

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>M / F</u>	<u>Age</u>
1	73	Adam Thomas	Cornwall AC	M	28
2	83	Darren Fowlie	Norwich RR	M	36
3	172	Nick Earl	UEA	M	25
4	117	Alec Beaney	UEA	M	19
5	69	Paul Higham	Norwich RR	M	27
6	14	Robert Chenery	Ipswich Jaffa	M	23
7	135	Andy Kett	North Norfolk Beach Runners	M	32
8	170	Joshua Entwistle	UEA	M	21
9	107	Nigel Arnold	Norfolk Gazelles	M	52
10	89	Kristin Barnard	Norfolk Harriers	M	35
11	179	Martin Horlock	Norwich RR	M	35
12	176	Richard Moore	Waveney Valley AC	M	45
13	186	Steve Bates	Coltishall Jaguars	M	38
14	54	Tamara Jordan	Stowmarket	F	32
15	143	Tom Richardson	Lowestoft RR	M	25
16	153	Goy Roper	Norwich RR	M	48
17	67	Phil Quantrill	North Norfolk Beach Runners	M	35
18	136	Mark Haynes	Coltishall Jaguars	M	32
19	40	Colin Robilliard	Coltishall Jaguars	M	56
20	116	Eddie Greenland	Wymondham AC	M	44
21	38	Tom Crawshaw	CONAC	M	18
22	119	Andrew Peston	Wymondham AC	M	44
23	157	Paul Sullivan	Norwich RR	M	43
24	48	David Maslen	Tri Anglia	M	46
25	147	Darren Neale	North Norfolk Beach Runners	M	31
26	81	Mark Thompson	U / A	M	25
27	161	Glen Richardson	U / A	M	31
28	182	John White	Bungay Blackdog	M	47
29	97	Sean Robson	RAF Marham	M	42
30	78	Quinton Brown	North Norfolk Beach Runners	M	33
31	90	Scott Lemon	Norfolk Gazelles	M	33
32	152	Tracey Curl	Norwich RR	F	47
33	42	Thomas Hurren	U / A	M	22
34	134	David Tandy	Norwich RR	M	40
35	189	David Nockels	North Norfolk Beach Runners	M	23
36	43	Dale Hurren	Norwich RR	M	52
37	167	Nicky Alford	CONAC	F	29
38	4	Tim Woods	Norfolk Gazelles	M	48
39	127	Ian Moore	Norwich RR	M	42
40	132	Dena Parfitt	North Norfolk Beach Runners	F	48
41	112	Andrew Saucry	Norwich RR	M	45
42	168	Michael Armes	Norwich RR	M	44
43	158	Jemma Clarry	Cambridge Colerage	F	19
44	33	Chris Chorley	Bungay Blackdog	M	46
45	39	Kevin Hardingham	Norfolk Gazelles	M	52
46	37	Peter Thompson	Norfolk Gazelles	M	53
47	164	Bill Kingaby	Waveney Valley AC	M	58
48	174	Richard Fay	U / A	M	22
49	159	Nick Pullen	UEA	M	22
50	141	Stephen Waters	Norfolk Gazelles	M	52
51	100	Stu Barnard	Norfolk Harriers	M	34

52	24	Ken Bowman	Coltishall Jaguars	M	62
53	55	Rebecca Jordan	Stowmarket	F	32
54	181	Phil Whiting	Norfolk Gazelles	M	35
55	15	Duncan Chenery	Ipswich Jaffa	M	50
56	110	Kevin Gee	Norwich RR	M	49
57	178	David Kellaway	Tri Anglia	M	49
58	109	Tim Tyler	Norwich RR	M	54
59	156	Gary Hoptrough	U / A	M	38
60	99	Craig Johnston	Norfolk Harriers	M	35
61	183	Mark Gotts	CONAC	M	38
62	190	Jamie Wade	North Norfolk Beach Runners	M	19
63	140	Steve Bird	CONAC	M	43
64	7	Alan Fairs	Waveney Valley AC	M	41
65	108	Richard Collier	Coltishall Jaguars	M	42
66	53	Tanya Crofts	Wymondham AC	F	36
67	102	Rob Lines	Tri Anglia	M	41
68	142	Richard High	Norwich RR	M	39
69	75	Alexandra Smith	Norwich RR	F	34
70	162	Sarah Hurn	Norwich RR	F	34
71	95	Les Hill	U / A	M	48
72	68	Stephen Kenworthy	U / A	M	41
73	193	Chris Wade	North Norfolk Beach Runners	M	21
74	154	Terry Epps	Wymondham AC	M	54
75	151	Kim Reader	Wymondham AC	F	39
76	113	Graham Coleman	Wymondham AC	M	48
77	36	Chris Scott	Lowestoft RR	M	33
78	184	Matt Fray	CONAC	M	41
79	59	Vincent Ellis	CONAC	M	54
80	195	David Hall	Norwich RR	M	40
81	188	John Wharton	Bungay Blackdog	M	56
82	79	Tracy Stevenson	Norfolk Gazelles	F	41
83	56	Stephen Church	CONAC	M	47
84	3	Simon Page	North Norfolk Beach Runners	M	33
85	146	Charlotte Neale	North Norfolk Beach Runners	F	24
86	65	Michelle Bull	Norwich RR	F	40
87	163	Richard Steer	U / A	M	34
88	93	James Hill	Norwich RR	M	27
89	94	Matthew Hill	Norwich RR	M	25
90	31	Richard Gilham	Norfolk Gazelles	M	48
91	150	Anne Millett	Norwich RR	F	54
92	191	Bruce Rayner	Bungay Blackdog	M	50
93	11	Cheryl Holder	U / A	F	42
94	124	Terry Brannan	Wymondham AC	M	66
95	28	Andrew McNamara	GYDAC	M	27
96	175	Emily Anne Hannant	Coltishall Jaguars	F	21
97	84	Anne Ellen	Norfolk Gazelles	F	54
98	60	Juliet Cox	Wymondham AC	F	34
99	32	Bobbie Sauerzapf	Bungay Blackdog	F	51
100	25	Chris Gleeson	Norwich RR	M	36
101	138	Rebecca Copeland	Norwich RR	F	21
102	114	Nigel Gilham	Bungay Blackdog	M	57
103	61	David Simpson	Coltishall Jaguars	M	57

104	121	Edward Royston	U / A	M	22
105	120	John Royston	Tri Anglia	M	59
106	145	Hannah Baker	CONAC	F	28
107	144	Richard Polley	CONAC	M	52
108	122	Sarah Bradley	Norwich RR	F	47
109	85	Adam Parker	CONAC	M	23
110	173	John Grice	Lowestoft RR	M	57
111	194	Isobel Coombes	U / A	F	18
112	171	Vicki Grice	U / A	F	28
113	98	David Hazleton	Wymondham AC	M	53
114	8	Ian Jarvis	North Norfolk Beach Runners	M	43
115	131	Dominic Uppiah	U / A	M	29
116	9	Martin Yeomans	U / A	M	59
117	137	Bob Beatie	Norwich RR	M	62
118	125	David Drewitt	GYDAC	M	59
119	49	Michael Jewiss	Dereham runners	M	57
120	129	Tom Warnes	U / A	M	31
121	106	John Richardson	Dereham runners	M	56
122	62	Chris Carey	Norfolk Gazelles	M	64
123	44	Gill Woodhouse	Dereham runners	F	62
124	46	Tony Britt	UK Net runner	M	54
125	180	Peter Warren	CONAC	M	54
126	177	Faye Ellis	Lowestoft RR	F	31
127	101	Jenny Heard	Wymondham AC	F	22
128	1	Karen Gedge	Bungay Blackdog	F	45
129	148	Anne Martin	Wymondham AC	F	74
130	105	Robert Stone	Wymondham AC	M	29
131	41	Jeff Arden	U / A	M	51
132	166	Shelley Burton	North Norfolk Beach Runners	F	39
133	52	Philip Neave	Bungay Blackdog	M	61
134	77	Adele Bushell	Coltishall Jaguars	F	43
135	96	Susan Wells	Reepham Runners	F	54
136	17	Mike Creasor	U / A	M	72
137	80	Marianne Saunders	Norfolk Gazelles	F	41
138	139	Jenny Copeland	Norwich RR	F	24
139	111	Ivan Colman	Norwich RR	M	48
140	118	Phillip Laurier	Lowestoft RR	M	61
141	29	Diane Cushine	Norwich RR	F	46
142	160	Elaine Lyon	U / A	F	46
143	72	Rebecca Durant	Coltishall Jaguars	F	57
144	71	Linda Farrow	CONAC	F	62
145	23	Mike Harris	U / A	M	46
146	187	Natalie Whyte	Bungay Blackdog	F	26
147	192	Karen Waters	Bungay Blackdog	F	40
148	165	Rebecca Littleboy	Norfolk Gazelles	F	39
149	76	Clare Denzey	Norwich RR	F	34
150	155	Samanther Epps	Wymondham AC	F	24
151	185	Tasmin Desborough	U / A	F	15
152	126	Jonathon Folkard	North Norfolk Beach Runners	M	48
153	104	Kerry Nicholls	U / A	F	40
154	91	Cathy Tooley	U / A	F	45
155	47	Steven Clarke	Stowmarket	M	39

156	128	Lisa Howells	U / A	F	34
157	10	Robin Farrar	Bungay Blackdog	M	67
158	149	Sarah Parkes	U / A	F	36
159	115	Chris Wade	U / A	M	20
160	133	Stephen Cramp	U / A	M	60
161	130	Sally Curtis	U / A	F	53
162	169	Sharon Armes	Norwich RR	F	40
163	35	Jade Durrant	U / A	F	41
164	2	Diane Renshaw	Dereham runners	F	51
165	16	Sam Matthey	U / A	F	35
166	30	Shaun Lark	Lowestoft RR	M	34

<u>Cat</u>	<u>Time</u>
SM	0:25'17.49
SM	0:25'18.78
SM	0:25'27.93
SM	0:26'39.90
SM	0:26'43.90
SM	0:27'07.62
SM	0:27'27.21
SM	0:28'02.96
M50	0:28'04.84
SM	0:28'29.65
SM	0:28'55.87
M40	0:28'59.58
SM	0:29'29.43
SF	0:29'30.27
SM	0:29'41.52
M40	0:29'44.11
SM	0:29'45.21
SM	0:29'47.93
M50	0:29'57.21
M40	0:29'59.58
SM	0:30'02.87
M40	0:30'11.55
M40	0:30'32.68
M40	0:30'41.08
SM	0:30'43.62
SM	0:30'47.05
SM	0:30'54.68
M40	0:30'57.05
M40	0:31'01.40
SM	0:31'04.52
SM	0:31'05.65
F45	0:31'31.62
SM	0:31'40.11
M40	0:31'49.99
SM	0:31'59.55
M50	0:32'00.27
SF	0:32'08.34
M40	0:32'11.27
M40	0:32'17.11
F45	0:32'19.34
M40	0:32'21.87
M40	0:32'41.27
SF	0:32'44.37
M40	0:32'46.05
M50	0:32'55.43
M50	0:33'06.74
M50	0:33'07.81
SM	0:33'10.46
SM	0:33'29.11
M50	0:33'30.14
SM	0:33'31.96

M60	0:33'32.78
SF	0:33'33.46
SM	0:33'34.71
M50	0:33'35.37
M40	0:33'36.18
M40	0:33'36.87
M50	0:33'37.52
SM	0:33'40.84
SM	0:33'46.11
SM	0:33'48.46
SM	0:33'49.71
M40	0:33'52.21
M40	0:34'05.11
M40	0:34'10.11
F35	0:34'14.43
M40	0:34'29.52
SM	0:34'31.62
SF	0:34'32.43
SF	0:34'33.68
M40	0:34'49.08
M40	0:34'53.30
SM	0:34'55.71
M50	0:35'02.11
F35	0:35'07.62
M40	0:35'08.58
SM	0:35'15.81
M40	0:35'28.46
M50	0:35'39.08
M40	0:35'42.30
M50	0:35'48.87
F35	0:36'00.87
M40	0:36'03.87
SM	0:36'05.46
SF	0:36'05.84
F35	0:36'06.46
SM	0:36'21.05
SM	0:36'27.96
SM	0:36'38.24
M40	0:36'39.49
F45	0:36'50.55
M50	0:37'04.14
F35	0:37'12.43
M60	0:37'13.93
SM	0:37'21.62
SF	0:37'22.08
F45	0:37'32.14
SF	0:37'49.65
F45	0:37'51.43
SM	0:37'52.43
SF	0:38'08.71
M50	0:38'13.78
M50	0:38'17.46

SM	0:38'32.08
M50	0:38'32.34
SF	0:38'35.08
M50	0:38'35.55
F45	0:38'42.81
SM	0:38'44.99
M50	0:38'49.11
SF	0:39'01.87
SF	0:39'08.78
M50	0:39'12.46
M40	0:39'28.27
SM	0:39'41.84
M50	0:39'52.81
M60	0:40'05.65
M50	0:40'10.99
M50	0:40'26.96
SM	0:40'40.78
M50	0:40'45.08
M60	0:40'52.81
F55	0:40'54.02
M50	0:42'13.24
M50	0:42'23.68
SF	0:42'30.71
SF	0:42'38.11
F45	0:42'40.21
F55	0:42'46.05
SM	0:43'36.74
M50	0:43'39.14
F35	0:43'49.02
M60	0:43'53.02
F35	0:44'05.96
F45	0:44'07.81
M60	0:44'12.34
F35	0:44'28.58
SF	0:44'39.11
M40	0:44'39.90
M60	0:44'41.58
F45	0:45'01.08
F45	0:45'29.24
F55	0:45'42.37
F55	0:45'51.24
M40	0:45'52.30
SF	0:46'18.58
F35	0:46'21.55
F35	0:46'24.43
SF	0:46'29.68
SF	0:46'52.05
SF	0:47'36.37
M40	0:47'37.90
F35	0:47'52.62
F45	0:47'52.99
SM	0:48'17.37

SF	0:48'45.24
M60	0:49'09.99
F35	0:49'25.87
SM	0:49'36.96
M60	0:50'58.27
F45	0:51'01.24
F35	0:51'12.43
F35	0:51'12.96
F45	0:51'42.52
F35	0:55'04.18
SM	0:55'08.65

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>M / F</u>
1	73	Adam Thomas	Cornwall AC	M
2	83	Darren Fowlie	Norwich RR	M
3	172	Nick Earl	UEA	M
12	176	Richard Moore	Waveney Valley AC	M
16	153	Goy Roper	Norwich RR	M
20	116	Eddie Greenland	Wymondham AC	M
9	107	Nigel Arnold	Norfolk Gazelles	M
19	40	Colin Robilliard	Coltishall Jaguars	M
52	24	Ken Bowman	Coltishall Jaguars	M
94	124	Terry Brannan	Wymondham AC	M
14	54	Tamara Jordan	Stowmarket	F
37	167	Nicky Alford	CONAC	F
43	158	Jemma Clarry	Cambridge Colerage	F
66	53	Tanya Crofts	Wymondham AC	F
75	151	Kim Reader	Wymondham AC	F
82	79	Tracy Stevenson	Norfolk Gazelles	F
32	152	Tracey Curl	Norwich RR	F
40	132	Dena Parfitt	North Norfolk Beach Runners	F
123	44	Gill Woodhouse	Dereham runners	F
129	148	Anne Martin	Wymondham AC	F
3	172	Nick Earl	UEA	M
4	117	Alec Beaney	UEA	M
8	170	Joshua Entwistle	UEA	M
16	153	Goy Roper	Norwich RR	M
23	157	Paul Sullivan	Norwich RR	M
34	134	David Tandy	Norwich RR	M
32	152	Tracey Curl	Norwich RR	F
69	75	Alexandra Smith	Norwich RR	F
70	162	Sarah Hurn	Norwich RR	F

<u>Age</u>	<u>Cat</u>	<u>Time</u>
28	SM	0:25'17.49
36	SM	0:25'18.78
25	SM	0:25'27.93
45	M40	0:28'59.58
48	M40	0:29'44.11
44	M40	0:29'59.58
52	M50	0:28'04.84
56	M50	0:29'57.21
62	M60	0:33'32.78
66	M60	0:37'13.93
32	SF	0:29'30.27
29	SF	0:32'08.34
19	SF	0:32'44.37
36	F35	0:34'14.43
39	F35	0:35'07.62
41	F35	0:36'00.87
47	F45	0:31'31.62
48	F45	0:32'19.34
62	F55	0:40'54.02
74	F55	0:42'46.05
25	SM	0:25'27.93
19	SM	0:26'39.90
21	SM	0:28'02.96
48	M40	0:29'44.11
43	M40	0:30'32.68
40	M40	0:31'49.99
47	F45	0:31'31.62
34	SF	0:34'32.43
34	SF	0:34'33.68

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>M / F</u>
1	83	Darren Fowlie	Norwich RR	M
2	280	Nick Earl	CONAC	M
3	270	Alec Beaney	UEA	M
4	282	Carl Prewer	Lowestoft RR	M
5	272	Richard Henderson	UEA	M
6	252	Wayne Utting	CONAC	M
7	69	Paul Higham	Norwich RR	M
8	269	Joshua Entwistle	UEA	M
9	14	Robert Chenery	Ipswich Jaffa	M
10	107	Nigel Arnold	Norfolk Gazelles	M
11	237	Stephen Balfe	CONAC	M
12	222	Vincent Coogan	Newmarket Joggers	M
13	242	Jack Gillick	Wymondham AC	M
14	256	Robert Cheverton	CONAC	M
15	233	Steve Jones	North Norfolk Beach Runners	M
16	176	Richard Moore	Waveney Valley AC	M
17	289	Kristin Barnard	Norfolk Harriers	M
18	228	Phil Wait	Wymondham AC	M
19	136	Mark Haynes	Coltishall Jaguars	M
20	51	Mark Garrett	Norwich RR	M
21	179	Martin Horlock	Norwich RR	M
22	40	Colin Robilliard	Coltishall Jaguars	M
23	291	Johnny Lee	CONAC	M
24	230	Chris Merryless	North Norfolk Beach Runners	M
25	38	Tom Crawshaw	CONAC	M
26	276	John Walsham	CONAC	M
27	36	Chris Scott	Lowestoft RR	M
28	116	Eddie Greenland	Wymondham AC	M
29	157	Paul Sullivan	Norwich RR	M
30	45	Sean Jermy	GYRR	M
31	206	Richard White	Wymondham AC	M
32	70	Andy Bunn	CONAC	M
33	225	Emma Sharples	CONAC	F
34	161	Glen Richardson	U / A	M
35	287	Darren Neale	North Norfolk Beach Runners	M
36	220	Mark Edwards	Norwich RR	M
37	48	David Maslen	Tri-Anglia	M
38	218	Josh Brighty	Norwich RR	M
39	214	Kevin Youngs	Norfolk Gazelles	M
40	259	Jane Clarke	CONAC	F
41	182	John White	Bungay Blackdog	M
42	78	Quinton Brown	North Norfolk Beach Runners	M
43	221	Dale Hurren	Norwich RR	M
44	249	Darren Edridge	Coltishall Jaguars	M
45	234	Jon Howe	Coltishall Jaguars	M
46	81	Mark Thompson	U / A	M
47	12	Chris Tye	Ipswich Tri	M
48	251	David Tandy	Norwich RR	M
49	273	Nicky Alford	CONAC	F
50	219	Paul French	U / A	M
51	215	Chris Langton	CONAC	M

52	258	Christopher Turner	CONAC	M
53	240	Dena Parfitt	North Norfolk Beach Runners	F
54	4	Tim Woods	Norfolk Gazelles	M
55	226	John Royston	Tri-Anglia	M
56	33	Chris Chorley	Bungay Blackdog	M
57	290	Stu Barnard	Norfolk Harriers	M
58	236	Gary Hoptrough	U / A	M
59	9	Martin Yeomans	U / A	M
60	183	Mark Gotts	CONAC	M
61	198	Stephen Dady	GYRR	M
62	164	Bill Kingaby	Waveney Valley AC	M
63	39	Kevin Hardingham	Norfolk Gazelles	M
64	159	Nick Pullen	UEA	M
65	253	Gerry Watson	Wymondham AC	M
66	15	Duncan Chenery	Ipswich Jaffa	M
67	301	Rebecca Flynn	U / A	F
68	37	Peter Thompson	Norfolk Gazelles	M
69	257	Steve Bird	CONAC	M
70	262	Jeremy Bolam	North Norfolk Beach Runners	M
71	24	Ken Bowman	Coltishall Jaguars	M
72	260	Raymond Lindsay	Norwich RR	M
73	208	Paul Davies	Norwich RR	M
74	195	David Hall	Norwich RR	M
75	7	Alan Fairs	Waveney Valley AC	M
76	296	Jim Cooper	U / A	M
77	68	Stephen Kenworthy	U / A	M
78	196	Lisa Godwin	Norwich RR	F
79	53	Tanya Crofts	Wymondham AC	F
80	202	Mark Ring	Norwich RR	M
81	274	Denver Slowther	U / A	M
82	216	Paul Woodyatt	CONAC	M
83	95	Les Hill	Norfolk Gazelles	M
84	75	Alexandra Smith	Norwich RR	F
85	266	Adrian Jay	Coltishall Jaguars	M
86	151	Kim Reader	Wymondham AC	F
87	211	Vincent Coustham	CONAC	M
88	113	Graham Coleman	Wymondham AC	M
89	284	Chris Wade	North Norfolk Beach Runners	M
90	184	Matt Frary	CONAC	M
91	245	John Bone	GYRR	M
92	57	Gavin Thouless	Norwich RR	M
93	268	Joseph Stacey	U / A	M
94	56	Stephen Church	CONAC	M
95	142	Richard High	Norwich RR	M
96	65	Michelle Bull	Norwich RR	F
97	235	Peter Nelson	Norwich RR	M
98	277	John Wharton	Bungay Blackdog	M
99	150	Anne Millett	Norwich RR	F
100	3	Simon Page	North Norfolk Beach Runners	M
101	31	Richard Gilham	Norfolk Gazelles	M
102	279	Matt Ellis	Lowestoft RR	M
103	18	Lionel Smith	Ely runners	M

104	79	Tracy Stevenson	Norfolk Gazelles	F
105	286	Ian Wade	North Norfolk Beach Runners	M
106	300	Bruce Rayner	Bungay Blackdog	M
107	241	Terry Brannan	Wymondham AC	M
108	227	Jason Harness	U / A	M
109	288	Charlotte Neale	North Norfolk Beach Runners	F
110	11	Cheryl Holder	U / A	F
111	93	James Hill	Norwich RR	M
112	35	Jade Durrant	U / A	F
113	197	Sally Cushing	Norwich RR	F
114	207	Gillian Loughlin	CONAC	F
115	138	Rebecca Copeland	Norwich RR	F
116	271	Sian Loveless	UEA	F
117	25	Chris Gleeson	Norwich RR	M
118	285	John Grice	Lowestoft RR	M
119	114	Nigel Gilham	Bungay Blackdog	M
120	84	Anne Ellen	Norfolk Gazelles	F
121	281	Kevan Pywell	GYDAC	M
122	224	Edward Royston	U / A	M
123	244	Hannah Baker	CONAC	F
124	275	Richard Polley	CONAC	M
125	175	Emily Anne Hannant	Coltishall Jaguars	F
126	102	Rob Lines	Tri-Anglia	M
127	60	Juliet Cox	Wymondham AC	F
128	94	Matthew Hill	Norwich RR	M
129	238	Matthew Parfitt	U / A	M
130	87	Christopher Gay	GYDAC	M
131	122	Sarah Bradley	Norwich RR	F
132	292	Isobel Coombes	U / A	F
133	98	David Hazleton	Wymondham AC	M
134	267	Martin Stacey	Yeovil RR	M
135	8	Ian Jarvis	North Norfolk Beach Runners	M
136	295	Noel Spruce	North Norfolk Beach Runners	M
137	239	Mike Smith	Wymondham AC	M
138	163	Richard Steer	U / A	M
139	283	Trevor Horex	Norwich RR	M
140	85	Adam Parker	CONAC	M
141	5	Caroline Taylor	Norwich RR	F
142	294	Aaron Roberts	U / A	M
143	203	Helen Oghenegweke	Norwich RR	F
144	212	Carolyn Poole	Norfolk Gazelles	F
145	125	David Drewitt	GYDAC	M
146	247	Shaun Collingsworth	U / A	M
147	210	Jackie Harrop	Norfolk Gazelles	F
148	49	Michael Jewiss	Dereham runners	M
149	44	Gill Woodhouse	Dereham runners	F
150	246	Colin Dagl	U / A	M
151	32	Bobbie Sauerzapf	Bungay Blackdog	F
152	129	Tom Warnes	U / A	M
153	217	Keith Brighty	Norwich RR	M
154	200	Gill Hart	Ryston Runners	F
155	109	Tim Tyler	Norwich RR	M

156	103	Susan Fraser	GYDAC	F
157	168	Michael Armes	Norwich RR	M
158	46	Tony Britt	UK Net runner	M
159	177	Faye Ellis	Lowestoft RR	F
160	110	Kevin Gee	Norwich RR	M
161	243	Alan Bradley	Norwich RR	M
162	199	Elayne Hilton	Lowestoft RR	F
163	30	Shaun Lark	Lowestoft RR	M
164	41	Jeff Arden	U / A	M
165	209	Audrey Batchelor	Norfolk Gazelles	F
166	205	Carol Hardy	Norfolk Gazelles	F
167	101	Jenny Heard	Wymondham AC	F
168	17	Mike Creasor	U / A	M
169	139	Jenny Copeland	Norwich RR	F
170	111	Ivan Colman	Norwich RR	M
171	66	Steve Websdale	Norwich RR	M
172	1	Karen Gedge	Bungay Blackdog	F
173	223	Peter Cockburn	Coltishall Jaguars	M
174	201	Claire Ramsbottom	Norwich RR	F
175	77	Adele Bushell	Coltishall Jaguars	F
176	229	Carl Brown	U / A	M
177	255	Shelley Burton	North Norfolk Beach Runners	F
178	254	John Christopher	North Norfolk Beach Runners	M
179	80	Marianne Saunders	Norfolk Gazelles	F
180	23	Mike Harris	U / A	M
181	293	Stephanie Whyte	Bungay Blackdog	F
182	297	Carole Rare	U / A	F
183	298	Tammy Bond	U / A	F
184	52	Philip Neave	Bungay Blackdog	M
185	264	Emma Dennis	North Norfolk Beach Runners	F
186	263	Paul Muffett	North Norfolk Beach Runners	M
187	160	Elaine Lyon	U / A	F
188	71	Linda Farrow	CONAC	F
189	72	Rebecca Durant	Coltishall Jaguars	F
190	187	Natalie Whyte	Bungay Blackdog	F
191	29	Diane Cushine	Norwich RR	F
192	118	Phillip Laurier	Lowestoft RR	M
193	165	Rebecca Littleboy	Norfolk Gazelles	F
194	76	Clare Denzey	Norwich RR	F
195	50	Lorraine Robertson	Norwich RR	F
196	232	Jonathon Folkard	North Norfolk Beach Runners	M
197	299	Karen Waters	Bungay Blackdog	F
198	149	Sarah Parkes	U / A	F
199	10	Robin Farrar	Bungay Blackdog	M
200	185	Tasmin Desborough	U / A	F
201	213	Andrew Boot	Norwich RR	M
202	265	Maureen England	GYDAC	F
203	58	Colin Thouless	Norwich RR	M
204	278	Genette Sullivan	Norwich RR	F
205	250	Wendy Smith	Norwich RR	F
206	2	Diane Renshaw	Dereham runners	F
207	261	Karren Dagless	Norwich RR	F

208	88	Elaine Haggarty	GYDAC	F
209	130	Sally Curtis	U / A	F
210	133	Stephen Cramp	U / A	M

<u>Age</u>	<u>Cat</u>	<u>Time</u>
36	SM	0:25'40.71
25	SM	0:26'00.52
19	SM	0:26'50.14
40	M40	0:27'00.96
21	SM	0:27'03.81
33	SM	0:27'04.87
27	SM	0:27'34.30
21	SM	0:27'40.55
23	SM	0:27'52.71
52	M50	0:28'27.37
28	SM	0:28'43.34
30	SM	0:28'46.90
22	SM	0:28'47.96
53	M50	0:28'49.55
41	M40	0:28'57.11
45	M40	0:28'59.08
35	SM	0:29'25.37
17	SM	0:29'31.84
32	SM	0:29'43.81
46	M40	0:29'52.68
35	SM	0:29'53.52
56	M50	0:29'54.27
23	SM	0:30'03.78
32	SM	0:30'06.74
18	SM	0:30'14.74
41	M40	0:30'19.71
33	SM	0:30'22.02
44	M40	0:30'23.05
43	M40	0:30'24.40
21	SM	0:30'26.08
49	M40	0:30'32.68
41	M40	0:30'39.02
28	SF	0:30'39.84
31	SM	0:30'42.37
31	SM	0:30'52.43
44	M40	0:30'53.90
46	M40	0:30'54.90
18	SM	0:31'02.74
60	M60	0:31'07.84
49	F45	0:31'08.27
47	M40	0:31'15.55
33	SM	0:31'30.84
52	M50	0:31'35.34
41	M40	0:31'37.34
50	M50	0:31'40.74
25	SM	0:32'03.65
43	M40	0:32'09.30
40	M40	0:32'14.30
29	SF	0:32'16.11
43	M40	0:32'23.55
43	M40	0:32'27.71

46	M40	0:32'34.02
48	F45	0:32'40.96
48	M40	0:32'46.71
59	M50	0:33'06.90
46	M40	0:33'09.84
33	SM	0:33'18.58
28	SM	0:33'26.81
59	M50	0:33'29.55
38	SM	0:33'32.11
58	M50	0:33'33.14
58	M50	0:33'35.71
52	M50	0:33'40.08
22	SM	0:33'45.34
54	M50	0:33'46.11
50	M50	0:33'46.93
23	SF	0:33'48.81
53	M50	0:33'51.27
43	M40	0:34'03.93
51	M50	0:34'05.81
62	M60	0:34'14.43
54	M50	0:34'18.65
41	M40	0:34'19.14
40	M40	0:34'30.93
41	M40	0:34'35.18
49	M40	0:34'38.27
41	M40	0:34'45.96
39	F35	0:34'46.99
36	F35	0:34'48.93
43	M40	0:34'51.40
37	SM	0:34'52.05
48	M40	0:34'54.43
48	M40	0:34'59.68
34	SF	0:35'06.05
40	M40	0:35'08.58
39	F35	0:35'09.21
30	SM	0:35'12.58
48	M40	0:35'16.84
21	SM	0:35'32.55
41	M40	0:35'35.40
63	M60	0:35'37.99
41	M40	0:35'39.34
18	SM	0:35'44.71
47	M40	0:35'56.55
39	SM	0:36'00.93
40	F35	0:36'01.58
62	M60	0:36'03.55
56	M50	0:36'11.74
54	F45	0:36'12.18
33	SM	0:36'20.14
48	M40	0:36'23.24
37	SM	0:36'25.43
56	M50	0:36'37.34

41	F35	0:36'39.02
52	M50	0:36'40.55
50	M50	0:36'41.24
66	M60	0:36'42.34
40	M40	0:36'44.14
24	SF	0:36'49.46
42	F35	0:36'53.74
27	SM	0:36'54.62
41	F35	0:36'59.71
45	F45	0:37'04.02
45	F45	0:37'11.90
21	SF	0:37'42.40
24	SF	0:37'44.99
36	SM	0:37'46.08
57	M50	0:37'47.74
57	M50	0:37'51.08
54	F45	0:37'52.87
50	M50	0:37'59.62
22	SM	0:38'01.30
28	SF	0:38'05.40
52	M50	0:38'06.02
21	SF	0:38'06.68
41	M40	0:38'08.14
34	SF	0:38'08.96
25	SM	0:38'14.78
24	SM	0:38'15.65
47	M40	0:38'24.21
47	F45	0:38'34.18
18	SF	0:38'34.71
53	M50	0:38'42.30
51	M50	0:38'59.90
43	M40	0:39'16.05
65	M60	0:39'16.74
68	M60	0:39'18.18
34	SM	0:39'39.37
50	M50	0:39'47.55
23	SM	0:39'57.14
52	F45	0:39'57.96
25	SM	0:40'21.18
36	F35	0:40'24.40
54	F45	0:40'28.05
59	M50	0:40'32.46
37	SM	0:40'33.81
48	F45	0:40'35.99
57	M50	0:40'37.62
62	F55	0:40'43.58
50	M50	0:40'47.65
51	F45	0:40'56.27
31	SM	0:41'01.52
46	M40	0:41'02.37
57	F55	0:41'10.87
54	M50	0:42'00.52

57	F55	0:42'01.02
44	M40	0:42'02.40
54	M50	0:42'14.96
31	SF	0:42'41.62
49	M40	0:42'42.58
46	M40	0:42'42.99
43	F35	0:42'47.96
34	SM	0:42'48.52
51	M50	0:42'49.30
56	F55	0:43'00.71
49	F45	0:43'13.84
22	SF	0:43'16.14
72	M60	0:43'27.02
24	SF	0:43'38.02
48	M40	0:43'38.46
47	M40	0:43'47.30
45	F45	0:43'52.65
51	M50	0:44'02.08
36	F35	0:44'07.30
43	F35	0:44'15.74
26	SM	0:44'24.96
39	F35	0:44'42.11
45	M40	0:44'43.68
41	F35	0:44'46.68
46	M40	0:44'48.21
33	SF	0:44'57.11
35	F35	0:45'08.74
42	F35	0:45'09.14
61	M60	0:45'16.71
35	F35	0:45'21.81
51	M50	0:45'22.74
46	F45	0:45'23.78
62	F55	0:45'28.55
57	F55	0:45'29.96
26	SF	0:45'47.05
46	F45	0:45'50.46
61	M60	0:45'55.08
39	F35	0:46'01.87
34	SF	0:46'24.46
39	F35	0:46'32.78
48	M40	0:46'33.81
40	F35	0:46'58.14
36	F35	0:47'00.55
67	M60	0:48'04.46
15	SF	0:48'36.37
40	M40	0:48'41.43
66	F55	0:49'47.58
73	M60	0:49'56.30
44	F35	0:50'11.49
48	F45	0:50'11.96
51	F45	0:50'21.96
43	F35	0:52'32.37

54	F45	0:52'43.62
53	F45	0:53'27.02
60	M60	0:53'27.84

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>M / F</u>
1	83	Darren Fowlie	Norwich RR	M
2	280	Nick Earl	CONAC	M
3	270	Alec Beaney	UEA	M
4	282	Carl Prewer	Lowestoft RR	M
15	233	Steve Jones	North Norfolk Beach Runners	M
16	176	Richard Moore	Waveney Valley AC	M
10	107	Nigel Arnold	Norfolk Gazelles	M
14	256	Robert Cheverton	CONAC	M
39	214	Kevin Youngs	Norfolk Gazelles	M
71	24	Ken Bowman	Coltishall Jaguars	M
33	225	Emma Sharples	CONAC	F
49	273	Nicky Alford	CONAC	F
67	301	Rebecca Flynn	U / A	F
78	196	Lisa Godwin	Norwich RR	F
79	53	Tanya Crofts	Wymondham AC	F
86	151	Kim Reader	Wymondham AC	F
40	259	Jane Clarke	CONAC	F
53	240	Dena Parfitt	North Norfolk Beach Runners	F
149	44	Gill Woodhouse	Dereham runners	F
154	200	Gill Hart	Ryston Runners	F

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>M / F</u>
3	270	Alec Beaney	UEA	M
5	272	Richard Henderson	UEA	M
8	269	Joshua Entwistle	UEA	M
14	256	Robert Cheverton	CONAC	M
26	276	John Walsham	CONAC	M
32	70	Andy Bunn	CONAC	M
33	225	Emma Sharples	CONAC	F
40	259	Jane Clarke	CONAC	F

<u>Age</u>	<u>Cat</u>	<u>Time</u>
36	SM	0:25'40.71
25	SM	0:26'00.52
19	SM	0:26'50.14
40	M40	0:27'00.96
41	M40	0:28'57.11
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52	M50	0:28'27.37
53	M50	0:28'49.55
60	M60	0:31'07.84
62	M60	0:34'14.43
28	SF	0:30'39.84
29	SF	0:32'16.11
23	SF	0:33'48.81
39	F35	0:34'46.99
36	F35	0:34'48.93
39	F35	0:35'09.21
49	F45	0:31'08.27
48	F45	0:32'40.96
62	F55	0:40'43.58
57	F55	0:41'10.87

<u>Age</u>	<u>Cat</u>	<u>Time</u>
19	SM	0:26'50.14
21	SM	0:27'03.81
21	SM	0:27'40.55
53	M50	0:28'49.55
41	M40	0:30'19.71
41	M40	0:30'39.02
28	SF	0:30'39.84
49	F45	0:31'08.27

