

Staffs Knot 2024 5 miler Results

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
1	00:25:29	1	Male	1	19-39	Lee	Gratton	97	Rugeley Runners	5:05 min/m
2	00:27:25	2	Male	1	40-44	Carl	Moulton	191	Boalloy Running Club	5:29 min/m
3	00:27:43	3	Male	2	19-39	Mitch	Blundell	25	Cannock & Stafford AC	5:32 min/m
4	00:27:57	4	Male	3	19-39	Tom	Chell	44	City of Stoke AC	5:35 min/m
5	00:28:23	5	Male	4	19-39	Samuel	Crozier	58	Newcastle Staffs AC	5:40 min/m
6	00:29:01	6	Male	5	19-39	Ashley	Maughan	344	Boalloy Running Club	5:48 min/m
7	00:29:07	7	Male	6	19-39	Matthew	Craen	55	Cannock & Stafford AC	5:49 min/m
8	00:29:15	8	Male	1	45-49	Andy	Evans	80	Lichfield Running Club	5:51 min/m
9	00:29:27	9	Male	7	19-39	Oliver	Stone	248	Rugeley Runners	5:53 min/m
10	00:30:01	10	Male	8	19-39	Jez	Redler	218	Cannock & Stafford AC	6:00 min/m
11	00:30:04	11	Male	9	19-39	Kieran	Bedford	15	Gator Athletics Club	6:00 min/m
12	00:30:11	12	Male	2	40-44	Paul	Sissons	318	Stone Master Marathoners	6:02 min/m
13	00:30:21	13	Male	10	19-39	Isaac	Elkington	375	Staffordshire Moorlands AC	6:04 min/m
14	00:30:26	14	Male	2	45-49	Steve	Jones	149	Nsrra	6:05 min/m
15	00:30:44	1	Female	1	19-34	Georgia	Stanfield	244	Trentham RC	6:08 min/m
16	00:30:48	15	Male	11	19-39	Tom	Bott	28	Hednesford Running Club	6:09 min/m
17	00:30:52	16	Male	3	40-44	Adam	Tyson	264	Newcastle Staffs AC	6:10 min/m
18	00:31:16	17	Male	12	19-39	Connor	Mills	296	Cannock & Stafford AC	6:15 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
19	00:31:16	18	Male	13	19-39	Luke	Morley	183	Rugeley Runners	6:15 min/m
20	00:31:23	19	Male	1	50-54	Paul	Hancock	114	South Cheshire Harriers	6:16 min/m
21	00:31:31	20	Male	4	40-44	Stephen	Morgan	182	Chase harriers	6:18 min/m
22	00:31:41	21	Male	14	19-39	Matthew	Hilsdon	128	Stafford Harriers	6:20 min/m
23	00:31:53	22	Male	2	50-54	Joseph	Goodwin	337		6:22 min/m
24	00:31:55	2	Female	1	35-39	Amanda	Kelly	150	City of Stoke AC	6:23 min/m
25	00:32:03	23	Male	3	45-49	Rob	Mccue	176	Stoke F.I.T	6:24 min/m
26	00:32:08	24	Male	3	50-54	Bryn	Holmes	130	Stone Master Marathoners	6:25 min/m
27	00:32:11	3	Female	2	19-34	Sophia	Harrison	116	Swansea Harriers	6:26 min/m
28	00:32:12	25	Male	4	50-54	Mark	Williamson	281	Velorunner	6:26 min/m
29	00:32:16	26	Male	5	40-44	Simon	Fawcett	310		6:27 min/m
30	00:32:17	27	Male	15	19-39	Titas	Subba	249		6:27 min/m
31	00:32:22	28	Male	16	19-39	Chris	Mosiuk	189	Trentham RC	6:28 min/m
32	00:32:22	29	Male	4	45-49	Matt	Williams	362	RRAC	6:28 min/m
33	00:32:24	30	Male	6	40-44	Alex	Harford	115	Newcastle Staffs AC	6:28 min/m
34	00:32:26	31	Male	17	19-39	Lee	Davies	60	Silverdale RC	6:29 min/m
35	00:32:32	32	Male	18	19-39	Tom	Woollescroft	287	Gator Athletics Club	6:30 min/m
36	00:32:34	33	Male	19	19-39	Tom	Hodgson	339	Lichfield Running Club	6:30 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
37	00:32:34	34	Male	1	55-59	Tim	Twentyman	263	Newcastle Staffs AC	6:30 min/m
38	00:32:37	35	Male	7	40-44	Lee	Turner	261	Nsrra	6:31 min/m
39	00:32:38	36	Male	5	45-49	David	Martin	172	Run and ride	6:31 min/m
40	00:32:38	37	Male	20	19-39	Ravi	Thapa	255		6:31 min/m
41	00:32:40	38	Male	8	40-44	Matthew	Killeen	158	Newcastle Staffs AC	6:32 min/m
42	00:32:43	39	Male	2	55-59	Michael	Morley	366	Arc	6:32 min/m
43	00:32:48	4	Female	1	45-49	Lynne	Callaghan	40	Trentham RC	6:33 min/m
44	00:32:58	5	Female	1	50-54	Joanne	Stanfield	302	Trentham RC	6:35 min/m
45	00:33:07	40	Male	21	19-39	Lewis	Edwards	75	South Cheshire Harriers	6:37 min/m
46	00:33:18	41	Male	6	45-49	Wayne	Fenton	82	Stone Master Marathoners	6:39 min/m
47	00:33:25	42	Male	5	50-54	Wayne	Asprey	306	Lichfield Running Club	6:41 min/m
48	00:33:36	43	Male	9	40-44	Darren	Duffy	334	Fordy Runs Running Club	6:43 min/m
49	00:33:36	44	Male	10	40-44	Owen	Davies	61	Lichfield Running Club	6:43 min/m
50	00:33:44	45	Male	3	55-59	Lee	Kempson	153	Newcastle Staffs AC	6:44 min/m
51	00:33:50	46	Male	1	60-64	Owen	Barron	12		6:46 min/m
52	00:33:53	47	Male	22	19-39	Thomas	Steele	246		6:46 min/m
53	00:33:57	48	Male	23	19-39	Sam	Rosillo	228	Stone Master Marathoners	6:47 min/m
54	00:33:59	49	Male	7	45-49	Steve	Blakemore	309	Aldridge RC	6:47 min/m
55	00:34:02	50	Male	8	45-49	Paul	Thomson	257	Run and ride	6:48 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
56	00:34:11	51	Male	2	60-64	Philip	Brayford	33	Aldridge RC	6:50 min/m
57	00:34:17	52	Male	9	45-49	Paul	Williams	279	Go Team RC	6:51 min/m
58	00:34:30	6	Female	2	35-39	Sam	Morley	184	Rugeley Runners	6:54 min/m
59	00:34:31	7	Female	3	19-34	Annie	Thacker	254	Hednesford Running Club	6:54 min/m
60	00:34:31	53	Male	11	40-44	Iain	Stamp	367	Stafford Harriers	6:54 min/m
61	00:34:46	54	Male	24	19-39	Paul	Marshall	171	Trentham RC	6:57 min/m
62	00:34:51	55	Male	4	55-59	Andrew	Cawthorne	41		6:58 min/m
63	00:34:59	56	Male	5	55-59	Chris	Brown	37	Stone Master Marathoners	6:59 min/m
64	00:35:08	57	Male	25	19-39	Tom	Wise	286	Stone Master Marathoners	7:01 min/m
65	00:35:12	58	Male	6	55-59	Mark	Jones	145	Chase harriers	7:02 min/m
66	00:35:17	59	Male	12	40-44	Liam	Duggan	335	Stafford Harriers	7:03 min/m
67	00:35:17	60	Male	13	40-44	Matt	Beere	290	Fordy Runs Running Club	7:03 min/m
68	00:35:19	61	Male	10	45-49	Andrew	Brownsword	370	Newcastle (Staffs) AC	7:03 min/m
69	00:35:48	62	Male	6	50-54	Andy	Griffin	100	South Cheshire Harriers	7:09 min/m
70	00:35:56	63	Male	26	19-39	Simon	Aston	307	Empowerment Training Centre	7:11 min/m
71	00:35:58	8	Female	2	45-49	Joanne	Bentley	325	Velorunner	7:11 min/m
72	00:35:58	64	Male	3	60-64	Andy	Thomas	256	Sandbach Striders	7:11 min/m
73	00:36:03	65	Male	27	19-39	Kiran	Rai	350		7:12 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
74	00:36:07	9	Female	1	55-59	Sarah	Taylor	253	Trentham RC	7:13 min/m
75	00:36:09	66	Male	11	45-49	Steven	Mccann	175	Stone Master Marathoners	7:13 min/m
76	00:36:18	67	Male	4	60-64	David	Kendall	154	West Bromwich Harriers	7:15 min/m
77	00:36:31	68	Male	28	19-39	Leo	Wheeler	274	Silverdale RC	7:18 min/m
78	00:36:31	69	Male	14	40-44	Craig	Tokeley	258	Stafford Triathlon Club	7:18 min/m
79	00:36:37	10	Female	3	45-49	Esther	Hunt	136	Lichfield Running Club	7:19 min/m
80	00:36:45	70	Male	29	19-39	Robert	Moss	190		7:21 min/m
81	00:36:46	71	Male	30	19-39	Sandesh	Ramjali	215		7:21 min/m
82	00:36:47	72	Male	31	19-39	James	Barzda	13		7:21 min/m
83	00:36:47	11	Female	1	60-64	Carol	Higgs	123	Trentham RC	7:21 min/m
84	00:36:53	12	Female	3	35-39	Steph	Buckley	38		7:22 min/m
85	00:36:59	13	Female	1	40-44	Charlotte	Mitchell	181	Stafford Harriers	7:23 min/m
86	00:37:00	73	Male	7	55-59	Martyn	Clare	46		7:24 min/m
87	00:37:00	74	Male	32	19-39	Rhys	Mcdowell	345	Stafford Harriers	7:24 min/m
88	00:37:06	14	Female	4	35-39	Laura	Hancock	113	Stone Master Marathoners	7:25 min/m
89	00:37:06	75	Male	7	50-54	Paul	Bowers	30	Uttoxeter Road Runners	7:25 min/m
90	00:37:11	76	Male	33	19-39	Nirajan	Gurung	104		7:26 min/m
91	00:37:12	77	Male	34	19-39	Chris	Hallsworth	110	Lonely Goat RC	7:26 min/m
92	00:37:14	78	Male	15	40-44	Edward	Swann	251	Nsrra	7:26 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
93	00:37:23	79	Male	1	65-69	John	Guest	103	Trentham RC	7:28 min/m
94	00:37:26	15	Female	2	60-64	Chris	Skellern	237	Stafford Harriers	7:29 min/m
95	00:37:35	16	Female	4	45-49	Michelle	Fox	86	Stone Master Marathoners	7:31 min/m
96	00:37:36	17	Female	1	0-18	Caitlin	Taylor	252	Newcastle Staffs AC	7:31 min/m
97	00:37:38	80	Male	12	45-49	Steven	Smith	241	Stone Master Marathoners	7:31 min/m
98	00:37:38	18	Female	2	50-54	Anna	Rollo	373	Harriers	7:31 min/m
99	00:37:46	19	Female	5	35-39	Rachael	Jones	148	Aldridge RC	7:33 min/m
100	00:37:47	81	Male	8	50-54	James	Simpson	235	Stoke F.I.T	7:33 min/m
101	00:37:52	82	Male	13	45-49	Dean	Windsor	284		7:34 min/m
102	00:37:53	83	Male	35	19-39	Eddie	Singh	354	TB triathlon	7:34 min/m
103	00:37:59	84	Male	9	50-54	Delmont	Betts	326	Maj's Marauders	7:35 min/m
104	00:38:06	85	Male	10	50-54	Mick	Brain	292	Fordy Runs Running Club	7:37 min/m
105	00:38:09	86	Male	11	50-54	Ian	Winwood	285	Chase harriers	7:37 min/m
106	00:38:12	87	Male	14	45-49	Alwyn	Williams	277	Silverdale RC	7:38 min/m
107	00:38:15	88	Male	36	19-39	Andrew	Kirkbride	160	TB triathlon	7:39 min/m
108	00:38:16	20	Female	2	40-44	Helen	Beecham	16	Aldridge RC	7:39 min/m
109	00:38:18	89	Male	5	60-64	Andrew	Wadsworth	265	Sparkhill Harriers	7:39 min/m
110	00:38:29	90	Male	15	45-49	Tom	Mayell	174	Sandbach Striders	7:41 min/m

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111	00:38:31	21	Female	5	45-49	Claire	Kivlin	162		7:42 min/m
112	00:38:32	91	Male	37	19-39	Matt	Wilkes	275		7:42 min/m
113	00:38:36	92	Male	16	40-44	Martin	Wall	361	Aldridge RC	7:43 min/m
114	00:38:42	93	Male	1	0-18	Scott	Mccue	177	Stoke F.I.T	7:44 min/m
115	00:38:43	94	Male	8	55-59	Gareth	Brookes	35	Stone Master Marathoners	7:44 min/m
116	00:38:48	95	Male	6	60-64	James	Daly	59	Trentham RC	7:45 min/m
117	00:38:51	22	Female	3	40-44	Julie	Parry	198	Newcastle Staffs AC	7:46 min/m
118	00:38:54	96	Male	38	19-39	Matt	Walker	268		7:46 min/m
119	00:38:57	97	Male	7	60-64	Dave	Ellis	76	Birchfield Harriers	7:47 min/m
120	00:39:00	98	Male	9	55-59	Dave	Hudson	134	Silverdale RC	7:48 min/m
121	00:39:08	99	Male	2	0-18	Samuel	Tatton	530		7:49 min/m
122	00:39:10	100	Male	17	40-44	Christopher	Swann	250	South Cheshire Harriers	7:50 min/m
123	00:39:14	23	Female	4	19-34	Jessica	Webb	272	Lichfield Running Club	7:50 min/m
124	00:39:19	24	Female	6	45-49	Claire	Crook	330	Aldridge RC	7:51 min/m
125	00:39:29	101	Male	16	45-49	Karl	Hill	312		7:53 min/m
126	00:39:29	102	Male	39	19-39	Stephen	Grice	338	Aldridge RC	7:53 min/m
127	00:39:30	103	Male	18	40-44	Adam	Llewellyn	166	Stafford Harriers	7:54 min/m
128	00:39:32	104	Male	40	19-39	Alex	Walton	269		7:54 min/m
129	00:39:33	25	Female	4	40-44	Lucy	Bexon	19	Audley Striders	7:54 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
									Running Club	m
130	00:39:40	105	Male	19	40-44	Nick	Purdy	349	Stafford Harriers	7:56 min/m
131	00:39:42	26	Female	5	40-44	Julianne	Kettle	157	Newcastle Staffs AC	7:56 min/m
132	00:39:47	27	Female	6	35-39	Jane	Steele	245	Trentham RC	7:57 min/m
133	00:39:52	106	Male	12	50-54	Kevin	Taylor	304	Fordy Runs Running Club	7:58 min/m
134	00:39:52	107	Male	41	19-39	Marc	Willett	276	Stoke F.I.T	7:58 min/m
135	00:39:54	108	Male	3	0-18	Joe	Proctor	212		7:58 min/m
136	00:40:03	28	Female	5	19-34	Chloe	Yates	374	Mara/Cannock Chase Trail runners	8:00 min/m
137	00:40:11	109	Male	10	55-59	Chris	Colebourn	49	Nsrra	8:02 min/m
138	00:40:27	110	Male	42	19-39	Matthew	Kingston	159	Essington Harriers Running Club	8:05 min/m
139	00:40:29	111	Male	2	65-69	John	Pearce	298	Aldridge RC	8:05 min/m
140	00:40:35	29	Female	6	19-34	Bethany	Hillman	126		8:07 min/m
141	00:40:41	30	Female	7	19-34	Vanessa	Parsonage	199	Stafford Harriers	8:08 min/m
142	00:40:44	112	Male	13	50-54	Jim	Preston	209		8:08 min/m
143	00:41:03	113	Male	17	45-49	Richard	Dunn	71		8:12 min/m
144	00:41:08	31	Female	7	35-39	Carly	Chawner	328	Stoke F.I.T	8:13 min/m
145	00:41:10	114	Male	11	55-59	Paul	Bate	14	Chase harriers	8:14 min/m
146	00:41:20	115	Male	43	19-39	Jason	Littlewood	165	Stafford Harriers	8:16 min/m
147	00:41:24	116	Male	14	50-54	Adrian	Lowe	317	Chase harriers	8:16 min/m

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148	00:41:28	117	Male	18	45-49	Peter	Chadwick	42	KAC	8:17 min/m
149	00:41:33	118	Male	1	70-74	Alan	Challinor	43	Newcastle Athletic Club	8:18 min/m
150	00:41:33	32	Female	2	55-59	Jane	Holt	131		8:18 min/m
151	00:41:35	119	Male	15	50-54	Simon	Groom	371	Stafford Harriers	8:19 min/m
152	00:41:37	120	Male	16	50-54	Richard	Hill	125		8:19 min/m
153	00:41:42	121	Male	8	60-64	Andy	Doughty	333		8:20 min/m
154	00:41:44	122	Male	44	19-39	Harry	Redler	217		8:20 min/m
155	00:41:47	33	Female	3	55-59	Jenny	Robinson	224	Cherwell Runners & Joggers	8:21 min/m
156	00:41:49	34	Female	7	45-49	Sheryl	Hayes	118	Stafford Harriers	8:21 min/m
157	00:41:57	123	Male	45	19-39	Will	Conn	329		8:23 min/m
158	00:42:00	35	Female	8	35-39	Annie	Taylor	321	South Cheshire Harriers	8:24 min/m
159	00:42:01	124	Male	17	50-54	Robert	Proctor	213		8:24 min/m
160	00:42:02	125	Male	20	40-44	James	Tutton	262	Stoke F.I.T	8:24 min/m
161	00:42:07	36	Female	6	40-44	Rachael	Shankland	231	Stoke F.I.T	8:25 min/m
162	00:42:08	126	Male	46	19-39	Mark	Watson	271		8:25 min/m
163	00:42:10	127	Male	47	19-39	Oliver	Grocott	101		8:26 min/m
164	00:42:11	37	Female	8	19-34	Alexandria	Evans	79	Lichfield Running Club	8:26 min/m
165	00:42:22	128	Male	48	19-39	Dipesh	Thapa Magar	357		8:28 min/m
166	00:42:29	38	Female	8	45-49	Helen	Somers	356	Stone Master Marathoners	8:29 min/m

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										m
167	00:42:32	39	Female	3	50-54	Joanna	Stephens	303	Aldridge RC	8:30 min/m
168	00:42:34	129	Male	49	19-39	Darren	Plant	207		8:30 min/m
169	00:42:34	130	Male	18	50-54	Tim	Herriott	121	Rising brook runners	8:30 min/m
170	00:42:35	131	Male	19	50-54	Stephen	Bolton	27		8:31 min/m
171	00:42:42	132	Male	20	50-54	Rob	Ibbs	138	Newcastle Staffs AC	8:32 min/m
172	00:42:50	133	Male	19	45-49	Richard	Cooke	51	Stone Master Marathoners	8:34 min/m
173	00:42:57	40	Female	9	45-49	Sarah	Macleman	343		8:35 min/m
174	00:42:59	134	Male	20	45-49	Steve	Morris	188		8:35 min/m
175	00:43:04	135	Male	9	60-64	Lawrence Trevor	Hoyle	133	Silverdale RC	8:36 min/m
176	00:43:12	136	Male	10	60-64	Steven	Astbury	323	Lonely Goat RC	8:38 min/m
177	00:43:16	137	Male	12	55-59	Tony	Bradwell	31		8:39 min/m
178	00:43:21	138	Male	11	60-64	Neil	Read	351		8:40 min/m
179	00:43:23	41	Female	10	45-49	Sherrie	Brereton	34	Nantwich Running Club	8:40 min/m
180	00:43:27	139	Male	21	45-49	Richard	Cherrington	293	South Cheshire Harriers	8:41 min/m
181	00:43:29	140	Male	50	19-39	Tom	Davall	332	Stafford Harriers	8:41 min/m
182	00:43:29	42	Female	9	35-39	Sarah	Di Cesare	65	Stafford Harriers	8:41 min/m
183	00:43:31	43	Female	7	40-44	Anna	Bell	17		8:42 min/m
184	00:43:38	141	Male	21	40-44	Dave	Wain	266	Silverdale RC	8:43 min/m

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185	00:43:41	142	Male	22	40-44	Mark	Gibson	93	Trentham RC	8:44 min/m
186	00:43:45	44	Female	1	65-69	Julie	Dudley	70	Cheadle RC	8:45 min/m
187	00:44:00	45	Female	9	19-34	Sophie	Tatton	320		8:48 min/m
188	00:44:01	46	Female	2	0-18	Lucy	Delaney	64		8:48 min/m
189	00:44:20	47	Female	11	45-49	Lynsey	Astles	5	Sandbach Striders	8:52 min/m
190	00:44:22	48	Female	10	35-39	Louise	Jones	144	Rising brook runners	8:52 min/m
191	00:44:35	143	Male	13	55-59	Andrew	Birkbeck	21	Aldridge RC	8:55 min/m
192	00:44:44	144	Male	51	19-39	Christian	Shaw	232		8:56 min/m
193	00:44:46	49	Female	2	65-69	Rosemary	Wilson	283	Trentham RC	8:57 min/m
194	00:44:49	145	Male	12	60-64	Kevin	Geary	92		8:57 min/m
195	00:44:55	146	Male	21	50-54	Martyn	Bell	18		8:59 min/m
196	00:44:55	147	Male	3	65-69	Dennis	Robinson	223	South Cheshire Harriers	8:59 min/m
197	00:45:11	148	Male	4	65-69	Ken	Shenton	233	Cheadle RC	9:02 min/m
198	00:45:14	149	Male	52	19-39	Benjamin	Parton	200		9:02 min/m
199	00:45:16	50	Female	8	40-44	Naomi	Blagg	24	Rising brook runners	9:03 min/m
200	00:45:18	51	Female	9	40-44	Claire	Rushworth	300	Fordy Runs Running Club	9:03 min/m
201	00:45:28	150	Male	13	60-64	Duncan	Rollo	353	Rising brook runners	9:05 min/m
202	00:45:42	52	Female	11	35-39	Kimberley	Leary	342	Lichfield Running Club	9:08 min/m
203	00:45:46	151	Male	14	55-59	Darren	Redman	221		9:09 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
204	00:45:49	152	Male	14	60-64	Paul	Garbett	90		9:09 min/m
205	00:45:58	53	Female	4	50-54	Sally	Hallows	108	Stone Master Marathoners	9:11 min/m
206	00:46:00	153	Male	23	40-44	Jon	Hillman	127	Nsrra	9:12 min/m
207	00:46:11	154	Male	15	55-59	Brian	Edwards	74	Go Team RC	9:14 min/m
208	00:46:20	155	Male	53	19-39	Anthony	Young	364	Stafford Harriers	9:16 min/m
209	00:46:26	156	Male	24	40-44	Adam	Jones	141	Essington Harriers Running Club	9:17 min/m
210	00:46:26	54	Female	12	45-49	Emma	Phillips	205	Newcastle (Staffs) Tri Club	9:17 min/m
211	00:46:34	157	Male	5	65-69	David	Hebb	120	Stone Master Marathoners	9:18 min/m
212	00:46:46	158	Male	1	75-79	Alan	Jeavans	139		9:21 min/m
213	00:46:55	55	Female	3	60-64	Jo	Turrell	358	Lichfield Running Club	9:23 min/m
214	00:46:57	159	Male	25	40-44	David	Smith	377		9:23 min/m
215	00:46:58	56	Female	4	55-59	Sue	Baker	9	Aldridge RC	9:23 min/m
216	00:47:01	57	Female	13	45-49	Abigail	Wright	305	Aldridge RC	9:24 min/m
217	00:47:04	160	Male	26	40-44	Richard	Baker	324		9:24 min/m
218	00:47:09	58	Female	5	50-54	Susan	Twardochleb	359	Newcastle Staffs AC	9:25 min/m
219	00:47:12	59	Female	10	40-44	Emma	Copeland	53	Audley Striders Running Club	9:26 min/m
220	00:47:13	161	Male	22	45-49	Matt	Hillback	378	Aldridge	9:26 min/m
221	00:47:21	60	Female	4	60-64	Denise	Sandford	301	Uttoxeter Road Runners	9:28 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
222	00:47:22	162	Male	22	50-54	Steve	Hallows	109	Stone Master Marathoners	9:28 min/m
223	00:47:24	163	Male	23	50-54	Andrew	Brammer	368		9:28 min/m
224	00:47:27	61	Female	14	45-49	Sally	Gordon	95	Aldridge RC	9:29 min/m
225	00:47:27	164	Male	54	19-39	Chris	Kelly	151		9:29 min/m
226	00:47:27	62	Female	11	40-44	Rebecca	Ellis	77	Silverdale RC	9:29 min/m
227	00:47:35	63	Female	12	35-39	Liz	Austin	6	Stafford Harriers	9:31 min/m
228	00:47:36	165	Male	55	19-39	Nicky	Jones	147	Aldridge RC	9:31 min/m
229	00:47:36	166	Male	6	65-69	Roy	Clay	47	Stafford Harriers	9:31 min/m
230	00:47:48	167	Male	56	19-39	Leigh	Sprules	242	Aldridge RC	9:33 min/m
231	00:47:48	64	Female	1	70-74	Liz	Clutton	48	Cheadle RC	9:33 min/m
232	00:47:58	65	Female	5	60-64	Carol	Astbury	322	Uttoxeter Road Runners	9:35 min/m
233	00:48:09	66	Female	15	45-49	Rebecca	lbbs	137	Newcastle Staffs AC	9:37 min/m
234	00:48:20	168	Male	16	55-59	Nick	Doughty	67		9:40 min/m
235	00:48:26	169	Male	7	65-69	Clive	Heathcock	119	South Cheshire Harriers	9:41 min/m
236	00:48:31	170	Male	27	40-44	Christopher	Boden	327	Aldridge RC	9:42 min/m
237	00:48:52	67	Female	10	19-34	Carly	Hall	106	Stoke F.I.T	9:46 min/m
238	00:49:03	68	Female	3	0-18	Olivia	Stamp	365	Stafford Harriers	9:48 min/m
239	00:49:17	171	Male	57	19-39	Anthony	Gale	89		9:51 min/m
240	00:49:22	172	Male	8	65-69	Simon	Hudson	295	Aldridge RC	9:52 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
241	00:49:25	69	Female	6	50-54	Julie	Walker	360		9:53 min/m
242	00:49:43	70	Female	13	35-39	Kelly	Redler	219		9:56 min/m
243	00:49:43	173	Male	24	50-54	Steve	Williams	280		9:56 min/m
244	00:49:46	71	Female	12	40-44	Claire	Pugh-Patel	348	Aldridge RC	9:57 min/m
245	00:49:48	72	Female	11	19-34	Tian	Bill	20	TB triathlon	9:57 min/m
246	00:49:54	73	Female	16	45-49	Louise	Waldron-Kelly	267	Blythe Bridge RC	9:58 min/m
247	00:50:01	74	Female	17	45-49	Georgina	Smith	355		10:00 min/m
248	00:50:02	174	Male	17	55-59	Nick	Benton	308	Aldridge RC	10:00 min/m
249	00:50:22	175	Male	23	45-49	Simon	Bailey	8	Go Team RC	10:04 min/m
250	00:50:27	75	Female	12	19-34	Leah	Kendall	155	West Bromwich Harriers	10:05 min/m
251	00:50:44	76	Female	13	19-34	Julia	Ruston	230		10:08 min/m
252	00:50:46	176	Male	24	45-49	Phil	Fouert	83	Rising brook runners	10:09 min/m
253	00:50:46	77	Female	7	50-54	Sarah	Fouert	84	Rising brook runners	10:09 min/m
254	00:50:49	177	Male	25	50-54	Lee	Lycett	169	Audley Striders Running Club	10:09 min/m
255	00:51:14	78	Female	18	45-49	Natalie	Gray	211		10:14 min/m
256	00:51:21	178	Male	15	60-64	Anthony	Jones	142	Fordy Runs Running Club	10:16 min/m
257	00:51:35	79	Female	2	70-74	Linda	Hall	107		10:19 min/m
258	00:51:43	179	Male	25	45-49	Darryl	Copeland	52	Rugeley Runners	10:20 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
259	00:51:57	180	Male	18	55-59	Ken	Gough	96	Nsrra	10:23 min/m
260	00:52:12	80	Female	14	19-34	Lizzi	Reynolds	222	Sandbach Striders	10:26 min/m
261	00:52:19	81	Female	5	55-59	Jane	Dale	331		10:27 min/m
262	00:52:39	82	Female	14	35-39	Kirsty	Rollings	227	South Cheshire Harriers	10:31 min/m
263	00:52:44	181	Male	58	19-39	James	Nouwen	297		10:32 min/m
264	00:52:55	83	Female	6	55-59	Carole	Stone	247	Stone Master Marathoners	10:35 min/m
265	00:53:01	84	Female	15	19-34	Amy	Hamlett	111		10:36 min/m
266	00:53:05	85	Female	16	19-34	Amy	Rudnicki	229	Stoke F.I.T	10:37 min/m
267	00:53:09	86	Female	7	55-59	Maxine	Hough	340	South Cheshire Harriers	10:37 min/m
268	00:53:11	87	Female	15	35-39	Sadie	Bennett	291	Stafford Harriers	10:38 min/m
269	00:53:15	88	Female	3	65-69	Anne	Kelsall	152	Aldridge RC	10:39 min/m
270	00:53:47	89	Female	8	55-59	Micheline	Tremblay	260	South Cheshire Harriers	10:45 min/m
271	00:53:55	90	Female	19	45-49	Jane	Mcfarlane	178	Newcastle Staffs AC	10:47 min/m
272	00:54:03	91	Female	6	60-64	Mandy	Lewis	164	Nantwich Running Club	10:48 min/m
273	00:54:24	92	Female	9	55-59	Pamela	Davies	62	Chase harriers	10:52 min/m
274	00:54:36	93	Female	17	19-34	Rebecca	Jones	56		10:55 min/m
275	00:54:40	182	Male	2	70-74	Ron	Skelley	238		10:56 min/m
276	00:54:41	94	Female	7	60-64	Janet	Broomhall	36		10:56 min/m
277	00:54:57	183	Male	59	19-39	Jake	Parker	346		10:59 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
278	00:55:06	184	Male	19	55-59	Gary	Jenkins	313	Essington Harriers Running Club	11:01 min/m
279	00:55:08	95	Female	18	19-34	Kresia	Jones	143	Chase harriers	11:01 min/m
280	00:55:11	96	Female	3	70-74	Yvonne	Peers	203		11:02 min/m
281	00:55:25	185	Male	26	50-54	Simeon	Horton	132	Stafford Harriers	11:05 min/m
282	00:55:30	97	Female	13	40-44	Sarah	Aitkenhead	1	Stafford Harriers	11:06 min/m
283	00:55:41	98	Female	19	19-34	Alice	Kitson	161	Stafford Harriers	11:08 min/m
284	00:55:51	99	Female	8	60-64	Marian	Lowther	168	Lichfield Running Club	11:10 min/m
285	00:56:07	100	Female	9	60-64	Bridget	Jones	315		11:13 min/m
286	00:56:19	101	Female	10	60-64	Rosie	Piggott	206		11:15 min/m
287	00:56:22	186	Male	2	75-79	Graham	Williams	278	Stafford Harriers	11:16 min/m
288	00:56:34	102	Female	16	35-39	Katie	Blagbrough	23		11:18 min/m
289	00:56:34	103	Female	20	45-49	Kate	Hopkinson	376		11:18 min/m
290	00:56:34	104	Female	21	45-49	Kerry	Kerry Hopkinson	156		11:18 min/m
291	00:56:43	105	Female	17	35-39	Laura	Hallsworth	294	Go Team RC	11:20 min/m
292	00:56:48	106	Female	8	50-54	Wendy	Herriott	122	Rising brook runners	11:21 min/m
293	00:56:56	107	Female	9	50-54	Vivien	Peczek	202		11:23 min/m
294	00:56:57	187	Male	9	65-69	David	Peczek	201		11:23 min/m
295	00:57:17	108	Female	10	55-59	Maria	Gaye	91	Blythe Bridge RC	11:27 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
296	00:57:25	109	Female	11	55-59	Valerie	Law	341		11:29 min/m
297	00:57:30	188	Male	27	50-54	Philip	Lawford	372		11:30 min/m
298	00:57:31	189	Male	16	60-64	Duane	Roberts	352		11:30 min/m
299	00:57:39	110	Female	4	65-69	Sarah	Gray	98	Stafford Harriers	11:31 min/m
300	00:58:08	111	Female	10	50-54	Louise	Parker	196	Chase harriers	11:37 min/m
301	00:58:14	112	Female	20	19-34	Rebekah	Washington	270	Gator Athletics Club	11:38 min/m
302	00:58:22	113	Female	11	60-64	Hazel	Barlow	11	Silverdale RC	11:40 min/m
303	00:58:24	114	Female	5	65-69	Georgia	Slater	319	Rising brook runners	11:40 min/m
304	00:58:24	115	Female	21	19-34	Steph	Gumn	311	Rising brook runners	11:40 min/m
305	00:58:33	1	Unknown			Number	369	369		11:42 min/m
306	00:58:41	116	Female	4	70-74	Jane	Quinn	214	Aldridge RC	11:44 min/m
307	00:58:41	117	Female	5	70-74	Helen	Hirst	129	Aldridge RC	11:44 min/m
308	00:58:55	190	Male	28	50-54	Martin	Parkinson	197	Nsrra	11:47 min/m
309	00:59:22	118	Female	22	19-34	Jodie	Duddy	68		11:52 min/m
310	00:59:30	119	Female	12	60-64	Nicki	Redler	220		11:54 min/m
311	00:59:45	120	Female	22	45-49	Tracie	Wright	288		11:57 min/m
312	01:01:22	121	Female	11	50-54	Jo	Smith	240		12:16 min/m
313	01:01:23	122	Female	12	50-54	Lisa	Arnold	4		12:16 min/m
314	01:01:49	191	Male	17	60-64	David	Lewis	163	Nantwich Running Club	12:21 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
										m
315	01:01:54	192	Male	20	55-59	Nicholas	Branson	32	Rising brook runners	12:22 min/m
316	01:02:20	123	Female	23	19-34	Aby	Jones	314	Lichfield Running Club	12:28 min/m
317	01:02:44	124	Female	6	65-69	Sharn	Hully	135	Stoke F.I.T	12:32 min/m
318	01:02:44	125	Female	13	50-54	Lorraine	Prince	210		12:32 min/m
319	01:02:44	126	Female	12	55-59	Julie	Simpson	236	Rising brook runners	12:32 min/m
320	01:02:44	127	Female	18	35-39	Sarah	Lee	316	Rising brook runners	12:32 min/m
321	01:02:45	128	Female	23	45-49	Melanie	Robinson	225	Rising brook runners	12:33 min/m
322	01:02:45	129	Female	14	50-54	Nicki	Wright	363		12:33 min/m
323	01:02:45	130	Female	13	55-59	Amanda	Edwards	73	Rising brook runners	12:33 min/m
324	01:02:54	131	Female	14	40-44	Emma	Riley	299	Lichfield Running Club	12:34 min/m
325	01:03:14	132	Female	24	19-34	Chloe	Guy	105		12:38 min/m
326	01:03:20	133	Female	14	55-59	Jenny	Doig	66	Blythe Bridge RC	12:40 min/m
327	01:03:37	193	Male	18	60-64	Paul	Grundy	102	Blythe Bridge RC	12:43 min/m
328	01:03:49	194	Male	60	19-39	Sam	Long	167		12:45 min/m
329	01:04:10	195	Male	3	70-74	Peter	French	88	Stafford Harriers	12:50 min/m
330	01:06:42	134	Female	25	19-34	Julia	Exton	336		13:20 min/m
331	01:06:42	135	Female	19	35-39	Kirsten	Shore	234	Rising brook runners	13:20 min/m
332	01:11:13	196	Male	61	19-39	Stuart	Gregory	99	Desford Striders	14:14 min/m

Pos	Time	Gender Pos	Gender	Categ Pos	Category	First name	Last name	Race num	Club	Pace
333	01:12:58	136	Female	1	75-99	Rita	Banks	10	Stone Master Marathoners	14:35 min/m
334	01:18:38	197	Male	10	65-69	Colin	Pheasant	347	Chase harriers	15:43 min/m