

Provisional Results

Notts AC 10 Mile Road Race - 06/06/14

Pos	Women	Men	Bib	Name	Club	Class	Time
1		1	355	Toby Spencer	Coventry Godiva		50:07
2		2	53	Alastair Watson	Notts AC		50:28
3		3	224	Neil Renault	Edinburgh AC		50:30
4		4	176	James Mee	Heanor Running Club	AAA	50:47
5		5	305	Ben Livesey	Birchfield Harriers		50:50
6		6	278	Ryan Holroyd	Staffordshire Moorlands AC		51:32
7		7	300	Joe Rainsford	Heanor Running Club		53:22
8		8	196	Elly Tarus	Salford Harriers		54:20
9		9	6	Martin Whitehouse	Notts AC		54:56
10		10	314	Mark Sands	Unattached	V40	56:29
11		11	374	Michael McGinty	Derwent Runners	V40	56:42
12		12	379	Tom Doe	Lincoln Wellington AC		56:44
13		13	348	Richard Darling	Notts AC		56:50
14	1		339	Amy Whitehead	Notts AC	LV35	57:23
15		14	306	Damien Carr	Coventry Godiva		57:42
16		15	295	Christopher Hollinshead	Stafford Harriers	V40	58:22
17	2		63	Juliet Potter	Charnwood AC	L AAA	58:25
18		16	80	Anthony Hatswell	Long Eaton Running Club		58:49
19		17	354	Gavin Kennedy	Long Eaton Running Club		58:54
20		18	233	Alan Oliver	Sleaford Striders		58:56
21		19	275	Chris Joyce	Leicester Triathlon		60:06
22		20	296	Stuart Cragg	Louth AC	V40	60:19
23		21	61	Simon Nash	Redhill Road Runners	V40 AAA	60:21
24		22	179	Ian Hunter	Ilkeston Running Club	AAA	60:36
25		23	273	Tim Doughty	Worksop Harriers	AAA	60:53
26		24	146	Keith Wright	Unattached		60:58
27		25	252	Gareth Little	Notts AC	AAA	61:01
28		26	192	Matthew Nutt	Formula One	V40 AAA	61:03
29		27	226	Stefan Kozlowski	Unattached	AAA	61:17
30		28	210	Mark Gregory	Huncote Harriers		61:35
31		29	175	Harry Taylor	Unattached		61:44
32		30	49	Mike Howard	Unattached	V40	61:51
33		31	346	Ryan Kavanagh	Tadcaster Harriers		62:10
34	3		45	Nicki Nealon	Huncote Harriers	LV45	62:12
35		32	94	William Speake	Notts AC	V40	62:22
36		33	22	Tony Johnson	Ropsley Road Runners	V40	62:59
37		34	353	David Brazener	Notts AC	V40	63:07
38		35	151	Tim Larke	Stowmarket Striders	V40	63:30
39		36	126	Paul Wass	Team Balanced Performance	V40 AAA	63:43
40		37	286	Mick Westerman	Lincoln & District	V40	63:58
41		38	236	Robert Nurse	Wigston Phoenix RC		64:10
42		39	218	Robert Evans	Beeston AC	AAA	64:18
43		40	208	Santosh Rudravajhala	Derby & County AC		64:27
44		41	195	Laurence Wicks	Unattached		64:39
45	4		321	Katie Lomas	Charnwood AC	L	64:49
46		42	310	Richard Sims	Sinfin Running Club	V50	64:50
47		43	315	Dave Tilley	Unattached	V40	64:51
48		44	201	Stuart McNeil	Unattached	V40	64:52
49		45	294	Matthew Franklin	Wreake Runners		64:56
50		46	97	Pete Deacon	Notts AC	V40 AAA	64:59
51		47	269	Chris Slight	City of Hull	V40	65:10
52		48	352	Martin Harrigan	Southwell RC	V40	65:16
53		49	147	Andrew Scholes	Unattached		65:36
54	5		82	Rosanna Andrews	Rugby & Northampton AC	L	65:39
55		50	265	Nick O'Sullivan	Hallamshire Harriers	V40	65:55
56		51	70	Paul Taylor	Kimberley & District Striders		66:29

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Pos	Women	Men	Bib	Name	Club	Class	Time
57		52	256	Keith Alger	Holme Pierrepont RC	AAA	66:31
58		53	260	Luke Saxton	Unattached	AAA	66:40
59		54	40	Dicky Wilkinson	Long Eaton Running Club	V50 AAA	66:41
60	6		184	<i>Rhiannon Coster-Horton</i>	<i>Unattached</i>	<i>L</i>	66:48
61		55	381	Alex Brough	Unattached		66:56
62		56	225	Andrew Pask	Grantham RC		67:07
63		57	74	David Walsh	Redhill Road Runners	V50 AAA	67:21
64		58	380	Rob Jackson	Holme Pierrepont RC	V40	67:27
65		59	185	Darren Corbett	Southwell RC	V40	67:29
66		60	312	Timothy Baggs	Long Eaton Running Club	V40	67:31
67	7		98	<i>Lisa Deacon</i>	<i>Notts AC</i>	<i>LV35</i> AAA	67:34
68		61	108	Vic Shirley	Unattached	V60	67:42
69		62	359	Joseph Gallagher	Beeston AC		67:49
70	8		99	<i>Rebecca Taylor</i>	<i>Newark AC</i>	<i>L</i> AAA	67:51
71		63	333	Mark Spence	Corby AC	V40	67:55
72		64	240	Samuel James	Sleaford Striders		68:03
73		65	243	Marvin Malia	Sinfin Running Club	V40	68:12
74		66	109	Philip Woolgar	Unattached	V40	68:13
75		67	79	Ian Grant	Holme Pierrepont RC	V40 AAA	68:24
76		68	197	Daryl Johnson	Unattached		68:28
77		69	249	Graham Worsfold	Clowne Road Runners		68:34
78		70	251	Peter Paprcka	Massey Ferguson RC		68:36
79		71	152	Robin Belsom	Ipswich Jaffa RC	V50	68:39
80		72	367	Paul Rushworth	Grantham RC		68:46
81		73	221	Shane Sharkey	Stilton Striders		69:00
82		74	157	David Burton	Sleaford Striders	V40	69:07
83		75	128	Nick Pidgeon	Unattached		69:16
84		76	206	Edwin Hartley	Bourneville Harriers	V60	69:19
85		77	288	Keith Jamieson	Holme Pierrepont RC	V40 AAA	69:20
86		78	222	John Morgan	Peel Road Runners		69:22
87		79	289	Anthony Squire	Holme Pierrepont RC	AAA	69:25
88	9		280	<i>Katy Simpson</i>	<i>Southwell RC</i>	<i>LV35</i>	69:28
89		80	50	Steven Rice	Southwell RC		69:28
90		81	279	Dave Aust	Stamford Striders	V40	69:42
91	10		156	<i>Louise Lowe</i>	<i>Clowne Road Runners</i>	<i>LV35</i>	69:57
92		82	178	Peter Gault	Southwell RC	V40	70:30
93		83	369	Ben Mason	Grantham RC		70:42
94		84	110	Neil Rowland	Unattached	V50	70:42
95		85	170	Tim Townsend	Road Runners Club	V50	70:47
96		86	372	Jonathan Hardy	Mansfield Harriers AC	V50	71:16
97	11		96	<i>Serena Bignell</i>	<i>Holme Pierrepont RC</i>	<i>LV45</i> AAA	71:34
98		87	95	Alan Maplethorpe	Long Eaton Running Club	V50 AAA	71:46
99		88	235	Daniel Cook	Hallamshire Harriers		72:03
100	12		287	<i>Martha Hanby</i>	<i>Unattached</i>	<i>L</i>	72:06
101		89	291	Mark Jacobs	Formula One	AAA	72:07
102		90	264	Dave Evans	Beeston AC	V40	72:08
103		91	342	Andy Walker	Unattached		72:14
104		92	148	Lee Farrell	Unattached		72:16
105		93	77	Peter Fendley	Worksop Harriers	V60 AAA	72:18
106		94	100	Paul Coe	Ilkeston Running Club	V50	72:21
107		95	237	David Matthewman	Charnwood Triathlon		72:33
108		96	270	Duane Daugherty	100 Marathon Club	V50	72:38
109		97	12	Jim Hewitt	Holme Pierrepont RC	V50 AAA	72:42
110		98	143	Steven Tupholme	Holme Pierrepont RC	V40 AAA	72:44
111		99	18	Joseph Eccles	Holme Pierrepont RC	AAA	72:46
112		100	91	Alex Brown	Garstang	V40 AAA	72:47

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Pos	Women	Men	Bib	Name	Club	Class	Time
113		101	19	Stephen Eccles	Holme Pierrepont RC	V50 AAA	73:04
114		102	215	Dave Allemby	Barnsley AC	V50	73:06
115		103	330	Joe Gardner	Notts AC	V40	73:16
116		104	358	George Katria	Sinfin Running Club	V40	73:18
117		105	84	Jon Beaumont	Holme Pierrepont RC		73:20
118		106	9	Richard Mitson	Notts AC	V40 AAA	73:24
119		107	161	Anthony Madge	Grantham RC	V50	73:28
120		108	3	John Hay	Long Eaton Running Club	V50 AAA	73:34
121		109	332	Andrew Hacc	Little Eaton Hornets	V40	73:39
122		110	229	William Clarke	Unattached		73:49
123		111	281	Jonathan Simpson	Southwell RC	V40	73:51
124	13		83	<i>Penny Andrews</i>	<i>Rugby & Northampton AC</i>	<i>LV45</i>	74:04
125		112	285	Jim Leatherland	Unattached	V50	74:15
126		113	340	Stephen Mason	Beeston AC		74:21
127		114	136	Andrew Soar	Team Balanced Performance	V40	74:24
128		115	276	Lee Marshall	Unattached	V40	74:24
129		116	349	David Ward	Mansfield Harriers AC	V50	74:27
130		117	209	Dave Fern	Peel Road Runners	V60	74:42
131		118	13	Lewis Darnell	Unattached		74:50
132		119	8	Malc Gonnella	North Derbyshire RC	V50	74:52
133		120	324	Timothy Dove	Redhill Road Runners		74:55
134	14		169	<i>Evelyn Vickery</i>	<i>Formula One</i>	<i>LV35 AAA</i>	75:00
135	15		123	<i>Sarah Carroll</i>	<i>Holme Pierrepont RC</i>	<i>L AAA</i>	75:03
136		121	238	David Greenwell	UkNetRunner.co.uk	V50	75:07
137		122	325	Brian Warner	Sinfin Running Club	V40	75:11
138		123	293	Paul Griffiths	Formula One	AAA	75:13
139		124	317	Stevie Roden	Unattached		75:20
140		125	27	Chris Anthony	Unattached	V40	75:27
141		126	334	Terry Campbell	Unattached		75:36
142		127	149	Andrew Hill	Unattached	V40	75:39
143	16		145	<i>Catherine Davies</i>	<i>Sutton Harriers</i>	<i>L AAA</i>	75:41
144	17		282	<i>Tracey Cox</i>	<i>Peel Road Runners</i>	<i>LV35</i>	75:45
145		128	376	Alfonso Valello	Beeston AC		75:47
146	18		239	<i>Jane James</i>	<i>Sleaford Striders</i>	<i>LV45</i>	75:50
147		129	341	David Smith	Beeston AC	V50	75:54
148	19		58	<i>Barbara Stevens</i>	<i>Redhill Road Runners</i>	<i>LV55 AAA</i>	75:56
149		130	43	Andrew Spencer	Grantham RC	V50	76:04
150		131	267	Paddy Tighe	Unattached	V50	76:18
151		132	162	Mark Hillson	Unattached	V40	76:23
152		133	32	Ken Allen	Notts AC	V60 AAA	76:25
153	20		35	<i>Tracey Lack</i>	<i>Notts AC</i>	<i>LV45 AAA</i>	76:28
154	21		274	<i>Penny Masser</i>	<i>Hinckley RC</i>	<i>LV45</i>	76:39
155		134	186	Keith Measures	Grantham RC	V60	76:42
156		135	338	Andy Dickinson	Sleaford Striders	V50	76:44
157		136	20	Tony Blakeway	Long Eaton Running Club	V40	76:47
158	22		234	<i>Amy Fendley</i>	<i>Worksop Harriers</i>	<i>L AAA</i>	76:51
159		137	60	Vince McNiffe	Sleaford Striders	V40	77:01
160	23		365	<i>Natalie Wilson</i>	<i>Redhill Road Runners</i>	<i>L</i>	77:17
161		138	159	David Harper	Unattached		77:23
162		139	247	Paul Stacey	Redhill Road Runners	V40 AAA	77:24
163	24		76	<i>Claire Hayes-Gill</i>	<i>Holme Pierrepont RC</i>	<i>LV35 AAA</i>	77:32
164	25		320	<i>Madeleine Lomas</i>	<i>Charnwood AC</i>	<i>LV55</i>	77:34
165		140	220	Andrew Soley	Unattached		77:37
166		141	350	Steve Whittle	Unattached	V40	77:42
167		142	75	Robert Jackson	Long Eaton Running Club	V50 AAA	77:56
168		143	223	Lee Hopkins	Ackworth Road Runners	V40	77:57

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Pos	Women	Men	Bib	Name	Club	Class	Time
169	26		92	Rachel Angell	Unattached	L AAA	78:07
170		144	999	Unknown (race no. 999)			78:14
171		145	135	Craig Timson	Team Balanced Performance		78:21
172	27		67	Hazel Howard	Shepshed Running Club	LV45	78:22
173		146	163	Marc Tremain	Grantham RC		78:25
174		147	181	Dan Barley	Unattached		78:26
175	28		311	Angela Forte	Ripley Runners	LV45	78:27
176	29		331	Adele Adams	Ripley Running Club	L	78:28
177		148	313	Martin Bradley	Unattached	V40	78:32
178		149	248	Maurice Spooner	Unattached	V40	78:43
179	30		10	Nicola Chamberlain	Kimberley & District Striders	LV35	78:45
180		150	272	David Ralph	Holme Pierrepont RC	V40	78:47
181		151	228	Grant Nightingale	Unattached		79:00
182		152	366	Simon Jackson	Sleaford Striders	V40	79:02
183	31		335	Penny Briscoe	4LifeTri	LV45	79:26
184	32		23	Christine Bexton	Beeston RC	LV55 AAA	79:30
185	33		131	Amy Kershaw	Unattached	L	79:31
186	34		336	Georgina Sharples	Unattached	LV35	79:39
187		153	64	Mark Shaw	Sweatshop	V40	79:39
188	35		121	Sarah Drew	Unattached	LV35	79:41
189	36		140	Claire Watson	Sutton Harriers	L AAA	79:48
190	37		216	Gail Colville	Wombwell Sporting AC	LV45	79:52
191		154	328	James Naylor	Little Eaton Hornets	V50	79:55
192		155	307	Graham Worster	Redhill Road Runners	V50	79:56
193		156	144	Ian Scott	Sleaford Striders	V40	79:57
194		157	129	Paul Lever	Unattached		79:58
195		158	316	Matthew Adams	Unattached	V40	80:03
196		159	187	Michael Knowles	Ackworth Road Runners	V50	80:09
197		160	356	Alan Buckberry	Sleaford Striders	V60	80:16
198		161	213	Paul Boothroyd	Erewash Valley RC	V50	80:35
199		162	329	Chris Muldoon	Unattached		80:50
200		163	999	Unknown (race no. 999)			80:50
201	38		214	Editha van Loon	Holme Pierrepont RC	LV35 AAA	80:51
202		164	308	Colin Bostock	Long Eaton Running Club	V50	81:12
203		165	370	Kevin Bedford	AV TRI	V40	81:19
204		166	25	Derek Poole	Holme Pierrepont RC	V60 AAA	81:23
205		167	322	Graham Beniston	Beeston AC	V60	81:35
206		168	180	Jimmy Kelly	Worksop Harriers	V40 AAA	81:43
207		169	51	Tom Martin	Unattached	AAA	81:54
208	39		130	Chery Hadwin	Team Balanced Performance	L	81:55
209	40		173	Amanda Hewitt	Derby & County AC	LV35	82:03
210		170	202	Jonathan Hamer	Unattached		82:07
211	41		31	Lisa Jones	Unattached	LV35	82:45
212	42		255	Claire Anderson	Holme Pierrepont RC	L AAA	82:52
213		171	344	Daniel Vines	Unattached		83:22
214		172	57	Keith Waring	Notts AC	V50 AAA	83:31
215	43		122	Rachel Shambrook	Unattached	L	83:34
216		173	319	Adam Corbett	Unattached		83:43
217		174	363	Jonathan Morley	Redhill Road Runners	V40	83:47
218		175	142	Kevin Allardyce	Unattached	V40	83:48
219	44		241	Lucy Goss	Sinfin Running Club	L	83:53
220		176	90	Graham Blackshaw	Road Runners Club	V60	83:59
221		177	153	Keir Robinson	Unattached		84:00
222		178	165	David Spooner	Stamford Striders	V40	84:01
223	45		105	Catherine Hough	Mansfield Harriers AC	LV35 AAA	84:11
224	46		257	Sarah Halford	Team Balanced Performance	LV35	84:27

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Pos	Women	Men	Bib	Name	Club	Class	Time
225		179	191	Simon Jones	Team Balanced Performance	V40	84:28
226	47		137	Elly Fletcher	Unattached	LV35	84:34
227		180	38	Seb Walker	Unattached		84:43
228	48		117	Jessica Gordon	Newark Striders	L AAA	84:46
229	49		345	Alison Brown	Unattached	LV35	84:58
230		181	34	Nigel Fisher	Unattached	V40	85:16
231	50		245	Maddy Collinge	Mansfield Harriers AC	LV55 AAA	85:19
232		182	59	Giles Cox	Unattached	V40	85:25
233	51		167	Sharon Armitage	Mansfield Harriers AC	LV35	85:27
234		183	304	Bill Rayner	Sleaford Striders	V60	85:28
235	52		361	Louise Shaw	Unattached	LV35	85:35
236		184	360	Gary Hirst	Unattached		85:35
237		185	198	Ian Mitchell	Unattached	V50	85:40
238		186	227	Scott Swift	Unattached		85:51
239	53		127	Louise Woolley	Unattached	L	85:53
240	54		284	Joanna Taylor	Unattached	LV45	86:07
241	55		219	Katie Holmes	Holme Pierrepont RC	LV45 AAA	86:28
242	56		193	Sarah Morley	Barrow Runners	LV35	86:42
243		187	194	David Hindley	Unattached		86:43
244		188	377	Derek Gilbert	Unattached	V40	86:56
245		189	207	Roger Davies	Holme Pierrepont RC	V40 AAA	87:02
246	57		309	Nikki Fletcher	Tri3 Triathlon Club	LV45	87:14
247		190	378	Michael Drury	Redhill Road Runners		87:17
248		191	71	Lee Hennell	Unattached	V40	87:19
249	58		120	Sally Macpherson	Unattached	LV45	87:25
250	59		52	Joanne Allerton	Sinfin Running Club	LV45	87:35
251	60		124	Lisa Evans	Unattached	LV35	88:00
252	61		375	Theresa Gorman	Beeston AC	LV35	88:01
253	62		292	Laura Merryweather	Redhill Road Runners	L AAA	88:06
254		192	81	Thomas Hill	Unattached		88:18
255	63		323	Amy Robinson	Unattached	L	88:23
256	64		318	Lindsay Allen	Matlock AC	LV35	88:29
257	65		46	Joanne Martin	Beeston RC	L	88:34
258		193	133	Glenn Strouther	Unattached		88:37
259	66		217	Becky Hallam	Unattached	L	88:39
260		194	125	Peter Stanbridge	Unattached	V40	88:40
261		195	154	Nick Dixon	Redhill Road Runners	V40 AAA	88:44
262		196	327	Alan Roome	Unattached	V50	88:55
263		197	141	Dominic Bowen	Unattached		89:03
264		198	160	Martin Spencer	Holme Pierrepont RC	V40	89:23
265		199	134	Mike Robinson	Unattached	V40	89:32
266	67		347	Tara Butler	Unattached	LV35	90:13
267		200	250	Allan Raven	Unattached	V40	90:27
268		201	188	John Knowles	Ackworth Road Runners	V50	90:29
269		202	42	Neal Matthews	Unattached	V40	90:37
270		203	26	Ian Machan	Unattached	V50	91:00
271	68		263	Martina Sykorova	Run Local	L	91:13
272	69		150	Anna Thompson	Sleaford Striders	LV45	91:19
273		204	164	Gavin Ling	Unattached	V40	91:21
274	70		364	Hannah Wragg	Long Eaton Running Club	L	91:23
275	71		362	Kate Raynor	Long Eaton Running Club	L	91:23
276	72		182	Justine Sadler	Unattached	LV35	91:27
277	73		116	Abigail Gordon	Newark Striders	L AAA	91:31
278		205	56	Darrell Williamson	Sleaford Striders	V40	91:53
279		206	16	Mark Newcombe	Unattached		91:57
280	74		343	Lucy Roberts	Grantham RC	LV45	91:57

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Pos	Women	Men	Bib	Name	Club	Class	Time
281	75		253	Su Garner	Hermitage Harriers	LV35	92:06
282	76		199	Penelope Page	Beeston RC	LV35	92:13
283	77		271	Sarah Prior	Run Local	LV35	92:15
284		207	119	John Cassells	Stowmarket Striders	V60	92:40
285	78		232	Anna Morris	Unattached	LV45	93:26
286	79		15	Stephanie Cobb	Unattached	L	93:45
287	80		14	Katie Cobb	Unattached	LV35	93:46
288	81		55	Michelle Flint	Redhill Road Runners	LV45 AAA	93:53
289		208	33	Richard Plant	Nottingham University AC	V60	94:00
290	82		158	Zoe Hannan	Sleaford Striders	LV35	94:11
291	83		230	Clare Marriott	Unattached	LV35	94:15
292	84		2	Kathy Crockford	Long Eaton Running Club	LV55	94:49
293	85		266	Zoe Tighe	Unattached	LV45	95:15
294	86		368	June Jackson	Sleaford Striders	LV35	95:21
295	87		4	Linda Penman	Unattached	LV45	95:40
296	88		24	Sandra Poole	Holme Pierrepont RC	LV55 AAA	95:44
297	89		268	Jo Hoban	Unattached	L	96:08
298	90		102	Lucy Dawkins	Unattached	L	96:14
299	91		68	Daphne Sykes	Notts Police AC	LV45	96:16
300	92		171	Judith Townsend-Erwee	Road Runners Club	LV45	96:25
301		209	1	Bob Crockford	Long Eaton Running Club	V50	96:34
302	93		326	Cath James	Long Eaton Running Club	LV35	97:08
303		210	183	Ian Bell	Unattached		97:26
304		211	262	Edmund Preston	Sleaford Striders	V60	97:50
305	94		87	Ann Riddell	Sleaford Striders	LV45	97:58
306		212	88	Graham Riddell	Sleaford Striders	V50	97:59
307	95		303	Wendy Lawson	Redhill Road Runners	LV45 AAA	98:02
308		213	357	Kevin Roughton	Erewash Valley RC	V40	98:22
309		214	5	Glyn Botfield	North Derbyshire RC	V50	98:25
310	96		104	Lesley Eddleston	Unattached	LV55 AAA	98:29
311		215	65	Sam Ellis	Unattached	V40	98:47
312	97		66	Louise Barton	Unattached	LV45	98:51
313		216	383	Andrew Bradley	Redhill Road Runners	V40	99:19
314	98		73	Kathryn Walsh	Redhill Road Runners	LV45 AAA	100:24
315	99		258	Nicola Henshaw	Ackworth Road Runners	LV35	100:46
316		217	283	Stuart Gregory	Stilton Striders		101:13
317	100		212	Sarah Griffin	Unattached	LV35	101:18
318	101		39	Vanessa Walker	Unattached	LV55	101:36
319	102		41	Claire Byrne	Ready Steady Go, Bingham	LV35	102:13
320	103		113	Catherine Cooper	Unattached	LV35	102:14
321		218	200	Paul Page	Beeston RC	V40	102:41
322		219	69	Simon Litchfield	Unattached	V40	102:55
323	104		37	Justine Heggie	Unattached	L	103:24
324	105		112	Karen Unger	Derbyshire Dynamos	LV45	103:27
325	106		382	Karen Stennett	Woodthorpe Huffers & Puffers	LV45	103:49
326	107		302	Karen Parkin	Woodthorpe Huffers & Puffers	LV45	104:00
327		220	111	Sylvain Blanc	Unattached		104:04
328	108		48	Georgina Newcombe	Unattached	LV45	104:11
329		221	7	Mohammed Iqbal	Unattached	V40	104:26
330	109		297	Joanna Coates	Unattached	L	105:43
331	110		93	Rosemary Oliver	Unattached	LV35	109:00
332	111		373	Laura Highton	Unattached	L	109:17
333	112		298	Anna Reid	Unattached	L	109:53
334		222	132	Thomas Plastow	Unattached		110:06
335	113		118	Joanna Cassells	Stowmarket Striders	LV55	116:00
336		223	261	Sammy Hollick	Sleaford Striders		135:35