

STRAGGLERS LOCKDOWN LADDER

31/12/20

Combined

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
1 Mile	1	Tim Jenns	4 : 58	M	82.1%	1	9	12/04/2020
1 Mile	2	Chris Coates	5 : 10	M	74.3%	2	27	05/01/2020
1 Mile	3	Crispin Allen	5 : 21	M	79.9%	3	13	07/08/2020
1 Mile	4	Daniel Greenslade	5 : 23	M	74.6%	4	25	07/06/2020
1 Mile	5	James Ruskin	5 : 24	M	72.2%	5	30	05/05/2020
1 Mile	6	Paul Harsent	5 : 26	M	68.6%	6	40	4/19/2020
1 Mile	6	Roy Reeder	5 : 26	M	80.7%	6	11	6/16/2020
1 Mile	8	Sarah Winter	5 : 31	F	85.9%	1	5	06/09/2020
1 Mile	8	Laurence Duffy	5 : 31	M	82.9%	8	8	6/23/2020
1 Mile	8	Tom Poole	5 : 31	M	67.8%	8	41	4/16/2020
1 Mile	11	Lisa Bailey	5 : 39	F	78.4%	2	14	11/03/2020
1 Mile	11	Lucy Hoseason	5 : 39	F	76.8%	2	19	05/02/2020
1 Mile	11	Tom Howarth	5 : 39	M	65.7%	10	48	4/18/2020
1 Mile	14	Bryan Searle	5 : 42	M	77.5%	11	16	6/16/2020
1 Mile	15	Rebecca Gravell	5 : 52	F	71.5%	4	34	04/12/2020
1 Mile	16	Sabrina Cant	5 : 53	F	76.9%	5	18	05/02/2020
1 Mile	17	Brigid Hibberd	5 : 55	F	89.9%	6	3	06/09/2020
1 Mile	17	Liz Fraser	5 : 55	F	71.8%	6	32	05/09/2020
1 Mile	19	Martin Vivian	5 : 56	M	71.5%	12	33	5/29/2020
1 Mile	20	Jacky Balfour	5 : 58	F	93.0%	8	2	05/09/2020
1 Mile	21	Eliza Hawthorn	6 : 3	F	69.3%	9	38	05/02/2020
1 Mile	21	Kate McIntyre	6 : 3	F	75.6%	9	21	4/15/2020
1 Mile	23	Pam Whitter	6 : 4	F	94.1%	11	1	06/11/2020
1 Mile	24	Alexis Prince	6 : 5	F	74.3%	12	26	07/01/2020
1 Mile	25	Malcolm Fletcher	6 : 6	M	76.3%	13	20	4/20/2020
1 Mile	26	Fraser Wigley	6 : 7	M	75.4%	14	22	12/01/2020
1 Mile	27	Sue Hall	6 : 14	F	79.9%	13	12	05/02/2020
1 Mile	28	Emma Gray	6 : 18	F	85.6%	14	6	5/28/2020
1 Mile	29	Kev Best	6 : 20	M	78.3%	15	15	07/03/2020
1 Mile	30	David Brewin	6 : 21	M	75.3%	16	24	5/17/2020
1 Mile	31	Simon Webb	6 : 23	M	61.5%	17	53	6/23/2020
1 Mile	32	Richard Patient	6 : 24	M	66.8%	18	45	11/01/2020
1 Mile	33	Matt Parker	6 : 30	M	59.9%	19	55	4/21/2020
1 Mile	33	Denis Mustafa	6 : 30	M	67.4%	19	43	12/31/2020
1 Mile	35	Patricia Ronksley	6 : 31	F	87.6%	15	4	07/11/2020
1 Mile	36	Katie Wright	6 : 32	F	73.5%	16	28	9/24/2020
1 Mile	37	Jason Nourse	6 : 36	M	64.8%	21	51	05/07/2020
1 Mile	38	Becky Thurtell	6 : 38	F	84.8%	17	7	06/07/2020
1 Mile	38	Julia Snaith	6 : 38	F	66.8%	17	46	6/24/2020
1 Mile	40	Andy Howarth	6 : 42	M	67.1%	22	44	06/11/2020
1 Mile	41	Ian Robertson	6 : 43	M	67.5%	23	42	4/29/2020
1 Mile	42	Kelly Page	6 : 50	F	69.4%	19	37	11/21/20
1 Mile	43	Mary Allen	6 : 52	F	65.1%	20	50	11/03/2020
1 Mile	43	Phil Davies	6 : 52	M	69.0%	24	39	4/28/2020

1 Mile	45	Phil Hall	6 : 57	M	65.2%	25	49	05/02/2020
1 Mile	46	Jon Forster	6 : 58	M	62.4%	26	52	6/15/2020
1 Mile	47	Simon Flowers	6 : 59	M	70.4%	27	35	05/02/2020
1 Mile	48	Alan Mawdsley	7 : 0	M	72.4%	28	29	6/20/20
1 Mile	49	Cathy Davis	7 : 4	F	75.3%	21	23	10/03/2020
1 Mile	50	Shirley Buckley	7 : 10	F	77.4%	22	17	05/02/2020
1 Mile	51	Eddie Robertson	7 : 20	M	65.8%	29	47	11/03/2020
1 Mile	52	Mirella Genziani	7 : 54	F	60.0%	23	54	5/13/2020
1 Mile	52	Sally Boulton	7 : 54	F	81.8%	23	10	7/18/2020
1 Mile	54	Liz Souness	7 : 55	F	72.1%	25	31	7/14/2020
1 Mile	55	Anne Woods	8 : 5	F	69.6%	26	36	05/06/2020
1 Mile	56	Roger Wilson	8 : 41	M	52.7%	30	56	6/30/2020

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
10 Miles	1	Rob Eveson	56 : 31	M	77.9%	1	4	10/18/2020
10 Miles	2	Jim Lurkins	57 : 24	M	76.7%	2	6	10/18/2020
10 Miles	3	Sonny Maund	58 : 36	M	77.8%	3	5	04/07/2020
10 Miles	4	Christopher Coates	61 : 52	M	72.1%	4	23	07/08/2020
10 Miles	5	Pete Gregorowski	62 : 3	M	74.9%	5	14	07/05/2020
10 Miles	6	Andy McArthur	62 : 14	M	70.8%	6	33	10/18/2020
10 Miles	7	Donovan Duffy	63 : 32	M	74.3%	7	15	10/18/2020
10 Miles	8	Bert Smith	65 : 22	M	71.1%	8	30	10/17/2020
10 Miles	9	Crispin Allen	65 : 35	M	75.7%	9	9	04/07/2020
10 Miles	10	Laurence Duffy	65 : 47	M	81.1%	10	2	07/05/2020
10 Miles	11	Eliza Hawthorn	67 : 18	F	73.3%	1	19	10/18/2020
10 Miles	12	Lisa Bailey	67 : 21	F	75.8%	2	7	10/18/2020
10 Miles	13	Ian Knight	68 : 6	M	72.9%	11	20	07/05/2020
10 Miles	14	Filip Egierszдорff	68 : 15	M	68.6%	12	38	10/18/2020
10 Miles	15	Alexis Prince	68 : 34	F	75.5%	3	12	10/18/2020
10 Miles	15	Lex Prince	68 : 34	F	75.5%	3	12	10/18/2020
10 Miles	17	Paul Harsent	69 : 16	M	63.5%	13	46	04/01/2020
10 Miles	18	Martin Vivian	69 : 23	M	71.0%	14	32	07/05/2020
10 Miles	19	Kate McIntyre	69 : 34	F	75.6%	5	10	07/05/2020
10 Miles	20	Owen Lindsell	70 : 55	M	66.0%	15	41	10/18/2020
10 Miles	21	Neil Carrington	71 : 27	M	68.3%	16	39	10/18/2020
10 Miles	22	Denis Mustafa	71 : 37	M	71.2%	17	29	10/18/2020
10 Miles	23	David Brewin	71 : 42	M	78.1%	18	3	07/03/2020
10 Miles	24	Katie Wright	71 : 46	F	75.5%	6	11	07/05/2020
10 Miles	25	Simon Brazil	72 : 28	M	71.0%	19	31	07/05/2020
10 Miles	26	Kevin Price	72 : 37	M	71.5%	20	27	04/01/2020
10 Miles	27	Jacky Balfour	73 : 34	F	84.3%	7	1	04/01/2020
10 Miles	28	Dan Greenslade	73 : 53	M	62.9%	21	48	4/16/2020
10 Miles	29	Nick Little	74 : 4	M	69.5%	22	36	07/05/2020
10 Miles	30	Simon Webb	74 : 5	M	61.3%	23	55	07/05/2020
10 Miles	31	Gareth Clifton	74 : 29	M	61.4%	24	54	11/03/2020
10 Miles	32	David Sheldon	74 : 39	M	62.2%	25	52	07/05/2020
10 Miles	32	Richard Gould	74 : 39	M	63.8%	25	44	07/05/2020
10 Miles	34	Jason Nourse	74 : 52	M	66.3%	27	40	10/18/2020
10 Miles	35	Tom Poole	74 : 56	M	58.7%	28	67	05/10/2020

10 Miles	36	Steve Clelland	75 : 16	M	59.3%	29	66	07/05/2020
10 Miles	37	Sue Hall	76 : 0	F	73.8%	8	16	4/19/2020
10 Miles	38	Andrew Lane	76 : 53	M	72.1%	30	24	07/05/2020
10 Miles	39	Fraser Wigley	77 : 1	M	69.9%	31	35	4/14/2020
10 Miles	40	Chris Adams	77 : 13	M	63.8%	32	45	06/07/2020
10 Miles	41	Katie West	77 : 24	F	71.7%	9	26	10/18/2020
10 Miles	41	Phil Davies	77 : 24	M	72.3%	33	22	10/18/2020
10 Miles	43	Evan Bond	77 : 57	M	61.1%	34	57	10/18/2020
10 Miles	44	Helen Davies	78 : 14	F	71.7%	10	25	07/05/2020
10 Miles	45	Gareth Pritchard	79 : 0	M	62.3%	35	50	07/05/2020
10 Miles	46	Peter Colwill	79 : 19	M	69.2%	36	37	10/18/2020
10 Miles	47	Adam Hughes	79 : 28	M	59.9%	37	60	10/18/2020
10 Miles	48	Simon Shanks	80 : 31	M	65.1%	38	42	10/18/2020
10 Miles	49	Alan Mawdsley	81 : 0	M	73.4%	39	18	10/18/2020
10 Miles	50	David Morley	82 : 34	M	59.6%	40	62	10/18/2020
10 Miles	51	Julie Holmes	82 : 58	F	75.8%	11	8	04/01/2020
10 Miles	52	David Olsen	84 : 8	M	64.0%	41	43	4/25/2020
10 Miles	53	Charles Jeffrey	84 : 43	M	51.9%	42	75	10/18/2020
10 Miles	54	Cathy Davis	84 : 59	F	70.2%	12	34	10/18/2020
10 Miles	55	Mary Allen	86 : 17	F	59.6%	13	64	04/07/2020
10 Miles	56	Shirley Buckley	86 : 52	F	71.4%	14	28	04/12/2020
10 Miles	57	Andy Howarth	87 : 49	M	59.7%	43	61	10/18/2020
10 Miles	58	Dee Smale	88 : 4	F	72.4%	15	21	07/05/2020
10 Miles	59	Andrew Allen	89 : 0	M	63.5%	44	47	10/18/2020
10 Miles	60	Tomas Cardillo-zallo	90 : 50	M	48.4%	45	79	11/29/2020
10 Miles	61	Matt Daines	91 : 0	M	48.4%	46	80	07/05/2020
10 Miles	62	Cecilia Hedberg	91 : 15	F	59.4%	16	65	07/05/2020
10 Miles	63	Rob Allen	91 : 16	M	59.6%	47	63	10/18/2020
10 Miles	64	Julia Snaith	91 : 41	F	55.4%	17	70	4/15/2020
10 Miles	65	Paul Keeler	91 : 59	M	62.7%	48	49	10/18/2020
10 Miles	66	Matt Parker	92 : 39	M	48.7%	49	78	4/16/2020
10 Miles	67	Lisa Thompson	93 : 18	F	53.8%	18	73	10/18/2020
10 Miles	68	Alex Mason	93 : 24	F	62.3%	19	51	07/05/2020
10 Miles	69	Steve Miller	93 : 28	M	58.7%	50	68	5/23/2020
10 Miles	70	Stuart Thompson	93 : 31	M	61.0%	51	58	10/18/2020
10 Miles	71	Alexandra Mason	96 : 9	F	60.5%	20	59	10/18/2020
10 Miles	72	Sally Boulton	97 : 4	F	73.7%	21	17	10/18/2020
10 Miles	73	Emma Dryer	97 : 43	F	54.9%	22	72	04/01/2020
10 Miles	74	Michael Garner	100 : 47	M	61.2%	52	56	07/05/2020
10 Miles	75	Roger Wilson	102 : 40	M	52.0%	53	74	6/28/2020
10 Miles	76	Sue Waters	103 : 24	F	58.5%	23	69	10/18/2020
10 Miles	77	Richard Steeden	103 : 27	M	49.3%	54	76	10/18/2020
10 Miles	78	Suzanne Cardillo-Zallo	105 : 92	F	55.3%	24	71	08/02/2020
10 Miles	79	Vanessa Lok	106 : 44	F	46.2%	25	81	10/18/2020
10 Miles	80	Alex Cianciara	113 : 0	F	44.5%	26	83	07/05/2020
10 Miles	80	Sue Olsen	113 : 0	F	61.4%	26	53	07/05/2020
10 Miles	82	Pierre Venter	120 : 0	M	44.5%	55	82	10/18/2020
10 Miles	83	Sue Hobbs	138 : 55	F	49.2%	28	77	07/05/2020

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
10K	1	Tim Jenns	34 : 56	M	82.5%	1	8	10/28/2020
10K	2	Jim Lurkins	35 : 5	M	76.3%	2	23	09/12/2020
10K	3	Rob Eveson	35 : 8	M	76.0%	3	26	10/03/2020
10K	4	Sonny Maund	35 : 45	M	77.4%	4	16	10/24/20
10K	5	Paul Lowe	35 : 52	M	76.7%	5	19	8/29/2020
10k	6	Thomas Ziegel	36 : 7	M	74.0%	6	37	19/12/2020
10K	7	Pete Gregorowski	36 : 26	M	77.9%	7	15	05/02/2020
10k	8	Matthew Coakes	37 : 6	M	77.1%	8	18	19/12/2020
10K	9	Chris Coates	37 : 40	M	72.2%	9	45	6/27/2020
10K	10	Andy McArthur	38 : 14	M	75.4%	10	31	10/03/2020
10K	11	Freysen Maritz	38 : 37	M	75.3%	11	33	10/03/2020
10K	12	Daniel Greenslade	38 : 38	M	73.4%	12	38	7/15/2020
10K	13	Crispin Allen	38 : 46	M	78.2%	13	14	5/30/2020
10K	14	Bert Smith	38 : 54	M	72.9%	14	40	10/23/2020
10k	15	Donovan Duffy	38 : 55	M	74.1%	15	35	19/12/2020
10K	16	Sarah Winter	39 : 9	F	83.7%	1	7	7/26/2020
10K	16	Laurence Duffy	39 : 9	M	83.8%	16	6	10/24/2020
10K	18	Sophie Biggs	39 : 50	F	84.1%	2	5	10/24/20
10K	18	Dean Morley	39 : 50	M	78.7%	17	12	10/24/20
10K	20	Bryan Searle	40 : 24	M	78.3%	18	13	8/29/2020
10K	21	Lisa Bailey	41 : 4	F	76.0%	3	25	10/24/2020
10K	22	Kate McIntyre	41 : 15	F	77.3%	4	17	5/29/2020
10k	23	Roy Reeder	41 : 16	M	76.0%	19	27	19/12/2020
10K	24	Charles Jeffrey	41 : 20	M	64.6%	20	68	10/24/20
10K	25	Jacky Balfour	41 : 21	F	91.6%	5	1	5/29/2020
10K	26	Filip Egierszдорff	41 : 25	M	69.1%	21	55	10/03/2020
10K	26	Martin Vivian	41 : 25	M	72.5%	21	43	5/30/2020
10K	28	Paul Harsent	41 : 33	M	64.3%	23	72	4/15/2020
10K	29	Eliza Hawthorn	41 : 42	F	72.7%	6	42	03/10/2020
10K	30	James Lett	41 : 45	M	70.2%	24	49	10/03/2020
10K	31	Alexis Prince	41 : 46	F	75.8%	7	29	9/13/2020
10K	32	Tom Poole	41 : 47	M	64.0%	25	74	5/30/2020
10K	33	Liz Frazer	41 : 58	F	72.8%	8	41	5/30/2020
10K	34	Sabrina Cant	41 : 59	F	75.4%	9	32	09/12/2020
10K	35	Pam Whitter	42 : 34	F	91.4%	10	2	7/26/2020
10K	36	Kevin Price	42 : 44	M	74.0%	26	36	04/12/2020
10k	37	Neil Carrington	42 : 48	M	69.6%	27	52	19/12/2020
10K	38	Katie Wright	43 : 14	F	76.6%	11	20	9/13/2020
10K	38	David Brewin	43 : 14	M	78.8%	28	11	09/12/2020
10K	40	Denis Mustafa	43 : 16	M	71.2%	29	47	5/30/2020
10K	41	Gareth Clifton	43 : 35	M	64.1%	30	73	10/24/2020
10K	42	Bart Balus	43 : 38	M	64.5%	31	69	10/03/2020
10K	43	Emma Gray	43 : 40	F	84.5%	12	4	09/01/2020
10k	44	Gareth Pritchard	43 : 50	M	69.1%	32	53	19/12/2020
10K	45	Robert Hodge	43 : 51	M	69.1%	33	54	10/24/20
10K	46	Nick Poaros	44 : 3	M	70.0%	34	51	10/24/20
10K	47	Nick Little	44 : 27	M	70.6%	35	48	5/31/2020
10k	48	Liz Killip	44 : 30	F	86.2%	13	3	19/12/2020

10K	49	Sarah Burdett	44 : 46	F	67.8%	14	57	5/29/2020
10K	50	Malcolm Fletcher	45 : 5	M	73.4%	36	39	4/23/2020
10K	51	Sue Hall	45 : 7	F	76.0%	15	28	09/06/2020
10K	52	Andrew Lane	45 : 12	M	74.6%	37	34	5/30/2020
10K	53	Chris Adams	45 : 37	M	65.9%	38	61	5/31/2020
10K	54	Emily Wattret	46 : 16	F	65.6%	16	62	10/03/2020
10K	55	Peter Kennedy	46 : 28	M	64.7%	39	67	5/30/2020
10K	56	Phil Davies	46 : 31	M	72.5%	40	44	5/29/2020
10K	57	Digory Price	46 : 35	M	57.4%	41	91	05/03/2020
10K	58	Richard Patient	47 : 6	M	64.3%	42	71	10/24/20
10K	59	Nick Brown	47 : 18	M	66.3%	43	59	5/30/2020
10K	60	Julie Holmes	47 : 39	F	80.5%	17	9	04/12/2020
10K	61	Alan Mawdsley	47 : 48	M	75.6%	44	30	03/10/2020
10K	62	Ian Bickerton	48 : 22	M	63.2%	45	79	7/19/2020
10K	63	Matt Parker	48 : 42	M	56.9%	46	96	19/12/2020
10K	64	Mary Hyde	49 : 14	F	63.8%	18	75	10/24/2020
10K	65	Shirley Buckley	49 : 29	F	76.5%	19	22	4/14/2020
10K	65	Evin Frost	49 : 29	M	57.3%	47	92	5/31/2020
10K	67	Simon Flowers	50 : 4	M	70.0%	48	50	4/14/2020
10K	68	Andy Howarth	50 : 17	M	63.5%	49	78	05/10/2020
10K	69	Becky Thurtell	50 : 25	F	76.1%	20	24	5/31/2020
10K	70	Julia Snaith	50 : 36	F	61.4%	21	83	05/12/2020
10K	71	Mark Pattinson	50 : 52	M	65.1%	50	65	5/30/2020
10K	72	James Ward	51 : 18	M	57.6%	51	89	5/31/2020
10K	73	Jon Forster	51 : 31	M	59.8%	52	84	5/30/2020
10K	74	Fraser Wiggley	52 : 3	M	63.0%	53	80	04/12/2020
10K	75	Jason Nourse	52 : 19	M	57.9%	54	88	4/28/2020
10K	76	Anne Woods	52 : 27	F	72.2%	22	46	5/30/2020
10K	77	Eddie Robertson	52 : 40	M	65.3%	55	63	10/24/2020
10K	78	Cecilia Hedberg	53 : 28	F	61.9%	23	82	5/31/2020
10K	79	Sue Waters	53 : 32	F	68.9%	24	56	5/30/2020
10K	80	Sally Boulton	55 : 1	F	79.2%	25	10	10/26/2020
10K	81	Lynda Chase	55 : 16	F	76.5%	26	21	11/28/2020
10K	82	Tomas Cardillo-zallo	55 : 33	M	48.1%	56	105	12/26/2020
10K	83	Mirella Genziani	55 : 37	F	58.9%	27	86	10/24/20
10K	84	Rob Allen	55 : 48	M	59.3%	57	85	19/12/2020
10K	85	Sarah Fogden	55 : 50	F	64.4%	28	70	6/20/2020
10K	86	Dan Lill	56 : 48	M	51.2%	58	101	5/30/2020
10K	87	Sabine Duffy	57 : 5	F	55.4%	29	98	5/31/2020
10K	88	Andy Ronksley	57 : 18	M	57.2%	59	94	5/31/2020
10K	89	Michael Garner	57 : 34	M	65.3%	60	64	5/30/2020
10K	90	Amanda Rencontre	58 : 14	F	62.6%	30	81	5/31/2020
10K	91	Steve Miller	58 : 21	M	57.3%	61	93	5/15/2020
10K	92	Breda McGree	59 : 39	F	66.1%	31	60	19/12/2020
10K	93	Mike Tivnen	59 : 50	M	57.5%	62	90	5/31/2020
10K	94	Vanessa Lok	60 : 52	F	49.8%	32	102	4/13/2020
10K	95	Alexandra Mason	61 : 16	F	58.0%	33	87	5/31/2020
10K	96	Roger Wilson	62 : 47	M	51.8%	63	100	5/30/2020
10K	97	Chrissie Glew	62 : 52	F	67.3%	34	58	03/10/2020
10K	98	Carol Dickenson	62 : 56	F	57.2%	35	95	4/15/2020

10k	99	Richard Steeden	63 : 29	M	49.0%	64	104	19/12/2020
10K	100	Suzanne Cardillo Zallo	63 : 48	F	56.4%	36	97	10/31/20
10K	101	Jim Sell	64 : 24	M	63.7%	65	76	5/30/2020
10K	102	Sue Olsen	65 : 6	F	65.0%	37	66	10/24/2020
10K	103	Sue Hobbs	65 : 35	F	63.6%	38	77	10/24/2020
10K	104	Pierre Venter	65 : 37	M	49.1%	66	103	4/29/2020
10K	105	Gail Caruana	73 : 21	F	53.7%	39	99	5/30/2020

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5k	1	Rob Eveson	16 : 43	M	77.7%	1	21	10/31/20
5k	2	Tim Jenns	16 : 46	M	84.8%	2	5	10/31/20
5k	3	Jim Lurkins	16 : 59	M	77.1%	3	26	10/31/20
5K	4	Pete Gregorowski	17 : 29	M	80.1%	4	13	5/24/2020
5K	5	Chris Coates	17 : 32	M	76.6%	5	30	07/01/2020
5K	6	James Ruskin	17 : 42	M	76.9%	6	27	11/07/2020
5K	7	Kieran Desmond	17 : 58	M	72.3%	7	50	04/06/20
5k	8	Freysen Maritz	18 : 2	M	79.4%	8	16	10/31/20
5K	9	Crispin Allen	18 : 7	M	82.1%	9	10	07/11/2020
5K	10	George King	18 : 18	M	70.9%	10	60	7/25/2020
5K	11	Donovan Duffy	18 : 25	M	76.6%	11	29	09/05/2020
5K	12	Bert Smith	18 : 32	M	76.1%	12	31	9/24/2020
5K	13	Oliver Garner	18 : 38	M	69.7%	13	70	4/20/2020
5K	14	Paul Harsent	18 : 45	M	69.8%	14	68	4/25/2020
5k	15	Alexandre Meaude	18 : 48	M	69.1%	15	74	10/31/20
5K	15	Laurence Duffy	18 : 48	M	84.9%	15	4	27/08/2020
5K	17	Bryan Searle	18 : 58	M	80.9%	17	12	7/21/2020
5K	18	Richard Baggott	19 : 6	M	69.1%	18	72	5/15/2020
5K	19	Sarah Winter	19 : 8	F	82.9%	1	9	7/21/2020
5k	20	Charles Jeffrey	19 : 17	M	67.3%	19	83	10/31/20
5K	21	Liz Fraser	19 : 20	F	76.9%	2	28	07/11/2020
5K	22	Tom Poole	19 : 21	M	67.7%	20	80	5/15/2020
5K	23	Dan Greenslade	19 : 25	M	72.1%	21	54	05/03/2020
5K	24	Lucy Hoseason	19 : 30	F	78.2%	3	19	05/12/2020
5k	25	Sophie Biggs	19 : 31	F	82.9%	4	8	10/31/20
5K	26	Eliza Hawthorn	19 : 34	F	75.5%	5	35	12/05/2020
5k	26	Lisa Bailey	19 : 34	F	77.5%	5	22	10/31/20
5k	28	Freddie Lett	19 : 35	M	71.6%	22	56	10/31/20
5K	29	Jacky Balfour	19 : 40	F	92.0%	7	1	07/11/2020
5k	30	Filip Egierszдорff	19 : 42	M	71.6%	23	55	10/31/20
5K	31	Martin Vivian	19 : 44	M	74.8%	24	37	06/05/2020
5K	32	Kate McIntyre	19 : 46	F	78.8%	8	18	06/05/2020
5K	33	Alexis Prince	19 : 49	F	77.5%	9	23	9/24/2020
5k	34	Bart Balus	20 : 8	M	69.1%	25	73	10/31/20
5K	35	Liz Killip	20 : 10	F	90.8%	10	2	6/30/2020
5k	36	James Howell	20 : 13	M	66.9%	26	86	19/12/2020
5K	37	James Lett	20 : 20	M	70.9%	27	62	9/24/2020
5K	38	Pam Whitter	20 : 25	F	90.8%	11	3	12/05/2020
5K	39	Tim Leak	20 : 26	M	72.2%	28	51	06/11/2020
5k	40	Tom Howarth	20 : 30	M	63.3%	29	104	19/12/2020

5K	41	Sabrina Cant	20 : 35	F	74.6%	12	39	4/26/2020
5K	42	Neil Carrington	20 : 36	M	71.1%	30	59	11/26/2020
5K	43	David Brewin	20 : 49	M	79.3%	31	17	07/11/2020
5K	44	Denis Mustafa	20 : 50	M	73.0%	32	46	11/26/2020
5k	45	Becca Gravell	20 : 52	F	70.8%	13	63	04/06/20
5K	46	Katie Wright	21 : 5	F	75.9%	14	34	9/24/2020
5K	46	Nick Little	21 : 5	M	72.7%	33	47	9/24/2020
5K	46	Simon Webb	21 : 5	M	65.0%	33	97	7/21/2020
5K	49	Kevin Price	21 : 7	M	73.2%	35	45	5/16/2020
5K	50	Malcolm Fletcher	21 : 10	M	76.1%	36	32	05/09/2020
5K	51	Sarah Burdett	21 : 14	F	69.5%	15	71	3/22/2020
5K	52	Nick Brown	21 : 15	M	72.2%	37	52	09/02/2020
5K	53	John Cheal	21 : 16	M	69.9%	38	67	07/11/2020
5k	54	Nick Poaros	21 : 17	M	70.9%	39	61	10/31/20
5K	55	Emma Gray	21 : 18	F	83.0%	16	7	07/11/2020
5K	55	Robert Hodge	21 : 18	M	69.8%	40	69	27/08/2020
5K	57	Brigid Hibberd	21 : 20	F	81.9%	17	11	4/25/2020
5K	58	Chris Adams	21 : 23	M	69.0%	41	75	6/14/2020
5K	59	Kev Best	21 : 27	M	79.7%	42	15	07/01/2020
5K	60	Emily Wattret	21 : 38	F	68.3%	18	76	9/24/2020
5k	60	Andrew Simpson	21 : 38	M	63.4%	43	102	10/31/20
5K	62	Sue Hall	21 : 44	F	76.0%	19	33	04/06/20
5k	63	Kelly Page	21 : 48	F	72.7%	20	48	19/12/2020
5K	64	Simon Brazil	21 : 54	M	70.0%	44	65	7/30/2020
5k	65	Alexandra Galloway	21 : 58	F	69.9%	21	66	04/06/20
5k	66	Andy Hoseason	22 : 7	M	65.2%	45	95	10/31/20
5k	67	Sophie Desmond	22 : 9	F	71.3%	22	57	10/31/20
5K	68	Matt Parker	22 : 11	M	61.4%	46	117	04/07/20
5k	69	David Morley	22 : 12	M	66.5%	47	91	19/12/2020
5K	69	Simon Shanks	22 : 12	M	70.2%	47	64	5/23/2020
5K	71	Phil Davies	22 : 15	M	73.6%	49	41	5/26/2020
5k	72	Patricia Ronksley	22 : 18	F	83.1%	23	6	10/31/20
5K	73	Julia Snaith	22 : 33	F	67.3%	24	84	12/18/2020
5k	74	Richard Patient	22 : 35	M	65.8%	50	92	19/12/2020
5k	75	Richard Bulkley	22 : 42	M	66.5%	51	89	19/12/2020
5K	76	Tomas Cardillo-zallo	22 : 47	M	57.2%	52	126	11/17/2020
5K	77	Jason Nourse	23 : 1	M	64.6%	53	100	7/28/2021
5k	78	Jim Desmond	23 : 9	M	65.2%	54	94	10/31/20
5K	79	Clare Graham	23 : 13	F	71.2%	25	58	05/03/2020
5K	80	Alan Mawdsley	23 : 19	M	74.9%	55	36	9/24/2020
5K	81	Mary Allen	23 : 24	F	65.2%	26	96	4/18/2020
5K	82	Andy Howarth	23 : 26	M	66.5%	56	90	4/18/2020
5K	83	Shirley Buckley	23 : 28	F	77.1%	27	25	04/06/20
5K	84	Becky Thurtell	23 : 29	F	78.0%	28	20	6/16/2020
5K	84	Simon Flowers	23 : 29	M	72.2%	57	53	9/22/2020
5K	86	Julie Holmes	23 : 42	F	77.3%	29	24	04/06/20
5K	86	Evin Frost	23 : 42	M	59.1%	58	120	06/02/2020
5K	88	Heidi Russenberger	23 : 49	F	62.0%	30	112	5/16/2020
5K	89	Cathy Davis	24 : 6	F	72.5%	31	49	10/24/2020
5K	90	Sue Waters	24 : 8	F	73.2%	32	44	9/24/2020

5K	91	Phil Hall	24 : 15	M	64.8%	59	98	4/18/20
5K	92	Jon Forster	24 : 22	M	62.0%	60	115	9/24/2020
5K	92	Steve Miller	24 : 22	M	66.6%	60	87	07/03/2020
5K	94	Michael Axton	24 : 25	M	68.2%	62	77	27/08/2020
5K	95	Ian Robertson	24 : 48	M	63.3%	63	103	5/16/2020
5K	96	Eddie Robertson	25 : 0	M	66.6%	64	88	11/09/2019
5K	97	Ramona Thevenet	25 : 12	F	73.6%	33	42	04/11/20
5k	98	Dave Griffiths	25 : 21	M	67.5%	65	82	19/12/2020
5K	99	Alexandra Mason	25 : 29	F	67.0%	34	85	11/26/2020
5k	100	Tom Bucke	25 : 32	M	60.5%	66	118	19/12/2020
5K	101	Sally Boulton	25 : 44	F	79.8%	35	14	11/21/2020
5K	101	Stuart Thompson	25 : 44	M	65.3%	67	93	10/22/2020
5K	103	Cecilia Hedberg	25 : 50	F	62.0%	36	114	7/30/2020
5k	103	Julie Haworth	25 : 50	F	73.5%	36	43	19/12/2020
5K	105	Jon Parry	26 : 27	M	53.7%	68	132	7/30/2020
5K	106	Anne Woods	26 : 37	F	68.0%	38	78	5/18/2020
5K	107	Sarah Hoseason	26 : 47	F	57.3%	39	125	04/06/20
5K	108	Lynda Chase	26 : 53	F	74.4%	40	40	7/25/2020
5K	109	Sabine Duffy	26 : 54	F	57.1%	41	127	05/03/2020
5K	110	Peter Wedderburn	26 : 58	M	64.1%	69	101	04/06/20
5k	110	Rob Allen	26 : 58	M	59.7%	69	119	10/31/20
5K	112	Mike Tivnen	27 : 12	M	61.8%	71	116	11/26/2020
5K	113	Julie Papworth	27 : 32	F	62.7%	42	108	6/20/2020
5k	114	Mirella Genziani	27 : 38	F	57.4%	43	123	19/12/2020
5k	115	Amanda Rencontre	27 : 57	F	62.5%	44	110	25/06/2020
5K	116	Gary Woodard	28 : 12	M	55.3%	72	130	10/24/2020
5K	117	Liz Souness	28 : 40	F	64.7%	45	99	11/07/2020
5K	118	Alex Cianciara	28 : 54	F	51.8%	46	136	4/18/2020
5K	119	Roger Wilson	28 : 57	M	54.7%	73	131	6/20/2020
5K	120	Sue Cardillo-zallo	29 : 14	F	58.4%	47	122	27/08/2020
5k	120	James Sell	29 : 14	M	67.8%	74	79	9/24/29
5k	122	Carol Dickinson	29 : 31	F	58.5%	48	121	04/06/20
5K	123	Pierre Venter	29 : 32	M	53.2%	75	133	05/02/2020
5K	124	Stella Hammond	29 : 39	F	62.5%	49	109	06/03/2020
5k	125	Breda McGree	29 : 43	F	63.1%	50	106	10/31/20
5K	126	Emma Dreyer	29 : 56	F	53.0%	51	134	9/24/2020
5K	127	Chrissie Glew	30 : 0	F	67.6%	52	81	9/24/2020
5K	127	Heather Shanahank	30 : 0	F	63.3%	52	105	9/24/2020
5k	129	Merran Sell	30 : 50	F	74.7%	54	38	19/12/2020
5K	130	Sue Hobbs	31 : 51	F	62.0%	55	113	6/15/2020
5K	131	Sue Howarth	32 : 10	F	55.6%	56	129	7/30/2020
5K	131	Sue Olsen	32 : 10	F	62.2%	56	111	5/23/2020
5K	131	Ian Chappell	32 : 10	M	49.6%	76	138	04/06/2020
5K	134	Helene Hill	32 : 15	F	62.8%	58	107	4/16/2020
5K	135	Martin Powell	32 : 22	M	51.0%	77	137	04/06/20
5K	136	Dianne O'Donoghue	33 : 13	F	52.0%	59	135	4/13/2020
5K	137	Donald Bell	35 : 19	M	57.4%	78	124	9/21/2020
5K	138	Stephanie Bates	38 : 6	F	39.1%	60	139	7/30/2020
5K	139	Joy Bell	42 : 23	F	56.0%	61	128	04/06/20

N.B. You can submit the time for additional runs using this link

[Lockdown Ladder](#)

If you think your time, or the date of the run is wrong, just submit it again using the same link and it will be included next time. Thanks!

STRAGGLERS LOCKDOWN LADDER

31/12/20

Ladies

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
1 Mile	1	Sarah Winter	5 : 31	F	85.9%	5	06/09/2020
1 Mile	2	Lisa Bailey	5 : 39	F	78.4%	10	11/03/2020
1 Mile	2	Lucy Hoseason	5 : 39	F	76.8%	13	05/02/2020
1 Mile	4	Rebecca Gravel	5 : 52	F	71.5%	20	04/12/2020
1 Mile	5	Sabrina Cant	5 : 53	F	76.9%	12	05/02/2020
1 Mile	6	Brigid Hibberd	5 : 55	F	89.9%	3	06/09/2020
1 Mile	6	Liz Fraser	5 : 55	F	71.8%	19	05/09/2020
1 Mile	8	Jacky Balfour	5 : 58	F	93.0%	2	05/09/2020
1 Mile	9	Eliza Hawthorn	6 : 3	F	69.3%	23	05/02/2020
1 Mile	9	Kate McIntyre	6 : 3	F	75.6%	14	4/15/2020
1 Mile	11	Pam Whitter	6 : 4	F	94.1%	1	06/11/2020
1 Mile	12	Alexis Prince	6 : 5	F	74.3%	16	07/01/2020
1 Mile	13	Sue Hall	6 : 14	F	79.9%	9	05/02/2020
1 Mile	14	Emma Gray	6 : 18	F	85.6%	6	5/28/2020
1 Mile	15	Patricia Ronksley	6 : 31	F	87.6%	4	07/11/2020
1 Mile	16	Katie Wright	6 : 32	F	73.5%	17	9/24/2020
1 Mile	17	Becky Thurtell	6 : 38	F	84.8%	7	06/07/2020
1 Mile	17	Julia Snaith	6 : 38	F	66.8%	24	6/24/2020
1 Mile	19	Kelly Page	6 : 50	F	69.4%	22	11/21/20
1 Mile	20	Mary Allen	6 : 52	F	65.1%	25	11/03/2020
1 Mile	21	Cathy Davis	7 : 4	F	75.3%	15	10/03/2020
1 Mile	22	Shirley Buckley	7 : 10	F	77.4%	11	05/02/2020
1 Mile	23	Mirella Genziani	7 : 54	F	60.0%	26	5/13/2020
1 Mile	23	Sally Boulton	7 : 54	F	81.8%	8	7/18/2020
1 Mile	25	Liz Souness	7 : 55	F	72.1%	18	7/14/2020
1 Mile	26	Anne Woods	8 : 5	F	69.6%	21	05/06/2020

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
10 Miles	1	Eliza Hawthorn	67 : 18	F	73.3%	10	10/18/2020
10 Miles	2	Lisa Bailey	67 : 21	F	75.8%	2	10/18/2020
10 Miles	3	Alexis Prince	68 : 34	F	75.5%	6	10/18/2020
10 Miles	3	Lex Prince	68 : 34	F	75.5%	6	10/18/2020
10 Miles	5	Kate McIntyre	69 : 34	F	75.6%	4	07/05/2020
10 Miles	6	Katie Wright	71 : 46	F	75.5%	5	07/05/2020
10 Miles	7	Jacky Balfour	73 : 34	F	84.3%	1	04/01/2020
10 Miles	8	Sue Hall	76 : 0	F	73.8%	8	4/19/2020
10 Miles	9	Katie West	77 : 24	F	71.7%	13	10/18/2020
10 Miles	10	Helen Davies	78 : 14	F	71.7%	12	07/05/2020

10 Miles	11	Julie Holmes	82 : 58	F	75.8%	3	04/01/2020
10 Miles	12	Cathy Davis	84 : 59	F	70.2%	15	10/18/2020
10 Miles	13	Mary Allen	86 : 17	F	59.6%	19	04/07/2020
10 Miles	14	Shirley Buckley	86 : 52	F	71.4%	14	04/12/2020
10 Miles	15	Dee Smale	88 : 4	F	72.4%	11	07/05/2020
10 Miles	16	Cecilia Hedberg	91 : 15	F	59.4%	20	07/05/2020
10 Miles	17	Julia Snaith	91 : 41	F	55.4%	22	4/15/2020
10 Miles	18	Lisa Thompson	93 : 18	F	53.8%	25	10/18/2020
10 Miles	19	Alex Mason	93 : 24	F	62.3%	16	07/05/2020
10 Miles	20	Alexandra Mason	96 : 9	F	60.5%	18	10/18/2020
10 Miles	21	Sally Boulton	97 : 4	F	73.7%	9	10/18/2020
10 Miles	22	Emma Dryer	97 : 43	F	54.9%	24	04/01/2020
10 Miles	23	Sue Waters	103 : 24	F	58.5%	21	10/18/2020
10 Miles	24	Suzanne Cardillo-Zallo	105 : 92	F	55.3%	23	08/02/2020
10 Miles	25	Vanessa Lok	106 : 44	F	46.2%	27	10/18/2020
10 Miles	26	Alex Cianciara	113 : 0	F	44.5%	28	07/05/2020
10 Miles	26	Sue Olsen	113 : 0	F	61.4%	17	07/05/2020
10 Miles	28	Sue Hobbs	138 : 55	F	49.2%	26	07/05/2020

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
10K	1	Sarah Winter	39 : 9	F	83.7%	6	7/26/2020
10K	2	Sophie Biggs	39 : 50	F	84.1%	5	10/24/20
10K	3	Lisa Bailey	41 : 4	F	76.0%	14	10/24/2020
10K	4	Kate McIntyre	41 : 15	F	77.3%	9	5/29/2020
10K	5	Jacky Balfour	41 : 21	F	91.6%	1	5/29/2020
10K	6	Eliza Hawthorn	41 : 42	F	72.7%	19	03/10/2020
10K	7	Alexis Prince	41 : 46	F	75.8%	16	9/13/2020
10K	8	Liz Frazer	41 : 58	F	72.8%	18	5/30/2020
10K	9	Sabrina Cant	41 : 59	F	75.4%	17	09/12/2020
10K	10	Pam Whitter	42 : 34	F	91.4%	2	7/26/2020
10K	11	Katie Wright	43 : 14	F	76.6%	10	9/13/2020
10K	12	Emma Gray	43 : 40	F	84.5%	4	09/01/2020
10k	13	Liz Killip	44 : 30	F	86.2%	3	19/12/2020
10K	14	Sarah Burdett	44 : 46	F	67.8%	22	5/29/2020
10K	15	Sue Hall	45 : 7	F	76.0%	15	09/06/2020
10K	16	Emily Wattret	46 : 16	F	65.6%	25	10/03/2020
10K	17	Julie Holmes	47 : 39	F	80.5%	7	04/12/2020
10K	18	Mary Hyde	49 : 14	F	63.8%	28	10/24/2020
10K	19	Shirley Buckley	49 : 29	F	76.5%	12	4/14/2020
10K	20	Becky Thurtell	50 : 25	F	76.1%	13	5/31/2020
10K	21	Julia Snaith	50 : 36	F	61.4%	32	05/12/2020
10K	22	Anne Woods	52 : 27	F	72.2%	20	5/30/2020
10K	23	Cecilia Hedberg	53 : 28	F	61.9%	31	5/31/2020
10K	24	Sue Waters	53 : 32	F	68.9%	21	5/30/2020
10K	25	Sally Boulton	55 : 1	F	79.2%	8	10/26/2020
10K	26	Lynda Chase	55 : 16	F	76.5%	11	11/28/2020
10K	27	Mirella Genziani	55 : 37	F	58.9%	33	10/24/20
10K	28	Sarah Fogden	55 : 50	F	64.4%	27	6/20/2020

10K	29	Sabine Duffy	57 : 5	F	55.4%	37	5/31/2020
10K	30	Amanda Rencontre	58 : 14	F	62.6%	30	5/31/2020
10k	31	Breda McGree	59 : 39	F	66.1%	24	19/12/2020
10K	32	Vanessa Lok	60 : 52	F	49.8%	39	4/13/2020
10K	33	Alexandra Mason	61 : 16	F	58.0%	34	5/31/2020
10K	34	Chrissie Glew	62 : 52	F	67.3%	23	03/10/2020
10K	35	Carol Dickenson	62 : 56	F	57.2%	35	4/15/2020
10K	36	Suzanne Cardillo Zallo	63 : 48	F	56.4%	36	10/31/20
10K	37	Sue Olsen	65 : 6	F	65.0%	26	10/24/2020
10K	38	Sue Hobbs	65 : 35	F	63.6%	29	10/24/2020
10K	39	Gail Caruana	73 : 21	F	53.7%	38	5/30/2020

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
5K	1	Sarah Winter	19 : 8	F	82.9%	7	7/21/2020
5K	2	Liz Fraser	19 : 20	F	76.9%	17	07/11/2020
5K	3	Lucy Hoseason	19 : 30	F	78.2%	11	05/12/2020
5k	4	Sophie Biggs	19 : 31	F	82.9%	6	10/31/20
5K	5	Eliza Hawthorn	19 : 34	F	75.5%	20	12/05/2020
5k	5	Lisa Bailey	19 : 34	F	77.5%	13	10/31/20
5K	7	Jacky Balfour	19 : 40	F	92.0%	1	07/11/2020
5K	8	Kate McIntyre	19 : 46	F	78.8%	10	06/05/2020
5K	9	Alexis Prince	19 : 49	F	77.5%	14	9/24/2020
5K	10	Liz Killip	20 : 10	F	90.8%	2	6/30/2020
5K	11	Pam Whitter	20 : 25	F	90.8%	3	12/05/2020
5K	12	Sabrina Cant	20 : 35	F	74.6%	22	4/26/2020
5k	13	Becca Gravell	20 : 52	F	70.8%	31	04/06/20
5K	14	Katie Wright	21 : 5	F	75.9%	19	9/24/2020
5K	15	Sarah Burdett	21 : 14	F	69.5%	33	3/22/2020
5K	16	Emma Gray	21 : 18	F	83.0%	5	07/11/2020
5K	17	Brigid Hibberd	21 : 20	F	81.9%	8	4/25/2020
5K	18	Emily Wattret	21 : 38	F	68.3%	34	9/24/2020
5K	19	Sue Hall	21 : 44	F	76.0%	18	04/06/20
5k	20	Kelly Page	21 : 48	F	72.7%	27	19/12/2020
5k	21	Alexandra Galloway	21 : 58	F	69.9%	32	04/06/20
5k	22	Sophie Desmond	22 : 9	F	71.3%	29	10/31/20
5k	23	Patricia Ronksley	22 : 18	F	83.1%	4	10/31/20
5K	24	Julia Snaith	22 : 33	F	67.3%	37	12/18/2020
5K	25	Clare Graham	23 : 13	F	71.2%	30	05/03/2020
5K	26	Mary Allen	23 : 24	F	65.2%	39	4/18/2020
5K	27	Shirley Buckley	23 : 28	F	77.1%	16	04/06/20
5K	28	Becky Thurtell	23 : 29	F	78.0%	12	6/16/2020
5K	29	Julie Holmes	23 : 42	F	77.3%	15	04/06/20
5K	30	Heidi Russenberger	23 : 49	F	62.0%	48	5/16/2020
5K	31	Cathy Davis	24 : 6	F	72.5%	28	10/24/2020
5K	32	Sue Waters	24 : 8	F	73.2%	26	9/24/2020
5K	33	Ramona Thevenet	25 : 12	F	73.6%	24	04/11/20
5K	34	Alexandra Mason	25 : 29	F	67.0%	38	11/26/2020
5K	35	Sally Boulton	25 : 44	F	79.8%	9	11/21/2020

5K	36	Cecilia Hedberg	25 : 50	F	62.0%	50	7/30/2020
5k	36	Julie Haworth	25 : 50	F	73.5%	25	19/12/2020
5K	38	Anne Woods	26 : 37	F	68.0%	35	5/18/2020
5K	39	Sarah Hoseason	26 : 47	F	57.3%	54	04/06/20
5K	40	Lynda Chase	26 : 53	F	74.4%	23	7/25/2020
5K	41	Sabine Duffy	26 : 54	F	57.1%	55	05/03/2020
5K	42	Julie Papworth	27 : 32	F	62.7%	44	6/20/2020
5k	43	Mirella Genziani	27 : 38	F	57.4%	53	19/12/2020
5k	44	Amanda Rencontre	27 : 57	F	62.5%	46	25/06/2020
5K	45	Liz Souness	28 : 40	F	64.7%	40	11/07/2020
5K	46	Alex Cianciara	28 : 54	F	51.8%	60	4/18/2020
5K	47	Sue Cardillo-zallo	29 : 14	F	58.4%	52	27/08/2020
5k	48	Carol Dickinson	29 : 31	F	58.5%	51	04/06/20
5K	49	Stella Hammond	29 : 39	F	62.5%	45	06/03/2020
5k	50	Breda McGree	29 : 43	F	63.1%	42	10/31/20
5K	51	Emma Dreyer	29 : 56	F	53.0%	58	9/24/2020
5K	52	Chrissie Glew	30 : 0	F	67.6%	36	9/24/2020
5K	52	Heather Shanahank	30 : 0	F	63.3%	41	9/24/2020
5k	54	Merran Sell	30 : 50	F	74.7%	21	19/12/2020
5K	55	Sue Hobbs	31 : 51	F	62.0%	49	6/15/2020
5K	56	Sue Howarth	32 : 10	F	55.6%	57	7/30/2020
5K	56	Sue Olsen	32 : 10	F	62.2%	47	5/23/2020
5K	58	Helene Hill	32 : 15	F	62.8%	43	4/16/2020
5K	59	Dianne O'Donoghue	33 : 13	F	52.0%	59	4/13/2020
5K	60	Stephanie Bates	38 : 6	F	39.1%	61	7/30/2020
5K	61	Joy Bell	42 : 23	F	56.0%	56	04/06/20

N.B. You can submit the time for additional runs using this link [Lockdown Ladder](#)

If you think your time, or the date of the run is wrong, just submit it again using the same link and it will be included next time. Thanks!

STRAGGLERS LOCKDOWN LADDER

31/12/20

Men

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
1 Mile	1	Tim Jenns	4 : 58	M	82.1%	2	12/04/2020
1 Mile	2	Chris Coates	5 : 10	M	74.3%	11	05/01/2020
1 Mile	3	Crispin Allen	5 : 21	M	79.9%	4	07/08/2020
1 Mile	4	Daniel Greenslade	5 : 23	M	74.6%	10	07/06/2020
1 Mile	5	James Ruskin	5 : 24	M	72.2%	13	05/05/2020
1 Mile	6	Paul Harsent	5 : 26	M	68.6%	17	4/19/2020
1 Mile	6	Roy Reeder	5 : 26	M	80.7%	3	6/16/2020
1 Mile	8	Laurence Duffy	5 : 31	M	82.9%	1	6/23/2020
1 Mile	8	Tom Poole	5 : 31	M	67.8%	18	4/16/2020
1 Mile	10	Tom Howarth	5 : 39	M	65.7%	24	4/18/2020
1 Mile	11	Bryan Searle	5 : 42	M	77.5%	6	6/16/2020
1 Mile	12	Martin Vivian	5 : 56	M	71.5%	14	5/29/2020
1 Mile	13	Malcolm Fletcher	6 : 6	M	76.3%	7	4/20/2020

1 Mile	14	Fraser Wigley	6 : 7	M	75.4%	8	12/01/2020
1 Mile	15	Kev Best	6 : 20	M	78.3%	5	07/03/2020
1 Mile	16	David Brewin	6 : 21	M	75.3%	9	5/17/2020
1 Mile	17	Simon Webb	6 : 23	M	61.5%	28	6/23/2020
1 Mile	18	Richard Patient	6 : 24	M	66.8%	22	11/01/2020
1 Mile	19	Matt Parker	6 : 30	M	59.9%	29	4/21/2020
1 Mile	19	Denis Mustafa	6 : 30	M	67.4%	20	12/31/2020
1 Mile	21	Jason Nourse	6 : 36	M	64.8%	26	05/07/2020
1 Mile	22	Andy Howarth	6 : 42	M	67.1%	21	06/11/2020
1 Mile	23	Ian Robertson	6 : 43	M	67.5%	19	4/29/2020
1 Mile	24	Phil Davies	6 : 52	M	69.0%	16	4/28/2020
1 Mile	25	Phil Hall	6 : 57	M	65.2%	25	05/02/2020
1 Mile	26	Jon Forster	6 : 58	M	62.4%	27	6/15/2020
1 Mile	27	Simon Flowers	6 : 59	M	70.4%	15	05/02/2020
1 Mile	28	Alan Mawdsley	7 : 0	M	72.4%	12	6/20/20
1 Mile	29	Eddie Robertson	7 : 20	M	65.8%	23	11/03/2020
1 Mile	30	Roger Wilson	8 : 41	M	52.7%	30	6/30/2020

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
10 Miles	1	Rob Eveson	56 : 31	M	77.9%	3	10/18/2020
10 Miles	2	Jim Lurkins	57 : 24	M	76.7%	5	10/18/2020
10 Miles	3	Sonny Maund	58 : 36	M	77.8%	4	04/07/2020
10 Miles	4	Christopher Coates	61 : 52	M	72.1%	12	07/08/2020
10 Miles	5	Pete Gregorowski	62 : 3	M	74.9%	7	07/05/2020
10 Miles	6	Andy McArthur	62 : 14	M	70.8%	19	10/18/2020
10 Miles	7	Donovan Duffy	63 : 32	M	74.3%	8	10/18/2020
10 Miles	8	Bert Smith	65 : 22	M	71.1%	16	10/17/2020
10 Miles	9	Crispin Allen	65 : 35	M	75.7%	6	04/07/2020
10 Miles	10	Laurence Duffy	65 : 47	M	81.1%	1	07/05/2020
10 Miles	11	Ian Knight	68 : 6	M	72.9%	10	07/05/2020
10 Miles	12	Filip Egierszдорff	68 : 15	M	68.6%	23	10/18/2020
10 Miles	13	Paul Harsent	69 : 16	M	63.5%	31	04/01/2020
10 Miles	14	Martin Vivian	69 : 23	M	71.0%	18	07/05/2020
10 Miles	15	Owen Lindsell	70 : 55	M	66.0%	26	10/18/2020
10 Miles	16	Neil Carrington	71 : 27	M	68.3%	24	10/18/2020
10 Miles	17	Denis Mustafa	71 : 37	M	71.2%	15	10/18/2020
10 Miles	18	David Brewin	71 : 42	M	78.1%	2	07/03/2020
10 Miles	19	Simon Brazil	72 : 28	M	71.0%	17	07/05/2020
10 Miles	20	Kevin Price	72 : 37	M	71.5%	14	04/01/2020
10 Miles	21	Dan Greenslade	73 : 53	M	62.9%	33	4/16/2020
10 Miles	22	Nick Little	74 : 4	M	69.5%	21	07/05/2020
10 Miles	23	Simon Webb	74 : 5	M	61.3%	38	07/05/2020
10 Miles	24	Gareth Clifton	74 : 29	M	61.4%	37	11/03/2020
10 Miles	25	David Sheldon	74 : 39	M	62.2%	36	07/05/2020
10 Miles	25	Richard Gould	74 : 39	M	63.8%	29	07/05/2020
10 Miles	27	Jason Nourse	74 : 52	M	66.3%	25	10/18/2020
10 Miles	28	Tom Poole	74 : 56	M	58.7%	47	05/10/2020
10 Miles	29	Steve Clelland	75 : 16	M	59.3%	46	07/05/2020

10 Miles	30	Andrew Lane	76 : 53	M	72.1%	13	07/05/2020
10 Miles	31	Fraser Wigley	77 : 1	M	69.9%	20	4/14/2020
10 Miles	32	Chris Adams	77 : 13	M	63.8%	30	06/07/2020
10 Miles	33	Phil Davies	77 : 24	M	72.3%	11	10/18/2020
10 Miles	34	Evan Bond	77 : 57	M	61.1%	40	10/18/2020
10 Miles	35	Gareth Pritchard	79 : 0	M	62.3%	35	07/05/2020
10 Miles	36	Peter Colwill	79 : 19	M	69.2%	22	10/18/2020
10 Miles	37	Adam Hughes	79 : 28	M	59.9%	42	10/18/2020
10 Miles	38	Simon Shanks	80 : 31	M	65.1%	27	10/18/2020
10 Miles	39	Alan Mawdsley	81 : 0	M	73.4%	9	10/18/2020
10 Miles	40	David Morley	82 : 34	M	59.6%	44	10/18/2020
10 Miles	41	David Olsen	84 : 8	M	64.0%	28	4/25/2020
10 Miles	42	Charles Jeffrey	84 : 43	M	51.9%	50	10/18/2020
10 Miles	43	Andy Howarth	87 : 49	M	59.7%	43	10/18/2020
10 Miles	44	Andrew Allen	89 : 0	M	63.5%	32	10/18/2020
10 Miles	45	Tomas Cardillo-zallo	90 : 50	M	48.4%	53	11/29/2020
10 Miles	46	Matt Daines	91 : 0	M	48.4%	54	07/05/2020
10 Miles	47	Rob Allen	91 : 16	M	59.6%	45	10/18/2020
10 Miles	48	Paul Keeler	91 : 59	M	62.7%	34	10/18/2020
10 Miles	49	Matt Parker	92 : 39	M	48.7%	52	4/16/2020
10 Miles	50	Steve Miller	93 : 28	M	58.7%	48	5/23/2020
10 Miles	51	Stuart Thompson	93 : 31	M	61.0%	41	10/18/2020
10 Miles	52	Michael Garner	100 : 47	M	61.2%	39	07/05/2020
10 Miles	53	Roger Wilson	102 : 40	M	52.0%	49	6/28/2020
10 Miles	54	Richard Steeden	103 : 27	M	49.3%	51	10/18/2020
10 Miles	55	Pierre Venter	120 : 0	M	44.5%	55	10/18/2020

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
10K	1	Tim Jenns	34 : 56	M	82.5%	2	10/28/2020
10K	2	Jim Lurkins	35 : 5	M	76.3%	11	09/12/2020
10K	3	Rob Eveson	35 : 8	M	76.0%	12	10/03/2020
10K	4	Sonny Maund	35 : 45	M	77.4%	8	10/24/20
10K	5	Paul Lowe	35 : 52	M	76.7%	10	8/29/2020
10k	6	Thomas Ziegel	36 : 7	M	74.0%	20	19/12/2020
10K	7	Pete Gregorowski	36 : 26	M	77.9%	7	05/02/2020
10k	8	Matthew Coakes	37 : 6	M	77.1%	9	19/12/2020
10K	9	Chris Coates	37 : 40	M	72.2%	26	6/27/2020
10K	10	Andy McArthur	38 : 14	M	75.4%	15	10/03/2020
10K	11	Freysen Maritz	38 : 37	M	75.3%	16	10/03/2020
10K	12	Daniel Greenslade	38 : 38	M	73.4%	21	7/15/2020
10K	13	Crispin Allen	38 : 46	M	78.2%	6	5/30/2020
10K	14	Bert Smith	38 : 54	M	72.9%	23	10/23/2020
10k	15	Donovan Duffy	38 : 55	M	74.1%	18	19/12/2020
10K	16	Laurence Duffy	39 : 9	M	83.8%	1	10/24/2020
10K	17	Dean Morley	39 : 50	M	78.7%	4	10/24/20
10K	18	Bryan Searle	40 : 24	M	78.3%	5	8/29/2020
10k	19	Roy Reeder	41 : 16	M	76.0%	13	19/12/2020
10K	20	Charles Jeffrey	41 : 20	M	64.6%	42	10/24/20

10K	21	Filip Egierszдорff	41 : 25	M	69.1%	35	10/03/2020
10K	21	Martin Vivian	41 : 25	M	72.5%	24	5/30/2020
10K	23	Paul Harsent	41 : 33	M	64.3%	45	4/15/2020
10K	24	James Lett	41 : 45	M	70.2%	29	10/03/2020
10K	25	Tom Poole	41 : 47	M	64.0%	47	5/30/2020
10K	26	Kevin Price	42 : 44	M	74.0%	19	04/12/2020
10k	27	Neil Carrington	42 : 48	M	69.6%	32	19/12/2020
10K	28	David Brewin	43 : 14	M	78.8%	3	09/12/2020
10K	29	Denis Mustafa	43 : 16	M	71.2%	27	5/30/2020
10K	30	Gareth Clifton	43 : 35	M	64.1%	46	10/24/2020
10K	31	Bart Balus	43 : 38	M	64.5%	43	10/03/2020
10k	32	Gareth Pritchard	43 : 50	M	69.1%	33	19/12/2020
10K	33	Robert Hodge	43 : 51	M	69.1%	34	10/24/20
10K	34	Nick Poaros	44 : 3	M	70.0%	31	10/24/20
10K	35	Nick Little	44 : 27	M	70.6%	28	5/31/2020
10K	36	Malcolm Fletcher	45 : 5	M	73.4%	22	4/23/2020
10K	37	Andrew Lane	45 : 12	M	74.6%	17	5/30/2020
10K	38	Chris Adams	45 : 37	M	65.9%	37	5/31/2020
10K	39	Peter Kennedy	46 : 28	M	64.7%	41	5/30/2020
10K	40	Phil Davies	46 : 31	M	72.5%	25	5/29/2020
10K	41	Digory Price	46 : 35	M	57.4%	57	05/03/2020
10K	42	Richard Patient	47 : 6	M	64.3%	44	10/24/20
10K	43	Nick Brown	47 : 18	M	66.3%	36	5/30/2020
10K	44	Alan Mawdsley	47 : 48	M	75.6%	14	03/10/2020
10K	45	Ian Bickerton	48 : 22	M	63.2%	50	7/19/2020
10k	46	Matt Parker	48 : 42	M	56.9%	61	19/12/2020
10K	47	Evin Frost	49 : 29	M	57.3%	58	5/31/2020
10K	48	Simon Flowers	50 : 4	M	70.0%	30	4/14/2020
10K	49	Andy Howarth	50 : 17	M	63.5%	49	05/10/2020
10K	50	Mark Pattinson	50 : 52	M	65.1%	40	5/30/2020
10K	51	James Ward	51 : 18	M	57.6%	55	5/31/2020
10K	52	Jon Forster	51 : 31	M	59.8%	52	5/30/2020
10K	53	Fraser Wiggley	52 : 3	M	63.0%	51	04/12/2020
10K	54	Jason Nourse	52 : 19	M	57.9%	54	4/28/2020
10K	55	Eddie Robertson	52 : 40	M	65.3%	38	10/24/2020
10K	56	Tomas Cardillo-zallo	55 : 33	M	48.1%	66	12/26/2020
10k	57	Rob Allen	55 : 48	M	59.3%	53	19/12/2020
10K	58	Dan Lill	56 : 48	M	51.2%	63	5/30/2020
10K	59	Andy Ronksley	57 : 18	M	57.2%	60	5/31/2020
10K	60	Michael Garner	57 : 34	M	65.3%	39	5/30/2020
10K	61	Steve Miller	58 : 21	M	57.3%	59	5/15/2020
10K	62	Mike Tivnen	59 : 50	M	57.5%	56	5/31/2020
10K	63	Roger Wilson	62 : 47	M	51.8%	62	5/30/2020
10k	64	Richard Steeden	63 : 29	M	49.0%	65	19/12/2020
10K	65	Jim Sell	64 : 24	M	63.7%	48	5/30/2020
10K	66	Pierre Venter	65 : 37	M	49.1%	64	4/29/2020

Distance	Posn	Name	Time	Gender	Grade	Age Grade Rank	Date of Run
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5k	1	Rob Eveson	16 : 43	M	77.7%	9	10/31/20
5k	2	Tim Jenns	16 : 46	M	84.8%	2	10/31/20
5k	3	Jim Lurkins	16 : 59	M	77.1%	10	10/31/20
5K	4	Pete Gregorowski	17 : 29	M	80.1%	5	5/24/2020
5K	5	Chris Coates	17 : 32	M	76.6%	13	07/01/2020
5K	6	James Ruskin	17 : 42	M	76.9%	11	11/07/2020
5K	7	Kieran Desmond	17 : 58	M	72.3%	22	04/06/20
5k	8	Freysen Maritz	18 : 2	M	79.4%	7	10/31/20
5K	9	Crispin Allen	18 : 7	M	82.1%	3	07/11/2020
5K	10	George King	18 : 18	M	70.9%	30	7/25/2020
5K	11	Donovan Duffy	18 : 25	M	76.6%	12	09/05/2020
5K	12	Bert Smith	18 : 32	M	76.1%	14	9/24/2020
5K	13	Oliver Garner	18 : 38	M	69.7%	38	4/20/2020
5K	14	Paul Harsent	18 : 45	M	69.8%	36	4/25/2020
5k	15	Alexandre Meaude	18 : 48	M	69.1%	41	10/31/20
5K	15	Laurence Duffy	18 : 48	M	84.9%	1	27/08/2020
5K	17	Bryan Searle	18 : 58	M	80.9%	4	7/21/2020
5K	18	Richard Baggott	19 : 6	M	69.1%	39	5/15/2020
5k	19	Charles Jeffrey	19 : 17	M	67.3%	47	10/31/20
5K	20	Tom Poole	19 : 21	M	67.7%	45	5/15/2020
5K	21	Dan Greenslade	19 : 25	M	72.1%	26	05/03/2020
5k	22	Freddie Lett	19 : 35	M	71.6%	28	10/31/20
5k	23	Filip Egierszдорff	19 : 42	M	71.6%	27	10/31/20
5K	24	Martin Vivian	19 : 44	M	74.8%	17	06/05/2020
5k	25	Bart Balus	20 : 8	M	69.1%	40	10/31/20
5k	26	James Bowell	20 : 13	M	66.9%	48	19/12/2020
5K	27	James Lett	20 : 20	M	70.9%	32	9/24/2020
5K	28	Tim Leak	20 : 26	M	72.2%	23	06/11/2020
5k	29	Tom Howarth	20 : 30	M	63.3%	64	19/12/2020
5K	30	Neil Carrington	20 : 36	M	71.1%	29	11/26/2020
5K	31	David Brewin	20 : 49	M	79.3%	8	07/11/2020
5K	32	Denis Mustafa	20 : 50	M	73.0%	20	11/26/2020
5K	33	Nick Little	21 : 5	M	72.7%	21	9/24/2020
5K	33	Simon Webb	21 : 5	M	65.0%	58	7/21/2020
5K	35	Kevin Price	21 : 7	M	73.2%	19	5/16/2020
5K	36	Malcolm Fletcher	21 : 10	M	76.1%	15	05/09/2020
5K	37	Nick Brown	21 : 15	M	72.2%	24	09/02/2020
5K	38	John Cheal	21 : 16	M	69.9%	35	07/11/2020
5k	39	Nick Poaros	21 : 17	M	70.9%	31	10/31/20
5K	40	Robert Hodge	21 : 18	M	69.8%	37	27/08/2020
5K	41	Chris Adams	21 : 23	M	69.0%	42	6/14/2020
5K	42	Kev Best	21 : 27	M	79.7%	6	07/01/2020
5k	43	Andrew Simpson	21 : 38	M	63.4%	62	10/31/20
5K	44	Simon Brazil	21 : 54	M	70.0%	34	7/30/2020
5k	45	Andy Hoseason	22 : 7	M	65.2%	57	10/31/20
5K	46	Matt Parker	22 : 11	M	61.4%	67	04/07/20
5k	47	David Morley	22 : 12	M	66.5%	53	19/12/2020
5K	47	Simon Shanks	22 : 12	M	70.2%	33	5/23/2020
5K	49	Phil Davies	22 : 15	M	73.6%	18	5/26/2020
5k	50	Richard Patient	22 : 35	M	65.8%	54	19/12/2020

5k	51	Richard Bulkley	22 : 42	M	66.5%	51	19/12/2020
5K	52	Tomas Cardillo-zallo	22 : 47	M	57.2%	72	11/17/2020
5K	53	Jason Nourse	23 : 1	M	64.6%	60	7/28/2021
5k	54	Jim Desmond	23 : 9	M	65.2%	56	10/31/20
5K	55	Alan Mawdsley	23 : 19	M	74.9%	16	9/24/2020
5K	56	Andy Howarth	23 : 26	M	66.5%	52	4/18/2020
5K	57	Simon Flowers	23 : 29	M	72.2%	25	9/22/2020
5K	58	Evin Frost	23 : 42	M	59.1%	70	06/02/2020
5K	59	Phil Hall	24 : 15	M	64.8%	59	4/18/20
5K	60	Jon Forster	24 : 22	M	62.0%	65	9/24/2020
5K	60	Steve Miller	24 : 22	M	66.6%	49	07/03/2020
5K	62	Michael Axton	24 : 25	M	68.2%	43	27/08/2020
5K	63	Ian Robertson	24 : 48	M	63.3%	63	5/16/2020
5K	64	Eddie Robertson	25 : 0	M	66.6%	50	11/09/2019
5k	65	Dave Griffiths	25 : 21	M	67.5%	46	19/12/2020
5k	66	Tom Bucke	25 : 32	M	60.5%	68	19/12/2020
5K	67	Stuart Thompson	25 : 44	M	65.3%	55	10/22/2020
5K	68	Jon Parry	26 : 27	M	53.7%	75	7/30/2020
5K	69	Peter Wedderburn	26 : 58	M	64.1%	61	04/06/20
5k	69	Rob Allen	26 : 58	M	59.7%	69	10/31/20
5K	71	Mike Tivnen	27 : 12	M	61.8%	66	11/26/2020
5K	72	Gary Woodard	28 : 12	M	55.3%	73	10/24/2020
5K	73	Roger Wilson	28 : 57	M	54.7%	74	6/20/2020
5k	74	James Sell	29 : 14	M	67.8%	44	9/24/29
5K	75	Pierre Venter	29 : 32	M	53.2%	76	05/02/2020
5K	76	Ian Chappell	32 : 10	M	49.6%	78	04/06/2020
5K	77	Martin Powell	32 : 22	M	51.0%	77	04/06/20
5K	78	Donald Bell	35 : 19	M	57.4%	71	9/21/2020

N.B. You can submit the time for additional runs using this link [Lockdown Ladder](#)

If you think your time, or the date of the run is wrong, just submit it again using the same link and it will be included next time. Thanks!