

**CARN RUNNERS
SHOW THE BEST
2017/18 SEASON
Q/E 31 JULY 2018**

	NAME	DATE OF BIRTH	AGE AT 01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	AVERAGE
1	Tommy Polglase	20/05/1950	67.45		76.92	80.08	79.23		78.80			78.76
2	Barrie Cardew	06/08/1958	59.24		76.29	77.71	74.52		74.01	67.08		75.63
3	Paul Sawford	31/03/1967	50.59	81.86			76.58			69.95	73.95	75.58
4	Meryl Elstone	31/05/1967	50.42	73.61	70.38	73.03	70.57					71.90
5	Andy Millward	25/07/1960	57.27	72.69			71.54		70.48		71.82	71.63
6	Glynn Davis	08/04/1964	53.56	72.57		72.64	74.20				64.52	70.98
7	Sandy Jamieson	27/02/1952	65.67	72.34	68.77	67.40	73.88	67.80	65.12	67.09		70.70
8	Margaret Wade	28/10/1951	66.01	72.42		70.22	71.10	67.11	67.58	62.29		70.33
9	Peter Drew	02/03/1949	68.67	71.74	69.34	70.56	69.06		69.36	59.08		70.25
10	Laura Millward	11/04/1962	55.56	70.85	67.78	63.87	69.66		69.22		63.77	69.38
11	Wietske Hitchens	23/12/1966	50.86	68.94	68.99	70.99	66.01		64.95			68.73
12	Andrew Key	12/01/1986	31.80	68.02	68.53	69.09	67.89		66.79	61.21		68.38
13	Stacey Lowe	05/04/1982	35.50	68.69	67.68	67.31	68.15				52.83	67.96
14	Tim Widdershoven	07/05/1981	36.48		69.97	68.09	64.04		69.39		57.60	67.87
15	Barry Drew	22/06/1947	70.36	65.24	67.12	66.27	63.93		67.07	56.54		66.42
16	Helen Thomas	12/10/1970	47.05		65.02	66.41	67.60		65.15			66.04
17	Rob Rochowiak	26/01/1961	56.76		64.52	67.82	65.72		64.91			65.74
18	Rob Pooley	06/10/1978	39.07	63.43	61.96	66.04	64.41		64.62	60.84		64.62
19	Janna Eyre	30/08/1981	36.17	67.70	57.80	63.22	59.78		57.63	61.95	59.14	63.16
20	Steve Jones	01/02/1970	47.75		63.23	64.48	63.09	56.03	61.52			63.08
21	Mark Smitheram	18/02/1973	44.70	64.62	62.51	61.76	61.62		59.37			62.63
22	Chris Rowe	04/07/1966	51.33		63.06	60.83	64.53		61.83			62.56
23	James Findlay	21/12/1984	32.86	63.86	61.79	61.83	59.87		58.25			61.84
24	Tim Moran	05/03/1981	36.66	63.21		63.46	60.67		59.47			61.70
25	Judy Jameson	06/05/1959	58.49	60.13	62.39	64.15	59.23	57.37	52.79	57.67		61.48
26	Mike Mack	08/09/1948	69.14		62.56	64.14	62.11		56.65			61.36
27	Carole Drew	05/11/1947	69.99	57.03		64.67	61.91		59.79	50.41		60.85

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28	Emma Mankee	20/06/1969	48.36	54.57		60.93	57.79		48.61	58.13	55.31	58.04
29	Katherine Dilleigh	28/10/1971	46.01	58.63	57.58	56.85	57.65					57.68
30	Olivia Pellowe	30/03/1977	40.59		56.92	59.94	54.22		57.90			57.24
31	Diane Catterall	19/08/1985	32.20			58.53	56.95		56.77	55.53	47.61	56.94
32	Mark Harrington	01/05/1964	53.50		56.35	59.42	55.87		54.76			56.60
33	Rebecca Allen	10/02/1985	32.72	57.51	56.62		55.76	51.86				55.44
34	Demelza Widdershoven	07/02/1982	35.73		55.36	53.14	57.46		54.29			55.06
35	Kathryn Marsh	13/05/1975	42.47	43.32	54.36	57.11	54.66		52.64	52.05		54.69
36	Kelly Bills	08/04/1976	41.57	53.49	54.14	54.38		50.81	52.30		45.55	53.58
37	Clair Richards	03/12/1975	41.91		57.34	57.40			45.68	53.36		53.45
38	Ali Galloway	12/09/1963	54.13	57.48	48.05		51.48			55.22		53.06
39	Mollie Evans	26/02/1977	40.68		52.01	52.14	51.80	46.22	50.66			51.65
40	Ashley Holt	05/09/1988	29.16		49.81	54.59	50.29		44.18			49.72
41	Lucy Jose	20/01/1983	34.78	49.17	48.74	49.74				47.45		48.78
42	Peter Pascoe	21/05/1964	53.45	42.62		53.03	51.57			47.58		48.70
43	Hayley Martin	06/08/1979	38.24		47.17	49.27	49.67	44.78	47.44			48.39
44	Zoe Wolstencroft	15/06/1977	40.38		47.52	50.54		44.47	49.93			48.12
45	Tracey Radley	20/08/1969	48.20	51.18	48.43		44.46			46.63		47.68
46	Caz Vinnicombe	16/02/1974	43.70	50.16		45.50	49.50		44.10	43.74		47.32
47	Jeanette Toy	18/07/1970	47.29	45.45		46.31	43.52			46.02		45.33
48	Jo Smitheram	28/03/1974	43.60	46.05	39.87	43.97	42.98		46.23			44.81
49	Alex Hocking	08/05/1980	37.48	36.93								N/A
50	Carolyn Howell	26/05/1976	41.43	29.95		29.42						N/A
51	Cedric Johns	13/05/1944	73.47		57.48							N/A
52	Ceri Harvey	26/05/1977	40.43	60.96		54.18						N/A
53	Chris Perry	02/08/1975	42.25	52.09								N/A
54	Claire Payne	21/01/1971	46.78		52.55	54.96						N/A
55	Craig Hall	19/05/1974	43.45	73.69		76.84					60.17	N/A

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84	Nicki Carter	02/03/1969	48.67								52.71	N/A
85	Paul Elliott	06/10/1975	42.07	50.70								N/A
86	Paul Reeve	17/10/1968	49.04			62.22						N/A
87	Pete Chapman	04/06/1954	63.41				65.17		61.83	62.13		N/A
88	Pete Kearney	01/09/1962	55.17	74.64			71.31			68.62		N/A
89	Samantha Clarke	08/07/1977	40.32						49.69			N/A
90	Sharon Smith	17/12/1973	43.87	67.19		67.62				67.76		N/A
91	Sharon Sullivan	08/09/1972	45.15	57.91							37.16	N/A
92	Steve Thompson	26/02/1963	54.68	58.96								N/A
93	Steven Thomas	10/04/1977	40.56		56.98	57.02	56.06					N/A
94	Susan Honeychurch	30/04/1958	59.51			45.45						N/A
95	Tracey Rowe	03/08/1965	52.25			41.54						N/A
96	Treve Evans	11/10/1965	52.05			59.36						N/A
97	Wendy Savage	12/12/1961	55.88	44.82								N/A

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