

Finisher List 5 miler

Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
Entered: 417; Finishers: 368													
See also Supervet Finishers for extra (non-prize) categories													
5 miler													
1	1	1	1 (Male U40)	292	Felix Mcgrath	M	Newcastle (Staffs) AC	NEWCASTLE-UNDER-LYME	0:27:01	0:27:00	0:00	5:24	3:21
2	2	2	2 (Male U40)	302	Carl Moulton	M	Boalloy	stoke-on-trent	0:27:24	0:27:23	0:00	5:28	3:24
3	3	3	3 (Male U40)	332	Lee Gratton	M	Run&Ride	Rugeley	0:27:35	0:27:34	0:00	5:30	3:25
4	4	4	4 (Male U40)	319	Matthew Orford	M	Lichfield Running Club	Burntwood	0:28:23	0:28:22	0:00	5:40	3:31
5	5	5	1 (Male 40-44)	213	Stephen Holdcroft	M	Dudley Kingswinford	Dudley	0:28:37	0:28:36	0:00	5:43	3:33
6	6	6	5 (Male U40)	219	Ryan Nokes	M	City of Stoke AC	Stafford	0:28:47	0:28:46	0:00	5:45	3:34
7	7	7	6 (Male U40)	379	Richard Bravington	M	Lichfield Running Club		0:29:18	0:29:17	0:00	5:51	3:38
8	8	8	1 (Male 45-49)	402	Dean Hill	M			0:29:43	0:29:42	0:01	5:56	3:41
9	9	9	7 (Male U40)	203	Ben Bewley	M	Newcastle (Staffs) AC	Newcastle under lyme	0:29:59	0:29:58	0:00	5:59	3:43
10	10	10	8 (Male U40)	33	Leigh Ally	M	Aldridge Running Club	Walsall	0:30:07	0:30:05	0:02	6:01	3:44
11	11	11	9 (Male U40)	297	Ian Bayliss	M	Newcastle (Staffs) AC	Newcastle	0:30:16	0:30:16	0:00	6:03	3:45
12	12	12	10 (Male U40)	157	John Hayman	M	Lichfield Running Club	Lichfield	0:30:20	0:30:19	0:00	6:03	3:46
13	13	13	11 (Male U40)	8	Daniel Hurley	M	Lichfield Running Club	Gloucester	0:30:31	0:30:29	0:01	6:05	3:47
14	14	14	2 (Male 40-44)	266	Stephen Rivers	M	Lichfield Running Club	Lichfield	0:30:50	0:30:48	0:01	6:09	3:49
15	15	15	12 (Male U40)	150	Oliver Stone	M	Rugeley Runners	Rugeley	0:30:52	0:30:51	0:01	6:10	3:50
16	17	16	13 (Male U40)	374	Daniel Floyd	M	Lichfield Running Club	Lichfield	0:31:01	0:31:00	0:01	6:12	3:51
17	16	17	14 (Male U40)	335	George Hodgkinson	M	Stafford Harriers	STAFFORD	0:31:03	0:30:56	0:06	6:11	3:50
18	18	18	3 (Male 40-44)	385	Philip Hilsdon	M	Stafford Harriers		0:31:07	0:31:05	0:01	6:13	3:51
19	20	19	1 (Male 50-54)	95	Kevin Francis	M	Shrewsbury AC	Shrewsbury	0:31:09	0:31:08	0:01	6:13	3:52
20	19	20	1 (Male 55-59)	167	William John Putt	M	South Cheshire Harriers	Nantwich	0:31:10	0:31:06	0:04	6:13	3:51
21	21	21	15 (Male U40)	357	Dan Turner	M	Lichfield RC	Lichfield	0:31:23	0:31:22	0:01	6:16	3:53
22	22	22	2 (Male 55-59)	163	Paul Swan	M	Stone Master Marathoners	Stone	0:31:27	0:31:26	0:01	6:17	3:54
23	23	23	16 (Male U40)	320	Callum MCGarrie	M	Chase Harriers	Rugeley	0:31:34	0:31:30	0:03	6:18	3:54
24	24	24	17 (Male U40)	188	Shaun Ashworth	M	NSRRA	Stoke on Trent	0:31:44	0:31:42	0:02	6:20	3:56
25	25	1	1 (Female 40-44)	403	Lynne Hill	F	tipton harriers		0:31:47	0:31:46	0:01	6:21	3:56
26	26	25	2 (Male 45-49)	284	James Simpson	M	South Cheshire Harriers	nantwich	0:32:00	0:31:58	0:01	6:23	3:58
27	27	26	3 (Male 45-49)	40	Andrew Walker	M	Newcastle (Staffs) AC	Newcastle	0:32:10	0:32:08	0:01	6:25	3:59
28	28	27	4 (Male 45-49)	15	Justin Green	M	Stafford Harriers	Cannock	0:32:16	0:32:14	0:02	6:26	4:00
29	29	28	3 (Male 55-59)	122	Brian Taylor	M	Chase Harriers	Walsall	0:32:33	0:32:28	0:04	6:29	4:02
30	30	2	1 (Female U35)	27	Sophie Goodfellow	F	Newcastle (Staffs) AC	Stoke On Trent	0:32:33	0:32:32	0:01	6:30	4:02
31	31	29	2 (Male 50-54)	78	Darren Pyatt	M		Stafford	0:32:47	0:32:45	0:01	6:33	4:04
32	33	30	18 (Male U40)	329	Morgan Bradley	M	Lichfield Running Club	LICHFIELD	0:32:51	0:32:49	0:02	6:33	4:04
33	32	31	19 (Male U40)	417	Alexander Ross	M			0:32:51	0:32:48	0:03	6:33	4:04
34	34	32	20 (Male U40)	243	Joel Harrison	M	Trentham RC	Newcastle Under Lyme	0:32:58	0:32:54	0:03	6:34	4:05
35	35	33	4 (Male 40-44)	51	Steve Blakemore	M	Aldridge Running Club	Walsall	0:32:58	0:32:56	0:02	6:35	4:05
36	36	34	5 (Male 40-44)	65	Steven Mccann	M		Stoke on Trent	0:32:59	0:32:56	0:03	6:35	4:05
37	37	35	5 (Male 45-49)	43	David Morrell	M		Stafford	0:33:01	0:32:59	0:01	6:35	4:05
38	38	36	6 (Male 45-49)	391	Simon Danks	M	Uttoxeter Road Runners		0:33:03	0:32:59	0:04	6:35	4:05
39	39	37	6 (Male 40-44)	231	Dave Martin	M	Chase Harriers	Cannock	0:33:04	0:33:01	0:03	6:36	4:06
40	40	38	7 (Male 40-44)	395	Paul Scullion	M	Chase Harriers		0:33:12	0:33:07	0:04	6:37	4:06
41	41	39	21 (Male U40)	370	Jordan Thomas	M	Stoke AC	Stoke on Trent	0:33:17	0:33:16	0:00	6:39	4:08
42	43	40	22 (Male U40)	98	Ryan Ashforth	M	Cannock and Stafford AC	Stafford	0:33:20	0:33:20	0:00	6:40	4:08
43	42	41	8 (Male 40-44)	215	Wayne Fenton	M	SMM	Stafford	0:33:22	0:33:18	0:03	6:39	4:08
44	44	42	23 (Male U40)	338	Richard Reeves	M	Stafford Triathlon Club	Stafford	0:33:24	0:33:21	0:03	6:40	4:08
45	45	43	7 (Male 45-49)	361	Mark Steele	M	Newcastle (Staffs) AC	Stoke on Trent	0:33:28	0:33:24	0:04	6:40	4:09
46	46	44	24 (Male U40)	92	Stephen Morgan	M		Walsall	0:33:31	0:33:29	0:02	6:41	4:09
47	47	45	25 (Male U40)	190	Lee Northwood	M		Stafford	0:33:33	0:33:29	0:03	6:41	4:09
48	48	46	4 (Male 55-59)	257	Andy Thomas	M	Sandbach Striders	Stoke-On-Trent	0:33:34	0:33:31	0:02	6:42	4:09

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Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
49	50	3	1 (Female 35-39)	183	Anna Hollingworth	F	Stone Master Marathoners	Newcastle-under-Lyme	0:33:36	0:33:34	0:02	6:42	4:10
50	49	47	8 (Male 45-49)	277	Kevin Taylor	M	Chase Harriers	Cannock	0:33:41	0:33:31	0:10	6:42	4:09
51	51	48	9 (Male 45-49)	144	Ian Heath	M	Stafford Harriers	Stafford	0:33:49	0:33:43	0:06	6:44	4:11
52	53	49	9 (Male 40-44)	350	Ben Dellicompagni	M	stafford tri club	Stafford	0:33:56	0:33:53	0:02	6:46	4:12
53	52	50	26 (Male U40)	324	Liam Duggan	M	Stafford Harriers	Stafford	0:33:59	0:33:53	0:05	6:46	4:12
54	54	51	10 (Male 45-49)	306	Daniel Preston	M		Stafford	0:34:10	0:34:04	0:06	6:48	4:14
55	55	52	11 (Male 45-49)	409	Lee Jones	M	Trentham RC		0:34:15	0:34:13	0:01	6:50	4:15
56	56	53	12 (Male 45-49)	293	Delmont Betts	M	Maj's Marauders	Rugeley	0:34:20	0:34:14	0:05	6:50	4:15
57	57	54	10 (Male 40-44)	47	Paul Higginson	M	Stafford Harriers	Stafford	0:34:22	0:34:18	0:03	6:51	4:15
58	58	55	27 (Male U40)	298	David Nimmo	M	South Cheshire Harriers	Crewe	0:34:25	0:34:21	0:04	6:52	4:16
59	59	4	2 (Female U35)	42	Kelly Butler	F		Stafford	0:34:35	0:34:32	0:02	6:54	4:17
60	60	56	28 (Male U40)	86	Jamie Graham	M	Penkridge runners	Stafford	0:34:37	0:34:34	0:02	6:54	4:17
61	61	5	2 (Female 35-39)	256	Charmaine Wood	F	Congleton Harriers	Congleton	0:34:38	0:34:35	0:02	6:55	4:17
62	62	57	29 (Male U40)	282	Adam Lightfoot	M	Stafford Harriers	Burntwood	0:34:42	0:34:40	0:02	6:56	4:18
63	63	58	30 (Male U40)	303	Jake Oliver	M	Stafford Harriers	Stone	0:34:53	0:34:48	0:05	6:57	4:19
64	64	59	13 (Male 45-49)	415	Ed Coppinger	M	Lichfield Running Club		0:34:54	0:34:51	0:02	6:58	4:19
65	65	60	14 (Male 45-49)	88	John Scott	M	Stafford Harriers	Stafford	0:34:59	0:34:54	0:04	6:58	4:20
66	66	61	3 (Male 50-54)	392	Nigel Baskerville	M	South Cheshire Harriers		0:35:00	0:34:56	0:04	6:59	4:20
67	67	62	1 (Male 65-69)	325	Douglas Alcock	M	Trentham RC	Stoke-on-Trent	0:35:03	0:35:00	0:03	7:00	4:20
68	68	63	1 (Male 60-64)	199	Chris Wakeman	M	Shrewsbury AC	Shrewsbury	0:35:07	0:35:02	0:05	7:00	4:21
69	69	64	15 (Male 45-49)	234	Robin Williamson	M	Stone Master Marathoners	Stone	0:35:15	0:35:12	0:03	7:02	4:22
70	70	6	3 (Female U35)	236	Sarah Hayman	F	Lichfield RC	LICHFIELD	0:35:24	0:35:20	0:03	7:04	4:23
71	73	65	31 (Male U40)	159	Adam Tatton	M	Telford AC	Telford	0:35:25	0:35:23	0:01	7:04	4:23
72	72	66	5 (Male 55-59)	174	Andrew Wadsworth	M	Sparkhill Harriers	Birmingham	0:35:29	0:35:21	0:08	7:04	4:23
73	71	67	32 (Male U40)	166	James Lake	M	Chase Harriers	Cannock	0:35:31	0:35:21	0:10	7:04	4:23
74	75	7	1 (Female 45-49)	359	Joanne Stanfield	F	Trentham RC	Stoke-on-Trent	0:35:36	0:35:32	0:04	7:06	4:24
75	74	68	4 (Male 50-54)	280	John Abbotts	M	Chase Harriers	Hednesford	0:35:37	0:35:26	0:10	7:05	4:24
76	77	8	2 (Female 40-44)	366	Joanne Bentley	F	Stone Master Marathoners	Stoke on Trent	0:35:42	0:35:39	0:02	7:07	4:25
77	76	9	4 (Female U35)	38	Nia Rose Nokes	F	Stafford Harriers	Stafford	0:35:42	0:35:35	0:06	7:07	4:25
78	78	69	5 (Male 50-54)	296	Ian Hopkins	M	Telford Athletic Club	Telford	0:35:43	0:35:40	0:03	7:08	4:25
79	79	10	3 (Female 40-44)	333	Kirsty Stephenson	F	Stone Master Marathoners	Stone	0:35:45	0:35:42	0:02	7:08	4:26
80	80	70	6 (Male 50-54)	260	Chris Nixon	M	Newcastle (Staffs) Tri Club	Stoke-On-Trent	0:35:51	0:35:44	0:07	7:08	4:26
81	82	71	16 (Male 45-49)	53	David Dunsmore	M	Stone Master Marathoners	Stone	0:35:53	0:35:49	0:03	7:09	4:27
82	81	72	33 (Male U40)	308	Richard Crump	M	Stafford Harriers	Stafford	0:35:55	0:35:48	0:06	7:09	4:26
83	83	73	2 (Male 60-64)	130	Adrian Frost	M	Trentham RC	Leyton	0:36:00	0:35:52	0:08	7:10	4:27
84	84	74	7 (Male 50-54)	67	Mark Jones	M	Chase Harriers	Rugeley	0:36:02	0:35:54	0:07	7:10	4:27
85	85	75	34 (Male U40)	346	Lee Simmons	M	Penkridge runners	Stafford	0:36:06	0:35:56	0:10	7:11	4:27
86	86	76	35 (Male U40)	340	Matt Sargent	M	Stafford Harriers	Stafford	0:36:10	0:36:03	0:06	7:12	4:28
87	87	11	3 (Female 35-39)	124	Laura Palmer	F	Chase Harriers	cannock	0:36:13	0:36:09	0:04	7:13	4:29
88	88	77	3 (Male 60-64)	36	John Wood	M	Michelin AC	Newcastle under Lyme	0:36:22	0:36:14	0:07	7:14	4:30
89	90	78	36 (Male U40)	278	Robin Zoka	M	South Cheshire Harriers	Crewe	0:36:25	0:36:21	0:03	7:16	4:31
90	89	79	37 (Male U40)	154	Neil Fairbrother	M	Newport & District RC	Stafford	0:36:26	0:36:20	0:06	7:16	4:30
91	91	12	5 (Female U35)	399	Leanne Anderson	F	Uttoxeter Road Runners		0:36:32	0:36:27	0:04	7:17	4:31
92	92	13	4 (Female 40-44)	360	Fiona Bradley	F	Stone Master Marathoners	Stoke on Trent	0:36:34	0:36:29	0:05	7:17	4:32
93	93	80	38 (Male U40)	204	Nicholas Noyes	M	Uttoxeter Road Runners	Uttoxeter	0:36:39	0:36:34	0:05	7:18	4:32
94	94	81	39 (Male U40)	73	Ben Cook	M	Stafford Harriers	Stafford	0:36:46	0:36:40	0:05	7:20	4:33
95	95	82	2 (Male 65-69)	85	Keith Stoneman	M	Chase Harriers	CANNOCK	0:37:03	0:36:59	0:04	7:23	4:35
96	99	83	11 (Male 40-44)	60	Paul Glover	M	Stone MM	Stoke on Trent	0:37:09	0:37:07	0:02	7:25	4:36
97	97	84	6 (Male 55-59)	133	Dave Ellis	M	Aldridge RC	Sutton Coldfield	0:37:13	0:37:07	0:06	7:25	4:36
98	98	85	12 (Male 40-44)	179	Phil Vincent	M	EA Harriers	Birmingham	0:37:18	0:37:07	0:11	7:25	4:36
99	96	86	17 (Male 45-49)	187	Martin Russell	M		Chasetown	0:37:18	0:37:01	0:17	7:24	4:36
100	101	87	8 (Male 50-54)	405	William McAuliffe	M	Stone Master Marathoners		0:37:26	0:37:22	0:03	7:28	4:38
101	100	88	18 (Male 45-49)	189	Steve Hammond	M	Aldridge RC	West Midlands	0:37:29	0:37:21	0:08	7:28	4:38

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Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
102	102	89	40 (Male U40)	272	Jason Littlewood	M	Stafford Harriers	Stafford	0:37:33	0:37:26	0:06	7:29	4:39
103	103	14	2 (Female 45-49)	389	Helen Bryan	F	Cannock and Stafford AC		0:37:39	0:37:26	0:13	7:29	4:39
104	104	15	1 (Female 50-54)	218	Sarah Taylor	F	Trentham RC	Stoke on Trent	0:37:44	0:37:34	0:09	7:30	4:40
105	105	90	41 (Male U40)	339	Darren Tweats	M		Northwich	0:37:45	0:37:40	0:05	7:32	4:40
106	106	16	5 (Female 40-44)	84	Sarah Macleman	F		Rugeley	0:37:48	0:37:43	0:05	7:32	4:41
107	107	91	19 (Male 45-49)	128	Ian Bishop-Parker	M	Chase Harriers	Staffordshire	0:37:52	0:37:45	0:06	7:33	4:41
108	110	92	4 (Male 60-64)	223	John Pearce	M	Aldridge RC	Lichfield	0:37:53	0:37:48	0:04	7:33	4:41
109	109	93	20 (Male 45-49)	413	Alan Caldicott	M	UK Run chat		0:37:54	0:37:45	0:08	7:33	4:41
110	112	94	42 (Male U40)	377	James Bennett	M		Ashbourne	0:37:56	0:37:51	0:04	7:34	4:42
111	111	95	21 (Male 45-49)	368	Mark White	M	Stafford Harriers	Stafford	0:37:59	0:37:49	0:09	7:33	4:41
112	108	96	1 ()	129	Lee Hale	M	Cannock Chase Trail Runners	Walsall	0:38:00	0:37:45	0:14	7:33	4:41
113	113	17	6 (Female U35)	93	Lisa-Jane Knight	F	Cannock and Stafford AC	Cannock	0:38:03	0:37:56	0:06	7:35	4:42
114	116	18	1 (Female 55-59)	146	Ros Barker	F	Stone Master Marathoners	Stafford	0:38:13	0:38:11	0:02	7:38	4:44
115	114	97	9 (Male 50-54)	18	Paul Weston	M	Rugeley Runners	Rugeley	0:38:14	0:37:58	0:16	7:35	4:43
116	118	98	10 (Male 50-54)	345	Adrian Reeves-Jones	M	Cheadle RC	Stoke-On-Trent	0:38:21	0:38:15	0:06	7:39	4:45
117	119	19	7 (Female U35)	397	Sabrina Thomas	F	Lawley Running Club		0:38:22	0:38:19	0:03	7:39	4:45
118	117	99	13 (Male 40-44)	214	Dean Hibbitt	M	Stafford Harriers	Stafford	0:38:26	0:38:11	0:15	7:38	4:44
119	115	100	11 (Male 50-54)	55	Gary Leedham-Hawkes	M	Chase Harriers	Hednesford	0:38:30	0:38:09	0:21	7:37	4:44
120	120	101	5 (Male 60-64)	412	Graham Rogers	M	Newport and District Running Club		0:38:37	0:38:22	0:14	7:40	4:46
121	121	102	14 (Male 40-44)	354	Darren Mattocks	M	Stafford Harriers	Stafford	0:38:43	0:38:31	0:11	7:42	4:47
122	122	20	8 (Female U35)	229	Beth Darke	F	Stafford Harriers	Stafford	0:38:43	0:38:34	0:09	7:42	4:47
123	123	103	7 (Male 55-59)	155	Russell Williams	M	Cheadle RC	Stone	0:38:48	0:38:43	0:04	7:44	4:48
124	125	104	8 (Male 55-59)	265	Andrew Dippie	M	Telford Harriers	Telford	0:38:52	0:38:47	0:05	7:45	4:49
125	124	105	9 (Male 55-59)	230	Michael Darke	M		Stafford	0:38:56	0:38:45	0:10	7:45	4:48
126	127	21	2 (Female 50-54)	151	Susan Poole	F	South Cheshire Harriers	Crewe	0:38:58	0:38:50	0:07	7:46	4:49
127	126	106	15 (Male 40-44)	35	Mark Dixon	M	Newcastle (Staffs) AC	Stoke on Trent	0:39:00	0:38:49	0:11	7:45	4:49
128	130	107	43 (Male U40)	220	Richard Wyness	M	Uttoxeter Road Runners	Doveridge	0:39:14	0:39:09	0:05	7:49	4:51
129	129	108	12 (Male 50-54)	9	Kevin Attwood	M	Aldridge Running Club	Birmingham	0:39:15	0:39:07	0:07	7:49	4:51
130	131	109	13 (Male 50-54)	261	Michael Birtles	M		stoke on trent	0:39:15	0:39:09	0:05	7:49	4:51
131	128	110	44 (Male U40)	115	Joe Moorhouse	M		Burntwood	0:39:21	0:39:05	0:15	7:49	4:51
132	132	111	10 (Male 55-59)	337	David Henley	M		Wolverhampton	0:39:25	0:39:10	0:14	7:50	4:52
133	134	112	1 (Male 70+)	101	Alan Jeavans	M		STAFFORD	0:39:26	0:39:16	0:09	7:51	4:52
134	137	113	11 (Male 55-59)	59	Les Tams	M	South Cheshire Harriers	Crewe	0:39:26	0:39:19	0:07	7:51	4:53
135	133	114	22 (Male 45-49)	294	Paul Turner	M	Rising Brook Runners	Rugeley	0:39:26	0:39:14	0:12	7:50	4:52
136	139	22	3 (Female 50-54)	11	Lorraine Beesley	F	Aldridge Running Club	Sutton Coldfield	0:39:31	0:39:25	0:06	7:53	4:53
137	135	115	14 (Male 50-54)	116	Tony Jewkes	M		Walsall	0:39:33	0:39:17	0:15	7:51	4:52
138	140	116	45 (Male U40)	356	Harshad Patel	M	Shabbarunners	Sutton Coldfield	0:39:35	0:39:28	0:06	7:53	4:54
139	141	117	23 (Male 45-49)	164	Chris Lake	M	Chase Harriers	Cannock	0:39:36	0:39:29	0:07	7:53	4:54
140	138	118	24 (Male 45-49)	384	Andy Worsey	M	Newcastle (Staffs) AC		0:39:38	0:39:20	0:17	7:52	4:53
141	142	119	46 (Male U40)	341	Jamie Lymer	M	NSRRA	stoke on trent	0:39:39	0:39:31	0:08	7:54	4:54
142	136	23	9 (Female U35)	153	Jessie-Leigh O'Sullivan	F	Chasewater Runners	Cannock	0:39:43	0:39:19	0:23	7:51	4:53
143	143	120	15 (Male 50-54)	113	Alan Jones	M	Stafford Harriers	penkridge	0:39:44	0:39:35	0:08	7:55	4:55
144	146	121	12 (Male 55-59)	394	Neil Read	M	Chasewater Runners		0:39:44	0:39:39	0:04	7:55	4:55
145	145	122	2 (Male 70+)	283	Richard Marland	M	Rugeley Runners	Rugeley	0:39:48	0:39:38	0:09	7:55	4:55
146	144	123	6 (Male 60-64)	118	Neil Stretton	M	NSRRA	Hednesford	0:39:49	0:39:38	0:10	7:55	4:55
147	148	124	16 (Male 50-54)	81	Gary Jones	M	Michelin AC	Stoke on Trent	0:39:50	0:39:49	0:01	7:57	4:56
148	147	125	17 (Male 50-54)	290	Paul Mansell	M	WEST BROMWICH HARRIERS	West Bromwich	0:39:55	0:39:41	0:13	7:56	4:55
149	150	126	25 (Male 45-49)	307	Jim Preston	M		Stafford	0:39:59	0:39:53	0:05	7:58	4:57
150	149	127	3 (Male 65-69)	262	Jonathan Pierce	M	Telford Harriers	Shifnal	0:40:01	0:39:51	0:10	7:58	4:57
151	151	24	10 (Female U35)	274	Sharna Gallagher	F	South Cheshire Harriers	Crewe	0:40:06	0:39:59	0:07	7:59	4:58
152	152	128	47 (Male U40)	382	Rob Taylor	M	Chasewater Runners	Cannock	0:40:07	0:40:02	0:04	8:00	4:58
153	155	25	3 (Female 45-49)	121	Anna Robinson	F	Stone Master Marathoners	Stone	0:40:13	0:40:07	0:05	8:01	4:59
154	153	129	26 (Male 45-49)	160	Nick Ford	M	Aldridge Running Club	Sutton Coldfield	0:40:17	0:40:05	0:12	8:01	4:58

Finisher List 5 miler

Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
155	154	130	18 (Male 50-54)	258	Dave Ralph	M	Aldridge RC	Walsall	0:40:17	0:40:05	0:12	8:01	4:58
156	156	26	11 (Female U35)	202	Lisa Wakeman	F	Aldridge Running Club	Sutton Coldfield	0:40:22	0:40:16	0:06	8:03	5:00
157	-1	131	48 (Male U40)	315	Paul Albon	M	Trail Running Association	Rugby	0:40:27			0:00	0:00
158	158	27	2 (Female 55-59)	123	Chris Skellern	F	Stafford Harriers	Stafford	0:40:29	0:40:19	0:09	8:03	5:00
159	159	132	27 (Male 45-49)	352	Vic Thomson	M	Rising Brook Runners	CANNOCK	0:40:34	0:40:23	0:10	8:04	5:01
160	157	133	7 (Male 60-64)	239	Makhan Singh	M		Stafford	0:40:35	0:40:18	0:17	8:03	5:00
161	161	134	49 (Male U40)	387	Stephen Vaughan	M	Rugeley Runners		0:40:42	0:40:26	0:16	8:05	5:01
162	160	135	16 (Male 40-44)	175	Steve Williams	M	Lichfield Running Club	Lichfield	0:40:43	0:40:24	0:18	8:04	5:01
163	162	28	12 (Female U35)	249	Lucy Berry	F	Athletique Apparel	Stafford	0:40:52	0:40:36	0:16	8:07	5:02
164	164	136	19 (Male 50-54)	205	Stewart Barnes	M		Walsall	0:40:53	0:40:44	0:09	8:08	5:03
165	163	29	6 (Female 40-44)	336	Radhika Mccathie	F		Burntwood	0:41:00	0:40:42	0:17	8:08	5:03
166	165	137	3 (Male 70+)	180	Stan Winterton	M	Trentham RC	Leek	0:41:04	0:40:54	0:10	8:10	5:04
167	166	138	50 (Male U40)	134	Richard Howell	M	NSRRA	Newcastle under Lyme	0:41:07	0:40:59	0:08	8:11	5:05
168	170	139	20 (Male 50-54)	158	Nigel Tatton	M	Telford AC	Telford	0:41:12	0:41:09	0:03	8:13	5:06
169	167	140	8 (Male 60-64)	331	Jeremy Horton	M	Rugeley Runners	Rugeley	0:41:14	0:40:59	0:14	8:11	5:05
170	168	30	4 (Female 45-49)	269	Debbie Mcdermott	F	Stafford Harriers	Uttoxeter	0:41:14	0:41:05	0:09	8:13	5:06
171	169	31	7 (Female 40-44)	172	Ruth Kennedy	F	Lichfield Running Club	Lichfield	0:41:25	0:41:08	0:17	8:13	5:06
172	171	32	8 (Female 40-44)	241	Helen Corban	F		Great Haywood	0:41:32	0:41:17	0:14	8:15	5:07
173	173	33	4 (Female 35-39)	145	Emma Dutton	F	Stone Master Marathoners	Barlaston	0:41:33	0:41:27	0:05	8:17	5:09
174	172	34	13 (Female U35)	312	Kat Saunders	F	Newcastle (Staffs) AC	Newcastle-Under-Lyme	0:41:34	0:41:24	0:10	8:16	5:08
175	174	35	3 (Female 55-59)	326	Jill Phillips	F	Trentham RC	Stoke-on-Trent	0:41:40	0:41:30	0:10	8:18	5:09
176	175	141	28 (Male 45-49)	371	Warren Thomas	M	Trentham RC	Stoke on Trent	0:41:40	0:41:30	0:10	8:18	5:09
177	176	142	51 (Male U40)	289	Jay Patel	M		Birmingham	0:41:42	0:41:31	0:10	8:18	5:09
178	179	143	52 (Male U40)	23	Alastair Herriott	M	Rising Brook Runners	STAFFORD	0:41:42	0:41:38	0:03	8:19	5:10
179	178	36	5 (Female 35-39)	270	Rachael Smith	F		Stafford	0:41:49	0:41:38	0:10	8:19	5:10
180	177	144	53 (Male U40)	120	Matthew Clarke	M		Hednesford	0:41:53	0:41:34	0:18	8:18	5:09
181	181	145	17 (Male 40-44)	318	Shaun Preece	M	Penkridge runners	Huntington	0:41:54	0:41:43	0:11	8:20	5:11
182	180	146	21 (Male 50-54)	267	Richard Gibbon	M	Lichfield Running Club	Lichfield	0:42:00	0:41:41	0:18	8:20	5:10
183	183	37	5 (Female 45-49)	235	Karen Seiles	F	Stone Master Marathoners	Stone	0:42:02	0:41:54	0:07	8:22	5:12
184	182	38	6 (Female 45-49)	142	Julie Pattyson	F		Stafford	0:42:06	0:41:51	0:14	8:22	5:12
185	184	39	1 (F65+)	97	Pam Davies	F	Stone Master Marathoners	Stafford	0:42:09	0:42:02	0:07	8:24	5:13
186	185	147	22 (Male 50-54)	271	Andy Barker	M	Rising Brook Runners	Stafford	0:42:11	0:42:05	0:06	8:25	5:13
187	189	148	54 (Male U40)	170	Jon Freeman	M	Stafford Harriers	Stafford	0:42:15	0:42:07	0:08	8:25	5:14
188	190	40	6 (Female 35-39)	378	Jenni Beckett	F	Stafford Harriers	Wolverhampton	0:42:16	0:42:07	0:08	8:25	5:14
189	192	41	9 (Female 40-44)	254	Claire Crook	F	Aldridge Running Club	Sutton coldfield	0:42:17	0:42:09	0:07	8:25	5:14
190	186	42	4 (Female 50-54)	287	Colleen Garratt	F	Chase trail runners	Walsall	0:42:19	0:42:05	0:14	8:25	5:13
191	187	149	29 (Male 45-49)	404	Dilip Patel	M	Birchfield harriers		0:42:22	0:42:05	0:16	8:25	5:13
192	191	43	7 (Female 45-49)	141	Vivien Peczek	F		Stafford	0:42:23	0:42:08	0:14	8:25	5:14
193	195	44	14 (Female U35)	171	Leann Banks	F	South Cheshire Harriers	Nantwich	0:42:24	0:42:17	0:07	8:27	5:15
194	193	150	18 (Male 40-44)	102	Neil Burton	M		Hednesford	0:42:26	0:42:15	0:11	8:27	5:15
195	194	45	10 (Female 40-44)	103	Rachel Burton	F	Chasewater Running Club	Hednesford	0:42:26	0:42:15	0:10	8:27	5:15
196	188	151	19 (Male 40-44)	198	Mark Till	M	Sneyd Striders	Walsall	0:42:27	0:42:06	0:20	8:25	5:13
197	199	46	8 (Female 45-49)	344	Sally Kenny	F	Cheadle RC	Stoke-On-Trent	0:42:33	0:42:26	0:06	8:29	5:16
198	196	152	9 (Male 60-64)	411	Bernie Holbrook	M	Newport & District RC		0:42:35	0:42:20	0:14	8:28	5:15
199	198	47	2 (F65+)	39	Dot Fellows	F		Chasetown	0:42:36	0:42:23	0:13	8:28	5:16
200	197	153	20 (Male 40-44)	135	Steven Newbould	M		Rugeley	0:42:41	0:42:22	0:19	8:28	5:15
201	200	154	4 (Male 65-69)	87	Richard Shaw	M	Stone Master Marathoners	Stone	0:42:42	0:42:32	0:10	8:30	5:17
202	201	155	10 (Male 60-64)	136	Dennis Robinson	M	South Cheshire Harriers	Crewe	0:42:48	0:42:39	0:08	8:31	5:18
203	203	48	15 (Female U35)	330	Olivia Bradley	F	Lichfield Running Club	LICHFIELD	0:42:50	0:42:47	0:02	8:33	5:19
204	206	156	21 (Male 40-44)	52	Darryl Copeland	M	Rugeley Runners	Cannock	0:43:00	0:42:50	0:09	8:34	5:19
205	204	157	5 (Male 65-69)	390	Graham Cartwright	M			0:43:02	0:42:48	0:13	8:33	5:19
206	208	158	22 (Male 40-44)	50	Richard Booth	M	Stafford Harriers	Stafford	0:43:04	0:42:53	0:11	8:34	5:19
207	209	49	4 (Female 55-59)	12	Jo Turrell	F	Lichfield Running Club	Tamworth	0:43:05	0:42:57	0:07	8:35	5:20

Finisher List 5 miler

Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
208	202	159	30 (Male 45-49)	248	Andrew Brammer	M		Burston	0:43:09	0:42:47	0:22	8:33	5:19
209	207	160	31 (Male 45-49)	137	Jason Barrett	M	Stone Master Marathoners	Yarnfield	0:43:11	0:42:53	0:18	8:34	5:19
210	205	161	32 (Male 45-49)	419	Scott Palmer	M	Stafford Harriers		0:43:14	0:42:49	0:25	8:33	5:19
211	-1	50	5 (Female 55-59)	316	Carol Bird	F	Biddulph	Congleton	0:43:16			0:00	0:00
212	211	51	11 (Female 40-44)	226	Marie Lynch	F	Aldridge Running Club	Walsall	0:43:17	0:43:10	0:07	8:38	5:21
213	212	162	55 (Male U40)	418	Doug Wootton	M			0:43:20	0:43:15	0:04	8:39	5:22
214	213	52	12 (Female 40-44)	317	Paula Kimberley	F	Penkridge runners	Huntington	0:43:27	0:43:16	0:11	8:39	5:22
215	210	163	56 (Male U40)	247	Richard Cook	M	Kings Heath Running Club	Birmingham	0:43:30	0:43:10	0:19	8:38	5:21
216	214	164	33 (Male 45-49)	168	David Taylor	M	Rugeley Runners	RUGELEY	0:43:34	0:43:18	0:15	8:39	5:22
217	215	165	13 (Male 55-59)	410	Selwyn Plant	M	Newport & District RC		0:43:46	0:43:31	0:14	8:42	5:24
218	217	166	6 (Male 65-69)	48	Brian Powell	M	NSRRA	Newcastle-under-Lyme	0:43:49	0:43:36	0:12	8:43	5:25
219	218	53	16 (Female U35)	64	Annabel Kyte	F		Bridgnorth	0:43:52	0:43:44	0:08	8:44	5:26
220	216	167	11 (Male 60-64)	268	Nigel Lee	M	Newcastle (Staffs) AC	Newcastle	0:43:54	0:43:35	0:19	8:43	5:24
221	219	54	7 (Female 35-39)	281	Caroline Nichol	F	Stafford Harriers	Stafford	0:44:00	0:43:48	0:12	8:45	5:26
222	221	168	57 (Male U40)	132	Oliver Stokes	M	Newport & District RC	Newport	0:44:13	0:43:58	0:14	8:47	5:27
223	222	55	17 (Female U35)	407	Jessica Lukat	F	Rugeley Runners		0:44:17	0:44:01	0:16	8:48	5:28
224	220	169	23 (Male 50-54)	396	Andrew Ford	M	LLYW Road Runners		0:44:20	0:43:54	0:25	8:46	5:27
225	223	56	13 (Female 40-44)	194	Helen Wassall	F	Boalloy	Congleton	0:44:28	0:44:08	0:20	8:49	5:29
226	224	170	24 (Male 50-54)	313	Chris Downing	M		Cannock	0:44:29	0:44:16	0:13	8:51	5:30
227	225	57	18 (Female U35)	17	Claire Evans	F	Vegsn Runners	Heath Hayes	0:44:32	0:44:16	0:15	8:51	5:30
228	226	171	12 (Male 60-64)	105	Ken Shenton	M	Cheadle Running Club	Stoke on trent	0:44:44	0:44:24	0:20	8:52	5:31
229	227	58	19 (Female U35)	182	Sally Ball	F	Stafford Triathlon Club	Cannock	0:44:46	0:44:36	0:09	8:55	5:32
230	228	172	23 (Male 40-44)	75	Barinderjit Cheema	M	Aldridge Running Club	Walsall	0:44:51	0:44:38	0:12	8:55	5:32
231	229	59	6 (Female 55-59)	310	Carol Astbury	F	Uttoxeter Road Runners	Stoke on trent	0:44:51	0:44:40	0:11	8:56	5:33
232	230	173	14 (Male 55-59)	328	Chris Bedford	M	Rising Brook Runners	Stafford	0:44:54	0:44:42	0:11	8:56	5:33
233	231	60	5 (Female 50-54)	275	Jenny De'Ath	F	Chasewater Runners	Burntwood	0:45:06	0:44:49	0:16	8:57	5:34
234	232	61	20 (Female U35)	246	Gemma Woodcock	F	Newcastle (Staffs) AC	Newcastle under Lyme	0:45:22	0:45:05	0:16	9:01	5:36
235	233	62	9 (Female 45-49)	304	Fiona Bowyer	F	Uttoxeter Road Runners	Uttoxeter	0:45:23	0:45:12	0:11	9:02	5:37
236	234	174	34 (Male 45-49)	255	Alex Crook	M	Aldridge Running Club	Sutton coldfield	0:45:25	0:45:14	0:11	9:02	5:37
237	235	175	15 (Male 55-59)	173	Bryan Hynes	M	Stafford Harriers	stafford	0:45:34	0:45:19	0:15	9:03	5:37
238	238	63	8 (Female 35-39)	252	Abigail Wright	F	Aldridge RC	Walsall	0:45:34	0:45:24	0:10	9:04	5:38
239	236	176	25 (Male 50-54)	216	Paul Morris	M	Nsrra	Stoke-on-Trent	0:45:37	0:45:20	0:16	9:04	5:38
240	239	64	6 (Female 50-54)	30	Jacque Rollings	F	Rugeley Runners	Rugeley	0:45:38	0:45:26	0:11	9:05	5:38
241	237	177	35 (Male 45-49)	119	Adrian Maj	M	Maj's Marauders	Rugeley	0:45:41	0:45:22	0:19	9:04	5:38
242	242	65	7 (Female 55-59)	273	Julie Tatton	F	Wrekin road runners	Telford	0:45:44	0:45:35	0:08	9:07	5:39
243	240	178	16 (Male 55-59)	57	David Hebb	M	NSRRA	STONE	0:45:47	0:45:30	0:16	9:06	5:39
244	244	66	9 (Female 35-39)	70	Claire Obrien	F	Aldridge RC	Birmingham	0:45:53	0:45:42	0:10	9:08	5:40
245	243	67	7 (Female 50-54)	276	Helen Staniforth	F	Uttoxeter Road Runners	Uttoxeter	0:45:53	0:45:41	0:12	9:08	5:40
246	241	179	13 (Male 60-64)	398	Steven Gilbert	M	Rugeley Runners		0:45:58	0:45:33	0:24	9:06	5:39
247	245	180	14 (Male 60-64)	232	David Baker	M	Staffordshire Moorlands AC	Stoke-on-Trent	0:46:07	0:45:48	0:19	9:09	5:41
248	248	181	58 (Male U40)	375	Nick Wright	M	Penkridge runners	Cannock	0:46:18	0:46:07	0:11	9:13	5:43
249	247	68	10 (Female 35-39)	242	Dawn Sharman	F		Hixon	0:46:22	0:46:07	0:14	9:13	5:43
250	246	69	10 (Female 45-49)	207	Hazel Moore	F	Lichfield Running Club	Lichfield	0:46:23	0:46:05	0:18	9:13	5:43
251	249	182	17 (Male 55-59)	372	Keith Lowther	M	Lichfield Running Club	lichfield	0:46:29	0:46:08	0:20	9:13	5:43
252	251	183	4 (Male 70+)	211	Graham Williams	M	Stafford Harriers	Stafford	0:46:47	0:46:34	0:12	9:18	5:47
253	253	184	36 (Male 45-49)	21	Tim Herriott	M	Rising Brook Runners	STAFFORD	0:46:49	0:46:37	0:12	9:19	5:47
254	250	185	37 (Male 45-49)	365	Mark Turner	M		STAFFORD	0:46:53	0:46:33	0:20	9:18	5:47
255	252	70	11 (Female 35-39)	347	Michelle Pheasant	F	Chase Harriers	hednesford	0:46:57	0:46:36	0:20	9:19	5:47
256	254	71	21 (Female U35)	152	Jessie-Leigh Oôçöullivan	F	Chasewater Runners	Cannock	0:47:13	0:46:49	0:24	9:21	5:49
257	256	186	59 (Male U40)	342	Josh Ainsworth	M		Wolverhampton	0:47:15	0:47:03	0:11	9:24	5:50
258	255	187	18 (Male 55-59)	111	Richard Geoghegan	M		Stafford	0:47:16	0:47:03	0:12	9:24	5:50
259	258	72	22 (Female U35)	16	Saffron Latham	F	Stafford Harriers	Stafford	0:47:21	0:47:08	0:12	9:25	5:51
260	257	188	26 (Male 50-54)	1	Paul Fowler	M	Lichfield Running Club	Lichfield	0:47:29	0:47:08	0:20	9:25	5:51

Finisher List 5 miler

Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
261	260	189	7 (Male 65-69)	96	Malcolm Mccoig	M	Stone Master Marathoners	Stafford	0:47:33	0:47:21	0:11	9:28	5:53
262	259	73	23 (Female U35)	37	Naomi Brownless	F		STAFFORD	0:47:35	0:47:18	0:17	9:27	5:52
263	261	74	24 (Female U35)	314	Sophie Albon	F	Rugby Triathlon Club	Rugby	0:47:45	0:47:27	0:18	9:29	5:53
264	262	75	25 (Female U35)	367	Charlotte Smith	F	Potters Trotters	Leek	0:47:47	0:47:31	0:15	9:30	5:54
265	263	190	27 (Male 50-54)	227	Nigel Lynch	M	Aldridge Running Club	Walsall	0:48:00	0:47:34	0:25	9:30	5:54
266	264	76	8 (Female 50-54)	165	Donna Harris	F	Chase Harriers	Cannock	0:48:02	0:47:41	0:21	9:32	5:55
267	266	77	9 (Female 50-54)	228	Karen Murray	F	Stafford Harriers	Stafford	0:48:04	0:47:52	0:12	9:34	5:56
268	267	191	28 (Male 50-54)	288	Martyn Garratt	M	Chase trail runners	Walsall	0:48:07	0:47:52	0:14	9:34	5:56
269	265	192	29 (Male 50-54)	71	Paul Thacker	M	Chase Harriers	Stafford	0:48:07	0:47:46	0:21	9:33	5:56
270	272	193	60 (Male U40)	104	Lee Armitage	M	South Cheshire Harriers	Nantwich	0:48:11	0:48:01	0:09	9:36	5:58
271	270	194	15 (Male 60-64)	69	Graham Lee	M	Rising Brook Runners	Stafford	0:48:12	0:47:58	0:14	9:35	5:57
272	269	78	26 (Female U35)	177	Meg Griffith Otway	F	N/A	Crewe	0:48:16	0:47:56	0:19	9:35	5:57
273	268	79	27 (Female U35)	176	Eilis Griffith Otway	F	N/A	Crewe	0:48:16	0:47:56	0:20	9:35	5:57
274	271	80	1 (Female 60-64)	148	Olive Otway	F	Potters Trotters	Crewe	0:48:18	0:47:59	0:19	9:35	5:57
275	273	81	12 (Female 35-39)	149	Michelle Harrop	F	Potters Trotters	Crewe	0:48:34	0:48:18	0:16	9:39	6:00
276	276	195	30 (Male 50-54)	224	Rob Johnson	M	Rising Brook Runners	Stafford	0:48:38	0:48:32	0:06	9:42	6:01
277	274	196	19 (Male 55-59)	305	Shaun Mcquillin	M		Stafford	0:48:42	0:48:21	0:21	9:40	6:00
278	275	82	10 (Female 50-54)	112	Lynn Geoghegan	F		Stafford	0:48:44	0:48:31	0:13	9:42	6:01
279	277	83	28 (Female U35)	393	Nicola Ticehurst	F	South Cheshire Harriers	Crewe	0:48:46	0:48:38	0:08	9:43	6:02
280	279	197	61 (Male U40)	34	Steve Harvey	M		Rugeley	0:48:59	0:48:41	0:17	9:44	6:03
281	278	198	16 (Male 60-64)	80	John Holmes	M	NSRRA	Stoke on Trent	0:49:03	0:48:39	0:23	9:43	6:02
282	280	84	11 (Female 45-49)	186	Janice Haywood	F	Penkridge runners	penkridge Stafford	0:49:04	0:48:53	0:11	9:46	6:04
283	281	85	11 (Female 50-54)	364	Nikki Lambert	F		Stafford	0:49:17	0:48:55	0:21	9:47	6:04
284	282	86	14 (Female 40-44)	125	Liz Shillito	F	Stafford Harriers	Penkridge	0:49:20	0:48:58	0:21	9:47	6:05
285	283	199	20 (Male 55-59)	383	Simon Bryan	M		Cambridge	0:49:22	0:49:03	0:19	9:48	6:05
286	285	200	17 (Male 60-64)	140	David Peczek	M		Stafford	0:49:27	0:49:11	0:15	9:50	6:06
287	287	201	38 (Male 45-49)	295	John Thomson	M	Rising Brook Runners	Stafford	0:49:27	0:49:14	0:13	9:50	6:07
288	284	87	12 (Female 45-49)	376	Kim Brown	F	Chase Harriers	Cannock	0:49:29	0:49:08	0:21	9:49	6:06
289	286	88	13 (Female 45-49)	94	Suzanne Potts	F	Newport & District RC	Stafford	0:49:29	0:49:12	0:17	9:50	6:06
290	289	89	15 (Female 40-44)	348	Claire Sutton	F		Tipton	0:49:42	0:49:28	0:14	9:53	6:08
291	288	90	8 (Female 55-59)	210	Wendy Sears	F	Stafford Harriers	Stafford	0:49:45	0:49:26	0:19	9:53	6:08
292	290	202	39 (Male 45-49)	108	Nicholas Davies	M	Cannock leisure centre	Stafford	0:50:04	0:49:48	0:16	9:57	6:11
293	291	203	62 (Male U40)	363	Alex Hunt	M		Tamworth	0:50:33	0:50:09	0:24	10:01	6:13
294	292	91	12 (Female 50-54)	279	Dawn Hopley	F	Chase Harriers	Hednesford	0:50:49	0:50:32	0:16	10:06	6:16
295	293	92	9 (Female 55-59)	91	Julie Nokes	F	Stafford Harriers	Stafford	0:51:19	0:50:55	0:24	10:11	6:19
296	294	204	24 (Male 40-44)	77	Tim Slater	M		burntwood	0:51:24	0:51:00	0:23	10:12	6:20
297	297	93	16 (Female 40-44)	351	Melissa Gardner	F		West Bromwich	0:51:25	0:51:10	0:14	10:14	6:21
298	295	205	40 (Male 45-49)	208	Richard Cook	M		Lichfield	0:51:29	0:51:04	0:24	10:12	6:20
299	296	206	5 (Male 70+)	31	Alfred Slater	M	Nsrra	Burntwood	0:51:33	0:51:09	0:24	10:13	6:21
300	298	94	14 (Female 45-49)	201	Georgina Westwood	F	Telford Harriers	Telford	0:51:45	0:51:31	0:13	10:18	6:24
301	299	95	13 (Female 50-54)	110	Janice Wainwright	F		Willenhall	0:51:52	0:51:35	0:17	10:19	6:24
302	301	207	18 (Male 60-64)	192	Colin Pheasant	M	Chase Harriers	Hednesford	0:52:04	0:51:55	0:09	10:23	6:27
303	305	96	29 (Female U35)	373	Felicity Wheatley Simmons	F	Rising Brook Runners	Stafford	0:52:10	0:52:04	0:06	10:24	6:28
304	308	97	10 (Female 55-59)	76	Christina Siekierska	F		Lichfield	0:52:12	0:52:12	0:00	10:26	6:29
305	302	208	41 (Male 45-49)	196	Darren Fawke	M	Telford Harriers	Telford	0:52:14	0:52:00	0:13	10:24	6:27
306	300	98	13 (Female 35-39)	285	Lexy Ainsworth	F	Cheadle Running Club	Stoke-on-Trent	0:52:16	0:51:54	0:22	10:22	6:26
307	303	99	14 (Female 50-54)	358	Marian Lowther	F	Lichfield Running Club	Lichfield	0:52:21	0:52:01	0:20	10:24	6:27
308	306	100	15 (Female 45-49)	225	Melody Morris	F	Potters Trotters	Stoke on trent	0:52:25	0:52:08	0:17	10:25	6:28
309	304	209	31 (Male 50-54)	127	Steve Heath	M		Rugeley	0:52:26	0:52:03	0:23	10:24	6:28
310	307	101	30 (Female U35)	286	Charlotte Titterton	F	Cheadle Running Club	Stoke on Trent	0:52:31	0:52:09	0:22	10:25	6:28
311	309	102	16 (Female 45-49)	291	Suzanne Brotherhood	F	Stafford Harriers	STAFFORD	0:52:41	0:52:18	0:22	10:27	6:29
312	310	103	17 (Female 45-49)	401	Andrea Hastelow	F	Michelin AC		0:52:42	0:52:19	0:23	10:27	6:30
313	311	104	18 (Female 45-49)	245	Donna Hesbrook-Edwards	F	Newport and District Running Club	Newport	0:52:56	0:52:42	0:14	10:32	6:32

Finisher List 5 miler

Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
314	313	105	14 (Female 35-39)	323	Victoria Harvey	F		Ashbourne	0:53:12	0:52:52	0:20	10:34	6:34
315	312	210	8 (Male 65-69)	233	Gordon Banks	M		STAFFORD	0:53:13	0:52:49	0:24	10:33	6:33
316	314	106	17 (Female 40-44)	147	Neen Grech	F	Potters Trotters	Stoke-on-Trent	0:53:31	0:53:13	0:18	10:38	6:36
317	315	211	6 (Male 70+)	251	Charles Jarman	M	Rugeley Runners	Burton on Trent	0:53:43	0:53:23	0:19	10:40	6:38
318	316	212	63 (Male U40)	334	Luke Harlow	M		Oldbury	0:53:47	0:53:24	0:23	10:40	6:38
319	319	107	31 (Female U35)	353	Konna Thomson	F		CANNOCK	0:53:50	0:53:38	0:12	10:43	6:39
320	318	108	19 (Female 45-49)	343	Laura Jones	F	Stafford Harriers	Stafford	0:53:52	0:53:29	0:22	10:41	6:38
321	317	109	20 (Female 45-49)	301	Melanie Gorman	F	Stafford Harriers	Stafford	0:53:52	0:53:29	0:22	10:41	6:38
322	320	110	2 (Female 60-64)	184	Sue Down	F	Rising Brook Runners	Stafford	0:54:05	0:53:53	0:12	10:46	6:41
323	322	111	3 (F65+)	49	Hazel Powell	F		Newcastle-under-Lyme	0:54:24	0:54:11	0:12	10:50	6:44
324	321	213	42 (Male 45-49)	79	Richard Coates	M	Stafford Tri/ Chase Harriers	Cannock	0:54:32	0:54:11	0:21	10:50	6:44
325	323	112	32 (Female U35)	386	Zoe Burns	F	Rugeley Runners	Rugely	0:54:40	0:54:20	0:20	10:52	6:45
326	324	113	21 (Female 45-49)	63	Viki Dobbs	F	Aldridge Running Club	Walsall	0:54:47	0:54:21	0:26	10:52	6:45
327	325	114	33 (Female U35)	259	Rachel Hawkins	F		Stafford	0:55:12	0:54:44	0:27	10:56	6:48
328	327	214	9 (Male 65-69)	185	Ken Down	M	Rising Brook Runners	Stafford	0:55:14	0:55:02	0:12	11:00	6:50
329	326	215	19 (Male 60-64)	240	Steve Cannon	M		Stafford	0:55:18	0:54:50	0:27	10:58	6:48
330	328	216	7 (Male 70+)	82	John Hateley	M	Stafford Harriers	Codsall	0:55:43	0:55:18	0:25	11:03	6:52
331	333	115	22 (Female 45-49)	162	Lindsey Benton	F	Chasewater Runners	Walsall	0:56:17	0:56:01	0:15	11:12	6:57
332	332	116	34 (Female U35)	161	Charlotte Benton	F		Walsall	0:56:17	0:56:01	0:15	11:12	6:57
333	329	117	15 (Female 35-39)	19	Alice Hawkins	F	Stafford Harriers	Stafford	0:56:19	0:55:51	0:27	11:10	6:56
334	330	118	3 (Female 60-64)	311	Jackie Hawkins	F		Stafford	0:56:19	0:55:52	0:27	11:10	6:56
335	331	217	10 (Male 65-69)	222	Alan Daffern	M		Walsall	0:56:24	0:56:00	0:24	11:12	6:57
336	334	119	4 (F65+)	62	Josephine Jones	F	Rising Brook Runners	Stafford	0:56:33	0:56:26	0:06	11:17	7:00
337	335	120	18 (Female 40-44)	22	Wendy Herriott	F	Rising Brook Runners	STAFFORD	0:57:12	0:56:58	0:13	11:23	7:04
338	336	121	15 (Female 50-54)	388	Jennifer Burns	F	Rugeley Runners	Rugely	0:57:37	0:57:17	0:20	11:27	7:07
339	337	122	11 (Female 55-59)	109	Tina Maguire	F		Wolverhampton	0:57:49	0:57:31	0:18	11:30	7:08
340	338	123	16 (Female 50-54)	406	Lynda Cartwright	F	Stone Master Marathoners		0:58:13	0:57:49	0:24	11:33	7:11
341	339	124	19 (Female 40-44)	10	Jane Jones	F	Chasewater Runners	Hednesford	0:58:18	0:58:02	0:16	11:36	7:12
342	340	125	20 (Female 40-44)	408	Zoe Hawkey	F	Trentham RC		0:58:28	0:58:03	0:25	11:36	7:12
343	341	126	4 (Female 60-64)	191	Sarah Gray	F	Stafford Harriers	Stafford	0:58:39	0:58:15	0:23	11:39	7:14
344	342	127	35 (Female U35)	138	Tania Compton	F	Blythe Bridge Running Club	Stoke on trent	0:58:39	0:58:19	0:20	11:39	7:14
345	344	128	23 (Female 45-49)	66	Pamela Davies	F	Chase Harriers	Rugeley	0:58:52	0:58:31	0:21	11:42	7:16
346	343	129	21 (Female 40-44)	414	Sarah Bishop	F	ARC		0:58:53	0:58:26	0:27	11:41	7:15
347	345	218	25 (Male 40-44)	20	Darran Morris	M	Michelin AC	Stoke-On-Trent	0:59:01	0:58:38	0:23	11:43	7:17
348	346	130	16 (Female 35-39)	41	Kate Griffin	F	Potters Trotters	Stoke on Trent	0:59:04	0:58:45	0:18	11:45	7:18
349	347	131	24 (Female 45-49)	107	Becci Leathley	F	Cannock leisure centre	Stafford	0:59:18	0:59:00	0:17	11:48	7:19
350	349	132	5 (Female 60-64)	68	Fay Lee	F	Rising Brook Runners	Stafford	0:59:52	0:59:39	0:13	11:55	7:24
351	348	133	25 (Female 45-49)	400	Bridget Mccourt	F	Michelin AC		0:59:56	0:59:33	0:23	11:54	7:24
352	350	134	22 (Female 40-44)	99	Claire Haywood	F			1:00:30	1:00:13	0:17	12:02	7:29
353	351	135	23 (Female 40-44)	72	Jo Thacker	F	Chase Harriers	Stafford	1:00:46	1:00:25	0:21	12:05	7:30
354	352	136	12 (Female 55-59)	309	Linda Woodall	F	Michelin Athletic Club	Stoke on Trent	1:01:45	1:01:23	0:22	12:16	7:37
355	354	219	11 (Male 65-69)	131	John Stokes	M	Newport & District RC	Newport	1:02:32	1:02:16	0:15	12:27	7:44
356	353	137	17 (Female 35-39)	25	Victoria Bird	F	Aldridge Running Club	Walsall	1:02:37	1:02:10	0:26	12:26	7:43
357	355	138	36 (Female U35)	322	Holly Tarr	F	Chase Harriers	Rugeley	1:02:58	1:02:40	0:18	12:32	7:47
358	356	139	18 (Female 35-39)	416	Emma Ward	F	Telford Harriers		1:03:02	1:02:45	0:17	12:33	7:47
359	357	140	13 (Female 55-59)	200	Hazel Barlow	F	Michelin Athletic Club	Stoke on Trent	1:03:15	1:02:52	0:22	12:34	7:48
360	358	141	14 (Female 55-59)	381	Linda Brooker	F	Newport & District RC	Newport	1:03:25	1:03:08	0:16	12:37	7:50
361	359	142	19 (Female 35-39)	24	Gemma Brown	F	Rising Brook Runners	Cannock	1:04:33	1:04:14	0:19	12:50	7:58
362	360	143	24 (Female 40-44)	181	Emma Preston	F	Aldridge Running Club	Walsall	1:08:33	1:08:06	0:26	13:37	8:27
363	361	144	26 (Female 45-49)	369	Amanda Edwards	F	Rising Brook Runners	Stafford	1:08:45	1:08:26	0:18	13:41	8:30
364	362	145	27 (Female 45-49)	58	Lindsey Ankers	F	South Cheshire Harriers	Crewe	1:09:12	1:08:43	0:28	13:44	8:32
365	363	146	37 (Female U35)	380	Gemma Archer	F	Aldridge Running Club	Burntwood	1:09:56	1:09:29	0:26	13:53	8:38
366	364	147	28 (Female 45-49)	139	Jane Fletcher	F	Rising Brook Runners	Staffordshire	1:12:42	1:12:23	0:18	14:28	8:59

Finisher List 5 miler

Gun pos	Chip pos	Gender pos	Cat pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay	Pace (min/ml)	(min/Km)
367	366	148	17 (Female 50-54)	74	Donna Sealey	F	Rugeley Runners	Rugeley	1:13:06	1:12:47	0:19	14:33	9:02
368	365	149	38 (Female U35)	46	Amanda Woolaston	F	Aldridge Running Club	Walsall	1:13:08	1:12:41	0:26	14:32	9:01

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