

Grimsthorpe Castle 10k

29th August 2011

Pos	Num	M	F	Name	Cat	CatPos	Club
1	331	1		John Pike	M	(001/080)	Newham & Essex Beagles
2	274	2		Steve Cockrell	M	(002/080)	Nene Valley Harriers
3	26	3		Mike Chapman	M	(003/080)	Nene Valley Harriers
4	362	4		Ash Henderson	M	(004/080)	Blyth RC
5	347	5		Tom Kingsnorth	M	(005/080)	St Edmunds Pacers
6	22	6		Darren Ping	M	(006/080)	Eye Community Runners
7	270	7		Ben Caisey	M	(007/080)	IpswichTri
8	322	8		Alan Oliver	M	(008/080)	Sleaford Striders
9	296	9		Andrew Richardson	M40	(001/076)	VO2Maximum
10	336	10		Jack Trow	MJ	(001/006)	Fenland Running Club
11	361	11		Jordan Middlemisc	MJ	(002/006)	Wallsend Harriers
12	349		1	Philippa Taylor	F35	(001/032)	Nene Valley Harriers
13	317	12		Mathew Grace	M	(009/080)	Bourne Town Harriers
14	307	13		Nick Burlington	M	(010/080)	Unattached
15	16	14		Vaughan Roberts	M50	(001/047)	Bourne Town Harriers
16	8	15		Alex Toll	M40	(002/076)	Barrow Runners
17	341	16		Glenn Withers	M	(011/080)	Unattached
18	286	17		Matthew Nutt	M40	(003/076)	Formula 1
19	345	18		Robert King	M60	(001/017)	Rutland RC
20	185	19		Michael Morley	M	(012/080)	Yaxley Runners
21	129	20		Jim Desmond	M40	(004/076)	Stragglers
22	225	21		David Gourlay	M50	(002/047)	Unattached
23	258		2	Zoe Smith	F	(001/043)	Rutland RC
24	79	22		Andrew Skales	M	(013/080)	Unattached
25	244	23		Christopher Keenan	M	(014/080)	Unattached
26	67	24		Paul Wilkerson	M50	(003/047)	Bedford & County Harriers
27	208		3	Sian Thomas	F	(002/043)	Chiltern Harriers
28	64	25		Nigel Booth	M50	(004/047)	Mablethorpe
29	182		4	Burrell Helen	F45	(001/025)	Redhill Road Runners
30	285	26		Andrew Brett	M	(015/080)	Ramsey Road Runners
31	128	27		Matt Holmes	M	(016/080)	Unattached
32	74	28		Tony Johnson	M40	(005/076)	Ropsley Road Runners
33	295	29		Joshua Asbrey	MJ	(003/006)	Lincoln Wellington AC
34	137	30		Sean Barkes	M40	(006/076)	Unattached
35	346	31		Henry King	M	(017/080)	Unattached
36	158	32		Scott Lloyd	M	(018/080)	Werrington Joggers
37	204	33		Stuart Barfoot	M	(019/080)	Eye Community Runners
38	143	34		Hugh Burton	M40	(007/076)	Yaxley Runners
39	126	35		Rich Lomas-Brown	M	(020/080)	Bourne Town Harriers
40	113	36		Mike Daniels	M	(021/080)	Bushfield Joggers
41	355		5	Claire Steels	F	(003/043)	Bourne Town Harriers

42	6	37	Shaun Towell	M40	(008/076)	Bourne Town Harriers
43	132	38	Mark Hazlehurst	M50	(005/047)	Yaxley Runners
44	236	39	Mark Cochran	M	(022/080)	Bourne Town Harriers
45	159	40	Tim Chapman	M40	(009/076)	Fenland Running Club
46	3	41	Gary Pawson	M	(023/080)	Unattached
47	44	42	Tim Wigley	M40	(010/076)	Bourne Town Harriers
48	224	43	Chris Pycroft	M50	(006/047)	Unattached
49	87	44	Robert Howlett	M40	(011/076)	Fenland Running Club
50	40	45	Graham Park	M40	(012/076)	Sleaford Striders
51	243	46	Jamie Sismey	M	(024/080)	Unattached
52	228	47	Andrew Cowling	M50	(007/047)	Unattached
53	251	48	Steve Joy	M	(025/080)	Yaxley Runners
54	339	49	Martin Candish	M	(026/080)	Stamford Striders
55	364	50	Arthur Short	M40	(013/076)	Grantham AC
56	281	51	Keith Brookes	M60	(002/017)	Nene Valley Harriers
57	232	52	Stephen Firman	M	(027/080)	Unattached
58	57	53	Phil Galpin	M40	(014/076)	Bourne Town Harriers
59	80	54	Nicholas Wells	M40	(015/076)	Stamford Striders
60	299	55	Andrew Kinsley	M	(028/080)	Retford AC
61	33	6	Maggie Skinner	F	(004/043)	Stamford Striders
62	91	56	Dave Earth	M	(029/080)	Unattached
63	292	57	Nick Adams	M50	(008/047)	Spa Striders
64	68	58	Phillip Hamlyn	M40	(016/076)	Werrington Joggers
65	51	59	Adam Runacres	MJ	(004/006)	Sleaford Striders
66	121	60	Geoff Howes	M50	(009/047)	Thorney Running Club
67	248	61	Keith Read	M50	(010/047)	Stamford Striders
68	73	62	Robert Belton	M40	(017/076)	Royal Navy AC
69	100	63	Nigel Dickens	M50	(011/047)	Nene Valley Harriers
70	245	64	Thomas Williamson	M40	(018/076)	Unattached
71	96	65	Andrew Larham	M50	(012/047)	March AC
72	181	66	Andrew Johnston	M	(030/080)	Unattached
73	200	67	Darren Jackson	M	(031/080)	Fenland Running Club
74	168	68	Nathan Walls	M	(032/080)	Unattached
75	39	69	Mark Hebden	M40	(019/076)	Sleaford Striders
76	176	70	Ian Vallance	M	(033/080)	Yaxley Runners
77	303	71	John Sinclair	M50	(013/047)	Retford AC
78	103	72	Mark Turner	M40	(020/076)	Wellington Lincoln
79	78	7	Sarah Graves	F35	(002/032)	Wolds Vets
80	263	73	Nigel French	M40	(021/076)	Unattached
81	227	74	Gavin Willey	M40	(022/076)	Unattached
82	310	75	David Foster	M40	(023/076)	Toonie EX
83	138	76	Paul Hannah	M50	(014/047)	Stamford Striders
84	306	77	David Colbert	M	(034/080)	Retford AC
85	160	78	David Burton	M40	(024/076)	Sleaford Striders
86	212	79	Jason Perring	M40	(025/076)	March AC
87	202	80	Phil Barnes	M	(035/080)	Bushfield Joggers
88	45	81	Phil Lengthorn	M40	(026/076)	Bourne Town Harriers

89	65	82	Algie Audas	M50	(015/047)	Stamford Striders
90	98	83	Darren Hire	M	(036/080)	Unattached
91	191	84	Tim Seabrook	M50	(016/047)	Unattached
92	266	85	Marcus Lancaster	M40	(027/076)	Lincoln & District RC
93	222	86	Andre Pittock	M40	(028/076)	Unattached
94	97	87	James Stocker	M60	(003/017)	Unattached
95	215	88	David Barsby	M40	(029/076)	Werrington Joggers
96	177	89	Simon Gilbey	M40	(030/076)	Werrington Joggers
97	21	90	Keith White	M60	(004/017)	Fenland Running Club
98	174	8	Jane James	F45	(002/025)	Sleaford Striders
99	166	9	Judith Thomas	F45	(003/025)	Werrington Joggers
100	104	91	Andrew Enticknap	M40	(031/076)	Hunts AC
101	207	92	Ryan Blake	M	(037/080)	Heanor RC
102	84	93	Brian Kearsy	M60	(005/017)	Stamford Striders
103	38	94	Darren Moat	M	(038/080)	March AC
104	360	95	Oliver Bycroft	M	(039/080)	Unattached
105	240	96	Mark Smith	M40	(032/076)	Unattached
106	241	97	Jimmy McDonnell	M	(040/080)	Unattached
107	304	98	Vince McNife	M40	(033/076)	Sleaford Striders
108	259	99	Jaroslav Nijak	M	(041/080)	Nene Valley Harriers
109	359	100	Julian Smith	M40	(034/076)	Nene Valley Harriers
110	217	101	Ian Milburn	M60	(006/017)	Fenland Running Club
111	12	102	Graham Potter	M40	(035/076)	Sleaford Striders
112	30	103	John Combie	M60	(007/017)	Newark AC
113	257	104	James Harris	M	(042/080)	Unattached
114	77	105	Brian Mclean	M50	(017/047)	Bourne Town Harriers
115	253	106	Peter Holmes	M50	(018/047)	Unattached
116	125	107	Kim Fardell	M50	(019/047)	Unattached
117	198	108	Richard Kilburn	M40	(036/076)	Grantham AC
118	70	109	Matthew Kefford	M40	(037/076)	Stamford Striders
119	183	110	Paul Myland	M40	(038/076)	Werrington Joggers
120	178	111	Paul Atherfold	M	(043/080)	Yaxley Runners
121	193	112	Zac Hill	MJ	(005/006)	C&C
122	156	113	Colin Creasey	M50	(020/047)	Louth Athletics Club
123	213	114	Tim Stone	M50	(021/047)	Yaxley Runners
124	334	115	Carl Moss	M	(044/080)	Unattached
125	354	116	Pullen	M	(045/080)	Yaxley Runners
126	93	117	Clive Harrod	M50	(022/047)	Fenland Running Club
127	290	118	Phil Nicholson	M40	(039/076)	Bushfield Joggers
128	19	119	Alan Buckberry	M40	(040/076)	Sleaford Striders
129	161	120	John Mccrone	M40	(041/076)	Rutland RC
130	352	121	Matt Carson	M	(046/080)	Unattached
131	220	122	John Cook	M60	(008/017)	Unattached
132	250	123	Shaun Hill	M	(047/080)	Unattached
133	365	124	Philip Hall	M50	(023/047)	Grantham AC
134	85	125	Colin Radford	M50	(024/047)	Ramsey Road Runners
135	54	126	Tony Bates	M50	(025/047)	Unattached

136	162	127	Robin Ball	M50	(026/047)	Stamford Striders
137	276	128	Paul Denyer	M50	(027/047)	Werrington Joggers
138	9	129	Simon Jackson	M40	(042/076)	Sleaford Striders
139	271	10	Dawn Clark	F	(005/043)	Spa Striders
140	272	130	Mike Ellis	M	(048/080)	Spa Striders
141	229	131	Rob Smith	M	(049/080)	Unattached
142	88	11	Geraldine Emmins	F35	(003/032)	March AC
143	351	132	Andrew Cross	M	(050/080)	Wanders AC
144	353	133	Bernard Smith	M	(051/080)	Unattached
145	209	134	Robert Tillott	M50	(028/047)	Ramsey Road Runners
146	171	135	Jon Ellicott	M	(052/080)	Bushfield Joggers
147	226	136	Simon Edwards	M	(053/080)	Unattached
148	189	137	Brian Harding	M50	(029/047)	Unattached
149	115	12	Kate Fisher	F45	(004/025)	Formula 1
150	194	138	Adam Williamson	M	(054/080)	Thorney Running Club
151	48	139	Peter Swallow	M50	(030/047)	Bourne Town Harriers
152	275	13	Sarah Hearn	F	(006/043)	Fenland Running Club
153	5	14	Anna Thompson	F45	(005/025)	Sleaford Striders
154	13	140	Andrew Preston	M	(055/080)	Sleaford Striders
155	163	141	Richard Pearson	M50	(031/047)	Bourne Town Harriers
156	7	15	Lorraine Toll	F45	(006/025)	Barrow Runners
157	216	142	Chris Berry	M	(056/080)	Unattached
158	102	143	Peter Bonner	M	(057/080)	Unattached
159	188	144	Matthew Lennard	M	(058/080)	Derwent Runners
160	120	145	Adam Oakes	M	(059/080)	Unattached
161	265	146	Andrew Dickinson	M40	(043/076)	Sleaford Striders
162	154	147	Barry Douce	M	(060/080)	Sleaford Town Runners
163	122	16	Susan Williams	F35	(004/032)	Yaxley Runners
164	246	148	David Watt	M40	(044/076)	Notfast Runners Newark
165	141	149	Richard Sharpe	M40	(045/076)	Thorney Running Club
166	218	17	Claudia Milburn	F	(007/043)	Fenland Running Club
167	264	150	Wright	M50	(032/047)	Rutland RC
168	164	151	David Hull	M	(061/080)	Unattached
169	311	152	18 Diana Flint	F45	(046/076)	Toonie EX
170	333	153	Gernot Sehwandt	M60	(009/017)	Sleaford Striders
171	327	154	Sven Bartels	M45	(001/001)	SVBlav-WeisPetershagenEgg
172	223	155	Tony Jones	M50	(033/047)	Unattached
173	315	156	Philip Zirngast	M40	(047/076)	Unattached
174	342	19	Eusa Whithers	F	(008/043)	Unattached
175	350	157	Stuart Cross	M	(062/080)	Unattached
176	280	158	Matthew Vinter	M	(063/080)	Unattached
177	318	159	Barney Hinnigan	M	(064/080)	Unattached
178	302	160	Steve Bills	M40	(048/076)	Unattached
179	34	161	James Skinner	M	(065/080)	Stamford Striders
180	366	162	Robin Barnatt	M40	(049/076)	Unattached
181	247	20	Caroline Upton	F40	(001/003)	Notfast Runners Newark
182	199	163	Roger Tarrier	M40	(050/076)	Unattached

183	319	164	Phil Maltby	M	(066/080)	Unattached
184	192	165	Paul Fennessy	M40	(051/076)	Unattached
185	356	166	Nathan Saw	M	(067/080)	Fenland Running Club
186	294	21	Leanne Rickett	F	(009/043)	Fenland Running Club
187	167	22	Lucy Rigg	FJ	(001/001)	Unattached
188	278	167	Oliver Lythgoe	M40	(052/076)	Bourne Town Harriers
189	231	168	Matthew Cramp	M40	(053/076)	Unattached
190	140	23	Helen Cameron	F35	(005/032)	Werrington Joggers
191	283	169	Hamish McConchie	M40	(054/076)	Unattached
192	252	24	Harlow	F35	(006/032)	Yaxley Runners
193	150	170	Dave Windle	M40	(055/076)	Retford AC
194	53	171	Keith Measure	M50	(034/047)	Grantham AC
195	298	172	Alex Cobb	M	(068/080)	Spalding Tri Club
196	254	25	Debbie Holmes	F45	(007/025)	Unattached
197	46	173	Steven Cole	M	(069/080)	Unattached
198	348	174	Adam Nelson	M	(070/080)	Unattached
199	332	175	Steve Marshall	M40	(056/076)	Unattached
200	116	176	Mike Whaley	M60	(010/017)	Unattached
201	56	177	Paul Armstrong	M	(071/080)	Stamford Striders
202	83	178	Nilesh Patel	M	(072/080)	Bushfield Joggers
203	308	26	Isobel Reeves	F	(010/043)	Unattached
204	31	179	Paul Gardner	M	(073/080)	Stamford Striders
205	146	180	Jim Millar	M40	(057/076)	Sleaford Striders
206	288	181	David Hood	M50	(035/047)	Fenland Fun Runners
207	14	182	Ted Preston	M60	(011/017)	Sleaford Striders
208	59	183	Dave Aust	M40	(058/076)	Stamford Striders
209	205	184	Gordon Pearson	M40	(059/076)	Eye Community Runners
210	321	185	Garry Wilson	M40	(060/076)	Sleaford Striders
211	297	186	Andrew Broom	M40	(061/076)	Rutland RC
212	249	27	Karen Clark	F	(011/043)	Unattached
213	197	187	Jonathan Hird	M40	(062/076)	Sleaford Striders
214	173	188	Derek James	M40	(063/076)	Stamford Striders
215	63	28	Jill Eve	F45	(008/025)	Unattached
216	262	189	Stuart Neal	M40	(064/076)	Unattached
217	273	190	Peter Hamilton	M50	(036/047)	Unattached
218	43	29	Sarah Baker	F35	(007/032)	Stamford Striders
219	325	30	Sasha Oliver	F	(012/043)	Sleaford Striders
220	165	31	Camilla Atterbury	F35	(008/032)	Unattached
221	201	191	Richard Agger	M	(074/080)	Unattached
222	316	32	Terri Francis	F	(013/043)	Unattached
223	282	33	Sian White	F35	(009/032)	Ramsey Road Runners
224	284	34	Michelle Prior	F	(014/043)	Ramsey Road Runners
225	106	192	Steve Parks	M40	(065/076)	Unattached
226	107	35	Moira Parks	F45	(009/025)	Unattached
227	309	36	Jennifer Reeves	F	(015/043)	Unattached
228	169	37	Kathryn Brown	F45	(010/025)	Unattached
229	50	38	Maureen Runacres	F45	(011/025)	Sleaford Striders

230	144	193	Dave Bamber	M50	(037/047)	Bedford & County Harriers
231	277	194	Paul Phazey	M40	(066/076)	Unattached
232	151	39	Katherine Cook	F35	(010/032)	Retford AC
233	149	40	Amy Claypole	F	(016/043)	Stamford Striders
234	237	195	David Grace	M50	(038/047)	Bourne Town Harriers
235	338	41	Lucy Forth	F	(017/043)	Unattached
236	10	42	June Jackson	F35	(011/032)	Sleaford Striders
237	152	196	Barry Collingwood	M	(075/080)	Unattached
238	2	43	Kimberley Ward	F	(018/043)	Unattached
239	170	197	Barbara Johnson	F55	(001/013)	Yaxley Runners
240	136	198	David Lyons	M40	(067/076)	Unattached
241	27	44	Jane Greenwood	F55	(002/013)	Fenland Running Club
242	287	199	Andreas Otto	M40	(068/076)	Unattached
243	187	45	Sylvia Lloyd	F	(019/043)	Unattached
244	72	200	Terry Cross	M60	(012/017)	Stamford Striders
245	42	201	Ian Coulsen	M	(076/080)	Unattached
246	47	46	Natalie Cole	F35	(012/032)	Bourne Town Harriers
247	89	202	Glyn Botfield	M50	(040/047)	Road Runners Club
248	66	203	Tony Lack	M70	(001/003)	Ramsey Road Runners
249	35	204	John Leggett	M60	(013/017)	Trail Runners Association
250	179	47	Nikki Timms	F35	(013/032)	Yaxley Runners
251	101	205	Gary Thurgood	M50	(041/047)	Yaxley Runners
252	313	48	Meela O'Neill	F	(020/043)	Stamford Striders
253	37	49	Elaine Palmer	F35	(014/032)	Werrington Joggers
254	92	206	Jeremy Faint	M40	(069/076)	Unattached
255	230	50	Corinne Morgan	F45	(012/025)	Unattached
256	155	51	Penny Lamb	F35	(015/032)	Bourne Town Harriers
257	279	52	Julia Hartley	F35	(016/032)	Unattached
258	268	53	Anne Johnstone	F45	(013/025)	Unattached
259	62	54	Valerie Eve	F65	(001/002)	Stamford Striders
260	221	207	Alan Gray	M60	(014/017)	Unattached
261	267	55	Tracey Dickinson	F35	(017/032)	Sleaford Striders
262	94	208	Steve Allam	M40	(070/076)	Stamford Striders
263	343	56	Sina Kokles	F35	(018/032)	Sleaford Striders
264	260	209	Malcolm McEwen	M	(077/080)	Bedford & County Harriers
265	234	57	Kelly Pottle	F	(021/043)	Unattached
266	196	58	Heather Coates	F	(022/043)	Stamford Striders
267	90	59	Vanessa Mackinnon	F45	(014/025)	Stamford Striders
268	142	210	Stanley Thornton	M70	(002/003)	Sleaford Striders
269	337	60	Anthea Kettle	F55	(002/012)	Unattached
270	314	61	Sarah O'Brien	F	(023/043)	Unattached
271	118	62	Laura Arnold	F	(024/043)	Fenland Running Club
272	1	211	Lee Dalglish	M	(078/080)	Unattached
273	261	63	Maggie Leonard	F55	(003/012)	Redhill Road Runners
274	233	64	Petra Otto	F55	(004/012)	Thorney Running Club
275	235	65	Lesley Ede	F35	(019/032)	Unattached
276	99	66	Jacky Hampshire	F35	(020/032)	Stamford Striders

277	17	67	Anna Riddell	F45	(015/025)	Sleaford Striders
278	18	212	Graham Riddell	M40	(071/076)	Sleaford Striders
279	328	213	Michael Patzel	M50	(042/047)	Unattached
280	363	68	Carol Scane	F45	(016/025)	Stamford Striders
281	86	69	Alison Vinter	F35	(021/032)	Stamford Striders
282	4	70	Hazel Brewin	F55	(005/012)	Werrington Joggers
283	49	71	Suzanne Stevens	F45	(017/025)	Bourne Town Harriers
284	214	72	Val Stone	F45	(018/025)	Yaxley Runners
285	25	73	Katherine Jaiteh	F	(025/043)	Unattached
286	76	74	Caz Thomson	F45	(019/025)	Sleaford Town Runners
287	291	214	George A Dawson	M70	(003/003)	Bushfield Joggers
288	186	75	Emma Morley	F	(026/043)	Unattached
289	190	76	Lucy Terrell	F	(027/043)	Stamford Striders
290	210	77	Jennie Tillott	F	(028/043)	Ramsey Road Runners
291	180	78	Charlotte Wolfe	F35	(022/032)	Stamford Striders
292	305	215	Daniel Atkins	M	(079/080)	Unattached
293	238	79	Nicole Grace	F	(029/043)	Bourne Town Harriers
294	75	80	Dee Dee Anderson	F35	(023/032)	Unattached
295	269	216	Philip Boddey	M50	(043/047)	Stamford Striders
296	184	81	Bernadette Baines	F	(030/043)	Stamford Striders
297	15	82	Helen Morris	F35	(024/032)	Stamford Striders
298	41	83	Elaine Allwood	F55	(006/012)	Stamford Striders
299	358	84	Sarah Wotton	F	(031/043)	Unattached
300	206	217	Richard Viney	M40	(072/076)	Stamford Striders
301	357	85	Sophie Howes	F	(032/043)	Thorney Running Club
302	109	218	John Kidd	M50	(044/047)	Unattached
303	289	86	Kershiu Hegert	F35	(025/032)	Unattached
304	52	219	Owen Davies	M50	(045/047)	Stamford Striders
305	312	87	Alison Marner	F45	(020/025)	Stamford Striders
306	134	220	Trish Page	M40	(073/076)	Unattached
307	135	88	Katie Dexter	F35	(026/032)	Unattached
308	335	89	Lucy File	F40	(002/003)	Werrington Joggers
309	133	90	Jon Page	F35	(027/032)	Unattached
310	300	221	Gary Marshall	M50	(046/047)	Unattached
311	111	222	Darren Pulfrey	M40	(074/076)	Unattached
312	130	91	Sandi Lindley	F45	(021/025)	Stamford Striders
313	301	92	Belinda Welsh	F45	(022/025)	Unattached
314	203	93	Sophie Pain	F	(033/043)	Stamford Striders
315	293	223	Bob Oakham	M60	(015/017)	Notfast Runners Newark
316	95	94	Becky Allam	F	(034/043)	Stamford Striders
317	127	95	Samantha Baines	F	(035/043)	Stamford Striders
318	148	96	Kirri Flatters	F35	(028/032)	Bushfield Joggers
319	326	97	Dobrich Seskia	F	(036/043)	Sleaford Striders
320	131	98	Julie Lindley	F	(037/043)	Unattached
321	11	99	Dawn Carter	F35	(029/032)	Sleaford Striders
322	340	100	Helen Sellers	F40	(003/003)	Unattached
323	324	224	Andre Dobrich	M40	(075/076)	Sleaford Striders

324	320	101	Linda Melloy	F45	(023/025)	Sleaford Striders
325	20	102	Heidi Hayes	F	(038/043)	Stamford Striders
326	195	103	Becca Brown	F	(039/043)	Stamford Striders
327	145	104	Alison Grummitt	F35	(030/032)	Unattached
328	172	105	Clare Busby	F	(040/043)	Stamford Striders
329	24	225	Barry Lane	M	(080/080)	Unattached
330	157	226	Liam Glackin	MJ	(006/006)	Unattached
331	323	106	Sylria Dodrick	F45	(024/025)	Sleaford Striders
332	61	107	Dawn Butcher	F35	(031/032)	Stamford Striders
333	58	108	Gillian Holmes	F55	(007/012)	Thorney Running Club
334	110	227	Simon Connors	M40	(076/076)	Unattached
335	119	109	Ellie Arnold	F55	(008/012)	Fenland Running Club
336	242	110	Jane Bayes	F55	(009/012)	Wellingborough&Dist AC
337	239	228	Graham Bayes	M60	(016/017)	Wellingborough&Dist AC
338	255	111	Patricia Baker	F45	(025/025)	Unattached
339	256	112	Rosemary Blakesley	F55	(010/012)	Unattached
340	55	113	Jane Atherton	F	(041/043)	Stamford Striders
341	32	114	Paula Mckee	F	(042/043)	Stamford Striders
342	147	115	Antoinette Rendle	F55	(011/012)	Bushfield Joggers
343	329	116	Barbel Hartman	F65	(002/002)	SVBlav-WeisPetershagenEgg
344	330	229	Hartmut Bachnick	M60	(017/017)	SVBlav-WeisPetershagenEgg
345	108	117	Lisa Kidd	F35	(032/032)	Unattached
346	28	118	Maria Sowerby	F55	(012/012)	Stamford Striders
347	29	119	Suzanne Moon	F	(043/043)	Stamford Striders
348	139	230	Dick Crosbie	M50	(047/047)	Stamford Striders

Copyright © 2007 John Schofield. Unauthorised copying prohibited

Pace per Km/Mile	Time
03.27/05.34	00:34:33
03.39/05.52	00:36:29
03.40/05.55	00:36:44
03.42/05.56	00:36:55
03.44/06.00	00:37:15
03.46/06.03	00:37:37
03.46/06.04	00:37:42
03.49/06.08	00:38:09
03.50/06.10	00:38:18
03.52/06.14	00:38:42
03.53/06.16	00:38:54
03.54/06.17	00:39:01
03.55/06.18	00:39:11
03.58/06.23	00:39:40
03.58/06.24	00:39:45
04.00/06.25	00:39:55
04.02/06.29	00:40:20
04.03/06.31	00:40:32
04.04/06.32	00:40:37
04.04/06.33	00:40:42
04.04/06.33	00:40:45
04.05/06.34	00:40:50
04.05/06.35	00:40:52
04.06/06.36	00:41:03
04.07/06.37	00:41:06
04.07/06.38	00:41:12
04.08/06.38	00:41:16
04.08/06.39	00:41:22
04.09/06.40	00:41:27
04.10/06.42	00:41:40
04.10/06.42	00:41:41
04.11/06.43	00:41:46
04.12/06.45	00:41:55
04.13/06.47	00:42:07
04.13/06.47	00:42:11
04.13/06.47	00:42:12
04.13/06.48	00:42:14
04.14/06.48	00:42:15
04.14/06.49	00:42:24
04.14/06.50	00:42:25
04.15/06.50	00:42:29

04.17/06.53	00:42:46
04.17/06.54	00:42:52
04.18/06.55	00:42:57
04.18/06.55	00:43:01
04.20/06.58	00:43:17
04.20/06.59	00:43:22
04.21/06.59	00:43:26
04.21/07.00	00:43:27
04.21/07.00	00:43:30
04.21/07.00	00:43:32
04.22/07.02	00:43:40
04.22/07.02	00:43:43
04.22/07.02	00:43:45
04.23/07.03	00:43:49
04.24/07.04	00:43:56
04.24/07.05	00:44:00
04.25/07.06	00:44:10
04.25/07.07	00:44:14
04.26/07.08	00:44:18
04.26/07.08	00:44:22
04.28/07.11	00:44:38
04.29/07.13	00:44:49
04.29/07.13	00:44:51
04.29/07.13	00:44:53
04.30/07.14	00:44:56
04.30/07.14	00:44:59
04.30/07.15	00:45:05
04.32/07.17	00:45:15
04.32/07.17	00:45:18
04.32/07.18	00:45:20
04.32/07.18	00:45:23
04.33/07.19	00:45:28
04.34/07.20	00:45:36
04.34/07.21	00:45:39
04.34/07.21	00:45:40
04.34/07.21	00:45:43
04.36/07.24	00:45:57
04.36/07.25	00:46:04
04.37/07.26	00:46:10
04.37/07.26	00:46:11
04.37/07.26	00:46:12
04.37/07.26	00:46:13
04.37/07.26	00:46:14
04.38/07.27	00:46:19
04.38/07.28	00:46:22
04.39/07.29	00:46:32
04.40/07.30	00:46:35

04.40/07.31	00:46:40
04.40/07.31	00:46:41
04.40/07.31	00:46:45
04.41/07.32	00:46:46
04.41/07.32	00:46:47
04.41/07.32	00:46:48
04.41/07.32	00:46:49
04.41/07.33	00:46:53
04.41/07.33	00:46:54
04.42/07.33	00:46:55
04.42/07.34	00:47:00
04.43/07.35	00:47:06
04.43/07.35	00:47:07
04.43/07.35	00:47:08
04.43/07.35	00:47:10
04.43/07.36	00:47:11
04.44/07.37	00:47:17
04.44/07.37	00:47:17
04.44/07.37	00:47:21
04.45/07.38	00:47:27
04.45/07.39	00:47:30
04.45/07.39	00:47:31
04.45/07.39	00:47:33
04.46/07.39	00:47:35
04.46/07.40	00:47:38
04.46/07.41	00:47:42
04.47/07.42	00:47:50
04.47/07.42	00:47:51
04.48/07.43	00:47:56
04.48/07.43	00:47:57
04.48/07.43	00:47:58
04.49/07.45	00:48:12
04.50/07.47	00:48:19
04.50/07.48	00:48:25
04.51/07.48	00:48:30
04.52/07.49	00:48:36
04.52/07.50	00:48:41
04.52/07.50	00:48:43
04.53/07.51	00:48:46
04.53/07.52	00:48:52
04.54/07.53	00:48:59
04.54/07.53	00:49:02
04.54/07.54	00:49:03
04.54/07.54	00:49:04
04.54/07.54	00:49:05
04.55/07.54	00:49:06
04.55/07.55	00:49:10

04.55/07.55	00:49:11
04.56/07.56	00:49:15
04.56/07.56	00:49:20
04.56/07.57	00:49:24
04.56/07.57	00:49:24
04.57/07.57	00:49:26
04.57/07.58	00:49:31
04.57/07.58	00:49:33
04.58/07.59	00:49:37
04.58/08.00	00:49:43
04.58/08.00	00:49:44
04.59/08.01	00:49:49
04.59/08.02	00:49:53
04.59/08.02	00:49:53
04.59/08.02	00:49:54
05.00/08.02	00:49:55
05.00/08.02	00:49:56
05.00/08.02	00:49:58
05.00/08.03	00:50:03
05.00/08.03	00:50:04
05.01/08.04	00:50:07
05.01/08.04	00:50:09
05.01/08.04	00:50:10
05.03/08.08	00:50:33
05.04/08.09	00:50:38
05.04/08.10	00:50:44
05.05/08.10	00:50:47
05.06/08.13	00:51:05
05.07/08.13	00:51:06
05.07/08.14	00:51:07
05.07/08.14	00:51:12
05.08/08.15	00:51:18
05.08/08.15	00:51:18
05.09/08.17	00:51:31
05.10/08.18	00:51:35
05.10/08.19	00:51:38
05.10/08.19	00:51:43
05.11/08.20	00:51:48
05.11/08.20	00:51:50
05.11/08.21	00:51:54
05.12/08.22	00:51:57
05.12/08.22	00:51:58
05.12/08.23	00:52:03
05.12/08.23	00:52:04
05.13/08.23	00:52:06
05.13/08.23	00:52:08
05.13/08.24	00:52:09

05.13/08.24	00:52:14
05.14/08.25	00:52:16
05.14/08.25	00:52:21
05.14/08.26	00:52:22
05.15/08.27	00:52:28
05.15/08.27	00:52:30
05.16/08.29	00:52:41
05.16/08.29	00:52:42
05.16/08.29	00:52:45
05.17/08.30	00:52:50
05.17/08.30	00:52:51
05.17/08.30	00:52:52
05.17/08.31	00:52:53
05.17/08.31	00:52:53
05.18/08.32	00:53:00
05.18/08.32	00:53:02
05.19/08.33	00:53:09
05.20/08.34	00:53:16
05.20/08.35	00:53:20
05.20/08.35	00:53:21
05.20/08.36	00:53:25
05.21/08.37	00:53:33
05.22/08.38	00:53:36
05.22/08.38	00:53:37
05.22/08.39	00:53:44
05.23/08.40	00:53:54
05.24/08.41	00:53:59
05.25/08.43	00:54:07
05.26/08.45	00:54:20
05.26/08.45	00:54:21
05.27/08.47	00:54:32
05.28/08.47	00:54:35
05.28/08.48	00:54:38
05.28/08.48	00:54:39
05.28/08.48	00:54:42
05.28/08.48	00:54:44
05.29/08.49	00:54:46
05.29/08.49	00:54:48
05.29/08.49	00:54:49
05.31/08.53	00:55:14
05.32/08.55	00:55:25
05.32/08.55	00:55:25
05.33/08.56	00:55:32
05.33/08.57	00:55:34
05.34/08.57	00:55:38
05.34/08.58	00:55:42
05.34/08.58	00:55:45

05.35/09.00	00:55:53
05.36/09.01	00:56:00
05.38/09.04	00:56:23
05.39/09.05	00:56:27
05.39/09.06	00:56:31
05.39/09.06	00:56:34
05.40/09.06	00:56:35
05.40/09.08	00:56:44
05.41/09.08	00:56:48
05.41/09.09	00:56:51
05.42/09.10	00:56:55
05.42/09.10	00:56:58
05.42/09.10	00:56:59
05.42/09.11	00:57:03
05.43/09.12	00:57:10
05.43/09.12	00:57:12
05.45/09.15	00:57:26
05.46/09.16	00:57:37
05.46/09.17	00:57:41
05.48/09.20	00:57:57
05.48/09.21	00:58:03
05.48/09.21	00:58:04
05.49/09.21	00:58:09
05.50/09.24	00:58:23
05.52/09.27	00:58:41
05.53/09.28	00:58:50
05.53/09.29	00:58:54
05.55/09.31	00:59:09
05.59/09.38	00:59:50
05.59/09.38	00:59:53
06.00/09.39	00:59:58
06.01/09.40	01:00:07
06.01/09.41	01:00:08
06.02/09.43	01:00:24
06.03/09.44	01:00:27
06.03/09.44	01:00:31
06.04/09.45	01:00:35
06.04/09.45	01:00:36
06.05/09.48	01:00:54
06.06/09.49	01:01:00
06.06/09.49	01:01:03
06.07/09.50	01:01:08
06.07/09.50	01:01:09
06.08/09.53	01:01:24
06.09/09.54	01:01:34
06.10/09.56	01:01:45
06.11/09.57	01:01:47

06.11/09.58	01:01:53
06.11/09.58	01:01:54
06.12/09.58	01:01:55
06.15/10.03	01:02:26
06.15/10.04	01:02:32
06.16/10.05	01:02:37
06.16/10.05	01:02:39
06.17/10.07	01:02:50
06.17/10.07	01:02:53
06.18/10.09	01:03:04
06.18/10.09	01:03:04
06.19/10.10	01:03:09
06.19/10.11	01:03:14
06.20/10.12	01:03:25
06.21/10.13	01:03:30
06.22/10.15	01:03:42
06.22/10.15	01:03:42
06.24/10.18	01:04:02
06.25/10.19	01:04:07
06.25/10.19	01:04:07
06.25/10.20	01:04:11
06.26/10.21	01:04:16
06.26/10.22	01:04:25
06.27/10.23	01:04:31
06.27/10.23	01:04:33
06.28/10.24	01:04:37
06.28/10.24	01:04:39
06.29/10.25	01:04:46
06.29/10.25	01:04:46
06.29/10.27	01:04:53
06.29/10.27	01:04:53
06.30/10.27	01:04:59
06.31/10.29	01:05:07
06.33/10.33	01:05:31
06.35/10.35	01:05:48
06.35/10.36	01:05:50
06.37/10.39	01:06:09
06.39/10.42	01:06:28
06.39/10.43	01:06:34
06.41/10.45	01:06:51
06.42/10.47	01:06:59
06.46/10.54	01:07:42
06.47/10.56	01:07:54
06.49/10.58	01:08:11
06.50/11.00	01:08:23
06.54/11.06	01:08:57
06.54/11.07	01:09:05

06.55/11.07	01:09:06
06.55/11.09	01:09:14
06.56/11.09	01:09:15
06.56/11.09	01:09:17
06.56/11.09	01:09:18
07.01/11.18	01:10:11
07.04/11.23	01:10:44
07.06/11.26	01:11:05
07.09/11.30	01:11:28
07.13/11.37	01:12:12
07.23/11.53	01:13:51
07.32/12.07	01:15:18
07.38/12.17	01:16:19
07.38/12.17	01:16:19
07.41/12.23	01:16:54
07.42/12.23	01:16:55
07.44/12.27	01:17:23
07.45/12.28	01:17:27
08.01/12.54	01:20:11
09.10/14.46	01:31:44
09.10/14.46	01:31:44
09.35/15.26	01:35:52
10.06/16.16	01:41:05
10.06/16.16	01:41:05
10.06/16.16	01:41:05