

Position	Bib No.	Participant	Category	CatPos.	Club	GunTime	ChipTime	Pace
1.	222	Thomas Trimble	SM	1.	Lincoln Wellington Athletic Club	0:33:38.0	0:33:38.0	05:24min/mile
2.	203	Greg Southern	MV40	1.	Sleaford Striders AC	0:36:16.8	0:36:15.1	05:50min/mile
3.	112	Lewis Hopkinson	MV40	2.	Newark Striders Running Club	0:37:11.8	0:37:10.6	05:58min/mile
4.	110	Ben Hodgkin	SM	2.		0:38:18.9	0:38:17.7	06:09min/mile
5.	189	Jason Robinson	SM	3.		0:39:15.8	0:39:12.5	06:18min/mile
6.	246	Emily Foran	FV35	1.		0:39:31.7	0:39:30.1	06:21min/mile
7.	194	Andrew Scholes	SM	4.		0:39:53.5	0:39:52.0	06:24min/mile
8.	204	Mark Spence	MV40	3.	Stamford Striders	0:39:58.4	0:39:57.5	06:25min/mile
9.	9	Christopher Armstrong	MV50	1.	Grantham Running Club	0:40:03.3	0:40:02.0	06:26min/mile
10.	201	Billy Slaven	SM	5.	Werrington Joggers	0:40:06.5	0:40:04.2	06:26min/mile
11.	208	Andrew Stevens	SM	6.		0:40:33.8	0:40:30.8	06:31min/mile
12.	1	Nathan Addelee	SM	7.		0:40:42.8	0:40:39.6	06:32min/mile
13.	26	Ian Bielby	MV50	2.	Sleaford Striders AC	0:40:59.6	0:40:58.8	06:35min/mile
14.	15	Chris Balfe	SM	8.	Sleaford Town Runners	0:41:22.2	0:41:19.0	06:38min/mile
15.	60	Holly Durham	FV35	2.	Grantham Running Club	0:41:39.4	0:41:37.7	06:41min/mile
16.	141	Anthony Madge	MV60	1.	Grantham AC	0:41:58.6	0:41:56.6	06:45min/mile
17.	217	Jonathan Taylor	SM	9.		0:42:11.6	0:41:56.5	06:45min/mile
18.	186	Dean Riggall	MV40	4.	Grantham Running Club	0:42:15.1	0:42:14.3	06:47min/mile
19.	59	Steven Dowse	SM	10.		0:42:24.3	0:42:17.8	06:48min/mile
20.	12	Andy Atter	SM	11.	Grantham Running Club	0:42:36.3	0:42:35.9	06:51min/mile
21.	209	Martin Stevens	MV40	5.	Werrington Joggers	0:42:37.4	0:42:34.9	06:51min/mile
22.	148	Gav Meadows	SM	12.	Grantham Running Club	0:42:37.8	0:42:42.0	06:52min/mile
23.	84	Martin Gordon-Kerr	MV40	6.	Rutland Running & Triathlon Club	0:42:42.5	0:42:39.7	06:51min/mile
24.	138	Mark Lyon	MV40	7.	Skegness & District Running Club	0:43:02.9	0:42:52.7	06:54min/mile
25.	132	Ben Lilley	MV40	8.	Sleaford Striders AC	0:43:19.3	0:43:14.4	06:57min/mile
26.	190	David Rollings	MV40	9.		0:43:31.0	0:43:28.0	06:59min/mile
27.	130	Harry Lamb	SM	13.		0:43:55.5	0:43:54.4	07:03min/mile
28.	164	Andy Newham	MV40	10.		0:43:57.6	0:43:50.1	07:03min/mile
29.	174	Jonathan Pearson	SM	14.		0:44:01.6	0:43:54.8	07:04min/mile
30.	216	Anthony Taylor	MV50	3.		0:44:19.8	0:44:15.3	07:07min/mile
31.	126	Sarah Kaminski	FS	1.	Lincoln & District Runners	0:44:30.7	0:44:24.3	07:08min/mile
32.	79	Jaime Garcia	SM	15.	Grantham Running Club	0:44:44.6	44:39.0	7:11min/mile
33.	73	Ged Forster	MV50	4.		0:44:45.4	0:44:30.2	07:09min/mile
34.	151	George Miller	SM	16.		0:44:57.9	0:44:51.5	07:13min/mile
35.	25	John Bentley	MV40	11.		0:45:08.0	0:44:56.1	07:13min/mile
36.	80	Jonathan Garner	MV40	12.		0:45:23.6	0:45:21.9	07:18min/mile
37.	82	Dave Garraghty	MV40	13.	Lincoln & District Runners	0:45:27.8	0:45:20.5	07:17min/mile
38.	115	Sophie Hunt	FV35	3.		0:45:46.3	0:45:42.4	07:21min/mile
39.	152	Brian Mitchell	MV40	14.	Witham Runners (Lincolnshire)	0:45:53.8	0:45:46.4	07:22min/mile
40.	10	Polly Atherton	FS	2.	Sleaford Town Runners	0:46:42.6	0:46:38.9	07:30min/mile
41.	180	Andrew Rawlinson	MV40	15.		0:46:46.4	0:46:39.5	07:30min/mile
42.	228	Liam Vincent	MV40	16.	Grantham Running Club	0:47:07.2	0:46:43.5	07:31min/mile
43.	231	Leanne Warnes	FS	3.	Lincoln & District Runners	0:47:09.1	0:47:02.7	07:34min/mile
44.	139	Andrew Macallister	MV50	5.	Grantham Running Club	0:47:15.2	0:46:59.2	07:33min/mile
45.	131	Ann Le Bek	FV45	1.	Tri Sleaford Triathlon Club	0:47:16.4	0:47:05.0	07:34min/mile
46.	18	Andrew Barlex	MV50	6.		0:47:33.9	0:47:30.2	07:38min/mile
47.	165	Sean Sze Shenn Ng	SM	17.		0:47:44.3	0:47:29.6	07:38min/mile
48.	218	Steve Taylor	MV50	7.		0:47:56.5	0:47:52.4	07:42min/mile
49.	121	Paul Jepson	MV60	2.	Ropsley Road Runners	0:48:05.7	0:47:59.2	07:43min/mile
50.	16	Steve Banks	MV40	17.	Lincoln & District Runners	0:48:07.3	0:48:00.0	07:43min/mile
51.	137	Simon Lunn	MV40	18.	Sleaford Town Runners	0:48:10.0	0:47:56.5	07:42min/mile
52.	240	Gavin Willey	MV40	19.		0:48:21.2	0:48:06.9	07:44min/mile
53.	172	Jo Patrick	FV35	4.	Tri Sleaford Triathlon Club	0:48:25.4	0:47:56.3	07:42min/mile
54.	129	Charnia Kirk	FV35	5.	Grantham Running Club	0:48:37.3	0:48:34.9	07:49min/mile
55.	197	Kerri Shore	FV35	6.		0:48:55.4	0:48:44.2	07:50min/mile
56.	143	Emma Marshall-Telfer	FV35	7.	Sleaford Striders AC	0:48:59.1	0:48:29.9	07:48min/mile
57.	212	Lois Tack	FV35	8.	Lincoln & District Runners	0:49:00.8	0:48:52.2	07:51min/mile
58.	145	Steve Martin	MV50	8.	Newark Striders Running Club	0:49:03.5	0:48:49.9	07:51min/mile
59.	96	Beverley Hancock	FV35	9.	Newark Striders Running Club	0:49:08.0	0:48:54.1	07:52min/mile
60.	13	John Bainbridge	MV50	9.	Grantham AC	0:49:12.3	0:48:36.9	07:49min/mile
61.	210	Neil Stocks	SM	18.	Skegness Coasters	0:49:13.7	0:49:03.2	07:53min/mile
62.	162	Mirko Muza	MV50	10.		0:49:27.8	0:49:21.0	07:56min/mile
63.	34	Neil Broughton	MV50	11.	Gainsborough & Morton Striders	0:49:43.6	0:49:38.4	07:59min/mile
64.	67	Edward Enright	MV60	3.	Louth AC	0:49:51.1	0:49:46.5	08:00min/mile
65.	223	Mike Turczyn	SM	19.		0:49:53.7	0:49:47.3	08:00min/mile
66.	40	Anthony Chamberlain	MV50	12.	Grantham Running Club	0:49:55.6	0:49:35.7	07:58min/mile

67.	117	Louise Hyde	FV45	2.		0:50:07.2	0:49:47.7	08:00min/mile
68.	19	Stephen Barrand	MV40	20.		0:50:12.8	0:50:06.6	08:03min/mile
69.	122	Debbie Jinks	FV45	3.	Mablethorpe Running Club	0:50:15.8	0:50:07.3	08:03min/mile
70.	76	Angela Freemantle	FV55	1.	Sleaford Town Runners	0:50:22.4	0:50:14.5	08:05min/mile
71.	158	Declan Murphy	MV50	13.		0:50:26.5	0:50:03.0	08:03min/mile
72.	224	Catherine Turner	FV35	10.		0:50:33.1	0:50:12.3	08:04min/mile
73.	107	Jamie Hirst	MV40	21.	Sleaford Striders AC	0:50:34.5	0:50:21.7	08:06min/mile
74.	69	Paul Fenton	MV40	22.	Witham Runners (Lincolnshire)	0:50:41.4	0:50:24.7	08:06min/mile
75.	199	Mark Simons	SM	20.		0:50:48.8	0:50:40.8	08:09min/mile
76.	48	John Combie	MV60	4.	Newark AC	0:50:49.1	0:50:39.3	08:09min/mile
77.	52	Shaun Couzens	SM	21.		0:50:50.9	0:50:30.2	08:07min/mile
78.	192	Keith Rossiter	MV60	5.		0:51:04.9	0:50:49.4	08:10min/mile
79.	61	Paul Durham	MV60	6.	Grantham Running Club	0:51:06.0	0:51:01.9	08:12min/mile
80.	68	Nicki Fenton	FV35	11.	Witham Runners (Lincolnshire)	0:51:28.3	0:51:13.9	08:14min/mile
81.	98	Janet Harmston	FV55	2.	Skegness Coasters	0:51:55.3	0:51:45.4	08:19min/mile
82.	33	Suzanne Britz	FV45	4.	Grantham Running Club	0:51:59.9	0:51:55.6	08:21min/mile
83.	219	Nicole Thacker	FV35	12.		0:52:14.0	0:51:55.5	08:21min/mile
84.	4	Rebecca Allam	FS	4.		0:52:15.9	0:52:09.6	08:23min/mile
85.	47	Jamie Collier	MV40	23.		0:52:24.2	0:52:11.4	08:23min/mile
86.	191	Oliver Ross	SM	22.		0:52:26.1	0:52:05.4	08:22min/mile
87.	8	Jim Aram	MV40	24.	Lincoln Wellington Athletic Club	0:52:34.2	0:52:25.5	08:26min/mile
88.	45	Trudy Clarke	FV45	5.		0:52:43.7	0:52:34.9	08:27min/mile
89.	184	Mike Richards	MV40	25.	Witham Runners (Lincolnshire)	0:52:48.0	0:52:31.5	08:27min/mile
90.	237	Paul Whieldon	MV40	26.		0:53:02.7	0:52:51.6	08:30min/mile
91.	149	Keith Measures	MV60	7.	Grantham AC	0:53:15.4	0:53:05.3	08:32min/mile
92.	171	Richard Parr	SM	23.	Witham Runners (Lincolnshire)	0:53:20.7	0:53:03.4	08:32min/mile
93.	58	Gemma Dodsworth	FV35	13.	Sleaford Striders AC	0:53:27.3	0:52:58.4	08:31min/mile
94.	173	Sue Patrick	FV45	6.	Sleaford Striders AC	0:53:27.9	0:52:59.2	08:31min/mile
95.	31	Gareth Bradwell	SM	24.		0:53:29.4	0:53:01.0	08:31min/mile
96.	32	Sharon Bradwell	FS	5.	Sleaford Striders AC	0:53:30.0	0:53:01.7	08:32min/mile
97.	168	Melanie Papworth	FV35	14.	Sleaford Striders AC	0:53:31.0	0:53:01.2	08:31min/mile
98.	3	Marc Akers	MV40	27.		0:53:35.8	0:53:29.6	08:36min/mile
99.	238	Alistair Whitaker	MV40	28.	Sleaford Town Runners	0:53:44.7	0:53:35.5	08:37min/mile
100.	220	Jack Thomas	MV40	29.	Lincoln & District Runners	0:53:47.4	0:53:38.6	08:37min/mile
101.	89	Nicky Green	FV35	15.		0:54:14.7	0:53:44.6	08:38min/mile
102.	75	Brian Foston	MV60	8.	Lincoln & District Runners	0:54:17.9	0:54:03.8	08:42min/mile
103.	28	Lewis Blythe	SM	25.		0:54:19.6	0:53:57.8	08:41min/mile
104.	21	David Barratt	SM	26.		0:54:38.9	0:54:10.6	08:43min/mile
105.	111	Christopher Hollingworth	SM	27.		0:54:46.8	0:54:26.3	08:45min/mile
106.	102	Julie Hawkesford	FV45	7.	Skegness Coasters	0:55:10.9	0:55:01.0	08:51min/mile
107.	56	Louisa Dennett	FV35	16.	Lincoln & District Runners	0:55:11.9	0:54:55.8	08:50min/mile
108.	105	Glen Hillaby	MV40	30.	Skegness & District Running Club	0:55:24.2	0:55:04.5	08:51min/mile
109.	239	Jon Wilkinson	MV50	14.		0:55:28.0	0:55:03.9	08:51min/mile
110.	175	Ann Pensom	FV45	8.	Witham Runners (Lincolnshire)	0:55:29.3	0:55:13.0	08:53min/mile
111.	207	Melanie Standbrook	FV35	17.	Skegness & District Running Club	0:55:44.8	0:55:25.8	08:55min/mile
112.	83	Caroline Geddes	FS	6.		0:55:52.2	0:55:46.0	08:58min/mile
113.	179	Sarah Potts	FV35	18.		0:56:01.4	0:55:24.6	08:55min/mile
114.	118	Sarah Jackson	FS	7.		0:56:07.0	0:56:05.8	09:01min/mile
115.	55	Ellie Dennett	FS	8.		0:56:10.5	0:55:54.5	08:59min/mile
116.	38	Debbie Carleton	FV45	9.		0:56:23.1	0:56:11.8	09:02min/mile
117.	94	Caroline Hall	FV45	10.	Werrington Joggers	0:56:30.7	0:56:02.8	09:01min/mile
118.	123	Louise Jinks	FV45	11.	Werrington Joggers	0:56:32.3	0:56:04.4	09:01min/mile
119.	62	Nathan Eaves	SM	28.		0:57:01.9	0:56:43.8	09:07min/mile
120.	74	Laura Forster	FS	9.		0:57:03.9	0:56:37.5	09:06min/mile
121.	77	David French	MV50	15.		0:57:24.5	0:56:55.0	09:09min/mile
122.	242	Gemma Wills	FS	10.	Skegness & District Running Club	0:57:48.8	0:57:25.0	09:14min/mile
123.	166	Michael Nolan	MV50	16.		0:57:59.3	0:57:42.5	09:17min/mile
124.	97	Beverley Harker	FV55	3.		0:57:59.3	0:57:42.5	09:17min/mile
125.	157	Peter Motley	MV40	31.		0:58:04.0	0:57:28.7	09:15min/mile
126.	156	Clive Motley	MV40	32.		0:58:10.3	0:57:34.9	09:16min/mile
127.	42	Gemma Cheevers	FS	11.		0:58:10.9	0:58:00.1	09:20min/mile
128.	150	Andrea Mettam	FV45	12.	Mablethorpe Running Club	0:58:15.1	0:58:04.6	09:20min/mile
129.	114	Kerry Hudson	FV45	13.	Fetch Everyone	0:58:34.1	0:58:00.6	09:20min/mile
130.	120	Jacqueline Jacobs	FV45	14.	Grantham Running Club	0:58:45.7	0:58:22.3	09:23min/mile
131.	90	Shane Green	SM	29.		0:58:57.7	0:58:31.3	09:25min/mile
132.	140	Phil Maddison	SM	30.		0:58:57.8	0:58:25.3	09:24min/mile
133.	125	Nik Jones	MV40	33.	Grantham Running Club	0:59:00.0	0:58:36.6	09:25min/mile

134.	159	Nicki Murphy	FV45	15.		0:59:09.0	0:58:44.8	09:27min/mile
135.	92	Paul Griffiths	MV40	34.		0:59:12.5	0:58:58.7	09:29min/mile
136.	188	Charlotte Robinson	FV35	19.	Sleaford Striders AC	0:59:16.9	0:59:02.6	09:30min/mile
137.	88	Lucy Green	FS	12.		0:59:26.8	0:59:00.4	09:29min/mile
138.	71	Sarah Fitzgerald	FS	13.		0:59:32.3	0:58:57.4	09:29min/mile
139.	142	Nicola Maplethorpe	FS	14.		0:59:45.7	0:59:26.4	09:33min/mile
140.	24	Shirley Beezley	FV55	4.		0:59:48.7	0:59:13.7	09:31min/mile
141.	214	Gail Talton	FV45	16.		0:59:52.2	0:59:40.1	09:36min/mile
142.	181	Esther Redman	FV35	20.		1:00:09.0	0:59:42.0	09:36min/mile
143.	182	Matthew Redman	MV40	35.		1:00:09.0	0:59:41.5	09:36min/mile
144.	51	Claire Couzens	FV35	21.		1:00:23.4	1:00:03.2	09:39min/mile
145.	206	Peter Stanbridge	MV40	36.		1:00:24.1	0:59:50.1	09:37min/mile
146.	23	Lauren Bedford	FS	15.		1:00:57.2	1:00:47.5	09:47min/mile
147.	22	Adam Bedford	SM	31.		1:00:57.4	1:00:47.9	09:47min/mile
148.	86	Amanda Graves	FS	16.		1:01:20.0	1:01:06.2	09:50min/mile
149.	153	Jayne Mitchell	FV45	17.		1:01:21.2	1:01:07.7	09:50min/mile
150.	85	Lisa Gore	FV35	22.		1:02:09.1	1:01:36.4	09:54min/mile
151.	5	Steve Allam	MV50	17.		1:02:19.1	1:01:46.9	09:56min/mile
152.	213	Ellie Talton	FS	17.		1:02:25.8	1:02:13.2	10:00min/mile
153.	200	Catherine Simpson	FV55	5.		1:02:51.8	1:02:42.2	10:05min/mile
154.	30	Glyn Botfield	MV50	18.	North Derbyshire RC	1:02:57.5	1:02:43.3	10:05min/mile
155.	36	Yvonne Buckley	FV55	6.	Grantham Running Club	1:03:03.2	1:02:41.3	10:05min/mile
156.	221	Stanley Thornton	MV70+	1.	Sleaford Town Runners	1:03:09.1	1:02:47.6	10:06min/mile
157.	20	Darren Barratt	MV40	37.		1:03:26.8	1:02:54.5	10:07min/mile
158.	227	Katy Venables	FS	18.		1:03:48.1	1:03:29.5	10:13min/mile
159.	39	Kathryn Carroll	FV35	23.		1:03:48.6	1:03:29.7	10:13min/mile
160.	104	Michael Hill	MV60	9.		1:03:57.0	1:03:25.0	10:12min/mile
161.	35	Brendon Buckley	MV60	10.	Grantham Running Club	1:04:11.4	1:03:49.5	10:16min/mile
162.	232	Sarah Washbourn	FV35	24.	Lincoln & District Runners	1:04:20.2	1:04:04.1	10:18min/mile
163.	230	Teresa Walton	FV45	18.		1:05:09.0	1:04:41.1	10:24min/mile
164.	169	Carole Parker	FV45	19.		1:05:28.0	1:04:58.4	10:27min/mile
165.	63	Brian Edwards	MV40	38.		1:05:51.2	1:05:28.6	10:32min/mile
166.	64	Tina Edwards	FV45	20.		1:05:52.8	1:05:30.0	10:32min/mile
167.	91	Rebecca Grice	FS	19.	Skegness & District Running Club	1:05:58.0	1:05:35.0	10:33min/mile
168.	119	Allison Jackson	FS	20.		1:06:00.6	1:05:28.6	10:32min/mile
169.	95	Jackie Hallett	FV55	7.		1:06:09.5	1:05:44.4	10:34min/mile
170.	135	Hannah Lingard	FV35	25.		1:06:16.1	1:05:40.0	10:34min/mile
171.	176	Leisa Pickles	FV35	26.	Newark Striders Running Club	1:06:30.8	1:06:05.0	10:38min/mile
172.	46	Adele Clarkson	FV35	27.		1:06:35.1	1:06:17.0	10:40min/mile
173.	183	Mick Reeves	MV50	19.		1:07:12.0	1:06:35.0	10:42min/mile
174.	205	Rachel Stacey	FV35	28.		1:07:14.8	1:06:44.7	10:44min/mile
175.	29	Lynne Bobby	FV35	29.	Newark Striders Running Club	1:07:39.7	1:07:14.0	10:49min/mile
176.	167	Jennifer Palmer	FV35	30.		1:07:47.8	1:07:21.9	10:50min/mile
177.	163	Rebecca Newborough	FV45	21.		1:07:48.8	1:07:30.0	10:51min/mile
178.	113	Claire Howard	FV35	31.	Skegness & District Running Club	1:08:05.0	1:07:41.3	10:53min/mile
179.	195	Jax Sesstein	FV45	22.		1:08:20.0	1:07:54.9	10:55min/mile
180.	144	Carol Martin	FV35	32.	Derbyshire Dynamos	1:08:35.4	1:08:18.1	10:59min/mile
181.	193	Kirsty Ruttle	FV35	33.		1:08:39.5	1:08:21.2	11:00min/mile
182.	50	Ray Cooke	MV50	20.	Bedford Harriers AC	1:08:47.5	1:08:22.9	11:00min/mile
183.	49	Beth Cooke	FS	21.		1:08:48.3	1:08:23.5	11:00min/mile
184.	100	Debbie Harrison	FV35	34.		1:08:49.7	1:08:16.3	10:59min/mile
185.	53	Katie Cowie	FS	22.		1:08:50.3	1:08:17.1	10:59min/mile
186.	99	Louise Harries	FV35	35.		1:09:17.3	1:08:58.4	11:06min/mile
187.	37	Joanne Calver	MV40	39.	Sleaford Town Runners	1:10:06.6	1:09:39.1	11:12min/mile
188.	146	Paula Maxwell	FV45	23.	Skegness & District Running Club	1:11:32.4	1:11:09.4	11:27min/mile
189.	65	Teresa Elliott	FV55	8.		1:15:09.8	1:14:38.1	12:00min/mile
190.	234	Clare Wells	FS	23.	Witham Runners (Lincolnshire)	1:15:47.5	1:15:16.4	12:06min/mile
191.	229	Kim Wake	FS	24.		1:15:47.8	1:15:16.7	12:06min/mile
192.	211	Rebecca Sylvester	FS	25.	Skegness Coasters	1:16:02.2	1:15:32.0	12:09min/mile
193.	198	Alison Siddons	FV45	24.	Sleaford Striders AC	1:17:35.6	1:17:00.9	12:23min/mile
194.	27	Hannah Bigden	FS	26.		1:17:56.7	1:17:20.2	12:26min/mile
195.	236	Robert West	SM	32.		1:17:56.8	1:17:19.8	12:26min/mile
196.	202	Lewis Smith	SM	33.		1:18:44.7	1:18:26.9	12:37min/mile
197.	244	Stan Yates	MV70+	2.		1:21:34.9	1:21:00.1	13:02min/mile
198.	57	Tracey Dickinson	FV45	25.	Sleaford Striders AC	1:21:35.8	1:21:01.0	13:02min/mile
199.	41	Rachael Chapman	FV35	36.		1:23:22.7	1:23:01.4	13:21min/mile
200.	243	Nicola Winter	FV35	37.		1:23:23.2	1:23:01.9	13:21min/mile

201.	225	Anita Ulyatt	FV35	38.	Skegness Coasters	1:26:44.0	1:26:13.5	13:52min/mile
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