

**CARN RUNNERS
SHOW THE BEST
2016/17 SEASON
FINAL TABLE**

	NAME	DATE OF	AGE AT			DISTANCE						AVERAGE
		BIRTH	01/11/2016	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	OF BEST 4
1	Glynn Davis	08/04/1964	52.56	81.72	81.00	81.40	81.43	76.20	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	73.99		73.43	73.58		77.30
4	Tommy Polglase	20/05/1950	66.45		75.30	78.49	76.71	75.94	70.12	77.05		77.05
5	Jason Vinnicombe	08/11/1974	41.98	73.22	76.54	72.69	75.10		75.98	62.34	73.68	75.32
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	69.40	64.93	71.49
9	Peter Drew	02/03/1949	67.67	71.74	72.44	71.48	70.19	64.52	69.62	68.16		71.46
10	Sandy Jamieson	27/02/1952	64.67	71.89		70.35	72.87	68.09	69.44	66.88	64.35	71.14
11	Pete Chapman	04/06/1954	62.41	65.31		72.39	72.25		61.58	69.34		69.82
12	Wietske Hitchens	23/12/1966	49.86	69.52	68.29	67.59			70.96		61.42	69.09
13	Margaret Wade	28/10/1951	65.01	68.78	67.65	65.28	70.38	65.88	69.45	63.15	60.34	69.06
14	Stacey Lowe	05/04/1982	34.50	69.99	68.08	66.73			67.31			68.03
15	Helen Thomas	12/10/1970	46.05		65.96	69.26	67.36		67.99	63.65		67.64
16	Laura Millward	11/04/1962	54.56	68.44	70.08	65.07		62.58	64.83	54.46	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	Tim Widdershoven	07/05/1981	35.48		64.85	66.02	62.76	67.55	63.00	65.88		66.07
19	Rob Pooley	06/10/1978	38.07		63.44	66.00	65.35		64.33	57.56		64.78
20	Julie Green	08/08/1963	53.23			66.08	66.44		62.34	62.01		64.22
21	Judy Jameson	06/05/1959	57.49	60.93		63.48	63.94	59.34	62.31	56.40	53.14	62.66
22	James Findlay	21/12/1984	31.86	61.91	61.20	62.49	60.73	59.15	61.22	58.24		61.70
23	Matt Maloney	05/09/1986	30.16	62.96	62.99				59.19	59.78		61.23
24	Mike Mack	08/09/1948	68.14		60.08			60.70	62.02	61.83		61.16
25	Ceri Harvey	26/05/1977	39.43	56.68	60.10	61.50	65.80					61.02
26	Sharon Smith	17/12/1973	42.87	55.94	52.55	57.34				68.08	61.85	60.80
27	Carole Drew	05/11/1947	68.99	68.03		62.69			52.95	57.76		60.36

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28	Barry Drew	22/06/1947	69.36	62.56		51.33			62.73	62.12		59.68
29	Janna Eyre	30/08/1981	35.17	64.78		60.43			57.94	54.97		59.53
30	Lisa Uren	08/06/1977	39.39	39.68	56.18	61.61	60.01		51.99	57.31		58.78
31	Steve Jones	01/02/1970	46.75			62.80	60.43		54.93	56.76		58.73
32	Diane Catterall	19/08/1985	31.20		54.60	59.11	55.52	52.23	52.85	56.36		56.40
33	Julie Matraves	24/07/1968	48.27	57.85		56.80	53.62		52.81	54.82		55.77
34	Demelza Widdershoven	07/02/1982	34.73	55.27	55.59	55.47	55.75	52.50	53.72	50.47		55.52
35	Debbie Hocking	17/08/1967	49.29	41.01	53.78	57.14	56.65	50.91	53.50	51.29		55.27
36	Emma Mankee	20/06/1969	47.36	49.95	50.44	56.35	54.50		56.87	52.17	52.40	55.03
37	Paul Elliott	06/10/1975	41.07	56.28	56.18	54.87		42.83	50.28			54.40
38	Steven Thomas	10/04/1977	39.56		57.76	53.87	54.22		51.62			54.37
39	Faye Gibson	26/06/1976	40.35		51.56	56.47	53.81		55.12	51.03		54.24
40	Mark Harrington	01/05/1964	52.50		55.73	56.76	54.43		49.84			54.19
41	Mollie Evans	26/02/1977	39.68		53.53	55.72	54.50	51.37	50.61			53.78
42	Paul Reeve	17/10/1968	48.04		61.74	64.01			46.68		41.78	53.55
43	Clair Richards	03/12/1975	40.91	52.35	49.92	51.44	51.56		49.05	49.28		51.32
44	Jeanette Toy	18/07/1970	46.29	52.56	52.29	51.19	48.74		45.36		39.80	51.20
45	Kathryn Marsh	13/05/1975	41.47	54.29	50.85	45.79	50.17	48.81	48.57		46.29	51.03
46	Kelly Bills	08/04/1976	40.57	52.53	48.79	50.87	50.88	48.02	42.92	46.65		50.77
47	Caz Vinnicombe	16/02/1974	42.70	48.41	49.39	51.26	48.97		48.42	49.90		49.88
48	Laura Pryor	23/09/1992	24.11			53.05			50.37	46.94	45.86	49.05
49	Sarah Carswell	27/10/1973	43.01	50.99	51.25	49.77			42.57			48.64
50	Hayley Martin	06/08/1979	37.24	46.94	48.05	49.00	47.30	46.74	46.32	45.43		47.82
51	Claire Redgers	11/12/1975	40.89	48.83	42.26	44.31	44.52			38.53		44.98
52	Kevin Redgers	26/02/1967	49.68	47.81	40.67	42.45	42.49			36.89		43.36
53	Ali Galloway	12/09/1963	53.13	62.11		62.78						N/A
54	Amanda Jeffery	09/01/1969	47.81	53.93								N/A
55	Ashley Holt	05/09/1988	28.16							42.17		N/A

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56	Brian Hamilton	25/03/1974	42.53		53.48							N/A
57	Carolyn Howell	26/05/1976	40.43	30.42								N/A
58	Charlotte Richards	15/02/1974	42.71			40.40			41.20			N/A
59	Chris Perry	02/08/1975	41.25	63.80								N/A
60	Claire Francom	10/03/1975	41.64								53.54	N/A
61	Claire Payne	21/01/1971	45.78				50.79			44.27		N/A
62	Danielle Adderley	15/04/1983	33.55	43.20			42.83					N/A
63	Dave Cox	23/11/1978	37.94								53.85	N/A
64	Dave Mounter	25/02/1948	68.68				52.34		55.66	55.59		N/A
65	Dawn Scallan	23/10/1971	45.02		59.12		59.89		58.14			N/A
66	Debbie Roberts	05/07/1975	41.27		53.81		53.57					N/A
67	Denise Cardew	11/09/1961	55.14		64.64	64.22						N/A
68	Donna Allen	18/01/1977	39.79	36.22								N/A
69	Emma Beever	04/03/1974	42.66						52.14	47.91	44.97	N/A
70	Gareth Evans	29/03/1991	25.59			52.83			53.17			N/A
71	Gemma Thomas	11/11/1983	32.97						49.01			N/A
72	George Williams	30/12/1961	54.84						71.45			N/A
73	Harriet Oates	20/06/1980	36.37	47.26								N/A
74	Hazel Brady	19/08/1964	52.20	45.95								N/A
75	Hazel Cregan	02/04/1975	41.53	52.31								N/A
76	Helen Richards	18/03/1976	40.62		57.52				55.84	58.46		N/A
77	Jamie Richards	02/06/1987	29.42	63.19						58.75	58.84	N/A
78	Jennifer Forbes	12/07/1984	32.33	56.82	54.74		54.58					N/A
79	Joanne Sidney	25/09/1984	32.10	46.15								N/A
80	Jo Smitheram	28/03/1974	42.60	48.68			41.95					N/A
81	Julian Lewis	21/09/1968	48.11	57.74								N/A
82	Julie Honeychurch	30/04/1958	58.51	42.26								N/A
83	Julie Toy	20/01/1965	51.78	55.52			28.03					N/A

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84	Juliet Knowles	03/06/1972	44.41	69.95		63.87			52.02			N/A
85	June Nisbet	19/07/1961	55.29	46.99								N/A
86	Karen Strout	07/01/1971	45.82						53.21			N/A
87	Katherine Dilleigh	28/10/1971	45.01	56.91								N/A
88	Leanna Cox	09/09/1972	44.15	51.32			45.54					N/A
89	Les Smitham	03/06/1972	44.41						61.44		58.15	N/A
90	Lisa Boaden	06/12/1970	45.90						56.00		51.21	N/A
91	Lisa Gower	13/06/1970	46.38	58.88		57.23	57.12					N/A
92	Lisa Richards	22/02/1979	37.69		53.84				51.55	49.96		N/A
93	Lorna Burton	17/08/1973	43.21	43.43								N/A
94	Louise Evans	08/10/1971	45.07	39.81		38.73						N/A
95	Lucy Jose	20/01/1983	33.78	52.60								N/A
96	Makayla-Rose Butler	10/03/1985	31.65				52.13		45.15			N/A
97	Mark Dorrell	10/04/1963	53.56	59.28					70.67			N/A
98	Mark Smitheram	18/02/1973	43.70				56.24			43.98		N/A
99	Martin Symons	28/02/1967	49.67	62.85								N/A
100	Mary Johns	30/05/1969	47.42	45.24								N/A
101	Matt Walters	11/05/1974	42.48							59.39		N/A
102	Melanie Pomery	24/02/1978	38.69	43.61								N/A
103	Melanie Williams	10/12/1972	43.89	39.48								N/A
104	Michelle Hart	23/09/1987	29.11						42.92	48.77		N/A
105	Natalie Thompson	23/10/1969	47.02	46.18								N/A
106	Natasha Johns	09/05/1990	26.48	46.88								N/A
107	Nicki Carter	02/03/1969	47.67								45.79	N/A
108	Peter Pascoe	21/05/1964	52.45			51.00						N/A
109	Rebecca Allen	10/02/1985	31.72	54.15			45.33					N/A
110	Rebecca Lawrence	24/07/1988	28.27	46.78								N/A
111	Richard Harvey	13/12/1975	40.88	63.25	63.15		53.14					N/A

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112	Rosie Foster	18/03/1962	54.62	51.48	55.67							N/A
113	Samantha Clarke	08/07/1977	39.32			57.76		53.50	54.27			N/A
114	Sam Murray	26/09/1966	50.10			61.67						N/A
115	Sammy Newton	02/10/1989	27.08	43.37								N/A
116	Sarah Hutchins	09/04/1975	41.56	27.09					59.33			N/A
117	Shane Zahra	07/01/1974	42.82							53.74		N/A
118	Simon Jones	19/11/1969	46.95		56.59	53.27						N/A
119	Steve Thompson	26/02/1963	53.68	58.17								N/A
120	Tanya Buckingham-Wells	05/12/1980	35.91				59.14					N/A
121	Tim Moran	05/03/1981	35.66			56.65			57.07	56.21		N/A
122	Tracey Radley	20/08/1969	47.20	51.28								N/A
123	Tracey Rowe	03/08/1965	51.25	56.66								N/A
124	Treve Evans	11/10/1965	51.05			61.62			53.48			N/A
125	Walter Mankee	12/11/1957	58.97			56.35						N/A
126	Wendy Savage	12/12/1961	54.88	43.70			34.75					N/A

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