

**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		1:08:38			2:21:15	
3	Andrew Key	12/01/1986	31.80	19:11	24:47	30:57	39:24	45:52	1:05:54	1:26:10	
4	Andy Millward	25/07/1960	57.27	21:29			44:44		1:14:31	1:52:49	3:23:54
5	Ashley Holt	05/09/1988	29.16		36:21	44:20	59:03		1:46:50	2:36:58	
6	Barrie Cardew	06/08/1958	59.24	20:38	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	1:06:17	1:29:01	2:07:34	
8	Carole Drew	05/11/1947	69.99	37:00		54:49	1:09:54	1:20:55	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	59:34		1:59:01	2:19:57	
11	Cedric Johns	13/05/1944	73.47		41:33		1:07:46				
12	Ceri Harvey	26/05/1977	40.43	24:56		46:05					
13	Chris Perry	02/08/1975	42.25	22:21							
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				2:41:06	
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	26:37	34:59	45:57	53:17	1:05:15	1:32:04	2:17:39	
22	Diane Catterall	19/08/1985	32.20			41:24	53:21		1:27:12	1:57:45	4:44:50
23	Elizabeth June Nisbet	19/07/1961	56.34				1:22:41				

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FINAL TABLE  
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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
24	Emma Mankee	20/06/1969	48.36	29:45		43:54	58:10		1:53:15	2:05:07	4:32:46
25	Eoin Stockdale	02/10/1970	47.08							2:38:25	
26	Faye Gibson	26/06/1976	41.35			47:02	56:34				
27	Gareth Evans	29/03/1991	26.59		32:25	40:08	49:55				
28	Glynn Davis	08/04/1964	53.56	20:54		34:07	41:44				3:39:26
29	Harriet Oates	20/06/1980	37.37	31:04	48:26	50:10					
30	Hayley Martin	06/08/1979	38.24		41:29	50:04	1:02:17	1:18:03	1:46:34	2:31:41	
31	Hazel Brady	19/08/1964	53.20	34:01						3:18:40	
32	Helen Richards	18/03/1976	41.62							2:07:04	
33	Helen Staples	08/09/1973	44.15	31:59	44:08						
34	Helen Thomas	12/10/1970	47.05		31:45	39:42	49:01		1:23:15	2:04:56	
35	Ian Bowden	25/02/1971	46.68		46:09	1:01:35	1:14:20				
36	James Findlay	21/12/1984	32.86	20:07	27:34	34:40	44:46		1:15:39	1:42:47	4:24:59
37	Jamie Richards	02/06/1987	30.42				48:39				4:05:28
38	Janet Ritchie	19/09/1961	56.12	39:29							
39	Janna Eyre	30/08/1981	36.17	22:02	33:34	38:42	50:49		1:26:53	1:46:45	3:51:37
40	Jason Crabtree	28/01/1983	34.76							2:55:39	
41	Jason Vinnicombe	08/11/1974	42.98			41:49	43:04		1:06:50	1:53:24	
42	Jeanette Toy	18/07/1970	47.29	33:44		57:05	1:16:20			2:36:07	
43	Jen Forbes	12/07/1984	33.33	25:25			49:18		1:34:39	2:04:52	3:54:10
44	Joanne Sidney	25/09/1984	33.10	30:06	45:10	50:08					
45	John Clements	05/10/1962	55.07		36:26	45:35	59:21				

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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
46	John Gilbert	26/06/1950	67.35	26:38			56:41				
47	Jon Eldon	30/07/1960	57.26	21:59							
48	Jo Smitheram	28/03/1974	43.60	33:44	50:45	58:04	1:14:34		1:53:27	2:48:41	
49	Judy Jameson	06/05/1959	58.49	27:39	38:12	47:06	59:30	1:11:34	1:58:12	2:23:05	
50	Julian Lewis	21/09/1968	49.11	21:35			1:11:44				
51	Julie Green	08/08/1963	54.23				53:02			2:00:32	
52	Julie Matraves	24/07/1968	49.27	26:41		44:31				1:55:20	
53	Julie Toy	20/01/1965	52.78	35:15			1:03:18				
54	Katherine Dilleigh	28/10/1971	46.01	27:02	36:01	45:53	56:50				
55	Kathryn Marsh	13/05/1975	42.47	35:33	36:53	44:20	58:07		1:38:43	2:11:53	
56	Kelly Bills	08/04/1976	41.57	28:38	36:08	46:15	59:18	1:10:10	1:38:40	2:22:26	5:09:52
57	Laura Millward	11/04/1962	55.56	24:49	33:56	45:37	52:41		1:26:51	2:08:51	4:19:28
58	Lisa Richards	22/02/1979	38.69							2:18:41	
59	Lisa Stockley	06/12/1970	46.90						1:48:44	2:17:33	4:41:49
60	Lisa Uren	08/06/1977	40.39			41:49	1:04:49				
61	Lorna Burton	17/08/1973	44.21	33:54		59:23					
62	Lucy Jose	20/01/1983	34.78	30:12	39:38	48:57				2:18:41	
63	Lynsey Searle	08/09/1984	33.15				1:10:18				
64	Margaret Wade	28/10/1951	66.01	27:18	36:18	47:38	57:52	1:08:07	1:42:40	2:20:58	
65	Mark Dorrell	10/04/1963	54.56	20:54						1:41:19	
66	Mark Harrington	01/05/1964	53.50		31:55	41:41	54:50		1:32:42	2:10:40	
67	Mark Smitheram	18/02/1973	44.70	21:57	29:19	37:21	46:41		1:19:20	1:52:17	

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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
68	Matt Maloney	05/09/1986	31.16	22:19		34:41				2:12:34	
69	Matt Walters	11/05/1974	43.48								4:14:03
70	Meryl Elstone	31/05/1967	50.42	22:33	30:47	37:31	48:49	56:54		1:55:09	
71	Mike Mack	08/09/1948	69.14		36:06	44:29	57:40		1:44:08	2:15:30	
72	Mollie Evans	26/02/1977	40.68		38:06	47:57	1:00:33	1:16:40	1:41:14		
73	Natalie Thompson	23/10/1969	48.02	37:34							
74	Nicki Carter	02/03/1969	48.67								4:47:17
75	Olivia Pellowe	30/03/1977	40.59	27:10	34:03	41:41	54:16		1:28:31		
76	Paul Elliott	06/10/1975	42.07	25:16							
77	Paul Reeve	17/10/1968	49.04			38:23	49:24				
78	Paul Sawford	31/03/1967	50.59	18:06			39:26			1:33:37	3:06:29
79	Pete Chapman	04/06/1954	63.41				51:58		1:21:19	1:58:41	
80	Pete Kearney	01/09/1962	55.17	20:34			44:02		1:17:29	1:39:25	
81	Peter Drew	02/03/1949	68.67	24:00	32:24	40:15	51:36		1:24:32	2:11:36	
82	Peter Pascoe	21/05/1964	53.45	35:33		46:42	59:59			2:21:10	
83	Rebecca Allen	10/02/1985	32.72	25:44	33:58		54:31	1:06:14	1:51:17	2:09:10	
84	Richard Harvey	13/12/1975	41.88	22:30			52:30				
85	Rob Pooley	06/10/1978	39.07	21:28	28:26	33:28	42:45		1:09:49	1:38:08	
86	Rob Rochowiak	26/01/1961	56.76		30:28	37:33	48:28		1:20:31	1:52:37	
87	Samantha Clarke	08/07/1977	40.32						1:42:58		
88	Sandy Jamieson	27/02/1952	65.67	27:07	38:03	49:23	56:59	1:09:41	1:46:02	2:15:58	
89	Sarah Allen	09/01/1970	47.81	25:58							

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		BIRTH	01/11/2017	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
90	Withdrawn	Withdrawn	Withdrawn								
91	Sharon Sullivan	08/09/1972	45.15	27:10			56:02			2:15:41	6:31:44
92	Stacey Lowe	05/04/1982	35.50	21:40	28:37	36:15	44:54			1:50:39	4:18:41
93	Steve Jones	01/02/1970	47.75		28:58	36:39	46:44	56:05	1:18:31	1:53:19	4:43:23
94	Steven Thomas	10/04/1977	40.56	23:33	29:31	39:10	49:07				
95	Steve Thompson	26/02/1963	54.68	25:57							
96	Susan Honeychurch	30/04/1958	59.51			1:07:22	1:27:50				
97	Tim Moran	05/03/1981	36.66	21:12		34:18	44:45		1:14:55	1:48:27	
98	Tim Widdershoven	07/05/1981	36.48		24:45	31:55	40:25	46:30	1:04:09	1:38:19	3:35:33
99	Tommy Polglase	20/05/1950	67.45		28:13	35:03	44:27	52:54	1:13:30	1:47:18	
100	Tracey Radley	20/08/1969	48.20	31:14	43:38		1:15:28			2:35:40	
101	Tracey Rowe	03/08/1965	52.25			1:07:22					
102	Treve Evans	11/10/1965	52.05			41:13					4:47:31
103	Wendy Savage	12/12/1961	55.88	39:23							
104	Wietske Hitchens	23/12/1966	50.86	24:12	30:46	38:47	52:28		1:27:18	1:51:28	
105	Zoe Wolstencroft	15/06/1977	40.38		41:07	49:22	1:04:44	1:19:32	1:42:30	2:38:23	