41		4:44:28
32	Faye Gibson	26/06/1976	40.35			48:06	58:10		1:32:50		
33	Gareth Evans	29/03/1991	25.59			40:21			1:22:45		
34	Gemma Thomas	09/02/1900	32.97						1:10:08		
35	George Williams	30/12/1961	54.84						1:11:55		
36	Glynn Davis	08/04/1964	52.56	18:25	24:07	30:51	37:42		1:02:34	1:26:17	
37	Hayley Martin	06/08/1979	37.24	31:53	41:29		1:07:21		1:48:35		
38	Helen Richards	18/03/1976	40.62						1:31:49		
39	Helen Thomas	12/10/1970	46.05		31:20	38:49	48:40		1:18:56	2:13:25	
40	James Findlay	21/12/1984	31.86	21:08	27:45	35:26	44:03		1:11:54	1:43:05	
41	Janna Eyre	30/08/1981	35.17	22:57		40:21			1:29:28	1:59:53	
42	Jason Richards	17/03/1986	30.62			32:53					
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	54:48	1:07:26		1:58:37		
45	Judy Jameson	06/05/1959	57.49	29:31		47:00	58:50		1:38:55	2:24;23	
46	Julie Matraves	24/07/1968	48.27	29:37		50:57	1:02:38				

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47	Julian Lewis	21/09/1968	48.11	26:11							
48	Julie Green	08/08/1963	53.23			42:51	53:38		1:33:39	2:04:22	
49	Juliet Knowles	03/06/1972	44.41	22:21		42:42			1:41:32		
50	Karen Strout	07/01/1971	45.82						1:40:37		
51	Kathryn Marsh	13/05/1975	41.47		41:22	54:53	1:02:51		1:46:10		5:15:56
52	Kelly Bills	08/04/1976	40.57	28:58							
53	Kevin Redgers	26/02/1967	49.68			56:32	1:10:32				
54	Laura Millward	11/04/1962	54.56	25:24	32:25				1:31:33		4:21:31
55	Laura Pryor	23/09/1992	24.11						1:37:58	2:18:54	4:55:18
56	Leanna Cox	09/09/1972	44.15	30:24							
57	Les Smitham	03/06/1972	44.41						1:16:28		3:45:02
58	Lisa Boaden	06/12/1970	45.90						1:35:41		4:46:23
59	Lisa Gower	13/06/1970	46.38	29:39		50:50					
60	Lisa-Marie Clarke	15/01/1981	35.80						2:01:15		
61	Lisa Richards	22/02/1979	37.69						1:37:46		
62	Lisa Uren	08/06/1977	39.39			1:06:47			1:41:32		
63	Louise Evans	08/10/1971	45.07	39:29		1:06:47					
64	Makayla-Rose Butler	10/03/1985	31.65				58:13				
65	Margaret Wade	28/10/1951	65.01	28:43	38:20		59:15		1:38:28	2:24:48	
66	Mark Dorrell	10/04/1963	53.56						1:11:53		
67	Mark Harrington	01/05/1964	52.50				58:10		1:40:57		
68	Martin Symons	28/02/1967	49.67	27:51							
69	Matt Maloney	05/09/1986	30.16		26:53				1:14:20	1:37:40	

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70	Matt Walters	11/05/1974	42.48							1:42:58	
71	Meryl Elstone	31/05/1967	49.42	22:37	30:09	41:11	47:45		1:23:08		4:10:31
72	Michelle Hart	23/09/1987	29.11							2:17:30	
73	Mike Mack	08/09/1948	68.14						1:34:02	2:09:44	
74	Mollie Evans	26/02/1977	39.68						1:40:40		
75	Nicki Carter	02/03/1969	47.67								5:26:45
76	Paul Elliott	06/10/1975	41.07	24:33	31:50				1:30:57		
77	Paul Reeve	17/10/1968	48.04		30:32	37:00					5:22:51
78	Paul Sawford	31/03/1967	49.59	18:113		30:53	36:58			1:47:28	2:55:18
79	Pete Chapman	04/06/1954	62.41			37:22	46:26		1:29:30	1:45:18	
80	Peter Drew	02/03/1949	67.67	23:46	30:43	40:25	50:16		1:23:23		
81	Richard Harvey	13/12/1975	40.88	21:49	28:16						
82	Rob Pooley	06/10/1978	38.07				41:45		1:09:43		
83	Rob Rochowiak	26/01/1961	55.76		30:30	38:08	47:11		1:17:18	1:48:49	
84	Rosie Foster	18/03/1962	54.62		40:50						
85	Saffion Hall	09/11/1999	16.98			59:00					
86	Samantha Clarke	08/07/1977	39.32						1:33:42		
87	Sandy Jamieson	27/02/1952	64.67	27:20		46:39	56:57		1:38:00	2:16:25	
88	Sarah Carswell	27/10/1973	43.01	30:20	39:17				2:08:25		
89	Sarah Hutchins	09/04/1975	41.56						1:26:58		
90	Shane Zahra	07/01/1974	42.82							1:54:08	
91	Sharon Smith	17/12/1973	42.87							1:41:09	3:50:30
92	Simon Jones	19/11/1969	46.95		33:01	44:05					

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93	Stacey Lowe	05/04/1982	34.50	22:13	28:21	36:28			1:13:56		
94	Steve Jones	01/02/1970	46.75			39:18	50:05		1:27:12	1:59:53	
95	Stephen Thomas	10/04/1977	39.56		30:37	41:09	50:58		1:27:40		
96	Steve Thompson	26/02/1963	53.68	27:37							
97	Tim Moran	05/03/1981	35.66						1:17:46	1:44:36	
98	Tim Widdershoven	07/05/1981	35.48		27:20		43:03		1:10:24	1:37:46	
99	Tommy Polglase	20/05/1950	66.45			36:18					
100	Treve Evans	11/10/1965	51.05			39:23			1:32:54		
101	Walter Mankee	12/11/1957	58.97			46:05					
102	Wietske Hitchens	23/12/1966	49.86	23:44	31:32	40:16			1:18:58		4:10:14
103	Zoe Hall	21/04/1970	46.46			59:00					5:32:06