

Castle Rock 10k, Nottingham

Castle Rock 10k, Nottingham					7th August 2026					RESULTS					Results: UKtimers.net & UKresults.net				
Pos	Name	Cat	Cat/Pos	Club/Team	Time	Tag	Pos	Name	Cat	Cat/Pos	Club/Team	Time	Tag						
1	Alsadig Ismail	MS	1/44	Red Sea Run Club	00:35:53		101	Simon Tooth	M35	30/56	Kimberley & Dist Striders	00:48:59	NC						
2	Keanu S. Barnwell	MS	2/44	[Unattached] (18)	00:36:01		102	Sarah Wilson	FS	3/53	[Unattached] (461)	00:48:59							
3	Matthew Hammond	M35	1/56	Kimberley & Dist Striders	00:36:46	NC	103	Katrina Prior	FS	4/53	Mansfield Harriers	00:49:03							
4	James Fisher	MS	3/44	Long Eaton Running Club	00:37:30	NC	104	John Strode	M45	29/65	[Unattached]	00:49:03	NC						
5	Ben Jeays	M45	1/65	Beeston AC	00:37:33	NC	105	Caitlin Bradbury	FS	5/53	[Unattached] (45)	00:49:12							
6	Patrick Fox	MS	4/44	[Unattached] (150)	00:37:35		106	Fraser Poole	M45	30/65	[Unattached] (306)	00:49:15	NC						
7	Andrew Soley	M35	2/56	Holme Pierrepont RC	00:37:36	NC	107	Geoff Pennington	M55	6/46	Beeston AC	00:49:21	NC						
8	Niki Russell	M45	2/65	Beeston AC	00:37:39	NC	108	Sanjeev Mahal	M35	31/56	[Unattached] (237)	00:49:26	NC						
9	Leigh Stubbs	M35	3/56	Redhill Road Runners	00:37:52	NC	109	Francia Santos	F35	6/36	Redhill Road Runners	00:49:32	NC						
10	Andrew O'Reilly	M45	3/65	Redhill Road Runners	00:38:32	NC	110	Benjamin Toule	M45	31/65	Fordy Runs Running Club	00:49:32							
11	Josh Green	M35	4/56	Long Eaton Running Club	00:38:36		111	Paul Goodall	M35	32/56	[Unattached] (156)	00:49:33							
12	Mario Rocchelli	M45	4/65	Beeston AC	00:38:53	NC	112	Tess McLaren	F35	7/36	[Unattached] (254)	00:49:36							
13	Dale Western	M35	5/56	Holme Pierrepont RC	00:38:57		113	Garry Turns	M35	33/56	[Unattached] (418)	00:49:38	NC						
14	James Mee	M35	6/56	[Unattached] (257)	00:39:11	NC	114	Richard Hill	M55	7/46	Beeston AC	00:49:39	NC						
15	Ayoub Ibrahim	MS	5/44	[Unattached] (202)	00:39:18		115	Chris Bell	M45	32/65	[Unattached] (25)	00:49:40							
16	Coen Zandvoort	MS	6/44	[Unattached] (469)	00:39:18		116	Steph Culshaw	F35	8/36	Beeston AC	00:49:42	NC						
17	Kenan Thompson	MS	7/44	Run: EA	00:39:22		117	Prakash Kachhala	M35	34/56	[Unattached] (216)	00:49:45							
18	Joseph Gunn	M35	7/56	Holme Pierrepont RC	00:39:24	NC	118	Jon Boyce	M45	33/65	Beeston AC	00:49:51							
19	Ryan Stocks	M35	8/56	Kimberley & Dist Striders	00:39:28	NC	119	Stephen Williams	M45	34/65	Long Eaton Running Club	00:49:59							
20	Chris Rudge	M35	9/56	Holme Pierrepont RC	00:39:44	NC	120	Nicola Chamberlain	F45	5/39	Kimberley & Dist Striders	00:50:07	NC						
21	Stephen Mason	M45	5/65	Beeston AC	00:39:59	NC	121	Isaac Simkins	MS	21/44	[Unattached] (362)	00:50:11	NC						
22	Richard Myers	M45	6/65	Kimberley & Dist Striders	00:40:06	NC	122	Brendan Devlin	M55	8/46	Sinfyn Running Club	00:50:15							
23	Carolyn Hay	F45	1/39	Mansfield Harriers	00:40:08	NC	123	Kieown Elliott	MS	22/44	[Unattached] (137)	00:50:16	NC						
24	Robert Marshall	MS	8/44	[Unattached] (241)	00:40:11		124	Carter Green	M35	35/56	[Unattached] (159)	00:50:20							
25	Ezedin Osman	M35	10/56	[Unattached] (295)	00:40:20		125	Krzysztof Turaj	M45	35/65	[Unattached] (416)	00:50:25							
26	James Hall	MS	9/44	[Unattached] (166)	00:40:22		126	Hilary Foster	F35	9/36	Redhill Road Runners	00:50:26	NC						
27	Dewi Howell	MS	10/44	[Unattached] (194)	00:40:23		127	Darren Fisher	M45	36/65	Holme Pierrepont RC	00:50:28	NC						
28	Paul Davies	M45	7/65	Redhill Road Runners	00:40:34	NC	128	Charlotte Rodgers	F45	6/39	Redhill Road Runners	00:50:29	NC						
29	Nick Brown	MS	11/44	[Unattached] (54)	00:40:39		129	Billy Boyce	MS	23/44	[Unattached] (40)	00:50:43	NC						
30	Tim Caldwell	M45	8/65	Long Eaton Running Club	00:40:45		130	David Hargreaves	M35	36/56	Cannon Events RC	00:50:54							
31	Tom Miller	MS	12/44	[Unattached] (262)	00:40:50		131	Peter Cramp	M55	9/46	[Unattached] (104)	00:51:00							
32	Paul Newton	M55	1/46	Redhill Road Runners	00:40:53	NC	132	Elliot Mugent	MS	24/44	[Unattached] (286)	00:51:02							
33	Steven Rice	M35	11/56	Southwell Running Club	00:41:07	NC	133	Janine Barrowcliffe	F55	1/22	Long Eaton Running Club	00:51:05	NC						
34	Georgie Duffield	FS	1/53	Holme Pierrepont RC	00:41:25	NC	134	Richard Chapman	M45	37/65	[Unattached] (72)	00:51:07							
35	Mark Garratt	M35	12/56	Redhill Road Runners	00:41:36	NC	135	Joe McElhinney	M55	10/46	Redhill Road Runners	00:51:15	NC						
36	Nicholas Moody	MS	13/44	Beeston AC	00:41:57		136	Richard Daft	M45	38/65	Hucknall Harriers	00:51:15	NC						
37	Abdul Salam Abdullah	MS	14/44	Red Sea Run Club	00:42:50		137	Sam Wilson	M35	37/56	[Unattached] (460)	00:51:28	NC						
38	Will Moisey	MS	15/44	[Unattached] (265)	00:42:51		138	John Walker	M65	8/22	Beeston AC	00:51:36	NC						
39	Natalie Edwards	F35	1/36	Beeston AC	00:42:57	NC	139	Phil Clarke	M55	11/46	Barrow RC	00:51:41							
40	Andrew Smith	M45	9/65	Beeston AC	00:42:58		140	Alex Smith	M35	38/56	[Unattached] (370)	00:51:47							
41	Ian Culshaw	M35	13/56	Beeston AC	00:43:02	NC	141	Sarah Johnstone	F35	10/36	Long Eaton Running Club	00:51:50							
42	Simon Barnes	M55	2/46	Beeston AC	00:43:17	NC	142	Karen Lindsey	F45	7/39	Long Eaton Running Club	00:51:56	NC						
43	Hariwan Shareef	M35	14/56	[Unattached] (358)	00:43:25		143	Oliver Blake	MS	25/44	[Unattached] (29)	00:52:01							
44	Mark Elwell	M45	10/65	Beeston AC	00:43:40	NC	144	Deanne Gregory	F35	11/36	[Unattached] (161)	00:52:02	NC						
45	Lee Scott	M45	11/65	Redhill Road Runners	00:43:42	NC	145	Kate Burton	FS	6/53	[Unattached] (59)	00:52:12							
46	Lucy Grant	F35	2/36	Beeston AC	00:43:49	NC	146	Matt Watts	M35	39/56	[Unattached] (437)	00:52:14							
47	Matthew Wells	MS	16/44	Team Anstey Amblers & Run	00:43:57		147	Hannah Corbett	F35	12/36	Total Fitness Tri Club	00:52:22	NC						
48	Kirstie Swingle	F45	2/39	[Unattached] (395)	00:44:00		148	James ReisnerWatkins	M35	40/56	[Unattached] (321)	00:52:23	NC						
49	Nick Vasey	M35	15/56	Nottingham Triathlon Club	00:44:01		149	Anna Brandon	F55	2/22	RunLudyBay	00:52:29	NC						
50	Nigel Etches	M65	1/22	Warsop RC	00:44:08	NC	150	Alex Dalton	M35	41/56	Redhill Road Runners	00:52:30	NC						
51	Josh McGinley	M35	16/56	Holme Pierrepont RC	00:44:14	NC	151	Richard Hornsey	M55	12/46	Ruddington Running Club	00:52:30							
52	Thomas Fitchett	M45	12/65	[Unattached] (147)	00:44:26	NC	152	Hannah Cooper	FS	7/53	Beeston AC	00:52:33							
53	Andrew Mitchell	M35	17/56	Beeston AC	00:44:29	NC	153	Georgina Hargreaves	FS	8/53	Cannon Events RC	00:52:36							
54	Ben Parker	M65	2/22	Southwell Running Club	00:44:32	NC	154	Mark Watchorn	M45	39/65	[Unattached] (435)	00:52:37							
55	Alistair Campbell	M45	13/65	Redhill Road Runners	00:44:46	NC	155	Dave Nettleton	M55	13/46	[Unattached] (281)	00:52:41	NC						
56	Alexander Spurling	M35	18/56	[Unattached] (381)	00:44:48		156	James Trickett	MS	26/44	[Unattached] (413)	00:52:44							
57	Robert Hall	M35	19/56	[Unattached] (169)	00:44:50	NC	157	Daniel Waller	M45	40/65	RunLudyBay	00:52:50	NC						
58	Stewart Blaseby	M35	20/56	[Unattached] (31)	00:44:52		158	Nick Tennant	M65	9/22	Kimberley & Dist Striders	00:52:53	NC						
59	Nick Mould	M35	21/56	Workshop Harriers	00:44:54	NC	159	David Smith	M65	10/22	Beeston AC	00:52:54	NC						
60	Neil Burden	M45	14/65	Holme Pierrepont RC	00:45:08	NC	160	Joe Wright-Mullaney	M35	42/56	Long Eaton Running Club	00:52:56	NC						
61	Daniel Edwards	M45	15/65	[Unattached] (136)	00:45:13	NC	161	Marc Kinch	M55	14/46	Long Eaton Running Club	00:52:56							
62	Catrin Stewart	FS	2/53	[Unattached] (388)	00:45:20		162	Michael Read	M75	1/6	Beeston AC	00:53:10	NC						
63	Luke Saxton	M45	16/65	[Unattached] (349)	00:45:33	NC	163	Kit Sandeman	M35	43/56	[Unattached] (342)	00:53:13							
64	Simon Ross	M45	17/65	Holme Pierrepont RC	00:45:39	NC	164	Ian Sayers	M45	41/65	Beeston AC	00:53:17	NC						
65	Shalini Nayak	F35	3/36	[Unattached] (279)	00:45:44		165	Paul Millar	M35	44/56	[Unattached] (261)	00:53:18							
66	Martyn Lawson	M45	18/65	Derby Triathlon Club	00:45:48		166	Rebecca Cort	F35	13/36	Long Eaton Running Club	00:53:28							
67	Sean Henry	M65	3/22	Holme Pierrepont RC	00:45:52		167	Stuart Robinson	M45	42/65	[Unattached] (328)	00:53:35							
68	Matt Scott	M35	22/56	Long Eaton Running Club	00:46:12		168	Denise Robertson	F45	8/39	Sinfyn Running Club	00:53:36							
69	Austin Roberts	M45	19/65	Redhill Road Runners	00:46:14	NC	169	Nick Brown	M45	43/65	[Unattached] (55)	00:53:36							
70	Robert Crowe	M35	23/56	[Unattached] (108)	00:46:15	NC	170	John Cannon	M55	15/46	[Unattached] (65)	00:53:44							
71	Ben Ashton	M45	20/65	[Unattached] (6)	00:46:18		171	Sean Pass	MS	27/44	[Unattached] (299)	00:53:49	NC						
72	Sam Knott	MS	17/44	Mansfield Harriers	00:46:22	NC	172	Lindsay Charlish	F55	3/22	Long Eaton Running Club	00:53:53							
73	Daniel Hopka	M35	24/56	[Unattached] (190)	00:46:28		173	Simon Readman	M55	16/46	[Unattached] (319)	00:54:07	NC						
74	Alan Maplethorpe	M65	4/22	Long Eaton Running Club	00:46:29	NC	174	Mark Goldby	M55	17/46	[Unattached] (154)	00:54:25							
75	Adam Goodall	M35	25/56	[Unattached] (155)	00:46:32		175	Catherine Simkins	F45	9/39	Beeston AC	00:54:26	NC						
76	Rupert Killik	M55	3/46	Holme Pierrepont RC	00:46:49		176	James Wall	M45	44/65	Beeston AC	00:54:29							
77	Andrew Craze	M45	21/65	[Unattached] (106)	00:46:51		177	Richard Clark	M45	45/65	[Unattached] (77)	00:54:33							
78	Harry Wells	MS	18/44	Team Anstey Amblers & Run	00:46:54		178	Peter Davis	M65	11/22	Newark Striders RC	00:54:35	NC						
79	Daniel Simpkins	M45	22/65	Beeston AC	00:46:58	NC	179	Stuart Wells	M55	18/46	Team Anstey Amblers & Run	00:54:36							
80	E. Garcia Martinez	M35	26/56	[Unattached] (151)	00:47:20		180	Micky Whittle	F35	14/36	Ruddington Running Club	00:54:39							
81	Robert Smith	M45	23/65	Holme Pierrepont RC	00:47:22	NC	181	Benjamin Parnell	MS	28/44	[Unattached] (298)	00:54:44							
82	Rich Lovewell	M35	27/56	Ruddington Running Club	00:47:33	NC	182	Matthew Easom	M55	19/46	Sutton in Ashfield Harrs	00:54:46							
83	Mark Bailey	M45	24/65	[Unattached] (10)	00:47:44	NC	183	Richard Simpson	M45	46/65	[Unattached] (364)	00:54:47							
84	Nicola Jones	F45	3/39	Holme Pierrepont RC	00:47:49	NC	184	Clare Coombes	F45	10/39	Vegan Runners UK	00:54:48	NC						
85	Zach McLaren	M35	28/56	[Unattached] (255)	00:47:52		185	Jenny Walker	F35	15/36	Beeston AC	00:54:53	NC						
86	Richard Upward	M55	4/46	Beeston AC	00:47:52		186	Caroline Challender	F55	4/22	Beeston AC	00:54:53							
87	Adam Young	MS	19/44	[Unattached] (468)	00:47:56		187	Jon Buckthorpe	M45	47/65	[Unattached] (56)	00:54:54	NC						
88	David Watson	M35	29/56	Ruddington Running Club	00:47:57	NC	188	Christine Bexton	F65	1/9	Beeston AC	00:55:00	NC						
89	Nick Donovan	M45	25/65	[Unattached] (122)	00:47:59		189	Karen Hewitt	F45	11/39	[Unattached] (180)	00:55:03	NC						
90	Nicola Blatherwick	F35	4/36	Southwell Running Club	00:48:03	NC	190	Matt Prior	M45	48/65	Cannon Events RC	00:55:10							
91	Ken Pollard	M45	26/65	[Unattached] (304)	00:48:23	NC	191	Katherine Spencer	FS	9/53	[Unattached] (380)	00:55:12	NC						
92	Adam Sizeland	MS	20/44	[Unattached] (367)	00:48:30		192	Jacob Whitmore	MS	29/44	[Unattached] (448)	00:55:18							
93	Ian Stevens	M55	5/46	Beeston AC	00:48:38		193	Wendy Lauberts	F65	2/9	Long Eaton Running Club	00:55:23							
94	Peter Edmonds	M65	5/22	Long Eaton Running Club	00:48:39	NC	194	Natasha Naaimi	F35	16/36	[Unattached] (276)	00:55:23							
95	Anthony Wright	M45	27/65	Beeston AC	00:48:44	NC	195	Angela Bailey											

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Pos	Name	Cat	Cat/Pos	Club/Team	Time	Tag	Pos	Name	Cat	Cat/Pos	Club/Team	Time	Tag		
201	Nigel Fisher	M55	21/46	Redhill Road Runners	00:55:58	NC	301	Victoria Hobbs	F35	27/36	[Unattached] (186)	01:03:11			
202	Emma Sinclair	F35	18/36	Beeston AC	00:56:04	NC	302	Melissa Western	F45	24/39	[Unattached] (443)	01:03:19			
203	Amy Tomkins	FS	12/53	Long Eaton Running Club	00:56:10		303	Fiona Brown	F45	25/39	[Unattached] (52)	01:03:20			
204	Rupert Hoy	M55	22/46	[Unattached] (195)	00:56:16		304	Izabella Roberts	FS	33/53	[Unattached] (325)	01:03:21			
205	John O'Shea	M55	23/46	Holme Pierrepont RC	00:56:20	NC	305	Samuel Stafford	M35	53/56	[Unattached] (383)	01:03:21			
206	Robert Savage	M45	49/65	[Unattached] (347)	00:56:26		306	Catherine Appleby	FS	34/53	[Unattached] (3)	01:03:31			
207	David Cahalin	M55	24/46	[Unattached] (62)	00:56:27		307	Kara Fletcher	FS	35/53	[Unattached] (148)	01:03:41			
208	Charles Ducker	M35	45/56	[Unattached] (127)	00:56:37		308	Emily Ball	FS	36/53	Nottingham Frontrunners	01:03:43			
209	Sean Gilligan	M35	46/56	Kimberley & Dist Striders	00:56:45	NC	309	Marnie Winter	FS	37/53	[Unattached] (463)	01:03:50			
210	Joanne Coleman	F35	19/36	Redhill Road Runners	00:56:51	NC	310	Ryan Hooper	M45	61/65	[Unattached] (189)	01:03:54			
211	Jen Moon	F45	12/39	Redhill Road Runners	00:56:52		311	Sophie Clarke	FS	38/53	[Unattached] (82)	01:03:56			
212	Tanya Wood	F35	20/36	Long Eaton Running Club	00:56:57		312	Nicola McLelland	F55	9/22	[Unattached] (256)	01:04:00			
213	Sallyann Chambers	F55	6/22	Hucknall Harriers	00:56:58	NC	313	Lisa Maddison	F45	26/39	[Unattached] (236)	01:04:05			
214	Joe Birch	M35	47/56	[Unattached] (28)	00:57:06		314	Chris Randall	M65	19/22	[Unattached] (313)	01:04:10			
215	Adrian Cook	M55	25/46	Beeston AC	00:57:14	NC	315	Katherine Smith	F35	28/36	Shepshep Running Club	01:04:13			
216	Kevin Roughton	M55	26/46	Long Eaton Running Club	00:57:22		316	Joseph Melbourne	M55	41/46	[Unattached] (258)	01:04:15			
217	Stuart Bell	M55	27/46	Redhill Road Runners	00:57:26	NC	317	Megan Bareford	F35	29/36	Ruddington Running Club	01:04:23	NC		
218	Carmel Wisdiah	F55	7/22	[Unattached] (355)	00:57:27		318	Freddie Tennant	MS	38/44	[Unattached] (401)	01:04:30			
219	Richard Mynett	M45	50/65	[Unattached] (275)	00:57:28		319	Ellie Boyce	FS	39/53	[Unattached] (41)	01:04:35	NC		
220	Ben Nichols	M45	51/65	[Unattached] (284)	00:57:36		320	Mike Reade	M65	20/22	[Unattached] (318)	01:04:40			
221	Elise Jones	FS	13/53	[Unattached] (211)	00:57:51		321	Jayne Jones	F55	10/22	Long Eaton Running Club	01:04:52			
222	Peter Davies	M45	52/65	[Unattached] (118)	00:57:55	NC	322	Gill McCulloch	F55	11/22	Run Local	01:04:56			
223	Connor Johnson-White	MS	31/44	[Unattached] (209)	00:57:57		323	Deanna Smith	FS	40/53	Sinfir Running Club	01:05:25			
224	Lucy Featherstone	FS	14/53	[Unattached] (142)	00:57:57		324	Michael Horn	M75	2/6	Redhill Road Runners	01:05:25	NC		
225	Matilda Draper	FS	15/53	[Unattached] (125)	00:57:57		325	Jessica Wright	FS	41/53	[Unattached] (467)	01:05:27			
226	Shaun O'Connor	M55	28/46	Ruddington Running Club	00:57:58		326	Jack Rodber	M35	54/56	[Unattached] (330)	01:05:49			
227	Isabel Mason	FS	16/53	[Unattached] (243)	00:58:05	NC	327	Jack Tapson	MS	39/44	Social Run Group	01:05:50			
228	Becca Clarke	FS	17/53	[Unattached] (78)	00:58:09		328	Zoe Cowlshaw	F35	30/36	Long Eaton Running Club	01:05:56	NC		
229	Emma Lumley	FS	18/53	[Unattached] (233)	00:58:10		329	Claire Bailey-Coombs	F65	4/9	Holme Pierrepont RC	01:06:01			
230	Anthony Becroft	M65	12/22	[Unattached] (24)	00:58:11		330	Janet Hudson	F55	12/22	[Unattached] (198)	01:06:22			
231	Nigel Saunders	M55	29/46	Notfast Running Club	00:58:18		331	Ray Draycott	M75	3/6	Shepshep Running Club	01:06:29			
232	Ken Morrell	M65	13/22	Beeston AC	00:58:21	NC	332	Stacey Sims	F35	31/36	[Unattached] (365)	01:06:35	NC		
233	Amber Williamson	F45	13/39	[Unattached] (457)	00:58:23		333	Darren Eveleigh	M45	62/65	Nottingham Triathlon Club	01:06:37			
234	Rachel Bolton-King	F35	21/36	Notts Women Runners	00:58:26		334	Vicky Boyce	F45	27/39	Beeston AC	01:06:50	NC		
235	Luke Smyth	M35	48/56	[Unattached] (378)	00:58:28		335	Martin Burgess	M65	21/22	[Unattached] (58)	01:06:51			
236	Steve Hewitt	M45	53/65	[Unattached] (181)	00:58:30		336	Suzanne Newmarch	F35	32/36	Redhill Road Runners	01:07:18	NC		
237	Darren Walton	M55	30/46	[Unattached] (433)	00:58:31		337	Emma Stroud	F45	28/39	Redhill Road Runners	01:07:18	NC		
238	Cassie Leathen	FS	19/53	[Unattached] (229)	00:58:32	NC	338	Lucy Wilkins	F45	29/39	[Unattached] (452)	01:07:19			
239	Ellie Robinson	F45	14/39	[Unattached] (327)	00:58:34		339	MichaelAngelo Taylor	MS	40/44	[Unattached] (400)	01:07:21	NC		
240	Bridget Waller	F45	15/39	[Unattached] (429)	00:58:35		340	Esther Davey	F45	30/39	[Unattached] (114)	01:07:22			
241	Bev Barnes	F55	8/22	Kimberley & Dist Striders	00:58:39	NC	341	Tember Ayabam	FS	42/53	[Unattached] (8)	01:07:27			
242	Jemma Bates	F35	22/36	Warsop RC	00:58:40	NC	342	Jane Mason	F55	13/22	Bramcote Belles	01:07:33			
243	Emily Walton	FS	20/53	Radcliffe Runners	00:58:41		343	Isabel Trew	FS	43/53	[Unattached] (412)	01:07:43			
244	Joel Blatherwick	M35	49/56	[Unattached] (32)	00:58:41	NC	344	Stephen Priscott	M75	4/6	Holme Pierrepont RC	01:07:44	NC		
245	Tony Roe	M65	14/22	[Unattached] (332)	00:58:43		345	Helen O Connor	FS	44/53	[Unattached] (287)	01:07:53			
246	Ella Westwood	FS	21/53	[Unattached] (444)	00:58:48		346	Harneet Dhesi	FS	45/53	[Unattached] (121)	01:07:55			
247	Alice Walsgrove	FS	22/53	[Unattached] (431)	00:58:49		347	Colin Sowers	M45	63/65	Mansfield Harriers	01:07:59	NC		
248	William Taylor	MS	32/44	[Unattached] (399)	00:58:49	NC	348	Stephen Wood	M45	64/65	[Unattached] (464)	01:08:30			
249	Andrew Bee	M55	31/46	Redhill Road Runners	00:58:50	NC	349	Jackie Smith	F55	14/22	[Unattached] (374)	01:08:35			
250	Jordan Butcher	MS	33/44	[Unattached] (61)	00:58:51		350	Mike O'Brien	M75	5/6	Kimberley & Dist Striders	01:08:57	NC		
251	Michael Chernucha	M35	50/56	[Unattached] (74)	00:58:52		351	Claire Sambridge	F45	31/39	Holme Pierrepont RC	01:09:20			
252	Ian Warren	M55	32/46	[Unattached] (434)	00:58:54		352	Simon Parkes	M55	42/46	Holme Pierrepont RC	01:09:49	NC		
253	Yuk Wah Tsang	M45	54/65	Long Eaton Running Club	00:59:02	NC	353	Sophia Johns	FS	46/53	[Unattached] (208)	01:09:53	NC		
254	Ian Marlow	M55	33/46	Lonely Goat RC	00:59:09		354	Henry Davidson	MS	41/44	[Unattached] (115)	01:09:57	NC		
255	Trevor Huddleston	M65	15/22	[Unattached] (197)	00:59:12	NC	355	Katy Chan	FS	47/53	Beeston AC	01:10:21			
256	Clare Harwood	FS	23/53	[Unattached] (176)	00:59:12		356	Tom Rowland	MS	42/44	Beeston AC	01:10:22			
257	Andrew Shanks	MS	34/44	Nottingham Frontrunners	00:59:22		357	Victor Ho	M45	65/65	[Unattached] (185)	01:10:36			
258	Gary Downs	M55	34/46	Ruddington Running Club	00:59:24		358	Dorcas Pennington	F55	15/22	[Unattached] (300)	01:10:48	NC		
259	Simon Duxon	M55	35/46	Team Derby Runner	00:59:24		359	Emma Smalley	F35	33/36	[Unattached] (369)	01:11:00			
260	Andrew Rule	M35	51/56	Fordy Runs Running Club	00:59:27		360	Michelle Vallance	F65	5/9	Notts Women Runners	01:11:07	NC		
261	Vivienne Colette	F45	16/39	Redhill Road Runners	00:59:29	NC	361	Sarah Walker	F35	34/36	[Unattached] (427)	01:11:15			
262	Gabriel Craven	MS	35/44	[Unattached] (105)	00:59:29		362	Anne Arkle	F55	16/22	[Unattached] (4)	01:11:20			
263	Vicky Vines	F45	17/39	Long Eaton Running Club	00:59:34		363	Emma Bott	FS	48/53	[Unattached] (39)	01:11:49			
264	Ella Clarke	FS	24/53	[Unattached] (79)	00:59:37	NC	364	Michael Rayner	M35	55/56	[Unattached] (316)	01:11:53			
265	Rianna Romeo-Hanson	FS	25/53	[Unattached] (333)	00:59:37		365	Hayley Norris	F55	17/22	Long Eaton Running Club	01:12:29			
266	Joanne Stocks	F45	18/39	Redhill Road Runners	00:59:38	NC	366	Ria McGovern	FS	49/53	[Unattached] (252)	01:12:56			
267	Dawn Hughes	F45	19/39	Holme Pierrepont RC	00:59:50		367	Pat McGovern	M65	22/22	Redhill Road Runners	01:12:58	NC		
268	Martin Jessop	M45	55/65	Holme Pierrepont RC	01:00:13		368	Katharina Meyer-Ohle	F55	18/22	[Unattached] (259)	01:13:09			
269	Judah Blick	MS	36/44	[Unattached] (34)	01:00:30		369	Bradley Hague	MS	43/44	Social Run Group	01:13:32	NC		
270	Dave Corbett	M35	52/56	[Unattached] (98)	01:00:31	NC	370	Lindsey Tindall	F45	32/39	Vegan Runners UK	01:14:30			
271	Frances Davies	FS	26/53	[Unattached] (116)	01:00:34	NC	371	Anna Willcox	FS	50/53	[Unattached] (453)	01:14:31			
272	Matt Blick	M55	36/46	[Unattached] (35)	01:00:57		372	Devi Cooper	F45	33/39	Total Fitness Tri Club	01:14:48	NC		
273	Samantha Carter	F35	23/36	Ruddington Running Club	01:01:07		373	Damian Cowlshaw	M55	43/46	Long Eaton Running Club	01:15:40	NC		
274	Andrew Silver	M55	37/46	[Unattached] (359)	01:01:08		374	Olivia Shadbolt	FS	51/53	[Unattached] (356)	01:15:52			
275	Ian Barnsdall	M45	56/65	[Unattached] (17)	01:01:10	NC	375	Mark Smith	M55	44/46	Robin Hood Runners	01:15:52			
276	Alexandra Tullett	F35	24/36	[Unattached] (415)	01:01:20		376	Nik Nettleship	F45	34/39	[Unattached] (280)	01:15:54			
277	Lindsay Narey	F45	20/39	[Unattached] (277)	01:01:23		377	Lorraine Langley	F45	35/39	Long Eaton Running Club	01:18:02			
278	Angela Brown	F45	21/39	Notts AC	01:01:34		378	James Tarr	MS	44/44	[Unattached] (398)	01:18:26			
279	Peter Copcutt	M65	16/22	Mansfield Harriers	01:01:34	NC	379	Ben Stephenson	M35	56/56	[Unattached] (385)	01:18:30			
280	Mark Orme	M55	38/46	[Unattached] (292)	01:01:41	NC	380	Zara Steggles	F35	35/36	[Unattached] (384)	01:18:33			
281	Rita Mihalcut	FS	27/53	[Unattached] (260)	01:01:42		381	Rosie McGovern	F35	36/36	[Unattached] (253)	01:18:35			
282	Theresa Pollard	F35	25/36	[Unattached] (305)	01:01:45		382	Antony Griffin	M55	45/46	Pitsea Running Club	01:18:56			
283	Graham Simkins	M45	57/65	[Unattached] (361)	01:01:47	NC	383	Suzanne Figgins	F55	19/22	Pitsea Running Club	01:18:57			
284	Emma Booth	FS	28/53	Ruddington Running Club	01:01:49		384	Liz Kaufman	FS	52/53	[Unattached] (217)	01:19:04			
285	Christian Thorne	M45	58/65	[Unattached] (404)	01:01:53		385	Geri Chowdhury	F45	36/39	[Unattached] (75)	01:19:19			
286	Henny Scott	F65	3/9	[Unattached] (352)	01:01:54		386	Emma Grundy	F45	37/39	Long Eaton Running Club	01:19:19	NC		
287	Lorna Tansley	FS	29/53	[Unattached] (396)	01:01:56		387	Karen Harrison	F55	20/22	[Unattached] (173)	01:19:27	NC		
288	Andrea Clark	F45	22/39	Cannon Events RC	01:01:57		388	Lindy Clarke	F55	21/22	[Unattached] (80)	01:19:27	NC		
289	Sarah Prior	F45	23/39	[Unattached] (309)	01:02:02		389	Claire Sayers	F45	38/39	Bramcote Belles	01:21:08	NC		
290	Hugh Lundberg	M65	17/22	Bridlington Road Runners	01:02:08		390	Julie Hicks	F65	6/9	[Unattached] (182)	01:21:08			
291	Tahir Ahmed	M65	18/22	[Unattached] (2)	01:02:12		391	Helen Mitchem	F45	39/39	[Unattached] (264)	01:21:08			
292	James Barry	MS	37/44	[Unattached] (20)	01:02:17		392	Derek Brailsford	M75	6/6	Crawley Saints&Sinners RC	01:21:57			
293	Ellie Brown	FS	30/53	[Unattached] (51)	01:02:24	NC	393	Lois Brown	FS	53/53	[Unattached] (53)	01:22:06			
294	Paul Lay	M45	59/65	[Unattached] (228)	01:02:35</										