

Ocean Spray Grimsthorpe Castle 10Km

28th August 2006

Results

1	199	Steven Body	M30	Bedford & County	0:33:19	81	128	John Griffin	M59	Birstall RC	0:46:10
2	286	Steve Ablitt	M22	Aldershot	0:34:14	82	212	Thomas Williamson	M35		0:46:14
3	347	John Pike	M31	Newham & Essex B	0:36:40	83	357	Michael Farrow	M50	W'borough & Dist	0:46:21
4	201	Michael Weeks	M24		0:36:51	84	157	Stephen Doleman	M43		0:46:25
5	297	Nick Grimer	M35	Nene Valley Harr	0:36:59	85	323	Nick Adams	M45	Spa Striders	0:46:37
6	88	Mark Botteley	M39	Bourne Town Harr	0:37:40	86	84	Michael Johnson	M64	Thames H&H	0:46:41
7	104	Jamie Seamark	M34	Norfolk	0:37:46	87	54	Desmond Owens	M42	Yaxley Runners	0:46:42
8	193	Stuart Cragg	M34	Boston & Dist AC	0:38:10	88	227	Alex McCall	M48		0:46:45
9	371	Michael Barnsdale	M51	Nene Valley Harr	0:38:15	89	339	Rob Lynch	M47	RAF	0:46:52
10	107	Malcolm Packer	M47	Louth AC	0:38:22	90	346	David Raynes	M52	Ropsley RR	0:46:57
11	361	Paul Jackson	M34	Louth AC	0:38:29	91	229	Andrew Kitchen	M47	Lakeside Lincoln	0:46:58
12	86	Nicki Nealon	F38	Huncote Harriers	0:38:31	92	197	Simon Sellers	M29	Grantham AC	0:47:08
13	342	Ian Paramore	M43	Barrow Runners	0:38:41	93	263	Adam Morton	M27	Kent AC	0:47:09
14	187	Simon Nash	M43	Redhill RR	0:38:46	94	338	David Bull	M35		0:47:16
15	137	Dave Tilley	M40	Sleaford Striders	0:39:00	95	175	Harry Collins	M57	N Norfolk BR	0:47:18
16	168	Stanley Pascoe	M49	Redhill RR	0:39:11	96	299	Andy McPartlin	M39	Spalding Tri	0:47:19
17	93	Paul Flavell	M31	Sleaford Striders	0:39:34	97	290	Andrew Kerrigan	M30		0:47:20
18	91	Darren Ping	M27	Eye Community Run	0:39:44	98	329	Tim McGlashan	M16	Riverside Runners	0:47:27
19	48	Arthur Short	M40	Grantham AC	0:39:47	99	210	Paul Hannah	M53	Stamford Striders	0:47:29
20	12	Richard Lomas-Brown	M34	Bourne Town Harr	0:39:54	100	44	Sarah Graves	F39	Wolds Vets	0:47:35
21	292	Adam Hillless	M17	Bourne Town Harr	0:40:02	101	365	Peter Golden	M41	Rutland RC	0:47:41
22	203	T Wigley	M42	Bourne Town Harr	0:40:13	102	326	Adam Nelson	M24		0:47:54
23	6	Vaughan Roberts	M48	Bourne Town Harr	0:40:37	103	344	Peter Bunce	M49	Shelton Striders	0:47:58
24	198	Mathew Green	M17	Bourne Town Harr	0:40:38	104	320	Marcin Hajdecki	M26		0:48:01
25	74	Jim Desmond	M39	Stragglers	0:40:49	105	246	Michael Wood	M44	First Active	0:48:04
26	336	Goy Roper	M44	Norwich RR	0:40:55	106	64	Alan Buckberry	M54	Sleaford Striders	0:48:06
27	90	Nigel Booth	M46		0:40:57	107	142	Stephen Ankers	M47	Ramsey RR	0:48:06
28	291	Mark Wittering	M55	Huncote Harriers	0:41:10	108	76	Tracey Patmore	F39	Riverside Runners	0:48:07
29	181	Steven Prentice	M32		0:41:10	109	65	Trevor Brown	M45	Sleaford Striders	0:48:08
30	234	Jonathan Laybourn	M16	W Norfolk AC	0:41:14	110	169	Hayley Abraham	F19	Peterborough AC	0:48:12
31	130	Tony Johnson	M40	Ropsley RR	0:41:21	111	287	Rod Chapman	M60	First Active	0:48:14
32	363	Nick Lee	M17		0:41:22	112	294	Neil Smith	M26		0:48:15
33	77	Neil Adams	M38	Riverside Runners	0:41:23	113	259	Stan Travers	M41		0:48:29
34	22	Robin Brookes	M44	Leics Coritanians	0:41:45	114	334	Robin Barnatt	M35		0:48:31
35	52	Mark Attenborough	M43	Redhill RR	0:41:47	115	220	Phil Organ	M44	Bourne Town Harr	0:48:36
36	219	Brian Fox	M45	LWAC	0:41:53	116	102	Roger Hellings	M58	Lakeside Lincoln	0:48:43
37	335	Tracey Curl	F44	Norwich RR	0:41:57	117	243	David Porter	M44		0:48:44
38	191	Steve Partridge	M43	Corby AC	0:41:58	118	254	Ted Preston	M56	Sleaford Striders	0:48:56
39	97	Mark Anslow	M47	Redhill RR	0:42:06	119	281	Ian Hanks	M38	Sleaford Striders	0:48:58
40	288	Bill Ablett	M49	Grantham AC	0:42:16	120	327	Robert Haworth	M49	Holmfirth HAC	0:48:59
41	235	James Robinson	M16	W Norfolk AC	0:42:25	121	362	Joan Hastings	F35	Sleaford Striders	0:49:10
42	207	Reg Allen	M50	Thorney RC	0:42:28	122	152	Louise Little	F43	Stroud & Dist AC	0:49:19
43	149	John Dorman	M47		0:42:31	123	328	Nick McGlashan	M45	Riverside Runners	0:49:23
44	7	Dave Hart	M54	Bourne Town Harr	0:42:37	124	298	Nick Grimshaw	M44		0:49:24
45	160	Richard Smithers	M44	Bourne Town Harr	0:42:41	125	369	Dawn Clark	F29	Spa Striders	0:49:27
46	231	Lance Levin	M25		0:42:46	126	355	Fiona Robertson	F37	Sleaford Striders	0:49:31
47	140	Matthew Grace	M17	Bourne Town Harr	0:42:52	127	337	Emma Hostler	F24	Ramsey RR	0:49:34
48	9	Dave Hallden	M48	Jersey Spartans AC	0:42:55	128	373	Andrew Broom	M40	Rutland RC	0:49:35
49	8	Carol Knight	F45	Bourne Town Harr	0:43:12	129	321	Philip Hall	M51	Grantham AC	0:49:37
50	11	Ben Winter	M49	Bourne Town Harr	0:43:13	130	360	Jo Shedden	F32		0:49:41
51	117	Mark Davis	M26		0:43:22	131	109	Richard Knowles	M30		0:49:42
52	58	Steven Carroll	M39	Redhill RR	0:43:25	132	258	Robert Moore	M63	Royal Navy AC	0:49:43
53	282	Andre Pittock	M40	Fenland RC	0:43:33	133	123	Norman Smith	M51	Corby AC	0:49:43
54	121	Andrew Skailies	M33		0:43:44	134	367	Steve Bills	M37		0:49:47
55	47	Simon Mead	M33		0:43:46	135	268	Stuart Broughton	M32	Grantham AC	0:49:52
56	67	Andy Stevenson	M38	Sleaford Striders	0:43:48	136	25	Richard Pearson	M51	Bourne Town Harr	0:49:54
57	204	David Smith	M56	Bourne Town Harr	0:43:49	137	46	Steve Gelderd	M41	Redhill RR	0:49:55
58	143	Steve Froggat	M38	Dark Peak Fell Run	0:43:53	138	177	Helen Buff	F36	Rutland RC	0:49:56
59	267	Mark Jones	M40		0:44:00	139	79	Martyn Skinner	M37		0:49:56
60	126	Richard Titchmarsh	M63	LWAC	0:44:00	140	158	Jeffrey Farnes	M34		0:49:58
61	245	John Ackroyd	M40	First Active	0:44:01	141	112	Robert Macmenemey	M42		0:50:02
62	359	Paul Rippon	M35		0:44:03	142	275	Jamie O'Connell	M28		0:50:03
63	133	Richard Mayes	M45	Redhill RR	0:44:04	143	87	Frances Cooke	F49	March AC	0:50:03
64	50	Geoff Hall	M51	EVAC	0:44:13	144	244	Martin Doig	M42	BRJ Huntingdon	0:50:03
65	372	Trevor Hiscox	M44	Mansfield Harr	0:44:23	145		Recording Error			0:50:04
66	252	Steve Twigg	M50	Grantham AC	0:44:56	146		Recording Error			0:50:05
67	218	Gill Davy	F23		0:45:01	147	13	Terry Welbourn	M47		0:50:11
68	319	Roy Pilkington	M64	Bushfield Joggers	0:45:07	148	247	Adrian Cragg	M52	BRJ Huntingdon	0:50:13
69	340	Mark Smith	M40		0:45:18	149	172	Karl Cerski	M47		0:50:13
70	257	Richard Coles	M31		0:45:19	150	377	Michelle Prior	F23	Ramsey RR	0:50:14
71	113	Tom Drew	M41		0:45:22	151	129	Lesley Griffin	F57	Birstall RC	0:50:17
72	266	Ian Livsey	M37	Redhill RR	0:45:23	152	205	Andrew Messell	M42	N Norfolk BR	0:50:18
73	206	Neil Handley	M37		0:45:29	153	262	David Gill	M52	NOTFAST	0:50:19
74	85	Anna Garnier	F52	Thames H&H	0:45:35	154	215	Roland Stevens	M49	Bourne Town Harr	0:50:25
75	250	Steve Hubbard	M34	Boston & Dist AC	0:45:57	155	366	Steve Griffiths	M46	Rutland RC	0:50:27
76	260	Peter Swallow	M46	Bourne Town Harr	0:46:04	156	176	Diane Marsh	F53	N Norfolk BR	0:50:28
77	95	Ian Milburn	M61	Fenland RC	0:46:06	157	101	Michael Futter	M52		0:50:31
78	38	Paul Marlow	M40	Kettering Harriers	0:46:07	158	216	Ian Madden	M43	Yaxley Runners	0:50:31
79	180	Carl Lawson	M34		0:46:08	159	98	Bill Phillips	M57	Charnwood AC	0:50:34
80	125	Philip Douglas	M49	Stilton Striders	0:46:09	160	156	Vince McNiffe	M41	Sleaford Striders	0:50:39

161	60	Andrew Wright	M38	Yaxley Runners	0:50:40	247	278	Ian McCrae	M45	0:56:45	
162	110	Paul Hardy	M46	Sleaford Striders	0:50:41	248	15	Fiona Kelman	F37	0:56:46	
163	330	Tom Brand	M40		0:50:43	249	127	Valerie Eve	F61	0:56:50	
164	241	Stuart Graver	M39	Notts AC	0:50:46	250	264	Sally Snushall	F33	0:56:51	
165	293	Jamie Fenton	M27		0:50:47	251	59	John McCarthy	M54	0:56:51	
166	249	John Proffitt	M64	Workshop Harriers	0:50:55	252	124	Alan Bird	M61	Ropsley RR	0:57:00
167	147	Jill Eve	F41	Peterborough AC	0:50:57	253	343	Penny Stevens	F40	Bourne Town Harr	0:57:01
168	122	Ian Thompson	M33	Keswick AC	0:51:00	254	186	Alberto Girolami	M40		0:57:18
169	251	Stuart Benyon	M42		0:51:03	255	148	Barbara Reading	F59	Riverside Runners	0:57:21
170	178	Simon Kirby	M40		0:51:03	256	96	Andy Henson	M44		0:57:26
171	271	Ian Frisby	M48	Thorney RC	0:51:04	257	23	Graham Bayes	M58	W'borough & Dist	0:57:36
172	57	Kevin O'Brien	M41		0:51:10	258	66	Nik Casburn	F37	Sleaford Striders	0:57:38
173	237	Sally Yarrington	F44	Scunthorpe & Dist	0:51:19	259	174	Matthew Ditcher	M27		0:57:38
174	40	Kevin Hewitt	M45	Riverside Runners	0:51:29	260	99	Joanne Shore	F37		0:57:48
175	226	Kevin Smith	M52	Rutland RC	0:51:33	261	18	Kay Munday	F39		0:57:57
176	166	Matthew Daly	M30		0:51:37	262	10	Sheena Gorse	F46	Stamford Striders	0:58:11
177	272	Louise Swallow	F41	Bourne Town Harr	0:51:41	263	53	Bob Shaw	M53	Boston & Dist AC	0:58:16
178	276	Les Rennie	M52	Ramsey RR	0:51:43	264	43	Steve Parks	M43		0:58:25
179	31	David Noble	M56	Baldon Runners	0:51:52	265	42	Moirra Parks	F43		0:58:25
180	269	Neil Galjaard	M39		0:51:55	266	94	Daniel Milburn	M32	Fenland RC	0:58:26
181	333	Alan Johnson	M54	Workshop Harriers	0:51:56	267	70	Adrian Woodhouse	M28	Riverside Runners	0:58:28
182	141	John Leggett	M61	EVAC	0:52:00	268	80	Adrian Graham	M63	Ramsey RR	0:58:36
183	279	Simon Patman	M36		0:52:06	269	296	Donna Chapman	F32		0:58:41
184	289	Jo Spinak	F36	Redhill RR	0:52:08	270	358	Karen Clark	F25		0:58:42
185	255	Richard Sharpe	M42		0:52:12	271	119	Malcolm Scriven	M53	Bourne Town Harr	0:58:43
186	56	Mark Runham	M39		0:52:19	272	209	Becky McNeillie	F21	Stamford Striders	0:58:45
187	270	Ayla Smith	F52	Bourne Town Harr	0:52:20	273	341	Alan Eve	M66	EVAC	0:58:49
188	134	Tony Lack	M66	Ramsey RR	0:52:21	274	5	Rachel Williams	F38	Bourne Town Harr	0:58:50
189	208	Alistair Bradley	M46		0:52:21	275	374	Amanda Abbott	F39		0:59:09
190	179	Gordon Orr	M52	Stamford Striders	0:52:25	276	36	Katherine Holland	F21		0:59:15
191	228	Julie Kitchen	F38	Lakeside Lincoln	0:52:34	277	35	Dennis Holland	M55		0:59:15
192	39	Sally Hewitt	F43	Riverside Runners	0:52:40	278	29	Bindi Brook	M34		0:59:20
193	265	Sam Moreton	M25		0:52:50	279	248	Maureen Runacres	F41	Sleaford Striders	0:59:22
194	273	Simon Wright	M34		0:52:51	280	75	Mary Desmond	F39		0:59:24
195	256	Dino Amendola	M45	Workshop Harriers	0:52:56	281	188	Phillip Hopewell	M45	Redhill RR	0:59:31
196	233	Teresa Dyer	F46		0:52:59	282	189	Glyn Paskin	M32		0:59:52
197	322	Alan Howie	M43	Ramsey RR	0:53:04	283	111	Michael Barker	M65	Yaxley Runners	0:59:54
198	89	Andy Gibbons	M41	Werrington Joggers	0:53:05	284	154	Emma Garratt	F32	Rutland RC	1:00:04
199	331	Gavin Waterman	M30		0:53:23	285	375	Kerrie Bell	F31	Yaxley Runners	1:00:17
200	222	Anne Gilroy	F51	LWAC	0:53:27	286	364	David Bell	M34	Yaxley Runners	1:00:17
201	368	Charlotte Gilks	F22	WDAC	0:53:33	287	68	Karen Childerly	F31	Riverside Runners	1:00:33
202	136	Richard Elliot	M56	Holme Pierrepont	0:53:36	288	348	Miranda Palmer	F47	Rutland RC	1:00:38
203	214	Katherine Coleman	F27	Rutland RC	0:53:36	289	120	Graham Clarite	M21	Saxilby AC	1:00:40
204	81	Rebecca Cousins	F17	Fenland RC	0:53:47	290	195	Elizabeth Dixon	F44	Bourne Town Harr	1:00:42
205	194	Nigel Anstee	M41	Bedford Harriers	0:54:01	291	71	Gena Jackman	F69	March AC	1:00:45
206	318	Len Rawlings	M66	Werrington Joggers	0:54:10	292	2	Lia Clayton	F57	Bourne Town Harr	1:00:48
207	236	Paul Jepson	M52	Ropsley RR	0:54:17	293	55	Sheena Runham	F36	Riverside Runners	1:00:58
208	106	Martin Wilkinson	M43		0:54:25	294	164	Teresa Rae	F32		1:01:45
209	165	Andrew Stubbs	M42		0:54:28	295	280	Hilary Moore	F44	Rutland RC	1:01:49
210	138	Craig Smith	M41		0:54:34	296	253	George Richardson	M71	Clowne RR	1:01:58
211	173	Simon Wright-Lakin	M27		0:54:36	297	155	Gillian Holmes	F52	Thorney RC	1:02:24
212	33	Tim Twells	M26		0:54:39	298	73	Allan March	M37		1:02:29
213	100	John Wilkinson	M51		0:54:44	299	62	Trevor Snell	M65	Boston & Dist AC	1:02:43
214	49	Paul Leeton	M29	Bourne Town Harr	0:54:47	300	285	Julie Hanks	F41	Sleaford Striders	1:02:58
215	153	Mike Turner	M67	Liverpool Harr AC	0:54:52	301	118	Louise Davis	F26		1:03:03
216	92	Anna Flavell	F27	Sleaford Striders	0:54:54	302	332	Ian Johnson	M53		1:03:11
217	242	Clive Holden	M47	Sleaford Striders	0:54:54	303	217	Sarah Madden	F17	Yaxley Runners	1:03:42
218	26	Stefania Licari	F28		0:54:58	304	325	Steve Garnham	M51		1:04:10
219	213	Mark Asten	M35		0:55:07	305	230	Tracey Smith	F25		1:04:21
220	211	Stephen Thornley	M35		0:55:11	306	200	Jack Thompson	M59		1:04:47
221	14	Neil Allison	M32		0:55:14	307	345	Alan Gray	M56		1:05:17
222	240	Linda Porter	F53	Scunthorpe & Dist	0:55:17	308	224	Val Stone	F46	Yaxley Runners	1:05:28
223	34	Edd Beese	M26		0:55:18	309	225	Tim Stone	M49	Yaxley Runners	1:05:28
224	185	Nigel Daniels	M67	Redhill RR	0:55:24	310	352	Alex James	M25		1:05:41
225	277	John McDonagh	M60	Ramsey RR	0:55:25	311	351	Andrew Pryke	M24		1:05:42
226	221	Maddy Wilson	F36	LWAC	0:55:30	312	356	John Howard	M23		1:05:42
227	103	Karl Holmes	M40	Cleethorpes AC	0:55:33	313	353	Keith Gillespie	M22		1:05:42
228	370	Michael Redding	M63	Riverside Runners	0:55:36	314	274	Suzanne Stevens	F42	Bourne Town Harr	1:05:52
229	238	Samantha Ritson	F34	Scunthorpe & Dist	0:55:41	315	151	Hazel Ruijsenaars	F20		1:06:08
230	41	Andrew Goodman	M59	Birstall RC	0:55:46	316	150	Julie Ruijsenaars	F45		1:06:08
231	283	Sarah Galvin	F35	Fenland RC	0:55:51	317	324	Tracey Hawkins	F44		1:06:41
232	170	Samantha Pask	F28	Sleaford Striders	0:55:53	318	82	Sarah Fisher	F36		1:06:44
233	30	Andrew Dowling	M36		0:56:00	319	83	Ray Carthy	M37		1:06:45
234	349	Dan Hadfield	M30		0:56:15	320	232	Stephen Deacon	M55	Riverside Runners	1:07:18
235	350	Faith Cobaine	F34		0:56:15	321	162	Katie Mann	F26		1:08:34
236	184	Stanley Thornton	M67	Bushfield Joggers	0:56:18	322	27	Lisa Elwood	F34		1:11:00
237	192	James Christian-Ilett	M39		0:56:18	323	295	Emma Rigby-Burr	F31		1:11:12
238	261	Anthea Kettle	F54		0:56:19	324	1	Hazel Brewin	F56		1:11:13
239	300	Michael Nation	M46		0:56:22	325	223	Antoinette Rendle	F59	Bushfield Joggers	1:11:27
240	239	Graham Cook	M16	Werrington Joggers	0:56:26	326	78	Mandy Kisbee	F36		1:11:40
241	16	Stephen Krawczy	M47		0:56:30	327	183	Louise Platt	F27	Werrington Joggers	1:11:43
242	376	Feena Machin	F47	Grantham AC	0:56:33	328	182	Tim Newcombe	M42	Werrington Joggers	1:11:43
243	132	Betty Tracey	F66	LWAC	0:56:34	329	108	Karen Raynes	F36		1:15:01
244	284	Simon Stephenson	M40		0:56:38	330	146	Paul Hudson	M41	Bedford Harriers	1:26:29
245	139	Dave Grace	M51	Bourne Town Harr	0:56:42						
246	114	Liz Knox	F45		0:56:44						

Team Results

Male Team

1 Bourne Town Harr Total :- 69
: 88 - M Botteley 6: 12 - R Lomas-Brown 20:
: 292 - A Hilless 21: 203 - T Wigley 22:
2 Redhill RR Total :- 104
: 187 - S Nash 14: 168 - S Pascoe 16:
: 52 - M Attenborough 35: 97 - M Anslow 39:
3 Sleaford Striders Total :- 194
: 137 - D Tilley 15: 93 - P Flavell 17:
: 67 - A Stevenson 56: 64 - A Buckberry 106:
4 Grantham AC Total :- 217
: 48 - A Short 19: 288 - B Ablett 40:
: 252 - S Twigg 66: 197 - S Sellars 92:
5 Riverside Runners Total :- 428
: 77 - N Adams 33: 329 - T McGlashan 98:
: 328 - N McGlashan 123: 40 - K Hewitt 174:
6 Rutland RC Total :- 559
: 365 - P Golden 101: 373 - A Broom 128:
: 366 - S Griffiths 155: 226 - K Smith 175:
7 Ropsley RR Total :- 580
: 130 - T Johnson 31: 346 - D Raynes 90:
: 236 - P Jepson 207: 124 - A Bird 252:
8 Boston & Dist AC Total :- 645
: 193 - S Cragg 8: 250 - S Hubbard 75:
: 53 - B Shaw 263: 62 - T Snell 299:
9 Ramsey RR Total :- 670
: 142 - S Ankers 107: 276 - L Rennie 178:
: 134 - T Lack 188: 322 - A Howie 197:
10 Yaxley Runners Total :- 689
: 54 - D Owens 87: 216 - I Madden 158:
: 60 - A Wright 161: 111 - M Barker 283:
11 Werrington Joggers Total :- 972
: 89 - A Gibbons 198: 318 - L Rawlings 206:
: 239 - G Cook 240: 182 - T Newcombe 328:

Female Team

1 Bourne Town Harr Total :- 413
: 8 - C Knight 49: 272 - L Swallow 177: 270 - A Smith 187:
2 Sleaford Striders Total :- 463
: 362 - J Hastings 121: 355 - F Robertson 126: 92 - A Flavell 216:
3 Riverside Runners Total :- 555
: 76 - T Patmore 108: 39 - S Hewitt 192: 148 - B Reading 255:
4 Scunthorpe & Dist Total :- 624
: 237 - S Yarrington 173: 240 - L Porter 222: 238 - S Ritson 229:
5 Rutland RC Total :- 625
: 177 - H Buff 138: 214 - K Coleman 203: 154 - E Garratt 284:
6 LWAC Total :- 669
: 222 - A Gilroy 200: 221 - M Wilson 226: 132 - B Tracey 243:
7 Yaxley Runners Total :- 896
: 375 - K Bell 285: 217 - S Madden 303: 224 - V Stone 308: