Castle Rock 10k, Nottingham 2nd August 2024 RESULTS Results: UKtimers.net & UKresults.net

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Pos	Name	Cat	Cat/Pos	Club/Team	Time Tag	Pos	Name	Cat	Cat/Pos	Club/Team	Time Tag
			1 /50		00 04 15 350	101	11		04/50		00 40 10
	William Lunn-Pigula Oliver Matharu	M35 MS	1/53 1/49	Long Eaton Running Club Holme Pierrpont RC	00:34:15 NC 00:35:02 NC		l Jim Kellow P Nicola Chamberlain	M35 F45	24/53 6/30	[Unattached] (194) Kimberley & Dist Striders	00:49:12
	Anthony Hatswell	M35	2/53	Long Eaton Running Club	00:35:43		Sam Wilson	MS	21/49	[Unattached] (438)	00:49:14 NC
4	Chris Nicoll	M55	1/57	Derby Triathlon Club	00:36:17		l Gary Cragg	M45	26/63	Holme Pierrpont RC	00:49:27 NC
	Harry Obrien	MS	2/49	[Unattached] (266)	00:36:46		Geoff Pennington	M55	16/57	Beeston AC	00:49:31 NC
	David Greenwood Ian Hunter	M45 M45	1/63 2/63	Holme Pierrpont RC Beeston AC	00:38:08 00:38:23 NC		Daniel Simpkins Roo Lundberg	M45 FS	27/63 8/48	[Unattached] (346) Redhill Road Runners	00:49:31 NC 00:49:32 NC
	Lewis Tandy	MS	3/49	Long Eaton Running Club	00:38:55		3 John Gilson	M35	25/53	[Unattached] (131)	00:49:34
	Andrew Taplin	M55	2/57	Beeston AC	00:39:11 NC		Charlotte Slawson	FS	9/48	Redhill Road Runners	00:49:41 NC
	Robert Marshall	MS	4/49	[Unattached] (227)	00:39:14 NC		-	M35	26/53	TFN Tri Club	00:49:47 NC
	Daniel Pollard Colin Smith McGloin	MS M45	5/49 3/63	[Unattached] (290 ) Beeston AC	00:39:53 NC 00:40:15 NC		l Ian Culshaw ? Kev Walker	M35 M45	27/53 28/63	Beeston AC [Unattached] (408)	00:49:48 NC 00:49:50 NC
	Ryan Stocks	M35	3/53		00:40:33 NC		B Damian Killowe	M55	17/57	[Unattached] (197)	00:49:50
	Oliver Braybrook	M35	4/53	Kimberley & Dist Striders			Niall Gardam	M55	18/57	[Unattached] (125)	00:49:57
	Stephen Mason	M45 FS	4/63 1/48	Beeston AC Holme Pierrpont RC	00:40:51 NC 00:41:39 NC		Alan Maplethorpe	M55 M55	19/57 20/57	Long Eaton Running Club [Unattached] (219)	00:50:01 NC 00:50:04
	Georgie Duffield Jonathan O'Neill	нз м35	5/53	[Unattached] (261)	00:41:39 NC		Fergus Lowe Rhys Hughes	MS	20/57	[Unattached] (219 ) [Unattached] (177 )	00:50:04
	Neil Byford	M45	5/63	Beeston AC	00:41:48		Gavin Perkins	M55	21/57	[Unattached] (279)	00:50:16 NC
	Simon Nash	M55	3/57	Redhill Road Runners	00:41:57 NC		Peter Edmonds	M55	22/57	Long Eaton Running Club	00:50:22 NC
	John Reynolds Martin Clifford	M45 M55	6/63 4/57	Ilkeston Running Club [Unattached] (72 )	00:41:58 00:42:04		) Amy Casson   Chris Bell	F35 M45	4/29 29/63	Formula One CC [Unattached] (21 )	00:50:25 NC 00:50:26 NC
	Steven Rice	M35	6/53	Southwell Running Club	00:42:04 00:42:23 NC		2 Aftab Rasool	M45	30/63	[Unattached] (21 )	00:50:26 NC
	Caitlin Bradbury	FS	2/48	Beeston AC	00:42:30 NC	123	Amila Subramaniam	FS	10/48	Beeston AC	00:50:35 NC
	Michael Oakley	MS	6/49	Beeston AC	00:42:38 NC		Jonathan Maston	M55	23/57	Rushcliffe AC	00:50:36 NC
	Luke Clay Kevin Piper	MS M45	7/49 7/63	Steel City Striders [Unattached] (287)	00:42:41 00:42:47 NC		Chris Wood Anita Hicks	M35 F45	28/53 7/30	[Unattached] (447) Heanor Running Club	00:50:48 00:50:56 NC
	Christopher Bradshaw		8/63	[Unattached] (37 )	00:42:53 NC		Jerry Evans	M65	3/14	Sinfin Running Club	00:50:50 NC
	Martin Greensmith	M35	7/53	Sutton in Ashfield Harrs	00:42:58 NC		Anthony Ansell	M55	24/57	Deal Tri Club	00:51:03
	Tom Miller	MS	8/49	[Unattached] (245)	00:43:06 NC		Marc Kinch	M45	31/63	Long Eaton Running Club	00:51:05
	James Hall Maxwell Crow	MS MS	9/49 10/49	[Unattached] (146 ) Sutton in Ashfield Harrs	00:43:10 00:43:22 NC		) Lisa Jones L Michael Read	F45 M65	8/30 4/14	Beeston AC Beeston AC	00:51:29 NC 00:51:42 NC
	Paul Davies	M45	9/63	Redhill Road Runners	00:43:22 NC		Richard Iliffe	M45	32/63	Ilkeston Running Club	00:51:42 NC
33	Tom Pearce	M35	8/53	Long Eaton Running Club	00:43:26 NC	133	Christopher McGlen	M65	5/14	Retford AC	00:51:50 NC
	Sophie Eadsforth	F45	1/30	Derby AC	00:43:37 NC		Louis Simpson	MS	23/49	[Unattached] (348)	00:51:52
	Matthew Grainge Paul Hendrick	M45 M55	10/63 5/57	Holme Pierrpont RC Rushcliffe AC	00:43:58 NC 00:44:23 NC		Dave Nettleton David Paterson	M55 M35	25/57 29/53	[Unattached] (256) Beeston AC	00:51:53 NC 00:52:00 NC
	Helen Stout	F45	2/30	Long Eaton Running Club	00:44:36		Ashley Payne	M35	30/53	[Unattached] (274)	00:52:00 NC
	Kole Perkins	MS	11/49	[Unattached] (280 )	00:44:45 NC		Rhian Pocock	FS	11/48	[Unattached] (288)	00:52:06 NC
	Chris Jekiel	M45	11/63	Holme Pierrpont RC	00:44:47 NC		Richard Hill	M55	26/57	Beeston AC	00:52:07 NC
	Sarah Taylor Simon Ross	F35 M45	1/29 12/63	Beeston AC Holme Pierrpont RC	00:44:48 NC 00:44:52 NC		) Lee Webb L Liam Wilson	M35 MS	31/53 24/49	[Unattached] (420 ) [Unattached] (442 )	00:52:08 NC 00:52:08 NC
	Harry Fish	MS	12/49	[Unattached] (117)	00:45:00 NC		2 Gavin Simpson	M45	33/63	[Unattached] (347)	00:52:00 NC
	Simon Barnes	M55	6/57	Beeston AC	00:45:00 NC		Paul Southall	M35	32/53	[Unattached] (363)	00:52:13 NC
	Jonathan Cherry	M45	13/63	[Unattached] (69 )	00:45:02		Daniel Crow	M45	34/63	Sutton in Ashfield Harrs	00:52:15 NC
	Ben Parker Kamile Stanelyte	M55 FS	7/57 3/48	Southwell Running Club Holme Pierrpont RC	00:45:10 NC 00:45:17 NC		5 Phil King 5 Lee Gaskin	M35 M35	33/53 34/53	Formula One CC [Unattached] (126)	00:52:17 NC 00:52:22 NC
	Sean Henry	M55	8/57	Holme Pierrpont RC	00:45:20 NC		Hannah Cooper	FS	12/48	Beeston AC	00:52:22 NC
	Hannah Polak	FS	4/48	Beeston AC	00:45:24 NC		Yuk Wah Tsang	M45	35/63	Long Eaton Running Club	00:52:29 NC
	Sarah Hill	F45	3/30	Retford AC	00:45:36 NC		Thomas Hill	M35	35/53	[Unattached] (160 )	00:52:30 NC
	Andy Hines Nick Vasey	M45 M35	14/63 9/53	[Unattached] (164) [Unattached] (399)	00:45:48 NC 00:45:52 NC		) Peter Davis L Harshit Kanchi	M65 MS	6/14 25/49	Newark Striders RC [Unattached] (190 )	00:52:33 NC 00:52:38 NC
	Robert Hall	MS	13/49	[Unattached] (145)	00:45:56 NC		2 Juan Carlos Casal	MS	26/49	[Unattached] (60 )	00:52:45
	Lucy Grant	F35	2/29	Beeston AC	00:46:04 NC		3 Christine Bexton	F65	1/7	Beeston AC	00:52:46 NC
	Matt Brown	M55	9/57	Formula One CC	00:46:08 NC		James Allen	M55	27/57	Holme Pierrpont RC	00:52:47 NC
	David Seddon John Slawson	M45 MS	15/63 14/49	[Unattached] (335) [Unattached] (353)	00:46:10 NC 00:46:15 NC		Daniel Prince Fraser Thompson	MS M55	27/49 28/57	[Unattached] (293) Long Eaton Running Club	00:52:54 00:52:56
	Owen Brailsford	MS	15/49	[Unattached] (38 )	00:46:23		7 Alan McMahon	M35	36/53	[Unattached] (242)	00:53:02
	Daniel Edwards	M45	16/63	[Unattached] (111 )	00:46:26 NC		Michael McGovern	MS	28/49	[Unattached] (240)	00:53:02
	Brendan Devlin Andrew Mitchell	M45 M35	17/63 10/53	Sinfin Running Club Ilkeston Running Club	00:46:36 00:46:39 NC		9 Susan Pinder 9 Ben Nichols	F65 M45	2/7 36/63	Heanor Running Club [Unattached] (257)	00:53:10 NC 00:53:12 NC
	Greg Longmire	MS	16/49	[Unattached] (218)	00:46:40		John Sykes	M55	29/57	[Unattached] (257) [Unattached] (379)	00:53:12 NC 00:53:14
	David Kirk	M35	11/53	[Unattached] (201)	00:46:42		Kirsty Baugh	F35	5/29	[Unattached] (19 )	00:53:17 NC
	Alec Maclean	M55	10/57	Beeston AC	00:46:53 NC		Nick Tennant	M65	7/14	Kimberley & Dist Striders	
	Sarah Maston Mark Bailey	FS M45	5/48 18/63	Rushcliffe AC [Unattached] (11 )	00:46:54 NC 00:46:55 NC		l James Logan 5 Simon Winiarski	M55 M45	30/57	[Unattached] (217) [Unattached] (445)	00:53:25 00:53:29 NC
	Dylan Hickling	MS	17/49	[Unattached] (154)	00:47:00		Kate Hodsman	FS	13/48	[Unattached] (166)	00:53:23 NC
67	Kevin Bell	M35	12/53	Holme Pierrpont RC	00:47:03 NC	167		MS	29/49	[Unattached] (375)	00:53:39 NC
	John Walker	M55	11/57	Beeston AC	00:47:08 NC		James Trickett	MS	30/49	[Unattached] (397)	00:53:42
	Alastair Reilly Edward Bacon	м35 м55	13/53 12/57	Redhill Road Runners Sutton in Ashfield Harrs	00:47:11 NC 00:47:12		9 Stephen Williams 9 Dylan Lawton	M45 M45	38/63 39/63	Long Eaton Running Club [Unattached] (210)	00:53:55 NC 00:53:58
	David Jones	M35	14/53	Ilkeston Running Club	00:47:12 NC	171	Matthew Wells	MS	31/49	[Unattached] (424)	00:54:04
	Martin Hill	M45	19/63	[Unattached] (163)	00:47:23		Ed Sheldon	MS	32/49	[Unattached] (339)	00:54:04 NC
	Nigel Whitmore Simon Tooth	м55 м35	13/57 15/53	Southwell Running Club Kimberley & Dist Striders	00:47:26 NC		3 C. SouthernWarburton 1 Dan Egner	M45 M35	40/63 37/53	Beeston AC [Unattached] (112 )	00:54:09 NC 00:54:12 NC
	Jake Bradley	M35	16/53	[Unattached] (36 )	00:47:31 NC		Carrie Forsdyke	FS	14/48	Long Eaton Running Club	00:54:12 NC
	Andrew Gillie	м35	17/53	[Unattached] (130 )	00:47:44			F55	1/27	Beeston AC	00:54:13 NC
	David Cross	M35	18/53	Beeston AC	00:47:50 NC	177		MS	33/49	[Unattached] (32 )	00:54:17 NC
	Tom Reader Robert Cooper	M45 M55	20/63 14/57	Beeston AC Barrow Runners	00:47:57 NC 00:47:59		3 Kath Corrie 9 Iain Lane	F45 M35	9/30 38/53	[Unattached] (80 ) [Unattached] (209 )	00:54:17 NC 00:54:24 NC
	Thierry Liburd-Okure		18/49	[Unattached] (212)	00:48:03 NC		Nicholas Arrowsmith	M35	39/53	[Unattached] (7 )	00:54:24 NC
	Marcus Oades	MS	19/49	Beeston AC	00:48:05		Josh Cain	MS	34/49	[Unattached] (56 )	00:54:25
	Luke Saxton	M35	19/53	[Unattached] (330)	00:48:09 NC		2 Joel Blatherwick	M35	40/53	[Unattached] (29 )	00:54:29 NC
	James Lickley Andrew Craze	MS M45	20/49 21/63	[Unattached] (213 ) [Unattached] (86 )	00:48:12 NC 00:48:14 NC		Stuart Hunter Artem Prokhorov	M55 MS	31/57 35/49	Shepshed Running Club [Unattached] (295)	00:54:35 00:54:43 NC
	Joel Blatherwick	M35	20/53	[Unattached] (30 )	00:48:16 NC	185		F35	6/29	[Unattached] (192)	00:54:45 NC
86	Nicola Blatherwick	F35	3/29	Southwell Running Club	00:48:16 NC	186	Chloe Knox	FS	15/48	[Unattached] (203)	00:54:46 NC
	Darren Fisher	M45	22/63	Holme Pierrpont RC	00:48:20 NC		Clara Barrau	FS	16/48	[Unattached] (18 )	00:54:48
	Ben Docherty David Riley	м35 м65	21/53 1/14	[Unattached] (102 ) Long Eaton Running Club	00:48:21 NC 00:48:26 NC		B Ben Shirt B Harry Wells	MS MS	36/49 37/49	[Unattached] (342 ) Team Anstey Amblers & Run	00:54:56
	Nick Donovan	M65 M45	23/63	[Unattached] (104)	00:48:26 NC		) Nigel Fisher	мs M55	37/49	[Unattached] (120)	00:55:00
91	Sarah Wilson	FS	6/48	[Unattached] (437)	00:48:31 NC	191	Steph Culshaw	FS	17/48	Beeston AC	00:55:10 NC
	Ian Stevens	M55	15/57	Beeston AC	00:48:33 NC		Jane Matthews	F65	3/7	Southwell Running Club	00:55:12 NC
	Francesca Sedgewick Salome Maybanks	FS F45	7/48 4/30	Retford AC Beeston AC	00:48:36 NC 00:48:38 NC		3 Shaun Murray 4 John Tallamy	M45 M35	41/63 41/53	[Unattached] (253) Beeston AC	00:55:14 00:55:14 NC
	James Thurman	M35	22/53	Holme Pierrpont RC	00:48:38 NC		Grace Andersonova	FS	18/48	[Unattached] (4 )	00:55:14 NC
96	Neil Wilson	M45	24/63	[Unattached] (441)	00:48:46 NC	196	Des Oldham	M35	42/53	[Unattached] (269)	00:55:34 NC
	Michelle Butler	F45	5/30	Redhill Road Runners	00:48:49 NC		Peter Woods	M55	33/57	[Unattached] (448)	00:55:42 NC
	Ady Burnett Matthew Staniforth	M45 M35	25/63 23/53	[Unattached] (52 ) [Unattached] (367 )	00:48:59 00:49:02		B Alex Keeble B Jagjit Rai	M35 M55	43/53 34/57	[Unattached] (191 ) Rushcliffe AC	00:55:44 00:55:52 NC
	John Harrison	M65	2/14	Beeston AC	00:49:02 00:49:06 NC		Stuart Wells	M45	42/63	Team Anstey Amblers & Run	

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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	
	Allan Wilson	M45	43/63	[Unattached] (440)	00:56:02			Freddie Ireland	MS	45/49	[Unattached] (182)	01:03:04		
	Tracey Brown	F55	2/27	Long Eaton Running Club	00:56:06			Christian Thorne	M45	58/63	[Unattached] (392)	01:03:14		
204	James Billington	M45	44/63	[Unattached] (26 )	00:56:09		295	Michael Horn	M75	2/4	Redhill Road Runners	01:03:26	NC	
205		M65	8/14	Beeston AC	00:56:10			Gill Glenn	F55	10/27	[Unattached] (132)	01:03:47		
	Chris Dancer	M45	45/63	Holme Pierrpont RC	00:56:11			Simon Wilson	M45	59/63	[Unattached] (439)	01:04:08		
	Ian Barnsdall Richard Daft	M45 M45	46/63 47/63	[Unattached] (17 ) [Unattached] (94 )	00:56:14 00:56:20			Nikki Barker Alex Stavrinides	F35 M35	16/29 49/53	Long Eaton Running Club [Unattached] (369)	01:04:15 01:04:21		
	Steve Willey	M55	35/57	[Unattached] (94 ) [Unattached] (434 )	00:56:20			Sophia Johns	M35 FS	34/48	[Unattached] (369) [Unattached] (186)	01:04:21		
	Peter Kimball-Evans	M35	44/53	[Unattached] (198)	00:56:25			Emma Lumley	FS	35/48	[Unattached] (220)	01:04:31		
	Melanie Hopewell	F45	11/30	Beeston AC	00:56:26	NC		Lindsay Narey	F45	22/30	[Unattached] (254)	01:04:41		
	Richard Wisker	MS	38/49	[Unattached] (446)	00:56:29			Jon Buckthorp	M45	60/63	[Unattached] (51 )	01:04:42		
	Ken Morrell	M65	9/14	Beeston AC	00:56:36	NC		Arabella Topliss	FS	36/48	[Unattached] (396)	01:05:01		
	Gemma Symis	F45	12/30	[Unattached] (381)	00:56:44			Matilda Draper	FS	37/48	[Unattached] (105)	01:05:09		
	Nigel Wright	M55 F45	36/57 13/30	Beeston AC	00:56:45 00:56:50	NC		Hannah Casey	FS F35	38/48 17/29	[Unattached] (61 )	01:05:09 01:05:17		
216	Steph Hart John Pickering	M65	10/14	Long Eaton Running Club Long Eaton Running Club	00:56:50	NC		Emily Chernucha Cheryl Easom	F35	18/29	[Unattached] (68 ) [Unattached] (109 )	01:05:17		
	Nik Walker	M45	48/63	[Unattached] (407)	00:57:00			Gill McCulloch	F55	11/27	[Unattached] (236)	01:05:37		
	Andrew Rule	м35	45/53	Fordy Runs Running Club	00:57:10	NC	310	Linda Evans	F65	4/7	Holme Pierrpont RC	01:05:41		
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	
	Mark Watchorn	M45	49/63	[Unattached] (417)	00:57:16			Louise Archer	F35	19/29	[Unattached] (6 )	01:06:24		
	Rita Fisher	F55	3/27	Heanor Running Club	00:57:27			Rosemary Horn	F65	5/7	Redhill Road Runners	01:06:57		
	Freddie Tennant Gemma Swift	MS FS	39/49 19/48	[Unattached] (390 ) [Unattached] (376 )	00:57:37 00:58:02			Myesha Lyle Trevor Huddlestone	F35 M65	20/29 13/14	[Unattached] (223 ) [Unattached] (175 )	01:06:57 01:07:08		
	James Haddow	M45	50/63	[Unattached] (142)	00:58:05			Marie Martin	F55	12/27	Long Eaton Running Club	01:07:08		
	James Watkins	MS	40/49	[Unattached] (418)	00:58:06			Orienne Richards	F35	21/29	[Unattached] (308)	01:07:40		
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		
	Clare Smith	FS	20/48	[Unattached] (360)	00:58:15	NC		Zoe Cowlishaw	FS	39/48	Long Eaton Running Club	01:07:46		
	Christopher Oldham	MS	41/49	[Unattached] (268)	00:58:16			Stacey Godbehear	F35	22/29	[Unattached] (134)	01:08:06		
	Ka Man Shing	FS	21/48	[Unattached] (341)	00:58:19			Adam Cooper	M45	61/63	[Unattached] (76 )	01:08:07		
	Neil Wardle Timothy Gale	M45 MS	51/63 42/49	[Unattached] (415)	00:58:20			Lydia Walker	FS F55	40/48 13/27	[Unattached] (406)	01:08:10		
	Jenny Kellow	F35	7/29	[Unattached] (123 ) [Unattached] (193 )	00:58:23 00:58:23	NC		Daphne Sykes Damian Cowlishaw	M55	51/57	[Unattached] (377 ) Long Eaton Running Club	01:08:12 01:08:13		
	Rachel Cartwright	FS	22/48	[Unattached] (59 )	00:58:26		325		F55	14/27	[Unattached] (176)	01:08:17		
	John O'Shea	M55	38/57	Holme Pierrpont RC	00:58:28	NC		Naomi Holland	F55	15/27	[Unattached] (168)	01:08:19		
	Laura Veldre	FS	23/48	[Unattached] (400)	00:58:42		327	Jane Brown	F55	16/27	Notts Women Runners	01:08:39		
	Mark Godfrey	M45		[Unattached] (135)	00:58:44			Claire Slade	F45	23/30	[Unattached] (350)	01:08:43		
	Mark Rowlson	M55	39/57	Beeston AC	00:58:54			Sandie Royle	F55	17/27	[Unattached] (325)	01:09:02		
	Angela Brown James Wall	F45 M45	15/30 53/63	Notts AC [Unattached] (409)	00:58:55 00:59:01	NC		Baljit Kumar Chris Randall	M55 M55	52/57 53/57	[Unattached] (205) [Unattached] (298)	01:09:16 01:09:22		
	Andrew Bee	M55	40/57	Redhill Road Runners	00:59:01	NC		Helen Sykes	F55	18/27	[Unattached] (378)	01:09:38		
		M35	46/53	[Unattached] (259)	00:59:07			Claire Hatton	FS	41/48	Heanor Running Club	01:10:04		
	Bob Browne	M65	11/14	Erewash Valley RC	00:59:16			Linzi Kemp	F65	6/7	[Unattached] (196)	01:10:38		
244	Darren Walton	M55	41/57	[Unattached] (412)	00:59:20		335	Sarah Brennan	F45	24/30	[Unattached] (41 )	01:10:54		
	Victoria Smith	FS	24/48	[Unattached] (356)	00:59:22			Jasmin Peacock	FS	42/48	[Unattached] (275)	01:10:57		
	Dawn Poxon	F55	4/27	[Unattached] (292)	00:59:24			John Oldfield	M75	3/4	Holme Pierrpont RC	01:11:05		
247	Shona Sivamohan Amy Taylor	FS FS	25/48 26/48	[Unattached] (349 ) Notfast Running Club	00:59:25 00:59:33			Anna Stavrinides Natalie Wain	F35 FS	23/29 43/48	[Unattached] (368) [Unattached] (404)	01:11:14 01:11:16		
	Lisa Doherty	F35	8/29	Sinfin Running Club	00:59:41	NC		Dorcas Pennington	F55	19/27	[Unattached] (278)	01:11:21		
	Richard Lamb	M35	47/53	[Unattached] (208)	00:59:42	NC		Tracey Brookes	F55	20/27	[Unattached] (43 )	01:11:52		
251	Graham Simkins	M45	54/63	[Unattached] (345)	00:59:44	NC	342	Joanne Hooker	F35	24/29	[Unattached] (169)	01:11:58	NC	
	Frances Wilson	FS	27/48	Notfast Running Club	00:59:49			Helvi Shatiwa	F35	25/29	[Unattached] (338)	01:12:34		
	Steven White	M45		Notfast Running Club	00:59:49			-	MS	46/49	[Unattached] (247)	01:12:36		
	Nigel Saunders Nicholas Higgs	M55 MS	42/57 43/49	Notfast Running Club Long Eaton Running Club	00:59:50 00:59:52	NC		Deborah Watkins Mark Smith	F55 M55	21/27 54/57	[Unattached] (419) [Unattached] (358)	01:12:49 01:12:50		
	PJ Gaughan	M55	43/57	[Unattached] (128)	00:59:53	NC		Ella Kumari	FS	44/48	[Unattached] (206)	01:12:56		
	Colette Reynolds	FS	28/48	[Unattached] (303)	00:59:55			Georgie Gallagher	FS	45/48	[Unattached] (124)	01:13:00		
258	Claire Brown	F45	16/30	[Unattached] (46 )	00:59:57	NC	349	Suki Vernon	F45	25/30	[Unattached] (401)	01:13:02		
	Kim Roberts	FS	29/48	[Unattached] (315)	00:59:57			Jane O'Shea	F55	22/27	Notts Women Runners	01:13:46		
	Matt Blick	M55	44/57	[Unattached] (31 )	00:59:59	NC		Benjamin Sharpe	M35	51/53	[Unattached] (337)	01:14:24		
	Katherine Smith Nicola McLelland	F35	9/29 17/30	Shepshed Running Club	01:00:05 01:00:12			Natalie Ritchie	F35	26/29 46/48	[Unattached] (311)	01:14:24		
	Jackie Welburn	F45		[Unattached] (241 ) Beeston AC	01:00:12	NC		Kylah Roman Daniel Ritchie	FS M35	52/53	[Unattached] (320 ) [Unattached] (310 )	01:14:25 01:14:25		
	Emily Wightman	FS	30/48	Long Eaton Running Club	01:00:14			Katharina Meyer-Ohle		23/27	[Unattached] (244)	01:14:30		
265	Chris Hickman	M35	48/53	[Unattached] (155)	01:00:22		356	Aaron Page	MS	47/49	[Unattached] (270 )	01:15:04		
	Gemma Allsop	FS	31/48	[Unattached] (3 )	01:00:36			Thomasina Copcutt	F65	7/7	Mansfield Harriers	01:15:34		
267		F55	5/27	[Unattached] (296 )	01:00:40			Phil Glenn	M55	55/57	[Unattached] (133)	01:16:00		
268		M45	56/63	[Unattached] (351)	01:00:45	NC		Phyllis Moore	F55	24/27	[Unattached] (248)	01:16:08		
269 270		F55 M55	6/27 45/57	Long Eaton Running Club [Unattached] (173)	01:00:54 01:00:59	NC		Shaun Moore Daniel Cragg	M55 MS	56/57 48/49	[Unattached] (249 ) [Unattached] (84 )	01:16:08 01:16:26		
271		F55	7/27	Smalley Road Runners	01:00:33			Claire Gee	F35	27/29	[Unattached] (129)	01:16:20		
272		M55	46/57	[Unattached] (340)	01:01:16			David Hughes	M65	14/14	[Unattached] (178)	01:16:38		
273		M55	47/57	[Unattached] (343)	01:01:23			Sally Taylor	F55	25/27	[Unattached] (387)	01:16:41		
274	Victoria Hobbs	F35	10/29	[Unattached] (165)	01:01:32	NC	365	Valerie Lindsey	F75	1/1	Long Eaton Running Club	01:17:17		
	Kate Davies	FS	32/48	[Unattached] (97 )	01:01:40			Lucy Cooker	F45	26/30	[Unattached] (74 )	01:17:28		
	Millie Wark	FS	33/48	[Unattached] (416)	01:01:41			Gaby Scutts	FS	47/48	[Unattached] (334)	01:17:28		
277 278		M55	48/57	Redhill Road Runners	01:01:46 01:01:49	NC		Frank Butler	M35 F35	53/53	Notfast Running Club	01:18:27		
278		F45 M65	19/30 12/14	Beeston AC Mansfield Harriers	01:01:49	NC		Sarah Poole Sue Chilton	F45	28/29 27/30	[Unattached] (291 ) [Unattached] (70 )	01:18:36 01:19:14		
280			8/27	Holme Pierrpont RC	01:01:52			Fay Spencer	F45	28/30	[Unattached] (365)	01:19:14		
281		F55	9/27	Fordy Runs Running Club	01:02:03			David Roberts	M55	57/57	Smalley Road Runners	01:19:18		
	Cassie Vidler	F45	20/30	[Unattached] (403)	01:02:07			Bridget Waller	F45	29/30	[Unattached] (411)	01:19:18		
	Steven Smith	M45	57/63	[Unattached] (357)	01:02:12			Daniel Waller	M45	62/63	[Unattached] (410)	01:19:18		
284		F35	11/29	[Unattached] (57 )	01:02:23			Faith Tombs	FS	48/48	[Unattached] (394)	01:20:21		
285 286		F35 M75	12/29 1/4	[Unattached] (122 ) Shepshed Running Club	01:02:31 01:02:35	NC		Karen Parkin Rachel Roberts	F55 F55	26/27 27/27	Fordy Runs Running Club Smalley Road Runners	01:21:20 01:22:20		
287		F35		[Unattached] (260)	01:02:35		378		F35	29/29	[Unattached] (81 )	01:22:20		
288		M55	49/57	Heanor Running Club	01:02:49	NC	379			49/49	[Unattached] (24 )	01:22:51		
289		F35		[Unattached] (428)	01:02:57			Donna Jeays	F45	30/30	[Unattached] (184)	01:26:25		
	Julia Roome	F35	15/29	[Unattached] (321)	01:02:58		381	Derek Brailsford	M75	4/4	Crawley Saints&Sinners RC			
291	Ashton Gosling	MS	44/49	[Unattached] (137)	01:03:00	NC	382	Gareth Windibank	M45	63/63	[Unattached] (444)	01:30:23		