

STRAGGLERS 2021 LADDER

12/1/21

Combined

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
1 Mile	1	Matt Parker	7 : 3	M	55.7%	1	1	01/01/2021

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
10 Miles	1	Sophie Biggs	67 : 20	F	81.4%	1	1	10/01/0021
10 Miles	2	Tom Howarth	76 : 12	M	57.7%	1	3	09/01/2021
10 Miles	3	Daniel Greenslade	83 : 5	M	56.4%	2	5	09/01/2021
10 Miles	4	Jason Nourse	93 : 10	M	53.3%	3	7	10/01/2021
10 Miles	5	Andrew Howarth	94 : 11	M	55.6%	4	6	10/01/2021
10 Miles	6	Matt Parker	96 : 18	M	47.1%	5	9	10/01/2021
10 Miles	7	Denis Mustafa	97 : 10	M	52.5%	6	8	10/01/2021
10 Miles	8	Sarah Fogden	99 : 0	F	60.3%	2	2	09/01/2021
10 Miles	9	Alexandra Mason	101 : 14	F	57.5%	3	4	09/01/2021

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
10K	1	Shirley Buckley	47 : 0	F	79.8%	1	1	13/09/2020
10K	2	Julia Snaith	47 : 40	F	65.5%	2	2	03/01/2021
10K	3	Matt Parker	57 : 47	M	48.0%	1	4	06/01/2021
10K	4	Mirella Genziani	60 : 30	F	54.2%	3	3	09/01/2021

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
5 Miles	1	James Ruskin	30 : 24	M	72.6%	1	7	10/01/2021
5 Miles	2	Laurence Duffy	31 : 18	M	83.7%	2	3	08/01/2021
5 Miles	3	Sophie Biggs	31 : 25	F	84.8%	1	2	22/03/1972
5 Miles	4	Crispin Allen	31 : 38	M	76.7%	3	4	02/01/2021
5 Miles	5	Alexis Prince	33 : 26	F	75.4%	2	6	13/04/1978
5 Miles	6	Pamela Whitter	33 : 45	F	92.5%	3	1	02/01/2021
5 Miles	7	David Brewin	35 : 50	M	75.8%	4	5	08/01/2021
5 Miles	8	Mary Allen	40 : 7	F	62.4%	4	8	02/01/2021
5 Miles	9	Matt Parker	42 : 21	M	52.5%	5	9	05/01/2021

Distance	Posn	Name	Time	Gender	Grade	Gender Rank	Age Grade Rank	Date of Run
5k	1	Charlie Jeffrey	21 : 15	M	61.1%	1	4	02/01/2021
5k	2	Jason Nourse	24 : 11	M	61.5%	2	3	09/01/2021
5k	3	Mary Allen	24 : 13	F	63.0%	1	2	09/01/2021
5k	4	Andrew Howarth	24 : 14	M	64.3%	3	1	02/01/2021
5k	5	Matt Parker	25 : 56	M	52.9%	4	5	03/01/2021

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!