

Club Championships - 2015

5 Miles

Senior Men

Anthony Squire	0:30:02	Notts 5 - Embankmt
James Kirkwood	0:30:16	Trent 5
Peter Wallis	0:32:53	Trent 5
Tom Davies	0:33:23	Wymeswold

M40

David Greenwood	0:28:45	Notts 5 - Embankmt
Mike Wells	0:30:25	Trent 5
Will Meredith	0:32:26	Notts 5 - Embankmt
Peter Evans	0:32:44	Wymeswold
Gary Cragg	0:33:40	Notts 5 - Embankmt
Roger Davies	0:37:17	Notts 5 - Embankmt
Richard Jones	0:38:25	Notts 5 - Embankmt
Andrew Price	0:39:52	Notts 5 - Embankmt
Martin Spencer	0:41:48	Notts 5 - Embankmt
Simon Litchfield	0:42:44	Trent 5

M50

Stewart Gregory	0:27:45	Notts 5 - Embankmt
David Marshall	0:40:57	Notts 5 - Embankmt

M60

Bryn Stone	0:45:31	Trent 5
Chris Hendry	0:45:54	Long Eaton 5

M70

John Oldfield	0:37:32	Trent 5
Derek Poole	0:39:15	Notts 5 - Embankmt
Neil Hamilton	0:44:50	Notts 5 - Embankmt

Senior Women

Louise Read	0:33:52	Notts 5 - Embankmt
Katie Cook	0:36:33	Trent 5

W35

Emma Cupitt	0:34:32	Notts 5 - Embankmt
Editha van Loon	0:38:45	Notts 5 - Embankmt
Jackie Welburn	0:39:54	Trent 5

W45

Serena Bignell	0:33:22	Notts 5 - Embankmt
Christine Heaton	0:32:46	Trent 5
Mary Mills	0:40:31	Trent 5
Lindsey Marshall	0:41:49	Long Eaton 5

W55

W65

Friedel Plant	0:44:22	Notts 5 - Embankmt
Sandy Poole	0:45:26	Notts 5 - Embankmt
Christine Oldfield	0:51:04	Trent 5

10 km

Senior Men

Stephen Shanks	0:36:18	Warsaw
Sam Williams Duncan	0:37:46	Cheshire
Tom Davies	0:39:37	Long Bennington
Steve Ebbage	0:55:32	Bolsover

Senior Women

Lisa Smith	0:46:07	Long Bennington
Deborah Phelps	0:46:34	Castle Rock 10k
Charlotte Kenny	0:47:54	Castle Rock 10k

M40

Stewart Gregory	0:34:42	Worthing
Robert Jackson	0:35:55	Woodhall Spa
David Greenwood	0:36:52	Notfast
Mike Wells	0:37:17	Woodhall Spa
Matthew Grainge	0:38:21	Castle Rock 10k
Rob Stewart	0:38:24	Lincoln
Keith Jamieson	0:41:47	Castle Rock 10k
Ian Grant	0:42:58	Penicuk, Edinburgh
Gary Cragg	0:44:11	Castle Rock 10k
Roger Kerry	0:45:27	Sinfin
Mark Shaw	0:47:14	Castle Rock 10k
Richard Jones	0:48:52	Long Bennington
Roger Davies	0:49:31	Castle Rock 10k
Simon Litchfield	0:50:51	Derby

W35

Bryony Butcher	0:44:45	Castle Rock 10k
Jackie Welburn	0:48:48	Shelton 10k

M50

Stewart Gregory	0:35:27	Helingley
Andy Sharp	0:50:44	Long Bennington
Roland Malkin	0:50:57	Lincoln
David Marshall	0:52:05	Sinfin

W45

Sue Chicken	0:40:03	Derby
Christine Heaton	0:40:57	Long Bennington
Serena Bignell	0:41:47	Long Bennington
Lindsey Marshall	0:50:11	Bolsover
Bea Giaquinto	0:53:54	Long Bennington
Sara Malkin	0:57:48	Lincoln

M60

Richard Durance	0:52:01	Long Bennington
David Bland	0:52:51	Long Bennington
Ian Nicholson	0:52:54	Stathern
Steve Ebbage	0:53:35	Stathern

M70

Derek Poole	0:49:26	Notfast
Tony Hall	1:01:38	Rushcliffe

W65

Sandy Poole	0:59:25	Shelton 10k
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10 Miles**Senior Men**

Anthony Squire	1:02:59	Notts 10 - NWSC
Andrew Soley	1:09:06	Notts 10 - NWSC
Joseph Eccles	1:10:35	Notts 10 - NWSC
Andrew Cosgriff	1:23:29	Notts 10 - NWSC
Jim Smith	1:24:27	Notts 10 - NWSC
Tom Davies	1:33:03	Derby
Edward Ducker	1:33:58	Derby
Steve Ebbage	1:47:10	Wheatley

Senior Women

Louise Read	1:13:03	Notts 10 - NWSC
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M40

Andrew Whitehead	0:56:49	Notts 10 - NWSC
David Greenwood	1:00:21	Notts 10 - NWSC
Graham Moffatt	1:00:37	Notts 10 - NWSC
Robert Jackson	1:00:53	Notts 10 - NWSC

W35

Ann Gould	1:13:13	Notts 10 - NWSC
Emma Cupitt	1:13:55	Notts 10 - NWSC
Tess Tucker	1:18:55	Notts 10 - NWSC
Jessica Scully	1:31:36	Notts 10 - NWSC

Robert Pickup	1:07:25	Notts 10 - NWSC	Mary Smith	1:43:16	Notts 10 - NWSC
Keith Jamieson	1:09:38	Notts 10 - NWSC	Dawn Hughes	1:48:06	Wheatley
Steve Tupholme	1:11:57	Notts 10 - NWSC	Claire Sambridge	1:50:15	Wheatley
Peter Evans	1:12:46	Notts 10 - NWSC			
Mark Shaw	1:20:28	Notts 10 - NWSC			
Richard Jones	1:26:03	Notts 10 - NWSC			
Martin Spencer	1:27:16	Notts 10 - NWSC			
Andrew Price	1:27:46	Notts 10 - NWSC			
Simon Litchfield	1:30:10	Notts 10 - NWSC			

M50

Stewart Gregory	0:55:54	Notts 10 - NWSC
David Ralph	1:12:11	Notts 10 - NWSC
Stephen Eccles	1:13:31	Notts 10 - NWSC

W45

Christine Heaton	1:07:52	Notts 10 - NWSC
Serena Bignell	1:12:03	Notts 10 - NWSC
Jo Bramley-Maye	1:12:10	Notts 10 - NWSC
Melanie Joy	1:19:46	Notts 10 - NWSC
Katie Holmes	1:23:26	Pocklington
Amanda Hibbert	1:41:34	Notts 10 - NWSC

M60

Ian Nicholson	1:42:38	Wheatley
Derek Poole	1:19:52	Wrexham
Bryn Stone	1:58:06	Wheatley

W55

M70

John Oldfield	1:18:04	Notts 10 - NWSC
Derek Poole	1:22:07	Notts 10 - NWSC

W65

Sandy Poole	1:31:45	Notts 10 - NWSC
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Half Marathon

Senior Men

Matthew Nutt	1:15:02	Humber Bridge
Tony Meenaghan	1:18:42	Turkey Trot
Stephen Shanks	1:20:09	Rugby
Alex Loach	1:21:36	Clowne
Rob Nason	1:25:18	Turkey Trot
Chris Rhodes	1:27:51	Robin Hood
Andrew Soley	1:28:30	Turkey Trot
David Peplow	1:29:01	Robin Hood
Nicholas Bayley	1:29:03	Turkey Trot
Charlie Hayward	1:29:47	Mablethorpe
Joseph Eccles	1:30:45	Turkey Trot
Tom Davies	1:31:23	Turkey Trot
Andrew Swaine	1:33:33	Robin Hood
Edward Ducker	1:36:59	Sheffield
David Hodson	1:39:20	Robin Hood
Justin Parker	1:41:48	Robin Hood
Jim Smith	1:44:16	Robin Hood
John Hillier	1:44:44	Robin Hood
Chris Spolton	1:49:02	Robin Hood
Andy Cosgriff	1:49:27	Belvoir

Senior Women

Louise Read	1:35:29	Edinburgh
Charlotte Kenny	1:42:54	Robin Hood
Sarah Pollard	1:44:58	Robin Hood
Kate Vipond	1:45:41	Turkey Trot
Niki Whillis	1:46:15	Robin Hood
Carly Stretton	1:49:48	Turkey Trot
Jenny Kerr	1:54:03	Turkey Trot
Carly Stretton	1:55:01	Workshop
Debbie Smith	2:07:51	Belvoir

Daniel Farrell	1:49:55	Robin Hood
Joseph Qureshi	1:57:23	Robin Hood
Andy Trow	2:01:50	Robin Hood
Emer O'Malley	2:08:59	Robin Hood

M40

Mike Wells	1:25:46	Turkey Trot
Wayne McAneaney	1:26:03	Turkey Trot
Martin Clifford	1:27:11	Belvoir
Will Meredith	1:29:58	Robin Hood
Peter Evans	1:30:02	Robin Hood
Mark Chance	1:31:43	Turkey Trot
Ian Grant	1:32:43	Edinburgh
Keith Jamieson	1:32:53	Worksop
Gary Cragg	1:34:01	Turkey Trot
Will Meredith	1:34:55	Silverstone
Steve Tupholme	1:35:48	Robin Hood
David Proctor	1:36:37	Robin Hood
James Higham	1:39:12	Robin Hood
Mark Shaw	1:42:58	Turkey Trot
Phil Clarke	1:43:50	Turkey Trot
Chris Jekiel	1:44:12	Turkey Trot
Roger Spence	1:44:24	Worksop
Mark Emery	1:45:12	Turkey Trot
Arry Nathan	1:45:53	Turkey Trot
Richard Jones	1:52:32	Robin Hood
Martin Spencer	1:53:58	Robin Hood
Andrew Price	1:58:13	Robin Hood
Simon Litchfield	2:02:38	Robin Hood
Richard Ranby	2:08:16	Turkey Trot

M50

Stewart Gregory	1:17:22	Eastbourne
John Harrison	1:30:30	Royal Parks
Graham Angus	1:34:01	Robin Hood
Stephen Eccles	1:34:51	Turkey Trot
Matthew Moore	1:36:47	Robin Hood
Jim Hewitt	1:40:12	Robin Hood
Neil Devonport	1:40:30	Belvoir
Steven Widdowson	1:44:37	Robin Hood
David Ralph	1:45:21	Turkey Trot
Chris Davison	1:49:55	Turkey Trot
Nigel Harrison	1:51:03	Turkey Trot
Peter Savage	1:55:49	Robin Hood
Andy Sharp	2:00:06	Robin Hood

M60

Philip Roberts	1:43:11	Worksop
Bernard Jarvis	1:44:42	Belvoir

W35

Emma Cupitt	1:38:17	Retford
Sarah Carroll	1:41:55	Robin Hood
Janet Atkinson	1:43:14	Turkey Trot
Ali Keates	1:44:59	Robin Hood
Emily Coverley	1:46:04	Robin Hood
Ruth Jones	1:46:11	Grantham
Editha van Loon	1:46:46	Robin Hood
Jackie Welburn	1:47:37	Turkey Trot
Anna Gray	1:48:54	Belvoir
Claire Hayes	1:51:57	Turkey Trot
Kathryn Mellor	1:56:43	Robin Hood
Mary Smith	2:03:43	Robin Hood
Rachel Grant	2:04:13	Turkey Trot
Jessica Scully	2:04:27	Cheshire half
Kate Coppinger	2:04:58	Turkey Trot
Rachel Clarke	2:13:02	Robin Hood
Helen Jekiel	2:14:26	Las Vegas R'n'R

W45

Christine Heaton	1:29:45	Robin Hood
Serena Bignell	1:33:20	Belvoir
Susan Karmazyn	1:37:58	Turkey Trot
Fiona Moffatt	1:38:03	Robin Hood
Patti Cranton	1:43:26	Turkey Trot
Karen Usher	1:50:19	Robin Hood
Justine Squitieri	1:53:20	Robin Hood
Katie Holmes	1:55:41	Turkey Trot
Lucy Adams	1:56:52	Turkey Trot
Beatrice Giaquinto	1:58:30	Robin Hood
Yvonne Gibbins	2:04:02	Robin Hood
Stephanie Shardlow	2:17:55	Robin Hood

W55

Julie McGeorge	1:50:50	Bosworth
Rebecca Orford	1:58:53	Robin Hood

Derek Poole	1:48:41	Wrexham	Penny Durance	2:13:19	Caythorpe
Richard Durance	1:52:05	Retford	Mandy Andrews	2:25:36	Robin Hood
Derek Rose	1:54:46	Robin Hood			

M70

Tony Hall

2:17:03

Mablethorpe

Sandy Poole

W65

2:12:24

Belvoir

Marathon

Senior Men

Stephen Shanks	2:42:06	Robin Hood
Alex Loach	2:55:11	London
Tony Meenaghan	2:56:42	Manchester
Anthony Squire	2:57:54	Robin Hood
Steven Eatherington	3:11:10	Robin Hood
Edward Ducker	3:26:12	Robin Hood
Daniel Nutt	3:53:23	London

Senior Women

Deborah Phelps	3:34:13	London
Jemma Cox	4:32:51	London
Carly Stretton	4:35:27	Berlin

M40

Paul Roome	2:38:45	Berlin
David Greenwood	2:53:25	Manchester
Martin Clifford	2:57:01	London
Mike Wells	2:57:13	Manchester
Matthew Grainge	3:01:55	Robin Hood
Ian Grant	3:20:48	Manchester
Robert Pickup	3:28:49	Manchester
Gary Cragg	3:28:50	Robin Hood
Will Meredith	3:32:39	London
Steve Tupholme	3:35:19	Manchester
Richard Clayton	3:53:19	Robin Hood
Mark Shaw	3:58:01	Robin Hood
Arry Nathan	3:58:31	Manchester
Chris Jekiel	4:10:31	Robin Hood
James Higham	4:15:49	London
Nigel Bennett	4:20:07	Robin Hood

W35

Emma Cupitt	3:24:30	Manchester
Ann Gould	3:40:21	Manchester
Ruth Jones	3:49:43	London
Jackie Welburn	3:59:20	Manchester
Kathryn Mellor	4:08:27	Manchester
Rachel Grant	4:30:41	Robin Hood
Jacqueline Pearson	4:40:17	Manchester

M50

John Harrison	3:16:52	London
Paul Jacobs	3:40:13	Stratford-on-Avon

W45

Susan Karmazyn	3:26:48	London
Jo Bramley-Maye	3:37:23	Chester
Justine Squitieri	4:48:40	London

M60

Philip Roberts	3:51:16	Berlin
Richard Durance	4:04:01	Milton Keynes

W55

Penny Durance	3:58:07	Ljublijana
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M70

Bernard Jarvis	3:42:42	London
Derek Poole	4:20:48	Robin Hood

