

**THE POPPY RUN
5 MILE ROAD RACE
8 Nov 2009
OVERALL RESULTS Ver 2**

Position	Name		Time	Number	Cat	& Pos	AW	Stand	Club
1	Matt	BOWSER	24.17	620	MSEN	1	115		Lincoln Wellington
2	Aaron	SCOTT	25.04	511	MSEN	2	112		Lincoln Wellington AC
3	Andrew	MORAGHAN	27.58	559	MSEN	3	100		Riverside Runners
4	Paul	DODSWORTH	28.01	551	MV40	1	102		Warrington AC
5	Stephen	SHANKS	28.15	597	MSEN	4	99		Holme Pierrepont RC
6	Steven	PATERSON	29.03	586	MSEN	5	96		Unattached
7	Edgars	SOKOLOVSKIS	29.04	617	MSEN	6	96		Boston & District AC
8	Stephen	THOMPSON	29.05	588	MV40	2	98		Unattached
9	Alan	OLIVER	29.10	506	MSEN	7	96		Sleaford Striders AC
10	Chris	RAINBOW	29.25	624	MV40	3	97		Boston & District AC
11	Harriet	CANTER	29.28	569	FSEN	1	112		Lincoln Wellington AC
12	Peter	DUNCAN	29.32	547	MV40	4	97		Lincoln Wellington AC
13	Jose	FERREIRA	29.40	622	MSEN	8	94		Boston & District AC
14	Steven	WIGGLESWORTH	29.43	577	MV40	5	96		Vegetarian C & AC
15	Robert	HAWSE	29.49	580	MSEN	9	94		Mablethorpe RC
16	Tony	JOHNSON	29.53	572	MV40	6	95		Ropsley Road Runners
17	Malcolm	BRINE	29.57	574	MV40	7	95		Lincoln Wellington AC
18	Natalie	FARROW	30.02	579	FSEN	2	110		Cleethorpes & Dist AC
19	Lucinda	PITCHER	30.15	564	FSEN	3	109		Lincoln Wellington AC
20	Aidan	MCCLURE	31.10	567	MSEN	10	90		Boston & District AC
21	Simon	ENGLAND	31.20	568	MSEN	11	89		Sleaford Town Runners
22	Glenn	MOORE	31.27	576	MV40	8	91		Lincoln Wellington AC
23	Dennis	RAINBOW	31.30	621	MV40	9	90		Boston & District AC
24	Beverly	WILSON	31.37	578	FV35	1	104		Cleethorpes & Dist AC
25	Janine	STONES	31.46	600	FV35	2	104		Mablethorpe RC
26	Clive	JONES	32.13	537	MV50	1	93		Great Bentley Running
27	John	ROYSTON	32.21	612	MV50	2	93		Tri-Anglia
28	Geoff	HALL	32.55	540	MV50	3	91		Lincoln Wellington AC
29	Jack	CARPENTER	33.09	584	MSEN	12	84		Spalding Tri Club
30	David	HALL	33.19	605	MSEN	13	84		Lincoln Wellington AC
31	David	WALKER	33.32	623	MSEN	14	83		Boston & District AC
32	Mark	LOVETT	33.46	541	MSEN	15	83		Lincoln Wellington AC
33	Matt	HOLMES	34.00	549	MSEN	16	82		Unattached
34	Susie	ARDRON	34.13	595	FV45	1	102		Lincoln Wellington AC
35	Andrew	WALTHAM	34.26	566	MV40	10	83		Unattached
36	Sheryl	HAWSE	34.35	581	FSEN	4	95		Mablethorpe RC
37	Richard	TITCHMARSH	34.51	504	MV60	1	89		Lincoln Wellington AC
38	Kris	NICHOLLS	35.06	632	MSEN	17	80		Unattached
39	Tom	FINDLAY	35.17	615	MSEN	18	79		Unattached
40	Steve	HUNT	35.22	604	MV40	11	81		Louth AC
41	John	COOK	35.24	603	MV50	4	85		Wolds Veteran Runners
42	Alan	BUCKBERRY	36.13	627	MV50	5	83		Sleaford Striders AC
43	Emma	PENNISTON	36.15	517	FSEN	5	91		Boston & District AC
44	Adrian	PALMER-GEAVES	36.25	614	MV40	12	78		Unattached
45	Robert	HAMMOND	36.26	532	MSEN	19	77		Unattached
46	Owen	MSIMANGO	36.44	508	MSEN	20	76		Boston & District
47	Kevin	PARKER	37.03	629	MSEN	21	76		Unattached
48	Tony	TOMLIN	37.04	519	MV40	13	77		Boston & District AC
49	Ian	CHAPMAN	37.21	630	MSEN	22	75		Unattached
50	Phil	PYWOWARIW	37.22	510	MV40	14	76		Unattached
51	Anthony	SCOTT	37.23	585	MV40	15	76		Unattached
52	Roberto	PANTER	37.36	523	MV60	2	82		Notfast Running Club
53	Adrian	CARDER	37.41	529	MV50	6	80		Unattached
54	Tony	BATES	37.48	628	MV40	16	75		Unattached
55	Unknown	1	37.48	638	MSEN	23	87		Unattached
56	Unknown	2	37.50	639	MSEN	24	74		Unattached
57	Cathy	DAVIES	37.54	563	FSEN	6	87		Sleaford Town Runners
58	Michael	KAROLEWSKI	38.04	516	MV50	7	79		Unattached
59	Unknown	3	38.06	640	MSEN	25	73		Unattached
60	Martin	WILKINSON	38.54	534	MV40	17	73		Unattached
61	Dan	ZENCHUK	39.26	571	MSEN	26	71		Unattached

62	Matt	ROWLEY	39.32	592	MSEN	27	71	Unattached
63	Darren	AUTY	39.47	637	MSEN	28	70	Boston & District AC
64	Julia	SCRIMSHAW	40.05	525	FV35	3	82	Running For Women
65	Peter	HALL	40.05	522	MV60	3	77	Lincoln City Joggers
66	Simon	KIMMINS	40.19	518	MV40	18	71	Unattached
67	Peter	MOTLEY	40.32	505	MSEN	29	69	Lincoln City Joggers
68	Lucy	TITCHMARSH	40.52	609	FV35	4	81	Lincoln Wellington AC
69	Richard	HAMMOND	40.59	533	MV50	8	73	Unattached
70	Sean	MALE	41.17	561	MSEN	30	68	Unattached
71	Aimee	STOCKER	41.21	593	FSEN	7	80	Unattached
72	Vivienne	MARTIN	41.43	507	FV45	2	84	Unattached
73	Robert	BAKER	42.04	602	MSEN	31	67	Boston & District AC
74	Margaret	KENT	42.35	633	FV45	3	82	Unattached
75	Annetta	GARNER-JONES	42.49	606	FV55	1	89	Hartsholme Runners
76	Leanne	WARD	43.29	573	FSEN	8	76	Sleaford Striders AC
77	Peter	NEWMAN	43.29	583	MSEN	32	64	Sleaford Striders AC
78	Philip	BODDEY	43.33	616	MV50	9	69	Stamford Striders
79	Trudy	ROBERTS	43.34	548	FV35	5	76	Louth AC
80	Helen	TOMBLIN	43.37	512	FV35	6	76	Unattached
81	Tracey	BROWN	43.43	542	FV35	7	75	Louth AC
82	Richard	SMITH	44.12	608	MV40	19	64	Unattached
83	Alastair	HOWDEN	44.24	591	MSEN	33	63	Unattached
84	Kevin	WOODLAND	44.31	500	MV50	10	67	Unattached
85	Jayne	SMITH	44.45	607	FV35	8	74	Unattached
86	Claire	HALL	44.45	594	FSEN	9	74	Unattached
87	Robert	SHAW	44.50	601	MV50	11	67	Boston & District AC
88	Dave	SMITH	44.51	558	MV50	12	67	Lincoln Wellington AC
89	Mark	HINDLEY	44.56	552	MSEN	34	62	Unattached
90	Stanley	THORNTON	45.07	528	MV60	4	69	Sleaford Striders AC
91	Harry	PARKHILL	45.34	634	MSEN	35	61	Boston Grammar School
92	Elizabeth	WARD	45.41	530	FSEN	10	72	Unattached
93	Scott	FORMAN	45.59	543	MSEN	36	61	Boston & District AC
94	Jackie	LOVE	46.07	545	FV35	9	72	Wolds Veteran Runners
95	Mike	RUSSELL	46.20	619	MV60	5	67	Royal Mail Sports
96	Adam	TOMLIN	47.17	520	MSEN	37	59	Boston & District AC
97	David	KNAPP	47.36	610	MV50	13	63	Unattached
98	Mark	BELLAMY	47.40	582	MSEN	38	59	Unattached
99	Daniel	GIBBS	48.04	611	MSEN	39	58	Unattached
100	Anneka	BROWN	48.25	503	FSEN	11	68	Lincoln City Joggers
101	Vicki	LORRINMAN HUGHS	48.29	613	FV35	10	68	Unattached
102	Gillian	CROW	48.36	598	FV45	4	72	Louth AC
103	Odette	ARUNDELL	48.47	515	FV35	11	68	Unattached
104	Kaley	BOOTHBY	49.17	535	FSEN	12	67	Unattached
105	Mary	ABIODUN	50.08	536	FV35	12	66	Unattached
106	Freda	LOWE	50.20	575	FV55	2	75	Hartsholme Runners
107	Zoe	WARD	50.36	553	FSEN	13	65	Boston & District AC
108	Julia	WILKINSON	51.02	539	FV45	5	69	Louth AC
109	Alison	COULLING	51.45	502	FSEN	14	64	Lincoln City Joggers
110	Ann	RAE	52.48	550	FV55	3	72	Lincoln City Joggers
111	Linda	BAXTER	53.32	514	FV45	6	65	Unattached
112	Sarah	GOODALE	53.34	635	FV35	13	62	Unattached
113	Sasha	SIDDENS	54.09	587	FSEN	15	61	Sleaford Striders AC
114	Mellani	JACKSON	54.18	599	FV35	14	61	Sleaford Striders AC
115	Lynsay	NEMEIKSAS	54.18	544	FV45	7	64	Sleaford Striders AC
116	Fiona	PYWOWARIW	56.34	509	FV35	15	58	Unattached
117	Gail	CASTLEDINE	58.28	560	FV45	8	60	Louth AC
118	Kate	TOWNSEND	59.55	556	FSEN	16	55	Unattached
119	Ken	TOWNSEND	59.55	557	MV60	6	52	Unattached
120	Michelle	HOWDEN	65.06	589	FV35	16	51	Unattached
121	John	HOWDEN	65.06	590	MV40	20	44	Unattached

The penultimate column is the percentage of the Athletics Weekly standard for that age group