

## Norfolk Gazelles Valentine 10K 2012

| Place | Race no | Name                    | Age category | Class position | Sex | Club                        | Time            |
|-------|---------|-------------------------|--------------|----------------|-----|-----------------------------|-----------------|
| 1     | 285     | <b>Nick Earl</b>        | SM           | 1              | M   | CONAC                       | <b>00:32:18</b> |
| 2     | 265     | <b>James Preston</b>    | SM           | 2              | M   | Wymondham AC                | <b>00:32:26</b> |
| 3     | 18      | <b>David Hollidge</b>   | SM           | 3              | M   |                             | <b>00:36:41</b> |
| 4     | 288     | <b>Ellie Matthews</b>   | SF           | 1              | F   | CONAC                       | <b>00:36:54</b> |
| 5     | 113     | <b>Steve Ely</b>        | M40-44       | 1              | M   | Norwich Road Runners        | <b>00:37:02</b> |
| 6     | 2       | <b>Callum Simpson</b>   | SM           | 4              | M   |                             | <b>00:37:28</b> |
| 7     | 266     | <b>Andrew Preston</b>   | M45-49       | 1              | M   | Wymondham AC                | <b>00:37:30</b> |
| 8     | 291     | <b>Toby Morrell</b>     | SM           | 5              | M   | Tri-Anglia                  | <b>00:37:39</b> |
| 9     | 37      | <b>Mark Clues</b>       | M40-44       | 2              | M   | Tri-Anglia                  | <b>00:37:54</b> |
| 10    | 273     | <b>Jonathan Davies</b>  | SM           | 6              | M   | Tri-Anglia                  | <b>00:38:10</b> |
| 11    | 157     | <b>Lawrence Wade</b>    | M35-39       | 1              | M   | Coltishall Jaguars          | <b>00:38:25</b> |
| 12    | 154     | <b>Seb Rupstra</b>      | M35-39       | 2              | M   | Norwich Road Runners        | <b>00:38:31</b> |
| 13    | 181     | <b>Paul Lyon</b>        | SM           | 7              | M   | Lowestoft Road Runners      | <b>00:38:35</b> |
| 14    | 108     | <b>Jason Mountain</b>   | SM           | 8              | M   | Wymondham AC                | <b>00:38:38</b> |
| 15    | 95      | <b>Adam Craske</b>      | SM           | 9              | M   | Bungay Black Dog RC         | <b>00:38:50</b> |
| 16    | 257     | <b>Richard White</b>    | M50-54       | 1              | M   | Wymondham AC                | <b>00:38:57</b> |
| 17    | 243     | <b>Jonathan Meadows</b> | M35-39       | 3              | M   | Lowestoft Road Runners      | <b>00:39:05</b> |
| 18    | 289     | <b>Ian Thomas</b>       | M50-54       | 2              | M   | Norfolk Gazelles            | <b>00:39:08</b> |
| 19    | 138     | <b>David Tandy</b>      | M40-44       | 3              | M   | Norwich Road Runners        | <b>00:39:13</b> |
| 20    | 1       | <b>Pete Johnson</b>     | M55-59       | 1              | M   | Norfolk Gazelles            | <b>00:39:29</b> |
| 21    | 91      | <b>James Barham</b>     | SM           | 10             | M   |                             | <b>00:39:32</b> |
| 22    | 210     | <b>Ben Snelling</b>     | M40-44       | 4              | M   |                             | <b>00:39:32</b> |
| 23    | 89      | <b>Ben Findlay</b>      | M35-39       | 4              | M   |                             | <b>00:39:36</b> |
| 24    | 280     | <b>Denver Slowther</b>  | M35-39       | 5              | M   | Coltishall Jaguars          | <b>00:39:41</b> |
| 25    | 267     | <b>Matthew Frary</b>    | M35-39       | 6              | M   | Norwich Road Runners        | <b>00:39:43</b> |
| 26    | 225     | <b>James Guyton</b>     | M35-39       | 7              | M   | Norwich Road Runners        | <b>00:40:01</b> |
| 27    | 101     | <b>Alexandra Smith</b>  | SF           | 2              | F   | Norwich Road Runners        | <b>00:40:08</b> |
| 28    | 283     | <b>Piotr Siwonia</b>    | M35-39       | 8              | M   | Tri-Anglia                  | <b>00:40:10</b> |
| 29    | 261     | <b>Natasha Belsom</b>   | SF           | 3              | F   | Ipswich Jaffa               | <b>00:40:23</b> |
| 30    | 293     | <b>Steven Rix</b>       | SM           | 11             | M   | Dereham Runners             | <b>00:40:30</b> |
| 31    | 115     | <b>Andrew Skiggs</b>    | M35-39       | 9              | M   | Tri-Anglia                  | <b>00:40:32</b> |
| 32    | 55      | <b>Raymond Lindsay</b>  | M55-59       | 2              | M   | Norwich Road Runners        | <b>00:40:36</b> |
| 33    | 49      | <b>Jason Brannan</b>    | M35-39       | 10             | M   | Racing TNT                  | <b>00:40:41</b> |
| 34    | 292     | <b>Mark Oldham</b>      | M45-49       | 2              | M   | CONAC                       | <b>00:40:43</b> |
| 35    | 254     | <b>Richard Blake</b>    | M60-69       | 1              | M   | Great Yarmouth Road Runners | <b>00:40:45</b> |

| Place     | Race no | Name                     | Age category | Class position | Sex | Club                        | Time            |
|-----------|---------|--------------------------|--------------|----------------|-----|-----------------------------|-----------------|
| <b>36</b> | 102     | <b>Terry Epps</b>        | M55-59       | 3              | M   | Wymondham AC                | <b>00:40:53</b> |
| <b>37</b> | 162     | <b>Adrian O'Mahony</b>   | SM           | 12             | M   |                             | <b>00:41:07</b> |
| <b>38</b> | 19      | <b>Paul Hollidge</b>     | SM           | 13             | M   |                             | <b>00:41:14</b> |
| <b>39</b> | 274     | <b>Martin Yeomans</b>    | M60-69       | 2              | M   | Norwich Road Runners        | <b>00:41:15</b> |
| <b>40</b> | 46      | <b>Stuart Graver</b>     | M45-49       | 3              | M   | Uknetrunner                 | <b>00:41:21</b> |
| <b>41</b> | 84      | <b>Mark Storey</b>       | M45-49       | 4              | M   | CONAC                       | <b>00:41:22</b> |
| <b>42</b> | 32      | <b>Shaun Towell</b>      | M45-49       | 5              | M   | Bourne Town Harriers        | <b>00:41:40</b> |
| <b>43</b> | 262     | <b>Robin Belsom</b>      | M50-54       | 3              | M   | Ipswich Jaffa               | <b>00:41:57</b> |
| <b>44</b> | 104     | <b>Gavin Vogt</b>        | M45-49       | 6              | M   |                             | <b>00:42:16</b> |
| <b>45</b> | 128     | <b>Chris Goodson</b>     | SM           | 14             | M   | Coltishall Jaguars          | <b>00:42:18</b> |
| <b>46</b> | 47      | <b>Sandra Roberts</b>    | F45-49       | 1              | F   | Norfolk Gazelles            | <b>00:42:21</b> |
| <b>47</b> | 114     | <b>Eve Dewsnap</b>       | SF           | 4              | F   | Tri-Anglia                  | <b>00:42:24</b> |
| <b>48</b> | 17      | <b>Chris Chorley</b>     | M45-49       | 7              | M   | Bungay Black Dog RC         | <b>00:42:40</b> |
| <b>49</b> | 284     | <b>Paul Harrison</b>     | M50-54       | 4              | M   | Dereham Runners             | <b>00:42:40</b> |
| <b>50</b> | 251     | <b>Derek Bye</b>         | M50-54       | 5              | M   |                             | <b>00:42:47</b> |
| <b>51</b> | 184     | <b>Tim Woods</b>         | M50-54       | 6              | M   | Norfolk Gazelles            | <b>00:43:07</b> |
| <b>52</b> | 219     | <b>David Hudson</b>      | M40-44       | 5              | M   | Tri-Anglia                  | <b>00:43:16</b> |
| <b>53</b> | 100     | <b>Kate Scotter</b>      | SF           | 5              | F   | Tri-Anglia                  | <b>00:43:19</b> |
| <b>54</b> | 286     | <b>Gregory Quinn</b>     | M50-54       | 7              | M   | Reepham Runners             | <b>00:43:20</b> |
| <b>55</b> | 66      | <b>Lisa Godwin</b>       | F40-44       | 1              | F   | Norwich Road Runners        | <b>00:43:22</b> |
| <b>56</b> | 20      | <b>Neil Leeds</b>        | SM           | 15             | M   |                             | <b>00:43:23</b> |
| <b>57</b> | 246     | <b>Adrian Ebbs</b>       | M45-49       | 8              | M   |                             | <b>00:43:30</b> |
| <b>58</b> | 33      | <b>Richard Collyer</b>   | M40-44       | 6              | M   | Coltishall Jaguars          | <b>00:43:34</b> |
| <b>59</b> | 36      | <b>Simon English</b>     | M35-39       | 11             | M   |                             | <b>00:43:50</b> |
| <b>60</b> | 276     | <b>Robert Graham</b>     | SM           | 16             | M   |                             | <b>00:43:51</b> |
| <b>61</b> | 103     | <b>Ian Moore</b>         | SM           | 17             | M   | Norwich Road Runners        | <b>00:43:54</b> |
| <b>62</b> | 152     | <b>Chris Bullock</b>     | M35-39       | 12             | M   |                             | <b>00:43:55</b> |
| <b>63</b> | 57      | <b>Jim Hayes</b>         | M60-69       | 3              | M   | North Norfolk Beach Runners | <b>00:43:58</b> |
| <b>64</b> | 80      | <b>Stephen Leeves</b>    | M50-54       | 8              | M   | Great Yarmouth Road Runners | <b>00:44:15</b> |
| <b>65</b> | 65      | <b>Sharon Bardwell</b>   | F40-44       | 2              | F   | Norwich Road Runners        | <b>00:44:21</b> |
| <b>66</b> | 223     | <b>Philip Harvey</b>     | M40-44       | 7              | M   |                             | <b>00:44:25</b> |
| <b>67</b> | 56      | <b>Maria Greaves</b>     | SF           | 6              | F   | North Norfolk Beach Runners | <b>00:44:30</b> |
| <b>68</b> | 163     | <b>Martin Broadhurst</b> | M40-44       | 8              | M   |                             | <b>00:44:39</b> |
| <b>69</b> | 236     | <b>Fraser Tidman</b>     | SM           | 18             | M   |                             | <b>00:44:45</b> |
| <b>70</b> | 183     | <b>Neil Platten</b>      | M40-44       | 9              | M   |                             | <b>00:44:46</b> |
| <b>71</b> | 68      | <b>Robert Davies</b>     | SM           | 19             | M   | Norwich Road Runners        | <b>00:44:53</b> |

| Place | Race no | Name                      | Age category | Class position | Sex | Club                        | Time            |
|-------|---------|---------------------------|--------------|----------------|-----|-----------------------------|-----------------|
| 72    | 217     | <b>Thomas Townshend</b>   | SM           | 20             | M   | Norwich Road Runners        | <b>00:44:58</b> |
| 73    | 140     | <b>Mark Caddy</b>         | SM           | 21             | M   |                             | <b>00:45:07</b> |
| 74    | 189     | <b>Stephen Baker</b>      | M45-49       | 9              | M   | Tri-Anglia                  | <b>00:45:09</b> |
| 75    | 242     | <b>Peter Walsh</b>        | M35-39       | 13             | M   |                             | <b>00:45:13</b> |
| 76    | 179     | <b>Ross Brown</b>         | M35-39       | 14             | M   |                             | <b>00:45:17</b> |
| 77    | 90      | <b>Polly Wake</b>         | SF           | 7              | F   | Reepham Runners             | <b>00:45:25</b> |
| 78    | 252     | <b>Myles Duffield</b>     | M35-39       | 15             | M   |                             | <b>00:45:26</b> |
| 79    | 50      | <b>Samantha Epps</b>      | SF           | 8              | F   | Wymondham AC                | <b>00:45:29</b> |
| 80    | 126     | <b>Dean Blake</b>         | M35-39       | 16             | M   | Coltishall Jaguars          | <b>00:45:32</b> |
| 81    | 182     | <b>Joanna Godwin</b>      | SF           | 9              | F   | Norwich Road Runners        | <b>00:45:39</b> |
| 82    | 190     | <b>Grant Randall</b>      | M45-49       | 10             | M   |                             | <b>00:45:41</b> |
| 83    | 64      | <b>Colin Shadbolt</b>     | SM           | 22             | M   |                             | <b>00:45:45</b> |
| 84    | 116     | <b>Adam Banham</b>        | SM           | 23             | M   | CONAC                       | <b>00:45:47</b> |
| 85    | 13      | <b>Gary Beauchamp</b>     | M45-49       | 11             | M   |                             | <b>00:45:54</b> |
| 86    | 272     | <b>Philip Cooper</b>      | M50-54       | 9              | M   | Reepham Runners             | <b>00:46:06</b> |
| 87    | 172     | <b>Graham Hardingham</b>  | M50-54       | 10             | M   | Norfolk Gazelles            | <b>00:46:07</b> |
| 88    | 187     | <b>Alex Gray</b>          | SM           | 24             | M   |                             | <b>00:46:14</b> |
| 89    | 159     | <b>Charlotte Knee</b>     | SF           | 10             | F   | Mornington Chasers          | <b>00:46:20</b> |
| 90    | 165     | <b>Jude Durrant</b>       | F40-44       | 3              | F   | Reepham Runners             | <b>00:46:22</b> |
| 91    | 72      | <b>Andy Peck</b>          | M40-44       | 10             | M   | Great Yarmouth Road Runners | <b>00:46:31</b> |
| 92    | 62      | <b>Raymond Marshall</b>   | M45-49       | 12             | M   |                             | <b>00:46:52</b> |
| 93    | 142     | <b>Jason Ford</b>         | SM           | 25             | M   |                             | <b>00:46:54</b> |
| 94    | 67      | <b>Eva Roberts</b>        | F40-44       | 4              | F   |                             | <b>00:47:01</b> |
| 95    | 160     | <b>Penny Studley</b>      | SF           | 11             | F   | Gt Yarmouth & District AC   | <b>00:47:04</b> |
| 96    | 75      | <b>Jane Stafford</b>      | F45-49       | 2              | F   | Norwich Road Runners        | <b>00:47:16</b> |
| 97    | 295     | <b>Anne Millett</b>       | F55-59       | 1              | F   | Norwich Road Runners        | <b>00:47:27</b> |
| 98    | 220     | <b>Corey Blackburn</b>    | M35-39       | 17             | M   |                             | <b>00:48:01</b> |
| 99    | 135     | <b>Andrew Fretwell</b>    | M50-54       | 11             | M   |                             | <b>00:48:10</b> |
| 100   | 125     | <b>Joanne Jesney</b>      | F40-44       | 5              | F   | Wymondham AC                | <b>00:48:22</b> |
| 101   | 16      | <b>Bobbie Sauerzapf</b>   | F50-54       | 1              | F   | Bungay Black Dog RC         | <b>00:48:30</b> |
| 102   | 27      | <b>Rob Osborne</b>        | M50-54       | 12             | M   | North Norfolk Beach Runners | <b>00:48:31</b> |
| 103   | 203     | <b>Christopher Milnes</b> | M50-54       | 13             | M   | Ryston Runners              | <b>00:48:44</b> |
| 104   | 198     | <b>Andrew Hammond</b>     | M55-59       | 4              | M   |                             | <b>00:48:53</b> |
| 105   | 218     | <b>Steve Starr</b>        | M40-44       | 11             | M   | Ely Runners                 | <b>00:48:55</b> |
| 106   | 222     | <b>Daniel Blackwell</b>   | SM           | 26             | M   |                             | <b>00:49:06</b> |
| 107   | 146     | <b>Anna Barker</b>        | SF           | 12             | F   |                             | <b>00:49:36</b> |

| Place      | Race no | Name                      | Age category | Class position | Sex | Club                        | Time            |
|------------|---------|---------------------------|--------------|----------------|-----|-----------------------------|-----------------|
| <b>108</b> | 147     | <b>Dan Watt</b>           | SM           | 27             | M   |                             | <b>00:49:37</b> |
| <b>109</b> | 244     | <b>John Turner</b>        | M45-49       | 13             | M   |                             | <b>00:49:42</b> |
| <b>110</b> | 26      | <b>Andi Osborne</b>       | F55-59       | 2              | F   | North Norfolk Beach Runners | <b>00:49:53</b> |
| <b>111</b> | 168     | <b>Trevor Horrex</b>      | M50-54       | 14             | M   | Norwich Road Runners        | <b>00:49:58</b> |
| <b>112</b> | 275     | <b>David Waterman</b>     | M50-54       | 15             | M   | Bungay Black Dog RC         | <b>00:50:15</b> |
| <b>113</b> | 185     | <b>Naomi Jarvis</b>       | SF           | 13             | F   | Norwich Road Runners        | <b>00:50:18</b> |
| <b>114</b> | 4       | <b>Kryisia Smith</b>      | SF           | 14             | F   | Coltishall Jaguars          | <b>00:50:20</b> |
| <b>115</b> | 235     | <b>Tony Heath</b>         | M60-69       | 4              | M   | North Norfolk Beach Runners | <b>00:50:25</b> |
| <b>116</b> | 43      | <b>Roy Paddock</b>        | M50-54       | 16             | M   |                             | <b>00:50:31</b> |
| <b>117</b> | 171     | <b>Kate Haselton-Glee</b> | F40-44       | 6              | F   |                             | <b>00:50:35</b> |
| <b>118</b> | 239     | <b>Peter West</b>         | SM           | 28             | M   |                             | <b>00:50:36</b> |
| <b>119</b> | 200     | <b>Gavin Thouless</b>     | M40-44       | 12             | M   | Norwich Road Runners        | <b>00:50:46</b> |
| <b>120</b> | 79      | <b>Pauline Richardson</b> | F50-54       | 2              | F   | Great Yarmouth Road Runners | <b>00:50:47</b> |
| <b>121</b> | 3       | <b>Gemma Sullivan</b>     | SF           | 15             | F   |                             | <b>00:50:49</b> |
| <b>122</b> | 161     | <b>Craig Stapley</b>      | M35-39       | 18             | M   |                             | <b>00:51:30</b> |
| <b>123</b> | 240     | <b>Noel Spruce</b>        | M60-69       | 5              | M   | North Norfolk Beach Runners | <b>00:51:42</b> |
| <b>124</b> | 134     | <b>Susan Fraser</b>       | F50-54       | 3              | F   | Gt Yarmouth & District AC   | <b>00:51:47</b> |
| <b>125</b> | 85      | <b>Louise Cadogan</b>     | SF           | 16             | F   | Ely Runners                 | <b>00:51:49</b> |
| <b>126</b> | 86      | <b>Andrew Bonner</b>      | SM           | 29             | M   |                             | <b>00:51:49</b> |
| <b>127</b> | 110     | <b>Keith Dickens</b>      | M60-69       | 6              | M   | North Norfolk Beach Runners | <b>00:51:50</b> |
| <b>128</b> | 109     | <b>Patsy Bradley</b>      | F50-54       | 4              | F   | Wymondham AC                | <b>00:51:54</b> |
| <b>129</b> | 209     | <b>Basil Crisp</b>        | M60-69       | 7              | M   | Norfolk Gazelles            | <b>00:51:58</b> |
| <b>130</b> | 299     | <b>Adam Batchelor</b>     | SM           | 30             | M   |                             | <b>00:52:19</b> |
| <b>131</b> | 73      | <b>Jackie Gowing</b>      | SF           | 17             | F   | Norwich Road Runners        | <b>00:52:25</b> |
| <b>132</b> | 205     | <b>Verity Holmes</b>      | SF           | 18             | F   | Coltishall Jaguars          | <b>00:52:27</b> |
| <b>133</b> | 294     | <b>Andrew Mulligan</b>    | SM           | 31             | M   | Coltishall Jaguars          | <b>00:52:29</b> |
| <b>134</b> | 224     | <b>Sonya Turner</b>       | F40-44       | 7              | F   | Coltishall Jaguars          | <b>00:52:32</b> |
| <b>135</b> | 237     | <b>Heather Hollister</b>  | F60+         | 1              | F   | Coltishall Jaguars          | <b>00:52:33</b> |
| <b>136</b> | 48      | <b>Jason Coombes</b>      | SM           | 32             | M   |                             | <b>00:53:06</b> |
| <b>137</b> | 230     | <b>Cassie Barker</b>      | SF           | 19             | F   | Wymondham AC                | <b>00:53:13</b> |
| <b>138</b> | 25      | <b>Alec Fraser</b>        | M70+         | 1              | M   | North Norfolk Beach Runners | <b>00:53:17</b> |
| <b>139</b> | 112     | <b>David Simpson</b>      | M55-59       | 5              | M   | Coltishall Jaguars          | <b>00:53:18</b> |
| <b>140</b> | 298     | <b>Edward Lambert</b>     | M35-39       | 19             | M   |                             | <b>00:53:25</b> |
| <b>141</b> | 166     | <b>Christine Cooke</b>    | F50-54       | 5              | F   | Coltishall Jaguars          | <b>00:53:26</b> |
| <b>142</b> | 268     | <b>Michael Flower</b>     | M35-39       | 20             | M   | Norfolk Harriers            | <b>00:53:29</b> |
| <b>143</b> | 14      | <b>Philip Neave</b>       | M60-69       | 8              | M   | Bungay Black Dog RC         | <b>00:53:36</b> |

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|-------|---------|--------------------------|--------------|----------------|-----|---------------------|-----------------|
| 144   | 99      | <b>Jennifer Graham</b>   | SF           | 20             | F   | Tri-Anglia          | <b>00:53:41</b> |
| 145   | 15      | <b>James Whipps</b>      | SM           | 33             | M   | Havering 90 Joggers | <b>00:53:43</b> |
| 146   | 245     | <b>Diane Turner</b>      | F45-49       | 3              | F   |                     | <b>00:53:50</b> |
| 147   | 278     | <b>Jenni Egmore</b>      | F40-44       | 8              | F   | Reepham Runners     | <b>00:53:54</b> |
| 148   | 264     | <b>Jeremy Sinclair</b>   | M55-59       | 6              | M   |                     | <b>00:54:14</b> |
| 149   | 24      | <b>Helen Lambert</b>     | SF           | 21             | F   |                     | <b>00:54:25</b> |
| 150   | 156     | <b>Joanne Williams</b>   | SF           | 22             | F   |                     | <b>00:54:26</b> |
| 151   | 259     | <b>Dawn Collyer</b>      | SF           | 23             | F   | Coltishall Jaguars  | <b>00:54:30</b> |
| 152   | 137     | <b>Neil Cockerton</b>    | M35-39       | 21             | M   |                     | <b>00:54:37</b> |
| 153   | 8       | <b>Jonathan Thetford</b> | M35-39       | 22             | M   |                     | <b>00:54:44</b> |
| 154   | 197     | <b>Gemma Francis</b>     | SF           | 24             | F   |                     | <b>00:54:50</b> |
| 155   | 234     | <b>Mandy Hargreaves</b>  | F45-49       | 4              | F   |                     | <b>00:54:58</b> |
| 156   | 111     | <b>Ali Ficarra</b>       | SF           | 25             | F   |                     | <b>00:55:01</b> |
| 157   | 177     | <b>Mark Johns</b>        | M40-44       | 13             | M   |                     | <b>00:55:02</b> |
| 158   | 270     | <b>Chris Proops</b>      | SM           | 34             | M   |                     | <b>00:55:02</b> |
| 159   | 44      | <b>Rebecca Smith</b>     | SF           | 26             | F   | Hadleigh Hares      | <b>00:55:09</b> |
| 160   | 45      | <b>Vikas Bhalla</b>      | SM           | 35             | M   |                     | <b>00:55:10</b> |
| 161   | 123     | <b>Hannah Dagless</b>    | SF           | 27             | F   | Reepham Runners     | <b>00:55:30</b> |
| 162   | 277     | <b>Anne Sarbutt-King</b> | F50-54       | 6              | F   |                     | <b>00:55:31</b> |
| 163   | 195     | <b>Timothy Johnson</b>   | SM           | 36             | M   | Wymondham AC        | <b>00:55:32</b> |
| 164   | 180     | <b>Julie Dilrew</b>      | F50-54       | 7              | F   | Reepham Runners     | <b>00:55:45</b> |
| 165   | 227     | <b>Gill Hart</b>         | F55-59       | 3              | F   | Ryston Runners      | <b>00:55:56</b> |
| 166   | 5       | <b>Carey Cake</b>        | F40-44       | 9              | F   |                     | <b>00:56:02</b> |
| 167   | 226     | <b>Anne Martin</b>       | F60+         | 2              | F   | Wymondham AC        | <b>00:56:07</b> |
| 168   | 238     | <b>Amanda Goldsmith</b>  | F40-44       | 10             | F   |                     | <b>00:56:17</b> |
| 169   | 92      | <b>Andrea Usher</b>      | SF           | 28             | F   |                     | <b>00:56:18</b> |
| 170   | 35      | <b>Deborah English</b>   | SF           | 29             | F   |                     | <b>00:56:19</b> |
| 171   | 228     | <b>Philippa Corfield</b> | F40-44       | 11             | F   |                     | <b>00:56:23</b> |
| 172   | 178     | <b>Stewart Cazier</b>    | M45-49       | 14             | M   |                     | <b>00:56:41</b> |
| 173   | 279     | <b>Rebecca Durant</b>    | F55-59       | 4              | F   | Coltishall Jaguars  | <b>00:57:39</b> |
| 174   | 256     | <b>Janette Palmer</b>    | F45-49       | 5              | F   | CONAC               | <b>00:57:41</b> |
| 175   | 290     | <b>Rosemary Jackson</b>  | F55-59       | 5              | F   |                     | <b>00:57:41</b> |
| 176   | 131     | <b>Stephen Gowland</b>   | M35-39       | 23             | M   |                     | <b>00:57:50</b> |
| 177   | 122     | <b>Steve Cryer</b>       | M60-69       | 9              | M   |                     | <b>00:57:54</b> |
| 178   | 263     | <b>Anne Sinclair</b>     | F50-54       | 8              | F   |                     | <b>00:57:59</b> |
| 179   | 38      | <b>Mark Matthews</b>     | M40-44       | 14             | M   |                     | <b>00:58:19</b> |

| Place      | Race no | Name                        | Age category | Class position | Sex | Club                        | Time            |
|------------|---------|-----------------------------|--------------|----------------|-----|-----------------------------|-----------------|
| <b>180</b> | 206     | <b>Debrah Yaxley</b>        | SF           | 30             | F   |                             | <b>00:58:22</b> |
| <b>181</b> | 207     | <b>Louise Grinsdale</b>     | SF           | 31             | F   |                             | <b>00:58:22</b> |
| <b>182</b> | 145     | <b>Christopher Adlam</b>    | SM           | 37             | M   |                             | <b>00:58:36</b> |
| <b>183</b> | 144     | <b>Nicola Adlam</b>         | SF           | 32             | F   |                             | <b>00:58:37</b> |
| <b>184</b> | 58      | <b>Emma Fox</b>             | SF           | 33             | F   |                             | <b>00:58:51</b> |
| <b>185</b> | 59      | <b>Jon Foot</b>             | M50-54       | 17             | M   |                             | <b>00:58:57</b> |
| <b>186</b> | 232     | <b>Wendy Burgess</b>        | SF           | 34             | F   | Wymondham AC                | <b>00:58:57</b> |
| <b>187</b> | 186     | <b>Melissa Gray</b>         | SF           | 35             | F   |                             | <b>00:58:58</b> |
| <b>188</b> | 229     | <b>Mary Floate</b>          | SF           | 36             | F   | Reepham Runners             | <b>00:59:09</b> |
| <b>189</b> | 248     | <b>Brian Moore</b>          | M60-69       | 10             | M   | Norwich Road Runners        | <b>00:59:24</b> |
| <b>190</b> | 250     | <b>Tony Britt</b>           | M55-59       | 7              | M   | Uknetrunner                 | <b>00:59:28</b> |
| <b>191</b> | 106     | <b>Becci Vogt</b>           | SF           | 37             | F   |                             | <b>01:00:02</b> |
| <b>192</b> | 107     | <b>Jamie Garvie</b>         | SM           | 38             | M   |                             | <b>01:00:08</b> |
| <b>193</b> | 119     | <b>Mark McGuigan</b>        | SM           | 39             | M   |                             | <b>01:00:08</b> |
| <b>194</b> | 255     | <b>Claudia Fricke</b>       | SF           | 38             | F   | CONAC                       | <b>01:00:11</b> |
| <b>195</b> | 231     | <b>Cindy Burgess</b>        | F60+         | 3              | F   | Wymondham AC                | <b>01:00:12</b> |
| <b>196</b> | 249     | <b>Lynda Moore</b>          | F55-59       | 6              | F   | Norwich Road Runners        | <b>01:00:24</b> |
| <b>197</b> | 281     | <b>Caroline Bailey</b>      | F40-44       | 12             | F   |                             | <b>01:00:26</b> |
| <b>198</b> | 70      | <b>Jessica Hall</b>         | SF           | 39             | F   |                             | <b>01:00:57</b> |
| <b>199</b> | 69      | <b>Iona Williams</b>        | SF           | 40             | F   |                             | <b>01:01:14</b> |
| <b>200</b> | 39      | <b>Michelle Matthews</b>    | F40-44       | 13             | F   |                             | <b>01:01:17</b> |
| <b>201</b> | 141     | <b>Jenny Adams</b>          | SF           | 41             | F   |                             | <b>01:01:20</b> |
| <b>202</b> | 51      | <b>Jackie Eastaugh-King</b> | F50-54       | 9              | F   | Norwich Road Runners        | <b>01:01:21</b> |
| <b>203</b> | 155     | <b>Rachael Williams</b>     | F40-44       | 14             | F   | Bungay Black Dog RC         | <b>01:01:27</b> |
| <b>204</b> | 54      | <b>Diane Cushine</b>        | F45-49       | 6              | F   | Norwich Road Runners        | <b>01:01:48</b> |
| <b>205</b> | 94      | <b>Wendy Larke</b>          | F45-49       | 7              | F   | Wymondham AC                | <b>01:03:24</b> |
| <b>206</b> | 105     | <b>Jean Whiting</b>         | F40-44       | 15             | F   |                             | <b>01:03:35</b> |
| <b>207</b> | 196     | <b>Mike Marshall</b>        | M70+         | 2              | M   | North Norfolk Beach Runners | <b>01:03:46</b> |
| <b>208</b> | 300     | <b>Robert Belcher</b>       | M50-54       | 18             | M   |                             | <b>01:04:01</b> |
| <b>209</b> | 269     | <b>Hazel Flower</b>         | F40-44       | 16             | F   | Norfolk Harriers            | <b>01:05:10</b> |
| <b>210</b> | 127     | <b>Julie Garrett</b>        | M40-44       | 15             | M   | Norwich Road Runners        | <b>01:05:58</b> |
| <b>211</b> | 221     | <b>Jasmin Blackburn</b>     | SF           | 42             | F   |                             | <b>01:06:26</b> |
| <b>212</b> | 253     | <b>Bob Jack</b>             | M50-54       | 19             | M   | Bungay Black Dog RC         | <b>01:07:01</b> |
| <b>213</b> | 120     | <b>Penny Rutterford</b>     | F45-49       | 8              | F   |                             | <b>01:07:05</b> |
| <b>214</b> | 88      | <b>Kathy Findlay</b>        | SF           | 43             | F   |                             | <b>01:07:16</b> |
| <b>215</b> | 204     | <b>Lester Pearson</b>       | M70+         | 3              | M   | Diss AC                     | <b>01:08:41</b> |

| Place      | Race no | Name                 | Age category | Class position | Sex | Club             | Time            |
|------------|---------|----------------------|--------------|----------------|-----|------------------|-----------------|
| <b>216</b> | 117     | <b>Julie Winfrey</b> | SF           | 44             | F   |                  | <b>01:10:29</b> |
| <b>217</b> | 169     | <b>Donna King</b>    | SF           | 45             | F   | Reephram Runners | <b>01:13:17</b> |
| <b>218</b> | 167     | <b>Jean Gowing</b>   | F60+         | 4              | F   | Reephram Runners | <b>01:14:32</b> |
| <b>219</b> | 213     | <b>Sue King</b>      | F50-54       | 10             | F   | Reephram Runners | <b>01:15:16</b> |