

## Staffs Knot 2022 5 miler Results

OverallPos	GenderPos	Gender	CategPos	Category	Name	Race num	Club	Town	Chip time	Pace
1	1	Male	1	Ages 19-39	Lee Gratton	55	Rugeley Runners		00:25:28	5:05 min/m
2	2	Male	2	Ages 19-39	Ross Connor	186	City of Stoke AC		00:27:05	5:25 min/m
3	3	Male	1	Ages 40-44	Carl Moulton	47	Boalloy Running Club		00:27:11	5:26 min/m
4	4	Male	3	Ages 19-39	Jonathan Read	123			00:28:22	5:40 min/m
5	5	Male	4	Ages 19-39	Matthew Craen	8	Cannock & Stafford AC		00:28:49	5:45 min/m
6	6	Male	5	Ages 19-39	Peter Nimmo	157	City of Stoke AC		00:29:06	5:49 min/m
7	7	Male	2	Ages 40-44	Robert Cartwright	81	Wolverhampton & Bilston		00:29:16	5:51 min/m
8	8	Male	6	Ages 19-39	Thomas Chell	24	City of Stoke AC		00:29:16	5:51 min/m
9	9	Male	1	Ages 55-59	Christopher Hollinshead	111	Cannock & Stafford AC		00:29:21	5:52 min/m
10	10	Male	7	Ages 19-39	John Doyle	171	Lichfield Running Club		00:29:32	5:54 min/m
11	11	Male	1	Ages 50-54	Nigel Haycock	131	Cannock & Stafford AC		00:29:34	5:54 min/m
12	12	Male	3	Ages 40-44	Ben Bewley	16	Newcastle Staffs AC		00:29:55	5:59 min/m
13	13	Male	4	Ages 40-44	Stephen Morgan	4	Chase harriers		00:30:19	6:03 min/m
14	14	Male	1	Ages 45-49	Dean Hill	204	Tipton Harriers		00:30:28	6:05 min/m
15	15	Male	8	Ages 19-39	Pat Buckingham	211	Trentham RC		00:30:32	6:06 min/m
16	16	Male	5	Ages 40-44	Tayne Cornelius	69	Cannock Chase Trial Runners		00:30:46	6:09 min/m
17	17	Male	1	Ages U19	Lucas Willson	59	Stafford Harriers		00:31:06	6:13 min/m
18	18	Male	2	Ages 50-54	John Harrison	77	Staffordshire Police		00:31:09	6:13 min/m
19	19	Male	3	Ages 50-54	David Morrell	68	City of Stoke AC		00:31:27	6:17 min/m
20	1	Female	1	Ages 19-34	Lucy Matthews	144	City of Stoke AC		00:31:35	6:19 min/m
21	20	Male	9	Ages 19-39	Morgan Bradley	177	Lichfield Running Club		00:31:41	6:20 min/m
22	2	Female	2	Ages 19-34	Kelly Butler	67	City of Stoke AC		00:31:47	6:21 min/m
23	21	Male	6	Ages 40-44	Phil Hilsdon	164	Stafford Harriers		00:31:55	6:23 min/m
24	3	Female	3	Ages 19-34	Sophia Harrison	79	Swansea Harriers		00:31:59	6:23 min/m
25	22	Male	2	Ages 55-59	Darren Pyatt	56	Stone Master Marathoners		00:32:18	6:27 min/m
26	23	Male	7	Ages 40-44	Steven Jennings	156	Stoke F.I.T		00:32:25	6:29 min/m
27	24	Male	10	Ages 19-39	Alex Mackay	132			00:32:26	6:29 min/m
28	25	Male	11	Ages 19-39	Konrad Wainaina	82	Lichfield Running Club		00:32:27	6:29 min/m
29	26	Male	4	Ages 50-54	James Simpson	120	South Cheshire Harriers		00:32:28	6:29 min/m

OverallPos	GenderPos	Gender	CategPos	Category	Name	Race num	Club	Town	Chip time	Pace
30	27	Male	2	Ages 45-49	Dave Sanders	80	Lichfield Running Club		00:32:35	6:31 min/m
31	28	Male	3	Ages 45-49	Andrew Cotterill	162	Cannock & Stafford AC		00:32:39	6:31 min/m
32	29	Male	12	Ages 19-39	Liam Widdowson	214			00:32:41	6:32 min/m
33	30	Male	8	Ages 40-44	Paul Thomson	46			00:32:47	6:33 min/m
34	4	Female	4	Ages 19-34	Nia Nokes	3	City of Stoke AC		00:32:51	6:34 min/m
35	31	Male	5	Ages 50-54	Gareth Stubbs	87	Lichfield Running Club		00:32:54	6:34 min/m
36	32	Male	13	Ages 19-39	James Coombes	83	Lichfield Running Club		00:32:55	6:35 min/m
37	33	Male	9	Ages 40-44	Owen Davies	182	Lichfield Running Club		00:33:00	6:36 min/m
38	34	Male	14	Ages 19-39	Lee Davies	207			00:33:28	6:41 min/m
39	35	Male	2	Ages U19	Matthew Hilsdon	163	Stafford Harriers		00:33:34	6:42 min/m
40	36	Male	1	Ages 60-64	Mick Haire	124	Boalloy Running Club		00:33:43	6:44 min/m
41	37	Male	3	Ages 55-59	Andy Thomas	17	Sandbach Striders		00:33:47	6:45 min/m
42	38	Male	6	Ages 50-54	Justin Green	43	Stafford Harriers		00:33:47	6:45 min/m
43	39	Male	10	Ages 40-44	Adam Lightfoot	201	Stafford Harriers		00:33:57	6:47 min/m
44	40	Male	4	Ages 45-49	Steven Mccann	49	Stone Master Marathoners		00:33:58	6:47 min/m
45	41	Male	15	Ages 19-39	Rich Keen	161	Gator Athletics Club		00:34:01	6:48 min/m
46	42	Male	5	Ages 45-49	Lloyd Fox	192	Chase harriers		00:34:06	6:49 min/m
47	43	Male	7	Ages 50-54	Simon Lewis	38	Stoke F.I.T		00:34:08	6:49 min/m
48	5	Female	1	Ages 50-54	Jayne Dickens	141	Trentham Running Club		00:34:09	6:49 min/m
49	6	Female	1	Ages 35-39	Amanda Kelly	21	Stoke F.I.T		00:34:16	6:51 min/m
50	44	Male	16	Ages 19-39	Ben Keen	140	Gator Athletics Club		00:34:16	6:51 min/m
51	45	Male	17	Ages 19-39	Liam Masefield-Ball	199			00:34:19	6:51 min/m
52	46	Male	18	Ages 19-39	Paul Hall	36	Blythe Bridge Running Club		00:34:27	6:53 min/m
53	47	Male	19	Ages 19-39	Matt Craig	117	Stoke F.I.T		00:34:52	6:58 min/m
54	7	Female	2	Ages 35-39	Emily Nott	13	Congleton Harriers		00:35:00	7:00 min/m
55	48	Male	20	Ages 19-39	Sam Knight	74			00:35:24	7:04 min/m
56	8	Female	1	Ages 40-44	Suzy Street-Hall	33	Tipton Harriers		00:35:27	7:05 min/m
57	49	Male	8	Ages 50-54	Delmont Betts	185	majs marauders		00:35:50	7:10 min/m
58	50	Male	21	Ages 19-39	Chris Hassall	106	South Cheshire Harriers		00:36:00	7:12 min/m
59	51	Male	11	Ages 40-44	Dean Windsor	30			00:36:07	7:13 min/m
60	9	Female	1	Ages 55-59	Carol Higgs	64	Trentham Running Club		00:36:17	7:15 min/m

OverallPos	GenderPos	Gender	CategPos	Category	Name	Race num	Club	Town	Chip time	Pace
61	52	Male	22	Ages 19-39	Paul Marshall	19	Trentham Running Club		00:36:22	7:16 min/m
62	53	Male	12	Ages 40-44	David Nimmo	178	South Cheshire Harriers		00:36:25	7:17 min/m
63	54	Male	23	Ages 19-39	Josh Graves	212	Rising brook runners		00:36:28	7:17 min/m
64	55	Male	4	Ages 55-59	Mark Duddy	94			00:36:31	7:18 min/m
65	10	Female	5	Ages 19-34	Hannah Stokes	110	Lichfield Running Club		00:36:37	7:19 min/m
66	56	Male	6	Ages 45-49	Nick Parkes	107	Lichfield Running Club		00:36:42	7:20 min/m
67	11	Female	2	Ages 40-44	Sarah Maund	50	Birchfield Harriers		00:36:45	7:21 min/m
68	57	Male	7	Ages 45-49	Dean Roe	147	Cannock Chase Trial Runners		00:36:49	7:21 min/m
69	58	Male	13	Ages 40-44	Martin Wall	128	Aldridge running club		00:36:52	7:22 min/m
70	59	Male	5	Ages 55-59	Dave Payling	9	Cannock & Stafford AC		00:37:09	7:25 min/m
71	12	Female	3	Ages 40-44	Claire Kivlin	145	South Cheshire Harriers		00:37:15	7:27 min/m
72	60	Male	14	Ages 40-44	Antonio Treglia	165	Stafford Harriers		00:37:17	7:27 min/m
73	13	Female	6	Ages 19-34	Helen Jones	139			00:37:20	7:28 min/m
74	61	Male	15	Ages 40-44	Darren Bloor	198	Blythe Bridge RC		00:37:23	7:28 min/m
75	62	Male	16	Ages 40-44	Damian Hood	61			00:37:46	7:33 min/m
76	63	Male	2	Ages 60-64	Keith Lowther	127	Lichfield Running Club		00:37:49	7:33 min/m
77	64	Male	8	Ages 45-49	Richard Wilcox	166	Naughty boy's run club		00:37:59	7:35 min/m
78	65	Male	3	Ages 60-64	John Guest	169	Trentham Running Club		00:38:08	7:37 min/m
79	66	Male	1	Ages 65-69	John Cooke	10	Cannock & Stafford AC		00:38:12	7:38 min/m
80	67	Male	9	Ages 45-49	Lee Bowers	37	Silverdale RC		00:38:21	7:40 min/m
81	68	Male	2	Ages 65-69	Alan Brookes	138	Trentham Running Club		00:38:27	7:41 min/m
82	69	Male	9	Ages 50-54	Peter Chell	11	Stafford Harriers		00:38:29	7:41 min/m
83	70	Male	17	Ages 40-44	Simon Cope	200	@hotmail.com		00:38:31	7:42 min/m
84	71	Male	18	Ages 40-44	Anthony Smith	45			00:38:32	7:42 min/m
85	14	Female	1	Ages 45-49	Ruth Gamwell	40	Macclesfield Harriers & AC		00:38:41	7:44 min/m
86	72	Male	10	Ages 50-54	Grahame Cope	188	Stone Master Marathoners		00:38:41	7:44 min/m
87	15	Female	2	Ages 45-49	Sarah Macleman	183	majs marauders		00:38:52	7:46 min/m
88	73	Male	3	Ages 65-69	Michael Bailey	53	Badgers		00:38:53	7:46 min/m
89	74	Male	10	Ages 45-49	David Kivlin	146	South Cheshire Harriers		00:38:55	7:47 min/m
90	16	Female	7	Ages 19-34	Vanessa Welham	108	Stafford Harriers		00:38:58	7:47 min/m
91	17	Female	2	Ages 50-54	Emma Hollinshead	118	Cannock & Stafford AC		00:39:00	7:48 min/m

OverallPos	GenderPos	Gender	CategPos	Category	Name	Race num	Club	Town	Chip time	Pace
92	75	Male	19	Ages 40-44	Robert Taylor	150	Chase harriers		00:39:03	7:48 min/m
93	76	Male	4	Ages 60-64	Russell Williams	109			00:39:10	7:50 min/m
94	18	Female	3	Ages 35-39	Nicola Pestel	121	Stafford Harriers		00:39:22	7:52 min/m
95	77	Male	24	Ages 19-39	Rhys Mcdowell	65	Stafford Harriers		00:39:22	7:52 min/m
96	78	Male	11	Ages 50-54	Paul Turner	52	Rising brook runners		00:39:27	7:53 min/m
97	19	Female	4	Ages 35-39	Veronika Foster	119			00:39:46	7:57 min/m
98	20	Female	8	Ages 19-34	Rebecca Howlett	105	South Cheshire Harriers		00:39:49	7:57 min/m
99	79	Male	25	Ages 19-39	Andy Torbitt	57	Macclesfield Harriers & AC		00:39:59	7:59 min/m
100	21	Female	3	Ages 45-49	Helen Somers	28	Stone Master Marathoners		00:40:03	8:00 min/m
101	80	Male	11	Ages 45-49	Alwyn Williams	194	Chester Road Runners		00:40:06	8:01 min/m
102	81	Male	6	Ages 55-59	Stephen Howard	187	Lichfield Running Club		00:40:09	8:01 min/m
103	22	Female	4	Ages 40-44	Catherine Curtis	122	Stafford Triathlon Club		00:40:18	8:03 min/m
104	82	Male	5	Ages 60-64	Neil Read	103	Chase harriers		00:40:22	8:04 min/m
105	23	Female	5	Ages 40-44	Emma Abberley-Walker	181	Nsrra		00:40:28	8:05 min/m
106	83	Male	7	Ages 55-59	Andy Barker	158	Rising brook runners		00:40:34	8:06 min/m
107	84	Male	6	Ages 60-64	Adrian Frost	136	Trentham Running Club		00:40:46	8:09 min/m
108	24	Female	9	Ages 19-34	Charlotte Kedge	88			00:41:12	8:14 min/m
109	85	Male	20	Ages 40-44	Steve Harvey	174	Hatton Darts RC		00:41:12	8:14 min/m
110	25	Female	5	Ages 35-39	Sally Ball	189	Stafford Triathlon Club		00:41:13	8:14 min/m
111	86	Male	4	Ages 65-69	Clive Heathcock	99	South Cheshire Harriers		00:41:16	8:15 min/m
112	87	Male	12	Ages 50-54	Jim Preston	167			00:41:17	8:15 min/m
113	88	Male	21	Ages 40-44	James Tutton	75	Stoke F.I.T		00:41:17	8:15 min/m
114	26	Female	1	Ages 60-64	Sarah Gray	5	Stafford Harriers		00:41:19	8:15 min/m
115	89	Male	13	Ages 50-54	Paul Bentham	15	Stafford Harriers		00:41:19	8:15 min/m
116	90	Male	26	Ages 19-39	Dan Preston	168			00:41:44	8:20 min/m
117	91	Male	22	Ages 40-44	Mark Gibson	29	Trentham Running Club		00:41:44	8:20 min/m
118	92	Male	5	Ages 65-69	Mak Singh	205			00:41:58	8:23 min/m
119	93	Male	23	Ages 40-44	Andy Hughes	41	South Cheshire Harriers		00:42:06	8:25 min/m
120	94	Male	7	Ages 60-64	Max Parry	154	Rising brook runners		00:42:24	8:28 min/m
121	95	Male	3	Ages U19	Ben Green	60	Stafford Harriers		00:42:26	8:29 min/m
122	96	Male	6	Ages 65-69	Dennis Robinson	97	South Cheshire Harriers		00:42:45	8:33 min/m

OverallPos	GenderPos	Gender	CategPos	Category	Name	Race num	Club	Town	Chip time	Pace
123	97	Male	14	Ages 50-54	Tim Herriott	6	Rising brook runners		00:42:55	8:35 min/m
124	98	Male	24	Ages 40-44	Paul Mcadams	2			00:42:59	8:35 min/m
125	27	Female	4	Ages 45-49	Anna Rollo	91	Rising brook runners		00:43:07	8:37 min/m
126	28	Female	10	Ages 19-34	Nicola Dean	76			00:43:08	8:37 min/m
127	99	Male	8	Ages 55-59	Kevin Attwood	160	Aldridge running club		00:43:09	8:37 min/m
128	100	Male	1	Ages 75-79	Alan Jeavans	12			00:43:14	8:38 min/m
129	29	Female	2	Ages 60-64	Ann Robinson	130	Cannock & Stafford AC		00:43:14	8:38 min/m
130	30	Female	2	Ages 55-59	Maxine Hough	58	South Cheshire Harriers		00:43:22	8:40 min/m
131	31	Female	6	Ages 40-44	Rebecca Head	86	Lichfield Running Club		00:43:23	8:40 min/m
132	32	Female	5	Ages 45-49	Ruth Brierley	102	Chase harriers		00:44:02	8:48 min/m
133	101	Male	8	Ages 60-64	Simon Hudson	73	Aldridge running club		00:44:09	8:49 min/m
134	33	Female	7	Ages 40-44	Claire Crook	170	Aldridge running club		00:44:09	8:49 min/m
135	34	Female	3	Ages 50-54	Lorraine Prince	116			00:44:12	8:50 min/m
136	102	Male	25	Ages 40-44	David Westhead	34	Chase harriers		00:44:19	8:51 min/m
137	35	Female	3	Ages 55-59	Jo Turrell	26	Lichfield Running Club		00:44:21	8:52 min/m
138	103	Male	15	Ages 50-54	Andrew Crosby	70	Blythe Bridge Running Club		00:44:49	8:57 min/m
139	36	Female	3	Ages 60-64	Julie Dudley	137	Cheadle RC		00:44:56	8:59 min/m
140	104	Male	16	Ages 50-54	Tom Shaw	23	Michelin AC		00:45:09	9:01 min/m
141	105	Male	9	Ages 55-59	Nick Doughty	175			00:45:12	9:02 min/m
142	106	Male	27	Ages 19-39	Jon Hillman	155	Nsrra		00:45:17	9:03 min/m
143	37	Female	4	Ages 50-54	Yvonne Cooper	90	Chase harriers		00:45:18	9:03 min/m
144	107	Male	10	Ages 55-59	Tim Elsmore	89	Chase harriers		00:45:24	9:04 min/m
145	108	Male	7	Ages 65-69	Nigel Lee	126	Newcastle Staffs AC		00:45:24	9:04 min/m
146	38	Female	6	Ages 35-39	Karen Andrew	153			00:45:25	9:05 min/m
147	39	Female	8	Ages 40-44	Karla Stack	209			00:45:26	9:05 min/m
148	40	Female	6	Ages 45-49	Helen King	85	Lichfield Running Club		00:45:26	9:05 min/m
149	41	Female	1	Ages 65-69	Christine Kilkenny	135	Cannock & Stafford AC		00:45:35	9:07 min/m
150	42	Female	4	Ages 60-64	Jo Barratt	172			00:45:44	9:08 min/m
151	43	Female	2	Ages 65-69	Anne Kelsall	125	Aldridge running club		00:45:51	9:10 min/m
152	44	Female	3	Ages 65-69	Wendy Sargeant	96	Aldridge running club		00:45:58	9:11 min/m
153	109	Male	17	Ages 50-54	Daran Millward	114	Silverdale RC		00:46:42	9:20 min/m

OverallPos	GenderPos	Gender	CategPos	Category	Name	Race num	Club	Town	Chip time	Pace
154	110	Male	12	Ages 45-49	Stuart Ellis	208	Nsrra		00:46:53	9:22 min/m
155	45	Female	7	Ages 35-39	Jennifer Jefferies	190	Rugeley Runners		00:46:58	9:23 min/m
156	111	Male	11	Ages 55-59	Alan Miles	93	Lichfield Running Club		00:47:01	9:24 min/m
157	112	Male	2	Ages 75-79	John Quinn	152	Aldridge running club		00:47:32	9:30 min/m
158	113	Male	12	Ages 55-59	Stewart Barnes	197			00:47:40	9:32 min/m
159	46	Female	4	Ages 55-59	Gill Alexander	179	Rugeley Runners		00:48:05	9:37 min/m
160	47	Female	5	Ages 55-59	Julie Wardle	184	Rugeley Runners		00:48:07	9:37 min/m
161	48	Female	6	Ages 55-59	Marian Lowther	84	Lichfield Running Club		00:48:36	9:43 min/m
162	49	Female	7	Ages 45-49	Georgina Smith	176			00:48:53	9:46 min/m
163	50	Female	4	Ages 65-69	Georgia Slater	62	Rising brook runners		00:49:07	9:49 min/m
164	114	Male	3	Ages 75-79	John Finney	63	Stafford Harriers		00:49:13	9:50 min/m
165	51	Female	8	Ages 35-39	Sarah Lee	95	Rising brook runners		00:49:30	9:54 min/m
166	115	Male	9	Ages 60-64	David Hebb	20	Nsrra		00:50:35	10:07 min/m
167	52	Female	5	Ages 50-54	Diane Brassington	113	Silverdale RC		00:50:40	10:08 min/m
168	116	Male	13	Ages 55-59	Duncan Rollo	92	Rising brook runners		00:50:56	10:11 min/m
169	117	Male	8	Ages 65-69	Steve Gilbert	173	Rugeley Runners		00:51:10	10:14 min/m
170	53	Female	9	Ages 40-44	Abigail Wright	115	Aldridge running club		00:51:36	10:19 min/m
171	54	Female	5	Ages 65-69	Jane Quinn	151	Aldridge running club		00:51:36	10:19 min/m
172	55	Female	7	Ages 55-59	Maria Gaye	112	Blythe Bridge Running Club		00:51:47	10:21 min/m
173	56	Female	6	Ages 50-54	Louise Kent	31	Rising brook runners		00:51:59	10:23 min/m
174	57	Female	8	Ages 55-59	Micheline Tremblay	180	South Cheshire Harriers		00:52:15	10:27 min/m
175	58	Female	8	Ages 45-49	Sally Burns	71	Rugeley Runners		00:52:23	10:28 min/m
176	59	Female	7	Ages 50-54	Rebecca Bostock	72			00:52:25	10:29 min/m
177	60	Female	9	Ages 55-59	Maria Taylor	78	Aldridge running club		00:52:47	10:33 min/m
178	61	Female	8	Ages 50-54	Gina Benson	98	Stoke F.I.T		00:52:59	10:35 min/m
179	118	Male	4	Ages 75-79	Clive Baggaley	42	Uttoxeter Road Runners		00:53:34	10:42 min/m
180	62	Female	10	Ages 40-44	Toni Collier	104	Chase harriers		00:54:12	10:50 min/m
181	63	Female	9	Ages 45-49	Hellen Ellis	206	Chase harriers		00:54:13	10:50 min/m
182	119	Male	18	Ages 50-54	Richard Coates	35	Chase harriers		00:54:18	10:51 min/m
183	64	Female	9	Ages 50-54	Wendy Plant	210	Alsager Runners		00:55:37	11:07 min/m
184	65	Female	9	Ages 35-39	Katie Mckinney	48	Rising brook runners		00:56:00	11:12 min/m

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185	120	Male	5	Ages 75-79	Alfred Slater	133	Nsrra		00:56:51	11:22 min/m
186	121	Male	13	Ages 45-49	Tim Slater	134	Nsrra		00:56:52	11:22 min/m
187	66	Female	10	Ages 45-49	Alex Wilson	66	Rising brook runners		00:57:31	11:30 min/m
188	67	Female	11	Ages 45-49	Sarah Fousert	196	Rising brook runners		00:57:35	11:31 min/m
189	122	Male	14	Ages 45-49	Phil Fousert	195	Rising brook runners		00:57:36	11:31 min/m
190	68	Female	5	Ages 60-64	Lesley Hughes	39	Blythe Bridge Running Club		00:59:09	11:49 min/m
191	69	Female	6	Ages 60-64	Hazel Barlow	149	Michelin AC		00:59:29	11:53 min/m
192	70	Female	10	Ages 50-54	Jenny Doig	143	Blythe Bridge Running Club		01:00:31	12:06 min/m
193	123	Male	9	Ages 65-69	Ken Down	18	Rising brook runners		01:00:59	12:11 min/m
194	124	Male	10	Ages 60-64	Paul Grundy	142	Blythe Bridge Running Club		01:01:43	12:20 min/m
195	125	Male	10	Ages 65-69	Colin Pheasant	101	Chase harriers		01:05:48	13:09 min/m
196	71	Female	10	Ages 55-59	Donna Louise Sealey	1	Rugeley Runners		01:05:55	13:11 min/m
197	126	Male	6	Ages 75-79	John Hateley	129	Stafford Harriers		01:06:16	13:15 min/m
198	72	Female	11	Ages 50-54	Bernadette Barker	159	Rising brook runners		01:06:28	13:17 min/m
199	73	Female	1	Ages 70-74	Josephine Jones	213	Rising brook runners		01:06:28	13:17 min/m
200	74	Female	12	Ages 45-49	Sara Patton	32	Rising brook runners		01:06:28	13:17 min/m
201	75	Female	12	Ages 50-54	Amanda Edwards	193	Rising brook runners		01:09:42	13:56 min/m
202	76	Female	11	Ages 55-59	Julie Simpson	14	Rising brook runners		01:09:43	13:56 min/m
203	77	Female	13	Ages 45-49	Sarah Lennon	191			01:09:43	13:56 min/m