

Position	Number	Name	M /	Age	Cat	Club
			F			
1	201	Craig Hopkins	M	19	SM	Swansea Harriers
2	102	Brenton Kone	M	20	SM	Deakin Athletic Club
3	210	Roger Aldis	M	40	M40	Stowmarket Striders
4	96	Stephen Pettit	M	43	M40	Ely Runners
5	122	Ken Hoye	M	32	SM	Chelmsford AC
6	73	Sarah Stradling	F	33	SF	Colchester Harriers AC
7	112	Neil Hendrey	M	33	SM	CoNAC
8	85	David Wright	M	50	M50	Colchester Harriers AC
9	67	Martin Horlock	M	34	SM	Norwich Road Runners
10	40	Tony Johns	M	42	M40	Norwich Road Runners
11	93	Shaun Lark	M	32	SM	Lowestoft RR
12	269	David Robinson	M	51	M50	Ryston Runners AC
13	90	Andrew Houghton	M	50	M50	U / A
14	58	Alan Dawson	M	51	M50	St Edmund Pacers
15	82	Rob Gibby	M	35	SM	Colchester Harriers AC
16	216	Mark Garrett	M	45	M45	Norwich Road Runners
17	43	R Hill	M	58	M55	Ipswich Jaffa
18	65	Graham Moore	M	46	M45	U / A
19	111	Kevin Revell	M	46	M45	CoNAC
20	256	Terry Epps	M	54	M50	Wymondham AC
21	30	Philippa Taylor	F	41	F40	U / A
22	257	Neil Hume	M	34	SM	U / A
23	285	Simon Bagguley	M	26	SM	Cardiff University Harriers
24	226	Chris Tye	M	41	M40	U / A
25	299	Wayne Chappell	M	33	SM	U / A
26	272	Ian Bailey	M	36	SM	U / A
27	279	Martin Ive	M	42	M40	Ryston Runners AC
28	260	Jo Tweed	F	32	SF	Rugby & Northampton AC
29	74	Raymond Lindsay	M	52	M50	Norwich Road Runners
30	283	Matthew Wortley	M	32	SM	Ryston Runners AC

31	83	Robin Belsom	M	48	M45	Ipswich Jaffa
32	271	Barry Plowman	M	40	M40	Springfield Striders
33	246	Chris Doran	M	25	SM	U / A
34	60	Clive Steward	M	46	M45	Coltishall Jaguars
35	10	Stephen Etherington	M	50	M50	GYRR
36	294	Penny Edwards	F	53	F50	Norwich Road Runners
37	228	Jim Hayes	M	62	M60	North Norfolk Beach Runners
38	77	Paul Muffett	M	50	M50	North Norfolk Beach Runners
39	232	Chris Chorley	M	45	M45	Bungay Black Dog
40	204	Richard Smith	M	47	M45	Woodbridge Shufflers
41	266	Steven Guy	M	35	SM	CONAC
42	71	Nigel Rogers	M	39	SM	U / A
43	225	David Bowker	M	49	M45	Fairlands Valley Spartans
44	254	Annette Oakman	F	36	SF	Chelmsford AC
45	106	Mark Fawbert	M	32	SM	Bungay Black Dog
46	66	Mike Denmark	M	47	M45	U / A
47	258	Sean Jermy	M	19	SM	GYDAC
48	123	Matthew Ranson	M	36	SM	Halstead Road Runners
49	202	Stephen Dady	M	56	M55	U / A
50	78	Jamie Colman	M	36	SM	North Norfolk Beach Runners
51	54	Ryan Fisher	M	22	SM	U / A
52	292	Richard Dye	M	46	M45	Bungay Black Dog
53	52	Jason Parker	M	21	SM	Benfleet Running Club
54	3	Paul Masterson	M	39	SM	U / A
55	26	Anthony Gordon-Gray	M	60	M60	Norfolk Gazelles
56	110	Declan Byrne	M	22	SM	U / A
57	49	Martin Roberts	M	37	SM	St Edmund Pacers
58	255	Dominic Lacey	M	37	SM	U / A
59	264	Mark Ring	M	41	M40	U / A

60	290	Darren Smith	M	17	SM	Ryston Runners AC
61	265	Kevin White	M	41	M40	Bedford Harriers
62	125	Breege Nordin	F	52	F50	Ford Ath
63	209	Timothy Tyler	M	52	M50	Norwich Road Runners
64	115	Andy Wray	M	31	SM	Colchester & Tendering AC
65	230	Kevin Powles	M	41	M40	Norwich Road Runners
66	222	Ian Moore	M	41	M40	Norwich Road Runners
67	28	Mark Taylor	M	55	M55	Norwich Road Runners
68	42	Walt Barker	M	44	M40	U / A
69	56	Jeff Hinsley	M	46	M45	Wimbourne AC
70	128	John Rowley	M	57	M55	Rothwell Harriers
71	44	Stephen Panting	M	41	M40	Norwich Road Runners
72	53	Brian Day	M	44	M40	U / A
73	117	Ralph Cockburn	M	44	M40	Fenland Running Club
74	24	Matthew Sutton	M	21	SM	U / A
75	79	Frances Cooke	F	51	F50	March AC
76	214	Richard James Lesslie	M	18	SM	U / A
77	120	Kristin Barnard	M	33	SM	Wymondham AC
78	103	Anne Millett	F	52	F50	Norwich Road Runners
79	38	Roger Hobson	M	62	M60	Woodbridge Shufflers
80	76	Geoff Hayward	M	66	M60	North Norfolk Beach Runners
81	220	Neil Kellett	M	43	M40	U / A
82	119	Paul Gelova	M	44	M40	Coltishall Jaguars
83	32	Pauline Norman	F	58	F55	Lowestoft RR
84	39	Jason Walne	M	37	SM	U / A
85	245	Peter Shelley	M	37	SM	U / A
86	291	Gillian Loughlin	F	43	F40	West Norfolk
87	243	Neil Harris	M	27	SM	U / A
88	129	Chanelle Naughton	F	19	SF	U / A
89	239	Ian Hacon	M	39	SM	U / A
90	253	Nigel Robinson	M	57	M55	St Edmund Pacers

91	231	Bobbie Sauerzapf	F	49	F45	Bungay Black Dog
92	37	Jamie Caley	M	31	SM	U / A
93	104	Mike Teale	M	49	M45	U / A
94	261	Karen Archbold	F	41	F40	Lowestoft RR
95	35	Gavin Thouless	M	39	SM	Norwich Road Runners
96	278	Keith Brighty	M	45	M45	Norwich Road Runners
97	5	Barry Howard	M	38	SM	U / A
98	211	Roger Aldis	M	40	M40	Stowmarket Striders
99	208	Kevin Gee	M	48	M45	Norwich Road Runners
100	88	Christian Smith	M	31	SM	U / A
101	97	Ian Odgers	M	39	SM	Dereham Runners
102	121	David Lawler	M	44	M40	GYRR
103	275	Emily Howard	F	28	SF	U / A
104	80	Richard Gilham	M	46	M45	Norfolk Gazelles
105	217	Brenda Kinch	F	63	F60	North Norfolk Beach Runners
106	105	Lea Beuttell	M	33	SM	U / A
107	282	Matthew Rake	M	40	M40	U / A
108	27	Caroline Taylor	F	51	F50	Norwich Road Runners
109	4	Andrew Stroud	M	40	M40	U / A
110	215	Angie Bear	F	51	F50	Wymondham AC
111	29	Jonathan Batchelor	M	27	SM	U / A
112	240	David Bane	M	44	M40	U / A
113	101	Stephen New	M	42	M40	100 Marathon Club
114	298	John Richardson	M	54	M50	Dereham Runners
115	297	Bryan Cooper	M	52	M50	U / A
116	46	Paul Ford	M	51	M50	U / A
117	92	Mark Elflett	M	45	M45	Lowestoft RR
118	114	Kevin Bradley	M	47	M45	St Edmund Pacers
119	19	Jackie Bye	F	50	F50	Coltishall Jaguars
120	250	Ian Wheeler	M	46	M45	East London Runners
121	17	Gillian Woodhouse	F	60	F60	Dereham Runners
122	247	Deborah Stamp	F	37	SF	U / A

123	34	Chris Groves	M	57	M55	U / A
124	20	Rodney Bye	M	47	M45	Coltishall Jaguars
125	212	Howard Wilcox	M	52	M50	U / A
126	293	Matthew Newnham	M	31	SM	U / A
127	237	Anne Hulse	F	44	F40	U / A
128	238	Mark Burrows	M	41	M40	U / A
129	219	Peter Sinclair	M	62	M60	U / A
130	7	Stephen Bright	M	45	M45	British Athletics supporters club
131	235	Gary Rose	M	49	M45	George Eliot Striders
132	9	Mark Avery	M	42	M40	Ipswich Jaffa
133	21	Michael King	M	58	M55	U / A
134	233	Mark	M	45	M45	U / A
135	206	Trevor Horrex	M	48	M45	Norwich Road Runners
136	281	Chris Haycock	M	41	M40	U / A
137	63	Neil Thomas	M	40	M40	Bungay Black Dog
138	84	David Hazelden	M	46	M45	U / A
139	91	Barry Game	M	35	SM	U / A
140	94	Corrina Theobald	F	37	SF	U / A
141	23	Karen Gedge	F	43	F40	Bungay Black Dog
142	1	Robin Farrah	M	66	M60	Bungay Black Dog
143	205	Tom Newcombe	M	30	SM	U / A
144	81	Darrin Sore	M	42	M40	U / A
145	55	Adam Craske	M	21	SM	U / A
146	207	Rob Saines	M	67	M60	North Norfolk Beach Runners
147	277	Sean Cullen	M	39	SM	U / A
148	95	David Drewitt	M	58	M55	GYDAC
149	116	Paul Robinson	M	43	M40	U / A
150	286	Rachel Norton	F	42	F40	U / A
151	127	John Poole	M	50	M50	U / A
152	251	Bernard Hill	M	45	M45	East London Runners
153	107	Darren Baker	M	45	M45	St Edmund Pacers
154	200	Martin Harper	M	39	SM	U / A

155	289	Janice Leung	F	29	SF	U / A
156	8	George Forrester	M	63	M60	U / A
157	99	Lorna Pettifer	F	42	F40	Pitsea Running Club
158	36	Charles Wood	M	50	M50	Norwich Road Runners
159	6	Sarah Owen	F	42	F40	British Athletics supporters club
160	33	Philippa Rudd	F	44	F40	U / A
161	262	Simon Bunting	M	42	M40	Lowestoft RR
162	62	Nicholas Carter	M	67	M60	Lowestoft RR
163	98	John Pettifer	M	61	M60	Pitsea Running Club
164	259	Amanda White	F	27	SF	U / A
165	47	Mark Sherwood	M	33	SM	Tadley Runners
166	263	Rosemary Matlock	F	50	F50	Thetford AC
167	41	Will Chenery	M	28	SM	U / A
168	87	Rod Wells	M	41	M40	U / A
169	68	Susan Foye	F	47	F45	U / A
170	126	Rauf Nordin	M	0	0	0
171	108	Michael Rose	M	59	M55	U / A
172	31	Nell Seal	F	32	SF	U / A
173	16	Roy Grice	M	62	M60	U / A
174	18	Sue Holmes	F	48	F45	U / A
175	295	Mike Marshall	M	67	M60	North Norfolk Beach Runners
176	113	Paul Thynne	M	52	M50	U / A
177	221	Jayne Cook	F	45	F45	U / A
178	300	Roger Spinks	M	65	M60	Ipswich Jaffa
179	14	Kelvin Waters	M	55	M55	U / A
180	11	David Capel	M	72	M60	Rolls Royce Harriers
181	61	Jonathan Folkard	M	46	M45	North Norfolk Beach Runners
182	109	Lee Gisby	M	19	SM	U / A
183	51	Julian Bamford	M	33	SM	Norwich Road Runners
184	15	Roger Parker	M	63	M60	Runnymede Runners
185	267	John Prior	M	74	M60	U / A

186	59	Sallyann Protheroe	F	50	F50	Lowestoft RR
187	86	Gillian Holmes	F	54	F50	Fenland Running Club
188	25	Phillip Laurier	M	59	M55	Lowestoft RR
189	118	Elaine Stone	F	49	F45	U / A
190	223	Katrine Middleton	F	47	F45	North Norfolk Beach Runners
191	12	Margaret Ison	F	62	F60	North Norfolk Beach Runners