

Grimsthorpe Gallop 2019

Finisher List 5k

Pos	Chip time	Gender pos	Cat pos	Age grp	Race num	Name	Club	Pace (min/km)	Pace (min/mile)	Town	Family team name
5k											
1	00:18:39	1	1	M14-15	34	Connor Ely	Bourne Town Harriers	03:43	06:00	Morton	
2	00:21:01	2	1	M23-29	109	Sam Dodwell	Grantham Running Club	04:12	06:45		
3	00:21:15	3	1	M30-34	14	Shaun Busby	Bedford Harriers AC	04:15	06:50	Bedford	
4	00:22:10	4	1	M45-49	54	Mark Harrod		04:26	07:08	Nassington	
5	00:23:22	1	1	F12-13	101	Amber Wilkins	Heanor RC	04:40	07:31	Nottingham	
6	00:24:34	5	1	M35-39	94	Kenneth Tilford		04:54	07:54	Grantham	
7	00:24:58	6	1	M16-17	124	Thomas Wallace		04:59	08:02		
8	00:25:04	2	2	F12-13	102	Emma Wilkins	Heanor RC	05:00	08:04	Nottingham	
9	00:25:39	3	1	F10-11	1	Amelia Arbon	Mansfield Harriers & AC	05:07	08:15	Newark	
10	00:26:01	7	2	M45-49	73	Rob Mcginlay		05:12	08:22	Bourne	
11	00:26:39	4	1	F45-49	23	Amanda Cowling		05:19	08:34	Sleaford	
12	00:26:44	8	3	M45-49	122	Darren Wallace		05:20	08:36		
13	00:27:01	9	2	M35-39	93	Ben Thompson		05:24	08:41	Grantham	
14	00:27:41	5	2	F10-11	53	Anna Harrison	Sleaford Striders AC	05:32	08:54	Billingham	
15	00:28:06	6	1	F35-39	63	Joanne Lincoln		05:37	09:02	Wigsley	
16	00:28:06	10	2	M23-29	98	James Waddington		05:37	09:02	Grantham	
17	00:28:06	11	1	M10-11	49	Edward Grooby		05:37	09:02	Spalding	
18	00:28:16	7	3	F10-11	26	Emily Darrell		05:39	09:05	Stamford	
19	00:28:30	12	1	M40-44	60	Steve Kennedy		05:42	09:10	Grantham	
20	00:28:53	13	1	M8-9	125	Ethan Stoffell		05:46	09:17		
21	00:29:06	8	3	F12-13	123	Lottie Wallace		05:49	09:21		
22	00:29:07	9	2	F35-39	126	Amanda Stoffell		05:49	09:22		
23	00:29:17	14	2	M10-11	82	Redas Rocko		05:51	09:25	Boston	
24	00:29:18	15	4	M45-49	65	Gary Love		05:51	09:25	Corby	
25	00:29:34	16	1	M50-54	47	Tim Greig		05:54	09:30	Market Rasen	
26	00:29:47	17	1	M12-13	83	Raidas Rocko		05:57	09:35	Boston	
27	00:30:03	10	1	F20-22	117	Emma Would		06:00	09:40		
28	00:30:07	11	2	F45-49	52	Annalie Grooby		06:01	09:41	Deeping St Nicholas	
29	00:30:31	12	3	F45-49	40	Dawn Friend	Yaxley Runners & Joggers	06:06	09:49	Peterborough	
30	00:30:34	18	2	M8-9	76	Eljay Miller		06:06	09:50	Boston	
31	00:31:02	13	4	F10-11	119	Michalina Madra	Lincoln Tri	06:12	09:59		
32	00:31:09	14	1	F40-44	110	Nichola Hillier		06:13	10:01		
33	00:31:32	15	1	F8-9	8	Eden Bland		06:18	10:08	Colsterworth	
34	00:31:34	19	3	M35-39	9	Dan Bland		06:18	10:09	Colsterworth	
35	00:31:39	20	1	M55-59	116	Mike Would		06:19	10:11		
36	00:31:49	16	1	F55-59	81	Ann Riddell	Sleaford Striders AC	06:21	10:14	Sleaford	
37	00:32:12	17	4	F12-13	28	Elysia Denny		06:26	10:21	Oakham	
38	00:32:24	18	4	F45-49	46	Sarah Greig		06:28	10:25	Market Rasen	
39	00:32:32	19	3	F35-39	2	Jemma Arbon	Mansfield Harriers & AC	06:30	10:28	Newark	
40	00:32:53	20	5	F12-13	67	Isabel Margerson		06:34	10:35	Stilton	
41	00:33:10	21	4	F35-39	92	Victoria Thompson		06:38	10:40	Sleaford	
42	00:33:10	21	2	M12-13	91	Luke Thompson		06:38	10:40	Sleaford	
43	00:33:46	22	2	F40-44	61	Louise Kennedy	Grantham Running Club	06:45	10:52	Grantham	
44	00:33:53	23	5	F45-49	66	Janine March		06:46	10:54	Bourne	
45	00:33:53	24	6	F45-49	5	Sarah Austin		06:46	10:54	Bourne	
46	00:34:13	22	2	M55-59	77	Mark Miller		06:50	11:00	Boston	
47	00:35:05	25	1	F30-34	12	Lauren Bullock		07:01	11:17	West Deeping	
48	00:35:06	26	2	F30-34	85	Caroline Samuels		07:01	11:17	West Deeping	
49	00:35:27	27	7	F45-49	118	Samantha French	Grantham Running Club	07:05	11:24		
50	00:35:58	28	1	F50-54	68	Vicki Marley		07:11	11:34	Corby	

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51	00:36:06	23	2	M14-15	108	Shane Franklin		07:13	11:37	Corby	
52	00:36:35	29	5	F35-39	48	Anne Gronlund		07:19	11:46	St. Neots	
53	00:36:38	24	3	M10-11	27	Morgan Delgarno		07:19	11:47	Corby	
54	00:36:42	25	3	M12-13	22	Kyle Cowling		07:20	11:48	Sleaford	
55	00:36:50	30	6	F35-39	111	Laura Walker		07:22	11:51		
56	00:37:10	26	2	M50-54	79	Nigel Morton		07:26	11:57	Grantham	
57	00:37:36	27	5	M45-49	31	Darren Earp		07:31	12:06	Corby	
58	00:38:26	31	2	F50-54	55	Tania Hellowell	Hurricane Striders	07:41	12:22	Lincoln	
59	00:38:49	28	1	MU8	69	Jack Martin		07:45	12:29	Sleaford	
60	00:38:55	32	3	F50-54	21	Carmen Clark	Boston Community Runners	07:47	12:31	Boston	
61	00:38:55	33	8	F45-49	3	Nichola Arnold	Halmer Harriers	07:47	12:31	Pinchbeck	
62	00:39:03	34	7	F35-39	99	Kate Westwood		07:48	12:34	Sleaford	
63	00:39:06	35	9	F45-49	106	Helen Worthington		07:49	12:35	Grantham	
64	00:39:30	36	5	F10-11	120	Maja Krawczak	Lincoln Tri	07:54	12:42		
65	00:39:41	29	3	M8-9	71	Toby Mayfield		07:56	12:46	Bourne	
66	00:39:42	37	10	F45-49	78	Helen Morris		07:56	12:46	Bourne	
67	00:39:42	38	3	F40-44	121	Justine Hughes		07:56	12:46		
68	00:39:42	39	11	F45-49	72	Alli Mayfield		07:56	12:46	Bourne	
69	00:39:45	40	2	F55-59	100	Lynne Widdowson		07:57	12:47	Lincoln	
70	00:39:49	41	1	F23-29	95	Steph Tomkinson		07:57	12:48	Oakham	
71	00:39:49	42	4	F50-54	96	Elaine Tomkinson		07:57	12:48	Melton Mowbray	
72	00:40:09	30	4	M8-9	10	Oliver Blunt		08:01	12:55	Hucknall	
73	00:40:23	43	5	F50-54	7	Sam Beerling	Desborough & Rothwell Running Club	08:04	12:59	Kettering	
74	00:40:24	31	6	M45-49	42	Guy Garrett		08:04	13:00	Kettering	
75	00:40:31	44	3	F30-34	11	Stephanie Blunt-warren		08:06	13:02	Hucknall	
76	00:41:07	45	3	F55-59	62	Amanda King	Harborough AC	08:13	13:14	Market Harborough	
77	00:42:14	46	4	F55-59	113	Mandy Oswin		08:26	13:35		
78	00:42:21	47	12	F45-49	59	Joanne Jacklin		08:28	13:37	Spalding	
79	00:42:26	48	6	F50-54	129	Sarah May		08:29	13:39		
80	00:42:26	32	3	M55-59	112	Trevor Hall		08:29	13:39		
81	00:43:09	49	5	F55-59	70	Jacque May		08:37	13:53	Sutton in Ashfield	
82	00:43:33	50	1	F65+	57	Christine Henshaw	Kettering Town Harriers	08:42	14:01	Kettering	
83	00:43:37	33	5	M8-9	64	Kaleb Lott		08:43	14:02	Corby	
84	00:43:38	34	7	M45-49	107	Alan Moorehead		08:43	14:02	Corby	
85	00:44:14	51	1	F60-64	41	Maureen Frizzle		08:50	14:14	Sleaford	
86	00:44:15	52	13	F45-49	15	Anne Byng		08:51	14:14	Hucknall	
87	00:44:39	53	2	F23-29	25	Francesca Daniels		08:55	14:22	Morton	
88	00:44:43	54	3	F23-29	58	Natalie Horrex		08:56	14:23	Rugby	
89	00:44:44	35	8	M45-49	103	Nick Wolstenholme	Step It Up Active	08:56	14:23	Rugby	
90	00:44:49	55	1	FU8	43	Isobelle Gilbert		08:57	14:25	Peterborough	
91	00:44:49	36	2	M30-34	44	James Gilbert		08:57	14:25	Peterborough	
92	00:44:52	37	2	MU8	128	Samuel Paper		08:58	14:26		
93	00:44:53	56	14	F45-49	127	S Paper		08:58	14:26		
94	00:49:43	57	2	F20-22	84	Aimee Rolfe		09:56	16:00	Boston	
95	00:56:34	58	4	F30-34	115	Emma Smalley		11:18	18:12		
96	00:56:34	59	6	F55-59	36	Heather Fisher		11:18	18:12	Asfordby	
97	00:56:34	60	2	FU8	35	Taylor Fisher		11:18	18:12	Asfordby	
98	00:56:34	61	3	FU8	88	Graice Stafford		11:18	18:12	Asfordby	
99	00:56:34	38	9	M45-49	89	Phil Stafford		11:18	18:12	Asfordby	
100	00:56:35	62	8	F35-39	114	Sam West		11:19	18:12		
101	00:58:28	63	4	F40-44	80	Anna Redfern		11:41	18:49	Nottingham	

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Number of records: 101