

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

	NAME	DATE OF	AGE AT	DISTANCE							
		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
1	Alex Hocking	08/05/1980	37.48	36:28							
2	Ali Galloway	12/09/1963	54.13	30:06	47:04		1:10:00			2:21:15	
3	Andrew Key	12/01/1986	31.80	19:14	24:47	30:57	39:24		1:05:54	1:35:35	
4	Andy Millward	25/07/1960	57.27	21:29			44:44		1:14:31		3:23:54
5	Ashley Holt	05/09/1988	29.16		38:33	44:20	1:00:19		1:46:50		
6	Barrie Cardew	06/08/1958	59.24		27:04	33:30	43:42		1:12:16	1:45:36	
7	Barry Drew	22/06/1947	70.36	26:54	34:07	43:38	56:47		1:29:01	2:20:00	
8	Carole Drew	05/11/1947	69.99	37:00		54:49	1:12:35		2:08:18	3:13:12	
9	Carolyn Howell	26/05/1976	41.43	51:05		1:25:25					
10	Caz Vinnicombe	16/02/1974	43.70	31:00		45:50	1:04:49		1:59:01	2:38:33	
11	Cedric Johns	13/05/1944	73.47		41:33						
12	Ceri Harvey	26/05/1977	40.43	24:56		46:05					
13	Chris Perry	02/08/1975	42.25	26:45							
14	Chris Rowe	04/07/1966	51.33		30:41	40:00	47:05		1:20:34		
15	Claire Payne	21/01/1971	46.78		39:37	47:51					
16	Clair Richards	03/12/1975	41.91		34:51	43:56			1:53:15	2:08:06	
17	Craig Hall	19/05/1974	43.45	19:04		29:43					3:35:45
18	Dave Mounter	25/02/1948	69.68	29:26			1:02:59			2:34:46	
19	Dawn Scallan	23/10/1971	46.02			42:54	54:34		1:37:00		
20	Debbie Hocking	17/08/1967	50.29	28:21			1:04:57		1:37:02		
21	Demelza Widdershoven	07/02/1982	35.73		34:59	45:57	53:17		1:32:04		
22	Diane Catterall	19/08/1985	32.20			41:24	53:21		1:27:12	1:57:45	4:44:50
23	Emma Mankee	20/06/1969	48.36	29:45		43:54	58:10		1:53:15	2:05:07	4:32:46

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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
24	Faye Gibson	26/06/1976	41.35			47:02						
25	Gareth Evans	29/03/1991	26.59		32:25	40:08	49:55					
26	Glynn Davis	08/04/1964	53.56	20:54		34:07	41:44				3:39:26	
27	Harriet Oates	20/06/1980	37.37	31:04	48:26	50:10						
28	Hayley Martin	06/08/1979	38.24		41:29	50:04	1:02:17	1:18:03	1:46:34			
29	Hazel Brady	19/08/1964	53.20	34:01								
30	Helen Richards	18/03/1976	41.62							2:07:04		
31	Helen Staples	08/09/1973	44.15	31:59	44:08							
32	Helen Thomas	12/10/1970	47.05		32:07	39:42	49:01		1:23:15			
33	Ian Bowden	25/02/1971	46.68		46:09	1:01:35						
34	James Findlay	21/12/1984	32.86	20:34	27:34	34:40	44:46		1:15:39			
35	Jamie Richards	02/06/1987	30.42								4:05:28	
36	Janna Eyre	30/08/1981	36.17	22:02	33:34	38:42	51:18		1:26:53	1:46:45	3:51:37	
37	Jason Crabtree	28/01/1983	34.76							2:58;28		
38	Jason Vinnicombe	08/11/1974	42.98			41:49	44:46		1:06:50			
39	Jeanette Toy	18/07/1970	47.29	35:19		57:05	1:16:20			2:36:07		
40	Jen Forbes	12/07/1984	33.33	25:25			49:18			2:04:52		
41	Joanne Sidney	25/09/1984	33.10	30:06	45:10	50:08						
42	John Clements	05/10/1962	55.07		36:26	45:35	59:21					
43	John Gilbert	26/06/1950	67.35	27:13								
44	Jo Smitheram	28/03/1974	43.60	33:44	50:45	58:04	1:14:34		1:53:27			
45	Judy Jameson	06/05/1959	58.49	30:16	38:12	47:06	1:04:21	1:15:04	1:58:18	2:23:05		
46	Julian Lewis	21/09/1968	49.11	25:57								

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47	Julie Green	08/08/1963	54.23				53:02			2:00:32		
48	Julie Matraves	24/07/1968	49.27	26:41		44:31				1:55:20		
49	Julie Toy	20/01/1965	52.78	35:15			1:03:18					
50	Katherine Dilleigh	28/10/1971	46.01	27:02	36:01	45:53	56:50					
51	Kathryn Marsh	13/05/1975	42.47	35:33	36:53	44:20	58:07		1:38:43	2:11:53		
52	Kelly Bills	08/04/1976	41.57	28:38	36:49	46:15		1:10:10	1:38:40		5:09:52	
53	Laura Millward	11/04/1962	55.56	24:49	33:56	45:37	52:41		1:26:51		4:19:28	
54	Lisa Richards	22/02/1979	38.69							2:18:41		
55	Lisa Stockley	06/12/1970	46.90								4:41:49	
56	Lisa Uren	08/06/1977	40.39			41:49	1:04:49					
57	Lorna Burton	17/08/1973	44.21	33:54		59:23						
58	Lucy Jose	20/01/1983	34.78	30:12	39:38	48:57				2:18:41		
59	Margaret Wade	28/10/1951	66.01	27:37		47:38	59:31	1:11:15	1:42:40	2:27:11		
60	Mark Dorrell	10/04/1963	54.56	22:12								
61	Mark Harrington	01/05/1964	53.50		34:56	41:41	55:24		1:32:42			
62	Mark Smitheram	18/02/1973	44.70	21:57	29:23	37:21	46:41		1:19:20			
63	Matt Maloney	05/09/1986	31.16	22:19		34:41						
64	Meryl Elstone	31/05/1967	50.42	22:33	30:47	37:31	48:49					
65	Mike Mack	08/09/1948	69.14		36:06	44:29	57:40		1:44:08			
66	Mollie Evans	26/02/1977	40.68		38:06	47:57	1:00:33	1:16:40	1:41:14			
67	Natalie Thompson	23/10/1969	48.02	37:34								
68	Nicki Carter	02/03/1969	48.67								4:47:17	
69	Olivia Pellowe	30/03/1977	40.59		34:49:00	41:41	57:49		1:28:31			

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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
70	Paul Elliott	06/10/1975	42.07	27:27							
71	Paul Reeve	17/10/1968	49.04			38:23					
72	Paul Sawford	31/03/1967	50.59	18:06			39:26			1:33:37	3:06:29
73	Pete Chapman	04/06/1954	63.41				51:58		1:21:19	1:58:41	
74	Pete Kearney	01/09/1962	55.17	20:34			44:02			1:39:25	
75	Peter Drew	02/03/1949	68.67	24:00	32:24	40:15	51:36		1:24:32	2:11:36	
76	Peter Pascoe	21/05/1964	53.45	35:33		46:42	59:59			2:21:10	
77	Rebecca Allen	10/02/1985	32.72	25:44	33:58		54:31	1:06:14			
78	Rob Pooley	06/10/1978	39.07	21:28	28:26	33:28	42:45		1:09:49	1:38:08	
79	Rob Rochowiak	26/01/1961	56.76		31:20	37:33	48:28		1:20:31		
80	Samantha Clarke	08/07/1977	40.32						1:42:58		
81	Sandy Jamieson	27/02/1952	65.67	27:32	38:03	49:23	56:59	1:10:11	1:46:02	2:15:58	
82	Sharon Smith	17/12/1973	43.87	23:10		37:50				1:42:30	
83	Sharon Sullivan	08/09/1972	45.15	27:10							6:31:44
84	Stacey Lowe	05/04/1982	35.50	21:40	28:37	36:15	44:54				4:18:41
85	Steve Jones	01/02/1970	47.75		29:44	36:39	46:44	59:35	1:18:31		
86	Steven Thomas	10/04/1977	40.56		31:16	39:10	49:39				
87	Steve Thompson	26/02/1963	54.68	25:57							
88	Susan Honeychurch	30/04/1958	59.51			1:07:22					
89	Tim Moran	05/03/1981	36.66	21:12		34:18	44:45		1:14:55		
90	Tim Widdershoven	07/05/1981	36.48		24:45	31:55	42:22		1:04:09		3:35:33
91	Tommy Polglase	20/05/1950	67.45		28:53	35:03	44:27		1:13:30		
92	Tracey Radley	20/08/1969	48.20	31:39	43:38		1:15:28			2:35:40	

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93	Tracey Rowe	03/08/1965	52.25			1:07:22					
94	Treve Evans	11/10/1965	52.05			41:13					
95	Wendy Savage	12/12/1961	55.88	39:23							
96	Wietske Hitchens	23/12/1966	50.86	24:12	31:33	38:47	52:28		1:27:18		
97	Zoe Wolstencroft	15/06/1977	40.38		41:38	49:22		1:19:32	1:42:30		