

Individuals

M under 40

1 00:32:43 ARNOLD, Piers City of Norwich AC M24 163
2 00:33:58 BATTRICK, John North Norfolk Beach Runners M22 149
3 00:34:41 ECCLES, Michael Norfolk Gazelles M33 11

M40-44

8 00:36:25 JONES, Andy City of Norwich AC M44 146
21 00:38:32 GOODWIN, Jon Tri-Anglia M44 316
22 00:38:36 ELY, Steve Norwich Road Runners M42 177

M45-49

25 00:38:50 CLUES, Mark Tri-Anglia M48 72
60 00:42:24 BAKER, Stephen Tri-Anglia M49 151
62 00:42:37 TUFTS, Mark Wymondham AC M45 132

M50-54

15 00:38:02 MOORE, John Norfolk Gazelles M53 195
23 00:38:37 GARRETT, Mark Norwich Road Runners M50 30
27 00:38:56 ROPER, Goy City of Norwich AC M51 140

M55-59

9 00:36:41 ARNOLD, Nigel Norfolk Gazelles M56 159
11 00:37:02 MUFFETT, Paul North Norfolk Beach Runners M55 143
24 00:38:40 ROLFE, Stephen Norfolk Gazelles M57 14

M60-64

34 00:40:14 ROBILLIARD, Colin Coltishall Jaguars M60 4
66 00:42:57 DADY, Stephen Wymondham AC M61 78
85 00:44:25 ALDIS, David City of Norwich AC M63 171

M65+

82 00:44:13 HAYES, Jim North Norfolk Beach Runners M67 84
111 00:47:09 VOGLER, Clem Dereham Runners AC M67 310
171 00:51:59 SMITH, Mike Wymondham AC M71 12

F under 40

14 00:37:44 MATTHEWS, Ellie City of Norwich AC F28 268
20 00:38:30 TURNER, Imogen City of Norwich AC F20 252
36 00:40:18 SCHOFIELD, Becky Tri-Anglia F32 158

F40-44

76 00:43:39 HURREN, Sharon Wymondham AC F42 279
124 00:47:58 GODWIN, Joanna` Norwich Road Runners F40 230
143 00:49:47 DEFERNEZ, Marianne F44 293

F45-49

109 00:46:33 ISBILL, Jo Ryston Runners F48 222
136 00:48:49 PARK, Niki Norwich Road Runners F48 164
147 00:49:53 WRAY, Hazel North Norfolk Beach Runners F45 280

F50-54

58 00:42:14 CURL, Tracey City of Norwich AC F51 286
105 00:46:20 COOKE, Sue City of Norwich AC F52 263
130 00:48:20 OLLINGTON, Robyn F51 221

F55-59

154 00:50:34 BETTS, Carol Norfolk Gazelles F59 304
160 00:50:57 BEAR, Angie Wymondham AC F56 180
218 00:56:25 PARTRIDGE, Sarah Ryston Runners F57 259

F60-64

212 00:56:09 WOOD, Jacquie Dereham Runners AC F61 285
234 00:58:31 LAKEY, Helen Wymondham AC F61 270
277 01:19:21 BRIGHTMAN, Pat Great Yarmouth & District AC F61 189

F65+

174 00:52:01 MANLY, Veronica eastern vets F65 223
181 00:53:04 KINCH, Brenda North Norfolk Beach Runners F68 227
192 00:53:50 ASHBY, JANE Ryston Runners F65 191

Teams

M40+

9 0:36:41 ARNOLD, Nigel Norfolk Gazelles M56 0.861 159 9
15 0:38:02 MOORE, John Norfolk Gazelles M53 0.8094 195 15
24 0:38:40 ROLFE, Stephen Norfolk Gazelles M57 0.8242 14 24
26 0:38:53 JOHNSON, Pete Norfolk Gazelles M59 0.8346 128 26
2:32:16
22 0:38:36 ELY, Steve Norwich Road Runners M42 0.7324 177 22
23 0:38:37 GARRETT, Mark Norwich Road Runners M50 0.7778 30 23
35 0:40:15 TANDY, David Norwich Road Runners M43 0.7076 46 35
44 0:41:19 HURREN, Dale Norwich Road Runners M55 0.7577 125 44
2:38:47

21 0:38:32 GOODWIN, Jon Tri-Anglia M44 0.7445 316 21
25 0:38:50 CLUES, Mark Tri-Anglia M48 0.7615 72 25
60 0:42:24 BAKER, Stephen Tri-Anglia M49 0.7029 151 60
100 0:46:07 WOODWARD, Andrew Tri-Anglia M52 0.6621 115 100
2:45:53

M Under 40

3 0:34:41 ECCLES, Michael Norfolk Gazelles M33 0.7777 11 3
6 0:35:57 GRUBB, Mark Norfolk Gazelles M29 0.7503 117 6
7 0:36:11 HAWES, Joseph Norfolk Gazelles M33 0.7455 73 7
54 0:42:07 WHITING, Phil Norfolk Gazelles M39 0.6571 91 54
2:28:56
4 0:34:58 O'NEILL, James Ryston Runners M34 0.7714 75 4
17 0:38:27 JONES, Ben Ryston Runners M35 0.7015 154 17
31 0:40:05 HOWLETT, Michael Ryston Runners M28 0.6729 299 31
40 0:40:40 BARRETT, Ian Ryston Runners M38 0.6757 133 40
2:34:10

F40+

76 0:43:39 HURREN, Sharon Wymondham AC F42 0.727 279 76
160 0:50:57 BEAR, Angie Wymondham AC F56 0.7078 180 160
175 0:52:21 BRADLEY, Patsy Wymondham AC F53 0.6688 278 175
2:26:57

124 0:47:58 GODWIN, Joanna` Norwich Road Runners F40 0.6507 230 124
136 0:48:49 PARK, Niki Norwich Road Runners F48 0.6846 164 136

177 0:52:28 SMITH, Claire Norwich Road Runners F43 0.6099 246 177
2:29:15

109 0:46:33 ISBILL, Jo Ryston Runners F48 0.7179 222 109
164 0:51:13 WOOD, Karen Ryston Runners F49 0.6584 234 164
173 0:51:59 FISHER, WENDY Ryston Runners F48 0.6429 258 173
2:29:45

F Under 40

14 0:37:44 MATTHEWS, Ellie City of Norwich AC F28 0.7928 268 14
20 0:38:30 TURNER, Imogen City of Norwich AC F20 0.7771 252 20
51 0:41:56 PATEL, Emma City of Norwich AC F32 0.7134 298 51
1:58:10

47 0:41:24 SMITH, Alexandra Norwich Road Runners F38 0.7418 248 47
65 0:42:43 GILLIINGS, Rachel Norwich Road Runners F28 0.7004 305 65
118 0:47:40 HARPER, Stacey Norwich Road Runners F35 0.6293 213 118
2:11:47

36 0:40:18 SCHOFIELD, Becky Tri-Anglia F32 0.7423 158 36
48 0:41:28 DEWSNAP, Eve Tri-Anglia F34 0.7215 238 48
165 0:51:22 HOLMAN, Rachel Tri-Anglia F39 0.6027 217 165
2:13:08