

Longhorn 2018

Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
10k																
10k																
1	00:37:19	1	1	M40-44	10636	Daniel Whittaker	Balance Performance	03:43	06:00						11:40:17	11:02:58.7
2	00:38:06	2	1	M35-39	10605	John Uff	JFDI Tri	03:48	06:07						11:41:05	11:02:58.7
3	00:41:55	3	1	M50-54	10377	Paul Lane	Danum Harriers	04:11	06:44						11:44:54	11:02:58.8
4	00:42:05	4	1	M16-17	10442	Nathan Murphy	Danum Harriers	04:12	06:46						11:45:05	11:02:59.4
5	00:42:12	1	1	F50-54	10156	Helen Burrell	2MRC	04:13	06:47						11:45:11	11:02:59.3
6	00:42:45	5	1	M45-49	10624	Chris Watson	Danum Harriers	04:16	06:52						11:45:44	11:02:59.2
7	00:43:06	6	2	M35-39	10264	Keith Foster		04:18	06:56						11:46:05	11:02:59.3
8	00:43:27	7	3	M35-39	10400	Simon Manchester		04:20	06:59						11:46:26	11:02:58.8
9	00:43:33	8	1	M55-59	10150	Mark Brown	Ilkeston Running Club	04:21	07:00						11:46:32	11:02:59.0
10	00:43:54	9	2	M40-44	10129	Mark Bower	Danum Harriers	04:23	07:03						11:46:54	11:03:00.2
11	00:44:17	10	1	M23-29	10174	Jack Chapman		04:25	07:07						11:47:15	11:02:58.0
12	00:44:25	11	3	M40-44	10491	Andrew Powers		04:26	07:08						11:47:25	11:03:00.0
13	00:45:51	12	1	M30-34	10435	Chris Moran		04:35	07:22						11:48:51	11:03:00.5
14	00:46:11	13	4	M40-44	10689	Simon Deeks		04:37	07:25						11:49:12	11:03:01.1
15	00:46:30	14	2	M45-49	10396	Sam Lucas		04:39	07:29						11:49:32	11:03:02.3
16	00:46:43	15	2	M55-59	10653	John Worthington	Danum Harriers	04:40	07:31						11:49:45	11:03:02.0
17	00:46:52	16	3	M45-49	10668	Anthony Nicholls	Huncote runners	04:41	07:32						11:53:16	11:06:23.7
18	00:46:58	17	4	M35-39	10688	Dan Wilton		04:41	07:33						12:02:04	11:15:05.5
19	00:47:11	18	5	M40-44	10492	Gavin Powers		04:43	07:35						11:50:11	11:03:00.1
20	00:47:14	19	2	M30-34	10554	Kwok Kam So		04:43	07:36						11:58:22	11:11:07.5
21	00:47:26	20	1	M14-15	10241	Thomas Edmond	Lincoln Tri	04:44	07:38						11:50:27	11:03:00.3
22	00:47:27	21	4	M45-49	10441	Paul Murphy	Danum Harriers	04:44	07:38						11:50:26	11:02:59.5
23	00:47:36	22	6	M40-44	10645	Rob Wing		04:45	07:39						11:53:55	11:06:19.3
24	00:47:40	23	7	M40-44	10333	James Holloway	Danum Harriers	04:46	07:40						11:50:40	11:03:01.0
25	00:48:07	24	3	M30-34	10257	Mark Fielding	Retford AC	04:48	07:44						11:51:07	11:02:59.9
26	00:48:13	25	5	M35-39	10208	Rob Davis		04:49	07:45						11:51:14	11:03:00.6
27	00:48:35	26	2	M16-17	10422	Joseph Middup		04:51	07:49						11:54:58	11:06:23.3
28	00:48:39	27	2	M50-54	10094	Andrew Barlex	Sleaford Town Runners	04:51	07:49						11:51:41	11:03:01.5
29	00:48:45	28	1	M65-69	10546	Roy Smith	Mansfield Harriers & AC	04:52	07:50						11:55:09	11:06:23.7
30	00:48:46	29	2	M14-15	10368	Reuben Kite		04:52	07:50						11:51:48	11:03:01.9
31	00:48:50	30	6	M35-39	10593	Benjamin Toule		04:53	07:51						11:51:50	11:03:00.4
32	00:49:09	31	3	M50-54	10079	Gregory Bailey	Wakefield & District Harriers & AC	04:54	07:54						11:55:35	11:06:26.0
33	00:49:15	32	3	M14-15	10421	Isaac Middup		04:55	07:55						11:55:41	11:06:26.3
34	00:49:19	33	4	M30-34	10682	Sam Knight	ATHLETIQUE CC	04:55	07:56						11:55:41	11:06:21.3
35	00:49:20	34	1	M10-11	10214	Josh Delahay	Rushcliffe AC	04:56	07:56						12:00:26	11:11:05.4
36	00:49:47	35	5	M45-49	10247	Neil Elliott		04:58	08:00						11:52:49	11:03:01.9
37	00:49:50	36	6	M45-49	10342	Nicholas Hutchinson	Danum Harriers	04:59	08:01						11:52:51	11:03:01.0
38	00:49:52	2	1	F35-39	10679	Jessica Gordon		04:59	08:01						11:56:14	11:06:21.8
39	00:49:53	37	7	M35-39	10524	Luke Saxton		04:59	08:01						11:52:56	11:03:03.1
40	00:50:05	3	2	F35-39	10126	Beckie Blore		05:00	08:03						12:01:13	11:11:08.7
41	00:50:05	38	8	M40-44	10455	Michal Nizler		05:00	08:03						11:53:07	11:03:01.7
42	00:50:15	39	2	M23-29	10067	Jack Anson		05:01	08:05						11:56:40	11:06:25.0
43	00:50:35	4	1	F45-49	10269	Barbara Fulton		05:03	08:08						11:57:00	11:06:24.5
44	00:50:39	5	2	F45-49	10207	Paula Davies	Danum Harriers	05:03	08:09						11:53:41	11:03:01.4
45	00:50:48	40	4	M50-54	10681	Des Friel	Belvoir Tri Club	05:04	08:10						11:57:09	11:06:20.3
46	00:50:49	41	9	M40-44	10358	Daniel Jones		05:04	08:10						11:57:10	11:06:21.7
47	00:50:52	42	3	M55-59	10137	Chris Breen	Wingerworth Wobblers	05:05	08:11						11:57:16	11:06:24.2
48	00:50:55	6	1	F40-44	10341	Lynn Hutchinson	Danum Harriers	05:05	08:11						11:53:56	11:03:01.0

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Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
49	00:51:00	43	8	M35-39	10251	Gareth Evans		05:06	08:12						11:57:20	11:06:19.9
50	00:51:09	44	2	M65-69	10321	Richard Hemsley		05:06	08:13						11:57:29	11:06:20.2
51	00:51:10	45	5	M30-34	10513	Jake Robinson	PACER	05:07	08:14						11:57:30	11:06:19.9
52	00:51:11	46	10	M40-44	10077	Graeme Baguley	Mansfield Harriers	05:07	08:14						11:57:34	11:06:23.0
53	00:51:17	47	11	M40-44	10098	Jason Barnes		05:07	08:15						12:02:23	11:11:06.6
54	00:51:17	48	12	M40-44	10486	James Pilling		05:07	08:15						11:57:38	11:06:20.3
55	00:51:22	7	3	F45-49	10153	Eleanor Bull	Danum Harriers	05:08	08:16						11:54:25	11:03:02.7
56	00:51:23	49	1	M60-64	10101	Roger Barrett	Wingerworth Wobblers	05:08	08:16						11:57:48	11:06:25.0
57	00:51:30	50	5	M50-54	10475	Robert Pask		05:09	08:17						11:54:32	11:03:02.6
58	00:51:36	51	3	M65-69	10140	Stuart Brook	Holme Pierrepont Running Club	05:09	08:18						11:57:56	11:06:20.3
59	00:51:39	52	13	M40-44	10525	Patrick Sayer		05:09	08:18						11:58:00	11:06:21.6
60	00:51:41	8	2	F50-54	10332	Sarah Edmund	Lincoln Tri	05:10	08:19						11:58:04	11:06:22.2
61	00:51:53	53	3	M23-29	10222	Matthew Dirckze-Taylor		05:11	08:20						11:58:22	11:06:29.1
62	00:52:01	54	6	M30-34	10252	David Fargher	Notfast RC	05:12	08:22						11:58:24	11:06:22.6
63	00:52:08	55	6	M50-54	10278	Rob Gibbon		05:12	08:23						11:58:32	11:06:23.5
64	00:52:15	9	3	F35-39	10638	Elaine Wilkins	Heanor Running Club	05:13	08:24						11:55:16	11:03:00.5
65	00:52:20	56	7	M45-49	10294	Neil Gregory	Holme Pierrepont Running Club	05:14	08:25						12:03:41	11:11:20.2
66	00:52:34	10	4	F35-39	10573	Samantha Stringer		05:15	08:27						11:58:57	11:06:23.0
67	00:52:35	57	9	M35-39	10202	Scott Dalby		05:15	08:27						11:55:35	11:02:59.9
68	00:52:48	58	10	M35-39	10256	Martin Feery		05:16	08:29						12:03:56	11:11:08.5
69	00:52:53	59	8	M45-49	10360	Jim Judge		05:17	08:30						12:08:10	11:15:17.2
70	00:53:25	11	1	F30-34	10663	Sarah Bradbury	Mansfield Harriers	05:20	08:35						11:59:48	11:06:22.9
71	00:53:30	60	11	M35-39	10099	Daniel Barnett		05:21	08:36						11:59:51	11:06:20.6
72	00:53:37	61	9	M45-49	10105	Stuart Baty	Grantham Running Club	05:21	08:37						11:56:39	11:03:02.3
73	00:53:38	12	4	F45-49	10405	Karen Marriott		05:21	08:37						11:59:58	11:06:20.2
74	00:53:39	62	4	M55-59	10111	Adrian Beeston		05:21	08:38						12:04:49	11:11:10.1
75	00:53:50	13	5	F35-39	10128	Laura Boulby	Notts AC	05:23	08:39						12:00:11	11:06:20.8
76	00:53:55	63	7	M50-54	10096	Simon Barnes	Sheffield Swifts RC	05:23	08:40						12:09:04	11:15:09.6
77	00:53:56	64	10	M45-49	10266	Colin France	Sheffield Swifts RC	05:23	08:40						12:09:06	11:15:10.0
78	00:53:57	65	1	M8-9	10528	Adam Scrimshaw	Notts AC	05:23	08:40						12:05:17	11:11:20.0
79	00:53:59	66	12	M35-39	10085	David Baldock		05:23	08:41						12:05:18	11:11:19.1
80	00:54:02	67	1	M12-13	10239	Finlay Edmond	Lincoln Tri	05:24	08:41						12:00:24	11:06:22.8
81	00:54:02	68	13	M35-39	10499	Mariusz Raniszewski	PBwUK	05:24	08:41						12:00:24	11:06:22.0
82	00:54:04	69	2	M60-64	10436	Ken Morrell	Beeston AC	05:24	08:42						12:00:30	11:06:26.6
83	00:54:07	14	2	F40-44	10233	Vicky Driscoll	Canicross Midlands	05:24	08:42						12:05:13	11:11:05.8
84	00:54:11	70	14	M35-39	10529	Lewis Scrimshaw		05:25	08:43						12:05:30	11:11:19.7
85	00:54:14	71	14	M40-44	10394	Nick Lowe		05:25	08:43						12:00:35	11:06:21.3
86	00:54:22	72	8	M50-54	10343	Richard Idle		05:26	08:44						12:00:43	11:06:21.7
87	00:54:26	73	11	M45-49	10551	Paull Snowden		05:26	08:45						12:00:56	11:06:29.9
88	00:54:28	15	3	F40-44	10397	Tracy MacInnes		05:26	08:45						12:05:39	11:11:10.8
89	00:54:36	74	12	M45-49	10482	Gordon Pennington	Werrington Joggers	05:27	08:47						12:01:00	11:06:24.0
90	00:54:38	75	5	M55-59	10335	Gary Hood		05:27	08:47						12:01:01	11:06:23.0
91	00:54:38	76	15	M35-39	10134	Jon Boyce		05:27	08:47						12:01:07	11:06:28.5
92	00:54:38	77	9	M50-54	10382	Geoff Law	Birstall RC	05:27	08:47						12:01:10	11:06:32.0
93	00:54:42	78	7	M30-34	10193	Darren Cox		05:28	08:48						12:05:50	11:11:07.7
94	00:54:43	79	16	M35-39	10380	Leon Lapinski		05:28	08:48						12:01:11	11:06:28.0
95	00:54:47	16	2	F30-34	10175	Frances Clark		05:28	08:48						12:06:07	11:11:19.4
96	00:54:49	80	13	M45-49	10541	Gavin Skinner	Grantham Running Club	05:28	08:49						12:01:13	11:06:24.2
97	00:54:53	81	8	M30-34	10643	Chris Willmott	Birstall RC	05:29	08:49						12:01:27	11:06:33.4
98	00:54:53	17	1	F55-59	10495	Debbie Procter	Danum Harriers	05:29	08:49						12:01:14	11:06:20.8
99	00:54:54	18	6	F35-39	10319	Shelley Hemsley		05:29	08:50						12:01:14	11:06:20.2
100	00:54:54	82	3	M60-64	10161	Simon Caines	Wingerworth Wobblers	05:29	08:50						12:01:17	11:06:23.2

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101	00:54:55	19	5	F45-49	10450	Gabriele Neher	PACER	05:29	08:50						12:01:19	11:06:23.8
102	00:54:58	20	3	F50-54	10376	Amanda Lane	Danum Harriers	05:29	08:50						12:01:19	11:06:21.1
103	00:55:00	83	15	M40-44	10603	Martyn Turton		05:30	08:51						12:01:21	11:06:21.0
104	00:55:09	84	9	M30-34	10666	Richard Shirliff		05:30	08:52						12:01:38	11:06:28.8
105	00:55:14	21	7	F35-39	10198	Lynn Crossland	Fitmums & Friends	05:31	08:53						12:06:23	11:11:08.5
106	00:55:14	22	4	F40-44	10370	Tanya Knight	Boston Community Runners	05:31	08:53						12:01:34	11:06:19.7
107	00:55:31	23	6	F45-49	10139	Suzanne Britz	Grantham Running Club	05:33	08:56						12:01:57	11:06:26.3
108	00:55:33	24	1	F23-29	10196	Elinor Crisp		05:33	08:56						12:02:01	11:06:28.3
109	00:55:34	85	10	M30-34	10301	Andrew Halliday	Danum Harriers	05:33	08:56						12:02:06	11:06:32.0
110	00:55:34	25	7	F45-49	10395	Liz Lucas		05:33	08:56						12:01:56	11:06:22.2
111	00:55:37	26	3	F30-34	10516	Kate Russell	Wreake & Soar Valley	05:33	08:57						12:01:59	11:06:22.2
112	00:55:49	27	8	F35-39	10613	Emma Walker		05:34	08:58						12:02:12	11:06:22.4
113	00:55:49	28	9	F35-39	10531	Rachel Shambrook	Redhill Road Runners	05:34	08:58						12:02:11	11:06:22.2
114	00:55:51	86	17	M35-39	10359	Mike Jones		05:35	08:59						12:02:21	11:06:30.8
115	00:55:51	29	8	F45-49	10474	Lisa Pask		05:35	08:59						11:58:54	11:03:02.6
116	00:55:59	30	2	F23-29	10250	Kimberley	Notfast RC	05:35	09:00						12:02:20	11:06:21.3
117	00:56:01	31	4	F30-34	10444	Emma Nash		05:36	09:00						12:02:31	11:06:30.8
118	00:56:02	32	4	F50-54	10625	Laura Webb		05:36	09:01						12:02:26	11:06:24.4
119	00:56:15	87	11	M30-34	10228	Ben Drayton	Regain Fitness	05:37	09:03						12:02:44	11:06:29.3
120	00:56:22	88	16	M40-44	10356	Craig Johnson		05:38	09:04						12:11:26	11:15:03.6
121	00:56:33	89	10	M50-54	10130	Ian Bowman		05:39	09:06						12:03:04	11:06:31.6
122	00:56:35	33	5	F50-54	10157	Lorraine Burrow	Wingerworth Wobblers	05:39	09:06						12:02:58	11:06:23.8
123	00:56:36	90	17	M40-44	10388	Grant Little		05:39	09:06						12:03:03	11:06:27.1
124	00:56:36	34	5	F30-34	10262	Katherine Flippance		05:39	09:06						12:03:01	11:06:25.0
125	00:56:40	91	14	M45-49	10303	Phil Hames		05:40	09:07						12:07:48	11:11:08.1
126	00:56:41	92	11	M50-54	10211	Steve Day		05:40	09:07						11:59:42	11:03:01.4
127	00:56:45	93	4	M23-29	10315	Ryan Hatcher		05:40	09:07						12:03:11	11:06:26.9
128	00:56:47	35	6	F50-54	10418	Maria McQuarrie	Redway Runners	05:40	09:08						12:07:50	11:11:03.9
129	00:56:47	94	18	M35-39	10125	Paul Blore		05:40	09:08						12:07:56	11:11:08.9
130	00:56:48	36	1	F10-11	10215	Katie Delahay	Rushcliffe AC	05:40	09:08						12:07:53	11:11:05.2
131	00:56:48	37	7	F50-54	10409	Lorna Fox	Belvoir Tri Club	05:40	09:08						12:07:58	11:11:10.0
132	00:56:49	38	5	F40-44	10511	Jeanette Rimmer		05:40	09:08						12:03:15	11:06:25.6
133	00:56:58	95	18	M40-44	10446	Andrew Neal		05:41	09:10						12:08:03	11:11:05.4
134	00:57:01	39	8	F50-54	10088	Deborah Barber	Strideout Aston	05:42	09:10						12:03:30	11:06:29.6
135	00:57:02	96	19	M40-44	10420	Jamie Merrills	Retford AC	05:42	09:10						12:03:27	11:06:25.5
136	00:57:04	40	6	F40-44	10302	Fi Ham	Run for Your Life	05:42	09:11						12:03:28	11:06:24.3
137	00:57:11	41	9	F50-54	10313	Gillian Harvey-Jones		05:43	09:12						12:08:20	11:11:09.0
138	00:57:13	97	19	M35-39	10590	Chris Tomlinson	Ackworth	05:43	09:12						12:12:31	11:15:17.7
139	00:57:15	42	9	F45-49	10277	Jo Gibbon	Lincoln & District Runners	05:43	09:12						12:03:39	11:06:23.5
140	00:57:27	43	7	F40-44	10445	Lottie Naylor	Notts Women Runners	05:44	09:14						12:03:57	11:06:30.1
141	00:57:29	44	8	F40-44	10078	Sandra Baguley	Sutton Smilers	05:44	09:15						12:08:37	11:11:08.7
142	00:57:31	98	12	M50-54	10507	Tim Richardson	Mansfield Harriers	05:45	09:15						12:03:53	11:06:22.7
143	00:57:31	45	9	F40-44	10607	Claire Varden		05:45	09:15						12:08:38	11:11:07.1
144	00:57:34	46	10	F45-49	10415	Joanna McGrath	Belvoir Tri Club & Grantham AC	05:45	09:15						12:03:54	11:06:20.1
145	00:57:44	47	10	F50-54	10557	Justine Squitieri	Notts Women Runners	05:46	09:17						12:04:13	11:06:28.8
146	00:57:48	99	15	M45-49	10514	Stuart Ross	Chasewater Runners	05:46	09:18						12:08:55	11:11:07.2
147	00:57:52	48	11	F45-49	10526	Carol Sayles		05:47	09:18						12:04:20	11:06:28.5
148	00:57:55	49	6	F30-34	10404	Eleanor Marriott	Derwent Runners	05:47	09:19						12:04:22	11:06:26.6
149	00:57:56	100	20	M35-39	10424	David Millington	Ilkeston Running Club	05:47	09:19						12:04:22	11:06:25.9
150	00:57:59	101	20	M40-44	10069	Paul Armstrong		05:47	09:19						12:09:08	11:11:08.7
151	00:58:04	50	10	F35-39	10263	Michelle Foster		05:48	09:20						12:01:05	11:03:01.2
152	00:58:07	102	4	M14-15	10412	George Mayell		05:48	09:21						12:04:30	11:06:23.0

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Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
153	00:58:15	51	10	F40-44	10283	Teresa Godfrey	Beeston AC	05:49	09:22						12:04:45	11:06:30.2
154	00:58:17	103	16	M45-49	10502	Andrew Read		05:49	09:22						12:04:41	11:06:24.5
155	00:58:28	52	11	F40-44	10425	Tamsin Milns	Notts Women Runners	05:50	09:24						12:04:56	11:06:28.1
156	00:58:29	104	6	M55-59	10080	Ian Bailey	Skegness Coasters	05:50	09:24						12:09:49	11:11:19.7
157	00:58:32	53	12	F40-44	10152	Isla Buchanan		05:51	09:25						12:13:53	11:15:21.3
158	00:58:37	105	17	M45-49	10662	Gordon Shannon		05:51	09:26						12:01:37	11:03:00.5
159	00:58:37	106	5	M23-29	10687	Callum Butt		05:51	09:26						12:09:48	11:11:11.3
160	00:58:40	107	7	M55-59	10158	John Bussey		05:52	09:26						12:05:07	11:06:27.4
161	00:58:46	54	7	F30-34	10243	Victoria Edwards	Skegness & District Running Club	05:52	09:27						12:05:15	11:06:28.9
162	00:58:50	108	13	M50-54	10627	Phil Webster		05:53	09:28						12:10:04	11:11:14.0
163	00:58:50	55	13	F40-44	10410	Andrea Martin		05:53	09:28						12:05:15	11:06:24.8
164	00:58:56	56	1	F60-64	10621	Sonia Ward		05:53	09:29						12:10:13	11:11:17.5
165	00:58:57	57	11	F50-54	10490	Alison Pover		05:53	09:29						12:05:19	11:06:22.3
166	00:59:01	109	21	M40-44	10224	Andrew Donnell		05:54	09:29						12:05:33	11:06:32.6
167	00:59:04	110	14	M50-54	10189	Martin Copeland	Rebel Runners	05:54	09:30						12:10:08	11:11:03.9
168	00:59:07	111	15	M50-54	10399	Roland Malkin	Holme Pierrepont RC /Cardiac	05:54	09:30						12:05:32	11:06:25.0
169	00:59:20	112	22	M40-44	10378	Jonathan Langan	Wingerworth Wobblers	05:56	09:32						12:05:44	11:06:24.8
170	00:59:22	113	18	M45-49	10635	Chris Whitehead	Team Manvers	05:56	09:33						12:10:31	11:11:09.2
171	00:59:22	58	14	F40-44	10602	Helen Turton	Tickhill Running and Athletics Club	05:56	09:33						12:05:48	11:06:25.6
172	00:59:23	59	11	F35-39	10652	Gill Woon	Vegan Runners UK	05:56	09:33						12:05:48	11:06:25.4
173	00:59:23	114	23	M40-44	10592	Stephen Tomlinson	Witham Runners	05:56	09:33						12:05:46	11:06:23.1
174	00:59:27	60	12	F45-49	10544	Jackie Smith	Notts Women Runners	05:56	09:34						12:05:55	11:06:28.1
175	00:59:30	115	1	M20-22	10674	Mac Kennelly		05:57	09:34						12:05:51	11:06:21.5
176	00:59:30	61	3	F23-29	10657	Tasha Young		05:57	09:34						12:05:52	11:06:21.6
177	00:59:31	116	4	M60-64	10634	Alan White		05:57	09:34						12:06:03	11:06:32.2
178	00:59:42	117	21	M35-39	10640	Chris Williams	Tufty Club	05:58	09:36						12:10:47	11:11:05.2
179	00:59:44	62	12	F50-54	10258	Lynn Findlay	Tickhill Running and Athletics Club	05:58	09:36						12:10:57	11:11:13.9
180	00:59:44	118	8	M55-59	10365	Simon Kimmins	Wingerworth Wobblers	05:58	09:36						12:06:10	11:06:25.1
181	00:59:54	63	13	F45-49	10496	Natalie Pugh	PACER	05:59	09:38						12:10:57	11:11:03.0
182	00:59:56	64	12	F35-39	10089	Carrie Barker	Beeston AC	05:59	09:38						12:06:26	11:06:29.9
183	00:59:56	65	4	F23-29	10219	Lais Dias Ferreira		05:59	09:38						12:06:20	11:06:24.3
184	00:59:57	66	14	F45-49	10287	Maria Goulding		05:59	09:38						12:06:28	11:06:31.2
185	00:59:57	119	6	M23-29	10456	Michael Norris		05:59	09:38						12:11:03	11:11:06.0
186	01:00:03	67	15	F45-49	10133	Theresa Bowyer		06:00	09:39						12:11:09	11:11:06.7
187	01:00:17	68	15	F40-44	10281	Elizabeth Gillson	Notts Women Runners	06:01	09:42						12:06:45	11:06:28.1
188	01:00:17	120	19	M45-49	10194	Carl Cragg		06:01	09:42						12:06:45	11:06:28.3
189	01:00:22	121	22	M35-39	10357	Rhodri Jones		06:02	09:42						12:06:49	11:06:27.6
190	01:00:25	122	23	M35-39	10500	Frankie Rawson		06:02	09:43						12:06:52	11:06:27.6
191	01:00:25	69	8	F30-34	10364	Elizabeth Kidd	Fitmums & Friends	06:02	09:43						12:11:33	11:11:07.9
192	01:00:25	123	5	M60-64	10145	Robert Brown		06:02	09:43						12:15:47	11:15:22.0
193	01:00:25	124	20	M45-49	10433	Arron Moon		06:02	09:43						12:11:37	11:11:11.4
194	01:00:27	125	24	M35-39	10185	Rob Cooper		06:02	09:43						12:11:34	11:11:06.8
195	01:00:28	70	13	F50-54	10172	Sallyann Chambers	Notts Women Runners	06:02	09:43						12:06:56	11:06:27.8
196	01:00:36	71	16	F40-44	10637	Maria Whittaker		06:03	09:45						12:11:48	11:11:12.4
197	01:00:45	72	17	F40-44	10162	Joanne Campbell		06:04	09:46						12:07:17	11:06:31.2
198	01:00:48	73	5	F23-29	10672	Luke Turner	Grantham Running Club	06:04	09:47						12:07:15	11:06:26.6
199	01:00:49	74	9	F30-34	10488	Laura Poole		06:04	09:47						12:15:53	11:15:03.2
200	01:00:50	75	6	F23-29	10671	Roz Grindey	Grantham Running Club	06:05	09:47						12:07:15	11:06:25.3
201	01:00:57	76	16	F45-49	10176	Lindy Clarke	Holme Pierrepont Running Club	06:05	09:48						12:07:28	11:06:30.6
202	01:01:03	77	14	F50-54	10642	Sarah Williamson		06:06	09:49						12:12:11	11:11:08.1
203	01:01:04	78	2	F55-59	10588	Angela Tod		06:06	09:49						12:07:31	11:06:27.2
204	01:01:08	126	21	M45-49	10629	Richard Wells		06:06	09:50						12:16:11	11:15:02.9

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Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
205	01:01:12	79	17	F45-49	10334	Vivienne Honey		06:07	09:50						12:16:16	11:15:03.4
206	01:01:13	80	13	F35-39	10438	Liz Moseley	Dearne Valley Fit Mums	06:07	09:51						12:12:23	11:11:09.6
207	01:01:16	81	18	F45-49	10197	Kirstie Crook	Nofast RC	06:07	09:51						12:16:33	11:15:17.1
208	01:01:18	82	19	F45-49	10151	Phae Bryant	Skegness Coasters	06:07	09:51						12:12:37	11:11:19.2
209	01:01:18	127	2	M12-13	10522	Joshua Saunders		06:07	09:51	1:17:4	1:12:2					11:11:06.6
210	01:01:21	83	15	F50-54	10187	Karen Cooper	Notts Women Runners	06:08	09:52						12:07:52	11:06:31.1
211	01:01:27	128	22	M45-49	10407	Simon Marshall		06:08	09:53						12:12:44	11:11:17.1
212	01:01:28	84	20	F45-49	10205	Jo Darley	Bilsthorpe Ladies Running Club	06:08	09:53						12:12:31	11:11:03.6
213	01:01:30	85	10	F30-34	10677	Amy Fitzpatrick		06:09	09:53						12:12:48	11:11:18.5
214	01:01:36	129	24	M40-44	10240	Ruary Edmond	Lincoln Tri	06:09	09:54						12:12:40	11:11:03.4
215	01:01:40	86	14	F35-39	10231	Claire Drescher-Wyvill		06:10	09:55						12:12:51	11:11:10.9
216	01:01:44	130	25	M40-44	10245	David Ellicott	Keswick AC	06:10	09:56						12:08:16	11:06:32.1
217	01:01:45	87	21	F45-49	10218	Julia Devonport		06:10	09:56						12:12:57	11:11:12.0
218	01:01:48	131	4	M65-69	10203	Peter Daniel		06:10	09:56						12:08:13	11:06:24.7
219	01:01:49	88	18	F40-44	10454	Nicki Nicholls	Huncote Harriers	06:10	09:56						12:12:52	11:11:03.0
220	01:01:54	89	11	F30-34	10693	Helen Howarth		06:11	09:57						12:13:04	11:11:09.8
221	01:01:54	132	25	M35-39	10386	Stephen Linden-Wyatt	Sleaford Striders AC	06:11	09:57						12:08:15	11:06:20.9
222	01:01:56	133	26	M40-44	10589	Adrian Todd		06:11	09:58						12:13:13	11:11:17.6
223	01:02:06	90	19	F40-44	10453	Katie Newton	Kimberley & District Striders	06:12	09:59						12:08:34	11:06:28.7
224	01:02:06	134	26	M35-39	10073	Clarke Aspinall		06:12	09:59						12:13:12	11:11:06.2
225	01:02:13	91	20	F40-44	10086	Jennifer Ball		06:13	10:00						12:13:32	11:11:19.6
226	01:02:16	135	12	M30-34	10106	Daniel Baxter		06:13	10:01						12:17:39	11:15:22.6
227	01:02:22	136	23	M45-49	10113	Richard Bennett		06:14	10:02						12:08:54	11:06:31.5
228	01:02:25	92	3	F55-59	10628	Jennifer Weir		06:14	10:02						12:08:54	11:06:29.3
229	01:02:26	93	15	F35-39	10136	Steph Bramall		06:14	10:02						12:08:53	11:06:27.0
230	01:02:33	94	22	F45-49	10651	Amanda Woolliscroft		06:15	10:03						12:09:00	11:06:26.5
231	01:02:43	95	7	F23-29	10072	Rebecca Ashton		06:16	10:05						12:13:58	11:11:15.2
232	01:02:50	96	16	F50-54	10538	Paula Simpson	Notts Women Runners	06:17	10:06						12:09:21	11:06:31.0
233	01:02:51	97	12	F30-34	10476	Samantha Patterson	Fitmums & Friends	06:17	10:06						12:14:05	11:11:13.8
234	01:02:55	137	24	M45-49	10451	John Nevard	Grantham Running Club	06:17	10:07						12:09:19	11:06:23.6
235	01:02:56	98	23	F45-49	10594	Vicky Toward	Gainsborough & Morton Striders	06:17	10:07						12:09:24	11:06:28.6
236	01:03:02	99	24	F45-49	10309	Michelle Harrison		06:18	10:08						12:18:24	11:15:21.6
237	01:03:12	100	1	F16-17	10131	Millie Bowyer	Witham Runners	06:19	10:10						12:14:19	11:11:06.8
238	01:03:12	138	16	M50-54	10132	Stu Bowyer	Witham Runners	06:19	10:10						12:14:19	11:11:07.2
239	01:03:17	101	16	F35-39	10374	Sarah Lake	Dereham Runners	06:19	10:11						12:06:15	11:02:58.0
240	01:03:20	102	21	F40-44	10427	Sarah Mills		06:20	10:11						12:14:37	11:11:16.3
241	01:03:26	103	22	F40-44	10432	Karen Moon		06:20	10:12						12:14:32	11:11:06.2
242	01:03:26	104	17	F35-39	10322	Fiona Henshaw		06:20	10:12						12:14:31	11:11:05.0
243	01:03:27	105	23	F40-44	10552	Tracy Snowden		06:20	10:12						12:09:56	11:06:29.7
244	01:03:31	106	18	F35-39	10648	Melanie Woods	Witham Runners	06:21	10:13						12:14:40	11:11:09.2
245	01:03:38	107	25	F45-49	10200	Naomi Cummins	Notts Women Runners	06:21	10:14						12:14:46	11:11:07.6
246	01:03:43	139	25	M45-49	10611	Simon Walker		06:22	10:15						12:14:54	11:11:11.3
247	01:03:44	108	4	F55-59	10622	Angela Ward	Notts Women Runners	06:22	10:15						12:14:58	11:11:14.6
248	01:03:44	109	26	F45-49	10330	Caroline Hodgkinson	Notts Women Runners	06:22	10:15						12:14:58	11:11:14.6
249	01:03:45	140	27	M40-44	10448	Michael Neely		06:22	10:15						12:15:00	11:11:15.1
250	01:03:48	110	27	F45-49	10472	Karen Parry		06:22	10:16						12:15:04	11:11:15.9
251	01:03:49	111	2	F60-64	10619	Julie Walton		06:22	10:16						12:14:57	11:11:08.5
252	01:03:50	112	19	F35-39	10348	Manuela Jankowska	PBwUK	06:23	10:16						12:10:12	11:06:21.9
253	01:03:51	141	6	M60-64	10093	Kevin Barksby		06:23	10:16						12:19:12	11:15:21.0
254	01:03:59	142	27	M35-39	10665	Christian Banner		06:23	10:17						12:15:09	11:11:10.3
255	01:04:00	143	3	M16-17	10536	Daniel Sillitoe		06:24	10:17						12:15:15	11:11:14.2
256	01:04:10	113	28	F45-49	10584	Terri Taylor	Notts Women Runners	06:25	10:19						12:15:26	11:11:16.0

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Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
257	01:04:10	114	29	F45-49	10570	Andrea Stothard	Fitmums & Friends	06:25	10:19						12:15:20	11:11:10.1
258	01:04:13	115	30	F45-49	10190	Angela Copeland		06:25	10:20						12:15:17	11:11:03.9
259	01:04:16	116	13	F30-34	10323	Amy Henton		06:25	10:20						12:15:25	11:11:09.7
260	01:04:22	144	28	M35-39	10177	Grant Clarke-Wood	Huddersfield Road Runners	06:26	10:21						12:15:33	11:11:11.2
261	01:04:29	117	24	F40-44	10498	Julie Randall		06:26	10:22						12:19:34	11:15:04.8
262	01:04:44	118	25	F40-44	10331	Vicky Holden		06:28	10:25						12:16:06	11:11:21.1
263	01:04:45	119	5	F55-59	10485	Kay Peters	Witham Runners	06:28	10:25						12:15:51	11:11:06.3
264	01:04:51	120	17	F50-54	10311	Jane Harston	Notts Women Runners	06:29	10:26						12:16:04	11:11:13.2
265	01:04:58	145	17	M50-54	10160	Richard Cafferata		06:29	10:27						12:16:02	11:11:03.8
266	01:05:00	121	1	F12-13	10118	Georgia Blach		06:30	10:27						12:16:05	11:11:04.7
267	01:05:00	122	20	F35-39	10119	Lisa Black	Lincoln & District Runners	06:30	10:27						12:16:10	11:11:10.1
268	01:05:05	146	29	M35-39	10576	David Sweeting	Gainsborough & Morton Striders	06:30	10:28						12:16:26	11:11:20.7
269	01:05:06	147	9	M55-59	10254	Steven Farrell	Danum Harriers	06:30	10:28						12:16:13	11:11:07.2
270	01:05:09	123	26	F40-44	10280	Justyna Gill	Grantham Running Club	06:30	10:29						12:20:11	11:15:02.0
271	01:05:14	124	2	F16-17	10556	Francesca Squitieri		06:31	10:29						12:11:43	11:06:28.4
272	01:05:15	125	31	F45-49	10519	Sarah Sandhu	Notts Women Runners	06:31	10:30						12:16:22	11:11:07.4
273	01:05:30	126	14	F30-34	10350	Lindsey Jenkins		06:33	10:32						12:16:46	11:11:16.0
274	01:05:33	127	27	F40-44	10423	Lisa Miller	Chasewater Runners	06:33	10:32						12:20:41	11:15:08.1
275	01:05:41	128	32	F45-49	10292	Fiona Green		06:34	10:34						12:16:49	11:11:08.9
276	01:05:42	129	1	F20-22	10112	Elizabeth Bennett		06:34	10:34						12:12:14	11:06:31.2
277	01:05:44	130	28	F40-44	10217	Jo Denyer		06:34	10:34						12:16:59	11:11:15.2
278	01:05:51	148	10	M55-59	10656	Robert Yates	Knowle and Dorridge	06:35	10:35						12:16:57	11:11:05.6
279	01:05:52	131	21	F35-39	10443	Hayley Murphy	Knowle and Dorridge	06:35	10:36						12:16:57	11:11:05.2
280	01:05:56	132	22	F35-39	10110	Leanne Beedham		06:35	10:36						12:17:08	11:11:12.7
281	01:05:59	133	15	F30-34	10683	Claire Bratt		06:35	10:37						12:21:14	11:15:15.2
282	01:05:59	134	16	F30-34	10660	Rachel Shepherd		06:35	10:37						12:17:11	11:11:11.3
283	01:06:00	135	18	F50-54	10199	Debbie Cumberworth	Skegness Coasters	06:36	10:37						12:17:20	11:11:20.5
284	01:06:06	149	30	M35-39	10103	Craig Barrow		06:36	10:38						12:21:14	11:15:07.4
285	01:06:07	136	29	F40-44	10102	Charlotte Barrow		06:36	10:38						12:21:14	11:15:07.2
286	01:06:09	137	17	F30-34	10411	Hayley Mason		06:36	10:38						12:17:21	11:11:12.8
287	01:06:10	150	26	M45-49	10669	Peter Burke		06:37	10:38						12:21:15	11:15:04.6
288	01:06:14	138	19	F50-54	10298	Jeanine Hall		06:37	10:39						12:12:40	11:06:26.4
289	01:06:27	139	23	F35-39	10494	Rachael Price		06:38	10:41						12:12:58	11:06:30.9
290	01:06:35	140	18	F30-34	10095	Nicole Barnes	Notts Women Runners	06:39	10:42						12:21:37	11:15:02.8
291	01:06:36	141	24	F35-39	10614	Julie Walker	Notts Women Runners	06:39	10:43						12:17:48	11:11:12.1
292	01:06:43	142	20	F50-54	10537	Julia Sillitoe		06:40	10:44						12:17:57	11:11:14.2
293	01:06:47	143	33	F45-49	10413	Bernadette McAndrew		06:40	10:44						12:13:14	11:06:26.6
294	01:06:54	144	25	F35-39	10104	Louise Bartle	Retford AC	06:41	10:45						12:13:24	11:06:30.3
295	01:06:55	145	34	F45-49	10654	Lisa Wright	Notts Women Runners	06:41	10:46						12:21:57	11:15:02.3
296	01:06:58	146	21	F50-54	10595	Kay Towers		06:41	10:46						12:22:02	11:15:03.9
297	01:07:00	151	18	M50-54	10391	Darren Long		06:42	10:46						12:18:06	11:11:05.7
298	01:07:17	147	35	F45-49	10431	Gail Moon		06:43	10:49						12:18:29	11:11:11.6
299	01:07:18	148	22	F50-54	10457	Claire O'Neill	Notts Women Runners	06:43	10:49						12:13:45	11:06:27.8
300	01:07:18	149	8	F23-29	10116	Bethany Bird		06:43	10:49						12:22:39	11:15:21.2
301	01:07:19	150	19	F30-34	10362	Megan Kennedy		06:43	10:50						12:22:40	11:15:20.9
302	01:07:27	152	19	M50-54	10312	Simon Hartley	Grantham Running Club	06:44	10:51						12:22:29	11:15:02.1
303	01:07:27	151	30	F40-44	10268	Claire Fritz	Grantham Running Club	06:44	10:51						12:22:29	11:15:02.1
304	01:07:29	152	36	F45-49	10468	Helen Parker	Chasewater Runners	06:44	10:51						12:22:36	11:15:07.4
305	01:07:31	153	5	M14-15	10122	Judah Blick		06:45	10:51						12:18:41	11:11:09.7
306	01:07:33	153	20	F30-34	10226	Melanie Dowse		06:45	10:52						12:18:37	11:11:04.7
307	01:07:33	154	31	F40-44	10518	Kerry Richardson		06:45	10:52						12:18:49	11:11:16.0
308	01:07:37	154	7	M60-64	10306	John Christopher Harrison		06:45	10:52						12:18:48	11:11:10.7

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Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
309	01:07:37	155	37	F45-49	10626	Tracy Webb	Vegetarian Cycling & AC	06:45	10:52						12:18:42	11:11:04.6
310	01:07:39	156	38	F45-49	10188	Tracey Cooper	Notts Women Runners	06:45	10:53						12:18:57	11:11:17.5
311	01:07:42	157	23	F50-54	10070	Paula Arnold	Bilsthorpe Ladies Running Club	06:46	10:53						12:22:49	11:15:07.3
312	01:07:42	158	24	F50-54	10539	Mel Sims	Bilsthorpe Ladies Running Club	06:46	10:53						12:22:49	11:15:07.1
313	01:07:50	159	9	F23-29	10545	Catherine Smith		06:47	10:55						12:22:57	11:15:07.3
314	01:07:53	155	13	M30-34	10327	Christopher Hill		06:47	10:55						12:23:16	11:15:23.1
315	01:08:00	160	3	F60-64	10361	Gillian Kellett	Selby Striders	06:48	10:56						12:14:29	11:06:28.8
316	01:08:00	161	32	F40-44	10527	Tracey Scales		06:48	10:56						12:23:19	11:15:19.0
317	01:08:03	156	28	M40-44	10563	Jamie Stanton	Boston Triathlon Club	06:48	10:57						12:19:23	11:11:19.7
318	01:08:05	162	21	F30-34	10600	Laura Turland		06:48	10:57						12:11:03	11:02:58.0
319	01:08:12	163	6	F55-59	10684	Juliet Harrison	Beeston AC	06:49	10:58						12:19:17	11:11:04.8
320	01:08:14	164	26	F35-39	10180	Natasha Guy		06:49	10:58						12:19:28	11:11:13.9
321	01:08:15	165	7	F55-59	10253	Jane Farrell	Danum Harriers	06:49	10:59						12:19:22	11:11:07.3
322	01:08:15	166	27	F35-39	10270	Katie Gabbitas	Newark Striders Running Club	06:49	10:59						12:23:19	11:15:03.9
323	01:08:16	167	28	F35-39	10408	Sarah Marshall		06:49	10:59						12:23:19	11:15:03.6
324	01:08:18	168	8	F55-59	10147	Heather Brown		06:49	10:59						12:23:39	11:15:21.7
325	01:08:19	169	29	F35-39	10163	Stephanie Carmody	Notts Women Runners	06:49	10:59						12:19:23	11:11:04.4
326	01:08:34	170	30	F35-39	10515	Lindsey Rudd	Caistor Running Club	06:51	11:02						12:23:58	11:15:24.0
327	01:08:36	171	22	F30-34	10667	Nicola Maycock		06:51	11:02						12:23:55	11:15:19.4
328	01:08:39	172	31	F35-39	10591	Suzanne Tomlinson		06:51	11:02						12:23:59	11:15:20.2
329	01:08:39	173	32	F35-39	10349	Donna Jeays	Notts Women Runners	06:51	11:02						12:23:43	11:15:04.7
330	01:08:41	174	33	F40-44	10171	Sarah Chambers	Notts Women Runners	06:52	11:03						12:19:46	11:11:05.4
331	01:08:51	175	34	F40-44	10449	Vivien Neely		06:53	11:04						12:20:06	11:11:15.0
332	01:09:00	176	10	F23-29	10401	Abby Mann		06:54	11:06						12:20:13	11:11:13.4
333	01:09:03	177	33	F35-39	10617	Ligliwa Wall	Notts Women Runners	06:54	11:06						12:24:08	11:15:05.4
334	01:09:23	178	11	F23-29	10530	Laura Sellars		06:56	11:09						12:15:55	11:06:32.2
335	01:09:24	179	35	F40-44	10586	Tammy Temple	Notts Women Runners	06:56	11:10						12:24:34	11:15:10.5
336	01:09:24	180	36	F40-44	10317	Zoe Heath	Shepshed Running Club	06:56	11:10						12:20:29	11:11:04.7
337	01:09:26	181	25	F50-54	10201	Linda Cusack		06:56	11:10						12:24:33	11:15:06.8
338	01:09:26	182	37	F40-44	10100	Nina Barnett		06:56	11:10						12:20:47	11:11:20.8
339	01:09:28	183	39	F45-49	10355	Caroline Johnson		06:56	11:10						12:24:32	11:15:03.8
340	01:09:30	184	26	F50-54	10235	Katherine Dunkerley	Selby Striders	06:57	11:11						12:24:52	11:15:22.2
341	01:09:34	185	34	F35-39	10149	Kristin Brown	Notts Women Runners	06:57	11:11						12:20:55	11:11:21.3
342	01:09:34	186	35	F35-39	10481	Claire Pearson	Notts Women Runners	06:57	11:11						12:20:55	11:11:21.2
343	01:09:37	187	36	F35-39	10597	Helen Trollope		06:57	11:12						12:24:40	11:15:02.9
344	01:09:37	188	37	F35-39	10063	Gali Aickelin		06:57	11:12						12:20:48	11:11:10.5
345	01:09:41	189	38	F35-39	10558	Justyna Stadnik		06:58	11:12						12:24:50	11:15:09.1
346	01:09:45	190	9	F55-59	10618	Jennifer Wallis		06:58	11:13						12:24:53	11:15:07.7
347	01:09:46	157	20	M50-54	10673	Andy Funnell	Witham Runners	06:58	11:13						12:24:59	11:15:13.0
348	01:09:49	191	23	F30-34	10676	Jenni Brown		06:58	11:14						12:21:08	11:11:18.9
349	01:09:50	192	27	F50-54	10212	Julie Dean	Team Derby Runner	06:59	11:14						12:20:58	11:11:08.1
350	01:09:51	193	28	F50-54	10195	Elizabeth Crawford		06:59	11:14						12:21:09	11:11:18.0
351	01:09:52	194	40	F45-49	10497	Catherine Pye		06:59	11:14						12:21:09	11:11:17.3
352	01:09:53	195	38	F40-44	10505	Heather Revell		06:59	11:14						12:21:10	11:11:16.4
353	01:09:56	196	39	F35-39	10109	Jodie Bee		06:59	11:15						12:25:05	11:15:09.0
354	01:10:00	158	11	M55-59	10146	Kevin Brown		07:00	11:15						12:25:11	11:15:10.5
355	01:10:00	159	2	M10-11	10578	Rhys Sweeting	Gainsborough & Morton Striders	07:00	11:15						12:21:21	11:11:20.6
356	01:10:00	197	10	F55-59	10164	Nikki Carr	Belvoir Tri Club	07:00	11:15						12:21:13	11:11:12.7
357	01:10:01	160	29	M40-44	10469	Paul Parker	Rebel Runners Nottingham	07:00	11:16						12:21:07	11:11:05.8
358	01:10:02	161	31	M35-39	10685	Adil Hussain		07:00	11:16						12:25:06	11:15:04.0
359	01:10:03	198	40	F35-39	10577	Helen Sweeting	Gainsborough & Morton Striders	07:00	11:16						12:21:24	11:11:20.5
360	01:10:06	199	41	F45-49	10316	Victoria Heath	Notfast RC	07:00	11:16						12:21:12	11:11:06.2

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Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
361	01:10:07	162	30	M40-44	10459	Jonathan Ogden		07:00	11:17						12:21:10	11:11:03.9
362	01:10:08	163	3	M12-13	10154	William Burke		07:00	11:17						12:25:13	11:15:05.0
363	01:10:13	200	29	F50-54	10620	Jacqui Walton	Notfast RC	07:01	11:18						12:21:19	11:11:05.6
364	01:10:14	201	24	F30-34	10324	Kirsty Hewson	Sleaford Striders	07:01	11:18						12:25:23	11:15:08.9
365	01:10:20	202	11	F55-59	10564	Joyce Stanton	Pink Ladies	07:02	11:19						12:21:25	11:11:04.9
366	01:10:25	203	12	F55-59	10065	Corinne Allen	Notts Women Runners	07:02	11:19						12:21:40	11:11:15.6
367	01:10:26	204	42	F45-49	10540	Kate Siviter	Hurricane Striders	07:02	11:20						12:21:35	11:11:09.0
368	01:10:32	205	43	F45-49	10581	Ruth Tall	Newark Striders Running Club	07:03	11:21						12:25:36	11:15:03.8
369	01:10:39	206	39	F40-44	10366	Helen King	Sphinx AC	07:03	11:22						12:25:52	11:15:13.4
370	01:10:39	207	40	F40-44	10124	Melissa Blockley		07:03	11:22						12:25:52	11:15:13.6
371	01:10:44	208	44	F45-49	10465	Sharon Palmer		07:04	11:23						12:13:42	11:02:58.0
372	01:10:45	209	41	F40-44	10223	Sally Dixon		07:04	11:23						12:25:52	11:15:07.2
373	01:10:47	210	45	F45-49	10167	Linda Carr		07:04	11:23						12:25:53	11:15:06.7
374	01:10:47	211	46	F45-49	10567	Diane Stewart	Mansfield Harriers	07:04	11:23						12:25:52	11:15:04.9
375	01:10:48	212	47	F45-49	10680	Gillian Gamble	Notts Women Runners	07:04	11:23						12:21:57	11:11:09.7
376	01:10:52	164	27	M45-49	10517	Malcolm Salt		07:05	11:24						12:22:03	11:11:11.0
377	01:11:01	213	42	F40-44	10503	Jacqueline Read	Notts Women Runners	07:06	11:25						12:26:15	11:15:14.1
378	01:11:20	214	41	F35-39	10582	Natalie Tate	Notts Women Runners	07:08	11:28						12:22:27	11:11:06.9
379	01:11:23	215	13	F55-59	10623	Karen Ward	Bilsthorpe Ladies Running Club	07:08	11:29						12:26:30	11:15:07.5
380	01:11:32	165	8	M60-64	10347	Ian Jameson		07:09	11:30						12:18:01	11:06:29.5
381	01:11:40	216	43	F40-44	10569	Christy Lewin		07:10	11:32						12:22:55	11:11:15.2
382	01:11:46	217	30	F50-54	10206	Donna Das		07:10	11:32						12:23:04	11:11:17.5
383	01:11:46	218	42	F35-39	10120	Pamela Black	Notts Women Runners	07:10	11:32						12:26:53	11:15:06.4
384	01:11:47	219	44	F40-44	10452	Elaine Newnes		07:10	11:33						12:23:03	11:11:16.7
385	01:11:59	220	48	F45-49	10560	Louise Stanger		07:11	11:35						12:27:08	11:15:08.3
386	01:12:14	221	43	F35-39	10379	Denise Lannon	Notts Women Runners	07:13	11:37						12:23:32	11:11:18.5
387	01:12:15	222	49	F45-49	10430	Rosemary Monk		07:13	11:37						12:23:24	11:11:08.9
388	01:12:17	223	25	F30-34	10276	Terriane George		07:13	11:37						12:27:24	11:15:06.5
389	01:12:19	224	44	F35-39	10288	Nicola Gray		07:13	11:38						12:27:25	11:15:06.3
390	01:12:19	225	45	F40-44	10437	Rachel Morton		07:13	11:38						12:27:25	11:15:05.9
391	01:12:22	226	45	F35-39	10655	Kelly Wright	Huthwaite Hunnies NWR	07:14	11:38						12:27:36	11:15:14.6
392	01:12:24	227	46	F35-39	10300	Julia Hallam	Grantham Running Club	07:14	11:39						12:23:47	11:11:22.3
393	01:12:31	228	50	F45-49	10259	Angela Fisher		07:15	11:40						12:27:53	11:15:21.1
394	01:12:49	229	14	F55-59	10373	Julie Kondor	Bilsthorpe Ladies Running Club	07:16	11:43						12:27:57	11:15:08.6
395	01:12:52	230	26	F30-34	10646	Melissa Winterton		07:17	11:43						12:24:04	11:11:12.2
396	01:12:53	231	46	F40-44	10372	Tracy Koefoed		07:17	11:43						12:28:12	11:15:19.9
397	01:12:54	232	47	F40-44	10328	Melanie Hinchcliffe		07:17	11:43						12:28:08	11:15:13.7
398	01:13:00	233	47	F35-39	10385	Clare Leeland	Notts Women Runners	07:18	11:44						12:19:27	11:06:26.5
399	01:13:07	234	48	F35-39	10649	Patricia Woodward	Notts Women Runners	07:18	11:46						12:24:13	11:11:06.3
400	01:13:11	235	49	F35-39	10299	Stacey Hallam	Notts Women Runners	07:19	11:46						12:24:28	11:11:17.6
401	01:13:12	166	28	M45-49	10506	Mike Richards	Witham Runners	07:19	11:46						12:24:22	11:11:09.9
402	01:13:19	236	31	F50-54	10075	Annabel Attenborough	Notts Women Runners	07:19	11:47						12:28:29	11:15:10.8
403	01:13:20	237	32	F50-54	10186	Sharon Cooper	Skegness Coasters	07:20	11:48						12:28:22	11:15:01.9
404	01:13:21	238	33	F50-54	10371	Annette Knowles	Notts Women Runners	07:20	11:48						12:28:27	11:15:05.7
405	01:13:22	239	15	F55-59	10604	Deborah Tyler	Notts Women Runners	07:20	11:48						12:28:29	11:15:07.8
406	01:13:22	240	4	F60-64	10460	Sue Oldfield	Witham Runners	07:20	11:48						12:24:32	11:11:09.6
407	01:13:28	167	12	M55-59	10639	Andy Wilkinson	Skegness Coasters	07:20	11:49						12:24:47	11:11:19.1
408	01:13:35	241	50	F35-39	10354	Gaynor Jennings		07:21	11:50						12:16:33	11:02:58.0
409	01:13:36	242	34	F50-54	10647	Elaine Woodbridge	Notts Women Runners	07:21	11:50						12:28:50	11:15:14.2
410	01:13:41	168	14	M30-34	10678	Jo Barlow	Huthwaite hunnies NWR	07:22	11:51						12:28:56	11:15:14.7
411	01:13:44	243	27	F30-34	10575	Lindsey Sutcliffe		07:22	11:51						12:28:50	11:15:05.7
412	01:13:57	244	28	F30-34	10641	Michelle Jane Williams	Notts Women Runners	07:23	11:54						12:25:09	11:11:11.6

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Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
413	01:13:58	245	51	F35-39	10440	Lyndsey Moss		07:23	11:54						12:25:10	11:11:11.9
414	01:13:59	246	29	F30-34	10419	Rachel Mee	Notts Women Runners	07:23	11:54						12:25:02	11:11:03.3
415	01:14:00	247	51	F45-49	10616	Valerie Walker	Redhill Road Runners	07:24	11:54						12:20:27	11:06:27.5
416	01:14:09	248	48	F40-44	10081	Rachel Bailey	Notts Women Runners	07:24	11:55						12:29:26	11:15:17.0
417	01:14:09	249	52	F45-49	10074	Corinne Atkinson	Notts Women Runners	07:24	11:55						12:29:20	11:15:11.0
418	01:14:16	250	12	F23-29	10076	Sarah Attlesey	Notts Women Runners	07:25	11:57						12:29:19	11:15:02.6
419	01:14:23	251	13	F23-29	10345	Laura Jackson		07:26	11:58						12:25:37	11:11:13.2
420	01:14:23	252	30	F30-34	10062	Samantha Richardson		07:26	11:58						13:34:23	12:20:00.0
421	01:14:28	253	52	F35-39	10521	Alison Saunders		07:26	11:59						12:25:35	11:11:07.3
422	01:14:28	254	53	F35-39	10123	Emma Blin	Bushfield Joggers	07:26	11:59						12:25:45	11:11:16.4
423	01:14:32	255	53	F45-49	10273	Patsy Garratt		07:27	11:59						12:25:50	11:11:18.1
424	01:14:37	256	35	F50-54	10650	Dawn Woolley		07:27	12:00						12:25:40	11:11:03.6
425	01:14:43	169	29	M45-49	10426	Richard Mills		07:28	12:01						12:29:52	11:15:08.8
426	01:14:45	257	16	F55-59	10143	Joanna Brooks	Notts Women Runners	07:28	12:01						12:26:01	11:11:16.1
427	01:14:54	258	54	F45-49	10439	Lindsay Moss	Notts Women Runners	07:29	12:03						12:30:11	11:15:17.0
428	01:14:56	259	55	F45-49	10466	Sharon Palmer	Team Derby Runner	07:29	12:03						12:30:03	11:15:06.7
429	01:15:00	260	56	F45-49	10275	Victoria Geeson	Grantham Running Club	07:30	12:04						12:21:26	11:06:25.9
430	01:15:03	261	14	F23-29	10694	Melissa Potts		07:30	12:04						12:30:14	11:15:10.2
431	01:15:04	262	54	F35-39	10135	Vicky Boyce		07:30	12:04						12:26:17	11:11:13.5
432	01:15:04	263	57	F45-49	10555	Katie South	Notts Women Runners	07:30	12:04						12:26:22	11:11:18.1
433	01:15:04	264	55	F35-39	10297	Naomi Groves		07:30	12:04						12:26:17	11:11:13.1
434	01:15:04	265	31	F30-34	10338	Leah Hunt	Notts Women Runners	07:30	12:04						12:26:21	11:11:17.1
435	01:15:07	266	17	F55-59	10308	Karen Harrison	Holme Pierrepont Running Club	07:30	12:05						12:30:21	11:15:13.6
436	01:15:07	170	31	M40-44	10599	Andy Trow	Holme Pierrepont Running Club	07:30	12:05						12:30:21	11:15:13.5
437	01:15:29	171	30	M45-49	10473	Mark Pashley		07:32	12:08						12:30:43	11:15:14.4
438	01:15:34	267	58	F45-49	10675	Julie Bridges	Notts Women Runners	07:33	12:09						12:26:52	11:11:18.2
439	01:15:45	268	15	F23-29	10612	Sophie Walker		07:34	12:11						12:27:03	11:11:18.0
440	01:15:46	269	56	F35-39	10549	Julie Smith	Notts Women Runners	07:34	12:11						12:31:00	11:15:14.1
441	01:15:52	270	49	F40-44	10471	Sarah Parr		07:35	12:12						12:31:11	11:15:18.9
442	01:15:53	172	21	M50-54	10470	Bob Parr		07:35	12:12						12:31:11	11:15:18.7
443	01:15:53	271	16	F23-29	10461	Emily Overton	Fitmums & Friends	07:35	12:12						12:27:06	11:11:13.3
444	01:15:54	272	57	F35-39	10236	Samantha Dunningcliff		07:35	12:12						12:27:07	11:11:12.5
445	01:15:59	273	59	F45-49	10493	Julie Pretty		07:35	12:13						12:31:08	11:15:09.7
446	01:16:13	274	32	F30-34	10631	Samantha Westbury	Notts Women Runners	07:37	12:15						12:31:28	11:15:15.1
447	01:16:21	173	22	M50-54	10232	Ian Driscoll	Canicross Midlands	07:38	12:17						12:31:24	11:15:03.4
448	01:16:23	275	58	F35-39	10615	Rachel Walker		07:38	12:17						12:31:30	11:15:06.4
449	01:16:24	174	31	M45-49	10367	Laurie King		07:38	12:17						12:31:34	11:15:10.0
450	01:16:25	276	1	F65+	10363	Dianne Kennett	Notfast RC	07:38	12:17						12:31:43	11:15:17.9
451	01:16:34	277	60	F45-49	10066	Alison Allsop	Bilsthorpe Ladies Running Club	07:39	12:19						12:31:42	11:15:08.0
452	01:16:39	278	18	F55-59	10064	Ola Alara	Redway Runners	07:39	12:20						12:27:43	11:11:04.5
453	01:16:44	279	19	F55-59	10265	Jill Fowkes	Notfast RC	07:40	12:20						12:31:56	11:15:11.6
454	01:16:47	280	59	F35-39	10686	Cara Salway		07:40	12:21						12:32:09	11:15:22.3
455	01:16:56	281	36	F50-54	10165	Angela Carr	Grantham Running Club	07:41	12:22						12:28:17	11:11:21.7
456	01:16:56	282	60	F35-39	10155	Edina Burns	Grantham Running Club	07:41	12:22						12:28:17	11:11:20.9
457	01:17:02	283	50	F40-44	10351	Keeley Jenkins	Notts Women Runners	07:42	12:23						12:32:17	11:15:15.8
458	01:17:02	284	61	F45-49	10572	Amanda Strickson	Notts Women Runners	07:42	12:23						12:32:17	11:15:15.7
459	01:17:05	285	17	F23-29	10310	Natalie Harrison	Notts Women Runners	07:42	12:24						12:32:21	11:15:16.4
460	01:17:10	286	20	F55-59	10384	Karen Layton	Kimberley & District Striders	07:43	12:25						12:28:23	11:11:12.5
461	01:17:26	287	61	F35-39	10121	Gemma Blacow		07:44	12:27						12:28:39	11:11:12.3
462	01:17:34	288	5	F60-64	10535	Lynne Shirtliff	Tickhill Running and Athletics Club	07:45	12:28						12:28:49	11:11:14.4
463	01:17:37	289	51	F40-44	10210	Josie Day		07:45	12:29						12:32:41	11:15:04.2
464	01:17:38	290	62	F35-39	10234	Tracey Duggan		07:45	12:29						12:32:47	11:15:09.5

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Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
465	01:17:47	291	2	F65+	10248	Kathleen Emarton		07:46	12:31						12:32:52	11:15:05.3
466	01:17:47	292	3	F65+	10458	Ruby Oates	Notts Women Runners	07:46	12:31						12:32:52	11:15:05.0
467	01:17:54	293	52	F40-44	10325	Donna Hill	Skegness Coasters	07:47	12:32						12:32:56	11:15:01.9
468	01:17:59	294	62	F45-49	10512	Helen Roberts	Notts Women Runners	07:47	12:33						12:33:10	11:15:11.7
469	01:18:21	295	63	F45-49	10082	Louise Bainbridge		07:50	12:36						12:33:27	11:15:06.8
470	01:18:25	175	3	M10-11	10579	Thomas Sweeting	Gainsborough & Morton Striders	07:50	12:37						12:21:24	11:02:58.9
471	01:18:28	296	37	F50-54	10144	Annemarie Brooks	Danum Harriers	07:50	12:37						12:24:51	11:06:23.0
472	01:18:38	297	21	F55-59	10242	Karen Edwards	Team Anstey Amblers And Runners	07:51	12:39						12:33:49	11:15:11.2
473	01:18:45	298	53	F40-44	10216	Karen Delahay	Rushcliffe AC	07:52	12:40						12:29:58	11:11:12.5
474	01:18:49	299	38	F50-54	10520	Tracy Sands	Skegness Coasters	07:52	12:41						12:33:51	11:15:01.5
475	01:18:57	300	54	F40-44	10434	Tracey Moore		07:53	12:42						12:34:03	11:15:06.1
476	01:19:02	301	55	F40-44	10644	Gayle Wilson	Fitmums & Friends	07:54	12:43						12:30:16	11:11:14.2
477	01:19:10	302	64	F45-49	10632	Emma Watson		07:55	12:44						12:34:20	11:15:09.8
478	01:19:16	303	65	F45-49	10260	Lynn Fisher	Grantham Running Club	07:55	12:45						12:30:38	11:11:21.8
479	01:19:17	304	66	F45-49	10181	Sally Connolly	Acre Street Runners	07:55	12:45						12:34:27	11:15:09.2
480	01:19:17	305	67	F45-49	10141	Frances Brook	Acre Street Runners	07:55	12:45						12:34:27	11:15:09.2
481	01:19:21	306	68	F45-49	10191	Marie Copeland	Huthwaite hunnies NWR	07:56	12:46						12:34:33	11:15:11.7
482	01:19:31	307	56	F40-44	10295	Louise Gregory	Huthwaite hunnies NWR	07:57	12:47						12:34:41	11:15:10.5
483	01:19:48	308	6	F60-64	10092	Jocelyn Barksby		07:58	12:50						12:35:08	11:15:20.2
484	01:20:01	309	69	F45-49	10479	Lynne Peacock	Notts Women Runners	08:00	12:52						12:35:16	11:15:14.7
485	01:20:05	176	7	M23-29	10598	Joe Troman		08:00	12:53						12:31:08	11:11:03.9
486	01:20:18	310	39	F50-54	10274	Mandy Garton		08:01	12:55						12:35:38	11:15:20.2
487	01:20:22	311	70	F45-49	10381	Kate Large		08:02	12:56						12:35:31	11:15:08.9
488	01:20:23	312	40	F50-54	10344	Karen Illsley	Newark Striders Running Club	08:02	12:56						12:31:29	11:11:06.8
489	01:20:29	313	22	F55-59	10534	Carrie Shaw	Huthwaite hunnies NWR	08:02	12:57						12:35:44	11:15:15.1
490	01:20:32	314	23	F55-59	10375	Wendy Lakin	Huthwaite hunnies NWR	08:03	12:57						12:35:44	11:15:12.3
491	01:20:37	315	18	F23-29	10097	Francesca Barnes	Notts Women Runners	08:03	12:58						12:35:42	11:15:04.3
492	01:20:43	316	71	F45-49	10523	Sharna Sawyer		08:04	12:59						12:36:03	11:15:20.6
493	01:20:47	317	33	F30-34	10192	Charis Cossins	Wakefield Triathlon Club	08:04	13:00						12:36:04	11:15:17.4
494	01:21:03	318	4	F65+	10550	Ruth Smith	Mansfield Harriers & AC	08:06	13:02						12:36:17	11:15:13.5
495	01:21:22	319	72	F45-49	10369	Jayne Knight	Sleaford Striders	08:08	13:05						12:36:31	11:15:08.6
496	01:21:24	320	57	F40-44	10148	Karen Brown	Notts Women Runners	08:08	13:06						12:32:40	11:11:16.1
497	01:21:27	321	63	F35-39	10220	Rebecca Dickinson	Notts Women Runners	08:08	13:06						12:36:41	11:15:14.8
498	01:21:33	322	34	F30-34	10117	Emma Bird		08:09	13:07						12:36:40	11:15:07.8
499	01:21:36	323	41	F50-54	10463	Debbie Pacey	Notts Women Runners	08:09	13:07						12:36:52	11:15:16.2
500	01:21:46	324	73	F45-49	10610	Julie Walker		08:10	13:09						12:36:53	11:15:06.6
501	01:21:51	325	19	F23-29	10326	Millie Hill		08:11	13:10						12:37:15	11:15:23.4
502	01:22:00	326	74	F45-49	10159	Rachel Cadman	Notts Women Runners	08:12	13:11						12:33:19	11:11:18.5
503	01:22:39	327	5	F65+	10543	Mary Slater		08:15	13:18						12:37:44	11:15:04.8
504	01:22:40	328	6	F65+	10138	Christine Bridges	Notts Women Runners	08:16	13:18						12:37:44	11:15:04.8
505	01:22:42	329	35	F30-34	10267	Caroline Frith	Mansfield Harriers	08:16	13:18						12:37:47	11:15:05.1
506	01:22:50	330	75	F45-49	10428	Sharon Mills	Notts Women Runners	08:17	13:19						12:37:52	11:15:02.2
507	01:22:55	331	64	F35-39	10087	Kirsty Ballinger	Newark Striders Running Club	08:17	13:20						12:38:10	11:15:14.9
508	01:22:56	332	65	F35-39	10305	Claire Harris	Bilthorpe Ladies Running Club	08:17	13:20						12:38:10	11:15:14.1
509	01:22:56	333	66	F35-39	10336	Cally Horsfall		08:17	13:20						12:38:10	11:15:14.1
510	01:22:58	334	58	F40-44	10296	Rachel Gregory		08:17	13:21						12:34:18	11:11:20.6
511	01:23:26	335	59	F40-44	10393	Alison Louise	Notts Women Runners	08:20	13:25						12:38:42	11:15:16.4
512	01:23:37	336	42	F50-54	10249	Irene Epworth	Notts Women Runners	08:21	13:27						12:38:55	11:15:18.4
513	01:24:05	337	76	F45-49	10664	Della Davies		08:24	13:31						12:39:17	11:15:12.2
514	01:24:26	177	32	M45-49	10580	Paul Swinburn		08:26	13:35						12:27:24	11:02:58.0
515	01:24:32	338	77	F45-49	10261	Luan Fletcher	Sleaford Striders	08:27	13:36						12:39:42	11:15:09.6
516	01:24:34	178	33	M45-49	10571	Steve Stothard	Fitmums & Friends	08:27	13:36						12:35:44	11:11:10.8

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Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Lap1	Lap2	Lap3	Lap4	Lap5	Final lap	st
517	01:24:34	339	7	F60-64	10609	Lorraine Vince	Sleaford Striders AC	08:27	13:36						12:39:42	11:15:08.0
518	01:24:37	340	8	F60-64	10286	Sarah Gordon		08:27	13:37						12:39:49	11:15:12.2
519	01:24:42	341	78	F45-49	10166	Julie Carr		08:28	13:37						12:40:00	11:15:18.0
520	01:24:46	179	13	M55-59	10447	Maurice Needoff	Absolute Tri Club	08:28	13:38						12:39:56	11:15:09.9
521	01:24:50	342	67	F35-39	10114	Nicole Bentley		08:29	13:39						12:40:04	11:15:13.8
522	01:24:51	343	79	F45-49	10464	Julie Palin		08:29	13:39						12:40:04	11:15:12.6
523	01:24:58	344	43	F50-54	10255	Bev Faulkner		08:29	13:40						12:40:16	11:15:18.4
524	01:25:28	345	36	F30-34	10700	Emma Blades		08:32	13:45	0:00:4					1:24:47	15:30:00.0
525	01:25:44	346	80	F45-49	10583	Helen Taylor		08:34	13:47						12:40:53	11:15:09.3
526	01:25:47	347	60	F40-44	10606	Claire Upton	Hook Norton Harriers	08:34	13:48						12:40:59	11:15:11.5
527	01:26:12	348	44	F50-54	10383	Michelle Law	Birstall RC	08:37	13:52						12:37:27	11:11:15.1
528	01:26:13	349	24	F55-59	10553	Melanie Snutch	Birstall RC	08:37	13:52						12:37:28	11:11:15.7
529	01:26:38	350	81	F45-49	10416	Marie McLoone	Woodthorpe Huffers and Puffers	08:39	13:56						12:41:57	11:15:18.7
530	01:27:05	180	14	M55-59	10414	Ian McCoy		08:42	14:00		3:35:0	1:10:0				11:15:15.9
531	01:27:11	351	68	F35-39	10170	Jeanette Castelbranco	Fitmums & Friends	08:43	14:01						12:38:22	11:11:11.6
532	01:27:13	352	20	F23-29	10630	Lisa West	Notts Women Runners	08:43	14:02						12:42:29	11:15:16.3
533	01:27:42	353	82	F45-49	10227	Debbie Doyle	Notts Women Runners	08:46	14:06						12:42:59	11:15:17.7
534	01:27:42	354	83	F45-49	10352	Maria Jenkins	Notts Women Runners	08:46	14:06						12:42:59	11:15:17.5
535	01:27:47	355	45	F50-54	10510	Sarah Ridley	Notfast RC	08:46	14:07						12:43:00	11:15:12.8
536	01:28:09	356	21	F23-29	10566	Kayleigh Stevenson		08:48	14:11						12:43:23	11:15:14.0
537	01:28:41	357	46	F50-54	10467	Claire Parker	Skegness Coasters	08:52	14:16						12:44:00	11:15:19.7
538	01:28:41	358	22	F23-29	10489	Rebecca Porter	Skegness Coasters	08:52	14:16						12:44:00	11:15:19.1
539	01:29:00	359	47	F50-54	10184	Angie Cooper	Notts Women Runners Beeston	08:54	14:19						12:44:23	11:15:23.1
540	01:29:00	360	69	F35-39	10244	Catherine Edwards-Greedy	Notts Women Runners	08:54	14:19						12:44:22	11:15:22.9
541	01:29:16	361	25	F55-59	10284	Gill Goode	Notfast RC	08:55	14:21						12:44:33	11:15:16.6
542	01:29:17	181	34	M45-49	10670	Tom Stimson	Newark Striders Running Club	08:55	14:22						12:44:34	11:15:17.2
543	01:29:34	182	23	M50-54	10213	Paul Dean	Team Derby Runner	08:57	14:24						12:40:42	11:11:08.7
544	01:29:52	362	7	F65+	10320	Suzanne Hemsley		08:59	14:27						12:44:58	11:15:05.6
545	01:30:14	363	61	F40-44	10608	Jane Vassallo		09:01	14:31						12:45:21	11:15:07.1
546	01:30:18	364	9	F60-64	10353	Elaine Jennings		09:01	14:31						12:45:21	11:15:03.6
547	01:30:26	183	24	M50-54	10659	Brian Barlow		09:02	14:33						12:45:49	11:15:23.9
548	01:30:37	365	84	F45-49	10272	Tina Garner	Team Anstey Amblers And Runners	09:03	14:35						12:45:49	11:15:11.9
549	01:30:47	366	48	F50-54	10574	Lindsay Sumner		09:04	14:36						12:46:06	11:15:19.7
550	01:31:32	367	85	F45-49	10168	Tracey Carver	Notts Women Runners	09:09	14:43						12:46:41	11:15:09.5
551	01:31:50	368	62	F40-44	10487	Helen Plant		09:11	14:46						13:12:03	11:40:12.4
552	01:31:58	369	37	F30-34	10173	Hayley Chapman		09:11	14:48						12:43:20	11:11:22.1
553	01:32:50	370	38	F30-34	10318	Lauren Hemm	Notts Women Runners	09:17	14:56						12:48:01	11:15:11.5
554	01:33:23	371	63	F40-44	10633	Rachel Whitaker	Notts Women Runners	09:20	15:01						12:48:47	11:15:23.5
555	01:34:31	372	26	F55-59	10478	Debi Jones	WIER Runners	09:27	15:12						12:45:53	11:11:22.5
556	01:36:15	373	49	F50-54	10565	Angela Stevenson		09:37	15:29						12:51:30	11:15:14.5
557	01:36:42	374	64	F40-44	10225	Debbie Downs	Notts Women Runners	09:40	15:33						12:51:59	11:15:16.5
558	01:37:02	375	8	F65+	10587	Rita Temple	Notts Women Runners	09:42	15:36						12:52:13	11:15:11.0
559	01:37:06	376	86	F45-49	10127	Suzanne Boot	Notts Women Runners	09:42	15:37						12:52:23	11:15:17.0
560	01:37:25	377	87	F45-49	10337	Jane Hubble		09:44	15:40						12:52:38	11:15:12.8
561	01:37:30	184	5	M65-69	10204	Paul Daniels		09:45	15:41						12:52:42	11:15:12.5
562	01:37:34	378	50	F50-54	10221	Helena Dillon	Notts Women Runners	09:45	15:42						12:52:52	11:15:18.1
563	01:39:24	379	51	F50-54	10548	Zoe Smith	Notfast RC	09:56	15:59						12:54:35	11:15:12.0
564	01:48:06	380	65	F40-44	10107	Rachel Bradley		10:48	17:23						13:03:28	11:15:22.1
565	02:41:11	381	88	F45-49	13202	Kate Payne	Notts Women Runners	16:07	25:56	1:19:4					1:21:25	11:40:17.7

Number of records: 565