

# Knighton 10k & 5k

## Overall Results



Pos	Name	M/F	AG	NSRRA	Club	Time
<b>Knighton 10k</b>						
1.	Craig Taylor	1st	-	A	Newcastle (Staffs) AC	34:01
2.	Matthew Taylor	2nd	-	A	South Cheshire Harriers	34:14
3.	Warren Renkel	3rd	-	A	Run Free	35:23
4.	Simon Powner	4th	1st	A		35:38
5.	Craig Pearson	5th	2nd	A	Cannock & Stafford AC	35:50
6.	Steve Crowe	6th	3rd	A	South Cheshire Harriers	36:09
7.	Andrew Lamont	7th	1st	A		36:35
8.	Tom Perry	8th	4th			37:00
9.	Paul Hancock	9th	1st	A	South Cheshire Harriers	37:25
10.	Oliver Stone	10th	5th	A	Rugeley Runners	37:59
11.	Simon Fawcett	11th	1st	B		38:18
12.	Emma Wood	1st	-		Silverdale RC	38:20
13.	Colin McEvoy	12th	2nd	B	Trentham RC	38:24
14.	Chris Pattinson	13th	6th	B	South Cheshire Harriers	38:30
15.	Peter Mallison	14th	2nd	A	South Cheshire Harriers	38:30
16.	Daniel Jordan	15th	3rd	A	Trentham RC	38:33
17.	Bryan Newlands	16th	3rd			38:39
18.	Gareth Jones	17th	4th	B	Stone MM	38:44
19.	Pat Hudson	18th	5th	B	South Cheshire Harriers	38:54
20.	Glyn Pattinson	19th	4th	B	Cheadle RC	39:02
21.	Matthew Chalmers	20th	6th	C	Stone MM	39:06
22.	Richard Crump	21st	7th	B	Stafford Harriers	39:20
23.	James Simpson	22nd	2nd	B	South Cheshire Harriers	39:33
24.	Katie Latham	2nd	-	L	South Cheshire Harriers	39:48
25.	Michael Bosworth	23rd	8th	B	Trentham RC	39:49
26.	Steven Jennings	24th	7th	C	Stoke FIT	39:51
27.	Ian Heath	25th	1st	C	Trentham RC	39:55
28.	Michelle Buckle	3rd	-	L	Silverdale RC	40:01
29.	Gareth Knapper	26th	8th	B	Cheadle RC	40:02
30.	Rich Keen	27th	9th	D	Gator AC	40:08
31.	Mark Williamson	28th	3rd	C	Stone MM	40:16
32.	Deborah Thomas	4th	1st	L	Trentham RC	40:31
33.	Bryn Holmes	29th	4th	A	Stone MM	40:40
34.	Joanne Stanfield	5th	1st	L	Trentham RC	40:46
35.	Gareth Copley-Jones	30th	9th	B	Silverdale RC	41:17
36.	Amy Grace	6th	2nd	L	South Cheshire Harriers	41:20
37.	Oliver Clarke	31st	10th	D	Silverdale RC	41:33
38.	Justin Green	32nd	5th	B	Stafford Harriers	41:35
39.	Liam Duggan	33rd	11th		Stafford Harriers	41:37
40.	Paul Millward	34th	2nd	C	Trentham RC	41:38
41.	David Maydew	35th	3rd	B	Trentham RC	41:56
42.	Alan Brookes	36th	1st	B	Trentham RC	41:57
43.	Alex McDonald	37th	12th	D	Gator AC	41:58
44.	Steven Mccann	38th	10th	B	Stone MM	42:13
45.	Steve Harrison	39th	5th		South Cheshire Harriers	42:16
46.	Amanda Kelly	7th	1st	L	Stoke FIT	42:25
47.	Clare Caci	8th	2nd	M	Michelin AC	42:27
48.	Andy Thomas	40th	4th	C	Sandbach Striders	42:41
49.	Sarah Taylor	9th	2nd	L	Trentham RC	42:58
50.	Chris Mosiuk	41st	13th	C	Trentham RC	42:59

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Pos	Name	M/F	AG	NSRRA	Club	Time
51.	Simon Nevitt	42nd	6th	C	Stone MM	43:00
52.	Rob Bond	43rd	7th	D	Staffs Moorlands AC	43:06
53.	Doug Alcock	44th	1st	C	Trentham RC	43:06
54.	Emma Weston	10th	1st		Congleton Harriers	43:13
55.	Christopher Seale	45th	14th		Stafford Harriers	43:13
56.	Lynne Callaghan	11th	2nd	L	Trentham RC	43:19
57.	Adam Cotterill	46th	11th	D	Wolves & Bilston	43:20
58.	Kevin Francis	47th	5th	B	Shrewsbury AC	43:26
59.	Paul Marshall	48th	15th		Trentham RC	43:29
60.	Laura Palmer	12th	1st	L	Chase Harriers	43:32
61.	Neil Flavell	49th	6th	E	NSRRA	43:34
62.	Lee Hulme	50th	16th			43:48
63.	Mark Harrison	51st	8th	C	Cheadle RC	43:54
64.	Andrew Jackson	52nd	9th	C	Staffs Moorlands AC	43:55
65.	Grahame Cope	53rd	6th	D	Stone MM	43:57
66.	Jason Littlewood	54th	17th	E	Stafford Harriers	44:00
67.	Mark Willetts	55th	10th			44:02
68.	Darren Bloor	56th	12th	D	Blythe Bridge RC	44:04
69.	Ruth Watchorn-Rice	13th	3rd	L	Cheadle RC	44:06
70.	Nathan Walton	57th	7th	D	Newcastle (Staffs) AC	44:12
71.	Wayne Preece	58th	2nd		Clwb Rhedeg Maesteg	44:16
72.	Carol Higgs	14th	1st	L	Trentham RC	44:39
73.	Timothy Rees	59th	11th	E	Chase Harriers	44:41
74.	Antonio Treglia	60th	13th	C	Stafford Harriers	44:42
75.	Liam Baister	61st	18th			44:46
76.	David Wilson	62nd	12th	D	South Cheshire Harriers	44:46
77.	Carey Dyer	15th	2nd	L	Silverdale RC	44:47
78.	Peter Jeffers	63rd	13th			44:50
79.	Graeme Spencer	64th	7th		Shropshire Shufflers	44:57
80.	Chris Wakeman	65th	2nd	D	Shrewsbury AC	44:58
81.	Sarah Wilson	16th	3rd	M	South Cheshire Harriers	45:03
82.	Mellissa Salmon	17th	4th	M	Stoke FIT	45:09
83.	Pete Savill	66th	3rd	C	Shrewsbury AC	45:10
84.	Deb O'Neill	18th	3rd	M	Trentham RC	45:15
85.	Robert Mills	67th	14th	E	Stoke FIT	45:20
86.	Fiona Ratic	19th	5th	M	Trentham RC	45:22
87.	Jake Oliver	68th	19th	C	Stafford Harriers	45:23
88.	David Nimmo	69th	20th	C	South Cheshire Harriers	45:29
89.	Lee Farrington	70th	15th	D		45:34
90.	Sam Thompson	71st	21st	E	Gator AC	45:34
91.	David Kivlin	72nd	16th	D	South Cheshire Harriers	45:35
92.	Thomas Steele	73rd	22nd	F	Gator AC	45:37
93.	Kelly Hurlstone	20th	3rd		Congleton Harriers	45:37
94.	Anne-Marie Taylor	21st	3rd		South Cheshire Harriers	45:42
95.	Angela Mensing	22nd	4th	M	Stone MM	45:42
96.	Alex Shingler	74th	23rd	F	Newcastle (Staffs) AC	45:52
97.	Dan Findlay-Robinson	75th	24th	D	Stafford Harriers	45:55
98.	Lee Davies	76th	25th	D	NSRRA	46:06
99.	Jason Blount	77th	14th	D	Silverdale RC	46:08
100.	Gemma Korff	23rd	4th		Berkshire Tri Squad	46:10
101.	Kerry Widdowson	24th	4th	L	Trentham RC	46:10
102.	Ruth Pryce	25th	5th	M	South Cheshire Harriers	46:11

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Pos	Name	M/F	AG	NSRRA	Club	Time
103.	Darren Beach	78th	15th	D	South Cheshire Harriers	46:12
104.	Peter Harris	79th	26th	F	South Cheshire Harriers	46:12
105.	Chris Lake	80th	16th	E	Chase Harriers	46:13
106.	Nikki Towle	26th	5th	L	Stone MM	46:22
107.	Claire Harrison	27th	6th	M	South Cheshire Harriers	46:27
108.	Mark Wood	81st	8th	E		46:35
109.	Clare Dundas	28th	6th	M	Gator AC	46:43
110.	Amanda Millward	29th	5th	M	Silverdale RC	46:49
111.	Nicholas Watts	82nd	27th	D	Newport & District RC	46:58
112.	Steve Reynolds	83rd	8th	F		47:00
113.	Spencer Holland	84th	9th	C	Stafford Harriers	47:09
114.	Martha Davis	30th	4th	M	Newcastle (Staffs) AC	47:16
115.	Craig Buggins	85th	17th	E	Wolves & Bilston	47:16
116.	Oliver Lymer	86th	28th		City of Stoke AC	47:18
117.	Ross Dillon	87th	17th			47:19
118.	Helen Somers	31st	7th	M		47:25
119.	Vanessa Welham	32nd	5th		Stafford Harriers	47:27
120.	Claire Kivlin	33rd	7th	M	South Cheshire Harriers	47:45
121.	Emma Wentworth	34th	8th	M	Buxton AC	47:47
122.	Catherine Farrington	35th	6th	M	South Cheshire Harriers	47:55
123.	Ros Barker	36th	2nd	L	Stone MM	48:05
124.	Kieran Gilbert	88th	29th	F		48:06
125.	Alicia Gilbert	37th	7th	M		48:07
126.	Jonathan Brend	89th	18th			48:09
127.	Darcey Paskin	38th	6th	M	Trentham RC	48:13
128.	Dennis Robinson	90th	3rd	F	South Cheshire Harriers	48:31
129.	John Alcock	91st	30th	D	Silverdale RC	48:38
130.	John Watkins	92nd	9th		South Cheshire Harriers	48:38
131.	Clive Heathcock	93rd	4th	E	South Cheshire Harriers	48:44
132.	Richard Williams	94th	19th			48:45
133.	Donna Harris	39th	6th	M	Chase Harriers	48:51
134.	Nathan Kapp	95th	31st	F	South Cheshire Harriers	48:53
135.	Andy Worsey	96th	20th	F	Newcastle (Staffs) AC	48:55
136.	Sam Tidy	97th	21st	E	Trentham RC	48:56
137.	Susan Poole	40th	7th	M	South Cheshire Harriers	49:02
138.	Raghu Vedapanakal	98th	18th		Derwent Runners	49:11
139.	Natalie Boswell	41st	8th	M	Cannock & Stafford AC	49:19
140.	Rachel Beach	42nd	8th	M	South Cheshire Harriers	49:22
141.	Juliett Richardson	43rd	9th	M	Trentham RC	49:22
142.	Jo Owen	44th	9th	W	NSRRA	49:24
143.	Barry Smith	99th	10th	D	Trentham RC	49:25
144.	Karl Hukins	100th	32nd	F	South Cheshire Harriers	49:27
145.	Phil Cliff	101st	10th	E	South Cheshire Harriers	49:31
146.	Ken Shenton	102nd	5th	E	Trentham RC	49:40
147.	Norman Hindle	103rd	1st	F	South Cheshire Harriers	49:41
148.	Christine Kilkenny	45th	1st	L	Cannock & Stafford AC	50:01
149.	Chris Skellern	46th	3rd	L	Stafford Harriers	50:07
150.	Kevin Uzzell	104th	2nd	E	Stone MM	50:22
151.	Ian Hodgkinson	105th	22nd	E	Stafford Harriers	50:27
152.	Alice Smith	47th	7th	W	South Cheshire Harriers	50:38
153.	Mark Dean	106th	11th	F	Staffs Moorlands AC	50:48
154.	Rachel Hollins	48th	9th		Chester Tri Club	51:03

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Pos	Name	M/F	AG	NSRRA	Club	Time
155.	Carl Thomas	107th	33rd	G	Blythe Bridge RC	51:10
156.	Mark Gibson	108th	19th	E	Trentham RC	51:14
157.	Nicola Ticehurst	49th	8th	W	South Cheshire Harriers	51:15
158.	Lisa Funge	50th	10th	W	Silverdale RC	51:17
159.	Andy Ferneyhough	109th	20th	G	Blythe Bridge RC	51:19
160.	Catherine Smithson	51st	8th			51:24
161.	Phil Kirkham	110th	34th	G	NSRRA	51:25
162.	Sarah Latham	52nd	9th	W	Trentham RC	51:26
163.	Jolian Morris	111th	11th	G	NSRRA	51:28
164.	Richard Booth	112th	23rd		Stafford Harriers	51:29
165.	Andrew Thompson	113th	12th	F	Chase Harriers	51:33
166.	Peter Divall	114th	3rd	F	NSRRA	51:43
167.	Gillian Tinsley	53rd	9th	M	Trentham RC	51:47
168.	Paul Burslem	115th	12th	D	Trentham RC	51:51
169.	Pete Nicholson	116th	35th	G		52:12
170.	Jon Hillman	117th	36th	F	NSRRA	52:15
171.	Julie Knall	54th	4th	X	Silverdale RC	52:15
172.	Vikki Smith	55th	10th	W	Trentham RC	52:20
173.	Jamie Robinson	118th	21st			52:34
174.	Nitesh Thakrar	119th	13th	E	Stafford Harriers	52:35
175.	Neil Yates	120th	13th	F	City of Stoke AC	52:41
176.	Andrew Greer	121st	24th		South Cheshire Harriers	52:45
177.	Kerri Delaney	56th	10th	W	Stafford Harriers	52:46
178.	Jack Hodgkinson	122nd	37th		Stafford Harriers	52:51
179.	Hayley Barlow	57th	10th	W	Silverdale RC	52:57
180.	Debra Mackie	58th	11th		Stone MM	52:59
181.	Hannah Bawdon	59th	11th		Lonely Goat RC	52:59
182.	Julie Dudley	60th	1st	X	Cheadle RC	53:01
183.	Mark Oliver	123rd	14th	E	Stafford Harriers	53:03
184.	Ellie Evans	61st	10th	M	Stone MM	53:05
185.	Gemma Batchelor	62nd	11th	M	NSRRA	53:08
186.	Emma Walters	63rd	12th	X	Blythe Bridge RC	53:08
187.	Daljeet Patel	64th	13th			53:20
188.	Ashley Wilks	124th	38th			53:20
189.	Karly Harris	65th	11th	X	South Cheshire Harriers	53:21
190.	Alice Burdon	66th	12th		Stafford Harriers	53:24
191.	Suzanne Dale	67th	12th	W	South Cheshire Harriers	53:25
192.	Kerry Podmore	68th	11th	M	South Cheshire Harriers	53:28
193.	Michelle Harrop	69th	13th	M	Potters Trotters	53:35
194.	Michael Hibbert	125th	15th		Newcastle Tri Club	53:35
195.	Carol Astbury	70th	5th	W	Uttoxeter RR	53:37
196.	Louise Gibbs	71st	12th	X	Stoke FIT	53:42
197.	Mark Unwin	126th	39th		Trentham RC	53:43
198.	Wendy Sears	72nd	6th			53:45
199.	Peter Gibbs	127th	25th	G	Stoke FIT	53:48
200.	Di Fox	73rd	12th		Black Pear Joggers	53:49
201.	Jo Wilson	74th	14th			53:53
202.	Sian Fern	75th	13th	W	South Cheshire Harriers	53:59
203.	Rachel Killeen	76th	13th	M	Newcastle (Staffs) AC	54:05
204.	Nigel Lee	128th	4th	F	Newcastle (Staffs) AC	54:09
205.	Benjamin Keen	129th	40th	D	Gator AC	54:19
206.	Andy Torbitt	130th	41st	G	Macclesfield Harriers	54:25

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Pos	Name	M/F	AG	NSRRA	Club	Time
207.	Russell Williams	131st	6th	D	Cheadle RC	54:27
208.	Angela Morton	77th	7th	W	Stoke FIT	54:31
209.	Diane Mason	78th	8th	W	South Cheshire Harriers	54:39
210.	Ruth Gamwell	79th	14th	X	Macclesfield Harriers	54:41
211.	Louise Simpson	80th	14th		Southend AC	54:43
212.	Stuart Ellis	132nd	26th			54:46
213.	Vicki Henshaw	81st	15th	W	Blythe Bridge RC	54:50
214.	Andrea Woodhead	82nd	15th		Mow Cop RR	54:55
215.	Mark Beech	133rd	42nd	F	Fetch Everyone	54:57
216.	Alex Young	134th	43rd			55:00
217.	Jane Holt	83rd	13th	W		55:09
218.	Karen Wright	84th	14th	X	Stoke FIT	55:10
219.	Vicki Kirkham	85th	16th	X		55:19
220.	George Hodgkinson	135th	44th		Stafford Harriers	55:21
221.	Jens Mueller	136th	14th			55:22
222.	Sue Kneill-Boxley	86th	9th	L	Cannock & Stafford AC	55:30
223.	Kat Arnold	87th	16th	W	South Cheshire Harriers	55:31
224.	James Tutton	137th	22nd	F	Stoke FIT	55:33
225.	Simon Thaw	138th	27th			55:35
226.	Paul Crean	139th	7th	F	Congleton Harriers	55:36
227.	Andrew Looms	140th	16th		Newcastle Tri Club	55:38
228.	Graham McLachlan	141st	28th	E	Gator AC	55:39
229.	David Wain	142nd	45th	G	NSRRA	55:41
230.	Karen Murray	88th	10th	M	Stafford Harriers	55:57
231.	Simon Clarke	143rd	17th	F	Fetch Everyone	56:06
232.	Jennie Martin	89th	17th			56:08
233.	Babitah Hibbert	90th	15th	X	Trentham RC	56:14
234.	Jamie Edwards	91st	14th	X	South Cheshire Harriers	56:14
235.	Lizzi Reynolds	92nd	15th		Sandbach Striders	56:28
236.	Natalie Bailey	93rd	18th	W	South Cheshire Harriers	56:40
237.	Peter Richardson	144th	23rd	E	Cheadle RC	56:42
238.	Judith Ho	94th	2nd	W		56:46
239.	Helen Wassall	95th	16th	X	Boalloy RC	56:52
240.	Patricia Bentley	96th	1st	W	Trentham RC	57:00
241.	Ian Allen	145th	15th	F	NSRRA	57:01
242.	Ruth Farrell	97th	17th	W	Stoke FIT	57:12
243.	Rob Parkin	146th	29th	G	Congleton Harriers	57:29
244.	Andrew Podmore	147th	46th	D	NSRRA	57:29
245.	Emma Lonczyk	98th	19th	W	Blythe Bridge RC	58:12
246.	Lindsey Foster	99th	11th	W	Stafford Harriers	58:12
247.	Joanne Oliver	100th	15th	W	Stafford Harriers	58:12
248.	Robert Kewish	148th	30th			58:25
249.	Anne Saxon	101st	2nd			58:30
250.	Kirsty Rollings	102nd	17th	X	South Cheshire Harriers	58:30
251.	Emily Andrews	103rd	16th			58:36
252.	Sam Chappell	149th	24th	G	NSRRA	58:38
253.	Tracey Bagguley	104th	18th	W	Silverdale RC	58:38
254.	Denise Sandford	105th	12th	W	Stoke FIT	58:43
255.	Donna Jillings	106th	16th	X	Chase Harriers	58:44
256.	Ruth Edwards	107th	3rd	W	Stafford Harriers	58:50
257.	Alan Lewis	150th	1st	G	Trentham RC	58:50
258.	Lee Armitage	151st	47th	F	South Cheshire Harriers	58:55

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259.	Louise Baldwin	108th	13th	W	Shropshire Shufflers	59:06
260.	Helen Nightingale	109th	14th	W	South Cheshire Harriers	59:09
261.	Joanne Share	110th	19th			59:11
262.	Marc Embury	152nd	25th	G		59:13
263.	Toni Collier	111th	20th	Y	Chase Harriers	59:20
264.	Amy Oliver	112th	17th	X	Stafford Harriers	59:20
265.	Lisa Goodwin	113th	17th		Vegan Runners	59:24
266.	Mark Dixon	153rd	26th	E	Newcastle (Staffs) AC	59:28
267.	Clare Brookes	114th	18th		Mow Cop RR	59:33
268.	Caroline Strauch	115th	18th			59:41
269.	Peter Salt	154th	48th	G	Blythe Bridge RC	59:43
270.	Tracy Haseldine	116th	18th	X	Go! Team	59:44
271.	Shelagh Swinnerton	117th	2nd		South Cheshire Harriers	59:56
272.	Julie Nokes	118th	4th	W	Stafford Harriers	59:59
273.	Paige Jepson	119th	19th			1:00:00
274.	Katherine Broad Wood	120th	19th			1:00:16
275.	Elaine Statham	121st	1st	W	Congleton Harriers	1:00:20
276.	Emma Stevenson	122nd	20th		Potters Trotters	1:00:33
277.	Diane Robinson	123rd	20th	X	Potters Trotters	1:00:57
278.	Martin Boulton	155th	49th	G	Stoke FIT	1:01:12
279.	Les Tams	156th	16th	E	NSRRA	1:01:26
280.	Claire Allman	124th	21st	X	South Cheshire Harriers	1:01:36
281.	David Statham	157th	18th	F	NSRRA	1:01:40
282.	Robert Pierpoint	158th	50th			1:01:49
283.	Emma Collins	125th	21st		Looe Pioneers	1:02:07
284.	Genevieve Barnett	126th	20th	W	Trentham RC	1:02:17
285.	Clare Hamilton	127th	21st			1:02:18
286.	Emma Mycock	128th	22nd			1:02:18
287.	Claire Collins	129th	23rd			1:02:23
288.	Dawn Plant	130th	22nd	X	Blythe Bridge RC	1:02:24
289.	Charles Cope	159th	17th			1:02:32
290.	Paula Anderson	131st	21st		Silverdale RC	1:02:35
291.	Kirsty Cooper	132nd	19th	X	Blythe Bridge RC	1:02:39
292.	Nicholas Rudman	160th	18th		Vegan Runners	1:02:45
293.	Mark Burrows	161st	31st		Stafford Harriers	1:02:48
294.	Belinda Riley	133rd	5th	W	Silverdale RC	1:02:58
295.	Tracy Burrows	134th	23rd	X	Stafford Harriers	1:02:59
296.	Maria Gaye	135th	22nd	X	Blythe Bridge RC	1:03:01
297.	Michael Horton	162nd	4th	F	NSRRA	1:03:03
298.	Daniel Maddock	163rd	27th	G	Trentham RC	1:03:03
299.	Alfred Slater	164th	1st	G	NSRRA	1:03:14
300.	Tim Slater	165th	32nd	G	NSRRA	1:03:14
301.	Sara Morris	136th	24th	W	Stone MM	1:03:32
302.	Sophie Daragheh	137th	22nd	X		1:03:36
303.	Gael Earp	138th	15th	X	NSRRA	1:03:43
304.	Kerry Higon	139th	20th	W	Blythe Bridge RC	1:03:44
305.	Hollie Birkinshaw	140th	23rd	X	Silverdale RC	1:03:45
306.	Victoria Goodwin	141st	23rd	X	NSRRA	1:03:52
307.	Andrea Connell	142nd	24th		Silverdale RC	1:03:53
308.	Charlotte Tideswell	143rd	24th		Lonely Goat RC	1:04:03
309.	Charles Larsson	166th	19th	E	Silverdale RC	1:04:13
310.	Cheryl Pickston	144th	25th	Y	NSRRA	1:04:19

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311.	Sue Kirby	145th	25th	X	Silverdale RC	1:04:32
312.	Joanne Knapper	146th	26th	Y	Mow Cop RR	1:04:33
313.	Dianne Lapworth	147th	3rd	X	Mow Cop RR	1:04:50
314.	Bobbie Worswick	148th	27th		Trentham RC	1:04:50
315.	Cherry Jepson	149th	16th			1:05:01
316.	Micheline Tremblay	150th	17th	Y	South Cheshire Harriers	1:05:07
317.	Shaz Whitfield	151st	28th	Y		1:05:09
318.	Jane Lee	152nd	6th		Potters Trotters	1:05:35
319.	Sara Rees	153rd	26th	Y	Chase Harriers	1:05:41
320.	Liz Stevenson	154th	7th	Y	Potters Trotters	1:05:45
321.	Linda Shefford	155th	8th		Potters Trotters	1:05:49
322.	Robert Sissons	167th	2nd	G		1:05:56
323.	Heather Higgs	156th	21st	X	Rising Brook Runners	1:06:00
324.	Wendy Plant	157th	29th	Y	Mow Cop RR	1:06:03
325.	Kate Hopkinson	158th	24th	W	NSRRA	1:06:06
326.	Rachel Marsden	159th	27th	X	Stafford Harriers	1:06:19
327.	Helen El Mkhattat	160th	28th			1:06:30
328.	Juliet Carter	161st	30th	Y	South Cheshire Harriers	1:06:30
329.	Olivia Larsson	162nd	25th	X	Silverdale RC	1:06:34
330.	Lindsey Riley	163rd	26th	X	Blythe Bridge RC	1:06:37
331.	Emma Carr	164th	22nd	W	Mow Cop RR	1:06:55
332.	Rita Banks	165th	2nd	Y	Stone MM	1:06:57
333.	Ian Parton	168th	8th		Lonely Goat RC	1:07:36
334.	Sarah Bromley	166th	29th		Stafford Harriers	1:07:38
335.	Jane Butler	167th	31st			1:07:43
336.	David Hebb	169th	9th	G	NSRRA	1:07:55
337.	Robert Hoare	170th	5th	G	Stafford Harriers	1:08:15
338.	Kerryann Maddock	168th	25th	X	Trentham RC	1:08:29
339.	Rosalind Wright	169th	27th		Grange Farm & Dunmow	1:08:36
340.	Nelima Moran	170th	26th			1:09:28
341.	Alison Arnold	171st	32nd		Potters Trotters	1:09:35
342.	Dorota Abratanska	172nd	33rd	X	Stoke FIT	1:09:44
343.	Lee Greatrex	171st	33rd		Stone MM	1:09:56
344.	Jennifer Hill	173rd	23rd			1:09:59
345.	Carol Bryant	174th	3rd	X	Stoke FIT	1:10:03
346.	Malcolm Rushton	172nd	6th	G	Trentham RC	1:10:10
347.	Melody Morris	175th	30th	X	Potters Trotters	1:10:16
348.	Margaret Taylor	176th	4th	X	Newcastle (Staffs) AC	1:10:19
349.	Chris Barlow	173rd	7th	G	Stone MM	1:10:20
350.	Chrissy Barrow	177th	28th	Y	South Cheshire Harriers	1:10:38
351.	Lorna Fewtrell	178th	18th		South Cheshire Harriers	1:10:39
352.	Jennifer Smith	179th	27th		Stone MM	1:10:46
353.	Lindsey Pooley	180th	31st		Potters Trotters	1:10:46
354.	Donna Caldwell	181st	32nd			1:10:55
355.	Colin Pheasant	174th	5th	G	Chase Harriers	1:11:08
356.	Kerry Corcoran	182nd	33rd		Trentham RC	1:11:27
357.	Joan Brailsford	183rd	5th		Potters Trotters	1:11:58
358.	Emma Burley	184th	24th	X	Trentham RC	1:12:17
359.	Rebecca Hopkin	185th	25th		Stoke FIT	1:12:32
360.	Carole Wilshaw	186th	9th	Y	Potters Trotters	1:12:35
361.	Christine Pezzaioli	187th	10th	Y	Stoke FIT	1:12:36
362.	Nadia Reiter	188th	26th		South Cheshire Harriers	1:12:39

# Knighton 10k & 5k

## Overall Results



Pos	Name	M/F	AG	NSRRA	Club	Time
363.	Linda Fernyhough	189th	19th		NSRRA	1:12:46
364.	Paul Corcoran	175th	34th			1:12:47
365.	Colin Earp	176th	8th	G	South Cheshire Harriers	1:12:48
366.	Kelly Myatt	190th	27th		Blythe Bridge RC	1:12:54
367.	Heather Swift	191st	29th			1:13:13
368.	Jane Irving	192nd	34th	X	Silverdale RC	1:13:17
369.	Hazel Barlow	193rd	11th	Y	Michelin AC	1:13:18
370.	Anna Rydon	194th	30th			1:13:20
371.	Joyce Edwards	195th	4th	Y	Stone MM	1:13:37
372.	Amie Edge	196th	31st	Y	Trentham RC	1:13:45
373.	Angela Coates	197th	20th		Potters Trotters	1:14:07
374.	Joanne Beattie	198th	35th		Sandbach Sole Mates	1:14:24
375.	Sarah Stubbs	199th	28th			1:14:47
376.	Natalie Whiston	200th	28th			1:15:00
377.	Beth Cave	201st	36th			1:16:00
378.	Nina Savage	202nd	29th			1:16:15
379.	Lee Lymer	203rd	21st	Y	Silverdale RC	1:16:18
380.	Nicola Brown	204th	34th		Silverdale RC	1:16:18
381.	Gina Downing	205th	5th			1:16:22
382.	Louise Webber	206th	22nd			1:16:22
383.	Rose Joseph	207th	23rd			1:16:23
384.	Catherine Cooper	208th	32nd			1:16:28
385.	Jacquie Macphail	209th	24th	X	Trentham RC	1:17:07
386.	Louise Waldron-Kelly	210th	35th	Y	Blythe Bridge RC	1:17:47
387.	Kresia Jones	211th	33rd	Y	Chase Harriers	1:17:50
388.	Marion Evans	212th	25th			1:18:02
389.	Alli Lymer	213th	26th		Silverdale RC	1:18:33
390.	Kerry Hopkinson	214th	30th	X	NSRRA	1:19:36
391.	Lorna Housley-Tatton	215th	36th			1:19:36
392.	Paula Smith	216th	6th		Tanat Trotters	1:19:50
393.	Paul Cotterill	177th	35th			1:19:54
394.	Janet Skelton	217th	12th	Y	Trentham RC	1:20:00
395.	Simone Baggaley	218th	34th	Y	Trentham RC	1:20:46
396.	Claire Johnson	219th	37th			1:22:11
397.	Jackie McGowan	220th	38th	Y	Potters Trotters	1:22:57
398.	Janet Brindley	221st	7th	Y	Potters Trotters	1:23:43
399.	Jen Shorter	222nd	31st	Y	Blythe Bridge RC	1:25:00
400.	Victoria Byatt	223rd	39th	Y	Stoke FIT	1:25:10
401.	Lesley Jane Hughes	224th	13th	Y	Blythe Bridge RC	1:25:28
402.	Celia Maddock	225th	8th	Y	Trentham RC	1:26:19
403.	Rose Yeardeley	226th	3rd		Potters Trotters	1:26:36
404.	Michelle Puttick	227th	40th	Y	NSRRA	1:26:49
405.	Michelle Bourne	228th	14th		Potters Trotters	1:27:53
406.	Kaye Morrissey	229th	32nd	Y	Trentham RC	1:28:40
407.	Marie Burt	230th	15th	X	Chase Harriers	1:30:06
408.	Caroline Davies	231st	37th		Stoke FIT	1:30:16
409.	Philippa McCulloch	232nd	35th		South Cheshire Harriers	1:32:53
410.	Anita Sproston	233rd	27th	Y	Blythe Bridge RC	1:34:48
411.	Dave Allemby	178th	10th	F	Barnsley AC	1:40:55
412.	Archana Rao	234th	38th			1:53:07
413.	Valerie Stuart	235th	4th	Y	Stafford Harriers	1:58:54



# Knighton 10k & 5k

## Overall Results



Pos	Name	M/F	AG	NSRRA	Club	Time
<b>Knighton 5k</b>						
1.	Carl Aveyard	1st	-		Shrewsbury AC	16:17
2.	Murphy Hamilton	2nd	-		Stafford Harriers	21:38
3.	Nathan Walker	3rd	-		Newcastle Tri Club	21:55
4.	Charlotte Lunt	1st	-		Boalloy RC	22:05
5.	Adam Whitham	4th	1st		Lonely Goat RC	22:30
6.	Rosie Rowles	2nd	-			22:52
7.	Maria Jensen	3rd	-		Sandbach Striders	23:09
8.	Michael Oakley	5th	1st		Trentham RC	23:37
9.	Joanna Preston	4th	1st			24:17
10.	Ian Pettitt	6th	2nd		Trentham RC	24:43
11.	Maisie Preston	5th	1st			25:07
12.	Lee Clark	7th	1st		Alsager Runners	25:45
13.	Amy Clark	6th	1st		Alsager Runners	26:02
14.	Laura Hughes	7th	1st		Trentham RC	26:39
15.	Bentley Mark	8th	1st			27:15
16.	Chris Bedford	9th	1st		Rising Brook Runners	27:19
17.	Grace Blair	8th	2nd		Doncaster Tri Club	27:21
18.	Liam Bedson	10th	2nd			28:00
19.	Mark Taylor	11th	2nd		South Cheshire Harriers	28:57
20.	Tom Davall	12th	2nd		Stafford Harriers	29:35
21.	Sarah Steventon	9th	2nd			30:21
22.	Maria Payne	10th	2nd			30:53
23.	Debbie Hewitt-Gilmore	11th	1st		Audley Striders	31:16
24.	Alison Rowles	12th	2nd		Alsager Runners	31:17
25.	Mont Moreton	13th	2nd		Stoke FIT	31:18
26.	Deborah Hopkins	13th	3rd		Lawley RC	31:22
27.	Sarah Summers	14th	3rd		Lawley RC	31:48
28.	Natalie Carter	15th	1st			32:54
29.	Joseph Spencer	14th	3rd			33:23
30.	Kathleen Harris	16th	1st			34:00
31.	Julie Davies	17th	4th			34:05
32.	Gill Forrester	18th	1st		Potters Trotters	34:52
33.	Eleanor Jeffers	19th	3rd			35:11
34.	Sarah Jeffers	20th	4th			35:14
35.	Sarah Jones	21st	2nd			35:31
36.	Jemma Brereton	22nd	2nd			36:00
37.	Hollie Thomas	23rd	4th		Silverdale RC	37:01
38.	Charli Weller	24th	5th		Silverdale RC	37:36
39.	Dawn Brown	25th	6th		Brough Park RC	38:31
40.	Patricia Davidson	26th	2nd		South Cheshire Harriers	38:38
41.	Neil Coe	15th	1st		South Cheshire Harriers	38:48
42.	Julie Coe	27th	2nd		South Cheshire Harriers	38:53
43.	Harry Housley-Tatton	16th	1st			44:00
44.	Anneka Hall	28th	5th		Running Bear RC	45:26
45.	Vicky McAdam	29th	1st			46:53
46.	Elizabeth Spanswick	30th	7th		Blythe Bridge RC	58:44
47.	Helen Nicholls	31st	3rd			1:24:31
48.	Clare Steele	32nd	3rd		Stoke FIT	3:30:59

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