

Place	Time	Name	Team	Cat
1	0:48:22	BATESON, Richard	Yeovil Town Running Club	SENIOR MAN
2	0:50:45	DRANE, Kieren	Ely Runers	SENIOR MAN
3	0:53:05	GAY, George	North Norfolk Beach Runners	SENIOR MAN
4	0:54:14	JOHNSON, Richard	Norwich Road Runners	SENIOR MAN
5	0:54:55	JENVEY, Graham	Bungay Black Dog	SENIOR MAN
6	0:55:06	HAMMOND, Nick	Stowmarket Striders	Vet Man 40-49
7	0:55:38	CLUES, Mark	TRI Anglia	Vet Man 40-49
8	0:55:40	LAKE, Todd	Dereham Runners AC	Vet Man 50-59
9	0:55:57	HARVEY, Peter	Wymondham AC	SENIOR MAN
10	0:56:37	WING, Jason		Vet Man 40-49
11	0:56:58	ALLARD, Jason	Stowmarket Striders	Vet Man 40-49
12	0:57:21	SPENCE, Mark	Corby AC	Vet Man 40-49
13	0:57:44	CHAPMAN, Karl	Wymondham AC	Vet Man 40-49
14	0:58:57	SARI, Guzel	Dereham Runners AC	SENIOR MAN
15	0:59:29	BAXTER, John		Vet Man 50-59
16	1:00:02	GAY, John	North Norfolk Beach Runners	Vet Man 50-59
17	1:00:05	BROWN, Nick		SENIOR MAN
18	1:00:23	ARMSTRONG, Darren	North Norfolk Beach Runners	Vet Man 40-49
19	1:00:37	WILLIAMS, Paul		Vet Man 40-49
20	1:01:02	KELLAWAY, David	Dereham Runners AC	Vet Man 50-59
21	1:01:41	GRAINGER, Bob	Stowmarket Striders	SENIOR MAN
22	1:01:54	DAWSON, Matthew	Royal Air Force AC	SENIOR MAN
23	1:02:33	LEACH, John	North Norfolk Beach Runners	Vet Man 50-59
24	1:03:09	KNIGHTS, Neville	Dereham Runners AC	Vet Man 50-59
25	1:03:16	CLAFLIN, Dan		SENIOR MAN
26	1:03:51	ELRICK, Jason		Vet Man 40-49
27	1:04:21	EVERLEIGH, Matthew	Stowmarket Striders	SENIOR MAN
28	1:04:24	BUNN, Gavin		SENIOR MAN
29	1:04:57	CHORLEY, Chris	Bungay Black Dog	Vet Man 50-59
30	1:05:16	DUCKWORTH, Mike		SENIOR MAN
31	1:05:33	DOCKERILL, Paul	Newmarket Joggers	SENIOR MAN
32	1:06:01	CREWE, Richard		Vet Man 40-49
33	1:06:04	LEE, Stephen	Dereham Runners AC	SENIOR MAN
34	1:06:13	FARR, Craig	Reepham Runners	Vet Man 40-49
35	1:06:44	HAYES, Jim	North Norfolk Beach Runners	Vet Man 60+
36	1:06:46	BOREHAM, Jeremy	North Norfolk Beach Runners	Vet Man 40-49
37	1:07:48	SCHOEPS, Friederike	Bedford Harriers	Senior Lady
38	1:08:02	ALLEN, Paul	Coltishall Jaguars	SENIOR MAN
39	1:08:07	FORD, John		Vet Man 60+
40	1:08:11	LINDER, Gary	North Norfolk Beach Runners	Vet Man 60+
41	1:08:40	STEPHENSON, Jo	Stowmarket Striders	Vet Lady 45-54
42	1:09:06	BURTON, Alan		Vet Man 40-49
43	1:09:14	BARTRUM, Hayley	TRI Anglia	Vet Lady 35-44
44	1:09:30	WINDLEY, Ian	North Norfolk Beach Runners	Vet Man 60+
45	1:09:32	NEALE, Jason	North Norfolk Beach Runners	SENIOR MAN
46	1:09:42	HESELTINE, Nadine	Great Yarmouth and District AC	Vet Lady 35-44
47	1:10:04	SMITH, Ian	North Norfolk Beach Runners	Vet Man 50-59
48	1:10:12	GRAND, Michael	Reepham Runners	Vet Man 40-49
49	1:10:29	SHAUL, Phil		Vet Man 40-49
50	1:10:36	GODDARD, Louise	Stowmarket Striders	Vet Lady 35-44
51	1:10:39	TAYLOR, Paul		Vet Man 40-49
52	1:11:05	FORD, Victoria		Senior Lady
53	1:11:05	ANDREWARTH, Nicola		Senior Lady

54	1:11:07	SADLER, Derek	North Norfolk Beach Runners	Vet Man 60+
55	1:11:17	ROBINSON, Craig	North Norfolk Beach Runners	SENIOR MAN
56	1:11:39	QUIGLEY, Dr Terry	North Norfolk Beach Runners	Vet Man 60+
57	1:12:05	RYDER, Sal	North Norfolk Beach Runners	Vet Lady 45-54
58	1:12:08	SMITH, Mike	Bere Alston Trekkers	Vet Man 40-49
59	1:12:28	WILKINSON, Alistair	North Norfolk Beach Runners	Vet Man 60+
60	1:12:40	HORNBY, Rebecca		Vet Lady 35-44
61	1:12:40	HEARN, Dean	Stowmarket Striders	Vet Man 40-49
62	1:13:08	JUBY, Sally	Dereham Runners AC	Senior Lady
63	1:13:09	ROBSON, Peter		Vet Man 50-59
64	1:13:09	EMERY, Rob	North Norfolk Beach Runners	Vet Man 40-49
65	1:13:18	HAINES, David	Dereham Runners AC	Vet Man 60+
66	1:13:20	TRUDGILL, Jane	Great Yarmouth and District AC	Vet Lady 35-44
67	1:13:21	ILSLEY, Susan	North Norfolk Beach Runners	Vet Lady 45-54
68	1:13:38	NEALE, Carl	North Norfolk Beach Runners	Vet Man 40-49
69	1:13:39	JOHN, Nicola	Coltishall Jaguars	Senior Lady
70	1:13:42	TAYLOR, Ben	Norwich Road Runners	SENIOR MAN
71	1:13:59	PARRISH, Andy	North Norfolk Beach Runners	Vet Man 40-49
72	1:14:09	SMEE, Rhianwen	North Norfolk Beach Runners	Vet Man 60+
73	1:14:11	NORMAN, Philip	Riverside Runners	Vet Man 60+
74	1:14:27	MAYHEW, Sandra	Stowmarket Striders	Vet Lady 45-54
75	1:15:53	JONES, Tony	Bedford Harriers	Vet Man 50-59
76	1:16:07	SNEYD, David	North Norfolk Beach Runners	Vet Man 50-59
77	1:16:15	BROCKLEHURST, Daniel	Wymondham AC	SENIOR MAN
78	1:16:15	SANKEY, Will		Vet Man 40-49
79	1:16:15	STEVENS, Thomas		SENIOR MAN
80	1:16:21	SAUERZAPF, Bobbie	Bungay Black Dog	Vet Lady 55+
81	1:16:21	SYMONDS, Joe		SENIOR MAN
82	1:16:30	FOOT, Jonathan		Vet Man 50-59
83	1:16:30	BRAY, Karyn		Vet Lady 45-54
84	1:16:33	BRINKLEY, Angela	Stowmarket Striders	Vet Lady 45-54
85	1:16:50	STENSON, Andrew		Vet Man 50-59
86	1:16:53	KING, Grant		SENIOR MAN
87	1:17:05	SMITH, Mike	Wymondham AC	Vet Man 60+
88	1:17:08	HAMIS, Maureen	Norwich Road Runners	Vet Lady 35-44
89	1:17:18	CHEETHAM, Jeanette	Bedford Harriers	Vet Lady 45-54
90	1:17:19	DAVIS, Paul		SENIOR MAN
91	1:17:20	SAYER, Stuart	Norwich Road Runners	Vet Man 50-59
92	1:17:27	HENDERSON, Louise		Senior Lady
93	1:17:34	HARDS, Cassandra		Senior Lady
94	1:17:56	PRICE, Evette	Framlingham Flyers RC	Vet Lady 45-54
95	1:18:54	WOLLOCOMBE, John		Vet Man 50-59
96	1:19:01	REEVES, Lorraine		Vet Lady 35-44
97	1:19:20	SAYERS, Sarah	Belton	Vet Lady 35-44
98	1:19:28	GARROD, Sue	Stowmarket Striders	Vet Lady 45-54
99	1:19:39	HILTON, Elayne	Lowestoft RR	Vet Lady 45-54
100	1:19:39	ELFLETT, Mark	Lowestoft RR	Vet Man 50-59
101	1:19:55	BENFIELD, Mark		Vet Man 50-59
102	1:19:57	HARRIS, Amanda	North Norfolk Beach Runners	Vet Lady 45-54
103	1:20:07	PRENTICE, Reb		Senior Lady
104	1:20:11	BAKER, Amy		Senior Lady
105	1:20:12	GENTRY, Tony	North Norfolk Beach Runners	Vet Man 40-49
106	1:20:21	HAMILTON, Angela	North Norfolk Beach Runners	Vet Lady 45-54
107	1:21:28	BURKE, Amanda		Vet Lady 45-54

108	1:21:56	DEPPER, Hilary	Skegness and District	Vet Lady 55+
109	1:21:59	DICKENS, Keith	North Norfolk Beach Runners	Vet Man 60+
110	1:22:10	PHILLIPS, Keith	North Norfolk Beach Runners	Vet Man 50-59
111	1:22:12	MUNSON, Mike	Stowmarket Striders	Vet Man 60+
112	1:22:29	BALL, Malcolm	North Norfolk Beach Runners	Vet Man 60+
113	1:22:46	BOREHAM, Annette	North Norfolk Beach Runners	Vet Lady 35-44
114	1:22:48	VACCA, Wendy		Vet Lady 45-54
115	1:23:17	CLUES, Liz	TRI Anglia	Vet Lady 35-44
116	1:23:41	RENSHAW, Kenneth	Dereham Runners AC	Vet Man 50-59
117	1:23:51	PRIOR, David	Bedford Harriers	Vet Man 60+
118	1:23:53	PHILLIPS, Nicky	North Norfolk Beach Runners	Vet Lady 45-54
119	1:24:08	GROOM, Catherine		Vet Lady 35-44
120	1:24:10	BURTON, Shelley	North Norfolk Beach Runners	Vet Lady 35-44
121	1:24:43	HART, Carol		Vet Lady 45-54
122	1:24:58	KNIGHT, Hayley		Senior Lady
123	1:25:19	SMITH, Heather	Bere Alston Trekkers	Vet Lady 45-54
124	1:25:46	LILLISTONE, Vicky		Vet Lady 35-44
125	1:26:11	WINSER, Stephen		Vet Man 40-49
126	1:27:13	THOMPSON, Hayley	Reepham Runners	Vet Lady 35-44
127	1:27:37	HALL, Janice	North Norfolk Beach Runners	Vet Lady 45-54
128	1:28:18	CRANE, Louise	TRI Anglia	Senior Lady
129	1:28:31	MELTON, Linda	North Norfolk Beach Runners	Vet Lady 55+
130	1:28:38	HOBART, Kirsty	North Norfolk Beach Runners	Vet Lady 45-54
131	1:29:11	KNOWLES, Beryl	Norwich Road Runners	Vet Lady 55+
132	1:29:15	TOOGOOD, Andy	North Norfolk Beach Runners	Vet Man 50-59
133	1:29:31	GILLESPIE, Deborah	North Norfolk Beach Runners	Vet Lady 55+
134	1:29:50	BLYTH, Shayney	Reepham Runners	Vet Lady 35-44
135	1:30:00	FOLKARD, Jonathan	North Norfolk Beach Runners	Vet Man 50-59
136	1:30:03	WASS, Rebecca	Bungay Black Dog	Senior Lady
137	1:30:05	CAMPBELL, Timothy		SENIOR MAN
138	1:30:57	NEAVE, Philip	Bungay Black Dog	Vet Man 60+
139	1:31:27	WALKER, Tina	Belton	Vet Lady 45-54
140	1:31:52	WALL, Samantha		Vet Lady 45-54
141	1:32:11	CATCHPOLE, Andy		SENIOR MAN
142	1:32:47	FLINTHAM, Christopher		Vet Man 50-59
143	1:33:48	BAILEY, Kayleigh		SENIOR MAN
144	1:33:55	MORRISON, Fiona	North Norfolk Beach Runners	Vet Lady 55+
145	1:34:02	SCOTT, Claire	North Norfolk Beach Runners	Vet Lady 45-54
146	1:34:07	CASON, Hazel	Dereham Runners AC	Vet Lady 55+
147	1:34:16	RENSHAW, Diane	Dereham Runners AC	Vet Lady 55+
148	1:34:20	PEART, Karen		Vet Lady 35-44
149	1:34:27	MONK, Lucy		Senior Lady
150	1:34:40	GRIMBLEBY, Samantha		Vet Lady 35-44
151	1:35:01	READY, Samantha	Norwich Road Runners	Vet Lady 45-54
152	1:35:03	STIRLING, Liz		Vet Lady 55+
153	1:35:15	RAY, Jane	Belton	Vet Lady 45-54
154	1:35:15	CULLEY, Emma	North Norfolk Beach Runners	Vet Lady 35-44
155	1:35:36	PRIOR, Judy	Bedford Harriers	Vet Lady 55+
156	1:35:38	TOOGOOD, Andy	North Norfolk Beach Runners	Vet Man 50-59
157	1:39:11	ELRICK, Ann		Vet Lady 35-44
158	1:39:30	KURTZ, Rowley		Vet Man 50-59
159	1:39:37	ADAMS, Gail		Vet Lady 45-54
160	1:39:37	ORDER, Paul	Norwich Road Runners	Vet Man 50-59
161	1:41:03	LINCOLN, Emma		Senior Lady