

## STAGGERED JOG - 10 km

Mar-23

24

Runners

Annual  
Competition  
Score

Performance

%  
Comparison

|    |                   |    |      |        |
|----|-------------------|----|------|--------|
| 1  | Annabel Heath     | 62 | 43   | 8.02   |
| 2  | Helen Casey       | 60 | 54 * | 7.96   |
| 3  | Jenny Zaremba     | 55 | 11   | 6.65   |
| 4  | Sophia Cronin     | 47 | 26   | 2.43   |
| 5  | Dirk Vennix       | 52 | 56 * | 2.13   |
| 6  | David Barnes      | 42 | 2    | 1.45   |
| 7  | Derek Wilkins     | 63 | 21   | 0.55   |
| 8  | Hilary Gauna      | 70 | 12   | 0.43   |
| 9  | Nigel Wright      | 46 | 56   | 0.25   |
| 10 | Alison Allen      | 58 | 13   | -0.92  |
| 11 | Linda Groome      | 74 | 59   | -3.26  |
| 12 | Paul Sasada       | 48 | 7    | -5.48  |
| 13 | Matthew Higginson | 46 | 44   | -7.19  |
| 14 | Sarah Pearson     | 45 | 20   | -7.26  |
| 15 | Oliver Keene      | 59 | 34   | -7.33  |
| 16 | Sean Rooney       | 45 | 20   | -8.37  |
| 17 | Mark Moore        | 43 | 30   | -10.13 |
| 18 | Amanda Silvey     | 51 | 49   | -11.31 |
| 19 | Ewan Jones        | 61 | 31   | -13.15 |
| 20 | Partrick Butler   | 45 | 11   | -13.24 |
| 21 | Mike Morgan       | 83 | 15   | -14.59 |
| 22 | Karen Cobb        | 55 | 11   |        |
| 22 | Tamsin Neale      | 45 | 29   |        |
| 22 | Andy Spede        | 48 | 8    |        |

Personal Best

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