

# Ocean Spray Grimsthorpe Castle 10Km

27<sup>th</sup> August 2007

## Results

1	40	Peter Tallents	M36	Retford AC	0:35:06	82	302	Thomas Williamson	M36		0:46:28
2	282	John Pike	M32	Newham & Essex B	0:35:53	83	309	R Kemp Eyre	M37		0:46:29
3	169	Simon Markley	M34	Thomas Cook AC	0:36:15	84	96	Simon Lord	M57	Retford AC	0:46:31
4	214	Thomas Honniball	M28	Bourne Town Harr	0:37:00	85	199	Adam Burn	M20		0:46:34
5	233	Paul Jackson	M35	Louth AC	0:37:07	86	110	Matthew Ditcher	M28		0:46:34
6	35	Duncan McGrory	M49	Boston & Dist AC	0:37:22	87	329	Christopher McDonnell	M48	Notfast RC	0:46:36
7	7	Mark Botteley	M40	Bourne Town Harr	0:37:27	88	315	Ian Hanks	M39	Sleaford Striders	0:46:38
8	135	Dave Tilley	M41	Sleaford Town Run	0:37:35	89	67	Desmond Owens	M43	Yaxley Runners	0:46:40
9	51	Nicki Nealon	F39	Huncote Harriers	0:37:52	90	54	Clare Morley	F26	Hull Achilles	0:46:43
10	173	Tim Wigley	M43	Bourne Town Harr	0:38:19	91	277	Richard Knowles	M31		0:46:45
11	374	John Crisp	M36	Ely Runners	0:38:20	92	14	Tim Raynor	M44	Mansfield Harriers	0:46:46
12	57	Nicola Clay	F35	Stilton Striders	0:38:24	93	55	Jane Morley	F55	Hull Achilles	0:46:49
13	254	Ian Paramore	M44	Barrow Runners	0:38:32	94	137	Gary Bowen	M50		0:46:58
14	104	Malcolm Packer	M48	Louth AC	0:38:49	95	337	Tom Mitchell	M16		0:47:00
15	17	Arthur Short	M41	Grantham AC	0:39:09	96	261	Wayne Heppenstall	M39	Holme Valley	0:47:12
16	303	Tim Chapman	M42	Fenland RC	0:39:10	97	327	Nicholas Bowlzer	M45	Werrington Joggers	0:47:15
17	314	Donna McEwen	F31	Bedford Harriers	0:39:13	98	18	Jez Page	M46	Grantham AC	0:47:25
18	209	Carim Hassine	M37		0:39:18	99	376	Andrew Hall	M41	Werrington Joggers	0:47:29
19	312	William Mackay	M17	Riverside Runners	0:39:20	100	227	Thomas Allen	M18		0:47:29
20	43	Michael Barnsdale	M52	NVH	0:39:24	101	107	Phil Lengthorn	M37		0:47:30
21	367	Martin Cortvriend	M55	Denbeigh Harr	0:39:24	102	318	Rodney Hall	M40	Werrington Joggers	0:47:33
22	189	Matthew Grace	M18	Bourne Town Harr	0:39:45	103	236	Marcus Pell	M43	Spalding Tri	0:47:38
23	377	Darren Ping	M28	Eye Community Run	0:40:03	104	128	Vince McNiffe	M42	Sleaford Striders	0:47:44
24	4	Vaughan Roberts	M49	Bourne Town Harr	0:40:07	105	210	Damian Evans	M39		0:47:46
25	257	Adam Peacock	M16	Yaxley Runners	0:40:32	106	305	K Aubrey	M55	Sleaford Striders	0:47:49
26	345	Stephen Organ	M19	Bourne Town Harr	0:40:42	107	370	Kevin O'Brien	M42		0:47:50
27	123	Tony Johnson	M41	Ropsley RR	0:40:58	108	206	Tim Stone	M50	Yaxley Runners	0:47:50
28	368	Paul Rushworth	M31	Macclesfield Harr	0:41:13	109	50	Steve Gelderd	M42	Redhill RR	0:47:51
29	95	Nigel Booth	M47		0:41:21	110	263	Philipp Hall	M52	Grantham AC	0:47:52
30	226	Matthew Green	M18	Bourne Town Harr	0:41:25	111	358	Geoff Howes	M52	Thorney RC	0:47:53
31	228	David Rayment	M36	Thomas Cook AC	0:41:28	112	113	Cristopher Doyle	M35		0:47:54
32	71	Eamonn Dorling	M52	Thorney RC	0:41:32	113	281	Peter Crow	M46	Louth AC	0:47:59
33	271	David Philpot	M47	Ramsey RR	0:41:37	114	124	Keith White	M60	Fenland RC	0:48:00
34	201	Christopher Smith	M39	Sleaford Town Run	0:41:44	115	278	Peter Golden	M42	Rutland Runners	0:48:01
35	371	Daniel Grant	M33	NVH	0:41:54	116	204	Trevor Hiscox	M45	Mansfield Harriers	0:48:10
36	143	Nick Baker	M47		0:41:56	117	322	James Turley	M31		0:48:11
37	353	Goy Roper	M45	Norwich RR	0:41:58	118	346	John Blair	M42		0:48:15
38	343	Rob Butler	M40	LWAC	0:42:09	119	323	Rebecca Lee	F34		0:48:18
39	80	Stephen Abrams	M43		0:42:17	120	276	David Foster	M38		0:48:20
40	354	Jordan Curl-Roper	M16	Norwich RR	0:42:23	121	109	Simon Wright-Lakin	M28		0:48:25
41	238	David Hart	M55	Bourne Town Harr	0:42:28	122	339	Garry Mitchell	M47		0:48:26
42	230	Mick Revill	M44	Stamford Striders	0:42:30	123	225	John Hodgkison	M39	Sleaford Town Run	0:48:28
43	122	John Dorman	M48		0:42:31	124	362	Andy McPartlin	M40	Spalding Tri	0:48:29
44	158	Mike Bullock	M37	Notfast RC	0:42:34	125	217	Darryl Woolward	M52	Stilton Striders	0:48:30
45	49	Nick Bull	M38	Team Kennet	0:42:35	126	232	Jo Shedden	F33	Louth AC	0:48:31
46	352	Ben Winter	M50	Bourne Town Harr	0:42:49	127	108	Norman Smith	M52	Corby AC	0:48:31
47	171	Steve Froggatt	M39	Dark Peak Fell Run	0:43:00	128	191	Roland Stevens	M50	Bourne Town Harr	0:48:34
48	154	Reg Allen	M51	Thorney RC	0:43:09	129	179	Kirsty Ainscough	F26	Stilton Striders	0:48:43
49	379	Barry Warne	M46	NVH	0:43:18	130	79	Dave Raynes	M53	Sleaford Striders	0:48:44
50	76	Andre Pittock	M41	Fenland RC	0:43:23	131	90	Pasquale Ruggiero	M44	Fenland RC	0:48:50
51	255	Monique Raajmakers	F43	Barrow Runners	0:43:26	132	99	Chris Dunn	M61	Newark AC	0:48:56
52	102	Richard Titchmarsh	M64	LWAC	0:43:38	133	28	Andrew Goodman	M60	Birstall RC	0:48:57
53	144	Simon Craft	M44		0:43:46	134	140	Bill Phillips	M58	Barrow Runners	0:48:58
54	378	David Bell	M35	Yaxley Runners	0:43:55	135	333	Ted Preston	M57	Sleaford Striders	0:48:59
55	365	Adam Hillless	M18	Bourne Town Harr	0:44:02	136	153	Steve Karawczyk	M48		0:49:01
56	176	David Smith	M57	Bourne Town Harr	0:44:12	137	105	S Ankers	M48	Ramsey RR	0:49:02
57	320	Norman Starks	M45		0:44:19	138	46	Stuart Reed	M61	Yaxley Runners	0:49:04
58	351	Tracey Curl	F45	Norwich RR	0:44:27	139	110	Steve Bills	M38		0:49:10
59	138	Zoe Smith	F25	Rutland Runners	0:44:28	140	260	Andy Cleardon	M44	Rutland Runners	0:49:13
60	129	Stephen Childs	M37	Mansfield Harriers	0:44:29	141	356	Andrew Broom	M41	Rutland Runners	0:49:14
61	20	Geoff Hall	M52	EVAC	0:44:43	142	237	Christopher Taylor	M54	Bourne Town Harr	0:49:14
62	25	Shaun Towell	M42	Bourne Town Harr	0:44:50	143	126	Richard Pearson	M52	Bourne Town Harr	0:49:19
63	264	Liz Hales	F37	Bushfield Joggers	0:44:54	144	211	Andy Harding	M37	Thorney RC	0:49:22
64	195	Malcolm Harris	M54	Barrow Runners	0:44:55	145	77	Alberto Girolami	M41		0:49:24
65	375	Lance Levin	M26		0:44:55	146	69	Paul Hardy	M47	Sleaford Striders	0:49:30
66	84	Elinor Scott	F25	Werrington Joggers	0:44:58	147	216	Richard Broadhead	M38		0:49:33
67	83	John Richmond	M33	Bushfield Joggers	0:45:11	148	170	Paul Rogerson	M58	Rutland Runners	0:49:34
68	167	Ian Milburn	M63	Fenland RC	0:45:24	149	188	David Grace	M52	Bourne Town Harr	0:49:37
69	328	Marcin Hajdecki	M27		0:45:28	150	132	Ryan Everitt	M17		0:49:42
70	11	Brian Stevens	M46		0:45:38	151	10	Graeme Wilkinson	M42	Mansfield Harriers	0:49:45
71	187	Nigel Dickens	M53	NVH	0:45:43	152	182	Francis Cooke	F50	March AC	0:49:45
72	86	Tracey Patmore	F40	Riverside Runners	0:45:44	153	164	Andrew Merrell	M43	N Norfolk Beach R	0:49:46
73	125	Christopher Ryan	M55	Retford AC	0:45:56	154	200	Kevin Smith	M53	Rutland Runners	0:49:48
74	131	Ben Richards	M29	NVH	0:46:03	155	252	Stephen Griffiths	M47	Rutland Runners	0:49:56
75	265	David Bull	M36		0:46:04	156	218	Louise Swallow	F42	Bourne Town Harr	0:49:57
76	349	Nigel Hillier	M51	Barrow Runners	0:46:09	157	338	Rob Lynch	M48	RAF Wattisham	0:49:58
77	205	Adam Herring	M38		0:46:10	158	266	Peter Dutcie	M48	Truro	0:49:59
78	15	David Shakespeare	M41		0:46:12	159	162	Harry Collins	M58	N Norfolk Beach R	0:50:00
79	348	Ann Hillier	F47	Barrow Runners	0:46:17	160	75	Sarah Gauvin	F36	Fenland RC	0:50:03
80	253	Colin Bones	M53	Redhill RR	0:46:23	161	331	Jon Hird	M40	Sleaford Striders	0:50:07
81	219	Peter Swallow	M47	Bourne Town Harr	0:46:27	162	127	Kate Haley	F47	Tipton Harriers	0:50:10

163	334	Joan Hastings	F36	0:50:14	246	381	Neil Gibbons	M40	0:54:56		
164	39	Danny Walsh	M51	LWAC	0:50:15	247	360	Michelle Prior	F24	Ramsey RR	0:54:58
165	229	David Cawte	M41	Rutland Runners	0:50:16	248	241	Deb Daly	F38	0:54:59	
166	32	Graham Potter	M44	Sleaford Striders	0:50:16	249	114	Davina Honeywood	F33	Cottesmore Harr	0:55:04
167	262	Colin Radford	M48	Ramsey RR	0:50:17	250	235	Mel Hedley Lewis	F24	0:55:06	
168	141	Steve Wragg	M51	Mansfield Harriers	0:50:20	251	245	Colin Green	M64	Notfast RC	0:55:08
169	41	Simon Sellars	M30	Grantham AC	0:50:22	252	193	Denise Bannister	F42	Retford AC	0:55:14
170	6	David Flory	M44	Riverside Runners	0:50:23	253	192	Becky Duggan	F27	Retford AC	0:55:17
171	3	Rachel Parker	F39	Bourne Town Harr	0:50:24	254	347	Maddy Wilson	F37	LWAC	0:55:24
172	242	Jill Eve	F43	Peterborough AC	0:50:29	255	92	John Wilkinson	M52	0:55:31	
173	160	David Gill	M53	Notfast RC	0:50:32	256	357	Neil Allison	M33	0:55:35	
174	78	Brian Harding	M47	0:50:32	257	112	Jeremy Webb	M34	0:55:37		
175	285	Simon Cook	M31	0:50:34	258	101	Alan Bird	M62	Ropsley RR	0:55:41	
176	269	John Turner	M46	0:50:35	259	215	Mary Hardwick	F47	Rutland Runners	0:55:43	
177	208	Edward Morris	M67	Thorney RC	0:50:37	260	60	Nicola Ray	F45	Rutland Runners	0:55:43
178	231	Sheona Revill	F41	Stamford Striders	0:50:37	261	270	Fiona Hart	F47	Bourne Town Harr	0:55:51
179	383	Carl Elliott	M33	0:50:38	262	38	Heather Gray	F48	LWAC	0:56:11	
180	256	Lenny Peacock	M46	Yaxley Runners	0:50:39	263	359	Stuart Benyon	M43	0:56:12	
181	163	Diane Collins	F54	N Norfolk Beach R	0:50:41	264	168	Tony Lack	M67	Ramsey RR	0:56:15
182	194	Michael Dove	M44	Retford AC	0:50:43	265	274	Linda Porter	F54	Scunthorpe AC	0:56:31
183	386	Andrew Taylor	M19	0:50:46	266	5	Joanne Shore	F38	Stilton Striders	0:56:33	
184	196	Lisa Richardson	F38	Bourne Town Harr	0:50:49	267	284	Mandy Tropeano	F42	Eye Community Run	0:56:35
185	250	Clive Holden	M47	Sleaford Striders	0:50:50	268	355	Robert Michelson	M24	0:56:40	
186	37	Patricia McLure	F26	RAF Cranwell	0:50:54	269	147	Michael O'Callaghan	M53	Yaxley Runners	0:56:48
187	243	Anthony Yoxall	M40	0:50:57	270	234	Penny Hedley Lewis	F59	0:56:53		
188	326	S Patman	M37	0:50:59	271	213	Keith Saward	M73	March AC	0:57:06	
189	19	Christopher Abel	M44	0:51:00	272	249	Jessica Michelson	F22	0:57:08		
190	202	Andy Sansom	M45	Mansfield Harriers	0:51:03	273	166	Claudia Milburn	F23	Fenland RC	0:57:17
191	111	Matthew Daly	M31	0:51:13	274	145	Elizabeth Dixon	F45	Bourne Town Harr	0:57:27	
192	8	Andy Henson	M45	0:51:15	275	259	Len Rawlings	M67	Werrington Joggers	0:57:32	
193	27	Adrian Bellingham	M41	Mansfield Harriers	0:51:22	276	59	Jane Holmes	F32	Fenland RC	0:57:38
194	384	Ben Gronneberg	M34	0:51:24	277	100	Ian Stubbs	M67	Shepshed RC	0:57:44	
195	308	Anne Kemp Eyre	F35	0:51:26	278	313	Malcolm McEwen	M35	Bedford Harriers	0:57:49	
196	317	Frances Honniball	F26	0:51:28	279	307	Andrea Sewell	F45	Bedford Harriers	0:57:50	
197	73	Andrew Dowling	M37	0:51:30	280	330	Lyn McDonnell	F50	Notfast RC	0:57:53	
198	12	Kate Raynor	F16	Mansfield Harriers	0:51:33	281	364	Dinej Amendela	M46	0:57:56	
199	272	Sally Yarrington	F46	Scunthorpe AC	0:51:35	282	42	Suzanne Ostler	F37	Bushfield Joggers	0:57:58
200	119	Darrell Knight	M44	Ropsley RR	0:51:38	283	157	Mandy Cook	F39	Bushfield Joggers	0:57:59
201	251	Sue Zurawliw	F47	Barrow Runners	0:51:50	284	63	Kay Munday	F40	0:58:09	
202	58	Anna Thompson	F41	Sleaford Striders	0:52:01	285	48	Malcolm Scriven	M54	Bourne Town Harr	0:58:10
203	340	Michael Futter	M53	0:52:01	286	321	Maureen Runacres	F43	Sleaford Striders	0:58:20	
204	156	Robert MacMenemey	M43	0:52:11	287	175	Craig Smith	M42	Cottesmore Harr	0:58:35	
205	197	Graham Richardson	M42	Bourne Town Harr	0:52:22	288	98	Betty Stracey	F67	LWAC	0:58:40
206	366	Adam Nelson	M25	0:52:29	289	342	Gavin Booth	M29	0:58:49		
207	106	Richard Sharpe	M43	Thorney RC	0:52:31	290	116	Michael Barker	M66	Yaxley Runners	0:58:50
208	94	Anna McKenzie	F25	Sleaford Striders	0:52:34	291	246	Holly Burgin	F26	0:58:59	
209	240	? Bairsto	F26	0:52:35	292	165	Daniel Milburn	M33	Fenland RC	0:59:08	
210	239	Ryan Sandberg	M27	0:52:35	293	85	Michelle Caspersz	F41	Ramsey RR	0:59:17	
211	117	Laura Sheahan	F23	0:52:37	294	62	Terry Lepore	M43	0:59:19		
212	273	Samantha Ritson	F35	Scunthorpe AC	0:52:38	295	325	Donna Chapman	F33	0:59:27	
213	301	Ian Frisby	M48	Thorney RC	0:52:40	296	221	Robert Turp	M35	0:59:32	
214	33	Amanda Hannah	F37	Stamford Striders	0:53:04	297	142	Jane Wragg	F47	Mansfield Harriers	0:59:33
215	369	Tony Fitzjohn	M30	0:53:06	298	316	Julie Hanks	F42	Sleaford Striders	0:59:37	
216	372	Michael Graham	M49	0:53:10	299	13	Kathryn Raynor	F44	Mansfield Harriers	0:59:43	
217	97	Carol Draycott	F53	Bourne Town Harr	0:53:12	300	29	Tania Partridge	F42	Mansfield Harriers	0:59:48
218	280	Emma Elstone	F31	0:53:15	301	174	Deborah Chessum	F34	0:59:57		
219	350	Anne Gilroy	F52	LWAC	0:53:25	302	21	Lia Clayton	F58	Bourne Town Harr	1:00:09
220	72	John Turley	M35	0:53:29	303	178	Helena Croacker	F37	1:00:10		
221	311	Jon Mackay	M48	Riverside Runners	0:53:30	304	159	Fiona Kelman	F38	1:00:18	
222	267	Stuart Sewell	M36	Fenland RC	0:53:40	305	30	Kate Fisher	F42	Notfast RC	1:00:31
223	332	Andy Preston	M34	Sleaford Striders	0:53:42	306	31	Alan Fisher	M44	RAF Waddington	1:00:31
224	68	Chris Yates	M55	Eye Community Run	0:53:46	307	190	Penny Stevens	F41	Bourne Town Harr	1:00:32
225	335	Alex Hastings	M35	0:53:51	308	149	Ian Mitchell	M44	1:00:37		
226	275	Mark Wade	M40	0:53:53	309	341	Graeme Futter	M26	1:01:00		
227	22	John Leggett	M62	TRA	0:54:04	310	283	Amanda Abbott	F40	1:01:03	
228	134	Ron Bowen	M21	0:54:05	311	207	Valerie Stone	F47	Yaxley Runners	1:01:12	
229	184	Em Rigby-Burr	F32	Werrington Joggers	0:54:09	312	136	Val Eve	F62	1:01:24	
230	186	Elaine Palmer	F37	Werrington Joggers	0:54:10	313	56	Michelle Payne	F39	MK Lakeside Run	1:01:24
231	279	Feena Machin	F48	Grantham AC	0:54:14	314	9	Linda Wilkinson	F41	Mansfield Harriers	1:01:26
232	1	Moiria Parks	F44	0:54:15	315	120	Gena Jackman	F70	March AC	1:01:30	
233	2	Steve Parks	M44	0:54:15	316	319	Danny Knight	M31	1:02:03		
234	258	Sally Valentine	F29	Yaxley Runners	0:54:24	317	212	Austin Goldsmith	M37	1:02:03	
		Anderson				318	380	Amanda Cesson	F28	1:02:04	
235	198	Jim Millar	M43	0:54:25	319	151	Melvin Nicholls	M34	1:02:06		
236	53	Michael Battams	M33	0:54:28	320	133	Louise Platt	F29	Werrington Joggers	1:02:39	
237	47	Gina Radford	F16	Mansfield Harriers	0:54:31	321	64	David Munday	M43	1:02:56	
238	148	Richard Turner	M59	Yaxley Runners	0:54:40	322	82	Sarah Willoughby	F41	1:03:00	
239	180	Peter Walker	M57	0:54:41	323	81	Julie Willoughby	F43	1:03:06		
240	203	Richard Massey	M46	Mansfield Harriers	0:54:45	324	146	Alan Gray	M57	1:03:17	
241	373	Rick Levin	M40	0:54:51	325	74	Ruth Dowling	F33	1:03:36		
242	161	Andy Pritchett	M44	Notfast RC	0:54:51	326	306	Kathryn Lambert	F32	1:03:52	
243	181	Gary Thurgood	M48	Yaxley Runners	0:54:52	327	121	James Nicholls	M19	1:04:39	
244	336	Graham Froggett	M55	0:54:55	328	150	Sarah Trowsdale	F23	1:04:45		
245	382	Faith Cobaine	F35	0:54:56	329	130	Mike Turner	M68	Liverpool Harr AC	1:04:52	

330	66	Ian Turrell	M46	Lincoln & Dist	1:05:09
331	361	Sue McPartlin	F41	Spalding Tri	1:05:33
332	304	Martha Woodard	F18	Fenland RC	1:06:11
333	155	Jane Greenwood	F51	Fenland RC	1:06:11
334	93	Gillian Holmes	F53	Fenland RC	1:06:11
335	324	Anthony Whibley	M59	March AC	1:06:35
336	223	Danielle Harrison	F24		1:07:32
337	224	Tina Halse	F38		1:07:35
338	363	Katherine Cook	F39		1:07:50
339	247	Ann-Marie Armstrong	F27		1:08:30
340	248	David Fearn	M30		1:08:31
341	183	Hazel Brewin	F56	Werrington Joggers	1:09:07
342	220	Pete Hayward	M64	Sleaford Striders	1:09:19
343	344	Keith Hornby	M57		1:09:44
344	24	Katie Carthy	F38		1:10:51
345	23	Sarah Fisher	F37		1:10:51
346	61	Deborah Carter	F39	Royston Runners	1:11:34
347	222	Janis Grooby	F50	Corby AC	1:11:50
348	268	Stephanie Turner	F42		1:11:52
349	103	Karen Raynes	F37		1:12:26
350	244	Marian Green	F64	Notfast RC	1:12:26
351	44	Catherine Stone	F41		1:26:27
352	16	Barbara George	F40		1:26:31
353	88	Kylie Goodale	F18		1:26:53
354	89	John Spooner	M69	RRC	1:28:26

### Team Results

#### Male Team

1	Bourne Town Harr	Total :-	43
	: 214 - T Honniball 4: 7 - M Botteley 7:		
	: 173 - T Wigley 10: 189 - M Grace 22:		
2	NVH	Total :-	175
	: 43 - M Barnsdale 20: 371 - D Grant 35:		
	: 379 - B Warne 49: 187 - N Dickens 71:		
3	Fenland RC	Total :-	248
	: 303 - T Chapman 16: 76 - A Pittock 50:		
	: 167 - I Milburn 68: 124 - K White 114:		
4	Yaxley Runners	Total :-	276
	: 257 - A Peacock 25: 378 - D Bell 54:		
	: 67 - D Owens 89: 206 - T Stone 108:		
5	Barrow Runners	Total :-	287
	: 254 - I Paramore 13: 195 - M Harris 64:		
	: 349 - N Hillier 76: 140 - B Phillips 134:		
6	Thorney RC	Total :-	335
	: 71 - E Dorling 32: 154 - R Allen 48:		
	: 358 - G Howes 111: 211 - A Harding 144:		
7	Retford AC	Total :-	340
	: 40 - P Tallents 1: 125 - C Ryan 73:		
	: 96 - S Lord 84: 194 - M Dove 182:		
8	Grantham AC	Total :-	392
	: 17 - A Short 15: 18 - J Page 98:		
	: 263 - P Hall 110: 41 - S Sellars 169:		
9	Mansfield Harriers	Total :-	419
	: 129 - S Childs 60: 14 - T Raynor 92:		
	: 204 - T Hiscox 116: 10 - G Wilkinson 151:		
10	Sleaford Striders	Total :-	428
	: 315 - I Hanks 88: 128 - V McNiffe 104:		
	: 305 - K Aubrey 106: 79 - D Raynes 130:		
11	Rutland Runners	Total :-	544
	: 278 - P Golden 115: 260 - A Cleardon 140:		
	: 356 - A Broom 141: 170 - P Rogerson 148:		
12	Notfast RC	Total :-	546
	: 158 - M Bullock 44: 329 - C McDonnell 87:		
	: 160 - D Gill 173: 161 - A Pritchett 242:		
13	Werrington Joggers	Total :-	573
	: 327 - N Bowlzer 97: 376 - A Hall 99:		
	: 318 - R Hall 102: 259 - L Rawlings 275:		
14	Ramsey RR	Total :-	601
	: 271 - D Philpot 33: 105 - S Ankers 137:		
	: 262 - C Radford 167: 168 - T Lack 264:		

#### Female Team

1	Barrow Runners	Total :-	331
	: 255 - M Raaijmakers 51: 348 - A Hillier 79: 251 - S Zurawliw 201:		
2	Stilton Striders	Total :-	407
	: 57 - N Clay 12: 179 - K Ainscough 129: 5 - J Shore 266:		
3	Bourne Town Harr	Total :-	511
	: 218 - L Swallow 156: 3 - R Parker 171: 196 - L Richardson 184:		
4	Werrington Joggers	Total :-	525
	: 84 - E Scott 66: 184 - E Rigby-Burr 229: 186 - E Palmer 230:		
5	Rutland Runners	Total :-	578
	: 138 - Z Smith 59: 215 - M Hardwick 259: 60 - N Ray 260:		
6	Bushfield Joggers	Total :-	628
	: 264 - L Hales 63: 42 - S Ostler 282: 157 - M Cook 283:		
7	Scunthorpe AC	Total :-	676
	: 272 - S Yarrington 199: 273 - S Ritson 212: 274 - L Porter 265:		
8	Sleaford Striders	Total :-	696
	: 58 - A Thompson 202: 94 - A McKenzie 208: 321 - M Runacres 286:		
9	Fenland RC	Total :-	709
	: 75 - S Gauvin 160: 166 - C Milburn 273: 59 - J Holmes 276:		
10	Mansfield Harriers	Total :-	732
	: 12 - K Raynor 198: 47 - G Radford 237: 142 - J Wragg 297:		
11	LWAC	Total :-	735
	: 350 - A Gilroy 219: 347 - M Wilson 254: 38 - H Gray 262:		
12	Notfast RC	Total :-	935
	: 330 - L McDonnell 280: 30 - K Fisher 305: 244 - M Green 350:		