

Castle Rock 10k, Nottingham

Castle Rock 10k, Nottingham 2nd August 2024

RESULTS

Results: UKtimers.net & UKresults.net

Pos	Name	Cat	Cat/Pos	Club/Team	Time	Tag	Pos	Name	Cat	Cat/Pos	Club/Team	Time	Tag
201	Catherine Simkins	F45	10/30	Beeston AC	00:56:01	NC	292	Michelle Hall	F45	21/30	Southwell Running Club	01:03:04	NC
202	Allan Wilson	M45	43/63	[Unattached]	(440)		293	Freddie Ireland	MS	45/49	[Unattached]	(182)	
203	Tracey Brown	F55	2/27	Long Eaton Running Club	00:56:06	NC	294	Christian Thorne	M45	58/63	[Unattached]	(392)	
204	James Billington	M45	44/63	[Unattached]	(26)		295	Michael Horn	M75	2/4	Redhill Road Runners	01:03:26	NC
205	Gordon Stoner	M65	8/14	Beeston AC	00:56:10	NC	296	Gill Glenn	F55	10/27	[Unattached]	(132)	
206	Chris Dancer	M45	45/63	Holme Pierrpont RC	00:56:11	NC	297	Simon Wilson	M45	59/63	[Unattached]	(439)	
207	Ian Barnsdall	M45	46/63	[Unattached]	(17)		298	Nikki Barker	F35	16/29	Long Eaton Running Club	01:04:15	NC
208	Richard Daft	M45	47/63	[Unattached]	(94)		299	Alex Stavrinides	M35	49/53	[Unattached]	(369)	
209	Steve Willey	M55	35/57	[Unattached]	(434)		300	Sophia Johns	FS	34/48	[Unattached]	(186)	
210	Peter Kimball-Evans	M35	44/53	[Unattached]	(198)		301	Emma Lumley	FS	35/48	[Unattached]	(220)	
211	Melanie Hopewell	F45	11/30	Beeston AC	00:56:26	NC	302	Lindsay Narey	F45	22/30	[Unattached]	(254)	
212	Richard Wisker	MS	38/49	[Unattached]	(446)		303	Jon Buckthorp	M45	60/63	[Unattached]	(51)	
213	Ken Morrell	M65	9/14	Beeston AC	00:56:36	NC	304	Arabella Topliss	FS	36/48	[Unattached]	(396)	
214	Gemma Symis	F45	12/30	[Unattached]	(381)		305	Maitilda Draper	FS	37/48	[Unattached]	(105)	
215	Nigel Wright	M55	36/57	Beeston AC	00:56:45	NC	306	Hannah Casey	FS	38/48	[Unattached]	(61)	
216	Steph Hart	F45	13/30	Long Eaton Running Club	00:56:50		307	Emily Chernucha	F35	17/29	[Unattached]	(68)	
217	John Pickering	M65	10/14	Long Eaton Running Club	00:56:54	NC	308	Cheryl Easom	F35	18/29	[Unattached]	(109)	
218	Nik Walker	M45	48/63	[Unattached]	(407)		309	Gill McCulloch	F55	11/27	[Unattached]	(236)	
219	Andrew Rule	M35	45/53	Fordy Runs Running Club	00:57:10	NC	310	Linda Evans	F65	4/7	Holme Pierrpont RC	01:05:41	NC
220	Richard Webster	M55	37/57	Lonely Goat RC	00:57:14	NC	311	Colin Sawers	M35	50/53	Mansfield Harriers	01:06:20	NC
221	Mark Watchorn	M45	49/63	[Unattached]	(417)		312	Louise Archer	F35	19/29	[Unattached]	(6)	
222	Rita Fisher	F55	3/27	Heanor Running Club	00:57:27	NC	313	Rosemary Horn	F65	5/7	Redhill Road Runners	01:06:57	NC
223	Freddie Tennant	MS	39/49	[Unattached]	(390)		314	Mysha Lyle	F35	20/29	[Unattached]	(223)	
224	Gemma Swift	FS	19/48	[Unattached]	(376)		315	Trevor Huddleston	M65	13/14	[Unattached]	(175)	
225	James Haddow	M45	50/63	[Unattached]	(142)		316	Marie Martin	F55	12/27	Long Eaton Running Club	01:07:12	NC
226	James Watkins	MS	40/49	[Unattached]	(418)		317	Orienne Richards	F35	21/29	[Unattached]	(308)	
227	Tracy Hill	F45	14/30	Holme Pierrpont RC	00:58:07	NC	318	Joseph Melbourne	M55	50/57	Total Run Training	01:07:46	NC
228	Clare Smith	FS	20/48	[Unattached]	(360)		319	Zoe Cowlshaw	FS	39/48	Long Eaton Running Club	01:07:46	NC
229	Christopher Oldham	MS	41/49	[Unattached]	(268)		320	Stacey Godbehear	F35	22/29	[Unattached]	(134)	
230	Ka Man Shing	FS	21/48	[Unattached]	(341)		321	Adam Cooper	M45	61/63	[Unattached]	(76)	
231	Neil Wardle	M45	51/63	[Unattached]	(415)		322	Lydia Walker	FS	40/48	[Unattached]	(406)	
232	Timothy Gale	MS	42/49	[Unattached]	(123)		323	Daphne Sykes	F55	13/27	[Unattached]	(377)	
233	Jenny Kellow	F35	7/29	[Unattached]	(193)		324	Damian Cowlshaw	M55	51/57	Long Eaton Running Club	01:08:13	NC
234	Rachel Cartwright	FS	22/48	[Unattached]	(59)		325	Janet Hudson	F55	14/27	[Unattached]	(176)	
235	John O'Shea	M55	38/57	Holme Pierrpont RC	00:58:28	NC	326	Naomi Holland	F55	15/27	[Unattached]	(168)	
236	Laura Valdre	FS	23/48	[Unattached]	(400)		327	Jane Brown	F55	16/27	Notts Women Runners	01:08:39	NC
237	Mark Godfrey	M45	52/63	[Unattached]	(135)		328	Claire Slade	F45	23/30	[Unattached]	(325)	
238	Mark Rowson	M55	39/57	Beeston AC	00:58:54	NC	329	Sandie Royle	F55	17/27	[Unattached]	(325)	
239	Angela Brown	F45	15/30	Notts AC	00:58:55	NC	330	Baljit Kumar	M55	52/57	[Unattached]	(205)	
240	James Wall	M45	53/63	[Unattached]	(409)		331	Chris Randall	M55	53/57	[Unattached]	(298)	
241	Andrew Bee	M55	40/57	Redhill Road Runners	00:59:02	NC	332	Helen Sykes	F55	18/27	[Unattached]	(378)	
242	Matthew Nightingale	M35	46/53	[Unattached]	(259)		333	Claire Hatton	FS	41/48	Heanor Running Club	01:10:04	NC
243	Bob Browne	M65	11/14	Erewash Valley RC	00:59:16		334	Liz Kemp	F65	6/7	[Unattached]	(196)	
244	Darren Walton	M55	41/57	[Unattached]	(412)		335	Sarah Brennan	F45	24/30	[Unattached]	(41)	
245	Victoria Smith	FS	24/48	[Unattached]	(356)		336	Jasmin Peacock	FS	42/48	[Unattached]	(275)	
246	Dawn Poxon	F55	4/27	[Unattached]	(292)		337	John Oldfield	M75	3/4	Holme Pierrpont RC	01:11:05	NC
247	Shona Sivamohan	FS	25/48	[Unattached]	(349)		338	Anna Stavrinides	F35	23/29	[Unattached]	(368)	
248	Amy Taylor	FS	26/48	Notfast Running Club	00:59:33	NC	339	Natalie Wain	FS	43/48	[Unattached]	(404)	
249	Lisa Doherty	F35	8/29	Sinfin Running Club	00:59:41		340	Dorcas Pennington	F55	19/27	[Unattached]	(278)	
250	Richard Lamb	M35	47/53	[Unattached]	(208)		341	Tracey Brookes	F55	20/27	[Unattached]	(43)	
251	Graham Simkins	M45	54/63	[Unattached]	(345)		342	Joanne Hooker	F35	24/29	[Unattached]	(169)	
252	Frances Wilson	FS	27/48	Notfast Running Club	00:59:49	NC	343	Helvi Shatiwa	F35	25/29	[Unattached]	(338)	
253	Steven White	M45	55/63	Notfast Running Club	00:59:49	NC	344	Vinayak V. Mohitkar	MS	46/49	[Unattached]	(247)	
254	Nigel Saunders	M55	42/57	Notfast Running Club	00:59:50	NC	345	Deborah Watkins	F55	21/27	[Unattached]	(419)	
255	Nicholas Higgs	MS	43/49	Long Eaton Running Club	00:59:52		346	Mark Smith	M55	54/57	[Unattached]	(358)	
256	PJ Gaughan	M55	43/57	[Unattached]	(128)		347	Ella Kumari	FS	44/48	[Unattached]	(206)	
257	Colette Reynolds	F55	28/48	[Unattached]	(303)		348	Georgie Gallagher	FS	45/48	[Unattached]	(124)	
258	Claire Brown	F45	16/30	[Unattached]	(46)		349	Suki Vernon	F45	25/30	[Unattached]	(401)	
259	Kim Roberts	FS	29/48	[Unattached]	(315)		350	Jane O'Shea	F55	22/27	Notts Women Runners	01:13:46	NC
260	Matt Blick	M55	44/57	[Unattached]	(31)		351	Benjamin Sharpe	M35	51/53	[Unattached]	(337)	
261	Katherine Smith	F35	9/29	Shepshed Running Club	01:00:05		352	Natalie Ritchie	F35	26/29	[Unattached]	(311)	
262	Nicola McLelland	F45	17/30	[Unattached]	(241)		353	Kylah Roman	FS	46/48	[Unattached]	(320)	
263	Jackie Welburn	F45	18/30	Beeston AC	01:00:14	NC	354	Daniel Ritchie	M35	52/53	[Unattached]	(310)	
264	Emily Wightman	FS	30/48	Long Eaton Running Club	01:00:21		355	Katharina Meyer-Ohle	F55	23/27	[Unattached]	(244)	
265	Chris Hickman	M35	48/53	[Unattached]	(155)		356	Aaron Page	MS	47/49	[Unattached]	(270)	
266	Gemma Allsop	FS	31/48	[Unattached]	(3)		357	Thomasina Copcutt	F65	7/7	Mansfield Harriers	01:15:34	NC
267	Mandy Proudlove	F55	5/27	[Unattached]	(296)		358	Phil Glenn	M55	55/57	[Unattached]	(133)	
268	Ian Slade	M45	56/63	[Unattached]	(351)		359	Phyllis Moore	F55	24/27	[Unattached]	(248)	
269	Jayne Jones	F55	6/27	Long Eaton Running Club	01:00:54		360	Shaun Moore	M55	56/57	[Unattached]	(249)	
270	Barry Horne	M55	45/57	[Unattached]	(173)		361	Daniel Cragg	MS	48/49	[Unattached]	(84)	
271	Susan Lacey	F55	7/27	Smalley Road Runners	01:01:07	NC	362	Claire Gee	F35	27/29	[Unattached]	(129)	
272	Jon. Shewell-Cooper	M55	46/57	[Unattached]	(340)		363	David Hughes	M65	14/14	[Unattached]	(178)	
273	Jonathan Shirt	M55	47/57	[Unattached]	(343)		364	Sally Taylor	F55	25/27	[Unattached]	(387)	
274	Victoria Hobbs	F35	10/29	[Unattached]	(165)		365	Valerie Lindsey	F75	1/1	Long Eaton Running Club	01:17:17	
275	Kate Davies	FS	32/48	[Unattached]	(97)		366	Lucy Cooker	F45	26/30	[Unattached]	(74)	
276	Millie Wark	FS	33/48	[Unattached]	(416)		367	Gaby Scutts	FS	47/48	[Unattached]	(334)	
277	Stuart Bell	M55	48/57	Redhill Road Runners	01:01:46	NC	368	Frank Butler	M35	53/53	Notfast Running Club	01:18:27	NC
278	Sarah Prior	F45	19/30	Beeston AC	01:01:49		369	Sarah Poole	F35	28/29	[Unattached]	(291)	
279	Peter Copcutt	M65	12/14	Mansfield Harriers	01:01:52	NC	370	Sue Chilton	F45	27/30	[Unattached]	(70)	
280	Claire Bailey-Coombs	F55	8/27	Holme Pierrpont RC	01:01:58	NC	371	Fay Spencer	F45	28/30	[Unattached]	(365)	
281	Sallyann Chambers	F55	9/27	Fordy Runs Running Club	01:02:03		372	David Roberts	M55	57/57	Smalley Road Runners	01:19:18	NC
282	Cassie Vidler	F45	20/30	[Unattached]	(403)		373	Bridget Waller	F45	29/30	[Unattached]	(411)	
283	Steven Smith	M45	57/63	[Unattached]	(357)		374	Daniel Waller	M45	62/63	[Unattached]	(410)	
284	Rachael Campbell	F35	11/29	[Unattached]	(57)		375	Faith Tombs	FS	48/48	[Unattached]	(394)	
285	Hannah Freer	F35	12/29	[Unattached]	(122)		376	Karen Parkin	F55	26/27	Fordy Runs Running Club	01:21:20	NC
286	Ray Draycott	M75	1/4	Shepshed Running Club	01:02:35		377	Rachel Roberts	F55	27/27	Smalley Road Runners	01:22:20	
287	Suzanne Nightingale	F35	13/29	[Unattached]	(260)		378	Heather Coulton	F35	29/29	[Unattached]	(81)	
288	Colin Hicks	M55	49/57	Heanor Running Club	01:02:49	NC	379	Christopher Bestwick	MS	49/49	[Unattached]	(24)	
289	Lyley Wheeler	F35	14/29	[Unattached]	(428)		380	Donna Jeays	F45	30/30	[Unattached]	(184)	
290	Julia Roome	F35	15/29	[Unattached]	(321)		381	Derek Brailsford	M75	4/4	Crawley Saints&Sinners RC	01:30:09	NC
291	Ashton Gosling	MS	44/49	[Unattached]	(137)		382	Gareth Windibank	M45	63/63	[Unattached]	(444)	