

North Norfolk Beach Runners
North Norfolk 7

Sunday 19 October 2008. 10:30 am

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:38:55	O'NEILL, James	City of Norwich AC	Senior Male 20 to 34	05:33.5	538	1
2	0:39:23	BUNN, Andrew	Norwich Road Runners	Senior Male 20 to 34	05:37.5	521	2
3	0:41:08	ROONEY, Kevin	intercity strollers	Male 35 to 44	05:52.5	669	3
4	0:42:00	DORSETT, Will		Senior Male 20 to 34	05:59.9	514	4
5	0:42:37	ATTERWILL, SEAN	Dereham Runners	Junior Male U20	06:05.2	518	5
6	0:42:43	ROPER, Goy	Norwich Road Runners	Male 45 to 49	06:06.0	664	6
7	0:42:59	HIGHAM, Paul	Norfolk Gazelles	Senior Male 20 to 34	06:08.3	548	7
8	0:43:05	JOHNSON, Pete	Norfolk Gazelles	Male 50 to 54	06:09.2	632	8
9	0:43:11	VARLEY, Matthew	Norfolk Gazelles	Senior Male 20 to 34	06:10.0	629	9
10	0:43:22	BOOTH, Nigel		Male 45 to 49	06:11.6	599	10
11	0:43:31	VIALLS, Tim		Male 45 to 49	06:12.9	560	11
12	0:43:55	BROCK, Dave	Orion Harriers	Male 45 to 49	06:16.3	668	12
13	0:44:01	HUNTINGTON, Steven	City of Norwich AC	Male 50 to 54	06:17.2	640	13
14	0:44:03	HAYNES, Mark	Coltishall Jaguars	Senior Male 20 to 34	06:17.5	658	14
15	0:44:13	CHAPPELL, Wayne		Senior Male 20 to 34	06:18.9	513	15
16	0:44:33	LEVERSEDGE, John	ENFIELD @ HARINGEY AC	Male 50 to 54	06:21.7	532	16
17	0:44:50	STONE, Matthew		Male 35 to 44	06:24.2	652	17
18	0:44:55	GREEN, Stuart	Stowmarket Striders	Male 45 to 49	06:24.9	504	18
19	0:45:19	KNIGHTS, Neville	Dereham Runners	Male 45 to 49	06:28.3	517	19
20	0:45:21	BROOKSHAW, Paul	Great Yarmouth Road Runners	Male 45 to 49	06:28.6	522	20
21	0:45:24	ALFORD, Nicola	City of Norwich AC	Senior Female 20 -34	06:29.0	190	21
22	0:45:41	ELLIS, Matt	City of Norwich AC	Senior Male 20 to 34	06:31.5	622	22
23	0:45:42	DOWNIE, Iain	Ipswich Triathlon Club	Male 35 to 44	06:31.6	501	23
24	0:45:43	GREEN, Matthew	Norfolk Gazelles	Male 35 to 44	06:31.7	555	24
25	0:45:54	PHILLIPS, Sam	Norfolk Gazelles	Senior Male 20 to 34	06:33.3	653	25
26	0:46:01	EDRIDGE, Darren	Coltishall Jaguars	Male 35 to 44	06:34.3	648	26
27	0:46:14	CURL, Tracey	Norwich Road Runners	Female 45 to 49	06:36.2	191	27
28	0:46:16	WILLIAMSON, Luke		Senior Male 20 to 34	06:36.5	574	28
29	0:46:26	BRIDGES, Doug	Norfolk Gazelles	Male 35 to 44	06:37.9	553	29
30	0:46:27	HENDERSON, Ian		Male 45 to 49	06:38.0	524	30
31	0:46:36	BATES, Steve	Coltishall Jaguars	Male 35 to 44	06:39.3	659	31
32	0:46:56	HARTLEY, John		Male 35 to 44	06:42.2	561	32
33	0:47:00	JAMES, Molly	West Norfolk AC	Female 35 to 44	06:42.7	152	33
34	0:47:05	ETHERINGTON, Stephen	Great Yarmouth Road Runners	Male 50 to 54	06:43.5	542	34
35	0:47:10	YEOMANS, Martin	Norwich Road Runners	Male 55+	06:44.2	569	35
36	0:47:19	JONES, Martin	Herts Phoenix	Male 50 to 54	06:45.5	586	36
37	0:47:33	PHILO, Mark	Tri Anglia	Male 35 to 44	06:47.5	638	37
38	0:47:40	BLAKE, Dean	Coltishall Jaguars	Senior Male 20 to 34	06:48.5	582	38
39	0:47:50	DADY, Stephen		Male 55+	06:49.9	529	39
40	0:47:53	THOMPSON, Peter	Norfolk Gazelles	Male 50 to 54	06:50.3	547	40
41	0:47:59	SALMON, Andy	City of Norwich AC	Male 35 to 44	06:51.2	639	41
42	0:48:20	HILL, Leslie	Norfolk Gazelles	Male 45 to 49	06:54.2	631	42
43	0:48:26	PARFITT, Dena	North Norfolk Beach Runners	Female 45 to 49	06:55.0	186	43
44	0:48:39	MARTIN, Paul		Senior Male 20 to 34	06:56.9	559	44
45	0:48:50	LAMB, Alan		Male 35 to 44	06:58.5	509	45
46	0:48:55	MARSH, Andrew	West Norfolk AC	Male 45 to 49	06:59.2	578	46
47	0:49:05	RICE, Steve	Milton Keynes A C	Male 50 to 54	07:00.6	612	47
48	0:49:06	COUSINS, Rebecca	Fenland Runners AC	Junior Female U20	07:00.7	113	48
49	0:49:19	HARDINGHAM, Kevin	Norfolk Gazelles	Male 50 to 54	07:02.6	627	49
50	0:49:24	BOWDEN, Nick	Reepham Runners	Male 50 to 54	07:03.3	620	50
51	0:49:25	BUSHHELL, Alan	Coltishall Jaguars	Male 35 to 44	07:03.5	566	51
52	0:49:32	LAMB, Jonathan		Senior Male 20 to 34	07:04.5	662	52
53	0:49:41	BEACHAMP, Gary		Male 45 to 49	07:05.7	643	53
54	0:49:44	GEORGE, David	Norwich Road Runners	Male 35 to 44	07:06.2	616	54
55	0:49:45	MACLEOD, James	Tri Anglia	Male 45 to 49	07:06.3	515	55
56	0:49:47	POTTER-CAMPBELL, Emma	Dereham Runners	Female 35 to 44	07:06.6	179	56
57	0:49:58	NIMMOCK, Steve	Dereham Runners	Male 45 to 49	07:08.2	642	57

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
58	0:50:02	LAWLOR, David	Great Yarmouth Road Runners	Male 35 to 44	07:08.7	562	58
59	0:50:07	JONES, Yvonne	Garden City Runners	Female 45 to 49	07:09.5	143	59
60	0:50:11	SMITH, Alexandra	Norwich Road Runners	Senior Female 20 -34	07:10.0	146	60
61	0:50:16	EGLINGTON, Sarah		Senior Female 20 -34	07:10.7	151	61
62	0:50:41	HIGH, Christopher		Male 35 to 44	07:14.3	617	62
63	0:50:45	CHAPMAN, David		Junior Male U20	07:14.9	594	63
64	0:50:50	HARDINGHAM, Graham	Norfolk Gazelles	Male 45 to 49	07:15.6	554	64
65	0:50:58	BYE, Barry	Ryston Runners	Male 55+	07:16.7	583	65
66	0:51:04	LOUGHLIN, Gillian	West Norfolk AC	Female 35 to 44	07:17.6	108	66
67	0:51:15	FRARY, Matthew		Male 35 to 44	07:19.2	667	67
68	0:51:20	RIDER, Stefan	Norwich Road Runners	Male 35 to 44	07:19.9	570	68
69	0:51:26	BIRD, Steve	City of Norwich AC	Male 35 to 44	07:20.7	577	69
70	0:51:29	CAMPBELL, Rory	Dereham Runners	Male 45 to 49	07:21.2	650	70
71	0:51:31	GROUT, Edward		Male 50 to 54	07:21.4	523	71
72	0:51:35	ADCOCK, Trevor	Norfolk Gazelles	Male 55+	07:22.0	628	72
73	0:51:43	MARSHALL, RAYMOND		Male 45 to 49	07:23.2	534	73
74	0:51:48	GORDON-GRAY, Anthony	Norfolk Gazelles	Male 55+	07:23.9	633	74
75	0:51:51	GAUVIN, Sarah	Fenland Runners AC	Female 35 to 44	07:24.3	134	75
76	0:51:58	LINSTEAD, Tim		Male 35 to 44	07:25.3	603	76
77	0:52:10	GAY, Christopher	Great Yarmouth & District AC	Male 45 to 49	07:27.0	665	77
78	0:52:23	WHITE, Simon		Senior Male 20 to 34	07:28.9	651	78
79	0:52:24	AMES, Ron	Stowmarket Striders	Male 55+	07:29.0	589	79
80	0:52:46	FOX, Colin		Male 35 to 44	07:32.2	601	80
81	0:52:47	QUINN, Gregory	Reepham Runners	Male 45 to 49	07:32.3	645	81
82	0:52:49	JONAS, Kevin		Male 35 to 44	07:32.6	623	82
83	0:52:56	IRLAM, Maire	Fenland Runners AC	Female 35 to 44	07:33.6	187	83
84	0:53:10	CUDE, Anthony		Senior Male 20 to 34	07:35.6	609	84
85	0:53:15	WOODS, Ian	Norfolk Gazelles	Male 50 to 54	07:36.3	556	85
86	0:53:27	COOPER, Bryan		Male 50 to 54	07:38.0	510	86
87	0:53:29	HAMMOND, Andrew		Male 50 to 54	07:38.3	608	87
88	0:53:49	FOX, Nigel	spa stri	Male 45 to 49	07:41.2	530	88
89	0:53:54	BRIGHTY, Keith	Norwich Road Runners	Male 45 to 49	07:41.9	584	89
90	0:53:54	BRIGHTY, Joshua	Norwich Road Runners	Junior Male U20	07:41.9	585	90
91	0:53:56	PHELPS, John		Male 45 to 49	07:42.2	615	91
92	0:53:56	GOODWIN, David	Great Yarmouth & District AC	Male 50 to 54	07:42.2	654	92
93	0:53:56	RUGGIERO, Pasquale	Fenland Runners AC	Male 45 to 49	07:42.2	660	93
94	0:53:57	WALPOLE, Stephen		Male 35 to 44	07:42.3	635	94
95	0:53:57	BURTON, Howard	Coltishall Jaguars	Male 35 to 44	07:42.3	580	95
96	0:53:57	PITCHER, Guy	Reepham Runners	Male 35 to 44	07:42.3	666	96
97	0:53:59	ROBINSON, Paul	Reepham Runners	Male 35 to 44	07:42.6	587	97
98	0:53:59	NORTON, Andrew	Dereham Runners	Male 35 to 44	07:42.6	531	98
99	0:54:00	JONAS, Billy		Male 50 to 54	07:42.7	576	99
100	0:54:05	MONK, Patrick		Male 35 to 44	07:43.4	624	100
101	0:54:09	EBBS, Adrian		Male 45 to 49	07:44.0	597	101
102	0:54:20	DAVIES, Kate	West Norfolk AC	Senior Female 20 -34	07:45.6	170	102
103	0:54:25	BOWEN, Andrew	Norwich Road Runners	Senior Male 20 to 34	07:46.3	663	103
104	0:54:27	GILHAM, Richard	Norfolk Gazelles	Male 45 to 49	07:46.6	546	104
105	0:54:35	WOODWARD, Adrian		Male 45 to 49	07:47.7	572	105
106	0:54:44	CHAPMAN, John		Male 55+	07:49.0	593	106
107	0:54:50	HENERY, Catherine		Female 35 to 44	07:49.9	183	107
108	0:54:51	LAMBERT, John	Ipswich Jaffa	Male 55+	07:50.0	537	108
109	0:54:55	BLACKWELL, Kevin	Norfolk Gazelles	Male 50 to 54	07:50.6	557	109
110	0:55:01	BURROWS, Mark		Male 35 to 44	07:51.4	545	110
111	0:55:15	OLLINGTON, Robyn		Female 45 to 49	07:53.4	181	111
112	0:55:32	YELLOLY, Julia	Ipswich Triathlon Club	Female 35 to 44	07:55.9	101	112
113	0:55:57	SYMONDS, Sam	Thetford Athletic Club	Female 35 to 44	07:59.4	142	113
114	0:56:00	ANDERSON, Paul	Great Yarmouth Road Runners	Male 50 to 54	07:59.9	636	114
115	0:56:06	HULSE, Anne		Female 45 to 49	08:00.7	118	115
116	0:56:19	BUSHELL, Paul	West Norfolk AC	Male 35 to 44	08:02.6	598	116
117	0:56:20	DESWART, Richard		Male 35 to 44	08:02.7	637	117

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118	0:56:28	HORREX, Trevor	Norwich Road Runners	Male 45 to 49	08:03.9	526	118
119	0:56:28	THOMAS, Neil	Bungay Black Dog R C	Male 35 to 44	08:03.9	619	119
120	0:56:35	DAYKIN, Robert		Male 55+	08:04.9	543	120
121	0:56:36	WITHERS, Bradley		Senior Male 20 to 34	08:05.0	657	121
122	0:56:38	STEVENSON, Tracey	Norfolk Gazelles	Female 35 to 44	08:05.3	123	122
123	0:56:40	CUSHING, Sally	Norwich Road Runners	Female 35 to 44	08:05.6	145	123
124	0:56:40	WENN, Jenny	Norwich Road Runners	Female 35 to 44	08:05.6	117	124
125	0:56:46	SPENCE, Simon		Male 35 to 44	08:06.4	535	125
126	0:56:49	RICHARDSON, John	Dereham Runners	Male 55+	08:06.9	541	126
127	0:56:54	MILLARD, Ray		Male 55+	08:07.6	564	127
128	0:56:55	BETTS, Carol	Norfolk Gazelles	Female 50 to 54	08:07.7	102	128
129	0:57:04	PLATTEN, Jon		Male 45 to 49	08:09.0	602	129
130	0:57:06	JAY, Adrian		Male 35 to 44	08:09.3	614	130
131	0:57:09	BRAY, Karyn		Female 35 to 44	08:09.7	153	131
132	0:57:10	MILLS, Graham		Male 35 to 44	08:09.9	573	132
133	0:57:13	BALDWIN, Chris	Norfolk Gazelles	Senior Male 20 to 34	08:10.3	549	133
134	0:57:13	BALDWIN, Steve	Norfolk Gazelles	Senior Male 20 to 34	08:10.3	550	134
135	0:57:15	SPONG, Carole	Great Yarmouth Road Runners	Female 55+	08:10.6	133	135
136	0:57:29	CRANE, Michelle		Female 35 to 44	08:12.6	155	136
137	0:57:30	JAY, Sarah		Female 35 to 44	08:12.7	150	137
138	0:57:32	TROPMAN, Adrian		Male 35 to 44	08:13.0	644	138
139	0:57:43	LUBBOCK, David	City of Norwich AC	Male 35 to 44	08:14.6	641	139
140	0:57:50	JENHWS, Paul Simon		Male 45 to 49	08:15.6	505	140
141	0:58:04	SAUNDERS, Karen		Female 35 to 44	08:17.6	172	141
142	0:58:12	EARLAND, Rachel		Female 45 to 49	08:18.7	140	142
143	0:58:18	FULTON, Mandy	Norwich Road Runners	Female 35 to 44	08:19.6	104	143
144	0:58:24	BYE, Jackie	Coltishall Jaguars	Female 50 to 54	08:20.4	162	144
145	0:58:27	WOODHOUSE, Gill	Dereham Runners	Female 55+	08:20.9	105	145
146	0:58:37	FISHER, Paul		Male 55+	08:22.3	533	146
147	0:58:54	OUTRED, Louise		Female 35 to 44	08:24.7	115	147
148	0:58:58	HOWARD, Darren		Male 35 to 44	08:25.3	625	148
149	0:59:03	COOPER, Lucy	Norfolk Gazelles	Female 35 to 44	08:26.0	160	149
150	0:59:03	NEAVE, Philip	Bungay Black Dog R C	Male 55+	08:26.0	579	150
151	0:59:03	BROWN, Cheryl		Female 35 to 44	08:26.0	147	151
152	0:59:42	BOREHAM, Jeremy		Male 35 to 44	08:31.6	568	152
153	0:59:51	COCKSEGE, Hayley	Thetford Athletic Club	Female 35 to 44	08:32.9	163	153
154	0:59:52	ARMSTRONG, Jenny		Senior Female 20 -34	08:33.0	114	154
155	1:00:09	HUTCHEON, Brenda	Coltishall Jaguars	Female 55+	08:35.4	176	155
156	1:00:09	HUTCHEON, David	Coltishall Jaguars	Male 55+	08:35.4	647	156
157	1:00:22	WHITE, Michael		Male 50 to 54	08:37.3	661	157
158	1:00:28	FRASER, Susan	Great Yarmouth & Disrict AC	Female 45 to 49	08:38.1	177	158
159	1:00:28	DAVIS, Richard		Male 35 to 44	08:38.1	502	159
160	1:00:36	BLAKE, Emma	Coltishall Jaguars	Senior Female 20 -34	08:39.3	141	160
161	1:00:38	DWYER, Matthew		Male 55+	08:39.6	512	161
162	1:00:39	WARREN, Peter	City of Norwich AC	Male 50 to 54	08:39.7	565	162
163	1:00:55	BULMAN, Richard	Reepham Runners	Male 55+	08:42.0	613	163
164	1:01:00	RUSH, Steve	Tri Anglia	Male 35 to 44	08:42.7	605	164
165	1:01:10	MUGGRIDGE, Caroline		Female 35 to 44	08:44.1	109	165
166	1:01:11	BRITT, Tony		Male 50 to 54	08:44.3	607	166
167	1:01:29	HOVENDEN, Victoria		Female 35 to 44	08:46.9	139	167
168	1:01:40	ENGLAND, John	Great Yarmouth & Disrict AC	Male 55+	08:48.4	649	168
169	1:01:45	WOODHOUSE, Paul		Male 45 to 49	08:49.1	610	169
170	1:01:50	THETFORD, JONATHAN		Male 35 to 44	08:49.9	539	170
171	1:01:50	BAKER, Duncan		Senior Male 20 to 34	08:49.9	590	171
172	1:02:07	GARRARD, Martin		Senior Male 20 to 34	08:52.3	595	172
173	1:02:15	CHILD, Jennifer	Tri Anglia	Female 45 to 49	08:53.4	148	173
174	1:02:21	ROSE, Michael		Male 55+	08:54.3	600	174
175	1:02:24	WOODHOUSE, Libby		Female 35 to 44	08:54.7	149	175
176	1:02:28	COFFEY, Ellice		Senior Female 20 -34	08:55.3	188	176
177	1:03:08	BATCHELOR, Audrey	Norfolk Gazelles	Female 55+	09:01.0	124	177

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178	1:03:17	MARTIN, Tanya		Female 35 to 44	09:02.3	107	178
179	1:03:19	MARSH, Mary	newmarket joggers	Female 55+	09:02.6	169	179
180	1:03:25	JONES, Barbs		Senior Female 20 -34	09:03.4	182	180
181	1:03:51	WILLIAMS, Roger	Fenland Runners AC	Male 55+	09:07.1	604	181
182	1:03:58	BANNER, Steve		Male 45 to 49	09:08.1	506	182
183	1:04:09	PALMER, Stuart		Male 35 to 44	09:09.7	544	183
184	1:04:18	HINSHELWOOD, Linda	Watford Joggers	Female 55+	09:11.0	168	184
185	1:04:34	TAYLOR, Nancy		Senior Female 20 -34	09:13.3	165	185
186	1:04:44	MAKEPEACE, Philip		Male 45 to 49	09:14.7	571	186
187	1:04:50	WARNES, Tom		Senior Male 20 to 34	09:15.6	606	187
188	1:04:55	PROCTOR, Matt		Senior Male 20 to 34	09:16.3	540	188
189	1:05:32	LEE, Peter		Male 55+	09:21.6	527	189
190	1:05:37	GARRARD, Michael		Male 55+	09:22.3	596	190
191	1:06:06	DUE, Claire		Senior Female 20 -34	09:26.4	106	191
192	1:06:06	ARDEN, Jeff	Norfolk Gazelles	Male 50 to 54	09:26.4	630	192
193	1:06:11	PACEY, Angela	Great Yarmouth Road Runners	Female 55+	09:27.1	111	193
194	1:06:14	FISHER, Jill	Norfolk Gazelles	Female 50 to 54	09:27.6	161	194
195	1:06:40	MOORE, Brian	Norwich Road Runners	Male 55+	09:31.3	558	195
196	1:07:02	VINCENT, Richard	West Norfolk AC	Male 50 to 54	09:34.4	507	196
197	1:07:11	SQUIRES, Michelle		Female 35 to 44	09:35.7	144	197
198	1:07:11	TYRRELL, Jonathon	Tri Anglia	Male 35 to 44	09:35.7	588	198
199	1:07:13	WITHERS, Emma		Senior Female 20 -34	09:36.0	185	199
200	1:08:19	RADFORD GORE, Thirza	Norfolk Gazelles	Female 50 to 54	09:45.4	125	200
201	1:08:30	ATKINSON, Sue	Norfolk Gazelles	Female 55+	09:47.0	130	201
202	1:09:30	FREEBURN, David		Male 55+	09:55.6	567	202
203	1:09:47	BLOOMFIELD, Christine	Norfolk Gazelles	Female 50 to 54	09:58.0	122	203
204	1:10:02	CLEGG, Dawn	Great Yarmouth & Disrict AC	Female 50 to 54	10:00.1	131	204
205	1:10:02	RYLES, Sue	Great Yarmouth & Disrict AC	Female 50 to 54	10:00.1	173	205
206	1:10:34	JACKSON, Yvonne		Female 35 to 44	10:04.7	136	206
207	1:10:46	SMITH, Tony		Male 45 to 49	10:06.4	611	207
208	1:11:37	ENGLAND, Maureen	Great Yarmouth & Disrict AC	Female 55+	10:13.7	178	208
209	1:12:07	ETHERINGTON, Denise	Great Yarmouth Road Runners	Female 50 to 54	10:18.0	116	209
210	1:12:25	EGMORE, Jenni	Reepham Runners	Female 35 to 44	10:20.6	154	210
211	1:12:30	BURFOOT, Jennifer	Norfolk Gazelles	Female 55+	10:21.3	128	211
212	1:12:30	GERRARD, Hayley	Norfolk Gazelles	Female 35 to 44	10:21.3	129	212
213	1:12:30	HARROP, Jackie	Norfolk Gazelles	Female 45 to 49	10:21.3	120	213
214	1:12:30	SAUNDERS, Marianne	Norfolk Gazelles	Female 35 to 44	10:21.3	126	214
215	1:12:30	CRISP, Basil	Norfolk Gazelles	Male 55+	10:21.3	551	215
216	1:12:30	POOLE, Carolyn	Norfolk Gazelles	Female 50 to 54	10:21.3	121	216
217	1:12:33	CORBOLD, Stephen	Norfolk Gazelles	Male 45 to 49	10:21.7	626	217
218	1:12:38	MOORE, Jane	Norfolk Gazelles	Female 45 to 49	10:22.4	158	218
219	1:12:45	CIARLA, Truti	Norfolk Gazelles	Female 35 to 44	10:23.4	157	219
220	1:13:06	SULLIVAN, Genette	Norwich Road Runners	Female 35 to 44	10:26.4	174	220
221	1:13:28	ROGERS, Rosemary	Norfolk Gazelles	Female 45 to 49	10:29.6	159	221
222	1:13:28	LADDIMAN, Hazel	Norfolk Gazelles	Female 50 to 54	10:29.6	127	222
223	1:13:53	MAKEPEACE, Kirsten		Female 45 to 49	10:33.1	138	223
224	1:13:53	MAKEPEACE, Carmen		Junior Female U20	10:33.1	137	224
225	1:13:54	SPIRO, Joe		Female 45 to 49	10:33.3	189	225
226	1:13:54	ELLIS, Sarah	Norwich Road Runners	Female 35 to 44	10:33.3	167	226
227	1:13:54	LEE, Susan	Norwich Road Runners	Female 45 to 49	10:33.3	166	227
228	1:14:26	HARE, Peter		Male 50 to 54	10:37.8	591	228
229	1:15:35	CULLEY, Maria		Female 35 to 44	10:47.7	184	229
230	1:16:33	HAGGARTY, Elaine	Great Yarmouth & Disrict AC	Female 50 to 54	10:56.0	192	230
231	1:16:52	GOODWIN, Denise	Great Yarmouth & Disrict AC	Female 50 to 54	10:58.7	180	231
232	1:17:11	SCUTTER, Tim	Tri Anglia	Senior Male 20 to 34	11:01.4	525	232
233	1:20:04	EVERITT, Katie		Senior Female 20 -34	11:26.1	164	233
234	1:25:36	SPONG, Albert	Great Yarmouth Road Runners	Male 55+	12:13.5	563	234
235	1:32:54	HARBORD, Chris	Great Yarmouth Road Runners	Male 55+	13:16.1	516	235

There were 235 finishers in the All Competitors category.