

STAGGERED JOG - 10 km

Annual Competition Score		Performance	% Comparison
1	Mihaela Cati Preda	60 33 *	7.01
2	Matthew Higginson	44 52 *	2.64
3	Hilton Lindo	46 10	0.36
4	Nigel Wright	48 15	-2.51
5	Ishwant Sahota	82 24	-2.85
6	Phaedra Casey	58 0	-4.88
7	Hilary Gauna	78 15	-5.36
8	Claire Symons	62 9	-7.59
9	Amanda Silvey	51 3	-9.67
10	Mark Evans	45 16	-10.72
11	Derek Wilkins	67 12	-10.8
12	Annabel Heath	78 15	-15.36
13	Partrick Butler	43 38	-17.24
14	Hannah Vose	67 17	

personal best \*

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