

Race Number	Surname	First Name	Club	Gender	Male Category	Female Category	Age	Time
80	Watson (CC)	Kristian	Sutton-in-Ashfield Harriers & AC	M	Male		32	0:34:16
138	Bailey	Iain	Sleaford Striders AC	M	Male		37	0:34:27
30	Greenwood (CC)	David	Holme Pierrepont RC	M	Male Vet 40		41	0:35:10
34	Oliver	Alan	Sleaford Striders AC	M	Male		27	0:35:55
10	North (CC)	Chris	Sleaford Striders AC	M	Male		30	0:37:04
46	Siddens	John	Sleaford Striders AC	M	Male Vet 40		49	0:37:09
90	Wood (CC)	Stephen	Roberttown Road Runners	M	Male		37	0:37:20
100	Wedlake	Gavin	Highworth RC	M	Male		37	0:37:38
88	Evans (CC)	Robert	Beeston AC	M	Male		32	0:37:54
183	Cross (CC)	Dean	Sutton-in-Ashfield Harriers & AC	M	Male Vet 40		48	0:38:01
308	Armstrong	Dave	Lincoln Wellington AC	M	Male Vet 40		42	0:38:05
264	Semmelroth (CC)	Jim	Unattached	M	Male		35	0:38:08
140	Kirkwood (CC)	James	Holme Pierrepont RC	M	Male		29	0:38:09
108	Shearer (CC)	Paul	ARTC	M	Male		25	0:38:18
248	Mason (CC)	Stephen	Beeston AC	M	Male Vet 40		42	0:38:25
156	Hodgkin	Ben	Grantham running club	M	Male		28	0:38:38
221	Shimada	Kaoru	Lincoln & District RRC	M	Male		37	0:38:49
112	George (CC)	Eddy	Holme Pierrepont RC	M	Male		26	0:38:53
155	Hopkinson (L)(CC)	Lewis	Newark striders	M	Male Vet 40		43	0:39:35
265	Simpson	Andy	Barrow Runners	M	Male Vet 40		43	0:39:52
167	Clark	Adrian	Bingham Tri Club	M	Male Vet 40		46	0:40:14
86	Parker (CC)	Shaun	North Derbyshire RC	M	Male Vet 40		40	0:40:17
137	Burrell (CC)	Helen	Redhill Road Runners	F		Female Vet 45	53	0:40:20
271	Isherwood (CC)	James	Beeston AC	M	Male Vet 40		42	0:40:54
107	Medard	Neil	Unattached	M	Male Vet 40		44	0:40:56
236	Williams (CC) (L)	Daniel	Unattached	M	Male		34	0:41:09
232	Kinsley (CC)	Andrew	Retford AC	M	Male		31	0:41:11
226	Corbett (CC)	David	Retford AC	M	Male Vet 40		41	0:41:12
83	Maplethorpe (CC)	Alan	Long Eaton RC	M	Male Vet 50		56	0:41:30
173	Upward (CC)	Richard	Beeston AC	M	Male Vet 40		48	0:41:34
6	Rossington	Nick	Grantham Running Club	M	Male Vet 50		50	0:41:40
32	Godwin (CC)	Sam	Notts AC	M	Male		18	0:41:40
21	Howbrook	Robert	Grantham Running Club	M	Male Vet 50		57	0:41:46
169	Harper (CC)	Robert	Bingham Tri Club	M	Male		31	0:41:48
129	Morris (CC)	Richard	Redhill Road Runners	M	Male		36	0:41:49
266	Walsh (CC)	David	Redhill Road Runners	M	Male Vet 50		55	0:41:58
20	Pattison	Carl	Unattached	M	Male		36	0:42:01
116	Harris	James	Unattached	M	Male Vet 40		42	0:42:08
222	Kirk	Ian	Unattached	M	Male Vet 40		41	0:42:16
317	Tasker	Gary	Fernwood Running Club	M	Male Vet 40		43	0:42:22
245	Winter	Mark	Newark Striders RC	M	Male Vet 40		47	0:42:28
120	Kristiansen	Lara	Rutland RC	F		Female Vet 35	44	0:42:33
223	Meadows	Gav	Grantham Running Club	M	Male		35	0:42:38
70	Foster (CC)	Simon	Retford AC	M	Male Vet 40		45	0:42:39
87	Foreman (CC)	Tony	Sutton-in-Ashfield Harriers & AC	M	Male Vet 50		54	0:42:51
166	Rice	Steven	Southwell RC	M	Male		32	0:43:01
324	Stanley	Joe	Unattached	M	Male		17	0:43:04
35	Laughton (CC)	Colin	Workshop Harriers & AC	M	Male Vet 40		45	0:43:06
118	Watson	Conrad	Sutton-in-Ashfield Harriers & AC	M	Male Vet 50		51	0:43:10
251	Cranton (CC)	Wayne	Holme Pierrepont RC	M	Male Vet 50		51	0:43:15
101	Penniston	Emma	Nene Valley Harriers	F		Female	22	0:43:20
81	Watson (CC)	Claire	Sutton-in-Ashfield Harriers & AC	F		Female	32	0:43:27
23	Roebuck	Kristian	Lincoln & District RRC	M	Male		30	0:43:28
246	Harrison	Key	Mablethorpe Running Club	M	Male Vet 60		61	0:43:35
157	Lawson	Martyn	Derby Triathlon Club	M	Male		37	0:43:54
301	Reader	Tom	Beeston AC	M	Male Vet 40		40	0:43:58
247	Payne	Catherine	Grantham Running Club	F		Female Vet 45	50	0:43:58
73	Grimer	Laura	Nene Valley Harriers	F		Female Vet 35	37	0:43:59
56	Lilley	Ben	Sleaford Striders AC	M	Male Vet 40		43	0:44:07
197	Hayes-Gill (CC)	Claire	Holme Pierrepont RC	F		Female Vet 35	42	0:44:08
146	Palmer (L)	Simon	Unattached	M	Male Vet 40		44	0:44:15
98	Brown (CC)	Keith	Sutton-in-Ashfield Harriers & AC	M	Male Vet 50		58	0:44:18
326	Bailey	Jan	Unattached	M	Male Vet 40		51	0:44:30
330	Stevens	Brian	Unattached	M	Male Vet 50		45	0:44:40
68	Green (CC)	Angela	North Shields Polytechnic AC	F		Female Vet 35	44	0:44:48
219	Stacey (CC)	Paul	Redhill Road Runners	M	Male Vet 50		51	0:44:52
13	Caven	Robert	Sleaford Striders AC	M	Male Vet 50		50	0:45:02
38	Hodges (CC)	Penny	Grantham Running Club	F		Female Vet 35	38	0:45:06
7	Hickman	Iain	Unattached	M	Male		36	0:45:06
220	Fendley (CC)	Peter	Workshop Harriers & AC	M	Male Vet 60		63	0:45:18
304	Wood	Chris	Lincoln and District RRC	M	Male Vet 50		57	0:45:21
99	Davis (L)(CC)	Peter	Newark Striders	M	Male Vet 60		63	0:45:25
216	Brandon (CC)	Ruth	Holme Pierrepont RC	F		Female Vet 35	44	0:45:37
307	Lindsay	Leroy	Newark Striders RC	M	Male Vet 50		50	0:45:52
15	Atkinson	Gary	Gainsborough & Morton Striders AC	M	Male Vet 40		43	0:45:52
255	Fowler (L)	David	Southwell RC	M	Male Vet 40		43	0:45:59
61	Hall	Geoff	Lincoln Wellington AC	M	Male Vet 60		61	0:46:05
302	McArdle	Robert	Grantham Running Club	M	Male Vet 50		56	0:46:09
312	Robinson	Lee	Newark Striders RC	M	Male			0:46:10
110	Thorne	Andrew	Southwell RC	M	Male		35	0:46:17
175	Owen (CC)	Clive	Newark Striders RC	M	Male Vet 50		58	0:46:23
237	Horton (CC)	Keiran	Unattached	M	Male		23	0:46:34
136	Eadsforth (CC)	Sophie	Beeston AC	F		Female Vet 35	42	0:46:38
250	Cranton (CC)	Patti	Holme Pierrepont RC	F		Female Vet 45	52	0:47:12
135	Patrick (CC)	David	Long Eaton RC	M	Male Vet 50		50	0:47:28
182	Kellow	Jim	Unattached	M	Male		36	0:47:34
144	Martin (L)(CC)	Steve	Newark Striders RC	M	Male Vet 50		52	0:47:36
254	Dingle (CC)	Sam	Unattached	M	Male		23	0:47:38
94	Armstrong (CC)	Beverley	Holme Pierrepont RC	F		Female Vet 35	42	0:47:58
149	Atkinson (CC)	Janet	Holme Pierrepont RC	F		Female Vet 35	44	0:48:03
1	Wilson (L)(CC)	Mark	Unattached	M	Male Vet 40		47	0:48:04
75	Nicholson (CC)	Martin	Unattached	M	Male Vet 40		45	0:48:14
147	Zemontas (L)	Daniel	Unattached	M	Male Vet 40		44	0:48:19
106	Jessop	Martin	Skegness Coasters	M	Male Vet 40		47	0:48:39
79	Rawlinson	Andrew	Unattached	M	Male Vet 40		45	0:48:43
85	Pearce	Rob	Belper Harriers	M	Male Vet 40		44	0:48:47
29	Chadwick (CC)	Becky	Retford AC	F		Female Vet 35	36	0:48:50
161	Thornton (CC)	Heather	Unattached	F		Female Vet 45	47	0:48:52
145	Rookes	Edward	Lincoln District	M	Male Vet 60		66	0:48:56
315	Knight	Sam	Unattached	M	Male		22	0:48:58
55	Broughton	Neil	Gainsborough & Morton Striders AC	M	Male Vet 50		53	0:48:58
263	Hamilton (CC)	Tracy	Workshop Harriers & AC	F		Female Vet 45	50	0:48:59
211	Dunn (L)	Chris	Unattached	M	Male Vet 60		69	0:48:59
163	Fozzard (CC)	Lorraine	Southwell RC	F		Female Vet 55	60	0:49:02
261	Spencer	Richard	Unattached	M	Male Vet 40		49	0:49:12
42	Butterworth (CC)	Richard	Redhill Road Runners	M	Male Vet 40		47	0:49:12
331	Widdowson	Mark	Redhill Road Runners	M	Male Vet 40		43	0:49:15
228	Drury (L)	Simon	Newark Striders	M	Male		37	0:49:18
208	Parker (CC) (L)	Peter	Newark Striders RC	M	Male Vet 40		43	0:49:24
39	Durham (CC)	Paul	Grantham Running Club	M	Male Vet 60		62	0:49:34
253	Preston	Andy	Sleaford Striders AC	M	Male Vet 40		43	0:49:36
227	Kahler	Roger	Unattached	M	Male Vet 40		41	0:49:39
328	Gault	Peter	Southwell RC	M	Male Vet 50		51	0:49:43
239	Tilley	Dave	Newark Striders	M	Male		37	0:49:45
270	Welburn (CC)	Jackie	Holme Pierrepont RC	F		Female Vet 35	37	0:49:51
2	Hancock (CC)	Beverley	Newark Striders RC	F		Female Vet 35	43	0:50:08
5	Buckberry	Alan	Sleaford Striders AC	M	Male Vet 60		64	0:50:09
202	Shambrook (CC)	Rachel	Redhill Road Runners	F		Female Vet 35	35	0:50:12
58	Trafford (L)	Richard	Unattached	M	Male Vet 40		40	0:50:14
325	Jepson	Paul	Ropsley Road Runners	M	Male Vet 60		62	0:50:17
218	Nightingale	Philip	Beeston AC	M	Male Vet 50		59	0:50:29
54	Tack	Lois	Lincoln & District RRC	F		Female Vet 35	37	0:50:31
76	Langlands	Helen	Unattached	F		Female	33	0:50:35
122	Dyson	Kate	North Shields Polytechnic AC	F		Female	32	0:50:35
199	Drury (CC)	Michael	Redhill Road Runners	M	Male Vet 40		40	0:50:36
231	Chamberlain	Anthony	Grantham Running Club	M	Male Vet 50		55	0:50:58
17	Bourne (L)(CC)	Gary	Newark Striders RC	M	Male Vet 40		46	0:51:08
272	Stocks (CC)	Joanne	Redhill Road Runners	F		Female Vet 35	39	0:51:20
230	Fullard (CC)	John	Unattached	M	Male Vet 40		41	0:51:25
196	Sharpe	Mark	Sleaford Striders AC	M	Male Vet 50		56	0:51:35
151	Maric	Mark	Unattached	M	Male Vet 40		43	0:51:36
50	Cooper	Philip	Unattached	M	Male Vet 60		66	0:51:41
148	Ferris	Jacqui	Retford AC	F		Female Vet 45	49	0:51:44
269	Synan	Marcus	Witham Runners	M	Male Vet 40		40	0:51:44
178	Maddison	Cliff	Unattached	M	Male Vet 50		54	0:52:09
313	Silk	Matt	Newark Striders RC	M	Male		39	0:52:22
69	Barnes (CC)	Bev	Redhill Road Runners	F		Female Vet 45	52	0:52:24
16	Burton	Dave	Sleaford Striders AC	F		Female Vet 45	49	0:52:26
9	North (CC)	Hannah	Sleaford Striders AC	F		Female	25	0:52:30
181	Prince (L)(CC)	Ben	Unattached	M	Male Vet 40		45	0:52:33
259	Whelan	Lynn	Retford AC	F		Female Vet 35	44	0:52:37
238	Hall (CC)	Amelia	Unattached	F		Female	23	0:52:38
119	Mayfield	Piers	Unattached	M	Male Vet 40		41	0:52:47
206	Rogers	Matthew	Unattached	M	Male		29	0:52:52
47	Hudson	Jane	Long Eaton RC	F		Female Vet 45	53	0:52:56
26	Dickinson	Andy	Sleaford Striders AC	M	Male Vet 50		54	0:52:59
89	Evans (CC)	Becky	Beeston AC	F		Female	30	0:53:07
59	Poole (CC)	Derek	Holme Pierrepont RC	M	Male Vet 60		71	0:53:11
309	Carrington	Jules	Unattached	F		Female Vet 45	47	0:53:24
48	Edmonds	Sarah	Long Eaton RC	F		Female Vet 35	38	0:53:30
142	Thomas	Jack	Lincoln & District RRC	M	Male Vet 40		47	0:53:31
49	Thompson	Anna	Sleaford Striders AC	F		Female Vet 45	50	0:53:42
203	Bradwell	Sharon	Sleaford Striders AC	F		Female	30	0:53:46
127	Goodwin	Stephen	Unattached	M	Male Vet 50		51	0:53:49
321	Rawson	Jon	Unattached	M	Male Vet 40		48	0:54:03
225	Pearson	Lauren-Mae	Unattached	F		Female	22	0:54:04
215	Lees	Rob	Unattached	M	Male		35	0:54:06
306	Richardson	Tim	Mansfield Harriers & AC	M	Male Vet 50		52	0:54:11
257	Ashton	Anne	Hinckley RC	F		Female Vet 55	61	0:54:13
33	Boulby (CC)	Laura	Notts AC	F		Female Vet 35	36	0:54:17
134	Salter (CC)	Mark	Unattached	M	Male Vet 50		57	0:54:43
170	McCain	Holly	Notts Women Runners	F		Female	32	0:54:48
41	Ross	Oliver	Unattached	M	Male		29	0:54:48
229	Dodsworth (CC)	Gemma	Sleaford Striders AC	F		Female Vet 35	38	0:54:58
139	Bailey (CC)	Dawn	Sleaford Striders AC	F		Female Vet 35	44	0:55:00
19	Riddell	Graham	Sleaford Striders AC	M	Male Vet 50		54	0:55:27
114	Fardell (CC)	Kim	Unattached	M	Male Vet 50		57	0:55:55
268	Simpson (CC)	Jenny	North Shields Polytechnic AC	F		Female	33	0:56:02
14	Sharpe	Claire						