

3K Records - Number of Runs (At least 7)**CWC 3K to Nov 23**

Name	PB	No. Of Runs	Men	Ladies
Melisa Saunders	17:36	18		
Chris Chandler	12:46	11		
Iris Travis	19:12	11		
Paul Nicholls	15:45	11		
Annabelle Crehan	16:37	9		
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		

3K Course Records

Dylan George	11:14
Helen Woods	11:31

5K Records - Number of Runs (At least 7)**CWC 5K to Nov 23**

Name	PB	No. Of Runs
Jeff Rainbow	26:18:00	63
Rob Gooch	20:36:00	56
Jason Riley	23:04:00	50
Rachel Anthony	24:06:00	48
Chris Anthony	19:45.7	42
Nigel Harrison	26:12:00	40
Iris Travis	30:46:00	37
Michael Doyle	23:28:00	37
Steve Haskard	20:12:00	35
Glen Weston	19:40:00	33
Chris Chandler	23:19:00	32
David Saunders	20:52:00	32
Ashley Finney	21:41:00	30
Barry Jeffery	29:20:00	29
Nicola Chamberlain	23:49:00	29
Michelle Chauhan	24:55:00	28
Dan Gooch	19:57:00	27
Donna Paull	26:08:00	27
Helen Whitham	30:52:00	27
Kerstine Herbert	22:41:00	24
Chris O'Donnell	21:53:00	23
Lauren Anthony	22:10:00	23
Angela Henson	28:09:00	22
Paul Nicholls	29:55:00	20
Steve Robinson-Day	24:03.0	20
Kevin Cooper	19:37:00	19
Elaine Varley	24:30:00	18
Jason Cooper	22:10:00	18
Andy Haskard	27:52:00	17
Darren Dodsley	21:44:00	17

5K Course Records

Bruce Raeside	16:30:00
Helen Woods	19:41.7

Dom Devlin	24:08:00	17
Kirstie Dodsley	28:25:00	17
Pam Tivey	25:50:00	16
Dave Savage	20:36:00	15
John Parker	27:58:00	15
Julie Buckley	28:43:00	15
Sue Terry	26:46:00	15
Bruce Raeside	16:30:00	14
Joanne Harrison	33:33:00	14
Sandeep Chauhan	23:50:00	14
Alex Graham	32:17:00	13
Chris Laban	21:40:00	13
Jason Buckley	19:13:00	13
Liz Harron	27:00:00	13
Rachelle Sherman	24:28:00	13
Dave Taylor	19:34:00	12
Helen Woods	19:41.7	12
Kath Sergeant	27:51:00	12
Nick Crehan	21:21:00	12
Ryan Stocks	18:50:00	12
Sue Laceby	28:29:00	12
Ian Finney	24:25:00	11
Matthew Whitmill	23:59:00	11
Rob Nicholls	21:39.0	11
Andy Wright	24:52:00	10
Dennis Reeson	28:23:00	10
Mary Mills	25:04:00	10
Alex Gibb	19:39:00	9
Claire Croll	26:01:00	9
Jen Turner	26:07:00	9
Katherine Packwood	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
Martin Lee	20:17.7	8
Pete Woolley	26:39.2	8
Bev Barnes	26:16:00	7
Dale Mellor	21:44:00	7
Emma Ward	31:28:00	7
Eve Harrison	23:23:00	7
Gary Taylor	23:56:00	7
Katie Newton	28:17:00	7
Kevin Copestake	18:51:00	7
Lauren Bakunowicz	24:14:00	7
Lee Francis	23:39	7
Luke jones	20:02.0	7
Mark Oakley	21:17.8	7
Mel Weston	31:51:00	7
Oli Braybrook	19:42.00	7
Sharon Granger	29:32:00	7