

North Norfolk 7 2009

North Norfolk 7

Sunday 18 October 2009. 10:30 am

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:39:18	O'NEILL, James	City of Norwich AC	Senior Male 20-34	05:36.8	160	1
2	0:39:43	JONES, Andy	City of Norwich AC	Male 35-44	05:40.3	193	2
3	0:40:43	DAY, Ian	Ely Runners	Male 35-44	05:48.9	173	3
4	0:41:31	MCGREGOR, Rody	Norwich Road Runners	Male 35-44	05:55.7	254	4
5	0:41:42	PARKER, Robin	Fenland Runners AC	Male 35-44	05:57.3	209	5
6	0:41:44	SHERRY, Karl	Norwich Road Runners	Male 45-49	05:57.6	205	6
7	0:42:02	NIMMOCK, Danielle	City of Norwich AC	Junior Female U20	06:00.2	52	7
8	0:42:50	SOKOLOVSKIS, Edgars	Boston & District A C	Male 35-44	06:07.0	230	8
9	0:43:05	BROCK, Dave	Orion Harriers	Male 45-49	06:09.2	240	9
10	0:43:08	MARTIN, Paul		Senior Male 20-34	06:09.6	174	10
11	0:43:42	ROBILLIARD, Colin		Male 55+	06:14.5	101	11
12	0:44:06	BRYANT, Simon		Senior Male 20-34	06:17.9	260	12
13	0:44:09	LEVERSEDGE, John	Enfield & Haringey AC	Male 55+	06:18.3	114	13
14	0:44:32	BRIGHTY, Joshua	Norwich Road Runners	Junior Male U20	06:21.6	259	14
15	0:44:38	BOOTH, Nigel	Mablethorpe	Male 45-49	06:22.5	141	15
16	0:45:05	MASLEN, David	Tri Anglia	Male 45-49	06:26.3	228	16
17	0:45:09	HARTLEY, John	Great Yarmouth Road Runners	Male 35-44	06:26.9	204	17
18	0:45:31	TURK, Steve	Shrewsbury AC	Male 35-44	06:30.0	176	18
19	0:45:42	RAWLINGS, Edward	pocklington runners	Senior Male 20-34	06:31.6	165	19
20	0:45:50	KNIGHTS, Neville	Dereham Runners	Male 45-49	06:32.7	125	20
21	0:45:52	GREEN, Stuart	Stowmarket Striders	Male 45-49	06:33.0	106	21
22	0:45:54	ROBERTS, John		Male 35-44	06:33.3	103	22
23	0:46:12	GREEN, Matthew	Norfolk Gazelles	Male 35-44	06:35.9	143	23
24	0:46:22	RENFREW, Ian		Male 35-44	06:37.3	192	24
25	0:46:26	SCOTT, Les	Briston Runners	Male 50-54	06:37.9	248	25
26	0:46:47	ETHERINGTON, Stephen	Great Yarmouth Road Runners	Male 50-54	06:40.9	199	26
27	0:47:16	KENNEDY, Anthony		Male 35-44	06:45.0	224	27
28	0:47:22	RENDALL-READ, Steve	Lowestoft Road Runners	Male 45-49	06:45.9	182	28
29	0:47:34	CHAPMAN, Tim	Fenland Runners AC	Male 45-49	06:47.6	197	29
30	0:47:57	LAKE, Todd	Dereham Runners	Male 45-49	06:50.9	257	30
31	0:48:11	NELSON, Glen	Tri Anglia	Male 55+	06:52.9	162	31
32	0:48:18	HOWLETT, Michael	Ryston Runners	Senior Male 20-34	06:53.9	255	32
33	0:48:21	MCARDLE, Paul		Male 35-44	06:54.3	136	33
34	0:48:26	NOLL, Benjamin		Senior Male 20-34	06:55.0	246	34
35	0:48:27	WOODS, Tim	Norfolk Gazelles	Male 45-49	06:55.2	187	35
36	0:48:37	DADY, Stephen	Great Yarmouth Road Runners	Male 55+	06:56.6	128	36
37	0:48:40	JONES, Martin	Herts Phoenix	Male 50-54	06:57.0	140	37
38	0:48:45	DICKINSON, Steve		Male 35-44	06:57.7	201	38
39	0:48:50	SMITH, Darren	Ryston Runners	Junior Male U20	06:58.5	232	39
40	0:48:59	THOMPSON, Peter	Norfolk Gazelles	Male 50-54	06:59.7	120	40
41	0:49:23	KIRTON, Dean	Thetford Athletic Club	Male 45-49	07:03.2	227	41
42	0:49:47	OSBORNE-SMITH, Andrew	Fenland Runners AC	Male 45-49	07:06.6	237	42
43	0:49:50	MOORE, Keith	Dereham Runners	Male 45-49	07:07.0	186	43
44	0:49:52	GEORGE, David	Norwich Road Runners	Male 35-44	07:07.3	207	44
45	0:49:57	POTTER-CAMPBELL, Emma	Dereham Runners	Female 35-44	07:08.0	296	45
46	0:50:15	CLARK, Stuart		Senior Male 20-34	07:10.6	252	46
47	0:50:17	FRARY, Matthew		Male 35-44	07:10.9	116	47
48	0:50:34	MARSH, Andrew		Male 45-49	07:13.3	122	48
49	0:50:36	FOX, Colin		Male 35-44	07:13.6	229	49
50	0:50:42	WHITE, Keith	Fenland Runners AC	Male 55+	07:14.4	195	50
51	0:50:48	IRLAM, Maire	Fenland Runners AC	Female 35-44	07:15.3	71	51
52	0:50:49	ARMES, Michael	Norwich Road Runners	Male 35-44	07:15.4	225	52
53	0:50:49	YEOMANS, Martin	Norwich Road Runners	Male 55+	07:15.4	132	53
54	0:50:52	MILBURN, Ian	Fenland Runners AC	Male 55+	07:15.9	196	54
55	0:50:54	WHITE, Simon		Senior Male 20-34	07:16.2	214	55
56	0:50:58	BOWDEN, Nick	Reepham Runners	Male 50-54	07:16.7	115	56
57	0:51:05	WOODS, Simon		Senior Male 20-34	07:17.7	223	57

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Page 1 of 5

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	0:51:19	THOULESS, Gavin	Norwich Road Runners	Male 35-44	07:19.7	188	58
59	0:51:26	DREWERY, Pauline	Ryston Runners	Female 35-44	07:20.7	87	59
60	0:51:27	CONWAY, Shaun		Male 45-49	07:20.9	243	60
61	0:51:32	FOX, Nigel	Spa Striders	Male 45-49	07:21.6	123	61
62	0:51:33	NORMAN, Phil		Senior Male 20-34	07:21.7	110	62
63	0:51:34	JERMEY, Lisa	Fenland Runners AC	Senior Female 20-34	07:21.9	285	63
64	0:51:40	MACLEOD, James	Tri Anglia	Male 45-49	07:22.7	164	64
65	0:51:54	CLARK, Marie	Norwich Road Runners	Female 35-44	07:24.7	295	65
66	0:52:07	HIGH, Christopher		Male 35-44	07:26.6	231	66
67	0:52:15	CUDE, Anthony		Senior Male 20-34	07:27.7	150	67
68	0:52:24	MILNES, Chris	Ryston Runners	Male 50-54	07:29.0	219	68
69	0:52:35	HENERY, Catherine		Female 45-49	07:30.6	83	69
70	0:52:38	NIMMOCK, Steve	Dereham Runners	Male 45-49	07:31.0	172	70
71	0:52:47	STEVENSON, Tracey	Norfolk Gazelles	Female 35-44	07:32.3	44	71
72	0:52:52	GAUVIN, Sarah	Fenland Runners AC	Female 35-44	07:33.0	84	72
73	0:52:57	MARSHALL, Raymond		Male 45-49	07:33.7	108	73
74	0:53:02	EATON, Anna	Newmarket Joggers	Female 35-44	07:34.4	85	74
75	0:53:02	COPLAND, Jim	Newmarket Joggers	Male 50-54	07:34.4	159	75
76	0:53:07	LINSTEAD, Tim		Male 35-44	07:35.2	124	76
77	0:53:12	HILL, Matthew	Norwich Road Runners	Senior Male 20-34	07:35.9	147	77
78	0:53:16	ROBINSON, Paul	Reepham Runners	Male 35-44	07:36.4	212	78
79	0:53:33	LOVE, Michael		Male 45-49	07:38.9	179	79
80	0:53:41	JONES, Yvonne	Garden City Runners	Female 45-49	07:40.0	31	80
81	0:53:52	OLLINGTON, Robyn		Female 45-49	07:41.6	88	81
82	0:53:55	WOODS, Ian	Norfolk Gazelles	Male 50-54	07:42.0	235	82
83	0:53:55	JONAS, Billy		Male 50-54	07:42.0	161	83
84	0:54:00	GREAVES, Maria		Senior Female 20-34	07:42.7	51	84
85	0:54:12	ALFORD, Colin		Male 45-49	07:44.4	236	85
86	0:54:39	COOPER, Bryan		Male 50-54	07:48.3	112	86
87	0:54:41	GAY, Christopher	Great Yarmouth & District AC	Male 45-49	07:48.6	206	87
88	0:54:45	HOLMES, Jane	Fenland Runners AC	Senior Female 20-34	07:49.2	299	88
89	0:54:48	HARE, Mitchell		Senior Male 20-34	07:49.6	183	89
90	0:54:59	ELLEN, Anne	Norfolk Gazelles	Female 50-54	07:51.2	293	90
91	0:55:06	PORTER, Robert		Male 35-44	07:52.2	194	91
92	0:55:10	ROBINS, Lesley	Ryston Runners	Female 35-44	07:52.7	92	92
93	0:55:23	PITCHER, Guy	Reepham Runners	Male 35-44	07:54.6	253	93
94	0:55:27	GAMBLE, Terence	West Norfolk AC	Male 55+	07:55.2	144	94
95	0:55:34	HIGH, Richard	Norwich Road Runners	Male 35-44	07:56.2	244	95
96	0:55:51	ASKEW, Neil		Male 35-44	07:58.6	215	96
97	0:55:54	ALLEN, Sue		Female 50-54	07:59.0	7	97
98	0:56:02	JAMES, JOANNE	Dereham Runners	Senior Female 20-34	08:00.2	58	98
99	0:56:03	SMITH, Mike		Male 55+	08:00.3	169	99
100	0:56:05	TOOKE, Deborah		Female 35-44	08:00.6	68	100
101	0:56:21	GOODENOUGH, Alan	Newmarket Joggers	Male 55+	08:02.9	119	101
102	0:56:29	MILLS, Graham		Male 35-44	08:04.0	126	102
103	0:56:36	BURROWS, Mark	Norwich Road Runners	Male 35-44	08:05.0	247	103
104	0:56:48	CUSHING, Sally	Norwich Road Runners	Female 35-44	08:06.7	297	104
105	0:56:50	LAMBERT, John	Ipswich Jaffa	Male 55+	08:07.0	133	105
106	0:57:00	TYLER, Tony	Thetford Athletic Club	Male 45-49	08:08.4	242	106
107	0:57:06	WOODHOUSE, Paul		Male 45-49	08:09.3	151	107
108	0:57:06	BULMAN, Richard	Reepham Runners	Male 55+	08:09.3	203	108
109	0:57:08	BURCHAM, Andrew		Senior Male 20-34	08:09.6	198	109
110	0:57:20	HULSE, Anne	Norwich Road Runners	Female 45-49	08:11.3	291	110
111	0:57:20	REYNOLDS, Mark		Senior Male 20-34	08:11.3	130	111
112	0:57:32	CORBOULD, Stephen	Norfolk Gazelles	Male 50-54	08:13.0	216	112
113	0:57:41	DAYKIN, Robert		Male 55+	08:14.3	233	113
114	0:57:43	EARLAND, Rachel		Female 45-49	08:14.6	3	114
115	0:57:43	WHITE, Michael		Male 50-54	08:14.6	118	115
116	0:57:57	CRANE, Michelle		Female 35-44	08:16.6	60	116
117	0:58:01	THETFORD, Jonathon		Male 35-44	08:17.2	107	117

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118	0:58:07	HARROP, Jackie	Norfolk Gazelles	Female 45-49	08:18.0	298	118
119	0:58:07	DAVIES, Marie	Norfolk Gazelles	Senior Female 20-34	08:18.0	27	119
120	0:58:11	CLARK, Neil	Norwich Road Runners	Male 35-44	08:18.6	238	120
121	0:58:18	HOLLISTER, Heather	Tri Anglia	Female 55+	08:19.6	14	121
122	0:58:19	MARTIN, Gill	North Norfolk Beach Runners	Female 55+	08:19.7	300	122
123	0:58:27	RICHARDSON, John	Dereham Runners	Male 55+	08:20.9	180	123
124	0:58:29	JEWISS, Michael	Dereham Runners	Male 55+	08:21.2	258	124
125	0:58:30	BUSHELL, Paul	West Norfolk AC	Male 35-44	08:21.3	127	125
126	0:58:36	HORREX, Trevor	Norwich Road Runners	Male 45-49	08:22.2	211	126
127	0:58:48	INGRAM, Stewart	Tri Anglia	Male 55+	08:23.9	138	127
128	0:58:58	BREWIS, Hayley	St Edmunds Pacers	Female 45-49	08:25.3	62	128
129	0:58:59	RENSHAW, Kenneth	Dereham Runners	Male 50-54	08:25.4	191	129
130	0:58:59	DAVIS, Richard		Male 35-44	08:25.4	105	130
131	0:59:03	SMITH, Wendy	Norwich Road Runners	Female 45-49	08:26.0	72	131
132	0:59:06	WELHAM, Trudy		Female 45-49	08:26.4	77	132
133	0:59:06	SPONG, Carole	Great Yarmouth Road Runners	Female 55+	08:26.4	49	133
134	0:59:06	JOHNSON, Pete	Norfolk Gazelles	Male 55+	08:26.4	202	134
135	0:59:06	CHAPMAN, Cheryl	Fenland Runners AC	Female 35-44	08:26.4	63	135
136	0:59:08	JAMES, Roger		Male 35-44	08:26.7	181	136
137	0:59:22	OUTRED, Louise		Female 35-44	08:28.7	40	137
138	0:59:23	SCOTOW, Lee		Male 35-44	08:28.9	222	138
139	0:59:41	WILLIAMS, Roger	Fenland Runners AC	Male 55+	08:31.4	121	139
140	0:59:44	WOLFE, Maureen		Female 50-54	08:31.9	81	140
141	1:00:05	WARREN, Peter	City of Norwich AC	Male 50-54	08:34.9	167	141
142	1:00:15	CORNELL, Victoria		Female 35-44	08:36.3	30	142
143	1:00:15	BEESON, Camilla		Female 35-44	08:36.3	286	143
144	1:00:15	EVERARD, Chris		Male 35-44	08:36.3	261	144
145	1:00:24	SMITH, Ira	Great Yarmouth Road Runners	Male 55+	08:37.6	168	145
146	1:00:29	NEALE, Charlotte		Senior Female 20-34	08:38.3	288	146
147	1:00:32	JONES, Barbs		Senior Female 20-34	08:38.7	78	147
148	1:00:38	TURNER, Sonya		Female 35-44	08:39.6	13	148
149	1:00:41	GREENWOOD, Jane	Fenland Runners AC	Female 50-54	08:40.0	70	149
150	1:01:03	HILL, Fiona		Senior Female 20-34	08:43.1	287	150
151	1:01:05	WOODHOUSE, Libby		Female 35-44	08:43.4	35	151
152	1:01:11	BATCHELOR, Audrey	Norfolk Gazelles	Female 55+	08:44.3	26	152
153	1:01:18	ISHERWOOD, Jon	Norwich Road Runners	Senior Male 20-34	08:45.3	250	153
154	1:01:20	GERRARD, Hayley	Norwich Road Runners	Female 35-44	08:45.6	53	154
155	1:01:20	COLMAN, Ivan	Norwich Road Runners	Male 45-49	08:45.6	249	155
156	1:01:21	SMITH, Susan	Norwich Road Runners	Female 35-44	08:45.7	56	156
157	1:01:23	LAWRIE, Teresa		Female 35-44	08:46.0	67	157
158	1:01:28	MOORE, Janice	Dereham Runners	Female 45-49	08:46.7	61	158
159	1:01:37	SINCLAIR, Anne		Female 50-54	08:48.0	20	159
160	1:01:42	ROSE, Michael		Male 55+	08:48.7	178	160
161	1:01:44	MOORE, Susanna		Senior Female 20-34	08:49.0	89	161
162	1:01:45	SHOTBOLT, Tim	North Norfolk Beach Runners	Male 50-54	08:49.1	135	162
163	1:02:02	HUDSON, Phil	Ware Joggers	Male 50-54	08:51.6	109	163
164	1:02:22	RENDALL-READ, Susan	Lowestoft Road Runners	Female 45-49	08:54.4	59	164
165	1:02:27	JONES, Eurwyn	Norfolk Gazelles	Male 50-54	08:55.1	217	165
166	1:02:31	COOPER, Phillip	Reepham Runners	Male 45-49	08:55.7	158	166
167	1:02:34	RUSH, Steve	Tri Anglia	Male 45-49	08:56.1	175	167
168	1:02:35	BRIGHAM, Emma		Senior Female 20-34	08:56.3	16	168
169	1:02:48	RATCLIFFE, Jane	North Norfolk Beach Runners	Female 35-44	08:58.1	98	169
170	1:03:07	COOPER, Louis	Wymondham Athletic Club	Male 55+	09:00.9	210	170
171	1:03:14	MCCORMACK, Lynda	Newmarket Joggers	Female 45-49	09:01.9	24	171
172	1:03:15	HUGHES, Ann		Female 35-44	09:02.0	19	172
173	1:03:21	LAURIER, Phillip	Lowestoft Road Runners	Male 55+	09:02.9	208	173
174	1:03:28	BREEZE, Christine		Female 45-49	09:03.9	32	174
175	1:03:28	GOULSBRA, Paul		Male 35-44	09:03.9	142	175
176	1:03:43	MOORE, Brian	Norwich Road Runners	Male 55+	09:06.0	155	176
177	1:03:49	VINCENT, Richard	West Norfolk AC	Male 50-54	09:06.9	102	177

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178	1:03:56	CRANE, Clive		Male 55+	09:07.9	185	178
179	1:03:58	CLIFTON, Andrew		Male 50-54	09:08.1	251	179
180	1:04:07	MARSH, Mary	Newmarket Joggers	Female 55+	09:09.4	39	180
181	1:04:12	HARDY, Carol	Norfolk Gazelles	Female 45-49	09:10.1	79	181
182	1:04:21	SAUNDERS, Marianne	Norfolk Gazelles	Female 35-44	09:11.4	46	182
183	1:04:28	COX, Chris		Male 35-44	09:12.4	241	183
184	1:05:01	WALWYN, Peter		Male 55+	09:17.1	129	184
185	1:05:11	HOVENDEN, Victoria		Female 35-44	09:18.6	2	185
186	1:05:18	BURGHALL, Mark		Male 35-44	09:19.6	131	186
187	1:05:27	DADY, Sylvia	Great Yarmouth Road Runners	Senior Female 20-34	09:20.9	17	187
188	1:05:33	NEAVE, Philip	Bungay Black Dog R C	Male 55+	09:21.7	113	188
189	1:05:39	MOORE, Lynda	Norwich Road Runners	Female 55+	09:22.6	37	189
190	1:05:48	CHILD, Jennifer	Tri Anglia	Female 45-49	09:23.9	57	190
191	1:06:02	MAWER, Roger	Lowestoft Road Runners	Male 55+	09:25.9	153	191
192	1:06:40	CRAMP, Stephen		Male 55+	09:31.3	111	192
193	1:06:48	WALWYN, Rosamund		Female 55+	09:32.4	18	193
194	1:06:58	COLEMAN, Sarah		Female 35-44	09:33.9	21	194
195	1:06:59	DONNELLY, Joanne		Senior Female 20-34	09:34.0	41	195
196	1:07:06	COOPER, Carol	Norfolk Gazelles	Female 45-49	09:35.0	38	196
197	1:07:24	GEITNER, Amanda		Female 35-44	09:37.6	42	197
198	1:07:41	MURCAHY, Tracy		Female 35-44	09:40.0	76	198
199	1:07:42	PATTEN, Tonya		Female 35-44	09:40.1	75	199
200	1:07:42	HUGHES, Sarah		Senior Female 20-34	09:40.1	29	200
201	1:07:43	BAGNALL, Kathryn		Female 45-49	09:40.3	97	201
202	1:07:51	NORRIS, Lowri		Female 35-44	09:41.4	9	202
203	1:07:51	REDDING, Hannah		Senior Female 20-34	09:41.4	10	203
204	1:07:57	RENSHAW, Diane	Dereham Runners	Female 50-54	09:42.3	64	204
205	1:08:15	BURFOOT, Jennifer	Norfolk Gazelles	Female 55+	09:44.9	25	205
206	1:08:15	POOLE, Carolyn	Norfolk Gazelles	Female 50-54	09:44.9	292	206
207	1:09:05	FARROW, Danielle		Senior Female 20-34	09:52.0	90	207
208	1:09:24	BLOOMFIELD, Christine	Norfolk Gazelles	Female 50-54	09:54.7	50	208
209	1:09:36	ROGERS, Rosemary	Norfolk Gazelles	Female 45-49	09:56.4	28	209
210	1:09:37	LADDIMAN, Hazel	Norfolk Gazelles	Female 50-54	09:56.6	47	210
211	1:10:06	LUBBOCK, Kim	Norfolk Gazelles	Female 35-44	10:00.7	100	211
212	1:10:23	SAUNDERS, Karen		Female 35-44	10:03.1	4	212
213	1:10:24	HARWOOD, Charlotte		Senior Female 20-34	10:03.3	5	213
214	1:10:28	SCUTTER, Tim	Tri Anglia	Male 35-44	10:03.8	146	214
215	1:10:40	JACKSON, Yvonne		Female 35-44	10:05.6	48	215
216	1:10:58	LONDON, Julie	Norfolk Gazelles	Female 35-44	10:08.1	99	216
217	1:11:09	DAWBUR, David		Male 45-49	10:09.7	177	217
218	1:11:18	FREEBURN, David		Male 55+	10:11.0	117	218
219	1:11:22	FICKLING, Emma		Senior Female 20-34	10:11.6	96	219
220	1:11:22	PETCH,		Male 45-49	10:11.6	226	220
221	1:11:30	HARE, Peter		Male 50-54	10:12.7	184	221
222	1:11:33	PEASGOOD, Daisy	Reephams Runners	Senior Female 20-34	10:13.1	69	222
223	1:11:48	FENECH, Charles		Male 55+	10:15.3	137	223
224	1:12:31	LATTA, Anna	North Norfolk Beach Runners	Female 55+	10:21.4	80	224
225	1:12:39	THOULESS, Colin	Norwich Road Runners	Male 55+	10:22.6	189	225
226	1:12:42	ROLLASON, Carla		Senior Female 20-34	10:23.0	93	226
227	1:12:55	JONES, Mike		Senior Male 20-34	10:24.8	156	227
228	1:13:20	BREWIS, Henry	St Edmunds Pacers	Male 45-49	10:28.4	190	228
229	1:13:22	WHITTY, Jessica	Reephams Runners	Senior Female 20-34	10:28.7	22	229
230	1:13:23	KIMBER, Lisa		Female 35-44	10:28.8	36	230
231	1:13:49	ALDOUS, Caroline		Senior Female 20-34	10:32.6	289	231
232	1:13:57	EGMORE, Jenni	Reephams Runners	Female 35-44	10:33.7	55	232
233	1:13:57	GRIFFITHS, Carla	Reephams Runners	Female 35-44	10:33.7	23	233
234	1:14:03	ETHERINGTON, Denise	Great Yarmouth Road Runners	Female 50-54	10:34.6	74	234
235	1:14:41	HOLMES, Gillian	Thorney Running Club	Female 55+	10:40.0	66	235
236	1:14:51	HIPSON, Heather		Female 35-44	10:41.4	65	236
237	1:14:58	TATAM, Ellen		Female 35-44	10:42.4	1	237

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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>
238	1:16:06	HAGGARTY, Elaine	Great Yarmouth & District AC	Female 50-54	10:52.1	82	238
239	1:16:47	COPLAND, Maxine	Newmarket Joggers	Female 45-49	10:58.0	45	239
240	1:18:00	SPONG, Albert	Great Yarmouth Road Runners	Male 55+	11:08.4	166	240
241	1:21:33	SULLIVAN, Genette	Norwich Road Runners	Female 35-44	11:38.8	294	241
242	1:21:33	ARMES, Sharon	Norwich Road Runners	Female 35-44	11:38.8	95	242
243	1:24:49	SMITH, Nicola		Senior Female 20-34	12:06.8	33	243
244	1:24:51	ABBS, Chris		Senior Male 20-34	12:07.1	149	244

There were 244 finishers in the All Competitors category.