

STAGGERED JOG - 10 km

Annual Competition Score	Runners	Performance		% Comparison
1	Lizzie Bews	73	19 *	8.16
2	Kashinath Nippani	48	26 *	8.10
3	Isabelle Jeffries	85	13 *	6.65
4	Andy Burland	45	52 *	3.88
5	Amanda Silvey	46	33 *	3.76
6	Mark Moore	39	30 *	3.27
7	Mark Evans	40	53 *	2.85
8	Sean Rooney	41	50	1.34
9	Claire Symons	61	20	-6.17
10	David Barnes	43	55	-6.34
11	Gurdip Purewal	85	13	-14.72
12	John Boddington	39	44	
12	Simon North	45	19	

Personal Best \*