Year	Male	Club	Time	Female	Club	Time	Finishers	Male Team	Female Team
1993	John Pike	Holbeach AC	33.26	Julie Ainley		40.49	303	Sleaford	
1994	John Pike	Holbeach AC	33.26	Nicola Swithenbank	Redhill Road Runners	39.20	332		
1995	John Pike	Omega Racing Club	34.02	Nicola Misiuda	Stilton Striders	39.18	319		
1996	Justin Reason		33.23	Nicola Misiuda	Stilton Striders	38.39			
1997	Duncan McGory	Grantham AC	34.22	Frances Cook	March AC	41.05			
1998	William McGory	Grantham AC	34.40	Nicki Lee	Huncote	38.50		Bourne	
1999	John Pike	Holbeach AC	34.21	Diane Marsh	Norwich	41.08	354		
2000	Greg MacDonald	Bedford Harriers	33.28	Louise Day	Grantham	38.43	319	NVH	Grantham
2001	Paul Coleman	Grantham AC	34.01	Louise Day	Grantham	40.53	302	Bourne	Riverside
2002	Paul Coleman	Grantham AC	32.49	Tina Lazenby	NVH	41.35	324	Bourne	Riverside
2003	Pablo Vega		33.00	Louise Day	Stamford	40.12	288	Bourne	Stamford
2004	Thomas Honibal	Bourne Town Harriers	36.29	Sharon McHugh	Enfield	43.43	301	Bourne	NVH
2005	Matt Amos	Nuneaton AC	34.13	Yvonne Scarrot	Werrington	44.49	296	Bourne	
2006	Steven Body	Bedford Harriers	33.19	Nicki Nealon	Huncote	38.31	330	Bourne	Bourne
2007	Peter Tallents	Retford AC	35.06	Nicki Nealon	Huncote	37.52	354	Bourne	Barrow
2008	Matt Gunby	Woodford Green	32.35	Felicity Milton	Durham Harriers	35.54	389	Barrow	Barrow
2009	Tim Hartley	Barrow	32.59	Nicola Clay	Stilton Striders	40.01	439	Barrow	
2010	Stuart Spencer	Barrow	35.02	Philippa Taylor	Stamford Striders	39:13:00	441	Barrow	Stamford
2011									