

## Staffs Knot 2017

## Finisher List 5 mile

Rank	Gender	Age Group	Chip pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay
<b>Entered: 470; Started: 436; Still running: 2; Finished: 434</b>											
1	Male	U40	1	319	Martin	M	Tipton Harriers		0:26:34	0:26:33	0:00
2	Male	U40	2	115	Simon Myatt	M	Trentham R.C	Newcastle	0:26:56	0:26:56	0:00
3	Male	U40	3	336	James Skelton	M			0:26:59	0:26:58	0:00
4	Male	U40	4	89	Carl Moulton	M	Boalloy RC	Stoke-On-Trent	0:27:16	0:27:15	0:00
5	Male	U40	5	25	Robert	M	wolves and bilston	Wolverhampton	0:29:38	0:29:37	0:01
6	Male	U40	6	189	Ben Bewley	M	Newcastle (Staffs) AC	Newcastle-Unde	0:30:12	0:30:10	0:01
7	Male	40-44	7	314	Matt Williams	M	Run and Ride	Rugeley	0:30:16	0:30:13	0:02
8	Male	U40	8	344	Phillip Hilsdon	M	Stafford Harriers		0:30:20	0:30:18	0:02
9	Male	U40	9	281	Leon Bailey	M	Boalloy RC	Stoke On Trent	0:30:23	0:30:21	0:01
10	Male	U40	10	293	John Hayman	M	Lichfield Running Club	Lichfield	0:30:36	0:30:34	0:02
11	Male	40-44	11	315	Stephen	M	Lichfield Running Club	Lichfield	0:30:43	0:30:41	0:02
12	Male	U40	12	327	Ryan Nokes	M	Stone Master Marathoners		0:30:47	0:30:45	0:02
13	Male	40-44	13	276	Tom Sandy	M		Stafford	0:31:08	0:31:05	0:02
14	Male	50-54	14	167	Paul Swan	M	Stone Master Marathoners	Stone	0:31:17	0:31:15	0:01
15	Male	U40	15	119	Oliver Stone	M	Rugeley Runners	Rugeley	0:31:21	0:31:19	0:01
16	Male	U40	17	313	Pravesh Patel	M		Wolverhampton	0:31:30	0:31:29	0:01
17	Male	U40	16	16	Harry Perkins	M	Stafford Harriers	Stafford	0:31:31	0:31:28	0:02
18	Male	40-44	18	359	Gareth	M	Cheadle RC		0:31:35	0:31:34	0:01
19	Male	U40	20	374	Bradley Smith	M	South Cheshire Harriers		0:31:45	0:31:42	0:03
20	Male	45-49	21	185	Christopher	M	Birchfield Harriers	Lichfield	0:31:46	0:31:44	0:02
21	Male	U40	19	355	Matthew	M			0:31:48	0:31:42	0:06
22	Male	45-49	22	193	James	M	South Cheshire Harriers	Nantwich	0:31:58	0:31:57	0:01
23	Male	U40	23	295	Daniel Floyd	M	Lichfield Running Club	Lichfield	0:32:13	0:32:10	0:03
24	Male	55-59	24	88	Mick Haire	M	Boalloy RC	Stoke-On-Trent	0:32:16	0:32:15	0:01
25	Male	U40	25	373	David Morris	M	South Cheshire Harriers		0:32:20	0:32:17	0:03
26	Male	40-44	26	166	Richard Lycett	M	Rugeley Runners	Stafford	0:32:23	0:32:21	0:01
27	Male	45-49	27	378	Tim Hulse	M	Stone Master Marathoners		0:32:32	0:32:30	0:02
28	Male	U40	28	102	James Found	M	Stafford Harriers	Stafford	0:32:38	0:32:35	0:03
29	Male	U40	29	76	Jason	M	Stafford Harriers	Stafford	0:32:47	0:32:39	0:08
30	Male	U40	30	347	David Clarke	M			0:32:56	0:32:52	0:03
31	Male	45-49	32	345	Terry Wall	M	Trentham R.C		0:32:58	0:32:56	0:02
32	Male	U40	31	310	Matthew	M	Stafford Harriers	Stafford	0:32:58	0:32:53	0:05
33	Male	U40	33	362	Stuart Penn	M			0:33:04	0:33:00	0:03
34	Male	55-59	34	302	Robert	M	Stafford Harriers	Stafford	0:33:06	0:33:05	0:01
35	Male	40-44	35	55	Steve	M	Aldridge Running Club	Walsall	0:33:11	0:33:08	0:03
36	Male	45-49	36	106	Ian Heath	M	Stafford Harriers	Stafford	0:33:26	0:33:19	0:06
37	Male	40-44	37	371	Paul Scullion	M	Chase Harriers		0:33:31	0:33:22	0:09
38	Male	45-49	40	69	David Morrell	M		Brocton	0:33:39	0:33:37	0:02
39	Male	45-49	39	361	Simon Danks	M	Uttoxeter Road Runners		0:33:42	0:33:35	0:07
40	Male	U40	41	41	Daniel Hurley	M	Lichfield Running Club	Longlevens	0:33:42	0:33:39	0:03
41	Male	U40	38	356	Iain Stamp	M	Walton Chasers		0:33:47	0:33:31	0:16
42	Female	40-44	42	80	Sally Gray	F	Cannock & Stafford	Stafford	0:33:53	0:33:51	0:02
43	Male	50-54	43	90	Barry Smith	M	Trentham R.C	Stoke-On-Trent	0:34:00	0:33:57	0:03
44	Female	45-49	44	248	Wendy Swift	F	Trentham R.C	Newcastle	0:34:06	0:34:05	0:01
45	Male	40-44	47	365	Michael	M	Stone Master Marathoners		0:34:10	0:34:08	0:01
46	Male	U40	45	31	David	M		Chasetown	0:34:13	0:34:05	0:07
47	Male	45-49	48	230	Rob Ibbs	M	Newcastle (Staffs) AC	Stoke-On-Trent	0:34:13	0:34:09	0:03
48	Female	40-44	50	124	Michelle	F	Newcastle (Staffs) AC	Audley	0:34:14	0:34:11	0:02
49	Male	U40	49	329	Liam Duggan	M	Stafford Harriers		0:34:20	0:34:10	0:09
50	Male	U40	51	91	Martin Cross	M	Stone Master Marathoners	Barlaston	0:34:21	0:34:12	0:09
51	Male	U40	46	15	Lee Simmons	M	Penkridge runners	Stafford	0:34:24	0:34:08	0:16

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Catppos	Chip pos	Race num	Name (first,	Gender	Club	Town	Gun time	Chip time	Start delay
52 (Male U40)	52	370	Jamie Graham	M	Cannock & Stafford		0:34:29	0:34:13	0:16
53 (Male 45-49)	53	229	Spencer	M	Stafford Harriers	St179Aj	0:34:31	0:34:22	0:08
54 (Male 50-54)	54	163	Nigel	M	South Cheshire Harriers	Crewe	0:34:34	0:34:30	0:03
55 (Male 40-44)	55	105	Dave Martin	M	Chase Harriers	Walsall	0:34:40	0:34:36	0:04
56 (Male U40)	57	191	Mark David	M	Newcastle (Staffs) AC	Stoke On Trent	0:34:41	0:34:37	0:03
57 (Male 60-64)	56	7	Alan Brookes	M	Trentham R.C	Cheshire	0:34:44	0:34:37	0:06
58 (Female 45-49)	58	342	Joanne	F	Trentham R.C		0:34:45	0:34:40	0:04
59 (Female 40-44)	59	264	Victoria	F	Stone Master Marathoners	Stoke On Trent	0:34:45	0:34:41	0:03
60 (Male U40)	60	56	Ben Deakin	M	Stafford Harriers	Stafford	0:34:55	0:34:49	0:06
61 (Male 50-54)	61	270	Christopher	M	Newcastle (Staffs) Tri Club	Stoke-On-Trent	0:34:59	0:34:54	0:05
62 (Male 40-44)	63	353	Kevin Mottram	M	Buxton AC		0:35:11	0:35:03	0:08
63 (Male U40)	62	33	Robert	M		Stone	0:35:16	0:34:58	0:17
64 (Male 40-44)	64	274	Mark Platts	M	Staffordshire Moorlands A.C.	Leek	0:35:21	0:35:08	0:13
65 (Male 40-44)	65	271	Paul Shaw	M		Stafford	0:35:27	0:35:17	0:09
66 (Male 60-64)	68	148	Peter Parker	M	Royal Sutton Coldfield	Birmingham	0:35:30	0:35:27	0:03
67 (Male U40)	69	27	Leigh Ally	M	Aldridge Running Club	Walsall	0:35:33	0:35:29	0:04
68 (Male 40-44)	67	122	Andrew	M	NSRRA	Leek	0:35:35	0:35:27	0:08
69 (Female 40-44)	70	207	Michelle Fox	F	Stafford Harriers	Stafford	0:35:41	0:35:34	0:06
70 (Male 45-49)	66	333	Chris Scullion	M	Cheadle RC		0:35:41	0:35:26	0:14
71 (Male U40)	71	258	Christian	M	Uttoxeter Road Runners	Uttoxeter	0:35:46	0:35:38	0:07
72 (Male 45-49)	72	153	Indira	M	Stone Master Marathoners	Stone	0:35:49	0:35:40	0:09
73 (Male U40)	74	133	John Alcock	M	Newcastle (Staffs) AC	Newcastle-Unde	0:35:54	0:35:47	0:06
74 (Female U35)	76	294	Sarah Burton	F	Lichfield Running Club	Lichfield	0:35:55	0:35:52	0:03
75 (Male 40-44)	73	86	David	M	Stone Master Marathoners	Stone	0:35:56	0:35:47	0:08
76 (Male U40)	75	265	Glenn	M		Stafford	0:35:58	0:35:49	0:08
77 (Male 60-64)	78	334	Tony Crossley	M	East Grinstead /FRA		0:35:58	0:35:54	0:03
78 (Female 35-39)	77	277	Laura Sandy	F		Stafford	0:35:59	0:35:54	0:04
79 (Female 40-44)	80	168	Emma	F	Buxton AC	Buxton	0:36:09	0:36:03	0:06
80 (Male U40)	81	290	David Nimmo	M	South Cheshire Harriers	Crewe	0:36:11	0:36:05	0:05
81 (Male 50-54)	79	73	Mark Jones	M	Chase Harriers	Rugeley	0:36:13	0:36:02	0:11
82 (Male 50-54)	82	65	Ian Wood	M	Stafford Harriers	Hednesford	0:36:18	0:36:06	0:12
83 (Male U40)	83	298	Russell	M	Lichfield Running Club	Lichfield	0:36:22	0:36:18	0:03
84 (Male 55-59)	84	104	Andrew Dippie	M	Stafford Harriers	Telford	0:36:24	0:36:20	0:03
85 (Male 50-54)	86	131	Andy	M	Rising Brook Runners	Stafford	0:36:38	0:36:28	0:10
86 (Female 45-49)	87	157	Sarah Taylor	F	Trentham R.C	Stoke On Trent	0:36:39	0:36:33	0:06
87 (Female 45-49)	90	360	Karen Kiteley	F	Aldridge Running Club		0:36:47	0:36:44	0:03
88 (Male 40-44)	89	346	Nick Beckett	M	Stafford Harriers		0:36:48	0:36:41	0:06
89 (Male 55-59)	88	383	John Guest	M	Trentham R.C		0:36:50	0:36:36	0:14
90 (Male U40)	85	244	David	M		Stafford	0:36:51	0:36:28	0:22
91 (Male 60-64)	91	17	John Wood	M	Michelin AC	Newcastle	0:36:57	0:36:45	0:12
92 (Male U40)	92	286	Max Walker	M		Burton Upon	0:37:07	0:36:51	0:15
93 (Male U40)	96	323	Oliver Clarke	M	Newcastle (Staffs) AC		0:37:07	0:37:03	0:04
94 (Male 45-49)	95	311	Robert Proctor	M	Stafford Harriers	Stafford	0:37:08	0:37:02	0:06
95 (Female 35-39)	94	93	Fiona Bradley	F	Stone Master Marathoners	Stoke-On-Trent	0:37:11	0:37:02	0:09
96 (Male 45-49)	98	247	Pete Rees	M	Team Derby Runner	Burton Upon	0:37:18	0:37:13	0:04
97 (Male U40)	93	83	Ben Dean	M		Walsall	0:37:29	0:37:00	0:28
98 (Male 65+)	97	183	Keith	M	Chasewater Runners	Cannock	0:37:30	0:37:10	0:19
99 (Male 65+)	99	211	Michael	M	Cheadle RC	Stoke-On-Trent	0:37:32	0:37:26	0:06
100 (Female U35)	102	202	Kerry Dixon	F	Trentham R.C	Stoke On Trent	0:37:36	0:37:31	0:05
101 (Male 40-44)	100	196	Kevin Taylor	M	Chase Harriers	Cannock	0:37:39	0:37:29	0:10
102 (Female 35-39)	103	343	Julie Mcarthur	F	Stone Master Marathoners		0:37:40	0:37:35	0:04
103 (Male 60-64)	101	66	Neil Stretton	M	NSRRA	Hednesford	0:37:42	0:37:30	0:12
104 (Male 40-44)	104	218	Jason Lee	M	Falsch	Cannock	0:37:46	0:37:40	0:06

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Gender	Age	Chip pos	Race num	Name (first,	Gender	Club	Town	Gun time	Chip time	Start delay
Male	U40	105	341	George	M	Buxton AC		0:37:50	0:37:41	0:08
Female	45-49	107	151	Gillian Russon	F	Cannock & Stafford	Penkridge	0:37:54	0:37:48	0:05
Male	50-54	106	120	Anthony	M		Walsall	0:37:57	0:37:45	0:11
Male	U40	108	227	Chris Morris	M		Stafford	0:37:57	0:37:49	0:08
Male	U40	109	219	Dan Oxley	M		Stafford	0:38:03	0:37:55	0:08
Male	U40	114	348	Alex Langford	M			0:38:05	0:38:01	0:03
Male	55-59	115	369	Mick Williams	M			0:38:08	0:38:05	0:03
Male	60-64	111	158	Clive	M	South Cheshire Harriers	Crewe	0:38:09	0:37:56	0:12
Male	45-49	112	154	Chris Lake	M	Chase Harriers	Heath Hayes	0:38:10	0:37:58	0:12
Male	U40	110	228	Russell	M	NSRRA	Cannock	0:38:11	0:37:55	0:15
Male	U40	113	240	Nicholas	M	Uttoxeter Road Runners	Uttoxeter	0:38:12	0:38:00	0:11
Male	65+	116	111	Colin Jackson	M	Aldridge Running Club	Pelsall	0:38:13	0:38:07	0:05
Male	U40	117	249	Nigel Martin	M		Uttoxeter	0:38:20	0:38:14	0:05
Male	50-54	119	358	Mike Allsopp	M	Market Drayton RC		0:38:24	0:38:16	0:07
Male	45-49	118	275	Michael Grice	M	Stafford Triathlon Club	Cannock	0:38:25	0:38:16	0:08
Female	50-54	120	20	Rosamund	F	Stone Master Marathoners	Stafford	0:38:25	0:38:21	0:04
Male	U40	121	318	Harshad Patel	M	SHABBARunners	Sutton Coldfield	0:38:30	0:38:23	0:06
Male	60-64	123	52	John Holmes	M	NSRRA	Stoke On Trent	0:38:31	0:38:24	0:07
Male	55-59	125	194	Russell	M	Cheadle RC	Stone	0:38:34	0:38:28	0:05
Male	U40	124	273	Stu Parton	M	Stoke Fit	Stoke On Trent	0:38:34	0:38:24	0:09
Male	60-64	127	44	Tony White	M	Trentham R.C	Stoke On Trent	0:38:34	0:38:29	0:05
Male	U40	126	338	Darren Tweats	M			0:38:37	0:38:28	0:09
Female	35-39	129	75	Victoria Doran	F	Stafford Harriers	Telford	0:38:42	0:38:34	0:07
Male	45-49	128	155	Ian	M	Chase Harriers	Heath Hayes	0:38:42	0:38:33	0:09
Male	U40	122	232	Rob Taylor	M	Chasewater Runners	Rugeley	0:38:44	0:38:24	0:20
Male	40-44	130	74	Alex Yendole	M	Stone Master Marathoners	Stone	0:38:48	0:38:36	0:11
Female	35-39	132	126	Julia Rigby	F	Trentham R.C	Stoke On Trent	0:38:48	0:38:43	0:05
Male	60-64	131	379	Mak Singh	M			0:38:54	0:38:41	0:13
Female	U35	133	287	Rachael Wood	F	Michelin AC	Newcastle	0:39:00	0:38:48	0:12
Female	40-44	134	169	Stella Denniss	F	Stafford Harriers	Stafford	0:39:03	0:38:54	0:09
Female	55-59	135	108	Melanie	F	Chase Harriers	Lichfield	0:39:04	0:38:56	0:07
Male	40-44	136	335	Dean Hibbitt	M	Stafford Harriers		0:39:05	0:38:56	0:08
Male	65+	137	285	Peter Divall	M	NSRRA	Stoke On Trent	0:39:14	0:39:06	0:07
Male	U40	138	354	Joe	M			0:39:18	0:39:07	0:11
Male	65+	140	243	Richard	M	Rugeley Runners	Rugeley	0:39:20	0:39:12	0:07
Female	U35	139	4	Nia Rose	F	Stafford Harriers	Stafford	0:39:23	0:39:08	0:14
Female	U35	144	308	Sally Capewell	F		Uttoxeter	0:39:31	0:39:29	0:02
Female	55-59	141	123	Chris Skellern	F	Stafford Harriers	Stafford	0:39:32	0:39:24	0:07
Male	65+	146	307	Kevin Uzzell	M	Stone Master Marathoners	Stone	0:39:41	0:39:35	0:06
Female	40-44	145	363	Claire	F	South Cheshire Harriers		0:39:42	0:39:30	0:11
Female	40-44	143	304	Alison Haines	F	Run and Ride	Rugeley	0:39:43	0:39:26	0:16
Male	60-64	151	140	David Cooper	M	Stoke Fit	Stoke On Trent	0:39:51	0:39:46	0:04
Female	40-44	147	301	Sarah	F		Rugeley	0:39:51	0:39:36	0:15
Male	45-49	153	138	Nathan	M	Newcastle (Staffs) AC	Woore	0:39:53	0:39:48	0:04
Female	60+	149	103	Gina Willis	F	Chase Harriers	Walsall	0:39:53	0:39:45	0:08
Male	60-64	142	58	Graham Lee	M		Stafford	0:39:54	0:39:26	0:28
Female	40-44	155	172	Sallyann	F	Chase Harriers	Cannock	0:39:57	0:39:51	0:06
Female	40-44	154	223	Chrissy	F	Chase Harriers	Stafford	0:39:57	0:39:51	0:05
Male	50-54	148	331	James	M			0:40:04	0:39:42	0:22
Female	U35	150	330	Gemma	F	Newcastle (Staffs) AC		0:40:06	0:39:45	0:20
Male	U40	152	23	Alastair	M	Rising Brook Runners	Stafford	0:40:10	0:39:48	0:21
Female	35-39	156	332	Rachel Burton	F			0:40:11	0:39:53	0:17
Male	65+	157	98	Alan Jeavans	M		Stafford	0:40:18	0:40:00	0:18

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Gender	Age	Chip pos	Race num	Name (first,	Gender	Club	Town	Gun time	Chip time	Start delay
Female	40-44	158	186	Cathy	F	South Cheshire Harriers	Crewe	0:40:20	0:40:08	0:11
Male	50-54	160	184	Nick Dunning	M	South Cheshire Harriers	Crewe	0:40:21	0:40:16	0:04
Male	45-49	158	367	Adrian Maj	M	Maj's Mauraunders		0:40:23	0:40:07	0:15
Female	U35	161	180	Laura Kirwan	F	Aldridge Running Club	Sutton Coldfield	0:40:25	0:40:18	0:07
Male	50-54	164	53	Gary Jones	M	Michelin AC	Stoke On Trent	0:40:28	0:40:25	0:02
Female	50-54	163	149	Val Carter	F	Birchfield Harriers	Birmingham	0:40:30	0:40:24	0:06
Male	45-49	165	279	Martin Russell	M		Chasetown	0:40:35	0:40:26	0:09
Male	45-49	162	303	Martin Haines	M	Run and Ride	Rugeley	0:40:38	0:40:21	0:17
Male	U40	166	266	John Marsden	M		Stoke On Trent	0:40:50	0:40:31	0:19
Male	40-44	172	201	Mark Dixon	M	Michelin AC	Stoke On Trent	0:40:53	0:40:45	0:07
Male	50-54	170	28	Nigel Tatton	M	Telford AC	Telford	0:40:54	0:40:43	0:10
Male	45-49	167	11	John Scott	M		Stafford	0:40:54	0:40:40	0:14
Female	40-44	168	10	Sally Haycock	F		Stafford	0:40:54	0:40:41	0:13
Male	45-49	174	375	Gillian Tinsley	M	Trentham R.C		0:40:56	0:40:50	0:05
Male	U40	169	381	Chris Salmon	M			0:40:57	0:40:41	0:16
Male	55-59	171	352	Paul Sabin	M			0:40:59	0:40:43	0:16
Male	U40	173	136	Jon Freeman	M	Stafford Harriers	Stafford	0:41:04	0:40:47	0:17
Male	U40	176	309	Martin	M		Uttoxeter	0:41:10	0:41:07	0:02
Male	U40	175	263	Scott Henry	M		Stafford	0:41:17	0:41:03	0:13
Female	35-39	177	107	Rachel Jones	F	South Cheshire Harriers	Nantwich	0:41:21	0:41:08	0:13
Female	35-39	178	349	Jennifer	F			0:41:38	0:41:25	0:12
Female	60+	179	92	Dot Fellows	F	Cannock & Stafford	Chasetown	0:41:40	0:41:34	0:05
Male	40-44	181	255	Shaun Preece	M	Penkridge runners	Cannock	0:41:56	0:41:36	0:19
Male	55-59	180	382	Bernie	M	Newport & District RC		0:41:59	0:41:34	0:24
Male	60-64	183	221	Roy Clay	M	Stafford Harriers	Birmingham	0:41:59	0:41:49	0:10
Female	45-49	187	57	Melonie	F	Stafford Harriers	Stafford	0:42:04	0:41:56	0:08
Male	60-64	184	225	Dennis	M	South Cheshire Harriers	Crewe	0:42:04	0:41:51	0:13
Female	35-39	185	250	Nusara Lloyd	F		Uttoxeter	0:42:09	0:41:53	0:16
Female	U35	182	49	Karen Andrew	F		Walsall	0:42:09	0:41:48	0:21
Male	65+	188	192	Stan	M	Trentham R.C	Leek	0:42:12	0:41:57	0:14
Male	U40	194	278	Martin Wall	M	Aldridge Running Club	Walsall	0:42:14	0:42:08	0:06
Female	U35	191	177	Leann Banks	F	South Cheshire Harriers	Nantwich	0:42:17	0:42:04	0:12
Male	40-44	196	320	Jonathan	M	Newcastle (Staffs) AC		0:42:17	0:42:09	0:07
Female	U35	192	24	Danielle	F	South Cheshire Harriers	Stoke-On-Trent	0:42:19	0:42:06	0:12
Male	50-54	195	305	Dean Smith	M	Stafford Harriers	Stafford	0:42:21	0:42:09	0:11
Male	U40	193	36	Sam Jackson	M		Stafford	0:42:21	0:42:06	0:14
Male	45-49	186	199	Martin Foxall	M		Yoxall	0:42:21	0:41:55	0:26
Male	U40	198	127	Steve Martin	M	Baswich Panthers	Stafford	0:42:23	0:42:17	0:06
Male	45-49	202	79	David Taylor	M	Rugeley Runners	Rugeley	0:42:29	0:42:19	0:10
Male	40-44	189	317	Andrew Kelly	M	Market Drayton RC	Market Drayton	0:42:30	0:42:00	0:29
Female	45-49	190	32	Karen Mawditt	F	Market Drayton RC	Stafford	0:42:30	0:42:04	0:26
Female	35-39	200	94	Caroline	F	Stafford Harriers	Stafford	0:42:33	0:42:18	0:15
Female	55-59	203	174	Jill Phillips	F	Trentham R.C	Stoke-On-Trent	0:42:34	0:42:19	0:14
Female	U35	197	217	Kat Saunders	F	Newcastle (Staffs) AC	Newcastle-Unde	0:42:34	0:42:12	0:21
Female	35-39	201	203	Rachael Smith	F		Stafford	0:42:36	0:42:19	0:17
Female	40-44	199	254	Paula	F	Penkridge runners	Cannock	0:42:37	0:42:18	0:19
Female	45-49	205	101	Sam Brookes	F	South Cheshire Harriers	Stoke-On-Trent	0:42:43	0:42:30	0:13
Male	45-49	204	21	Tim Herriott	M	Rising Brook Runners	Stafford	0:42:45	0:42:23	0:22
Female	40-44	209	312	Anne-Marie	F	Stone Master Marathoners	Stone	0:42:52	0:42:39	0:12
Male	45-49	208	197	Paul Phillips	M	Stone Master Marathoners	Stone	0:42:52	0:42:39	0:12
Male	45-49	206	262	Andrew Evans	M		Stourbridge	0:42:54	0:42:31	0:22
Male	65+	210	142	Brian Mackey	M	Uttoxeter Road Runners	Uttoxeter	0:42:56	0:42:41	0:14
Male	45-49	207	324	Jason Vigrass	M	Aldridge Running Club		0:42:57	0:42:32	0:24

## Staffs Knot 2017

## Finisher List 5 mile

Gender	Age	Chip pos	Race num	Name (first,	Gender	Club	Town	Gun time	Chip time	Start delay
Male	U40)	211	38	Oliver Stokes	M	Newport & District RC	Newport	0:43:06	0:42:45	0:20
Male	65+)	213	296	John Stone	M	Uttoxeter Road Runners	Ashbourne	0:43:08	0:42:53	0:14
Female	35-39)	212	51	Selena Powell	F	Stafford Harriers	Stafford	0:43:18	0:42:49	0:29
Male	40-44)	215	237	Richard Booth	M		Stafford	0:43:26	0:43:12	0:14
Male	50-54)	214	245	Chris Downing	M		Cannock	0:43:27	0:43:01	0:26
Male	60-64)	216	261	Nigel Lee	M	Newcastle (Staffs) AC	Newcastle	0:43:33	0:43:12	0:21
Female	35-39)	218	292	Bonnie	F	Stone Master Marathoners	Stone	0:43:34	0:43:21	0:13
Female	U35)	217	77	Sally Ball	F	Stafford Triathlon Club	Stafford	0:43:36	0:43:19	0:16
Female	U35)	219	132	Jennifer	F	Newcastle (Staffs) AC	Newcastle-Unde	0:43:53	0:43:30	0:22
Female	55-59)	222	170	Pauline Smith	F	Falsch	Burntwood	0:44:00	0:43:35	0:25
Male	40-44)	220	176	Steve Williams	M	Lichfield Running Club	Lichfield	0:44:03	0:43:31	0:32
Female	60+)	221	18	Anne Kelsall	F	Aldridge Running Club	Walsall	0:44:04	0:43:34	0:29
Male	40-44)	227	3	Darryl	M		Cannock	0:44:06	0:44:01	0:05
Female	45-49)	223	260	Deborah	F	Stafford Triathlon Club	Shrewsbury	0:44:06	0:43:41	0:25
Female	40-44)	226	231	Rebecca Ibbs	F	Newcastle (Staffs) AC	Stoke-On-Trent	0:44:22	0:44:00	0:21
Male	U40)	224	386	Cameron	M			0:44:23	0:43:49	0:33
Male	45-49)	225	387	Scott Palmer	M	Harrier		0:44:24	0:43:51	0:33
Female	U35)	229	210	Fern Brooks	F		Stafford	0:44:33	0:44:17	0:16
Male	60-64)	228	87	David Baker	M	Staffordshire Moorlands A.C.	Stoke-On-Trent	0:44:33	0:44:12	0:21
Female	45-49)	232	46	Suzanne Potts	F	Newport & District RC	Stafford	0:44:44	0:44:24	0:19
Female	35-39)	230	147	Abigail Wright	F	Falsch	Walsall	0:44:46	0:44:21	0:24
Female	35-39)	235	351	Georgina	F	Stafford Harriers		0:44:52	0:44:39	0:13
Male	50-54)	231	171	Paul Fowler	M	Lichfield Running Club	Lichfield	0:44:55	0:44:22	0:32
Female	U35)	233	85	Claire Evans	F	Vegan Runners	Heath Hayes	0:44:55	0:44:30	0:25
Male	65+)	239	134	John Finney	M	Stafford Harriers	Stafford	0:44:57	0:44:44	0:12
Male	U40)	234	128	Phil Isherwood	M	Baswich Panthers	Stafford	0:44:58	0:44:33	0:24
Female	U35)	236	61	Saffron	F	Stafford Harriers	Stafford	0:44:58	0:44:41	0:16
Female	U35)	245	68	Kelly Butler	F		Brocton	0:45:01	0:44:57	0:04
Female	U35)	237	9	Michelle Miles	F	Stone Master Marathoners	Stoke On Trent	0:45:02	0:44:42	0:20
Female	45-49)	238	256	Debra Siddall	F	Stone Master Marathoners	Stone	0:45:04	0:44:44	0:19
Female	50-54)	241	121	Jo Turrell	F		Tamworth	0:45:08	0:44:53	0:15
Female	50-54)	243	30	Kerry	F	Stafford Harriers	Birmingham	0:45:09	0:44:54	0:15
Female	50-54)	244	78	Carol Astbury	F	Uttoxeter Road Runners	Stoke On Trent	0:45:12	0:44:56	0:15
Male	50-54)	240	116	Russell	M	Stafford Harriers	Hilderstone	0:45:17	0:44:52	0:24
Male	U40)	242	380	Camille Smyth	M	Trentham R.C		0:45:18	0:44:53	0:25
Female	35-39)	246	259	Alexia Jones	F	Stone Master Marathoners	Stone	0:45:23	0:45:03	0:19
Male	65+)	248	117	Graham	M	Stafford Harriers	Stafford	0:45:28	0:45:14	0:14
Female	35-39)	250	366	Kathryn Taylor	F	Stone Master Marathoners		0:45:31	0:45:24	0:07
Male	40-44)	247	64	Robin Tinsley	M	SHABBARunners	Wolverhampton	0:45:33	0:45:03	0:29
Male	45-49)	249	236	Mark Turner	M		Stafford	0:45:41	0:45:18	0:22
Female	40-44)	254	152	Caroline	F	Buxton AC	Buxton	0:45:43	0:45:37	0:06
Female	50-54)	251	325	Helen Phillips	F	Aldridge Running Club		0:45:53	0:45:26	0:27
Female	45-49)	255	288	Bobbie	F	Trentham R.C	Stoke On Trent	0:45:58	0:45:42	0:15
Male	45-49)	252	42	Paul Turner	M	Rising Brook Runners	Rugeley	0:46:00	0:45:33	0:26
Female	35-39)	253	328	Lucy Farmer	F			0:46:03	0:45:36	0:26
Female	U35)	256	384	Yvette	F	Sneyd Striders		0:46:15	0:45:45	0:30
Male	U40)	257	385	Phill	M	Sneyd Striders		0:46:15	0:45:45	0:30
Male	60-64)	260	173	Colin	M	Chase Harriers	Hednesford	0:46:23	0:46:18	0:04
Female	45-49)	259	306	Rachel Smith	F	Stafford Harriers	Stafford	0:46:24	0:46:08	0:16
Female	55-59)	258	280	Belinda Riley	F	Newcastle (Staffs) AC	Stoke On Trent	0:46:26	0:46:03	0:23
Female	U35)	261	35	Emily Murray	F		Stafford	0:46:37	0:46:21	0:15
Female	50-54)	262	34	Karen Murray	F	Stafford Harriers	Stafford	0:46:38	0:46:23	0:15
Female	U35)	263	165	Amy	F		Stafford	0:46:40	0:46:31	0:09

## Staffs Knot 2017

## Finisher List 5 mile

Rank	Age Group	Gender	Chip pos	Race num	Name (first, last)	Gender	Club	Town	Gun time	Chip time	Start delay
8	Female 50-54	F	266	156	Donna Harris	F	Chase Harriers	Heath Hayes	0:47:05	0:46:51	0:13
9	Female 50-54	F	264	238	Tracy Craig	F		Stafford	0:47:05	0:46:34	0:31
28	Male 40-44	M	269	129	Jonathan Platt	M	Stafford Harriers	Stafford	0:47:14	0:47:02	0:12
14	Female 45-49	F	265	159	Barbara	F	Aldridge Running Club		0:47:17	0:46:48	0:28
69	Male U40	M	267	48	Nathan Wood	M		Stafford	0:47:23	0:46:56	0:27
18	Female 40-44	F	268	5	Samantha	F		Stafford	0:47:26	0:47:00	0:25
19	Female 40-44	F	270	146	Caryn	F	Chase Harriers	Cannock	0:47:32	0:47:11	0:20
10	Female 50-54	F	272	50	Linda	F	NSRRA	Leek	0:47:36	0:47:17	0:18
9	Male 55-59	M	271	178	Tim Clegg	M	Stone Master Marathoners	Stone	0:47:38	0:47:11	0:26
4	Female 60+	F	273	181	Julie Onions	F	Penkridge runners	Cannock	0:47:47	0:47:28	0:18
10	Male 55-59	M	274	376	Nick Whyllie	M	Newport		0:47:57	0:47:32	0:24
70	Male U40	M	275	45	Steve Harvey	M		Rugeley	0:48:14	0:47:54	0:19
6	Female 55-59	F	276	13	Sonia Dean	F	Falsch	Walsall	0:48:25	0:47:56	0:28
15	Female 45-49	F	277	252	Karen Ratcliffe	F		Birmingham	0:48:25	0:48:03	0:21
16	Female 45-49	F	278	253	Joanne	F	Stafford Harriers	Stafford	0:48:37	0:48:16	0:21
11	Male 55-59	M	279	99	David Hebb	M	NSRRA	Stone	0:48:45	0:48:25	0:20
18	Male 50-54	M	280	95	Steve Heath	M		Rugeley	0:49:03	0:48:39	0:23
17	Female 45-49	F	281	233	Tracy	F	Independent	Stafford	0:49:08	0:48:51	0:17
22	Female U35	F	283	251	Naomi	F		Stafford	0:49:11	0:49:01	0:10
13	Male 65+	M	282	242	Colin Earp	M	Stafford Harriers	Stafford	0:49:23	0:49:00	0:22
20	Female 40-44	F	284	6	Janice	F	Penkridge runners	Stafford	0:49:26	0:49:06	0:20
11	Female 50-54	F	285	161	Joanne Lea	F		Stafford	0:49:27	0:49:09	0:17
5	Female 60+	F	287	150	Yvonne Peers	F	Burntwood Tri	Rugeley	0:49:31	0:49:16	0:14
17	Male 60-64	M	290	269	Martin Stirna	M	South Cheshire Harriers	Crewe	0:49:37	0:49:24	0:13
18	Female 45-49	F	286	340	Louise	F			0:49:38	0:49:10	0:28
6	Female 60+	F	289	96	Sally Aldridge	F	Michelin AC	Newcastle	0:49:41	0:49:23	0:18
71	Male U40	M	288	205	Richard Cook	M		Birmingham	0:49:49	0:49:19	0:30
23	Female U35	F	291	321	Laura Agu	F	Stafford Harriers		0:50:06	0:49:40	0:25
7	Female 55-59	F	292	40	Julie Nokes	F	Stafford Harriers	Stafford	0:50:09	0:49:44	0:25
19	Male 50-54	M	293	112	Michael	M	Stafford Harriers	Stafford	0:50:12	0:49:52	0:19
21	Female 40-44	F	294	114	Linzi Jones	F	Stafford Harriers	Stafford	0:50:12	0:49:52	0:19
19	Female 35-39	F	295	118	Sarah	F	Rising Brook Runners	Stafford	0:50:25	0:50:03	0:21
22	Female 40-44	F	296	206	Marie Mason	F	Stafford Harriers	Telford	0:50:47	0:50:24	0:23
32	Male 45-49	M	297	110	Greg Morley	M		Lichfield	0:51:23	0:50:56	0:26
19	Female 45-49	F	298	364	Tessa Jasper	F	Stafford Harriers		0:51:26	0:51:05	0:20
23	Female 40-44	F	300	322	Louise Parker	F			0:51:29	0:51:06	0:23
24	Female U35	F	298	70	Rachel	F		Stafford	0:51:30	0:51:01	0:29
20	Male 50-54	M	303	162	Chris Lea	M		Stafford	0:51:42	0:51:24	0:17
25	Female U35	F	304	145	Kresia Jones	F	Chase Harriers	Rugeley	0:51:49	0:51:28	0:21
29	Male 40-44	M	301	204	Barinderjit	M	Aldridge Running Club	Walsall	0:51:53	0:51:23	0:30
12	Female 50-54	F	302	137	Shirley Smith	F	Stafford Harriers	Stafford	0:51:57	0:51:24	0:32
30	Male 40-44	M	305	63	Ian Walkeden	M		Stafford	0:52:03	0:51:37	0:26
7	Female 60+	F	306	299	Sue Down	F	Rising Brook Runners	Stafford	0:52:15	0:51:47	0:27
26	Female U35	F	310	246	Özlem Ari	F		Uttoxeter	0:52:28	0:52:13	0:15
24	Female 40-44	F	309	47	Jo Yendole	F	Stone Master Marathoners	Stone	0:52:30	0:52:06	0:23
20	Female 35-39	F	307	54	Alice Hawkins	F		Stafford	0:52:31	0:52:01	0:29
13	Female 50-54	F	308	377	Theresa	F			0:52:42	0:52:05	0:36
18	Male 60-64	M	313	198	Peter Shearer	M		Birmingham	0:52:45	0:52:18	0:27
21	Female 35-39	F	311	357	Claire Stamp	F	Walton Chasers		0:52:47	0:52:16	0:30
25	Female 40-44	F	312	339	Sharon Fern	F	Aldridge Running Club		0:52:48	0:52:17	0:30
26	Female 40-44	F	314	209	Julie Birtles	F	Stafford Harriers	Staffo	0:52:49	0:52:28	0:21
27	Female U35	F	319	297	Simone	F	Stoke Fit	Stoke On Trent	0:53:07	0:53:02	0:05
20	Female 45-49	F	317	81	Emma Wardle	F		Stafford	0:53:09	0:52:48	0:20

## Staffs Knot 2017

## Finisher List 5 mile

Category	Chip pos	Race num	Name (first,	Gender	Club	Town	Gun time	Chip time	Start delay
8 (317 male 55-59)	315	241	Gael Earp	F	Stafford Harriers	Stafford	0:53:10	0:52:47	0:22
27 (318 male 40-44)	316	22	Wendy	F	Rising Brook Runners	Stafford	0:53:13	0:52:48	0:24
14 (319 male 65+)	318	222	Robert	M	Stafford Harriers	Wolverhampton	0:53:19	0:53:01	0:18
22 (320 male 35-39)	320	268	Claire Skellern	F		Woore	0:53:34	0:53:14	0:20
72 (321 male U40)	321	141	Stuart Gregory	M	desford striders	Melton Mowbray	0:53:47	0:53:14	0:33
28 (322 male 40-44)	322	220	Allison Poole	F		Stafford	0:53:50	0:53:17	0:33
21 (323 male 45-49)	323	282	Lorraine Flory	F	Stafford Harriers	Stafford	0:54:07	0:53:34	0:32
15 (324 male 65+)	324	26	John Hateley	M	Stafford Harriers	Codsall	0:54:16	0:53:37	0:38
29 (325 male 40-44)	326	164	Nicola	F	Stafford Harriers	Stafford	0:55:37	0:55:26	0:11
30 (326 male 40-44)	325	14	Claire	F	Run Mummy Run	Willenhall	0:55:48	0:55:25	0:23
28 (327 male U35)	327	326	Holly Tarr	F	Chase Harriers		0:55:51	0:55:30	0:20
8 (328 male 60+)	328	82	Josephine	F	Rising Brook Runners	Stafford	0:56:02	0:55:34	0:27
9 (329 male 60+)	329	59	Fay Lee	F	Rising Brook Runners	Stafford	0:56:10	0:55:42	0:27
23 (330 male 35-39)	330	19	Natalie Smith	F	Rising Brook Runners	Stafford	0:56:11	0:55:43	0:27
16 (331 male 65+)	331	239	Stanley	M	Midland Masters AC	Burntwood	0:56:16	0:55:44	0:31
19 (332 male 60-64)	332	300	Ken Down	M	Rising Brook Runners	Stafford	0:56:20	0:55:52	0:28
31 (333 male 40-44)	333	60	Darran Morris	M	Michelin AC	Stoke-On-Trent	0:56:50	0:56:23	0:26
14 (334 male 50-54)	334	200	Michelle	F	Stafford Harriers	Stafford	0:57:09	0:56:58	0:11
22 (335 male 45-49)	335	337	Adele Kane	F			0:57:48	0:57:08	0:40
20 (336 male 60-64)	336	39	John Stokes	M	Newport & District RC	Newport	0:57:54	0:57:33	0:21
9 (337 male 55-59)	337	212	Jayne Bunch	F		Walsall	0:58:03	0:57:45	0:18
23 (338 male 45-49)	338	316	Giselle Kelly	F	Market Drayton RC	Market Drayton	0:58:29	0:57:59	0:30
10 (339 male 55-59)	339	188	Linda Woodall	F	Michelin AC	Stoke On Trent	0:59:48	0:59:29	0:18
29 (340 male U35)	340	216	Stephanie	F		Stafford	1:00:40	1:00:24	0:16
11 (341 male 55-59)	341	214	Patricia	F	Aldridge Running Club	Walsall	1:00:48	1:00:30	0:17
15 (342 male 50-54)	342	215	Gill Ford	F		Walsall	1:01:43	1:01:24	0:18
12 (343 male 55-59)	344	187	Hazel Barlow	F	Michelin AC	Stoke On Trent	1:02:21	1:02:01	0:19
17 (344 male 65+)	343	257	Alfred Slater	M	NSRRA	Burntwood	1:02:22	1:01:43	0:38
18 (345 male 65+)	345	234	Jeff Haycock	M	Independent	Stafford	1:02:56	1:02:17	0:39
24 (346 male 35-39)	346	224	Claire Curry	F		Rugeley	1:03:37	1:03:09	0:27
25 (347 male 35-39)	347	226	Laura Mew	F		Wolverhampton	1:03:37	1:03:09	0:27
30 (348 male U35)	348	130	Megan Emery	F	Stafford Harriers	Stafford	1:04:34	1:04:22	0:12
31 (349 male U35)	349	139	Hayley Steele	F	Stafford Harriers	Stafford	1:05:11	1:05:00	0:11
21 (350 male 50-54)	350	284	Kenneth	M	NSRRA	Burntwood	1:08:50	1:08:16	0:33
16 (351 male 50-54)	351	368	Donna Sealey	F	Rugeley Runners		1:12:31	1:12:08	0:23
13 (352 male 55-59)	352	213	Kim Smith	F	stafford harrers	Staffs	1:17:46	1:17:35	0:11

Number of records: 352