

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race age category</i>	
1	00:36:44	Steve Jones	North Norfolk Beach Runners	M40-44	100
2	00:39:47	Kevin Lemmon	Norwich Road Runners	M50-54	94
3	00:39:50	John Hartley	GYRR	M 40-44	4
4	00:39:55	Alan Anstead	Sudbury Joggers	M45-49	32
5	00:40:32	Michael Townsend		M senior	2
6	00:40:54	Mark Clues	Tri-Anglia	M40-44	71
7	00:41:15	Quinton Brown	North Norfolk Beach Runners	Msenior	88
8	00:42:16	Trevor Wood		M40-44	64
9	00:43:33	John Royston		M55-59	45
10	00:43:56	Jeremy Bolam	North Norfolk Beach Runners	M51-54	98
11	00:44:22	Peter Thompson	Norwich Gazelles	M 50-54	11
12	00:44:27	Susi Crane		F40-44	61
13	00:44:36	Phil Whiting	Norfolk Gazelles	Msenior	50
14	00:44:45	Peter Whitehead	Club Shepshed Running Club	M50-54	87
15	00:45:25	Richard Collyer	Coltishall Jaguars	M 40-44	27
16	00:45:26	Martin Yeomans	Norwich Road Runners	M55-59	51
17	00:45:34	Denver Slowther		M senior	3
18	00:45:54	Lucy Collyer	North Norfolk Beach Runners	F40-44	76
19	00:46:13	Phil Norman		M senior	8
20	00:46:49	Mark Harmer		Msenior	31
21	00:47:16	Thomas Townshend		M Senior	26
22	00:47:31	Robert Cook		M Senior	15
23	00:47:36	George Sayer		Msenior	58
24	00:48:07	Andrew Booth		M45-49	39
25	00:48:18	Katherine Thrower		F Senior	24
26	00:48:22	Matthew Hill	Norwich Road Runners	Msenior	55
27	00:48:32	Adam Craske		Msenior	69
28	00:48:50	Philip Lumb		M senior	40
29	00:49:58	Matthew White		M Senior	44
30	00:49:58	Maria Alborough		F senior	1
31	00:50:03	Jon Platten		M45-49	65
32	00:50:07	Ian Jarvis	North Norfolk Beach Runners	M40-44	90
33	00:50:10	Mandy Fulton	Norwich Road Runners	Fsenior	92
34	00:50:10	Andrew Sayer		Msenior	57
35	00:50:12	Hamish Melville		M45-49	70
36	00:50:27	Helen Mann		Fsenior	68
37	00:50:46	Jon Moxon		Msenior	80
38	00:50:58	Esther Norton		F40-44	46
39	00:51:17	Robert Cottey		Msenior	74
40	00:51:29	Paul Groves	Coltishall Jaguars	M45-49	95
41	00:51:41	Cassidy Vincent		Fsenior	83
42	00:51:44	Paul Webb	Bildeston Bounders	M55-59	56
43	00:51:54	David Thrower		M 40-44	25
44	00:52:11	Simon Moate		M45-49	81
45	00:52:21	Michael White		M50-54	43
46	00:52:42	Dawn Crane	Coltishall Jaguars	F Senior	28
47	00:53:39	Robert Daykin		M60+	93
48	00:54:03	Claire Heald		Fsenior	79

49	00:54:07	Vicky	Stone		F40-44	49
50	00:54:28	Susan	Smith	Norwich Road Runners	Fsenior	91
51	00:54:57	Roger	Crane		M40-44	62
52	00:55:00	Clive	Beeson		M40-44	16
53	00:55:41	Richard	Sage		M Senior	33
54	00:56:22	Tanya	Martin		F40-44	77
55	00:56:56	Robert	Sivell	Dereham Runners	M Senior	47
56	00:57:00	Christine	Breeze		F45-49	30
57	00:57:00	Paul	Goulsbra		M40-44	29
58	00:57:17	Deborah	Squires		F40-44	22
59	00:59:40	Jennifer	Bettinson		Fsenior	78
60	01:00:00	James	Saggers		Msenior	60
61	01:00:15	Robert	Osborne		M45-49	38
62	01:00:15	Andi	Osborne	North Norfolk Beach Runners	F 55-59	37
63	01:00:37	Marie	Hartley		F 40-44	5
64	01:00:46	Stephen	Cramp		M 60+	9
65	01:00:46	Fiona	Martin		F40-44	86
66	01:01:15	Colin	Bailey		M40-44	18
67	01:01:34	Janet	Munn		F50-54	97
68	01:02:16	Hannah	Wallace-Goodall		Fsenior	59
69	01:02:30	Robin	Mallett		Msenior	67
70	01:04:02	Emily	Hamilton		F senior	35
71	01:04:02	Jo	Reading		F senior	34
72	01:05:38	Joanna	McCash		F40-44	41
73	01:05:46	Liane	Preston		F Senior	14
74	01:06:13	Kate	Howatson		F40-44	42
75	01:06:34	Maura	Cotley		F50-54	75
76	01:06:35	Josephine	Kennedy		F50-54	96
77	01:06:37	Laura	Munro-Oakley		F Senior	20
78	01:06:40	Tracey	Frost		F40-44	21
79	01:06:42	Stewart	Betts		M 55-59	19
80	01:09:31	Jan	Sorrell		F45-49	72
81	01:09:33	Lucy	Hipperson		F50-54	52
82	01:10:19	Valerie	Minns		F50-54	63
83	01:12:53	Fi	Cross		Fsenior	48
84	01:12:53	Vicky	Mason		F senior	17
85	01:18:26	Nikki	Smith		Fsenior	53
86	01:18:27	Chris	Abbs		Msenior	54
87	01:18:42	Amy	Gasper		Fsenior	89
88	01:19:26	Catherine	Pitcher		F40-44	66
89	01:22:03	Julie	Garrett	Norwich Roadrunners	F 40-44	10