

3K Records-Number of Runs (At least 7)**CWC 3K to Nov24**

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
Helen Whitham	18:44	8
Jacob Minoprio	17:18	8
Lauren Anthony	13:20	8
Michelle Chauhan	15:31	8
Claire Minoprio	18:35	7
David Dickinson	13:39	7
Harry Chamberlain	18:52	7
Jeff Rainbow	15:53	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 Nov24**

Name	PB	No. Of Runs
Jeff Rainbow	26:18:00	69
Rob Gooch	20:36:00	61
Jason Riley	23:04:00	51
Nigel Harrison	26:12:00	51
Rachel Anthony	24:06:00	49
Chris Anthony	19:45.7	44
Glen Weston	19:40:00	37
Iris Travis	30:46:00	37
Michael Doyle	23:28:00	37
Steve Haskard	20:12:00	35
Chris Chandler	23:19:00	34
Chris O'Donnell	21:53:00	34
David Saunders	20:52:00	33
Nicola Chamberlain	23:49:00	31
Ashley Finney	21:41:00	30
Angela Henson	28:09:00	29
Barry Jeffery	29:20:00	29
Dan Gooch	19:57:00	29
Helen Whitham	30:52:00	29
Michelle Chauhan	24:55:00	29
Donna Paull	26:08:00	27
Kerstine Herbert	22:41:00	24
Lauren Anthony	22:10:00	23
Dom Devlin	22:02:00	21
Paul Nicholls	29:55:00	21
Chris Laban	21:40:00	20
Kirstie Dodsley	28:25:00	20
Steve Robinson-Day	24:03.0	20
Dave Taylor	19:34:00	19
Julie Buckley	28:43:00	19
Kevin Cooper	19:37:00	19
Pam Tivey	25:50:00	19
Elaine Varley	24:30:00	18
Jason Cooper	22:10:00	18
Ryan Stocks	18:50:00	18
Andy Haskard	27:52:00	17
Darren Dodsley	21:44:00	17
Jason Buckley	19:13:00	17
Bruce Raeside	16:30:00	15
Dave Savage	20:36:00	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
Alex Graham	32:17:00	13
Helen Woods	19:41.7	13
Liz Harron	27:00:00	13

Martin Lee	19:06	13
Nick Crehan	21:21:00	13
Rachelle Sherman	24:28:00	13
Rob Nicholls	21:39.0	13
Eve Taylor	23:17:00	12
Jen Turner	25:58	12
Kath Sergeant	27:51:00	12
Robin Damion	22:16:00	12
Sue Laceby	28:29:00	12
Ian Finney	24:25:00	11
Luke Jones	19:40	11
Matthew Whitmill	23:59:00	11
Oli Braybrook	19:42.00	11
Pete Woolley	26:39.2	11
Andy Wright	24:52:00	10
Dennis Reeson	28:23:00	10
Kevin Roughton	28:56	10
Mary Mills	25:04:00	10
Alex Gibb	19:39:00	9
Bev Barnes	26:16:00	9
Claire Croll	26:01:00	9
Katherine Packwood	22:16:00	9
Lee Francis	23:39	9
Matt Harvey	25:27.4	9
Andy Aiston	18:49:00	8
Aston Cassidy	20:45:00	8
Claire Minoprio	26:59:00	8
Dan Bailey	20:38	8
Gary Taylor	23:56:00	8
Georgina Grimshaw	26:41:00	8
Julia Raeside	24:05:00	8
Katie Newton	28:17:00	8
Lloyd Andrews	23:16.8	8
Mark Oakley	21:17.8	8
Andrew Williams	22:26:00	7
Dale Mellor	21:44:00	7
Emma Ward	31:28:00	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