

STAGGERED JOG - 10 km

Apr-23

Runners

Annual Competition Score	Performance		% Comparison
1 Anna Ison	67	51 *	11.54
2 Tony Clish	56	58	3.83
3 Claire Pusey	45	49	3.71
4 Simon Luty	56	26 *	0.94
5 Ferdinando D'Anna	53	54 *	0.64
6 Alan Watson	73	59	-0.5
7 Allan Bond	55	41	-0.54
8 Warren Lovell	53	49	-1.13
9 Louise Welsford	59	50	-1.79
10 Hilton Lindo	45	52	-3.07
11 Partrick Butler	41	10	-3.17
12 Niki Burland	68	30	-3.45
13 Andrew Somerville	59	43	-4.31
14 Mark Evans	47	43	-5.41
15 Jo Luty	56	05	-5.65
16 Andy Burland	49	33	-8.15
17 Derek Wilkins	68	31	-8.16
18 David Barnes	46	09	-9.79
19 Tom Kingsbury	56	36	-15.94
20 Amanda Silvey	58	16	-20.47
21 Lisa Hamilton	55	55	
21 Dave Droomer	55	57	
21 Glyn Haywood	58	15	>
21 Elin Watkins	56	37	
21 Darby Skinner	68	27	

Personal Best *