

## LIMP\_WRIST\_2013.xls

Pos	No	Fname	Sname	Club	Pre time	Act Time	Diff	
22	229	Ben	Gamble	Tipton Harriers	27:15	0:26:54	00:21	##
72	395	Matt	Woodman	Stafford Harriers	27:45	0:29:31	01:46	##
47	250	Gareth	Briggs	Staffs Moorlands A C	28:50	0:29:47	00:57	##
40	196	Carl	Astley	Cheadle R C	33:10	0:32:18	00:52	##
88	151	Richard	Loundes	Stafford Tri Club	36:00	0:33:38	02:22	##
60	195	Rebecca	Harrison	Cheadle R C	32:20	0:33:43	01:23	##
2	216	John	Cooke	Stone M M	34:15	0:34:17	00:02	##
62	386	Stuart	Turner	Stafford Tri Club	36:00	0:34:35	01:25	##
11	374	Ian	Hodkinson	Stafford Harriers	34:25	0:34:36	00:11	##
43	378	Paul	Bosson	Stafford Harriers	35:31	0:34:36	00:55	##
23	170	John	Guest	Trentham R C	34:30	0:34:52	00:22	##
99	300	Ryan	Downes	Stafford Tri Club	38:00	0:34:53	03:07	##
9	232	Mick	Beardmore	Cheadle R C	34:56	0:35:05	00:09	##
12	111	Stephen	Burrows	Trentham R C	35:10	0:35:24	00:14	##
28	260	John	Corbett	Unattached	35:01	0:35:27	00:26	##
77	390	Alan	Cooke	Stafford Harriers	37:28	0:35:38	01:50	##
89	304	Paul	Risby	Stafford Harriers	38:20	0:35:52	02:28	##
49	214	Robert	Wilson	Unattached	37:00	0:35:57	01:03	##
56	119	Kevin	Uzzell	Stone M M	34:56	0:36:13	01:17	##
71	103	Richard	Caley	Stafford Harriers	34:50	0:36:35	01:45	##
90	336	Guy	Aartse-Tuyn	Mow Cop	34:28	0:37:04	02:36	##
5	145	Chris	Elsley	Stafford Harriers	37:15	0:37:12	00:03	##
96	387	Mal	Moore	Tri Club Bournemouth	40:00	0:37:14	02:46	##
20	400	Alan	Jeavons	Unattached	37:12	0:37:32	00:20	##
58	118	Alan	Griffin	Stafford Harriers	39:00	0:37:39	01:21	##
73	380	Stephen	Leighton	Unattached	39:30	0:37:43	01:47	##
84	299	Wayne	Vaughan	Stafford Harriers	39:50	0:37:49	02:01	##
42	392	Salley	Kenny	Cheadle R C	37:02	0:37:56	00:54	##
119	339	Jack	Hodkinson	Stafford Harriers	45:00	0:38:02	06:58	##
17	215	Linda	Cooke	Stone M M	38:21	0:38:03	00:18	##
46	391	Adrian	Reeves/Jones	Cheadle R C	37:10	0:38:06	00:56	##
8	140	Tracey	Gee	Stafford Harriers	38:40	0:38:33	00:07	##
52	143	Chris	Skellern	Stafford Harriers	37:23	0:38:33	01:10	##
98	87	Mark	Bentley	Stafford Harriers	35:30	0:38:34	03:04	##
32	319	Mak	Singh	Unattached	38:10	0:38:46	00:36	##
39	396	Richard	Fain	Stone M M	38:00	0:38:51	00:51	##
104	194	Jen	Seager	Stafford Tri Club	42:36	0:38:55	03:41	##
43	279	Mark	White	Stafford Harriers	40:00	0:39:05	00:55	##
34	139	Eddie	Smith	Stafford Harriers	39:02	0:39:39	00:37	##
86	384	Simon	Walker	South Cheshire Harriers	37:42	0:39:48	02:06	##
27	176	Craig	Baxter	Stafford Harriers	39:28	0:39:53	00:25	##
43	198	Bill	Stevenson	Michelin A C	39:09	0:40:04	00:55	##
109	82	Leon	Stringer	Stafford Harriers	44:42	0:40:09	04:33	##
102	85	Jeff	Martin	Stafford Harriers	43:33	0:40:13	03:20	##
54	149	Richard	Shaw	Stone M M	39:10	0:40:22	01:12	##
25	150	Vicky	Loundes	Stafford Harriers	41:00	0:40:36	00:24	##
20	197	Ann	Jones	NSRRA	40:24	0:40:44	00:20	##
107	255	Russell	Williams	Cheadle R C	36:30	0:40:47	04:17	##
69	302	Jayne	Ford	Stone M M	42:24	0:40:48	01:36	##
112	379	Bill	Chidlow	Safford Harriers	46:06	0:41:11	04:55	##
87	382	Nick	Boulton	SMM	43:34	0:41:15	02:19	##
23	383	Mike	Cultler	South Cheshire Harriers	41:45	0:41:23	00:22	##
91	301	Bernard	Wilkes	Stafford Harriers	38:49	0:41:26	02:37	##
25	278	Philip	Cooke	Stone M M	41:15	0:41:39	00:24	##
121	83	Rod	Campbell	Staffs Moorlands A C	50:00	0:41:41	08:19	##
81	295	Pam	Davies	Stone M M	43:43	0:41:45	01:58	##
103	86	Anglea	Brookes	Stafford Harriers	45:12	0:41:51	03:21	##
51	228	Esther	Batho	Stafford Harriers	43:07	0:41:59	01:08	##
55	138	Kerry	Bromhill	Telford Harriers	40:56	0:42:10	01:14	##

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2	303	Shelley	Burns	Stafford Harriers	42:24	0:42:26	00:02	##
12	141	Nigel	Addison	Stafford Harriers	42:42	0:42:28	00:14	##
97	169	R	Ellis	Unattached	45:38	0:42:35	03:03	##
17	296	Graham	Williams	Stafford Harriers	42:30	0:42:48	00:18	##
66	234	Mark	Oliver	Stafford Harriers	41:30	0:43:00	01:30	##
14	298	Rosemary	Wilson	Trentham R C	42:50	0:43:05	00:15	##
6	297	Bill	Clarke	Stone M M	43:00	0:43:06	00:06	##
29	112	Steve	Turner	Stafford Harriers	43:43	0:43:15	00:28	##
78	397	Steve	Weaver	Unattached	41:35	0:43:26	01:51	##
49	126	Katerina	Jones	Stafford Harriers	44:30	0:43:27	01:03	##
105	338	Jay	Williams	Unattached	47:20	0:43:37	03:43	##
118	193	Darren	Taylor	Chase Harriers	37:50	0:43:58	06:08	##
69	377	David	Marshall	Unattached	42:30	0:44:06	01:36	##
81	89	Nicola	Atkins	Telford Harriers	42:10	0:44:08	01:58	##
115	394	Tom	Sabin	Stafford Harriers	38:39	0:44:15	05:36	##
67	393	Karen	Sabin	Stafford Harriers	42:42	0:44:16	01:34	##
59	385	James	Thorpe	Stafford Harriers	43:00	0:44:22	01:22	##
83	335	Rachel	Davis	Stafford Harriers	46:30	0:44:30	02:00	##
53	221	Tony	Bennet	Unattached	43:36	0:44:47	01:11	##
37	213	Brian	Langston	Stafford Harriers	44:20	0:45:07	00:47	##
85	337	Jo	Aartse-Tuyn	Unattached	47:14	0:45:09	02:05	##
73	148	Colin	Earp	South Cheshire Harriers	44:30	0:46:17	01:47	##
62	53	Michael	Jones	Stafford Harriers	45:05	0:46:30	01:25	##
79	137	Adam	Morris	Stafford Harriers	45:00	0:46:54	01:54	##
73	192	Colin	Pheasant	Chase Harriers	45:08	0:46:55	01:47	##
15	294	Mac	McCoig	Stone M M	47:23	0:47:07	00:16	##
93	171	Andrea	McCutcheon	Michelin A C	49:50	0:47:09	02:41	##
93	191	Colin	Bourne	Michelin A C	49:50	0:47:09	02:41	##
57	242	Joanne	Oliver	Stafford Harriers	45:52	0:47:11	01:19	##
76	173	John	Cotton	Michelin A C	49:00	0:47:11	01:49	##
32	381	Julie	Griffiths	SMM	46:37	0:47:13	00:36	##
41	168	Margaret	Shaw	Stone M M	48:10	0:47:17	00:53	##
95	230	John	Coombes	Newport & District	50:00	0:47:18	02:42	##
92	231	Suzanne	Potts	Newport & District	50:00	0:47:22	02:38	##
38	251	Sally	Liggins	Stafford Harriers	46:38	0:47:28	00:50	##
35	172	Jackie	Evans	Michelin A C	48:15	0:47:33	00:42	##
108	134	Caroline	Edwards	Stafford Harriers	52:25	0:47:59	04:26	##
110	388	Kelly	McHugh	Stafford Harriers	52:53	0:47:59	04:54	##
110	389	Helen	Morris	Stafford harriers	52:53	0:47:59	04:54	##
122	88	Sue	Taylor	Cheadle R C	57:34	0:48:36	08:58	##
31	174	Bridget	McCourt	Michelin A C	48:10	0:48:40	00:30	##
2	175	Kevin	McCourt	Michelin A C	48:39	0:48:41	00:02	##
117	114	Kate	Bonser	Unattached	55:00	0:48:57	06:03	##
36	120	Sally	Burns	Stafford Harriers	48:14	0:48:58	00:44	##
113	144	Michael	Bradbury	Stafford Harriers	44:05	0:49:08	05:03	##
67	398	Simon	Taylor	Unattached	47:35	0:49:09	01:34	##
80	142	Amanda	Pearce	Stafford Harriers	51:15	0:49:20	01:55	##
17	202	Sue	Davies	South Cheshire Harriers	49:45	0:49:27	00:18	##
106	399	Clare	McHugh	Unattached	53:20	0:49:31	03:49	##
60	115	Rebecca	Bostock	Stafford Harriers	48:15	0:49:38	01:23	##
1	199	Liz	Stevenson	Potters Trotters	49:52	0:49:51	00:01	##
62	258	Karen	Sokolenko	Unattached	52:30	0:51:05	01:25	##
48	261	Bill	Whitworth	Stafford Harriers	50:11	0:51:12	01:01	##
116	264	Chris	Barlow	Stone M M	47:20	0:52:57	05:37	##
62	277	George	Singh	Stafford Harriers	52:00	0:53:25	01:25	##
30	375	Hillary	Lees	Team Derby	54:30	0:54:59	00:29	##
6	117	Michael	Moore	Stafford Harriers	56:00	0:55:54	00:06	##
99	233	Val	Stuart	Stafford Harriers	55:10	0:58:17	03:07	##
123	147	Gael	Earp	Stafford Harriers	45:29	0:59:38	14:09	##
10	84	Jill	Martin	Stafford Harriers	01:02:17	1:02:07	00:10	##

















