

| Position | No | Name | Result | Gender | Club/Team | Wave |
|----------|-----|---------------------|--------|--------|---------------------------|------|
| 1 | 1 | Shane Robinson | 4:22 | Male | Lincoln Wellington | 7 |
| 2 | 4 | Elliott Stones | 4:26 | Male | Lincoln Wellington AC | 7 |
| 3 | 6 | Ben Sadowyj | 4:36 | Male | Barton & District | 7 |
| 4 | 13 | Matty Smith | 4:38 | Male | Scunthorpe & District AC | 7 |
| 5 | 5 | Ryan Page | 4:45 | Male | Lincoln Wellington | 7 |
| 6 | 12 | cameron reilly | 4:46 | Male | ilkley harriers | 7 |
| 7 | 2 | Carlos Rybck | 4:51 | Male | Team Blizard | 7 |
| 8 | 7 | Mark Gardner | 4:51 | Male | Lancaster & Morecambe | 7 |
| 9 | 11 | Dave Sedgwick | 5:03 | Male | NA | 7 |
| 10 | 16 | Mark Havenhand | 5:08 | Male | Kingstone Runners | 7 |
| 11 | 31 | David Millns | 5:08 | Male | Totley AC | 6 |
| 12 | 20 | Stuart Kershaw | 5:09 | Male | N/A | 7 |
| 13 | 38 | Aaron Heaney | 5:09 | Male | | 6 |
| 14 | 10 | Rodney Campbell | 5:13 | Male | YENDOR | 7 |
| 15 | 27 | Joseph Wade | 5:13 | Male | Dark Peak Fell Runners | 6 |
| 16 | 32 | Nicholas Stonehewer | 5:14 | Male | | 6 |
| 17 | 17 | Jenny Blizard | 5:15 | Female | Team Blizard | 7 |
| 18 | 26 | Matthew Isle | 5:15 | Male | | 6 |
| 19 | 18 | Mark Nettleton | 5:18 | Male | | 7 |
| 20 | 24 | Ryan Weston-Bennett | 5:18 | Male | Team blizzard | 6 |
| 21 | 36 | Melvin Wallace | 5:19 | Male | | 6 |
| 22 | 42 | jamie cook | 5:21 | Male | Scunthorpe and district a | 6 |
| 23 | 161 | Conor Franks | 5:21 | | Barton & District AC | 6 |
| 24 | 19 | Chris Pye | 5:23 | Male | Team Blizard | 7 |
| 25 | 23 | Darren White | 5:23 | Male | East Hull Harriers & AC | 6 |
| 26 | 21 | Nicola Curtis | 5:24 | Female | Unattached | 6 |
| 27 | 22 | Lindsay Skinner | 5:26 | Female | Unattached | 6 |
| 28 | 14 | Joshua Charters | 5:27 | Male | Worksop harriers | 7 |
| 29 | 57 | Gareth Crabb | 5:27 | Male | Lincsquad | 5 |
| 30 | 40 | andrew johnson | 5:37 | Male | Beverley AC | 6 |
| 31 | 62 | kevin williams | 5:38 | Male | | 5 |
| 32 | 71 | Ashley Evans | 5:38 | Male | Scunthorpe and district | 4 |
| 33 | 28 | Phil Kimber | 5:40 | Male | Blizard | 6 |
| 34 | 29 | oliver Donkin | 5:40 | Male | Barton and district AC | 6 |
| 35 | 64 | Chris Dale | 5:41 | Male | | 5 |
| 36 | 30 | Steve McAleavy | 5:42 | Male | DTC | 6 |
| 37 | 73 | Darren Hepworth | 5:43 | Male | Scunthorpe & District | 4 |
| 38 | 35 | Paul McEwan | 5:46 | Male | Lincsquad | 6 |
| 39 | 44 | Mark Jarred | 5:47 | Male | Scunthorpe & District AC | 5 |
| 40 | 37 | joanne goodier | 5:48 | Female | Doncaster ac | 6 |
| 41 | 47 | Beverley Wilson | 5:50 | Female | Cleethorpes a/c | 5 |
| 42 | 79 | andy leeson | 5:54 | Male | Scunthorpe and district | 4 |
| 43 | 143 | Simon Wilson | 5:54 | Male | N/A | 2 |
| 44 | 138 | Dan Cox | 5:57 | Female | | 2 |
| 45 | 101 | Stefan Wilson | 5:58 | Male | | 3 |
| 46 | 52 | Mary Craig | 6:01 | Female | Wolds Veterans | 5 |
| 47 | 45 | Max Polson | 6:02 | Male | Tickhill Running & Athlet | 5 |
| 48 | 49 | Mick Casey | 6:05 | Male | Wolds Veteran RC | 5 |

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| 49 | 72 | arthur reilly | 6:06 | Male | ilkley harriers | 4 |
| 50 | 48 | Ash Beasley | 6:08 | Male | Barton & district AC | 5 |
| 51 | 97 | Aaron Longcake | 6:08 | Male | Team Longcake | 3 |
| 52 | 67 | Vic SHIRLEY | 6:09 | Male | Northern Masters | 5 |
| 53 | 103 | Paul McCartan | 6:09 | Male | Crossfit Scunthorpe | 3 |
| 54 | 69 | Lucy Chrost | 6:10 | Female | City of Hull | 4 |
| 55 | 43 | Rich Morton | 6:11 | Male | Doncaster Triathlon Club | 5 |
| 56 | 84 | Andrew Hobley | 6:12 | | Lincsquad | 4 |
| 57 | 76 | Joby Winn | 6:13 | Male | | 4 |
| 58 | 106 | Lucy Ellis | 6:13 | Female | Lincsquad | 3 |
| 59 | 78 | Daniel Benson | 6:14 | Male | Barton Wheelers | 4 |
| 60 | 55 | Hannah Lonsdale | 6:16 | Female | Lincsquad | 5 |
| 61 | 60 | Marc Rigby | 6:17 | Male | | 5 |
| 62 | 68 | Emily Barratt | 6:17 | Female | Grimsby Harriers | 5 |
| 63 | 105 | Neil Dowse | 6:17 | Male | Scunthorpe & district ac | 3 |
| 64 | 99 | Liam taylor | 6:18 | Male | | 3 |
| 65 | 102 | Robert Ayton | 6:21 | Male | Scunthorpe & District AC | 3 |
| 66 | 61 | Karen Lynch | 6:23 | Female | Blizard | 5 |
| 67 | 70 | Sian McCourt | 6:23 | Female | Wolds veterans RC | 4 |
| 68 | 91 | Fiona Fisk | 6:25 | Female | Brigg & District CC | 4 |
| 69 | 86 | Gemma Scougal | 6:26 | Female | Clowne Road Runners | 4 |
| 70 | 95 | Shaun Boyle | 6:27 | Male | Gainsborough & Morton | 4 |
| 71 | 66 | Steven Holmes | 6:29 | Male | Lincsquad | 5 |
| 72 | 85 | GEMMA McCOOL | 6:29 | Female | | 4 |
| 73 | 114 | Trevor Weston | 6:30 | Male | | 3 |
| 74 | 75 | Jess Barrington | 6:31 | Female | | 4 |
| 75 | 112 | Josie Foster | 6:31 | Female | Lincsquad | 3 |
| 76 | 109 | Mark Chesman | 6:32 | Male | Scunthorpe and distric A | 3 |
| 77 | 93 | Sue Bowden | 6:33 | Female | | 4 |
| 78 | 113 | Neil Rowbotham | 6:33 | Male | | 3 |
| 79 | 94 | Colin Johnson | 6:34 | Male | | 4 |
| 80 | 139 | Peter Tennyson | 6:36 | Male | | 2 |
| 81 | 98 | Nick Larke | 6:40 | Male | Barton and district AC | 3 |
| 82 | 104 | LAURA FITZPATRICK | 6:40 | Female | | 3 |
| 83 | 119 | Ryan Marshall | 6:40 | Male | | 3 |
| 84 | 92 | mark askew | 6:42 | Male | scunthorpe | 4 |
| 85 | 111 | Dennis Chapman | 6:43 | Male | Barton & District Ac | 3 |
| 86 | 126 | Paul Adams | 6:44 | Male | | 2 |
| 87 | 137 | Khye Waite | 6:50 | Male | | 2 |
| 88 | 110 | Victoria Witting | 6:51 | Female | Lincsquad | 3 |
| 89 | 129 | Charlotte Cawkwell | 6:54 | Female | Barton and district | 2 |
| 90 | 120 | James Vandebrook | 7:00 | Male | Unattached | 3 |
| 91 | 134 | Matthew Cooke | 7:00 | Male | Scunthorpe and District | 2 |
| 92 | 82 | Richard Hollingsworth | 7:01 | Male | | 4 |
| 93 | 58 | Nigel Dowse | 7:04 | Male | Scunthorpe & district ac | 5 |
| 94 | 88 | Tony Holder | 7:07 | Male | | 4 |
| 95 | 116 | ian berridge | 7:07 | Male | Scunthorpe and Dlscirt | 3 |
| 96 | 124 | Jenny Clayton | 7:09 | Female | | 3 |
| 97 | 125 | Norman Hindley | 7:09 | Male | Gainsborough Morton St | 2 |

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| 98 | 159 | Karl Dove | 07:11 | Male | | 1 |
| 99 | 130 | Dawn Shaw | 7:14 | Female | | 2 |
| 100 | 150 | Keith Thompson | 7:16 | Female | | 2 |
| 101 | 96 | Walter Kent | 7:17 | Male | Winterton | 3 |
| 102 | 59 | Leanne Lyons | 7:18 | Female | Barton and district | 5 |
| 103 | 121 | Janice Holmes | 7:22 | Female | | 3 |
| 104 | 157 | Stephen Cannings | 07:28 | Male | Lincsquad | 1 |
| 105 | 135 | Gaz Crisp | 7:29 | Male | | 2 |
| 106 | 145 | Emma Cox | 7:30 | Female | | 2 |
| 107 | 147 | Hollie Davies | 7:30 | Female | | 2 |
| 108 | 122 | Jonathan Lonsdale | 7:33 | Male | | 3 |
| 109 | 133 | Orrin Fairhead | 7:33 | Male | | 2 |
| 110 | 131 | Richard Gerhardt | 7:39 | Male | | 2 |
| 111 | 151 | Rita Mooney | 7:39 | Female | Barton & District | 2 |
| 112 | 164 | Jane Oxby | 07:46 | Female | Walk Jog Run | 1 |
| 113 | 136 | Malcolm Dent | 7:49 | Male | Lincsquad | 2 |
| 114 | 146 | Catherine Ellis | 7:58 | Female | Walk John Run | 2 |
| 115 | 149 | Kate Lancaster | 8:02 | Female | N/a | 2 |
| 116 | 156 | Vikki Wilson | 08:04 | Female | N/A | 1 |
| 117 | 54 | Hannah Harper | 8:08 | Female | | 5 |
| 118 | 127 | Edward Crowden | 8:11 | Male | | 2 |
| 119 | 158 | Shona Cannings | 08:13 | Female | Lincsquad | 1 |
| 120 | 152 | Jayne Eaton | 8:14 | Female | Scunthorpe and district | 2 |
| 121 | 183 | Josef Myrcik | 08:21 | Male | | 1 |
| 122 | 154 | Tasha Cox | 08:28 | Female | | 1 |
| 123 | 166 | Helen Cawkwell | 08:29 | Female | Barton and district athle | 1 |
| 124 | 172 | Justine Underwood | 08:30 | Female | | 1 |
| 125 | 162 | Tina Thomas | 08:32 | Female | Caistor R/C | 1 |
| 126 | 174 | Bev Procter | 08:37 | Female | Bartonanddistrictac | 1 |
| 127 | 169 | Liz Davies | 08:40 | Female | | 1 |
| 128 | 153 | Lindsay Croft | 8:43 | Female | Tri4girlz | 2 |
| 129 | 167 | James Charters | 08:44 | Male | Worksop harriers | 1 |
| 130 | 170 | Eileen Boucher | 08:45 | Female | | 1 |
| 131 | 179 | Paula Coggon | 08:50 | Female | Walk jog run | 1 |
| 132 | 177 | Patsy Wickens | 08:52 | Female | | 1 |
| 133 | 165 | Debby Jackson | 08:55 | Female | | 1 |
| 134 | 176 | Colin Smithson | 09:08 | Male | Vegan Runners | 1 |
| 135 | 160 | Julie Franks | 09:13 | Female | Barton & District AC | 1 |
| 136 | 171 | Ruth George | 09:18 | Female | Barton and district ac | 1 |
| 137 | 180 | Lyndsay Waite | 09:19 | Female | Scunthorpe and district | 1 |
| 138 | 178 | heather allison | 09:27 | Female | | 1 |
| 139 | 155 | Andrea Campbell | 09:40 | Female | | 1 |
| 140 | 168 | Claire Larke | 09:40 | Female | Barton and district AC | 1 |
| 141 | 181 | David Roy Scott | 10:03 | Male | Barton AC | 1 |
| 142 | 182 | John Macdonald | 10:33 | Male | | 1 |
| 143 | 175 | Lindsay O'Connor | 10:59 | Female | Walk Jog Run | 1 |

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| 3 | James Straw | DNS | Male | Lincoln Wellington AC | 7 |
| 8 | Richard Bugg | DNS | Male | Richmond and Zetland H | 7 |

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|-----|-------------------|-----|--------|--------------------------|---|
| 9 | Andrew Holt | DNS | Male | Winterton Running Club | 7 |
| 15 | Philip Carter | DNS | Male | Scunthorpe and District | 7 |
| 25 | Warren Clarke | DNS | Male | Doncaster | 6 |
| 33 | Joshua Heley | DNS | Male | | 6 |
| 34 | Steve Barber | DNS | Male | Askern d.r.c | 6 |
| 39 | Mark Salmon | DNS | Male | Lincsquad | 6 |
| 41 | Dean Houlton | DNS | Male | Grantham AC | 6 |
| 46 | John Chambers | DNS | Male | Lincsquad OTCF | 5 |
| 50 | Michael Petersen | DNS | Male | East Hull Harriers & AC | 5 |
| 51 | Steve Cowlbeck | DNS | Male | LincsQuad | 5 |
| 56 | Kev Taylor | DNS | Male | Danum Harriers | 5 |
| 63 | Richard Ogden | DNS | Male | Lincsquad | 5 |
| 65 | Alan Pollard | DNS | Male | City of Hull | 5 |
| 74 | William McLean | DNS | Male | Doncaster Triathlon Club | 4 |
| 77 | Rick Nicklen | DNS | Male | | 4 |
| 80 | Sian Randall | DNS | Female | | 4 |
| 81 | Jane Morley | DNS | Female | Wolds vet r c | 4 |
| 83 | Darrell Bright | DNS | Male | | 4 |
| 87 | Paul Stapleton | DNS | Male | | 4 |
| 89 | Dave Etherington | DNS | Male | Danum Harriers | 4 |
| 90 | Frank Thomas | DNS | Male | Caistor R/C | 4 |
| 100 | julian hesp | DNS | Male | viking velo | 3 |
| 107 | Rick Samuels | DNS | Male | | 3 |
| 108 | Teresa Bainbridge | DNS | Female | None | 3 |
| 115 | Jon Conroy | DNS | Male | Lincsquad | 3 |
| 117 | Ian Gray | DNS | Male | Northern Masters | 3 |
| 118 | Philip Lusby | DNS | Male | | 3 |
| 123 | claire Doherty | DNS | Female | Barton and District AC | 3 |
| 128 | Trish Dexter | DNS | Female | Scunthorpe and district | 2 |
| 132 | Sonya Chapman | DNS | Female | | 2 |
| 140 | Samantha Ritson | DNS | Female | Scunthorpe & District AC | 2 |
| 141 | Gemma Wadd | DNS | Female | Scunthorpe & District AC | 2 |
| 142 | kath green | DNS | Female | walk jog run | 2 |
| 144 | Sharon Birch | DNS | Female | | 2 |
| 148 | richard allison | DNS | Male | | 2 |
| 163 | Tamzen Maslin | DNS | Female | Fitmums | 1 |
| 173 | Suzy Samuels | DNS | Female | | 1 |
| 53 | Andrew Billington | DNS | Male | None | 5 |