

| Pos | Name | Club | Category | Cat Pos | Time | Net Time |
|-----|---------------------|----------------------------------|----------|---------|----------|----------|
| 1 | David Bishop | Huub Performance | M Sen | 1 | 00:25:14 | 00:25:14 |
| 2 | Joe Crutchley | Beeston AC | M Sen | 2 | 00:25:21 | 00:25:21 |
| 3 | Darlington Magalela | Long Eaton Running Club | MV 40 | 1 | 00:27:11 | 00:27:11 |
| 4 | Daniel Hawley | Long Eaton Running Club | MV 40 | 2 | 00:27:32 | 00:27:32 |
| 5 | Eddy George | Holme Pierrepont RC | M Sen | 3 | 00:28:27 | 00:28:27 |
| 6 | Thomas Welham | Sutton in Ashfield Harriers & AC | M Sen | 4 | 00:29:02 | 00:29:02 |
| 7 | Gavin McDermott | | MV 50 | 1 | 00:29:46 | 00:29:46 |
| 8 | Niki Russell | Beeston AC | MV 40 | 3 | 00:30:14 | 00:30:14 |
| 9 | James Fisher | Long Eaton Running Club | M Sen | 5 | 00:30:28 | 00:30:28 |
| 10 | Jack Kay | SINFIN RUNNING CLUB | M Sen | 6 | 00:31:07 | 00:31:07 |
| 11 | John Hunt | Beeston AC | MV 60 | 1 | 00:31:10 | 00:31:10 |
| 12 | Ian Billson | Beeston AC | MV 40 | 4 | 00:31:13 | 00:31:13 |
| 13 | Dale Western | Holme Pierrepont RC | MV 40 | 5 | 00:31:24 | 00:31:23 |
| 14 | Juliet Potter | Charnwood A C | FV 40 | 1 | 00:31:27 | 00:31:27 |
| 15 | Kevin Pounder | ILKESTON RUNNING CLUB | MV 40 | 6 | 00:31:38 | 00:31:38 |
| 16 | Paul Newton | Redhill Road Runners | MV 50 | 2 | 00:31:39 | 00:31:39 |
| 17 | James Watts | SINFIN RUNNING CLUB | M Sen | 7 | 00:31:49 | 00:31:49 |
| 18 | Timothy Bagguley | Newark AC | MV 40 | 7 | 00:32:30 | 00:32:30 |
| 19 | Josh Green | Long Eaton Running Club | MV 40 | 8 | 00:32:37 | 00:32:33 |
| 20 | Mike Hartley | Beeston AC | MV 40 | 9 | 00:32:47 | 00:32:46 |
| 21 | Tim Caldwell | Long Eaton Running Club | MV 40 | 10 | 00:33:02 | 00:33:00 |
| 22 | James Furness | Redhill Road Runners | M Sen | 8 | 00:33:10 | 00:33:10 |
| 23 | Richard Howe | Long Eaton Running Club | MV 40 | 11 | 00:33:12 | 00:33:12 |
| 24 | Glenn Riches | Long Eaton Running Club | MV 50 | 3 | 00:33:25 | 00:33:24 |
| 25 | Rob Gladwin | Holme Pierrepont RC | M Sen | 9 | 00:33:29 | 00:33:28 |
| 26 | Nathan Sutton | DERWENT RUNNERS (DERBY) | MV 40 | 12 | 00:33:32 | 00:33:31 |
| 27 | Alex Dalton | Redhill Road Runners | M Sen | 10 | 00:33:44 | 00:33:44 |
| 28 | Ryan Ball | ILKESTON RUNNING CLUB | MV 40 | 13 | 00:33:46 | 00:33:46 |
| 29 | David Lees | SINFIN RUNNING CLUB | MV 50 | 4 | 00:33:52 | 00:33:52 |
| 30 | Lee Scott | Redhill Road Runners | MV 40 | 14 | 00:33:55 | 00:33:49 |
| 31 | Rob Williams | SINFIN RUNNING CLUB | MV 40 | 15 | 00:34:10 | 00:34:07 |
| 32 | kat hague | Redhill Road Runners | FV 40 | 2 | 00:34:14 | 00:34:14 |
| 33 | Billy McCafferty | Long Eaton Running Club | M Sen | 11 | 00:34:15 | 00:34:14 |
| 34 | Adam Parker | | M Sen | 12 | 00:34:20 | 00:34:19 |
| 35 | louise read | | FV 40 | 3 | 00:34:38 | 00:34:36 |
| 36 | Duncan Cowie | SINFIN RUNNING CLUB | MV 60 | 2 | 00:34:38 | 00:34:38 |
| 37 | alan maplethorpe | Long Eaton Running Club | MV 60 | 3 | 00:34:40 | 00:34:39 |
| 38 | Simon Durston-Smith | Shelton Striders | MV 50 | 5 | 00:34:47 | 00:34:46 |
| 39 | Magdalena Twardosz | Long Eaton Running Club | FV 40 | 4 | 00:34:48 | 00:34:47 |

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|----|----------------------|------------------------------|-------|----|----------|----------|
| 40 | Simon Ross | Holme Pierrepont RC | MV 50 | 6 | 00:34:50 | 00:34:46 |
| 41 | Daniel Burridge | | MV 40 | 16 | 00:34:53 | 00:34:50 |
| 42 | Helen Morley | Shelton Striders | FV 50 | 1 | 00:34:57 | 00:34:57 |
| 43 | Nathan Smith | Birstall RC | MV 50 | 7 | 00:35:04 | 00:34:57 |
| 44 | Andy Briggs | Long Eaton Running Club | MV 50 | 8 | 00:35:19 | 00:35:18 |
| 45 | Liz Sherratt | DERWENT RUNNERS (DERBY) | F Sen | 1 | 00:35:19 | 00:35:16 |
| 46 | Andy Berry | Long Eaton Running Club | MV 40 | 17 | 00:35:19 | 00:35:18 |
| 47 | Robert Crowe | | M Sen | 13 | 00:35:26 | 00:35:24 |
| 48 | Rob Hand | Holme Pierrepont RC | MV 60 | 4 | 00:35:26 | 00:35:25 |
| 49 | Mark Ison | Team Derby Runner | MV 50 | 9 | 00:35:30 | 00:35:28 |
| 50 | Eleanor Venn | Long Eaton Running Club | FV 40 | 5 | 00:35:36 | 00:35:32 |
| 51 | Joshua Veasy | Long Eaton Running Club | M Sen | 14 | 00:35:41 | 00:35:39 |
| 52 | Angus Hunter | | MV 60 | 5 | 00:35:45 | 00:35:42 |
| 53 | Dale Murray | Long Eaton Running Club | M Sen | 15 | 00:35:56 | 00:35:52 |
| 54 | Francia Santos | Redhill Road Runners | FV 40 | 6 | 00:35:59 | 00:35:58 |
| 55 | Martyn Etches | SINFIN RUNNING CLUB | M Sen | 16 | 00:36:00 | 00:35:58 |
| 56 | Lorna Astley | | FV 50 | 2 | 00:36:04 | 00:36:04 |
| 57 | Brian Warner | SINFIN RUNNING CLUB | MV 50 | 10 | 00:36:08 | 00:36:08 |
| 58 | Brendan Devlin | SINFIN RUNNING CLUB | MV 50 | 11 | 00:36:20 | 00:36:20 |
| 59 | Neil Burden | Holme Pierrepont RC | MV 40 | 18 | 00:36:20 | 00:36:15 |
| 60 | Robin Tyler | | MV 40 | 19 | 00:36:21 | 00:36:18 |
| 61 | Paul Griffiths | Formula One Circuit Crew | MV 40 | 20 | 00:36:32 | 00:36:32 |
| 62 | Andrew Lucas | Shelton Striders | MV 40 | 21 | 00:36:39 | 00:36:38 |
| 63 | Chris Hulse | DERWENT RUNNERS (DERBY) | MV 50 | 12 | 00:36:41 | 00:36:39 |
| 64 | Jessica Necchi | Redhill Road Runners | F Sen | 2 | 00:36:41 | 00:36:41 |
| 65 | Luke Saxton | | MV 40 | 22 | 00:36:48 | 00:36:46 |
| 66 | Joshua Finn | Formula One Circuit Crew | M Sen | 17 | 00:36:57 | 00:36:55 |
| 67 | Jonathan Spurgin | Holme Pierrepont RC | MV 50 | 13 | 00:37:02 | 00:36:58 |
| 68 | Philippa Clarke | Newark Striders Running Club | F Sen | 3 | 00:37:03 | 00:37:02 |
| 69 | Lisa Chan | Holme Pierrepont RC | FV 50 | 3 | 00:37:04 | 00:36:59 |
| 70 | David Riley | Long Eaton Running Club | MV70 | 1 | 00:37:07 | 00:37:06 |
| 71 | Ed Reed | Holme Pierrepont RC | M Sen | 18 | 00:37:16 | 00:37:14 |
| 72 | Sarah Johnstone | Long Eaton Running Club | FV 40 | 7 | 00:37:26 | 00:37:23 |
| 73 | Harry Jackson | SINFIN RUNNING CLUB | M Sen | 19 | 00:37:29 | 00:37:29 |
| 74 | Pat Wheeler | | MV 50 | 14 | 00:37:32 | 00:37:29 |
| 75 | Ellie Turner | Ivanhoe Runners | F Sen | 4 | 00:37:35 | 00:37:32 |
| 76 | Christopher Morrison | SINFIN RUNNING CLUB | MV70 | 2 | 00:37:46 | 00:37:44 |
| 77 | Nicola Jones | Holme Pierrepont RC | FV 50 | 4 | 00:37:51 | 00:37:46 |
| 78 | Peter Edmonds | Long Eaton Running Club | MV 60 | 6 | 00:37:52 | 00:37:50 |
| 79 | Jerry Evans | SINFIN RUNNING CLUB | MV70 | 3 | 00:37:56 | 00:37:54 |
| 80 | Roo Lundberg | Redhill Road Runners | F Sen | 5 | 00:37:57 | 00:37:56 |
| 81 | Hilary Foster | Redhill Road Runners | F Sen | 6 | 00:38:02 | 00:37:59 |

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| 82 | Richard Jackson | Shelton Striders | M Sen | 20 | 00:38:07 | 00:37:59 |
| 83 | Kevin Purser | SINFIN RUNNING CLUB | MV 50 | 15 | 00:38:15 | 00:38:13 |
| 84 | Helen Cridland | TFN TRI CLUB | F Sen | 7 | 00:38:27 | 00:38:25 |
| 85 | Luke Woodiwiss | Long Eaton Running Club | MV 40 | 23 | 00:38:32 | 00:38:28 |
| 86 | David Knight | | M Sen | 21 | 00:38:40 | 00:38:28 |
| 87 | Chris Nappin | SINFIN RUNNING CLUB | MV 50 | 16 | 00:38:53 | 00:38:52 |
| 88 | Emma Watson | SINFIN RUNNING CLUB | F Sen | 8 | 00:39:01 | 00:38:59 |
| 89 | Matt Peel | Long Eaton Running Club | MV 50 | 17 | 00:39:07 | 00:39:02 |
| 90 | Lucy Knight | | F Sen | 9 | 00:39:11 | 00:39:02 |
| 91 | Ian Glazebrook | Redhill Road Runners | MV 50 | 18 | 00:39:22 | 00:39:18 |
| 92 | Krish Raichura | SINFIN RUNNING CLUB | MV 40 | 24 | 00:39:30 | 00:39:27 |
| 93 | Sarah Easter | SINFIN RUNNING CLUB | FV 40 | 8 | 00:39:35 | 00:39:29 |
| 94 | James Wall | Beeston AC | MV 40 | 25 | 00:39:36 | 00:39:25 |
| 95 | Fraser Thompson | Long Eaton Running Club | MV 60 | 7 | 00:39:37 | 00:39:32 |
| 96 | Joanne Coleman | Redhill Road Runners | FV 40 | 9 | 00:39:40 | 00:39:40 |
| 97 | Ben Millington | | MV 40 | 26 | 00:39:43 | 00:39:32 |
| 98 | Marc Kinch | Long Eaton Running Club | MV 50 | 19 | 00:39:48 | 00:39:44 |
| 99 | David Hayes | | MV 50 | 20 | 00:40:05 | 00:39:57 |
| 100 | Kev Plumb | SINFIN RUNNING CLUB | MV 60 | 8 | 00:40:06 | 00:40:02 |
| 101 | Toni Harper | Redhill Road Runners | F Sen | 10 | 00:40:12 | 00:40:11 |
| 102 | Dennis Ceranic | SINFIN RUNNING CLUB | MV 60 | 9 | 00:40:16 | 00:40:12 |
| 103 | Steve Brown | Beeston AC | MV 50 | 21 | 00:40:21 | 00:40:15 |
| 104 | Jackie Cunningham | Long Eaton Running Club | FV 60 | 1 | 00:40:24 | 00:40:19 |
| 105 | Faith Carlin | Long Eaton Running Club | FV 40 | 10 | 00:40:26 | 00:40:19 |
| 106 | Katie Bonner | Formula One Circuit Crew | F Sen | 11 | 00:40:31 | 00:40:24 |
| 107 | Emma Perkins | Long Eaton Running Club | F Sen | 12 | 00:40:31 | 00:40:27 |
| 108 | Karen Lindsey | Long Eaton Running Club | FV 40 | 11 | 00:40:32 | 00:40:22 |
| 109 | Timothy Gale | Formula One Circuit Crew | M Sen | 22 | 00:40:32 | 00:40:23 |
| 110 | Chris Kaye | Formula One Circuit Crew | MV 40 | 27 | 00:40:35 | 00:40:25 |
| 111 | Katie Thompson | Long Eaton Running Club | F Sen | 13 | 00:40:42 | 00:40:37 |
| 112 | Kevin Ferguson | | MV 50 | 22 | 00:40:42 | 00:40:29 |
| 113 | Robert Dooley | Long Eaton Running Club | MV 50 | 23 | 00:40:48 | 00:40:44 |
| 114 | Stephen Williams | Long Eaton Running Club | MV 50 | 24 | 00:40:52 | 00:40:38 |
| 115 | Jenny Walker | Beeston AC | F Sen | 14 | 00:41:05 | 00:40:56 |
| 116 | Harry Whitehead | | M Sen | 23 | 00:41:18 | 00:41:03 |
| 117 | Richard Taylor | SINFIN RUNNING CLUB | M Sen | 24 | 00:41:24 | 00:41:20 |
| 118 | Yuk Wah Tsang | Long Eaton Running Club | MV 50 | 25 | 00:41:39 | 00:41:33 |
| 119 | Steve Lawson | Redhill Road Runners | MV 60 | 10 | 00:41:40 | 00:41:34 |
| 120 | Catherine Reilly | Formula One Circuit Crew | FV 40 | 12 | 00:41:40 | 00:41:32 |
| 121 | Louise McQuade | Long Eaton Running Club | FV 60 | 2 | 00:41:47 | 00:41:42 |
| 122 | Peter Davis | Newark Striders Running Club | MV70 | 4 | 00:41:49 | 00:41:49 |
| 123 | Lindsay Charlish | Long Eaton Running Club | FV 50 | 5 | 00:42:01 | 00:41:56 |

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| 124 | Dean Bradshaw | | MV 50 | 26 | 00:42:04 | 00:42:01 |
| 125 | Stephen Leafe | SOUTH DERBYSHIRE ROAD RUNNERS | MV 60 | 11 | 00:42:07 | 00:42:01 |
| 126 | Catherine Millet | Formula One Circuit Crew | FV 50 | 6 | 00:42:10 | 00:42:01 |
| 127 | Megan Wheeldon | SINFIN RUNNING CLUB | F Sen | 15 | 00:42:17 | 00:42:13 |
| 128 | Victoria Sample | | FV 50 | 7 | 00:42:32 | 00:42:25 |
| 129 | Kimberley Ravenscroft | Long Eaton Running Club | F Sen | 16 | 00:42:34 | 00:42:28 |
| 130 | Shanice Sharma | Long Eaton Running Club | F Sen | 17 | 00:42:34 | 00:42:28 |
| 131 | Emma Sinclair | Beeston AC | F Sen | 18 | 00:42:46 | 00:42:40 |
| 132 | Joseph Baxter | Vegan Runners UK | MV 40 | 28 | 00:43:04 | 00:42:58 |
| 133 | John Wright | Long Eaton Running Club | MV 40 | 29 | 00:43:06 | 00:42:52 |
| 134 | Rebecca Cort | Long Eaton Running Club | F Sen | 19 | 00:43:18 | 00:43:11 |
| 135 | Amy Tomkins | Long Eaton Running Club | F Sen | 20 | 00:43:39 | 00:43:26 |
| 136 | Mark Connelly | Vegan Runners UK | MV 50 | 27 | 00:43:51 | 00:43:46 |
| 137 | Nigel Lindley | Formula One Circuit Crew | MV70 | 5 | 00:43:59 | 00:43:51 |
| 138 | Susana Temple | | FV 40 | 13 | 00:44:03 | 00:44:02 |
| 139 | Rachel Toplis | Long Eaton Running Club | F Sen | 21 | 00:44:09 | 00:44:03 |
| 140 | Cathy Brown | Long Eaton Running Club | F Sen | 22 | 00:44:10 | 00:44:04 |
| 141 | Marie-Christine Pardon | Beeston AC | FV 50 | 8 | 00:44:17 | 00:44:10 |
| 142 | Simon Duxon | Team Derby Runner | MV 50 | 28 | 00:44:45 | 00:44:42 |
| 143 | Iain Lane | | MV 40 | 30 | 00:45:14 | 00:45:05 |
| 144 | Emily Williams | SINFIN RUNNING CLUB | FV 40 | 14 | 00:45:17 | 00:45:10 |
| 145 | Stephen Kitts | | MV 60 | 12 | 00:45:18 | 00:45:11 |
| 146 | David Paterson | Beeston AC | M Sen | 25 | 00:45:19 | 00:45:11 |
| 147 | Jackie Welburn | Beeston AC | FV 40 | 15 | 00:45:22 | 00:45:15 |
| 148 | Hannah Cartwright | SINFIN RUNNING CLUB | F Sen | 23 | 00:45:41 | 00:45:33 |
| 149 | Guy Wilkes | Long Eaton Running Club | MV 50 | 29 | 00:45:54 | 00:45:48 |
| 150 | Lauren Gray | SINFIN RUNNING CLUB | F Sen | 24 | 00:46:02 | 00:45:55 |
| 151 | Becky Holgate | | FV 40 | 16 | 00:46:15 | 00:46:07 |
| 152 | Jodie Mrvik | | F Sen | 25 | 00:46:18 | 00:46:07 |
| 153 | David Sewell | Long Eaton Running Club | MV 50 | 30 | 00:46:19 | 00:46:04 |
| 154 | Vicky Vines | Long Eaton Running Club | FV 40 | 17 | 00:46:21 | 00:46:11 |
| 155 | Zoe Sutton | DERWENT RUNNERS (DERBY) | FV 40 | 18 | 00:46:23 | 00:46:19 |
| 156 | Steven Statham | Redhill Road Runners | MV 50 | 31 | 00:46:25 | 00:46:13 |
| 157 | Jane Wade | SINFIN RUNNING CLUB | FV 60 | 3 | 00:46:28 | 00:46:22 |
| 158 | Lisa Doherty | SINFIN RUNNING CLUB | FV 40 | 19 | 00:46:28 | 00:46:25 |
| 159 | Jacqueline Pearson | | FV 50 | 9 | 00:46:29 | 00:46:23 |
| 160 | Sarah Prior | | FV 50 | 10 | 00:46:34 | 00:46:28 |
| 161 | Deborah Jones | | FV 60 | 4 | 00:46:39 | 00:46:27 |
| 162 | Alison Hogg | Beeston AC | FV 50 | 11 | 00:46:45 | 00:46:36 |
| 163 | Bernadette Dooley | Long Eaton Running Club | FV 40 | 20 | 00:47:31 | 00:47:22 |
| 164 | Robert Lane | SINFIN RUNNING CLUB | MV 50 | 32 | 00:47:35 | 00:47:30 |
| 165 | Sam Liu | Holme Pierrepont RC | MV 60 | 13 | 00:47:38 | 00:47:25 |

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| 166 | Laura Hart | | F Sen | 26 | 00:47:52 | 00:47:52 |
| 167 | Sarah Guadagni | Long Eaton Running Club | F Sen | 27 | 00:48:11 | 00:48:01 |
| 168 | Scott Conroy | Long Eaton Running Club | MV 40 | 31 | 00:48:23 | 00:48:12 |
| 169 | Lauren Knight | SINFIN RUNNING CLUB | F Sen | 28 | 00:48:24 | 00:48:16 |
| 170 | Helen Lowe | Redhill Road Runners | FV 40 | 21 | 00:48:24 | 00:48:12 |
| 171 | Jane Hardy | Long Eaton Running Club | FV 60 | 5 | 00:48:33 | 00:48:22 |
| 172 | Suzanne Newmarch | Redhill Road Runners | FV 40 | 22 | 00:48:39 | 00:48:26 |
| 173 | Richard Kennedy | SINFIN RUNNING CLUB | MV 40 | 32 | 00:48:39 | 00:48:30 |
| 174 | David Williamson | Long Eaton Running Club | MV 60 | 14 | 00:48:45 | 00:48:33 |
| 175 | Theresa Bird | Long Eaton Running Club | FV 40 | 23 | 00:48:47 | 00:48:36 |
| 176 | Emma Stroud | Redhill Road Runners | FV 50 | 12 | 00:48:47 | 00:48:34 |
| 177 | Shaun Burton | Long Eaton Running Club | MV 60 | 15 | 00:48:50 | 00:48:34 |
| 178 | Zoe COWLISHAW | Long Eaton Running Club | F Sen | 29 | 00:49:10 | 00:48:55 |
| 179 | Tamsin Young | | FV 60 | 6 | 00:49:15 | 00:49:06 |
| 180 | Trevor Hiscox | Vegan Runners UK | MV 60 | 16 | 00:49:33 | 00:49:27 |
| 181 | Ali Harvey | Long Eaton Running Club | FV 60 | 7 | 00:50:09 | 00:50:05 |
| 182 | Jaanika Coates | Long Eaton Running Club | FV 50 | 13 | 00:50:17 | 00:50:07 |
| 183 | Craig Harrison | SINFIN RUNNING CLUB | MV 50 | 33 | 00:50:23 | 00:50:16 |
| 184 | Celia Mendoza Carbajo | SINFIN RUNNING CLUB | F Sen | 30 | 00:51:02 | 00:50:52 |
| 185 | Sophia Johns | | F Sen | 31 | 00:51:50 | 00:51:42 |
| 186 | Louise Hart | | FV 60 | 8 | 00:51:58 | 00:51:47 |
| 187 | Nicola BLATHERWICK | Southwell Running Club | FV 40 | 24 | 00:52:08 | 00:51:52 |
| 188 | Christos Madas | | M Sen | 26 | 00:52:09 | 00:51:52 |
| 189 | Laura Stanga | SINFIN RUNNING CLUB | F Sen | 32 | 00:52:13 | 00:52:05 |
| 190 | Outi Tolppa | | FV 40 | 25 | 00:52:19 | 00:52:11 |
| 191 | Olivia Peden | SINFIN RUNNING CLUB | F Sen | 33 | 00:52:34 | 00:52:26 |
| 192 | Sarah Brennan | Long Eaton Running Club | FV 40 | 26 | 00:53:02 | 00:52:47 |
| 193 | Gemma Meek | SINFIN RUNNING CLUB | FV 40 | 27 | 00:53:08 | 00:53:01 |
| 194 | Andrea Lowe | Holme Pierrepont RC | FV 60 | 9 | 00:53:30 | 00:53:18 |
| 195 | Kirsty Youngs | Long Eaton Running Club | FV 50 | 14 | 00:53:45 | 00:53:34 |
| 196 | Sue Whitehead | Redhill Road Runners | FV 60 | 10 | 00:53:52 | 00:53:38 |
| 197 | Neil Roberts | Erewash Valley RC | MV 60 | 17 | 00:54:18 | 00:54:12 |
| 198 | Lorraine Langley | Long Eaton Running Club | FV 50 | 15 | 00:54:24 | 00:54:12 |
| 199 | Holly McCain | Vegan Runners UK | FV 40 | 28 | 00:54:34 | 00:54:26 |
| 200 | Vicky Hubbard | | FV 50 | 16 | 00:54:50 | 00:54:35 |
| 201 | Clare Gregory | Team Derby Runner | FV 50 | 17 | 00:55:03 | 00:54:53 |
| 202 | Lisa Ricketts | SINFIN RUNNING CLUB | FV 40 | 29 | 00:55:29 | 00:55:21 |
| 203 | Hayley Norris | Long Eaton Running Club | FV 50 | 18 | 00:56:05 | 00:55:54 |
| 204 | Faith Tombs | Formula One Circuit Crew | F Sen | 34 | 00:56:20 | 00:56:11 |
| 205 | Amanda Jackson | Shelton Striders | FV 60 | 11 | 00:56:54 | 00:56:45 |
| 206 | Julie Palmer | Long Eaton Running Club | FV 60 | 12 | 00:58:33 | 00:58:19 |
| 207 | Laura Cotterill | | F Sen | 35 | 00:58:40 | 00:58:36 |

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| 208 Stewart Riley | | MV 50 | 34 | 00:59:05 | 00:58:52 |
| 209 Lynda Wadsworth | SINFIN RUNNING CLUB | FV 40 | 30 | 00:59:23 | 00:59:14 |
| 210 Claire Roberts | | FV 50 | 19 | 01:00:48 | 01:00:33 |
| 211 Matt Sansam | | MV 50 | 35 | 01:00:48 | 01:00:32 |
| 212 Jane Coulson | Long Eaton Running Club | FV 60 | 13 | 01:02:06 | 01:01:52 |
| 213 Valerie Lindsey | Long Eaton Running Club | FV 70 | 1 | 01:03:39 | 01:03:28 |
| 214 Carly Hembury | Long Eaton Running Club | F Sen | 36 | 01:12:07 | 01:11:53 |
| 215 Jax Gallagher | Long Eaton Running Club | FV 50 | 20 | 01:14:56 | 01:14:41 |
| 216 Alison Silk | Long Eaton Running Club | F Sen | 37 | 01:20:52 | 01:20:39 |

