

# City of Norwich Half Marathon 2011

27th November 2011

# RESULTS

| Pos | Bib  | Time    | Name                  | Club                           | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|-----------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 1   | 16   | 1:12:44 | Adrian Mussett        | Colchester Harriers            | Male   | 1          | M     | 1         | 1:12:44   | 1        |
| 2   | 18   | 1:12:47 | Andrew Inskip         | Bedford & County AC            | Male   | 2          | M     | 2         | 1:12:46   | 2        |
| 3   | 14   | 1:14:07 | Matthew Bidwell       |                                | Male   | 3          | M40   | 1         | 1:14:07   | 3        |
| 4   | 2108 | 1:14:15 | Neil Aitken           | Clapham Chasers RC             | Male   | 4          | M     | 3         | 1:14:15   | 4        |
| 5   | 2347 | 1:14:35 | Mike Burrett          | Leeds City AC                  | Male   | 5          | M     | 4         | 1:14:35   | 5        |
| 6   | 15   | 1:14:55 | Bryn Reynolds         | Clapham Chasers RC             | Male   | 6          | M     | 5         | 1:14:54   | 6        |
| 7   | 17   | 1:15:34 | James Ellis           | Clapham Chasers RC             | Male   | 7          | M     | 6         | 1:15:33   | 7        |
| 8   | 2840 | 1:15:38 | Richard Henderson     | Bedford & County AC            | Male   | 8          | M     | 7         | 1:15:37   | 8        |
| 9   | 2296 | 1:15:47 | Duncan Coombs         | Cambridge & Coleridge AC       | Male   | 9          | M     | 8         | 1:15:45   | 9        |
| 10  | 2337 | 1:16:06 | Dominic Blake         | Reepham Runners                | Male   | 10         | M     | 9         | 1:16:05   | 10       |
| 11  | 6    | 1:16:17 | Rick Weston           | Serpentine RC                  | Male   | 11         | M     | 10        | 1:16:17   | 11       |
| 12  | 2409 | 1:16:31 | Simon Millett         | Windsor Slough Eton & Hounslow | Male   | 12         | M     | 11        | 1:16:30   | 12       |
| 13  | 2658 | 1:17:23 | Michael Causer        | Thames Hare and Hounds         | Male   | 13         | M     | 12        | 1:17:21   | 13       |
| 14  | 2119 | 1:17:24 | Darren Tanner         | Clapham Chasers RC             | Male   | 14         | M     | 13        | 1:17:23   | 14       |
| 15  | 2179 | 1:17:28 | Stephen Whiting       | Highgate Harriers              | Male   | 15         | M40   | 2         | 1:17:27   | 15       |
| 16  | 1800 | 1:18:47 | Jamie White           | Clapham Chasers RC             | Male   | 16         | M     | 14        | 1:18:46   | 16       |
| 17  | 2222 | 1:19:16 | Matthew Ellis         | Tri-Anglia                     | Male   | 17         | M     | 15        | 1:19:14   | 17       |
| 18  | 2417 | 1:19:25 | Fernando Silva        |                                | Male   | 18         | M50   | 1         | 1:19:23   | 18       |
| 19  | 2517 | 1:19:27 | John Murray           | Pactrac                        | Male   | 19         | M     | 16        | 1:19:26   | 19       |
| 20  | 1189 | 1:19:42 | Martin Gray           |                                | Male   | 20         | M     | 17        | 1:19:40   | 20       |
| 21  | 2    | 1:19:44 | Sarah Stradling       | Colchester Harriers            | Female | 1          | F     | 1         | 1:19:44   | 21       |
| 22  | 7    | 1:20:02 | Charles Wartnaby      | Cambridge & Coleridge AC       | Male   | 21         | M40   | 3         | 1:20:02   | 22       |
| 23  | 2792 | 1:20:17 | James Godber          | Dulwich Runners                | Male   | 22         | M     | 18        | 1:20:16   | 23       |
| 24  | 2726 | 1:20:25 | Piers Arnold          | City Of Norwich AC             | Male   | 23         | M     | 19        | 1:20:20   | 24       |
| 25  | 20   | 1:20:39 | Damian Rogers         | City Of Norwich AC             | Male   | 24         | M     | 20        | 1:20:37   | 25       |
| 26  | 2192 | 1:20:42 | Robert Fryer          | University Of Warwick          | Male   | 25         | M     | 21        | 1:20:41   | 26       |
| 27  | 2775 | 1:20:44 | Alan Darby            |                                | Male   | 26         | M     | 22        | 1:20:43   | 27       |
| 28  | 2561 | 1:20:47 | Sue Harrison          | Leamington C&AC                | Female | 2          | F40   | 1         | 1:20:46   | 28       |
| 29  | 1625 | 1:20:55 | Chris Spurling        |                                | Male   | 27         | M     | 23        | 1:20:52   | 29       |
| 30  | 2087 | 1:21:04 | Spencer Goodall       | Wymondham AC                   | Male   | 28         | M40   | 4         | 1:21:01   | 30       |
| 31  | 1024 | 1:21:24 | Mark Clayton          |                                | Male   | 29         | M     | 24        | 1:21:18   | 31       |
| 32  | 2883 | 1:21:36 | Kevin Rooney          | Tri-Anglia                     | Male   | 30         | M45   | 1         | 1:21:36   | 32       |
| 33  | 999  | 1:21:39 | Stephen Pettit        | Ely Runners                    | Male   | 31         | M45   | 2         | 1:21:36   | 33       |
| 34  | 2825 | 1:21:46 | Andy Kett             | North Norfolk Beach Runners    | Male   | 32         | M     | 25        | 1:21:42   | 34       |
| 35  | 1943 | 1:22:06 | Joe Hawes             |                                | Male   | 33         | M     | 26        | 1:22:05   | 35       |
| 36  | 4    | 1:22:07 | Glen Hill             | Havering Mayesbrook            | Male   | 34         | M     | 27        | 1:22:04   | 35       |
| 37  | 2660 | 1:22:18 | Antony James-Orekogbe | Dereham Runners                | Male   | 35         | M     | 28        | 1:22:14   | 37       |
| 38  | 1753 | 1:22:19 | Olly Slater           | Nene Valley Harriers           | Male   | 36         | M     | 29        | 1:22:16   | 38       |
| 39  | 2221 | 1:22:34 | Graeme Buscke         | Clapham Chasers RC             | Male   | 37         | M     | 30        | 1:22:32   | 39       |
| 40  | 2049 | 1:22:35 | P J Muffett           | North Norfolk Beach Runners    | Male   | 38         | M50   | 2         | 1:22:34   | 41       |
| 41  | 769  | 1:22:36 | Richard Hanson        | Tri-Anglia                     | Male   | 39         | M45   | 3         | 1:22:33   | 40       |
| 42  | 2953 | 1:22:44 | Tony Robinson         | Tri-Anglia                     | Male   | 40         | M     | 31        | 1:22:38   | 43       |
| 43  | 2946 | 1:22:48 | Ben Jimson            |                                | Male   | 41         | M     | 32        | 1:22:37   | 42       |
| 44  | 1946 | 1:22:55 | Sean Beard            | Nene Valley Harriers           | Male   | 42         | M45   | 4         | 1:22:53   | 44       |
| 45  | 164  | 1:23:05 | Ian Galt              |                                | Male   | 43         | M     | 33        | 1:23:01   | 45       |
| 46  | 1686 | 1:23:09 | Mick Yaxley           | Norwich Road Runners           | Male   | 44         | M50   | 3         | 1:23:07   | 46       |
| 47  | 2577 | 1:23:24 | Wilfred Campbell      | Ipswich Jaffa                  | Male   | 45         | M45   | 5         | 1:23:22   | 48       |
| 48  | 1954 | 1:23:25 | Steve Darby           | Barnsley Harriers              | Male   | 46         | M45   | 6         | 1:23:21   | 47       |
| 49  | 2513 | 1:23:30 | Benjamin Moon         | Cardiff Harlequins             | Male   | 47         | M     | 34        | 1:23:26   | 50       |
| 50  | 2066 | 1:23:30 | Mathew Horrocks       |                                | Male   | 48         | M     | 35        | 1:23:23   | 49       |
| 51  | 1595 | 1:23:31 | Jason Walkley         | RAFAA                          | Male   | 49         | M     | 36        | 1:23:29   | 51       |
| 52  | 2024 | 1:23:37 | Oliver Mason          | Peterborough AC                | Male   | 50         | M     | 37        | 1:23:35   | 52       |
| 53  | 2495 | 1:23:39 | Simon Hutchings       | RAF Marham Running Club        | Male   | 51         | M     | 38        | 1:23:37   | 53       |
| 54  | 2937 | 1:23:42 | Adam Bamford          | City Of Norwich AC             | Male   | 52         | M     | 39        | 1:23:37   | 54       |
| 55  | 1125 | 1:23:49 | Robert Skinn          |                                | Male   | 53         | M     | 40        | 1:23:37   | 55       |
| 56  | 1078 | 1:23:52 | Chris McCarthy        |                                | Male   | 54         | M40   | 5         | 1:23:49   | 56       |
| 57  | 2680 | 1:23:59 | Will Law              | Saxons                         | Male   | 55         | M     | 41        | 1:23:58   | 57       |
| 58  | 1804 | 1:24:21 | Stephen Woodus        | Alchester Running Club         | Male   | 56         | M40   | 6         | 1:24:15   | 58       |
| 59  | 2194 | 1:24:30 | Steve Ely             | Norwich Road Runners           | Male   | 57         | M40   | 7         | 1:24:20   | 59       |
| 60  | 2035 | 1:24:36 | Steve Hall            | Peterborough AC                | Male   | 58         | M40   | 8         | 1:24:33   | 60       |
| 61  | 2712 | 1:24:41 | Richard White         | Wymondham AC                   | Male   | 59         | M50   | 4         | 1:24:40   | 61       |
| 62  | 2960 | 1:24:43 | Alex Williams         | Port Talbot Harriers & AC      | Male   | 60         | M40   | 9         | 1:24:40   | 62       |
| 63  | 2086 | 1:25:09 | Mark Thompson         | Great Yarmouth Road Runners    | Male   | 61         | M     | 42        | 1:25:07   | 63       |
| 64  | 1496 | 1:25:09 | Paul Higham           | Norwich Road Runners           | Male   | 62         | M     | 43        | 1:25:07   | 64       |
| 65  | 1055 | 1:25:28 | Stephen Nicholls      |                                | Male   | 63         | M     | 44        | 1:25:21   | 66       |
| 66  | 2851 | 1:25:33 | Jonathan Davies       | UEA Triathlon Club             | Male   | 64         | M     | 45        | 1:25:28   | 67       |
| 67  | 2397 | 1:25:37 | Gintas Venckevicius   |                                | Male   | 65         | M     | 46        | 1:25:35   | 68       |
| 68  | 2664 | 1:25:40 | Darren Neale          | North Norfolk Beach Runners    | Male   | 66         | M     | 47        | 1:25:35   | 69       |
| 69  | 2427 | 1:25:47 | Philip Hines          | UEA Triathlon Club             | Male   | 67         | M     | 48        | 1:25:42   | 70       |
| 70  | 861  | 1:25:50 | Eamonn Dunbar         |                                | Male   | 68         | M40   | 10        | 1:25:47   | 71       |

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27th November 2011

# RESULTS

| Pos | Bib  | Time    | Name                  | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|-----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 71  | 2516 | 1:25:56 | Christopher Bennett   |                             | Male   | 69         | M     | 49        | 1:25:18   | 65       |
| 72  | 2795 | 1:25:57 | Alan Reade            | Witham RC                   | Male   | 70         | M40   | 11        | 1:25:56   | 73       |
| 73  | 719  | 1:26:02 | Philip Lambert        |                             | Male   | 71         | M     | 50        | 1:25:55   | 72       |
| 74  | 1427 | 1:26:06 | Vasco Fernandes       |                             | Male   | 72         | M     | 51        | 1:26:01   | 74       |
| 75  | 2584 | 1:26:14 | Todd Lake             | Dereham Runners             | Male   | 73         | M45   | 7         | 1:26:10   | 76       |
| 76  | 2339 | 1:26:28 | Chris Sloan           |                             | Male   | 74         | M     | 52        | 1:26:23   | 77       |
| 77  | 2107 | 1:26:29 | Gordon Betts          |                             | Male   | 75         | M40   | 12        | 1:26:05   | 75       |
| 78  | 2831 | 1:26:30 | Adam Craske           | Bungay Black Dog RC         | Male   | 76         | M     | 53        | 1:26:30   | 79       |
| 79  | 2065 | 1:26:38 | Ian Bailey            |                             | Male   | 77         | M     | 54        | 1:26:34   | 80       |
| 80  | 2872 | 1:26:48 | Michael Eccles        |                             | Male   | 78         | M     | 55        | 1:26:46   | 81       |
| 81  | 2891 | 1:26:50 | Charles Allen         | Norwich Road Runners        | Male   | 79         | M     | 56        | 1:26:28   | 78       |
| 82  | 1424 | 1:26:54 | Mark Grubb            | Norfolk Gazelles            | Male   | 80         | M     | 57        | 1:26:49   | 82       |
| 83  | 2759 | 1:27:00 | John Huntington       |                             | Male   | 81         | M     | 58        | 1:26:54   | 83       |
| 84  | 2941 | 1:27:04 | Frederick Green       |                             | Male   | 82         | M     | 59        | 1:27:00   | 85       |
| 85  | 1524 | 1:27:05 | Adam Watkin           |                             | Male   | 83         | M     | 60        | 1:26:54   | 84       |
| 86  | 1034 | 1:27:06 | Mark Haylett          |                             | Male   | 84         | M45   | 8         | 1:27:03   | 87       |
| 87  | 2626 | 1:27:18 | Asher Raybould        |                             | Male   | 85         | M     | 61        | 1:27:00   | 86       |
| 88  | 2493 | 1:27:21 | Andrew Walpole        | City Of Norwich AC          | Male   | 86         | M     | 62        | 1:27:19   | 88       |
| 89  | 2959 | 1:27:26 | Kristin Barnard       | Norfolk Harriers RC         | Male   | 87         | M     | 63        | 1:27:19   | 89       |
| 90  | 2710 | 1:27:31 | John Christopher      | North Norfolk Beach Runners | Male   | 88         | M45   | 9         | 1:27:27   | 90       |
| 91  | 2896 | 1:27:34 | Mark Garrett          | Norwich Road Runners        | Male   | 89         | M45   | 10        | 1:27:29   | 91       |
| 92  | 2861 | 1:27:43 | Jack Gillick          | Wymondham AC                | Male   | 90         | M     | 64        | 1:27:37   | 92       |
| 93  | 2595 | 1:28:00 | Graham Moore          |                             | Male   | 91         | M45   | 11        | 1:27:46   | 93       |
| 94  | 2906 | 1:28:04 | Adam Howlett          |                             | Male   | 92         | M40   | 13        | 1:28:03   | 95       |
| 95  | 36   | 1:28:10 | Jonathan Meadows      | Lowestoft Road Runners      | Male   | 93         | M     | 65        | 1:28:06   | 96       |
| 96  | 1662 | 1:28:11 | Colin Robilliard      | Coltishall Jaguars          | Male   | 94         | M55   | 1         | 1:28:07   | 97       |
| 97  | 355  | 1:28:14 | Jonathan Kennedy      |                             | Male   | 95         | M     | 66        | 1:28:00   | 94       |
| 98  | 2774 | 1:28:20 | Dave Solomon          | Felixstowe RRC              | Male   | 96         | M40   | 14        | 1:28:16   | 99       |
| 99  | 1630 | 1:28:21 | Robin Brookes         | Leicester Coritians         | Male   | 97         | M50   | 5         | 1:28:18   | 101      |
| 100 | 2207 | 1:28:26 | Peter Stevens         | Cambridge Triathlon Club    | Male   | 98         | M     | 67        | 1:28:16   | 100      |
| 101 | 2605 | 1:28:26 | Sam Proctor           |                             | Male   | 99         | M     | 68        | 1:28:09   | 98       |
| 102 | 2331 | 1:28:36 | Dave Lumby            |                             | Male   | 100        | M50   | 6         | 1:28:35   | 104      |
| 103 | 1507 | 1:28:37 | Henry De Renzy-Martin |                             | Male   | 101        | M     | 69        | 1:28:18   | 102      |
| 104 | 897  | 1:28:39 | Mark Clues            | Tri-Anglia                  | Male   | 102        | M40   | 15        | 1:28:30   | 103      |
| 105 | 2272 | 1:28:41 | John Jacobs           |                             | Male   | 103        | M     | 70        | 1:28:35   | 105      |
| 106 | 2404 | 1:28:44 | Piotr Siwonia         | Tri-Anglia                  | Male   | 104        | M     | 71        | 1:28:37   | 107      |
| 107 | 2391 | 1:28:45 | Ian McNally           |                             | Male   | 105        | M     | 72        | 1:28:35   | 106      |
| 108 | 863  | 1:28:47 | David Cross           |                             | Male   | 106        | M     | 73        | 1:28:45   | 110      |
| 109 | 1381 | 1:28:49 | Eugene Mitchell       |                             | Male   | 107        | M     | 74        | 1:28:38   | 108      |
| 110 | 2884 | 1:28:50 | Damon Lawrence        | Norwich Road Runners        | Male   | 108        | M     | 75        | 1:28:38   | 109      |
| 111 | 567  | 1:28:52 | Gareth Hughes         |                             | Male   | 109        | M     | 76        | 1:28:50   | 115      |
| 112 | 2853 | 1:28:53 | Peter Tuttle          | Norwich Road Runners        | Male   | 110        | M45   | 12        | 1:28:47   | 113      |
| 113 | 2381 | 1:28:55 | Tom Pike              |                             | Male   | 111        | M     | 77        | 1:28:45   | 111      |
| 114 | 910  | 1:28:56 | John Drewry           |                             | Male   | 112        | M45   | 13        | 1:28:48   | 114      |
| 115 | 2370 | 1:28:57 | Matthew Frary         | Norwich Road Runners        | Male   | 113        | M     | 78        | 1:28:53   | 116      |
| 116 | 576  | 1:29:00 | Adam Hendry           |                             | Male   | 114        | M     | 79        | 1:28:45   | 112      |
| 117 | 1682 | 1:29:16 | Adrian Hall           |                             | Male   | 115        | M45   | 14        | 1:29:11   | 118      |
| 118 | 1354 | 1:29:22 | Terry Epps            | Wymondham AC                | Male   | 116        | M55   | 2         | 1:29:16   | 120      |
| 119 | 32   | 1:29:26 | Matthew Holman        |                             | Male   | 117        | M     | 80        | 1:29:14   | 119      |
| 120 | 2138 | 1:29:27 | Simon Marsh           | RAF Marham Running Club     | Male   | 118        | M     | 81        | 1:29:18   | 122      |
| 121 | 1295 | 1:29:30 | Matthew Hyde          |                             | Male   | 119        | M     | 82        | 1:29:17   | 121      |
| 122 | 2467 | 1:29:34 | James Doggett         |                             | Male   | 120        | M     | 83        | 1:29:02   | 117      |
| 123 | 1993 | 1:29:42 | Daniel Tarr           |                             | Male   | 121        | M     | 84        | 1:29:36   | 124      |
| 124 | 2032 | 1:29:47 | Richard Smith         |                             | Male   | 122        | M40   | 16        | 1:29:38   | 125      |
| 125 | 2230 | 1:29:49 | Michael Leong         | Clapham Chasers RC          | Male   | 123        | M     | 85        | 1:29:47   | 127      |
| 126 | 1139 | 1:29:51 | Dean Preston          |                             | Male   | 124        | M     | 86        | 1:29:48   | 128      |
| 127 | 1257 | 1:29:52 | Jason Mountain        | Wymondham AC                | Male   | 125        | M     | 87        | 1:29:39   | 126      |
| 128 | 924  | 1:29:55 | Frank Bradshaw        |                             | Male   | 126        | M     | 88        | 1:29:23   | 123      |
| 129 | 2531 | 1:30:17 | Benjamin Bailey       | Norwich Road Runners        | Male   | 127        | M40   | 17        | 1:30:07   | 131      |
| 130 | 1380 | 1:30:22 | Andrew Cornthwaite    |                             | Male   | 128        | M     | 89        | 1:30:03   | 130      |
| 131 | 2106 | 1:30:25 | Brian Powell          |                             | Male   | 129        | M50   | 7         | 1:30:15   | 132      |
| 132 | 909  | 1:30:25 | Arthur Whiston        | Colchester Harriers         | Male   | 130        | M60   | 1         | 1:30:23   | 135      |
| 133 | 558  | 1:30:32 | Daniel Cook           |                             | Male   | 131        | M     | 90        | 1:29:55   | 129      |
| 134 | 1539 | 1:30:35 | Robert Evans          |                             | Male   | 132        | M     | 91        | 1:30:23   | 136      |
| 135 | 1497 | 1:30:38 | Simon Able            | Ryston Runners              | Male   | 133        | M40   | 18        | 1:30:28   | 139      |
| 136 | 98   | 1:30:41 | James O'Connor        |                             | Male   | 134        | M40   | 19        | 1:30:21   | 134      |
| 137 | 1474 | 1:30:45 | Richard McLellan      | Tri-Anglia                  | Male   | 135        | M     | 92        | 1:30:27   | 138      |
| 138 | 1287 | 1:30:48 | Kevin Frazer          |                             | Male   | 136        | M45   | 15        | 1:30:23   | 137      |
| 139 | 1890 | 1:30:53 | Michael Richardson    |                             | Male   | 137        | M     | 93        | 1:30:35   | 140      |
| 140 | 2536 | 1:30:53 | Martin Yeomans        | Norwich Road Runners        | Male   | 138        | M60   | 2         | 1:30:49   | 142      |

# City of Norwich Half Marathon 2011

27th November 2011

# RESULTS

| Pos | Bib  | Time    | Name                | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|---------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 141 | 2489 | 1:30:55 | Mark Taylor         |                             | Male   | 139        | M     | 94        | 1:30:16   | 133      |
| 142 | 1816 | 1:30:59 | Tim Angell          |                             | Male   | 140        | M45   | 16        | 1:30:53   | 143      |
| 143 | 1195 | 1:31:06 | Carl Wright         | Norwich Road Runners        | Male   | 141        | M45   | 17        | 1:30:58   | 145      |
| 144 | 1683 | 1:31:07 | Paul Yallop         | Tri-Anglia                  | Male   | 142        | M40   | 20        | 1:30:53   | 144      |
| 145 | 1503 | 1:31:11 | Michael Newham      |                             | Male   | 143        | M     | 95        | 1:30:38   | 141      |
| 146 | 1408 | 1:31:16 | Andrew Horton       |                             | Male   | 144        | M     | 96        | 1:30:59   | 146      |
| 147 | 2479 | 1:31:18 | Daren Francis       |                             | Male   | 145        | M     | 97        | 1:31:00   | 147      |
| 148 | 641  | 1:31:24 | Howard Olby         |                             | Male   | 146        | M     | 98        | 1:31:17   | 148      |
| 149 | 1252 | 1:31:27 | Andy Keeler         |                             | Male   | 147        | M50   | 8         | 1:31:18   | 149      |
| 150 | 2790 | 1:31:28 | Alla Ouarova        |                             | Female | 3          | F     | 2         | 1:31:25   | 151      |
| 151 | 1213 | 1:31:32 | David Tandy         | Norwich Road Runners        | Male   | 148        | M40   | 21        | 1:31:26   | 153      |
| 152 | 784  | 1:31:36 | Stuart Underhill    |                             | Male   | 149        | M45   | 18        | 1:31:33   | 156      |
| 153 | 532  | 1:31:37 | Dave Cox            |                             | Male   | 150        | M40   | 22        | 1:31:23   | 150      |
| 154 | 1619 | 1:31:38 | Becky Schofield     | Tri-Anglia                  | Female | 4          | F     | 3         | 1:31:32   | 155      |
| 155 | 1063 | 1:31:39 | Adam Masterson      | Wymondham AC                | Male   | 151        | M     | 99        | 1:31:26   | 154      |
| 156 | 2914 | 1:31:47 | Aaron Wright        |                             | Male   | 152        | M     | 100       | 1:31:42   | 158      |
| 157 | 2424 | 1:31:48 | Thomas Gegg         |                             | Male   | 153        | M     | 101       | 1:31:25   | 152      |
| 158 | 1466 | 1:31:53 | Martin Hewetson     | Norwich Road Runners        | Male   | 154        | M     | 102       | 1:31:41   | 157      |
| 159 | 2498 | 1:31:57 | Martin Newstead     |                             | Male   | 155        | M40   | 23        | 1:31:49   | 159      |
| 160 | 2649 | 1:32:05 | Adrian Waters       | Norfolk Gazelles            | Male   | 156        | M40   | 24        | 1:32:05   | 172      |
| 161 | 1397 | 1:32:08 | Matthys Wessels     |                             | Male   | 157        | M     | 103       | 1:31:58   | 164      |
| 162 | 2037 | 1:32:09 | Seb Rijpstra        |                             | Male   | 158        | M     | 104       | 1:31:59   | 165      |
| 163 | 1558 | 1:32:09 | Julia Parsley       | City Of Norwich AC          | Female | 5          | F     | 4         | 1:32:01   | 167      |
| 164 | 2887 | 1:32:09 | David Robinson      | Leigh On Sea Striders       | Male   | 159        | M     | 105       | 1:32:01   | 168      |
| 165 | 232  | 1:32:11 | Thomas Woodrow      |                             | Male   | 160        | M     | 106       | 1:32:02   | 170      |
| 166 | 517  | 1:32:11 | Julian Russell      | Vegetarian Cycling and AC   | Male   | 161        | M     | 107       | 1:31:51   | 160      |
| 167 | 1511 | 1:32:13 | Neil Holland        | Wymondham AC                | Male   | 162        | M50   | 9         | 1:31:59   | 166      |
| 168 | 2749 | 1:32:13 | David Maslen        | Tri-Anglia                  | Male   | 163        | M45   | 19        | 1:32:03   | 171      |
| 169 | 2208 | 1:32:14 | Daniel Ellington    |                             | Male   | 164        | M     | 108       | 1:31:51   | 161      |
| 170 | 1999 | 1:32:15 | Jonathon Causton    |                             | Male   | 165        | M     | 109       | 1:32:01   | 169      |
| 171 | 1676 | 1:32:18 | Vincent Morand      |                             | Male   | 166        | M     | 110       | 1:31:55   | 162      |
| 172 | 1297 | 1:32:24 | Trevor Aslan        |                             | Male   | 167        | M     | 111       | 1:32:05   | 173      |
| 173 | 1522 | 1:32:29 | Tim Watkin          |                             | Male   | 168        | M     | 112       | 1:31:55   | 163      |
| 174 | 2233 | 1:32:29 | Kathleen Henehan    | Clapham Chasers RC          | Female | 6          | F     | 5         | 1:32:20   | 175      |
| 175 | 1688 | 1:32:30 | Donna McAllister    | Leicester Coritians         | Female | 7          | F40   | 2         | 1:32:20   | 176      |
| 176 | 2881 | 1:32:33 | Martin Lehane       | Norwich Road Runners        | Male   | 169        | M     | 113       | 1:32:22   | 177      |
| 177 | 959  | 1:32:36 | Chris Smith         |                             | Male   | 170        | M45   | 20        | 1:32:12   | 174      |
| 178 | 2265 | 1:32:38 | Denver Slowther     | Coltishall Jaguars          | Male   | 171        | M     | 114       | 1:32:25   | 178      |
| 179 | 2783 | 1:32:42 | Keith Brighty       | Norwich Road Runners        | Male   | 172        | M45   | 21        | 1:32:30   | 179      |
| 180 | 1395 | 1:32:44 | Domenico Zappia     |                             | Male   | 173        | M45   | 22        | 1:32:33   | 181      |
| 181 | 2315 | 1:32:52 | Iwan Roberts        |                             | Male   | 174        | M40   | 25        | 1:32:38   | 182      |
| 182 | 2701 | 1:32:59 | Alex Mason          | Vale Royal Athletic Club    | Male   | 175        | M     | 115       | 1:32:44   | 184      |
| 183 | 1066 | 1:33:01 | Shaun Towell        | Bourne Town Harriers        | Male   | 176        | M45   | 23        | 1:32:56   | 188      |
| 184 | 2501 | 1:33:03 | Diarmuid McLaughlin |                             | Male   | 177        | M     | 116       | 1:32:42   | 183      |
| 185 | 1652 | 1:33:04 | Alexanda Smith      | Norwich Road Runners        | Female | 8          | F     | 6         | 1:32:51   | 185      |
| 186 | 2617 | 1:33:10 | Geoff Perry         |                             | Male   | 178        | M45   | 24        | 1:32:31   | 180      |
| 187 | 2779 | 1:33:11 | Rob Harper          | Felixstowe RRC              | Male   | 179        | M     | 117       | 1:33:07   | 193      |
| 188 | 1528 | 1:33:12 | Iain Wallace        |                             | Male   | 180        | M     | 118       | 1:33:03   | 192      |
| 189 | 1929 | 1:33:17 | Kevin MacE          | Norwich Road Runners        | Male   | 181        | M50   | 10        | 1:32:59   | 189      |
| 190 | 2579 | 1:33:19 | Jonathan Blainey    |                             | Male   | 182        | M40   | 26        | 1:33:12   | 194      |
| 191 | 2551 | 1:33:19 | Simon Darvell       |                             | Male   | 183        | M     | 119       | 1:33:01   | 190      |
| 192 | 2555 | 1:33:21 | Daniel Kinsman      | Framlingham Flyers          | Male   | 184        | M     | 120       | 1:33:01   | 191      |
| 193 | 1639 | 1:33:22 | Bradley Walters     |                             | Male   | 185        | M     | 121       | 1:32:55   | 187      |
| 194 | 1283 | 1:33:25 | Steve Bowerman      | Ryston Runners              | Male   | 186        | M45   | 25        | 1:33:14   | 196      |
| 195 | 2817 | 1:33:26 | James Guyton        | Norwich Road Runners        | Male   | 187        | M     | 122       | 1:33:13   | 195      |
| 196 | 2508 | 1:33:27 | Paul Wootton        |                             | Male   | 188        | M40   | 27        | 1:33:23   | 201      |
| 197 | 2713 | 1:33:29 | Thomas Gatenby      |                             | Male   | 189        | M     | 123       | 1:32:54   | 186      |
| 198 | 2597 | 1:33:30 | Richard Donovan     | City Of Norwich AC          | Male   | 190        | M     | 124       | 1:33:18   | 198      |
| 199 | 2408 | 1:33:35 | Nick Adams          | Spa Striders                | Male   | 191        | M50   | 11        | 1:33:19   | 199      |
| 200 | 365  | 1:33:35 | Dan Gibson          |                             | Male   | 192        | M     | 125       | 1:33:17   | 197      |
| 201 | 921  | 1:33:44 | Riaan Ekkerd        |                             | Male   | 193        | M     | 126       | 1:33:23   | 202      |
| 202 | 1246 | 1:33:44 | Mark Storey         | City Of Norwich AC          | Male   | 194        | M45   | 26        | 1:33:34   | 206      |
| 203 | 1598 | 1:33:47 | Gavin Mitchell      |                             | Male   | 195        | M     | 127       | 1:33:38   | 209      |
| 204 | 2365 | 1:33:48 | Frances Malin       | Milton Keynes Athletic Club | Female | 9          | F45   | 1         | 1:33:44   | 212      |
| 205 | 1435 | 1:33:48 | Tim Woods           | Norfolk Gazelles            | Male   | 196        | M45   | 27        | 1:33:36   | 207      |
| 206 | 2625 | 1:33:51 | Rosie Crowther      |                             | Female | 10         | F     | 7         | 1:33:48   | 214      |
| 207 | 1703 | 1:33:52 | Mark Webster        |                             | Male   | 197        | M45   | 28        | 1:33:25   | 203      |
| 208 | 528  | 1:33:54 | Alex Gardner        |                             | Male   | 198        | M     | 128       | 1:33:47   | 213      |
| 209 | 725  | 1:33:55 | Rebecca Green       | Wimbledon Windmilers        | Female | 11         | F     | 8         | 1:33:33   | 205      |
| 210 | 2583 | 1:33:55 | Paul Robinson       | Reepham Runners             | Male   | 199        | M45   | 29        | 1:33:42   | 210      |

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# RESULTS

| Pos | Bib  | Time    | Name                   | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 211 | 354  | 1:33:56 | Stuart Spouge          |                             | Male   | 200        | M     | 129       | 1:33:37   | 208      |
| 212 | 1731 | 1:33:59 | Will McMorris          |                             | Male   | 201        | M     | 130       | 1:33:48   | 215      |
| 213 | 2366 | 1:33:59 | Martin Erasmus         | Milton Keynes Athletic Club | Male   | 202        | M45   | 30        | 1:33:55   | 218      |
| 214 | 1456 | 1:34:03 | Daniel Hart            |                             | Male   | 203        | M     | 131       | 1:33:32   | 204      |
| 215 | 2562 | 1:34:03 | Alex Holland           |                             | Male   | 204        | M     | 132       | 1:33:19   | 200      |
| 216 | 1419 | 1:34:06 | Tom Bruce              |                             | Male   | 205        | M     | 133       | 1:33:52   | 216      |
| 217 | 2901 | 1:34:06 | Ben Snelling           |                             | Male   | 206        | M40   | 28        | 1:33:53   | 217      |
| 218 | 1046 | 1:34:17 | Tom Barr               |                             | Male   | 207        | M     | 134       | 1:34:01   | 219      |
| 219 | 124  | 1:34:23 | Andrew Lane            | Stragglers                  | Male   | 208        | M55   | 3         | 1:34:06   | 221      |
| 220 | 2836 | 1:34:25 | Lewis Flatt            | Bungay Black Dog RC         | Male   | 209        | M     | 135       | 1:34:09   | 222      |
| 221 | 1961 | 1:34:27 | Harry Landles          |                             | Male   | 210        | M     | 136       | 1:34:12   | 225      |
| 222 | 1031 | 1:34:29 | Carl Meen              | Lowestoft Road Runners      | Male   | 211        | M     | 137       | 1:34:12   | 226      |
| 223 | 2764 | 1:34:30 | Paul Martin            | Norwich Road Runners        | Male   | 212        | M     | 138       | 1:34:21   | 231      |
| 224 | 1523 | 1:34:32 | Mick Glynn             | Tri-Anglia                  | Male   | 213        | M45   | 31        | 1:34:25   | 232      |
| 225 | 1529 | 1:34:33 | Mark Shearing          | Tri-Anglia                  | Male   | 214        | M     | 139       | 1:34:14   | 227      |
| 226 | 1312 | 1:34:33 | Michael Sadler         | North Norfolk Beach Runners | Male   | 215        | M45   | 32        | 1:34:18   | 230      |
| 227 | 1857 | 1:34:36 | Adam Pearce            | City Of Norwich AC          | Male   | 216        | M     | 140       | 1:34:31   | 236      |
| 228 | 761  | 1:34:40 | Dave Spooner           | North Norfolk Beach Runners | Male   | 217        | M     | 141       | 1:34:34   | 238      |
| 229 | 979  | 1:34:42 | Shaun Brown            |                             | Male   | 218        | M     | 142       | 1:34:04   | 220      |
| 230 | 2601 | 1:34:42 | Jonathan Wiles         | Bungay Black Dog RC         | Male   | 219        | M     | 143       | 1:34:11   | 224      |
| 231 | 1554 | 1:34:42 | Mark Fawbert           |                             | Male   | 220        | M     | 144       | 1:34:15   | 228      |
| 232 | 2894 | 1:34:44 | James Fisher           |                             | Male   | 221        | M     | 145       | 1:33:43   | 211      |
| 233 | 1088 | 1:34:46 | Richard Johnson        |                             | Male   | 222        | M     | 146       | 1:34:17   | 229      |
| 234 | 2373 | 1:34:46 | Rob MacKenzie          | Framlingham Flyers          | Male   | 223        | M45   | 33        | 1:34:26   | 233      |
| 235 | 2614 | 1:34:47 | David Kellaway         | Tri-Anglia                  | Male   | 224        | M50   | 12        | 1:34:40   | 240      |
| 236 | 378  | 1:34:52 | James Cook             |                             | Male   | 225        | M     | 147       | 1:34:39   | 239      |
| 237 | 1674 | 1:34:53 | Kevin Brown            |                             | Male   | 226        | M     | 148       | 1:34:10   | 223      |
| 238 | 1681 | 1:34:53 | Chris Millsted         |                             | Male   | 227        | M     | 149       | 1:34:28   | 234      |
| 239 | 2431 | 1:35:00 | Stewart Hall           |                             | Male   | 228        | M     | 150       | 1:34:45   | 243      |
| 240 | 1678 | 1:35:01 | Chris Meadows          | City Of London Ravens       | Male   | 229        | M     | 151       | 1:34:57   | 252      |
| 241 | 2947 | 1:35:01 | Humfrey Jeakins        |                             | Male   | 230        | M     | 152       | 1:34:30   | 235      |
| 242 | 2283 | 1:35:03 | Mark Harmer            | Coltishall Jaguars          | Male   | 231        | M     | 153       | 1:34:50   | 246      |
| 243 | 2047 | 1:35:04 | James Hedgman          | London Heathside            | Male   | 232        | M40   | 29        | 1:34:54   | 249      |
| 244 | 833  | 1:35:05 | Jonathon Alcock        |                             | Male   | 233        | M     | 154       | 1:34:33   | 237      |
| 245 | 2838 | 1:35:06 | Darren Armstrong       |                             | Male   | 234        | M     | 155       | 1:34:47   | 245      |
| 246 | 2421 | 1:35:08 | Alex Taniewski-Elliott |                             | Male   | 235        | M     | 156       | 1:35:07   | 256      |
| 247 | 1912 | 1:35:10 | Jim Hayes              | North Norfolk Beach Runners | Male   | 236        | M65   | 1         | 1:34:56   | 250      |
| 248 | 1355 | 1:35:13 | Jonathan Cordle        |                             | Male   | 237        | M45   | 34        | 1:34:42   | 241      |
| 249 | 778  | 1:35:15 | Robert McMahon         |                             | Male   | 238        | M     | 157       | 1:34:46   | 244      |
| 250 | 2196 | 1:35:17 | Andrew Skiggs          | Tri-Anglia                  | Male   | 239        | M     | 158       | 1:34:53   | 247      |
| 251 | 2310 | 1:35:24 | Paul O'Malley          | North Norfolk Beach Runners | Male   | 240        | M40   | 30        | 1:35:18   | 262      |
| 252 | 1936 | 1:35:25 | Roger Steggle          |                             | Male   | 241        | M45   | 35        | 1:35:10   | 258      |
| 253 | 1575 | 1:35:27 | Samuel Stafford Allen  |                             | Male   | 242        | M     | 159       | 1:35:07   | 257      |
| 254 | 1618 | 1:35:29 | Wayne Davey            |                             | Male   | 243        | M45   | 36        | 1:34:57   | 253      |
| 255 | 862  | 1:35:30 | Gregoire De Person     |                             | Male   | 244        | M     | 160       | 1:34:53   | 248      |
| 256 | 2756 | 1:35:36 | Angus Wilkinson        | Tri-Anglia                  | Male   | 245        | M     | 161       | 1:35:04   | 254      |
| 257 | 2177 | 1:35:37 | Mark Ogden             |                             | Male   | 246        | M40   | 31        | 1:35:16   | 261      |
| 258 | 2464 | 1:35:38 | Luke Saxton            |                             | Male   | 247        | M     | 162       | 1:35:28   | 266      |
| 259 | 951  | 1:35:39 | Kevin Long             |                             | Male   | 248        | M     | 163       | 1:34:43   | 242      |
| 260 | 201  | 1:35:39 | Charlie Keitch         |                             | Male   | 249        | M     | 164       | 1:35:06   | 255      |
| 261 | 1118 | 1:35:39 | Greg Marshall          | Framlingham Flyers          | Male   | 250        | M55   | 4         | 1:35:22   | 265      |
| 262 | 2128 | 1:35:40 | Tommy Elias            |                             | Male   | 251        | M     | 165       | 1:35:10   | 259      |
| 263 | 2954 | 1:35:44 | Chris Squirrell        | Ipswich Jaffa               | Male   | 252        | M     | 166       | 1:35:32   | 267      |
| 264 | 2319 | 1:35:45 | Dennis Chung           |                             | Male   | 253        | M     | 167       | 1:35:12   | 260      |
| 265 | 2693 | 1:35:46 | Kevin Graves           |                             | Male   | 254        | M45   | 37        | 1:35:36   | 270      |
| 266 | 698  | 1:35:46 | Sandra Roberts         | Norfolk Gazelles            | Female | 12         | F45   | 2         | 1:35:39   | 271      |
| 267 | 885  | 1:35:51 | John Richmond          |                             | Male   | 255        | M45   | 38        | 1:35:18   | 263      |
| 268 | 1482 | 1:35:51 | Dominic Keeney         |                             | Male   | 256        | M40   | 32        | 1:35:18   | 264      |
| 269 | 2857 | 1:35:58 | Hugh Brown             |                             | Male   | 257        | M40   | 33        | 1:35:50   | 276      |
| 270 | 2762 | 1:36:01 | Richard Wigginton      | Bushfield Joggers           | Male   | 258        | M     | 168       | 1:35:48   | 274      |
| 271 | 2504 | 1:36:05 | Amanda Clarke          | York Knavesmire Harriers    | Female | 13         | F40   | 3         | 1:35:34   | 269      |
| 272 | 1691 | 1:36:10 | Steve Cook             |                             | Male   | 259        | M     | 169       | 1:35:52   | 277      |
| 273 | 2326 | 1:36:11 | Paul Vincent           |                             | Male   | 260        | M     | 170       | 1:35:43   | 273      |
| 274 | 692  | 1:36:12 | Pauline Aitchison      | Wooler Running Club         | Female | 14         | F40   | 4         | 1:36:07   | 282      |
| 275 | 2547 | 1:36:16 | Dave Redman            |                             | Male   | 261        | M55   | 5         | 1:36:03   | 281      |
| 276 | 2496 | 1:36:16 | Dan Hayes              | South London Harriers       | Male   | 262        | M40   | 34        | 1:35:33   | 268      |
| 277 | 2465 | 1:36:18 | Chris Wiseman          | B T F                       | Male   | 263        | M45   | 39        | 1:35:49   | 275      |
| 278 | 966  | 1:36:20 | Jason Thompson         |                             | Male   | 264        | M     | 171       | 1:36:08   | 283      |
| 279 | 2410 | 1:36:20 | Steve Coster           |                             | Male   | 265        | M40   | 35        | 1:35:54   | 278      |
| 280 | 2324 | 1:36:23 | Paul Quantrill         | Tri-Anglia                  | Male   | 266        | M45   | 40        | 1:36:16   | 290      |

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# RESULTS

| Pos | Bib  | Time    | Name               | Club                     | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|--------------------|--------------------------|--------|------------|-------|-----------|-----------|----------|
| 281 | 705  | 1:36:25 | Greg Allan         | Birketts Runners AC      | Male   | 267        | M     | 172       | 1:36:11   | 285      |
| 282 | 130  | 1:36:25 | Marc Evans         |                          | Male   | 268        | M     | 173       | 1:35:56   | 280      |
| 283 | 2811 | 1:36:30 | Jason Turner       |                          | Male   | 269        | M40   | 36        | 1:36:08   | 284      |
| 284 | 1996 | 1:36:33 | Carl Pledger       | Royston Runners          | Male   | 270        | M40   | 37        | 1:36:15   | 289      |
| 285 | 947  | 1:36:34 | Dan Mayers         |                          | Male   | 271        | M     | 174       | 1:36:11   | 286      |
| 286 | 2166 | 1:36:36 | Robert Amey        | Wymondham AC             | Male   | 272        | M40   | 38        | 1:36:13   | 287      |
| 287 | 172  | 1:36:38 | Keith Taggart      |                          | Male   | 273        | M45   | 41        | 1:36:23   | 292      |
| 288 | 2102 | 1:36:38 | Andrew McLaren     |                          | Male   | 274        | M45   | 42        | 1:36:23   | 293      |
| 289 | 2144 | 1:36:39 | Scott Chadwick     | Coltishall Jaguars       | Male   | 275        | M     | 175       | 1:36:13   | 288      |
| 290 | 120  | 1:36:45 | Andrew Nicholls    | Hyde Park Harriers       | Male   | 276        | M50   | 13        | 1:36:33   | 297      |
| 291 | 2499 | 1:36:47 | Ronnie Read        | Ryston Runners           | Male   | 277        | M45   | 43        | 1:35:40   | 272      |
| 292 | 1905 | 1:36:50 | Simon Moore        |                          | Male   | 278        | M45   | 44        | 1:36:28   | 294      |
| 293 | 1094 | 1:36:51 | Neil Moggan        |                          | Male   | 279        | M     | 176       | 1:36:32   | 296      |
| 294 | 2843 | 1:36:52 | Sam Evans          |                          | Male   | 280        | M     | 177       | 1:36:47   | 302      |
| 295 | 2563 | 1:36:54 | Iain Burgess       |                          | Female | 15         | F     | 9         | 1:36:28   | 295      |
| 296 | 1356 | 1:36:59 | Roy Fulcher        | Stowmarket Striders      | Male   | 281        | M     | 178       | 1:36:42   | 301      |
| 297 | 1832 | 1:37:02 | Jamie Garvie       |                          | Male   | 282        | M45   | 45        | 1:34:56   | 251      |
| 298 | 2176 | 1:37:02 | Karl Syson         | Norwich Road Runners     | Male   | 283        | M     | 179       | 1:36:38   | 299      |
| 299 | 2725 | 1:37:14 | Paul Harrison      | Dereham Runners          | Male   | 284        | M50   | 14        | 1:36:48   | 304      |
| 300 | 2356 | 1:37:16 | Nicholas Muir      |                          | Male   | 285        | M50   | 15        | 1:35:55   | 279      |
| 301 | 1823 | 1:37:16 | Thomas Coulby      |                          | Male   | 286        | M     | 180       | 1:36:53   | 306      |
| 302 | 1870 | 1:37:18 | Kevin Bird         | Stowmarket Striders      | Male   | 287        | M45   | 46        | 1:37:09   | 311      |
| 303 | 524  | 1:37:21 | Sharon Bardwell    |                          | Female | 16         | F40   | 5         | 1:36:22   | 291      |
| 304 | 2943 | 1:37:22 | Mario La Pergola   |                          | Male   | 288        | M     | 181       | 1:36:47   | 303      |
| 305 | 1638 | 1:37:23 | Nathan Lightening  |                          | Male   | 289        | M     | 182       | 1:36:58   | 308      |
| 306 | 424  | 1:37:25 | Tom Halliwell      |                          | Male   | 290        | M     | 183       | 1:37:11   | 312      |
| 307 | 2608 | 1:37:27 | David Lefevre      |                          | Male   | 291        | M     | 184       | 1:36:40   | 300      |
| 308 | 2885 | 1:37:27 | Simon Evans        |                          | Male   | 292        | M     | 185       | 1:37:24   | 320      |
| 309 | 1383 | 1:37:32 | Pete Goddard       | Birketts Runners AC      | Male   | 293        | M55   | 6         | 1:37:03   | 310      |
| 310 | 936  | 1:37:33 | Stephanie Laurence |                          | Female | 17         | F     | 10        | 1:37:11   | 313      |
| 311 | 1634 | 1:37:33 | Morag MacNiven     | Cambridge & Coleridge AC | Female | 18         | F     | 11        | 1:37:13   | 314      |
| 312 | 145  | 1:37:34 | Kevin Johnston     |                          | Male   | 294        | M50   | 16        | 1:37:20   | 318      |
| 313 | 2510 | 1:37:36 | John Champeney     |                          | Male   | 295        | M40   | 39        | 1:36:49   | 305      |
| 314 | 1909 | 1:37:36 | Daniel Guest       |                          | Male   | 296        | M     | 186       | 1:36:55   | 307      |
| 315 | 2893 | 1:37:38 | Ian Archer         |                          | Male   | 297        | M40   | 40        | 1:36:37   | 298      |
| 316 | 1748 | 1:37:38 | Steven Elvin       |                          | Male   | 298        | M45   | 47        | 1:37:23   | 319      |
| 317 | 2414 | 1:37:40 | Stuart Scott       |                          | Male   | 299        | M     | 187       | 1:37:00   | 309      |
| 318 | 1667 | 1:37:43 | Tom Wagstaff       | Birketts Runners AC      | Male   | 300        | M     | 188       | 1:37:30   | 324      |
| 319 | 1842 | 1:37:48 | Andrea Lombardi    |                          | Male   | 301        | M     | 189       | 1:37:19   | 316      |
| 320 | 1577 | 1:37:50 | Shaun Conway       |                          | Male   | 302        | M45   | 48        | 1:37:30   | 325      |
| 321 | 2437 | 1:37:54 | Martin Bagnall     | Coltishall Jaguars       | Male   | 303        | M45   | 49        | 1:37:18   | 315      |
| 322 | 1718 | 1:37:57 | Robin Broughton    |                          | Male   | 304        | M     | 190       | 1:37:19   | 317      |
| 323 | 2430 | 1:37:58 | Stuart Timms       |                          | Male   | 305        | M40   | 41        | 1:37:30   | 326      |
| 324 | 1805 | 1:37:59 | Steven Ratcliffe   |                          | Male   | 306        | M55   | 7         | 1:37:51   | 340      |
| 325 | 684  | 1:38:01 | Maria Greaves      | Norfolk Harriers RC      | Female | 19         | F     | 12        | 1:37:53   | 343      |
| 326 | 2632 | 1:38:01 | Clare Fleming      |                          | Female | 20         | F40   | 6         | 1:37:55   | 348      |
| 327 | 1490 | 1:38:01 | Matthew Green      | Norfolk Gazelles         | Male   | 307        | M40   | 42        | 1:37:48   | 336      |
| 328 | 2097 | 1:38:03 | Andrew Betts       |                          | Male   | 308        | M45   | 50        | 1:37:25   | 321      |
| 329 | 1627 | 1:38:04 | Chris Speakman     |                          | Male   | 309        | M50   | 17        | 1:37:33   | 329      |
| 330 | 843  | 1:38:05 | Derek Bye          |                          | Male   | 310        | M50   | 18        | 1:37:57   | 351      |
| 331 | 1509 | 1:38:06 | Richard Parnell    |                          | Male   | 311        | M50   | 19        | 1:37:31   | 327      |
| 332 | 1303 | 1:38:07 | Oliver Lake        |                          | Male   | 312        | M     | 191       | 1:37:49   | 338      |
| 333 | 2269 | 1:38:08 | Simon Cooper       |                          | Male   | 313        | M45   | 51        | 1:37:45   | 334      |
| 334 | 653  | 1:38:11 | David King         |                          | Male   | 314        | M45   | 52        | 1:37:54   | 344      |
| 335 | 2264 | 1:38:12 | Robert Sterry      |                          | Male   | 315        | M     | 192       | 1:37:28   | 323      |
| 336 | 2556 | 1:38:13 | Owain Hall         |                          | Male   | 316        | M40   | 43        | 1:37:39   | 331      |
| 337 | 1831 | 1:38:15 | Chris Edwards      | Reepham Runners          | Male   | 317        | M50   | 20        | 1:37:49   | 339      |
| 338 | 2788 | 1:38:16 | Mark Davies        |                          | Male   | 318        | M50   | 21        | 1:38:02   | 353      |
| 339 | 1453 | 1:38:18 | Gareth Marchant    |                          | Male   | 319        | M     | 193       | 1:37:54   | 345      |
| 340 | 527  | 1:38:19 | Rebecca Lynn       |                          | Female | 21         | F     | 13        | 1:37:38   | 330      |
| 341 | 2336 | 1:38:19 | Craig Dearden      | St Edmund Pacers         | Male   | 320        | M40   | 44        | 1:37:54   | 346      |
| 342 | 28   | 1:38:24 | Luke Allard        |                          | Male   | 321        | M     | 194       | 1:37:26   | 322      |
| 343 | 112  | 1:38:26 | Myles Hague        |                          | Male   | 322        | M     | 195       | 1:37:40   | 332      |
| 344 | 1583 | 1:38:26 | Neil Adams         |                          | Male   | 323        | M     | 196       | 1:37:52   | 342      |
| 345 | 1202 | 1:38:27 | Mairi Dorward      |                          | Female | 22         | F     | 14        | 1:38:08   | 357      |
| 346 | 1957 | 1:38:28 | Ashley Gilbert     |                          | Male   | 324        | M     | 197       | 1:37:47   | 335      |
| 347 | 793  | 1:38:29 | Tiago Madeira      |                          | Male   | 325        | M     | 198       | 1:38:02   | 354      |
| 348 | 2686 | 1:38:30 | Alan Fairs         | Waveney Valley AC        | Male   | 326        | M40   | 45        | 1:37:56   | 349      |
| 349 | 396  | 1:38:31 | Simon English      |                          | Male   | 327        | M     | 199       | 1:37:48   | 337      |
| 350 | 1765 | 1:38:32 | Laura Wilson       | Nene Valley Harriers     | Female | 23         | F     | 15        | 1:37:51   | 341      |

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# RESULTS

| Pos | Bib  | Time    | Name                 | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 351 | 1326 | 1:38:32 | Glen Curtis          |                             | Male   | 328        | M     | 200       | 1:38:17   | 366      |
| 352 | 1620 | 1:38:33 | Mark Scharff         | Tri-Anglia                  | Male   | 329        | M45   | 53        | 1:38:08   | 358      |
| 353 | 1192 | 1:38:33 | Robert Davies        | Norwich Road Runners        | Male   | 330        | M     | 201       | 1:37:57   | 352      |
| 354 | 1632 | 1:38:35 | Richard Evans-Gowing |                             | Male   | 331        | M45   | 54        | 1:37:54   | 347      |
| 355 | 23   | 1:38:35 | David Aldis          | City Of Norwich AC          | Male   | 332        | M60   | 3         | 1:38:28   | 378      |
| 356 | 728  | 1:38:37 | Neil Platten         |                             | Male   | 333        | M40   | 46        | 1:37:31   | 328      |
| 357 | 2669 | 1:38:37 | Wayne Gibbs          | Coltishall Jaguars          | Male   | 334        | M     | 202       | 1:38:29   | 381      |
| 358 | 1035 | 1:38:39 | Darren France        |                             | Male   | 335        | M45   | 55        | 1:38:10   | 361      |
| 359 | 1377 | 1:38:41 | Paul Stevenson       |                             | Male   | 336        | M40   | 47        | 1:38:13   | 364      |
| 360 | 335  | 1:38:42 | Sabina Spence        | City Of Norwich AC          | Female | 24         | F40   | 7         | 1:38:18   | 368      |
| 361 | 2334 | 1:38:42 | Paul Hindley         |                             | Male   | 337        | M40   | 48        | 1:38:16   | 365      |
| 362 | 1945 | 1:38:42 | Rebecca Jordan       | Stowmarket Striders         | Female | 25         | F     | 16        | 1:37:56   | 350      |
| 363 | 627  | 1:38:43 | Nik Chapman          | Newmarket Joggers           | Male   | 338        | M     | 203       | 1:38:04   | 355      |
| 364 | 2008 | 1:38:44 | Rowena Leary         |                             | Female | 26         | F     | 17        | 1:38:25   | 374      |
| 365 | 493  | 1:38:44 | Jason Hayfield       |                             | Male   | 339        | M40   | 49        | 1:37:42   | 333      |
| 366 | 2303 | 1:38:45 | Steve Kitchener      |                             | Male   | 340        | M50   | 22        | 1:38:04   | 356      |
| 367 | 2554 | 1:38:46 | Ian Stobirski        | Witham RC                   | Male   | 341        | M40   | 50        | 1:38:18   | 369      |
| 368 | 946  | 1:38:49 | Kevin Garwood        | Wymondham AC                | Male   | 342        | M45   | 56        | 1:38:19   | 370      |
| 369 | 1350 | 1:38:49 | Caroline Richardson  | Norwich Road Runners        | Male   | 343        | M     | 204       | 1:38:29   | 382      |
| 370 | 1916 | 1:38:50 | Guy Hutchins         |                             | Male   | 344        | M40   | 51        | 1:38:10   | 362      |
| 371 | 186  | 1:38:51 | David Baldwin        |                             | Male   | 345        | M     | 205       | 1:38:32   | 385      |
| 372 | 2590 | 1:38:52 | Graham Hill          | Reading Joggers             | Male   | 346        | M40   | 52        | 1:38:32   | 386      |
| 373 | 2340 | 1:38:54 | Tom Pullinger        | Bungay Black Dog RC         | Male   | 347        | M40   | 53        | 1:38:23   | 372      |
| 374 | 2429 | 1:38:57 | Robin Forder         |                             | Male   | 348        | M40   | 54        | 1:38:45   | 396      |
| 375 | 952  | 1:38:59 | Chris Murphy         |                             | Male   | 349        | M     | 206       | 1:38:23   | 373      |
| 376 | 1592 | 1:39:00 | Perry Mann           | Blackpool Wyre & Fylde AC   | Male   | 350        | M     | 207       | 1:38:30   | 383      |
| 377 | 738  | 1:39:01 | Claire McCormick     |                             | Female | 27         | F40   | 8         | 1:38:34   | 387      |
| 378 | 661  | 1:39:01 | Adrian O'Mahony      |                             | Male   | 351        | M     | 208       | 1:38:17   | 367      |
| 379 | 2816 | 1:39:01 | Lolly Conway         |                             | Male   | 352        | M     | 209       | 1:38:10   | 363      |
| 380 | 1448 | 1:39:02 | Anthony Richards     |                             | Male   | 353        | M     | 210       | 1:38:54   | 402      |
| 381 | 2799 | 1:39:02 | Lily Vogiatzis       | Hastings Runners            | Female | 28         | F     | 18        | 1:38:19   | 371      |
| 382 | 889  | 1:39:02 | Peter Loughlin       |                             | Male   | 354        | M     | 211       | 1:38:09   | 360      |
| 383 | 1913 | 1:39:05 | Lisa Tucker          |                             | Female | 29         | F     | 19        | 1:38:57   | 405      |
| 384 | 1278 | 1:39:05 | Julian Keenan        | Victoria Park Harriers      | Male   | 355        | M     | 212       | 1:38:45   | 397      |
| 385 | 2492 | 1:39:06 | Iain Johnson         | Deal Tri Limited            | Male   | 356        | M40   | 55        | 1:38:38   | 391      |
| 386 | 2112 | 1:39:08 | Andrew French        | Springfield Striders        | Male   | 357        | M     | 213       | 1:38:26   | 376      |
| 387 | 2809 | 1:39:08 | Anna Kirkham         | Norwich Road Runners        | Female | 30         | F     | 20        | 1:38:08   | 359      |
| 388 | 2942 | 1:39:10 | Tom Cook             | UEA Triathlon Club          | Male   | 358        | M     | 214       | 1:39:05   | 409      |
| 389 | 2919 | 1:39:11 | Tom Price            |                             | Male   | 359        | M     | 215       | 1:38:48   | 399      |
| 390 | 238  | 1:39:12 | Dale Skoulding       |                             | Male   | 360        | M     | 216       | 1:38:28   | 379      |
| 391 | 154  | 1:39:14 | David Jay            |                             | Male   | 361        | M     | 217       | 1:38:25   | 375      |
| 392 | 2956 | 1:39:14 | Michael Heffernan    |                             | Male   | 362        | M     | 218       | 1:38:36   | 388      |
| 393 | 1764 | 1:39:15 | Martin Gooderham     | Tri-Anglia                  | Male   | 363        | M     | 219       | 1:38:31   | 384      |
| 394 | 733  | 1:39:19 | Stephen Watchorn     |                             | Male   | 364        | M     | 220       | 1:38:53   | 401      |
| 395 | 1339 | 1:39:19 | Nick Taylor          |                             | Male   | 365        | M     | 221       | 1:38:36   | 389      |
| 396 | 1855 | 1:39:20 | Steven Falgate       | Cambridge & Coleridge AC    | Male   | 366        | M     | 222       | 1:38:36   | 390      |
| 397 | 422  | 1:39:21 | James Negus          |                             | Male   | 367        | M     | 223       | 1:38:41   | 393      |
| 398 | 2553 | 1:39:21 | David Jerman         |                             | Male   | 368        | M     | 224       | 1:38:46   | 398      |
| 399 | 78   | 1:39:24 | Oliver Back          |                             | Male   | 369        | M     | 225       | 1:38:41   | 394      |
| 400 | 2259 | 1:39:26 | Lucy Partridge       | Guildford and Godalming AC  | Female | 31         | F     | 21        | 1:38:56   | 404      |
| 401 | 1071 | 1:39:29 | Graham Watering      |                             | Male   | 370        | M     | 226       | 1:39:04   | 408      |
| 402 | 2514 | 1:39:31 | Emma Potter-Campbell | Dereham Runners             | Female | 32         | F40   | 9         | 1:38:48   | 400      |
| 403 | 2939 | 1:39:35 | Mark Jones           |                             | Male   | 371        | M55   | 8         | 1:38:28   | 380      |
| 404 | 1414 | 1:39:36 | Vaughan Morris       |                             | Male   | 372        | M50   | 23        | 1:39:12   | 410      |
| 405 | 213  | 1:39:38 | Simon Gibson         |                             | Male   | 373        | M     | 227       | 1:39:20   | 414      |
| 406 | 1958 | 1:39:38 | Stephen Ramm         |                             | Male   | 374        | M     | 228       | 1:38:40   | 392      |
| 407 | 2591 | 1:39:39 | Keith Mooney         |                             | Male   | 375        | M45   | 57        | 1:38:55   | 403      |
| 408 | 828  | 1:39:40 | Chris Hall           |                             | Male   | 376        | M     | 229       | 1:39:01   | 406      |
| 409 | 460  | 1:39:41 | David Jones          |                             | Male   | 377        | M     | 230       | 1:39:14   | 411      |
| 410 | 1014 | 1:39:41 | James Francis        |                             | Male   | 378        | M     | 231       | 1:39:19   | 412      |
| 411 | 2390 | 1:39:44 | Jeremy Reader        |                             | Male   | 379        | M     | 232       | 1:38:41   | 395      |
| 412 | 1979 | 1:39:46 | Mark Elftett         | Lowestoft Road Runners      | Male   | 380        | M45   | 58        | 1:39:33   | 421      |
| 413 | 608  | 1:39:50 | Colin Cannell        |                             | Male   | 381        | M50   | 24        | 1:39:35   | 422      |
| 414 | 2436 | 1:39:52 | Richard Moulson      |                             | Male   | 382        | M40   | 56        | 1:39:02   | 407      |
| 415 | 1865 | 1:39:55 | David Moody          |                             | Male   | 383        | M     | 233       | 1:38:27   | 377      |
| 416 | 1068 | 1:39:56 | Thomas Lincoln-Kemp  | Virgin Money Athletics Club | Male   | 384        | M40   | 57        | 1:39:41   | 426      |
| 417 | 2252 | 1:40:00 | George Rowe          |                             | Male   | 385        | M     | 234       | 1:39:31   | 420      |
| 418 | 1042 | 1:40:01 | Stuart Howe          |                             | Male   | 386        | M     | 235       | 1:39:53   | 442      |
| 419 | 2030 | 1:40:04 | Tim Ward             |                             | Male   | 387        | M45   | 59        | 1:39:19   | 413      |
| 420 | 839  | 1:40:04 | Jimmy Day            |                             | Male   | 388        | M     | 236       | 1:39:45   | 432      |

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# RESULTS

| Pos | Bib  | Time    | Name                    | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|-------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 421 | 116  | 1:40:08 | John Lewis              |                             | Male   | 389        | M     | 237       | 1:39:53   | 443      |
| 422 | 2010 | 1:40:11 | Ewan Harris             |                             | Male   | 390        | M     | 238       | 1:39:29   | 417      |
| 423 | 293  | 1:40:11 | Neil Chapman            |                             | Male   | 391        | M     | 239       | 1:39:47   | 435      |
| 424 | 1908 | 1:40:11 | David Egerton           | Coltishall Jaguars          | Male   | 392        | M45   | 60        | 1:39:25   | 415      |
| 425 | 1000 | 1:40:17 | Peter Matthews          | Great Yarmouth Road Runners | Male   | 393        | M50   | 25        | 1:39:49   | 438      |
| 426 | 2815 | 1:40:16 | Edmund Conway           |                             | Male   | 394        | M     | 240       | 1:39:26   | 416      |
| 427 | 233  | 1:40:18 | Stewart Robins          |                             | Male   | 395        | M40   | 58        | 1:39:46   | 434      |
| 428 | 2681 | 1:40:18 | Andrew Green            |                             | Male   | 396        | M     | 241       | 1:40:08   | 450      |
| 429 | 618  | 1:40:18 | Mark Timm               |                             | Male   | 397        | M     | 242       | 1:39:35   | 423      |
| 430 | 11   | 1:40:23 | Lucy Ellis              | Great Western Runners       | Female | 33         | F     | 22        | 1:40:05   | 448      |
| 431 | 1203 | 1:40:24 | Nicola Brayn            |                             | Female | 34         | F     | 23        | 1:40:07   | 449      |
| 432 | 965  | 1:40:24 | Rick Thompson           |                             | Male   | 398        | M45   | 61        | 1:40:13   | 458      |
| 433 | 2146 | 1:40:26 | Adrian Hubbard          |                             | Male   | 399        | M40   | 59        | 1:39:44   | 430      |
| 434 | 1454 | 1:40:28 | Paul Beckett            |                             | Male   | 400        | M45   | 62        | 1:39:40   | 425      |
| 435 | 2918 | 1:40:28 | Gary Reeve              |                             | Male   | 401        | M45   | 63        | 1:39:44   | 431      |
| 436 | 669  | 1:40:30 | Craig Spurr             |                             | Male   | 402        | M     | 243       | 1:40:08   | 451      |
| 437 | 2963 | 1:40:30 | Tony Money              | North Norfolk Beach Runners | Male   | 403        | M40   | 60        | 1:40:15   | 461      |
| 438 | 2540 | 1:40:33 | Gareth Burns            |                             | Male   | 404        | M     | 244       | 1:40:17   | 464      |
| 439 | 1420 | 1:40:34 | Peter Walker            |                             | Male   | 405        | M     | 245       | 1:39:29   | 418      |
| 440 | 633  | 1:40:37 | Tracey Hitchings        |                             | Female | 35         | F40   | 10        | 1:39:52   | 440      |
| 441 | 2549 | 1:40:37 | Warwick Norris          |                             | Male   | 406        | M     | 246       | 1:40:03   | 446      |
| 442 | 1985 | 1:40:37 | Michael King            | UKA                         | Male   | 407        | M60   | 4         | 1:39:47   | 436      |
| 443 | 56   | 1:40:39 | Neil Tarbet             |                             | Male   | 408        | M     | 247       | 1:40:10   | 456      |
| 444 | 257  | 1:40:39 | Ashley Kirk             |                             | Male   | 409        | M     | 248       | 1:40:28   | 468      |
| 445 | 2730 | 1:40:44 | Mark Davison            |                             | Male   | 410        | M     | 249       | 1:39:47   | 437      |
| 446 | 2698 | 1:40:46 | John Wheatley           |                             | Male   | 411        | M65   | 2         | 1:40:32   | 472      |
| 447 | 2161 | 1:40:46 | Tony Cantle             | Thetford AC                 | Male   | 412        | M50   | 26        | 1:40:04   | 447      |
| 448 | 2598 | 1:40:49 | Dan Nichols             |                             | Male   | 413        | M     | 250       | 1:40:11   | 457      |
| 449 | 1307 | 1:40:50 | James Calver            | Ipswich Jaffa               | Male   | 414        | M     | 251       | 1:39:52   | 441      |
| 450 | 1547 | 1:40:51 | Justin Day              |                             | Male   | 415        | M     | 252       | 1:40:14   | 460      |
| 451 | 1116 | 1:40:52 | Neil Leeds              |                             | Male   | 416        | M     | 253       | 1:40:09   | 453      |
| 452 | 734  | 1:40:54 | Mark Mountain           | Great Yarmouth Road Runners | Male   | 417        | M     | 254       | 1:39:42   | 428      |
| 453 | 2839 | 1:40:57 | Roger Slee              | Tri-Anglia                  | Male   | 418        | M40   | 61        | 1:40:34   | 473      |
| 454 | 1470 | 1:40:58 | Joanna Godwin           | Norwich Road Runners        | Female | 36         | F     | 24        | 1:39:59   | 444      |
| 455 | 2592 | 1:41:01 | Dean Mooney             |                             | Male   | 419        | M     | 255       | 1:40:15   | 462      |
| 456 | 38   | 1:41:04 | Robert Conquest         | Cambridge & Coleridge AC    | Male   | 420        | M     | 256       | 1:40:08   | 452      |
| 457 | 412  | 1:41:05 | Richard Heyes           | Hunts AC                    | Male   | 421        | M45   | 64        | 1:40:52   | 481      |
| 458 | 1262 | 1:41:07 | Stuart Bennett          | Tri-Anglia                  | Male   | 422        | M     | 257       | 1:40:43   | 476      |
| 459 | 1146 | 1:41:07 | Patrick Larke           | Wymondham AC                | Male   | 423        | M50   | 27        | 1:40:13   | 459      |
| 460 | 1129 | 1:41:08 | Mark Crack              |                             | Male   | 424        | M45   | 65        | 1:39:41   | 427      |
| 461 | 2387 | 1:41:08 | Craig Speirs            |                             | Male   | 425        | M     | 258       | 1:40:29   | 469      |
| 462 | 802  | 1:41:09 | Graeme McFarquhar       |                             | Male   | 426        | M     | 259       | 1:40:18   | 465      |
| 463 | 1446 | 1:41:12 | Corina Holmes           | Thrift Green Trotters       | Female | 37         | F     | 25        | 1:40:47   | 478      |
| 464 | 960  | 1:41:15 | Robert Holl             |                             | Male   | 427        | M     | 260       | 1:40:31   | 471      |
| 465 | 1152 | 1:41:27 | Andrew Baker            | Great Yarmouth Road Runners | Male   | 428        | M40   | 62        | 1:40:16   | 463      |
| 466 | 29   | 1:41:28 | Robert Astley           |                             | Male   | 429        | M40   | 63        | 1:40:27   | 467      |
| 467 | 582  | 1:41:29 | Carl Webster            |                             | Male   | 430        | M     | 261       | 1:41:11   | 491      |
| 468 | 2497 | 1:41:32 | Julie Clarke            | South London Harriers       | Female | 38         | F     | 26        | 1:40:47   | 479      |
| 469 | 2195 | 1:41:32 | Eve Dewsnap             | Tri-Anglia                  | Female | 39         | F     | 27        | 1:41:08   | 489      |
| 470 | 1903 | 1:41:33 | Paul Greensides         |                             | Male   | 431        | M40   | 64        | 1:41:06   | 487      |
| 471 | 341  | 1:41:35 | Chris Haylock           |                             | Male   | 432        | M     | 262       | 1:40:44   | 477      |
| 472 | 873  | 1:41:37 | Michael Carpenter       |                             | Male   | 433        | M     | 263       | 1:40:18   | 466      |
| 473 | 1004 | 1:41:37 | Tom Smith               |                             | Male   | 434        | M     | 264       | 1:39:30   | 419      |
| 474 | 1920 | 1:41:37 | Dale Cooper             | Wymondham AC                | Male   | 435        | M50   | 28        | 1:41:12   | 493      |
| 475 | 1488 | 1:41:38 | Chris Orange            |                             | Male   | 436        | M50   | 29        | 1:40:38   | 474      |
| 476 | 1437 | 1:41:40 | Daniel Hughes           |                             | Male   | 437        | M     | 265       | 1:41:11   | 492      |
| 477 | 1727 | 1:41:41 | Samuel Hall             | Norwich Road Runners        | Male   | 438        | M     | 266       | 1:41:24   | 497      |
| 478 | 2733 | 1:41:42 | Matthew Shelton         |                             | Male   | 439        | M     | 267       | 1:41:00   | 485      |
| 479 | 1726 | 1:41:43 | Sean Woodvine           |                             | Male   | 440        | M40   | 65        | 1:39:45   | 433      |
| 480 | 908  | 1:41:44 | Lee Pattison            |                             | Male   | 441        | M     | 268       | 1:39:36   | 424      |
| 481 | 122  | 1:41:45 | Peter Wilson-Sutter     |                             | Male   | 442        | M40   | 66        | 1:40:30   | 470      |
| 482 | 1988 | 1:41:45 | Stephen Sadd            | Norfolk Gazelles            | Male   | 443        | M50   | 30        | 1:40:54   | 482      |
| 483 | 785  | 1:41:47 | Heather Eastwood        |                             | Female | 40         | F40   | 11        | 1:40:09   | 454      |
| 484 | 768  | 1:41:47 | Damian Barrett          |                             | Male   | 444        | M40   | 67        | 1:40:09   | 455      |
| 485 | 1364 | 1:41:48 | Mark McVeigh            |                             | Male   | 445        | M50   | 31        | 1:41:04   | 486      |
| 486 | 2768 | 1:41:49 | Wayne Mumford           | Sudbury Joggers             | Male   | 446        | M40   | 68        | 1:40:51   | 480      |
| 487 | 1666 | 1:41:49 | Shaun MacE              |                             | Male   | 447        | M     | 269       | 1:41:32   | 502      |
| 488 | 950  | 1:41:51 | Samantha Epps           | Wymondham AC                | Female | 41         | F     | 28        | 1:41:22   | 495      |
| 489 | 2789 | 1:41:56 | Sebastian Gwyn-Williams | Witham RC                   | Male   | 448        | M40   | 69        | 1:41:29   | 500      |
| 490 | 198  | 1:41:57 | Benjamin Trafford       |                             | Male   | 449        | M     | 270       | 1:39:59   | 445      |

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# RESULTS

| Pos | Bib  | Time    | Name               | Club                     | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|--------------------|--------------------------|--------|------------|-------|-----------|-----------|----------|
| 491 | 2526 | 1:42:00 | Quentin Baynes     |                          | Male   | 450        | M     | 271       | 1:41:22   | 496      |
| 492 | 1102 | 1:42:05 | Gerson Brand       |                          | Male   | 451        | M     | 272       | 1:41:44   | 509      |
| 493 | 875  | 1:42:06 | Ruth MacKenzie     |                          | Female | 42         | F     | 29        | 1:40:57   | 484      |
| 494 | 1935 | 1:42:06 | Michael Teale      |                          | Male   | 452        | M50   | 32        | 1:40:42   | 475      |
| 495 | 2787 | 1:42:08 | Paul Barnsley      |                          | Male   | 453        | M40   | 70        | 1:41:41   | 507      |
| 496 | 2616 | 1:42:09 | Roland Shaw        | Bungay Black Dog RC      | Male   | 454        | M55   | 9         | 1:41:28   | 499      |
| 497 | 1113 | 1:42:10 | Graham Sillett     |                          | Male   | 455        | M50   | 33        | 1:41:30   | 501      |
| 498 | 1440 | 1:42:14 | Riccy Sidoli       |                          | Male   | 456        | M45   | 66        | 1:41:51   | 512      |
| 499 | 1510 | 1:42:17 | Nicky Stevens      |                          | Male   | 457        | M45   | 67        | 1:41:52   | 515      |
| 500 | 2646 | 1:42:18 | Ben Houchen        | Reepham Runners          | Male   | 458        | M     | 273       | 1:41:36   | 504      |
| 501 | 2570 | 1:42:20 | David Hudson       | Tri-Anglia               | Male   | 459        | M40   | 71        | 1:41:40   | 506      |
| 502 | 1597 | 1:42:21 | Gary Ambrose       |                          | Male   | 460        | M50   | 34        | 1:42:02   | 524      |
| 503 | 2187 | 1:42:22 | Kenneth Tovell     | Framlingham Flyers       | Male   | 461        | M40   | 72        | 1:42:01   | 521      |
| 504 | 1359 | 1:42:26 | Shaun Jones        |                          | Male   | 462        | M     | 274       | 1:41:59   | 520      |
| 505 | 1136 | 1:42:27 | Michael Hill       |                          | Male   | 463        | M     | 275       | 1:41:32   | 503      |
| 506 | 282  | 1:42:29 | Christopher Amin   |                          | Male   | 464        | M     | 276       | 1:41:52   | 516      |
| 507 | 467  | 1:42:29 | Kevin Burgess      |                          | Male   | 465        | M40   | 73        | 1:42:01   | 522      |
| 508 | 1467 | 1:42:30 | James Stanbrook    |                          | Male   | 466        | M45   | 68        | 1:41:51   | 513      |
| 509 | 2217 | 1:42:30 | Mark Bagley        |                          | Male   | 467        | M     | 277       | 1:41:41   | 508      |
| 510 | 246  | 1:42:30 | John Etheridge     |                          | Male   | 468        | M45   | 69        | 1:42:21   | 535      |
| 511 | 2401 | 1:42:31 | Alexander Riddoch  |                          | Male   | 469        | M     | 278       | 1:40:56   | 483      |
| 512 | 800  | 1:42:31 | Julia Hetherton    | Greens                   | Female | 43         | F     | 30        | 1:41:53   | 517      |
| 513 | 443  | 1:42:33 | Simon Marjoram     |                          | Male   | 470        | M     | 279       | 1:41:10   | 490      |
| 514 | 1737 | 1:42:39 | Andrew Salter      | Manchester Frontrunners  | Male   | 471        | M45   | 70        | 1:39:43   | 429      |
| 515 | 848  | 1:42:40 | Stuart Bailey      |                          | Male   | 472        | M     | 280       | 1:41:36   | 505      |
| 516 | 470  | 1:42:41 | Simon Rhoden       | Norwich Road Runners     | Male   | 473        | M     | 281       | 1:41:24   | 498      |
| 517 | 2100 | 1:42:42 | Simon Oughton      | Royston Runners          | Male   | 474        | M45   | 71        | 1:42:24   | 537      |
| 518 | 2609 | 1:42:43 | Richard Dade       |                          | Male   | 475        | M40   | 74        | 1:42:09   | 528      |
| 519 | 476  | 1:42:50 | Bob Rodda          |                          | Male   | 476        | M65   | 3         | 1:42:34   | 546      |
| 520 | 2155 | 1:42:51 | John O'Halloran    |                          | Male   | 477        | M     | 282       | 1:41:51   | 514      |
| 521 | 2929 | 1:42:54 | Nick Card          |                          | Male   | 478        | M     | 283       | 1:41:06   | 488      |
| 522 | 1205 | 1:42:54 | Adam Green         |                          | Male   | 479        | M     | 284       | 1:42:09   | 529      |
| 523 | 1960 | 1:42:56 | Sarah Gregerson    | Cambridge & Coleridge AC | Female | 44         | F     | 31        | 1:42:08   | 527      |
| 524 | 1983 | 1:42:56 | Clare Van Gorp     |                          | Female | 45         | F     | 32        | 1:42:33   | 544      |
| 525 | 2877 | 1:42:57 | David Spashett     | Bungay Black Dog RC      | Male   | 480        | M60   | 5         | 1:42:32   | 543      |
| 526 | 1372 | 1:42:59 | Kevin Cross        |                          | Male   | 481        | M40   | 75        | 1:42:41   | 553      |
| 527 | 1768 | 1:42:59 | Stephen Barker     | Ely Runners              | Male   | 482        | M40   | 76        | 1:41:55   | 518      |
| 528 | 2854 | 1:43:01 | Lee Collins        |                          | Male   | 483        | M     | 285       | 1:41:14   | 494      |
| 529 | 2715 | 1:43:01 | Laura Betts        | Bungay Black Dog RC      | Female | 46         | F     | 33        | 1:42:22   | 536      |
| 530 | 350  | 1:43:01 | Guy Shearwood      |                          | Male   | 484        | M50   | 35        | 1:41:47   | 511      |
| 531 | 449  | 1:43:02 | Lauren Buffini     |                          | Female | 47         | F     | 34        | 1:42:01   | 523      |
| 532 | 830  | 1:43:02 | Sarah Fardell      |                          | Female | 48         | F     | 35        | 1:42:20   | 534      |
| 533 | 2442 | 1:43:05 | Richard Steer      |                          | Male   | 485        | M     | 286       | 1:42:31   | 541      |
| 534 | 963  | 1:43:09 | Chris Hoggarth     |                          | Male   | 486        | M     | 287       | 1:42:37   | 548      |
| 535 | 105  | 1:43:11 | Mark Stone         |                          | Male   | 487        | M     | 288       | 1:43:04   | 563      |
| 536 | 2476 | 1:43:12 | Stephen Pullinger  |                          | Male   | 488        | M50   | 36        | 1:42:41   | 554      |
| 537 | 565  | 1:43:13 | Ian Walters        |                          | Male   | 489        | M     | 289       | 1:41:56   | 519      |
| 538 | 1179 | 1:43:13 | Alex Lowe          |                          | Male   | 490        | M     | 290       | 1:43:04   | 564      |
| 539 | 2879 | 1:43:14 | Jonathan Winn      |                          | Male   | 491        | M45   | 72        | 1:43:00   | 559      |
| 540 | 1819 | 1:43:15 | Jackt Tappin       | Haverhill Running Club   | Male   | 492        | M     | 291       | 1:42:40   | 551      |
| 541 | 2003 | 1:43:16 | F Da Silva Andrade |                          | Male   | 493        | M45   | 73        | 1:42:31   | 542      |
| 542 | 1263 | 1:43:16 | Stewart Hambling   | Framlingham Flyers       | Male   | 494        | M40   | 77        | 1:42:54   | 556      |
| 543 | 286  | 1:43:17 | Alan Sansom        |                          | Male   | 495        | M40   | 78        | 1:42:10   | 530      |
| 544 | 2270 | 1:43:17 | Christopher Armes  |                          | Male   | 496        | M40   | 79        | 1:43:06   | 565      |
| 545 | 1839 | 1:43:18 | Marc Di Duca       |                          | Male   | 497        | M40   | 80        | 1:42:25   | 539      |
| 546 | 1562 | 1:43:18 | Ian Van Battum     |                          | Male   | 498        | M     | 292       | 1:42:13   | 532      |
| 547 | 1992 | 1:43:18 | Matthew Thwaites   |                          | Male   | 499        | M40   | 81        | 1:42:29   | 540      |
| 548 | 2061 | 1:43:20 | James McColl       |                          | Male   | 500        | M40   | 82        | 1:43:12   | 569      |
| 549 | 2193 | 1:43:20 | Kristy Guneratne   | Cambridge Triathlon Club | Female | 49         | F     | 36        | 1:42:24   | 538      |
| 550 | 1745 | 1:43:22 | Mark Saunders      |                          | Male   | 501        | M40   | 83        | 1:42:57   | 558      |
| 551 | 1566 | 1:43:25 | Wayne Mann         |                          | Male   | 502        | M     | 293       | 1:42:40   | 552      |
| 552 | 364  | 1:43:35 | Dave Thomas        | Les Croupiers Cardiff    | Male   | 503        | M55   | 10        | 1:42:37   | 549      |
| 553 | 1675 | 1:43:39 | Kevin Connolly     |                          | Male   | 504        | M     | 294       | 1:43:21   | 577      |
| 554 | 2232 | 1:43:42 | Matt Kelly         |                          | Male   | 505        | M     | 295       | 1:43:07   | 566      |
| 555 | 2200 | 1:43:42 | Jonny Lambert      |                          | Male   | 506        | M     | 296       | 1:42:05   | 525      |
| 556 | 2415 | 1:43:42 | Lee Ffrench        |                          | Male   | 507        | M40   | 84        | 1:43:26   | 578      |
| 557 | 211  | 1:43:42 | David Asker        |                          | Male   | 508        | M     | 297       | 1:43:03   | 561      |
| 558 | 66   | 1:43:43 | Andrew Hayman      |                          | Male   | 509        | M     | 298       | 1:43:33   | 581      |
| 559 | 2882 | 1:43:44 | Carl Moore         |                          | Male   | 510        | M     | 299       | 1:42:07   | 526      |
| 560 | 2419 | 1:43:47 | Jason Best         |                          | Male   | 511        | M     | 300       | 1:42:35   | 547      |

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# RESULTS

| Pos | Bib  | Time    | Name                | Club                           | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|---------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 561 | 504  | 1:43:49 | Stephen Leeves      | Great Yarmouth Road Runners    | Male   | 512        | M50   | 37        | 1:43:42   | 587      |
| 562 | 1161 | 1:43:51 | Jo Aitken           |                                | Female | 50         | F     | 37        | 1:43:11   | 567      |
| 563 | 27   | 1:43:53 | Jason Allard        | Stowmarket Striders            | Male   | 513        | M     | 301       | 1:42:56   | 557      |
| 564 | 1623 | 1:43:59 | Phil Whiting        | Norfolk Gazelles               | Male   | 514        | M     | 302       | 1:43:44   | 588      |
| 565 | 2647 | 1:43:59 | Ian Edwards         | Norfolk Gazelles               | Male   | 515        | M     | 303       | 1:43:11   | 568      |
| 566 | 1584 | 1:44:01 | Shirley Hume        | Road Runners Club              | Female | 51         | F60   | 1         | 1:43:17   | 574      |
| 567 | 12   | 1:44:01 | Lisa Wilkinson      |                                | Female | 52         | F     | 38        | 1:43:56   | 602      |
| 568 | 1253 | 1:44:02 | Lee Smith           |                                | Male   | 516        | M40   | 85        | 1:43:29   | 579      |
| 569 | 1719 | 1:44:04 | Ellen Similon       | North Norfolk Beach Runners    | Female | 53         | F     | 39        | 1:43:48   | 594      |
| 570 | 1037 | 1:44:07 | Clare Adams         | Colchester Harriers            | Female | 54         | F40   | 12        | 1:43:53   | 597      |
| 571 | 2293 | 1:44:08 | Colin Hewes         | Uknetrunner                    | Male   | 517        | M55   | 11        | 1:43:20   | 576      |
| 572 | 668  | 1:44:08 | Kevin Powles        | Norwich Road Runners           | Male   | 518        | M40   | 86        | 1:43:35   | 583      |
| 573 | 2006 | 1:44:08 | Ian Moore           | Norwich Road Runners           | Male   | 519        | M40   | 87        | 1:43:36   | 585      |
| 574 | 1811 | 1:44:09 | Gary Cheesman       |                                | Male   | 520        | M     | 304       | 1:42:44   | 555      |
| 575 | 2524 | 1:44:12 | Martin Jennings     |                                | Male   | 521        | M40   | 88        | 1:42:39   | 550      |
| 576 | 240  | 1:44:12 | Alex Gaunt          |                                | Male   | 522        | M40   | 89        | 1:43:55   | 600      |
| 577 | 2782 | 1:44:15 | Stephen Minney      |                                | Male   | 523        | M45   | 74        | 1:42:17   | 533      |
| 578 | 1396 | 1:44:16 | Matthew Ellis       |                                | Male   | 524        | M40   | 90        | 1:43:39   | 586      |
| 579 | 1455 | 1:44:18 | Fergus Stirling     |                                | Male   | 525        | M50   | 38        | 1:43:15   | 571      |
| 580 | 513  | 1:44:18 | Andy Hardy          |                                | Male   | 526        | M40   | 91        | 1:43:50   | 595      |
| 581 | 2071 | 1:44:20 | Jonathan Monkhouse  |                                | Male   | 527        | M     | 305       | 1:42:10   | 531      |
| 582 | 2461 | 1:44:23 | John Kerrison       |                                | Male   | 528        | M50   | 39        | 1:43:35   | 584      |
| 583 | 2360 | 1:44:27 | Bruce Hunter        | Muddy Mucky Monkeys            | Male   | 529        | M40   | 92        | 1:43:14   | 570      |
| 584 | 2081 | 1:44:27 | Mark Williams       | Witham RC                      | Male   | 530        | M50   | 40        | 1:43:44   | 589      |
| 585 | 1450 | 1:44:30 | Richard Gilham      | Norfolk Gazelles               | Male   | 531        | M45   | 75        | 1:43:53   | 598      |
| 586 | 1874 | 1:44:31 | Matt Plunkett       | Dereham Runners                | Male   | 532        | M40   | 93        | 1:44:24   | 627      |
| 587 | 1997 | 1:44:32 | Martin Little       | Stowmarket Striders            | Male   | 533        | M40   | 94        | 1:43:57   | 605      |
| 588 | 671  | 1:44:34 | Charles Clements    |                                | Male   | 534        | M     | 306       | 1:43:02   | 560      |
| 589 | 1170 | 1:44:35 | Danny Godward       | Fire Service Athletics Associa | Male   | 535        | M     | 307       | 1:41:44   | 510      |
| 590 | 2738 | 1:44:36 | Lisa l'Anson        | Tri-Anglia                     | Female | 55         | F40   | 13        | 1:43:30   | 580      |
| 591 | 1771 | 1:44:37 | James Roberts       |                                | Male   | 536        | M     | 308       | 1:43:59   | 606      |
| 592 | 905  | 1:44:38 | Darren Collison     |                                | Male   | 537        | M40   | 95        | 1:43:59   | 607      |
| 593 | 700  | 1:44:40 | Albert Jan Van Hoek |                                | Male   | 538        | M     | 309       | 1:43:45   | 592      |
| 594 | 1201 | 1:44:40 | Warren Brayn        |                                | Male   | 539        | M     | 310       | 1:44:24   | 628      |
| 595 | 1514 | 1:44:41 | Maxine Rodwell      | Halstead Road Runners          | Female | 56         | F     | 40        | 1:43:44   | 590      |
| 596 | 2460 | 1:44:42 | Marc Coles          |                                | Male   | 540        | M     | 311       | 1:44:07   | 613      |
| 597 | 2539 | 1:44:43 | Roland Bewick       | Tri-Anglia                     | Male   | 541        | M50   | 41        | 1:44:14   | 620      |
| 598 | 2732 | 1:44:44 | James Bell          | Norwich Road Runners           | Male   | 542        | M45   | 76        | 1:44:02   | 610      |
| 599 | 2206 | 1:44:44 | Calum Webb          |                                | Male   | 543        | M     | 312       | 1:43:19   | 575      |
| 600 | 1538 | 1:44:45 | Kerry Layton        |                                | Female | 57         | F     | 41        | 1:44:12   | 618      |
| 601 | 1782 | 1:44:45 | Mark Hedges         |                                | Male   | 544        | M     | 313       | 1:42:33   | 545      |
| 602 | 1276 | 1:44:46 | Manuel Oliveira     |                                | Male   | 545        | M     | 314       | 1:44:36   | 635      |
| 603 | 2819 | 1:44:47 | Stephen Vincent     |                                | Male   | 546        | M45   | 77        | 1:43:59   | 608      |
| 604 | 508  | 1:44:47 | Andrew Stronach     |                                | Male   | 547        | M40   | 96        | 1:44:16   | 621      |
| 605 | 1209 | 1:44:51 | Ian Minty           |                                | Male   | 548        | M45   | 78        | 1:43:55   | 601      |
| 606 | 1736 | 1:44:51 | Seth Atkin          | Centurion                      | Male   | 549        | M40   | 97        | 1:43:16   | 572      |
| 607 | 2566 | 1:44:53 | Robert McPherson    |                                | Male   | 550        | M45   | 79        | 1:43:03   | 562      |
| 608 | 1834 | 1:44:55 | Sue Cooke           | City Of Norwich AC             | Female | 58         | F50   | 1         | 1:44:11   | 616      |
| 609 | 1145 | 1:44:57 | Andrew Hart         |                                | Male   | 551        | M45   | 80        | 1:43:33   | 582      |
| 610 | 2512 | 1:44:57 | Catherine Henery    | Norwich Road Runners           | Female | 59         | F45   | 3         | 1:44:23   | 624      |
| 611 | 2835 | 1:44:58 | Jonathan Cook       |                                | Male   | 552        | M45   | 81        | 1:44:43   | 639      |
| 612 | 485  | 1:44:59 | Keith Watts         |                                | Male   | 553        | M40   | 98        | 1:43:44   | 591      |
| 613 | 2502 | 1:45:01 | David Webb          |                                | Male   | 554        | M50   | 42        | 1:43:56   | 603      |
| 614 | 906  | 1:45:02 | Martyn Taylor       |                                | Male   | 555        | M45   | 82        | 1:44:23   | 625      |
| 615 | 1443 | 1:45:03 | Wayne Donovan       |                                | Male   | 556        | M     | 315       | 1:43:16   | 573      |
| 616 | 2385 | 1:45:06 | Jessica Neal        | North Norfolk Beach Runners    | Female | 60         | F     | 42        | 1:44:49   | 646      |
| 617 | 2140 | 1:45:07 | Shaun Parkinson     |                                | Male   | 557        | M     | 316       | 1:44:31   | 632      |
| 618 | 2821 | 1:45:08 | Chris Smith         |                                | Male   | 558        | M     | 317       | 1:44:00   | 609      |
| 619 | 1888 | 1:45:12 | Stacy Tovell        |                                | Male   | 559        | M40   | 99        | 1:44:38   | 637      |
| 620 | 2724 | 1:45:13 | Frances Cooke       | March AC                       | Female | 61         | F50   | 2         | 1:45:05   | 663      |
| 621 | 2677 | 1:45:13 | Ben Smith           |                                | Male   | 560        | M     | 318       | 1:44:20   | 622      |
| 622 | 2620 | 1:45:15 | Bill Jordan         |                                | Male   | 561        | M60   | 6         | 1:44:35   | 634      |
| 623 | 2406 | 1:45:17 | Matthew Williams    | UEA Triathlon Club             | Male   | 562        | M     | 319       | 1:43:56   | 604      |
| 624 | 457  | 1:45:18 | Neil May            |                                | Male   | 563        | M40   | 100       | 1:44:30   | 631      |
| 625 | 2659 | 1:45:18 | Glen Reeve          |                                | Male   | 564        | M50   | 43        | 1:44:54   | 652      |
| 626 | 2189 | 1:45:20 | Matthew Harrison    |                                | Male   | 565        | M     | 320       | 1:43:46   | 593      |
| 627 | 1604 | 1:45:21 | Daniel Crush        |                                | Male   | 566        | M     | 321       | 1:44:58   | 655      |
| 628 | 2827 | 1:45:21 | Hannah Robson       |                                | Female | 62         | F     | 43        | 1:44:47   | 644      |
| 629 | 2482 | 1:45:21 | Alan Lucas          | Dereham Runners                | Male   | 567        | M50   | 44        | 1:44:47   | 645      |
| 630 | 549  | 1:45:22 | Stuart Stuart       | Norwich Road Runners           | Male   | 568        | M40   | 101       | 1:43:52   | 596      |

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# RESULTS

| Pos | Bib  | Time    | Name               | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|--------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 631 | 759  | 1:45:22 | Steven De Polo     |                             | Male   | 569        | M     | 322       | 1:44:04   | 611      |
| 632 | 1428 | 1:45:23 | Jon Rowden         |                             | Male   | 570        | M45   | 83        | 1:44:44   | 640      |
| 633 | 501  | 1:45:23 | Tim Robinson       |                             | Male   | 571        | M     | 323       | 1:44:45   | 642      |
| 634 | 2456 | 1:45:24 | Sam Craig          |                             | Male   | 572        | M     | 324       | 1:45:04   | 662      |
| 635 | 2038 | 1:45:27 | Ian Bareham        |                             | Male   | 573        | M40   | 102       | 1:44:53   | 651      |
| 636 | 1512 | 1:45:28 | Alan Reynolds      |                             | Male   | 574        | M40   | 103       | 1:44:27   | 630      |
| 637 | 1659 | 1:45:29 | Briony Lowe        |                             | Female | 63         | F     | 44        | 1:44:13   | 619      |
| 638 | 2740 | 1:45:30 | Carey Briggs       | Norwich Road Runners        | Female | 64         | F     | 45        | 1:44:11   | 617      |
| 639 | 787  | 1:45:36 | Jeremy Durkin      |                             | Male   | 575        | M     | 325       | 1:45:10   | 671      |
| 640 | 2487 | 1:45:36 | Chris Brooks       |                             | Male   | 576        | M     | 326       | 1:45:21   | 681      |
| 641 | 2546 | 1:45:36 | Martin Hanner      |                             | Male   | 577        | M55   | 12        | 1:45:08   | 665      |
| 642 | 2213 | 1:45:36 | James Brindley     | Norwich Road Runners        | Male   | 578        | M     | 327       | 1:44:54   | 653      |
| 643 | 741  | 1:45:38 | Adam Preston       |                             | Male   | 579        | M     | 328       | 1:44:06   | 612      |
| 644 | 707  | 1:45:38 | Matthew Downing    |                             | Male   | 580        | M     | 329       | 1:44:10   | 615      |
| 645 | 1746 | 1:45:40 | Adam Gould         |                             | Male   | 581        | M     | 330       | 1:45:00   | 658      |
| 646 | 1565 | 1:45:41 | Stephen Girling    |                             | Male   | 582        | M45   | 84        | 1:45:15   | 676      |
| 647 | 1286 | 1:45:42 | William Stuttard   |                             | Male   | 583        | M     | 331       | 1:44:07   | 614      |
| 648 | 1687 | 1:45:43 | Lucy Collyer       | North Norfolk Beach Runners | Female | 65         | F45   | 4         | 1:45:26   | 686      |
| 649 | 2585 | 1:45:44 | Niall Dickinson    |                             | Male   | 584        | M     | 332       | 1:45:01   | 659      |
| 650 | 2643 | 1:45:45 | Dan Wood           |                             | Male   | 585        | M     | 333       | 1:44:33   | 633      |
| 651 | 2041 | 1:45:46 | Chris Hill         |                             | Male   | 586        | M     | 334       | 1:45:09   | 669      |
| 652 | 2021 | 1:45:47 | Elliot Revell      |                             | Male   | 587        | M     | 335       | 1:44:36   | 636      |
| 653 | 2093 | 1:45:49 | Carl Brandwood     |                             | Male   | 588        | M40   | 104       | 1:45:08   | 666      |
| 654 | 890  | 1:45:49 | Frank Moggan       | Stowmarket Striders         | Male   | 589        | M60   | 7         | 1:45:27   | 688      |
| 655 | 1883 | 1:45:49 | Andrew Baldwin     | Springfield Striders        | Male   | 590        | M40   | 105       | 1:45:08   | 667      |
| 656 | 2494 | 1:45:51 | Tim Parr           |                             | Male   | 591        | M     | 336       | 1:45:06   | 664      |
| 657 | 63   | 1:45:52 | Craig Lorne        |                             | Male   | 592        | M     | 337       | 1:44:45   | 643      |
| 658 | 697  | 1:45:53 | Tony Eves          |                             | Male   | 593        | M     | 338       | 1:44:22   | 623      |
| 659 | 2151 | 1:45:54 | Dawid Cieslak      |                             | Male   | 594        | M     | 339       | 1:44:51   | 647      |
| 660 | 2722 | 1:45:55 | Viraf Captain      |                             | Male   | 595        | M45   | 85        | 1:44:58   | 656      |
| 661 | 1780 | 1:45:55 | Joe Robbins        |                             | Male   | 596        | M     | 340       | 1:44:51   | 648      |
| 662 | 1298 | 1:45:56 | Alex Coburn        |                             | Male   | 597        | M     | 341       | 1:45:17   | 679      |
| 663 | 1083 | 1:45:56 | James Plant        |                             | Male   | 598        | M     | 342       | 1:44:23   | 626      |
| 664 | 24   | 1:45:56 | Simon Edye         | Norwich Road Runners        | Male   | 599        | M55   | 13        | 1:45:30   | 692      |
| 665 | 2261 | 1:45:58 | Zoe Magrath        |                             | Female | 66         | F     | 46        | 1:44:51   | 649      |
| 666 | 2253 | 1:46:01 | Gregory Rowe       |                             | Male   | 600        | M45   | 86        | 1:45:32   | 694      |
| 667 | 2285 | 1:46:05 | Chris Potter       |                             | Male   | 601        | M     | 343       | 1:44:44   | 641      |
| 668 | 356  | 1:46:07 | Fiona Kennedy      |                             | Female | 67         | F     | 47        | 1:44:51   | 650      |
| 669 | 2826 | 1:46:08 | Mark Whiting       |                             | Male   | 602        | M50   | 45        | 1:45:46   | 707      |
| 670 | 2068 | 1:46:09 | Simon Hosking      |                             | Male   | 603        | M     | 344       | 1:45:14   | 674      |
| 671 | 2306 | 1:46:09 | Martin Smith       |                             | Male   | 604        | M     | 345       | 1:45:11   | 673      |
| 672 | 2776 | 1:46:10 | Sarah Lister       |                             | Female | 68         | F     | 48        | 1:44:56   | 654      |
| 673 | 2057 | 1:46:11 | Ellie Bye          | Coltishall Jaguars          | Female | 69         | F     | 49        | 1:45:44   | 702      |
| 674 | 1941 | 1:46:16 | Howard Jones       |                             | Male   | 605        | M45   | 87        | 1:45:10   | 672      |
| 675 | 131  | 1:46:18 | Aidan Sheldrick    |                             | Male   | 606        | M     | 346       | 1:45:16   | 678      |
| 676 | 2295 | 1:46:20 | Matthew Buckoke    | Great Yarmouth Road Runners | Male   | 607        | M     | 347       | 1:46:12   | 721      |
| 677 | 820  | 1:46:21 | Paul Alderton      |                             | Female | 70         | F45   | 5         | 1:45:25   | 685      |
| 678 | 26   | 1:46:22 | Oliver Westmancott |                             | Male   | 608        | M     | 348       | 1:45:23   | 683      |
| 679 | 2307 | 1:46:23 | Robin Smith        |                             | Male   | 609        | M     | 349       | 1:45:38   | 697      |
| 680 | 903  | 1:46:23 | David Smyth        |                             | Male   | 610        | M40   | 106       | 1:45:29   | 690      |
| 681 | 1288 | 1:46:23 | Richard Gray       |                             | Male   | 611        | M40   | 107       | 1:45:45   | 705      |
| 682 | 1984 | 1:46:24 | Jonothan Harness   |                             | Male   | 612        | M     | 350       | 1:46:13   | 722      |
| 683 | 1959 | 1:46:24 | Karen Manning      | Great Yarmouth Road Runners | Female | 71         | F40   | 14        | 1:46:13   | 723      |
| 684 | 1224 | 1:46:26 | Simon Edwards      |                             | Male   | 613        | M     | 351       | 1:45:40   | 699      |
| 685 | 180  | 1:46:27 | Andrew Goff        |                             | Male   | 614        | M     | 352       | 1:44:25   | 629      |
| 686 | 1199 | 1:46:29 | David Bane         |                             | Male   | 615        | M45   | 88        | 1:45:02   | 661      |
| 687 | 403  | 1:46:29 | Jonathan Elias     |                             | Male   | 616        | M     | 353       | 1:45:59   | 714      |
| 688 | 2330 | 1:46:29 | Nicholas Smith     |                             | Male   | 617        | M     | 354       | 1:45:50   | 710      |
| 689 | 92   | 1:46:29 | Adrian Fletcher    | Coltishall Jaguars          | Male   | 618        | M40   | 108       | 1:45:32   | 695      |
| 690 | 2305 | 1:46:30 | Simon Beckett      |                             | Male   | 619        | M45   | 89        | 1:44:39   | 638      |
| 691 | 2500 | 1:46:30 | Charlie Parr       | UEA Triathlon Club          | Male   | 620        | M     | 355       | 1:45:09   | 670      |
| 692 | 1589 | 1:46:32 | Christopher Crooke |                             | Male   | 621        | M     | 356       | 1:45:27   | 689      |
| 693 | 757  | 1:46:32 | Andrew Parker      |                             | Male   | 622        | M45   | 90        | 1:45:24   | 684      |
| 694 | 2392 | 1:46:34 | John Leney         |                             | Male   | 623        | M45   | 91        | 1:45:21   | 682      |
| 695 | 520  | 1:46:34 | Roderick Main      |                             | Male   | 624        | M45   | 92        | 1:44:59   | 657      |
| 696 | 1830 | 1:46:34 | Nick Healey        |                             | Male   | 625        | M50   | 46        | 1:45:57   | 713      |
| 697 | 1564 | 1:46:35 | Phil Rowland       | North Norfolk Beach Runners | Male   | 626        | M40   | 109       | 1:46:03   | 716      |
| 698 | 1458 | 1:46:36 | Pete Southall      |                             | Male   | 627        | M     | 357       | 1:45:45   | 706      |
| 699 | 2760 | 1:46:38 | Dan Rix            |                             | Male   | 628        | M     | 358       | 1:43:53   | 599      |
| 700 | 844  | 1:46:38 | Rachel Holman      |                             | Female | 72         | F     | 50        | 1:45:46   | 708      |

# City of Norwich Half Marathon 2011

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# RESULTS

| Pos | Bib  | Time    | Name                     | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|--------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 701 | 1914 | 1:46:41 | Lee Goodwin              |                             | Male   | 629        | M50   | 47        | 1:45:53   | 711      |
| 702 | 1550 | 1:46:42 | Helen Ault               |                             | Female | 73         | F     | 51        | 1:45:15   | 677      |
| 703 | 1504 | 1:46:44 | John Fagan               |                             | Male   | 630        | M     | 359       | 1:45:39   | 698      |
| 704 | 716  | 1:46:45 | Robert Trigg             |                             | Male   | 631        | M     | 360       | 1:46:10   | 720      |
| 705 | 1499 | 1:46:46 | Paul Morris              |                             | Male   | 632        | M     | 361       | 1:45:37   | 696      |
| 706 | 1302 | 1:46:48 | Andrew Davis             |                             | Male   | 633        | M     | 362       | 1:45:30   | 693      |
| 707 | 526  | 1:46:48 | Edwina Lynn              |                             | Female | 74         | F     | 52        | 1:46:07   | 717      |
| 708 | 1752 | 1:46:48 | Peter Adams              |                             | Male   | 634        | M     | 363       | 1:45:43   | 700      |
| 709 | 1651 | 1:46:49 | Hannah McInroy Naylor    |                             | Female | 75         | F     | 53        | 1:45:29   | 691      |
| 710 | 2449 | 1:46:50 | Simon Mitchell           |                             | Male   | 635        | M     | 364       | 1:45:18   | 680      |
| 711 | 1574 | 1:46:50 | Laura Parry              |                             | Female | 76         | F     | 54        | 1:46:07   | 718      |
| 712 | 1730 | 1:46:50 | Catherine Cranmer        |                             | Female | 77         | F     | 55        | 1:45:01   | 660      |
| 713 | 2655 | 1:46:52 | Richard Nolan            |                             | Male   | 636        | M45   | 93        | 1:45:44   | 703      |
| 714 | 2275 | 1:46:52 | Michelle Bull            | Norwich Road Runners        | Female | 78         | F40   | 15        | 1:46:00   | 715      |
| 715 | 1810 | 1:46:55 | Katrina Kwan             |                             | Female | 79         | F     | 56        | 1:46:27   | 727      |
| 716 | 1937 | 1:46:56 | Cliff Lear               | Thetford AC                 | Male   | 637        | M45   | 94        | 1:46:33   | 734      |
| 717 | 2610 | 1:46:56 | Belchin Nevenov Belchiov |                             | Male   | 638        | M     | 365       | 1:46:49   | 743      |
| 718 | 256  | 1:47:00 | Christian Brazier        |                             | Male   | 639        | M     | 366       | 1:45:44   | 704      |
| 719 | 1447 | 1:47:02 | Tom Dawkins              |                             | Male   | 640        | M     | 367       | 1:45:26   | 687      |
| 720 | 2459 | 1:47:03 | Rebecca Layland          | UEA Triathlon Club          | Female | 80         | F     | 57        | 1:45:43   | 701      |
| 721 | 1769 | 1:47:06 | Kevin Sadd               |                             | Male   | 641        | M40   | 110       | 1:45:08   | 668      |
| 722 | 1098 | 1:47:08 | James Chant              |                             | Male   | 642        | M45   | 95        | 1:46:32   | 731      |
| 723 | 2073 | 1:47:09 | Gary Cooper              | Norwich Road Runners        | Male   | 643        | M45   | 96        | 1:45:47   | 709      |
| 724 | 2191 | 1:47:10 | Joe Hiess                | Stamford Striders           | Male   | 644        | M     | 368       | 1:46:25   | 725      |
| 725 | 2665 | 1:47:11 | Charlotte Smith          |                             | Female | 81         | F     | 58        | 1:46:44   | 741      |
| 726 | 2402 | 1:47:11 | Greg Tunmore             |                             | Male   | 645        | M     | 369       | 1:46:28   | 728      |
| 727 | 926  | 1:47:15 | Thomas Cockerill         |                             | Male   | 646        | M     | 370       | 1:46:42   | 739      |
| 728 | 1423 | 1:47:20 | Michael Johnson          | Norwich Road Runners        | Male   | 647        | M40   | 111       | 1:46:51   | 747      |
| 729 | 881  | 1:47:21 | Alex Goff                |                             | Male   | 648        | M     | 371       | 1:46:43   | 740      |
| 730 | 1245 | 1:47:21 | Gavin Vogt               |                             | Male   | 649        | M45   | 97        | 1:45:14   | 675      |
| 731 | 102  | 1:47:22 | Glynn Jones              |                             | Male   | 650        | M40   | 112       | 1:46:59   | 758      |
| 732 | 616  | 1:47:24 | Philip Harvey            |                             | Male   | 651        | M40   | 113       | 1:46:25   | 726      |
| 733 | 874  | 1:47:29 | Chris Price              |                             | Male   | 652        | M45   | 98        | 1:46:14   | 724      |
| 734 | 1786 | 1:47:29 | Thomas Palmer            |                             | Male   | 653        | M55   | 14        | 1:46:31   | 730      |
| 735 | 1284 | 1:47:31 | Nick Cottam              |                             | Male   | 654        | M55   | 15        | 1:45:53   | 712      |
| 736 | 1900 | 1:47:33 | Jon Watkins              |                             | Male   | 655        | M40   | 114       | 1:47:19   | 774      |
| 737 | 1248 | 1:47:34 | Fiona Rich               |                             | Female | 82         | F     | 59        | 1:46:44   | 742      |
| 738 | 1704 | 1:47:35 | Adam Pritchard           |                             | Male   | 656        | M     | 372       | 1:47:35   | 785      |
| 739 | 2386 | 1:47:35 | Nigel Herrod             | Waveney Valley AC           | Male   | 657        | M55   | 16        | 1:46:32   | 732      |
| 740 | 572  | 1:47:35 | Matthew Sutton           | Great Yarmouth Road Runners | Male   | 658        | M     | 373       | 1:46:54   | 751      |
| 741 | 1939 | 1:47:37 | Robert Blackham          |                             | Male   | 659        | M40   | 115       | 1:46:49   | 744      |
| 742 | 2474 | 1:47:39 | Peter Walsh              |                             | Male   | 660        | M     | 374       | 1:46:52   | 748      |
| 743 | 2361 | 1:47:43 | Claire Alcock            |                             | Female | 83         | F40   | 16        | 1:46:49   | 745      |
| 744 | 1156 | 1:47:44 | Jeremy Walters           |                             | Male   | 661        | M40   | 116       | 1:46:53   | 749      |
| 745 | 1897 | 1:47:45 | Chloe Hudson             | Valley Striders             | Female | 84         | F     | 60        | 1:47:33   | 781      |
| 746 | 2044 | 1:47:45 | Alberto Maldonado        |                             | Male   | 662        | M     | 375       | 1:46:08   | 719      |
| 747 | 750  | 1:47:49 | Ian Tooley               | Great Yarmouth Road Runners | Male   | 663        | M50   | 48        | 1:47:18   | 773      |
| 748 | 665  | 1:47:54 | Shaun Davison            |                             | Male   | 664        | M     | 376       | 1:46:30   | 729      |
| 749 | 2822 | 1:47:55 | Richard Deswarte         |                             | Male   | 665        | M45   | 99        | 1:47:22   | 775      |
| 750 | 2350 | 1:47:58 | Mauricio Saldias         | Mornington Chasers          | Male   | 666        | M     | 377       | 1:47:42   | 793      |
| 751 | 1934 | 1:47:59 | Anthony Richardson       |                             | Male   | 667        | M50   | 49        | 1:46:34   | 736      |
| 752 | 1322 | 1:48:00 | Tom Barrett              |                             | Male   | 668        | M     | 378       | 1:46:50   | 746      |
| 753 | 2266 | 1:48:01 | Paul Froelich            | Wimbledon Windmilers        | Male   | 669        | M     | 379       | 1:46:54   | 752      |
| 754 | 1799 | 1:48:03 | Naomi Lowther            |                             | Female | 85         | F     | 61        | 1:46:32   | 733      |
| 755 | 459  | 1:48:03 | Richard Banning          |                             | Male   | 670        | M     | 380       | 1:47:03   | 762      |
| 756 | 455  | 1:48:03 | John Banning             |                             | Male   | 671        | M     | 381       | 1:47:03   | 763      |
| 757 | 2785 | 1:48:04 | Stephen Baker            | Tri-Anglia                  | Male   | 672        | M45   | 100       | 1:46:37   | 738      |
| 758 | 706  | 1:48:07 | Jeremy Storr             | Tri-Anglia                  | Male   | 673        | M     | 382       | 1:46:54   | 753      |
| 759 | 2509 | 1:48:08 | Susan Bennett            |                             | Female | 86         | F50   | 3         | 1:47:07   | 764      |
| 760 | 1200 | 1:48:08 | Christopher Steil        |                             | Male   | 674        | M     | 383       | 1:47:44   | 795      |
| 761 | 2667 | 1:48:09 | Jenny Leng               | Petts Wood Runners          | Female | 87         | F40   | 17        | 1:47:44   | 796      |
| 762 | 1918 | 1:48:09 | Patrick Young            |                             | Male   | 675        | M45   | 101       | 1:46:54   | 754      |
| 763 | 1062 | 1:48:11 | Chris Beeson             |                             | Male   | 676        | M40   | 117       | 1:47:10   | 767      |
| 764 | 2280 | 1:48:12 | Nicky Chapman            |                             | Female | 88         | F     | 62        | 1:47:17   | 771      |
| 765 | 1808 | 1:48:13 | Lauren Fredrickson       | Alchester Running Club      | Female | 89         | F     | 63        | 1:47:08   | 765      |
| 766 | 2048 | 1:48:17 | David Jones              |                             | Male   | 677        | M     | 384       | 1:47:33   | 782      |
| 767 | 2750 | 1:48:19 | Josh Thomas              |                             | Male   | 678        | M     | 385       | 1:47:09   | 766      |
| 768 | 288  | 1:48:20 | Chris Stubbins           |                             | Male   | 679        | M     | 386       | 1:47:22   | 776      |
| 769 | 2444 | 1:48:20 | Stephen Gilbert          |                             | Male   | 680        | M55   | 17        | 1:47:17   | 772      |
| 770 | 1501 | 1:48:21 | Dean Walker              |                             | Male   | 681        | M     | 387       | 1:47:41   | 792      |

# City of Norwich Half Marathon 2011

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# RESULTS

| Pos | Bib  | Time    | Name                 | Club                 | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|----------------------|----------------------|--------|------------|-------|-----------|-----------|----------|
| 771 | 70   | 1:48:22 | Andrew Parfitt       |                      | Male   | 682        | M     | 388       | 1:46:57   | 756      |
| 772 | 373  | 1:48:24 | Julian Smith         |                      | Male   | 683        | M40   | 118       | 1:47:25   | 778      |
| 773 | 360  | 1:48:26 | Ryan Nesbitt         | Norwich Road Runners | Male   | 684        | M     | 389       | 1:47:36   | 787      |
| 774 | 1670 | 1:48:27 | Tom Newcombe         | Birketts Runners AC  | Male   | 685        | M     | 390       | 1:47:40   | 791      |
| 775 | 2393 | 1:48:28 | Craig Witting        | Ryston Runners       | Male   | 686        | M     | 391       | 1:47:42   | 794      |
| 776 | 1629 | 1:48:30 | Tom Coupland         |                      | Male   | 687        | M     | 392       | 1:47:35   | 786      |
| 777 | 2936 | 1:48:30 | Andy Venables        |                      | Male   | 688        | M     | 393       | 1:48:07   | 806      |
| 778 | 2955 | 1:48:31 | Richard King         |                      | Male   | 689        | M40   | 119       | 1:48:09   | 808      |
| 779 | 1773 | 1:48:31 | Paul Gardner         |                      | Male   | 690        | M     | 394       | 1:46:33   | 735      |
| 780 | 615  | 1:48:32 | Edward Stubbings     |                      | Male   | 691        | M     | 395       | 1:46:56   | 755      |
| 781 | 666  | 1:48:33 | Jon Hall             | Tri-Anglia           | Male   | 692        | M40   | 120       | 1:47:23   | 777      |
| 782 | 1471 | 1:48:33 | Tim Greyson          |                      | Male   | 693        | M     | 396       | 1:48:08   | 807      |
| 783 | 2190 | 1:48:33 | James Stubbings      |                      | Male   | 694        | M     | 397       | 1:47:00   | 759      |
| 784 | 2239 | 1:48:34 | Jess Chivers         | Mornington Chasers   | Female | 90         | F     | 64        | 1:47:13   | 768      |
| 785 | 2751 | 1:48:35 | Christopher Puttock  |                      | Male   | 695        | M     | 398       | 1:46:58   | 757      |
| 786 | 1107 | 1:48:35 | Joe Kaye             |                      | Male   | 696        | M     | 399       | 1:46:53   | 750      |
| 787 | 1075 | 1:48:37 | Andreas Paterson     |                      | Male   | 697        | M     | 400       | 1:47:01   | 761      |
| 788 | 2552 | 1:48:37 | Jody Wood            |                      | Male   | 698        | M     | 401       | 1:48:02   | 803      |
| 789 | 2403 | 1:48:40 | Simon Forth          |                      | Male   | 699        | M40   | 121       | 1:48:02   | 804      |
| 790 | 2613 | 1:48:42 | Anna Moore           | Tri-Anglia           | Female | 91         | F     | 65        | 1:47:16   | 770      |
| 791 | 1022 | 1:48:43 | Jeremy Robson        |                      | Male   | 700        | M50   | 50        | 1:48:23   | 816      |
| 792 | 2900 | 1:48:43 | Zoe Denton           |                      | Female | 92         | F     | 66        | 1:47:25   | 779      |
| 793 | 1017 | 1:48:47 | Wayne Tilbury-Larter | Framlingham Flyers   | Male   | 701        | M     | 402       | 1:48:26   | 819      |
| 794 | 1105 | 1:48:52 | Lewis Alcraft        |                      | Male   | 702        | M     | 403       | 1:47:45   | 797      |
| 795 | 847  | 1:48:55 | Mark Burrell         |                      | Male   | 703        | M50   | 51        | 1:47:15   | 769      |
| 796 | 1863 | 1:49:02 | Ian Pope             |                      | Male   | 704        | M     | 404       | 1:47:49   | 799      |
| 797 | 402  | 1:49:05 | Daniel Sweetenham    |                      | Male   | 705        | M     | 405       | 1:47:33   | 783      |
| 798 | 2641 | 1:49:09 | Dickon Ireland       |                      | Male   | 706        | M     | 406       | 1:47:59   | 802      |
| 799 | 1591 | 1:49:10 | Ludovic Malfait      |                      | Male   | 707        | M     | 407       | 1:47:36   | 788      |
| 800 | 1429 | 1:49:11 | Elizabeth Ager       |                      | Female | 93         | F45   | 6         | 1:48:14   | 810      |
| 801 | 2897 | 1:49:12 | Guy Wightman         |                      | Male   | 708        | M50   | 52        | 1:48:42   | 832      |
| 802 | 2899 | 1:49:13 | Jordan Beaumont      |                      | Male   | 709        | M     | 408       | 1:47:55   | 801      |
| 803 | 2205 | 1:49:14 | Adam Paice           |                      | Male   | 710        | M     | 409       | 1:47:49   | 800      |
| 804 | 1386 | 1:49:15 | Louise White         | Thetford AC          | Female | 94         | F     | 67        | 1:48:52   | 840      |
| 805 | 1615 | 1:49:16 | Ian Barker           |                      | Male   | 711        | M40   | 122       | 1:48:56   | 843      |
| 806 | 685  | 1:49:17 | Simon Goldsmith      |                      | Male   | 712        | M     | 410       | 1:48:26   | 820      |
| 807 | 1526 | 1:49:18 | Richard Burbage      | Tri-Anglia           | Male   | 713        | M     | 411       | 1:47:33   | 784      |
| 808 | 1838 | 1:49:19 | Richard Newland      |                      | Male   | 714        | M45   | 102       | 1:48:17   | 812      |
| 809 | 765  | 1:49:20 | James Green          |                      | Male   | 715        | M     | 412       | 1:48:24   | 817      |
| 810 | 113  | 1:49:20 | Vincent Coustham     |                      | Male   | 716        | M     | 413       | 1:48:19   | 814      |
| 811 | 2072 | 1:49:21 | Rob Jervis           |                      | Male   | 717        | M     | 414       | 1:49:02   | 850      |
| 812 | 563  | 1:49:22 | Norman Comfort       |                      | Male   | 718        | M     | 415       | 1:48:32   | 824      |
| 813 | 450  | 1:49:24 | Simon Fabb           |                      | Male   | 719        | M     | 416       | 1:48:02   | 805      |
| 814 | 2727 | 1:49:25 | Hugh Gatenby         |                      | Male   | 720        | M50   | 53        | 1:48:51   | 839      |
| 815 | 1167 | 1:49:26 | Rebecca Cruickshank  |                      | Female | 95         | F     | 68        | 1:49:05   | 854      |
| 816 | 2227 | 1:49:27 | Paul Stephen         |                      | Male   | 721        | M     | 417       | 1:46:36   | 737      |
| 817 | 2635 | 1:49:28 | Nigel Clegg          |                      | Male   | 722        | M40   | 123       | 1:48:15   | 811      |
| 818 | 507  | 1:49:30 | Roger Hobson         | Woodbridge Shufflers | Male   | 723        | M65   | 4         | 1:48:21   | 815      |
| 819 | 1214 | 1:49:31 | Carol Betts          | Norfolk Gazelles     | Female | 96         | F55   | 1         | 1:48:58   | 846      |
| 820 | 132  | 1:49:32 | Carlene Epps         |                      | Female | 97         | F     | 69        | 1:48:17   | 813      |
| 821 | 2268 | 1:49:33 | Luke Williamson      |                      | Male   | 724        | M     | 418       | 1:49:00   | 848      |
| 822 | 2009 | 1:49:33 | Andrew Richardson    |                      | Male   | 725        | M40   | 124       | 1:47:36   | 789      |
| 823 | 1340 | 1:49:34 | Jaime Cryer          |                      | Male   | 726        | M40   | 125       | 1:47:37   | 790      |
| 824 | 91   | 1:49:41 | Danny Newman         |                      | Male   | 727        | M     | 419       | 1:49:04   | 853      |
| 825 | 40   | 1:49:42 | Chris Read           |                      | Male   | 728        | M     | 420       | 1:48:56   | 844      |
| 826 | 859  | 1:49:43 | Phillip Seaman       | Ryston Runners       | Male   | 729        | M55   | 18        | 1:48:57   | 845      |
| 827 | 1279 | 1:49:43 | Oliver Burwood       | Norwich Road Runners | Male   | 730        | M     | 421       | 1:48:29   | 821      |
| 828 | 1922 | 1:49:43 | Ross Campbell        | Tri-Anglia           | Male   | 731        | M50   | 54        | 1:48:54   | 842      |
| 829 | 2485 | 1:49:43 | Debbie Tomkins       | Norwich Road Runners | Female | 98         | F45   | 7         | 1:48:30   | 822      |
| 830 | 892  | 1:49:45 | Stephen Robinson     |                      | Male   | 732        | M45   | 103       | 1:47:45   | 798      |
| 831 | 2670 | 1:49:48 | Thomas Betts         |                      | Male   | 733        | M     | 422       | 1:48:09   | 809      |
| 832 | 1540 | 1:49:51 | Robert Hammond       |                      | Male   | 734        | M     | 423       | 1:47:00   | 760      |
| 833 | 944  | 1:49:52 | Adam Parkhouse       |                      | Male   | 735        | M     | 424       | 1:48:24   | 818      |
| 834 | 1866 | 1:49:52 | Lee Sole             |                      | Male   | 736        | M40   | 126       | 1:49:09   | 859      |
| 835 | 2357 | 1:49:54 | Chris Smith          |                      | Male   | 737        | M     | 425       | 1:47:28   | 780      |
| 836 | 646  | 1:49:56 | Peter Smith          |                      | Male   | 738        | M40   | 127       | 1:49:34   | 875      |
| 837 | 2871 | 1:49:58 | Jane Hannah          |                      | Female | 99         | F     | 70        | 1:49:46   | 883      |
| 838 | 568  | 1:50:00 | David Hirst          |                      | Male   | 739        | M     | 426       | 1:48:34   | 825      |
| 839 | 1204 | 1:50:00 | Jeremy Rhodes        |                      | Male   | 740        | M50   | 55        | 1:49:18   | 867      |
| 840 | 2813 | 1:50:00 | Robert Conway        |                      | Male   | 741        | M55   | 19        | 1:49:07   | 856      |

# City of Norwich Half Marathon 2011

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# RESULTS

| Pos | Bib  | Time    | Name               | Club                           | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|--------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 841 | 1357 | 1:50:00 | Evita Daelefny     |                                | Female | 100        | F     | 71        | 1:48:37   | 828      |
| 842 | 1498 | 1:50:01 | David Riglar       |                                | Male   | 742        | M40   | 128       | 1:49:05   | 855      |
| 843 | 224  | 1:50:04 | Michaela Clarke    |                                | Female | 101        | F     | 72        | 1:49:10   | 860      |
| 844 | 436  | 1:50:04 | Phil Towers        |                                | Male   | 743        | M40   | 129       | 1:48:47   | 836      |
| 845 | 482  | 1:50:06 | Chris Brown        |                                | Male   | 744        | M     | 427       | 1:48:38   | 829      |
| 846 | 2201 | 1:50:07 | Henry Robertson    |                                | Male   | 745        | M     | 428       | 1:48:31   | 823      |
| 847 | 596  | 1:50:07 | Neil Sallis        |                                | Male   | 746        | M     | 429       | 1:48:44   | 835      |
| 848 | 976  | 1:50:10 | Michael Marren     |                                | Male   | 747        | M     | 430       | 1:49:01   | 849      |
| 849 | 1341 | 1:50:10 | Jane Yardy         |                                | Female | 102        | F50   | 4         | 1:49:30   | 870      |
| 850 | 1794 | 1:50:10 | Glen Robinson      | Norwich Road Runners           | Male   | 748        | M     | 431       | 1:48:42   | 833      |
| 851 | 2090 | 1:50:11 | Julie Beales       |                                | Female | 103        | F     | 73        | 1:49:40   | 880      |
| 852 | 1132 | 1:50:11 | Jason Snook        |                                | Male   | 749        | M40   | 130       | 1:49:08   | 857      |
| 853 | 1133 | 1:50:11 | Catherine Garrod   |                                | Female | 104        | F40   | 18        | 1:49:08   | 858      |
| 854 | 2958 | 1:50:13 | Robert Hodges      |                                | Male   | 750        | M     | 432       | 1:49:02   | 851      |
| 855 | 1508 | 1:50:15 | Edward Maule       |                                | Male   | 751        | M     | 433       | 1:49:39   | 879      |
| 856 | 2532 | 1:50:15 | Etienne Swarts     | Bungay Black Dog RC            | Male   | 752        | M45   | 104       | 1:49:46   | 884      |
| 857 | 2754 | 1:50:15 | Victor Milman      |                                | Male   | 753        | M50   | 56        | 1:49:37   | 878      |
| 858 | 2134 | 1:50:17 | Chris Carter       |                                | Male   | 754        | M40   | 131       | 1:49:43   | 881      |
| 859 | 1388 | 1:50:19 | Rolph Patterson    |                                | Male   | 755        | M     | 434       | 1:49:27   | 869      |
| 860 | 667  | 1:50:21 | Pippa Gorman       |                                | Female | 105        | F40   | 19        | 1:49:10   | 861      |
| 861 | 789  | 1:50:23 | Debbie Moore       | Coltishall Jaguars             | Female | 106        | F45   | 8         | 1:49:56   | 892      |
| 862 | 2810 | 1:50:23 | Glenn Woodruff     |                                | Male   | 756        | M40   | 132       | 1:48:48   | 837      |
| 863 | 1112 | 1:50:25 | Roger Smith        |                                | Male   | 757        | M40   | 133       | 1:48:42   | 834      |
| 864 | 2226 | 1:50:25 | Amanda Hards       |                                | Female | 107        | F40   | 20        | 1:49:49   | 888      |
| 865 | 1367 | 1:50:26 | Melanie Widdows    |                                | Female | 108        | F40   | 21        | 1:48:35   | 826      |
| 866 | 25   | 1:50:27 | Vikki Bradley      | Wymondham AC                   | Female | 109        | F     | 74        | 1:49:10   | 862      |
| 867 | 2050 | 1:50:28 | Christopher Wade   | North Norfolk Beach Runners    | Male   | 758        | M     | 435       | 1:49:47   | 887      |
| 868 | 1700 | 1:50:29 | Carl Berriman      |                                | Male   | 759        | M40   | 134       | 1:49:19   | 868      |
| 869 | 2069 | 1:50:31 | Sam Broster        |                                | Male   | 760        | M     | 436       | 1:49:35   | 876      |
| 870 | 2773 | 1:50:32 | Scott Howie        |                                | Male   | 761        | M     | 437       | 1:49:30   | 871      |
| 871 | 826  | 1:50:35 | Richard Daley      | West Suffolk Wheelers/Triathlo | Male   | 762        | M40   | 135       | 1:50:01   | 899      |
| 872 | 301  | 1:50:36 | Phil Henry         |                                | Male   | 763        | M45   | 105       | 1:49:32   | 873      |
| 873 | 816  | 1:50:36 | Justine Shepperson |                                | Female | 110        | F     | 75        | 1:49:46   | 885      |
| 874 | 1212 | 1:50:37 | David James        |                                | Male   | 764        | M40   | 136       | 1:48:36   | 827      |
| 875 | 2263 | 1:50:38 | Leanne Middleton   |                                | Female | 111        | F     | 76        | 1:50:27   | 912      |
| 876 | 404  | 1:50:41 | James Webb         |                                | Male   | 765        | M     | 438       | 1:49:10   | 863      |
| 877 | 312  | 1:50:42 | Matthew Cubitt     |                                | Male   | 766        | M40   | 137       | 1:49:02   | 852      |
| 878 | 774  | 1:50:42 | Oliver Setchell    |                                | Male   | 767        | M     | 439       | 1:50:00   | 897      |
| 879 | 827  | 1:50:43 | Colin Fish         |                                | Male   | 768        | M45   | 106       | 1:49:16   | 866      |
| 880 | 2846 | 1:50:47 | Lukasz Supernak    | St Edmund Pacers               | Male   | 769        | M     | 440       | 1:50:15   | 908      |
| 881 | 1362 | 1:50:47 | James Quarmby      |                                | Male   | 770        | M     | 441       | 1:50:01   | 900      |
| 882 | 2735 | 1:50:50 | Michael Smith      | Wymondham AC                   | Male   | 771        | M65   | 5         | 1:49:57   | 893      |
| 883 | 2074 | 1:50:52 | Adam Williams      |                                | Male   | 772        | M     | 442       | 1:48:41   | 831      |
| 884 | 2101 | 1:50:53 | Karen Grapes       |                                | Female | 112        | F45   | 9         | 1:50:32   | 918      |
| 885 | 607  | 1:50:56 | Stephen Moseley    |                                | Male   | 773        | M40   | 138       | 1:49:10   | 864      |
| 886 | 2651 | 1:50:58 | Pierre Fossat      |                                | Male   | 774        | M     | 443       | 1:50:02   | 901      |
| 887 | 2185 | 1:50:58 | George Lumley      |                                | Male   | 775        | M     | 444       | 1:49:59   | 896      |
| 888 | 395  | 1:51:00 | Adam Cory          |                                | Male   | 776        | M     | 445       | 1:48:50   | 838      |
| 889 | 464  | 1:51:00 | Katie Johnson      |                                | Female | 113        | F     | 77        | 1:49:52   | 889      |
| 890 | 1513 | 1:51:02 | Simon Oats         |                                | Male   | 777        | M40   | 139       | 1:49:52   | 890      |
| 891 | 2019 | 1:51:02 | Jay Thompson       |                                | Male   | 778        | M     | 446       | 1:48:40   | 830      |
| 892 | 1923 | 1:51:03 | Neil Coleman       |                                | Male   | 779        | M45   | 107       | 1:50:14   | 907      |
| 893 | 327  | 1:51:03 | Ian Blackburn      |                                | Male   | 780        | M40   | 140       | 1:50:30   | 915      |
| 894 | 1104 | 1:51:04 | Kate Alcraft       |                                | Female | 114        | F     | 78        | 1:49:57   | 894      |
| 895 | 643  | 1:51:05 | Phillip Bazley     |                                | Male   | 781        | M     | 447       | 1:49:12   | 865      |
| 896 | 295  | 1:51:07 | Matt Hunn          |                                | Male   | 782        | M40   | 141       | 1:50:12   | 906      |
| 897 | 2142 | 1:51:08 | David Carroll      |                                | Male   | 783        | M     | 448       | 1:50:51   | 934      |
| 898 | 387  | 1:51:09 | Rob Saunders       |                                | Male   | 784        | M     | 449       | 1:50:15   | 909      |
| 899 | 884  | 1:51:10 | David Taylor       | Framlingham Flyers             | Male   | 785        | M60   | 8         | 1:49:46   | 886      |
| 900 | 2297 | 1:51:12 | John Plowright     | Ryston Runners                 | Male   | 786        | M55   | 20        | 1:50:05   | 903      |
| 901 | 2949 | 1:51:13 | Shunsuke Tomii     |                                | Male   | 787        | M     | 450       | 1:51:07   | 947      |
| 902 | 1695 | 1:51:14 | Paul Lever         |                                | Male   | 788        | M     | 451       | 1:49:35   | 877      |
| 903 | 2934 | 1:51:16 | Ben Boswell        |                                | Male   | 789        | M     | 452       | 1:50:26   | 911      |
| 904 | 2228 | 1:51:18 | Gordon Maw         | Norwich Road Runners           | Male   | 790        | M40   | 142       | 1:49:30   | 872      |
| 905 | 2902 | 1:51:19 | Paul White         |                                | Male   | 791        | M50   | 57        | 1:50:56   | 940      |
| 906 | 943  | 1:51:20 | Kevin Frostick     |                                | Male   | 792        | M     | 453       | 1:49:32   | 874      |
| 907 | 2346 | 1:51:21 | Ian Woods          | Norfolk Gazelles               | Male   | 793        | M50   | 58        | 1:50:44   | 932      |
| 908 | 2351 | 1:51:23 | Simon Brockington  | Muddy Mucky Munkeys            | Male   | 794        | M40   | 143       | 1:50:11   | 905      |
| 909 | 1219 | 1:51:24 | Gareth Jones       |                                | Male   | 795        | M     | 454       | 1:50:33   | 921      |
| 910 | 215  | 1:51:25 | Jimmy Seymour      |                                | Male   | 796        | M     | 455       | 1:49:43   | 882      |

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# RESULTS

| Pos | Bib  | Time    | Name                 | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|-----|------|---------|----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 911 | 95   | 1:51:28 | Robert Harris        |                             | Male   | 797        | M40   | 144       | 1:51:11   | 951      |
| 912 | 1579 | 1:51:31 | Gordon Capperauld    |                             | Male   | 798        | M     | 456       | 1:51:15   | 953      |
| 913 | 2056 | 1:51:34 | Sonya Cooper         |                             | Female | 115        | F     | 79        | 1:50:58   | 941      |
| 914 | 2717 | 1:51:35 | Richard Draeger      |                             | Male   | 799        | M     | 457       | 1:50:36   | 924      |
| 915 | 777  | 1:51:35 | Justin Long          |                             | Male   | 800        | M     | 458       | 1:50:40   | 930      |
| 916 | 899  | 1:51:35 | Andy Peck            | Great Yarmouth Road Runners | Male   | 801        | M40   | 145       | 1:50:43   | 931      |
| 917 | 100  | 1:51:37 | Ian Beggs            |                             | Male   | 802        | M40   | 146       | 1:50:36   | 925      |
| 918 | 1275 | 1:51:38 | David Rutter         |                             | Male   | 803        | M     | 459       | 1:48:58   | 847      |
| 919 | 2515 | 1:51:38 | Charles Wood         | Norwich Road Runners        | Male   | 804        | M50   | 59        | 1:50:18   | 910      |
| 920 | 2656 | 1:51:39 | Susan Nolan          |                             | Female | 116        | F45   | 10        | 1:50:30   | 916      |
| 921 | 625  | 1:51:39 | Elmo Geldenhuys      |                             | Male   | 805        | M40   | 147       | 1:51:11   | 952      |
| 922 | 235  | 1:51:39 | Nic Oughton          | Great Western Runners       | Male   | 806        | M40   | 148       | 1:51:21   | 961      |
| 923 | 1626 | 1:51:41 | Angie Bear           | Wymondham AC                | Female | 117        | F50   | 5         | 1:50:38   | 928      |
| 924 | 1749 | 1:51:42 | Gareth O'Neill       |                             | Male   | 807        | M     | 460       | 1:50:33   | 922      |
| 925 | 525  | 1:51:42 | Daniel Smith         |                             | Male   | 808        | M     | 461       | 1:49:55   | 891      |
| 926 | 2550 | 1:51:44 | Christopher Cox      | Reepham Runners             | Male   | 809        | M     | 462       | 1:51:04   | 946      |
| 927 | 1861 | 1:51:45 | Graham Steven        | Cambridge & Coleridge AC    | Male   | 810        | M     | 463       | 1:51:02   | 944      |
| 928 | 1158 | 1:51:45 | Simon Cooper         |                             | Male   | 811        | M45   | 108       | 1:50:02   | 902      |
| 929 | 2645 | 1:51:47 | Michael Franks       |                             | Male   | 812        | M50   | 60        | 1:50:32   | 919      |
| 930 | 1247 | 1:51:47 | Victoria Moody       |                             | Female | 118        | F     | 80        | 1:50:30   | 917      |
| 931 | 2077 | 1:51:47 | Jack Parnell         |                             | Male   | 813        | M     | 464       | 1:50:00   | 898      |
| 932 | 612  | 1:51:48 | Sarah Goodwin        | Wimbledon Windmilers        | Female | 119        | F     | 81        | 1:50:10   | 904      |
| 933 | 1124 | 1:51:49 | Jo Slade             |                             | Female | 120        | F40   | 22        | 1:50:39   | 929      |
| 934 | 141  | 1:51:50 | John Barrett         |                             | Male   | 814        | M     | 465       | 1:51:20   | 958      |
| 935 | 2178 | 1:51:51 | James Buckley        |                             | Male   | 815        | M     | 466       | 1:48:53   | 841      |
| 936 | 2748 | 1:51:53 | Steven Shaw          |                             | Male   | 816        | M     | 467       | 1:50:27   | 913      |
| 937 | 2558 | 1:51:55 | Stuart Peck          |                             | Male   | 817        | M     | 468       | 1:39:50   | 439      |
| 938 | 722  | 1:51:55 | David Robson         |                             | Male   | 818        | M     | 469       | 1:50:51   | 935      |
| 939 | 1986 | 1:51:56 | Ben Gaskins          |                             | Male   | 819        | M     | 470       | 1:51:23   | 962      |
| 940 | 2103 | 1:52:06 | Rachel Bull          |                             | Female | 121        | F     | 82        | 1:51:34   | 966      |
| 941 | 369  | 1:52:06 | Joe Nash             |                             | Male   | 820        | M     | 471       | 1:50:36   | 926      |
| 942 | 405  | 1:52:08 | Alan Sillett         |                             | Male   | 821        | M45   | 109       | 1:49:57   | 895      |
| 943 | 2525 | 1:52:10 | Geoff Spear          |                             | Male   | 822        | M     | 472       | 1:50:59   | 942      |
| 944 | 2124 | 1:52:11 | Anita Mussett        | Colchester Harriers         | Female | 122        | F40   | 23        | 1:51:19   | 957      |
| 945 | 2150 | 1:52:13 | Joshua Edwards       |                             | Male   | 823        | M     | 473       | 1:51:20   | 959      |
| 946 | 2468 | 1:52:13 | Paul Wickens         |                             | Male   | 824        | M     | 474       | 1:50:53   | 938      |
| 947 | 1426 | 1:52:16 | Linda Dworowski      | Barnet & District AC        | Female | 123        | F50   | 6         | 1:51:20   | 960      |
| 948 | 368  | 1:52:18 | Nigel Kinsella       | Greenwich Tritons           | Male   | 825        | M45   | 110       | 1:51:17   | 954      |
| 949 | 2870 | 1:52:18 | Robert Pyke          |                             | Male   | 826        | M     | 475       | 1:50:35   | 923      |
| 950 | 2321 | 1:52:18 | Simon Gowing         |                             | Male   | 827        | M     | 476       | 1:50:52   | 936      |
| 951 | 2439 | 1:52:20 | Jason Shirley        |                             | Male   | 828        | M     | 477       | 1:52:00   | 994      |
| 952 | 1787 | 1:52:23 | Benjamin Forwood     | Hyde Park Harriers          | Male   | 829        | M     | 478       | 1:51:31   | 965      |
| 953 | 1500 | 1:52:27 | Stephen Vaughan      |                             | Male   | 830        | M45   | 111       | 1:51:00   | 943      |
| 954 | 1320 | 1:52:27 | Dan Gladden          |                             | Male   | 831        | M     | 479       | 1:50:52   | 937      |
| 955 | 2624 | 1:52:29 | Lucy Greaves         |                             | Female | 124        | F     | 83        | 1:51:08   | 948      |
| 956 | 1576 | 1:52:30 | James Tully          | Tri-Anglia                  | Male   | 832        | M     | 480       | 1:50:27   | 914      |
| 957 | 2067 | 1:52:32 | Mark Hosking         |                             | Male   | 833        | M     | 481       | 1:51:38   | 974      |
| 958 | 2137 | 1:52:34 | Andrew Maley         |                             | Male   | 834        | M     | 482       | 1:51:18   | 955      |
| 959 | 462  | 1:52:35 | Daniel Hollis        |                             | Male   | 835        | M     | 483       | 1:51:09   | 950      |
| 960 | 1636 | 1:52:36 | Anne-Marie Boyd      |                             | Female | 125        | F     | 84        | 1:51:42   | 976      |
| 961 | 2678 | 1:52:38 | Oscar Forder         |                             | Male   | 836        | M     | 484       | 1:51:44   | 978      |
| 962 | 674  | 1:52:40 | Louise Freestone     | Wymondham AC                | Female | 126        | F     | 85        | 1:50:54   | 939      |
| 963 | 2434 | 1:52:43 | Paul Green           |                             | Male   | 837        | M50   | 61        | 1:52:08   | 999      |
| 964 | 933  | 1:52:44 | Jenny Hobson-Frohock |                             | Female | 127        | F45   | 11        | 1:51:27   | 963      |
| 965 | 273  | 1:52:45 | Lowry Beggs          |                             | Male   | 838        | M45   | 112       | 1:51:08   | 949      |
| 966 | 2772 | 1:52:46 | Andrew Norton        | Dereham Runners             | Male   | 839        | M45   | 113       | 1:52:44   | 1026     |
| 967 | 792  | 1:52:51 | Stacey Harper        |                             | Female | 128        | F     | 86        | 1:51:37   | 971      |
| 968 | 2274 | 1:52:52 | Yvonne Mann          | Bushfield Joggers           | Female | 129        | F60   | 2         | 1:51:18   | 956      |
| 969 | 1255 | 1:52:56 | Andrew Forster       |                             | Male   | 840        | M45   | 114       | 1:51:29   | 964      |
| 970 | 1331 | 1:52:56 | John Gilpin          |                             | Male   | 841        | M45   | 115       | 1:51:59   | 993      |
| 971 | 1906 | 1:52:57 | Warren Moore         |                             | Male   | 842        | M     | 485       | 1:50:32   | 920      |
| 972 | 1820 | 1:52:59 | Louisa Kate Keylock  |                             | Female | 130        | F     | 87        | 1:52:28   | 1012     |
| 973 | 2923 | 1:53:00 | Martin Bell          |                             | Male   | 843        | M45   | 116       | 1:52:29   | 1016     |
| 974 | 2152 | 1:53:02 | James Nicholas       |                             | Male   | 844        | M     | 486       | 1:51:37   | 972      |
| 975 | 566  | 1:53:02 | Luke Sykes           |                             | Male   | 845        | M     | 487       | 1:51:37   | 973      |
| 976 | 1029 | 1:53:02 | Lee Bevis            |                             | Male   | 846        | M     | 488       | 1:51:46   | 981      |
| 977 | 746  | 1:53:08 | Benjamin Foxcroft    |                             | Male   | 847        | M     | 489       | 1:51:36   | 970      |
| 978 | 2118 | 1:53:10 | Charlie Dyke         |                             | Male   | 848        | M55   | 21        | 1:51:50   | 986      |
| 979 | 2488 | 1:53:11 | Alex Scott           |                             | Male   | 849        | M     | 490       | 1:51:35   | 967      |
| 980 | 2378 | 1:53:11 | Mark Circuit         |                             | Male   | 850        | M     | 491       | 1:51:35   | 968      |

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# RESULTS

| Pos  | Bib  | Time    | Name                 | Club                | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|----------------------|---------------------|--------|------------|-------|-----------|-----------|----------|
| 981  | 2377 | 1:53:11 | Richard Green        |                     | Male   | 851        | M     | 492       | 1:51:35   | 969      |
| 982  | 1902 | 1:53:12 | Oliver Nash          |                     | Male   | 852        | M     | 493       | 1:51:42   | 977      |
| 983  | 856  | 1:53:15 | Alan Dunsmore        |                     | Male   | 853        | M     | 494       | 1:51:40   | 975      |
| 984  | 1569 | 1:53:15 | Tom Bushell          |                     | Male   | 854        | M     | 495       | 1:51:45   | 980      |
| 985  | 2458 | 1:53:17 | Peter Finch          | Stowmarket Striders | Male   | 855        | M50   | 62        | 1:52:12   | 1003     |
| 986  | 1702 | 1:53:19 | William Donovan      |                     | Male   | 856        | M     | 496       | 1:51:51   | 987      |
| 987  | 1716 | 1:53:19 | Chris Young          |                     | Male   | 857        | M55   | 22        | 1:53:08   | 1052     |
| 988  | 1462 | 1:53:20 | Dateme Tubotamuno    |                     | Male   | 858        | M     | 497       | 1:51:58   | 991      |
| 989  | 481  | 1:53:22 | Michael Cole         |                     | Male   | 859        | M     | 498       | 1:50:36   | 927      |
| 990  | 877  | 1:53:22 | Simon Grant          |                     | Male   | 860        | M40   | 149       | 1:51:48   | 983      |
| 991  | 2688 | 1:53:23 | Amanda Grey          |                     | Female | 131        | F     | 88        | 1:52:10   | 1002     |
| 992  | 2036 | 1:53:25 | Derek Sadler         |                     | Female | 132        | F55   | 2         | 1:50:44   | 933      |
| 993  | 1365 | 1:53:28 | Laura Nightingale    |                     | Female | 133        | F     | 89        | 1:52:26   | 1010     |
| 994  | 371  | 1:53:28 | Nicholas Chapman     | British Army        | Male   | 861        | M50   | 63        | 1:51:48   | 984      |
| 995  | 54   | 1:53:28 | Sharon Fairweather   |                     | Female | 134        | F     | 90        | 1:51:48   | 985      |
| 996  | 2922 | 1:53:28 | Neil McDougall       |                     | Male   | 862        | M45   | 117       | 1:51:03   | 945      |
| 997  | 2668 | 1:53:29 | Belinda Jennings     |                     | Female | 135        | F     | 91        | 1:52:02   | 996      |
| 998  | 1264 | 1:53:30 | Martin Rule          |                     | Male   | 863        | M45   | 118       | 1:52:19   | 1005     |
| 999  | 715  | 1:53:31 | Sean Harris          |                     | Male   | 864        | M     | 499       | 1:52:22   | 1007     |
| 1000 | 1413 | 1:53:32 | Daniel Wey           |                     | Male   | 865        | M     | 500       | 1:52:30   | 1017     |
| 1001 | 1829 | 1:53:37 | Darren Palgrave      |                     | Male   | 866        | M     | 501       | 1:52:24   | 1008     |
| 1002 | 2618 | 1:53:38 | Paul Mitchell        |                     | Male   | 867        | M50   | 64        | 1:52:49   | 1030     |
| 1003 | 2450 | 1:53:41 | Adam McGrath         |                     | Male   | 868        | M     | 502       | 1:52:15   | 1004     |
| 1004 | 2311 | 1:53:41 | David Barclay        | Norfolk Gazelles    | Male   | 869        | M50   | 65        | 1:53:04   | 1047     |
| 1005 | 1409 | 1:53:42 | Piers Lincoln        |                     | Male   | 870        | M     | 503       | 1:51:46   | 982      |
| 1006 | 188  | 1:53:45 | Geoff Smith          |                     | Male   | 871        | M     | 504       | 1:52:58   | 1039     |
| 1007 | 1982 | 1:53:45 | Steve Jones          |                     | Male   | 872        | M40   | 150       | 1:51:54   | 989      |
| 1008 | 2338 | 1:53:51 | Deb Jones            |                     | Female | 136        | F     | 92        | 1:52:38   | 1023     |
| 1009 | 1933 | 1:53:54 | Ian Fitch            |                     | Male   | 873        | M45   | 119       | 1:52:49   | 1031     |
| 1010 | 1728 | 1:53:56 | Ray Knights          |                     | Male   | 874        | M55   | 23        | 1:53:30   | 1073     |
| 1011 | 2621 | 1:53:57 | Emily Jordan         |                     | Female | 137        | F40   | 24        | 1:51:58   | 992      |
| 1012 | 2806 | 1:53:57 | Garth Berridge       |                     | Male   | 875        | M     | 505       | 1:53:09   | 1054     |
| 1013 | 550  | 1:53:57 | Silje Hovstad        | City Of Norwich AC  | Female | 138        | F     | 93        | 1:52:40   | 1024     |
| 1014 | 1460 | 1:53:58 | James Rayner         |                     | Male   | 876        | M40   | 151       | 1:53:07   | 1050     |
| 1015 | 1521 | 1:53:58 | Victoria Moseley     | Stowmarket Striders | Female | 139        | F     | 94        | 1:53:35   | 1079     |
| 1016 | 2130 | 1:53:59 | Graham Cornish       |                     | Male   | 877        | M40   | 152       | 1:52:21   | 1006     |
| 1017 | 1391 | 1:53:59 | Claire Atkinson      |                     | Female | 140        | F     | 95        | 1:52:53   | 1033     |
| 1018 | 1394 | 1:54:01 | Jo Keenan            |                     | Female | 141        | F     | 96        | 1:52:55   | 1035     |
| 1019 | 361  | 1:54:02 | Peter Sansom         |                     | Male   | 878        | M     | 506       | 1:52:00   | 995      |
| 1020 | 805  | 1:54:02 | David McNicol        |                     | Male   | 879        | M45   | 120       | 1:53:02   | 1044     |
| 1021 | 1421 | 1:54:02 | Andy Gibb            | Tri-Anglia          | Male   | 880        | M     | 507       | 1:52:03   | 997      |
| 1022 | 867  | 1:54:03 | Alec Hunter          |                     | Male   | 881        | M     | 508       | 1:52:28   | 1013     |
| 1023 | 463  | 1:54:03 | Andrew Banning       |                     | Male   | 882        | M     | 509       | 1:53:03   | 1045     |
| 1024 | 1818 | 1:54:05 | Alexander Dray       | UEA Triathlon Club  | Male   | 883        | M     | 510       | 1:52:55   | 1036     |
| 1025 | 419  | 1:54:06 | Garnett Jones        |                     | Male   | 884        | M40   | 153       | 1:53:07   | 1051     |
| 1026 | 73   | 1:54:06 | Lawrence Nick        |                     | Male   | 885        | M45   | 121       | 1:52:28   | 1014     |
| 1027 | 2422 | 1:54:06 | John Ingram          |                     | Male   | 886        | M55   | 24        | 1:53:01   | 1041     |
| 1028 | 2255 | 1:54:07 | Jennifer Graham      | Tri-Anglia          | Female | 142        | F     | 97        | 1:52:48   | 1027     |
| 1029 | 77   | 1:54:07 | Jessica Dewey        |                     | Female | 143        | F     | 98        | 1:52:35   | 1020     |
| 1030 | 1751 | 1:54:08 | Matthew Bailey       |                     | Male   | 887        | M     | 511       | 1:52:05   | 998      |
| 1031 | 76   | 1:54:08 | Kate Wilson          |                     | Female | 144        | F     | 99        | 1:52:35   | 1021     |
| 1032 | 250  | 1:54:09 | Louise Rout          |                     | Male   | 888        | M     | 512       | 1:53:26   | 1069     |
| 1033 | 239  | 1:54:10 | Sue Stirling         | Wymondham AC        | Female | 145        | F45   | 12        | 1:52:25   | 1009     |
| 1034 | 1873 | 1:54:10 | Sean O'Driscoll      | Bushfield Joggers   | Male   | 889        | M50   | 66        | 1:51:44   | 979      |
| 1035 | 1901 | 1:54:15 | Oliver McCormack     |                     | Male   | 890        | M     | 513       | 1:52:28   | 1015     |
| 1036 | 1899 | 1:54:16 | Andrew Willey        | Ipswich Jaffa       | Male   | 891        | M40   | 154       | 1:53:14   | 1059     |
| 1037 | 945  | 1:54:19 | Joe Self             |                     | Male   | 892        | M     | 514       | 1:53:16   | 1061     |
| 1038 | 1669 | 1:54:19 | Jamie Bunten         |                     | Male   | 893        | M40   | 155       | 1:52:55   | 1037     |
| 1039 | 137  | 1:54:19 | Oliver Dack          |                     | Male   | 894        | M     | 515       | 1:52:26   | 1011     |
| 1040 | 1826 | 1:54:20 | Adrian Woodward      |                     | Male   | 895        | M45   | 122       | 1:52:35   | 1022     |
| 1041 | 1732 | 1:54:21 | Mark Hubble          |                     | Male   | 896        | M45   | 123       | 1:53:08   | 1053     |
| 1042 | 1723 | 1:54:21 | Mike Barrett         | Dereham Runners     | Male   | 897        | M55   | 25        | 1:52:51   | 1032     |
| 1043 | 2769 | 1:54:21 | Nathan Burton        |                     | Male   | 898        | M     | 516       | 1:54:16   | 1113     |
| 1044 | 2915 | 1:54:23 | Gavin Lloyd-Thompson |                     | Male   | 899        | M     | 517       | 1:53:21   | 1063     |
| 1045 | 2916 | 1:54:23 | Sam Furness          |                     | Male   | 900        | M     | 518       | 1:53:21   | 1064     |
| 1046 | 2898 | 1:54:24 | Russell Bell         |                     | Male   | 901        | M     | 519       | 1:53:25   | 1068     |
| 1047 | 1015 | 1:54:27 | Charlie Uddin        |                     | Male   | 902        | M     | 520       | 1:53:41   | 1084     |
| 1048 | 1480 | 1:54:31 | Nathan Pittam        | Ipswich Jaffa       | Male   | 903        | M     | 521       | 1:53:03   | 1046     |
| 1049 | 2694 | 1:54:32 | William Delf         | City Of Norwich AC  | Male   | 904        | M50   | 67        | 1:53:55   | 1093     |
| 1050 | 1665 | 1:54:33 | Adam Sturman         |                     | Male   | 905        | M     | 522       | 1:52:42   | 1025     |

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# RESULTS

| Pos  | Bib  | Time    | Name                | Club                    | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|---------------------|-------------------------|--------|------------|-------|-----------|-----------|----------|
| 1051 | 542  | 1:54:33 | Lee Wilson          |                         | Male   | 906        | M     | 523       | 1:53:05   | 1048     |
| 1052 | 251  | 1:54:34 | Charles Sizeland    |                         | Male   | 907        | M     | 524       | 1:52:33   | 1019     |
| 1053 | 1057 | 1:54:35 | Graham Holland      |                         | Male   | 908        | M40   | 156       | 1:53:01   | 1042     |
| 1054 | 2147 | 1:54:35 | Tracy Stevens       | Wymondham AC            | Female | 146        | F40   | 25        | 1:53:34   | 1078     |
| 1055 | 860  | 1:54:35 | Mark Newman         |                         | Male   | 909        | M     | 525       | 1:53:29   | 1072     |
| 1056 | 264  | 1:54:37 | Michael Sowden      | RAF Marham Running Club | Male   | 910        | M     | 526       | 1:53:14   | 1060     |
| 1057 | 1160 | 1:54:38 | Nico Paganini       |                         | Male   | 911        | M40   | 157       | 1:53:39   | 1082     |
| 1058 | 502  | 1:54:38 | Daniel Knights      |                         | Male   | 912        | M     | 527       | 1:54:04   | 1104     |
| 1059 | 1194 | 1:54:38 | Theresa Dooley      |                         | Female | 147        | F40   | 26        | 1:52:48   | 1028     |
| 1060 | 2876 | 1:54:38 | Richard Bisset      |                         | Male   | 913        | M     | 528       | 1:51:55   | 990      |
| 1061 | 1940 | 1:54:39 | Tom Marrison        |                         | Male   | 914        | M     | 529       | 1:52:55   | 1038     |
| 1062 | 1111 | 1:54:40 | Jamie Barber        |                         | Male   | 915        | M     | 530       | 1:53:52   | 1090     |
| 1063 | 1108 | 1:54:40 | Brad Barber         |                         | Male   | 916        | M     | 531       | 1:53:53   | 1091     |
| 1064 | 297  | 1:54:40 | Roger Mason         |                         | Male   | 917        | M55   | 26        | 1:53:01   | 1043     |
| 1065 | 1809 | 1:54:42 | Joanna Killingworth |                         | Female | 148        | F     | 100       | 1:53:22   | 1066     |
| 1066 | 67   | 1:54:47 | Gary Tortice        |                         | Male   | 918        | M     | 532       | 1:53:21   | 1065     |
| 1067 | 2413 | 1:54:49 | Clive Mast          |                         | Male   | 919        | M45   | 124       | 1:52:48   | 1029     |
| 1068 | 1163 | 1:54:49 | Jonathan Eagle      |                         | Male   | 920        | M     | 533       | 1:53:18   | 1062     |
| 1069 | 229  | 1:54:51 | John Miller         |                         | Male   | 921        | M45   | 125       | 1:53:28   | 1071     |
| 1070 | 2287 | 1:54:51 | Kirstie Blencowe    | Ely Runners             | Female | 149        | F     | 101       | 1:53:41   | 1085     |
| 1071 | 654  | 1:54:52 | Hopi Sen            |                         | Male   | 922        | M     | 534       | 1:51:52   | 988      |
| 1072 | 656  | 1:54:53 | Tammy Smith         | Norwich Road Runners    | Female | 150        | F     | 102       | 1:53:31   | 1074     |
| 1073 | 1032 | 1:54:54 | John Robertson      |                         | Male   | 923        | M45   | 126       | 1:52:09   | 1001     |
| 1074 | 1697 | 1:54:54 | Adam Banham         |                         | Male   | 924        | M     | 535       | 1:53:09   | 1055     |
| 1075 | 2933 | 1:54:56 | Robert Gibbons      |                         | Male   | 925        | M     | 536       | 1:52:08   | 1000     |
| 1076 | 2786 | 1:54:57 | Oliver Diggins      |                         | Male   | 926        | M     | 537       | 1:53:33   | 1076     |
| 1077 | 2771 | 1:54:57 | Matt Rantell        |                         | Male   | 927        | M     | 538       | 1:53:33   | 1077     |
| 1078 | 1087 | 1:54:57 | Peter Durham        |                         | Male   | 928        | M45   | 127       | 1:54:00   | 1098     |
| 1079 | 2568 | 1:54:58 | Samuel Whitham      |                         | Male   | 929        | M     | 539       | 1:53:44   | 1087     |
| 1080 | 801  | 1:54:59 | Ian Green           |                         | Male   | 930        | M     | 540       | 1:54:03   | 1103     |
| 1081 | 2423 | 1:55:01 | Timothy Churchill   |                         | Male   | 931        | M     | 541       | 1:52:58   | 1040     |
| 1082 | 1491 | 1:55:04 | Tina Winzer         |                         | Female | 151        | F     | 103       | 1:53:59   | 1096     |
| 1083 | 1492 | 1:55:04 | Giles Hartwright    |                         | Male   | 932        | M     | 542       | 1:54:00   | 1099     |
| 1084 | 838  | 1:55:06 | Hayley Draper       |                         | Female | 152        | F     | 104       | 1:53:56   | 1094     |
| 1085 | 1489 | 1:55:08 | Steven Mills        |                         | Male   | 933        | M     | 543       | 1:53:42   | 1086     |
| 1086 | 723  | 1:55:09 | Pashenka Beddar     |                         | Male   | 934        | M     | 544       | 1:53:54   | 1092     |
| 1087 | 2004 | 1:55:11 | Jeroen Adeler       |                         | Male   | 935        | M     | 545       | 1:54:23   | 1119     |
| 1088 | 1531 | 1:55:12 | Ken Joyce           |                         | Male   | 936        | M50   | 68        | 1:53:58   | 1095     |
| 1089 | 2619 | 1:55:13 | Paul Hill           |                         | Male   | 937        | M     | 546       | 1:53:45   | 1088     |
| 1090 | 1327 | 1:55:15 | Andrew Peebles      |                         | Male   | 938        | M     | 547       | 1:54:54   | 1147     |
| 1091 | 1738 | 1:55:15 | Tim Emery           | Felixstowe RRC          | Male   | 939        | M45   | 128       | 1:54:09   | 1109     |
| 1092 | 1795 | 1:55:16 | Shane Nicholl       |                         | Male   | 940        | M     | 548       | 1:54:37   | 1131     |
| 1093 | 1784 | 1:55:16 | Leanne Morgan       |                         | Female | 153        | F     | 105       | 1:53:11   | 1056     |
| 1094 | 1785 | 1:55:16 | Ryan Seymour        |                         | Male   | 941        | M     | 549       | 1:53:11   | 1057     |
| 1095 | 2814 | 1:55:16 | Damian Conway       |                         | Male   | 942        | M50   | 69        | 1:54:23   | 1120     |
| 1096 | 703  | 1:55:16 | Natasha Steggles    |                         | Female | 154        | F     | 106       | 1:53:26   | 1070     |
| 1097 | 2910 | 1:55:17 | Jamie Price         |                         | Male   | 943        | M     | 550       | 1:53:37   | 1081     |
| 1098 | 1412 | 1:55:18 | Craig Catchpole     |                         | Male   | 944        | M     | 551       | 1:52:53   | 1034     |
| 1099 | 2628 | 1:55:19 | Roger Dye           |                         | Male   | 945        | M40   | 158       | 1:54:48   | 1142     |
| 1100 | 486  | 1:55:20 | Jennifer Clarke     |                         | Female | 155        | F     | 107       | 1:53:32   | 1075     |
| 1101 | 1817 | 1:55:20 | Gary Fryer          |                         | Male   | 946        | M     | 552       | 1:53:23   | 1067     |
| 1102 | 512  | 1:55:21 | Jason Pilbrow       |                         | Male   | 947        | M     | 553       | 1:53:39   | 1083     |
| 1103 | 1599 | 1:55:21 | Bob Arthur          | RAF Marham Running Club | Male   | 948        | M40   | 159       | 1:54:01   | 1101     |
| 1104 | 581  | 1:55:24 | Mark MacKinder      |                         | Male   | 949        | M50   | 70        | 1:52:30   | 1018     |
| 1105 | 2602 | 1:55:24 | Mark Leek           |                         | Male   | 950        | M     | 554       | 1:53:59   | 1097     |
| 1106 | 2441 | 1:55:24 | Peter Fitt          |                         | Male   | 951        | M     | 555       | 1:53:13   | 1058     |
| 1107 | 1710 | 1:55:24 | Marie Davies        |                         | Female | 156        | F     | 108       | 1:54:06   | 1106     |
| 1108 | 811  | 1:55:26 | Charlotte Boucher   |                         | Female | 157        | F     | 109       | 1:54:36   | 1129     |
| 1109 | 1862 | 1:55:26 | Helen Mian          |                         | Female | 158        | F40   | 27        | 1:54:35   | 1126     |
| 1110 | 2507 | 1:55:27 | Charlotte Wootton   |                         | Female | 159        | F40   | 28        | 1:54:34   | 1125     |
| 1111 | 2572 | 1:55:29 | Rebecca Widdows     | Coltishall Jaguars      | Female | 160        | F     | 110       | 1:54:17   | 1114     |
| 1112 | 556  | 1:55:30 | Geoffrey Garfoot    |                         | Male   | 952        | M45   | 129       | 1:54:21   | 1117     |
| 1113 | 2171 | 1:55:31 | Dominic Sindall     |                         | Male   | 953        | M     | 556       | 1:54:48   | 1143     |
| 1114 | 416  | 1:55:32 | Tom Marr            |                         | Male   | 954        | M     | 557       | 1:54:49   | 1145     |
| 1115 | 657  | 1:55:33 | Nick Dean           |                         | Male   | 955        | M40   | 160       | 1:54:28   | 1121     |
| 1116 | 345  | 1:55:33 | Richard Sage        |                         | Male   | 956        | M     | 558       | 1:53:05   | 1049     |
| 1117 | 1858 | 1:55:35 | Keith Hood          | Wymondham AC            | Male   | 957        | M50   | 71        | 1:54:10   | 1110     |
| 1118 | 2141 | 1:55:37 | John Gilbert        |                         | Male   | 958        | M45   | 130       | 1:54:12   | 1112     |
| 1119 | 2567 | 1:55:39 | Phillip Semmence    |                         | Male   | 959        | M     | 559       | 1:55:09   | 1161     |
| 1120 | 651  | 1:55:39 | William Thrower     |                         | Male   | 960        | M     | 560       | 1:53:47   | 1089     |

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# RESULTS

| Pos  | Bib  | Time    | Name                | Club                 | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|---------------------|----------------------|--------|------------|-------|-----------|-----------|----------|
| 1121 | 52   | 1:55:43 | Tom MacKay          |                      | Male   | 961        | M     | 561       | 1:54:17   | 1115     |
| 1122 | 2180 | 1:55:44 | Graham Worsfold     |                      | Male   | 962        | M     | 562       | 1:54:00   | 1100     |
| 1123 | 2767 | 1:55:45 | Ian Baker           |                      | Male   | 963        | M60   | 9         | 1:55:02   | 1154     |
| 1124 | 1310 | 1:55:45 | Jane Stafford       | Norwich Road Runners | Female | 161        | F45   | 13        | 1:54:22   | 1118     |
| 1125 | 732  | 1:55:46 | Emma-Jane Watchorn  |                      | Female | 162        | F     | 111       | 1:54:43   | 1139     |
| 1126 | 2527 | 1:55:46 | David Lock          |                      | Male   | 964        | M45   | 131       | 1:54:57   | 1152     |
| 1127 | 1585 | 1:55:46 | Tony Hodgson        |                      | Male   | 965        | M40   | 161       | 1:55:25   | 1179     |
| 1128 | 2729 | 1:55:46 | Mike Hooper         |                      | Male   | 966        | M     | 563       | 1:54:18   | 1116     |
| 1129 | 2702 | 1:55:47 | Stuart Mann         | Norwich Road Runners | Male   | 967        | M45   | 132       | 1:55:01   | 1153     |
| 1130 | 1586 | 1:55:48 | Christopher Moulton | Sudbury Joggers      | Male   | 968        | M     | 564       | 1:55:28   | 1181     |
| 1131 | 1611 | 1:55:49 | Shane England       | RAF                  | Male   | 969        | M40   | 162       | 1:54:42   | 1138     |
| 1132 | 437  | 1:55:50 | Jafar Ojra          | UEA                  | Male   | 970        | M     | 565       | 1:54:37   | 1132     |
| 1133 | 681  | 1:55:50 | Luke Kelly          |                      | Male   | 971        | M     | 566       | 1:54:41   | 1135     |
| 1134 | 1465 | 1:55:51 | Lisa Smith          |                      | Female | 163        | F     | 112       | 1:54:41   | 1136     |
| 1135 | 2766 | 1:55:52 | Carl Fawkes         |                      | Male   | 972        | M     | 567       | 1:55:11   | 1164     |
| 1136 | 1268 | 1:55:54 | Jen Rudd            | Wymondham AC         | Female | 164        | F     | 113       | 1:54:10   | 1111     |
| 1137 | 296  | 1:55:56 | Dylan Thomas        |                      | Male   | 973        | M     | 568       | 1:53:35   | 1080     |
| 1138 | 2020 | 1:55:58 | Simon Titmus        |                      | Male   | 974        | M     | 569       | 1:54:35   | 1127     |
| 1139 | 2737 | 1:55:58 | Paul Crocker        | Royston Runners      | Male   | 975        | M45   | 133       | 1:55:16   | 1170     |
| 1140 | 2420 | 1:55:58 | George Woodley      |                      | Male   | 976        | M     | 570       | 1:54:05   | 1105     |
| 1141 | 1734 | 1:56:01 | Paul Goulsbra       |                      | Male   | 977        | M40   | 163       | 1:55:06   | 1157     |
| 1142 | 812  | 1:56:02 | David Johnson       |                      | Male   | 978        | M     | 571       | 1:54:30   | 1123     |
| 1143 | 194  | 1:56:03 | Matthew Webber      |                      | Male   | 979        | M40   | 164       | 1:54:06   | 1107     |
| 1144 | 195  | 1:56:03 | Liam Brown          |                      | Male   | 980        | M     | 572       | 1:54:06   | 1108     |
| 1145 | 1643 | 1:56:04 | Terry Downing       |                      | Male   | 981        | M55   | 27        | 1:54:45   | 1140     |
| 1146 | 2115 | 1:56:09 | Jemma Mickleburgh   |                      | Female | 165        | F     | 114       | 1:54:50   | 1146     |
| 1147 | 2824 | 1:56:10 | Adrian Adamiak      |                      | Male   | 982        | M     | 573       | 1:54:54   | 1148     |
| 1148 | 1971 | 1:56:10 | Luke Casey          |                      | Male   | 983        | M     | 574       | 1:54:41   | 1137     |
| 1149 | 586  | 1:56:13 | David Lewis         | Waveney Valley AC    | Male   | 984        | M     | 575       | 1:55:23   | 1177     |
| 1150 | 394  | 1:56:16 | Paul Robbins        |                      | Male   | 985        | M40   | 165       | 1:55:07   | 1158     |
| 1151 | 1720 | 1:56:17 | Glen Glover         |                      | Male   | 986        | M     | 576       | 1:54:02   | 1102     |
| 1152 | 891  | 1:56:18 | Carly Jermy         | Norwich Road Runners | Female | 166        | F     | 115       | 1:54:48   | 1144     |
| 1153 | 1976 | 1:56:19 | Paul Wilby          |                      | Male   | 987        | M     | 577       | 1:54:56   | 1149     |
| 1154 | 1975 | 1:56:19 | Harriet Drewry      |                      | Female | 167        | F     | 116       | 1:54:56   | 1150     |
| 1155 | 2627 | 1:56:19 | Jayne Hudson        |                      | Female | 168        | F     | 117       | 1:54:45   | 1141     |
| 1156 | 1544 | 1:56:22 | Donna Atkinson      |                      | Female | 169        | F     | 118       | 1:54:36   | 1130     |
| 1157 | 43   | 1:56:23 | Sam Patterson       |                      | Male   | 988        | M     | 578       | 1:54:39   | 1134     |
| 1158 | 555  | 1:56:23 | Renata Garfoot      |                      | Female | 170        | F     | 119       | 1:55:14   | 1167     |
| 1159 | 530  | 1:56:27 | Andrew Breakspear   |                      | Male   | 989        | M     | 579       | 1:54:56   | 1151     |
| 1160 | 2629 | 1:56:27 | Damian Ashcroft     |                      | Male   | 990        | M45   | 134       | 1:55:12   | 1165     |
| 1161 | 2832 | 1:56:29 | Lisa Howard         | Norwich Road Runners | Female | 171        | F     | 120       | 1:55:07   | 1159     |
| 1162 | 1715 | 1:56:30 | Juliette Emma Meek  | Ryston Runners       | Female | 172        | F     | 121       | 1:54:35   | 1128     |
| 1163 | 803  | 1:56:32 | Edric T Merciful    |                      | Male   | 991        | M     | 580       | 1:54:31   | 1124     |
| 1164 | 1590 | 1:56:34 | Jeff Crooke         |                      | Male   | 992        | M60   | 10        | 1:54:29   | 1122     |
| 1165 | 274  | 1:56:37 | Danny Branch        |                      | Male   | 993        | M     | 581       | 1:54:37   | 1133     |
| 1166 | 1155 | 1:56:40 | James Luong         |                      | Male   | 994        | M     | 582       | 1:55:10   | 1163     |
| 1167 | 1258 | 1:56:41 | Patsy Bradley       | Wymondham AC         | Female | 173        | F50   | 7         | 1:55:23   | 1178     |
| 1168 | 1115 | 1:56:41 | Edward Wharton      |                      | Male   | 995        | M45   | 135       | 1:55:04   | 1155     |
| 1169 | 134  | 1:56:43 | Nick Gurney         |                      | Male   | 996        | M     | 583       | 1:55:34   | 1187     |
| 1170 | 133  | 1:56:43 | Kerry London        |                      | Female | 174        | F     | 122       | 1:55:34   | 1188     |
| 1171 | 349  | 1:56:46 | Peter Young         |                      | Male   | 997        | M     | 584       | 1:55:17   | 1171     |
| 1172 | 989  | 1:56:46 | Daniel Starling     |                      | Male   | 998        | M     | 585       | 1:55:17   | 1172     |
| 1173 | 1023 | 1:56:47 | Colin Voss          |                      | Male   | 999        | M40   | 166       | 1:55:20   | 1175     |
| 1174 | 2924 | 1:56:50 | Mark Curtis         |                      | Male   | 1000       | M     | 586       | 1:55:18   | 1174     |
| 1175 | 1699 | 1:56:57 | Jason Lewis         |                      | Male   | 1001       | M     | 587       | 1:55:55   | 1201     |
| 1176 | 2723 | 1:56:58 | David Daniels       | Stowmarket Striders  | Male   | 1002       | M45   | 136       | 1:55:17   | 1173     |
| 1177 | 1754 | 1:56:59 | Ian St Ledger       |                      | Male   | 1003       | M45   | 137       | 1:55:09   | 1162     |
| 1178 | 2483 | 1:57:00 | Chris Sargisson     |                      | Male   | 1004       | M40   | 167       | 1:55:47   | 1195     |
| 1179 | 557  | 1:57:01 | Marie House         |                      | Female | 175        | F     | 123       | 1:55:29   | 1183     |
| 1180 | 1282 | 1:57:02 | Dee St Ledger       | Sudbury Joggers      | Female | 176        | F45   | 14        | 1:55:13   | 1166     |
| 1181 | 1296 | 1:57:02 | Nick Ockmore        |                      | Male   | 1005       | M     | 588       | 1:55:32   | 1185     |
| 1182 | 701  | 1:57:03 | Stefan Flasche      |                      | Male   | 1006       | M     | 589       | 1:56:08   | 1216     |
| 1183 | 2784 | 1:57:03 | Paul Darby          |                      | Male   | 1007       | M45   | 138       | 1:55:05   | 1156     |
| 1184 | 2136 | 1:57:03 | Madeleine King      |                      | Female | 177        | F     | 124       | 1:55:08   | 1160     |
| 1185 | 1593 | 1:57:08 | Nigel Gilham        | Bungay Black Dog RC  | Male   | 1008       | M55   | 28        | 1:55:22   | 1176     |
| 1186 | 2463 | 1:57:11 | Charlie Birchall    |                      | Male   | 1009       | M     | 590       | 1:55:48   | 1198     |
| 1187 | 1876 | 1:57:14 | Robert Hardy        |                      | Male   | 1010       | M     | 591       | 1:55:25   | 1180     |
| 1188 | 2589 | 1:57:15 | Michael Small       |                      | Male   | 1011       | M     | 592       | 1:56:07   | 1214     |
| 1189 | 2950 | 1:57:16 | Lawrence Gaston     |                      | Male   | 1012       | M     | 593       | 1:55:57   | 1205     |
| 1190 | 2951 | 1:57:17 | Lewis Gaston        |                      | Male   | 1013       | M     | 594       | 1:55:57   | 1206     |

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# RESULTS

| Pos  | Bib  | Time    | Name                 | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1191 | 34   | 1:57:17 | Emma Renouf          |                             | Female | 178        | F     | 125       | 1:55:14   | 1168     |
| 1192 | 150  | 1:57:20 | Ryan Peacock         | RAF Marham Running Club     | Male   | 1014       | M45   | 139       | 1:56:00   | 1207     |
| 1193 | 1685 | 1:57:21 | Graham Penn          |                             | Male   | 1015       | M55   | 29        | 1:55:56   | 1203     |
| 1194 | 569  | 1:57:23 | Tim Beven            |                             | Male   | 1016       | M45   | 140       | 1:56:09   | 1217     |
| 1195 | 1845 | 1:57:25 | Jill Stanforth       |                             | Female | 179        | F     | 126       | 1:55:53   | 1199     |
| 1196 | 1169 | 1:57:28 | Denise Fulton        |                             | Female | 180        | F45   | 15        | 1:56:30   | 1233     |
| 1197 | 1171 | 1:57:30 | Mark Boyd            |                             | Male   | 1017       | M     | 595       | 1:55:44   | 1192     |
| 1198 | 494  | 1:57:30 | David Stunell        |                             | Male   | 1018       | M     | 596       | 1:56:30   | 1234     |
| 1199 | 2289 | 1:57:31 | Luke Collins         |                             | Male   | 1019       | M     | 597       | 1:56:33   | 1236     |
| 1200 | 2203 | 1:57:32 | Martin Punchard      |                             | Male   | 1020       | M40   | 168       | 1:55:56   | 1204     |
| 1201 | 609  | 1:57:32 | Katie Harvey         | Bildeston Bounders AC       | Female | 181        | F     | 127       | 1:56:42   | 1244     |
| 1202 | 610  | 1:57:32 | Glen Harvey          | Bildeston Bounders AC       | Male   | 1021       | M50   | 72        | 1:56:41   | 1242     |
| 1203 | 2657 | 1:57:34 | Cath Breckell        |                             | Female | 182        | F     | 128       | 1:56:24   | 1224     |
| 1204 | 1661 | 1:57:35 | Gail Hardingham      | Norfolk Gazelles            | Female | 183        | F50   | 8         | 1:56:16   | 1220     |
| 1205 | 2076 | 1:57:36 | Amanda Tremlett      |                             | Female | 184        | F45   | 16        | 1:55:15   | 1169     |
| 1206 | 2503 | 1:57:36 | Laine Taylor         | Phoenix Stryders            | Male   | 1022       | M     | 598       | 1:55:45   | 1193     |
| 1207 | 2511 | 1:57:37 | Gareth Davies        |                             | Male   | 1023       | M     | 599       | 1:55:46   | 1194     |
| 1208 | 1563 | 1:57:38 | Richard Cadman       | Reepham Runners             | Male   | 1024       | M50   | 73        | 1:55:34   | 1189     |
| 1209 | 1222 | 1:57:38 | Del Wood             | Challenge Central           | Male   | 1025       | M     | 600       | 1:56:29   | 1231     |
| 1210 | 337  | 1:57:39 | Michael Rice         |                             | Male   | 1026       | M     | 601       | 1:56:10   | 1218     |
| 1211 | 2281 | 1:57:40 | Tracy Canham         |                             | Female | 185        | F     | 129       | 1:56:45   | 1247     |
| 1212 | 855  | 1:57:41 | John Tilbrook        |                             | Male   | 1027       | M65   | 6         | 1:55:38   | 1190     |
| 1213 | 2679 | 1:57:41 | Bob Paul             | Bungay Black Dog RC         | Male   | 1028       | M55   | 30        | 1:55:55   | 1202     |
| 1214 | 458  | 1:57:42 | Emily Howard         |                             | Female | 186        | F     | 130       | 1:55:53   | 1200     |
| 1215 | 2428 | 1:57:43 | Ross Bailey          |                             | Male   | 1029       | M45   | 141       | 1:55:28   | 1182     |
| 1216 | 740  | 1:57:44 | Ruth Colgan          | West 4 Harriers             | Female | 187        | F45   | 17        | 1:56:53   | 1251     |
| 1217 | 1003 | 1:57:44 | Christopher Bush     |                             | Male   | 1030       | M     | 602       | 1:56:03   | 1210     |
| 1218 | 2362 | 1:57:44 | Tim Tilbrook         |                             | Male   | 1031       | M50   | 74        | 1:56:47   | 1250     |
| 1219 | 2807 | 1:57:45 | Vince Butler         | Tri-Anglia                  | Male   | 1032       | M40   | 169       | 1:56:45   | 1248     |
| 1220 | 2543 | 1:57:47 | Jackie Harrop        | Norfolk Gazelles            | Female | 188        | F45   | 18        | 1:56:53   | 1252     |
| 1221 | 2054 | 1:57:50 | Sue Brumby           |                             | Female | 189        | F45   | 19        | 1:55:30   | 1184     |
| 1222 | 1693 | 1:57:54 | Penny Studley        | Great Yarmouth & Waveney AC | Female | 190        | F     | 131       | 1:57:23   | 1271     |
| 1223 | 53   | 1:57:57 | Susan Guest          |                             | Female | 191        | F45   | 20        | 1:56:24   | 1225     |
| 1224 | 1649 | 1:57:58 | Benjamin Slater      |                             | Male   | 1033       | M     | 603       | 1:56:06   | 1213     |
| 1225 | 2763 | 1:58:00 | Rick Page            |                             | Male   | 1034       | M50   | 75        | 1:56:40   | 1241     |
| 1226 | 2864 | 1:58:01 | Richard Keeble       |                             | Male   | 1035       | M55   | 31        | 1:56:04   | 1212     |
| 1227 | 2002 | 1:58:01 | Gemma Dullea         |                             | Female | 192        | F     | 132       | 1:56:23   | 1222     |
| 1228 | 2262 | 1:58:02 | Adam Glover          |                             | Male   | 1036       | M     | 604       | 1:55:47   | 1196     |
| 1229 | 1319 | 1:58:02 | Katherine Morris     |                             | Female | 193        | F     | 133       | 1:56:42   | 1245     |
| 1230 | 2123 | 1:58:03 | Stuart Cleevely      |                             | Male   | 1037       | M     | 605       | 1:56:01   | 1208     |
| 1231 | 2117 | 1:58:03 | Russell Harmer       |                             | Male   | 1038       | M     | 606       | 1:56:58   | 1258     |
| 1232 | 603  | 1:58:04 | Nico Bryant          |                             | Male   | 1039       | M     | 607       | 1:56:55   | 1253     |
| 1233 | 1393 | 1:58:07 | Michael Burrell      |                             | Male   | 1040       | M45   | 142       | 1:56:27   | 1229     |
| 1234 | 2204 | 1:58:07 | Robert King          |                             | Male   | 1041       | M     | 608       | 1:56:31   | 1235     |
| 1235 | 2246 | 1:58:11 | Ricky Wood           | Wimbledon Windmilers        | Male   | 1042       | M40   | 170       | 1:57:04   | 1265     |
| 1236 | 2174 | 1:58:14 | Julie Wright         |                             | Female | 194        | F     | 134       | 1:56:26   | 1227     |
| 1237 | 2173 | 1:58:14 | Dave Brooks          |                             | Male   | 1043       | M     | 609       | 1:56:26   | 1228     |
| 1238 | 2612 | 1:58:14 | Seyhan Bedri Myumyun |                             | Male   | 1044       | M     | 610       | 1:58:08   | 1307     |
| 1239 | 2469 | 1:58:15 | Daniel Nolan         |                             | Male   | 1045       | M45   | 143       | 1:56:25   | 1226     |
| 1240 | 1701 | 1:58:16 | Shona Bendix         | Bungay Black Dog RC         | Female | 195        | F40   | 29        | 1:56:37   | 1238     |
| 1241 | 755  | 1:58:16 | Tony Batting         |                             | Male   | 1046       | M45   | 144       | 1:56:19   | 1221     |
| 1242 | 2530 | 1:58:17 | Ian Smith            |                             | Male   | 1047       | M45   | 145       | 1:56:23   | 1223     |
| 1243 | 1384 | 1:58:18 | Matt Firman          |                             | Male   | 1048       | M     | 611       | 1:56:37   | 1239     |
| 1244 | 2912 | 1:58:19 | Keith Borrett        | Stowmarket Striders         | Male   | 1049       | M55   | 32        | 1:57:58   | 1299     |
| 1245 | 749  | 1:58:21 | Cathy Tooley         | Great Yarmouth Road Runners | Female | 196        | F45   | 21        | 1:57:28   | 1274     |
| 1246 | 1987 | 1:58:21 | Jerry Thompson Jr    |                             | Male   | 1050       | M     | 612       | 1:57:51   | 1296     |
| 1247 | 864  | 1:58:22 | Jeremy Brockelsby    |                             | Male   | 1051       | M40   | 171       | 1:56:39   | 1240     |
| 1248 | 425  | 1:58:22 | Adam Peake           | RAF Marham Running Club     | Male   | 1052       | M     | 613       | 1:57:00   | 1262     |
| 1249 | 1778 | 1:58:23 | Ben Houldsworth      |                             | Male   | 1053       | M     | 614       | 1:56:36   | 1237     |
| 1250 | 1306 | 1:58:23 | Debbie Baker         |                             | Female | 197        | F     | 135       | 1:57:05   | 1266     |
| 1251 | 2574 | 1:58:23 | Dennis Rogers        |                             | Male   | 1054       | M40   | 172       | 1:57:00   | 1263     |
| 1252 | 2761 | 1:58:23 | Shane Lutkin         |                             | Male   | 1055       | M55   | 33        | 1:55:39   | 1191     |
| 1253 | 1347 | 1:58:23 | Robert Tillyard      | St Edmund Pacers            | Male   | 1056       | M45   | 146       | 1:56:11   | 1219     |
| 1254 | 742  | 1:58:25 | Liz Pardon           |                             | Female | 198        | F40   | 30        | 1:56:29   | 1232     |
| 1255 | 982  | 1:58:25 | Declan Farrell       |                             | Male   | 1057       | M     | 615       | 1:57:06   | 1268     |
| 1256 | 2091 | 1:58:27 | Sandra Wilson        |                             | Female | 199        | F55   | 3         | 1:57:56   | 1298     |
| 1257 | 2396 | 1:58:28 | Jan Lotter           |                             | Male   | 1058       | M     | 616       | 1:56:45   | 1249     |
| 1258 | 2623 | 1:58:29 | Ray Harrison         |                             | Male   | 1059       | M55   | 34        | 1:55:33   | 1186     |
| 1259 | 1552 | 1:58:32 | Simon Woods          |                             | Male   | 1060       | M     | 617       | 1:56:03   | 1211     |
| 1260 | 2471 | 1:58:33 | Michaela Kadanikova  | Ipswich Jaffa               | Female | 200        | F     | 136       | 1:57:05   | 1267     |

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# RESULTS

| Pos  | Bib  | Time    | Name                   | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1261 | 1418 | 1:58:35 | Gavin Warnes           |                             | Male   | 1061       | M     | 618       | 1:56:01   | 1209     |
| 1262 | 955  | 1:58:39 | Philippa Rudd          | Norwich Road Runners        | Female | 201        | F45   | 22        | 1:56:27   | 1230     |
| 1263 | 2541 | 1:58:39 | Siobhan Burns          |                             | Female | 202        | F40   | 31        | 1:57:23   | 1272     |
| 1264 | 1114 | 1:58:42 | Rachael Lockwood       | Wymondham AC                | Female | 203        | F     | 137       | 1:56:59   | 1260     |
| 1265 | 379  | 1:58:44 | John Cumpson           |                             | Male   | 1062       | M40   | 173       | 1:57:07   | 1269     |
| 1266 | 1664 | 1:58:43 | Tom Bulman             |                             | Male   | 1063       | M     | 619       | 1:55:47   | 1197     |
| 1267 | 2673 | 1:58:44 | Greg Westbrook         |                             | Male   | 1064       | M     | 620       | 1:56:42   | 1246     |
| 1268 | 922  | 1:58:46 | Marli Ekkerd           |                             | Female | 204        | F     | 138       | 1:58:25   | 1321     |
| 1269 | 2451 | 1:58:47 | Marie Worrall          | Great Yarmouth Road Runners | Female | 205        | F40   | 32        | 1:57:55   | 1297     |
| 1270 | 626  | 1:58:49 | Ben Marshall           |                             | Male   | 1065       | M     | 621       | 1:56:41   | 1243     |
| 1271 | 904  | 1:58:51 | Michelle Passam        |                             | Female | 206        | F40   | 33        | 1:57:58   | 1300     |
| 1272 | 1016 | 1:58:52 | Sarah Hoyle            |                             | Female | 207        | F     | 139       | 1:57:42   | 1287     |
| 1273 | 206  | 1:58:57 | Julian Minichiello     |                             | Male   | 1066       | M45   | 147       | 1:56:07   | 1215     |
| 1274 | 72   | 1:58:58 | Tom Leeder             |                             | Male   | 1067       | M     | 622       | 1:56:58   | 1259     |
| 1275 | 2858 | 1:59:03 | David Wild             |                             | Male   | 1068       | M45   | 148       | 1:57:21   | 1270     |
| 1276 | 2676 | 1:59:05 | Adam Morfakis          |                             | Male   | 1069       | M     | 623       | 1:57:44   | 1288     |
| 1277 | 807  | 1:59:06 | Keith Dickens          | North Norfolk Beach Runners | Male   | 1070       | M60   | 11        | 1:58:09   | 1308     |
| 1278 | 846  | 1:59:06 | Guy Rash               |                             | Male   | 1071       | M45   | 149       | 1:56:55   | 1254     |
| 1279 | 836  | 1:59:06 | Alice Shiner           |                             | Female | 208        | F     | 140       | 1:57:26   | 1273     |
| 1280 | 1106 | 1:59:08 | Tom Hall               |                             | Male   | 1072       | M     | 624       | 1:57:37   | 1282     |
| 1281 | 1138 | 1:59:09 | Philip Wood            |                             | Male   | 1073       | M     | 625       | 1:57:37   | 1283     |
| 1282 | 977  | 1:59:12 | Chris Groves           | Tri-Anglia                  | Male   | 1074       | M60   | 12        | 1:56:59   | 1261     |
| 1283 | 1955 | 1:59:15 | Beverley Jayne Rackham |                             | Female | 209        | F50   | 9         | 1:58:18   | 1316     |
| 1284 | 2478 | 1:59:15 | Lucy Wright            |                             | Female | 210        | F     | 141       | 1:58:19   | 1318     |
| 1285 | 2745 | 1:59:17 | Toni George            |                             | Female | 211        | F     | 142       | 1:58:25   | 1322     |
| 1286 | 2400 | 1:59:18 | Edward Webster         |                             | Male   | 1075       | M50   | 76        | 1:57:35   | 1279     |
| 1287 | 1602 | 1:59:22 | Rebekah Stamps         |                             | Female | 212        | F40   | 34        | 1:58:37   | 1339     |
| 1288 | 1859 | 1:59:23 | James McCormack        |                             | Male   | 1076       | M     | 626       | 1:58:13   | 1312     |
| 1289 | 2491 | 1:59:23 | Alec Fraser            | North Norfolk Beach Runners | Male   | 1077       | M65   | 7         | 1:58:25   | 1323     |
| 1290 | 191  | 1:59:23 | Robert Hawes           |                             | Male   | 1078       | M40   | 174       | 1:58:44   | 1343     |
| 1291 | 2416 | 1:59:24 | Steve Smith            |                             | Male   | 1079       | M     | 627       | 1:58:44   | 1344     |
| 1292 | 2940 | 1:59:26 | Dan Hamilton           |                             | Male   | 1080       | M45   | 150       | 1:57:59   | 1301     |
| 1293 | 1991 | 1:59:26 | John Rutterford        |                             | Male   | 1081       | M     | 628       | 1:56:55   | 1255     |
| 1294 | 2012 | 1:59:27 | Ian Guest              |                             | Male   | 1082       | M50   | 77        | 1:57:49   | 1293     |
| 1295 | 2349 | 1:59:27 | Jonathan Marsden       |                             | Male   | 1083       | M40   | 175       | 1:58:02   | 1305     |
| 1296 | 2473 | 1:59:29 | Peter Waters           |                             | Male   | 1084       | M40   | 176       | 1:57:35   | 1280     |
| 1297 | 974  | 1:59:30 | Iain Patterson         |                             | Male   | 1085       | M     | 629       | 1:57:29   | 1275     |
| 1298 | 303  | 1:59:31 | Tim Dawson             |                             | Male   | 1086       | M     | 630       | 1:57:49   | 1294     |
| 1299 | 1650 | 1:59:33 | Colin Large            | Elmbridge Road Runners      | Male   | 1087       | M50   | 78        | 1:56:55   | 1256     |
| 1300 | 2098 | 1:59:35 | Helene Hunter          |                             | Female | 213        | F     | 143       | 1:57:32   | 1278     |
| 1301 | 408  | 1:59:37 | Kelly Hobbins          |                             | Female | 214        | F     | 144       | 1:58:53   | 1349     |
| 1302 | 477  | 1:59:39 | Tim Bradshaw           |                             | Male   | 1088       | M     | 631       | 1:58:15   | 1313     |
| 1303 | 920  | 1:59:41 | Nicola Steggles        | Wymondham AC                | Female | 215        | F45   | 23        | 1:58:46   | 1347     |
| 1304 | 676  | 1:59:42 | Richard Pilch          |                             | Male   | 1089       | M60   | 13        | 1:59:16   | 1368     |
| 1305 | 713  | 1:59:42 | Lawrence Shipp         |                             | Male   | 1090       | M     | 632       | 1:58:26   | 1325     |
| 1306 | 1311 | 1:59:42 | Ivan Lees              | Great Yarmouth Road Runners | Male   | 1091       | M55   | 35        | 1:57:46   | 1291     |
| 1307 | 1215 | 1:59:43 | Brian Best             |                             | Male   | 1092       | M65   | 8         | 1:58:31   | 1329     |
| 1308 | 589  | 1:59:43 | Scott Burns            |                             | Male   | 1093       | M     | 633       | 1:58:34   | 1333     |
| 1309 | 647  | 1:59:46 | Neil Burke             |                             | Male   | 1094       | M     | 634       | 1:57:59   | 1302     |
| 1310 | 1069 | 1:59:47 | Tim O'Mullane          |                             | Male   | 1095       | M50   | 79        | 1:58:09   | 1309     |
| 1311 | 2258 | 1:59:47 | Grant King             |                             | Male   | 1096       | M     | 635       | 1:57:29   | 1276     |
| 1312 | 591  | 1:59:48 | Victoria Warwick-Evans |                             | Female | 216        | F     | 145       | 1:58:38   | 1341     |
| 1313 | 495  | 1:59:48 | Hayley Hooper          |                             | Female | 217        | F     | 146       | 1:58:32   | 1330     |
| 1314 | 2064 | 1:59:49 | Janice Moore           | Dereham Runners             | Female | 218        | F45   | 24        | 1:58:09   | 1310     |
| 1315 | 309  | 1:59:49 | Claire Brooks          |                             | Female | 219        | F     | 147       | 1:58:36   | 1336     |
| 1316 | 247  | 1:59:50 | Sarah Barr-Young       |                             | Female | 220        | F     | 148       | 1:58:28   | 1327     |
| 1317 | 680  | 1:59:51 | Cassie Barker          | Wymondham AC                | Female | 221        | F     | 149       | 1:58:05   | 1306     |
| 1318 | 2559 | 1:59:56 | Simon Loydall          |                             | Male   | 1097       | M     | 636       | 1:58:01   | 1304     |
| 1319 | 1463 | 1:59:57 | Mark Johnson           |                             | Male   | 1098       | M     | 637       | 1:59:39   | 1381     |
| 1320 | 311  | 1:59:58 | Martha Malherbe        | Dereham Runners             | Female | 222        | F     | 150       | 1:58:58   | 1353     |
| 1321 | 2104 | 1:59:58 | Georgiana Simmons      |                             | Female | 223        | F     | 151       | 1:57:00   | 1264     |
| 1322 | 898  | 1:59:59 | Justin Hudson          |                             | Male   | 1099       | M40   | 177       | 1:58:19   | 1319     |
| 1323 | 779  | 2:00:00 | Mary Schofield         |                             | Female | 224        | F     | 152       | 1:58:15   | 1314     |
| 1324 | 292  | 2:00:03 | Kevin Sadler           |                             | Male   | 1100       | M45   | 151       | 1:58:20   | 1320     |
| 1325 | 298  | 2:00:06 | Amanda Beuselink       | Metros RC                   | Female | 225        | F40   | 35        | 1:57:35   | 1281     |
| 1326 | 1478 | 2:00:07 | Colin Alford           |                             | Male   | 1101       | M45   | 152       | 1:58:26   | 1326     |
| 1327 | 638  | 2:00:08 | Nathaniel Booker       |                             | Male   | 1102       | M     | 638       | 1:58:25   | 1324     |
| 1328 | 2869 | 2:00:08 | Peter Elphick          |                             | Male   | 1103       | M45   | 153       | 1:58:00   | 1303     |
| 1329 | 1425 | 2:00:08 | Darren Powell          |                             | Male   | 1104       | M45   | 154       | 1:58:11   | 1311     |
| 1330 | 2016 | 2:00:09 | Julz Williams          |                             | Female | 226        | F     | 153       | 1:57:44   | 1289     |

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# RESULTS

| Pos  | Bib  | Time    | Name                   | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1331 | 1827 | 2:00:10 | Scott Wilkinson        |                             | Male   | 1105       | M     | 639       | 1:57:29   | 1277     |
| 1332 | 2299 | 2:00:10 | Ashley Martin          | RAF Marham Running Club     | Male   | 1106       | M     | 640       | 1:58:56   | 1350     |
| 1333 | 2116 | 2:00:11 | Victoria Harmer        |                             | Female | 227        | F     | 154       | 1:59:06   | 1360     |
| 1334 | 158  | 2:00:12 | Carl Saunders          |                             | Male   | 1107       | M     | 641       | 1:58:33   | 1331     |
| 1335 | 727  | 2:00:13 | Lea Fennelly           |                             | Male   | 1108       | M     | 642       | 1:59:03   | 1358     |
| 1336 | 65   | 2:00:13 | Steven Hatch           |                             | Male   | 1109       | M45   | 155       | 1:58:36   | 1337     |
| 1337 | 2139 | 2:00:13 | James Hornagold        |                             | Male   | 1110       | M     | 643       | 1:58:42   | 1342     |
| 1338 | 1082 | 2:00:13 | Kerry Nicholls         | Great Yarmouth Road Runners | Female | 228        | F40   | 36        | 1:58:45   | 1346     |
| 1339 | 1382 | 2:00:13 | Madeline Howarth       |                             | Female | 229        | F     | 155       | 1:57:39   | 1285     |
| 1340 | 1762 | 2:00:14 | Ben Mitchell           |                             | Male   | 1111       | M     | 644       | 1:59:06   | 1361     |
| 1341 | 2250 | 2:00:14 | Katie Mack             | City Of Norwich AC          | Female | 230        | F     | 156       | 1:57:49   | 1295     |
| 1342 | 1775 | 2:00:14 | Sonja White            |                             | Female | 231        | F     | 157       | 1:59:06   | 1362     |
| 1343 | 790  | 2:00:15 | Lisa Hext              | Stafford Harriers           | Female | 232        | F     | 158       | 1:57:46   | 1292     |
| 1344 | 1560 | 2:00:15 | Daniel Shanks          |                             | Male   | 1112       | M     | 645       | 1:57:38   | 1284     |
| 1345 | 2548 | 2:00:16 | Karle Howard           |                             | Male   | 1113       | M40   | 178       | 1:57:41   | 1286     |
| 1346 | 1815 | 2:00:19 | Kate Richardson        |                             | Female | 233        | F40   | 37        | 1:58:15   | 1315     |
| 1347 | 2022 | 2:00:22 | Wayne McAllister       | Barking Roadrunners         | Male   | 1114       | M45   | 156       | 1:57:44   | 1290     |
| 1348 | 2486 | 2:00:22 | Renate Hope            |                             | Female | 234        | F     | 159       | 1:58:18   | 1317     |
| 1349 | 1781 | 2:00:24 | Anita Grainger         |                             | Female | 235        | F40   | 38        | 1:58:48   | 1348     |
| 1350 | 2399 | 2:00:28 | David Stamper          |                             | Male   | 1115       | M45   | 157       | 1:58:34   | 1334     |
| 1351 | 1628 | 2:00:33 | Mandy Foyster          |                             | Female | 236        | F45   | 25        | 1:59:12   | 1364     |
| 1352 | 1567 | 2:00:33 | Anne Wones             |                             | Female | 237        | F40   | 39        | 1:59:12   | 1365     |
| 1353 | 1568 | 2:00:34 | Adrian Leeder          |                             | Male   | 1116       | M     | 646       | 1:56:56   | 1257     |
| 1354 | 583  | 2:00:38 | Andrew White           |                             | Male   | 1117       | M40   | 179       | 1:59:01   | 1356     |
| 1355 | 1588 | 2:00:42 | Sarah Bays             |                             | Female | 238        | F40   | 40        | 1:58:33   | 1332     |
| 1356 | 1487 | 2:00:46 | David Harwood          |                             | Male   | 1118       | M     | 647       | 1:58:57   | 1351     |
| 1357 | 1241 | 2:00:47 | Luke Harris            |                             | Male   | 1119       | M     | 648       | 1:58:30   | 1328     |
| 1358 | 1561 | 2:00:48 | James Francis          |                             | Male   | 1120       | M     | 649       | 1:58:59   | 1354     |
| 1359 | 1225 | 2:00:48 | Natasha Russell-Clarke |                             | Female | 239        | F     | 160       | 1:59:15   | 1367     |
| 1360 | 1779 | 2:00:49 | Tim Orr                |                             | Male   | 1121       | M     | 650       | 1:58:44   | 1345     |
| 1361 | 1836 | 2:00:50 | Glen Barron            |                             | Male   | 1122       | M40   | 180       | 1:59:12   | 1366     |
| 1362 | 600  | 2:00:54 | Sarah Chowdhury        |                             | Female | 240        | F     | 161       | 1:59:53   | 1389     |
| 1363 | 2607 | 2:00:56 | Will Chenery           |                             | Male   | 1123       | M     | 651       | 1:59:29   | 1374     |
| 1364 | 2359 | 2:00:57 | Trude Barber           |                             | Female | 241        | F     | 162       | 1:58:57   | 1352     |
| 1365 | 564  | 2:00:57 | Richard Rice           |                             | Male   | 1124       | M     | 652       | 1:59:31   | 1375     |
| 1366 | 1033 | 2:00:59 | Alison Marchant        |                             | Female | 242        | F40   | 41        | 1:59:03   | 1359     |
| 1367 | 998  | 2:01:01 | Andrew Hovell          |                             | Male   | 1125       | M40   | 181       | 1:59:22   | 1370     |
| 1368 | 2841 | 2:01:03 | Richard Bulman         | Reepham Runners             | Male   | 1126       | M60   | 14        | 1:58:59   | 1355     |
| 1369 | 986  | 2:01:04 | Craig Taylor           |                             | Male   | 1127       | M     | 653       | 1:59:57   | 1393     |
| 1370 | 1196 | 2:01:05 | Karen Death            |                             | Female | 243        | F40   | 42        | 1:59:07   | 1363     |
| 1371 | 1776 | 2:01:13 | Chris Dugdale          |                             | Male   | 1128       | M45   | 158       | 1:58:37   | 1340     |
| 1372 | 1002 | 2:01:18 | Daniel Boulter         | Cove Joggers                | Male   | 1129       | M     | 654       | 1:58:35   | 1335     |
| 1373 | 2746 | 2:01:19 | Richard Lerner         |                             | Male   | 1130       | M50   | 80        | 1:59:41   | 1382     |
| 1374 | 696  | 2:01:20 | Robert Grand           |                             | Male   | 1131       | M     | 655       | 1:59:23   | 1371     |
| 1375 | 415  | 2:01:21 | Matthew Southby        |                             | Male   | 1132       | M     | 656       | 1:59:49   | 1387     |
| 1376 | 420  | 2:01:21 | Alistair Dawson        |                             | Male   | 1133       | M     | 657       | 1:58:36   | 1338     |
| 1377 | 2384 | 2:01:21 | Rohit Upasani          |                             | Male   | 1134       | M     | 658       | 1:59:59   | 1398     |
| 1378 | 1989 | 2:01:24 | David Blake            |                             | Male   | 1135       | M45   | 159       | 1:59:16   | 1369     |
| 1379 | 1981 | 2:01:26 | Gajan Chellappah       |                             | Male   | 1136       | M     | 659       | 2:00:43   | 1420     |
| 1380 | 640  | 2:01:26 | Nicholas Carpenter     |                             | Male   | 1137       | M65   | 9         | 1:59:41   | 1383     |
| 1381 | 1705 | 2:01:27 | Martin Spilsted        |                             | Male   | 1138       | M     | 660       | 2:00:12   | 1410     |
| 1382 | 552  | 2:01:31 | Samantha Mulley        |                             | Female | 244        | F     | 163       | 2:01:23   | 1446     |
| 1383 | 599  | 2:01:31 | Richard Heath          |                             | Male   | 1139       | M     | 661       | 1:59:02   | 1357     |
| 1384 | 326  | 2:01:33 | Daniel Critchlow       |                             | Male   | 1140       | M     | 662       | 1:59:43   | 1384     |
| 1385 | 854  | 2:01:34 | Simon Grand            |                             | Male   | 1141       | M     | 663       | 1:59:37   | 1379     |
| 1386 | 2374 | 2:01:34 | David Haldane          |                             | Male   | 1142       | M40   | 182       | 1:59:33   | 1376     |
| 1387 | 1197 | 2:01:36 | Paul Wallace           | Stowmarket Striders         | Male   | 1143       | M45   | 160       | 1:59:38   | 1380     |
| 1388 | 1330 | 2:01:37 | Mark Vaughan           |                             | Male   | 1144       | M50   | 81        | 2:00:04   | 1401     |
| 1389 | 1537 | 2:01:38 | Tony Payne             |                             | Male   | 1145       | M45   | 161       | 1:59:25   | 1372     |
| 1390 | 1058 | 2:01:38 | Donna Talby            |                             | Female | 245        | F     | 164       | 2:00:06   | 1405     |
| 1391 | 2480 | 2:01:39 | Neal Costen            |                             | Male   | 1146       | M40   | 183       | 1:59:45   | 1386     |
| 1392 | 2721 | 2:01:41 | Simon Redding          |                             | Male   | 1147       | M45   | 162       | 1:59:53   | 1390     |
| 1393 | 1182 | 2:01:42 | Alex Taylor            |                             | Male   | 1148       | M     | 664       | 2:00:11   | 1409     |
| 1394 | 2335 | 2:01:42 | Daniel Wittred         |                             | Male   | 1149       | M     | 665       | 2:00:14   | 1411     |
| 1395 | 48   | 2:01:43 | William Router         | Wymondham AC                | Male   | 1150       | M50   | 82        | 1:59:58   | 1395     |
| 1396 | 1624 | 2:01:45 | Amelia Whiting         |                             | Female | 246        | F     | 165       | 1:59:58   | 1396     |
| 1397 | 825  | 2:01:48 | Ian Breeze             |                             | Male   | 1151       | M40   | 184       | 2:00:46   | 1422     |
| 1398 | 2537 | 2:01:48 | James Hill             |                             | Male   | 1152       | M     | 666       | 2:00:10   | 1406     |
| 1399 | 1974 | 2:01:50 | Michele Gray           |                             | Female | 247        | F45   | 26        | 1:59:43   | 1385     |
| 1400 | 2447 | 2:01:52 | Joshua Williams        |                             | Male   | 1153       | M     | 667       | 1:59:57   | 1394     |

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# RESULTS

| Pos  | Bib  | Time    | Name                | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|---------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1401 | 2169 | 2:01:54 | Mirrick Koh         |                             | Male   | 1154       | M     | 668       | 1:59:28   | 1373     |
| 1402 | 1337 | 2:01:55 | George Weston       |                             | Male   | 1155       | M     | 669       | 2:00:36   | 1415     |
| 1403 | 2909 | 2:01:58 | Martin Walsh        |                             | Male   | 1156       | M55   | 36        | 1:59:34   | 1377     |
| 1404 | 731  | 2:01:58 | Ivan Carr           |                             | Male   | 1157       | M40   | 185       | 2:00:57   | 1431     |
| 1405 | 503  | 2:01:58 | Pauline Richardson  | Great Yarmouth Road Runners | Female | 248        | F50   | 10        | 2:00:00   | 1399     |
| 1406 | 47   | 2:01:59 | Mark Williamson     |                             | Male   | 1158       | M     | 670       | 2:00:58   | 1432     |
| 1407 | 1072 | 2:01:59 | Rachel Taylor       |                             | Female | 249        | F     | 166       | 1:59:35   | 1378     |
| 1408 | 2364 | 2:02:02 | Terry Youll         | Norwich Road Runners        | Male   | 1159       | M60   | 15        | 2:01:05   | 1437     |
| 1409 | 1735 | 2:02:03 | Christine Breeze    |                             | Female | 250        | F50   | 11        | 2:00:10   | 1407     |
| 1410 | 2457 | 2:02:03 | Edward Payne        |                             | Male   | 1160       | M60   | 16        | 2:00:02   | 1400     |
| 1411 | 775  | 2:02:04 | Jon Collard         |                             | Male   | 1161       | M     | 671       | 1:59:58   | 1397     |
| 1412 | 2308 | 2:02:06 | Ben Warnes          | RAF Marham Running Club     | Male   | 1162       | M     | 672       | 2:00:52   | 1426     |
| 1413 | 2432 | 2:02:06 | Rob Cameron         |                             | Male   | 1163       | M     | 673       | 2:00:45   | 1421     |
| 1414 | 2433 | 2:02:06 | Erica Eriksson      |                             | Female | 251        | F     | 167       | 2:00:46   | 1423     |
| 1415 | 2757 | 2:02:08 | Bridget Stevens     |                             | Female | 252        | F45   | 27        | 2:00:17   | 1413     |
| 1416 | 522  | 2:02:10 | Mark Easter         |                             | Male   | 1164       | M     | 674       | 1:59:52   | 1388     |
| 1417 | 521  | 2:02:10 | Robert Wilde        |                             | Male   | 1165       | M     | 675       | 1:59:53   | 1391     |
| 1418 | 2753 | 2:02:14 | Luke Parker         |                             | Male   | 1166       | M     | 676       | 2:01:01   | 1434     |
| 1419 | 1530 | 2:02:16 | Michael Scott       |                             | Male   | 1167       | M50   | 83        | 2:00:04   | 1402     |
| 1420 | 442  | 2:02:16 | Tracy Fabb          |                             | Female | 253        | F     | 168       | 2:00:54   | 1428     |
| 1421 | 781  | 2:02:17 | Elizabeth Beauchamp |                             | Female | 254        | F     | 169       | 2:00:25   | 1414     |
| 1422 | 2823 | 2:02:17 | Jennie Humphries    |                             | Female | 255        | F45   | 28        | 2:00:39   | 1418     |
| 1423 | 399  | 2:02:20 | Louise Panter       |                             | Female | 256        | F40   | 43        | 1:59:56   | 1392     |
| 1424 | 2593 | 2:02:24 | Craig Bowen-Jones   |                             | Male   | 1168       | M40   | 186       | 2:00:55   | 1429     |
| 1425 | 2594 | 2:02:24 | Tracey Bowen-Jones  |                             | Female | 257        | F40   | 44        | 2:00:55   | 1430     |
| 1426 | 1944 | 2:02:25 | Holly Hazell        |                             | Female | 258        | F     | 170       | 2:00:05   | 1403     |
| 1427 | 1875 | 2:02:26 | Bee Chapman         | Newmarket Joggers           | Female | 259        | F45   | 29        | 2:00:49   | 1424     |
| 1428 | 268  | 2:02:26 | Andrew English      |                             | Male   | 1169       | M45   | 163       | 2:00:53   | 1427     |
| 1429 | 628  | 2:02:30 | Jonathan Hudson     |                             | Male   | 1170       | M     | 677       | 2:01:05   | 1438     |
| 1430 | 2345 | 2:02:31 | Michael Smith       | Wymondham AC                | Male   | 1171       | M65   | 10        | 2:00:51   | 1425     |
| 1431 | 1140 | 2:02:32 | Sam Morley          |                             | Male   | 1172       | M     | 678       | 2:01:25   | 1448     |
| 1432 | 1848 | 2:02:32 | Kirsty Fisher       |                             | Female | 260        | F     | 171       | 2:01:12   | 1442     |
| 1433 | 497  | 2:02:34 | Gemma Sullivan      |                             | Female | 261        | F     | 172       | 2:02:20   | 1483     |
| 1434 | 1878 | 2:02:35 | Esther Norton       |                             | Female | 262        | F40   | 45        | 2:01:23   | 1447     |
| 1435 | 1141 | 2:02:35 | Feria Siblon        |                             | Female | 263        | F50   | 12        | 2:00:05   | 1404     |
| 1436 | 2908 | 2:02:40 | Kieran Walsh        |                             | Male   | 1173       | M     | 679       | 2:00:16   | 1412     |
| 1437 | 2852 | 2:02:40 | Stephanie Jones     |                             | Female | 264        | F     | 173       | 2:02:04   | 1463     |
| 1438 | 231  | 2:02:41 | Donna Gray          |                             | Female | 265        | F40   | 46        | 2:00:10   | 1408     |
| 1439 | 1045 | 2:02:44 | Matthew Clark       |                             | Male   | 1174       | M40   | 187       | 2:00:36   | 1416     |
| 1440 | 1927 | 2:02:46 | Jackie Gowing       | Wymondham AC                | Female | 266        | F     | 174       | 2:01:28   | 1451     |
| 1441 | 985  | 2:02:49 | Gareth Cross        |                             | Male   | 1175       | M     | 680       | 2:01:43   | 1457     |
| 1442 | 2791 | 2:02:49 | James England       |                             | Male   | 1176       | M50   | 84        | 2:01:03   | 1436     |
| 1443 | 2034 | 2:02:55 | Andy Harrod         | Ryston Runners              | Male   | 1177       | M45   | 164       | 2:02:10   | 1469     |
| 1444 | 919  | 2:02:55 | Carl Manning        | Ryston Runners              | Male   | 1178       | M50   | 85        | 2:02:10   | 1470     |
| 1445 | 123  | 2:02:57 | Stephen Bullen      |                             | Male   | 1179       | M40   | 188       | 2:01:00   | 1433     |
| 1446 | 2304 | 2:02:58 | Paul Camping        |                             | Male   | 1180       | M     | 681       | 2:01:41   | 1456     |
| 1447 | 2962 | 2:03:01 | Matthew Dakers      |                             | Male   | 1181       | M     | 682       | 2:01:19   | 1444     |
| 1448 | 2033 | 2:03:05 | Sarah Smith         |                             | Female | 267        | F40   | 47        | 2:02:07   | 1466     |
| 1449 | 1722 | 2:03:06 | Brian Titchiner     | Dereham Runners             | Male   | 1182       | M45   | 165       | 2:00:42   | 1419     |
| 1450 | 2290 | 2:03:07 | Natalie Thurtle     |                             | Female | 268        | F     | 175       | 2:01:25   | 1449     |
| 1451 | 421  | 2:03:17 | Allan McDuff        |                             | Male   | 1183       | M40   | 189       | 2:00:36   | 1417     |
| 1452 | 2075 | 2:03:19 | Magdy Elsayy        |                             | Male   | 1184       | M55   | 37        | 2:02:14   | 1474     |
| 1453 | 958  | 2:03:19 | Iain White          | Tri-Anglia                  | Male   | 1185       | M60   | 17        | 2:01:05   | 1439     |
| 1454 | 1635 | 2:03:20 | Michelle Lake       | Norwich Road Runners        | Female | 269        | F     | 176       | 2:01:01   | 1435     |
| 1455 | 2905 | 2:03:20 | Helen Dodd          | Norwich Road Runners        | Female | 270        | F     | 177       | 2:01:06   | 1441     |
| 1456 | 2188 | 2:03:22 | Richard Carr        | Ryston Runners              | Male   | 1186       | M     | 683       | 2:02:36   | 1489     |
| 1457 | 2716 | 2:03:25 | David Stokely       |                             | Male   | 1187       | M50   | 86        | 2:02:13   | 1473     |
| 1458 | 888  | 2:03:28 | Jason Mealey        |                             | Male   | 1188       | M40   | 190       | 2:01:22   | 1445     |
| 1459 | 171  | 2:03:29 | Liam Corcoran       |                             | Male   | 1189       | M     | 684       | 2:01:37   | 1455     |
| 1460 | 2794 | 2:03:33 | James Norden        | City Runners                | Male   | 1190       | M45   | 166       | 2:02:10   | 1471     |
| 1461 | 907  | 2:03:34 | Ben Skilbeck        |                             | Male   | 1191       | M     | 685       | 2:01:26   | 1450     |
| 1462 | 544  | 2:03:34 | Dianne Bird         |                             | Female | 271        | F45   | 30        | 2:01:05   | 1440     |
| 1463 | 1436 | 2:03:35 | Simon Coates        |                             | Male   | 1192       | M45   | 167       | 2:02:16   | 1477     |
| 1464 | 2162 | 2:03:35 | Peter Drew          | Ryston Runners              | Male   | 1193       | M55   | 38        | 2:02:48   | 1497     |
| 1465 | 285  | 2:03:36 | David Stubbins      |                             | Male   | 1194       | M     | 686       | 2:01:48   | 1459     |
| 1466 | 170  | 2:03:38 | Steve Symss         |                             | Male   | 1195       | M40   | 191       | 2:02:39   | 1492     |
| 1467 | 1439 | 2:03:43 | Philip Whyte        | Tri-Anglia                  | Male   | 1196       | M40   | 192       | 2:01:34   | 1453     |
| 1468 | 1103 | 2:03:47 | Thomas Stevens      |                             | Male   | 1197       | M     | 687       | 2:03:06   | 1509     |
| 1469 | 887  | 2:03:50 | Mark Hansell        |                             | Male   | 1198       | M55   | 39        | 2:02:00   | 1461     |
| 1470 | 2697 | 2:03:51 | Julian Holland      |                             | Male   | 1199       | M     | 688       | 2:02:33   | 1488     |

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# RESULTS

| Pos  | Bib  | Time    | Name              | Club                | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|-------------------|---------------------|--------|------------|-------|-----------|-----------|----------|
| 1471 | 1506 | 2:03:53 | Patrick McCabe    |                     | Male   | 1200       | M50   | 87        | 2:01:32   | 1452     |
| 1472 | 411  | 2:03:56 | Gina Preston      |                     | Female | 272        | F45   | 31        | 2:02:36   | 1490     |
| 1473 | 1411 | 2:03:57 | Karen Gedge       | Bungay Black Dog RC | Female | 273        | F45   | 32        | 2:01:17   | 1443     |
| 1474 | 2805 | 2:04:04 | Stephen Baker     |                     | Male   | 1201       | M60   | 18        | 2:02:44   | 1493     |
| 1475 | 822  | 2:04:05 | Andrew Griffiths  |                     | Male   | 1202       | M40   | 193       | 2:02:01   | 1462     |
| 1476 | 538  | 2:04:05 | Dan Brown         |                     | Male   | 1203       | M40   | 194       | 2:01:43   | 1458     |
| 1477 | 613  | 2:04:05 | Andrew Read       |                     | Male   | 1204       | M     | 689       | 2:03:35   | 1527     |
| 1478 | 221  | 2:04:06 | Jacqueline Lake   |                     | Female | 274        | F50   | 13        | 2:02:11   | 1472     |
| 1479 | 2256 | 2:04:07 | Gillian Corrigan  | Stowmarket Striders | Female | 275        | F     | 178       | 2:03:21   | 1515     |
| 1480 | 1924 | 2:04:07 | Lucy Coleman      |                     | Female | 276        | F45   | 33        | 2:02:20   | 1484     |
| 1481 | 925  | 2:04:11 | Katherine Johnson | Ryston Runners      | Female | 277        | F     | 179       | 2:02:07   | 1467     |
| 1482 | 758  | 2:04:13 | Martin Greiller   |                     | Male   | 1205       | M     | 690       | 2:02:21   | 1485     |
| 1483 | 804  | 2:04:14 | Simon Hankinson   |                     | Male   | 1206       | M40   | 195       | 2:01:34   | 1454     |
| 1484 | 57   | 2:04:16 | Peter Hurrell     |                     | Male   | 1207       | M40   | 196       | 2:02:23   | 1486     |
| 1485 | 1980 | 2:04:16 | Amy Dunnett       |                     | Female | 278        | F     | 180       | 2:02:37   | 1491     |
| 1486 | 1622 | 2:04:18 | Saiful Islam      |                     | Male   | 1208       | M     | 691       | 2:02:19   | 1481     |
| 1487 | 2371 | 2:04:21 | Andrew Russell    |                     | Male   | 1209       | M50   | 88        | 2:02:45   | 1495     |
| 1488 | 2405 | 2:04:24 | Janet Ivers       | Tri-Anglia          | Female | 279        | F     | 181       | 2:02:04   | 1464     |
| 1489 | 2105 | 2:04:28 | Isobel Robson     |                     | Female | 280        | F45   | 34        | 2:03:24   | 1519     |
| 1490 | 2257 | 2:04:29 | Richard Challis   |                     | Male   | 1210       | M     | 692       | 2:01:59   | 1460     |
| 1491 | 2301 | 2:04:33 | Chris Mills       |                     | Male   | 1211       | M50   | 89        | 2:03:05   | 1508     |
| 1492 | 841  | 2:04:39 | Sarah Bultz       |                     | Female | 281        | F     | 182       | 2:03:44   | 1531     |
| 1493 | 2045 | 2:04:40 | Heather Smith     |                     | Female | 282        | F     | 183       | 2:03:29   | 1522     |
| 1494 | 1970 | 2:04:41 | Hazel Garrity     | Bungay Black Dog RC | Female | 283        | F55   | 4         | 2:03:55   | 1538     |
| 1495 | 1969 | 2:04:41 | Terry Garrity     | Bungay Black Dog RC | Male   | 1212       | M55   | 40        | 2:03:55   | 1539     |
| 1496 | 2452 | 2:04:41 | Eve Buhler        |                     | Female | 284        | F     | 184       | 2:03:31   | 1525     |
| 1497 | 1077 | 2:04:41 | Jill Anderson     | Framlingham Flyers  | Female | 285        | F55   | 5         | 2:02:18   | 1479     |
| 1498 | 2329 | 2:04:42 | Jeannette Baxter  |                     | Female | 286        | F     | 185       | 2:02:14   | 1475     |
| 1499 | 2328 | 2:04:42 | Kate Lee          |                     | Female | 287        | F     | 186       | 2:02:14   | 1476     |
| 1500 | 2639 | 2:04:43 | Samantha Brighten |                     | Female | 288        | F     | 187       | 2:03:02   | 1506     |
| 1501 | 2640 | 2:04:44 | John Brighten     |                     | Male   | 1213       | M60   | 19        | 2:03:03   | 1507     |
| 1502 | 1603 | 2:04:45 | Oliver Harnett    |                     | Male   | 1214       | M45   | 168       | 2:03:17   | 1512     |
| 1503 | 1210 | 2:04:46 | Julia Minty       |                     | Female | 289        | F45   | 35        | 2:02:09   | 1468     |
| 1504 | 894  | 2:04:52 | Charlotte Harvey  |                     | Female | 290        | F     | 188       | 2:02:45   | 1496     |
| 1505 | 2604 | 2:04:54 | Andy Pitt         |                     | Male   | 1215       | M40   | 197       | 2:03:41   | 1530     |
| 1506 | 438  | 2:04:56 | Terence Moore     |                     | Male   | 1216       | M50   | 90        | 2:02:54   | 1502     |
| 1507 | 634  | 2:04:56 | Louise Barby      |                     | Female | 291        | F40   | 48        | 2:02:54   | 1503     |
| 1508 | 2930 | 2:04:59 | Simon Fox         |                     | Male   | 1217       | M     | 693       | 2:02:31   | 1487     |
| 1509 | 1277 | 2:05:00 | Angel Street      |                     | Female | 292        | F     | 189       | 2:02:44   | 1494     |
| 1510 | 1065 | 2:05:02 | Cathy Forth       | Norfolk Gazelles    | Female | 293        | F40   | 49        | 2:04:25   | 1556     |
| 1511 | 2367 | 2:05:04 | David Gardiner    |                     | Male   | 1218       | M45   | 169       | 2:03:06   | 1510     |
| 1512 | 2812 | 2:05:08 | Matthew Conway    |                     | Male   | 1219       | M     | 694       | 2:04:16   | 1548     |
| 1513 | 2143 | 2:05:09 | Leigh Goddard     |                     | Male   | 1220       | M     | 695       | 2:02:16   | 1478     |
| 1514 | 679  | 2:05:11 | Eleanor Vanner    |                     | Female | 294        | F40   | 50        | 2:02:53   | 1500     |
| 1515 | 796  | 2:05:11 | Anita Kemp        |                     | Female | 295        | F40   | 51        | 2:02:53   | 1501     |
| 1516 | 2446 | 2:05:12 | Richard Jacques   |                     | Male   | 1221       | M     | 696       | 2:02:57   | 1504     |
| 1517 | 2484 | 2:05:12 | Jason Kerr        |                     | Male   | 1222       | M     | 697       | 2:02:57   | 1505     |
| 1518 | 1162 | 2:05:13 | Shona Turnbull    |                     | Female | 296        | F     | 190       | 2:02:50   | 1498     |
| 1519 | 937  | 2:05:13 | Hilary Turnbull   |                     | Female | 297        | F     | 191       | 2:02:51   | 1499     |
| 1520 | 1633 | 2:05:14 | Richard Martin    |                     | Male   | 1223       | M     | 698       | 2:03:16   | 1511     |
| 1521 | 2132 | 2:05:15 | Jeanette Simpson  |                     | Female | 298        | F     | 192       | 2:03:19   | 1513     |
| 1522 | 2063 | 2:05:19 | Keith Moore       | Dereham Runners     | Male   | 1224       | M45   | 170       | 2:02:19   | 1482     |
| 1523 | 1348 | 2:05:19 | Steve Plunkett    | Dereham Runners     | Male   | 1225       | M45   | 171       | 2:02:18   | 1480     |
| 1524 | 2957 | 2:05:20 | Regina McEnroy    |                     | Female | 299        | F     | 193       | 2:04:27   | 1557     |
| 1525 | 2631 | 2:05:22 | Alistair Reardon  |                     | Male   | 1226       | M     | 699       | 2:03:23   | 1518     |
| 1526 | 1461 | 2:05:24 | Sarah Lewis       |                     | Female | 300        | F     | 194       | 2:04:34   | 1562     |
| 1527 | 1093 | 2:05:24 | Rachel Stone      |                     | Female | 301        | F     | 195       | 2:03:20   | 1514     |
| 1528 | 2092 | 2:05:30 | Sean Aldred       |                     | Male   | 1227       | M     | 700       | 2:02:04   | 1465     |
| 1529 | 1019 | 2:05:31 | Tim Royds         |                     | Male   | 1228       | M45   | 172       | 2:05:10   | 1574     |
| 1530 | 704  | 2:05:33 | Nathan Muskett    | Birketts Runners AC | Male   | 1229       | M     | 701       | 2:04:57   | 1570     |
| 1531 | 1217 | 2:05:34 | John Richardson   | Dereham Runners     | Male   | 1230       | M55   | 41        | 2:04:22   | 1555     |
| 1532 | 1824 | 2:05:35 | Jamie Friend      | British Army        | Male   | 1231       | M     | 702       | 2:05:32   | 1585     |
| 1533 | 2529 | 2:05:37 | Paul Moore        |                     | Male   | 1232       | M40   | 198       | 2:04:35   | 1563     |
| 1534 | 2780 | 2:05:42 | Neil Loadman      | Tri-Anglia          | Male   | 1233       | M40   | 199       | 2:03:34   | 1526     |
| 1535 | 548  | 2:05:46 | Belinda Nichols   |                     | Female | 302        | F     | 196       | 2:04:31   | 1559     |
| 1536 | 539  | 2:05:47 | Glynis Bennett    |                     | Female | 303        | F     | 197       | 2:04:31   | 1560     |
| 1537 | 2212 | 2:05:47 | Roger Eglen       | Eastern Vets        | Male   | 1234       | M65   | 11        | 2:04:48   | 1565     |
| 1538 | 1796 | 2:05:47 | Hufsah Khan       | UEA Triathlon Club  | Female | 304        | F     | 198       | 2:03:22   | 1516     |
| 1539 | 1415 | 2:05:47 | Martin Hardy      |                     | Male   | 1235       | M     | 703       | 2:03:39   | 1528     |
| 1540 | 1175 | 2:05:50 | Suzanne Combes    |                     | Female | 305        | F40   | 52        | 2:03:52   | 1535     |

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| Pos  | Bib  | Time    | Name               | Club                   | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|--------------------|------------------------|--------|------------|-------|-----------|-----------|----------|
| 1541 | 1174 | 2:05:50 | John Trowell       | Stowmarket Striders    | Male   | 1236       | M40   | 200       | 2:03:52   | 1536     |
| 1542 | 981  | 2:05:55 | Sue Hargadon       | Ipswich Tri Club       | Female | 306        | F55   | 6         | 2:04:31   | 1561     |
| 1543 | 1653 | 2:05:56 | Judith Baker       |                        | Female | 307        | F     | 199       | 2:03:55   | 1540     |
| 1544 | 1654 | 2:05:56 | Karl Redgrave      |                        | Male   | 1237       | M40   | 201       | 2:03:55   | 1541     |
| 1545 | 2545 | 2:05:59 | David Warburton    |                        | Male   | 1238       | M     | 704       | 2:05:33   | 1587     |
| 1546 | 1441 | 2:06:01 | Tom Parker         |                        | Male   | 1239       | M     | 705       | 2:03:22   | 1517     |
| 1547 | 1110 | 2:06:02 | Chris Tynan        |                        | Male   | 1240       | M     | 706       | 2:05:36   | 1589     |
| 1548 | 2557 | 2:06:02 | Neil Bower         |                        | Male   | 1241       | M     | 707       | 2:03:39   | 1529     |
| 1549 | 1994 | 2:06:03 | David Rivett       | Dorset Doodlers        | Male   | 1242       | M40   | 202       | 2:04:58   | 1571     |
| 1550 | 329  | 2:06:04 | Paul Kerrison      | Harwich Runners        | Male   | 1243       | M45   | 173       | 2:03:29   | 1523     |
| 1551 | 453  | 2:06:04 | Gareth Morgan      |                        | Male   | 1244       | M     | 708       | 2:03:29   | 1524     |
| 1552 | 2122 | 2:06:07 | Darren Rowley      | Dereham Runners        | Male   | 1245       | M45   | 174       | 2:03:48   | 1534     |
| 1553 | 218  | 2:06:08 | Neil Cooper        | Tri-Anglia             | Male   | 1246       | M45   | 175       | 2:04:04   | 1542     |
| 1554 | 1041 | 2:06:11 | Joseph Kearton     |                        | Male   | 1247       | M     | 709       | 2:03:28   | 1521     |
| 1555 | 2129 | 2:06:13 | Katie Brightwell   |                        | Female | 308        | F     | 200       | 2:04:20   | 1550     |
| 1556 | 2587 | 2:06:14 | Nichola Gilbert    |                        | Female | 309        | F     | 201       | 2:03:27   | 1520     |
| 1557 | 2860 | 2:06:15 | Eddie Balls        |                        | Male   | 1248       | M65   | 12        | 2:04:04   | 1543     |
| 1558 | 1689 | 2:06:17 | Adele Bushell      | Coltishall Jaguars     | Female | 310        | F40   | 53        | 2:03:46   | 1532     |
| 1559 | 2251 | 2:06:19 | Grahame Winn       |                        | Male   | 1249       | M50   | 91        | 2:04:51   | 1567     |
| 1560 | 2582 | 2:06:19 | Hayley Harper      | Ipswich Jaffa          | Female | 311        | F     | 202       | 2:04:51   | 1568     |
| 1561 | 971  | 2:06:20 | Mark Garrod        |                        | Male   | 1250       | M50   | 92        | 2:04:14   | 1544     |
| 1562 | 639  | 2:06:23 | Hannah Rush        |                        | Female | 312        | F     | 203       | 2:04:20   | 1551     |
| 1563 | 1610 | 2:06:24 | Stephane Lafosse   |                        | Male   | 1251       | M45   | 176       | 2:04:15   | 1546     |
| 1564 | 2425 | 2:06:25 | Sean Stuteley      |                        | Male   | 1252       | M40   | 203       | 2:04:20   | 1552     |
| 1565 | 760  | 2:06:25 | Andrew Terry       |                        | Male   | 1253       | M40   | 204       | 2:04:20   | 1553     |
| 1566 | 1915 | 2:06:35 | James Lillistone   |                        | Male   | 1254       | M     | 710       | 2:04:21   | 1554     |
| 1567 | 1990 | 2:06:37 | Angie Hunt         |                        | Female | 313        | F40   | 54        | 2:05:33   | 1588     |
| 1568 | 2828 | 2:06:37 | Angela Bower       |                        | Female | 314        | F     | 204       | 2:04:14   | 1545     |
| 1569 | 153  | 2:06:38 | Edward Whatling    |                        | Male   | 1255       | M     | 711       | 2:04:18   | 1549     |
| 1570 | 1266 | 2:06:40 | Helen Byron        |                        | Female | 315        | F40   | 55        | 2:03:46   | 1533     |
| 1571 | 2284 | 2:06:43 | Tim Cheesman       |                        | Male   | 1256       | M     | 712       | 2:05:18   | 1576     |
| 1572 | 2856 | 2:06:45 | Nick Reynolds      |                        | Male   | 1257       | M     | 713       | 2:04:55   | 1569     |
| 1573 | 798  | 2:06:50 | Andrew Coghlin     |                        | Male   | 1258       | M     | 714       | 2:03:54   | 1537     |
| 1574 | 2855 | 2:06:55 | Gerard Mooney      |                        | Male   | 1259       | M50   | 93        | 2:04:15   | 1547     |
| 1575 | 1477 | 2:07:01 | Chris Theodorou    |                        | Male   | 1260       | M     | 715       | 2:05:25   | 1580     |
| 1576 | 642  | 2:07:04 | Jonathan Thetford  |                        | Male   | 1261       | M     | 716       | 2:05:00   | 1572     |
| 1577 | 2913 | 2:07:05 | Laura Duncan       |                        | Female | 316        | F     | 205       | 2:05:47   | 1593     |
| 1578 | 1791 | 2:07:10 | James Davison      | Birketts Runners AC    | Male   | 1262       | M     | 717       | 2:06:04   | 1610     |
| 1579 | 622  | 2:07:13 | Christian Godfrey  |                        | Male   | 1263       | M     | 718       | 2:04:28   | 1558     |
| 1580 | 2411 | 2:07:14 | Ken Mathews        | Tri-Anglia             | Male   | 1264       | M55   | 42        | 2:06:15   | 1622     |
| 1581 | 1299 | 2:07:15 | Katrina Tipler     |                        | Female | 317        | F     | 206       | 2:04:50   | 1566     |
| 1582 | 2818 | 2:07:16 | John Bide          | Uknetrunner            | Male   | 1265       | M50   | 94        | 2:06:04   | 1611     |
| 1583 | 1476 | 2:07:18 | Krissy Theodorou   |                        | Female | 318        | F     | 207       | 2:05:43   | 1591     |
| 1584 | 2654 | 2:07:18 | Christina Hurst    |                        | Female | 319        | F45   | 36        | 2:05:15   | 1575     |
| 1585 | 2278 | 2:07:18 | Josephine Williams |                        | Female | 320        | F40   | 56        | 2:05:32   | 1586     |
| 1586 | 1641 | 2:07:21 | Kevin McLellan     | Serpentine RC          | Male   | 1266       | M55   | 43        | 2:06:13   | 1621     |
| 1587 | 2569 | 2:07:22 | Heather Blackmore  |                        | Female | 321        | F     | 208       | 2:06:00   | 1607     |
| 1588 | 2642 | 2:07:26 | Adam Kimberley     |                        | Male   | 1267       | M     | 719       | 2:05:47   | 1594     |
| 1589 | 2644 | 2:07:29 | Andy Crafter       |                        | Male   | 1268       | M40   | 205       | 2:05:49   | 1595     |
| 1590 | 1849 | 2:07:29 | Carolyn Jay        |                        | Female | 322        | F     | 209       | 2:05:50   | 1598     |
| 1591 | 343  | 2:07:35 | Paul Blake         |                        | Male   | 1269       | M55   | 44        | 2:04:42   | 1564     |
| 1592 | 1342 | 2:07:37 | Andrew Smith       |                        | Male   | 1270       | M40   | 206       | 2:05:25   | 1581     |
| 1593 | 1864 | 2:07:41 | David Haines       |                        | Male   | 1271       | M60   | 20        | 2:05:23   | 1578     |
| 1594 | 2210 | 2:07:41 | Laura Knight       |                        | Female | 323        | F     | 210       | 2:05:23   | 1579     |
| 1595 | 384  | 2:07:42 | Jane Feneley       |                        | Female | 324        | F40   | 57        | 2:05:18   | 1577     |
| 1596 | 22   | 2:07:42 | Anton Wimmer       |                        | Male   | 1272       | M40   | 207       | 2:06:05   | 1614     |
| 1597 | 2672 | 2:07:45 | Georgina Scott     | Lowestoft Road Runners | Female | 325        | F     | 211       | 2:05:51   | 1600     |
| 1598 | 2671 | 2:07:45 | Chris Scott        | Lowestoft Road Runners | Male   | 1273       | M     | 720       | 2:05:51   | 1601     |
| 1599 | 2682 | 2:07:45 | Catherine Hunt     |                        | Female | 326        | F     | 212       | 2:05:49   | 1596     |
| 1600 | 1090 | 2:07:47 | Victoria Ellender  |                        | Female | 327        | F     | 213       | 2:06:04   | 1612     |
| 1601 | 289  | 2:07:47 | Helen Carter       | Saxons                 | Female | 328        | F     | 214       | 2:05:52   | 1602     |
| 1602 | 1131 | 2:07:49 | James Curtis       |                        | Male   | 1274       | M     | 721       | 2:06:16   | 1623     |
| 1603 | 876  | 2:07:49 | Tim Jackson        |                        | Male   | 1275       | M     | 722       | 2:06:10   | 1618     |
| 1604 | 2131 | 2:07:53 | Paul Simpson       |                        | Male   | 1276       | M     | 723       | 2:05:57   | 1603     |
| 1605 | 915  | 2:07:53 | Graham Bloomfield  |                        | Male   | 1277       | M     | 724       | 2:06:23   | 1626     |
| 1606 | 2462 | 2:07:55 | John Birchall      |                        | Male   | 1278       | M55   | 45        | 2:06:08   | 1616     |
| 1607 | 2796 | 2:07:58 | Karen Lambert      |                        | Female | 329        | F     | 215       | 2:05:06   | 1573     |
| 1608 | 2800 | 2:08:01 | David Pimlott      | Waveney Valley AC      | Male   | 1279       | M60   | 21        | 2:06:08   | 1617     |
| 1609 | 662  | 2:08:03 | Emma Jordan        |                        | Female | 330        | F40   | 58        | 2:06:23   | 1627     |
| 1610 | 515  | 2:08:03 | Stacey Kerrigan    |                        | Female | 331        | F     | 216       | 2:06:44   | 1637     |

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| Pos  | Bib  | Time    | Name                    | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|-------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1611 | 2744 | 2:08:03 | Gavin Gunn              |                             | Male   | 1280       | M     | 725       | 2:06:44   | 1638     |
| 1612 | 516  | 2:08:03 | Andrew Davis            |                             | Male   | 1281       | M     | 726       | 2:06:44   | 1639     |
| 1613 | 39   | 2:08:03 | Bianca Burman           |                             | Female | 332        | F     | 217       | 2:06:01   | 1608     |
| 1614 | 2911 | 2:08:04 | Jennifer Devaney        | Stowmarket Striders         | Female | 333        | F     | 218       | 2:07:43   | 1668     |
| 1615 | 1721 | 2:08:06 | Carol Cooper            | Norfolk Gazelles            | Female | 334        | F45   | 37        | 2:05:29   | 1584     |
| 1616 | 1798 | 2:08:11 | Joanne Wharam           |                             | Female | 335        | F     | 219       | 2:06:57   | 1646     |
| 1617 | 1147 | 2:08:12 | Susanna Pritchard       | Stowmarket Striders         | Female | 336        | F     | 220       | 2:05:49   | 1597     |
| 1618 | 961  | 2:08:12 | Christina Burdakova     |                             | Female | 337        | F     | 221       | 2:06:52   | 1645     |
| 1619 | 1379 | 2:08:12 | Liz Beighton            | Stowmarket Striders         | Female | 338        | F     | 222       | 2:07:51   | 1671     |
| 1620 | 693  | 2:08:17 | Kelly James             |                             | Female | 339        | F40   | 59        | 2:06:25   | 1628     |
| 1621 | 1541 | 2:08:18 | Richard Hammond         |                             | Male   | 1282       | M55   | 46        | 2:05:26   | 1582     |
| 1622 | 2699 | 2:08:18 | Mick Boylan             |                             | Male   | 1283       | M55   | 47        | 2:05:26   | 1583     |
| 1623 | 2223 | 2:08:20 | Rob Bennett             |                             | Male   | 1284       | M55   | 48        | 2:06:06   | 1615     |
| 1624 | 2120 | 2:08:20 | Ian Maloney             |                             | Male   | 1285       | M50   | 95        | 2:08:11   | 1684     |
| 1625 | 1235 | 2:08:20 | Gemma Francis           |                             | Female | 340        | F     | 223       | 2:05:50   | 1599     |
| 1626 | 1614 | 2:08:21 | Scott Baker             |                             | Male   | 1286       | M40   | 208       | 2:05:36   | 1590     |
| 1627 | 94   | 2:08:25 | Christopher Bullock     |                             | Male   | 1287       | M     | 727       | 2:06:11   | 1619     |
| 1628 | 2903 | 2:08:25 | Lee Coombes             | Swanley Athletics Club      | Male   | 1288       | M     | 728       | 2:06:59   | 1647     |
| 1629 | 578  | 2:08:27 | Daryl Bunting           |                             | Male   | 1289       | M40   | 209       | 2:06:43   | 1636     |
| 1630 | 1274 | 2:08:28 | Matthew Buffin          |                             | Male   | 1290       | M     | 729       | 2:05:45   | 1592     |
| 1631 | 2865 | 2:08:28 | Michelle Gorman         |                             | Female | 341        | F     | 224       | 2:06:02   | 1609     |
| 1632 | 315  | 2:08:28 | Matthew Plummer         |                             | Male   | 1291       | M     | 730       | 2:06:32   | 1631     |
| 1633 | 2369 | 2:08:30 | Melanie Evans           |                             | Female | 342        | F45   | 38        | 2:06:12   | 1620     |
| 1634 | 2833 | 2:08:32 | Paul Brown              |                             | Male   | 1292       | M40   | 210       | 2:06:29   | 1629     |
| 1635 | 531  | 2:08:34 | Lynsey Anselin          |                             | Female | 343        | F     | 225       | 2:06:46   | 1642     |
| 1636 | 835  | 2:08:35 | Darrel Roberts          |                             | Male   | 1293       | M40   | 211       | 2:06:32   | 1632     |
| 1637 | 1770 | 2:08:36 | Emma De Hoghton Mckay   |                             | Female | 344        | F40   | 60        | 2:06:17   | 1624     |
| 1638 | 1438 | 2:08:37 | Michael Dale            | Great Yarmouth Road Runners | Male   | 1294       | M40   | 212       | 2:08:07   | 1679     |
| 1639 | 111  | 2:08:38 | Margaret Kent           |                             | Female | 345        | F45   | 39        | 2:05:57   | 1604     |
| 1640 | 2736 | 2:08:39 | Alex Gray               |                             | Male   | 1295       | M     | 731       | 2:07:09   | 1653     |
| 1641 | 2820 | 2:08:41 | Julia Drell             |                             | Female | 346        | F     | 226       | 2:06:04   | 1613     |
| 1642 | 756  | 2:08:44 | Guy Mitchell            |                             | Male   | 1296       | M40   | 213       | 2:07:07   | 1652     |
| 1643 | 2650 | 2:08:46 | Alan Taylor             |                             | Male   | 1297       | M     | 732       | 2:05:58   | 1605     |
| 1644 | 1978 | 2:08:47 | Robert Taylor           |                             | Male   | 1298       | M     | 733       | 2:05:58   | 1606     |
| 1645 | 1148 | 2:08:48 | David Horn              |                             | Male   | 1299       | M40   | 214       | 2:06:31   | 1630     |
| 1646 | 2247 | 2:08:52 | Simon Hudson            |                             | Male   | 1300       | M40   | 215       | 2:06:39   | 1634     |
| 1647 | 2747 | 2:08:53 | Danielle Rackham        | Norwich Road Runners        | Female | 347        | F     | 227       | 2:07:12   | 1656     |
| 1648 | 1100 | 2:08:54 | Alex Piper              |                             | Male   | 1301       | M     | 734       | 2:07:03   | 1649     |
| 1649 | 2931 | 2:08:59 | Jeffrey Hoy             |                             | Male   | 1302       | M     | 735       | 2:07:51   | 1672     |
| 1650 | 2684 | 2:09:01 | Martin Spaul            |                             | Male   | 1303       | M45   | 177       | 2:07:57   | 1675     |
| 1651 | 2718 | 2:09:01 | Neil Richardson         |                             | Male   | 1304       | M45   | 178       | 2:07:57   | 1676     |
| 1652 | 468  | 2:09:06 | Rachael Patman          |                             | Female | 348        | F     | 228       | 2:06:34   | 1633     |
| 1653 | 1582 | 2:09:07 | Ben Newton              |                             | Male   | 1305       | M     | 736       | 2:06:22   | 1625     |
| 1654 | 308  | 2:09:08 | Rachel Barrow           |                             | Female | 349        | F     | 229       | 2:07:55   | 1674     |
| 1655 | 478  | 2:09:13 | Helen Southgate         |                             | Female | 350        | F     | 230       | 2:07:09   | 1654     |
| 1656 | 2164 | 2:09:13 | Karen Nice              |                             | Female | 351        | F     | 231       | 2:07:09   | 1655     |
| 1657 | 883  | 2:09:13 | Vivienne Taylor         | Framlingham Flyers          | Female | 352        | F55   | 7         | 2:07:19   | 1657     |
| 1658 | 1475 | 2:09:15 | Ellen Sweet-Escott      |                             | Female | 353        | F50   | 14        | 2:06:45   | 1640     |
| 1659 | 2505 | 2:09:17 | Chris Carolan           |                             | Male   | 1306       | M     | 737       | 2:06:41   | 1635     |
| 1660 | 2031 | 2:09:17 | Benjamin Ray            |                             | Male   | 1307       | M     | 738       | 2:07:25   | 1660     |
| 1661 | 1647 | 2:09:22 | Adrian Nickson          |                             | Male   | 1308       | M     | 739       | 2:06:47   | 1643     |
| 1662 | 1187 | 2:09:22 | Lisa Kitching           |                             | Female | 354        | F     | 232       | 2:06:47   | 1644     |
| 1663 | 1570 | 2:09:24 | Jenny Bartrum           |                             | Female | 355        | F55   | 8         | 2:07:21   | 1658     |
| 1664 | 1292 | 2:09:26 | Jonathan Newell         |                             | Male   | 1309       | M60   | 22        | 2:07:32   | 1664     |
| 1665 | 1080 | 2:09:26 | Sheila Smith            |                             | Female | 356        | F55   | 9         | 2:07:21   | 1659     |
| 1666 | 2043 | 2:09:29 | Lee Scottow             | Norwich Road Runners        | Male   | 1310       | M     | 740       | 2:07:44   | 1669     |
| 1667 | 1894 | 2:09:32 | Melanie Froude          |                             | Female | 357        | F     | 233       | 2:07:03   | 1650     |
| 1668 | 546  | 2:09:37 | Claire Lussigne         |                             | Female | 358        | F40   | 61        | 2:07:01   | 1648     |
| 1669 | 489  | 2:09:38 | Nicholas Morgan-Baker   |                             | Male   | 1311       | M40   | 216       | 2:07:40   | 1667     |
| 1670 | 1400 | 2:09:38 | Matt Johnson            |                             | Male   | 1312       | M     | 741       | 2:08:15   | 1688     |
| 1671 | 302  | 2:09:38 | Neil Cockerton          |                             | Male   | 1313       | M     | 742       | 2:06:45   | 1641     |
| 1672 | 1405 | 2:09:39 | Kirstie Flower          |                             | Female | 359        | F     | 234       | 2:08:15   | 1689     |
| 1673 | 2778 | 2:09:39 | Alba Martin             |                             | Female | 360        | F     | 235       | 2:07:54   | 1673     |
| 1674 | 93   | 2:09:40 | Jonathan Rider          |                             | Male   | 1314       | M     | 743       | 2:07:27   | 1661     |
| 1675 | 1587 | 2:09:41 | Tom Knott               |                             | Male   | 1315       | M50   | 96        | 2:07:04   | 1651     |
| 1676 | 2847 | 2:09:42 | Annabel Stretton-Derham |                             | Female | 361        | F40   | 62        | 2:08:08   | 1680     |
| 1677 | 1747 | 2:09:42 | Ross Procter            |                             | Male   | 1316       | M     | 744       | 2:08:39   | 1700     |
| 1678 | 2395 | 2:09:54 | Lucas Weston            |                             | Male   | 1317       | M     | 745       | 2:08:19   | 1692     |
| 1679 | 917  | 2:09:55 | Emma Cross              |                             | Female | 362        | F     | 236       | 2:08:28   | 1699     |
| 1680 | 2938 | 2:09:55 | Joanne Pearson          |                             | Female | 363        | F50   | 15        | 2:07:48   | 1670     |

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# RESULTS

| Pos  | Bib  | Time    | Name               | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|--------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1681 | 2581 | 2:09:57 | Beatrice Heuvel    |                             | Female | 364        | F     | 237       | 2:08:12   | 1685     |
| 1682 | 157  | 2:09:59 | Rob McKillop       |                             | Male   | 1318       | M40   | 217       | 2:07:59   | 1678     |
| 1683 | 2083 | 2:10:01 | Adrian Rayner      |                             | Male   | 1319       | M45   | 179       | 2:07:34   | 1665     |
| 1684 | 2808 | 2:10:02 | Ruth Edwards       |                             | Female | 365        | F45   | 40        | 2:08:17   | 1690     |
| 1685 | 2705 | 2:10:03 | Sarah Loughlin     |                             | Female | 366        | F     | 238       | 2:08:19   | 1693     |
| 1686 | 2300 | 2:10:07 | Gary Wyatt         |                             | Male   | 1320       | M60   | 23        | 2:08:10   | 1683     |
| 1687 | 635  | 2:10:08 | Liz Hollis         | City Of Norwich AC          | Female | 367        | F45   | 41        | 2:09:02   | 1711     |
| 1688 | 1040 | 2:10:09 | Oliver Malpass     |                             | Male   | 1321       | M     | 746       | 2:07:57   | 1677     |
| 1689 | 2886 | 2:10:09 | Alicja Polessa     |                             | Female | 368        | F     | 239       | 2:08:52   | 1705     |
| 1690 | 1039 | 2:10:10 | Lewis Blazey       |                             | Male   | 1322       | M     | 747       | 2:08:39   | 1701     |
| 1691 | 2466 | 2:10:11 | Kevin Hill         |                             | Male   | 1323       | M45   | 180       | 2:09:28   | 1720     |
| 1692 | 2932 | 2:10:21 | Graeme Kidd        |                             | Male   | 1324       | M40   | 218       | 2:09:18   | 1714     |
| 1693 | 1938 | 2:10:21 | Gill Paremain      | Thetford AC                 | Female | 369        | F60   | 3         | 2:07:27   | 1662     |
| 1694 | 2904 | 2:10:25 | Hanna McKenzie     |                             | Female | 370        | F     | 240       | 2:08:59   | 1709     |
| 1695 | 1964 | 2:10:26 | Matthew Ross       |                             | Male   | 1325       | M     | 748       | 2:07:38   | 1666     |
| 1696 | 2448 | 2:10:26 | Nicki Shade        |                             | Female | 371        | F     | 241       | 2:08:19   | 1694     |
| 1697 | 2603 | 2:10:27 | Bernadette Daplyn  |                             | Female | 372        | F50   | 16        | 2:08:24   | 1695     |
| 1698 | 1079 | 2:10:30 | Simon Alexander    |                             | Male   | 1326       | M     | 749       | 2:07:28   | 1663     |
| 1699 | 2353 | 2:10:30 | Odette Goldsmith   |                             | Female | 373        | F45   | 42        | 2:10:14   | 1740     |
| 1700 | 2352 | 2:10:30 | Grainne Purvis     |                             | Female | 374        | F40   | 63        | 2:10:14   | 1741     |
| 1701 | 1230 | 2:10:31 | David Chapman      | Sudbury Joggers             | Male   | 1327       | M50   | 97        | 2:08:26   | 1697     |
| 1702 | 1229 | 2:10:31 | Sarah Pennock      | Sudbury Joggers             | Female | 375        | F     | 242       | 2:08:26   | 1698     |
| 1703 | 1709 | 2:10:31 | Chris Atkins       |                             | Male   | 1328       | M     | 750       | 2:08:08   | 1681     |
| 1704 | 938  | 2:10:31 | Madeleine Lameris  |                             | Female | 376        | F     | 243       | 2:08:09   | 1682     |
| 1705 | 2596 | 2:10:33 | Stephen Read       |                             | Male   | 1329       | M50   | 98        | 2:08:41   | 1703     |
| 1706 | 967  | 2:10:36 | Richard Locke      |                             | Male   | 1330       | M45   | 181       | 2:09:48   | 1731     |
| 1707 | 968  | 2:10:36 | Nader Afsharian    |                             | Male   | 1331       | M40   | 219       | 2:08:13   | 1686     |
| 1708 | 972  | 2:10:36 | Scott Walker       |                             | Male   | 1332       | M     | 751       | 2:08:39   | 1702     |
| 1709 | 1931 | 2:10:37 | Chris Lawrence     |                             | Male   | 1333       | M     | 752       | 2:08:54   | 1706     |
| 1710 | 1930 | 2:10:38 | Adrian Lawrence    |                             | Male   | 1334       | M45   | 182       | 2:08:55   | 1708     |
| 1711 | 791  | 2:10:52 | Stuart Wishart     |                             | Male   | 1335       | M     | 753       | 2:10:10   | 1739     |
| 1712 | 2218 | 2:11:04 | Matthew Fox        |                             | Male   | 1336       | M40   | 220       | 2:08:25   | 1696     |
| 1713 | 1707 | 2:11:07 | Sara Dodd          |                             | Female | 377        | F     | 244       | 2:09:15   | 1713     |
| 1714 | 479  | 2:11:07 | Morten Holm        |                             | Male   | 1337       | M45   | 183       | 2:10:28   | 1749     |
| 1715 | 1168 | 2:11:09 | Alex Firman        |                             | Male   | 1338       | M     | 754       | 2:08:17   | 1691     |
| 1716 | 2389 | 2:11:11 | Linda Brickell     |                             | Female | 378        | F50   | 17        | 2:09:39   | 1727     |
| 1717 | 561  | 2:11:12 | Christopher Whyte  |                             | Male   | 1339       | M     | 755       | 2:08:14   | 1687     |
| 1718 | 377  | 2:11:12 | Rebecca Squires    |                             | Female | 379        | F     | 245       | 2:09:10   | 1712     |
| 1719 | 1717 | 2:11:12 | Clare Denzey       | Norwich Road Runners        | Female | 380        | F     | 246       | 2:08:45   | 1704     |
| 1720 | 2834 | 2:11:15 | Nikki Hunting      | Bungay Black Dog RC         | Female | 381        | F     | 247       | 2:08:54   | 1707     |
| 1721 | 837  | 2:11:28 | Jade Goodfellow    |                             | Female | 382        | F     | 248       | 2:09:24   | 1717     |
| 1722 | 1126 | 2:11:34 | Sally Lightfoot    |                             | Female | 383        | F55   | 10        | 2:09:19   | 1715     |
| 1723 | 2023 | 2:11:38 | Wendy McAllister   |                             | Female | 384        | F50   | 18        | 2:09:00   | 1710     |
| 1724 | 1269 | 2:11:39 | Tony Field         |                             | Male   | 1340       | M40   | 221       | 2:09:23   | 1716     |
| 1725 | 2648 | 2:11:46 | Lorraine Walters   |                             | Female | 385        | F40   | 64        | 2:09:32   | 1723     |
| 1726 | 1806 | 2:11:46 | Max Bryan          |                             | Male   | 1341       | M     | 756       | 2:09:44   | 1729     |
| 1727 | 203  | 2:11:48 | James Legg         |                             | Male   | 1342       | M     | 757       | 2:09:40   | 1728     |
| 1728 | 1788 | 2:11:49 | Nicola Forwood     | Hyde Park Harriers          | Female | 386        | F     | 249       | 2:10:03   | 1736     |
| 1729 | 993  | 2:11:49 | Christina Lakey    | Wymondham AC                | Female | 387        | F     | 250       | 2:09:28   | 1721     |
| 1730 | 879  | 2:11:49 | Sylvia Dady        | Great Yarmouth Road Runners | Female | 388        | F     | 251       | 2:09:25   | 1718     |
| 1731 | 2111 | 2:11:50 | Philip Catchpole   |                             | Male   | 1343       | M55   | 49        | 2:10:01   | 1734     |
| 1732 | 2110 | 2:11:50 | Verity Michael     |                             | Female | 389        | F     | 252       | 2:10:02   | 1735     |
| 1733 | 529  | 2:11:51 | Laura Jane Bennett |                             | Female | 390        | F     | 253       | 2:10:04   | 1737     |
| 1734 | 1713 | 2:11:55 | Hannah Graveling   |                             | Female | 391        | F     | 254       | 2:09:44   | 1730     |
| 1735 | 2148 | 2:11:55 | Christopher Scates |                             | Male   | 1344       | M45   | 184       | 2:09:35   | 1724     |
| 1736 | 1637 | 2:12:06 | Sarah Palmer       |                             | Female | 392        | F     | 255       | 2:11:21   | 1772     |
| 1737 | 1442 | 2:12:07 | Will Parker        |                             | Male   | 1345       | M     | 758       | 2:09:29   | 1722     |
| 1738 | 2522 | 2:12:08 | Barry Adamson      |                             | Male   | 1346       | M55   | 50        | 2:09:35   | 1725     |
| 1739 | 2520 | 2:12:11 | Rory Campbell      | Dereham Runners             | Male   | 1347       | M50   | 99        | 2:09:53   | 1733     |
| 1740 | 2018 | 2:12:11 | Amanda Thompson    |                             | Female | 393        | F45   | 43        | 2:09:50   | 1732     |
| 1741 | 2292 | 2:12:11 | Kerry Wishart      |                             | Female | 394        | F     | 256       | 2:10:19   | 1742     |
| 1742 | 1095 | 2:12:19 | Kelly Bird         |                             | Female | 395        | F     | 257       | 2:11:06   | 1761     |
| 1743 | 1389 | 2:12:20 | John Flaxman       | Ropsley                     | Male   | 1348       | M60   | 24        | 2:09:27   | 1719     |
| 1744 | 2095 | 2:12:20 | Chris Filtness     |                             | Male   | 1349       | M60   | 25        | 2:10:54   | 1757     |
| 1745 | 868  | 2:12:21 | Lynne Baines       | Tiptree Road Runners        | Female | 396        | F40   | 65        | 2:11:03   | 1760     |
| 1746 | 97   | 2:12:23 | Susan Flute        | City Of Norwich AC          | Female | 397        | F     | 258       | 2:11:06   | 1762     |
| 1747 | 2565 | 2:12:24 | Claire Woods       |                             | Female | 398        | F     | 259       | 2:10:31   | 1751     |
| 1748 | 1445 | 2:12:25 | Tom Selwood        |                             | Male   | 1350       | M     | 759       | 2:10:20   | 1743     |
| 1749 | 2453 | 2:12:31 | Sue Stacey         |                             | Female | 399        | F45   | 44        | 2:11:13   | 1768     |
| 1750 | 1733 | 2:12:32 | Allison West       | Thetford AC                 | Female | 400        | F45   | 45        | 2:09:38   | 1726     |

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# RESULTS

| Pos  | Bib  | Time    | Name               | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|--------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1751 | 166  | 2:12:32 | Nina Boorman       |                             | Female | 401        | F     | 260       | 2:11:27   | 1774     |
| 1752 | 1304 | 2:12:36 | Beth Beamer        |                             | Female | 402        | F40   | 66        | 2:11:59   | 1785     |
| 1753 | 1363 | 2:12:42 | Curney Bray        | Dereham Runners             | Female | 403        | F55   | 11        | 2:10:48   | 1754     |
| 1754 | 1261 | 2:12:42 | Angela O'Sullivan  |                             | Female | 404        | F     | 261       | 2:10:26   | 1746     |
| 1755 | 1260 | 2:12:42 | Naomi Pearson      |                             | Female | 405        | F     | 262       | 2:10:26   | 1747     |
| 1756 | 1761 | 2:12:44 | Stephen Mitchell   |                             | Male   | 1351       | M55   | 51        | 2:10:06   | 1738     |
| 1757 | 435  | 2:12:47 | Peter Rawlings     |                             | Male   | 1352       | M60   | 26        | 2:11:15   | 1769     |
| 1758 | 1344 | 2:12:50 | Whitney Haskell    |                             | Female | 406        | F     | 263       | 2:10:40   | 1753     |
| 1759 | 1696 | 2:12:51 | Jerome Walls       |                             | Male   | 1353       | M45   | 185       | 2:12:13   | 1791     |
| 1760 | 1127 | 2:12:57 | Stuart Herring     |                             | Male   | 1354       | M45   | 186       | 2:12:06   | 1789     |
| 1761 | 1921 | 2:13:02 | Anna Dugdale       |                             | Female | 407        | F45   | 46        | 2:10:20   | 1744     |
| 1762 | 401  | 2:13:04 | Paul Fickling      |                             | Male   | 1355       | M     | 760       | 2:10:54   | 1758     |
| 1763 | 1228 | 2:13:05 | Jon Goult          |                             | Male   | 1356       | M40   | 222       | 2:11:09   | 1765     |
| 1764 | 1851 | 2:13:06 | Tim Block          |                             | Male   | 1357       | M45   | 187       | 2:10:38   | 1752     |
| 1765 | 1813 | 2:13:14 | Manda Timby        |                             | Female | 408        | F     | 264       | 2:11:11   | 1767     |
| 1766 | 1919 | 2:13:18 | Clare Templeman    |                             | Female | 409        | F45   | 47        | 2:12:03   | 1787     |
| 1767 | 2704 | 2:13:19 | Dave Chartier      |                             | Male   | 1358       | M     | 761       | 2:10:28   | 1750     |
| 1768 | 1271 | 2:13:20 | Helen Prichard     |                             | Female | 410        | F     | 265       | 2:12:04   | 1788     |
| 1769 | 2372 | 2:13:22 | Nicholas Carter    | Lowestoft Road Runners      | Male   | 1359       | M65   | 13        | 2:10:27   | 1748     |
| 1770 | 1792 | 2:13:25 | Jamie Stoutt       |                             | Male   | 1360       | M     | 762       | 2:10:24   | 1745     |
| 1771 | 1605 | 2:13:27 | Georgia Crush      |                             | Female | 411        | F     | 266       | 2:11:55   | 1782     |
| 1772 | 2163 | 2:13:27 | David Crush        |                             | Male   | 1361       | M50   | 100       | 2:11:55   | 1783     |
| 1773 | 140  | 2:13:29 | Hayley Watson      |                             | Female | 412        | F     | 267       | 2:12:13   | 1792     |
| 1774 | 142  | 2:13:29 | Kerri Epps         |                             | Female | 413        | F     | 268       | 2:12:14   | 1793     |
| 1775 | 1880 | 2:13:29 | Stephen Wilde      |                             | Male   | 1362       | M50   | 101       | 2:11:01   | 1759     |
| 1776 | 2695 | 2:13:31 | Sue Smith          | Tri-Anglia                  | Female | 414        | F50   | 19        | 2:11:10   | 1766     |
| 1777 | 2224 | 2:13:36 | Richard Landers    |                             | Male   | 1363       | M     | 763       | 2:11:35   | 1776     |
| 1778 | 1559 | 2:13:36 | Andrew Albins      |                             | Male   | 1364       | M     | 764       | 2:11:36   | 1778     |
| 1779 | 571  | 2:13:37 | Rod Heywood        | 100 Marathon Club           | Male   | 1365       | M65   | 14        | 2:11:07   | 1764     |
| 1780 | 619  | 2:13:40 | Clare McKenna      | Harwich Runners             | Female | 415        | F     | 269       | 2:11:06   | 1763     |
| 1781 | 2580 | 2:13:41 | David Martin       |                             | Male   | 1366       | M45   | 188       | 2:10:50   | 1755     |
| 1782 | 1130 | 2:13:41 | Claire Van Leersum |                             | Female | 416        | F50   | 20        | 2:11:35   | 1777     |
| 1783 | 2675 | 2:13:41 | Isabelle Straw     |                             | Female | 417        | F     | 270       | 2:10:51   | 1756     |
| 1784 | 2312 | 2:13:52 | Jamie Pearson      |                             | Male   | 1367       | M     | 765       | 2:11:19   | 1771     |
| 1785 | 1887 | 2:13:54 | Jonathan Rudd      |                             | Male   | 1368       | M     | 766       | 2:11:30   | 1775     |
| 1786 | 2560 | 2:13:59 | Leighton Edwards   |                             | Male   | 1369       | M     | 767       | 2:11:36   | 1779     |
| 1787 | 241  | 2:14:01 | Matt Hart          |                             | Male   | 1370       | M     | 768       | 2:13:37   | 1828     |
| 1788 | 670  | 2:14:04 | Ben Warmingier     |                             | Male   | 1371       | M     | 769       | 2:13:04   | 1818     |
| 1789 | 1640 | 2:14:06 | Samantha Allen     | City Of Norwich AC          | Female | 418        | F40   | 67        | 2:11:46   | 1781     |
| 1790 | 630  | 2:14:07 | Peter Cropley      |                             | Male   | 1372       | M40   | 223       | 2:11:58   | 1784     |
| 1791 | 2475 | 2:14:09 | Shaun Lowthorpe    |                             | Male   | 1373       | M     | 770       | 2:11:15   | 1770     |
| 1792 | 2181 | 2:14:09 | Brett Flavell      |                             | Male   | 1374       | M     | 771       | 2:12:07   | 1790     |
| 1793 | 2159 | 2:14:12 | Sam Burch          | Norwich Road Runners        | Female | 419        | F40   | 68        | 2:11:38   | 1780     |
| 1794 | 2830 | 2:14:12 | Rebecca Lewis      |                             | Female | 420        | F     | 271       | 2:12:23   | 1799     |
| 1795 | 842  | 2:14:21 | Sandra Winter      |                             | Female | 421        | F45   | 48        | 2:11:25   | 1773     |
| 1796 | 1120 | 2:14:22 | Sarah Wormald      |                             | Female | 422        | F40   | 69        | 2:12:16   | 1795     |
| 1797 | 148  | 2:14:22 | Aaron Head         |                             | Male   | 1375       | M     | 772       | 2:12:21   | 1797     |
| 1798 | 306  | 2:14:23 | Laura Paterson     |                             | Female | 423        | F     | 272       | 2:12:23   | 1800     |
| 1799 | 1743 | 2:14:26 | Caroline Butcher   |                             | Female | 424        | F55   | 12        | 2:12:15   | 1794     |
| 1800 | 423  | 2:14:31 | Lucy Holbrook      |                             | Female | 425        | F     | 273       | 2:13:41   | 1831     |
| 1801 | 2157 | 2:14:33 | Claire Dye         |                             | Female | 426        | F     | 274       | 2:13:15   | 1821     |
| 1802 | 821  | 2:14:37 | Sandra Wells       |                             | Female | 427        | F60   | 4         | 2:11:59   | 1786     |
| 1803 | 2316 | 2:14:42 | Jatinder Kamra     |                             | Male   | 1376       | M     | 773       | 2:13:42   | 1832     |
| 1804 | 601  | 2:14:46 | Moses Chowdhury    |                             | Male   | 1377       | M40   | 224       | 2:13:30   | 1825     |
| 1805 | 1183 | 2:14:46 | Sarah Coulter      | Diss and District AC        | Female | 428        | F40   | 70        | 2:12:39   | 1805     |
| 1806 | 1459 | 2:14:47 | Jane Wheeler       |                             | Female | 429        | F40   | 71        | 2:12:39   | 1806     |
| 1807 | 1027 | 2:14:48 | Ben Lambert        |                             | Male   | 1378       | M     | 774       | 2:13:17   | 1822     |
| 1808 | 1334 | 2:14:50 | Daniel Warbey      |                             | Male   | 1379       | M     | 775       | 2:12:18   | 1796     |
| 1809 | 927  | 2:14:50 | Patricia Hagan     | Bungay Black Dog RC         | Female | 430        | F45   | 49        | 2:12:27   | 1803     |
| 1810 | 64   | 2:14:54 | Michelle Cutting   |                             | Female | 431        | F     | 275       | 2:12:26   | 1802     |
| 1811 | 1154 | 2:14:55 | Katie Carroll      |                             | Female | 432        | F     | 276       | 2:13:56   | 1839     |
| 1812 | 1907 | 2:14:55 | Noel Anthony       |                             | Male   | 1380       | M     | 776       | 2:13:56   | 1840     |
| 1813 | 2341 | 2:14:59 | Sylvia Southwick   |                             | Female | 433        | F40   | 72        | 2:12:24   | 1801     |
| 1814 | 832  | 2:15:02 | Gina Adams         |                             | Female | 434        | F     | 277       | 2:12:46   | 1809     |
| 1815 | 1932 | 2:15:03 | Jon Moxon          |                             | Male   | 1381       | M     | 777       | 2:12:46   | 1810     |
| 1816 | 263  | 2:15:11 | Peter Galbraith    |                             | Male   | 1382       | M     | 778       | 2:12:41   | 1807     |
| 1817 | 2060 | 2:15:12 | Emma Culley        | North Norfolk Beach Runners | Female | 435        | F40   | 73        | 2:12:46   | 1811     |
| 1818 | 2059 | 2:15:12 | Andrew Toogood     | North Norfolk Beach Runners | Male   | 1383       | M45   | 189       | 2:12:46   | 1812     |
| 1819 | 1060 | 2:15:13 | Denise Gilbert     |                             | Female | 436        | F     | 278       | 2:14:01   | 1842     |
| 1820 | 1059 | 2:15:13 | Donna Boggis       |                             | Female | 437        | F     | 279       | 2:14:01   | 1843     |

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# RESULTS

| Pos  | Bib  | Time    | Name                    | Club                         | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|-------------------------|------------------------------|--------|------------|-------|-----------|-----------|----------|
| 1821 | 162  | 2:15:14 | Stephen Gwland          |                              | Male   | 1384       | M     | 779       | 2:12:21   | 1798     |
| 1822 | 222  | 2:15:14 | Ian Graveling           |                              | Male   | 1385       | M     | 780       | 2:12:59   | 1817     |
| 1823 | 1157 | 2:15:16 | Mark Hood               |                              | Male   | 1386       | M     | 781       | 2:13:46   | 1833     |
| 1824 | 1335 | 2:15:17 | Richard Bloomfield      |                              | Male   | 1387       | M     | 782       | 2:13:46   | 1834     |
| 1825 | 2282 | 2:15:18 | Matthew Seaman          |                              | Male   | 1388       | M     | 783       | 2:12:51   | 1814     |
| 1826 | 2888 | 2:15:20 | Rebecca Durant          | Coltishall Jaguars           | Female | 438        | F55   | 13        | 2:12:35   | 1804     |
| 1827 | 1076 | 2:15:25 | Aamer Raza              |                              | Male   | 1389       | M50   | 102       | 2:13:35   | 1826     |
| 1828 | 2878 | 2:15:26 | Ian Whittle             |                              | Male   | 1390       | M40   | 225       | 2:12:58   | 1816     |
| 1829 | 730  | 2:15:28 | Helena Bunce            |                              | Female | 439        | F     | 280       | 2:12:52   | 1815     |
| 1830 | 1942 | 2:15:38 | Simone Warnes           |                              | Female | 440        | F40   | 74        | 2:13:53   | 1837     |
| 1831 | 248  | 2:15:39 | Aubrey Green            |                              | Male   | 1391       | M40   | 226       | 2:14:17   | 1849     |
| 1832 | 177  | 2:15:39 | Anthony Smith           |                              | Male   | 1392       | M45   | 190       | 2:12:45   | 1808     |
| 1833 | 249  | 2:15:39 | David Green             |                              | Male   | 1393       | M65   | 15        | 2:14:17   | 1850     |
| 1834 | 2240 | 2:15:40 | Jodie Bensley           |                              | Female | 441        | F     | 281       | 2:13:13   | 1820     |
| 1835 | 1767 | 2:15:41 | Rhodri Coleman          |                              | Male   | 1394       | M     | 784       | 2:12:47   | 1813     |
| 1836 | 2079 | 2:15:43 | Mark Norfolk            |                              | Male   | 1395       | M     | 785       | 2:14:56   | 1866     |
| 1837 | 207  | 2:15:44 | Melanie Claxton         | Norwich Road Runners         | Female | 442        | F55   | 14        | 2:13:35   | 1827     |
| 1838 | 632  | 2:15:45 | Sarah Coward            | Wellingborough & District AC | Female | 443        | F40   | 75        | 2:13:27   | 1824     |
| 1839 | 1056 | 2:15:48 | Barry Williams          |                              | Male   | 1396       | M40   | 227       | 2:13:07   | 1819     |
| 1840 | 434  | 2:15:49 | Jacque Duffield         |                              | Female | 444        | F     | 282       | 2:13:39   | 1830     |
| 1841 | 417  | 2:15:49 | Emily Miller            |                              | Female | 445        | F     | 283       | 2:13:38   | 1829     |
| 1842 | 2490 | 2:15:50 | Jess Morgan             |                              | Female | 446        | F     | 284       | 2:14:06   | 1844     |
| 1843 | 1763 | 2:15:52 | Paula Hampton-Smith     |                              | Female | 447        | F     | 285       | 2:13:52   | 1836     |
| 1844 | 370  | 2:15:57 | Shaun Stubbings         |                              | Male   | 1397       | M     | 786       | 2:14:43   | 1858     |
| 1845 | 2042 | 2:15:57 | Paul Brookes            |                              | Male   | 1398       | M     | 787       | 2:13:25   | 1823     |
| 1846 | 2238 | 2:16:08 | Caroline Busby          |                              | Female | 448        | F     | 286       | 2:14:09   | 1845     |
| 1847 | 380  | 2:16:15 | Laura Reynolds          |                              | Female | 449        | F     | 287       | 2:13:51   | 1835     |
| 1848 | 1684 | 2:16:19 | Edward Prosser-Snelling |                              | Male   | 1399       | M     | 788       | 2:13:53   | 1838     |
| 1849 | 469  | 2:16:31 | Bob Fossey              |                              | Male   | 1400       | M55   | 52        | 2:13:56   | 1841     |
| 1850 | 2440 | 2:16:38 | Alex Evans              |                              | Male   | 1401       | M     | 789       | 2:15:59   | 1900     |
| 1851 | 252  | 2:16:39 | Mark Byford             |                              | Male   | 1402       | M     | 790       | 2:14:51   | 1863     |
| 1852 | 159  | 2:16:40 | Caroline Parkinson      |                              | Female | 450        | F     | 288       | 2:14:21   | 1853     |
| 1853 | 2096 | 2:16:41 | Georgina Smith          |                              | Female | 451        | F     | 289       | 2:14:16   | 1848     |
| 1854 | 978  | 2:16:42 | Kevin Goodings          |                              | Male   | 1403       | M40   | 228       | 2:14:09   | 1846     |
| 1855 | 432  | 2:16:42 | Harriette Stone         |                              | Female | 452        | F     | 290       | 2:16:01   | 1901     |
| 1856 | 202  | 2:16:45 | Simon Jackson           |                              | Male   | 1404       | M     | 791       | 2:14:46   | 1861     |
| 1857 | 357  | 2:16:50 | Tracey Pointon-Melville |                              | Female | 453        | F     | 291       | 2:15:08   | 1875     |
| 1858 | 1549 | 2:16:56 | Alistair Fish           |                              | Male   | 1405       | M45   | 191       | 2:14:11   | 1847     |
| 1859 | 324  | 2:16:58 | Sarah Critchlow         |                              | Female | 454        | F     | 292       | 2:15:09   | 1876     |
| 1860 | 1714 | 2:16:59 | Kevin Stockwell         |                              | Male   | 1406       | M     | 792       | 2:14:52   | 1865     |
| 1861 | 2438 | 2:17:01 | Trish Judson            |                              | Female | 455        | F55   | 15        | 2:14:57   | 1868     |
| 1862 | 262  | 2:17:01 | Louise MacDonald        |                              | Female | 456        | F     | 293       | 2:14:31   | 1856     |
| 1863 | 2801 | 2:17:02 | Vanessa Pooley          |                              | Female | 457        | F50   | 21        | 2:15:55   | 1897     |
| 1864 | 1086 | 2:17:04 | Anna Wilson             |                              | Female | 458        | F     | 294       | 2:14:46   | 1862     |
| 1865 | 709  | 2:17:04 | Nicola Coe              |                              | Female | 459        | F     | 295       | 2:14:51   | 1864     |
| 1866 | 540  | 2:17:04 | Clare Hicks             | Coltishall Jaguars           | Female | 460        | F     | 296       | 2:14:20   | 1851     |
| 1867 | 788  | 2:17:04 | Fiona Baldwin           | Coltishall Jaguars           | Female | 461        | F     | 297       | 2:14:20   | 1852     |
| 1868 | 2309 | 2:17:10 | Louise Telfer           |                              | Female | 462        | F     | 298       | 2:14:40   | 1857     |
| 1869 | 1231 | 2:17:13 | Simon Chambers          | Saffron Striders             | Male   | 1407       | M45   | 192       | 2:14:21   | 1854     |
| 1870 | 1677 | 2:17:14 | Marion Baker            |                              | Female | 463        | F55   | 16        | 2:15:09   | 1877     |
| 1871 | 85   | 2:17:15 | Ann Marie Hughes        |                              | Female | 464        | F     | 299       | 2:14:43   | 1859     |
| 1872 | 88   | 2:17:15 | Sonya Jennis            |                              | Female | 465        | F     | 300       | 2:14:44   | 1860     |
| 1873 | 2518 | 2:17:15 | Julia Crook             |                              | Female | 466        | F40   | 76        | 2:15:09   | 1878     |
| 1874 | 1803 | 2:17:16 | James Rivers            |                              | Male   | 1408       | M     | 793       | 2:14:59   | 1872     |
| 1875 | 1759 | 2:17:16 | Cliff Radmore           |                              | Male   | 1409       | M50   | 103       | 2:15:04   | 1874     |
| 1876 | 179  | 2:17:16 | Sarah Beckett           |                              | Female | 467        | F     | 301       | 2:15:28   | 1888     |
| 1877 | 2426 | 2:17:18 | Kelvin Chilleystone     |                              | Male   | 1410       | M     | 794       | 2:14:26   | 1855     |
| 1878 | 1698 | 2:17:27 | Mark Bagnall            | City Of Norwich AC           | Male   | 1411       | M     | 795       | 2:15:09   | 1879     |
| 1879 | 1273 | 2:17:30 | Robert Hotzfeld         |                              | Male   | 1412       | M     | 796       | 2:15:34   | 1891     |
| 1880 | 444  | 2:17:32 | Kelly Bray              |                              | Female | 468        | F     | 302       | 2:14:56   | 1867     |
| 1881 | 1793 | 2:17:33 | Arthur Nicholl          |                              | Male   | 1413       | M55   | 53        | 2:16:55   | 1918     |
| 1882 | 2907 | 2:17:34 | Kevin Bray              |                              | Male   | 1414       | M     | 797       | 2:14:58   | 1869     |
| 1883 | 1207 | 2:17:35 | Peter Laycock           |                              | Male   | 1415       | M50   | 104       | 2:14:58   | 1870     |
| 1884 | 1178 | 2:17:35 | Victoria Harvey         |                              | Female | 469        | F     | 303       | 2:14:58   | 1871     |
| 1885 | 2078 | 2:17:37 | Darryl Freeman          |                              | Male   | 1416       | M45   | 193       | 2:15:32   | 1889     |
| 1886 | 1485 | 2:17:46 | Wendy Burgess           | Wymondham AC                 | Female | 470        | F     | 304       | 2:15:22   | 1886     |
| 1887 | 1061 | 2:17:53 | John Doswell            | Crawley AC                   | Male   | 1417       | M55   | 54        | 2:15:25   | 1887     |
| 1888 | 1884 | 2:17:54 | David Hupton            |                              | Male   | 1418       | M50   | 105       | 2:15:15   | 1881     |
| 1889 | 1891 | 2:17:54 | Ken Hurst               |                              | Male   | 1419       | M60   | 27        | 2:15:15   | 1882     |
| 1890 | 2770 | 2:17:55 | Donna-Marie Crane       |                              | Female | 471        | F     | 305       | 2:15:01   | 1873     |

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| Pos  | Bib  | Time    | Name                  | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|-----------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 1891 | 1193 | 2:17:55 | Gary Hall             |                             | Male   | 1420       | M     | 798       | 2:15:14   | 1880     |
| 1892 | 2703 | 2:17:56 | Katherine Clarke      | Norwich Road Runners        | Female | 472        | F     | 306       | 2:15:33   | 1890     |
| 1893 | 1742 | 2:17:56 | Mary Alvis            |                             | Female | 473        | F     | 307       | 2:16:06   | 1904     |
| 1894 | 2332 | 2:17:59 | Kevin Curran          |                             | Male   | 1421       | M45   | 194       | 2:15:15   | 1883     |
| 1895 | 2333 | 2:17:59 | Penny Curran          |                             | Female | 474        | F45   | 50        | 2:15:15   | 1884     |
| 1896 | 911  | 2:18:02 | Dianne Crosby         | Great Yarmouth Road Runners | Female | 475        | F65   | 1         | 2:16:03   | 1902     |
| 1897 | 762  | 2:18:02 | Peter Spandler        | Great Yarmouth Road Runners | Male   | 1422       | M50   | 106       | 2:16:03   | 1903     |
| 1898 | 2455 | 2:18:05 | Ruth Fox              |                             | Female | 476        | F     | 308       | 2:16:06   | 1905     |
| 1899 | 880  | 2:18:08 | Sarah Ardizzone       |                             | Female | 477        | F50   | 22        | 2:15:36   | 1892     |
| 1900 | 2298 | 2:18:09 | Liz Clues             |                             | Female | 478        | F40   | 77        | 2:16:52   | 1915     |
| 1901 | 2291 | 2:18:09 | Susan Duncan          |                             | Female | 479        | F     | 309       | 2:16:52   | 1916     |
| 1902 | 1084 | 2:18:11 | Jack Enticott         |                             | Male   | 1423       | M     | 799       | 2:15:16   | 1885     |
| 1903 | 389  | 2:18:11 | Samantha Tea          |                             | Female | 480        | F     | 310       | 2:16:19   | 1907     |
| 1904 | 995  | 2:18:14 | Leanne Heavens        |                             | Female | 481        | F     | 311       | 2:15:55   | 1898     |
| 1905 | 1403 | 2:18:14 | Helen Steele          |                             | Female | 482        | F     | 312       | 2:15:54   | 1894     |
| 1906 | 2398 | 2:18:14 | Hannah Clay           |                             | Female | 483        | F     | 313       | 2:15:54   | 1895     |
| 1907 | 2040 | 2:18:14 | Bridget Reasbeck      |                             | Female | 484        | F45   | 51        | 2:15:54   | 1896     |
| 1908 | 1323 | 2:18:16 | Rod Barrett           |                             | Male   | 1424       | M60   | 28        | 2:15:57   | 1899     |
| 1909 | 1137 | 2:18:26 | Katie Osman           |                             | Female | 485        | F     | 314       | 2:16:30   | 1911     |
| 1910 | 339  | 2:18:30 | Sandie Jardine        | Ely Tri Club                | Female | 486        | F45   | 52        | 2:15:43   | 1893     |
| 1911 | 334  | 2:18:31 | Joy Weaver            |                             | Female | 487        | F45   | 53        | 2:16:19   | 1908     |
| 1912 | 1949 | 2:18:32 | Antony Finnis         | Tri-Anglia                  | Male   | 1425       | M     | 800       | 2:17:10   | 1922     |
| 1913 | 770  | 2:18:34 | Emma Witheridge       |                             | Female | 488        | F     | 315       | 2:16:28   | 1910     |
| 1914 | 866  | 2:18:47 | Adrian Rutterford     |                             | Male   | 1426       | M50   | 107       | 2:16:27   | 1909     |
| 1915 | 108  | 2:18:52 | Samantha Reddy        | Norwich Road Runners        | Female | 489        | F40   | 78        | 2:16:34   | 1912     |
| 1916 | 858  | 2:18:56 | Matthew Reynolds      |                             | Male   | 1427       | M     | 801       | 2:16:07   | 1906     |
| 1917 | 1096 | 2:19:01 | Stewart Long          |                             | Male   | 1428       | M45   | 195       | 2:17:17   | 1926     |
| 1918 | 173  | 2:19:07 | Donna Howlett         |                             | Female | 490        | F50   | 23        | 2:16:35   | 1913     |
| 1919 | 269  | 2:19:12 | Jeremy Houghton       |                             | Male   | 1429       | M40   | 229       | 2:16:54   | 1917     |
| 1920 | 1581 | 2:19:20 | Sean Cutler           |                             | Male   | 1430       | M     | 802       | 2:17:14   | 1925     |
| 1921 | 2926 | 2:19:23 | Loukas Bush           |                             | Male   | 1431       | M     | 803       | 2:17:43   | 1934     |
| 1922 | 1353 | 2:19:28 | Helen Fisher          |                             | Female | 491        | F     | 316       | 2:17:17   | 1927     |
| 1923 | 1505 | 2:19:28 | Elizabeth Scholefield |                             | Female | 492        | F     | 317       | 2:17:17   | 1928     |
| 1924 | 2663 | 2:19:28 | Becky Sturgeon        | Bungay Black Dog RC         | Female | 493        | F     | 318       | 2:17:13   | 1923     |
| 1925 | 2662 | 2:19:29 | Sharon Cannell        | Bungay Black Dog RC         | Female | 494        | F     | 319       | 2:17:13   | 1924     |
| 1926 | 107  | 2:19:36 | Sarah Cole            |                             | Female | 495        | F     | 320       | 2:17:03   | 1920     |
| 1927 | 2254 | 2:19:36 | Daniel Hardy          |                             | Male   | 1432       | M     | 804       | 2:17:02   | 1919     |
| 1928 | 1847 | 2:19:40 | Melanie Sturman-Floyd |                             | Female | 496        | F40   | 79        | 2:18:47   | 1951     |
| 1929 | 1881 | 2:19:40 | Charlotte Freeman     |                             | Female | 497        | F     | 321       | 2:16:45   | 1914     |
| 1930 | 2928 | 2:19:41 | Tony Davies           |                             | Male   | 1433       | M65   | 16        | 2:17:05   | 1921     |
| 1931 | 819  | 2:19:41 | Ann Alderton          |                             | Female | 498        | F45   | 54        | 2:17:45   | 1936     |
| 1932 | 948  | 2:19:48 | Vince Cox             |                             | Male   | 1434       | M40   | 230       | 2:17:25   | 1931     |
| 1933 | 2952 | 2:19:49 | Jay Verma             |                             | Male   | 1435       | M     | 805       | 2:17:27   | 1932     |
| 1934 | 2588 | 2:19:54 | Lesley MacDonald      |                             | Female | 499        | F     | 322       | 2:17:19   | 1929     |
| 1935 | 1711 | 2:19:56 | Jonathan Folkard      | North Norfolk Beach Runners | Male   | 1436       | M50   | 108       | 2:17:22   | 1930     |
| 1936 | 2379 | 2:19:57 | Russell Wiltshire     |                             | Male   | 1437       | M     | 806       | 2:17:44   | 1935     |
| 1937 | 156  | 2:20:01 | Teresa Guyton         |                             | Female | 500        | F50   | 24        | 2:18:50   | 1953     |
| 1938 | 2000 | 2:20:08 | Debbie Pearson        |                             | Female | 501        | F40   | 80        | 2:18:42   | 1950     |
| 1939 | 2706 | 2:20:09 | Zabir Munir           |                             | Male   | 1438       | M     | 807       | 2:17:52   | 1937     |
| 1940 | 991  | 2:20:17 | Trazer Farnese        |                             | Female | 502        | F40   | 81        | 2:17:34   | 1933     |
| 1941 | 152  | 2:20:26 | Georgina Finney       |                             | Female | 503        | F     | 323       | 2:19:09   | 1962     |
| 1942 | 2443 | 2:20:29 | Neil Taylor           |                             | Male   | 1439       | M45   | 196       | 2:19:11   | 1964     |
| 1943 | 2121 | 2:20:37 | Peter Gosling         |                             | Male   | 1440       | M50   | 109       | 2:17:55   | 1938     |
| 1944 | 1048 | 2:20:37 | Simon MacDonald       | Uknetrunner                 | Male   | 1441       | M45   | 197       | 2:17:55   | 1939     |
| 1945 | 266  | 2:20:43 | Helen Saunders        |                             | Female | 504        | F45   | 55        | 2:18:19   | 1942     |
| 1946 | 2734 | 2:20:48 | Andy Tovell           |                             | Male   | 1442       | M     | 808       | 2:18:47   | 1952     |
| 1947 | 2153 | 2:20:50 | Matt Eastell          |                             | Male   | 1443       | M     | 809       | 2:19:34   | 1969     |
| 1948 | 1038 | 2:20:55 | Steven Tassie         |                             | Male   | 1444       | M     | 810       | 2:19:26   | 1967     |
| 1949 | 2154 | 2:20:55 | James Coleman         |                             | Male   | 1445       | M     | 811       | 2:19:39   | 1971     |
| 1950 | 2636 | 2:20:59 | Katie Mercer          |                             | Female | 505        | F     | 324       | 2:18:08   | 1940     |
| 1951 | 2637 | 2:20:59 | David Wilkinson       |                             | Male   | 1446       | M40   | 231       | 2:18:09   | 1941     |
| 1952 | 988  | 2:21:01 | Ali Tassie            |                             | Male   | 1447       | M     | 812       | 2:19:29   | 1968     |
| 1953 | 2158 | 2:21:04 | Lisa Hayward          | Norwich Road Runners        | Female | 506        | F40   | 82        | 2:18:31   | 1946     |
| 1954 | 391  | 2:21:11 | Matthew Pidgeon       |                             | Male   | 1448       | M     | 813       | 2:18:27   | 1944     |
| 1955 | 2080 | 2:21:11 | Lynne Williams        | Witham RC                   | Female | 507        | F50   | 25        | 2:18:50   | 1954     |
| 1956 | 928  | 2:21:12 | Sophie Pearse         |                             | Female | 508        | F     | 325       | 2:18:25   | 1943     |
| 1957 | 2506 | 2:21:14 | Lindsey Sampson       |                             | Female | 509        | F45   | 56        | 2:20:29   | 1987     |
| 1958 | 2793 | 2:21:16 | Bradley Eckles        |                             | Male   | 1449       | M40   | 232       | 2:18:29   | 1945     |
| 1959 | 1180 | 2:21:18 | Kate Leeson           |                             | Female | 510        | F     | 326       | 2:18:59   | 1959     |
| 1960 | 344  | 2:21:19 | Jemma Farrow          |                             | Female | 511        | F     | 327       | 2:20:19   | 1983     |

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# RESULTS

| Pos  | Bib  | Time    | Name               | Club                 | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|--------------------|----------------------|--------|------------|-------|-----------|-----------|----------|
| 1961 | 739  | 2:21:24 | Clare Bradbury     |                      | Female | 512        | F     | 328       | 2:18:41   | 1948     |
| 1962 | 724  | 2:21:24 | Faye Lipscombe     |                      | Female | 513        | F     | 329       | 2:18:41   | 1949     |
| 1963 | 2575 | 2:21:26 | Paul Fisher        |                      | Male   | 1450       | M40   | 233       | 2:18:34   | 1947     |
| 1964 | 265  | 2:21:28 | Chrissie Scott     |                      | Female | 514        | F50   | 26        | 2:18:54   | 1956     |
| 1965 | 2868 | 2:21:31 | Lucy Woodburn      | Tri-Anglia           | Female | 515        | F45   | 57        | 2:19:08   | 1961     |
| 1966 | 2160 | 2:21:33 | John Ripley        |                      | Male   | 1451       | M50   | 110       | 2:19:18   | 1966     |
| 1967 | 865  | 2:21:34 | Claire Brockelsby  |                      | Female | 516        | F     | 330       | 2:19:50   | 1973     |
| 1968 | 2363 | 2:21:34 | Charlotte Sayce    |                      | Female | 517        | F     | 331       | 2:18:58   | 1958     |
| 1969 | 1256 | 2:21:38 | Alex Bowen         |                      | Male   | 1452       | M     | 814       | 2:18:56   | 1957     |
| 1970 | 1211 | 2:21:43 | David Attoe        |                      | Male   | 1453       | M65   | 17        | 2:20:34   | 1990     |
| 1971 | 1358 | 2:21:48 | Anne Wilkinson     | Hadleigh Hares AC    | Female | 518        | F45   | 58        | 2:19:10   | 1963     |
| 1972 | 1783 | 2:21:49 | Andrew Gibbs       |                      | Male   | 1454       | M     | 815       | 2:19:15   | 1965     |
| 1973 | 2481 | 2:21:50 | Annabelle Dickson  |                      | Female | 519        | F     | 332       | 2:20:01   | 1975     |
| 1974 | 2535 | 2:21:50 | Helen Arnold       |                      | Female | 520        | F     | 333       | 2:19:40   | 1972     |
| 1975 | 916  | 2:21:51 | John Collinge      |                      | Male   | 1455       | M     | 816       | 2:18:52   | 1955     |
| 1976 | 2700 | 2:21:53 | Prem Stephen       |                      | Male   | 1456       | M     | 817       | 2:19:51   | 1974     |
| 1977 | 780  | 2:21:58 | Bryony Gannaway    |                      | Female | 521        | F     | 334       | 2:19:06   | 1960     |
| 1978 | 1009 | 2:21:58 | Rebecca Eastburn   |                      | Female | 522        | F     | 335       | 2:20:03   | 1977     |
| 1979 | 2534 | 2:22:09 | Robert Keane       | Brandon Fern Hoppers | Male   | 1457       | M50   | 111       | 2:20:15   | 1981     |
| 1980 | 577  | 2:22:13 | Karen Mann         |                      | Female | 523        | F45   | 59        | 2:20:28   | 1986     |
| 1981 | 2314 | 2:22:17 | Peter Ventham      |                      | Male   | 1458       | M50   | 112       | 2:21:12   | 2003     |
| 1982 | 2313 | 2:22:17 | Sue Ventham        | Tri-Anglia           | Female | 524        | F45   | 60        | 2:21:12   | 2004     |
| 1983 | 2435 | 2:22:17 | Karen Comber       |                      | Female | 525        | F     | 336       | 2:20:35   | 1991     |
| 1984 | 1797 | 2:22:27 | Craig Bailey       |                      | Male   | 1459       | M     | 818       | 2:19:37   | 1970     |
| 1985 | 242  | 2:22:27 | Karen Shepherd     |                      | Female | 526        | F55   | 17        | 2:20:08   | 1979     |
| 1986 | 243  | 2:22:41 | Georgina Harvey    |                      | Female | 527        | F     | 337       | 2:20:42   | 1996     |
| 1987 | 1608 | 2:22:44 | Lisa Rodgers       |                      | Female | 528        | F45   | 61        | 2:20:13   | 1980     |
| 1988 | 473  | 2:22:45 | Holly Grand        |                      | Female | 529        | F     | 338       | 2:20:29   | 1988     |
| 1989 | 244  | 2:22:48 | Phillippa Dakin    |                      | Female | 530        | F     | 339       | 2:20:49   | 1999     |
| 1990 | 2874 | 2:22:49 | Tony Robinson      |                      | Male   | 1460       | M45   | 198       | 2:20:40   | 1992     |
| 1991 | 363  | 2:22:53 | Gillian Jones      |                      | Female | 531        | F50   | 27        | 2:20:41   | 1994     |
| 1992 | 1545 | 2:22:53 | Steve Robertson    |                      | Male   | 1461       | M50   | 113       | 2:20:01   | 1976     |
| 1993 | 184  | 2:23:05 | Alice Barani       |                      | Female | 532        | F     | 340       | 2:20:19   | 1984     |
| 1994 | 2709 | 2:23:05 | Gerardo De Maria   |                      | Male   | 1462       | M     | 819       | 2:20:19   | 1985     |
| 1995 | 182  | 2:23:05 | Jessica Whitty     |                      | Female | 533        | F     | 341       | 2:20:18   | 1982     |
| 1996 | 764  | 2:23:10 | James Ingham       |                      | Male   | 1463       | M     | 820       | 2:21:28   | 2013     |
| 1997 | 2244 | 2:23:14 | Jennifer Perkin    |                      | Female | 534        | F45   | 62        | 2:20:32   | 1989     |
| 1998 | 629  | 2:23:15 | Jo McIntyre        |                      | Female | 535        | F40   | 83        | 2:20:48   | 1997     |
| 1999 | 737  | 2:23:15 | Bev Ellis          |                      | Female | 536        | F     | 342       | 2:20:48   | 1998     |
| 2000 | 1607 | 2:23:17 | Manjinder Jagdev   |                      | Female | 537        | F40   | 84        | 2:21:14   | 2008     |
| 2001 | 1006 | 2:23:19 | Margaret McCartney |                      | Female | 538        | F50   | 28        | 2:20:41   | 1995     |
| 2002 | 1756 | 2:23:19 | Kathrine Davies    |                      | Female | 539        | F45   | 63        | 2:20:40   | 1993     |
| 2003 | 1449 | 2:23:20 | David Robinson     | Yaxley Runners       | Male   | 1464       | M40   | 234       | 2:20:03   | 1978     |
| 2004 | 1867 | 2:23:20 | Steve Farrell      |                      | Male   | 1465       | M40   | 235       | 2:21:24   | 2012     |
| 2005 | 1868 | 2:23:24 | Maria Farrell      |                      | Female | 540        | F40   | 85        | 2:21:28   | 2014     |
| 2006 | 983  | 2:23:27 | Marie Bunting      |                      | Female | 541        | F     | 343       | 2:21:28   | 2015     |
| 2007 | 2599 | 2:23:31 | Spencer Hill       |                      | Male   | 1466       | M     | 821       | 2:21:05   | 2000     |
| 2008 | 83   | 2:23:33 | Christopher Hudson |                      | Male   | 1467       | M     | 822       | 2:21:14   | 2036     |
| 2009 | 575  | 2:23:37 | Victoria Hatch     |                      | Female | 542        | F     | 344       | 2:21:37   | 2022     |
| 2010 | 50   | 2:23:40 | Alister James      |                      | Male   | 1468       | M     | 823       | 2:21:34   | 2019     |
| 2011 | 2407 | 2:23:40 | Lorna Jermyn       |                      | Female | 543        | F     | 345       | 2:21:34   | 2020     |
| 2012 | 1135 | 2:23:40 | Louise Smith       |                      | Female | 544        | F40   | 86        | 2:22:18   | 2037     |
| 2013 | 2015 | 2:23:42 | Don Brenton        |                      | Male   | 1469       | M65   | 18        | 2:21:30   | 2017     |
| 2014 | 1053 | 2:23:46 | Jill Bazire        |                      | Female | 545        | F55   | 18        | 2:21:17   | 2011     |
| 2015 | 1828 | 2:23:48 | Darren Angrave     |                      | Male   | 1470       | M40   | 236       | 2:21:16   | 2009     |
| 2016 | 2197 | 2:23:48 | Michael Hilton     |                      | Male   | 1471       | M     | 824       | 2:21:16   | 2010     |
| 2017 | 1956 | 2:23:49 | Sanjay Gheyi       |                      | Male   | 1472       | M45   | 199       | 2:21:36   | 2021     |
| 2018 | 663  | 2:23:51 | Kelly Mitchell     |                      | Female | 546        | F     | 346       | 2:21:12   | 2005     |
| 2019 | 664  | 2:23:52 | Dianne Green       |                      | Female | 547        | F50   | 29        | 2:21:12   | 2006     |
| 2020 | 61   | 2:23:54 | Nadine Fletcher    |                      | Female | 548        | F     | 347       | 2:21:29   | 2016     |
| 2021 | 2029 | 2:23:54 | Luke Morris        |                      | Male   | 1473       | M     | 825       | 2:21:33   | 2018     |
| 2022 | 1270 | 2:23:56 | Amy Whitby         | Challenge Central    | Female | 549        | F     | 348       | 2:22:13   | 2035     |
| 2023 | 682  | 2:23:57 | Kerry Lynch        |                      | Female | 550        | F     | 349       | 2:21:08   | 2001     |
| 2024 | 683  | 2:23:57 | Sally Bonnet       |                      | Female | 551        | F     | 350       | 2:21:08   | 2002     |
| 2025 | 2354 | 2:24:01 | Andrea Biggs       |                      | Female | 552        | F40   | 87        | 2:23:45   | 2048     |
| 2026 | 127  | 2:24:07 | Richard Allsworth  |                      | Male   | 1474       | M     | 826       | 2:21:12   | 2007     |
| 2027 | 1801 | 2:24:09 | Shauna Bonnar-Ford |                      | Female | 553        | F     | 351       | 2:22:03   | 2032     |
| 2028 | 2186 | 2:24:09 | Wayne Barsby       |                      | Male   | 1475       | M     | 827       | 2:22:04   | 2033     |
| 2029 | 1802 | 2:24:09 | Lorraine Banks     |                      | Female | 554        | F     | 352       | 2:22:04   | 2034     |
| 2030 | 1656 | 2:24:10 | John Chapman       |                      | Male   | 1476       | M     | 828       | 2:22:02   | 2031     |

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# RESULTS

| Pos  | Bib  | Time    | Name                   | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|------------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 2031 | 1655 | 2:24:10 | Holly McDonnell        |                             | Female | 555        | F     | 353       | 2:22:01   | 2030     |
| 2032 | 276  | 2:24:15 | Amie Phillips          |                             | Female | 556        | F     | 354       | 2:21:59   | 2028     |
| 2033 | 277  | 2:24:15 | Richard Toop           |                             | Male   | 1477       | M45   | 200       | 2:21:59   | 2029     |
| 2034 | 2168 | 2:24:21 | Caroline Barnes        |                             | Female | 557        | F50   | 30        | 2:21:47   | 2026     |
| 2035 | 872  | 2:24:21 | Fiona Charnley         |                             | Female | 558        | F     | 355       | 2:21:43   | 2023     |
| 2036 | 871  | 2:24:21 | Craig Charnley         |                             | Male   | 1478       | M     | 829       | 2:21:43   | 2024     |
| 2037 | 2945 | 2:24:28 | Sam Clarke             |                             | Female | 559        | F40   | 88        | 2:21:45   | 2025     |
| 2038 | 1556 | 2:24:37 | Fiona Odium            |                             | Female | 560        | F45   | 64        | 2:21:54   | 2027     |
| 2039 | 534  | 2:24:44 | Andrew Atkinson        |                             | Male   | 1479       | M40   | 237       | 2:22:47   | 2040     |
| 2040 | 1551 | 2:25:02 | Harry Hamberger        |                             | Male   | 1480       | M50   | 114       | 2:22:25   | 2039     |
| 2041 | 1750 | 2:25:06 | Emma O'Neill           |                             | Female | 561        | F40   | 89        | 2:22:24   | 2038     |
| 2042 | 1571 | 2:25:07 | Lisa Tombling          |                             | Female | 562        | F     | 356       | 2:23:23   | 2045     |
| 2043 | 325  | 2:25:09 | Julian Critchlow       |                             | Male   | 1481       | M45   | 201       | 2:23:19   | 2044     |
| 2044 | 2089 | 2:25:19 | Claire Blake           | Witham RC                   | Female | 563        | F40   | 90        | 2:22:58   | 2043     |
| 2045 | 934  | 2:25:23 | David Batterbee        |                             | Male   | 1482       | M     | 830       | 2:22:49   | 2041     |
| 2046 | 935  | 2:25:23 | Laura Crosswell        |                             | Female | 564        | F     | 357       | 2:22:49   | 2042     |
| 2047 | 817  | 2:25:29 | Peter Bultz            |                             | Male   | 1483       | M50   | 115       | 2:24:33   | 2059     |
| 2048 | 2028 | 2:25:39 | Lindsey Wilson         | Nene Valley Harriers        | Female | 565        | F     | 358       | 2:24:59   | 2063     |
| 2049 | 560  | 2:25:56 | Gemma Spencer          |                             | Female | 566        | F     | 359       | 2:23:47   | 2049     |
| 2050 | 1371 | 2:25:56 | Thomas Tsang           |                             | Male   | 1484       | M55   | 55        | 2:25:28   | 2067     |
| 2051 | 451  | 2:25:58 | Patrick Haydon         |                             | Male   | 1485       | M40   | 238       | 2:23:24   | 2046     |
| 2052 | 1484 | 2:26:03 | Cindy Burgess          | Wymondham AC                | Female | 567        | F60   | 5         | 2:23:40   | 2047     |
| 2053 | 225  | 2:26:12 | Karen Carpenter        |                             | Female | 568        | F45   | 65        | 2:24:12   | 2051     |
| 2054 | 593  | 2:26:14 | Emma Frostick          |                             | Female | 569        | F     | 360       | 2:24:27   | 2055     |
| 2055 | 291  | 2:26:29 | Sarah Marshall-Nichols |                             | Female | 570        | F     | 361       | 2:24:10   | 2050     |
| 2056 | 2863 | 2:26:50 | Krzysztof Kowalewski   |                             | Male   | 1486       | M     | 831       | 2:26:01   | 2077     |
| 2057 | 2094 | 2:26:59 | Paul Corder            |                             | Male   | 1487       | M50   | 116       | 2:24:27   | 2056     |
| 2058 | 1149 | 2:27:06 | Louise Mangar          |                             | Female | 571        | F     | 362       | 2:24:12   | 2052     |
| 2059 | 1548 | 2:27:21 | Sean Smith             |                             | Male   | 1488       | M40   | 239       | 2:25:04   | 2064     |
| 2060 | 426  | 2:27:21 | Adrian Dicks           |                             | Male   | 1489       | M50   | 117       | 2:24:26   | 2053     |
| 2061 | 2944 | 2:27:21 | Debbie Thompson        |                             | Female | 572        | F45   | 66        | 2:24:26   | 2054     |
| 2062 | 1452 | 2:27:21 | Lauren Feltham         |                             | Female | 573        | F     | 363       | 2:26:27   | 2085     |
| 2063 | 2279 | 2:27:22 | Fraser Leatham         |                             | Male   | 1490       | M     | 832       | 2:25:35   | 2069     |
| 2064 | 2277 | 2:27:22 | David Leatham          |                             | Male   | 1491       | M45   | 202       | 2:25:36   | 2070     |
| 2065 | 2845 | 2:27:23 | Kate Howatson          |                             | Female | 574        | F40   | 91        | 2:25:12   | 2065     |
| 2066 | 852  | 2:27:24 | Daniel Groves          |                             | Male   | 1492       | M     | 833       | 2:24:32   | 2057     |
| 2067 | 851  | 2:27:24 | Nichola Steadman       |                             | Female | 575        | F     | 364       | 2:24:32   | 2058     |
| 2068 | 1972 | 2:27:27 | Beth Rutterford        |                             | Female | 576        | F     | 365       | 2:24:40   | 2062     |
| 2069 | 2653 | 2:27:28 | Joanne Alexander       |                             | Female | 577        | F     | 366       | 2:24:39   | 2060     |
| 2070 | 2634 | 2:27:28 | Fel Roberts            |                             | Female | 578        | F40   | 92        | 2:24:39   | 2061     |
| 2071 | 699  | 2:27:52 | Shelly Carrigan        |                             | Female | 579        | F     | 367       | 2:25:40   | 2071     |
| 2072 | 1375 | 2:27:53 | Lisa Skipper           |                             | Female | 580        | F40   | 93        | 2:26:29   | 2086     |
| 2073 | 623  | 2:27:59 | Chris Sheppard         |                             | Male   | 1493       | M45   | 203       | 2:25:30   | 2068     |
| 2074 | 659  | 2:28:00 | David Ewing            |                             | Male   | 1494       | M45   | 204       | 2:25:47   | 2073     |
| 2075 | 580  | 2:28:06 | Megan Alderton         |                             | Female | 581        | F     | 368       | 2:26:10   | 2080     |
| 2076 | 1250 | 2:28:09 | Emma Parsons           |                             | Female | 582        | F     | 369       | 2:25:51   | 2075     |
| 2077 | 594  | 2:28:09 | Darren Harper          |                             | Male   | 1495       | M     | 834       | 2:25:52   | 2076     |
| 2078 | 2145 | 2:28:10 | Casey Walker           |                             | Male   | 1496       | M     | 835       | 2:26:08   | 2079     |
| 2079 | 30   | 2:28:13 | Anna Latta             | North Norfolk Beach Runners | Female | 583        | F55   | 19        | 2:25:48   | 2074     |
| 2080 | 1729 | 2:28:22 | Tracey Birt            |                             | Female | 584        | F40   | 94        | 2:25:27   | 2066     |
| 2081 | 2728 | 2:28:23 | Barry Hipwell          |                             | Male   | 1497       | M50   | 118       | 2:26:15   | 2081     |
| 2082 | 323  | 2:28:23 | Helene Gleeson         | Brandon Fern Hoppers        | Female | 585        | F     | 370       | 2:25:42   | 2072     |
| 2083 | 1502 | 2:28:26 | Inga Palmer            |                             | Female | 586        | F     | 371       | 2:26:01   | 2078     |
| 2084 | 375  | 2:28:31 | Hedley Harnett         |                             | Male   | 1498       | M40   | 240       | 2:27:03   | 2094     |
| 2085 | 1486 | 2:28:34 | Cedric Anselin         |                             | Male   | 1499       | M     | 836       | 2:26:46   | 2089     |
| 2086 | 2803 | 2:28:51 | Kerry Penfold          |                             | Female | 587        | F40   | 95        | 2:26:35   | 2087     |
| 2087 | 178  | 2:28:52 | Helen Bowen            |                             | Female | 588        | F45   | 67        | 2:26:19   | 2082     |
| 2088 | 1097 | 2:28:55 | Mayte Martinez         |                             | Female | 589        | F40   | 96        | 2:27:12   | 2095     |
| 2089 | 332  | 2:28:57 | Cath Fair              |                             | Female | 590        | F40   | 97        | 2:27:14   | 2097     |
| 2090 | 2271 | 2:28:57 | Steve Konrad           |                             | Male   | 1500       | M     | 837       | 2:26:42   | 2088     |
| 2091 | 1479 | 2:28:57 | Emma Brandon           |                             | Female | 591        | F40   | 98        | 2:26:24   | 2083     |
| 2092 | 2058 | 2:28:57 | Ruba Halabi            |                             | Female | 592        | F     | 372       | 2:26:24   | 2084     |
| 2093 | 886  | 2:29:18 | Bethany Revell         |                             | Female | 593        | F     | 373       | 2:26:53   | 2090     |
| 2094 | 1333 | 2:29:19 | Alex Glover            |                             | Female | 594        | F     | 374       | 2:26:53   | 2091     |
| 2095 | 1185 | 2:29:51 | Helen Stanger          |                             | Female | 595        | F40   | 99        | 2:26:59   | 2092     |
| 2096 | 1184 | 2:29:51 | Zoe Castleton          |                             | Female | 596        | F     | 375       | 2:26:59   | 2093     |
| 2097 | 2052 | 2:30:00 | Marie Turner           |                             | Female | 597        | F45   | 68        | 2:28:10   | 2108     |
| 2098 | 747  | 2:30:00 | Sabra Moate            |                             | Female | 598        | F50   | 31        | 2:28:08   | 2106     |
| 2099 | 2051 | 2:30:01 | Maxine Howe            |                             | Female | 599        | F45   | 69        | 2:28:10   | 2109     |
| 2100 | 853  | 2:30:01 | Marie Cattermole       |                             | Female | 600        | F     | 376       | 2:28:09   | 2107     |

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| Pos  | Bib  | Time    | Name               | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|--------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 2101 | 748  | 2:30:02 | Simon Moate        |                             | Male   | 1501       | M45   | 205       | 2:28:10   | 2110     |
| 2102 | 753  | 2:30:03 | Alex Watson        |                             | Male   | 1502       | M     | 838       | 2:28:06   | 2104     |
| 2103 | 1885 | 2:30:10 | Kirsty Firman      |                             | Female | 601        | F     | 377       | 2:27:13   | 2096     |
| 2104 | 2802 | 2:30:14 | Mark Bygrave       |                             | Male   | 1503       | M45   | 206       | 2:27:57   | 2102     |
| 2105 | 234  | 2:30:15 | Sarah Watts        |                             | Female | 602        | F40   | 100       | 2:28:16   | 2112     |
| 2106 | 254  | 2:30:16 | Rebecca Glen       |                             | Female | 603        | F     | 378       | 2:27:39   | 2101     |
| 2107 | 316  | 2:30:22 | Vatau Sagaga       |                             | Male   | 1504       | M     | 839       | 2:27:26   | 2098     |
| 2108 | 317  | 2:30:22 | Melesete Sagaga    |                             | Female | 604        | F     | 379       | 2:27:26   | 2099     |
| 2109 | 281  | 2:30:23 | Richard Dajda      | Royston Runners             | Male   | 1505       | M60   | 29        | 2:27:26   | 2100     |
| 2110 | 1338 | 2:30:39 | Kenneth Robertson  |                             | Male   | 1506       | M40   | 241       | 2:28:06   | 2105     |
| 2111 | 562  | 2:30:44 | Hazel Mortimer     |                             | Female | 605        | F     | 380       | 2:27:58   | 2103     |
| 2112 | 1244 | 2:30:44 | Jean Whiting       |                             | Female | 606        | F40   | 101       | 2:28:38   | 2119     |
| 2113 | 543  | 2:30:49 | Amii Bird          |                             | Female | 607        | F     | 381       | 2:28:20   | 2115     |
| 2114 | 2707 | 2:30:56 | Paul Fraser        |                             | Male   | 1507       | M45   | 207       | 2:28:25   | 2116     |
| 2115 | 1044 | 2:31:02 | Teresa Santiago    |                             | Female | 608        | F     | 382       | 2:28:16   | 2113     |
| 2116 | 1043 | 2:31:02 | Nathan Santiago    |                             | Male   | 1508       | M     | 840       | 2:28:16   | 2114     |
| 2117 | 1777 | 2:31:04 | Vic Leverett       |                             | Male   | 1509       | M65   | 19        | 2:28:11   | 2111     |
| 2118 | 189  | 2:31:09 | Shelley Riches-Lee |                             | Female | 609        | F     | 383       | 2:28:28   | 2118     |
| 2119 | 1159 | 2:31:16 | Nathan Cooper      |                             | Male   | 1510       | M     | 841       | 2:28:27   | 2117     |
| 2120 | 729  | 2:31:16 | Frances Martin     |                             | Female | 610        | F40   | 102       | 2:28:42   | 2120     |
| 2121 | 1008 | 2:31:29 | Kerry Duffy        |                             | Female | 611        | F     | 384       | 2:28:53   | 2121     |
| 2122 | 598  | 2:31:44 | Jenny Darby        |                             | Female | 612        | F     | 385       | 2:30:33   | 2136     |
| 2123 | 514  | 2:31:46 | David Moore-Cross  |                             | Male   | 1511       | M45   | 208       | 2:29:51   | 2126     |
| 2124 | 1376 | 2:31:47 | Jonathan Morris    |                             | Male   | 1512       | M     | 842       | 2:30:37   | 2137     |
| 2125 | 1054 | 2:32:06 | Rosie Bazire       |                             | Female | 613        | F     | 386       | 2:29:36   | 2122     |
| 2126 | 1373 | 2:32:08 | Jim Woodcock       |                             | Male   | 1513       | M40   | 242       | 2:30:04   | 2129     |
| 2127 | 588  | 2:32:20 | Billy French       |                             | Male   | 1514       | M     | 843       | 2:29:39   | 2123     |
| 2128 | 590  | 2:32:21 | Jennifer Hayward   |                             | Female | 614        | F     | 387       | 2:29:40   | 2124     |
| 2129 | 2109 | 2:32:26 | Sarah Hunter       |                             | Female | 615        | F45   | 70        | 2:30:06   | 2130     |
| 2130 | 1293 | 2:32:31 | Helena Pinto       |                             | Female | 616        | F     | 388       | 2:30:20   | 2132     |
| 2131 | 2571 | 2:32:32 | Michael Moore      |                             | Male   | 1515       | M40   | 243       | 2:30:10   | 2131     |
| 2132 | 505  | 2:32:37 | Luck Rachel        |                             | Female | 617        | F     | 389       | 2:29:40   | 2125     |
| 2133 | 210  | 2:32:50 | Robert Whalen      |                             | Male   | 1516       | M     | 844       | 2:30:27   | 2135     |
| 2134 | 374  | 2:32:52 | Catherine Hearne   |                             | Female | 618        | F50   | 32        | 2:29:53   | 2127     |
| 2135 | 973  | 2:32:54 | Callum MacDonald   |                             | Male   | 1517       | M     | 845       | 2:30:25   | 2133     |
| 2136 | 135  | 2:32:54 | Mark Robinson      |                             | Male   | 1518       | M45   | 209       | 2:29:58   | 2128     |
| 2137 | 271  | 2:32:55 | Hannah MacDonald   |                             | Female | 619        | F     | 390       | 2:30:25   | 2134     |
| 2138 | 347  | 2:33:27 | David Day          |                             | Male   | 1519       | M     | 846       | 2:31:13   | 2143     |
| 2139 | 1242 | 2:33:33 | Carl McGranachan   |                             | Male   | 1520       | M     | 847       | 2:30:51   | 2139     |
| 2140 | 1398 | 2:33:35 | David Taylor       |                             | Male   | 1521       | M45   | 210       | 2:30:42   | 2138     |
| 2141 | 1774 | 2:33:36 | John Clark         | Norwich Road Runners        | Male   | 1522       | M     | 848       | 2:31:15   | 2144     |
| 2142 | 2848 | 2:33:36 | Nadia Brooks       |                             | Female | 620        | F     | 391       | 2:31:59   | 2151     |
| 2143 | 2198 | 2:33:43 | Brendan Henry      |                             | Male   | 1523       | M     | 849       | 2:32:07   | 2152     |
| 2144 | 382  | 2:33:46 | Amandine Rouyer    |                             | Female | 621        | F     | 392       | 2:31:37   | 2146     |
| 2145 | 1399 | 2:33:50 | Maria Elmieh       | Kippax Harriers             | Female | 622        | F50   | 33        | 2:31:06   | 2140     |
| 2146 | 1555 | 2:34:01 | Lauren Spink       |                             | Female | 623        | F     | 393       | 2:31:11   | 2141     |
| 2147 | 1553 | 2:34:01 | Neil Charles       |                             | Male   | 1524       | M40   | 244       | 2:31:11   | 2142     |
| 2148 | 2927 | 2:34:04 | Joseph Whitty      |                             | Male   | 1525       | M     | 850       | 2:31:17   | 2145     |
| 2149 | 726  | 2:34:33 | Bill Griffin       |                             | Male   | 1526       | M45   | 211       | 2:32:23   | 2153     |
| 2150 | 2961 | 2:34:43 | Gavin Keir         |                             | Male   | 1527       | M40   | 245       | 2:31:55   | 2148     |
| 2151 | 1417 | 2:34:43 | Sarah Scott        |                             | Female | 624        | F     | 394       | 2:31:55   | 2149     |
| 2152 | 2804 | 2:34:53 | Deb Murray         |                             | Female | 625        | F     | 395       | 2:31:54   | 2147     |
| 2153 | 849  | 2:34:53 | Sue Davie          | Metros RC                   | Female | 626        | F45   | 71        | 2:31:58   | 2150     |
| 2154 | 1012 | 2:35:05 | Abigail Wells      |                             | Female | 627        | F     | 396       | 2:32:42   | 2154     |
| 2155 | 994  | 2:35:22 | Lee Green          |                             | Male   | 1528       | M     | 851       | 2:33:51   | 2163     |
| 2156 | 2758 | 2:35:29 | Claire Hogben      |                             | Female | 628        | F     | 397       | 2:32:44   | 2155     |
| 2157 | 1712 | 2:35:36 | Kerry Belcher      | Norwich Road Runners        | Female | 629        | F     | 398       | 2:32:45   | 2156     |
| 2158 | 1645 | 2:35:49 | Jemma Pennick      |                             | Female | 630        | F     | 399       | 2:33:04   | 2159     |
| 2159 | 1911 | 2:35:53 | Kevin Bayne        |                             | Male   | 1529       | M40   | 246       | 2:33:16   | 2160     |
| 2160 | 1910 | 2:35:54 | Thalia Bayne       |                             | Female | 631        | F     | 400       | 2:33:17   | 2161     |
| 2161 | 1739 | 2:36:00 | Ilonka Lenzen      | Orion Harriers Running Club | Female | 632        | F40   | 103       | 2:33:01   | 2157     |
| 2162 | 1740 | 2:36:00 | Michael Woolnough  | Orion Harriers Running Club | Male   | 1530       | M40   | 247       | 2:33:02   | 2158     |
| 2163 | 1345 | 2:36:13 | Sofie Forsstrom    |                             | Female | 633        | F     | 401       | 2:34:03   | 2165     |
| 2164 | 2925 | 2:36:23 | Mark Ayliffe       |                             | Male   | 1531       | M     | 852       | 2:33:50   | 2162     |
| 2165 | 918  | 2:36:24 | Trevor Thomas      |                             | Male   | 1532       | M45   | 212       | 2:33:57   | 2164     |
| 2166 | 956  | 2:36:47 | Aisha Khan         | Norwich Road Runners        | Female | 634        | F     | 402       | 2:34:34   | 2167     |
| 2167 | 58   | 2:36:53 | Rosanna Leithall   |                             | Female | 635        | F     | 403       | 2:34:13   | 2166     |
| 2168 | 1495 | 2:37:10 | Emma Wiskin        |                             | Female | 636        | F     | 404       | 2:34:38   | 2168     |
| 2169 | 896  | 2:37:39 | Gillian McFarland  |                             | Female | 637        | F40   | 104       | 2:35:20   | 2170     |
| 2170 | 381  | 2:37:42 | Robert Pidgeon     |                             | Male   | 1533       | M55   | 56        | 2:34:58   | 2169     |

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| Pos  | Bib  | Time    | Name               | Club                        | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|--------------------|-----------------------------|--------|------------|-------|-----------|-----------|----------|
| 2171 | 2184 | 2:37:47 | Katy Smith         |                             | Female | 638        | F     | 405       | 2:35:21   | 2171     |
| 2172 | 808  | 2:38:22 | Jennifer Harrison  |                             | Female | 639        | F     | 406       | 2:35:33   | 2172     |
| 2173 | 2935 | 2:38:22 | Ben Christie       |                             | Male   | 1534       | M     | 853       | 2:35:34   | 2173     |
| 2174 | 1860 | 2:38:25 | Shami Gill         |                             | Male   | 1535       | M60   | 30        | 2:36:10   | 2176     |
| 2175 | 305  | 2:38:33 | Mark Fitch         |                             | Male   | 1536       | M40   | 248       | 2:35:34   | 2174     |
| 2176 | 1708 | 2:38:33 | Patricia Fitch     |                             | Female | 640        | F45   | 72        | 2:35:35   | 2175     |
| 2177 | 333  | 2:38:53 | Michelle Tovell    |                             | Female | 641        | F40   | 105       | 2:36:43   | 2177     |
| 2178 | 216  | 2:38:57 | Jennifer Pallister |                             | Female | 642        | F     | 407       | 2:36:51   | 2178     |
| 2179 | 71   | 2:39:35 | Ian MacFarlane     |                             | Male   | 1537       | M     | 854       | 2:37:00   | 2179     |
| 2180 | 1221 | 2:39:52 | Eleanor Jones      |                             | Female | 643        | F     | 408       | 2:37:41   | 2180     |
| 2181 | 1220 | 2:39:52 | Adam Cossey        |                             | Male   | 1538       | M     | 855       | 2:37:41   | 2181     |
| 2182 | 1368 | 2:40:25 | Samantha Loombe    |                             | Female | 644        | F     | 409       | 2:38:28   | 2183     |
| 2183 | 2533 | 2:40:35 | Sonia Carnegie     |                             | Female | 645        | F45   | 73        | 2:38:08   | 2182     |
| 2184 | 763  | 2:40:35 | Marian Poncia      |                             | Female | 646        | F50   | 34        | 2:38:50   | 2185     |
| 2185 | 2175 | 2:40:40 | Zoe Bennett        |                             | Female | 647        | F     | 410       | 2:38:53   | 2186     |
| 2186 | 1968 | 2:41:16 | Thomas Ray         |                             | Male   | 1539       | M     | 856       | 2:39:23   | 2189     |
| 2187 | 304  | 2:41:26 | Karen Race         |                             | Female | 648        | F     | 411       | 2:38:32   | 2184     |
| 2188 | 824  | 2:41:28 | Patrick Bradley    |                             | Male   | 1540       | M     | 857       | 2:39:19   | 2187     |
| 2189 | 823  | 2:41:28 | Emily Underhill    |                             | Female | 649        | F     | 412       | 2:39:19   | 2188     |
| 2190 | 80   | 2:41:35 | Sarah Cheal        |                             | Female | 650        | F     | 413       | 2:39:40   | 2190     |
| 2191 | 96   | 2:41:35 | Louise McGreevy    |                             | Female | 651        | F     | 414       | 2:39:40   | 2191     |
| 2192 | 2082 | 2:42:07 | Naomi Emerick      | Witham RC                   | Female | 652        | F60   | 6         | 2:39:45   | 2192     |
| 2193 | 2685 | 2:42:38 | Wendy Spaul        |                             | Female | 653        | F45   | 74        | 2:40:48   | 2197     |
| 2194 | 1300 | 2:42:44 | Mike Smith-Clare   |                             | Male   | 1541       | M40   | 249       | 2:40:14   | 2195     |
| 2195 | 1067 | 2:42:48 | Simon Bunting      | Lowestoft Road Runners      | Male   | 1542       | M45   | 213       | 2:40:02   | 2193     |
| 2196 | 2053 | 2:42:49 | Alastair Bunting   |                             | Male   | 1543       | M45   | 214       | 2:40:02   | 2194     |
| 2197 | 104  | 2:43:07 | Gillian Lowe       |                             | Female | 654        | F     | 415       | 2:40:14   | 2196     |
| 2198 | 428  | 2:43:56 | Elizabeth Richards | RAF Marham Running Club     | Female | 655        | F40   | 106       | 2:41:49   | 2198     |
| 2199 | 151  | 2:43:56 | Robert Holmes      | RAF Marham Running Club     | Male   | 1544       | M     | 858       | 2:41:49   | 2199     |
| 2200 | 388  | 2:44:04 | Kerry Garratt      |                             | Female | 656        | F     | 416       | 2:41:55   | 2201     |
| 2201 | 2674 | 2:44:06 | Irene Brown        |                             | Female | 657        | F     | 417       | 2:41:52   | 2200     |
| 2202 | 1518 | 2:44:10 | Natasha Walsh      |                             | Female | 658        | F     | 418       | 2:42:28   | 2204     |
| 2203 | 1153 | 2:44:10 | Stephanie Moore    |                             | Female | 659        | F     | 419       | 2:42:29   | 2205     |
| 2204 | 1123 | 2:45:01 | Lucy Park Silva    |                             | Female | 660        | F     | 420       | 2:42:03   | 2202     |
| 2205 | 258  | 2:45:13 | Robin Thompson     |                             | Male   | 1545       | M     | 859       | 2:42:19   | 2203     |
| 2206 | 1877 | 2:45:57 | Adrian Possener    | Birketts Runners AC         | Male   | 1546       | M45   | 215       | 2:43:14   | 2206     |
| 2207 | 307  | 2:46:06 | Kate Moore         |                             | Female | 661        | F40   | 107       | 2:44:06   | 2210     |
| 2208 | 2183 | 2:46:23 | Lisa Cottrell      |                             | Female | 662        | F     | 421       | 2:43:57   | 2207     |
| 2209 | 2182 | 2:46:27 | Beth Hill          |                             | Female | 663        | F     | 422       | 2:44:01   | 2208     |
| 2210 | 1305 | 2:46:54 | Danielle Long      | Wymondham AC                | Female | 664        | F     | 423       | 2:44:05   | 2209     |
| 2211 | 941  | 2:47:32 | Julie Bromfield    |                             | Female | 665        | F     | 424       | 2:44:34   | 2211     |
| 2212 | 1309 | 2:48:07 | Sarah Robinson     | Wymondham AC                | Female | 666        | F40   | 108       | 2:45:16   | 2212     |
| 2213 | 41   | 2:48:29 | Ian Tovell         |                             | Male   | 1547       | M     | 860       | 2:46:01   | 2214     |
| 2214 | 2343 | 2:48:29 | Amanda Boldy       | Bushfield Joggers           | Female | 667        | F     | 425       | 2:46:09   | 2215     |
| 2215 | 2850 | 2:48:29 | Carol Goodwin      |                             | Female | 668        | F50   | 35        | 2:46:09   | 2216     |
| 2216 | 658  | 2:48:45 | Kenneth Parke      |                             | Male   | 1548       | M45   | 216       | 2:45:48   | 2213     |
| 2217 | 1134 | 2:49:08 | Aaron Walker       |                             | Male   | 1549       | M     | 861       | 2:47:06   | 2217     |
| 2218 | 2276 | 2:49:08 | Duncan Walker      |                             | Male   | 1550       | M     | 862       | 2:47:06   | 2218     |
| 2219 | 1886 | 2:50:31 | Katie Jewson       |                             | Female | 669        | F     | 426       | 2:47:35   | 2219     |
| 2220 | 689  | 2:50:45 | Jacqueline Mansell |                             | Female | 670        | F50   | 36        | 2:47:49   | 2220     |
| 2221 | 1948 | 2:51:04 | Jincheng Huang     |                             | Male   | 1551       | M     | 863       | 2:49:10   | 2221     |
| 2222 | 1947 | 2:51:04 | Xiaoxu Huang       |                             | Male   | 1552       | M     | 864       | 2:49:11   | 2222     |
| 2223 | 621  | 2:52:18 | Sharon Leeson      |                             | Female | 671        | F45   | 75        | 2:49:46   | 2223     |
| 2224 | 2288 | 2:52:52 | John Innes         |                             | Male   | 1553       | M55   | 57        | 2:49:53   | 2224     |
| 2225 | 1025 | 2:53:22 | Kirsty Casey       |                             | Female | 672        | F40   | 109       | 2:50:41   | 2225     |
| 2226 | 1190 | 2:53:24 | Helen Vallier      |                             | Female | 673        | F     | 427       | 2:51:35   | 2228     |
| 2227 | 1021 | 2:54:03 | Catherine Turner   |                             | Female | 674        | F40   | 110       | 2:51:18   | 2226     |
| 2228 | 287  | 2:54:12 | Nathan Brownhill   |                             | Male   | 1554       | M     | 865       | 2:51:33   | 2227     |
| 2229 | 1853 | 2:54:53 | Sophia Nash        |                             | Female | 675        | F     | 428       | 2:52:14   | 2229     |
| 2230 | 1850 | 2:56:55 | Nigel Riley        |                             | Male   | 1555       | M50   | 119       | 2:54:37   | 2230     |
| 2231 | 1967 | 2:59:31 | Thomas Harland     |                             | Male   | 1556       | M     | 866       | 2:57:56   | 2231     |
| 2232 | 1660 | 2:59:31 | Felicity Morphey   |                             | Female | 676        | F     | 429       | 2:57:57   | 2232     |
| 2233 | 358  | 3:01:34 | Caroline Culver    |                             | Female | 677        | F     | 430       | 2:59:38   | 2233     |
| 2234 | 452  | 3:01:35 | Sean Newton        |                             | Male   | 1557       | M40   | 250       | 2:59:40   | 2234     |
| 2235 | 2084 | 3:02:26 | Karen Emery        | North Norfolk Beach Runners | Female | 678        | F     | 431       | 2:59:44   | 2237     |
| 2236 | 717  | 3:02:41 | Nisey Prow         |                             | Female | 679        | F45   | 76        | 2:59:43   | 2235     |
| 2237 | 1631 | 3:02:41 | Stanley Waller     |                             | Male   | 1558       | M65   | 20        | 2:59:43   | 2236     |
| 2238 | 1673 | 3:03:57 | Jason Walker       |                             | Male   | 1559       | M     | 867       | 3:01:57   | 2240     |
| 2239 | 69   | 3:04:39 | Pollie-Marie Hart  |                             | Female | 680        | F     | 432       | 3:01:51   | 2238     |
| 2240 | 68   | 3:04:39 | Lewis Baxter       |                             | Male   | 1560       | M     | 868       | 3:01:52   | 2239     |

# City of Norwich Half Marathon 2011

27th November 2011

# RESULTS

| Pos  | Bib  | Time    | Name          | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|------|---------|---------------|------|--------|------------|-------|-----------|-----------|----------|
| 2241 | 1026 | 3:04:51 | Dawn Kerry    |      | Female | 681        | F     | 433       | 3:02:11   | 2241     |
| 2242 | 2477 | 3:05:19 | David Freezer |      | Male   | 1561       | M     | 869       | 3:03:30   | 2242     |
| 2243 | 1049 | 3:10:39 | Maria Preece  |      | Female | 682        | F40   | 111       | 3:07:46   | 2243     |