

Staffs Knot

Team Results: 5 mile

Date: 19/07/2023

Pos	No	Name	Result
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Male Club teams

1 Lichfield Running Club : 01:55:22

1	218	Matthew Orford	00:26:53
2	295	Ryan Simms	00:28:59
3	322	Richard Bravington	00:29:01
4	245	Dan Turner	00:30:26

2 Cannock & Stafford AC : 01:58:55

1	327	James McCann	00:29:07
2	256	Mitch Blundell	00:29:30
3	308	Jez Redler	00:30:01
4	40	Matthew Craen	00:30:15

3 Boalloy Running Club : 01:59:09

1	112	Carl Moulton	00:27:01
2	290	Ashley Maughan	00:27:42
3	291	Michael Maughan	00:30:02
4	68	Mick Haire	00:34:22

4 Trentham Running Club : 02:08:12

1	121	Martin Pratt	00:28:39
2	213	Paul Marshall	00:33:02
3	111	Chris Mosiuk	00:33:04
4	28	Joseph Clapham	00:33:24

5 Stone Master Marathoners : 02:08:33

1	313	Gareth Jones	00:31:28
2	203	Aaron Jones	00:32:10
3	251	Robin Williamson	00:32:22
4	49	Michael Downes	00:32:31

6 Lichfield Running Club : 02:11:34

1	179	James Coombes	00:31:21
2	131	Dave Sanders	00:31:44
3	43	Owen Davies	00:32:42
4	250	Allan Williams	00:35:45

Pos	No	Name	Result
7			
Stoke F.I.T : 02:14:53			
1	96	Simon Lewis	00:32:46
2	286	Steven Jennings	00:33:20
3	41	Matt Craig	00:33:43
4	120	Eliot Powell	00:35:01
8			
Stone Master Marathoners : 02:17:19			
1	233	Sam Rosillo	00:33:28
2	221	Paul Phillips	00:34:33
3	229	Darren Pyatt	00:34:35
4	176	Chris Brown	00:34:41
9			
South Cheshire Harriers : 02:21:06			
1	194	Paul Hancock	00:30:15
2	292	David Nimmo	00:35:56
3	205	David Kivlin	00:37:19
4	309	Christopher Swann	00:37:34
10			
Cannock & Stafford AC : 02:21:51			
1	11	Jordan Barrett	00:32:43
2	48	Malcolm Down	00:34:17
3	318	Samuel Mensing	00:35:27
4	35	John Cooke	00:39:22
11			
Stafford Harriers : 02:21:58			
1	67	Justin Green	00:33:30
2	235	Christopher Seale	00:34:03
3	184	Mark Duddy	00:36:14
4	263	Jason Littlewood	00:38:08
12			
Chase harriers : 02:25:53			
1	177	Jacob Cartwright	00:29:36
2	301	Nick Cartwright	00:34:29
3	158	Ian Winwood	00:40:26
4	13	Paul Bate	00:41:20
13			
Stone Master Marathoners : 02:28:58			
1	26	Andrew Cawthorne	00:35:27
2	100	Steven Mccann	00:35:35
3	178	Richard Cooke	00:38:32
4	118	Stephen Plant	00:39:21

Pos	No	Name	Result
14			
Lichfield Running Club : 02:29:01			
1	175	Phillip Brindle	00:35:48
2	240	Matt Steel	00:36:52
3	145	James Thomas	00:37:12
4	238	Martin Shortall	00:39:06
15			
Aldridge running club : 02:29:20			
1	116	Harshad Patel	00:35:46
2	193	Steve Hammond	00:36:55
3	249	Martin Wall	00:37:56
4	219	John Pearce	00:38:42
16			
Trentham Running Club : 02:37:02			
1	280	John Guest	00:36:14
2	162	Douglas Alcock	00:39:45
3	315	Adrian Frost	00:39:57
4	62	Mark Gibson	00:41:04
17			
Silverdale RC : 02:41:59			
1	320	Lee Davies	00:32:57
2	244	Andy Torbitt	00:36:46
3	223	Andy Pointon	00:40:32
4	182	John Dobson	00:51:41
18			
Aldridge running club : 02:45:56			
1	97	Michael Mason	00:39:18
2	316	James Nelson	00:40:43
3	134	Henry Simpson	00:42:50
4	201	Nicky Jones	00:43:02
19			
Stone Master Marathoners : 02:56:45			
1	297	Andrew Thompson	00:40:55
2	21	Andrew Buckley	00:40:56
3	15	Michael Berry	00:46:53
4	261	Steve Hallows	00:47:58
20			
Stafford Harriers : 03:09:12			
1	124	Brian Rawlings	00:39:20
2	31	Roy Clay	00:45:21
3	56	John Finney	00:50:17
4	156	Graham Williams	00:54:11

Pos	No	Name	Result
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21	Rising brook runners : 03:23:10		
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1	75	Tim Herriott	00:42:30
2	130	Duncan Rollo	00:46:40
3	47	Kenneth Down	00:56:10
4	98	Kevin Matthews	00:57:47

Pos	No	Name	Result
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Female Club teams

1	Stone Master Marathoners : 01:51:47		
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1	66	Clorinda Graham	00:36:00
2	317	Angela Mensing	00:37:21
3	282	Laura Hancock	00:38:24

2	Stafford Harriers : 01:57:14		
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1	215	Charlotte Mitchell	00:38:21
2	230	Helen Richardson	00:38:56
3	154	Vanessa Welham	00:39:55

3	Lichfield Running Club : 02:00:39		
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1	208	Hermione Knowles	00:32:34
2	253	Gina Wynn	00:40:53
3	52	Alexandria Evans	00:47:10

4	Aldridge running club : 02:00:49		
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1	202	Rachael Jones	00:39:46
2	181	Claire Crook	00:40:21
3	137	Joanna Stephens	00:40:40

5	South Cheshire Harriers : 02:01:20		
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1	204	Claire Kivlin	00:37:26
2	243	Annie Taylor	00:41:45
3	170	Rachel Beach	00:42:07

6	Chase harriers : 02:04:04		
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1	1	Jenna Adamczyk	00:37:10
2	36	Yvonne Cooper	00:43:14
3	8	Victoria Bailey	00:43:38

7	Stone Master Marathoners : 02:05:09		
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1	136	Helen Somers	00:40:02
2	149	Nikki Towle	00:41:34
3	53	Ellen Evans	00:43:31
1	278	Pam Davies	00:43:49
2	216	Sara Morris	00:44:04
3	167	Jacqueline Bailey	00:44:34

9	Uttoxeter Road Runners : 02:13:29		
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1	298	Emma Whalley	00:43:47
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Pos	No	Name	Result
2	254	Carol Astbury	00:43:56
3	294	Denise Sandford	00:45:44
10 Aldridge running club : 02:15:28			
1	54	Lucy Farrington	00:42:16
2	88	Anne Kelsall	00:45:54
3	6	Roxy Babla	00:47:16
11 Stafford Harriers : 02:17:14			
1	270	Sally Haycock	00:43:09
2	138	Elizabeth Stork	00:45:57
3	274	Liz Austin	00:48:06
12 South Cheshire Harriers : 02:20:25			
1	80	Maxine Hough	00:42:33
2	119	Kerry Podmore	00:45:53
3	150	Micheline Tremblay	00:51:57
13 Stone Master Marathoners : 02:20:54			
1	22	Sara Buckley	00:45:38
2	192	Sally Hallows	00:47:34
3	281	Salli Hamilton	00:47:40
14 Rising brook runners : 02:21:25			
1	325	Anna Rollo	00:39:05
2	115	Laura Owen	00:50:52
3	95	Sarah Lee	00:51:26
15 Stoke F.I.T : 02:21:32			
1	236	Rachael Shankland	00:41:52
2	187	Ruth Farrell	00:47:28
3	275	Gina Benson	00:52:10
16 Aldridge running club : 02:26:00			
1	64	Sally Gordon	00:47:55
2	271	Abigail Wright	00:48:24
3	273	Tammy Partridge-Smith	00:49:39
17 Newcastle Staffs AC : 02:31:55			
1	207	Tracey Knowles	00:48:09
2	102	Jane Mcfarlane	00:48:57
3	7	Julia Bailey	00:54:47

Pos	No	Name	Result
18			
Chase harriers : 02:37:25			
1	199	Sarah Hunter	00:43:55
2	306	Sally Lawrance	00:52:16
3	85	Kresia Jones	01:01:12
19			
Silverdale RC : 02:40:01			
1	5	Paula Anderson	00:48:15
2	20	Diane Brassington	00:53:00
3	10	Hazel Barlow	00:58:43
20			
Aldridge running club : 02:46:10			
1	164	Gemma Archer	00:54:21
2	168	Nicola Baker	00:54:22
3	82	Nicola James	00:57:25
21			
Rising brook runners : 02:48:31			
1	101	Jo Mccoy	00:53:40
2	76	Wendy Herriott	00:54:59
3	234	Louisa Santaniello	00:59:50