

Newark AC
Gordon Whelbourn Running Week 2006
MONDAY - FARNDON (3 miles approx)

Name	Club	Race No	Cat	SEX M/F	FARNDON (MON)	Pos
Elliott Haywood	Lincoln Wellington	36	u20	M	0:16:12	1
Stephen Shanks	Holme Pierrepont RC	40		M	0:16:40	2
Arthur Short	Grantham AC	6	V40	M	0:17:11	3
Nigel Watkin	Mansfield AC	26	V40	M	0:17:21	4
Steve Morton		50	V40	M	0:18:27	5
Jose Vazquez	Newark AC	29		M	0:18:46	6
Steven Kelly		23		M	0:18:54	7
Stephen Dower	Newark AC	59		M	0:18:58	8
Richard Bennett	Newark AC	42		M	0:19:01	9
Stuart Monk	Notfast RC	43	V40	M	0:19:03	10
Chris McDonnell	Notfast RC	39	V40	M	0:19:08	11
Carl Phillips	Newark AC	18		M	0:19:10	12
Ian McCuaig	Newark AC	10	V40	M	0:19:32	13
Rachel McCuaig	Newark AC	9	V35	F	0:19:44	14
Mark Guy	Newark AC	57		M	0:19:46	15
Peter Haith		38	V50	M	0:19:54	16
Ben Barnham		28		M	0:19:56	17
Robert Orgill	Newark AC	13	V40	M	0:20:00	18
Pete Hunt	RRC	48	V40	M	0:20:02	19
Michael Barnes		35	V40	M	0:20:04	20
Mark Jenkins	Mansfield AC	31		M	0:20:08	21
David Taylor	Notfast RC	30	V40	M	0:20:14	22
Alexander Combie	Newark AC	19		M	0:20:29	23
Kate Else	Newark AC	7	V35	F	0:20:30	24
Martin Wilson		51	V40	M	0:20:38	25
Richard Beadle	Southwell RC	17	V40	M	0:20:40	26
Philip Hall	Grantham AC	34	V50	M	0:20:45	27
Nigel Stevenson	u/a	14	V40	M	0:21:06	28
Sarah Nissim	Newark AC	2	V35	F	0:21:11	29
Mark Stansfield	u/a	1	V40	M	0:21:17	30
David Gill	Notfast RC	25	V50	M	0:21:31	31
Julie Richardson	Newark AC	37		F	0:21:36	32
Penny Durance	Southwell RC	5	V45	F	0:21:59	33
Martin Dickinson	Notfast RC	24	V50	M	0:22:00	34
James Norgate	Newark AC	11	V40	M	0:22:03	35
Thomas Burkitt	Lincoln & District	58		M	0:22:10	36
Richard Durance	Holme Pierrepont RC	4	V50	M	0:22:11	37
Paul Zemontas	Notfast RC	44	V40	M	0:22:16	38
David Bland	Holme Pierrepont RC	45	V50	M	0:22:33	39
William Shaw		53		M	0:22:51	40
Steve Dickinson	Lincoln & District	27	V40	M	0:23:02	41
Christopher Dunn		52		M	0:23:21	42
Frank van Alderwegen	Newark AC	21	V50	M	0:23:25	43
Sally Darley	Lincoln & District	47		F	0:23:33	44
Martin Shaw		54	V50	M	0:23:54	45
Lyn McDonnell	Notfast RC	41	V45	F	0:24:01	46
Elizabeth Osgood	Lincoln & District	46		F	0:24:39	47
Stuart Whomsley	Newark AC	49		M	0:25:27	48
David Carter		56		M	0:25:47	49
Yvonne Colbourn		55	V45	F	0:25:49	50
David Gilliat	Hartsholme Runners	15	V60	M	0:25:51	51
Jim Buckley		32		M	0:27:24	52
Helen Palmer		33		F	0:27:24	53
David Musgrave	Redhill RR	22	V40	M	0:29:22	54
Mary Danskin	Notfast RC	20	V55	F	0:33:48	55

TUESDAY - GROVE

Name	Club	Race No	Cat	SEX M/F	GROVE (TUE)	Pos
Elliott Haywood	Lincoln Wellington	36	u20	M	0:19:54	1
Stephen Shanks	Holme Pierrepont RC	40		M	0:20:02	2
Arthur Short	Grantham AC	6	V40	M	0:20:35	3
Nigel Watkin	Mansfield AC	26	V40	M	0:20:56	4
Nichlas Brompton	Newark AC	65		M	0:22:15	5
Steve Morton		50	V40	M	0:22:32	6
Jose Vazquez	Newark AC	29		M	0:22:41	7
Stephen Dower	Newark AC	59		M	0:22:48	8
Steven Kelly		23		M	0:22:54	9
Stuart Monk	Notfast RC	43	V40	M	0:23:06	10
Carl Phillips	Newark AC	18		M	0:23:12	11
Chris McDonnell	Notfast RC	39	V40	M	0:23:16	12
Richard Bennett	Newark AC	42		M	0:23:41	13
Ian McCuaig	Newark AC	10	V40	M	0:23:43	14
Robert Orgill	Newark AC	13	V40	M	0:23:56	15
Mark Jenkins	Mansfield AC	31		M	0:24:05	16
Alexander Combie	Newark AC	19		M	0:24:07	17
Rachel McCuaig	Newark AC	9	V35	F	0:24:08	18
Peter Haith		38	V50	M	0:24:18	19
Michael Barnes		35	V40	M	0:24:23	20
Martin Wilson		51	V40	M	0:24:34	21
Pete Hunt	RRC	48	V40	M	0:24:36	22
Neil Bass	Newark AC	60		M	0:24:40	23
Philip Hall	Grantham AC	34	V50	M	0:24:44	24
Kate Else	Newark AC	7	V35	F	0:24:48	25
David Taylor	Notfast RC	30	V40	M	0:24:58	26
Mark Stansfield	u/a	1	V40	M	0:25:26	27
David Gill	Notfast RC	25	V50	M	0:25:44	28
Sarah Nissim	Newark AC	2	V35	F	0:26:05	29
Chris Dunn	Newark AC	63	V50	M	0:26:07	30
Penny Durance	Southwell RC	5	V45	F	0:26:40	31
Richard Durance	Holme Pierrepont RC	4	V50	M	0:26:41	32
Julie Richardson	Newark AC	37		F	0:26:42	33
Mike Folland		61	V60	M	0:26:46	34
Martin Dickinson	Notfast RC	24	V50	M	0:26:53	35
James Norgate	Newark AC	11	V40	M	0:26:58	36
Angie Harvey	Sleaford Striders	62	V45	F	0:27:02	37
Paul Zemontas	Notfast RC	44	V40	M	0:27:04	38
David Bland	Holme Pierrepont RC	45	V50	M	0:27:23	39
Christopher Dunn		52		M	0:27:51	40
Frank van Alderwegen	Newark AC	21	V50	M	0:27:59	41
Sally Darley	Lincoln & District	47		F	0:28:26	42
Holly Ward	Newark AC	64	u20	F	0:28:34	43
Lyn McDonnell	Notfast RC	41	V45	F	0:28:48	44
Sean McGinley	u/a	12		M	0:29:22	45
Elizabeth Osgood	Lincoln & District	46		F	0:30:11	46
David Gilliat	Hartsholme Runners	15	V60	M	0:30:48	47
Stuart Whomsley	Newark AC	49		M	0:30:55	48
Yvonne Colbourn		55	V45	F	0:31:01	49
Kenneth Lacey	Notfast RC	66		M	0:31:52	50
Martin Shaw		54	V50	M	0:33:11	51
David Musgrave	Redhill RR	22	V40	M	0:35:11	52
Mary Danskin	Notfast RC	20	V55	F	0:41:46	53

WEDNESDAY - DEVON PARK

Name	Club	Race No	Cat	SEX M/F	DEVON PARK (WED)	Pos
Andrew Harris	Newark AC	67	u20	M	0:17:52	1
Elliott Haywood	Lincoln Wellington	36	u20	M	0:18:16	2
Stephen Shanks	Holme Pierrepont RC	40		M	0:18:32	3
Nigel Watkin	Mansfield AC	26	V40	M	0:19:05	4
Arthur Short	Grantham AC	6	V40	M	0:19:09	5
Jose Vazquez	Newark AC	29		M	0:20:39	6
Steven Kelly		23		M	0:20:56	7
Stephen Dower	Newark AC	59		M	0:20:58	8
Stuart Monk	Notfast RC	43	V40	M	0:21:02	9
Chris McDonnell	Notfast RC	39	V40	M	0:21:04	10
Richard Bennett	Newark AC	42		M	0:21:21	11
Rachel McCuaig	Newark AC	9	V35	F	0:21:24	12
Carl Phillips	Newark AC	18		M	0:21:31	13
Ian McCuaig	Newark AC	10	V40	M	0:21:37	14
Michael Barnes		35	V40	M	0:21:45	15
Mark Jenkins	Mansfield AC	31		M	0:21:53	16
Robert Orgill	Newark AC	13	V40	M	0:22:00	17
Simone Mathias	Sutton Harriers	73	V35	F	0:22:04	18
David Taylor	Notfast RC	30	V40	M	0:22:32	19
Peter Haith		38	V50	M	0:22:39	20
Martin Wilson		51	V40	M	0:22:42	21
Richard Beadle	Southwell RC	17	V40	M	0:22:43	22
Philip Hall	Grantham AC	34	V50	M	0:22:48	23
Nigel Stevenson	u/a	14	V40	M	0:23:02	24
Kate Else	Newark AC	7	V35	F	0:23:09	25
Mark Stansfield	u/a	1	V40	M	0:23:11	26
Sarah Nissim	Newark AC	2	V35	F	0:23:19	27
I Nicholson	Rushcliffe AC	68	V50	M	0:23:46	28
Divid Gill	Notfast RC	25	V50	M	0:23:58	29
Alexander Combie	Newark AC	19		M	0:24:16	30
Chris Dunn	Newark AC	63	V50	M	0:24:20	31
Martin Walker	Rushcliffe AC	71	V40	M	0:24:26	32
Penny Durance	Southwell RC	5	V45	F	0:24:33	33
Martin Dickinson	Notfast RC	24	V50	M	0:24:35	34
James Norgate	Newark AC	11	V40	M	0:24:38	35
Roger Crosse	Newark AC	74	V40	M	0:24:43	36
Richard Durance	Holme Pierrepont RC	4	V50	M	0:24:56	37
Kieran Barnes		70	u20	M	0:25:08	38
Paul Zemontas	Notfast RC	44	V40	M	0:25:13	39
David Bland	Holme Pierrepont RC	45	V50	M	0:25:36	40
Christopher Dunn		52		M	0:26:19	41
Frank van Alderwegen	Newark AC	21	V50	M	0:26:30	42
Rachael O'Grady	Newark AC	79		F	0:26:49	43
Lyn McDonnell	Notfast RC	41	V45	F	0:26:59	44
Julie Richardson	Newark AC	37		F	0:27:42	45
Martyn Cooper		76		M	0:27:42	46
Elizabeth Osgood	Lincoln & District	46		F	0:27:55	47
Stuart Whomsley	Newark AC	49		M	0:28:00	48
Martin Shaw		54	V50	M	0:28:10	49
Yvonne Colbourn		55	V45	F	0:28:45	50
Chris Cregg	Southwell RC	72	V50	F	0:28:47	51
David Gilliat	Hartsholme Runners	15	V60	M	0:28:53	52
Christine Bland	Holme Pierrepont RC	69	V45	F	0:31:47	53
David Musgrave	Redhill RR	22	V40	M	0:31:55	54
Roy Haywood	Rushcliffe AC	77	V50	M	0:32:25	55
Gill Haywood	Rushcliffe AC	78	V45	F	0:32:25	56
Caroline Sims		75		F	0:38:34	57
Mary Danskin	Notfast RC	20	V55	F	0:40:54	58

THURSDAY - FLOWSERVE

Name	Club	Race No	Cat	SEX M/F	FLOWSERVE (THUR)	Pos
Elliott Haywood	Lincoln Wellington	36	u20	M	0:16:15	1
Stephen Shanks	Holme Pierrepont RC	40		M	0:16:24	2
Arthur Short	Grantham AC	6	V40	M	0:17:27	3
Nigel Watkin	Mansfield AC	26	V40	M	0:17:28	4
Steven Kelly		23		M	0:18:29	5
Stephen Dower	Newark AC	59		M	0:18:36	6
Stuart Monk	Notfast RC	43	V40	M	0:18:48	7
Mark Jenkins	Mansfield AC	31		M	0:18:56	8
Chris McDonnell	Notfast RC	39	V40	M	0:18:56	9
Carl Phillips	Newark AC	18		M	0:19:21	10
Ian McCuaig	Newark AC	10	V40	M	0:19:25	11
Robert Orgill	Newark AC	13	V40	M	0:19:27	12
Richard Bennett	Newark AC	42		M	0:19:27	13
Rachel McCuaig	Newark AC	9	V35	F	0:19:28	14
Michael Bland	Holme Pierrepont RC	82		M	0:19:30	15
Ben Barnham		28		M	0:19:33	16
Peter Haith		38	V50	M	0:19:35	17
Michael Barnes		35	V40	M	0:19:43	18
Simone Mathias	Sutton Harriers	73	V35	F	0:19:52	19
David Taylor	Notfast RC	30	V40	M	0:20:00	20
Alexander Combie	Newark AC	19		M	0:20:16	21
Martin Wilson		51	V40	M	0:20:18	22
Philip Hall	Grantham AC	34	V50	M	0:20:21	23
Kate Else	Newark AC	7	V35	F	0:20:26	24
Nigel Stevenson	u/a	14	V40	M	0:20:30	25
Mark Stansfield	u/a	1	V40	M	0:20:37	26
Sarah Nissim	Newark AC	2	V35	F	0:20:37	27
Divid Gill	Notfast RC	25	V50	M	0:21:12	28
Julie Richardson	Newark AC	37		F	0:21:26	29
Chris Dunn	Newark AC	63	V50	M	0:21:26	30
Martin Dickinson	Notfast RC	24	V50	M	0:21:45	31
Markus Lanchester	Lincoln & District	80	V40	M	0:21:53	32
Paul Zemontas	Notfast RC	44	V40	M	0:21:55	33
Penny Durance	Southwell RC	5	V45	F	0:21:59	34
James Norgate	Newark AC	11	V40	M	0:22:01	35
Roger Crosse	Newark AC	74	V40	M	0:22:26	36
Mike Folland		61	V60	M	0:22:28	37
Richard Durance	Holme Pierrepont RC	4	V50	M	0:22:39	38
David Bland	Holme Pierrepont RC	45	V50	M	0:22:52	39
Christopher Dunn		52		M	0:22:58	40
Frank van Alderwegen	Newark AC	21	V50	M	0:23:01	41
Rachael O'Grady	Newark AC	79		F	0:23:16	42
Sally Darley	Lincoln & District	47		F	0:23:27	43
Martin Shaw		54	V50	M	0:23:57	44
Lyn McDonnell	Notfast RC	41	V45	F	0:24:07	45
William Shaw		53		M	0:24:18	46
Elizabeth Osgood	Lincoln & District	46		F	0:24:47	47
Stuart Whomsley	Newark AC	49		M	0:25:13	48
David Gilliat	Hartsholme Runners	15	V60	M	0:25:19	49
Yvonne Colbourn		55	V45	F	0:25:30	50
Louise Winter	Newark AC	85		F	0:26:11	51
Angela Marsh	Newark AC	86		F	0:26:11	52
Tracey Mooney		81		F	0:26:18	53
Christine Bland	Holme Pierrepont RC	69	V45	F	0:27:46	54
David Musgrave	Redhill RR	22	V40	M	0:28:25	55
Jackie Alexander	Notfast RC	83	V35	F	0:29:33	56
Mary Freer	Notfast RC	84	V45	F	0:32:09	57
Mary Danskin	Notfast RC	20	V55	F	0:36:50	58

FRIDAY - RUGBY CLUB

Name	Club	Race No	Cat	SEX M/F	RUGBY CLUB	Pos
Elliott Haywood	Lincoln Wellington	36	u20	M	0:34:52	1
Stephen Shanks	Holme Pierrepont RC	40		M	0:35:37	2
Arthur Short	Grantham AC	6	V40	M	0:36:12	3
Alex Langlands	Stilton Striders	94		M	0:36:42	4
Nigel Watkin	Mansfield AC	26	V40	M	0:38:17	5
Steve Champion	Lincoln Wellington	95	V40	M	0:38:51	6
Brian Fox	Lincoln Wellington	89	V40	M	0:39:49	7
Ted Rookes	u/a	8	V50	M	0:40:15	8
Steven Kelly		23		M	0:40:21	9
Stephen Dower	Newark AC	59		M	0:40:56	10
Stuart Monk	Notfast RC	43	V40	M	0:41:04	11
Chris McDonnell	Notfast RC	39	V40	M	0:41:11	12
Ian McCuaig	Newark AC	10	V40	M	0:41:32	13
Carl Phillips	Newark AC	18		M	0:41:35	14
Rachel McCuaig	Newark AC	9	V35	F	0:42:25	15
Robert Orgill	Newark AC	13	V40	M	0:42:26	16
Richard Bennett	Newark AC	42		M	0:42:36	17
Martin Wilson		51	V40	M	0:42:58	18
Peter Haith		38	V50	M	0:43:00	19
Kate Else	Newark AC	7	V35	F	0:43:06	20
Philip Hall	Grantham AC	34	V50	M	0:43:19	21
Michael Barnes		35	V40	M	0:43:29	22
Simone Mathias	Sutton Harriers	73	V35	F	0:44:11	23
Russell Haywood	Lincoln Wellington	90	V40	M	0:44:25	24
John Porter	Holme Pierrepont RC	3	V40	M	0:45:05	25
Sarah Nissim	Newark AC	2	V35	F	0:45:12	26
David Taylor	Notfast RC	30	V40	M	0:45:16	27
Richard Beadle	Southwell RC	17	V40	M	0:45:19	28
Mark Stansfield	u/a	1	V40	M	0:45:58	29
David Gill	Notfast RC	25	V50	M	0:46:41	30
Derek Moffatt	Lincoln & District	98	V60	M	0:47:13	31
Robert McArole	Grantham AC	96	V40	M	0:47:24	32
Neil Hamilton	Holme Pierrepont RC	88	V60	M	0:47:32	33
Julie Richardson	Newark AC	37		F	0:47:37	34
Martin Dickinson	Notfast RC	24	V50	M	0:48:07	35
Penny Durance	Southwell RC	5	V45	F	0:48:17	36
David Bland	Holme Pierrepont RC	45	V50	M	0:48:24	37
James Norgate	Newark AC	11	V40	M	0:48:28	38
Paul Zemontas	Notfast RC	44	V40	M	0:48:47	39
Roger Crosse	Newark AC	74	V40	M	0:49:56	40
Thomas Burkitt	Lincoln & District	58		M	0:50:06	41
Richard Brown	n/a	92	V40	M	0:50:12	42
Frank van Alderwegen	Newark AC	21	V50	M	0:50:18	43
Alexander Combie	Newark AC	19		M	0:50:21	44
Chris Dunn	Newark AC	63	V50	M	0:50:22	45
James Naylor	Bell Harp Hornets	93	V40	M	0:50:39	46
Richard Durance	Holme Pierrepont RC	4	V50	M	0:50:54	47
Richard Lloyd	n/a	97		M	0:50:58	48
Sally Darley	Lincoln & District	47		F	0:50:59	49
Martin Shaw		54	V50	M	0:51:19	50
Christopher Dunn		52		M	0:51:44	51
Lara Thornhill	n/a	87		F	0:52:10	52
Lyn McDonnell	Notfast RC	41	V45	F	0:52:18	53
Elizabeth Osgood	Lincoln & District	46		F	0:53:27	54
Stuart Whomsley	Newark AC	49		M	0:54:34	55
Yvonne Colbourn		55	V45	F	0:54:35	56
David Gilliat	Hartsholme Runners	15	V60	M	0:55:05	57
Colin Parker	Lincoln & District	91	V50	M	0:55:34	58
Rachel Whittaker	Notts AC	16		F	0:56:17	59
Mary Danskin	Notfast RC	20	V55	F	1:17:20	60
David Musgrave	Redhill RR	22	V40	M	1:17:20	61

GORDON WHELBOURN RUNNING WEEK

Allocation : all 5 races

Male	1st	Elliott Heywood	2nd	Stephen Shanks
Men 40-49	1st	Arthur Short	2nd	Nigel Watkin
Men 50-59	1st	Peter Haith	2nd	Philip Hall
Men 60+	1st	David Gilliath		
Women	1st	Rachel McCuaig	2nd	Kate Else
Women 35-44	1st	Sarah Nissim	2nd	n/a
Women 45-54	1st	Penny Durance	2nd	Lyn McDonnell
Women 55+	1st	Mary Danskin		

Dr Simeon Hansard Trophy Mary Whelbourne Trophy

Elliott Heywood
Rachel McCuaig

Friday 10k only

Male	1st	Elliott Heywood	2nd	Stephen Shanks
Men 40-49	1st	Arthur Short	2nd	Nigel Watkin
Men 50-59	1st	Ted Rookes	2nd	Peter Haith
Men 60+	1st	Derek Moffatt		
Women	1st	Rachel McCuaig	2nd	Kate Else
Women 35-44	1st	Simone Mathias	2nd	Sarah Nissim
Women 45-54	1st	Penny Durance	2nd	Lyn McDonnell
Women 55+	1st	Mary Danskin		

SUMMARY

Name	Club	Race No	Cat	SEX M/F	FARNDON (MON)	GROVE (TUE)	OVERALL AFTER GROVE	DEVON PARK (WED)	OVERALL AFTER DEVON PARK	FLOWSERVE (THUR)	OVERALL AFTER FLOWSERVE	RUGBY CLUB (FRI)	OVERALL AFTER RUGBY CLUB	Pos
Elliott Haywood	Lincoln Wellington	36	u20	M	0:16:12	0:19:54	0:36:06	0:18:16	0:54:22	0:16:15	1:10:37	0:34:52	1:45:29	1
Stephen Shanks	Holme Pierrepont RC	40		M	0:16:40	0:20:02	0:36:42	0:18:32	0:55:14	0:16:24	1:11:38	0:35:37	1:47:15	2
Arthur Short	Grantham AC	6	V40	M	0:17:11	0:20:35	0:37:46	0:19:09	0:56:55	0:17:27	1:14:22	0:36:12	1:50:34	3
Nigel Watkin	Mansfield AC	26	V40	M	0:17:21	0:20:56	0:38:17	0:19:05	0:57:22	0:17:28	1:14:50	0:38:17	1:53:07	4
Steven Kelly		23		M	0:18:54	0:22:54	0:41:48	0:20:56	1:02:44	0:18:29	1:21:13	0:40:21	2:01:34	5
Stephen Dower	Newark AC	59		M	0:18:58	0:22:48	0:41:46	0:20:58	1:02:44	0:18:36	1:21:20	0:40:56	2:02:16	6
Stuart Monk	Notfast RC	43	V40	M	0:19:03	0:23:06	0:42:09	0:21:02	1:03:11	0:18:48	1:21:59	0:41:04	2:03:03	7
Chris McDonnell	Notfast RC	39	V40	M	0:19:08	0:23:16	0:42:24	0:21:04	1:03:28	0:18:56	1:22:24	0:41:11	2:03:35	8
Carl Phillips	Newark AC	18		M	0:19:10	0:23:12	0:42:22	0:21:31	1:03:53	0:19:21	1:23:14	0:41:35	2:04:49	9
Ian McCuaig	Newark AC	10	V40	M	0:19:32	0:23:43	0:43:15	0:21:37	1:04:52	0:19:25	1:24:17	0:41:32	2:05:49	10
Richard Bennett	Newark AC	42		M	0:19:01	0:23:41	0:42:42	0:21:21	1:04:03	0:19:27	1:23:30	0:42:36	2:06:06	11
Rachel McCuaig	Newark AC	9	V35	F	0:19:44	0:24:08	0:43:52	0:21:24	1:05:16	0:19:28	1:24:44	0:42:25	2:07:09	12
Robert Orgill	Newark AC	13	V40	M	0:20:00	0:23:56	0:43:56	0:22:00	1:05:56	0:19:27	1:25:23	0:42:26	2:07:49	13
Michael Barnes		35	V40	M	0:20:04	0:24:23	0:44:27	0:21:45	1:06:12	0:19:43	1:25:55	0:43:29	2:09:24	14
Peter Haith		38	V50	M	0:19:54	0:24:18	0:44:12	0:22:39	1:06:51	0:19:35	1:26:26	0:43:00	2:09:26	15
Martin Wilson		51	V40	M	0:20:38	0:24:34	0:45:12	0:22:42	1:07:54	0:20:18	1:28:12	0:42:58	2:11:10	16
Philip Hall	Grantham AC	34	V50	M	0:20:45	0:24:44	0:45:29	0:22:48	1:08:17	0:20:21	1:28:38	0:43:19	2:11:57	17
Kate Else	Newark AC	7	V35	F	0:20:30	0:24:48	0:45:18	0:23:09	1:08:27	0:20:26	1:28:53	0:43:06	2:11:59	18
David Taylor	Notfast RC	30	V40	M	0:20:14	0:24:58	0:45:12	0:22:32	1:07:44	0:20:00	1:27:44	0:45:16	2:13:00	19
Sarah Nissim	Newark AC	2	V35	F	0:21:11	0:26:05	0:47:16	0:23:19	1:10:35	0:20:37	1:31:12	0:45:12	2:16:24	20
Mark Stansfield	u/a	1	V40	M	0:21:17	0:25:26	0:46:43	0:23:11	1:09:54	0:20:37	1:30:31	0:45:58	2:16:29	21
David Gill	Notfast RC	25	V50	M	0:21:31	0:25:44	0:47:15	0:23:58	1:11:13	0:21:12	1:32:25	0:46:41	2:19:06	22
Alexander Combie	Newark AC	19		M	0:20:29	0:24:07	0:44:36	0:24:16	1:08:52	0:20:16	1:29:08	0:50:21	2:19:29	23
Martin Dickinson	Notfast RC	24	V50	M	0:22:00	0:26:53	0:48:53	0:24:35	1:13:28	0:21:45	1:35:13	0:48:07	2:23:20	24
Penny Durance	Southwell RC	5	V45	F	0:21:59	0:26:40	0:48:39	0:24:33	1:13:12	0:21:59	1:35:11	0:48:17	2:23:28	25
James Norgate	Newark AC	11	V40	M	0:22:03	0:26:58	0:49:01	0:24:38	1:13:39	0:22:01	1:35:40	0:48:28	2:24:08	26
Julie Richardson	Newark AC	37		F	0:21:36	0:26:42	0:48:18	0:27:42	1:16:00	0:21:26	1:37:26	0:47:37	2:25:03	27
Paul Zemontas	Notfast RC	44	V40	M	0:22:16	0:27:04	0:49:20	0:25:13	1:14:33	0:21:55	1:36:28	0:48:47	2:25:15	28
David Bland	Holme Pierrepont RC	45	V50	M	0:22:33	0:27:23	0:49:56	0:25:36	1:15:32	0:22:52	1:38:24	0:48:24	2:26:48	29
Richard Durance	Holme Pierrepont RC	4	V50	M	0:22:11	0:26:41	0:48:52	0:24:56	1:13:48	0:22:39	1:36:27	0:50:54	2:27:21	30
Frank van Alderwegen	Newark AC	21	V50	M	0:23:25	0:27:59	0:51:24	0:26:30	1:17:54	0:23:01	1:40:55	0:50:18	2:31:13	31
Christopher Dunn		52		M	0:23:21	0:27:51	0:51:12	0:26:19	1:17:31	0:22:58	1:40:29	0:51:44	2:32:13	32

Lyn McDonnell	Notfast RC	41	V45	F	0:24:01	0:28:48	0:52:49	0:26:59	1:19:48	0:24:07	1:43:55	0:52:18	2:36:13	33
Martin Shaw		54	V50	M	0:23:54	0:33:11	0:57:05	0:28:10	1:25:15	0:23:57	1:49:12	0:51:19	2:40:31	34
Elizabeth Osgood	Lincoln & District	46		F	0:24:39	0:30:11	0:54:50	0:27:55	1:22:45	0:24:47	1:47:32	0:53:27	2:40:59	35
Stuart Whomsley	Newark AC	49		M	0:25:27	0:30:55	0:56:22	0:28:00	1:24:22	0:25:13	1:49:35	0:54:34	2:44:09	36
Yvonne Colbourn		55	V45	F	0:25:49	0:31:01	0:56:50	0:28:45	1:25:35	0:25:30	1:51:05	0:54:35	2:45:40	37
David Gilliat	Hartsholme Runners	15	V60	M	0:25:51	0:30:48	0:56:39	0:28:53	1:25:32	0:25:19	1:50:51	0:55:05	2:45:56	38
David Musgrave	Redhill RR	22	V40	M	0:29:22	0:35:11	1:04:33	0:31:55	1:36:28	0:28:25	2:04:53	1:17:20	3:22:13	39
Mary Danskin	Notfast RC	20	V55	F	0:33:48	0:41:46	1:15:34	0:40:54	1:56:28	0:36:50	2:33:18	1:17:20	3:50:38	40
John Porter	Holme Pierrepont RC	3	V40	M								0:45:05		
Ted Rookes	u/a	8	V50	M								0:40:15		
Sean McGinley	u/a	12		M		0:29:22								
Nigel Stevenson	u/a	14	V40	M	0:21:06			0:23:02		0:20:30				
Rachel Whittaker	Notts AC	16		F								0:56:17		
Richard Beadle	Southwell RC	17	V40	M	0:20:40			0:22:43				0:45:19		
Steve Dickinson	Lincoln & District	27	V40	M	0:23:02									
Ben Barnham		28		M	0:19:56					0:19:33				
Jose Vazquez	Newark AC	29		M	0:18:46	0:22:41	0:41:27	0:20:39	1:02:06					
Mark Jenkins	Mansfield AC	31		M	0:20:08	0:24:05	0:44:13	0:21:53	1:06:06	0:18:56	1:25:02			
Jim Buckley		32		M	0:27:24									
Helen Palmer		33		F	0:27:24									
Sally Darley	Lincoln & District	47		F	0:23:33	0:28:26	0:51:59			0:23:27		0:50:59		
Pete Hunt	RRC	48	V40	M	0:20:02	0:24:36	0:44:38							
Steve Morton		50	V40	M	0:18:27	0:22:32	0:40:59							
William Shaw		53		M	0:22:51					0:24:18				
David Carter		56		M	0:25:47									
Mark Guy	Newark AC	57		M	0:19:46									
Thomas Burkitt	Lincoln & District	58		M	0:22:10							0:50:06		
Neil Bass	Newark AC	60		M		0:24:40								
Mike Folland		61	V60	M		0:26:46				0:22:28				
Angie Harvey	Sleaford Striders	62	V45	F		0:27:02								
Chris Dunn	Newark AC	63	V50	M		0:26:07		0:24:20		0:21:26		0:50:22		
Holly Ward	Newark AC	64	u20	F		0:28:34								
Nichlas Brompton	Newark AC	65		M		0:22:15								
Kenneth Lacey	Notfast RC	66		M		0:31:52								
Andrew Harris	Newark AC	67	u20	M				0:17:52						
I Nicholson	Rushcliffe AC	68	V50	M				0:23:46						
Christine Bland	Holme Pierrepont RC	69	V45	F				0:31:47		0:27:46				
Kieran Barnes		70	u20	M				0:25:08						

Martin Walker	Rushcliffe AC	71	V40	M	0:24:26		
Chris Cregg	Southwell RC	72	V50	F	0:28:47		
Simone Mathias	Sutton Harriers	73	V35	F	0:22:04	0:19:52	0:44:11
Roger Crosse	Newark AC	74	V40	M	0:24:43	0:22:26	0:49:56
Caroline Sims		75		F	0:38:34		
Martyn Cooper		76		M	0:27:42		
Roy Haywood	Rushcliffe AC	77	V50	M	0:32:25		
Gill Haywood	Rushcliffe AC	78	V45	F	0:32:25		
Rachael O'Grady	Newark AC	79		F	0:26:49	0:23:16	
Markus Lanchester	Lincoln & District	80	V40	M		0:21:53	
Tracey Mooney		81		F		0:26:18	
Michael Bland	Holme Pierrepont RC	82		M		0:19:30	
Jackie Alexander	Notfast RC	83	V35	F		0:29:33	
Mary Freer	Notfast RC	84	V45	F		0:32:09	
Louise Winter	Newark AC	85		F		0:26:11	
Angela Marsh	Newark AC	86		F		0:26:11	
Lara Thornhill	n/a	87		F			0:52:10
Neil Hamilton	Holme Pierrepont RC	88	V60	M			0:47:32
Brian Fox	Lincoln Wellington	89	V40	M			0:39:49
Russell Haywood	Lincoln Wellington	90	V40	M			0:44:25
Colin Parker	Lincoln & District	91	V50	M			0:55:34
Richard Brown	n/a	92	V40	M			0:50:12
James Naylor	Bell Harp Hornets	93	V40	M			0:50:39
Alex Langlands	Stilton Striders	94		M			0:36:42
Steve Campion	Lincoln Wellington	95	V40	M			0:38:51
Robert McArole	Grantham AC	96	V40	M			0:47:24
Richard Lloyd	n/a	97		M			0:50:58
Derek Moffatt	Lincoln & District	98	V60	M			0:47:13