

**CARN RUNNERS  
SHOW THE BEST  
2018/19 SEASON  
FINAL TABLE**

	NAME	AGE AT	DISTANCE								AVERAGE
		01/11/2018	5KM	4MILES	5MILES	10KM	7MILES	10MILES	HALF MAR	MARATHON	
1	Barrie Cardew	60.24	76.31	75.39	77.48	79.61	74.57	77.25	74.94		77.66
2	Glynn Davis	54.56		77.30	80.09	75.93	76.45	74.33	74.11		77.44
3	Paul Sawford	51.59	77.51		71.26	79.16			81.65		77.40
4	Jon Eldon	58.26	79.15	77.93	77.95	72.55	73.61	69.21	71.71		77.16
5	Meryl Elstone	51.42	75.21	71.27	72.34	73.50		68.60	65.60	71.39	73.11
6	Sandy Jamieson	66.67		74.38	71.44			74.99	71.30	66.65	73.03
7	Margaret Wade	67.01	71.11	72.19	71.79	73.45	68.80	72.38	67.13		72.45
8	Jason Vinnicombe	43.98		74.56	73.90		70.65	63.55	64.87	70.03	72.28
9	Wietske Hansen	51.86	72.49	69.34	70.40	72.12		70.49	68.68	64.53	71.38
10	Andy Millward	58.27	71.48	70.03	69.73			69.22	67.55	66.26	70.12
11	Andrew Key	32.80		70.58	70.89	67.20		58.59	69.08	65.85	69.44
12	Craig Hall	44.45	55.51	74.83	74.37		67.52	59.92			69.16
13	Pete Kearney	56.17	74.26			72.53		62.56	66.63		69.00
14	Peter Drew	69.67	69.93	68.01	69.10	68.56	64.76	67.18	64.62		68.90
15	Rob Rochowiak	57.76		67.11	64.45	68.74		60.77	64.36		66.17
16	Barry Drew	71.36	65.56		65.41	65.22		65.47	60.21		65.41
17	Sarah Allen	48.81	65.14	61.75	67.52	64.73	62.88	60.42			65.07
18	Laura Millward	56.56	69.53		59.40				64.58	64.73	64.56
19	James Findlay	33.86	65.10	64.13	63.52	63.67	59.55	62.59	60.74		64.10
20	Olivia Pellowe	41.59	64.13	63.35	64.88	62.05		61.29	58.83		63.60
21	Mark Smitheram	45.70	62.28	66.41	62.06			46.61	62.53	56.65	63.32
22	Judy Jameson	59.49	64.81	64.30		61.10		58.32	62.17		63.10
23	Chris Rowe	52.33		64.11	62.27	63.04		62.21	57.87		62.91
24	Rob Pooley	40.07			63.42			63.72	59.81	63.67	62.66
25	Mike Bawden	59.63	65.64		65.56	56.24		53.59	49.53		60.26
26	Steven Thomas	41.56	58.55	62.18	59.91	58.52	54.80	56.41	54.68		59.79
27	Mike Mack	70.14		60.30	59.85	60.74		57.08	56.55		59.49

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28	Mark Harrington	54.50		60.43	59.11	60.05		57.77			59.34
29	Ali Galloway	55.13	63.33			55.05		60.05	55.61		58.51
30	Cedric Johns	74.47	60.36	56.79	54.39		55.30				56.71
31	Greg May	37.78		56.40	58.19	57.11	53.39	54.66	50.61		56.59
32	Clair Richards	42.91		57.10	60.94	58.92		43.26	49.02		56.50
33	Rebecca Allen	33.72	56.09	52.12	53.86	56.22	50.23		55.20		55.34
34	Katherine Dilleigh	47.01	57.54	52.38	54.70	54.94					54.89
35	Kelly Bills	42.57	56.47		58.85				52.67	48.51	54.12
36	Diane Catterall	33.20		52.84	55.34	53.52		50.48	50.13		53.04
37	Kathryn Marsh	43.47	53.97	48.29	53.33	50.51	44.19	53.71	49.05	46.86	52.88
38	Julie Matraves	50.27	54.38			53.16		52.22		48.10	51.96
39	June Nisbet	57.29	54.73		52.98	52.07			46.14		51.48
40	Demelza Widdershoven	36.73	47.81	55.52		55.80		46.05	44.25		51.30
41	Ashley Holt	30.16		53.21	52.82	52.62			43.70		50.59
42	Emma Mankee	49.36	44.79			57.14		47.06	52.35		50.34
43	Tracey Radley	49.20	54.34	49.19	50.58					46.68	50.20
44	Claire Payne	47.78		50.24	50.68	52.70	46.07		44.16		49.92
45	Peter Pascoe	54.45			54.18			50.25	49.25	43.92	49.40
46	Jeanette Toy	48.29	51.87		46.59			46.16	43.06		46.92
47	Sharon Sullivan	46.15	30.11		40.57	44.87			45.39	53.69	46.13
48	Hayley Martin	39.24	37.37		46.08			38.66	44.78	40.78	42.58
49	Alex Hocking	38.48	35.39								N/A
50	Amanda Lawry	44.24	52.76								N/A
51	Carole Drew	70.99	61.29		61.16	59.66					N/A
52	Caroline Phillips	52.72	37.68								N/A
53	Carrie Fisher	42.45	42.45								N/A
53	Ceri Harvey	41.43	60.12			63.18					N/A
54	Dawn Scallan	47.02			51.55				47.99		N/A

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55	Debbie Hocking	51.21	51.12					57.98		N/A
56	Denise Cardew	57.14			61.97					N/A
57	Dennis Burrell	73.97	38.89		52.72					N/A
58	Eoin Stockdale	48.08				48.87		42.84		N/A
59	Faye Gibson	42.35			55.20	58.73			52.52	N/A
60	Gareth Evans	27.59		54.05		54.95				N/A
61	Hazel Brady	54.20	54.94			44.78		42.55		N/A
62	Helen Staples	45.14	50.19							N/A
64	Ian Bowden	47.68			39.86	31.98		39.01		N/A
65	Janet Ritchie	57.12			66.27	54.13				N/A
66	Janna Eyre	37.17	63.64		63.79				60.77	N/A
67	Jo Smitheram	44.60	42.17		42.18			43.44		N/A
68	Joanne Sidney	34.10	47.52		47.23					N/A
69	John Clements	56.07		58.15	56.76					N/A
70	John Matthews	79.65	58.87							N/A
71	John Mitchell	59.07				55.89				N/A
72	Julian Lewis	50.11	72.21					58.94		N/A
73	Julie Honeychurch	60.51			51.13	48.54		43.52		N/A
74	Julie Toy	53.78							55.12	N/A
75	Leanna Cox	46.15	46.44		44.95					N/A
76	Lisa Uren	41.39			60.35	59.63				N/A
77	Lorna Burton	45.21	39.42		40.76					N/A
78	Lucy Jose	35.78	45.11		46.45					N/A
79	Marion Eldon	65.56			51.62					N/A
80	Mark Dorrell	55.56	73.45					68.56	64.40	N/A
81	Matt Walters	44.48			62.60				43.40	N/A
82	Natalie Blewett	37.73	47.76					41.84	44.29	N/A
83	Rebecca Glock	35.02	48.11							N/A

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<b>84</b>	<b>Richard Harvey</b>	<b>42.88</b>		62.33		56.53			44.68		<b>N/A</b>
<b>85</b>	<b>Steve Jones</b>	<b>48.75</b>			56.77					50.46	<b>N/A</b>
<b>86</b>	<b>Susie Taylor</b>	<b>66.59</b>	70.40								<b>N/A</b>
<b>87</b>	<b>Tim Widdershoven</b>	<b>37.48</b>		71.53	68.62						<b>N/A</b>
<b>88</b>	<b>Tommy Polglase</b>	<b>68.45</b>	78.40	76.81	77.55						<b>N/A</b>
<b>89</b>	<b>Tracey Rowe</b>	<b>53.25</b>	42.04		43.62	47.46					<b>N/A</b>
<b>90</b>	<b>Wendy Savage</b>	<b>56.88</b>	36.56								<b>N/A</b>
<b>91</b>	<b>Zoe Hunt</b>	<b>43.32</b>	49.87	44.33							<b>N/A</b>
<b>92</b>	<b>Zoe Wolstencroft</b>	<b>41.38</b>	28.48		43.38	34.21					<b>N/A</b>

**RED** ENTRIES ARE THE PERSON'S BEST 4 RESULTS FOR THIS PERIOD'S LEAGUE TABLE