

Grimsthorpe Castle 10Km

25th August 2003

Results

| | | | | | | | | | | | |
|----|-----|--------------------|-----|--------------------|---------|-----|-----|--------------------|-----|--------------------|---------|
| 1 | 237 | Pablo Vega | M25 | Spain | 0:33:00 | 82 | 194 | Peter Bunts | M46 | Ropsley RR | 0:45:38 |
| 2 | 215 | Ian Boneham | M20 | Notts AC | 0:33:13 | 83 | 279 | Russ Kelsey | M33 | Ropsley RR | 0:45:42 |
| 3 | 208 | Shaun North | M37 | Boston & Dist AC | 0:35:38 | 84 | 20 | Ted Preston | M53 | Sleaford Striders | 0:45:46 |
| 4 | 54 | Stuart Cragg | M31 | Boston & Dist AC | 0:36:40 | 85 | 161 | Carol Knight | F43 | Bourne Town Harr | 0:45:48 |
| 5 | 270 | Chris Southam | M38 | Stilton Striders | 0:36:55 | 86 | 19 | Mark Martin | M39 | Eye Comm Runners | 0:45:49 |
| 6 | 138 | Mark Botteley | M36 | Bourne Town Harr | 0:37:28 | 87 | 187 | David Raynes | M49 | Ropsley RR | 0:45:49 |
| 7 | 153 | Tim Wigley | M39 | Bourne Town Harr | 0:37:44 | 88 | 47 | Roger Helliings | M55 | EVAC | 0:45:59 |
| 8 | 65 | Bill Ablitt | M46 | Grantham AC | 0:38:15 | 89 | 261 | Ian Marshall | M35 | Bedford Harriers | 0:46:06 |
| 9 | 5 | Arthur Short | M37 | Grantham AC | 0:38:38 | 90 | 72 | Matthew Cramp | M32 | | 0:46:08 |
| 10 | 263 | Goy Roper | M41 | Norwich RR | 0:38:48 | 91 | 212 | Martin Blackwell | M39 | | 0:46:11 |
| 11 | 80 | Dave Hart | M51 | Bourne Town Harr | 0:39:00 | 92 | 201 | Deborah Shaw | F39 | Grantham AC | 0:46:17 |
| 12 | 228 | Mark Tibbert | M24 | | 0:39:23 | 93 | 255 | Mel Cox | M45 | Thorney RC | 0:46:23 |
| 13 | 129 | Vaughan Roberts | M45 | Bourne Town Harr | 0:39:33 | 94 | 39 | Karl Aubrey | M51 | Sleaford Striders | 0:46:28 |
| 14 | 304 | Richard Durrant | M51 | Royston | 0:39:43 | 95 | 159 | Barrie Williams | M65 | Retford AC | 0:46:33 |
| 15 | 29 | Andy Pack | M38 | Nene Valley Harr | 0:39:45 | 96 | 112 | Mike Parkins | M61 | EVAC | 0:46:37 |
| 16 | 146 | Chris Kelham | M31 | Ropsley RR | 0:39:55 | 97 | 266 | David Johnson | M46 | Boston & Dist AC | 0:46:40 |
| 17 | 176 | Reberto Lattuada | M36 | Royston | 0:40:11 | 98 | 43 | Pete Mitchell | M33 | Army RC | 0:46:47 |
| 18 | 25 | Louise Day | F44 | Stamford Striders | 0:40:12 | 99 | 235 | Alan Brook | M48 | Stilton Striders | 0:46:48 |
| 19 | 289 | Steve Kaye | M44 | PACTRAC | 0:40:23 | 100 | 219 | Jo Campion | F38 | Lincoln Wellington | 0:46:50 |
| 20 | 238 | Geoff Johnson | M51 | Boston & Dist AC | 0:40:27 | 101 | 66 | Sean Hart | M38 | | 0:46:52 |
| 21 | 132 | Colin Benn | M50 | Werrington Joggers | 0:40:28 | 102 | 265 | Geoff Howes | M48 | | 0:46:52 |
| 22 | 109 | John Thomas | M63 | Corby AC | 0:40:54 | 103 | 162 | Charles Knight | M46 | Bourne Town Harr | 0:46:53 |
| 23 | 264 | Tracey Curl | F41 | Norwich RR | 0:40:57 | 104 | 280 | Paul Phazey | M35 | | 0:47:03 |
| 24 | 250 | Andy Sewell | M41 | Bedford Harriers | 0:40:59 | 105 | 225 | Sarah Geddes | F28 | W'boro & Dist AC | 0:47:03 |
| 25 | 139 | Mick Revill | M40 | Stamford Striders | 0:41:04 | 106 | 96 | Alan Johnson | M51 | Worksop Harriers | 0:47:04 |
| 26 | 48 | Stephen Hughes | M28 | British Airways AC | 0:41:08 | 107 | 57 | Neill Draycott | M49 | Nene Valley Harr | 0:47:06 |
| 27 | 209 | Steve Rewston | M41 | Worksop Harriers | 0:41:13 | 108 | 199 | Dennis O'Neill | M57 | RRR | 0:47:08 |
| 28 | 147 | Pietrio Bevilacqua | M48 | Nene Valley Harr | 0:41:15 | 109 | 269 | Gabriel Kovacs | M47 | | 0:47:10 |
| 29 | 189 | Tony Frisby | M39 | | 0:41:18 | 110 | 16 | Jeremy Faint | M34 | | 0:47:13 |
| 30 | 258 | Peter Truscott | M30 | Stamford Striders | 0:41:20 | 111 | 234 | Susan Revill | F41 | Stamford Striders | 0:47:14 |
| 31 | 202 | Mark Bush | M30 | Wreake Runners | 0:41:24 | 112 | 81 | Richard Horton | M38 | | 0:47:16 |
| 32 | 221 | Clive Street | M46 | | 0:41:28 | 113 | 295 | Sarah Hill | F29 | Grantham AC | 0:47:20 |
| 33 | 177 | Ian Hall | M48 | Sutton Harriers | 0:41:30 | 114 | 167 | David Hutcheon | M59 | Norfolk Gazelles | 0:47:22 |
| 34 | 196 | Matthew Dowle | M26 | Riverside Runners | 0:41:33 | 115 | 169 | Diane Marsh | F50 | Norfolk Gazelles | 0:47:29 |
| 35 | 282 | Tony Johnson | M37 | Ropsley RR | 0:41:33 | 116 | 307 | Joe Lovell | M20 | Eye Comm Runners | 0:47:34 |
| 36 | 141 | David Smith | M53 | Bourne Town Harr | 0:41:38 | 117 | 192 | Jim Stocker | M54 | Huntingdon AC | 0:47:35 |
| 37 | 223 | Alan Rutterford | M37 | Ely Runners | 0:41:45 | 118 | 285 | Julie Stewart | F39 | Grantham AC | 0:47:38 |
| 38 | 116 | Robert Butler | M36 | Lincoln Wellington | 0:41:48 | 119 | 71 | Paul Hardy | M43 | Sleaford Striders | 0:47:39 |
| 39 | 24 | Gabriella Day | F18 | Stamford Striders | 0:41:50 | 120 | 236 | Robert Tillott | M42 | Ramsey RR | 0:47:41 |
| 40 | 277 | Andrew Brockwell | M32 | Stamford Striders | 0:42:00 | 121 | 113 | Michael Pockley | M36 | RRC | 0:47:46 |
| 41 | 18 | Geoff Hall | M48 | | 0:42:01 | 122 | 181 | David Strangeway | M47 | Lincoln Wellington | 0:47:47 |
| 42 | 22 | Matt West | M25 | Boston & Dist AC | 0:42:08 | 123 | 119 | Brian Simmonite | M49 | Lincoln Wellington | 0:47:48 |
| 43 | 229 | Bob Prothero | M43 | | 0:42:13 | 124 | 247 | Saan Roberts | F27 | Stamford Striders | 0:47:50 |
| 44 | 67 | Ben Winter | M46 | Bourne Town Harr | 0:42:20 | 125 | 203 | Adrian Cragg | M49 | | 0:47:50 |
| 45 | 185 | Cliff Smith | M47 | Bedford Harriers | 0:42:22 | 126 | 244 | Alex Pizarro | M27 | Spain | 0:47:51 |
| 46 | 200 | Adrian Green | M28 | Stamford Striders | 0:42:27 | 127 | 14 | Graham Potter | M40 | Sleaford Striders | 0:47:52 |
| 47 | 220 | Joanna Blackburn | F20 | Lincoln Wellington | 0:42:41 | 128 | 115 | Clive Harrod | M45 | Fenland R&AC | 0:48:00 |
| 48 | 218 | Steve Campion | M41 | Lincoln Wellington | 0:42:42 | 129 | 144 | Barry Coles | M39 | Stamford Striders | 0:48:03 |
| 49 | 260 | Andy Armstrong | M34 | Ropsley RR | 0:43:00 | 130 | 36 | Norman Smith | M48 | Corby AC | 0:48:07 |
| 50 | 102 | Neil Handley | M0 | | 0:43:04 | 131 | 114 | Edwin Smith | M17 | | 0:48:11 |
| 51 | 93 | Richard Titchmarsh | M60 | EVAC | 0:43:07 | 132 | 210 | Adrian Rewston | M17 | | 0:48:13 |
| 52 | 87 | Martin Prest | M45 | Sleaford Striders | 0:43:20 | 133 | 21 | Richard Pearson | M48 | Bourne Town Harr | 0:48:14 |
| 53 | 52 | Algie Audas | M44 | Stamford Striders | 0:43:22 | 134 | 256 | Chris Barrett | M54 | Stamford Striders | 0:48:22 |
| 54 | 239 | Phil Organ | M41 | Bourne Town Harr | 0:43:35 | 135 | 59 | Trudi Pike | F32 | Corby AC | 0:48:23 |
| 55 | 305 | Richard Bean | M18 | Bourne Town Harr | 0:43:45 | 136 | 175 | Rod Newborough | M58 | | 0:48:29 |
| 56 | 31 | Michael Johnson | M61 | Rutland AC | 0:43:46 | 137 | 12 | Malcolm White | M56 | Wolds Vets | 0:48:53 |
| 57 | 207 | Ivan Colman | M41 | Norfolk Gazelles | 0:43:47 | 138 | 13 | Ian Moorwood | M52 | Wolds Vets | 0:48:54 |
| 58 | 204 | Mark Deans | M26 | | 0:43:53 | 139 | 70 | Michelle Flint | F39 | Redhill RR | 0:48:55 |
| 59 | 251 | Paul Denyer | M48 | Werrington Joggers | 0:43:58 | 140 | 294 | Christine Reid | F34 | | 0:48:56 |
| 60 | 92 | Ron Cave | M54 | Werrington Joggers | 0:43:59 | 141 | 17 | Dean Longman | M28 | Riverside Runners | 0:49:03 |
| 61 | 252 | Russell Armstrong | M30 | Riverside Runners | 0:44:04 | 142 | 178 | Christopher Taylor | M50 | | 0:49:05 |
| 62 | 246 | Tom Prendersgast | M44 | London Irish AC | 0:44:10 | 143 | 89 | David Gill | M49 | NOTFAST | 0:49:10 |
| 63 | 267 | Trevor Holden | M40 | RAF Wittering | 0:44:14 | 144 | 86 | Alan Bird | M58 | Ropsley RR | 0:49:11 |
| 64 | 283 | Ian Isaacson | M35 | Eye Comm Runners | 0:44:17 | 145 | 150 | Bill Phillips | M54 | Charnwood AC | 0:49:17 |
| 65 | 105 | Ian Milburn | M58 | Fenland R&AC | 0:44:20 | 146 | 271 | Colin O'Connor | M33 | | 0:49:24 |
| 66 | 60 | Kym Wheeler | F44 | Corby AC | 0:44:25 | 147 | 197 | Johanna Dowle | F26 | Riverside Runners | 0:49:27 |
| 67 | 186 | Reg Bestwick | M46 | Worksop Harriers | 0:44:26 | 148 | 297 | Karen Clark | F22 | | 0:49:28 |
| 68 | 170 | Harry Collins | M54 | Norfolk Gazelles | 0:44:38 | 149 | 166 | Andrew McPartlin | M36 | | 0:49:29 |
| 69 | 222 | Jonathan Street | M17 | | 0:44:48 | 150 | 83 | Adrian Carder | M46 | | 0:49:33 |
| 70 | 296 | Andy Grubb | M37 | | 0:44:51 | 151 | 214 | Mervyn Joyce | M53 | Thorney RC | 0:49:34 |
| 71 | 32 | Pete Hayward | M60 | Sleaford Striders | 0:44:59 | 152 | 122 | Amanda Hannah | F33 | Stamford Striders | 0:49:38 |
| 72 | 183 | Sam Parnell | M39 | | 0:45:15 | 153 | 74 | Richard Elliott | M52 | Holme P'pont RC | 0:49:40 |
| 73 | 191 | Christopher Smith | M35 | Ropsley RR | 0:45:19 | 154 | 198 | Nigel Cooke | M38 | | 0:49:44 |
| 74 | 123 | Paul Hannah | M50 | Stamford Striders | 0:45:22 | 155 | 292 | Darren Bush | M33 | | 0:49:47 |
| 75 | 106 | Kevin Woodcock | M39 | Werrington Joggers | 0:45:23 | 156 | 95 | Len Rawlings | M63 | Werrington Joggers | 0:49:54 |
| 76 | 23 | Alan Buckberry | M51 | Sleaford Striders | 0:45:25 | 157 | 164 | Andrea Page | F27 | Nene Valley Harr | 0:49:59 |
| 77 | 231 | Mark Shrimpton | M24 | Fenland R&AC | 0:45:26 | 158 | 37 | Clive Holden | M44 | Sleaford Striders | 0:50:06 |
| 78 | 278 | Mark Cochran | M25 | Nene Valley Harr | 0:45:31 | 159 | 298 | Dawn Clark | F26 | | 0:50:09 |
| 79 | 291 | Iain Turnbull | M43 | Riverside Runners | 0:45:35 | 160 | 151 | Steven Thacker | M42 | Ropsley RR | 0:50:12 |
| 80 | 290 | Alan Turnbull | M37 | Riverside Runners | 0:45:35 | 161 | 300 | Hafiz Aladin | M19 | | 0:50:16 |
| 81 | 227 | Matt Wilkinson | M24 | | 0:45:38 | 162 | 33 | Andrew Goodman | M56 | Birstall RC | 0:50:21 |

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|-----|-----|---------------------|-----|--------------------|---------|-----|-----|--------------------|-----|---------------------|---------|
| 163 | 49 | Mervyn Kesselring | M54 | Norwich | 0:50:22 | 248 | 284 | Tom Street | M39 | | 0:59:33 |
| 164 | 27 | Emma Lord | F34 | Sleaford Striders | 0:50:31 | 249 | 107 | Alexandra Fusiara | F41 | | 0:59:36 |
| 165 | 174 | Colum Wilson | M37 | | 0:50:36 | 250 | 245 | Roger Bannister | M35 | Lincs Police | 0:59:36 |
| 166 | 299 | Karl Elliott | M29 | | 0:50:37 | 251 | 171 | Julie Hanks | F38 | Sleaford Striders | 0:59:47 |
| 167 | 127 | Gavin Green | M27 | | 0:50:39 | 252 | 288 | Chris Harbord | M57 | Gt Yarmouth RR | 0:59:52 |
| 168 | 145 | Sarah Gavin | F32 | Fenland R&AC | 0:50:40 | 253 | 281 | Angela Campion | F47 | Retford AC | 0:59:53 |
| 169 | 94 | Philip Dyke | M51 | Ramsey RR | 0:50:41 | 254 | 120 | Helen Simmonite | F23 | Lincoln Wellington | 1:00:10 |
| 170 | 103 | Dave Grace | M48 | Bourne Town Harr | 0:50:47 | 255 | 259 | Headley Davies | M47 | | 1:00:16 |
| 171 | 124 | Stephen Roberts | M47 | Sleaford Striders | 0:50:50 | 256 | 63 | Alison Mills | F36 | Nene Valley Harr | 1:00:42 |
| 172 | 190 | Peter Walker | M53 | | 0:51:01 | 257 | 100 | Val Eve | F58 | | 1:00:56 |
| 173 | 142 | Andrew Lane | M28 | | 0:51:08 | 258 | 135 | Brian Fowler | M63 | Barnet & Dist | 1:01:15 |
| 174 | 253 | Gordon Orr | M49 | Stamford Striders | 0:51:12 | 259 | 34 | Patricia Riches | F61 | Sleaford Striders | 1:01:24 |
| 175 | 41 | Anne Gilroy | F48 | Lincoln Wellington | 0:51:13 | 260 | 173 | Michelle Dobson | F27 | | 1:01:24 |
| 176 | 51 | Kate Fisher | F38 | NOTFAST | 0:51:24 | 261 | 233 | Ann Readding | F25 | | 1:01:42 |
| 177 | 50 | Alan Fisher | M40 | RAF | 0:51:24 | 262 | 211 | Carl Mellor | M53 | EVAC | 1:01:57 |
| 178 | 140 | Sheona Revill | F37 | Stamford Striders | 0:51:31 | 263 | 232 | Ruth Readding | F29 | | 1:01:58 |
| 179 | 84 | Dennis Reeson | M53 | Redhill RR | 0:51:34 | 264 | 99 | Tracey Carnall | F26 | Lincoln Wellington | 1:02:09 |
| 180 | 226 | Sally Brown | F37 | W'boro & Dist AC | 0:51:41 | 265 | 137 | Colin Chadwick | M57 | EVAC | 1:02:28 |
| 181 | 55 | Dino Amendola | M42 | Worksop Harriers | 0:51:45 | 266 | 73 | Sheila Elliott | F51 | Holme P'pont RC | 1:02:55 |
| 182 | 75 | Stanley Thornton | M64 | Bushfield Joggers | 0:51:48 | 267 | 287 | Debbie Rippon | F30 | | 1:03:12 |
| 183 | 182 | Shane Nicholls | M18 | Lincoln Wellington | 0:51:49 | 268 | 286 | Paul Rippon | M32 | | 1:03:12 |
| 184 | 117 | Michael Reading | M60 | Riverside Runners | 0:52:00 | 269 | 121 | Tracey Sharp | F35 | | 1:03:21 |
| 185 | 206 | James Atkin | M46 | March Braza | 0:52:14 | 270 | 136 | Bill Butcher | M69 | Huntingdon AC | 1:03:52 |
| 186 | 1 | Rachel Williams | F35 | | 0:52:16 | 271 | 268 | Alan Gray | M53 | | 1:04:00 |
| 187 | 45 | Allen Soper | M67 | Nene Valley Harr | 0:52:22 | 272 | 240 | Clyde Finch | M34 | | 1:05:27 |
| 188 | 156 | Julia Cooke-Simmons | F49 | W'boro & Dist AC | 0:52:29 | 273 | 126 | Susan Jones | F41 | | 1:07:07 |
| 189 | 184 | Mark Gout | M20 | Thorney RC | 0:52:34 | 274 | 125 | Carol Gent | F41 | | 1:07:43 |
| 190 | 243 | Sarah Martin | F37 | Ropsley RR | 0:52:35 | 275 | 254 | Denise Orr | F56 | Stamford Striders | 1:07:52 |
| 191 | 242 | Norman Gosbee | M52 | Ropsley RR | 0:52:36 | 276 | 82 | Helen Horton | F38 | | 1:08:37 |
| 192 | 158 | Graham Bayes | M54 | W'boro & Dist AC | 0:52:38 | 277 | 15 | Annabel Brackstone | F31 | | 1:09:00 |
| 193 | 148 | John Leggett | M58 | EVAC | 0:52:58 | 278 | 68 | Sarah Pickering | F18 | | 1:09:38 |
| 194 | 249 | Chris Gordon | M42 | Nene Valley Harr | 0:52:59 | 279 | 69 | Andrew Pickering | M47 | | 1:09:38 |
| 195 | 9 | Teresa Ware | F38 | | 0:53:00 | 280 | 306 | Steve Hibben | M54 | Desford | 1:10:04 |
| 196 | 58 | Chris Yates | M51 | Eye Comm Runners | 0:53:00 | 281 | 154 | Janis Grooby | F46 | | 1:11:22 |
| 197 | 131 | Michael Dorling | M56 | | 0:53:00 | 282 | 165 | Gill Holmes | F49 | Fenland R&AC | 1:12:15 |
| 198 | 7 | Veronica Richards | F46 | RRC | 0:53:07 | 283 | 88 | Dennis Tindall | M45 | Sleaford Striders | 1:13:21 |
| 199 | 62 | Bob Maskell | M57 | Ropsley RR | 0:53:17 | 284 | 149 | Angela Thacker | F41 | Ropsley RR | 1:15:00 |
| 200 | 143 | Anthea Kettle | F51 | | 0:53:17 | 285 | 11 | Gill Cooper | F64 | Grantham AC | 1:16:46 |
| 201 | 302 | Craig Grist | M31 | | 0:53:18 | 286 | 46 | John Spooner | M65 | RRC | 1:18:01 |
| 202 | 110 | Tyrone Dalby | M55 | EVAC | 0:53:26 | 287 | 172 | Sam Stevenson | M74 | Leicester Owls | 1:19:23 |
| 203 | 98 | Chris Jones | F45 | Lincoln Wellington | 0:53:28 | 288 | 8 | David Blyth | M83 | Cambs & Collieridge | 1:23:47 |
| 204 | 104 | Ian Stubbs | M63 | Shepshed RC | 0:53:33 | | | | | | |
| 205 | 193 | Les Arrowsmith | M57 | Sutton Harriers | 0:53:53 | | | | | | |
| 206 | 168 | Brenda Hutcheon | F55 | Norfolk Gazelles | 0:54:05 | | | | | | |
| 207 | 262 | Tony Black | M63 | Ramsey RR | 0:54:19 | | | | | | |
| 208 | 78 | Frank Carpenter | M64 | Thames H&H | 0:54:30 | | | | | | |
| 209 | 241 | Marcelle Prosser | F33 | | 0:54:43 | | | | | | |
| 210 | 276 | Kirstie Todd | F30 | Stamford Striders | 0:54:49 | | | | | | |
| 211 | 76 | Donna Thornton | F27 | Bedford Harriers | 0:54:51 | | | | | | |
| 212 | 77 | Malcolm McEwen | M29 | Bedford Harriers | 0:54:51 | | | | | | |
| 213 | 133 | Graham Leonard | M45 | Ramsey RR | 0:54:56 | | | | | | |
| 214 | 272 | Ian Marsh | M36 | Retford AC | 0:54:58 | | | | | | |
| 215 | 180 | Sylvia Strangeway | F20 | Nettleham RC | 0:55:06 | | | | | | |
| 216 | 97 | William Coulthard | M63 | Ropsley RR | 0:55:12 | | | | | | |
| 217 | 188 | Ivan Block | M41 | | 0:55:13 | | | | | | |
| 218 | 224 | Steve Thorpe | M37 | Fenland R&AC | 0:55:15 | | | | | | |
| 219 | 205 | Paul Duckett | M38 | | 0:55:19 | | | | | | |
| 220 | 56 | Carol Draycott | F49 | Nene Valley Harr | 0:55:20 | | | | | | |
| 221 | 216 | Kevin Ebbins | M54 | | 0:55:22 | | | | | | |
| 222 | 155 | Raymond Archer | M42 | | 0:55:33 | | | | | | |
| 223 | 293 | Sarah Stirling | F21 | | 0:55:55 | | | | | | |
| 224 | 118 | Barbara Reading | F56 | Riverside Runners | 0:55:57 | | | | | | |
| 225 | 28 | Elizabeth Duggan | F54 | Werrington Joggers | 0:56:07 | | | | | | |
| 226 | 130 | Derek Marsh | M59 | Retford AC | 0:56:15 | | | | | | |
| 227 | 217 | Penny Headley-Lewis | F55 | | 0:56:32 | | | | | | |
| 228 | 152 | Michael Barker | M62 | Yaxley RR | 0:56:36 | | | | | | |
| 229 | 79 | Fiona Hart | F43 | Bourne Town Harr | 0:56:37 | | | | | | |
| 230 | 213 | Paul Jepson | M49 | Military | 0:56:42 | | | | | | |
| 231 | 257 | Emma Close | F29 | Stamford Striders | 0:56:46 | | | | | | |
| 232 | 273 | Natalie Blismas | F35 | | 0:56:53 | | | | | | |
| 233 | 274 | Nick Blismas | M33 | | 0:56:53 | | | | | | |
| 234 | 248 | Cathryn Hall | F25 | Riverside Runners | 0:57:03 | | | | | | |
| 235 | 303 | Paul Mathur | M31 | | 0:57:04 | | | | | | |
| 236 | 301 | Steve Johnson | M36 | | 0:57:05 | | | | | | |
| 237 | 61 | Shirley Devlin | F42 | Saxilby RR | 0:57:11 | | | | | | |
| 238 | 101 | Alan Eve | M63 | | 0:57:21 | | | | | | |
| 239 | 163 | Mandy Tropeano | F38 | Eye Comm Runners | 0:57:23 | | | | | | |
| 240 | 128 | Paul Lavery | M26 | | 0:57:24 | | | | | | |
| 241 | 111 | Alan Hunt | M67 | | 0:57:26 | | | | | | |
| 242 | 38 | Mark Asten | M32 | | 0:57:40 | | | | | | |
| 243 | 134 | Maggie Leonard | F48 | Ramsey RR | 0:58:09 | | | | | | |
| 244 | 230 | Michael Atkinson | M53 | Ropsley RR | 0:58:17 | | | | | | |
| 245 | 195 | Sheila Bedford | F51 | | 0:58:46 | | | | | | |
| 246 | 42 | Barbara Johnson | F38 | Sleaford Striders | 0:58:54 | | | | | | |
| 247 | 108 | Chris Fusiara | M44 | | 0:59:18 | | | | | | |

Individual Prize ResultsMale Open

| | | | | | |
|---|-----|-------------|-----|------------------|---------|
| 1 | 237 | Pablo Vega | M25 | Spain | 0:33:00 |
| 2 | 215 | Ian Boneham | M20 | Notts AC | 0:33:13 |
| 3 | 208 | Shaun North | M37 | Boston & Dist AC | 0:35:38 |

Male Vet 40-44

| | | | | | |
|---|-----|-----------|-----|------------|---------|
| 1 | 263 | Goy Roper | M41 | Norwich RR | 0:38:48 |
|---|-----|-----------|-----|------------|---------|

Male Vet 45-49

| | | | | | |
|---|----|-------------|-----|-------------|---------|
| 1 | 65 | Bill Ablitt | M46 | Grantham AC | 0:38:15 |
|---|----|-------------|-----|-------------|---------|

Male Vet 50-54

| | | | | | |
|---|----|-----------|-----|------------------|---------|
| 1 | 80 | Dave Hart | M51 | Bourne Town Harr | 0:39:00 |
|---|----|-----------|-----|------------------|---------|

Male Vet 55-59

| | | | | | |
|---|-----|-------------|-----|--------------|---------|
| 1 | 105 | Ian Milburn | M58 | Fenland R&AC | 0:44:20 |
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Male Vet 60+

| | | | | | |
|---|-----|-------------|-----|----------|---------|
| 1 | 109 | John Thomas | M63 | Corby AC | 0:40:54 |
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Female Open

| | | | | | |
|---|-----|---------------|-----|-------------------|---------|
| 1 | 25 | Louise Day | F44 | Stamford Striders | 0:40:12 |
| 2 | 264 | Tracey Curl | F41 | Norwich RR | 0:40:57 |
| 3 | 24 | Gabriella Day | F18 | Stamford Striders | 0:41:50 |

Female Vet 35-39

| | | | | | |
|---|-----|--------------|-----|-------------|---------|
| 1 | 201 | Deborah Shaw | F39 | Grantham AC | 0:46:17 |
|---|-----|--------------|-----|-------------|---------|

Female Vet 40-44

| | | | | | |
|---|----|-------------|-----|----------|---------|
| 1 | 60 | Kym Wheeler | F44 | Corby AC | 0:44:25 |
|---|----|-------------|-----|----------|---------|

Female Vet 45-49

| | | | | | |
|---|----|-------------|-----|--------------------|---------|
| 1 | 41 | Anne Gilroy | F48 | Lincoln Wellington | 0:51:13 |
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Female Vet 50-54

| | | | | | |
|---|-----|-------------|-----|------------------|---------|
| 1 | 169 | Diane Marsh | F50 | Norfolk Gazelles | 0:47:29 |
|---|-----|-------------|-----|------------------|---------|

Female Vet 55+

| | | | | | |
|---|-----|-----------------|-----|------------------|---------|
| 1 | 168 | Brenda Hutcheon | F55 | Norfolk Gazelles | 0:54:05 |
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Team Results SummaryMale Team

| | | | |
|----|---|----------|-----|
| 1 | Bourne Town Harr | Total :- | 37 |
| | : 138 - M Botteley 6: 153 - T Wigley 7: 80 - D Hart 11: | | |
| | : 129 - V Roberts 13: | | |
| 2 | Boston & Dist AC | Total :- | 69 |
| | : 208 - S North 3: 54 - S Cragg 4: | | |
| | : 238 - G Johnson 20: 22 - M West 42: | | |
| 3 | Stamford Striders | Total :- | 141 |
| | : 139 - M Revill 25: 258 - P Truscott 30: | | |
| | : 277 - A Brockwell 40: 200 - A Green 46: | | |
| 4 | Ropsley RR | Total :- | 173 |
| | : 146 - C Kelham 16: 282 - T Johnson 35: | | |
| | : 260 - A Armstrong 49: 191 - C Smith 73: | | |
| 5 | Werrington Joggers | Total :- | 215 |
| | : 132 - C Benn 21: 251 - P Denyer 59:: | | |
| | : 92 - R Cave 60: 106 - K Woodcock 75: | | |
| 6 | Nene Valley Harr | Total :- | 228 |
| | : 29 - A Pack 15: 147 - P Bevilacqua 28: | | |
| | : 278 - M Cochran 78: 57 - N Draycott 107: | | |
| 7 | Riverside Runners | Total :- | 254 |
| | : 196 - M Dowle 34: 252 - R Armstrong 61: | | |
| | : 291 - I Turnbull 79: 290 - A Turnbull 80: | | |
| 8 | Sleaford Striders | Total :- | 283 |
| | : 87 - M Prest 52: 32 - P Hayward 71: | | |
| | : 23 - A Buckberry 76: 20 - T Preston 84: | | |
| 9 | Lincoln Wellington | Total :- | 331 |
| | : 116 - R Butler 38: 218 - S Campion 48: | | |
| | : 181 - D Strangeway 122: 119 - B Simmonite 123: | | |
| 10 | Bedford Harriers | Total :- | 370 |
| | : 250 - A Sewell 24: 185 - C Smith 45: | | |
| | : 261 - I Marshall 89: 77 - M McEwen 212: | | |
| 11 | Worksop Harriers | Total :- | 381 |
| | : 209 - S Rewston 27: 186 - R Bestwick 67: | | |
| | : 96 - A Johnson 106: 55 - D Amendola 181: | | |
| 12 | EVAC | Total :- | 428 |
| | : 93 - R Titchmarsh 51: 47 - R Hellings 88: | | |
| | : 112 - M Parkins 96: 148 - J Leggett 193: | | |
| 13 | Eye Comm Runners | Total :- | 462 |
| | : 283 - I Isaacson 64: 19 - M Martin 86: | | |
| | : 307 - J Lovell 116: 58 - C Yates 196: | | |
| 14 | Fenland R&AC | Total :- | 488 |
| | : 105 - I Milburn 65: 231 - M Shrimpton 77: | | |
| | : 115 - C Harrod 128: 224 - S Thorpe 218: | | |
| 15 | Ramsey RR | Total :- | 709 |
| | : 236 - R Tillott 120: 94 - P Dyke 169: | | |
| | : 262 - T Black 207: 133 - G Leonard 218: | | |

Female Team

| | | | |
|---|---|----------|-----|
| 1 | Stamford Striders | Total :- | 168 |
| | : 25 - L Day 18: 24 - G Day 39: 234 - S Revill 111: | | |
| 2 | Lincoln Wellington | Total :- | 322 |
| | : 220 - J Blackburn 47: 219 - J Campion 100: 41 - A Gilroy 175: | | |
| 3 | Grantham AC | Total :- | 323 |
| | : 201 - D Shaw 92: 295 - S Hill 113: 285 - J Stewart 118: | | |
| 4 | W'boro & Dist AC | Total :- | 473 |
| | : 225 - S Geddes 105: 226 - S Brown 180: 156 - J Cooke-Simmons 188: | | |
| 5 | Riverside Runners | Total :- | 605 |
| | : 197 - J Dowle 147: 118 - B Reading 224: 248 - C Hall 234: | | |
| 6 | Nene Valley Harr | Total :- | 633 |
| | : 164 - A Page 157: 56 - C Draycott 220: 63 - A Mills 256: | | |
| 7 | Sleaford Striders | Total :- | 661 |
| | : 27 - E Lord 164: 42 - B Johnson 246: 171 - J Hanks 251: | | |