

STEAD FESTIVAL '5' 2014

Friday 25 July 2014. 7:00 pm

Updated Results (Aug 22) for All Competitors in finish order.

Place	Time	Name	Team	Cat	Age Grad	EntrantN	
						o	Posn
1	0:25:24	EARL, Nick	City of Norwich AC	M29	0.8444	645	1
2	0:25:48	HARRELL, ASH	City of Norwich AC	M25	0.8313	566	2
3	0:26:14	HUNTINGTON, Stu	City of Norwich AC	M25	0.8176	646	3
4	0:27:21	ROBERTSON, Iain		M39	0.806	633	4
5	0:27:23	TAUB, Louis	Brighton &Hove City AC	M38	0.7995	533	5
6	0:27:55	BATESON, RICHARD	Coltishall Jaguars	M33	0.7683	237	6
7	0:28:32	CANNELL, Steven	Coltishall Jaguars	M25	0.7517	648	7
8	0:28:46	MORRELL, Toby	Tri-Anglia	M33	0.7456	669	8
9	0:28:49	WADE, Lawrence	Coltishall Jaguars	M40	0.7704	425	9
10	0:28:58	THOMPSON, Mark	Great Yarmouth Road Runners	M29	0.7404	540	10
11	0:29:03	HILL, Thomas		M21	0.7383	318	11
12	0:29:06	BRIGHTY, Josh	Norwich Road Runners	M23	0.7371	589	12
13	0:29:52	LAKE, Todd	Dereham Runners AC	M50	0.8011	451	13
14	0:29:55	HUDSON, John	Norwich Road Runners	M32	0.7169	657	14
15	0:29:57	ROSE, Charlotte	City of Norwich AC	F33	0.7945	427	15
16	0:30:07	PYE, Jake	Tri-Anglia	M24	0.7122	670	16
17	0:30:19	BENSLEY, Nicholas	Ryston Runners	M44	0.7538	481	17
18	0:30:24	KINSEY, Justin	Ryston Runners	M31	0.7055	677	18
19	0:30:36	SHACKLETON, Peter		M51	0.7883	570	19
20	0:30:38	STONE, Matthew	Coltishall Jaguars	M43	0.7406	631	20
21	0:30:49	MULLIGAN, Andrew	Coltishall Jaguars	M23	0.696	640	21
22	0:30:55	SARI, Guzel	Dereham Runners AC	M33	0.6937	651	22
23	0:31:02	MACE, KEVIN	Norwich Road Runners	M52	0.7837	357	23
24	0:31:10	WRIGHT, AARON		M30	0.6882	560	24
25	0:31:25	VENCOVSKY, Daniel		M35	0.6827	678	25
26	0:31:27	WEBB, Shaun	Reepham Runners	M40	0.7059	521	26
27	0:31:29	MCMORRIS, Will		M35	0.6813	161	27
28	0:31:35	ARMES, Michael	Norwich Road Runners	M49	0.7517	643	28
29	0:31:40	SIBLEY, NEIL	Great Yarmouth Road Runners	M48	0.7439	551	29
30	0:31:41	DENNINGTON, BEN	Coltishall Jaguars	M30	0.677	391	30
31	0:31:48	SEXTON, Tim	Norfolk Gazelles	M43	0.7134	485	31
32	0:31:49	ALFORD, Eddie	Reepham Runners	M27	0.6741	444	32
33	0:31:50	SPEIRS, Craig		M37	0.6829	663	33
34	0:31:51	HARMER, Mark	Coltishall Jaguars	M40	0.697	356	34
35	0:31:52	SCHOFIELD, Becky	Tri-Anglia	F33	0.7468	649	35
36	0:31:54	BULLOCK, Chris		M40	0.6959	529	36
37	0:32:02	TANDY, David	Norwich Road Runners	M44	0.7134	456	37
38	0:32:05	PORTER, Melvyn	Coltishall Jaguars	M46	0.723	477	38
39	0:32:08	WATERING, Graham	Norwich Road Runners	M41	0.6959	561	39
40	0:32:13	WHITE, Richard	Wymondham AC	M53	0.7612	552	40
41	0:32:18	FRARY, Matthew	Norwich Road Runners	M41	0.6923	588	41
42	0:32:18	WRIGHT, LAURENCE		M32	0.664	411	42
43	0:32:22	FRENCH, Marie	Ryston Runners	F34	0.7352	507	43
44	0:32:22	TUFF, Malcolm	Ryston Runners	M49	0.7335	586	44
45	0:32:39	CHURCH, Stephen	City of Norwich AC	M52	0.7449	597	45
46	0:32:42	SNELLING, BEN		M43	0.6938	420	46
47	0:32:47	FAGAN, JOHN		M40	0.6772	554	47
48	0:33:02	FORD, Tim		M35	0.6493	504	48
49	0:33:06	WATERS, Adrian	Norfolk Gazelles	M47	0.7062	462	49
50	0:33:11	WITHAM, LOUIS	Wymondham AC	M21	0.6464	447	50
51	0:33:14	SARGEANT, RICHARD	Norwich Road Runners	M42	0.6777	465	51
52	0:33:21	JENKINS, MATT		M26	0.6431	549	52
53	0:33:22	WALPOLE, NEIL	Norwich Road Runners	M44	0.6849	562	53
54	0:33:28	RITCHINGS, ANDREW	Little Baddow Ridge Runners	M52	0.7267	567	54
55	0:33:30	STOREY, Mark	City of Norwich AC	M49	0.7087	488	55
56	0:33:31	SELLICK, MARK		M45	0.6869	355	56

57	0:33:33	SADD, Stephen	Norfolk Gazelles	M54	0.737	616	57
58	0:33:34	DADY, Stephen	Wymondham AC	M62	0.7926	216	58
59	0:33:41	HELMORE, Jeffrey	Great Yarmouth Road Runners	M54	0.7341	522	59
60	0:33:47	LEARY, Rowena	Norfolk Gazelles	F29	0.7044	558	60
61	0:33:50	PIMLOFT, Chris		M39	0.6516	672	61
62	0:33:51	BYE, Ellie	Coltishall Jaguars	F26	0.703	497	62
63	0:33:53	GROVES, Robert	Reepham Runners	M27	0.633	541	63
64	0:34:02	BOWDEN, Nick	Reepham Runners	M58	0.7526	301	64
65	0:34:09	BAKER, Andrew	Great Yarmouth Road Runners	M46	0.6793	593	65
66	0:34:17	CHORLEY, Chris	Bungay Black Dog	M51	0.7036	165	66
67	0:34:17	GASKINS, Ben	Tri-Anglia	M29	0.6256	498	67
68	0:34:17	DALY, Elizabeth	Dereham Runners AC	F31	0.6941	493	68
69	0:34:23	LILLISTONE, JAMES		M33	0.6238	556	69
70	0:34:25	QUINN, Greg	Reepham Runners	M53	0.7125	532	70
71	0:34:35	TOWNSHEND, Thomas		M36	0.6243	400	71
72	0:34:38	ROBERTS, Sandra		F50	0.7833	662	72
73	0:34:39	THOMPSON, Peter	Norfolk Gazelles	M58	0.7392	550	73
74	0:34:40	CROSBY, PHILLIPA	Reepham Runners	F27	0.6864	559	74
75	0:34:49	KNIGHTS, Neville	Dereham Runners AC	M54	0.7102	600	75
76	0:34:55	JAY, Adrian	Coltishall Jaguars	M44	0.6545	582	76
77	0:34:56	APPLETON, Emma		F38	0.7008	622	77
78	0:34:58	CHAMBERLAIN, MICHAEL	Norwich Road Runners	M52	0.6955	351	78
79	0:35:02	ROBSON, SEAN		M46	0.6621	459	79
80	0:35:03	MARDEN, Stewart	Coltishall Jaguars	M52	0.6939	365	80
81	0:35:05	FOOT, Jonathan	Coltishall Jaguars	M55	0.7108	638	81
82	0:35:07	HURR, SHAUN	Reepham Runners	M37	0.6191	371	82
83	0:35:10	DAVIES, Paul	Norwich Road Runners	M46	0.6596	441	83
84	0:35:13	MANN, Elies	Norwich Road Runners	F42	0.7183	595	84
85	0:35:27	LAUCLAN, Sarah		F30	0.6713	525	85
86	0:35:41	BELL, Jeremy		M42	0.6312	1	86
87	0:35:47	FRARY, Matt		M45	0.6434	478	87
88	0:35:47	ALLEN, Paul	Coltishall Jaguars	M28	0.5994	537	88
89	0:35:48	FOALE, HOWARD	North Norfolk Beach Runners	M50	0.6683	545	89
90	0:35:48	WARD, Rick		M25	0.5991	594	90
91	0:35:49	WALSH, NICHOLAS	Norwich Road Runners	M25	0.5988	563	91
92	0:35:52	BEAUCHAMP, Gary		M51	0.6726	315	92
93	0:35:55	WADE, Chris	North Norfolk Beach Runners	M25	0.5972	671	93
94	0:35:57	HURREN, Sharon	Wymondham AC	F43	0.7096	611	94
95	0:35:58	GARNER, Dudley	Norfolk Gazelles	M32	0.5963	461	95
96	0:36:08	MORGON, John	North Norfolk Beach Runners	M50	0.6622	598	96
97	0:36:12	PARR, Tim		M40	0.6133	619	97
98	0:36:16	MANNING, Carl	Ryston Runners	M54	0.6818	515	98
99	0:36:30	GOACHER, KEVIN		M52	0.6663	352	99
100	0:36:31	BARDWELL, Sharon	Norwich Road Runners	F44	0.7044	345	100
101	0:36:34	BAKER, Nicola	Great Yarmouth Road Runners	F46	0.7158	596	101
102	0:36:48	FARR, Craig	Reepham Runners	M39	0.599	652	102
103	0:37:02	JARVEY, Paul	Coltishall Jaguars	M43	0.6126	326	103
104	0:37:04	EDWARDS, Penny	Norwich Road Runners	F59	0.8006	336	104
105	0:37:12	MANNING, Jan	Ryston Runners	F35	0.6427	516	105
106	0:37:17	HAMMOND, Andrew	Norfolk Gazelles	M58	0.687	435	106
107	0:37:26	STEELE, Ruth	Norwich Road Runners	F47	0.7054	322	107
108	0:37:27	HURRELL, GARY	Norwich Road Runners	M42	0.6014	385	108
109	0:37:27	JOHNSON, Michael	Norwich Road Runners	M45	0.6148	360	109
110	0:37:39	BURCHAM, Andrew		M33	0.5697	599	110
111	0:37:43	COOK, Roly		M52	0.6448	325	111
112	0:37:44	WOODYATT, Paul	City of Norwich AC	M52	0.6445	650	112
113	0:37:52	TITCHINER, Brian	Dereham Runners AC	M52	0.6423	395	113
114	0:37:58	MOORE, Keith	Dereham Runners AC	M50	0.6302	406	114
115	0:38:03	CARVER, Dawn	Norwich Road Runners	F50	0.713	346	115
116	0:38:03	BARRETT, Michael	Dereham Runners AC	M58	0.6731	396	116
117	0:38:10	STUDLEY, Penny	Great Yarmouth & District AC	F41	0.6573	306	117

118	0:38:13	LAWN, ANDREW		M28	0.5612	375	118
119	0:38:18	BLAZEY, Paul		M28	0.56	380	119
120	0:38:20	CATCHPOLE, STUART	Wymondham AC	M47	0.6098	431	120
121	0:38:22	HARPER, Stacey	Norwich Road Runners	F36	0.6281	329	121
122	0:38:24	FOX, Peter		M54	0.6439	636	122
123	0:38:28	FORD, MICHAEL		M35	0.5576	405	123
124	0:38:28	DYKE, Charlie		M61	0.6848	602	124
125	0:38:32	SHARMAN, Glen		M52	0.6311	436	125
126	0:38:37	COLLYER, Ed		M19	0.5554	528	126
127	0:38:40	JENKINS, PAUL		M51	0.6239	402	127
128	0:38:41	RING, Mark	Norwich Road Runners	M47	0.6043	614	128
129	0:38:45	JEARY, Jason		M44	0.5898	520	129
130	0:38:48	COLE, Keiron	Tri-Anglia	M42	0.5805	519	130
131	0:38:52	NASH, Oliver		M34	0.5518	668	131
132	0:38:53	MILLER, John	Norwich Road Runners	M52	0.6255	364	132
133	0:38:54	BEE, Glenn		M52	0.6252	676	133
134	0:38:56	BROOKE, Claire	Wymondham AC	F43	0.6552	470	134
135	0:38:56	SMITH, ANNA	Stowmarket Striders	F41	0.6443	422	135
136	0:39:04	GALBRAITH, David	Coltishall Jaguars	M36	0.5526	654	136
137	0:39:05	BARBER, Owen	Coltishall Jaguars	M49	0.6075	378	137
138	0:39:07	TAYLOR, Mal	Reepham Runners	M53	0.6269	316	138
139	0:39:07	HARROD, Paul		M34	0.5483	630	139
140	0:39:11	HARDINGHAM, Graham	Norfolk Gazelles	M53	0.6259	475	140
141	0:39:12	SADLER, Derek	North Norfolk Beach Runners	M60	0.6655	341	141
142	0:39:13	ELLEN, ANNE	Norfolk Gazelles	F58	0.7487	323	142
143	0:39:14	CLEMINSON, Ian	Coltishall Jaguars	M48	0.6004	623	143
144	0:39:17	STUBBS, Sarah	Coltishall Jaguars	F39	0.6282	624	144
145	0:39:17	GROVES, Paul	Coltishall Jaguars	M50	0.6091	590	145
146	0:39:17	ROSS, Alastair		M35	0.546	492	146
147	0:39:18	BUNKELL, Sam		M33	0.5458	653	147
148	0:39:18	DYDE, Adrian		M56	0.6402	578	148
149	0:39:21	GODWIN, Joanna`	Norwich Road Runners	F40	0.6323	382	149
150	0:39:21	GEORGE, TONI	Great Yarmouth Road Runners	F39	0.6271	414	150
151	0:39:25	SMITH, Julian		M45	0.5841	368	151
152	0:39:30	THOMAS, Neil	Bungay Black Dog	M46	0.5873	41	152
153	0:39:30	MORGAN, JOANNA		F40	0.6299	548	153
154	0:39:36	HARDS, AMANDA		F47	0.6668	389	154
155	0:39:41	SMITHSON, Paul		M50	0.6029	434	155
156	0:39:48	BARKER, Cassie	Wymondham AC	F38	0.6151	339	156
157	0:39:49	HANKIN, Chris	Longdale Striders	M32	0.5387	629	157
158	0:39:52	SMITH, BEN		M40	0.5569	347	158
159	0:39:55	BRIGHTY, Keith	Norwich Road Runners	M51	0.6043	518	159
160	0:39:57	HARMER, Russell		M33	0.5369	637	160
161	0:40:12	FENWICK, Hayley		F34	0.592	571	161
162	0:40:13	SAUERZAPF, Bobbie	Bungay Black Dog	F55	0.7077	166	162
163	0:40:15	MORTON, Stuart		M44	0.5678	603	163
164	0:40:19	GANNON, Gary	Norwich Road Runners	M45	0.5711	625	164
165	0:40:22	EULENSTEIN, Olaf	Reepham Runners	M49	0.5882	531	165
166	0:40:22	WOOD, Charles	Norwich Road Runners	M56	0.6232	83	166
167	0:40:23	ASHE, ROBIN	Bungay Black Dog	M63	0.6655	417	167
168	0:40:24	MOYNIHAN, Clare		F35	0.5917	500	168
169	0:40:27	BOR, Paul	Bungay Black Dog	M61	0.6513	658	169
170	0:40:29	BIRD, Dianne		F51	0.6765	343	170
171	0:40:40	BURCH, Melanie	Coltishall Jaguars	F41	0.6169	639	171
172	0:40:40	FAIRCHILD, Michael	Coltishall Jaguars	M60	0.6415	565	172
173	0:40:42	O'SULLIVAN, Cheryl		F37	0.5968	574	173
174	0:40:51	SMITH, Michael	Wymondham AC	M68	0.6942	524	174
175	0:40:56	CUTTING, NIGEL		M29	0.524	482	175
176	0:40:56	SULLIVAN, Paul	Norwich Road Runners	M47	0.5711	584	176
177	0:41:00	PENFOLD, Adrian		M38	0.5339	667	177
178	0:41:00	HIGH, Christopher		M41	0.5454	483	178

179	0:41:08	BARBER, KYLE		M26	0.5214	469	179
180	0:41:12	DURRANT, Jude		F45	0.6297	321	180
181	0:41:20	CORDEAUX, Mary	City of Norwich AC	F48	0.6446	656	181
182	0:41:27	OWEN, Roy	Coltishall Jaguars	M65	0.6616	606	182
183	0:41:28	SAMPSON, GRAHAM	Bungay Black Dog	M68	0.6839	424	183
184	0:41:31	SYMONDS, Kareana	Dereham Runners AC	F33	0.5732	438	184
185	0:41:33	KELLY, Helen		F44	0.6191	626	185
186	0:41:40	WOODHOUSE, Gill	Dereham Runners AC	F66	0.773	307	186
187	0:41:42	KIRK, Alice		F26	0.5707	526	187
188	0:41:44	GILLION, Stewart	Wymondham AC	M57	0.6083	503	188
189	0:41:45	LLOYD, Julia	Wymondham AC	F47	0.6325	568	189
190	0:41:47	GERBER, Paul	Coltishall Jaguars	M47	0.5595	377	190
191	0:41:55	MENIN, ANDREW	Wymondham AC	M53	0.585	564	191
192	0:41:59	SUTHERLAND, Susan	Lauderdale Limpers	F52	0.6585	627	192
193	0:42:07	WOODWARD, Adrian		M50	0.5681	659	193
194	0:42:08	COX, Robert		M52	0.5772	358	194
195	0:42:09	DAWSON, Lorrain	Great Yarmouth Road Runners	F54	0.6687	443	195
196	0:42:11	LAWES, Neil		M43	0.5378	499	196
197	0:42:13	WARD, Beres	Wymondham AC	F58	0.6955	487	197
198	0:42:14	CARR, Philip	Norwich Road Runners	M35	0.5079	673	198
199	0:42:14	HOLLISTER, Heather	Coltishall Jaguars	F63	0.7351	310	199
200	0:42:15	DAWSON, Nicholas		M59	0.6118	454	200
201	0:42:17	FORD, JOANNE	Tri-Anglia	F32	0.5628	404	201
202	0:42:19	HILBURN, David		M57	0.5999	311	202
203	0:42:20	GRAY, Donna	Norwich Road Runners	F44	0.6076	501	203
204	0:42:21	ARMSTRONG, Marianne		F34	0.5619	410	204
205	0:42:24	EGMORE, Jenni	Reepham Runners	F47	0.6228	302	205
206	0:42:24	JESNEY, JOANNE	Wymondham AC	F42	0.5966	446	206
207	0:42:24	BURGESS, WENDY	Wymondham AC	F38	0.5774	393	207
208	0:42:24	PILCH, Richard		M67	0.6613	486	208
209	0:42:27	ENGLAND, JOHN		M66	0.6532	473	209
210	0:42:28	NEWELL, JONATHAN	Wymondham AC	M48	0.5547	542	210
211	0:42:32	BOWEN, ALEX	Wymondham AC	M36	0.5076	440	211
212	0:42:39	FRASER, Susan	Great Yarmouth & District AC	F55	0.6673	320	212
213	0:42:48	TIFFIN, Don	Bungay Black Dog	M67	0.6551	466	213
214	0:42:53	SYMONDS, Robin	Norwich Road Runners	M54	0.5766	418	214
215	0:42:53	HAINES, David	Dereham Runners AC	M66	0.6466	615	215
216	0:42:53	SPRUCE, Noel	North Norfolk Beach Runners	M69	0.6689	340	216
217	0:42:57	WADE, Shaun	Reepham Runners	M16	0.4994	309	217
218	0:43:09	RASKOVIC, Jacqueline	Norwich Road Runners	F45	0.6013	610	218
219	0:43:10	HARRISON, Geoffrey		M56	0.5828	258	219
220	0:43:12	SINCLAIR, Jeremy		M61	0.6098	3	220
221	0:43:14	BARWICK, Sam	Norfolk Gazelles	F44	0.595	583	221
222	0:43:16	GUEST, IAN		M54	0.5715	430	222
223	0:43:20	FREEZER, MATTHEW	Dereham Runners AC	M24	0.495	442	223
224	0:43:21	PRESTON, GINA	Norwich Road Runners	F48	0.6146	354	224
225	0:43:27	GRINSDALE, LOUISE	Norwich Road Runners	F40	0.5726	372	225
226	0:43:28	GAUNT, Ruth	Norwich Road Runners	F47	0.6075	644	226
227	0:43:35	OVERTON, SIMON		M34	0.4921	457	227
228	0:43:36	MACHIN, David		M54	0.5671	647	228
229	0:43:44	CRAY, Dean		M54	0.5654	666	229
230	0:43:59	JACKSON, Rosemary	Coltishall Jaguars	F59	0.6747	397	230
231	0:44:04	WELFARE, Sarah		F44	0.5837	502	231
232	0:44:07	HORREX, Trevor	Norwich Road Runners	M54	0.5605	334	232
233	0:44:16	ARCHER, STUART		M40	0.5015	555	233
234	0:44:17	RICHERS, Louise	Waveney Valley AC	F33	0.5374	505	234
235	0:44:19	ROYALL, Sarah	Wymondham AC	F24	0.537	332	235
236	0:44:19	COLMAN, Ivan	Wymondham AC	M52	0.5488	330	236
237	0:44:22	O'TOOLE, Craig		M28	0.4834	601	237
238	0:44:26	PILCH, Ruth		F39	0.5554	335	238
239	0:44:27	BIRD, Amii		F28	0.5354	409	239

240	0:44:34	MOORE, Susan	Norfolk Gazelles	F59	0.6659	664	240
241	0:44:35	BROUGHTON, LEONA	Reepham Runners	F35	0.5362	373	241
242	0:44:35	METCALF, Kerry	Norwich Road Runners	F32	0.5338	480	242
243	0:44:48	COLE, Jill	Coltishall Jaguars	F58	0.6554	512	243
244	0:44:48	HALL, Edward		M64	0.606	432	244
245	0:44:52	MINGAY, Claire	Norwich Road Runners	F40	0.5545	455	245
246	0:44:54	WADE, Julie	Reepham Runners	F46	0.5829	308	246
247	0:44:56	GRAVELING, Anne		F61	0.6752	513	247
248	0:44:56	KINCH, Brenda	North Norfolk Beach Runners	F69	0.7456	536	248
249	0:45:02	EVANS, David		M52	0.54	27	249
250	0:45:17	HUDSON, Louise		F35	0.5279	632	250
251	0:45:28	BEALES, Kelly		F37	0.5342	609	251
252	0:45:28	GRIFFIN, Bill	Norwich Road Runners	M49	0.5222	370	252
253	0:45:30	HARDS, NICK		M52	0.5345	390	253
254	0:45:31	SCARFE, Robert	Wymondham AC	M61	0.5788	508	254
255	0:45:32	MCDERMOTT, Vicki		F31	0.5226	641	255
256	0:45:32	BEALES, James		M37	0.4775	621	256
257	0:45:35	EDYE, Simon		M62	0.5836	479	257
258	0:45:38	BLAZEY, LOUISE	Norwich Road Runners	F27	0.5215	381	258
259	0:45:40	BELCHER, Robert	Norwich Road Runners	M55	0.5461	576	259
260	0:45:51	SMITH, HARRY	Stowmarket Striders	M49	0.5178	423	260
261	0:45:55	WARREN, Peter	City of Norwich AC	M58	0.5578	429	261
262	0:45:57	SMITH, Stuart	Waveney Valley AC	M57	0.5524	608	262
263	0:46:00	DURANT, Rebecca	Coltishall Jaguars	F62	0.6672	453	263
264	0:46:03	STOREY, Sophie	Norwich Road Runners	F16	0.5168	490	264
265	0:46:03	CARTER, Ian		M51	0.5239	538	265
266	0:46:07	POULSEN, Anders		M43	0.4919	299	266
267	0:46:09	GAINSFORD, Ruth		F49	0.5825	428	267
268	0:46:12	MEARS, MELANIE ANN		F52	0.5984	642	268
269	0:46:21	MORTON, Jolie		F21	0.5134	618	269
270	0:46:27	WILLIS, Adrian		M29	0.4618	661	270
271	0:46:28	TARRANT, Toni	Dereham Runners AC	F47	0.5683	147	271
272	0:46:33	BURGESS, CINDY	Wymondham AC	F65	0.683	392	272
273	0:46:37	WATERS, MICHELLE	Norfolk Gazelles	F46	0.5615	464	273
274	0:46:48	THORNHILL, David		M39	0.471	534	274
275	0:46:52	PLATTEN, David		M49	0.5066	628	275
276	0:46:53	VACCA, Wendy		M49	0.5064	660	276
277	0:46:55	KING, JANE		F61	0.6466	401	277
278	0:47:02	STOREY, Linda	Norwich Road Runners	F49	0.5716	489	278
279	0:47:06	NEATE-EVANS, BINKS	Reepham Runners	F48	0.5657	369	279
280	0:47:07	OTTAWAY, Gemma		F31	0.5051	572	280
281	0:47:10	NEAVE, Phillip	Bungay Black Dog	M65	0.5814	184	281
282	0:47:13	MACKIE, Claire	Longdale Striders	F39	0.5227	605	282
283	0:47:17	BRITT, Tony	UK Netrunners	M58	0.5417	471	283
284	0:47:22	RENSHAW, KENNETH	Dereham Runners AC	M55	0.5265	413	284
285	0:47:26	ROSSER, Kitty	Tri-Anglia	F34	0.5017	387	285
286	0:47:32	GLADDEN, Hayly	Longdale Striders	F40	0.5234	604	286
287	0:47:33	SMITH, SARAH		F40	0.5232	467	287
288	0:47:38	PEASE, MIKE		M44	0.4798	468	288
289	0:47:42	SEABRIGHT, NICK		M56	0.5274	463	289
290	0:47:54	RUMSBY, Nicola		F35	0.4991	342	290
291	0:48:14	MOORE, Brian	Norwich Road Runners	M64	0.5628	348	291
292	0:48:17	MIDDLETON, Ryan	Dereham Runners AC	M25	0.4442	620	292
293	0:48:20	YAXLEY, Deborah	Norwich Road Runners	M39	0.4561	674	293
294	0:48:25	WINTERBONE, Max		M23	0.443	535	294
295	0:48:33	CUDDEN, Karen	Norwich Road Runners	F52	0.5694	319	295
296	0:48:34	SMITH, Claire	Norwich Road Runners	F44	0.5296	328	296
297	0:48:39	WOOD, Jacquie	Dereham Runners AC	F62	0.6308	412	297
298	0:48:41	BARTRAM, Dennis	Wymondham AC	M64	0.5576	581	298
299	0:48:46	FENECH, Charles	Wymondham AC	M68	0.5815	362	299
300	0:48:49	TURTON, Melanie		F32	0.4875	114	300

301	0:48:49	NICHOLS, SARAH		F32	0.4875	139	301
302	0:48:49	REDDY, SAMANTHA	Norwich Road Runners	F47	0.5409	379	302
303	0:48:57	GLENISTER, KAREN		F41	0.5125	394	303
304	0:49:01	WATTS, Melanie	Ryston Runners	F38	0.4994	494	304
305	0:49:02	THOMPSON, Hayley	Reepham Runners	F34	0.4853	304	305
306	0:49:02	MARKS, Dave	Reepham Runners	M47	0.4768	506	306
307	0:49:05	DIX, KAREN	Norwich Road Runners	F49	0.5477	421	307
308	0:49:23	OWEN, Mary	Coltishall Jaguars	F64	0.6361	607	308
309	0:49:25	TODD, Donna		F42	0.5119	510	309
310	0:49:32	MILLER, ROS		F46	0.5284	557	310
311	0:49:32	CURRIE, IAN		M46	0.4683	452	311
312	0:49:50	MORTON, Tessa		F40	0.4993	569	312
313	0:49:50	BRAY, Kevin	Norwich Road Runners	M42	0.4519	376	313
314	0:49:53	CHATTEN, Jax		F30	0.477	634	314
315	0:50:09	ASHE, Christine	Bungay Black Dog	F52	0.5512	612	315
316	0:50:13	GRAY, Melissa		F29	0.4739	665	316
317	0:50:38	THORNHILL, Martin		M41	0.4416	546	317
318	0:50:41	MOORE, Lynda	Norwich Road Runners	F61	0.5986	349	318
319	0:50:57	BIRD, Paul		M52	0.4773	573	319
320	0:50:59	TUFF, Sue	Ryston Runners	F49	0.5273	587	320
321	0:51:17	HILL, Clare		F55	0.555	635	321
322	0:51:33	CARTWRIGHT, JO		F30	0.4616	374	322
323	0:51:38	SOLOMON, Teresa		F55	0.5512	300	323
324	0:51:51	DARNELL, Robert		M62	0.5131	514	324
325	0:52:17	HARDY, CAROL		F53	0.5339	359	325
326	0:52:17	SAUNDERS, Marianne		F45	0.4962	324	326
327	0:52:58	BARRICK, Tina		F27	0.4493	591	327
328	0:52:58	FISKE, Helen	Norwich Road Runners	F44	0.4857	344	328
329	0:52:58	BRAY, Kelly	Norwich Road Runners	F33	0.4493	592	329
330	0:53:10	CASSON, Peter		M46	0.4363	495	330
331	0:53:15	HIPWELL, BAZ	Norwich Road Runners	M55	0.4683	367	331
332	0:53:15	HAEVE, Myles	Norwich Road Runners	M33	0.4028	655	332
333	0:53:18	DOLEMAN, JOANNE		F42	0.4746	388	333
334	0:53:48	RYLES, Sue		F60	0.5575	491	334
335	0:53:55	JAY, Sarah	Coltishall Jaguars	F48	0.4942	580	335
336	0:53:55	JARVEY, Julie	Coltishall Jaguars	F42	0.4691	327	336
337	0:54:20	RENSHAW, Diane	Dereham Runners AC	F55	0.5238	408	337
338	0:54:26	BOON, Pete		M45	0.423	496	338
339	0:54:29	NEWTON, Roisin		F32	0.4368	613	339
340	0:54:30	ANCELL, SALLY		F59	0.5445	426	340
341	0:54:32	ALLEN, JANICE		F49	0.493	458	341
342	0:55:11	BELCHER, Kim	Norwich Road Runners	F55	0.5158	577	342
343	0:55:13	WILL, Tim		M43	0.4109	338	343
344	0:55:20	BLOOMFIELD, CHRISSIE		F58	0.5306	439	344
345	0:55:35	FARMER, Julie		F30	0.4281	108	345
346	0:55:57	ENGLAND, MAUREEN	Great Yarmouth & District AC	F70	0.607	472	346
347	0:56:11	JACKSON, Alison		F49	0.4785	575	347
348	0:56:11	HAYES, Helen		F38	0.4357	337	348
349	0:56:42	SYMONDS, Janet	Norwich Road Runners	F47	0.4657	419	349
350	0:59:25	CARTER, JENNY		F45	0.4367	133	350
351	0:59:47	GEORGE, SUSAN		F51	0.4581	313	351
352	0:59:47	DIXON, TRICIA		F45	0.434	312	352
353	0:59:49	GEORGE, Mike		M46	0.3878	314	353
354	1:02:06	WRIGHT, Garry		M44	0.368	511	354
355	1:04:27	READER, Frank		M68	0.44	675	355
356	1:04:45	ODAT, Kayleigh	Norwich Road Runners	F28	0.3675	361	356
357	1:04:47	BAILEY, Allyson	Norwich Road Runners	F38	0.3779	585	357
358	1:05:28	WILLAN, JESSICA		F23	0.3635	445	358