

Castle Rock 10k, Nottingham - Friday 2nd August 2019

Pos	Num	M	F	Forename	Surname	Cat	Cat/Pos	Club	Pace Km/Mile	GunTime
1	309	1		Chris	Rainsford	M S	(001/088)		03:15/05:14	00:32:31
2	308	2		Bruce	Raeside	M S	(002/088)	Notts AC	03:30/05:38	00:35:01
3	243	3		Oliver	Matharu	M S	(003/088)	Holme Pierrepont RC	03:32/05:42	00:35:25
4	128	4		Joe	Elliott	M S	(004/088)	Beeston AC	03:33/05:43	00:35:33
5	331	5		George	Russell	M S	(005/088)	Beeston AC	03:35/05:46	00:35:53
6	118	6		Marlon	Dunkley	M40	(001/075)	Rushcliffe AC	03:37/05:49	00:36:09
7	402		1	Hannah	Viner	F S	(001/068)	Highgate Harriers	03:40/05:54	00:36:37
8	260	7		Christopher	Birley	M S	(006/088)		03:41/05:56	00:36:51
9	148	8		Jonathan	Fox	M S	(007/088)	Holme Pierrepont RC	03:43/05:59	00:37:12
10	445	9		Adam	Wright	M S	(008/088)	Sutton in Ashfield Harriers & AC	03:46/06:04	00:37:43
11	249	10		Niall	McNamara	M S	(009/088)	Rushcliffe AC	03:51/06:12	00:38:31
12	274	11		Paul	Newton	M50	(001/049)	Redhill Road Runners	03:52/06:14	00:38:42
13	135	12		Robert	Evans	M S	(010/088)	Beeston AC	03:53/06:14	00:38:47
14	141	13		Kurt	Fitch	M50	(002/049)		03:54/06:16	00:38:55
15	300	14		Kevin	Piper	M40	(002/075)		03:54/06:17	00:39:03
16	45	15		Pascal	Bouttier-Butler	M S	(011/088)	Leicester Coritanian AC	03:58/06:24	00:39:45
17	108	16		Bohdan	Dawyd	M S	(012/088)	Belvoir Triathlon Club	04:00/06:26	00:39:56
18	381	17		Andrew	Taplin	M50	(003/049)	Beeston AC	04:00/06:26	00:39:59
19	272	18		David	Nelson	M S	(013/088)		04:01/06:28	00:40:08
20	444	19		Keith	Wright	M S	(014/088)		04:01/06:28	00:40:09
21	134	20		John	Evans	M40	(003/075)	Beeston AC	04:02/06:29	00:40:17
22	270	21		Simon	Nash	M50	(004/049)	Redhill Road Runners	04:02/06:30	00:40:22
23	403	22		Paul	Wade	M S	(015/088)	Holme Pierrepont RC	04:03/06:32	00:40:33
24	152	23		Joseph	Gallagher	M S	(016/088)	Beeston AC	04:04/06:33	00:40:44
25	166	24		James	Gregory	M40	(004/075)		04:05/06:34	00:40:47
26	258	25		Andrew	Mitchell	M S	(017/088)	Ilkeston Running Club	04:06/06:36	00:41:03
27	91	26		Stephen	Connor	M S	(018/088)	Beeston AC	04:07/06:37	00:41:06
28	33	27		David	Beighton	M S	(019/088)	Beeston AC	04:08/06:39	00:41:18
29	87	28		Karl	Colella	M S	(020/088)		04:08/06:39	00:41:20
30	242	29		Stephen	Mason	M40	(005/075)	Beeston AC	04:08/06:39	00:41:22
31	207	30		James	Isherwood	M40	(006/075)	Beeston AC	04:08/06:40	00:41:25
32	295	31		Howard	Partridge	M60	(001/022)	Holme Pierrepont RC	04:10/06:43	00:41:44
33	229	32		Gareth	Little	M S	(021/088)	Notts AC	04:11/06:45	00:41:54
34	284	33		Matthew	Orr	M S	(022/088)	Sinfin Running Club	04:12/06:45	00:41:55
35	317	34		John	Reynolds	M40	(007/075)	Ilkeston Running Club	04:12/06:45	00:41:57
36	105	35		Mark	Davies	M40	(008/075)		04:12/06:46	00:42:00
37	111	36		Paul	Dennis	M50	(005/049)	Beeston AC	04:14/06:48	00:42:17
38	197	37		Samuel	Hodgson	M S	(023/088)		04:15/06:50	00:42:26
39	168	38		Paul	Griffiths	M40	(009/075)	Holme Pierrepont RC	04:15/06:50	00:42:28
40	162	39		David	Gray	M40	(010/075)		04:15/06:51	00:42:32
41	393	40		David	Tilley	M50	(006/049)		04:19/06:56	00:43:07
42	449	41		Joe	Young	M S	(024/088)		04:20/06:58	00:43:20
43	119		2	Sophie	Eadsforth	F40	(001/061)	Beeston AC	04:21/06:59	00:43:26
44	219	42		Stephen	Jones	M S	(025/088)		04:21/07:00	00:43:30
45	336	43		Luke	Saxton	M S	(026/088)		04:21/07:01	00:43:33
46	333		3	Hannah	Sampson	F S	(002/068)	Holme Pierrepont RC	04:22/07:01	00:43:37
47	422	44		Anthony	Weatherston	M50	(007/049)	Heanor Running Club	04:22/07:02	00:43:41
48	279	45		Chris	Northage	M S	(027/088)		04:22/07:02	00:43:44
49	406	46		Nik	Walker	M40	(011/075)		04:23/07:03	00:43:46
50	72	47		Joe	Cartwright	M S	(028/088)		04:23/07:03	00:43:50
51	194	48		Tim	Hills	M40	(012/075)	Beeston AC	04:24/07:05	00:44:03
52	298	49		Anthony	Peters	M40	(013/075)		04:27/07:10	00:44:34
53	237	50		Benjamin	Malyi	M40	(014/075)		04:28/07:11	00:44:36
54	427	51		Colin	Wells	M60	(002/022)	Holme Pierrepont RC	04:28/07:11	00:44:38
55	234	52		Michael	Lyons	M50	(008/049)	Beeston AC	04:28/07:11	00:44:39
56	23	53		Simon	Barnes	M50	(009/049)	Beeston AC	04:28/07:12	00:44:45
57	319	54		David	Riley	M60	(003/022)	Long Eaton Running Club	04:29/07:12	00:44:47
58	62	55		Ben	Burnell	M40	(015/075)	Rushcliffe AC	04:29/07:14	00:44:54
59	48		4	Caitlin	Bradbury	F S	(003/068)	Beeston AC	04:30/07:15	00:45:03
60	424	56		Matt	Weightman	M S	(029/088)		04:31/07:16	00:45:09
61	98	57		Gary	Cragg	M40	(016/075)	Holme Pierrepont RC	04:32/07:17	00:45:15
62	325	58		Chris	Robson	M60	(004/022)	Beeston AC	04:32/07:17	00:45:17
63	224	59		Rupert	Killik	M50	(010/049)	Holme Pierrepont RC	04:32/07:18	00:45:22
64	226	60		Simon	Leadley	M S	(030/088)	Holme Pierrepont RC	04:33/07:20	00:45:32
65	80	61		Marcin	Chojnowski	M S	(031/088)		04:34/07:20	00:45:35
66	102	62		David	Cross	M S	(032/088)	Newark Striders Running Club	04:34/07:20	00:45:35
67	419	63		Darren	Watt	M S	(033/088)		04:34/07:20	00:45:37
68	375	64		Ed	Stuttard	M S	(034/088)	Formula One Circuit Crew	04:34/07:21	00:45:41

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69	268	65		Thomas	Moulder	M S	(035/088)	Belper Harriers	04:34/07:22	00:45:45
70	103	66		Michal	Dabrowka	M S	(036/088)		04:35/07:22	00:45:49
71	136	67		Simon	Evans	M S	(037/088)		04:35/07:22	00:45:49
72	238	68		Alan	Maplethorpe	M50	(011/049)	Long Eaton Running Club	04:35/07:23	00:45:54
73	154	69		Tasso	Gazis	M50	(012/049)	Run Local	04:37/07:26	00:46:12
74	94	70		Lewis	Cotton	M S	(038/088)		04:37/07:26	00:46:14
75	64	71		Ray	Burrows	M S	(039/088)		04:38/07:27	00:46:16
76	328	72		Simon	Ross	M40	(017/075)	Holme Pierrepont RC	04:40/07:30	00:46:35
77	384	73		Jason	Taylor	M40	(018/075)		04:40/07:30	00:46:37
78	189	74		Ian	Hewitt	M40	(019/075)		04:43/07:36	00:47:11
79	142	75		Patrick	Fitzgerald	M50	(013/049)	Long Eaton Running Club	04:43/07:36	00:47:12
80	200		5	Jayne	Holgate	F S	(004/068)		04:43/07:36	00:47:12
81	182		6	Clare	Harrison	F40	(002/061)	Sinfin Running Club	04:43/07:36	00:47:14
82	352	76		Rob	Smith	M40	(020/075)		04:44/07:36	00:47:16
83	177	77		Tom	Harding	M S	(040/088)		04:44/07:37	00:47:18
84	297	78		Charlie	Pearce	M40	(021/075)	Beeston AC	04:44/07:37	00:47:19
85	3	79		Christopher	Allen	M50	(014/049)	Holme Pierrepont RC	04:44/07:37	00:47:21
86	401		7	Editha	Van Loon	F40	(003/061)	Holme Pierrepont RC	04:44/07:38	00:47:23
87	120	80		Rich	Eadsforth	M40	(022/075)	Beeston AC	04:44/07:38	00:47:25
88	276	81		Christopher	Nicol	M S	(041/088)		04:45/07:38	00:47:27
89	240		8	Lisa	Marshall	F S	(005/068)	Holme Pierrepont RC	04:45/07:38	00:47:29
90	267	82		Jake	Moses	M S	(042/088)	Beeston AC	04:45/07:39	00:47:30
91	106	83		Spencer	Davies	M40	(023/075)	Northbrook Athletic Club	04:45/07:39	00:47:30
92	299	84		Jaik	Pickford	M40	(024/075)		04:45/07:39	00:47:30
93	170	85		Matt	Hackland	M S	(043/088)		04:45/07:39	00:47:31
94	143	86		Ged	Forster	M60	(005/022)		04:45/07:39	00:47:33
95	14		9	Zoe	Attenborough	F S	(006/068)		04:45/07:39	00:47:34
96	314	87		Pete	Rees	M50	(015/049)	Sinfin Running Club	04:46/07:40	00:47:37
97	201	88		Simon	Holmes	M S	(044/088)	Redhill Road Runners	04:46/07:40	00:47:39
98	250	89		Ross	McVinnie	M40	(025/075)		04:46/07:41	00:47:42
99	369	90		Zach	Spendlove	M S	(045/088)	Beeston AC	04:46/07:41	00:47:45
100	247	91		Andy	McKeown	M S	(046/088)		04:47/07:41	00:47:46
101	313	92		Craig	Reep	M40	(026/075)		04:47/07:41	00:47:47
102	283	93		Richard	Myers	M S	(047/088)	Smalley Road Runners	04:47/07:42	00:47:49
103	184	94		John	Harrison	M60	(006/022)	Beeston AC	04:47/07:43	00:47:54
104	345		10	Catherine	Simkins	F40	(004/061)	Beeston AC	04:48/07:43	00:47:56
105	190		11	Katie	Hicken	F S	(007/068)		04:48/07:43	00:47:56
106	348	95		Martin	Simpson	M50	(016/049)		04:48/07:43	00:47:57
107	400	96		Richard	Upward	M50	(017/049)	Beeston AC	04:48/07:43	00:47:59
108	221	97		Alex	Keeble	M S	(048/088)	Redhill Road Runners	04:48/07:44	00:48:02
109	217	98		Matthew	Jones	M40	(027/075)	Beeston AC	04:48/07:44	00:48:03
110	264	99		Tim	Morrell	M40	(028/075)		04:49/07:45	00:48:08
111	455	100		Stuart	Fielding	M S	(049/088)		04:50/07:46	00:48:15
112	179	101		Charlie	Harris	M40	(029/075)	Beeston AC	04:50/07:46	00:48:17
113	413	102		Anthony	Walthall	M50	(018/049)	Redhill Road Runners	04:50/07:47	00:48:23
114	439	103		Chris	Wood	M60	(007/022)		04:51/07:48	00:48:27
115	90	104		Mark	Connelly	M40	(030/075)	Run Local	04:51/07:48	00:48:28
116	161		12	Lucy	Grant	F S	(008/068)	Beeston AC	04:51/07:48	00:48:31
117	127	105		Simon	Elliott	M60	(008/022)	Beeston AC	04:51/07:49	00:48:34
118	368	106		Richard	Spencer	M50	(019/049)	Fetch Everyone	04:51/07:49	00:48:34
119	215		13	Lisa	Jones	F40	(005/061)		04:52/07:49	00:48:37
120	407	107		John	Walker	M50	(020/049)	Beeston AC	04:52/07:50	00:48:39
121	235	108		Alec	Maclean	M50	(021/049)	Beeston AC	04:52/07:50	00:48:41
122	425		14	Jackie	Welburn	F40	(006/061)	Beeston AC	04:53/07:52	00:48:52
123	47	109		David	Boyd	M S	(050/088)		04:53/07:52	00:48:53
124	321		15	Kat	Robb	F40	(007/061)		04:53/07:52	00:48:53
125	357	110		Dave	Smith	M60	(009/022)	Beeston AC	04:54/07:53	00:49:01
126	213	111		Brian	Jobe	M50	(022/049)	Southwell Running Club	04:55/07:54	00:49:08
127	341	112		Lewis	Scrimshaw	M40	(031/075)		04:55/07:55	00:49:14
128	440	113		Nick	Woodrow	M S	(051/088)	Beeston AC	04:56/07:56	00:49:15
129	339	114		Gavin	Scott	M S	(052/088)		04:56/07:56	00:49:17
130	140	115		Darren	Fisher	M40	(032/075)	Holme Pierrepont RC	04:56/07:56	00:49:19
131	241		16	Claire	Martin	F S	(009/068)	Redhill Road Runners	04:56/07:57	00:49:21
132	442	116		Anthony	Wright	M40	(033/075)	Beeston AC	04:57/07:58	00:49:31
133	383	117		Chris	Taylor	M50	(023/049)	Wymeswold RC	04:57/07:59	00:49:34
134	380	118		John	Sykes	M50	(024/049)		04:58/08:00	00:49:42
135	263	119		Ken	Morrell	M60	(010/022)	Beeston AC	04:59/08:01	00:49:50
136	78	120		Nigel	Fisher	M50	(025/049)	Redhill Road Runners	05:00/08:02	00:49:55
137	290		17	Marie-Christine	Pardon	F40	(008/061)	Beeston AC	05:00/08:02	00:49:56

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138	39	121		Andrew	Blackwell	M S	(053/088)		05:00/08:02	00:49:58
139	30	122		Richard	Beckett	M40	(034/075)		05:00/08:02	00:49:58
140	175		18	Katherine	Hall	F S	(010/068)	Southwell Running Club	05:00/08:03	00:50:01
141	430	123		Mark	Weston	M40	(035/075)		05:00/08:03	00:50:02
142	233	124		Stephen	Lynch	M S	(054/088)		05:00/08:03	00:50:02
143	15	125		Chris	Bailey	M40	(036/075)		05:00/08:03	00:50:03
144	116		19	Victoria	Douglas	F S	(011/068)		05:00/08:03	00:50:03
145	20	126		Chris	Barker	M S	(055/088)		05:01/08:04	00:50:07
146	44	127		Neil	Boulton	M40	(037/075)		05:01/08:05	00:50:13
147	244		20	Deborah	Maxwell	F S	(012/068)		05:01/08:05	00:50:13
148	21	128		Steve	Barker	M40	(038/075)	Redhill Road Runners	05:02/08:05	00:50:16
149	84		21	Miranda	Clayton	F S	(013/068)		05:02/08:06	00:50:22
150	231	129		Graeme	Lucas	M60	(011/022)		05:02/08:07	00:50:25
151	36		22	Christine	Bexton	F60	(001/004)	Beeston AC	05:03/08:07	00:50:27
152	343	130		Daniel	Shelton	M S	(056/088)		05:04/08:08	00:50:35
153	289		23	Michelle	Parczuk	F40	(009/061)	Grantham Running Club	05:04/08:10	00:50:42
154	125		24	Sarah	Edwards	F40	(010/061)	Erewash Valley RC	05:05/08:11	00:50:51
155	405	131		Nelson	Walker	M S	(057/088)		05:05/08:11	00:50:53
156	40	132		Matt	Blick	M50	(026/049)		05:06/08:13	00:51:01
157	303		25	Joanne	Potter	F50	(001/026)	Heanor Running Club	05:06/08:13	00:51:04
158	441	133		Peter	Woods	M50	(027/049)		05:08/08:15	00:51:16
159	43		26	Katie	Bonner	F S	(014/068)	Vegan Runners UK	05:09/08:17	00:51:30
160	412		27	Olga	Walsh	F S	(015/068)		05:09/08:18	00:51:32
161	4	134		Paul	Anderson	M50	(028/049)		05:09/08:18	00:51:34
162	74		28	Abigail	Cast	F40	(011/061)		05:10/08:18	00:51:37
163	409	135		James	Wall	M40	(039/075)		05:10/08:19	00:51:43
164	434	136		Steve	Willey	M50	(029/049)		05:10/08:20	00:51:44
165	150	137		Ian	Fox	M50	(030/049)		05:11/08:21	00:51:52
166	121	138		Chris	Eagling	M40	(040/075)		05:12/08:21	00:51:55
167	451	139		Jon	Broadhurst	M40	(041/075)		05:12/08:22	00:52:02
168	330	140		Mark	Rowlson	M50	(031/049)	Beeston AC	05:12/08:23	00:52:04
169	139	141		James	Finney	M S	(058/088)		05:13/08:24	00:52:10
170	392		29	Karen	Thurley	F40	(012/061)	Run Local	05:14/08:25	00:52:19
171	432		30	Susan	Wheatcroft	F S	(016/068)	Beeston AC	05:14/08:26	00:52:22
172	256	142		Tom	Miller	M S	(059/088)		05:14/08:26	00:52:23
173	266		31	Alice	Mortiboy	F S	(017/068)	Mansfield Harriers	05:14/08:26	00:52:25
174	273	143		Dave	Nettleton	M50	(032/049)		05:15/08:26	00:52:26
175	362	144		Tim	Sorrell	M40	(042/075)	Rushcliffe AC	05:16/08:28	00:52:35
176	174		32	Sarah	Halford	F40	(013/061)	Erewash Valley RC	05:16/08:29	00:52:42
177	302		33	Lizzie	Poole	F40	(014/061)		05:16/08:29	00:52:42
178	133	145		Mark	Evans	M50	(033/049)		05:16/08:29	00:52:45
179	282	146		John	O'Donnell	M70	(001/002)	Beeston AC	05:17/08:30	00:52:50
180	5	147		Martin	Anderson	M50	(034/049)	Erewash Valley RC	05:17/08:30	00:52:51
181	223	148		Richard	Kerry	M S	(060/088)	Erewash Valley RC	05:17/08:30	00:52:52
182	151		34	Karen	Galer	F S	(018/068)	Erewash Valley RC	05:17/08:31	00:52:53
183	11	149		Shaun	Arrowsmith	M40	(043/075)	Mansfield Harriers	05:17/08:31	00:52:54
184	262	150		Andrew	Morley	M S	(061/088)		05:19/08:34	00:53:13
185	192	151		Thomas	Hill	M S	(062/088)		05:20/08:34	00:53:15
186	292		35	Helen	Parkin	F S	(019/068)		05:20/08:34	00:53:16
187	437		36	Carrie	Wing	F S	(020/068)	Lonely Goat RC	05:20/08:34	00:53:17
188	157	152		Keith	Girling	M50	(035/049)		05:20/08:36	00:53:24
189	248		37	Rachel	McNamara	F S	(021/068)	Holme Pierrepont RC	05:21/08:36	00:53:29
190	159		38	Lauren	Glover	F S	(022/068)	Holme Pierrepont RC	05:21/08:37	00:53:34
191	193	153		Chris	Hill	M40	(044/075)		05:22/08:38	00:53:36
192	70		39	Louise	Carney-Stillie	F40	(015/061)	Holme Pierrepont RC	05:22/08:38	00:53:40
193	346	154		Graham	Simkins	M40	(045/075)		05:22/08:39	00:53:44
194	367	155		Martin	Sower	M S	(063/088)	Sinfyn Running Club	05:23/08:40	00:53:52
195	183	156		Torkil	Harrison	M S	(064/088)		05:24/08:41	00:53:55
196	323		40	Anna	Roberts	F S	(023/068)		05:25/08:43	00:54:10
197	75		41	Caroline	Challender	F50	(002/026)	Beeston AC	05:25/08:44	00:54:13
198	252		42	Laura	Merryweather	F S	(024/068)	Redhill Road Runners	05:26/08:44	00:54:15
199	160		43	Teresa	Godfrey	F40	(016/061)	Beeston AC	05:26/08:44	00:54:16
200	38	157		James	Billington	M40	(046/075)		05:26/08:44	00:54:18
201	423		44	Suelin	Webster	F S	(025/068)		05:26/08:45	00:54:20
202	329	158		John	Ross	M40	(047/075)		05:26/08:45	00:54:21
203	18		45	Laura	Ball	F S	(026/068)		05:26/08:45	00:54:22
204	429		46	Louise	West	F40	(017/061)	Beeston AC	05:27/08:46	00:54:26
205	356	159		Jim	Smith	M40	(048/075)	Holme Pierrepont RC	05:27/08:46	00:54:28
206	408		47	Jenny	Walker	F S	(027/068)	Beeston AC	05:27/08:46	00:54:30

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207	41	160		John	Blick	M S	(065/088)		05:27/08:47	00:54:34
208	230	161		Gabriel	Llanos Subijana	M S	(066/088)		05:28/08:48	00:54:38
209	124	162		Peter	Edmonds	M50	(036/049)	Long Eaton Running Club	05:28/08:48	00:54:43
210	2	163		Drew	Allen	M S	(067/088)		05:28/08:49	00:54:45
211	324	164		Mick	Robinson	M60	(012/022)	Notts AC	05:29/08:49	00:54:50
212	376	165		Ian	Sullivan	M40	(049/075)	Holme Pierrepont RC	05:29/08:49	00:54:50
213	28		48	Nic	Baxter	F40	(018/061)	Notts Women Runners	05:29/08:50	00:54:53
214	327		49	Katherine	Roper	F S	(028/068)		05:29/08:50	00:54:53
215	391		50	Heather	Thornley	F S	(029/068)		05:31/08:52	00:55:07
216	414		51	Alison	Walton	F40	(019/061)		05:32/08:54	00:55:21
217	146		52	Alice	Forward	F S	(030/068)		05:32/08:55	00:55:24
218	278		53	Claire	Noonan	F S	(031/068)	Erewash Valley RC	05:33/08:56	00:55:31
219	326	166		Stephen	Rooney	M60	(013/022)	Beeston AC	05:34/08:57	00:55:35
220	448	167		Chun	Yau	M S	(068/088)	Beeston AC	05:34/08:58	00:55:40
221	68	168		Ryan	Buzzard	M S	(069/088)		05:35/08:59	00:55:50
222	351	169		John	Slawson	M S	(070/088)		05:35/09:00	00:55:53
223	198		54	Alison	Hogg	F40	(020/061)	Beeston AC	05:36/09:00	00:55:56
224	155	170		John	Gibbon	M50	(037/049)	Beeston AC	05:36/09:00	00:55:57
225	37	171		Leonard	Bibby	M50	(038/049)	Beeston AC	05:36/09:01	00:55:59
226	188	172		Rob	Henderson	M S	(071/088)	Beeston AC	05:36/09:01	00:56:01
227	404		55	Emma	Walker	F S	(032/068)		05:36/09:01	00:56:02
228	171	173		Rizwan	Hafiz	M40	(050/075)		05:37/09:02	00:56:07
229	10	174		Matthew	Arnold	M40	(051/075)		05:38/09:03	00:56:17
230	253	175		Scott	Middleton	M40	(052/075)	Lonely Goat RC	05:38/09:05	00:56:25
231	457	176		Peter	Roberts	M40	(053/075)		05:39/09:05	00:56:29
232	342	177		Sunil	Sharma	M40	(054/075)	Beeston AC	05:39/09:06	00:56:31
233	318	178		Kevin	Rich	M S	(072/088)		05:40/09:06	00:56:35
234	259	179		Steven	Mitchell	M S	(073/088)	Beeston AC	05:40/09:07	00:56:40
235	349	180		Colin	Sinnott	M60	(014/022)	Lonely Goat RC	05:40/09:08	00:56:43
236	454		56	Jemima	Stelmach	F S	(033/068)		05:40/09:08	00:56:43
237	71		57	Kat	Carrick	F S	(034/068)		05:41/09:08	00:56:46
238	25		58	Karen	Barnfield	F40	(021/061)	Beeston AC	05:42/09:10	00:56:55
239	16	181		Stuart	Baird	M50	(039/049)		05:42/09:10	00:56:59
240	19		59	Carrie	Barker	F S	(035/068)	Beeston AC	05:42/09:10	00:56:59
241	35		60	Jen	Beverley	F S	(036/068)	Beeston AC	05:42/09:10	00:56:59
242	396	182		Nigel	Turner	M60	(015/022)		05:42/09:11	00:57:02
243	187		61	Catherine	Hellyer	F S	(037/068)		05:42/09:11	00:57:04
244	287	183		Odhran	O'Sullivan	M S	(074/088)		05:43/09:12	00:57:11
245	311	184		Mike	Reade	M50	(040/049)		05:43/09:12	00:57:12
246	206	185		Arshad	Hussain	M40	(055/075)		05:43/09:13	00:57:14
247	366	186		James	Southerington	M50	(041/049)		05:44/09:13	00:57:15
248	22		62	Jeanette	Barnes	F40	(022/061)		05:44/09:13	00:57:16
249	92	187		Peter	Copcutt	M60	(016/022)	Mansfield Harriers	05:44/09:13	00:57:18
250	275	188		Stuart	Nicholson	M60	(017/022)		05:44/09:13	00:57:19
251	450	189		Paul	Zemontas	M50	(042/049)	Notfast RC	05:44/09:14	00:57:22
252	372		63	Adele	Stacey	F40	(023/061)		05:46/09:17	00:57:41
253	293		64	Clare	Parnell	F40	(024/061)		05:46/09:17	00:57:42
254	388		65	Claire	Thompson	F40	(025/061)		05:47/09:19	00:57:53
255	350		66	Karen	Slade	F40	(026/061)		05:48/09:19	00:57:55
256	360		67	Lisa	Smith	F S	(038/068)		05:48/09:19	00:57:56
257	86		68	Debbie	Colby	F40	(027/061)		05:48/09:21	00:58:04
258	129	190		Stef	Elliott	M50	(043/049)	David Lloyd West Bridgford Runners	05:49/09:21	00:58:07
259	176		69	Lucy	Hancock	F S	(039/068)		05:49/09:22	00:58:10
260	76		70	Joanne	Chalmers	F40	(028/061)	Holme Pierrepont RC	05:50/09:23	00:58:20
261	255		71	Evgeniya	Mihaylova	F50	(003/026)	Beeston AC	05:50/09:23	00:58:20
262	281		72	Jennifer	O'Connor	F S	(040/068)		05:50/09:23	00:58:21
263	185		73	Steph	Hart	F40	(029/061)	Long Eaton Running Club	05:50/09:24	00:58:23
264	57	191		Craig	Brownlie	M S	(075/088)		05:51/09:24	00:58:27
265	433		74	Michaela	Whittle	F S	(041/068)		05:51/09:25	00:58:31
266	126		75	Jane	Edwards	F40	(030/061)		05:51/09:26	00:58:34
267	390	192		Ben	Thornhill	M S	(076/088)		05:52/09:26	00:58:37
268	389	193		Rob	Shuter	M S	(077/088)		05:52/09:26	00:58:37
269	245		76	Ndiarka	Mbodji	F40	(031/061)	Beeston AC	05:52/09:27	00:58:41
270	373		77	Jo	Stanton	F50	(004/026)		05:53/09:29	00:58:53
271	370	194		Lloyd	Spendlove	M50	(044/049)		05:54/09:29	00:58:58
272	371	195		Paul	Spicer	M40	(056/075)		05:54/09:30	00:59:03
273	438	196		Jim	Winter	M S	(078/088)		05:55/09:31	00:59:10
274	199	197		Simon	Hogg	M40	(057/075)		05:55/09:32	00:59:12
275	355	198		Michael	Smith	M60	(018/022)	Woodthorpe Huffers & Puffers	05:55/09:32	00:59:13

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276	421		78	Tracy	Watts	F S	(042/068)		05:56/09:33	00:59:23
277	17		79	Lisa	Ball	F40	(032/061)		05:57/09:34	00:59:27
278	77		80	Carrie	Chan	F S	(043/068)	Long Eaton Running Club	05:57/09:34	00:59:29
279	69		81	Anne	Canning	F S	(044/068)		05:58/09:36	00:59:41
280	337		82	Claire	Sayers	F40	(033/061)	Notts Women Runners	05:59/09:38	00:59:50
281	338	199		Ian	Sayers	M40	(058/075)		05:59/09:38	00:59:50
282	203	200		Tom	Hughes	M40	(059/075)		05:59/09:38	00:59:51
283	361		83	Caitlin	Sorrell	F40	(034/061)		06:00/09:39	00:59:55
284	97	201		Damian	Cowlishaw	M50	(045/049)	Long Eaton Running Club	06:00/09:40	01:00:03
285	436	202		Simon	Wilson	M40	(060/075)		06:01/09:41	01:00:10
286	130		84	Fran	Elliott	F50	(005/026)		06:01/09:41	01:00:10
287	196		85	Jane	Lucas	F60	(002/004)	David Lloyd West Bridgford Runners	06:01/09:42	01:00:14
288	246		86	Gill	McCulloch	F50	(006/026)		06:02/09:42	01:00:18
289	305	203		James	Powell	M40	(061/075)	Run Local	06:02/09:42	01:00:18
290	359	204		Richard	Smith	M40	(062/075)		06:03/09:44	01:00:29
291	144		87	Joanna	Fort	F40	(035/061)		06:03/09:44	01:00:29
292	167		88	Sally	Gregory	F40	(036/061)		06:04/09:46	01:00:39
293	49		89	Emma	Bradshaw	F40	(037/061)		06:04/09:46	01:00:40
294	335		90	Sarah Jane	Prior	F40	(038/061)	Run Local	06:05/09:48	01:00:52
295	123	205		Michael	Edmond	M40	(063/075)		06:06/09:48	01:00:56
296	178		91	Sarah	Harding	F S	(045/068)		06:08/09:52	01:01:17
297	112	206		Brian	Devine	M40	(064/075)		06:09/09:54	01:01:30
298	236	207		Lee	Maddock	M40	(065/075)	Kimberley & District Striders	06:09/09:54	01:01:31
299	374	208		Martin	Stephens	M S	(079/088)		06:09/09:54	01:01:34
300	122		92	Sophie	Edmond	F S	(046/068)		06:11/09:57	01:01:47
301	164		93	Fiona	Green	F50	(007/026)	Notts Women Runners	06:11/09:57	01:01:48
302	218		94	Charlotte	Jones	F S	(047/068)		06:12/09:58	01:01:59
303	394		95	Alison	Tilley	F50	(008/026)		06:14/10:02	01:02:21
304	265	209		James	Morrison	M60	(019/022)	Charnwood A C	06:14/10:02	01:02:22
305	209	210		Paul	Jackson	M40	(066/075)		06:15/10:03	01:02:29
306	109		96	Rachel	Dawyd	F S	(048/068)		06:15/10:04	01:02:32
307	54		97	Tracey	Brookes	F50	(009/026)	Shepshed Running Club	06:16/10:05	01:02:39
308	137	211		Shane	Fenn	M S	(080/088)	Beeston AC	06:17/10:07	01:02:51
309	435		98	Rebecca	Willshaw	F40	(039/061)		06:18/10:08	01:02:57
310	131		99	Helen	Emmett	F40	(040/061)		06:18/10:08	01:02:58
311	386	212		Gareth	Thomas	M40	(067/075)		06:18/10:09	01:03:05
312	251		100	Sarah	Melrose	F60	(003/004)		06:19/10:09	01:03:06
313	66	213		John	Butler	M50	(046/049)		06:20/10:11	01:03:19
314	399	214		Chris	Tyler	M S	(081/088)		06:21/10:12	01:03:26
315	9		101	Elizabeth	Arnall	F S	(049/068)		06:21/10:13	01:03:27
316	415		102	Lorna	Walton	F50	(010/026)		06:21/10:13	01:03:32
317	147		103	Lucy	Fowlie	F S	(050/068)		06:22/10:15	01:03:41
318	205		104	Alyson	Hunter	F50	(011/026)		06:23/10:16	01:03:49
319	285		105	Elizabeth	Orton	F40	(041/061)	Wymeswold RC	06:23/10:16	01:03:49
320	52		106	Helen	Brooke	F40	(042/061)		06:24/10:17	01:03:57
321	212		107	Sam	Jenkins	F S	(051/068)		06:24/10:18	01:03:58
322	132		108	Ruth	Evans	F50	(012/026)		06:25/10:19	01:04:08
323	227		109	Mary	Lester	F40	(043/061)		06:25/10:20	01:04:13
324	398	215		Kevin	Twissell	M40	(068/075)		06:26/10:21	01:04:16
325	13		110	Rebecca	Ashton	F S	(052/068)		06:26/10:22	01:04:22
326	32	216		Andrew	Bee	M50	(047/049)		06:27/10:22	01:04:26
327	378	217		George	Sullivan	M S	(082/088)		06:27/10:22	01:04:27
328	61	218		Aron	Burghart	M50	(048/049)		06:28/10:24	01:04:37
329	60		111	Sharon	Burghart	F40	(044/061)		06:28/10:24	01:04:37
330	202		112	Janet	Hudson	F50	(013/026)	Run Local	06:29/10:26	01:04:51
331	220		113	Sarah	Jorgensen	F S	(053/068)		06:33/10:32	01:05:26
332	181		114	Jessica	Harrison	F40	(045/061)	Beeston AC	06:33/10:32	01:05:26
333	169		115	Emily	Hackett	F S	(054/068)		06:33/10:33	01:05:31
334	239	219		Alan	Marsh	M60	(020/022)	Midland Masters AC	06:35/10:35	01:05:46
335	58		116	Kathryn	Bryan	F40	(046/061)	Notts Women Runners	06:36/10:37	01:05:56
336	431		117	Michelle	Weston	F S	(055/068)		06:38/10:41	01:06:24
337	156		118	Ailsa	Gillies-Loach	F40	(047/061)	Notts Women Runners	06:39/10:41	01:06:26
338	379		119	Daphne	Sykes	F50	(014/026)		06:39/10:42	01:06:27
339	453	220		Michael	Murphy	M S	(083/088)		06:40/10:43	01:06:35
340	50	221		Derek	Brailsford	M70	(002/002)		06:40/10:43	01:06:38
341	96		120	Zoe	Cowlishaw	F S	(056/068)	Long Eaton Running Club	06:40/10:44	01:06:43
342	228		121	Valerie	Lindsey	F70	(001/002)	Long Eaton Running Club	06:41/10:45	01:06:46
343	340	222		Kieran	Scott	M S	(084/088)		06:42/10:47	01:07:01
344	420		122	Melissa	Watt	F S	(057/068)	Redhill Road Runners	06:43/10:48	01:07:08

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345	312		123	Jayne	Reece	F50	(015/026)		06:45/10:52	01:07:30
346	288		124	Emma	Ottway	F40	(048/061)		06:46/10:54	01:07:43
347	377		125	Jo	Sullivan	F40	(049/061)	Notts Women Runners	06:46/10:54	01:07:43
348	456		126	Dawn	Larkin	F40	(050/061)	Run Local	06:46/10:54	01:07:45
349	26	223		Ian	Barnsdall	M40	(069/075)		06:48/10:57	01:08:01
350	280		127	Kate	Nowicki	F50	(016/026)	Run Local	06:48/10:57	01:08:01
351	42	224		Judah	Blick	M S	(085/088)		06:49/10:58	01:08:07
352	214		128	Suzi	Jobe	F40	(051/061)		06:50/11:00	01:08:20
353	34	225		Damian	Benner	M40	(070/075)		06:50/11:01	01:08:25
354	53	226		Tim	Brooke	M40	(071/075)		06:51/11:02	01:08:33
355	99		129	Vivienne	Craven	F40	(052/061)	Redhill Road Runners	06:53/11:04	01:08:48
356	46		130	Vicky	Boyce	F40	(053/061)		06:53/11:04	01:08:48
357	65		131	Lucy	Burton	F S	(058/068)		06:54/11:06	01:08:59
358	304		132	Frederique	Poujades	F40	(054/061)		06:54/11:07	01:09:03
359	301		133	Friedel	Plant	F70	(002/002)	Holme Pierrepont RC	06:55/11:08	01:09:12
360	416		134	Niki	Ward	F S	(059/068)	Rushcliffe AC	06:58/11:13	01:09:43
361	353		135	Jackie	Smith	F50	(017/026)	Notts Women Runners	06:59/11:14	01:09:50
362	320	227		Glen	Rippon	M S	(086/088)		07:00/11:15	01:09:55
363	354	228		Mark	Smith	M50	(049/049)		07:00/11:15	01:09:56
364	191		136	Jacqueline	Hicks	F S	(060/068)	Notts Women Runners	07:01/11:18	01:10:11
365	418		137	Deborah	Watkins	F50	(018/026)	Team Derby Runner	07:02/11:18	01:10:16
366	93		138	Thomasina	Copcutt	F60	(004/004)	Mansfield Harriers	07:02/11:19	01:10:19
367	95	229		Andrew	Cowell	M40	(072/075)		07:03/11:20	01:10:26
368	110		139	Josie	Day	F40	(055/061)		07:03/11:20	01:10:28
369	315		140	Sam	Reid	F40	(056/061)		07:04/11:22	01:10:37
370	8	230		Dominic	Armsby	M40	(073/075)	Lonely Goat RC	07:06/11:25	01:10:57
371	12		141	Louise	Ashby	F S	(061/068)		07:07/11:27	01:11:10
372	117		142	Becky	Dowson	F S	(062/068)	Notts Women Runners	07:09/11:31	01:11:31
373	322	231		Samuel	Roberts	M S	(087/088)		07:09/11:31	01:11:32
374	417		143	Jo	Wardle	F40	(057/061)		07:11/11:34	01:11:51
375	291		144	Karen	Parkin	F50	(019/026)		07:13/11:37	01:12:10
376	210		145	Ashley	Jackson	F50	(020/026)	Stilton Striders	07:15/11:40	01:12:28
377	113		146	Sarah	Ditchfield	F50	(021/026)	Notts Women Runners	07:18/11:46	01:13:05
378	115		147	Emma	Dodd	F S	(063/068)		07:22/11:51	01:13:35
379	452	232		Lee	Gunton	M S	(088/088)		07:22/11:51	01:13:40
380	79		148	Lynne	Chapman	F50	(022/026)	Smalley Road Runners	07:25/11:56	01:14:08
381	173		149	Gemma	Hale	F S	(064/068)		07:28/12:02	01:14:44
382	347	233		Nigel	Simpkins	M60	(021/022)		07:36/12:15	01:16:05
383	332		150	Zoe	Rylatt	F50	(023/026)		07:39/12:19	01:16:30
384	24	234		Neil	Barnes	M60	(022/022)	Sinfin Running Club	07:42/12:23	01:16:57
385	67		151	Christine	Butler	F50	(024/026)		07:47/12:31	01:17:47
386	27		152	Jenny	Bavin	F S	(065/068)	Smalley Road Runners	07:47/12:31	01:17:48
387	158	235		Peter	Gittings	M40	(074/075)		07:47/12:32	01:17:54
388	208		153	Tracey	Jackson	F40	(058/061)		07:51/12:38	01:18:33
389	286	236		Kevin	Osborne	M40	(075/075)		07:51/12:39	01:18:34
390	411		154	Laura	Walmsley	F S	(066/068)		08:01/12:55	01:20:14
391	364		155	Kaiti	Soultana	F S	(067/068)		08:02/12:56	01:20:24
392	363		156	Lisa	Soultana	F50	(025/026)		08:02/12:56	01:20:25
393	29		157	Fran	Beckett	F S	(068/068)		08:06/13:03	01:21:03
394	104		158	Caroline	Davies	F40	(059/061)		08:10/13:08	01:21:36
395	397		159	Tessa	Turton	F40	(060/061)		08:24/13:31	01:23:59
396	101		160	Jenni	Cross	F40	(061/061)	Birstall RC	08:28/13:37	01:24:39
397	149		161	Suzanne	Fox	F50	(026/026)		08:35/13:49	01:25:51