

**CARN RUNNERS  
SHOW THE BEST  
2018/19 SEASON  
THIRD 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	27:38			1:06:18		1:39:33	2:22:02	
3	Andrew Key	32.80		24:08	31:33	39:53			1:33:30	3:06:54
4	Andy Millward	58.27	22:02	29:15	41:31			1:16:34	1:43:54	3:43:05
5	Ashley Holt	30.16		39:50	51:09	57:26			2:29:16	
6	Barrie Cardew	60.24	21:55	27:38	33:54	41:17	51:53	1:09:53	1:35:26	
7	Barry Drew	71.36	27:06		44:46	56:21		1:32:15	2:12:59	
8	Carole Drew	70.99	34:55			1:16:29				
9	Cedric Johns	74.47	33:57	42:44	56:19					
10	Ceri Harvey	41.43	25:27			49:53				
11	Chris Rowe	52.33		30:25	39:24	48:37		1:22:06	1:54:55	
12	Claire Payne	47.78		41:52	53:54	1:03:23	1:23:03			
13	Clair Richards	42.91		35:14	43:54	54:05				
14	Craig Hall	44.45		24:30	30:57					
15	Dawn Scallan	47.02			51:09				2:29:16	
16	Demelza Widdershoven	36.73	31:16	35:00		54:34		1:48:59	2:29:49	
17	Denise Cardew	57.14			47:57					
18	Diane Catterall	33.20		36:26		57:39		1:38:15	2:10:42	
19	Elizabeth Nisbet	57.34			59:26	1:17:01				
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				

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		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
24	Glynn Davis	54.56			33:31	42:02	47:56	1:08:57	1:32:05	
25	Greg May	37.78		30:58	38:50	58:00		1:21:56		
26	Hayley Martin	39.24	40:27		53:49			2:11:26	2:29:58	5:40:51
27	Hazel Brady	54.20	31:31			1:20:33				
28	Helen Staples	45.14	31:21							
29	Ian Bowden	47.68			59:15	1:32:08		2:03:46		
30	James Findlay	33.86	20:15	26:40	33:51	42:12		1:10:32	1:36:22	
31	Janet Ritchie	57.12			45:18					
32	Janna Eyre	37.17	23:31		38:29					3:46:20
33	Jason Vinnicombe	43.98			31:30				1:35:27	3:06:11
34	Jeanette Toy	48.29	32:42		57:23			1:59:09	2:48:45	
35	Joanne Sidney	34.10	31:13		51:29					
36	John Clements	56.07		36:21						
37	John Mitchell	59.07				58:11				
38	Jon Eldon	58.26	20:13	17:16	35:40	45:29		1:16:35	1:39:11	
39	Jo Smitheram	44.60	37:09		1:01:03				2:40:55	
40	Judy Jameson	59.49	29:30	39:47		1:03:12		1:48:32		
41	Julian Lewis	50.11	20:27							
42	Julie Honeychurch	60.51			1:06:34	1:20:39				
43	Julie Matraves	50.27	30:28			1:04:41		1:47:49		5:21:09
44	Julie Toy	53.78								4:53:09
45	June Nisbet	57.29	33:24			1:12:03				
46	Katherine Dilleigh	47.01	27:50	39:50	48:12	1:00:17				
47	Kathryn Marsh	43.47	28:45	41:52	47:17	1:03:23	1:21:53	1:37:32	2:21:07	5:05:47

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		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON
48	Kelly Bills	42.57	27:57		48:45				2:10:26	4:53:11
49	Laura Millward	56.56	25:36		49:40				2:04:49	4:19:07
50	Leanna Cox	46.15	34:12							
51	Lisa Uren	41.39			42:22					
52	Lorna Burton	45.21	39:57							
53	Lucy Jose	35.78	37:59		52:36					
54	Margaret Wade	67.01	28:30	36:55	47:16	58:27	1:15:33	1:37:19	2:37:46	
55	Mark Dorrell	55.56	20:58					1:15:26		
56	Mark Harrington	54.50			43:58	51:59		1:28:39		
57	Mark Smitheram	45.70	26:49	27:53	37:28			1:41:53	1:40:26	3:53:29
58	Matt Walters	44.48			36:46					
59	Meryl Elstone	51.42	22:19	30:45	38:24	46:09		1:23:14		3:39:32
60	Mike Bawden	59.63	24:15		47:04	58:07		1:40:11	2:23:33	
61	Mike Mack	70.14		37:52	48:13	59:36		1:44:20	2:19:38	
62	Natalie Blewett	37.73							2:30:22	
63	Olivia Pellowe	41.59	24:13	32:35	43:40	50:51		1:24:13		
64	Paul Sawford	51.59	19:16		34:13	38:54			1:20:55	
65	Pete Kearney	56.17	20:51			43:41			1:43:18	
66	Peter Drew	69.67	25:05	33:24	42:18	52:32		1:28:12	2:11:36	
67	Peter Pascoe	54.45			46:05			1:41:53	2:17:35	5:24:59
68	Rebecca Allen	33.72	26:25	36:58	45:07	54:10	1:08:59		1:58:51	
69	Richard Harvey	42.88							2:17:18	
70	Rob Pooley	40.07			35:05			1:11:15	1:40:26	3:18:40
71	Rob Rochowiak	57.76		30:24	39:51	46:58		1:29:30	1:48:32	





