

Newark AC

Gordon Whelbourn Running Week 2008

MONDAY - FARNDON

#	Name	Club	Race No	Cat	SEX M/F	FARNDON (MON)	Pos
	Aaron Scott	Woodbridge Shufflers	25		M	0:17:43	1
	Andrew Welshman	Newark AC	71	V40	M	0:18:24	2
	Dean Houlton	Nene Valley Harriers	22	V40	M	0:18:49	3
	Howard Leek	Newark AC	10		M	0:18:53	4
	Nigel Watkin	EVAC	24	V50	M	0:19:00	5
	Martin Stevens	Werrington Joggers	8		M	0:19:25	6
	Mike Bullock	Notfast	21		M	0:19:33	7
	Jose Vazquez	u/a	60		M	0:19:39	8
	Steve Morton	u/a	28	V40	M	0:19:43	9
	Mark Jenkins	Mansfield Harriers & AC	36		M	0:19:48	10
	Paul Dymyd	u/a	27		M	0:19:49	11
	Ian Coney	Lincoln & District	6	V40	M	0:20:07	12
	Carl Braithwaite	Newark AC	57		M	0:20:09	13
	Rachel McCuaig	Newark AC	11	V35	F	0:20:13	14
	Trevor Hiscox	Mansfield Harriers & AC	65	V40	M	0:20:25	15
	Chris Young	Newark AC	56		M	0:20:45	16
	James Wright	u/a	51		M	0:21:02	17
	Chris McDonnell	Notfast	68	V40	M	0:21:06	18
	Mark Guy	Newark AC	69		M	0:21:06	18
	Stephen Shaylor	Redhill Road Runners	31	V40	M	0:21:07	20
	Gary Martin	Lincoln & District	50	V40	M	0:21:20	21
	Grahame Kelley	Newark AC	14	V50	M	0:21:27	22
	Nick Rushby	u/a	70	V40	M	0:21:33	23
	Simone Mathias	Newark AC	64	V35	F	0:21:46	24
	Keith Iley	Lincoln Wellington AC	26		M	0:21:50	25
	Robert Orgill	Newark AC	13	V40	M	0:22:03	26
	Chris Carey	u/a	29	V50	M	0:22:13	27
	David Foster	u/a	42		M	0:22:14	28
	Mark Stansfield	Team East Haddon	7	V40	M	0:22:26	29
	Paul Coyne	u/a	47	V50	M	0:22:47	30
	Paul Cartwright	UK Net Runners	43	V50	M	0:22:51	31
	Noel Henderson	Notfast	41	V40	M	0:23:26	32
	Richard Beadle	Southwell	53		M	0:23:31	33
	John Taylor	u/a	48	V40	M	0:23:35	34
	Ann Kitchen	Newark AC	34		F	0:23:41	35
	Timothy Bagguley	Newark AC	37		M	0:23:46	36
	David Baker	Notfast	66	V40	M	0:23:47	37
	Alexander Combie	Newark AC	1		M	0:23:49	38
	John Combie	Newark AC	2	V60	M	0:23:49	38
	David Gill	Notfast	49	V50	M	0:23:50	40
	Martin Dickenson	Notfast	20	V50	M	0:23:57	41
	Chris Dunn	Newark AC	52	V60	M	0:24:06	42
	Stuart Whomsley	Newark AC	59		M	0:24:23	43
	Richard Durance	Holme Pierrepont	30	V50	M	0:24:25	44
	Caroline Upton	Notfast	17	V35	F	0:24:34	45
	Sarah Nissim	Notfast	58	V35	F	0:24:57	46
	Andrew Pritchett	Notfast	38	V40	M	0:25:06	47
	Phil Trueman	u/a	62		M	0:25:20	48
	Martin Shaw	u/a	15	V50	M	0:25:25	49
	Isobel Beadle	Southwell	46	V35	F	0:25:25	49
	Joanna Pendleton	u/a	55	V35	F	0:25:31	51
	Angela Marsh	Newark AC	63		F	0:25:45	52
	Diana Flint	Grantham AC	45	V45	F	0:25:50	53
	Darren Appleton	u/a	61		M	0:25:54	54
	Sally Pygott	u/a	3		F	0:25:59	55
	Frank van Alderwegen	Newark AC	23	V50	M	0:26:13	56
	Julie Gleeson	Southwell	40	V35	F	0:26:16	57
	Paul Zemontas	Notfast	39	V40	M	0:26:24	58
	Lyn McDonnell	Notfast	67	V45	F	0:26:48	59
	Colin Green	Notfast	32	V60	M	0:27:09	60
	Jill McIntyre	Notfast	16	V35	F	0:27:10	61
	John Miller	Notfast	44	V60	M	0:29:24	62
	Kenneth Lacey	Notfast	54	V60	M	0:30:58	63
	Marian Green	Notfast	33	V55	F	0:34:12	64
	Mary Freer	Notfast	35	V45	F	0:34:13	65

Newark AC

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TUESDAY - GROVE

#	Name	Club	Race No	Cat	SEX M/F	GROVE (TUE)	Pos
	Peter Downie	Highgate Harriers	73		M	0:18:55	1
	Ronald McWilliam	RAF	76		M	0:19:42	2
	Dean Houlton	Nene Valley Harriers	22	V40	M	0:21:08	3
	Nigel Watkin	EVAC	24	V50	M	0:21:12	4
	Howard Leek	Newark AC	10		M	0:21:24	5
	Martin Stevens	Werrington Joggers	8		M	0:21:41	6
	Mike Bullock	Notfast	21		M	0:21:55	7
	Mark Jenkins	Mansfield Harriers & A	36		M	0:21:58	8
	Paul Dymyd	u/a	27		M	0:22:25	9
	Steve Morton	u/a	28	V40	M	0:22:30	10
	Trevor Hiscox	Mansfield Harriers & A	65	V40	M	0:22:36	11
	Carl Braithwaite	Newark AC	57		M	0:22:37	12
	Ian Coney	Lincoln & District	6	V40	M	0:22:39	13
	Chris Young	Newark AC	56		M	0:22:42	14
	Oliver Carrington	Newark AC	72		M	0:22:59	15
	Rachel McCuaig	Newark AC	11	V35	F	0:23:12	16
	Chris McDonnell	Notfast	68	V40	M	0:23:43	17
	Grahame Kelley	Newark AC	14	V50	M	0:23:52	18
	Chris Swain	Newark AC	79		M	0:24:00	19
	Richard Peach	Newark AC	74		M	0:24:04	20
	Sheridan McWilliam	Lincoln Wellington AC	75		F	0:24:18	21
	James Wright	u/a	51		M	0:24:24	22
	Simone Mathias	Newark AC	64	V35	F	0:24:38	23
	Robert Orgill	Newark AC	13	V40	M	0:24:39	24
	Mark Stansfield	Team East Haddon	7	V40	M	0:24:47	25
	David Foster	u/a	42		M	0:24:57	26
	Chris Carey	u/a	29	V50	M	0:25:04	27
	Kate Else	Newark AC	9	V45	F	0:25:21	28
	John Taylor	u/a	48	V40	M	0:25:39	29
	Paul Coyne	u/a	47	V50	M	0:25:48	30
	Noel Henderson	Notfast	41	V40	M	0:25:51	31
	Paul Cartwright	UK Net Runners	43	V50	M	0:25:55	32
	Alexander Combie	Newark AC	1		M	0:25:56	33
	David Gill	Notfast	49	V50	M	0:26:22	34
	Chris Dunn	Newark AC	52	V60	M	0:26:31	35
	John Bainbridge	Grantham AC	4	V40	M	0:26:42	36
	John Combie	Newark AC	2	V60	M	0:26:50	37
	David Baker	Notfast	66	V40	M	0:27:09	38
	Richard Durance	Holme Pierrepont	30	V50	M	0:27:18	39
	Martin Dickenson	Notfast	20	V50	M	0:27:30	40
	Angela Marsh	Newark AC	63		F	0:27:37	41
	Sarah Nissim	Notfast	58	V35	F	0:27:46	42
	Stuart Whomsley	Newark AC	59		M	0:28:02	43
	Caroline Upton	Notfast	17	V35	F	0:28:05	44
	Andrew Pritchett	Notfast	38	V40	M	0:28:08	45
	Isobel Beadle	Southwell	46	V35	F	0:28:08	45
	Joanna Pendleton	u/a	55	V35	F	0:28:18	47
	Timothy Bagguley	Newark AC	37		M	0:28:41	48
	Martin Shaw	u/a	15	V50	M	0:29:02	49
	Frank van Alderwegen	Newark AC	23	V50	M	0:29:10	50
	Sally Pygott	u/a	3		F	0:29:15	51
	Paul Zemontas	Notfast	39	V40	M	0:29:32	52
	Darren Appleton	u/a	61		M	0:29:53	53
	Phil Trueman	u/a	62		M	0:29:54	54
	Lyn McDonnell	Notfast	67	V45	F	0:30:07	55
	Jill McIntyre	Notfast	16	V35	F	0:30:48	56
	Colin Green	Notfast	32	V60	M	0:32:30	57
	Colin Smith	Newark AC	77	V40	M	0:33:42	58
	Marian Green	Notfast	33	V55	F	0:38:14	59
	Edward Casebourne	Notfast	78	V60	M	0:38:14	59

Newark AC

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WEDNESDAY - DEVON PARK

#	Name	Club	Race No	Cat	SEX M/F	DEVON PARK (WED)	Pos
	Blue Haywood	Lincoln Wellington AC	82		F	0:18:21	1
	Howard Leek	Newark AC	10		M	0:18:40	2
	Dean Houlton	Nene Valley Harriers	22	V40	M	0:18:42	3
	Nigel Watkin	EVAC	24	V50	M	0:19:08	4
	Mike Bullock	Notfast	21		M	0:19:41	5
	Martin Stevens	Werrington Joggers	8		M	0:19:49	6
	Mark Jenkins	Mansfield Harriers & AC	36		M	0:19:58	7
	Ian Coney	Lincoln & District	6	V40	M	0:20:03	8
	Paul Dymyd	u/a	27		M	0:20:11	9
	Jose Vazquez	u/a	60		M	0:20:20	10
	Chris Young	Newark AC	56		M	0:20:24	11
	Trevor Hiscox	Mansfield Harriers & AC	65	V40	M	0:20:29	12
	Carl Braithwaite	Newark AC	57		M	0:20:46	13
	Rachel McCuaig	Newark AC	11	V35	F	0:21:12	14
	Chris McDonnell	Notfast	68	V40	M	0:21:21	15
	Grahame Kelley	Newark AC	14	V50	M	0:21:38	16
	James Wright	u/a	51		M	0:22:05	17
	Robert Orgill	Newark AC	13	V40	M	0:22:35	18
	Chris Carey	u/a	29	V50	M	0:22:40	19
	Simone Mathias	Newark AC	64	V35	F	0:22:51	20
	Mark Stansfield	Team East Haddon	7	V40	M	0:22:52	21
	David Foster	u/a	42		M	0:22:55	22
	John Taylor	u/a	48	V40	M	0:23:16	23
	Kate Else	Newark AC	9	V45	F	0:23:19	24
	Russell Haywood	Lincoln Wellington AC	80		M	0:23:25	25
	Noel Henderson	Notfast	41	V40	M	0:23:43	26
	Ann Kitchen	Newark AC	34/84		F	0:23:53	27
	Richard Beadle	Southwell	53		M	0:23:55	28
	Paul Cartwright	UK Net Runners	43	V50	M	0:23:59	29
	Paul Coyne	u/a	47	V50	M	0:24:08	30
	David Baker	Notfast	66	V40	M	0:24:25	31
	Chris Dunn	Newark AC	52	V60	M	0:24:43	32
	David Gill	Notfast	49	V50	M	0:24:47	33
	Martin Dickenson	Notfast	20	V50	M	0:25:00	34
	Alexander Combie	Newark AC	1		M	0:25:03	35
	John Combie	Newark AC	2	V60	M	0:25:04	36
	Richard Durance	Holme Pierrepont	30	V50	M	0:25:17	37
	Stuart Whomsley	Newark AC	59		M	0:25:17	37
	Isobel Beadle	Southwell	46	V35	F	0:25:29	39
	Caroline Upton	Notfast	17	V35	F	0:25:38	40
	Angela Marsh	Newark AC	63		F	0:25:43	41
	Phil Trueman	u/a	62		M	0:25:59	42
	Andrew Pritchett	Notfast	38	V40	M	0:26:04	43
	Joanna Pendleton	u/a	55	V35	F	0:26:10	44
	Frank van Alderwegen	Newark AC	23	V50	M	0:26:28	45
	Diana Flint	Grantham AC	45	V45	F	0:26:37	46
	Darren Appleton	u/a	61		M	0:26:40	47
	Sally Pygott	u/a	3		F	0:26:48	48
	Martin Shaw	u/a	15	V50	M	0:26:48	48
	Paul Zemontas	Notfast	39	V40	M	0:26:53	50
	Julie Gleeson	Southwell	40	V35	F	0:27:22	51
	Lyn McDonnell	Notfast	67	V45	F	0:27:22	51
	Jill McIntyre	Notfast	16	V35	F	0:27:47	53
	Mia Haywood	Lincoln Wellington AC	81		F	0:28:54	54
	Colin Green	Notfast	32	V60	M	0:29:29	55
	Kenneth Lacey	Notfast	54	V60	M	0:31:24	56
	Marian Green	Notfast	33	V55	F	0:34:43	57
	Mary Freer	Notfast	35	V45	F	0:34:43	57

Newark AC

Gordon Whelbourn Running Week 2008

THURSDAY - FLOWSERVE

# Name	Club	Race No	Cat	M/F	SEX	FLOWSERVE (THUR)	Pos
Ross Douglas	Mansfield Harriers & AC	88	V40	M		0:16:36	1
Ronald McWilliam	RAF	76		M		0:16:39	2
Dean Houlton	Nene Valley Harriers	22	V40	M		0:17:00	3
Howard Leek	Newark AC	10		M		0:17:05	4
Nigel Watkin	EVAC	24	V50	M		0:17:30	5
Mike Bullock	Notfast	21		M		0:18:04	6
Martin Stevens	Werrington Joggers	8		M		0:18:10	7
Shane Connolly	Newark AC	87	V40	M		0:18:32	8
Paul Dymyd	u/a	27		M		0:18:35	9
Chris Young	Newark AC	56		M		0:18:49	10
Ian Coney	Lincoln & District	6	V40	M		0:18:56	11
Trevor Hiscox	Mansfield Harriers & AC	65	V40	M		0:18:58	12
Carl Braithwaite	Newark AC	57		M		0:19:26	13
Rachel McCuaig	Newark AC	11	V35	F		0:19:31	14
Chris McDonnell	Notfast	68	V40	M		0:19:36	15
Grahame Kelley	Newark AC	14	V50	M		0:20:23	16
James Wright	u/a	51		M		0:20:25	17
Mark Stansfield	Team East Haddon	7	V40	M		0:20:47	18
Chris Carey	u/a	29	V50	M		0:20:47	18
Robert Orgill	Newark AC	13	V40	M		0:20:50	20
David Foster	u/a	42		M		0:20:56	21
Simone Mathias	Newark AC	64	V35	F		0:21:09	22
Timothy Bagguley	Newark AC	37		M		0:21:10	23
John Taylor	u/a	48	V40	M		0:21:17	24
Kate Else	Newark AC	9	V45	F		0:21:27	25
Paul Cartwright	UK Net Runners	43	V50	M		0:21:37	26
Noel Henderson	Notfast	41	V40	M		0:21:42	27
Paul Coyne	u/a	47	V50	M		0:21:43	28
Alexander Combie	Newark AC	1		M		0:21:45	29
David Baker	Notfast	66	V40	M		0:22:13	30
Chris Dunn	Newark AC	52	V60	M		0:22:16	31
John Combie	Newark AC	2	V60	M		0:22:17	32
David Gill	Notfast	49	V50	M		0:22:33	33
Martin Dickenson	Notfast	20	V50	M		0:22:35	34
Richard Bennett	Newark AC	85		M		0:22:37	35
Sam Bainbridge	Grantham AC	91		M		0:22:48	36
Stuart Whomsley	Newark AC	59		M		0:22:50	37
Ian Parkinson	Notfast	89	V40	M		0:22:52	38
John Bainbridge	Grantham AC	4	V40	M		0:22:53	39
Sarah Nissim	Notfast	58	V35	F		0:22:56	40
Angela Marsh	Newark AC	63		F		0:23:00	41
Richard Durance	Holme Pierrepont	30	V50	M		0:23:11	42
Andrew Pritchett	Notfast	38	V40	M		0:23:22	43
Isobel Beadle	Southwell	46	V35	F		0:23:23	44
Caroline Upton	Notfast	17	V35	F		0:23:31	45
Joanna Pendleton	u/a	55	V35	F		0:23:37	46
Martin Shaw	u/a	15	V50	M		0:23:55	47
Frank van Alderwegen	Newark AC	23	V50	M		0:24:10	48
Rachael O'Grady	u/a	93		F		0:24:10	48
Paul Zemontas	Notfast	39	V40	M		0:24:13	50
Sally Pygott	u/a	3		F		0:24:49	51
Lyn McDonnell	Notfast	67	V45	F		0:24:56	52
Darren Appleton	u/a	61		M		0:24:59	53
Jill McIntyre	Notfast	16	V35	F		0:25:02	54
Colin Green	Notfast	32	V60	M		0:26:17	55
Diane Thorpe	u/a	90	V35			0:26:23	56
Colin Smith	Newark AC	77	V40	M		0:28:08	57
Kenneth Lacey	Notfast	54	V60	M		0:29:20	58
Marian Green	Notfast	33	V55	F		0:31:46	59
Mary Freer	Notfast	35	V45	F		0:31:46	59
Louise Hansard	u/a	86		F		0:32:15	61

Newark AC

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FRIDAY - RUGBY CLUB

Name	Club	Race No	Cat	SEX M/F	RUGBY CLUB (FRI)	Pos
Mark Baddeley	Lincoln Wellington AC	102		M	00:33:44	1
Aaron Scott	Woodbridge Shufflers	25		M	0:33:51	2
Nigel Watkin	EVAC	24	V50	M	0:36:33	3
Dean Houlton	Nene Valley Harriers	22	V40	M	0:36:42	4
Howard Leek	Newark AC	10		M	0:36:56	5
Martin Stevens	Werrington Joggers	8		M	0:37:47	6
Mike Bullock	Notfast	21		M	0:38:01	7
Jose Vazquez	u/a	60		M	0:38:39	8
Paul Dymyd	u/a	27		M	0:38:43	9
Trevor Hiscox	Mansfield Harriers & AC	65	V40	M	0:38:51	10
Ian Coney	Lincoln & District	6	V40	M	0:38:56	11
Chris Young	Newark AC	56		M	0:39:20	12
Carl Braithwaite	Newark AC	57		M	0:39:42	13
Shane Connolly	Newark AC	87	V40	M	0:39:44	14
Steve Morton	u/a	28	V40	M	0:40:11	15
Rachel McCuaig	Newark AC	11	V35	F	0:40:34	16
Chris McDonnell	Notfast	68	V40	M	0:40:47	17
Marcus Lancaster	Lincoln & District	105	V40	M	0:41:28	18
Nick Rushby	u/a	70	V40	M	0:43:08	19
Grahame Kelley	Newark AC	14	V50	M	0:43:14	20
Patrick Porter	Saxilby Road Runners	103	V45	M	0:43:15	21
Robert Orgill	Newark AC	13	V40	M	0:43:20	22
Chris Carey	u/a	29	V50	M	0:43:30	23
Douglas Kelley	Newark AC	94		M	0:43:37	24
Keith Iley	Lincoln Wellington AC	26		M	0:43:46	25
David Foster	u/a	42		M	0:43:50	26
Emma Jane Marshall	Lincoln & District	95	V35	F	0:44:00	27
James Wright	u/a	51		M	0:44:34	28
Richard Peach	Newark AC	74		M	0:45:19	29
Doug Unkles	Newark AC	104	V40	M	0:45:35	30
Alexander Combie	Newark AC	1		M	0:45:57	31
Chris Dunn	Newark AC	52	V60	M	0:46:08	32
Noel Henderson	Notfast	41	V40	M	0:46:11	33
John Combie	Newark AC	2	V60	M	0:46:19	34
Paul Cartwright	UK Net Runners	43	V50	M	0:46:28	35
John Taylor	u/a	48	V40	M	0:46:35	36
Rebecca Taylor	Newark AC	107		F	0:46:41	37
Angela Marsh	Newark AC	63		F	0:47:34	38
Paul Coyne	u/a	47	V50	M	0:47:36	39
Martin Dickenson	Notfast	20	V50	M	0:47:37	40
Stuart Whomsley	Newark AC	59		M	0:47:38	41
David Gill	Notfast	49	V50	M	0:47:50	42
David Baker	Notfast	66	V40	M	0:47:59	43
Caroline Upton	Notfast	17	V35	F	0:48:29	44
Joanna Pendleton	u/a	55	V35	F	0:48:34	45
Andrew Pritchett	Notfast	38	V40	M	0:48:56	46
Carl Phillips	u/a	108		M	0:49:34	47
Simon Dury	u/a	109		M	0:49:50	48
Michael Monks	Redhill Road runners	99	V50	M	0:49:57	49
Martin Shaw	u/a	15	V50	M	0:50:00	50
Paul Zemontas	Notfast	39	V40	M	0:50:11	51
Sally Pygott	u/a	3		F	0:50:28	52
Diana Flint	Grantham AC	45	V45	F	0:50:32	53
Richard Durance	Holme Pierrepont	30	V50	M	0:50:38	54
Kate Fisher	Notfast	96	V40	F	0:51:26	55
Isobel Beadle	Southwell	46	V35	F	0:52:12	56
Lyn McDonnell	Notfast	67	V45	F	0:52:47	57
Jill McIntyre	Notfast	16	V35	F	0:53:29	58
David Evans	u/a	110		M	0:53:41	59
Colin Green	Notfast	32	V60	M	0:53:47	60
Darren Appleton	u/a	61		M	0:53:57	61
Alan Stuart	U/a	106	V60	M	0:54:03	62
Frank van Alderwegen	Newark AC	23	V50	M	0:54:10	63
Rachael O'Grady	u/a	93		F	0:54:10	63
Kenneth Lacey	Notfast	54	V60	M	0:58:34	65
Craig Fisher	Newark AC	97	U20	M	1:00:07	66
Andrew Dickinson	Lincoln & District	101	V40	M	1:02:30	67
Marian Green	Notfast	33	V55	F	1:05:22	68
Jackie Duers	Notfast	100	V35	F	1:05:22	68
Dawn Bannon	u/a	19	V45	F	1:08:35	70
Elaine Moody	Notfast	98	V45	F	1:08:35	70
Teresa Rollins	u/a	18	V55	F	1:13:41	72

Newark AC

Gordon Whelbourn Running Week 2008

OVERALL FOR THE WEEK

Name	Club	Race No	Cat	SEX M/F	OVERALL AFTER RUGBY CLUB	Pos
Dean Houlton	Nene Valley Harriers	22	V40	M	1:52:21	1
Howard Leek	Newark AC	10		M	1:52:58	2
Nigel Watkin	EVAC	24	V50	M	1:53:23	3
Martin Stevens	Werrington Joggers	8		M	1:56:52	4
Mike Bullock	Notfast	21		M	1:57:14	5
Paul Dymyd	u/a	27		M	1:59:43	6
Ian Coney	Lincoln & District	6	V40	M	2:00:41	7
Trevor Hiscox	Mansfield Harriers & AC	65	V40	M	2:01:19	8
Chris Young	Newark AC	56		M	2:02:00	9
Carl Braithwaite	Newark AC	57		M	2:02:40	10
Rachel McCuaig	Newark AC	11	V35	F	2:04:42	11
Chris McDonnell	Notfast	68	V40	M	2:06:33	12
Grahame Kelley	Newark AC	14	V50	M	2:10:34	13
James Wright	u/a	51		M	2:12:30	14
Robert Orgill	Newark AC	13	V40	M	2:13:27	15
Chris Carey	u/a	29	V50	M	2:14:14	16
David Foster	u/a	42		M	2:14:52	17
John Taylor	u/a	48	V40	M	2:20:22	18
Paul Cartwright	UK Net Runners	43	V50	M	2:20:50	19
Noel Henderson	Notfast	41	V40	M	2:20:53	20
Paul Coyne	u/a	47	V50	M	2:22:02	21
Alexander Combie	Newark AC	1		M	2:22:30	22
Chris Dunn	Newark AC	52	V60	M	2:23:44	23
John Combie	Newark AC	2	V60	M	2:24:19	24
David Gill	Notfast	49	V50	M	2:25:22	25
David Baker	Notfast	66	V40	M	2:25:33	26
Martin Dickenson	Notfast	20	V50	M	2:26:39	27
Stuart Whomsley	Newark AC	59		M	2:28:10	28
Angela Marsh	Newark AC	63		F	2:29:39	29
Caroline Upton	Notfast	17	V35	F	2:30:17	30
Richard Durance	Holme Pierrepont	30	V50	M	2:30:49	31
Andrew Pritchett	Notfast	38	V40	M	2:31:36	32
Joanna Pendleton	u/a	55	V35	F	2:32:10	33
Isobel Beadle	Southwell	46	V35	F	2:34:37	34
Martin Shaw	u/a	15	V50	M	2:35:10	35
Paul Zemontas	Notfast	39	V40	M	2:37:13	36
Sally Pygott	u/a	3		F	2:37:19	37
Frank van Alderwegen	Newark AC	23	V50	M	2:40:11	38
Darren Appleton	u/a	61		M	2:41:23	39
Lyn McDonnell	Notfast	67	V45	F	2:42:00	40
Jill McIntyre	Notfast	16	V35	F	2:44:16	41
Colin Green	Notfast	32	V60	M	2:49:12	42
Marian Green	Notfast	33	V55	F	3:24:17	43

GORDON WHELBOURN RUNNING WEEK

Allocation : all 5 races

		Name		Name
Male u 20	1st	none		
Male	1st	Dean Houlton	2nd	Howard Leek
Men 40-49	1st	Dean Houlton	2nd	Ian Coney
Men 50-59	1st	Nigel Watkin	2nd	Grahame Kelley
Men 60+	1st	Chris Dunn		
Women	1st	Rachel McCuaig	2nd	Angela Marsh
Women 35-44	1st	Rachel McCuaig	2nd	Caroline Upton
Women 45-54	1st	Lyn McDonnell	2nd	none
Women 55+	1st	Marian Green		

Dr Simeon Hansard Trophy	Mark Baddeley
Mary Whelbourn Trophy	Rachel McCuaig

Friday 10k only

Male	1st	Mark Baddeley	2nd	Aaron Scott
Men 40-49	1st	Dean Houlton	2nd	Trevor Hiscox
Men 50-59	1st	Nigel Watkin	2nd	Grahame Kelley
Men 60+	1st	Chris Dunnn		
Women	1st	Rachel McCuaig	2nd	Emma Jane Marshall
Women 35-44	1st	Rachel McCuaig	2nd	Emma Jane Marshall
Women 45-54	1st	Diana Flint	2nd	Lynn McDonnell
Women 55+	1st	Marian Green		