

## 5 Miles

### Senior Men - Senior Women

<b>Graham Moffatt</b>	<b>28:03</b>	<b>Notts 5</b>	<b>Zoe Peak</b>	<b>33:25</b>	<b>GP4 - Colwick</b>
Julian Crowther	29:01	Long Eaton	Lorna White	35:18	GP4 - Colwick
Stephen Shanks	29:43	Notts 5	Clare Ablethorpe	36:02	Hucknall
Mark Wyszynski	30:35	Notts 5	Claire Hayes	36:24	Hucknall
Joel Scott	30:57	Notts 5	Karen Jarvis	37:12	Hucknall
Mike Hinchcliffe	31:43	Notts 5	Helen Shirtcliffe	37:27	GP4 - Colwick
Simon Tribble	31:49	Notts 5	Caty Darby	37:37	Hucknall
Keith Jamieson	33:09	Notts 5	Annie Acklam	37:48	GP4 - Colwick
Simon Caudlay	34:13	Notts 5	Lorraine Butterfield	37:58	SL - NWSC
Andy Wilkinson	35:26	Notts 5	Jacqueline Wilson	38:11	SL - NWSC
John Walton	39:00	GP4 - Colwick	Jo Spinak	38:12	Notts 5
			Editha van Loon	38:27	Notts 5
			Donna Kelly	42:59	Notts 5
			Helen Clarke	46:26	GP4 - Colwick

### M40 - W40

<b>Gary Attewell</b>	<b>30:41</b>	<b>Hucknall</b>	<b>Patti Cranton</b>	<b>34:25</b>	<b>SL - NWSC</b>
Matthew Moore	30:53	GP4 - Colwick	Mary Mills	35:35	SL - NWSC
Neil Marshall	31:41	GP4 - Colwick	Dorothy Michalak	36:51	SL - NWSC
Mark Cottam	33:14	Hucknall	Christine Heaton	39:58	GP4 - Colwick
Guy Roberts	33:31	GP4 - Colwick	Mandy Andrews	47:27	Galway, Ireland
Peter Andrews	33:42	Galway, Ireland			
George Kujawinski	35:22	SL - NWSC			
Steve Leek	35:30	Hucknall			
John Goodman	36:38	GP4 - Colwick			
Rob Crocker	37:08	SL - NWSC			
Phil Wise	37:36	GP4 - Colwick			

### M50 - W50

<b>Howard Partridge</b>	<b>29:15</b>	<b>Notts 5</b>	<b>Lesley Cliff</b>	<b>35:43</b>	<b>SL - NWSC</b>
Steve Priscott	34:08	GP4 - Colwick	Penny Durance	38:49	GP4 - Colwick
Jerry Scarrott	35:09	GP4 - Colwick	Alison Bottomley	45:25	Long Eaton
Rob Litchfield	35:31	SL - NWSC	Chris Bland	46:32	Hucknall
Richard Durance	36:05	GP4 - Colwick			
Terry Bacon	37:05	Hucknall			
Rob Crocker	38:25	Hucknall			
David Bland	38:32	Hucknall			
Chris Hendry	39:39	Hucknall			
Paul Boyd	40:03	GP4 - Colwick			
Pat Walsh	46:19	Galway, Ireland			

### M60 - W60

<b>Bernard Jarvis</b>	<b>33:21</b>	<b>SL - NWSC</b>	<b>Sandy Poole</b>	<b>39:05</b>	<b>GP4 - Colwick</b>
Derek Poole	33:44	Hucknall	Pat Robinson	41:43	Hucknall
Neil Hamilton	37:16	Notts 5			

### M70

<b>Frank Makin</b>	<b>37:53</b>	<b>Notts 5</b>
--------------------	--------------	----------------

## 10 km

### Senior Men - Senior Women

<b>Steve Reeves</b>	<b>34:53</b>	<b>Northampton</b>	<b>Helen Byrne</b>	<b>41:52</b>	<b>Rushcliffe</b>
Stephen Shanks	35:34	Caythorpe	Lorna White	42:55	Friends
Julian Crowther	36:21	GP - NWSC	Lesley Crane	43:52	Clumber Pk
David Elgin	38:14	Clumber Pk	Rebecca Brocklebank	45:55	Rushcliffe
Colin Hallam	38:33	Caythorpe	Fiona Moffatt	46:00	Merrill College
Mike Hinchcliffe	40:20	GP - NWSC	Clare Ablethorpe	46:08	Caythorpe

Simon Tribble	40:22	GP - NWSC	Helen Shirtcliffe	47:00	GP - NWSC
Keith Jamieson	40:59	Caythorpe	Sue Hale	47:12	GP - NWSC
Stuart Cruickshank	43:52	Rushcliffe	Karen Jarvis	48:03	GP - NWSC
Kevin Dickinson	45:14	Tara Kinder	Claire Preston	48:11	GP - NWSC
Andy Wilkinson	45:29	Derby	Jacqueline Wilson	48:15	GP - NWSC
John Goodman	47:11	Caythorpe	Suze Watts	48:51	GP - NWSC
Ian James	53:22	Derby	Annie Acklam	49:28	Rushcliffe
			Claire Hayes	49:30	Bestwood
			Donna Kelly	54:47	GP - NWSC
			Helen Clark	55:23	GP - NWSC
			Tracey James	57:24	Derby
			Marsha Knightsmith	58:01	Caythorpe
			Julia Greenwood	59:19	Bestwood

#### M40 - W40

<b>Stewart Gregory</b>	<b>33:12</b>	<b>Merrill College</b>	<b>Patti Cranton</b>	<b>43:00</b>	<b>GP - NWSC</b>
Neil Marshall	38:50	Caythorpe	Mary Mills	43:36	Derby
Don Wells	39:11	Caythorpe	Dorothy Michalak	45:26	Caythorpe
Gary Attewell	39:26	Clumber Pk	Christine Heaton	49:27	GP - NWSC
Guy Roberts	41:00	GP - NWSC	Julie McGeorge	50:09	Rushcliffe
Phil Wise	42:04	Caythorpe	Anne Howick	51:28	Rushcliffe
Matthew Moore	42:39	Caythorpe	Su Lancaster	52:10	Rushcliffe
Peter Andrews	42:55	Caythorpe	Mandy Andrews	53:11	Rushcliffe
Richard Michalak	43:50	Caythorpe	Anne Jacobs	53:34	GP - NWSC
Andy Wilkinson	44:56	GP - NWSC			
Peter Savage	45:12	Rushcliffe			
John Goodman	45:34	GP - NWSC			
Neil Devonport	45:36	Bestwood			
Rob Crocker	47:23	Rushcliffe			
Steve Musson	52:53	Elvaston Castle			

#### M50 - W50

<b>Dane Atkin</b>	<b>40:57</b>	<b>Caythorpe</b>	<b>Penny Durance</b>	<b>48:24</b>	<b>GP - NWSC</b>
Steve Priscott	42:07	Caythorpe	Alison Bottomley	56:47	Caythorpe
Jerry Scarrott	42:12	Caythorpe			
Derek Poole	42:16	Caythorpe			
Steve Page	43:02	Clumber Pk			
David Cogman	44:46	GP - NWSC			
Rob Litchfield	45:11	Rushcliffe			
Bob Stone	45:33	Tara Kinder			
Terry Bacon	45:46	Rushcliffe			
David Bland	47:24	Rushcliffe			
Rob Crocker	49:06	Bestwood			
Brian Gunn	54:11	Caythorpe			
Bryn Stone	56:43	Caythorpe			
William Scott	57:41	GP - NWSC			
Pat Walsh	58:26	GP - NWSC			

#### M60 - W60

<b>Derek Poole</b>	<b>41:37</b>	<b>Tara Kinder</b>	<b>Sandy Poole</b>	<b>48:21</b>	<b>GP - NWSC</b>
Neil Hamilton	47:43	GP - NWSC	Pat Robinson	51:32	Derby
Phil Huxley	47:59	Caythorpe			

#### M70

<b>Frank Makin</b>	<b>45:56</b>	<b>Caythorpe</b>			
--------------------	--------------	------------------	--	--	--

#### 10 Miles

##### Senior Men - Senior Women

<b>Julian Crowther</b>	<b>1:00:13</b>	<b>Notts 10</b>	<b>Helen Byrne</b>	<b>1:10:13</b>	<b>Notts 10</b>
------------------------	----------------	-----------------	--------------------	----------------	-----------------

Graham Moffatt	1:00:29	Askern	Lorna White	1:11:56	Notts 10
Colin Hallam	1:08:16	Notts 10	Clare Ablethorpe	1:13:39	Notts 10
Ian Rowe	1:08:39	Notts 10	Susan Karmazyn	1:14:30	Notts 10
Simon Tribble	1:09:00	Notts 10	Melissa Wyszynski	1:19:43	Notts 10
Keith Jamieson	1:09:52	Notts 10	Jacqueline Wilson	1:22:01	Notts 10
Jim McEwan	1:13:51	Notts 10	Jo Spinak	1:22:11	Notts 10
Kevin Dickinson	1:15:41	Notts 10	Christine Heaton	1:22:30	Notts 10
Andy Wilkinson	1:17:25	Notts 10	Editha van Loon	1:23:39	Notts 10
Tristan Lomas	1:25:09	Notts 10			

#### M40 - W40

<b>Matthew Moore</b>	<b>1:02:49</b>	<b>Notts 10</b>	<b>Patti Cranton</b>	<b>1:10:43</b>	<b>Notts 10</b>
Paul Jacobs	1:05:59	Notts 10	Mary Mills	1:13:07	Notts 10
Don Wells	1:08:29	Notts 10			
John Kenyon	1:16:13	Notts 10			
Patrick Murphy	1:17:08	Notts 10			
Rob Crocker	1:19:39	Ranby			
Steve Musson	1:28:09	Askern			

#### M50 - W50

<b>Jerry Scarrott</b>	<b>1:10:55</b>	<b>Notts 10</b>	<b>Alison Bottomley</b>	<b>1:37:02</b>	<b>Notts 10</b>
Bob Stone	1:14:17	Notts 10			
Rob Litchfield	1:15:40	Ranby			
Richard Durance	1:18:41	Ranby			
David Bland	1:19:41	Ranby			
Steve Page	1:19:43	Notts 10			

#### M60 - W60

<b>Derek Poole</b>	<b>1:09:25</b>	<b>Notts 10</b>	<b>Sandy Poole</b>	<b>1:19:22</b>	<b>Notts 10</b>
Neil Hamilton	1:19:33	Notts 10			

#### M70

<b>Frank Makin</b>	<b>17:37</b>	<b>Trentham</b>			
--------------------	--------------	-----------------	--	--	--

### Half Marathon

#### Senior Men - Senior Women

<b>Stephen Shanks</b>	<b>1:19:09</b>	<b>Worksop</b>	<b>Lorna White</b>	<b>1:33:04</b>	<b>Robin Hood</b>
Graham Moffatt	1:19:43	Robin Hood	Clare Ablethorpe	1:34:23	Reading
Julian Crowther	1:20:05	Belvoir	Helen Byrne	1:35:07	Mansfield
Colin Hallam	1:20:43	Reading	Naomi Wilson	1:35:48	Robin Hood
David Elgin	1:25:31	Buxton	Jacqueline Wilson	1:41:54	Worksop
Joel Scott	1:26:28	Robin Hood	Claire Preston	1:47:45	Robin Hood
Simon Tribble	1:27:40	Robin Hood	Annie Acklam	1:48:09	Robin Hood
Mark Wyszynski	1:27:49	Robin Hood	Sarah Carroll	1:50:03	Robin Hood
Kevin Wells	1:34:00	Sheffield	Suze Watts	1:51:17	Reading
Keith Jamieson	1:34:28	Worksop	Jo Spinak	1:54:31	Worksop
Nick Keen	1:35:44	Robin Hood	Katherine Fatherley	2:01:02	Worksop
Jim McEwan	1:36:31	Robin Hood	Donna Kelly	2:01:02	Worksop
Ian Rowe	1:39:22	Mansfield	Anne Jacobs	2:01:11	Robin Hood
Michael Cunningham	1:41:46	Robin Hood	Helen Clarke	2:08:16	Robin Hood
Andy Wilkinson	1:45:41	Robin Hood	Caty Darby	2:22:46	Robin Hood
John Goodman	1:45:56	Robin Hood			
Tristan Lomas	1:46:49	Reading			
John Walton	1:47:51	Robin Hood			
Kevin Dickinson	1:54:08	Robin Hood			
Simon Leadley	1:55:51	La Meuse, France			
Ian James	1:57:26	Robin Hood			
Dale Peakall	2:10:17	Robin Hood			

**M40 - W40**

<b>Stewart Gregory</b>	<b>1:12:42</b>	<b>Stroud</b>	<b>Patti Cranton</b>	<b>1:35:30</b>	<b>Mansfield</b>
Gary Attewell	1:25:35	Worksop	Mary Mills	1:36:47	Newark
Neil Marshall	1:26:20	Robin Hood	Dorothy Michalak	1:39:18	Belvoir
Don Wells	1:27:55	Robin Hood	Susan Karmazyn	1:41:05	Gaddesby
Paul Jacobs	1:28:44	Robin Hood	Debbie Shaw	1:43:03	Belvoir
Mark Cottam	1:32:03	Worksop	Hilary Hare Duke	1:44:02	Belvoir
George Kujawinski	1:32:54	Belvoir	Debbie Shaw	1:46:36	Robin Hood
Phil Wise	1:36:22	Worksop	Julie McGeorge	1:51:00	Robin Hood
Peter Andrews	1:36:51	Belvoir	Christine heaton	1:52:10	Robin Hood
Peter Savage	1:40:05	Reading	Su Lancaster	1:56:40	White Peak
Rob Crocker	1:40:31	Gaddesby	Mandy Andrews	2:07:58	Belvoir
Richard Michalak	1:41:56	Belvoir	Hazel Jones	2:08:56	Robin Hood
Max Collingwood	1:49:32	Worksop			
Steve Musson	2:01:54	Robin Hood			
Nick Harrington	2:30:39	Robin Hood			

**M50 - W50**

<b>Howard Partridge</b>	<b>1:21:18</b>	<b>Worksop</b>	<b>Penny Durance</b>	<b>1:49:20</b>	<b>Robin Hood</b>
Derek Poole	1:30:13	Malta	Sheila Elliott	2:05:41	Robin Hood
Dane Atkin	1:30:47	Worksop	Alison Bottomley	2:17:09	Robin Hood
Steve Priscott	1:32:41	Robin Hood	Val Brockwell	2:23:39	Robin Hood
Jerry Scarrott	1:38:00	Belvoir	Di Matthews	2:37:01	Malta
Terry Bacon	1:40:17	Worksop			
Rob Crocker	1:42:28	La Meuse, France			
Clarence Ward	1:42:38	Worksop			
Rob Litchfield	1:43:30	La Meuse, France			
Richard Elliott	1:44:08	Bristol			
Bob Stone	1:47:11	Robin Hood			
Alan Swales	1:47:27	Robin Hood			
Richard Durance	1:50:16	Robin Hood			
Bryn Stone	1:52:51	Robin Hood			
Brian Gunn	1:53:19	Robin Hood			
Steve Leek	1:54:55	Robin Hood			
Noel Fowler	1:55:49	Robin Hood			
Colin Hallam Sr	2:04:20	La Meuse, France			
Alan Lee	2:05:30	Robin Hood			
Stephen Matthews	2:20:11	Malta			

**M60 - W60**

<b>Bernard Jarvis</b>	<b>1:29:40</b>	<b>Belvoir</b>	<b>Sandy Poole</b>	<b>1:49:57</b>	<b>Bristol</b>
Derek Poole	1:30:56	Bristol	Pat Robinson	1:56:21	Belvoir
Neil Hamilton	1:43:42	Robin Hood			
Peter Wilkes	1:47:59	Robin Hood			

**M70**

<b>Frank Makin</b>	<b>1:42:32</b>	<b>Belvoir</b>
--------------------	----------------	----------------

**Marathon****Senior Men - Senior Women**

<b>Julian Crowther</b>	<b>2:51:41</b>	<b>London</b>	<b>Lorna White</b>	<b>3:29:23</b>	<b>Edinburgh</b>
Stephen Shanks	3:07:14	Rotterdam	Clare Ablethorpe	3:32:05	Robin Hood
Colin Hallam	3:20:33	Robin Hood	Fiona Moffatt	3:43:17	Robin Hood
Kevin Thompson	5:22:56	Robin Hood	Helen Shirtcliffe	3:57:07	Robin Hood

**M40 - W40**

<b>Peter Andrews</b>	<b>3:21:19</b>	<b>London</b>	<b>Dorothy Michalak</b>	<b>3:31:46</b>	<b>Robin Hood</b>
Glyn Sawford	3:26:53	Robin Hood	Mary Mills	3:33:13	Robin Hood

Gary Attewell	3:27:18	London	Hilary Hare Duke	3:40:45	Robin Hood
Mark Cottam	3:36:43	London	Mandy Andrews	4:46:48	Robin Hood
Richard Michalak	4:00:46	Robin Hood			

**M50**

<b>David Cogman</b>	<b>3:41:33</b>	<b>Abingdon</b>			
William Scott	4:37:04	Robin Hood			
Stephen Matthews	6:05:54	London			

**M60**

<b>Bernard Jarvis</b>	<b>3:06:49</b>	<b>London</b>			
David Cogman	3:41:33	Abingdon			
Derek Poole	3:51:00	La Meuse, France			

**M70**

<b>Frank Makin</b>	<b>3:54:58</b>	<b>London</b>			
--------------------	----------------	---------------	--	--	--