

**CARN RUNNERS  
SHOW THE BEST  
2018/19 SEASON  
QUARTER ENDED 31 JANUARY 2019**

	NAME	AGE AT	DISTANCE							AVERAGE	
		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR		MARATHON
1	Barrie Cardew	60.24	73.00	74.76	77.48			77.25			77.37
2	Jon Eldon	58.26	76.39	73.77				67.19			75.08
3	Craig Hall	44.45		74.83	74.37						74.60
4	Meryl Elstone	51.42	75.04		72.18						73.61
5	Sandy Jamieson	66.67			71.44			74.99			73.22
6	Margaret Wade	67.01	71.11	72.19	71.79			72.38			72.28
7	Andy Millward	58.27	71.48					69.22			70.35
8	Tim Widdershoven	37.48		71.53	68.62						70.08
9	Wietske Hansen	51.86	68.06		70.40			69.66		64.53	70.03
10	Andrew Key	32.80		70.58	67.93						69.26
11	Mark Dorrell	55.56	68.96					68.56			68.76
12	Peter Drew	69.67	69.14	68.01	67.85			67.18			68.58
13	Laura Millward	56.56	69.53							64.73	67.13
14	Rob Rochowiak	57.76		67.11	64.45						65.78
15	Barry Drew	71.36	65.56		65.41			65.47			65.52
16	Mark Smitheram	45.70	51.66	66.41	62.06						64.24
17	James Findlay	33.86		64.13	63.52						63.82
18	Rob Pooley	40.07			63.42			63.72			63.57
19	Chris Rowe	52.33		62.80	58.58			62.21			62.50
20	Janna Eyre	37.17	60.96		63.79						62.38
21	Olivia Pellowe	41.59	56.59	61.18	57.60			61.29			61.24
22	Tim Moran	37.66	61.06		60.65					46.90	60.86
23	Steven Thomas	41.56	58.55	62.18	57.05						60.36
24	Sarah Allen	48.81	61.38		58.17						59.78
25	Mark Harrington	54.50			56.82			57.77			57.30
26	Katherine Dilleigh	47.01	57.54		54.70						56.12
27	Rebecca Allen	33.72	56.09		53.86						54.98

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28	Kathryn Marsh	43.47	53.97		53.33			53.71		53.84
29	Steve Jones	48.75			56.77				50.46	53.62
30	Kelly Bills	42.57	55.16		51.97					53.56
31	Matt Maloney	32.16	59.91						46.22	53.06
32	Tracey Radley	49.20	54.34		50.58					52.46
33	Ashley Holt	30.16		48.20	47.31					47.76
34	Jeanette Toy	48.29	46.71		46.59					46.65
35	Demelza Widdershoven	36.73	35.20	55.52						45.36
36	Hayley Martin	39.24	37.37		46.08				40.78	43.43
37	Jo Smitheram	44.60	40.00		42.18					41.09
38	Ian Bowden	47.68			39.86			39.01		39.44
39	Ali Galloway	55.13	63.03							N/A
40	Amanda Jeffery	48.81	33.17							N/A
41	Carole Drew	70.99	61.29							N/A
42	Cedric Johns	74.47	47.15							N/A
43	Ceri Harvey	41.43	44.58							N/A
44	Clair Richards	42.91			57.86					N/A
45	Craig Tonkin	48.22						56.15		N/A
46	Dawn Scallan	47.02			51.55					N/A
47	Denise Cardew	57.14			61.97					N/A
48	Elizabeth Nisbet	57.34			50.11					N/A
49	Faye Gibson	42.35			55.20					N/A
50	Hazel Brady	54.20	48.12							N/A
51	Helen Thomas	48.05						64.98		N/A
52	Jason Crabtree	35.76						37.48		N/A
53	Jason Vinnicombe	43.98			72.80					N/A
54	Jen Forbes	34.33						61.67		N/A
55	Joanne Sidney	34.10			47.23					N/A

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56	John Gilbert	68.35	65.52							N/A
57	Julian Lewis	50.11	72.09							N/A
58	Julie Matraves	50.27	33.96							N/A
59	Lisa Uren	41.39			59.28					N/A
60	Lorna Burton	45.21	38.56							N/A
61	Lucy Jose	35.78			46.45					N/A
62	Matt Walters	44.48			62.60					N/A
63	Mike Bawden	59.63	64.88							N/A
64	Mike Mack	70.14			59.85					N/A
65	Nicki Carter	49.67						50.89		N/A
66	Paul Elliott	43.07			54.97					N/A
67	Paul Reeve	50.04						39.82		N/A
68	Paul Sawford	51.59	77.51							N/A
69	Pete Kearney	56.17	74.26							N/A
70	Peter Pascoe	54.45			54.18					N/A
71	Sharon Sullivan	46.15						53.69		N/A
72	Stacey Lowe	36.50	64.55							N/A
73	Susan Honeychurch	60.51			46.62					N/A
74	Tommy Polglase	68.45			77.55					N/A
75	Tracey Rowe	53.25			43.62					N/A
76	Walter Mankee	60.97					54.38			N/A
77	Zoe Wolstencroft	41.38			43.38					N/A

**RED** ENTRIES ARE THE PERSON'S BEST 2 RESULTS FOR THIS PERIOD'S LEAGUE TABLE