

City of Norwich Half Marathon 2008

30th November 2008

RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	6	01:05:44	Matthew Janes	Bedford & County AC	M	1	M	1	01:05:43	1
2	1	01:08:45	Adrian Mussett	Colchester Harriers	M	2	M	2	01:08:45	2
3	2	01:10:10	Andrew Hennessy	Wells City Harriers	M	3	M	3	01:10:10	3
4	22	01:10:44	Paul Molyneux	Springfield Striders	M	4	M	4	01:10:43	4
5	8	01:10:56	Wayne Lincoln	City Of Norwich AC	M	5	M40	1	01:10:55	5
6	463	01:11:48	Malcolm Muir		M	6	M	5	01:11:47	6
7	12	01:13:50	Andrew Bunn	Norwich Road Runners	M	7	M	6	01:13:49	7
8	2040	01:13:56	Wesley Benton	Sudbury Joggers	M	8	M	7	01:13:54	8
9	21	01:14:00	Richard Munn	Kent AC	M	9	M	8	01:13:59	9
10	2674	01:14:35	Tom Bush	Altrincham AC	M	10	M	9	01:14:35	10
11	1752	01:15:02	Carl Sommer	Huncote Harriers	M	11	M	10	01:15:00	11
12	2495	01:15:08	David Bettinson	Cambridge Triathlon Club	M	12	M	11	01:15:06	12
13	2177	01:16:18	Simon O'Meara	Birchfield Harriers	M	13	M	12	01:16:12	13
14	631	01:16:29	Stephen Earley	Bedford Harriers	M	14	M40	2	01:16:28	14
15	1769	01:16:45	Simon Brown	Royston Runners	M	15	M	13	01:16:43	15
16	1192	01:17:12	Joshua Entwistle	Felixstowe Road Runners	M	16	M	14	01:17:08	16
17	14	01:17:15	Wayne Utting	Norwich Road Runners	M	17	M	15	01:17:13	17
18	15	01:17:29	Olivia Walwyn	City Of Norwich AC	F	1	F	1	01:17:28	18
19	16	01:17:40	Helen Decker	Ipswich Jaffa	F	2	F	2	01:17:39	19
20	1938	01:18:10	Martin Gray		M	18	M	16	01:18:08	20
21	5	01:18:14	Fernando Silva		M	19	M50	1	01:18:12	22
22	346	01:18:15	Stephen Pettit	Ely Runners	M	20	M40	3	01:18:10	21
23	1638	01:18:40	Guy Bellamy	Tri Condor	M	21	M	17	01:18:36	23
24	2238	01:18:49	Peter Newton		M	22	M	18	01:18:48	24
25	1265	01:19:11	Joe Hawes		M	23	M	19	01:19:09	25
26	507	01:19:31	Benjamin Russell		M	24	M	20	01:19:28	26
27	2453	01:19:48	Roger Braybrooks		M	25	M	21	01:19:46	28
28	2564	01:19:49	Francis Hale	Norwich Road Runners	M	26	M40	4	01:19:43	27
29	2576	01:19:57	Paul Veitch	Riverside Runners	M	27	M	22	01:19:56	29
30	2649	01:20:01	Kevin Rooney	Intercity Strollers	M	28	M40	5	01:20:01	30
31	2247	01:20:11	Tony Johns	Norwich Road Runners	M	29	M40	6	01:20:07	31
32	2449	01:20:21	Christopher Starmer	Stowmarket Striders	M	30	M45	1	01:20:17	32
33	2684	01:20:41	Martin Horlock	Norwich Road Runners	M	31	M	23	01:20:38	33
34	1853	01:20:45	Sam Macgibbon	City Of Norwich AC	M	32	M	24	01:20:39	34
35	3	01:20:49	Nicki Nealon	Huncote Harriers	F	3	F40	1	01:20:48	35
36	621	01:20:57	Robert Kett	North Norfolk Beach Runners	M	33	M	25	01:20:51	36
37	465	01:21:03	Paul Muffett	North Norfolk Beach Runners	M	34	M50	2	01:21:02	37
38	2523	01:21:14	Goy Roper	Norwich Road Runners	M	35	M45	2	01:21:08	38
39	2264	01:21:23	Christopher Tilbrook	St Albans Striders	M	36	M	26	01:21:19	39
40	2673	01:21:30	Moore Richard	Waveney Valley AC	M	37	M40	7	01:21:29	40
41	2670	01:21:39	Tamara Jordan	Stowmarket Striders	F	4	F	3	01:21:36	41
42	40	01:21:42	John Scoggins		M	38	M	27	01:21:38	42
43	31	01:21:46	Tony Johnson	Ropsley Road Runners	M	39	M40	8	01:21:43	43
44	141	01:22:10	Tim Vialls		M	40	M45	3	01:22:07	44
45	1379	01:22:22	Paul Higham	Norfolk Gazelles	M	41	M	28	01:22:20	45
46	1176	01:22:29	David Nockels	North Norfolk Beach Runners	M	42	M	29	01:22:25	46
47	382	01:22:38	William Cummings		M	43	M	30	01:22:33	47
48	20	01:22:42	Philippa Taylor	Stamford Striders	F	5	F40	2	01:22:38	48
49	2248	01:22:50	Andrew Bunn	City Of Norwich AC	M	44	M40	9	01:22:47	49
50	2548	01:22:53	Neil Gray	Royal Engineers Running Club (Rerc)	M	45	M	31	01:22:51	50
51	2353	01:22:59	Jackson Williams		M	46	M	32	01:22:57	52
52	2055	01:22:59	Eugene Mitchell		M	47	M	33	01:22:51	51
53	1892	01:23:12	Luke Bailey	UEA Athletics Club	M	48	M	34	01:23:07	53
54	2623	01:23:15	Alistair McColl	Serpentine	M	49	M	35	01:23:12	54
55	1016	01:23:18	Steve Gibbs		M	50	M	36	01:23:14	56
56	317	01:23:28	Wayne Chappell		M	51	M	37	01:23:13	55
57	2663	01:23:30	Paul Sullivan	Norwich Road Runners	M	52	M40	10	01:23:25	57
58	2145	01:23:40	Andy Kett	North Norfolk Beach Runners	M	53	M	38	01:23:34	58
59	80	01:23:45	Michael Townsend		M	54	M	39	01:23:40	59
60	2415	01:23:49	Jamie Torrens	Serpentine	M	55	M	40	01:23:45	60
61	2446	01:24:10	Dominic Blake		M	56	M	41	01:24:06	61
62	2511	01:24:23	Phil Quantrill	Great Yarmouth Road Runners	M	57	M	42	01:24:21	64
63	1155	01:24:25	Ian Bailey		M	58	M	43	01:24:19	62
64	1945	01:24:28	Tom Richardson		M	59	M	44	01:24:21	63
65	1340	01:24:34	Wilfred Campbell	Ipswich Jaffa	M	60	M40	11	01:24:28	65
66	2588	01:24:42	David Robinson	Ryston Runners	M	61	M50	3	01:24:38	66
67	1348	01:24:42	Baard Grindberg	Tri-Anglia	M	62	M40	12	01:24:39	68
68	1482	01:24:45	John Sykes		M	63	M	45	01:24:42	69
69	258	01:24:50	Mark Garrett	Norwich Road Runners	M	64	M45	4	01:24:45	70
70	2269	01:24:51	Adam Terry		M	65	M	46	01:24:38	67
71	1658	01:24:52	Mike Greener	Saint Edmund Pacers	M	66	M	47	01:24:48	71
72	2617	01:24:58	Chris King		M	67	M	48	01:24:53	74
73	1213	01:25:02	Stuart Males		M	68	M	49	01:24:49	72
74	395	01:25:03	Ben Potter		M	69	M	50	01:24:50	73
75	229	01:25:08	Jonny Palmer	Ipswich Harriers	M	70	M	51	01:25:03	75
76	2006	01:25:10	Paddy Wilson		M	71	M45	5	01:25:04	76
77	1070	01:25:17	Eric Marseille	Sudbury Joggers	M	72	M	52	01:25:10	77
78	1034	01:25:20	Simon Brierley	Tri-Anglia	M	73	M	53	01:25:17	79
79	2671	01:25:21	Stuart Faust	Thetford AC	M	74	M	54	01:25:13	78
80	25	01:25:26	Mark Potter	Waveney Valley AC	M	75	M	55	01:25:24	80

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
81	996	01:25:31	Claire Brand	Reading Joggers	F	6	F	4	01:25:28	81
82	997	01:25:31	Adam Smith		M	76	M	56	01:25:28	82
83	1120	01:25:36	Robert Prosser		M	77	M	57	01:25:33	83
84	2638	01:25:36	Alex Bamford	UEA Triathlon Club	M	78	M	58	01:25:34	84
85	2606	01:25:41	Kieran Blogg	City Of Hull AC	M	79	M	59	01:25:39	85
86	502	01:25:57	David Maslen	Tri-Anglia	M	80	M40	13	01:25:47	86
87	37	01:26:05	Ricky Richards		M	81	M40	14	01:25:53	87
88	1760	01:26:06	John Moore	Norfolk Gazelles	M	82	M45	6	01:26:00	88
89	1791	01:26:08	Ross Hallett	Royston Runners	M	83	M	60	01:26:04	89
90	1199	01:26:13	Matthew Green	Norfolk Gazelles	M	84	M	61	01:26:09	92
91	2049	01:26:14	Mark Betts	Norwich Road Runners	M	85	M	62	01:26:09	91
92	2328	01:26:15	Richard Blake	Great Yarmouth Road Runners	M	86	M55	1	01:26:13	94
93	2087	01:26:16	Adam Etches	Ely Runners	M	87	M	63	01:26:11	93
94	2065	01:26:30	Terry Epps	Wymondham AC	M	88	M50	4	01:26:27	95
95	2635	01:26:33	Mark Edwards	Norwich Road Runners	M	89	M40	15	01:26:28	97
96	580	01:26:35	Darren Judd	Sudbury Joggers	M	90	M	64	01:26:28	96
97	1096	01:26:41	Mark Clues	Tri-Anglia	M	91	M40	16	01:26:31	98
98	2679	01:26:41	Jack Lewis	UEA Athletics Club	M	92	M	65	01:26:07	90
99	765	01:26:50	Jeremy Ladyman	Valley Striders	M	93	M	66	01:26:47	99
100	2532	01:27:04	Paul Preston	Sudbury Joggers	M	94	M	67	01:26:57	100
101	2021	01:27:25	Richard Hayes		M	95	M	68	01:27:23	101
102	173	01:27:36	Rob Shepherd		M	96	M	69	01:27:33	104
103	2582	01:27:37	Nigel Horney	Keswick AC	M	97	M50	5	01:27:32	103
104	1733	01:27:45	Thomas Whitlam		M	98	M	70	01:27:31	102
105	188	01:27:57	Nigel Whiteley		M	99	M40	17	01:27:50	105
106	1898	01:27:57	Ryan Fisher		M	100	M	71	01:27:51	106
107	412	01:27:58	Kevin Revell	City Of Norwich AC	M	101	M45	7	01:27:52	107
108	2388	01:28:04	Neil Papworth	Wymondham AC	M	102	M	72	01:27:57	109
109	1798	01:28:04	Darren Smith	Ryston Runners	M	103	M	73	01:27:53	108
110	1413	01:28:14	Richard Hanson		M	104	M40	18	01:28:04	110
111	127	01:28:20	Rachael Leathwood	Norwich Road Runners	F	7	F	5	01:28:15	112
112	2400	01:28:26	Ian Selmes		M	105	M50	6	01:28:21	114
113	1368	01:28:28	Danny Smith		M	106	M	74	01:28:20	113
114	1228	01:28:35	Nicholas Leeming		M	107	M	75	01:28:22	115
115	17	01:28:38	Sarah Knights	City Of Norwich AC	F	8	F40	3	01:28:33	118
116	1354	01:28:39	Adrian Hall		M	108	M40	19	01:28:30	117
117	1632	01:28:43	Neil McFarquhar		M	109	M	76	01:28:15	111
118	2583	01:28:50	Steven Neaves	Stowmarket Striders	M	110	M50	7	01:28:39	119
119	1564	01:28:56	Brendan Browne		M	111	M	77	01:28:23	116
120	2698	01:28:56	Alex Williams	Road Runners Club	M	112	M40	20	01:28:45	122
121	1870	01:28:59	Cian McCarrick		M	113	M	78	01:28:55	123
122	2054	01:29:06	Chris Scott	Lowestoft Road Runners	M	114	M	79	01:29:00	124
123	2144	01:29:15	Leslie Scott	Ryston Runners	M	115	M50	8	01:29:04	125
124	1365	01:29:20	Ian J A Brown		M	116	M40	21	01:28:42	120
125	2484	01:29:25	Craig Ainslie		M	117	M	80	01:28:44	121
126	2022	01:29:26	Gary Wootton	Tri-Anglia	M	118	M40	22	01:29:14	126
127	2508	01:29:26	David Powell	A2 Tri	M	119	M	81	01:29:21	127
128	413	01:29:32	Rob Skinn		M	120	M	82	01:29:24	128
129	1874	01:29:34	John Greener	Saint Edmund Pacers	M	121	M	83	01:29:30	131
130	1234	01:29:39	Richard Smith		M	122	M40	23	01:29:29	130
131	609	01:29:44	Russell Clarke	Wymondham AC	M	123	M50	9	01:29:37	134
132	1727	01:29:46	Christopher Roach		M	124	M	84	01:29:37	133
133	1278	01:29:48	Steve Ladhams		M	125	M	85	01:29:27	129
134	1963	01:29:50	Mark Gotts	City Of Norwich AC	M	126	M	86	01:29:44	136
135	2239	01:29:51	Christopher Phillips	Werrington Joggers	M	127	M	87	01:29:45	137
136	1645	01:29:53	Chris Seymour	Stowmarket Striders	M	128	M	88	01:29:42	135
137	820	01:29:56	Paul Fullalove	Huntingdon AC	M	129	M	89	01:29:46	138
138	2020	01:30:00	Jack Edwards		M	130	M	90	01:29:58	140
139	836	01:30:06	Ed McDonald		M	131	M	91	01:30:05	142
140	1144	01:30:10	Robert Ellison		M	132	M	92	01:29:58	141
141	2090	01:30:11	Adam McPhee		M	133	M	93	01:29:33	132
142	9	01:30:12	Tracey Curl	Norwich Road Runners	F	9	F45	1	01:30:07	143
143	23	01:30:13	Amy Balchin	Serpentine	F	10	F	6	01:30:10	144
144	2332	01:30:22	Marie Bruneau		F	11	F	7	01:30:14	146
145	1797	01:30:23	Begonia Julian-Fuentes	Athletico San Sabastian	F	12	F	8	01:30:12	145
146	1999	01:30:27	Matt Burgin		M	134	M40	24	01:30:18	147
147	237	01:30:30	Adam Watkin		M	135	M	94	01:30:22	149
148	2680	01:30:33	Daniel Norton		M	136	M	95	01:29:55	139
149	1862	01:30:36	Tony Robinson	Tri-Anglia	M	137	M	96	01:30:21	148
150	2414	01:30:39	Mark Philo	Tri-Anglia	M	138	M40	25	01:30:29	150
151	1385	01:30:44	Nigel Buxton	Harwich Runners	M	139	M40	26	01:30:29	151
152	2011	01:30:46	John Hartley		M	140	M40	27	01:30:37	154
153	1301	01:30:47	Andrew Vinsen		M	141	M	97	01:30:29	152
154	2660	01:30:49	Alistair Robinson		M	142	M	98	01:30:38	155
155	2302	01:30:51	Andrew Pond	Norwich Road Runners	M	143	M40	28	01:30:42	156
156	2413	01:30:55	Stephan Harris		M	144	M40	29	01:30:45	157
157	2492	01:30:59	Jason Kelf	Norfolk Gazelles	M	145	M40	30	01:30:55	158
158	195	01:31:03	Nick Morris		M	146	M	99	01:30:34	153
159	1447	01:31:05	Simon Able		M	147	M	100	01:30:57	159
160	2440	01:31:20	Ben Jones		M	148	M40	31	01:31:05	160

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161	1172	01:31:33	James Guyton	Norwich Road Runners	M	149	M	101	01:31:09	161
162	1344	01:31:34	Ben Harwood	Norwich Road Runners	M	150	M	102	01:31:23	162
163	595	01:31:38	Chris Parker	North Norfolk Beach Runners	M	151	M	103	01:31:33	163
164	2455	01:31:52	Mike Sheldon	Barrow Runners	M	152	M50	10	01:31:49	165
165	1737	01:31:57	Duane Daugherty		M	153	M45	8	01:31:49	166
166	2507	01:31:59	Vincent Ellis	City Of Norwich AC	M	154	M50	11	01:31:51	167
167	584	01:32:02	Paul Zappia		M	155	M40	32	01:31:52	168
168	1201	01:32:06	Paul Britt	City Of Norwich AC	M	156	M	104	01:31:54	170
169	2569	01:32:12	James Stallabrass		M	157	M	105	01:31:45	164
170	94	01:32:14	Stephen Dady		M	158	M55	2	01:31:53	169
171	174	01:32:15	Richard Lesslie		M	159	M	106	01:32:05	173
172	2033	01:32:15	Adrian Waters		M	160	M40	33	01:32:05	172
173	643	01:32:22	Becky Schofield		F	13	F	9	01:32:16	174
174	36	01:32:25	Martin Yeomans	Norwich Road Runners	M	161	M55	3	01:32:19	178
175	1790	01:32:33	Benjamin Letzer	Coltishall Jaguars	M	162	M	107	01:32:24	181
176	1200	01:32:34	Graeme Kennedy		M	163	M	108	01:32:23	179
177	27	01:32:36	Steven Pyne	Mornington Chasers	M	164	M	109	01:32:29	183
178	2615	01:32:39	Olivier Seger	Cambridge & Coleridge AC	M	165	M	110	01:32:31	184
179	386	01:32:41	Mark Fawbert	Bungay Black Dog RC	M	166	M	111	01:32:31	185
180	1378	01:32:42	Matthew Frary	Norwich Road Runners	M	167	M	112	01:32:36	186
181	1256	01:32:44	Robert Stevens		M	168	M	113	01:32:18	176
182	1067	01:32:45	Richard Newman	Harwich Runners	M	169	M40	34	01:32:29	182
183	1222	01:32:48	Shaun Conway		M	170	M45	9	01:32:42	189
184	190	01:32:53	Mick Glynn	Diss AC	M	171	M40	35	01:32:43	190
185	576	01:32:54	Alastair Macleod		M	172	M	114	01:32:24	180
186	2044	01:32:58	Phillip Bower	Thetford AC	M	173	M45	10	01:32:50	191
187	1835	01:33:01	Thomas Broughton		M	174	M	115	01:32:41	188
188	2561	01:33:04	Thomas Skipwith	Clapham Chasers	M	175	M	116	01:32:19	177
189	1635	01:33:04	Robert Watson		M	176	M40	36	01:32:16	175
190	105	01:33:05	Robert Grainger	Stowmarket Striders	M	177	M	117	01:32:53	194
191	2534	01:33:06	Benjamin Bailey		M	178	M	118	01:32:52	193
192	1644	01:33:07	Darren France		M	179	M40	37	01:33:03	197
193	381	01:33:12	Philip Smith	Tri-Anglia	M	180	M	119	01:32:54	195
194	2686	01:33:14	Michael Seger		M	181	M45	11	01:33:04	198
195	2555	01:33:16	Colin Browning	Norwich Road Runners	M	182	M40	38	01:32:51	192
196	408	01:33:17	Kevin Parsons		M	183	M	120	01:33:10	202
197	1596	01:33:19	Jon Queripel	Coltishall Jaguars	M	184	M	121	01:33:11	204
198	390	01:33:19	Chris Smith		M	185	M40	39	01:32:37	187
199	2316	01:33:20	John Ward		M	186	M40	40	01:33:10	201
200	1719	01:33:23	Wayne Gimblett	Huntingdon AC	M	187	M40	41	01:33:10	200
201	1554	01:33:23	Ian Thomas		M	188	M45	12	01:33:03	196
202	1509	01:33:24	Matt Kurton		M	189	M	122	01:33:13	206
203	99	01:33:31	Jim Hayes	North Norfolk Beach Runners	M	190	M60	1	01:33:22	209
204	351	01:33:34	Seb Rijpstra		M	191	M	123	01:33:20	207
205	2046	01:33:36	Peter Single		M	192	M50	12	01:33:11	205
206	1336	01:33:37	Alan Bushell	Coltishall Jaguars	M	193	M	124	01:33:30	212
207	1281	01:33:42	Donal Farrell		M	194	M	125	01:33:21	208
208	1678	01:33:43	Damien Magee		M	195	M	126	01:33:10	203
209	2043	01:33:44	Alan Clinton		M	196	M	127	01:33:30	211
210	2201	01:33:55	Jack Gillick		M	197	M	128	01:33:09	199
211	1613	01:34:01	Christopher Moulton	Sudbury Joggers	M	198	M	129	01:33:54	214
212	1697	01:34:03	Maria Levitt		F	14	F	10	01:33:55	215
213	42	01:34:08	Graeme Potterton		M	199	M	130	01:33:25	210
214	1282	01:34:09	Paul Garcia		M	200	M	131	01:33:43	213
215	51	01:34:17	Ian Milburn	Fenland Running Club	M	201	M60	2	01:34:08	217
216	1012	01:34:20	Tanya Crofts	Wymondham AC	F	15	F	11	01:34:13	219
217	1884	01:34:24	Ricky Weston		M	202	M	132	01:32:00	171
218	2310	01:34:28	Sarah Eglington		F	16	F	12	01:34:13	220
219	1671	01:34:30	Kevin Frazer		M	203	M45	13	01:34:12	218
220	2521	01:34:31	Ben Findlay		M	204	M	133	01:34:20	221
221	266	01:34:35	Richard Dye	Bungay Black Dog RC	M	205	M45	14	01:34:07	216
222	1841	01:34:37	Mark Brown		M	206	M	134	01:34:28	224
223	2646	01:34:40	David Aldis	City Of Norwich AC	M	207	M55	4	01:34:32	226
224	2493	01:34:42	Chris Staines		M	208	M	135	01:34:22	222
225	691	01:34:43	Josephine Killeen	Kilmurray Ibrikane, Ireland	F	17	F40	4	01:34:35	228
226	277	01:34:43	Vincent O'Neill		M	209	M	136	01:34:32	227
227	2189	01:34:49	John Bassinder	Stainland Lions	M	210	M50	13	01:34:30	225
228	2669	01:34:52	Mark Doyle	Harwich Runners	M	211	M50	14	01:34:44	235
229	1590	01:34:53	Tom Vellacott		M	212	M	137	01:34:38	231
230	2487	01:34:54	Jonathan Kemp		M	213	M	138	01:34:26	223
231	2008	01:34:56	Trevor Emery	North Norfolk Beach Runners	M	214	M55	5	01:34:41	233
232	2051	01:34:58	Stephen Reed		M	215	M40	42	01:34:49	239
233	2274	01:35:00	Antony Kennedy		M	216	M	139	01:34:44	236
234	2503	01:35:03	Oliver Jones	Ambridge University Hare And Hounds (Cuh&H)	M	217	M	140	01:34:36	229
235	1521	01:35:03	Andrew Birt		M	218	M40	43	01:34:38	232
236	148	01:35:06	Nigel Bullen	Norfolk Gazelles	M	219	M55	6	01:34:42	234
237	1089	01:35:07	Matthew Sutton		M	220	M	141	01:35:03	245
238	1077	01:35:09	Antony Lythell		M	221	M	142	01:34:53	242
239	2611	01:35:10	Martin Rowe	Huntingdon AC	M	222	M40	44	01:34:58	243
240	2186	01:35:16	Michael Saunders		M	223	M	143	01:34:48	237

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
241	2185	01:35:16	Jon Lee		M	224	M	144	01:34:48	238
242	179	01:35:17	Alan Bradley	Norwich Road Runners	M	225	M45	15	01:35:04	246
243	2677	01:35:20	Jonathan Davies		M	226	M	145	01:34:51	240
244	495	01:35:21	Dennis Chung		M	227	M	146	01:34:52	241
245	2103	01:35:21	David Timney		M	228	M40	45	01:35:09	247
246	316	01:35:26	Louise Gilvey	City Of Norwich AC	F	18	F	13	01:35:03	244
247	1382	01:35:28	Mark Merrywest		M	229	M	147	01:35:13	250
248	1438	01:35:30	Gyles Abbott		M	230	M	148	01:35:12	248
249	272	01:35:34	Chris Yeates		M	231	M	149	01:34:37	230
250	421	01:35:40	Ian Coxhead		M	232	M40	46	01:35:12	249
251	1255	01:35:41	Kevin White	Bedford Harriers	M	233	M40	47	01:35:15	251
252	600	01:35:46	Tim Phipps		M	234	M40	48	01:35:40	255
253	599	01:35:47	Will Burnell		M	235	M	150	01:35:40	254
254	2525	01:35:54	Paul Firmage	Ryston Runners	M	236	M50	15	01:35:50	260
255	1983	01:35:57	Joanne Diffey	Lakeside Lincoln	F	19	F	14	01:35:43	256
256	2406	01:35:58	James Cudmore	Colchester Harriers	M	237	M	151	01:35:49	258
257	2300	01:36:01	Matt Howard		M	238	M	152	01:35:36	253
258	1456	01:36:06	Aaron Wright		M	239	M	153	01:35:43	257
259	2232	01:36:08	David Tyson	Loughton Athletic	M	240	M	154	01:36:04	267
260	1889	01:36:09	Martyn Clarke		M	241	M45	16	01:35:53	261
261	2691	01:36:13	Jonathan Brasnett		M	242	M	155	01:35:59	264
262	2542	01:36:14	Tim Morton	Bungay Black Dog RC	M	243	M45	17	01:36:05	268
263	2147	01:36:16	Peter Nelson		M	244	M	156	01:36:07	270
264	1980	01:36:18	Gillian Loughlin	West Norfolk AC	F	20	F40	5	01:36:05	269
265	1097	01:36:19	Chris Speakman		M	245	M45	18	01:36:08	271
266	2296	01:36:22	Paul Cassels		M	246	M	157	01:36:04	266
267	2042	01:36:24	Peter O'Reilly		M	247	M	158	01:36:10	274
268	1951	01:36:25	Peter Goddard		M	248	M50	16	01:36:08	272
269	1850	01:36:25	Steven Lye		M	249	M	159	01:35:55	263
270	2438	01:36:26	Peter Cook	Norwich Road Runners	M	250	M55	7	01:36:01	265
271	50004	01:36:26	Unknown Runner		M	251	M	160	01:36:26	280
272	1852	01:36:28	Phillip Goillau		M	252	M	161	01:36:19	276
273	2196	01:36:33	Maurice Hemingway	Riverside Runners	M	253	M50	17	01:36:21	278
274	1749	01:36:38	Will Buck	Norwich Road Runners	M	254	M45	19	01:36:14	275
275	304	01:36:41	Richard Lines		M	255	M	162	01:36:24	279
276	538	01:36:42	Charlie Wilson		M	256	M	163	01:35:54	262
277	1323	01:36:45	Alexandra Smith	Norwich Road Runners	F	21	F	15	01:36:21	277
278	2688	01:36:56	Chris Bartlett	UEA Triathlon Club	M	257	M	164	01:36:38	284
279	2136	01:36:58	Adam Williams		M	258	M	165	01:35:49	259
280	2504	01:37:03	Andre Pittock	Fenland Runners	M	259	M40	49	01:36:44	288
281	552	01:37:04	Tim Warner		M	260	M45	20	01:36:30	281
282	1498	01:37:05	Andrew Motch	City Of Norwich AC	M	261	M	166	01:36:39	285
283	78	01:37:08	Kevin Johnston		M	263	M45	21	01:36:48	290
284	1691	01:37:08	Joe Osborne		M	262	M	167	01:36:37	282
285	1406	01:37:10	Paul Yallop	Tri-Anglia	M	264	M40	50	01:37:00	296
286	2557	01:37:11	Jon Severn	City Of Norwich AC	M	265	M	168	01:36:47	289
287	250	01:37:12	James Macleod	Tri-Anglia	M	266	M45	22	01:36:49	292
288	1153	01:37:14	Chris Jones	Tri-Anglia	M	267	M	169	01:36:49	291
289	1380	01:37:14	Peter Morgan		M	268	M	170	01:37:00	295
290	2629	01:37:18	Emma Potter-Campbell	Dereham Runners	F	22	F	16	01:37:09	299
291	2668	01:37:22	Steve Kenyon	Waveney Valley AC	M	269	M40	51	01:37:21	304
292	1489	01:37:23	Chris Beck		M	270	M	171	01:36:43	286
293	1490	01:37:23	Steve Beck		M	271	M45	23	01:36:44	287
294	1049	01:37:26	Andrew King		M	272	M	172	01:36:38	283
295	283	01:37:27	Simon Lamb	City Of Norwich AC	M	273	M	173	01:37:03	297
296	332	01:37:27	Paul McArdle		M	274	M40	52	01:37:09	300
297	2625	01:37:36	Nicholas Muir		M	275	M45	24	01:37:15	303
298	1575	01:37:38	Ian Crutchley	Wymondham AC	M	276	M40	53	01:36:55	294
299	19	01:37:40	Anna Templeton		F	23	F	17	01:37:35	309
300	1044	01:37:44	Robin Butler		M	277	M	174	01:35:29	252
301	1843	01:37:44	Kevin Bird	Ipswich Jaffa	M	278	M	175	01:37:28	307
302	497	01:37:44	Jason Rush		M	279	M	176	01:37:39	310
303	822	01:37:47	Ken Bowman	Coltishall Jaguars	M	280	M60	3	01:37:15	302
304	164	01:37:50	Alan Lamb		M	281	M40	54	01:37:32	308
305	2431	01:37:50	Darren Rutterford		M	282	M	177	01:37:44	313
306	2467	01:37:53	Ian Kettle		M	283	M	178	01:37:10	301
307	2641	01:38:00	John Wharton	Bungay Black Dog RC	M	284	M50	18	01:37:49	316
308	1253	01:38:00	Stephanie Gammond		F	24	F	18	01:36:52	293
309	2416	01:38:01	Karl Williamson		M	285	M	179	01:37:43	312
310	2064	01:38:06	Andrew Preston	Sleaford Striders	M	286	M	180	01:36:09	273
311	2182	01:38:11	Luke Saxton		M	287	M	181	01:37:53	319
312	2251	01:38:11	Joshua Maccallum-Stewart		M	288	M	182	01:37:54	320
313	1232	01:38:12	Wayne Easlea		M	289	M	183	01:37:52	318
314	2580	01:38:13	Jonathon Alcock		M	290	M	184	01:37:44	314
315	2244	01:38:14	Graham Monteith		M	291	M	185	01:37:26	306
316	365	01:38:15	Ashley Collins		M	292	M	186	01:37:52	317
317	555	01:38:16	Craig Sholto-Douglas		M	293	M	187	01:37:26	305
318	338	01:38:16	Neil Moulton		M	294	M	188	01:38:00	322
319	2088	01:38:16	Natalie Etches	Ely Runners	F	25	F	19	01:38:01	323
320	2096	01:38:20	Samuel Hall	Norwich Road Runners	M	295	M	189	01:37:56	321

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
321	1931	01:38:20	Clive Harrod	Fenland Running Club	M	296	M50	19	01:38:01	324
322	2275	01:38:23	Nick Pullen	Ashford AC	M	297	M	190	01:37:46	315
323	459	01:38:28	Marc Di Duca		M	298	M	191	01:38:13	329
324	2080	01:38:28	Nick Power		M	299	M40	55	01:38:16	331
325	2697	01:38:29	Peter Bussey	Norwich Road Runners	M	300	M45	25	01:38:20	333
326	2181	01:38:29	Sean Woodvine		M	301	M	192	01:38:07	327
327	1744	01:38:29	Ed Taylor		M	302	M	193	01:38:12	328
328	46	01:38:30	Gina Crane		F	26	F	20	01:38:06	325
329	43	01:38:31	Simon Reeve		M	303	M40	56	01:37:41	311
330	504	01:38:33	Stephen Pullinger		M	304	M45	26	01:38:17	332
331	1266	01:38:39	Simon Parsons		M	305	M	194	01:38:07	326
332	2563	01:38:41	Karl Syson		M	306	M	195	01:38:15	330
333	2516	01:38:45	Shaun Bonner	Uknetrunner.Co.Uk	M	307	M45	27	01:38:25	335
334	4	01:38:52	Penny Edwards	Norwich Road Runners	F	27	F50	1	01:38:23	334
335	2286	01:38:56	Robert Harris		M	308	M	196	01:38:40	341
336	2356	01:38:56	Kevin Last		M	309	M	197	01:38:42	342
337	593	01:38:59	Sharon Gibbons		F	28	F	21	01:38:37	340
338	943	01:39:00	Tristan Cossey		M	310	M	198	01:37:04	298
339	2565	01:39:02	David Minister		M	311	M40	57	01:38:49	345
340	750	01:39:02	Colin Forder		M	312	M	199	01:38:49	346
341	45	01:39:02	Paul White		M	313	M45	28	01:38:53	348
342	321	01:39:04	Christopher McDonnell	Notfast RC	M	314	M45	29	01:38:34	338
343	102	01:39:06	Paul Masterson		M	315	M	200	01:38:45	343
344	526	01:39:07	Gary Secker		M	316	M45	30	01:39:02	352
345	1726	01:39:09	Ian Brown		M	317	M40	58	01:38:29	337
346	784	01:39:16	Stuart Hunt		M	318	M	201	01:38:35	339
347	2541	01:39:17	Martin Nugent		M	319	M	202	01:38:50	347
348	422	01:39:26	Nigel Rees		M	320	M45	31	01:38:58	349
349	2354	01:39:27	Richard Steer		M	321	M	203	01:39:01	350
350	2475	01:39:28	Rhys Morgan		M	322	M50	20	01:38:46	344
351	1942	01:39:37	Colin Monks	Blackheath & Bromley Harriers	M	323	M60	4	01:39:25	365
352	727	01:39:39	Sean Renahan	Runnymede Runners	M	324	M	204	01:39:17	360
353	617	01:39:39	Stacy Tovell		M	325	M	205	01:39:22	363
354	2329	01:39:40	Barry Howard		M	326	M	206	01:39:15	356
355	723	01:39:42	Jonathan Cooper		M	327	M	207	01:39:08	354
356	2378	01:39:42	David Lawlor	Great Yarmouth Road Runners	M	328	M	208	01:39:27	366
357	1128	01:39:45	Tom Sparkes		M	329	M	209	01:39:02	351
358	2307	01:39:46	Mark Taylor	Norwich Road Runners	M	330	M55	8	01:39:19	361
359	2648	01:39:47	John Driscoll	Colchester Harriers	M	331	M55	9	01:39:39	369
360	1267	01:39:48	Carl Wright		M	332	M45	32	01:39:15	358
361	2465	01:39:53	Tim Earl	Waveney Valley AC	M	333	M	210	01:39:10	355
362	360	01:40:02	Lisa Symonds		F	29	F	22	01:39:47	372
363	904	01:40:04	Bob Rodda		M	334	M65	1	01:39:55	378
364	1929	01:40:05	Steve Mellish	Ipswich Jaffa	M	335	M	211	01:39:19	362
365	2217	01:40:08	Michael Daines	Ipswich Jaffa	M	336	M45	33	01:39:22	364
366	2459	01:40:12	James Doggett		M	337	M	212	01:39:04	353
367	1083	01:40:13	Chris Coghlan		M	338	M	213	01:39:43	371
368	1764	01:40:13	Gareth Thomas		M	339	M	214	01:39:32	367
369	2068	01:40:21	Annie Hauser		F	30	F	23	01:39:15	357
370	614	01:40:21	Graham Sillett		M	340	M50	21	01:39:52	375
371	2007	01:40:22	Naomi Clements		F	31	F40	6	01:39:41	370
372	2509	01:40:22	Amerdeep Birdi		M	341	M	215	01:39:36	368
373	2362	01:40:24	Catherine Beech		F	32	F45	2	01:39:55	379
374	1059	01:40:25	Zoe Catchpole	Tri-Anglia	F	33	F	24	01:39:54	377
375	2667	01:40:31	David Beaumont		M	342	M	216	01:39:50	374
376	339	01:40:31	Brian Akehurst		M	343	M	217	01:40:08	383
377	2227	01:40:32	Claire Piper		F	34	F	25	01:39:48	373
378	2255	01:40:35	Sian Loveless		F	35	F	26	01:40:03	382
379	1090	01:40:40	Tom Jeal		M	344	M	218	01:40:00	380
380	1445	01:40:41	Jonathan Wilson		M	345	M	219	01:40:21	390
381	924	01:40:43	Rob Shipp		M	346	M40	59	01:40:34	396
382	1756	01:40:43	Frederick Allen		M	347	M	220	01:40:11	386
383	2469	01:40:44	Keith Brighty	Norwich Road Runners	M	349	M45	34	01:40:08	384
384	2567	01:40:44	Simon Peck	White Horse Terriers	M	348	M	221	01:39:54	376
385	2616	01:40:47	Simon Blackmore		M	350	M40	60	01:40:31	394
386	1259	01:40:52	Christian Horsfield		M	351	M	222	01:40:42	403
387	261	01:40:52	Craig Bauen-Jones		M	352	M	223	01:40:35	397
388	130	01:40:58	Rob Webb		M	353	M55	10	01:40:17	389
389	1029	01:40:59	Duncan Smith		M	354	M45	35	01:40:12	387
390	1421	01:40:59	Kevin Miles	Runnymede Runners	M	355	M	224	01:40:38	400
391	1932	01:41:00	Ryan Hardman		M	356	M	225	01:40:01	381
392	350	01:41:02	Kym Wheeler	Corby AC	F	36	F50	2	01:40:51	407
393	645	01:41:05	Anne Millett	Norwich Road Runners	F	37	F50	3	01:40:41	401
394	1468	01:41:07	Peter Adams		M	357	M	226	01:39:17	359
395	2640	01:41:07	John Pinnell		M	358	M40	61	01:40:35	398
396	41	01:41:07	John O'Leary	Great Yarmouth Road Runners	M	359	M55	11	01:40:51	408
397	1269	01:41:15	Chic Graham		M	360	M	227	01:41:01	413
398	2280	01:41:15	Lloyd Douglas		M	361	M	228	01:41:01	414
399	1653	01:41:16	Carl Meen		M	362	M	229	01:40:32	395
400	2034	01:41:16	Ian Wade	North Norfolk Beach Runners	M	363	M50	22	01:40:41	402

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
401	2337	01:41:17	Kim Smith	Woodbridge Shufflers RC	F	38	F	27	01:40:42	404
402	551	01:41:18	Ashley Gilbert	Dereham Runners	M	364	M	230	01:41:05	418
403	799	01:41:19	Mark Whelan		M	365	M	231	01:40:15	388
404	2285	01:41:21	Michael Small		M	366	M	232	01:40:37	399
405	741	01:41:29	Jonathan Harrold		M	367	M	233	01:41:12	425
406	721	01:41:29	Peter Bligh		M	368	M	234	01:41:12	424
407	227	01:41:30	Adam Pearce		M	369	M	235	01:40:30	393
408	2110	01:41:31	John Ford		M	370	M50	23	01:41:13	426
409	988	01:41:34	Kim Eyre		F	39	F	28	01:41:14	427
410	2137	01:41:34	Jonathan Marsden		M	371	M40	62	01:41:08	420
411	223	01:41:35	Peter Salmon		M	372	M	236	01:38:25	336
412	819	01:41:35	Andrew Hardy		M	373	M40	63	01:41:02	415
413	2678	01:41:38	Frank Ferguson		M	374	M	237	01:41:18	430
414	1060	01:41:40	Steven Vaughan		M	375	M	238	01:41:09	421
415	1612	01:41:41	Simon Clough		M	376	M	239	01:41:03	416
416	215	01:41:41	Marie Clark	Norwich Road Runners	F	40	F	29	01:40:30	392
417	1364	01:41:41	Andrew Burr		M	377	M40	64	01:41:22	433
418	1690	01:41:42	Pasquale Ruggiero	Fenland Running Club	M	378	M45	36	01:41:24	436
419	2373	01:41:43	David Paine		M	379	M	240	01:40:47	406
420	1707	01:41:43	Paul Quantrill		M	380	M45	37	01:41:34	444
421	399	01:41:44	Scott Howie		M	381	M	241	01:41:24	437
422	1093	01:41:44	Peter Durham		M	382	M40	65	01:41:38	445
423	1827	01:41:45	Chris Sears	Woodbridge Shufflers RC	M	383	M50	24	01:41:09	422
424	780	01:41:45	Clare Bird	Reading Joggers	F	41	F	30	01:41:30	440
425	1475	01:41:47	Russell Tovey		M	384	M	242	01:41:04	417
426	2443	01:41:48	Meinou Simmons	Cambridge & Coleridge AC	F	42	F	31	01:41:29	439
427	150	01:41:49	Jonathan Lamb		M	385	M	243	01:41:31	441
428	1015	01:41:56	Andrew Donaldson		M	386	M	244	01:41:16	429
429	1427	01:41:58	Phillip Holland		M	387	M	245	01:41:19	431
430	2514	01:42:00	Christina McKay		F	43	F	32	01:40:54	410
431	2115	01:42:01	Adam Hames		M	388	M	246	01:41:16	428
432	591	01:42:03	Tom Parker		M	389	M	247	01:41:28	438
433	2061	01:42:06	James Eyles		M	390	M	248	01:40:25	391
434	1996	01:42:07	Shane Eke		M	391	M	249	01:41:00	411
435	1321	01:42:07	Robert Speck	North Norfolk Beach Runners	M	392	M	250	01:41:01	412
436	1770	01:42:08	Barry Hammond		M	393	M55	12	01:41:34	443
437	1986	01:42:09	Pauline Norman	Lowestoft Road Runners	F	44	F55	1	01:42:07	464
438	2383	01:42:10	Simon English		M	394	M	251	01:41:23	435
439	2113	01:42:10	Philip Semmence	Norwich Road Runners	M	395	M	252	01:41:57	456
440	1465	01:42:11	Malcolm Pidd		M	396	M45	38	01:41:11	423
441	553	01:42:12	Edward Wood		M	397	M	253	01:41:21	432
442	225	01:42:20	Stuart McKay		M	398	M	254	01:41:41	448
443	845	01:42:22	Chris Chorley	Bungay Black Dog RC	M	399	M45	39	01:40:08	385
444	357	01:42:27	Greg Sparkes		M	400	M	255	01:41:41	447
445	2220	01:42:29	Richard Moulson		M	401	M40	66	01:40:47	405
446	302	01:42:30	Jason Meiszner		M	402	M	256	01:41:22	434
447	2608	01:42:30	Paul Taverner	Thetford AC	M	403	M45	40	01:41:58	457
448	2634	01:42:31	David Spashett	Bungay Black Dog RC	M	404	M55	13	01:42:15	469
449	1150	01:42:31	Owain Hall		M	405	M	257	01:41:51	452
450	2036	01:42:32	Andrew Savory	Norwich Road Runners	M	406	M40	67	01:42:06	462
451	1080	01:42:34	Paul Wootton		M	407	M40	68	01:41:49	451
452	414	01:42:34	Robert Kay		M	408	M	258	01:40:52	409
453	2522	01:42:34	Paris Ataliotis		M	409	M40	69	01:41:32	442
454	1586	01:42:35	Raymond Marshall		M	410	M45	41	01:41:40	446
455	1639	01:42:35	Martin Farrelly	Tadworth AC	M	411	M	259	01:42:01	459
456	816	01:42:37	Karen Archbold	Lowestoft Road Runners	F	45	F40	7	01:42:08	465
457	2084	01:42:38	Ian Gooderham	St Edmund Pacers	M	412	M40	70	01:42:03	461
458	1452	01:42:39	Nick Ward		M	413	M	260	01:41:56	453
459	103	01:42:42	Carl Frisby		M	414	M	261	01:42:18	472
460	1795	01:42:42	Lisa Gough		F	46	F	33	01:42:09	466
461	1444	01:42:44	Tommy Smith		M	415	M	262	01:42:25	476
462	2636	01:42:48	Greg Muttitt		M	416	M	263	01:41:59	458
463	2191	01:42:49	Marcus Angell		M	417	M	264	01:41:08	419
464	152	01:42:50	Mark Banfield		M	418	M	265	01:42:14	467
465	926	01:42:50	Simon Whitpen		M	419	M	266	01:41:56	454
466	1577	01:42:51	Anne Swift		F	47	F40	8	01:42:20	473
467	2621	01:42:52	Paul Robinson	Reepham Runners	M	420	M40	71	01:42:14	468
468	647	01:42:52	Geoff Hayward	North Norfolk Beach Runners	M	421	M65	2	01:42:35	485
469	2010	01:42:53	Haley Suttle	Stowmarket Striders	F	48	F40	9	01:42:27	477
470	131	01:42:54	Tracy Stevens	Wymondham AC	F	49	F	34	01:42:15	470
471	2585	01:42:56	Fergus Stirling		M	422	M45	42	01:42:29	480
472	2282	01:42:56	Riccy Sidoli		M	423	M40	72	01:42:46	491
473	2224	01:42:58	Dale Cooper	Wymondham AC	M	424	M45	43	01:42:07	463
474	178	01:43:03	Sarah Bradley	Norwich Road Runners	F	50	F45	3	01:42:38	486
475	1711	01:43:03	John Ellmore		M	425	M	267	01:42:29	481
476	1971	01:43:03	Richard Brooks		M	426	M	268	01:42:35	484
477	1713	01:43:04	Charlotte Pike		F	51	F45	4	01:42:18	471
478	1435	01:43:08	Simon Smith		M	427	M	269	01:42:01	460
479	2418	01:43:11	Derren Hamon	Leisureworld	M	428	M	270	01:42:21	474
480	556	01:43:12	Ross Hamilton		M	429	M	271	01:42:22	475

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
481	1288	01:43:15	Francesca Lee		F	52	F	35	01:42:51	493
482	2515	01:43:17	Mike Brown		M	430	M	272	01:43:04	504
483	1601	01:43:17	Matthew Wilde		M	431	M	273	01:42:28	478
484	2213	01:43:20	Paul Collins		M	432	M	274	01:42:28	479
485	1650	01:43:22	Andrew Hawes		M	433	M	275	01:42:39	487
486	1167	01:43:24	Chris Spence	Serpentine	M	434	M50	25	01:43:14	512
487	2066	01:43:27	Matthew Bird		M	435	M	276	01:42:44	490
488	1944	01:43:28	Tim Linstead		M	436	M40	73	01:43:13	510
489	1318	01:43:28	Rob Pritchard		M	437	M45	44	01:41:47	450
490	30	01:43:35	David Simpson	Serpentine	M	438	M	277	01:43:04	503
491	2390	01:43:35	Phil Sturgess		M	439	M	278	01:42:32	483
492	98	01:43:41	Glenn Mason		M	440	M45	45	01:43:02	502
493	1722	01:43:43	Paul Bradford		M	441	M	279	01:43:21	515
494	2693	01:43:45	Dan Rix		M	442	M	280	01:42:32	482
495	2682	01:43:45	Chris Mahoney		M	443	M	281	01:43:02	500
496	2483	01:43:46	Stephen Panting	Norwich Road Runners	M	444	M40	74	01:43:06	506
497	842	01:43:49	Martin Brigden		M	445	M50	26	01:43:06	507
498	1352	01:43:51	Mark Howells		M	446	M45	46	01:42:55	496
499	1855	01:43:52	Jaden Hatwell		M	447	M	282	01:42:53	495
500	887	01:43:56	Fiona Kennedy		F	53	F	36	01:43:02	501
501	387	01:43:57	Hugo Hodge		M	448	M55	14	01:42:58	498
502	905	01:44:03	Ben Snelling		M	449	M	283	01:42:40	488
503	1442	01:44:05	Jonathan Ingram		M	450	M	284	01:43:32	522
504	2209	01:44:05	Andy South		M	451	M	285	01:42:50	492
505	1967	01:44:05	Giles Branford		M	452	M	286	01:43:06	508
506	1160	01:44:06	Huw Billingham		M	453	M40	75	01:43:26	519
507	1968	01:44:06	Mark Whiting		M	454	M45	47	01:43:55	541
508	337	01:44:06	Bill Partner		M	455	M	287	01:43:44	533
509	114	01:44:08	Daren Allen	Hadleigh Hares	M	456	M40	76	01:43:55	540
510	881	01:44:10	Katherine Thrower		F	54	F	37	01:43:15	513
511	1710	01:44:11	Jason Tassie		M	457	M	288	01:43:38	524
512	74	01:44:11	Robert Ledwidge		M	458	M50	27	01:43:24	517
513	1915	01:44:12	Paul Groves	Coltishall Jaguars	M	459	M40	77	01:43:28	520
514	565	01:44:12	David Reynolds		M	460	M	289	01:41:56	455
515	815	01:44:14	Hugh Brown		M	461	M	290	01:43:38	525
516	642	01:44:16	Alfie Kirkum		M	462	M55	15	01:43:23	516
517	1518	01:44:17	Peter Dilnot		M	463	M	291	01:43:42	531
518	1723	01:44:20	Mike McDonnell		M	464	M55	16	01:44:00	544
519	2512	01:44:23	Robert Tenner		M	465	M40	78	01:43:20	514
520	2568	01:44:23	Carl Higgins	Thetford AC	M	466	M45	48	01:42:40	489
521	624	01:44:23	Nick Dowdy	Ely Runners	M	467	M45	49	01:43:36	523
522	1021	01:44:23	Vincent Coustham	City Of Norwich AC	M	468	M	292	01:43:55	539
523	1641	01:44:25	David Perring		M	469	M40	79	01:43:57	543
524	1330	01:44:26	Lauren Edwards		F	55	F	38	01:43:53	537
525	1717	01:44:28	Richard Summers		M	470	M	293	01:43:41	529
526	1651	01:44:29	Tony Tyler	Thetford AC	M	471	M45	50	01:44:08	548
527	1494	01:44:30	Tim Chen		M	472	M	294	01:43:39	526
528	1517	01:44:31	Ian Blatchford	Ely Runners	M	473	M40	80	01:44:16	552
529	2797	01:44:32	Unknown Runner		M	474	M	295	01:43:41	530
530	291	01:44:39	Guy Pitcher	Reepham Runners	M	475	M40	81	01:43:44	532
531	1480	01:44:39	Mark Bidston	East Essex Triathlon Club	M	476	M40	82	01:44:12	551
532	1350	01:44:40	Jonathan Cole		M	477	M	296	01:43:05	505
533	2294	01:44:41	John Aylward		M	478	M	297	01:42:53	494
534	1446	01:44:45	John Leney		M	479	M40	83	01:43:49	536
535	1319	01:44:45	Mike Hooper		M	480	M	298	01:43:11	509
536	363	01:44:46	Alex Scott		M	481	M	299	01:44:07	547
537	1328	01:44:46	Sheona McKay		F	56	F	39	01:44:09	549
538	1759	01:44:46	Rebecca Dang		F	57	F	40	01:42:55	497
539	299	01:44:46	Craig Thorpe		M	482	M	300	01:43:39	527
540	789	01:44:52	Rob Priddle		M	483	M	301	01:44:02	545
541	2392	01:44:53	Dean Kirton	Thetford AC	M	484	M40	84	01:44:32	561
542	1547	01:44:54	Paul Gardner		M	485	M	302	01:44:32	560
543	1505	01:44:54	Natalie Staff		F	58	F	41	01:43:40	528
544	514	01:44:58	Timothy Russell		M	486	M	303	01:43:54	538
545	1493	01:45:00	Miles Smith		M	487	M	304	01:44:34	562
546	1107	01:45:05	Geoffrey Ward		M	488	M50	28	01:44:35	564
547	82	01:45:05	Philip Kitchenner		M	489	M	305	01:44:17	553
548	898	01:45:07	Vernon Hoare		M	490	M45	51	01:41:42	449
549	2683	01:45:10	Simon Goodwin		M	491	M	306	01:44:35	563
550	2644	01:45:10	Carl White		M	492	M	307	01:43:14	511
551	625	01:45:11	Roger Hobson	Woodbridge Shufflers RC	M	493	M60	5	01:44:36	565
552	546	01:45:12	Adrian Woodward		M	494	M45	52	01:43:46	534
553	1924	01:45:12	Oliver Burwood	Norwich Road Runners	M	495	M	308	01:44:24	557
554	835	01:45:13	Lisa Godwin		F	59	F	42	01:43:49	535
555	1466	01:45:14	Mike Sothorn		M	496	M	309	01:43:24	518
556	2315	01:45:14	Andrew Hammond		M	497	M50	29	01:44:23	556
557	1462	01:45:16	Chris Cox		M	498	M50	30	01:44:36	566
558	2586	01:45:16	Chris Shepherd	Saint Edmund Pacers	M	499	M	310	01:44:31	559
559	1712	01:45:20	Richard Meal		M	500	M	311	01:44:46	569
560	1502	01:45:21	John Kett		M	501	M	312	01:44:20	554

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	1262	01:45:21	Anna Morton	Woodbridge Shufflers RC	F	60	F	43	01:43:56	542
562	1605	01:45:24	Michael Edwards		M	502	M	313	01:42:58	499
563	1398	01:45:25	Antony Mayers		M	503	M	314	01:45:10	591
564	1886	01:45:25	Kiersten Simmons		F	61	F	44	01:45:07	587
565	1439	01:45:26	Terry Wright		M	504	M	315	01:45:09	590
566	503	01:45:29	Wayne Crowe	City Of Norwich AC	M	505	M40	85	01:45:00	581
567	2480	01:45:34	Paul McWilliams		M	506	M	316	01:45:06	586
568	1251	01:45:37	Melanie Cole	Eastleigh Running Club	F	62	F	45	01:45:04	585
569	288	01:45:38	Elizabeth Shaw		F	63	F	46	01:44:53	577
570	81	01:45:38	Brendan Wilson	City Of Norwich AC	M	507	M40	86	01:44:43	568
571	436	01:45:41	Howard Burton	Coltishall Jaguars	M	509	M40	88	01:45:08	588
572	301	01:45:41	Mark Taylor		M	508	M40	87	01:45:02	584
573	764	01:45:41	Chloe Hudson	Valley Striders	F	64	F	47	01:45:37	600
574	2382	01:45:44	Adrian Lee	Reading Joggers	M	510	M45	53	01:45:08	589
575	2323	01:45:45	Mark Ogden		M	511	M	317	01:44:53	575
576	880	01:45:49	Dominic Wright		M	512	M	318	01:44:54	578
577	681	01:45:49	Dave Heasman		M	513	M40	89	01:45:30	598
578	843	01:45:52	Marc Doyle		M	514	M	319	01:45:02	583
579	2661	01:45:54	Simon Warnes		M	515	M	320	01:44:11	550
580	300	01:45:59	Bryan Cooper		M	516	M50	31	01:45:40	603
581	2462	01:46:02	Cliff Lear	Thetford AC	M	517	M40	90	01:45:41	604
582	638	01:46:02	Graham Barnes	Coltishall Jaguars	M	518	M55	17	01:44:54	579
583	2205	01:46:05	David Slatter		M	519	M40	91	01:44:53	576
584	2394	01:46:05	Elizabeth Cudmore	Colchester Harriers	F	65	F60	1	01:45:56	612
585	2626	01:46:06	Lee Collins		M	520	M	321	01:44:39	567
586	585	01:46:07	John Cotton		M	521	M45	54	01:45:49	607
587	345	01:46:09	Jane Yardy		F	66	F50	4	01:45:43	605
588	2456	01:46:10	Julian Allaker	Norwich Road Runners	M	522	M	322	01:45:16	594
589	1523	01:46:11	James Edgoose		M	523	M40	92	01:44:59	580
590	1724	01:46:18	Richard Fenn		M	524	M	323	01:45:24	595
591	2343	01:46:22	Emma Stevens		F	67	F	48	01:45:50	608
592	1476	01:46:23	Horace Shuriah	Haverhill Running Club	M	525	M	324	01:44:48	570
593	2613	01:46:24	Deborah Jones	North Norfolk Beach Runners	F	68	F	49	01:45:13	592
594	1621	01:46:26	Ray Campbell		M	526	M	325	01:43:30	521
595	2405	01:46:27	Martin Graveling		M	527	M	326	01:44:04	546
596	199	01:46:29	Tom Ellis		M	528	M	327	01:44:52	573
597	900	01:46:29	Mark Norman		M	529	M	328	01:45:27	596
598	138	01:46:30	Michael King		M	530	M55	18	01:44:27	558
599	2320	01:46:33	Tom Conway		M	531	M	329	01:45:46	606
600	844	01:46:35	Bobbie Sauerzapf	Bungay Black Dog RC	F	69	F45	5	01:44:21	555
601	679	01:46:38	Darren Beard		M	532	M	330	01:46:12	620
602	891	01:46:38	Adrian Spillett		M	533	M	331	01:45:36	599
603	2318	01:46:39	Robert Conway		M	534	M50	32	01:45:51	609
604	1146	01:46:40	Phill Howitt	Tri-Anglia	M	535	M45	55	01:45:00	582
605	2334	01:46:41	John Penny		M	536	M50	33	01:46:09	618
606	34	01:46:43	Viraf Captain		M	537	M45	56	01:44:50	571
607	1440	01:46:43	Matt Chandler		M	538	M	332	01:46:18	624
608	1423	01:46:43	Sara Rogger	Cambridge Triathlon Club	F	70	F	50	01:46:19	626
609	1696	01:46:44	Andrew Humphreys		M	539	M45	57	01:46:08	617
610	2442	01:46:53	Stefan Rider	Norwich Road Runners	M	540	M	333	01:45:56	613
611	2060	01:46:54	Marc Over		M	541	M	334	01:46:48	642
612	2225	01:46:56	Grant Shearman		M	542	M40	93	01:46:20	628
613	849	01:46:56	Mark Sedge		M	543	M	335	01:46:11	619
614	890	01:46:59	Dave Spooner		M	544	M	336	01:46:42	639
615	1187	01:47:00	Martin Sherlock		M	545	M	337	01:45:53	611
616	2473	01:47:03	Julia Smith		F	71	F	51	01:46:40	637
617	2502	01:47:03	Dan Godward	Norfolk Fire Service	M	546	M	338	01:46:16	622
618	402	01:47:07	Mark Burrell		M	547	M45	58	01:46:06	615
619	1495	01:47:07	Michael Burrell		M	548	M40	94	01:46:06	616
620	2193	01:47:11	Graham Clutten		M	549	M	339	01:46:21	629
621	1389	01:47:13	Tony Heath		M	550	M55	19	01:46:03	614
622	2114	01:47:13	Dan Little		M	551	M	340	01:46:44	640
623	2212	01:47:16	Tony Money		M	552	M	341	01:46:59	648
624	2108	01:47:16	Shaun Houston		M	553	M40	95	01:45:38	601
625	1386	01:47:18	Rone Thompson		F	72	F	52	01:46:25	631
626	1582	01:47:19	Mike Wright	Eye Community Runners	M	554	M40	96	01:46:26	633
627	928	01:47:21	Sean Fuller		M	555	M	342	01:46:17	623
628	2206	01:47:21	Barry Randle		M	556	M	343	01:46:18	625
629	1412	01:47:32	Gary Halestrap	Stowmarket Striders	M	557	M40	97	01:47:19	664
630	1112	01:47:33	Martin Hanner		M	558	M50	34	01:46:34	635
631	1849	01:47:34	George Lloyd-Williams		M	559	M	344	01:46:41	638
632	1985	01:47:35	Julian Lowe		M	560	M45	59	01:46:15	621
633	2656	01:47:42	Sean Aldred		M	561	M	345	01:46:44	641
634	2321	01:47:46	Matthew Conway		M	562	M	346	01:47:00	650
635	2471	01:47:47	Paul Alderton		M	563	M45	60	01:46:37	636
636	1003	01:47:48	Amy Tate		F	73	F	53	01:44:53	574
637	2281	01:47:48	Lindsey Saunders		M	564	M	347	01:46:49	643
638	2122	01:47:48	Tom Warkentin		M	565	M45	61	01:47:20	669
639	39	01:47:48	Michael Redfern		M	566	M	348	01:45:52	610
640	505	01:47:48	Sally Withey		F	74	F	54	01:46:57	646

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
641	219	01:47:53	Richard Clark	The Saxons	M	567	M40	98	01:46:52	644
642	271	01:47:55	Peter Chadwick		M	568	M40	99	01:46:57	647
643	959	01:47:55	Willa McDonald		F	75	F40	10	01:47:15	658
644	1657	01:47:57	Ben Leary	Serpentine	M	569	M	349	01:47:23	671
645	2551	01:47:58	Stephen Baker		M	570	M45	62	01:46:59	649
646	175	01:47:58	Brian Partridge		M	571	M45	63	01:47:36	679
647	1556	01:48:04	Ian Jarvis	North Norfolk Beach Runners	M	572	M40	100	01:47:20	665
648	894	01:48:04	Simon Woods		M	573	M	350	01:44:50	572
649	1836	01:48:07	Levi Allan		M	574	M	351	01:47:03	651
650	1834	01:48:07	Anna Woodgyer		F	76	F	55	01:47:03	652
651	2120	01:48:10	Adrian Carder		M	575	M50	35	01:47:16	659
652	224	01:48:14	Sarah Ford		F	77	F40	11	01:47:55	696
653	1670	01:48:15	Kevin Sadd		M	576	M	352	01:47:54	695
654	2229	01:48:15	Andrew Nichols		M	577	M	353	01:47:42	682
655	2371	01:48:16	Bobby Burrage		M	578	M	354	01:47:20	668
656	633	01:48:17	Kenneth Walsh	Road Runners Club	M	579	M65	3	01:47:20	666
657	1182	01:48:18	Kane Halsey		M	580	M	355	01:46:19	627
658	1876	01:48:18	Martin Ablett	Stowmarket Striders	M	581	M	356	01:48:05	703
659	35	01:48:19	Chris Plumridge		M	582	M50	36	01:45:13	593
660	1683	01:48:19	Mary Doman		F	78	F	56	01:46:28	634
661	2562	01:48:20	David Spencer		M	583	M50	37	01:47:25	672
662	1154	01:48:21	Emma Appleton		F	79	F	57	01:46:56	645
663	1620	01:48:25	Nathan Carter		M	584	M	357	01:45:29	597
664	914	01:48:26	Neil Robinson		M	585	M40	101	01:47:46	686
665	885	01:48:26	Ross Henderson		M	586	M40	102	01:47:46	687
666	762	01:48:28	Jon Holt		M	587	M	358	01:45:40	602
667	649	01:48:28	Frances Cooke	March AC	F	80	F50	5	01:47:35	678
668	1461	01:48:30	Henry Woodley		M	588	M	359	01:47:20	667
669	916	01:48:30	Kim Bramham		F	81	F45	6	01:47:32	675
670	77	01:48:31	Susan Snelling		F	82	F	58	01:47:59	701
671	1355	01:48:31	Andrew Smith		M	589	M	360	01:48:08	705
672	2632	01:48:36	Lee Emmett		M	590	M	361	01:47:57	699
673	56	01:48:37	Mark Burrows	Norwich Road Runners	M	591	M40	103	01:47:56	697
674	1247	01:48:37	Charlie Watson		M	592	M45	64	01:47:45	684
675	1149	01:48:37	Richard Willis		M	593	M	362	01:47:11	655
676	443	01:48:40	Nigel Hart		M	594	M45	65	01:47:36	681
677	1491	01:48:40	Mark Avery	Ipswich Jaffa	M	595	M40	104	01:47:53	694
678	1585	01:48:42	Lewis Anderson Anderson		M	596	M	363	01:47:06	653
679	2073	01:48:43	Gareth Jones		M	597	M	364	01:47:33	677
680	377	01:48:44	David Ingleby	Hadleigh Hares	M	598	M55	20	01:47:18	662
681	1431	01:48:47	Chris Borrett		M	599	M	365	01:47:49	691
682	1940	01:48:48	Tobias Ellenor		M	600	M	366	01:48:10	706
683	1906	01:48:49	Anna Eaton	Newmarket Joggers	F	83	F	59	01:47:15	657
684	2486	01:48:51	Pete Whaley	Tri-Anglia	M	601	M	367	01:47:22	670
685	1875	01:48:52	Dave Wright		M	602	M40	105	01:47:59	700
686	1046	01:48:54	Richard Gilham	Norfolk Gazelles	M	603	M45	66	01:48:23	712
687	802	01:48:54	Gavin Chillingworth		M	604	M	368	01:48:24	714
688	247	01:48:54	Chris Leeming		M	605	M	369	01:48:29	720
689	76	01:48:56	Hayley Page		F	84	F	60	01:48:25	715
690	419	01:48:56	Thomas Lincoln-Kemp		M	606	M40	106	01:47:36	680
691	1351	01:48:58	Jeremy Bayliss		M	607	M	370	01:48:42	727
692	1101	01:48:58	Carl Bates		M	608	M40	107	01:47:52	692
693	2665	01:48:59	Garf Lee	Thrift Green Trotters	M	609	M	371	01:47:28	674
694	239	01:49:03	Robert Cooper		M	610	M	372	01:47:08	654
695	1366	01:49:03	Brian A Glasgow		M	611	M40	108	01:48:24	713
696	1453	01:49:05	Benjamin Russell		M	612	M	373	01:47:49	690
697	1156	01:49:06	Ian Taylor		M	613	M50	38	01:46:26	632
698	2289	01:49:07	Ian Minty		M	614	M40	109	01:48:05	704
699	2156	01:49:11	David Clarke		M	615	M	374	01:48:01	702
700	2412	01:49:11	Martin Church		M	616	M	375	01:47:32	676
701	1720	01:49:13	Charles Macdonald	Serpentine	M	617	M	376	01:47:12	656
702	1173	01:49:15	Martin Hickling		M	618	M	377	01:47:44	683
703	804	01:49:16	Maria Alborough		F	85	F	61	01:48:46	729
704	336	01:49:16	Les Samuels		M	619	M40	110	01:48:30	721
705	1860	01:49:17	Mark Taylor		M	620	M	378	01:47:16	660
706	256	01:49:19	Leanne Howlett		F	86	F	62	01:48:25	716
707	180	01:49:20	Heather Fisher	Dudley-Kingswinford	F	87	F	63	01:48:36	723
708	2336	01:49:22	Richard Morrish		M	621	M45	67	01:48:50	735
709	1772	01:49:23	Graham Allchurch	North Norfolk Beach Runners	M	622	M40	111	01:48:15	708
710	1512	01:49:25	John Keep	Ranelagh Harriers	M	623	M	379	01:48:23	711
711	457	01:49:25	Rachel Robson		F	88	F45	7	01:47:56	698
712	534	01:49:27	Darren Morrey		M	624	M	380	01:48:15	707
713	501	01:49:27	Shaun Lowthorpe		M	625	M	381	01:48:19	710
714	1846	01:49:30	John Greener	Bildeston Bounders	M	626	M65	4	01:48:59	744
715	1618	01:49:32	Sophie Cowie		F	89	F	64	01:48:51	737
716	1229	01:49:34	Andrew Pearmain		M	627	M50	39	01:48:35	722
717	2223	01:49:35	Andrew Elvin		M	628	M	382	01:46:23	630
718	1984	01:49:36	Guy Sheppard	North Norfolk Beach Runners	M	629	M50	40	01:49:10	754
719	1114	01:49:36	Denver Slowther		M	630	M	383	01:49:11	756
720	530	01:49:37	Mark Willis		M	631	M	384	01:47:26	673

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
721	2603	01:49:39	Stephen Walpole		M	632	M40	112	01:47:17	661
722	1950	01:49:40	Beres Ward	City Of Norwich AC	F	90	F50	6	01:48:45	728
723	1937	01:49:41	Gary Rudd	Bedford Harriers	M	633	M	385	01:49:08	751
724	343	01:49:41	Andrew Bowen	Norwich Road Runners	M	634	M	386	01:48:48	732
725	91	01:49:43	Carol Betts	Norfolk Gazelles	F	91	F50	7	01:48:57	741
726	2695	01:49:44	Elizabeth Jones	City Of Norwich AC	F	92	F	65	01:48:41	726
727	1209	01:49:48	Maria De Lamerens		F	93	F	66	01:47:53	693
728	1674	01:49:48	Anthony Devlin		M	635	M	387	01:48:56	739
729	773	01:49:52	Ian Stolworthy		M	636	M	388	01:47:49	689
730	445	01:49:53	Stephen Newstead	North Norfolk Beach Runners	M	637	M45	68	01:49:38	775
731	2422	01:49:54	Nigel Gilham	Bungay Black Dog RC	M	638	M55	21	01:49:43	778
732	1550	01:49:54	Steve CuvIELlo		M	639	M	389	01:48:37	724
733	1912	01:49:54	Javed Majeed		M	640	M45	69	01:48:47	730
734	2257	01:49:55	Luke Roberts		M	641	M	390	01:49:16	759
735	298	01:49:55	Nicola Grimes		F	94	F	67	01:49:32	770
736	1246	01:49:56	Nicholas Carpenter		M	642	M60	6	01:49:10	753
737	216	01:49:56	Jon Cleary		M	643	M	391	01:48:40	725
738	2517	01:49:57	Michael Motteram		M	644	M	392	01:47:18	663
739	2151	01:49:57	Robert Cameron		M	645	M	393	01:49:06	749
740	264	01:49:57	Steve Fay		M	646	M	394	01:49:32	769
741	2180	01:50:01	Emma Suter		F	95	F	68	01:49:03	746
742	429	01:50:04	David Turner		M	647	M	395	01:48:55	738
743	1973	01:50:04	Sue Cooke	City Of Norwich AC	F	96	F45	8	01:49:08	752
744	2148	01:50:05	Paul Fisher		M	648	M55	22	01:49:01	745
745	2235	01:50:06	Adrian Ebbs		M	649	M45	70	01:49:12	757
746	2250	01:50:09	Nicholas Dunwell		M	650	M	396	01:49:20	763
747	1591	01:50:09	Roy Owen	Haverhill Running Club	M	651	M60	7	01:48:50	736
748	1042	01:50:10	Alison Woods		F	97	F	69	01:48:58	743
749	361	01:50:11	Angie Bear	Wymondham AC	F	98	F50	8	01:49:46	780
750	837	01:50:13	Matt Plunkett		M	652	M	397	01:48:27	717
751	1807	01:50:17	Paul Kerridge	Woodbridge Shufflers RC	M	653	M45	71	01:49:17	760
752	468	01:50:17	Daniel Simpson		M	654	M	398	01:47:47	688
753	2672	01:50:19	Adrian Galvin		M	655	M40	113	01:49:04	747
754	2179	01:50:23	Bev Wilkins		F	99	F	70	01:49:25	766
755	1660	01:50:25	Amanda Hards		F	100	F40	12	01:49:43	777
756	581	01:50:26	Dennis Simpson	Norwich Road Runners	M	656	M45	72	01:48:57	742
757	2252	01:50:27	John Kerrison		M	657	M45	73	01:49:49	782
758	1703	01:50:27	Marc Hill		M	658	M	399	01:49:46	781
759	420	01:50:28	Michael Davis		M	659	M	400	01:49:11	755
760	1956	01:50:30	Mat Newnham		M	660	M	401	01:48:50	734
761	752	01:50:32	Deborah Stamp		F	101	F	71	01:49:21	764
762	1249	01:50:34	Russell Bell		M	661	M	402	01:49:33	773
763	2600	01:50:35	John Carr		M	662	M50	41	01:48:29	719
764	2609	01:50:35	Jason Abbott		M	663	M	403	01:48:29	718
765	1181	01:50:35	Neil Coston		M	664	M	404	01:48:19	709
766	354	01:50:37	Carol Fisher	Dudley-Kingswinford	F	102	F50	9	01:49:51	784
767	207	01:50:38	Timothy Bragger		M	665	M	405	01:47:45	685
768	1474	01:50:39	Colin Rowell		M	666	M	406	01:49:06	750
769	2216	01:50:41	Stephen Cullum	Waveney Valley AC	M	667	M45	74	01:49:16	758
770	1867	01:50:42	Jerry Fuller		M	668	M	407	01:49:18	761
771	2047	01:50:43	John Sharpe	Coltishall Jaguars	M	669	M55	23	01:49:33	772
772	1988	01:50:45	Thomas Wagstaff		M	670	M	408	01:49:05	748
773	1806	01:50:45	Lucy Collyer		F	103	F40	13	01:49:18	762
774	1953	01:50:47	Richard Eaton		M	671	M40	114	01:49:23	765
775	2666	01:50:48	Pradeep Malik		M	672	M	409	01:48:48	731
776	1952	01:50:49	Jonathan Clark		M	673	M40	115	01:49:52	785
777	1055	01:50:54	Stephen Cockburn		M	674	M	410	01:48:49	733
778	2301	01:50:55	Jude Durrant		F	104	F40	14	01:50:19	798
779	2313	01:50:58	David Beckett		M	675	M45	75	01:49:43	779
780	808	01:51:02	Sarah Kimpton	UEA Athletics Club	F	105	F	72	01:48:57	740
781	2433	01:51:07	Mike Willis		M	676	M40	116	01:50:30	805
782	1102	01:51:11	John Chitty		M	677	M40	117	01:49:33	771
783	416	01:51:11	Michael Hulme		M	678	M	411	01:49:26	767
784	2478	01:51:14	John Barnes		M	679	M45	76	01:50:22	799
785	1057	01:51:15	David McNicol		M	680	M40	118	01:50:15	797
786	623	01:51:17	Mark Ecllett	Lowestoft Road Runners	M	681	M45	77	01:50:48	817
787	2592	01:51:19	Andrew Ruinoff		M	682	M	412	01:51:06	831
788	1183	01:51:19	Clare Elkins		F	106	F40	15	01:49:27	768
789	575	01:51:27	Shaun Green		M	683	M	413	01:49:53	786
790	2526	01:51:27	Michael Smith	Wymondham AC	M	684	M60	8	01:50:35	807
791	253	01:51:27	Trevor Horrex	Norwich Road Runners	M	685	M45	78	01:50:00	791
792	2540	01:51:29	C Gillett		M	686	M	414	01:50:57	820
793	2539	01:51:29	M Gillett		F	107	F	73	01:50:57	821
794	2659	01:51:31	Carole Spong	Great Yarmouth Road Runners	F	108	F65	1	01:51:15	842
795	806	01:51:32	Steven Minns		M	687	M40	119	01:50:36	809
796	267	01:51:33	David Cant		M	688	M45	79	01:50:01	792
797	1616	01:51:35	Sean Kent		M	689	M40	120	01:49:56	788
798	2288	01:51:35	Alison Fiddy	Norfolk Gazelles	F	109	F	74	01:50:31	806
799	513	01:51:36	Peter Waters		M	690	M40	121	01:49:36	774
800	766	01:51:39	Julia Hetherton	Bannatynes	F	110	F	75	01:51:16	844

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
801	1916	01:51:43	Ian Moore		M	691	M	415	01:50:56	819
802	2123	01:51:44	Ben Whattam		M	692	M	416	01:49:49	783
803	1767	01:51:48	John Richardson	Dereham Runners	M	693	M55	24	01:51:08	834
804	1974	01:51:51	Eirren Thompson		M	694	M	417	01:51:13	836
805	2424	01:51:53	Daniel Hughes		M	695	M	418	01:50:48	816
806	240	01:51:56	Iain Bayes		M	696	M	419	01:50:35	808
807	1776	01:52:00	Alex Bowling		M	697	M	420	01:51:12	835
808	144	01:52:01	Kay Martin		F	111	F40	16	01:49:56	789
809	2410	01:52:01	Marie Worrall	Great Yarmouth Road Runners	F	112	F40	17	01:51:46	864
810	2237	01:52:03	Gavin Lee	Coltishall Jaguars	M	698	M	421	01:50:53	818
811	1576	01:52:04	Nick Stolls		M	699	M50	42	01:50:30	804
812	2319	01:52:06	James Conway		M	700	M45	80	01:51:19	847
813	912	01:52:07	Neil Weston		M	701	M45	81	01:50:03	793
814	2543	01:52:07	Shaun Wennington		M	702	M	422	01:49:58	790
815	1865	01:52:07	Peter Sinclair		M	703	M60	9	01:51:03	827
816	100	01:52:08	Ian Pope		M	704	M	423	01:50:23	800
817	469	01:52:11	Caroline Perrement		F	113	F	76	01:49:41	776
818	2168	01:52:12	Wayne Hazell		M	705	M40	122	01:51:14	838
819	592	01:52:12	Gary Levey	Witham Running Club	M	706	M40	123	01:51:15	840
820	96	01:52:15	Andrew Stroud		M	707	M40	124	01:51:02	826
821	1441	01:52:16	Dave Dysart	Wymondham AC	M	708	M	424	01:51:52	867
822	1571	01:52:16	Jim Morris		M	709	M40	125	01:50:41	810
823	1689	01:52:16	Jon Platten		M	710	M45	82	01:51:01	824
824	2545	01:52:17	Claire Irons	Ely Runners	F	114	F	77	01:50:43	812
825	873	01:52:17	Jon Barber		M	711	M	425	01:51:29	854
826	953	01:52:18	James Chase		M	712	M40	126	01:51:29	855
827	1543	01:52:22	Robin Evans		M	713	M	426	01:51:23	851
828	1622	01:52:24	Eurwyn Jones	Norfolk Gazelles	M	714	M50	43	01:52:12	879
829	257	01:52:24	Jonathan Tyrrell	Tri-Anglia	M	715	M	427	01:50:43	813
830	493	01:52:26	John Tunaley	Ipswich Jaffa	M	716	M55	25	01:51:16	843
831	561	01:52:27	Stephen Plunkett	Dereham Runners	M	717	M45	83	01:51:33	857
832	1897	01:52:27	Darrel Roberts		M	718	M	428	01:50:47	815
833	1506	01:52:27	Peter Savage	Holme Pierrepont Running Club	M	719	M50	44	01:51:06	832
834	263	01:52:28	John Moss		M	720	M50	45	01:50:29	802
835	2259	01:52:29	Mark Ring		M	721	M40	127	01:51:44	863
836	832	01:52:29	David Higgins		M	722	M	429	01:51:22	850
837	2587	01:52:30	Jane Rickett		F	115	F40	18	01:51:56	871
838	192	01:52:31	James Goodson		M	723	M	430	01:50:30	803
839	2094	01:52:33	Jon Ward		M	724	M	431	01:50:05	794
840	281	01:52:33	Philip Mortimer		M	725	M	432	01:51:05	830
841	498	01:52:35	Matthew Fitzgerald		M	726	M	433	01:52:35	893
842	1833	01:52:35	Paul Sayer		M	727	M	434	01:52:08	876
843	1832	01:52:35	Rachel Norton		F	116	F40	19	01:52:08	875
844	1879	01:52:35	Sarah Ewing		F	117	F	78	01:51:44	862
845	2133	01:52:35	Helen Tosdevin		F	118	F40	20	01:51:01	825
846	145	01:52:36	Chris Tuttle		M	728	M	435	01:51:15	839
847	2645	01:52:36	Ian Murphy		M	729	M	436	01:50:13	795
848	2299	01:52:37	David Hollis	Norwich Road Runners	M	730	M50	46	01:51:04	828
849	2602	01:52:37	Darren Howard		M	731	M40	128	01:50:15	796
850	1537	01:52:37	Iain Murrell		M	732	M	437	01:51:38	860
851	2657	01:52:41	Simon Wiseman		M	733	M	438	01:51:35	858
852	559	01:52:43	Ian Cannell		M	734	M40	129	01:51:36	859
853	176	01:52:47	Stanley Swanepoel		M	735	M40	130	01:52:01	872
854	2276	01:52:47	Lisa Jordan		F	119	F	79	01:51:56	870
855	2169	01:52:48	Gareth Harrey	Pocklington Runners	M	736	M	439	01:51:00	823
856	2170	01:52:48	Davina Lambie	Pocklington Runners	F	120	F	80	01:50:59	822
857	2311	01:52:49	Christine Thorne	North Norfolk Beach Runners	F	121	F55	2	01:50:24	801
858	1803	01:52:52	Daniel Nicholl		M	737	M	440	01:52:32	890
859	2339	01:52:52	Stephen Searle	Ryston Runners	M	738	M55	26	01:51:54	869
860	2254	01:52:57	Adrian Jay	Coltishall Jaguars	M	739	M	441	01:51:15	841
861	2273	01:52:58	James Lusher		M	740	M	442	01:52:46	905
862	202	01:53:01	Claire Martin		F	122	F	81	01:51:49	866
863	2312	01:53:02	Robert Daykin		M	741	M60	10	01:52:29	887
864	1643	01:53:03	Jake Butterworth		M	742	M	443	01:53:01	925
865	2128	01:53:04	Gary Wright		M	743	M40	131	01:51:17	845
866	1966	01:53:04	Ross Campbell	Tri-Anglia	M	744	M45	84	01:52:27	885
867	626	01:53:05	Anne Florence	Diss AC	F	123	F55	3	01:52:35	897
868	310	01:53:06	Steven Stolworthy		M	745	M	444	01:50:42	811
869	2436	01:53:07	Thomas Good		M	746	M40	132	01:49:53	787
870	1913	01:53:08	Colin Hewes	Uknetrunner.Co.Uk	M	747	M50	47	01:51:06	833
871	1818	01:53:08	Wayne Smith		M	748	M	445	01:51:46	865
872	2426	01:53:12	Tony Anderson	Great Yarmouth Road Runners	M	749	M	446	01:52:07	874
873	1451	01:53:12	John Hannah		M	750	M	447	01:52:26	883
874	364	01:53:14	Simon Booth		M	751	M	448	01:51:20	849
875	213	01:53:14	Colin Whale	Bungay Black Dog RC	M	752	M45	85	01:53:02	926
876	2175	01:53:15	R Paul	Bungay Black Dog RC	M	753	M55	27	01:53:04	929
877	2347	01:53:16	John Squires	Dorking And Mole Valley Harriers	M	754	M55	28	01:51:18	846
878	58	01:53:17	Geoffery Bird	Reading Joggers	M	755	M65	5	01:52:36	900
879	536	01:53:19	Stephen Poundhall		M	756	M	449	01:52:56	917
880	2270	01:53:21	Edward Smith		M	757	M	450	01:51:39	861

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
881	1992	01:53:21	James Tomlinson		M	758	M	451	01:51:04	829
882	861	01:53:24	Ian Love		M	759	M40	133	01:52:55	915
883	359	01:53:26	David Clark		M	760	M	452	01:52:32	891
884	1648	01:53:26	Kc Prosser		M	761	M	453	01:51:14	837
885	1943	01:53:29	Shane Baker		M	762	M	454	01:50:47	814
886	2372	01:53:30	John Puddifoot		M	763	M	455	01:52:34	892
887	1212	01:53:31	Richard High	Norwich Road Runners	M	764	M	456	01:51:20	848
888	2618	01:53:31	Matt Sykes		M	765	M40	134	01:52:47	906
889	2619	01:53:32	Stuart Burgess		M	766	M40	135	01:52:48	907
890	2482	01:53:32	Rachel Pearson		F	124	F	82	01:53:00	923
891	1982	01:53:32	David Barclay	Norfolk Gazelles	M	767	M45	86	01:51:54	868
892	2607	01:53:36	Tony Lack	Ramsay Road Runners	M	768	M65	6	01:53:14	935
893	1661	01:53:38	Nicholas Hards		M	769	M45	87	01:52:57	918
894	2630	01:53:44	Richard Fellingham	Stowmarket Striders	M	770	M60	11	01:53:17	942
895	687	01:53:44	Sarah Townend		F	125	F40	21	01:52:44	904
896	1823	01:53:47	Julia Kennelly	Wymondham AC	F	126	F	83	01:53:08	931
897	1883	01:53:47	Alex McFarquhar		M	771	M	457	01:51:24	852
898	1458	01:53:48	Rebecca Thomson		F	127	F	84	01:51:30	856
899	1631	01:53:49	Graeme McFarquhar		M	772	M	458	01:51:26	853
900	2397	01:53:50	Jane Featherby		F	128	F45	9	01:53:07	930
901	2479	01:53:51	Stuart Lawson		M	773	M	459	01:53:10	934
902	2063	01:53:51	Nick Searle		M	774	M45	88	01:52:54	914
903	2546	01:53:55	Caroline Chapman	Vegetarian C And AC	F	129	F40	22	01:52:55	916
904	2651	01:53:55	Chris Murphy		M	775	M	460	01:52:04	873
905	2547	01:53:55	Glenn Chapman	Vegetarian C And AC	M	776	M45	89	01:52:53	913
906	1848	01:53:55	Mandy Nickerson	Haverhill Running Club	F	130	F40	23	01:52:35	896
907	693	01:53:57	Nancy Taylor		F	131	F	85	01:52:22	882
908	1433	01:53:57	Tina Belsom	Stowmarket Striders	F	132	F40	24	01:52:30	889
909	594	01:53:58	Neil Martin	Stowmarket Striders	M	777	M	461	01:52:11	878
910	2549	01:54:06	Ian Woods	Norfolk Gazelles	M	778	M50	48	01:52:14	880
911	616	01:54:09	Ken Renshaw	Dereham Runners	M	779	M50	49	01:52:38	901
912	1636	01:54:11	William Cartledge		M	780	M	462	01:53:43	957
913	1800	01:54:14	Jane Fielden		F	133	F	86	01:53:02	927
914	772	01:54:15	Michael Stolworthy		M	781	M	463	01:52:35	898
915	1882	01:54:18	David Cashmore		M	782	M	464	01:52:35	894
916	2573	01:54:20	Peter Wapshott		M	783	M55	29	01:52:49	908
917	550	01:54:22	Dave Onion	Redhill Road Runners	M	784	M65	7	01:54:04	985
918	2494	01:54:23	Chris McCormick		M	785	M	465	01:53:17	943
919	1921	01:54:23	Daniel Bycroft		M	786	M	466	01:52:59	919
920	1954	01:54:24	Nigel Farthing	Woodbridge Shufflers RC	M	787	M50	50	01:53:00	920
921	1532	01:54:24	Robert Bell		M	788	M	467	01:52:10	877
922	689	01:54:25	Lorraine Dawson		F	134	F45	10	01:54:14	992
923	1634	01:54:26	Andy Howard		M	789	M	468	01:52:19	881
924	1295	01:54:26	Magdy Elsayy		M	790	M55	30	01:53:52	971
925	1976	01:54:26	Bob Beattie	Tiptree Road Runners	M	791	M60	12	01:52:42	902
926	867	01:54:26	Martyn Poxon		M	792	M50	51	01:52:50	911
927	415	01:54:27	Matt Howes		M	793	M	469	01:53:08	932
928	67	01:54:30	Guy Rash		M	794	M40	136	01:52:36	899
929	397	01:54:31	Peter Paulson-Ellis		M	795	M	470	01:52:35	895
930	2594	01:54:31	Ian Sloan		M	796	M40	137	01:52:28	886
931	55	01:54:32	Anne Hulse	Norwich Road Runners	F	135	F45	11	01:53:49	965
932	1411	01:54:34	Mike Sinclair		M	797	M50	52	01:52:30	888
933	665	01:54:37	Charlene Glen		F	136	F	87	01:54:06	986
934	366	01:54:38	Matt Freeman		M	798	M	471	01:54:01	981
935	2267	01:54:38	Colin Farmer		M	799	M40	138	01:53:00	922
936	1436	01:54:38	John O'Halloran		M	800	M	472	01:52:27	884
937	1873	01:54:39	Ken Tidd		M	801	M55	31	01:53:49	963
938	121	01:54:41	Teresa Clark		F	137	F	88	01:53:47	962
939	735	01:54:42	Sarah Jay	Coltishall Jaguars	F	138	F40	25	01:53:01	924
940	1808	01:54:44	Brian Best		M	802	M65	8	01:54:18	994
941	2550	01:54:46	Rebecca Horne		F	139	F	89	01:53:15	936
942	602	01:54:49	Sonya Cooper		F	140	F	90	01:54:04	984
943	524	01:54:49	Harry Smith	Stowmarket Striders	M	803	M40	139	01:54:22	999
944	2199	01:54:50	John Greenfield		M	804	M45	90	01:54:00	980
945	1581	01:54:50	Jennifer Garner		F	141	F	91	01:52:49	909
946	920	01:54:51	Alan West		M	805	M	473	01:52:50	910
947	925	01:54:52	Karl Darby		M	806	M	474	01:54:10	990
948	472	01:54:53	Jackie Bye	Coltishall Jaguars	F	142	F50	10	01:53:43	958
949	1561	01:54:55	Peter Crerar		M	807	M60	13	01:54:08	987
950	2574	01:54:56	Anton Wimmer	City Of Norwich AC	M	808	M	475	01:54:34	1008
951	2485	01:55:00	Paul Brocklehurst		M	809	M	476	01:53:59	979
952	2150	01:55:01	Craig Bullock		M	810	M	477	01:54:10	989
953	1335	01:55:01	Peter Prinsley		M	811	M50	53	01:53:18	944
954	1923	01:55:02	Chris Haycock		M	812	M40	140	01:53:44	959
955	2048	01:55:03	Margaret Sharpe	Coltishall Jaguars	F	143	F55	4	01:53:54	972
956	1001	01:55:03	Victoria Harris		F	144	F	92	01:54:41	1014
957	1074	01:55:05	Chris Sargisson		M	813	M40	141	01:54:08	988
958	1338	01:55:06	Joni Larbalestier		F	145	F	93	01:54:41	1015
959	2647	01:55:08	Simon Redding		M	814	M45	91	01:53:50	966
960	1297	01:55:08	Ryan Honeyman		M	815	M	478	01:53:41	953

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
961	1298	01:55:09	Karl Hunter		M	816	M	479	01:53:41	954
962	2050	01:55:09	Jill Copeland	Norwich Road Runners	F	146	F45	12	01:53:25	945
963	1784	01:55:10	Jeremy Lawrence		M	817	M50	54	01:54:15	993
964	1345	01:55:11	Julie Hacon		F	147	F45	13	01:53:36	951
965	1169	01:55:13	Peter Boyce		M	818	M40	142	01:54:03	982
966	157	01:55:13	Simon Dowson	Shropshire Shufflers	M	819	M50	55	01:54:59	1028
967	172	01:55:13	Samantha Britcher		F	148	F	94	01:54:04	983
968	544	01:55:15	Dean Clark		M	820	M	480	01:53:50	969
969	1359	01:55:15	Luke Smith		M	821	M	481	01:53:16	940
970	496	01:55:15	Simon Hands		M	822	M	482	01:53:16	941
971	637	01:55:17	Robert Hurst		M	823	M	483	01:54:41	1016
972	2325	01:55:19	Alaric Ross-Wagenknecht		M	824	M	484	01:53:03	928
973	1072	01:55:20	Paul Hewett		M	825	M	485	01:52:43	903
974	177	01:55:24	Katherine Goodwille		F	149	F	95	01:53:00	921
975	32	01:55:24	Steven Ely		M	826	M	486	01:54:28	1004
976	2279	01:55:25	James Wynn		M	827	M	487	01:53:59	977
977	1289	01:55:27	Phil Downey		M	828	M	488	01:53:50	967
978	2041	01:55:32	Stephen Foster		M	829	M50	56	01:55:00	1029
979	2499	01:55:40	Steve Haffenden		M	830	M	489	01:53:29	948
980	1845	01:55:42	Phillip Bazley		M	831	M	490	01:53:36	952
981	2023	01:55:42	Robert Trigg		M	832	M	491	01:53:29	947
982	24	01:55:43	David Punt	Bungay Black Dog RC	M	833	M50	57	01:55:43	1062
983	2439	01:55:43	Shaun Waller		M	834	M	492	01:53:15	938
984	2501	01:55:43	Joseph Hemmings		M	835	M	493	01:53:15	937
985	1868	01:55:44	Darren Cooper		M	836	M	494	01:54:20	996
986	1574	01:55:44	Nick Riches		M	837	M45	92	01:53:51	970
987	573	01:55:46	Paul Silwood		M	838	M	495	01:53:09	933
988	88	01:55:48	Declan Farrell		M	839	M	496	01:53:34	949
989	2253	01:55:48	Paul Wickens		M	840	M	497	01:53:34	950
990	1706	01:55:49	Karen Lonton	Braintree & District Athletics Club	F	150	F	96	01:54:22	998
991	166	01:55:49	Ben Guest		M	841	M	498	01:53:55	973
992	2163	01:55:49	Martin Mills		M	842	M40	143	01:52:51	912
993	1231	01:55:50	Dean Walker		M	843	M	499	01:54:50	1022
994	1718	01:55:53	Nathan D'Alessandri		M	844	M	500	01:53:43	955
995	1844	01:55:56	Paul Dack		M	845	M40	144	01:54:26	1001
996	2161	01:55:57	Simon Bradley		M	846	M	501	01:54:51	1024
997	596	01:55:58	Philippa Rudd		F	151	F40	26	01:53:49	964
998	1990	01:55:58	Tracy Stevenson	Norfolk Gazelles	F	152	F40	27	01:53:56	974
999	2160	01:55:59	Robert Langley		M	847	M	502	01:54:54	1025
1000	2086	01:55:59	Martin Roper		M	848	M50	58	01:55:12	1036
1001	2324	01:56:00	Daniel North		M	849	M	503	01:53:43	956
1002	2590	01:56:01	Gerry Dolden	Tiptree Road Runners	M	850	M40	145	01:54:47	1019
1003	1627	01:56:01	Mark Timmins		M	851	M	504	01:55:05	1033
1004	455	01:56:02	Damian Ashcroft		M	852	M40	146	01:53:44	960
1005	2624	01:56:07	Darren Rigg		M	853	M	505	01:53:16	939
1006	520	01:56:09	Kitty Acheson		F	153	F	97	01:53:59	978
1007	554	01:56:11	Alexandra Crossley		F	154	F40	28	01:55:20	1044
1008	956	01:56:11	Kevin McPeake		M	854	M	506	01:53:45	961
1009	1878	01:56:12	Tim Fitzgerald		M	855	M	507	01:54:46	1018
1010	2256	01:56:15	Paul Walsingham		M	856	M45	93	01:53:56	975
1011	378	01:56:16	Pauline Sparrow	Ryston Runners	F	155	F55	5	01:54:23	1000
1012	2132	01:56:18	Stewart Hart		M	857	M55	32	01:55:27	1049
1013	2428	01:56:19	Juliet West		F	156	F	98	01:54:27	1003
1014	430	01:56:20	Michael Fairs		M	858	M	508	01:54:49	1020
1015	1472	01:56:21	Stuart Catchpole		M	859	M	509	01:53:25	946
1016	582	01:56:21	Karyn Bray		F	157	F	99	01:54:40	1013
1017	427	01:56:22	Elizabeth Fairs		F	158	F	100	01:54:50	1021
1018	1170	01:56:23	Victoria Langley		F	159	F	101	01:55:17	1041
1019	371	01:56:23	Charlotte Boucher		F	160	F	102	01:55:17	1040
1020	370	01:56:23	Michael Negrepointis		M	860	M	510	01:55:17	1039
1021	1230	01:56:24	Gemma Dullea		F	161	F	103	01:55:23	1047
1022	2231	01:56:26	Charles Wood	Norwich Road Runners	M	861	M50	59	01:55:16	1038
1023	1813	01:56:27	Peter Walwyn		M	862	M65	9	01:54:58	1027
1024	372	01:56:27	Graham Coleman	Wymondham AC	M	863	M45	94	01:55:09	1034
1025	2687	01:56:29	William Ridsdill Smith		M	864	M40	147	01:54:19	995
1026	781	01:56:29	Julien Nelson		M	865	M40	148	01:54:42	1017
1027	2226	01:56:34	John Trowell	Stowmarket Striders	M	866	M	511	01:54:31	1006
1028	181	01:56:35	Robin Farrar	Bungay Black Dog RC	M	867	M65	10	01:56:21	1090
1029	1091	01:56:35	Rebecca Ford		F	162	F	104	01:56:14	1085
1030	485	01:56:37	Anne Fish	Stowmarket Striders	F	163	F60	2	01:56:02	1074
1031	1432	01:56:38	Paul Wallace		M	868	M40	149	01:54:36	1009
1032	1619	01:56:41	Stewart McKenna		M	869	M65	11	01:55:35	1053
1033	1788	01:56:42	Thomas Stevens		M	870	M	512	01:54:39	1012
1034	528	01:56:42	Steven Chilvers		M	871	M50	60	01:54:31	1005
1035	1754	01:56:43	Martin Holroyd		M	872	M	513	01:55:10	1035
1036	1890	01:56:44	Laura McKay		F	164	F40	29	01:54:50	1023
1037	452	01:56:44	Michael Franks		M	873	M50	61	01:54:26	1002
1038	2208	01:56:45	Matthew Davy		M	874	M	514	01:54:10	991
1039	1679	01:56:47	Peter Morris		M	875	M	515	01:54:36	1010
1040	1045	01:56:49	Neil Cronin		M	876	M40	150	01:54:33	1007

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1041	874	01:56:49	Andrew Shorthose		M	877	M	516	01:55:42	1059
1042	978	01:56:49	James Tattley		M	878	M	517	01:55:43	1060
1043	1583	01:56:50	Sarah Cawston		F	165	F	105	01:56:27	1096
1044	2358	01:56:50	Andrew Venables		M	879	M	518	01:53:50	968
1045	183	01:56:50	Lucy Summers	Norwich Road Runners	F	166	F	106	01:56:10	1080
1046	1367	01:56:51	Trevor Smith		M	880	M45	95	01:53:58	976
1047	158	01:56:59	Ione Dowson	Shropshire Shufflers	F	167	F50	11	01:56:45	1113
1048	1933	01:57:00	Patrick Compton		M	881	M55	33	01:56:09	1079
1049	2355	01:57:03	James Hupton		M	882	M	519	01:56:37	1108
1050	136	01:57:04	Laurence Bartrum		M	883	M	520	01:56:21	1091
1051	379	01:57:06	Nik Chapman	Army	M	884	M45	96	01:54:39	1011
1052	1830	01:57:06	Grant Wheeler		M	885	M40	151	01:56:03	1076
1053	646	01:57:07	Hayley Cocksedge	Thetford AC	F	168	F	107	01:56:46	1115
1054	428	01:57:08	Andrew Dawson		M	886	M	521	01:55:18	1042
1055	848	01:57:11	Helen Sedge		F	169	F	108	01:55:20	1043
1056	1129	01:57:12	Kim Chatten		F	170	F45	14	01:54:56	1026
1057	1936	01:57:12	Matt Lynn		M	887	M	522	01:55:21	1045
1058	1324	01:57:15	Amy Gasper		F	171	F	109	01:56:12	1082
1059	2357	01:57:17	James Coulter		M	888	M40	152	01:55:15	1037
1060	2537	01:57:17	Charlie Middleton	Norfolk Gazelles	M	889	M40	153	01:55:39	1057
1061	1007	01:57:17	Tony Richards		M	890	M	523	01:56:40	1109
1062	2575	01:57:18	David Carter		M	891	M40	154	01:55:48	1065
1063	1567	01:57:18	Chris Brooks		M	892	M	524	01:56:25	1093
1064	2448	01:57:18	Tristan McEwen		M	893	M	525	01:55:48	1066
1065	488	01:57:19	Hilary Crichton		F	172	F	110	01:55:01	1030
1066	1270	01:57:22	Paul Vincent		M	894	M50	62	01:55:31	1051
1067	2069	01:57:22	George Forrester		M	895	M60	14	01:56:13	1084
1068	663	01:57:22	Charlotte Wootton		F	173	F40	30	01:56:02	1073
1069	1303	01:57:23	Helen Mian		F	174	F40	31	01:56:02	1072
1070	61	01:57:25	Marian Pratt		F	175	F40	32	01:55:31	1050
1071	1226	01:57:26	Jenny Pratt		F	176	F40	33	01:55:32	1052
1072	101	01:57:27	Jo Godwin		F	177	F	111	01:56:03	1075
1073	2533	01:57:28	Steven Baum		M	896	M50	63	01:56:12	1083
1074	597	01:57:30	Christopher Groves		M	897	M55	34	01:56:17	1087
1075	779	01:57:33	Daniel Nolan		M	898	M40	155	01:55:37	1055
1076	462	01:57:34	Darren Abbs		M	899	M	526	01:56:44	1112
1077	1408	01:57:35	Mark Ellis		M	900	M50	64	01:56:42	1110
1078	376	01:57:36	Susan Bravo Rodriguez	Ryston Runners	F	178	F40	34	01:55:43	1061
1079	2079	01:57:37	Richard Davis		M	901	M	527	01:55:40	1058
1080	1203	01:57:38	Joanna Diaper		F	179	F	112	01:56:34	1104
1081	478	01:57:39	Jim Edge		M	902	M	528	01:55:51	1067
1082	1507	01:57:39	John Clarke		M	903	M40	156	01:55:01	1031
1083	85	01:57:39	Alec Fraser	North Norfolk Beach Runners	M	904	M65	12	01:56:23	1092
1084	946	01:57:42	Paul Sparrow		M	905	M	529	01:55:54	1069
1085	1008	01:57:44	Giles Robinson		M	906	M	530	01:54:20	997
1086	124	01:57:46	Stephanie Jones		F	180	F	113	01:57:09	1130
1087	1700	01:57:46	Glyndwr Thomas		M	907	M	531	01:55:46	1063
1088	2403	01:57:48	Ronnie Woods		M	908	M45	97	01:57:09	1129
1089	326	01:57:48	Tunde Metz		F	181	F	114	01:56:33	1103
1090	2074	01:57:50	Peter Warren	City Of Norwich AC	M	909	M50	65	01:57:20	1140
1091	736	01:57:50	Tim Foot		M	910	M45	98	01:57:50	1163
1092	2091	01:57:50	Lois Kerrison	Kingston & Poly Athletic Club	F	182	F	115	01:56:53	1118
1093	2260	01:57:51	Joan Hastings	Sleaford Striders	F	183	F	116	01:55:26	1048
1094	2458	01:57:52	Victoria Moody		F	184	F	117	01:55:54	1068
1095	2696	01:57:55	Simon McKinna		M	911	M	532	01:56:08	1077
1096	690	01:57:57	Sandra Wilson		F	185	F50	12	01:57:47	1160
1097	2620	01:58:02	Luis Paredes		M	912	M	533	01:56:12	1081
1098	2348	01:58:03	Jen Armstrong		F	186	F	118	01:57:10	1131
1099	1669	01:58:04	Kit Akass		M	913	M	534	01:57:31	1145
1100	1166	01:58:06	Tim Leavold		M	914	M	535	01:55:21	1046
1101	1687	01:58:06	Patrick Davies		M	915	M45	99	01:56:08	1078
1102	525	01:58:08	Anna Sherman	Stowmarket Striders	F	187	F	119	01:56:33	1101
1103	1701	01:58:12	Anthony Ward		M	916	M	536	01:56:19	1088
1104	589	01:58:12	Chris Aspin		M	917	M40	157	01:56:53	1119
1105	2676	01:58:12	Joel Atherton		M	918	M	537	01:55:48	1064
1106	454	01:58:17	Don Waring		M	919	M	538	01:55:59	1070
1107	1993	01:58:19	Jane Holland		F	188	F45	15	01:56:36	1107
1108	398	01:58:21	Jane Robinson		F	189	F45	16	01:57:54	1166
1109	1919	01:58:21	Martin Miller		M	920	M	539	01:55:04	1032
1110	1549	01:58:23	Neil Bower		M	921	M	540	01:56:36	1106
1111	2331	01:58:23	Philip Hull		M	922	M55	35	01:57:14	1133
1112	578	01:58:26	Sarah Mampuys	Newmarket Joggers	F	190	F	120	01:56:50	1116
1113	471	01:58:26	Rod Bye	Coltishall Jaguars	M	923	M45	100	01:57:18	1138
1114	2571	01:58:27	Andrew Verney	Tri-Anglia	M	924	M40	159	01:56:29	1100
1115	965	01:58:29	Julian Bamford	Norwich Road Runners	M	925	M	540	01:56:14	1086
1116	1286	01:58:31	Dan Crane		M	926	M	541	01:56:26	1094
1117	1914	01:58:31	Graham Cornish		M	927	M40	160	01:57:08	1128
1118	335	01:58:33	Toby Whalen		M	928	M	542	01:57:41	1155
1119	2335	01:58:33	Matt Rowland		M	929	M	543	01:57:29	1142
1120	2013	01:58:35	Stephen Browning	Norfolk Gazelles	M	930	M55	36	01:56:33	1102

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	883	01:58:35	Peter Carmichael		M	931	M	544	01:56:29	1099
1122	1994	01:58:36	Emily Jordan		F	191	F	121	01:55:36	1054
1123	2309	01:58:37	James Belcher		M	932	M	545	01:55:37	1056
1124	2195	01:58:38	Lynn Archer	Oasis	F	192	F45	17	01:58:04	1177
1125	453	01:58:39	Steve Wragg		M	933	M40	161	01:56:21	1089
1126	1664	01:58:39	Kate West	UEA Triathlon Club	F	193	F	122	01:56:53	1120
1127	2305	01:58:41	Colin Oakley		M	934	M45	101	01:56:34	1105
1128	2131	01:58:42	Neil Tosdevin		M	935	M40	162	01:57:08	1127
1129	1130	01:58:42	Ian Boggan		M	936	M45	102	01:56:26	1095
1130	1273	01:58:46	Robert Gibbons	Norwich Road Runners	M	937	M	546	01:56:01	1071
1131	2381	01:58:47	Seth Makin		M	938	M	547	01:57:46	1159
1132	28	01:58:48	William Wedge		M	939	M	548	01:57:16	1134
1133	509	01:58:48	Nancy Wedge		F	194	F	123	01:57:16	1136
1134	1174	01:58:49	Fergal Shannon		M	940	M	549	01:57:31	1146
1135	2520	01:58:52	Kevin Bradley	Stowmarket Striders	M	941	M45	103	01:58:11	1185
1136	2134	01:58:53	Mick Atkins		M	942	M40	163	01:58:09	1184
1137	104	01:58:54	Luke Parker		M	943	M	550	01:57:39	1152
1138	1743	01:58:57	Lisa Netto	Norfolk Gazelles	F	195	F	124	01:57:31	1144
1139	2346	01:58:59	Susan Holland	Istead And Ifield Harriers	F	196	F45	18	01:57:01	1126
1140	2118	01:59:01	Adam Williams		M	944	M	551	01:58:31	1200
1141	2029	01:59:03	Malcolm Robertson		M	945	M55	37	01:56:52	1117
1142	243	01:59:04	Catherine Spillane		F	197	F45	19	01:56:44	1111
1143	1880	01:59:05	Agatha De Boer		F	198	F	125	01:56:46	1114
1144	1196	01:59:07	Andy Trend		M	946	M	552	01:57:37	1147
1145	1197	01:59:07	Mick Hughes		M	947	M40	164	01:57:37	1148
1146	1085	01:59:10	Andrew Ray		M	948	M40	165	01:58:06	1178
1147	859	01:59:11	Jonathan Collen		M	949	M	553	01:58:43	1206
1148	491	01:59:11	Alison Brown		F	199	F	126	01:58:09	1181
1149	196	01:59:11	Anne Beckett-Allen		F	200	F	127	01:57:49	1162
1150	1935	01:59:11	Greg Marcham		M	950	M	554	01:57:51	1164
1151	1233	01:59:12	Jonathan Groom		M	951	M	555	01:57:01	1125
1152	1424	01:59:13	Jack Parnell		M	952	M	556	01:56:28	1098
1153	2396	01:59:16	David Day		M	953	M	557	01:56:57	1122
1154	2233	01:59:16	Jo Payne		F	201	F40	35	01:57:59	1172
1155	532	01:59:20	Stuart Palmer		M	954	M	558	01:58:01	1174
1156	1539	01:59:21	Jonathan Boucher	City Of Norwich AC	M	955	M	559	01:56:54	1121
1157	1649	01:59:23	Danny Reeve		M	956	M	560	01:57:45	1158
1158	147	01:59:23	Julian Smith		M	957	M40	166	01:58:16	1188
1159	1134	01:59:27	White Martyn		M	958	M	561	01:58:56	1220
1160	620	01:59:28	Luke Coppen		M	959	M	562	01:58:34	1201
1161	728	01:59:30	Sharon Bardwell		F	202	F	128	01:58:30	1197
1162	2639	01:59:30	James Lay		M	960	M	563	01:57:38	1151
1163	2643	01:59:30	Daniel McKeown		M	961	M	564	01:57:42	1156
1164	1839	01:59:35	Dan Furr		M	962	M	565	01:56:27	1097
1165	325	01:59:37	Andrew Williamson		M	963	M	566	01:57:14	1132
1166	320	01:59:37	Lyn McDonnell	Notfast RC	F	203	F50	13	01:57:49	1161
1167	486	01:59:40	Grayhame Fish	Stowmarket Striders	M	964	M55	38	01:59:05	1227
1168	1721	01:59:41	Carolyn Wright		F	204	F	129	01:59:17	1238
1169	1341	01:59:41	Caroline Smith		F	205	F	130	01:59:17	1239
1170	1422	01:59:42	David Thrower		M	965	M55	39	01:58:09	1183
1171	2598	01:59:42	Ian Barker		M	966	M40	167	01:57:55	1167
1172	2627	01:59:43	Juliet Wood		F	206	F	131	01:58:17	1189
1173	1526	01:59:43	Daniel Harris		M	967	M	567	01:56:59	1123
1174	511	01:59:44	Annabelle Dickson		F	207	F	132	01:57:30	1143
1175	1477	01:59:45	Danielle Deaville-Lees		F	208	F	133	01:58:00	1173
1176	97	01:59:46	Joe Seabrook		M	968	M60	15	01:58:01	1175
1177	1955	01:59:46	Anna Douglas		F	209	F	134	01:58:23	1191
1178	2135	01:59:47	Graham Holland		M	969	M	568	01:57:57	1171
1179	156	01:59:48	Beverley-Jayne Rackham		F	210	F45	20	01:58:24	1192
1180	244	01:59:48	Glenn Kerr		M	970	M	569	01:59:11	1231
1181	2510	01:59:49	Samantha Goddard	UEA Triathlon Club	F	211	F	135	01:58:03	1176
1182	719	01:59:51	Karen Plowman		F	212	F40	36	01:58:27	1194
1183	2566	01:59:51	Edward Iveagh		M	971	M	570	01:57:40	1154
1184	515	01:59:52	Michael Bailey		M	972	M	571	01:57:22	1141
1185	2278	01:59:53	Stuart Simpson		M	973	M	572	01:58:09	1182
1186	292	01:59:53	Christian Goude		M	974	M	573	01:59:08	1229
1187	972	01:59:53	Mark Hodges		M	975	M40	168	01:57:44	1157
1188	232	01:59:57	John Flynn	Tri-Anglia	M	976	M65	13	01:58:45	1209
1189	651	01:59:57	F Siblon	Cambridge Harriers	F	213	F45	21	01:57:18	1137
1190	205	01:59:58	Sarah Mitchell		F	214	F40	37	01:58:28	1195
1191	709	02:00:00	Mary Schofield		F	215	F	136	01:57:57	1169
1192	1485	02:00:09	Phil Gulley		M	977	M40	169	01:57:57	1170
1193	309	02:00:09	Trudie Coleman	Tri-Anglia	F	216	F40	38	01:58:51	1213
1194	1837	02:00:10	David Egerton		M	978	M40	170	01:57:01	1124
1195	2404	02:00:13	Susanna Munday	Stowmarket Striders	F	217	F	137	01:57:16	1135
1196	1525	02:00:15	Emma Fisher		F	218	F	138	01:58:06	1179
1197	2039	02:00:17	Neil Campbell		M	979	M	574	01:57:57	1168
1198	1287	02:00:17	Susannah Whitehead		F	219	F	139	01:58:11	1186
1199	1969	02:00:17	Vic Leeder		M	980	M60	16	01:57:19	1139
1200	1904	02:00:18	Wendy Hughes	Stowmarket Striders	F	220	F45	22	01:58:31	1199

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RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	1604	02:00:20	Sarah Barker		F	221	F	140	01:59:20	1244
1202	1028	02:00:23	Amanda Fear	Stowmarket Striders	F	222	F	141	01:59:42	1252
1203	1656	02:00:25	Sophie Ravenscroft	Women's Running Network	F	223	F	142	01:59:03	1223
1204	1243	02:00:25	Erin Dean	Mornington Chasers	F	224	F	143	01:58:44	1208
1205	2005	02:00:26	Jason Marsh		M	981	M	575	01:58:08	1180
1206	1858	02:00:27	Ernest Adams		M	982	M45	104	01:57:52	1165
1207	1888	02:00:28	Margaret Kent		F	225	F45	23	01:59:17	1240
1208	1732	02:00:29	Lee Kiddell		M	983	M	576	01:58:37	1202
1209	312	02:00:29	Max Brydon		M	984	M	577	01:58:43	1207
1210	451	02:00:30	John Bennett		M	985	M	578	01:57:40	1153
1211	2527	02:00:32	Margaret Middleton		F	226	F50	14	01:58:30	1198
1212	1346	02:00:32	Andrew Hardwick		M	986	M45	105	01:58:57	1221
1213	1103	02:00:35	Ghislaine Chitty		F	227	F	144	01:58:57	1222
1214	153	02:00:36	Alan Law	Ryston Runners	M	987	M50	66	01:58:29	1196
1215	1469	02:00:39	Carole Wyatt		F	228	F45	24	01:58:52	1215
1216	1568	02:00:40	Sue Westle	Women's Running Network	F	229	F40	39	01:59:18	1242
1217	1220	02:00:42	Owen Mathers		M	988	M	579	01:58:39	1203
1218	2506	02:00:44	Mark Dixon		M	989	M	580	01:58:54	1218
1219	961	02:00:44	Hugh Furness		M	990	M40	171	01:59:31	1247
1220	543	02:00:45	Nikki Cude	North Norfolk Beach Runners	F	230	F	145	01:57:38	1149
1221	568	02:00:45	Shaun Kavanagh		M	991	M	581	01:57:38	1150
1222	2172	02:00:46	Elizabeth Synott		F	231	F	146	01:58:18	1190
1223	1668	02:00:47	Mike Prendergast		M	992	M45	106	01:58:15	1187
1224	2457	02:00:49	Ben Thompson		M	993	M	582	01:58:55	1219
1225	1570	02:00:50	Hanish Sall		F	232	F	147	01:59:05	1226
1226	940	02:00:53	Alan Quick		M	994	M40	172	01:58:40	1205
1227	630	02:00:54	Amanda Jane Gibbons		F	233	F	148	01:58:39	1204
1228	1611	02:00:55	Paul Taylor		M	995	M40	173	01:58:50	1212
1229	2518	02:00:59	Laura Bradley		F	234	F	149	01:58:49	1211
1230	2099	02:01:00	Gary Ambrose		M	996	M50	67	01:59:56	1260
1231	831	02:01:00	Derek McCabe		M	997	M40	174	01:59:10	1230
1232	68	02:01:04	Mandy Fulton	Norwich Road Runners	F	235	F	150	01:59:18	1241
1233	1175	02:01:06	Scott Wilkinson		M	998	M	583	01:58:46	1210
1234	128	02:01:07	Louisa Peaver		F	236	F	151	01:59:23	1245
1235	189	02:01:10	Juliette Chartier		F	237	F	152	01:58:51	1214
1236	273	02:01:11	Adrian Hubbard		M	999	M	584	01:59:17	1237
1237	1119	02:01:11	Sara McCraight		F	238	F	153	01:59:20	1243
1238	490	02:01:14	David Lane	Ryston Runners	M	1000	M40	175	01:59:52	1258
1239	1127	02:01:14	Steven Mills		M	1001	M	585	01:59:04	1224
1240	2631	02:01:14	David Hill		M	1002	M50	68	01:59:05	1225
1241	2610	02:01:16	David Blake		M	1003	M40	176	02:00:06	1265
1242	2261	02:01:16	Andrew Stephenson		M	1004	M	586	02:01:16	1305
1243	59	02:01:21	Gill Woodhouse	Dereham Runners	F	239	F60	3	02:00:24	1274
1244	1026	02:01:22	Kelda Hargreaves		F	240	F	154	01:58:25	1193
1245	1866	02:01:23	Hilary Allen		F	241	F40	40	01:59:46	1256
1246	2027	02:01:26	Michael Ducker		M	1005	M	587	01:59:14	1234
1247	1826	02:01:26	Hazel Berry		F	242	F	155	02:00:03	1262
1248	1420	02:01:30	Jason Peck		M	1006	M	588	02:00:39	1282
1249	980	02:01:30	Jon De Gray	Norwich Road Runners	M	1007	M45	107	01:59:33	1248
1250	604	02:01:35	Jayne Wright	Framlingham Flyers	F	243	F	156	01:59:36	1251
1251	2614	02:01:39	Iain Patterson		M	1008	M	589	01:59:42	1253
1252	1235	02:01:40	Sarah Smith		F	244	F	157	02:00:27	1275
1253	306	02:01:42	Kevin Finch		M	1009	M	590	01:59:16	1236
1254	826	02:01:42	Linda Osborne	Shropshire Shufflers	F	245	F40	41	02:01:28	1313
1255	1736	02:01:43	Freya Rowling	Braintree & District Athletics Club	F	246	F	158	02:00:16	1269
1256	2116	02:01:46	Richard Hames		M	1010	M55	40	01:58:52	1216
1257	1113	02:01:46	Janet Ivers		F	247	F	159	01:58:53	1217
1258	2419	02:01:51	John Bentley		M	1011	M	591	01:59:45	1254
1259	2450	02:01:51	John Goldie		M	1012	M	592	01:59:06	1228
1260	700	02:01:52	Mo Lynch		F	248	F	160	02:00:03	1264
1261	1296	02:01:56	Lindsey Fitzgerald	Dulwich Park Runners	F	249	F	161	01:59:12	1232
1262	182	02:01:57	Sue Hargadon	Ipswich Triathlon	F	250	F50	15	02:01:04	1297
1263	1207	02:02:01	David McCabe		M	1013	M45	108	01:59:52	1259
1264	2423	02:02:01	Sally Lavender		F	251	F	162	01:59:47	1257
1265	2146	02:02:03	Richard Williamson		M	1014	M	593	02:00:17	1270
1266	2143	02:02:05	Holly McDonnell	Sleaford Town Runners	F	252	F	163	01:59:15	1235
1267	268	02:02:05	Rob Hughes		M	1015	M40	177	02:00:03	1263
1268	2211	02:02:10	Tony Robinson	Www.53-12.Co.Uk	M	1016	M40	178	02:01:38	1315
1269	2308	02:02:11	Caroline Taylor	Norwich Road Runners	F	253	F50	16	02:00:56	1294
1270	2284	02:02:12	Henry Horner-Glister		M	1017	M	594	01:59:45	1255
1271	622	02:02:12	Gregory Tunmore		M	1018	M	595	01:59:35	1250
1272	2409	02:02:15	Nick Williamson		M	1019	M	596	02:00:36	1278
1273	1143	02:02:15	Georgina Macarthur		F	254	F	164	02:01:05	1299
1274	83	02:02:16	Arthur McCarthy		M	1020	M50	69	02:00:43	1285
1275	1716	02:02:17	Peter Roach	Norwich Road Runners	M	1021	M65	14	02:00:20	1271
1276	1277	02:02:18	Deborah Squires		F	255	F40	42	02:01:15	1303
1277	242	02:02:19	Kitty Shiner		F	256	F	165	02:00:11	1267
1278	1560	02:02:20	Miranda Paul	Newmarket Joggers	F	257	F	166	02:00:44	1286
1279	2481	02:02:20	Lucill Curtis		F	258	F	167	02:01:39	1316
1280	652	02:02:21	Sandie Jardine	Newmarket Joggers	F	259	F45	25	02:00:45	1287

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RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1281	2271	02:02:23	Jill Towns		F	260	F45	26	02:02:08	1339
1282	1395	02:02:24	Judith O'Shea		F	261	F40	43	02:00:54	1289
1283	1320	02:02:24	Catherine Hawkshaw		F	262	F40	44	02:00:56	1293
1284	1796	02:02:29	Rory Butterworth		M	1022	M	597	01:59:13	1233
1285	1329	02:02:30	Laura Sercombe		F	263	F	168	02:00:12	1268
1286	217	02:02:34	Myles Hague		M	1023	M	598	02:00:42	1284
1287	1957	02:02:35	Tim Galloway		M	1024	M	599	02:00:32	1277
1288	1225	02:02:36	Tabitha Steel		F	264	F	169	02:01:26	1310
1289	1224	02:02:36	Graham Steel		M	1025	M45	109	02:01:27	1311
1290	1872	02:02:37	Hannah Millwood		F	265	F	170	02:02:00	1329
1291	586	02:02:37	Michael Marshall	North Norfolk Beach Runners	M	1026	M65	15	02:01:20	1308
1292	1775	02:02:37	Gail Pryke	Ipswich Jaffa	F	266	F	171	02:01:01	1295
1293	62	02:02:44	Alice Shiner		F	267	F	172	02:00:37	1280
1294	2140	02:02:45	Gareth Lewis		M	1027	M	600	01:59:28	1246
1295	737	02:02:46	Andrew Ramsay	Eden Runners	M	1028	M	601	02:01:08	1300
1296	738	02:02:47	Anne-Marie Ramsay	Eden Runners	F	268	F	173	02:01:08	1301
1297	683	02:02:48	Jeremy Sinclair		M	1029	M55	41	02:00:08	1266
1298	1403	02:02:49	Karl Simms		M	1030	M	602	02:00:23	1273
1299	1520	02:02:51	Emma Blake	Coltishall Jaguars	F	269	F	174	02:01:43	1319
1300	2158	02:02:52	John Horgan	100Marathonclub	M	1031	M50	70	02:00:21	1272
1301	2451	02:02:53	Natasha Burr		F	270	F	175	02:00:54	1290
1302	2454	02:02:53	Leanne Heavens		F	271	F	176	02:00:54	1291
1303	470	02:02:55	Tom Farrow		M	1032	M	603	01:59:57	1261
1304	1308	02:02:57	Laurence Rix		M	1033	M50	71	02:00:37	1281
1305	2024	02:02:59	Hannah Pettifer		F	272	F	177	02:00:47	1288
1306	2157	02:02:59	Wesley Hicks		M	1034	M40	179	01:59:35	1249
1307	2468	02:03:03	Kelvin Waters		M	1035	M55	42	02:02:02	1331
1308	1331	02:03:07	Luke Tridgell		M	1036	M	604	02:00:55	1292
1309	388	02:03:07	Jacquie Rodwell		F	273	F40	45	02:00:31	1276
1310	1907	02:03:08	Claire Fisher	Dudley-Kingswinford	F	274	F	178	02:02:22	1345
1311	1995	02:03:11	Lisa Rogers		F	275	F	179	02:01:45	1320
1312	294	02:03:23	Rhys Mills		M	1037	M	605	02:01:52	1323
1313	2306	02:03:23	James Lillistone		M	1038	M	606	02:01:04	1298
1314	394	02:03:26	Nadine Potter		F	276	F	180	02:00:36	1279
1315	1728	02:03:26	Julie Clarke		F	277	F40	46	02:01:09	1302
1316	545	02:03:27	Judith Berry		F	278	F	181	02:01:22	1309
1317	2062	02:03:29	Sean Ivers		M	1039	M40	180	02:00:39	1283
1318	523	02:03:29	Jennifer Bartrum		F	279	F55	6	02:01:49	1321
1319	282	02:03:32	Steve Dickinson		M	1040	M40	181	02:02:03	1333
1320	1856	02:03:32	Martin Garrard		M	1041	M	607	02:02:04	1335
1321	696	02:03:32	Chris Mills		M	1042	M45	110	02:01:28	1312
1322	2017	02:03:33	Chris Plunkett		M	1043	M	608	02:01:32	1314
1323	1625	02:03:34	Naomi Jarvis		F	280	F	182	02:02:34	1352
1324	220	02:03:36	Edward Webster		M	1044	M50	72	02:01:18	1307
1325	2689	02:03:39	Lucinda McCombe		F	281	F	183	02:01:15	1304
1326	1934	02:03:43	Tawa Kesington	Norwich Road Runners	F	282	F	184	02:01:03	1296
1327	1017	02:03:43	Stewart Robins		M	1045	M40	182	02:02:13	1341
1328	2204	02:03:50	William McColl		M	1046	M45	111	02:02:37	1355
1329	2097	02:03:50	James McColl		M	1047	M	609	02:02:38	1358
1330	2178	02:03:51	David Nichols		M	1048	M	610	02:01:49	1322
1331	919	02:03:55	Rick Page		M	1049	M45	112	02:02:08	1337
1332	2597	02:03:56	Phil Singleton	Norwich Union AC	M	1050	M40	183	02:02:07	1336
1333	2167	02:03:58	Erika Johnson		F	283	F	185	02:02:45	1364
1334	1972	02:03:59	Quinton Jolly		M	1051	M	611	02:02:34	1351
1335	2101	02:04:00	David Girling		M	1052	M45	113	02:02:03	1334
1336	1930	02:04:00	Gary Norman		M	1053	M45	114	02:02:17	1342
1337	1548	02:04:01	Steve Harris		M	1054	M55	43	02:01:17	1306
1338	409	02:04:06	Christopher Oakley		M	1055	M45	115	02:02:20	1344
1339	1546	02:04:13	Neil Howes		M	1056	M	612	02:01:53	1324
1340	348	02:04:14	Angie Hunt		F	284	F40	47	02:02:54	1367
1341	2098	02:04:16	Anne-Lucie Norton		F	285	F55	7	02:02:31	1349
1342	1774	02:04:17	Ian Fitch		M	1057	M40	184	02:02:08	1338
1343	403	02:04:19	Adam Banham		M	1058	M	613	02:02:02	1330
1344	1998	02:04:20	Bridget Stevens		F	286	F40	48	02:01:59	1328
1345	540	02:04:27	Samantha Jay		F	287	F	186	02:02:45	1363
1346	1828	02:04:29	Chris Rudd		M	1059	M	614	02:01:59	1327
1347	1218	02:04:30	Jemima Cooper		F	288	F	187	02:01:40	1318
1348	1371	02:04:30	Victoria Cooper		F	289	F	188	02:01:40	1317
1349	2664	02:04:33	Vicky Armstrong		F	290	F	189	02:03:07	1371
1350	2654	02:04:36	Jamie Dyke		M	1060	M	615	02:01:58	1326
1351	367	02:04:37	Martin Spilsted		M	1061	M	616	02:02:30	1348
1352	1540	02:04:37	Matthew Taylor		M	1062	M	617	02:03:38	1386
1353	297	02:04:38	Barry Hall		M	1063	M45	116	02:02:02	1332
1354	1609	02:04:38	Matt Hawker		M	1064	M	618	02:02:25	1346
1355	795	02:04:39	Robert Armour		M	1065	M	619	02:01:54	1325
1356	851	02:04:40	Tracy Ball		F	291	F	190	02:03:51	1389
1357	850	02:04:40	Kaline Valori		F	292	F	191	02:03:51	1388
1358	2165	02:04:42	Damien Catani		M	1066	M	620	02:03:05	1368
1359	2524	02:04:42	Chris Eve		M	1067	M40	185	02:03:23	1381
1360	830	02:04:42	Isobel Robson		F	293	F40	49	02:03:22	1379

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1361	2188	02:04:44	Imola Virginas		F	294	F	192	02:02:39	1359
1362	2183	02:04:46	Darren Palgrave		M	1068	M	621	02:02:31	1350
1363	249	02:04:47	Lauren Ayers		F	295	F	193	02:02:39	1360
1364	406	02:04:50	Steve Love		M	1069	M45	117	02:02:38	1357
1365	612	02:04:50	Andrew Edge		M	1070	M40	186	02:02:38	1356
1366	475	02:04:53	Adam Oakes		M	1071	M	622	02:02:49	1365
1367	2387	02:04:55	Russell Harmer		M	1072	M	623	02:02:17	1343
1368	2655	02:04:57	Steve Small		M	1073	M45	118	02:03:21	1378
1369	29	02:04:58	Silke Hunter		F	296	F40	50	02:03:10	1372
1370	608	02:05:03	Trish Judson		F	297	F50	17	02:03:23	1380
1371	2441	02:05:06	Emma Dennis	North Norfolk Beach Runners	F	298	F	194	02:02:41	1361
1372	383	02:05:06	Dina East		F	299	F	195	02:03:32	1382
1373	1326	02:05:09	Ian Tovell		M	1074	M	624	02:02:13	1340
1374	500	02:05:11	Darren Baker	St Edmundsbury Pacers	M	1075	M45	119	02:03:15	1374
1375	1802	02:05:12	Arthur Nicholl		M	1076	M50	73	02:04:51	1436
1376	2437	02:05:22	Justin Long		M	1077	M	625	02:02:41	1362
1377	2633	02:05:25	Tisha Martin		F	300	F	196	02:04:24	1408
1378	2675	02:05:25	Lee Onions		M	1078	M	626	02:02:27	1347
1379	341	02:05:25	Emma Withers		F	301	F	197	02:04:22	1407
1380	817	02:05:26	Simon Bunting	Lowestoft Road Runners	M	1079	M40	187	02:03:56	1390
1381	2203	02:05:29	Tristan Playford		M	1080	M	627	02:03:06	1369
1382	508	02:05:30	Jackie Harrop	Norfolk Gazelles	F	302	F45	27	02:03:58	1391
1383	1056	02:05:32	Rebekah McNicol	Thetford AC	F	303	F40	51	02:04:33	1420
1384	1742	02:05:34	Dritan Duraj		M	1081	M	628	02:04:07	1398
1385	1404	02:05:35	James Flatt		M	1082	M	629	02:03:35	1384
1386	748	02:05:37	Chris Figes		M	1083	M	630	02:03:07	1370
1387	1987	02:05:38	Harry Scott		M	1084	M50	74	02:02:36	1354
1388	1013	02:05:40	Nigel Kinsella		M	1085	M40	188	02:04:41	1423
1389	270	02:05:42	David Attoe		M	1086	M60	17	02:05:35	1460
1390	2652	02:05:42	Samantha Moss		F	304	F	198	02:04:32	1419
1391	64	02:05:44	Ngozi Onyesoh		F	305	F	199	02:03:37	1385
1392	226	02:05:48	Tim Angell		M	1087	M45	120	02:04:30	1417
1393	1704	02:05:48	Rachel Cork		F	306	F	200	02:03:16	1375
1394	1705	02:05:50	Richard Bell		M	1088	M	631	02:03:19	1376
1395	1715	02:05:51	Tom Buckham		M	1089	M	632	02:02:49	1366
1396	396	02:05:55	Penny Wright		F	307	F45	28	02:03:33	1383
1397	186	02:06:02	Daphne Hathaway	Coltishall Jaguars	F	308	F65	2	02:04:08	1399
1398	1401	02:06:04	Nicholas Holmes		M	1090	M40	189	02:04:05	1397
1399	1291	02:06:07	Daksha Chouhan		F	309	F45	29	02:04:15	1403
1400	1248	02:06:07	Stephen Pond		M	1091	M	633	02:04:13	1400
1401	171	02:06:09	Jonathan Thetford		M	1093	M	635	02:05:13	1446
1402	1630	02:06:09	Simon Greenfield		M	1092	M	634	02:05:13	1447
1403	2552	02:06:10	George Bocking		M	1094	M	636	02:05:23	1454
1404	2596	02:06:11	Matthew Dearing		M	1095	M	637	02:03:50	1387
1405	107	02:06:12	Alison Turner		F	310	F	201	02:04:38	1421
1406	1891	02:06:14	James Bailey		M	1096	M	638	02:04:02	1395
1407	1663	02:06:15	Lorraine Coulstock		F	311	F	202	02:04:47	1429
1408	308	02:06:16	Andrew Caley		M	1097	M	639	02:04:14	1402
1409	615	02:06:17	Matthew Crawley		M	1098	M	640	02:03:20	1377
1410	1869	02:06:19	Callum Simpson		M	1099	M	641	02:05:14	1448
1411	2637	02:06:20	Christopher Boyle		M	1100	M	642	02:05:43	1463
1412	456	02:06:22	Colin Brown		M	1101	M40	190	02:03:14	1373
1413	1659	02:06:26	Vince Butler		M	1102	M	643	02:02:35	1353
1414	937	02:06:26	Alan Newman		M	1103	M	644	02:04:01	1394
1415	2058	02:06:28	Steven Horton		M	1104	M	645	02:05:27	1455
1416	2435	02:06:34	Eddie Balls		M	1105	M65	16	02:06:03	1473
1417	1545	02:06:34	Janani Dheivendran		F	312	F	203	02:04:49	1432
1418	1847	02:06:37	Steve Goodridge		M	1106	M45	121	02:05:02	1439
1419	1555	02:06:41	Chris Sheppard		M	1107	M40	191	02:04:24	1410
1420	1688	02:06:43	Kathrine Davies		F	313	F45	30	02:04:45	1426
1421	1087	02:06:45	Ashley Christopher		M	1108	M45	122	02:04:25	1413
1422	2360	02:06:46	Anne Le Page		F	314	F50	18	02:06:09	1480
1423	2420	02:06:47	Rebecca Hone		F	315	F	204	02:04:14	1401
1424	2685	02:06:49	Mary Marsh	Newmarket Joggers	F	316	F55	8	02:05:17	1452
1425	1239	02:06:49	Louise Bettinson		F	317	F	205	02:05:04	1442
1426	1240	02:06:49	James Collins		M	1109	M	646	02:05:04	1441
1427	1534	02:06:51	Balfour Mark		M	1110	M45	123	02:04:42	1425
1428	518	02:06:52	Jayne Cook		F	318	F45	31	02:04:18	1404
1429	942	02:06:52	Shaun Briggs		M	1111	M40	192	02:04:25	1412
1430	2584	02:06:52	Deborah Bacon		F	319	F40	52	02:04:19	1405
1431	685	02:06:53	Paul Coxon		M	1112	M40	193	02:04:05	1396
1432	1617	02:06:54	Peter Jay		M	1113	M45	124	02:05:22	1453
1433	2662	02:06:55	David Wild		M	1114	M45	125	02:04:29	1416
1434	2389	02:06:56	Joanne Hurst		F	320	F	206	02:04:50	1435
1435	2384	02:06:56	Frances Rayner		F	321	F40	53	02:04:50	1434
1436	1470	02:06:56	Bill Wyatt		M	1115	M45	126	02:06:04	1475
1437	1188	02:06:57	Morgan Le Gall-Roberts		M	1116	M	647	02:04:21	1406
1438	2236	02:07:02	Brendan Fisher		M	1117	M	648	02:04:47	1428
1439	2266	02:07:02	Duncan Russel		M	1118	M	649	02:04:47	1430
1440	1598	02:07:05	Stuart Fryer		M	1119	M	650	02:05:46	1465

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1441	1118	02:07:06	Paul Heeks		M	1120	M40	194	02:05:51	1468
1442	2277	02:07:06	Elizabeth Lewis Williams		F	322	F40	54	02:05:08	1444
1443	1753	02:07:07	Helen Mountfort		F	323	F	207	02:05:34	1459
1444	2085	02:07:09	Hannah Sierra	UEA Athletics Club	F	324	F	208	02:05:02	1440
1445	2530	02:07:10	Matthew Nickolls		M	1121	M	651	02:05:51	1469
1446	1910	02:07:10	Stephen Kenworthy		M	1122	M40	195	02:03:58	1392
1447	1978	02:07:12	Tim Atyeo		M	1124	M	653	02:05:36	1461
1448	676	02:07:12	Lee Anderton		M	1123	M	652	02:05:16	1451
1449	1392	02:07:13	Steve Kelly		M	1125	M50	75	02:04:31	1418
1450	519	02:07:15	Amy Sewell	City Of Norwich AC	F	325	F	209	02:05:53	1470
1451	1597	02:07:17	John Herbert		M	1126	M55	44	02:04:00	1393
1452	2477	02:07:17	Georgina Garcia		F	326	F	210	02:04:41	1424
1453	1024	02:07:21	Gordon Cartwright		M	1127	M45	127	02:04:49	1431
1454	860	02:07:21	Michael Skinner		M	1128	M	654	02:04:40	1422
1455	2398	02:07:21	Davey Bonnici		M	1129	M	655	02:05:14	1449
1456	165	02:07:25	Mike Rix		M	1130	M45	128	02:05:30	1457
1457	1223	02:07:26	Bruce Dear		M	1131	M40	196	02:04:54	1437
1458	198	02:07:26	Sarah Rounce	Rothwell Harriers	F	327	F	211	02:05:05	1443
1459	2612	02:07:26	Anne Gauld-Clark	Bishop'S Stortford	F	328	F60	4	02:04:57	1438
1460	1123	02:07:28	Anna Needs	Wymondham AC	F	329	F40	55	02:04:28	1415
1461	948	02:07:28	Louise Barker		F	330	F	212	02:04:28	1414
1462	1356	02:07:34	Simon Websdale		M	1132	M40	197	02:04:25	1411
1463	1377	02:07:34	Che Metcalf		M	1133	M	656	02:04:24	1409
1464	499	02:07:38	Robert Bennett		M	1134	M50	76	02:06:31	1494
1465	2031	02:07:46	Karl Penaluna	Felixstowe Road Runners	M	1135	M40	198	02:06:35	1499
1466	2032	02:07:46	Lorna Penaluna	Felixstowe Road Runners	F	331	F40	56	02:06:35	1500
1467	1647	02:07:48	Abby Powlett		F	332	F	213	02:05:39	1462
1468	1863	02:07:51	Ian Callaghan		M	1136	M	657	02:06:08	1478
1469	1965	02:07:52	David Weeks		M	1137	M45	129	02:06:34	1497
1470	660	02:07:56	Vince Burton		M	1138	M	658	02:05:09	1445
1471	583	02:07:59	Mark Durrant		M	1139	M45	130	02:04:46	1427
1472	884	02:08:01	Steven Hall		M	1140	M	659	02:07:07	1516
1473	2538	02:08:02	Penny Alexander	Norwich Road Runners	F	333	F	214	02:05:15	1450
1474	473	02:08:05	Suzanne Richardson		F	334	F45	32	02:06:59	1512
1475	126	02:08:08	Verity Howden		F	335	F	215	02:04:50	1433
1476	930	02:08:09	Cheryl Edge		F	336	F	216	02:05:27	1456
1477	444	02:08:10	Gitte Sejersen		F	337	F	217	02:07:26	1531
1478	2377	02:08:10	Roger Mawer	Lowestoft Road Runners	M	1141	M65	17	02:06:33	1496
1479	2291	02:08:18	Jenny Stride		F	338	F	218	02:06:28	1491
1480	2234	02:08:19	Fiona Keys		F	339	F40	57	02:06:47	1507
1481	1363	02:08:23	Mark Seago		M	1142	M50	77	02:06:21	1486
1482	1563	02:08:25	Angela Pacey	Great Yarmouth Road Runners	F	340	F60	5	02:07:01	1513
1483	2190	02:08:27	Mark Crack		M	1143	M40	199	02:06:05	1476
1484	265	02:08:27	Timothy Witting		M	1144	M	660	02:05:48	1466
1485	385	02:08:28	Michelle Burton	North Norfolk Beach Runners	F	341	F	219	02:06:03	1471
1486	2176	02:08:31	Christopher Kett		M	1145	M	661	02:07:53	1541
1487	886	02:08:33	Robyn Armes		F	342	F	220	02:05:34	1458
1488	563	02:08:33	Frank Carey		M	1146	M	662	02:06:45	1503
1489	564	02:08:34	Bevin Carey		M	1147	M	663	02:06:45	1504
1490	2089	02:08:37	Pippa Bowers		F	343	F	221	02:06:30	1493
1491	2242	02:08:45	John Allton Jones		M	1148	M45	131	02:05:51	1467
1492	63	02:08:48	Graham Mackintosh		M	1149	M40	200	02:06:08	1477
1493	129	02:08:54	Suzanne Binks		F	344	F	222	02:06:03	1472
1494	143	02:08:54	Sheridan Carver		F	345	F	223	02:06:03	1474
1495	140	02:08:57	Sheila Smith		F	346	F55	9	02:06:19	1484
1496	771	02:08:57	Samantha Stolworthy		F	347	F	224	02:07:18	1527
1497	1110	02:08:59	Rena Miras		F	348	F	225	02:06:14	1483
1498	1394	02:09:02	Abbie Holgate		F	349	F	226	02:06:38	1501
1499	648	02:09:03	Lucy Woodburn		F	350	F40	58	02:06:19	1485
1500	952	02:09:04	Daniel Russell		M	1150	M	664	02:06:32	1495
1501	1099	02:09:04	Brad McLean		M	1151	M	665	02:06:09	1479
1502	238	02:09:05	Andrew George		M	1152	M50	78	02:06:10	1481
1503	2192	02:09:08	Claire Van Leersum		F	351	F45	33	02:06:46	1506
1504	1805	02:09:08	John Flaxman	Ropsley Road Runners	M	1153	M55	45	02:05:46	1464
1505	2430	02:09:12	Stephen Cant		M	1154	M	666	02:06:27	1490
1506	1970	02:09:18	Lindsay Matthews		F	352	F	227	02:06:35	1498
1507	1766	02:09:18	Alison Daniels		F	353	F	228	02:06:21	1487
1508	303	02:09:20	Roy Dearman		M	1155	M	667	02:09:00	1571
1509	1010	02:09:24	Joanna Dorling		F	354	F40	59	02:06:48	1509
1510	1989	02:09:24	Christopher Davies		M	1156	M	668	02:07:27	1532
1511	1362	02:09:25	Kate Lee		F	355	F	229	02:06:14	1482
1512	2243	02:09:29	Laura Wines		F	356	F	230	02:06:24	1488
1513	1771	02:09:30	Richard Lister		M	1157	M50	79	02:06:24	1489
1514	753	02:09:31	Nicola Butler		F	357	F	231	02:06:46	1505
1515	1481	02:09:35	Joanna Bidston	East Essex Triathlon Club	F	358	F40	60	02:07:14	1523
1516	1479	02:09:35	Richard Howell		M	1158	M	669	02:07:13	1522
1517	1778	02:09:36	Annie Ng		F	359	F45	34	02:06:29	1492
1518	1434	02:09:36	Ed Proffitt		M	1159	M	670	02:07:44	1539
1519	1419	02:09:36	Graham Mills		M	1160	M	671	02:08:53	1566
1520	968	02:09:37	Robert Ledger		M	1161	M40	201	02:06:41	1502

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1521	1592	02:09:39	Mary Owen	Haverhill Running Club	F	360	F55	10	02:08:17	1554
1522	2070	02:09:42	Phil Reynolds		M	1162	M	672	02:07:09	1519
1523	2385	02:09:42	Victoria Dyke		F	361	F	232	02:07:04	1515
1524	2386	02:09:43	Charlie Dyke		M	1163	M55	46	02:07:04	1514
1525	2474	02:09:43	Julie Guy		F	362	F	233	02:07:10	1520
1526	1214	02:09:44	David Bird		M	1164	M40	202	02:06:58	1511
1527	1603	02:09:44	Susan McDonald		F	363	F	234	02:06:47	1508
1528	2138	02:09:44	Jon Hall		M	1165	M	673	02:07:08	1518
1529	1782	02:09:44	Alison Swanson	North Norfolk Beach Runners	F	364	F	235	02:07:17	1526
1530	606	02:09:46	Daniel Williams		M	1166	M40	203	02:07:28	1533
1531	252	02:09:48	Neil Richardson		M	1167	M45	132	02:07:16	1524
1532	1515	02:09:53	Alison Morrey		F	365	F45	35	02:07:16	1525
1533	275	02:09:55	Mark Curtis		M	1168	M	674	02:07:08	1517
1534	2228	02:09:58	Becky Mann		F	366	F	236	02:07:20	1529
1535	1741	02:09:58	Arben Duraj		M	1169	M	675	02:08:32	1559
1536	123	02:10:00	Claire Dye		F	367	F	237	02:08:26	1556
1537	522	02:10:02	Thirza Radford Gore	Norfolk Gazelles	F	368	F50	19	02:07:34	1535
1538	1349	02:10:02	Sarah Cole		F	369	F	238	02:08:27	1557
1539	160	02:10:02	Debbie Tooke		F	370	F	239	02:06:58	1510
1540	2370	02:10:06	Annie Faulkner		F	371	F40	61	02:07:35	1536
1541	2369	02:10:06	Suzie Ashworth		F	372	F	240	02:07:35	1537
1542	1409	02:10:09	Suzy Jermyn		F	373	F	241	02:08:10	1551
1543	2035	02:10:12	Rod Wells		M	1170	M40	204	02:07:20	1528
1544	2241	02:10:13	Helen Spencer		F	374	F	242	02:07:34	1534
1545	1815	02:10:16	Steven Collins		M	1171	M	676	02:08:04	1547
1546	1496	02:10:19	Xiaoxu Huang		M	1172	M	677	02:10:07	1602
1547	2391	02:10:22	Anne Graveling		F	375	F55	11	02:08:00	1545
1548	2214	02:10:27	James Roberts		M	1173	M	678	02:07:13	1521
1549	1337	02:10:27	Maria Jordan		F	376	F45	36	02:07:26	1530
1550	711	02:10:29	Simon Innes		M	1174	M45	133	02:07:41	1538
1551	2642	02:10:29	Rod Shulver	Great Yarmouth Road Runners	M	1175	M65	18	02:08:01	1546
1552	322	02:10:33	Mark Smith		M	1176	M	679	02:08:09	1550
1553	324	02:10:33	Tony Denmade		M	1177	M40	205	02:08:09	1549
1554	2105	02:10:35	Rachel Camina		F	377	F	243	02:07:57	1543
1555	204	02:10:37	Dennis Rogers		M	1178	M	680	02:09:39	1586
1556	1280	02:10:44	Lara Hayward		F	378	F	244	02:08:31	1558
1557	1194	02:10:46	Clare Clarke		F	379	F40	62	02:08:32	1560
1558	535	02:10:47	Kirsty Poundhall		F	380	F	245	02:09:50	1594
1559	682	02:10:47	Martyn Carpenter		M	1179	M40	206	02:08:00	1544
1560	1158	02:10:48	Alison Jones		F	381	F	246	02:07:54	1542
1561	329	02:10:49	Matthew Parfitt	North Norfolk Beach Runners	M	1180	M	681	02:08:45	1564
1562	330	02:10:50	Kevin Parfitt	North Norfolk Beach Runners	M	1181	M45	134	02:08:45	1565
1563	1238	02:10:51	Alex Scott		F	382	F	247	02:10:15	1608
1564	574	02:10:51	Catherine Garrod		F	383	F40	63	02:08:15	1553
1565	2605	02:10:53	Sandra Butler	Ramsey Road Runners	F	384	F60	6	02:10:30	1614
1566	1662	02:10:55	Michael Martin		M	1182	M40	207	02:07:50	1540
1567	1927	02:10:58	Marianne Saunders	Norfolk Gazelles	F	385	F	248	02:08:55	1569
1568	777	02:10:59	Vivienne Lock		F	386	F50	20	02:08:10	1552
1569	570	02:11:02	Timothy Nursey		M	1183	M55	47	02:08:18	1555
1570	2052	02:11:05	Daniel Dickson		M	1184	M	682	02:09:07	1575
1571	1747	02:11:06	Kirsty Robertson		F	387	F	249	02:08:08	1548
1572	2149	02:11:09	Carl Vella	Haverhill Running Club	M	1185	M	683	02:09:49	1593
1573	2121	02:11:09	Peter Jessop		M	1186	M	684	02:09:23	1577
1574	2366	02:11:09	Fran Squires		F	388	F45	37	02:09:58	1598
1575	1136	02:11:12	Deborah Lilwall		F	389	F	250	02:09:54	1597
1576	2341	02:11:12	Elizabeth Shubrook		F	390	F40	64	02:09:54	1596
1577	259	02:11:16	Adrian Buizer		M	1187	M40	208	02:10:14	1606
1578	1374	02:11:17	Emma Franklin		F	391	F	251	02:08:54	1567
1579	1357	02:11:17	Jenny Leonard		F	392	F	252	02:08:54	1568
1580	562	02:11:18	Louise Fairman		F	393	F	253	02:10:15	1607
1581	356	02:11:22	Stuart Hawkes		M	1188	M	685	02:09:26	1581
1582	542	02:11:23	Claire Smith		F	394	F	254	02:09:03	1572
1583	287	02:11:24	Julie Thurlow	Ipswich Jaffa	F	395	F50	21	02:09:04	1573
1584	2293	02:11:26	Tim Brister		M	1189	M45	135	02:08:57	1570
1585	2589	02:11:27	Ros Bowles		F	396	F	255	02:09:38	1585
1586	260	02:11:28	Tanya Martin		F	397	F40	65	02:08:42	1563
1587	989	02:11:30	Jacqui Simnor		F	398	F	256	02:10:27	1612
1588	289	02:11:30	Alison Lindsey		F	399	F40	66	02:08:39	1561
1589	548	02:11:31	Sean Cutler		M	1190	M	686	02:09:40	1588
1590	2591	02:11:31	Jacob Awotwi		M	1191	M	687	02:09:23	1578
1591	1758	02:11:32	Joe Zarins-Tutt		M	1192	M	688	02:09:24	1580
1592	290	02:11:32	Emma Lunny		F	400	F	257	02:08:40	1562
1593	1871	02:11:39	Kim Barlow		F	401	F	258	02:11:03	1634
1594	2340	02:11:46	Christopher Daley		M	1193	M	689	02:10:04	1600
1595	2126	02:11:51	Sally Whitby	Ryston Runners	F	402	F40	67	02:09:45	1591
1596	1646	02:11:53	Brian Powlett		M	1194	M	690	02:09:44	1590
1597	823	02:11:53	Michelle Weedon		F	403	F	259	02:09:34	1584
1598	2075	02:12:09	Christine Bloomfield	Norfolk Gazelles	F	404	F50	22	02:11:39	1653
1599	1902	02:12:12	Rachael Hay		F	405	F	260	02:09:39	1587
1600	1522	02:12:13	Deborah Nicholas		F	406	F40	68	02:09:23	1579

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1601	1429	02:12:15	Lisa Ward	North Norfolk Beach Runners	F	407	F	261	02:09:48	1592
1602	933	02:12:15	Lucy Gooderham		F	408	F	262	02:09:54	1595
1603	384	02:12:17	Nicholas Phelan	Wymondham AC	M	1195	M55	48	02:09:04	1574
1604	439	02:12:20	Janet Cross		F	409	F45	38	02:10:32	1616
1605	432	02:12:23	Julie Morrissey		F	410	F	263	02:10:54	1631
1606	404	02:12:28	Sharon Wright		F	411	F40	69	02:10:27	1611
1607	2092	02:12:28	Rachel Holman		F	412	F	264	02:09:20	1576
1608	2338	02:12:31	Simon Curtis		M	1196	M50	80	02:09:33	1583
1609	161	02:12:33	Teresa Mills		F	413	F	265	02:09:29	1582
1610	1746	02:12:38	Laura Steed		F	414	F	266	02:09:40	1589
1611	2368	02:12:38	Jacqueline Wright		F	415	F45	39	02:11:27	1645
1612	347	02:12:38	Andy Hunt		M	1197	M45	136	02:11:18	1642
1613	1824	02:12:39	Chris Cox	Reading Roadrunners	M	1198	M	691	02:10:37	1619
1614	2460	02:12:43	Mark Sherwood	Tadley Runners	M	1199	M	692	02:10:51	1630
1615	558	02:12:44	Gary Wyatt		M	1200	M60	18	02:10:09	1604
1616	1388	02:12:47	Michael Alcock		M	1201	M	693	02:10:48	1624
1617	895	02:12:49	Jason Wright		M	1202	M	694	02:11:53	1660
1618	1861	02:13:02	Sarah Lock		F	416	F45	40	02:10:12	1605
1619	1178	02:13:03	Matthew Crisp		M	1203	M	696	02:10:06	1601
1620	847	02:13:03	Jason Emons		M	1204	M	695	02:10:16	1609
1621	1177	02:13:04	Cheryl Crisp		F	417	F40	70	02:10:07	1603
1622	1757	02:13:10	Lindsay Stansbury		F	418	F	267	02:11:47	1659
1623	1714	02:13:11	Johanna Burrows		F	419	F	268	02:10:43	1620
1624	2198	02:13:11	Emmi Ketley		F	420	F	269	02:10:43	1621
1625	200	02:13:11	Daniel Kennedy		M	1205	M	697	02:10:02	1599
1626	466	02:13:13	Anna Pell	City Of Norwich AC	F	421	F	270	02:10:51	1629
1627	1381	02:13:14	George Cunningham		M	1206	M60	19	02:10:34	1617
1628	1076	02:13:16	Rachel Fiddy	Norwich Road Runners	F	422	F	271	02:11:15	1641
1629	590	02:13:16	Julia Knights	Norwich Road Runners	F	423	F	272	02:11:15	1638
1630	715	02:13:18	Amy Cox		F	424	F	273	02:10:32	1615
1631	1614	02:13:27	Caroline Hallam		F	425	F	274	02:11:32	1649
1632	1821	02:13:28	Peter Hallam		M	1207	M40	209	02:11:32	1650
1633	2166	02:13:30	Martin Pettitt		M	1208	M40	210	02:10:50	1626
1634	2219	02:13:30	Nicola Moulson		F	426	F	275	02:10:50	1627
1635	1964	02:13:30	Louis Cooper	Wymondham AC	M	1209	M65	19	02:10:30	1613
1636	566	02:13:30	Patricia Hagan		F	427	F40	71	02:10:46	1623
1637	598	02:13:30	Jinny Dodihead		F	428	F	276	02:11:21	1643
1638	2222	02:13:31	Samantha Reddy		F	429	F40	72	02:10:51	1628
1639	1115	02:13:31	Sue Smith	Norwich Road Runners	F	430	F	277	02:11:31	1648
1640	1459	02:13:32	Chris High		M	1210	M	698	02:11:15	1639
1641	358	02:13:32	Anthony Newson		M	1211	M	699	02:11:15	1640
1642	1263	02:13:36	Luke Wordsworth		M	1212	M	700	02:10:58	1633
1643	2351	02:13:37	Susan Potter	Bungay Black Dog RC	F	431	F50	23	02:11:53	1661
1644	1528	02:13:39	Ryan Nesbitt		M	1213	M	701	02:10:44	1622
1645	1140	02:13:39	Terri Geard		F	432	F	278	02:10:25	1610
1646	2559	02:13:40	Christopher King		M	1214	M	702	02:10:36	1618
1647	254	02:13:42	Michelle Frior		F	433	F	279	02:13:06	1703
1648	2059	02:13:43	Kris Raven		M	1215	M45	137	02:10:49	1625
1649	776	02:13:44	Elaine Kozlik		F	434	F45	41	02:10:55	1632
1650	319	02:13:49	Joanne Emmott		F	435	F	280	02:11:29	1647
1651	910	02:13:51	Ed Ling		M	1216	M40	211	02:11:47	1657
1652	571	02:13:53	James Curtis		M	1217	M	703	02:12:00	1663
1653	1504	02:13:58	Andy Humphries		M	1218	M40	212	02:12:41	1686
1654	1023	02:14:02	Stefan Henriksen		M	1219	M	704	02:11:07	1636
1655	1011	02:14:05	Fiona Munn		F	436	F	281	02:11:29	1646
1656	1250	02:14:16	James Crouchman		M	1220	M45	138	02:11:44	1656
1657	1009	02:14:19	Adrian Munn		M	1221	M	705	02:11:42	1655
1658	230	02:14:20	Belle Mellor	Brighton And Hove Running Sisters	F	437	F	282	02:11:34	1651
1659	1487	02:14:20	Louise Chapman	Norwich Road Runners	F	438	F	283	02:12:20	1674
1660	276	02:14:21	Michelle Crow		F	439	F	284	02:11:08	1637
1661	132	02:14:22	Roisin McBride		F	440	F	285	02:11:04	1635
1662	1557	02:14:23	Barry Frost		M	1222	M45	139	02:12:37	1685
1663	90	02:14:23	Daniel Ryan		M	1223	M	706	02:11:39	1654
1664	2601	02:14:25	Rosemary Tyler	Stowmarket Striders	F	441	F55	12	02:12:11	1668
1665	1369	02:14:25	Helen Mortimer		F	442	F	286	02:11:21	1644
1666	1894	02:14:27	Catherine Cooper		F	443	F	287	02:12:24	1675
1667	1063	02:14:31	Graham Jones		M	1224	M	707	02:12:36	1684
1668	1384	02:14:34	Katherine Stephan		F	444	F	288	02:11:38	1652
1669	567	02:14:36	John Hird	Sleaford Striders	M	1225	M40	213	02:12:11	1669
1670	2581	02:14:37	Paul Fisher		M	1226	M	708	02:12:03	1665
1671	2141	02:14:37	John McDonnell	Sleaford Town Runners	M	1227	M50	81	02:11:47	1658
1672	2012	02:14:38	Jonathan Folkard	North Norfolk Beach Runners	M	1228	M45	140	02:12:09	1667
1673	167	02:14:41	Michelle Lake		F	445	F	289	02:12:47	1690
1674	1755	02:14:41	Louise Barby		F	446	F	290	02:12:53	1698
1675	917	02:14:44	Rebecca Hardy		F	447	F	291	02:12:26	1676
1676	1312	02:14:45	Christopher Alan Tuttle		M	1229	M40	214	02:12:27	1678
1677	1457	02:14:49	Richard Thomson		M	1230	M	709	02:12:29	1682
1678	2380	02:14:50	Ian Webster		M	1231	M	710	02:12:55	1699
1679	657	02:14:50	Will Chenery		M	1232	M	711	02:12:45	1689
1680	1887	02:14:51	Pelle Stones		M	1233	M	712	02:12:28	1681

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1681	423	02:14:51	Damien Ashford		M	1234	M	713	02:12:12	1670
1682	1633	02:14:51	Vicky Mash		F	448	F	292	02:12:28	1680
1683	560	02:14:55	Sarah Grain		F	449	F	293	02:12:48	1692
1684	2399	02:14:55	Reena Gajjar		F	450	F	294	02:12:47	1691
1685	610	02:15:00	Colin Fish		M	1235	M45	141	02:12:01	1664
1686	2345	02:15:04	Rosemary Matlock	Thetford AC	F	451	F50	24	02:11:56	1662
1687	1260	02:15:06	Christine Hargreaves	Blaydon Harriers	F	452	F50	25	02:12:26	1677
1688	2599	02:15:07	Marilyn Rankin	Norfolk Gazelles	F	453	F60	7	02:12:27	1679
1689	846	02:15:07	Nick Burton		M	1236	M	714	02:12:03	1666
1690	1799	02:15:13	Sue Smith	Ryston Runners	F	454	F40	73	02:12:56	1700
1691	2102	02:15:17	Marie Johnson		F	455	F45	42	02:12:13	1672
1692	2002	02:15:20	Rob Croot		M	1237	M	715	02:12:52	1696
1693	1579	02:15:22	Rebecca Widdows		F	456	F	295	02:12:53	1697
1694	318	02:15:22	Mark Naylor		M	1238	M45	142	02:12:15	1673
1695	1148	02:15:24	Eileen Williams	Shropshire Shufflers	F	457	F55	13	02:14:10	1729
1696	744	02:15:25	Colette De La Terre		F	459	F	296	02:12:51	1694
1697	983	02:15:25	Bridget Pocock	Shropshire Shufflers	F	458	F55	14	02:14:11	1732
1698	73	02:15:25	Robbie Craig	Shropshire Shufflers	M	1239	M55	49	02:14:10	1730
1699	814	02:15:26	Sally Cushing	Norwich Road Runners	F	460	F40	74	02:14:11	1731
1700	2376	02:15:28	Kirstie Bird		F	461	F	297	02:13:37	1720
1701	923	02:15:29	Burton Ben		M	1240	M	716	02:13:08	1705
1702	1693	02:15:31	John Williams		M	1241	M	717	02:12:57	1702
1703	669	02:15:31	Gemma Waters		F	462	F	298	02:12:57	1701
1704	374	02:15:33	Christopher McKay		M	1242	M	718	02:12:13	1671
1705	1304	02:15:38	Sue Atkinson	Norfolk Gazelles	F	463	F60	8	02:13:14	1709
1706	1152	02:15:39	Patsy - Ann Hodgson	Norwich Road Runners	F	464	F40	75	02:13:39	1722
1707	1062	02:15:41	Heidi Pooley		F	465	F	299	02:12:51	1695
1708	2071	02:15:42	Simon Alexander		M	1243	M	719	02:13:12	1706
1709	122	02:15:44	Lee Ashford		M	1244	M	720	02:13:17	1712
1710	194	02:15:45	Alexander Lourie		M	1245	M60	20	02:12:36	1683
1711	2207	02:15:46	Gustav Karlsson		M	1246	M	721	02:13:12	1707
1712	405	02:15:47	Graham Robinson		M	1247	M40	215	02:13:46	1724
1713	2556	02:15:49	Nell Seal		F	466	F	300	02:12:49	1693
1714	461	02:15:57	Susan Nursey		F	467	F55	15	02:12:44	1687
1715	2001	02:15:58	James Nursey		M	1248	M	722	02:12:45	1688
1716	1109	02:16:00	Adam Snare	Saxons	M	1249	M	723	02:13:39	1721
1717	2104	02:16:02	Theresa Bowles		F	468	F	301	02:13:14	1708
1718	2529	02:16:03	Rachael Peacock		F	469	F	302	02:13:15	1710
1719	1145	02:16:09	Christopher Buckham		M	1250	M55	50	02:13:06	1704
1720	1390	02:16:14	Damon Toczylowski	RAF Lakenheath	M	1251	M	724	02:13:30	1715
1721	695	02:16:16	David Hupton		M	1252	M45	143	02:13:30	1714
1722	2014	02:16:16	Hillary Chlebisch		F	470	F	303	02:13:50	1725
1723	1809	02:16:16	Larry Stapley	Bunwell Strollers	M	1253	M	725	02:13:30	1716
1724	667	02:16:17	Ken Hurst		M	1254	M60	21	02:13:31	1717
1725	875	02:16:17	Christopher Scott	Shropshire Shufflers	M	1255	M50	82	02:15:04	1744
1726	44	02:16:17	Roy Phillips	Lowestoft Road Runners	M	1256	M40	216	02:13:37	1719
1727	1299	02:16:20	Beth Carson		F	471	F	304	02:15:08	1747
1728	1829	02:16:22	Justine Smith		F	472	F	305	02:13:17	1711
1729	262	02:16:33	Samantha Cory		F	473	F	306	02:13:18	1713
1730	1086	02:16:38	Helen Christopher		F	474	F40	76	02:14:19	1736
1731	825	02:16:40	Julia Dearing	UEA Athletics Club	F	475	F	307	02:13:58	1726
1732	1121	02:16:41	Susan Duncan		F	476	F	308	02:14:19	1737
1733	1500	02:16:45	Penny Sexton	Women's Running Network	F	477	F	309	02:15:24	1757
1734	433	02:16:48	Alan Edwards		M	1257	M55	51	02:13:35	1718
1735	1455	02:16:52	Alex Leslie		F	478	F	310	02:14:10	1728
1736	1208	02:16:55	Mandy Nugent		F	479	F40	77	02:14:16	1735
1737	731	02:17:02	Matthew Bullock		M	1258	M40	217	02:13:40	1723
1738	2681	02:17:10	Stefania Copping		F	480	F	311	02:14:15	1734
1739	2056	02:17:11	Sharon Cork		F	481	F45	43	02:14:03	1727
1740	1396	02:17:21	Matthew Hammersley		M	1259	M	726	02:14:44	1739
1741	601	02:17:22	David Cooper		M	1260	M40	218	02:16:39	1772
1742	1840	02:17:23	Tim Boucher	City Of Norwich AC	M	1261	M	727	02:14:56	1742
1743	1530	02:17:28	Kerry Varley		F	482	F	312	02:14:49	1740
1744	1801	02:17:29	Steve Smith		M	1262	M	728	02:14:12	1733
1745	1048	02:17:38	Matthew Cronin		M	1263	M	729	02:15:23	1756
1746	1838	02:17:39	Brett Girdlestone		M	1264	M45	144	02:14:31	1738
1747	2578	02:17:39	Richard Albrow		M	1265	M	730	02:15:08	1748
1748	537	02:17:41	Jane McCulloch		F	483	F50	26	02:14:53	1741
1749	999	02:17:48	Melissa Hipperson		F	484	F	313	02:17:17	1780
1750	2489	02:17:48	Verity Catchpole		F	485	F	314	02:15:33	1760
1751	2488	02:17:48	Phil Catchpole		M	1266	M55	52	02:15:33	1759
1752	694	02:17:51	Roger Lake2		M	1267	M50	83	02:15:19	1751
1753	684	02:17:51	Daniel Littlechild		M	1268	M	731	02:15:19	1752
1754	1822	02:17:52	Pete McLeod		M	1269	M	732	02:14:58	1743
1755	2210	02:17:54	Caine Lloyd		M	1270	M	733	02:15:29	1758
1756	1584	02:17:57	Michael Bell		M	1271	M	734	02:15:19	1753
1757	206	02:17:59	Jemma Neesham	Bungay Black Dog RC	F	486	F	315	02:15:14	1750
1758	1375	02:18:01	Rebecca Houston	Norwich Road Runners	F	487	F	316	02:15:07	1746
1759	2463	02:18:04	Matthew Proctor		M	1272	M	735	02:15:50	1764
1760	208	02:18:06	John Tilbrook		M	1273	M65	20	02:15:09	1749

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1761	1244	02:18:08	Kathleen Hughes	Ipswich Jaffa	F	488	F40	78	02:15:06	1745
1762	987	02:18:17	Kathryn Abigail		F	489	F	317	02:15:49	1763
1763	1180	02:18:17	Theresa Dooley		F	490	F	318	02:15:41	1761
1764	1694	02:18:19	David Rowntree	Ranelagh Harriers	M	1274	M55	53	02:17:17	1782
1765	2417	02:18:24	Ann Hirst		F	491	F	319	02:15:57	1765
1766	2395	02:18:24	Julie Black		F	492	F	320	02:15:57	1766
1767	1047	02:18:30	Maya Farr		F	493	F	321	02:15:22	1755
1768	2367	02:18:32	Angela Booth		F	494	F45	44	02:17:21	1785
1769	2365	02:18:32	Jeanie Mordecai		F	495	F45	45	02:17:20	1784
1770	1595	02:18:36	Judith Herbert		F	496	F	322	02:15:20	1754
1771	2393	02:18:46	Phylly Wilson	Wreake Runners	F	497	F65	3	02:18:26	1803
1772	1185	02:18:46	Rachel Miller		F	498	F	323	02:15:48	1762
1773	1193	02:18:52	Trevor Hooton		M	1275	M50	84	02:17:20	1783
1774	474	02:18:56	Michael Duddell		M	1276	M40	219	02:17:51	1796
1775	1407	02:19:03	David Rose	Bunwell Strollers	M	1277	M40	220	02:16:24	1769
1776	872	02:19:03	Natalie Nicholson		F	499	F40	79	02:16:36	1770
1777	2262	02:19:12	Mark Reed		M	1278	M	736	02:18:41	1810
1778	1529	02:19:17	Douglas Young		M	1279	M	737	02:16:00	1767
1779	1531	02:19:17	Majbritt Young		F	500	F	324	02:16:00	1768
1780	855	02:19:20	Luke Burton		M	1280	M	738	02:16:50	1776
1781	1418	02:19:21	Phillippa Staples		F	501	F	325	02:17:45	1793
1782	932	02:19:21	Tim Morris		M	1281	M40	221	02:17:08	1779
1783	2314	02:19:23	Chris Abbs		M	1282	M	739	02:18:34	1806
1784	809	02:19:30	Kevin Westgate		M	1283	M	740	02:16:54	1777
1785	2476	02:19:31	Matthew Peacock		M	1284	M	741	02:18:06	1800
1786	295	02:19:36	Helen Oghenegweke	Norwich Road Runners	F	502	F	326	02:16:44	1773
1787	785	02:19:47	David Wise		M	1285	M45	145	02:17:33	1790
1788	1949	02:19:56	Gary Denham		M	1286	M40	222	02:16:39	1771
1789	1820	02:20:01	Simon Butler		M	1287	M40	223	02:16:47	1774
1790	2429	02:20:03	Robert Fossey		M	1288	M50	85	02:16:48	1775
1791	2057	02:20:09	Gillian Coyle		F	503	F	327	02:17:28	1789
1792	1918	02:20:15	Will Scott		M	1289	M	742	02:17:17	1781
1793	1877	02:20:17	David Cooper	Mk Lakeside Runners 2658310.	M	1290	M60	22	02:17:24	1786
1794	863	02:20:18	Gemma Hill		F	504	F	328	02:18:41	1808
1795	866	02:20:18	Barbara Jones		F	505	F	329	02:18:41	1809
1796	1272	02:20:20	Harriet McIlwham		F	506	F	330	02:17:02	1778
1797	1488	02:20:27	Neil Cooper		M	1291	M45	146	02:17:28	1788
1798	222	02:20:30	Caroline Davis		F	507	F	331	02:17:55	1797
1799	187	02:20:30	Polly Fortune		F	508	F	332	02:17:55	1798
1800	1358	02:20:33	Angela McCarthy	Thetford AC	F	509	F40	80	02:17:24	1787
1801	1313	02:20:35	Tiggy Moore		F	510	F40	81	02:19:15	1824
1802	1061	02:20:38	Sally Coleman		F	511	F	333	02:17:49	1795
1803	274	02:20:41	Nathan Turner		M	1292	M	743	02:18:49	1812
1804	228	02:20:42	Carl Boardman		M	1293	M	744	02:18:49	1813
1805	2402	02:20:48	Simon Roberts		M	1294	M	745	02:17:34	1791
1806	170	02:20:49	Georgina Johnston		F	512	F	334	02:18:57	1815
1807	236	02:20:51	Joel Furniss		M	1295	M	746	02:19:36	1827
1808	829	02:20:54	Simon Norris		M	1296	M	747	02:17:47	1794
1809	209	02:20:58	Michael Dawes		M	1297	M45	147	02:18:15	1802
1810	2112	02:20:59	Suzanne West		F	513	F	335	02:17:44	1792
1811	235	02:21:10	Carol Cooper		F	514	F40	82	02:18:01	1799
1812	654	02:21:23	Hilary Richards		F	515	F40	83	02:18:29	1804
1813	1672	02:21:23	Christine Frazer		F	516	F40	84	02:18:29	1805
1814	47	02:21:25	Jeffrey Johnson		M	1298	M55	54	02:19:01	1817
1815	241	02:21:25	Nigel Broom		M	1299	M40	224	02:20:44	1844
1816	1857	02:21:28	Michael Garrard		M	1300	M60	23	02:19:57	1834
1817	1961	02:21:29	Beth Gipson		F	517	F40	85	02:18:11	1801
1818	2333	02:21:30	Jonathan Burton		M	1301	M40	225	02:18:54	1814
1819	2452	02:21:40	Helen Hermer		F	518	F	336	02:19:01	1818
1820	476	02:21:45	Simon Beet		M	1302	M55	55	02:19:02	1819
1821	307	02:21:45	Emily Fish		F	519	F	337	02:18:35	1807
1822	1033	02:21:45	Nicola Butcher		F	520	F	338	02:19:03	1820
1823	1624	02:21:50	Ed Weightman		M	1303	M	748	02:19:44	1831
1824	1025	02:21:56	Robin Folliard		M	1304	M	749	02:18:58	1816
1825	2425	02:21:56	Emily St Quintin		F	521	F	339	02:18:42	1811
1826	2304	02:21:58	Jo Polley		F	522	F50	27	02:20:20	1839
1827	33	02:21:58	Jackie Gowing		F	523	F	340	02:19:24	1826
1828	2622	02:21:58	Lorna Rowe		F	524	F	341	02:19:59	1835
1829	1032	02:22:00	Caroline Butcher		F	525	F50	28	02:19:18	1825
1830	1315	02:22:06	Andrew Hart		M	1305	M45	148	02:20:08	1837
1831	632	02:22:06	Amiya Chaudhry	Shropshire Shufflers	F	526	F	342	02:20:52	1848
1832	2081	02:22:07	David Luton		M	1306	M	750	02:19:06	1821
1833	579	02:22:11	Jennifer Burfoot	Norfolk Gazelles	F	527	F60	9	02:19:42	1830
1834	460	02:22:20	Rob Donovan	Bungay Black Dog RC	M	1307	M60	24	02:19:39	1829
1835	2364	02:22:30	Marion Kerr		F	528	F50	29	02:19:10	1823
1836	2363	02:22:30	Rachel Kirk		F	529	F45	46	02:19:10	1822
1837	2037	02:22:36	Adrian Huggett		M	1308	M45	149	02:21:19	1856
1838	2038	02:22:36	Sonya Huggett		F	530	F	343	02:21:20	1857
1839	1410	02:22:37	Robert Whalen		M	1309	M	751	02:19:36	1828
1840	527	02:22:46	Peter Eaton	North Norfolk Beach Runners	M	1310	M65	21	02:21:32	1859

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1841	760	02:22:57	Danny Newman		M	1311	M	752	02:20:32	1841
1842	2658	02:22:58	Ian Lightfoot	Woodbridge Shufflers RC	M	1312	M	753	02:19:44	1832
1843	1268	02:22:59	John Bickley		M	1313	M50	86	02:19:49	1833
1844	417	02:23:01	Jayne Yates		F	531	F55	16	02:21:00	1852
1845	1666	02:23:07	Jonathan Harvey		M	1314	M45	150	02:20:59	1851
1846	26	02:23:08	Jessica Seal	Dartford Road Runners	F	532	F	344	02:21:20	1858
1847	517	02:23:12	Deborah Nichols		F	533	F45	47	02:22:07	1868
1848	2498	02:23:16	Liz Brennan		F	534	F	345	02:20:43	1843
1849	1960	02:23:18	Lisa Wortley		F	535	F45	48	02:20:00	1836
1850	1908	02:23:22	Jo Shorten		F	536	F	346	02:20:14	1838
1851	778	02:23:22	Lisa Kimber		F	537	F40	86	02:21:49	1864
1852	1111	02:23:27	Lesley Hanner		F	538	F50	30	02:20:21	1840
1853	1699	02:23:34	Andrew Beeston		M	1315	M60	25	02:20:51	1846
1854	1698	02:23:34	Dawn Rimington		F	539	F40	87	02:20:51	1847
1855	1484	02:23:38	Peter Knowles		M	1316	M50	87	02:21:03	1853
1856	2109	02:23:39	Jimmy Scott		M	1317	M	754	02:20:55	1849
1857	1391	02:23:39	Melanie Allen	Norwich Road Runners	F	540	F	347	02:20:46	1845
1858	2359	02:23:41	Julie Lawrence		F	541	F45	49	02:23:03	1875
1859	899	02:23:53	Jayne Cronin		F	542	F	348	02:20:32	1842
1860	1685	02:23:59	Paul Suffolk		M	1318	M	755	02:21:35	1862
1861	2093	02:24:10	Darren Harper		M	1319	M	756	02:21:09	1854
1862	2491	02:24:15	Daniel Browning		M	1320	M	757	02:23:39	1891
1863	790	02:24:15	Gemma Sullivan		F	543	F	349	02:23:39	1890
1864	284	02:24:23	Rosie Rogers	Norfolk Gazelles	F	544	F45	50	02:21:34	1860
1865	2554	02:24:25	Kimberley Mercer		F	545	F	350	02:21:38	1863
1866	2595	02:24:25	Madeleine Jeffries		F	546	F	351	02:23:02	1874
1867	2240	02:24:28	Robert Walker		M	1321	M	758	02:21:55	1866
1868	2100	02:24:28	Lynn Peers		F	547	F	352	02:21:49	1865
1869	659	02:24:31	Dan Skipper		M	1322	M	759	02:22:42	1872
1870	688	02:24:35	Lisa Ford		F	548	F40	88	02:21:17	1855
1871	1317	02:24:44	Linda Gardner		F	549	F45	51	02:21:35	1861
1872	278	02:24:47	Linda Harwood		F	550	F50	31	02:23:22	1882
1873	577	02:24:51	Richard Rogers		M	1323	M60	26	02:20:58	1850
1874	1402	02:25:09	Emily Clark		F	551	F	353	02:22:07	1867
1875	1293	02:25:26	Rosie Kierney		F	552	F	354	02:22:33	1869
1876	807	02:25:33	Pat Kimpton	Lincoln Wellington AC	F	553	F45	52	02:23:27	1886
1877	635	02:25:37	Elaine Barnes		F	554	F45	53	02:24:36	1904
1878	636	02:25:37	Emma Craske		F	555	F	355	02:24:36	1903
1879	231	02:25:39	Anthony George		M	1324	M45	151	02:22:38	1871
1880	2593	02:25:47	Shaun Gardner		M	1325	M	760	02:25:34	1912
1881	2408	02:25:53	Thomas Chase		M	1326	M	761	02:24:28	1901
1882	2076	02:25:56	Robert Wyatt		M	1327	M40	226	02:22:35	1870
1883	1739	02:25:57	Sarah West		F	556	F	356	02:23:25	1884
1884	1941	02:26:02	Jonathan Foot		M	1328	M50	88	02:24:20	1898
1885	163	02:26:06	Rebecca Kidman		F	557	F	357	02:23:26	1885
1886	2106	02:26:08	Troy Davies		M	1329	M40	227	02:22:52	1873
1887	2536	02:26:13	Irene Hunt		F	558	F60	10	02:23:30	1887
1888	2344	02:26:14	Rita Norry	Thetford AC	F	559	F45	54	02:23:05	1878
1889	611	02:26:15	Kevin Bunting		M	1330	M	762	02:23:16	1881
1890	1765	02:26:15	Catriona Longwill		F	560	F	358	02:23:05	1876
1891	800	02:26:16	Sue Anderson		F	561	F	359	02:23:05	1877
1892	95	02:26:23	Sylvia Dady		F	562	F	360	02:24:19	1897
1893	353	02:26:24	Karen Hawkins		F	563	F40	89	02:23:12	1879
1894	352	02:26:25	Robert Hawkins		M	1331	M40	228	02:23:13	1880
1895	426	02:26:29	Oliver Timpson		M	1332	M	763	02:23:24	1883
1896	2298	02:26:41	Lucinda Smith		F	564	F	361	02:24:34	1902
1897	1292	02:26:41	Adam Britt		M	1333	M	764	02:23:49	1892
1898	279	02:26:42	Ian Smith		M	1334	M50	89	02:25:16	1910
1899	1810	02:26:44	Andrew Boot	Norwich Road Runners	M	1335	M	765	02:23:50	1893
1900	2297	02:26:47	Emma Quantrill		F	565	F	362	02:23:34	1888
1901	2258	02:26:47	Sarah Sutch		F	566	F	363	02:23:34	1889
1902	1946	02:26:51	Rodney Potter		M	1336	M65	22	02:26:23	1926
1903	1397	02:26:58	Jennifer Taylor		F	567	F	364	02:24:22	1899
1904	1588	02:26:59	Laura Belcher		F	568	F	365	02:24:07	1894
1905	2496	02:27:13	Helen Barrett	St Albans Striders	F	569	F	366	02:24:45	1906
1906	1478	02:27:17	Diane Renshaw	Dereham Runners	F	570	F45	55	02:24:41	1905
1907	991	02:27:24	Lynda Wells		F	571	F	367	02:24:49	1907
1908	1750	02:27:27	Donald Brightmore		M	1337	M45	152	02:24:15	1895
1909	54	02:27:30	Louise Galloway		F	572	F	368	02:24:18	1896
1910	211	02:27:31	Amy Shore		F	573	F	369	02:24:24	1900
1911	892	02:27:41	Shaun Stubbings		M	1338	M	766	02:24:50	1908
1912	770	02:27:52	Dianne Weeks		F	574	F40	90	02:26:12	1919
1913	2292	02:27:56	Helen Hunt	Norfolk Gazelles	F	575	F40	91	02:25:26	1911
1914	1300	02:27:58	Daniel Berry		M	1339	M50	90	02:26:34	1928
1915	2472	02:27:59	Oliver Mayo		M	1340	M	767	02:26:15	1922
1916	2194	02:28:00	Alistair Reardon		M	1341	M	768	02:26:15	1923
1917	2159	02:28:06	Julia Brudenell		F	576	F45	56	02:26:35	1929
1918	494	02:28:16	Stephen Cramp		M	1342	M55	56	02:27:00	1932
1919	893	02:28:18	Tim Block		M	1343	M40	229	02:25:04	1909
1920	897	02:28:22	Martin Spaul		M	1344	M45	153	02:25:51	1914

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1921	1464	02:28:27	Stacey Pitcher		F	577	F	370	02:26:12	1918
1922	1463	02:28:28	Helen Kent		F	578	F	371	02:26:12	1920
1923	888	02:28:45	John Lingard		M	1345	M50	91	02:25:50	1913
1924	516	02:28:48	Ben Kendall		M	1346	M	769	02:26:34	1927
1925	437	02:29:01	Melanie Neave		F	579	F45	57	02:26:05	1916
1926	2200	02:29:04	Diane Pipe		F	580	F	372	02:27:07	1933
1927	1926	02:29:10	Anna Leeds	Harwich Runners	F	581	F	373	02:26:20	1924
1928	1184	02:29:12	Ian Thurbon		M	1347	M	770	02:25:57	1915
1929	2628	02:29:26	Graham Bloomfield		M	1348	M	771	02:26:06	1917
1930	1014	02:29:26	Ian Moore		M	1349	M	772	02:26:52	1931
1931	349	02:29:29	Alan Faulkner		M	1350	M	773	02:26:21	1925
1932	1428	02:29:29	John Popp		M	1351	M50	92	02:26:14	1921
1933	197	02:29:41	Alan Harbour	Tri-Anglia	M	1352	M55	57	02:26:41	1930
1934	1499	02:29:49	Barry Brock	City Of Norwich AC	M	1353	M40	230	02:29:46	1952
1935	79	02:29:50	Stephen Bumfrey		M	1354	M45	154	02:27:23	1935
1936	2470	02:29:56	Ann Alderton		F	582	F45	58	02:27:11	1934
1937	93	02:30:33	Helen Richardson		F	583	F40	92	02:27:44	1936
1938	477	02:30:51	Nikki Walker		F	584	F	374	02:27:46	1937
1939	438	02:31:01	Maria Keen		F	585	F40	93	02:28:05	1938
1940	1893	02:31:23	Martin Balmer		M	1355	M50	93	02:28:33	1942
1941	572	02:31:26	Jason Snook		M	1356	M	774	02:28:49	1944
1942	1443	02:31:29	Allison Stevens		F	586	F45	59	02:28:17	1939
1943	869	02:31:32	Jonathan Parke		M	1357	M45	155	02:30:02	1955
1944	634	02:31:40	Bryan Baxter		M	1358	M45	156	02:28:44	1943
1945	2077	02:31:41	Linda Bewsey		F	587	F40	94	02:28:19	1940
1946	1311	02:31:43	Clare Denzey	Norwich Road Runners	F	588	F	375	02:28:50	1945
1947	1065	02:32:01	Justin Pooley		M	1359	M	775	02:28:28	1941
1948	1792	02:32:03	Maria Voors		F	589	F	376	02:28:59	1946
1949	1681	02:32:03	Alyson Clarke		F	590	F	377	02:28:59	1947
1950	714	02:32:22	Elaine Muskett		F	591	F	378	02:29:34	1948
1951	713	02:32:22	Clare Morgan		F	592	F	379	02:29:35	1949
1952	442	02:32:29	Sally Curtis		F	593	F50	32	02:29:51	1953
1953	1981	02:32:30	Georgina Smith		F	594	F	380	02:30:23	1958
1954	2290	02:32:43	Alison Allen		F	595	F	381	02:30:12	1956
1955	915	02:32:48	Keith Franklin		M	1360	M50	94	02:30:57	1963
1956	1064	02:32:57	Laura Richards		F	596	F	382	02:29:42	1951
1957	1094	02:32:58	Steve Moore		M	1361	M50	95	02:29:42	1950
1958	852	02:33:09	Innes Masson		M	1362	M45	157	02:29:52	1954
1959	1141	02:33:11	Neil Loadman	Tri-Anglia	M	1363	M	776	02:31:07	1965
1960	549	02:33:13	Claire Hogben		F	597	F	383	02:31:58	1975
1961	662	02:33:16	Rachel Snow		F	598	F	384	02:31:53	1974
1962	931	02:33:16	Anna Parr		F	599	F	385	02:31:53	1973
1963	1227	02:33:20	Josette Cracknell		F	600	F	386	02:32:01	1976
1964	1417	02:33:27	Rachael Pellatt		F	601	F	387	02:31:51	1972
1965	1917	02:33:27	Alistair Miller		M	1364	M	777	02:30:20	1957
1966	712	02:33:34	Felicia Roberts		F	602	F	388	02:30:33	1959
1967	759	02:33:37	Gillian Petts-Hannant		F	603	F	389	02:30:52	1961
1968	627	02:33:47	Adrian Driver		M	1365	M45	158	02:31:25	1967
1969	1342	02:33:56	Jane Clayton		F	604	F50	33	02:30:54	1962
1970	1751	02:33:56	Emma Brightmore		F	605	F	390	02:30:44	1960
1971	342	02:34:01	Wendy Larke	Wymondham AC	F	606	F40	95	02:33:34	1986
1972	1777	02:34:06	Mike Cowan		M	1366	M50	96	02:30:59	1964
1973	1211	02:34:30	Bob Jack	Bungay Black Dog RC	M	1367	M45	159	02:31:29	1968
1974	1503	02:34:38	Martin Starkings		M	1368	M	778	02:31:32	1969
1975	729	02:34:40	Laurie Ames		M	1369	M55	58	02:31:19	1966
1976	2000	02:34:58	Ruth Cutter		F	607	F40	96	02:31:43	1970
1977	618	02:34:58	Michael Curtis		M	1370	M50	97	02:31:43	1971
1978	569	02:35:12	George Pope		M	1371	M	779	02:33:00	1980
1979	1527	02:35:18	Alan Staton		M	1372	M45	160	02:32:14	1977
1980	1544	02:35:26	Nicky Combs		F	608	F	391	02:33:42	1987
1981	1789	02:35:27	Catherine Burchell		F	609	F	392	02:33:42	1988
1982	2434	02:35:32	Glenis Balls		F	610	F55	17	02:33:01	1981
1983	629	02:35:32	Pauline Robinson		F	611	F45	60	02:33:21	1984
1984	117	02:35:32	Geoff Yates		M	1373	M	780	02:32:46	1979
1985	116	02:35:33	Michelle Yates		F	612	F	393	02:32:46	1978
1986	857	02:35:35	Andy McCallum		M	1374	M	781	02:33:06	1982
1987	151	02:36:04	Clare Stasiak		F	613	F	394	02:33:21	1985
1988	109	02:36:04	Amanda Dudley		F	614	F	395	02:33:21	1983
1989	248	02:36:28	Christopher Wallace		M	1375	M	782	02:34:44	1993
1990	1552	02:37:29	Helen Gaunt		F	615	F	396	02:34:18	1989
1991	1004	02:37:42	Lois Wiltshire		F	616	F55	18	02:34:23	1990
1992	2694	02:37:46	Amanda Adamberry		F	617	F	397	02:34:33	1991
1993	2202	02:37:54	Ashley Semmence		M	1376	M	783	02:34:42	1992
1994	1467	02:38:02	John Innes		M	1377	M50	98	02:37:13	2003
1995	1031	02:38:21	Liam Flynn		M	1378	M	784	02:35:22	1995
1996	1030	02:38:21	Inna Vardi		F	618	F	398	02:35:22	1994
1997	588	02:38:31	Lauren Buffini		F	619	F	399	02:36:00	1997
1998	587	02:38:32	Lynn Buffini		F	620	F55	19	02:36:01	1998
1999	2497	02:38:43	David Dumbleton		M	1379	M55	59	02:35:25	1996
2000	732	02:39:38	Gary Knight		M	1380	M45	161	02:37:40	2005

City of Norwich Half Marathon 2008

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RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2001	313	02:39:54	Jamie Cooper		M	1381	M45	162	02:37:12	2002
2002	133	02:40:02	Ian Macfarlane		M	1382	M	785	02:36:44	1999
2003	137	02:40:03	Anthony Morgan		M	1383	M	786	02:36:44	2000
2004	921	02:40:15	Claire Stacey		F	621	F	400	02:37:04	2001
2005	1252	02:40:22	Alexandra Prentice		F	622	F	401	02:37:21	2004
2006	1132	02:40:50	Ian Chisholm		M	1384	M	787	02:38:07	2006
2007	793	02:41:24	Sue Atthill		F	623	F	402	02:38:37	2007
2008	794	02:41:24	Angie Rusbridge		F	624	F	403	02:38:37	2008
2009	1221	02:42:02	Bob Wallace		M	1385	M50	99	02:40:17	2010
2010	828	02:42:51	Tracey Newson		F	625	F	404	02:39:44	2009
2011	1761	02:43:18	Sean Barrow		M	1386	M	788	02:40:37	2013
2012	1137	02:43:19	Helen Edwards	UEA Triathlon Club	F	626	F	405	02:40:37	2014
2013	2579	02:43:27	Alex Brickham		M	1387	M	789	02:40:25	2011
2014	2577	02:43:27	Simone Hayes		F	627	F	406	02:40:25	2012
2015	1686	02:43:45	Daniel Gee		M	1388	M	790	02:41:21	2016
2016	1290	02:44:19	Imogen Rose		F	628	F	407	02:41:17	2015
2017	1640	02:44:44	Lindsay Foster		F	629	F	408	02:41:48	2017
2018	2444	02:44:51	Sacha Wright		F	630	F	409	02:41:49	2018
2019	2352	02:45:45	Debbie Garrould		F	631	F45	61	02:44:06	2021
2020	2342	02:45:46	Simon Garrould		M	1389	M50	100	02:44:07	2022
2021	2303	02:46:16	Tina Potter	Tri-Anglia	F	632	F50	34	02:42:57	2019
2022	934	02:46:18	Clyde Shaw		M	1390	M50	101	02:43:15	2020
2023	1637	02:47:40	Adam Bensley		M	1391	M	791	02:45:17	2023
2024	2322	02:48:20	Elizabeth Walne		F	633	F	410	02:45:32	2024
2025	1602	02:48:33	Nick Guyton		M	1392	M	792	02:45:35	2025
2026	990	02:48:44	Ashley Eyre		M	1393	M	793	02:46:08	2026
2027	327	02:49:40	Gillian Cox	Newmarket Joggers	F	634	F40	97	02:46:37	2028
2028	680	02:49:45	Helen Blackburn		F	635	F	411	02:46:37	2027
2029	716	02:49:49	Amy Turner		F	636	F	412	02:46:52	2031
2030	92	02:49:50	Gwyneth Chatten		F	637	F55	20	02:46:46	2030
2031	1066	02:50:18	Joanna Pooley		F	638	F	413	02:46:45	2029
2032	106	02:51:44	Maurice Copeland	North Norfolk Beach Runners	M	1394	M65	23	02:50:27	2032
2033	758	02:52:28	Rob Southin		M	1395	M	794	02:51:06	2033
2034	767	02:52:29	Paul Southin		M	1396	M45	163	02:51:07	2034
2035	2028	02:53:25	Jim Rice		M	1397	M	795	02:51:14	2035
2036	985	02:53:31	Laura Piekos	Merryhill Striders	F	639	F45	62	02:53:03	2040
2037	1773	02:54:44	Emily Player		F	640	F	414	02:52:11	2036
2038	1037	02:55:24	Glenda Taylor	Stowmarket Striders	F	641	F55	21	02:52:42	2038
2039	218	02:55:28	Nicola Smith		F	642	F	415	02:52:17	2037
2040	1437	02:56:03	Frank Reader		M	1398	M60	27	02:52:57	2039
2041	2544	02:56:03	Amy Simmons	Norwich Road Runners	F	643	F	416	02:53:11	2041
2042	531	02:56:39	Seamus Chambers		M	1399	M40	231	02:54:26	2043
2043	788	02:56:42	Holly Mungovan		F	644	F	417	02:54:18	2042
2044	2326	02:58:55	Peter Witley		M	1400	M60	28	02:56:04	2044
2045	1959	03:05:12	Sally Azarmi		F	645	F40	98	03:01:55	2045
2046	734	03:12:45	Pam Spychal		F	646	F50	35	03:09:23	2046