

## Results July –December 2016

### Christmas Relays, Harvey Hadden Stadium, Tuesday 27th December 2016

*10th REDHILL VETERANS (VETS) 01:02:11 (3rd vets team)*

Paul Newton; 13:59, Simon Nash;14:56, Carolyn Hay; 16:25, Karl Glendenning; 16:51

*35th REDHILL 'E' 01:09:51*

Mark Tomlinson; 16:48, Martyn Newton; 20:03, Natalie Wilson; 17:24, Martin Lee; 15:36

*36th REDHILL LADIES (LADIES) 01:09:53 (3rd Ladies team)*

Nicola Hubbard; 17:34, Sophie King; 18:07, Michelle Butler; 16:30, Bex Vandenberg; 17:42

*43rd REDHILL 'C' 01:11:56*

Bev Barnes; 19:14, Dave Walsh; 16:09, Kathryn Walsh; 21:27, Ben Wilson; 15:06

*48th REDHILL 'B' (VETS) 01:13:11*

Mark Webster; 20:04, Jon Greentree; 18:30, Jo Stocks; 18:52, Chris Ward; 15:45

*50th REDHILL 'A' 01:14:10*

Steve Gelderd; 16:47, Alastair Reilly; 15:51, Julie Webster; 24:12, Paul Gibson; 17:20

*59th REDHILL 'D' 01:16:01*

Clive Greyson; 16:21, Michael Horn; 20:46, Louise Woolley; 18:55, Laura Merryweather; 19:59

### Turkey Trot Half Marathon, Sunday 11th December 2016

78	Simon Nash	01:27:39
152	Mark Arnall	01:33:07
180	Sidney Pereira	01:34:29
236	Alastair Reilly	01:37:26
242	Mark Tomlinson	01:37:39
302	Natalie Wilson	01:40:31
322	Nicola Hubbard	01:41:34
404	Helen Lowe	01:45:48
424	Rachel Shambrook	01:46:43
449	Mark Widdowson	01:47:56
537	Lisa Robinson	01:52:16
688	Claire Richards	02:01:07
735	Andrew Bradley	02:04:57
831	Dave Onion	02:13:08
829	Michael Horn	02:13:07
909	Wendy Lawson	02:42:30
914	Valerie Walker	02:45:12

### Wheatley Winter 10, Saturday 10th December 2016

55 Jonathan Greentree 1:39:26

### **North Mids XC, Shipley Country Park, Saturday 3rd December 2016**

#### *Men 10km*

117 Ben Wilson 40.30  
136 Martin Lee 41.39  
155 Chris Ward 42.49  
174 Dave Walsh 43.53  
179 Gary McMahon 44.10  
244 Clive Hayward 52.13

#### *Ladies 6km*

51 Natalie Wilson 32.45  
94 Jo Stocks 37.00  
111 Claire Richards 38.47  
126 Laura Merryweather 40.16  
133 Kathryn Walsh 43.13

### **Cyprus Aphrodite Half Marathon, Sunday 27th November 2016**

41 Anthony Aram 1:34:47 3rd M50  
271 Tamsin Yates 2:33:33

### **East Mids XC, Holme Pierrepont, Sunday 27th November 2016**

#### *Men*

34 Nigel Lever 35.03  
43 Chris Ward 35.45  
48 Martin Lee 36.09  
63 Michael Stevens 37.17  
81 Richard Morris 38.41  
85 Paul Stacey 39.06  
86 Graham Webster 39.25  
105 Andy Parsons 40.49  
133 Clive Haywood 45.53  
144 Pat McGowen 47.57  
146 Martyn Newton 48.23  
147 Andrew Horn 48.29  
148 Mark Webster 48.44  
151 Andy Bradley 49.38  
153 Peter Scoffings 51.44  
159 Nigel Daniels 58.30

#### *Ladies*

94 Natalie Wilson 20.06  
95 Bex Vandenberg 20.41  
41 Lisa Doyle 22.06  
45 Bev Barnes 22.36  
67 Laura Merryweather 24.41  
85 Val Walker 27.36  
89 Julie Webster 29.02

### **Morunner 10k, Sunday 20th November 2016**

Mike Drury 54:20  
Rachel Shambrook 54:20

**Matthew Walker 10k Pudding Run, Sunday 20th November 2016**

62	Martin Lee	0:42:59
162	Richard Butterworth	0:48:15
272	Lisa Robinson	0:51:10
509	Hayley Purdy	0:58:36
744	Julie Webster	1:07:57
745	Mark Webster	1:07:57

**Clowne Half Marathon, Sunday 20th November 2016**

23	Nikesh Patel	01:27:00
74	(6) Carolyn Hay	01:35:05
147	Mark Tomlinson	01:41:37
249	Paul Stacey	01:48:43
411	Michael Horn	02:00:03
505	Andrew Bradley	02:07:19
612	Dave Onion	02:22:55

**Midlands 5 & 7 Mile XC, Bulwell Hall Park, Saturday 19th November 2016***Men 7 miles*

26	Paul Newton	42:53
27	Matthew Clapp	42:56
53	Leigh Stubbs	46:26
59	Simon Nash	47:13
69	Martin Lee	58:52
82	Richard Morris	50:34
83	Anthony Aram	50:42
94	David Walsh	52:11
96	Graham Webster	52:35
100	Peter Clayton	52:55
118	Clive Greyson	55:14
123	Paul Gibson	56:38
135	Paul Barrett	67:40

*Ladies 5 miles*

27	Carolyn Hay	37:41
29	Natalie Wilson	37:59
39	Nicola Hubbard	39:40
43	Rachel Shambrook	39:52
58	Joanne Stocks	42:15
60	Heather Thornley	42:39
62	Lisa Doyle	43:10
67	Bev Barnes	44:17
86	Kathryn Walsh	49:06
89	Tamzin Yates	53:37
93	Valerie Walker	57:02

**Roaches Fell Race 16miles 1128m climb, Sunday 13th November 2016**

	Dave Walsh	3:26:29
	Ian Beckingham	3:59:25
	Joanne Stocks	4:36:53

**North Mids XC, Wicksteed Park, Kettering, Saturday 12th November 2016**

121 Chris Ward (v)

150 Dave Walsh (v)

194 Clive Hayward (v)

**Derby 10 mile, Sunday 6th November 2016**

Carolyn Hay 1.08.53

**National Cross Country Relays, Berry Hill, Saturday 5th November 2016**

**Men 4 x 5k**

110 *Redhill A* 1:19:08

152 Simon Nash 19:55

123 Paul Newton 18:39

117 Martin Lee 20:20

110 Ben Wilson 20:13

144 *Redhill B* 1:26:24

167 Michael Stephenson 20:59

167 Dave Walsh 22:03

154 Alistair Reilly 21:11

144 Paul Stacey 22:11

151 *Redhill C* 1:28:26

176 Gary McMahon 21:27

160 Francesco Lari 21:03

158 Tony Lowe 22:28

157 Richard Butterworth 23:27

**Ladies 3 x 3k**

77 *Redhill B* 40:24

92 Michelle Butler 12:58

95 Heather Thornley 14:11

76 Natalie Wilson 13:13

86 *Redhill A* 41:05

85 Carolyn Hay 12:39

97 Sophie King 14:34

86 Nicola Hubbard 13:51

107 *Redhill C* 44:53

115 Lisa Doyle 14:15

117 Hayley Purdey 16:03

107 Jo Stocks 14:34

**Osaka Marathon, Japan - Sunday 30th October 2016**

John Truscott 4:57:11

**Workshop Half Marathon, Sunday 30th October 2016**

124 Simon Nash 1:28:21

146	David Walsh	1:29:12
192	Stanley Pascoe	1:30:59
502	Mark Tomlinson	1:41:28
509	Natalie Wilson	1:41:39
521	Sean Moss-Hayes	1:42:12
662	Mark Widdowson	1:45:30
706	Andy Parsons	1:46:21
717	Richard Butterworth	1:46:33
796	Rachel Shambrook	1:49:09
803	Clive Hayward	1:49:15
860	Lisa Robinson	1:50:49
881	Mike Drury	1:51:01
1442	Simon Ray	2:00:50
1533	Michael Horn	2:04:18
1609	Andrew Bradley	2:04:59
1770	Dave Onion	2:12:10
1973	Nigel Daniels	2:17:21
2098	Vivienne Craven	2:21:43
2231	Brian Moon	2:30:44
2252	Susi Artis	2:31:34
2318	Valerie Walker	2:38:44

### **Holmfirth 15mile, Sunday 30th October 2016**

27 Carolyn Hay 1:48:43 3rd lady 1st V40

### **Scarborough 10k Sunday 30th October 2016**

Steve Gelderd 43:52

### **Amsterdam Marathon, Sunday 16th October**

Michael Stephenson 3:15:25

Joanne Stocks 3:55:00

Laura Merryweather 5:17:20

### **Amsterdam Half Marathon**

Paul Newton 1:27:08

Mark Davis 1:31:01

Leigh Stubbs 1:31:44

Simon Nash 1:34:00

Alastair Reilly 1:47:58

### **Stilton Stumble, Sunday 16 October 2016**

#### **10k**

5th Nickesh Patel 38.23

68th Louise Woolley 48.17 13th lady 9th FVet

#### **24k**

11 Carolyn Hay 104.58 1st lady 1st FVet

28 Louise Kelly 114.41 10th lady

48 Alison Raynor 128.24 14th lady 10th FVet

66 Rachel Shambrook 140.55 26th lady 20th FVet

**North Mids XC Markeaton Park, Saturday 15th October**

***Men 10k***

113	Pete McNally	39.35	v50
151	Ben Wilson	41.29	
156	Martin Leek	41.46	
166	Francesco Lari	42.31	v45
193	Dave Walsh	43.57	v50
210	Clive Greyson	45.13	v45
237	Richard Butterworth	47.00	
272	Clive Hayward	52.00	v65
281	Mike Drury	53.42	v40

***Ladies 6k***

168 Hayley Purdy 41.17

**Clumber Park 10k Trail Run, Saturday 15th October**

9	Karl Mallyon	38:28
15	Richard Morris	41:15
190	Sarah Whibley	1:01:29

**Goose Fair Gallop 10k, Sunday 9th October**

16	Pete McNally	40:34
19	Sean Moss-Hayes	42:41
20	Francesco Lari	42:58
37	Louise Kelly	46:42
58	Lisa Doyle	50:36
70	Heather Thornley	52:43
90	Bev Barnes	55:35
162	Ashley Baldwin	79:08

**Yorkshire Marathon Sunday 9th October 2016**

367 Paul Stacey 3:24:20

**Syerston Challenge, Sunday 2nd October**

2 Paul Stacey 41.38  
Mark Widdowson

**Lincoln Half Marathon, Sunday 2nd October**

Richard Butterworth 1:44:22  
Dave Onion 2:14:34

**Robin Hood Marathon, Sunday 25th September**

***Nottinghamshire Marathon County Champs***

***Ian Hales, M40 Gold***

***Anthony Aram, M50 Gold***

***Dave Walsh, M50 Silver***

***Jo Stocks, F35 Bronze***

32	Ian Hales	03:04:07	4th V40
60	Martin Lee	03:14:26	
54	Anthony Aram	03:12:55	1st V50
71	David Walsh	03:16:51	2nd V55
81	Mark Arnall	03:19:07	
164	Sidney Pereira	03:33:59	
167	Michael Stephenson	03:34:16	
184	Tim Metcalfe	03:36:35	
320	Natalie Wilson	03:50:00	
353	Joanne Stocks	03:51:48	2nd F35
504	Gordon Marshall	04:03:36	
546	Heather Thornley	04:07:33	
730	Kevin Dickinson	04:23:39	
891	Hayley Purdey	04:44:18	

### **Robin Hood Half Marathon**

66	Leigh Stubbs	01:22:17	
128	Karl Mallyon	01:26:26	
154	Paul Newton	01:27:44	
219	Matt Clapp	01:29:50	
248	Kevin Trussell	01:30:57	
263	Richard Morris	01:31:28	
304	Sean Moss-Hayes	01:32:36	
336	Mark Davis	01:33:20	
340	Stanley Pascoe	01:33:23	4th V55
518	Caroline Norton	01:37:18	3rd F45
618	Anthony Lowe	01:38:49	
659	Chris Dwyer	01:39:29	
693	Simon Nash	01:39:59	
701	Louise Kelly	01:40:04	
779	Mark Tomlinson	01:41:17	
799	Dan Ellis	01:41:35	
971	Barbara Stevens	01:43:42	1st F60
1054	Alastair Reilly	01:44:46	
1105	Richard Butterworth	01:45:23	
1138	Rachel Shambrook	01:45:44	
1142	Lisa Doyle	01:45:47	
1487	Christopher Middleton	01:49:33	
1501	Mark Widdowson	01:49:42	
1511	Paul Stacey	01:49:47	
1576	Louise Woolley	01:50:27	
1966	Michael Drury	01:54:08	
2256	Lisa Robinson	01:56:52	
2369	Chelsea Cunningham	01:57:49	
2626	Pat McGovern	01:59:43	
2881	Michael Horn	02:05:51	
3288	Andrew Byrne	02:06:00	
3358	Nick Dixon	02:06:39	

3361	Kate Williams	02:06:39
3466	Michelle Flint	02:07:38
3912	Martyn Newton	02:11:53
4244	Dave Onion	02:15:42
4182	Bev Barnes	02:14:45
4954	Pete Stevenson	02:24:31
5592	Alun Gadd	02:36:37
5482	Vivienne Craven	02:33:40
5487	Val Walker	02:33:53
5797	Tamzin Yates	02:42:36

### **Southwell Last Min Triathlon, Sunday 18th September**

Steve Gelderd Swim 11.43: Bike 36.03: Run 26.09: Gun time overall 1.17.24

### **Doncaster Trail Half Marathon, Sunday 18th September**

Carolyn Hay 1.32.30 1st Lady

### **Great North Run - 13.1Miles, Sunday 11th September**

10299	Beverley Barnes	01:58:43
20314	Andrew Bradley	02:16:50
24239	Amanda Wallis	02:24:02
28159	Valerie Walker	02:32:04
33652	Alun Gadd	02:46:44

### **Long Eaton 5, Sunday 11th September**

26	Richard Morris	32:33
79	Barbara Stevens	38:38
107	Lisa Robinson	41:32

### **Wilne 10k, Sunday 4th September**

357	Richard Butterworth	0:47:32
517	Michael Monks	0:53:06
729	Peter Stevenson	1:00:25

### **John Fraser 10, Sunday 4th September**

429 (101)	Bev Barnes	87:13
548 (184)	Amanda Wallis	98:08

### **Sherwood Pines 10k, Sunday 4th September**

94 (15)	Louise Woolley	50:53
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### **Double or Quit, Saturday 27th August**

#### **5 Miles**

17 (3)	Nicola Hubbard	38:43	1st V35
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#### **10 Miles**

30 (3)	Natalie Wilson	01:16:20	
48	Mark Tomlinson	01:20:23	
54 (8)	Rachel Shambrook	01:21:26	2nd V35
58 (9)	Lisa Doyle	01:21:37	3rd V35



71	(15)	Heather Thornley	01:24:47
74	(17)	Louise Woolley	01:25:19
96		Michael Drury	01:29:15
98	(31)	Michelle Yates	01:29:38
115	(37)	Bev Barnes	01:32:24 2nd V50
154	(63)	Kate Williams	01:40:14
176		Andrew Bradley	01:44:12
180	(81)	Paula Argyle	01:45:09
179	(82)	Tamzin Yates	01:45:08

**Belper Rugby Rover 30k 2319' ascent, Sunday 21st August**

50 Dave Walsh 2:46:33  
 61 Sidney Pereira 2:52:34  
 78 Kevin Dickinson 3:00:54  
 130 (22) Joanne Stocks 3:30:38  
 180 (50) Kathryn Walsh 4:06:07

**Mansfield 10k, Sunday 21st August**

23 Richard Morris 41:59:00  
 37 Jack Crawford 43:08:00  
 56 Paul Stacey 44:39:00  
 143 Simon Ray 50:59:00  
 467 Mark Webster 01:10:04  
 468 (182) Julie Webster 01:10:03

**Newark Half Marathon, Sunday 14th August**

***Nottinghamshire County Champs***

***Men V50 Gold Simon Nash***

***Men V50 Bronze Anthony Aram***

34 Simon Nash 01:23:42  
 35 Nickesh Patel 01:23:45  
 40 Leigh Stubbs 01:24:25  
 87 Mark Arnall 01:29:23  
 112 Anthony Aram 01:32:10  
 182 Paul Stacey 01:38:41  
 194 Mark Davis 01:40:38  
 212 Natalie Wilson 01:41:56  
 215 Tony Lowe 01:42:26  
 420 Pat McGovern 01:56:07  
 492 Heather Thornley 02:00:31  
 529 Michael Horn 02:03:03  
 566 John Truscott 02:06:26  
 590 Bev Barnes 02:07:20  
 660 Dave Onion 02:17:28  
 670 Tamzin Yates 02:18:52

**Dovedale Dipper, Sunday 7th August**

***26 Miles (27.4 miles)***

16 Dave Walsh 5.09

**15 Miles (run)**

14 (6th) Joanne Stocks 3.26  
15 Gordon Marshall 3.26  
30 (15th) Tamzin Yates 4.00  
31 Anthony Aram 4.00  
33 (16th) Kathryn Walsh 4.00

**15 Miles (walk)**

36 Mark Webster 5.38  
37 (16th) Julie Webster 5.38

**Castle Rock 10K, Friday 5th August**

1 Bradley Gram-Hansen 34:13  
7 Paul Newton 37:36  
14 Simon Nash 38:38  
32 Anthony Aram 41:39  
56 Louise Kelly 44:17  
138 Mike Drury 49:23  
143 Heather Thornley 50:16  
151 Simon Ray 51:02  
216 Andy Bradley 55:53  
249 Tania Clayton 57:54  
275 Leigh Russell 60:41

**Notts Summer League Road Race Overall Standings**

**Senior Men** A Team 2nd  
B Team 11th  
C Team 15th  
**Vet Men** A Team 4th  
B Team 9th

**Senior Ladies** A Team 4th  
B Team 13th  
**Vet Ladies** A Team 6th  
B Team 13th

16 Barbara Stevens 1st V55  
21 Rachel Shambrook 10th V35  
42 Kathryn Walsh 7th V45  
48 Michelle Flint 10th V45  
  
5 Bradley Gram-Hansen  
11 Paul Newton 3rd V40  
15 Simon Nash 2nd V50  
18 Karl Mallyon  
22 Nickesh Patel

51 Paul Stacey 10th V50  
60 Mark Tomlinson 15th V50  
65 Keith Palmer 17th V50  
76 Clive Hayward 7th V60  
84 Michael Horn 10th V60  
85 Martyn Newton 21st V50

**Notts Summer League Road Race 5 - Teversal 3 August 2016**

7 Bradley Gram-Hansen 33.52  
15 Leigh Stubbs 35.04  
23 Simon Nash 36.15  
24 Karl Mallyon 36.22  
27 Paul Newton 36.34  
31 Nickesh Patel 36.43  
73 Peter McNally 39.44  
76 Anthony Aram 39.53  
83 Michael Stephenson 40.22  
85 Mark Davis 40.31  
90 Ben Wilson 40.50  
109 Dave Walsh 42.07  
125 Peter Clayton 42.20  
130 Paul Stacey 42.46  
135 Paul Gibson 44.08  
151 Nigel Fisher 44.54  
156 Mark Tomlinson 45.25  
158 Mark Widdowson 45.36  
166 Grahame Webster 46.06  
169 Gordon Marshall 46.28  
173 Keith Palmer 46.54  
182 Michael Drury 48.05  
184 Andrew Phillips 48.11  
200 Clive Hayward 50.07  
202 Pat McGovern 50.33  
215 Andy Bradley 51.46  
219 Ashley Baldwin 52.14  
221 Michael Horn 52.16  
231 Martyn Newton 53.59  
233 Michael Monks 54.27  
250 Nigel Daniels 60.24  
253 Mark Webster 62.10

14 Louise Kelly 42.33  
19 Michelle Butler 43.14  
25 Natalie Wilson 44.49  
28 Barbara Stevens 45.34  
39 Rachel Shambrook 46.50  
43 Heather Thornley 47.29  
45 Lisa Doyle 47.42

54 Laura Merryweather 48.43  
55 Jo Stocks 48.45  
57 Louise Wolley 48.58  
109 Michelle Flint 56.13  
110 Kathryn Walsh 56.13  
117 Karen Stennett 57.26  
121 Joanne Clarke 57.53  
129 Val Walker 60.07  
137 Julie Webster 62.10  
139 Kay Butler 62.26  
140 Wendy Lawson 62.26  
141 Sally Greenaway 63.05  
149 Rosy McGovern 65.07

#### **Newstead Abbey Dash 5km, Friday 29th July 2016**

4 Bradley Gram-Hansen 00:16:28  
17 Paul Newton 00:17:45  
22 Simon Nash 00:17:55  
34 Martin Lee 00:18:51  
48 Richard Morris 00:19:37  
70 Louise Kelly 00:21:06  
91 Mark Tomlinson 00:21:53  
97 Barbara Stevens 00:22:13  
108 Lisa Doyle 00:22:55  
143 Clive Hayward 00:25:19  
160 Michelle Flint 00:26:57  
164 Kathryn Walsh 00:27:12  
181 Valerie Walker 00:29:27

#### **Erewash Valley : The Run 4 miles, Wednesday 27th July 2016**

98 (27) Joanne Stocks 31.12  
145 (53) Hayley Purdy 35.02  
159 Dennis Reeson 36.18  
181 (80) Julie Webster 39.15  
182 Mark Webster 39.15

#### **Bestwood Lake Relays, Monday 25th July 2016**

*1 Team 4: 30:45*

(Kathryn Walsh 8:57, Martin Lee 6.37, Pat McGovern 8.35, Paul Gibson 6.57)

*2 Team 2: 31:05*

(Joanne Clarke 9.32, Simon Nash 6.18, Nigel Fisher 7.22, Michelle Butler 7.53)

*3 Team 3: 31.23*

(Hayley Purdy 8.46, Pete McNally 6.36, Laura Merryweather 8.08, Mike Drury 7.53)

*4 Team 1: 32.05*

(Val Walker 10.14, Lee Stubbs 5.47, Martyn Newton 8.07, Rachel Shambrook 7.57)

*5 Team 5: 33.30*

(Karen Stennett 9.33, Dave Walsh 7.43, Michael Horne 8.58, Mark Tomlinson 7.22)

*Fastest man: Leigh Stubbs; 5:47*

*Fastest lady: Michelle Butler; 7:53*

**Hardwick 10k, Thursday 21 July 2016**

121 Anthony Aram 00:52:33  
170 Ashley Baldwin 00:56:28  
182 Martyn Newton 00:57:43  
236 Karen Stennett 01:03:04  
244 Wendy Lawson 01:03:44  
263 Tamzin Yates 01:06:45  
264 Joanne Clarke 01:06:45  
275 Valerie Walker 01:07:58

**Notts 5 Mile, Wednesday 20 July 2016**

24 Simon Nash 00:30:15  
28 Paul Newton 00:30:30  
106 Paul Stacey 00:36:38  
121 Chris Dwyer 00:37:33  
125 Barbara Stevens 00:37:43  
161 Joanne Stocks 00:40:08  
166 Lisa Doyle 00:40:30  
179 Louise Woolley 00:41:44  
222 Michael Monks 00:44:52  
269 Julie Webster 00:52:29  
270 Mark Webster 00:52:30

**Notts Summer League Road Race 4 - Worksop 13 July 2016****Current Team Standings:****Senior Men 2nd****Vet Men 4th****Senior Women 5th****Vet Women 6th**

8 Bradley Gram-Hansen 26.41  
23 Paul Newton 28.40  
29 Simon Nash 28.56  
32 Karl Mallyon 29.12  
44 Nickesh Patel 29.42  
65 Martin Lee 30.58  
76 Michael Stephenson 31.24  
77 Francesco Lari 31.28  
104 Steve Gelderd 33.06  
126 Paul Stacey 34.48  
136 Kevin Squires 35.12  
142 Richard Butterworth 35.24  
147 Peter Clayton 35.37  
149 Nigel Fisher 35.47  
150 Mark Tomlinson 36.00  
164 Keith Palmer 37.18  
170 Mark Widdowson 37.43  
174 Paul Gibson 37.50  
185 Michael Drury 38.53

194 Ashley Baldwin 39.30  
204 Clive Hayward 40.40  
209 Pat McGovern 41.13  
213 Michael Horn 41.29  
214 Martyn Newton 41.44  
220 Michael Monks 42.18  
240 Nigel Daniels 47.10  
246 Mark Webster 48.50

3 Helen Burrell 31.00  
27 Michelle Butler 34.49  
30 Helen Lowe 35.05  
46 Barbara Stevens 36.20  
50 Rachel Shambrook 36.46  
57 Heather Thornley 37.20  
64 Pathara Wolley 38.17  
71 Joanne Stocks 39.09  
85 Laura Merryweather 40.45  
116 Kathryn Walsh 44.09  
121 Wendy Lawson 44.32  
128 Michelle Flint 44.53  
139 Karen Stennett 46.5  
142 Joanne Clarke 47.45  
147 Julie Webster 48.50  
152 Rosy McGovern 49.19

### **Go Tri Super Sprint Triathlon, Tuesday 12th July 2016**

*400m swim, 10k bike, 1300m run*

Steve Gelderd overall time 48:16

### **NOTFAST 10K, Sunday 10th July 2016 including Notts County Champs**

*Ladies Senior County Champion - Helen Burrell*

*Ladies V45 - Helen Burrell Gold*

*Men V50 - Dave Walsh Silver*

*Men V70 - Dave Onion Bronze*

Helen Burrell 00:40:20 (1st lady)  
Richard Morris 00:41:49  
David Walsh 00:41:58  
Paul Stacey 00:44:52  
Richard Butterworth 00:49:12  
Rachel Shambrook 00:50:12  
Michael Drury 00:50:36  
Joanne Stocks 00:51:20  
Bev Barnes 00:52:24  
Michelle Flint 00:58:23  
Dave Onion 00:59:39  
Kathryn Walsh 00:59:52

Mark Webster 01:06:35

Julie Webster 01:06:35

### **HPP Grand Prix Race -Overall Standings**

9 Simon Nash (1st) V50  
22 Martin Lee (11th) S  
60 Paul Stacey (11th) V50  
72 Christopher Dwyer (13th) V50  
132 Clive Hayward (8th) V60  
141 Joanne Stocks (27th) FS

### **HPP Grand Prix Race 4 - Colwick Park 5 Mile, 7th July 2016**

12 Simon Nash 29:52  
38 Martin Lee 32:12  
111 Paul Stacey 36:41  
122 Christopher Dwyer 37:08  
146 Mark Widdowson 38:016  
200 Clive Hayward 40:09  
207 Joanne Stocks 40:30  
372 Mark Webster 51:16  
373 Julie Webster 51:16

### **Hungarton 7, Wednesday 6th July 2016**

Nigel Fisher 55:16

### **HPP Grand Prix Race 3 - Wollaton Park 3km, 5th July 2016**

16 Simon Nash 18:16  
35 Martin Lee 19:21  
96 Paul Stacey 21:30  
117 Christopher Dwyer 22:14  
157 Michael Drury 23:02  
162 Rachel Shambrook 23:08  
225 Clive Hayward 24:46  
231 Joanne Stocks 24:59

### **Canal Canter take 2, trail, Leeds, 3rd July 2016**

26 miles; Dave Walsh 3:30:53

13 miles; Kathryn Walsh 1:59:24