

Grimsthorpe Gallop 2018

Finisher List 10k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Town	Family team name
10k											
1	00:39:29	1	1	M40-44	128	Jan Bailey	Newark Striders	03:56	06:21	Newark	
2	00:43:12	2	1	M16-17	174	Matthew Dowling	Nene Valley Harriers	04:19	06:57	Spalding	
3	00:43:22	3	1	M35-39	211	Stuart Kidd		04:20	06:58	Oakham	
4	00:43:35	4	2	M40-44	162	Justin Coombs	Maidenhead AC	04:21	07:00	Maidenhead	
5	00:44:41	5	3	M40-44	186	Steven Franklin		04:28	07:11	King's Lynn	
6	00:45:51	6	4	M40-44	183	jake Fountain	Boston Community Runners	04:35	07:22	Kirton	
7	00:46:44	7	1	M23-29	273	Karl Sadowyj		04:40	07:31	Nottingham	
8	00:46:50	8	1	M50-54	212	Steve King	Harborough AC	04:41	07:32	Market Harborough	
9	00:47:00	9	2	M35-39	321	Tim Brown		04:42	07:33	Corby Glen	
10	00:48:10	10	5	M40-44	249	Michal Nizler	Sleaford Town Runners	04:49	07:45	Sleaford	
11	00:48:46	11	6	M40-44	255	Paul Phillips		04:52	07:50	Corby Glen	
12	00:49:06	12	3	M35-39	222	Leon Lapinski		04:54	07:54	Mansfield	
13	00:49:31	1	1	F40-44	208	Claudette Joint	Grantham Running Club	04:57	07:58		
14	00:49:31	2	1	F35-39	144	Rachel Burton	WVTRI	04:57	07:58	Oakham	
15	00:49:31	13	7	M40-44	319	Graham Burton	Welland Valley Triathlon	04:57	07:58		
16	00:49:34	14	4	M35-39	300	Chris Tuck		04:57	07:58	Sleaford	
17	00:49:51	15	8	M40-44	243	Mark Morgan		04:59	08:01	Eastwood	
18	00:50:30	3	1	F45-49	137	amanda britton	Yaxley Runners & Joggers	05:03	08:07	Peterborough	
19	00:50:57	16	1	M55-59	170	Brian Dodds		05:05	08:11	Sutton-In-Ashfield	
20	00:51:24	17	2	M55-59	203	Gary Hood		05:08	08:16	Grantham	
21	00:51:41	4	2	F35-39	308	Elaine Wilkins	Heanor Running Club	05:10	08:19	Giltbrook	
22	00:52:00	18	2	M23-29	210	Lewis Kerr		05:12	08:22	Bourne	
23	00:52:23	19	9	M40-44	225	Chris Levy		05:14	08:25	King's Lynn	
24	00:52:55	20	1	M45-49	156	Steve White	Notfast RC	05:17	08:30		
25	00:53:20	21	10	M40-44	234	Martyn Parker		05:20	08:34		
26	00:53:34	22	2	M45-49	131	Stuart Baty	Grantham Running Club	05:21	08:37	Grantham	
27	00:53:58	23	1	M60-64	291	Ian Starbuck	Sleaford Striders AC	05:23	08:41	Leasingham	
28	00:54:02	24	3	M45-49	262	Andrew Read		05:24	08:41	Lincoln	
29	00:54:16	25	3	M55-59	268	John Stanley	Swayfield Stragglers	05:25	08:44	Swayfield	
30	00:54:17	26	5	M35-39	305	Ross Ward		05:25	08:44	Swayfield	
31	00:54:45	27	2	M50-54	166	Steve Day		05:28	08:48	Nottingham	
32	00:55:02	28	2	M60-64	288	Michael Stafford		05:30	08:51	Grantham	
33	00:55:07	29	1	M20-22	202	Mark Hill		05:30	08:52	Bourne	
34	00:55:09	30	3	M50-54	150	Robert Clark		05:30	08:52	Bourne	
35	00:55:15	5	2	F45-49	316	Victoria Jackson		05:31	08:53		
36	00:55:37	6	1	F30-34	299	Gemma Toogood		05:33	08:57	Peterborough	
37	00:56:09	7	2	F30-34	154	Philippa Clarke	Newark Striders	05:36	09:02	Newark	
38	00:56:15	31	4	M45-49	322	Colin Hurt		05:37	09:03	Grantham	
39	00:56:16	8	3	F45-49	171	Nicola Dodds	Sutton-in-Ashfield Harriers & AC	05:37	09:03	Sutton-in-Ashfield	
40	00:56:17	32	5	M45-49	282	Justin Sims		05:37	09:03	Peterborough	
41	00:56:50	9	3	F35-39	187	Louise Franklin		05:41	09:08	King's Lynn	
42	00:56:57	10	3	F30-34	182	Katy Flippance	Woodhall Spa Steamers	05:41	09:09	Woodhall Spa	
43	00:57:02	33	4	M50-54	168	Rob Delahay		05:42	09:10	Langar	
44	00:57:09	11	4	F30-34	232	Kate Marlow		05:42	09:11	Rutland	
45	00:57:55	12	1	F50-54	153	Trudy Clarke		05:47	09:19	Skegness	
46	00:58:08	34	11	M40-44	209	James Karch		05:48	09:21	Hucknall	
47	00:58:09	35	6	M45-49	318	Darren Sharpe		05:48	09:21		
48	00:58:24	36	1	M65-69	184	Alan Fountain		05:50	09:23	Boston	
49	00:58:26	37	3	M60-64	260	Peter Ramsey		05:50	09:24	Whissendine	
50	00:58:49	13	4	F45-49	140	Carol Parker		05:52	09:27		

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51	00:59:00	38	4	M60-64	295	Gavin Sugden		05:54	09:29	Peterborough	
52	00:59:08	14	4	F35-39	261	Frankie Rawson		05:54	09:30	Nottingham	
53	00:59:25	15	5	F45-49	192	Maria Goulding		05:56	09:33	Oakham	
54	00:59:27	16	2	F50-54	220	Leah Laird		05:56	09:34	Sleaford	
55	00:59:46	17	5	F35-39	167	Samantha Mills		05:58	09:37		
56	01:00:07	18	3	F50-54	313	Maria Yuill		06:00	09:40	Boston	
57	01:00:24	19	6	F35-39	214	Anna King	Eye Community Runners	06:02	09:43	Peterborough	
58	01:00:40	39	7	M45-49	233	Simon Marshall		06:04	09:45	Grantham	
59	01:00:46	20	7	F35-39	259	Jody Raggo		06:04	09:46	Boston	
60	01:01:04	21	1	F23-29	275	Roxanne Sellars		06:06	09:49	Sleaford	
61	01:01:05	22	2	F23-29	165	Laura Davies		06:06	09:49	Sleaford	
62	01:01:24	23	5	F30-34	189	Emily Frikha		06:08	09:52	Oakham	
63	01:01:56	40	6	M35-39	226	Stephen Linden-Wyatt	Sleaford Striders AC	06:11	09:58	Helpringham	
64	01:02:23	24	2	F40-44	315	Emma Weighill	Grantham Running Club	06:14	10:02		
65	01:02:33	41	8	M45-49	164	Gary Darrell		06:15	10:03	Glington, Peterborough	
66	01:02:33	42	12	M40-44	157	Rupert Clifton		06:15	10:03	Stamford	
67	01:02:38	25	1	F55-59	181	Sue Fisher		06:15	10:04	Peterborough	
68	01:02:40	43	4	M55-59	180	Simon Fisher	Stamford Striders	06:16	10:05	Peterborough	
69	01:02:43	26	4	F50-54	323	Sarah Gunn		06:16	10:05	Ruddington	
70	01:02:47	27	3	F23-29	230	Emily Mardling		06:16	10:06	Grantham	
71	01:02:56	28	8	F35-39	133	jessica Blight		06:17	10:07	Oakham	
72	01:03:04	29	5	F50-54	224	Di Lettice		06:18	10:08	Spalding	
73	01:03:22	30	4	F23-29	172	Zara Dorrington		06:20	10:11	Dunsby	
74	01:03:34	31	3	F40-44	204	Charlie Hudson		06:21	10:13	Wigston	
75	01:03:34	32	6	F30-34	227	Elizabeth Louch		06:21	10:13	Uppingham	
76	01:03:47	33	7	F30-34	278	Clare Sharrard		06:22	10:15	Nottingham	
77	01:03:53	34	6	F50-54	311	Joanna Winterton		06:23	10:16	Langham	
78	01:03:53	35	8	F30-34	159	Samantha Connell		06:23	10:16	Peterborough	
79	01:04:21	36	7	F50-54	213	Amanda King	Harborough AC	06:26	10:21	Market Harborough	
80	01:04:23	44	9	M45-49	289	Shaun Stafford	Sleaford Striders AC	06:26	10:21	Sleaford	
81	01:04:28	37	4	F40-44	129	Jennifer Ball		06:26	10:22	Nottingham	
82	01:04:30	38	6	F45-49	298	Gabriele Thomas-Neher	PACER	06:27	10:22	Nottingham	
83	01:04:36	45	1	M30-34	236	Greg Marshall	Bushfield Joggers	06:27	10:23	Peterborough	
84	01:04:36	46	5	M60-64	235	Gary Marshall	Bushfield Joggers	06:27	10:23	Peterborough	
85	01:04:59	39	8	F50-54	325	Susan Manning		06:29	10:27		
86	01:05:10	40	9	F50-54	185	Lisa Francis		06:31	10:29	Stamford	
87	01:05:15	41	9	F35-39	125	Christina Arling		06:31	10:30	Grantham	
88	01:05:25	47	5	M55-59	229	Richard Mardling		06:32	10:31	Grantham	
89	01:05:50	42	10	F50-54	281	Julia Sillitoe		06:35	10:35	West Bridgford	
90	01:06:36	48	5	M50-54	267	Neil Roberts	Erewash Valley Running Club	06:39	10:43	Nottingham	
91	01:06:51	43	5	F23-29	264	Rachel Richardson		06:41	10:45	Oakham	
92	01:08:12	44	7	F45-49	161	Andrea Cooke	Halmer Harriers	06:49	10:58	Spalding	
93	01:08:12	49	6	M55-59	290	Pete Stafford	Halmer Harriers	06:49	10:58	Spalding	
94	01:08:15	50	6	M50-54	223	Terry Lepore		06:49	10:59	Peterborough	
95	01:08:17	45	11	F50-54	136	Sue Brentnall		06:49	10:59	Waterbeach	
96	01:08:27	51	3	M23-29	317	Lawrence Everett		06:50	11:00		
97	01:09:00	52	10	M45-49	200	Nick Herd		06:54	11:06	Oakham	
98	01:09:06	46	5	F40-44	221	Samantha Lake		06:54	11:07	Oakham	
99	01:09:06	47	9	F30-34	297	Hannah Taylor	Thorney Running Club	06:54	11:07	Whittlesey	
100	01:09:11	48	2	F55-59	148	June Castle		06:55	11:08	Kettering	
101	01:09:23	49	6	F40-44	266	Alison Robbins	Sleaford Striders AC	06:56	11:09	Sleaford	
102	01:09:37	53	1	M70+	250	Barry Norton	Skegness and District Running Club	06:57	11:12	Ingoldmells	

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103	01:09:44	50	1	F60-64	155	Cathy Clarke	Notfast RC	06:58	11:13	Claypole	
104	01:10:10	51	7	F40-44	169	Karen Delahay	Rushcliffe AC	07:01	11:17	Langar	
105	01:11:14	52	10	F30-34	324	Jayne Stringer	Yaxley Runners	07:07	11:27		
106	01:11:33	53	8	F40-44	270	Lindsey Robertson		07:09	11:30	Station	
107	01:11:34	54	13	M40-44	269	Simon Robertson		07:09	11:31	Stanion	
108	01:11:40	54	8	F45-49	160	Deborah Cook		07:10	11:32	Peterborough	
109	01:12:19	55	9	F45-49	196	Claire Harness	Werrington Joggers	07:13	11:38	Stamford	
110	01:12:21	56	10	F45-49	188	Dawn Friend	Yaxley Runners & Joggers	07:14	11:38	Peterborough	
111	01:12:23	57	11	F45-49	177	Shona Elkin	Werrington Joggers	07:14	11:38	Peterborough	
112	01:12:25	58	3	F55-59	176	Jill Dwyer	Rugby & Northampton Athletics Club	07:14	11:39	Rugby	
113	01:12:37	59	9	F40-44	709	Emma Winter	Sleaford Town Runners	07:15	11:41	Sleaford	
114	01:12:43	60	10	F40-44	147	Lesley Buswell	Boston Community Runners	07:16	11:42	Boston	
115	01:13:02	61	12	F45-49	280	Val Shaw		07:18	11:45	Sibsey	
116	01:13:35	62	12	F50-54	130	Amanda Barnes	Lynnsport Ladybirds	07:21	11:50	King's Lynn	
117	01:13:39	63	13	F50-54	287	Lynn Smitheringale	Stamford Tri Club	07:21	11:51	Bourne	
118	01:14:04	64	11	F40-44	304	Louise Waples		07:24	11:55	Kettering	
119	01:14:05	65	14	F50-54	142	Amanda Buchan		07:24	11:55	Peterborough	
120	01:14:10	66	4	F55-59	284	Teresa Smith	Parklands Ladies	07:25	11:56	Leicester	
121	01:14:33	55	7	M50-54	146	Richard Burton		07:27	11:59	Bourne	
122	01:15:00	67	15	F50-54	307	Jill Widdison		07:30	12:04	Lincoln	
123	01:15:06	68	16	F50-54	254	Carole Parker	Sleaford Striders AC	07:30	12:05	Wellingore	
124	01:16:09	69	6	F23-29	247	Claire Murphy		07:36	12:15	Peterborough	
125	01:16:37	70	17	F50-54	272	Lisa Rull	Erewash Valley Running Club	07:39	12:19	Nottingham	
126	01:16:45	71	11	F30-34	328	Kirsty Hewson	Sleaford Striders AC	07:40	12:21		
127	01:16:51	72	12	F30-34	216	Sandra King		07:41	12:22	Lincoln	
128	01:16:55	73	5	F55-59	194	Louise Perry	Belvoir Tri Club	07:41	12:22		
129	01:16:55	74	13	F45-49	191	Annthea Fryer	Belvoir Tri Club	07:41	12:22	Grantham	
130	01:16:57	56	6	M60-64	134	Colin Blow		07:41	12:23	Grimsby	
131	01:16:57	75	10	F35-39	206	Debbie Iwanczuk	Cleethorpes and District AC	07:41	12:23	Grimsby	
132	01:16:58	76	11	F35-39	135	Emma Blow		07:41	12:23	Grimsby	
133	01:17:21	77	18	F50-54	219	Annette Knowles	Notts Women Runners	07:44	12:26	Lowdham	
134	01:17:24	78	14	F45-49	231	Amanda Margerson		07:44	12:27	Peterborough	
135	01:17:29	79	7	F23-29	145	Alison Burton		07:44	12:28	Bourne	
136	01:17:29	80	15	F45-49	239	Caroline Mason		07:44	12:28	Stainfield	
137	01:17:40	81	12	F40-44	326	Laura Garrett		07:46	12:29	Kettering	
138	01:18:11	82	19	F50-54	263	Karen Richardson		07:49	12:34	Elsworth	
139	01:18:39	83	16	F45-49	256	Audra Phillips	Notts Women Runners	07:51	12:39	Nottingham	
140	01:19:22	84	13	F40-44	141	Emma Brown		07:56	12:46	Eastwood	
141	01:19:25	85	8	F23-29	205	Lucy Hulls		07:56	12:46	London	
142	01:19:30	86	6	F55-59	245	Angela Moseley	Notts Women Runners	07:57	12:47	Nottingham	
143	01:20:08	87	20	F50-54	302	Sarah Willoughby		08:00	12:53	Spalding	
144	01:20:10	57	7	M60-64	306	Paul Waterfield		08:01	12:54	Coningsby	
145	01:20:12	88	17	F45-49	274	Sharna Sawyer		08:01	12:54	Nottingham	
146	01:20:25	89	21	F50-54	309	Sarah Williamson		08:02	12:56	Roxholm	
147	01:20:31	90	7	F55-59	320	Kathryn Clayton	Notts Women Runners	08:03	12:57		
148	01:20:33	91	14	F40-44	132	Amy Bilham		08:03	12:57	King's Lynn	
149	01:20:55	92	18	F45-49	310	Amanda Wilson		08:05	13:01	Rothwell	
150	01:21:34	58	7	M55-59	242	Simon McMaster		08:09	13:07	Grantham	
151	01:21:48	93	15	F40-44	241	Catherine Maxey		08:10	13:09	Deeping St James	
152	01:21:54	94	8	F55-59	217	Sally King	Fenland RC	08:11	13:10	Murrow	
153	01:21:59	95	1	F65+	251	Janet Norton	Skegness and District Running Club	08:11	13:11	Ingoldmells	
154	01:22:11	96	22	F50-54	257	Joanne Pierpoint		08:13	13:13	Halesowen	

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155	01:22:13	59	2	M30-34	117	Damian Nadin		08:13	13:13	Nottingham	
156	01:22:13	97	12	F35-39	122	Hannah Walch	Notts Women Runners	08:13	13:13	Nottingham	
157	01:22:53	98	2	F60-64	175	Carol Dudley	Sleaford Striders AC	08:17	13:20	Leasingham	
158	01:23:10	60	8	M50-54	190	Steve Fruen	Skegness and District Running Club	08:19	13:23	Old leake	
159	01:23:16	99	13	F30-34	286	Gemma Smith		08:19	13:24	Stamford	
160	01:23:33	100	14	F30-34	271	Jennifer Roche		08:21	13:26	Oakham	
161	01:24:25	101	3	F60-64	179	Janet Everett		08:26	13:35	Murrow	
162	01:24:45	102	9	F55-59	173	Patricia Dougherty		08:28	13:38	Kettering	
163	01:24:54	103	23	F50-54	119	Kathy Saunders	Wootton Road Runners	08:29	13:39	Northampton	
164	01:25:00	104	10	F55-59	265	Debbi Roach		08:30	13:40	Grantham	
165	01:25:00	105	4	F60-64	244	Julia Morris Webster	Vegan Runners	08:30	13:40	Oakham	
166	01:25:37	61	8	M60-64	327	Andy Bailey	Skegness Coasters	08:33	13:46	Boston	
167	01:26:02	62	3	M30-34	293	Barry Stone		08:36	13:50	Oakham	
168	01:26:39	106	13	F35-39	240	Fran Mathers		08:39	13:56	Swadlincote	
169	01:27:07	107	19	F45-49	152	Carmen Clark	Boston Community Runners	08:42	14:01	Boston	
170	01:29:30	108	24	F50-54	312	Fiona Wrisberg		08:57	14:24	Tattershall	
171	01:29:33	109	11	F55-59	151	Katrina Clark	Caistor Running Club	08:57	14:24	Market Rasen	

Number of records: 171