

<b>CATEGORY</b>	<b>FORENAME</b>	<b>SURNAME</b>	<b>CLUB</b>
Solo Runner	Paul	Acres	
Solo Runner	Rachel	Adams	
Solo Runner	Peta	Adams	
Solo Runner	David	Adams	Shropshire Shufflers
Solo Runner	Tania	Addlesee	Tri3 Sleaford Triathlon Club
Solo Runner	Richard	Aldous	
Solo Runner	Amy	Aldridge	Lawley Running Club
Solo Runner	Louise	Alexander	JFDITri
Solo Runner	Donna	Alexander	
Solo Runner	Richard	Allman	
Solo Runner	Tanya	Allsopp	Skegness and District Running Club
Solo Runner	Simon	Ancliff	
Solo Runner	Ove	Andresen	Belvoir Tri Club
Solo Runner	Mandy	Andrews	Holme Pierrepont Running Clud
Solo Runner	Stacey	Atkins	
Solo Runner	Chris	Aulton	Balanced Performance
Solo Runner	Alex	Austin	Vegan Runners
Solo Runner	Elizabeth	Ayres	Run Mummy Run
Solo Runner	Gina	Bailey	
Solo Runner	Adrian	Bailey	Notts Police
Solo Runner	Neil	Bailey	
Solo Runner	David	Bailey	
Solo Runner	Rob	Bailey	Help Thomas to Dance
Solo Runner	Darren	Baker	
Solo Runner	Craig	Baker	Wigston Phoenix
Solo Runner	Jennifer	Balls	
Solo Runner	Jo	barber	n/a
Solo Runner	Shirley	Barber	
Solo Runner	Lee	Barber	
Solo Runner	Louis	Barnes	Ivanhoe Runners
Solo Runner	Edward	Batch	Poplar running club
Solo Runner	Eleanor	Bateman	Desford Striders
Solo Runner	Jonathan	Bebb	Barlestone St giles
Solo Runner	Joanne	Beeson	
Solo Runner	Nick	Belcher	Derwent Valley Running Club
Solo Runner	Emma	Benefer	Blister sisters
Solo Runner	Paula	Beniston	Poplar running club
Solo Runner	Chris	Bennett	
Solo Runner	Lisa	Bentley-Whittaker	Desford Striders
Solo Runner	Maz	Berry	Ariix

Solo Runner	Gemma	Bettoney	Poplar Running Club
Solo Runner	kevin	bindley	
Solo Runner	Lauren	Bjorn	Erewash valley running club
Solo Runner	Natasha	Blackburn	Totley AC
Solo Runner	Anthony	Blackburn	
Solo Runner	Louis	Blackburn	
Solo Runner	John	Blundy	NOTFAST
Solo Runner	Pete	Boddy	Team Balanced Performance
Solo Runner	Simon	Booker	
Solo Runner	Richard	Botting	Wreake and Soar Valley AC
Solo Runner	John	Bradford	
Solo Runner	James	Braid	
Solo Runner	Robert	Brand	
Solo Runner	Tanya	Brittain	Spa Striders
Solo Runner	Suzanne	Britz	Grantham Running Club
Solo Runner	Steven	Brooks	
Solo Runner	Jo	Brown	
Solo Runner	Chris	Brown	
Solo Runner	Iain	Brown	
Solo Runner	Belinda	Bryant	Run mummy run
Solo Runner	Steve	Bryant	
Solo Runner	Lucy	Burgess	
Solo Runner	Tony	Burke	
Solo Runner	Stephen Patrick	Bustos	Team Endurance
Solo Runner	Rachel	Butler	Maldwyn Harriers
Solo Runner	Jamie	Butler	Birstall Running Club
Solo Runner	Simon	Butt	
Solo Runner	Nikki	carr	Belvoir tri club
Solo Runner	Janet	Carter Ward	Myself
Solo Runner	Pete	Cartledge	Pirate Ship of Fools
Solo Runner	Joanne	Castledine Sleath	
Solo Runner	Matt	Cawood	Perth Road Runners
Solo Runner	Laura	Charlton	
Solo Runner	Tanya	Checkley	Poplar running club
Solo Runner	Barinderjit	Cheema	Aldridge Running Club
Solo Runner	Debbie	Chettle	Newark striders
Solo Runner	Wil	Chung	Newcastle (Staffs) AC
Solo Runner	Richard	Clark	
Solo Runner	Bryan	Clary	Rutland Running Club
Solo Runner	Mark	Clayton	Lingfield Running Club
Solo Runner	Peter	Clayton	Redhill Road Runners

Solo Runner	Ben	Cleary	Myself
Solo Runner	Nicola	Clews	Desford Striders
Solo Runner	Steven	Clews	
Solo Runner	James	Cobourne	Vale Striders
Solo Runner	Mark	Cockbain	
Solo Runner	Ben	Coleman	
Solo Runner	Helena	Conlin	Ripon Runners/Bedale and Aiskew Runners
Solo Runner	Gareth	Coombs	The BearCat Running Club
Solo Runner	stacey	cooper	
Solo Runner	Claire	Court	
Solo Runner	Steve	Crick	
Solo Runner	Paul	Croft	Sleaford runners
Solo Runner	Phil	Crowley	Chase Harriers
Solo Runner	John	Crust	
Solo Runner	Steven	Cullen	
Solo Runner	Ian	Cunningham	Sphinx AC
Solo Runner	Thomas	Curtis	Westbury Harriers
Solo Runner	Suz	Cutler	UKnetrunner
Solo Runner	Charlotte	Cutler	
Solo Runner	Luke	Cutler	Wrekin Road Runners
Solo Runner	Simon	Daniel	
Solo Runner	Peter	Daniel	
Solo Runner	Louise	Darrington	Skegness and District Running Club
Solo Runner	Brian	Darrington	Skegness and District Running Club
Solo Runner	Philippa	Davey	Plymouth Musketeers
Solo Runner	Jilly	Davidson	Todmorden harriers
Solo Runner	Marc	Davies	Race Hub Tri Club
Solo Runner	Gordon	Davies	Vegan Runners UK
Solo Runner	Lee	Davis	
Solo Runner	Kevin	Dempsey	Vegan Runners UK
Solo Runner	fiona	dewick	race hub tri club
Solo Runner	James	Dewick	race hub tri club
Solo Runner	Joe	Diggins	none
Solo Runner	Aaron	Dobson	
Solo Runner	Lee	Dockerill	Desborough RAPID
Solo Runner	Chris	Dodd	
Solo Runner	Kelly	Donnelly	
Solo Runner	John	Downs	not confirmed yet - possibly Sileby RC
Solo Runner	Wayne	Drinkwater	
Solo Runner	colin	ducker	
Solo Runner	Paul	Ducote	

Solo Runner	Martin	Duggan	Poplar Running Club
Solo Runner	Ruth	Dunstan	
Solo Runner	Holly	Durham	Grantham Running Club
Solo Runner	Joanne	Duval	
Solo Runner	Tracy	Edwards	
Solo Runner	Dan	Edwards	
Solo Runner	Abbie	Eldred	Skegness and District Running club
Solo Runner	andrea	ellwood	
Solo Runner	Dan	Entwistle	
Solo Runner	Martin	Evans	Sedgley Striders
Solo Runner	Chris	Eyre	
Solo Runner	Colin	Favager	
Solo Runner	Ben	Fenner	
Solo Runner	Angus	Filshie	
Solo Runner	Kruger	Fitch	
Solo Runner	Kurt	Fitch	
Solo Runner	Mark	Flanagan	Birstall RC
Solo Runner	Ben	Flynn	
Solo Runner	Jane	Foulkes	Shelton Striders RC
Solo Runner	Samantha	Fox	Skegness and district running club
Solo Runner	Paul	Frith	
Solo Runner	Emma	Furie	
Solo Runner	Matthew	Gayton	Stilton Striders
Solo Runner	Tina	Gee	Bingham tri
Solo Runner	Stefan	Georges	
Solo Runner	Julie	Giblin	Bedale & Aiskew Runners
Solo Runner	Nerina	Gill	Clayton Le Moors Harriers
Solo Runner	Matt	Gillespie	
Solo Runner	Gazita	Gillick	
Solo Runner	David	Goddard	Barrow Runners
Solo Runner	emma	gould	
Solo Runner	Marie	Gray	
Solo Runner	Richard	Gray	Stilton Striders
Solo Runner	Brandon	Gray	Huncote harriers
Solo Runner	Jason	Green	Knaresborough Striders
Solo Runner	Stuart	Gregory	desford striders
Solo Runner	James	Griffiths	Cliff lake ocr
Solo Runner	Dan	Grundy	Vegan Runners Uk
Solo Runner	Andrew	Gurr	Self
Solo Runner	Jonathan	Hacking	
Solo Runner	Gillian	Hailes	Barrow Runners

Solo Runner	MAGGIE	HALL	Pirate Ship of Fools
Solo Runner	Craig	Hall	Aldridge Running Club
Solo Runner	Rob	Harding	
Solo Runner	Tina	Hargrave	
Solo Runner	Toby	Hargrave	
Solo Runner	Tessa	Harker	
Solo Runner	Andy	Harries	Verines Velo
Solo Runner	James	Harris	Woah Now!
Solo Runner	Dean	Hassall	Wigston Phoenix RC
Solo Runner	Stuart	Hathaway	BRJ Run & Tri
Solo Runner	Phil	Hayes	
Solo Runner	Nicky	Haynes	
Solo Runner	Richard	Hazeldene	Fairlands Valley Spartans
Solo Runner	Marianne	Heading	
Solo Runner	Kirsty	Helliar	
Solo Runner	Jonathan	Herbert	
Solo Runner	Barbara	Hermann	Roadhogs AC
Solo Runner	Alex	Heron	Beeston AC
Solo Runner	Simon	Hewitt	
Solo Runner	Ian	Hibberd	
Solo Runner	Steve	Hickingbottom	Birstall Running Club
Solo Runner	Royston	Higdon	
Solo Runner	Shaun	Higgs	PSOF
Solo Runner	Malcolm	Hill	Desford Striders
Solo Runner	Christopher	Hill	Wigston Pheonix
Solo Runner	Rik	Hill	Barrow Runners
Solo Runner	Graham	Hobbs	Desford Striders
Solo Runner	Julie	Hodds	
Solo Runner	Penny	Hodges	Grantham Running Club
Solo Runner	Chris	Hodgson	Total mud runners
Solo Runner	Christopher	Hollingworth	
Solo Runner	Tony	Hopkins	
Solo Runner	Rebecca	Horsfall	
Solo Runner	Conrad	Howell	
Solo Runner	Nicola	Howie	
Solo Runner	Darryl	Hughes	Poplar Running Club
Solo Runner	Martin	Hulbert	Wigston Phoenix
Solo Runner	Stuart	Humber	
Solo Runner	Ian	Hunter	Idwa
Solo Runner	Andy	Hurst	Desborough Rapid
Solo Runner	James	Hutcheson	Team PFI

Solo Runner	karen	illsley	newark striders
Solo Runner	Jacqui	Jackson	Newark Striders
Solo Runner	Sharon	Jackson	
Solo Runner	Adam	Jackson	Notfast RC
Solo Runner	Ben	Jarvis	gosport road runners
Solo Runner	Robert	Jinks	Beaumont running club
Solo Runner	Helen	Johnson	Poplar Running Club
Solo Runner	Michael	Johnson	RSL Asphalt Recycling
Solo Runner	sue	jones	
Solo Runner	Adrian	Jones	
Solo Runner	Kev	Jones	
Solo Runner	Clive	Jones	Wigston Phoenix Running Club
Solo Runner	Chris	Jones	Spa Striders
Solo Runner	Chris	Jones	Rutland Running and Triathlon Club
Solo Runner	Kevin	Jones	
Solo Runner	Mark	Judge	Dudley and Stourbridge Harriers
Solo Runner	jez	kearney	H3
Solo Runner	Kev	Keenan	Shenley Striders
Solo Runner	David	Kent	Sedgley Striders
Solo Runner	Ian	Kittle	
Solo Runner	Steve	Langford	Skegness and District Running Club
Solo Runner	Jo	Lavelle-Kearney	H3 Performance
Solo Runner	Geoff	Law	Birstall RC
Solo Runner	Colette	Leetham	None
Solo Runner	Chris	Lowe	
Solo Runner	Andrew	MacAllister	Grantham Running Club
Solo Runner	Jayne	MacArthur	Sleaford Town Runners
Solo Runner	Alan	Macdonald	
Solo Runner	Ron	Mahoney	
Solo Runner	Gavin	Majithia-beet	
Solo Runner	Thomas	Marrs	
Solo Runner	Steve	Marshall	Lincoln & District Runners
Solo Runner	David	Marshall	Total Sports & Supplements
Solo Runner	Emma	Marshall-Telfer	SADRC
Solo Runner	Hannah-Marie	Martin	
Solo Runner	Liga	Matroze	
Solo Runner	vicky	mawji	
Solo Runner	Husein	Mawji	
Solo Runner	Rob	McClellan	n/a
Solo Runner	Kerry	McCrainor	Skegness and District Runnibg Club
Solo Runner	Shaun	McGlynn	

Solo Runner	Patrick	McGuinness	Harpenden Arrows
Solo Runner	Sharla	McTavish	Pirate Ship of Fools
Solo Runner	Kat	Miller	
Solo Runner	john	millerchip	RaceHub
Solo Runner	Adam	Mills	
Solo Runner	Ben	Milsom	Roadhoggs
Solo Runner	Ian	Minto	Vegan Runners
Solo Runner	Shaun	Mitchell	Me
Solo Runner	Dariusz	Mizak	
Solo Runner	Rosemary	Monk	
Solo Runner	Zoey	Moore	
Solo Runner	Michelle	Morgan	We can Run
Solo Runner	Chris	Morledge	
Solo Runner	Dan	Moult	Stilton Striders
Solo Runner	Vicky	Murphy	
Solo Runner	Abi	Nelson	PSOF
Solo Runner	Shelton	Newson	
Solo Runner	Richard	Noon	
Solo Runner	Paddy	O Leary	
Solo Runner	James	Oliver	Nottinghamshire Police
Solo Runner	Clare	Oliver Brunn	
Solo Runner	Samuel	Osei-Nimo	
Solo Runner	Lisa	Oxnard	
Solo Runner	Darren	Oxnard	
Solo Runner	Jen	Page	Alchester RC
Solo Runner	Harshad	Patel	Shabbarunners
Solo Runner	Sue	Patrick	Sleaford Striders
Solo Runner	Jo	Patrick	Sleaford Striders
Solo Runner	Louise	Payne	Belvoir tri club
Solo Runner	Nick	Payne	Grantham Running Club
Solo Runner	Mark	Peacock	Ashford tri club
Solo Runner	Dave	Pearson	
Solo Runner	Steph	Peel	
Solo Runner	Juliette	Pegram	
Solo Runner	Stephen	Penney	Hinckley running club
Solo Runner	Alan	Pettitt	
Solo Runner	Laura	Pickard	Stilton striders
Solo Runner	Ben	Pickard	Stilton Striders
Solo Runner	Wendy	Piesley	Stilton Striders
Solo Runner	Simon	Pinchin	Pirates
Solo Runner	Steven	Plant	

Solo Runner	Julie	Potts	
Solo Runner	Kaine	Pritchett	Worcester Triathlon Club
Solo Runner	Melanie	Prusek	Wigs ton Phoenix
Solo Runner	Cathi	Rae	West end runners
Solo Runner	Joe	Rafter	
Solo Runner	Teresa	Rains	
Solo Runner	Gail	Reid	Bradgate Belles
Solo Runner	Michael	Reid	
Solo Runner	John	Restall	CSSC Sports and leisure
Solo Runner	paul	richards	Cliff Lakes ocr
Solo Runner	Jo	Richardson	Wright Vigar Limited
Solo Runner	Philip	Riley	sileby running club
Solo Runner	Michael	Roberts	Wrexham Athletic Club
Solo Runner	Duane	Roberts	Team Buff UK
Solo Runner	Andy	Robinson	Harrogate Harriers
Solo Runner	Lee	Robinson	
Solo Runner	Cheryl	Rogerson	Rutland running and triathlon club
Solo Runner	Wendy	Roper-Knight	
Solo Runner	Sharon	Roscoe	Just me myself and I!
Solo Runner	nicola	rowland	none
Solo Runner	kevin	rowland	none
Solo Runner	Julia	Rushton	Clayton le Moors harriers
Solo Runner	Andy	Sadler	
Solo Runner	Stewart	Sale	Race Hub Triathlon
Solo Runner	Paul	Samat	
Solo Runner	Andy	Sample	
Solo Runner	Guy	Sanders	Rugby Triathlon Club
Solo Runner	Victoria	Saunders	Horsham Joggers
Solo Runner	Michael	Saunders	Horsham Joggers
Solo Runner	Kim	Sayers	PSOF
Solo Runner	Michael	Scandrett	Kenilworth runners
Solo Runner	Ian	Schofield	Derwent Runners (Derby)
Solo Runner	Kathryn	Scott	Newark Striders
Solo Runner	Jane	Scott	Absolute tri
Solo Runner	Andy	Scott	Newark Striders Running Club
Solo Runner	Gemma	Sewell	
Solo Runner	Shane	Sharkey	Stilton Striders
Solo Runner	gary	sharlott	RunFlex
Solo Runner	Jo	Sharp	
Solo Runner	Trudy	Sharpe	Leicester Roadhoggs
Solo Runner	PAUL	SHAW	



Solo Runner	Andrew	Sherlock	
Solo Runner	Bryan	Shipley	
Solo Runner	Sid	Sidowski	Team Poppyfields/Team Bear
Solo Runner	Brian	Slack	North Downs Canicross
Solo Runner	lisa	slater	flyde coast runners
Solo Runner	Christopher	Sleath	
Solo Runner	Ray	Smith	None
Solo Runner	Jools	Smith	
Solo Runner	Lee	Smith	
Solo Runner	Scott	Smith	
Solo Runner	Craig	Smith	
Solo Runner	Mark	Smyth	
Solo Runner	James	Snutch	Birstall Running Club
Solo Runner	Julie	Spencer	
Solo Runner	Nicola	Spencer	
Solo Runner	Steven	Spencer	Titanium fitness
Solo Runner	Melanie	Standbrook	
Solo Runner	Richard	Stanley	
Solo Runner	lisa	Stansfield	Rosendale
Solo Runner	Neil	Staveley	Vegan runners UK
Solo Runner	Laura	Stenhouse	
Solo Runner	John	Stew	Roadhogs Leicester AC
Solo Runner	Neil	Streng	PSOF
Solo Runner	Gary	Stretton	
Solo Runner	Matthew	Sturgess	
Solo Runner	Pat	Tate	
Solo Runner	Steve	Taylor	
Solo Runner	Daren	Taylor	
Solo Runner	Neil	Taylor	
Solo Runner	Mark	Taylor	
Solo Runner	kim	Taylor-Maskell	Bedale & Aiskew running club
Solo Runner	Mike	Templeman	
Solo Runner	Fiona	Tester	Canterbury Harriers
Solo Runner	Owen	Thomas	
Solo Runner	Adrian	Thomas	Hailsham Harriers
Solo Runner	Richard	Thompson	
Solo Runner	Alex	Thomson	
Solo Runner	Andy	Thomson	Pirates
Solo Runner	Caron	Tickle	Smiley Paces
Solo Runner	Dawn	Tobin	Poplar Running Club
Solo Runner	Maurice	Tompkins	skegness and distric

Solo Runner	Alun	Toombs	
Solo Runner	Beth	Toone	Newark Striders RC
Solo Runner	david	travers	
Solo Runner	marc	tremain	Belvoir Tri club
Solo Runner	Valerie	Tuckwood	Anstey Amblers and runners
Solo Runner	Simon	Turner	
Solo Runner	Kerri	Turners	vegan runners uk
Solo Runner	Michael	Turton	
Solo Runner	Steve	Tyler	Farnham Runners
Solo Runner	Ross	Tyrrell	Beaumont RC
Solo Runner	Scott	Ulatowski	Lingfield
Solo Runner	Anda	Veita	
Solo Runner	Jane	Wade	Hatton Darts Running Club
Solo Runner	Colleen	Walker	Vegan runners
Solo Runner	Emma	Walker	Barlestone St Giles running club
Solo Runner	Stephen	Walker	Huncote Harriers
Solo Runner	Jason	Walker	
Solo Runner	Andrew	Walker	Kimberworth striders
Solo Runner	Tony	Walker	Barlestone St Giles Running Club
Solo Runner	Brian	Walkling	Stilton Striders
Solo Runner	Sylvie	Walpole	
Solo Runner	Heather	Wankling	
Solo Runner	Richard	Ward	
Solo Runner	Laura	Waring	
Solo Runner	Rachel	Warrington	
Solo Runner	Susan	Watson	Newark Striders
Solo Runner	richard	Watts	
Solo Runner	Stirling	Way	Royal Navy
Solo Runner	Richard	Wellburn	100 Marathon Club
Solo Runner	Carl	Wentworth	
Solo Runner	Sally	Wheelhouse	Askern DRC
Solo Runner	Sarah	Whibley	Redhill Roadrunners
Solo Runner	Stephen	White	Barlestone St Giles Running Club
Solo Runner	Chris	Whittaker	Sandhurst joggers
Solo Runner	Megan	Whittle	Wrekin road runners
Solo Runner	Ben	Wild	
Solo Runner	Jerry	Wilkes	
Solo Runner	Ian	Wilkins	Birstall running club
Solo Runner	Rhys	Wilkinson	
Solo Runner	chris	williams	Birstall Running Club
Solo Runner	Sally	Willians	

Solo Runner	SJ	Willis	Grantham Running Club
Solo Runner	a	wills	
Solo Runner	Terry	Withington	It's Not What You Know...
Solo Runner	Briony	Wood	wimborne ac
Solo Runner	James	Wood	
Solo Runner	Gregg	Worrall	
Solo Runner	Jackie	Wren	BRJ Run & Tri
Solo Runner	Fiona	Wright	Lawley Running Club
Solo Runner	Sophie	Wright	
Solo Runner	Robert	Wright	Rutland Running and Triathlon Club
Solo Runner	Gavin	Wright	
Solo Runner	Abigail	Yardley	
Solo Runner	Graham	Yare	Knaresborough Striders
Solo Runner	Phillip	Yates	
Solo Runner	Sue	Yendley	BRJ Run & Tri
Solo Runner	Wendy	Young	
Solo Runner	Lee	Young	