

**CARN RUNNERS  
SHOW THE BEST  
2018/19 SEASON  
SECOND QUARTER  
ACTUAL TIMES (ALPHABETICAL)**

	NAME	AGE AT	DISTANCE							
		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
1	Alex Hocking	38.48	38:20							
2	Ali Galloway	55.13	27:46					1:39:33		
3	Andrew Key	32.80		24:08	31:33	39:53				3:06:54
4	Andy Millward	58.27	22:02					1:16:34	1:43:54	3:43:05
5	Ashley Holt	30.16		39:50	51:09	57:26				
6	Barrie Cardew	60.24	21:55	27:52	33:54	41:17		1:09:53	1:35:26	
7	Barry Drew	71.36	27:06		44:46	56:21		1:32:15	2:46:08	
8	Carole Drew	70.99	34:55							
9	Cedric Johns	74.47	39:25							
10	Ceri Harvey	41.43	33:00			49:53				
11	Chris Rowe	52.33		31:03	41:53	48:37		1:22:06	1:54:55	
12	Claire Payne	47.78				1:03:23				
13	Clair Richards	42.91			43:54	54:05				
14	Craig Hall	44.45		24:30	30:57					
15	Dawn Scallan	47.02			51:09					
16	Demelza Widdershoven	36.73	31:16	35:00		54:34		1:48:59	2:33:50	
17	Denise Cardew	57.14			47:57					
18	Diane Catterall	33.20				57:39		1:38:15		
19	Elizabeth Nisbet	57.34			59:26					
20	Emma Mankee	49.36	36:39			59:32		1:58:22		
21	Eoin Stockdale	48.08				1:00:30				
22	Faye Gibson	42.35			45:48	54:02				4:30:20
23	Gareth Evans	27.59				48:37				

**SHOW THE BEST  
2018/19 SEASON  
SECOND QUARTER  
ACTUAL TIMES (ALPHABETICAL)**

	NAME	AGE AT	DISTANCE							HALF MAR	MARATHON
		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES			
24	Glynn Davis	54.56				42:02		1:08:57	1:32:05		
25	Greg May	37.78						1:21:56			
26	Hayley Martin	39.24	40:27		53:49			2:11:26		5:40:51	
27	Hazel Brady	54.20	33:51			1:20:33					
28	Ian Bowden	47.68			59:15			2:03:46			
29	James Findlay	33.86		26:40	33:51	42:12		1:10:32	1:36:22		
30	Janna Eyre	37.17	23:34		38:29						
31	Jason Vinnicombe	43.98			31:30				1:35:27	3:06:11	
32	Jeanette Toy	48.29	32:42		57:23			1:59:09	2:48:45		
33	Joanne Sidney	34.10	31:13		51:29						
34	Jon Eldon	58.26	20:37	27:46		45:29		1:16:35	1:39:11		
35	Jo Smitheram	44.60	37:09		1:01:03				2:48:43		
36	Judy Jameson	59.49				1:03:12		1:48:32			
37	Julian Lewis	50.11	20:27								
38	Julie Honeychurch	60.51			1:06:34	1:20:39					
39	Julie Matraves	50.27	30:28			1:04:41		1:47:49			
40	June Nisbet	57.29				1:12:03					
41	Katherine Dilleigh	47.01	27:50		48:12	1:00:17					
42	Kathryn Marsh	43.47	28:45		47:17	1:03;23		1:37:32	2:21:07	5:05:47	
43	Kelly Bills	42.57	27:57		48:45				2:10:26	4:53:11	
44	Laura Millward	56.56	25:36						2:04:49	4:19:07	
45	Lisa Uren	41.39			42:22						
46	Lorna Burton	45.21	40:51								
47	Lucy Jose	35.78	37:59		52:36						

**SHOW THE BEST  
2018/19 SEASON  
SECOND QUARTER  
ACTUAL TIMES (ALPHABETICAL)**

	NAME	AGE AT	DISTANCE							HALF MAR	MARATHON
		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES			
48	Margaret Wade	67.01	28:30	36:55	47:16	58:27		1:37:19			
49	Mark Dorrell	55.56	20:58					1:15:26			
50	Mark Harrington	54.50			43:58	51:59		1:28:39			
51	Mark Smitheram	45.70	26:49	27:53	37:28			1:41:53	1:40:26		
52	Meryl Elstone	51.42	22:19		38:24	46:09		1:23:14		3:39:32	
53	Mike Bawden	59.63	24:15			58:07		1:40:11	2:23:33		
54	Mike Mack	70.14			48:13	59:36		1:44:20	2:19:38		
55	Olivia Pellowe	41.59	24:17	32:35	43:40	50:51		1:24:13			
56	Paul Sawford	51.59	19:16			38:54			1:20:55		
57	Pete Kearney	56.17	20:51			43:41			1:46:08		
58	Peter Drew	69.67	25:05	33:24	42:18	52:32		1:28:12			
59	Peter Pascoe	54.45			46:05			1:41:53	2:17:35		
60	Rebecca Allen	33.72	26:25		45:07	54:10			1:58:51		
61	Richard Harvey	42.88							2:17:18		
62	Rob Pooley	40.07			35:05			1:11:15		3:18:40	
63	Rob Rochowiak	57.76		30:24	39:51	46:58		1:29:30	1:48:32		
64	Sandy Jamieson	66.67			47:16			1:33:26		4:51:50	
65	Sarah Allen	48.81	25:10		46:13	53:45		1:31:35			
66	Sharon Sullivan	46.15								4:33:56	
67	Steve Jones	48.75			41:57					4:29:01	
68	Steven Thomas	41.56	23:41	28:52	39:28	47:56		1:21:24	1:51:03		
69	Tim Widdershoven	37.48		24:21	31:52						
70	Tommy Polglase	68.45			36:32						
71	Tracey Radley	49.20	30:09		53:25					5:26:31	



