

## Individual Award Winners

## 5 Mile Race - 2019

	<i>Category</i>	<i>No</i>	<i>Name</i>	<i>Position</i>	<i>Time</i>	<i>Club</i>
1M(MS)	Winning Male	2062	Aston Perrin	1	27.50	Long Eaton Running Club
1F(FS)	Winning Female	2166	Rebecca Miller	10	33.23	Derby Athletic Club
FJ	Female Junior (Under 20)	1993	Charlotte Stack	61	39.59	Team Derby Runner
F35	Female 35 to 44	2081	Stacey Sangster	32	36.55	Long Eaton Running Club
F45	Female 45 to 54	2069	Pascale Holden	26	35.51	Shelton Striders
F55	Female 55 and over	2152	Glynis Hallam	68	40.47	Team Derby Runner
MJ	Male Junior (Under 20)	2183	Jack Surgay	6	32.46	Shelton Striders
M40	Male 40 to 49	2032	Paul Lewis	8	33.13	Long Eaton Running Club
M50	Male 50 to 59	2099	Philip Margett	11	33.26	Chesapeake Road Runners
M60	Male 60 to 69	2076	Gerrard Moss	44	38.05	Shelton Striders
M70	Male 70 and over	2117	Michael Smedley	40	37.57	Midland Masters