

## Langtoft 10k 2024 Results

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
1	00:32:12	1	Male	1 / 55	Male Open	Ben	Heron	2410	Helpston Harriers AC	3:13 min/km
2	00:32:45	2	Male	2 / 55	Male Open	Thomas	Preston	2488	Peterborough & Nene Valley AC	3:16 min/km
3	00:33:59	3	Male	3 / 55	Male Open	Aaron	Scott	2513	Helpston Harriers AC	3:23 min/km
4	00:34:01	4	Male	4 / 55	Male Open	James	Gelsthorpe	2328	Helpston Harriers AC	3:24 min/km
5	00:34:32	5	Male	5 / 55	Male Open	Scott	Cameron	1261	Helpston Harriers AC	3:27 min/km
6	00:34:37	6	Male	1 / 28	Ages 40 - 44	Steve	Robinson	2500	Helpston Harriers AC	3:27 min/km
7	00:34:48	7	Male	6 / 55	Male Open	Tim	Bradley	1117		3:28 min/km
8	00:35:34	8	Male	7 / 55	Male Open	Kai	Chilvers	2281	Peterborough & Nene Valley AC	3:33 min/km
9	00:35:52	9	Male	1 / 30	Ages 45 - 49	David	Greenwood	2347	Holme Pierrepont RC	3:35 min/km
10	00:36:09	10	Male	8 / 55	Male Open	Richard	Gibbs	2332		3:36 min/km
11	00:36:23	11	Male	9 / 55	Male Open	Alex	Curtis	2260	Panvac	3:38 min/km
12	00:36:49	12	Male	10 / 55	Male Open	Samuel	Jepson	2431	Grantham Running Club	3:40 min/km
13	00:36:58	13	Male	11 / 55	Male Open	Darren	Wells	2549	Yaxley Runners & Joggers	3:41 min/km
14	00:37:09	14	Male	12 / 55	Male Open	Mark	Popple	2268	Stamford Striders	3:42 min/km
15	00:37:34	15	Male	2 / 30	Ages 45 - 49	Matthew	Kingston-Lee	2445	Grantham Running Club	3:45 min/km
16	00:37:37	16	Male	1 / 16	Ages 55 - 59	Miguel	Cann	1322		3:45 min/km
17	00:38:04	17	Male	13 / 55	Male Open	Max	Ranson	2495	Stamford Striders	3:48 min/km
18	00:38:35	18	Male	14 / 55	Male Open	Jack	Heathershaw	2407	Grantham Running Club	3:51 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
19	00:39:02	19	Male	15 / 55	Male Open	Barry	Cliffe	2285	Yaxley Runners & Joggers	3:54 min/km
20	00:39:17	20	Male	16 / 55	Male Open	Richard	Moys	2470	Stamford Striders	3:55 min/km
21	00:39:18	21	Male	3 / 30	Ages 45 - 49	Andrew	Taylor	2529	Stamford Striders	3:55 min/km
22	00:39:23	22	Male	1 / 23	Ages 50 - 54	Mark	Dujon	2306	Werrington Joggers	3:56 min/km
23	00:39:34	23	Male	17 / 55	Male Open	Nathaniel	Clifford	2288	Hunts AC	3:57 min/km
24	00:39:42	24	Male	2 / 28	Ages 40 - 44	Matthew	Atter	1051	Grantham Running Club	3:58 min/km
25	00:39:46	25	Male	2 / 16	Ages 55 - 59	Min	Migs	2465	Yaxley Runners & Joggers	3:58 min/km
26	00:39:49	26	Male	4 / 30	Ages 45 - 49	Chris	Emmerson	2272		3:58 min/km
27	00:39:53	27	Male	3 / 28	Ages 40 - 44	Simon	Carr	2276	Stamford Striders	3:59 min/km
28	00:39:59	28	Male	4 / 28	Ages 40 - 44	Ben	Wall	2270	Stamford Striders	3:59 min/km
29	00:40:06	1	Female	1 / 24	Female Open	Kayleigh	Longfoot	2452	Yaxley Runners & Joggers	4:00 min/km
30	00:40:07	29	Male	5 / 30	Ages 45 - 49	Carl	Baron	1064	Yaxley Runners & Joggers	4:00 min/km
31	00:40:23	30	Male	18 / 55	Male Open	Mark	Needham	2472		4:02 min/km
32	00:40:32	31	Male	2 / 23	Ages 50 - 54	Adrian	Land	2448	Grantham Running Club	4:03 min/km
33	00:40:47	32	Male	19 / 55	Male Open	Luke	Cossey	2297	Yaxley Runners & Joggers	4:04 min/km
34	00:41:01	33	Male	20 / 55	Male Open	David	Poole	2009		4:06 min/km
35	00:41:08	34	Male	3 / 23	Ages 50 - 54	Michael	Branston	1127	Yaxley Runners & Joggers	4:06 min/km
36	00:41:14	35	Male	5 / 28	Ages 40 - 44	Lee	Fialkowski	2317		4:07 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
37	00:41:17	36	Male	21 / 55	Male Open	Scott	Cochrane	2290		4:07 min/km
38	00:41:21	37	Male	6 / 28	Ages 40 - 44	Martin	Randall	2494	Helpston Harriers AC	4:08 min/km
39	00:41:26	38	Male	6 / 30	Ages 45 - 49	Derrick	Carpenter	1330	Skegness & District Running Club	4:08 min/km
40	00:41:30	39	Male	22 / 55	Male Open	Steven	Wilson	2556	Thorney RC	4:09 min/km
41	00:41:32	40	Male	7 / 30	Ages 45 - 49	Mike	Halcomb	2350	Yaxley Runners & Joggers	4:09 min/km
42	00:41:32	2	Female	2 / 24	Female Open	Ellie	Piccaver	2486	Yaxley Runners & Joggers	4:09 min/km
43	00:41:49	41	Male	23 / 55	Male Open	Jack	Knowles	2447	Peterborough & Nene Valley AC	4:10 min/km
44	00:41:51	42	Male	4 / 23	Ages 50 - 54	Hugh	Burton	1207	Yaxley Runners & Joggers	4:11 min/km
45	00:41:54	43	Male	7 / 28	Ages 40 - 44	Andrew	Pask	2478	Grantham Running Club	4:11 min/km
46	00:42:06	3	Female	1 / 19	Ages 40 - 44	Katerina	Hemmington	2409	Rugby & Northampton AC	4:12 min/km
47	00:42:08	4	Female	3 / 24	Female Open	Abigail	Kefford	2438	Yaxley Runners & Joggers	4:12 min/km
48	00:42:14	44	Male	3 / 16	Ages 55 - 59	Tony	Gilbert	2335	Bourne Town Harriers	4:13 min/km
49	00:42:17	45	Male	24 / 55	Male Open	Simon	King	2443		4:13 min/km
50	00:42:22	46	Male	8 / 30	Ages 45 - 49	Chris	Gold	2336	Stamford Striders	4:14 min/km
51	00:42:24	5	Female	2 / 19	Ages 40 - 44	Holly	Durham	2309	Grantham Running Club	4:14 min/km
52	00:42:28	47	Male	8 / 28	Ages 40 - 44	Jono	Greenwood	2348		4:14 min/km
53	00:42:42	48	Male	9 / 28	Ages 40 - 44	Daniel	Pearce	2482	Grantham Running Club	4:16 min/km
54	00:42:54	49	Male	25 / 55	Male Open	Jacob	Drury	2305	Yaxley Runners & Joggers	4:17 min/km
55	00:42:55	50	Male	4 / 16	Ages 55 - 59	Ed	Fancourt	2314	Stamford Striders	4:17 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
56	00:42:56	6	Female	1 / 22	Ages 45 - 49	Kelly	Maddy	2456	Thorney RC	4:17 min/km
57	00:43:01	51	Male	5 / 23	Ages 50 - 54	Steve	Harknett	2403	Peterborough & Nene Valley AC	4:18 min/km
58	00:43:04	7	Female	1 / 7	Ages 60 - 64	Roslyn Jane Rachel	Loutit	2453	Yaxley Runners & Joggers	4:18 min/km
59	00:43:09	52	Male	5 / 16	Ages 55 - 59	Alan	Carley	1326	Grantham Running Club	4:18 min/km
60	00:43:12	53	Male	26 / 55	Male Open	Tom	Jackson	2427	Eye Community Runners	4:19 min/km
61	00:43:20	8	Female	4 / 24	Female Open	Charlotte (Lottie)	Hemmings	2408	City Of Norwich AC	4:20 min/km
62	00:43:33	54	Male	10 / 28	Ages 40 - 44	Andrew	Keir	2439	Werrington Joggers	4:21 min/km
63	00:43:43	55	Male	9 / 30	Ages 45 - 49	James	Mcmullen	2463	Grantham Running Club	4:22 min/km
64	00:44:00	56	Male	6 / 23	Ages 50 - 54	Ivan	Yallup	2564		4:24 min/km
65	00:44:11	57	Male	27 / 55	Male Open	Craig	Bradley	1115	Yaxley Runners & Joggers	4:25 min/km
66	00:44:13	58	Male	28 / 55	Male Open	Robert	Ebbage	2311		4:25 min/km
67	00:44:23	9	Female	1 / 19	Ages 50 - 54	Alison	Staines	2520	Peterborough & Nene Valley AC	4:26 min/km
68	00:44:37	59	Male	1 / 5	Ages 65 - 69	Robert	Howbrook	2420	Grantham Running Club	4:27 min/km
69	00:44:43	60	Male	11 / 28	Ages 40 - 44	Garry	Cooke	2567		4:28 min/km
70	00:44:44	61	Male	10 / 30	Ages 45 - 49	John	Pike	2002		4:28 min/km
71	00:45:10	10	Female	3 / 19	Ages 40 - 44	Helen	Joyce	2436	Yaxley Runners & Joggers	4:31 min/km
72	00:45:12	11	Female	2 / 19	Ages 50 - 54	Alison	Dunphy	2308	Peterborough & Nene Valley AC	4:31 min/km
73	00:45:20	62	Male	11 / 30	Ages 45 - 49	Kevin	Wallace	2543	Grantham Running Club	4:32 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
74	00:45:27	63	Male	12 / 30	Ages 45 - 49	Paul	Rushworth	2504	Grantham Running Club	4:32 min/km
75	00:45:40	64	Male	29 / 55	Male Open	Alex	Carter	2277		4:34 min/km
76	00:45:49	65	Male	1 / 10	Ages 60 - 64	Anthony	Sharp	2514	Stamford Striders	4:34 min/km
77	00:45:51	12	Female	3 / 19	Ages 50 - 54	Jayne	Conner	2294	Yaxley Runners & Joggers	4:35 min/km
78	00:45:59	66	Male	12 / 28	Ages 40 - 44	Graham	Topham	2536		4:35 min/km
79	00:46:07	67	Male	30 / 55	Male Open	Martin	Graves	2342	Yaxley Runners & Joggers	4:36 min/km
80	00:46:18	68	Male	13 / 28	Ages 40 - 44	Gav	Meadows	2464	Grantham Running Club	4:37 min/km
81	00:46:22	69	Male	6 / 16	Ages 55 - 59	Tony	Johnson	2433	Grantham Running Club	4:38 min/km
82	00:46:30	13	Female	4 / 19	Ages 40 - 44	Lydia	Wilkie	2553	Higham Harriers	4:39 min/km
83	00:46:32	70	Male	13 / 30	Ages 45 - 49	Ben	Mason	2460	Grantham Running Club	4:39 min/km
84	00:46:36	71	Male	14 / 30	Ages 45 - 49	Premysl	Dvorak	2310	Werrington Joggers	4:39 min/km
85	00:46:49	72	Male	31 / 55	Male Open	Billy	Gallagher	2326		4:40 min/km
86	00:47:07	73	Male	32 / 55	Male Open	Thomas	Dagley	2569		4:42 min/km
87	00:47:10	74	Male	15 / 30	Ages 45 - 49	Ross	Brown	1158		4:43 min/km
88	00:47:10	75	Male	14 / 28	Ages 40 - 44	Thomas	Feely	2316	Grantham Running Club	4:43 min/km
89	00:47:11	76	Male	16 / 30	Ages 45 - 49	Phil	Neacy	2471	Thorney RC	4:43 min/km
90	00:47:27	77	Male	7 / 16	Ages 55 - 59	Kevin	Mcdonagh	2462		4:44 min/km
91	00:47:30	78	Male	17 / 30	Ages 45 - 49	Carl	Cocking	2291	Bourne Town Harriers	4:45 min/km
92	00:47:35	79	Male	18 / 30	Ages 45 - 49	Jon	Hobson	2415		4:45 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
93	00:47:36	14	Female	2 / 22	Ages 45 - 49	Nicola	Ruston-Litchfield	2505	Grantham Running Club	4:45 min/km
94	00:47:37	80	Male	2 / 10	Ages 60 - 64	Andy	Savage	2510	Yaxley Runners & Joggers	4:45 min/km
95	00:47:39	81	Male	8 / 16	Ages 55 - 59	Peter	Jennings	2429	Grantham Running Club	4:45 min/km
96	00:48:04	82	Male	3 / 10	Ages 60 - 64	Jeremy	Green	2344	Werrington Joggers	4:48 min/km
97	00:48:13	15	Female	5 / 19	Ages 40 - 44	Bianca	Barletta	2566	Yaxley Runners & Joggers	4:49 min/km
98	00:48:15	83	Male	33 / 55	Male Open	Martin	Bowles	1109		4:49 min/km
99	00:48:32	84	Male	34 / 55	Male Open	Robert	Norris	2267	Bourne Town Harriers	4:51 min/km
100	00:48:37	85	Male	35 / 55	Male Open	Darren	Ellis	1083	Yaxley Runners & Joggers	4:51 min/km
101	00:48:38	86	Male	4 / 10	Ages 60 - 64	Robert	Mcardle	2273	Gratham Running Club	4:51 min/km
102	00:48:48	87	Male	1 / 2	Ages 75+	Brian	Kearsey	2437	Stamford Striders	4:52 min/km
103	00:48:48	88	Male	36 / 55	Male Open	Will	King	2444		4:52 min/km
104	00:49:00	16	Female	1 / 11	Ages 35-39	Nicola	Ward	2545		4:54 min/km
105	00:49:08	89	Male	19 / 30	Ages 45 - 49	Clive	Wilkinson	2554		4:54 min/km
106	00:49:09	17	Female	6 / 19	Ages 40 - 44	Julie	Markley	2265		4:54 min/km
107	00:49:11	18	Female	2 / 11	Ages 35-39	Lisa	Box	1114	Yaxley Runners & Joggers	4:55 min/km
108	00:49:30	19	Female	3 / 22	Ages 45 - 49	Laura	Bailey	1057	Stamford Striders	4:57 min/km
109	00:49:33	90	Male	15 / 28	Ages 40 - 44	Richard	Payne	2481	Grantham Running Club	4:57 min/km
110	00:49:39	91	Male	9 / 16	Ages 55 - 59	Simon	Perkins	2484	Yaxley Runners & Joggers	4:57 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
111	00:49:40	92	Male	37 / 55	Male Open	Carl	Lymna-Dennis	1386		4:58 min/km
112	00:49:44	93	Male	38 / 55	Male Open	Charlie	Knight	2446		4:58 min/km
113	00:49:51	94	Male	5 / 10	Ages 60 - 64	Jim	Sands	2509	Bourne Town Harriers	4:59 min/km
114	00:49:53	95	Male	39 / 55	Male Open	Andy	Ellis	2313		4:59 min/km
115	00:49:55	96	Male	7 / 23	Ages 50 - 54	Paul	Kelly	2440	Grantham Running Club	4:59 min/km
116	00:50:01	97	Male	40 / 55	Male Open	Peter	Nemeth	2473		5:00 min/km
117	00:50:03	20	Female	7 / 19	Ages 40 - 44	Kerry	Goymour	2340	Yaxley Runners & Joggers	5:00 min/km
118	00:50:27	98	Male	41 / 55	Male Open	Chris	Quinlan	2492		5:02 min/km
119	00:50:33	99	Male	2 / 5	Ages 65 - 69	Andrew	Macallister	2454	Grantham Running Club	5:03 min/km
120	00:50:34	100	Male	20 / 30	Ages 45 - 49	Paul	Wood	2271		5:03 min/km
121	00:50:35	101	Male	8 / 23	Ages 50 - 54	Ellis	Parker	2477	Bourne Town Harriers	5:03 min/km
122	00:50:41	21	Female	5 / 24	Female Open	Zoe	Wragg	2560	Grantham Running Club	5:04 min/km
123	00:50:46	102	Male	16 / 28	Ages 40 - 44	Andrew	Bassett	1069		5:04 min/km
124	00:51:17	103	Male	10 / 16	Ages 55 - 59	Robert	Pask	2479	Grantham Running Club	5:07 min/km
125	00:51:17	104	Male	21 / 30	Ages 45 - 49	Dave	Greasley	2343		5:07 min/km
126	00:51:29	22	Female	6 / 24	Female Open	Emma	Duncan	2307	Grantham Running Club	5:08 min/km
127	00:51:35	105	Male	17 / 28	Ages 40 - 44	Philip	Amato-Gauci	1034	Yaxley Runners & Joggers	5:09 min/km
128	00:51:36	106	Male	42 / 55	Male Open	Alec	Telford	2041		5:09 min/km
129	00:51:47	107	Male	3 / 5	Ages 65 - 69	Paul	Jepson	2430	Grantham Running Club	5:10 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
130	00:51:50	23	Female	4 / 19	Ages 50 - 54	Samantha	Makwembere	2458	Yaxley Runners & Joggers	5:11 min/km
131	00:51:52	24	Female	1 / 4	Ages 55 - 59	Victoria	Cocking	2292	Bourne Town Harriers	5:11 min/km
132	00:52:01	108	Male	6 / 10	Ages 60 - 64	Kevin	Steward	2522		5:12 min/km
133	00:52:01	25	Female	7 / 24	Female Open	Heather	Buttery	1244		5:12 min/km
134	00:52:01	109	Male	11 / 16	Ages 55 - 59	Simon	Allsopp	1024	Grantham Running Club	5:12 min/km
135	00:52:03	26	Female	2 / 7	Ages 60 - 64	Sarah	High	1339	Grantham Running Club	5:12 min/km
136	00:52:10	27	Female	1 / 3	Ages 65 - 69	Sue	Ball	1058	Yaxley Runners & Joggers	5:13 min/km
137	00:52:13	110	Male	22 / 30	Ages 45 - 49	Keith	Allen	1008		5:13 min/km
138	00:52:17	28	Female	4 / 22	Ages 45 - 49	Nicola	Cuthbert	2300	Yaxley Runners & Joggers	5:13 min/km
139	00:52:21	111	Male	23 / 30	Ages 45 - 49	Rupert	Clifton	2289	Stamford Striders	5:14 min/km
140	00:52:21	29	Female	8 / 19	Ages 40 - 44	Rebecca	Candy	1275	Stamford Striders	5:14 min/km
141	00:52:23	112	Male	43 / 55	Male Open	Sam	Caton	2279	Grantham Running Club	5:14 min/km
142	00:52:24	30	Female	5 / 22	Ages 45 - 49	Abbie	Purslow	2491		5:14 min/km
143	00:52:37	31	Female	9 / 19	Ages 40 - 44	Cara	Richardson	2497		5:15 min/km
144	00:52:55	32	Female	5 / 19	Ages 50 - 54	Gillian	Pryor	2490	Bourne Town Harriers	5:17 min/km
145	00:53:05	113	Male	18 / 28	Ages 40 - 44	Gavin	Brown	1151		5:18 min/km
146	00:53:15	33	Female	6 / 19	Ages 50 - 54	Sally	Cooper	2568	Werrington Joggers	5:19 min/km
147	00:53:21	114	Male	9 / 23	Ages 50 - 54	Duncan	Milner	2466		5:20 min/km



Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
148	00:53:23	34	Female	8 / 24	Female Open	Holly	Wragg	2559	Grantham Running Club	5:20 min/km
149	00:53:25	35	Female	10 / 19	Ages 40 - 44	Ellie	Sandall	2507		5:20 min/km
150	00:53:32	115	Male	24 / 30	Ages 45 - 49	David	Kidder	2441		5:21 min/km
151	00:53:38	36	Female	7 / 19	Ages 50 - 54	Julie	Gilbert	2333	Grantham Running Club	5:21 min/km
152	00:53:40	116	Male	7 / 10	Ages 60 - 64	Marc	Archer	1041		5:22 min/km
153	00:53:57	117	Male	10 / 23	Ages 50 - 54	Paul	Wheeler	2550	Stamford Striders	5:23 min/km
154	00:53:58	37	Female	11 / 19	Ages 40 - 44	Kate	Beanland	1073		5:23 min/km
155	00:53:58	118	Male	12 / 16	Ages 55 - 59	Abid	Sayeed	2512	Eye Community Runners	5:23 min/km
156	00:54:07	38	Female	6 / 22	Ages 45 - 49	Kate	Carpenter	2275	Skegness & District Running Club	5:24 min/km
157	00:54:13	119	Male	11 / 23	Ages 50 - 54	Darren	Sharpe	2269		5:25 min/km
158	00:54:15	120	Male	19 / 28	Ages 40 - 44	Nigel	Walker	2542	Natural Bourne Runners	5:25 min/km
159	00:54:19	121	Male	44 / 55	Male Open	Adam	Smith	2517		5:25 min/km
160	00:54:22	39	Female	3 / 11	Ages 35-39	Nicole	Burton	1235		5:26 min/km
161	00:54:39	122	Male	25 / 30	Ages 45 - 49	Alan	Stones	2524	Yaxley Runners & Joggers	5:27 min/km
162	00:54:44	123	Male	45 / 55	Male Open	Jake	Flowers	2320		5:28 min/km
163	00:54:46	124	Male	20 / 28	Ages 40 - 44	Peter	Hiscock	2414		5:28 min/km
164	00:54:57	125	Male	12 / 23	Ages 50 - 54	Martin	Fuller	2325		5:29 min/km
165	00:54:59	126	Male	21 / 28	Ages 40 - 44	Iain	Mitchell-Jones	2467		5:29 min/km
166	00:55:02	127	Male	13 / 23	Ages 50 - 54	Henrik	Frijs	2323		5:30 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
167	00:55:07	40	Female	7 / 22	Ages 45 - 49	Sylv	Hull	2424	Grantham Running Club	5:30 min/km
168	00:55:09	41	Female	12 / 19	Ages 40 - 44	Susan	Copping	2296	Grantham Running Club	5:30 min/km
169	00:55:13	42	Female	8 / 22	Ages 45 - 49	Katherine	Thompson	2533	Grantham Running Club	5:31 min/km
170	00:55:22	128	Male	22 / 28	Ages 40 - 44	Daniel	Barry	1068	Stamford Striders	5:32 min/km
171	00:55:42	129	Male	14 / 23	Ages 50 - 54	Luke	Clifford	2287	Hunts AC	5:34 min/km
172	00:55:50	43	Female	9 / 24	Female Open	Zane	Rulle	2040		5:35 min/km
173	00:55:53	44	Female	4 / 11	Ages 35-39	Kirsty	Woods	2558		5:35 min/km
174	00:55:53	45	Female	5 / 11	Ages 35-39	Hayley	Riddington	2498		5:35 min/km
175	00:55:59	130	Male	23 / 28	Ages 40 - 44	Martin	Carter	2278	Grantham Running Club	5:35 min/km
176	00:56:05	131	Male	13 / 16	Ages 55 - 59	Richard	Urquhart	2539	Grantham Running Club	5:36 min/km
177	00:56:11	46	Female	10 / 24	Female Open	Fearne	Carpenter	2274	Skegness & District Running Club	5:37 min/km
178	00:56:15	47	Female	9 / 22	Ages 45 - 49	Faye	Buttress	1251		5:37 min/km
179	00:56:45	132	Male	24 / 28	Ages 40 - 44	Jonathan	Moore	2468	Natural Bourne Runners	5:40 min/km
180	00:56:54	133	Male	15 / 23	Ages 50 - 54	Troy	Harris	2406		5:41 min/km
181	00:57:13	134	Male	16 / 23	Ages 50 - 54	Lee	Jones	2434		5:43 min/km
182	00:57:18	135	Male	46 / 55	Male Open	Anthony	Graves	2341		5:43 min/km
183	00:57:19	136	Male	47 / 55	Male Open	Karl	Bates	1072	Eye Community Runners	5:43 min/km
184	00:57:23	137	Male	14 / 16	Ages 55 - 59	Gavin	Hynes	2425		5:44 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
185	00:57:29	48	Female	8 / 19	Ages 50 - 54	Tracy Jane	Moore	2469	Thorney RC	5:44 min/km
186	00:57:29	49	Female	10 / 22	Ages 45 - 49	Amanda	Christophi	2282		5:44 min/km
187	00:57:30	138	Male	1 / 5	Ages 70 - 74	David	Towns	2537	Yaxley Runners & Joggers	5:45 min/km
188	00:57:45	50	Female	2 / 4	Ages 55 - 59	Anne	Fleming	2319	Grantham Running Club	5:46 min/km
189	00:57:47	139	Male	26 / 30	Ages 45 - 49	Ian	Stones	2525	Bushfield Joggers	5:46 min/km
190	00:57:48	140	Male	17 / 23	Ages 50 - 54	David	Connelly	2293		5:46 min/km
191	00:57:49	141	Male	18 / 23	Ages 50 - 54	Chris	Parker	2476	Sleaford Striders AC	5:46 min/km
192	00:57:52	51	Female	11 / 22	Ages 45 - 49	Rebecca	Webster	2548	Halmer Harriers	5:47 min/km
193	00:57:55	52	Female	12 / 22	Ages 45 - 49	Davina	Honeywood	2417	Grantham Running Club	5:47 min/km
194	00:58:07	53	Female	6 / 11	Ages 35-39	Danielle	Randall	2493		5:48 min/km
195	00:58:12	142	Male	27 / 30	Ages 45 - 49	Paul	Didsbury	2304		5:49 min/km
196	00:58:38	143	Male	19 / 23	Ages 50 - 54	Denis	O'driscoll	2475		5:51 min/km
197	00:58:53	54	Female	11 / 24	Female Open	Goda	Cliffe	2286		5:53 min/km
198	00:59:12	55	Female	13 / 19	Ages 40 - 44	Elizabeth	Twell	2538		5:55 min/km
199	00:59:14	144	Male	28 / 30	Ages 45 - 49	Matt	Askins	1044		5:55 min/km
200	00:59:14	56	Female	13 / 22	Ages 45 - 49	Yidan	Sun	2526	Stamford Striders	5:55 min/km
201	00:59:23	145	Male	20 / 23	Ages 50 - 54	Mark	Haighton	2262	Spalding Rugby Club	5:56 min/km
202	00:59:28	57	Female	14 / 19	Ages 40 - 44	Charlotte	Cole	2263	Yaxley Runners & Joggers	5:56 min/km
203	00:59:29	146	Male	48 / 55	Male Open	William	Marks	2266		5:56 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
204	00:59:29	58	Female	9 / 19	Ages 50 - 54	Judi	Allsopp	1021	Grantham Running Club	5:56 min/km
205	00:59:32	59	Female	15 / 19	Ages 40 - 44	Joni	Goodband	2337	Grantham Running Club	5:57 min/km
206	00:59:39	147	Male	25 / 28	Ages 40 - 44	Michael	Shirtcliffe	2516		5:57 min/km
207	00:59:47	148	Male	15 / 16	Ages 55 - 59	Martyn	Wand	2544	Grantham Running Club	5:58 min/km
208	00:59:58	60	Female	12 / 24	Female Open	Megan	Mayoh	1392		5:59 min/km
209	01:00:18	149	Male	49 / 55	Male Open	Luke	Mchale	1397		6:01 min/km
210	01:00:20	61	Female	13 / 24	Female Open	Emily	Davis	2302		6:02 min/km
211	01:00:37	62	Female	3 / 7	Ages 60 - 64	Ann	Cox	2298	Stamford Striders	6:03 min/km
212	01:00:38	150	Male	50 / 55	Male Open	Matt	Ayliff	1053		6:03 min/km
213	01:00:42	63	Female	7 / 11	Ages 35-39	Samantha	Reeve	2496	Werrington Joggers	6:04 min/km
214	01:00:56	151	Male	29 / 30	Ages 45 - 49	Kevin	Hughes	2423		6:05 min/km
215	01:00:56	64	Female	8 / 11	Ages 35-39	Rachel	Whitehead	2551		6:05 min/km
216	01:01:01	65	Female	3 / 4	Ages 55 - 59	Raynor	Nieuwenhuizen	2474		6:06 min/km
217	01:01:08	152	Male	8 / 10	Ages 60 - 64	Jonathan	Wilkinson	2555	Notfast RC	6:06 min/km
218	01:01:12	66	Female	14 / 24	Female Open	Jacqui	Horsley	2418		6:07 min/km
219	01:01:12	67	Female	9 / 11	Ages 35-39	Hannah	King	2442		6:07 min/km
220	01:01:18	68	Female	10 / 19	Ages 50 - 54	Penelope	Gearing	2327		6:07 min/km
221	01:01:19	69	Female	15 / 24	Female Open	Panida	Wadsworth	2541		6:07 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
222	01:01:26	153	Male	21 / 23	Ages 50 - 54	Robert	Croston	2299	Wyndham Park	6:08 min/km
223	01:01:51	154	Male	51 / 55	Male Open	Andrew	Christophi	2283	Yaxley Runners & Joggers	6:11 min/km
224	01:01:58	155	Male	22 / 23	Ages 50 - 54	Simon	Goodchild	2338		6:11 min/km
225	01:02:21	70	Female	1 / 3	Ages 70 - 74	Barbara Mary	Johnson	2432	Yaxley Runners & Joggers	6:14 min/km
226	01:02:30	156	Male	4 / 5	Ages 65 - 69	Geoff	Howes	2421	Thorney RC	6:15 min/km
227	01:02:52	71	Female	11 / 19	Ages 50 - 54	Nina	Wright	2562	Yaxley Runners & Joggers	6:17 min/km
228	01:03:05	157	Male	52 / 55	Male Open	Magnus	Windsor	2557	Stamford Striders	6:18 min/km
229	01:03:19	72	Female	16 / 24	Female Open	Tabby	Green	2345		6:19 min/km
230	01:03:25	158	Male	26 / 28	Ages 40 - 44	Gareth	Lemmon	2450		6:20 min/km
231	01:03:50	159	Male	30 / 30	Ages 45 - 49	Matthew	Swain	2527	Stamford Striders	6:23 min/km
232	01:03:52	160	Male	27 / 28	Ages 40 - 44	Michael	Gilbert	2334	Bourne Town Harriers	6:23 min/km
233	01:03:58	161	Male	2 / 5	Ages 70 - 74	Philip	Berridge	1097	Thorney RC	6:23 min/km
234	01:04:02	73	Female	17 / 24	Female Open	Penny	Hawkins	1155		6:24 min/km
235	01:04:03	162	Male	53 / 55	Male Open	Jack	Robinson	2037		6:24 min/km
236	01:04:03	74	Female	4 / 7	Ages 60 - 64	Carole	Sands	2508	Bourne Town Harriers	6:24 min/km
237	01:04:12	75	Female	14 / 22	Ages 45 - 49	Sally	Thorpe	2534		6:25 min/km
238	01:04:18	76	Female	16 / 19	Ages 40 - 44	Ruth	Bradshaw	1124	Yaxley Runners & Joggers	6:25 min/km
239	01:04:26	77	Female	17 / 19	Ages 40 - 44	Bryony	Springthorpe	2519		6:26 min/km
240	01:04:26	78	Female	15 / 22	Ages 45 - 49	Charlotte	Gibbons	2330		6:26 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
241	01:04:26	79	Female	12 / 19	Ages 50 - 54	Rosalind	Sadler	2506	Grantham Running Club	6:26 min/km
242	01:04:27	80	Female	18 / 24	Female Open	Jemma	Hill	2412		6:26 min/km
243	01:04:27	81	Female	13 / 19	Ages 50 - 54	Louise	Taylor	2530		6:26 min/km
244	01:04:29	82	Female	16 / 22	Ages 45 - 49	Elaine	Irvine	2426		6:26 min/km
245	01:04:33	83	Female	4 / 4	Ages 55 - 59	Susan	Fraser	2322	Werrington Joggers	6:27 min/km
246	01:04:35	84	Female	17 / 22	Ages 45 - 49	Claire	Swindale	2528	Werrington Joggers	6:27 min/km
247	01:04:47	85	Female	19 / 24	Female Open	April	Yardley	2565		6:28 min/km
248	01:04:49	86	Female	20 / 24	Female Open	Katie	Howard	2419		6:28 min/km
249	01:04:50	87	Female	18 / 19	Ages 40 - 44	Aimee	Rodgers	2501		6:29 min/km
250	01:05:17	163	Male	3 / 5	Ages 70 - 74	Noel	Bradley	1116	HORNCASTLE RUNNING GROUP	6:31 min/km
251	01:05:22	88	Female	21 / 24	Female Open	Alison	Burton	1196	Bourne Town Harriers	6:32 min/km
252	01:05:29	164	Male	9 / 10	Ages 60 - 64	Ian	Bridges	1128		6:32 min/km
253	01:05:32	89	Female	10 / 11	Ages 35-39	Nikki	Spencer	2518		6:33 min/km
254	01:05:55	90	Female	14 / 19	Ages 50 - 54	Sarah	Wynne	2563	Werrington Joggers	6:35 min/km
255	01:06:11	165	Male	28 / 28	Ages 40 - 44	Chris	Steels	2521		6:37 min/km
256	01:06:19	166	Male	5 / 5	Ages 65 - 69	Sigitas	Cesnauskas	2280		6:37 min/km
257	01:06:28	91	Female	22 / 24	Female Open	Becca	Claxton	2284		6:38 min/km
258	01:06:32	167	Male	10 / 10	Ages 60 - 64	Phil	Pearsons	2483	BRJ Run and Tri	6:39 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
259	01:06:42	92	Female	2 / 3	Ages 65 - 69	Christine	Sawyer	2511	Grantham Running Club	6:40 min/km
260	01:06:51	93	Female	18 / 22	Ages 45 - 49	Hayley	Greenham	2346		6:41 min/km
261	01:07:22	94	Female	19 / 22	Ages 45 - 49	Kerry	Poberezniuk	2487		6:44 min/km
262	01:07:26	168	Male	54 / 55	Male Open	Arran	Broadbent	1135		6:44 min/km
263	01:07:57	95	Female	15 / 19	Ages 50 - 54	Jo	Gooding	2339	Yaxley Runners & Joggers	6:47 min/km
264	01:08:05	96	Female	16 / 19	Ages 50 - 54	Joanne	Baron	1066	Yaxley Runners & Joggers	6:48 min/km
265	01:08:17	169	Male	16 / 16	Ages 55 - 59	Richard	Burton	1241	Bourne Town Harriers	6:49 min/km
266	01:08:17	97	Female	17 / 19	Ages 50 - 54	Deborah	Cook	2295	Yaxley Runners & Joggers	6:49 min/km
267	01:08:33	98	Female	3 / 3	Ages 65 - 69	Gill	Shawley	2515		6:51 min/km
268	01:08:47	99	Female	2 / 3	Ages 70 - 74	Petrina	Bell	1092	Lincs Ladies Running Club	6:52 min/km
269	01:09:19	170	Male	23 / 23	Ages 50 - 54	Matthew	Thatcher	2532		6:55 min/km
270	01:09:20	100	Female	20 / 22	Ages 45 - 49	Julie	Thatcher	2531		6:56 min/km
271	01:09:40	171	Male	4 / 5	Ages 70 - 74	Adrian	Stone	2523		6:58 min/km
272	01:10:14	101	Female	19 / 19	Ages 40 - 44	Julia	Hallam	2401	Grantham Running Club	7:01 min/km
273	01:10:15	102	Female	21 / 22	Ages 45 - 49	Claire	Gibbons	2331		7:01 min/km
274	01:10:58	172	Male	5 / 5	Ages 70 - 74	Michael	Feely	2315		7:05 min/km
275	01:11:31	103	Female	5 / 7	Ages 60 - 64	Jean	Maggs	2457	Yaxley Runners & Joggers	7:09 min/km
276	01:11:35	104	Female	18 / 19	Ages 50 - 54	Liz	Jones	2435	Yaxley Runners & Joggers	7:09 min/km
277	01:12:03	173	Male	2 / 2	Ages 75+	Geoff	Burgoin	1161		7:12 min/km

Pos	Time	Gender Pos	Gender	Cat pos	Category	First name	Last name	Race num	Club	Pace
										km
278	01:14:09	105	Female	19 / 19	Ages 50 - 54	Caroline	Vowles	2540		7:24 min/km
279	01:14:25	106	Female	6 / 7	Ages 60 - 64	Yvonne	Buckley	1160	Grantham Running Club	7:26 min/km
280	01:15:14	107	Female	23 / 24	Female Open	Alexandra	Harris	2405		7:31 min/km
281	01:15:23	108	Female	22 / 22	Ages 45 - 49	Penny	Harris	2261		7:32 min/km
282	01:16:14	109	Female	11 / 11	Ages 35-39	Yvonne	Dane	2301		7:37 min/km
283	01:17:00	110	Female	7 / 7	Ages 60 - 64	Helena	Rose	2502		7:42 min/km
284	01:17:59	174	Male	55 / 55	Male Open	Josh	Wright	2561		7:47 min/km
285	01:26:24	111	Female	24 / 24	Female Open	Sarah	Bateman	1070		8:38 min/km
286	01:31:59	112	Female	3 / 3	Ages 70 - 74	Gillian	Holmes	2416	Werrington Joggers	9:11 min/km