

2019 10k County Championships at Mansfield 15/09/19

Senior Men

1)	Kristian Watson	Heanor	32:34
2)	Paul Wright	Mansfield	33:43
3)	Stuart King	Notts AC	33.59

Men V35-44

1)	Kristian Watson	Heanor	32:34
2)	Andy Barron	HP	36:10
3)	Martin Fickling	Mansfield	36:47

Men V45-54

1)	David Cass	Mansfield	36:21
2)	Lewis Hopkinson	Newark Striders	37:13
3)	Paul Newton	RRR	37:21

Men V55-64

1)	Jonny Lowe	Mansfield	36:54
2)	Nick Luke	Sutton H	40:40
3)	Paul Castledine	Sutton	42:41

Men V65-74

1)	Peter Davis	N.Striders	46:21
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2)	Chris Dunn	Unatt	47:33
3)	Alan Dickens	Mansfield	53:18

Men V75+

1)_	Tony Staniland	Sutton H	54:32
2)_	John Oldfield	HP	66:00
3)	Dave Onion	RRR	68:05

Ladies Open

1)	Natalie Yates	Mansfield	37:44
2)	Beverley Armstrong	Mansfield	46:09
3)	Samantha Brown	RRR	47:38

Ladies V35-44

1)	Cristina Dinescu	Unatt	50:04
2)	Louise Wooley	RRR	50:40
3)	Claire Watson	Sutton H	50:50

Ladies V45-54

1)	Nicola Jones	HP	45:04
2)	Beverley Armstrong	Mansfield	46:09
3)	Samantha Brown	RRR	47:38

Ladies V55-64

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| 1) | Christine Bexton | Beeston | 48:14 |
| 2) | Beverley Barnes | KADS | 56:25 |
| 3) | Tina Copcutt | Mansfield H | 63:52 |

Ladies V65-74

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| 1) | Christine Oldfield | HP | 67:07 |
| 2) | | | |
| 3) | | | |

Ladies V75+