

| <u>Pos</u> | <u>Number</u> | <u>Name</u> | <u>Club</u> | <u>M / F</u> | <u>Age</u> | <u>Cat</u> | <u>Time</u> |
|------------|---------------|--------------------|-----------------------------|--------------|------------|------------|-------------|
| 1 | 5 | Steven Robinson | RAF | M | 26 | SM | 0:33'42.11 |
| 2 | 244 | Steve Neill | RAF Marham | M | 43 | M40 | 0:33'42.62 |
| 3 | 467 | Wayne Lincoln | CONAC | M | 43 | M40 | 0:33'43.21 |
| 4 | 177 | Andrew Bunn | CONAC | M | 23 | SM | 0:33'51.58 |
| 5 | 341 | Elliot Palmer | Ipswich Harriers | M | 18 | JM | 0:34'05.14 |
| 6 | 82 | Craig Holgate | Ely Runners | M | 33 | SM | 0:34'24.30 |
| 7 | 1 | Gareth Mark Deacon | Leicester Coritanians | M | 43 | M40 | 0:34'34.11 |
| 8 | 424 | Neil Davison | CONAC | M | 40 | M40 | 0:35'18.40 |
| 9 | 495 | Robert Reason | U /A | M | 29 | SM | 0:35'37.68 |
| 10 | 372 | Stuart Smith | Norwich Road Runners | M | 31 | SM | 0:36'40.37 |
| 11 | 267 | Robert Cheverton | CONAC | M | 53 | M50 | 0:37'13.81 |
| 12 | 578 | Matt Ellis | CONAC | M | 31 | SM | 0:37'39.08 |
| 13 | 491 | David Crossland | Maidenhead AC | M | 51 | M50 | 0:37'44.46 |
| 14 | 531 | Stephen Gibbs | Norwich Road Runners | M | 30 | SM | 0:37'50.74 |
| 15 | 441 | John Walshaw | CONAC | M | 40 | M40 | 0:38'01.68 |
| 16 | 534 | Mark Potter | Waveney Valley AC | M | 37 | SM | 0:38'09.30 |
| 17 | 514 | Andrew Houghton | U /A | M | 51 | M50 | 0:38'30.68 |
| 18 | 380 | Andrew Preston | Wymondham AC | M | 44 | M40 | 0:38'33.18 |
| 19 | 203 | Paul Martin | U /A | M | 32 | SM | 0:38'36.18 |
| 20 | 37 | Colin Robilliard | U /A | M | 56 | M55 | 0:38'39.58 |
| 21 | 419 | Dave Ledward | Tri-Anglia | M | 42 | M40 | 0:38'41.58 |
| 22 | 8 | John Moore | Norfolk Gazelles | M | 49 | M45 | 0:38'51.62 |
| 23 | 370 | David Maslen | Tri-Anglia | M | 45 | M45 | 0:38'53.52 |
| 24 | 270 | Clive Steward | Coltishall Jags | M | 48 | M45 | 0:39'02.78 |
| 25 | 102 | Paul Davies | Norwich Road Runners | M | 41 | M40 | 0:39'04.37 |
| 26 | 173 | Roddy Mcgregor | Norwich Road Runners | M | 41 | M40 | 0:39'04.90 |
| 27 | 6 | Ian Bailey | U /A | M | 37 | SM | 0:39'05.87 |
| 28 | 385 | John Thorpe | Ipswich Jaffa | M | 39 | SM | 0:39'11.93 |
| 29 | 561 | Mark Edwards | Norwich Road Runners | M | 44 | M40 | 0:39'12.46 |
| 30 | 537 | David Hughes | U /A | M | 45 | M45 | 0:39'18.68 |
| 31 | 377 | Chris Scott | Lowestoft Road Runners | M | 33 | SM | 0:39'23.99 |
| 32 | 141 | Simon Newrick | U /A | M | 27 | SM | 0:39'27.96 |
| 33 | 432 | Kevin Yolings | Norfolk Gazelles | M | 60 | M60 | 0:39'29.11 |
| 34 | 334 | Terry Epps | Wymondham AC | M | 55 | M55 | 0:39'31.52 |
| 35 | 286 | Bobby Hill | U /A | M | 23 | SM | 0:39'32.81 |
| 36 | 502 | Aaron Wright | U /A | M | 25 | SM | 0:39'40.68 |
| 37 | 228 | Mark Clues | Tri-Anglia | M | 42 | M40 | 0:39'50.90 |
| 38 | 352 | Sean Robson | Raf Marham | M | 42 | M40 | 0:39'53.08 |
| 39 | 262 | Thomas White | U /A | M | 27 | SM | 0:39'55.65 |
| 40 | 434 | Jason Meiszner | U /A | M | 37 | SM | 0:40'00.81 |
| 41 | 18 | Dale Hurrant | Norwich Road Runners | M | 51 | M50 | 0:40'01.93 |
| 42 | 485 | Rini Hoogkamer | CONAC | M | 50 | M50 | 0:40'11.18 |
| 43 | 136 | Paul Lyon | U /A | M | 30 | SM | 0:40'15.46 |
| 44 | 197 | Richard Johnson | Wymondham AC | M | 33 | SM | 0:40'15.99 |
| 45 | 483 | Leslie Scott | Ryston Runners | M | 51 | M50 | 0:40'16.62 |
| 46 | 540 | Mark Newnham | U /A | M | 41 | M40 | 0:40'20.62 |
| 47 | 453 | David Clay | U /A | M | 30 | SM | 0:40'25.96 |
| 48 | 3 | Richard Blake | North Norfolk Beach Runners | M | 59 | M55 | 0:40'27.68 |
| 49 | 40 | John Castleton | U /A | M | 47 | M45 | 0:40'36.05 |
| 50 | 468 | Raymond Lindsay | Norwich Road Runners | M | 54 | M50 | 0:40'48.08 |
| 51 | 371 | Seb Rijstra | U /A | M | 37 | SM | 0:40'52.34 |
| 52 | 519 | Kevin Howlett | Ryston Runners | M | 52 | M50 | 0:41'04.24 |
| 53 | 325 | Steve Ely | Coltishall Jags | M | 38 | SM | 0:41'07.49 |
| 54 | 569 | Ian Sharples | Wesham | M | 46 | M45 | 0:41'12.02 |
| 55 | 290 | Mike Hill | Tri-Anglia | M | 32 | SM | 0:41'17.55 |
| 56 | 437 | Chris Clarke | Raf Marham | M | 31 | SM | 0:41'18.24 |
| 57 | 536 | Ryan Chapman | U /A | M | 16 | JM | 0:41'33.96 |
| 58 | 410 | Darren Edridge | Coltishall Jags | M | 41 | M40 | 0:41'34.46 |
| 59 | 77 | Todd Lake | Dereham Runners AC | M | 45 | M45 | 0:41'44.27 |
| 60 | 199 | Angus Wilkinson | U /A | M | 35 | SM | 0:41'49.43 |

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|-----|-----|--------------------|-----------------------------|---|----|-----|------------|
| 61 | 591 | Adam Barnes | Tri-Anglia | M | 26 | SM | 0:41'51.62 |
| 62 | 497 | Thomas Foskett | U /A | M | 20 | SM | 0:41'56.93 |
| 63 | 404 | Alan Bradley | Norwich Road Runners | M | 46 | M45 | 0:41'59.74 |
| 64 | 261 | Tim Bragger | U /A | M | 28 | SM | 0:42'02.08 |
| 65 | 119 | Chris Chorley | Bungay Black Dog | M | 46 | M45 | 0:42'05.43 |
| 66 | 562 | Lee Jones | U /A | M | 29 | SM | 0:42'10.99 |
| 67 | 558 | Julie Heath | St Edmunds Pacers | F | 44 | F40 | 0:42'12.40 |
| 68 | 41 | Richard King | U /A | M | 49 | M45 | 0:42'18.08 |
| 69 | 559 | Jim Hayse | North Norfolk Beach Runners | M | 63 | M60 | 0:42'19.62 |
| 70 | 175 | Peter Riley | U /A | M | 25 | SM | 0:42'23.08 |
| 71 | 38 | Peter Thompson | Norfolk Gazelles | M | 53 | M50 | 0:42'23.71 |
| 72 | 563 | Michael Howlett | Ryston Runners | M | 24 | SM | 0:42'24.21 |
| 73 | 455 | Kathryn Galbraith | U /A | F | 45 | F45 | 0:42'27.49 |
| 74 | 425 | Stephen Niblett | Coltishall Jags | M | 40 | M40 | 0:42'31.27 |
| 75 | 556 | Trevor Adcock | Norfolk Gazelles | M | 60 | M60 | 0:42'33.84 |
| 76 | 394 | Val Jennings | Ipswich Jaffa | F | 45 | F45 | 0:42'37.37 |
| 77 | 330 | Bill Kingaby | Waveney Valley AC | M | 57 | M55 | 0:42'40.21 |
| 78 | 447 | Paul Vingerhoets | U /A | M | 30 | SM | 0:42'51.58 |
| 79 | 488 | Nikki Sturzaker | U /A | F | 36 | F35 | 0:42'57.68 |
| 80 | 465 | Darwin Turner | Norwich Road Runners | M | 32 | SM | 0:43'05.99 |
| 81 | 310 | Helen Johnson | Bingley Harriers | F | 42 | F40 | 0:43'07.27 |
| 82 | 183 | Richard Dye | Bungay Black Dog | M | 48 | M45 | 0:43'08.27 |
| 83 | 254 | Peter Cook | Norwich Road Runners | M | 58 | M55 | 0:43'09.14 |
| 84 | 129 | Karen Archbold | Lowestoft Road Runners | F | 42 | F40 | 0:43'14.71 |
| 85 | 486 | Francis Jackson | U /A | M | 33 | SM | 0:43'15.05 |
| 86 | 9 | Matthew Pask | Norwich Road Runners | M | 42 | M40 | 0:43'16.87 |
| 87 | 230 | Tim Woods | Norfolk Gazelles | M | 47 | M45 | 0:43'21.37 |
| 88 | 188 | Chris Mahoney | U /A | M | 39 | SM | 0:43'33.58 |
| 89 | 213 | Karl Syson | Norwich Road Runners | M | 35 | SM | 0:43'42.24 |
| 90 | 126 | David George | U /A | M | 43 | M40 | 0:43'52.24 |
| 91 | 400 | Craig Leech | U /A | M | 19 | JM | 0:43'54.40 |
| 92 | 322 | Ruth Ward | Ipswich Jaffa | F | 32 | SF | 0:43'58.02 |
| 93 | 581 | Matt Frary | U /A | M | 40 | M40 | 0:44'04.46 |
| 94 | 307 | Adrian Jay | Coltishall Jags | M | 40 | M40 | 0:44'05.71 |
| 95 | 161 | Scott Sherman | U /A | M | 17 | JM | 0:44'09.62 |
| 96 | 378 | Alexandra Smith | Norwich Road Runners | F | 34 | SF | 0:44'09.96 |
| 97 | 456 | Peter Edmunds | U /A | M | 60 | M60 | 0:44'22.30 |
| 98 | 36 | Ken Bowman | Coltishall Jags | M | 62 | M60 | 0:44'28.05 |
| 99 | 494 | Nicky Neill | Raf Marham | F | 37 | F35 | 0:44'30.84 |
| 100 | 287 | John Burton | CONAC | M | 58 | M55 | 0:44'36.99 |
| 101 | 232 | Bevan Johnson | Norfolk Gazelles | M | 19 | JM | 0:44'38.08 |
| 102 | 170 | Nick Askham | U /A | M | 35 | SM | 0:44'39.49 |
| 103 | 93 | Denver Slowther | U /A | M | 36 | SM | 0:44'40.62 |
| 104 | 165 | Sharon Hurren | Wymondham AC | F | 38 | F35 | 0:44'44.40 |
| 105 | 131 | Jenny Christian | Wymondham AC | F | 55 | F55 | 0:44'47.52 |
| 106 | 382 | Ashley Norton | Lowestoft Road Runners | M | 28 | SM | 0:44'50.40 |
| 107 | 492 | Paul Wightman | Wymondham AC | M | 46 | M45 | 0:44'52.52 |
| 108 | 61 | Sharon Armes | Norwich Road Runners | F | 40 | F40 | 0:44'54.27 |
| 109 | 323 | Shaun Conway | U /A | M | 46 | M45 | 0:44'55.55 |
| 110 | 577 | David Houghton | U /A | M | 38 | SM | 0:45'03.14 |
| 111 | 587 | Andrew Marsh | U /A | M | 48 | M45 | 0:45'04.34 |
| 112 | 416 | Michael Hulme | Norwich Road Runners | M | 35 | SM | 0:45'11.49 |
| 113 | 258 | Ben Evans | U /A | M | 25 | SM | 0:45'14.78 |
| 114 | 134 | Carl Meen | U /A | M | 33 | SM | 0:45'25.87 |
| 115 | 574 | Raymond Marshall | U /A | M | 47 | M45 | 0:45'28.14 |
| 116 | 251 | Norman Ashmore | U /A | M | 53 | M50 | 0:45'28.62 |
| 117 | 238 | Simon Friston | U /A | M | 42 | M40 | 0:45'30.58 |
| 118 | 171 | Nathan Roberts | U /A | M | 30 | SM | 0:45'34.81 |
| 119 | 489 | Charmaine Geraghty | Stowmarket Striders | F | 36 | F35 | 0:45'35.43 |
| 120 | 553 | Mark Elflett | Lowestoft Road Runners | M | 47 | M45 | 0:45'36.08 |
| 121 | 360 | Richard Collyer | Coltishall Jags | M | 41 | M40 | 0:45'37.78 |

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| 122 | 364 | Alan Fairs | Waveney Valley AC | M | 41 | M40 | 0:45'39.11 |
| 123 | 76 | Robert Hernstrom | U /A | M | 45 | M45 | 0:45'42.21 |
| 124 | 20 | Phil Norman | U /A | M | 33 | SM | 0:45'46.14 |
| 125 | 28 | Mark Stone | U /A | M | 37 | SM | 0:45'51.55 |
| 126 | 428 | Chris Meadows | U /A | M | 29 | SM | 0:45'52.11 |
| 127 | 493 | Terry Brannan | Wymondham AC | M | 65 | M65 | 0:45'52.65 |
| 128 | 68 | Christopher Stapleton | Bushfield Joggers | M | 59 | M55 | 0:45'53.27 |
| 129 | 339 | Phil Shaul | U /A | M | 43 | M40 | 0:45'57.74 |
| 130 | 311 | Anne Millett | Norwich Road Runners | F | 53 | F50 | 0:45'58.27 |
| 131 | 554 | Mark Saunders | U /A | M | 42 | M40 | 0:45'58.71 |
| 132 | 417 | Mark Burns | U /A | M | 41 | M40 | 0:45'59.27 |
| 133 | 368 | Simon Goldsmith | U /A | M | 36 | SM | 0:45'59.87 |
| 134 | 283 | Stuart Baird | U /A | M | 36 | SM | 0:46'05.30 |
| 135 | 512 | Kim Reader | Wymondham AC | F | 39 | F35 | 0:46'08.40 |
| 136 | 78 | Sarah Vick | The Saxons | F | 40 | F40 | 0:46'11.87 |
| 137 | 221 | Keith Brighty | Norwich Road Runners | M | 46 | M45 | 0:46'13.34 |
| 138 | 403 | Anthony Gordon-Gray | Norfolk Gazelles | M | 61 | M60 | 0:46'19.78 |
| 139 | 150 | Marc Evans | U /A | M | 30 | SM | 0:46'21.81 |
| 140 | 10 | John Mclellan | U /A | M | 21 | SM | 0:46'24.62 |
| 141 | 551 | Jonathon Comyn | U /A | M | 25 | SM | 0:46'30.27 |
| 142 | 289 | Nigel Gilham | Bungay Black Dog | M | 56 | M55 | 0:46'32.30 |
| 143 | 459 | Andrew Skiggs | U /A | M | 33 | SM | 0:46'38.30 |
| 144 | 582 | Steve Benson | Ipswich Harriers | M | 47 | M45 | 0:46'39.40 |
| 145 | 462 | Tracy Stevenson | Norfolk Gazelles | F | 41 | F40 | 0:46'41.30 |
| 146 | 187 | Chris Davies | U /A | M | 36 | SM | 0:46'43.78 |
| 147 | 583 | Mark Richmond | U /A | M | 42 | M40 | 0:46'45.62 |
| 148 | 53 | Kevin Howard | U /A | M | 47 | M45 | 0:46'47.40 |
| 149 | 114 | Lisa Godwin | Norwich Road Runners | F | 38 | F35 | 0:46'49.02 |
| 150 | 120 | Stephen Panting | Norwich Road Runners | M | 42 | M40 | 0:46'58.96 |
| 151 | 249 | Russell Cox | Wymondham AC | M | 34 | SM | 0:47'00.99 |
| 152 | 521 | Paul Carrier | U /A | M | 39 | SM | 0:47'02.08 |
| 153 | 209 | Peter Matthews | U /A | M | 51 | M50 | 0:47'02.93 |
| 154 | 515 | Roy Harvey | Wymondham AC | M | 46 | M45 | 0:47'04.49 |
| 155 | 547 | Gary Cooper | U /A | M | 44 | M40 | 0:47'05.24 |
| 156 | 507 | Stephen Walpole | Coltishall Jags | M | 41 | M40 | 0:47'06.52 |
| 157 | 585 | Matthew Hill | Norwich Road Runners | M | 25 | SM | 0:47'10.87 |
| 158 | 222 | Bruce Rayner | Bungay Black Dog | M | 50 | M50 | 0:47'14.05 |
| 159 | 344 | Thomas Harwood | U /A | M | 26 | SM | 0:47'15.90 |
| 160 | 111 | Kevin Blackwell | Norfolk Gazelles | M | 51 | M50 | 0:47'18.65 |
| 161 | 472 | George Melville | U /A | M | 17 | JM | 0:47'22.78 |
| 162 | 71 | Kevin Gee | Norwich Road Runners | M | 49 | M45 | 0:47'23.27 |
| 163 | 332 | David Waterman | Bungay Black Dog | M | 49 | M45 | 0:47'25.81 |
| 164 | 546 | Simon Wiseman | U /A | M | 35 | SM | 0:47'37.46 |
| 165 | 589 | Tony Blaxell | U /A | M | 39 | SM | 0:47'39.65 |
| 166 | 387 | Chris Haycock | U /A | M | 43 | M40 | 0:47'40.52 |
| 167 | 253 | Jerry Fuller | U /A | M | 36 | SM | 0:47'45.99 |
| 168 | 460 | Eve Dewsnap | U /A | F | 30 | SF | 0:47'51.40 |
| 169 | 47 | Colin Alford | U /A | M | 46 | M45 | 0:47'52.43 |
| 170 | 571 | Ian Crutchley | Wymondham AC | M | 44 | M40 | 0:47'54.52 |
| 171 | 435 | Mark Weldon | Wymondham AC | M | 48 | M45 | 0:47'55.96 |
| 172 | 294 | Claire Jenner | U /A | F | 32 | SF | 0:47'57.71 |
| 173 | 427 | Richard High | Norwich Road Runners | M | 38 | SM | 0:47'59.96 |
| 174 | 227 | Juliet Cox | Wymondham AC | F | 34 | SF | 0:48'01.65 |
| 175 | 354 | Alexander Jay | U /A | M | 17 | JM | 0:48'06.30 |
| 176 | 49 | Tracy Stevens | Wymondham AC | F | 40 | F40 | 0:48'08.37 |
| 177 | 273 | Andrew Baker | U /A | M | 42 | M40 | 0:48'09.18 |
| 178 | 263 | Stuart Bailey | U /A | M | 42 | M40 | 0:48'13.96 |
| 179 | 564 | Simon Jones | Mount's Bays Harriers | M | 36 | SM | 0:48'14.40 |
| 180 | 573 | Chris Jones | U /A | M | 34 | SM | 0:48'14.78 |
| 181 | 445 | Robin Broughton | U /A | M | 37 | SM | 0:48'15.99 |
| 182 | 288 | Diane Pamplin | U /A | F | 59 | F55 | 0:48'17.34 |

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| 183 | 268 | Adam Craske | U /A | M | 22 | SM | 0:48'20.24 |
| 184 | 105 | Tim Thompson | U /A | M | 38 | SM | 0:48'22.99 |
| 185 | 405 | Sarah Bradley | Norwich Road Runners | F | 46 | F45 | 0:48'23.84 |
| 186 | 338 | Elvira David | U /A | F | 34 | SF | 0:48'25.65 |
| 187 | 513 | Jeremy Storr | U /A | M | 33 | SM | 0:48'26.02 |
| 188 | 545 | Paul Groves | Coltishall Jags | M | 45 | M45 | 0:48'28.90 |
| 189 | 586 | James Hill | Norwich Road Runners | M | 26 | SM | 0:48'31.90 |
| 190 | 448 | David McWilliam | U /A | M | 33 | SM | 0:48'37.08 |
| 191 | 235 | Martin Yeomans | Norwich Road Runners | M | 58 | M55 | 0:48'39.49 |
| 192 | 22 | Kim Chatten | U /A | F | 48 | F45 | 0:48'41.71 |
| 193 | 162 | Andy Brown | U /A | M | 34 | SM | 0:48'42.71 |
| 194 | 185 | Chris Southwell | North Norfolk Beach Runners | M | 61 | M60 | 0:48'49.46 |
| 195 | 575 | Steve Divall | U /A | M | 31 | SM | 0:48'51.87 |
| 196 | 14 | Stuart Rose | U /A | M | 41 | M40 | 0:48'53.87 |
| 197 | 348 | Roger Budds | Norwich Road Runners | M | 61 | M60 | 0:48'54.93 |
| 198 | 64 | Colin Fish | U /A | M | 46 | M45 | 0:48'55.90 |
| 199 | 516 | Ashley Spratt | U /A | M | 26 | SM | 0:48'56.62 |
| 200 | 363 | Timothy Harris | U /A | M | 16 | JM | 0:49'00.62 |
| 201 | 365 | Dan Rix | U /A | M | 33 | SM | 0:49'02.27 |
| 202 | 116 | Adrian Hunt | U /A | M | 55 | M55 | 0:49'04.87 |
| 203 | 490 | Thomas Lincoln-Kemp | U /A | M | 42 | M40 | 0:49'05.34 |
| 204 | 118 | Bobbie Sauerzapf | Bungay Black Dog | F | 50 | F50 | 0:49'08.49 |
| 205 | 29 | Neil Thomas | Bungay Black Dog | M | 41 | M40 | 0:49'09.05 |
| 206 | 224 | Robin Wilson | Bungay Black Dog | M | 54 | M50 | 0:49'10.40 |
| 207 | 264 | Jo Godwin | Norwich Road Runners | F | 36 | F35 | 0:49'13.93 |
| 208 | 94 | Michael Knell | U /A | M | 43 | M40 | 0:49'17.58 |
| 209 | 463 | Sarah Jay | Coltishall Jags | F | 43 | F40 | 0:49'19.43 |
| 210 | 51 | Steve Baxter | U /A | M | 46 | M45 | 0:49'21.84 |
| 211 | 576 | Richard Gilham | Norfolk Gazelles | M | 47 | M45 | 0:49'22.55 |
| 212 | 234 | Michael Flower | Norfolk Police Ac | M | 34 | SM | 0:49'27.65 |
| 213 | 504 | Ross Whalen | U /A | M | 24 | SM | 0:49'28.18 |
| 214 | 426 | Anna Moore | U /A | F | 34 | SF | 0:49'41.21 |
| 215 | 369 | Simon Gray | U /A | M | 27 | SM | 0:49'42.14 |
| 216 | 308 | Paul Minns | U /A | M | 44 | M40 | 0:49'43.71 |
| 217 | 379 | Kelvin Waters | U /A | M | 56 | M55 | 0:49'44.96 |
| 218 | 396 | Mark Burrows | Norwich Road Runners | M | 42 | M40 | 0:49'47.90 |
| 219 | 241 | Mike Smith | Wymondham AC | M | 67 | M65 | 0:49'52.02 |
| 220 | 271 | Michael Briggs | Tri-Anglia | M | 39 | SM | 0:49'56.02 |
| 221 | 481 | Chris Yates | U /A | M | 37 | SM | 0:49'56.65 |
| 222 | 168 | Nicola Grimes | U /A | F | 29 | SF | 0:49'57.08 |
| 223 | 145 | Colin Griffiths | U /A | M | 47 | M45 | 0:49'57.55 |
| 224 | 98 | Julia Kennelly | Wymondham AC | F | 36 | F35 | 0:49'58.02 |
| 225 | 309 | Angie Bear | Wymondham AC | F | 52 | F50 | 0:49'59.68 |
| 226 | 466 | Laura Mahony | CONAC | F | 29 | SF | 0:50'01.18 |
| 227 | 498 | Wayne Johnson | U /A | M | 45 | M45 | 0:50'02.99 |
| 228 | 138 | Phil Cox | U /A | M | 19 | JM | 0:50'04.71 |
| 229 | 388 | Jon Hall | U /A | M | 40 | M40 | 0:50'08.11 |
| 230 | 88 | Peter Clark | U /A | M | 50 | M50 | 0:50'10.02 |
| 231 | 84 | Paul Timms | U /A | M | 32 | SM | 0:50'14.14 |
| 232 | 506 | Christian Jacobs | U /A | M | 34 | SM | 0:50'15.24 |
| 233 | 414 | Jon Holland | Norwich Road Runners | M | 29 | SM | 0:50'21.58 |
| 234 | 212 | Robert Bell | U /A | M | 29 | SM | 0:50'22.08 |
| 235 | 259 | Edita Stiborova | U /A | F | 25 | SF | 0:50'22.62 |
| 236 | 56 | Mark Durrant | U /A | M | 46 | M45 | 0:50'23.18 |
| 237 | 351 | Ian Jarvis | North Norfolk Beach Runners | M | 43 | M40 | 0:50'23.78 |
| 238 | 336 | Chris Hill | U /A | M | 32 | SM | 0:50'26.90 |
| 239 | 526 | Noel Spruce | North Norfolk Beach Runners | M | 64 | M60 | 0:50'31.08 |
| 240 | 345 | Richard Davis | U /A | M | 36 | SM | 0:50'34.96 |
| 241 | 160 | Harry Smith | Stowmarket Striders | M | 44 | M40 | 0:50'41.90 |
| 242 | 471 | Silke Hunter | U /A | F | 41 | F40 | 0:50'42.71 |
| 243 | 397 | Anne Hulse | Norwich Road Runners | F | 46 | F45 | 0:50'43.93 |

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| 244 | 520 | Michael Sharman | U /A | M | 41 | M40 | 0:50'44.49 |
| 245 | 383 | Philippa Rudd | Norwich Road Runners | F | 45 | F45 | 0:50'47.55 |
| 246 | 179 | Karen Doak | U /A | F | 34 | SF | 0:50'49.18 |
| 247 | 280 | Trevor Horrex | Norwich Road Runners | M | 49 | M45 | 0:50'49.78 |
| 248 | 231 | Nicholas Dawson | U /A | M | 54 | M50 | 0:50'50.74 |
| 249 | 356 | David Punt | Bungay Black Dog | M | 55 | M55 | 0:50'53.02 |
| 250 | 499 | James Bearman | U /A | M | 24 | SM | 0:50'54.02 |
| 251 | 384 | Chris Groves | U /A | M | 58 | M55 | 0:50'56.18 |
| 252 | 568 | Jeremy Sinclair | U /A | M | 56 | M55 | 0:50'57.30 |
| 253 | 335 | Tony Holden | U /A | M | 54 | M50 | 0:51'01.84 |
| 254 | 324 | Scott Evans | U /A | M | 34 | SM | 0:51'02.90 |
| 255 | 211 | Bob Beattie | Norwich Road Runners | M | 62 | M60 | 0:51'03.49 |
| 256 | 567 | David Flewin | U /A | M | 23 | SM | 0:51'04.37 |
| 257 | 366 | Andrew Mcnamara | GYDAC | M | 26 | SM | 0:51'06.87 |
| 258 | 328 | David Dixon | U /A | M | 58 | M55 | 0:51'08.37 |
| 259 | 166 | David Drewitt | GYDAC | M | 59 | M55 | 0:51'10.11 |
| 260 | 420 | Ian Moody | U /A | M | 44 | M40 | 0:51'10.96 |
| 261 | 539 | Steven Hodds | U /A | M | 30 | SM | 0:51'11.74 |
| 262 | 367 | Robert Read | U /A | M | 44 | M40 | 0:51'15.81 |
| 263 | 412 | Polly Williams | Norwich Road Runners | F | 29 | SF | 0:51'19.18 |
| 264 | 446 | Hugh Bronson | Norwich Road Runners | M | 48 | M45 | 0:51'30.21 |
| 265 | 543 | David Walton | U /A | M | 53 | M50 | 0:51'30.81 |
| 266 | 274 | Nicola Baker | U /A | F | 41 | F40 | 0:51'31.37 |
| 267 | 206 | Chris McCormick | U /A | M | 35 | SM | 0:51'32.08 |
| 268 | 327 | Christina Walker | North Norfolk Beach Runners | F | 38 | F35 | 0:51'33.65 |
| 269 | 429 | Richard Challis | U /A | M | 33 | SM | 0:51'36.24 |
| 270 | 97 | Howard Wilcox | U /A | M | 53 | M50 | 0:51'39.96 |
| 271 | 132 | Ronald Marsh | Wymondham AC | M | 66 | M65 | 0:51'43.18 |
| 272 | 358 | James Brindley | U /A | M | 26 | SM | 0:51'43.78 |
| 273 | 505 | Joseph Mcfarlane | U /A | M | 24 | SM | 0:51'44.55 |
| 274 | 63 | Peter Roach | Norwich Road Runners | M | 66 | M65 | 0:51'48.24 |
| 275 | 193 | Nicola Evans | U /A | F | 32 | SF | 0:51'49.62 |
| 276 | 26 | Sean Thompson | U /A | M | 22 | SM | 0:51'50.37 |
| 277 | 245 | Keith Robin | 53-12 | M | 45 | M45 | 0:51'54.40 |
| 278 | 508 | Anthony Balls | U /A | M | 44 | M40 | 0:51'57.40 |
| 279 | 115 | Roy Dearman | U /A | M | 39 | SM | 0:52'01.58 |
| 280 | 442 | Michael Jewiss | Dereham Runners AC | M | 56 | M55 | 0:52'02.08 |
| 281 | 530 | Dawn Crane | Coltishall Jags | F | 29 | SF | 0:52'04.43 |
| 282 | 532 | Leslie Slater | U /A | M | 51 | M50 | 0:52'05.40 |
| 283 | 113 | John Adams | U /A | M | 32 | SM | 0:52'06.68 |
| 284 | 44 | John Tilbrook | U /A | M | 67 | M65 | 0:52'10.99 |
| 285 | 27 | Gill Woodhouse | Dereham Runners AC | F | 61 | F60 | 0:52'11.90 |
| 286 | 285 | Robert Hill | U /A | M | 54 | M50 | 0:52'19.90 |
| 287 | 542 | Paul Westgate | U /A | M | 38 | SM | 0:52'20.40 |
| 288 | 19 | Jonathan Thetford | U /A | M | 37 | SM | 0:52'21.05 |
| 289 | 43 | Dianne Tilbrook | U /A | F | 57 | F55 | 0:52'29.93 |
| 290 | 480 | Gareth Nicholls | U /A | M | 32 | SM | 0:52'32.34 |
| 291 | 408 | Tim Miller | U /A | M | 41 | M40 | 0:52'37.52 |
| 292 | 457 | Hamish Melville | U /A | M | 48 | M45 | 0:52'38.30 |
| 293 | 525 | Peter Warren | CONAC | M | 53 | M50 | 0:52'50.62 |
| 294 | 16 | Amy Gasper | U /A | F | 32 | SF | 0:52'51.08 |
| 295 | 95 | Brenda Fee | Shaftesbury Barnet Harriers | F | 63 | F60 | 0:52'51.74 |
| 296 | 353 | Keith Jay | U /A | M | 52 | M50 | 0:53'02.93 |
| 297 | 315 | Martin Chater | U /A | M | 50 | M50 | 0:53'08.27 |
| 298 | 357 | Karen Page | St Edmunds Pacers | F | 38 | F35 | 0:53'12.18 |
| 299 | 236 | John England | GYDAC | M | 62 | M60 | 0:53'14.49 |
| 300 | 225 | Emily Howard | U /A | F | 29 | SF | 0:53'16.18 |
| 301 | 312 | Martyn Rice | U /A | M | 60 | M60 | 0:53'21.34 |
| 302 | 144 | Laura Watts | U /A | F | 24 | SF | 0:53'26.08 |
| 303 | 413 | Caroline Youngman | Norwich Road Runners | F | 31 | SF | 0:53'26.84 |
| 304 | 395 | Robert Hardy | U /A | M | 37 | SM | 0:53'32.02 |

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|-----|-----|---------------------|------------------------|---|----|-----|------------|
| 305 | 90 | Robert Sivell | Dereham Runners AC | M | 28 | SM | 0:53'32.84 |
| 306 | 248 | Dave Kelf | Axe Valley Runners | M | 63 | M60 | 0:53'33.40 |
| 307 | 83 | Steve Stringer | U /A | M | 42 | M40 | 0:53'34.62 |
| 308 | 243 | Malcolm Hogarth | Stowmarket Striders | M | 52 | M50 | 0:53'37.58 |
| 309 | 73 | Karen Gedge | Bungay Black Dog | F | 44 | F40 | 0:53'38.30 |
| 310 | 202 | Ira Smith | GYRR | M | 63 | M60 | 0:53'39.96 |
| 311 | 252 | Wendy Smith | Norwich Road Runners | F | 47 | F45 | 0:53'41.40 |
| 312 | 46 | Karen Alford | U /A | F | 46 | F45 | 0:53'42.81 |
| 313 | 461 | Bradley D. Smith | U /A | M | 34 | SM | 0:53'43.34 |
| 314 | 91 | Audrey Batchelor | Norfolk Gazelles | F | 56 | F55 | 0:53'44.84 |
| 315 | 517 | Robert Ferris | U /A | M | 30 | SM | 0:53'47.49 |
| 316 | 195 | Janet Higgins | CONAC | F | 51 | F50 | 0:53'47.99 |
| 317 | 293 | Wayne Grant | U /A | M | 48 | M45 | 0:53'48.49 |
| 318 | 411 | Nicholas Richardson | U /A | M | 28 | SM | 0:53'50.40 |
| 319 | 21 | James Mace | U /A | M | 60 | M60 | 0:53'57.52 |
| 320 | 444 | Jonathan Meadows | U /A | M | 32 | SM | 0:54'01.08 |
| 321 | 59 | Sharon Howell | U /A | F | 41 | F40 | 0:54'05.52 |
| 322 | 266 | Christian Clogger | U /A | M | 37 | SM | 0:54'15.14 |
| 323 | 12 | Sarah Pyne | U /A | F | 32 | SF | 0:54'18.62 |
| 324 | 376 | Nigel Ball | U /A | M | 42 | M40 | 0:54'24.02 |
| 325 | 276 | Richard Whitfield | U /A | M | 28 | SM | 0:54'24.62 |
| 326 | 256 | Derek Ribbands | GYRR | M | 50 | M50 | 0:54'25.21 |
| 327 | 522 | Louise Slaughter | Wymondham AC | F | 28 | SF | 0:54'25.78 |
| 328 | 155 | Roxann Holder | Diss & District AC | F | 17 | JF | 0:54'28.74 |
| 329 | 92 | Brian Taylor | U /A | M | 46 | M45 | 0:54'31.49 |
| 330 | 510 | Stephen Carter | U /A | M | 48 | M45 | 0:54'35.58 |
| 331 | 342 | John Beamish | U /A | M | 62 | M60 | 0:54'37.08 |
| 332 | 178 | Ronal Van Der Merwe | U /A | F | 51 | F50 | 0:54'37.68 |
| 333 | 333 | Andrew Edwards | U /A | M | 36 | SM | 0:54'48.30 |
| 334 | 326 | Imogene Barker | Lowestoft Road Runners | F | 22 | SF | 0:54'49.14 |
| 335 | 198 | Shaun Lark | Lowestoft Road Runners | M | 33 | SM | 0:54'53.27 |
| 336 | 430 | Gareth Yassin | U /A | M | 28 | SM | 0:54'55.93 |
| 337 | 431 | Benjamin Yassin | U /A | M | 28 | SM | 0:54'57.99 |
| 338 | 331 | Phillip Laurier | Lowestoft Road Runners | M | 60 | M60 | 0:54'58.62 |
| 339 | 210 | Annette Carter | GYRR | F | 41 | F40 | 0:55'06.58 |
| 340 | 194 | Theresa Dooley | U /A | F | 39 | F35 | 0:55'08.93 |
| 341 | 146 | Barry Bailey | U /A | M | 41 | M40 | 0:55'12.37 |
| 342 | 246 | Anne Martin | Wymondham AC | F | 73 | F60 | 0:55'12.71 |
| 343 | 421 | Rebecca Ford | U /A | F | 32 | SF | 0:55'13.02 |
| 344 | 433 | Robert Scarfe | Wymondham AC | M | 57 | M55 | 0:55'13.43 |
| 345 | 278 | Annmarie West | U /A | F | 38 | F35 | 0:55'13.78 |
| 346 | 475 | Jennifer Heard | Wymondham AC | F | 22 | SF | 0:55'14.05 |
| 347 | 474 | Peter Heard | Wymondham AC | M | 51 | M50 | 0:55'14.52 |
| 348 | 122 | Mo Hay | U /A | F | 39 | F35 | 0:55'14.78 |
| 349 | 133 | Sheridan Carver | Norfolk Gazelles | M | 39 | SM | 0:55'21.34 |
| 350 | 478 | Brian Smith | U /A | M | 50 | M50 | 0:55'26.14 |
| 351 | 535 | Karen Gitsham | Norwich Road Runners | F | 30 | SF | 0:55'26.65 |
| 352 | 557 | Ivan Coleman | Norwich Road Runners | M | 47 | M45 | 0:55'31.30 |
| 353 | 518 | Garrie Willgress | U /A | M | 50 | M50 | 0:55'33.68 |
| 354 | 189 | Matt Bullock | U /A | M | 41 | M40 | 0:55'47.24 |
| 355 | 579 | Julia Williams | U /A | F | 27 | SF | 0:55'48.27 |
| 356 | 255 | Michael Dale | U /A | M | 41 | M40 | 0:55'53.27 |
| 357 | 109 | Robert Gregory | U /A | M | 28 | SM | 0:55'53.62 |
| 358 | 103 | Chris Tyrrell | U /A | M | 25 | SM | 0:56'04.46 |
| 359 | 180 | Paul Saunders | U /A | M | 37 | SM | 0:56'05.87 |
| 360 | 329 | Dennis Simpson | Norwich Road Runners | M | 49 | M45 | 0:56'08.37 |
| 361 | 484 | Martin Lewin | U /A | M | 53 | M50 | 0:56'19.52 |
| 362 | 409 | Mark Beck | U /A | M | 27 | SM | 0:56'20.37 |
| 363 | 422 | Claire Jones | U /A | F | 30 | SF | 0:56'24.30 |
| 364 | 48 | Stephen Morley | Brandon Fern Hopper | M | 56 | M55 | 0:56'32.11 |
| 365 | 172 | Sarah Cassells | U /A | F | 28 | SF | 0:56'34.05 |

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|-----|-----|------------------------|-----------------------------|---|----|-----|------------|
| 366 | 277 | Steven Eastoe | U /A | M | 38 | SM | 0:56'46.84 |
| 367 | 450 | Martin Spilsted | U /A | M | 37 | SM | 0:56'49.24 |
| 368 | 45 | Robert Ashton | U /A | M | 54 | M50 | 0:56'50.52 |
| 369 | 541 | Melisande Parsons | U /A | F | 39 | F35 | 0:56'50.87 |
| 370 | 123 | Anna Pell | CONAC | F | 30 | SF | 0:56'53.30 |
| 371 | 306 | Kate Murrell | U /A | F | 29 | SF | 0:56'53.62 |
| 372 | 584 | Carl Carter | U /A | M | 38 | SM | 0:56'53.99 |
| 373 | 137 | Helen Lambert | U /A | F | 28 | SF | 0:56'54.30 |
| 374 | 257 | Mike Marshall | North Norfolk Beach Runners | M | 68 | M65 | 0:57'01.55 |
| 375 | 247 | Dale De Pasquale | Waveney Valley AC | M | 41 | M40 | 0:57'02.27 |
| 376 | 359 | Janet Cross | U /A | F | 48 | F45 | 0:57'02.65 |
| 377 | 265 | John Wilkes | U /A | M | 45 | M45 | 0:57'12.68 |
| 378 | 477 | Holly Notcutt | U /A | F | 28 | SF | 0:57'13.68 |
| 379 | 346 | Ellen Cottom | U /A | F | 35 | F35 | 0:57'14.62 |
| 380 | 501 | Nick Riches | U /A | M | 47 | M45 | 0:57'14.99 |
| 381 | 117 | Chris Harris | U /A | M | 56 | M55 | 0:57'17.43 |
| 382 | 192 | Janette Palmer | CONAC | F | 45 | F45 | 0:57'18.58 |
| 383 | 140 | Jeremy Godwin | U /A | M | 48 | M45 | 0:57'18.93 |
| 384 | 104 | Pete Buckingham | U /A | M | 48 | M45 | 0:57'19.78 |
| 385 | 169 | Emma Ainger | CONAC | F | 30 | SF | 0:57'20.08 |
| 386 | 110 | Samantha Allen | CONAC | F | 38 | F35 | 0:57'22.78 |
| 387 | 260 | Simon Warr | U /A | M | 45 | M45 | 0:57'53.37 |
| 388 | 566 | Erica Blatchford | U /A | F | 27 | SF | 0:57'55.71 |
| 389 | 487 | Jane Ashby | U /A | F | 61 | F60 | 0:57'57.65 |
| 390 | 164 | Jon De Gray | Norwich Road Runners | M | 49 | M45 | 0:57'58.90 |
| 391 | 476 | Stephen Cramp | U /A | M | 60 | M60 | 0:58'02.87 |
| 392 | 529 | Peter Maestranzi | U /A | M | 42 | M40 | 0:58'03.84 |
| 393 | 528 | Maxine Steele | U /A | F | 43 | F40 | 0:58'05.08 |
| 394 | 361 | Amanda White | U /A | F | 28 | SF | 0:58'08.37 |
| 395 | 216 | Rod Wells | U /A | M | 43 | M40 | 0:58'10.58 |
| 396 | 340 | Fiona Martin | U /A | F | 41 | F40 | 0:58'14.74 |
| 397 | 124 | Victor Ling | U /A | M | 35 | SM | 0:58'20.62 |
| 398 | 320 | Emma Witheridge | U /A | F | 23 | SF | 0:58'21.96 |
| 399 | 436 | Chris Hurcomb | U /A | M | 38 | SM | 0:58'26.84 |
| 400 | 143 | Mel Spencer | U /A | F | 46 | F45 | 0:58'28.40 |
| 401 | 469 | Amanda J.Geitner | U /A | F | 40 | F40 | 0:58'29.02 |
| 402 | 15 | Philip Neave | Bungay Black Dog | M | 61 | M60 | 0:58'29.74 |
| 403 | 142 | Derek Cordingley | U /A | M | 60 | M60 | 0:58'30.55 |
| 404 | 75 | Margaret Newman | U /A | F | 38 | F35 | 0:58'31.40 |
| 405 | 549 | Anna Cue | U /A | F | 23 | SF | 0:58'31.81 |
| 406 | 550 | Mark Armatage | U /A | M | 24 | SM | 0:58'32.52 |
| 407 | 239 | Debbie Hurren-Balfour | U /A | F | 41 | F40 | 0:58'32.78 |
| 408 | 509 | Gary Benbow | U /A | M | 43 | M40 | 0:58'33.18 |
| 409 | 240 | Andrea Teasdale | U /A | F | 41 | F40 | 0:58'35.02 |
| 410 | 279 | Amber Le-May | U /A | F | 36 | F35 | 0:58'37.65 |
| 411 | 229 | Liz Clues | U /A | F | 38 | F35 | 0:58'38.84 |
| 412 | 440 | Peter Spychal | U /A | M | 30 | SM | 0:58'43.52 |
| 413 | 316 | Maria Stapleton-Chater | U /A | F | 45 | F45 | 0:58'44.87 |
| 414 | 66 | Charles Weigand | U /A | M | 64 | M60 | 0:58'50.14 |
| 415 | 181 | Paul Ferrow | U /A | M | 51 | M50 | 0:58'58.65 |
| 416 | 196 | Danny Watkins | U /A | M | 35 | SM | 0:59'02.11 |
| 417 | 204 | Lisa Scales | U /A | F | 28 | SF | 0:59'08.27 |
| 418 | 223 | Karen Waters | Bungay Black Dog | F | 40 | F40 | 0:59'10.30 |
| 419 | 590 | David Pimlott | Waveney Valley AC | M | 61 | M60 | 0:59'15.78 |
| 420 | 393 | Nicola Barrett | U /A | F | 32 | SF | 0:59'23.81 |
| 421 | 552 | Richard Verschoyle | GYDAC | M | 67 | M65 | 0:59'32.62 |
| 422 | 174 | Sarah Lambirth | U /A | F | 37 | F35 | 0:59'38.84 |
| 423 | 4 | Robin Farrar | Bungay Black Dog | M | 67 | M65 | 0:59'40.96 |
| 424 | 343 | Claire Brown | U /A | F | 42 | F40 | 0:59'44.49 |
| 425 | 402 | Andi Osborne | North Norfolk Beach Runners | F | 55 | F55 | 0:59'44.84 |
| 426 | 401 | Rob Osborne | North Norfolk Beach Runners | M | 49 | M45 | 0:59'45.34 |

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| 427 | 398 | Jo Keenan | U /A | F | 33 | SF | 0:59'45.90 |
| 428 | 451 | Emma Fickling | U /A | F | 28 | SF | 0:59'46.30 |
| 429 | 452 | Ian Winters | U /A | M | 50 | M50 | 0:59'47.37 |
| 430 | 337 | Paul Brookes | U /A | M | 33 | SM | 0:59'55.96 |
| 431 | 314 | Janice Beckwith | U /A | F | 43 | F40 | 0:59'56.21 |
| 432 | 226 | Steve Avery | U /A | M | 42 | M40 | 1:00'20.96 |
| 433 | 580 | Tim Scutter | Tri-Anglia | M | 35 | SM | 1:00'21.34 |
| 434 | 65 | Duncan Harrison | U /A | M | 34 | SM | 1:00'30.68 |
| 435 | 458 | Peter Midgley | U /A | M | 46 | M45 | 1:00'35.40 |
| 436 | 32 | Lynn Peers | U /A | F | 40 | F40 | 1:00'39.55 |
| 437 | 67 | Dianne Crosby | U /A | F | 63 | F60 | 1:00'40.68 |
| 438 | 153 | Susan Wells | U /A | F | 41 | F40 | 1:00'46.21 |
| 439 | 500 | Christine Honeywood | U /A | F | 63 | F60 | 1:00'47.52 |
| 440 | 101 | Lee Staff | U /A | M | 39 | SM | 1:00'55.71 |
| 441 | 186 | Jenny Jones | U /A | F | 35 | F35 | 1:01'00.87 |
| 442 | 282 | Catherine Smith | U /A | F | 36 | F35 | 1:01'01.21 |
| 443 | 281 | Dean Saunders | U /A | M | 36 | SM | 1:01'17.11 |
| 444 | 544 | Janolha Folkad | North Norfolk Beach Runners | M | 48 | M45 | 1:01'20.34 |
| 445 | 176 | Jo Barlow | U /A | F | 40 | F40 | 1:01'30.52 |
| 446 | 527 | Sally-Ann Protherce | Lowestoft Road Runners | F | 51 | F50 | 1:01'34.27 |
| 447 | 317 | James Humphreys | U /A | M | 18 | JM | 1:01'34.62 |
| 448 | 418 | Faye Brickel | U /A | F | 32 | SF | 1:01'40.21 |
| 449 | 182 | Yvonne Jackson | U /A | F | 42 | F40 | 1:01'46.78 |
| 450 | 588 | Martin Payne | NHS | M | 31 | SM | 1:01'48.43 |
| 451 | 392 | Odette Goldsmith | U /A | F | 42 | F40 | 1:01'49.05 |
| 452 | 389 | Purvis Grainne | U /A | F | 40 | F40 | 1:01'50.24 |
| 453 | 524 | Christine Bloomfield | Norfolk Gazelles | F | 53 | F50 | 1:01'54.90 |
| 454 | 407 | Julie Broom | U /A | F | 36 | F35 | 1:01'56.02 |
| 455 | 81 | Charles Fenech | U /A | M | 63 | M60 | 1:01'58.30 |
| 456 | 319 | Kerry West | U /A | F | 29 | SF | 1:02'02.02 |
| 457 | 55 | Charlotte Lownds | U /A | F | 33 | SF | 1:02'16.24 |
| 458 | 87 | Rachel L Acamon-Carbonelli | U /A | F | 32 | SF | 1:02'17.21 |
| 459 | 86 | Stephen Harper | U /A | M | 33 | SM | 1:02'31.05 |
| 460 | 313 | Lindsay Stewart Kitchen | North Norfolk Beach Runners | M | 47 | M45 | 1:02'31.81 |
| 461 | 50 | Jackie Eastaugh-King | Norwich Road Runners | F | 48 | F45 | 1:02'40.68 |
| 462 | 69 | Paula Stapleton | Bushfield Joggers | F | 52 | F50 | 1:02'44.27 |
| 463 | 108 | Diane Cushine | Norwich Road Runners | F | 46 | F45 | 1:02'45.27 |
| 464 | 125 | Jonathan Regester | U /A | M | 44 | M40 | 1:02'45.87 |
| 465 | 242 | Mark Nussey | U /A | M | 40 | M40 | 1:02'58.11 |
| 466 | 292 | Susan Potter | Bungay Black Dog | F | 51 | F50 | 1:02'58.58 |
| 467 | 30 | Lynne Whiteley | U /A | F | 47 | F45 | 1:02'59.46 |
| 468 | 184 | Shelley Haverson | Lowestoft Road Runners | F | 28 | SF | 1:03'01.78 |
| 469 | 154 | John Bowen | U /A | M | 47 | M45 | 1:03'04.34 |
| 470 | 423 | Rachel Allen | U /A | F | 30 | SF | 1:03'05.52 |
| 471 | 190 | Sara Bullock | U /A | F | 35 | F35 | 1:03'06.99 |
| 472 | 149 | Paul Gibbs | U /A | M | 58 | M55 | 1:03'10.40 |
| 473 | 350 | Shaun Watling | U /A | M | 26 | SM | 1:03'13.84 |
| 474 | 35 | Katie Myhill | U /A | F | 30 | SF | 1:03'24.14 |
| 475 | 191 | Laurie Ames | U /A | M | 58 | M55 | 1:03'58.34 |
| 476 | 390 | Julie Rudd | U /A | F | 48 | F45 | 1:04'39.65 |
| 477 | 479 | Keith Nicholls | U /A | M | 57 | M55 | 1:04'41.58 |
| 478 | 33 | Laura Howell | U /A | F | 21 | SF | 1:04'49.11 |
| 479 | 406 | Rachel Sullivan | U /A | F | 38 | F35 | 1:05'10.21 |
| 480 | 555 | Andy Holden | U /A | M | 48 | M45 | 1:05'18.90 |
| 481 | 237 | Maureen England | GYDAC | F | 65 | F60 | 1:05'23.62 |
| 482 | 464 | Andrew Boot | Norwich Road Runners | M | 39 | SM | 1:05'31.37 |
| 483 | 151 | Teresa Burdett | U /A | F | 38 | F35 | 1:05'31.68 |
| 484 | 443 | Clare Denzey | Norwich Road Runners | F | 33 | SF | 1:05'35.08 |
| 485 | 503 | Robert Whalen | U /A | M | 24 | SM | 1:05'50.43 |
| 486 | 96 | Elaine Stone | U /A | F | 50 | F50 | 1:06'04.37 |
| 487 | 560 | Ruth Hassall | U /A | F | 34 | SF | 1:06'04.93 |

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| 488 | 157 | Sarah Cooper | U /A | F | 37 | F35 | 1:06'07.40 |
| 489 | 381 | Joanne Gale | U /A | F | 33 | SF | 1:06'12.34 |
| 490 | 347 | Lisa Hewitt | U /A | F | 41 | F40 | 1:06'13.99 |
| 491 | 156 | Paula Lawn | U /A | F | 41 | F40 | 1:06'19.08 |
| 492 | 415 | Dawnella Bowser | U /A | F | 27 | SF | 1:06'41.65 |
| 493 | 296 | Abi Howes | NHS | F | 28 | SF | 1:06'42.27 |
| 494 | 303 | Allison Cook | NHS | F | 44 | F40 | 1:06'48.74 |
| 495 | 391 | Andrea Biggs | U /A | F | 42 | F40 | 1:06'49.96 |
| 496 | 302 | Susannah Bridges | NHS | F | 26 | SF | 1:06'52.93 |
| 497 | 158 | Alison Flether | U /A | F | 48 | F45 | 1:06'54.08 |
| 498 | 272 | Allison Jarvis | U /A | F | 44 | F40 | 1:06'54.43 |
| 499 | 284 | Elaine Haggarty | GYDAC | F | 53 | F50 | 1:07'11.34 |
| 500 | 538 | Becky Durent | Coltishall Jags | F | 57 | F55 | 1:07'26.81 |
| 501 | 250 | Lucila Newell | U /A | F | 31 | SF | 1:07'27.21 |
| 502 | 201 | Lesley De Villiers | U /A | F | 33 | SF | 1:07'27.46 |
| 503 | 107 | David Leeves | U /A | M | 29 | SM | 1:07'28.43 |
| 504 | 570 | Anthony Holmes | U /A | M | 26 | SM | 1:07'45.78 |
| 505 | 533 | Jacques Groen | Bungay Black Dog | M | 61 | M60 | 1:08'01.46 |
| 506 | 121 | Robert Jameson | U /A | M | 44 | M40 | 1:08'03.08 |
| 507 | 218 | Dean Crook | U /A | M | 41 | M40 | 1:08'19.71 |
| 508 | 80 | Wendy Merfield | The Saxons | F | 69 | F60 | 1:08'35.93 |
| 509 | 79 | Gordon Merfield | The Saxons | M | 71 | M65 | 1:08'36.24 |
| 510 | 439 | Paul Spychal | U /A | M | 57 | M55 | 1:08'36.74 |
| 511 | 39 | Bob Jack | Bungay Black Dog | M | 49 | M45 | 1:08'59.99 |
| 512 | 159 | Helen Spear | U /A | F | 45 | F45 | 1:09'01.27 |
| 513 | 565 | Ann Girdlestone | U /A | F | 28 | SF | 1:09'02.34 |
| 514 | 349 | Claire Finlay | U /A | F | 41 | F40 | 1:10'31.74 |
| 515 | 60 | Michael Armes | Norwich Road Runners | M | 44 | M40 | 1:10'35.11 |
| 516 | 72 | Tim Tyler | Norwich Road Runners | M | 53 | M50 | 1:10'35.49 |
| 517 | 17 | Yvonne Littlewood | U /A | F | 36 | F35 | 1:11'02.49 |
| 518 | 511 | Elaine Mitchell | Castle Point Joggers | F | 61 | F60 | 1:15'21.58 |
| 519 | 438 | Pamela Spychal | U /A | F | 55 | F55 | 1:16'44.02 |
| 520 | 572 | Claire Williams | U /A | F | 33 | SF | 1:16'49.62 |
| 521 | 386 | Elizabeth Allen | U /A | F | 30 | SF | 1:19'18.46 |
| 522 | 548 | Margaret Ison | Cromer Beach Runner | F | 45 | F45 | 1:20'28.55 |
| 523 | 362 | Anthony Harris | U /A | M | 54 | M50 | 1:20'45.49 |
| 524 | 301 | Harpreet Brar | NHS | F | 35 | F35 | 1:32'35.68 |
| 525 | 304 | Larissa Smith | NHS | F | 27 | SF | 1:32'36.18 |
| 526 | 300 | Lynn Buzzard | NHS | F | 59 | F55 | 1:39'23.27 |
| 527 | 297 | Uju Okereke | NHS | F | 28 | SF | 1:39'23.55 |
| 528 | 298 | Vicki Snelgrove | NHS | F | 25 | SF | 1:42'59.68 |
| 529 | 299 | Tracey Read | NHS | F | 26 | SF | 1:43'00.58 |