

**Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:34:17	PRESTON, James	Wymondham AC	Mens 15-39	05:30.9	145	1
2	0:35:46	ARNOLD, Nigel	Norfolk Gazelles	Mens 50-59	05:45.2	104	2
3	0:36:10	PETTIT, Stephen	Ely Runners	Mens 40-49	05:49.1	82	3
4	0:37:08	GLAYSHER, Stefan	Norwich Road Runners	Mens 40-49	05:58.4	144	4
5	0:37:11	YEATES, Chris	City of Norwich Athletic Club	Mens 15-39	05:58.9	55	5
6	0:37:22	SMITH, Stuart	Norwich Road Runners	Mens 15-39	06:00.7	102	6
7	0:37:30	TOSELAND, Terry	Wellingborough & District	Mens 40-49	06:02.0	143	7
8	0:37:37	GARRETT, Mark	Norwich Road Runners	Mens 40-49	06:03.1	40	8
9	0:37:44	ECCLES, Michael		Mens 15-39	06:04.2	154	9
10	0:37:44	BAMFORD, Adam	City of Norwich Athletic Club	Mens 15-39	06:04.2	128	10
11	0:37:48	MUFFETT, Paul	North Norfolk Beach Runners	Mens 50-59	06:04.9	150	11
12	0:38:05	SCOTT, Chris	Lowestoft Road Runners	Mens 15-39	06:07.6	63	12
13	0:38:12	WATTY, Phil	Wymondham AC	Mens 15-39	06:08.7	48	13
14	0:38:18	ELY, Steve	Norwich Road Runners	Mens 40-49	06:09.7	115	14
15	0:38:24	CLUES, Mark	Tri-Anglia	Mens 40-49	06:10.7	93	15
16	0:38:33	BROCK, David	Orion Harriers	Mens 50-59	06:12.1	53	16
17	0:38:51	LAKE, Todd	Dereham Runners AC	Mens 40-49	06:15.0	19	17
18	0:39:09	LAWRENCE, Damon	Norman Road Runners	Mens 15-39	06:17.9	142	18
19	0:39:16	WALSHAW, John	City of Norwich Athletic Club	Mens 40-49	06:19.0	120	19
20	0:39:32	WHITE, Richard	Wymondham AC	Mens 50-59	06:21.6	119	20
21	0:39:36	WATERS, Ady	Norfolk Gazelles	Mens 40-49	06:22.3	38	21
22	0:39:40	CRASKE, Adam	Bungay Black Dog RC	Mens 15-39	06:22.9	64	22
23	0:39:42	THOMAS, Ian R	Norfolk Gazelles	Mens 50-59	06:23.2	27	23
24	0:39:42	MULLIGAN, Andrew	Coltishall Jaguars RC	Mens 15-39	06:23.2	141	24
25	0:39:51	JOHNSON, Pete	Norfolk Gazelles	Mens 50-59	06:24.7	75	25
26	0:39:54	SUTTON, Matthew	Great Yarmouth Road Runners	Mens 15-39	06:25.1	99	26
27	0:40:16	MASLEN, David	Tri-Anglia	Mens 40-49	06:28.7	96	27
28	0:40:18	PARKER, Christopher	North Norfolk Beach Runners	Mens 15-39	06:29.0	108	28
29	0:40:27	POWELL, Sam		Mens 15-39	06:30.5	11	29
30	0:40:31	EPPS, Terry	Wymondham AC	Mens 50-59	06:31.1	91	30
31	0:40:32	BLAKE, Richard	Great Yarmouth Road Runners	Mens 60+	06:31.3	121	31
32	0:40:56	NICHOLLS, Stephen		Mens 15-39	06:35.1	103	32
33	0:41:03	WOODS, Tim	Norfolk Gazelles	Mens 40-49	06:36.3	77	33
34	0:41:10	GIBBS, Wayne	Coltishall Jaguars RC	Mens 15-39	06:37.4	58	34
35	0:41:15	LEVERSEDGE, John	Enfield & Haringey AC	Mens 50-59	06:38.2	88	35
36	0:41:20	DUNGAR, Amy	Wymondham AC	Ladies 15-39	06:39.0	153	36
37	0:41:27	DENMARK, Mike		Mens 50-59	06:40.1	28	37
38	0:41:32	JONES, Gary		Mens 50-59	06:40.9	147	38
39	0:41:37	CRUTCHLEY, Ian	Wymondham AC	Mens 40-49	06:41.7	113	39
40	0:41:43	YEOMANS, Martin	Norwich Road Runners	Mens 60+	06:42.7	57	40
41	0:41:55	PORTER, Melvyn	Coltishall Jaguars RC	Mens 40-49	06:44.6	89	41
42	0:41:55	EDWARDS, Ian	Norfolk Gazelles	Mens 15-39	06:44.6	130	42
43	0:42:08	SNELLING, Ben		Mens 40-49	06:46.7	35	43
44	0:42:12	FRARY, Matt	City of Norwich Athletic Club	Mens 40-49	06:47.4	162	44
45	0:42:23	DAVIES, Paul	Norwich Road Runners	Mens 40-49	06:49.1	76	45
46	0:42:28	GYTON, Justin		Mens 15-39	06:49.9	21	46
47	0:42:28	SMITH, Alexandra	Norwich Road Runners	Ladies 15-39	06:49.9	74	47
48	0:42:32	FRARY, Matthew	Norwich Road Runners	Mens 15-39	06:50.6	95	48
49	0:42:34	PECK, Andy	Great Yarmouth Road Runners	Mens 40-49	06:50.9	146	49
50	0:42:38	GRAND, Adie	Norwich Road Runners	Mens 40-49	06:51.5	85	50
51	0:42:47	LINDSAY, Ray	Norwich Road Runners	Mens 50-59	06:53.0	94	51
52	0:43:00	MOUNTAIN, Jason	Wymondham AC	Mens 15-39	06:55.1	112	52
53	0:43:02	BETTS, Mark	Norwich Road Runners	Mens 15-39	06:55.4	105	53
54	0:43:07	PARSLEY, Julia	City of Norwich Athletic Club	Ladies 15-39	06:56.2	122	54
55	0:43:08	CHORLEY, Chris	Bungay Black Dog RC	Mens 40-49	06:56.4	86	55
56	0:43:41	CASSELS, Paul		Mens 15-39	07:01.7	50	56
57	0:43:42	O'MAHONY, Adrian		Mens 15-39	07:01.8	15	57

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58	0:43:44	BYE, Derek		Mens 50-59	07:02.2	30	58
59	0:43:52	HARROP, Andrew		Mens 40-49	07:03.4	125	59
60	0:43:54	MARDEN, Stewart	Coltishall Jaguars RC	Mens 40-49	07:03.8	59	60
61	0:44:09	JONES, David		Mens 15-39	07:06.2	44	61
62	0:44:22	POWELL, Tim		Mens 50-59	07:08.3	12	62
63	0:44:25	BROUGHTON, Robin		Mens 15-39	07:08.8	3	63
64	0:44:34	ALDIS, David	City of Norwich Athletic Club	Mens 60+	07:10.2	134	64
65	0:44:54	RICKETTS, Catherine	Norwich Road Runners	Ladies 15-39	07:13.4	152	65
66	0:45:02	GODWIN, Jo	Norwich Road Runners	Ladies 15-39	07:14.7	163	66
67	0:45:19	BAKER, Andrew	Great Yarmouth Road Runners	Mens 40-49	07:17.4	73	67
68	0:45:35	TUFTS, Mark	Wymondham AC	Mens 40-49	07:20.0	8	68
69	0:45:38	JONES, Nogel		Mens 15-39	07:20.5	10	69
70	0:45:42	HALL, Michael	Wymondham AC	Mens 40-49	07:21.1	151	70
71	0:45:44	HARVEY, Philip		Mens 40-49	07:21.5	18	71
72	0:45:50	MCDUFF, Allan		Mens 40-49	07:22.4	54	72
73	0:45:55	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	07:23.2	45	73
74	0:46:01	CHADWICK, Scott	Coltishall Jaguars RC	Mens 15-39	07:24.2	159	74
75	0:46:03	ROBERTS, Sandra	Norfolk Gazelles	Ladies 40-49	07:24.5	129	75
76	0:46:32	DADY, Stephen	Great Yarmouth Road Runners	Mens 50-59	07:29.2	67	76
77	0:47:07	EPPS, Samantha	Wymondham AC	Ladies 15-39	07:34.8	111	77
78	0:47:20	CROWE, Wayne		Mens 40-49	07:36.9	60	78
79	0:47:26	LAWRENCE, Steve	Coltishall Jaguars RC	Mens 15-39	07:37.9	117	79
80	0:47:35	SADD, Stephen		Mens 50-59	07:39.3	155	80
81	0:47:40	ELLIS, Matt	Lowestoft Road Runners	Mens 15-39	07:40.1	160	81
82	0:47:43	MILNES, Christopher	Ryston Runners	Mens 50-59	07:40.6	83	82
83	0:47:47	WALSH, Peter		Mens 15-39	07:41.3	70	83
84	0:47:48	BARSTARD, Antony	Dereham Runners AC	Mens 60+	07:41.4	97	84
85	0:47:56	JESNEY, Joanne	Wymondham AC	Ladies 15-39	07:42.7	127	85
86	0:48:07	THOULESS, Gavin	Norwich Road Runners	Mens 40-49	07:44.5	80	86
87	0:48:16	CARVER, Dawn	Norwich Road Runners	Ladies 40-49	07:45.9	46	87
88	0:48:34	ELVIN, Bob		Mens 40-49	07:48.8	69	88
89	0:48:46	HINES, Carles		Mens 15-39	07:50.7	13	89
90	0:48:53	SAUERZAPF, Bobbie	Bungay Black Dog RC	Ladies 50-59	07:51.9	87	90
91	0:49:03	BULL, Michelle	Norwich Road Runners	Ladies 40-49	07:53.5	47	91
92	0:49:32	BAKER, Nichola	Great Yarmouth Road Runners	Ladies 40-49	07:58.1	71	92
93	0:49:33	JERMY, Sean	Great Yarmouth Road Runners	Mens 15-39	07:58.3	123	93
94	0:49:36	ALFORD, Colin		Mens 40-49	07:58.8	25	94
95	0:49:40	BETTS, Carol	Norfolk Gazelles	Ladies 50-59	07:59.4	106	95
96	0:49:56	BRADLEY, Sarah	Norwich Road Runners	Ladies 40-49	08:02.0	42	96
97	0:49:59	STRINGER, Steve	Great Yarmouth Road Runners	Mens 40-49	08:02.5	20	97
98	0:50:05	DREWERY, Pauline	Ryston Runners	Ladies 40-49	08:03.5	26	98
99	0:50:14	DAWSON, Lorrain	Great Yarmouth Road Runners	Ladies 50-59	08:04.9	65	99
100	0:50:22	BANE, David		Mens 40-49	08:06.2	49	100
101	0:50:23	OSBORNE, Rob	North Norfolk Beach Runners	Mens 50-59	08:06.4	6	101
102	0:50:37	SMITH, Michael	Wymondham AC	Mens 60+	08:08.6	131	102
103	0:50:50	CAMPBELL, Rory	Dereham Runners AC	Mens 50-59	08:10.7	164	103
104	0:50:53	WONES, Anne		Ladies 40-49	08:11.2	23	104
105	0:51:42	JARVIS, Ian	North Norfolk Beach Runners	Mens 40-49	08:19.1	90	105
106	0:51:47	GYTON, Amanda		Ladies 15-39	08:19.9	22	106
107	0:51:54	TOWNSHEND, Thomas	Norwich Road Runners	Mens 15-39	08:21.0	84	107
108	0:51:55	MILLER, John		Mens 40-49	08:21.2	133	108
109	0:52:02	JONES, Catherine		Ladies 40-49	08:22.3	148	109
110	0:52:43	GIRLING, David	Great Yarmouth Road Runners	Mens 50-59	08:28.9	68	110
111	0:53:04	DOWNING, Terry		Mens 50-59	08:32.3	62	111
112	0:53:16	OSBORNE, Andi	North Norfolk Beach Runners	Ladies 50-59	08:34.2	5	112
113	0:53:29	STIRLING, Susan	Wymondham AC	Ladies 40-49	08:36.3	109	113
114	0:53:39	DICKENS, Keith	North Norfolk Beach Runners	Mens 60+	08:37.9	149	114
115	0:54:23	JOHNSON, Timothy		Mens 15-39	08:45.0	78	115
116	0:55:39	ENGLAND, John	Gt Yarmouth & District AC	Mens 60+	08:57.2	165	116
117	0:55:44	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:58.0	2	117

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
118	0:56:03	ALFORD, Karen		Ladies 40-49	09:01.1	24	118
119	0:56:27	NEAVE, Philip	Bungay Black Dog RC	Mens 60+	09:04.9	1	119
120	0:56:51	RICHARDSON, John	Dereham Runners AC	Mens 50-59	09:08.8	32	120
121	0:57:00	COOKE, Christine	Coltishall Jaguars RC	Ladies 50-59	09:10.2	81	121
122	0:57:32	COLMAN, Ivan	Norwich Road Runners	Mens 40-49	09:15.4	157	122
123	0:57:37	JONES, Donna		Ladies 15-39	09:16.2	9	123
124	0:57:51	BLAKESLEY, Emily	City of Norwich Athletic Club	Ladies 15-39	09:18.4	43	124
125	0:58:09	BYE, Melissa		Ladies 15-39	09:21.3	31	125
126	0:58:10	ACKLAND, Sacha	Eton Manor AC	Ladies 15-39	09:21.5	52	126
127	0:58:20	BRITT, Tony	UK Net Runner	Mens 50-59	09:23.1	51	127
128	0:58:23	CREASOR, Mike		Mens 60+	09:23.6	14	128
129	0:58:55	MORRIS, Keith		Mens 50-59	09:28.7	132	129
130	0:59:00	AMBROSE, Sarah	City of Norwich Athletic Club	Ladies 40-49	09:29.5	34	130
131	0:59:33	LEES, Ivan	Great Yarmouth Road Runners	Mens 50-59	09:34.9	61	131
132	0:59:35	DENZEY, Clare	Norwich Road Runners	Ladies 15-39	09:35.2	4	132
133	0:59:58	WARNES, Tom		Mens 15-39	09:38.9	124	133
134	1:00:01	MOORE, Brian	Norwich Road Runners	Mens 60+	09:39.4	98	134
135	1:00:08	HUGHES, Victoria		Ladies 15-39	09:40.5	126	135
136	1:00:10	GARRETT, Julie	Norwich Road Runners	Ladies 40-49	09:40.8	7	136
137	1:00:32	WATERS, Michelle	Norfolk Gazelles	Ladies 40-49	09:44.3	39	137
138	1:00:55	DADY, Sylvia	Great Yarmouth Road Runners	Ladies 15-39	09:48.0	66	138
139	1:01:09	MARSHALL, Mike	North Norfolk Beach Runners	Mens 60+	09:50.3	37	139
140	1:03:26	MOORE, Lynda	Norwich Road Runners	Ladies 50-59	10:12.3	116	140
141	1:08:04	GREEN, Dianne		Ladies 50-59	10:57.1	17	141
142	1:08:05	MITCHELL, Kelly		Ladies 15-39	10:57.2	16	142
143	1:09:56	LESTER, Caroline		Ladies 15-39	11:15.1	33	143
144	1:13:42	THOULESS, Colin	Norwich Road Runners	Mens 60+	11:51.5	79	144
145	1:15:14	BRIGHTMAN, Pat	Gt Yarmouth & District AC	Ladies 50-59	12:06.3	107	145
146	1:15:54	WELLCOCK, Marian		Ladies 50-59	12:12.7	161	146

There were 146 finishers in the All Competitors category.