

# Grimsthorpe Castle 10k

31st August 2009

| Pos | Num | M  | F | Name               | Cat | CatPos    | Club                   | Time     |
|-----|-----|----|---|--------------------|-----|-----------|------------------------|----------|
| 1   | 303 | 1  |   | Tim Hartley        | M40 | (001/107) | Barrow Runners         | 00:32:59 |
| 2   | 323 | 2  |   | Aaron Scott        | M   | (001/098) | Lincoln Wellington AC  | 00:35:50 |
| 3   | 272 | 3  |   | Matthew Grace      | MJ  | (001/010) | Bourne Town Harriers   | 00:36:12 |
| 4   | 333 | 4  |   | Stuart Spencer     | M   | (002/098) | Barrow Runners         | 00:36:29 |
| 5   | 411 | 5  |   | Will Mackay        | MJ  | (002/010) | Riverside Runners      | 00:36:42 |
| 6   | 207 | 6  |   | Peter Grime        | M   | (003/098) | Newham & Essex Beagles | 00:36:44 |
| 7   | 5   | 7  |   | John Herbert       | M   | (004/098) | Werrington Joggers     | 00:37:14 |
| 8   | 143 | 8  |   | Nick Day           | M   | (005/098) | Nene Valley Harriers   | 00:37:42 |
| 9   | 176 | 9  |   | Robin Parker       | M40 | (002/107) | Fenland Running Club   | 00:38:02 |
| 10  | 437 | 10 |   | Steve Cockrell     | M   | (006/098) | Fenland Running Club   | 00:38:12 |
| 11  | 154 | 11 |   | Paul Jackson       | M   | (007/098) | Louth Athletics Club   | 00:38:31 |
| 12  | 76  | 12 |   | Paul Hensby        | M40 | (003/107) | March AC               | 00:38:40 |
| 13  | 406 | 13 |   | Oliver Mason       | M   | (008/098) | PAC                    | 00:38:45 |
| 14  | 267 | 14 |   | Mike Chapman       | M   | (009/098) | Nene Valley Harriers   | 00:39:21 |
| 15  | 273 | 15 |   | Lee Pridmore       | M   | (010/098) | Unattached             | 00:39:28 |
| 16  | 65  | 16 |   | Jonathan Davies    | M   | (011/098) | Stamford Striders      | 00:39:30 |
| 17  | 2   | 17 |   | Alex Toll          | M40 | (004/107) | Barrow Runners         | 00:39:35 |
| 18  | 225 | 18 |   | Arthur Short       | M40 | (005/107) | Grantham AC            | 00:39:46 |
| 19  | 416 | 19 |   | Simon Fell         | M   | (012/098) | Stamford Striders      | 00:39:50 |
| 20  | 326 | 20 |   | Ian Paramore       | M40 | (006/107) | Barrow Runners         | 00:40:00 |
| 21  | 18  |    | 1 | Nicola Clay        | F35 | (001/049) | Stilton Striders       | 00:40:01 |
| 22  | 133 |    | 2 | Philippa Taylor    | F35 | (002/049) | Stamford Striders      | 00:40:18 |
| 23  | 459 | 21 |   | Andy Simpson       | M   | (013/098) | Barrow Runners         | 00:40:21 |
| 24  | 224 | 22 |   | Andrew Skailles    | M   | (014/098) | Scarborough AC         | 00:40:42 |
| 25  | 16  | 23 |   | Simon Mead         | M   | (015/098) | Ramsey Road Runners    | 00:40:45 |
| 26  | 429 | 24 |   | Jordan Curl-Roper  | MJ  | (003/010) | Norwich RR             | 00:41:00 |
| 27  | 427 | 25 |   | Goy Roper          | M40 | (007/107) | Norwich RR             | 00:41:12 |
| 28  | 332 | 26 |   | Chris Brown        | M   | (016/098) | Barrow Runners         | 00:41:14 |
| 29  | 410 | 27 |   | Michael Barnsdale  | M50 | (001/055) | Nene Valley Harriers   | 00:41:15 |
| 30  | 146 | 28 |   | Rob Butler         | M40 | (008/107) | Lincoln Wellington AC  | 00:41:22 |
| 31  | 173 | 29 |   | David Nuttall      | M40 | (009/107) | Rotherham              | 00:41:23 |
| 32  | 93  | 30 |   | Vaughan Roberts    | M50 | (002/055) | Bourne Town Harriers   | 00:41:29 |
| 33  | 388 | 31 |   | Nicholas Lee       | MJ  | (004/010) | Bourne Town Harriers   | 00:41:36 |
| 34  | 443 | 32 |   | Barry Murray       | M   | (017/098) | Barrow Runners         | 00:41:37 |
| 35  | 292 | 33 |   | Steve Calderwood   | M   | (018/098) | Swinton RC             | 00:41:45 |
| 36  | 371 | 34 |   | Andy Taylor        | M   | (019/098) | Sleaford Town Runners  | 00:41:48 |
| 37  | 265 |    | 3 | Tracey Patmore     | F35 | (003/049) | Riverside Runners      | 00:42:07 |
| 38  | 179 | 35 |   | Tony Johnson       | M40 | (010/107) | Ropsley Road Runners   | 00:42:09 |
| 39  | 386 |    | 4 | Amelia Susulowsky  | FJ  | (001/006) | Nene Valley Harriers   | 00:42:20 |
| 40  | 252 | 36 |   | Simon Wright-Lakin | M   | (020/098) | Unattached             | 00:42:21 |
| 41  | 438 | 37 |   | Adrian Martin      | M   | (021/098) | Fenland Running Club   | 00:42:23 |
| 42  | 279 | 38 |   | Sokalovskis Edgars | M   | (022/098) | Boston and District AC | 00:42:35 |
| 43  | 461 | 39 |   | Keith Pritchard    | M40 | (011/107) | Riverside Runners      | 00:42:48 |
| 44  | 327 | 40 |   | Tom Drew           | M40 | (012/107) | Spalding Tri Club      | 00:42:55 |
| 45  | 19  | 41 |   | Adam Wright        | M40 | (013/107) | Redhill Road Runners   | 00:42:56 |
| 46  | 159 | 42 |   | Nick Baker         | M40 | (014/107) | Unattached             | 00:42:59 |
| 47  | 264 | 43 |   | Neil Adams         | M40 | (015/107) | Riverside Runners      | 00:43:03 |
| 48  | 408 | 44 |   | Colin Brackley     | M   | (023/098) | Unattached             | 00:43:09 |
| 49  | 105 | 45 |   | Paul Wilkerson     | M50 | (003/055) | Bedford and County AC  | 00:43:12 |

|     |     |    |                    |     |           |                       |          |
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| 50  | 377 | 46 | Reg Allen          | M50 | (004/055) | Thorney Running Club  | 00:43:14 |
| 51  | 428 |    | 5 Tracey Curl      | F45 | (001/035) | Norwich RR            | 00:43:18 |
| 52  | 125 | 47 | Nigel Booth        | M40 | (016/107) | LWAC                  | 00:43:34 |
| 53  | 407 | 48 | Paul Rushworth     | M   | (024/098) | Macclesfield Harriers | 00:43:35 |
| 54  | 110 | 49 | Samuel Smith       | M   | (025/098) | Stamford Striders     | 00:43:42 |
| 55  | 396 | 50 | Peter Wass         | M40 | (017/107) | Lincoln Wellington AC | 00:43:45 |
| 56  | 47  | 51 | Steve Froggatt     | M40 | (018/107) | Unattached            | 00:43:49 |
| 57  | 308 | 52 | Mark Delahaunty    | M   | (026/098) | ES&M                  | 00:43:55 |
| 58  | 98  | 53 | Rooney Hall        | M40 | (019/107) | Werrington Joggers    | 00:44:03 |
| 59  | 158 | 54 | Simon Craft        | M40 | (020/107) | Unattached            | 00:44:04 |
| 60  | 247 | 55 | Darren Moat        | M   | (027/098) | March AC              | 00:44:12 |
| 61  | 467 | 56 | David Babbs        | M50 | (005/055) | Unattached            | 00:44:19 |
| 62  | 465 | 57 | Russell Lewin      | M   | (028/098) | Barrow Runners        | 00:44:20 |
| 63  | 318 | 58 | Jim Grant          | M50 | (006/055) | Yaxley                | 00:44:22 |
| 64  | 134 | 59 | Geoff Hall         | M50 | (007/055) | Lincoln Wellington AC | 00:44:25 |
| 65  | 81  | 60 | Colin Simpson      | M50 | (008/055) | Fenland Running Club  | 00:44:29 |
| 66  | 351 | 61 | Mark Hurrell       | M   | (029/098) | BarnsleyAC            | 00:44:34 |
| 67  | 400 | 62 | Mike Sheldon       | M50 | (009/055) | Barrow Runners        | 00:44:44 |
| 68  | 170 | 63 | Bruce Johnson      | M   | (030/098) | Sleaford Striders     | 00:44:48 |
| 69  | 132 | 64 | N/A Taylor         | M40 | (021/107) | Unattached            | 00:44:50 |
| 70  | 106 | 65 | Andre Pittock      | M40 | (022/107) | Fenland Running Club  | 00:44:54 |
| 71  | 413 | 66 | Mark Hillson       | M   | (031/098) | Grantham AC           | 00:45:00 |
| 72  | 328 | 67 | Adam Swallow       | MJ  | (005/010) | Bourne Town Harriers  | 00:45:02 |
| 73  | 435 | 68 | Phil Lengthorn     | M   | (032/098) | Bourne Town Harriers  | 00:45:05 |
| 74  | 254 | 69 | Jonathan Ibbott    | M   | (033/098) | Unattached            | 00:45:08 |
| 75  | 278 | 70 | Gary Hunter        | M40 | (023/107) | Unattached            | 00:45:10 |
| 76  | 394 | 71 | David Philpot      | M40 | (024/107) | Ramsey Road Runners   | 00:45:16 |
| 77  | 453 | 72 | John Rowles        | M   | (034/098) | Unattached            | 00:45:30 |
| 78  | 277 | 73 | Daryl Robinson     | M   | (035/098) | Werrington Joggers    | 00:45:42 |
| 79  | 96  | 74 | Matt Holmes        | M   | (036/098) | Unattached            | 00:45:43 |
| 80  | 449 | 75 | Richard Sheldrake  | M   | (037/098) | Lincoln Tri Club      | 00:45:59 |
| 81  | 464 | 76 | Tim Seabrook       | M40 | (025/107) | Unattached            | 00:46:00 |
| 82  | 183 | 77 | Nick Wells         | M40 | (026/107) | Stamford Striders     | 00:46:02 |
| 83  | 191 | 78 | Lee Enderby        | M   | (038/098) | Unattached            | 00:46:04 |
| 84  | 470 | 79 | Adrian Spencer     | M40 | (027/107) | Barrow Runners        | 00:46:12 |
| 85  | 270 | 80 | David Smith        | M50 | (010/055) | Bourne Town Harriers  | 00:46:14 |
| 86  | 124 | 81 | Alex Heron         | M   | (039/098) | Unattached            | 00:46:16 |
| 87  | 150 | 82 | Gary Bowen         | M50 | (011/055) | Unattached            | 00:46:17 |
| 88  | 240 |    | 6 Anna Garnier     | F55 | (001/015) | Thames Hare & Hounds  | 00:46:18 |
| 89  | 194 | 83 | Chris Smith        | M40 | (028/107) | Sleaford Town Runners | 00:46:23 |
| 90  | 11  | 84 | Jez Page           | M40 | (029/107) | Grantham AC           | 00:46:33 |
| 91  | 97  | 85 | Gregory Skelton    | M   | (040/098) | Unattached            | 00:46:39 |
| 92  | 119 | 86 | Paul Hannah        | M50 | (012/055) | Stamford Striders     | 00:46:40 |
| 93  | 399 | 87 | Mark Cochran       | M   | (041/098) | Nene Valley Harriers  | 00:46:41 |
| 94  | 316 | 88 | Alan Hayes         | M40 | (030/107) | Stamford Striders     | 00:46:43 |
| 95  | 248 | 89 | Jeff Prestridge    | M50 | (013/055) | Serpentine RC         | 00:46:45 |
| 96  | 403 | 90 | Ross MacGregor     | M   | (042/098) | Barrow Runners        | 00:46:52 |
| 97  | 21  | 91 | Geoff Howes        | M50 | (014/055) | Thorney Running Club  | 00:46:56 |
| 98  | 33  | 92 | Gary Ward          | M   | (043/098) | Unattached            | 00:47:02 |
| 99  | 236 |    | 7 Claire Steels    | F   | (001/043) | Bourne Town Harriers  | 00:47:06 |
| 100 | 434 | 93 | Martin Glendenning | M   | (044/098) | Bushfield Joggers     | 00:47:16 |
| 101 | 395 | 94 | Richard Titchmarsh | M60 | (001/019) | Lincoln Wellington AC | 00:47:19 |
| 102 | 190 | 95 | David Hall         | M   | (045/098) | Lincoln Wellington AC | 00:47:24 |
| 103 | 385 | 96 | Mike Daniels       | M   | (046/098) | Unattached            | 00:47:27 |
| 104 | 111 | 97 | Joe Horsman        | M50 | (015/055) | Bedford and County AC | 00:47:28 |
| 105 | 360 | 98 | Clive Harrod       | M50 | (016/055) | Fenland Running Club  | 00:47:34 |

|     |     |     |                    |     |           |                        |          |
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| 106 | 197 | 99  | Stephen Graham     | M50 | (017/055) | Unattached             | 00:47:36 |
| 107 | 299 | 100 | Lloyd Ledgister    | M40 | (031/107) | Werrington Joggers     | 00:47:38 |
| 108 | 412 | 101 | Martin Penny       | M40 | (032/107) | Ripley RC              | 00:47:39 |
| 109 | 293 | 102 | Vince McNiffe      | M40 | (033/107) | Sleaford Striders      | 00:47:40 |
| 110 | 17  | 103 | Steve Gelderd      | M40 | (034/107) | Redhill Road Runners   | 00:47:45 |
| 111 | 127 | 104 | Gareth Davies      | M   | (047/098) | Unattached             | 00:47:46 |
| 112 | 300 | 105 | Malcolm Harris     | M50 | (018/055) | Barrow Runners         | 00:47:56 |
| 113 | 477 | 106 | David Hemmings     | M   | (048/098) | Unattached             | 00:47:57 |
| 114 | 92  | 107 | Brian McLoan       | M50 | (019/055) | Bourne Town Harriers   | 00:47:58 |
| 115 | 137 |     | 8 Maire Irlam      | F35 | (004/049) | Fenland Running Club   | 00:48:08 |
| 116 | 44  | 108 | Ian Wilkinson      | M40 | (035/107) | Unattached             | 00:48:10 |
| 117 | 107 | 109 | Pasquale Ruggiero  | M40 | (036/107) | Fenland Running Club   | 00:48:12 |
| 118 | 138 | 110 | Alan Buckberry     | M50 | (020/055) | Sleaford Striders      | 00:48:13 |
| 119 | 355 | 111 | Dave Bennett       | M60 | (002/019) | BarnsleyAC             | 00:48:18 |
| 120 | 188 | 112 | Chris. McDonnell   | M50 | (021/055) | Notfast Runners Newark | 00:48:21 |
| 121 | 462 | 113 | Phil Galpin        | M40 | (037/107) | Unattached             | 00:48:27 |
| 122 | 441 | 114 | Stephen Doleman    | M40 | (038/107) | Unattached             | 00:48:29 |
| 123 | 439 | 115 | David Barsby       | M40 | (039/107) | Werrington Joggers     | 00:48:30 |
| 124 | 20  | 116 | Graham Potter      | M40 | (040/107) | Sleaford Striders      | 00:48:32 |
| 125 | 313 | 117 | Thomas Williamson  | M   | (049/098) | Unattached             | 00:48:33 |
| 126 | 322 | 118 | John Ellerby       | M50 | (022/055) | Grantham AC            | 00:48:34 |
| 127 | 59  | 119 | Robert Mcandle     | M50 | (023/055) | Grantham AC            | 00:48:36 |
| 128 | 215 | 120 | Ken Balding        | M50 | (024/055) | Unattached             | 00:48:50 |
| 129 | 358 | 121 | David Foster       | M40 | (041/107) | Unattached             | 00:48:51 |
| 130 | 196 |     | 9 Lisa Jermey      | F   | (002/043) | Fenland Running Club   | 00:48:52 |
| 131 | 202 | 122 | Rob Singleton      | M   | (050/098) | Unattached             | 00:48:53 |
| 132 | 177 | 123 | ? Johnson          | M60 | (003/019) | Thames Hare & Hounds   | 00:48:54 |
| 133 | 61  |     | 10 Angela O'Connol | F35 | (005/049) | Lincoln & District RC  | 00:48:55 |
| 134 | 296 |     | 11 Laura Grimer    | F   | (003/043) | Nene Valley Harriers   | 00:48:58 |
| 135 | 232 | 124 | Andrew Cowling     | M50 | (025/055) | Thorney Running Club   | 00:48:59 |
| 136 | 204 | 125 | Carl Cousens       | M   | (051/098) | Unattached             | 00:49:02 |
| 137 | 348 | 126 | David Raynes       | M50 | (026/055) | Sleaford Town Runners  | 00:49:03 |
| 138 | 114 | 127 | John Chapman       | M40 | (042/107) | Fenland Running Club   | 00:49:04 |
| 139 | 448 | 128 | Peter Fleming      | M40 | (043/107) | Unattached             | 00:49:05 |
| 140 | 109 | 129 | Luke Taylor        | M   | (052/098) | Unattached             | 00:49:06 |
| 141 | 209 | 130 | Alberto Girolami   | M40 | (044/107) | Unattached             | 00:49:07 |
| 142 | 160 | 131 | Keith White        | M60 | (004/019) | Fenland Running Club   | 00:49:17 |
| 143 | 319 | 132 | Mathew Bone        | M   | (053/098) | Yaxley                 | 00:49:20 |
| 144 | 291 |     | 12 Jane James      | F45 | (002/035) | Sleaford Striders      | 00:49:28 |
| 145 | 63  | 133 | Martyn Skinner     | M40 | (045/107) | Unattached             | 00:49:32 |
| 146 | 228 | 134 | Andy Henson        | M40 | (046/107) | Bourne Town Harriers   | 00:49:37 |
| 147 | 415 | 135 | David Gill         | M50 | (027/055) | Notfast Runners Newark | 00:49:41 |
| 148 | 390 | 136 | Mikkel Anderson    | MJ  | (006/010) | Unattached             | 00:49:43 |
| 149 | 118 | 137 | Gary Rowley        | M50 | (028/055) | Spalding Tri Club      | 00:49:44 |
| 150 | 112 |     | 13 Kathy Horsman   | F45 | (003/035) | Bedford and County AC  | 00:49:48 |
| 151 | 91  | 138 | Anthony Yoxall     | M40 | (047/107) | Bourne Town Harriers   | 00:49:49 |
| 152 | 126 | 139 | Colin Radford      | M50 | (029/055) | Ramsey Road Runners    | 00:49:51 |
| 153 | 257 | 140 | Gary Scane         | M40 | (048/107) | Unattached             | 00:49:53 |
| 154 | 238 | 141 | Mark Tucker        | M40 | (049/107) | Grantham AC            | 00:49:54 |
| 155 | 259 | 142 | Robert Tillott     | M40 | (050/107) | Ramsey Road Runners    | 00:49:55 |
| 156 | 287 | 143 | Tim Stone          | M50 | (030/055) | Yaxley                 | 00:50:02 |
| 157 | 285 | 144 | Roland Stevens     | M50 | (031/055) | Bourne Town Harriers   | 00:50:05 |
| 158 | 39  | 145 | Richard Pearson    | M50 | (032/055) | Bourne Town Harriers   | 00:50:06 |
| 159 | 436 | 146 | Ian Vallance       | M   | (054/098) | Yaxley                 | 00:50:08 |
| 160 | 376 | 147 | Alistair Rudd      | M40 | (051/107) | Spalding Tri Club      | 00:50:11 |
| 161 | 421 | 148 | Shaun Hill         | M   | (055/098) | Unattached             | 00:50:13 |

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| 162 | 256 | 14  | Agata Chelchowska    | F   | (004/043) | March AC               | 00:50:14 |
| 163 | 458 | 149 | Kevan Naylor         | M40 | (052/107) | Barrow Runners         | 00:50:15 |
| 164 | 142 | 15  | Helen Cladingbowl    | F   | (005/043) | Louth Athletics Club   | 00:50:16 |
| 165 | 51  | 16  | Louise Burton        | F35 | (006/049) | Nene Valley Harriers   | 00:50:17 |
| 166 | 341 | 150 | Robert McCarthur     | M40 | (053/107) | Unattached             | 00:50:19 |
| 167 | 361 | 151 | Chris Taylor         | M50 | (033/055) | Bourne Town Harriers   | 00:50:23 |
| 168 | 155 | 17  | Jo Jackson           | F35 | (007/049) | Louth Athletics Club   | 00:50:27 |
| 169 | 414 | 18  | Helen Brown          | F   | (006/043) | Grantham AC            | 00:50:27 |
| 170 | 53  | 19  | Sally Valentine      | F   | (007/043) | Yaxley                 | 00:50:40 |
| 171 | 401 | 152 | Terry Jones          | M60 | (005/019) | Barrow Runners         | 00:50:43 |
| 172 | 71  | 153 | Kelvin Owen          | M40 | (054/107) | Unattached             | 00:50:45 |
| 173 | 472 | 154 | Paul Beland          | M50 | (034/055) | Bourne Town Harriers   | 00:50:50 |
| 174 | 456 | 20  | Claire Piercy        | F35 | (008/049) | Yaxley                 | 00:50:56 |
| 175 | 315 | 155 | Gareth Purdy         | M   | (056/098) | Unattached             | 00:50:59 |
| 176 | 455 | 156 | Martin Abel          | MJ  | (007/010) | Unattached             | 00:51:01 |
| 177 | 329 | 21  | Louise Swallow       | F35 | (009/049) | Bourne Town Harriers   | 00:51:02 |
| 178 | 369 | 157 | Karl Aubrey          | M50 | (035/055) | Sleaford Striders      | 00:51:03 |
| 179 | 116 | 22  | Jane Holmes          | F   | (008/043) | Fenland Running Club   | 00:51:04 |
| 180 | 54  | 158 | Roger James Hellings | M60 | (006/019) | Hartsholme Runners     | 00:51:05 |
| 181 | 393 | 23  | Rebecca Lee          | F35 | (010/049) | Unattached             | 00:51:06 |
| 182 | 64  | 159 | Mark Carpenter       | M   | (057/098) | Unattached             | 00:51:07 |
| 183 | 304 | 160 | Caryn Garner         | M40 | (055/107) | Grantham AC            | 00:51:14 |
| 184 | 305 | 24  | Corinna Litscher     | FJ  | (002/006) | Unattached             | 00:51:16 |
| 185 | 120 | 25  | Amanda Hannah        | F   | (009/043) | Stamford Striders      | 00:51:17 |
| 186 | 174 | 161 | Simon Lunn           | M   | (058/098) | Sleaford Town Runners  | 00:51:18 |
| 187 | 334 | 162 | Philip Lester        | M40 | (056/107) | Sleaford Striders      | 00:51:19 |
| 188 | 445 | 163 | Richard Knowles      | M   | (059/098) | Unattached             | 00:51:21 |
| 189 | 389 | 26  | Katy Lee             | FJ  | (003/006) | Bourne Town Harriers   | 00:51:22 |
| 190 | 353 | 27  | Linda Westlake       | F45 | (004/035) | BarnsleyAC             | 00:51:23 |
| 191 | 331 | 164 | Paul Zurawliw        | M50 | (036/055) | Barrow Runners         | 00:51:25 |
| 192 | 422 | 28  | Karen Clark          | F   | (010/043) | Unattached             | 00:51:27 |
| 193 | 131 | 165 | David Smith          | M40 | (057/107) | Royal Air Force        | 00:51:28 |
| 194 | 463 | 29  | Jacky Reynolds       | F35 | (011/049) | Barrow Runners         | 00:51:30 |
| 195 | 221 | 166 | Stephen Dawson       | M40 | (058/107) | Thorney Running Club   | 00:51:33 |
| 196 | 201 | 167 | Christopher Abel     | M40 | (059/107) | Unattached             | 00:51:35 |
| 197 | 83  | 168 | Jon Hird             | M40 | (060/107) | Sleaford Striders      | 00:51:36 |
| 198 | 387 | 169 | Garry Mitchell       | M40 | (061/107) | Unattached             | 00:51:37 |
| 199 | 62  | 170 | Paul Brewster        | M40 | (062/107) | Bourne Town Harriers   | 00:51:38 |
| 200 | 261 | 171 | Andrew Wade          | M40 | (063/107) | Stamford Striders      | 00:51:39 |
| 201 | 454 | 172 | Ryan Everett         | MJ  | (008/010) | Unattached             | 00:51:40 |
| 202 | 205 | 173 | Simon Martell        | M   | (060/098) | Notfast Runners Newark | 00:51:41 |
| 203 | 219 | 174 | Marc John Over       | M   | (061/098) | Werrington Joggers     | 00:51:43 |
| 204 | 151 | 175 | Eric Jeyes           | M50 | (037/055) | Werrington Joggers     | 00:51:45 |
| 205 | 166 | 176 | Neil Taylor          | M40 | (064/107) | Unattached             | 00:51:55 |
| 206 | 362 | 177 | Graham Miller        | M   | (062/098) | Notfast Runners Newark | 00:51:57 |
| 207 | 156 | 178 | Chris Dunn           | M   | (063/098) | Unattached             | 00:51:58 |
| 208 | 78  | 179 | David Connelly       | M   | (064/098) | Unattached             | 00:52:12 |
| 209 | 473 | 180 | Barry Ryan           | M   | (065/098) | Unattached             | 00:52:13 |
| 210 | 311 | 181 | Darren Appleton      | M   | (066/098) | Notfast Runners Newark | 00:52:14 |
| 211 | 324 | 182 | Gary Britnell        | M40 | (065/107) | Sleaford Town Runners  | 00:52:17 |
| 212 | 379 | 183 | Stephen Cook         | M   | (067/098) | Unattached             | 00:52:19 |
| 213 | 229 | 184 | Richard Broadhead    | M40 | (066/107) | Unattached             | 00:52:30 |
| 214 | 200 | 185 | Paul Towers          | M40 | (067/107) | Unattached             | 00:52:34 |
| 215 | 95  | 30  | Claudia Milburn      | F   | (011/043) | Fenland Running Club   | 00:52:35 |
| 216 | 269 | 186 | Mark Asten           | M   | (068/098) | Sutton Runners         | 00:52:42 |
| 217 | 23  | 187 | Bill Phillips        | M60 | (007/019) | Barrow Runners         | 00:52:46 |

|     |     |     |                    |     |           |                        |          |
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| 218 | 94  | 31  | Janice Andrews     | F55 | (002/015) | Grantham AC            | 00:52:54 |
| 219 | 206 | 188 | Graham Froggett    | M50 | (038/055) | Unattached             | 00:52:55 |
| 220 | 128 | 189 | Robin Ball         | M50 | (039/055) | Stamford Striders      | 00:52:58 |
| 221 | 356 | 190 | David Bull         | M   | (069/098) | Unattached             | 00:52:59 |
| 222 | 447 | 191 | David Richards     | M50 | (040/055) | Formula 1              | 00:53:04 |
| 223 | 182 | 192 | Stephen Ankers     | M50 | (041/055) | Ramsey Road Runners    | 00:53:06 |
| 224 | 226 | 193 | Philip Hall        | M50 | (042/055) | Grantham AC            | 00:53:14 |
| 225 | 346 | 194 | Ian Hanks          | M40 | (068/107) | Sleaford Striders      | 00:53:25 |
| 226 | 84  | 32  | Judith Findley     | F   | (012/043) | Unattached             | 00:53:27 |
| 227 | 338 | 195 | Peter Golden       | M40 | (069/107) | Rutland RC             | 00:53:29 |
| 228 | 1   | 33  | Lorraine Toll      | F35 | (012/049) | Barrow Runners         | 00:53:37 |
| 229 | 66  | 34  | Sue Zurawliw       | F45 | (005/035) | Barrow Runners         | 00:53:40 |
| 230 | 339 | 35  | Sarah Gauvin       | F35 | (013/049) | Fenland Running Club   | 00:53:44 |
| 231 | 363 | 196 | Paul Jepson        | M50 | (043/055) | Ropsley Road Runners   | 00:53:45 |
| 232 | 397 | 36  | Maddy Wilson       | F35 | (014/049) | Lincoln Wellington AC  | 00:53:51 |
| 233 | 469 | 197 | Adam Nelson        | M   | (070/098) | Unattached             | 00:54:05 |
| 234 | 310 | 198 | Billy Fox          | M40 | (070/107) | Unattached             | 00:54:10 |
| 235 | 233 | 199 | Simon Kirby        | M40 | (071/107) | Unattached             | 00:54:11 |
| 236 | 283 | 200 | Richard Sharpe     | M40 | (072/107) | Thorney Running Club   | 00:54:16 |
| 237 | 271 | 201 | David Grace        | M50 | (044/055) | Bourne Town Harriers   | 00:54:20 |
| 238 | 451 | 37  | Sue Harlow         | F   | (013/043) | Yaxley                 | 00:54:22 |
| 239 | 466 | 202 | Alexander Babbe    | M   | (071/098) | Stamford Striders      | 00:54:23 |
| 240 | 309 | 38  | Mary Walsh         | F35 | (015/049) | ES&M                   | 00:54:24 |
| 241 | 187 | 203 | Martin Wilkinson   | M40 | (073/107) | Unattached             | 00:54:27 |
| 242 | 80  | 204 | Sue George         | M50 | (045/055) | Fenland Running Club   | 00:54:36 |
| 243 | 301 | 205 | Keith Spencer      | M40 | (074/107) | Barrow Runners         | 00:54:42 |
| 244 | 342 | 206 | Paul PHaley        | M40 | (075/107) | Unattached             | 00:54:43 |
| 245 | 426 | 39  | Kathryn Farrar     | F   | (014/043) | Barrow Runners         | 00:54:45 |
| 246 | 372 | 40  | Cathy Davies       | F   | (015/043) | Sleaford Town Runners  | 00:54:47 |
| 247 | 69  | 41  | Sarah Baldwin      | F   | (016/043) | Unattached             | 00:54:49 |
| 248 | 357 | 42  | Diana Flint        | F45 | (006/035) | Unattached             | 00:54:53 |
| 249 | 325 | 43  | Kathryn Eastwood   | F35 | (016/049) | Barrow Runners         | 00:55:05 |
| 250 | 343 | 44  | Helen Jones-Crofts | F35 | (017/049) | BarnsleyAC             | 00:55:08 |
| 251 | 274 | 207 | Anthony Frisby     | M40 | (076/107) | Unattached             | 00:55:12 |
| 252 | 330 | 208 | Peter SWallow      | M40 | (077/107) | Bourne Town Harriers   | 00:55:14 |
| 253 | 9   | 209 | Edward Myatt       | M40 | (078/107) | Hermitage Harriers     | 00:55:15 |
| 254 | 3   | 45  | Jill Mcintyre      | F35 | (018/049) | Notfast Runners Newark | 00:55:16 |
| 255 | 189 | 46  | Lyn McDonnell      | F45 | (007/035) | Notfast Runners Newark | 00:55:26 |
| 256 | 320 | 47  | Maureen Runacres   | F35 | (019/049) | Sleaford Striders      | 00:55:31 |
| 257 | 468 | 210 | Ian Rudololf       | M   | (072/098) | Unattached             | 00:55:45 |
| 258 | 167 | 48  | Anne Gilroy        | F45 | (008/035) | Lincoln Wellington AC  | 00:55:48 |
| 259 | 298 | 211 | Dean Pearson       | M40 | (079/107) | Werrington Joggers     | 00:56:00 |
| 260 | 192 | 49  | Anna Thompson      | F35 | (020/049) | Sleaford Striders      | 00:56:03 |
| 261 | 203 | 50  | Katie Singleton    | F   | (017/043) | Unattached             | 00:56:04 |
| 262 | 6   | 212 | Paul Rees          | M40 | (080/107) | Unattached             | 00:56:06 |
| 263 | 31  | 213 | Peter Holmes       | M40 | (081/107) | Unattached             | 00:56:09 |
| 264 | 30  | 51  | Debbie Holmes      | F45 | (009/035) | Unattached             | 00:56:10 |
| 265 | 85  | 214 | Curtis Moore       | M40 | (082/107) | Unattached             | 00:56:14 |
| 266 | 115 | 52  | Suzanne Moon       | F   | (018/043) | Stamford Striders      | 00:56:21 |
| 267 | 253 | 215 | Mike Freeman       | M60 | (008/019) | Unattached             | 00:56:23 |
| 268 | 35  | 216 | Shaun Kemp         | M40 | (083/107) | Bourne Town Harriers   | 00:56:24 |
| 269 | 75  | 217 | Gordon Orr         | M50 | (046/055) | Stamford Striders      | 00:56:32 |
| 270 | 140 | 218 | Dino Amendola      | M40 | (084/107) | Worksop Harriers       | 00:56:36 |
| 271 | 41  | 219 | Alan Fisher        | M40 | (085/107) | RAF Wittering          | 00:56:43 |
| 272 | 423 | 220 | Glyn Paskin        | M   | (073/098) | Unattached             | 00:56:51 |
| 273 | 365 | 53  | Maddy Stokes       | FJ  | (004/006) | Ramsey Road Runners    | 00:56:56 |

|     |     |     |                      |     |           |                           |          |
|-----|-----|-----|----------------------|-----|-----------|---------------------------|----------|
| 274 | 368 | 221 | Andrew Brett         | M   | (074/098) | Ramsey Road Runners       | 00:56:57 |
| 275 | 367 | 54  | Michelle Prior       | F   | (019/043) | Ramsey Road Runners       | 00:56:58 |
| 276 | 383 | 222 | Barney Hinnigan      | M   | (075/098) | Unattached                | 00:57:06 |
| 277 | 275 | 223 | Dan Frisby           | MJ  | (009/010) | Unattached                | 00:57:15 |
| 278 | 40  | 55  | Kate Fisher          | F35 | (021/049) | Notfast Runners Newark    | 00:57:19 |
| 279 | 349 | 56  | Nikki Loomes         | F45 | (010/035) | Sleaford Striders         | 00:57:27 |
| 280 | 409 | 57  | Anne Emerson         | F45 | (011/035) | Stamford Striders         | 00:57:28 |
| 281 | 152 | 58  | Leigh Chorlton       | F   | (020/043) | Stamford Striders         | 00:57:30 |
| 282 | 352 | 224 | Alistair Froggett    | M   | (076/098) | Unattached                | 00:57:34 |
| 283 | 384 | 225 | Peter Hamilton       | M40 | (086/107) | Unattached                | 00:57:36 |
| 284 | 15  | 226 | Dominic Troop        | M   | (077/098) | Unattached                | 00:57:41 |
| 285 | 381 | 59  | Sophia Reeves        | F   | (021/043) | Unattached                | 00:57:42 |
| 286 | 36  | 60  | Rachel Kemp          | F35 | (022/049) | Bourne Town Harriers      | 00:57:44 |
| 287 | 475 | 61  | Holly McDonnell      | FJ  | (005/006) | Sleaford Town Runners     | 00:57:46 |
| 288 | 282 | 227 | Mark Shrimpton       | M   | (078/098) | Unattached                | 00:57:55 |
| 289 | 230 | 228 | Frances Weeks        | M   | (079/098) | Unattached                | 00:57:58 |
| 290 | 457 | 229 | Craig McPherson      | M   | (080/098) | Unattached                | 00:58:02 |
| 291 | 243 | 230 | John Miller          | M60 | (009/019) | Notfast Runners Newark    | 00:58:05 |
| 292 | 250 | 62  | Julie Mendes         | F35 | (023/049) | Sleaford Striders         | 00:58:16 |
| 293 | 147 | 231 | Richard Turner       | M60 | (010/019) | Yaxley                    | 00:58:20 |
| 294 | 251 | 232 | Steve Pepper         | M40 | (087/107) | Unattached                | 00:58:23 |
| 295 | 378 | 233 | Christopher Flintham | M40 | (088/107) | Maltby RC                 | 00:58:26 |
| 296 | 446 | 63  | Lorraine Varney      | F45 | (012/035) | Formula 1                 | 00:58:29 |
| 297 | 193 | 234 | Jeremy Faint         | M40 | (089/107) | Unattached                | 00:58:32 |
| 298 | 382 | 235 | Nicholas Burlington  | M   | (081/098) | Unattached                | 00:58:33 |
| 299 | 380 |     | -unknown-            |     | (n/a)     |                           | 00:58:34 |
| 300 | 70  | 64  | Alison Mills         | F35 | (024/049) | Unattached                | 00:58:36 |
| 301 | 27  | 236 | Andy Pritchett       | M40 | (090/107) | Notfast Runners Newark    | 00:58:38 |
| 302 | 321 | 65  | Rachel Harvey        | F   | (022/043) | Barrow Runners            | 00:58:40 |
| 303 | 246 | 66  | Jane Greenwood       | F45 | (013/035) | Fenland Running Club      | 00:58:48 |
| 304 | 86  | 67  | Joanne Moore         | F35 | (025/049) | Stamford Striders         | 00:58:54 |
| 305 | 186 | 68  | Michaela Ridley      | F35 | (026/049) | Riverside Runners         | 00:58:55 |
| 306 | 185 | 237 | Paul Ridley          | M40 | (091/107) | Riverside Runners         | 00:58:56 |
| 307 | 144 | 238 | Tony Lack            | M60 | (011/019) | Ramsey Road Runners       | 00:59:02 |
| 308 | 161 | 239 | Alan Bird            | M60 | (012/019) | Ropsley Road Runners      | 00:59:08 |
| 309 | 364 | 69  | Donya Stokes         | F35 | (027/049) | Unattached                | 00:59:09 |
| 310 | 366 | 240 | Gavin Stokes         | M40 | (092/107) | Ramsey Road Runners       | 00:59:10 |
| 311 | 108 | 70  | Gabriela Cammarata   | F   | (023/043) | Unattached                | 00:59:12 |
| 312 | 258 | 71  | Sharon Raine         | F   | (024/043) | Stamford Striders         | 00:59:17 |
| 313 | 392 | 241 | Daniel Knight        | M   | (082/098) | Unattached                | 00:59:20 |
| 314 | 122 | 242 | Andrew Wright        | M40 | (093/107) | Yaxley                    | 00:59:23 |
| 315 | 211 | 243 | Mike Whaley          | M60 | (013/019) | Unattached                | 00:59:25 |
| 316 | 227 | 244 | Glyn Botfield        | M50 | (047/055) | Road Runners Club         | 00:59:31 |
| 317 | 263 | 72  | Ursula Byles         | F   | (025/043) | Unattached                | 00:59:39 |
| 318 | 262 | 73  | Lynsey Neal          | F   | (026/043) | Unattached                | 00:59:40 |
| 319 | 295 | 245 | Richard Woodward     | M40 | (094/107) | Unattached                | 00:59:41 |
| 320 | 425 | 246 | Paul Shaw            | M40 | (095/107) | Sleaford Striders         | 00:59:42 |
| 321 | 302 | 74  | Anne Johnstone       | F35 | (028/049) | Unattached                | 00:59:45 |
| 322 | 260 | 75  | Jennifer Tillott     | FJ  | (006/006) | Ramsey Road Runners       | 00:59:49 |
| 323 | 294 | 76  | Marcia Woodward      | F35 | (029/049) | Unattached                | 00:59:51 |
| 324 | 162 | 77  | Veronica Richards    | F45 | (014/035) | Thames Hare & Hounds      | 01:00:06 |
| 325 | 244 | 78  | Aimee Stocker        | F   | (027/043) | Spalding Tri Club         | 01:00:14 |
| 326 | 241 | 247 | John Leggett         | M60 | (014/019) | Trail Runners Association | 01:00:20 |
| 327 | 234 | 248 | Philip Boddey        | M50 | (048/055) | Stamford Striders         | 01:00:22 |
| 328 | 135 | 79  | Elizabeth Dixon      | F45 | (015/035) | Bourne Town Harriers      | 01:00:32 |
| 329 | 42  | 80  | Sharron Toms         | F35 | (030/049) | Yaxley                    | 01:00:41 |

|     |     |     |                    |     |           |                          |          |
|-----|-----|-----|--------------------|-----|-----------|--------------------------|----------|
| 330 | 163 | 81  | Sue Osmond         | F45 | (016/035) | Unattached               | 01:00:46 |
| 331 | 68  | 249 | Peter Newman       | M   | (083/098) | Sleaford Striders        | 01:00:47 |
| 332 | 280 | 82  | Melanie Murdoch    | F   | (028/043) | Fenland Running Club     | 01:00:50 |
| 333 | 450 | 83  | Rachel Powell      | F45 | (017/035) | Serpentine RC            | 01:00:57 |
| 334 | 391 | 250 | Stuart Benyon      | M40 | (096/107) | UKNetRunne               | 01:00:59 |
| 335 | 172 | 84  | Val Eve            | F55 | (003/015) | Stamford Striders        | 01:01:08 |
| 336 | 440 | 85  | Grace Plant        | F45 | (018/035) | Grantham AC              | 01:01:18 |
| 337 | 335 | 251 | Lee Cooper         | M   | (084/098) | Thorney Running Club     | 01:01:31 |
| 338 | 289 | 252 | David Windle       | M40 | (097/107) | Unattached               | 01:01:36 |
| 339 | 58  | 86  | Maria Sowerby      | F45 | (019/035) | Stamford Striders        | 01:01:37 |
| 340 | 432 | 87  | Natalie Blismas    | F35 | (031/049) | Unattached               | 01:01:39 |
| 341 | 433 | 253 | Nick Blismas       | M   | (085/098) | Unattached               | 01:01:39 |
| 342 | 347 | 254 | Lee Marshall       | M   | (086/098) | Unattached               | 01:01:55 |
| 343 | 169 | 88  | Elma Brown         | F55 | (004/015) | Fell Runners Association | 01:01:57 |
| 344 | 307 | 255 | Mark Spencer       | M50 | (049/055) | Unattached               | 01:02:05 |
| 345 | 284 | 89  | Carolyn Skinner    | F35 | (032/049) | Unattached               | 01:02:14 |
| 346 | 478 | 90  | Victoria Stockwell | F   | (029/043) | Unattached               | 01:02:16 |
| 347 | 10  | 91  | Diane Myatt        | F35 | (033/049) | Hermitage Harriers       | 01:02:16 |
| 348 | 24  | 92  | Jude McCarthy      | F45 | (020/035) | Unattached               | 01:02:26 |
| 349 | 208 | 256 | Jon Thelwell       | M   | (087/098) | Unattached               | 01:02:46 |
| 350 | 444 | 93  | Anthea Kettle      | F55 | (005/015) | Unattached               | 01:02:47 |
| 351 | 22  | 94  | Hazel Brewin       | F55 | (006/015) | Werrington Joggers       | 01:02:51 |
| 352 | 45  | 95  | Jacqueline Browne  | F45 | (021/035) | Unattached               | 01:02:52 |
| 353 | 178 | 257 | Keith Saward       | M60 | (015/019) | March AC                 | 01:02:53 |
| 354 | 101 | 96  | Gena Jackman       | F55 | (007/015) | March AC                 | 01:02:54 |
| 355 | 286 | 97  | Val Stone          | F45 | (022/035) | Yaxley                   | 01:03:08 |
| 356 | 373 | 258 | Lea Addlesee       | M   | (088/098) | Sleaford Town Runners    | 01:03:13 |
| 357 | 476 | 259 | John McDonnell     | M50 | (050/055) | Sleaford Town Runners    | 01:03:14 |
| 358 | 37  | 98  | Betty Stracey      | F55 | (008/015) | Lincoln Wellington AC    | 01:03:19 |
| 359 | 237 | 99  | Nicky Asplin       | F35 | (034/049) | Bourne Town Harriers     | 01:03:22 |
| 360 | 239 | 100 | Lia Clayton        | F55 | (009/015) | Bourne Town Harriers     | 01:03:25 |
| 361 | 479 | 260 | Jon Stockwell      | M   | (089/098) | Unattached               | 01:03:28 |
| 362 | 314 |     | -unknown-          |     | (n/a)     |                          | 01:03:53 |
| 363 | 217 | 101 | Fiona Kelman       | F35 | (035/049) | Unattached               | 01:03:58 |
| 364 | 297 | 261 | Dan Zenchuk        | M   | (090/098) | Unattached               | 01:04:00 |
| 365 | 460 | 102 | Paula Fairbanks    | F   | (030/043) | Fenland Running Club     | 01:04:09 |
| 366 | 88  | 262 | Mark Webster       | M40 | (098/107) | Notts AC                 | 01:04:11 |
| 367 | 210 | 263 | Karl Holmes        | M40 | (099/107) | Cleethorpes AC           | 01:04:27 |
| 368 | 345 | 103 | Julie Hanks        | F35 | (036/049) | Sleaford Striders        | 01:04:31 |
| 369 | 145 | 104 | Sheila Clark       | F45 | (023/035) | Unattached               | 01:04:39 |
| 370 | 417 | 264 | Jason Vernalls     | M   | (091/098) | Peterborough AC          | 01:04:40 |
| 371 | 354 | 105 | Anne Bennet        | F55 | (010/015) | BarnsleyAC               | 01:04:49 |
| 372 | 350 | 106 | Lynne Hurrell      | F35 | (037/049) | BarnsleyAC               | 01:04:50 |
| 373 | 430 | 265 | Steve Mitchell     | M   | (092/098) | Unattached               | 01:04:56 |
| 374 | 420 | 266 | Alan Gray          | M50 | (051/055) | Unattached               | 01:05:10 |
| 375 | 442 | 107 | Amanda Abbott      | F35 | (038/049) | Unattached               | 01:05:11 |
| 376 | 288 | 108 | Heather McCrea     | F   | (031/043) | Unattached               | 01:05:12 |
| 377 | 164 | 109 | Gemma Hutton       | F   | (032/043) | Thorney Running Club     | 01:05:18 |
| 378 | 113 | 110 | Lisa Wyllie        | F   | (033/043) | Stamford Striders        | 01:05:26 |
| 379 | 276 | 111 | Carrie Kirby       | F   | (034/043) | Unattached               | 01:05:34 |
| 380 | 67  | 112 | Leanne Ward        | F   | (035/043) | Sleaford Striders        | 01:05:50 |
| 381 | 452 | 113 | Annie Giles        | F35 | (039/049) | Sleaford Striders        | 01:05:50 |
| 382 | 290 | 114 | Katherine Cook     | F35 | (040/049) | Unattached               | 01:05:50 |
| 383 | 281 | 267 | Keith Wilding      | M50 | (052/055) | Unattached               | 01:06:13 |
| 384 | 102 | 268 | Ian Turrell        | M40 | (100/107) | Lincoln & District RC    | 01:06:17 |
| 385 | 235 | 269 | Malcolm Scriven    | M50 | (053/055) | Bourne Town Harriers     | 01:06:18 |

|     |     |     |                      |     |           |                          |          |
|-----|-----|-----|----------------------|-----|-----------|--------------------------|----------|
| 386 | 431 | 115 | Jackie Duers         | F45 | (024/035) | Notfast Runners Newark   | 01:06:24 |
| 387 | 32  | 116 | Kaley Boothby        | F   | (036/043) | Unattached               | 01:06:35 |
| 388 | 340 | 117 | Fiona Vaughan        | F   | (037/043) | Grantham AC              | 01:06:57 |
| 389 | 306 | 270 | Philip Garner        | M40 | (101/107) | Grantham AC              | 01:07:01 |
| 390 | 317 | 118 | Sue McPartlin        | F35 | (041/049) | Spalding Tri Club        | 01:07:02 |
| 391 | 46  | 271 | Ellis Gardner-Browne | M   | (093/098) | Unattached               | 01:07:05 |
| 392 | 136 | 272 | Stuart Bremner       | M40 | (102/107) | Bourne Town Harriers     | 01:07:19 |
| 393 | 268 | 273 | Stanley Thornton     | M60 | (016/019) | Sleaford Striders        | 01:07:38 |
| 394 | 344 | 119 | Christine Tindale    | F55 | (011/015) | Unattached               | 01:07:39 |
| 395 | 220 | 274 | Stephen Gorman       | M40 | (103/107) | Unattached               | 01:07:54 |
| 396 | 103 | 120 | Catherine Sheldrake  | F35 | (042/049) | Unattached               | 01:08:35 |
| 397 | 337 | 275 | Garry Wilson         | M40 | (104/107) | Sleaford Striders        | 01:08:52 |
| 398 | 123 | 121 | Sue Heron            | F45 | (025/035) | Unattached               | 01:08:52 |
| 399 | 336 | 122 | Linda Melloy         | F45 | (026/035) | Sleaford Striders        | 01:08:52 |
| 400 | 141 | 123 | Emma Halls           | F   | (038/043) | Unattached               | 01:08:57 |
| 401 | 402 | 124 | Anna Brocklehurst    | F   | (039/043) | Barrow Runners           | 01:09:02 |
| 402 | 72  | 125 | Catherine Owen       | F   | (040/043) | Unattached               | 01:09:06 |
| 403 | 82  | 126 | Michelle Hird        | F35 | (043/049) | Sleaford Striders        | 01:09:19 |
| 404 | 38  | 127 | Val Bark             | F   | (041/043) | Thorney Running Club     | 01:09:50 |
| 405 | 216 | 128 | Nikki Griffin        | F35 | (044/049) | Unattached               | 01:09:56 |
| 406 | 117 | 129 | Anne Rowley          | F45 | (027/035) | Spalding Tri Club        | 01:10:19 |
| 407 | 181 | 276 | Tim Bridle           | M   | (094/098) | Unattached               | 01:10:22 |
| 408 | 424 | 277 | James Relchelt       | M   | (095/098) | Unattached               | 01:10:24 |
| 409 | 175 | 130 | Sharn Phagoora       | F35 | (045/049) | Yaxley                   | 01:10:25 |
| 410 | 165 | 131 | Gill Holmes          | F55 | (012/015) | Thorney Running Club     | 01:10:42 |
| 411 | 74  | 132 | Karen Wilkinson      | F45 | (028/035) | Unattached               | 01:11:04 |
| 412 | 73  | 133 | Kate Terry           | F45 | (029/035) | Unattached               | 01:11:08 |
| 413 | 52  | 134 | Catherine Simpson    | F45 | (030/035) | Sleaford Town Runners    | 01:11:17 |
| 414 | 419 | 278 | William Cunningham   | M50 | (054/055) | Unattached               | 01:11:20 |
| 415 | 398 | 279 | Michael Whitlock     | MJ  | (010/010) | Unattached               | 01:11:43 |
| 416 | 405 | 280 | Stephen Ashurst      | M40 | (105/107) | Ramsey Road Runners      | 01:11:52 |
| 417 | 404 | 135 | Debra Ashurst        | F35 | (046/049) | Unattached               | 01:11:52 |
| 418 | 418 | 136 | Anne McCrae          | F45 | (031/035) | Werrington Joggers       | 01:12:51 |
| 419 | 25  | 137 | Jean Bagworth        | F55 | (013/015) | Unattached               | 01:13:03 |
| 420 | 99  | 281 | Colin Green          | M60 | (017/019) | Notfast Runners Newark   | 01:13:22 |
| 421 | 100 | 138 | Marian Green         | F55 | (014/015) | Notfast Runners Newark   | 01:13:22 |
| 422 | 168 | 282 | Mick Brown           | M60 | (018/019) | Fell Runners Association | 01:13:36 |
| 423 | 249 | 283 | Mike Taylor          | M   | (096/098) | Unattached               | 01:13:47 |
| 424 | 121 | 139 | Fiona Freeman        | F35 | (047/049) | Sleaford Striders        | 01:13:53 |
| 425 | 157 | 284 | Bob Oakham           | M50 | (055/055) | Notfast Runners Newark   | 01:14:19 |
| 426 | 242 | 140 | Clare Busby          | F   | (042/043) | Stamford Striders        | 01:14:20 |
| 427 | 474 | 285 | Mark Lowthian        | M40 | (106/107) | Unattached               | 01:15:14 |
| 428 | 43  | 286 | Peter Toms           | M40 | (107/107) | Yaxley                   | 01:15:24 |
| 429 | 370 | 287 | Peter Hayward        | M   | (097/098) | Sleaford Striders        | 01:15:52 |
| 430 | 375 | 141 | Isabel Ibanez        | F45 | (032/035) | Fenland Running Club     | 01:16:16 |
| 431 | 184 | 142 | Sarah Winspear       | F35 | (048/049) | Stamford Striders        | 01:16:17 |
| 432 | 49  | 143 | Elaine Allwood       | F45 | (033/035) | Stamford Striders        | 01:16:17 |
| 433 | 359 | 144 | Alison Marvel        | F45 | (034/035) | Stamford Striders        | 01:16:18 |
| 434 | 212 | 145 | Antoinette Rendle    | F55 | (015/015) | Bushfield Joggers        | 01:16:52 |
| 435 | 374 | 288 | Rishi Beeharry       | M   | (098/098) | Fenland Running Club     | 01:17:57 |
| 436 | 222 | 146 | Jo Leadbitter        | F35 | (049/049) | Sleaford Striders        | 01:21:24 |
| 437 | 471 | 147 | Nicola Sparkes       | F45 | (035/035) | Werrington Joggers       | 01:23:20 |
| 438 | 149 | 148 | Kate Eden            | F   | (043/043) | Unattached               | 01:27:49 |
| 439 | 89  | 289 | David Blyth          | M60 | (019/019) | C&C                      | 01:43:00 |