

<b>Last Name</b>	<b>First Name</b>	<b>Club</b>
Abbott	Emma	Lincoln Wellington Athletic Club
Adcock	Emma	Notfast RC
Addlesee	Nathan	Lincoln & District Runners
Alexander-Brewer	Kate	
Alexander-Brewer	Mark	
Allen	Michelle	
Allen	Richard	
Allen	Harriet	
Allwood	Elaine	
Anes	Helen	
Arthur	Lucy	
Asher	Dave	
Atkinson	Rebecca	Skegness & District Running Club
Atter	Andy	
Baby	Craigy	
Bailey	Beccie	
Bailey	Cha	
Bain	Fraser	Mansfield Harriers
Banks	Thomas	Newark Striders Running Club
Barkes	Sean	Lincoln Wellington Athletic Club
Barnes	Andrew	
Barrand	Stephen	
Barrett	Eli	
Bartle	Paul	
Baugh	Jacqui	Fordy Runs Running Club
Beadle	Gemma	
Beecham	Mark	
Bell	Elaine	Newark Striders Running Club
Bell	Dan	
Belt	Kate	
Beveridge	Nick	Newark Striders Running Club
Bicknell	William	
Birch	Lauren	
Black	Lisa	Lincoln & District Runners
Blackburn	Scott	
Blackburn	Raj	
Blissett	Paul	Witham Runners (Lincolnshire)
Booth-Stammers	Catherine	
Box	Lisa	
Bradley	Nicola	Newark Striders Running Club
Bradshaw	Nicola	
Braham	Lynn	
Briggs	Lydia	
Briggs	Sam	
Briggs	David	
Brisley	Lyn	
britten	Adam	

Brumpton	Christopher	
buckberry	alan	Sleaford Striders AC
Bundy	Kirsty	
Burn	Lisa	
Burnett	Helena	Newark AC
Burrell	Alison	Newark Striders Running Club
Burrell	Alison	Newark Striders Running Club
Burrell	Rebecca	
Bushell	Mark	
Butlin	Lesley	Newark Striders Running Club
Campbell	Scott	Notfast RC
Campbell	Amanda	
Campen	Chas	Werrington Joggers
Cantwell	Chris	Newark Striders Running Club
Carpenter	Derrick	Skegness & District Running Club
CARPENTER	kate	Skegness & District Running Club
Carpenter	Fearne	Skegness & District Running Club
Carpenter	Evie	
Cartwright	Sarah	Grantham Running Club
Casey	Mick	Wolds Veteran RC
Caton	Sam	
Chadwick	rachael	Vegan Runners UK
Chalklin	Brad	
Chamberlain	Lynne	Newark Striders Running Club
Chapman	Rachel	
Chapman	Steve	
Clark	Karl	Grantham Running Club
Clark	Steven	
Clarke	Joe	
Clay	Emma	
Clayton	James	Wolds Veteran RC
Cobb	Jason	Newark Striders Running Club
Cochrane	Angie	Newark Striders Running Club
Collingwood	Mark	Skegness & District Running Club
Collins	Cathy	
Cooney	Claire	Lincoln Wellington Athletic Club
Cooney	Tom	Lincoln Wellington Athletic Club
Copcutt	Peter	Mansfield Harriers
Copcutt	Thomasina	Mansfield Harriers
Courton	Ben	
Cox	Angie	
Coyne	Paul	Sleaford Town Runners
Cragg	Gary	Holme Pierrepont RC
Crampton	Oliver	Newark AC
Crewe	Nicola	
Crompton	Jeni	Grantham Running Club
Crook	Kirstie	
Daniel	Simon	Newark Striders Running Club

Daniel	Peter	
Davis	Peter	Newark Striders Running Club
Daws	Samuel	
Day	Josie	
Daykin	James	
de la Hoyde	Hugh	
Dennis	Martin	Lincoln Wellington Athletic Club
DICKENSON	MARTIN	Notfast RC
Didsbury	James	Peterborough & Nene Valley AC
Dilks	Matthew	
Dix	Adrian	Newark AC
Dixon	Emma	
Dixon	Alex	
Dodes	Graham	
Donoghue	Steven	
Dorr	Richard	
Doughty	Loud	
Downes	Samantha	Fetch Everyone
Dowse	Steven	Skegness & District Running Club
Dring	Richard	
Dring	Charlotte	
Driscoll	Nigel	Newark Striders Running Club
Duke	Lizzie	Nettleham Trotters Running Group
Durham	James	City of Hull AC
Edwards	Lisa	Newark Striders Running Club
Edwards	Sian	
Elkin	Shona	
erkan	carol	
Fawcett	Claire	
Fender	Lynne	
Fenton	Nicki	
Fenton	Paul	
Fieldhouse	Andrew	Newark Striders Running Club
Firth	Cameron	
Flavell	Elli	
Flavell	Ian	
Flinton	Kerry	
Flowers	Jez	Lincs Run Club
Flowers	Lucy	
Flynn	John	
Flynn	Andy	
Foster	David	
Foster	Dave	
Fowler	Courtney	
Fraser-Betts	Esther	
Freeman	Mike	
french	david	
Frijs	Henrik	

Frijs	Henrik	
Froggatt	Steve	
Gallivan	Euan	
Gallivan	Euan	
Gelsthorpe	James	Helpston Harriers AC
Gelsthorpe	Kat	
Gemmill	Liz	
Gennery	Liam	Newark Striders Running Club
Gilbert	Jessica	
GINN	KATY	Lincs Run Club
Ginn	Katy	
Goddard	Rob	Skegness & District Running Club
Goodale	Mark	
GOODWIN	JULIE	Skegness & District Running Club
Gould	Henry	
Gould	Sarah	
Green	Matthew	Helpston Harriers AC
Gregory	Stuart	
Gudgeon	Annette	
Gurd	Stephen	Newark Striders Running Club
Guy	Ellie	
guy	Christopher	
Hague	Anthony	
Hall	Richard	
Hallett	Jacqueline	
Hallett	Rebecca	
Halliday	Hayley	
Halstead	Neil	Mansfield Harriers
Hames	Charlie	
Hamlyn	Rosslyn	Werrington Joggers
Hamlyn	Phillip	Werrington Joggers
Hansen	Tom	Lincoln & District Runners
Harbord	Clare	Caistor Running Club
Hargreaves	Gemma	Notfast RC
Harper	Graham	
Harte	Lucy	
Hartley	Richard	Newark Striders Running Club
Haskey	Steve	
Haskey	Emma	
Haslam	Jennifer	
Hawkes	Melissa	
Henderson	Nicole	Newark Striders Running Club
Henderson	Lisa	Notfast RC
Hewson	Sam	
Hill	Sarah	Retford AC
Hindle	Kevin	
Hindle	Kevin	
Hinze	Elisabeth	

Hiscox	Trevor	Vegan Runners UK
Hobbs	Darren	
Hobson	Lisa	Sleaford Town Runners
Holder	Jessica	
Holder	Ben	
Holland	Samantha	
Holland	Mandy	
Holland	Daniel	Yaxley Runners & Joggers
Hollick	Sally	Sleaford Striders AC
Hopkinson	Lewis	
Hopkinson	Glen	
HOPPER	DIANE	
Hunnybun	Deborah	
Hunt	Samantha	Lincoln & District Runners
Hyland	Kate	Newark Striders Running Club
Hynes	Gavin	
Inger	Claire	Newark Striders Running Club
Inman	Millie	
Jacobs	Alan	
JACOBS	MANDY	
Jacobs	Harry	
Jacobs	Paul	Stilton Striders
Jaquet	Troi	Sleaford Striders AC
Jarvis	Emily	
Jasinski	Michelle	
Jefferson	Alex	
Jenkins	Catherine	Lincoln & District Runners
Jennings	Gaynor	
Jinks	Debbie	
Johnson	Andy	Skegness & District Running Club
Jones	Frances	
Jones	Helen	Mansfield Harriers
Jones	Nick	
Jones	Simon	
Kelly	Andrea	Rushcliffe AC
Kelly	Paul	Rushcliffe AC
Kilvington	Bob	Lonely Goat RC
King	Sandra	
Kirk	Adam	
Kirke	Finn	
Lamb	Richard	
Lamb	Jeremy	
Lanckham	Nicola	Grantham Running Club
Latham	Gemma	Notfast RC
Lawson	Mandy	Stamford Striders
Leigh	Jon	
Leroy	Philippe	Sleaford Striders AC
Leroy	Alexander	Sleaford Striders AC

Lewis	Dave	Lincoln & District Runners
Lewis-Henderson	Willem	Newark Striders Running Club
Lincoln	Barry	Sleaford Town Runners
Linton	Joanne	
Littlejohn	Simon	
Logan	Paul	
Longden	Alan	
Longden	James	
Lord	Jaimie	
Lord	Simon	Retford AC
Louth	Shaun	Sleaford Town Runners
Lovell	Andrew	
Lowe	Jessica	Notfast RC
Lowe	Mark	
Lucas	Amy	
Lucas	Nicola	
Lucas	Gabrielle	
Ludlam	Kate	Newark Striders Running Club
Mace	craig	Lincoln & District Runners
Machin	Simon	Lincoln Wellington Athletic Club
Madgwick	Peter	
Manley	Ann	Notfast RC
Mann	David	Lonely Goat RC
Mann	Abbie	
Marsh	Nicholas	Lincoln Wellington Athletic Club
Marshall	Helen	
Marsland	Philip	Gainsborough & Morton Striders
Martin	Jane	Skegness & District Running Club
Mason	Shane	
Mason	Eleanor	Witham Runners (Lincolnshire)
Mathieson	Sara	
McDowall	Andy	
McGahey	Eleanor	Newark Striders Running Club
McGrory	Helen	Newark Striders Running Club
McLintock	Richard	
Mitchel	Amy	Skegness & District Running Club
Mitchell	Clare	Grantham Running Club
Moon	Jen	Redhill Road Runners
Moore	Ruth	
Moore	Stephen	
Mordue	Dale	Notfast RC
Morris	Helena	
Morton	Luanne	Grantham Running Club
Mullen	Lee	Skegness & District Running Club
Munro	Mike	
Munroe	James	
Murphy	Simon	
Murphy	Sarah	

Murphy	Ciaran	
Murtagh	Dympna	Gainsborough & Morton Striders
Myland	Sarah	
Needham	Susan	Notfast RC
NEEDHAM	steve	Notfast RC
Newcombe	Louise	Werrington Joggers
Newell	Sean	Newark Striders Running Club
Nicholls	Scott	Lincoln Wellington Athletic Club
Nightingale	Paul	
Nixon	Lee	
Noble	Michele	
Noble	Hannah	Retford AC
Noble	Stuart	Retford AC
Odell	John	Holme Pierrepont RC
Oliver	Alan	Sleaford Striders AC
Owen	Clive	Newark Striders Running Club
Packham	Bec	
Padgett	Steven	
Padgett	Niceeta	Newark Striders Running Club
Padley-Jones	Rosie	
Pailing	Clare	
Park	Graham	Sleaford Striders AC
Parker	Michael	Newark Striders Running Club
Parker	Ben (a.k.a. Steven John)	Southwell Running Club
Parkin	Callum	Lincoln Wellington Athletic Club
Parkin	Callum	Lincoln Wellington Athletic Club
Parkinson	Stuart	Lincs Run Club
Pask	Charlotte	
Pask	Sam	
Patterson	Matthew	Newark Striders Running Club
Pattinson	Paul	Sleaford Town Runners
Pearson	Ben	Newark AC
Pell	Jayne	Halmer Harriers
Pemberton	Ashley	
Pilmore	Rebecca	
Plumb	Jenny	
Pogson	Joseph	Newark Striders Running Club
Poole	Lewis	
Potter	Sarah	
Preston	Andrew	Sleaford Striders AC
preston	ednund	Sleaford Striders AC
Priest	Jason	Newark Striders Running Club
Prowse	Philip	Skegness & District Running Club
Raynor	John	Cliff Village Runners
Reading	Kayley	
Rice	Steven	Southwell Running Club
Richards	Deborah	Lincoln & District Runners
Richardson	Jake	Mansfield Harriers

Richley	Ruth	
riddell	graham	Sleaford Striders AC
Roberta	Roberta	
Roberts	Gav	
Roberts	Adrian	
Roberts	Charlotte	
Roberts	Cameron	
robinson	steven	Helpston Harriers AC
Robinson	Alison	
Robinson	Jason	Lincoln & District Runners
Rollings	David	Lincoln & District Runners
Rose	Heather	
Ruck	Heather	
Rutter	Fleur	
Sands	Carole	Bourne Town Harriers
Sands	James	Bourne Town Harriers
Saunders	Paul	Sleaford Striders AC
Scaum	Clare	Rushcliffe AC
Scaum	Michael	
Scott	Kathryn	Newark Striders Running Club
Scott	Andrew	Newark Striders Running Club
Seaton	Craig	Lincs Run Club
sesstein	jacqui	
Sharp	Sally	Skegness & District Running Club
Sharpe	Emma	
Shaw	Paul	
Shawe	John	
Shivas	Ruth	Newark AC
Simpson	Martin	
Simpson	Theo	
Sirrs	Andy	Newark Striders Running Club
Skidmore	Richard	
Smith	Fred	Sleaford Town Runners
Smith	Meg	Sleaford Town Runners
Smith	Sally	
Smith	Shannon	
Smith	Lee	
Spall	Ian	
Spencer	Samuel	Lincoln & District Runners
Stafford	India	Sleaford Striders AC
Staton	Isabel	
Stevens	Brian	
Stevens	Adie	Stamford Striders
Stevens	Jeanette	
STEVENS	Martin	Werrington Joggers
Storr	Ann	
Storr	Mark	
Sutcliffe	Ian	Rushcliffe AC



Suthern	Lauren	
Swift	Tracie-Ann	
Szpakowski	Pawel	
Tait	Mary	
Tattersall	Andrew	
Taylor	Rebecca	Newark AC
Taylor	Gill	
Taylor	Jason	Mansfield Harriers
Teft	Lyndsay	
Temperton	Daniel	
Thacker	Steven	Sleaford Striders AC
Thompson	Anna-Marie	
Thompson	Andrew	
Toms	Mark	Grantham Running Club
Turner	Kat	Werrington Joggers
Udall	Lisa	
Usher	Fiona	Lincoln & District Runners
Vangasse	Terry	
Verity	Nick	Ilkeston Running Club
Vernon	Peter	Lincoln Wellington Athletic Club
Waddell	Adam	
Wade	Jenna	
Waite	Martin	Newark Striders Running Club
Walker	Katie	
Wallace	Katie	Grantham Running Club
Warren	Matthew	
Webb	Cliff	Sleaford Striders AC
Webb	Allison	Sleaford Striders AC
Webster	Richard	Lonely Goat RC
Webster	Becky	Halmer Harriers
Wells	Christine	Lincoln & District Runners
Wells	Peter	Lincoln & District Runners
Wells	Sarah	
Wells	Darren	Yaxley Runners & Joggers
Welsh	Graham	Newark Striders Running Club
West	Janine	
Whitbread	Jacky	
Whitbread	Keeley	
White	Fiona	Sleaford Striders AC
Whitehead	Sarah	Cliff Village Runners
Whittaker	Eric	
Wilcox	Liz	
Wild	Ron	
Wilkinson	Hannah	
Wilkinson	Jon	
Wilson	Mark	
Wilson	Faye	Newark Striders Running Club
Wing	Robert	

Winter	Jane	Sleaford Town Runners
Winter	Melissa	
Winters	Vanessa	Stamford Striders
Wood	Faye	
Wood	Tom	Scunthorpe & District Running Club
Woolerton	Mark	
Woolerton	Tomas	
Wright	Donna	Newark Striders Running Club
Yellup	Peter	
Youd	Holly	Newark Striders Running Club
Young	Roy	Eye Community Runners