

St Thomas 7 Mile Road Race Results 2016.xlsx

St Thomas 7 Mile Road Race 2016 18th September							
No	Pos	Forename	Surname	Sex	Club	Time	NSRRA
50	1	Daniel	Soltys	M	Stone Master Marathoners	39.43	
236	2	Jason	Burgess	M40	Trentham RC	40.29	
112	3	Luke	Boulton	M	Trentham Running Club	40.34	
111	4	Carl	Moulton	M	Boalloy	41.12	156
122	5	Scott	Minshall	M	Trentham Running Club	41.14	999
68	6	Paul	Swan	M50	Stone Master Marathoners	42.28	76
113	7	Dave	Giles	M40	Newcastle (Staffs) Tri Club	42.37	710
209	8	Phillip	Hilsdon	M	Stafford Harriers	42.40	165
131	9	Charlie	Cox	M	Cheadle Running Club	42.49	731
15	10	Stuart	Day	M45	Cheadle	42.53	278
75	11	Steven	Naylor	M	Michelin AC	42.57	420
114	12	Bruce	Johnson	M	Newcastle (Staffs) Ac	43.12	644
92	13	Leon	Bailey	M	Boalloy	43.28	272
74	14	Bryn	Holmes	M45	Trentham Running Club	43.48	389
13	15	Ian	Cawley	M40	Trentham Rc	43.51	715
35	16	Leigh	Matthews	M40	Trentham Rc	44.03	608
220	17	Adam	Grew	M45	Trentham Running Club	44.09	
171	18	Ian	Wilson	M	Trentham Running Club	44.23	624
100	19	Richard	Rea	M	Stafford Harriers	44.24	
30	20	Paul	Hancock	M45	South Cheshire Harriers	44.30	89
214	21	Dan	Hibberd	M	Boalloy	44.45	697
216	22	Scott	Zikmanis	M	Trentham Running Club	44.51	55
173	23	David	Hall	M	Unattached	44.59	
117	24	Mick	Haire	M50	Boalloy	45.09	129
120	25	Christopher	Morgan	M	Trentham Running Club	45.18	758
177	26	Tim	Twentyman	M50	Newcastle (Staffs) Ac	45.32	702
228	27	David	Pickstock	M	Trentham RC	45.45	
187	28	Simon	Dunn	M50	Trentham Running Club	45.50	729
230	29	Robert	Mottram-Jones	M55	Stafford Harriers	45.54	1
119	30	Harry	Porter	M40	Boalloy	46.05	811
93	31	Daniel	Cawley	M	Trentham Running Club	46.09	
97	32	Dave	Jones	M40	Unattached	46.10	169
54	33	Craig	Taylor	M	Trentham Running Club	46.14	66
52	34	Oliver	Stone	M	Rugeley Runners	46.27	705
218	35	David	Lancaster	M55	York Acorn	46.40	
48	36	Debbie	Thomas	F35	Trentham Rc	46.47	386
227	37	Richard	Washington	M45	Trentham RC	46.59	
179	38	Gareth	Knapper	M	Cheadle Running Club	47.09	695
165	39	Nicholas	Powell	M45	Unattached	47.17	
14	40	Gareth	Copley-jones	M	Newcastle Ac (Staffs)	47.22	
118	41	Glyn	Pattinson	M45	Cheadle Running Club	47.23	699
11	42	Alan	Brookes	M55	South Cheshire Harriers	47.44	215
36	43	Andrew	Maxfield	M45	Mow Cop Runners	47.49	641
132	44	Robert	Tabbanor	M55	Trentham Running Club	47.57	306
232	45	Paul	Scullion	M40	Chase Harriers	48.05	
6	46	Ben	Bewley	M	Newcastle (Staffs) Ac	48.13	189
116	47	Paul	Burslem	M50	Trentham Running Club	48.16	255
85	48	David	Nimmo	M	South Cheshire Harriers	48.33	330

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61	49	Wendy	Swift	F45	Trentham Running Club	48.39	395
198	50	Spencer	Holland	M45	Stafford Harriers	48.50	
39	51	Mike	Painter	M	Unattached	49.09	
66	52	Chris	Wood	M50	Rugeley Runners	49.09	742
210	53	James	Kelly	M	Cheadle Running Club	49.20	
233	54	Neil	Caswell	M45	Chase Harriers	49.22	
225	55	Paul	Clinton	M45	Trentham RC	49.29	
140	56	Kirsty	Stephenson	F35	Stone Master Marathoners	49.39	735
83	57	Daniel	Jordan	M45	Trentham Running Club	49.39	127
188	58	Nathan	Walton	M45	Newcastle (Staffs) AC	49.49	412
226	59	Ian	Wood	M50	Stafford Harriers	49.55	356
28	60	John	Guest	M55	Trentham Running Club	49.57	150
96	61	Robert	Ibbs	M45	Newcastle (Staffs) Ac	50.03	435
55	62	Terry	Wall	M45	Trentham Running Club	50.08	402
239	63	Tim	Melville	M	Uttoxeter Road Runners	50.16	
212	64	Micheal	Downes	M40	Stone Master Marathoners	50.18	413
73	65	John	Corbett	M65	Unattached	50.29	130
49	66	Lisa	Smith	F35	Rugeley Runners	50.35	741
168	67	Gareth	Jones	M	Stoke Fit	50.57	
27	68	Chris	Green	M55	Cheadle Running Club	51.01	
181	69	Ryan	Smith	M	Unattached	51.12	
127	70	Kevin	Mottram	M40	Buxton AC	51.21	350
25	71	Nick	Gordon	M	Nsrra	51.25	701
191	72	Keith	Beesley	M50	Unattached	51.41	
133	73	Grahame	Cope	M45	Uttoxeter Road Runners	51.46	400
71	74	Peter	Richardson	M	Cheadle Running Club	51.58	659
109	75	Chris	Mosiuk	M	Trentham Running Club	52.08	59
163	76	Martin	Brown	M	South Cheshire Harriers	52.10	728
60	77	Gary	Jones	M50	Michelin AC	52.27	553
143	78	Simon	Green	M40	Unattached	52.41	
130	79	Matthew	Burley	M	Trentham Running Club	52.51	726
203	80	Oliver	Clarke	M	Newcastle (Staffs) Ac	52.59	284
223	81	Keith	Mullholland	M50	Macclesfield Harriers	52.59	
77	82	Sarah	Taylor	F45	Trentham Running Club	53.02	691
5	83	Michael	Beasley	M50	Stoke Fit	53.05	
176	84	Adrian	Reeves-Jones	M45	Cheadle Running Club	53.07	51
	85	Unknown				53.09	
231	86	Tony	Hulme	M	Wilmslow	53.17	
79	87	Stan	Winterton	M70	Trentham Running Club	53.21	595
135	88	David	Ball	M	Unattached	53.25	
72	89	Kerry	Widdowson	F40	Trentham Running Club	53.49	381
139	90	Andrew	Legomski	M50	Stoke Fit	53.56	
80	91	Paul	Jones	M40	NSRRA	54.01	349
169	92	Phil	Fortun	M40	Trentham Running Club	54.13	
151	93	Michael	Banks	M45	Stoke Fit	54.17	
110	94	Jonathon	Stanfield	M	NSRRA	54.22	162
174	95	James	Hall	M40	Unattached	54.33	
162	96	James	Middleton	M	Unattached	54.35	
215	97	Philippa	Boote	F45	Stone Master Marathoners	54.38	
88	98	Clive	Heathcock	M60	South Cheshire Harriers	54.47	45

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33	99	Andrew	Jackson	M40	Nsrra	54.49	739
43	100	Gillian	Russon	F45	Cannock & Stafford Ac	54.59	151
108	101	Ian	Hancock	M50	Unattached	55.06	
172	102	Rosemary	Wilson	F55	Trentham Running Club	55.13	394
134	103	Clare	Dundas	F40	Michelin AC	55.22	694
62	104	David	Marsden	M60	Stafford Harriers	55.27	
12	105	Alan	Burt	M55	Chase Harriers	55.31	75
42	106	Timothy	Rees	M40	Chase Harriers	55.42	
175	107	Russell	Williams	M55	Cheadle Running Club	55.44	201
87	108	Mark	Checkley	M50	Lostock AC	55.45	
81	109	Andrew	Deaville	M40	South Cheshire Harriers	55.48	364
69	110	Matthew	Stanlake	M40	Newcastle (Staffs) Ac	56.08	
193	111	Jason	Harris	M45	Unattached	56.17	
186	112	Richard	Harvey	M	Unattached	56.25	
149	113	Mark	Dixon	M	Michelin AC	56.27	651
238	114	Richard	Marland	M65	Rugeley Runners	56.29	385
136	115	Grahame	McLachlan	M40	Michelin AC	56.44	359
205	116	Andrew	Podmore	M	Unattached	57.00	
46	117	Chris	Skellern	F50	Stafford Harriers	57.07	549
167	118	Rachael	Wood	F	Michelin AC	57.18	999
102	119	Mark	Churton	M45	Unattached	57.22	
104	120	Matthew	Churton	M	Unattached	57.29	
200	121	Lucas	Jones	M	Stoke AC	58.00	
192	122	Amanda	Kimber	F35	South Cheshire Harriers	58.01	723
76	123	Mick	Williams	M55	NSRRA	58.07	693
150	124	Kerry	Dixon	F	Trentham Running Club	58.25	652
235	125	Amanda	Gilbert	F	Cheadle RC	58.25	
38	126	Nia Rose	Nokes	F	Stafford Harriers	58.37	698
64	127	Tracey	Ridings	F45	Stafford Harriers	58.56	331
159	128	Stephen	Wood	M45	Newcastle (Staffs) Ac	59.07	
1	129	Ian	Allen	M50	Nsrra	59.25	131
90	130	Roy	Clay	M60	Stafford Harriers	59.51	405
89	131	Alan	Lewis	M75	Trentham Running Club	60.09	563
234	132	Yvonne	Nicholls	F55	Chase Harriers	60.09	
194	133	Sally	Kenny	F40	Cheadle Running Club	60.09	243
185	134	John	Smith	M65	Unattached	60.14	
219	135	Dale	Thompson	F60	Cheadle Running Club	60.14	
105	136	Laura	Slack	F	Unattached	60.34	
147	137	William	McAuliffe	M50	Cheadle Running Club	60.40	
126	138	Nigel	Lee	M60	Newcastle (Staffs) Ac	60.50	479
63	139	Amanda	Wood	F50	Newcastle (Staffs) Ac	60.57	707
31	140	Eddie	Smith	M60	Stafford Harriers	61.05	
124	141	Pam	Davies	F60	Stone Master Marathoners	61.05	107
123	142	Bill	Stevenson	M50	Michelin AC	61.17	183
82	143	James	Bayley	M	Newcastle (Staffs) Ac	61.28	669
16	144	Melonie	Deakin	F45	Stafford Harriers	61.33	
206	145	Gemma	Woodcock	F	Newcastle (Staffs) Ac	61.48	
158	146	Robert	Maddox	M50	Unattached	62.10	
8	147	Jane	Biskier	F50	Stafford Harriers	62.27	
190	148	Lisa	Beesley	F45	Unattached	62.38	

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78	149	Liz	Clutton	F60	Cheadle Running Club	62.45	390
34	150	Diane	Mason	F50	South Cheshire Harriers	62.47	361
211	151	Dan	Hughes	M	Unattached	62.59	
184	152	Bonnie	Seabridge	F35	Stone Master Marathoners	63.04	749
121	153	Egidija	Pope	F35	Unattached	63.14	
222	154	Ian	Rushton	M	Unattached	64.00	
84	155	Debbie	McDermott	F45	Stafford Harriers	64.17	
21	156	Dot	Fellows	F70	Cannock & Stafford Ac	64.39	179
29	157	Laura	Hall	F	Cheadle	64.45	300
7	158	Kenneth	Bloor	M55	Trentham Running Club	65.03	562
107	159	Brian	Powell	M65	NSRRA	65.15	191
144	160	David	Piper	M	Trentham Running Club	65.17	
180	161	Kevin	Smith	M55	Unattached	65.17	
146	162	Samantha	Rank	F35	Blythe Bridge Running Club	65.32	
145	163	Liz	Piper	F60	York Knavesmire Harriers	65.37	
240	164	Steve	Tranter	M	Rugeley Runners	65.40	
91	165	Nikki	Hepburn	F40	Unattached	65.56	
204	166	Nicola	Brownsword	F35	Newcastle (Staffs) Ac	66.12	
32	167	Michael	Horton	M65	NSRRA	66.17	21
59	168	John	Holmes	M60	Nsrra	66.29	495
67	169	Mark	Bentley	M50	Stafford Harriers	66.45	449
37	170	Karen	Murray	F50	Stafford Harriers	67.26	224
125	171	Clare	Allcock	F35	Unattached	67.28	
129	172	Richard	Owen	M40	Unattached	67.58	
45	173	Kat	Saunders	F	Newcastle (Staffs) Ac	68.12	639
94	174	Malcolm	Rushton	M65	Trentham Running Club	68.34	475
18	175	Colin	Earp	M65	South Cheshire Harriers	68.37	146
221	176	Dan	Hollins	M	Unattached	68.48	
148	177	Beccy	Oakes	F	Unattached	68.57	
208	178	Jane	Osbourne	F45	Unattached	69.00	
178	179	Jennifer	Alcock	F	Unattached	69.05	
189	180	Gemma	Hall	F	Unattached	69.09	
128	181	Robert	Sissons	M70	Chase Harriers	69.24	668
237	182	Cheryl	Smith	F	Unattached	69.44	
23	183	Anthony	Fox	M	Unattached	70.25	
166	184	Guy	Forrest-Hay	M45	Trentham Running Club	70.25	
2	185	Carol	Astbury	F50	Uttoxeter Road Runners	70.46	
182	186	Emma	Baggaley-Clay	F40	Uttoxeter Road Runners	71.04	
217	187	Jennifer	Jones	F35	Stone Master Marathoners	71.09	
196	188	Michelle	Cohen	F45	Unattached	71.15	
161	189	Lindsey	Gidman	F35	Unattached	71.22	
40	190	Cheryl	Percival	F	South Cheshire Harriers	71.27	211
51	191	Martin	Stirna	M60	South Cheshire Harriers	71.29	430
99	192	Tim	Clegg	M55	Stone Master Marathoners	71.32	703
213	193	Lisa	Carvell	F35	Unattached	71.56	
164	194	Karen	Wright	F	Unattached	71.56	
17	195	Emma	Dutton	F35	Stone Master Marathoners	72.09	704
101	196	Mac	McCoig	M65	Stone Master Marathoners	72.30	261
70	197	Charlotte	Smith	F	Potters Trotters	72.31	
207	198	Julie	Nokes	F55	Stafford Harriers	72.55	47

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19	199	Gael	Earp	F50	South Cheshire Harriers	72.55	147
86	200	Michelle	Miles	F	Stone Master Marathoners	73.03	
47	201	Alf	Slater	M70	Unattached	73.37	480
201	202	Dawn	Simcoe	F35	Stoke Fit	74.50	
199	203	Trevor	Goodwin	M80	NSRRA	74.50	380
22	204	Elizabeth	Fox	F35	Unattached	75.12	
10	205	Alison	Bradbury	F40	Unattached	75.14	
154	206	Rachel	Bentley	F	Stoke Fit	75.28	
197	207	Louise	Ashley	F35	Unattached	75.33	
4	208	Michael	Bamber	M50	Stafford Harriers	75.42	
9	209	Andrew	Bloor	M55	Unattached	75.40	
41	210	Sara	Rees	F40	Chase Harriers	75.48	635
153	211	Lisa	Foxhall	F45	Trentham Running Club	75.50	
160	212	Julie	Burnett	F45	Unattached	75.54	
202	213	Nicola	Muni	F	Potters Trotters	76.19	
103	214	Kerry	Churton	F45	Unattached	76.19	
152	215	Angela	Mcaree	F45	Stoke Fit	76.21	
115	216	Gemma	Gray	F	Stafford Harriers	76.24	
224	217	Robert	Findler	M55	Newcastle Tri	77.28	261
57	218	Jon	Hillman	M	NSRRA	77.47	276
65	219	Michelle	Cadman	F	NSRRA	77.52	751
170	220	Liz	Stevenson	F60	Potters Trotters	78.08	229
155	221	Jacquie	Macphail	F45	Trentham Running Club	79.49	
157	222	Bill	Whitworth	M75	Stafford Harriers	80.47	363
156	223	Beverly	Parry	F45	Trentham Running Club	81.33	
106	224	Stuart	Gregory	M	Desford Striders	83.00	716
98	225	Hazel	Barlow	F55	Michelin AC	87.18	397
138	226	Steffi	Ward	F35	Unattached	87.32	
141	227	Gemma	Wall	F35	Unattached	87.32	
56	228	Bev	Wynne	F40	South Cheshire Harriers	88.43	
53	229	Adele	Tabbiner	F40	South Cheshire Harriers	88.43	
142	230	Christine	Pezzaioli	F55	Stoke Fit	88.49	