

5 miles

Senior Men			Senior Women		
Matthew Grainge	28:37	NWSC SL	Claire Hayes-Gill	34:05	NWSC SL
Matthew Keyworth	30:09	NWSC SL	Claire Tweed	35:20	NWSC SL
Keith Jamieson	31:02	NWSC SL	Deborah Phelps	35:38	Colwick
Keith Alger	32:16	Trent 5	Ruth Jones	36:57	Colwick
Ed Bailly	32:17	Colwick	Claire Anderson	37:10	Trent 5
Tom Fowler	32:19	NWSC SL	Sophie Walsh	37:52	Notts 5
James Staves	32:43	Long Eaton	Claire Goodman	38:18	NWSC SL
Rick Wolverson	33:44	Colwick	Tess Tucker	39:10	Colwick
Joseph Eccles	34:07	NWSC SL	Sophie Walsh	39:41	NWSC SL
Alex Marshall	34:32	NWSC SL	Suze Moore	40:00	NWSC SL
Steve Tupholme	35:11	NWSC SL	Kate Meakin	46:16	Colwick
Alexander Marshall	35:25	Colwick	Jessica Davy	49:11	NWSC SL
Joseph Eccles	35:34	Notts 5	Rachel Grant	50:41	NWSC SL
Ian Taylor	35:51	Colwick			
David Hindley	36:29	Colwick			
Stuart McIntyre	36:37	Colwick			
Ian Scott	38:10	Colwick			
Greco Kremmos	52:35	Colwick			
Men V40			Women V40		
Graham Moffatt	28:20	Notts 5	Christine Heaton	32:29	NWSC SL
Julian Crowther	31:44	Long Eaton	Serena Bignell	34:06	NWSC SL
Matthew Moore	31:50	NWSC SL	Gina Granger	37:15	NWSC SL
Alan Morris	32:38	Colwick	Mary Mills	38:06	Trent 5
Robert Pickup	33:35	Colwick	Lindsay Marshall	38:08	Wymeswold
John Kenyon	33:54	Colwick			
Frazer Hood	34:45	Trent 5			
Steve Tupholme	34:49	Colwick			
Keith Lowe	37:50	NWSC SL			
Richard Armstrong	38:02	Wymeswold			
John Goodman	39:02	Colwick			
Andy Sharp	40:27	NWSC SL			
Men V50			Women V50		
Neil Devonport	31:59	NWSC SL	Hilary Hare Duke	36:49	Notts 5
Neil Marshall	32:43	NWSC SL	Julie McGeorge	37:57	NWSC SL
Glyn Sawford	34:15	NWSC SL			
Stephen Eccles	36:05	NWSC SL			
Clarence Ward	36:41	Colwick			
Malcolm Read	38:20	NWSC SL			
Peter Mann	40:25	Colwick			

Richard Michalak	41:23	Colwick			
Richard Durance	41:24	Colwick			
Men V60			Women V60		
Howard Partridge	29:29	NWSC SL	Lesley Cliff	39:20	NWSC SL
Roy Waterlow	32:47	NWSC SL	Sandra Poole	42:12	Colwick
Dane Atkin	35:15	NWSC SL	Friedel Plant	44:25	NWSC SL
Steve Priscott	36:17	Colwick	Vivien Hall	47:54	NWSC SL
Derek Poole	36:58	Trent 5	Christine Oldfield	49:05	NWSC SL
David Cogman	38:55	Notts 5			
Dave Bland	40:20	NWSC SL			
Terry Bacon	40:26	Colwick			
William Scott	42:04	Colwick			
Chris Hendry	44:08	Colwick			
Men V70			Women V70		
Frank Makin	40:15	Trent 5			
Tony Hall	41:45	NWSC SL			
Neil Hamilton	43:28	NWSC SL			

10k					
Senior Men			Senior Women		
Matthew Grainge	35:46	Wilne	Claire Hayes-Gill	42:59	Rushcliffe
Matthew Keyworth	36:54	NWSC GP	Bryony Butcher	45:51	Jagermeister
Will McNulty	37:21	NWSC GP	Claire Tweed	46:13	Jagermeister
Steve Shanks	39:05	Battersea	Deborah Phelps	46:45	Rushcliffe
Matt McFarlin	39:11	Mary's 100	Colette Kilpartrick	47:18	NWSC GP
Keith Jamieson	39:27	Battersea	Ruth Jones	47:29	NOTFAST
Keith Alger	39:45	Wollaton Park	Emily Clay	47:59	NWSC GP
Simon Sharp	40:44	Mary's 100	Claire Anderson	48:20	Wollaton Park
Ed Baily	41:12	NWSC GP	Arwen Moss	48:34	Jagermeister
Viet-Hai Phung	41:38	NWSC GP	Tess Tucker	48:43	NWSC GP
Rick Wolverson	42:45	NWSC GP	Claire Goodman	48:57	NWSC GP
Alexander Marshall	43:43	NWSC GP	Ann-Marie Bowman	51:47	NWSC GP
David Hindley	45:34	NWSC GP	Suze Moore	51:52	Isle of Mull
Joseph Eccles	45:35	Rushcliffe	Wendy Conibear	51:53	NWSC GP
Ed Argyle	45:40	Rushcliffe	Sophie Walsh	52:57	Wollaton Park

Ian Scott	45:53	NWSC GP	Becky Angell	54:40	Rushcliffe
Ian Taylor	45:54	NWSC GP	Victoria Collins	58:11	Lincoln
Robert Marshall	46:24	Rushcliffe	Niki Donovan	1:00:22	Mary's 100
Stuart McIntyre	47:20	Colin Potter	Laura Trotter	1:00:33	Wollaton Park
Colin Wilde	47:54	Rushcliffe			
Rob Saunders	48:33	Lincoln			
Edward Argyle	49:44	Jagermeister			
Tristan Lomas	59:39	Wilne			
Greco Kremmos	1:06:30	Jagermeister			
Chris Knights-Branch	4:36:00	Derby			
Men V40			Women V40		
Graham Moffatt	35:24	Rushcliffe	Patti Cranton	42:32	Rushcliffe
Matthew Moore	38:50	Battersea	Christine Heaton	43:14	NWSC GP
Julian Crowther	40:36	Merrill	Dorothy Michalak	46:38	NWSC GP
Martin Clifford	41:40	Wollaton Park	Nadia Vodopivec	46:53	Merrill
Alan Morris	41:57	NWSC GP	Mary Mills	46:57	NOTFAST
Robert Pickup	42:06	NWSC GP	Gina Granger	47:36	NOTFAST
Don Wells	42:13	Mary's 100	Lindsay Marshall	48:22	Merrill
Steve Tupholme	43:30	NWSC GP	Mary Mills	49:40	Three Villages
Nigel Hill	43:38	Long Bennington	Amelia Ndirika	52:23	Sinfin
Wayne Cranton	43:39	Wollaton Park	Jean Inglis	55:15	Wollaton Park
John Kenyon	43:49	NWSC GP	Bea Tobolewska	1:00:50	Wollaton Park
Frazer Hood	43:56	NWSC GP			
Derek Poole	45:28	Thionville			
Richard Armstrong	47:20	Rushcliffe			
Guy Roberts	47:27	Mary's 100			
Mark Enstone	49:00	Long Bennington			
John Goodman	49:04	NWSC GP			
Keith Lowe	49:55	Wollaton Park			
Andy Sharp	51:53	Wollaton Park			
Andy Wilkinson	1:01:12	Mary's 100			
Men V50			Women V50		
Don Wells	39:52	Merrill	Julie McGeorge	48:44	Mary's 100
Neil Devonport	40:21	Three Villages	Penny Durance	48:45	Three Villages
Neil Marshall	42:10	NWSC GP	Hilary Hare Duke	50:07	Mary's 100
Pete Andrews	43:09	Bridlington	Andrea Lowe	50:53	East Coast Classic
Colin M Hallam	43:09	Mary's 100	Sharon Scaniglia	53:11	Jagermeister
Clarence Ward	44:11	Isle of Mull	Mandy Andrews	53:46	Bridlington
Stephen Eccles	46:21	Rushcliffe	Carole Ward	55:45	Clumber Park
Dick Durance	46:46	Three Villages	Christine Bland	59:44	Rushcliffe
Ian Nicholson	47:18	Sinfin			

Richard Durance	51:02	NWSC GP			
Richard Michalak	51:05	Mary's 100			
Peter Mann	52:20	NWSC GP			
Steve Musson	53:46	Sinfin			
Men V60			Women V60		
Howard Partridge	39:24	Mary's 100	Sandra Poole	50:26	Three Villages
Dane Atkin	43:58	Rushcliffe	Friedel Plant	55:24	NWSC GP
Stephen Priscott	44:46	Wilne	Vivien Hall	59:37	Three Villages
Derek Poole	45:11	Tara Kinder	Christine Oldfield	1:01:28	NWSC GP
Steve Priscott	45:57	NWSC GP			
Bernard Jarvis	47:09	Mary's 100			
Dave Bland	50:29	Wilne			
Derek Rose	51:43	Mary's 100			
Tony Barry	51:51	Jagermeister			
Bryn Stone	52:23	Three Villages			
Terry Bacon	52:23	NWSC GP			
William Scott	53:47	NWSC GP			
Richard Elliott	1:03:04	Bridlington			
Men V70			Women V70		
Frank Makin	51:52	Jagermeister			
Neil Hamilton	52:13	NWSC GP			
Tony Hall	57:34	Mary's 100			

10 miles					
Senior Men			Senior Women		
Matthew Keyworth	1:03:11	Notts 10	Claire Hayes-Gill	1:11:44	Notts 10
Keith Alger	1:07:09	Notts 10	Claire Anderson	1:19:29	Notts 10
Keith Jamieson	1:07:43	Notts 10	Tess Tucker	1:25:22	Notts 10
Joseph Eccles	1:14:32	Notts 10	Emily Clay	1:29:43	Notts 10
David Hindley	1:21:29	Notts 10	Kate Meakin	1:41:11	Notts 10
Men V40			Women V40		
John Kenyon	1:14:53	Notts 10	Helen Byrne	1:13:17	Notts 10
			Mary Mills	1:20:10	Chesterfield
			Lindsay Marshall	1:20:29	Burton
Men V50			Women V50		
Clarence Ward	1:18:13	Notts 10	Hilary Hare Duke	1:21:41	Notts 10

Peter Mann	1:30:27	Notts 10	Andrea Lowe	1:24:59	Notts 10
			Carole Ward	1:37:13	Notts 10
Men V60			Women V60		
Howard Partridge	1:04:18	Notts 10	Friedel Plant	1:31:12	Notts 10
Dane Atkin	1:12:08	Notts 10			
Men V70			Women V70		
Neil Hamilton	1:36:35	Notts 10			

Half Marathon					
Senior Men			Senior Women		
Matthew Grainge	1:16:20	Reading	Claire Hayes-Gill	1:32:38	Belvoir
Will McNulty	1:23:06	Robin Hood	Claire Tweed	1:36:51	Robin Hood
Matthew Keyworth	1:24:57	Potters 'Arf	Bryony Butcher	1:40:58	Newton's Fraction
Keith Alger	1:25:36	Mull of Kintyre	Ruth Jones	1:42:36	Belvoir
Viet-hai Phung	1:28:35	Leiden	Claire Anderson	1:45:35	Mull of Kintyre
Mark Wyszynski	1:30:11	Robin Hood	Arwen Moss	1:48:09	Robin Hood
Tom Fowler	1:30:31	Newark	Sophie Walsh	1:48:18	Robin Hood
Jamie Claricoates	1:30:39	Belvoir	Lisa Martin	1:57:50	Robin Hood
Steve Tupholme	1:39:05	Belvoir	Ann-Marie Bowman	2:00:21	Robin Hood
Ed Baily	1:46:18	Belvoir	Joanne Giles	2:04:46	Robin Hood
Ed Argyle	1:46:46	Newton's Fraction	Kate Meakin	2:06:31	Robin Hood
Alex Marshall	1:47:14	Robin Hood	Rachel Grant	2:07:00	Leicester
Ian Taylor	1:49:53	Newark	Jessica Davy	2:24:33	Robin Hood
Ian Scott	1:50:20	Newark			
Brendan Russell	1:55:55	Buxton			
Tristan Lomas	2:05:02	Robin Hood			
Kevin Constantine	2:20:28	Mansfield			
Men V40			Women V40		
Duncan Martindale	1:22:19	Retford	Christine Heaton	1:29:46	Belvoir
Julian Crowther	1:25:33	Newark	Serena Bignell	1:30:38	Newton's Fraction
Martin Clifford	1:31:33	Mansfield	Helen Byrne	1:32:22	Belvoir
Alan Morris	1:32:24	Newark	Patti Cranton	1:35:01	Belvoir
Robert Pickup	1:35:41	Newark	Lorraine Salkild	1:39:02	Toronto
Nigel Hill	1:37:21	Belvoir	Nadia Vodopivec	1:47:10	Newark
Frazer Hood	1:37:50	Leicester	Mary Mills	1:47:35	Robin Hood

Guy Roberts	1:38:10	Belvoir	Gina Granger	1:51:12	Newark
Mark Godber	1:38:12	Robin Hood	Allison Burt	2:03:20	Robin Hood
Steve Tupholme	1:43:40	Newark	Dorothy Michalak	2:04:55	Robin Hood
Richard Armstrong	1:45:33	Newton's Fraction	Bea Tobolewska	2:08:03	Retford
Richard Briggs	1:46:03	Belvoir			
Keith Lowe	1:51:05	Sleaford			
Andy Sharp	1:52:01	Belvoir			
Men V50			Women V50		
Neil Devonport	1:25:31	Retford	Hilary Hare Duke	1:44:45	Belvoir
Don Wells	1:26:53	Isle of Mull	Andrea Lowe	1:46:33	Bath
Pete Andrews	1:32:40	Isle of Mull	Penny Durance	1:48:20	Sleaford
Paul Boyd	1:44:20	Robin Hood	Mandy Andrews	1:59:58	Isle of Mull
Rob Crocker	1:46:06	Belvoir	Carole Ward	2:13:02	Robin Hood
Clarence Ward	1:48:46	Mansfield			
Dick Durance	1:51:05	Sleaford			
Richard Durance	1:51:56	Retford			
Colin Hallam	2:01:06	Malta			
Steve Musson	2:01:15	Reading			
Trevor Riddiough	2:10:02	Belvoir			
Men V60			Women V60		
Howard Partridge	1:22:36	Isle of Mull	Friedel Plant	1:55:40	Brolobet
Derek Poole	1:38:33	Thionville	Sandra Poole	2:12:36	Mansfield
David Cogman	1:49:49	Robin Hood	Vivien Hall	2:14:34	Malta
William Scott	1:53:29	Newark			
Men V70			Women V70		
Tony Hall	1:57:09	Malta			
Neil Hamilton	2:00:55	Newark			

Marathon					
Senior Men			Senior Women		
Matthew Grainge	2:43:56	London	Claire Tweed	3:19:58	Amsterdam
Jamie Claricoates	3:17:44	Edinburgh	Claire Hayes-Gill	3:20:17	London
Simon Campbell	3:33:36	London	Beth Pascall	3:45:21	Robin Hood
Steve Tupholme	3:47:24	Edinburgh	Bryony Butcher	3:45:51	London
Robert Marshall	4:10:24	Stafford	Tess Tucker	3:54:20	Robin Hood
			Emily Clay	4:00:59	Robin Hood

			Wendy Conibear	4:37:00	Robin Hood
			Niki Donovan	5:28:04	London
Men V40			Women V40		
Graham Moffatt	2:49:41	London	Serena Bignell	3:15:05	London
Martin Clifford	3:14:47	Leicester	Christine Heaton	3:17:53	London
Julian Crowther	3:21:27	London	Helen Byrne	3:19:18	London
Robert Pickup	3:34:44	Edinburgh	Patti Cranton	3:29:22	London
Paul Jacobs	3:34:44	Gloucester	Fiona Moffatt	3:52:59	London
Steve Tupholme	3:45:03	Amsterdam	Lindsay Marshall	4:35:30	London
Matthew Holden	3:49:07	London			
Nigel Hill	3:51:13	London			
Andy Sharp	4:26:41	Robin Hood			
Richard Armstrong	4:27:01	London			
Men V50			Women V50		
Glyn Sawford	3:27:23	Robin Hood	Hilary Hare Duke	3:44:35	London
Gary Attewell	3:38:52	Robin Hood	Andrea Lowe	4:02:33	London
Clarence Ward	4:22:47	Robin Hood	Rebecca Orford	4:30:14	London
Stephen Musson	5:09:01	London			
Men V60			Women V60		
Derek Poole	3:38:15	Malta			
Bernard Jarvis	3:53:27	Neolithic			
Tony Barry	4:09:56	Robin Hood			
William Scott	4:16:44	Robin Hood			
Bryn Stone	4:46:56	Robin Hood			
Roy Haywood	5:41:20	London			
Men V70			Women V70		
Frank Makin	4:16:24	London			