

Wroxham 5km Series : 2009

Third in Series

Wednesday 26 August 2009. 7:15 pm

Individual Prize List

Open Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:06	HARRELL, Ashley (Race Winner)		Senior Men	70	1

Open Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:06	HARRELL, Ashley		Senior Men	70	1
2	0:15:20	HUNTINGTON, Stuart		Senior Men	88	2
3	0:15:39	REED, James		Senior Men	233	3

Open Men 40-44

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:00	NEILL, Steve	RAF Marham	Men 40-44	173	6

Open Men 45-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:13	GARRETT, Mark	Norwich Road Runners	Men 45-49	169	33

Open Men 50-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:34	GOLDING, Peter	St Edmunds Pacers	Men 50-54	172	23

Open Men 55-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:48	ROBILLIARD, Colin		Men 55-59	113	51

Open Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:05	HAYES, Jim	North Norfolk Beach Runners	Men 60+	124	85

Open Junior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:48	FRANCIS, Thomas	City of Norwich A.C.	Junior Men	90	13
2	0:17:09	STRATTON, Ben	City of Norwich A.C.	Junior Men	16	18
3	0:18:41	WAITY, Phil	Thetford A.C.	Junior Men	9	43

Open Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:49	FRENCH, Marie (Race Winner)	Ryston Runners	Senior Ladies	308	53

Open Senior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:49	FRENCH, Marie	Ryston Runners	Senior Ladies	308	53
2	0:19:24	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	272	72
3	0:19:31	MANN, Elies	Norwich Road Runners	Senior Ladies	399	75

Open Ladies 40-44

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:50	MARSH, Sally	Ampthill & Flitwick Flyers	Ladies 40-44	315	104

Open Ladies 45-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:13	ALLISON, Sandra	Fetch Everyone R.C.	Ladies 45-49	386	158

Open Ladies 50-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:16	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	328	159

Open Ladies 54-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:25:28	TILBROOK, Diane		Ladies 54-59	319	261

Open Ladies 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:24:00	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	336	209

Open Junior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:21:48	STRATTON, Bethany	City of Norwich A.C.	Junior Ladies	375	139
2	0:24:34	FRARY, Madeleine	City of Norwich A.C.	Junior Ladies	339	230
3	0:24:39	MULLANY, Frances	City of Norwich A.C.	Junior Ladies	384	232

Norfolk County Championship 5Km : 2009

Wednesday 26th August 2009. 7:15 pm

Individual Prize List

Norfolk 5 Km County Champion 2009 : Male – Ashley HARRELL, C.O.N.A.C.

Norfolk County Championship : Senior Men (13-39)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:15:06	HARRELL, Ashley		Senior Men	70	1
SILVER	0:15:20	HUNTINGTON, Stuart		Senior Men	88	2
BRONZE	0:15:39	REED, James		Senior Men	233	3

Norfolk County Championship : Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:16:00	NEILL, Steve	RAF Marham	Men 40-44	173	6
SILVER	0:17:10	DAVISON, Neil	City of Norwich A.C.	Men 40-44	247	19
BRONZE	0:18:04	JOHNS, Tony	Norwich Road Runners	Men 40-44	207	29

Norfolk County Championship : Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:17:59	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	122	28
SILVER	0:18:48	ROBILLIARD, Colin		Men 55-59	113	51
BRONZE	0:18:48	HURREN, Dale	Norwich Road Runners	Men 50-54	158	52

Norfolk County Championship : Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:20:05	HAYES, Jim	North Norfolk Beach Runners	Men 60+	124	85
SILVER	0:20:34	BOWMAN, Ken	Coltishall Jaguars	Men 60+	107	98
BRONZE	0:21:16	HOLLAND, Alan	Wymondham A.C.	Men 60+	271	113

Norfolk 5 Km County Champion 2009 : Female – Marie FRENCH, Ryston Runners.

Norfolk County Championship : Senior Ladies (13-39)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:18:49	FRENCH, Marie	Ryston Runners	Senior Ladies	308	53
SILVER	0:19:24	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	272	72
BRONZE	0:19:31	MANN, Elies	Norwich Road Runners	Senior Ladies	399	75

Norfolk County Championship : Ladies 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:21:51	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-44	364	141
SILVER	0:22:13	ALLISON, Sandra	Fetch Everyone R.C.	Ladies 45-49	386	158
BRONZE	0:22:26	DURRANT, Judith		Ladies 40-44	370	167

Norfolk County Championship : Ladies 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:22:16	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	328	159
SILVER	0:24:07	WARD, Beres	City of Norwich A.C.	Ladies 50-54	359	214
BRONZE	0:25:22	FRASER, Susan	Gt Yarmouth & D.A.C.	Ladies 50-54	331	257

Norfolk County Championship : Ladies 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
GOLD	0:24:00	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	336	209
SILVER	0:24:34	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	369	229
BRONZE	0:24:44	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	290	234

Wroxham 5Km Series : 2009

Team Results

Open Category

Wednesday 26th August 2009. 7:15 pm

Winners of the Open Senior Men team (13-39) competition.

(4 competitors per team. Based on cumulative position.)

City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
5	0:15:59	ALLEN, Luke	Senior Men	93	5
7	0:16:30	O'NEILL, James	Senior Men	65	8
8	0:16:34	BATH, Martyn	Senior Men	67	9
9	0:16:34	GORDON, Albie	Senior Men	245	10
29	1:05:37	Totals			

Winners of the Open Vet Men team (40+) competition.

(4 competitors per team. Based on cumulative position.)

City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:17:10	DAVISON, Neil	Men 40-44	247	19
4	0:17:59	CHEVERTON, Robert	Men 50-54	122	28
6	0:18:11	WALSHAW, John	Men 40-44	185	30
14	0:18:37	WOODYATT, Paul	Men 45-49	180	42
26	1:11:57	Totals			

Winners of the Open Senior Ladies team (13-39) competition.

(3 competitors per team. Based on cumulative position.)

Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:19:31	MANN, Elies	Senior Ladies	399	75
6	0:20:06	ARMSTRONG, Emily	Senior Ladies	347	86
7	0:20:42	SMITH, Alexandra	Senior Ladies	268	103
16	1:00:19	Totals			

Winners of the Open Vet Ladies team (40+) competition.

(3 competitors per team. Based on cumulative position.)

Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
4	0:22:16	MILLETT, Anne	Ladies 50-54	328	159
9	0:23:36	BRADLEY, Sarah	Ladies 45-49	368	197
10	0:23:46	CUSHING, Sally	Ladies 40-44	397	203
23	1:09:38	Totals			

Norfolk County Championship 5 Km: 2009

Team Results

Wednesday 26th August 2009. 7:15 pm

Team Prize List : Men

Norfolk County Championship Senior Men (13-39) Team

(4 competitors per team. Based on cumulative position.)

GOLD : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
5	0:15:59	ALLEN, Luke	Senior Men	93	5
6	0:16:30	O'NEILL, James	Senior Men	65	8
7	0:16:34	BATH, Martyn	Senior Men	67	9
8	0:16:34	GORDON, Albie	Senior Men	245	10
26	1:05:37	Totals			

SILVER: City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
11	0:16:48	FRANCIS, Thomas	Junior Men	90	13
14	0:17:03	ROGERS, Damian	Senior Men	208	16
16	0:17:09	STRATTON, Ben	Junior Men	16	18
19	0:17:43	ROGERS, Micah	Senior Men	209	24
60	1:08:43	Totals			

BRONZE: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
9	0:16:36	UTTING, Wayne	Senior Men	47	11
10	0:16:42	BUNN, Andrew	Senior Men	59	12
18	0:17:29	RUSSELL, Ben	Senior Men	44	22
35	0:19:19	FULTON, John-Patrick	Senior Men	23	68
72	1:10:06	Totals			

Norfolk County Championship Veteran Men (40+) Team

(4 competitors per team. Based on cumulative position.)

GOLD : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:17:10	DAVISON, Neil	Men 40-44	247	19
3	0:17:59	CHEVERTON, Robert	Men 50-54	122	28
5	0:18:11	WALSHAW, John	Men 40-44	185	30
13	0:18:37	WOODYATT, Paul	Men 45-49	180	42
23	1:11:57	Totals			

SILVER: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
4	0:18:04	JOHNS, Tony	Men 40-44	207	29
7	0:18:13	GARRETT, Mark	Men 45-49	169	33
12	0:18:35	SULLIVAN, Paul	Men 40-44	108	40
18	0:18:48	HURREN, Dale	Men 50-54	158	52
41	1:13:40	Totals			

BRONZE: Wymondham A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
6	0:18:12	PRESTON, Andrew	Men 40-44	123	31
8	0:18:19	WHITE, Richard	Men 45-49	194	35
16	0:18:45	GREENLAND, Edward	Men 40-44	149	49
19	0:18:53	BIRCH, James	Men 40-44	146	54
49	1:14:09	Totals			

Norfolk County Championship 5 Km: 2009

Team Results

Wednesday 26th August 2009. 7:15 pm

Team Prize List : Ladies

Norfolk County Championship Senior Ladies (13-39) Team

(3 competitors per team. Based on cumulative position.)

GOLD : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:19:24	ALFORD, Nicky	Senior Ladies	272	72
9	0:21:48	STRATTON, Bethany	Junior Ladies	375	139
13	0:23:25	MAHONY, Laura	Senior Ladies	314	193
24	1:04:37	Totals			

SILVER: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:19:31	MANN, Elies	Senior Ladies	399	75
5	0:20:42	SMITH, Alexandra	Senior Ladies	268	103
23	0:24:50	COPELAND, Rebecca	Senior Ladies	327	241
31	1:05:03	Totals			

BRONZE: City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
15	0:24:06	BAKER, Hannah	Senior Ladies	285	213
16	0:24:20	KNIGHT, Emilie	Senior Ladies	273	222
19	0:24:34	FRARY, Madeleine	Junior Ladies	339	230
50	1:13:00	Totals			

Norfolk County Championship Veteran Ladies (40+) Team

(3 competitors per team. Based on cumulative position.)

GOLD : Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:22:16	MILLETT, Anne	Ladies 50-54	328	159
8	0:23:36	BRADLEY, Sarah	Ladies 45-49	368	197
9	0:23:46	CUSHING, Sally	Ladies 40-44	397	203
20	1:09:38	Totals			

SILVER: Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:21:51	STEVENSON, Tracy	Ladies 40-44	364	141
15	0:24:53	HARROP, Jackie	Ladies 45-49	298	243
19	0:25:27	HARDY, Carol	Ladies 45-49	282	260
35	1:12:11	Totals			

BRONZE: City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
10	0:23:53	WITHEY, Sally	Ladies 40-44	289	204
12	0:24:07	WARD, Beres	Ladies 50-54	359	214
23	0:26:12	HIGGINS, Janet	Ladies 50-54	365	274
45	1:14:12	Totals			

Wroxham 5km Series: 2009

Third in Series

Wednesday 26 August 2009. 7:15 pm

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:15:06	HARRELL, Ashley		Senior Men	70	1
2	0:15:20	HUNTINGTON, Stuart		Senior Men	88	2
3	0:15:39	REED, James		Senior Men	233	3
4	0:15:56	THOMAS, Adam	Cornwall A.C.	Senior Men	262	4
5	0:15:59	ALLEN, Luke	City of Norwich A.C.	Senior Men	93	5
6	0:16:00	NEILL, Steve	RAF Marham	Men 40-44	173	6
7	0:16:15	ROBINSON, Steven	St Edmunds Pacers	Senior Men	66	7
8	0:16:30	O'NEILL, James	City of Norwich A.C.	Senior Men	65	8
9	0:16:34	BATH, Martyn	City of Norwich A.C.	Senior Men	67	9
10	0:16:34	GORDON, Albie	City of Norwich A.C.	Senior Men	245	10
11	0:16:36	UTTING, Wayne	Norwich Road Runners	Senior Men	47	11
12	0:16:42	BUNN, Andrew	Norwich Road Runners	Senior Men	59	12
13	0:16:48	FRANCIS, Thomas	City of Norwich A.C.	Junior Men	90	13
14	0:16:57	HIGHAM, Paul	Norfolk Gazelles	Senior Men	7	14
15	0:17:01	GRIME, Peter	Newham & Essex Beagles A.C.	Senior Men	261	15
16	0:17:03	ROGERS, Damian	City of Norwich A.C.	Senior Men	208	16
17	0:17:04	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	41	17
18	0:17:09	STRATTON, Ben	City of Norwich A.C.	Junior Men	16	18
19	0:17:10	DAVISON, Neil	City of Norwich A.C.	Men 40-44	247	19
20	0:17:14	MEACHEN, Jason	Harwich RR	Senior Men	64	20
21	0:17:27	AUGER, Stephen		Senior Men	215	21
22	0:17:29	RUSSELL, Ben	Norwich Road Runners	Senior Men	44	22
23	0:17:34	GOLDING, Peter	St Edmunds Pacers	Men 50-54	172	23
24	0:17:43	ROGERS, Micah	City of Norwich A.C.	Senior Men	209	24
25	0:17:44	ELLIS, Matthew	City of Norwich A.C.	Senior Men	251	25
26	0:17:45	KETT, Robert	North Norfolk Beach Runners	Senior Men	51	26
27	0:17:55	BATES, Steve	Coltishall Jaguars	Senior Men	62	27
28	0:17:59	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	122	28
29	0:18:04	JOHNS, Tony	Norwich Road Runners	Men 40-44	207	29
30	0:18:11	WALSHAW, John	City of Norwich A.C.	Men 40-44	185	30
31	0:18:12	PRESTON, Andrew	Wymondham A.C.	Men 40-44	123	31
32	0:18:12	GILLICK, Jack	Wymondham A.C.	Senior Men	243	32
33	0:18:13	GARRETT, Mark	Norwich Road Runners	Men 45-49	169	33
34	0:18:15	MARTIN, Paul		Senior Men	260	34
35	0:18:19	WHITE, Richard	Wymondham A.C.	Men 45-49	194	35
36	0:18:22	JERMY, Sean	Gt. Yarmouth RRC	Senior Men	29	36
37	0:18:28	MOORE, John	Norfolk Gazelles	Men 45-49	226	37
38	0:18:32	EDRIDGE, Darren	Coltishall Jaguars	Men 40-44	168	38
39	0:18:33	CHRISTOPHER, John	North Norfolk Beach Runners	Men 45-49	204	39
40	0:18:35	SULLIVAN, Paul	Norwich Road Runners	Men 40-44	108	40
41	0:18:36	STURGESS, James	Wymondham A.C.	Senior Men	210	41
42	0:18:37	WOODYATT, Paul	City of Norwich A.C.	Men 45-49	180	42
43	0:18:41	WAITY, Phil	Thetford A.C.	Junior Men	9	43
44	0:18:41	IVE, Martyn	Ryston Runners	Men 40-44	137	44
45	0:18:42	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	228	45
46	0:18:43	LEVY, Simon	Ryston Runners	Senior Men	33	46
47	0:18:44	KIRTON, Joseph	Thetford A.C.	Junior Men	193	47
48	0:18:44	SCOTTER, Robert	City of Norwich A.C.	Senior Men	82	48
49	0:18:45	GREENLAND, Edward	Wymondham A.C.	Men 40-44	149	49
50	0:18:45	HIGGINS, Jason	Thetford A.C.	Junior Men	27	50
51	0:18:48	ROBILLIARD, Colin		Men 55-59	113	51
52	0:18:48	HURREN, Dale	Norwich Road Runners	Men 50-54	158	52
53	0:18:49	FRENCH, Marie	Ryston Runners	Senior Ladies	308	53
54	0:18:53	BIRCH, James	Wymondham A.C.	Men 40-44	146	54
55	0:18:54	NEALE, Darren	North Norfolk Beach Runners	Senior Men	77	55
56	0:18:54	MINISTER, David		Men 40-44	79	56
57	0:18:56	METCALFE, Peter	City of Norwich A.C.	Senior Men	43	57
58	0:18:58	WATKINSON, Kevin		Senior Men	63	58
59	0:19:02	HOLLAND, Neil	Wymondham A.C.	Men 45-49	218	59
60	0:19:02	BLAKE, Richard	North Norfolk Beach Runners	Men 55-59	199	60
61	0:19:03	KNOWLES, Harry	City of Norwich A.C.	Men 50-54	186	61
62	0:19:04	HART, David	City of Norwich A.C.	Men 40-44	144	62
63	0:19:06	HILL, Ray	Ipswich JAFFA	Men 55-59	196	63
64	0:19:06	HARTLEY, John	Gt. Yarmouth RRC	Men 40-44	175	64
65	0:19:07	HOWE, Jon		Men 50-54	119	65
66	0:19:13	COOK, Lee	Tri-Anglia	Senior Men	52	66
67	0:19:18	TURNER, Christopher	City of Norwich A.C.	Men 45-49	100	67
68	0:19:19	FULTON, John-Patrick	Norwich Road Runners	Senior Men	23	68
69	0:19:20	DAVIES, Paul	Norwich Road Runners	Men 40-44	166	69

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
					No	Place
70	0:19:20	NIBLETT, Stephen	Coltishall Jaguars	Men 40-44	130	70
71	0:19:21	BROWN, Quintin	North Norfolk Beach Runners	Senior Men	22	71
72	0:19:24	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	272	72
73	0:19:27	JAMES, Robert	Bungay Black Dog A.C.	Senior Men	40	73
74	0:19:30	MANNING, Carl	Ryston Runners	Men 45-49	139	74
75	0:19:31	MANN, Elies	Norwich Road Runners	Senior Ladies	399	75
76	0:19:32	BRIGHTY, Joshua	Norwich Road Runners	Senior Men	83	76
77	0:19:42	PANTING, Cameron	Norwich Road Runners	Junior Men	61	77
78	0:19:43	McCORQUODALE, Becky	Harwich RR	Senior Ladies	325	78
79	0:19:48	JAMES, Molly	West Norfolk A.C.	Senior Ladies	293	79
80	0:19:53	HUDSON, David	Tri-Anglia	Senior Men	252	80
81	0:19:54	JOHNSON, Peter	Norfolk Gazelles	Men 55-59	127	81
82	0:19:56	GUY, Steven	City of Norwich A.C.	Senior Men	57	82
83	0:20:00	CHAPMAN, Karl	Wymondham A.C.	Men 40-44	244	83
84	0:20:02	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	117	84
85	0:20:05	HAYES, Jim	North Norfolk Beach Runners	Men 60+	124	85
86	0:20:06	ARMSTRONG, Emily	Norwich Road Runners	Senior Ladies	347	86
87	0:20:08	MILLETT, Simon	Norwich Road Runners	Senior Men	69	87
88	0:20:10	KIRTON, Dean	Thetford A.C.	Men 45-49	192	88
89	0:20:12	COLE, Jason		Senior Men	45	89
90	0:20:13	LAKE, Todd	Dereham Runners A.C.	Men 45-49	131	90
91	0:20:14	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	159	91
92	0:20:16	HARDINGHAM, Kevin	Norfolk Gazelles	Men 50-54	201	92
93	0:20:16	HAZELL, Dominic		Junior Men	60	93
94	0:20:19	MOORE, Ian	Norwich Road Runners	Men 40-44	133	94
95	0:20:21	KINGABY, Bill	Waveney Valley A.C.	Men 55-59	105	95
96	0:20:31	LIVERMORE, Tom		Senior Men	8	96
97	0:20:31	PASK, Matt	Norwich Road Runners	Men 40-44	178	97
98	0:20:34	BOWMAN, Ken	Coltishall Jaguars	Men 60+	107	98
99	0:20:36	ARMES, Michael	Norwich Road Runners	Men 40-44	118	99
100	0:20:40	ETHERINGTON, Stephen	Gt. Yarmouth RRC	Men 50-54	227	100
101	0:20:41	DADY, Stephen	Gt. Yarmouth RRC	Men 55-59	115	101
102	0:20:41	MAHONEY, Chris		Senior Men	46	102
103	0:20:42	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	268	103
104	0:20:50	MARSH, Sally	Ampthill & Flitwick Flyers	Ladies 40-44	315	104
105	0:20:51	TIMM, Michael		Senior Men	26	105
106	0:20:52	JENKINSON, Tony		Men 45-49	213	106
107	0:20:56	BURTON, Edward	Wymondham A.C.	Men 40-44	234	107
108	0:20:57	McDUFF, Allan		Senior Men	241	108
109	0:21:03	WOODS, Tim	Norfolk Gazelles	Men 45-49	181	109
110	0:21:07	SLOWTHER, Denver		Senior Men	56	110
111	0:21:14	ARNOLD, Chris	Tri-Anglia	Men 50-54	161	111
112	0:21:14	FRISBY, David		Men 40-44	211	112
113	0:21:16	HOLLAND, Alan	Wymondham A.C.	Men 60+	271	113
114	0:21:16	FRARY, Mathew		Men 40-44	152	114
115	0:21:17	SIMMONDS, Mark		Men 45-49	198	115
116	0:21:18	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-54	197	116
117	0:21:18	HIGGINS, Carl	Thetford A.C.	Men 45-49	128	117
118	0:21:19	HOUCHEM, Ben		Senior Men	25	118
119	0:21:21	HODGE, Nigel	City of Norwich A.C.	Men 40-44	270	119
120	0:21:23	GILBERT, Steve	Dereham Runners A.C.	Men 50-54	501	120
121	0:21:28	NEILL, Nicola	RAF Marham	Senior Ladies	323	121
122	0:21:32	NORMAN, Phil		Senior Men	1	122
123	0:21:33	HAYLETT, Robert		Senior Men	21	123
124	0:21:34	GRAND, Jake	Norwich Road Runners	Junior Men	42	124
125	0:21:36	WATKINSON-POWELL, Anna		Senior Ladies	274	125
126	0:21:40	COLLYER, Richard	Coltishall Jaguars	Men 40-44	203	126
127	0:21:40	CARVELL, Benjamin		Senior Men	39	127
128	0:21:41	VOGLER, Clem	Dereham Runners A.C.	Men 60+	191	128
129	0:21:41	WATSON, Gerry	Wymondham A.C.	Men 50-54	219	129
130	0:21:42	CRUTCHLEY, Ian	Wymondham A.C.	Men 40-44	174	130
131	0:21:42	McCABE, Derek	City of Norwich A.C.	Men 40-44	114	131
132	0:21:43	RING, Mark		Men 40-44	151	132
133	0:21:43	ROBINSON, Paul	Reepham Runners	Men 40-44	246	133
134	0:21:44	CHARTIER, Juliette		Senior Ladies	326	134
135	0:21:44	WOODS, Simon		Senior Men	237	135
136	0:21:45	GIRLING, Richard		Senior Men	38	136
137	0:21:45	LAIDLORD, Fergus		Senior Men	84	137
138	0:21:47	CHURCH, Stephen	City of Norwich A.C.	Men 45-49	182	138
139	0:21:48	STRATTON, Bethany	City of Norwich A.C.	Junior Ladies	375	139
140	0:21:49	COLMAN, Mark		Senior Men	30	140
141	0:21:51	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-44	364	141

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
					No	Place
142	0:21:52	O'HARA, Jonathan		Men 40-44	129	142
143	0:21:52	BYE, Barry	Ryston Runners	Men 60+	154	143
144	0:21:53	MILNES, Chris	Ryston Runners	Men 50-54	160	144
145	0:21:53	RAYNER, Bruce	Bungay Black Dog A.C.	Men 50-54	190	145
146	0:21:54	HULME, Michael	Norwich Road Runners	Senior Men	6	146
147	0:21:58	THOULESS, Gavin	Norwich Road Runners	Men 40-44	109	147
148	0:22:00	KNIGHT, John		Senior Men	78	148
149	0:22:05	BEEVOR, Isaac		Junior Men	74	149
150	0:22:07	ASHFORD, Justin	Norwich Road Runners	Senior Men	206	150
151	0:22:07	McKINNA, Simon		Senior Men	4	151
152	0:22:07	SHAUL, Phil		Men 40-44	242	152
153	0:22:08	JAY, Adrian	Coltishall Jaguars	Senior Men	216	153
154	0:22:08	ROSBY, Thomas	Norwich Road Runners	Junior Men	10	154
155	0:22:09	SIMMONDS, Natasha		Senior Ladies	302	155
156	0:22:12	BURDETT, Tom		Senior Men	48	156
157	0:22:12	HERNSTROM, Robert		Men 45-49	132	157
158	0:22:13	ALLISON, Sandra	Fetch Everyone R.C.	Ladies 45-49	386	158
159	0:22:16	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	328	159
160	0:22:16	SIMPSON, David	Coltishall Jaguars	Men 55-59	155	160
161	0:22:20	GRIBBEN, Frank		Men 55-59	232	161
162	0:22:21	EMERY, Rob	North Norfolk Beach Runners	Senior Men	85	162
163	0:22:22	BURTON, John	City of Norwich A.C.	Men 55-59	95	163
164	0:22:22	PAGE, Rick		Men 45-49	217	164
165	0:22:24	READER, Kim	Wyndham A.C.	Senior Ladies	280	165
166	0:22:26	PEACH, Mark	Gt. Yarmouth RRC	Senior Men	37	166
167	0:22:26	DURRANT, Judith		Ladies 40-44	370	167
168	0:22:28	GILHAM, Richard	Norfolk Gazelles	Men 45-49	96	168
169	0:22:34	MARDEN, Stewart	Coltishall Jaguars	Men 45-49	125	169
170	0:22:37	ADCOCK, Matthew		Senior Men	240	170
171	0:22:38	JONES, Howard		Men 45-49	81	171
172	0:22:39	BELL, Alan		Men 40-44	225	172
173	0:22:40	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	348	173
174	0:22:42	HUGHES, James		Senior Men	98	174
175	0:22:47	THOMPSON, Chris		Senior Men	259	175
176	0:22:50	HIGH, Richard	Norwich Road Runners	Senior Men	58	176
177	0:22:50	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	288	177
178	0:22:51	JOHNSON, Aaron		Senior Men	76	178
179	0:22:51	FORKES, John	Eastern Vets A.C.	Men 60+	189	179
180	0:22:52	JAY, Sarah	Coltishall Jaguars	Ladies 40-44	301	180
181	0:22:59	WATSON, Alex		Senior Men	236	181
182	0:23:00	PARFITT, Keelan		Junior Men	91	182
183	0:23:01	HAZELL, Jerry		Men 45-49	164	183
184	0:23:02	GILBERT, David	Tri-Anglia	Men 60+	170	184
185	0:23:04	STEVENS, Tracey	Wyndham A.C.	Ladies 40-44	295	185
186	0:23:06	McNAMARA, Andrew	Gt Yarmouth & D.A.C.	Senior Men	55	186
187	0:23:08	COOK, Vincent	Tri-Anglia	Senior Men	50	187
188	0:23:15	ALFORD, Colin		Men 45-49	103	188
189	0:23:18	WOODHOUSE, John	Tri-Anglia	Men 40-44	255	189
190	0:23:20	WILSON, Brendan	City of Norwich A.C.	Men 40-44	140	190
191	0:23:23	BURCHAM, Andrew		Senior Men	31	191
192	0:23:24	CLOUGHTON, Bob	Norwich Road Runners	Men 60+	257	192
193	0:23:25	MAHONY, Laura	City of Norwich A.C.	Senior Ladies	314	193
194	0:23:29	SOUTHWELL, Chris	North Norfolk Beach Runners	Men 60+	230	194
195	0:23:35	HARDS, Amanda		Ladies 40-44	351	195
196	0:23:35	BEEVOR, Michael		Men 60+	195	196
197	0:23:36	BRADLEY, Sarah	Norwich Road Runners	Ladies 45-49	368	197
198	0:23:37	AMOS, David		Men 45-49	171	198
199	0:23:39	TILBROOK, Peter		Senior Men	68	199
200	0:23:44	HARRISON, Chris		Senior Men	34	200
201	0:23:45	HARDS, Nicholas		Men 45-49	147	201
202	0:23:45	THOMAS, Neil	Bungay Black Dog A.C.	Men 40-44	187	202
203	0:23:46	CUSHING, Sally	Norwich Road Runners	Ladies 40-44	397	203
204	0:23:53	WITHEY, Sally	City of Norwich A.C.	Ladies 40-44	289	204
205	0:23:57	COOMBES, Isobel		Senior Ladies	352	205
206	0:23:58	SIMMONDS, Dale		Senior Men	75	206
207	0:23:59	COTTRELL, Paul		Senior Men	35	207
208	0:23:59	HALL, John		Men 40-44	184	208
209	0:24:00	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	336	209
210	0:24:00	BOLAM, Jeremy	North Norfolk Beach Runners	Men 50-54	222	210
211	0:24:01	POINTER, Stephen		Senior Men	19	211
212	0:24:02	LAMBERT, John	Ipswich JAFFA	Men 60+	148	212
213	0:24:06	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	285	213
214	0:24:07	WARD, Beres	City of Norwich A.C.	Ladies 50-54	359	214
215	0:24:07	RUDD, Philippa	Norwich Road Runners	Ladies 45-49	322	215

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	
					No	Place
216	0:24:09	POLLEY, Richard	City of Norwich A.C.	Men 50-54	223	216
217	0:24:10	ROBINSON, Neil		Men 40-44	89	217
218	0:24:12	BAMFORD, Julian	Norwich Road Runners	Senior Men	15	218
219	0:24:13	PORTER, Robert		Senior Men	87	219
220	0:24:17	THETFORD, Jonathan		Senior Men	11	220
221	0:24:18	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	120	221
222	0:24:20	KNIGHT, Emilie	City of Norwich A.C.	Senior Ladies	273	222
223	0:24:28	DENNIS, Emma	North Norfolk Beach Runners	Senior Ladies	303	223
224	0:24:29	RICHARDSON, John	Dereham Runners A.C.	Men 55-59	150	224
225	0:24:30	LEE, Gavin	Coltishall Jaguars	Senior Men	224	225
226	0:24:32	HUDSON, Luke	Ware Joggers	Senior Men	92	226
227	0:24:33	ASHFORD, Martin	Diss A.C.	Men 60+	205	227
228	0:24:33	NEALE, Charlotte		Senior Ladies	300	228
229	0:24:34	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	369	229
230	0:24:34	FRARY, Madeleine	City of Norwich A.C.	Junior Ladies	339	230
231	0:24:38	CRANE, Dawn	Coltishall Jaguars	Senior Ladies	291	231
232	0:24:39	MULLANY, Frances	City of Norwich A.C.	Junior Ladies	384	232
233	0:24:43	HUDSON, Bethan	Ware Joggers	Senior Ladies	360	233
234	0:24:44	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	290	234
235	0:24:45	LAWN, Julie		Senior Ladies	279	235
236	0:24:46	NEAVE, Phillip	Bungay Black Dog A.C.	Men 60+	116	236
237	0:24:46	DEPASQUALE, Dale		Men 40-44	106	237
238	0:24:47	HUDSON, Phil	Ware Joggers	Men 50-54	135	238
239	0:24:48	REDDING, Hannah		Senior Ladies	310	239
240	0:24:50	BEATTIE, Bob	Norwich Road Runners	Men 60+	188	240
241	0:24:50	COPELAND, Rebecca	Norwich Road Runners	Senior Ladies	327	241
242	0:24:50	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	94	242
243	0:24:53	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	298	243
244	0:25:01	KIMBLEY, Liz	City of Norwich A.C.	Senior Ladies	362	244
245	0:25:01	TILBROOK, John		Men 60+	176	245
246	0:25:02	MANLY, Veronica	Diss A.C.	Ladies 60+	382	246
247	0:25:03	WILLIAMS, Justin		Senior Men	18	247
248	0:25:04	LAMB, Matt		Senior Men	99	248
249	0:25:07	BRONSON, Hugh		Men 45-49	183	249
250	0:25:09	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	253	250
251	0:25:10	WILLIAMS, Eric	Norwich Road Runners	Men 55-59	165	251
252	0:25:12	CLARKE, Martin		Senior Men	254	252
253	0:25:15	AMES, Martin		Senior Men	2	253
254	0:25:16	KAVANAGH, Nikki	North Norfolk Beach Runners	Senior Ladies	371	254
255	0:25:17	DILREW, Julie		Ladies 45-49	374	255
256	0:25:18	SHIPP, Lizzie	Wymondham A.C.	Senior Ladies	296	256
257	0:25:22	FRASER, Susan	Gt Yarmouth & D.A.C.	Ladies 50-54	331	257
258	0:25:23	FLYNN, Dave		Men 40-44	101	258
259	0:25:23	SLAUGHTER, Louise	Wymondham A.C.	Senior Ladies	212	259
260	0:25:27	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	282	260
261	0:25:28	TILBROOK, Diane		Ladies 54-59	319	261
262	0:25:28	LOAKE, Anna		Senior Ladies	345	262
263	0:25:31	LEEDER, Victor		Men 60+	502	263
264	0:25:33	WORRELL, Marie	Gt. Yarmouth RRC	Ladies 40-44	342	264
265	0:25:33	SMITH, Tammy		Senior Ladies	377	265
266	0:25:37	JONES, Theodore		Junior Men	80	266
267	0:25:37	BAKER, Duncan		Senior Men	249	267
268	0:25:38	BROOK, Jinny		Senior Ladies	297	268
269	0:25:44	TAYLOR, Martin		Senior Men	258	269
270	0:25:49	BRITT, Tony		Men 50-54	177	270
271	0:26:09	DACK, Colin		Men 45-49	256	271
272	0:26:10	PELL, Anna	City of Norwich A.C.	Senior Ladies	278	272
273	0:26:11	ALFORD, Karen		Ladies 45-49	393	273
274	0:26:12	HIGGINS, Janet	City of Norwich A.C.	Ladies 50-54	365	274
275	0:26:14	MARTIN, Anne	Wymondham A.C.	Ladies 60+	400	275
276	0:26:16	BAMFORD, Joanna		Senior Ladies	376	276
277	0:26:17	ROEBUCK, John	Norwich Road Runners	Men 50-54	126	277
278	0:26:17	BURDETT, John		Men 50-54	121	278
279	0:26:18	BLOGG, Adele		Senior Ladies	321	279
280	0:26:19	ARDEN, Jeff	Norfolk Gazelles	Men 50-54	136	280
281	0:26:19	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 54-59	313	281
282	0:26:26	HILL, Fiona		Senior Ladies	299	282
283	0:26:26	ADLAM, Nicola		Senior Ladies	309	283
284	0:26:28	HURREN, Teressa		Ladies 40-44	292	284
285	0:26:30	ASHTON, Robert		Men 50-54	145	285
286	0:26:33	DADY, Sylvia	Gt. Yarmouth RRC	Senior Ladies	383	286
287	0:26:37	PRATT, Jenny		Ladies 40-44	320	287
288	0:26:48	MOORE, Glenn		Men 50-54	214	288
289	0:26:52	LATHAM, Richard	Coltishall Jaguars	Senior Men	250	289
290	0:27:05	BURTON, Shelley	North Norfolk Beach Runners	Senior Ladies	287	290

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
					No	Place
291	0:27:07	NORRIS, Lowri		Senior Ladies	311	291
292	0:27:09	MOORE, Brian	Norwich Road Runners	Men 55-59	163	292
293	0:27:11	SLOWTHER, Darren		Senior Men	72	293
294	0:27:28	COLEY, Beth	Tri-Anglia	Senior Ladies	372	294
295	0:27:33	HARRIS, Chris		Men 55-59	112	295
296	0:27:34	AINGER, Emma	City of Norwich A.C.	Senior Ladies	318	296
297	0:27:34	ALLEN, Samantha	City of Norwich A.C.	Senior Ladies	350	297
298	0:27:35	BRAAT, Lisa	Lowestoft Road Runners	Senior Ladies	317	298
299	0:27:36	COLLINGWORTH, Claire		Senior Ladies	263	299
300	0:27:39	OSBORNE, Robert		Men 45-49	104	300
301	0:27:39	OSBORNE, Andrea	North Norfolk Beach Runners	Ladies 54-59	391	301
302	0:27:39	MOORE, Lynda	Norwich Road Runners	Ladies 54-59	334	302
303	0:27:40	PERKINS, Jan	Tri-Anglia	Ladies 40-44	392	303
304	0:27:47	PRESTON, Sarah		Senior Ladies	355	304
305	0:27:51	CLIFTON, Jason	West Norfolk A.C.	Senior Men	14	305
306	0:27:56	CARROLL, Leigh		Senior Men	221	306
307	0:27:58	WATERS, Karen	Bungay Black Dog A.C.	Ladies 40-44	312	307
308	0:28:08	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-44	276	308
309	0:28:08	LONDON, Julie	Norfolk Gazelles	Ladies 40-44	277	309
310	0:28:08	Mc GRANACHAN, Carl		Senior Men	36	310
311	0:28:09	TODD, Wayne		Senior Men	71	311
312	0:28:09	DENNIS, Emily		Senior Men	267	312
313	0:28:11	WILKINSON, Barry		Men 60+	231	313
314	0:28:15	WELLS, Dennis	Wymondham A.C.	Men 55-59	102	314
315	0:28:24	GOOCH, Jackie	Coltishall Jaguars	Ladies 45-49	265	315
316	0:28:27	BOOT, Andy	Norwich Road Runners	Senior Men	13	316
317	0:28:37	VOGLER, Madeleine	Dereham Runners A.C.	Junior Ladies	305	317
318	0:28:38	JONES, B		Senior Ladies	316	318
319	0:28:40	HILL, Spencer		Senior Men	53	319
320	0:28:42	COOPER, Carol	Norfolk Gazelles	Ladies 45-49	264	320
321	0:28:54	JACKSON, Yvonne		Ladies 40-44	335	321
322	0:29:00	ROGERS, Rosie	Norfolk Gazelles	Ladies 45-49	333	322
323	0:29:02	HAWKINS, Mark		Senior Men	238	323
324	0:29:04	CORK, Beth		Ladies 40-44	266	324
325	0:29:14	JENKINSON, Lucy		Senior Ladies	284	325
326	0:29:15	RENSHAW, Diane	Dereham Runners A.C.	Ladies 50-54	349	326
327	0:29:18	FARROW, Linda	City of Norwich A.C.	Ladies 60+	390	327
328	0:29:21	NEWTON, Simon		Senior Men	269	328
329	0:29:23	BORRMAN, Virginia	North Norfolk Beach Runners	Ladies 45-49	398	329
330	0:29:28	HARE, Peter		Men 50-54	220	330
331	0:29:39	CLEGG, Dawn	Gt Yarmouth & D.A.C.	Ladies 50-54	361	331
332	0:29:41	SCOTTOW, Lee		Senior Men	239	332
333	0:29:45	SAGGERS, James		Senior Men	49	333
334	0:29:46	WALLACE-GOOD, Hannah	Tri-Anglia	Senior Ladies	346	334
335	0:29:49	SYMINGTON, Alex		Senior Men	86	335
336	0:29:50	JACK, Bob	Bungay Black Dog A.C.	Men 45-49	111	336
337	0:29:57	PROTHEROE, Sally Ann	Lowestoft Road Runners	Ladies 50-54	281	337
338	0:29:58	REAY, Lisa	Norwich Road Runners	Senior Ladies	378	338
339	0:30:02	SMITH, Krysia		Senior Ladies	363	339
340	0:30:14	FENECH, Charles		Men 60+	141	340
341	0:30:24	SPINKS, Roger	Ipswich JAFFA	Men 60+	202	341
342	0:30:28	BLACK, Tony		Men 40-44	235	342
343	0:30:29	BLOCK, Tim		Men 40-44	248	343
344	0:30:30	ROLLASON, Carla		Senior Ladies	275	344
345	0:30:40	GARWOOD, Katherine		Senior Ladies	367	345
346	0:30:51	JONES, Adele		Ladies 60+	307	346
347	0:30:52	ROGERS, Chris		Junior Men	17	347
348	0:30:52	HARRISON, Nicola		Senior Ladies	356	348
349	0:30:53	SCUTTER, Tim	Tri-Anglia	Senior Men	5	349
350	0:30:56	DURRANT, Cindy-Jane	Gt Yarmouth & D.A.C.	Ladies 40-44	341	350
351	0:31:00	JAMES, Katy	Bungay Black Dog A.C.	Ladies 60+	283	351
352	0:31:12	BARRETT, Matt		Senior Men	3	352
353	0:31:38	ROGERS, Alison	Bungay Black Dog A.C.	Ladies 40-44	381	353
354	0:31:40	SMITH, Sally		Ladies 40-44	286	354
355	0:31:55	MACONOCHIE, Annette		Senior Ladies	337	355
356	0:32:11	RAYNER, Anne		Senior Ladies	388	356
357	0:32:14	SULLIVAN, Genette	Norwich Road Runners	Ladies 40-44	387	357
358	0:32:21	HAGGARTY, Elaine	Gt Yarmouth & D.A.C.	Ladies 50-54	340	358
359	0:33:21	COTTRELL, Lisa		Senior Ladies	358	359
360	0:33:53	CLAXTON, Mhairi	Norwich Road Runners	Senior Ladies	332	360
361	0:33:55	THOULESS, Colin	Norwich Road Runners	Men 60+	110	361
362	0:34:10	PHILLIPS, Sarah Ann		Senior Ladies	396	362
363	0:35:28	ARMES, Sharon	Norwich Road Runners	Ladies 40-44	380	363
364	0:36:49	DOWNING, Deborah		Ladies 45-49	353	364
365	0:36:50	CRAMP, Stephen		Men 55-59	229	365
366	0:37:35	MILLER, Lou		Men 60+	156	366

There were 366 finishers in the All Competitors category.