

## Ashbourne 10 2017

## Finisher List 10Km

Gun pos	Chip pos	Name	Number	Gender	Gender pos	Age grp	Age grp pos	Club	Town	Gun time	Chip time	Start dly	Pace m/Km	(m/ml)
<b>10Km</b>														
<b>Finished: 482</b>														
1	1	Mark Allum	58	M	1	M40-44	1		Peterborough	0:41:30	0:41:25	0:05	4:08	6:39
2	2	Cathy Russell	207	F	1	F35-39	1		Burton on Trent	0:42:32	0:42:26	0:06	4:14	6:49
3	3	David Paul	187	M	2	M30-34	1		South Wigston	0:43:09	0:43:03	0:06	4:18	6:55
4	4	Andrew Uttridge	236	M	3	M30-34	2		Leicester	0:44:57	0:44:35	0:22	4:27	7:10
5	5	Ben Gregory	130	M	4	M14-15	1		Nottingham	0:45:52	0:45:49	0:03	4:34	7:22
6	8	Thomas Smith	220	M	5	M30-34	3		Ashbourne	0:46:12	0:46:12	0:00	4:37	7:26
7	7	Carl Wingfield	251	M	6	M30-34	4		Ashbourne	0:46:23	0:46:04	0:19	4:36	7:24
8	6	Philip Bull	86	M	7	M35-39	1		Stoke on Trent	0:46:37	0:46:00	0:37	4:36	7:24
9	9	Clive Lamb	153	M	8	M50-54	1	Lichfield Running Club	Lichfield	0:46:37	0:46:25	0:12	4:38	7:28
10	10	Daniel De Frece	106	M	9	M30-34	5		Sheffield	0:47:00	0:46:51	0:09	4:41	7:32
11	11	Paul Stefan	222	M	10	M45-49	1		Birchover	0:47:12	0:46:54	0:18	4:41	7:32
12	13	Rachel Moore	176	F	2	F35-39	2		Nottingham	0:50:00	0:49:55	0:05	4:59	8:01
13	15	Neil Gregory	131	M	11	M45-49	2		Nottingham	0:50:13	0:50:08	0:05	5:00	8:04
14	14	Martin Bates	69	M	12	M40-44	2		Hulland Ward	0:50:23	0:50:08	0:15	5:00	8:04
15	12	Chris Rigby	199	M	13	M30-34	6		Long Eaton	0:50:41	0:49:45	0:56	4:58	8:00
16	16	Andrew Rowlands	205	M	14	M40-44	3	Notfast RC	Newark	0:52:07	0:51:58	0:09	5:11	8:21
17	17	Jacob Burr	87	M	15	M20-22	1		Burton on Trent	0:52:44	0:52:25	0:19	5:14	8:26
18	18	David Styring	227	M	16	M45-49	3	Desford Striders	Ullesthorpe	0:52:59	0:52:49	0:10	5:16	8:30
19	19	Gareth Roberts	202	M	17	M40-44	4		Lutterworth	0:53:17	0:52:58	0:19	5:17	8:31
20	20	Ruth Farrell	116	F	3	F40-44	1	Stoke FIT	Stoke on Trent	0:53:28	0:53:16	0:12	5:19	8:34
21	21	Lindsay Fung	119	F	4	F55-59	1	Beaumont Running Club	Leicester	0:54:09	0:53:59	0:10	5:23	8:41
22	22	Elaine Wilkins	247	F	5	F35-39	3		Giltbrook	0:54:38	0:54:30	0:08	5:27	8:46
23	23	Mark Murkin	179	M	18	M35-39	2	South Derbyshire Road Runners	Burton on Trent	0:55:10	0:54:40	0:30	5:28	8:47
24	24	Stephen Rhodes	196	M	19	M50-54	2	3 Counties Running Club	Elm	0:55:13	0:55:00	0:13	5:30	8:51
25	25	Elizabeth Runcie	206	F	6	F35-39	4		Hilton	0:55:15	0:55:05	0:10	5:30	8:51
26	26	Clive Grafton-Reed	128	M	20	M55-59	1		Broughton Astley	0:55:24	0:55:08	0:16	5:30	8:52
27	28	Sam Wibberley	246	F	7	F35-39	5		Ilkeston	0:55:59	0:55:42	0:17	5:34	8:57
28	27	Tom Wilson	250	M	21	M50-54	3		Wilmslow	0:56:00	0:55:37	0:23	5:33	8:57
29	30	Kelly Stroud	226	F	8	F40-44	2	Wigston Phoenix	Leicester	0:56:23	0:56:15	0:08	5:37	9:03
30	29	Fern Brooks	83	F	9	F23-29	1		Stafford	0:56:23	0:56:12	0:11	5:37	9:02
31	31	Amanda Palmer	182	F	10	F40-44	3	Beaumont Running Club	Leicester	0:56:40	0:56:29	0:11	5:38	9:05
32	35	Gabriele Neher	254	F	11	F45-49	1		Nottingham	0:57:34	0:57:25	0:09	5:44	9:14
33	34	Alan Lovell	159	M	22	M50-54	4	Purple Patch Runners	Godalming	0:57:34	0:57:21	0:13	5:44	9:13
34	32	Shelly Gibbs	125	F	12	F35-39	6		Hinckley	0:57:35	0:57:16	0:19	5:43	9:12
35	33	Stewart Parker	184	M	23	M35-39	3	Hinckley Running Club	Burbage	0:57:39	0:57:20	0:19	5:44	9:13
36	38	Chris Brookes	82	M	24	M50-54	5		Amington	0:57:58	0:57:52	0:06	5:47	9:18
37	36	Evlyn Lambert	154	F	13	F30-34	1		Matlock	0:58:00	0:57:39	0:21	5:45	9:16
38	37	Nicola Lane	155	F	14	F45-49	2		Nottingham	0:58:04	0:57:47	0:17	5:46	9:17
39	39	Joanne Jones	148	F	15	F35-39	7		Etwall	0:58:34	0:58:06	0:28	5:48	9:21
40	41	Linda Stevenson	223	F	16	F45-49	3	Watnall Warriors	Nottingham	0:59:01	0:58:40	0:21	5:52	9:26
41	42	Lana Turner	234	F	17	F40-44	4		Cotgrave	0:59:17	0:59:04	0:13	5:54	9:30
42	44	Angela Smith	217	F	18	F45-49	4	Notts Women Runners	Hucknall	0:59:47	0:59:38	0:09	5:57	9:35
43	45	David Smith	219	M	25	M45-49	4		Hucknall	0:59:47	0:59:39	0:08	5:57	9:35
44	43	Richard Wells	245	M	26	M45-49	5		Derby	0:59:52	0:59:21	0:31	5:56	9:33
45	40	Claire Varden	237	F	19	F40-44	5		Nottingham	0:59:54	0:58:18	1:36	5:49	9:22
46	48	Karen Boulton	77	F	20	F50-54	1		Billinghay	1:00:26	1:00:16	0:10	6:01	9:41
47	46	Rachel Bell	73	F	21	F35-39	8		Hilton	1:00:29	1:00:14	0:15	6:01	9:41
48	47	Becky Lenaghan	158	F	22	F35-39	9		Burton on Trent	1:00:34	1:00:14	0:20	6:01	9:41

## Ashbourne 10 2017

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Gun pos	Chip pos	Name	Number	Gender	Gender pos	Age grp	Age grp pos	Club	Town	Gun time	Chip time	Start dly	Pace m/Km	(m/ml)
49	50	Karan Pearson	189	F	23	F35-39	10		Lincoln	1:00:51	1:00:42	0:09	6:04	9:46
50	51	James Pearson	188	M	27	M35-39	4		Lincoln	1:00:52	1:00:43	0:09	6:04	9:46
51	49	Amy Garnham	122	F	24	F35-39	11		Ashbourne	1:00:58	1:00:30	0:28	6:03	9:44
52	52	Graham Marston	165	M	28	M35-39	5		Hinckley	1:01:09	1:00:48	0:21	6:04	9:47
53	54	Sarah Barker	67	F	25	F35-39	12		Loughborough	1:01:10	1:00:49	0:21	6:04	9:47
54	53	Mark Avis	61	M	29	M50-54	6		Newark	1:01:13	1:00:49	0:24	6:04	9:47
55	57	Alison John	145	F	26	F40-44	6	Notts Women Runners	Nottingham	1:01:18	1:01:08	0:10	6:06	9:50
56	55	Roz Grindey	132	F	27	F20-22	1		Skillington	1:01:29	1:00:55	0:34	6:05	9:48
57	56	Luke Turner	118	M	30	M23-29	1		Grantham	1:01:34	1:01:00	0:34	6:06	9:49
58	58	Mary Mills	240	F	28	F55-59	2	Holme Pierrepont RC	Nottingham	1:01:45	1:01:28	0:17	6:08	9:53
59	61	Sarah Matkin	169	F	29	F30-34	2		Sheffield	1:01:55	1:01:41	0:14	6:10	9:55
60	59	Amy Ward	243	F	30	F30-34	3	Notts Women Runners	Nottingham	1:01:58	1:01:37	0:21	6:09	9:54
61	60	Clare Middleton	172	F	31	F35-39	13	Notts Women Runners	Nuthall	1:02:00	1:01:40	0:20	6:10	9:55
62	64	Becky Bashford	68	F	32	F30-34	4	Notts Women Runners	Nottingham	1:02:01	1:01:52	0:09	6:11	9:57
63	62	Lesley Wills	249	F	33	F65-69	1		Matlock	1:02:05	1:01:45	0:20	6:10	9:56
64	65	Laura Monk	175	F	34	F30-34	5		Derby	1:02:11	1:01:53	0:18	6:11	9:57
65	63	Zoe Avis	62	F	35	F40-44	7		Newark	1:02:16	1:01:52	0:24	6:11	9:57
66	66	Helen Anderson	59	F	36	F45-49	5	Team Balanced Performance	Nottingham	1:02:19	1:02:09	0:10	6:12	10:00
67	69	Michael Parsons	186	M	31	M40-44	5		Nottingham	1:02:37	1:02:36	0:01	6:15	10:04
68	67	Donna Ginger	126	F	37	F40-44	8	Notts Women Runners	Nottingham	1:02:43	1:02:16	0:27	6:13	10:01
69	68	Jo Redmile	194	F	38	F45-49	6		Bulwell	1:02:43	1:02:16	0:27	6:13	10:01
70	71	Lorna Charles	90	F	39	F35-39	14	Huncote Harriers	Burbage	1:03:05	1:02:48	0:17	6:16	10:06
71	73	Bonnie Mach	163	F	40	F40-44	9		Derby	1:03:07	1:02:53	0:14	6:17	10:07
72	72	Sarah Fox	117	F	41	F40-44	10		Nottingham	1:03:08	1:02:50	0:18	6:17	10:06
73	70	Su Cumpstone	100	F	42	F45-49	7	Team Derby Runner	Hilton	1:03:14	1:02:47	0:27	6:16	10:06
74	75	Pam O'Carroll	180	F	43	F55-59	3	Shropshire Shufflers	Shrewsbury	1:03:20	1:03:09	0:11	6:18	10:09
75	76	Karen Lawrence	160	F	44	F40-44	11		Swadlincote	1:03:35	1:03:13	0:22	6:19	10:10
76	74	Victoria Harvey	137	F	45	F30-34	6		Ashbourne	1:03:37	1:03:05	0:32	6:18	10:09
77	77	Katharine Moreton	177	F	46	F50-54	2	Hinckley Running Club	Hinckley	1:03:48	1:03:28	0:20	6:20	10:12
78	78	Kayleigh Rigby	201	F	47	F23-29	2	Notts Women Runners	Nottingham	1:04:00	1:03:38	0:22	6:21	10:14
79	79	Paula Elliott	114	F	48	F45-49	8	Notts Women Runners	Nottingham	1:04:02	1:03:50	0:12	6:23	10:16
80	80	Simon Clarke	93	M	32	M45-49	6		Stone	1:04:33	1:04:01	0:32	6:24	10:18
81	84	Julia Woodhead	252	F	49	F45-49	9		huddersfield	1:04:34	1:04:34	0:00	6:27	10:23
82	81	Lisa Cooper	99	F	50	F40-44	12		Goostrey	1:04:44	1:04:13	0:31	6:25	10:20
83	82	Emma Jordan	149	F	51	F35-39	15		Glossop	1:04:45	1:04:14	0:31	6:25	10:20
84	83	Claire Minoprio	174	F	52	F40-44	13	Notts Women Runners	Nottingham	1:04:49	1:04:19	0:30	6:25	10:21
85	86	Ellen Garratt	123	F	53	F40-44	14	Notts Women Runners	Nottingham	1:04:58	1:04:46	0:12	6:28	10:25
86	85	Emma Johnston	147	F	54	F30-34	7		Alfreton	1:05:08	1:04:39	0:29	6:27	10:24
87	87	Danielle Berry	76	F	55	F23-29	3		high peak	1:05:42	1:05:06	0:36	6:30	10:28
88	89	Alison Green	129	F	56	F45-49	10	Notts Women Runners	Nottingham	1:06:04	1:05:42	0:22	6:34	10:34
89	90	Sara Storey	225	F	57	F35-39	16		Alfreton	1:06:50	1:06:18	0:32	6:37	10:40
90	91	Debbie Rigby	200	F	58	F50-54	3	Notts Women Runners	Nottingham	1:07:16	1:06:54	0:22	6:41	10:45
91	92	Rosie Ghosh	124	F	59	F40-44	15		Stockport	1:07:23	1:06:58	0:25	6:41	10:46
92	88	Jane Baker	63	F	60	F50-54	4	Notts Women Runners	Nottingham	1:07:29	1:05:40	1:49	6:34	10:34
93	94	Sharon Palmer	183	F	61	F45-49	11	Team Derby Runner	Derby	1:07:45	1:07:12	0:33	6:43	10:48
94	95	Susan Rowe	204	F	62	F45-49	12		Swadlincote	1:07:53	1:07:30	0:23	6:45	10:51
95	96	Lucy Mcintyre Sowter	170	F	63	F35-39	17		Brinsley	1:08:08	1:07:43	0:25	6:46	10:53
96	97	Jenny Hogan	138	F	64	F50-54	5		Nottingham	1:08:17	1:08:01	0:16	6:48	10:56
97	98	Tracy Coe	97	F	65	F35-39	18		Nottingham	1:08:18	1:08:02	0:16	6:48	10:56
98	99	Zoe Poynton	192	F	66	F35-39	19		Derby	1:08:35	1:08:17	0:18	6:49	10:59
99	100	Ruth Taylor	230	F	67	F45-49	13	NottsWomenRunners -Cotgrave Crazies	Cotgrave	1:08:47	1:08:30	0:17	6:51	11:01
100	93	Elizabeth Baker-Macdonald	64	F	68	F30-34	8		Burton on Trent	1:08:56	1:07:06	1:50	6:42	10:47

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Gun pos	Chip pos	Name	Number	Gender	Gender pos	Age grp	Age grp pos	Club	Town	Gun time	Chip time	Start dly	Pace m/Km	(m/ml)
101	101	Naomi Richardson	198	F	69	F35-39	20	Notts Women Runners	Nottingham	1:08:56	1:08:46	0:10	6:52	11:04
102	102	Amanda Daykin	105	F	70	F35-39	21	Notts Women Runners	Nottingham	1:08:58	1:08:47	0:11	6:52	11:04
103	103	Liz Stewart	224	F	71	F30-34	9		Long Eaton	1:09:25	1:08:57	0:28	6:53	11:05
104	104	Alison Kirby	151	M	33	M35-39	6		Eccleston	1:09:25	1:08:58	0:27	6:53	11:05
105	105	David Broome	84	M	34	M35-39	7		Willington	1:09:52	1:09:36	0:16	6:57	11:12
106	106	Marie Mcloone	171	F	72	F45-49	14	Woodthorpe Huffers and Puffers	Nottingham	1:10:21	1:09:50	0:31	6:59	11:14
107	109	Deanne Wells	244	F	73	F35-39	22		Nottingham	1:11:00	1:11:00	0:00	7:06	11:25
108	108	Rachel Skinner	215	F	74	F40-44	16	Notts Women Runners	Sutton in Ashfield	1:11:16	1:10:51	0:25	7:05	11:24
109	110	Owen Leach	157	M	35	M14-15	2		Newark	1:11:29	1:11:17	0:12	7:07	11:28
110	111	Lisa Leach	156	F	75	F45-49	15	Notfast RC	Newark	1:11:31	1:11:19	0:12	7:07	11:28
111	107	Trudy Draper	112	F	76	F50-54	6	Notts Women Runners	Nottingham	1:11:41	1:10:12	1:29	7:01	11:17
112	113	Lee Lymer	162	F	77	F55-59	4	Stoke FIT	Stoke on Trent	1:11:54	1:11:40	0:14	7:10	11:32
113	112	Fiona Millan	173	F	78	F45-49	16		Matlock	1:12:12	1:11:39	0:33	7:09	11:31
114	116	Daniel Kirby	152	M	36	M12-13	1		Eccleston	1:14:31	1:14:04	0:27	7:24	11:55
115	114	Amy Cannon	88	F	79	F40-44	17		Nottingham	1:14:46	1:13:09	1:37	7:18	11:46
116	117	Mary Slater	216	F	80	F65-69	2		Nottingham	1:14:47	1:14:34	0:13	7:27	12:00
117	118	Christopher Smith	218	M	37	M35-39	8		Sutton in Ashfield	1:15:07	1:14:37	0:30	7:27	12:00
118	119	Joanna Brocklehurst-Smith	81	F	81	F35-39	23	Notts Women Runners	Sutton in Ashfield	1:15:07	1:14:37	0:30	7:27	12:00
119	120	Alli Lymer	161	F	82	F50-54	7	Stoke FIT	Stoke on Trent	1:15:10	1:14:57	0:13	7:29	12:03
120	115	Rhoda Brakes	78	F	83	F35-39	24	Wigston Phoenix	Leicester	1:15:29	1:13:45	1:44	7:22	11:52
121	121	Lucy Martin	166	F	84	F35-39	25	Notts Women Runners	Hucknall	1:15:53	1:15:41	0:12	7:34	12:10
122	122	Jackie Trivett	233	F	85	F55-59	5	Stoke FIT	Stoke on Trent	1:16:39	1:16:07	0:32	7:36	12:14
123	123	Erica Iliffe	142	F	86	F60-64	1	Rebel Runners	Nottingham	1:16:52	1:16:16	0:36	7:37	12:16
124	124	Leila Ainge	57	F	87	F35-39	26		Kegworth	1:17:05	1:16:33	0:32	7:39	12:19
125	125	Tracy Smith	221	F	88	F35-39	27	Notts Women Runners	Nottingham	1:17:30	1:17:09	0:21	7:42	12:24
126	126	Jane Rycroft	208	F	89	F40-44	18	SRC	Nottingham	1:17:34	1:17:34	0:00	7:45	12:28
127	127	Leah Hallissey	135	F	90	F23-29	4	Notts Women Runners	Nottingham	1:18:20	1:17:57	0:23	7:47	12:32
128	128	Stuart Chase	92	M	38	M40-44	6	Notfast RC	Newark	1:18:31	1:18:23	0:08	7:50	12:36
129	129	Mark Sullivan	228	M	39	M55-59	2		Helsby	1:19:18	1:18:44	0:34	7:52	12:40
130	130	Antonia Phillips	191	F	91	F35-39	28	Notts Women Runners	Nottingham	1:19:21	1:18:55	0:26	7:53	12:42
131	131	Natalie Martin	167	F	92	F23-29	5		Stoke on Trent	1:19:44	1:19:11	0:33	7:55	12:44
132	132	Nazia Khan	150	F	93	F40-44	19		Nottingham	1:20:36	1:20:10	0:26	8:01	12:54
133	133	Eileen O'Reilly	181	F	94	F45-49	17		Nottingham	1:21:27	1:20:52	0:35	8:05	13:00
134	134	Sarah Boddice	241	F	95	F40-44	20		Burntwood	1:23:02	1:22:38	0:24	8:15	13:17
135	135	Brian Cannon	89	M	40	M40-44	7		Nottingham	1:24:46	1:23:07	1:39	8:18	13:22
136	136	Lysney Hall	134	F	96	F40-44	21	Pershore plum plodders	Bromsgrove	1:25:14	1:25:00	0:14	8:30	13:40
137	137	Melinda Houlding	141	F	97	F40-44	22	Notts Women Runners	Sutton in Ashfield	1:26:16	1:25:51	0:25	8:35	13:48
138	138	Christine Thomas	232	F	98	F45-49	18		Belper	1:26:36	1:26:03	0:33	8:36	13:50
139	139	Jacquie Williams	248	F	99	F55-59	6		Burton on Trent	1:40:37	1:40:02	0:35	10:00	16:05
140	140	Ruth Gardner	121	F	100	F50-54	8	Notts Women Runners	Nottingham	1:40:50	1:40:13	0:37	10:01	16:07

Number of records: 140