

**CARN RUNNERS  
SHOW THE BEST  
2018/19 SEASON  
FIRST QUARTER**

**ACTUAL TIMES (ALPHABETICAL)**

	NAME	AGE AT	DISTANCE							
			01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR
1	Ali Galloway	55.13	27:46							
2	Amanda Jeffery	48.81	49:42							
3	Andrew Key	32.80		24:08	31:33					
4	Andy Millward	58.27	22:02					1:16:34		
5	Ashley Holt	30.16		39:50	51:09					
6	Barrie Cardew	60.24	21:55	27:52	33:54			1:09:53		
7	Barry Drew	71.36	27:06		44:46			1:32:15		
8	Carole Drew	70.99	34:55							
9	Cedric Johns	74.47	39:25							
10	Ceri Harvey	41.43	34:19							
11	Chris Rowe	52.33		31:03	41:53			1:22:06		
12	Clair Richards	42.91			43:54					
13	Craig Hall	44.45		24:30	30:57					
14	Craig Tonkin	48.22						1:26:23		
15	Dawn Scallan	47.02			51:09					
16	Demelza Widdershoven	36.73	42:28	35:00						
17	Denise Cardew	57.14			47:57					
18	Elizabeth Nisbet	57.34			59:26					
19	Faye Gibson	42.35			45:48					
20	Hayley Martin	39.24	40:27		53:49					5:40:51
21	Hazel Brady	54.20	35:59							
22	Helen Thomas	48.05						1:24:25		
23	Ian Bowden	47.68			59:15			2:03:46		



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		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
48	Matt Walters	44.48			36:46					
49	Meryl Elstone	51.42	22:22		38:24					
50	Mike Bawden	59.63	24:32							
51	Mike Mack	70.14			48:13					
52	Nicki Carter	49.67								5:01:16
53	Olivia Pellowe	41.59	27:04	32:35	43:40			1:24:13		
54	Paul Elliott	43.07			41:25					
55	Paul Reeve	50.04								5:44:38
56	Paul Sawford	51.59	19:16							
57	Pete Kearney	56.17	20:51							
58	Peter Drew	69.67	25:10	33:24	42:18			1:28:12		
59	Peter Pascoe	54.45			46:05					
60	Rebecca Allen	33.72	26:25		45:07					
61	Rob Pooley	40.07			35:05			1:11:15		
62	Rob Rochowiak	57.76		30:24	39:51					
63	Sandy Jamieson	66.67			47:16			1:33:26		
64	Sarah Allen	48.81	26:35		46:13					
65	Sharon Sullivan	46.15								4:33:56
66	Stacey Lowe	36.50	23:08							
67	Steve Jones	48.75			41:57					4:29:01
68	Steven Thomas	41.56	23:41	28:52	39:28					
69	Susan Honeychurch	60.51			1:06:34					
70	Tim Moran	37.66	22:05		36:05					4:26:06
71	Tim Widdershoven	37.48		24:21	31:52					











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