

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
Finishers: 335 DNS: 38																
1	1	1	1	339	Ben Gamble	M	Male U40	Tipton Harriers	0:26:13.9	0:26:13.9	0:00	5:14	3:15	A	DNR	DNR
2	2	2	2	352	Ryan Holroyd	M	Male U40	CITY OF STOKE AC	0:26:49.4	0:26:49.4	0:00	5:21	3:20		DNR	DNR
3	3	3	3	195	Carl Moulton	M	Male U40	Boalloy running club	0:27:16.0	0:27:16.0	0:00	5:27	3:23	A	DNR	DNR
4	4	4	4	286	Alex Benfield	M	Male U40	Notts AC	0:27:21.1	0:27:21.1	0:00	5:28	3:23		6	28.23
5	5	5	5	326	Aaron Brown	M	Male U40	Cannock & Stafford AC	0:27:39.9	0:27:39.9	0:00	5:31	3:26		DNR	DNR
6	6	6	6	348	Jason Burgess	M	Male U40	Staffs Moorlands AC	0:28:30.3	0:28:30.3	0:00	5:42	3:32		DNR	DNR
7	7	1	7	279	Paul Thacker	M	Male 45	Cannock & Stafford AC	0:28:49.5	0:28:49.5	0:00	5:45	3:34		9	29.01
8	8	7	8	305	Phillip Hilsdon	M	Male U40	Stafford Harriers	0:28:56.0	0:28:55.4	0:00	5:47	3:35		20	29.58
9	9	1	9	212	Richard O'Sullivan	M	Male 40	Lichfield Running Club	0:29:03.3	0:29:03.3	0:00	5:48	3:36		DNR	DNR
10	10	8	10	204	Ryan Ashforth	M	Male U40	Cannock & Stafford AC	0:29:21.3	0:29:21.2	0:00	5:52	3:38		13	29.22
11	11	9	11	346	Jamie Davies	M	Male U40	Telford AC	0:29:30.5	0:29:30.5	0:00	5:54	3:40		DNR	DNR
12	12	2	12	161	Peter Mallison	M	Male 40	South Cheshire Harriers	0:29:38.5	0:29:38.2	0:00	5:55	3:40	A	DNR	DNR
13	13	2	13	335	David Betteley	M	Male 45	South Cheshire Harriers	0:29:45.6	0:29:45.6	0:00	5:57	3:41	A	DNR	DNR
14	14	3	14	211	Andrew Mayers	M	Male 45	South Cheshire Harriers	0:29:50.8	0:29:50.7	0:00	5:58	3:42	A	DNR	DNR
15	15	1	15	330	Tim Twentyman	M	Male 50	Newcastle (Staffs) AC	0:29:53.3	0:29:53.3	0:00	5:58	3:42		DNR	DNR
16	16	1	1	338	Claire Martin	F	Female 40	Telford AC	0:29:57.7	0:29:57.7	0:00	5:59	3:43		DNR	DNR
17	17	10	16	328	James Russell	M	Male U40	Cannock & Stafford AC	0:30:05.0	0:30:05.0	0:00	6:01	3:44		DNR	DNR
18	18	11	17	49	Scott Zikmanis	M	Male U40	Trentham RC	0:30:14.6	0:30:14.0	0:00	6:02	3:45	B	DNR	DNR
19	19	12	18	298	Rob Deakin	M	Male U40	Birchfield Harriers	0:30:16.6	0:30:15.0	0:01	6:03	3:45		DNR	DNR
20	20	4	19	248	Darren Donlan	M	Male 45	Boalloy running club	0:30:17.4	0:30:15.9	0:01	6:03	3:45		25	30.21
21	21	13	20	317	Richard Rea	M	Male U40	Stafford Harriers	0:30:20.7	0:30:19.4	0:01	6:03	3:46		DNR	DNR
22	22	3	21	129	James Simpson	M	Male 40	South Cheshire Harriers	0:30:25.2	0:30:24.8	0:00	6:04	3:46	A	DNR	DNR
23	23	2	22	55	Paul Swan	M	Male 50	Trentham RC	0:30:27.3	0:30:27.0	0:00	6:05	3:47	A	21	30.00
24	25	5	23	367	Paul Coupe	M	Male 45	Telford AC	0:30:32.4	0:30:32.4	0:00	6:06	3:47		DNR	DNR
25	26	4	24	235	Stuart Day	M	Male 40	Cheadle Running Club	0:30:33.3	0:30:32.5	0:00	6:06	3:47	B	DNR	DNR
26	27	3	25	198	Mick Haire	M	Male 50	Boalloy running club	0:30:35.0	0:30:33.8	0:01	6:06	3:47	B	DNR	DNR
27	24	14	26	295	Adam Hancocks	M	Male U40	West Bromwich Harriers	0:30:37.4	0:30:30.9	0:06	6:06	3:47		DNR	DNR
28	28	15	27	201	Timon Scheven	M	Male U40	Lichfield Running Club	0:30:55.4	0:30:53.8	0:01	6:10	3:50		10	29.05
29	29	2	2	182	Michelle Clarke	F	Female 40	Telford AC	0:31:05.8	0:31:05.2	0:00	6:13	3:51		DNR	DNR
30	30	5	28	37	Nigel Haycock	M	Male 40	Cannock & Stafford AC	0:31:09.8	0:31:08.1	0:01	6:13	3:52		DNR	DNR
31	31	6	29	46	Paul Hancock	M	Male 45	South Cheshire Harriers	0:31:11.1	0:31:10.3	0:00	6:14	3:52	B	39	31.58
32	32	4	30	123	Windel Simpson	M	Male 50	Birchfield Harriers	0:31:25.1	0:31:22.4	0:02	6:16	3:53		DNR	DNR
33	33	16	31	342	Des Desborough	M	Male U40	Stafford Harriers	0:31:39.2	0:31:32.7	0:06	6:18	3:55		DNR	DNR
34	34	1	32	196	Keith Jellyman	M	Male 55	Rugeley Runners	0:31:39.9	0:31:38.5	0:01	6:19	3:55	C	DNR	DNR
35	35	6	33	205	Harry Porter	M	Male 40	Boalloy running club	0:31:44.5	0:31:43.1	0:01	6:20	3:56		DNR	DNR
36	36	7	34	351	Paul Burke	M	Male 40	Aldridge Running Club	0:31:49.6	0:31:45.4	0:04	6:21	3:56		DNR	DNR
37	37	1	3	80	Sarah Conway	F	Female U35	Birchfield Harriers	0:31:51.3	0:31:49.4	0:01	6:21	3:57		DNR	DNR
38	38	17	35	289	Paul Obrien	M	Male U40		0:32:01.4	0:32:00.7	0:00	6:24	3:58		DNR	DNR
39	39	18	36	79	Ben Bewley	M	Male U40	Newcastle (Staffs) AC	0:32:05.6	0:32:04.3	0:01	6:24	3:59	B	51	32.41
40	40	7	37	8	Terry Wall	M	Male 45	Trentham RC	0:32:14.0	0:32:13.3	0:00	6:26	4:00	B	49	32.36
41	41	19	38	44	Chris Mosiuk	M	Male U40	Trentham RC	0:32:21.6	0:32:20.1	0:01	6:28	4:01	C	DNR	DNR
42	42	20	39	38	David Ford	M	Male U40	Newcastle (Staffs) AC	0:32:22.6	0:32:21.7	0:00	6:28	4:01	D	DNR	DNR
43	43	21	40	133	Aaron Houseman	M	Male U40	liverpool pembroke & sefton	0:32:42.7	0:32:42.6	0:00	6:32	4:03		DNR	DNR
44	44	2	41	350	Robert Tabbanor	M	Male 55	Trentham RC	0:32:45.7	0:32:43.3	0:02	6:32	4:03	B	DNR	DNR
45	45	3	4	65	Sally Gray	F	Female 40	Cannock & Stafford AC	0:32:47.3	0:32:46.1	0:01	6:33	4:04		DNR	DNR
46	46	22	42	174	James Kelly	M	Male U40	Cheadle Running Club	0:32:56.2	0:32:53.5	0:02	6:34	4:05	C	113	36.25
47	47	23	43	135	Nicholas Hackett	M	Male U40	South Cheshire Harriers	0:32:58.7	0:32:54.0	0:04	6:34	4:05	A	71	33.46
48	48	24	44	143	Pedro Havelock	M	Male U40	Cannock & Stafford AC	0:33:04.5	0:33:02.1	0:02	6:36	4:06		DNR	DNR
49	49	3	45	25	Alan Brookes	M	Male 55	South Cheshire Harriers	0:33:07.7	0:33:04.6	0:03	6:36	4:06	C	69	33.36
50	50	1	5	165	Michelle Buckle	F	Female 35	Newcastle (Staffs) AC	0:33:09.0	0:33:08.3	0:00	6:37	4:07	L	56	32.54
51	51	25	46	258	Oliver Stone	M	Male U40	Rugeley Runners	0:33:13.5	0:33:09.6	0:03	6:37	4:07		DNR	DNR

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52	52	5	47	308	Ian Maxwell	M	Male 50	Telford Harriers	0:33:20.5	0:33:18.1	0:02	6:39	4:08		DNR	DNR
53	53	26	48	341	Robert Hirst	M	Male U40	Stafford Harriers	0:33:25.8	0:33:19.0	0:06	6:39	4:08		DNR	DNR
54	54	8	49	340	Jonathan Osborne	M	Male 40	Stafford Harriers	0:33:30.0	0:33:23.3	0:06	6:40	4:08		DNR	DNR
55	56	1	6	360	Ruth Watchorn-Rice	F	Female 45	Staffordshire Moorlands AC	0:33:32.1	0:33:31.6	0:00	6:42	4:09		DNR	DNR
56	55	9	50	5	David Weldon	M	Male 40	Trentham RC	0:33:33.8	0:33:31.4	0:02	6:42	4:09	C	76	34.12
57	57	27	51	263	Gareth Knapper	M	Male U40	Cheadle Running Club	0:33:35.9	0:33:33.5	0:02	6:42	4:10		DNR	DNR
58	58	4	52	72	Melvyn Askey	M	Male 55	Newcastle (Staffs) AC	0:33:38.5	0:33:37.4	0:01	6:43	4:10	B	62	33.221
59	61	4	7	18	Wendy Swift	F	Female 40	Staffordshire Moorlands AC	0:33:46.0	0:33:45.5	0:00	6:45	4:11	L	75	34.10
60	60	10	53	153	Kevin Mottram	M	Male 40	Buxton & District AC	0:33:47.8	0:33:44.1	0:03	6:44	4:11	C	DNR	DNR
61	62	5	8	242	Kerry Marchant	F	Female 40	Staffordshire Moorlands AC	0:33:53.3	0:33:52.5	0:00	6:46	4:12		DNR	DNR
62	59	28	54	74	Dennis Hussey	M	Male U40	Shabbarunners	0:33:55.9	0:33:43.3	0:12	6:44	4:11		DNR	DNR
63	63	29	55	162	Mark Mayer	M	Male U40	Trentham RC	0:33:57.8	0:33:55.8	0:01	6:47	4:13	D	DNR	DNR
64	65	8	56	108	Stephen Mccann	M	Male 45	Birchfield Harriers	0:34:06.7	0:34:05.5	0:01	6:49	4:14		DNR	DNR
65	64	6	57	105	Ian Wood	M	Male 50	Stafford Harriers	0:34:08.0	0:34:03.6	0:04	6:48	4:13	B	DNR	DNR
66	67	7	58	225	Russell Williams	M	Male 50	Cheadle Running Club	0:34:18.4	0:34:16.4	0:01	6:51	4:15	D	89	35.15
67	66	30	59	297	Scott Morley	M	Male U40	Lichfield Running Club	0:34:23.8	0:34:08.0	0:15	6:49	4:14		DNR	DNR
68	69	9	60	266	Jim Smith	M	Male 45	Stafford Harriers	0:34:30.6	0:34:25.9	0:04	6:53	4:16	C	90	35.16
69	68	11	61	134	Ian Glover	M	Male 40	Shabbarunners	0:34:32.3	0:34:19.3	0:13	6:51	4:15		77	34.18
70	70	10	62	176	Dave Payling	M	Male 45	Stafford Harriers	0:34:32.7	0:34:27.9	0:04	6:53	4:16		DNR	DNR
71	71	11	63	344	Richard Lowndes	M	Male 45	Stafford Triathlon Club	0:34:36.7	0:34:30.3	0:06	6:54	4:17		DNR	DNR
72	72	12	64	315	Gordon Richards	M	Male 40	Cannock & Stafford AC	0:34:38.4	0:34:36.4	0:01	6:55	4:18		DNR	DNR
73	74	12	65	206	Spencer Holland	M	Male 45	Stafford Harriers	0:34:45.5	0:34:43.1	0:02	6:56	4:18		DNR	DNR
74	73	31	66	299	Ross Taylor	M	Male U40	Birchfield Harriers	0:34:50.8	0:34:38.3	0:12	6:55	4:18		DNR	DNR
75	75	32	67	99	Richard Deeley	M	Male U40	Aldridge Running Club	0:34:55.3	0:34:47.8	0:07	6:57	4:19		DNR	DNR
76	76	33	68	371	Dan Edwards	M	Male U40	Stafford Harriers	0:34:57.0	0:34:49.7	0:07	6:57	4:19		DNR	DNR
77	77	13	69	369	Darren Pyatt	M	Male 45	Stafford Harriers	0:34:57.4	0:34:51.0	0:06	6:58	4:19		DNR	DNR
78	79	14	70	231	Nathan Walton	M	Male 45	Newcastle (Staffs) AC	0:34:57.7	0:34:54.8	0:02	6:58	4:20	C	100	35.35
79	78	34	71	9	Clark Woodhall	M	Male U40	West Bromwich Harriers	0:34:58.0	0:34:52.3	0:05	6:58	4:20		DNR	DNR
80	80	15	72	239	Bryan Mills	M	Male 45	Tipton Harriers	0:34:58.9	0:34:56.4	0:02	6:59	4:20		DNR	DNR
81	81	13	73	98	Mark Harrison	M	Male 40	Cheadle Running Club	0:34:59.2	0:34:56.6	0:02	6:59	4:20	D	121	36.43
82	83	2	9	314	Lisa Knight	F	Female U35	Stafford Harriers	0:35:01.1	0:34:58.7	0:02	6:59	4:20		103	35.48
83	82	14	74	192	Graham Mclachlan	M	Male 40	Michelin AC	0:35:03.4	0:34:58.3	0:05	6:59	4:20	E	229	43.20
84	85	35	75	361	James Lake	M	Male U40	Cannock & Stafford AC	0:35:10.5	0:35:06.1	0:04	7:01	4:21	B	DNR	DNR
85	86	36	76	115	David Nimmo	M	Male U40	South Cheshire Harriers	0:35:12.4	0:35:06.9	0:05	7:01	4:21	C	82	34.34
86	84	37	77	316	Billy Liggins	M	Male U40	Stafford Harriers	0:35:13.5	0:35:06.1	0:07	7:01	4:21		DNR	DNR
87	87	15	78	164	Paul Phillips	M	Male 40	Stone Master Marathoners	0:35:21.4	0:35:16.3	0:05	7:03	4:23	D	112	36.24
88	89	38	79	230	Bryn Christopher	M	Male U40		0:35:22.1	0:35:20.2	0:01	7:04	4:23		DNR	DNR
89	88	39	80	67	Bruce Johnson	M	Male U40	Newcastle (Staffs) AC	0:35:22.8	0:35:20.0	0:02	7:04	4:23	D	DNR	DNR
90	90	1	81	106	Neil Stretton	M	Male 60	NSRRA	0:35:24.8	0:35:20.9	0:03	7:04	4:23	C	109	36.18
91	92	40	82	366	Gareth Hardwick	M	Male U40		0:35:25.4	0:35:23.0	0:02	7:04	4:23		DNR	DNR
92	93	2	10	215	Bethany Dawid	F	Female 35	Newcastle (Staffs) Tri Club	0:35:28.8	0:35:26.2	0:02	7:05	4:24		104	36.07
93	91	16	83	333	Robert Foster	M	Male 40	Birchfield Harriers	0:35:28.9	0:35:22.5	0:06	7:04	4:23		DNR	DNR
94	94	16	84	207	Adrian Reeves-Jones	M	Male 45	Cheadle Running Club	0:35:29.8	0:35:27.3	0:02	7:05	4:24	D	105	36.12
95	96	41	85	184	Michael Painter	M	Male U40		0:35:34.2	0:35:30.0	0:04	7:06	4:24		DNR	DNR
96	97	17	86	280	Chris Wood	M	Male 45	Rugeley Runners	0:35:40.6	0:35:36.2	0:04	7:07	4:25		DNR	DNR
97	95	3	11	70	Louisa Davidson	F	Female 35	Birchfield Harriers	0:35:42.2	0:35:29.4	0:12	7:05	4:24		DNR	DNR
98	98	8	87	224	Andy Moseley	M	Male 50	West Bromwich Harriers	0:35:48.6	0:35:42.4	0:06	7:08	4:26		DNR	DNR
99	99	18	88	24	Nick Bates	M	Male 45	Blythe bridge	0:35:50.4	0:35:43.6	0:06	7:08	4:26		160	39.00
100	100	42	89	273	James Bayley	M	Male U40	Newcastle (Staffs) AC	0:35:51.2	0:35:45.7	0:05	7:09	4:26	D	DNR	DNR
101	101	43	90	329	Stuart Robinson	M	Male U40	Telford Harriers	0:35:53.5	0:35:50.5	0:02	7:10	4:27		DNR	DNR
102	105	4	12	229	Amy Gamble	F	Female 35		0:36:00.2	0:35:56.4	0:03	7:11	4:27	L	DNR	DNR
103	106	2	13	146	Sarah Taylor	F	Female 45	Trentham RC	0:36:00.7	0:35:57.1	0:03	7:11	4:28	L	DNR	DNR
104	104	5	91	284	John Wood	M	Male 55	Michelin AC	0:36:00.7	0:35:56.1	0:04	7:11	4:27	C	DNR	DNR

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105	102	44	92	300	Jack Hodkinson	M	Male U40	Stafford Harriers	0:36:07.6	0:35:52.1	0:15	7:10	4:27		64	33.241
106	108	3	14	313	Rachael Wood	F	Female U35	Michelin AC	0:36:08.3	0:36:04.1	0:04	7:12	4:28	M	DNR	DNR
107	103	45	93	255	Ashley Leese	M	Male U40		0:36:09.2	0:35:53.9	0:15	7:10	4:27		DNR	DNR
108	107	9	94	291	Phil Sutcliffe	M	Male 50	Lichfield Running Club	0:36:10.4	0:36:02.4	0:07	7:12	4:28		DNR	DNR
109	110	19	95	22	Mark Jones	M	Male 45	Chase Harriers	0:36:15.5	0:36:08.1	0:07	7:13	4:29	D	DNR	DNR
110	109	17	96	336	George Hill	M	Male 40		0:36:15.8	0:36:04.4	0:11	7:12	4:28		DNR	DNR
111	111	20	97	347	Richard Felgate	M	Male 45	Stafford Triathlon	0:36:18.6	0:36:09.1	0:09	7:13	4:29		DNR	DNR
112	112	4	15	303	Ruth Graham	F	Female U35		0:36:27.0	0:36:19.1	0:07	7:15	4:30		DNR	DNR
113	113	46	98	128	Jason Littlewood	M	Male U40	Stafford Harriers	0:36:29.0	0:36:23.9	0:05	7:16	4:31		DNR	DNR
114	114	18	99	251	Darren Mattocks	M	Male 40	Stafford Harriers	0:36:30.4	0:36:24.4	0:06	7:16	4:31	D	131	37.15
115	115	6	100	15	Alan Burt	M	Male 55	Chase Harriers	0:36:33.2	0:36:29.4	0:03	7:17	4:32	D	101	35.38
116	116	47	101	33	Dan Ison	M	Male U40	Trentham RC	0:36:37.1	0:36:34.7	0:02	7:18	4:32	D	DNR	DNR
117	117	5	16	40	Deborah Blakeman	F	Female 35	Wolverhampton and Bilston	0:36:57.4	0:36:53.5	0:03	7:22	4:35		106	36.13
118	119	48	102	178	Craig Carpenter	M	Male U40	Cheadle Running Club	0:37:13.9	0:37:07.6	0:06	7:25	4:36	F	223	42.56
119	121	49	103	12	John Alcock	M	Male U40	Newcastle (Staffs) AC	0:37:14.7	0:37:09.5	0:05	7:25	4:37	E	153	38.15
120	118	19	104	138	Chris Lakin	M	Male 40	Stafford Harriers	0:37:16.1	0:37:07.0	0:09	7:25	4:36		DNR	DNR
121	120	10	105	253	Paul Butler	M	Male 50	Aldridge Running Club	0:37:17.3	0:37:07.9	0:09	7:25	4:36		99	35.34
122	125	50	106	365	David Smith	M	Male U40	Run and Ride	0:37:21.8	0:37:19.9	0:01	7:27	4:38		DNR	DNR
123	127	1	17	334	Tracey Brown	F	Female 50	South Cheshire Harriers	0:37:23.9	0:37:21.1	0:02	7:28	4:38		DNR	DNR
124	122	51	107	312	Daniel Floyd	M	Male U40	Lichfield Running Club	0:37:24.3	0:37:11.0	0:13	7:26	4:37		DNR	DNR
125	124	6	18	244	Carey Dyer	F	Female 35	Newcastle (Staffs) AC	0:37:26.5	0:37:17.7	0:08	7:27	4:38		DNR	DNR
126	123	7	108	282	Alan Pritchard	M	Male 55	Lichfield Running Club	0:37:27.7	0:37:11.8	0:15	7:26	4:37		DNR	DNR
127	129	11	109	175	Ken Bloor	M	Male 50	Trentham RC	0:37:30.4	0:37:27.2	0:03	7:29	4:39	D	DNR	DNR
128	126	20	110	301	Dwight Wood	M	Male 40		0:37:32.4	0:37:20.8	0:11	7:28	4:38		DNR	DNR
129	132	1	19	343	Christine Kilkenny	F	Female 60+	Cannock & Stafford AC	0:37:32.7	0:37:30.1	0:02	7:30	4:39	L	DNR	DNR
130	130	21	111	337	Chris Elsley	M	Male 45	Stafford Harriers	0:37:35.3	0:37:27.4	0:07	7:29	4:39		DNR	DNR
131	131	8	112	187	Clive Heathcock	M	Male 55	South Cheshire Harriers	0:37:35.8	0:37:28.9	0:06	7:29	4:39	D	DNR	DNR
132	128	52	113	238	Ady Woodhall	M	Male U40	Uttoxeter Road Runners	0:37:36.6	0:37:21.7	0:14	7:28	4:38		156	38.40
133	134	2	20	220	Chris Skellern	F	Female 50	Stafford Harriers	0:37:41.5	0:37:35.6	0:05	7:31	4:40	L	143	37.37
134	136	1	114	202	Richard Marland	M	Male 65+	NSRRA	0:37:44.1	0:37:38.0	0:06	7:31	4:40	E	DNR	DNR
135	135	22	115	100	Jim Preston	M	Male 45		0:37:46.1	0:37:35.7	0:10	7:31	4:40		DNR	DNR
136	133	23	116	311	Mark Green	M	Male 45	Lichfield Running Club	0:37:46.9	0:37:33.6	0:13	7:30	4:40		DNR	DNR
137	139	9	117	94	Gary Jones	M	Male 55	Michelin AC	0:37:48.6	0:37:47.5	0:01	7:33	4:41	D	145	37.48
138	137	21	118	185	Adrian Corcoran	M	Male 40	Peel road runners	0:37:51.9	0:37:40.2	0:11	7:32	4:40		DNR	DNR
139	138	24	119	132	Paul Joyce	M	Male 45	Birchfield Harriers	0:37:53.9	0:37:45.7	0:08	7:33	4:41		DNR	DNR
140	140	2	120	97	Alan Jeavans	M	Male 65+		0:37:56.1	0:37:50.2	0:05	7:34	4:42		135	37.24
141	144	22	121	368	Del Betts	M	Male 40		0:38:01.4	0:37:56.0	0:05	7:35	4:42		DNR	DNR
142	142	10	122	246	Colin Downey	M	Male 55	Mercia Fell Runners	0:38:01.5	0:37:52.4	0:09	7:34	4:42		163	39.02
143	141	53	123	349	Jonathan Windsor	M	Male U40	Staffs Moorlands AC	0:38:02.5	0:37:52.2	0:10	7:34	4:42		DNR	DNR
144	145	23	124	147	Chris Lake	M	Male 40	Chase Harriers	0:38:03.2	0:37:56.7	0:06	7:35	4:42	D	DNR	DNR
145	146	5	21	27	Nia Rose Nokes	F	Female U35	Stafford Harriers	0:38:05.1	0:37:57.2	0:07	7:35	4:42		DNR	DNR
146	147	54	125	208	Russell Breeze	M	Male U40		0:38:06.4	0:37:57.8	0:08	7:35	4:43		DNR	DNR
147	150	7	22	257	Lisa Smith	F	Female 35		0:38:07.8	0:38:02.9	0:04	7:36	4:43		DNR	DNR
148	143	24	126	69	Christopher Collis	M	Male 40	Birchfield Harriers	0:38:08.3	0:37:55.2	0:13	7:35	4:42		266	46.11
149	148	8	23	203	Rachel Beardmore	F	Female 35	Cheadle Running Club	0:38:10.4	0:37:59.9	0:10	7:35	4:43		DNR	DNR
150	151	11	127	92	Graham Young	M	Male 55	Stafford Harriers	0:38:12.0	0:38:05.6	0:06	7:37	4:44		DNR	DNR
151	153	3	24	109	Gillian Russon	F	Female 45	Cannock & Stafford AC	0:38:12.6	0:38:09.3	0:03	7:37	4:44	L	DNR	DNR
152	149	25	128	354	Simon Spurr	M	Male 45		0:38:13.1	0:37:59.9	0:13	7:35	4:43		DNR	DNR
153	152	9	25	260	Sarah Macleman	F	Female 35		0:38:14.4	0:38:08.6	0:05	7:37	4:44		DNR	DNR
154	156	4	26	168	Tracey Ridings	F	Female 45	Stafford Harriers	0:38:21.1	0:38:13.9	0:07	7:38	4:45	M	220	42.43
155	158	25	129	327	David Threfall	M	Male 40	Burntwood Tri	0:38:25.4	0:38:16.8	0:08	7:39	4:45		DNR	DNR
156	155	26	130	228	Paul Mansell	M	Male 45	West Bromwich Harriers	0:38:29.1	0:38:12.8	0:16	7:38	4:44		164	39.07
157	157	5	27	274	Cassandra Jackson	F	Female 45	Lichfield Running Club	0:38:31.7	0:38:15.8	0:15	7:39	4:45		DNR	DNR

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
158	159	55	131	103	Adam Spellacy	M	Male U40	West Bromwich Harriers	0:38:33.0	0:38:22.9	0:10	7:40	4:46		DNR	DNR
159	160	6	28	243	Kayleigh Morris	F	Female U35	Newcastle (Staffs) AC	0:38:33.7	0:38:24.9	0:08	7:40	4:46	M	DNR	DNR
160	154	56	132	296	David Sproston	M	Male U40		0:38:35.1	0:38:11.4	0:23	7:38	4:44		DNR	DNR
161	162	27	133	118	Richard Donoghue	M	Male 45	Birchfield Harriers	0:38:39.6	0:38:31.3	0:08	7:42	4:47		DNR	DNR
162	161	57	134	304	Kieran Mogyey	M	Male U40	Stafford Harriers	0:38:42.5	0:38:27.2	0:15	7:41	4:46		DNR	DNR
163	164	28	135	321	Chris Westwood	M	Male 45	Telford Harriers	0:38:44.2	0:38:35.8	0:08	7:43	4:47		DNR	DNR
164	163	12	136	293	Simon Hudson	M	Male 55	Aldridge Running Club	0:38:47.8	0:38:35.6	0:12	7:43	4:47		DNR	DNR
165	166	58	137	183	Nick Gordon	M	Male U40		0:38:50.2	0:38:44.4	0:05	7:44	4:48		DNR	DNR
166	165	29	138	117	Richard Hill	M	Male 45	Stafford Triathlon	0:38:52.9	0:38:40.9	0:11	7:44	4:48		139	37.291
167	167	3	139	358	John Quinn	M	Male 65+	Aldridge Running Club	0:39:05.1	0:38:55.2	0:09	7:47	4:50		DNR	DNR
168	169	59	140	227	Oliver Clarke	M	Male U40	Newcastle (Staffs) AC	0:39:13.7	0:39:09.5	0:04	7:49	4:51	E	155	38.36
169	171	60	141	3	Paul Morris	M	Male U40	Stafford Harriers	0:39:20.4	0:39:12.9	0:07	7:50	4:52		DNR	DNR
170	174	61	142	323	Harshad Patel	M	Male U40	Shabbarunners	0:39:24.5	0:39:17.7	0:06	7:51	4:53		268	46.15
171	176	2	29	42	Dot Fellows	F	Female 60+	Cannock & Stafford AC	0:39:26.6	0:39:23.3	0:03	7:52	4:53	L	170	39.20
172	175	26	143	287	Neil Churchill	M	Male 40	Rugeley Runners	0:39:27.5	0:39:22.0	0:05	7:52	4:53		DNR	DNR
173	173	27	144	331	Mark Burrows	M	Male 40	Rising Brook Runners	0:39:27.7	0:39:15.8	0:11	7:51	4:52		DNR	DNR
174	170	2	145	236	Graham Lee	M	Male 60	Rising Brook Runners	0:39:27.8	0:39:11.9	0:15	7:50	4:52		DNR	DNR
175	168	62	146	345	Mark Orme	M	Male U40		0:39:32.0	0:39:08.9	0:23	7:49	4:51		DNR	DNR
176	172	30	147	45	Alan Jones	M	Male 45	Stafford Harriers	0:39:34.4	0:39:15.4	0:19	7:51	4:52		218	42.39
177	178	63	148	292	David Pullin	M	Male U40	Trentham RC	0:39:38.4	0:39:39.8		7:55	4:55		DNR	DNR
178	177	10	30	307	Victoria Doran	F	Female 35	Telford Harriers	0:39:42.0	0:39:38.6	0:03	7:55	4:55		DNR	DNR
179	179	3	31	173	Liz Clutton	F	Female 60+	Cheadle Running Club	0:39:51.0	0:39:40.0	0:11	7:56	4:55	M	187	40.18
180	182	12	149	122	Paul Jones	M	Male 50	Aldridge Running Club	0:39:55.9	0:39:46.0	0:09	7:57	4:56		136	37.26
181	181	7	32	88	Leanne Anderson	F	Female U35	Uttoxeter Road Runners	0:39:56.1	0:39:42.3	0:13	7:56	4:56		DNR	DNR
182	180	64	150	324	Chris Hartley	M	Male U40		0:40:05.0	0:39:41.8	0:23	7:56	4:56		DNR	DNR
183	184	8	33	29	Natalie Godfrey	F	Female U35	Stafford Harriers	0:40:09.7	0:40:02.5	0:07	8:00	4:58		DNR	DNR
184	185	3	151	51	Keith Goss	M	Male 60	Uttoxeter Road Runners	0:40:13.7	0:40:08.9	0:04	8:01	4:59	E	202	41.26
185	183	31	152	240	James Cowdell	M	Male 45		0:40:21.5	0:39:56.9	0:24	7:59	4:57		179	39.58
186	186	4	153	160	Roy Clay	M	Male 60	Stafford Harriers	0:40:25.1	0:40:15.9	0:09	8:03	5:00	E	184	40.10
187	187	28	154	310	Jason Vigrass	M	Male 40	Aldridge Running Club	0:40:32.1	0:40:21.9	0:10	8:04	5:00		211	41.57
188	188	32	155	139	Pete Rees	M	Male 45	Team Derby Runner	0:40:32.6	0:40:22.6	0:09	8:04	5:01		199	41.12
189	189	6	34	35	Anne-Marie Mountford	F	Female 40	Stone Master Marathoners	0:40:35.9	0:40:23.4	0:12	8:04	5:01	M	DNR	DNR
190	191	13	156	285	Paul Poulton	M	Male 55	Chase Harriers	0:40:39.0	0:40:33.0	0:06	8:06	5:02		185	40.101
191	190	29	157	150	Andy Bourne	M	Male 40	Stafford Harriers	0:40:41.2	0:40:31.8	0:09	8:06	5:02		DNR	DNR
192	192	11	35	54	Janine Bush	F	Female 35	Cheadle Running Club	0:40:44.6	0:40:33.9	0:10	8:06	5:02	M	DNR	DNR
193	193	4	158	141	Alan Britton	M	Male 65+	Birchfield Harriers	0:40:48.5	0:40:39.3	0:09	8:07	5:03		DNR	DNR
194	195	5	159	213	Nigel Lee	M	Male 60	Newcastle (Staffs) AC	0:40:52.5	0:40:40.1	0:12	8:08	5:03	F	226	43.10
195	197	9	36	116	Zoe Marklew	F	Female U35	Stafford Harriers	0:40:54.9	0:40:47.7	0:07	8:09	5:04		DNR	DNR
196	194	65	160	320	David Hayhurst	M	Male U40		0:41:03.1	0:40:39.4	0:23	8:07	5:03		DNR	DNR
197	196	30	161	247	Mark Goodwin	M	Male 40		0:41:03.7	0:40:40.7	0:22	8:08	5:03		233	43.38
198	200	66	162	355	Rob Little	M	Male U40		0:41:04.1	0:40:50.6	0:13	8:10	5:04		DNR	DNR
199	201	13	163	89	Jonathan Bradbury	M	Male 50		0:41:04.7	0:40:57.0	0:07	8:11	5:05		DNR	DNR
200	203	7	37	34	Cathy Atherton	F	Female 40	South Cheshire Harriers	0:41:05.4	0:41:00.5	0:04	8:12	5:05	M	DNR	DNR
201	199	5	164	353	John Stone	M	Male 65+	Uttoxeter Road Runners	0:41:05.5	0:40:50.3	0:15	8:10	5:04		DNR	DNR
202	202	3	38	309	Helen Phillips	F	Female 50	Aldridge Running Club	0:41:10.5	0:41:00.0	0:10	8:12	5:05		177	39.43
203	198	12	39	60	Lucy Ross	F	Female 35		0:41:12.6	0:40:50.3	0:22	8:10	5:04		221	42.45
204	204	6	165	76	Dave Mantle	M	Male 60	Stafford Harriers	0:41:19.1	0:41:00.6	0:18	8:12	5:05		DNR	DNR
205	205	13	40	30	Georgina Coggins	F	Female 35	Stafford Harriers	0:41:26.3	0:41:09.7	0:16	8:13	5:06		DNR	DNR
206	206	31	166	190	Tim Herriott	M	Male 40	Rising Brook Runners	0:41:33.4	0:41:21.7	0:11	8:16	5:08		DNR	DNR
207	207	6	167	362	Frederick Chidlow	M	Male 65+	Stafford Harriers	0:41:34.8	0:41:23.2	0:11	8:16	5:08		DNR	DNR
208	209	7	168	218	Alexander	M	Male 65+	Birchfield Harriers	0:41:41.6	0:41:32.2	0:09	8:18	5:09		DNR	DNR
209	208	67	169	124	Oliver Stokes	M	Male U40	Newport and District RC	0:41:42.5	0:41:30.8	0:11	8:18	5:09		178	39.48
210	211	7	170	370	Eddie Smith	M	Male 60	Stafford Harriers	0:41:45.0	0:41:35.6	0:09	8:19	5:10	E	DNR	DNR

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
211	210	8	171	136	David Baker	M	Male 60	Staffs Moorlands AC	0:41:45.1	0:41:32.5	0:12	8:18	5:09	F	DNR	DNR
212	212	10	41	245	Lauren Gallagher	F	Female U35	Trentham RC	0:41:47.1	0:41:38.7	0:08	8:19	5:10	M	DNR	DNR
213	213	6	42	7	Debbie Mcdermott	F	Female 45	Stafford Harriers	0:41:50.5	0:41:41.2	0:09	8:20	5:10		DNR	DNR
214	214	14	43	210	Paula Kimberley	F	Female 35		0:42:03.6	0:41:54.8	0:08	8:22	5:12		DNR	DNR
215	216	32	172	209	Shaun Preece	M	Male 40		0:42:09.2	0:42:01.2	0:07	8:24	5:13		DNR	DNR
216	219	14	173	155	Paul Richards	M	Male 50		0:42:19.3	0:42:08.3	0:11	8:25	5:14		DNR	DNR
217	215	7	44	180	Lisa Dodd	F	Female 45		0:42:20.9	0:41:58.7	0:22	8:23	5:13		DNR	DNR
218	223	14	174	217	David Crisp	M	Male 55		0:42:22.5	0:42:14.4	0:08	8:26	5:14		DNR	DNR
219	220	9	175	223	Geoff Channon	M	Male 60	Staffordshire Moorlands	0:42:22.8	0:42:10.5	0:12	8:26	5:14		DNR	DNR
220	217	1	45	249	Janice Hughes	F	Female 55		0:42:23.8	0:42:02.2	0:21	8:24	5:13		DNR	DNR
221	218	33	176	101	Chris Downing	M	Male 45		0:42:27.7	0:42:04.6	0:23	8:24	5:13		225	43.06
222	221	15	177	269	Alan Sawojka	M	Male 55		0:42:28.4	0:42:12.1	0:16	8:26	5:14		DNR	DNR
223	222	4	46	262	Beverley Ward	F	Female 50	West Bromwich Harriers	0:42:30.0	0:42:12.7	0:17	8:26	5:14		213	42.12
224	225	4	47	170	Gilian Hastings	F	Female 60+	Aldridge Running Club	0:42:44.6	0:42:33.5	0:11	8:30	5:17		DNR	DNR
225	226	68	178	156	Paul Hackney	M	Male U40		0:42:51.4	0:42:36.4	0:14	8:31	5:17		DNR	DNR
226	229	8	48	2	Melonie Deakin	F	Female 45	Stafford Harriers	0:42:55.6	0:42:47.6	0:08	8:33	5:19		DNR	DNR
227	224	33	179	17	Tim Rees	M	Male 40	Chase Harriers	0:42:56.3	0:42:30.1	0:26	8:30	5:16		DNR	DNR
228	227	11	49	137	Emily Weir	F	Female U35	West Bromwich Harriers	0:42:58.7	0:42:37.3	0:21	8:31	5:17		DNR	DNR
229	231	12	50	110	Sara Ellen	F	Female U35	Birchfeild Harriers	0:43:06.6	0:42:53.5	0:13	8:34	5:19		DNR	DNR
230	228	8	51	63	Helen Corban	F	Female 40		0:43:08.8	0:42:46.5	0:22	8:33	5:18		222	42.46
231	230	34	180	157	Peter Brennan	M	Male 45	Aldridge Running Club	0:43:11.2	0:42:53.2	0:18	8:34	5:19		DNR	DNR
232	233	15	52	52	Natalie Bailey	F	Female 35	South Cheshire Harriers	0:43:12.8	0:42:58.8	0:14	8:35	5:20	X	DNR	DNR
233	232	15	181	197	Phil Cliff	M	Male 50	South Cheshire Harriers	0:43:13.0	0:42:58.7	0:14	8:35	5:20	E	DNR	DNR
234	234	13	53	268	Sally Ball	F	Female U35	Stafford Triathlon Club	0:43:15.4	0:43:07.5	0:07	8:37	5:21		DNR	DNR
235	235	16	54	288	Cristina Obrien	F	Female 35	Telford Harriers	0:43:26.0	0:43:20.7	0:05	8:40	5:23		DNR	DNR
236	237	14	55	193	Sarah Johnson	F	Female U35	Rising Brook Runners	0:43:40.4	0:43:28.7	0:11	8:41	5:24		DNR	DNR
237	238	9	56	26	Gail Evans	F	Female 45	Stone Master Marathoners	0:43:42.6	0:43:29.8	0:12	8:41	5:24	M	DNR	DNR
238	236	9	57	233	Anna Davies	F	Female 40	Aldridge Running Club	0:43:43.9	0:43:24.1	0:19	8:40	5:23		DNR	DNR
239	240	10	182	93	John Holmes	M	Male 60	NSRRA	0:43:55.2	0:43:46.1	0:09	8:45	5:26	E	216	42.28
240	239	35	183	163	Steve Heath	M	Male 45		0:44:01.0	0:43:34.5	0:26	8:42	5:24		DNR	DNR
241	241	10	58	272	Bobbie Hickman	F	Female 45	Potters Trotters	0:44:08.1	0:43:49.1	0:18	8:45	5:26	M	DNR	DNR
242	242	36	184	71	Art Zammit	M	Male 45	Telford Harriers	0:44:10.4	0:44:01.7	0:08	8:48	5:28	E	DNR	DNR
243	243	11	59	111	Barbara Johnson	F	Female 45	Aldridge Running Club	0:44:14.7	0:44:03.2	0:11	8:48	5:28		DNR	DNR
244	244	69	185	64	Paul Mcadams	M	Male U40		0:44:38.3	0:44:21.5	0:16	8:52	5:30		DNR	DNR
245	245	8	186	86	Alfed Slater	M	Male 65+	NSRRA	0:44:41.6	0:44:36.9	0:04	8:55	5:32	G	DNR	DNR
246	247	9	187	166	Colin Earp	M	Male 65+	South Cheshire harriers	0:44:42.8	0:44:37.4	0:05	8:55	5:32	F	244	44.26
247	246	12	60	322	Georgina Westwood	F	Female 45	Telford Harriers	0:44:45.7	0:44:37.1	0:08	8:55	5:32		DNR	DNR
248	248	34	188	214	David Caulton	M	Male 40	Team Derby Runner	0:44:51.6	0:44:40.0	0:11	8:56	5:33		DNR	DNR
249	249	37	189	10	Nigel Symms	M	Male 45	Newcastle (Staffs) AC	0:45:03.9	0:44:47.5	0:16	8:57	5:33	F	285	47.11
250	250	10	190	222	Graham Williams	M	Male 65+	Stafford Harriers	0:45:11.4	0:44:51.6	0:19	8:58	5:34		203	41.33
251	251	70	191	364	Jo Morrison	M	Male U40	Lichfield Running Club	0:45:18.7	0:44:57.9	0:20	8:59	5:35		DNR	DNR
252	252	2	61	318	Belinda Riley	F	Female 55	Newcastle (Staffs) AC	0:45:37.8	0:45:20.9	0:16	9:04	5:38	M	DNR	DNR
253	254	35	192	200	Vic Thomson	M	Male 40	Rising Brook Runners	0:45:42.5	0:45:30.8	0:11	9:06	5:39		DNR	DNR
254	253	13	62	148	Donna Harris	F	Female 45		0:45:50.7	0:45:25.1	0:25	9:05	5:38		DNR	DNR
255	255	36	193	281	Colin Donnelly	M	Male 40	Chase Harriers	0:46:00.3	0:45:34.8	0:25	9:06	5:39		DNR	DNR
256	256	11	194	221	Colin Pheasant	M	Male 60	Chase Harriers	0:46:02.2	0:45:55.4	0:06	9:11	5:42	F	247	44.35
257	257	5	63	130	Ann Schwarzenbach	F	Female 50	Lichfield Running Club	0:46:17.1	0:45:56.4	0:20	9:11	5:42		DNR	DNR
258	258	6	64	167	Gael Earp	F	Female 50	Stafford Harriers	0:46:17.8	0:46:06.3	0:11	9:13	5:43	W	DNR	DNR
259	259	17	65	216	Abigail Wright	F	Female 35	Aldridge Running Club	0:46:21.3	0:46:09.8	0:11	9:13	5:44		271	46.30
260	261	14	66	126	Emma Naden	F	Female 45	South Cheshire Harriers	0:46:37.7	0:46:28.0	0:09	9:17	5:46	W	DNR	DNR
261	260	15	67	290	Karen Kiteley	F	Female 45	Aldridge Running Club	0:46:40.5	0:46:21.9	0:18	9:16	5:45		DNR	DNR
262	265	7	68	194	Andrea Gibson	F	Female 50		0:47:05.1	0:47:01.8	0:03	9:24	5:50		DNR	DNR
263	262	15	69	181	Ruth Parsons	F	Female U35	Newcastle (Staffs) AC	0:47:05.5	0:46:47.6	0:17	9:21	5:48		DNR	DNR

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
264	263	18	70	82	Alison Deeley	F	Female 35	Aldridge Running Club	0:47:06.7	0:46:50.4	0:16	9:22	5:49		DNR	DNR
265	267	8	71	53	Linda Fernyhough	F	Female 50	Staffs Moorlands AC	0:47:18.6	0:47:08.8	0:09	9:25	5:51		240	44.08
266	266	5	72	31	Joyce Edwards	F	Female 60+	Stone Master Marathoners	0:47:18.7	0:47:08.4	0:10	9:25	5:51	X	303	48.24
267	264	71	195	179	Ian Walkeden	M	Male U40		0:47:25.9	0:47:01.8	0:24	9:24	5:50		DNR	DNR
268	268	19	73	241	Lucy Farmer	F	Female 35		0:47:46.3	0:47:23.3	0:22	9:28	5:53		DNR	DNR
269	269	6	74	359	Jane Quinn	F	Female 60+	Aldridge Running Club	0:47:50.2	0:47:31.3	0:18	9:30	5:54		DNR	DNR
270	270	3	75	226	Karen Sokolenko	F	Female 55		0:47:50.2	0:47:35.2	0:14	9:31	5:54		301	48.16
271	271	12	196	186	Martin Stirna	M	Male 60	South Cheshire Harriers	0:48:06.4	0:47:56.5	0:09	9:35	5:57	G	DNR	DNR
272	272	4	76	159	Julie Nokes	F	Female 55	Stafford Harriers	0:48:28.2	0:48:08.2	0:19	9:37	5:58	X	315	49.24
273	277	13	197	277	Michael Elwell	M	Male 60	Midland Masters	0:48:30.9	0:48:22.3	0:08	9:40	6:00		238	43.59
274	273	9	77	254	Jo Butler	F	Female 50	Aldridge Running Club	0:48:40.3	0:48:19.2	0:21	9:39	6:00		309	48.541
275	274	10	78	265	Carol Astbury	F	Female 50		0:48:43.6	0:48:19.4	0:24	9:39	6:00		DNR	DNR
276	278	11	198	363	Mike Rogers	M	Male 65+	Aldridge Running Club	0:48:43.8	0:48:31.7	0:12	9:42	6:01		DNR	DNR
277	275	12	199	171	Clive Baggaley	M	Male 65+	Uttoxeter Road Runners	0:48:44.4	0:48:20.7	0:23	9:40	6:00	G	320	49.51
278	276	10	79	172	Emma Baggaley-Clay	F	Female 40	Uttoxeter Road Runners	0:48:44.9	0:48:20.8	0:24	9:40	6:00		251	44.45
279	280	16	80	302	Amy Oliver	F	Female U35	Stafford Harriers	0:48:54.0	0:48:39.7	0:14	9:43	6:02		253	45.09
280	279	11	81	356	Dawn Forton	F	Female 40		0:48:56.5	0:48:35.1	0:21	9:43	6:02		DNR	DNR
281	281	7	82	43	Yvonne Peers	F	Female 60+	Burntwood Tri	0:49:09.0	0:48:52.1	0:16	9:46	6:04		317	49.43
282	282	13	200	48	John Hateley	M	Male 65+	Stafford Harriers	0:49:35.2	0:49:07.3	0:27	9:49	6:06		324	50.26
283	284	17	83	250	Melissa Emery	F	Female U35	Aldridge Running Club	0:49:38.0	0:49:17.8	0:20	9:51	6:07		DNR	DNR
284	285	12	84	256	Sharon Fern	F	Female 40	Aldridge Running Club	0:49:39.1	0:49:18.8	0:20	9:51	6:07		331	51.04
285	286	14	201	169	Terence Hastings	M	Male 65+	Aldridge Running Club	0:49:40.4	0:49:19.7	0:20	9:51	6:07		DNR	DNR
286	283	13	85	21	Alison Pope	F	Female 40	Chase Harriers	0:49:41.0	0:49:15.6	0:25	9:51	6:07		321	50.10
287	287	18	86	177	Helen Taylor	F	Female U35		0:49:47.3	0:49:24.5	0:22	9:52	6:08		DNR	DNR
288	290	14	202	189	Ken Down	M	Male 60	Rising Brook Runners	0:49:52.7	0:49:38.5	0:14	9:55	6:10		DNR	DNR
289	288	19	87	77	Frances Mccallum	F	Female U35		0:49:54.7	0:49:31.9	0:22	9:54	6:09		333	51.19
290	289	20	88	319	Holly Nix	F	Female 35		0:49:54.8	0:49:32.5	0:22	9:54	6:09		332	51.18
291	291	8	89	276	Ursula Elwell	F	Female 60+	Midland Masters	0:50:01.2	0:49:51.7	0:09	9:58	6:11		338	52.44
292	292	5	90	283	Jackie Shan	F	Female 55	Aldridge Running Club	0:50:23.1	0:50:01.9	0:21	10:00	6:13		DNR	DNR
293	293	14	91	11	Lorraine Chambers	F	Female 40	West Bromwich Harriers	0:50:31.9	0:50:10.0	0:21	10:02	6:14		DNR	DNR
294	295	15	92	112	Janice Haywood	F	Female 40		0:50:35.7	0:50:32.1	0:03	10:06	6:16		DNR	DNR
295	294	16	93	261	Helen Kumar	F	Female 40	Rising Brook Runners	0:50:36.8	0:50:20.9	0:15	10:04	6:15		DNR	DNR
296	296	20	94	271	Jodie Willocks	F	Female U35	Rising Brook Runners	0:50:56.8	0:50:41.8	0:15	10:08	6:18		DNR	DNR
297	297	15	203	140	Bill Whitworth	M	Male 65+	Stafford Harriers	0:51:05.9	0:50:58.8	0:07	10:11	6:20	G	DNR	DNR
298	298	9	95	188	Sue Down	F	Female 60+	Rising Brook Runners	0:51:15.3	0:51:00.7	0:14	10:12	6:20		DNR	DNR
299	300	38	204	59	Kenneth Gough	M	Male 45	NSRRA	0:51:23.9	0:51:13.6	0:10	10:14	6:21	G	371	64.53
300	299	16	205	264	Mike Ricketts	M	Male 65+	Telford Harriers	0:51:28.8	0:51:07.8	0:20	10:13	6:21		291	47.45
301	303	17	96	61	Emma Wardle	F	Female 40		0:51:50.4	0:51:36.5	0:13	10:19	6:24		DNR	DNR
302	301	18	97	332	Rachel Marsden	F	Female 40	Stafford Harriers	0:51:51.4	0:51:35.0	0:16	10:19	6:24		DNR	DNR
303	302	21	98	127	Kat Saunders	F	Female U35	Newcastle (Staffs) AC	0:51:54.3	0:51:36.4	0:17	10:19	6:24	W	DNR	DNR
304	305	10	99	237	Fay Lee	F	Female 60+	Rising Brook Runners	0:52:08.7	0:51:53.5	0:15	10:22	6:26		DNR	DNR
305	304	11	100	19	Diane Law	F	Female 50	Chase Harriers	0:52:11.7	0:51:46.4	0:25	10:21	6:26		DNR	DNR
306	308	16	101	95	Stephanie Bell	F	Female 45		0:52:36.4	0:52:33.7	0:02	10:30	6:31		DNR	DNR
307	306	19	102	267	Sarah Parton	F	Female 40	Uttoxeter	0:52:47.5	0:52:21.0	0:26	10:28	6:30		DNR	DNR
308	307	22	103	278	Jill Pearson	F	Female U35	Chase Harriers	0:52:49.3	0:52:24.4	0:24	10:28	6:30		DNR	DNR
309	309	17	206	87	Michael Jones	M	Male 65+	Stafford Harriers	0:52:50.9	0:52:38.7	0:12	10:31	6:32	F	DNR	DNR
310	310	11	104	68	Sally Aldridge	F	Female 60+	Michelin AC	0:52:59.5	0:52:39.5	0:19	10:31	6:32	X	DNR	DNR
311	312	20	105	191	Wendy Herriott	F	Female 40	Rising Brook Runners	0:53:05.2	0:52:48.9	0:16	10:33	6:33		DNR	DNR
312	311	6	106	372	Amanda Pearce	F	Female 55	Stafford Harriers	0:53:06.1	0:52:48.4	0:17	10:33	6:33		DNR	DNR
313	314	21	107	16	Sara Rees	F	Female 40	Chase Harriers	0:53:29.9	0:53:05.4	0:24	10:37	6:35	X	DNR	DNR
314	313	23	108	144	Charlotte Clewes	F	Female U35	Chase Harriers	0:53:30.4	0:53:05.0	0:25	10:37	6:35		DNR	DNR
315	315	16	207	325	Phil Cooper	M	Male 55	Uttoxeter Road Runners	0:53:38.4	0:53:10.9	0:27	10:38	6:36		DNR	DNR
316	316	7	109	14	Marie Burt	F	Female 55	Chase Harriers	0:54:44.0	0:54:24.6	0:19	10:52	6:45	X	349	55.21

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
317	318	22	110	232	Cheryl Cox	F	Female 40		0:54:51.2	0:54:47.1	0:04	10:57	6:48		DNR	DNR
318	317	15	208	125	John Stokes	M	Male 60	Newport and District RC	0:54:54.1	0:54:33.2	0:20	10:54	6:46		339	52.47
319	319	16	209	83	Michael Bamber	M	Male 50	Stafford Harriers	0:55:05.7	0:54:48.3	0:17	10:57	6:48		300	48.122
320	320	18	210	39	Jim Griffiths	M	Male 65+		0:55:49.6	0:55:21.3	0:28	11:04	6:52		DNR	DNR
321	323	23	111	158	Michelle Rhodes	F	Female 40	Birmingham Masters	0:56:12.2	0:55:57.3	0:14	11:11	6:57		DNR	DNR
322	322	21	112	1	Holly Wright	F	Female 35	Stafford Harriers	0:56:13.1	0:55:53.7	0:19	11:10	6:56		347	54.46
323	321	24	113	84	Emma Chambers	F	Female U35	West Bromwich Harriers	0:56:14.8	0:55:52.8	0:22	11:10	6:56		DNR	DNR
324	324	19	211	149	Stanley Bourne	M	Male 65+	Midland Masters	0:56:35.3	0:56:20.7	0:14	11:16	7:00		DNR	DNR
325	325	8	114	234	Linda Cundliffe	F	Female 55	Aldridge Running Club	0:57:39.4	0:57:19.3	0:20	11:27	7:07		DNR	DNR
326	326	12	115	357	Carol Watson	F	Female 60+	Aldridge Running Club	0:57:39.6	0:57:19.5	0:20	11:27	7:07		DNR	DNR
327	327	13	116	50	Anne Davies	F	Female 60+	Potters Trotters	0:57:44.4	0:57:30.2	0:14	11:30	7:08	X	356	55.58
328	328	17	117	145	Carole Weir	F	Female 45	West Bromwich Harriers	0:58:37.7	0:58:16.3	0:21	11:39	7:14		DNR	DNR
329	329	12	118	219	Linda Woodall	F	Female 50	Michelin AC	0:58:54.6	0:58:34.7	0:19	11:42	7:16		360	57.14
330	330	25	119	119	Rachel Barnes	F	Female U35		0:59:40.9	0:59:14.6	0:26	11:50	7:21		DNR	DNR
331	331	13	120	47	Hazel Barlow	F	Female 50	Michelin AC	1:00:06.4	0:59:46.6	0:19	11:57	7:25	X	363	58.41
332	332	24	121	73	Jo Williams	F	Female 40	West Bromwich Harriers	1:00:15.7	0:59:53.2	0:22	11:58	7:26		362	58.32
333	333	14	122	142	Alli Lymer	F	Female 50	Trentham RC	1:04:19.5	1:04:04.9	0:14	12:48	7:57	X	DNR	DNR
334	334	18	123	121	Wendy Barnes	F	Female 45		1:07:47.5	1:07:20.6	0:26	13:28	8:22		DNR	DNR
335	335	39	212	120	Stewart Barnes	M	Male 45		1:07:49.8	1:07:22.7	0:27	13:28	8:22		DNR	DNR

Number of records: 335