

Formula One Circuit Crew's Castle Rock 10k, Nottingham
Friday 3rd August 2018

Pos	Num	M	F	Forename	Surname	Cat	Cat/Pos	Club	Pace Km/Mile	GunTime
1	143	1		Eddy	George	M S	(001/075)	Holme Pierrepont RC	03:41/05:56	00:36:53
2	402	2		Robert	Evans	M S	(002/075)	Beeston AC	03:46/06:04	00:37:39
3	151	3		David	Greenwood	M40	(001/063)	Rushcliffe AC	03:49/06:09	00:38:12
4	169	4		Phil	Herd	M40	(002/063)	Beeston AC	03:52/06:14	00:38:42
5	40	5		Pascal	Bouttier-Butler	M S	(003/075)	Leicester Coritanian AC	03:54/06:16	00:38:57
6	258	6		Paul	Newton	M50	(001/050)	Redhill Road Runners	03:56/06:21	00:39:25
7	252	7		Thomas	Moulder	M S	(004/075)	Belper Harriers	03:57/06:21	00:39:29
8	241	8		Liam	Mills	M S	(005/075)	Northbrook Athletic Club	03:57/06:22	00:39:31
9	189	9		Mike	Howard	M50	(002/050)	Long Eaton Running Club	03:57/06:22	00:39:33
10	209	10		Albert	Jordana	M S	(006/075)		03:58/06:23	00:39:40
11	135	11		Jon	Fox	M S	(007/075)		03:58/06:23	00:39:43
12	152	12		James	Gregory	M S	(008/075)		04:02/06:29	00:40:15
13	394	13		Mark	Lay	M40	(003/063)	Long Eaton Running Club	04:02/06:30	00:40:25
14	255	14		David	Nelson	M S	(009/075)		04:05/06:35	00:40:54
15	64	15		Alistair	Chambers	M50	(003/050)	Ivanhoe Runners	04:06/06:35	00:40:56
16	323	16		Daniel	Simmons	M S	(010/075)		04:06/06:36	00:40:58
17	92	17		Chris	Dale	M S	(011/075)	Mansfield Harriers	04:06/06:37	00:41:05
18	195	18		James	Isherwood	M40	(004/063)	Beeston AC	04:07/06:37	00:41:10
19	281	19		Kevin	Piper	M S	(012/075)		04:07/06:38	00:41:12
20	226	20		Anthony	Madge	M60	(001/018)	Holme Pierrepont RC	04:09/06:40	00:41:28
21	91	21		Lee	Cutforth	M S	(013/075)	Kimberley & District Striders	04:11/06:43	00:41:47
22	190	22		Richard	Howe	M S	(014/075)	Long Eaton Running Club	04:11/06:44	00:41:51
23	291	23		John	Reynolds	M S	(015/075)	Ilkeston Running Club	04:13/06:48	00:42:14
24	184	24		Paul	Holford	M50	(004/050)	Derby Athletic Club	04:14/06:49	00:42:20
25	341	25		Alex	Steenson	M S	(016/075)	North Derbyshire RC	04:14/06:49	00:42:20
26	178	26		Ben	Hodgkin	M S	(017/075)	Grantham Running Club	04:14/06:49	00:42:23
27	21	27		Adrian	Barrell	M50	(005/050)		04:15/06:50	00:42:27
28	129	28		Patrick	Fitzgerald	M50	(006/050)	Long Eaton Running Club	04:15/06:51	00:42:32
29	276	29		Anthony	Peters	M40	(005/063)		04:16/06:53	00:42:44
30	278	30		James	Pikett	M S	(018/075)		04:17/06:53	00:42:47
31	306	31		David	Sanders	M40	(006/063)		04:17/06:53	00:42:47
32	97	32		Angus	Davison	M50	(007/050)	Beeston AC	04:17/06:53	00:42:49
33	77	33		Stephen	Connor	M S	(019/075)	Beeston AC	04:18/06:55	00:42:57
34	274	34		Craig	Pepper	M S	(020/075)	Team Derby Runner	04:18/06:56	00:43:02
35	227	35		Christopher	Magee	M S	(021/075)		04:19/06:57	00:43:13
36	251	36		Andrew	Mothershaw	M S	(022/075)	Beeston AC	04:20/06:58	00:43:17
37	99	37		Paul	Dennis	M50	(008/050)	Beeston AC	04:20/06:58	00:43:19
38	275	38		David	Perkins	M40	(007/063)	Steel City Striders	04:20/06:59	00:43:24
39	288	39		Tom	Reader	M40	(008/063)	Beeston AC	04:21/07:00	00:43:30
40	242	40		Andrew	Mitchell	M S	(023/075)		04:22/07:02	00:43:42
41	102	41		Pete	Doran	M S	(024/075)		04:22/07:02	00:43:44
42	32	42		Simon	Bevis	M40	(009/063)	Wymeswold RC	04:22/07:02	00:43:45
43	193	43		Andrew	Hunter	M40	(010/063)	Beeston AC	04:23/07:03	00:43:51
44	106		1	Sophie	Eadsforth	F40	(001/036)	Beeston AC	04:23/07:04	00:43:52
45	220	44		Martyn	Lawson	M S	(025/075)	Derby Triathlon Club	04:24/07:05	00:43:58
46	86	45		Gary	Cragg	M40	(011/063)	Holme Pierrepont RC	04:24/07:05	00:44:00
47	334	46		Matt	Smith	M S	(026/075)		04:24/07:05	00:44:02
48	131		2	Suzannah	Fleming	F S	(001/053)		04:24/07:05	00:44:03
49	361	47		John	Walker	M50	(009/050)	Beeston AC	04:25/07:06	00:44:07
50	69	48		Martyn	Clarke	M50	(010/050)	Colchester Harriers AC	04:26/07:07	00:44:16
51	35	49		Dave	Bish	M S	(027/075)	Beeston AC	04:26/07:07	00:44:16
52	214		3	Louise	Kelly	F S	(002/053)		04:26/07:08	00:44:19
53	176	50		Joon	Ho	M S	(028/075)		04:26/07:08	00:44:20
54	101	51		Rob	Disney	M50	(011/050)		04:26/07:09	00:44:25
55	202	52		Scott	Jones	M40	(012/063)	Grantham Running Club	04:27/07:10	00:44:30
56	308	53		Luke	Saxton	M S	(029/075)		04:28/07:10	00:44:35
57	272	54		Geoff	Pennington	M50	(012/050)	Beeston AC	04:28/07:11	00:44:40
58	132	55		Samuel	Foster	M S	(030/075)		04:28/07:12	00:44:42
59	23	56		Mark	Battison	M50	(013/050)		04:29/07:13	00:44:50
60	354	57		Richard	Thompson	M40	(013/063)	Barrow Runners	04:30/07:15	00:45:00

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61	28	58		David	Beighton	M S	(031/075)		04:31/07:15	00:45:06
62	41	59		Lloyd	Bowler	M S	(032/075)	Barrow Runners	04:31/07:16	00:45:09
63	337	60		Kwokkam	So	M S	(033/075)		04:31/07:17	00:45:13
64	381		4	Catherine	Wilson	F S	(003/053)	Beeston AC	04:32/07:17	00:45:18
65	123	61		David	Feely	M S	(034/075)	Ilkeston Running Club	04:32/07:18	00:45:19
66	367	62		Sam	Wass	M S	(035/075)		04:33/07:20	00:45:33
67	93		5	Emma	Dancer	F40	(002/036)		04:35/07:22	00:45:46
68	149		6	Lucy	Grant	F S	(004/053)	Beeston AC	04:35/07:22	00:45:49
69	94	63		Stephen	Davies	M60	(002/018)	Welsh Anglo Athletes	04:35/07:23	00:45:50
70	22	64		Peter	Battison	M50	(014/050)		04:35/07:23	00:45:52
71	293	65		David	Riley	M60	(003/018)	Long Eaton Running Club	04:35/07:23	00:45:54
72	65		7	Sharon	Chapman	F40	(003/036)		04:37/07:25	00:46:08
73	96	66		Spencer	Davies	M40	(014/063)		04:37/07:26	00:46:10
74	142	67		Steve	Gelder	M50	(015/050)	Redhill Road Runners	04:37/07:26	00:46:13
75	370	68		Preston	Watkins	M S	(036/075)		04:38/07:27	00:46:17
76	336		8	Jodie	Smith	F S	(005/053)	Long Eaton Running Club	04:38/07:27	00:46:19
77	127	69		Darren	Fisher	M40	(015/063)	Holme Pierrepont RC	04:38/07:28	00:46:25
78	371	70		Bailey	Watkins	M S	(037/075)		04:40/07:31	00:46:41
79	141		9	Kirstie	Gee	F S	(006/053)		04:42/07:33	00:46:55
80	206	71		David	Jones	M S	(038/075)		04:42/07:33	00:46:55
81	302	72		Simon	Ross	M40	(016/063)	Holme Pierrepont RC	04:42/07:34	00:46:58
82	171	73		Ian	Hewitt	M40	(017/063)		04:44/07:38	00:47:23
83	356	74		Andrew	Towers	M50	(016/050)		04:44/07:38	00:47:24
84	303	75		Mark	Rowlson	M50	(017/050)	Beeston AC	04:46/07:40	00:47:36
85	228	76		Alan	Maplethorpe	M50	(018/050)	Long Eaton Running Club	04:48/07:43	00:48:00
86	312	77		Robert	Schofield	M S	(039/075)		04:48/07:44	00:48:01
87	321		10	Catherine	Simkins	F40	(004/036)	Beeston AC	04:48/07:44	00:48:02
88	79		11	Clare	Coombes	F40	(005/036)	Vegan Runners UK	04:49/07:45	00:48:10
89	128	78		Nigel	Fisher	M50	(019/050)	Redhill Road Runners	04:49/07:46	00:48:13
90	16	79		Simon	Barnes	M50	(020/050)	Beeston AC	04:49/07:46	00:48:14
91	58		12	Abigail	Cast	F S	(007/053)	Rushcliffe AC	04:49/07:46	00:48:14
92	277	80		Jaik	Pickford	M40	(018/063)		04:50/07:46	00:48:15
93	108	81		Jon	Earp	M40	(019/063)		04:51/07:49	00:48:33
94	24	82		Russell	Beauchamp	M40	(020/063)		04:52/07:50	00:48:40
95	159	83		Matt	Hackland	M S	(040/075)		04:53/07:51	00:48:47
96	14	84		Sam	Barfield	M S	(041/075)	Beeston AC	04:54/07:53	00:48:57
97	294		13	Kat	Robb	F40	(006/036)		04:54/07:53	00:48:58
98	332	85		David	Smith	M50	(021/050)	Beeston AC	04:54/07:53	00:48:59
99	67	86		Nikos	Christodoulou	M40	(021/063)		04:54/07:53	00:49:01
100	205	87		Keir	Jones	M40	(022/063)		04:54/07:54	00:49:03
101	11		14	Zoe	Attenbrorrough	F S	(008/053)		04:55/07:54	00:49:08
102	263	88		Joe	Odonnell	M S	(042/075)		04:55/07:55	00:49:11
103	68	89		Ian	Clarke	M50	(022/050)		04:58/07:59	00:49:39
104	192	90		Stuart	Hunter	M50	(023/050)	Shepshed Running Club	04:59/08:01	00:49:46
105	232	91		Darryl	Mason	M S	(043/075)		04:59/08:02	00:49:53
106	201		15	Lisa	Jones	F40	(007/036)		05:00/08:02	00:49:55
107	60		16	Nicola	Chamberlain	F40	(008/036)	Kimberley & District Striders	05:00/08:02	00:49:57
108	244	92		Richard	Mitson	M40	(023/063)	Notts AC	05:00/08:02	00:49:57
109	344	93		Jonathan	Straw	M40	(024/063)		05:00/08:03	00:49:59
110	3	94		Nigel	Adcock	M50	(024/050)	Beeston AC	05:00/08:03	00:50:02
111	46	95		Ewan	Bridgmount	M S	(044/075)		05:01/08:04	00:50:08
112	54	96		Byron	Burghart	M S	(045/075)		05:01/08:05	00:50:11
113	66		17	Emily	Chesher	F S	(009/053)		05:02/08:05	00:50:15
114	107	97		Richard	Eadsforth	M40	(025/063)	Beeston AC	05:02/08:06	00:50:17
115	376	98		Alex	Wesson	M S	(046/075)	Mansfield Harriers	05:02/08:06	00:50:18
116	168	99		Rob	Henderson	M S	(047/075)	Beeston AC	05:02/08:06	00:50:21
117	38		18	Katie	Bosanquet	F S	(010/053)	Holme Pierrepont RC	05:02/08:07	00:50:24
118	375	100		Rich	Wells	M S	(048/075)	Holme Pierrepont RC	05:02/08:07	00:50:25
119	34	101		Paul	Bibby	M50	(025/050)	Tickhill Running & Athletic Club	05:03/08:07	00:50:26
120	36	102		Andrew	Blackwell	M S	(049/075)		05:03/08:08	00:50:30

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121	39	103		Richard	Bourne	M S	(050/075)	Fylde Coast Runners	05:04/08:10	00:50:42
122	26	104		Steve	Beddoe	M50	(026/050)	North Derbyshire RC	05:04/08:10	00:50:45
123	7	105		Paul	Anderson	M50	(027/050)		05:05/08:11	00:50:49
124	382	106		Lee	Wilson	M S	(051/075)		05:06/08:12	00:50:58
125	43		19	Christina	Brady	F S	(011/053)		05:06/08:12	00:50:59
126	286	107		Rob	Quirk	M40	(026/063)		05:06/08:12	00:51:00
127	389	108		Anthony	Wright	M40	(027/063)	Beeston AC	05:07/08:13	00:51:06
128	74	109		Harry	Cocks	M40	(028/063)		05:07/08:14	00:51:07
129	13		20	Kate	Banks	F40	(009/036)	Rushcliffe AC	05:07/08:14	00:51:09
130	324		21	Sarah	Simpson	F40	(010/036)		05:07/08:15	00:51:14
131	236	110		Tim	Mehta	M S	(052/075)		05:08/08:15	00:51:17
132	383		22	Carrie	Wing	F S	(012/053)	North Derbyshire RC	05:10/08:19	00:51:40
133	290	111		Oliver	Reek	M S	(053/075)		05:10/08:19	00:51:40
134	247	112		Ian	Moran	M40	(029/063)	Holme Pierrepont RC	05:10/08:19	00:51:41
135	157	113		Robert	Habgood	M S	(054/075)		05:11/08:20	00:51:49
136	160		23	Katherine	Hall	F S	(013/053)	Southwell Running Club	05:11/08:21	00:51:51
137	373		24	Jackie	Welburn	F S	(014/053)	Beeston AC	05:12/08:21	00:51:55
138	249	114		Ken	Morrell	M60	(004/018)	Beeston AC	05:12/08:22	00:51:59
139	400	115		David	Boyd	M S	(055/075)		05:12/08:23	00:52:04
140	75	116		Paul	Coe	M60	(005/018)	Ilkeston Running Club	05:13/08:23	00:52:06
141	133		25	Joanne	Foster	F40	(011/036)	Ilkeston Running Club	05:13/08:24	00:52:10
142	343	117		Ian	Stevenson	M40	(030/063)	Ilkeston Running Club	05:13/08:24	00:52:11
143	401	118		Andrew	Bird	M40	(031/063)	Ilkeston Running Club	05:13/08:24	00:52:11
144	105		26	Jessica	Dring-Morris	F S	(015/053)		05:13/08:24	00:52:14
145	30	119		Paul	Bentley	M S	(056/075)	Barrow Runners	05:15/08:26	00:52:27
146	185		27	Melanie	Hopewell	F40	(012/036)		05:17/08:30	00:52:47
147	279	120		Jeff	Pilbin	M40	(032/063)		05:17/08:30	00:52:48
148	217		28	Claudia	Kuster	F40	(013/036)		05:17/08:30	00:52:49
149	280	121		James	Pilling	M40	(033/063)		05:17/08:30	00:52:51
150	124	122		Shane	Fenn	M S	(057/075)	Beeston AC	05:18/08:31	00:52:58
151	287	123		Jon	Rawson	M50	(028/050)	Newark Striders Running Club	05:19/08:33	00:53:06
152	269	124		Rob	Pearce	M40	(034/063)	Sutton in Ashfield Harriers & AC	05:19/08:33	00:53:08
153	363	125		James	Wall	M40	(035/063)		05:20/08:34	00:53:16
154	311	126		Paul	Schofield	M50	(029/050)		05:20/08:35	00:53:18
155	259	127		Christopher	Nicol	M S	(058/075)		05:20/08:35	00:53:22
156	138	128		Mike	Foxall	M40	(036/063)		05:21/08:37	00:53:33
157	146	129		Mark	Godfrey	M40	(037/063)		05:22/08:37	00:53:35
158	256	130		Anton	Newell	M50	(030/050)	Sutton in Ashfield Harriers & AC	05:22/08:39	00:53:42
159	47	131		Paul	Bridgmount	M40	(038/063)		05:23/08:39	00:53:48
160	196	132		Andy	Jackson	M40	(039/063)	Beeston AC	05:23/08:40	00:53:52
161	177		29	Nikki	Hocking	F S	(016/053)	Long Eaton Running Club	05:23/08:40	00:53:53
162	51	133		Robert	Browne	M60	(006/018)	Erewash Valley RC	05:24/08:42	00:54:02
163	95	134		Peter	Davies	M40	(040/063)		05:25/08:43	00:54:07
164	55	135		Shaun	Burton	M50	(031/050)	Long Eaton Running Club	05:25/08:43	00:54:11
165	175	136		Chris	Hill	M40	(041/063)		05:25/08:44	00:54:13
166	219		30	Amanda	Larkin	F40	(014/036)	Long Eaton Running Club	05:26/08:44	00:54:18
167	393		31	Bogna	Zimna	F S	(017/053)		05:26/08:45	00:54:20
168	368		32	Jacqueline	Wass	F50	(001/024)		05:26/08:45	00:54:25
169	145		33	Lauren	Glover	F S	(018/053)	Holme Pierrepont RC	05:28/08:47	00:54:35
170	155	137		Paul	Griffiths	M40	(042/063)	Holme Pierrepont RC	05:28/08:47	00:54:35
171	378	138		Barry	Whyler	M40	(043/063)		05:28/08:48	00:54:39
172	301	139		Stephen	Rooney	M60	(007/018)	Beeston AC	05:29/08:50	00:54:51
173	339		34	Adele	Stacey	F40	(015/036)		05:29/08:50	00:54:54
174	246		35	Izzy	Moore	F S	(019/053)		05:30/08:50	00:54:56
175	18	140		Joe	Barnes	M S	(059/075)		05:30/08:51	00:54:58
176	81	141		Peter	Copcutt	M60	(008/018)	Mansfield Harriers	05:30/08:51	00:54:59
177	111	142		Robert	Easter	M50	(032/050)	Long Eaton Running Club	05:30/08:51	00:54:59
178	239		36	Laura	Merryweather	F S	(020/053)	Redhill Road Runners	05:30/08:51	00:55:00
179	319	143		Jonathan	Short	M40	(044/063)	Rushcliffe AC	05:30/08:52	00:55:04
180	245		37	Phoebe	Mooney	F S	(021/053)	Woodthorpe Huffers & Puffers	05:30/08:52	00:55:04

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181	240	144		Jake	Miles	M S	(060/075)		05:31/08:52	00:55:06
182	385	145		Peter	Woods	M50	(033/050)		05:31/08:53	00:55:12
183	224	146		John	Levick	M S	(061/075)		05:32/08:54	00:55:16
184	188		38	Rachel	House	F S	(022/053)	GoodGym Race Team	05:32/08:54	00:55:16
185	338	147		James	Southerington	M50	(034/050)		05:33/08:56	00:55:28
186	351	148		Fraser	Thompson	M50	(035/050)		05:34/08:57	00:55:39
187	144		39	Victoria	Giles	F S	(023/053)		05:35/09:00	00:55:54
188	137		40	Charlotte	Fox	F S	(024/053)		05:36/09:00	00:55:55
189	136	149		Adam	Fox	M40	(045/063)		05:36/09:00	00:55:55
190	335		41	Lisa	Smith	F S	(025/053)		05:36/09:00	00:55:55
191	322	150		Graham	Simkins	M40	(046/063)		05:38/09:03	00:56:16
192	37	151		Matt	Blick	M40	(047/063)		05:38/09:04	00:56:21
193	50		42	Alison	Brown	F40	(016/036)		05:38/09:04	00:56:22
194	347	152		Chris	Taylor	M50	(036/050)	Wymeswold RC	05:38/09:05	00:56:25
195	154	153		Philip	Gretton	M S	(062/075)		05:39/09:05	00:56:27
196	292	154		Tim	Richardson	M50	(037/050)	Mansfield Harriers	05:39/09:06	00:56:33
197	387		43	Helena	Wootton	F40	(017/036)		05:40/09:06	00:56:35
198	179	155		Neil	Hodgson	M50	(038/050)		05:40/09:07	00:56:36
199	362		44	Jenny	Walker	F S	(026/053)	Beeston AC	05:40/09:07	00:56:42
200	212		45	Cathy	Keay	F50	(002/024)	Massey Ferguson RC	05:40/09:08	00:56:44
201	5	156		Andrew	Allen	M S	(063/075)		05:41/09:09	00:56:54
202	56		46	Kat	Carrick	F S	(027/053)		05:42/09:10	00:56:56
203	215	157		David	Kirk	M S	(064/075)		05:42/09:11	00:57:04
204	355	158		Stephen	Tomlinson	M40	(048/063)	Newark Striders Running Club	05:42/09:11	00:57:05
205	174	159		Thomas	Hill	M S	(065/075)		05:44/09:13	00:57:15
206	19	160		Jake	Barnes	M S	(066/075)		05:44/09:13	00:57:18
207	72		47	Rebecca	Clift	F S	(028/053)	Newark Striders Running Club	05:44/09:13	00:57:18
208	150	161		Matthew	Gray	M S	(067/075)	Kimberley & District Striders	05:44/09:14	00:57:22
209	326	162		Colin	Sinnott	M60	(009/018)	North Derbyshire RC	05:44/09:14	00:57:24
210	237	163		Joseph	Melbourne	M40	(049/063)		05:44/09:14	00:57:25
211	372	164		Vaughan	Weighill	M40	(050/063)		05:45/09:16	00:57:33
212	310		48	Claire	Sayers	F40	(018/036)	Notts Women Runners	05:46/09:16	00:57:38
213	309	165		Ian	Sayers	M40	(051/063)		05:46/09:16	00:57:38
214	110	166		Peter	East	M50	(039/050)		05:50/09:24	00:58:24
215	262	167		Peter	O'Kane	M S	(068/075)		05:50/09:24	00:58:24
216	243	168		Steven	Mitchell	M S	(069/075)	Beeston AC	05:51/09:24	00:58:27
217	230	169		Scott.	Marshall	M40	(052/063)		05:51/09:25	00:58:29
218	342		49	Judy	Stevens	F60	(001/003)		05:52/09:26	00:58:37
219	231		50	Lisa	Marshall	F S	(029/053)		05:52/09:26	00:58:37
220	182		51	Alison	Hogg	F40	(019/036)	Beeston AC	05:52/09:26	00:58:39
221	166		52	Steph	Hart	F40	(020/036)		05:52/09:27	00:58:42
222	392	170		Paul	Zemontas	M50	(040/050)	Notfast RC	05:53/09:28	00:58:49
223	297		53	Anna	Roberts	F S	(030/053)		05:56/09:32	00:59:16
224	112	171		Richard	Ecob	M50	(041/050)	Run Local	05:57/09:35	00:59:33
225	27		54	Emma	Beer	F S	(031/053)	Steel City Striders	05:58/09:35	00:59:35
226	357	172		Ashley	Tranter	M50	(042/050)		05:58/09:36	00:59:38
227	48		55	Tracey	Brookes	F50	(003/024)	Shepshed Running Club	05:58/09:36	00:59:39
228	327		56	Jackie	Smith	F40	(021/036)	Notts Women Runners	05:59/09:38	00:59:49
229	114	173		Michael	Edmond	M40	(053/063)		05:59/09:38	00:59:49
230	325		57	Mel	Sims	F50	(004/024)		06:00/09:39	00:59:58
231	98		58	Gemma	Daykin	F S	(032/053)		06:02/09:42	01:00:16
232	282	174		James	Powell	M40	(054/063)	Run Local	06:02/09:42	01:00:19
233	358	175		Andy	Trow	M40	(055/063)	Holme Pierrepont RC	06:03/09:44	01:00:27
234	318	176		Jonathan	Shewell-Cooper	M50	(043/050)		06:03/09:44	01:00:32
235	57		59	Margaret	Cartwright	F50	(005/024)		06:04/09:45	01:00:35
236	153		60	Sally	Gregory	F40	(022/036)		06:04/09:45	01:00:36
237	194	177		Shariff	Ibrahim	M S	(070/075)		06:04/09:46	01:00:39
238	52	178		Aron	Burghart	M50	(044/050)		06:04/09:46	01:00:43
239	233		61	Ndiarka	Mbodji	F40	(023/036)	Beeston AC	06:05/09:47	01:00:48
240	366	179		Cary	Ward	M S	(071/075)		06:05/09:47	01:00:49

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Pos	Num	M	F	Forename	Surname	Cat	Cat/Pos	Club	Pace Km/Mile	GunTime
241	25		62	Amelia	Beaver	F S	(033/053)		06:05/09:47	01:00:50
242	289		63	Hilly	Redgrave	F S	(034/053)		06:05/09:48	01:00:53
243	130		64	Anne	Fleming	F50	(006/024)		06:06/09:48	01:00:55
244	42	180		Andrew	Bradley	M40	(056/063)	Redhill Road Runners	06:06/09:48	01:00:56
245	62		65	Helen	Chamberlain	F40	(024/036)		06:06/09:49	01:00:57
246	340		66	Jo	Stanton	F50	(007/024)		06:06/09:50	01:01:04
247	87	181		Ben	Cressey	M S	(072/075)		06:07/09:50	01:01:09
248	161		67	Lucy	Hancock	F S	(035/053)		06:07/09:51	01:01:14
249	63		68	Sallyann	Chambers	F50	(008/024)	Notts Women Runners	06:09/09:54	01:01:32
250	234		69	Gill	McCulloch	F50	(009/024)		06:10/09:55	01:01:40
251	103	182		Ray	Draycott	M60	(010/018)	Shepshed Running Club	06:12/09:58	01:01:58
252	183	183		Simon	Hogg	M40	(057/063)		06:12/09:59	01:02:05
253	316		70	Rebecca	Sharp	F S	(036/053)		06:14/10:01	01:02:17
254	248	184		Richard	Morley	M S	(073/075)		06:14/10:01	01:02:17
255	198	185		Paul	Jackson	M40	(058/063)		06:15/10:04	01:02:32
256	384	186		Jim	Winter	M S	(074/075)		06:17/10:07	01:02:51
257	353		71	Claire	Thompson	F40	(025/036)		06:18/10:08	01:03:00
258	250	187		James	Morrison	M60	(011/018)	Charnwood A C	06:19/10:10	01:03:13
259	374		72	Wendy	Weller	F60	(002/003)		06:20/10:11	01:03:17
260	70		73	Zara	Clay	F S	(037/053)		06:20/10:12	01:03:21
261	261	188		Adam	Nowicki	M50	(045/050)	Run Local	06:22/10:15	01:03:40
262	89		74	Kathy	Crockford	F50	(010/024)	Long Eaton Running Club	06:24/10:18	01:03:59
263	216	189		Robert	Kirk	M40	(059/063)		06:28/10:24	01:04:35
264	163		75	Jessica	Harrison	F40	(026/036)	Beeston AC	06:28/10:24	01:04:36
265	165	190		Chris	Harrison	M60	(012/018)		06:29/10:26	01:04:47
266	225		76	Valerie	Lindsey	F70	(001/002)	Long Eaton Running Club	06:29/10:26	01:04:52
267	187		77	Kate	Horton	F40	(027/036)		06:29/10:27	01:04:54
268	380	191		Nick	Williams	M50	(046/050)		06:30/10:27	01:04:55
269	120		78	Claire	Evans	F40	(028/036)		06:30/10:28	01:05:01
270	100		79	Tracey	Dennis	F50	(011/024)	Long Eaton Running Club	06:30/10:28	01:05:05
271	84	192		Damian	Cowlshaw	M50	(047/050)	Long Eaton Running Club	06:31/10:29	01:05:06
272	85		80	Zoe	Cowlshaw	F S	(038/053)	Long Eaton Running Club	06:31/10:29	01:05:06
273	158		81	Emily	Hackett	F S	(039/053)		06:34/10:34	01:05:39
274	295	193		Neil	Roberts	M50	(048/050)	Erewash Valley RC	06:37/10:39	01:06:09
275	191		82	Janet	Hudson	F50	(012/024)	Run Local	06:37/10:40	01:06:14
276	346		83	Daphne	Sykes	F50	(013/024)		06:40/10:43	01:06:35
277	71	194		Martin	Clifford	M40	(060/063)	Holme Pierrepont RC	06:40/10:43	01:06:35
278	223		84	Mary	Lester	F40	(029/036)		06:41/10:45	01:06:49
279	333		85	Elizabeth	Smith	F50	(014/024)	Run Local	06:42/10:47	01:07:02
280	260		86	Kate	Nowicki	F50	(015/024)	Run Local	06:42/10:47	01:07:02
281	221		87	Clare	Leeland	F S	(040/053)		06:44/10:50	01:07:20
282	88	195		Bob	Crockford	M60	(013/018)	Long Eaton Running Club	06:47/10:54	01:07:46
283	113		88	Sophie	Edmond	F S	(041/053)		06:49/10:59	01:08:12
284	329		89	Rebecca	Smith	F S	(042/053)		06:50/10:59	01:08:16
285	350	196		Joel	Tegerdine	M S	(075/075)		06:50/10:59	01:08:18
286	273		90	Dorcas	Pennington	F50	(016/024)	Run Local	06:51/11:01	01:08:28
287	2		91	Tabitha	Adamczyk	F S	(043/053)		06:51/11:01	01:08:30
288	109		92	Cheryl	Easom	F S	(044/053)		06:52/11:02	01:08:36
289	126		93	Heidi	Felder	F40	(030/036)	Holme Pierrepont RC	06:52/11:03	01:08:37
290	305		94	Zoe	Rylatt	F50	(017/024)		06:52/11:03	01:08:40
291	253	197		Barry	Mudd	M60	(014/018)		06:52/11:04	01:08:45
292	140	198		John	Fryer	M60	(015/018)		06:53/11:04	01:08:48
293	328	199		Mark	Smith	M50	(049/050)		06:53/11:04	01:08:49
294	320		95	Ana	Silva	F S	(045/053)		06:53/11:05	01:08:52
295	298		96	Alison	Robertson	F S	(046/053)		06:55/11:07	01:09:06
296	359	200		Kevin	Twissell	M40	(061/063)		06:57/11:10	01:09:26
297	264	201		Chris	Oldershaw	M60	(016/018)	Team Derby Runner	06:58/11:13	01:09:39
298	73		97	Annette	Cluley	F50	(018/024)	Ilkeston Running Club	07:00/11:16	01:10:03
299	115		98	Sarah	Edmonds	F40	(031/036)	Long Eaton Running Club	07:01/11:18	01:10:12
300	284	202		Andy	Pritchett	M50	(050/050)	Notfast RC	07:02/11:18	01:10:16

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Pos	Num	M	F	Forename	Surname	Cat	Cat/Pos	Club	Pace Km/Mile	GunTime
301	104		99	Jane	Dring-Morris	F40	(032/036)		07:04/11:23	01:10:41
302	170	203		John	Hess	M60	(017/018)	David Lloyd West Bridgford Runners	07:06/11:26	01:11:00
303	80		100	Claire	Coombes	F60	(003/003)	Notts Women Runners	07:07/11:28	01:11:13
304	313		101	Rhian	Schofield	F50	(019/024)		07:10/11:31	01:11:35
305	369		102	Deborah	Watkins	F50	(020/024)	Team Derby Runner	07:14/11:38	01:12:19
306	8		103	Karen	Archer	F50	(021/024)		07:21/11:50	01:13:32
307	254	204		Maurice	Needoff	M60	(018/018)		07:27/11:59	01:14:30
308	162	205		Alastair	Harris	M40	(062/063)		07:28/12:02	01:14:44
309	78		104	Debbie	Cooke	F50	(022/024)		07:30/12:03	01:14:55
310	186		105	Cally	Horsfall	F S	(047/053)		07:30/12:04	01:14:59
311	386		106	Kelly	Woods	F S	(048/053)		07:30/12:04	01:15:00
312	304		107	Lisa	Rull	F50	(023/024)	Erewash Valley RC	07:31/12:06	01:15:13
313	6		108	Sally	Allsopp	F40	(033/036)	Fylde Coast Runners	07:35/12:13	01:15:54
314	200		109	Steph	James	F S	(049/053)		07:42/12:23	01:16:56
315	82		110	Theresa	Copcutt	F40	(034/036)	Mansfield Harriers	07:48/12:34	01:18:04
316	45		111	Jo	Brailsford-Finnis	F40	(035/036)		07:50/12:37	01:18:23
317	315		112	Anjela	Sewell	F50	(024/024)		08:02/12:55	01:20:15
318	197		113	Tracey	Jackson	F40	(036/036)		08:02/12:55	01:20:15
319	317		114	Rebecca	Sharpe	F S	(050/053)		08:03/12:57	01:20:26
320	122		115	Louise	Evans	F S	(051/053)		08:16/13:18	01:22:37
321	235		116	Kelly	McKernan	F S	(052/053)	Notts Women Runners	08:29/13:38	01:24:46
322	257		117	Karen	Newton	F S	(053/053)	Shelton Striders	08:35/13:48	01:25:46
323	331	206		Richard	Smith	M40	(063/063)		08:49/14:11	01:28:11
324	388		118	Rosemary	Wright	F70	(002/002)	Rolls Royce Harriers	08:57/14:24	01:29:31