

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

**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	29:55							
3	Andy Millward	25/07/1960	56.27	21:23	28:08	35:16		53:27	1:15:09		3:23:19
4	Ashley Holt	05/09/1988	28.16							2:34:36	
5	Barrie Cardew	06/08/1958	58.24	19:39	25:48	34:03	43:38		1:12:09	1:35:22	
6	Barry Drew	22/06/1947	69.36	27:44		55:43			1:34:08	2:06:04	
7	Brian Hamilton	25/03/1974	42.53		33:47						
8	Carole Drew	05/11/1947	68.99	30:36		55:42			2:17:04	2:46:02	
9	Carolyn Howell	26/05/1976	40.43	49:58							
10	Caz Vinnicombe	16/02/1974	42.70	31:53	40:42	49:27	1:04:58		1:47:30	2:17:49	
11	Ceri Harvey	26/05/1977	39.43	26:42	32:45	40:21	47:19				
12	Charlotte Richards	15/02/1974	42.71			1:02:45			2:06:23		
13	Chris Perry	02/08/1975	41.25	21:41							
14	Claire Francom	10/03/1975	41.64								4:23:44
15	Claire Payne	21/01/1971	45.78				1:04:21			2:39:42	
16	Claire Redgers	11/12/1975	40.89	31:14	46:58	56:30	1:10:32			2:56:06	
17	Clair Richards	03/12/1975	40.91	29:08	39:46	48:40	1:00:56		1:44:43	2:17:43	
18	Craig Hall	19/05/1974	42.45	19:01	24:44	31:34	38:15			1:19:52	
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				1:08:07		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	39:57	39:44	47:17	59:56	1:15:22	1:43:56	2:23:12	

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		BIRTH	01/11/2016	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
24	Debbie Roberts	05/07/1975	41.27		36:59		58:46					
25	Demelza Widdershoven	07/02/1982	34.73	26:52	34:45	43:54	54:46	1:05:43	1:32:42	2:10:22		
26	Denise Cardew	11/09/1961	55.14		35:24	45:08						
27	Diane Catterall	19/08/1985	31.20		35:10	40:58	54:40	1:05:38	1:33:30	1:55:50		
28	Donna Allen	18/01/1977	39.79	41:50								
29	Emma Beever	04/03/1974	42.66						1:39:48	2:23:29	5:16:30	
30	Emma Mankee	20/06/1969	47.36	32:10	41:32	46:58	1:00:59		1:35:41	2:17:49	4:44:28	
31	Faye Gibson	26/06/1976	40.35		38:22	44:11	58:10		1:32:50	2:12:30		
32	Gareth Evans	29/03/1991	25.59			40:21			1:22:45			
33	Gemma Thomas	11/11/1983	32.97						1:10:08			
34	George Williams	30/12/1961	54.84						1:11:55			
35	Glynn Davis	08/04/1964	52.56	18:25	24:07	30:12	37:42	45:39	1:02:34	1:26:17		
36	Harriet Oates	20/06/1980	36.37	31:36								
37	Hayley Martin	06/08/1979	37.24	31:53	40:33	50:08	1:05:07	1:14:27	1:48:35	2:26:16		
38	Hazel Brady	19/08/1964	52.20	36:51								
39	Hazel Cregan	20/04/1975	41.53	29:17								
40	Helen Richards	18/03/1976	40.62		34:27				1:31:49	1:55:52		
41	Helen Thomas	12/10/1970	46.05		31:20	37:41	48:40		1:18:56	1:51:23		
42	James Findlay	21/12/1984	31.86	21:08	27:45	34:13	44:03	51:17	1:11:54	1:40:16		
43	Jamie Richards	02/06/1987	29.42	20:36						1:39:23	3:28:58	
44	Janna Eyre	30/08/1981	35.17	22:57		40:21			1:26:04	1:59:53		
45	Jason Vinnicombe	08/11/1974	41.98	18:59	23:31	31:04	37:29		1:00:38	1:37:41	2:54:05	
46	Jeanette Toy	18/07/1970	46.29	30:15	39:37	51:07	1:07:26		1:58:37		6:10:04	

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		BIRTH	01/11/2016	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
47	Jennifer Forbes	12/07/1984	32.33	26:01	35:08		55:40				
48	Joanne Sidney	25/09/1984	32.10	32:02							
49	Jo Smitheram	28/03/1974	42.60	31:40			1:15:48				
50	Judy Jameson	06/05/1959	57.49	29:31		47:00	58:50	1:11:39	1:38:55	2:24:23	5:19:40
51	Julian Lewis	21/09/1968	48.11	25:12							
52	Julie Green	08/08/1963	53.23			42:51	53:38		1:33:39	2:04:22	
53	Julie Honeychurch	30/04/1958	58.51	43:04							
54	Julie Matraves	24/07/1968	48.27	28:02		47:04	1:02:38		1:44:07	2:12:32	
55	Juliet Knowles	03/06/1972	44.41	22:21		40:16			1:41:32		
56	Julie Toy	20/01/1965	51.78	30:21			1:13:25				
57	June Nisbet	19/07/1961	55.29	37:19							
58	Karen Strout	07/01/1971	45.82						1:40:37		
59	Katherine Dilleigh	28/10/1971	45.01	27:37							
60	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
61	Kelly Bills	08/04/1976	40.57	28:58	40:35	49:07	1:01:37	1:13:45	1:59:24	2:25:14	
62	Kevin Redgers	26/02/1967	49.68	30:47	46:58	56:32	1:10:32			2:56:06	
63	Laura Millward	11/04/1962	54.56	25:24	32:25	44:14		1:05:26	1:31:33	2:23:59	4:21:31
64	Laura Pryor	23/09/1992	24.11			45:37			1:37:58	2:18:54	4:55:18
65	Leanna Cox	09/09/1972	44.15	30:24			1:10:42				
66	Les Smitham	03/06/1972	44.41						1:16:28		3:45:02
67	Lisa Boaden	06/12/1970	45.90						1:35:41		4:46:23
68	Lisa Gower	13/06/1970	46.38	27:02		45:45	57:36				



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92	Paul Elliott	06/10/1975	41.07	24:33	31:50	40:53		1:13:51	1:30:57			
93	Paul Reeve	17/10/1968	48.04		30:32	37:00			1:43:45		5:22:51	
94	Paul Sawford	31/03/1967	49.59	17:59		30:53	36:58			1:30:24	2:55:18	
95	Pete Chapman	04/06/1954	62.41	24:56		37:22	46:26		1:29:30	1:45:18		
96	Peter Drew	02/03/1949	67.67	23:46	30:43	39:20	50:16	1:02:00	1:23:23	1:52:54		
97	Peter Pascoe	21/05/1964	52.45			48:08						
98	Rebecca Allen	10/02/1985	31.72	27:18			1:06:59					
99	Rebecca Lawrence	24/07/1988	28.27	31:34								
100	Richard Harvey	13/12/1975	40.88	21:49	28:16		52:30					
101	Rob Pooley	06/10/1978	38.07		27:35	33:14	41:45		1:09:43	1:43:08		
102	Rob Rochowiak	26/01/1961	55.76		30:30	37:23	47:11		1:17:18	1:48:49		
103	Rosie Foster	18/03/1962	54.62	33:48	40:50							
104	Samantha Clarke	08/07/1977	39.32			42:56		1:05:42	1:33:42			
105	Sam Murray	26/09/1966	50.10			44:16						
106	Sammy Newton	02/10/1989	27.08	34:03								
107	Sandy Jamieson	27/02/1952	64.67	27:20		46:39	56:57	1:08:53	1:38:00	2:14:25	4:53:00	
108	Sarah Carswell	27/10/1973	43.01	30:20	39:17	51:04			2:02:35			
109	Sarah Hutchins	09/04/1975	41.56	56:33					1:26:58			
110	Shane Zahra	07/01/1974	42.82							1:54:08		
111	Sharon Smith	17/12/1973	42.87	27:37	38:17	44:16				1:41:09	3:50:30	
112	Simon Jones	19/11/1969	46.95		33:01	44:05						
113	Stacey Lowe	05/04/1982	34.50	21:13	28:21	36:28			1:13:56			
114	Steve Jones	01/02/1970	46.75			37:19	48:24		1:27:12	1:51:38		
115	Steven Thomas	10/04/1977	39.56		30:37	41:09	50:58		1:27:40			

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116	Steve Thompson	26/02/1963	53.68	26:06							
117	Tanya Buckingham-Wells	05/12/1980	35.91				59:50				
118	Tim Moran	05/03/1981	35.66			38:13			1:17:46	1:44:36	
119	Tim Widdershoven	07/05/1981	35.48		26:33	32:46	43:03	45:18	1:10:24	1:29:12	
120	Tommy Polglase	20/05/1950	66.45		29:13	35:25	45:27	52:02	1:21:46	1:38:38	
121	Tracey Radley	20/08/1969	47.20	31:16							
122	Tracey Rowe	03/08/1965	51.25	37:11							
123	Treve Evans	11/10/1965	51.05			39:23			1:32:54		
124	Walter Mankee	12/11/1957	58.97			46:05					
125	Wendy Savage	12/12/1961	54.88	39:56			1:44:42				
126	Wietske Hitchens	23/12/1966	49.86	23:44	31:32	40:16			1:18:58		4:10:14