

Staffs Knot

Team Results: 5 mile

Date: 17/07/2024

Pos	No	Name	Result
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Male Club teams

1

Cannock & Stafford AC : 01:58:10

1	25	Mitch Blundell	00:27:43
2	55	Matthew Craen	00:29:07
3	218	Jez Redler	00:30:01
4	296	Connor Mills	00:31:16

2

Newcastle Staffs AC : 02:04:16

1	58	Samuel Crozier	00:28:23
2	264	Adam Tyson	00:30:52
3	115	Alex Harford	00:32:24
4	263	Tim Twentyman	00:32:34

3

Lichfield Running Club : 02:08:51

1	80	Andy Evans	00:29:15
2	339	Tom Hodgson	00:32:34
3	306	Wayne Asprey	00:33:25
4	61	Owen Davies	00:33:36

4

Stone Master Marathoners : 02:09:37

1	318	Paul Sissons	00:30:11
2	130	Bryn Holmes	00:32:08
3	82	Wayne Fenton	00:33:18
4	228	Sam Rosillo	00:33:57

5

Rugeley Runners : 02:17:58

1	97	Lee Gratton	00:25:29
2	248	Oliver Stone	00:29:27
3	183	Luke Morley	00:31:16
4	52	Darryl Copeland	00:51:43

6

South Cheshire Harriers : 02:19:31

1	114	Paul Hancock	00:31:23
2	75	Lewis Edwards	00:33:07
3	100	Andy Griffin	00:35:48
4	250	Christopher Swann	00:39:10

Pos	No	Name	Result
7 Nsrra : 02:20:30			
1	149	Steve Jones	00:30:26
2	261	Lee Turner	00:32:37
3	251	Edward Swann	00:37:14
4	49	Chris Colebourn	00:40:11
8 Trentham RC : 02:23:22			
1	189	Chris Mosiuk	00:32:22
2	171	Paul Marshall	00:34:46
3	103	John Guest	00:37:23
4	59	James Daly	00:38:48
9 Stafford Harriers : 02:23:31			
1	128	Matthew Hilsdon	00:31:41
2	335	Liam Duggan	00:35:17
3	345	Rhys Mcdowell	00:37:00
4	166	Adam Llewellyn	00:39:30
10 Stone Master Marathoners : 02:23:56			
1	37	Chris Brown	00:34:59
2	286	Tom Wise	00:35:08
3	175	Steven Mccann	00:36:09
4	241	Steven Smith	00:37:38
11 Chase harriers : 02:26:05			
1	182	Stephen Morgan	00:31:31
2	145	Mark Jones	00:35:12
3	285	Ian Winwood	00:38:09
4	14	Paul Bate	00:41:10
12 Silverdale RC : 02:26:12			
1	60	Lee Davies	00:32:26
2	274	Leo Wheeler	00:36:31
3	277	Alwyn Williams	00:38:12
4	134	Dave Hudson	00:39:00
13 Aldridge RC : 02:26:17			
1	309	Steve Blakemore	00:33:59
2	33	Philip Brayford	00:34:11
3	361	Martin Wall	00:38:36
4	338	Stephen Grice	00:39:29

Pos	No	Name	Result
14 Fordy Runs Running Club : 02:26:53			
1	334	Darren Duffy	00:33:36
2	290	Matt Beere	00:35:17
3	292	Mick Brain	00:38:06
4	304	Kevin Taylor	00:39:52
15 Stoke F.I.T : 02:28:27			
1	176	Rob Mccue	00:32:03
2	235	James Simpson	00:37:47
3	177	Scott Mccue	00:38:42
4	276	Marc Willett	00:39:52
16 Stafford Harriers : 02:50:51			
1	349	Nick Purdy	00:39:40
2	165	Jason Littlewood	00:41:20
3	332	Tom Davall	00:43:29
4	364	Anthony Young	00:46:20
17 Stone Master Marathoners : 02:55:32			
1	35	Gareth Brookes	00:38:43
2	51	Richard Cooke	00:42:50
3	120	David Hebb	00:46:34
4	109	Steve Hallows	00:47:22
18 Aldridge RC : 03:00:29			
1	298	John Pearce	00:40:29
2	21	Andrew Birkbeck	00:44:35
3	147	Nicky Jones	00:47:36
4	242	Leigh Sprules	00:47:48
19 Rising brook runners : 03:20:45			
1	121	Tim Herriott	00:42:34
2	353	Duncan Rollo	00:45:28
3	83	Phil Fousert	00:50:46
4	32	Nicholas Branson	01:01:54
20 Stafford Harriers : 03:43:35			
1	47	Roy Clay	00:47:36
2	132	Simeon Horton	00:55:25
3	278	Graham Williams	00:56:22
4	88	Peter French	01:04:10

Pos	No	Name	Result
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Female Club teams

1	Trentham RC : 01:36:32		
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1	244	Georgia Stanfield	00:30:44
2	40	Lynne Callaghan	00:32:48
3	302	Joanne Stanfield	00:32:58
1	253	Sarah Taylor	00:36:07
2	123	Carol Higgs	00:36:47
3	245	Jane Steele	00:39:47

3	Stafford Harriers : 01:55:08		
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1	181	Charlotte Mitchell	00:36:59
2	237	Chris Skellern	00:37:26
3	199	Vanessa Parsonage	00:40:41

4	Aldridge RC : 01:55:23		
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1	148	Rachael Jones	00:37:46
2	16	Helen Beecham	00:38:16
3	330	Claire Crook	00:39:19

5	Newcastle Staffs AC : 01:56:10		
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1	252	Caitlin Taylor	00:37:36
2	198	Julie Parry	00:38:51
3	157	Julianne Kettle	00:39:42

6	Stone Master Marathoners : 01:57:12		
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1	113	Laura Hancock	00:37:06
2	86	Michelle Fox	00:37:35
3	356	Helen Somers	00:42:29

7	Lichfield Running Club : 01:58:04		
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1	136	Esther Hunt	00:36:37
2	272	Jessica Webb	00:39:14
3	79	Alexandria Evans	00:42:11

8	Stoke F.I.T : 02:12:09		
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1	328	Carly Chawner	00:41:08
2	231	Rachael Shankland	00:42:07
3	106	Carly Hall	00:48:52

9	Stafford Harriers : 02:12:55		
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1	118	Sheryl Hayes	00:41:49
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Pos	No	Name	Result
2	65	Sarah Di Cesare	00:43:29
3	6	Liz Austin	00:47:35
10 Aldridge RC : 02:16:34			
1	303	Joanna Stephens	00:42:32
2	9	Sue Baker	00:46:58
3	305	Abigail Wright	00:47:01
11 Rising brook runners : 02:20:26			
1	144	Louise Jones	00:44:22
2	24	Naomi Blagg	00:45:16
3	84	Sarah Fousert	00:50:46
12 South Cheshire Harriers : 02:27:50			
1	321	Annie Taylor	00:42:00
2	227	Kirsty Rollings	00:52:39
3	340	Maxine Hough	00:53:09
13 Lichfield Running Club : 02:28:30			
1	342	Kimberley Leary	00:45:42
2	358	Jo Turrell	00:46:55
3	168	Marian Lowther	00:55:51
14 Newcastle Staffs AC : 02:29:15			
1	359	Susan Twardochleb	00:47:09
2	137	Rebecca Ibbs	00:48:09
3	178	Jane Mcfarlane	00:53:55
15 Aldridge RC : 02:30:30			
1	95	Sally Gordon	00:47:27
2	348	Claire Pugh-Patel	00:49:46
3	152	Anne Kelsall	00:53:15
16 Stafford Harriers : 02:44:25			
1	291	Sadie Bennett	00:53:11
2	1	Sarah Aitkenhead	00:55:30
3	161	Alice Kitson	00:55:41
17 Chase harriers : 02:47:42			
1	62	Pamela Davies	00:54:24
2	143	Kresia Jones	00:55:08
3	196	Louise Parker	00:58:08

Pos	No	Name	Result
18 Blythe Bridge RC : 02:50:33			
1	267	Louise Waldron-Kelly	00:49:54
2	91	Maria Gaye	00:57:17
3	66	Jenny Doig	01:03:20
19 Stone Master Marathoners : 02:51:53			
1	108	Sally Hallows	00:45:58
2	247	Carole Stone	00:52:55
3	10	Rita Banks	01:12:58
20 Rising brook runners : 02:53:38			
1	122	Wendy Herriott	00:56:48
2	319	Georgia Slater	00:58:24
3	311	Steph Gumn	00:58:24
1	236	Julie Simpson	01:02:44
2	316	Sarah Lee	01:02:44
3	225	Melanie Robinson	01:02:45