

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
1	1	1	1	339	Ben Gamble	M	Male U40	Tipton Harriers	0:26:13.9	0:26:17.4		5:15	3:16		DNR	DNR
2	2	2	2	352	Ryan Holroyd	M	Male U40	CITY OF STOKE AC	0:26:49.4	0:26:51.7		5:22	3:20		DNR	DNR
3	3	3	3	195	Carl Moulton	M	Male U40	Boalloy running club	0:27:16.0	0:27:16.2		5:27	3:23	A	DNR	DNR
4	4	4	4	286	Alex Benfield	M	Male U40	Notts AC	0:27:21.1	0:27:20.6	0:00	5:28	3:23		6	00:28
5	5	5	5	326	Aaron Brown	M	Male U40	Cannock & Stafford AC	0:27:39.9	0:27:40.4		5:32	3:26		DNR	DNR
6	6	6	6	348	Jason Burgess	M	Male U40	Staffs Moorlands AC	0:28:30.3	0:28:30.1	0:00	5:42	3:32		DNR	DNR
7	7	1	7	279	Paul Thacker	M	Male 45	Cannock & Stafford AC	0:28:49.5	0:28:49.9		5:45	3:34		9	00:29
8	8	7	8	305	Phillip Hilsdon	M	Male U40	Stafford Harriers	0:28:56.0	0:28:55.4	0:00	5:47	3:35		20	00:29
9	9	1	9	212	Richard O'Sullivan	M	Male 40	Lichfield Running Club	0:29:03.3	0:29:04.0		5:48	3:36		DNR	DNR
10	10	8	10	204	Ryan Ashforth	M	Male U40	Cannock & Stafford AC	0:29:21.3	0:29:21.2	0:00	5:52	3:38		13	00:29
11	11	9	11	346	Jamie Davies	M	Male U40	Telford AC	0:29:30.5	0:29:32.9		5:54	3:40		DNR	DNR
12	12	2	12	161	Peter Mallison	M	Male 40	South Cheshire Harriers	0:29:38.5	0:29:38.2	0:00	5:55	3:40	A	DNR	DNR
13	13	2	13	335	David Betteley	M	Male 45	South Cheshire Harriers	0:29:45.6	0:29:45.6	0:00	5:57	3:41		DNR	DNR
14	14	3	14	211	Andrew Mayers	M	Male 45	South Cheshire Harriers	0:29:50.8	0:29:50.7	0:00	5:58	3:42	A	DNR	DNR
15	15	1	15	330	Tim Twentyman	M	Male 50	Newcastle (Staffs) AC	0:29:53.3	0:29:55.9		5:59	3:43		DNR	DNR
16	16	1	1	338	Claire Martin	F	Female 40	Telford AC	0:29:57.7	0:29:58.2		5:59	3:43		DNR	DNR
17	17	10	16	328	James Russell	M	Male U40	Cannock & Stafford AC	0:30:05.0	0:30:07.0		6:01	3:44		DNR	DNR
18	18	11	17	49	Scott Zikmanis	M	Male U40	Trentham RC	0:30:14.6	0:30:14.0	0:00	6:02	3:45	B	0	00:00
19	19	12	18	298	Rob Deakin	M	Male U40	Birchfield Harriers	0:30:16.6	0:30:15.0	0:01	6:03	3:45		DNR	DNR
20	20	4	19	248	Darren Donlan	M	Male 45	Boalloy running club	0:30:17.4	0:30:15.9	0:01	6:03	3:45		25	00:30
21	21	13	20	317	Richard Rea	M	Male U40	Stafford Harriers	0:30:20.7	0:30:19.4	0:01	6:03	3:46		DNR	DNR
22	22	3	21	129	James Simpson	M	Male 40	South Cheshire Harriers	0:30:25.2	0:30:24.8	0:00	6:04	3:46	A	DNR	DNR
23	23	2	22	55	Paul Swan	M	Male 50	Trentham RC	0:30:27.3	0:30:27.0	0:00	6:05	3:47	A	21	00:30
24	25	4	23	235	Stuart Day	M	Male 40	Cheadle Running Club	0:30:33.3	0:30:32.5	0:00	6:06	3:47	B	DNR	DNR
25	26	3	24	198	Mick Haire	M	Male 50	Boalloy running club	0:30:35.0	0:30:33.8	0:01	6:06	3:47	B	DNR	DNR
26	24	14	25	295	Adam Hancocks	M	Male U40	West Bromwich Harriers	0:30:37.4	0:30:30.9	0:06	6:06	3:47		DNR	DNR
27	27	15	26	201	Timon Scheven	M	Male U40	Lichfield Running Club	0:30:55.4	0:30:53.8	0:01	6:10	3:50		10	00:29
28	28	2	2	182	Michelle Clarke	F	Female 40	Telford AC	0:31:05.8	0:31:05.2	0:00	6:13	3:51		DNR	DNR
29	29	5	27	37	Nigel Haycock	M	Male 40	Cannock & Stafford AC	0:31:09.8	0:31:08.1	0:01	6:13	3:52		DNR	DNR
30	30	5	28	46	Paul Hancock	M	Male 45	South Cheshire Harriers	0:31:11.1	0:31:10.3	0:00	6:14	3:52	B	39	00:31
31	31	4	29	123	Windel Simpson	M	Male 50	Birchfield Harriers	0:31:25.1	0:31:22.4	0:02	6:16	3:53		DNR	DNR
32	32	16	30	342	Des Desborough	M	Male U40	Stafford Harriers	0:31:39.2	0:31:32.7	0:06	6:18	3:55		DNR	DNR
33	33	1	31	196	Keith Jellyman	M	Male 55	Rugeley Runners	0:31:39.9	0:31:38.5	0:01	6:19	3:55	C	DNR	DNR
34	34	6	32	205	Harry Porter	M	Male 40	Boalloy running club	0:31:44.5	0:31:43.1	0:01	6:20	3:56		DNR	DNR
35	35	7	33	351	Paul Burke	M	Male 40	Aldridge Running Club	0:31:49.6	0:31:45.4	0:04	6:21	3:56		DNR	DNR
36	36	1	3	80	Sarah Conway	F	Female U35	Birchfield Harriers	0:31:51.3	0:31:49.4	0:01	6:21	3:57		DNR	DNR
37	37	17	34	289	Paul Obrien	M	Male U40		0:32:01.4	0:32:00.7	0:00	6:24	3:58		DNR	DNR
38	38	18	35	79	Ben Bewley	M	Male U40	Newcastle (Staffs) AC	0:32:05.6	0:32:04.3	0:01	6:24	3:59	B	51	00:32
39	39	6	36	8	Terry Wall	M	Male 45	Trentham RC	0:32:14.0	0:32:13.3	0:00	6:26	4:00	B	49	00:32
40	40	19	37	44	Chris Mosiuk	M	Male U40	Trentham RC	0:32:21.6	0:32:20.1	0:01	6:28	4:01	C	DNR	DNR
41	41	20	38	38	David Ford	M	Male U40	Newcastle (Staffs) AC	0:32:22.6	0:32:21.7	0:00	6:28	4:01	D	DNR	DNR
42	42	21	39	133	Aaron Houseman	M	Male U40	liverpool pembroke & sefton	0:32:42.7	0:32:42.6	0:00	6:32	4:03		DNR	DNR
43	43	2	40	350	Robert Tabbanor	M	Male 55	Trentham RC	0:32:45.7	0:32:43.3	0:02	6:32	4:03		DNR	DNR
44	44	3	4	65	Sally Gray	F	Female 40	Cannock & Stafford AC	0:32:47.3	0:32:46.1	0:01	6:33	4:04		DNR	DNR
45	45	22	41	174	James Kelly	M	Male U40	Cheadle Running Club	0:32:56.2	0:32:53.5	0:02	6:34	4:05	C	113	00:36
46	46	23	42	135	Nicholas Hackett	M	Male U40	South Cheshire Harriers	0:32:58.7	0:32:54.0	0:04	6:34	4:05	A	71	00:33
47	47	24	43	143	Pedro Havelock	M	Male U40	Cannock & Stafford AC	0:33:04.5	0:33:02.1	0:02	6:36	4:06		DNR	DNR
48	48	3	44	25	Alan Brookes	M	Male 55	South Cheshire Harriers	0:33:07.7	0:33:04.6	0:03	6:36	4:06	C	69	00:33
49	49	1	5	165	Michelle Buckle	F	Female 35	Newcastle (Staffs) AC	0:33:09.0	0:33:08.3	0:00	6:37	4:07	L	56	00:32
50	50	25	45	258	Oliver Stone	M	Male U40	Rugeley Runners	0:33:13.5	0:33:09.6	0:03	6:37	4:07		DNR	DNR
51	51	5	46	308	Ian Maxwell	M	Male 50	Telford Harriers	0:33:20.5	0:33:18.1	0:02	6:39	4:08		DNR	DNR

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52	52	26	47	341	Robert Hirst	M	Male U40	Stafford Harriers	0:33:25.8	0:33:19.0	0:06	6:39	4:08		DNR	DNR
53	53	8	48	340	Jonathan Osborne	M	Male 40	Stafford Harriers	0:33:30.0	0:33:23.3	0:06	6:40	4:08		DNR	DNR
54	55	1	6	360	Ruth Watchorn-Rice	F	Female 45	Staffordshire Moorlands AC	0:33:32.1	0:33:31.6	0:00	6:42	4:09		DNR	DNR
55	54	9	49	5	David Weldon	M	Male 40	Trentham RC	0:33:33.8	0:33:31.4	0:02	6:42	4:09	C	76	00:34
56	56	27	50	263	Gareth Knapper	M	Male U40	Cheadle Running Club	0:33:35.9	0:33:33.5	0:02	6:42	4:10		DNR	DNR
57	57	4	51	72	Melvyn Askey	M	Male 55	Newcastle (Staffs) AC	0:33:38.5	0:33:37.4	0:01	6:43	4:10	B	62	00:33
58	60	4	7	18	Wendy Swift	F	Female 40	Staffordshire Moorlands AC	0:33:46.0	0:33:45.5	0:00	6:45	4:11	L	75	00:34
59	59	10	52	153	Kevin Mottram	M	Male 40	Buxton & District AC	0:33:47.8	0:33:44.1	0:03	6:44	4:11	C	DNR	DNR
60	61	5	8	242	Kerry Marchant	F	Female 40	Staffordshire Moorlands AC	0:33:53.3	0:33:52.5	0:00	6:46	4:12		DNR	DNR
61	58	28	53	74	Dennis Hussey	M	Male U40	Shabbarunners	0:33:55.9	0:33:43.3	0:12	6:44	4:11		DNR	DNR
62	62	29	54	162	Mark Mayer	M	Male U40	Trentham RC	0:33:57.8	0:33:55.8	0:01	6:47	4:13	D	DNR	DNR
63	64	7	55	108	Stephen Mccann	M	Male 45	Birchfield Harriers	0:34:06.7	0:34:05.5	0:01	6:49	4:14		DNR	DNR
64	63	6	56	105	Ian Wood	M	Male 50	Stafford Harriers	0:34:08.0	0:34:03.6	0:04	6:48	4:13	B	DNR	DNR
65	66	7	57	225	Russell Williams	M	Male 50	Cheadle Running Club	0:34:18.4	0:34:16.4	0:01	6:51	4:15	D	89	00:35
66	65	30	58	297	Scott Morley	M	Male U40	Lichfield Running Club	0:34:23.8	0:34:08.0	0:15	6:49	4:14		DNR	DNR
67	68	8	59	266	Jim Smith	M	Male 45	Stafford Harriers	0:34:30.6	0:34:25.9	0:04	6:53	4:16	C	90	00:35
68	67	11	60	134	Ian Glover	M	Male 40	Shabbarunners	0:34:32.3	0:34:19.3	0:13	6:51	4:15		77	00:34
69	69	9	61	176	Dave Payling	M	Male 45	Stafford Harriers	0:34:32.7	0:34:27.9	0:04	6:53	4:16		DNR	DNR
70	70	10	62	344	Richard Lowndes	M	Male 45	Stafford Triathlon Club	0:34:36.7	0:34:30.3	0:06	6:54	4:17		DNR	DNR
71	71	12	63	315	Gordon Richards	M	Male 40	Cannock & Stafford AC	0:34:38.4	0:34:36.4	0:01	6:55	4:18		DNR	DNR
72	73	11	64	206	Spencer Holland	M	Male 45	Stafford Harriers	0:34:45.5	0:34:43.1	0:02	6:56	4:18		DNR	DNR
73	72	31	65	299	Ross Taylor	M	Male U40	Birchfield Harriers	0:34:50.8	0:34:38.3	0:12	6:55	4:18		DNR	DNR
74	74	32	66	99	Richard Deeley	M	Male U40	Aldridge Running Club	0:34:55.3	0:34:47.8	0:07	6:57	4:19		DNR	DNR
75	75	33	67	371	Dan Edwards	M	Male U40	Stafford Harriers	0:34:57.0	0:34:49.7	0:07	6:57	4:19		DNR	DNR
76	77	12	68	231	Nathan Walton	M	Male 45	Newcastle (Staffs) AC	0:34:57.7	0:34:54.8	0:02	6:58	4:20	C	100	00:35
77	76	34	69	9	Clark Woodhall	M	Male U40	West Bromwich Harriers	0:34:58.0	0:34:52.3	0:05	6:58	4:20		DNR	DNR
78	78	13	70	239	Bryan Mills	M	Male 45	Tipton Harriers	0:34:58.9	0:34:56.4	0:02	6:59	4:20		DNR	DNR
79	79	13	71	98	Mark Harrison	M	Male 40	Cheadle Running Club	0:34:59.2	0:34:56.6	0:02	6:59	4:20	D	121	00:36
80	81	2	9	314	Lisa Knight	F	Female U35	Stafford Harriers	0:35:01.1	0:34:58.7	0:02	6:59	4:20		103	00:35
81	80	14	72	192	Graham Mclachlan	M	Male 40	Michelin AC	0:35:03.4	0:34:58.3	0:05	6:59	4:20	E	229	00:43
82	83	35	73	361	James Lake	M	Male U40	Cannock & Stafford AC	0:35:10.5	0:35:06.1	0:04	7:01	4:21		DNR	DNR
83	84	36	74	115	David Nimmo	M	Male U40	South Cheshire Harriers	0:35:12.4	0:35:06.9	0:05	7:01	4:21	C	82	00:34
84	82	37	75	316	Billy Liggins	M	Male U40	Stafford Harriers	0:35:13.5	0:35:06.1	0:07	7:01	4:21		DNR	DNR
85	85	15	76	164	Paul Phillips	M	Male 40	Stone Master Marathoners	0:35:21.4	0:35:16.3	0:05	7:03	4:23	D	112	00:36
86	87	38	77	230	Bryn Christopher	M	Male U40		0:35:22.1	0:35:20.2	0:01	7:04	4:23		DNR	DNR
87	86	39	78	67	Bruce Johnson	M	Male U40	Newcastle (Staffs) AC	0:35:22.8	0:35:20.0	0:02	7:04	4:23	D	DNR	DNR
88	88	1	79	106	Neil Stretton	M	Male 60	NSRRA	0:35:24.8	0:35:20.9	0:03	7:04	4:23	C	109	00:36
89	90	40	80	366	Gareth Hardwick	M	Male U40		0:35:25.4	0:35:23.0	0:02	7:04	4:23		DNR	DNR
90	91	2	10	215	Bethany Dawid	F	Female 35	Newcastle (Staffs) Tri Club	0:35:28.8	0:35:26.2	0:02	7:05	4:24		104	00:36
91	89	16	81	333	Robert Foster	M	Male 40	Birchfield Harriers	0:35:28.9	0:35:22.5	0:06	7:04	4:23		DNR	DNR
92	92	14	82	207	Adrian Reeves-Jones	M	Male 45	Cheadle Running Club	0:35:29.8	0:35:27.3	0:02	7:05	4:24	D	105	00:36
93	94	41	83	184	Michael Painter	M	Male U40		0:35:34.2	0:35:30.0	0:04	7:06	4:24		DNR	DNR
94	95	15	84	280	Chris Wood	M	Male 45	Rugeley Runners	0:35:40.6	0:35:36.2	0:04	7:07	4:25		DNR	DNR
95	93	3	11	70	Louisa Davidson	F	Female 35	Birchfield Harriers	0:35:42.2	0:35:29.4	0:12	7:05	4:24		DNR	DNR
96	96	8	85	224	Andy Moseley	M	Male 50	West Bromwich Harriers	0:35:48.6	0:35:42.4	0:06	7:08	4:26		DNR	DNR
97	97	16	86	24	Nick Bates	M	Male 45	Blythe bridge	0:35:50.4	0:35:43.6	0:06	7:08	4:26		160	00:39
98	98	42	87	273	James Bayley	M	Male U40	Newcastle (Staffs) AC	0:35:51.2	0:35:45.7	0:05	7:09	4:26	D	DNR	DNR
99	99	43	88	329	Stuart Robinson	M	Male U40	Telford Harriers	0:35:53.5	0:35:50.5	0:02	7:10	4:27		DNR	DNR
100	103	4	12	229	Amy Gamble	F	Female 35		0:36:00.2	0:35:56.4	0:03	7:11	4:27	L	DNR	DNR
101	104	2	13	146	Sarah Taylor	F	Female 45	Trentham RC	0:36:00.7	0:35:57.1	0:03	7:11	4:28	L	DNR	DNR
102	102	5	89	284	John Wood	M	Male 55	Michelin AC	0:36:00.7	0:35:56.1	0:04	7:11	4:27	C	DNR	DNR
103	100	44	90	300	Jack Hodgkinson	M	Male U40	Stafford Harriers	0:36:07.6	0:35:52.1	0:15	7:10	4:27		64	00:33
104	106	3	14	313	Rachael Wood	F	Female U35	Michelin AC	0:36:08.3	0:36:04.1	0:04	7:12	4:28	M	DNR	DNR

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105	101	45	91	255	Ashley Leese	M	Male U40		0:36:09.2	0:35:53.9	0:15	7:10	4:27		DNR	DNR
106	105	9	92	291	Phil Sutcliffe	M	Male 50	Lichfield Running Club	0:36:10.4	0:36:02.4	0:07	7:12	4:28		DNR	DNR
107	108	17	93	22	Mark Jones	M	Male 45	Chase Harriers	0:36:15.5	0:36:08.1	0:07	7:13	4:29	D	DNR	DNR
108	107	17	94	336	George Hill	M	Male 40		0:36:15.8	0:36:04.4	0:11	7:12	4:28		DNR	DNR
109	109	18	95	347	Richard Felgate	M	Male 45	Stafford Triathlon	0:36:18.6	0:36:09.1	0:09	7:13	4:29		DNR	DNR
110	110	4	15	303	Ruth Graham	F	Female U35		0:36:27.0	0:36:19.1	0:07	7:15	4:30		DNR	DNR
111	111	46	96	128	Jason Littlewood	M	Male U40	Stafford Harriers	0:36:29.0	0:36:23.9	0:05	7:16	4:31		DNR	DNR
112	112	18	97	251	Darren Mattocks	M	Male 40	Stafford Harriers	0:36:30.4	0:36:24.4	0:06	7:16	4:31	D	131	00:37
113	113	6	98	15	Alan Burt	M	Male 55	Chase Harriers	0:36:33.2	0:36:29.4	0:03	7:17	4:32	D	101	00:35
114	114	47	99	33	Dan Ison	M	Male U40	Trentham RC	0:36:37.1	0:36:34.7	0:02	7:18	4:32	D	DNR	DNR
115	115	5	16	40	Deborah Blakeman	F	Female 35	Wolverhampton and Bilston	0:36:57.4	0:36:53.5	0:03	7:22	4:35		106	00:36
116	117	48	100	178	Craig Carpenter	M	Male U40	Cheadle Running Club	0:37:13.9	0:37:07.6	0:06	7:25	4:36	F	223	00:42
117	119	49	101	12	John Alcock	M	Male U40	Newcastle (Staffs) AC	0:37:14.7	0:37:09.5	0:05	7:25	4:37	E	153	00:38
118	116	19	102	138	Chris Lakin	M	Male 40	Stafford Harriers	0:37:16.1	0:37:07.0	0:09	7:25	4:36		DNR	DNR
119	118	10	103	253	Paul Butler	M	Male 50	Aldridge Running Club	0:37:17.3	0:37:07.9	0:09	7:25	4:36		99	00:35
120	123	50	104	365	David Smith	M	Male U40	Run and Ride	0:37:21.8	0:37:19.9	0:01	7:27	4:38		DNR	DNR
121	125	1	17	334	Tracey Brown	F	Female 50	South Cheshire Harriers	0:37:23.9	0:37:21.1	0:02	7:28	4:38		DNR	DNR
122	120	51	105	312	Daniel Floyd	M	Male U40	Lichfield Running Club	0:37:24.3	0:37:11.0	0:13	7:26	4:37		DNR	DNR
123	122	6	18	244	Carey Dyer	F	Female 35	Newcastle (Staffs) AC	0:37:26.5	0:37:17.7	0:08	7:27	4:38		DNR	DNR
124	121	7	106	282	Alan Pritchard	M	Male 55	Lichfield Running Club	0:37:27.7	0:37:11.8	0:15	7:26	4:37		DNR	DNR
125	127	11	107	175	Ken Bloor	M	Male 50	Trentham RC	0:37:30.4	0:37:27.2	0:03	7:29	4:39	D	DNR	DNR
126	124	20	108	301	Dwight Wood	M	Male 40		0:37:32.4	0:37:20.8	0:11	7:28	4:38		DNR	DNR
127	130	1	19	343	Christine Kilkenny	F	Female 60+	Cannock & Stafford AC	0:37:32.7	0:37:30.1	0:02	7:30	4:39		DNR	DNR
128	128	19	109	337	Chris Elsley	M	Male 45	Stafford Harriers	0:37:35.3	0:37:27.4	0:07	7:29	4:39		DNR	DNR
129	129	8	110	187	Clive Heathcock	M	Male 55	South Cheshire Harriers	0:37:35.8	0:37:28.9	0:06	7:29	4:39	D	DNR	DNR
130	126	52	111	238	Ady Woodhall	M	Male U40	Uttoxeter Road Runners	0:37:36.6	0:37:21.7	0:14	7:28	4:38		156	00:38
131	132	2	20	220	Chris Skellern	F	Female 50	Stafford Harriers	0:37:41.5	0:37:35.6	0:05	7:31	4:40	L	143	00:37
132	134	1	112	202	Richard Marland	M	Male 65+	NSRRA	0:37:44.1	0:37:38.0	0:06	7:31	4:40	E	DNR	DNR
133	133	20	113	100	Jim Preston	M	Male 45		0:37:46.1	0:37:35.7	0:10	7:31	4:40		DNR	DNR
134	131	21	114	311	Mark Green	M	Male 45	Lichfield Running Club	0:37:46.9	0:37:33.6	0:13	7:30	4:40		DNR	DNR
135	137	9	115	94	Gary Jones	M	Male 55	Michelin AC	0:37:48.6	0:37:47.5	0:01	7:33	4:41	D	145	00:37
136	135	21	116	185	Adrian Corcoran	M	Male 40	Peel road runners	0:37:51.9	0:37:40.2	0:11	7:32	4:40		DNR	DNR
137	136	22	117	132	Paul Joyce	M	Male 45	Birchfield Harriers	0:37:53.9	0:37:45.7	0:08	7:33	4:41		DNR	DNR
138	138	2	118	97	Alan Jeavans	M	Male 65+		0:37:56.1	0:37:50.2	0:05	7:34	4:42		135	00:37
139	140	10	119	246	Colin Downey	M	Male 55	Mercia Fell Runners	0:38:01.5	0:37:52.4	0:09	7:34	4:42		163	00:39
140	139	53	120	349	Jonathan Windsor	M	Male U40	Staffs Moorlands AC	0:38:02.5	0:37:52.2	0:10	7:34	4:42		DNR	DNR
141	142	22	121	147	Chris Lake	M	Male 40	Chase Harriers	0:38:03.2	0:37:56.7	0:06	7:35	4:42	D	DNR	DNR
142	143	5	21	27	Nia Rose Nokes	F	Female U35	Stafford Harriers	0:38:05.1	0:37:57.2	0:07	7:35	4:42		DNR	DNR
143	144	54	122	208	Russell Breeze	M	Male U40		0:38:06.4	0:37:57.8	0:08	7:35	4:43		DNR	DNR
144	147	7	22	257	Lisa Smith	F	Female 35		0:38:07.8	0:38:02.9	0:04	7:36	4:43		DNR	DNR
145	141	23	123	69	Christopher Collis	M	Male 40	Birchfield Harriers	0:38:08.3	0:37:55.2	0:13	7:35	4:42		266	00:46
146	145	8	23	203	Rachel Beardmore	F	Female 35	Cheadle Running Club	0:38:10.4	0:37:59.9	0:10	7:35	4:43		DNR	DNR
147	148	11	124	92	Graham Young	M	Male 55	Stafford Harriers	0:38:12.0	0:38:05.6	0:06	7:37	4:44		DNR	DNR
148	150	3	24	109	Gillian Russon	F	Female 45	Cannock & Stafford AC	0:38:12.6	0:38:09.3	0:03	7:37	4:44	L	DNR	DNR
149	146	23	125	354	Simon Spurr	M	Male 45		0:38:13.1	0:37:59.9	0:13	7:35	4:43		DNR	DNR
150	149	9	25	260	Sarah Macleman	F	Female 35		0:38:14.4	0:38:08.6	0:05	7:37	4:44		DNR	DNR
151	153	4	26	168	Tracey Ridings	F	Female 45	Stafford Harriers	0:38:21.1	0:38:13.9	0:07	7:38	4:45	M	220	00:42
152	155	24	126	327	David Threlfall	M	Male 40	Burntwood Tri	0:38:25.4	0:38:16.8	0:08	7:39	4:45		DNR	DNR
153	152	24	127	228	Paul Mansell	M	Male 45	West Bromwich Harriers	0:38:29.1	0:38:12.8	0:16	7:38	4:44		164	00:39
154	154	5	27	274	Cassandra Jackson	F	Female 45	Lichfield Running Club	0:38:31.7	0:38:15.8	0:15	7:39	4:45		DNR	DNR
155	156	55	128	103	Adam Spellacy	M	Male U40	West Bromwich Harriers	0:38:33.0	0:38:22.9	0:10	7:40	4:46		DNR	DNR
156	157	6	28	243	Kayleigh Morris	F	Female U35	Newcastle (Staffs) AC	0:38:33.7	0:38:24.9	0:08	7:40	4:46	M	DNR	DNR
157	151	56	129	296	David Sproston	M	Male U40		0:38:35.1	0:38:11.4	0:23	7:38	4:44		DNR	DNR

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
158	159	25	130	118	Richard Donoghue	M	Male 45	Birchfield Harriers	0:38:39.6	0:38:31.3	0:08	7:42	4:47		DNR	DNR
159	158	57	131	304	Kieran Moge	M	Male U40	Stafford Harriers	0:38:42.5	0:38:27.2	0:15	7:41	4:46		DNR	DNR
160	161	26	132	321	Chris Westwood	M	Male 45	Telford Harriers	0:38:44.2	0:38:35.8	0:08	7:43	4:47		DNR	DNR
161	160	12	133	293	Simon Hudson	M	Male 55	Aldridge Running Club	0:38:47.8	0:38:35.6	0:12	7:43	4:47		DNR	DNR
162	163	58	134	183	Nick Gordon	M	Male U40		0:38:50.2	0:38:44.4	0:05	7:44	4:48		DNR	DNR
163	162	27	135	117	Richard Hill	M	Male 45	Stafford Triathlon	0:38:52.9	0:38:40.9	0:11	7:44	4:48		139	00:37
164	164	3	136	358	John Quinn	M	Male 65+	Aldridge Running Club	0:39:05.1	0:38:55.2	0:09	7:47	4:50		DNR	DNR
165	166	59	137	227	Oliver Clarke	M	Male U40	Newcastle (Staffs) AC	0:39:13.7	0:39:09.5	0:04	7:49	4:51	E	155	00:38
166	168	60	138	3	Paul Morris	M	Male U40	Stafford Harriers	0:39:20.4	0:39:12.9	0:07	7:50	4:52		DNR	DNR
167	171	61	139	323	Harshad Patel	M	Male U40	Shabbarunners	0:39:24.5	0:39:17.7	0:06	7:51	4:53		268	00:46
168	173	2	29	42	Dot Fellows	F	Female 60+	Cannock & Stafford AC	0:39:26.6	0:39:23.3	0:03	7:52	4:53	L	170	00:39
169	172	25	140	287	Neil Churchill	M	Male 40	Rugeley Runners	0:39:27.5	0:39:22.0	0:05	7:52	4:53		DNR	DNR
170	170	26	141	331	Mark Burrows	M	Male 40	Rising Brook Runners	0:39:27.7	0:39:15.8	0:11	7:51	4:52		DNR	DNR
171	167	2	142	236	Graham Lee	M	Male 60	Rising Brook Runners	0:39:27.8	0:39:11.9	0:15	7:50	4:52		DNR	DNR
172	165	62	143	345	Mark Orme	M	Male U40		0:39:32.0	0:39:08.9	0:23	7:49	4:51		DNR	DNR
173	169	28	144	45	Alan Jones	M	Male 45	Stafford Harriers	0:39:34.4	0:39:15.4	0:19	7:51	4:52		218	00:42
174	175	63	145	292	David Pullin	M	Male U40	Trentham RC	0:39:38.4	0:39:39.8		7:55	4:55		DNR	DNR
175	174	10	30	307	Victoria Doran	F	Female 35	Telford Harriers	0:39:42.0	0:39:38.6	0:03	7:55	4:55		DNR	DNR
176	176	3	31	173	Liz Clutton	F	Female 60+	Cheadle Running Club	0:39:51.0	0:39:40.0	0:11	7:56	4:55	M	187	00:40
177	179	12	146	122	Paul Jones	M	Male 50	Aldridge Running Club	0:39:55.9	0:39:46.0	0:09	7:57	4:56		136	00:37
178	178	7	32	88	Leanne Anderson	F	Female U35	Uttoxeter Road Runners	0:39:56.1	0:39:42.3	0:13	7:56	4:56		DNR	DNR
179	177	64	147	324	Chris Hartley	M	Male U40		0:40:05.0	0:39:41.8	0:23	7:56	4:56		DNR	DNR
180	181	8	33	29	Natalie Godfrey	F	Female U35	Stafford Harriers	0:40:09.7	0:40:02.5	0:07	8:00	4:58		DNR	DNR
181	182	3	148	51	Keith Goss	M	Male 60	Uttoxeter Road Runners	0:40:13.7	0:40:08.9	0:04	8:01	4:59	E	202	00:41
182	180	29	149	240	James Cowdell	M	Male 45		0:40:21.5	0:39:56.9	0:24	7:59	4:57		179	00:39
183	183	4	150	160	Roy Clay	M	Male 60	Stafford Harriers	0:40:25.1	0:40:15.9	0:09	8:03	5:00	E	184	00:40
184	184	27	151	310	Jason Vigrass	M	Male 40	Aldridge Running Club	0:40:32.1	0:40:21.9	0:10	8:04	5:00		211	00:41
185	185	30	152	139	Pete Rees	M	Male 45	Team Derby Runner	0:40:32.6	0:40:22.6	0:09	8:04	5:01		199	00:41
186	186	6	34	35	Anne-Marie Mountford	F	Female 40	Stone Master Marathoners	0:40:35.9	0:40:23.4	0:12	8:04	5:01	M	DNR	DNR
187	188	13	153	285	Paul Poulton	M	Male 55	Chase Harriers	0:40:39.0	0:40:33.0	0:06	8:06	5:02		185	00:40
188	187	28	154	150	Andy Bourne	M	Male 40	Stafford Harriers	0:40:41.2	0:40:31.8	0:09	8:06	5:02		DNR	DNR
189	189	11	35	54	Janine Bush	F	Female 35	Cheadle Running Club	0:40:44.6	0:40:33.9	0:10	8:06	5:02	M	DNR	DNR
190	190	4	155	141	Alan Britton	M	Male 65+	Birchfield Harriers	0:40:48.5	0:40:39.3	0:09	8:07	5:03		DNR	DNR
191	192	5	156	213	Nigel Lee	M	Male 60	Newcastle (Staffs) AC	0:40:52.5	0:40:40.1	0:12	8:08	5:03	F	226	00:43
192	194	9	36	116	Zoe Marklew	F	Female U35	Stafford Harriers	0:40:54.9	0:40:47.7	0:07	8:09	5:04		DNR	DNR
193	191	65	157	320	David Hayhurst	M	Male U40		0:41:03.1	0:40:39.4	0:23	8:07	5:03		DNR	DNR
194	193	29	158	247	Mark Goodwin	M	Male 40		0:41:03.7	0:40:40.7	0:22	8:08	5:03		233	00:43
195	197	66	159	355	Rob Little	M	Male U40		0:41:04.1	0:40:50.6	0:13	8:10	5:04		DNR	DNR
196	198	13	160	89	Jonathan Bradbury	M	Male 50		0:41:04.7	0:40:57.0	0:07	8:11	5:05		DNR	DNR
197	200	7	37	34	Cathy Atherton	F	Female 40	South Cheshire Harriers	0:41:05.4	0:41:00.5	0:04	8:12	5:05	M	DNR	DNR
198	196	5	161	353	John Stone	M	Male 65+	Uttoxeter Road Runners	0:41:05.5	0:40:50.3	0:15	8:10	5:04		DNR	DNR
199	199	3	38	309	Helen Phillips	F	Female 50	Aldridge Running Club	0:41:10.5	0:41:00.0	0:10	8:12	5:05		177	00:39
200	195	12	39	60	Lucy Ross	F	Female 35		0:41:12.6	0:40:50.3	0:22	8:10	5:04		221	00:42
201	201	6	162	76	Dave Mantle	M	Male 60	Stafford Harriers	0:41:19.1	0:41:00.6	0:18	8:12	5:05		DNR	DNR
202	202	13	40	30	Georgina Coggins	F	Female 35	Stafford Harriers	0:41:26.3	0:41:09.7	0:16	8:13	5:06		DNR	DNR
203	203	30	163	190	Tim Herriott	M	Male 40	Rising Brook Runners	0:41:33.4	0:41:21.7	0:11	8:16	5:08		DNR	DNR
204	204	6	164	362	Frederick Chidlow	M	Male 65+	Stafford Harriers	0:41:34.8	0:41:23.2	0:11	8:16	5:08		DNR	DNR
205	206	7	165	218	Alexander	M	Male 65+	Birchfield Harriers	0:41:41.6	0:41:32.2	0:09	8:18	5:09		DNR	DNR
206	205	67	166	124	Oliver Stokes	M	Male U40	Newport and District RC	0:41:42.5	0:41:30.8	0:11	8:18	5:09		178	00:39
207	208	7	167	370	Eddie Smith	M	Male 60	Stafford Harriers	0:41:45.0	0:41:35.6	0:09	8:19	5:10	E	DNR	DNR
208	207	8	168	136	David Baker	M	Male 60	Staffs Moorlands AC	0:41:45.1	0:41:32.5	0:12	8:18	5:09	F	DNR	DNR
209	209	10	41	245	Lauren Gallagher	F	Female U35	Trentham RC	0:41:47.1	0:41:38.7	0:08	8:19	5:10	M	DNR	DNR
210	210	6	42	7	Debbie Mcdermott	F	Female 45	Stafford Harriers	0:41:50.5	0:41:41.2	0:09	8:20	5:10		DNR	DNR

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Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
211	211	14	43	210	Paula Kimberley	F	Female 35		0:42:03.6	0:41:54.8	0:08	8:22	5:12		DNR	DNR
212	213	31	169	209	Shaun Preece	M	Male 40		0:42:09.2	0:42:01.2	0:07	8:24	5:13		DNR	DNR
213	216	14	170	155	Paul Richards	M	Male 50		0:42:19.3	0:42:08.3	0:11	8:25	5:14		DNR	DNR
214	212	7	44	180	Lisa Dodd	F	Female 45		0:42:20.9	0:41:58.7	0:22	8:23	5:13		DNR	DNR
215	220	14	171	217	David Crisp	M	Male 55		0:42:22.5	0:42:14.4	0:08	8:26	5:14		DNR	DNR
216	217	9	172	223	Geoff Channon	M	Male 60	Staffordshire Moorlands	0:42:22.8	0:42:10.5	0:12	8:26	5:14		DNR	DNR
217	214	1	45	249	Janice Hughes	F	Female 55		0:42:23.8	0:42:02.2	0:21	8:24	5:13		DNR	DNR
218	215	31	173	101	Chris Downing	M	Male 45		0:42:27.7	0:42:04.6	0:23	8:24	5:13		225	00:43
219	218	15	174	269	Alan Sawojka	M	Male 55		0:42:28.4	0:42:12.1	0:16	8:26	5:14		DNR	DNR
220	219	4	46	262	Beverley Ward	F	Female 50	West Bromwich Harriers	0:42:30.0	0:42:12.7	0:17	8:26	5:14		213	00:42
221	222	4	47	170	Gilian Hastings	F	Female 60+	Aldridge Running Club	0:42:44.6	0:42:33.5	0:11	8:30	5:17		DNR	DNR
222	223	68	175	156	Paul Hackney	M	Male U40		0:42:51.4	0:42:36.4	0:14	8:31	5:17		DNR	DNR
223	226	8	48	2	Melonie Deakin	F	Female 45	Stafford Harriers	0:42:55.6	0:42:47.6	0:08	8:33	5:19		DNR	DNR
224	221	32	176	17	Tim Rees	M	Male 40	Chase Harriers	0:42:56.3	0:42:30.1	0:26	8:30	5:16		DNR	DNR
225	224	11	49	137	Emily Weir	F	Female U35	West Bromwich Harriers	0:42:58.7	0:42:37.3	0:21	8:31	5:17		DNR	DNR
226	228	12	50	110	Sara Ellen	F	Female U35	Birchfield Harriers	0:43:06.6	0:42:53.5	0:13	8:34	5:19		DNR	DNR
227	225	8	51	63	Helen Corban	F	Female 40		0:43:08.8	0:42:46.5	0:22	8:33	5:18		222	00:42
228	227	32	177	157	Peter Brennan	M	Male 45	Aldridge Running Club	0:43:11.2	0:42:53.2	0:18	8:34	5:19		DNR	DNR
229	230	15	52	52	Natalie Bailey	F	Female 35	South Cheshire Harriers	0:43:12.8	0:42:58.8	0:14	8:35	5:20	X	DNR	DNR
230	229	15	178	197	Phil Cliff	M	Male 50	South Cheshire Harriers	0:43:13.0	0:42:58.7	0:14	8:35	5:20	E	DNR	DNR
231	231	13	53	268	Sally Ball	F	Female U35	Stafford Triathlon Club	0:43:15.4	0:43:07.5	0:07	8:37	5:21		DNR	DNR
232	232	16	54	288	Cristina O'Brien	F	Female 35	Telford Harriers	0:43:26.0	0:43:20.7	0:05	8:40	5:23		DNR	DNR
233	234	14	55	193	Sarah Johnson	F	Female U35	Rising Brook Runners	0:43:40.4	0:43:28.7	0:11	8:41	5:24		DNR	DNR
234	235	9	56	26	Gail Evans	F	Female 45	Stone Master Marathoners	0:43:42.6	0:43:29.8	0:12	8:41	5:24	M	DNR	DNR
235	233	9	57	233	Anna Davies	F	Female 40	Aldridge Running Club	0:43:43.9	0:43:24.1	0:19	8:40	5:23		DNR	DNR
236	237	10	179	93	John Holmes	M	Male 60	NSRRA	0:43:55.2	0:43:46.1	0:09	8:45	5:26	E	216	00:42
237	236	33	180	163	Steve Heath	M	Male 45		0:44:01.0	0:43:34.5	0:26	8:42	5:24		DNR	DNR
238	238	10	58	272	Bobbie Hickman	F	Female 45	Potters Trotters	0:44:08.1	0:43:49.1	0:18	8:45	5:26	M	DNR	DNR
239	239	34	181	71	Art Zammit	M	Male 45	Telford Harriers	0:44:10.4	0:44:01.7	0:08	8:48	5:28	E	DNR	DNR
240	240	11	59	111	Barbara Johnson	F	Female 45	Aldridge Running Club	0:44:14.7	0:44:03.2	0:11	8:48	5:28		DNR	DNR
241	241	69	182	64	Paul Mcadams	M	Male U40		0:44:38.3	0:44:21.5	0:16	8:52	5:30		DNR	DNR
242	242	8	183	86	Alfred Slater	M	Male 65+	NSRRA	0:44:41.6	0:44:36.9	0:04	8:55	5:32	G	DNR	DNR
243	244	9	184	166	Colin Earp	M	Male 65+	South Cheshire harriers	0:44:42.8	0:44:37.4	0:05	8:55	5:32	F	244	00:44
244	243	12	60	322	Georgina Westwood	F	Female 45	Telford Harriers	0:44:45.7	0:44:37.1	0:08	8:55	5:32		DNR	DNR
245	245	33	185	214	David Caulton	M	Male 40	Team Derby Runner	0:44:51.6	0:44:40.0	0:11	8:56	5:33		DNR	DNR
246	246	35	186	10	Nigel Symms	M	Male 45	Newcastle (Staffs) AC	0:45:03.9	0:44:47.5	0:16	8:57	5:33	F	285	00:47
247	247	10	187	222	Graham Williams	M	Male 65+	Stafford Harriers	0:45:11.4	0:44:51.6	0:19	8:58	5:34		203	00:41
248	248	70	188	364	Jo Morrison	M	Male U40	Lichfield Running Club	0:45:18.7	0:44:57.9	0:20	8:59	5:35		DNR	DNR
249	249	2	61	318	Belinda Riley	F	Female 55	Newcastle (Staffs) AC	0:45:37.8	0:45:20.9	0:16	9:04	5:38	M	DNR	DNR
250	251	34	189	200	Vic Thomson	M	Male 40	Rising Brook Runners	0:45:42.5	0:45:30.8	0:11	9:06	5:39		DNR	DNR
251	250	13	62	148	Donna Harris	F	Female 45		0:45:50.7	0:45:25.1	0:25	9:05	5:38		DNR	DNR
252	252	35	190	281	Colin Donnelly	M	Male 40	Chase Harriers	0:46:00.3	0:45:34.8	0:25	9:06	5:39		DNR	DNR
253	253	11	191	221	Colin Pheasant	M	Male 60	Chase Harriers	0:46:02.2	0:45:55.4	0:06	9:11	5:42	F	247	00:44
254	254	5	63	130	Ann Schwarzenbach	F	Female 50	Lichfield Running Club	0:46:17.1	0:45:56.4	0:20	9:11	5:42		DNR	DNR
255	255	6	64	167	Gael Earp	F	Female 50	Stafford Harriers	0:46:17.8	0:46:06.3	0:11	9:13	5:43	W	DNR	DNR
256	256	17	65	216	Abigail Wright	F	Female 35	Aldridge Running Club	0:46:21.3	0:46:09.8	0:11	9:13	5:44		271	00:46
257	258	14	66	126	Emma Naden	F	Female 45	South Cheshire Harriers	0:46:37.7	0:46:28.0	0:09	9:17	5:46	W	DNR	DNR
258	257	15	67	290	Karen Kiteley	F	Female 45	Aldridge Running Club	0:46:40.5	0:46:21.9	0:18	9:16	5:45		DNR	DNR
259	262	7	68	194	Andrea Gibson	F	Female 50		0:47:05.1	0:47:01.8	0:03	9:24	5:50		DNR	DNR
260	259	15	69	181	Ruth Parsons	F	Female U35	Newcastle (Staffs) AC	0:47:05.5	0:46:47.6	0:17	9:21	5:48		DNR	DNR
261	260	18	70	82	Alison Deeley	F	Female 35	Aldridge Running Club	0:47:06.7	0:46:50.4	0:16	9:22	5:49		DNR	DNR
262	264	8	71	53	Linda Fernyhough	F	Female 50	Staffs Moorlands AC	0:47:18.6	0:47:08.8	0:09	9:25	5:51		240	00:44
263	263	5	72	31	Joyce Edwards	F	Female 60+	Stone Master Marathoners	0:47:18.7	0:47:08.4	0:10	9:25	5:51	X	303	00:48

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
264	261	71	192	179	Ian Walkeden	M	Male U40		0:47:25.9	0:47:01.8	0:24	9:24	5:50		DNR	DNR
265	265	19	73	241	Lucy Farmer	F	Female 35		0:47:46.3	0:47:23.3	0:22	9:28	5:53		DNR	DNR
266	266	6	74	359	Jane Quinn	F	Female 60+	Aldridge Running Club	0:47:50.2	0:47:31.3	0:18	9:30	5:54		DNR	DNR
267	267	3	75	226	Karen Sokolenko	F	Female 55		0:47:50.2	0:47:35.2	0:14	9:31	5:54		301	00:48
268	268	12	193	186	Martin Stirna	M	Male 60	South Cheshire Harriers	0:48:06.4	0:47:56.5	0:09	9:35	5:57	G	DNR	DNR
269	269	4	76	159	Julie Nokes	F	Female 55	Stafford Harriers	0:48:28.2	0:48:08.2	0:19	9:37	5:58	X	315	00:49
270	274	13	194	277	Michael Elwell	M	Male 60	Midland Masters	0:48:30.9	0:48:22.3	0:08	9:40	6:00		238	00:43
271	270	9	77	254	Jo Butler	F	Female 50	Aldridge Running Club	0:48:40.3	0:48:19.2	0:21	9:39	6:00		309	00:48
272	271	10	78	265	Carol Astbury	F	Female 50		0:48:43.6	0:48:19.4	0:24	9:39	6:00		DNR	DNR
273	275	11	195	363	Mike Rogers	M	Male 65+	Aldridge Running Club	0:48:43.8	0:48:31.7	0:12	9:42	6:01		DNR	DNR
274	272	12	196	171	Clive Baggaley	M	Male 65+	Uttoxeter Road Runners	0:48:44.4	0:48:20.7	0:23	9:40	6:00	G	320	00:49
275	273	10	79	172	Emma Baggaley-Clay	F	Female 40	Uttoxeter Road Runners	0:48:44.9	0:48:20.8	0:24	9:40	6:00		251	00:44
276	277	16	80	302	Amy Oliver	F	Female U35	Stafford Harriers	0:48:54.0	0:48:39.7	0:14	9:43	6:02		253	00:45
277	276	11	81	356	Dawn Forton	F	Female 40		0:48:56.5	0:48:35.1	0:21	9:43	6:02		DNR	DNR
278	278	7	82	43	Yvonne Peers	F	Female 60+	Burntwood Tri	0:49:09.0	0:48:52.1	0:16	9:46	6:04		317	00:49
279	279	13	197	48	John Hateley	M	Male 65+	Stafford Harriers	0:49:35.2	0:49:07.3	0:27	9:49	6:06		324	00:50
280	281	17	83	250	Melissa Emery	F	Female U35	Aldridge Running Club	0:49:38.0	0:49:17.8	0:20	9:51	6:07		DNR	DNR
281	282	12	84	256	Sharon Fern	F	Female 40	Aldridge Running Club	0:49:39.1	0:49:18.8	0:20	9:51	6:07		331	00:51
282	283	14	198	169	Terence Hastings	M	Male 65+	Aldridge Running Club	0:49:40.4	0:49:19.7	0:20	9:51	6:07		DNR	DNR
283	280	13	85	21	Alison Pope	F	Female 40	Chase Harriers	0:49:41.0	0:49:15.6	0:25	9:51	6:07		321	00:50
284	284	18	86	177	Helen Taylor	F	Female U35		0:49:47.3	0:49:24.5	0:22	9:52	6:08		DNR	DNR
285	287	14	199	189	Ken Down	M	Male 60	Rising Brook Runners	0:49:52.7	0:49:38.5	0:14	9:55	6:10		DNR	DNR
286	285	19	87	77	Frances Mccallum	F	Female U35		0:49:54.7	0:49:31.9	0:22	9:54	6:09		333	00:51
287	286	20	88	319	Holly Nix	F	Female 35		0:49:54.8	0:49:32.5	0:22	9:54	6:09		332	00:51
288	288	8	89	276	Ursula Elwell	F	Female 60+	Midland Masters	0:50:01.2	0:49:51.7	0:09	9:58	6:11		338	00:52
289	289	5	90	283	Jackie Shan	F	Female 55	Aldridge Running Club	0:50:23.1	0:50:01.9	0:21	10:00	6:13		DNR	DNR
290	290	14	91	11	Lorraine Chambers	F	Female 40	West Bromwich Harriers	0:50:31.9	0:50:10.0	0:21	10:02	6:14		DNR	DNR
291	292	15	92	112	Janice Haywood	F	Female 40		0:50:35.7	0:50:32.1	0:03	10:06	6:16		DNR	DNR
292	291	16	93	261	Helen Kumar	F	Female 40	Rising Brook Runners	0:50:36.8	0:50:20.9	0:15	10:04	6:15		DNR	DNR
293	293	20	94	271	Jodie Willocks	F	Female U35	Rising Brook Runners	0:50:56.8	0:50:41.8	0:15	10:08	6:18		DNR	DNR
294	294	15	200	140	Bill Whitworth	M	Male 65+	Stafford Harriers	0:51:05.9	0:50:58.8	0:07	10:11	6:20	G	DNR	DNR
295	295	9	95	188	Sue Down	F	Female 60+	Rising Brook Runners	0:51:15.3	0:51:00.7	0:14	10:12	6:20		DNR	DNR
296	297	36	201	59	Kenneth Gough	M	Male 45	NSRRA	0:51:23.9	0:51:13.6	0:10	10:14	6:21	G	371	01:04
297	296	16	202	264	Mike Ricketts	M	Male 65+	Telford Harriers	0:51:28.8	0:51:07.8	0:20	10:13	6:21		291	00:47
298	300	17	96	61	Emma Wardle	F	Female 40		0:51:50.4	0:51:36.5	0:13	10:19	6:24		DNR	DNR
299	298	18	97	332	Rachel Marsden	F	Female 40	Stafford Harriers	0:51:51.4	0:51:35.0	0:16	10:19	6:24		DNR	DNR
300	299	21	98	127	Kat Saunders	F	Female U35	Newcastle (Staffs) AC	0:51:54.3	0:51:36.4	0:17	10:19	6:24	W	DNR	DNR
301	302	10	99	237	Fay Lee	F	Female 60+	Rising Brook Runners	0:52:08.7	0:51:53.5	0:15	10:22	6:26		DNR	DNR
302	301	11	100	19	Diane Law	F	Female 50	Chase Harriers	0:52:11.7	0:51:46.4	0:25	10:21	6:26		DNR	DNR
303	305	16	101	95	Stephanie Bell	F	Female 45		0:52:36.4	0:52:33.7	0:02	10:30	6:31		DNR	DNR
304	303	19	102	267	Sarah Parton	F	Female 40	Uttoxeter	0:52:47.5	0:52:21.0	0:26	10:28	6:30		DNR	DNR
305	304	22	103	278	Jill Pearson	F	Female U35	Chase Harriers	0:52:49.3	0:52:24.4	0:24	10:28	6:30		DNR	DNR
306	306	17	203	87	Michael Jones	M	Male 65+	Stafford Harriers	0:52:50.9	0:52:38.7	0:12	10:31	6:32	F	DNR	DNR
307	307	11	104	68	Sally Aldridge	F	Female 60+	Michelin AC	0:52:59.5	0:52:39.5	0:19	10:31	6:32	X	DNR	DNR
308	309	20	105	191	Wendy Herriott	F	Female 40	Rising Brook Runners	0:53:05.2	0:52:48.9	0:16	10:33	6:33		DNR	DNR
309	308	6	106	372	Amanda Pearce	F	Female 55	Stafford Harriers	0:53:06.1	0:52:48.4	0:17	10:33	6:33		DNR	DNR
310	311	21	107	16	Sara Rees	F	Female 40	Chase Harriers	0:53:29.9	0:53:05.4	0:24	10:37	6:35	X	DNR	DNR
311	310	23	108	144	Charlotte Clewes	F	Female U35	Chase Harriers	0:53:30.4	0:53:05.0	0:25	10:37	6:35		DNR	DNR
312	312	16	204	325	Phil Cooper	M	Male 55	Uttoxeter Road Runners	0:53:38.4	0:53:10.9	0:27	10:38	6:36		DNR	DNR
313	313	7	109	14	Marie Burt	F	Female 55	Chase Harriers	0:54:44.0	0:54:24.6	0:19	10:52	6:45	X	349	00:55
314	315	22	110	232	Cheryl Cox	F	Female 40		0:54:51.2	0:54:47.1	0:04	10:57	6:48		DNR	DNR
315	314	15	205	125	John Stokes	M	Male 60	Newport and District RC	0:54:54.1	0:54:33.2	0:20	10:54	6:46		339	00:52
316	316	16	206	83	Michael Bamber	M	Male 50	Stafford Harriers	0:55:05.7	0:54:48.3	0:17	10:57	6:48		300	00:48

Staffs knot 5 2015

Finisher List 5 mile

Gun pos	Chip pos	Cat pos	Gender pos	Race num	Name (first, last)	Gender	Age grp	Club	Gun time	Chip time	Start delay	Pace (min/mile)	Pace (min/km)	NSRRA grp	2014 pos	2014 time
317	317	18	207	39	Jim Griffiths	M	Male 65+		0:55:49.6	0:55:21.3	0:28	11:04	6:52		DNR	DNR
318	320	23	111	158	Michelle Rhodes	F	Female 40	Birmingham Masters	0:56:12.2	0:55:57.3	0:14	11:11	6:57		DNR	DNR
319	319	21	112	1	Holly Wright	F	Female 35	Stafford Harriers	0:56:13.1	0:55:53.7	0:19	11:10	6:56		347	00:54
320	318	24	113	84	Emma Chambers	F	Female U35	West Bromwich Harriers	0:56:14.8	0:55:52.8	0:22	11:10	6:56		DNR	DNR
321	321	19	208	149	Stanley Bourne	M	Male 65+	Midland Masters	0:56:35.3	0:56:20.7	0:14	11:16	7:00		DNR	DNR
322	322	8	114	234	Linda Cundliffe	F	Female 55	Aldridge Running Club	0:57:39.4	0:57:19.3	0:20	11:27	7:07		DNR	DNR
323	323	12	115	357	Carol Watson	F	Female 60+	Aldridge Running Club	0:57:39.6	0:57:19.5	0:20	11:27	7:07		DNR	DNR
324	324	13	116	50	Anne Davies	F	Female 60+	Potters Trotters	0:57:44.4	0:57:30.2	0:14	11:30	7:08	X	356	00:55
325	325	17	117	145	Carole Weir	F	Female 45	West Bromwich Harriers	0:58:37.7	0:58:16.3	0:21	11:39	7:14		DNR	DNR
326	326	12	118	219	Linda Woodall	F	Female 50	Michelin AC	0:58:54.6	0:58:34.7	0:19	11:42	7:16		360	00:57
327	327	25	119	119	Rachel Barnes	F	Female U35		0:59:40.9	0:59:14.6	0:26	11:50	7:21		DNR	DNR
328	328	13	120	47	Hazel Barlow	F	Female 50	Michelin AC	1:00:06.4	0:59:46.6	0:19	11:57	7:25	X	363	00:58
329	329	24	121	73	Jo Williams	F	Female 40	West Bromwich Harriers	1:00:15.7	0:59:53.2	0:22	11:58	7:26		362	00:58
330	330	14	122	142	Alli Lymer	F	Female 50	Trentham RC	1:04:19.5	1:04:04.9	0:14	12:48	7:57	X	DNR	DNR
331	331	18	123	121	Wendy Barnes	F	Female 45		1:07:47.5	1:07:20.6	0:26	13:28	8:22		DNR	DNR
332	332	37	209	120	Stewart Barnes	M	Male 45		1:07:49.8	1:07:22.7	0:27	13:28	8:22		DNR	DNR

Number of records: 332