

Pos	Name	Time	Net Time	Category	Cat		Gen	
					Pos	Gender	Pos	Team
1	William Lunn-Pigula	00:26:39	00:26:39	M Sen	1	Male	1	Long Eaton Running Club
2	Darlington Magalela	00:27:07	00:27:07	MV 40	1	Male	2	Long Eaton Running Club
3	Rob Keal	00:27:12	00:27:11	MV 50	1	Male	3	
4	Matthew Williams	00:27:24	00:27:24	M Sen	2	Male	4	Notts AC
5	Jarratt Perkins	00:28:05	00:28:04	M Sen	3	Male	5	Notts AC
6	Nathaniel Willmore	00:28:32	00:28:32	M Sen	4	Male	6	Poole Runners
7	Andrew Scott	00:29:24	00:29:24	M Sen	5	Male	7	Beeston AC
8	Michael Bland	00:29:38	00:29:38	MV 40	2	Male	8	Long Eaton Running Club
9	Wayne King	00:29:56	00:29:55	MV 40	3	Male	9	Peel road runners
10	John Hunt	00:30:35	00:30:35	MV 50	2	Male	10	Beeston AC
11	Mark Slade	00:30:46	00:30:42	MV 40	4	Male	11	SOUTH DERBYSHIRE ROAD RUNNERS
12	Juliet Potter	00:30:51	00:30:49	FV 35	1	Female	1	Charnwood A C
13	Stuart Laurie	00:31:06	00:31:02	MV 40	5	Male	12	Kimberley & District Striders
14	Tom Haltoná	00:31:09	00:31:08	MV 40	6	Male	13	Long Eaton Running Club
15	Colin Smith McGloin	00:31:23	00:31:16	MV 50	3	Male	14	Beeston AC
16	Mike Gardner	00:31:30	00:31:24	MV 50	4	Male	15	
17	Richard Howe	00:31:34	00:31:33	MV 40	7	Male	16	Long Eaton Running Club
18	Paul Lewis	00:31:39	00:31:39	MV 50	5	Male	17	Long Eaton Running Club
19	Joseph Gallagher	00:31:44	00:31:43	M Sen	6	Male	18	Beeston AC
20	Dan Winter	00:31:46	00:31:46	M Sen	7	Male	19	SINFIN RUNNING CLUB
21	Mike Rich	00:31:52	00:31:46	MV 50	6	Male	20	Holme Pierrepont RC
22	Ryan Stocks	00:32:12	00:32:09	M Sen	8	Male	21	Kimberley & District Striders
23	Chris Dale	00:32:19	00:32:17	M Sen	9	Male	22	
24	Richard Holt	00:32:27	00:32:24	MV 50	7	Male	23	Holme Pierrepont RC
25	Gary Newham	00:32:44	00:32:41	MV 50	8	Male	24	Long Eaton Running Club
26	Simon Ross	00:32:46	00:32:44	MV 40	8	Male	25	Holme Pierrepont RC
27	Neil Burden	00:32:47	00:32:44	MV 40	9	Male	26	Holme Pierrepont RC
28	Helen Woods	00:32:49	00:32:46	FV 35	2	Female	2	Kimberley & District Striders
29	Chris Gabbott	00:32:52	00:32:46	M Sen	10	Male	27	
30	Wayne Stott	00:32:53	00:32:49	MV 50	9	Male	28	Redhill Road Runners
31	Richard Tissington	00:32:58	00:32:55	MV 50	10	Male	29	Shelton Striders
32	Neil Realey	00:33:00	00:32:55	MV 50	11	Male	30	
33	John Paul Smith McGloin	00:33:00	00:32:55	M Sen	11	Male	31	Beeston AC
34	Sarah Gaunt	00:33:05	00:33:05	FV 35	3	Female	3	
35	Luke Woodiwiss	00:33:15	00:33:13	MV 40	10	Male	32	Long Eaton Running Club
36	Kevin Baker	00:33:19	00:33:12	MV 50	12	Male	33	Rushcliffe AC
37	Matt Keyworth	00:33:30	00:33:21	MV 40	11	Male	34	Holme Pierrepont RC
38	Thomas Carver-Smith	00:33:42	00:33:34	M Sen	12	Male	35	Long Eaton Running Club
39	Paul James Roome	00:33:45	00:33:43	MV 40	12	Male	36	Shelton Striders

40 Tom Pearce	00:33:51	00:33:49	M Sen	13 Male	37 Long Eaton Running Club
41 Stefan Latter	00:33:54	00:33:50	MV 50	13 Male	38 Grantham Running Club
42 James Realey	00:33:57	00:33:53	M Sen	14 Male	39 Shelton Striders
43 Joshua Veasy	00:33:59	00:33:51	M Sen	15 Male	40 Long Eaton Running Club
44 Mike Hartley	00:33:59	00:33:49	M Sen	16 Male	41
45 Darren Harley	00:34:05	00:34:05	MV 50	14 Male	42 Grantham Running Club
46 Matt Weightman	00:34:14	00:34:08	MV 40	13 Male	43 Long Eaton Running Club
47 Darran Furness	00:34:19	00:34:16	MV 40	14 Male	44 ILKESTON RUNNING CLUB
48 Joe MacAllister	00:34:19	00:34:09	M Sen	17 Male	45
49 Craig Wood	00:34:22	00:34:17	MV 40	15 Male	46 Ivanhoe Runners
50 Helen Stout	00:34:24	00:34:20	FV 45	1 Female	4 Long Eaton Running Club
51 Ryan Ball	00:34:40	00:34:36	MV 40	16 Male	47 ILKESTON RUNNING CLUB
52 Alan Carley	00:34:45	00:34:42	MV 50	15 Male	48 Grantham Running Club
53 Rupert Killik	00:34:47	00:34:38	MV 50	16 Male	49 Holme Pierrepont RC
54 Robert Ryan-Matthews	00:34:52	00:34:46	M Sen	18 Male	50 Mickleover Running Club
55 Andrew Mitchell	00:34:52	00:34:43	MV 40	17 Male	51 ILKESTON RUNNING CLUB
56 Paul Wade	00:34:55	00:34:51	MV 50	17 Male	52 Long Eaton Running Club
57 Daniel Pearce	00:34:56	00:34:52	MV 40	18 Male	53 Grantham Running Club
58 Paul Griffiths	00:35:06	00:35:04	MV 40	19 Male	54 Formula One Circuit Crew
59 Mark Ison	00:35:15	00:35:15	MV 40	20 Male	55 Team Derby Runner
60 Daniel Rawson	00:35:18	00:35:18	MV 40	21 Male	56 Beeston AC
61 Simon Parkes	00:35:21	00:35:11	MV 50	18 Male	57 Holme Pierrepont RC
62 Brendan Devlin	00:35:30	00:35:30	MV 50	19 Male	58 SINFIN RUNNING CLUB
63 Lukeá Saxtoná	00:35:32	00:35:23	MV 40	22 Male	59
64 Alec MacLean	00:35:43	00:35:34	MV 50	20 Male	60 Beeston AC
65 Zoe Attenborough	00:35:46	00:35:41	F Sen	1 Female	5
66 Benjamin Banks	00:35:59	00:35:54	M Sen	19 Male	61 Formula One Circuit Crew
67 Clare Wood	00:36:05	00:35:59	FV 45	2 Female	6 Ivanhoe Runners
68 Christopher Morrison	00:36:16	00:36:14	MV 60	1 Male	62 SINFIN RUNNING CLUB
69 Richard Jackson	00:36:19	00:36:11	M Sen	20 Male	63 Shelton Striders
70 Eleanor Venn	00:36:20	00:36:12	FV 35	4 Female	7 Long Eaton Running Club
71 William Luesley	00:36:24	00:36:08	MV 40	23 Male	64 Shelton Striders
72 Andrew Lucas	00:36:25	00:36:18	MV 40	24 Male	65 Shelton Striders
73 Daniel Churchill	00:36:30	00:36:25	MV 40	25 Male	66 Formula One Circuit Crew
74 Robert Caldwell	00:36:31	00:36:23	MV 60	2 Male	67 Mansfield Harriers
75 Alex Fielden	00:36:32	00:36:24	M Sen	21 Male	68
76 Simon Hall	00:36:35	00:36:19	M Sen	22 Male	69 Beeston AC
77 Carlene Veasey	00:36:48	00:36:40	FV 35	5 Female	8 Grantham Running Club
78 Robin Damion	00:36:50	00:36:44	MV 50	21 Male	70 Kimberley & District Striders
79 Chris Nappin	00:36:51	00:36:45	MV 40	26 Male	71 SINFIN RUNNING CLUB
80 Suzanne Parish	00:36:52	00:36:46	FV 35	6 Female	9 Ivanhoe Runners
81 Brian Warner	00:36:53	00:36:43	MV 50	22 Male	72 SINFIN RUNNING CLUB

82 Anthony Weatherson	00:36:57	00:36:46	MV 50	23 Male	73 HEANOR RUNNING CLUB
83 Nicola Blatherwick	00:36:58	00:36:44	FV 35	7 Female	10
84 Sian Williamson	00:36:59	00:36:55	F Sen	2 Female	11 Long Eaton Running Club
85 Marc Kinch	00:37:00	00:36:48	MV 50	24 Male	74 Long Eaton Running Club
86 Sarah Wilson	00:37:05	00:36:51	F Sen	3 Female	12
87 Peter Edmonds	00:37:08	00:37:03	MV 60	3 Male	75 Long Eaton Running Club
88 Victoria Smith	00:37:14	00:37:07	FV 45	3 Female	13 Ivanhoe Runners
89 Sam Wilson	00:37:20	00:37:07	M Sen	23 Male	76
90 Damon Hammond	00:37:30	00:37:15	MV 50	25 Male	77
91 Richard Turner	00:37:32	00:37:24	MV 40	27 Male	78 Team Derby Runner
92 Nicola Taylor	00:37:32	00:37:28	FV 45	4 Female	14 stilton striders
93 Laura Gapski	00:37:49	00:37:39	FV 45	5 Female	15 RIPLEY RUNNING CLUB
94 Nicola Chamberlain	00:37:51	00:01:35	FV 45	6 Female	16 Kimberley & District Striders
95 James Marshall	00:37:51	00:37:35	MV 50	26 Male	79
96 Wayne Smith	00:38:00	00:38:00	MV 40	28 Male	80 Long Eaton Running Club
97 Martin Sower	00:38:19	00:38:13	M Sen	24 Male	81 SINFIN RUNNING CLUB
98 Joseph Baxter	00:38:26	00:38:15	MV 40	29 Male	82 Vegan Runners UK
99 Emma Meredith	00:38:33	00:38:28	F Sen	4 Female	17 Kimberley & District Striders
100 Gavin Wilkinson	00:38:33	00:38:33	M Sen	25 Male	83 Long Eaton Running Club
101 Amila Subramaniam	00:38:43	00:38:33	F Sen	5 Female	18 Beeston AC
102 Matt Peel	00:38:44	00:38:38	MV 50	27 Male	84 Long Eaton Running Club
103 Richard Hill	00:38:45	00:38:37	MV 50	28 Male	85 Beeston AC
104 Stephen Wickham	00:38:46	00:38:37	MV 60	4 Male	86 Erewash Valley RC
105 Karen Galer	00:38:50	00:38:50	FV 35	8 Female	19 Long Eaton Running Club
106 Alistair Bloomfield	00:38:52	00:38:41	MV 50	29 Male	87
107 Kevin Wallace	00:38:53	00:38:46	MV 40	30 Male	88 Grantham Running Club
108 Clara Tennant	00:38:54	00:38:44	F Sen	6 Female	20 Formula One Circuit Crew
109 Beverley Peel	00:38:58	00:38:57	FV 45	7 Female	21 Long Eaton Running Club
110 Samantha Garside	00:39:05	00:39:00	FV 35	9 Female	22 Kimberley & District Striders
111 Roo Lundberg	00:39:10	00:39:05	F Sen	7 Female	23 Redhill Road Runners
112 Hannah Cooper	00:39:10	00:01:30	F Sen	8 Female	24 Beeston AC
113 Neil Webster	00:39:11	00:38:54	MV 50	30 Male	89
114 James McPhail	00:39:17	00:39:08	M Sen	26 Male	90
115 Iain Lane	00:39:18	00:39:13	M Sen	27 Male	91
116 Vicki Lowe	00:39:30	00:39:26	FV 55	1 Female	25 stilton striders
117 Christopher Dancer	00:39:31	00:39:15	MV 40	31 Male	92 Holme Pierrepont RC
118 James Wall	00:39:36	00:39:20	MV 40	32 Male	93
119 Matthew Wells	00:39:37	00:39:22	M Sen	28 Male	94
120 Hannah Pole	00:39:39	00:39:24	FV 35	10 Female	26
121 Benjamin Maddison	00:39:44	00:39:23	M Sen	29 Male	95
122 Chris Hardy	00:40:02	00:39:50	MV 40	33 Male	96 Beeston AC
123 Andy Jackson	00:40:06	00:39:52	MV 50	31 Male	97 Beeston AC

124	David Corbett	00:40:08	00:40:01	MV 40	34	Male	98	Holme Pierrepont RC
125	Nick Woodrow	00:40:11	00:40:02	MV 40	35	Male	99	Beeston AC
126	Andrew Hooker	00:40:13	00:40:03	MV 40	36	Male	100	Beeston AC
127	Hazel Baxter	00:40:13	00:40:13	FV 45	8	Female	27	Shelton Striders
128	Dave Nettleton	00:40:24	00:40:09	MV 50	32	Male	101	
129	Dennis Ceranic	00:40:28	00:40:18	MV 60	5	Male	102	SINFIN RUNNING CLUB
130	Catherine Millet	00:40:33	00:40:22	FV 45	9	Female	28	Formula One Circuit Crew
131	Naomi Rivers	00:40:38	00:40:26	F Sen	9	Female	29	Grantham Running Club
132	David Sewell	00:40:41	00:40:29	MV 50	33	Male	103	Long Eaton Running Club
133	Chris Neale	00:40:45	00:40:35	MV 50	34	Male	104	
134	Carrie Forsdyke	00:40:48	00:40:31	F Sen	10	Female	30	Long Eaton Running Club
135	Andrew MacAllister	00:40:49	00:40:38	MV 60	6	Male	105	Grantham Running Club
136	Stuart Gray	00:40:50	00:40:48	M Sen	30	Male	106	
137	Jane Matthews	00:40:53	00:40:39	FV65	1	Female	31	Southwell Running Club
138	Zoe Wragg	00:40:54	00:40:44	F Sen	11	Female	32	Grantham Running Club
139	Peter Machin	00:41:02	00:40:45	MV 50	35	Male	107	Long Eaton Running Club
140	Robert Lane	00:41:13	00:41:01	MV 50	36	Male	108	SINFIN RUNNING CLUB
141	Stuart Wells	00:41:14	00:41:01	MV 50	37	Male	109	Team Anstey Amblers And Runners
142	Catherine Reilly	00:41:22	00:41:12	FV 35	11	Female	33	
143	Tim Stokes	00:41:23	00:41:04	MV 50	38	Male	110	
144	Paul Jepson	00:41:25	00:41:13	MV70	1	Male	111	Grantham Running Club
145	Paul Cooper	00:41:25	00:03:45	MV 60	7	Male	112	
146	Denise Robertson	00:41:29	00:41:10	FV 45	10	Female	34	Shelton Striders
147	Graeme Lucas	00:41:50	00:41:27	MV 60	8	Male	113	
148	Lauren Gray	00:42:01	00:41:59	FV 35	12	Female	35	SINFIN RUNNING CLUB
149	Harry Wells	00:42:05	00:41:52	M Sen	31	Male	114	
150	Adam Groves	00:42:07	00:41:49	M Sen	32	Male	115	SINFIN RUNNING CLUB
151	Sarah High	00:42:13	00:42:02	FV 55	2	Female	36	Grantham Running Club
152	Caroline Challender	00:42:17	00:42:06	FV 55	3	Female	37	Beeston AC
153	Andrew Webster	00:42:19	00:41:56	MV 40	37	Male	116	Long Eaton Running Club
154	Francesca Froggatt	00:42:21	00:42:09	F Sen	12	Female	38	Long Eaton Running Club
155	Shaun Burton	00:42:21	00:41:55	MV 50	39	Male	117	Long Eaton Running Club
156	Lisa Doherty	00:42:26	00:42:08	FV 35	13	Female	39	SINFIN RUNNING CLUB
157	Simon Duxon	00:42:35	00:42:26	MV 50	40	Male	118	Team Derby Runner
158	Melanie Hopewell	00:42:48	00:42:39	FV 45	11	Female	40	
159	Ken Morrell	00:42:48	00:42:36	MV70	2	Male	119	Beeston AC
160	John Pickering	00:42:50	00:42:33	MV 60	9	Male	120	Long Eaton Running Club
161	Steve White	00:42:50	00:42:37	MV 60	10	Male	121	Long Eaton Running Club
162	Nigel Lindley	00:43:02	00:42:46	MV 60	11	Male	122	Formula One Circuit Crew
163	Jacqueline Pearson	00:43:08	00:43:00	FV 45	12	Female	41	
164	Karen Lindsey	00:43:29	00:43:11	FV 35	14	Female	42	
165	Susan Tait	00:43:39	00:43:17	FV65	2	Female	43	Ivanhoe Runners

166 Liz Howick	00:43:41	00:43:28	FV 45	13 Female	44
167 Stephen Williams	00:43:44	00:43:21	MV 50	41 Male	123 Long Eaton Running Club
168 Nikki Barker	00:43:47	00:43:35	FV 35	15 Female	45 Long Eaton Running Club
169 Stuart Rhodes	00:43:48	00:43:29	MV 40	38 Male	124
170 Louis Kowalski	00:43:57	00:43:41	M Sen	33 Male	125
171 Helen Rawson	00:43:58	00:43:58	FV 35	16 Female	46
172 Laura Froggatt	00:44:04	00:43:55	FV 45	14 Female	47 Long Eaton Running Club
173 Rachel Argent	00:44:04	00:43:48	FV 35	17 Female	48 Long Eaton Running Club
174 Christopher Kowalski	00:44:13	00:43:57	MV 50	42 Male	126
175 Rachel Toplis	00:44:16	00:44:08	FV 35	18 Female	49 Long Eaton Running Club
176 Mark Rose	00:44:26	00:44:15	MV 60	12 Male	127 Holme Pierrepont RC
177 Ali Harvey	00:44:33	00:44:20	FV65	3 Female	50 Long Eaton Running Club
178 Marie-Christine Pardon	00:44:36	00:44:26	FV 45	15 Female	51 Beeston AC
179 Ian Crompton	00:44:39	00:44:18	MV 60	13 Male	128 Shelton Striders
180 Bob Browne	00:44:41	00:44:27	MV 60	14 Male	129 Erewash Valley RC
181 Peter Chapman	00:45:02	00:44:39	MV 50	43 Male	130
182 Joann Lewis	00:45:13	00:45:01	FV 55	4 Female	52 Long Eaton Running Club
183 Julie Jackson	00:45:32	00:45:19	FV 45	16 Female	53 Beeston AC
184 Suzanne Nightingale	00:45:37	00:45:22	FV 35	19 Female	54
185 Matthew Nightingale	00:45:37	00:45:22	M Sen	34 Male	131
186 Christopher Sharp	00:45:43	00:45:26	MV 40	39 Male	132 Shelton Striders
187 David Riley	00:45:46	00:45:38	MV 60	15 Male	133 Long Eaton Running Club
188 Gloria Lagou	00:45:50	00:45:32	FV 35	20 Female	55 Shelton Striders
189 David Paterson	00:45:57	00:42:02	M Sen	35 Male	134 Beeston AC
190 Sarah Prior	00:46:07	00:45:47	FV 45	17 Female	56 Beeston AC
191 Emily Wightman	00:46:13	00:45:56	F Sen	13 Female	57 Long Eaton Running Club
192 Annabel Nickols	00:46:17	00:46:04	FV 55	5 Female	58 Long Eaton Running Club
193 George Kowalski	00:46:31	00:46:15	M Sen	36 Male	135
194 Daisy Slater	00:46:43	00:46:43	F Sen	14 Female	59 Beeston AC
195 Karen Kowalski	00:46:57	00:46:40	FV 45	18 Female	60 Mansfield Harriers
196 Jane Lucas	00:47:02	00:46:41	FV65	4 Female	61
197 Paul Massey	00:47:10	00:46:46	MV70	3 Male	136 Team Derby Runner
198 Steve Cartwright	00:47:13	00:46:55	MV 40	40 Male	137 SINFIN RUNNING CLUB
199 Caleb Deakin	00:47:18	00:47:18	M Sen	37 Male	138 Long Eaton Running Club
200 Andrew Matthews	00:47:29	00:47:03	MV70	4 Male	139 Lonely Goat RC
201 Sophia Johns	00:47:32	00:47:32	F Sen	15 Female	62
202 Amanda Wilson	00:47:44	00:47:25	FV 55	6 Female	63 Shelton Striders
203 Deborah Jones	00:47:53	00:47:32	FV 55	7 Female	64 Wymeswold RC
204 Lyndsay Wiles	00:47:57	00:47:38	FV 45	19 Female	65 Shelton Striders
205 Sally Cartwright	00:48:13	00:47:53	FV 45	20 Female	66 SINFIN RUNNING CLUB
206 Clare Gregory	00:48:26	00:48:18	FV 45	21 Female	67 Team Derby Runner
207 Sheila Groves	00:49:03	00:48:45	FV 55	8 Female	68 SINFIN RUNNING CLUB

208 Alison Gardner	00:49:16	00:48:57	FV 45	22 Female	69
209 Caroline Wickham	00:49:28	00:49:17	FV65	5 Female	70 Erewash Valley RC
210 Anna Baillie	00:49:29	00:49:14	FV 35	21 Female	71 Long Eaton Running Club
211 Lisa Maddison	00:49:46	00:49:24	FV 45	23 Female	72
212 Jackie Dennis	00:50:00	00:49:40	FV65	6 Female	73
213 Theresa Bird	00:50:10	00:49:48	FV 45	24 Female	74 Long Eaton Running Club
214 Gemma Meek	00:50:11	00:49:53	FV 35	22 Female	75 SINFIN RUNNING CLUB
215 Maggie Langley	00:50:38	00:50:18	FV 55	9 Female	76
216 Juliet Harrison	00:50:49	00:50:32	FV 55	10 Female	77
217 Neil Roberts	00:51:00	00:50:46	MV 60	16 Male	140 Erewash Valley RC
218 Maddy Collinge	00:51:20	00:50:59	FV65	7 Female	78 Mansfield Harriers
219 Zoe Cowlshaw	00:51:55	00:51:29	F Sen	16 Female	79 Long Eaton Running Club
220 Damian Cowlshaw	00:51:55	00:51:29	MV 60	17 Male	141 Long Eaton Running Club
221 Jane Hardy	00:52:16	00:51:51	FV 55	11 Female	80 Long Eaton Running Club
222 Samantha Hopewell	00:52:43	00:52:16	FV 45	25 Female	81 Long Eaton Running Club
223 Malcolm Stevens	00:53:21	00:52:56	MV70	5 Male	142 Redhill Road Runners
224 Lisa Machin	00:55:39	00:55:14	FV 45	26 Female	82 Long Eaton Running Club
225 Vicky Vines	00:57:21	00:56:55	FV 45	27 Female	83 Long Eaton Running Club
226 Valerie Lindsey	00:58:11	00:57:49	FV65	8 Female	84
227 Olivia Peden	01:01:37	01:01:20	F Sen	17 Female	85 SINFIN RUNNING CLUB
228 Stephen Aynsley	01:06:42	01:06:21	MV70	6 Male	143 Shelton Striders
229 Jane O'Toole	01:07:07	01:07:07	FV 55	12 Female	86 Long Eaton Running Club