

**CARN RUNNERS  
SHOW THE BEST  
2017/18 SEASON  
SECOND QUARTER  
ACTUAL TIMES (ALPHABETICAL)**

	NAME	DATE OF BIRTH	AGE AT 01/11/2017	DISTANCE							
				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
1	Ali Galloway	12/09/1963	54.13	30:06	47:04		1:10:00				
2	Andrew Key	12/01/1986	31.80		24:47		39:24		1:05:54		
3	Andy Millward	25/07/1960	57.27	21:32			44:44		1:14:31		
4	Ashley Holt	05/09/1988	29.16			51:13	1:00:19		1:46:50		
5	Barrie Cardew	06/08/1958	59.24			33:42	43:42		1:12:16		
6	Barry Drew	22/06/1947	70.36	26:54	34:07	43:38	56:47		1:29:01		
7	Carole Drew	05/11/1947	69.99			56:09	1:12:35		2:08:18		
8	Carolyn Howell	26/05/1976	41.43	51:05		1:25:25					
9	Caz Vinnicombe	16/02/1974	43.70	31:37		56:09	1:04:49		1:59:01		
10	Ceri Harvey	26/05/1977	40.43	24:56		46:05					
11	Chris Rowe	04/07/1966	51.33		30:41	40:00	47:05		1:20:34		
12	Claire Payne	21/01/1971	46.78			48:42					
13	Clair Richards	03/12/1975	41.91			48:12			1:53:15		
14	Craig Hall	19/05/1974	43.45			30:41					3:35:45
15	Dave Mounter	25/02/1948	69.68				1:02:59				
16	Dawn Scallan	23/10/1971	46.02				54:34		1:37:00		
17	Debbie Hocking	17/08/1967	50.29	28:21			1:04:57		1:37:02		
18	Demelza Widdershoven	07/02/1982	35.73		34:59	45:57	53:17		1:32:04		
19	Diane Catterall	19/08/1985	32.20			43:31	53:21		1:27:12		4:44:50
20	Emma Mankee	20/06/1969	48.36				58:10		1:53:15		
21	Faye Gibson	26/06/1976	41.35			47:02					
22	Gareth Evans	29/03/1991	26.59			40:08	49:55				

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23	Glynn Davis	08/04/1964	53.56	20:54			41:44				3:39:26
24	Harriet Oates	20/06/1980	37.37	31:04	48:26	50:38					
25	Hayley Martin	06/08/1979	38.24		41:52	51:59	1:02:17		1:46:34		
26	Hazel Brady	19/08/1964	53.20	34:01							
27	Helen Staples	08/09/1973	44.15	31:59							
28	Helen Thomas	12/10/1970	47.05		32:07	39:42	49:01		1:23:15		
29	Ian Bowden	25/02/1971	46.68		51:48	1:05:09					
30	James Findlay	21/12/1984	32.86	20:34		34:40	44:46		1:15:39		
31	Janna Eyre	30/08/1981	36.17	22:02	33:34	38:42	51:18		1:26:53	1:46:45	3:51:37
32	Jason Vinnicombe	08/11/1974	42.98			41:49	44:46		1:06:50		
33	Jeanette Toy	18/07/1970	47.29			57:05	1:16:20				
34	Joanne Sidney	25/09/1984	33.10	30:06	45:10	50:39					
35	John Clements	05/10/1962	55.07		36:26		59:21				
36	Jo Smitheram	28/03/1974	43.60	33:44	50:45		1:16:19		1:53:27		
37	Judy Jameson	06/05/1959	58.49	30:16		53:54	1:04:21		1:58:18		
38	Julian Lewis	21/09/1968	49.11	25:57							
39	Julie Green	08/08/1963	54.23				53:02				
40	Julie Matraves	24/07/1968	49.27	26:41		44:31				1:55:20	
41	Julie Toy	20/01/1965	52.78				1:03:18				
42	Katherine Dilleigh	28/10/1971	46.01	27:02	36:01	46:22	56:50				
43	Kathryn Marsh	13/05/1975	42.47			53:44	58:07		1:38:43	2:11:53	
44	Kelly Bills	08/04/1976	41.57			47:02			1:38:40		
45	Laura Millward	11/04/1962	55.56	24:49			52:41		1:26:51		5:20:26

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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
46	Lisa Uren	08/06/1977	40.39			41:49	1:04:49				
47	Lorna Burton	17/08/1973	44.21	33:54							
48	Lucy Jose	20/01/1983	34.78	30:12	39:38	50:38					
49	Margaret Wade	28/10/1951	66.01	27:37		49:37	59:31		1:42:40		
50	Mark Dorrell	10/04/1963	54.56	23:43							
51	Mark Harrington	01/05/1964	53.50			45:03	55:24		1:32:42		
52	Mark Smitheram	18/02/1973	44.70	22:24	29:23	37:59	46:41		1:19:20		
53	Matt Maloney	05/09/1986	31.16	22:19		34:41					
54	Meryl Elstone	31/05/1967	50.42	22:42	31:18	40:07	48:49				
55	Mike Mack	08/09/1948	69.14			50:02	57:40		1:44:08		
56	Mollie Evans	26/02/1977	40.68		38:06	49:48	1:00:33		1:41:14		
57	Nicki Carter	02/03/1969	48.67								4:47:17
58	Olivia Pellowe	30/03/1977	40.59			44:17	57:49		1:28:31		
59	Paul Elliott	06/10/1975	42.07	27:27							
60	Paul Reeve	17/10/1968	49.04			38:23					
61	Paul Sawford	31/03/1967	50.59	18:06			39:26			1:48:52	3:06:29
62	Pete Chapman	04/06/1954	63.41						1:21:19	2:07:34	
63	Pete Kearney	22890	55.17	21:09			44:02			1:48:53	
64	Peter Drew	02/03/1949	68.67	26:17	32:24	40:47	51:36		1:24:32		
65	Peter Pascoe	21/05/1964	53.45			51:11	59:59				
66	Rebecca Allen	10/02/1985	32.72	25:44	39:51		54:31				
67	Rob Pooley	06/10/1978	39.07			34:36	42:45		1:09:49		

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				5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
68	Rob Rochowiak	26/01/1961	56.76		31:20	37:33	48:32		1:20:31		
69	Samantha Clarke	08/07/1977	40.32						1:42:58		
70	Sandy Jamieson	27/02/1952	65.67	27:32		53:45	56:59		1:46:02		
71	Sharon Smith	17/12/1973	43.87	23:10		37:50				1:42:30	
72	Sharon Sullivan	08/09/1972	45.15	27:10							
73	Stacey Lowe	05/04/1982	35.50		28:37	36:15	44:54				4:21;13
74	Steve Jones	01/02/1970	47.75			37:28	46:44		1:18:31		
75	Steven Thomas	10/04/1977	40.56		31:16		49:39				
76	Steve Thompson	26/02/1963	54.68	25:57							
77	Tim Moran	05/03/1981	36.66	21:45		37:36	44:45		1:14:55		
78	Tim Widdershoven	07/05/1981	36.48		24:45	31:55			1:04:09		3:35:33
79	Tommy Polglase	20/05/1950	67.45			35:03	44:27		1:13:30		
80	Tracey Radley	20/08/1969	48.20	31:39			1:15:28				
81	Tracey Rowe	03/08/1965	52.25			1:08:36					
82	Treve Evans	11/10/1965	52.05			41:13					
83	Wendy Savage	12/12/1961	55.88	39:23							
84	Wietske Hitchens	23/12/1966	50.86	26:11					1:27:18		
85	Zoe Wolstencroft	15/06/1977	40.38			49:22			1:42:30		