

2009 JCB Lakeside '5' Results

Pos	Time	Prizes = 23	Num	Name	Club	NSRRA	JCB	JCB Pos	Sex	Sex Pos	Cat	Cat Pos	Pace Km/Mile
1	00:25:59	1st Male	299	Gamble Ben	Stone MM	86			M	1 / 210	M	1/105	3:14 / 5:12
2	00:27:19	2nd Male	365	Cole Brian	Royal Marines				M	2 / 210	M40	1/39	3:24 / 5:28
3	00:27:22	3rd Male	236	Mannion Paul	Ashbourne R.C				M	3 / 210	M	2/105	3:24 / 5:28
4	00:27:53		193	Burgess Jason	Staffs Moorlands A.C				M	4 / 210	M	3/105	3:28 / 5:35
5	00:27:59		228	Holroyd Ryan	Staffs Moorlands A.C	9090			M	5 / 210	M	4/105	3:29 / 5:36
6	00:28:12	1st M40	86	Neeld Mark	Stone MM	105			M	6 / 210	M40	2/39	3:30 / 5:38
7	00:28:19		15	Margiotta Stuart	Ashbourne R.C				M	7 / 210	M	5/105	3:31 / 5:40
8	00:28:20	JCB Male	327	Jeffery Craig	Staffs Morrlands		JCB	1 / 88	M	8 / 210	M	6/105	3:31 / 5:40
9	00:28:41		284	Allen David	Staffs Moorlands A.C		JCB	2 / 88	M	9 / 210	M40	3/39	3:34 / 5:44
10	00:29:00	1st M50	229	Amos Kelvin	Cheadle R.C	287	JCB	3 / 88	M	10 / 210	M50	1/16	3:36 / 5:48
11	00:29:29		359	Salt Ian	Uttoxeter R.R				M	11 / 210	M	7/105	3:40 / 5:54
12	00:29:37		233	Brooks Richard		0	JCB	4 / 88	M	12 / 210	M	8/105	3:41 / 5:55
13	00:29:50		67	Burslem Paul	Trentham R.C	255			M	13 / 210	M40	4/39	3:42 / 5:58
14	00:30:02		326	Cook Robert	Stoke A.C				M	14 / 210	M	9/105	3:44 / 6:0
15	00:30:07		244	Lindridge Stephen	Uttoxeter R R	291			M	15 / 210	M	10/105	3:45 / 6:1
16	00:30:18		356	Walker John		0			M	16 / 210	M50	2/16	3:46 / 6:4
17	00:30:25		85	Danks Simon	Uttoxeter R.R	52			M	17 / 210	M40	5/39	3:47 / 6:5
18	00:30:27	1st M45	331	Gilman David	Hatton Darts		JCB	5 / 88	M	18 / 210	M45	1/24	3:47 / 6:5
19	00:31:05		361	Morris Ray	Newcastle A.C				M	19 / 210	M45	2/24	3:52 / 6:13
20	00:31:08		103	Munro Patrick		0	JCB	6 / 88	M	20 / 210	M	11/105	3:52 / 6:14
21	00:31:09	#N/A	290	Clarke Guy		0	269		#N/A	1 / 280	#N/A	1/280	3:52 / 6:14
22	00:31:19		213	Motley Danny	Ashbourne R.C				M	21 / 210	M45	3/24	3:54 / 6:16
23	00:31:22		220	Maloney Mark	Michelin A.C	178			M	22 / 210	M	12/105	3:54 / 6:16
24	00:31:36		252	Coutts Fraser		0	JCB	7 / 88	M	23 / 210	M	13/105	3:56 / 6:19
25	00:31:44		337	Richards Jason	Tipton Harriers				M	24 / 210	M	14/105	3:57 / 6:21
26	00:31:47		204	Mayers Andrew	South Cheshire Harriers				M	25 / 210	M40	6/39	3:57 / 6:21
27	00:31:48		287	Maguire Nigel		0			M	26 / 210	M	15/105	3:57 / 6:22
28	00:31:49		247	Wood Ian	Norton Canes				M	27 / 210	M45	4/24	3:57 / 6:22
29	00:32:04		19	Gallagher Peter		0	JCB	8 / 88	M	28 / 210	M	16/105	3:59 / 6:25
30	00:32:06		34	Hall Robert		0			M	29 / 210	M	17/105	3:59 / 6:25
31	00:32:20		354	Fox Martin	Newcastle A.C				M	30 / 210	M40	7/39	4:1 / 6:28
32	00:32:24		200	Jones David	Newcastle A.C				M	31 / 210	M	18/105	4:2 / 6:29
33	00:32:31		241	Gunton Dominic	UK Net Runners				M	32 / 210	M	19/105	4:2 / 6:30
34	00:32:32		54	Braun Nigel	Stone MM				M	33 / 210	M45	5/24	4:3 / 6:30
35	00:32:41		217	Payne Gary	Stone MM	2			M	34 / 210	M	20/105	4:4 / 6:32
36	00:32:43		209	Millward Ian	Ashbourne R.C				M	35 / 210	M45	6/24	4:4 / 6:33
37	00:32:57	#N/A	124	Green John	Staffs Moorlands A.C				#N/A	2 / 280	#N/A	2/280	4:6 / 6:35
38	00:33:08		282	Duffell John		0	JCB	9 / 88	M	36 / 210	M	21/105	4:7 / 6:38
39	00:33:09		212	Skelton Keith	Stafford Harriers				M	37 / 210	M40	8/39	4:7 / 6:38
40	00:33:13	1st Female	298	Cope Amy	Stone MM	289	JCB	10 / 88	F	1 / 109	F	1/38	4:8 / 6:39
41	00:33:21	#N/A	0	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	3 / 280	#N/A	3/280	4:9 / 6:40
42	00:33:26		107	Clemson Matt		0			M	38 / 210	M	22/105	4:9 / 6:41
43	00:33:27		50	Plimmer Kevin		0	JCB	11 / 88	M	39 / 210	M	23/105	4:9 / 6:41

2009 JCB Lakeside '5' Results

Pos	Time	Prizes = 23	Num	Name	Club	NSRRA	JCB	JCB Pos	Sex	Sex Pos	Cat	Cat Pos	Pace Km/Mile
44	00:33:41	2nd Female	159	Higgs Carol		0	JCB	12 / 88	F	2 / 109	F45	1/16	4:11 / 6:44
45	00:33:47		42	Owen Gary	Michelin A.C				M	40 / 210	M	24/105	4:12 / 6:45
46	00:33:50		130	Castille Chris		0	391 JCB	13 / 88	M	41 / 210	M40	9/39	4:12 / 6:46
47	00:33:55		179	Sowter Anton		0			M	42 / 210	M	25/105	4:13 / 6:47
48	00:33:57		31	Smith Barry	Newcastle A.C		290		M	43 / 210	M40	10/39	4:13 / 6:47
49	00:34:08	3rd Female	338	Morris Pippa	Uttoxeter R.R				F	3 / 109	F	2/38	4:15 / 6:50
50	00:34:12		125	Askey Stephen	Newcastle A.C				M	44 / 210	M50	3/16	4:15 / 6:50
51	00:34:13		261	Mosiuk Chris	Trentham R.C				M	45 / 210	M	26/105	4:15 / 6:51
52	00:34:28		138	Page Angus		0			M	46 / 210	M40	11/39	4:17 / 6:54
53	00:34:33		109	Brooks Richard	Cobra R.C				M	47 / 210	M40	12/39	4:18 / 6:55
54	00:34:40		230	Bourne Andy	Staffs Harriers				M	48 / 210	M	27/105	4:18 / 6:56
55	00:34:41		151	Clulow Paul		0	JCB	14 / 88	M	49 / 210	M45	7/24	4:19 / 6:56
56	00:34:46		155	Watts Ben		0			M	50 / 210	M	28/105	4:19 / 6:57
57	00:34:49	#N/A	84	Johnson Sam		0	JCB	15 / 88	#N/A	4 / 280	#N/A	4/280	4:20 / 6:58
58	00:34:50		218	Donald Keith	Derby A.C				M	51 / 210	M50	4/16	4:20 / 6:58
59	00:34:56		47	Owen Chris	Stafford Harriers				M	52 / 210	M	29/105	4:20 / 6:59
60	00:34:58		211	Davies Spencer		0			M	53 / 210	M40	13/39	4:21 / 7:0
61	00:35:00		320	Newton Stephen	Hatton Darts				M	54 / 210	M40	14/39	4:21 / 7:0
62	00:35:00		70	Good Adrian		0			M	55 / 210	M45	8/24	4:21 / 7:0
63	00:35:16		182	Wardce Joseph		0			M	56 / 210	M	30/105	4:23 / 7:3
64	00:35:17		285	Poole Stuart	Staffs Moorlands A.C				M	57 / 210	M	31/105	4:23 / 7:3
65	00:35:18		363	Blount Jason	Newcastle A.C		149		M	58 / 210	M	32/105	4:23 / 7:4
66	00:35:20		3	Duncan Alasdair	Ashbourne R.C		JCB	16 / 88	M	59 / 210	M50	5/16	4:23 / 7:4
67	00:35:21		149	Caswell Steve		0			M	60 / 210	M	33/105	4:24 / 7:4
68	00:35:22		347	Skinner Jonathon		0			M	61 / 210	M	34/105	4:24 / 7:4
69	00:35:23		11	Payne Jocelyn		0			F	4 / 109	F	3/38	4:24 / 7:5
70	00:35:23		251	Woolley Robert		0	JCB	17 / 88	M	62 / 210	M45	9/24	4:24 / 7:5
71	00:35:24		254	Austin Frederick		0			M	63 / 210	M45	10/24	4:24 / 7:5
72	00:35:27	1st F45	45	Skellern Chris	Stafford Harriers		549		F	5 / 109	F45	2/16	4:24 / 7:5
73	00:35:30		185	Barnes Ian		0	JCB	18 / 88	M	64 / 210	M	35/105	4:25 / 7:6
74	00:35:34		26	Morley James	Little Eaton Hornets		JCB	19 / 88	M	65 / 210	M	36/105	4:25 / 7:7
75	00:35:36	1st M55	32	Moore Malcolm	South Derbyshire R.R				M	66 / 210	M55	1/9	4:25 / 7:7
76	00:35:41		208	Roughton Craig		0			M	67 / 210	M	37/105	4:26 / 7:8
77	00:35:44		140	Gurr Paul		0			M	68 / 210	M	38/105	4:26 / 7:9
78	00:35:45		246	Gardner Hall Sarah	Norton Canes				F	6 / 109	F	4/38	4:27 / 7:9
79	00:35:46		350	Cole James R T		0	JCB	20 / 88	M	69 / 210	M	39/105	4:27 / 7:9
80	00:35:52		216	Larsson Charles	Newcastle A.C		315		M	70 / 210	M40	15/39	4:27 / 7:10
81	00:35:57		183	Holmes Christine		0			F	7 / 109	F	5/38	4:28 / 7:11
82	00:36:01		2	Hough Tim	Stafford Harriers				M	71 / 210	M40	16/39	4:29 / 7:12
83	00:36:12		63	Cope Grahame	Uttoxeter R.R		400		M	72 / 210	M	40/105	4:30 / 7:14
84	00:36:13		46	Morris Chris					M	73 / 210	M	41/105	4:30 / 7:15
85	00:36:15		165	Lunn Simon		0	JCB	21 / 88	M	74 / 210	M	42/105	4:30 / 7:15
86	00:36:18		122	Kebble Neil		0	JCB	22 / 88	M	75 / 210	M	43/105	4:31 / 7:16

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Pos	Time	Prizes = 23	Num	Name	Club	NSRRA	JCB	JCB Pos	Sex	Sex Pos	Cat	Cat Pos	Pace Km/Mile
87	00:36:20		219	Mayers Rob	South Cheshire Harriers				M	76 / 210	M45	11/24	4:31 / 7:16
88	00:36:21		49	Day Mark	Trentham R.C				M	77 / 210	M	44/105	4:31 / 7:16
89	00:36:23		243	Hiscock Peter		0			M	78 / 210	M	45/105	4:31 / 7:17
90	00:36:27	1st F60	135	Fellows Dot	Cannock & Stafford A.C				F	8 / 109	F60	1/3	4:32 / 7:17
91	00:36:30		77	Swift Ian	Ashbourne R.C				M	79 / 210	M45	12/24	4:32 / 7:18
92	00:36:32		312	Edwards Adrian		0	JCB	23 / 88	M	80 / 210	M	46/105	4:32 / 7:18
93	00:36:33		297	Fielder Simon		0	JCB	24 / 88	M	81 / 210	M50	6/16	4:33 / 7:19
94	00:36:36		80	Gerrard Neil		0			M	82 / 210	M45	13/24	4:33 / 7:19
95	00:36:39	1st F55	353	Clutton Liz	Cheadle R.C	390L			F	9 / 109	F55	1/5	4:33 / 7:20
96	00:36:41	1st F50	142	Ruggiero John	Cheshire Police	199			F	10 / 109	F50	1/7	4:34 / 7:20
97	00:36:46		360	Vincent Tim	Uttoxeter R.R				M	83 / 210	M	47/105	4:34 / 7:21
98	00:36:48		352	Timmins Andrew		0			M	84 / 210	M40	17/39	4:34 / 7:22
99	00:36:55		144	Stevenson Bill	Michelin A.C		183		M	85 / 210	M45	14/24	4:35 / 7:23
100	00:37:09		194	Newberry Steve		0	JCB	25 / 88	M	86 / 210	M	48/105	4:37 / 7:26
101	00:37:17		24	Gray Steve	Ashbourne R.C				M	87 / 210	M40	18/39	4:38 / 7:27
102	00:37:18	1st M60	68	Baggaley Clive	Uttoxeter R.R		373		M	88 / 210	M60	1/12	4:38 / 7:28
103	00:37:19		5	Grindey Mick		0	JCB	26 / 88	M	89 / 210	M45	15/24	4:38 / 7:28
104	00:37:20		302	Miller Joe		0	JCB	27 / 88	M	90 / 210	M	49/105	4:38 / 7:28
105	00:37:26		206	Jaskot Richard		0			M	91 / 210	M	50/105	4:39 / 7:29
106	00:37:28		253	Goodson Harry		0	JCB	28 / 88	M	92 / 210	M	51/105	4:39 / 7:30
107	00:37:29		177	Hartshorn Paul		0	JCB	29 / 88	M	93 / 210	M40	19/39	4:39 / 7:30
108	00:37:30		262	Mosiuk Walter	Trentham R.C				M	94 / 210	M50	7/16	4:40 / 7:30
109	00:37:32		127	Edwards Christopher	Dark Peak F.R				M	95 / 210	M	52/105	4:40 / 7:30
110	00:37:33		92	Pegg Dawn		0			F	11 / 109	F	6/38	4:40 / 7:31
111	00:37:37		112	Thompson Caroline		0			F	12 / 109	F	7/38	4:40 / 7:31
112	00:37:38		59	Parker Christopher		0			M	96 / 210	M	53/105	4:41 / 7:32
113	00:37:46		321	Mason Bethany		0			F	13 / 109	F	8/38	4:42 / 7:33
114	00:37:47		349	Kalra Jaskaran		0	JCB	30 / 88	M	97 / 210	M	54/105	4:42 / 7:33
115	00:37:48		25	Parkin Julian		0	JCB	31 / 88	M	98 / 210	M	55/105	4:42 / 7:34
116	00:37:50		280	Davall Ian		0	JCB	32 / 88	M	99 / 210	M45	16/24	4:42 / 7:34
117	00:37:52	1st F35	53	Wilne Deborah	Staffs Police				F	14 / 109	F35	1/20	4:42 / 7:34
118	00:37:55		160	Dolinsek Greg		0	JCB	33 / 88	M	100 / 210	M	56/105	4:43 / 7:35
119	00:38:00		339	Wallis Sarah	Ashbourne R.C				F	15 / 109	F35	2/20	4:43 / 7:36
120	00:38:08		272	Cotton James		0			M	101 / 210	M	57/105	4:44 / 7:38
121	00:38:13		265	Earl Trevor		0	JCB	34 / 88	M	102 / 210	M	58/105	4:45 / 7:39
122	00:38:14		355	Molden Chris		0			M	103 / 210	M	59/105	4:45 / 7:39
123	00:38:17	JCB Female	301	Wilson Claire		0	JCB	35 / 88	F	16 / 109	F	9/38	4:45 / 7:39
124	00:38:18	1st M65	129	Davis Gerald	Stone MM		268		M	104 / 210	M65	1/2	4:46 / 7:40
125	00:38:18		4	Mitchell William	Ashbourne R.C				M	105 / 210	M60	2/12	4:46 / 7:40
126	00:38:18		267	Bromwick Paul		0	JCB	36 / 88	M	106 / 210	M	60/105	4:46 / 7:40
127	00:38:24		268	Pioro Darivsz		0	JCB	37 / 88	M	107 / 210	M	61/105	4:46 / 7:41
128	00:38:26		152	McLoughlin Brendan		0	JCB	38 / 88	M	108 / 210	M50	8/16	4:47 / 7:41
129	00:38:32		210	Ratcliffe Tony	Newcastle A.C				M	109 / 210	M60	3/12	4:47 / 7:42

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130	00:38:34		270	Hall Adrian		0	JCB	39 / 88	M	110 / 210	M40	20/39	4:48 / 7:43
131	00:38:36		56	Fowler James		0			M	111 / 210	M	62/105	4:48 / 7:43
132	00:38:38		309	Dixon Nigel		0			M	112 / 210	M40	21/39	4:48 / 7:44
133	00:38:41		345	Roe Pete	Little Eaton Hornets				M	113 / 210	M60	4/12	4:48 / 7:44
134	00:38:47		240	Egerton Mark		0	JCB	40 / 88	M	114 / 210	M	63/105	4:49 / 7:45
135	00:38:48		260	Leeson Yvonne	Stone MM				F	17 / 109	F55	2/5	4:49 / 7:46
136	00:38:50		343	Dasey Andrew	Newcastle A.C				M	115 / 210	M	64/105	4:50 / 7:46
137	00:38:52	#N/A	259	Marshall Andrew	Ashbourne R.C				#N/A	5 / 280	#N/A	5/280	4:50 / 7:46
138	00:39:00	1st M70	324	Brookes Don	Trentham R.C				M	116 / 210	M70	1/3	4:51 / 7:48
139	00:39:01	1st F40	78	Clowes Gaynor	Ashbourne R.C				F	18 / 109	F40	1/17	4:51 / 7:48
140	00:39:04		115	Clancy Kerryanne	Newcastle A.C	349			F	19 / 109	F	10/38	4:51 / 7:49
141	00:39:05		215	Flanagan Peter		0			M	117 / 210	M40	22/39	4:51 / 7:49
142	00:39:09		197	Proctor Robert	Stafford Harriers				M	118 / 210	M	65/105	4:52 / 7:50
143	00:39:09		255	Gregory Keith		0			M	119 / 210	M	66/105	4:52 / 7:50
144	00:39:16		332	Beattie Julian		0			M	120 / 210	M40	23/39	4:53 / 7:51
145	00:39:20		300	Nixon Jon		0	JCB	41 / 88	M	121 / 210	M40	24/39	4:53 / 7:52
146	00:39:24		14	Lee Lisa	Ashbourne R.C				F	20 / 109	F	11/38	4:54 / 7:53
147	00:39:29		184	Cook Philip		0			M	122 / 210	M55	2/9	4:54 / 7:54
148	00:39:30		51	Tunstall Stephen	Uttoxeter R.R				M	123 / 210	M45	17/24	4:55 / 7:54
149	00:39:32		364	Panson Peter	Staffs Police				M	124 / 210	M40	25/39	4:55 / 7:54
150	00:39:33		249	Sutton Mathew		0			M	125 / 210	M	67/105	4:55 / 7:55
151	00:39:34		248	Santoro Rafael		0			M	126 / 210	M	68/105	4:55 / 7:55
152	00:39:36		64	Carter Daniel	Uttoxeter R.R	53			M	127 / 210	M50	9/16	4:55 / 7:55
153	00:39:40		37	Murphie Andrew		0			M	128 / 210	M40	26/39	4:56 / 7:56
154	00:39:41		188	Brett James		0			M	129 / 210	M	69/105	4:56 / 7:56
155	00:39:46		203	Saunders Michael		0	JCB	42 / 88	M	130 / 210	M45	18/24	4:57 / 7:57
156	00:39:49		273	George Chris		0			M	131 / 210	M	70/105	4:57 / 7:58
157	00:39:50		29	Harrison Ian		0	JCB	43 / 88	M	132 / 210	M40	27/39	4:57 / 7:58
158	00:39:51		227	Shaw Mark		0	JCB	44 / 88	M	133 / 210	M	71/105	4:57 / 7:58
159	00:39:55		81	Durrow Sandra	Uttoxeter R.R				F	21 / 109	F40	2/17	4:58 / 7:59
160	00:39:55		291	Beardmore Rachel	Cheadle R.C				F	22 / 109	F	12/38	4:58 / 7:59
161	00:39:57		60	Bailey Paul		0	JCB	45 / 88	M	134 / 210	M50	10/16	4:58 / 7:59
162	00:39:58		114	Webb Lucy		0			F	23 / 109	F50	2/7	4:58 / 8:0
163	00:39:59		178	Gopsill Paul		0			M	135 / 210	M45	19/24	4:58 / 8:0
164	00:40:02		43	Wood Jim		0			M	136 / 210	M40	28/39	4:59 / 8:0
165	00:40:07		158	Clarke Simon		0	JCB	46 / 88	M	137 / 210	M	72/105	4:59 / 8:1
166	00:40:16		30	Myers David	Cheadle R.C		JCB	47 / 88	M	138 / 210	M50	11/16	5:0 / 8:3
167	00:40:19		134	Baker David	Staffs Moorlands A.C				M	139 / 210	M50	12/16	5:1 / 8:4
168	00:40:19		286	Collins Guy	Uttoxeter R.R				M	140 / 210	M	73/105	5:1 / 8:4
169	00:40:20		108	Kelly Carolyn	Cobra R.C				F	24 / 109	F	13/38	5:1 / 8:4
170	00:40:20		191	Clowes Janice	Ashbourne R.C				F	25 / 109	F55	3/5	5:1 / 8:4
171	00:40:38		263	Urqyhart Heather	Ashbourne R.C				F	26 / 109	F	14/38	5:3 / 8:8
172	00:40:45		41	Symms Nigel	Newcastle A.C	26			M	141 / 210	M40	29/39	5:4 / 8:9

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173	00:40:46		234	Molloy Richard		0			M	142 / 210	M40	30/39	5:4 / 8:9
174	00:40:47		336	Jeffery Kelly		0			F	27 / 109	F	15/38	5:4 / 8:9
175	00:40:49	#N/A	133	Richards Anthony		0			#N/A	6 / 280	#N/A	6/280	5:4 / 8:10
176	00:40:49		96	Skidmore Steve		0	JCB	48 / 88	M	143 / 210	M40	31/39	5:4 / 8:10
177	00:40:53		192	Canham Stan		0			M	144 / 210	M60	5/12	5:5 / 8:11
178	00:40:53		311	Allen Steve		0	JCB	49 / 88	M	145 / 210	M	74/105	5:5 / 8:11
179	00:40:56		117	Clay Trevor	Uttoxeter Road Runners				M	146 / 210	M60	6/12	5:5 / 8:11
180	00:40:59		358	Spenny Mark		0			M	147 / 210	M	75/105	5:6 / 8:12
181	00:41:00	#N/A	0	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	7 / 280	#N/A	7/280	5:6 / 8:12
182	00:41:03		305	Cope Janice		0			F	28 / 109	F50	3/7	5:6 / 8:13
183	00:41:03		292	Bourne Darren		0			M	148 / 210	M	76/105	5:6 / 8:13
184	00:41:15		289	Leeson Michelle	Cheadle R.C		JCB	50 / 88	F	29 / 109	F35	3/20	5:8 / 8:15
185	00:41:15		207	Tideswell Janice		0			F	30 / 109	F	16/38	5:8 / 8:15
186	00:41:16		205	Fowell Anthony		0	JCB	51 / 88	M	149 / 210	M	77/105	5:8 / 8:15
187	00:41:17		17	Shufflebotham Andrew		0			M	150 / 210	M45	20/24	5:8 / 8:15
188	00:41:51		139	Roden Joanne	Chase Harriers				F	31 / 109	F35	4/20	5:12 / 8:22
189	00:42:02		27	Waldrons Stephen		0	JCB	52 / 88	M	151 / 210	M	78/105	5:13 / 8:24
190	00:42:04		72	Wallis Derek	Ashbourne R.C				M	152 / 210	M55	3/9	5:14 / 8:25
191	00:42:05		274	Gomori Paul		0			M	153 / 210	M	79/105	5:14 / 8:25
192	00:42:06		198	Surgat Louise	Ashbourne R.C				F	32 / 109	F35	5/20	5:14 / 8:25
193	00:42:08		341	Ayre Mick		0			M	154 / 210	M45	21/24	5:14 / 8:26
194	00:42:10		335	Stanton Kate	Ashbourne R.C				F	33 / 109	F40	3/17	5:14 / 8:26
195	00:42:14		303	Kinder Joanne		0			F	34 / 109	F	17/38	5:15 / 8:27
196	00:42:27		322	Hannan Cheryl		0			F	35 / 109	F	18/38	5:17 / 8:29
197	00:42:32	#N/A	269	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	8 / 280	#N/A	8/280	5:17 / 8:30
198	00:42:35		201	Truscott Alison		0			F	36 / 109	F40	4/17	5:18 / 8:31
199	00:42:38		319	White Helen	Hatton Darts				F	37 / 109	F	19/38	5:18 / 8:32
200	00:42:39		57	Bugler Darren		0	JCB	53 / 88	M	155 / 210	M	80/105	5:18 / 8:32
201	00:42:42		38	Boulton Shirley		0	JCB	54 / 88	F	38 / 109	F45	3/16	5:18 / 8:32
202	00:42:46		231	Banks Rita	Stone MM	22			F	39 / 109	F60	2/3	5:19 / 8:33
203	00:42:53		82	Pheasant Colin	Chase Harriers	382			M	156 / 210	M50	13/16	5:20 / 8:35
204	00:42:55		176	Marshall Andrew		0			M	157 / 210	M	81/105	5:20 / 8:35
205	00:42:57		281	Brown John		0	JCB	55 / 88	M	158 / 210	M55	4/9	5:20 / 8:35
206	00:42:58		79	Benfield Matt		0			M	159 / 210	M	82/105	5:20 / 8:36
207	00:43:01		150	Swinson Katie		0			F	40 / 109	F	20/38	5:21 / 8:36
208	00:43:02		137	Barker Ian	Ashbourne R.C				M	160 / 210	M55	5/9	5:21 / 8:36
209	00:43:04		348	Robinson Gareth		0	JCB	56 / 88	M	161 / 210	M	83/105	5:21 / 8:37
210	00:43:13		131	Parton Mark		0	JCB	57 / 88	M	162 / 210	M45	22/24	5:22 / 8:39
211	00:43:13		94	Fereday Julie		0			F	41 / 109	F35	6/20	5:22 / 8:39
212	00:43:22		98	Nowell Chris		0	JCB	58 / 88	M	163 / 210	M45	23/24	5:23 / 8:40
213	00:43:23		105	Cubitt Simon		0	JCB	59 / 88	M	164 / 210	M40	32/39	5:23 / 8:41
214	00:43:27		245	Edwards Paul		0			M	165 / 210	M40	33/39	5:24 / 8:41
215	00:43:29		83	Taylor Darren	Chase Harriers	484			M	166 / 210	M40	34/39	5:24 / 8:42

2009 JCB Lakeside '5' Results

Pos	Time	Prizes = 23	Num	Name	Club	NSRRA	JCB	JCB Pos	Sex	Sex Pos	Cat	Cat Pos	Pace Km/Mile
216	00:43:33		110	Taylor David	Staffs Moorlands A.C	127			M	167 / 210	M50	14/16	5:25 / 8:43
217	00:43:41		242	Murphy Terry	Stone MM	398			M	168 / 210	M60	7/12	5:26 / 8:44
218	00:43:43		224	Shea Susan		0			F	42 / 109	F40	5/17	5:26 / 8:45
219	00:43:52		39	Knight David		0	JCB	60 / 88	M	169 / 210	M45	24/24	5:27 / 8:46
220	00:43:55		232	Orme Michael		0	JCB	61 / 88	M	170 / 210	M	84/105	5:27 / 8:47
221	00:44:14		61	Hughes Alison	Potters Trotters				F	43 / 109	F40	6/17	5:30 / 8:51
222	00:44:28		366	Rowe James		0			M	171 / 210	M50	15/16	5:32 / 8:54
223	00:44:31		367	French Katie Louise		0			F	44 / 109	F	21/38	5:32 / 8:54
224	00:44:47		626	Richards Ken		0			M	172 / 210	M60	8/12	5:34 / 8:57
225	00:44:47		342	Wainwright Phil		0	JCB	62 / 88	M	173 / 210	M	85/105	5:34 / 8:57
226	00:44:48		104	Jones Glyn		0	JCB	63 / 88	M	174 / 210	M	86/105	5:34 / 8:58
227	00:44:48		190	Casey Maggie	Power Station R.C				F	45 / 109	F50	4/7	5:34 / 8:58
228	00:44:49		189	Barley Marie	Power Station R.C				F	46 / 109	F45	4/16	5:34 / 8:58
229	00:44:50		97	Picken Joanne	Potters Trotters				F	47 / 109	F35	7/20	5:34 / 8:58
230	00:44:51		7	English Jacob		0			M	175 / 210	M	87/105	5:34 / 8:58
231	00:44:51		118	Lancaster Lisa	Uttoxeter Road Runners				F	48 / 109	F35	8/20	5:34 / 8:58
232	00:44:52		69	Sabin Karen	Stafford Harriers				F	49 / 109	F35	9/20	5:35 / 8:58
233	00:44:54		279	Edward Anthony	Rolls Royce Harriers				M	176 / 210	M55	6/9	5:35 / 8:59
234	00:45:00		226	Tranter Adrian		0			M	177 / 210	M	88/105	5:36 / 9:0
235	00:45:19		18	Ferneyhough Linda		0			F	50 / 109	F45	5/16	5:38 / 9:4
236	00:45:20		73	Edwards Joyce	Stone MM	124			F	51 / 109	F60	3/3	5:38 / 9:4
237	00:45:26		351	Smith Darren		0			M	178 / 210	M40	35/39	5:39 / 9:5
238	00:45:26		62	Green Gail	Potters Trotters				F	52 / 109	F40	7/17	5:39 / 9:5
239	00:45:40		106	Howe Kim	Hatton Darts				F	53 / 109	F45	6/16	5:41 / 9:8
240	00:45:46		357	Hall Laura	Norton Canes				F	54 / 109	F	22/38	5:41 / 9:9
241	00:45:52	#N/A	167	Smith David		0	JCB	64 / 88	#N/A	9 / 280	#N/A	9/280	5:42 / 9:10
242	00:45:57		346	Hall Emma		0			F	55 / 109	F	23/38	5:43 / 9:11
243	00:45:58		362	Concah Jason	Staffs Police				M	179 / 210	M	89/105	5:43 / 9:12
244	00:45:59		310	Dixon Zoe		0			F	56 / 109	F35	10/20	5:43 / 9:12
245	00:46:01	#N/A	175	Marshall Vanessa		0			#N/A	10 / 280	#N/A	10/280	5:43 / 9:12
246	00:46:01		317	Lee Dean	NSRRA				M	180 / 210	M55	7/9	5:43 / 9:12
247	00:46:03		111	Taylor Mark	Staffs Moorlands A.C				M	181 / 210	M	90/105	5:43 / 9:13
248	00:46:06		256	Buxton Fiona	Ashbourne R.C				F	57 / 109	F40	8/17	5:44 / 9:13
249	00:46:14		250	Swain Charlotte		0			F	58 / 109	F	24/38	5:45 / 9:15
250	00:46:15		154	Gater Lyndsey		0			F	59 / 109	F	25/38	5:45 / 9:15
251	00:46:25	#N/A	23	Hughes Sarah		0	JCB	65 / 88	#N/A	11 / 280	#N/A	11/280	5:46 / 9:17
252	00:46:25		48	Lewis Joe		0			M	182 / 210	M60	9/12	5:46 / 9:17
253	00:46:33		90	Bevan Jason		0			M	183 / 210	M	91/105	5:47 / 9:19
254	00:46:34		91	Bevan Charles		0	JCB	66 / 88	M	184 / 210	M60	10/12	5:47 / 9:19
255	00:46:34		40	Hamilton Stewart		0	JCB	67 / 88	M	185 / 210	M	92/105	5:47 / 9:19
256	00:46:41		222	Vigrass Brian		0			M	186 / 210	M70	2/3	5:48 / 9:20
257	00:46:49		288	Sale Michael		0	JCB	68 / 88	M	187 / 210	M55	8/9	5:49 / 9:22
258	00:46:53		6	Clarke Sue	NSRRA	174			F	60 / 109	F45	7/16	5:50 / 9:23

2009 JCB Lakeside '5' Results

Pos	Time	Prizes = 23	Num	Name	Club	NSRRA	JCB	JCB Pos	Sex	Sex Pos	Cat	Cat Pos	Pace Km/Mile
259	00:47:03		328	Turner Crispin		0	JCB	69 / 88	M	188 / 210	M	93/105	5:51 / 9:25
260	00:47:04		329	Eddleston Joe		0	JCB	70 / 88	M	189 / 210	M	94/105	5:51 / 9:25
261	00:47:04		277	Cartwright Grant		0	JCB	71 / 88	M	190 / 210	M	95/105	5:51 / 9:25
262	00:47:06		239	Vazquez Joe		0	JCB	72 / 88	M	191 / 210	M60	11/12	5:51 / 9:25
263	00:47:08		146	Whitworth Bill	Stafford Harriers	363			M	192 / 210	M65	2/2	5:51 / 9:26
264	00:47:12		9	Thomas Jennie	Michelin A.C				F	61 / 109	F40	9/17	5:52 / 9:26
265	00:47:22		6	Clarke Sue	NSRRA	174			F	62 / 109	F45	8/16	5:53 / 9:28
266	00:47:40		238	Round Susan	Potters Trotters				F	63 / 109	F40	10/17	5:55 / 9:32
267	00:48:05		58	Lemon Ann	Ashbourne R.C				F	64 / 109	F55	4/5	5:59 / 9:37
268	00:48:16		186	Hollingshurst Caroline		0			F	65 / 109	F	26/38	6:0 / 9:39
269	00:48:20		157	Cooper Andrew		0	JCB	73 / 88	M	193 / 210	M	96/105	6:0 / 9:40
270	00:48:22		120	Hickman Bobbie	Potters Trotters				F	66 / 109	F40	11/17	6:1 / 9:40
271	00:48:23		313	Sysum Samantha	Newcastle A.C				M	194 / 210	M	97/105	6:1 / 9:41
272	00:48:24		237	Clee Alison	Potters Trotters				F	67 / 109	F	27/38	6:1 / 9:41
273	00:48:25		156	Watts Zoe		0			F	68 / 109	F	28/38	6:1 / 9:41
274	00:48:26		295	Mellor Christopher		0			M	195 / 210	M	98/105	6:1 / 9:41
275	00:48:53		283	Dawes Claire		0			F	69 / 109	F	29/38	6:4 / 9:47
276	00:48:56		223	Croasdale Lynda		0			F	70 / 109	F35	11/20	6:5 / 9:47
277	00:49:06		266	Burton Lynn		0			F	71 / 109	F45	9/16	6:6 / 9:49
278	00:49:15		314	Burn Michaela	Newcastle A.C				F	72 / 109	F	30/38	6:7 / 9:51
279	00:49:21		126	Constable Valerie		0			F	73 / 109	F45	10/16	6:8 / 9:52
280	00:49:25		102	Morrisette Cindy	Staffs Moorlands A.C	10			F	74 / 109	F50	5/7	6:8 / 9:53
281	00:49:27		318	Goodwin Elizabeth	Uttoxeter R.R				F	75 / 109	F45	11/16	6:9 / 9:53
282	00:49:34		294	Tilsley Kate	Ashbourne R.C				F	76 / 109	F35	12/20	6:10 / 9:55
283	00:49:46		308	Harris Paul		0			M	196 / 210	M50	16/16	6:11 / 9:57
284	00:49:52		153	Bath Stephanie		0			F	77 / 109	F50	6/7	6:12 / 9:58
285	00:49:59		325	Allport Thomas		0			M	197 / 210	M	99/105	6:13 / 10:0
286	00:50:14		334	Beattie Denise	Cheadle R.C				F	78 / 109	F40	12/17	6:15 / 10:3
287	00:50:14	1st F70	225	Caldwell Gillian	Stafford Harriers				F	79 / 109	F70	1/2	6:15 / 10:3
288	00:50:30		65	Swift Mandy	Potters Trotters				F	80 / 109	F35	13/20	6:17 / 10:6
289	00:50:46		66	Chambers Jaki	Potters Trotters				F	81 / 109	F35	14/20	6:19 / 10:9
290	00:50:53		121	Roger Owen		0			M	198 / 210	M60	12/12	6:19 / 10:11
291	00:50:56		340	Kendrick Laura		0			F	82 / 109	F	31/38	6:20 / 10:11
292	00:51:38		181	Chadwick Sue		0	JCB	74 / 88	F	83 / 109	F45	12/16	6:25 / 10:20
293	00:51:42		10	Barlow Hazel	Michelin A.C	397			F	84 / 109	F45	13/16	6:25 / 10:20
294	00:52:12		333	Heath Angela	Cheadle R.C				F	85 / 109	F40	13/17	6:29 / 10:26
295	00:52:47	#N/A	0	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	12 / 280	#N/A	12/280	6:34 / 10:33
296	00:53:08	#N/A	0	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	13 / 280	#N/A	13/280	6:36 / 10:38
297	00:54:30		276	Gilmore Jason		0			M	199 / 210	M	100/105	6:46 / 10:54
298	00:54:30		275	Lloyd Beth		0			F	86 / 109	F35	15/20	6:46 / 10:54
299	00:55:26		21	Mellor Andy		0			M	200 / 210	M	101/105	6:53 / 11:5
300	00:55:29		95	Ward Christine		0			F	87 / 109	F55	5/5	6:54 / 11:6
301	00:55:36		8	English John		0			M	201 / 210	M40	36/39	6:55 / 11:7

2009 JCB Lakeside '5' Results

Pos	Time	Prizes = 23	Num	Name	Club	NSRRA	JCB	JCB Pos	Sex	Sex Pos	Cat	Cat Pos	Pace Km/Mile
302	00:55:39		148	Timmis Karen	Potters Trotters				F	88 / 109	F50	7/7	6:55 / 11:8
303	00:55:39		28	Clubb Marie	Potters Trotters				F	89 / 109	F45	14/16	6:55 / 11:8
304	00:56:44		163	Lycett Sharon		0	JCB	75 / 88	F	90 / 109	F40	14/17	7:3 / 11:21
305	00:57:42		169	Lindley Ross		0	JCB	76 / 88	M	202 / 210	M	102/105	7:10 / 11:32
306	00:57:42		221	Cartwright Adrian		0	JCB	77 / 88	M	203 / 210	M40	37/39	7:10 / 11:32
307	00:57:42		168	Toplass Emma		0	JCB	78 / 88	F	91 / 109	F	32/38	7:10 / 11:32
308	00:57:42		174	Grant Andrew		0	JCB	79 / 88	M	204 / 210	M	103/105	7:10 / 11:32
309	00:57:42		162	Mycock Maxine		0	JCB	80 / 88	F	92 / 109	F	33/38	7:10 / 11:32
310	00:57:42		161	Wood Julian		0	JCB	81 / 88	M	205 / 210	M	104/105	7:10 / 11:32
311	00:57:42		166	McGinty Gary		0	JCB	82 / 88	M	206 / 210	M40	38/39	7:10 / 11:32
312	00:57:42		164	Vainio Anne		0	JCB	83 / 88	F	93 / 109	F	34/38	7:10 / 11:32
313	00:57:42		173	Terry Dave		0	JCB	84 / 88	M	207 / 210	M55	9/9	7:10 / 11:32
314	00:58:04		307	Watkiss Julie		0			F	94 / 109	F	35/38	7:13 / 11:37
315	00:58:18		55	Woodall Linda		0			F	95 / 109	F45	15/16	7:15 / 11:40
316	00:58:22		101	Bundy Paul		0			M	208 / 210	M	105/105	7:15 / 11:40
317	00:58:48		316	Fone Rachel		0			F	96 / 109	F	36/38	7:18 / 11:46
318	00:58:48		315	Hemingfield Sara		0			F	97 / 109	F	37/38	7:18 / 11:46
319	00:59:42		306	Earl Clare		0			F	98 / 109	F35	16/20	7:25 / 11:56
320	01:00:13		99	Nowell Carla		0			F	99 / 109	F40	15/17	7:29 / 12:3
321	01:00:13		100	Sharp Paula		0			F	100 / 109	F	38/38	7:29 / 12:3
322	01:00:59		16	Payne Jean	Michelin A.C		297		F	101 / 109	F70	2/2	7:35 / 12:12
323	01:01:43		171	Foster Michelle		0	JCB	85 / 88	F	102 / 109	F35	17/20	7:40 / 12:21
324	01:02:29		172	Hawley Lisa		0	JCB	86 / 88	F	103 / 109	F35	18/20	7:46 / 12:30
325	01:02:51		93	Foy Julie		0			F	104 / 109	F40	16/17	7:49 / 12:34
326	01:02:51		113	Johnson Clare		0			F	105 / 109	F35	19/20	7:49 / 12:34
327	01:02:51		141	Boyling Louise		0			F	106 / 109	F40	17/17	7:49 / 12:34
328	01:03:01		180	Peck Zarina		0	JCB	87 / 88	F	107 / 109	F35	20/20	7:50 / 12:36
329	01:03:01		293	Emery Maria		0	JCB	88 / 88	F	108 / 109	F45	16/16	7:50 / 12:36
330	01:03:30	1st F65	145	Shaw Margaret	Michelin A.C		105		F	109 / 109	F65	1/1	7:53 / 12:42
331	01:03:57		88	Beresford Simon	Lichfield A.C				M	209 / 210	M40	39/39	7:57 / 12:47
332	01:03:57		89	Dawson John	100 Marathon Club				M	210 / 210	M70	3/3	7:57 / 12:47