

Norfolk Gazelles Valentine 10K 2013

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
1	226	Rick Ward	Male	15-39	1	CONAC	00:33:53	00:33:51
2	283	Steve Gibbs	Male	15-39	2	Norwich Road Runners	00:33:59	00:33:57
3	48	Andy Kett	Male	15-39	3	North Norfolk Beach Runners	00:34:56	00:34:54
4	300	Martyn Bath	Male	15-39	4	CONAC	00:36:07	00:36:06
5	140	Grant Harradence	Male	15-39	5		00:36:19	00:36:15
6	242	Eleanor Matthews	Female	15-34	1	CONAC	00:36:35	00:36:32
7	215	Kelly Rushton	Female	15-34	2	CONAC	00:36:42	00:36:41
8	297	Michael Eccles	Male	15-39	6	Norfolk Gazelles	00:37:05	00:37:04
9	47	Martin Hewetson	Male	15-39	7	Norwich Road Runners	00:37:08	00:37:05
10	183	Paul Muffett	Male	50-54	1	North Norfolk Beach Runners	00:37:15	00:37:13
11	237	Lawrence Wade	Male	15-39	8	Coltishall Jaguars	00:37:19	00:37:17
12	293	Andrew Terry	Male	40-44	1	Wymondham AC	00:37:26	00:37:23
13	253	Todd Lake	Male	45-49	1	Dereham Runners	00:37:40	00:37:38
14	287	Andy Vinsen	Male	15-39	9	Wymondham AC	00:37:41	00:37:38
15	249	Colin Stark	Male	15-39	10	North Norfolk Beach Runners	00:37:47	00:37:43
16	191	Paul Lyon	Male	15-39	11	Lowestoft Road Runners	00:38:14	00:38:12
17	280	Anthony Witmond	Male	45-49	2	North Norfolk Beach Runners	00:38:16	00:38:12
18	75	Mark Garrett	Male	45-49	3	Norwich Road Runners	00:38:30	00:38:27
19	206	Richard Hayes	Male	15-39	12		00:38:32	00:38:29
20	275	James Beadle	Male	15-39	13	Reepham Runners	00:39:06	00:39:02
21	34	David Tandy	Male	40-44	2	Norwich Road Runners	00:39:29	00:39:25
22	45	Alex Copley	Male	15-39	14		00:39:40	00:39:38
23	43	Steven Guy	Male	15-39	15	CONAC	00:39:49	00:39:45
24	106	Trevor Wood	Male	40-44	3		00:39:54	00:39:51
25	197	Guzel Sari	Male	15-39	16	Dereham Runners	00:39:58	00:39:55
26	255	Warren Brayn	Male	15-39	17		00:39:58	00:39:54
27	286	Adrian Waters	Male	45-49	4	Norfolk Gazelles	00:40:01	00:39:58
28	174	Jason Mountain	Male	15-39	18	Wymondham AC	00:40:35	00:40:30
29	98	Michael Sadler	Male	45-49	5	North Norfolk Beach Runners	00:40:44	00:40:37
30	28	Cat Ricketts	Female	35-39	1	Norwich Road Runners	00:40:48	00:40:43
31	214	Ben Dennington	Male	15-39	19	Coltishall Jaguars	00:40:50	00:40:43
32	8	Gavin Vogt	Male	50-54	2		00:40:54	00:40:54
33	122	Rod Bye	Male	50-54	3	Coltishall Jaguars	00:40:55	00:40:49
34	192	Richard Fay	Male	15-39	20		00:40:56	00:40:52

35	241	Steve Childerhouse	Male	40-44	4	Wymondham AC	00:41:01	00:40:51
36	142	Rowena Leary	Female	15-34	3		00:41:13	00:41:05
37	161	Glen Nelson	Male	55-59	1	Tri-Anglia	00:41:20	00:41:16
38	85	Robert Thompson	Male	45-49	6	Spa Striders RC	00:41:23	00:41:16
39	205	Richard Lesslie	Male	15-39	21		00:41:26	00:41:22
40	302	David Jones	Male	15-39	22	Tri Anglia	00:41:29	00:41:22
41	139	Ian Hyzer	Male	15-39	23		00:41:41	00:41:37
42	233	Timothy Bragger	Male	15-39	24		00:41:45	00:41:40
43	155	Vincent Ellis	Male	55-59	2	CONAC	00:41:46	00:41:41
44	292	John Bassinder	Male	55-59	3	Stainland Lions Road Runners	00:41:51	00:41:45
45	116	Chris Haylock	Male	40-44	5	Lowestoft Road Runners	00:41:53	00:41:48
46	203	Karen Doak	Female	35-39	2	Norwich Road Runners	00:41:55	00:41:50
47	181	Daniel Guest	Male	15-39	25		00:41:56	00:41:49
48	316	Benjamin Gaskins	Male	15-39	26	Tri Anglia	00:41:56	00:41:49
49	128	Iain Milligan	Male	40-44	6	St Edmunds Pacers	00:42:05	00:41:56
50	232	Samuel Cross	Male	15-39	27		00:42:19	00:42:14
51	265	Matthew Frary	Male	15-39	28	Norwich Road Runners	00:42:44	00:42:40
52	36	Nigel Sinclair	Male	15-39	29		00:42:49	00:42:40
53	33	Stephen Moseley	Male	45-49	7	Norwich Road Runners	00:42:57	00:42:52
54	73	Stewart White	Male	15-39	30	St Edmunds Pacers	00:43:02	00:42:54
55	222	Kevin Snelling	Male	45-49	8	Norwich Road Runners	00:43:09	00:43:01
56	97	Eddie Carman	Male	45-49	9	North Norfolk Beach Runners	00:43:19	00:43:10
57	123	Ellie Bye	Female	15-34	4	Coltishall Jaguars	00:43:22	00:43:16
58	204	Robert Bakewell	Male	15-39	31		00:43:26	00:43:20
59	263	Paul Lewis	Male	50-54	4	Great Yarmouth Road Runners	00:43:31	00:43:27
60	25	Chris Chorley	Male	45-49	10	Bungay Black Dog RC	00:43:33	00:43:16
61	218	Sharon Hurren	Female	40-44	1	Wymondham AC	00:43:43	00:43:34
62	307	Lee Gladwell	Male	15-39	32	Ashford Tri Club	00:43:45	00:43:38
63	115	Ken Bowman	Male	60-69	1	Coltishall Jaguars	00:43:46	00:43:39
64	194	Nick Caley	Male	15-39	33	Reepham Runners	00:43:50	00:43:43
65	261	Stephen Leeves	Male	55-59	4	Great Yarmouth Road Runners	00:43:52	00:43:46
66	74	Iain Sanders	Male	15-39	34		00:43:54	00:43:38
67	120	Rob Warne	Male	15-39	35		00:44:00	00:43:37
68	95	Tim Parr	Male	15-39	36		00:44:05	00:43:52
69	172	Stephen Dady	Male	60-69	2	Great Yarmouth Road Runners	00:44:05	00:44:01
70	67	Vicky Knight	Female	35-39	3	Tiptree Road Runners	00:44:16	00:44:04
71	306	Aaron Jackson	Male	15-39	37	Dereham Runners	00:44:19	00:44:09

72	159	Vitalijus Sivakovas	Male	15-39	38		00:44:24	00:44:20
73	257	David Hudson	Male	40-44	7	Tri-Anglia	00:44:28	00:44:20
74	4	Jim Hayes	Male	60-69	3	North Norfolk Beach Runners	00:44:33	00:44:25
75	216	Michael Small	Male	15-39	39		00:44:34	00:44:21
76	157	Sharon Bardwell	Female	40-44	2	Norwich Road Runners	00:44:44	00:44:31
77	80	Marc Coles	Male	15-39	40		00:44:52	00:44:46
78	240	Mal Garwood	Male	40-44	8	Wymondham AC	00:44:52	00:44:41
79	21	Darren Chapman	Male	15-39	41		00:45:04	00:44:51
80	309	Jonathon Kuttschreuter	Male	15-39	42		00:45:27	00:45:22
81	72	Nick Gurney	Male	15-39	43	Norwich Road Runners	00:45:28	00:45:24
82	219	Gary Gannon	Male	40-44	9		00:45:43	00:45:35
83	16	Iain Smith	Male	40-44	10	CONAC	00:45:49	00:45:30
84	295	Haydn Lyon	Male	15-39	44		00:45:50	00:45:32
85	71	Ian Cleminson	Male	45-49	11		00:45:51	00:45:42
86	244	Mark Ring	Male	45-49	12	Norwich Road Runners	00:46:17	00:46:09
87	193	Colin Browning	Male	45-49	13	Norwich Road Runners	00:46:21	00:46:13
88	284	Matthew Lowe	Male	15-39	45		00:46:28	00:46:17
89	267	Guy Shearwood	Male	50-54	5		00:46:29	00:46:10
90	270	Mark Caddy	Male	15-39	46		00:46:36	00:46:10
91	81	Neil Walpole	Male	40-44	11	Norwich Road Runners	00:46:40	00:46:34
92	281	Polly Wake	Female	35-39	4	Reepham Runners	00:46:45	00:46:39
93	105	Wayne Crowe	Male	45-49	14		00:46:54	00:46:38
94	184	Sophie Newman	Female	15-34	5		00:46:56	00:46:36
95	23	Henry Mahalski	Male	15-39	47		00:47:02	00:46:51
96	171	Simon Blackmore	Male	45-49	15		00:47:04	00:46:40
97	126	Mark Taylor	Male	60-69	4	Norwich Road Runners	00:47:07	00:46:52
98	247	Alex Hall	Male	15-39	48		00:47:18	00:47:09
99	152	Richard Grimsdell	Male	40-44	12	St Edmunds Pacers	00:47:20	00:47:07
100	266	Phillip Bazley	Male	15-39	49		00:47:28	00:47:14
101	89	Gavin Thouless	Male	40-44	13	Norwich Road Runners	00:47:40	00:47:19
102	42	Miranda Johnson	Female	15-34	6		00:47:41	00:47:28
103	186	Harriet Boughton	Female	15-34	7		00:47:43	00:47:33
104	303	Hans Allnutt	Male	15-39	50		00:47:43	00:47:33
105	315	Ben Swift	Male	15-39	51		00:47:48	00:47:48
106	158	Jon Betson	Male	15-39	52		00:47:50	00:47:29
107	127	Sarah Jay	Female	45-49	1	Coltishall Jaguars	00:47:57	00:47:46
108	17	Andrew Hawes	Male	15-39	53		00:48:08	00:48:00

109	234	Dale Larwood	Male	15-39	54		00:48:28	00:48:16
110	39	Brian McKinney	Male	50-54	6	Norwich Road Runners	00:48:46	00:48:39
111	246	Jon Holt	Male	15-39	55	Wymondham AC	00:48:59	00:48:49
112	121	Jackie Bye	Female	50-54	1	Coltishall Jaguars	00:49:02	00:48:50
113	134	Matthew Reynolds	Male	15-39	56	Lowestoft Road Runners	00:49:08	00:48:45
114	285	Derek Sadler	Male	55-59	5	North Norfolk Beach Runners	00:49:14	00:48:42
115	145	Neil Thomas	Male	40-44	14	Bungay Black Dog RC	00:49:17	00:49:14
116	130	John Bennett	Male	15-39	57		00:49:25	00:49:12
117	177	Jo Godwin	Female	35-39	5	Norwich Road Runners	00:49:27	00:49:14
118	231	Steve Starr	Male	45-49	16	Ely Runners	00:49:36	00:49:29
119	277	Kelly Townshend	Female	35-39	6		00:49:38	00:49:31
120	3	Rob Osborne	Male	50-54	7	North Norfolk Beach Runners	00:49:40	00:49:26
121	66	Anthony Knight	Male	40-44	15	Tiptree Road Runners	00:49:42	00:49:29
122	117	Phillip Seaman	Male	55-59	6	Ryston Runners	00:49:42	00:49:24
123	147	Mary Yeadon	Female	15-34	8	UEA Triathlon Club	00:49:55	00:49:45
124	196	Ed Proffitt	Male	40-44	16		00:49:55	00:49:41
125	24	Bobbie Sauerzapf	Female	50-54	2	Bungay Black Dog RC	00:50:00	00:49:41
126	304	Angie Bear	Female	55-59	1	Wymondham AC	00:50:04	00:49:46
127	82	Sarah Stubbs	Female	35-39	7		00:50:06	00:49:40
128	149	Matt Williams	Male	15-39	58	UEA Triathlon Club	00:50:14	00:50:02
129	170	Stephen Nicholl	Male	40-44	17		00:50:19	00:49:56
130	317	Steven Field	Male	15-39	59		00:50:24	00:50:16
131	272	William Delf	Male	50-54	8	CONAC	00:50:24	00:50:04
132	113	Andrew Osborne	Male	15-39	60		00:50:28	00:50:16
133	289	Tim Russell	Male	15-39	61		00:50:32	00:50:16
134	78	Lorraine Dawson	Female	50-54	3	Great Yarmouth Road Runners	00:50:37	00:50:10
135	56	David Waterman	Male	50-54	9	Bungay Black Dog RC	00:50:46	00:50:44
136	190	Tony Heath	Male	60-69	5	North Norfolk Beach Runners	00:50:52	00:50:26
137	262	Pauline Richardson	Female	50-54	4	Great Yarmouth Road Runners	00:50:52	00:50:41
138	7	John Lockett	Male	55-59	7		00:50:54	00:50:36
139	35	Ivan Lees	Male	55-59	8	Great Yarmouth Road Runners	00:50:54	00:50:54
140	40	David Hart	Male	15-39	62		00:50:59	00:50:42
141	224	Chris Proops	Male	15-39	63		00:51:13	00:51:08
142	220	Robert Scarfe	Male	60-69	6	Wymondham AC	00:51:16	00:50:56
143	167	Mike Smith	Male	70+	1	Wymondham AC	00:51:19	00:51:01
144	278	Alan Carter	Male	15-39	64		00:51:23	00:51:05
145	162	Veronica Manly	Female	60+	1	Eastern Vets	00:51:24	00:51:04

146	144	Gordana Hills	Female	35-39	8		00:51:25	00:51:20
147	210	Christine Cooke	Female	50-54	5	Coltishall Jaguars	00:51:29	00:51:02
148	135	Tara Dugdale	Female	15-34	9		00:51:30	00:51:18
149	310	Kate Wyatt	Female	15-34	10		00:51:30	00:51:07
150	46	Sophie Janacek	Female	15-34	11		00:51:31	00:51:22
151	225	Beres Ward	Female	55-59	2	Wymondham AC	00:51:36	00:51:16
152	51	Geraldine Jordan	Female	45-49	2	Dereham Runners	00:51:38	00:51:24
153	165	Jack Chase	Male	15-39	65		00:51:38	00:51:32
154	245	Anna Needs	Female	40-44	3	Wymondham AC	00:51:41	00:51:22
155	299	Jayne Allan	Female	45-49	3	Wymondham AC	00:51:42	00:51:23
156	99	Tim MacWilliam	Male	50-54	10	Wymondham AC	00:51:50	00:51:39
157	235	James Chase	Male	45-49	17		00:51:52	00:51:45
158	211	Gemma Dullea	Female	15-34	12	Norwich Road Runners	00:52:00	00:51:44
159	264	Cameron Starling	Male	15-39	66		00:52:15	00:51:59
160	163	Beth Hill	Female	35-39	9		00:52:18	00:51:56
161	164	Emma Renouf	Female	35-39	10		00:52:18	00:51:55
162	61	Adam Jones	Male	15-39	67		00:52:25	00:51:59
163	68	Georgina Taylor	Female	15-34	13		00:52:26	00:52:12
164	169	Trevor Horrex	Male	50-54	11	Norwich Road Runners	00:52:27	00:52:04
165	131	Gemma Sullivan	Female	15-34	14		00:52:30	00:52:16
166	112	Robert Ashton	Male	55-59	9		00:52:32	00:52:19
167	296	Craig Lyon	Male	50-54	12		00:52:33	00:52:15
168	77	Andrea Usher	Female	40-44	4		00:52:43	00:52:26
169	55	Iain Tibbitt	Male	40-44	18		00:53:03	00:52:57
170	288	Elizabeth Barran	Female	15-34	15	Norfolk Gazelles	00:53:04	00:52:47
171	166	Philip Neave	Male	60-69	7	Bungay Black Dog RC	00:53:11	00:53:11
172	228	Jackie Gowing	Female	40-44	5	Norwich Road Runners	00:53:11	00:52:55
173	236	Brenda Kinch	Female	60+	2	North Norfolk Beach Runners	00:53:15	00:52:57
174	124	Tabatha Sims	Female	40-44	6		00:53:18	00:52:54
175	151	Thomas Wetherell	Male	15-39	68		00:53:18	00:53:03
176	207	Alec Fraser	Male	70+	2	North Norfolk Beach Runners	00:53:27	00:52:56
177	125	Caroline Tayler	Female	55-59	3	Norwich Road Runners	00:53:37	00:53:13
178	254	Alison Norrington	Female	45-49	4	Thrift Green Trotters	00:53:41	00:53:26
179	175	Patsy Bradley	Female	50-54	6	Wymondham AC	00:53:48	00:53:28
180	301	Anna Goodley	Female	15-34	16		00:54:03	00:53:46
181	148	Georgia Hill	Female	15-34	17	UEA Triathlon Club	00:54:04	00:53:52
182	239	Noel Spruce	Male	60-69	8	North Norfolk Beach Runners	00:54:13	00:53:42

183	259	Jessica Lane	Female	15-34	18		00:54:16	00:54:02
184	41	Anna Cain	Female	15-34	19		00:54:18	00:53:51
185	269	Jane Ashby	Female	60+	3	Ryston Runners	00:54:18	00:54:00
186	250	tom Warnes	Male	15-39	69	Uknetrunner	00:54:22	00:53:57
187	108	William Perks	Male	55-59	10		00:54:23	00:54:15
188	217	Steve Small	Male	50-54	13		00:54:26	00:54:11
189	59	Lisa Symon	Female	15-34	20	Coltishall Jaguars	00:54:27	00:54:03
190	182	Emma Muffett	Female	35-39	11	North Norfolk Beach Runners	00:54:32	00:54:10
191	44	Gina Preston	Female	45-49	5		00:54:39	00:54:18
192	143	Sarah Thawley	Female	15-34	21		00:54:45	00:54:36
193	52	Graham Sampson	Male	60-69	9	Bungay Black Dog RC	00:54:52	00:54:40
194	188	Cheryl O	Female	35-39	12		00:54:58	00:54:46
195	2	Andi Osborne	Female	55-59	4	North Norfolk Beach Runners	00:55:14	00:54:52
196	168	Gill Woodhouse	Female	60+	4	Dereham Runners	00:55:15	00:54:56
197	57	Rebecca Smith	Female	15-34	22	Ellesmere Port RC	00:55:49	00:55:24
198	58	Vikas Bhalla	Male	15-39	70		00:55:49	00:55:22
199	84	Andrew Smith	Male	40-44	19	St Edmunds Pacers	00:56:00	00:55:35
200	119	Donald Tiffin	Male	60-69	10	Bungay Black Dog RC	00:56:13	00:56:03
201	65	Anne Harper	Female	45-49	6	Dereham Runners	00:56:15	00:56:00
202	212	Sharon Jones	Female	45-49	7	Bungay Black Dog RC	00:56:25	00:55:54
203	312	Peter Walwyin	Male	70+	3		00:56:59	00:56:44
204	92	Dennis Bartram	Male	60-69	11	Wymondham AC	00:57:04	00:56:44
205	305	Mart Blackburn	Male	55-59	11	Ryston Runners	00:57:14	00:56:52
206	37	Melanie Sinclair	Female	35-39	13		00:57:18	00:56:53
207	260	Kate Reynolds	Female	15-34	23	Norwich Road Runners	00:57:22	00:57:13
208	268	Rebecca Laughton	Female	15-34	24	Norwich Road Runners	00:57:22	00:57:12
209	29	Steve Cummings	Male	40-44	20	Norwich Road Runners	00:57:31	00:57:05
210	109	Anne Sinclair	Female	55-59	5		00:57:34	00:57:10
211	79	Peter Warren	Male	55-59	12	CONAC	00:57:38	00:57:16
212	213	Terence Jones	Male	60-69	12	Bungay Black Dog RC	00:57:46	00:57:15
213	94	Emma Parr	Female	35-39	14		00:57:47	00:57:17
214	311	Carey Cake	Male	40-44	21		00:58:00	00:57:37
215	54	Andrew Stratton	Male	50-54	14	Wymondham AC	00:58:13	00:57:52
216	185	Sharon Cook	Female	40-44	7	Wymondham AC	00:58:14	00:57:54
217	136	Ali Middleton	Female	15-34	25		00:58:16	00:57:50
218	137	Becky Henderson	Female	15-34	26		00:58:18	00:57:51
219	49	Dawn Rimington	Female	45-49	8		00:58:21	00:58:06

220	180	Dianne Crosby	Female	60+	5	Great Yarmouth Road Runners	00:58:24	00:57:55
221	83	Mike Creasor	Male	70+	4	Norwich Road Runners	00:58:39	00:58:09
222	200	Brian Moore	Male	60-69	13	Norwich Road Runners	00:58:49	00:58:22
223	104	Carol Hart	Female	45-49	9		00:58:59	00:58:48
224	282	Debbie Bowers	Female	15-34	27	Tri-Anglia	00:58:59	00:58:39
225	64	Sheena Ickes	Female	15-34	28		00:59:22	00:59:22
226	114	Ashley Szarek	Female	15-34	29		00:59:22	00:59:03
227	279	Sarah Barley	Female	45-49	10		00:59:24	00:58:52
228	274	Emily Blakesley	Female	15-34	30	Tri-Anglia	00:59:51	00:59:25
229	11	Nicola Wilkins	Female	40-44	8	Bungay Black Dog RC	01:00:00	00:59:36
230	9	Jean Whiting	Female	45-49	11		01:00:05	00:59:53
231	189	Jennifer Burfoot	Female	60+	6	Norfolk Gazelles	01:00:13	00:59:59
232	150	Cliffy Williamson	Male	60-69	14		01:00:48	01:00:33
233	199	Kate McCabe	Female	40-44	9		01:01:04	01:00:40
234	62	Tony Britt	Male	55-59	13	Uknetrunner	01:01:21	01:00:56
235	298	Joanne Lawn	Female	40-44	10		01:01:21	01:01:05
236	179	Charles Weigand	Male	60-69	15	Great Yarmouth Road Runners	01:01:23	01:00:55
237	5	Andy Beeston	Male	60-69	16		01:01:26	01:01:11
238	32	Jacqueline Raskovic	Female	40-44	11	Norwich Road Runners	01:01:27	01:01:03
239	313	Natalie Nicholson	Female	45-49	12	Norfolk Gazelles	01:01:35	01:01:35
240	10	Becci Vogt	Female	15-34	31		01:01:36	01:01:36
241	276	Elizabeth Senior	Female	55-59	6		01:01:37	01:01:04
242	223	Rebecca Durant	Female	60+	7	Coltishall Jaguars	01:01:38	01:01:13
243	156	Timothy Johnson	Male	15-39	71	Wymondham AC	01:01:40	01:01:18
244	273	Sherry Gowing	Female	40-44	12	Norfolk Gazelles	01:01:44	01:01:34
245	314	Claire Trayers	Female	15-34	32		01:02:07	01:01:48
246	141	Becky Chignell	Female	15-34	33		01:02:33	01:02:21
247	208	Jackie Bridges	Female	35-39	15		01:02:41	01:02:11
248	38	Lindsay Barker	Female	50-54	7	Norwich Road Runners	01:02:42	01:02:18
249	178	Claire Jones	Female	35-39	16		01:03:01	01:02:48
250	201	Lynda Moore	Female	55-59	7	Norwich Road Runners	01:03:09	01:02:41
251	271	Jenny Adams	Female	15-34	34		01:03:56	01:03:30
252	86	Jackie Eastaugh-King	Female	50-54	8	Norwich Road Runners	01:04:27	01:04:03
253	230	Diane Renshaw	Female	50-54	9	Dereham Runners	01:04:36	01:04:08
254	87	Diane Cushine	Female	45-49	13	Norwich Road Runners	01:05:07	01:04:42
255	22	Natasha Peachment	Female	35-39	17		01:05:22	01:04:52
256	103	Helen Hayes	Female	35-39	18		01:06:06	01:05:54

257	227	Bob Arnell	Male	60-69	17	Great Yarmouth Road Runners	01:07:26	01:06:58
258	1	John Morgan-Hughes	Male	70+	5		01:07:46	01:07:14
259	176	Charles Fenech	Male	60-69	18		01:08:34	01:08:17
260	63	Sarah Cooper	Female	40-44	13	Tri-Anglia	01:09:22	01:08:55
261	318	Helen Stokes	Female	40-44	14		01:09:22	01:08:53
262	290	Andrew Russell	Male	50-54	15	Norwich Road Runners	01:10:08	01:09:39
263	93	Lester Pearson	Male	70+	6	Diss AC	01:11:59	01:11:45
264	132	Donna King	Female	35-39	19	Reepham Runners	01:13:03	01:12:33
265	18	Jean Gowing	Female	60+	8	Reepham Runners	01:13:05	01:12:35
266	291	Denise Russell	Female	50-54	10	Norwich Road Runners	01:17:01	01:16:32
267	294	Ivan Colman	Male	50-54	16	Norwich Road Runners	01:17:03	01:16:32
268	248	Louis Miller	Male	70+	7		01:29:56	01:29:24