

Staffs Knot 5 miler 2026 Results

Pos	Gender Pos	Gender	Categ Pos	Category	Name	Race num	Club	Gun time	Chip time	Pace	NSRRA num	NS gr
1	1	Male / open	1	40-44	Lee Gratton	218	Rugeley Runners	00:24:54	00:24:53	4:58 min/ m		
2	2	Male / open	1	45-49	Christopher Gidlow	57	City of Stoke AC	00:27:00	00:26:59	5:23 min/ m	53	A
3	3	Male / open	2	40-44	Paul Tatler	157	City of Stoke AC	00:28:12	00:28:10	5:38 min/ m	114	A
4	4	Male / open	1	19-39	Matthew Hilsdon	81	Stafford Harriers	00:28:19	00:28:18	5:39 min/ m	263	A
5	5	Male / open	2	45-49	Carl Moulton	120	Boalloy Running Club	00:28:33	00:28:31	5:42 min/ m	156	A
6	6	Male / open	3	40-44	Pat Buckingham	15	Gator Athletics Club	00:29:27	00:29:25	5:53 min/ m	450	A
7	7	Male / open	2	19-39	Oliver Stone	155	Rugeley Runners	00:29:40	00:29:38	5:55 min/ m		
8	8	Male / open	3	19-39	Dan Alcock	1	Cheadle RC	00:30:22	00:30:20	6:04 min/ m	844	B
9	9	Male / open	1	55-59	Peter Lowe	211	TB Tri	00:30:33	00:30:30	6:06 min/ m		
10	10	Male / open	4	19-39	Martin Cooper	28	North Staffs RR Association	00:30:40	00:30:38	6:07 min/ m	384	B
11	11	Male / open	2	55-59	Paul Hancock	70	South Cheshire Harriers	00:30:55	00:30:52	6:10 min/ m	89	A
12	12	Male / open	1	0-18	Alfie Blackett	193	Cannock & Stafford AC	00:30:57	00:30:55	6:11 min/ m		
13	13	Male / open	3	45-49	Steve Jones	91	North Staffs RR Association	00:31:02	00:30:59	6:11 min/ m	423	A
14	14	Male / open	5	19-39	Tom Felix	49	Stone Master Marathoners	00:31:07	00:31:04	6:12 min/ m	770	B
15	15	Male / open	6	19-39	Juantxo Perry	202	Silverdale RC	00:31:19	00:31:16	6:15 min/ m	177	B
16	16	Male / open	4	45-49	Robert Cartwright	18	TRX Wolves AC	00:31:28	00:31:24	6:16 min/ m		
17	17	Male / open	3	55-59	John Harrison	205		00:31:31	00:31:29	6:17 min/ m		
18	18	Male / open	4	40-44	Craig Taylor	160	Newcastle (staffs)	00:31:35	00:31:32	6:18 min/ m	66	A

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							Athletic Club			m		
19	19	Male / open	7	19-39	Chris Watson	170	Trentham RC	00:31:46	00:31:43	6:20 min/ m	246	C
20	20	Male / open	5	40-44	Ryan Noon	196	Aldridge RC	00:31:48	00:31:46	6:21 min/ m		
21	21	Male / open	8	19-39	Luke Morley	116	Rugeley Runners	00:31:49	00:31:46	6:21 min/ m		
22	22	Male / open	5	45-49	Matt Williams	392	Run & Ride	00:31:51	00:31:49	6:21 min/ m		
23	23	Male / open	6	40-44	David Tudor	165	Stone Master Marathoners	00:32:16	00:32:13	6:26 min/ m	315	C
24	24	Male / open	7	40-44	Thomas Orton	123	Cannock & Stafford AC	00:32:22	00:32:20	6:28 min/ m		
25	1	Female	1	40-44	Amanda Kelly	93	City of Stoke AC	00:32:29	00:32:26	6:29 min/ m	196	L
26	25	Male / open	9	19-39	Jamie Graham	59		00:32:33	00:32:27	6:29 min/ m	762	B
27	26	Male / open	10	19-39	Alexander Prince	133	Gator Athletics Club	00:32:40	00:32:38	6:31 min/ m	499	C
28	27	Male / open	1	50-54	James Washington	168	Holmfirth Harriers AC	00:32:43	00:32:40	6:32 min/ m		
29	28	Male / open	11	19-39	Ryan Ponder	132	Hednesford Running Club	00:33:06	00:33:01	6:36 min/ m		
30	29	Male / open	6	45-49	Paul Williams	178	North Staffs RR Association	00:33:06	00:33:02	6:36 min/ m	739	B
31	30	Male / open	8	40-44	Chris Whitfield	235		00:33:12	00:33:08	6:37 min/ m		
32	31	Male / open	9	40-44	Sam Rosillo	138	Stone Master Marathoners	00:33:19	00:33:14	6:38 min/ m	293	B
33	32	Male / open	4	55-59	Robin Williamson	179	North Staffs RR Association	00:33:19	00:33:16	6:39 min/ m	817	B
34	33	Male / open	10	40-44	Jonathan Boyes	209	Aldridge RC	00:33:37	00:33:34	6:42 min/ m		
35	34	Male / open	12	19-39	Jason Littlewood	105	Stafford Harriers	00:34:00	00:33:56	6:47 min/ m		
36	35	Male / open	5	55-59	Justin Green	237	Stafford Harriers	00:34:07	00:34:02	6:48 min/ m		

Pos	Gender Pos	Gender	Categ Pos	Category	Name	Race num	Club	Gun time	Chip time	Pace	NSRRA num	NS gr
37	36	Male / open	11	40-44	Rob Metcalf	114	Stone Master Marathoners	00:34:12	00:34:06	6:49 min/ m	668	C
38	37	Male / open	13	19-39	Jake Burton	16	North Staffs RR Association	00:34:11	00:34:07	6:49 min/ m	124	C
39	38	Male / open	12	40-44	Dan Gardner	54	North Staffs RR Association	00:34:24	00:34:20	6:52 min/ m	369	D
40	39	Male / open	2	0-18	George Brizell	12	Aldridge RC	00:34:42	00:34:41	6:56 min/ m		
41	40	Male / open	1	60-64	Mic Lee	102	Aldridge RC	00:34:48	00:34:44	6:56 min/ m		
42	2	Female	1	19-34	Sophie Tatton	158	Telford AC	00:34:50	00:34:45	6:57 min/ m		
43	41	Male / open	7	45-49	Christopher Geering	55	Sandbach Striders	00:34:57	00:34:53	6:58 min/ m	138	D
44	42	Male / open	14	19-39	Jason Smallman	146	North Staffs RR Association	00:35:04	00:35:01	7:00 min/ m	127	C
45	43	Male / open	13	40-44	Matthew Lawley	100	Hinckley Running Club	00:35:12	00:35:07	7:01 min/ m		
46	3	Female	2	19-34	Bethany Simpson	142	Newcastle (staffs) Athletic Club	00:35:14	00:35:09	7:01 min/ m	28	M
47	44	Male / open	14	40-44	Craig Tokeley	391	Stafford Harriers	00:35:38	00:35:34	7:06 min/ m		
48	45	Male / open	15	19-39	Tyler Hammersley	67		00:35:43	00:35:39	7:07 min/ m	39	E
49	46	Male / open	16	19-39	Liam Masefield- Ball	190	Hednesford Running Club	00:35:43	00:35:39	7:07 min/ m		
50	47	Male / open	15	40-44	Daniel Pheasant	130	Aldridge RC	00:35:46	00:35:41	7:08 min/ m		
51	48	Male / open	17	19-39	Leo Wheeler	390	Silverdale	00:36:04	00:35:58	7:11 min/ m		
52	49	Male / open	18	19-39	Leo Wheeler	390	Silverdale	00:36:04	00:35:58	7:11 min/ m		
53	50	Male / open	2	60-64	Andy Thomas	163	Sandbach Striders	00:36:08	00:36:04	7:12 min/ m	9	C
54	4	Female	1	45-49	Kirsty Stephenson	153	Stone Master Marathoners	00:36:17	00:36:12	7:14 min/ m	231	L
55	51	Male / open	6	55-59	Barry Smith	148		00:36:22	00:36:16	7:15 min/ m		

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										m		
56	52	Male / open	19	19-39	Robert Murphy	121	Robbos Running Club	00:36:25	00:36:22	7:16 min/ m		
57	53	Male / open	20	19-39	Owen Yates	184	Hednesford Running Club	00:36:29	00:36:24	7:16 min/ m		
58	54	Male / open	3	60-64	Mick Haire	64	Boalloy Running Club	00:36:45	00:36:39	7:19 min/ m	129	C
59	55	Male / open	21	19-39	Mark Gratton	230	Rugeley Runners	00:36:52	00:36:42	7:20 min/ m		
60	5	Female	3	19-34	Caitlin Taylor	159	Newcastle (staffs) Athletic Club	00:36:58	00:36:54	7:22 min/ m	101	M
61	56	Male / open	22	19-39	Jason Rogers	136		00:37:04	00:36:56	7:23 min/ m		
62	6	Female	2	40-44	Lisa Dillon	39	Cannock & Stafford AC	00:37:04	00:36:59	7:23 min/ m	161	M
63	7	Female	4	19-34	Bethany Hillman	79	The Arcade Crafty Runners	00:37:42	00:37:39	7:31 min/ m	125	M
64	8	Female	1	60-64	Carol Higgs	77	Trentham RC	00:37:48	00:37:43	7:32 min/ m	183	L
65	57	Male / open	23	19-39	Mathew Connelly- Alcock	187	Arcade Crafty Runners	00:37:52	00:37:48	7:33 min/ m		
66	9	Female	5	19-34	Megan Forrest	51	Cannock & Stafford AC	00:37:57	00:37:53	7:34 min/ m		
67	10	Female	1	35-39	Siobhan Crawford	185	Stafford Harriers	00:38:02	00:37:56	7:35 min/ m		
68	58	Male / open	24	19-39	Marc Green	60	Fordy Runs Running Club	00:38:09	00:38:02	7:36 min/ m	162	E
69	59	Male / open	1	65-69	Richard Dowling	40	Stafford Harriers	00:38:29	00:38:22	7:40 min/ m		
70	60	Male / open	4	60-64	David Kendall	95	West Bromwich Harriers	00:38:33	00:38:29	7:41 min/ m		
71	61	Male / open	2	50-54	Richard Dunn	46	North Staffs RR Association	00:38:44	00:38:37	7:43 min/ m	640	E
72	62	Male / open	5	60-64	Christopher Wood	180	Stone Master Marathoners	00:38:54	00:38:49	7:45 min/ m	651	F
73	63	Male / open	7	55-59	Simon Phillips	229	Whitchurch whippets	00:39:04	00:38:58	7:47 min/ m		

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74	64	Male / open	8	55-59	Roger Whitehurst	175	Gator Athletics Club	00:39:13	00:39:07	7:49 min/m		
75	65	Male / open	3	50-54	Jason Riley	88		00:39:13	00:39:08	7:49 min/m	297	E
76	66	Male / open	2	65-69	David Laxton	223	Newcastle Staffs AC	00:39:16	00:39:09	7:49 min/m	493	D
77	67	Male / open	25	19-39	Dan Thacker	162	Hednesford Running Club	00:39:21	00:39:16	7:51 min/m		
78	11	Female	6	19-34	Jess Yapp	191		00:39:32	00:39:26	7:53 min/m		
79	68	Male / open	16	40-44	Kevin Cockerton	25	North Staffs RR Association	00:39:37	00:39:31	7:54 min/m	25	D
80	69	Male / open	17	40-44	Matt Beere	7	Fordy Runs Running Club	00:39:45	00:39:39	7:55 min/m	143	E
81	70	Male / open	4	50-54	Benjamin Greensides	204	Stone Master Marathoners	00:39:40	00:39:40	7:56 min/m		
82	12	Female	2	45-49	Suzy Street-Hall	236	Tipton Harriers	00:39:46	00:39:44	7:56 min/m		
83	71	Male / open	18	40-44	Jonathan Wright	181	North Staffs RR Association	00:39:53	00:39:47	7:57 min/m	366	E
84	72	Male / open	9	55-59	Grahame Cope	29	Stone Master Marathoners	00:39:54	00:39:47	7:57 min/m	400	D
85	13	Female	1	50-54	Helen Somers	225	Stone Master Marathoners	00:40:03	00:39:57	7:59 min/m	90	M
86	73	Male / open	6	60-64	Martyn Hordern	83	North Staffs RR Association	00:40:15	00:40:09	8:01 min/m	168	E
87	74	Male / open	1	70-74	John Cooke	27		00:40:28	00:40:22	8:04 min/m		
88	75	Male / open	2	70-74	John Pearce	128	Aldridge RC	00:40:30	00:40:26	8:05 min/m		
89	14	Female	2	60-64	Chris Skellern	144	Stafford Harriers	00:40:33	00:40:26	8:05 min/m	549	L
90	15	Female	3	45-49	Kerry Hammonds	192	Cheadle RC	00:40:41	00:40:32	8:06 min/m	335	W
91	76	Male / open	26	19-39	Steven Meek	113	Arcade Crafty Runners	00:40:51	00:40:47	8:09 min/m		
92	16	Female	3	40-44	Alicia Gilbert	58	Silverdale RC	00:40:54	00:40:48	8:09 min/	775	W

Pos	Gender Pos	Gender	Categ Pos	Category	Name	Race num	Club	Gun time	Chip time	Pace m	NSRRA num	NS gr
93	17	Female	2	35-39	Amy Dale	34		00:41:14	00:41:08	8:13 min/ m		
94	77	Male / open	8	45-49	Mark Gibson	56	Trentham RC	00:41:22	00:41:14	8:14 min/ m	624	F
95	78	Male / open	7	60-64	Peter Davis	37	Newcastle (staffs) Athletic Club	00:41:27	00:41:19	8:15 min/ m	122	E
96	79	Male / open	27	19-39	Charlie Deakin- Jones	38		00:41:27	00:41:22	8:16 min/ m		
97	18	Female	2	50-54	Sheryl Hayes	224	Stafford Harriers	00:41:32	00:41:26	8:17 min/ m		
98	19	Female	7	19-34	Cerys Deakin	220	Miles and Smiles	00:41:37	00:41:30	8:18 min/ m		
99	20	Female	3	60-64	Lorraine Beesley	231	Aldridge RC	00:41:38	00:41:32	8:18 min/ m		
100	80	Male / open	28	19-39	Gregory Ankers	2	North Staffs RR Association	00:41:42	00:41:35	8:19 min/ m	190	F
101	21	Female	3	50-54	Eleanor Dronzek	44	Uttoxeter Road Runners	00:41:43	00:41:36	8:19 min/ m	X877	X
102	81	Male / open	29	19-39	Rob Sillito	186	Stoke F.I.T	00:42:14	00:42:07	8:25 min/ m	473	F
103	82	Male / open	8	60-64	Andrew Birkbeck	9	Aldridge RC	00:42:45	00:42:37	8:31 min/ m		
104	83	Male / open	10	55-59	Tim Herriott	76	Rising brook runners	00:43:16	00:43:07	8:37 min/ m		
105	22	Female	8	19-34	Victoria Bailey	217	Chase harriers	00:43:18	00:43:08	8:37 min/ m		
106	84	Male / open	30	19-39	Andrei Mata	107	Gator Athletics Club	00:43:26	00:43:20	8:40 min/ m		
107	23	Female	4	60-64	Angela Morton	119	Stoke F.I.T	00:43:45	00:43:38	8:43 min/ m	128	X
108	85	Male / open	11	55-59	David Taylor	161	Rugeley Runners	00:44:02	00:43:53	8:46 min/ m	68	F
109	86	Male / open	3	70-74	Alan Challinor	20	Newcastle (staffs) Athletic Club	00:44:02	00:43:54	8:46 min/ m	638	F
110	24	Female	9	19-34	Emily Beard	6	Aldridge RC	00:44:10	00:44:03	8:48 min/ m		

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111	87	Male / open	5	50-54	Paul Tindall	164	Chase harriers	00:44:13	00:44:06	8:49 min/m		
112	25	Female	10	19-34	Victoria Southall	149		00:44:33	00:44:14	8:50 min/m		
113	88	Male / open	19	40-44	Rob Sargent	140	Hednesford Running Club	00:44:42	00:44:25	8:53 min/m		
114	89	Male / open	3	65-69	Alan Burt	194	Chase harriers	00:45:00	00:44:48	8:57 min/m	75	E
115	90	Male / open	6	50-54	Andy Morris	117	South Cheshire Harriers	00:45:03	00:44:49	8:57 min/m		
116	26	Female	1	55-59	Nikki Towle	200	Stone Master Marathoners	00:45:39	00:45:31	9:06 min/m	863	Y
117	91	Male / open	9	45-49	David Westhead	173	Chase harriers	00:45:50	00:45:36	9:07 min/m		
118	27	Female	11	19-34	Jess Lowell	188	North Staffs RR Association	00:45:45	00:45:37	9:07 min/m	22	X
119	28	Female	1	70-74	Wendy Spreadbury	151	Sandbach Striders	00:45:47	00:45:38	9:07 min/m	2668021	
120	92	Male / open	12	55-59	Andy Hammonds	216	Cheadle RC	00:46:12	00:46:02	9:12 min/m	4222759	F
121	29	Female	3	35-39	Louise Hancock	69	Newcastle (staffs) Athletic Club	00:46:14	00:46:05	9:13 min/m	376	Y
122	93	Male / open	31	19-39	Diazan Yafai	227		00:46:11	00:46:09	9:13 min/m		
123	94	Male / open	13	55-59	Rob Ibbs	87	Newcastle (staffs) Athletic Club	00:46:28	00:46:20	9:16 min/m	317	F
124	30	Female	4	40-44	Kate Walker	167		00:46:52	00:46:45	9:21 min/m	747	Y
125	95	Male / open	9	60-64	Nick Doughty	213		00:47:08	00:46:54	9:22 min/m		
126	31	Female	4	50-54	Susan Twardochleb	166	Newcastle (staffs) Athletic Club	00:47:05	00:46:57	9:23 min/m	638	W
127	96	Male / open	10	45-49	Steve Rowley	214	Rugeley Runners	00:47:18	00:47:06	9:25 min/m		
128	97	Male / open	10	60-64	John Kirkham	199	Stafford Harriers	00:47:21	00:47:10	9:26 min/m		
129	32	Female	2	55-59	Joanna Stephens	152	Aldridge RC	00:47:37	00:47:29	9:29 min/		

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										m		
130	98	Male / open	11	45-49	Paul Mcadams	112		00:47:44	00:47:32	9:30 min/ m		
131	99	Male / open	32	19-39	Dan Houghton	84	Spa Striders	00:47:40	00:47:33	9:30 min/ m		
132	33	Female	4	35-39	Samantha Jane Wilkinson	176	Biddulph RC	00:48:02	00:47:56	9:35 min/ m	889	X
133	34	Female	12	19-34	Leah Kendall	96	West Bromwich Harriers	00:48:07	00:47:59	9:35 min/ m		
134	100	Male / open	4	65-69	Michael Perry	129		00:48:12	00:48:02	9:36 min/ m		
135	35	Female	5	35-39	Becky Heaney	72	Stone Master Marathoners	00:48:17	00:48:09	9:37 min/ m	112	Y
136	36	Female	5	40-44	Liz Austin	201	Stafford Harriers	00:48:26	00:48:15	9:39 min/ m	253	X
137	37	Female	5	60-64	Bokani Hart	71		00:48:42	00:48:28	9:41 min/ m		
138	38	Female	13	19-34	Libby Davies	36		00:48:46	00:48:30	9:42 min/ m		
139	39	Female	14	19-34	Megan Matthews	108	Silverdale RC	00:48:47	00:48:39	9:43 min/ m	708	Z
140	101	Male / open	7	50-54	Andrew Brammer	232		00:48:59	00:48:47	9:45 min/ m		
141	40	Female	4	45-49	Jocelyn Broadhurst	13	Chase harriers	00:49:10	00:48:56	9:47 min/ m		
142	41	Female	5	45-49	Sharen Sokhi	208	Stafford Harriers	00:49:10	00:48:59	9:47 min/ m		
143	102	Male / open	11	60-64	Rob Keithley	92	Nantwich Running Club	00:49:19	00:49:06	9:49 min/ m		G
144	42	Female	15	19-34	Stevie Cattell	19	The Arcade Crafty Runners	00:49:25	00:49:14	9:50 min/ m		
145	103	Male / open	5	65-69	Paul Garbett	53		00:49:45	00:49:31	9:54 min/ m		
146	104	Male / open	14	55-59	Duncan Richardson	228	Audley Striders Running Club	00:49:41	00:49:32	9:54 min/ m	864	G
147	105	Male / open	33	19-39	Joshua Howe	85		00:49:57	00:49:45	9:57 min/ m		

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148	43	Female	6	35-39	Rosie Rushworth	139	Silverdale RC	00:50:02	00:49:53	9:58 min/m	212	Z
149	44	Female	16	19-34	Rebecca Stokes	154		00:50:06	00:49:53	9:58 min/m		
150	106	Male / open	20	40-44	Jon Hillman	80	North Staffs RR Association	00:50:08	00:49:55	9:59 min/m	276	F
151	107	Male / open	34	19-39	Duncan Ericson	48		00:50:10	00:49:59	9:59 min/m		
152	108	Male / open	15	55-59	Lee Lycett	106	Silverdale RC	00:50:09	00:49:59	9:59 min/m	304	F
153	45	Female	5	50-54	Sharon Faulkner	215	Rugeley Runners	00:50:12	00:50:00	10:00 min/m		
154	46	Female	1	65-69	Anne Kelsall	94	Aldridge RC	00:50:21	00:50:11	10:02 min/m		
155	47	Female	6	50-54	Rebecca Ibbs	86	Newcastle (staffs) Athletic Club	00:50:38	00:50:29	10:05 min/m	314	Y
156	109	Male / open	6	65-69	Simon Hudson	234	Aldridge RC	00:51:23	00:51:15	10:15 min/m		
157	48	Female	17	19-34	Phoebe Wickens	221		00:51:32	00:51:16	10:15 min/m		
158	49	Female	6	60-64	Catherine Birkbeck	10	Aldridge RC	00:51:33	00:51:22	10:16 min/m		
159	50	Female	6	45-49	Emma Phillips	73	Gator AC	00:51:38	00:51:27	10:17 min/m		
160	51	Female	18	19-34	Abigail Smith	147	Biddulph RC	00:52:11	00:52:04	10:24 min/m	863	Y
161	110	Male / open	12	45-49	Darryl Copeland	30	Rugeley Runners	00:52:14	00:52:06	10:25 min/m		
162	52	Female	6	40-44	Sadie Bennett	8	Stafford Harriers	00:52:28	00:52:16	10:27 min/m	217	Z
163	53	Female	2	70-74	Pam Davies	206	Stone Master Marathoners	00:52:26	00:52:20	10:28 min/m	107	M
164	54	Female	3	55-59	Fiona Leatham	203	Whitchurch whippets	00:52:31	00:52:21	10:28 min/m	852	Y
165	111	Male / open	7	65-69	David Hebb	75	Stone Master Marathoners	00:53:06	00:52:52	10:34 min/m	769	F
166	112	Male / open	8	65-69	Kevin Jeavons	195		00:53:10	00:52:54	10:34 min/		

Pos	Gender Pos	Gender	Categ Pos	Category	Name	Race num	Club	Gun time	Chip time	Pace m	NSRRA num	NS gr
167	55	Female	7	50-54	Alison Watson	169	Silverdale RC	00:53:53	00:53:44	10:44 min/m	20	Y
168	56	Female	8	50-54	Nicola Brammer	233		00:54:02	00:53:49	10:45 min/m		
169	57	Female	9	50-54	Kerry Dundas	45	Gator Athletics Club	00:54:39	00:54:27	10:53 min/m		
170	113	Male / open	16	55-59	Christopher Downing	43		00:54:50	00:54:37	10:55 min/m		
171	58	Female	19	19-34	Eloise Cropp	32		00:55:37	00:55:26	11:05 min/m		
172	59	Female	7	60-64	Linda Fernyhough	50	North Staffs RR Association	00:56:21	00:56:05	11:13 min/m	718	X
173	60	Female	2	65-69	Rosie Piggott	131	North Staffs RR Association	00:56:21	00:56:05	11:13 min/m	870	X
174	114	Male / open	1	90-99	Bob Sissons	189	Silverdale RC	00:56:57	00:56:48	11:21 min/m	2	G
175	61	Female	7	35-39	Sarah Lee	103	Rising brook runners	00:57:07	00:56:53	11:22 min/m		
176	62	Female	8	35-39	Jemma Jones	90	Arcade Crafty Runners	00:57:30	00:57:19	11:27 min/m		
177	63	Female	3	70-74	Sue Down	42	Rising brook runners	00:57:56	00:57:41	11:32 min/m		
178	64	Female	10	50-54	Sarah Clewlow	24	Gator Athletics Club	00:58:28	00:58:16	11:39 min/m		
179	65	Female	4	55-59	Angela Whitehurst	174	Gator Athletics Club	00:58:28	00:58:16	11:39 min/m		
180	66	Female	7	45-49	Sara Roper	137	Rising brook runners	01:00:12	00:59:58	11:59 min/m		
181	67	Female	8	60-64	Carolyn Hill	226		01:01:06	01:00:53	12:10 min/m		
182	68	Female	3	65-69	Alison Dodd	207		01:01:26	01:01:10	12:14 min/m		
183	69	Female	8	45-49	Kate Hopkinson	82	North Staffs RR Association	01:01:41	01:01:26	12:17 min/m	154	Y
184	70	Female	9	45-49	Kerry Kerry Hopkinson	97		01:01:41	01:01:26	12:17 min/m	148	W

Pos	Gender Pos	Gender	Categ Pos	Category	Name	Race num	Club	Gun time	Chip time	Pace	NSRRA num	NS gr
185	71	Female	11	50-54	Caroline Morris	118		01:03:43	01:03:34	12:42 min/m	752	Z
186	72	Female	4	65-69	Hazel Barlow	4	Silverdale RC	01:05:28	01:05:15	13:03 min/m	397	Z
187	115	Male / open	4	70-74	Ken Down	41	Rising brook runners	01:05:56	01:05:41	13:08 min/m		
188	73	Female	20	19-34	Charlotte Williams	177	Hednesford Running Club	01:08:03	01:07:45	13:33 min/m		
189	74	Female	5	65-69	Janet Broomhall	14		01:09:36	01:09:18	13:51 min/m		
190	116	Male / open	5	70-74	Ron Skelley	145		01:09:37	01:09:20	13:52 min/m		
191	117	Male / open	21	40-44	Stuart Gregory	61	Desford Striders	01:18:00	01:17:44	15:32 min/m	716	F