

Ilkeston Running Club  
 Double or Quit Race: 28th August 2010  
 Results @30/08/2010

5 mile race results

Position	Race number	Runner name	Club Name	Category	Race Time	Race Position
1	847	Lea Fulcher	Liffey Valley AC	M35	00:27:30	1st man
2	945	Andy Colegate	Long Eaton RC	M	00:29:25	
3	818	Tomas Tresnak	Unattached	M	00:29:29	
4	919	Stuart Margiotta	Asbourne	M40	00:29:34	1st vet man
5	893	Brendan Beere	Liffey Valley AC	M35	00:29:43	
6	921	Alan Seamer	Heanor RC	M45	00:30:00	
7	926	Matt Williams	Notts AC	U16	00:30:47	
8	951	Dav Connor	Derby AC	M40	00:30:51	
9	914	Fabien Bernard-Gaudin	Unattached	M	00:30:57	
10	850	Alex Benfield	Burton AC	MU16	00:31:37	
11	833	Chris Moss	Unattached	M50	00:32:02	
12	895	Graham Parker	Liffey Valley AC	M35	00:32:08	
13	898	John Parker	Liffey Valley AC	M	00:32:13	
14	787	Andrew Hooke	Unattached	M35	00:32:48	
15	903	Pat Collins	Liffey Valley AC	M60	00:33:31	
16	947	Richard Hill	Unattached	M35	00:34:21	
17	899	Mark Toher	Liffey Valley AC	M	00:34:43	
18	868	Jeremy Sanders	Ashbourne RC	M45	00:34:44	
19	962	Ray McDonald	Derby AC	M50	00:34:58	
20	822	Ian Riley	Unattached	M	00:35:41	
21	905	Stephen Coughlan	Liffey Valley AC	M35	00:36:54	
22	891	Siobhan Keenehan	Liffey Valley AC	F	00:37:07	1st lady
23	882	Christine Roche	Liffey Valley AC	F35	00:37:19	1st vet lady
24	959	Peter Fleming	Unattached	M	00:37:24	
25	896	James Monaghan	Liffey Valley AC	M45	00:37:33	
26	936	Simon Elliott	Beeston AC	M50	00:37:36	
27	956	Daniel Corcoran	Sheffield Hallam	M	00:37:43	
28	900	Martin O'Callaghan	Liffey Valley AC	M50	00:37:46	
29	892	Una Reilly	Liffey Valley AC	F55	00:37:58	
30	886	Geraldine Feely	Liffey Valley AC	F	00:38:06	
31	894	Fransisco Novel	Liffey Valley AC	M55	00:38:21	
32	889	Linda Spratt	Liffey Valley AC	F40	00:38:37	
33	967	Ian Hill	Unattached	M50	00:38:41	
34	842	Richard Rudd	Notts AC	M45	00:38:48	
35	890	Maeva Walsh	Liffey Valley AC	F	00:38:59	
36	902	Paddy Reilly	Liffey Valley AC	M60	00:39:26	
37	928	Mary Mills	Holme Pierrepont RC	F45	00:39:32	
38	963	Mike Swords	Unattached	M50	00:39:48	
39	925	Clive Hayward	Unattached	M60	00:39:56	
40	960	Eddie O'Grady	Shelton Striders	M45	00:40:07	
41	961	Karl Petch	Derby AC	M40	00:41:21	
42	955	Michael Clark	Unattached	M	00:41:28	
43	916	Samantha Shipley	Heanor RC	F	00:42:12	
44	878	Tracie Morris	Heanor RC	F45	00:42:27	
45	834	Dennis Reeson	Redhill Road Runners	M60	00:43:22	
46	883	Ciara Cunningham	Liffey Valley AC	F	00:43:30	
47	948	Ayache Farida	Unattached	F35	00:43:41	
48	823	Diane Smith	Unattached	F	00:43:46	
49	887	Hilary Cadogan	Liffey Valley AC	F	00:44:14	
50	968	Greg Mason	Derby Police	M40	00:44:23	
51	888	Hilary Mitchell	Liffey Valley AC	F40	00:44:26	
52	946	Debbie Coleman	Long Eaton RC	F	00:44:33	
53	799	David Brown	Unattached	M	00:44:36	
54	874	Paul Smith	Unattached	M	00:44:45	
55	838	Ami Wainwright	Unattached	F	00:45:05	
56	809	Debbie Birkin	Uknet runner	F35	00:45:15	
57	802	Dean Ward	Uknet runner	M40	00:45:23	
58	953	Christina Lloyd	Unattached	F	00:45:28	
59	858	Emma Sheldon	Unattached	F35	00:45:50	
60	881	Aoife Reilly	Liffey Valley AC	F	00:46:02	
61	931	Deborah Morgan	Unattached	F35	00:46:19	
62	935	John Cassells	Unattached		00:46:44	
63	884	Eithne Walsh	Liffey Valley AC	F35	00:47:13	
64	830	Ian Stubbs	Shepshed RC	M70	00:47:36	
65	848	Alison Spellman	Unattached	F35	00:48:32	
66	957	Ryan Blake	Heanor RC	M	00:49:25	
67	958	Iain Mall	Unattached	M	00:49:27	
68	929	Graham Livermore	Unattached	M45	00:50:59	
69	885	Elizabeth Ryan	Liffey Valley AC	F	00:51:45	
70	940	Liam McCarthy	Liffey Valley AC	M45	00:51:45	
71	841	Andy Skelton	Unattached	M40	00:51:46	
72	912	Alan Morton	Unattached	M55	00:52:30	
73	807	Joanne Rawlinson	Unattached	F35	00:53:19	
74	810	Helen Roberts	Unattached	F	00:54:00	
75	816	Leah Chillery	Sutton in Ashfield Harriers	F	00:54:14	
76	924	Geraldine McLaughlin	Belper Harriers	F40	00:54:27	
77	840	Liz Bland	Unattached	F40	00:55:55	
78	785	Carol Smith	Unattached	F	00:58:09	
79	788	Tom Long	Rolls Royce Harriers	M75	00:58:17	
80	871	Peter Lythgoe	Unattached	M50	00:58:49	

Ilkeston Running Club  
 Double or Quit Race: 28th August 2010  
 Results @30/08/2010

10 mile race results

Position	Race number	Runner name	Club Name	Category	Race Time	Race Position
1	920	Philip Critchlow	Beaumont RC	M40	00:56:53	1st man
2	913	Andrew Reynolds	Neath Harriers	M	00:59:04	
3	904	Paul Balfe	Liffey Valley AC	M35	00:59:30	
4	1000	Gareth Briggs	Staffs Moorlands AC	M35	01:00:35	
5	897	Javier Silvan	Liffey Valley AC	M	01:01:42	
6	845	Andrew Bell	Unattached	M	01:01:54	
7	849	Ian Chant	Long Eaton RC	M	01:02:47	
8	855	Patrick Fitzgerald	Long Eaton RC	M45	01:04:56	1st vet man
9	819	Jack Crews	Unattached	M	01:05:04	
10	877	Lucy Holmes	Ripley RC	F	01:08:13	1st lady
11	835	Tom Stokes	Erewash Valley RC	M	01:08:35	
12	954	Andy Bond	Doncaster AC	M	01:09:08	
13	846	Luke Saxton	Unattached	M	01:09:28	
14	857	Spencer Sheldon	Unattached	M40	01:09:29	
15	942	Andy Basey	Notts AC	M	01:09:30	
16	938	Jaik Pickford	Unattached	M35	01:09:53	
17	851	Paul Caruana	Leamington C & AC	M35	01:09:54	
18	820	Robert Briggs	Unattached	M40	01:09:56	
19	839	Roger Morgan	Belper Harriers	M55	01:11:01	
20	821	Stephanie Ilsley	Belper Harriers	F45	01:11:19	1st vet lady
21	800	Richard Brown	Unattached	M	01:12:26	
22	943	Chrissie Fergusson	Run Local	F40	01:13:00	
23	934	Mark Binch	Unattached	M35	01:13:02	
24	879	Jonathan Bird	Shelton Striders	M	01:13:14	
25	797	Jonathan Allen	Unattached	M35	01:13:17	
26	966	Sharon Mellors	Belper Harriers	F35	01:13:19	
27	789	Neil Cort	Unattached	M45	01:14:11	
28	922	Graham Whitt	Notts Police	M	01:14:50	
29	901	Matthew Blyth	Liffey Valley AC	M	01:15:06	
30	867	Emily Sanders	Ashbourne RC	F45	01:15:30	
31	939	Keith Pepper	Formula one circuit crew	M45	01:15:37	
32	876	James Whitehead	Unattached	M	01:16:10	
33	911	Emma Hallas	Hatton Darts	F	01:16:38	
34	952	Anthony Davis	Ripley RC	M40	01:16:42	
35	801	Richard Mitson	Notts AC	M40	01:16:47	
36	864	Phil Read	Unattached	M60	01:17:57	
37	907	Kris Purdy	Unattached	M35	01:18:15	
38	873	Paul Jephcott	Bushfield Joggers	M50	01:18:40	
39	969	James Caldon	Unattached	M	01:18:43	
40	786	Leonard Foulk	Belper Harriers	M40	01:19:04	
41	944	Simon Thompson	Unattached	M	01:19:07	
42	791	Simon Fennemore	Unattached	M35	01:19:16	
43	970	Michael Sharpe	Unattached	M40	01:19:38	
44	829	Colin Lewis	Erewash Valley RC	M50	01:19:44	
45	917	Rob Pearce	Belper Harriers	M35	01:19:47	
46	964	Jimmy Huang	Unattached	M40	01:20:28	
47	828	Carl Davey	Redhill Road Runners	M50	01:20:53	
48	880	Damian Cowlshaw	Long Eaton RC	M45	01:21:25	
49	795	Lorraine Butterfield	Holme Pierrepont RC	F40	01:21:43	
50	794	Julie Goodwin	Matlock AC	F40	01:22:24	
51	792	Matthew Ceiley	Unattached	M	01:22:30	
52	783	Graham Smith	Unattached	M50	01:22:49	
53	798	Andy Wilcockson	Unattached	M35	01:23:33	
54	856	Alexander Williams	Unattached	M35	01:23:51	
55	875	James Moseley	Unattached	M	01:24:00	
56	863	Heather Dolan	Unattached	F40	01:24:39	
57	941	Sarah Crannage	Long Eaton RC	F	01:24:51	
58	906	Matthew Birkin	Unattached	M35	01:25:02	
59	812	Gilly McLoughlin	Kimberley and District striders	F35	01:25:24	
60	860	Allan Raven	Unattached	M40	01:25:52	
61	910	Carol Prokopyszyn	Long Eaton RC	F40	01:26:32	
62	854	Penny Grainger	Kimberley and District striders	F35	01:27:36	
63	827	Darren Sharpe	Unattached	M35	01:27:57	
64	784	Elaine Pladgeman	Barrow Runners	F45	01:28:10	
65	930	Adam Lowerson	Rolls Royce Harriers	M	01:28:17	
66	915	Phil Smith	Unattached	M40	01:28:21	
67	814	Helena Wooton	Unattached	F35	01:29:20	
68	806	Steven Heyworth	Unattached	M35	01:29:36	
69	813	Steven Gilbert	Unattached	M	01:29:56	
70	870	David Richards	Formula one circuit crew	M50	01:30:22	
71	815	Christian Williams	Unattached	F40	01:30:27	
72	805	Lee Royle	Unattached	M	01:30:30	
73	804	Paul Whyte	Unattached	M	01:30:35	
74	869	Lorraine Varney	Formula one circuit crew	F50	01:30:54	
75	927	Andrew Williams	Unattached	M50	01:31:39	
76	803	Elaine Besnard	Unattached	F	01:31:57	
77	923	John Chapman	Belper Harriers	M55	01:32:33	
78	790	John Cooper	Unattached	M45	01:34:12	
79	793	Sarah McGinley	Unattached	F35	01:34:22	
80	859	Sarah-Jane Prior	Unattached	F35	01:34:36	
81	949	Lee Griffiths	Unattached	M	01:35:12	
82	937	Lee Sheppard	Unattached	M35	01:38:45	
83	950	Graham Allsopp	Rolls Royce Harriers	M50	01:38:52	
84	836	Kathy Crockford	Long Eaton RC	F50	01:39:31	
85	872	Matt Gale	Unattached	M35	01:40:14	
86	965	Maggie Nichols	Trail Runners Association	F50	01:40:43	
87	908	Peter Herring	Unattached	M	01:44:36	
88	844	Michelle Harrison	Unattached	F	01:45:02	
89	843	Alex Morton	Unattached	M	01:45:02	
90	865	Phill Hickling	Unattached	M50	01:45:47	
91	861	Rachel Taylor	Holme Pierrepont RC	F	01:45:49	
92	862	Abigail Graves	Unattached	F	01:45:53	
93	811	Rebecca Oliver	Uknet runner	F	01:46:15	
94	796	Bec McAuliffe	Unattached	F	01:47:01	
95	866	Anna Sargeant	Unattached	F60	01:51:18	
96	909	David Capel	Rolls Royce Harriers	M70	01:51:23	
97	837	Bob Crockford	Long Eaton RC	M50	01:51:43	
98	933	Gareth Harding	Notts Police	M40	01:56:26	
99	932	Liam Hennessy	Notts Police	M40	01:56:26	