

# Cannon Events Running Club Race Results

OCTOBER 2025



★ Altra Yorkshire Marathon ★

HUGE Congratulations to Andrea and Rich who completed the Yorkshire marathon today in a fantastic time and broke the 5hr barrier! 🏃🏃

An absolutely brilliant result for you both after all your hard work in training 🥳

5376 - Andrea Clark - 4:58:53

5379 - Richard Clark - 4:58:53

6500 Finishers

Well done to you both, awesome running ❤️



★ Petit Raid ★

Well done to our runners that completed the Petit Raid yesterday.

A 20 mile trail run through the Amber Valley, over undulating countryside, through woodland trails, and with plenty of hills and fabulous views 😊

Some great times for you all 🎉

12 - Sanford Sloan - 3:43:04

37 - Tara Heath - 5:43:53

38 - Marie Johnson - 5:43:53

39 Finishers

Fantastic results everyone... Amberaid 30 next year?? 😊



★ Yorkshire Coast 10k - Scarborough ★

Congratulations to everyone that ran the 10k course in Scarborough this morning and in much better weather than last year's race! 😊

We had another good club turnout with some great results ❤️

175 - Mike May - 45:07

268 - John Cannon - 47:27

296 - Mark Murphy - 48.12

456 - Leo Eden - 50:32

600 - Lawrence Eden - 53:50

914 - Moira Houston - 59:11

925 - Luke Adin - 59:11

926 - Julie Adin - 59:12

949 - Linda Longmore - 59:32

1041 - Emma Eden - 1:00:44

1216 - Kimberley Cole - 1:04:04

1217 - Karen Webster - 1:04:05

1341 - Angela Barnston - 1:06:02

1508 - Jackie Tomlinson - 1:09:30

1900 Finishers

Well done everyone, brilliant running 🙌



### ★ Shelton Striders 10k ★

Well done to our runners that completed the 10k course today in Derby, on what started out as a rather chilly morning 🥶

A flat and fast course with PB potential as demonstrated very well by 3 of our runners 🏆

93 - John Gullett - 44:57 - PB\*

182 - John Cannon - 51:58

184 - Lawrence Eden - 52:07 - PB\*

282 - Emma Eden - 59:14 - PB\*

358 Finishers

Fantastic running everyone and congratulations on your PB's 🏆 ❤️



### ★ Hedgehog Half Marathon ★

Well done to Emma who completed the half marathon distance from Normanby Hall Country Park this morning and achieved a brand new PB! 🏆

A run that's all on road and described as the prettiest half marathon, with lovely views of North Lincolnshire 🏃

264 - Emma Baines - 2:06:29 - PB\*

455 Finishers

Well done Emma, brilliant running 🙌❤️



☀️ Whitworth Thread ☀️

This month's club social took us to Darley Dale to take part in the Whitworth Thread, organised by Matlock Athletics Club.

A pleasant 3 lap course through Whitworth Park, with plenty of twists and turns, and with a real community feel about it 😊

This race is unique in that it gives you the opportunity to complete 1, 2 or 3 laps of the 5k course.

Well done to everyone who ran today. There were some fab results with plenty of top 3 age category placings and a new 5k PB for Toby! 🎉

Below are today's results.

1 Lap

1 - Joanne May - 9:57

8 Finishers

5k

3 - Jacob Hargreaves - 20:51 - 1st age cat

5 - Mike May - 21:00 - 1st age cat

7 - Sanford Sloan - 21:36 - 2nd age cat

8 - John Cannon - 21:43 - 1st age cat

18 - Toby Collard - 23:31 - PB\* - 1st age cat

19 - Joe Collard - 23:32 - 3rd age cat

27 - Matt Prior - 24:55

28 - Georgina Hargreaves - 25:00

36 - Karen Webster - 29:04

39 - Michelle Bower - 30:23

40 - Bev Cheetham - 30:47

49 Finishers

This month's race raised £65 for for Alzheimer's Research UK 💜

As always, thank you for the fantastic support you all showed each other 💚

The next event will be on the 15th November and will be at Rother Valley parkrun.



★ Chester Marathon ★

HUGE Congratulations to Louisa who completed the Chester marathon today in an absolutely fantastic time 🏃

Not only did she break the 4hr barrier, she also achieved a bronze club standard! 🏅

An outstanding result for an amazing lady 🥳

2336 - Louisa Freeman - 3:59:38

6698 Finishers

Well done Louisa 💚



★ Rotherham 10k ★

Congratulations to our 3 ladies that completed the Rotherham 10k today.

A one lap course which starts and finishes at Wentworth Woodhouse Stately Home and takes you through the beautiful surroundings.

422 - Linda Longmore - 59:11

609 - Angela Barnston - 1:09:34

610 - Jackie Tomlinson - 1:09:34

717 Finishers

Fantastic running everyone, well done 🙌❤️

SEPTEMBER 2025



★ Chatsworth 10k ★

Another weekend and another race, with great results for our runners.

This is a challenging route on mixed terrain around the grounds of Chatsworth.

Well done to everyone for completing the race with very good times 🎉

Matt Prior - 55:10

Gareth Jones - 59:18

Salli Jones - 1:00:44

Linda Longmore - 1:03:32

904 Finishers

Great running everyone, well done 🙌 ❤️





★ Tissington Trail Half Marathon ★

Congratulations to Linda who completed her half marathon debut on the Tissington trail this morning.

A very scenic route from Parsley Hay to Ashbourne, along a disused railway line, with beautiful views of the Derbyshire Dales.

Linda ran a brilliant time and earned herself a bronze club standard 🏅 🏃

252 - Linda Longmore - 2:17:02

378 Finishers

Fantastic running Linda, well done 🙌 ❤️



## ★ Mansfield 10k ★

Well done to everyone who weaved through the streets of Mansfield this morning to complete the 2 lap 10k race.

A tough little course, but perfect running conditions 🙌

Some fab results were achieved including a few pb's and a club standard 😊

Mark Murphy - 46:29

Louisa Freeman - 46:52 - \*pb & silver cs 🏆

Georgina Hargreaves - 52:10

Leo Eden - 55:31

Liz Pearce - 57:36 - \*pb

Lynne Short - 59:21

Kelly Matkin - 59:39

Karen Webster - 1:01:39

Michelle Bower - 1:03:27 - \*pb

829 Finishers. Great running everyone, well done 🙌 ❤️



## ★ The Great North Run ★

Well done to all our runners who completed today's GNR and achieved some fantastic results 🏃🏃

Congratulations to Lynne who is having a fantastic season of racing and achieved her bronze club standard today 🏆 that's her 3rd club standard in only a few weeks 🙌

A special mention also to Katrina who finished 6th in the under 20 female category, outstanding! 🙌

Katrina Prior - 1:34:01

Matt Prior - 1:57:36

Mark Murphy - 2:14:04

Lynne Short - 2:14:05 - pb\* - bronze cs 🏆

Moira Houston - 2:16:09

Luke Adin - 2:17:49

Emma Baines - 2:17:59

Julie Adin - 2:17:59

Marie Johnson - 2:40:12 - course pb\*

Annabel Attenborough - 2:49:04

Dan Rhodes - 2:58:14

Awesome running everyone, well done 🙌 ❤️



★ Race Results ★

★ The Big Half Marathon ★

Well done to Mike and John for completing the London big half this morning.

John had some difficulties today which affected his race result, however, massive kudos for carrying on and completing the race with caution and wishing you a speedy recovery

John 🙏

Mike May - 1:42:39

John Cannon - 2:28:54

Great running chaps and a fantastic result Mike, well done 🙌 ❤️

## AUGUST 2025



### ★ Race the Train ★

Thankfully our runners for this event were quicker than the time it's taken to post the results 🙏

Race the Train takes place alongside the route taken by the Talylyn Railway on its journey to Abergynolwyn and back.

Multiple race options are available, catering to a wide range of abilities, ranging from 3.5 miles up to 14 miles.

We had 2 runners taking part on an absolutely scorching day ☀️ achieving fantastic results:

Marie White 4.03.07 - 14 Mile race

Colin Sinnott 37.39 - 3.5 Mile race

Well done to you both, brilliant running 💚



### ☀️ Markeaton parkrun ☀️

Well done to everyone who ran today's club parkrun social at Markeaton parkrun, where they had an impressive 566 runners and walkers taking part 🏃🏃

Despite the recent temperatures, the sun stayed behind the clouds this morning making it a little more comfortable for running.

A massive well done to Matthew who achieved a 5k PB this morning 🏆

Below are today's results.

Mike May - 20:55

Sanford Sloan - 21:22

Matthew May - 22:09 - PB\*

Leo Eden - 23:20

Joe Collard - 23:43

Louisa Freeman - 24:53

Toby Collard - 26:39

Jeanette Rimmer - 27:30

John Cannon - 28:00

Emma Eden - 30:03

Lawrence Eden - 30:04

Maira Houston - 30:19

Emma Baines - 30:39

Rocco French - 30:40

Karen Webster - 31:44

Joanne May - 31:45

Sally Stanton - 32:22

Michelle Bower - 32:53

Suzanne Morrell - 32:59

As always, thank you for the fantastic support you all showed each other ❤️

The next event will be on the 20th September, venue t



★ Run the Lights - 5k & 10k ★

Well done to our ladies that ran the lights along the promenade in Blackpool ✨

Fantastic results were achieved with both PB's and bronze Club Standards for all our 10k runners 🎉

5k Results

73 - Annabel Attenborough - 33:06

10k Results

846 - Lynne Short - 58:15 - PB\* 🏆

920 - Joanna Bennett - 59:54 - PB\* 🏆

1122 - Marie Johnson - 1:05:31 - PB\* 🏆

1385 Finishers

Well done ladies, fantastic running from you all 🙌❤️



★ Trek 26 for alzheimers society ★

Kimberley Cole and Linda Longmore walked 26 miles through the Peak District on Saturday, whilst raising funds for a charity which is very close to their hearts 💜

They completed their challenge in under 9 hrs which is fantastic. Well done ladies 🙌



★ The Cordwell Colossus ★

Marie Johnson, Tara Heath and Marie White completed the 20 mile trail race through the Cordwell Valley which includes 950m of elevation!

This was Marie J's first official trail race and I'm sure that it won't be her last. It was Tara's 2nd time running this race and Marie W's 4th. Well done ladies 🙌





### ★ Run Sandringham 24 ★

Salli and Gareth Jones spent their day running 5 mile loops of the Royal Estate and totted up some incredible miles.

Gareth completed 8 laps totalling 40 miles, which is double the distance he ran at last years event.

Salli completed 11 laps totalling 55 miles!

What an achievement! Well done to you both 😊

## JULY 2025



🌟 July parkrun social 🌟

🌟 Sherwood Pines parkrun 🌟

Well done to everyone who ran today's club parkrun social through the beautiful Sherwood Forest where they had 348 runners and walkers taking part 🏃🏃

Despite the forecast, the weather was very kind to us, and thankfully, the rain held off until it was time to leave 🙏

Below are today's results.

29 - Jacob Hargreaves - 22:11

34 - Sanford Sloan - 22:22

68 - Louisa Freeman - 24:18

90 - Matt Prior - 25:42

93 - Matthew May - 25:51

94 - Mike May - 25:52

98 - John Cannon - 26:17

98 - Toby Collard - 26:18

100 - Georgina Hargreaves - 26:19

188 - Lynne Short - 30:35

217 - Annabel Attenborough - 31:22

225 - Beverley Cheetham - 32:06

227 - Michelle Bower - 32:10

231 - Suzanne Morrell - 32:15

237 - Joanne May - 32:29

238 - Karen Webster - 32:37

260 - Marie Johnson - 34:23

295 - Colin Sinnott - 37:31

As always, thank you for the fantastic support you all showed each other ❤️



### ★ Race Results - Hardwick 10k ★

Well done to all our runners who took on the hills of Hardwick on yet another warm evening 🌞

Some great results were achieved with course PB's for some of our runners 🏆

Special congratulations to Katrina who was the 2nd lady back 🏆

Here are the results:

26 - Daniel Bennett - 44:09

28 - Katrina Prior - 44:19

31 - Mike May - 45:00

55 - Sanford Sloan - 47:16

66 - Mark Murphy - 48:28

127 - Leo Eden - 52:14

131 - Louisa Freeman - 52:29

132 - John Cannon - 52:38

186 - Heidi Josephs - 55:55

218 - Georgina Hargreaves - 57:25

256 - Lawrence Eden - 59:47

275 - Luke Adin - 1:00:35

320 - Emma Baines - 1:03:48

321 - Julie Adin - 1:03:33

335 - Emily Ramsdale - 1:05:08

354 - Lynne Short - 1:06:12

386 - Martin Goacher - 1:07:55

428 - Dan Rhodes - 1:11:16

435 - Marie Johnson - 1:12:57

467 Finishers

Well done everyone, brilliant running in such warm and humid conditions 🌿



### ★ Race Results - Tara Kinder 10k ★

Here are the results for our runners who completed the Tara Kinder Memorial 10k on a very warm Friday evening ☀️

A flat and fast 3 lap course around the grounds of Elvaston Castle Country Park.

139 - Mark Murphy - 47:30

145 - John Cannon - 47:57

289 - Emma Rhodes - 55:55

291 - Georgina Hargreaves - 55:56

475 - Dan Rhodes - 1:14:04

511 Finishers

Well done everyone, brilliant running in such hot conditions

## JUNE 2025



## ★ Race Results - Derby Ramathon & 5 mile ★

A fantastic morning of running in Derby today with club members taking part in both the 5 mile and half marathon races.

We had a good club turnout, with some great results listed below, on what was a very warm day ☀️

### **5 Mile**

Leo Eden - 40:25

Matt Prior - 42:56

Salli Jones - 47:50

Linda Longmore - 48:20 - 3rd age cat - PB\*

Beverley Cheetham - 50:20

Emma Eden - 50:20

Lynn Thursby - 52:41

Angela Barnston - 53:31

Michelle Bower - 55:15

Jackie Tomlinson - 55:45

Marie Gullett - 1:00:33

### **Half Marathon**

Katrina Prior - 1:37:22

Mark Murphy - 1:42:10

John Gullett - 1:43:07

John Cannon - 1:48:42

Georgina Hargreaves - 2:03:52

Claire Boyle - 2:03:57

Richard Clark - 2:10:46

Andrea Clark - 2:10:47

Brilliant running everyone ❤️

Please let me know if your time was a PB 😊



### ★ Race Results - Grimsby 10k ★

Brilliant results again from father and daughter who ran the Grimsby 10k this morning.

A 40 second improvement on last years time for Katrina as well as finishing 1st in her age category 🥳

249 - Katrina Prior - 41:53 - 1st age cat

841 - Matt Prior - 50:01

2824 Finishers

Well done to you both, fantastic running 🏃🏃

MAY 2025



★ White Peak Festival of Running ★

A brilliant morning and some fantastic results from our runners who took part in two of the distances at today's White Peak Festival of Running 🏃🏃

Thank you to Matlock Athletics Club for a very well organised event 🙏

New 10k PB's were achieved by Mike and Karen, as well as a course PB for Linda 🥳

Below are today's results:

Down in a shot 10k

11 - Mike May - 41:05 - PB\* - 2nd age cat

69 - Joanne May - 56:16

73 - Karen Webster - 57:54 - PB\*

75 - Linda Longmore - 58:29 - course PB

116 - Colin Sinnott - 1:21:19 - 3rd age cat

119 Finishers

White Peak Half Marathon

43 - John Cannon - 1:38:50 - 3rd age cat

169 - Richard Clark - 2:08:34

170 - Andrea Clark - 2:08:34

241 Finishers

Well done everyone, fantastic running from you all and a huge welcome to the club to Andrea and Richard 🏃



## ★ Spire Ultra ★

It's been a busy weekend of racing for some of our club members, starting with the epic 33 mile Spire Ultra which was completed yesterday by three of our ladies.

The 33 miles largely follow the Chesterfield Round Walk route where participants have to rely on a map, GPS and route notes to navigate their way around their course within a 9hr cut-off window.

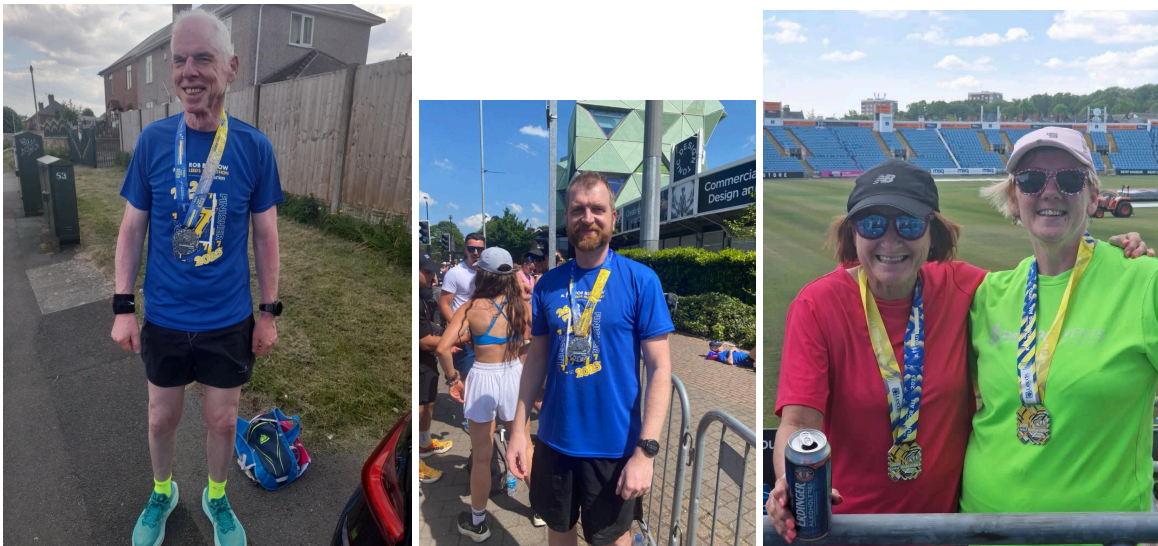
Our ladies finished in a time of approx 8rs and 8hr 20mins respectively, which was well within the allocated time.

Katherine Hall

Moira Houston

Salli Jones

Huge congratulations to you all on such a fantastic achievement



## ★ Leeds Half and Full Marathon ★

Our next set of results come from our runners in Leeds taking on both the full and the half marathon.



Fantastic results were achieved on yet another scorcher of a day 🌞

Half Marathon

Annabel Attenborough - 2:33:52

Marie Johnson - 2:38:25

Well done ladies 🏆 🏃

Full Marathon

John Gullett - 3:46:32

Mark Murphy - 4:10:50

Congratulations on such an awesome achievement 🏃

Brilliant running everyone, you're all superstars



★ Chesterfield 1k fun run & 10k ★

Our last set of results for today come from our very own Chesterfield 10k, where we had a good turnout of both runners and supporters ❤️

Despite the hot conditions, some very good times were achieved, including a couple of PB's 😊

We also had two of our junior runners taking part in the 1k fun run, both running brilliant times 🎉

1k fun run

Charlie Rogers - 4:00 - 4th overall

Holly Rogers - 4:40

10k

92 - Daniel Bennett - 41:36 - PB\*  
120 - Katrina Prior - 42:41 - 3rd in age cat  
124 - Mike May - 42:45  
218 - John Cannon - 46:31  
405 - Leo Eden - 50:54  
409 - Matt Prior - 51:21  
463 - Georgina Hargreaves - 52:34  
623 - Lawrence Eden - 55:30  
673 - Lyndon Tinsley - 56:41  
756 - Emma Baines - 58:45  
908 - Liz Pearce - 1:01:59  
941 - Lynne Short - 1:02:27 - PB\*  
934 - Kelly Matkin - 1:03:07  
976 - Karen Webster - 1:03:17  
1024 - Emma Eden - 1:05:16  
1074 - Angela Barnston - 1:07:23  
1138 - Michelle Bower - 1:09:08  
1315 Finishers

Fantastic running from everyone and thank you for all the fantastic support along the route.

Well done team Cannon's



★ Dronfield Town 10k ★

Well done to both our runners who took part in today's race in Dronfield. A 10k route that takes in the villages of Coal Aston, Apperknowle, Hundall and Unstone.

Brilliant times were achieved by both 🏃

32 - Mike May - 46:36

37 - Sanford Sloan - 47:55

146 Finishers

Fantastic running chaps, well done 👏

April 2025



★ London Marathon ★

Results come from a group of awesome runners who were in the Capital to complete the London marathon 🇬🇧 and, with fantastic times 🏃‍♀️

Rachel Bates - 3:52:24

Claire Hannon-Boyle - 4:50:37

Lawrence Eden - 5:02:47

Marcus Sloan - 5:19:05

Allison Wilbourn - 5:57:32 - \*PB



★ Dronfield 10k ★

Our first set of results for today come from the local 10k race in Dronfield where we had just one runner from the club taking part.

Mike completed the course in a great time 🏃

86 - Mike May - 44:22

726 Finishers



★ The Run for Wildlife Spring 10k ★

3 of our ladies completed this mornings 10k run at the Yorkshire Wildlife Park in Doncaster, achieving both PB's and club standards 🏃

439 - Linda Longmore - 1:00:07 - 3rd age cat

563 - Lynne Short - 1:03:16 - PB\*

774 - Angela Barnston - 1:08:04 - bronze 🏅

1311 Finishers



## ★ Manchester Marathon ★

Results come from our awesome runners who completed the Manchester marathon on what became a very warm day ☀️ Completing the 26.2 mile distance is an amazing achievement in its own right and our runners all did it in fantastic times 🥳

Katrina Prior - 3:31:25

Emma Roche - 4:23:32 \*PB

Matt Prior - 4:33:23

Louisa Freeman - 4:46:15

Mike Rogers - 5:34:51

Katie Waine - 5:58:50



★ Pink Moon Ladies Trail Half Marathon ★

Congratulations to all our ladies that ran the pink moon half last night 💕

There are no official results, however, everyone deserves to be recognised for their fabulous achievements 😊

A huge well done to:

Beverley Cheetham

Tara Heath

Annabel Attenborough

Marie Johnson

Salli Jones

Emma Eden

Suzanne Morrell

Michelle Bower

Fantastic running ladies 🏃



★ Race Results - Derby 10k ★

Congratulations to coach JC who ran a fantastic time at the Derby 10k this morning, showing us that theres still life in the old dog yet 😊

317 - John Cannon - 44:14

2785 Finishers

Well done John, brilliant running 🙌 ❤️



★ Monsal Half Marathon ★

Another outstanding result for Katrina yesterday who ran the Monsal half in a fantastic time, finishing 1st in her age category and 4th female overall 🏆 🏃

21 - Katrina Prior - 1:33:27

261 Finishers



Well done Katrina, brilliant running 🙌 ❤️



### ★ London Landmarks Half Marathon ★

Another set of results for today come from our two runners who were soaking up the atmosphere, as well as the sun ☀️ in the Capital, running the LLHM 🏃 🏃

Brilliant results were achieved for both our runners 🥳

8259 - Mike Rogers - 2:03:27

16925 - Marie Johnson - 2:40:42

19959 Finishers

Well done to you both, especially in today's heat, fabulous running 🙌 ❤️

March 2025



🌟📣 SHOUT OUT 📣🌟

Congratulations to Jacob Hargreaves who took part in the Derbyshire County Cross Country Championships yesterday at Mount St Mary's School.

Jacob represented Hasland Junior School and finished in FIRST place from a field of 40 boys!!

A fantastic achievement 🏆 very well done Jacob



★ Wilmslow Running Festival Half Marathon ★

Well done to coach JC who completed the Wilmslow half marathon this morning and in a fantastic time too.

1005 - John Cannon - 1:41:35

3499 Finishers

Well done John, brilliant running 🏃



★ Ashby 20 ★

Huge congratulations to both our runners who ran the 20 mile road race in Ashby De La Zouch this morning 🏃🏃

Fantastic results were achieved by both Matt and Heidi. This was also the longest distance ran by Matt to date! 😊

678 - Matt Prior - 3:05:29

1091 - Heidi Josephs - 3:42:09

1307 Finishers

Well done to you both, awesome running 🙌❤️



☀️ Long Eaton parkrun ☀️

Well done to everyone who turned out today for our club parkrun social, which took place in West Park, Long Eaton where they had 582 runners and walkers taking part 🏃

A fast and flat 2 lap course run entirely on tarmac paths.

Great running from everyone that took part and congratulations if your result was a PB 🏆

Below are today's results.

Mike May - 21:28

John Cannon - 21:50

Matt Prior - 25:58

Lawrence Eden - 27:08 - PB\*

Moira Houston - 28:51

Emma Eden - 30:02

Joanne May - 31:35

Karen Webster - 31:35

Sally Stanton - 31:49

Beverley Cheetham - 32:00

Michelle Bower - 33:54

As always, thank you for the fantastic support you all showed each other 😊

Please let me know if today's run was a 5k or parkrun PB.

The next event will be on the 19th April at Black Rocks parkrun.



### ★ Retford Half Marathon ★

Well done to John and Mark who completed the Retford half marathon yesterday.

Special congratulations to John who achieved both a new half marathon PB and a bronze club standard 🏅

263 - John Gullett - 1:39:36 - PB\* 🏅

326 - Mark Murphy- 1:43:16

677 Finishers

Well done chaps, fantastic running from you both



## ★ North Lincolnshire Half Marathon ★

Well done to all our runners that completed the half marathon distance today in sunny Scunthorpe 🌞

Special congratulations to Emma who achieved a new half marathon PB 🎉🏆

1153 - Claire Hannon-Boyle - 1:57:38

1411 - Mike Rogers - 2:08:20

1440 - Emma Baines - 2:09:54 - PB\*

1849 Finishers

Well done everyone, fantastic running 🏃

## February 2025



## 🌞 Monsal Trail parkrun 🌞

Another fantastic turnout today for our club parkrun social, which took place on the Monsal Trail, where they had 265 runners and walkers taking part 🏃🏃

An out and back course from Hassop Station, down the trail past Bakewell Station, and back again.

Well done to everyone that took part and congratulations if your result was a PB 🏆

Below are today's results.

Mike May - 21:20

Jacob Hargreaves - 23:35

Sanford Sloan - 23:36

Katrina Prior - 23:50  
Georgina Hargreaves - 26:16  
John Cannon - 26:23  
Toby Collard - 26:23  
Matt Prior - 26:45  
Mike Rogers - 27:17  
Charlie Rogers - 27:17  
Lawrence Eden - 27:47 - PB\*  
Moirra Houston - 29:29  
Suzanne Morrell - 32:07  
Ryan Jarvis - 33:19  
Beverley Cheetham - 33:32  
Michelle Bower - 33:58  
Jackie Tomlinson - 34:23  
Joanne May - 34:38  
Karen Webster - 34:39  
Marie Johnson - 35:06  
Colin Sinnott - 42:04

As always, thank you for the fantastic support you all showed each other 🥰

Please let me know if today's run was a 5k or parkrun PB.

**The next event will be on the 22nd March at Long Eaton parkrun.**





## ★ Race Results - Bolsover 10k ★

It was a brilliant morning at Bolsover supporting our runners in today's 10k race. The new race start and finish at the Castle added a special touch to the event 🏰

Congratulations to North Derbyshire Running Club for another very well organised event 🙌

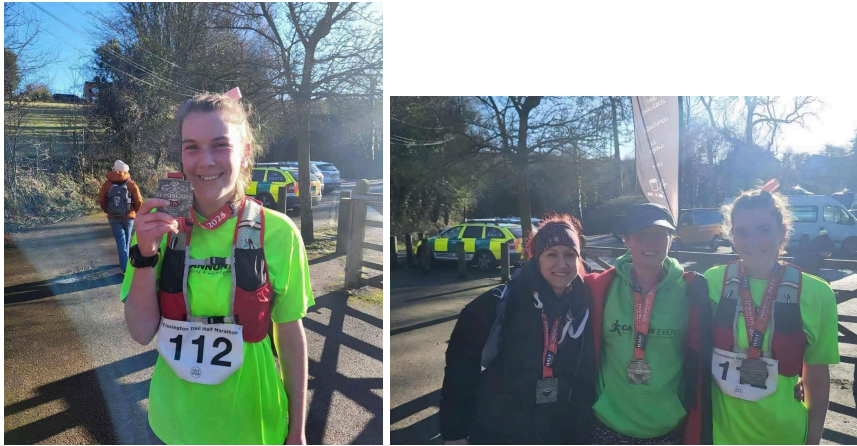
Some fantastic results were achieved by our runners as shown below. Congratulations to those who achieved a 10k PB 🎉

- 112 - Katrina Prior - 41:51 - PB\*
- 131 - Daniel Bennett - 42:50
- 221 - Mark Murphy - 46:24
- 258 - John Gullett - 47:19
- 380 - Josh Webster - 50:27
- 403 - Matt Prior - 51:14
- 409 - Mike Rogers - 51:33
- 429 - Georgina Hargreaves - 52:00 - PB\*
- 461 - Emma Rhodes - 53:15
- 531 - Lawrence Eden - 54:52
- 598 - Allison Wilbourn - 56:55
- 663 - Emma Baines - 58:53
- 715 - Martin Goacher - 1:00:47
- 784 - Angela Barnston - 1:03:52
- 922 Finishers

Well done everyone, brilliant running 📍 🙌



January 2025



★ Tissington Trail Spring Half Marathon ★

Congratulations to both mother and daughter who completed the Tissington half marathon on Saturday morning 🏃

A special mention for Emily who also achieved a half marathon PB 🎉

207 - Katherine Hall - 2:15:26

252 - Emily Hall - 2:28:54

Well done to you both and congratulations on your PB Emily



★ Tissington Trail Spring 10k ★

More results from the Tissington Trail where Emily completed the 10k distance on Saturday morning 🏃

121 - Emily Ramsdale - 1:11:23

149 Finishers

Well done Emily



★ Sherwood Pines 5k & 10k ★

Well done to all our runners that raced on a chilly morning at Sherwood Pines Forest.

Results 5k

52 - Julie Hickey - 33:55

117 Finishers

Results 10k

37 - Mike May - 46:19

86 - Mark Murphy - 50:43

157 - Martin Goacher - 54:48

294 - Linda Longmore - 1:02:24

336 - Lawrence Eden - 1:04:04

347 - Emma Eden - 1:04:07

478 Finishers. Well done to you all, brilliant running 🍷

### 🌟 Brierley Forest parkrun 🌟



Fantastic turnout for our first parkrun social for 2025 at Brierley Forest parkrun, where they had 214 runners and walkers taking part. Fairly flat, 2 lap course, mainly trail paths.

Well done to everyone that took part 🍷

Below are today's results.

Jacob Hargreaves - 21:51

Sanford Sloan - 21:52

Matt Prior - 25:41

Mike May - 26:15

Georgina Hargreaves - 26:30

Moira Houston - 28:05

Lynn Thursby - 32:05

Suzanne Morrell - 32:51

Annabel Attenborough - 32:51

Beverley Cheetham - 33:19

Toby Collard - 33:48

Marie Johnson - 35:30

Sue King - 36:21

Jackie Tomlinson - 37:07

Colin Sinnott - 45:47

Karen Webster - 45:47

As always, thank you for the fantastic support you all showed each other 🥰

## November 2024



### **Baslow Bolt** 30/11/24

Congratulations to Louisa who ran the Baslow Bolt fell race yesterday.

A 13km mixed terrain course with 400m of ascent!

Louisa ran a great time.

261 - Louisa Freeman - 1:36:34

319 Finishers

Well done Louisa, brilliant running

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October 2024



## Holmebrook 5k October 27

Pos	Time	Name	Club	Category
01	18.14	SOWTER, Kieran	North Derbyshire RC	Senior Male
02	18.27	CAWTHORNE, Jamie	North Derbyshire RC	Vet Male 40-44
03	20.36	NEWHOUSE, Gavin		Vet Male 45-49
04	22.22	MAY, Mike	Cannon Events RC	Vet Male 50- 54
05	22.32	HIBBERT, Trevor	Sinfin RC	Vet Male 45-49
06	22.42	FRANCIS, Matthew		Senior Male
07	23.26	MONAGHAN, Steve	North Derbyshire RC	Vet Male 60-64
08	24.21	SCOTT, Caroline	Sinfin RC	Vet Female 50-54
09	25.14	HICKEN, Dave	North Derbyshire RC	Vet Male 65-69
10	26.33	ARMITAGE, Sophie	North Derbyshire RC	Senior Female
11	28.07	RHODES, Olivia	Cannon Events RC	Junior Female
12	28.12	RHODES, Emma	Cannon Events RC	Vet Female 40-44
13	28.24	PEARCE, Liz	Cannon Events RC	Vet Female 40-44
14	29.55	EDEN, Lawrence	Cannon Events RC	Vet Male 40-44
15	29.59	MATKIN, Kelly	Cannon Events RC	Vet Female 40-44
16	30.07	EDEN, Emma	Cannon Events RC	Vet Female 40-44

## 1500m

Pos	Time	Name	Club	Category
1	07.51	ROGERS, Lilly	Cannon Events RC	Junior Female
2	09.10	RHODES, Sophie	Cannon Events RC	Junior Female
3	10.27	VINCENT, Amelia		Junior Female

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