

Staffs Knot 2017

Finisher List 5 mile

| Rank | Gender | Age Group | Chip pos | Race num | Name (first, last) | Gender | Club | Town | Gun time | Chip time | Start delay |
|--|--------|-----------|----------|----------|--------------------|--------|--------------------------|----------------|----------|-----------|-------------|
| Entered: 470; Started: 436; Still running: 2; Finished: 434 | | | | | | | | | | | |
| 1 | Male | U40 | 1 | 319 | Martin | M | Tipton Harriers | | 0:26:34 | 0:26:33 | 0:00 |
| 2 | Male | U40 | 2 | 115 | Simon Myatt | M | Trentham R.C | Newcastle | 0:26:56 | 0:26:56 | 0:00 |
| 3 | Male | U40 | 3 | 336 | James Skelton | M | | | 0:26:59 | 0:26:58 | 0:00 |
| 4 | Male | U40 | 4 | 89 | Carl Moulton | M | Boalloy RC | Stoke-On-Trent | 0:27:16 | 0:27:15 | 0:00 |
| 5 | Male | U40 | 5 | 25 | Robert | M | wolves and bilston | Wolverhampton | 0:29:38 | 0:29:37 | 0:01 |
| 6 | Male | U40 | 6 | 189 | Ben Bewley | M | Newcastle (Staffs) AC | Newcastle-Unde | 0:30:12 | 0:30:10 | 0:01 |
| 7 | Male | 40-44 | 7 | 314 | Matt Williams | M | Run and Ride | Rugeley | 0:30:16 | 0:30:13 | 0:02 |
| 8 | Male | U40 | 8 | 344 | Phillip Hilsdon | M | Stafford Harriers | | 0:30:20 | 0:30:18 | 0:02 |
| 9 | Male | U40 | 9 | 281 | Leon Bailey | M | Boalloy RC | Stoke On Trent | 0:30:23 | 0:30:21 | 0:01 |
| 10 | Male | U40 | 10 | 293 | John Hayman | M | Lichfield Running Club | Lichfield | 0:30:36 | 0:30:34 | 0:02 |
| 11 | Male | 40-44 | 11 | 315 | Stephen | M | Lichfield Running Club | Lichfield | 0:30:43 | 0:30:41 | 0:02 |
| 12 | Male | U40 | 12 | 327 | Ryan Nokes | M | Stone Master Marathoners | | 0:30:47 | 0:30:45 | 0:02 |
| 13 | Male | 40-44 | 13 | 276 | Tom Sandy | M | | Stafford | 0:31:08 | 0:31:05 | 0:02 |
| 14 | Male | 50-54 | 14 | 167 | Paul Swan | M | Stone Master Marathoners | Stone | 0:31:17 | 0:31:15 | 0:01 |
| 15 | Male | U40 | 15 | 119 | Oliver Stone | M | Rugeley Runners | Rugeley | 0:31:21 | 0:31:19 | 0:01 |
| 16 | Male | U40 | 16 | 313 | Pravesh Patel | M | | Wolverhampton | 0:31:30 | 0:31:29 | 0:01 |
| 17 | Male | U40 | 16 | 16 | Harry Perkins | M | Stafford Harriers | Stafford | 0:31:31 | 0:31:28 | 0:02 |
| 18 | Male | 40-44 | 18 | 359 | Gareth | M | Cheadle RC | | 0:31:35 | 0:31:34 | 0:01 |
| 19 | Male | U40 | 20 | 374 | Bradley Smith | M | South Cheshire Harriers | | 0:31:45 | 0:31:42 | 0:03 |
| 20 | Male | 45-49 | 21 | 185 | Christopher | M | Birchfield Harriers | Lichfield | 0:31:46 | 0:31:44 | 0:02 |
| 21 | Male | U40 | 19 | 355 | Matthew | M | | | 0:31:48 | 0:31:42 | 0:06 |
| 22 | Male | 45-49 | 22 | 193 | James | M | South Cheshire Harriers | Nantwich | 0:31:58 | 0:31:57 | 0:01 |
| 23 | Male | U40 | 23 | 295 | Daniel Floyd | M | Lichfield Running Club | Lichfield | 0:32:13 | 0:32:10 | 0:03 |
| 24 | Male | 55-59 | 24 | 88 | Mick Haire | M | Boalloy RC | Stoke-On-Trent | 0:32:16 | 0:32:15 | 0:01 |
| 25 | Male | U40 | 25 | 373 | David Morris | M | South Cheshire Harriers | | 0:32:20 | 0:32:17 | 0:03 |
| 26 | Male | 40-44 | 26 | 166 | Richard Lycett | M | Rugeley Runners | Stafford | 0:32:23 | 0:32:21 | 0:01 |
| 27 | Male | 45-49 | 27 | 378 | Tim Hulse | M | Stone Master Marathoners | | 0:32:32 | 0:32:30 | 0:02 |
| 28 | Male | U40 | 28 | 102 | James Found | M | Stafford Harriers | Stafford | 0:32:38 | 0:32:35 | 0:03 |
| 29 | Male | U40 | 29 | 76 | Jason | M | Stafford Harriers | Stafford | 0:32:47 | 0:32:39 | 0:08 |
| 30 | Male | U40 | 30 | 347 | David Clarke | M | | | 0:32:56 | 0:32:52 | 0:03 |
| 31 | Male | 45-49 | 32 | 345 | Terry Wall | M | Trentham R.C | | 0:32:58 | 0:32:56 | 0:02 |
| 32 | Male | U40 | 31 | 310 | Matthew | M | Stafford Harriers | Stafford | 0:32:58 | 0:32:53 | 0:05 |
| 33 | Male | U40 | 33 | 362 | Stuart Penn | M | | | 0:33:04 | 0:33:00 | 0:03 |
| 34 | Male | 55-59 | 34 | 302 | Robert | M | Stafford Harriers | Stafford | 0:33:06 | 0:33:05 | 0:01 |
| 35 | Male | 40-44 | 35 | 55 | Steve | M | Aldridge Running Club | Walsall | 0:33:11 | 0:33:08 | 0:03 |
| 36 | Male | 45-49 | 36 | 106 | Ian Heath | M | Stafford Harriers | Stafford | 0:33:26 | 0:33:19 | 0:06 |
| 37 | Male | 40-44 | 37 | 371 | Paul Scullion | M | Chase Harriers | | 0:33:31 | 0:33:22 | 0:09 |
| 38 | Male | 45-49 | 40 | 69 | David Morrell | M | | Brocton | 0:33:39 | 0:33:37 | 0:02 |
| 39 | Male | 45-49 | 39 | 361 | Simon Danks | M | Uttoxeter Road Runners | | 0:33:42 | 0:33:35 | 0:07 |
| 40 | Male | U40 | 41 | 41 | Daniel Hurley | M | Lichfield Running Club | Longlevens | 0:33:42 | 0:33:39 | 0:03 |
| 41 | Male | U40 | 38 | 356 | Iain Stamp | M | Walton Chasers | | 0:33:47 | 0:33:31 | 0:16 |
| 42 | Female | 40-44 | 42 | 80 | Sally Gray | F | Cannock & Stafford | Stafford | 0:33:53 | 0:33:51 | 0:02 |
| 43 | Male | 50-54 | 43 | 90 | Barry Smith | M | Trentham R.C | Stoke-On-Trent | 0:34:00 | 0:33:57 | 0:03 |
| 44 | Female | 45-49 | 44 | 248 | Wendy Swift | F | Trentham R.C | Newcastle | 0:34:06 | 0:34:05 | 0:01 |
| 45 | Male | 40-44 | 47 | 365 | Michael | M | Stone Master Marathoners | | 0:34:10 | 0:34:08 | 0:01 |
| 46 | Male | U40 | 45 | 31 | David | M | | Chasetown | 0:34:13 | 0:34:05 | 0:07 |
| 47 | Male | 45-49 | 48 | 230 | Rob Ibbs | M | Newcastle (Staffs) AC | Stoke-On-Trent | 0:34:13 | 0:34:09 | 0:03 |
| 48 | Female | 40-44 | 50 | 124 | Michelle | F | Newcastle (Staffs) AC | Audley | 0:34:14 | 0:34:11 | 0:02 |
| 49 | Male | U40 | 49 | 329 | Liam Duggan | M | Stafford Harriers | | 0:34:20 | 0:34:10 | 0:09 |
| 50 | Male | U40 | 51 | 91 | Martin Cross | M | Stone Master Marathoners | Barlaston | 0:34:21 | 0:34:12 | 0:09 |
| 51 | Male | U40 | 46 | 15 | Lee Simmons | M | Penkridge runners | Stafford | 0:34:24 | 0:34:08 | 0:16 |

Staffs Knot 2017

Finisher List 5 mile

| Category | Chip pos | Race num | Name (first, | Gender | Club | Town | Gun time | Chip time | Start delay |
|--------------------|----------|----------|----------------|--------|------------------------------|----------------|----------|-----------|-------------|
| 52 (Male U40) | 52 | 370 | Jamie Graham | M | Cannock & Stafford | | 0:34:29 | 0:34:13 | 0:16 |
| 53 (Male 45-49) | 53 | 229 | Spencer | M | Stafford Harriers | St179Aj | 0:34:31 | 0:34:22 | 0:08 |
| 54 (Male 50-54) | 54 | 163 | Nigel | M | South Cheshire Harriers | Crewe | 0:34:34 | 0:34:30 | 0:03 |
| 55 (Male 40-44) | 55 | 105 | Dave Martin | M | Chase Harriers | Walsall | 0:34:40 | 0:34:36 | 0:04 |
| 56 (Male U40) | 57 | 191 | Mark David | M | Newcastle (Staffs) AC | Stoke On Trent | 0:34:41 | 0:34:37 | 0:03 |
| 57 (Male 60-64) | 56 | 7 | Alan Brookes | M | Trentham R.C | Cheshire | 0:34:44 | 0:34:37 | 0:06 |
| 58 (Female 45-49) | 58 | 342 | Joanne | F | Trentham R.C | | 0:34:45 | 0:34:40 | 0:04 |
| 59 (Female 40-44) | 59 | 264 | Victoria | F | Stone Master Marathoners | Stoke On Trent | 0:34:45 | 0:34:41 | 0:03 |
| 60 (Male U40) | 60 | 56 | Ben Deakin | M | Stafford Harriers | Stafford | 0:34:55 | 0:34:49 | 0:06 |
| 61 (Male 50-54) | 61 | 270 | Christopher | M | Newcastle (Staffs) Tri Club | Stoke-On-Trent | 0:34:59 | 0:34:54 | 0:05 |
| 62 (Male 40-44) | 63 | 353 | Kevin Mottram | M | Buxton AC | | 0:35:11 | 0:35:03 | 0:08 |
| 63 (Male U40) | 62 | 33 | Robert | M | | Stone | 0:35:16 | 0:34:58 | 0:17 |
| 64 (Male 40-44) | 64 | 274 | Mark Platts | M | Staffordshire Moorlands A.C. | Leek | 0:35:21 | 0:35:08 | 0:13 |
| 65 (Male 40-44) | 65 | 271 | Paul Shaw | M | | Stafford | 0:35:27 | 0:35:17 | 0:09 |
| 66 (Male 60-64) | 68 | 148 | Peter Parker | M | Royal Sutton Coldfield | Birmingham | 0:35:30 | 0:35:27 | 0:03 |
| 67 (Male U40) | 69 | 27 | Leigh Ally | M | Aldridge Running Club | Walsall | 0:35:33 | 0:35:29 | 0:04 |
| 68 (Male 40-44) | 67 | 122 | Andrew | M | NSRRA | Leek | 0:35:35 | 0:35:27 | 0:08 |
| 69 (Female 40-44) | 70 | 207 | Michelle Fox | F | Stafford Harriers | Stafford | 0:35:41 | 0:35:34 | 0:06 |
| 70 (Male 45-49) | 66 | 333 | Chris Scullion | M | Cheadle RC | | 0:35:41 | 0:35:26 | 0:14 |
| 71 (Male U40) | 71 | 258 | Christian | M | Uttoxeter Road Runners | Uttoxeter | 0:35:46 | 0:35:38 | 0:07 |
| 72 (Male 45-49) | 72 | 153 | Indira | M | Stone Master Marathoners | Stone | 0:35:49 | 0:35:40 | 0:09 |
| 73 (Male U40) | 74 | 133 | John Alcock | M | Newcastle (Staffs) AC | Newcastle-Unde | 0:35:54 | 0:35:47 | 0:06 |
| 74 (Female U35) | 76 | 294 | Sarah Burton | F | Lichfield Running Club | Lichfield | 0:35:55 | 0:35:52 | 0:03 |
| 75 (Male 40-44) | 73 | 86 | David | M | Stone Master Marathoners | Stone | 0:35:56 | 0:35:47 | 0:08 |
| 76 (Male U40) | 75 | 265 | Glenn | M | | Stafford | 0:35:58 | 0:35:49 | 0:08 |
| 77 (Male 60-64) | 78 | 334 | Tony Crossley | M | East Grinstead /FRA | | 0:35:58 | 0:35:54 | 0:03 |
| 78 (Female 35-39) | 77 | 277 | Laura Sandy | F | | Stafford | 0:35:59 | 0:35:54 | 0:04 |
| 79 (Female 40-44) | 80 | 168 | Emma | F | Buxton AC | Buxton | 0:36:09 | 0:36:03 | 0:06 |
| 80 (Male U40) | 81 | 290 | David Nimmo | M | South Cheshire Harriers | Crewe | 0:36:11 | 0:36:05 | 0:05 |
| 81 (Male 50-54) | 79 | 73 | Mark Jones | M | Chase Harriers | Rugeley | 0:36:13 | 0:36:02 | 0:11 |
| 82 (Male 50-54) | 82 | 65 | Ian Wood | M | Stafford Harriers | Hednesford | 0:36:18 | 0:36:06 | 0:12 |
| 83 (Male U40) | 83 | 298 | Russell | M | Lichfield Running Club | Lichfield | 0:36:22 | 0:36:18 | 0:03 |
| 84 (Male 55-59) | 84 | 104 | Andrew Dippie | M | Stafford Harriers | Telford | 0:36:24 | 0:36:20 | 0:03 |
| 85 (Male 50-54) | 86 | 131 | Andy | M | Rising Brook Runners | Stafford | 0:36:38 | 0:36:28 | 0:10 |
| 86 (Female 45-49) | 87 | 157 | Sarah Taylor | F | Trentham R.C | Stoke On Trent | 0:36:39 | 0:36:33 | 0:06 |
| 87 (Female 45-49) | 90 | 360 | Karen Kiteley | F | Aldridge Running Club | | 0:36:47 | 0:36:44 | 0:03 |
| 88 (Male 40-44) | 89 | 346 | Nick Beckett | M | Stafford Harriers | | 0:36:48 | 0:36:41 | 0:06 |
| 89 (Male 55-59) | 88 | 383 | John Guest | M | Trentham R.C | | 0:36:50 | 0:36:36 | 0:14 |
| 90 (Male U40) | 85 | 244 | David | M | | Stafford | 0:36:51 | 0:36:28 | 0:22 |
| 91 (Male 60-64) | 91 | 17 | John Wood | M | Michelin AC | Newcastle | 0:36:57 | 0:36:45 | 0:12 |
| 92 (Male U40) | 92 | 286 | Max Walker | M | | Burton Upon | 0:37:07 | 0:36:51 | 0:15 |
| 93 (Male U40) | 96 | 323 | Oliver Clarke | M | Newcastle (Staffs) AC | | 0:37:07 | 0:37:03 | 0:04 |
| 94 (Male 45-49) | 95 | 311 | Robert Proctor | M | Stafford Harriers | Stafford | 0:37:08 | 0:37:02 | 0:06 |
| 95 (Female 35-39) | 94 | 93 | Fiona Bradley | F | Stone Master Marathoners | Stoke-On-Trent | 0:37:11 | 0:37:02 | 0:09 |
| 96 (Male 45-49) | 98 | 247 | Pete Rees | M | Team Derby Runner | Burton Upon | 0:37:18 | 0:37:13 | 0:04 |
| 97 (Male U40) | 93 | 83 | Ben Dean | M | | Walsall | 0:37:29 | 0:37:00 | 0:28 |
| 98 (Male 65+) | 97 | 183 | Keith | M | Chasewater Runners | Cannock | 0:37:30 | 0:37:10 | 0:19 |
| 99 (Male 65+) | 99 | 211 | Michael | M | Cheadle RC | Stoke-On-Trent | 0:37:32 | 0:37:26 | 0:06 |
| 100 (Female U35) | 102 | 202 | Kerry Dixon | F | Trentham R.C | Stoke On Trent | 0:37:36 | 0:37:31 | 0:05 |
| 101 (Male 40-44) | 100 | 196 | Kevin Taylor | M | Chase Harriers | Cannock | 0:37:39 | 0:37:29 | 0:10 |
| 102 (Female 35-39) | 103 | 343 | Julie Mcarthur | F | Stone Master Marathoners | | 0:37:40 | 0:37:35 | 0:04 |
| 103 (Male 60-64) | 101 | 66 | Neil Stretton | M | NSRRA | Hednesford | 0:37:42 | 0:37:30 | 0:12 |
| 104 (Male 40-44) | 104 | 218 | Jason Lee | M | Falsch | Cannock | 0:37:46 | 0:37:40 | 0:06 |

Staffs Knot 2017

Finisher List 5 mile

| Categories | Chip pos | Race num | Name (first, | Gender | Club | Town | Gun time | Chip time | Start delay |
|-------------------|----------|----------|----------------|--------|--------------------------|------------------|----------|-----------|-------------|
| 43 (Male U40) | 105 | 341 | George | M | Buxton AC | | 0:37:50 | 0:37:41 | 0:08 |
| 5 (Female 45-49) | 107 | 151 | Gillian Russon | F | Cannock & Stafford | Penkridge | 0:37:54 | 0:37:48 | 0:05 |
| 8 (Male 50-54) | 106 | 120 | Anthony | M | | Walsall | 0:37:57 | 0:37:45 | 0:11 |
| 44 (Male U40) | 108 | 227 | Chris Morris | M | | Stafford | 0:37:57 | 0:37:49 | 0:08 |
| 45 (Male U40) | 109 | 219 | Dan Oxley | M | | Stafford | 0:38:03 | 0:37:55 | 0:08 |
| 46 (Male U40) | 114 | 348 | Alex Langford | M | | | 0:38:05 | 0:38:01 | 0:03 |
| 5 (Male 55-59) | 115 | 369 | Mick Williams | M | | | 0:38:08 | 0:38:05 | 0:03 |
| 6 (Male 60-64) | 111 | 158 | Clive | M | South Cheshire Harriers | Crewe | 0:38:09 | 0:37:56 | 0:12 |
| 14 (Male 45-49) | 112 | 154 | Chris Lake | M | Chase Harriers | Heath Hayes | 0:38:10 | 0:37:58 | 0:12 |
| 47 (Male U40) | 110 | 228 | Russell | M | NSRRA | Cannock | 0:38:11 | 0:37:55 | 0:15 |
| 48 (Male U40) | 113 | 240 | Nicholas | M | Uttoxeter Road Runners | Uttoxeter | 0:38:12 | 0:38:00 | 0:11 |
| 3 (Male 65+) | 116 | 111 | Colin Jackson | M | Aldridge Running Club | Pelsall | 0:38:13 | 0:38:07 | 0:05 |
| 49 (Male U40) | 117 | 249 | Nigel Martin | M | | Uttoxeter | 0:38:20 | 0:38:14 | 0:05 |
| 9 (Male 50-54) | 119 | 358 | Mike Allsopp | M | Market Drayton RC | | 0:38:24 | 0:38:16 | 0:07 |
| 15 (Male 45-49) | 118 | 275 | Michael Grice | M | Stafford Triathlon Club | Cannock | 0:38:25 | 0:38:16 | 0:08 |
| 1 (Female 50-54) | 120 | 20 | Rosamund | F | Stone Master Marathoners | Stafford | 0:38:25 | 0:38:21 | 0:04 |
| 50 (Male U40) | 121 | 318 | Harshad Patel | M | SHABBARunners | Sutton Coldfield | 0:38:30 | 0:38:23 | 0:06 |
| 7 (Male 60-64) | 123 | 52 | John Holmes | M | NSRRA | Stoke On Trent | 0:38:31 | 0:38:24 | 0:07 |
| 6 (Male 55-59) | 125 | 194 | Russell | M | Cheadle RC | Stone | 0:38:34 | 0:38:28 | 0:05 |
| 51 (Male U40) | 124 | 273 | Stu Parton | M | Stoke Fit | Stoke On Trent | 0:38:34 | 0:38:24 | 0:09 |
| 8 (Male 60-64) | 127 | 44 | Tony White | M | Trentham R.C | Stoke On Trent | 0:38:34 | 0:38:29 | 0:05 |
| 52 (Male U40) | 126 | 338 | Darren Tweats | M | | | 0:38:37 | 0:38:28 | 0:09 |
| 4 (Female 35-39) | 129 | 75 | Victoria Doran | F | Stafford Harriers | Telford | 0:38:42 | 0:38:34 | 0:07 |
| 16 (Male 45-49) | 128 | 155 | Ian | M | Chase Harriers | Heath Hayes | 0:38:42 | 0:38:33 | 0:09 |
| 53 (Male U40) | 122 | 232 | Rob Taylor | M | Chasewater Runners | Rugeley | 0:38:44 | 0:38:24 | 0:20 |
| 18 (Male 40-44) | 130 | 74 | Alex Yendole | M | Stone Master Marathoners | Stone | 0:38:48 | 0:38:36 | 0:11 |
| 5 (Female 35-39) | 132 | 126 | Julia Rigby | F | Trentham R.C | Stoke On Trent | 0:38:48 | 0:38:43 | 0:05 |
| 9 (Male 60-64) | 131 | 379 | Mak Singh | M | | | 0:38:54 | 0:38:41 | 0:13 |
| 3 (Female U35) | 133 | 287 | Rachael Wood | F | Michelin AC | Newcastle | 0:39:00 | 0:38:48 | 0:12 |
| 6 (Female 40-44) | 134 | 169 | Stella Denniss | F | Stafford Harriers | Stafford | 0:39:03 | 0:38:54 | 0:09 |
| 1 (Female 55-59) | 135 | 108 | Melanie | F | Chase Harriers | Lichfield | 0:39:04 | 0:38:56 | 0:07 |
| 19 (Male 40-44) | 136 | 335 | Dean Hibbitt | M | Stafford Harriers | | 0:39:05 | 0:38:56 | 0:08 |
| 4 (Male 65+) | 137 | 285 | Peter Divall | M | NSRRA | Stoke On Trent | 0:39:14 | 0:39:06 | 0:07 |
| 54 (Male U40) | 138 | 354 | Joe | M | | | 0:39:18 | 0:39:07 | 0:11 |
| 5 (Male 65+) | 140 | 243 | Richard | M | Rugeley Runners | Rugeley | 0:39:20 | 0:39:12 | 0:07 |
| 4 (Female U35) | 139 | 4 | Nia Rose | F | Stafford Harriers | Stafford | 0:39:23 | 0:39:08 | 0:14 |
| 5 (Female U35) | 144 | 308 | Sally Capewell | F | | Uttoxeter | 0:39:31 | 0:39:29 | 0:02 |
| 2 (Female 55-59) | 141 | 123 | Chris Skellern | F | Stafford Harriers | Stafford | 0:39:32 | 0:39:24 | 0:07 |
| 6 (Male 65+) | 146 | 307 | Kevin Uzzell | M | Stone Master Marathoners | Stone | 0:39:41 | 0:39:35 | 0:06 |
| 7 (Female 40-44) | 145 | 363 | Claire | F | South Cheshire Harriers | | 0:39:42 | 0:39:30 | 0:11 |
| 8 (Female 40-44) | 143 | 304 | Alison Haines | F | Run and Ride | Rugeley | 0:39:43 | 0:39:26 | 0:16 |
| 10 (Male 60-64) | 151 | 140 | David Cooper | M | Stoke Fit | Stoke On Trent | 0:39:51 | 0:39:46 | 0:04 |
| 9 (Female 40-44) | 147 | 301 | Sarah | F | | Rugeley | 0:39:51 | 0:39:36 | 0:15 |
| 17 (Male 45-49) | 153 | 138 | Nathan | M | Newcastle (Staffs) AC | Woore | 0:39:53 | 0:39:48 | 0:04 |
| 1 (Female 60+) | 149 | 103 | Gina Willis | F | Chase Harriers | Walsall | 0:39:53 | 0:39:45 | 0:08 |
| 11 (Male 60-64) | 142 | 58 | Graham Lee | M | | Stafford | 0:39:54 | 0:39:26 | 0:28 |
| 10 (Female 40-44) | 155 | 172 | Sallyann | F | Chase Harriers | Cannock | 0:39:57 | 0:39:51 | 0:06 |
| 11 (Female 40-44) | 154 | 223 | Chrissy | F | Chase Harriers | Stafford | 0:39:57 | 0:39:51 | 0:05 |
| 10 (Male 50-54) | 148 | 331 | James | M | | | 0:40:04 | 0:39:42 | 0:22 |
| 6 (Female U35) | 150 | 330 | Gemma | F | Newcastle (Staffs) AC | | 0:40:06 | 0:39:45 | 0:20 |
| 55 (Male U40) | 152 | 23 | Alastair | M | Rising Brook Runners | Stafford | 0:40:10 | 0:39:48 | 0:21 |
| 6 (Female 35-39) | 156 | 332 | Rachel Burton | F | | | 0:40:11 | 0:39:53 | 0:17 |
| 7 (Male 65+) | 157 | 98 | Alan Jeavans | M | | Stafford | 0:40:18 | 0:40:00 | 0:18 |

Staffs Knot 2017

Finisher List 5 mile

| Rank | Age Group | Chip pos | Race num | Name (first, last) | Gender | Club | Town | Gun time | Chip time | Start delay |
|------|--------------|----------|----------|--------------------|--------|--------------------------|------------------|----------|-----------|-------------|
| 12 | Female 40-44 | 159 | 186 | Cathy | F | South Cheshire Harriers | Crewe | 0:40:20 | 0:40:08 | 0:11 |
| 11 | Male 50-54 | 160 | 184 | Nick Dunning | M | South Cheshire Harriers | Crewe | 0:40:21 | 0:40:16 | 0:04 |
| 18 | Male 45-49 | 158 | 367 | Adrian Maj | M | Maj's Mauraunders | | 0:40:23 | 0:40:07 | 0:15 |
| 7 | Female U35 | 161 | 180 | Laura Kirwan | F | Aldridge Running Club | Sutton Coldfield | 0:40:25 | 0:40:18 | 0:07 |
| 12 | Male 50-54 | 164 | 53 | Gary Jones | M | Michelin AC | Stoke On Trent | 0:40:28 | 0:40:25 | 0:02 |
| 2 | Male 50-54 | 163 | 149 | Val Carter | F | Birchfield Harriers | Birmingham | 0:40:30 | 0:40:24 | 0:06 |
| 19 | Male 45-49 | 165 | 279 | Martin Russell | M | | Chasetown | 0:40:35 | 0:40:26 | 0:09 |
| 20 | Male 45-49 | 162 | 303 | Martin Haines | M | Run and Ride | Rugeley | 0:40:38 | 0:40:21 | 0:17 |
| 56 | Male U40 | 166 | 266 | John Marsden | M | | Stoke On Trent | 0:40:50 | 0:40:31 | 0:19 |
| 20 | Male 40-44 | 172 | 201 | Mark Dixon | M | Michelin AC | Stoke On Trent | 0:40:53 | 0:40:45 | 0:07 |
| 13 | Male 50-54 | 170 | 28 | Nigel Tatton | M | Telford AC | Telford | 0:40:54 | 0:40:43 | 0:10 |
| 21 | Male 45-49 | 167 | 11 | John Scott | M | | Stafford | 0:40:54 | 0:40:40 | 0:14 |
| 13 | Female 40-44 | 168 | 10 | Sally Haycock | F | | Stafford | 0:40:54 | 0:40:41 | 0:13 |
| 22 | Male 45-49 | 174 | 375 | Gillian Tinsley | M | Trentham R.C | | 0:40:56 | 0:40:50 | 0:05 |
| 57 | Male U40 | 169 | 381 | Chris Salmon | M | | | 0:40:57 | 0:40:41 | 0:16 |
| 7 | Male 55-59 | 171 | 352 | Paul Sabin | M | | | 0:40:59 | 0:40:43 | 0:16 |
| 58 | Male U40 | 173 | 136 | Jon Freeman | M | Stafford Harriers | Stafford | 0:41:04 | 0:40:47 | 0:17 |
| 59 | Male U40 | 176 | 309 | Martin | M | | Uttoxeter | 0:41:10 | 0:41:07 | 0:02 |
| 60 | Male U40 | 175 | 263 | Scott Henry | M | | Stafford | 0:41:17 | 0:41:03 | 0:13 |
| 7 | Female 35-39 | 177 | 107 | Rachel Jones | F | South Cheshire Harriers | Nantwich | 0:41:21 | 0:41:08 | 0:13 |
| 8 | Female 35-39 | 178 | 349 | Jennifer | F | | | 0:41:38 | 0:41:25 | 0:12 |
| 2 | Female 60+ | 179 | 92 | Dot Fellows | F | Cannock & Stafford | Chasetown | 0:41:40 | 0:41:34 | 0:05 |
| 21 | Male 40-44 | 181 | 255 | Shaun Preece | M | Penkridge runners | Cannock | 0:41:56 | 0:41:36 | 0:19 |
| 8 | Male 55-59 | 180 | 382 | Bernie | M | Newport & District RC | | 0:41:59 | 0:41:34 | 0:24 |
| 12 | Male 60-64 | 183 | 221 | Roy Clay | M | Stafford Harriers | Birmingham | 0:41:59 | 0:41:49 | 0:10 |
| 6 | Female 45-49 | 187 | 57 | Melonie | F | Stafford Harriers | Stafford | 0:42:04 | 0:41:56 | 0:08 |
| 13 | Male 60-64 | 184 | 225 | Dennis | M | South Cheshire Harriers | Crewe | 0:42:04 | 0:41:51 | 0:13 |
| 9 | Female 35-39 | 185 | 250 | Nusara Lloyd | F | | Uttoxeter | 0:42:09 | 0:41:53 | 0:16 |
| 8 | Female U35 | 182 | 49 | Karen Andrew | F | | Walsall | 0:42:09 | 0:41:48 | 0:21 |
| 8 | Male 65+ | 188 | 192 | Stan | M | Trentham R.C | Leek | 0:42:12 | 0:41:57 | 0:14 |
| 61 | Male U40 | 194 | 278 | Martin Wall | M | Aldridge Running Club | Walsall | 0:42:14 | 0:42:08 | 0:06 |
| 9 | Female U35 | 191 | 177 | Leann Banks | F | South Cheshire Harriers | Nantwich | 0:42:17 | 0:42:04 | 0:12 |
| 22 | Male 40-44 | 196 | 320 | Jonathan | M | Newcastle (Staffs) AC | | 0:42:17 | 0:42:09 | 0:07 |
| 10 | Female U35 | 192 | 24 | Danielle | F | South Cheshire Harriers | Stoke-On-Trent | 0:42:19 | 0:42:06 | 0:12 |
| 14 | Male 50-54 | 195 | 305 | Dean Smith | M | Stafford Harriers | Stafford | 0:42:21 | 0:42:09 | 0:11 |
| 62 | Male U40 | 193 | 36 | Sam Jackson | M | | Stafford | 0:42:21 | 0:42:06 | 0:14 |
| 23 | Male 45-49 | 186 | 199 | Martin Foxall | M | | Yoxall | 0:42:21 | 0:41:55 | 0:26 |
| 63 | Male U40 | 198 | 127 | Steve Martin | M | Baswich Panthers | Stafford | 0:42:23 | 0:42:17 | 0:06 |
| 24 | Male 45-49 | 202 | 79 | David Taylor | M | Rugeley Runners | Rugeley | 0:42:29 | 0:42:19 | 0:10 |
| 23 | Male 40-44 | 189 | 317 | Andrew Kelly | M | Market Drayton RC | Market Drayton | 0:42:30 | 0:42:00 | 0:29 |
| 7 | Female 45-49 | 190 | 32 | Karen Mawditt | F | Market Drayton RC | Stafford | 0:42:30 | 0:42:04 | 0:26 |
| 10 | Female 35-39 | 200 | 94 | Caroline | F | Stafford Harriers | Stafford | 0:42:33 | 0:42:18 | 0:15 |
| 3 | Female 55-59 | 203 | 174 | Jill Phillips | F | Trentham R.C | Stoke-On-Trent | 0:42:34 | 0:42:19 | 0:14 |
| 11 | Female U35 | 197 | 217 | Kat Saunders | F | Newcastle (Staffs) AC | Newcastle-Unde | 0:42:34 | 0:42:12 | 0:21 |
| 11 | Female 35-39 | 201 | 203 | Rachael Smith | F | | Stafford | 0:42:36 | 0:42:19 | 0:17 |
| 14 | Female 40-44 | 199 | 254 | Paula | F | Penkridge runners | Cannock | 0:42:37 | 0:42:18 | 0:19 |
| 8 | Female 45-49 | 205 | 101 | Sam Brookes | F | South Cheshire Harriers | Stoke-On-Trent | 0:42:43 | 0:42:30 | 0:13 |
| 25 | Male 45-49 | 204 | 21 | Tim Herriott | M | Rising Brook Runners | Stafford | 0:42:45 | 0:42:23 | 0:22 |
| 15 | Female 40-44 | 209 | 312 | Anne-Marie | F | Stone Master Marathoners | Stone | 0:42:52 | 0:42:39 | 0:12 |
| 26 | Male 45-49 | 208 | 197 | Paul Phillips | M | Stone Master Marathoners | Stone | 0:42:52 | 0:42:39 | 0:12 |
| 27 | Male 45-49 | 206 | 262 | Andrew Evans | M | | Stourbridge | 0:42:54 | 0:42:31 | 0:22 |
| 9 | Male 65+ | 210 | 142 | Brian Mackey | M | Uttoxeter Road Runners | Uttoxeter | 0:42:56 | 0:42:41 | 0:14 |
| 28 | Male 45-49 | 207 | 324 | Jason Vigrass | M | Aldridge Running Club | | 0:42:57 | 0:42:32 | 0:24 |

Staffs Knot 2017

Finisher List 5 mile

| Gender | Age | Chip pos | Race num | Name (first, | Gender | Club | Town | Gun time | Chip time | Start delay |
|--------|--------|----------|----------|----------------|--------|------------------------------|----------------|----------|-----------|-------------|
| Male | U40) | 211 | 38 | Oliver Stokes | M | Newport & District RC | Newport | 0:43:06 | 0:42:45 | 0:20 |
| Male | 65+) | 213 | 296 | John Stone | M | Uttoxeter Road Runners | Ashbourne | 0:43:08 | 0:42:53 | 0:14 |
| Female | 35-39) | 212 | 51 | Selena Powell | F | Stafford Harriers | Stafford | 0:43:18 | 0:42:49 | 0:29 |
| Male | 40-44) | 215 | 237 | Richard Booth | M | | Stafford | 0:43:26 | 0:43:12 | 0:14 |
| Male | 50-54) | 214 | 245 | Chris Downing | M | | Cannock | 0:43:27 | 0:43:01 | 0:26 |
| Male | 60-64) | 216 | 261 | Nigel Lee | M | Newcastle (Staffs) AC | Newcastle | 0:43:33 | 0:43:12 | 0:21 |
| Female | 35-39) | 218 | 292 | Bonnie | F | Stone Master Marathoners | Stone | 0:43:34 | 0:43:21 | 0:13 |
| Female | U35) | 217 | 77 | Sally Ball | F | Stafford Triathlon Club | Stafford | 0:43:36 | 0:43:19 | 0:16 |
| Female | U35) | 219 | 132 | Jennifer | F | Newcastle (Staffs) AC | Newcastle-Unde | 0:43:53 | 0:43:30 | 0:22 |
| Female | 55-59) | 222 | 170 | Pauline Smith | F | Falsch | Burntwood | 0:44:00 | 0:43:35 | 0:25 |
| Male | 40-44) | 220 | 176 | Steve Williams | M | Lichfield Running Club | Lichfield | 0:44:03 | 0:43:31 | 0:32 |
| Female | 60+) | 221 | 18 | Anne Kelsall | F | Aldridge Running Club | Walsall | 0:44:04 | 0:43:34 | 0:29 |
| Male | 40-44) | 227 | 3 | Darryl | M | | Cannock | 0:44:06 | 0:44:01 | 0:05 |
| Female | 45-49) | 223 | 260 | Deborah | F | Stafford Triathlon Club | Shrewsbury | 0:44:06 | 0:43:41 | 0:25 |
| Female | 40-44) | 226 | 231 | Rebecca Ibbs | F | Newcastle (Staffs) AC | Stoke-On-Trent | 0:44:22 | 0:44:00 | 0:21 |
| Male | U40) | 224 | 386 | Cameron | M | | | 0:44:23 | 0:43:49 | 0:33 |
| Male | 45-49) | 225 | 387 | Scott Palmer | M | Harrier | | 0:44:24 | 0:43:51 | 0:33 |
| Female | U35) | 229 | 210 | Fern Brooks | F | | Stafford | 0:44:33 | 0:44:17 | 0:16 |
| Male | 60-64) | 228 | 87 | David Baker | M | Staffordshire Moorlands A.C. | Stoke-On-Trent | 0:44:33 | 0:44:12 | 0:21 |
| Female | 45-49) | 232 | 46 | Suzanne Potts | F | Newport & District RC | Stafford | 0:44:44 | 0:44:24 | 0:19 |
| Female | 35-39) | 230 | 147 | Abigail Wright | F | Falsch | Walsall | 0:44:46 | 0:44:21 | 0:24 |
| Female | 35-39) | 235 | 351 | Georgina | F | Stafford Harriers | | 0:44:52 | 0:44:39 | 0:13 |
| Male | 50-54) | 231 | 171 | Paul Fowler | M | Lichfield Running Club | Lichfield | 0:44:55 | 0:44:22 | 0:32 |
| Female | U35) | 233 | 85 | Claire Evans | F | Vegan Runners | Heath Hayes | 0:44:55 | 0:44:30 | 0:25 |
| Male | 65+) | 239 | 134 | John Finney | M | Stafford Harriers | Stafford | 0:44:57 | 0:44:44 | 0:12 |
| Male | U40) | 234 | 128 | Phil Isherwood | M | Baswich Panthers | Stafford | 0:44:58 | 0:44:33 | 0:24 |
| Female | U35) | 236 | 61 | Saffron | F | Stafford Harriers | Stafford | 0:44:58 | 0:44:41 | 0:16 |
| Female | U35) | 245 | 68 | Kelly Butler | F | | Brocton | 0:45:01 | 0:44:57 | 0:04 |
| Female | U35) | 237 | 9 | Michelle Miles | F | Stone Master Marathoners | Stoke On Trent | 0:45:02 | 0:44:42 | 0:20 |
| Female | 45-49) | 238 | 256 | Debra Siddall | F | Stone Master Marathoners | Stone | 0:45:04 | 0:44:44 | 0:19 |
| Female | 50-54) | 241 | 121 | Jo Turrell | F | | Tamworth | 0:45:08 | 0:44:53 | 0:15 |
| Female | 50-54) | 243 | 30 | Kerry | F | Stafford Harriers | Birmingham | 0:45:09 | 0:44:54 | 0:15 |
| Female | 50-54) | 244 | 78 | Carol Astbury | F | Uttoxeter Road Runners | Stoke On Trent | 0:45:12 | 0:44:56 | 0:15 |
| Male | 50-54) | 240 | 116 | Russell | M | Stafford Harriers | Hilderstone | 0:45:17 | 0:44:52 | 0:24 |
| Male | U40) | 242 | 380 | Camille Smyth | M | Trentham R.C | | 0:45:18 | 0:44:53 | 0:25 |
| Female | 35-39) | 246 | 259 | Alexia Jones | F | Stone Master Marathoners | Stone | 0:45:23 | 0:45:03 | 0:19 |
| Male | 65+) | 248 | 117 | Graham | M | Stafford Harriers | Stafford | 0:45:28 | 0:45:14 | 0:14 |
| Female | 35-39) | 250 | 366 | Kathryn Taylor | F | Stone Master Marathoners | | 0:45:31 | 0:45:24 | 0:07 |
| Male | 40-44) | 247 | 64 | Robin Tinsley | M | SHABBARunners | Wolverhampton | 0:45:33 | 0:45:03 | 0:29 |
| Male | 45-49) | 249 | 236 | Mark Turner | M | | Stafford | 0:45:41 | 0:45:18 | 0:22 |
| Female | 40-44) | 254 | 152 | Caroline | F | Buxton AC | Buxton | 0:45:43 | 0:45:37 | 0:06 |
| Female | 50-54) | 251 | 325 | Helen Phillips | F | Aldridge Running Club | | 0:45:53 | 0:45:26 | 0:27 |
| Female | 45-49) | 255 | 288 | Bobbie | F | Trentham R.C | Stoke On Trent | 0:45:58 | 0:45:42 | 0:15 |
| Male | 45-49) | 252 | 42 | Paul Turner | M | Rising Brook Runners | Rugeley | 0:46:00 | 0:45:33 | 0:26 |
| Female | 35-39) | 253 | 328 | Lucy Farmer | F | | | 0:46:03 | 0:45:36 | 0:26 |
| Female | U35) | 256 | 384 | Yvette | F | Sneyd Striders | | 0:46:15 | 0:45:45 | 0:30 |
| Male | U40) | 257 | 385 | Phill | M | Sneyd Striders | | 0:46:15 | 0:45:45 | 0:30 |
| Male | 60-64) | 260 | 173 | Colin | M | Chase Harriers | Hednesford | 0:46:23 | 0:46:18 | 0:04 |
| Female | 45-49) | 259 | 306 | Rachel Smith | F | Stafford Harriers | Stafford | 0:46:24 | 0:46:08 | 0:16 |
| Female | 55-59) | 258 | 280 | Belinda Riley | F | Newcastle (Staffs) AC | Stoke On Trent | 0:46:26 | 0:46:03 | 0:23 |
| Female | U35) | 261 | 35 | Emily Murray | F | | Stafford | 0:46:37 | 0:46:21 | 0:15 |
| Female | 50-54) | 262 | 34 | Karen Murray | F | Stafford Harriers | Stafford | 0:46:38 | 0:46:23 | 0:15 |
| Female | U35) | 263 | 165 | Amy | F | | Stafford | 0:46:40 | 0:46:31 | 0:09 |

Staffs Knot 2017

Finisher List 5 mile

| Rank | Age Group | Gender | Chip pos | Race num | Name (first, last) | Gender | Club | Town | Gun time | Chip time | Start delay |
|------|--------------|--------|----------|----------|--------------------|--------|--------------------------|----------------|----------|-----------|-------------|
| 8 | Female 50-54 | F | 266 | 156 | Donna Harris | F | Chase Harriers | Heath Hayes | 0:47:05 | 0:46:51 | 0:13 |
| 9 | Female 50-54 | F | 264 | 238 | Tracy Craig | F | | Stafford | 0:47:05 | 0:46:34 | 0:31 |
| 28 | Male 40-44 | M | 269 | 129 | Jonathan Platt | M | Stafford Harriers | Stafford | 0:47:14 | 0:47:02 | 0:12 |
| 14 | Female 45-49 | F | 265 | 159 | Barbara | F | Aldridge Running Club | | 0:47:17 | 0:46:48 | 0:28 |
| 69 | Male U40 | M | 267 | 48 | Nathan Wood | M | | Stafford | 0:47:23 | 0:46:56 | 0:27 |
| 18 | Female 40-44 | F | 268 | 5 | Samantha | F | | Stafford | 0:47:26 | 0:47:00 | 0:25 |
| 19 | Female 40-44 | F | 270 | 146 | Caryn | F | Chase Harriers | Cannock | 0:47:32 | 0:47:11 | 0:20 |
| 10 | Female 50-54 | F | 272 | 50 | Linda | F | NSRRA | Leek | 0:47:36 | 0:47:17 | 0:18 |
| 9 | Male 55-59 | M | 271 | 178 | Tim Clegg | M | Stone Master Marathoners | Stone | 0:47:38 | 0:47:11 | 0:26 |
| 4 | Female 60+ | F | 273 | 181 | Julie Onions | F | Penkridge runners | Cannock | 0:47:47 | 0:47:28 | 0:18 |
| 10 | Male 55-59 | M | 274 | 376 | Nick Whyllie | M | Newport | | 0:47:57 | 0:47:32 | 0:24 |
| 70 | Male U40 | M | 275 | 45 | Steve Harvey | M | | Rugeley | 0:48:14 | 0:47:54 | 0:19 |
| 6 | Female 55-59 | F | 276 | 13 | Sonia Dean | F | Falsch | Walsall | 0:48:25 | 0:47:56 | 0:28 |
| 15 | Female 45-49 | F | 277 | 252 | Karen Ratcliffe | F | | Birmingham | 0:48:25 | 0:48:03 | 0:21 |
| 16 | Female 45-49 | F | 278 | 253 | Joanne | F | Stafford Harriers | Stafford | 0:48:37 | 0:48:16 | 0:21 |
| 11 | Male 55-59 | M | 279 | 99 | David Hebb | M | NSRRA | Stone | 0:48:45 | 0:48:25 | 0:20 |
| 18 | Male 50-54 | M | 280 | 95 | Steve Heath | M | | Rugeley | 0:49:03 | 0:48:39 | 0:23 |
| 17 | Female 45-49 | F | 281 | 233 | Tracy | F | Independent | Stafford | 0:49:08 | 0:48:51 | 0:17 |
| 22 | Female U35 | F | 283 | 251 | Naomi | F | | Stafford | 0:49:11 | 0:49:01 | 0:10 |
| 13 | Male 65+ | M | 282 | 242 | Colin Earp | M | Stafford Harriers | Stafford | 0:49:23 | 0:49:00 | 0:22 |
| 20 | Female 40-44 | F | 284 | 6 | Janice | F | Penkridge runners | Stafford | 0:49:26 | 0:49:06 | 0:20 |
| 11 | Female 50-54 | F | 285 | 161 | Joanne Lea | F | | Stafford | 0:49:27 | 0:49:09 | 0:17 |
| 5 | Female 60+ | F | 287 | 150 | Yvonne Peers | F | Burntwood Tri | Rugeley | 0:49:31 | 0:49:16 | 0:14 |
| 17 | Male 60-64 | M | 290 | 269 | Martin Stirna | M | South Cheshire Harriers | Crewe | 0:49:37 | 0:49:24 | 0:13 |
| 18 | Female 45-49 | F | 286 | 340 | Louise | F | | | 0:49:38 | 0:49:10 | 0:28 |
| 6 | Female 60+ | F | 289 | 96 | Sally Aldridge | F | Michelin AC | Newcastle | 0:49:41 | 0:49:23 | 0:18 |
| 71 | Male U40 | M | 288 | 205 | Richard Cook | M | | Birmingham | 0:49:49 | 0:49:19 | 0:30 |
| 23 | Female U35 | F | 291 | 321 | Laura Agu | F | Stafford Harriers | | 0:50:06 | 0:49:40 | 0:25 |
| 7 | Female 55-59 | F | 292 | 40 | Julie Nokes | F | Stafford Harriers | Stafford | 0:50:09 | 0:49:44 | 0:25 |
| 19 | Male 50-54 | M | 293 | 112 | Michael | M | Stafford Harriers | Stafford | 0:50:12 | 0:49:52 | 0:19 |
| 21 | Female 40-44 | F | 294 | 114 | Linzi Jones | F | Stafford Harriers | Stafford | 0:50:12 | 0:49:52 | 0:19 |
| 19 | Female 35-39 | F | 295 | 118 | Sarah | F | Rising Brook Runners | Stafford | 0:50:25 | 0:50:03 | 0:21 |
| 22 | Female 40-44 | F | 296 | 206 | Marie Mason | F | Stafford Harriers | Telford | 0:50:47 | 0:50:24 | 0:23 |
| 32 | Male 45-49 | M | 297 | 110 | Greg Morley | M | | Lichfield | 0:51:23 | 0:50:56 | 0:26 |
| 19 | Female 45-49 | F | 298 | 364 | Tessa Jasper | F | Stafford Harriers | | 0:51:26 | 0:51:05 | 0:20 |
| 23 | Female 40-44 | F | 300 | 322 | Louise Parker | F | | | 0:51:29 | 0:51:06 | 0:23 |
| 24 | Female U35 | F | 298 | 70 | Rachel | F | | Stafford | 0:51:30 | 0:51:01 | 0:29 |
| 20 | Male 50-54 | M | 303 | 162 | Chris Lea | M | | Stafford | 0:51:42 | 0:51:24 | 0:17 |
| 25 | Female U35 | F | 304 | 145 | Kresia Jones | F | Chase Harriers | Rugeley | 0:51:49 | 0:51:28 | 0:21 |
| 29 | Male 40-44 | M | 301 | 204 | Barinderjit | M | Aldridge Running Club | Walsall | 0:51:53 | 0:51:23 | 0:30 |
| 12 | Female 50-54 | F | 302 | 137 | Shirley Smith | F | Stafford Harriers | Stafford | 0:51:57 | 0:51:24 | 0:32 |
| 30 | Male 40-44 | M | 305 | 63 | Ian Walkeden | M | | Stafford | 0:52:03 | 0:51:37 | 0:26 |
| 7 | Female 60+ | F | 306 | 299 | Sue Down | F | Rising Brook Runners | Stafford | 0:52:15 | 0:51:47 | 0:27 |
| 26 | Female U35 | F | 310 | 246 | Özlem Ari | F | | Uttoxeter | 0:52:28 | 0:52:13 | 0:15 |
| 24 | Female 40-44 | F | 309 | 47 | Jo Yendole | F | Stone Master Marathoners | Stone | 0:52:30 | 0:52:06 | 0:23 |
| 20 | Female 35-39 | F | 307 | 54 | Alice Hawkins | F | | Stafford | 0:52:31 | 0:52:01 | 0:29 |
| 13 | Female 50-54 | F | 308 | 377 | Theresa | F | | | 0:52:42 | 0:52:05 | 0:36 |
| 18 | Male 60-64 | M | 313 | 198 | Peter Shearer | M | | Birmingham | 0:52:45 | 0:52:18 | 0:27 |
| 21 | Female 35-39 | F | 311 | 357 | Claire Stamp | F | Walton Chasers | | 0:52:47 | 0:52:16 | 0:30 |
| 25 | Female 40-44 | F | 312 | 339 | Sharon Fern | F | Aldridge Running Club | | 0:52:48 | 0:52:17 | 0:30 |
| 26 | Female 40-44 | F | 314 | 209 | Julie Birtles | F | Stafford Harriers | Staffo | 0:52:49 | 0:52:28 | 0:21 |
| 27 | Female U35 | F | 319 | 297 | Simone | F | Stoke Fit | Stoke On Trent | 0:53:07 | 0:53:02 | 0:05 |
| 20 | Female 45-49 | F | 317 | 81 | Emma Wardle | F | | Stafford | 0:53:09 | 0:52:48 | 0:20 |

Staffs Knot 2017

Finisher List 5 mile

| Category | Chip pos | Race num | Name (first, | Gender | Club | Town | Gun time | Chip time | Start delay |
|---------------------|----------|----------|-----------------|--------|-----------------------|----------------|----------|-----------|-------------|
| 8 (317 male 55-59) | 315 | 241 | Gael Earp | F | Stafford Harriers | Stafford | 0:53:10 | 0:52:47 | 0:22 |
| 27 (318 male 40-44) | 316 | 22 | Wendy | F | Rising Brook Runners | Stafford | 0:53:13 | 0:52:48 | 0:24 |
| 14 (319 male 65+) | 318 | 222 | Robert | M | Stafford Harriers | Wolverhampton | 0:53:19 | 0:53:01 | 0:18 |
| 22 (320 male 35-39) | 320 | 268 | Claire Skellern | F | | Woore | 0:53:34 | 0:53:14 | 0:20 |
| 72 (321 male U40) | 321 | 141 | Stuart Gregory | M | desford striders | Melton Mowbray | 0:53:47 | 0:53:14 | 0:33 |
| 28 (322 male 40-44) | 322 | 220 | Allison Poole | F | | Stafford | 0:53:50 | 0:53:17 | 0:33 |
| 21 (323 male 45-49) | 323 | 282 | Lorraine Flory | F | Stafford Harriers | Stafford | 0:54:07 | 0:53:34 | 0:32 |
| 15 (324 male 65+) | 324 | 26 | John Hateley | M | Stafford Harriers | Codsall | 0:54:16 | 0:53:37 | 0:38 |
| 29 (325 male 40-44) | 326 | 164 | Nicola | F | Stafford Harriers | Stafford | 0:55:37 | 0:55:26 | 0:11 |
| 30 (326 male 40-44) | 325 | 14 | Claire | F | Run Mummy Run | Willenhall | 0:55:48 | 0:55:25 | 0:23 |
| 28 (327 male U35) | 327 | 326 | Holly Tarr | F | Chase Harriers | | 0:55:51 | 0:55:30 | 0:20 |
| 8 (328 male 60+) | 328 | 82 | Josephine | F | Rising Brook Runners | Stafford | 0:56:02 | 0:55:34 | 0:27 |
| 9 (329 male 60+) | 329 | 59 | Fay Lee | F | Rising Brook Runners | Stafford | 0:56:10 | 0:55:42 | 0:27 |
| 23 (330 male 35-39) | 330 | 19 | Natalie Smith | F | Rising Brook Runners | Stafford | 0:56:11 | 0:55:43 | 0:27 |
| 16 (331 male 65+) | 331 | 239 | Stanley | M | Midland Masters AC | Burntwood | 0:56:16 | 0:55:44 | 0:31 |
| 19 (332 male 60-64) | 332 | 300 | Ken Down | M | Rising Brook Runners | Stafford | 0:56:20 | 0:55:52 | 0:28 |
| 31 (333 male 40-44) | 333 | 60 | Darran Morris | M | Michelin AC | Stoke-On-Trent | 0:56:50 | 0:56:23 | 0:26 |
| 14 (334 male 50-54) | 334 | 200 | Michelle | F | Stafford Harriers | Stafford | 0:57:09 | 0:56:58 | 0:11 |
| 22 (335 male 45-49) | 335 | 337 | Adele Kane | F | | | 0:57:48 | 0:57:08 | 0:40 |
| 20 (336 male 60-64) | 336 | 39 | John Stokes | M | Newport & District RC | Newport | 0:57:54 | 0:57:33 | 0:21 |
| 9 (337 male 55-59) | 337 | 212 | Jayne Bunch | F | | Walsall | 0:58:03 | 0:57:45 | 0:18 |
| 23 (338 male 45-49) | 338 | 316 | Giselle Kelly | F | Market Drayton RC | Market Drayton | 0:58:29 | 0:57:59 | 0:30 |
| 10 (339 male 55-59) | 339 | 188 | Linda Woodall | F | Michelin AC | Stoke On Trent | 0:59:48 | 0:59:29 | 0:18 |
| 29 (340 male U35) | 340 | 216 | Stephanie | F | | Stafford | 1:00:40 | 1:00:24 | 0:16 |
| 11 (341 male 55-59) | 341 | 214 | Patricia | F | Aldridge Running Club | Walsall | 1:00:48 | 1:00:30 | 0:17 |
| 15 (342 male 50-54) | 342 | 215 | Gill Ford | F | | Walsall | 1:01:43 | 1:01:24 | 0:18 |
| 12 (343 male 55-59) | 344 | 187 | Hazel Barlow | F | Michelin AC | Stoke On Trent | 1:02:21 | 1:02:01 | 0:19 |
| 17 (344 male 65+) | 343 | 257 | Alfred Slater | M | NSRRA | Burntwood | 1:02:22 | 1:01:43 | 0:38 |
| 18 (345 male 65+) | 345 | 234 | Jeff Haycock | M | Independent | Stafford | 1:02:56 | 1:02:17 | 0:39 |
| 24 (346 male 35-39) | 346 | 224 | Claire Curry | F | | Rugeley | 1:03:37 | 1:03:09 | 0:27 |
| 25 (347 male 35-39) | 347 | 226 | Laura Mew | F | | Wolverhampton | 1:03:37 | 1:03:09 | 0:27 |
| 30 (348 male U35) | 348 | 130 | Megan Emery | F | Stafford Harriers | Stafford | 1:04:34 | 1:04:22 | 0:12 |
| 31 (349 male U35) | 349 | 139 | Hayley Steele | F | Stafford Harriers | Stafford | 1:05:11 | 1:05:00 | 0:11 |
| 21 (350 male 50-54) | 350 | 284 | Kenneth | M | NSRRA | Burntwood | 1:08:50 | 1:08:16 | 0:33 |
| 16 (351 male 50-54) | 351 | 368 | Donna Sealey | F | Rugeley Runners | | 1:12:31 | 1:12:08 | 0:23 |
| 13 (352 male 55-59) | 352 | 213 | Kim Smith | F | stafford harrers | Staffs | 1:17:46 | 1:17:35 | 0:11 |

Number of records: 352