

5 Miles

Senior Men - Senior Women

Matthew Clapp	26:57	Alsager	Debbie Shaw	33:28	Notts 5
Peter Crew	27:18	GP4 - Colwick	Serena Webster	34:49	GP4 - Colwick
Dave Belbin	28:53	GP4 - Colwick	Teresa Woodford	35:34	Whatstandwell
Roland Smith	29:40	GP4 - Colwick	Rachel Martin	36:09	Notts 5
Dave Allaway	30:32	Whatstandwell	Jo Spinak	38:47	GP4 - Colwick
Chas Bickford-Smith	32:35	GP4 - Colwick	Julie Rippe	39:17	Notts 5
Mark Robinson	32:41	Pidcock (LERC)	Ali Browell	41:35	Notts 5
Steve Leek	33:14	GP4 - Colwick	Anne Howick	43:00	Notts 5
Anthony Mills	33:49	Notts 5			
Kevin Dickinson	35:16	Pidcock (LERC)			
Philip Win	38:02	Notts 5			
Andy Wilkinson	40:11	Notts 5			

M40 - W40

Martin Riley	27:38	Alsager	Mary Mills	31:59	Heanor
Glyn Sawford	30:19	Heanor	Hilary Hare Duke	35:35	Notts 5
Gary Attewell	30:41	Heanor	Dawn Waugh	38:26	Notts 5
Mark Thorley	31:45	GP4 - Colwick	Su Lancaster	39:19	GP4 - Colwick
George Kujawinski	31:45	Notts 5	Sheila Elliott	47:53	Pidcock (LERC)
Neil Marshall	32:30	Notts 5			
Pete Swords	33:01	Notts 5			
Jerry Scarrott	33:37	GP4 - Colwick			
Rob Crocker	36:10	Notts 5			
Richard Durance	36:45	GP4 - Colwick			

M50 - W50

Howard Partridge	30:16	GP4 - Colwick	Sandy Poole	36:59	Notts 5
Bernard Jarvis	30:49	Dolgellau	Sheila Elliott	47:53	Pidcock (LERC)
Peter Knox	31:58	GP4 - Colwick	Alison Bottomley	49:14	Notts 5
Derek Poole	31:58	Heanor	Di Pavett	56:52	Notts 5
Dane Atkin	33:13	GP4 - Colwick			
David Cogman	35:23	Notts 5			
Clarence Ward	36:08	GP4 - Colwick			
Steve Page	36:18	Notts 5			
John Hardy	36:30	GP4 - Colwick			
Richard Elliott	37:27	Pidcock (LERC)			
Chris Hendry	39:18	Heanor			

M60

Frank Makin	35:39	GP4 - Colwick			
Neil Hamilton	36:50	GP4 - Colwick			
Peter Machin	38:51	Pidcock (LERC)			

M70

John Foden	48:02	GP4 - Colwick			
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10 km

Senior Men - Senior Women

Matthew Clapp	33:52	Caythorpe	Theresa Woodford	41:24	Rushcliffe (MT)
Peter Crew	34:23	GP1 - NWSC	Susan Karmazyn	43:02	Rushcliffe (MT)
Matthew Moore	35:09	Civil Service 10k	Patti Cranton	43:13	Bestwood (MT)
Dave Allaway	35:28	GP1 - NWSC	Theresa Woodford	43:35	Wollaton Pk (MT)
Graham Moffatt	36:20	GP1 - NWSC	Debbie Shaw	43:40	Crossdale (Trail)
Dave Belbin	36:27	GP1 - NWSC	Janet Riley	44:43	Kimberley GFG
Paul Jacobs	39:18	Caythorpe	Serena Webster	45:33	GP1 - NWSC
Steve Leek	40:42	Caythorpe	Rachel Martin	46:54	GP1 - NWSC
Anthony Mills	40:24	Caythorpe	Jo Spinak	48:37	Tara Kinder
Mark Cottam	40:51	Caythorpe	Lorraine Butterfield	50:33	Heanor Pud Run
Mark Robinson	40:54	Caythorpe	Ali Browell	50:47	Caythorpe
Gareth Thomas	41:33	GP1 - NWSC	Fiona Moffatt	50:58	Crossdale (Trail)
Kevin Dickinson	43:09	Caythorpe	Jo Maye	51:05	Crossdale (Trail)
Keith Jamieson	45:06	Crossdale (Trail)	Anne Howick	53:25	Crossdale (Trail)
Jonathan Appleby	52:07	Heanor	Julie Rippe	57:23	GP1 - NWSC
Andy Wilkinson	53:26	Crossdale (Trail)	Joanne Bellamy	58:08	Rushcliffe (MT)
			Jacqueline Cameron	1:08:02	GP1 - NWSC

M40 - W40

Martin Riley	35:41	Bruges	Mary Mills	40:55	Kimberley GFG
Gary Attewell	38:21	Caythorpe	Dorothy Michalak	42:53	Rushcliffe
Don Wells	38:24	Caythorpe	Dawn Waugh	44:25	Caythorpe
George Kujawinski	38:46	Lincoln	Angela Naylor	46:25	Caythorpe
Neil Marshall	39:47	New York	Hilary Hare Duke	51:05	Crossdale
Chas Bickford-Smith	39:55	Caythorpe	Su Lancaster	51:20	Crossdale
Mark Thorley	40:04	GP1 - NWSC	Mandy Andrews	56:03	Crossdale
John Naylor	40:33	Caythorpe	Chris Bland	58:59	Crossdale
Jerry Scarrott	41:34	Caythorpe	Clare Crowther	1:14:36	Bruges
Peter Andrews	44:09	Caythorpe			
Rob Crocker	44:38	Tara Kinder			
Richard Durance	44:49	Merrill			
Richard Michalak	44:52	Caythorpe			
Chris Hendry	51:45	Bestwood			

M50 - W50

Howard Partridge	39:31	GP1 - NWSC	Sandy Poole	46:55	Tara Kinder
Derek Poole	40:36	Kimberley GFG	Lynda Appleby	50:43	Caythorpe
Steve Priscott	41:19	Caythorpe	Sheila Elliott	57:09	Crossdale
Bernard Jarvis	41:36	Sinfin	Alison Bottomley	57:58	Clumber Park
Steve Page	43:12	Caythorpe			
David Cogman	43:36	Clumber Park			
David Bland	43:48	GP1 - NWSC			
Trevor Gard	44:10	Cambridge			
Bob Stone	44:53	Caythorpe			
John Hardy	45:48	Cambridge			
Richard Elliott	48:12	Harrogate			
Tony Barry	48:17	Rushcliffe (MT)			
Brian Gunn	48:56	Caythorpe			
Bryn Stone	54:26	Caythorpe			
Pat Walsh	57:25	Crossdale			

M60

Phil Huxley	44:36	Sinfin
Neil Hamilton	45:30	GP1 - NWSC
Frank Makin	46:56	Rushcliffe (MT)
Bryan Price	52:17	Bruges
Ron Clements	58:09	Bruges

M70

John Foden	59:33	GP1 - NWSC
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10 Miles**Senior Men - Senior Women**

Matthew Clapp	57:06	Notts 10	Patti Cranton	1:11:20	Cropwell Bishop
Graham Moffatt	58:28	Cropwell Bishop	Susan Karmazyn	1:11:27	Cropwell Bishop
Matthew Moore	59:33	Notts 10	Julie Pryce	1:14:24	Cropwell Bishop
Dave Belbin	1:00:20	Cropwell Bishop	Rachel Martin	1:17:40	Notts 10
Mark Cottam	1:09:15	Notts 10	Fiona Moffatt	1:18:35	Ropsley
Gareth Thomas	1:10:23	Cropwell Bishop	Jo Spinak	1:21:50	Notts 10
Steve Leek	1:12:03	Cropwell Bishop	Lynne Chapman	1:32:06	Notts 10
Kevin Dickinson	1:14:48	Notts 10	Julie Rippe	1:35:26	Notts 10

M40 - W40

Martin Riley	59:09	Stockport	Mary Mills	1:07:13	Arnhem
Gary Attewell	1:04:26	Ranby	Hilary Hare Duke	1:11:26	Ropsley
Don Wells	1:07:15	Cropwell Bishop	Dorothy Michalak	1:12:20	Ranby
Jerry Scarrott	1:08:36	Notts 10	Dawn Waugh	1:16:33	Cropwell Bishop
Peter Andrews	1:10:51	Cropwell Bishop	Angela Naylor	1:20:48	Notts 10
Richard Durance	1:13:03	Southwell	Hilary Hare Duke	1:13:31	Cropwell Bishop
Rob Crocker	1:13:24	Notts 10	Mandy Andrews	1:32:59	Cropwell Bishop
Richard Michalak	1:15:46	Notts 10			
Rob Plackett	1:18:50	Cropwell Bishop			
Bryn Stone	1:21:30	Cropwell Bishop			

M50 - W50

Howard Partridge	1:01:14	Cropwell Bishop	Sandy Poole	1:15:26	Llandudno
Derek Poole	1:05:35	Llandudno	Sheila Elliott	1:34:22	Notts 10
Dane Atkin	1:07:37	Cropwell Bishop	Alison Bottomley	1:31:36	Notts 10
John Naylor	1:08:21	Notts 10			
Steve Priscott	1:10:42	Cropwell Bishop			
Clarence Ward	1:10:50	Cropwell Bishop			
Derek Poole	1:10:10	Cropwell Bishop			
David Cogman	1:14:34	Notts 10			
David Bland	1:15:29	Ropsley			

M60

Phil Huxley	1:13:03	Notts 10
Frank Makin	1:13:33	Ropsley
Neil Hamilton	1:16:15	Notts 10

M70**John Foden 1:38:11 Notts 10****Half Marathon****Senior Men - Senior Women**

Matthew Clapp	1:16:26	Mansfield	Teresa Woodford	1:27:21	Robin Hood
Matthew Grainge	1:19:25	Robin Hood	Patti Cranton	1:31:29	Worksop
Henry Twigger	1:27:39	Belvior (Hose)	Serena Webster	1:33:15	Turkey Trot
Chas Bickford-Smith	1:29:54	Turkey Trot	Susan Karmazyn	1:34:08	Turkey Trot
Paul Jacobs	1:32:49	Turkey Trot	Rachel Martin	1:40:20	Robin Hood
Graham Blakey	1:33:06	Turkey Trot	Janet Riley	1:41:24	Worksop
Steve Leek	1:33:33	Mansfield	Jo Spinak	1:48:58	Belvior (Hose)
Mark Cottam	1:35:08	Mansfield	Katie Lindsell	1:49:13	Turkey Trot
Gareth Thomas	1:36:49	Robin Hood	Lorraine Butterfield	1:50:16	Turkey Trot
Kevin Dickinson	1:39:49	Leicester	Ali Browell	1:56:01	Robin Hood
Steve Leek	1:34:50	Robin Hood	Anne Howick	1:57:14	Turkey Trot
Andy Wilkinson	2:05:22	Mansfield	Nicola Heathcote	2:14:50	Robin Hood
Jason Callaghan	2:41:50	Robin Hood	Julie Rippe	2:23:16	Mansfield
			Joanne Simpson	2:37:07	Robin Hood

M40 - W40

Martin Riley	1:14:26	Reading	Mary Mills	1:31:29	Turkey Trot
Neil Marshall	1:25:30	Robin Hood	Hilary Hare Duke	1:33:36	Worksop
Don Wells	1:27:11	Robin Hood	Dorothy Michalak	1:33:57	Belvior (Hose)
Gary Attewell	1:28:10	Belvior (Hose)	Dawn Waugh	1:42:17	Newark
John Naylor	1:30:34	Belvior (Hose)	Angela Naylor	1:46:03	Belvior (Hose)
George Kujawinski	1:30:52	Turkey Trot	Su Lancaster	1:55:54	Robin Hood
Jerry Scarrott	1:34:00	Belvior (Hose)	Mandy Andrews	2:08:23	Newark
Peter Andrews	1:35:44	Robin Hood			
Clarence Ward	1:36:16	Robin Hood			
Richard Durance	1:36:40	Worksop			
Rob Crocker	1:37:59	Turkey Trot			
Richard Michalak	1:42:14	Mansfield			
Rob Plackett	1:46:07	Robin Hood			
Alan Lee	1:48:24	Robin Hood			

M50 - W50

Howard Partridge	1:21:47	Robin Hood	Sandy Poole	1:42:24	Newark
Derek Poole	1:27:15	Newark	Pat Robinson	1:58:27	Clowne
Bernard Jarvis	1:28:40	Mansfield	Sheila Elliott	2:07:57	Robin Hood
Steve Page	1:33:10	Turkey Trot	Alison Bottomley	2:18:03	Robin Hood
Steve Priscott	1:33:45	Robin Hood	Di Pavett	2:19:55	Paris
Dave Siggs	1:33:49	Robin Hood			
Pete Knox	1:33:51	Robin Hood			
David Cogman	1:37:10	Worksop			
David Bland	1:37:57	Newark			
Tony Barry	1:38:29	Belvoir (Hose)			
Bob Stone	1:41:47	Turkey Trot			
Alan Swales	1:42:59	Robin Hood			
Richard Elliott	1:45:11	Belvoir (Hose)			

Terry Bacon	1:45:17	Turkey Trot
Peter Wilkes	1:47:48	Robin Hood
Bryn Stone	1:51:12	Robin Hood
Pat Walsh	2:03:39	Turkey Trot

M60

Phil Huxley	1:32:47	Las Vegas
Frank Makin	1:38:08	Robin Hood
Ron Clements	2:17:41	Robin Hood

M70

John Foden	2:17:05	Robin Hood
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Marathon

Senior Men - Senior Women

Matthew Clapp	2:43:56	London	Susan Karmazyn	3:27:54	Robin Hood
Matthew Grainge	3:06:12	London	Jo Spinak	4:10:06	Leicester
Mark Cottam	3:13:34	Robin Hood	Toni Quinlan	5:12:19	London
Steve Leek	3:35:01	London			

M40 - W40

Glyn Sawford	3:00:49	Robin Hood	Mary Mills	1:40:31	Leicester
Rob Crocker	3:37:27	London	Dorothy Michalak	3:27:10	London
Richard Michalak	3:48:20	London	Hilary Hare Duke	3:29:15	Robin Hood
Richard Elliott	3:58:55	London	Dawn Waugh	3:42:36	Robin Hood
			Mandy Andrews	4:41:35	Robin Hood

M50 - W50

Derek Poole	3:12:33	Robin Hood	Pat Robinson	4:13:50	Dublin
Bernard Jarvis	3:25:12	Robin Hood			
David Cogman	3:39:13	London			

M60

Tony Barry	3:41:57	Manchester
Frank Makin	3:42:42	London