

Position	Bib	Participant	Category	CatPos.	Club	GunTime	Pace	Age Graded%	Note
10km									
1.	107	Ben Livesey	SM	1.	Notts AC	0:31:38.9	05:05min/mile	85.5	
2.	206	Thomas Trimble	SM	2.	Lincoln Wellington Athletic Club	0:34:30.1	05:33min/mile	79.0	
3.	185	Greg Southern	MV40	1.	Sleaford Town Runners	0:34:49.6	05:36min/mile	84.1	
4.	207	Alan Turnbull	MV40	2.	Riverside Runners	0:35:02.9	05:38min/mile	84.9	
5.	12	Sean Barkes	MV40	3.	Lincoln Wellington Athletic Club	0:35:09.9	05:39min/mile	83.3	
6.	16	Pete Duncan	MV50	1.		0:36:02.4	05:48min/mile	85.0	
7.	140	William Parkin	SM	3.	Grantham Running Club	0:36:16.1	05:50min/mile	73.6	
8.	156	John Rayner	SM	4.	North Herts RRC	0:36:30.1	05:52min/mile	73.8	
9.	181	John Siddens	MV40	4.	Sleaford Striders AC	0:36:34.1	05:53min/mile	80.8	
10.	128	Dominic Moszkal	SM	5.		0:36:50.2	05:55min/mile	72.5	
11.	105	Wayne Lathwell	SM	6.	Lincoln Wellington Athletic Club	0:37:54.5	06:06min/mile	71.3	
12.	92	Lewis Hopkinson	MV40	5.	Fernwood Running Club	0:38:13.1	06:09min/mile	73.6	
13.	112	Leigh Macdonald	SM	7.	Lincoln Wellington Athletic Club	0:38:29.2	06:11min/mile	69.4	
14.	173	Andrew Scholes	SM	8.		0:38:42.9	06:13min/mile	69.6	
15.	67	Kevin Garrick	SM	9.		0:38:54.5	06:15min/mile	68.6	
16.	238	William Fox	SM	10.		0:39:58.4	06:25min/mile	66.8	
17.	199	Jonathan Taylor	SM	11.		0:40:00.0	06:26min/mile	66.7	
18.	93	Robert Howbrook	MV50	2.	Grantham Running Club	0:40:07.3	06:27min/mile	78.8	
19.	59	Richard Flint	SM	12.		0:40:21.5	06:29min/mile	68.1	
20.	101	Aaron Johnson	SM	13.		0:40:22.3	06:29min/mile	66.1	
21.	165	Dean Riggall	MV40	6.	Grantham Running Club	0:40:33.7	06:31min/mile	68.8	
22.	80	Phillip Hamlyn	MV40	7.	Werrington Joggers	0:40:34.0	06:31min/mile	71.0	
23.	65	Jonny Frawley	SM	14.		0:40:52.8	06:34min/mile	65.7	
24.	189	Andrew Stevens	SM	15.		0:41:00.1	06:35min/mile	65.2	
25.	213	Peter Wass	MV40	8.	Lincoln Wellington Athletic Club	0:41:03.3	06:36min/mile	71.9	
26.	31	Helen Cladingbowl	FS	1.		0:41:10.4	06:37min/mile	73.7	
27.	103	Scott Jones	MV40	9.	Grantham Running Club	0:41:13.0	06:37min/mile	67.2	
28.	222	Lee Whitton	SM	16.	Eye Community Runners	0:41:46.3	06:43min/mile	63.9	
29.	82	Thomas Hamlyn	SM	17.	Werrington Joggers	0:41:49.1	06:43min/mile	65.2	
30.	14	Michael Baxter	SM	18.	Sleaford Town Runners	0:41:53.3	06:44min/mile	64.9	
31.	200	Steven Taylor	MV40	10.	Lincoln & District Runners	0:41:56.3	06:44min/mile	67.6	
32.	46	Steven Dowse	SM	19.		0:42:17.8	06:48min/mile	63.1	
33.	27	Simon Coates	SM	20.		0:42:18.9	06:48min/mile	71.6	
34.	143	Andrew Pask	SM	21.	Grantham Running Club	0:42:26.6	06:49min/mile	63.3	
35.	183	Christopher Smith	MV40	11.		0:43:23.3	06:58min/mile	67.5	
36.	104	Harry Lamb	SM	22.		0:43:36.2	07:01min/mile	61.2	
37.	226	Chris Wood	MV50	3.		0:43:39.3	07:01min/mile	72.4	
38.	78	Tomasz Grzelewski	MV40	12.		0:43:56.2	07:04min/mile	65.6	
39.	239	Jordan Williams	SM	23.	Sleaford Striders AC	0:44:00.5	07:04min/mile		
40.	186	Andrew Spencer	MV50	4.	Grantham Running Club	0:44:07.8	07:06min/mile	69.8	
41.	61	Ged Forster	MV50	5.		0:44:10.3	07:06min/mile	71.6	
42.	43	Joanne Diffey	FV45	1.	Lincoln Wellington Athletic Club	0:44:17.5	07:07min/mile	73.2	
43.	24	Rob Caven	MV40	13.	Sleaford Striders AC	0:44:34.7	07:10min/mile	66.8	
44.	4	Cathy Ayton	FS	2.	Ilkeston Running Club	0:44:35.8	07:10min/mile	68.3	
45.	84	Laurence Hawkins	MV40	14.		0:45:04.6	07:15min/mile	62.4	
46.	1	Neil Aelberry	SM	24.		0:45:11.1	07:16min/mile	60.8	
47.	225	Gavin Willey	MV40	15.		0:45:13.9	07:16min/mile	64.7	
48.	3	Jair Antonio	MV50	6.	Skegness Triathlon Club	0:45:17.6	07:17min/mile	66.3	
49.	35	Laura Conway	FS	3.	Vegan Runners UK	0:45:22.3	07:18min/mile	66.8	
50.	8	Kevin Baldwin	MV50	7.		0:45:30.0	07:19min/mile	68.3	
51.	71	Martin Gordon-Kerr	MV40	16.	Rutland Running & Triathlon Club	0:45:50.4	07:22min/mile	62.8	
52.	212	Leanne Warnes	FS	4.	Lincoln & District Runners	0:46:04.2	07:24min/mile	65.9	
53.	124	Anna Mongan	FV35	1.	Lincoln & District Runners	0:46:30.7	07:29min/mile	67.5	

Position	Bib	Participant	Category	CatPos.	Club	GunTime	Pace	Age Graded%	Note
54.	97	Laura James-Hutchinson	FS	5.	Heanor Running Club	0:46:33.9	07:29min/mile	65.2	
55.	193	Mark David Stow	SM	25.	Witham Runners (Lincolnshire)	0:46:37.0	07:30min/mile	58.3	
56.	21	Abi Bruce	FS	6.	Riverside Runners	0:47:14.2	07:36min/mile	64.2	
57.	153	Jonathan Radford	SM	26.		0:47:14.9	07:36min/mile	56.7	
58.	54	Edward Enright	MV60	1.	Louth AC	0:47:17.5	07:36min/mile	69.3	
59.	25	Anthony Chamberlain	MV50	8.	Grantham Running Club	0:47:18.3	07:36min/mile	65.7	
60.	118	Steve Martin	MV50	9.		0:47:31.9	07:38min/mile	63.7	
61.	121	Keith Measures	MV60	2.	Grantham AC	0:47:38.0	07:39min/mile	70.8	
62.	117	Emma Marshall-Telfer	FV35	2.	Sleaford Striders AC	0:47:42.4	07:40min/mile	66.8	
63.	111	Andrew Macallister	MV50	10.	Grantham Running Club	0:47:57.9	07:43min/mile	65.9	
64.	45	Cameron Donald	SM	27.		0:48:01.2	07:43min/mile	55.6	
65.	144	Jo Patrick	FV35	3.		0:48:10.8	07:45min/mile	65.2	
66.	125	Jim Morris	MV50	11.	Witham Runners (Lincolnshire)	0:48:12.0	07:45min/mile	63.3	
67.	49	Ruth Dunstan	FV35	4.	Grantham Running Club	0:48:12.6	07:45min/mile	64.7	
68.	7	Daniel Baker	SM	28.		0:48:23.8	07:47min/mile	55.2	
69.	50	Holly Durham	FS	7.	Grantham Running Club	0:48:24.9	07:47min/mile	62.9	
70.	146	Jonathan Pearson	SM	29.		0:48:36.5	07:49min/mile	55.9	
71.	110	Simon Lunn	MV40	17.	Sleaford Town Runners	0:48:38.3	07:49min/mile	58.3	
72.	204	Wyn Thomas	MV40	18.	Newark Striders Running Club	0:48:44.2	07:50min/mile	57.7	
73.	13	Stephen Barrand	MV40	19.		0:48:49.4	07:51min/mile	60.0	
74.	159	Jeremy Reichelt	MV50	12.	Notfast RC	0:49:18.4	07:56min/mile	64.7	
75.	203	Jack Thomas	MV40	20.	Lincoln & District Runners	0:49:34.5	07:58min/mile	58.6	
76.	134	Mirko Muza	MV50	13.		0:49:41.3	07:59min/mile	60.4	
77.	191	Neil Stocks	SM	30.	Skegness Coasters	0:49:45.9	08:00min/mile	54.6	
78.	162	Alex Rickard	SM	31.		0:49:50.5	08:01min/mile	53.6	
79.	33	Trudy Clarke	FV45	2.		0:49:52.0	08:01min/mile	67.9	
80.	155	Rob Rainsford	MV50	14.	Heanor Running Club	0:49:57.5	08:02min/mile	62.2	
81.	81	Rosslyn Hamlyn	FV45	3.	Werrington Joggers	0:49:57.5	08:02min/mile	65.5	
82.	172	Richard Scarr	MV60	3.	Reading Roadrunners	0:50:05.9	08:03min/mile	66.7	
83.	108	Hayley Livesey	FV35	5.	Notts AC	0:50:06.0	08:03min/mile	63.1	
84.	98	Paul Jepson	MV60	4.		0:50:13.9	08:05min/mile	65.8	
85.	123	Ian Mitchell	MV50	15.		0:50:15.7	08:05min/mile	60.7	
86.	10	Samantha Ballaam	FS	8.	Newark Striders Running Club	0:50:34.9	08:08min/mile	60.0	
87.	63	Brian Foston	MV60	5.	Lincoln & District Runners	0:50:35.0	08:08min/mile	69.9	
88.	221	Cherie Whiteman	FV35	6.		0:50:57.9	08:12min/mile	61.6	
89.	57	Kim Fardell	MV50	16.		0:51:01.6	08:12min/mile	61.9	
90.	109	Adam Long	SM	32.		0:51:02.9	08:12min/mile	52.3	
91.	130	Peter Motley	MV40	21.		0:51:13.4	08:14min/mile	56.2	
92.	197	Lois Tack	FV35	7.	North Shields Polytechnic Club	0:51:18.3	08:15min/mile	59.7	
93.	32	Ian Clarke	MV60	6.		0:51:23.1	08:16min/mile	68.2	
94.	100	Louise Jinks		1.	Werrington Joggers	0:51:29.1	08:17min/mile		
95.	194	Erika Stuart	FV45	4.		0:51:42.6	08:19min/mile	65.4	
96.	145	Sue Patrick	FV45	5.		0:51:49.3	08:20min/mile	62.6	
97.	28	Deborah Chessum	FV35	8.		0:52:01.3	08:22min/mile	60.8	
98.	138	Melanie Papworth	FV35	9.	Sleaford Striders AC	0:52:41.3	08:28min/mile	58.1	
99.	2	Liz Anderson	FV45	6.		0:52:41.8	08:28min/mile	62.8	
100.	44	Jamie Dixon	SM	33.		0:53:18.4	08:34min/mile	50.1	
101.	141	Tracy Parr	FV45	7.	Sleaford Town Runners	0:53:37.1	08:37min/mile	61.1	
102.	51	Paul Durham	MV60	7.	Grantham Running Club	0:53:40.2	08:38min/mile	61.6	
103.	220	Alistair Whitaker	MV40	22.	Sleaford Town Runners	0:54:06.4	08:42min/mile	53.2	
104.	179	Phil Shuttleworth	MV40	23.	Skegness Triathlon Club	0:54:10.1	08:43min/mile	54.5	
105.	215	Sandra Watson	FV45	8.		0:54:12.9	08:43min/mile	62.4	
106.	217	Simon Wegorkiewicz	SM	34.		0:54:39.0	08:47min/mile	49.1	
107.	40	Shaun Couzens	FV35	10.		0:54:42.5	08:48min/mile	56.4	
108.	182	Carol Silverwood	FV55	1.		0:54:48.3	08:49min/mile	66.4	
109.	116	Dave Marshall	MV40	24.		0:54:51.2	08:49min/mile	51.7	

Finisher List

Position	Bib	Participant	Category	CatPos.	Club	GunTime	Pace	Age Graded%	Note
110.	192	Louise Stow	FV35	11.	Witham Runners (Lincolnshire)	0:54:51.9	08:49min/mile	55.6	
111.	196	Bethany Sykes	FS	9.		0:54:52.2	08:49min/mile	55.2	
112.	62	Laura Forster	FS	10.		0:54:55.7	08:50min/mile	55.2	
113.	113	Phil Maddison	SM	35.		0:55:03.6	08:51min/mile	49.1	
114.	133	Darren Murphy	SM	36.		0:55:20.8	08:54min/mile	49.4	
115.	218	Stephen Wells	MV50	17.	Vegetarian Cycling & AC	0:55:24.3	08:55min/mile	57.6	
116.	176	Emily Sentance	FS	11.		0:55:29.0	08:55min/mile	54.6	
117.	119	Hamish Mcconchie	MV50	18.		0:55:30.3	08:55min/mile	54.1	
118.	77	Gemma Grove	FV35	12.	Witham Runners	0:55:35.0	08:56min/mile	55.5	
119.	210	Rob Wall	SM	37.		0:55:44.7	08:58min/mile	49.0	
120.	223	Jon Wilkinson	MV50	19.		0:56:00.3	09:00min/mile	55.5	
121.	171	Kim Scarbro	FS	12.		0:56:25.8	09:04min/mile	53.9	
122.	70	Daniel Goodyear	SM	38.		0:56:27.2	09:05min/mile	47.3	
123.	129	Clive Motley	MV40	25.		0:56:33.1	09:06min/mile	50.9	
124.	15	Shirley Beezley	FV55	2.		0:56:36.9	09:06min/mile	66.8	
125.	174	Kathryn Scott	FV45	9.	Newark Striders Running Club	0:56:41.5	09:07min/mile	61.9	
126.	160	Mike Richards	MV40	26.	Witham Runners	0:57:08.1	09:11min/mile	50.4	
127.	114	Nicola Maplethorpe	FS	13.		0:57:09.5	09:11min/mile	53.1	
128.	79	Caroline Hall	FV45	10.		0:57:16.0	09:12min/mile	58.4	
129.	161	Joanne Richardson	FV45	11.		0:57:24.8	09:14min/mile	56.5	
130.	34	Adele Clarkson	FV35	13.		0:57:31.8	09:15min/mile	53.1	
131.	73	Susie Gosby	FV35	14.		0:57:33.2	09:15min/mile	53.9	
132.	72	Lisa Gore	FV35	15.		0:57:36.2	09:16min/mile	53.0	
133.	148	Kay Peters	FV45	12.	Witham Runners (Lincolnshire)	0:57:53.9	09:19min/mile	61.3	
134.	20	Neil Broughton	MV50	20.	Gainsborough & Morton Striders	0:58:13.7	09:22min/mile	52.4	
135.	18	Glyn Botfield	MV50	21.		0:58:30.0	09:24min/mile	55.0	
136.	152	Sarah Potts	FV35	16.		0:58:33.2	09:25min/mile	52.5	
137.	94	Kerry Hudson	FV45	13.	Fetch Everyone	0:58:42.4	09:26min/mile	60.5	
138.	166	Julie Riggall	FV35	17.		0:58:44.5	09:27min/mile	52.0	
139.	188	Ian Starbuck	MV60	8.		0:59:10.5	09:31min/mile	55.4	
140.	76	Shane Green	SM	39.		0:59:28.6	09:34min/mile	44.9	
141.	74	Lucy Green	FS	14.		0:59:29.4	09:34min/mile	50.9	
142.	26	David Charles	MV40	27.		0:59:34.5	09:35min/mile	49.6	
143.	157	Esther Redman	FV35	18.		0:59:40.4	09:36min/mile	52.6	
144.	38	Tim Cook	MV50	22.	Werrington Joggers	0:59:42.0	09:36min/mile	52.5	
145.	214	Paul Waterfield	MV50	23.		1:00:38.0	09:45min/mile	53.5	
146.	177	Robert Sharp	SM	40.		1:00:38.4	09:45min/mile	44.8	
147.	205	Stanley Thornton	MV70	1.	Sleaford Town Runners	1:00:46.0	09:46min/mile	64.9	
148.	227	Sally Wookey	FV35	19.		1:01:01.8	09:49min/mile	52.6	
149.	120	Leanne Mchugh	FV35	20.	Sleaford Striders AC	1:01:03.0	09:49min/mile	51.1	
150.	126	Rob Morris	MV40	28.		1:01:26.1	09:53min/mile	47.6	
151.	209	Michele Upcott	FV45	14.		1:02:35.1	10:04min/mile	53.4	
152.	135	Anthony Myles	MV40	29.	UKnetrunner.co.UK	1:02:40.8	10:05min/mile	47.5	
153.	180	Louisa Sibcy	FV35	21.	Newark Striders Running Club	1:03:15.9	10:10min/mile	48.6	
154.	39	Claire Couzens	FV35	22.		1:03:16.1	10:10min/mile	49.3	
155.	202	Gavin Thomas	SM	41.		1:03:53.6	10:16min/mile	42.8	
156.	190	Tom Stimson	MV40	30.	Newark Striders Running Club	1:04:14.4	10:20min/mile	44.1	
157.	216	Sue Watson	FV45	15.	Newark Striders Running Club	1:04:49.7	10:25min/mile	54.8	
158.	69	Gazita Gillick	FV45	16.		1:06:24.5	10:41min/mile	49.8	
159.	99	Carly Jewett	FS	15.		1:06:43.2	10:44min/mile	45.4	
160.	52	Tom Ebberley	SM	42.		1:06:44.3	10:44min/mile	40.0	
161.	132	Jayne Murphy	FV35	23.		1:07:04.0	10:47min/mile	45.6	
162.	170	Kirsty Ruttle	FV35	24.		1:07:09.7	10:48min/mile	45.8	
163.	37	Claire Cook	FS	16.	Werrington Joggers	1:07:49.8	10:54min/mile	44.7	
164.	96	Allison Jackson	FS	17.		1:08:08.0	10:57min/mile	44.6	
165.	83	Louise Harries	FS	18.		1:08:09.5	10:58min/mile	44.6	

Finisher List

Position	Bib	Participant	Category	CatPos.	Club	GunTime	Pace	Age Graded%	Note
166.	30	Julie Chick	FV45	17.	Newark Striders Running Club	1:08:13.4	10:58min/mile	48.5	
167.	29	Anne-Marie Chick	FV35	25.	Newark Striders Running Club	1:08:14.3	10:58min/mile	47.1	
168.	198	Anthony Taylor	MV50	24.		1:08:32.0	11:01min/mile	46.1	
169.	147	Michael Pell	MV50	25.		1:08:47.2	11:04min/mile	45.9	
170.	142	Karen Partridge	FV35	26.	Newark Striders Running Club	1:08:51.1	11:04min/mile	46.3	
171.	149	Leisa Pickles	FV35	27.	Newark Striders Running Club	1:08:51.1	11:04min/mile	45.6	
172.	175	Natalie Sellars	FS	19.	Newark Striders Running Club	1:08:52.3	11:05min/mile	44.2	
173.	131	Adrian Mumby	SM	43.		1:09:06.8	11:07min/mile	38.6	
174.	53	Teresa Elliott	FV45	18.		1:09:31.0	11:11min/mile	51.7	
175.	87	Michelle Hill	FV45	19.		1:09:57.4	11:15min/mile	48.9	
176.	36	Carol Cook	FV45	20.	Werrington Joggers	1:10:01.1	11:16min/mile	50.1	
177.	11	Helen Barker	FV35	28.	Sleaford Town Runners	1:11:18.7	11:28min/mile	43.7	
178.	150	Rachel Pledge	FV35	29.	Sleaford Town Runners	1:11:19.1	11:28min/mile	44.7	
179.	47	Carol Dudley	FV55	3.		1:13:52.2	11:53min/mile	50.6	
180.	17	Lynne Boby	FV35	30.	Newark Striders Running Club	1:14:05.1	11:55min/mile	43.0	
181.	136	Paula Nichols	FV35	31.	Newark Striders Running Club	1:14:12.3	11:56min/mile	42.9	
182.	85	Katie Henderson	FS	20.		1:15:36.1	12:10min/mile	40.1	
183.	224	Samantha Willerton	FS	21.		1:17:52.6	12:31min/mile	38.9	
184.	219	Emma Weston	FV35	32.		1:24:10.8	13:32min/mile	37.3	

Number of records: 184