

Newstead Abbey Dash 2021

Overall Results Newstead Abbey 5k



| Place | Bib | Name | Gender | AG | Club | Chip Time | Gun Time |
|-------|-----|--------------------|--------|-------|-------------------------------|-----------|----------|
| 1. | 3 | Paul Wright | M | 35-44 | Mansfield Harriers | 0:15:19 | 0:15:20 |
| 2. | 2 | Daniel Bagley | M | SEN | Holme Pierrepont RC | 0:15:36 | 0:15:37 |
| 3. | 5 | Ryan Haw | M | 35-44 | Long Eaton Running Club | 0:15:39 | 0:15:40 |
| 4. | 6 | Anthony Hatswell | M | 35-44 | Long Eaton Running Club | 0:15:44 | 0:15:45 |
| 5. | 4 | Aston Perrin | M | SEN | Long Eaton Running Club | 0:15:47 | 0:15:48 |
| 6. | 7 | Dan Nugent | M | 45-54 | Mansfield Harriers | 0:15:48 | 0:15:49 |
| 7. | 122 | Mark Boot | M | SEN | Long Eaton Running Club | 0:15:51 | 0:15:52 |
| 8. | 46 | Jake Greenhalgh | M | U20 | Mansfield Harriers | 0:15:57 | 0:15:57 |
| 9. | 8 | Ben Burnham | M | SEN | Mansfield Harriers | 0:16:04 | 0:16:04 |
| 10. | 132 | Thomas Shaw | M | SEN | Worksop Harriers | 0:16:18 | 0:16:20 |
| 11. | 10 | Eddy George | M | SEN | Holme Pierrepont RC | 0:16:20 | 0:16:22 |
| 12. | 86 | Namir Batavia | M | 35-44 | Coventry Godiva Harriers | 0:16:28 | 0:16:29 |
| 13. | 96 | Gavin McDermott | M | 45-54 | Notts AC | 0:16:28 | 0:16:30 |
| 14. | 16 | Jordan Boam | M | SEN | Mansfield Harriers | 0:16:44 | 0:16:45 |
| 15. | 226 | Oilver Thomas | M | SEN | Newark AC | 0:16:52 | 0:16:54 |
| 16. | 222 | John Sanderson | M | 35-44 | Clowne Road Runners Club | 0:16:52 | 0:16:55 |
| 17. | 245 | Tom Stokes | M | 35-44 | Erewash Valley RC | 0:17:05 | 0:17:06 |
| 18. | 283 | David Cass | M | 45-54 | Sutton in Ashfield Harriers & | 0:17:07 | 0:17:09 |
| 19. | 72 | Michael Miller | M | SEN | Holme Pierrepont RC | 0:17:16 | 0:17:18 |
| 20. | 98 | Matthew Bottomore | M | 35-44 | Mansfield Harriers | 0:17:18 | 0:17:20 |
| 21. | 35 | Adam Knights | M | U20 | Sutton in Ashfield Harriers & | 0:17:20 | 0:17:22 |
| 22. | 162 | Jacob Nugent | M | U20 | Mansfield Harriers | 0:17:20 | 0:17:22 |
| 23. | 150 | Daniel Wheat | M | 35-44 | Southwell Running Club | 0:17:24 | 0:17:27 |
| 24. | 247 | Micheal Perry | M | 35-44 | Kimberley & District Striders | 0:17:31 | 0:17:34 |
| 25. | 37 | Thomas Topham | M | SEN | North Derbyshire RC | 0:17:37 | 0:17:40 |
| 26. | 236 | Jude Ryan | M | U20 | Mansfield Harriers | 0:17:40 | 0:17:41 |
| 27. | 218 | Jack Cooke | M | SEN | Mansfield Harriers | 0:17:40 | 0:17:41 |
| 28. | 43 | Phil Herd | M | 35-44 | Beeston AC | 0:17:43 | 0:17:46 |
| 29. | 9 | Great Davies | M | 35-44 | Newark AC | 0:17:47 | 0:17:49 |
| 30. | 58 | Tom Beeby | M | 35-44 | Long Eaton Running Club | 0:17:48 | 0:17:51 |
| 31. | 232 | Edward Sankey | M | U20 | Mansfield Harriers | 0:17:49 | 0:17:51 |
| 32. | 179 | Adam Kennedy | M | SEN | | 0:17:49 | 0:17:51 |
| 33. | 19 | Jonny Lowe | M | 55-64 | Mansfield Harriers | 0:17:53 | 0:17:55 |
| 34. | 237 | Richard Baldwin | M | 35-44 | Holme Pierrepont RC | 0:17:53 | 0:17:56 |
| 35. | 11 | Rebecca Gallop | F | 35-44 | Newark AC | 0:17:53 | 0:17:57 |
| 36. | 295 | Geoffrey Gregory | M | 35-44 | Newark AC | 0:18:02 | 0:18:04 |
| 37. | 27 | Liam Jackson | M | SEN | Lonely Goat RC | 0:18:16 | 0:18:22 |
| 38. | 171 | Daniel Teasel | M | 35-44 | North Derbyshire RC | 0:18:23 | 0:18:25 |
| 39. | 97 | David Cross | M | 35-44 | Beeston AC | 0:18:26 | 0:18:30 |
| 40. | 107 | Harry Wilkinson | M | U20 | Mansfield Harriers | 0:18:30 | 0:18:32 |
| 41. | 39 | Sam Knott | M | U20 | Mansfield Harriers | 0:18:32 | 0:18:33 |
| 42. | 269 | Gary Morley | M | 45-54 | Mansfield Harriers | 0:18:31 | 0:18:34 |
| 43. | 278 | David Beighton | M | 35-44 | Beeston AC | 0:18:32 | 0:18:35 |
| 44. | 52 | Alessandro Ferrari | M | 35-44 | Holme Pierrepont RC | 0:18:48 | 0:18:52 |
| 45. | 92 | Christopher Ward | M | SEN | | 0:18:51 | 0:18:55 |
| 46. | 109 | Simon Nash | M | 55-64 | Redhill Road Runners | 0:18:54 | 0:18:57 |
| 47. | 231 | Wayne Michael Lowe | M | 45-54 | | 0:18:54 | 0:18:58 |
| 48. | 159 | Ian Monaghan | M | 45-54 | | 0:19:00 | 0:19:02 |
| 49. | 32 | Shaun Goodwin | M | 55-64 | North Derbyshire RC | 0:18:58 | 0:19:05 |
| 50. | 191 | Andy Walker | M | 35-44 | | 0:18:59 | 0:19:05 |
| 51. | 77 | Matthew Fletcher | M | SEN | | 0:18:58 | 0:19:06 |
| 52. | 170 | Wayne Church | M | 35-44 | North Derbyshire RC | 0:19:05 | 0:19:09 |

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| 53. | 18 | Mark Davis | M | 35-44 | Redhill Road Runners | 0:19:06 | 0:19:09 |
| 54. | 139 | Bryan Cherry | M | 35-44 | Worksop Harriers | 0:19:06 | 0:19:10 |
| 55. | 56 | William Sankey | M | U20 | Mansfield Harriers | 0:19:10 | 0:19:12 |
| 56. | 224 | Phil Michou | M | SEN | Holme Pierrepont RC | 0:19:10 | 0:19:17 |
| 57. | 180 | Thomas Young | M | 35-44 | Redhill Road Runners | 0:19:15 | 0:19:17 |
| 58. | 108 | Claire Wheat | F | 35-44 | Lincs S&C RC | 0:19:18 | 0:19:21 |
| 59. | 20 | WAYNE STOTT | M | 45-54 | Redhill Road Runners | 0:19:20 | 0:19:23 |
| 60. | 200 | Emma Holt | F | SEN | North Derbyshire RC | 0:19:23 | 0:19:27 |
| 61. | 229 | Conrad Watson | M | 55-64 | Midland Masters AC | 0:19:25 | 0:19:29 |
| 62. | 188 | Ant Squire | M | 35-44 | Holme Pierrepont RC | 0:19:30 | 0:19:34 |
| 63. | 91 | Grace Manson | F | U20 | Mansfield Harriers | 0:19:35 | 0:19:37 |
| 64. | 15 | Lucy Grant | F | 35-44 | Beeston AC | 0:19:39 | 0:19:43 |
| 65. | 164 | Ryan Stocks | M | 35-44 | Kimberley & District Striders | 0:19:37 | 0:19:43 |
| 66. | 54 | Oli Braybrook | M | SEN | Kimberley & District Striders | 0:19:42 | 0:19:49 |
| 67. | 155 | Steven Weston | M | 45-54 | North Derbyshire RC | 0:19:49 | 0:19:54 |
| 68. | 134 | Lee Rufford | M | 35-44 | Newark AC | 0:19:52 | 0:19:54 |
| 69. | 81 | Matt Weightman | M | 35-44 | Long Eaton Running Club | 0:19:51 | 0:19:55 |
| 70. | 152 | louise read | F | 35-44 | | 0:19:52 | 0:19:56 |
| 71. | 126 | Helen Woods | F | 35-44 | Kimberley & District Striders | 0:19:52 | 0:19:59 |
| 72. | 205 | Tom Wheat | M | 35-44 | Lincs S&C RC | 0:20:02 | 0:20:05 |
| 73. | 158 | Andy Murray | M | 35-44 | Edwinstowe RC | 0:20:00 | 0:20:06 |
| 74. | 299 | Paul Castledine | M | 55-64 | Sutton in Ashfield Harriers & | 0:20:03 | 0:20:07 |
| 75. | 67 | Kirsty Huntington | F | 35-44 | Mansfield Harriers | 0:20:07 | 0:20:11 |
| 76. | 249 | Jamie Harris | M | 45-54 | Mansfield Harriers | 0:20:09 | 0:20:13 |
| 77. | 142 | Chris Jekiel | M | 45-54 | Holme Pierrepont RC | 0:20:07 | 0:20:19 |
| 78. | 234 | Robert Curley | M | 55-64 | Mansfield Harriers | 0:20:16 | 0:20:20 |
| 79. | 201 | Paul Taylor | M | 55-64 | Clowne Road Runners Club | 0:20:15 | 0:20:21 |
| 80. | 120 | Rob Horton | M | 35-44 | | 0:20:20 | 0:20:28 |
| 81. | 129 | Chris Aikman | M | 45-54 | | 0:20:20 | 0:20:29 |
| 82. | 223 | Paul Hillman | M | 45-54 | | 0:20:23 | 0:20:29 |
| 83. | 151 | Stephen Horton | M | 35-44 | Long Eaton Running Club | 0:20:26 | 0:20:30 |
| 84. | 118 | Lisa Staley | F | 45-54 | Sutton in Ashfield Harriers & | 0:20:27 | 0:20:33 |
| 85. | 168 | Jason Taylor | M | 45-54 | Mansfield Harriers | 0:20:31 | 0:20:36 |
| 86. | 276 | Mark Fickling | M | 35-44 | Mansfield Harriers | 0:20:38 | 0:20:42 |
| 87. | 189 | Daniel Adams | M | U20 | | 0:20:36 | 0:20:44 |
| 88. | 184 | Freya Longmead | F | U20 | Mansfield Harriers | 0:20:40 | 0:20:48 |
| 89. | 181 | Charlie Taylor | M | U20 | Mansfield Harriers | 0:20:42 | 0:20:49 |
| 90. | 210 | Adele Beardsley | F | 35-44 | | 0:20:45 | 0:20:50 |
| 91. | 175 | David Fowler | M | 45-54 | Newark Striders Running Club | 0:20:44 | 0:20:51 |
| 92. | 241 | Tony Shenton | M | 35-44 | Redhill Road Runners | 0:20:50 | 0:20:53 |
| 93. | 31 | Chris Laban | M | 35-44 | Kimberley & District Striders | 0:20:49 | 0:20:56 |
| 94. | 261 | Matt Taylor | M | SEN | Clowne Road Runners Club | 0:20:50 | 0:20:57 |
| 95. | 76 | Neil Halstead | M | 35-44 | | 0:20:54 | 0:20:59 |
| 96. | 285 | Lisa Chan | F | 45-54 | Holme Pierrepont RC | 0:20:49 | 0:21:00 |
| 97. | 209 | Hannah Polak | F | SEN | Redhill Road Runners | 0:20:55 | 0:21:01 |
| 98. | 238 | Richard Morris | M | 35-44 | Redhill Road Runners | 0:21:00 | 0:21:06 |
| 99. | 94 | Stephen Gibson | M | 35-44 | Redhill Road Runners | 0:21:05 | 0:21:10 |
| 100. | 65 | Simon Holmes | M | 35-44 | Redhill Road Runners | 0:21:05 | 0:21:11 |
| 101. | 219 | Daniel Crow | M | 45-54 | Sutton in Ashfield Harriers & | 0:21:08 | 0:21:13 |
| 102. | 123 | Ben McClemens | M | 35-44 | | 0:21:10 | 0:21:16 |
| 103. | 169 | Oliver McClemens | M | U20 | | 0:21:11 | 0:21:16 |
| 104. | 253 | Christopher Frost | M | 35-44 | Ripley Running Club | 0:21:12 | 0:21:20 |

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| 105. | 115 | Emma Cupitt | F | 35-44 | Holme Pierrepont RC | 0:21:22 | 0:21:26 |
| 106. | 42 | Jason Randall | M | 45-54 | Holme Pierrepont RC | 0:21:17 | 0:21:27 |
| 107. | 252 | Noel Henderson | M | 55-64 | Newark Striders Running Club | 0:21:22 | 0:21:32 |
| 108. | 296 | David Carver | M | 45-54 | Mansfield Harriers | 0:21:37 | 0:21:42 |
| 109. | 145 | Cristina Dinescu | F | 35-44 | Mansfield Harriers | 0:21:30 | 0:21:44 |
| 110. | 117 | Sophie Wilson | F | SEN | Redhill Road Runners | 0:21:39 | 0:21:44 |
| 111. | 128 | Chris Hunt | M | 35-44 | North Derbyshire RC | 0:21:32 | 0:21:45 |
| 112. | 143 | Philip Gretton | M | 35-44 | | 0:21:36 | 0:21:46 |
| 113. | 271 | Susan Wheatcroft | F | 35-44 | Beeston AC | 0:21:46 | 0:21:50 |
| 114. | 111 | Graeme Baguley | M | 45-54 | Mansfield Harriers | 0:21:50 | 0:21:54 |
| 115. | 208 | helen pritchett | F | 35-44 | | 0:21:54 | 0:21:58 |
| 116. | 260 | Simon Leadley | M | 35-44 | Holme Pierrepont RC | 0:21:49 | 0:21:59 |
| 117. | 28 | Lauren Johnson | F | 35-44 | Holme Pierrepont RC | 0:21:50 | 0:22:00 |
| 118. | 186 | Jack Roffe | M | SEN | Holme Pierrepont RC | 0:21:50 | 0:22:00 |
| 119. | 148 | Neil Handley | M | 45-54 | | 0:21:52 | 0:22:02 |
| 120. | 178 | Isabelle Burlington | F | U20 | Mansfield Harriers | 0:21:55 | 0:22:02 |
| 121. | 102 | Philip Beardsley | M | 35-44 | Fordy Runs Running Club | 0:22:02 | 0:22:07 |
| 122. | 41 | Fraser Bain | M | 35-44 | Mansfield Harriers | 0:22:02 | 0:22:08 |
| 123. | 13 | Claire Watson | F | 35-44 | Sutton in Ashfield Harriers & | 0:22:08 | 0:22:12 |
| 124. | 101 | Tracy Hill | F | 45-54 | Holme Pierrepont RC | 0:22:08 | 0:22:19 |
| 125. | 64 | Steve Beddoe | M | 55-64 | North Derbyshire RC | 0:22:11 | 0:22:22 |
| 126. | 49 | Paul Smith | M | 35-44 | | 0:22:19 | 0:22:29 |
| 127. | 195 | Andrew Longmead | M | 35-44 | Mansfield Harriers | 0:22:24 | 0:22:33 |
| 128. | 79 | Arran Wood | M | 35-44 | | 0:22:28 | 0:22:34 |
| 129. | 105 | Chris O'Donnell | M | 45-54 | | 0:22:34 | 0:22:42 |
| 130. | 297 | Andy Portwood | M | 45-54 | Clowne Road Runners Club | 0:22:38 | 0:22:45 |
| 131. | 256 | Paul Stacey | M | 55-64 | Redhill Road Runners | 0:22:48 | 0:22:54 |
| 132. | 89 | Richard Kershaw | M | 35-44 | | 0:22:42 | 0:22:56 |
| 133. | 196 | Shaun Middleton | M | SEN | Mansfield Harriers | 0:22:52 | 0:22:58 |
| 134. | 243 | Steve Lawson | M | 55-64 | Redhill Road Runners | 0:23:01 | 0:23:07 |
| 135. | 70 | Ian Warton-Woods | M | 35-44 | Ripley Running Club | 0:23:03 | 0:23:12 |
| 136. | 125 | Clare Coombes | F | 45-54 | Vegan Runners UK | 0:23:03 | 0:23:13 |
| 137. | 274 | Mark Burr | M | 55-64 | Mansfield Harriers | 0:23:09 | 0:23:14 |
| 138. | 104 | Dennis Holmes | M | 55-64 | Matlock AC | 0:23:04 | 0:23:17 |
| 139. | 287 | Barbara Stevens | F | 65-74 | Redhill Road Runners | 0:23:14 | 0:23:18 |
| 140. | 112 | Jacqueline | F | 55-64 | Beeston AC | 0:23:15 | 0:23:19 |
| 141. | 192 | Kimberley Durant | F | SEN | | 0:23:14 | 0:23:22 |
| 142. | 225 | Chloe Bacon | F | SEN | | 0:23:15 | 0:23:24 |
| 143. | 239 | Jade Bacon | F | SEN | Mansfield Harriers | 0:23:15 | 0:23:24 |
| 144. | 154 | Florence Kenney | F | U20 | Mansfield Harriers | 0:23:16 | 0:23:24 |
| 145. | 207 | Darren Golding | M | 45-54 | | 0:23:12 | 0:23:26 |
| 146. | 160 | Darren Watkin | M | 55-64 | Newark Striders Running Club | 0:23:21 | 0:23:29 |
| 147. | 87 | Kerry Anderson | F | 35-44 | Clowne Road Runners Club | 0:23:36 | 0:23:44 |
| 148. | 280 | Yvette Robinson | F | SEN | Sutton in Ashfield Harriers & | 0:23:41 | 0:23:52 |
| 149. | 83 | Peter Craggs | M | 35-44 | Mansfield Harriers | 0:23:49 | 0:23:57 |
| 150. | 197 | Sarah Bradbury | F | SEN | Mansfield Harriers | 0:23:51 | 0:24:00 |
| 151. | 172 | Peter Davis | M | 65-74 | Newark Striders Running Club | 0:23:56 | 0:24:05 |
| 152. | 59 | Vivienne Craven | F | 45-54 | Redhill Road Runners | 0:24:01 | 0:24:07 |
| 153. | 214 | JOHN HARRISON | M | 55-64 | Worksop Harriers | 0:24:11 | 0:24:18 |
| 154. | 124 | Paul Boden | M | 55-64 | North Derbyshire RC | 0:24:14 | 0:24:27 |
| 155. | 213 | Catherine Reilly | F | 35-44 | Formula One Circuit Crew | 0:24:25 | 0:24:30 |
| 156. | 106 | Heather Barber | F | 45-54 | Mansfield Harriers | 0:24:34 | 0:24:39 |

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| 157. | 100 | Gemma Bacon | F | 35-44 | Sutton in Ashfield Harriers & | 0:24:30 | 0:24:41 |
| 158. | 57 | Natasha Carver | F | 45-54 | Mansfield Harriers | 0:24:33 | 0:24:42 |
| 159. | 78 | Toni Harper | F | SEN | Redhill Road Runners | 0:24:44 | 0:24:53 |
| 160. | 203 | Michael Drury | M | 45-54 | Redhill Road Runners | 0:24:57 | 0:25:05 |
| 161. | 258 | Rachel Shambrook | F | 35-44 | Redhill Road Runners | 0:24:58 | 0:25:06 |
| 162. | 230 | Kim Etherington-Bates | F | SEN | Notfast AC | 0:25:02 | 0:25:09 |
| 163. | 212 | Jackie Rookes | F | 45-54 | | 0:25:08 | 0:25:17 |
| 164. | 227 | Claire Croll | F | 35-44 | Lonely Goat RC | 0:25:13 | 0:25:20 |
| 165. | 149 | Louise Wood | F | 35-44 | | 0:25:33 | 0:25:44 |
| 166. | 215 | Stephen Tomlinson | M | 35-44 | Newark Striders Running Club | 0:25:31 | 0:25:44 |
| 167. | 273 | Caroline Caldecourt | F | 45-54 | Sutton in Ashfield Harriers & | 0:25:35 | 0:25:46 |
| 168. | 255 | Selina Town | F | SEN | | 0:25:45 | 0:25:55 |
| 169. | 291 | David Hicken | M | 65-74 | North Derbyshire RC | 0:25:46 | 0:25:58 |
| 170. | 157 | Ian Rookes | M | 45-54 | Clowne Road Runners Club | 0:25:55 | 0:26:05 |
| 171. | 130 | Ian Neal | M | 55-64 | | 0:25:55 | 0:26:07 |
| 172. | 44 | Natalie Haw | F | 35-44 | Long Eaton Running Club | 0:26:09 | 0:26:17 |
| 173. | 24 | Michael Lees | M | 45-54 | Clowne Road Runners Club | 0:26:11 | 0:26:21 |
| 174. | 62 | Emma Shaw | F | SEN | Worksop Harriers | 0:26:08 | 0:26:23 |
| 175. | 248 | Helen Jekiel | F | 45-54 | Holme Pierrepont RC | 0:26:20 | 0:26:32 |
| 176. | 268 | Emma Hayden-West | F | 35-44 | North Derbyshire RC | 0:26:23 | 0:26:36 |
| 177. | 88 | Melissa Solomon | F | 45-54 | | 0:26:28 | 0:26:37 |
| 178. | 66 | Michelle Baxter | F | 45-54 | Mansfield Harriers | 0:26:32 | 0:26:47 |
| 179. | 282 | Cathy Mhembere | F | 45-54 | Worksop Harriers | 0:26:34 | 0:26:54 |
| 180. | 264 | Geoff Bloom | M | 55-64 | | 0:26:45 | 0:26:57 |
| 181. | 176 | Maddy Collinge | F | 65-74 | Mansfield Harriers | 0:27:00 | 0:27:10 |
| 182. | 68 | Pete Copcutt | M | 55-64 | Mansfield Harriers | 0:27:03 | 0:27:17 |
| 183. | 220 | Robert Knott | M | 45-54 | | 0:27:20 | 0:27:29 |
| 184. | 193 | Katie Newton | M | 35-44 | Kimberley & District Striders | 0:27:23 | 0:27:35 |
| 185. | 114 | Heather Thornley | F | SEN | Redhill Road Runners | 0:27:30 | 0:27:41 |
| 186. | 53 | Graham Sheen | M | 65-74 | Clowne Road Runners Club | 0:27:39 | 0:27:48 |
| 187. | 262 | Tim Richardson | M | 55-64 | Mansfield Harriers | 0:27:45 | 0:27:54 |
| 188. | 244 | Phillip Hall | M | 65-74 | | 0:28:03 | 0:28:16 |
| 189. | 121 | Michael Horn | M | 65-74 | Redhill Road Runners | 0:28:14 | 0:28:27 |
| 190. | 167 | Josephine Horan | F | 45-54 | | 0:28:12 | 0:28:28 |
| 191. | 85 | John Oldfield | M | 75+ | Holme Pierrepont RC | 0:28:26 | 0:28:38 |
| 192. | 90 | Sue Lomas | F | 55-64 | Mansfield Harriers | 0:28:38 | 0:28:49 |
| 193. | 138 | Cody Taylor | M | U20 | | 0:28:42 | 0:28:59 |
| 194. | 165 | Shaun Arrowsmith | M | 45-54 | Kimberley & District Striders | 0:28:44 | 0:29:01 |
| 195. | 294 | Michelle Simpkin | F | 45-54 | Mansfield Harriers | 0:28:52 | 0:29:03 |
| 196. | 110 | Gweneth Hall | F | 55-64 | Holme Pierrepont RC | 0:29:06 | 0:29:19 |
| 197. | 263 | Lisa Wright | F | 45-54 | Notts Women Runners | 0:29:07 | 0:29:23 |
| 198. | 257 | Melanie Golding | F | 45-54 | | 0:29:11 | 0:29:26 |
| 199. | 182 | Sally anne Charlton | F | 35-44 | Mansfield Harriers | 0:29:20 | 0:29:31 |
| 200. | 23 | Baz Whitehead | M | 35-44 | | 0:29:18 | 0:29:32 |
| 201. | 84 | Lisa Hodgkinson | F | 35-44 | | 0:29:24 | 0:29:42 |
| 202. | 240 | Matt Bevan | M | 45-54 | | 0:29:38 | 0:29:56 |
| 203. | 147 | Peter Thomas | M | 55-64 | | 0:29:46 | 0:30:00 |
| 204. | 293 | JULIA HALLAM | F | 35-44 | Grantham Running Club | 0:30:11 | 0:30:29 |
| 205. | 242 | Kirsty Sanders | F | 35-44 | Sutton in Ashfield Harriers & | 0:30:17 | 0:30:34 |
| 206. | 144 | Dawn STEVENSON | F | 55-64 | | 0:30:28 | 0:30:40 |
| 207. | 69 | Nicola Sanderson | F | 35-44 | | 0:30:33 | 0:30:45 |
| 208. | 221 | Vicky Randall | F | 45-54 | | 0:31:15 | 0:31:28 |

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| 209. | 286 | Rosemay Horn | F | 65-74 | Redhill Road Runners | 0:31:16 | 0:31:31 |
| 210. | 174 | Trish Woodward | F | 35-44 | Notts Women Runners | 0:31:45 | 0:32:00 |
| 211. | 163 | Lynne Peacock | F | 45-54 | Notts Women Runners | 0:31:45 | 0:32:01 |
| 212. | 183 | Amanda Mumby | F | 35-44 | Grantham Running Club | 0:32:01 | 0:32:18 |
| 213. | 166 | Thomasina Copcutt | F | 55-64 | Mansfield Harriers | 0:32:12 | 0:32:25 |
| 214. | 103 | Holly Dews | F | SEN | | 0:32:24 | 0:32:40 |
| 215. | 153 | Emma Marriott | F | 35-44 | | 0:33:03 | 0:33:20 |
| 216. | 233 | Geoff Kenney | M | 35-44 | | 0:33:36 | 0:33:51 |
| 217. | 74 | Sarah-Jane | F | 35-44 | Clowne Road Runners Club | 0:34:24 | 0:34:43 |
| 218. | 63 | Alison Kenney | F | 35-44 | | 0:34:58 | 0:35:14 |
| 219. | 270 | Lucy Dutchman | F | SEN | | 0:35:57 | 0:36:14 |
| 220. | 156 | Valerie Walker | F | 45-54 | Redhill Road Runners | 0:37:48 | 0:38:02 |

Number of records: 220