

Ilkeston Running Club Double or Quit race 2011							
10 or 5	Race Number	Runner Name	Club Name	Category	Race Time	Race position	notes
5	123	Alex Duthie	Belper Harriers RC	M	29.55	1	First overall
5	93	Mark Salkild	Dark Peak	M50	31.18	2	1st vet man
5	32	Ian Riley	Redhill Road Runners	M	33.56	3	
5	132	Danny Taylor	Unattached	M	34.49	4	
5	29	Paul Jephcott	Bushfield Joggers	M50	35.55	5	
5	113	Helen Woods	Kimberley Striders	F	35.58	6	1st lady
5	118	Rob Febbrari	Unattached	M	36.01	7	
5	122	Ryan Blake	Heanor Running Club	M	36.26	8	
5	146	Andy Watson	Erewash Valley RC	M40	37.36	9	
5	36	Nigel Lindley	Unattached	M55	37.59	10	
5	149	Peter Fleming	Unattached	M50	38.04	11	
5	106	Philip Sugden	Long Eaton RC	M40	38.37	12	
5	104	Michael Whatling	Derwent Runners	M50	38.44	13	
5	24	Nicola Chamberlain	Kimberley Striders	F	38.56	14	
5	35	Jonathan Allen	Unattached	M35	38.58	15	
5	100	Dean Ryde	Unattached	M	40.14	16	
5	30	Jon Ellicott	Bushfield Joggers	M	40.47	17	
5	137	Steve Monaghan	Unattached	M45	41.06	18	
5	117	Dave Stapleton	Unattached	M	41.20	19	
5	134	Ian Wright	Unattached	M	41.33	20	
5	81	Andrew Moriarty	Unattached	M	43.44	21	
5	77	Allan Raven	Unattached	M45	43.56	22	
5	76	Ken Bell	Unattached	M50	45.09	23	
5	99	Peter Gamble	Unattached	M55	45.30	24	
5	138	Jason Cooper	Unattached	M	45.40	25	
5	78	Chantal Allen	Unattached	F50	45.52	26	1st vet lady
5	49	Natalie Pedley	Unattached	F35	46.02	27	
5	143	Sukhjit Hayer	Unattached	M	48.40	28	
5	40	Rebecca Oliver	Uknetrunner	F35	49.32	29	
5	101	Helen Margiotta	Unattached	F35	50.01	30	
5	82	Rachel Godfrey	Unattached	F	50.12	31	
5	69	Graham Livermore	Unattached	M50	50.13	32	
5	103	Bis Whatling	Derwent Runners	F50	51.09	33	
5	38	Sarah Richard	Unattached	F55	51.13	34	
5	26	Claire Haine	Unattached	F 35	51.45	35	
5	119	Paul Thompson	Kimberley Striders	M55	52.00	36	
5	95	Alison Matthews	Unattached	F45	52.59	37	
5	85	Samantha Ruth	Holme Pierrepont RC	F45	53.44	37	
5	83	Joanne Brassington	Unattached	F	53.55	39	
5	96	Sue Hall	Unattached	F45	54.07	40	
5	144	Sukky Jassi	Unattached	F	54.18	41	
5	33	Alison Peverley	Etwall Jog Derbyshire	F35	54.50	42	
5	56	Peter Lythgoe	Formula one	M50	56.17	43	
5	25	Anna Franklin	Unattached	F	62.49	44	
10	136	Phil Critchlow	Beaumont	M40	59.35	1	First overall
10	66	Gareth Briggs	Staffs Moorlands AC	M	60.29	2	
10	46	Mick McGinty	Unattached	M	60.40	3	
10	121	Paul Targett	Fell Ponies	M45	64.34	4	1st vet man
10	43	Anthony Overton	Sinfin RC	M	65.12	5	
10	125	Graham Rush	Unattached	M	65.46	6	
10	39	Patrick Fitzgerald	Long Eaton RC	M45	65.56	7	
10	70	Tom Stokes	Erewash Valley RC	M	66.10	8	

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10	116	Michael Roe	Unattached	M	66.10	9	
10	124	Alex Carlon	Unattached	M	66.25	10	
10	128	Matthew Tusa	Unattached	M	66.37	11	
10	71	Anthony Madge	Grantham AC	M55	67.03	12	
10	145	Andy Kenyon	Erewash Valley RC	M40	68.03	13	
10	133	Garry Cooper	Unattached	M	68.27	14	
10	94	Mike Daniels	Bushfield Joggers	M	68.52	15	
10	42	Luke Saxton	Unattached	M	69.13	16	
10	13	Trevor Allport	Midland Masters	M55	69.44	17	
10	97	Robert Lennox	Little Eaton Hornets	M40	70.13	18	
10	15	James Gilder	Unattached	M	71.02	19	
10	2	Stephanie Isley	Belper Harriers RC	F45	71.19	20	1st lady
10	107	Kevin Brailsford	Unattached	M60	71.33	21	
10	109	Jason Ball	Sinfin RC	M	72.50	22	
10	8	Wayne Yearwood	Ripley RC	M45	72.58	23	
10	17	Stuart Oldfield	Unattached	M 40	73.12	24	
10	88	Robert Newberry	Unattached	M	73.20	25	
10	75	Matt Grant	Unattached	M	73.22	26	
10	126	Mark Stowell	Unattached	M45	73.30	27	
10	11	Richard Mitson	Notts AC	M40	74.02	28	
10	102	Paul Burchell	Long Eaton RC	M50	74.20	29	
10	89	Andrew Mucklestone	Unattached	M40	74.43	30	
10	141	Stephen Doleman	Unattached	M45	75.18	31	
10	131	Rab Acid	Beeston AC	M55	75.28	32	
10	105	Simon English	Ripley RC	M	75.56	33	
10	73	David Smith	Beeston AC	M50	76.38	34	
10	51	Richard Fildes	Sinfin RC	M50	77.05	35	
10	59	Robert Cogings	Derby Triathlon Club	M40	77.40	36	
10	135	Damian Eyre	Unattached	M	77.46	37	
10	98	Rob Pearce	Belper Harriers RC	M	78.08	38	
10	148	Alan Smith	Heanor Running Club	M55	78.34	39	
10	84	Joanne Stocks	Redhill Road Runners	F	78.56	40	
10	67	Andrew Lager	Shelton Striders	M	79.05	41	
10	112	Nick Wells	Unattached	M40	79.19	42	
10	44	David Greenwell	Uknetrunner	M45	79.20	43	
10	92	Lorraine Salkild	Holme Pierrepont RC	F45	79.24	44	1st vet lady
10	16	James Ashby	Unattached	M40	79.29	45	
10	50	Phil Nicholson	Bushfield Joggers	M45	79.44	46	
10	91	Evelyn Vickery	Unattached	F35	80.01	47	
10	60	Lucy Goss	Sinfin RC	F	80.03	48	
10	54	Anthony Staniland	Sutton Harriers	M70	80.21	49	
10	14	David Keegan	Shelton Striders	M60	81.05	50	
10	111	Ryan Ball	Ripley RC	M	81.20	51	
10	80	Michael Jesson	Unattached	M	81.21	52	
10	140	Nick Radford	Unattached	M	81.29	53	
10	18	Richard Masters	Unattached	M	81.33	54	
10	64	Colin Lewis	Erewash Valley RC	M55	82.13	55	
10	147	Antony Dorr	Beeston AC	M	82.25	56	
10	23	Chris Jones	Unattached	M	82.29	57	
10	87	Sarah Cadenas	Central AC	F	82.39	58	
10	63	Lara Beardsley	Unattached	F35	82.45	59	
10	90	John Pryor	Unattached	M45	83.18	60	
10	3	Ian Daws	Unattached	M60	83.40	61	
10	19	Ross Devereux	Unattached	M	83.44	62	
10	53	Colin Bones	Redhill Road Runners	M55	84.03	63	
10	61	Gilly McLoughlin	KADS	F35	86.43	64	

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10 or 5	Race Number	Runner Name	Club Name	Category	Race Time	Race position	notes
10	47	Craig Lawson	Unattached	M	87.58	65	
10	48	Sam Mountain	Unattached	M	87.58	66	
10	79	Damian Cowlshaw	Long Eaton RC	M45	88.55	67	
10	142	Adam Lowerson	Rolls Royce Harriers	M	89.23	68	
10	22	Simon Akers	Unattached	M	89.34	69	
10	115	Rich Craig	Notts Police	M	89.42	70	
10	55	David Richards	Formula one	M50	89.50	71	
10	65	Simon Lewis	Erewash Valley RC	M	89.57	72	
10	62	Julie Muggleton	Sinfin RC	F40	90.19	73	
10	129	Arthur Tyrar	Beeston AC	M55	90.31	74	
10	68	David Bland	Holme Pierrepont RC	M60	90.59	75	
10	127	Ruth Pickering	Unattached	F35	91.06	76	
10	45	Sam McGinty	Unattached	F	91.56	77	
10	139	Karen Wood	Unattached	F	94.07	78	
10	5	Annmarie Swallow	Unattached	F35	94.16	79	
10	1	Clare Marriott	Unattached	F35	94.17	80	
10	31	Anna Morris	Unattached	F40	94.17	81	
10	4	Rachael Hemsley	Long Eaton RC	F	94.35	82	
10	120	Joanne Crilly	Sinfin RC	F40	95.07	83	
10	10	Kevin Roughton	Erewash Valley RC	M40	95.37	84	
10	20	Dean Ward	Uknetrunner	M40	95.46	85	
10	57	Lorraine Varney	Unattached	F50	96.01	86	
10	28	Kathy Crockford	Long Eaton RC	F50	97.02	87	
10	114	Holly Wesson	Unattached	F	97.39	88	
10	7	Carl Millar	Unattached	M45	97.48	89	
10	72	Charlotte Durow	Absolute Triathlon Club	F	97.52	90	
10	74	Phil Hickling	Unattached	M55	98.21	91	
10	9	Sue Davys	Bushfield Joggers	F50	102.50	92	
10	108	Graham Stringer	JOG Derbyshire Dynamos	M45	103.29	93	
10	37	Sue Mcloughlin	Kimberley Striders	F55	103.40	94	
10	12	George Dawson	Bushfield Joggers	M75	103.52	95	
10	110	Graham Allsop	Rolls Royce Harriers	M55	104.58	96	
10	27	Bob Crockford	Long Eaton RC	M50	108.23	97	
10	86	Greco Kremmos	Unattached	M	111.32	98	
10	52	Lisa Fildes	Rolls Royce Harriers	F40	115.18	99	
	130	Julie Hand	Derwent Runners	F45	dnf		