

Staffs Knot

Team Results: 5 mile

Date: 16/07/2025

Pos	Bib	Name	Result
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Male Club teams (5 mile start, top 4 finishers)

Team pos	1	Rugeley Runners : 01:59:46 points
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1	243	Lee Gratton	00:24:44
2	274	Jonathan Read	00:28:30
3	221	Oliver Stone	00:29:28
4	193	Ben Keenan	00:37:02

Team pos	2	Lichfield Running Club : 02:03:42 points
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1	309	Andy Evans	00:28:42
2	298	Richard Bravington	00:28:52
3	231	Wayne Asprey	00:33:01
4	238	Owen Davies	00:33:05

Team pos	3	Cannock & Stafford AC : 02:05:01 points
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1	320	Connor Mills	00:29:05
2	210	Jez Redler	00:30:41
3	308	Malcolm Eustace	00:31:27
4	14	Matthew Bonney	00:33:45

Team pos	4	Nsrra : 02:08:15 points
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1	192	Steve Jones	00:30:48
2	24	Martin Cooper	00:31:14
3	131	Jason Smallman	00:32:39
4	335	Lee Turner	00:33:33

Team pos	5	Boalloy Running Club : 02:08:42 points
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1	102	Carl Moulton	00:28:22
3	313	Sidney Hibberd	00:32:34
2	273	David Ratcliffe	00:32:34
4	55	Mick Haire	00:35:09

Team pos	6	Cheadle RC : 02:09:03 points
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1	147	Darrel Ward	00:31:24
2	204	Glyn Pattinson	00:31:24
3	1	Dan Alcock	00:32:50
4	327	Phil Plant	00:33:22

Pos	Bib	Name	Result
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Team pos	7	Aldridge running club : 02:14:13 points
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1	63	Liam Harrold	00:28:01
2	105	Ryan Noon	00:32:35
3	270	Daniel Pheasant	00:33:31
4	110	John Pearce	00:40:03

Team pos	8	Gator Athletics Club : 02:14:25 points
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1	299	Pat Buckingham	00:30:20
2	132	Nathan Smith	00:31:19
3	207	Alexander Prince	00:34:24
4	151	Roger Whitehurst	00:38:19

Team pos	9	Stone Master Marathoners : 02:14:47 points
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1	282	David Tudor	00:32:36
2	121	Sam Rosillo	00:33:22
3	169	Chris Brown	00:34:05
4	200	Rob Metcalf	00:34:42

Team pos	10	Stafford Harriers : 02:16:25 points
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1	71	Matthew Hilsdon	00:28:11
2	50	Justin Green	00:33:54
3	386	Liam Duggan	00:36:59
4	305	Michael Dobson	00:37:18

Team pos	11	Fordy Runs Running Club : 02:26:38 points
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1	181	Lloyd Fox	00:32:29
2	140	Matt Thompson	00:34:02
3	32	Matt Darby	00:38:48
4	188	Mark Hyde	00:41:17

Team pos	12	Silverdale RC : 02:26:44 points
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1	303	Andrew Cooke	00:32:07
2	34	Lee Davies	00:34:19
3	149	Leo Wheeler	00:37:17
4	74	Lawrence Trevor Hoyle	00:42:58

Team pos	13	Newcastle (staffs) Athletic Club : 02:28:22 points
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1	161	Tom Young	00:29:10
2	5	Richard Ankers	00:36:51
3	261	David Laxton	00:39:02
4	16	Alan Challinor	00:43:15

Pos	Bib	Name	Result
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Team pos	14	Hednesford Running Club : 02:28:45 points
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1	107	James Palmer	00:32:33
2	113	Ryan Ponder	00:35:13
3	160	Owen Yates	00:39:16
4	244	Joshua Green	00:41:40

Team pos	15	Nsrra : 02:29:55 points
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1	45	Dan Gardner	00:33:36
2	159	Jonathan Wright	00:37:44
3	39	Richard Dunn	00:38:21
4	20	Chris Colebourn	00:40:12

Team pos	16	Trentham Running Club : 02:30:08 points
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1	87	Paul Marshall	00:33:13
2	301	Matthew Burley	00:37:59
3	100	Chris Mosiuk	00:38:09
4	46	Mark Gibson	00:40:44

Team pos	17	Cannock & Stafford AC : 02:30:25 points
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1	37	Malcolm Down	00:35:10
2	19	Martyn Clare	00:36:14
3	109	Dave Payling	00:37:27
4	194	Andrew Keery	00:41:31

Team pos	18	South Cheshire Harriers : 02:42:31 points
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1	259	David Kivlin	00:37:05
2	202	David Nimmo	00:39:35
3	99	Andy Morris	00:40:46
4	66	Clive Heathcock	00:45:03

Team pos	19	Stoke F.I.T : 02:51:44 points
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1	127	James Simpson	00:40:10
2	97	James Mitchell	00:40:51
3	150	Sillito Rob	00:45:20
4	283	James Tutton	00:45:20

Team pos	20	Stone Master Marathoners : 02:54:51 points
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1	171	Andrew Cawthorne	00:35:45
2	208	Darren Pyatt	00:39:29
3	326	Paul Phillips	00:47:59
4	67	David Hebb	00:51:36

Pos	Bib	Name	Result
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Team pos	21	Stafford Harriers : 03:13:02 points
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1	304	Tom Davall	00:42:25
2	196	John Kirkham	00:47:59
3	189	Bryan Hynes	00:50:35
4	302	Roy Clay	00:52:00

Team pos	22	Nsrra : 03:29:24 points
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1	4	Gregory Ankers	00:42:40
2	249	Andrew Hammonds	00:45:36
3	185	Jon Hillman	00:47:20
4	47	Ken Gough	01:13:46

Pos	Bib	Name	Result
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Female Club teams (5 mile start, top 3 finishers)

Team pos	1	Trentham Running Club : 01:44:19 points
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1	332	Joanne Stanfield	00:33:04
2	6	Nicole Atherton	00:34:37
3	137	Sarah Taylor	00:36:36

Team pos	2	Nantwich Running Club : 01:44:39 points
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1	83	Katie Latham	00:29:14
2	91	Rebecca Mccarthy	00:35:48
3	80	Rachel Kesteven	00:39:36

Team pos	3	Stafford Harriers : 01:49:44 points
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1	268	Julie Pattyson	00:35:26
2	176	Sarah Di Cesare	00:36:27
3	266	Vanessa Parsonage	00:37:49

Team pos	4	South Cheshire Harriers : 01:54:07 points
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1	52	Victoria Mckenna	00:36:41
2	258	Claire Kivlin	00:38:32
3	233	Sherrie Brereton	00:38:53

Team pos	5	Stone Master Marathoners : 02:01:24 points
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1	250	Laura Hancock	00:36:07
2	220	Helen Somers	00:38:51
3	173	Pam Davies	00:46:25

Team pos	6	Cannock & Stafford AC : 02:01:30 points
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1	334	Mandy Swain	00:38:21
2	177	Lisa Dillon	00:38:23
3	18	Lynda Clare	00:44:43

Team pos	7	Nsrra : 02:02:11 points
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1	252	Carol Higgs	00:36:55
2	167	Hayley Biggs	00:39:32
3	184	Rachel Harper	00:45:42

Team pos	8	Hednesford Running Club : 02:02:38 points
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1	183	Liv Gonsalves	00:38:49
2	218	Ellie Sims	00:41:43
3	9	Cairn Bell	00:42:04

Pos	Bib	Name	Result
Team pos 9 Silverdale RC : 02:02:46 points			
1	216	Mellissa Salmon	00:38:27
2	81	Julianne Kettle	00:39:11
3	40	Rebecca Ellis	00:45:06
Team pos 10 Stoke F.I.T : 02:05:17 points			
1	17	Carly Chawner	00:38:28
2	124	Rachael Shankland	00:42:21
3	322	Angela Morton	00:44:27
Team pos 11 Stafford Harriers : 02:07:16 points			
1	130	Chris Skellern	00:40:37
2	251	Sheryl Hayes	00:40:56
3	235	Faye Clements	00:45:41
Team pos 12 Lichfield Running Club : 02:13:23 points			
1	310	Gail Fortes Mayer	00:41:22
2	384	Joy Adkin	00:43:44
3	230	Carina Allan	00:48:16
Team pos 13 Hednesford Running Club : 02:13:35 points			
1	120	Emily Rogers	00:43:05
2	287	Sophie Whatley	00:43:17
3	72	Becky Holden	00:47:11
Team pos 14 Newcastle (staffs) Athletic Club : 02:15:43 points			
1	104	Gayl Nixon	00:44:20
2	209	Helen Ranford	00:44:54
3	60	Louise Hancock	00:46:28
Team pos 15 South Cheshire Harriers : 02:25:51 points			
1	186	Maxine Hough	00:45:14
2	269	Danielle Perry	00:47:20
3	144	Micheline Tremblay	00:53:15
Team pos 16 Rising brook runners : 02:26:03 points			
1	168	Naomi Blagg	00:45:38
2	119	Melanie Robinson	00:46:28
3	219	Georgia Slater	00:53:56
Team pos 17 Aldridge running club : 02:29:00 points			

Pos	Bib	Name	Result
1	267	Natasha Partridge	00:47:35
2	190	Barbara Johnson	00:49:34
3	339	Abigail Wright	00:51:48

Team pos	18	Stone Master Marathoners : 02:31:26 points
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1	126	Emma Shuker	00:47:58
2	338	Sara Wioslo	00:47:59
3	136	Carole Stone	00:55:27

Team pos	19	Stafford Harriers : 02:33:46 points
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1	292	Emilia Baseggio	00:47:48
2	201	Karen Murray	00:49:40
3	162	Sarah Aitkenhead	00:56:16

Team pos	20	Aldridge running club : 02:38:59 points
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1	79	Anne Kelsall	00:52:27
2	12	Catherine Birkbeck	00:52:49
3	281	Maria Taylor	00:53:41

Team pos	21	Rising brook runners : 02:50:36 points
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1	315	Rubie Jones	00:54:24
2	240	Amanda Edwards	00:57:20
3	69	Wendy Herriott	00:58:50

Team pos	22	Stafford Harriers : 02:59:11 points
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1	145	Masi Twubwe	00:58:25
2	381	Melanie Gorman	00:58:29
3	49	Sarah Gray	01:02:15