

# Results

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
1	Darren Fowlie	Notts AC	SM	52 22
2	ADRIAN WHITWAM	AFD	SM	53 42
3	Phillip Munro	Colchester Harriers	SM	57 02
4	JOHN OAKES	Cambridge & Coleridge	M50	58 42
5	Stephen Gibbs	Norwich Road Runners	SM	58 53
6	ROBIN PARKER	Fenland Running & AC	M40	59 46
7	Colin Robilliard	Coltishall Jaguars	M55	60 30
8	COLIN PEIRSON	Orion Harriers	M45	60 54
9	Stuart Smith	Norwich Road Runners	SM	61 02
10	STEPHEN THOMPSON	Unattached	M40	61 04
11	Mark Betts	Norwich Road Runners	SM	61 19
12	TOM RICHARDSON	Lowestoft Road Runners	SM	61 44
13	Mark Garrett	Norwich Road Runners	M45	61 51
14	DAVE BROCK	Orion Harriers	M50	61 52
15	TAMARA JORDAN	Stowmarket Striders	SF	62 08
16	Chris Watson	Unattached	SM	62 25
17	John Leversedge	Enfield & Haringey AC	M55	62 33
18	RICHARD HAYES	Unattached	SM	62 43
19	Pete Johnson	Norfolk Gazelles AC	M55	63 10
20	Richard White	Wymondham AC	M45	63 14
21	CHRIS SCOTT	Lowestoft Road Runners	SM	63 35
22	Emma Sharples	City of Norwich AC	SF	63 38
23	GARY THOMPSON	Ipswich Jaffa	SM	63 54
24	David Robinson	Ryston Runners AC	M50	63 56
25	MARK HAYLETT	Unattached	M45	63 59
26	Eddie Greenland	Wymondham AC	M45	64 09
27	Charlie Nurse	Unattached	SM	65 00
28	Paul Davies	Norwich Road Runners	M40	65 11
29	John-Patrick Fulton	City of Norwich AC	SM	65 17
30	Lynfield Lubin	Unattached	SM	66 22
31	Bevan Johnson	Norfolk Gazelles AC	SM	66 28
32	PAUL PAGE	Bushfield Joggers	SM	66 31
33	Richard Blake	North Norfolk Beach Runners	M60	66 52
34	Nicky Alford	City of Norwich AC	SF	66 54
35	ADAM ETCHES	Ely Runners	SM	67 03
36	Raymond Lindsay	Norwich Road Runners	M50	67 17
37	Andy Smith	Ryston Runners AC	M40	67 27
38	Tim Woods	Norfolk Gazelles AC	M45	67 33
39	Nicholas Halls	Unattached	SM	67 56
40	Richard Hammond	Fenland Running & AC	SM	67 58
41	CHRIS CHORLEY	Bungay Black Dog RC	M45	68 05
42	Paul McArdle	Unattached	M40	68 10
43	Sean Atterwill	City of Norwich AC	SM	68 17
44	Stephen Dady	Gt Yarmouth Road Runners	M55	68 30
45	Jim Hayes	North Norfolk Beach Runners	M60	68 48

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<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
46	Rachael Leathwood	Norwich Road Runners	SF	68 50
47	BRYAN GOODENOUGH	Thorney Running Clar	M60	68 54
48	Matthew Pask	Norwich Road Runners	M40	69 06
49	James Campbell-Barnard	British Army	SM	69 09
50	IAN THOMAS	UK Net Runners	M50	69 11
51	Peter Cook	Norwich Road Runners	M55	69 13
52	Michael Armes	Norwich Road Runners	M40	69 14
53	Alan Bushell	Coltishall Jaguars	SM	69 15
54	Marc Huggins	Unattached	M40	69 33
55	ANNE SWIFT	Unattached	F40	69 44
56	Martin Yeomans	Norwich Road Runners	M55	69 46
57	Simon Able	Ryston Runners AC	SM	69 56
58	David Aldis	City of Norwich AC	M55	70 07
59	JEREMY READ	Ultramarathon	SM	70 22
60	Tania Crofts	Wymondham AC	F35	70 30
61	Paul Firmage	Ryston Runners AC	M55	70 31
62	IAN MILBURN	Fenland Running & AC	M65	70 34
63	Matthew Frary	Norwich Road Runners	SM	70 55
64	Melvyn Porter	Coltishall Jaguars	M40	71 25
65	Graham Sillett	Unattached	M50	71 44
66	ROBERT HOWLETT	Fenland Running & AC	SM	71 46
67	Trudy Sayell	Fenland Running & AC	SF	71 46
68	GRAHAM HOLMES	Unattached	M60	72 01
69	Richard Dye	Bungay Black Dog RC	M45	72 31
70	Shaun Conway	Unattached	M45	72 38
71	Paul Woodyatt	City of Norwich AC	M45	72 40
72	Michael King	Coltishall Jaguars	M60	72 41
73	Ian Todd	West Norfolk AC	M45	72 42
74	Lisa Godwin	Norwich Road Runners	F35	72 47
75	Tim Coates	West Norfolk AC	M40	72 52
76	Sharon Hurren	Wymondham AC	F35	72 55
77	Richard Nolan	Unattached	M45	73 46
78	GEOFFREY CARTER	Unattached	M40	73 51
79	Peter Downing	Unattached	W/CHAIR	73 53
80	YVONNE PARKER	Road Runners Club	F55	73 56
81	Martin Bagnall	Coltishall Jaguars	M45	74 01
82	PHIL MONTROYAM	Unattached	M45	74 04
83	Annie Bradbury	Ryston Runners AC	F45	74 08
84	Martin Ive	Ryston Runners AC	M40	74 09
85	Isabella List	Coltishall Jaguars	SF	74 10
86	Barry Bye	Ryston Runners AC	M60	74 12
87	Ken Bowman	Coltishall Jaguars	M60	74 19
88	Steve Gilbert	Unattached	M50	74 33
89	JOSEPHINE SHEFFIELD	Braintree & District AC	F45	74 42
90	ADAM BOGGIS	Unattached	SM	74 43
91	LEIGH MARSHALL	Unattached	SM	74 45
92	Julien Nelson	Unattached	M40	75 10
93	JONATHAN MEADOWS	Lowestoft Road Runners	SM	75 11

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
94	Jeremy Lawrence	Coltishall Jaguars	M50	75 13
95	REBECCA JORDAN	Stowmarket Striders	SF	75 16
96	Ian Saunders	Ryston Runners AC	SM	75 17
97	Steve Bowerman	Ryston Runners AC	M40	75 18
98	Christopher Milnes	Ryston Runners AC	M50	75 25
99	Jeremy Navrady	Ryston Runners AC	M40	75 40
100	CHARLIE DAVIS	Unattached	SM	75 42
101	Sean Radford	The Stragglers	SM	76 08
102	CHRISTOPHER BRITTAIN	Road Runners Club	M55	76 18
103	Peter Dunnett	Unattached	SM	76 43
104	Simon Smith	Unattached	SM	76 49
105	Richard High	Norwich Road Runners	SM	77 02
106	Ashley Gilbert	Unattached	SM	77 06
107	Gavin Thouless	Norwich Road Runners	M40	77 08
108	Eve Dewsnap	Unattached	SF	77 35
109	Andrew Skiggs	Unattached	SM	77 36
110	Stephen Panting	Norwich Road Runners	M40	77 36
111	Michael Hulme	Norwich Road Runners	SM	77 42
112	Mark Ring	Norwich Road Runners	M40	77 46
113	Gillian Loughlin	City of Norwich AC	F45	77 54
114	Tony Heath	North Norfolk Beach Runners	M60	78 05
115	MICHAEL HITCHINGS	Ipswich Jaffa	M40	78 06
116	Mike McDonnell	Unattached	M55	78 10
117	TESSA STONE	Unattached	F35	78 12
118	Caroline French	Norwich Road Runners	SF	78 25
119	STEVE ROBERTS	Unattached	M50	78 37
120	Susan Nolan	Unattached	F40	78 38
121	Jude Durrant	Unattached	F40	78 47
122	Paul Robinson	Reepham Runners	M40	78 48
123	Simon Wicks	Thetford A C	SM	78 53
124	Jo Godwin	Norwich Road Runners	F35	79 02
125	Mark Avery	Ipswich Jaffa	M40	79 03
126	Russell Cox	Wymondham AC	M40	79 12
127	Juliet Cox	Wymondham AC	SF	79 12
128	Michael Smith	Wymondham AC	M60	79 13
129	David Barclay	Norfolk Gazelles AC	M45	79 17
130	Anne Millett	Norwich Road Runners	F50	79 20
131	STEVEN RIX	Unattached	SM	79 35
132	Stefan Rider	Norwich Road Runners	SM	79 59
133	Carol Betts	Norfolk Gazelles AC	F55	80 04
134	Sarah Bradley	Norwich Road Runners	F45	80 10
135	Tracy Stevens	Wymondham AC	F40	80 18
136	Geoff Hayward	North Norfolk Beach Runners	M65	80 20
137	Tracy Dodsworth	Wymondham AC	F35	80 31
138	Jon Holland	Norwich Road Runners	SM	80 48
139	Simon Deakin	Unattached	M40	80 53
140	Christina Walker	North Norfolk Beach Runners	F35	80 58
141	MARK CRACK	Unattached	M45	81 01

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
142	Bobbie Sauerzapf	Bungay Black Dog RC	F50	81 22
143	Louise Freestone	Wymondham AC	F35	81 28
144	Terence Gamble	West Norfolk AC	M60	81 30
145	John Folkes	Unattached	SM	81 35
146	Rachel Fiddy	Norwich Road Runners	SF	82 12
147	Paul Calvert	Unattached	SM	82 15
148	Jason Bartrum	Unattached	SM	82 23
149	Mark Smith	Unattached	SM	82 26
150	Gary Fryer	Unattached	SM	82 27
151	Alec Fraser	North Norfolk Beach Runners	M65	82 42
152	Colin Fish	Unattached	M45	82 48
153	Noel Spruce	North Norfolk Beach Runners	M65	82 52
154	Brenda Kinch	North Norfolk Beach Runners	F60	82 53
155	Alison Milnes	Ryston Runners AC	F45	82 58
156	Wayne McAllister	Unattached	M45	82 58
157	Caroline Taylor	Norwich Road Runners	F50	83 22
158	Keith Brighty	Norwich Road Runners	M45	83 23
159	NEIL THOMAS	Bungay Black Dog RC	M40	83 24
160	Julie Barton	Unattached	F35	83 51
161	HARRY SMITH	Stowmarket Striders	M45	84 01
162	Halen Oghenegweke	Norwich Road Runners	F35	84 05
163	Ian Moore	Norwich Road Runners	SM	84 22
164	Mark Peach	Gt Yarmouth Road Runners	SM	84 39
165	Trevor Horrex	Norwich Road Runners	M50	85 02
166	LISA MANN	Unattached	F40	85 13
167	Phillipa Rudd	Norwich Road Runners	F45	85 15
168	Jonny Groom	Unattached	SM	85 16
169	Chris Groves	Tri-Anglia	M55	85 25
170	ANNA SMITH	Stowmarket Striders	F35	85 52
171	Andrew Burrage	Norfolk Gazelles AC	M55	86 01
172	Julia Kennelly	Wymondham AC	F35	86 03
173	Gill Hart	Ryston Runners AC	F55	86 08
174	JULZ WILLIAMS	Unattached	F35	86 16
175	Colin Alford	Unattached	M45	86 28
176	Charles Wood	Norwich Road Runners	M50	86 50
177	Martin Hammond	Ryston Runners AC	M40	87 00
178	Jason Marsh	Unattached	SM	87 09
179	Barry Hall	Unattached	M50	87 13
180	Hayley Cocksedge	Thetford A C	F35	87 15
181	Joanne Rust	Unattached	F40	87 15
182	Carole Spong	Gt Yarmouth Road Runners	F60	87 21
183	Michael O'Connor	North Norfolk Beach Runners	M60	87 41
184	Geraldine Jordan	Unattached	F45	87 41
185	Simon Coates	Unattached	M45	88 10
186	CLIFF MOORE	Unattached	M65	88 18
187	Carolyn Burrage	Norfolk Gazelles AC	F55	88 20
188	Alan Lucas	Unattached	M45	88 23
189	Sheila Smith	Unattached	F55	88 28

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
190	Jill Copeland	Norwich Road Runners	F50	88 37
191	JEAN-VALERY TURATSINZE	Unattached	SM	88 52
192	David Hilburn	Unattached	M50	88 54
193	Mike Marshall	North Norfolk Beach Runners	M65	89 04
194	DAVID DIXON	Unattached	M55	89 35
195	David Lane	Ryston Runners AC	M45	89 43
196	Matt Bullock	Unattached	M40	90 07
197	Rosemary Matlock	Thetford A C	F50	90 20
198	Tom Warnes	Unattached	SM	90 28
199	GLENN RICHER	UK Net Runners	M50	90 30
200	Karen Alford	Unattached	F45	90 38
201	KATY NASH	Stowmarket Striders	F35	90 57
202	SANDIE JARDINE	Unattached	F45	91 05
203	Georgina Allen	Ryston Runners AC	F50	91 28
204	Barry Adamson	Unattached	M55	91 40
205	Peter Warren	City of Norwich AC	M50	91 48
206	JANE McALLISTER	Unattached	F45	92 05
207	Mike Creasor	Road Runners Club	M65	92 13
208	Anne Harper	Unattached	F45	92 27
209	Lesley Oliver	Unattached	F60	92 31
210	Jenny Heard	Wymondham AC	SF	92 33
211	Robert Scarfe	Wymondham AC	M55	92 40
212	Cathy Mumford	Thetford A C	F45	93 19
213	STEPHEN BRIGHT	British Athletics Supporters Club	M45	93 46
214	Neil Hannant	Unattached	SM	93 57
215	Peter Butler	Unattached	SM	93 57
216	Kate McCabe	Unattached	F35	94 04
217	DONNA CRANE	Unattached	SF	94 10
218	Clare Denzey	Norwich Road Runners	SF	95 05
219	Annabel Harris	Unattached	F45	95 10
220	BARRY CARTWRIGHT	Unattached	SM	95 25
221	MIKE PAGE	Bushfield Joggers	M60	95 31
222	Annette Carter	Gt Yarmouth Road Runners	F40	95 31
223	Louise Powell	Unattached	F40	95 52
224	Marianne Saunders	Norfolk Gazelles AC	F40	95 53
225	Wendy McAllister	Unattached	F45	96 42
226	Sara Bullock	Unattached	F35	96 50
227	Tony Britt	UK Net Runners	M50	97 07
228	Simon Easthope	Wymondham AC	SM	97 24
229	Ed Proffitt	Unattached	SM	97 53
230	Rebecca Durant	Coltishall Jaguars	F55	98 10
231	Philip Neave	Bungay Black Dog RC	M60	98 18
232	JACQUES GROEN	Bungay Black Dog RC	M60	99 27
233	Jackie Eastaugh-King	Norwich Road Runners	F45	101 52
234	Diane Cushine	Norwich Road Runners	F45	101 52
235	CHRISTOPHER ARCHER	Unattached	M40	102 24
236	SUSAN DAVYS	Bushfield Joggers	F45	103 31
237	ROBERT DAVYS	Bushfield Joggers	M50	103 31

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
238	Susan Ryles	Gt Yarmouth & District AC	F55	103 45
239	Lorraine Robertson	Norwich Road Runners	F35	104 16
240	Colin Thouless	Norwich Road Runners	M65	105 54
241	Timothy Johnson	Unattached	SM	106 22
242	Maureen England	Gt Yarmouth & District AC	F60	107 48
243	Peter Eaton	North Norfolk Beach Runners	M65	107 59
244	Robert Laban	Unattached	SM	108 07
245	Manuela Dolente-Benn	Unattached	F35	110 04
246	Albert Spong	Gt Yarmouth Road Runners	M65	114 09
DNF	Imogen West	Unattached	F45	0 00
DNF	Mandy Fulton	Norwich Road Runners	F35	0 00
DNF	JULIA PEIRSON	Orion Harriers	F40	0 00
DNF	Andi Osborne	North Norfolk Beach Runners	F55	0 00
DNF	OWEN SOUTHWOOD	Newmarket Cycling/Triathlon Club	SM	0 00
DNF	LYNDSEY BENNETT	Unattached	SF	0 00
DNF	Anne Sinclair	Unattached	F50	0 00
DNF	Stacey Daniele Owen	Thetford A C	SF	0 00
DNF	ALISON WINTERTON	BRJ Road Runners	F40	0 00
DNF	BRYAN COOPER	Unattached	M50	0 00
DNF	KATHRYN GALBRAITH	Unattached	F45	0 00
DNF	Chris Lehrback	Unattached	SM	0 00
DNF	Matt Wickham	Unattached	SM	0 00
DNF	Cassie Barker	Wymondham AC	SF	0 00
DNF	Richard Pilch	Unattached	M60	0 00
DNF	Nigel Whiteley	Unattached	M45	0 00
DNF	Ian Evans	Unattached	SM	0 00
DNF	KEVIN MARSHALL	Ilford AC	M50	0 00
DNF	Helen Melville	Ryston Runners AC	SF	0 00
DNF	Rob Osborne	North Norfolk Beach Runners	M50	0 00
DNF				0 00
DNF	Ben Snelling	Unattached	SM	0 00
DNF	Jon Adams	Unattached	SM	0 00
DNF	Neil Gregory	Norwich Road Runners	SM	0 00
DNF	John Pinnell	Unattached	M45	0 00
DNF	Shaun Parkinson	Unattached	SM	0 00
DNF	SCOTT SHERMAN	Stowmarket Striders	SM	0 00
DNF	MARK SAUNDERS	Unattached	SM	0 00
DNF	STUART HILL	BRJ Road Runners	M45	0 00
DNF	David Rose	Unattached	M40	0 00
DNF	ROBERT WATSON	Cambridge & Coleridge	M45	0 00
DNF	Matt Paine	Unattached	SM	0 00
DNF	Adam Higgins	Unattached	SM	0 00
DNF	MARCUS CATLIN	Ipswich Jaffa	SM	0 00
DNF	Ivan Lees	Gt Yarmouth Road Runners	M50	0 00
DNF	Terry Epps	Wymondham AC	M55	0 00
DNF	Stephen Girling	Unattached	M45	0 00
DNF	DAVID FENTON	Stowmarket Striders	SM	0 00
DNF	Carl Wright	Norwich Road Runners	M45	0 00