

Position	Forename	Surname	GenderFM	Category	Club	Chip Time
1	Robert	Chenery	M	M20-34	Ipswich Jaffa	00:34:20
2	Chris	Merrylees	M	M35-44	North Norfolk Beach Runners	00:34:50
3	Christopher	Hollinshead	M	M45-49	Cannock & Stafford AC	00:35:13
4	Darren	Neale	M	M35-44	North Norfolk Beach Runners	00:36:03
5	Tony	Witmond	M	M45-49	North Norfolk Beach Runners	00:36:25
6	Toby	Morrell	M	M20-34	Triharder	00:36:35
7	Roger	Aldis	M	M45-49	Ipswich Harriers	00:36:42
8	Richard	Johnson	M	M35-44	Norwich Road Runners	00:36:44
9	Stephen	Balfe	M	M20-34	City of Norwich Athletics Club	00:36:47
10	Sean	Jermy	M	M20-34	Great Yarmouth Road Runners	00:37:01
11	Kevin	Rooney	M	M45-49	Tri-Anglia Triathlon Club	00:37:13
12	Andrew	Preston	M	M50-54	Wymondham AC	00:37:22
13	Robert	Warwicker	M	M20-34	Tri-Anglia Triathlon Club	00:37:24
14	John	Moore	M	M55-59	Norfolk Gazelles AC	00:37:30
15	Charlotte	Rose	F	F20-34	City of Norwich Athletics Club	00:37:50
16	Jake	Stearman	M	MJ	Dereham Runners AC	00:38:13
17	Tom	Bamford	M	M20-34		00:38:16
18	Ashley	Gilbert	M	M20-34	Dereham Runners AC	00:38:26
19	Philip	Whiting	M	M35-44	Norfolk Gazelles AC	00:38:31
20	John	Walshaw	M	M45-49	City of Norwich Athletics Club	00:38:34
21	David	Asker	M	M20-34	Tri-Anglia Triathlon Club	00:38:35
22	Daniel	Perry	M	M20-34	Tri-Anglia Triathlon Club	00:38:36
23	Edward	Bailey	M	M35-44	St Albans Striders	00:38:47
24	Chris	Bullock	M	M35-44	Norwich Road Runners	00:39:01
25	Will	McMorris	M	M35-44		00:39:05
26	David	Saker	M	M20-34		00:39:05
27	Simon	Baxter	M	M20-34		00:39:19
28	Guzel	Sari	M	M20-34	Dereham Runners AC	00:39:19
29	Jason	Brunt	M	M35-44	Norfolk Gazelles AC	00:39:23
30	Stephen	Lee	M	M35-44	Dereham Runners AC	00:39:28
31	Shaun	Webb	M	M35-44	Reepham Runners	00:39:31
32	George	Gay	M	M20-34	North Norfolk Beach Runners	00:39:37
33	Solway	Mark	M	M45-49	Conac	00:39:39
34	Anthony	Cude	M	M35-44		00:39:53
35	Michael	Howlett	M	M20-34	Ryston Runners AC	00:39:56
36	Duncan	Samwell	M	M35-44	Tri-Anglia Triathlon Club	00:40:02
37	Luke	Guy	M	M20-34	Norwich Road Runners	00:40:09
38	Michael	Armes	M	M50-54	Norwich Road Runners	00:40:11
39	Philip	Hurr	M	M55-59		00:40:15
40	Stephen	Dady	M	M60+	Wymondham AC	00:40:19
41	Ben	Cooper	M	MJ		00:40:19
42	Jonathan	Cousins	M	M45-49	North Norfolk Beach Runners	00:40:23
43	Simon	Bekker	M	M35-44	Great Yarmouth Road Runners	00:40:25
44	Ben	Hunter-Watts	M	M35-44		00:40:27
45	John	Gay	M	M55-59	North Norfolk Beach Runners	00:40:51
46	Simon	Wright	M	M35-44		00:40:57
47	Jason	Gaul	M	M35-44	Norwich Road Runners	00:41:06
48	Sze-ming	Cheung	M	M35-44	Norwich Road Runners	00:41:07
49	Jeremy	Lawrence	M	M55-59	Coltishall Jaguars	00:41:16
50	Dean	Blake	M	M35-44	Coltishall Jaguars	00:41:17
51	Stephen	Moseley	M	M45-49	Norwich Road Runners	00:41:19
52	Alexandra	Smith	F	F35-44	Wymondham AC	00:41:23
53	James	Howlett	M	M35-44		00:41:28
54	Bryn	Williams	M	M45-49	Norwich Road Runners	00:41:30
55	Kenneth	Bowman	M	M60+	Coltishall Jaguars	00:41:36
56	Amy	Beck	F	F20-34	Norwich Road Runners	00:41:41
57	Craig	Bowen-Jones	M	M35-44	Dereham Runners AC	00:41:44

58	Sarah	Peachey	F	F20-34	Norwich Road Runners	00:41:47
59	Terry	Moat	M	M45-49	Thorney Running Club	00:41:53
60	Lorena	Latisaite	F	F20-34	Ryston Runners AC	00:41:53
61	Pete	Thompson	M	M20-34		00:41:54
62	Mark	Harmer	M	M35-44	Bure Valley Harriers	00:41:56
63	Matthew	Jones	M	M45-49	City of Norwich Athletics Club	00:41:59
64	Michael	Corson	M	M55-59	Fakenham Runners	00:42:12
65	Ben	Snelling	M	M35-44	Norwich Road Runners	00:42:22
66	Wayne	Easlea	M	M35-44	Norwich Road Runners	00:42:32
67	Henry	Andrews	M	M50-54	Paddock Wood AC	00:42:34
68	Alice	Rees	F	FJ	City of Norwich Athletics Club	00:42:48
69	Guy	Shearwood	M	M55-59	Norwich Road Runners	00:42:49
70	Chris	Chorley	M	M50-54	Bungay Black Dog RC	00:42:49
71	Paul	Smith	M	M45-49	Norwich Road Runners	00:42:49
72	Sharon	Hurren	F	F35-44	Wymondham AC	00:42:50
73	Kevin	Howlett	M	M55-59	Ryston Runners AC	00:42:51
74	James	Guyton	M	M35-44	Norwich Road Runners	00:42:52
75	Alice	Saker	F	F20-34		00:43:03
76	James	Halls	M	M20-34		00:43:03
77	Mark	Garrett	M	M50-54	Norwich Road Runners	00:43:12
78	Clive	Cartner	M	M35-44	Norwich Road Runners	00:43:12
79	Toby	Gilbert	M	M20-34		00:43:16
80	Carman	Eddie	M	M45-49	North Norfolk Beach Runners	00:43:19
81	Barry	Smith	M	M50-54	Ryston Runners AC	00:43:20
82	Andrew	Burcham	M	M35-44		00:43:26
83	Rob	Evans	M	M35-44		00:43:30
84	Matthew	Crane	M	M35-44	Bure Valley Harriers	00:43:32
85	Dudley	Garner	M	M20-34	Norfolk Gazelles AC	00:43:37
86	Gregory	Quinn	M	M55-59	Reepham Runners	00:43:43
87	Michael	Johnson	M	M45-49	Norwich Road Runners	00:43:45
88	Rowena	Leary	F	F20-34	Norfolk Gazelles AC	00:43:46
89	Bill	Kingaby	M	M60+	Waveney Valley AC	00:43:46
90	James	Wells	M	M20-34		00:43:46
91	Keith	Brighty	M	M50-54	Norwich Road Runners	00:43:47
92	Emily	Haughan	F	F35-44	North Norfolk Beach Runners	00:43:47
93	Mark	Philo	M	M45-49	Tri-Anglia Triathlon Club	00:43:51
94	Ben	Freeman	M	M35-44	Norwich Road Runners	00:43:56
95	Craig	Farr	M	M35-44	Reepham Runners	00:43:57
96	Emma	Potter-campbell	F	F45-49	Dereham Runners AC	00:44:03
97	Duncan	Chenery	M	M55-59	Ipswich Jaffa	00:44:05
98	Ben	Warminger	M	M20-34		00:44:11
99	Tom	Johnson	M	M20-34	Coltishall Jaguars	00:44:20
100	Graham	Johnson	M	M50-54	Coltishall Jaguars	00:44:21
101	Solway	Millie	F	FJ	Conac	00:44:24
102	David	Crow	M	M35-44		00:44:38
103	Claudia	Milburn	F	F20-34	Fenland Running Club	00:44:52
104	Emma	Wilcock	F	F20-34	Coltishall Jaguars	00:44:53
105	Matthew	Pask	M	M45-49	Norwich Road Runners	00:45:07
106	Richard	Fitzjohn	M	M20-34	Norwich Road Runners	00:45:07
107	Vivienne	Lain	F	F45-49	City of Norwich Athletics Club	00:45:19
108	Jan	Manning	F	F35-44		00:45:24
109	Emily	Beavis	F	F20-34	Norwich Road Runners	00:45:29
110	Josh	Brighty	M	M20-34	Norwich Road Runners	00:45:31
111	Neil	Bunnage	M	M45-49	North Norfolk Beach Runners	00:45:32
112	Josh	Neale	M	M20-34	Coltishall Jaguars	00:45:40
113	Daniel	Devaux	M	M35-44		00:45:40
114	Emma	Hollinshead	F	F35-44	Cannock & Stafford AC	00:45:47
115	Woods	Timothy	M	M50-54	Norfolk Gazelles AC	00:45:49

116	Nick	Richards	M	M35-44		00:45:49
117	Alison	Stewart	F	F55-59	Norwich Road Runners	00:45:55
118	Terry	Hubbard	M	M35-44		00:45:56
119	Debbie	Tooke	F	F35-44	Norwich Road Runners	00:45:57
120	Danny	Bond	M	M35-44	Norwich Road Runners	00:45:57
121	Shaune	Gooch	M	M35-44		00:46:01
122	Myles	Hague	M	M20-34	Norwich Road Runners	00:46:03
123	Claire	Brooke	F	F35-44	Wymondham AC	00:46:10
124	Terry	Medler	M	M35-44		00:46:14
125	Lynsey	Chenery	F	F20-34	Ipswich Jaffa	00:46:18
126	Will	Monles-Brown	M	MJ		00:46:18
127	Charles	Allen	M	M35-44	Norwich Road Runners	00:46:23
128	Joe	Smith	M	MJ		00:46:23
129	Lisa	Hall	F	F35-44	Norwich Road Runners	00:46:23
130	Ian	Milburn	M	M60+	Fenland Running Club	00:46:30
131	Max	Jennings	M	M45-49		00:46:30
132	Adrian	Dyde	M	M55-59		00:46:37
133	Ian	Moore	M	M35-44	Norwich Road Runners	00:46:40
134	Keith	Hood	M	M55-59	Wymondham AC	00:46:45
135	Silje	Hovstad	F	F35-44	City of Norwich Athletics Club	00:46:45
136	Paul	Smithson	M	M50-54		00:46:56
137	Gavin	Douglas	M	M50-54	Norfolk Gazelles AC	00:46:58
138	Niki	Park	F	F50-54	Norwich Road Runners	00:47:13
139	Burton	Jonathan	M	M45-49	Dereham Runners AC	00:47:13
140	Mike	Jolly	M	M45-49	Reepham Runners	00:47:13
141	Sarah	Boosey	F	F20-34	Norwich Road Runners	00:47:15
142	James	Macleod	M	M50-54		00:47:24
143	Sam	Weller	M	M60+	North Norfolk Beach Runners	00:47:29
144	Michelle	Bull	F	F45-49	City of Norwich Athletics Club	00:47:31
145	Thomas	Hopkinson	M	M35-44		00:47:36
146	Derek	Sadler	M	M60+	North Norfolk Beach Runners	00:47:41
147	Paul	Woodhouse	M	M50-54		00:47:46
148	Tom	Wray	M	M20-34	North Norfolk Beach Runners	00:47:50
149	Stephen	Greatbanks	M	M50-54	Wymondham AC	00:48:02
150	Martin	Blackburn	M	M55-59	Ryston Runners AC	00:48:12
151	Stacey	Harper	F	F35-44	Norwich Road Runners	00:48:22
152	Anne	Ellen	F	F60+	Norfolk Gazelles AC	00:48:24
153	Matthew	Johnson	M	M35-44		00:48:40
154	Catherine	Henery	F	F50-54	Norwich Road Runners	00:48:46
155	Joshua	Dyde	M	M20-34		00:48:55
156	Julian	Johnson	M	M35-44	Wymondham AC	00:48:57
157	John	Newell	M	M45-49	Wymondham AC	00:48:57
158	M	Hunt	M	M55-59	March AC	00:48:58
159	Melanie	White	F	F35-44		00:48:58
160	Rob	Maratt	M	M20-34		00:49:02
161	Neil	Hardingham	M	M35-44		00:49:14
162	Sally	Cushing	F	F50-54	Norwich Road Runners	00:49:14
163	James	Mcfarlane	M	M35-44	Norwich Road Runners	00:49:15
164	William	Faulkner	M	M35-44		00:49:16
165	Carol	Betts	F	F60+	Norfolk Gazelles AC	00:49:16
166	Patrick	Cutting	M	M45-49		00:49:19
167	Nicola	Gibson	F	F35-44	Norwich Road Runners	00:49:21
168	Jack	Parnell	M	M20-34		00:49:34
169	Will	Buck	M	M50-54	Norwich Road Runners	00:49:37
170	Rebecca	Morrell	F	F20-34		00:49:37
171	Maureen	Hamis	F	F35-44	Norwich Road Runners	00:49:39
172	Natasha	Walsh	F	F20-34	Norwich Road Runners	00:49:42
173	Jonathan	Eagle	M	M20-34	Norwich Road Runners	00:49:43

174	Colin	Alford	M	M50-54		00:49:46
175	Joanna	Killingworth	F	F35-44		00:49:47
176	Maria	Greaves	F	F35-44	North Norfolk Beach Runners	00:49:48
177	Dean	Gray	M	M55-59	Norwich Road Runners	00:49:49
178	Ben	Farrow	M	M20-34		00:49:50
179	Stuart	Young	M	M50-54	Bungay Black Dog RC	00:49:54
180	Oliver	Cudmore	M	MJ		00:49:56
181	Daniel	Payne	M	MJ		00:49:57
182	Hugh	Roberts	M	M60+	Bungay Black Dog RC	00:49:57
183	James	Cooke	M	M35-44	Norwich Road Runners	00:49:57
184	Ben	Taylor	M	M35-44	Norwich Road Runners	00:50:08
185	Melanie	Froude	F	F20-34	Norwich Road Runners	00:50:09
186	Ivan	Allen	M	M50-54	North Norfolk Beach Runners	00:50:12
187	Rachel	Miller	F	F35-44	Norwich Road Runners	00:50:18
188	Simon	Mortlock	M	M20-34	Bure Valley Harriers	00:50:18
189	Sam	Dolman	F	F20-34		00:50:21
190	Lucy	Coleman	F	F20-34	Norwich Road Runners	00:50:27
191	Anne	Harper	F	F50-54	Norwich Road Runners	00:50:33
192	Stephen	Higgs	M	M60+		00:50:36
193	Christopher	Milnes	M	M55-59	Ryston Runners AC	00:50:40
194	Mal	Taylor	M	M50-54	Reepham Runners	00:50:41
195	Christopher	High	M	M35-44		00:50:45
196	Andrea	Osborne	F	F60+	Longdale Striders	00:50:50
197	Paul	Taylor	M	M20-34		00:50:51
198	Robert	Cox	M	M50-54		00:51:00
199	Rebecca	Langford	F	F35-44	Waveney Valley AC	00:51:02
200	Simon	Overton	M	M35-44		00:51:04
201	Morris	Jonathan	M	M55-59	Ryston Runners AC	00:51:05
202	Robin	Symonds	M	M55-59	Norwich Road Runners	00:51:05
203	Guy	Pitcher	M	M50-54	Reepham Runners	00:51:13
204	Leigh	Davies	M	M35-44		00:51:14
205	Bobbie	Sauerzapf	F	F55-59	Bungay Black Dog RC	00:51:15
206	Julia	Lloyd	F	F45-49	Wymondham AC	00:51:16
207	Andy	Potter	M	M50-54	Stamford Striders	00:51:18
208	Paula	Greatbanks	F	F35-44	Wymondham AC	00:51:23
209	Holly	Bodmer	F	F20-34	Norwich Road Runners	00:51:24
210	Paul	Gerber	M	M45-49	Coltishall Jaguars	00:51:27
211	Francesca	Turner	F	F20-34	Great Yarmouth Road Runners	00:51:35
212	Edward	Hall	M	M60+		00:51:37
213	Andy	Palmer	M	M50-54	Norwich Road Runners	00:51:38
214	Louise	Blazey	F	F20-34	Norwich Road Runners	00:51:39
215	Kerry	Commosioug	F	F35-44	Norwich Road Runners	00:51:43
216	Matt	Howes	M	M35-44	Norwich Road Runners	00:51:46
217	Ruth	Pilch	F	F35-44	Coltishall Jaguars	00:51:46
218	Graham	Sampson	M	M60+	Bungay Black Dog RC	00:51:46
219	Stewart	Gillion	M	M55-59	Wymondham AC	00:51:54
220	Michele	Cutting	F	F35-44		00:52:01
221	Craig	Robinson	M	M20-34	North Norfolk Beach Runners	00:52:07
222	Tony	Wilson	M	M35-44	Sedgefield Harriers	00:52:25
223	Ben	Ranner	M	MJ		00:52:27
224	John	Miller	M	M50-54	Norwich Road Runners	00:52:31
225	Nicholas	Gibbs	M	M55-59	Norwich Road Runners	00:52:31
226	Davis	Jillian	F	F55-59	Ryston Runners AC	00:52:34
227	Debra	Rumsby	F	F45-49	Longdale Striders	00:52:36
228	Charles	Wood	M	M55-59	Norwich Road Runners	00:52:40
229	Amii	Andrews	F	F20-34	Norwich Road Runners	00:52:40
230	Richard	Garratt	M	M35-44		00:53:04
231	Michael	Tobin	M	M20-34	Norwich Road Runners	00:53:06

232	Jane	Ashby	F	F60+	Ryston Runners AC	00:53:10
233	Don	Tiffin	M	M60+	Bungay Black Dog RC	00:53:11
234	Jeremy	Sinclair	M	M60+		00:53:12
235	Stuart	Sayer	M	M55-59	Norwich Road Runners	00:53:14
236	Hannah	Pegg	F	F20-34		00:53:16
237	Sally	Aspin	F	F55-59	Norwich Road Runners	00:53:18
238	Trevor	Horrex	M	M55-59	Norwich Road Runners	00:53:19
239	Robert	Flint	M	M20-34		00:53:24
240	Robert	Scarfe	M	M60+	Wymondham AC	00:53:26
241	Robert	Belcher	M	M55-59	Norwich Road Runners	00:53:33
242	Michael	Smith	M	M60+	Wymondham AC	00:53:40
243	Catriona	Morrison	F	F20-34		00:53:42
244	Veronica	Mendez	F	F35-44		00:53:45
245	Nick	Slade	M	M20-34		00:53:51
246	Sally	Juby	F	F20-34	Dereham Runners AC	00:53:53
247	Alice	Kirk	F	F20-34	Bungay Black Dog RC	00:53:53
248	Leanne	Evans	F	F35-44		00:53:59
249	Lesley	Winston	F	F50-54		00:54:13
250	Susan	Moore	F	F60+	Norfolk Gazelles AC	00:54:20
251	Christina	Lakey	F	F35-44	Wymondham AC	00:54:24
252	Alex	Bowen	M	M35-44	Wymondham AC	00:54:24
253	Seb	Moore	M	M60+		00:54:29
254	David	Petch	M	M50-54		00:54:38
255	Brenda	Kinch	F	F60+	North Norfolk Beach Runners	00:55:07
256	Gillian	Woodhouse	F	F60+	Dereham Runners AC	00:55:09
257	Anne	Sinclair	F	F55-59		00:55:14
258	Georgina	Sutton	F	F20-34		00:55:18
259	Tracey	Bowen-Jones	F	F45-49	Dereham Runners AC	00:55:18
260	Julia	Alderson	F	F20-34		00:55:22
261	Rebecca	Norman	F	F35-44		00:55:23
262	Jackie	Gooch	F	F50-54	Coltishall Jaguars	00:55:25
263	Marina	Murdoch	F	F50-54	Wymondham AC	00:55:30
264	Susan	Ilsley	F	F50-54	North Norfolk Beach Runners	00:55:31
265	Emma	Blake	F	F35-44	Coltishall Jaguars	00:55:54
266	Beth	Underwood	F	FJ		00:55:56
267	Robert	Bellhouse	M	M50-54		00:56:01
268	Nicola	Rumsby	F	F35-44	NNSLSC	00:56:01
269	Suzanne	Nurse	F	F35-44		00:56:02
270	Audrey	Batchelor	F	F60+	Norfolk Gazelles AC	00:56:04
271	Caroline	Stacey	F	F35-44		00:56:06
272	Victoria	Phillips	F	F50-54	London Heathside AC	00:56:06
273	Sharn	Ponsford	F	F35-44	Coltishall Jaguars	00:56:08
274	Philip	Kingaby	M	M55-59		00:56:14
275	Gemma	Ottaway	F	F20-34		00:56:26
276	Linda	Melton	F	F55-59	North Norfolk Beach Runners	00:56:28
277	Hayley	Smith	F	F35-44		00:56:32
278	Pam	Sayle	F	F60+	City of Norwich Athletics Club	00:56:33
279	Brian	Moore	M	M60+	Norwich Road Runners	00:56:34
280	Kelly	Mitchell	F	F35-44		00:56:35
281	Catherine	O'neill	F	F35-44	Wymondham AC	00:56:38
282	Tony	Barry	M	M50-54		00:56:39
283	Karen	Alford	F	F50-54		00:56:46
284	Wendy	Smith	F	F50-54	Norwich Road Runners	00:56:50
285	Tabitha	Keeble	F	F20-34	Norwich Road Runners	00:56:50
286	Michael	Wyard	M	M50-54		00:57:03
287	Clare	Hicks	F	F35-44	Coltishall Jaguars	00:57:08
288	Roger	Osborne	M	M60+		00:57:09
289	Moya	Rooney	F	F50-54	Intercity Strollers	00:57:29

290	Kelly	Wilkinson	F	F20-34		00:57:30
291	Cammille	Simmons	F	F45-49	Tri Harder	00:57:34
292	Martin	Ranner	M	M45-49		00:57:34
293	Ellen	Tatum	F	F45-49	North Norfolk Beach Runners	00:57:38
294	Mike	Marshall	M	M60+	North Norfolk Beach Runners	00:57:43
295	Madeline	Beale	F	F20-34	Wymondham AC	00:57:44
296	Peter	Walwyn	M	M60+		00:57:46
297	Helen	Lakey	F	F60+	Wymondham AC	00:57:57
298	Caroline	Baker	F	F35-44	Norfolk Gazelles AC	00:58:15
299	Barry	Hipwell	M	M55-59	Norwich Road Runners	00:58:21
300	Natasha	Sumner	F	F35-44		00:58:52
301	Danny	Bell-Tye	M	M35-44	Bungay Black Dog RC	00:58:56
302	Gemma	Francis	F	F35-44		00:58:59
303	Karren	Dix	F	F50-54	Norwich Road Runners	00:59:28
304	Victoria	Utting	F	F35-44	Norwich Road Runners	00:59:29
305	Jessica	Marler	F	F20-34		00:59:33
306	Gary	Davison	M	M20-34		00:59:33
307	Kitty	Rosser	F	F35-44	Tri-Anglia Triathlon Club	00:59:42
308	Beryl	Knowles	F	F60+	Norwich Road Runners	00:59:51
309	Mandy	Foyster	F	F45-49	Norwich Road Runners	00:59:51
310	Megan	Oram	F	F35-44	Dereham Runners AC	00:59:53
311	Hannah	Dennis	F	F20-34	Norfolk Gazelles AC	00:59:53
312	Marie	Dove	F	F35-44		01:00:14
313	Stephen	Ramm	M	M35-44		01:00:16
314	Caroline	Warminger	F	F20-34		01:00:16
315	Jennifer	Corbett	F	F35-44		01:00:18
316	Angela	Bell	F	F35-44	Norwich Road Runners	01:00:35
317	Helen	Fiske	F	F45-49	Norwich Road Runners	01:00:35
318	Claire	Smith	F	F45-49	Norwich Road Runners	01:00:36
319	Stephanie	Brighty	F	F20-34	Norwich Road Runners	01:00:40
320	Richard	High	M	M35-44	Norwich Road Runners	01:00:40
321	Louis	Cooper	M	M60+	Wymondham AC	01:00:51
322	Hardy	Sutoto	M	M20-34		01:00:58
323	Andrew	Matthew	M	M50-54		01:01:16
324	Tony	Britt	M	M55-59	UK Netrunners	01:01:27
325	Donna	Billman	F	F35-44	North Norfolk Beach Runners	01:01:35
326	Claire	McCarthy	F	F20-34		01:01:36
327	Kevin	Mortlock	M	M35-44		01:01:39
328	Ness	Coulson	F	F35-44		01:01:49
329	Lynda	Moore	F	F60+	Norwich Road Runners	01:02:02
330	Emma	Flack	F	F35-44		01:02:14
331	Hazel	Cason	F	F55-59	Dereham Runners AC	01:02:33
332	Rebecca	Perry	F	F20-34		01:02:50
333	Ted	Preston	M	M60+	Sleaford Striders	01:03:09
334	Samantha	Reddy	F	F45-49	Norwich Road Runners	01:03:30
335	Katherine	Cooper	F	F20-34		01:03:38
336	Paul	Bird	M	M50-54	Bungay Black Dog RC	01:03:52
337	Wendy	Fullerton	F	F55-59		01:04:50
338	Christopher	Jones	M	M35-44		01:05:41
339	Robert	Darnell	M	M60+		01:07:16
340	Sandra	Sayer	F	F20-34		01:07:22
341	Sue	Smith	F	F50-54	Ryston Runners AC	01:08:00
342	Rosie	Goodsell	F	F55-59		01:08:33
343	Daunnay	Liberman	F	F20-34		01:08:34
344	Becky	Cooper	F	F45-49		01:09:23
345	Gillian	Pilgrim	F	F60+		01:10:11
346	Kathryn	Lord	F	F55-59		01:10:13
347	Barbara	Eden	F	F60+	Poles Apart Fitness Club	01:11:16

348	Jan	Cooper	F	F60+	Poles Apart Fitness Club	01:12:21
349	Tonya	Patten	F	F45-49	Poles Apart Fitness Club	01:12:21
350	Janet	Symonds	F	F45-49	Norwich Road Runners	01:12:30
351	Katie	Hunt	F	F55-59	March AC	01:15:02
352	Cristina	Simpson	F	F20-34	Norwich Road Runners	01:25:01