

< **STAGGERED JOG - 10 km**

Annual Competition Score		Performance	% Comparison
1	Ishwant Sahota	82 15 *	9.08
2	Mark Digby	46 29	3.09
3	Jenny Brown	52 50	1.55
4	Ferdinando D'Anna	55 52 *	1.24
5	Warren Lovell	52 08	1.04
6	Phaedra Casey	57 01	0.81
7	Sarah Pearson	42 22	0.35
8	Linda Groome	72 30	-0.07
9	Mark Evans	42 16	-0.44
10	Hilton Lindo	47 07	-0.61
11	Jill Callard	83 26	-0.93
12	Derek Humphrey	40 52	-1.41
13	Nigel Wright	47 44	-1.42
14	Alison Cronin	56 56	-2.18
15	Paul Sasada	45 30	-2.36
16	Mark Moore	42 03	-2.44
17	Matthew Higginson	47 17	-2.60
18	Caroline Sealy	56 37	-2.78
19	John Jenner	61 36	-3.41
20	Patricia Keene	58 17	-3.61
21	David Barnes	43 05	-4.32
22	Amanda Silvey	52 17	-4.36
23	Clarissa Parker	64 22	-4.92
24	Ewan Jones	55 34	-5.14
25	Mary Lord	63 11	-5.51
26	Louise Sebire	58 32	-5.75
27	Derek Wilkins	64 17	-6.17
28	Annabel Heath	71 44	-7.07
29	Claire Symons	62 23	-7.99
30	Partrick Butler	40 19	-8.33
31	Jo Luty	59 24	-17.28
32	Tony Clish	59 27	-18.86

Personal Best *

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