



PINCHBECK 10k RUN 2010

By Spalding Tri Club



POSITION	RACE NO	FIRST NAME	SURNAME	SEX	AGE	CLUB	TIME
1	15	John	Herbert	M	40	Werrington Joggers	00:32'24"06
2	44	Simon	Fawcett	M	39	Bedford Harriers	00:34'34"41
3	210	Mark	Sands	M	39	Sleaford Town Runners	00:34'47"12
4	54	Robin	Parker	M		Fenland Running Club	00:35'21"32
5	180	Chris	Cooper	M	20	Nene Valley Harriers	00:35'25"53
6	182	John	Siddens	M	43	Sleaford Town Runners	00:35'28"82
7	95	Alan	Oliver	M	22	Sleaford Striders	00:35'53"94
8	264	Jack	Trow	M	17	Fenland Running Club	00:35'54"32
9	197	Jose	Ferreira	M	23	Boston & District AC	00:36'01"19
10	201	Joshua	Asbrey	M	15	Sleaford	00:36'41"24
11	206	Edgars	Sokolovskis	M	37	Nene Valley Harriers	00:36'59"28
12	28	Duncan	Walkey	M	31	RAF Triathlon	00:37'04"66
13	213	Dave	Tilley	M	44	Sleaford Town Runners	00:37'11"03
14	119	Paul	Lunn	M	37	Stamford Tri Club	00:37'11"79
15	138	Mark	Popple	M	19	Stamford Striders	00:37'12"22
16	247	Arthur	Short	M	44	Grantham Athletic Club	00:37'16"00
17	39	Jonathan	Davies	M	39	Stamford Striders	00:37'22"06
18	72	Matt	Isle	M	37	Ancholme Valley AC	00:37'40"09
19	99	Gill	Fullen	F	45	Bedford Harriers	00:37'48"03
20	42	Vaughan	Roberts	M	52	Bourne Town Harriers	00:37'54"06
21	184	Daniel	Jepson	M	17	City of Sheffield	00:38'34"76
22	198	Dennis	Rainbow	M	43	Boston & District AC	00:38'39"69
23	120	Joshua	Lunn	M	18	Nene Valley Harriers	00:38'40"69
24	216	Olly	Slater	M	25	Nene Valley Harriers	00:38'42"97
25	104	Tony	Gilbert	M	45	Bourne Town Harriers	00:38'47"97
26	148	Adrian	Martin	M	31	Fenland Running Club	00:38'57"16
27	75	Jim	Morris	M	28	Stamford Striders	00:39'03"22
28	193	Aidan	McClure	M	16	Boston & District AC	00:39'08"97
29	157	Justin	Kinsey	M	28	Fenland Running Club	00:39'12"50
30	196	Mike	Exton	M	62	N/A	00:39'15"25
31	160	Reg	Allen	M	54	Thorney Running Club	00:39'17"12
32	173	Sandy	Telfer	M		Sleaford Striders	00:39'22"44
33	110	Mike	Bullock	M	40	Nottfast	00:39'27"37
34	225	David	Bell	M	38	Yaxley Runners	00:39'30"56
35	52	Simon	England	M	34	Sleaford Town Runners	00:40'01"97
36	140	David	Babbs	M	54	Stamford Striders	00:40'26"32
37	125	Anthony	Madge	M	55	Grantham Athletic Club	00:40'38"79
38	155	Luke	Mudge	M	25	Werrington Joggers	00:40'42"31
39	224	Barry	Warne	M	49	Nene Valley Harriers	00:40'44"00
40	84	Rodney	Hall	M	43	Werrington Joggers	00:40'51"56
41	105	Nijak	Jaroslaw	M		Nene Valley Harriers	00:41'08"53
42	183	Lee	Fialkowski	M	27	Bourne Town Harriers	00:41'13"69
43	244	Ray	Dowland	M	59	Nene Valley Harriers	00:41'22"12
44	33	Graham	Park	M	40	Sleaford Striders	00:41'38"69
45	92	Stephen	Gibb	M	47	Werrington Joggers	00:41'42"94
46	259	Shaun	Taylor	M	24	N/A	00:42'09"60
47	199	Keith	Brookes	M	61	Nene Valley Harriers	00:42'15"76
48	261	Mark	Cochran	M	32	Bourne Town Harriers	00:42'16"52
49	149	Maggie	Purr	F	30	Stamford Striders	00:42'17"03
50	146	Lee	Enderby	M	35	N/A	00:42'17"88
51	189	Andrew	Cowling	M	53	Thorney Running Club	00:42'26"19
52	150	Sarah	Graves	F	43	Wold Vets	00:42'31"28
53	222	Geoff	Howes	M	55	Thorney Running Club	00:42'40"56
54	29	Phillip	Hamlyn	M	41	Werrington Joggers	00:42'46"15
55	258	Matt	Smith	M	24	N/A	00:42'56"00
56	88	Andrew	Hall	M	45	Werrington Joggers	00:42'56"53
57	174	Daniel	Wate	M	26	Fenland Running Club	00:43'04"38
58	66	Christopher	McDonnell	M	51	Nottfast	00:43'05"47
59	53	Charles	Bingley	M	47	N/A	00:43'10"22
60	123	Chris	Armstrong	M	44	Grantham Athletic Club	00:43'30"93
61	101	Mick	Casey	M	63	Mablethorpe Running Club	00:43'32"88
62	152	Phil	Lengthorn	M	40	Bourne Town Harriers	00:43'51"22
63	2	Curtis	Lane	M	17	N/A	00:43'56"47
64	214	Shaun	Towell	M	45	Bourne Town Harriers	00:43'58"56
65	163	Briony	James	F	32	Stamford Striders	00:44'01"12
66	256	Julian	Smith	M	40	N/A	00:44'10"44
67	17	Anthony	Taylor	M	50	N/A	00:44'22"43
68	7	Tom	Hartgil-Allgood	M	16	N/A	00:44'26"25
69	93	Mark	Hebden	M	43	Sleaford Striders	00:44'33"38
70	240	Brian	McLean	M	52	Bourne Town Harriers	00:44'34"52
71	45	Simon	Fairclough	M	60	Werrington Joggers	00:44'38"44
72	102	Edward	Enright	M	55	Lincoln & District Runners	00:44'56"12
73	81	Anton	Gaches	M	51	N/A	00:45'12"59

74	4	Colin	Creasey	M	50	Louth Athletic Club	00:45'19"32
75	16	Steven	Taylor	M	49	N/A	00:45'20"22
76	109	Liam	Warren	M	31	N/A	00:45'29"06
77	262	Sharon	Gallighan	F	41	N/A	00:45'32"16
78	245	Phillip	Jackson	M	52	Louth Athletic Club	00:45'35"25
79	48	Nick	Sime	M	45	North Derbyshire Running Club	00:45'44"28
80	59	Lionel	Mason	M	48	Sleaford Town Runners	00:45'47"72
81	65	Kevin	Nankervis	M	48	Werrington Joggers	00:45'55"85
82	69	Barry	Douce	M	29	Sleaford Town Runners	00:46'04"03
83	165	Yolanda	Smith	F	37	Nene Valley Harriers	00:46'09"25
84	249	David	Lewis	M	47	Stamford Striders	00:46'11"16
85	126	Roger	Blake	M	35	Mablethorpe Running Club	00:46'14"16
86	211	Jane	James	F	49	Sleaford Striders	00:46'15"81
87	220	Philip	Lester	M	43	Sleaford Striders	00:46'27"32
88	267	Matthew	Neal	M	17	N/A	00:46'30"60
89	187	Alan	Buckberry	M	58	Sleaford Striders	00:46'37"91
90	265	Fay	Beecham	F	43	N/A	00:46'39"47
91	248	Philip	Hall	M	55	Grantham Athletic Club	00:46'45"06
92	254	Paul	Freemantle	M	45	Sleaford Town Runners	00:46'47"76
93	79	Louise	Burton	F	42	Nene Valley Harriers	00:46'51"25
94	200	Ian	Frisby	M	52	Thorney Running Club	00:46'53"63
95	207	Mike	Wright	M	45	Eye Community Runners	00:46'54"60
96	83	Robert	Smyth	M	52	N/A	00:46'57"62
97	63	Andrew	Preston	M	37	Sleaford Striders	00:47'03"88
98	186	Gary	Britnell	M	41	Sleaford Town Runners	00:47'04"25
99	185	Geoffrey	Clark	M	53	Louth Athletic Club	00:47'25"44
100	161	Daniel	Richardson	M	19	N/A	00:47'36"62
101	12	Anna	Thompson	F	44	Sleaford Striders	00:47'38"79
102	221	Garry	Wilson	M	47	Sleaford Striders	00:47'39"35
103	235	Roland	Stevens	M	53	Bourne Town Harriers	00:47'39"79
104	68	Nigel	Tarrant	M	51	N/A	00:47'41"25
105	13	Anthony	Heppell	M	27	N/A	00:47'41"69
106	209	Tony	Tomblin	M	45	Boston & District AC	00:47'44"53
107	115	John	Bainbridge	M	51	Grantham Athletic Club	00:47'48"12
108	26	Rob	Stokes	M	45	N/A	00:47'55"88
109	243	Antonio	Colonna	M	37	N/A	00:47'57"19
110	70	Robin	Ball	M	57	Stamford Striders	00:48'00"85
111	219	Nicholas	Pilgrim	M	52	N/A	00:48'24"12
112	135	Gordon	Orr	M	56	Stamford Striders	00:48'27"06
113	257	Dean	Powley	M		Fenland Running Club	00:48'34"16
114	49	Brian	Darrington	M	37	N/A	00:48'37"03
115	144	Jez	Power	M	44	Stamford Striders	00:48'42"69
116	172	Emma	Marshall-Telfer	F		Mablethorpe Running Club	00:48'44"06
117	158	Brian	Kearsey	M	62	Stamford Striders	00:48'50"28
118	5	Adrian	Allgood	M	46	N/A	00:48'56"50
119	175	Andy	Chamberlain	M	46	N/A	00:48'59"06
120	162	Bary	Daff	M	57	Stamford Striders	00:49'00"69
121	260	Christopher	Flintham	M	48	Maltby Running Club	00:49'02"94
122	234	Paul	Japson	M	56	Ropsley Road Runners	00:49'05"91
123	208	Norman	Gosbee	M	59	Ropsley Road Runners	00:49'14"72
124	61	Andrew	Cole	M	34	N/A	00:49'21"44
125	97	Robert	Rigby	M	23	N/A	00:49'22"19
126	8	Stephen	Brear	M	38	Sleaford Town Runners	00:49'25"28
127	87	Christophe	Samuel	M	36	N/A	00:49'29"94
128	230	Caroline	Upton	F	45	Nottfast	00:49'41"63
129	167	Geoff	Turtlet	M	50	N/A	00:49'42"53
130	251	Leanne	Rickett	F	30	LDWA	00:49'54"91
131	20	Matthew	Cramp	M	40	Nottfast	00:49'57"85
132	233	Neil	Hamilton	M	74	Holme Pierrepont	00:49'58"50
133	142	Christine	Samsan	F	44	N/A	00:49'59"03
134	111	Sharon	Tolley	F	39	N/A	00:49'59"41
135	64	Ted	Preston	M	60	Sleaford Striders	00:50'11"22
136	85	Iain	Cornelissen	M	26	N/A	00:50'14"25
137	56	Tim	Cook	M	50	Werrington Joggers	00:50'20"10
138	170	Richard	Clay	M	27	N/A	00:50'22"50
139	215	Paul	Cross	M	57	Nene Valley Harriers	00:50'24"88
140	217	Joe	Perkins	M	40	N/A	00:50'27"50
141	80	Justine	Edwards	F	37	N/A	00:50'38"47
142	74	Eric	Jeyes	M	55	Werrington Joggers	00:50'45"85
143	130	Julie	Wright	F	38	N/A	00:50'55"35
144	96	Dave	Raynes	M	56	Sleaford Town Runners	00:51'00"10
145	77	Chris	Massingham	F	46	N/A	00:51'00"53
146	269	Paulina	Zub	F	30	Fenland Running Club	00:51'11"50
147	50	Anthony	Cotton	M	72	BRJ Huntingdon RRC	00:51'15"97
148	18	Garry	Robson	M	28	N/A	00:51'26"50
149	129	Donna	Bailey	F	35	Fenland Running Club	00:51'39"41
150	131	David	Williams	M	45	Thorney Running Club	00:51'42"76
151	255	Angie	Harvey	F	49	Sleaford Town Runners	00:51'55"31
152	58	Kate	Mason	F	41	Sleaford Town Runners	00:52'23"66
153	122	Karen	Spurdens	F		N/A	00:52'27"12
154	40	Suzanne	Moon	F	33	Stamford Striders	00:52'41"65
155	176	Tim	Roadnight	M	37	N/A	00:52'50"82
156	238	Tony	Lack	M	70	Ramsey Road Runners	00:52'56"98
157	178	Chris	Crew	M	27	N/A	00:53'03"12
158	112	Bindi	Brook	F	38	N/A	00:53'06"12
159	250	Helen	Ramdle	F	48	Stamford Striders	00:53'07"76
160	139	Heather	Coleman	F	36	N/A	00:53'10"81
161	154	Hannah	Mudge	F	26	Werrington Joggers	00:53'11"56
162	179	Chris	Hunt	M	43	Bourne Town Harriers	00:53'20"63
163	266	Joanna	Neal	F	36	N/A	00:53'24"22
164	164	Jane	Greenwood	F	55	Fenland Running Club	00:53'29"69
165	153	Rachel	Parker	F	42	Bourne Town Harriers	00:53'36"88
166	1	Oliver	Cladd	M	17	N/A	00:53'46"82

167	116	Diane	Thorpe	F	46	Noffast	00:53'49"44
168	151	Darren	Appleton	M	37	Noffast	00:53'49"81
169	191	Steve	Hill	M	47	Bourne Town Harriers	00:54'04"06
170	195	Sharron	Toms	F	41	Yaxley Runners	00:54'04"63
171	156	Elizabeth	Dixon	F	48	Bourne Town Harriers	00:54'14"31
172	192	Rachel	Kemp	F	37	Bourne Town Harriers	00:54'14"59
173	67	Lyn	McDonnell	F	53	Noffast	00:54'18"94
174	194	David	Bray	M	62	N/A	00:54'24"78
175	98	Holly	Jaskolka	F	22	N/A	00:54'30"91
176	188	Natalie	Cole	F	37	Bourne Town Harriers	00:54'49"31
177	47	Rosslyn	Hamlyn	F	41	Werrington Joggers	00:54'52"06
178	82	Louisa	Cartwright	F	35	Stamford Striders	00:55'05"72
179	169	Kate	Nottidge	F	26	Stamford Striders	00:55'06"03
180	237	Nicolle	Grace	F	21	Bourne Town Harriers	00:55'11"85
181	236	David	Grace	M	55	Bourne Town Harriers	00:55'12"32
182	78	Adam	Chown	M	22	Fenland Running Club	00:55'14"88
183	143	Alistair	Whitaker	M	40	Sleaford Town Runners	00:55'37"37
184	205	Kelly	Shiels	F	35	N/A	00:55'39"91
185	6	Michelle	Allgood	M	40	N/A	00:55'43"63
186	38	Maria	Sowerby	F	55	Stamford Striders	00:55'45"22
187	252	Franceslina	Reams	F	34	LDWA	00:55'47"85
188	86	Helen	Samuel	F	37	Stamford Striders	00:55'51"22
189	223	Dave	Pace	M		East End Road Runners	00:55'55"88
190	60	Samantha	Cole	F	33	N/A	00:56'25"88
191	203	Natalie	Thompson	F	35	N/A	00:56'26"28
192	242	Julie	McKie	F	38	N/A	00:56'27"19
193	3	Sam	Creasey	M	17	N/A	00:56'34"79
194	268	Matthew	Middleton	M	42	N/A	00:57'00"75
195	24	Sam	Harris	F	31	N/A	00:57'06"41
196	166	Louise	Halifax	F	29	N/A	00:57'07"76
197	137	Deborah	Sutton	F	41	Sleaford Town Runners	00:57'17"35
198	94	Claire	Abbey	F	40	Fenland Running Club	00:57'34"41
199	10	Kery	Hudson	F	48	Fetch Everyone Running Club	00:57'34"76
200	204	Karen	Woods	F	39	N/A	00:57'35"16
201	253	James	Harness	M	27	LDWA	00:57'36"25
202	212	Alison	Taylor	F	44	N/A	00:57'37"12
203	46	Mandy	Connor	F	46	Sleaford Town Runners	00:57'39"50
204	106	Nick	Meekins	M	49	Fenland Running Club	00:57'48"56
205	136	Elizabeth	Lorimer	F	48	Bushfield Joggers	00:57'50"97
206	246	Rosaline	Jackson	F	52	Louth Athletic Club	00:57'55"53
207	37	Catherine	Sheldrake	F	40	Sleaford Town Runners	00:58'05"72
208	124	Abit	Brewer	F	31	Bushfield Joggers	00:58'08"16
209	51	Brian	Judkins	M	55	North Herts Road Runners	00:58'10"69
210	147	Matthew	Benton	M	30	Yaxley Runners	00:58'22"28
211	181	Sasha	Oliver	F	19	Sleaford Striders	00:58'30"50
212	103	Liz	Steadman	F	43	N/A	00:58'35"59
213	227	Belinda	Fraser	F	41	Stamford Striders	00:58'40"87
214	118	Sharn	Phagoora	F	42	Yaxley Runners	00:58'41"91
215	41	Katherine	Turner	F	38	Werrington Joggers	00:59'01"60
216	202	Vivienne	Veasey	F	47	Sleaford Town Runners	00:59'16"76
217	229	David	McGill	M	47	N/A	00:59'17"25
218	228	Angela	McGill	F	39	N/A	00:59'18"00
219	34	Steve	Roberts	M	32	N/A	00:59'34"52
220	55	Carol	Cook	F	47	Werrington Joggers	00:59'34"91
221	73	Joy	Jeyes	F	51	Werrington Joggers	00:59'35"40
222	231	Bob	Oakham	M	60	Noffast	00:59'36"25
223	177	Rowena	Boden	F	40	Sleaford Striders	00:59'51"50
224	134	Lisa	Ashcroft	F	43	Sleaford Striders	00:59'51"97
225	239	Maria	Yuill	F		N/A	01:00'03"41
226	263	Andy	Stubbs	M		N/A	01:00'03"81
227	141	Lynsey	Abboff	F	35	N/A	01:00'04"22
228	133	Claire	Williams	F	33	Sleaford Striders	01:00'05"85
229	168	Shaun	Louth	M	35	Sleaford Town Runners	01:00'19"41
230	171	Ellie	Betts	F	21	N/A	01:00'20"94
231	91	Kim	Bird	F	30	N/A	01:00'21"43
232	14	Martin	Mallett	M	40	N/A	01:00'33"16
233	190	Ron	Firth	M	60	Bushfield Joggers	01:00'42"72
234	226	Frances	Rowe	F	56	Stamford Striders	01:00'59"21
235	128	Celina	Silver	F	41	Stamford Striders	01:01'02"50
236	127	Nicholas	Smith	M	44	Stamford Striders	01:01'02"88
237	71	Alan	Gray	M	60	Stamford Striders	01:01'44"79
238	241	Sandra	Butler	F	65	Ramsay Road Runners	01:01'53"19
239	30	Roger	King	M	58	N/A	01:02'31"66
240	145	Lisa	Harmon	F	34	Sleaford Town Runners	01:02'48"69
241	121	Michelle	Herd	F	41	Sleaford Striders	01:02'55"28
242	232	Gill	Harker	F	63	N/A	01:03'45"94
243	23	Micaela	Clark	F	26	N/A	01:05'52"03
244	11	Paula	Goude	F	35	Fetch Everyone Running Club	01:05'56"40
245	218	Jane	Perkins	F	41	N/A	01:06'43"10
246	89	Teresa	Huddleston	F	53	Bushfield Joggers	01:07'24"97
247	90	Danny	Huddleston	M	53	Bushfield Joggers	01:07'25"63
248	159	Helen	Popple	F	44	Stamford Striders	01:08'46"22
249	27	Andrea	Le Clair	F	30	N/A	01:08'47"00
250	32	Elaine	Allwood	F	55	Stamford Striders	01:08'49"47
251	108	Claire	Markham	F	25	N/A	01:20'25"00
252	107	Jack	Musson	M	19	N/A	01:20'25"00
253	35	Asha	Pook	F	38	N/A	01:20'40"00
254	36	Abit	Buff	M	67	N/A	01:20'40"00
999	57	Iain	Cameron	M	46	Stamford Striders	DNS
999	21	Sean	Connolly	M	41	Fenland Running Club	DNS
999	100	Adam	Boggis	M	23	N/A	DNS
999	43	Stuart	Irons	M	51	N/A	DNS
999	117	Martin	Dickenson	M	58	Noffast	DNS

999	76	Stacey	Atkins	F	30	N/A	DNS
999	9	Jessica	Dobney	F	25	N/A	DNS
999	31	Sarah	O'Brien	F	29	N/A	DNS
999	132	Barry	Clarke	M	64	Nene Valley Harriers	DNS
999	114	Tonia	Terblanche	F	39	Stamford Striders	DNS
999	113	Alan	Hayes	M	45	Stamford Striders	DNS
999	62	Eleanor	Baloi-Key	F	30	N/A	DNS
999	25	Emma	Stier	F	31	N/A	DNS
999	19	Bridget	Cramp	F	36	Bourne Town Harriers	DNS
999	22	Deirdre	Hawkins	F	37	Lincoln & District Runners	DNS
	270						
	271						
	272						
	273						
	274						
	275						