

National Forest Dragon's Lair 10K

28th April 2019

** Provisional Results **

Position	RaceNo.	Name	Gender	Cat	Club	GunTime	Chip Time
1	353	James Farmer	M		SOUTH DERBYSHIRE ROAD RUNNERS	39:01:00	39:00:00
2	341	Ryan Twigg	M	40	HERMITAGE HARRIERS	39:41:00	39:40:00
3	352	Christopher Hanman	M	40	SOUTH DERBYSHIRE ROAD RUNNERS	41:02:00	41:01:00
4	49	Rupert May	M	40	COALVILLE TRIATHLON CLUB	42:45:00	42:40:00
5	401	Simon Ward	M	40	HERMITAGE HARRIERS	42:49:00	42:48:00
6	70	Chris Trinder	M		BARROW RUNNERS	43:50:00	43:48:00
7	153	Mark Blaszczyzyn	M	40	MASSEY FERGUSON RC	44:01:00	43:59:00
8	133	Lawrence Cox	M		BELPER HARRIERS	44:27:00	44:13:00
9	265	Alistair Haywood	M	40	TEAM DERBY RUNNER	44:50:00	44:47:00
10	217	Peter Gleeson	M			45:05:00	45:04:00
11	93	Simon Richards	M	40		45:24:00	45:20:00
12	345	Louise Insley	F	40	SOUTH DERBYSHIRE ROAD RUNNERS	45:31:00	45:30:00
13	1	Michael Scott	M	40	POPLAR RC	46:03:00	46:01:00
14	115	Hannah Costello	F			46:13:00	46:11:00
15	223	Simon Terry	M		IVANHOE RUNNERS	46:15:00	46:13:00
16	382	Mark Ison	M	40	TEAM DERBY RUNNER	46:27:00	46:21:00
17	173	Tim Howard	M	40		47:00:00	46:56:00
18	23	Jason Grainger	M	40		47:02:00	46:59:00
19	333	Jon Dumelow	M		BURTON AC	47:22:00	47:16:00
20	203	Stephen Leafe	M	50	SOUTH DERBYSHIRE ROAD RUNNERS	47:37:00	47:34:00
21	374	Stuart Laing	M			47:39:00	47:35:00
22	361	Mark Shankland	M	40	TEAM DERBY RUNNER	47:40:00	47:35:00
23	4	Paul Dewick	M	50	POPLAR RC	48:00:00	47:57:00
24	254	Gary Downing	M		COALVILLE TRIATHLON CLUB	48:17:00	48:15:00
25	294	Jon Garner	M	40		48:56:00	48:36:00
26	225	Carl Wakelin	M	50		49:00:00	48:52:00
27	2	Andrew Ball	M			49:15:00	49:12:00
28	308	Richard Williams	M			49:20:00	49:05:00
29	204	Wayne Reid	M	40		49:26:00	49:03:00
30	316	Stephen Boam	M			49:31:00	49:23:00
31	359	Anthony Ballance	M	50		49:42:00	49:38:00
32	143	Tom Broster	M			50:22:00	49:55:00
33	387	Kevin Brooks	M		POPLAR RC	50:31:00	50:30:00
34	22	Marie Moss	F		POPLAR RC	50:31:00	50:29:00
35	105	Martin Turkington	M	40		50:44:00	50:37:00
36	96	Justin Beasley	M	40		50:45:00	50:41:00
37	232	Tom Miskowski	M			50:58:00	50:25:00
38	27	Matthew Irons	M	40	COALVILLE TRIATHLON CLUB	50:59:00	50:36:00
39	322	Mark Flanagan	M	40		51:04:00	50:58:00
40	58	Alan Percival	M	50	MICKLEOVER RC	51:05:00	50:57:00
41	120	Michael Hubbard	M	50		51:23:00	50:58:00
42	394	Ross Ballinger	M		SOUTH DERBYSHIRE ROAD RUNNERS	51:28:00	51:26:00
43	251	Ben Staniforth	M			51:31:00	51:08:00
44	307	Paul MacMillan	M	40		51:36:00	51:21:00
45	89	Kathryn Davies	F	40		51:58:00	51:44:00
46	170	David Green	M			52:02:00	51:21:00
47	336	Christopher Halliday	M	40	MICKLEOVER RC	52:07:00	52:00:00
48	262	Kurt Gunby	M			52:09:00	51:28:00
49	56	Richard Hemsley	M	60		52:28:00	52:22:00
50	67	Joel May	M		COALVILLE TRIATHLON CLUB	52:33:00	52:20:00
51	240	Colin Hope	M	50		52:35:00	52:16:00
52	234	Lee Knight	M	40		52:38:00	52:31:00
53	102	Aaron Nash	M			52:40:00	52:15:00
54	206	Alex Green	M	40		52:50:00	52:13:00
55	356	Luke O'Neill	M			52:57:00	52:21:00
56	85	Robert Read	M	40		53:11:00	53:07:00
57	81	Sandy Churchward	F	40		53:33:00	53:24:00
58	272	Bob Clark	M	40		53:33:00	53:12:00
59	306	Jade Rawlings	F			53:40:00	53:34:00
60	196	Mark Fairhurst	M			53:44:00	53:24:00
61	277	Chris Donaghey	M			53:51:00	53:31:00
62	392	Jackie Coxall	F	40		53:55:00	53:35:00
63	283	Lee Varnham	M	40	WEST END RUNNERS	54:02:00	53:57:00
64	160	Angela Cannon	F	40		54:09:00	54:01:00
65	161	Scott Cannon	M	40		54:11:00	54:03:00
66	213	Michael Langford	M			54:18:00	53:42:00

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Position	RaceNo.	Name	Gender	Cat	Club	GunTime	Chip Time
67	127	Donna Tebbutt	F	50	WIGSTON PHOENIX RC	54:27:00	53:45:00
68	298	Ian Boam	M	50		54:37:00	54:31:00
69	194	Malcolm Moore	M	60	SOUTH DERBYSHIRE ROAD RUNNERS	54:50:00	54:46:00
70	343	Dan Small	M			54:56:00	54:36:00
71	183	Natasha Sutherland	F			55:01:00	54:38:00
72	293	Andrew Blaikie	M	40		55:12:00	54:54:00
73	144	Tracey Broster	F	40		55:17:00	54:48:00
74	364	Stuart Coe	M	60	BEAUMONT RC	55:21:00	55:14:00
75	154	Emma White	F	40	MASSEY FERGUSON RC	55:34:00	55:26:00
76	42	Taylor Matthews	M	JUN		55:39:00	55:04:00
77	97	Michael Norris	M			55:42:00	55:18:00
78	335	Stuart Baty	M	40	GRANTHAM RC	55:54:00	55:31:00
79	313	Rosalind Beresford	F	40		56:02:00	56:00:00
80	328	Katarina Compton	F			56:03:00	55:34:00
81	92	Paul Keightley	M	50		56:06:00	56:00:00
82	342	Zoe Sewter	F	40	HERMITAGE HARRIERS	56:14:00	56:00:00
83	137	Claire Kiffin	F	40	TEAM ANSTEY AMBLERS AND R	56:27:00	55:56:00
84	184	Matthew Beech	M	40		56:38:00	55:59:00
85	188	Luke Gibling	M			56:47:00	56:24:00
86	88	Kate Smithard	F	40		56:53:00	56:39:00
87	151	Cath Watkins	F	40		56:58:00	56:33:00
88	63	Stuart Meer	M	40		56:59:00	56:43:00
89	19	Mark Hawthorne	M	40	TEAM DERBY RUNNER	57:00:00	56:49:00
90	378	Sam Geeson	M			57:05:00	56:39:00
91	399	Kirsty Durose	F			57:05:00	56:38:00
92	266	Matthew Donaghey	M			57:09:00	56:50:00
93	39	Jamie Marshall	M			57:12:00	56:57:00
94	202	Paul Gosden	M	50	DERBYSHIRE DYNAMOS	57:14:00	56:58:00
95	261	Lenny Hulme	M			57:21:00	56:57:00
96	395	James Worth	M	40		57:21:00	57:16:00
97	368	Sue Williams	F	50		57:24:00	57:21:00
98	7	Neil Bayliss	M		POPLAR RC	57:27:00	57:24:00
99	10	Julian Matthews	M	40		57:28:00	56:53:00
100	237	Celine Bradburn	F			57:30:00	57:01:00
101	40	Philip Ismail	M		BARROW RUNNERS	57:38:00	57:23:00
102	149	James Taylor	M	40		57:59:00	57:50:00
103	71	Martin Copeland	M	50		58:05:00	57:34:00
104	94	Nancy Bennion	F	40	IVANHOE RUNNERS	58:06:00	58:00:00
105	245	Kelly Stott	F			58:21:00	57:57:00
106	244	Paul Hopkins	M	40		58:22:00	57:58:00
107	274	Emma Smith	F	40		58:22:00	58:03:00
108	275	Adam Smith	M	50		58:22:00	
109	373	Sarah Redshaw-Laing	F			58:39:00	58:35:00
110	34	Susan Statham	F	40		58:53:00	58:32:00
111	315	Georgia Dainty	F			58:55:00	58:36:00
112	375	Glenn Mander	M	40		59:02:00	58:42:00
113	162	Steve Williams	M	40		59:04:00	58:59:00
114	73	Paul Glover	M	50	SOUTH DERBYSHIRE ROAD RUNNERS	59:13:00	58:45:00
115	310	Christopher Hanman	M	40	SOUTH DERBYSHIRE ROAD RUNNERS	59:13:00	58:47:00
116	74	Tracey Glover	F	40	SOUTH DERBYSHIRE ROAD RUNNERS	59:13:00	58:45:00
117	136	Chris Elsegood	M		SOUTH DERBYSHIRE ROAD RUNNERS	59:14:00	58:46:00
118	366	Lisa Wright	F	40	SOUTH DERBYSHIRE ROAD RUNNERS	59:14:00	58:46:00
119	258	Adrian Capewell	M	50		59:16:00	58:57:00
120	296	Gary Black	M	50		59:18:00	
121	20	Andy Buckingham	M	40		59:26:00	58:54:00
122	381	Joanne Ison	F		TEAM DERBY RUNNER	59:28:00	59:12:00
123	119	Catherine Sherlock	F	40	KNOWLE DORRIDGE RC	59:29:00	59:13:00
124	72	Angela Copeland	F	40		59:36:00	59:05:00
125	363	Matt Stamps	M	40		59:38:00	59:11:00
126	390	Vijay Patel	M	40	BIRSTALL RC	59:40:00	59:33:00
127	185	David Shaw	M	50		59:45:00	59:06:00
128	396	Helen Wilebore	F	40		59:45:00	59:32:00
129	331	Jennifer Carr	F	40		59:49:00	59:38:00
130	50	Wendy May	F	40		59:50:00	59:38:00
131	150	Marie Pearce	F	40		59:58:00	59:15:00
132	347	Oliver Weall	M	40		59:59:00	59:48:00

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Position	RaceNo.	Name	Gender	Cat	Club	GunTime	Chip Time
133	311	Soraya Khan	F			01:00:14	59:59:00
134	141	Ellie Roberts	F	40		01:00:15	01:00:06
135	208	Clare Wileman	F	50		01:00:16	01:00:09
136	11	Lisa Bonner	F	40	TEAM ANSTEY AMBLERS AND RUNNERS	01:00:34	01:00:03
137	5	Paul Charlesworth	M	40	POPLAR RC	01:00:38	01:00:35
138	195	Louise Gillingham	F	40	LICHFIELD RC	01:00:38	01:00:19
139	309	Becky Williams	F			01:00:40	01:00:22
140	181	Jo Povall	F	40		01:00:49	01:00:24
141	111	Fiona Rowe	F	40	TEAM DERBY RUNNER	01:00:57	01:00:14
142	380	Deborah Shepherd	F	40		01:01:01	01:00:39
143	300	John Starbuck	M	60	BIRSTALL RC	01:01:02	01:00:28
144	31	Matt Willmott	M			01:01:05	01:00:31
145	17	Vicky Wheatley	F			01:01:08	01:00:31
146	157	Laura Turland	F			01:01:16	01:00:52
147	75	Laura Kendall	F	40		01:01:20	01:00:55
148	76	Roger Kendall	M	50		01:01:20	01:00:55
149	109	Helen Webb	F	50	DESFORD STRIDERS	01:01:21	01:01:06
150	110	Rachel Lopata	F	50	DESFORD STRIDERS	01:01:22	01:01:06
151	35	Jamie Rutter	M	40		01:01:22	01:00:42
152	117	Jason Twist	M	40		01:01:23	01:00:44
153	18	Nicola Rawlinson	F			01:01:32	01:01:28
154	57	Maria Whittaker	F	40		01:01:47	01:01:30
155	271	Ryan Vincent	M			01:01:57	01:01:36
156	255	Samantha Gough	F	40		01:01:58	01:01:27
157	25	Andrew Bennett	M	50	HATTON DARTS RC	01:02:04	01:01:59
158	60	Emma Finlinson	F	40	WIGSTON PHOENIX RC	01:02:10	01:01:25
159	344	Kate Thornley	F	40	BURNTWOOD TRIATHLON	01:02:18	01:02:14
160	152	Dorota Mazurek	F	40		01:02:19	01:02:09
161	190	Claire Webber	F		SWAD JOGGERS	01:02:20	01:02:03
162	312	Sharon Brand	F	40		01:02:22	01:02:13
163	140	Joanne Crichton	F	40	OVERSEAL RUNNING CLUB	01:02:23	01:02:14
164	46	Paul Sycamore	M			01:02:24	01:01:44
165	238	Chris Gair	M	40		01:02:25	01:02:12
166	332	Liva Rubene	F			01:02:26	01:02:20
167	15	Maria Boyce	F	40		01:02:33	01:02:28
168	205	Abi Lewis	F	40		01:02:34	01:02:00
169	370	Samantha Cartwright	F		LONLEY GOAT	01:02:36	01:01:57
170	54	Shelley Hemsley	F	40		01:02:37	01:02:30
171	301	Joe Kirkwood	M	50		01:02:42	01:02:27
172	318	Hayley Smedley	F			01:02:43	01:02:25
173	124	Ruth Mann	F	40		01:02:44	01:02:18
174	126	Philippe Brune	M	50		01:02:49	01:02:24
175	172	Stuart Withers	M	40		01:02:49	01:02:07
176	197	Nigel Vickers	M	40		01:03:01	01:02:49
177	95	Pauline Waweru	F	40		01:03:06	01:03:00
178	299	Adam Roberts	M			01:03:16	01:02:54
179	41	Jenna Davies	F		BADGERS	01:03:18	01:02:59
180	53	Stuart Walton	M	40	BADGERS	01:03:20	01:03:01
181	367	Jason Wood	M	40		01:03:25	01:02:42
182	326	Dan Casey	M			01:04:02	01:03:45
183	340	Nigel Stock	M	50		01:04:19	01:03:40
184	297	Edward Quinn	M	60	HERMITAGE HARRIERS	01:04:22	01:03:47
185	211	Vicky Driscoll	F	40	HERMITAGE HARRIERS	01:04:35	01:03:45
186	319	Kelly Bartlett	F			01:04:43	01:04:25
187	228	Lynn Statham	F			01:04:44	01:04:31
188	227	Richard Statham	M			01:04:45	01:04:32
189	360	Debbie Stones	F			01:04:47	01:04:06
190	252	Dean Staniforth	M	50		01:04:58	01:04:34
191	128	Sean Tebbutt	M	50	WIGSTON PHOENIX RC	01:04:58	01:04:14
192	219	Julie Cunnington	F	40		01:04:59	01:04:55
193	13	Laura Dickens	F		POPLAR RC	01:04:59	01:04:54
194	64	Sian Hall	F			01:05:06	01:04:54
195	44	Jeanette Richards	F	50		01:05:11	01:04:54
196	43	Mark Richards	M	40		01:05:11	01:04:54
197	179	Rich Turner	M			01:05:13	01:04:35
198	288	Katie Lynn	F			01:05:13	01:04:38

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Position	RaceNo.	Name	Gender	Cat	Club	GunTime	Chip Time
199	337	Helen Baum	F	40		01:05:21	01:05:03
200	398	Helen Waterfall	F	40	LONG EATON RC	01:05:31	01:05:02
201	9	Ruth Matthews	F	40		01:05:40	01:05:06
202	257	Tina Twells	F	50		01:05:45	01:05:27
203	83	Marie Whing	F	50		01:05:57	01:05:41
204	199	Jo Taylor	F			01:06:00	01:05:46
205	216	Rachel Burley	F	40		01:06:02	01:05:32
206	192	Louisa Wright	F	40		01:06:03	01:05:48
207	276	Tracy Webb	F	50	GRANTHAM RC	01:06:09	01:05:44
208	264	Janene Penny	F	40	TEAM DERBY RUNNER	01:06:28	01:06:16
209	113	Irina Fejarta	F			01:06:35	01:06:24
210	269	Bethan McIntyre	F			01:06:42	01:06:32
211	305	James Rawlings	M			01:06:44	01:06:26
212	130	Russell Horsley	M	50	STAFFORD HARRIERS	01:06:44	01:06:28
213	354	Sadie Owen	F			01:06:47	01:06:04
214	351	Lara Peach	F	40		01:06:47	01:06:04
215	292	Emily Brunt	F			01:07:01	01:06:28
216	91	Hannah Fern	F		OVERSEAL RUNNING CLUB	01:07:07	01:06:57
217	21	Glyn Davies	M	40		01:07:12	
218	155	Scott Worboys	M	40		01:07:24	01:06:53
219	287	Steven White	M	40	MASSEY FERGUSON RC	01:07:26	01:06:53
220	36	Lindsey Dolman	F			01:07:27	01:07:07
221	379	Natasha Hyde	F	40		01:07:30	01:07:00
222	176	Jonathan Camp	M	40		01:07:36	01:07:27
223	6	Darren Long	M	50	WOODTHORPE HUFFERS PUFFER	01:07:36	01:07:00
224	314	Gaynor McDowell	F	40		01:07:36	01:07:28
225	402	Caroline Townsend	F	60	HERMITAGE RUNNING CLUB	01:07:51	01:07:16
226	147	Dennis Norton	M			01:07:55	01:07:14
227	134	Jessica Harrison	F	40	BEESTON AC	01:08:04	01:07:30
228	26	Sam Waters	F	50		01:08:06	01:07:28
229	280	Helen Lenox-Smith	F	50	EALING EAGLES RC	01:08:11	01:07:54
230	369	Sarah Brickwood-Dixon	F	40		01:08:17	01:08:08
231	148	Emma Stubbs	F			01:08:18	01:08:07
232	231	Jane Ward-Stanton	F	50		01:08:18	01:07:50
233	180	Jenny Tattersall	F	40	SOUTH DERBYSHIRE ROAD RUNNERS	01:08:37	01:08:11
234	191	Sarah Cresswell	F	40	SWAD JOGGERS	01:08:47	01:08:30
235	106	Charlie Hudson	F	40	ENGLAND ATHLETICS GUIDE	01:08:47	01:08:28
236	233	Cameron Beaver	M			01:08:48	01:08:28
237	104	Lisa Moore	F	40		01:08:53	01:08:14
238	243	David Payne	M	60		01:09:22	01:08:48
239	87	Stephen Dashfield	M	40		01:09:29	01:09:01
240	327	Anita Powell	F	50		01:09:33	01:08:48
241	79	Steven Smith	M	40		01:09:39	01:09:24
242	80	Clare Davis	F			01:09:39	01:09:24
243	168	Jenny Hope	F	50	IVANHOE RUNNERS	01:09:46	01:09:27
244	138	Victoria Harvey	F			01:09:59	01:09:26
245	348	Rich Bennett	M	40		01:10:03	01:09:52
246	77	Sarah Morley	F	40		01:10:06	01:09:45
247	304	Mary Sharp	F	60	SOUTH DERBYSHIRE ROAD RUNNERS	01:10:29	01:09:58
248	268	Christopher O'Donnell	M			01:10:43	01:10:35
249	29	Emma Hayes	F		POPLAR RC	01:10:52	01:10:34
250	121	Mandie Marlow	F	50		01:10:59	01:10:49
251	175	Susan Camp	F	40		01:11:07	01:10:59
252	47	Alison Statham	F	40		01:11:16	01:10:54
253	200	Ian Driscoll	M	50	HERMITAGE HARRIERS	01:11:19	01:10:44
254	187	Mae Stenson	F	40	SWAD JOGGERS	01:11:36	01:11:19
255	189	Pete Summers	M	50		01:11:36	01:11:14
256	14	Julie Dean	F	50	TEAM DERBY RUNNER	01:11:54	01:11:13
257	397	Jack Waterfall	M			01:11:56	01:11:29
258	82	Carol Gill	F	40		01:12:02	01:11:53
259	317	Michelle Bray	F	40		01:12:08	01:11:34
260	222	Sharon Smith	F	50		01:12:22	01:12:17
261	291	Katherine Brunt	F	50		01:12:22	01:11:50
262	320	Heather Bayley	F			01:13:06	01:12:47
263	135	Elaine Kenning	F	50		01:13:06	01:12:47
264	112	Alex Lloyd	F	50		01:13:17	01:13:03

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265	372	Rebecca Slater	F	40		01:13:19	01:12:41
266	371	Angharad Lock	F	40		01:13:19	01:12:40
267	285	Natalie Varnham	F		BEAUMONT RC	01:13:34	01:13:27
268	62	Heather Bennett	F			01:13:55	01:13:22
269	235	Julie Hudson	F	50	HINCKLEY RC	01:13:56	01:13:44
270	323	Glyn Burroughs	M	40		01:14:19	01:13:59
271	215	Sophie Leedham	F			01:14:20	01:13:50
272	236	Jude McSharry	F	60	HINCKLEY RC	01:14:24	01:14:10
273	59	Joy Lacey	F	50		01:14:36	01:14:14
274	391	Kristen Mabbott	F			01:14:52	01:14:37
275	249	Cal Oddy	F	60	MASSEY FERGUSON RC	01:15:18	01:15:10
276	324	Simon Hartley	M	50	GRANTHAM RC	01:15:31	01:15:03
277	302	Emma Sharp	F	40	SOUTH DERBYSHIRE ROAD RUNNERS	01:15:37	01:15:07
278	16	Kelly Mate	F	40		01:15:39	01:15:33
279	139	Richard Coates	M	50	STAFFORD TRIATHLON CLUB	01:15:42	01:15:09
280	329	Lisa Landon	F	40		01:15:44	01:15:07
281	214	Kirsty Freeman	F	50		01:16:12	01:15:42
282	129	Wayne Pycroft	M	50		01:16:22	01:16:12
283	221	Helen Boon	F	40		01:16:23	01:16:00
284	131	Gail Sudbury	F	50		01:16:23	01:16:01
285	68	Melanie Colivet	F	40		01:16:29	01:16:13
286	84	Rebecca Whing	F			01:16:29	01:16:14
287	241	Emma King	F			01:16:36	01:15:56
288	242	Paul King	M			01:16:37	01:15:58
289	142	Michelle Norton-Green	F	40		01:16:43	01:16:02
290	99	Emily Roberts	F	40	OVERSEAL RUNNING CLUB	01:16:43	01:16:29
291	116	Kate Goacher	F			01:17:00	01:16:20
292	253	Zoey Hudson	F			01:17:22	01:16:59
293	286	Lawrence Peckham	M	50	SOUTH DERBYSHIRE ROAD RUNNERS	01:17:42	01:17:21
294	303	Romain Chambard	M		SOUTH DERBYSHIRE ROAD RUNNERS	01:17:48	01:17:17
295	393	Steve Bosworth	M	40		01:17:48	01:17:18
296	193	Vickie Tomlin	F	40		01:17:55	01:17:42
297	295	Dawn Woolley	F	50		01:18:07	01:17:26
298	98	Andrea Holden	F	40	NOTTS WOMEN RUNNERS	01:18:32	01:18:01
299	156	Suzanne Farley	F	50		01:18:43	01:18:03
300	259	Samantha Cohen	F			01:19:01	01:18:41
301	383	Ian Linley	M	50		01:19:03	01:18:37
302	384	Samantha Linley	F	40		01:19:03	01:18:38
303	66	Pat Naylor	M	40		01:19:05	01:18:23
304	376	Wayne Repton	M		BADGERS	01:19:27	01:18:51
305	48	Gillian Hailes	F	40	BARROW RUNNERS	01:19:43	01:19:09
306	65	Sharon Palmer	F	40	TEAM DERBY RUNNER	01:19:52	01:19:10
307	279	Hayley Record	F	40		01:19:53	01:19:36
308	278	Kevin Cook	M	40		01:19:53	01:19:36
309	355	Lisa MacBeth	F	40		01:20:28	01:19:50
310	246	Shailee Schofield	F			01:20:55	01:20:14
311	357	Lisa Wainwright	F			01:20:55	01:20:13
312	263	Salonie Ranat	F			01:21:06	01:20:25
313	165	Lena Ball	F	40		01:21:15	01:21:02
314	281	Amanda Mumby	F	40	GRANTHAM RC	01:21:37	01:21:06
315	273	Claire Fritz	F	40	GRANTHAM RC	01:21:37	01:21:07
316	171	Cath Johnston	F	60	SDRR	01:22:02	01:21:31
317	247	Beverley Fletcher	F	40		01:22:09	01:21:47
318	69	Felicity Towns	F	40	SOUTH DERBYSHIRE ROAD RUNNERS	01:22:17	01:22:01
319	325	Charlie Hampton	F			01:22:32	01:21:47
320	256	Georgina Pollard	F	40	POPLAR RC	01:23:14	01:23:07
321	212	Babs Woodward	F	40		01:23:21	01:22:58
322	267	Robert Smith	M			01:24:21	01:23:59
323	61	Raj Chettra	F	40		01:24:47	01:24:04
324	226	Trudy Burgess	F	50		01:25:03	01:24:49
325	163	Kim Wright	F	60		01:25:04	01:24:52
326	132	Lyndsey Hill	F	40		01:25:06	01:24:39
327	260	Cj Walker	F	40	GRANTHAM RUNNING CLUB	01:26:18	01:25:48
328	400	Sandra King	F			01:26:19	01:25:48
329	386	Jacqueline Campbell	F	50	HINCKLEY RC	01:26:19	01:26:06
330	229	Isabel Houghton	F	60		01:27:18	01:27:09

National Forest Dragon's Lair 10K

28th April 2019

** Provisional Results **

Position	RaceNo.	Name	Gender	Cat	Club	GunTime	Chip Time
331	101	Claire Knowland	F		GRANTHAM RC	01:27:18	01:26:42
332	321	Suzanne Kemp	F	50		01:28:34	01:28:12
333	362	Tiffany Rushton	F	40		01:29:24	01:28:54
334	209	Helen Swarbrooke	F	50	NOTTS WOMEN RUNNERS	01:30:09	01:29:32
335	389	Julie Bridges	F	40	NOTTS WOMEN RUNNERS	01:30:10	01:29:32
336	250	Helen Rowe	F	60	MASSEY FERGUSON RC	01:30:14	01:30:08
337	55	Suzanne Hemsley	F	60		01:30:21	01:29:56
338	51	Steve Edgar	M	50		01:30:35	01:30:08
339	365	Vicki James	F			01:32:23	01:32:12
340	358	Liz Cook	F		TEAM DERBY RUNNER	01:32:47	01:32:15
341	207	Keith Astle	M	50	CENTURION RC	01:34:00	01:33:50
342	108	Julie Chamberlain	F	40		01:41:35	01:41:22
343	174	Alison Wright	F	50	SOUTH DERBYSHIRE ROAD RUNNERS	01:41:35	01:41:23
344	350	Tina White	F			01:41:35	01:41:24