

**East Midlands Grand Prix**  
**Results of the Banbury 5**  
**12<sup>th</sup> June 2007**

**Male**

1 M Almond (Rugby & Northampton AC) 26.25, 2 S Cotton (Owls) 26.56, 3 N Holmes (Northbrook AC) 26.59, 5 S Nelson (R&N) 27.39, 12 R Lack (Wootton Road Runners) 28.41, 14 V Carroll (R&N) 28.57, 15 B Summers (R&N) 29.04, 16 C Rogers (Silson Joggers) 29.13, 20 M Wilcox (R&N) 29.33, 22 T Egan (R&N) 29.43, 23 D Crooks (WRR) 29.46, 26 L Berrill (WRR) 29.52, 28 K Reboul (SJ) 29.55, 30 M Gore (Harborough AC) 29.58, 31 D Parkins (WRR) 29.59, 33 D Barrett (WRR) 30.12, 35 M Armstrong (SJ) 30.14, 36 J Darcy (SJ) 30.15, 38 A Clancy (WRR) 30.18, 41 R Fowler (WRR) 30.36, 48 P Matthews (WRR) 30.54, 49 A Blaize (Northampton Road Runners) 30.55, 53 J Sewell (R&N) 31.05, 57 M Garrett (NRR) 31.18, 60 R McGuirk (Wellingborough & District AC) 31.38, 61 E Smith (WRR) 31.40, 62 J Eames (Corby AC) 31.44, 67 N Morton (WRR) 31.59, 68 S Curley (WRR) 32.01, 69 S Partridge (C) 32.02, 73 M Fowler (WRR) 32.09, 77 G Linnell (SJ) 32.14, 78 I White (C) 32.19, 79 D Murphy (WRR) 32.20, 88 A Hodson (R&N) 32.44, 89 D Whatton (NRR) 32.45, 90 N Sewell (R&N) 32.51, 91 R Bufton (H) 32.57, 93 D Bithray (R&N) 33.00, 98 S Edge (H) 33.14, 99 K Moreman (Daventry Road Runners) 33.15, 100 N Jeff (W&D) 33.19, 103 M Frost (WRR) 33.43, 109 J Mahood (R&N) 34.10, 110 P Diamond (WRR) 34.14, 111 M Hicks (C) 34.21, 112 P Smart (Human Energy) 34.27, 115 M Spalding (W&D) 34.32, 116 N Carter (SJ) 34.40, 119 C Hopes (WRR) 34.47, 122 S Wills (R&N) 34.50, 123 P Marlow (Kettering Town Harriers) 34.54, 126 P Farley (W&D) 35.10, 129 A Hoare (SJ) 35.14, 130 D Taylor (SJ) 35.15, 133 A Gabbitas (R&N) 35.21, 137 R Barton (WRR) 35.27, 140 A Griffiths (W&D) 35.34, 143 M Carrea (WRR) 35.44, 144 J Laurie (SJ) 35.45, 151 W Buttrick (WRR) 36.06, 153 D Goring (WRR) 36.15, 155 L Brodie (W&D) 36.22, 156 M Farrow (W&D) 36.32, 160 G Jones (WRR) 36.44, 161 B Singleton (WRR) 36.45, 162 R Chamberlain (WRR) 36.47, 163 A Stephenson (WRR) 36.48, 164 D Garrett (NRR) 36.49, 165 S Borondy (WRR) 36.54, 168 J Henderson (WRR) 37.06, 169 C Rogers (SJ) 37.11, 170 J Griggs (Team East Haddon) 37.13, 178 T Keech (HE) 37.46, 184 J Kemp (W&D) 38.16, 186 T Swindells (WRR) 38.26, 191 B Frisby (C) 38.44, 197 A Nolson (DRR) 39.24, 198 M Wood (WRR) 39.25, 212 A Lock (SJ) 41.16, 214 C Goadsby (DRR) 41.19, 215 A Davidson (WRR) 41.21, 220 D Oram (H) 42.21, 232 C Dabbs (DRR) 44.58, 237 I Haynes (SJ) 46.25, 246 D Coleman (W&D) 51.32, 247 M Jones (R&N) 52.26.

**Female**

1 S Harrison (Leamington) 28.16, 2 N Nealon (Huncote Harriers) 29.20, 3 Z Hyde-Peters (Coventry Godiva Harriers) 30.37, 9 A Cooper (R&N) 32.48, 14 M Jesson (NRR) 33.52, 15 M Mulvey (WRR) 33.56, 18 F Malin (WRR) 35.08, 19 E Dines (R&N) 35.12, 20 S Penn (WRR) 35.24, 22 F Light (R&N) 35.39, 23 H Cooke (SJ) 35.46, 24 J Pulsford (R&N) 36.00, 27 A Rollings (R&N) 36.50, 29 R Van der Putten (HE) 37.04, 30 L Norman (WRR) 37.05, 33 J Evans (W&D) 38.00, 35 S Nash (WRR) 38.06, 36 L Godfrey (W&D) 38.16, 37 K Williams (R&N) 38.31, 38 C Todd (SJ) 38.50, 40 A Winfield (WRR) 39.06, 42 M Durnham (WRR) 39.21, 43 L Robinson (DRR) 39.27, 45 T Edwards (H) 39.48, 46 L Wills (R&N) 39.52, 47 S Clayton-Drabble 40.01, 48 H Higgs (WRR) 40.04, 49 B Parkinson (R&N) 40.12, 50 J Vango

(W&D) 40.35, 52 L Hale (W&D) 40.55, 54 L Carter (R&N) 41.08, 55 J Mistry (WRR) 41.25, 56 K Daly (WRR) 41.26, 57 L Keet-Marsh (WRR) 41.44, 59 R Jordan (SJ) 41.47, 60 L Jones (WRR) 42.17, 61 J Dunkley (SJ) 42.19, 62 H Watson (WRR) 42.48, 66 D Exley (WRR) 43.58, 67 E Baross (WRR) 44.01, 70 M Ryding (W&D) 44.40, 71 P Garner (R&N) 44.52, 72 S Williams (SJ) 44.57, 75 R Moffat (SJ) 46.08, 80 R Ingman (WRR) 48.03.