

3K Records-Number of Runs (At least 7)**CWC 3K to Apr24**

Name	PB	No. Of Runs
Melisa Saunders	17:36	18
Paul Nicholls	15:45	12
Chris Chandler	12:46	11
Iris Travis	19:12	11
Annabelle Crehan	16:37	10
Andy Haskard	20:11	8
Catherine Saunders	15:07	8
Jacob Minoprio	17:18	8
Lauren Anthony	13:20	8
Claire Minoprio	18:35	7
David Dickinson	13:39	7
Jeff Rainbow	15:53	7
Michelle Chauhan	15:31	7

3K Course Records**Men** Steve Hargrave 11:11**Ladies** Helen Woods 11:31**5K Course Records****Men** Bruce Raeside 16:30**Ladies** Helen Woods 19:41**5K Records - Number of Runs (At least 7)****CWC 5K to Apr24**

Name	PB	No. Of Runs
Jeff Rainbow	26:18:00	67
Rob Gooch	20:36:00	57
Jason Riley	23:04:00	51
Rachel Anthony	24:06.00	48
Nigel Harrison	26:12.00	45
Chris Anthony	19:45.70	42
Iris Travis	30:46:00	37
Michael Doyle	23:28:00	37
Glen Weston	19:40:00	35
Steve Haskard	20:12:00	35
Chris Chandler	23:19:00	33
David Saunders	20:52:00	33
Ashley Finney	21:41:00	30
Nicola Chamberlain	23:49:00	30
Barry Jeffery	29:20:00	29
Michelle Chauhan	24:55:00	29
Chris O'Donnell	21:53:00	28
Dan Gooch	19:57:00	28
Helen Whitham	30:52:00	28
Donna Paull	26:08:00	27
Angela Henson	28:09.00	25
Kerstine Herbert	22:41:00	24
Lauren Anthony	22:10:00	23
Paul Nicholls	29:55:00	20
Steve Robinson-Day	24:03.00	20
Dom Devlin	22:02:00	19
Kevin Cooper	19:37:00	19
Elaine Varley	24:30:00	18
Jason Cooper	22:10:00	18
Julie Buckley	28:43:00	18
Kirstie Dodsley	28:25:00	18
Andy Haskard	27:52:00	17
Darren Dodsley	21:44:00	17
Pam Tivey	25:50:00	17
Chris Laban	21:40:00	16
Jason Buckley	19:13:00	16
Bruce Raeside	16:30:00	15
Dave Savage	20:36:00	15
Dave Taylor	19:34:00	15
John Parker	27:58:00	15
Sandeep Chauhan	23:50:00	15
Sue Terry	26:46:00	15
Joanne Harrison	33:33:00	14
Ryan Stocks	18:50:00	14
Alex Graham	32:17:00	13
Helen Woods	00:19:42	13
Liz Harron	27:00:00	13

Nick Crehan	21:21:00	13
Rachelle Sherman	24:28:00	13
Rob Nicholls	21:39:00	13
Kath Sergeant	27:51:00	12
Sue Laceby	28:29:00	12
Ian Finney	24:25:00	11
Jen Turner	25:58	11
Matthew Whitmill	23:59:00	11
Andy Wright	24:52:00	10
Dennis Reeson	28:23:00	10
Kevin Roughton	28:56	10
Luke Jones	19:40	10
Mary Mills	25:04:00	10
Oli Braybrook	19:42:00	10
Alex Gibb	19:39:00	9
Bev Barnes	26:16:00	9
Claire Croll	26:01:00	9
Eve Taylor	23:23:00	9
Katherine Packwood	22:16:00	9
Lee Francis	23:39	9
Martin Lee	20:17.7	9
Pete Woolley	26:39.2	9
Robin Damion	22:16:00	9
Aston Cassidy	20:45:00	8
Claire Minoprio	26:59:00	8
Georgina Grimshaw	26:41:00	8
Julia Raeside	24:05:00	8
Katie Newton	28:17:00	8
Mark Oakley	21:17.8	8
Matt Harvey	25:27.4	8
Dale Mellor	21:44:00	7
Dan Bailey	20:38	7
Emma Ward	31:28:00	7
Gary Taylor	23:56:00	7
Kevin Copestake	18:51:00	7
Lauren Bakunowicz	24:14:00	7
Mel Weston	31:51:00	7
Sharon Granger	29:32:00	7