

Overall Results

Pos	Bib	Name	M/F	AG	AG Pos	Club	Chip	Gun
1.	176	Martin Kerr	1st	M Sen	1st	Shelton Striders	29:20	29:22
2.	372	Juliet Potter	1st	F40-44	1st	Charnwood AC	30:24	30:25
3.	156	Stephen Horton	2nd	M Sen	2nd	Long Eaton Running Club	31:16	31:18
4.	109	Shelley Fairey	2nd	F35-39	1st	Matlock Athletic Club	31:19	31:21
5.	327	Abbey van Dijk	3rd	F Sen	1st	South Derbyshire Road Runners	31:53	31:54
6.	328	Sebastien van Dijk	3rd	M Sen	3rd	South Derbyshire Road Runners	32:32	32:33
7.	48	Sam Broughton	4th	M Sen	4th		32:40	32:42
8.	165	Liam Jackson	5th	M Sen	5th	Lonely Goat RC	32:40	32:43
9.	193	Paul Lewis	6th	M50-54	1st	Long Eaton Running Club	32:54	32:56
10.	78	Stephen Connor	7th	M Sen	6th	Beeston AC	33:00	33:04
11.	252	Glenn Riches	8th	M50-54	2nd		33:07	33:09
12.	299	Philip Stevenson	9th	M45-49	1st		33:10	33:15
13.	272	SARAH SEMMENS	4th	F40-44	2nd	Long Eaton Running Club	33:16	33:18
14.	97	Tim Draycott	10th	M40-44	1st		33:55	33:57
15.	86	Chris Cotton	11th	M45-49	2nd	Heanor Running Club	33:58	33:59
16.	175	Chris Jordan	12th	M45-49	3rd	Belper Harriers	34:10	34:10
17.	50	Nick Brown	13th	M Sen	7th		34:08	34:11
18.	277	Phil Shearing	14th	M40-44	2nd	Erewash Valley	34:13	34:15
19.	355	Michael Woodward	15th	M Sen	8th		34:20	34:26
20.	369	Robert Hutchinson	16th	M40-44	3rd	Shelton Striders	34:57	34:59
21.	164	Mark Ison	17th	M45-49	4th	Team Derby Runner	35:33	35:36
22.	19	Simon Barnes	18th	M50-54	3rd	Beeston AC	35:38	35:41
23.	150	Charlotte Hicks	5th	F Sen	2nd	Heanor Running Club	35:43	35:44
24.	157	Andy Hough	19th	M45-49	5th	Dronfield RC	36:02	36:05
25.	173	Matthew Jones	20th	M45-49	6th		36:07	36:11
26.	250	Neil Realey	21st	M55-59	1st		36:26	36:29
27.	305	Chris Swan	22nd	M40-44	4th		36:26	36:30
28.	85	Charlie Cotton	23rd	M Sen	9th	Heanor Running Club	36:34	36:35
29.	354	Luke Woodiwiss	24th	M40-44	5th	Long Eaton Running Club	36:39	36:45
30.	226	Simon Oates	25th	M45-49	7th	Mickleover Running Club	37:01	37:03
31.	256	David Riley	26th	M65-69	1st	Long Eaton Running Club	37:13	37:16
32.	249	James Realey	27th	M Sen	10th	Shelton Striders	37:14	37:19
33.	135	Neil Hall-Gardiner	28th	M40-44	6th		37:25	37:29
34.	213	Richards Michael	29th	M45-49	8th		37:27	37:31
35.	363	John Ellis	30th	M Sen	11th		37:28	37:44
36.	13	Andrew Ball	31st	M55-59	2nd	Ripley Running Club	37:46	37:50
37.	295	Anthony Stevenson	32nd	M45-49	9th		37:48	37:53
38.	329	Paul Wade	33rd	M50-54	4th	Erewash Valley RC	37:53	37:56
39.	317	Benjamin Toule	34th	M40-44	7th		37:57	38:01
40.	216	Lucas Monk	35th	M Sen	12th		38:07	38:13
41.	375	Nathan Sutton	36th	M40-44	8th	Derwent Runners (Derby)	38:24	38:29
42.	366	Sarah Sutton	6th	F40-44	3rd	Sinfin Running Club	38:28	38:34
43.	246	Jane Potter	7th	F40-44	4th		38:42	38:48
44.	367	Caroline Scott	8th	F50-54	1st	Sinfin Running Club	39:04	39:06
45.	304	Laura Sullivan	9th	F Sen	3rd		39:12	39:16
46.	238	Phil Peers	37th	M40-44	9th		39:16	39:20
47.	380	James Spray	38th	M40-44	10th	Sinfin Running Club	39:23	39:26
48.	123	Karl Gibson	39th	M40-44	11th		39:23	39:28
49.	248	Bobby Radwan	40th	M40-44	12th	Team Derby Runner	39:35	39:38

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Chip	Gun
50.	257	Georgina Riley	10th	F35-39	2nd	Heanor Running Club	39:48	39:49
51.	200	Louise Lowe	11th	F45-49	1st	Clowne Road Runners Club	39:46	39:52
52.	335	Brian Warner	41st	M50-54	5th		39:55	39:59
53.	178	Marc Kinch	42nd	M50-54	6th	Long Eaton Running Club	39:52	40:06
54.	382	Dave Evans	43rd	M50-54	7th	Beeston AC	40:11	40:14
55.	100	P Edmonds	44th	M60-64	1st	Long Eaton Running Club	40:12	40:17
56.	43	Simon Bray	45th	M50-54	8th		40:22	40:28
57.	158	Tomas Hradisky	46th	M Sen	13th		40:28	40:33
58.	52	Carl Buckley	47th	M Sen	14th	Heanor Running Club	40:27	40:34
59.	108	Paula Evans	12th	F50-54	2nd		40:30	40:47
60.	89	David Cross	48th	M Sen	15th	Beeston AC	40:45	40:48
61.	29	Richard Benton	49th	M Sen	16th		40:55	41:04
62.	350	Neil Wilson	50th	M45-49	10th	Derwent Runners (Derby)	41:00	41:10
63.	21	Janine Barrowcliffe	13th	F50-54	3rd	Long Eaton Running Club	41:04	41:11
64.	172	Lisa Jones	14th	F35-39	3rd		41:14	41:16
65.	241	Liz Phillips	15th	F50-54	4th	Shelton Striders	41:20	41:27
66.	65	Rowan Chamberlain	16th	F40-44	5th	Mickleover Running Club	41:26	41:32
67.	82	Andrew Cornell	51st	M55-59	3rd		41:31	41:41
68.	232	Andrew Packer	52nd	M Sen	17th		41:54	41:59
69.	243	Nicola Pochibko	17th	F35-39	4th	Sinfin Running Club	41:55	42:03
70.	121	laura gapski	18th	F40-44	6th		42:15	42:23
71.	348	Tony Wilkinson	53rd	M55-59	4th		42:13	42:24
72.	186	Robert Lane	54th	M45-49	11th		42:34	42:37
73.	93	Wil Ditheridge	55th	M45-49	12th	Long Eaton Running Club	42:45	42:58
74.	147	Alistair Haywood	56th	M50-54	9th	Team Derby Runner	42:41	43:01
75.	125	Orla Godfrey	19th	F Sen	4th		42:57	43:04
76.	185	Elizabeth Lakin	20th	F40-44	7th	Long Eaton Running Club	43:05	43:12
77.	64	Lewis Carty	57th	M Sen	18th		43:16	43:19
78.	136	Doug Hamilton	58th	M60-64	2nd		43:48	43:59
79.	373	Chris Proud	59th	M75-79	1st	Derwent Runners (Derby)	43:59	44:04
80.	120	Maria Gamero	21st	F35-39	5th		44:10	44:18
81.	302	Kyle Stewart	60th	M50-54	10th		44:10	44:21
82.	207	Fiona McIntyre	22nd	F45-49	2nd	Team Derby Runner	44:27	44:33
83.	38	Brett Bonshor	61st	M Sen	19th		44:40	44:53
84.	2	John Alcock	62nd	M40-44	13th	Silverdale RC	44:46	44:57
85.	143	Brian Hatwell	63rd	M45-49	13th	Long Eaton Running Club	44:52	45:06
86.	110	Rachel Farrow	23rd	F35-39	6th	Shelton Striders	45:02	45:10
87.	192	Jo Lewis	24th	F55-59	1st	Long Eaton Running Club	45:14	45:26
88.	60	Faith Carlin	25th	F45-49	3rd	Long Eaton Running Club	45:14	45:27
89.	274	Sunil Sharma	64th	M45-49	14th	Beeston AC	45:19	45:30
90.	351	Sue Wolfgang	26th	F45-49	4th		45:32	45:38
91.	227	john O'Donnell	65th	M75-79	2nd	Beeston AC	45:42	45:47
92.	377	Lucy Antcliffe	27th	F Sen	5th		45:53	46:03
93.	376	Rebecca Spencer	28th	F Sen	6th		45:55	46:04
94.	234	Ryan Parkin	66th	M Sen	20th		46:03	46:08
95.	212	Emma Meredith	29th	F Sen	7th	Kimberley and District striders	45:53	46:11
96.	149	Matthew Henning	67th	M50-54	11th	Shelton Striders	46:07	46:15
97.	270	Shiron Saha	68th	M45-49	15th		46:00	46:20
98.	194	Sara Lewis	30th	F45-49	5th	Belper Ten Twenty Triathlon Club	46:19	46:29

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Chip	Gun
99.	345	Bethany Wilding	31st	F Sen	8th		46:25	46:31
100.	214	David Millington	69th	M40-44	14th	Ilkeston Running Club	46:26	46:32
101.	223	Annabel Nickols	32nd	F55-59	2nd	Long Eaton Running Club	46:23	46:35
102.	285	Alan Smith	70th	M65-69	2nd		46:31	46:38
103.	56	Richard Burton	71st	M Sen	21st		46:32	46:42
104.	298	Paul Stevenson	72nd	M60-64	3rd	Long Eaton Running Club	46:30	46:44
105.	81	Emma Corby	33rd	F40-44	8th		46:31	46:47
106.	17	Bev Barnes	34th	F55-59	3rd	Kimberley & District Striders	46:34	46:49
107.	326	Simon Van der Bijl	73rd	M Sen	22nd		46:53	47:05
108.	324	Ebony Upton	35th	F Sen	9th		47:02	47:18
109.	151	Diane Hill	36th	F40-44	9th	Long Eaton Running Club	47:09	47:23
110.	286	Amie Smith	37th	F Sen	10th		47:17	47:33
111.	357	Neil Worth	74th	M55-59	5th	Team Derby Runner	47:44	47:57
112.	230	Emma Owens	38th	F40-44	10th		47:54	48:01
113.	379	William Reader	75th	M Sen	23rd		47:52	48:08
114.	288	Gareth Smith	76th	M40-44	15th		47:53	48:10
115.	36	Alison Blyth	39th	F40-44	11th		48:04	48:11
116.	378	Jason Reader	77th	M45-49	16th		47:57	48:13
117.	107	Andy Evans	78th	M45-49	17th		48:01	48:18
118.	25	Scott Beighton	79th	M45-49	18th	Derbyshire Dynamos	48:11	48:21
119.	300	Tracie Stevenson	40th	F50-54	5th		48:16	48:28
120.	22	Colin Bateman	80th	M50-54	12th		48:16	48:32
121.	71	Jayne Clarke	41st	F50-54	6th	Holmfirth Harriers AC	48:31	48:44
122.	72	Neil Clarke	81st	M50-54	13th		48:31	48:44
123.	368	Dominic	82nd	M40-44	16th	Shelton Striders	48:43	48:47
124.	95	Bernadette Dooley	42nd	F40-44	12th	Long Eaton Running Club	48:40	48:54
125.	374	Richard Painter	83rd	M Sen	24th		48:49	48:57
126.	148	Julie Heithus	43rd	F55-59	4th		49:06	49:14
127.	49	Fiona Brown	44th	F45-49	6th		49:06	49:17
128.	80	Jacob Cooke	84th	M40-44	17th		49:05	49:19
129.	162	Claire Innes	45th	F35-39	7th		49:10	49:19
130.	12	Annabel Attenborough	46th	F55-59	5th		49:13	49:29
131.	353	Alyson Woodcock	47th	F55-59	6th		49:34	49:46
132.	57	Rachel Bury	48th	F40-44	13th		49:39	49:50
133.	262	Nicola Roberts	49th	F50-54	7th		49:42	49:51
134.	236	Karen Paterson	50th	F40-44	14th		49:35	49:54
135.	364	Shaun Burton	85th	M55-59	6th	Long Eaton Running Club	49:41	49:54
136.	128	Nicola Grainger	51st	F50-54	8th		49:53	50:12
137.	247	Ross Poyzer	86th	M50-54	14th		50:02	50:15
138.	137	Pam Hamilton	52nd	F60-64	1st		50:15	50:26
139.	253	Laura Richmond	53rd	F40-44	15th	Long Eaton Running Club	50:12	50:27
140.	74	Maddy Collinge	54th	F70-74	1st	Mansfield Harriers	50:21	50:29
141.	191	Mary Lester	55th	F45-49	7th		50:22	50:32
142.	67	Keith Chandler	87th	M50-54	15th	Belper Harriers	50:36	50:54
143.	296	Dawn Stevenson	56th	F55-59	7th		51:04	51:13
144.	381	Maddie Price	57th	F35-39	8th		51:10	51:15
145.	291	Ian Stanley-Smith	88th	M45-49	19th		51:15	51:25
146.	154	Jayne Holmes	58th	F50-54	9th		51:10	51:27
147.	113	Caroline Finnegan	59th	F55-59	8th	Derwent Runners (Derby)	51:19	51:31

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Pos	Bib	Name	M/F	AG	AG Pos	Club	Chip	Gun
148.	264	stephen rooney	89th	M65-69	3rd	Beeston AC	51:29	51:38
149.	87	Bob Crockford	90th	M65-69	4th	Long Eaton Running Club	51:35	51:47
150.	124	Aisha Gilbert	60th	F Sen	11th		51:33	51:50
151.	255	Rebecca Richmond	61st	F50-54	10th		51:56	52:05
152.	130	Marie Grebby	62nd	F35-39	9th		51:56	52:05
153.	254	Ian Richmond	91st	M50-54	16th		51:56	52:05
154.	303	Caroline stoddart	63rd	F55-59	9th		51:57	52:06
155.	209	Gem Meek	64th	F35-39	10th		51:56	52:07
156.	117	Lisa Flude	65th	F35-39	11th	Redditch Stars	51:57	52:14
157.	228	Dawn O'Hara	66th	F50-54	11th		52:09	52:21
158.	251	Carol Rhodes	67th	F50-54	12th		52:26	52:32
159.	359	Lisa Wright	68th	F50-54	13th		52:21	52:39
160.	346	Claire Wilkinson	69th	F55-59	10th	Notts Women Runners	52:28	52:45
161.	263	Stephen Robinson	92nd	M60-64	4th		52:33	52:53
162.	42	Kim Bradbury	70th	F45-49	8th		52:44	52:56
163.	132	Sheila Groves	71st	F55-59	11th		52:45	52:56
164.	362	Tim Drinkall	93rd	M Sen	25th		52:48	53:08
165.	30	Jen Beverley	72nd	F35-39	12th	Beeston AC	52:56	53:16
166.	32	Sarah Billinger	73rd	F45-49	9th		53:06	53:20
167.	365	Dan Headley	94th	M Sen	26th		53:15	53:28
168.	106	Emily England	74th	F40-44	16th		53:24	53:42
169.	370	Izha Lao	75th	F40-44	17th		53:45	53:49
170.	318	Grace Toule	76th	F Sen	12th		53:41	53:56
171.	240	Janene Penny	77th	F50-54	14th	Team Derby Runner	53:41	54:01
172.	338	Kerry Wathall	78th	F45-49	10th		54:09	54:20
173.	15	Sally Bamford	79th	F50-54	15th		54:06	54:25
174.	9	Natalie Allsop	80th	F40-44	18th		54:06	54:25
175.	371	Ian Naylor	95th	M45-49	20th		54:24	54:31
176.	11	Linda Anthoney	81st	F40-44	19th		54:30	54:40
177.	3	Elisha Allen	82nd	F40-44	20th		54:38	54:53
178.	47	Louise Brougham	83rd	F45-49	11th		54:45	55:03
179.	134	Kara Guard	84th	F35-39	13th		54:51	55:05
180.	116	antony flook	96th	M Sen	27th		54:50	55:05
181.	77	Lauren Connor	85th	F35-39	14th		54:43	55:08
182.	315	Toni Tomlinson	86th	F40-44	21st		55:14	55:26
183.	88	Kathy Crockford	87th	F60-64	2nd	Long Eaton Running Club	55:38	55:50
184.	356	Trish Woodward	88th	F35-39	15th	Kimberley and District Striders	55:44	56:01
185.	231	Jane Owers	89th	F40-44	22nd		55:43	56:06
186.	283	Steven Slater	97th	M Sen	28th		56:03	56:23
187.	271	Nicola Sanderson	90th	F40-44	23rd	Sutton in Ashfield Harriers	56:28	56:36
188.	54	Denise Burden	91st	F55-59	12th		57:11	57:18
189.	76	Helen Connor	92nd	F35-39	16th		56:56	57:21
190.	242	Paul Phillips	98th	M60-64	5th	Shelton Striders	57:12	57:34
191.	239	Mary Penfold	93rd	F60-64	3rd	Ilkeston Running Club	57:21	57:42
192.	181	Adele Kirk	94th	F35-39	17th		57:28	57:52
193.	61	Ashley Cartledge	99th	M40-44	18th		58:03	58:12
194.	199	Sonia Lord	95th	F55-59	13th	Vegan Runners UK	57:55	58:16
195.	343	Helen Whitham	96th	F45-49	12th	Kimberley & District Striders	58:21	58:40
196.	126	Nicky Godridge	97th	F60-64	4th		58:35	58:40

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197.	330	Karen Wagstaff	98th	F50-54	16th		58:30	58:53
198.	84	Wendy Cotterill	99th	F50-54	17th	Lonely Goat RC	58:31	58:54
199.	99	Stephanie Dunham	100th	F35-39	18th		59:03	59:22
200.	119	Amy Freer	101st	F Sen	13th	Kimberley & District Striders	59:02	59:22
201.	68	Lynne Chapman	102nd	F60-64	5th		59:22	59:37
202.	183	Karen Kitson	103rd	F60-64	6th		1:00:03	1:00:15
203.	69	Thomas Chimes	100th	M50-54	17th		1:00:20	1:00:36
204.	349	Val Williamson	104th	F60-64	7th		1:00:20	1:00:36
205.	265	Wendy Rudd	105th	F55-59	14th	Notts Women Runners	1:00:37	1:00:52
206.	266	Christopher Rudd	101st	M55-59	7th		1:00:38	1:00:52
207.	188	Kelly Latimer	106th	F45-49	13th		1:01:30	1:01:51
208.	316	shelley totty	1st		1st		1:01:54	1:02:16
209.	237	Helen Pearson	107th	F35-39	19th		1:02:08	1:02:31
210.	307	Charly Terrey	108th	F35-39	20th		1:02:13	1:02:33
211.	6	Nikki Allen	109th	F40-44	24th		1:02:35	1:02:56
212.	4	Jim Allen	102nd	M45-49	21st		1:02:35	1:02:56
213.	358	Jacqueline Worthington	110th	F40-44	25th		1:02:49	1:03:08
214.	73	Rachel Cliff	111th	F45-49	14th		1:02:46	1:03:08
215.	115	Kat Fletcher	112th	F35-39	21st	Ripley Running Club	1:02:49	1:03:11
216.	314	Andy Tidmarsh	103rd	M Sen	29th		1:03:11	1:03:24
217.	26	Julie Bell	113th	F60-64	8th		1:03:12	1:03:30
218.	334	Amanda Wallis	114th	F60-64	9th		1:03:38	1:03:54
219.	122	Nicola Gibbins	115th	F45-49	15th	Derwent Runners (Derby)	1:03:45	1:04:03
220.	98	Heather Dunbar	116th	F40-44	26th	Derwent Runners (Derby)	1:04:36	1:04:54
221.	297	Nicola Stevenson	117th	F45-49	16th		1:08:36	1:08:59
222.	79	Liz Cook	118th	F Sen	14th	Team Derby Runner	1:08:36	1:08:59
223.	219	Bertha Morral	119th	F75-79	1st		1:09:46	1:10:05
224.	182	Paul Kirkman	104th	M Sen	30th		1:10:31	1:10:47
225.	90	Sophie Davey	120th	F Sen	15th		1:10:52	1:11:17
226.	259	Thomas Riley	105th	M Sen	31st		1:10:53	1:11:18
227.	171	Hayley Jones	121st	F Sen	16th		1:19:27	1:19:44
228.	75	Claire Connolly	122nd	F45-49	17th		1:19:27	1:19:45
229.	290	Sarah Smith	123rd	F45-49	18th		1:19:50	1:20:13
230.	289	Lynda Smith	124th	F55-59	15th		1:19:50	1:20:13

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