

Stake in the Ground 2015 / 2016

Name	SITG I 08 - Dec	SITG II 02 - Feb	SITG III 22 - Mar	Best Ever Time	PB - Y/N?	Difference from PB
Tom Thomas		00:16:07	00:15:55	00:16:07	Y	00:00:12
Owen Flage			00:16:35	00:15:23	N	00:01:12
Andy Poole	00:16:55		00:16:45	00:16:55	Y	00:00:10
Helena Butler	00:20:55	00:18:28	00:18:06	00:17:48	N	00:00:18
Carl Chambers	00:18:43	00:18:24	00:18:13	00:18:24	Y	00:00:11
Amy Shadbolt	00:18:35	00:18:11	00:18:21	00:18:11	N	00:00:10
Roberto Roso			00:18:49	00:19:21	Y	00:00:32
Dean Moynihan			00:19:00		1st Run!	N/A
Dominic Franklin			00:19:38	00:16:50	N	00:02:48
David Agnew	00:20:20	00:20:24	00:20:04	00:20:20	Y	00:00:16
Jon Comyn-platt	00:20:03		00:20:13	00:17:24	N	00:02:49
Richard Saunders			00:20:13	00:19:57	N	00:00:16
Shirley Doyle			00:20:15	00:18:45	N	00:01:30
Richard Mercer			00:20:34		1st Run!	N/A
Charlie Barlow	00:19:35	00:20:09	00:20:34	00:18:36	N	00:01:58
John Hanlon	00:22:13	00:22:43	00:21:30	00:22:13	Y	00:00:43
Nicky Snook	00:21:55		00:21:51	00:20:47	N	00:01:04
Monica Boland	00:21:37		00:22:55	00:21:35	N	00:01:20
Roy Bradley	00:23:05		00:22:59	00:19:04	N	00:03:55
Lee Gerrard	00:26:30	00:25:21	00:23:25	00:25:21	Y	00:01:56
Tony Greene		00:24:05	00:23:48	00:19:31	N	00:04:17
Peter Cobley	00:17:28	00:17:08		00:17:08	No Run	N/A
Des Thorpe		00:17:20		00:17:20	No Run	N/A
Nick Haynes		00:17:48		00:17:48	No Run	N/A
James Sheard	00:18:41	00:18:08		00:16:37	No Run	N/A
Howard Chambers	00:18:06	00:18:17		00:16:03	No Run	N/A
Richard Gee		00:18:23		00:17:43	No Run	N/A
Rowen Ratcliffe	00:18:49	00:18:31		00:18:31	No Run	N/A
Chris Hawley	00:19:06	00:18:34		00:18:34	No Run	N/A
Jon Allen		00:18:38		00:18:38	No Run	N/A
Alice McLean	00:19:56	00:19:31		00:18:39	No Run	N/A
Dominic Edwards	00:20:04	00:19:31		00:19:28	No Run	N/A
John Charles Heathcote	00:21:18	00:21:22		00:21:07	No Run	N/A
Sally Newman	00:17:58			00:17:29	No Run	N/A
Mark Bowden	00:18:19			00:16:48	No Run	N/A
Martyn Hodgson	00:20:09			00:19:42	No Run	N/A
Jed Finnigan	00:20:34			00:20:34	No Run	N/A
Mark Brakspear	00:20:58			00:17:33	No Run	N/A

Course Record Men	Colin Bishop	00:14:31
Course Record Women	Gaynor Keane	00:16:52