

5 Miles

Senior Men - Senior Women

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|------------------------|--------------|----------------------|--------------------|--------------|----------------|
| Stewart Gregory | 26:28 | Milton Keynes | Debbie Shaw | 34:23 | Notts 5 |
| Steve Reeves | 27:37 | Milton Keynes | Caty Darby | 36:50 | GP Colwick |
| Dave Belbin | 29:07 | GP Colwick | Jo Spinak | 39:33 | Notts 5 |
| Neil Marshall | 31:35 | Long Eaton | Su Lancaster | 39:43 | GP Colwick |
| Mark Wyszynski | 32:06 | Notts 5 | Anne Howick | 40:13 | GP Colwick |
| Steve Leek | 33:45 | Long Eaton | Julie Rippe | 44:40 | GP Colwick |
| Mark Groomsbridge | 33:54 | GP Colwick | | | |
| Allan Price | 36:51 | Notts 5 | | | |
| Paul Boyd | 38:43 | GP Colwick | | | |
| Andy Wilkinson | 39:00 | GP Colwick | | | |

M40 - W40

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|----------------------|--------------|-------------------|-------------------|--------------|-------------------|
| Matthew Moore | 29:03 | Scott King | Mary Mills | 33:37 | Scott King |
| Steve Waldram | 30:51 | GP Colwick | Penny Durance | 35:35 | GP Colwick |
| Mark Robinson | 31:45 | Scott King | | | |
| Rob Crocker | 34:15 | Notts 5 | | | |
| Richard Michalak | 34:30 | Notts 5 | | | |
| Allan Price | 36:51 | Notts 5 | | | |

M50 - W50

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|-------------------------|--------------|-------------------|--------------------|--------------|----------------|
| Howard Partridge | 29:51 | GP Colwick | Sandy Poole | 37:00 | Notts 5 |
| Rob Litchfield | 32:20 | Scott King | Linda Robb | 41:39 | Long Eaton |
| Derek Poole | 32:23 | Scott King | Chris Bland | 47:59 | GP Colwick |
| Steve Priscott | 32:39 | Scott King | Alison Bottomley | 49:34 | Long Eaton |
| Clarence Ward | 32:54 | Notts 5 | | | |
| Jerry Scarrott | 33:52 | Notts 5 | | | |
| Steve Priscott | 33:05 | Long Eaton | | | |
| Steve Page | 34:30 | Notts 5 | | | |
| Terry Bacon | 34:54 | Notts 5 | | | |
| Peter Savage | 35:09 | Scott King | | | |
| Colin Hallam Sr | 37:00 | GP Colwick | | | |
| Richard Durance | 38:14 | GP Colwick | | | |
| Chris Hendry | 38:24 | Scott King | | | |
| William Scott | 40:06 | Notts 5 | | | |
| Brian Gunn | 41:10 | GP Colwick | | | |
| Pat Walsh | 45:24 | GP Colwick | | | |

M60 - W60

| | | | | | |
|---------------|-------|---------|--------------|-------|---------|
| Frank Makin | 36:01 | Notts 5 | Pat Robinson | 40:23 | Notts 5 |
| Neil Hamilton | 36:38 | Notts 5 | | | |

M70

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|--------------------|--------------|----------------|--|--|--|
| Frank Makin | 36:31 | Notts 5 | | | |
|--------------------|--------------|----------------|--|--|--|

10 km

Senior Men - Senior Women

| | | | | | |
|------------------------|--------------|---------------|---------------------|--------------|--------------------|
| Stewart Gregory | 33:06 | Crowle | Deborah Shaw | 43:34 | Wollaton Pk |
| Graham Moffatt | 34:08 | Rushcliffe | Serena Webster | 44:08 | Jagermeister |

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|-------------------|-------|-------------------|----------------------|-------|-------------------|
| Dave Belbin | 35:55 | GP1 - NWSC | Patti Cranton | 44:33 | Bestwood CP |
| Paul Jacobs | 38:08 | Rushcliffe | Susan Karmazyn | 45:14 | Crossdale (Trail) |
| Steve Waldram | 38:44 | GP1 - NWSC | Fiona Moffatt | 45:47 | Rushcliffe |
| Colin Hallam | 39:56 | GP1 - NWSC | Lorraine Butterfield | 46:32 | Heanor Pud |
| Anthony Mills | 40:24 | Caythorpe | Alison Short | 46:58 | Crossdale (Trail) |
| Mark Wyszynski | 41:04 | GP1 - NWSC | Melissa Wyszynski | 47:25 | GP1 - NWSC |
| Kevin Dickinson | 43:09 | Caythorpe | Catherine Lindsell | 48:19 | Rushcliffe |
| Keith Sheldon | 43:16 | Crossdale (Trail) | Lorna White | 49:06 | Bestwood CP |
| Wayne Cranton | 43:31 | Bestwood CP | Lorraine Butterfield | 47:56 | Crossdale (Trail) |
| Tristan Lomas | 44:06 | GP1 - NWSC | Susan Karmazyn | 48:03 | Bestwood CP |
| Michael Bland | 44:43 | Rushcliffe | Su Lancaster | 50:15 | GP1 - NWSC |
| Mark Cottam | 45:13 | Crossdale (Trail) | Anne Howick | 50:37 | Rushcliffe |
| Keith Jamieson | 45:31 | Crossdale (Trail) | Caty Darby | 50:30 | Crossdale (Trail) |
| Andy Wilkinson | 49:34 | Rushcliffe | Ali Browell | 50:47 | Crossdale (Trail) |
| Mark Groomsbridge | 44:20 | GP1 - NWSC | Jo Spinak | 51:58 | Crossdale (Trail) |
| Karl Lewis | 54:51 | Rushcliffe | Anne Jacobs | 52:26 | Rushcliffe |
| | | | Anne Howick | 54:03 | Crossdale (Trail) |
| | | | Gemma Dix | 54:40 | Bestwood CP |
| | | | Claire Preston | 56:40 | Crossdale (Trail) |
| | | | Julie Rippe | 56:45 | Percy Pud |
| | | | Kirsty Chapman | 58:08 | Bestwood CP |

M40 - W40

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|----------------------|--------------|-------------------|-------------------|--------------|------------------|
| Matthew Moore | 36:27 | Percy Pud | Mary Mills | 41:42 | Caythorpe |
| Neil Marshall | 38:14 | Rushcliffe | Penny Durance | 45:20 | Percy Pud |
| Nick Harrington | 39:19 | Rushcliffe | Dorothy Michalak | 45:31 | RR, Derby |
| Mark Robinson | 39:29 | Caythorpe | Dawn Waugh | 48:15 | Crossdale |
| George Kujawinski | 40:14 | GP1 - NWSC | Mandy Andrews | 52:59 | Crossdale |
| Gary Attewell | 40:22 | Crossdale (Trail) | | | |
| Don Wells | 41:01 | Crossdale (Trail) | | | |
| Dane Atkin | 41:04 | Clumber Park | | | |
| Jerry Scarrott | 41:34 | Caythorpe | | | |
| Peter Andrews | 43:07 | Crossdale (Trail) | | | |
| Richard Michalak | 43:51 | Crossdale (Trail) | | | |
| Rob Crocker | 44:32 | Percy Pud | | | |
| Peter Savage | 47:17 | Bestwood CP | | | |
| Rob Plackett | 48:41 | GP1 - NWSC | | | |

M50 - W50

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|-------------------------|--------------|---------------------|---------------------|--------------|-------------------|
| Howard Partridge | 37:15 | Clumber Park | Lesley Cliff | 42:53 | Rushcliffe |
| Derek Poole | 39:58 | Caythorpe | Sandy Poole | 46:53 | GP1 - NWSC |
| Bernard Jarvis | 40:39 | Wollaton Pk | Lynda Appleby | 49:45 | Gaddesby |
| Dane Atkin | 40:57 | Clumber Pk | Pat Robinson | 53:54 | Caythorpe |
| Steve Priscott | 41:19 | Caythorpe | Alison Bottomley | 54:45 | Rushcliffe |
| Steve Page | 41:57 | Caythorpe | Sheila Elliott | 57:03 | Beverley |
| Rob Litchfield | 42:36 | Crossdale | Chris Bland | 58:21 | Caythorpe |
| David Cogman | 43:07 | Caythorpe | Di Matthews | 1:09:14 | GP1 - NWSC |
| Jerry Scarrott | 43:10 | Rushcliffe | | | |
| David Bland | 44:47 | Caythorpe | | | |
| Bob Stone | 44:53 | Caythorpe | | | |

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|------------------|---------|--------------|
| Clarence Ward | 45:04 | Wollaton Pk |
| Terry Bacon | 45:10 | Heanor Pud |
| Richard Durance | 45:47 | Percy Pud |
| Colin Hallam Sr | 46:36 | Rushcliffe |
| Richard Elliott | 46:41 | Beverley |
| Chris Hendry | 49:41 | Rushcliffe |
| Bryn Stone | 55:03 | Caythorpe |
| Pat Walsh | 57:48 | Crossdale |
| Stephen Matthews | 1:08:00 | Woodhall Spa |

M60 - W60

| | | | | | |
|--------------------|--------------|------------------|---------------------|--------------|-------------------|
| Phil Huxley | 44:09 | Percy Pud | Pat Robinson | 52:53 | GP1 - NWSC |
| Frank Makin | 45:59 | Rushcliffe | | | |
| Neil Hamilton | 47:44 | GP1 - NWSC | | | |
| Tony Hall | 48:23 | Rushcliffe | | | |
| Stan Blythen | 51:17 | Tara Kinder | | | |

10 Miles

Senior Men - Senior Women

| | | | | | |
|------------------------|--------------|----------------|-----------------------|----------------|-----------------|
| Stewart Gregory | 54:29 | Preston | Serena Webster | 1:10:34 | Notts 10 |
| Dave Belbin | 1:04:25 | Notts 10 | Patti Cranton | 1:12:03 | Notts 10 |
| Colin Hallam | 1:08:13 | Notts 10 | Susan Karmazyn | 1:15:12 | Ranby |
| Mark Wyszynski | 1:09:16 | Notts 10 | Janet Riley | 1:17:21 | Notts 10 |
| Paul Jacobs | 1:09:27 | Notts 10 | Caty Darby | 1:20:10 | Notts 10 |
| Steve Leek | 1:09:56 | Notts 10 | | | |
| Mark Groomsbridge | 1:14:41 | Notts 10 | | | |
| Tristan Lomas | 1:15:55 | Notts 10 | | | |

M40 - W40

| | | | | | |
|---------------------|--------------|----------------|-------------------|----------------|-----------------|
| Martin Riley | 57:28 | Bramley | Mary Mills | 1:14:51 | Notts 10 |
| Gary Attewell | 1:04:27 | Notts 10 | Penny Durance | 1:15:48 | Southwell |
| Mark Robinson | 1:09:12 | Notts 10 | Hilary Hare Duke | 1:16:25 | Ropsley |
| Chas Bickford-Smith | 1:10:25 | Notts 10 | Dorothy Michalak | 1:18:12 | Ropsley |
| Peter Andrews | 1:12:24 | Notts 10 | Mandy Andrews | 1:34:03 | Notts 10 |
| Rob Crocker | 1:14:42 | Notts 10 | | | |
| Richard Michalak | 1:15:31 | Notts 10 | | | |
| Richard Durance | 1:16:06 | Ranby | | | |

M50 - W50

| | | | | | |
|-----------------------|----------------|----------------------|--------------------|----------------|-----------------|
| Jerry Scarrott | 1:12:53 | Countesthorpe | Sandy Poole | 1:19:34 | Notts 10 |
| David Cogman | 1:13:29 | Notts 10 | Alison Bottomley | 1:35:11 | Notts 10 |
| Terry Bacon | 1:13:38 | Notts 10 | Sheila Elliott | 1:35:20 | Pocklington |
| Richard Durance | 1:17:40 | Southwell | Di Matthews | 2:00:57 | Notts 10 |
| Alan Swales | 1:18:27 | Notts 10 | | | |
| Colin Hallam Sr | 1:20:06 | Notts 10 | | | |
| Chris Hendry | 1:21:45 | Notts 10 | | | |
| Richard Elliott | 1:22:45 | Pocklington | | | |
| William Scott | 1:23:15 | Notts 10 | | | |
| Richard Elliott | 1:22:45 | Pocklington | | | |
| William Scott | 1:23:15 | Notts 10 | | | |

M60 - W60

| | | | | | |
|--------------------|----------------|----------------|---------------------|----------------|-----------------|
| Phil Huxley | 1:12:48 | Ropsley | Pat Robinson | 1:28:53 | Notts 10 |
| Frank Makin | 1:16:16 | Ropsley | | | |
| Tony Hall | 1:18:09 | Notts 10 | | | |
| Neil Hamilton | 1:25:02 | Notts 10 | | | |
| Stan Blythen | 1:28:08 | Ropsley | | | |
| John Foden | 1:48:56 | Barrow | | | |

Half Marathon**Senior Men - Senior Women**

| | | | | | |
|------------------------|----------------|----------------------|----------------------|----------------|----------------------|
| Stewart Gregory | 1:15:36 | Wolverhampton | Patti Cranton | 1:32:08 | Hose, Belvoir |
| Dave Belbin | 1:18:39 | Robin Hood | Susan Karmazyn | 1:38:04 | Turkey Trot |
| Matthew Moore | 1:26:19 | Robin Hood | Janet Riley | 1:38:43 | Mansfield |
| Paul Jacobs | 1:29:28 | Hose, Belvoir | Fiona Moffatt | 1:40:44 | Hose, Belvoir |
| Mark Wyszynski | 1:29:34 | Robin Hood | Jo Spinak | 1:41:01 | Turkey Trot |
| Keith Sheldon | 1:32:06 | Turkey Trot | Lorraine Butterfield | 1:41:32 | Turkey Trot |
| Wayne Cranton | 1:32:46 | Robin Hood | Alison Short | 1:42:50 | Turkey Trot |
| Henry Twigger | 1:33:29 | Robin Hood | Caty Darby | 1:44:29 | Turkey Trot |
| Guy Roberts | 1:33:41 | Turkey Trot | Debbie Shaw | 1:45:52 | Robin Hood |
| Colin Hallam | 1:35:49 | Turkey Trot | Melissa Wyszynski | 1:56:45 | Robin Hood |
| Steve Leek | 1:36:00 | Silverstone | Annie Acklam | 1:58:18 | Robin Hood |
| Andy Wilkinson | 1:50:06 | Turkey Trot | Tasleem Mohammed | 2:10:35 | Robin Hood |
| | | | Kelly Angus | 2:11:23 | Robin Hood |
| | | | Clare Banfield | 2:14:04 | Mansfield |
| | | | Toni Quinlan | 2:37:51 | Robin Hood |

M40 - W40

| | | | | | |
|----------------------|----------------|----------------|-------------------------|----------------|--------------------|
| Matthew Moore | 1:22:12 | Worksop | Dorothy Michalak | 1:42:18 | Turkey Trot |
| Gary Attewell | 1:26:53 | Robin Hood | Dawn Waugh | 1:44:26 | Hose, Belvoir |
| Steve Waldram | 1:28:06 | Robin Hood | Mandy Andrews | 1:54:37 | Hose, Belvoir |
| Nick Harrington | 1:29:19 | Robin Hood | Penny Durance | 1:47:41 | Robin Hood |
| Mark Robinson | 1:29:24 | Worksop | Hilary Hare Duke | 1:48:59 | Newark |
| Mark Thorley | 1:30:40 | Turkey Trot | Su Lancaster | 2:04:08 | Robin Hood |
| Chas Bickford-Smith | 1:31:11 | Turkey Trot | | | |
| Don Wells | 1:31:22 | Robin Hood | | | |
| Clarence Ward | 1:33:54 | Robin Hood | | | |
| Peter Andrews | 1:34:17 | Hose, Belvoir | | | |
| George Kujawinski | 1:36:24 | Worksop | | | |
| Richard Michalak | 1:37:34 | Mansfield | | | |
| Rob Crocker | 1:39:42 | Hose, Belvoir | | | |
| Peter Savage | 1:40:43 | Worksop | | | |
| Richard Durance | 1:41:03 | Watford | | | |
| Colin Hallam Sr | 1:42:59 | Turkey Trot | | | |
| Rob Crocker | 1:43:12 | Robin Hood | | | |
| Allan Price | 1:44:14 | Newark | | | |
| Don Wells | 1:44:27 | Hose, Belvoir | | | |
| Rob Plackett | 1:45:37 | Robin Hood | | | |
| Rob Norris | 2:14:04 | Mansfield | | | |

M50 - W50

| | | | | | |
|-------------------------|----------------|-------------------|----------------------|----------------|----------------|
| Howard Partridge | 1:21:59 | Robin Hood | Penny Durance | 1:42:15 | Watford |
| Derek Poole | 1:26:04 | Malta | Sandy Poole | 1:43:26 | Malta |
| Bernard Jarvis | 1:27:25 | Hose, Belvoir | Lynda Appleby | 2:00:12 | Turkey Trot |
| Steve Priscott | 1:33:12 | Mansfield | Sheila Elliott | 2:06:51 | Althorp |
| Jerry Scarrott | 1:34:45 | Turkey Trot | Alison Bottomley | 2:34:01 | Robin Hood |
| David Cogman | 1:35:19 | Malta | Di Matthews | 2:33:55 | Turkey Trot |
| Paul Sergent | 1:37:11 | Worksop | | | |
| Clarence Ward | 1:38:58 | Shakespeare | | | |
| Terry Bacon | 1:40:22 | Woodhall Spa | | | |
| Richard Durance | 1:42:30 | Hinckley | | | |
| Richard Elliott | 1:42:47 | Hose, Belvoir | | | |
| Pete Wilkes | 1:47:03 | Robin Hood | | | |
| Alan Swales | 1:50:26 | Robin Hood | | | |
| Alan Lee | 2:02:19 | Robin Hood | | | |
| Pat Walsh | 2:18:12 | Robin Hood | | | |
| Stephen Matthews | 2:34:03 | Turkey Trot | | | |

M60 - W60

| | | | | | |
|--------------------|----------------|----------------|---------------------|----------------|---------------|
| Phil Huxley | 1:36:10 | Worksop | Pat Robinson | 1:58:21 | Clowne |
| Frank Makin | 1:39:06 | Mansfield | | | |
| Neil Hamilton | 1:45:19 | Worksop | | | |
| Stan Blythen | 1:57:02 | Worksop | | | |
| Tony Hall | 1:57:28 | Newark | | | |
| Ron Clements | 2:23:29 | Robin Hood | | | |
| John Foden | 2:25:35 | East Retford | | | |

Marathon**Senior Men - Senior Women**

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|--------------------|----------------|---------------|-----------------------|----------------|-------------------|
| Mark Cottam | 3:27:42 | London | Serena Webster | 3:28:02 | Robin Hood |
| Steve Leek | 3:39:26 | London | Susan Karmazyn | 3:46:54 | Robin Hood |
| Tristan Lomas | 4:23:41 | Robin Hood | Jo Spinak | 4:15:09 | London |
| | | | Ali Browell | 4:52:23 | London |

M40 - W40

| | | | | | |
|----------------------|----------------|---------------|-------------------------|----------------|---------------|
| Gary Attewell | 3:15:09 | London | Hilary Hare Duke | 3:39:32 | London |
| Stephen Waldram | 3:15:30 | London | Dawn Waugh | 3:43:33 | London |
| Glyn Sawford | 3:24:09 | Robin Hood | Penny Durance | 3:47:22 | London |
| Peter Andrews | 3:35:43 | Robin Hood | Mandy Andrews | 4:33:41 | Robin Hood |
| Richard Michalak | 3:43:37 | Robin Hood | | | |
| Richard Durance | 3:47:22 | London | | | |
| Colin Hallam Sr | 4:02:30 | Robin Hood | | | |

M50 - W50

| | | | | | |
|-----------------------|----------------|-------------------|--------------------|----------------|---------------|
| Bernard Jarvis | 3:13:06 | Robin Hood | Sandy Poole | 3:56:18 | London |
| David Cogman | 3:42:27 | London | | | |

M60

| | | |
|--------------------|----------------|-------------------|
| Frank Makin | 3:51:49 | Robin Hood |
| Tony Barry | 3:57:46 | London |

John Foden

5:53:23

London