

Position	Forename	Surname	Gender	Category	Club	Tag	Start	Finish	Chip Time
1	Michael	Eccles	M	M	Norfolk Gazelles	378	59:50.0	26:30.5	26:40.5
2	Richard	Bateson	M	M	Yeovil Town RRC	24	59:50.0	26:56.9	27:06.9
3	Spencer	Goodall	M	M45-49	City Of Norwich AC	151	59:50.0	27:01.7	27:11.7
4	George	Gay	M	M	City Of Norwich AC	138	59:50.0	27:34.9	27:44.9
5	Craig	Thomson	M	M		381	59:50.0	27:38.8	27:48.8
6	Steven	Cannell	M	M	Bure Valley Harriers	60	59:50.0	27:49.3	27:59.3
7	Jack	Gillick	M	M	Wymondham AC	145	59:50.0	28:07.7	28:17.7
8	Frazer	Heasman	M	M	Bure Valley Harriers	175	59:50.0	28:11.4	28:21.4
9	Lawrence	Wade	M	M40-44	Bure Valley Harriers	392	59:50.0	28:17.9	28:27.9
10	Jake	Stearman	M	M	Dereham Runners AC	363	59:50.0	28:24.2	28:34.2
11	Andrew	Mulligan	M	M	Coltishall Jaguars	273	59:50.0	28:37.5	28:47.5
12	Justin	Kinsey	M	M	Ryston Runners AC	220	59:50.0	28:40.1	28:50.1
13	Toby	Morrell	M	M		449	59:50.0	28:54.4	29:04.4
14	John	Moore	M	M50-54	Norfolk Gazelles	264	59:50.0	29:00.3	29:10.3
15	Stephen	Balfe	M	M	City Of Norwich AC	16	59:50.0	29:07.7	29:17.7
16	Nicholas	Bensley	M	M45-49	Ryston Runners AC	33	59:50.0	29:17.0	29:27.0
17	Richard	Johnson	M	M	Norwich Road Runners	210	59:50.0	29:26.1	29:36.6
18	Charlotte	Rose	F	F	City Of Norwich AC	318	59:50.0	29:26.9	29:36.9
19	Stuart	Smith	M	M		359	59:50.0	29:50.4	30:00.4
20	Nigel	Arnold	M	M55-59	Norfolk Gazelles	10	59:50.0	29:54.9	30:04.9
21	James	Beadle	M	M	Reepham Runners	25	59:50.0	29:55.3	30:05.3
22	Che	Plant	M	M	Ryston Runners AC	298	59:50.0	29:58.1	30:08.8
23	Shaun	Webb	M	M40-44	Reepham Runners	406	59:50.0	30:00.8	30:10.8
24	Dale	Hurren	M	M55-59	Norfolk Gazelles	196	59:50.0	30:02.4	30:12.4
25	John	Walshaw	M	M45-49	City Of Norwich AC	397	59:50.0	30:23.0	30:33.0
26	Rose	Nicholson	F	F	Waveney Valley AC	278	59:50.0	30:28.8	30:38.8
27	David	THOMSON	M	M50-54		380	59:50.0	30:38.5	30:48.5
28	Andrew	Manning	M	M45-49	Great Yarmouth Road Runners	245	59:50.0	30:42.8	30:52.8
29	Karl	Chapman	M	M45-49	Wymondham AC	70	59:50.0	30:46.3	30:56.3
30	Will	McMorris	M	M		249	59:50.0	30:52.6	31:02.6
31	Jonathan	Cordle	M	M50-54	Tri-Anglia	86	59:50.0	30:54.2	31:04.2
32	Chris	Pimlott	M	M40-44	Waveney Valley AC	296	59:50.0	31:07.6	31:17.6
33	Mark	Garrett	M	M50-54	Norwich Road Runners	137	59:50.0	31:09.5	31:19.5
34	Michael	Armes	M	M50-54	Norwich Road Runners	8	59:50.0	31:13.3	31:23.3
35	Marc	Evans	M	M	Great Yarmouth Road Runners	118	59:50.0	31:14.0	31:24.3
36	Anthony	Cude	M	M		440	59:50.0	31:16.5	31:26.5
37	Will	Layton	M	M		225	59:50.0	31:34.4	31:44.4
38	Sean	Chambers	M	M40-44	West Norfolk AC	69	59:50.0	31:36.7	31:46.7
39	David	Tandy	M	M45-49	Norwich Road Runners	372	59:50.0	31:40.0	31:50.4
40	Eddie	Alford	M	M	Reepham Runners	1	59:50.0	31:44.5	31:54.5
41	Mark	Betts	M	M40-44	Norwich Road Runners	37	59:50.0	31:48.5	31:58.5
42	Chris	Bullock	M	M40-44		56	59:50.0	31:52.1	32:02.7
43	Martin	Stringfellow	M	M40-44	Wymondham AC	367	59:50.0	31:57.1	32:07.1
44	Tim	Ford	M	M		127	59:50.0	32:00.9	32:10.9
45	Sean	Robson	M	M45-49	NNBR	314	59:50.0	32:03.7	32:13.7
46	Matt	Jenkins	M	M		205	59:50.0	32:10.5	32:20.5
47	Stephen	Dady	M	M60-64	Wymondham AC	96	59:50.0	32:11.0	32:21.3
48	Paul	Sullivan	M	M45-49	Norwich Road Runners	370	59:50.0	32:27.6	32:37.6
49	Heather	Beattie	F	F	Ryston Runners AC	27	59:50.0	32:35.3	32:45.3
50	Kevin	Frazer	M	M50-54		130	59:50.0	32:36.7	32:46.7
51	Robert	Groves	M	M	Reepham Runners	160	59:50.0	32:39.3	32:49.3
52	James	Lillistone	M	M		230	59:50.0	32:47.6	32:57.6
53	Stephen	Sadd	M	M55-59	Norfolk Gazelles	330	59:50.0	32:49.7	32:59.7
54	Ben	Snelling	M	M40-44	Norwich Road Runners	361	59:50.0	32:50.3	33:00.3
55	Neil	Walpole	M	M45-49	Norwich Road Runners	396	59:50.0	32:53.5	33:03.5
56	Jeremy	Lawrence	M	M55-59	Coltishall Jaguars	224	59:50.0	32:55.2	33:05.2
57	John	Lee	M	M60-64	Tri-Anglia	227	59:50.0	32:56.5	33:06.5
58	Ian	Jermy	M	M40-44	Bure Valley Harriers	207	59:50.0	33:00.7	33:10.7
59	Chris	Moore	M	M50-54	Norfolk Gazelles	261	59:50.0	33:06.8	33:16.8
60	Mark	Tufts	M	M45-49	Wymondham AC	388	59:50.0	33:10.4	33:20.4
61	Alex	Gray	M	M		155	59:50.0	33:14.0	33:24.5
62	Andrew	Hawes	M	M	Reepham Runners	174	59:50.0	33:19.1	33:29.7
63	Richard	Sargeant	M	M40-44	Norwich Road Runners	333	59:50.0	33:20.6	33:30.6
64	Neil	Allsop	M	M45-49		6	59:50.0	33:21.4	33:31.4
65	Sarah	Peachey	F	F	Norwich Road Runners	293	59:50.0	33:25.3	33:35.3
66	Craig	Farr	M	M40-44	Reepham Runners	120	59:50.0	33:25.7	33:35.7
67	Matthew	Crane	M	M	Bure Valley Harriers	89	59:50.0	33:31.7	33:41.7
68	George	Frazer	M	M		450	59:50.0	33:32.0	33:42.0
69	Ben	Houchen	M	M		188	59:50.0	33:34.7	33:44.7
70	Mark	Edwards	M	M45-49	Norwich Road Runners	110	59:50.0	33:37.1	33:47.6
71	Mark	Philo	M	M45-49	Tri-Anglia	295	59:50.0	33:43.3	33:53.3
72	Ben	McQuillin	M	M45-49	Reepham Runners	250	59:50.0	33:47.6	33:57.6
73	Philip	Cooper	M	M50-54	Reepham Runners	82	59:50.0	33:48.3	33:58.3

74	Mark	Mountain	M	M40-44	Great Yarmouth Road Runners	272	59:50.0	33:56.4	34:06.4
75	Sharon	Hurren	F	F40-44	Wymondham AC	195	59:50.0	33:58.9	34:08.9
76	David	Crow	M	M		91	59:50.0	34:09.3	34:19.3
77	Bill	Kingaby	M	M60-64	Waveney Valley AC	219	59:50.0	34:12.3	34:22.3
78	James	Mcfarlane	M	M40-44	Norwich Road Runners	248	59:50.0	34:16.4	34:26.4
79	Chris	Chorley	M	M50-54	Bungay Black Dog RC	72	59:50.0	34:16.4	34:26.4
80	Nick	Bowden	M	M55-59	Reepham Runners	43	59:50.0	34:25.0	34:35.2
81	Nick	Gurney	M	M	Norwich Road Runners	162	59:50.0	34:37.1	34:47.1
82	Dudley	Garner	M	M	Norfolk Gazelles	136	59:50.0	34:37.2	34:47.2
83	PAUL	ROGERS	M	M40-44	Bure Valley Harriers	316	59:50.0	34:39.2	34:49.2
84	Gary	Hurrell	M	M40-44	Norwich Road Runners	194	59:50.0	34:49.2	34:59.2
85	Ben	Freeman	M	M	Norwich Road Runners	131	59:50.0	34:58.9	35:08.9
86	Peter	Fox	M	M55-59	Longdale Striders	433	59:50.0	34:59.7	35:09.7
87	Carly	Jermy	F	F35-39	Norwich Road Runners	206	59:50.0	35:03.3	35:13.3
88	ADRIAN	WATERS	M	M45-49	Norfolk Gazelles	402	59:50.0	35:11.6	35:21.6
89	Mark	Sellick	M	M45-49		340	59:50.0	35:12.7	35:22.7
90	Matt	Frary	M	M45-49		129	59:50.0	35:16.6	35:26.6
91	Paul	Allen	M	M	Coltishall Jaguars	4	59:50.0	35:18.4	35:28.4
92	Elies	Mann	F	F40-44	Norwich Road Runners	243	59:50.0	35:26.0	35:36.6
93	Lesley	Robins	F	F40-44	Ryston Runners AC	313	59:50.0	35:27.4	35:37.4
94	Gary	Beauchamp	M	M50-54		28	59:50.0	35:27.8	35:37.8
95	Tess	Killingbeck	F	F	City Of Norwich AC	217	59:50.0	35:28.7	35:38.7
96	Andrew	Burcham	M	M		58	59:50.0	35:31.8	35:41.8
97	Justine	Clark	F	F40-44		73	59:50.0	35:34.1	35:44.1
98	Niki	Park	F	F45-49	Norwich Road Runners	291	59:50.0	35:39.0	35:49.0
99	Paul	Jarvey	M	M40-44	Bure Valley Harriers	201	59:50.0	35:39.4	35:49.4
100	Sarah	Stubbs	F	F40-44	Bure Valley Harriers	368	59:50.0	35:41.2	35:51.2
101	Simon	Mortlock	M	M	Bure Valley Harriers	268	59:50.0	35:41.5	35:51.5
102	Rowena	Leary	F	F	Norfolk Gazelles	226	59:50.0	35:44.1	35:54.1
103	Antony	Beales	M	M45-49	Wymondham AC	26	59:50.0	35:45.3	35:55.3
104	Darren	Gowing	M	M40-44		447	59:50.0	35:49.8	35:59.8
105	Sheila	Oxtoby	F	F45-49		288	59:50.0	35:57.8	36:07.8
106	Kaylee	Brown	F	F	City Of Norwich AC	50	59:50.0	36:08.5	36:18.5
107	Sharon	Bardwell	F	F45-49	Norwich Road Runners	20	59:50.0	36:12.5	36:22.5
108	Elly	Young	F	F45-49		421	59:50.0	36:15.7	36:25.7
109	Ben	Fenwick	M	M		124	59:50.0	36:22.8	36:32.8
110	Alex	Bowen	M	M	Wymondham AC	45	59:50.0	36:23.6	36:33.6
111	Toni	George	F	F40-44	Great Yarmouth Road Runners	139	59:50.0	36:24.8	36:34.8
112	Thomas	Townshend	M	M		386	59:50.0	36:32.0	36:42.0
113	Martin	BAGNALL	M	M50-54	Coltishall Jaguars	12	59:50.0	36:32.6	36:42.6
114	Eddie	Carman	M	M45-49	NNBR	61	59:50.0	36:41.2	36:51.2
115	Gerry	Watson	M	M55-59		445	59:50.0	36:41.6	36:51.6
116	Amie	Dixon	F	F		102	59:50.0	36:42.6	36:52.6
117	Kevin	Ward	M	M55-59		434	59:50.0	36:46.4	36:56.4
118	Tim	Parr	M	M40-44		292	59:50.0	36:46.5	36:56.5
119	Rachel	Miller	F	F40-44		256	59:50.0	36:47.3	36:57.3
120	Ian	Cleminson	M	M45-49	Bure Valley Harriers	75	59:50.0	36:51.9	37:01.9
121	Jen	Rudd	F	F40-44	Wymondham AC	326	59:50.0	36:55.3	37:05.3
122	Mal	Taylor	M	M50-54	Reepham Runners	373	59:50.0	36:56.2	37:06.2
123	Paul	Smithson	M	M50-54		360	59:50.0	37:01.6	37:11.6
124	Keith	Hood	M	M55-59	Wymondham AC	186	59:50.0	37:01.9	37:11.9
125	Stephen	Corbould	M	M55-59	Norfolk Gazelles	85	59:50.0	37:05.2	37:15.2
126	David	Platten	M	M50-54	Coltishall Jaguars	299	59:50.0	37:09.6	37:19.6
127	Mike	Jolly	M	M45-49	Reepham Runners	211	59:50.0	37:11.8	37:21.8
128	Sue	Allen	F	F55-59	Coltishall Jaguars	5	59:50.0	37:13.2	37:23.2
129	Debbie	Tooke	F	F40-44	Saxmundham Running Club	385	59:50.0	37:15.1	37:25.6
130	Cassie	Barker	F	F35-39	Wymondham AC	428	59:50.0	37:17.8	37:27.8
131	Martin	Colley	M	M	Bure Valley Harriers	78	59:50.0	37:27.5	37:37.5
132	Josh	Neale	M	M	Coltishall Jaguars	274	59:50.0	37:27.6	37:37.6
133	William	Webster	M	M45-49		408	59:50.0	37:29.6	37:39.6
134	Martin	Wall	M	M55-59		444	59:50.0	37:33.3	37:43.3
135	Alison	Stewart	F	F55-59	Reepham Runners	365	59:50.0	37:34.3	37:44.3
136	Mark	Whiting	M	M55-59		411	59:50.0	37:44.7	37:54.7
137	Graham	Hardingham	M	M50-54	Norfolk Gazelles	167	59:50.0	37:46.2	37:56.2
138	Karl	Rumsby	M	M		327	59:50.0	37:46.9	37:56.9
139	Damon	Bean	M	M		438	59:50.0	37:47.3	37:57.3
140	Sally	Juby	F	F	Dereham Runners AC	215	59:50.0	37:48.2	37:58.2
141	Stephan	Lee	M	M		439	59:50.0	37:48.8	37:58.8
142	Owen	Barber	M	M50-54	Coltishall Jaguars	17	59:50.0	37:54.5	38:04.5
143	Graham	Cox	M	M65+	Bure Valley Harriers	88	59:50.0	37:57.8	38:07.8
144	Anne	Ellen	F	F55-59	Norfolk Gazelles	111	59:50.0	37:59.0	38:09.0
145	Paul	Waters	M	M60-64	Bure Valley Harriers	403	59:50.0	38:07.9	38:17.9
146	Ian	Crutchley	M	M50-54		92	59:50.0	38:13.2	38:23.2
147	Dean	Gray	M	M55-59	Norwich Road Runners	154	59:50.0	38:19.0	38:29.0

148	Shaun	Wade	M	M	Reading Road Runners	394	59:50.0	38:21.4	38:31.4
149	DAVE	HOLLIS	M	M55-59	Norwich Road Runners	184	59:50.0	38:23.7	38:33.7
150	Brian	Titchiner	M	M50-54	Dereham Runners AC	384	59:50.0	38:26.2	38:36.2
151	Pauline	Drewery	F	F45-49	Ryston Runners AC	105	59:50.0	38:33.2	38:43.2
152	Chris	Wade	M	M		393	59:50.0	38:38.7	38:48.7
153	Dianne	Bird	F	F50-54		38	59:50.0	38:43.8	38:53.8
154	Derek	Sadler	M	M60-64	NNBR	331	59:50.0	38:45.5	38:55.5
155	Sarah	Ellero	F	F		112	59:50.0	38:45.5	38:55.5
156	Ben	Smith	M	M40-44		351	59:50.0	38:48.2	38:58.2
157	Sarah	Jay	F	F45-49	Bure Valley Harriers	203	59:50.0	38:53.2	39:03.2
158	Adrian	Penfold	M	M		294	59:50.0	38:55.6	39:05.6
159	Michael	Barrett	M	M55-59	Dereham Runners AC	21	59:50.0	39:02.3	39:12.3
160	Karen	Wood	F	F50-54	Ryston Runners AC	416	59:50.0	39:02.5	39:12.5
161	Kareana	Symonds	F	F	Dereham Runners AC	371	59:50.0	39:06.4	39:16.4
162	CAROL	BETTS	F	F60+		36	59:50.0	39:06.7	39:16.7
163	Kerry	Metcalf	F	F	Norwich Road Runners	254	59:50.0	39:09.2	39:19.2
164	Lorrain	Dawson	F	F55-59	Great Yarmouth Road Runners	99	59:50.0	39:10.2	39:20.2
165	Andrew	Palmer	M	M50-54	Norwich Road Runners	289	59:50.0	39:13.2	39:23.2
166	Amanda	Hards	F	F45-49		168	59:50.0	39:15.3	39:25.3
167	Paul	Woodhouse	M	M50-54		442	59:50.0	39:15.8	39:25.8
168	Julian	Smith	M	M45-49		357	59:50.0	39:19.8	39:29.8
169	Stuart	Morton	M	M45-49		270	59:50.0	39:27.3	39:37.3
170	Stuart	Young	M	M50-54	Bungay Black Dog RC	422	59:50.0	39:27.1	39:37.8
171	Mike	Ottley	M	M65+	Reepham Runners	379	59:50.0	39:28.3	39:38.3
172	Luke	Strickland	M	M		366	59:50.0	39:30.9	39:40.9
173	Gary	Howes	M	M		190	59:50.0	39:35.1	39:45.1
174	Paul	Groves	M	M50-54	Coltishall Jaguars	161	59:50.0	39:35.5	39:45.5
175	Hayley	Ward	F	F		398	59:50.0	39:35.6	39:45.6
176	Maureen	Wolfe	F	F55-59	Ryston Runners AC	415	59:50.0	39:36.6	39:46.6
177	Amanda	Thompson	F	F50-54	Norwich Road Runners	375	59:50.0	39:45.5	39:55.5
178	Pete	Casson	M	M45-49		67	59:50.0	39:47.3	39:57.3
179	John	Newell	M	M45-49	Wymondham AC	277	59:50.0	39:50.0	40:00.0
180	Hayley	Bartrum	F	F35-39	Tri-Anglia	22	59:50.0	39:58.5	40:08.5
181	Steven	Clark	M	M45-49		74	59:50.0	40:02.3	40:12.3
182	Jody	Donaldson	F	F45-49	Great Yarmouth Road Runners	104	59:50.0	40:07.2	40:17.2
183	Alastair	Ross	M	M		319	59:50.0	40:09.7	40:19.7
184	Paul	Gerber	M	M45-49	Coltishall Jaguars	142	59:50.0	40:10.2	40:20.2
185	Paul	Prentice	M	M60-64	Clapham Pioneers	301	59:50.0	40:17.2	40:27.2
186	Mark	Bagnall	M	M40-44		13	59:50.0	40:19.9	40:29.9
187	Leona	Broughton	F	F35-39	Reepham Runners	49	59:50.0	40:20.3	40:30.3
188	Leigh	Nobes	M	M	Reepham Runners	279	59:50.0	40:20.4	40:30.4
189	Marianne	Armstrong	F	F35-39	Norwich Road Runners	9	59:50.0	40:22.8	40:32.8
190	Stewart	Ingram	M	M60-64	Tri-Anglia	199	59:50.0	40:23.1	40:33.1
191	DAVID	GILBERT	M	M65+	Tri-Anglia	144	59:50.0	40:23.1	40:33.9
192	John	Miller	M	M50-54	Norwich Road Runners	257	59:50.0	40:24.5	40:34.5
193	Ben	Grice	M	M		157	59:50.0	40:39.2	40:49.2
194	Rob	Coates	M	M	Norwich Road Runners	76	59:50.0	40:39.5	40:49.5
195	Tony	Sorensen	M	M		362	59:50.0	40:46.4	40:56.4
196	Julia	Lloyd	F	F45-49	Wymondham AC	232	59:50.0	40:46.4	40:56.4
197	Tom	Hume	M	M		192	59:50.0	40:47.9	40:57.9
198	Leanne	Shanks	F	F	Bure Valley Harriers	343	59:50.0	40:48.9	40:58.9
199	Oliver	Nash	M	M		443	59:50.0	40:50.3	41:00.3
200	Ian	Gardner	M	M55-59		135	59:50.0	40:50.6	41:00.6
201	Kyle	Barber	M	M		18	59:50.0	40:50.9	41:00.9
202	Emma	Crow	F	F		90	59:50.0	41:01.8	41:11.8
203	Keiron	Cole	M	M40-44	Reepham Runners	77	59:50.0	41:02.3	41:12.3
204	Stewart	Gillion	M	M55-59	Wymondham AC	146	59:50.0	41:02.5	41:12.5
205	Stuart	Mann	M	M50-54	Norwich Road Runners	242	59:50.0	41:06.7	41:16.7
206	Neil	Barnwell	M	M55-59	Newburgh Nomad	148	59:50.0	41:08.0	41:18.2
207	Ian	Currie	M	M		93	59:50.0	41:09.5	41:19.5
208	Kathryn	Hammond	F	F40-44	Norwich Road Runners	166	59:50.0	41:30.5	41:40.5
209	Andrea	Osborne	F	F60+	Longdale Striders	283	59:50.0	41:30.8	41:40.8
210	Graham	Sampson	M	M65+	Bungay Black Dog RC	332	59:50.0	41:39.5	41:49.5
211	Emma	Jordan	F	F40-44	Coltishall Jaguars	214	59:50.0	41:47.4	41:57.4
212	Sonja	White	F	F40-44		410	59:50.0	41:47.5	41:57.5
213	Bobbie	Sauerzapf	F	F55-59	Bungay Black Dog RC	336	59:50.0	41:50.4	42:00.4
214	Monika	Pisova	F	F	Kladno	297	59:50.0	41:52.2	42:02.2
215	Libby	Smith	F	F		356	59:50.0	41:53.9	42:03.9
216	Paul	Minns	M	M50-54		446	59:50.0	41:57.2	42:07.2
217	Mary	Cordeaux	F	F45-49		437	59:50.0	42:07.7	42:17.7
218	Amii	Andrews	F	F		7	59:50.0	42:10.1	42:20.7
219	Trevor	Horrex	M	M55-59	Norwich Road Runners	187	59:50.0	42:13.5	42:23.5
220	Jackie	Gowing	F	F40-44		448	59:50.0	42:19.1	42:29.1
221	Liz	Jones	F	F35-39	Norwich Road Runners	213	59:50.0	42:20.7	42:30.7

222	Michelle	(W)Johns	F	F35-39		208	59:50.0	42:24.3	42:34.3
223	Spencer	Brown	M	M		52	59:50.0	42:29.3	42:39.3
224	Geoffrey	Harrison	M	M55-59		170	59:50.0	42:32.7	42:42.7
225	Jeremy	Sinclair	M	M60-64		347	59:50.0	42:37.1	42:47.1
226	Carla	Hall	F	F		165	59:50.0	42:37.2	42:47.2
227	Rosemary	Jackson	F	F60+	Coltishall Jaguars	200	59:50.0	42:37.5	42:47.5
228	John	England	M	M65+	Great Yarmouth & District AC	114	59:50.0	42:40.7	42:50.7
229	Susan	Moore	F	F60+	Norfolk Gazelles	260	59:50.0	42:41.4	42:51.4
230	Edward	Hall	M	M65+		164	59:50.0	42:41.4	42:51.4
231	Sam	Barwick	M	M45-49	Norfolk Gazelles	429	59:50.0	42:53.0	43:03.7
232	Ian	Edwards	M	M40-44	Norfolk Gazelles	108	59:50.0	42:55.2	43:05.2
233	Keith	Morris	M	M55-59		267	59:50.0	42:55.6	43:05.6
234	Jackie	Gooch	F	F50-54	Coltishall Jaguars	150	59:50.0	42:58.8	43:08.8
235	Heather	Hollister	F	F60+	Coltishall Jaguars	185	59:50.0	43:02.2	43:12.2
236	Gill	Woodhouse	F	F60+	Dereham Runners AC	417	59:50.0	43:02.5	43:12.5
237	Ruth	Gainsford	F	F50-54		134	59:50.0	43:04.4	43:14.4
238	Libby	Woodhouse	F	F45-49		441	59:50.0	43:05.3	43:15.3
239	Brenda	Fee	F	F60+	Barnet & District AC	122	59:50.0	43:07.9	43:17.9
240	Lesley	Winston	F	F50-54		414	59:50.0	43:10.0	43:20.7
241	Patrick	Rolph	M	M55-59		317	59:50.0	43:17.2	43:27.2
242	Jo	Brooks	F	F40-44	Ryston Runners AC	48	59:50.0	43:21.5	43:31.5
243	Martin	Blackburn	M	M55-59	Ryston Runners AC	40	59:50.0	43:21.8	43:31.8
244	Clive	Cartner	M	M	Norwich Road Runners	64	59:50.0	43:30.2	43:40.2
245	Angela	Bell	F	F40-44	Norwich Road Runners	32	59:50.0	43:30.4	43:40.4
246	David	Evans	M	M50-54		117	59:50.0	43:32.2	43:42.2
247	Kenneth	Renshaw	M	M55-59	Dereham Runners AC	310	59:50.0	43:32.6	43:42.6
248	Wendy	Vacca	F	F50-54		391	59:50.0	43:33.6	43:43.6
249	Paul	Jenkins	M	M50-54		204	59:50.0	43:34.9	43:44.9
250	David	Machin	M	M50-54		240	59:50.0	43:35.6	43:45.6
251	Rosaleen	O'Brien	F	F40-44		282	59:50.0	43:36.5	43:46.5
252	Richard	Bulman	M	M60-64	Reepham Runners	57	59:50.0	43:36.9	43:46.9
253	Nigel	Cutting	M	M		95	59:50.0	43:37.1	43:47.1
254	Stephen	Long	M	M		237	59:50.0	43:51.6	44:01.6
255	Jurgen	Long	M	M		235	59:50.0	43:51.9	44:01.9
256	Clare	Hicks	F	F40-44	Coltishall Jaguars	178	59:50.0	43:54.2	44:04.2
257	Julie	London	F	F45-49	Norfolk Gazelles	234	59:50.0	43:54.3	44:04.3
258	Dale	Coleman	M	M55-59		431	59:50.0	43:54.7	44:04.7
259	Michelle	Waters	F	F45-49	Norfolk Gazelles	401	59:50.0	43:54.0	44:04.7
260	Jonny	Burrell	M	M	Salhouse Fast Lads	59	59:50.0	43:55.6	44:05.6
261	Andy	Harrod	M	M50-54	Ryston Runners AC	172	59:50.0	43:56.1	44:06.1
262	Hannah	Dennis	F	F	Norfolk Gazelles	100	59:50.0	43:57.2	44:07.2
263	Naomi	Bowditch	F	F35-39	Norwich Road Runners	44	59:50.0	43:57.6	44:07.6
264	Richard	High	M	M40-44	Norwich Road Runners	179	59:50.0	43:57.9	44:07.9
265	Sylvia	Dady	F	F35-39	Wymondham AC	97	59:50.0	44:12.6	44:22.6
266	Claire	Mingay	F	F40-44	Norwich Road Runners	259	59:50.0	44:13.7	44:23.7
267	Susan	Smith	F	F40-44	Longdale Striders	348	59:50.0	44:14.0	44:24.9
268	Cheryl	Brown	F	F45-49	Ryston Runners AC	53	59:50.0	44:16.5	44:26.5
269	Nicola	Rumsby	F	F35-39		328	59:50.0	44:22.7	44:32.7
270	Brian	Moore	M	M65+	Norwich Road Runners	262	59:50.0	44:27.4	44:37.4
271	Robert	Belcher	M	M55-59	Norwich Road Runners	29	59:50.0	44:35.7	44:45.7
272	Stuart	Smith	M	M55-59	Waveney Valley AC	358	59:50.0	44:38.3	44:48.3
273	Vicky	Lillistone	F	F35-39		229	59:50.0	44:44.5	44:54.5
274	Sarah	Sargeant	F	F40-44		334	59:50.0	44:46.5	44:56.5
275	Holly	Magnus	F	F35-39		241	59:50.0	44:53.3	45:03.3
276	Karen	Glenister	F	F40-44		147	59:50.0	44:57.1	45:08.0
277	David	(W)Hutcheon	M	M65+	Bure Valley Harriers	197	59:50.0	45:07.4	45:17.4
278	David	Marks	M	M45-49	Reepham Runners	246	59:50.0	45:11.0	45:21.3
279	Julie	Wade	F	F45-49	Reading Road Runners	395	59:50.0	45:16.6	45:26.6
280	Robert	Scarfe	M	M60-64	Wymondham AC	338	59:50.0	45:31.6	45:41.6
281	Claire	McCarthy	F	F		247	59:50.0	45:35.9	45:45.9
282	Jude	Durrant	F	F45-49	Longdale Striders	107	59:50.0	45:44.3	45:54.3
283	Nicholas	Seabright	M	M55-59		339	59:50.0	45:47.7	45:57.7
284	David	Hyams	M	M65+		198	59:50.0	45:55.1	46:05.1
285	Hayley	Thompson	F	F35-39	Reepham Runners	376	59:50.0	46:04.0	46:14.9
286	Anne	Sinclair	F	F55-59		346	59:50.0	46:12.9	46:22.9
287	Dennis	Simpson	M	M55-59	Norwich Road Runners	345	59:50.0	46:16.4	46:26.4
288	Rebecca	Durant	F	F60+	Coltishall Jaguars	106	59:50.0	46:27.0	46:37.0
289	Jackie	Harrop	F	F50-54	Longdale Striders	173	59:50.0	46:28.9	46:38.9
290	Susannah	Naylor	F	F35-39		435	59:50.0	46:47.5	46:57.5
291	David	Thornhill	M	M40-44		382	59:50.0	47:13.3	47:23.3
292	Clare	Hill	F	F55-59		432	59:50.0	47:23.8	47:33.8
293	Melanie	Watts	F	F35-39	Ryston Runners AC	405	59:50.0	47:28.0	47:38.4
294	Anders	Poulsen	M	M40-44		300	59:50.0	47:32.2	47:42.2
295	Richard	Fuller	M	M		133	59:50.0	47:40.4	47:50.4

296 Penny	Turner	F	F50-54		389	59:50.0	47:40.8	47:50.8
297 Bill	Griffin	M	M50-54	Norwich Road Runners	158	59:50.0	47:43.0	47:53.5
298 Lynda	Howard	F	F45-49		189	59:50.0	47:43.9	47:53.9
299 Malcolm	Jones	M	M50-54	Lowestoft Road Runners	212	59:50.0	47:44.5	47:54.5
300 Julia	Wright	F	F35-39	Longdale Striders	419	59:50.0	47:49.8	47:59.8
301 Ruth	(W)Pilch	F	F40-44		426	59:50.0	47:53.4	48:03.4
302 Marianne	Saunders	F	F45-49		337	59:50.0	47:54.4	48:04.4
303 Philip	Neave	M	M	Bungay Black Dog RC	276	59:50.0	47:55.9	48:05.9
304 Basia	Brown	F	F35-39		51	59:50.0	48:07.4	48:17.4
305 Lisa	Raby	F	F	Longdale Striders	306	59:50.0	48:13.8	48:23.8
306 Emma	Manning	F	F		244	59:50.0	48:14.0	48:24.4
307 Elizabeth	Moore	F	F55-59	Clapham Pioneers	265	59:50.0	48:28.4	48:38.4
308 Lynda	Moore	F	F60+	Norwich Road Runners	263	59:50.0	48:29.2	48:39.2
309 Amanda Jayne	Haslam	F	F40-44		430	59:50.0	48:30.1	48:40.6
310 Carolyn	Gerber	F	F45-49	Coltishall Jaguars	141	59:50.0	48:34.7	48:44.7
311 Michael	George	M	M45-49		424	59:50.0	48:42.9	48:52.9
312 Suzi	George	F	F50-54		423	59:50.0	48:43.0	48:53.0
313 Katherine	Mortlock	F	F35-39	Bure Valley Harriers	269	59:50.0	48:49.8	48:59.8
314 James	Goff	M	M40-44	Bure Valley Harriers	149	59:50.0	49:00.3	49:10.3
315 Victoria	Barden	F	F40-44	Longdale Striders	19	59:50.0	49:11.3	49:21.3
316 Karen	Nye	F	F40-44	Longdale Striders	281	59:50.0	49:11.3	49:21.3
317 Emily	Smith	F	F40-44		350	59:50.0	49:16.5	49:26.5
318 Samantha	Reddy	F	F45-49	Norwich Road Runners	309	59:50.0	49:17.6	49:27.6
319 Ian	Carter	M	M50-54		63	59:50.0	49:21.2	49:31.2
320 Robert	Darnell	M	M60-64		98	59:50.0	49:22.0	49:32.0
321 David	Long	M	M65+		236	59:50.0	49:32.6	49:42.6
322 Shayney	Blyth	F	F40-44	Reepham Runners	41	59:50.0	49:39.0	49:49.0
323 Laura	Thompson	F	F		374	59:50.0	49:42.4	49:52.4
324 Claire	Smith	F	F45-49	Norwich Road Runners	349	59:50.0	49:51.6	50:01.6
325 Victoria	Utting	F	F40-44	Norwich Road Runners	390	59:50.0	49:51.6	50:01.6
326 Hazel	Cason	F	F55-59		66	59:50.0	49:57.9	50:07.9
327 Thomas	Frosdick	M	M40-44		132	59:50.0	50:10.6	50:20.6
328 Hayley	Fenwick	F	F35-39		123	59:50.0	50:12.3	50:22.3
329 Diane	Renshaw	F	F55-59	Dereham Runners AC	311	59:50.0	50:24.0	50:34.0
330 Helen	(W)Hayes	F	F35-39		425	59:50.0	50:27.1	50:37.1
331 Jayne	Quinn	F	F55-59		305	59:50.0	50:50.6	51:00.6
332 Gregory	Quinn	M	M50-54		304	59:50.0	50:51.6	51:01.6
333 James	Bellingham	M	M		436	59:50.0	50:54.6	51:04.6
334 Paul	Bird	M	M50-54		39	59:50.0	51:01.4	51:11.4
335 Mavis	Thomson	F	F60+	Reepham Runners	377	59:50.0	51:43.9	51:53.9
336 Karren	Dix	F	F50-54	Norwich Road Runners	101	59:50.0	52:42.2	52:52.2
337 Alice	Melville	F	F45-49		253	59:50.0	53:02.2	53:12.2
338 Allyson	Bailey	F	F35-39	Norwich Road Runners	15	59:50.0	53:07.1	53:17.1
339 Susan	Ryles	F	F60+	Great Yarmouth & District AC	329	59:50.0	53:21.7	53:31.7
340 Baz	Hipwell	M	M55-59	Norwich Road Runners	182	59:50.0	53:53.9	54:03.9
341 Joanne	Doleman	F	F40-44		103	59:50.0	54:04.6	54:14.6
342 Kitty	Rosser	F	F35-39	Tri-Anglia	320	59:50.0	54:04.8	54:14.8
343 Jolie	Morton	F	F		271	59:50.0	54:06.4	54:16.4
344 Sue	Smith	F	F50-54	Ryston Runners AC	355	59:50.0	54:24.3	54:34.3
345 Sally	Cazier	F	F50-54	Norfolk Gazelles	68	59:50.0	54:46.5	54:56.5
346 Annette	Yeomanson	F	F45-49	Coltishall Jaguars	420	59:50.0	54:51.1	55:01.9
347 Hilda	Mears	F	F45-49	Coltishall Jaguars	251	59:50.0	54:55.1	55:05.1
348 Pat	Brightman	F	F60+	Great Yarmouth & District AC	47	59:50.0	54:55.7	55:05.7
349 Kim	Belcher	F	F55-59	Norwich Road Runners	30	59:50.0	57:25.3	57:35.3
350 Sharon	Wray	F	F50-54	Wymondham AC	418	59:50.0	57:27.7	57:37.7
351 Rebecca	Cooper	F	F45-49		84	59:50.0	57:28.5	57:38.5
352 Trine	Middleton	F	F50-54		255	59:50.0	57:28.7	57:38.7
353 Jean	Gowing	F	F60+	Reepham Runners	152	59:50.0	57:46.7	57:56.7
354 Maree	Latham	F	F45-49	Reepham Runners	223	59:50.0	57:46.8	57:56.8
355 Gary	(W)Wright	M	M45-49		427	59:50.0	58:02.0	58:12.5
356 Kate	Whistlecraft	F	F		409	59:50.0	59:40.1	59:50.7
357 Julie	Jarvey	F	F40-44	Bure Valley Harriers	202	59:50.0	00:48.7	00:58.7
358 Michelle	Gibbons	F	F40-44		143	59:50.0	02:53.6	03:03.6
359 Frank	Reader	M	M65+		308	59:50.0	09:18.5	09:28.5