

## 5 miles

Senior Men			Senior Women		
Andrew Whitehead	27:56	Notts 5	Phoebe Doyle	34:48	Colwick
Matt McFarlin	30:29	NWSC SL	Sarah Carroll	35:02	Colwick
Keith Alger	30:35	NWSC SL	Arwen Makin	36:11	NWSC SL
Thomas Brittain	31:42	Colwick	Louise Read	36:39	Wymeswold
Wayne McAneaney	31:50	Colwick	Claire Tweed	36:49	Colwick
Peter Townsend	32:05	NWSC SL	Anna Gray	36:55	NWSC SL
Joseph Eccles	34:26	Colwick	Claire Goodman	37:15	NWSC SL
Edmund Bailey	34:43	NWSC SL	Rachel Grant	41:13	NWSC SL
Phil Makin	35:45	NWSC SL	Victoria Collins	41:35	NWSC SL
Mark Emery	35:48	NWSC SL	Debbie Smith	42:10	NWSC SL
Andy Freestone	36:17	Colwick	Niki Donovan	42:22	Colwick
Jim Smith	37:32	Colwick	Suze Moore	44:02	NWSC SL
Mark Turner	41:11	NWSC SL			
Men V40			Women V40		
Graham Moffatt	29:53	NWSC SL	Serena Bignell	34:08	NWSC SL
Keith Jamieson	31:53	NWSC SL	Christine Heaton	34:28	Wymeswold
Anthony Squires	32:04	Colwick	Jo Bramley-Maye	36:31	NWSC SL
Matthew Moore	32:49	NWSC SL	Ruth Jones	36:35	NWSC SL
Nigel Hill	33:16	NWSC SL	Editha Van Loon	37:30	NWSC SL
Simon Sharp	34:38	NWSC SL	Gina Granger	37:31	Colwick
Ian Grant	34:54	NWSC SL	Tess Tucker	38:59	NWSC SL
Robert Pickup	35:04	Colwick	Kathryn Mellor	39:06	Trent 5
Steve Tupholme	35:39	Colwick	Jean Inglis	40:40	Wymeswold
Keith Lowe	39:24	NWSC SL	Lucy Adams	44:21	Colwick
Mark Enstone	39:36	NWSC SL			
Mike Cunningham	39:55	NWSC SL			
Robin Denton	40:34	Colwick			
John Goodman	40:55	NWSC SL			
Paul Jacobs	42:15	Wymeswold			
Men V50			Women V50		
Neil Devonport	32:59	NWSC SL	Lindsey Marshall	38:46	Trent 5
Kevin Ford	33:04	NWSC SL	Julie McGeorge	39:22	NWSC SL
John Kenyon	34:37	Notts 5	Katie Holmes	40:35	Trent 5
Steve Eccles	35:13	NWSC SL	Andrea Lowe	40:51	Trent 5
David Marshall	42:26	Wymeswold	Penny Durance	41:36	Colwick
			Tatyana Spiers	42:12	Notts 5
			Carole Ward	45:31	NWSC SL
Men V60			Women V60		
Howard Partridge	30:12	NWSC SL	Sandy Poole	42:22	NWSC SL

David Siggs	34:40	Colwick	Friedel Plant	42:30	Colwick
Bernard Jarvis	36:15	NWSC SL	Christine Oldfield	51:34	NWSC SL
John Oldfield	38:07	NWSC SL			
Derek Poole	38:08	Notts 5			
Steve Priscott	38:44	Colwick			
David Bland	42:40	Colwick			
Richard Durance	44:34	Colwick			
Chris Hendry	45:38	Weston			
Men V70			Women V70		
Neil Hamilton	46:41	Colwick			

<b>10k</b>					
Senior Men			Senior Women		
Andrew Whitehead	35:23	Lincoln	Deborah Phelps	43:07	Rushcliffe
William McNulty	35:37	NWSC Grand Prix	Phoebe Doyle	43:47	NWSC Grand Prix
Steve Shanks	36:19	Civil Service 10K	Sarah Carroll	44:25	Jagermeister
Peter Townsend	38:27	Rushcliffe	Emma Denman	45:27	NWSC Grand Prix
Anthony Meenaghan	39:41	Wilne	Ellie Howatson	45:54	NWSC Grand Prix
Joseph Eccles	40:14	Rushcliffe	Vanessa Spencer	46:26	NWSC Grand Prix
Matthew Wynn	42:29	NWSC Grand Prix	Anna Gray	46:31	NWSC Grand Prix
Viet-Hai Phung	44:16	NWSC Grand Prix	Louise Read	47:07	NWSC Grand Prix
Jim Smith	46:36	NWSC Grand Prix	Claire Goodman	47:31	NWSC Grand Prix
Mark Emery	46:53	Rushcliffe	Louise Lees	48:28	Heanor
Jim Winter	56:49	Rushcliffe	Niki Donovan	52:07	NWSC Grand Prix
			Debbie Smith	52:29	NWSC Grand Prix
			Victoria Collins	54:29	Lincoln
Men V40			Women V40		
Graham Moffatt	35:26	NWSC Grand Prix	Patti Cranton	43:45	NWSC Grand Prix
Duncan Martindale	37:02	NWSC Grand Prix	Christine Heaton	44:48	Jagermeister
Anthony Squires	38:41	NWSC Grand Prix	Editha Van Loon	47:08	NWSC Grand Prix
Martin Clifford	39:27	NWSC Grand Prix	Ruth Jones	47:17	Wilne
Keith Jamieson	39:39	Summer Solstice	Lucy Adams	51:05	Rushcliffe
Stephen Jones	40:28	Rushcliffe	Jean Inglis	53:09	Wilne
Nigel Hill	41:18	Summer Solstice	Judith Lyons	53:26	Rushcliffe
Mark Chance	41:44	Jagermeister			
Ian Grant	43:38	NWSC Grand Prix			
Robert Pickup	43:52	Jagermeister			
Steve Tupholme	44:21	NWSC Grand Prix			
Alan Morris	44:41	NWSC Grand Prix			
Richard Armstrong	46:51	Lincoln			

Keith Lowe	47:16	NWSC Grand Prix			
John Goodman	50:22	NWSC Grand Prix			
Paul Jacobs	51:19	NOTFAST			
Colin Wilde	51:28	Rushcliffe			
Roland Malkin	55:07	Rushcliffe			
Men V50			Women V50		
Neil Devonport	41:24	NWSC Grand Prix	Lindsey Marshall	50:11	Lincoln
Kevin Ford	42:57	NWSC Grand Prix	Jean Inglis	50:18	Heanor
John Kenyon	44:01	NWSC Grand Prix	Andrea Lowe	50:54	Lincoln
Peter Andrews	45:56	Jagermeister	Tatyana Spiers	54:14	NWSC Grand Prix
Steve Eccles	45:57	Rushcliffe	Mandy Andrews	54:53	Rushcliffe
Julie McGeorge	49:35	NWSC Grand Prix	Katie Holmes	56:13	Jagermeister
Pete Andrews	50:52	Rushcliffe			
David Marshall	51:10	Lincoln			
Andy Ness	54:46	Rushcliffe			
Men V60			Women V60		
Howard Partridge	38:58	Jagermeister	Sandy Poole	52:57	NWSC Grand Prix
Derek Poole	47:05	Wilne	Friedel Plant	54:13	NWSC Grand Prix
Steve Priscott	48:11	Jagermeister			
Bernard Jarvis	51:08	Jagermeister			
Ian Nicholson	51:36	Valencia			
David Bland	53:25	Shelton			
Bryn Stone	53:37	3 Villages			
Richard Elliott	55:07	Rushcliffe			
Patrick Walsh	1:13:15	NWSC Grand Prix			
Men V70			Women V70		
Neil Hamilton	55:28	NOTFAST			

<b>10 miles</b>					
Senior Men			Senior Women		
Joseph Eccles	1:11:58	Notts 10	Sarah Carroll	1:12:55	Notts 10
Andy Freestone	1:15:46	Notts 10	Louise Read	1:15:22	Notts 10
Phil Makin	1:35:06	Cropwell	Arwen Makin	1:35:06	Cropwell
			Emma Coverley	1:42:14	Cropwell
			Lucy Chadborn	1:48:20	Cropwell
Men V40			Women V40		
Duncan Martindale	1:01:49	Notts 10	Serena Bignell	1:08:25	Notts 10
Keith Jamieson	1:07:20	Notts 10	Patti Cranton	1:13:25	Notts 10
Steve Tupholme	1:14:54	Notts 10	Christine Heaton	1:13:25	Notts 10
			Ruth Jones	1:14:30	Dereham
			Editha Van Loon	1:22:18	Notts 10

			Lorraine Butterfield	1:42:14	Cropwell
Men V50			Women V50		
Neil Devonport	1:08:32	Notts 10	Lindsey Marshall	1:25:09	John Fraser
Steve Eccles	1:14:33	Notts 10	Julie McGeorge	1:42:14	Cropwell
John Kenyon	1:15:26	Notts 10			
Andy Sharp	1:25:55	Notts 10			
Don Wells	1:26:16	Cropwell			
Richard Michalak	1:40:20	Cropwell			
Men V60			Women V60		
Derek Poole	1:21:34	Cropwell	Friedel Plant	1:28:20	Notts 10
Peter Mann	1:32:27	Notts 10	Sandy Poole	1:34:47	Cropwell
Ian Nicholson	1:38:10	Cropwell	Vivien Hall	1:47:40	Cropwell
Men V70			Women V70		
Neil Hamilton	1:39:23	Cropwell			
Tony Hall	1:47:34	Cropwell			

## ***Half Marathon***

Senior Men			Senior Women		
Andrew Whitehead	1:18:53	Bath	Deborah Phelps	1:37:24	Berlin
Matthew Grainge	1:19:20	Worksop	Emma Denman	1:39:00	Robin Hood
Keith Alger	1:26:47	Worksop	Sarah Carroll	1:39:46	Worksop
Tom Fowler	1:28:53	Belvoir	Louise Read	1:44:01	Robin Hood
Matthew Wynn	1:32:16	Turkey Trot	Vanessa Spencer	1:46:06	Turkey Trot
Thomas Brittain	1:34:20	Worksop	Claire Hays-Gill	1:46:32	Worksop
Viet-Hai Phung	1:35:14	Robin Hood	Anna Gray	1:46:48	Robin Hood
Phil Makin	1:38:52	Belvoir	Claire Goodman	1:48:47	Robin Hood
Tim Powell-Perry	1:40:23	Robin Hood	Arwen Makin	1:50:01	Belvoir
Richard Clayton	1:42:38	Robin Hood	Suze Moore	2:01:45	Inverness
Mark Emery	1:45:55	Belvoir	Niki Donovan	2:02:59	Robin Hood
Nigel Jones	1:47:51	Turkey Trot	Victoria Collins	2:11:22	Turkey Trot
Philip Makin	1:48:04	Turkey Trot			
Joseph Eccles	1:50:01	Worksop			
Andrew Barron	1:58:15	Robin Hood			
Robert Stork	2:00:38	Turkey Trot			
Mark Turner	2:12:23	Turkey Trot			
Men V40			Women V40		
Graham Moffatt	1:20:01	Turkey Trot	Serena Bignell	1:31:49	Robin Hood
Martin Clifford	1:26:15	Belvoir	Jo Bramley-Maye	1:36:52	Robin Hood
Mark Chance	1:26:17	Robin Hood	Ruth Jones	1:39:32	Retford
Keith Jamieson	1:30:08	Worksop	Susan Karmazyn	1:43:57	Turkey Trot

Nigel Hill	1:30:28	Belvoir	Tess Tucker	1:44:33	Robin Hood
Mark Wyszynski	1:31:21	Robin Hood	Editha Van Loon	1:45:42	Robin Hood
Stephen Jones	1:32:43	Belvoir	Christine Heaton	1:47:48	Berlin
Alan Morris	1:37:32	Turkey Trot	Gina Granger	1:49:22	Worksop
Ian Grant	1:37:36	Turkey Trot	Kathryn Mellor	1:53:19	Belvoir
Andy Freestone	1:39:09	Robin Hood	Lucy Adams	1:53:28	Belvoir
Steve Tupholme	1:39:41	Turkey Trot	Katie Holmes	1:56:19	Fleet
Ian Woolley	1:43:38	Robin Hood	Bea Tobolewska	2:31:56	Belvoir
Roland Malkin	1:48:00	Robin Hood			
Steve Brandon	1:48:03	Robin Hood			
Ian Scott	1:49:23	Robin Hood			
John Goodman	1:50:57	Turkey Trot			
Chris Davison	1:51:01	Turkey Trot			
Robin Denton	1:51:27	Robin Hood			
Walter Boersma	1:53:05	Turkey Trot			
James Higham	1:53:48	Turkey Trot			
Colin Wilde	1:58:39	Robin Hood			
Men V50			Women V50		
Kevin Ford	1:29:31	Worksop	Julie McGeorge	1:47:00	Berlin
Neil Devonport	1:30:46	Belvoir	Andrea Lowe	2:02:12	Worksop
Peter Andrews	1:41:34	Robin Hood	Carole Ward	2:11:11	Robin Hood
Andy Sharp	1:55:42	Belvoir			
Peter Savage	1:58:44	Turkey Trot			
Steve Ebbage	2:00:38	Thanet			
Trevor Riddiough	2:11:26	Robin Hood			
Men V60			Women V60		
Howard Partridge	1:26:31	Turkey Trot	Friedel Plant	2:00:28	Turkey Trot
Bernard Jarvis	1:41:59	Turkey Trot	Sandy Poole	2:03:15	Belvoir
Derek Poole	1:43:50	Robin Hood	Vivien Hall	2:15:18	Liverpool
Malcolm Read	1:46:11	Worksop			
Phil Roberts	1:49:52	Arley			
Derek Rose	1:51:00	Turkey Trot			
Ian Nicholson	1:54:10	Thanet			
Peter Mann	2:01:38	Turkey Trot			
Richard Durance	2:04:07	Robin Hood			
Bryn Stone	2:10:43	Magaluf			
Patrick Walsh	2:53:52	Leicester			
Men V70			Women V70		
Tony Hall	2:02:16	Mablethorpe			
Anthony Hall	2:05:01	Belvoir			
Neil Hamilton	2:06:11	Robin Hood			

## **Marathon**

Senior Men			Senior Women		
Matthew Grainge	2:48:35	London	Louise Read	3:34:26	Paris
Matthew Wolloch	2:54:22	London	Sally Wilkinson	3:59:32	Dublin
Keith Alger	3:10:39	Greater Manchester	Rachel Grant	4:42:34	Leicester
Matthew Wynn	3:36:59	London			
Tim Powell-Perry	3:57:03	London			
Men V40			Women V40		
Graham Moffatt	2:58:54	London	Christine Heaton	3:32:10	Dublin
Martin Clifford	3:02:03	London	Ruth Jones	3:36:30	Dublin
Ian Taylor	3:16:12	London	Fiona Moffat	3:54:59	London
Nigel Hill	3:28:40	Edinburgh	Kathryn Mellor	4:41:54	Alpes Maritimes
Steve Tupholme	3:34:50	Dublin	Lucy Adams	4:41:54	Alpes Maritimes
Paul Jacobs	3:36:46	Worcester			
Nigel Bennett	3:48:31	Dublin			
Robert Pickup	3:54:52	London			
James Higham	4:07:00	Leicester			
Walter Boersma	4:07:09	London			
Men V50			Women V50		
Glyn Sawford	3:27:25	Dublin	Tatyana Spiers	4:12:00	Edinburgh
Richard Durance	4:34:28	London			
Men V60			Women V60		
Howard Partridge	3:09:24	Barcelona	Friedel Plant	4:21:16	Dublin
Bernard Jarvis	3:33:43	London			
Ian Nicholson	3:55:15	London			
John Oldfield	4:17:02	Stratford			
Men V70			Women V70		