

## Carsington 7+ 2023 Final Results

Bib	Gun Pos	Name	Guntime	Chiptime	Category	Team / Club
3	1	Andy Harding	00:41:13	00:41:13	MSEN	Heanor Running Club
8	2	Christopher Gidlow	00:41:43	00:41:43	M40	City of Stoke AC
4	3	George Kirkman	00:42:50	00:42:50	MSEN	
10	4	Eddy George	00:42:55	00:42:55	MSEN	Holme Pierrepont RC
6	5	Matthew Martin	00:43:30	00:43:30	MSEN	Clowne Road Runners Club
7	6	Callum Abberley	00:45:15	00:45:15	MSEN	Burton AC
29	7	Michael Smith	00:45:33	00:45:33	MSEN	
9	8	Harry Taylor	00:45:40	00:45:39	MSEN	Beeston AC
5	9	Kenny Malton	00:46:30	00:46:30	MSEN	Shelton Striders
37	10	Alex Jones	00:46:35	00:46:34	M40	
35	11	Christopher Hicks	00:47:10	00:47:09	M40	Beeston AC
36	12	Joseph Goodwin	00:47:28	00:47:27	M50	
163	13	Matt Buller	00:47:42	00:47:42	MSEN	Mickleover Running Club
54	14	Craig Morgan	00:47:50	00:47:49	MSEN	Belper Harriers
21	15	Rob Kendrick	00:48:15	00:48:14	MSEN	Mansfield Harriers
57	16	Martin Bannister	00:48:24	00:48:23	MSEN	
164	17	Julian Emslie	00:48:28	00:48:26	MSEN	Derwent Runners (Derby)
55	18	Calvin Cook	00:48:32	00:48:30	MSEN	Clowne Road Runners Club
50	19	Christopher david Magee	00:48:47	00:48:47	M40	Long Eaton Running Club
74	20	Michael Stacey	00:49:07	00:49:07	M40	Team Derby Runner
23	21	Sam Harrison	00:49:28	00:49:27	MSEN	Team Derby Runner
41	22	Jake Ford	00:49:29	00:49:27	MSEN	
26	23	Stephen Connor	00:49:35	00:49:34	MSEN	Beeston AC
172	24	Stephen Mason	00:49:37	00:49:37	M45	Beeston AC
70	25	Tom Halton	00:50:09	00:50:08	M40	Long Eaton Running Club
60	26	Mark Farrar	00:50:12	00:50:09	MSEN	South Derbyshire Road Runners
166	27	Christopher Lilleyman	00:50:16	00:50:14	M45	Clowne Road Runners Club
33	28	Matthew Hammond	00:50:19	00:50:17	MSEN	
38	29	Samuel Broughton	00:50:21	00:50:20	MSEN	Sinfin Running Club
167	30	Matthew Prescott	00:50:31	00:50:31	MSEN	Derwent Runners (Derby)
176	31	Leigh Cannon	00:50:37	00:50:34	M45	
30	32	Stefan Joyce	00:50:47	00:50:46	M45	Team Derby Runner
53	33	Shaun Cooper	00:50:47	00:50:46	MSEN	Team Derby Runner
22	34	Elliott De la fuente parker	00:50:57	00:50:55	MSEN	
48	35	Tommy Bramley	00:50:59	00:50:56	MSEN	Derby Athletic Club
165	36	Thomas King	00:51:06	00:51:04	M50	Long Eaton Running Club
34	37	Rob Woodward	00:51:13	00:51:05	MSEN	York Knavesmire Harriers
244	38	Callum Woodward	00:51:18	00:51:10	MSEN	Mickleover Running Club
15	39	Helen Woods	00:51:22	00:51:20	F40	Kimberley & District Striders
28	40	Jon Leigh	00:51:26	00:51:13	MSEN	
162	41	Nick Roberts	00:51:40	00:51:40	MSEN	Clowne Road Runners Club
43	42	Neil Realey	00:51:58	00:51:53	M55	
75	43	David Pettit	00:52:03	00:52:01	MSEN	
63	44	Phil Shearing	00:52:16	00:52:15	M40	Erewash Valley RC
169	45	Andrew Miller	00:52:21	00:52:15	M50	Shelton Striders
69	46	Peter Mills	00:52:25	00:52:24	MSEN	Long Eaton Running Club
181	47	Lewis Glover	00:52:28	00:52:28	M55	
44	48	Luke Inglis	00:52:37	00:52:32	M40	Shelton Striders
174	49	Lee Blades	00:52:55	00:52:55	M45	
88	50	Matthew Haywood	00:53:07	00:53:05	M40	Matlock Athletic Club
522	51	Roger Matthews	00:53:14	00:53:14	M55	Vegan Runners UK
109	52	Danny Mooney	00:53:16	00:53:12	M40	Team Derby Runner
56	53	Tom Riley	00:53:22	00:53:18	MSEN	Derwent Runners (Derby)
42	54	John Reynolds	00:53:22	00:53:19	M40	Ilkeston Running Club
175	55	Adam Coleman	00:53:30	00:53:30	M45	
89	56	Dan Harpham	00:53:32	00:53:32	MSEN	Clowne Road Runners Club
46	57	Paul Gibbs	00:53:34	00:53:34	MSEN	
32	58	John Halford	00:53:58	00:53:56	MSEN	
20	59	Richard Steeples	00:54:05	00:54:03	MSEN	
92	60	Paul Hillman	00:54:18	00:54:16	M45	Sutton in Ashfield Harriers & AC
82	61	Alex Rowell	00:54:26	00:54:26	F50N	Derwent Runners (Derby)
27	62	Dan Winter	00:54:29	00:54:27	MSEN	Sinfin Running Club
65	63	Gareth Jones	00:54:45	00:54:41	M40	
40	64	Richard Tissington	00:54:50	00:54:45	M50	Shelton Striders
61	65	James Realey	00:54:59	00:54:47	MSEN	Shelton Striders

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Bib	Gun Pos	Name	Guntime	Chiptime	Category	Team / Club
16	66	Lucy Grant	00:55:03	00:55:00	F35	Beeston AC
45	67	Simon Donnelly	00:55:09	00:55:04	MSEN	
76	68	Matt Taylor	00:55:14	00:55:08	MSEN	Clowne Road Runners Club
173	69	Gordon Lathwell	00:55:27	00:55:23	M45	Team Derby Runner
62	70	Jamie Griffith	00:55:44	00:55:39	M45	Beeston AC
191	71	Molly Tomlinson	00:55:45	00:55:45	FSEN	
90	72	Mihail Mihaylov	00:56:01	00:55:56	M55	Beeston AC
93	73	Andrew Edwards	00:56:12	00:56:07	M55	
123	74	Lee Bartram	00:56:17	00:56:17	M45	
210	75	Jodie Smith	00:56:19	00:56:11	F40	Long Eaton Running Club
72	76	Paul Wade	00:56:20	00:56:15	M50	Long Eaton Running Club
99	77	Mark Ison	00:56:25	00:56:21	M45	Team Derby Runner
113	78	Kevin Atton	00:56:41	00:56:39	M40	Maverick Run Project
184	79	Maia Simpson Lloyd	00:56:45	00:56:45	FSEN	Team Derby Runner
201	80	Matthew Jones	00:56:45	00:56:31	M45	
108	81	Nathan Sutton	00:56:47	00:56:47	M40	Derwent Runners (Derby)
64	82	Kevin Purser	00:56:47	00:56:43	M45	Sinfin Running Club
98	83	John Walker	00:56:48	00:56:48	M60	Beeston AC
139	84	Paul Warren	00:56:50	00:56:50	M40	
228	85	Damon Freeston	00:56:52	00:56:41	M50	Hatton Darts
80	86	Danielle Stack	00:56:52	00:56:44	FSEN	Sinfin Running Club
86	87	Phill Bexon	00:56:57	00:56:45	M50	Smalley Road Runners
71	88	David Ball	00:56:57	00:56:49	M45	
25	89	Joe Straker	00:57:01	00:56:56	MSEN	
91	90	Tracy Parker	00:57:05	00:57:02	F50	Sutton in Ashfield Harriers & AC
177	91	Tom Reader	00:57:10	00:57:05	M45	Beeston AC
183	92	Jim Hynes	00:57:15	00:57:15	M50	
245	93	Nathan Knowles	00:57:22	00:57:03	MSEN	Ilkeston Running Club
103	94	Stewart Hutton	00:57:27	00:57:19	MSEN	
178	95	Iain Ashworth	00:57:29	00:57:17	M45	
212	96	Joe Troman	00:57:30	00:57:18	MSEN	
371	97	Alec Maclean	00:57:32	00:57:32	M50	Beeston AC
132	98	Neil Doherty	00:57:36	00:57:28	M40	
128	99	Richard Upward	00:57:48	00:57:43	M55	Beeston AC
73	100	Tasso Gazis	00:57:58	00:57:52	M55	Beeston AC
276	101	Daniel Craven	00:58:07	00:57:50	MSEN	
100	102	Penny Plummer	00:58:10	00:58:07	F40	Long Eaton Running Club
59	103	Ian Byard	00:58:11	00:57:59	MSEN	
96	104	Greg Stenson	00:58:12	00:58:12	MSEN	
375	105	Gavin Elliott	00:58:23	00:58:21	M45	Matlock Athletic Club
105	106	James Stevens	00:58:27	00:58:15	M55	Mickleover Running Club
129	107	Dave Spencer	00:58:32	00:58:26	M60	
101	108	Anthony Wright	00:58:32	00:58:32	M45	Beeston AC
77	109	Paul Taylor	00:58:34	00:58:28	M60	Clowne Road Runners Club
140	110	Andrew Doggett	00:58:44	00:58:44	M50	
39	111	Tim Saul	00:58:53	00:58:48	M55	Derwent Runners (Derby)
158	112	Sally White	00:58:58	00:58:47	FSEN	Clowne Road Runners Club
133	113	Tomas Hradisky	00:58:58	00:58:49	M40	Sinfin Running Club
170	114	Paul Plant	00:59:06	00:58:55	M45	Clowne Road Runners Club
179	115	Tom Nightingale	00:59:11	00:59:11	MSEN	
112	116	Jerry Evans	00:59:15	00:59:05	M65	Shelton Striders
180	117	Tom Sweeney	00:59:17	00:59:17	MSEN	Team Derby Runner
182	118	Jenny Lloyd	00:59:17	00:59:08	F45	Team Derby Runner
237	119	Simon Turner	00:59:23	00:59:08	M50	Amber Valley and Erewash Athletic Club
148	120	Luke Maycock	00:59:23	00:59:23	MSEN	
81	121	Ian Parker	00:59:27	00:59:24	M60	
87	122	Laura Swift	00:59:31	00:59:31	F35	
146	123	Adam Buxton	00:59:32	00:59:23	MSEN	
379	124	Barry Saunders	00:59:34	00:59:17	M55	South Derbyshire Road Runners
376	125	Ian Chappell	00:59:35	00:59:35	M50	
185	126	Rob Crosslanddiskin	00:59:48	00:59:48	MSEN	Derwent Runners (Derby)
367	127	Shaun Grant	00:59:50	00:59:50	M50	Derwent Runners (Derby)
51	128	Neil Yewman	01:00:03	00:59:52	M50	Clowne Road Runners Club
187	129	Charlotte Day	01:00:05	00:59:55	FSEN	
378	130	Michael Richards	01:00:11	01:00:11	M45	Mickleover Running Club

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149	131	Claire Hayes	01:00:19	01:00:11	F45	Holme Pierrepont RC
31	132	Zoe Attenborough	01:00:21	01:00:16	F5EN	
47	133	Lee Brassington	01:00:21	01:00:09	M45	Smalley Road Runners
481	134	Stephanie Meehan	01:00:23	01:00:04	F5EN	
260	135	Donald Ward	01:00:24	01:00:11	M40	Team Derby Runner
161	136	Iulius Savoia	01:00:27	01:00:27	M5EN	
290	137	Joanna Johnson	01:00:27	01:00:15	F45	Derwent Runners (Derby)
302	138	Anthony Bedlow	01:00:29	01:00:17	M50	
85	139	Michael Sellors	01:00:30	01:00:21	M50	
130	140	Anna Harding	01:00:32	01:00:32	F35	Belper Ten Twenty Triathlon Club
125	141	Peter Edmonds	01:00:36	01:00:31	M60	Long Eaton Running Club
202	142	David Smith	01:00:39	01:00:26	M60	Beeston AC
204	143	Anthony Cook	01:00:45	01:00:29	M45	
171	144	Errol Flynn	01:00:59	01:00:59	M45	Long Eaton Running Club
145	145	Thomas Kirkham	01:01:29	01:01:05	M5EN	
110	146	Beverley Peel	01:01:34	01:01:27	F45	Long Eaton Running Club
147	147	Mark Weston	01:01:37	01:01:37	M50	
84	148	Lee Green	01:01:49	01:01:43	M45	
134	149	Paul Whitby	01:01:54	01:01:47	M40	
120	150	Andrew Gallimore	01:01:56	01:01:50	M55	Sinfin Running Club
243	151	Steven Stanfield	01:02:03	01:01:51	M5EN	
189	152	Jason Reader	01:02:07	01:02:07	M45	
168	153	Ian Crompton	01:02:09	01:02:09	M60	Shelton Striders
151	154	Matthew Booth	01:02:18	01:02:09	M5EN	Sinfin Running Club
220	155	Jon Reynolds	01:02:18	01:02:18	M40	Mickleover Running Club
235	156	David Poole	01:02:19	01:01:59	M5EN	
222	157	Martin White	01:02:29	01:02:19	M5EN	
209	158	Dean Patrick	01:02:40	01:02:18	M45	
152	159	Dave Turley	01:02:50	01:02:39	M55	Shelton Striders
114	160	Steve Boden	01:02:51	01:02:51	M50	
156	161	Peter Chadwick	01:02:58	01:02:48	M40	
138	162	Simon Collin	01:02:59	01:02:59	M5EN	
124	163	Jon Boyce	01:03:14	01:03:14	M40	Beeston AC
157	164	Martin Mcshane	01:03:23	01:02:56	M5EN	Clowne Road Runners Club
219	165	Liz Phillips	01:03:31	01:03:14	F50	Shelton Striders
231	166	Steven Roebuck	01:03:32	01:03:22	M40	Sutton in Ashfield Harriers & AC
225	167	Austin Roberts	01:03:37	01:03:37	M50	
238	168	Simon Judson	01:03:42	01:03:42	M45	
144	169	Mathew Coleman	01:03:47	01:03:40	M5EN	
241	170	Lee Dursley	01:03:52	01:03:52	M40	
141	171	Steven Pardey	01:03:55	01:03:43	M5EN	
236	172	Marie christine Pardon	01:03:55	01:03:43	F50	Beeston AC
131	173	Isaac Tamplin	01:03:56	01:03:50	M5EN	
385	174	Gary Sharlott	01:04:03	01:04:03	M45	
240	175	Allison Preece	01:04:12	01:04:12	F45	Clowne Road Runners Club
207	176	Sarah Simpson	01:04:20	01:04:01	F50	Redhill Road Runners
119	177	Wayne Handley	01:04:28	01:04:20	M50	Erewash Valley RC
359	178	Mark Chadwick	01:04:30	01:04:08	M5EN	
142	179	Lisa Nadin	01:04:36	01:04:36	F35	
317	180	Tom Smith	01:04:51	01:04:33	M5EN	
203	181	Josie Faith	01:05:02	01:04:46	F5EN	
205	182	Fiona McIntyre	01:05:10	01:05:10	F45	Team Derby Runner
227	183	Matthew Sproat	01:05:15	01:04:58	M40	
293	184	Ben Holmes	01:05:18	01:04:51	M5EN	Smalley Road Runners
208	185	Richard Wyness	01:05:27	01:05:13	M5EN	Uttoxeter Road Runners
153	186	Thomas Dudley	01:05:28	01:05:28	M5EN	
188	187	William Whitehead	01:05:29	01:05:22	M55	Derbyshire Dynamos
224	188	Trudie Udell	01:05:37	01:05:24	F50	
221	189	Yuk wah Tsang	01:05:42	01:05:18	M45	Long Eaton Running Club
254	190	Angela Andrews	01:05:47	01:05:27	F45	
296	191	Stuart Lyons	01:05:51	01:05:32	M50	
369	192	Kevin Sisson	01:05:56	01:05:29	M60	
318	193	Mike Smith	01:05:59	01:05:59	M55	
118	194	Giles Searby	01:05:59	01:05:49	M50	Clowne Road Runners Club
121	195	Andy Bradley	01:06:01	01:06:01	M50	Team Derby Runner

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431	196	James Burton	01:06:10	01:05:33	M40	
322	197	Susie Vere	01:06:15	01:06:02	F45	
324	198	James Woolley	01:06:22	01:05:57	M45	
258	199	Neil Halsey	01:06:33	01:06:33	M55	
252	200	Ken Morrell	01:06:37	01:06:20	M65	Beeston AC
396	201	Nikki Woodward	01:06:48	01:06:33	F40	Team Derby Runner
253	202	Amelia Hardwick	01:06:49	01:06:31	F5EN	
337	203	Catherine Lumsden	01:06:51	01:06:51	F50	
381	204	Colin Shorrocks	01:06:53	01:06:33	M75	
49	205	Ben Middleton	01:06:58	01:06:55	M45	
262	206	Graham Blythe	01:07:07	01:07:07	M5EN	
239	207	Martin Smith	01:07:16	01:07:16	M60	
223	208	David Harrison	01:07:30	01:07:16	M45	
200	209	Louise Mcquade	01:07:37	01:07:37	F55	Long Eaton Running Club
246	210	Chris Proud	01:07:38	01:07:26	M75	Derwent Runners (Derby)
512	211	Jill Wilkes	01:07:43	01:07:12	F45	Long Eaton Running Club
513	212	Guy Wilkes	01:07:44	01:07:13	M45	Long Eaton Running Club
384	213	Kim Butler	01:07:44	01:07:28	F35	Beeston AC
104	214	Brian Hatwell	01:07:49	01:07:36	M45	Long Eaton Running Club
95	215	Christine Bexton	01:07:51	01:07:34	F60	Beeston AC
97	216	Chris Davies	01:07:54	01:07:46	M5EN	
218	217	Kevin Botto	01:08:00	01:08:00	M60	Ilkeston Running Club
383	218	Jennifer Hand	01:08:15	01:07:50	F40	
309	219	Yvonne Yates	01:08:16	01:08:16	F40	
370	220	Jon Moore	01:08:20	01:08:20	M50	
315	221	Tina Stevens	01:08:21	01:08:21	F50	Mickleover Running Club
266	222	Andy Green	01:08:25	01:08:11	M40	Derbyshire Dynamos
362	223	Nikki Barker	01:08:36	01:08:19	F40	Long Eaton Running Club
365	224	Hannah Ryder	01:08:39	01:08:39	F5EN	Derwent Runners (Derby)
233	225	Mick Bestwick	01:08:42	01:08:42	M60	Smalley Road Runners
352	226	Ashley Barlow	01:08:44	01:08:44	M5EN	
339	227	Katie Orman	01:08:45	01:08:27	F40	Fetch Everyone
116	228	James Cruse	01:08:52	01:08:44	M40	
328	229	Denise Robertson	01:08:54	01:08:33	F45	
360	230	Wil Ditheridge	01:08:57	01:08:33	M45	Long Eaton Running Club
267	231	Matthew Henning	01:09:01	01:09:01	M50	Shelton Striders
117	232	Malcolm Ward	01:09:12	01:08:47	M55	Clowne Road Runners Club
301	233	Gemma Stacey	01:09:17	01:08:57	F35	Rolls Royce Harriers
314	234	Wendy Lauberts	01:09:19	01:09:01	F60	Long Eaton Running Club
374	235	Tim Stokes	01:09:22	01:09:22	M50	
311	236	Andrew Quinney	01:09:26	01:09:26	M5EN	
348	237	Ryan Hawsworth	01:09:34	01:09:16	M5EN	
155	238	Ian Carson	01:09:41	01:09:29	M50	Derbyshire Dynamos
373	239	James Nightingale	01:09:44	01:09:19	M5EN	
395	240	Mike Macdonald	01:09:46	01:09:46	M65	Lonely Goat RC
211	241	Hazel Perrett	01:09:48	01:09:35	F5EN	Kimberley & District Striders
336	242	Andrew Lumsden	01:09:51	01:09:36	M50	
363	243	Tania Martin	01:09:52	01:09:22	F5EN	Ilkeston Running Club
357	244	Steve Carter	01:09:53	01:09:53	M65	Clowne Road Runners Club
406	245	Josephine Horan	01:09:55	01:09:25	F45	Mansfield Harriers
505	246	Ian Rookes	01:09:59	01:09:59	M50	Clowne Road Runners Club
333	247	Dale Harlow	01:10:02	01:09:40	M5EN	
382	248	Laura Froggatt	01:10:04	01:09:47	F45	Long Eaton Running Club
213	249	Richard Harvey	01:10:24	01:10:04	M70	
277	250	Matthew Binder	01:10:27	01:10:27	M5EN	
297	251	Alex Ferguson	01:10:30	01:10:05	M55	
273	252	Lee Holmes	01:10:36	01:10:20	M5EN	
242	253	Ady Woodhall	01:10:39	01:10:06	M40	JCB Lakeside Club
418	254	Simon Kirk	01:10:40	01:10:07	M55	
404	255	Ian christopher Neal	01:10:43	01:10:06	M65	
386	256	Iris Shorrocks	01:10:48	01:10:28	F70	
226	257	Kathy Hardy	01:10:58	01:10:43	F50	
458	258	Chris Lindley	01:10:59	01:10:22	M70	Clowne Road Runners Club
269	259	Tony Bullivant	01:11:00	01:10:37	M55	
257	260	Jordan North	01:11:01	01:10:49	M40	

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313	261	Colin Baldwin	01:11:05	01:10:42	M55	
372	262	Jennifer Warrior	01:11:08	01:10:35	F45	Notts Women Runners
279	263	Julie Heithus	01:11:20	01:10:49	F60	Sinfin Running Club
329	264	Lucy Astley	01:11:21	01:11:05	F45	Mickleover Running Club
292	265	Brodie Marks	01:11:23	01:11:23	F35	
303	266	Michelle Jakeway	01:11:42	01:11:42	F35	Ilkeston Running Club
247	267	Alex Walker	01:11:58	01:11:43	M50	
307	268	Nigel Lee	01:12:00	01:11:44	M65	Newcastle Staffs AC
291	269	Ellie Salomoni	01:12:16	01:12:03	F55	
272	270	Melissa Zak	01:12:18	01:12:18	F5EN	
283	271	Paul Marshman	01:12:23	01:12:06	M60	
282	272	Madeline Froment	01:12:26	01:12:26	F40	Sutton in Ashfield Harriers & AC
300	273	Karl Gibson	01:12:28	01:12:04	M45	
305	274	Christopher Morehen	01:12:28	01:12:04	M45	
186	275	Steve Cartwright	01:12:33	01:12:15	M45	Shelton Striders
498	276	Darrel Ball	01:12:36	01:11:54	M40	
394	277	Hazel Baxter	01:12:38	01:12:18	F40	Shelton Striders
274	278	Ilona Fogel	01:12:45	01:12:23	F40	RBR Club
321	279	Ben Johnson	01:12:47	01:12:47	M40	
460	280	David Merry	01:12:49	01:12:19	M55	
285	281	Charlotte Street	01:12:50	01:12:31	F5EN	
390	282	Dale Barber	01:12:59	01:12:59	M40	Lonely Goat RC
127	283	Bob Browne	01:13:02	01:12:40	M65	Erewash Valley RC
388	284	Lorna Paterson	01:13:06	01:13:06	F5EN	Ilkeston Running Club
294	285	Suzanne Harper	01:13:08	01:12:41	F45	Smalley Road Runners
323	286	Zoe Blackwell	01:13:10	01:13:10	F35	Smalley Road Runners
410	287	Paul Downes	01:13:12	01:13:12	M55	
230	288	Louise Reader	01:13:30	01:13:02	F35	
334	289	Christopher Sharp	01:13:38	01:13:16	M45	Holme Pierrepont RC
326	290	Sally Cartwright	01:14:06	01:13:46	F45	Shelton Striders
361	291	Karen Nicholson	01:14:16	01:13:48	F50	
275	292	Alyson Woodcock	01:14:17	01:13:49	F55	Sinfin Running Club
358	293	James Theobald	01:14:19	01:13:54	M40	
364	294	Alan Langton	01:14:25	01:14:07	M75	Derwent Runners (Derby)
499	295	Gillian Chadwick	01:14:28	01:13:51	F35	
306	296	Jenny Smith	01:14:32	01:14:17	F40	
511	297	Eric Sing	01:14:33	01:13:54	M40	
83	298	Stephen Sheldon	01:14:35	01:14:35	M55	
250	299	Andrew Williams	01:14:38	01:14:15	M65	Notts AC
265	300	Kirsty Holding	01:14:47	01:14:20	F5EN	
389	301	John Moxham	01:14:53	01:14:33	M55	
79	302	David Smith	01:15:16	01:14:51	M55	
443	303	Mark Arnold	01:15:23	01:14:45	M55	
427	304	Jayne Jones	01:15:24	01:14:55	F60	Long Eaton Running Club
387	305	Lucy Fox	01:15:30	01:15:17	F35	Team Derby Runner
474	306	Jody Pooley	01:15:33	01:14:58	F40	
429	307	Rachel Straw	01:15:48	01:15:10	F35	
248	308	Eugene Soch	01:16:00	01:16:00	M5EN	
281	309	Steve White	01:16:05	01:16:05	M65	Long Eaton Running Club
346	310	Lucia Capogna	01:16:12	01:15:59	F40	
263	311	Tony Morgan	01:16:14	01:15:59	M45	
67	312	Andrew Brunjes	01:16:18	01:16:03	M45	Erewash Valley RC
255	313	Sarah Henshaw	01:16:36	01:16:36	F40	Ilkeston Running Club
280	314	Ken Hardy	01:16:38	01:16:22	M60	
341	315	Mark Sloan	01:16:40	01:16:05	M50	
289	316	Steve Turner	01:16:40	01:16:05	M55	
345	317	Julie Neachell	01:16:42	01:16:42	F45	
400	318	John Doar	01:16:56	01:16:33	M60	
251	319	Edward Stack	01:17:14	01:17:14	M50	Sinfin Running Club
264	320	Steve Pole	01:17:32	01:17:32	M40	
217	321	Matthew Carswell	01:17:32	01:17:07	M40	
261	322	Joanna Bowman	01:17:38	01:17:38	F40	
368	323	Heather Howarth	01:17:45	01:17:30	F5EN	
286	324	Jack Cook	01:18:17	01:17:38	M5EN	
415	325	Jade Bult	01:18:19	01:18:19	F35	

## Carsington 7+ 2023 Final Results

Bib	Gun Pos	Name	Guntime	Chiptime	Category	Team / Club
469	326	Martin Staniford	01:18:20	01:17:38	M45	
516	327	Louise James	01:18:24	01:17:53	F50	Derwent Runners (Derby)
518	328	Sonia Burns	01:18:24	01:18:24	F40	
52	329	Timothy Drinkall	01:18:33	01:17:48	M40	
343	330	Tim Fearn	01:18:37	01:18:17	M60	
465	331	Kasem Charkous	01:18:39	01:18:08	MSEN	
466	332	Anastasios Kovanis	01:18:43	01:18:13	MSEN	
454	333	Connor Surrell	01:18:48	01:18:18	MSEN	
298	334	Marie Prince	01:18:49	01:18:14	F45	
472	335	Tiffany Cork	01:19:00	01:18:27	FSEN	
407	336	Ian Whitty	01:19:02	01:18:34	M55	
471	337	Lauren Lovatt	01:19:05	01:18:32	FSEN	
122	338	Di Hill	01:19:15	01:19:07	F45	Team Derby Runner
350	339	Tracy Bexon	01:19:29	01:19:29	F50	Smalley Road Runners
517	340	Marie Ball	01:19:31	01:18:58	F55	Clowne Road Runners Club
355	341	Josie Jackson	01:19:37	01:19:37	FSEN	
462	342	Scott Millington	01:19:44	01:19:04	M50	
424	343	Jane Phinn	01:19:51	01:19:18	F45	
416	344	Helen Fyffe	01:19:52	01:19:14	F45	Lonely Goat RC
342	345	Marcia O'sullivan	01:20:02	01:19:45	F55	
492	346	Joss Handley	01:20:03	01:19:33	MSEN	
476	347	Zoe Sutton	01:20:18	01:19:52	F40	Derwent Runners (Derby)
485	348	Russell Garner	01:20:32	01:19:53	MSEN	
288	349	Ben Turner	01:20:32	01:19:53	MSEN	
501	350	Patricia Reyes	01:20:32	01:19:53	F40	
428	351	Mark Howell	01:20:49	01:20:09	M50	
366	352	Emma Terry	01:21:05	01:20:32	F45	
475	353	Melanie Winter	01:21:09	01:20:27	F50	
287	354	Gary Bailey	01:21:09	01:21:09	M40	
270	355	Kim Bradbury	01:21:17	01:21:17	F50	
271	356	Sheila Groves	01:21:17	01:21:17	F55	Sinfin Running Club
340	357	Garry Hickton	01:21:17	01:21:17	M60	Long Eaton Running Club
524	358	Sheila Carruthers	01:21:18	01:21:18	F70	
393	359	Dave Jones	01:21:24	01:21:24	M55	
523	360	Hayley Jones	01:21:35	01:21:00	FSEN	
421	361	Nicky Searby	01:21:37	01:21:04	F50	Clowne Road Runners Club
451	362	David Morris	01:21:42	01:21:16	M55	
423	363	Adele Styles	01:21:42	01:21:42	F50	
437	364	Michelle Salloway	01:21:47	01:21:09	F50	
111	365	Elzbieta Pawlowska	01:21:51	01:21:39	F40	
107	366	Piotr Pawlowski	01:21:52	01:21:52	M45	
295	367	Daniel Hooley	01:22:03	01:21:50	MSEN	
299	368	Noel Gallagher	01:22:10	01:22:10	M65	
468	369	Vicky Butcher	01:22:22	01:21:55	FSEN	
232	370	Andrew Bennett	01:22:43	01:22:43	M55	Hatton Darts
332	371	Paris Crawley	01:22:43	01:22:22	FSEN	
436	372	Ian Spall	01:22:44	01:22:06	M40	
457	373	Angela Roome	01:23:10	01:22:41	F55	Team Derby Runner
310	374	Cheryl Watson	01:23:22	01:23:00	FSEN	
338	375	Jayson Burns	01:23:27	01:23:10	M50	
354	376	Gemma Meek	01:23:35	01:23:07	F40	Sinfin Running Club
405	377	Stephen Clements	01:23:39	01:22:57	M60	
344	378	Bill Mould	01:24:06	01:23:26	M75	Staffs Moorlands AC
308	379	Beverley Clarke	01:24:10	01:24:10	F35	
325	380	Paul Phillips	01:24:14	01:23:49	M60	Shelton Striders
349	381	Sally Cocking	01:24:18	01:24:18	F45	Clowne Road Runners Club
435	382	Jim McIntosh	01:24:19	01:23:42	M55	Clowne Road Runners Club
319	383	Clare Mcshane	01:24:28	01:24:28	F40	Clowne Road Runners Club
433	384	Mei wah Ling	01:25:01	01:25:01	F40	
450	385	Layla Witty	01:25:24	01:24:57	F60	Derwent Runners (Derby)
434	386	Yuk wa Tse	01:25:31	01:24:52	M40	
491	387	Tanja Clifton	01:25:51	01:25:09	F40	
490	388	Nic Clifton	01:25:51	01:25:09	M45	
470	389	Shane Mckie	01:25:56	01:25:23	MSEN	
425	390	Sarah Everett	01:26:23	01:26:23	F50	

## Carsington 7+ 2023 Final Results

Bib	Gun Pos	Name	Guntime	Chiptime	Category	Team / Club
445	391	Jody Marsden	01:26:38	01:25:58	F5EN	Lonely Goat RC
506	392	Jackie Rookes	01:27:00	01:26:33	F50	Clowne Road Runners Club
484	393	Dawn Sharpe	01:27:24	01:26:47	F45	Desford Striders
448	394	Chris Mo	01:27:46	01:27:04	M5EN	
449	395	Julie Mo	01:27:46	01:27:01	F35	
507	396	Dinah Foster	01:28:24	01:27:49	F60	Bungay Black Dog RC
459	397	Irene Lindley	01:28:38	01:28:05	F65	Clowne Road Runners Club
249	398	Julie Robinson	01:28:45	01:28:45	F55	
444	399	Jacalyn Williams	01:28:50	01:28:13	F60	
440	400	Kath Tamplin	01:29:24	01:28:55	F50	
495	401	Dan Headley	01:29:32	01:28:50	M5EN	
426	402	Keith Sheldon	01:29:39	01:28:57	M55	Smalley Road Runners
320	403	Graham Sheen	01:29:45	01:29:08	M70	Clowne Road Runners Club
438	404	Suzanne Nelson	01:29:46	01:29:46	F40	
439	405	Rachel Maxted	01:29:54	01:29:54	F40	
519	406	Angela Charlott	01:30:03	01:29:24	F50	
504	407	Peter Burke	01:30:06	01:29:28	M50	
503	408	Laura Clark	01:30:07	01:29:29	F5EN	
461	409	Vicky Cobfeld	01:30:53	01:30:20	F45	Clowne Road Runners Club
510	410	Michael Colley	01:30:55	01:30:18	M50	Clowne Road Runners Club
520	411	Kevin Stobbs	01:31:34	01:30:52	M60	
312	412	Karen Smith	01:31:54	01:31:36	F5EN	
493	413	Dylan Thompson	01:32:04	01:31:22	M5EN	
521	414	Melvyn Beale	01:32:05	01:32:05	M70	
190	415	Tracy Blythe	01:32:41	01:32:06	F50	
330	416	Iris Peel	01:33:51	01:33:51	F55	Woodthorpe Huffers & Puffers
397	417	Becky Sampson	01:33:51	01:33:51	F55	
353	418	Tracey Stinchcombe	01:34:06	01:33:39	F55	
422	419	Stuart Finch	01:34:07	01:33:42	M45	
502	420	Philip Sharpe	01:34:27	01:33:52	M70	
441	421	Heather Lane	01:35:27	01:34:50	F35	Smalley Road Runners
446	422	Jennifer Scarlett	01:35:46	01:35:17	F45	
525	423	Andrew Glover	01:36:45	01:36:06	M60	Smalley Road Runners
497	424	Julie Bell	01:36:45	01:36:06	F65	
479	425	Chris Cogan	01:40:35	01:39:56	M45	
380	426	Alan Mccloughlin	01:40:36	01:40:36	M55	
464	427	Amy Peberdy	01:42:52	01:42:21	F5EN	Sinfin Running Club
463	428	Patrick Brooks	01:42:52	01:42:21	M60	Sinfin Running Club
489	429	Niki Hobson	01:43:51	01:43:12	F35	
447	430	Jason Ensor	01:44:58	01:44:16	M5EN	
483	431	Mark Taylor	01:46:11	01:45:32	M40	Staffs Moorlands AC
456	432	John Hughes	01:46:35	01:46:06	M80	
500	433	Laura Housley	01:48:31	01:47:46	F35	
508	434	Miles Newey	01:48:31	01:47:46	M5EN	
467	435	Laura Cummings	01:48:38	01:48:10	F5EN	
509	436	Liz Cook	01:50:43	01:50:03	F5EN	Team Derby Runner
401	437	Ginny Willan	01:53:29	01:52:49	F50	
402	438	Vicky Willan	01:53:29	01:52:49	F50	Grantham Running Club