	KEW 5K	runs	2009				2010				2010-11			2011				2011-12				2012						2012-13			2013					2013-14		
PB			June	July	Aug	Sept	June	July	Aug	Sept	Dec	Jan	feb	june	July	Aug	Sept	Nov	Dec	Jan	Feb	Apr	May	June	July	Aug	Sep	Nov	Dec	Jan	May	June	July	Aug	Sep	Nov	Dec	Jan
			14	15	23	26	23	21	23	24	23	28	30	46	39	34	25	34	23	34	29	30	47	39	46	39	44	42	27	31	32	40	36	43	40	44	59	51
16.41	T Loveridge	2																								17.35	16.41										
16.45	B Johnson	6				18.02	17.32								16.45			17.48											17.29							17.38	
16.53	H Doran	8			20.10	18.58																	16.53			17.22	18.16					18.22	17.14	1 lap			
17.07	D Hamilton	1																				17.07															
17.12	M Thompson	4																			19.01				17.12			dnf		17.42							
17.28	R Ashworth	5		17.28	1 lap	17.33	17.43			19.03																											
17.33	R McGrath	20	late	17.40	17.37											18.43	19.06			18.25	18.08			17.52		17.59	17.38	18.28	18.21		18.10	17.44	17.46	17.33	19.25	18.48	18.22	18.17
17.46	S Wilkinson	3				18.47			18.27			17.46																									
17.50	M Rothwell	10																							19.23	19.42	19.30	20.18		18.42	18.14	17.53	17.50	18.29			19.56	
18.03	R Bowker	24	18.07		18.49	18.03					19.21	18.33	18.34	19.10		18.25	18.28					19.22	18.45	18.13	18.16	18.08		19.08	20.00	19.13	18.53	18.31	18.30	18.32		19.15	19.14	19.36
18.08	S Lewis	23						19.43		19.13	19.24	18.46	18.29	18.34	18.34		18.27	19.05		18.55	20.53	18.17	18.08	18.14	20.03		19.45					19.23	18.28	18.49	19.04	19.49	19.28	19.01
18.11	S McLean	27	19.04	18.16	18.39	18.11			18.27	18.18	18.52	18.27	18.26	18.19				19.34	19.34	18.39			19.14	19.01	18.58		18.56	18.35		18.44	18.44	18.52	18.47	19.22	18.45	19.08	18.25	18.45
18.12	G Callaghan	2														18.12									18.12												
18.21	D McDonough	4																													19.01	18.21	18.24				18.40
18.24	J Walker	2																																			18.29	18.24
18.30	C Dunn	2				18.45				18.30																											
18.34	R Berry	1						18.34																													
18.43	J Sprackland	2	18.43		18.55																																
18.48	A CROOK	1					18.48																														
18.48	N Adshead	10											19.42	18.58	18.48	18.57		19.47	20.39							19.53	19.40			19.37		19.20					
18.50	K Lunt	21									20.51	19.35	19.49	19.51	19.34		21.17	20.04	20.40	19.23	19.29		19.23	18.50	18.52	19.36	19.47	19.41				19.57			19.42	20.35	20.27	21.05
18.53	P Cain	24	20.31		20.17	20.00			20.34	19.50	20.40				20.20	20.01	19.55	21.08			19.45	18.53	19.25	19.13	19.13	19.18	19.04	19.42				18.58	19.32	19.08	19.19	19.28	19.44	
18.57	A Hudson	30					19.37	19.30	20.40	19.52	20.32	19.50	19.28	18.57		19.11	19.19	20.19	20.47	19.55	19.38	19.38	19.36	19.57	19.50	20.02	19.52	19.51	21.15	20.31	20.22		20.21	20.31	20.07	20.41	20.45	20.58
18.58	S Bennett	2																						18.58	19.20												
18.59	R Johnson	4											19.55	19.11	18.59		19.51																				
18.59	M Ashby	2																	20.39		18.59																
18.59	H Nuttall	17							20.02	19.44	20.32	21.54			19.31	19.00		19.56			19.59	18.59		19.39	19.44						21.22		20.01	26.20	19.17	25.08	25.21	
19.06	S Tobin	29	19.27	19.29	dnf	22.04	19.20	19.06	19.48	19.28				19.58	19.46	20.34	20.30	22.11		20.28	20.29		19.59	20.03	19.59	19.47	20.01	20.48	20.10	20.36	19.44	19.27		19.36		19.17	19.46	19.16
19.17	M Nelson	20												19.42	19.26	19.30	19.17		21.24		20.26	20.00			20.17	20.09	19.53	20.30	20.53	20.18	21.06		20.31	20.04	20.01	21.10	20.19	19.500
19.22	T Peters	25		21.31			20.15	20.56	21.02	20.03	21.11			21.01	20.07	20.13	20.26	21.18	21.29	20.38		19.54	19.43		19.22		19.55	19.50		20.22	20.44		20.49	20.14	19.47		21.10	20.53
19.24	B Park	6																					19.27	19.52		19.26	19.44				19.27	19.24						
19.26	R Parkinson	5																															22.54	19.53	19.54		19.26	19.58
19.27	M Tobin	23		25.25	23.57		21.37	21.46	24.07				dnf	22.45	20.59	24.28	21.55			22.49	24.09		21.54		21.15	21.47	20.13	21.10	22.20	21.51	20.18			20.11	20.14		19.27	
19.30	K Evans	1																							19.30												

19.31	P Talbot	16					21.26	22.08	20.41	20.49	21.29	20.40	20.24	20.03	19.39		19.31	20.28	21.27	20.08	19.41								20.36							20.52			
19.36	G Simpson	2																																		19.36	19.48	
19.42	B Gow	6							19.42		21.44	22.10															21.23	21.27	22.26									
19.42	P Ashby	13			20.32								22.14	20.42	19.55		19.55		21.38	21.00	21.28	19.42		20.08	20.28				21.14					22.30			
19.45	B Davey	17				19.48	19.45	19.58	20.22		21.00		20.49	20.10	19.53								20.54	20.46	20.38	20.34	20.28		21.43	21.07	20.52	21.10						
19.49	C Osbaldeston	5																					21.53		20.25	19.49	19.54	19.51									
19.50	M Goddard	1					19.50																														
19.51	D Gough	1																																	19.51		
19.52	B Wittenberg	2																																19.52	19.59		
19.54	N Silcock	10											21.12	20.43	19.54		20.32			20.21			20.34				20.45	20.59					21.20				21.48
19.54	C Constable	3																		20.57												20.11			19.54		
19.58	J Sim	1																																			19.58
20.02	A Lovelady	1																															20.02				
20.03	M Suton	6										21.07	21.01					20.57		20.12					20.16			20.03									
20.07	T Williams	5												21.18						21.08		20.38		20.07		20.23											
20.10	P Warrington	13										22.07	20.10	20.52						22.52	21.46		20.41	20.24	20.27		21.00		20.12		22.18			21.19	22.02			
20.12	M Cunningham	1																				20.12															
20.13	M Davies	7																											21.24	20.54	20.21	20.13		21.05	23.19	23.51	
20.16	J Sim	1																																	20.16		
20.17	A Holt	1															20.17																				
20.19	A Delaney	4	20.54																					20.29			20.21			20.19							
20.26	M Leatherbarrow	1																																			20.26
20.30	T Bolland	7						25.47	21.01	21.40	21.05	20.30							22.20		21.15																
20.35	D Simpson	1																																	20.35		
20.36	G Williams	12		21.07			20.47		22.10					21.10	20.36							21.29				21.10				21.48	21.51			21.19		22.14	21.51
20.36	M Taylor	7																								21.23		20.53	20.41	20.47		20.43				20.36	20.41	
20.37	M Tanbie?	1														20.37																					
20.38	B Wareing	1																									20.38										
20.41	R Altham	3																															21.42	20.41		21.43		
20.46	R Houghton	1																																	20.46		
20.47	D McDonnell	4						20.47		21.50	22.37																								22.11		
20.56	J Brooker	1																													20.56						
20.57	L Riley	1																												20.57							
21.02	R Cosgrove	28					23.16	22.59	22.51	22.57	23.20	22.27	22.27	21.02		22.52	23.08	23.02		22.51	22.31	22.50	22.16	22.14	21.52		22.33		22.58	22.53	22.40	21.38	21.46	22.22	22.02	23.04	22.40	22.34
21.05	R Black	2													21.05				23.31																		
21.10	Jen Boothby	2												22.22	21.10																						
21.12	J Braston	1																												21.12							

21.19	S Cooper	**11**					21.22							21.19		21.54		23.47			dnf	22.34	21.48	21.34		21.52							22.34	22.13					
21.33	Jamie Elliot	**1**													21.33																							
21.43	P Foster	**11**																												23.39	23.54	23.00	22.56	22.41	22.00	22.24	21.43	22.08	22.09	21.55
21.49	V Harvey	**26**					21.49	22.07		24.05	23.59	22.41	22.43	23.23		21.57				23.49	23.13	22.48	22.30	22.24	22.29	22.35	22.25	23.27	23.39	23.07	23.10		23.07	22.44	22.30	23.08	23.00	23.20
21.55	J Green	**4**																																22.43		21.55	22.18	23.39
21.57	E Sherstone	**20**												22.22	21.57	22.29		23.26	25.24	22.48	22.25	22.06		21.58	22.27	22.34	23.45	22.33	24.13	23.06		23.16		22.03		22.44	22.59	23.15
22.00	A Shandley	**3**								22.00		23.00		23.04																								
22.00	T Peacock	**1**																																			22.00	
22.01	I Kilshaw	**1**																							22.01												
22.01	P Baxendale	**9**	22.55	23.14							23.45				22.07								22.01			22.03			23.50			22.24		22.22			
22.03	K Wresillo	**3**																						22.03			22.32	22.34									
22.03	Rob	**1**												22.03																							
22.03	SteveJames	**15**			22.52			22.49	22.55	22.54				22.38	22.03	23.04						22.30	22.27	22.21	23.11	23.51	23.02					23.33		23.59				
22.04	M Kenny	**1**																																				22.04
22.05	P Todd	**1**																							22.05												
22.09	P Stennett	**18**														23.23		23.52	24.00	24.14	23.08	22.46	22.37	22.18	22.37	22.53	22.20				22.11		22.18	22.17	22.09	22.48	22.46	23.01
22.09	M Boyd	**1**																																				22.09
22.12	Dave	**1**		22.12																																		
22.15	K McKiernan	**5**											28.04			22.15		28.52				24.16							25,36								
22.16	O Williams	**1**																																			22.16	
22.20	S Caton	**1**																	22.20																		
22.25	Steph James	**1**				22.25																																
22.26	Jenny Caton	**2**																					22.26					23.44									
22.37	D Wilkinson	**18**												27.18				23.33	24.46		23.54		24.15	23.37	22.38	22.54	22.37	26.06	23.52	26.44		24.10		27.42	23.27	25.08	23.59	25.04
22.38	G Caton	**6**																			24.11		22.38			23.07		23.30	23.42		23.40							
22.44	C James	**21**			24.20	23.14				23.21	30.14		23.10	22.44				24.07				1 lap	24.20	23.33	23.16	23.02	22.48	23.18	23.25				29.47	27.42	23.26	24.06	23.18	24.38
22.48	T Parry	**1**														22.48																						
22.48	D McDonough J	**2**																														23.30	22.48					
22.52	M Wadmore	**1**										22.52																										
22.52	Suzanne Lalley	**4**												27.18														26.05		26.44		22.52						
22.54	D Baker	**2**																																	22.54		23.54	
22.55	A Dawson	**2**									23.25	22.55																										
23.02	R Thomas	**9**		24.15	23.08				23.02					24.08	23.11			25.08	25.51	24.42	23.40																	
23.04	S Clare	**1**				23.04																																
23.05	R Lowther	**4**																														23.05	23.46	24.07		24.42		
23.07	S McKiernan	**2**																				23.39	23.07															
23.08	M Minshull	**1**																																	23.08			

23.12	Lauren Dean	1												23.12																								
23.13	C Aindow	1																		23.13																		
23.16	T Bond	3																							25.25			25.00			23.16							
23.20	M Spencer	1																								23.20												
23.27	P Dewhurst	2																																		23.27		24.00
23.27	D Marsh	8																					23.27	24.06	23.40	24.05	23.50					23.50		24.26			24.38	
23.29	B Tamayo	2																																		24.07	23.29	
23.30	P Brook	5	23.32			23.30		23.38											25.21			1 lap																
23.33	C Wright	14	23.33								26.39	25.30	24.55	25.00	24.09	25.31		28.22	26.40	24.54	24.31			24.49	25.13					26.15								
23.39	P Noble	1																																			23.39	
23.42	D Alty	1																																				23.42
23.51	P Newell	3					24.15							24.02	23.51																							
23.51	S Grayson	3																												23.51						24.42	23.59	
23.53	S Owens	1																																				23.53
23.55	A Bradbury	9																					25.36	1 lap			26.05			31.33	24.39	23.55				28.52	24.43	25.26
23.57	A Igo	1				23.57																																
23.59	G Bentley	2			24.31	23.59																																
23.59	R Davies	1																																			23.59	
24.00	T Barlow	2																																25.03	24.00			
24.05	Morag Rimmer	1									24.05																											
24.07	C Cutner	28	25.18		25.18	24.37	24.50	25.04	25.06	25.19			26.12		25.04	24.30	25.01	25.44	26.00	24.50	24.19	24.07	24.41	24.40			29.32	25.44	26.09	25.48	28.15	24.57		24.51	25.03		25.28	29.38
24.09	J Peters	8																							1 lap			27.24		26.34		25.46	25.13	24.38	24.09			26.06
24.09	L A Grayson	1																																			24.09	
24.11	P Stewart	1												24.11																								
24.15	Kate Johnson	1											24.15																									
24.45	Hilal Mulla	2																																		28.51	24.45	
24.50	P Lewis	1																					24.50															
24.53	P Whalley	1				24.53																																
24.58	L Old	1				24.58																																
25.00	S Winslow	1																										25.00										
25.00	S Coupland	2																																			25.00	25.08
25.08	D Spencer	22						26.39	26.37		28.34	27.04	26.42	26.12	25.30	25.54		27.21		27.19	27.21		26.51	27.22	26.09	27.10		26.33	26.34				26.55	26.20	27.23	25.08	25.21	
25.10	M O'Brien	2																					25.10							25.51								
25.12	Sue Stewart	30		27.42	26.05	25.53	25.54	25.39		26.07		26.55	26.55	26.18	25.53		26.04	26.53	27.30	27.09	26.24	25.12	26.03	26.50	25.55	26.59	26.05	26.58	26.54	26.53		25.50	25.30		25.30	27.32	25.56	26.59
25.15	Helen Rigg	8											25.48			25.15	25.30	26.46	27.04				25.45				25.31											27.32
25.16	E Sutton	20										29.20	29.23	28.00	26.18	26.38			28.10	26.08		25.38	??	25.26	25.16		26.09			27.18	26.33	26.23	26.34	25.38	25.24	27.50		26.17
25.17	N Meredith	3							dnf															26.38	25.17													

25.17	H Lodge	3											27.06																							26.02		25.17
25.21	A Gilford	3																						26.25		26.17	25.21											
25.22	D Aspinall	6										27.19	26.33	dnf		25.22							27.01		26.07													
25.26	E Johnson	2														25.26			26.40																			
25.27	J Blacklin	22					27.15	25.54						26.11	25.27	25.46		27.07		27.19		26.36	26.42		26.10	26.48	26.57	27.58	27.56	29.05	27.25	26.55	26.41		26.16	29.33	28.37	28.49
25.31	C Hudson	3									27.29	25.44	25.31																									
25.33	M Obrien	3																26.07									25.33	26.00										
25.34	Becki Hutt	1													25.34																							
25.40	D Rigby	1														25.40																						
25.42	K Williams	1			25.42																																	
25.43	J Rigby	1														25.43																						
25.44	Laura Harold	1																																		25.44		
25.45	M Lavender	9	27.35			26.00	25.54	25.45		1 lap							27.27						27.38			26.39						26.00						
25.45	A Matthews	2						25.56		25.45																												
25.46	R Spencer	2										25.46	25.55																									
25.56	P Carlin	1																														25.56						
25.57	B Grice	10		dnf	26.24	25.57						27.27		26.30	26.20	26.28	dnf			30.00	dnf																	
25.59	D Dobbs	1										25.59																										
26.01	Steve Parkes	2												28.02	26.01																							
26.02	Kayleigh Jones	1																																		26.02		
26.05	Ann McCaffrey	1																					26.05															
26.10	S Pardoe	1			26.10																																	
26.12	V Meredith	1																					26.12															
26.16	R Kenny	4																																	26.16	27.27	26.58	26.43
26.21	Mel	1												26.21																								
26.27	S Flannagan	7																							29.16		28.10	27.25	27.30	26.27							26.51	27.15
26.35	L Brough	1																														26.35						
26.38	L Coupland	2																																			28.26	26.38
26.46	Josh Nuttall	1													26.46																							
26.51	C Nuttall	1													26.51																							
26.54	J Baddeley	2																																			26.54	27.57
27.00	I Kettle	2																																			27.00	27.21
27.07	Jess Spencer	3																						27.22	27.07	27.10												
27.07	V Simpson	3																														28.30		27.07	27.39			
27.10	Jane Nelson	1																										27.10										
27.14	K James	3																															29.47	27.42	27.14			
27.16	J Singleton	23			28.17	28.38		dnf						28.28	27.17	27.16	27.40	27.34		27.35	27.51	27.58	28.26	29.09	29.17	30.19	29.33	29.06				30.18	32.13	31.04	31.03		31.11	31.11

27.28	S McGrath	**11**											28.50		32.06	29.10							29.08	28.51	29.17					28.48	27.28		30.27	30.17	31.11
27.34	P Smith	**1**																																	27.34
27.35	Linsey Mutch	**1**																							27.35										
27.59	G Gillison	**17**	28.49	30.40		28.11	29.32		dnf	30.57	30.14	30.14	28.15				28.24	29.23	28.06	27.59	28.36			29.39		31.02	31.33								
28.01	K McKiernan	**2**															28.01				32.32														
28.02	D Menzies	**1**																	28.02																
28.02	S Marshall	**22**	29.11	29.27	29.25	28.40	28.50		29.53	29.15	29.36		28.54	28.19		29.20	30.00		30.00		29.12	28.16	28.04		28.02	28.32		28.30	dnf	32.13	29.01				
28.05	Ella Johnson	**1**															28.05																		
28.13	Niamh Wilgar	**1**															28.13																		
28.17	S Rothwell	**1**																							28.17										
29.01	C Warrington	**1**																			29.01														
29.03	Debbie Bailey	**2**																																30.39	29.03	
29.04	I Hesketh	**1**																	29.04																
29.09	Ginny Howell	**2**																						29.26	29.09										
29.24	D Baillie	**1**																																	29.24
29.27	Paula Tobin	**2**		29.27			31.52																												
29.29	N Derle	**1**																			29.29														
29.49	Liz Sutcliffe	**4**																													34.00		30.48	29.49	30.20
29.58	L Rimmer	**1**																																	29.58
30.32	C Rimmer	**1**																																	30.32
30.33	Debbie Bxxxx	**1**																													30.33				
30.41	Sue A	**1**		30.41																															
30.48	J Wade	**1**																							30.48										
31.03	Sue Adams	**1**																								31.03									
31.51	Sarah Lunt	**1**																						31.51											
32.08	L Cookson	**1**													32.08																				
33.34	L Rigg	**1**														33.34																			
34.11	Hugo Kearsey	**1**															34.11																		
34.11	Pat Kearsey	**1**															34.11																		
37.02	Lo Wanless	**1**																																37.02	
	ONE LAP																																		
	Chris Billington	**1**																			??														
	Nicole	**1**								1 lap																									
	M Morgan	**1**							dnf																										
	G Walker	**1**									dnf																								
	Cath Ashworth	**1**			1 lap																														
	Adi Ashworth	**1**			1 lap																														

	N Marshall	**1**					1 lap																							
	F Weaver	**1**													1 lap															
	L Griffin	**1**																					1 lap							
	M Connolly	**1**																					1 lap							
	P Draper	**1**																					1 lap							
	R Davies	**2**																							1 lap		1 lap			
	M Davies	**2**																							1 lap		1 lap			
	Molly Riding	**1**																								1 lap				
	Anabel Riding	**1**																								1 lap				
	Jane Murray	**1**																									1 lap			