

**CARN RUNNERS  
SHOW THE BEST  
2018/19 SEASON  
QUARTER ENDED 30 APRIL 2019**

	NAME	AGE AT	DISTANCE							AVERAGE	
		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR		MARATHON
1	Paul Sawford	51.59	77.51			78.28			81.65		79.15
2	Barrie Cardew	60.24	73.00	74.76	77.48	79.61		77.25	74.94		78.11
3	Glynn Davis	54.56				74.31		74.33	73.67		74.10
4	Jon Eldon	58.26	76.39	73.77		70.98		69.21	70.76		73.71
5	Meryl Elstone	51.42	75.21		72.18	73.50		68.60		71.39	73.63
6	Margaret Wade	67.01	71.11	72.19	71.79	73.45		72.38			72.67
7	Wietske Hansen	51.86	72.49		70.40	72.12		70.49	68.68	64.53	71.70
8	Sandy Jamieson	66.67			71.44			74.99		66.65	71.03
9	Pete Kearney	56.17	74.26			72.53			64.86		70.55
10	Andy Millward	58.27	71.48					69.22	67.55	66.26	69.42
11	Jason Vinnicombe	43.98			72.80				64.87	70.03	69.23
12	Peter Drew	69.67	69.37	68.01	67.85	68.56		67.18			68.65
13	Andrew Key	32.80		70.58	67.93	67.20				65.85	68.57
14	Rob Rochowiak	57.76		67.11	64.45	68.74		58.94	64.36		66.77
15	Barry Drew	71.36	65.56		65.41	65.22		65.47	48.19		65.48
16	Laura Millward	56.56	69.53						61.10	64.73	65.12
17	James Findlay	33.86		64.13	63.52	63.67		62.59	60.74		63.77
18	Mark Smitheram	45.70	53.26	66.41	62.06			46.61	62.53		63.67
19	Rob Pooley	40.07			63.42			63.72		63.67	63.60
20	Sarah Allen	48.81	64.83		58.17	62.88		60.42			62.71
21	Chris Rowe	52.33		62.80	58.58	63.04		62.21	57.87		62.68
22	Olivia Pellowe	41.59	63.07	61.18	57.60	62.05		61.29			62.14
23	Steven Thomas	41.56	58.55	62.18	57.05	58.52		56.41	54.68		59.75
24	Mike Mack	70.14			59.85	60.74		57.08	56.55		59.22
25	Mike Bawden	59.63	65.64			56.24		53.59	49.53		58.49
26	Mark Harrington	54.50			56.82	60.05		57.77			58.21
27	Rebecca Allen	33.72	56.09		53.86	56.22			55.20		55.84

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28	Katherine Dilleigh	47.01	57.54		54.70	54.94					55.73
29	Faye Gibson	42.35			55.20	58.73				52.52	55.48
30	Kathryn Marsh	43.47	53.97		53.33	50.51		53.71	49.05	46.86	53.67
31	Kelly Bills	42.57	55.16		51.97				52.67	48.51	53.27
32	Julie Matraves	50.27	54.38			53.16		52.22			53.25
33	Demelza Widdershoven	36.73	47.81	55.52		55.80		46.05	43.10		53.04
34	Peter Pascoe	54.45			54.18			50.25	49.25		51.23
35	Tracey Radley	49.20	54.34		50.58					46.68	50.53
36	Emma Mankee	49.36	44.79			57.14		47.06			49.66
37	Ashley Holt	30.16		48.20	47.31	52.62					49.38
38	Jeanette Toy	48.29	51.87		46.59			46.16	43.06		48.21
39	Jo Smitheram	44.60	42.17		42.18				41.43		41.93
40	Hayley Martin	39.24	37.37		46.08			38.66		40.78	41.84
41	Alex Hocking	38.48	35.39								N/A
42	Ali Galloway	55.13	63.03					60.05			N/A
43	Carole Drew	70.99	61.29								N/A
44	Cedric Johns	74.47	47.15								N/A
45	Ceri Harvey	41.43	46.36			63.18					N/A
46	Clair Richards	42.91			57.86	58.92					N/A
47	Claire Payne	47.78				52.70					N/A
48	Craig Hall	44.45		74.83	74.37						N/A
49	Dawn Scallan	47.02			51.55						N/A
50	Denise Cardew	57.14			61.97						N/A
51	Diane Catterall	33.20				52.76		50.48			N/A
52	Elizabeth Nisbet	57.34			50.11						N/A
53	Eoin Stockdale	48.08				48.87					N/A
54	Gareth Evans	27.59				54.95					N/A
55	Greg May	37.78						54.66			N/A

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56	Hazel Brady	54.20	51.16			44.78					N/A
57	Ian Bowden	47.68			39.86			39.01			N/A
58	Janna Eyre	37.17	63.51		63.79						N/A
59	Joanne Sidney	34.10	47.52		47.23						N/A
60	Judy Jameson	59.49				61.10		58.32			N/A
61	Julian Lewis	50.11	72.21								N/A
62	Julie Honeychurch	60.51			46.62	48.54					N/A
63	June Nisbet	57.29				52.07					N/A
64	Lisa Uren	41.39			59.28						N/A
65	Lorna Burton	45.21	38.56								N/A
66	Lucy Jose	35.78	39.23		46.45						N/A
67	Mark Dorrell	55.56	73.45					68.56			N/A
68	Richard Harvey	42.88							44.68		N/A
69	Sharon Sullivan	46.15								53.69	N/A
70	Steve Jones	48.75			56.77					50.46	N/A
71	Tim Widdershoven	37.48		71.53	68.62						N/A
72	Tommy Polglase	68.45			77.55						N/A
73	Tracey Rowe	53.25			43.62	47.46					N/A
74	Zoe Wolstencroft	41.38			43.38						N/A

**GREEN** ENTRIES ARE THE PERSON'S BEST 3 RESULTS FOR THIS PERIOD'S LEAGUE TABLE

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