

Heanor Christmas Pudding 10k

at Heanor on Sunday 20th November 2005

Pos	Name	Cat	Club	Time	Time/km
1.	Andy Tarry		Redhill RR	32.14	3.13
2.	Colin Hawkins		Heanor RC	32.24	3.14
3.	Neil Renault		Long Eaton	32.48	3.16
4.	Andrew McNeil		Long Eaton	33.41	3.22
5.	Peter Tallents		Retford AC	33.57	3.23
6.	Darren Ridout		Heanor RC	34.11	3.25
7.	Chris Rainsford		Heanor RC	34.42	3.28
8.	Stephen Jennings	M40	Notts AC	34.48	3.28
9.	Dav Connor	M40	Ripley RC	35.24	3.32
10.	Alan Seamer	M40	Long Eaton	36.18	3.37
11.	Paul Manning		Ripley RC	36.32	3.39
12.	Kevin Squires	M40	Redhill RR	36.35	3.39
13.	Anthony Lowe		Redhill RR	36.38	3.39
14.	Anthony Marchington	M50	Matlock AC	36.39	3.39
15.	Russell Parkin	M40	Derby AC	36.41	3.40
16.	Richard Wilson	M40	Road Runners	36.43	3.40
17.	Peter Orme	M40	Notts AC	36.48	3.40
18.	Tony Weatherson		Heanor RC	36.57	3.41
19.	Christine Howard	F35	Matlock AC	37.09	3.42
20.	Mark Riches	M40	Belper H	37.17	3.43
21.	Karl Tietz	M40	Ripley RC	37.24	3.44
22.	Chris Rosling	M50	Derby AC	37.29	3.44
23.	Nick Pickard	M40	Mansfield Tri	37.37	3.45
24.	Richard Wilkinson	M40	Long Eaton	37.39	3.45
25.	Chris Morrison	M40	Sinfin RC	37.41	3.46
26.	Alastair Hobday		Derby AC	37.46	3.46
27.	Mick Smedley	M50	Derby AC	37.53	3.47
28.	Mark Tomlinson		Ripley RC	38.00	3.48
29.	Darren Holloway		Ilkeston RC	38.12	3.49
30.	Mark Wilkinson	M40	Retford AC	38.17	3.49
31.	Matthew Nutt		Formula One	38.20	3.50
32.	Thomas Alger		Unattached	38.31	3.51
33.	Luke James		Heanor RC	38.49	3.52
34.	Peter Townsend		Unattached	38.53	3.53
35.	Stephen Ashmore		Heanor RC	38.55	3.53
36.	Kieran Davis		Heanor RC	38.58	3.53
37.	Sharon Orridge	F35	Notts AC	39.00	3.54
38.	Jill Burke	F35	Derby AC	39.08	3.54

39.	Peter Whitehead	M50	Shepshed	39.27	3.56
40.	Chris Robson	M50	Long Eaton	39.29	3.56
41.	Christophe Sprules	M40	Aldridge RC	39.35	3.57
42.	John Rawlins	M40	Ashbourne	39.37	3.57
43.	Peter Sloneczny	M40	Unattached	39.38	3.57
44.	Jez Smedley	M40	Formula One	39.41	3.58
45.	Liz Radbourne	F	Heanor RC	39.43	3.58
46.	James Ricketts	M40	Matlock AC	39.54	3.59
47.	Solene Moisan	F	Q Elizabeth GS	39.56	3.59
48.	Stuart Cook	M40	Erewash Valley	40.00	4.00
49.	Paul Coe	M40	Ilkeston RC	40.01	4.00
50.	Robert Roper		Worksop H	40.04	4.00
51.	Brian Thompson		Unattached	40.08	4.00
52.	Paul Mettam	M40	Unattached	40.14	4.01
53.	Pete Carter		Unattached	40.20	4.02
54.	Shiela Coyle	F	Charnwood AC	40.23	4.02
55.	Ann Ford	F45	Redhill RR	40.24	4.02
56.	Wayne Smithurst		Ripley RC	40.31	4.03
57.	Mick McDermott	M50	Long Eaton	40.41	4.04
58.	Carl Braithwaite		Newark AC	40.44	4.04
59.	Glenda Alton	F45	Heanor RC	40.49	4.04
60.	Kevin Johnson		Ilkeston RC	40.53	4.05
61.	Gordon Smith		Unattached	41.02	4.06
62.	Chris Jepson	M40	Ripley RC	41.04	4.06
63.	Ken Allen	M50	Notts AC	41.05	4.06
64.	Chris Dodd		Long Eaton	41.22	4.08
65.	Ian Chant		Long Eaton	41.23	4.08
66.	Lyndon Horobin		Unattached	41.29	4.08
67.	Renee Heath	F	Charnwood AC	41.42	4.10
68.	Ryan Blake		Heanor RC	41.43	4.10
69.	Harry Sloan	M50	Shelton Str	41.46	4.10
70.	Leigh Carr		Unattached	41.52	4.11
71.	Patrick Thorpe	M40	Mansfield Tri	41.55	4.11
72.	John Lowton	M50	Redhill RR	41.56	4.11
73.	Darren Smith		Unattached	41.57	4.11
74.	Martyn Bell		Ripley RC	42.00	4.12
75.	Paul Stacey	M40	Redhill RR	42.01	4.12
76.	Ron Ilsley	M40	Unattached	42.02	4.12
77.	Brendan McKeown		Unattached	42.03	4.12
78.	Trevor Jolly	M50	Kirk Hallam	42.04	4.12
79.	Darren Spooner		Unattached	42.07	4.12
80.	Kevin Fearn		Unattached	42.13	4.13
81.	Simon Greene	M50	Reebok RC	42.14	4.13
82.	Mike Drury		Redhill RR	42.15	4.13

83.	Patrick Bell	M40	Unattached	42.16	4.13
84.	Ian Hunter		Unattached	42.19	4.13
85.	Michael Dove	M40	Retford AC	42.20	4.14
86.	Liz Davies	F	Heanor RC	42.24	4.14
87.	Christian Schofield		Unattached	42.29	4.14
88.	Ged Forster	M40	Q Elizabeth GS	42.35	4.15
89.	Jason Ball		Shelton Str	42.43	4.16
90.	Jon Punter	M40	Unattached	43.00	4.18
91.	Andrew Norton		Redhill RR	43.04	4.18
92.	Richard Thompson		Rolls Royce H	43.11	4.19
93.	Jon Hewitt		Unattached	43.12	4.19
94.	Simon Davis	M40	Ilkeston RC	43.16	4.19
95.	Tim Jaques	M40	Ripley RC	43.17	4.19
96.	Conor Osborough		Unattached	43.23	4.20
97.	Donald Foster	M50	Unattached	43.24	4.20
98.	Gary James	M40	Heanor RC	43.25	4.20
99.	Philip Bithell	M50	Unattached	43.29	4.20
100.	Carl Davey	M40	Beaumont Leys	43.31	4.21
101.	Nick Wright		Unattached	43.32	4.21
102.	Alan Moseley	M40	Unattached	43.33	4.21
103.	Christophe Ryan	M50	Retford AC	43.34	4.21
104.	Graham Smith	M40	Unattached	43.35	4.21
105.	Jonathan Trindell		Long Eaton	43.40	4.22
106.	Caroline Norton	F35	Redhill RR	43.42	4.22
107.	Robert Cotton		Unattached	43.44	4.22
108.	Michael Geraghty	M40	Unattached	43.45	4.22
109.	Brendan Devlin		Unattached	43.47	4.22
110.	Mat Wainwright		Unattached	43.48	4.22
111.	Chris Hewson		Unattached	43.51	4.23
112.	Brett Beeson	M40	Unattached	44.01	4.24
113.	Nick Upton		Unattached	44.04	4.24
114.	Dennis Holmes	M40	Ripley RC	44.07	4.24
115.	Steve Skelton	M40	Unattached	44.11	4.25
116.	Jason Lynam		Unattached	44.14	4.25
117.	Paul Ward		Redhill RR	44.25	4.26
118.	John Large	M40	Formula One	44.32	4.27
119.	Alan Smith	M50	Road Runners	44.34	4.27
120.	Nigel Hillier	M40	Barrow RC	44.39	4.27
121.	Paul Newton	M40	Unattached	44.42	4.28
122.	Jacqueline Wilson	F	Holme Pierrepnt	44.44	4.28
123.	Eleanor Robinson	F55	Ripley RC	44.46	4.28
124.	Alex May		Wirksworth RC	44.48	4.28
125.	Mark Smith		Sutton H	44.50	4.29
126.	Andrew Sansom	M50	Unattached	44.58	4.29

127.	Michael Day		Unattached	45.00	4.30
128.	Rachel Bown	F	Chesapeake	45.10	4.31
129.	Rob Sharratt	M40	Ilkeston RC	45.11	4.31
130.	Nigel Bradley		Ilkeston RC	45.12	4.31
131.	Philip Salt		Unattached	45.13	4.31
132.	Ann Hillier	F45	Barrow RC	45.14	4.31
133.	John Coates	M50	Unattached	45.15	4.31
134.	John Cass	M50	Redhill RR	45.16	4.31
135.	Terry Lovett	M60	Retford AC	45.17	4.31
136.	Lorraine Butterfield	F35	Holme Pierrepnt	45.18	4.31
137.	Robert Crocker	M50	Holme Pierrepnt	45.19	4.31
138.	Matthew Curwood	M40	Unattached	45.25	4.32
139.	Kevin Humphreys	M40	Redhill RR	45.27	4.32
140.	John Howsham	M40	Unattached	45.28	4.32
141.	Karen Wilson	F35	Road Runners	45.29	4.32
142.	Bettina Kneller	F45	Redhill RR	45.30	4.33
143.	Chris Satherley		Unattached	45.31	4.33
144.	Colin Lea	M40	Knavesmire H	45.32	4.33
145.	Richard Winfield		Unattached	45.33	4.33
146.	Val Naylor	F55	Sutton H	45.34	4.33
147.	Graham Sharpe		Unattached	45.38	4.33
148.	Phil Abbott		Long Eaton	45.39	4.33
149.	Andrew Sutch		Unattached	45.40	4.34
150.	Stepen McGurk		Long Eaton	45.43	4.34
151.	Martin Bradbury		Unattached	45.44	4.34
152.	Richard Charlton		Unattached	45.44	4.34
153.	Deborah Brooks	F	Unattached	45.45	4.34
154.	Michael Foxall		Unattached	45.46	4.34
155.	Stephen Richardson		Unattached	45.48	4.34
156.	Daniel Wray		Kirk Hallam	45.50	4.35
157.	Stephen Hobbs		Ripley RC	45.51	4.35
158.	Edward Flook		Unattached	45.52	4.35
159.	Helen McCarrick	F35	Shelton Str	45.53	4.35
160.	Garry Whelan	M50	Kimberley Str	45.54	4.35
161.	Bob Clapperton	M50	Retford AC	45.55	4.35
162.	Jeffrey Everitt	M40	Ilkeston RC	45.56	4.35
163.	Ian Ashley		Ilkeston RC	45.57	4.35
164.	Andrei Vais		Long Eaton	45.58	4.35
165.	Philip Whitehouse		Derby AC	45.59	4.35
166.	Roger Lloyd		Peel RR	46.05	4.36
167.	Richard Stratton	M40	Notts AC	46.11	4.37
168.	Bill Willis	M50	Matlock AC	46.12	4.37
169.	David Blackie	M40	Unattached	46.18	4.37
170.	Maddy Collinge	F55	Mansfield H	46.26	4.38

171.	Robert Eyre		Ripley RC	46.27	4.38
172.	Chris Sexton		Shelton Str	46.31	4.39
173.	Richard Walker	M40	Unattached	46.34	4.39
174.	Peter Shearer	M50	Unattached	46.39	4.39
175.	Christophe Buggins		Unattached	46.42	4.40
176.	Richard Hall	M40	Ripley RC	46.46	4.40
177.	Kerry Belfield	F	Heanor RC	46.47	4.40
178.	Tim Pope	M40	Sinfin RC	46.50	4.41
179.	Richard Fildes	M40	Rolls Royce H	46.52	4.41
180.	Anthony Arthur	M40	Unattached	46.53	4.41
181.	Paul Garnett	M40	Unattached	46.54	4.41
182.	Annette Ellison	F35	Long Eaton	46.56	4.41
183.	Sharon Philpott	F45	Unattached	46.58	4.41
184.	Daniel O'Mara		Unattached	46.59	4.41
185.	Lucy Partridge	F	Birmingham Row	47.04	4.42
186.	Lewis Bilzon		Mansfield Tri	47.14	4.43
187.	Derek Stewart	M50	Mansfield H	47.18	4.43
188.	Peter Dilley	M50	Chesapeake	47.19	4.43
189.	Alan Marsh	M50	Notts AC	47.26	4.44
190.	Paula Parkin	F35	Derby AC	47.33	4.45
191.	Peter Dennis		Unattached	47.34	4.45
192.	Deborah Holmes	F35	Unattached	47.35	4.45
193.	Shaun Cavanagh		Unattached	47.37	4.45
194.	Ross Glendenning		Unattached	47.41	4.46
195.	Ajai Kalia		Unattached	47.42	4.46
196.	David Ryan		Goole Valley	47.44	4.46
197.	Lindsay Limb	F45	Sutton H	47.45	4.46
198.	John Weaver	M50	Unattached	47.46	4.46
199.	Steven Braithwaite		Unattached	47.47	4.46
200.	Jamie Thompson		Unattached	47.48	4.46
201.	Janet Morgan	F45	Unattached	47.49	4.46
202.	Richard Durance	M50	Holme Pierrepnt	47.53	4.47
203.	Craig Young		Totley AC	47.55	4.47
204.	Sarah Flear	F	Unattached	48.00	4.48
205.	David Nunn		Shelton Str	48.01	4.48
206.	David Darton	M40	Knavesmire H	48.05	4.48
207.	Carol Hartin	F45	Mansfield H	48.06	4.48
208.	Emma Daly	F	Unattached	48.07	4.48
209.	Keith Cox	M40	Unattached	48.08	4.48
210.	Maxine Perkins	F35	Unattached	48.10	4.49
211.	Alison Roberts	F	Unattached	48.11	4.49
212.	David Bedford	M50	Unattached	48.12	4.49
213.	Stephanie Ilsley	F35	Unattached	48.13	4.49
214.	Freda Tate	F45	Keighley Craven	48.14	4.49

215.	Dennis Reeson	M50	Redhill RR	48.16	4.49
216.	Nicholas Corden		Unattached	48.17	4.49
217.	Julie Lowton	F45	Redhill RR	48.18	4.49
218.	David Barks	M40	Belper H	48.19	4.49
219.	Deb Haslam	F	Heanor RC	48.20	4.50
220.	Alison Johnston	F45	Heanor RC	48.23	4.50
221.	Scott Barnard		Unattached	48.24	4.50
222.	George Hudson-Benne	M50	Unattached	48.25	4.50
223.	Kev Loveridge	M40	Unattached	48.26	4.50
224.	Michael Sellors		Unattached	48.27	4.50
225.	Suzanne Tracey	F35	Unattached	48.28	4.50
226.	Robin Davies-Holme	M40	North Derbys RC	48.29	4.50
227.	Leigh Selway		Vegetarian Cyc	48.32	4.51
228.	Andy Neal		Sinfin RC	48.35	4.51
229.	Susan Metheringham	F35	Unattached	48.36	4.51
230.	Geoff Lewis	M40	Ivanhoe R	48.37	4.51
231.	David Atkinson		Unattached	48.38	4.51
232.	Nigel Shearman	M40	North Derbys RC	48.39	4.51
233.	Allan Barber	M50	Shelton Str	48.40	4.52
234.	Simone Goller	F35	Unattached	48.41	4.52
235.	Alan Bilzon		Mansfield Tri	48.42	4.52
236.	Geoff Hirst	M40	Unattached	48.44	4.52
237.	Helen Lowe	F	Redhill RR	48.46	4.52
238.	Rebecca Brennan	F	Fleet CC	48.49	4.52
239.	Pete Long	M40	Rolls Royce H	48.54	4.53
240.	Michael Cassidy	M50	Unattached	48.55	4.53
241.	Seph Pochin		Unattached	48.56	4.53
242.	Jim Smith	M40	Kimberley Str	49.00	4.54
243.	Kevin Bethell	M50	Unattached	49.07	4.54
244.	Michelle Flint	F35	Redhill RR	49.13	4.55
245.	Ian Price	M40	Unattached	49.15	4.55
246.	Kay Ryan	F45	Goole Valley	49.18	4.55
247.	Noel Kenny	M50	Rolls Royce H	49.21	4.56
248.	Yvonne Twelvetree	F55	Totley AC	49.24	4.56
249.	Malcolm Garratt	M50	Unattached	49.27	4.56
250.	Andrew Millard	M50	Unattached	49.30	4.57
251.	Nigel Osborne		Sutton H	49.32	4.57
252.	David Richards	M40	Formula One	49.39	4.57
253.	Stephen Moss	M50	Shelton Str	49.43	4.58
254.	David Lander	M40	Sinfin RC	49.44	4.58
255.	Alison Wynn	F35	Shelton Str	49.45	4.58
256.	Alex Ferguson	M40	Unattached	49.46	4.58
257.	Nicky Godridge	F35	Heanor RC	49.47	4.58
258.	Gary Burditt	M40	North Derbys RC	49.48	4.58

259.	Wayne Smith		North Derbys RC	49.49	4.58
260.	Malcolm Rhodes	M50	Rotherham H	49.50	4.59
261.	Rebecca Knowles	F	Long Eaton	49.51	4.59
262.	Deborah Poole	F35	Unattached	49.53	4.59
263.	Ant Jones	M40	Unattached	49.56	4.59
264.	Geoffrey Bailey	M50	Unattached	50.06	5.00
265.	Simon Preedy		Unattached	50.16	5.01
266.	Tim Scott	M40	Unattached	50.19	5.01
267.	David Boardman	M40	Unattached	50.20	5.02
268.	Gordon Rowell	M60	Unattached	50.30	5.03
269.	Kevin D'Mello	M40	Unattached	50.31	5.03
270.	Mandy Moore	F35	Totley AC	50.32	5.03
271.	Anne Cook	F35	Ripley RC	50.33	5.03
272.	Jo Spinak	F35	Beaumont Leys	50.34	5.03
273.	Carol Watson	F45	Erewash Valley	50.35	5.03
274.	Steve Gelderd	M40	Hucknall RR	50.36	5.03
275.	Paul webster	M50	Shelton Str	50.37	5.03
276.	Howard Dimmock	M60	Southend AC	50.38	5.03
277.	Stephen Musson	M40	Holme Pierrepnt	50.39	5.03
278.	Michael Fay		Formula One	50.41	5.04
279.	Angie Ldubojevic	F35	Shelton Str	50.44	5.04
280.	Paul Shelton	M50	Unattached	50.46	5.04
281.	Ron Smith	M50	North Derbys RC	50.51	5.05
282.	Beverley Dawes	F35	Sutton H	50.56	5.05
283.	Glen Marshall		Killamarsh K	50.57	5.05
284.	John Grice	M40	Heanor RC	50.58	5.05
285.	Lisa Tarry	F35	Redhill RR	50.59	5.05
286.	Peter Orchard	M40	Unattached	51.01	5.06
287.	Chris Knowles	M40	Unattached	51.02	5.06
288.	Brian Howitt	M70	Matlock AC	51.03	5.06
289.	Perie Haddon	F	Unattached	51.04	5.06
290.	Jeremy Ghent		Erewash Valley	51.07	5.06
291.	Gary Page	M60	Cherwell R&J	51.08	5.06
292.	Sarah Harris	F	Totley AC	51.12	5.07
293.	Lorraine Griffiths	F45	Ripley RC	51.27	5.08
294.	Farida Ayache	F	Unattached	51.28	5.08
295.	Ian Stubbs	M60	Shepshed	51.29	5.08
296.	Alison Herbert	F	Unattached	51.30	5.09
297.	Catherine Scott	F35	Unattached	51.31	5.09
298.	Debbie Parker	F	Long Eaton	51.32	5.09
299.	Richard McKie	M50	Long Eaton	51.33	5.09
300.	Tim Wilson	M40	Unattached	51.33	5.09
301.	Fiona Sellar	F45	Unattached	51.38	5.09
302.	Marie Edwards	F	Unattached	51.42	5.10

303.	Lindsey Dewes	F35	Unattached	51.43	5.10
304.	Denise Winfield	F45	Mansfield H	51.50	5.11
305.	Rebecca Herring	F	Amber Valley AC	51.51	5.11
306.	Ian Harlow	M50	Sinfin RC	51.52	5.11
307.	Alan Sandford	M50	Unattached	52.02	5.12
308.	Lizzie Millington	F35	Totley AC	52.06	5.12
309.	Sue Smith	F45	Unattached	52.07	5.12
310.	Brent Walker	M60	Unattached	52.11	5.13
311.	Keith Porter	M60	Southend AC	51.14	5.07
312.	Robert Isbell		Unattached	51.15	5.07
313.	Jane Moss	F45	Shelton Str	51.16	5.07
314.	Tracey Bateman	F35	North Derbys RC	51.29	5.08
315.	David Townsend	M50	Unattached	51.31	5.09
316.	Elaine Greaves		Mansfield H	51.34	5.09
317.	Barrie Williams	M60	Retford AC	51.35	5.09
318.	Alan Bosley		Unattached	51.37	5.09
319.	Katrina Halliday	F35	Unattached	51.38	5.09
320.	Gavin Chambers		Unattached	51.43	5.10
321.	Jean Inglis	F35	Unattached	51.45	5.10
322.	Mairi McGivern	F	Lincoln Well.	51.46	5.10
323.	Anthony Edwards	M50	Rolls Royce H	51.50	5.11
324.	Les Arrowsmith	M50	Sutton H	51.57	5.11
325.	Jackie Barbour	F35	Unattached	53.01	5.18
326.	David Capel	M70	Rolls Royce H	53.07	5.18
327.	Ian Hays		Unattached	53.10	5.19
328.	Heather Walker	F45	Ripley RC	53.13	5.19
329.	Lorraine Varney	F45	Formula One	53.15	5.19
330.	Sam Smith		Unattached	53.23	5.20
331.	Angela Young	F45	Chesapeake	53.24	5.20
332.	Amanda Lowton	F	Redhill RR	53.25	5.20
333.	Paul Mather	M40	Unattached	53.26	5.20
334.	Stuart Gilliott	M40	Unattached	53.27	5.20
335.	Paul Darby	M40	Unattached	53.28	5.20
336.	Andy Garland	M40	Unattached	53.29	5.20
337.	Tony Barber	M40	Unattached	53.30	5.21
338.	Emma Graham	F	Unattached	53.34	5.21
339.	Jane Mills	F35	Unattached	53.38	5.21
340.	Stuart Combridge	M40	Unattached	53.43	5.22
341.	Belinda Dring	F	Unattached	53.44	5.22
342.	Mark Lees		Unattached	53.45	5.22
343.	Heather Payne	F35	Q Elizabeth GS	53.46	5.22
344.	Mark Cope		Unattached	53.47	5.22
345.	Clair Howard	F35	Unattached	53.55	5.23
346.	Karen Rhodes	F	Unattached	53.56	5.23

347.	Anthea Page	F35	Unattached	54.03	5.24
348.	Claire Hart-Oakes	F	Unattached	54.07	5.24
349.	David Greenwood		Unattached	54.13	5.25
350.	Liz Adamson	F55	Unattached	54.20	5.26
351.	Mick George	M60	Sinfin RC	54.25	5.26
352.	Phillip Bennett	M40	Unattached	54.27	5.26
353.	Paul Nightingale	M40	Unattached	54.28	5.26
354.	Peter Benson	M40	Unattached	54.29	5.26
355.	Russ Hodgkinson		Formula One	54.34	5.27
356.	Jason Brown		Unattached	54.35	5.27
357.	Jeff Rainbow	M50	Formula One	54.36	5.27
358.	William Young	M50	Unattached	54.39	5.27
359.	Simon Lindsay		Unattached	54.41	5.28
360.	Jacqueline Anthony	F55	Unattached	54.42	5.28
361.	Jodie Anthony	F	Unattached	54.43	5.28
362.	Nichola Lindley	F	Unattached	54.44	5.28
363.	Trevor Brown	M60	Unattached	54.45	5.28
364.	Angela Harvey	F	Notts AC	54.48	5.28
365.	Pauline Ranson	F35	Hartlepool BRH	54.50	5.29
366.	Paul Gorey	M60	Ivanhoe R	54.58	5.29
367.	Matthew Daft		Unattached	55.10	5.31
368.	Martin Anderson		Unattached	55.12	5.31
369.	Stephen Sheldon	M40	Unattached	55.19	5.31
370.	Debbie Roe	F35	Sinfin RC	55.22	5.32
371.	Claire Mercer	F	Unattached	55.23	5.32
372.	Kevin Lawlor	M40	Unattached	55.24	5.32
373.	Fiona Thatcher	F45	Q Elizabeth GS	55.35	5.33
374.	Phillip Newbold	M50	Sinfin RC	55.38	5.33
375.	Mary Kinder	F45	Chesapeake	55.40	5.34
376.	Richard Bell		Unattached	55.41	5.34
377.	Stephen Mackey		Uttoxeter RR	55.42	5.34
378.	Brian Mackey	M60	Uttoxeter RR	55.43	5.34
379.	Patrick Brennan	M50	Shelton Str	55.44	5.34
380.	Barbara Shirt	F55	Totley AC	55.45	5.34
381.	Rachel Lymer	F35	Unattached	55.48	5.34
382.	Fiona Wright	F	Unattached	55.49	5.34
383.	Colin Gardner	M50	Unattached	55.50	5.35
384.	Anthony Rowbottom	M40	Chesapeake	55.51	5.35
385.	Patricia Allen	F55	Notts AC	55.54	5.35
386.	Sarah Bennetts	F	Unattached	55.55	5.35
387.	Lindsay Wragg	F35	Unattached	55.56	5.35
388.	Peter Asher	M50	Unattached	56.04	5.36
389.	Amanda English	F35	Redhill RR	56.07	5.36
390.	Karen Pope	F35	Sinfin RC	56.10	5.37

391.	Kev Jones		Unattached	56.11	5.37
392.	Rani Uppal	F	Unattached	56.12	5.37
393.	Hugh Turner	M70	Midland Vets AC	56.16	5.37
394.	Gareth Meade	M40	Unattached	56.17	5.37
395.	Mike Thompson	M40	Unattached	56.20	5.38
396.	Graham Benton	M40	Maltby RC	56.24	5.38
397.	Joanne Potter	F35	Unattached	56.27	5.38
398.	Ken Wright	M70	Rolls Royce H	56.30	5.39
399.	Marion Stewart	F55	Mansfield H	56.32	5.39
400.	Janet Hudson	F35	Unattached	56.34	5.39
401.	Vanessa Foxall	F	Unattached	56.39	5.39
402.	Rachel Whittaker	F	Notts AC	56.43	5.40
403.	Richard Martin		Unattached	56.45	5.40
404.	Yvonne Dawson	F35	Notts AC	56.46	5.40
405.	Lindsay Robins	F35	Unattached	56.47	5.40
406.	Debra Shaw	F	Unattached	56.51	5.41
407.	Alan Chadwick		Unattached	57.01	5.42
408.	David Hall	M50	Ivanhoe R	57.03	5.42
409.	George Law	M40	Unattached	57.08	5.42
410.	Alan Frost	M50	Unattached	57.12	5.43
411.	Alan Hunt	M70	Unattached	57.15	5.43
412.	Simon Smellie	M40	Formula One	57.19	5.43
413.	Roberta Heald	F	Unattached	57.24	5.44
414.	Sheridan Island	F35	Heanor RC	57.27	5.44
415.	Andrew Hoskin	M50	Unattached	57.28	5.44
416.	Mark Burns		Unattached	57.29	5.44
417.	Ian Morris	M40	Unattached	57.30	5.45
418.	Becky Sampson	F35	Unattached	57.31	5.45
419.	Sebastian Ison-Jacques		Unattached	57.33	5.45
420.	Graham Ison-Jacques	M40	Unattached	57.37	5.45
421.	Carolyn West	F35	Unattached	57.40	5.46
422.	Robert Alger	M50	Unattached	57.45	5.46
423.	Michael Davies		Unattached	57.46	5.46
424.	Jennifer Jolly	F	Kirk Hallam	57.47	5.46
425.	Stella Jolly	F45	Kirk Hallam	57.48	5.46
426.	David Trussell	M40	Unattached	57.49	5.46
427.	Louise Moss	F35	Shelton Str	57.50	5.47
428.	Margaret Cowling	F55	Shelton Str	57.59	5.47
429.	Brian Charlton		Unattached	58.01	5.48
430.	Veronica Gwynne	F45	Unattached	58.02	5.48
431.	Jacque Kirk	F35	Unattached	58.03	5.48
432.	Debbie Forster	F35	Q Elizabeth GS	58.07	5.48
433.	Philippa Cooper	F45	Q Elizabeth GS	58.08	5.48
434.	Godfrey Tallents	M60	Retford AC	58.26	5.50

435.	Ann Cole		Kimberley Str	58.29	5.50
436.	Graham Allsop	M40	Unattached	58.30	5.51
437.	Fay Atkinson	F45	Unattached	58.31	5.51
438.	Alice Sanghera	F	Unattached	58.32	5.51
439.	Neil Offler	M40	Unattached	58.33	5.51
440.	Vernon Dodd	M40	Unattached	58.37	5.51
441.	Mark Moule	M40	Killamarsh K	58.41	5.52
442.	Jean Davis	F45	Ilkeston RC	58.42	5.52
443.	Lucinda Frearson	F35	Unattached	58.46	5.52
444.	Amanda Langton	F35	Unattached	58.47	5.52
445.	Alan Giles		Unattached	58.50	5.53
446.	Alyson Packham	F45	Unattached	58.53	5.53
447.	Catherine Nowicki	F35	Unattached	58.57	5.53
448.	Susanne Eyre	F35	Ripley RC	59.14	5.55
449.	Allan Giles	M50	Unattached	59.17	5.55
450.	Tom Long	M70	Rolls Royce H	59.22	5.56
451.	Gill McCulloch	F35	Unattached	59.25	5.56
452.	Amanda Jones	F35	Formula One	59.27	5.56
453.	Jane Ward	F35	Unattached	59.32	5.57
454.	Adelle Cavanagh	F	Unattached	59.49	5.58
455.	Zoe Jones	F35	Ripley RC	59.52	5.59
456.	Peter Lythgoe	M40	Unattached	60.01	6.00
457.	Claire Shaw	F	Unattached	60.04	6.00
458.	Debra Wale	F35	Unattached	60.12	6.01
459.	Peter Church	M50	Long Eaton	60.25	6.02
460.	Helen Cross	F35	Unattached	60.26	6.02
461.	Pam Ferguson	F35	Unattached	60.27	6.02
462.	Elizabeth Blackwell	F35	Unattached	60.31	6.03
463.	Karren Hughes	F	Unattached	60.36	6.03
464.	Elaine Ozenbrook	F	Unattached	60.47	6.04
465.	Lance Philpott	M40	Unattached	60.55	6.05
466.	Judith Abrehart	F	Unattached	61.00	6.06
467.	Annette Willoughby	F55	Retford AC	61.07	6.06
468.	Michael Askew	M60	Ivanhoe R	61.08	6.06
469.	Teresa Richter	F	Unattached	61.17	6.07
470.	Geoff Marsh	M40	Retford AC	61.32	6.09
471.	Ann Marsh	F45	Retford AC	61.33	6.09
472.	Paul Thompson	M50	Kimberley Str	61.45	6.10
473.	Anita Cunningham	F35	Ilkeston RC	61.48	6.10
474.	Angela Hicking	F35	Unattached	61.50	6.11
475.	Phil Hicking		Unattached	61.51	6.11
476.	Jacqueline Dixon	F45	Redhill RR	61.56	6.11
477.	Sue McCloughlin	F45	Kimberley Str	62.01	6.12
478.	Diane Ashworth	F35	Unattached	62.05	6.12

479.	Alice Day	F	Unattached	62.06	6.12
480.	Alan Mee	M50	Unattached	62.16	6.13
481.	David Holland		Unattached	62.20	6.14
482.	Karine Taylor	F	Unattached	62.23	6.14
483.	Sonia Childs	F	Unattached	62.24	6.14
484.	Jane Rogers	F45	Unattached	62.25	6.14
485.	Jane Smith	F35	Sinfin RC	62.26	6.14
486.	Geoff Hall	M40	Unattached	62.31	6.15
487.	Christophe Anstey	M50	Southwell RC	62.32	6.15
488.	Jeremy Bethell		Unattached	62.48	6.16
489.	Yvonne Melhuish	F35	Unattached	62.49	6.16
490.	Margaret Aspey	F55	Unattached	63.02	6.18
491.	Alison Nunn	F35	Shelton Str	63.05	6.18
492.	Sue Mellor	F45	Washlands Women	63.14	6.19
493.	Tuula Packington	F35	Unattached	63.22	6.20
494.	Kevin Moore	M50	Unattached	63.24	6.20
495.	Christine Mountford	F45	Heanor RC	63.32	6.21
496.	Gary Mountford		Heanor RC	63.33	6.21
497.	Lynn Gratton	F45	Unattached	63.56	6.23
498.	Sarah Gilbrane	F35	Unattached	63.57	6.23
499.	Bev Warwick	F45	Unattached	64.06	6.24
500.	Alisa Wybrow	F	Q Elizabeth GS	64.07	6.24
501.	Lisa Surrell	F35	Rolls Royce H	64.18	6.25
502.	Barbara Bostock	F45	Long Eaton	64.41	6.28
503.	Andy Screen	M40	Unattached	64.51	6.29
504.	Lesley Gleeson	F45	Unattached	65.07	6.30
505.	Alexander Patrick		Unattached	65.10	6.31
506.	Peter Cassere	M60	Belle Harp Horn	65.26	6.32
507.	Craig Linathan	M40	Unattached	65.40	6.34
508.	Gill Bailey	F45	Unattached	66.02	6.36
509.	Sarah Mellor	F35	Unattached	66.04	6.36
510.	Lynn Gregory	F	Unattached	66.12	6.37
511.	Lorreen Naylor	F	Unattached	66.18	6.37
512.	Danielle Machin	F	Unattached	66.19	6.37
513.	Belinda Thompson	F35	Unattached	66.24	6.38
514.	Linda Brown	F55	Unattached	66.33	6.39
515.	Helen Brown	F	Unattached	66.34	6.39
516.	Joanna Jackson	F35	Unattached	66.42	6.40
517.	Catherine Widdowson	F	Unattached	66.43	6.40
518.	Malcolm Dilks	M60	Chesapeake	66.46	6.40
519.	Peter Dilks	M60	Rolls Royce H	66.57	6.41
520.	Karen Hackett	F35	Muller RC	67.02	6.42
521.	Karen Jolly	F35	Unattached	67.24	6.44
522.	John Fogarty		Unattached	67.25	6.44

523.	Vivienne Shilton	F35	Unattached	67.33	6.45
524.	Clare Smith	F35	Unattached	67.36	6.45
525.	Liz Lawrence	F35	Unattached	67.38	6.45
526.	Gudrun Marks	F45	Ripley RC	67.50	6.47
527.	Julie Renshaw	F	Unattached	67.53	6.47
528.	Cathy Bethell	F35	Unattached	67.54	6.47
529.	Kate Revill	F55	Retford AC	67.54	6.47
530.	Keith Revill	M60	Retford AC	67.56	6.47
531.	Elaine Jenkinson	F45	Unattached	67.58	6.47
532.	Tracey Sprules	F35	Aldridge RC	68.00	6.48
533.	Sonya Woodhouse	F35	Unattached	68.07	6.48
534.	Caroline Gregory	F	Unattached	68.08	6.48
535.	Stephen Matthews	M50	Holme Pierrepnt	68.16	6.49
536.	Leah Elliott	F	Unattached	68.47	6.52
537.	Ann Church	F35	Long Eaton	69.05	6.54
538.	Iris Travis	F35	Formula One	69.07	6.54
539.	Ann Harrison	F35	Unattached	69.33	6.57
540.	Ann Quick	F45	Unattached	69.34	6.57
541.	Cheryl Easom	F	Unattached	69.35	6.57
542.	Helen Voce	F35	Unattached	70.01	7.00
543.	Mary Anstey	F45	Southwell RC	70.09	7.00
544.	Alison McKeown	F	Unattached	70.15	7.01
545.	Paul McKeown	M50	Unattached	70.16	7.01
546.	Ruth Horton	F	Unattached	70.17	7.01
547.	Simon Irons		Unattached	70.30	7.03
548.	Rosemary Wright	F55	Rolls Royce H	71.52	7.11
549.	Lynne O'Malley	F35	Unattached	72.33	7.15
550.	Rebecca Hayes	F	Unattached	74.53	7.29
551.	Meryl Somersall	F35	Unattached	76.22	7.38
552.	Sadia Terzi	F	Unattached	76.28	7.38
553.	Helen Harbey	F35	Unattached	76.39	7.39
554.	Leonie Soffe	F	Unattached	77.20	7.44
555.	Tim Soffe	M50	Ilkeston RC	77.21	7.44
556.	Stephen Hayes	M40	Unattached	78.28	7.50
557.	Anna Hayes	F	Unattached	78.29	7.50
558.	Di Matthews	F45	Holme Pierrepnt	79.02	7.54
559.	Nicola Astle	F35	Unattached	83.38	8.21
560.	Veryan Knight	F	Unattached	83.39	8.21
561.	Denise Abrehart	F55	Unattached	84.04	8.24

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