

Position	Finish Time	Race No	First Name	Surname	Club Name	Category
1	00:30:43	1	Ilihara-Zachary	Mjoroge	Birchfield Harriers	Male Senior
2	00:31:11	242	Craig	Hopkins	Swansea Harriers	Male Senior
3	00:33:35	301	Paul	Molineux	Springfield Striders AC	Male Senior
4	00:33:41	130	Damian	Carr	Kettering Town Harriers	Male Senior
5	00:33:42	47	Andrew	Bunn	Norwich Road Runners	Male Senior
6	00:33:49	335	Tom	Wagstaff	Unattached	Male Senior
7	00:33:54	199	Neil	Davison	City of Norwich AC	Male Senior
8	00:34:34	228	Gareth	Deacon	Leicester Coritanians AC	Male Vet 40
9	00:34:38	322	Andy	Jones	City of Norwich AC	Male Senior
10	00:36:40	334	Jennie	Roberts	Ipswich JAFFA	Female Senior
11	00:36:51	174	Tony	Johns	Norwich Road Runners	Male Vet 40
12	00:37:34	418	Tim	Vialls	Unattached	Male Vet 45
13	00:37:43	341	John	Walshaw	City of Norwich AC	Male Senior
14	03:37:45	237	Pual	Muffett	North Norfolk Beach Runners	Male Vet 50
15	00:37:49	57	Andrew	Houghton	Unattached	Male Vet 50
16	00:37:50	229	Tom	Richardson	Unattached	Male Senior
17	00:37:55	374	Goy	Roper	Norwich Road Runners	Male Vet 45
18	00:38:38	390	Chris	Pimlott	Waveney Valley A.C.	Male Senior
19	00:38:39	293	Stuart	Faust	Thetford AC	Male Senior
20	00:38:42	377	Chris	Salmon	Unattached	Male Senior
21	00:38:44	72	Dale	Hurren	Norwich Road Runners	Male Vet 50
22	00:38:49	154	James	Birch	Wymondham AC	Male Vet 40
23	00:38:52	105	Mark	Edwards	Norwich Road Runners	Male Vet 40
24	00:39:07	398	Thomas	White	Unattached	Male Senior
25	00:39:11	363	John	Chnstopher	North Norfolk Beach Runners	Male Vet 40
26	00:39:12	278	Adie	Grand	Norwich Road Runners	Male Vet 40
27	00:39:16	175	Andy	Clark	Unattached	Male Vet 40
28	00:39:17	234	Paul	Martin	Unattached	Male Senior
29	00:39:18	110	Matthew	Green	Norfolk Gazelles	Male Senior
30	00:39:21	388	Nicky	Alford	City of Norwich AC	Female Senior
31	00:39:25	32	David	Tandy	Norwich Road Runners	Male Senior
32	00:39:26	29	Nigle	Whiteley	Unattached	Male Vet 40
33	00:39:43	135	Raymond	Hill	Ipswich JAFFA	Male Vet 55
34	00:39:46	307	Ben	McQuillion	Reepham Runners	Male Senior
35	00:39:48	132	Spencer	Carr	Unattached	Male Senior
36	00:39:53	214	Mark	Betts	Norwich Road Runners	Male Senior
37	00:40:07	365	Chris	Scott	Lowestoft Road Runners	Male Senior
38	00:40:08	252	Martin	Yeomans	Norwich Road Runners	Male Vet 55
39	00:40:11	378	Shawn	Mason	Gt Yarmouth RRC	Male Senior
40	00:40:22	139	Sean	Jermy	Gt Yarmouth & District AC	Male Senior
41	00:40:27	240	John	Hartley	Unattached	Male Vet 40
42	00:40:28	416	Stephen	Houghton	Gt Yarmouth RRC	Male Senior
43	00:40:46	372	Damon	Lawrence	Norwich Road Runners	Male Senior
44	00:40:49	411	Jon	Queripel	Coltishall Jaguars	Male Senior
45	00:40:51	158	Robert	Twel	Unattached	Male Senior
46	00:40:57	296	Kevin	Hardingham	Norfolk Gazelles	Male Vet 50
47	00:50:57	86	Mitchell	Reed	Gt Yarmouth & District AC	Male Senior
48	00:41:03	292	Mark	Philo	Tri Anglia	Male Vet 40
49	00:41:03	380	Anne	Flanagan	Norwich Road Runners	Female Senior
50	00:41:13	117	Ian	Bailey	Unattached	Male Senior
51	00:41:13	260	Tim	Winters	NHS GY & Waveney	Male Senior
52	00:41:18	321	Marie	Shirley	Sudbury Joggers	Female Senior
53	00:41:19	320	Paul	Preston	Sudbury Joggers	Male Senior

54	00:41:22	376	Tracey	Curl	Norwich Road Runners	Female Vet 45
55	00:41:37	433	Paul	Britt	City of Norwich AC	Male Senior
56	00:41:43	125	Matthew	Sutton	Unattached	Male Senior
57	00:41:46	23	Seb	Rijpstra	Unattached	Male Senior
58	00:41:57	31	Stephen	Dady	Unattached	Male Vet 55
59	00:42:07	362	Ryan	Callaby	North Norfolk Beach Runners	Male Senior
60	00:42:10	413	Peter	Bussey	Norwich Road Runners	Male Vet 45
61	00:42:17	124	Karl	Syson	Norwich Road Runners	Male Senior
62	00:42:35	313	Jeff	Lansdell	Unattached	Male Senior
63	00:42:41	129	Matthew	Frary	Norwich Road Runners	Male Senior
64	00:42:47	425	Jonathon	Comyn	Unattached	Male Senior
65	00:42:49	346	Anthony	Croucher	Gt Yarmouth RRC	Male Senior
66	00:42:54	391	Graham	Deverson	Unattached	Male Senior
67	00:42:59	382	Julie	Simmons	Herts Phoenix	Female Vet 50
68	00:43:09	113	David	George	Norwich Road Runners	Male Vet 40
69	00:43:11	439	Peter	Edmunds	Unattached	Male Vet 55
70	00:43:12	45	Matt	Haoward	Unattached	Male Senior
71	00:43:17	351	Gavin	Lynch	Unattached	Male Senior
72	00:43:19	290	John	Burton	City of Norwich AC	Male Vet 55
73	00:43:31	88	Richard	Dye	Unattached	Male Vet 45
74	00:43:35	62	David	Lawlor	Gt Yarmouth RRC	Male Vet 40
75	00:43:35	79	Dillon	Parnell	Unattached	Male Senior
76	00:43:36	74	Ken	Bowman	Coltishall Jaguars	Male Vet 60
77	00:43:39	226	Robin	Wilson	Bungay Black Dog RC	Male Vet 50
78	00:43:40	350	Richard	Suttle	Unattached	Male Senior
79	00:43:40	142	Nick	Ward	Unattached	Male Senior
80	00:43:55	197	Robert	Franklin	Unattached	Male Senior
81	00:43:58	16	Justin	Ashford	Norwich Road Runners	Male Senior
82	00:44:09	364	Steve	Bird	City of Norwich AC	Male Vet 40
83	00:44:10	373	Alexandra	Smith	Norwich Road Runners	Female Senior
84	00:44:19	82	Graham	Hardingham	Norfolk Gazelles	Male Vet 45
85	00:44:27	227	Bruce	Rayner	Bungay Black Dog RC	Male Vet 45
86	00:44:29	392	Cathy	Williamson	Unattached	Female Vet 40
87	00:44:31	387	Stephen	Pullinger	Unattached	Male Vet 45
88	00:44:35	317	Marl	Lankester	Felixstowe Road Runners	Male Vet 40
89	00:44:39	236	Gavin	Thouless	Norwich Road Runners	Male Senior
90	00:44:49	90	Tim	Tyler	Norwich Road Runners	Male Vet 50
91	00:44:50	381	Shaun	Daly	Unattached	Male Vet 45
92	00:44:54	111	Tom	Livermore	Unattached	Male Senior
93	00:44:56	330	Peter	Durham	Unattached	Male Vet 40
94	00:45:01	410	Jason	Meiszner	Unattached	Male Senior
95	00:45:11	283	Mark	Shearing	Unattached	Male Senior
96	00:45:24	358	Carl	Spychel	Unattached	Male Senior
97	00:45:37	250	Ryan	Love	Unattached	Male Senior
98	00:45:39	248	Mark	Elflett	Lowestoft Road Runners	Male Vet 45
99	00:45:46	223	Mick	Staines	Pitsea Running Club	Male Vet 60
100	00:45:48	159	Paul	Robinson	Reepham Runners	Male Vet 40
101	00:45:59	37	Mick	Smith	Unattached	Male Vet 45
102	00:46:02	406	Karen	Archbold	Lowestoft Road Runners	Female Vet 40
103	00:46:08	21	Stephen	Panting	Norwich Road Runners	Male Vet 40
104	00:46:09	276	Christopher	Gay	City of Norwich AC	Male Vet 45
105	00:46:10	375	Ashleigh	Ranson	Unattached	Male Senior
106	00:46:11	106	John	Williamson	Team Timmy None-Aff.	Male Vet 50
107	00:46:12	367	Eirrin	Thompson	Unattached	Male Senior

108	00:46:18	91	Kevin	Gee	Norwich Road Runners	Male Vet 45
109	00:46:19	225	Tracy	Stevens	Wymondham AC	Female Senior
110	00:46:22	311	Richard	Piper	Unattached	Male Vet 40
111	00:46:26	345	Tom	Warkentin	Unattached	Male Vet 45
112	00:46:28	44	Brian	Taylor	Unattached	Male Vet 45
113	00:46:32	412	Julie	Helliwell	Unattached	Female Vet 45
114	00:46:33	218	Mark	Burrows	Norwich Road Runners	Male Vet 40
115	00:46:41	143	Stewart	Ellis	Unattached	Male Senior
116	00:47:03	103	Colin	Alford	Unattached	Male Vet 45
117	00:47:06	426	Christopher	Comyn	Unattached	Male Senior
118	00:47:06	414	Pauline	Norman	Lowestoft Road Runners	Female Vet 55
119	00:47:08	429	Nat	Newnman	Unattached	Male Senior
120	00:47:10	140	Jon	Barber	Unattached	Male Senior
121	00:47:12	34	James	Chase	Unattached	Male Vet 40
122	00:47:17	192	Cathy	Lambert	St Edmund Pacers	Female Vet 40
123	00:47:26	415	Richard	Gilham	Norfolk Gazelles	Male Vet 45
124	00:47:32	186	Mark	Saunders	Unattached	Male Vet 40
125	00:47:36	431	Charles	Watson	Unattached	Male Vet 45
126	00:47:37	319	Dan	Rix	Unattached	Male Senior
127	00:47:38	149	Philip	Mulroney	Spa Striders	Male Vet 45
128	00:47:39	169	Steve	Campion	Unattached	Male Vet 55
129	00:47:39	35	Denver	Slowther	Unattached	Male Senior
130	00:47:40	81	Andrew	Stephenson	Unattached	Male Senior
131	00:47:41	33	David	McWilliam	Unattached	Male Senior
132	00:47:42	54	Michael	O'Conor	North Norfolk Beach Runners	Male Vet 55
133	00:47:43	176	John	Lambert	Ipswich JAFFA	Male Vet 60
134	00:47:44	152	Stuart	Bennett	Unattached	Male Senior
135	00:47:44	98	Adrian	Penn	Unattached	Male Vet 50
136	00:47:46	206	Myles	Duffield	Unattached	Male Senior
137	00:47:56	162	Roger	Budds	Norwich Road Runners	Male Vet 60
138	00:48:02	168	John	Kerrison	Unattached	Male Vet 45
139	00:48:04	56	Lorrain	Dawson	Gt Yarmouth RRC	Female Vet 45
140	00:48:07	53	Gary	Rose	George Eliot St.	Male Vet 45
141	00:48:24	172	Anne	Martin	Unattached	Female Senior
142	00:48:26	249	Steven	Eastoe	Unattached	Male Senior
143	00:48:28	298	Neil	Thomas	Bungay Black Dog RC	Male Vet 40
144	00:48:29	182	Dam	Norrish	Unattached	Male Senior
145	00:48:32	189	Ian	Chapman	St Edmund Pacers	Male Senior
146	00:48:34	435	Michael	Armes	Norwich Road Runners	Male Vet 40
147	00:48:42	41	Trevor	Horrex	North Norfolk Beach Runners	Male Vet 45
148	00:48:44	55	David	French	Unattached	Male Senior
149	00:48:49	384	Richard	Polley	City of Norwich AC	Male Vet 50
150	00:48:50	385	Hannah	Baker	City of Norwich AC	Female Senior
151	00:48:55	446	Mark	Avery	Ipswich JAFFA	Male Vet 40
152	00:48:57	28	David	Shelser	Unattached	Male Vet 45
153	00:48:58	328	Keir	Howlett	Unattached	Male Senior
154	00:48:59	371	Barry	Randle	Unattached	Male Senior
155	00:49:03	438	Richard	Clark	The Saxons	Male Vet 40
156	00:49:04	294	Chris	Aspin	Unattached	Male Vet 40
157	00:49:05	180	Simon	Hillyard	Unattached	Male Senior
158	00:49:06	361	Paul	Currier	Unattached	Male Senior
159	00:49:07	161	Daniel	Hewitt	Halstead Road Runners	Male Vet 40
160	00:49:09	190	Martin	Parker	Unattached	Male Senior
161	00:49:16	24	Diane	Pamplin	Unattached	Female Vet 55

162	00:49:16	424	Christian	Jacobs	Unattached	Male Senior
163	00:49:16	217	Anne	Hulse	Norwich Road Runners	Female Vet 45
164	00:49:18	87	Patrick	Collins	Bromley Vets	Male Vet 65+
165	00:49:21	314	Lorraine	Mills	Stowmarket Striders	Female Senior
166	00:49:23	195	John	Franklin	Unattached	Male Vet 40
167	00:49:28	11	Richard	Wood	Unattached	Male Senior
168	00:49:30	368	Neil	Robinson	Unattached	Male Vet 40
169	00:49:31	360	Steven	Divall	Unattached	Male Senior
170	00:49:32	157	Nick	Tiches	Unattached	Male Vet 45
171	00:49:35	318	Tracey	Stevenson	Norfolk Gazelles	Female Vet 40
172	00:49:37	109	Howard	Wilcox	Unattached	Male Vet 50
173	00:49:38	116	Anne	Ellen	Norfolk Gazelles	Female Vet 50
174	00:49:40	148	Chris	Haycock	Unattached	Male Vet 40
175	00:49:43	84	Natalie	Czykieta	Norwich Road Runners	Female Senior
176	00:49:45	92	Kim	Chatten	Unattached	Female Vet 45
177	00:49:49	231	Richard	High	Norwich Road Runners	Male Senior
178	00:49:54	85	Nick	Mills	Unattached	Male Senior
179	00:49:54	444	Shaun	Thompson	Unattached	Male Vet 45
180	00:49:57	108	Russell	Bell	Unattached	Male Senior
181	00:49:58	42	Richard	Davis	Unattached	Male Senior
182	00:50:06	427	Dean	Foden	Unattached	Male Vet 40
183	00:50:12	187	Peter	Roach	Norwich Road Runners	Male Vet 65+
184	00:50:16	338	John	Pettifer	Pitsea Running Club	Male Vet 60
185	00:50:19	203	Dennis	Simpson	Norwich Road Runners	Male Vet 45
186	00:50:24	213	Lisa	Howard	Norwich Road Runners	Female Senior
187	00:50:27	153	Jerry	Fuller	Unattached	Male Senior
188	00:50:37	359	Bob	Paul	Bungay Black Dog RC	Male Vet 55
189	00:50:42	134	Darryl	Robinson	Unattached	Male Senior
190	00:50:43	379	Anne	Florence	Diss Athletic Club	Female Vet 55
191	00:50:44	144	Peter	Clark	Unattached	Male Vet 45
192	00:50:47	247	Jill	Copeland	Norwich Road Runners	Female Vet 45
193	00:50:55	337	Lorna	Pettifer	Pitsea Running Club	Female Vet 40
194	00:50:58	409	David	Drewitt	Gt Yarmouth & District AC	Male Vet 55
195	00:50:59	327	Julian	Bamford	Norwich Road Runners	Male Senior
196	00:51:01	51	Fernando	Piers	Unattached	Male Senior
197	00:51:07	333	Robert	Bell	Unattached	Male Senior
198	00:51:17	393	Nicholas	Brown	Unattached	Male Senior
199	00:51:18	15	Martin	Ashford	Diss Athletic Club	Male Vet 55
200	00:51:20	40	Keith	Jay	Unattached	Male Vet 50
201	00:51:21	428	Alan	Ward	Unattached	Male Vet 45
202	00:51:23	389	Matt	Bullock	Unattached	Male Vet 40
203	00:51:24	202	Chris	McCormick	Unattached	Male Senior
204	00:51:43	342	Lisa	Jackson	Unattached	Female Senior
205	00:51:43	343	Simon	Jackson	Unattached	Male Senior
206	00:51:44	20	Steve	Baxter	Unattached	Male Vet 45
207	00:51:44	18	Paul	Minns	Unattached	Male Vet 40
208	00:51:47	63	Karen	Gedge	Bungay Black Dog RC	Female Vet 40
209	00:51:56	133	Tim	Bailey	Unattached	Male Vet 45
210	00:51:57	366	Christopher	Smith	Unattached	Male Vet 50
211	00:51:57	14	Bob	Beatie	Unattached	Male Vet 60
212	00:52:01	436	Amanda	Martin	St Edmund Pacers	Female Vet 40
213	00:52:02	396	Gina	Handull	Unattached	Female Vet 45
214	00:52:08	404	John	England	Gt Yarmouth & District AC	Male Vet 60
215	00:52:10	400	James	Wynn	Unattached	Male Senior

216	00:52:14	405	Simon	Bunting	Lowestoft Road Runners	Male Vet 40
217	00:52:15	83	Daniel	Bycroft	Unattached	Male Senior
218	00:52:16	170	Peter	Warren	City of Norwich AC	Male Vet 50
219	00:52:17	38	Mark	Durrant	Unattached	Male Vet 45
220	00:52:19	340	Kelly	Davis	Unattached	Female Senior
221	00:52:21	211	Lee	Harvey	Unattached	Male Senior
222	00:52:23	97	Mark	Farrah	Les Crouoiers Cardiff	Male Senior
223	00:52:24	288	Susan	Fraser	Gt Yarmouth & District AC	Female Vet 45
224	00:52:34	26	Adele	Postle	Gt Yarmouth & District AC	Female Vet 40
225	00:52:36	421	Andrew	Bacon	Unattached	Male Senior
226	00:52:47	65	Jon	DeGray	Norwich Road Runners	Male Vet 45
227	00:52:57	281	Brenda	Fee	Shaftsbury Barnett Harriers	Female Vet 60
228	00:52:58	407	Andrew	Burrage	Norfolk Gazelles	Male Vet 50
229	00:52:58	308	Jenny	Pratt	Unattached	Female Senior
230	00:52:59	179	Gwyneth	Jones	Unattached	Female Vet 50
231	00:52:59	102	Daniel	McKeown	Unattached	Male Senior
232	00:53:01	339	Claire	Martin	Unattached	Female Senior
233	00:53:05	309	Marion	Pratt	Unattached	Female Vet 40
234	00:53:08	212	Martin	Smith	Unattached	Male Senior
235	00:53:10	93	Ian	Boggan	Unattached	Male Vet 45
236	00:53:12	274	Katy	Walters	City of Norwich AC	Female Senior
237	00:53:14	96	Robin	Farrah	Bungay Black Dog RC	Male Vet 65+
238	00:53:15	251	Steve	Love	Unattached	Male Vet 45
239	00:53:16	434	Nicola	Gibson	Unattached	Female Senior
240	00:53:24	279	Brian	Smith	Unattached	Male Vet 40
241	00:53:25	36	Stephen	Kibble	Unattached	Male Vet 45
242	00:53:30	326	Tom	Warnes	Unattached	Male Senior
243	00:53:35	19	Philip	Neave	Bungay Black Dog RC	Male Vet 60
244	00:53:38	325	Tony	Britt	Unattached	Male Vet 50
245	00:53:39	219	Paula	McCann	Ipswich Triathlon Club	Female Vet 60
246	00:53:39	220	Michael	McKinell	Ipswich Triathlon Club	Male Vet 50
247	00:53:40	253	Jonathon	Thetford	Unattached	Male Senior
248	00:53:43	356	Jason	Rush	Unattached	Male Senior
249	00:53:46	417	Anne	Martin	Wymondham AC	Female Vet 65+
250	00:53:50	233	Rachel	Halworth	Unattached	Female Senior
251	00:54:04	80	Richard	Verschoyle	Gt Yarmouth & District AC	Male Vet 65+
252	00:54:07	101	Rebecca	Ford	Unattached	Female Senior
253	00:54:10	297	Paul	Farrow	Unattached	Male Vet 50
254	00:54:16	27	Mike	Marshal	North Norfolk Beach Runners	Male Vet 65+
255	00:54:30	165	Ian	Tooley	Unattached	Male Vet 45
256	00:54:37	145	Stewaert	Holden	Unattached	Male Senior
257	00:54:42	104	Karen	Alford	Unattached	Female Vet 45
258	00:54:45	215	Andrew	Baker	Unattached	Male Vet 40
259	00:54:50	70	Martin	Culling	Unattached	Male Senior
260	00:55:03	441	Silke	Hunter	Unattached	Female Vet 40
261	00:55:13	443	Matthew	Durrant	Unattached	Male Senior
262	00:55:14	221	David	Pugh	Unattached	Male Vet 60
263	00:55:14	353	Sarah	Frith	City of Norwich AC	Female Senior
264	00:55:17	181	Richard	Hems	Unattached	Male Vet 45
265	00:55:17	121	Trish	Judson	Unattached	Female Vet 50
266	00:55:31	255	Roy	Phillips	Lowestoft Road Runners	Male Vet 40
267	00:55:32	305	Anthony	Stafford	Unattached	Male Vet 45
268	00:55:52	316	Nicola	Butler	Unattached	Female Senior
269	00:55:54	408	Carolyn	Burrage	Norfolk Gazelles	Female Vet 50

270	00:55:58	287	Margo	Newman	Unattached	Female Senior
271	00:56:14	216	Nicola	Baker	Unattached	Female Vet 40
272	00:56:14	349	Jonathon	Fokard	North Norfolk Beach Runners	Male Vet 45
273	00:56:38	336	Gary	Dunn	Unattached	Male Senior
274	00:56:40	127	Catherine	Banim	Unattached	Female Senior
275	00:56:41	445	Paul	Banim	Unattached	Male Senior
276	00:56:44	437	Sue	Myhra	Unattached	Female Vet 45
277	00:56:45	402	Clair	Metcalf	Unattached	Female Vet 40
278	00:56:50	232	Janet	Cross	Unattached	Female Vet 45
279	00:56:53	442	Teresa	Manguzt	Unattached	Female Senior
280	00:56:56	423	Quinton	Haulerson	Unattached	Male Senior
281	00:57:08	138	Anthony	Gordon	Unattached	Male Senior
282	00:57:11	115	Linda	Farrow	Norfolk Gazelles	Female Vet 60
283	00:57:15	50	Roy	Dearman	Unattached	Male Senior
284	00:57:22	273	Michael	Dennis	NHS GY & Waveney	Male Vet 40
285	00:57:29	183	Gayle	Digby	Unattached	Female Senior
286	00:57:43	331	David	Baxter	Unattached	Male Senior
287	00:57:50	43	Stephen	Morley	Unattached	Male Vet 55
288	00:57:53	184	Emma	Digby	Unattached	Female Senior
289	00:58:02	112	Sue	Atkinson	Norfolk Gazelles	Female Vet 60
290	00:58:14	332	Andrew	Bolt	Norwich Road Runners	Male Senior
291	00:58:22	282	Helen	Risebro	Unattached	Female Senior
292	00:58:31	422	Hayley	Gerrard	Norfolk Gazelles	Female Vet 40
293	00:58:32	77	Martin	Spilsted	Unattached	Male Senior
294	00:58:34	440	Adam	Ambrose	Unattached	Male Vet 40
295	00:58:34	167	Clair	Baker	Unattached	Female Senior
296	00:58:39	284	Amanda	Bobby	Unattached	Female Vet 40
297	00:58:45	99	Louise	Penn	Unattached	Female Vet 45
298	00:58:47	164	Kerry	Nicholls	Unattached	Female Senior
299	00:58:49	275	Mark	Walters	City of Norwich AC	Male Senior
300	00:58:52	245	John	Brown	Unattached	Male Vet 45
301	00:59:06	95	Samantha	Harrison	Unattached	Female Senior
302	00:59:16	395	Helen	Sewell	Ryston Runners	Female Vet 60
303	00:59:17	277	Stuart	Smith	Unattached	Male Vet 50
304	00:59:18	163	C	Tooley	Unattached	Female Vet 40
305	00:59:18	295	Malcolm	Huggings	Lowestoft Road Runners	Male Vet 40
306	00:59:20	46	Mark	Naylor	Unattached	Male Vet 45
307	00:59:21	191	Michelle	Couch	Unattached	Female Senior
308	00:59:27	48	Helen	Coyte-McKenzi	Norfolk Gazelles	Female Vet 40
309	00:59:28	49	Andrew	Coyte-McKenzi	Unattached	Male Vet 45
310	00:59:39	352	Stephen	Carter	Unattached	Male Vet 45
311	00:59:52	136	Gillian	Petts-Hannant	Bungay Black Dog RC	Female Senior
312	00:59:55	224	Derek	Ribbands	Gt Yarmouth RRC	Male Vet 45
313	00:59:57	285	Mark	Bobby	Unattached	Male Vet 40
314	00:59:57	150	Linus	Murray-Woods	Unattached	Male Senior
315	00:59:57	344	Carol	Cooper	Unattached	Female Vet 40
316	01:00:07	347	Beatrice	Winter	Unattached	Female Senior
317	01:00:08	348	Neil	Hampson	Unattached	Male Senior
318	01:00:10	147	Angela	Sait-Stewart	Unattached	Female Vet 40
319	01:00:17	185	Bob	Jack	Bungay Black Dog RC	Male Vet 45
320	01:00:17	262	Karen	Waters	NHS GY & Waveney	Female Senior
321	01:00:18	137	Sarah	Hills	Unattached	Female Senior
322	01:00:19	324	Neomi	Pearson	Unattached	Female Senior
323	01:00:25	10	Susan	Ryles	Gt Yarmouth & District AC	Female Vet 50

324	01:00:38	383	Carla	Hinds	Unattached	Female Senior
325	01:00:39	30	Lynne	Whiteley	Unattached	Female Vet 45
326	01:00:42	329	Kelly	Pick	Unattached	Female Senior
327	01:00:46	178	Maria	Stapleton-Chate	Unattached	Female Vet 40
328	01:00:54	244	Roger	Sadler	Unattached	Male Vet 55
329	01:00:55	420	Kelly	Smith	Unattached	Female Senior
330	01:00:58	241	Lindy	Mullard	Unattached	Male Vet 55
331	01:01:17	354	Stuart	Bensly	Unattached	Male Senior
332	01:01:20	64	John	Lingard	Unattached	Male Vet 50
333	01:01:23	171	Christine	Bloomfield	Norfolk Gazelles	Female Vet 50
334	01:01:45	306	Michael	Jessop	Unattached	Male Vet 45
335	01:01:55	107	Rita	Williamson	Team Timmy None-Aff.	Female Vet 45
336	01:02:04	403	Maureen	England	Gt Yarmouth & District AC	Female Vet 60
337	01:02:05	208	Richard	Packman	Unattached	Male Vet 55
338	01:02:09	68	Dawn	Clegg	Gt Yarmouth & District AC	Female Vet 50
339	01:02:12	370	Bemta	Scaife	Maidenhead AC	Female Vet 50
340	01:02:12	369	John	Scaife	Maidenhead AC	Male Vet 50
341	01:02:29	394	Les	Digby	Unattached	Male Vet 55
342	01:02:31	17	Katrine	Middleton	North Norfolk Beach Runners	Female Vet 45
343	01:02:45	200	Paul	Verette	Unattached	Male Vet 60
344	01:02:48	254	Richard	Loveland	Unattached	Male Senior
345	01:03:11	205	Jacqueline	Duffield	Unattached	Female Senior
346	01:03:26	269	Kelly	Burrage	NHS GY & Waveney	Female Senior
347	01:03:27	270	Stephany	Gittins	NHS GY & Waveney	Female Senior
348	01:04:00	194	Jonathon	Lines	Unattached	Male Senior
349	01:04:03	312	Annette	Searl	Unattached	Female Senior
350	01:04:03	173	Lesley	Hanner	Unattached	Female Vet 50
351	01:04:18	386	Sally-Ann	Protheroe	Lowestoft Road Runners	Female Vet 50
352	01:04:24	209	Julie	Broom	Unattached	Female Senior
353	01:04:27	210	Rachel	Sullivan	Unattached	Female Senior
354	01:04:52	235	Colin	Thouless	Norwich Road Runners	Male Senior
355	01:05:50	399	Sharon	Vialls	Unattached	Female Vet 40
356	01:06:09	289	Michael	Elliott	Unattached	Male Vet 65+
357	01:06:34	75	Fiona	McDiarmid	Unattached	Female Vet 45
358	01:07:08	207	Estelle	Bawden	Unattached	Female Senior
359	01:07:18	303	Laura	Cook	Norwich Road Runners	Female Senior
360	01:07:18	302	Peter	Cook	Norwich Road Runners	Male Vet 55
361	01:07:20	196	Lisa	Franklin	Unattached	Female Senior
362	01:07:27	432	Virani	Sabine	Unattached	Female Vet 40
363	01:07:28	89	Sally-Anne	Smith	Unattached	Female Vet 40
364	01:07:29	315	Joe	Nauton	Stowmarket Striders	Male Vet 45
365	01:07:37	304	Kerry	West	Unattached	Female Senior
366	01:07:44	193	Anna	Lipp	Unattached	Female Vet 45
367	01:07:44	239	Jenny	Beaumont	Unattached	Female Vet 45
368	01:07:45	238	Philip	Beaumont	Unattached	Male Vet 50
369	01:07:46	397	Denise	Goodwin	Gt Yarmouth & District AC	Female Vet 50
370	01:08:32	430	Amanda	Geitner	Unattached	Female Senior
371	01:08:52	166	Elaine	Stone	Unattached	Female Vet 45
372	01:09:14	122	Paul	Spychal	Unattached	Male Vet 55
373	01:12:41	271	Susannah	Bridges	NHS GY & Waveney	Female Senior
374	01:12:47	259	Abi	Howes	NHS GY & Waveney	Female Senior
375	01:13:54	246	Denise	Sykes	Unattached	Female Senior
376	01:14:42	100	Chris	Harbord	Gt Yarmouth RRC	Male Vet 60
377	01:15:13	263	Georgina	Smith	NHS GY & Waveney	Female Senior

378	01:16:39	59	Nikki	Denton-Chandle	Unattached	Female Senior
379	01:16:57	123	Pam	Spychal	Unattached	Female Vet 50
380	01:18:12	357	Margaret	Ison	Unattached	Female Vet 60
381	01:19:19	25	William	Jenner	Unattached	Male Senior
382	01:19:28	222	Elaine	Mitchel	Castle Point Joggers	Female Vet 60
383	01:21:35	78	David	Lilley	Unattached	Male Senior
384	01:22:10	300	Beverley	Houghton	Unattached	Female Vet 40
385	01:28:58	401	Jane	Beck	Unattached	Female Vet 40
386	01:28:58	299	Karla	Symonds	Unattached	Female Vet 50
387	01:35:11	264	Anni	Jones	NHS GY & Waveney	Female Senior
388	01:35:12	267	Vicky	Snelgrave	NHS GY & Waveney	Female Senior
389	01:39:05	268	Lyn	Blizzard	NHS GY & Waveney	Female Vet 55
	dns/dnf	12	Tony	Adams	Unattached	Male Vet 40
	dns/dnf	13	Chris	Hayes	Gt Bentley Running Club	Male Vet 45
	dns/dnf	22	Garrick	Fox	Unattached	Male Vet 60
	dns/dnf	39	Roy	Brown	Unattached	Male Vet 50
	dns/dnf	52	Diana	Keysor	Unattached	Female Vet 40
	dns/dnf	58	Mark	Garrett	Norwich Road Runners	Male Vet 45
	dns/dnf	60	Ernie	George	Unattached	Male Vet 50
	dns/dnf	61	Micelle	Penn	Unattached	Female Senior
	dns/dnf	66	Susan	smith	Norwich Road Runners	Female Senior
	dns/dnf	69	Jonathon	Baldry	Unattached	Male Senior
	dns/dnf	71	Alex	Jay	Unattached	Male Senior
	dns/dnf	73	David	Jones	Unattached	Male Senior
	dns/dnf	76	Louise	Chapman	Norwich Road Runners	Female Senior
	dns/dnf	94	Simon	Newton	Unattached	Male Senior
	dns/dnf	114	Fran	Barton	City of Norwich AC	Female Vet 45
	dns/dnf	118	Andrew	Chapman	Unattached	Male Vet 40
	dns/dnf	119	Keith	Brighty	Norwich Road Runners	Male Vet 45
	dns/dnf	120	Josh	Brighty	Norwich Road Runners	Male Senior
	dns/dnf	126	Linda	Holt	North Norfolk Beach Runners	Female Vet 55
	dns/dnf	128	Gail	Pryke	Ipswich JAFFA	Female Vet 45
	dns/dnf	131	Chloe	Mitchel	Unattached	Female Senior
	dns/dnf	141	Liz	Kimbly	Unattached	Female Senior
	dns/dnf	146	John	Barton	Unattached	Male Senior
	dns/dnf	151	Emily	Barclay	Unattached	Female Senior
	dns/dnf	155	Anna	Fisk	Canterbury Harriers	Female Senior
	dns/dnf	156	Mark	Holland	Police Athletic Association	Male Senior
	dns/dnf	160	Mark	Goldsmith	Unattached	Male Senior
	dns/dnf	177	Scott	Evens	Unattached	Male Senior
	dns/dnf	188	Stuart	Weston	Unattached	Male Senior
	dns/dnf	198	Teresa	Guyton	Unattached	Female Vet 50
	dns/dnf	201	Peter	Downing	Wheelchair Competitor	Male Vet 55
	dns/dnf	204	Julie	Garrett	Norwich Road Runners	Female Vet 40
	dns/dnf	230	Lucy	Perry	Wymondham AC	Female Vet 40
	dns/dnf	243	Bob	Darnell	Unattached	Male Vet 55
	dns/dnf	256	Jamie	Amis	Unattached	Male Senior
	dns/dnf	257	Louise	Vanderweele	NHS GY & Waveney	Female Senior
	dns/dnf	258	Kim	Alder	NHS GY & Waveney	Female Vet 40
	dns/dnf	261	Laura	Bright	NHS GY & Waveney	Female Senior
	dns/dnf	265	Paris Bray	Litcgfield	NHS GY & Waveney	Female Senior
	dns/dnf	266	Joanna	Holt	NHS GY & Waveney	Female Senior
	dns/dnf	272	Shaion	Bond	NHS GY & Waveney	Female Vet 45
	dns/dnf	280	Yvonne	Jackson	Unattached	Female Vet 40

dns/dnf	286	Andrew	Fretwell	Norwich Road Runners	Male Vet 45
dns/dnf	291	Diane	Clarke	City of Norwich AC	Female Vet 45
dns/dnf	310	Bob	Price	Unattached	Male Vet 50
dns/dnf	323	Mike	Hill	Tri Anglia	Male Vet 40
dns/dnf	355	Thomas	Crawshaw	City of Norwich AC	Male Senior
dns/dnf	419	Deborah	Clark	Blyth Jex Norwich	Female Senior

