# GRANGE FARM & DUNMOW RUNNERS 5 MILE MONTHLY HANDICAP (2008)

| Name of Runner | Best time 2003 | Best Time 2004 | Best Time 2005 | Best time 2006 | Best time 2007 | 07/05/2008 | 05/06/2008 | 02/07/2008 | Best time 2008 | Mins/mile of best | Average of Times | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Alastair Brown | | | | | | 31:29 | 29:46 | 29:39 | 29:39 | 05:55.8 | 30:18.0 | PB |
| Steve Reed | | | | | | | 31:27 | | 31:27 | 06:17.4 | 31:27.0 | |
| Nick Laughton | | | 32:33 | 32:52 | 31:29 | 31:57 | 31:33 | | 31:33 | 06:18.6 | 31:45.0 | |
| Ryan Gibson | | | | | | 32:19 | 31:56 | | 31:56 | 06:23.2 | 32:07.5 | |
| Richard Humphrey | | 34:57 | 33:53 | 33:05 | 32:19 | 32:31 | 32:34 | | 32:31 | 06:30.2 | 32:32.5 | |
| Andy Smith | | | 35:05 | 33:47 | 32:37 | 33:12 | | | 33:12 | 06:38.4 | 33:12.0 | |
| Jim O'Mahoney | | | | | 33:52 | 34:04 | 33:52 | 33:03 | 33:03 | 06:36.6 | 33:39.7 | PB |
| Steve Blakey | | | 37:50 | 35:30 | | | 35:20 | | 35:20 | 07:04.0 | 35:20.0 | |
| David Kelsey | | | | | | | 35:48 | | 35:48 | 07:09.6 | 35:48.0 | |
| Ian Lawson | | | | 37:49 | 36:45 | 38:32 | 36:09 | | 36:09 | 07:13.8 | 37:20.5 | |
| Jane Smith | | | | 52:08 | | | 36:38 | | 36:38 | 07:19.6 | 36:38.0 | |
| David Cronk | | | | | | | | 36:44 | 36:44 | 07:20.8 | 36:44.0 | |
| Nigel Thomas | | | | | | 37:00 | | | 37:00 | 07:24.0 | 37:00.0 | |
| John Hardy | 36:30 | 36:29 | 35:33 | 35:22 | 35:33 | 38:21 | 37:50 | 37:22 | 37:22 | 07:28.4 | 37:51.0 | |
| Paul Farrell | | | | | | | 37:59 | | 37:59 | 07:35.8 | 37:59.0 | |
| Anita Cox | | 36:59 | 36:10 | 35:41 | 37:17 | 44:53 | 38:09 | | 38:09 | 07:37.8 | 41:31.0 | |
| Brendan Whelan | 36:10 | 36:15 | 37:19 | 40:26 | 38:46 | 39:26 | 38:10 | | 38:10 | 07:38.0 | 38:48.0 | |
| Tina Hull | | | | | 34:53 | 38:33 | | | 38:33 | 07:42.6 | 38:33.0 | |
| Neil Rumbold | | | | | 36:35 | 38:36 | | 35:54 | 35:54 | 07:10.8 | 37:15.0 | PB |
| John Kemp | | | | | | 39:08 | | | 39:08 | 07:49.6 | 39:08.0 | |
| Jules Reeves | | | | 39:08 | 36:22 | 40:00 | 39:11 | | 39:11 | 07:50.2 | 39:35.5 | |
| Ian Wright | | | | | | 39:20 | | | 39:20 | 07:52.0 | 39:20.0 | |
| Joe Dilworth | | | | | | 40:25 | 39:23 | 38:21 | 38:21 | 07:40.2 | 39:23.0 | PB |
| Jackie Adams | | | | | 40:33 | 39:28 | | | 39:28 | 07:53.6 | 39:28.0 | |
| Nick Perry | | | | 40:46 | 43:47 | 39:48 | 41:08 | | 39:48 | 07:57.6 | 40:28.0 | |
| Emma Pitcher | | | | | 41:13 | 40:48 | 39:52 | 43:27 | 39:52 | 07:58.4 | 41:22.3 | |
| Jo Bissett-Smith | | | | | 40:11 | 42:38 | 39:55 | | 39:55 | 07:59.0 | 41:16.5 | |
| Simon King | | | | | | 40:00 | | DNF | 40:00 | 08:00.0 | 40:00.0 | |
| Duncan Anniss | | 36:52 | 36:15 | 37:31 | 40:01 | 40:02 | | 39:17 | 39:17 | 07:51.4 | 39:39.5 | |
| Julie Jenkins | | | 40:22 | 38:47 | 37:03 | 40:20 | | | 40:20 | 08:04.0 | 40:20.0 | |
| Andy Stevenson | | | | | 39:49 | 40:36 | 40:34 | | 40:34 | 08:06.8 | 40:35.0 | |
| Ian Reijs | | | 37:47 | 40:17 | 40:03 | 41:20 | 40:34 | 40:22 | 40:22 | 08:04.4 | 40:45.3 | |
| Angela Allin | | | 47:15 | 41:17 | 39:19 | 41:08 | 41:39 | | 41:08 | 08:13.6 | 41:23.5 | |
| Rob Kings | 38:33 | 38:11 | 39:07 | 42:27 | | | 41:14 | | 41:14 | 08:14.8 | 41:14.0 | |
| Simon Burpitt | | | | | | 41:40 | | 41:41 | 41:40 | 08:20.0 | 41:40.5 | |
| Josie Stevenson | | | | | | 41:43 | | | 41:43 | 08:20.6 | 41:43.0 | |
| Peter Inman | | | | | 40:43 | 43:40 | 42:20 | | 42:20 | 08:28.0 | 43:00.0 | |
| Andrew Askew | | | | 53:35 | | | 43:37 | | 43:37 | 08:43.4 | 43:37.0 | |
| Denise Brookes | | | | | 44:20 | 43:53 | | | 43:53 | 08:46.6 | 43:53.0 | |
| Gavin Foster | | | | | 45:58 | 44:09 | 46:11 | 47:16 | 44:09 | 08:49.8 | 45:52.0 | |
| Karen Carr | | | | | | 45:47 | 44:21 | 44:14 | 44:14 | 08:50.8 | 44:47.3 | PB |
| Charlotte King | | | | | | 44:38 | | 40:37 | 40:37 | 08:07.4 | 42:37.5 | PB |
| David Kerry | 38:15 | 38:20 | 39:31 | 39:15 | | | 44:53 | | 44:53 | 08:58.6 | 44:53.0 | |
| Andy Wise | | | | | | 44:53 | | | 44:53 | 08:58.6 | 44:53.0 | |
| Richard Percy | 41:30 | 40:49 | 41:30 | 44:49 | | | 44:54 | 44:27 | 44:27 | 08:53.4 | 44:40.5 | |
| John Sandlin | | | | 44:24 | | | 46:03 | | 46:03 | 09:12.6 | 46:03.0 | |
| Darren McLagan | 42:36 | 41:43 | 42:21 | 42:28 | 43:08 | 47:42 | 46:36 | | 46:36 | 09:19.2 | 47:09.0 | |
| Robert Trembath | | | | | | | 46:37 | | 46:37 | 09:19.4 | 46:37.0 | |
| Gina Bennett | | | | | 49:16 | 47:20 | | | 47:20 | 09:28.0 | 47:20.0 | |
| Kevin Dorset | | | | | | 47:26 | | | 47:26 | 09:29.2 | 47:26.0 | |
| Sandra Smith | | 53:57 | 46:12 | 42:36 | | | 47:49 | 45:28 | 45:28 | 09:05.6 | 46:38.5 | |
| Kerry Tzen | | | | | | | 47:50 | | 47:50 | 09:34.0 | 47:50.0 | |
| Margaret Fearn | | | | | | 51:23 | | | 51:23 | 10:16.6 | 51:23.0 | |
| Kate James | | | | | 49:52 | 53:34 | | 51:22 | 51:22 | 10:16.4 | 52:28.0 | |
| Sandra Blakey | | | 50:57 | 49:41 | | | 55:04 | | 55:04 | 11:00.8 | 55:04.0 | |