

**CARN RUNNERS
SHOW THE BEST
2017/18 SEASON
Q/E 30 APRIL 2018**

	NAME	DATE OF BIRTH	AGE AT 01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	AVERAGE OF BEST 3
1	Tommy Polglase	20/05/1950	67.45			80.08	79.23		78.80			79.37
2	Paul Sawford	31/03/1967	50.59	81.86			76.58			60.15	73.95	77.46
3	Barrie Cardew	06/08/1958	59.24			77.25	74.52		74.01			75.26
4	Andy Millward	25/07/1960	57.27	72.52			71.54		70.48			71.51
5	Meryl Elstone	31/05/1967	50.42	73.13	69.22	68.30	70.57					70.97
6	Sandy Jamieson	27/02/1952	65.67	72.34		61.92	73.88		65.12			70.45
7	Glynn Davis	08/04/1964	53.56	72.57			74.20				64.52	70.43
8	Margaret Wade	28/10/1951	66.01	72.42		67.42	71.10		67.58			70.37
9	Laura Millward	11/04/1962	55.56	70.85			69.66		69.22		51.63	69.91
10	Peter Drew	02/03/1949	68.67	65.50	69.34	69.64	69.06		69.36			69.45
11	Tim Widdershoven	07/05/1981	36.48		69.97	68.09			69.39		57.60	69.15
12	Pete Kearney	01/09/1962	55.17	72.58			71.31			62.65		68.85
13	Andrew Key	12/01/1986	31.80		68.53		67.89		66.79			67.74
14	Stacey Lowe	05/04/1982	35.50		67.68	67.31	68.15				52.31	67.71
15	Sharon Smith	17/12/1973	43.87	67.19		67.62				67.76		67.52
16	Barry Drew	22/06/1947	70.36	65.24	67.12	66.27	63.93		67.07			66.82
17	Helen Thomas	12/10/1970	47.05		65.02	66.41	67.60		65.15			66.39
18	Rob Rochowiak	26/01/1961	56.76		64.52	67.82	65.63		64.91			66.12
19	Rob Pooley	06/10/1978	39.07			63.87	64.41		64.62			64.30
20	Janna Eyre	30/08/1981	36.17	67.70	57.80	63.22	59.78		57.63	61.95	59.14	64.29
21	Chris Rowe	04/07/1966	51.33		63.06	60.83	64.53		61.83			63.14
22	Steve Jones	01/02/1970	47.75			63.08	63.09		61.52			62.56
23	Mark Smitheram	18/02/1973	44.70	63.32	62.51	60.73	61.62		59.37			62.48
24	Jason Vinnicombe	08/11/1974	42.98			54.44	63.37		69.50			62.44
25	Julie Matraves	24/07/1968	49.27	61.46		60.73				63.74		61.98
26	James Findlay	21/12/1984	32.86	63.86		61.83	59.87		58.25			61.85
27	Carole Drew	05/11/1947	69.99			63.13	61.91		59.79			61.61

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28	Tim Moran	05/03/1981	36.66	61.61		57.89	60.67		59.47		60.58
29	Mike Mack	08/09/1948	69.14			57.03	62.11		56.65		58.60
30	Judy Jameson	06/05/1959	58.49	60.13		56.22	59.23		52.79		58.53
31	Katherine Dilleigh	28/10/1971	46.01	58.63	57.58	56.25	57.65				57.95
32	Diane Catterall	19/08/1985	32.20			55.69	56.95		56.77	47.61	56.47
33	Debbie Hocking	17/08/1967	50.29	58.44			52.96		57.99		56.46
34	Olivia Pellowe	30/03/1977	40.59			56.42	54.22		57.90		56.18
35	Demelza Widdershoven	07/02/1982	35.73		55.36	53.14	57.46		54.29		55.70
36	Mark Harrington	01/05/1964	53.50			54.98	55.87		54.76		55.20
37	Rebecca Allen	10/02/1985	32.72	57.51	48.26		55.76				53.84
38	Kathryn Marsh	13/05/1975	42.47			47.12	54.66		52.64	52.05	53.12
39	Ali Galloway	12/09/1963	54.13	57.48	48.05		51.48				52.34
40	Mollie Evans	26/02/1977	40.68		52.01	50.20	51.80		50.66		51.49
41	Lucy Jose	20/01/1983	34.78	49.17	48.74	48.09					48.67
42	Hayley Martin	06/08/1979	38.24		46.74	47.45	49.67		47.44		48.19
43	Caz Vinnicombe	16/02/1974	43.70	49.18		45.50	49.50		44.10		48.06
44	Ashley Holt	05/09/1988	29.16			47.25	50.29		44.18		47.24
45	Joanne Sidney	25/09/1984	33.10	49.17	42.62	47.91					46.57
46	Harriet Oates	20/06/1980	37.37	48.23	40.23	48.52					45.66
47	Jo Smitheram	28/03/1974	43.60	46.05	39.87		42.00		46.23		44.76
48	Carolyn Howell	26/05/1976	41.43	29.95		29.42					N/A
49	Ceri Harvey	26/05/1977	40.43	60.96		54.18					N/A
50	Clair Richards	03/12/1975	41.91			52.32			45.68		N/A
51	Claire Payne	21/01/1971	46.78			54.00					N/A
52	Craig Hall	19/05/1974	43.45			74.42				60.17	N/A
53	Dave Mounter	25/02/1948	69.68				57.18				N/A
54	Dawn Scallan	23/10/1971	46.02				60.05		55.31		N/A
55	Emma Mankee	20/06/1969	48.36				57.79		48.61		N/A

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84	Wietske Hitchens	23/12/1966	50.86	63.72					64.95			N/A
85	Zoe Wolstencroft	15/06/1977	40.38			50.54			49.93			N/A

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