

| <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 | 73 | Adam Thomas | Cornwall AC | M | 28 | SM | 0:25'17.49 |
| 2 | 83 | Darren Fowlie | Norwich RR | M | 36 | SM | 0:25'18.78 |
| 3 | 172 | Nick Earl | UEA | M | 25 | SM | 0:25'27.93 |
| 4 | 117 | Alec Beaney | UEA | M | 19 | SM | 0:26'39.90 |
| 5 | 69 | Paul Higham | Norwich RR | M | 27 | SM | 0:26'43.90 |
| 6 | 14 | Robert Chenery | Ipswich Jaffa | M | 23 | SM | 0:27'07.62 |
| 7 | 135 | Andy Kett | North Norfolk Beach Runners | M | 32 | SM | 0:27'27.21 |
| 8 | 170 | Joshua Entwistle | UEA | M | 21 | SM | 0:28'02.96 |
| 9 | 107 | Nigel Arnold | Norfolk Gazelles | M | 52 | M50 | 0:28'04.84 |
| 10 | 89 | Kristin Barnard | Norfolk Harriers | M | 35 | SM | 0:28'29.65 |
| 11 | 179 | Martin Horlock | Norwich RR | M | 35 | SM | 0:28'55.87 |
| 12 | 176 | Richard Moore | Waveney Valley AC | M | 45 | M40 | 0:28'59.58 |
| 13 | 186 | Steve Bates | Coltishall Jaguars | M | 38 | SM | 0:29'29.43 |
| 14 | 54 | Tamara Jordan | Stowmarket | F | 32 | SF | 0:29'30.27 |
| 15 | 143 | Tom Richardson | Lowestoft RR | M | 25 | SM | 0:29'41.52 |
| 16 | 153 | Goy Roper | Norwich RR | M | 48 | M40 | 0:29'44.11 |
| 17 | 67 | Phil Quantrill | North Norfolk Beach Runners | M | 35 | SM | 0:29'45.21 |
| 18 | 136 | Mark Haynes | Coltishall Jaguars | M | 32 | SM | 0:29'47.93 |
| 19 | 40 | Colin Robilliard | Coltishall Jaguars | M | 56 | M50 | 0:29'57.21 |
| 20 | 116 | Eddie Greenland | Wymondham AC | M | 44 | M40 | 0:29'59.58 |
| 21 | 38 | Tom Crawshaw | CONAC | M | 18 | SM | 0:30'02.87 |
| 22 | 119 | Andrew Peston | Wymondham AC | M | 44 | M40 | 0:30'11.55 |
| 23 | 157 | Paul Sullivan | Norwich RR | M | 43 | M40 | 0:30'32.68 |
| 24 | 48 | David Maslen | Tri Anglia | M | 46 | M40 | 0:30'41.08 |
| 25 | 147 | Darren Neale | North Norfolk Beach Runners | M | 31 | SM | 0:30'43.62 |
| 26 | 81 | Mark Thompson | U / A | M | 25 | SM | 0:30'47.05 |
| 27 | 161 | Glen Richardson | U / A | M | 31 | SM | 0:30'54.68 |
| 28 | 182 | John White | Bungay Blackdog | M | 47 | M40 | 0:30'57.05 |
| 29 | 97 | Sean Robson | RAF Marham | M | 42 | M40 | 0:31'01.40 |
| 30 | 78 | Quinton Brown | North Norfolk Beach Runners | M | 33 | SM | 0:31'04.52 |
| 31 | 90 | Scott Lemon | Norfolk Gazelles | M | 33 | SM | 0:31'05.65 |
| 32 | 152 | Tracey Curl | Norwich RR | F | 47 | F45 | 0:31'31.62 |
| 33 | 42 | Thomas Hurren | U / A | M | 22 | SM | 0:31'40.11 |

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| 34 | 134 | David Tandy | Norwich RR | M | 40 | M40 | 0:31'49.99 |
| 35 | 189 | David Nockels | North Norfolk Beach Runners | M | 23 | SM | 0:31'59.55 |
| 36 | 43 | Dale Hurren | Norwich RR | M | 52 | M50 | 0:32'00.27 |
| 37 | 167 | Nicky Alford | CONAC | F | 29 | SF | 0:32'08.34 |
| 38 | 4 | Tim Woods | Norfolk Gazelles | M | 48 | M40 | 0:32'11.27 |
| 39 | 127 | Ian Moore | Norwich RR | M | 42 | M40 | 0:32'17.11 |
| 40 | 132 | Dena Parfitt | North Norfolk Beach Runners | F | 48 | F45 | 0:32'19.34 |
| 41 | 112 | Andrew Saucry | Norwich RR | M | 45 | M40 | 0:32'21.87 |
| 42 | 168 | Michael Armes | Norwich RR | M | 44 | M40 | 0:32'41.27 |
| 43 | 158 | Jemma Clarry | Cambridge Colerage | F | 19 | SF | 0:32'44.37 |
| 44 | 33 | Chris Chorley | Bungay Blackdog | M | 46 | M40 | 0:32'46.05 |
| 45 | 39 | Kevin Hardingham | Norfolk Gazelles | M | 52 | M50 | 0:32'55.43 |
| 46 | 37 | Peter Thompson | Norfolk Gazelles | M | 53 | M50 | 0:33'06.74 |
| 47 | 164 | Bill Kingaby | Waveney Valley AC | M | 58 | M50 | 0:33'07.81 |
| 48 | 174 | Richard Fay | U / A | M | 22 | SM | 0:33'10.46 |
| 49 | 159 | Nick Pullen | UEA | M | 22 | SM | 0:33'29.11 |
| 50 | 141 | Stephen Waters | Norfolk Gazelles | M | 52 | M50 | 0:33'30.14 |
| 51 | 100 | Stu Barnard | Norfolk Harriers | M | 34 | SM | 0:33'31.96 |
| 52 | 24 | Ken Bowman | Coltishall Jaguars | M | 62 | M60 | 0:33'32.78 |
| 53 | 55 | Rebecca Jordan | Stowmarket | F | 32 | SF | 0:33'33.46 |
| 54 | 181 | Phil Whiting | Norfolk Gazelles | M | 35 | SM | 0:33'34.71 |
| 55 | 15 | Duncan Chenery | Ipswich Jaffa | M | 50 | M50 | 0:33'35.37 |
| 56 | 110 | Kevin Gee | Norwich RR | M | 49 | M40 | 0:33'36.18 |
| 57 | 178 | David Kellaway | Tri Anglia | M | 49 | M40 | 0:33'36.87 |
| 58 | 109 | Tim Tyler | Norwich RR | M | 54 | M50 | 0:33'37.52 |
| 59 | 156 | Gary Hoptrough | U / A | M | 38 | SM | 0:33'40.84 |
| 60 | 99 | Craig Johnston | Norfolk Harriers | M | 35 | SM | 0:33'46.11 |
| 61 | 183 | Mark Gotts | CONAC | M | 38 | SM | 0:33'48.46 |
| 62 | 190 | Jamie Wade | North Norfolk Beach Runners | M | 19 | SM | 0:33'49.71 |
| 63 | 140 | Steve Bird | CONAC | M | 43 | M40 | 0:33'52.21 |
| 64 | 7 | Alan Fairs | Waveney Valley AC | M | 41 | M40 | 0:34'05.11 |
| 65 | 108 | Richard Collier | Coltishall Jaguars | M | 42 | M40 | 0:34'10.11 |
| 66 | 53 | Tanya Crofts | Wymondham AC | F | 36 | F35 | 0:34'14.43 |
| 67 | 102 | Rob Lines | Tri Anglia | M | 41 | M40 | 0:34'29.52 |

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| 68 | 142 | Richard High | Norwich RR | M | 39 | SM | 0:34'31.62 |
| 69 | 75 | Alexandra Smith | Norwich RR | F | 34 | SF | 0:34'32.43 |
| 70 | 162 | Sarah Hurn | Norwich RR | F | 34 | SF | 0:34'33.68 |
| 71 | 95 | Les Hill | U / A | M | 48 | M40 | 0:34'49.08 |
| 72 | 68 | Stephen Kenworthy | U / A | M | 41 | M40 | 0:34'53.30 |
| 73 | 193 | Chris Wade | North Norfolk Beach Runners | M | 21 | SM | 0:34'55.71 |
| 74 | 154 | Terry Epps | Wymondham AC | M | 54 | M50 | 0:35'02.11 |
| 75 | 151 | Kim Reader | Wymondham AC | F | 39 | F35 | 0:35'07.62 |
| 76 | 113 | Graham Coleman | Wymondham AC | M | 48 | M40 | 0:35'08.58 |
| 77 | 36 | Chris Scott | Lowestoft RR | M | 33 | SM | 0:35'15.81 |
| 78 | 184 | Matt Frary | CONAC | M | 41 | M40 | 0:35'28.46 |
| 79 | 59 | Vincent Ellis | CONAC | M | 54 | M50 | 0:35'39.08 |
| 80 | 195 | David Hall | Norwich RR | M | 40 | M40 | 0:35'42.30 |
| 81 | 188 | John Wharton | Bungay Blackdog | M | 56 | M50 | 0:35'48.87 |
| 82 | 79 | Tracy Stevenson | Norfolk Gazelles | F | 41 | F35 | 0:36'00.87 |
| 83 | 56 | Stephen Church | CONAC | M | 47 | M40 | 0:36'03.87 |
| 84 | 3 | Simon Page | North Norfolk Beach Runners | M | 33 | SM | 0:36'05.46 |
| 85 | 146 | Charlotte Neale | North Norfolk Beach Runners | F | 24 | SF | 0:36'05.84 |
| 86 | 65 | Michelle Bull | Norwich RR | F | 40 | F35 | 0:36'06.46 |
| 87 | 163 | Richard Steer | U / A | M | 34 | SM | 0:36'21.05 |
| 88 | 93 | James Hill | Norwich RR | M | 27 | SM | 0:36'27.96 |
| 89 | 94 | Matthew Hill | Norwich RR | M | 25 | SM | 0:36'38.24 |
| 90 | 31 | Richard Gilham | Norfolk Gazelles | M | 48 | M40 | 0:36'39.49 |
| 91 | 150 | Anne Millett | Norwich RR | F | 54 | F45 | 0:36'50.55 |
| 92 | 191 | Bruce Rayner | Bungay Blackdog | M | 50 | M50 | 0:37'04.14 |
| 93 | 11 | Cheryl Holder | U / A | F | 42 | F35 | 0:37'12.43 |
| 94 | 124 | Terry Brannan | Wymondham AC | M | 66 | M60 | 0:37'13.93 |
| 95 | 28 | Andrew McNamara | GYDAC | M | 27 | SM | 0:37'21.62 |
| 96 | 175 | Emily Anne Hannant | Coltishall Jaguars | F | 21 | SF | 0:37'22.08 |
| 97 | 84 | Anne Ellen | Norfolk Gazelles | F | 54 | F45 | 0:37'32.14 |
| 98 | 60 | Juliet Cox | Wymondham AC | F | 34 | SF | 0:37'49.65 |
| 99 | 32 | Bobbie Sauerzapf | Bungay Blackdog | F | 51 | F45 | 0:37'51.43 |
| 100 | 25 | Chris Gleeson | Norwich RR | M | 36 | SM | 0:37'52.43 |
| 101 | 138 | Rebecca Copeland | Norwich RR | F | 21 | SF | 0:38'08.71 |

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| 102 | 114 | Nigel Gilham | Bungay Blackdog | M | 57 | M50 | 0:38'13.78 |
| 103 | 61 | David Simpson | Coltishall Jaguars | M | 57 | M50 | 0:38'17.46 |
| 104 | 121 | Edward Royston | U / A | M | 22 | SM | 0:38'32.08 |
| 105 | 120 | John Royston | Tri Anglia | M | 59 | M50 | 0:38'32.34 |
| 106 | 145 | Hannah Baker | CONAC | F | 28 | SF | 0:38'35.08 |
| 107 | 144 | Richard Polley | CONAC | M | 52 | M50 | 0:38'35.55 |
| 108 | 122 | Sarah Bradley | Norwich RR | F | 47 | F45 | 0:38'42.81 |
| 109 | 85 | Adam Parker | CONAC | M | 23 | SM | 0:38'44.99 |
| 110 | 173 | John Grice | Lowestoft RR | M | 57 | M50 | 0:38'49.11 |
| 111 | 194 | Isobel Coombes | U / A | F | 18 | SF | 0:39'01.87 |
| 112 | 171 | Vicki Grice | U / A | F | 28 | SF | 0:39'08.78 |
| 113 | 98 | David Hazleton | Wymondham AC | M | 53 | M50 | 0:39'12.46 |
| 114 | 8 | Ian Jarvis | North Norfolk Beach Runners | M | 43 | M40 | 0:39'28.27 |
| 115 | 131 | Dominic Uppiah | U / A | M | 29 | SM | 0:39'41.84 |
| 116 | 9 | Martin Yeomans | U / A | M | 59 | M50 | 0:39'52.81 |
| 117 | 137 | Bob Beatie | Norwich RR | M | 62 | M60 | 0:40'05.65 |
| 118 | 125 | David Drewitt | GYDAC | M | 59 | M50 | 0:40'10.99 |
| 119 | 49 | Michael Jewiss | Dereham runners | M | 57 | M50 | 0:40'26.96 |
| 120 | 129 | Tom Warnes | U / A | M | 31 | SM | 0:40'40.78 |
| 121 | 106 | John Richardson | Dereham runners | M | 56 | M50 | 0:40'45.08 |
| 122 | 62 | Chris Carey | Norfolk Gazelles | M | 64 | M60 | 0:40'52.81 |
| 123 | 44 | Gill Woodhouse | Dereham runners | F | 62 | F55 | 0:40'54.02 |
| 124 | 46 | Tony Britt | UK Net runner | M | 54 | M50 | 0:42'13.24 |
| 125 | 180 | Peter Warren | CONAC | M | 54 | M50 | 0:42'23.68 |
| 126 | 177 | Faye Ellis | Lowestoft RR | F | 31 | SF | 0:42'30.71 |
| 127 | 101 | Jenny Heard | Wymondham AC | F | 22 | SF | 0:42'38.11 |
| 128 | 1 | Karen Gedge | Bungay Blackdog | F | 45 | F45 | 0:42'40.21 |
| 129 | 148 | Anne Martin | Wymondham AC | F | 74 | F55 | 0:42'46.05 |
| 130 | 105 | Robert Stone | Wymondham AC | M | 29 | SM | 0:43'36.74 |
| 131 | 41 | Jeff Arden | U / A | M | 51 | M50 | 0:43'39.14 |
| 132 | 166 | Shelley Burton | North Norfolk Beach Runners | F | 39 | F35 | 0:43'49.02 |
| 133 | 52 | Philip Neave | Bungay Blackdog | M | 61 | M60 | 0:43'53.02 |
| 134 | 77 | Adele Bushell | Coltishall Jaguars | F | 43 | F35 | 0:44'05.96 |
| 135 | 96 | Susan Wells | Reephams Runners | F | 54 | F45 | 0:44'07.81 |

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| 136 | 17 | Mike Creasor | U / A | M | 72 | M60 | 0:44'12.34 |
| 137 | 80 | Marianne Saunders | Norfolk Gazelles | F | 41 | F35 | 0:44'28.58 |
| 138 | 139 | Jenny Copeland | Norwich RR | F | 24 | SF | 0:44'39.11 |
| 139 | 111 | Ivan Colman | Norwich RR | M | 48 | M40 | 0:44'39.90 |
| 140 | 118 | Phillip Laurier | Lowestoft RR | M | 61 | M60 | 0:44'41.58 |
| 141 | 29 | Diane Cushine | Norwich RR | F | 46 | F45 | 0:45'01.08 |
| 142 | 160 | Elaine Lyon | U / A | F | 46 | F45 | 0:45'29.24 |
| 143 | 72 | Rebecca Durant | Coltishall Jaguars | F | 57 | F55 | 0:45'42.37 |
| 144 | 71 | Linda Farrow | CONAC | F | 62 | F55 | 0:45'51.24 |
| 145 | 23 | Mike Harris | U / A | M | 46 | M40 | 0:45'52.30 |
| 146 | 187 | Natalie Whyte | Bungay Blackdog | F | 26 | SF | 0:46'18.58 |
| 147 | 192 | Karen Waters | Bungay Blackdog | F | 40 | F35 | 0:46'21.55 |
| 148 | 165 | Rebecca Littleboy | Norfolk Gazelles | F | 39 | F35 | 0:46'24.43 |
| 149 | 76 | Clare Denzey | Norwich RR | F | 34 | SF | 0:46'29.68 |
| 150 | 155 | Samanther Epps | Wymondham AC | F | 24 | SF | 0:46'52.05 |
| 151 | 185 | Tasmin Desborough | U / A | F | 15 | SF | 0:47'36.37 |
| 152 | 126 | Jonathon Folkard | North Norfolk Beach Runners | M | 48 | M40 | 0:47'37.90 |
| 153 | 104 | Kerry Nicholls | U / A | F | 40 | F35 | 0:47'52.62 |
| 154 | 91 | Cathy Tooley | U / A | F | 45 | F45 | 0:47'52.99 |
| 155 | 47 | Steven Clarke | Stowmarket | M | 39 | SM | 0:48'17.37 |
| 156 | 128 | Lisa Howells | U / A | F | 34 | SF | 0:48'45.24 |
| 157 | 10 | Robin Farrar | Bungay Blackdog | M | 67 | M60 | 0:49'09.99 |
| 158 | 149 | Sarah Parkes | U / A | F | 36 | F35 | 0:49'25.87 |
| 159 | 115 | Chris Wade | U / A | M | 20 | SM | 0:49'36.96 |
| 160 | 133 | Stephen Cramp | U / A | M | 60 | M60 | 0:50'58.27 |
| 161 | 130 | Sally Curtis | U / A | F | 53 | F45 | 0:51'01.24 |
| 162 | 169 | Sharon Armes | Norwich RR | F | 40 | F35 | 0:51'12.43 |
| 163 | 35 | Jade Durrant | U / A | F | 41 | F35 | 0:51'12.96 |
| 164 | 2 | Diane Renshaw | Dereham runners | F | 51 | F45 | 0:51'42.52 |
| 165 | 16 | Sam Matthey | U / A | F | 35 | F35 | 0:55'04.18 |
| 166 | 30 | Shaun Lark | Lowestoft RR | M | 34 | SM | 0:55'08.65 |