

## **Notts AC Mile & 5000m Races 2024 – Provisional results**

Any queries please contact [johnmuddeman@aol.com](mailto:johnmuddeman@aol.com)

Results will be submitted to Power of 10 on 2<sup>nd</sup> July.

### Race 1 – Mile

Pos	First Name	Last Name	Gender	Category	Team Name	Time
1	Matt	Edey	M	M45	Beverley Athletic Club	6.07.3
2	Trisha	Patawaran	F	SW	unattached	6.26.5
3	Ava	Watson	F	U15G	Rushcliffe AC	6.30.9
4	Andy	Nelson	M	M70	Heanor Running Club	6.45.4
5	Tak Shing	Wong	M	M60	unattached	6.48.0
6	David	Ricketts	M	M65	Bad Boy Running Club	7.13.0
7	Imogen	Groves	F	U13G	unattached	7.47.4
8	Rob	Cockayne	M	M70	unattached	7.56.5
9	Naomi	Groves	F	W40	unattached	7.58.9
10	Alex	Spencer	M		Notts AC	8.26.2

### Race 2 – 5000m

Position	First Name	Last Name	Gender	Category	Team Name	Time
1	Abayomi	Adedimeji	M	M40	Birmingham Running Athletics & Triathlon Club	16.34.2
2	Dominic	Muskos	M	U20M	Derby AC	16.35.0
3	Patrick	Mackie	M	SM	Bromsgrove and Redditch	16.35.5
4	Mayank	Mishra	M	SM	University of Birmingham AC	16.37.8
5	Tyler	Hawley	M	U20M	Wolverhampton & Bilston	16.43.4
6	Indira	Patel	F	SW	Shaftesbury Barnet Harriers	17.06.4
7	Fern	Kimber	F	SW	Poole AC	17.42.5
8	William	Reddish	M	U15B	Notts Athletic Club	17.52.0
9	Sophie	Cowper	F	SW	Rotherham Harriers and AC	18.20.2
10	Jason	Buckley	M	M50	Kimberley & District Striders	18.28.8
11	Oliver	Braybrook	M	M35	Kimberley & District Striders	18.36.8
12	Aleksander	Tutt	M	U15B	Burton AC	18.40.6
13	Gary	Graham	M	M55	Holmfirth Harriers AC	18.59.5
14	Helen	Taylor	F	W35	Telford AC	19.41.2
15	Matthew	Orchard	M	M50	Hermitage Harriers	21.01.3
16	Daniel	Thompson	M	SM	unattached	21.54.6
17	Andy	Nelson	M	M70	Heanor Running Club	23.28.0

### Race 3 – 5000m

Position	First Name	Last Name	Gender	Category	Team Name	Time
1	Euan	Brown	M	SM	Hallamshire Harriers Sheffield	14.26.0
2	Edward	Buck	M	SM	Newark AC	14.29.7
3	Alastair	Watson	M	M45	Notts Athletic Club	14.35.0
4	Milan	Campion	M	SM	Notts Athletic Club	14.44.8
5	Thomas	Smales	M	SM	Barton & District AC	15.11.0
6	Josh	Dutton	M	SM	Salford Harriers & AC	15.25.4

7	Aedan	Lydon	M	U20M	Cambridge & Coleridge AC	15.38.1
8	Jack	Holland	M	SM	Notts AC	15.39.6
9	Harry	Lupton	M	M35	Charnwood Athletic Club	15.53.8
10	Mark	Bolland-Cage	M	SM	City of York AC	16.03.6
11	William	Lunn-Pigula	M	M35	Long Eaton RC	16.04.1
12	Tom	de Jong	M	SM	Notts Athletic Club	16.35.9
13	Daniel	Wort	M	U20M	Solihull & Small Heath Athletic Club	16.46.6
DNF	Matthew	Williams	M	SM	Notts Athletic Club	

#### Race 4 – Mile inc Richard Bird Mile

Position	First Name	Last Name	Gender	Category	Team Name	Time
1	Harry	Sayers	M	U13B	Notts Athletic Club	5.27.5
2	Isabelle	Davey	F		Notts AC	5.29.1
3	Isabella	Margiotta	F	U17W	Derby Athletic Club	5.31.4
4	Amelia	Arbon	F	U17W	Mansfield Harriers	5.36.2
5	Miley	Townrow	F	U15G	Worksop Harriers	5.38.3
6	Alex	Buck	M	U17M	Notts Athletic Club	5.39.9
7	Mike	Benford	M	M50	Notts Athletic Club	5.46.7
8	Andrew	Groves	M	M40	unattached	5.55.7
9	Kevin	Pye	M	M60	Midland Masters AC	6.16.2
10	Sarah	Maston	F	SW	Rushcliffe AC	6.20.9

#### Race 5 – Mile

Position	First Name	Last Name	Gender	Category	Team Name	Time
1	Seth	Kirby	M	SM	Steel City Striders Running Club	4.51.7
2	Jamie	Fletcher	M	M35	Burton AC	4.54.2
3	Morgan	Fletcher	M	U15B	Charnwood Athletic Club	4.54.2
4	Rocco	Hawley	M	U13B	Wolverhampton & Bilston	5.06.0
5	Joshua	Groves	M	U15B	Notts Athletic Club	5.17.7

#### Race 6 – Tim Wealthall Mile

Position	First Name	Last Name	Gender	Category	Team Name	Time
1	Elliot	Smith-Rasmussen	M	SM	Unsanctioned Athletics	4.15.8
2	John	Stolberg	M	SM	Birmingham Running Athletics & Triathlon Club	4.19.4
3	Ewan	Withnall	M	U15B	Burton AC	4.23.2
4	Chris	Hine	M	SM	Royal Sutton Coldfield Athletics Club	4.30.0
5	Luke	Stringer	M	SM	Medway and Maidstone AC	4.34.4
6	Joshua	Smith	M	U20M	Notts AC	4.36.3
7	Andrew	Merry	M	SM	Hercules Wimbledon AC	4.36.7
8	Luke	Hesketh	M	U20M	Notts AC	4.38.5