

# City of Norwich Half Marathon 2010

13th March 2011

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	1	1:08:23	Ian Kimpton	LINCOLN WELLINGTON AC	Male	1	M	1	1:08:21	1
2	9	1:09:01	Martin Williams	TIPTON HARRIERS	Male	2	M	2	1:09:00	2
3	8	1:09:38	Adrian Mussett	COLCHESTER HARRIERS	Male	3	M	3	1:09:36	3
4	3279	1:10:23	Stuart Huntington	CITY OF NORWICH AC	Male	4	M	4	1:10:21	4
5	2	1:11:17	Matthew Bidwell	GALWAY CITY HARRIERS	Male	5	M	5	1:11:15	5
6	6	1:11:40	Darren Fowlie	NOTTS AC	Male	6	M	6	1:11:38	6
7	2685	1:13:03	Wayne Lincoln	CITY OF NORWICH AC	Male	7	M40	1	1:13:02	7
8	1638	1:15:16	Nick Earl	CITY OF NORWICH AC	Male	8	M	7	1:15:14	8
9	3254	1:15:21	Radek Bohm	TRI ANGLIA	Male	9	M	8	1:15:17	9
10	2073	1:16:55	Fernando Silva		Male	10	M50	1	1:16:54	10
11	1611	1:17:06	Daniel Middleton		Male	11	M	9	1:17:02	11
12	856	1:17:12	Albie Von Gordon	CITY OF NORWICH AC	Male	12	M	10	1:17:10	12
13	1176	1:17:21	Stephen Pettit	ELY RUNNERS	Male	13	M45	1	1:17:19	13
14	750	1:17:44	Martin Gray		Male	14	M	11	1:17:42	14
15	1950	1:17:52	Robert Kett	NORWICH ROAD RUNNERS	Male	15	M	12	1:17:48	15
16	2444	1:18:02	Alan Darby		Male	16	M	13	1:17:55	16
17	1812	1:18:03	David Laing	IPSWICH JAFFA	Male	17	M45	2	1:18:01	17
18	1619	1:18:17	Oliver Mason	PETERBOROUGH ATHLETIC CLUB	Male	18	M	14	1:18:14	18
19	2750	1:18:21	Chris Merrylees	NORTH NORFOLK BEACH RUNNERS	Male	19	M	15	1:18:18	19
20	1775	1:18:27	Tony Johns	NORWICH ROAD RUNNERS	Male	20	M45	3	1:18:24	20
21	4	1:18:55	Sarah Stradling	COLCHESTER HARRIERS	Female	1	F	1	1:18:53	21
22	2530	1:19:13	Colin Ridley	WEST SUFFOLK	Male	21	M45	4	1:19:11	22
23	2534	1:19:15	Brian Herrington	HARWICH RUNNERS	Male	22	M40	2	1:19:13	23
24	1873	1:19:21	Ross Langley	TRING RUNNING CLUB	Male	23	M	16	1:19:18	24
25	1946	1:19:55	Paul Samways	LINCOLN WELLINGTON AC	Male	24	M	17	1:19:53	25
26	451	1:20:29	Tom Campbell		Male	25	M	18	1:20:24	26
27	1783	1:20:34	Joseph Hawes		Male	26	M	19	1:20:31	27
28	2539	1:20:38	Mark Betts	NORWICH ROAD RUNNERS	Male	27	M	20	1:20:35	28
29	3315	1:21:08	Dani Nimmock	CITY OF NORWICH AC	Female	2	F	2	1:21:07	29
30	1491	1:21:20	Matthew Jack		Male	28	M	21	1:21:18	30
31	1626	1:21:22	Philippa Taylor	NENE VALLEY HARRIERS	Female	3	F40	1	1:21:19	31
32	2374	1:21:40	Guy Youll		Male	29	M	22	1:21:38	32
33	2163	1:21:47	Wilfred Campbell	IPSWICH JAFFA	Male	30	M45	5	1:21:45	33
34	1391	1:22:01	Stefan Glaysher	CITY OF NORWICH AC	Male	31	M45	6	1:21:57	34
35	1104	1:22:05	Tim Topper	NORWICH ROAD RUNNERS	Male	32	M	23	1:22:01	35
36	2710	1:22:20	Robert Reason	HARWICH RUNNERS	Male	33	M	24	1:22:18	36
37	2874	1:22:29	Mark Garrett	NORWICH ROAD RUNNERS	Male	34	M45	7	1:22:26	37
38	1951	1:22:30	Andy Kett	NORTH NORFOLK BEACH RUNNERS	Male	35	M	25	1:22:26	38
39	2420	1:23:05	Paul McClelland	HARWICH RUNNERS	Male	36	M40	3	1:23:04	39
40	1824	1:23:07	Alan Reade	WITHAM RUNNING CLUB	Male	37	M40	4	1:23:06	40
41	2709	1:23:42	Paul Churchill	NORWICH ROAD RUNNERS	Male	38	M40	5	1:23:36	41
42	1630	1:23:55	Colin Robilliard	COLTISHALL JAGUARS	Male	39	M55	1	1:23:51	44
43	788	1:24:00	Jamie Seamark	NORTH NORFOLK BEACH RUNNERS	Male	40	M	26	1:23:57	45
44	3263	1:24:09	Ben Jimson		Male	41	M	27	1:23:48	42
45	1238	1:24:13	Jimmy West	UEA ATHLETICS CLUB	Male	42	M	28	1:23:49	43
46	2691	1:24:16	Jack Gillick	WYMONDHAM AC	Male	43	M	29	1:24:13	46
47	2167	1:24:34	Dave Ledward	TRI ANGLIA	Male	44	M40	6	1:24:31	48
48	3172	1:24:39	Paul Deasy		Male	45	M	30	1:24:22	47
49	798	1:24:41	Joe Anderson-Brown	RYSTON RUNNERS	Male	46	M	31	1:24:36	49
50	1375	1:24:41	Annette Oakman	COLCHESTER HARRIERS	Female	4	F	3	1:24:36	50
51	2341	1:24:47	Richard White	WYMONDHAM AC	Male	47	M50	2	1:24:45	51
52	1111	1:24:53	Ben Moon	CARDIFF HARLEQUINS	Male	48	M	32	1:24:45	52
53	2645	1:24:53	Jackson Williams		Male	49	M	33	1:24:51	53
54	2118	1:24:57	Phil Quantrell	GREAT YARMOUTH ROAD RUNNERS	Male	50	M	34	1:24:54	54
55	3178	1:25:05	Nolan Wilkens	BECKENHAM RUNNING CLUB	Male	51	M	35	1:25:01	55
56	2179	1:25:11	Michael Wood		Male	52	M	36	1:25:06	56
57	3223	1:25:21	Robert Fryer		Male	53	M	37	1:25:15	57
58	1770	1:25:48	Peter Taylor		Male	54	M	38	1:25:43	59
59	1832	1:25:50	Chris Beck	TRI ANGLIA	Male	55	M	39	1:25:28	58
60	987	1:26:14	Chris Yeates		Male	56	M	40	1:26:08	60
61	1009	1:26:21	Andrew Nickinson		Male	57	M	41	1:26:13	61
62	2147	1:26:34	Charlie Nurse		Male	58	M	42	1:26:30	63
63	852	1:26:36	Adam Craske	BUNGAY BLACK DOG RC	Male	59	M	43	1:26:20	62
64	1837	1:26:41	Eugene Mitchell		Male	60	M	44	1:26:35	64
65	3283	1:26:46	Mark Williams		Male	61	M	45	1:26:37	65
66	2652	1:26:57	Adam Howlett		Male	62	M	46	1:26:53	67
67	797	1:27:01	Martin Ive	RYSTON RUNNERS	Male	63	M40	7	1:26:56	68
68	2366	1:27:07	Paul Davies	NORWICH ROAD RUNNERS	Male	64	M40	8	1:27:04	71
69	909	1:27:12	Thomas Gegg		Male	65	M	47	1:26:44	66
70	1047	1:27:15	Richard Hawcutt		Male	66	M	48	1:27:00	70

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	1606	1:27:19	Andrew Vinsen	WYMONDHAM AC	Male	67	M	49	1:27:13	72
72	930	1:27:22	Mark Haylett		Male	68	M45	8	1:27:19	76
73	2300	1:27:27	Steve Ely	NORWICH ROAD RUNNERS	Male	69	M	50	1:27:16	73
74	2430	1:27:29	Eddie Greenland	WYMONDHAM AC	Male	70	M45	9	1:27:23	78
75	1665	1:27:31	John Jacobs		Male	71	M	51	1:27:20	77
76	1412	1:27:34	Simon Donaghy	HERNE HILL HARRIERS	Male	72	M45	10	1:27:17	75
77	815	1:27:36	Neil Shearer		Male	73	M40	9	1:27:16	74
78	2446	1:27:39	Dave Solomon		Male	74	M40	10	1:27:32	79
79	49	1:27:44	Gordon Betts		Male	75	M40	11	1:26:56	69
80	1013	1:27:48	Alexandra Smith	NORWICH ROAD RUNNERS	Female	5	F	4	1:27:37	80
81	3211	1:27:49	Miguel Andrade	TRI ANGLIA	Male	76	M	52	1:27:47	84
82	1962	1:27:55	Mark Clues	TRI ANGLIA	Male	77	M40	12	1:27:51	86
83	492	1:27:56	Spencer Goodall		Male	78	M40	13	1:27:38	81
84	1194	1:27:56	Mark Grubb	NORFOLK GAZELLES	Male	79	M	53	1:27:46	82
85	1300	1:28:01	Gareth Hughes		Male	80	M	54	1:27:46	83
86	1463	1:28:07	Mike Salter		Male	81	M45	11	1:27:49	85
87	1199	1:28:08	Andrew Watchman		Male	82	M45	12	1:28:01	87
88	2967	1:28:17	Chris Seymour	STOWMARKET STRIDERS	Male	83	M40	14	1:28:12	89
89	2323	1:28:20	Tim Earl	WAVENEY VALLEY AC	Male	84	M	55	1:28:12	90
90	687	1:28:25	Henry De Renzy-Martin		Male	85	M	56	1:28:06	88
91	1923	1:28:33	Marie Shirley	SUDBURY JOGGERS	Female	6	F	5	1:28:29	92
92	1993	1:28:35	Matthew Fray	NORWICH ROAD RUNNERS	Male	86	M	57	1:28:32	96
93	2559	1:28:35	Steven Neaves	STOWMARKET STRIDERS	Male	87	M50	3	1:28:30	94
94	1889	1:28:36	Darryl Davis	CITY OF NORWICH AC	Male	88	M40	15	1:28:29	93
95	2309	1:28:38	Matthew Philpot		Male	89	M	58	1:28:17	91
96	1326	1:28:38	Jonathan Davies		Male	90	M	59	1:28:34	98
97	3149	1:28:40	Graham Eastwood		Male	91	M	60	1:28:30	95
98	2024	1:28:47	James Wilson	SUDBURY JOGGERS	Male	92	M	61	1:28:41	99
99	1742	1:28:51	Martin Yeomans	NORWICH ROAD RUNNERS	Male	93	M60	1	1:28:43	100
100	1909	1:28:52	Jason Walker	STOWMARKET STRIDERS	Male	94	M	62	1:28:33	97
101	2490	1:28:56	Simon Bryant		Male	95	M	63	1:28:52	102
102	1124	1:28:56	Adam Pearce		Male	96	M	64	1:28:52	103
103	683	1:28:57	Holly Gilbert	VICTORIA PARK HARRIERS	Female	7	F	6	1:28:50	101
104	3120	1:29:00	Nicholas Bensley		Male	97	M40	16	1:28:55	104
105	1714	1:29:02	Craig Bowen - Jones		Male	98	M	65	1:28:55	105
106	2273	1:29:14	John Moore	NORFOLK GAZELLES	Male	99	M50	4	1:29:02	108
107	2898	1:29:19	Martin Koenigsberger	WEST NORFOLK AC	Male	100	M40	17	1:29:11	110
108	2217	1:29:21	Adam Watkin		Male	101	M	66	1:29:03	109
109	896	1:29:22	Tim Angell		Male	102	M45	13	1:29:16	112
110	2220	1:29:27	Paul Rudin		Male	103	M45	14	1:29:01	106
111	1744	1:29:31	Julian Tomkinson	TRI ANGLIA	Male	104	M40	18	1:29:14	111
112	1359	1:29:32	Richard Mclellan	TRI ANGLIA	Male	105	M	67	1:29:18	113
113	153	1:29:36	Andrew Goodchild	TRI ANGLIA	Male	106	M40	19	1:29:29	115
114	641	1:29:38	James O'Connor		Male	107	M	68	1:29:01	107
115	1600	1:29:41	Andrew King		Male	108	M	69	1:29:26	114
116	2924	1:29:44	Paul Yallop	TRI ANGLIA	Male	109	M40	20	1:29:35	117
117	871	1:29:45	Paul Lyon		Male	110	M	70	1:29:32	116
118	2114	1:29:53	Richard Hayes		Male	111	M	71	1:29:44	120
119	2928	1:29:54	Mark Scott		Male	112	M	72	1:29:45	121
120	2239	1:29:56	Pete Stevens		Male	113	M	73	1:29:42	118
121	1884	1:29:58	Wayne Easlea	NORWICH ROAD RUNNERS	Male	114	M	74	1:29:46	122
122	340	1:29:59	Fiona Tideswell	SAFFRON STRIDERS	Female	8	F	7	1:29:52	125
123	1778	1:30:02	Martin Auger		Male	115	M55	2	1:29:42	119
124	2784	1:30:04	Benjamin Bailey	TRI ANGLIA	Male	116	M40	21	1:29:53	126
125	1462	1:30:05	Ryan Jones		Male	117	M	75	1:29:46	123
126	1383	1:30:05	Peter Stevens		Male	118	M	76	1:29:46	124
127	886	1:30:13	Jon Howe	COLTISHALL JAGUARS	Male	119	M50	5	1:30:02	127
128	2079	1:30:16	Louise Hampshire	SUDBURY JOGGERS	Female	9	F	8	1:30:10	131
129	867	1:30:21	Alex Ward	CITY OF NORWICH AC	Male	120	M40	22	1:30:08	130
130	2711	1:30:22	Aidan Bond		Male	121	M	77	1:30:13	132
131	657	1:30:27	Simon Marsh		Male	122	M	78	1:30:23	136
132	32	1:30:29	Marc Evans		Male	123	M	79	1:30:17	135
133	2700	1:30:29	Charlie Makin		Male	124	M	80	1:30:04	128
134	981	1:30:30	Robert Meeks		Male	125	M	81	1:30:04	129
135	2972	1:30:33	Stu Barnard	NORFOLK HARRIERS	Male	126	M	82	1:30:15	133
136	1747	1:30:35	Matthew Pask	NORWICH ROAD RUNNERS	Male	127	M40	23	1:30:23	137
137	636	1:30:40	Jonathan Meadows	LOWESTOFT ROAD RUNNERS	Male	128	M	83	1:30:32	139
138	1674	1:30:44	Christopher Blake		Male	129	M	84	1:30:15	134
139	2371	1:30:45	Roger Higgins	NORWICH ROAD RUNNERS	Male	130	M	85	1:30:32	140
140	2793	1:30:51	Gareth Walker	TRI ANGLIA	Male	131	M	86	1:30:42	142

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	2799	1:30:56	Adrian Hall		Male	132	M45	15	1:30:51	145
142	2650	1:31:06	Nathan Hunt		Male	133	M	87	1:30:49	144
143	1898	1:31:12	David Oliver	RYSTON RUNNERS	Male	134	M	88	1:30:46	143
144	2634	1:31:13	Geoff Perry		Male	135	M45	16	1:30:34	141
145	975	1:31:18	Karen Archbold	LOWESTOFT ROAD RUNNERS	Female	10	F40	2	1:31:04	146
146	1971	1:31:22	Gary Wootton	TRI ANGLIA	Male	136	M40	24	1:31:11	148
147	2670	1:31:26	Ben Potter		Male	137	M	89	1:30:23	138
148	2595	1:31:31	Dean Ladbrook		Male	138	M	90	1:31:14	149
149	3068	1:31:32	Tristan Cossey		Male	139	M40	25	1:31:07	147
150	1145	1:31:36	Darren Naughton	RYSTON RUNNERS	Male	140	M40	26	1:31:29	152
151	655	1:31:44	Ashley Wakefield		Male	141	M	91	1:31:16	150
152	2162	1:31:47	Keith Brighty	NORWICH ROAD RUNNERS	Male	142	M45	17	1:31:39	153
153	861	1:31:54	Mark Webster		Male	143	M45	18	1:31:19	151
154	1598	1:31:58	Paul Smith	NORWICH ROAD RUNNERS	Male	144	M	92	1:31:51	156
155	2132	1:31:59	Neville Knights	DEREHAM RUNNERS	Male	145	M50	6	1:31:46	154
156	2423	1:32:00	Peter Holmes		Male	146	M	93	1:31:47	155
157	3136	1:32:03	Andrew Savory	NORWICH ROAD RUNNERS	Male	147	M45	19	1:31:51	157
158	679	1:32:05	Martyn Clarke		Male	148	M45	20	1:32:00	158
159	1521	1:32:09	Carl Wright	NORWICH ROAD RUNNERS	Male	149	M45	21	1:32:01	160
160	650	1:32:11	Chris Meadows		Male	150	M	94	1:32:02	161
161	2082	1:32:28	Mark Mantle		Male	151	M	95	1:32:10	164
162	1588	1:32:30	Robert Skinn		Male	152	M	96	1:32:08	162
163	760	1:32:30	Mark Taylor		Male	153	M	97	1:32:00	159
164	1003	1:32:32	Rob Lines	TRI ANGLIA	Male	154	M40	27	1:32:08	163
165	1458	1:32:34	Andy Peck	GREAT YARMOUTH ROAD RUNNERS	Male	155	M40	28	1:32:14	165
166	3103	1:32:35	Glenn Quayle		Male	156	M	98	1:32:23	168
167	1026	1:32:37	Matthew Hyde		Male	157	M	99	1:32:18	166
168	2651	1:32:39	Emma Appleton	NORWICH ROAD RUNNERS	Female	11	F	9	1:32:27	170
169	1699	1:32:48	Dennis Chung		Male	158	M	100	1:32:20	167
170	2537	1:32:57	Nigel Sinclair		Male	159	M	101	1:32:26	169
171	525	1:32:59	Mick Glynn	DISS & DISTRICT AC	Male	160	M45	22	1:32:54	176
172	3156	1:33:04	Sarah Cannon		Female	12	F	10	1:32:59	183
173	2845	1:33:05	Alan Bushell	COLTISHALL JAGUARS	Male	161	M	102	1:32:54	177
174	1639	1:33:06	Jack Edwards		Male	162	M	103	1:32:51	174
175	2086	1:33:07	John Greener	ST EDMUND PACERS	Male	163	M40	29	1:32:51	175
176	1618	1:33:07	Richard Smith		Male	164	M40	30	1:32:56	179
177	1793	1:33:08	Robert Henshilwood		Male	165	M	104	1:32:31	171
178	1654	1:33:08	Steven Rix	DEREHAM RUNNERS	Male	166	M	105	1:32:56	180
179	880	1:33:13	David Mchale		Male	167	M	106	1:32:48	173
180	1558	1:33:13	Vasco Fernandes		Male	168	M	107	1:33:04	185
181	1286	1:33:16	Tim Larke	STOWMARKET STRIDERS	Male	169	M	108	1:32:57	182
182	2302	1:33:17	Sam Wenham		Male	170	M	109	1:32:46	172
183	3227	1:33:17	Ian Saunders	RYSTON RUNNERS	Male	171	M40	31	1:33:11	188
184	574	1:33:19	Philip Kitchener	HUNTS AC	Male	172	M	110	1:32:55	178
185	1916	1:33:19	David Bowen	NORWICH ROAD RUNNERS	Male	173	M	111	1:33:06	186
186	1760	1:33:20	Richard Blundell	TRI ANGLIA	Male	174	M	112	1:33:01	184
187	2749	1:33:26	Neil Gillingham	IPSWICH HARRIERS	Male	175	M	113	1:33:20	192
188	1482	1:33:26	Ian Crutchley	WYMONDHAM AC	Male	176	M45	23	1:33:10	187
189	835	1:33:27	Chris Chorley	BUNGAY BLACK DOG RC	Male	177	M45	24	1:33:14	190
190	737	1:33:34	Carl Meen		Male	178	M	114	1:33:25	198
191	1850	1:33:35	Seb Rijpstra		Male	179	M	115	1:33:12	189
192	939	1:33:36	Jim Hayes	NORTH NORFOLK BEACH RUNNERS	Male	180	M60	2	1:33:21	193
193	576	1:33:40	Paul Todd		Male	181	M45	25	1:33:22	194
194	2056	1:33:40	Phillip Bray		Male	182	M	116	1:33:23	196
195	2022	1:33:41	Gavin Barron	TRI ANGLIA	Male	183	M	117	1:33:16	191
196	2221	1:33:43	Paul Harrison	DEREHAM RUNNERS	Male	184	M50	7	1:33:29	201
197	1382	1:33:43	Andrew Summers		Male	185	M	118	1:33:25	199
198	2475	1:33:43	Christopher Jenkins		Male	186	M	119	1:33:22	195
199	2756	1:33:44	Craig Dungar	WYMONDHAM AC	Male	187	M	120	1:33:27	200
200	869	1:33:45	Will Hall	TRI ANGLIA	Male	188	M	121	1:33:36	204
201	98	1:33:48	Michelle Myhill		Female	13	F	11	1:32:56	181
202	2735	1:33:49	Michael Seger		Male	189	M45	26	1:33:44	207
203	599	1:33:50	Neil Holland	WYMONDHAM AC	Male	190	M45	27	1:33:42	206
204	1227	1:33:52	Simon Hassett	SWANLEY & DISTRICT AC	Male	191	M40	32	1:33:34	203
205	859	1:33:54	Craig Hannah-Russell		Male	192	M	122	1:33:39	205
206	152	1:33:54	Phillip Bentley		Male	193	M	123	1:33:32	202
207	2369	1:33:57	Daniel Tarr		Male	194	M	124	1:33:52	209
208	2510	1:34:00	Tommy Scott		Male	195	M50	8	1:33:50	208
209	2187	1:34:03	Ian Archer		Male	196	M40	33	1:33:24	197
210	1399	1:34:11	Ian Thomas	UKNETRUNNER	Male	197	M50	9	1:33:56	211

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211	2377	1:34:14	Mike Denmark		Male	198	M50	10	1:33:55	210
212	1677	1:34:15	Domenico Zappia		Male	199	M40	34	1:34:01	214
213	1377	1:34:16	Sanelli Sanelli		Male	200	M	125	1:34:09	220
214	1612	1:34:20	Sharon Hurren	WYMONDHAM AC	Female	14	F	12	1:34:04	216
215	425	1:34:22	Iain Hill		Male	201	M	126	1:34:02	215
216	2156	1:34:23	Simon Able	RYSTON RUNNERS	Male	202	M40	35	1:34:07	218
217	490	1:34:25	Geoff Dickinson		Male	203	M	127	1:34:09	221
218	1830	1:34:28	Anne Swift		Female	15	F40	3	1:34:05	217
219	102	1:34:33	Simon Hedges		Male	204	M	128	1:34:13	223
220	1582	1:34:33	Timothy Smith	TEAM MILTON KEYNES	Male	205	M	129	1:34:08	219
221	1581	1:34:36	Colin Browning	NORWICH ROAD RUNNERS	Male	206	M45	28	1:34:27	228
222	2142	1:34:42	Chris Barkway		Male	207	M50	11	1:34:22	225
223	2717	1:34:46	Liam Hudson		Male	208	M	130	1:33:56	212
224	419	1:34:50	Barry Smith		Male	209	M40	36	1:34:23	226
225	1125	1:34:51	Lloyd Johnson		Male	210	M	131	1:33:59	213
226	2602	1:34:53	Graham Coulter	TRI ANGLIA	Male	211	M	132	1:34:43	231
227	925	1:34:59	Daniel Norton		Male	212	M	133	1:34:26	227
228	1168	1:35:01	John Drewry		Male	213	M45	29	1:34:42	230
229	200	1:35:04	Nicholas Halls		Male	214	M	134	1:34:11	222
230	2518	1:35:07	Alexander Hall	NORWICH ROAD RUNNERS	Male	215	M	135	1:34:55	233
231	1259	1:35:13	Penny Edwards	NORWICH ROAD RUNNERS	Female	16	F55	1	1:34:57	234
232	716	1:35:22	Chris Smith		Male	216	M45	30	1:34:13	224
233	1870	1:35:22	Mark Harmer	COLTISHALL JAGUARS	Male	217	M	136	1:35:13	240
234	2169	1:35:25	Robin Belsom	IPSWICH JAFFA	Male	218	M50	12	1:35:05	235
235	1120	1:35:26	Isabella List	COLTISHALL JAGUARS	Female	17	F	13	1:34:52	232
236	2797	1:35:30	Stephen Niblett	COLTISHALL JAGUARS	Male	219	M40	37	1:35:19	246
237	2229	1:35:34	Phil Sayer		Male	220	M	137	1:35:07	237
238	2392	1:35:37	Jason Kelf	NORFOLK GAZELLES	Male	221	M40	38	1:35:26	251
239	2242	1:35:37	Thomas Pinnington		Male	222	M	138	1:35:24	250
240	2724	1:35:39	Rebecca Jordan	STOWMARKET STRIDERS	Female	18	F	14	1:35:06	236
241	3116	1:35:40	Laurence Abel	TRI ANGLIA	Male	223	M45	31	1:35:20	248
242	474	1:35:40	Andrew Donaldson		Male	224	M	139	1:35:19	247
243	89	1:35:40	Sam Heard		Male	225	M	140	1:35:13	241
244	2649	1:35:42	David Hudson	TRI ANGLIA	Male	226	M	141	1:35:18	244
245	2879	1:35:42	Stephen Blomfield		Male	227	M45	32	1:35:21	249
246	2865	1:35:42	Jonathon Alcock		Male	228	M	142	1:35:09	238
247	2070	1:35:43	Sarah J C Lewis		Female	19	F	15	1:35:41	255
248	3312	1:35:44	David Waller		Male	229	M	143	1:35:28	252
249	2544	1:35:45	Tom Parker		Male	230	M	144	1:35:12	239
250	562	1:35:49	Christopher Ault		Male	231	M	145	1:34:40	229
251	1791	1:35:49	Tanya Crofts	WYMONDHAM AC	Female	20	F	16	1:35:42	256
252	2809	1:35:52	Kevin Frazer		Male	232	M45	33	1:35:38	254
253	50	1:35:56	Paul Rayner	HUNTS AC	Male	233	M50	13	1:35:43	257
254	1798	1:36:01	James Doggett		Male	234	M	146	1:35:35	253
255	2505	1:36:09	Alan McLaren		Male	235	M40	39	1:36:00	260
256	1242	1:36:11	Ryan Honeyman		Male	236	M	147	1:35:17	243
257	242	1:36:11	Steve Ladhams	WOODFORD GREEN	Male	237	M	148	1:36:06	265
258	1060	1:36:13	Paul Martin		Male	238	M	149	1:36:04	262
259	407	1:36:14	Ed Bailey		Male	239	M	150	1:35:15	242
260	906	1:36:14	Jonathan Wiles	BUNGAY BLACK DOG RC	Male	240	M	151	1:36:04	263
261	1749	1:36:21	Peter Chapman	BUNGAY BLACK DOG RC	Male	241	M50	14	1:35:55	259
262	544	1:36:23	Shaun Conway		Male	242	M45	34	1:35:54	258
263	133	1:36:23	James Norman		Male	243	M	152	1:36:11	268
264	782	1:36:27	Andrew Flack		Male	244	M	153	1:36:01	261
265	2541	1:36:31	Gail Pryke	IPSWICH JAFFA	Female	21	F50	1	1:36:25	273
266	313	1:36:34	Wadud Miah	CITY OF NORWICH AC	Male	245	M	154	1:36:30	275
267	2145	1:36:40	Joanna Albert		Female	22	F	17	1:36:09	266
268	2801	1:36:41	Ed Taylor		Male	246	M	155	1:36:11	269
269	1811	1:36:41	Val Jennings	IPSWICH JAFFA	Female	23	F45	1	1:36:36	279
270	1645	1:36:41	Lewis Flatt		Male	247	M	156	1:36:12	270
271	1998	1:36:43	James Cox		Male	248	M	157	1:35:18	245
272	2200	1:36:44	John Bassinder	STAINLAND LIONS	Male	249	M55	3	1:36:26	274
273	1190	1:36:47	Angus Wilkinson		Male	250	M	158	1:36:04	264
274	702	1:36:47	Dave Spooner	NORTH NORFOLK BEACH RUNNERS	Male	251	M	159	1:36:24	272
275	2443	1:36:47	Robin Harper		Male	252	M	160	1:36:39	281
276	2228	1:36:50	Nicholas Dunwell		Male	253	M	161	1:36:19	271
277	904	1:36:57	Graham Sillett		Male	254	M50	15	1:36:32	276
278	1828	1:37:04	Stephen Dady	GREAT YARMOUTH ROAD RUNNERS	Male	255	M55	4	1:36:55	289
279	2757	1:37:04	Martin Hursthouse	HENFIELD JOGGERS	Male	256	M40	40	1:36:09	267
280	2316	1:37:06	William Bester	PSAC	Male	257	M45	35	1:36:54	287

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	2403	1:37:07	David Harbrow		Male	258	M	162	1:36:41	282
282	1544	1:37:08	Mark Tufts	WYMONDHAM AC	Male	259	M40	41	1:37:02	296
283	1294	1:37:09	Richard Howlett	BENFLEET RUNNING CLUB	Male	260	M	163	1:36:58	292
284	1906	1:37:12	J Maccallum-Stewart		Male	261	M	164	1:36:54	288
285	2151	1:37:13	Stuart Graver	UKNETRUNNER	Male	262	M40	42	1:36:45	283
286	1426	1:37:16	Adrian Grand	NORWICH ROAD RUNNERS	Male	263	M45	36	1:36:57	291
287	2355	1:37:16	Mark Ogden		Male	264	M	165	1:36:50	285
288	1930	1:37:16	Keith Taggart		Male	265	M45	37	1:36:55	290
289	828	1:37:18	Steven Kent	HARWICH RUNNERS	Male	266	M45	38	1:37:00	294
290	3244	1:37:19	Philip Anderson		Male	267	M45	39	1:36:32	277
291	3268	1:37:22	Thomas Coulby		Male	268	M	166	1:36:47	284
292	81	1:37:24	Vincent Coustham	CITY OF NORWICH AC	Male	269	M	167	1:36:52	286
293	1559	1:37:25	Stephen Taylor		Male	270	M	168	1:36:36	280
294	463	1:37:26	Heather Fisher	DUDLEY KINGSWINFORD	Female	24	F	18	1:36:32	278
295	2667	1:37:27	David Aldis	CITY OF NORWICH AC	Male	271	M60	3	1:37:20	303
296	1287	1:37:28	Simon Prinsley		Male	272	M	169	1:37:00	295
297	2905	1:37:28	Ben Walker		Male	273	M	170	1:37:19	302
298	781	1:37:29	Thomas Lincoln-Kemp	NORWICH ROAD RUNNERS	Male	274	M40	43	1:37:13	299
299	2320	1:37:30	Christopher Speakman		Male	275	M50	16	1:36:58	293
300	1185	1:37:35	Tom Barr		Male	276	M	171	1:37:16	301
301	2146	1:37:40	Andrew McLaren		Male	277	M45	40	1:37:32	311
302	1350	1:37:41	David Hook	CITY OF NORWICH AC	Male	278	M	172	1:37:11	298
303	267	1:37:42	Duncan Humphries		Male	279	M40	44	1:37:07	297
304	533	1:37:45	Harriet Carr	WYMONDHAM AC	Female	25	F	19	1:37:30	310
305	181	1:37:47	Kevin Johnston		Male	280	M50	17	1:37:24	304
306	2373	1:37:51	Tony Saliman	HADLEIGH HARES	Male	281	M45	41	1:37:15	300
307	2885	1:37:55	Jafar Ojra	UEA ATHLETICS CLUB	Male	282	M	173	1:37:52	318
308	1804	1:37:55	Owain Hall		Male	283	M40	45	1:37:33	312
309	2363	1:37:59	Paul Cassels		Male	284	M	174	1:37:37	314
310	10	1:38:01	Vernon Hoare		Male	285	M45	42	1:37:26	307
311	1472	1:38:02	Robert Porter	NORWICH ROAD RUNNERS	Male	286	M	175	1:37:54	320
312	2686	1:38:05	Andrew Baker	GREAT YARMOUTH ROAD RUNNERS	Male	287	M40	46	1:37:25	305
313	3098	1:38:06	David Kellaway	TRI ANGLIA	Male	288	M50	18	1:37:55	322
314	3074	1:38:07	Ewa Plesowicz		Female	26	F	20	1:37:25	306
315	2455	1:38:09	Nikki Nunn		Female	27	F	21	1:37:28	309
316	2864	1:38:11	Tim Woods	NORFOLK GAZELLES	Male	289	M45	43	1:37:42	316
317	632	1:38:13	Nathan Moran		Male	290	M	176	1:37:53	319
318	974	1:38:15	Iain Downie	IPSWICH TRIATHLON CLUB	Male	291	M40	47	1:37:26	308
319	2729	1:38:15	Ian Edwards		Male	292	M	177	1:37:48	317
320	1937	1:38:15	Emma Potter-Campbell	DEREHAM RUNNERS	Female	28	F40	4	1:38:04	324
321	1745	1:38:18	Andy Bobbin		Male	293	M	178	1:38:08	325
322	1985	1:38:20	Rebecca Faircloth	WYMONDHAM AC	Female	29	F	22	1:38:13	326
323	1494	1:38:21	Daniel Hughes		Male	294	M	179	1:37:38	315
324	1380	1:38:27	Greg Marshall	FRAMLINGHAM FLYERS	Male	295	M55	5	1:37:36	313
325	1575	1:38:34	Steve Hughes	STOWMARKET STRIDERS	Male	296	M45	44	1:38:14	328
326	2456	1:38:35	Ewan Harris		Male	297	M	180	1:37:54	321
327	1253	1:38:37	Andrew Skiggs	TRI ANGLIA	Male	298	M	181	1:38:13	327
328	778	1:38:54	Martin Stringfellow		Male	299	M	182	1:38:30	330
329	453	1:38:58	Lisa Godwin	NORWICH ROAD RUNNERS	Female	30	F40	5	1:38:31	332
330	3247	1:39:01	James Winter-Whitaker		Male	300	M	183	1:37:57	323
331	2105	1:39:02	Andy Pearce	ST EDMUND PACERS	Male	301	M40	48	1:38:45	339
332	2178	1:39:03	Peter Nelson		Male	302	M40	49	1:38:30	331
333	457	1:39:06	Nick Askham		Male	303	M	184	1:38:40	334
334	3073	1:39:07	Mark Eglington		Male	304	M	185	1:38:35	333
335	2262	1:39:10	Nick Haigh		Male	305	M50	19	1:38:42	338
336	1891	1:39:10	Stewart Hambling	FRAMLINGHAM FLYERS	Male	306	M40	50	1:38:46	340
337	2205	1:39:13	Neil Clark	NORWICH ROAD RUNNERS	Male	307	M	186	1:38:41	335
338	2218	1:39:15	Michael Armes	NORWICH ROAD RUNNERS	Male	308	M45	45	1:38:41	336
339	1505	1:39:15	Christopher Steil		Male	309	M	187	1:38:47	344
340	1467	1:39:17	Rob Mackenzie	FRAMLINGHAM FLYERS	Male	310	M45	46	1:38:52	346
341	1468	1:39:17	James Mackenzie	FRAMLINGHAM FLYERS	Male	311	M	188	1:38:53	347
342	2208	1:39:17	Matthew Jones		Male	312	M40	51	1:38:56	349
343	809	1:39:18	Andrew Howes		Male	313	M	189	1:38:41	337
344	1999	1:39:19	Sam Kingston	TRI ANGLIA	Male	314	M40	52	1:38:46	341
345	2246	1:39:19	Adrian Galvin		Male	315	M45	47	1:38:50	345
346	2513	1:39:21	Gough Lisa		Female	31	F	23	1:38:46	342
347	1045	1:39:21	Helen Barr		Female	32	F	24	1:39:03	351
348	614	1:39:26	George Kitchen		Male	316	M	190	1:39:08	354
349	1723	1:39:29	Peter Taylor-Whiffen		Male	317	M40	53	1:38:59	350
350	1761	1:39:31	Martin Archbold		Male	318	M	191	1:38:14	329

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	2929	1:39:32	Guy Dentith		Male	319	M	192	1:38:53	348
352	3055	1:39:38	Alex Holland		Male	320	M	193	1:38:46	343
353	1777	1:39:40	Craig Dearden-Phillips	ST EDMUND PACERS	Male	321	M40	54	1:39:25	359
354	2062	1:39:41	Liam Tarry		Male	322	M	194	1:39:29	363
355	2495	1:39:42	Neil Williamson	NEWMARKET JOGGERS	Male	323	M	195	1:39:11	355
356	1980	1:39:43	John Ferguson		Male	324	M40	55	1:39:15	356
357	1994	1:39:45	John Richmond		Male	325	M45	48	1:39:28	362
358	3030	1:39:49	Andy Howard	FENLAND RUNNERS	Male	326	M	196	1:39:41	367
359	1800	1:39:50	Martin Bagnall	COLTISHALL JAGUARS	Male	327	M45	49	1:39:06	353
360	1554	1:39:59	Oliver Lake		Male	328	M	197	1:39:38	366
361	1622	1:40:03	Emanuel Gavert		Male	329	M	198	1:39:25	360
362	949	1:40:04	Paul Masterson		Male	330	M40	56	1:39:24	357
363	2713	1:40:08	Nick Pullen	UEA ATHLETICS CLUB	Male	331	M	199	1:39:43	368
364	2844	1:40:09	Alex Guy		Male	332	M	200	1:40:04	379
365	1771	1:40:12	Kenneth Tovell	FRAMLINGHAM FLYERS	Male	333	M40	57	1:39:47	370
366	773	1:40:12	Rachel Peck		Female	33	F	25	1:40:07	381
367	2769	1:40:13	Scott Chadwick	COLTISHALL JAGUARS	Male	334	M	201	1:40:06	380
368	733	1:40:14	Sam Orbell		Male	335	M	202	1:40:00	375
369	3249	1:40:14	Emma Gavert		Female	34	F	26	1:39:36	365
370	2134	1:40:17	Henry Adams		Male	336	M	203	1:39:24	358
371	2883	1:40:18	Roger Steggles		Male	337	M45	50	1:40:00	376
372	2103	1:40:18	Riccy Sidoli		Male	338	M45	51	1:39:57	373
373	2362	1:40:21	Adrian Hubbard		Male	339	M40	58	1:39:25	361
374	1050	1:40:22	Roger Brown		Male	340	M	204	1:40:15	385
375	2325	1:40:23	Benjamin Hughes		Male	341	M	205	1:40:17	386
376	1298	1:40:25	Stuart Bailey		Male	342	M	206	1:39:05	352
377	2744	1:40:26	Robin Broughton		Male	343	M	207	1:39:48	371
378	708	1:40:28	Stuart Baird		Male	344	M	208	1:40:09	382
379	2549	1:40:33	Matthew Brint		Male	345	M45	52	1:40:00	377
380	601	1:40:34	Kevin Garwood	WYMONDHAM AC	Male	346	M45	53	1:39:33	364
381	295	1:40:35	Andrew Johnston		Male	347	M	209	1:39:59	374
382	703	1:40:40	Andrew Stronach		Male	348	M40	59	1:39:45	369
383	215	1:40:40	Claire Brown		Female	35	F45	2	1:40:31	390
384	928	1:40:43	Gary Reeve		Male	349	M45	54	1:40:01	378
385	847	1:40:45	Mark Storey		Male	350	M45	55	1:40:20	388
386	2730	1:40:46	Carmine De Grandis		Male	351	M40	60	1:40:31	391
387	2195	1:40:47	Samantha Goddard	CAMBRIDGE TRIATHLON CLUB	Female	36	F	27	1:40:09	383
388	1616	1:40:49	Daniel Hart		Male	352	M	210	1:39:54	372
389	3218	1:41:03	Tom Lackey		Male	353	M	211	1:40:12	384
390	810	1:41:05	David Clark	TRI ANGLIA	Male	354	M	212	1:40:52	404
391	2223	1:41:06	Frances Cooke	MARCH ATHLETIC CLUB	Female	37	F50	2	1:40:50	402
392	2763	1:41:07	James Howell		Male	355	M	213	1:40:24	389
393	2012	1:41:08	Ian Vale		Male	356	M45	56	1:40:35	392
394	2306	1:41:09	Martin Gooderham		Male	357	M	214	1:40:46	397
395	2835	1:41:12	Cat Ricketts	BOURNVILLE HARRIERS	Female	38	F	28	1:40:43	395
396	1046	1:41:14	Lucy Collyer	NORTH NORFOLK BEACH RUNNERS	Female	39	F40	6	1:40:51	403
397	927	1:41:14	Claire McCormick		Female	40	F40	7	1:40:46	398
398	2968	1:41:16	Marion Mccall	THETFORD AC	Female	41	F40	8	1:40:53	406
399	836	1:41:23	Darren France		Male	358	M40	61	1:40:49	400
400	881	1:41:29	Matthew Seaman		Male	359	M	215	1:40:19	387
401	1536	1:41:29	Philip Hookway	CITY OF NORWICH AC	Male	360	M	216	1:40:48	399
402	1254	1:41:29	Eve Dewsnap	TRI ANGLIA	Female	42	F	29	1:41:05	407
403	1033	1:41:30	Nigel Bullen	NORFOLK GAZELLES	Male	361	M55	6	1:40:49	401
404	2529	1:41:30	Pete Goddard		Male	362	M55	7	1:41:07	408
405	882	1:41:36	Paul Reynolds		Male	363	M45	57	1:40:40	394
406	2054	1:41:39	Graham Coleman	WYMONDHAM AC	Male	364	M45	58	1:41:19	413
407	2745	1:41:39	Gavin Mitchell		Male	365	M	217	1:41:21	415
408	1204	1:41:41	Louise White	THETFORD AC	Female	43	F	30	1:41:18	412
409	3003	1:41:42	Richard Lesslie		Male	366	M	218	1:41:13	410
410	1195	1:41:43	Vicci Lee		Female	44	F	31	1:41:38	424
411	1740	1:41:49	Gary Ambrose		Male	367	M50	20	1:41:24	417
412	3224	1:41:50	Paul Goldsworthy		Male	368	M45	59	1:40:45	396
413	1972	1:41:50	Stephen Panting	NORWICH ROAD RUNNERS	Male	369	M40	62	1:41:20	414
414	1480	1:41:56	Michael King	COLTISHALL JAGUARS	Male	370	M60	4	1:40:37	393
415	1671	1:41:58	Tanya Harrison	CITY OF NORWICH AC	Female	45	F	32	1:41:17	411
416	1877	1:41:59	Mark Philo	TRI ANGLIA	Male	371	M40	63	1:41:56	436
417	2277	1:42:06	Gavin Tiffin		Male	372	M	219	1:41:40	426
418	3270	1:42:12	Nick Smith		Male	373	M	220	1:41:09	409
419	1427	1:42:15	William Connolley		Male	374	M45	60	1:41:46	429
420	372	1:42:18	Christopher Wiseman		Male	375	M45	61	1:41:22	416

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	897	1:42:19	Lee Sole		Male	376	M	221	1:41:24	418
422	2601	1:42:20	David Spashett	BUNGAY BLACK DOG RC	Male	377	M60	5	1:41:48	431
423	2837	1:42:21	Simon Parkes		Male	378	M	222	1:41:30	422
424	2133	1:42:22	James Lay		Male	379	M	223	1:41:25	419
425	2720	1:42:22	Steven Ratcliffe		Male	380	M55	8	1:42:05	440
426	1842	1:42:29	Matthew Ellis		Male	381	M40	64	1:41:28	420
427	2283	1:42:29	David Burgess		Male	382	M	224	1:42:13	446
428	2395	1:42:32	Alexander Evers-Taylor		Male	383	M	225	1:42:01	438
429	3018	1:42:33	Philip Waring	NEWMARKET CYCLING & TRIATHLON	Male	384	M40	65	1:41:28	421
430	155	1:42:38	Andrew Hayman		Male	385	M	226	1:41:39	425
431	265	1:42:39	Stewart Robins		Male	386	M40	66	1:41:45	427
432	757	1:42:40	Sarah Brydon		Female	46	F	33	1:40:52	405
433	575	1:42:40	Simon Lepage		Male	387	M	227	1:41:55	435
434	18	1:42:42	Jonathan Winn		Male	388	M45	62	1:42:37	457
435	2715	1:42:43	Leigh Smith		Male	389	M	228	1:42:06	441
436	2488	1:42:43	Travis Mcelroy		Male	390	M	229	1:41:52	432
437	1155	1:42:44	Nathan Barrett		Male	391	M	230	1:42:22	449
438	1347	1:42:44	Hugh Brown		Male	392	M40	67	1:42:18	447
439	1796	1:42:45	Joshua Lackey		Male	393	M	231	1:41:52	433
440	3250	1:42:45	Karol Ussher		Male	394	M	232	1:42:07	442
441	401	1:42:46	Craig Spurr		Male	395	M	233	1:41:53	434
442	1239	1:42:47	Nick Langeland		Male	396	M	234	1:42:10	445
443	2072	1:42:55	Morag Macniven	SALE HARRIERS	Female	47	F	34	1:42:04	439
444	1944	1:42:56	Gavin Vogt		Male	397	M45	63	1:42:35	456
445	628	1:43:00	Freddie Magee		Male	398	M	235	1:42:09	444
446	1074	1:43:00	Steve Chamberlain		Male	399	M50	21	1:42:00	437
447	2294	1:43:00	Daren Francis		Male	400	M	236	1:42:30	453
448	2758	1:43:06	Simon Brighten		Male	401	M	237	1:42:39	459
449	2429	1:43:06	Stephen Pullinger		Male	402	M50	22	1:42:28	452
450	2269	1:43:08	Viraf Captain		Male	403	M45	64	1:41:45	428
451	1450	1:43:09	Ricahrd Hanley	HADLEIGH HARES	Male	404	M40	68	1:41:37	423
452	2491	1:43:10	Paul Barnsley		Male	405	M40	69	1:42:32	454
453	2932	1:43:11	Lesley Robins	RYSTON RUNNERS	Female	48	F	35	1:42:23	450
454	2206	1:43:13	Marie Clark	NORWICH ROAD RUNNERS	Female	49	F	36	1:43:00	465
455	2703	1:43:15	Kevin Smith		Male	406	M45	65	1:42:37	458
456	2997	1:43:15	Gary Wenn	ROYAL NAVAL ATHLETICS	Male	407	M45	66	1:42:33	455
457	992	1:43:15	Paul Berriman		Male	408	M	238	1:41:46	430
458	2728	1:43:16	Henry Horwood		Male	409	M	239	1:43:01	466
459	1885	1:43:17	Ian Bareham		Male	410	M40	70	1:42:25	451
460	947	1:43:18	Jonathan Adams		Male	411	M	240	1:42:07	443
461	978	1:43:19	Blair Campbell		Male	412	M	241	1:42:19	448
462	2882	1:43:21	Susan Bennett		Female	50	F50	3	1:42:47	462
463	3032	1:43:22	Phillip Holland		Male	413	M	242	1:43:02	467
464	1860	1:43:22	Gareth Williams		Male	414	M	243	1:42:44	460
465	1988	1:43:23	Piers Wilton		Male	415	M	244	1:43:13	472
466	1196	1:43:26	Stuart Ayton		Male	416	M	245	1:42:59	464
467	1475	1:43:41	Sa Cushing	NORWICH ROAD RUNNERS	Female	51	F45	3	1:43:08	470
468	2161	1:43:44	Bill Partner		Male	417	M40	71	1:42:54	463
469	2033	1:43:44	Paul Stevenson		Male	418	M40	72	1:43:26	477
470	665	1:43:44	Gareth Kingston		Male	419	M	246	1:43:17	473
471	3076	1:43:47	Oliver Back		Male	420	M	247	1:43:05	468
472	1567	1:43:48	Graham Allchurch		Male	421	M40	73	1:43:06	469
473	116	1:43:48	Tim Seely		Male	422	M	248	1:43:10	471
474	1469	1:43:48	Howard Olby		Male	423	M	249	1:42:46	461
475	517	1:43:53	Paul Quantrill		Male	424	M45	67	1:43:43	488
476	3150	1:43:55	John Etheridge		Male	425	M45	68	1:43:28	479
477	3027	1:43:58	Anne Millett	NORWICH ROAD RUNNERS	Female	52	F55	2	1:43:25	475
478	2122	1:43:59	Ian Bray		Male	426	M	250	1:43:42	485
479	1887	1:44:04	Matthew Holman		Male	427	M	251	1:43:50	492
480	763	1:44:07	Alan Elder		Male	428	M	252	1:43:53	496
481	1317	1:44:07	Mark Mountain	GREAT YARMOUTH ROAD RUNNERS	Male	429	M	253	1:43:58	500
482	131	1:44:13	Lisa Knights		Female	53	F	37	1:43:33	481
483	3217	1:44:20	Oliver Armstrong		Male	430	M	254	1:44:15	514
484	2585	1:44:23	Cliff Lear	THETFORD AC	Male	431	M45	69	1:43:21	474
485	2067	1:44:24	Brydon Middleton		Male	432	M	255	1:44:22	518
486	2889	1:44:26	Stuart Moore		Male	433	M	256	1:44:17	516
487	2050	1:44:29	Richard Dolman	THETFORD AC	Male	434	M45	70	1:44:01	503
488	3251	1:44:31	Lisa Jermey	FENLAND AC	Female	54	F	38	1:44:22	519
489	2001	1:44:31	F Da Silva Andrade		Male	435	M45	71	1:43:50	493
490	2034	1:44:33	Darren Beard		Male	436	M	257	1:43:40	484

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	1015	1:44:35	Albert Fielder		Male	437	M	258	1:43:25	476
492	2548	1:44:37	James Bell		Male	438	M45	72	1:44:31	527
493	1844	1:44:40	Duncan Cardwell		Male	439	M	259	1:44:01	504
494	690	1:44:40	Andrew Eastwood		Male	440	M	260	1:43:53	497
495	33	1:44:41	Andrew Betts		Male	441	M40	74	1:43:54	498
496	2192	1:44:42	Dom Norrish	ROYSTON RUNNERS	Male	442	M	261	1:43:29	480
497	858	1:44:43	Caroline French	NORWICH ROAD RUNNERS	Female	55	F	39	1:43:52	495
498	2308	1:44:43	Tom Richardson	LOWESTOFT ROAD RUNNERS	Male	443	M	262	1:44:40	540
499	805	1:44:45	Jaime Cryer		Male	444	M40	75	1:43:27	478
500	3099	1:44:47	Alex Branford		Male	445	M	263	1:43:48	491
501	2973	1:44:48	John Pinnell		Male	446	M45	73	1:44:33	529
502	2557	1:44:48	Debbie Kent		Female	56	F	40	1:43:47	490
503	2857	1:44:49	Tim Ward		Male	447	M45	74	1:44:09	510
504	3284	1:44:52	Martin Williams		Male	448	M40	76	1:43:58	501
505	1535	1:44:52	Stacy Tovell		Male	449	M	264	1:44:06	509
506	1327	1:44:54	Ed Waller		Male	450	M	265	1:44:50	546
507	3190	1:44:55	Alastair Drew		Male	451	M	266	1:43:42	486
508	885	1:44:56	Jon Peet		Male	452	M	267	1:44:02	505
509	2405	1:44:57	Ian Woods	NORFOLK GAZELLES	Male	453	M50	23	1:43:33	482
510	1310	1:44:58	David Bennett		Male	454	M40	77	1:43:58	502
511	2577	1:44:59	Marc Coles		Male	455	M	268	1:44:22	520
512	334	1:44:59	Thomas Sullivan		Male	456	M	269	1:43:42	487
513	1030	1:45:00	Sara Ishmael		Female	57	F	41	1:44:37	537
514	3221	1:45:01	Roger Slee	TRI ANGLIA	Male	457	M40	78	1:43:51	494
515	2471	1:45:01	Mark Scharff		Male	458	M45	75	1:44:33	530
516	2315	1:45:01	Lisa Jordan		Female	58	F40	9	1:44:22	521
517	2127	1:45:05	Richard Gilham	NORFOLK GAZELLES	Male	459	M45	76	1:44:29	526
518	905	1:45:06	Greg Smythe		Male	460	M	270	1:44:45	542
519	1402	1:45:09	Paul Beckett		Male	461	M40	79	1:44:15	515
520	2338	1:45:09	Scott Thomson		Male	462	M	271	1:43:33	483
521	988	1:45:10	Tracy Dodsworth	WYMONDHAM AC	Female	59	F	42	1:44:03	507
522	2511	1:45:11	Yates Chris		Male	463	M	272	1:44:04	508
523	892	1:45:12	Sarah Fardell		Female	60	F	43	1:44:33	531
524	1807	1:45:13	Chris Murphy		Male	464	M	273	1:43:57	499
525	1276	1:45:14	James Cristofoli		Male	465	M	274	1:44:13	512
526	2662	1:45:18	Zoe Denton		Female	61	F	44	1:44:14	513
527	2498	1:45:19	Susannah Rush	NEWMARKET JOGGERS	Female	62	F40	10	1:44:33	532
528	1010	1:45:21	James Edgoose		Male	466	M45	77	1:44:22	522
529	1140	1:45:21	Elizabeth Hudson		Female	63	F	45	1:44:25	524
530	1299	1:45:22	Gillian Loughlin	CITY OF NORWICH AC	Female	64	F45	4	1:45:00	551
531	196	1:45:24	Sarah Adcock		Female	65	F	46	1:44:02	506
532	1109	1:45:27	Gregory Smart		Male	467	M	275	1:45:22	560
533	2899	1:45:27	Joanna Godwin	NORWICH ROAD RUNNERS	Female	66	F	47	1:45:00	552
534	2825	1:45:28	John Trowell	STOWMARKET STRIDERS	Male	468	M40	80	1:44:24	523
535	2847	1:45:30	Phil Shaul		Male	469	M45	78	1:44:43	541
536	2327	1:45:30	Matthew Groves		Male	470	M	276	1:44:35	534
537	3229	1:45:31	Robert Chignell		Male	471	M	277	1:44:19	517
538	1246	1:45:32	Steve Graham		Male	472	M45	79	1:44:32	528
539	1395	1:45:32	John Norman	HADLEIGH HARES	Male	473	M45	80	1:44:55	549
540	2707	1:45:32	Andrew Robertson		Male	474	M50	24	1:44:36	536
541	3241	1:45:35	Alexandre Piper		Male	475	M	278	1:45:00	553
542	1114	1:45:35	Vanessa Sewell		Female	67	F	48	1:44:54	548
543	13	1:45:35	Geoff Walker		Male	476	M40	81	1:44:46	543
544	1765	1:45:36	Brad Barber		Male	477	M	279	1:45:06	555
545	1594	1:45:37	Jamie Barber		Male	478	M	280	1:45:07	556
546	3084	1:45:40	Maria Greaves	NORFOLK HARRIERS	Female	68	F	49	1:44:38	538
547	2203	1:45:45	Vince Butler	TRI ANGLIA	Male	479	M40	82	1:44:57	550
548	2733	1:45:47	Mark Stone		Male	480	M	281	1:44:35	535
549	2048	1:45:49	Steve Douglas		Male	481	M40	83	1:44:49	545
550	2104	1:45:51	Oliver Malpass		Male	482	M	282	1:43:43	489
551	2137	1:45:57	Paul Heeks	STOWMARKET STRIDERS	Male	483	M40	84	1:45:13	558
552	2339	1:46:00	James Buxton		Male	484	M	283	1:44:25	525
553	3127	1:46:01	Matthew Buckoke		Male	485	M	284	1:45:43	581
554	2284	1:46:01	James Spreull		Male	486	M50	25	1:45:38	574
555	1059	1:46:04	Victoria Swanston		Female	69	F	50	1:45:26	567
556	1446	1:46:07	Julian Smith		Male	487	M40	85	1:45:25	566
557	3173	1:46:11	Jason Oakes		Male	488	M40	86	1:45:36	572
558	1230	1:46:14	Scott Brereton		Male	489	M	285	1:45:00	554
559	2129	1:46:15	Jenny Christian	WYMONDHAM AC	Female	70	F55	3	1:45:42	580
560	2159	1:46:18	Jonathan Cordle		Male	490	M45	81	1:45:31	569



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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	994	1:46:19	James Stanbrook		Male	491	M40	87	1:45:24	565
562	2853	1:46:19	Dee St Ledger	SUDBURY JOGGERS	Female	71	F45	5	1:45:40	578
563	3226	1:46:20	Ashley Gilbert		Male	492	M	286	1:45:46	583
564	2593	1:46:21	Paul Mcveigh	CITY OF NORWICH AC	Male	493	M	287	1:44:34	533
565	1838	1:46:22	Frank Moggan	STOWMARKET STRIDERS	Male	494	M60	6	1:45:38	575
566	3009	1:46:22	Kevin Bradley	STOWMARKET STRIDERS	Male	495	M45	82	1:46:06	595
567	2524	1:46:22	Chris Brooks		Male	496	M	288	1:45:11	557
568	1063	1:46:23	Simon Bales		Male	497	M	289	1:45:33	570
569	3214	1:46:24	B Wood		Male	498	M	290	1:45:38	576
570	2085	1:46:24	Paul Green		Male	499	M45	83	1:46:09	598
571	1205	1:46:25	Andrew Hart		Male	500	M45	84	1:45:53	588
572	2216	1:46:25	Darren Rose		Male	501	M40	88	1:45:28	568
573	1260	1:46:26	Niamh Morrin	MORNINGTON CHASERS	Female	72	F	51	1:45:59	590
574	3145	1:46:26	Joseph Kaye		Male	502	M	291	1:44:46	544
575	1584	1:46:26	Shaune Gooch		Male	503	M	292	1:45:51	587
576	1266	1:46:26	Carol Betts	NORFOLK GAZELLES	Female	73	F55	4	1:46:16	605
577	519	1:46:27	David Campbell		Male	504	M40	89	1:45:23	563
578	749	1:46:27	Stuart Herring		Male	505	M45	85	1:46:07	596
579	554	1:46:28	Mark Tidy		Male	506	M45	86	1:45:22	561
580	1688	1:46:31	Neil Moulton		Male	507	M	293	1:45:48	585
581	956	1:46:34	Sean Radford	STRAGGLERS	Male	508	M40	90	1:46:04	593
582	3204	1:46:35	Stuart Gandy	NORWICH ROAD RUNNERS	Male	509	M	294	1:45:38	577
583	2011	1:46:36	Matt Plunkett	DEREHAM RUNNERS	Male	510	M	295	1:46:24	609
584	1692	1:46:37	Darren Oddy		Male	511	M	296	1:44:52	547
585	2199	1:46:38	Adrian Penn		Male	512	M50	26	1:46:02	592
586	1729	1:46:38	John Kelly		Male	513	M	297	1:45:37	573
587	2295	1:46:39	Tim Warner		Male	514	M45	87	1:45:54	589
588	1330	1:46:40	Trevor Horrex	NORWICH ROAD RUNNERS	Male	515	M50	27	1:46:08	597
589	2343	1:46:43	Kristy Guneratne		Female	74	F	52	1:45:59	591
590	1131	1:46:44	Jack Parnell		Male	516	M	298	1:46:21	607
591	2806	1:46:44	Greg Tunmore		Male	517	M	299	1:45:23	564
592	2520	1:46:45	Fergus Stirling		Male	518	M50	28	1:45:35	571
593	1437	1:46:49	Thomas Howe		Male	519	M	300	1:45:49	586
594	3222	1:46:55	Gareth Partington		Male	520	M40	91	1:45:22	562
595	2774	1:46:57	Chris Hill		Male	521	M	301	1:46:35	614
596	1213	1:46:58	Oliver Burwood	NORWICH ROAD RUNNERS	Male	522	M	302	1:46:19	606
597	1419	1:46:59	Simon Aggarwal		Male	523	M	303	1:44:38	539
598	2838	1:47:00	Julian Keenan		Male	524	M	304	1:46:29	612
599	2895	1:47:01	Matt Howes	NORWICH ROAD RUNNERS	Male	525	M	305	1:46:23	608
600	2759	1:47:04	Emily Moll	BELGRAVE HARRIERS	Female	75	F	53	1:46:04	594
601	2841	1:47:07	Julie Hacon		Female	76	F45	6	1:45:40	579
602	873	1:47:08	John Tacey	NORFOLK HARRIERS	Male	526	M40	92	1:45:47	584
603	814	1:47:10	Jacky Walsingham		Female	77	F	54	1:46:13	602
604	2982	1:47:10	Chris Arnold	TRI ANGLIA	Male	527	M55	9	1:47:00	631
605	2394	1:47:11	Karen Manning	GREAT YARMOUTH ROAD RUNNERS	Female	78	F40	11	1:47:02	632
606	3106	1:47:12	Lorna Paice		Female	79	F	55	1:46:10	599
607	3059	1:47:13	Thomas Brennan		Male	528	M40	93	1:44:12	511
608	1779	1:47:14	Lisa l'Anson		Female	80	F40	12	1:45:45	582
609	2829	1:47:19	Maxwell Scott		Male	529	M	306	1:46:37	615
610	2083	1:47:19	Stephanie Beauvais		Female	81	F	56	1:46:37	616
611	2575	1:47:22	Steve Parker		Male	530	M40	94	1:46:14	604
612	3031	1:47:23	Richard West	WAKEFIELD HARRIERS	Male	531	M50	29	1:46:51	621
613	1499	1:47:24	Karl Syson	NORWICH ROAD RUNNERS	Male	532	M	307	1:47:12	637
614	2787	1:47:25	Andrew Keeble	TRI ANGLIA	Male	533	M40	95	1:46:26	611
615	2791	1:47:28	Tom Clarke		Male	534	M	308	1:46:42	617
616	2017	1:47:29	Joe Sands		Male	535	M	309	1:46:30	613
617	3183	1:47:31	Tom Pateman		Male	536	M	310	1:46:13	603
618	2963	1:47:34	Louise Bernasconi		Female	82	F	57	1:46:25	610
619	1563	1:47:35	Carl Gilbert		Male	537	M	311	1:47:24	642
620	1591	1:47:38	James Daynes		Male	538	M	312	1:47:08	636
621	2955	1:47:39	Andy Smith		Male	539	M	313	1:46:56	627
622	2615	1:47:42	Gareth Hardy		Male	540	M	314	1:46:58	629
623	838	1:47:47	Justin Dicks	CITY OF NORWICH AC	Male	541	M40	96	1:46:56	628
624	2859	1:47:47	Mel Williams		Female	83	F	58	1:45:13	559
625	2108	1:47:48	Ryan Gaffney		Male	542	M	315	1:46:51	622
626	1552	1:47:49	Tracy Stevens	WYMONDHAM AC	Female	84	F40	13	1:47:25	643
627	1197	1:47:49	Dave Dysart		Male	543	M40	97	1:47:25	644
628	1690	1:47:52	Tanya Shenton	ELY RUNNERS	Female	85	F	59	1:47:03	633
629	2494	1:47:53	Mccartney Bennett		Male	544	M45	88	1:46:10	600
630	1400	1:47:56	D Barclay	NORFOLK GAZELLES	Male	545	M45	89	1:46:54	626

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	3092	1:47:56	Glynn White		Male	546	M50	30	1:47:42	656
632	1367	1:47:59	David Cheese	NEWMARKET JOGGERS	Male	547	M60	7	1:46:58	630
633	2921	1:48:01	James Crossfield		Female	86	F	60	1:47:25	645
634	1735	1:48:02	Daniel Crush		Male	548	M	316	1:46:53	623
635	174	1:48:03	Daniel Pick		Male	549	M	317	1:47:05	634
636	1211	1:48:04	John Fleming		Male	550	M	318	1:46:45	618
637	1684	1:48:04	Miranda Paul	ELY RUNNERS	Female	87	F	61	1:47:15	639
638	3171	1:48:05	Robert Hawkes		Male	551	M	319	1:47:19	640
639	2002	1:48:05	Roland Bewick		Male	552	M50	31	1:47:33	652
640	2690	1:48:06	David Wales		Male	553	M	320	1:46:53	624
641	2636	1:48:10	Robert Mcpherson		Male	554	M45	90	1:46:46	619
642	3260	1:48:10	Scott Belmonte		Male	555	M	321	1:47:30	650
643	1464	1:48:12	Jo Aitken		Female	88	F	62	1:47:28	648
644	2065	1:48:14	Neil Martin	STOWMARKET STRIDERS	Male	556	M	322	1:47:07	635
645	3010	1:48:15	Patrick Spragg		Male	557	M	323	1:48:01	669
646	902	1:48:17	Colin Fish		Male	558	M45	91	1:46:47	620
647	2753	1:48:20	Matthew Sprake		Male	559	M	324	1:48:06	674
648	1767	1:48:22	Simon Page	NORTH NORFOLK BEACH RUNNERS	Male	560	M	325	1:47:50	660
649	2536	1:48:25	Clint Preston		Male	561	M	326	1:47:20	641
650	1218	1:48:26	William Anderson		Male	562	M40	98	1:47:36	653
651	2813	1:48:26	Phillippa Candler		Female	89	F	63	1:47:37	654
652	2331	1:48:27	Colin Hewes	UKNETRUNNER	Male	563	M55	10	1:48:08	678
653	1751	1:48:28	Guy Shearwood		Male	564	M50	32	1:47:27	647
654	3294	1:48:31	Simon Caley		Male	565	M	327	1:46:12	601
655	646	1:48:31	Christopher Amin		Male	566	M	328	1:47:57	664
656	983	1:48:35	John Leney		Male	567	M45	92	1:47:14	638
657	341	1:48:35	Alan Reynolds		Male	568	M40	99	1:47:55	663
658	1825	1:48:36	David Gilbert	TRI ANGLIA	Male	569	M65	1	1:48:11	686
659	68	1:48:39	Danny Newman		Male	570	M	329	1:47:59	667
660	1715	1:48:41	Michelle Bull	NORWICH ROAD RUNNERS	Female	90	F40	14	1:48:27	698
661	444	1:48:42	Steve Plunkett	DEREHAM RUNNERS	Male	571	M45	93	1:48:06	675
662	1372	1:48:45	Ian Minty		Male	572	M45	94	1:47:54	662
663	851	1:48:46	Matthew Cork		Male	573	M	330	1:48:35	704
664	2734	1:48:47	Andy Phelps		Male	574	M	331	1:47:44	657
665	2506	1:48:48	John Kerrison		Male	575	M50	33	1:48:06	676
666	639	1:48:49	Sarah Kimpton	LINCOLN WELLINGTON AC	Female	91	F	64	1:48:08	679
667	2245	1:48:49	Simon Rhoden		Male	576	M	332	1:47:32	651
668	796	1:48:53	Alan Bruce		Male	577	M	333	1:47:25	646
669	837	1:48:54	Paul Wallace	STOWMARKET STRIDERS	Male	578	M45	95	1:47:50	661
670	2894	1:48:55	Leo Dudley		Male	579	M	334	1:46:53	625
671	822	1:48:56	Pauline Drewery	RYSTON RUNNERS	Female	92	F40	15	1:48:08	680
672	2042	1:48:58	William Burdett	STOWMARKET STRIDERS	Male	580	M45	96	1:47:58	666
673	1456	1:48:59	Gordon Maw		Male	581	M40	100	1:48:04	672
674	647	1:49:01	Ian Claybourn		Male	582	M40	101	1:48:24	697
675	3288	1:49:03	Anita Mussett	COLCHESTER HARRIERS	Female	93	F40	16	1:48:12	687
676	1052	1:49:04	Paul Liles		Male	583	M	335	1:48:09	684
677	2036	1:49:05	Philippa Rudd	NORWICH ROAD RUNNERS	Female	94	F45	7	1:48:16	690
678	3057	1:49:08	Fiona Searson		Female	95	F40	17	1:47:57	665
679	3290	1:49:09	Louise Bell		Female	96	F	65	1:48:17	691
680	2675	1:49:09	Trudy Avis	HADLEIGH HARES	Female	97	F	66	1:48:31	700
681	2674	1:49:09	Yvonne Mann	BUSHFIELD JOGGERS	Female	98	F60	1	1:47:47	658
682	2370	1:49:11	Dave Hollis	NORWICH ROAD RUNNERS	Male	584	M50	34	1:48:04	673
683	3086	1:49:13	Anita Berwick	GADE VALLEY HARRIERS	Female	99	F	67	1:48:20	694
684	447	1:49:13	John O'Halloran		Male	585	M	336	1:48:15	689
685	254	1:49:17	Martyn Taylor		Male	586	M45	97	1:47:48	659
686	1570	1:49:19	James Parker		Male	587	M	337	1:48:01	670
687	2278	1:49:19	Nigel Tarratt		Male	588	M50	35	1:48:19	692
688	1433	1:49:20	Kieran Brandwood		Male	589	M	338	1:48:08	681
689	1452	1:49:20	Connor Brandwood		Male	590	M	339	1:48:08	682
690	1925	1:49:20	Carl Brandwood		Male	591	M40	102	1:48:08	683
691	511	1:49:21	John Doyle	DARTFORD ROAD RUNNERS	Male	592	M45	98	1:48:19	693
692	2007	1:49:22	Danny Godward	FIRE SERVICE ATHLETICS ASSOCIA	Male	593	M	340	1:47:37	655
693	3189	1:49:22	Jeff Parsons		Male	594	M	341	1:48:02	671
694	255	1:49:29	Kayleigh Taylor		Female	100	F	68	1:48:00	668
695	2297	1:49:30	Peter Walsh		Male	595	M	342	1:48:30	699
696	2064	1:49:31	Judith Thomas	WERRINGTON JOGGERS	Female	101	F50	4	1:48:50	717
697	2340	1:49:31	Shaun Parkinson		Male	596	M	343	1:48:38	705
698	464	1:49:33	Carol Fisher	DUDLEY KINGSWINFORD	Female	102	F50	5	1:48:39	707
699	3014	1:49:33	Hayley Page		Female	103	F	69	1:48:48	715
700	2075	1:49:35	Robert Conquest		Male	597	M	344	1:47:28	649

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	1000	1:49:36	Ian Tooley		Male	598	M50	36	1:48:13	688
702	353	1:49:36	Bubacarr Yarbo		Male	599	M	345	1:48:59	723
703	540	1:49:36	Neil Howes		Male	600	M	346	1:48:59	724
704	1698	1:49:36	Dale Skoulding		Male	601	M	347	1:48:45	713
705	232	1:49:37	Charlie Keitch		Male	602	M	348	1:48:31	701
706	3015	1:49:37	Susan Snelling		Female	104	F40	18	1:48:52	718
707	3281	1:49:38	Chris Stubbins		Male	603	M	349	1:48:40	709
708	638	1:49:38	Chris Harrison		Male	604	M	350	1:48:41	711
709	2822	1:49:40	Derek Sadler		Male	605	M55	11	1:48:06	677
710	1899	1:49:41	Chris Haycock		Male	606	M40	103	1:48:40	710
711	1982	1:49:42	Mark Smith		Male	607	M	351	1:48:49	716
712	1821	1:49:42	Sarah Webster		Female	105	F	70	1:48:45	714
713	159	1:49:44	Adam Moffat	ONE STEP BEYOND	Male	608	M	352	1:48:34	702
714	1781	1:49:45	Peter Adams		Male	609	M	353	1:48:10	685
715	1329	1:49:46	Joel Atherton		Male	610	M	354	1:48:23	696
716	1235	1:49:47	Mark Richardson		Male	611	M	355	1:49:31	742
717	2450	1:49:48	Matthew Downing		Male	612	M	356	1:49:05	727
718	677	1:49:49	Mal Garwood	WYMONDHAM AC	Male	613	M40	104	1:48:39	708
719	739	1:49:49	Richard Garrard	SUDBURY JOGGERS	Male	614	M	357	1:48:56	719
720	489	1:49:51	Anthony Whales		Male	615	M	358	1:49:35	745
721	1397	1:49:54	Gareth Jones		Male	616	M	359	1:49:08	729
722	2250	1:49:55	Jack Mantle		Male	617	M	360	1:49:36	746
723	1425	1:49:56	Emma Sherwood		Female	106	F	71	1:49:21	735
724	2135	1:49:57	Vicky Snell	NEWMARKET JOGGERS	Female	107	F	72	1:49:40	749
725	1407	1:49:59	Tracey Metcalf		Female	108	F45	8	1:49:28	741
726	1431	1:50:00	Samuel Thorpe		Male	618	M	361	1:48:20	695
727	1488	1:50:00	Justin Barnard		Male	619	M50	37	1:49:17	731
728	272	1:50:03	Mark Hedges		Male	620	M	362	1:49:07	728
729	2336	1:50:04	Alexandra Blaxell		Female	109	F	73	1:48:58	722
730	890	1:50:08	Stuart Bailey		Male	621	M40	105	1:49:19	732
731	780	1:50:09	Sean Reeve		Male	622	M40	106	1:49:42	755
732	1910	1:50:12	Peter Matthews		Male	623	M50	38	1:49:08	730
733	494	1:50:13	Sarah Starr		Female	110	F	74	1:48:41	712
734	365	1:50:18	Aidan Sheldrick		Male	624	M	363	1:49:46	759
735	2719	1:50:18	Richard Deswarte		Male	625	M45	99	1:49:31	743
736	2165	1:50:18	Darren Rowley	DEREHAM RUNNERS	Male	626	M40	107	1:48:38	706
737	1538	1:50:20	Kevin Burgess		Male	627	M	364	1:48:34	703
738	3157	1:50:21	Tracey Louise Watts		Female	111	F	75	1:49:21	736
739	722	1:50:23	Amy Mccarthy		Female	112	F	76	1:49:22	737
740	2765	1:50:24	Marthie Botes		Female	113	F	77	1:49:40	750
741	2023	1:50:27	Tom Davies		Male	628	M40	108	1:50:08	776
742	713	1:50:30	Simon Goldsmith		Male	629	M	365	1:49:59	769
743	3253	1:50:30	Lynn Featherstone		Female	114	F	78	1:49:41	752
744	888	1:50:32	Caroline Banson	TRI ANGLIA	Female	115	F45	9	1:49:42	756
745	1534	1:50:33	Mark Dixon	TRI ANGLIA	Male	630	M	366	1:49:37	748
746	1833	1:50:35	Julie Crook		Female	116	F	79	1:49:26	738
747	2235	1:50:35	Mike Sothern		Male	631	M	367	1:49:00	725
748	1257	1:50:35	John Tully		Male	632	M50	39	1:49:51	764
749	561	1:50:36	Helen Cumbers		Female	117	F	80	1:49:27	740
750	976	1:50:36	Simon Bunting	LOWESTOFT ROAD RUNNERS	Male	633	M45	100	1:49:36	747
751	2578	1:50:37	Jake Hall		Male	634	M	368	1:50:01	771
752	789	1:50:38	Nicola Hill		Female	118	F	81	1:49:50	763
753	1802	1:50:45	Matthew Fever		Male	635	M	369	1:50:13	781
754	2657	1:50:46	Matthew Hollis		Male	636	M	370	1:49:52	766
755	2177	1:50:47	Greg Duffield		Male	637	M	371	1:49:40	751
756	2515	1:50:47	David Riglar		Male	638	M40	109	1:48:57	720
757	1497	1:50:47	Mike McDonnell		Male	639	M55	12	1:50:17	783
758	2451	1:50:47	Graham Sparkes		Male	640	M	372	1:49:41	753
759	1676	1:50:49	Daniel Nolan		Male	641	M45	101	1:49:02	726
760	2912	1:50:51	Phillip Bazley		Male	642	M	373	1:49:34	744
761	3119	1:50:53	Louise Rout		Female	119	F	82	1:50:17	784
762	2903	1:50:55	Tom Holt		Male	643	M	374	1:49:20	733
763	240	1:50:55	Alan Duncan		Male	644	M	375	1:50:36	794
764	618	1:50:58	Richard Dove		Male	645	M	376	1:48:57	721
765	2803	1:50:58	Brian Spooner		Male	646	M50	40	1:49:48	761
766	1569	1:50:58	Matt Amis		Male	647	M	377	1:49:41	754
767	2260	1:50:59	Monika Kalde		Female	120	F	83	1:49:45	758
768	3301	1:51:01	Amy Jones		Female	121	F	84	1:49:26	739
769	1808	1:51:01	Paul Knights		Male	648	M	378	1:50:45	806
770	342	1:51:02	Alice Birdsall		Female	122	F	85	1:50:02	774

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	3060	1:51:02	David Ling		Male	649	M40	110	1:49:44	757
772	2570	1:51:03	Steven Hitcham		Male	650	M	379	1:50:23	785
773	3207	1:51:08	Jayson Gilbert		Male	651	M	380	1:50:23	786
774	3262	1:51:08	Chris Playford	TRI ANGLIA	Male	652	M40	111	1:50:12	779
775	2849	1:51:09	Matt Hunn		Male	653	M40	112	1:50:25	787
776	2274	1:51:10	Michael Smith	WYMONDHAM AC	Male	654	M65	2	1:50:27	789
777	1809	1:51:13	Jeremy Walters		Male	655	M40	113	1:50:16	782
778	1154	1:51:15	Tony Heath	NORTH NORFOLK BEACH RUNNERS	Male	656	M60	8	1:50:52	815
779	253	1:51:15	Darren Collison		Male	657	M40	114	1:49:47	760
780	1385	1:51:18	Toby Hatfield		Male	658	M	381	1:49:20	734
781	3006	1:51:19	Brenan Morgan		Male	659	M40	115	1:49:54	767
782	3007	1:51:19	Tanya Morgan		Female	123	F	86	1:49:55	768
783	249	1:51:19	Scott Woodhouse		Male	660	M	382	1:51:05	826
784	3289	1:51:22	Angie Bear		Female	124	F50	6	1:50:49	814
785	2877	1:51:22	Jon Kelly		Male	661	M	383	1:50:09	777
786	266	1:51:23	Petra Knight		Female	125	F	87	1:50:12	780
787	2484	1:51:24	Amanda Hards		Female	126	F40	19	1:50:27	790
788	626	1:51:24	Emilie Knight	CITY OF NORWICH AC	Female	127	F	88	1:50:11	778
789	2633	1:51:26	David Priest		Male	662	M	384	1:49:51	765
790	3121	1:51:29	Alfonso Avila		Male	663	M40	116	1:50:39	795
791	2131	1:51:30	Graham Wade		Male	664	M60	9	1:50:42	799
792	2682	1:51:31	Ann Trett		Female	128	F	89	1:50:01	772
793	92	1:51:31	Susie Clarke		Female	129	F	90	1:50:41	798
794	621	1:51:32	Matt Taylor		Male	665	M	385	1:49:48	762
795	1251	1:51:33	Colin Oleary-Jones		Male	666	M45	102	1:50:26	788
796	1225	1:51:36	Jack Whybrow		Male	667	M	386	1:51:26	838
797	1996	1:51:37	Josh Plail		Male	668	M	387	1:50:46	809
798	2572	1:51:38	David Bales		Male	669	M	388	1:50:00	770
799	1053	1:51:39	Jon Hall	TRI ANGLIA	Male	670	M40	117	1:50:45	807
800	2032	1:51:40	Richard Smith		Male	671	M	389	1:51:11	830
801	2824	1:51:41	Rod Main		Male	672	M40	118	1:50:01	773
802	3142	1:51:43	Georgina Edwards		Female	130	F	91	1:50:03	775
803	2590	1:51:44	Richard Ayers		Male	673	M	390	1:51:10	828
804	299	1:51:48	John Gardiner		Male	674	M40	119	1:50:28	791
805	1349	1:51:50	David Shaw		Male	675	M	391	1:50:42	800
806	630	1:51:52	Jonathan Batchelor		Male	676	M	392	1:50:55	817
807	1037	1:51:53	Andrew Stroud		Male	677	M40	120	1:50:44	804
808	3064	1:51:55	Sarah Scott		Female	131	F	92	1:50:48	811
809	3065	1:51:56	Nikki Booth		Female	132	F	93	1:50:48	812
810	3054	1:51:59	David Hill		Male	678	M	393	1:50:39	796
811	3161	1:52:00	Chris Randall		Male	679	M	394	1:51:15	834
812	587	1:52:01	Henry Godsal		Male	680	M	395	1:51:00	822
813	2431	1:52:03	Matthew Briggs		Male	681	M	396	1:50:33	792
814	1406	1:52:03	Richard Metcalf		Male	682	M45	103	1:51:31	842
815	775	1:52:06	Julia Yelloly	IPSWICH TRIATHLON CLUB	Female	133	F40	20	1:50:57	818
816	2523	1:52:08	Anna Moore		Female	134	F	94	1:50:35	793
817	2826	1:52:08	Tracey Marsh		Female	135	F40	21	1:50:53	816
818	1656	1:52:09	Rob Goodall		Male	683	M	397	1:50:44	805
819	2230	1:52:09	Russell Baker		Male	684	M45	104	1:51:50	857
820	309	1:52:11	Anne Swift		Female	136	F	95	1:50:43	802
821	2051	1:52:11	Richard Petrie		Male	685	M40	121	1:51:15	835
822	670	1:52:11	Paul Tripp		Male	686	M	398	1:50:59	821
823	2188	1:52:12	Rod Prime		Male	687	M40	122	1:51:01	823
824	877	1:52:14	Paul Lever		Male	688	M	399	1:50:40	797
825	938	1:52:14	Michelle Lake	NORWICH ROAD RUNNERS	Female	137	F	96	1:50:45	808
826	2807	1:52:16	Neil Leeds		Male	689	M	400	1:51:10	829
827	3232	1:52:17	Pete Brooks		Male	690	M	401	1:50:42	801
828	2191	1:52:18	Kate Thomas	HADLEIGH HARES	Female	138	F40	22	1:51:39	848
829	1667	1:52:19	Matthew Bailey		Male	691	M	402	1:51:01	824
830	2252	1:52:20	Neil Packer		Male	692	M45	105	1:50:48	813
831	1713	1:52:20	Bob Paul	BUNGAY BLACK DOG RC	Male	693	M55	13	1:52:07	873
832	2215	1:52:22	Rebecca Horne	TRI ANGLIA	Female	139	F40	23	1:51:12	832
833	2497	1:52:22	Tim Galloway		Male	694	M40	123	1:51:41	851
834	1162	1:52:23	Peter Finch	STOWMARKET STRIDERS	Male	695	M45	106	1:50:58	820
835	156	1:52:25	Catherine Allen		Female	140	F	97	1:51:39	849
836	1166	1:52:27	Myles Hague		Male	696	M	403	1:51:29	840
837	455	1:52:28	William Thrower		Male	697	M	404	1:50:46	810
838	2453	1:52:30	Paul Cottrell		Male	698	M40	124	1:51:21	837
839	3061	1:52:31	Nicola Watson	BUNGAY BLACK DOG RC	Female	141	F40	24	1:51:12	833
840	3075	1:52:32	Colin Smith		Male	699	M	405	1:51:11	831

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	740	1:52:33	Alex Coburn		Male	700	M	406	1:51:56	865
842	1922	1:52:33	Alan Dunsmore		Male	701	M	407	1:51:18	836
843	680	1:52:35	Laura Mckay		Female	142	F45	10	1:50:57	819
844	3170	1:52:35	Nicholas Richardson		Male	702	M	408	1:51:02	825
845	864	1:52:36	Nigel Gilham	BUNGAY BLACK DOG RC	Male	703	M55	14	1:52:23	883
846	86	1:52:39	Roger Smith		Male	704	M40	125	1:50:43	803
847	1565	1:52:40	Zoe Riches		Female	143	F	98	1:51:08	827
848	2030	1:52:42	Debbie Tomkins	NORWICH ROAD RUNNERS	Female	144	F45	11	1:51:50	858
849	3180	1:52:46	Mark Davison		Male	705	M	409	1:51:28	839
850	2754	1:52:47	Duncan Harrison		Male	706	M	410	1:52:09	876
851	2128	1:52:48	David Girling	GREAT YARMOUTH ROAD RUNNERS	Male	707	M45	107	1:51:31	843
852	1529	1:52:49	Hannah Mcinroy Naylor		Female	145	F	99	1:51:41	852
853	2477	1:52:56	Jonathan Tyrrell	TRI ANGLIA	Male	708	M40	126	1:51:33	844
854	1229	1:52:58	Joesph Nash		Male	709	M	411	1:51:33	845
855	1058	1:52:58	Tim Caton		Male	710	M	412	1:51:48	855
856	3240	1:53:00	Richard Huggins		Male	711	M	413	1:51:59	867
857	1752	1:53:03	Nicola Ekins		Female	146	F	100	1:52:05	872
858	3307	1:53:06	Chris Read		Male	712	M	414	1:52:08	874
859	2063	1:53:06	Ken Rigg	WERRINGTON JOGGERS	Male	713	M50	41	1:52:24	884
860	485	1:53:08	Wayne Hamilton		Male	714	M40	127	1:51:37	847
861	3021	1:53:10	Adam Oakes	FENLAND RUNNERS	Male	715	M	415	1:52:53	905
862	2576	1:53:12	Richard Finan		Male	716	M	416	1:52:35	888
863	985	1:53:13	Ivan Lees	GREAT YARMOUTH ROAD RUNNERS	Male	717	M50	42	1:51:58	866
864	2046	1:53:16	Matt Rowland		Male	718	M	417	1:52:37	890
865	501	1:53:18	Phil Towers		Male	719	M	418	1:51:55	863
866	1876	1:53:23	Joe Ennis		Male	720	M45	108	1:51:30	841
867	1177	1:53:23	Lynsey Dunne	TRI ANGLIA	Female	147	F	101	1:52:48	898
868	1564	1:53:26	Jimmy Seymour		Male	721	M	419	1:51:34	846
869	1078	1:53:29	Mark Frost		Male	722	M	420	1:52:45	896
870	1356	1:53:33	Tim Emery	FELIXSTOWE ROAD RUNNERS	Male	723	M45	109	1:52:50	902
871	3104	1:53:35	James Green		Male	724	M	421	1:51:51	860
872	1859	1:53:35	James Francis		Male	725	M	422	1:52:00	868
873	2909	1:53:36	Gordon Capperauld		Male	726	M	423	1:52:18	881
874	2141	1:53:37	Helen Mian		Female	148	F40	25	1:52:48	899
875	1265	1:53:37	Alex Mansell		Male	727	M	424	1:52:25	885
876	2272	1:53:37	Charlotte Wootton		Female	149	F40	26	1:52:48	900
877	2880	1:53:38	Daniel Vencovsky	NORWICH ROAD RUNNERS	Male	728	M	425	1:51:39	850
878	589	1:53:38	Chris Oulds		Male	729	M	426	1:51:45	854
879	2349	1:53:41	Richard Eaton		Male	730	M40	128	1:52:48	901
880	673	1:53:42	Roger Mason		Male	731	M55	15	1:51:50	859
881	936	1:53:42	Craig Charnley		Male	732	M	427	1:53:06	914
882	1871	1:53:43	Trudie Finch	BEDFORD HARRIERS AC	Female	150	F40	27	1:52:52	903
883	1963	1:53:43	Sonya Cooper		Female	151	F	102	1:52:45	897
884	3137	1:53:44	Simon Forth		Male	733	M40	129	1:52:08	875
885	2790	1:53:44	Richard Hazleton		Male	734	M	428	1:52:58	908
886	1153	1:53:47	Jason Bartrum		Male	735	M	429	1:52:37	891
887	1525	1:53:51	Mark Mcveigh		Male	736	M45	110	1:53:06	915
888	1516	1:53:52	Chris Potter		Male	737	M	430	1:52:15	878
889	1099	1:53:53	Richard Evans		Male	738	M	431	1:52:17	880
890	2887	1:53:56	Geoff Spencer		Male	739	M40	130	1:52:04	870
891	663	1:53:56	Thomas Reeves		Male	740	M	432	1:51:55	864
892	1208	1:53:57	Peter Prinsley		Male	741	M50	43	1:51:41	853
893	1461	1:53:58	Nicola Combs		Female	152	F	103	1:52:56	906
894	1580	1:53:59	Andrew Ruff		Male	742	M	433	1:51:51	861
895	2689	1:54:01	Guy Wightman		Male	743	M45	111	1:52:59	909
896	2009	1:54:01	Andy Payne		Male	744	M40	131	1:53:10	917
897	1730	1:54:03	Graham Edmond		Male	745	M40	132	1:53:38	926
898	2173	1:54:03	David Daniels	STOWMARKET STRIDERS	Male	746	M45	112	1:53:05	913
899	577	1:54:05	Nico Bryant		Male	747	M	434	1:51:54	862
900	2587	1:54:07	Amanda Tremlett		Female	153	F45	12	1:52:10	877
901	236	1:54:07	Ian Moore	NORWICH ROAD RUNNERS	Male	748	M	435	1:52:21	882
902	1417	1:54:09	Sunil Aggarwal		Male	749	M	436	1:51:48	856
903	20	1:54:11	Paul Jewiss		Male	750	M	437	1:53:30	924
904	282	1:54:13	Rachael Mcnamara		Female	154	F	104	1:52:52	904
905	1240	1:54:13	Theresa Dooley		Female	155	F40	28	1:52:40	892
906	2209	1:54:16	Daniel Nicholl		Male	751	M	438	1:53:54	938
907	2381	1:54:17	Robert Ewin	WYMONDHAM AC	Male	752	M60	10	1:53:52	936
908	2087	1:54:18	Deborah Chapman	NORWICH ROAD RUNNERS	Female	156	F	105	1:52:32	886
909	290	1:54:22	Gary Tortice		Male	753	M	439	1:52:01	869
910	2038	1:54:23	Chris Groves	TRI ANGLIA	Male	754	M55	16	1:53:06	916

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
911	2554	1:54:23	Emily Baxter		Female	157	F	106	1:53:04	912
912	3168	1:54:27	John Plowright	RYSTON RUNNERS	Male	755	M55	17	1:53:39	927
913	579	1:54:28	Tom Fisher		Male	756	M	440	1:52:04	871
914	1764	1:54:30	Stuart Adams		Male	757	M	441	1:52:41	893
915	606	1:54:31	Carl Matthews		Male	758	M40	133	1:52:44	895
916	1501	1:54:31	Joel Fenn		Male	759	M	442	1:53:30	925
917	2992	1:54:32	Richard Challis		Male	760	M	443	1:52:15	879
918	2158	1:54:34	James Plant		Male	761	M	444	1:54:00	941
919	3311	1:54:37	Jack Tappin		Male	762	M	445	1:52:35	889
920	121	1:54:37	Piers Lincoln		Male	763	M	446	1:52:42	894
921	2045	1:54:38	Seven Mills		Male	764	M	447	1:53:51	935
922	1926	1:54:41	John Moss		Male	765	M50	44	1:53:10	918
923	469	1:54:42	David Smith		Male	766	M	448	1:53:29	923
924	1065	1:54:42	Carl Waller		Male	767	M40	134	1:54:26	963
925	2198	1:54:42	David Taylor	FRAMLINGHAM FLYERS	Male	768	M60	11	1:53:02	910
926	206	1:54:48	Michael Lefevre		Male	769	M	449	1:54:09	945
927	1418	1:54:50	Susan Aggarwal		Female	158	F45	13	1:52:34	887
928	1351	1:54:54	Matthew Harris		Male	770	M	450	1:53:20	921
929	742	1:54:54	Neil Ockmore		Male	771	M	451	1:53:41	930
930	1405	1:54:55	Coral Stark		Female	159	F	107	1:53:19	920
931	262	1:54:57	Damon Lusby		Male	772	M	452	1:53:39	928
932	2353	1:54:59	John Gilbert		Male	773	M45	113	1:54:12	946
933	2643	1:55:01	Warren Farrow		Male	774	M	453	1:53:53	937
934	1782	1:55:02	Martin Hammond	RYSTON RUNNERS	Male	775	M45	114	1:54:14	948
935	2592	1:55:02	Paul Fisher		Male	776	M60	12	1:54:36	969
936	1360	1:55:03	Helen Saini		Female	160	F	108	1:53:59	940
937	613	1:55:03	Debbie Moore	NORFOLK GAZELLES	Female	161	F45	14	1:54:42	973
938	2641	1:55:04	Robert Pyke		Male	777	M	454	1:53:56	939
939	645	1:55:06	Gareth Jones		Male	778	M	455	1:54:23	959
940	406	1:55:06	David Rouse		Male	779	M	456	1:54:24	960
941	19	1:55:06	Michael Jewiss	DEREHAM RUNNERS	Male	780	M55	18	1:54:27	964
942	374	1:55:08	Gregory Tinder		Male	781	M	457	1:53:15	919
943	1670	1:55:08	Chris Sargisson		Male	782	M40	135	1:53:48	933
944	1092	1:55:11	Andrew Johnson		Male	783	M	458	1:53:22	922
945	1543	1:55:14	Sean Ward		Male	784	M	459	1:54:57	980
946	1321	1:55:14	Jennifer Smith		Female	162	F	109	1:53:03	911
947	2020	1:55:17	Nick Robinson	TRI ANGLIA	Male	785	M	460	1:54:22	958
948	90	1:55:17	Sarah Elizabeth Fraser		Female	163	F	110	1:54:14	949
949	2018	1:55:20	Shannon Lombardi		Female	164	F	111	1:53:48	934
950	2397	1:55:22	Richard Draeger	UEA TRIATHLON	Male	786	M	461	1:53:46	931
951	2140	1:55:23	Paul Goulsbra		Male	787	M40	136	1:54:40	971
952	623	1:55:25	Glen Garrod		Male	788	M50	45	1:53:47	932
953	1846	1:55:27	Carey Briggs		Female	165	F	112	1:54:19	954
954	2319	1:55:28	Pete Thompson		Male	789	M50	46	1:54:15	950
955	2393	1:55:29	David Simpson	COLTISHALL JAGUARS	Male	790	M55	19	1:54:24	961
956	1721	1:55:31	Andy Stephenson		Male	791	M	462	1:54:21	956
957	1270	1:55:34	Stephen Nicholls		Male	792	M	463	1:54:30	967
958	1981	1:55:36	Darren Meen		Male	793	M	464	1:55:07	984
959	2551	1:55:38	D Hailemariam		Male	794	M	465	1:55:21	998
960	875	1:55:39	Mike Hooper		Male	795	M	466	1:54:37	970
961	729	1:55:41	Richard Soer	ST EDMUND PACERS	Male	796	M50	47	1:54:02	942
962	1814	1:55:44	Ken Mathews	TRI ANGLIA	Male	797	M55	20	1:54:15	951
963	2485	1:55:46	Nick Hards		Male	798	M45	115	1:54:48	976
964	2922	1:55:48	Tony Weaver		Male	799	M40	137	1:54:15	952
965	3108	1:55:49	Ivan Green		Female	166	F40	29	1:52:57	907
966	2507	1:55:50	Carin Minnie	BRITISH TRIATHLON FEDERATION	Female	167	F45	15	1:53:39	929
967	812	1:55:52	Harriet Cookson	HARWICH RUNNERS	Female	168	F	113	1:54:51	978
968	2566	1:55:53	L Paredes-Izaguirre		Male	800	M	467	1:54:19	955
969	926	1:55:54	John Woodhouse	REEPHAM RUNNERS	Male	801	M45	116	1:54:21	957
970	1704	1:55:55	Michelle Berriman		Female	169	F	114	1:54:25	962
971	1627	1:55:58	Melanie Burch	COLTISHALL JAGUARS	Female	170	F	115	1:54:52	979
972	1308	1:55:59	Mary Routledge		Female	171	F40	30	1:54:27	965
973	1661	1:55:59	German Shanidze		Male	802	M	468	1:55:57	1016
974	1702	1:56:01	Stuart Botwright		Male	803	M	469	1:54:07	944
975	872	1:56:01	Paul Murfitt		Male	804	M40	138	1:55:16	991
976	1334	1:56:06	James Quarmby		Male	805	M	470	1:54:04	943
977	3091	1:56:08	Justine Shepperson		Female	172	F	116	1:54:18	953
978	1707	1:56:08	Alexander Fitzgerald		Male	806	M	471	1:55:02	982
979	2856	1:56:11	Michael Franks		Male	807	M50	48	1:55:05	983
980	1159	1:56:14	Kenneth Joyce		Male	808	M45	117	1:55:17	993

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
981	440	1:56:15	Stephen Bullen		Male	809	M40	139	1:55:23	999
982	2597	1:56:19	Pete Whaley	TRI ANGLIA	Male	810	M	472	1:54:42	974
983	416	1:56:19	James Knowles		Male	811	M	473	1:54:41	972
984	3044	1:56:19	Leanne Middleton		Female	173	F	117	1:55:31	1002
985	2768	1:56:19	Naomi Jarvis		Female	174	F	118	1:55:31	1003
986	2910	1:56:20	Tammy Smith		Female	175	F	119	1:55:13	986
987	1272	1:56:21	Gareth Harrey		Male	812	M40	140	1:55:18	995
988	1019	1:56:22	Sebastian Hall		Male	813	M	474	1:56:18	1034
989	603	1:56:23	Leanne Howlett	WYMONDHAM AC	Female	176	F	120	1:54:46	975
990	126	1:56:24	Gregoire De Person		Male	814	M	475	1:55:15	989
991	2388	1:56:28	Helen Debnam	NORWICH ROAD RUNNERS	Female	177	F	121	1:55:36	1005
992	681	1:56:32	Bobbie Sauerzapf	BUNGAY BLACK DOG RC	Female	178	F50	7	1:55:13	987
993	1508	1:56:34	Thomas Fox		Male	815	M	476	1:55:44	1008
994	297	1:56:40	Best Brian		Male	816	M65	3	1:55:56	1015
995	3269	1:56:44	Michael Clark		Male	817	M	477	1:54:13	947
996	1727	1:56:46	Richard Burbage		Male	818	M	478	1:55:20	997
997	1924	1:56:47	Becky Done		Female	179	F	122	1:56:14	1030
998	1805	1:56:47	Karen Parsons		Female	180	F40	31	1:54:50	977
999	1593	1:56:49	Horace Sh		Male	819	M40	141	1:56:00	1018
1000	786	1:56:50	Richard Pilch		Male	820	M60	13	1:56:17	1033
1001	1043	1:56:50	Katie Johnson		Female	181	F	123	1:55:51	1013
1002	2447	1:56:55	Stephanie Lowe		Female	182	F	124	1:55:49	1009
1003	2459	1:56:57	Gabriella Wells		Female	183	F	125	1:55:23	1000
1004	1845	1:57:01	Jon Rowden		Male	821	M40	142	1:56:00	1019
1005	3138	1:57:03	Matthew Houchen		Male	822	M	479	1:55:17	994
1006	2237	1:57:08	Aaron Tague		Male	823	M	480	1:54:32	968
1007	1959	1:57:10	Timothy Johnson		Male	824	M	481	1:55:23	1001
1008	2628	1:57:12	Karen Grapes		Female	184	F45	16	1:55:15	990
1009	719	1:57:12	Michele Gray		Female	185	F45	17	1:55:50	1012
1010	2402	1:57:13	Sophie Thomas		Female	186	F	126	1:55:16	992
1011	526	1:57:14	Stephanie Hoyle	DISS & DISTRICT AC	Female	187	F45	18	1:56:37	1043
1012	3079	1:57:15	Patrick Walters		Male	825	M40	143	1:56:18	1035
1013	946	1:57:15	Paul Hutchins	HAVERING 90 JOGGERS	Male	826	M45	118	1:56:02	1020
1014	64	1:57:16	Lewis Perkins		Male	827	M	482	1:55:19	996
1015	1890	1:57:16	Helen Lloyd	RYSTON RUNNERS	Female	188	F50	8	1:55:41	1007
1016	2800	1:57:17	Chris Mace		Male	828	M60	14	1:56:02	1021
1017	75	1:57:20	Gemma Sullivan		Female	189	F	127	1:57:13	1069
1018	2611	1:57:22	Peter Elphick		Male	829	M45	119	1:54:29	966
1019	2204	1:57:23	Cath Breckell		Female	190	F	128	1:55:37	1006
1020	2326	1:57:26	Richard Tyrrell		Male	830	M	483	1:56:16	1032
1021	1001	1:57:26	Jen Rudd	WYMONDHAM AC	Female	191	F	129	1:56:18	1036
1022	3198	1:57:27	John Gibson		Male	831	M	484	1:56:07	1023
1023	2190	1:57:28	Daniel Webster		Male	832	M	485	1:54:58	981
1024	2350	1:57:28	Neil Loadman	TRI ANGLIA	Male	833	M40	144	1:55:34	1004
1025	1096	1:57:29	Brendan Wilson	CITY OF NORWICH AC	Male	834	M40	145	1:56:46	1050
1026	2324	1:57:29	Sunil Nair		Male	835	M40	146	1:55:54	1014
1027	653	1:57:29	Nick Ockmore		Male	836	M	486	1:56:15	1031
1028	3144	1:57:30	Carole Spong	GREAT YARMOUTH ROAD RUNNERS	Female	192	F65	1	1:56:50	1055
1029	460	1:57:33	Peter Jay		Male	837	M50	49	1:56:30	1038
1030	619	1:57:35	Tom Pullinger	BUNGAY BLACK DOG RC	Male	838	M	487	1:55:13	988
1031	2005	1:57:40	Andrew Hollingsworth		Male	839	M	488	1:55:11	985
1032	2681	1:57:41	Duncan Freeman		Male	840	M45	120	1:55:59	1017
1033	1623	1:57:41	Carl Webster		Male	841	M	489	1:57:27	1084
1034	1737	1:57:43	Deb Rindl		Female	193	F50	9	1:56:09	1027
1035	2098	1:57:46	Simon Hellowell		Male	842	M40	147	1:56:07	1024
1036	2097	1:57:46	Laura Banks		Female	194	F	130	1:56:07	1025
1037	2661	1:57:47	Danielle Rackham	NORWICH ROAD RUNNERS	Female	195	F	131	1:57:17	1073
1038	1938	1:57:47	Laura Allen		Female	196	F	132	1:55:49	1010
1039	565	1:57:50	Richard Jay		Male	843	M40	148	1:56:39	1044
1040	2772	1:57:51	Ellen Cottom		Female	197	F	133	1:56:18	1037
1041	1311	1:57:54	Dan Rix		Male	844	M	490	1:56:30	1039
1042	1595	1:57:54	Edward Hall		Male	845	M40	149	1:55:49	1011
1043	1577	1:57:54	Shane Lutkin		Male	846	M50	50	1:56:30	1040
1044	2474	1:57:54	Tristan Mcewen		Male	847	M	491	1:56:09	1028
1045	913	1:57:55	Patrick Larke	WYMONDHAM AC	Male	848	M50	51	1:57:18	1074
1046	2464	1:57:55	Dave Carter		Male	849	M45	121	1:56:09	1029
1047	1470	1:57:55	Nicola Steggles	WYMONDHAM AC	Female	198	F45	19	1:57:18	1075
1048	1252	1:57:57	James Birch	WYMONDHAM AC	Male	850	M40	150	1:56:41	1045
1049	2792	1:57:57	Paul Brooks		Male	851	M	492	1:56:42	1047
1050	2437	1:58:05	Ashley Semmence		Male	852	M	493	1:57:22	1081

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	3169	1:58:09	Kevin Winkie	BRANDON FERN HOPPERS	Male	853	M	494	1:56:50	1056
1052	2383	1:58:12	Paul Donaghy		Male	854	M40	151	1:57:14	1071
1053	2999	1:58:14	Carmella Hurley		Female	199	F	134	1:56:08	1026
1054	1763	1:58:15	Greg Jordan		Male	855	M45	122	1:56:47	1052
1055	2241	1:58:15	Craig Lyon		Male	856	M45	123	1:56:57	1060
1056	87	1:58:19	Martin Colley		Male	857	M	495	1:56:32	1041
1057	37	1:58:19	Stuart Knight		Male	858	M	496	1:56:43	1048
1058	1319	1:58:21	Shona Bendix	BUNGAY BLACK DOG RC	Female	200	F40	32	1:57:19	1076
1059	2819	1:58:22	Chris Hurcomb	CAMBRIDGE AND COLERIDGE AC	Male	859	M40	152	1:57:13	1070
1060	3118	1:58:27	Ian Green		Male	860	M	497	1:56:44	1049
1061	3085	1:58:29	Chantal Kibbey		Female	201	F	135	1:56:41	1046
1062	3194	1:58:31	Harriet Grimes		Female	202	F	136	1:58:16	1108
1063	1011	1:58:31	Mark Newman		Male	861	M	498	1:56:49	1053
1064	2959	1:58:33	Kate Risely	THETFORD AC	Female	203	F	137	1:56:03	1022
1065	2398	1:58:33	Tracie Draeger	WYMONDHAM AC	Female	204	F45	20	1:56:57	1061
1066	1466	1:58:33	Steve Lewis		Male	862	M	499	1:56:46	1051
1067	399	1:58:35	Gary Mcloughlin		Male	863	M	500	1:56:58	1062
1068	2938	1:58:36	Andrea Cossey		Female	205	F	138	1:57:20	1078
1069	1903	1:58:36	Ian Fisher		Male	864	M50	52	1:56:49	1054
1070	2424	1:58:44	James Brindley	NORWICH ROAD RUNNERS	Male	865	M	501	1:57:43	1090
1071	3272	1:58:45	Dan Georgescu		Male	866	M	502	1:58:09	1104
1072	640	1:58:46	Susan Guest		Female	206	F45	21	1:56:36	1042
1073	3203	1:58:48	Dean Parker		Male	867	M	503	1:58:28	1126
1074	2834	1:58:48	Mark Curtis		Male	868	M	504	1:56:54	1058
1075	3192	1:58:48	Justin Edwards		Male	869	M	505	1:57:54	1095
1076	3206	1:58:50	Hannah Millwood		Female	207	F	139	1:57:55	1096
1077	793	1:58:50	Warren Brayn		Male	870	M	506	1:58:48	1145
1078	1795	1:58:53	Patrick Monk		Male	871	M40	153	1:58:01	1100
1079	1736	1:58:54	Simon Tovey	CAMBRIDGE HARRIERS	Male	872	M60	15	1:57:19	1077
1080	2256	1:58:54	Lizzie Tovey		Female	208	F	140	1:57:20	1079
1081	2781	1:58:56	Emily Hannant	COLTISHALL JAGUARS	Female	209	F	141	1:58:46	1144
1082	2851	1:58:58	Stuart Brunton-Douglas		Male	873	M	507	1:57:15	1072
1083	2565	1:58:58	Matthew Conway		Male	874	M	508	1:58:28	1127
1084	2406	1:58:58	Maureen Wolfe	RYSTON RUNNERS	Female	210	F50	10	1:57:21	1080
1085	1386	1:58:59	Andy Dunne		Male	875	M50	53	1:56:54	1059
1086	1128	1:59:01	Martin Graham		Male	876	M50	54	1:57:12	1068
1087	1069	1:59:05	Andrew Hardy		Male	877	M55	21	1:57:31	1087
1088	2930	1:59:08	Lucy Garrett		Female	211	F	142	1:58:14	1107
1089	2352	1:59:11	Graham Keeley		Male	878	M50	55	1:57:58	1098
1090	1492	1:59:11	Samuel Huetson		Male	879	M	509	1:58:27	1122
1091	1325	1:59:13	Manraj Sandhu		Male	880	M	510	1:57:06	1065
1092	2347	1:59:13	Andy Pitt		Male	881	M40	154	1:57:52	1093
1093	2839	1:59:14	Philip Neave	BUNGAY BLACK DOG RC	Male	882	M60	16	1:58:59	1149
1094	607	1:59:14	Henry Horner-Glister		Male	883	M	511	1:57:29	1085
1095	2777	1:59:16	Angus Western	FRAMLINGHAM FLYERS	Male	884	M	512	1:57:36	1089
1096	2101	1:59:18	Robert Hammond		Male	885	M	513	1:56:59	1063
1097	1983	1:59:18	Tawa Groombridge		Female	212	F	143	1:56:53	1057
1098	1339	1:59:20	Charlie Penrose		Male	886	M40	155	1:57:22	1082
1099	2897	1:59:20	Stephen Moseley		Male	887	M40	156	1:57:00	1064
1100	2908	1:59:21	Rod Tredgett		Male	888	M	514	1:58:08	1102
1101	1509	1:59:22	Roger Hall		Male	889	M40	157	1:57:44	1091
1102	522	1:59:23	Nico Paganini		Male	890	M	515	1:58:08	1103
1103	3012	1:59:23	Joanne West	COLTISHALL JAGUARS	Female	213	F45	22	1:57:35	1088
1104	3046	1:59:23	Justin Dennis		Male	891	M	516	1:57:07	1066
1105	2502	1:59:23	Dean Powley	FENLAND AC	Male	892	M	517	1:58:18	1112
1106	951	1:59:23	Geraldine Jordan		Female	214	F45	23	1:58:39	1138
1107	1504	1:59:24	Anne Harper		Female	215	F45	24	1:58:39	1139
1108	3199	1:59:25	Laura Pilling		Female	216	F	144	1:57:24	1083
1109	1886	1:59:26	Chris Drury	BRANDON FERN HOPPERS	Female	217	F40	33	1:57:53	1094
1110	1576	1:59:29	Dianne Hughes	STOWMARKET STRIDERS	Female	218	F45	25	1:58:16	1109
1111	2289	1:59:32	Emily Dennis	NORWICH ROAD RUNNERS	Female	219	F	145	1:59:02	1151
1112	3083	1:59:32	Christopher Dove		Male	893	M50	56	1:57:30	1086
1113	1237	1:59:35	James Tully	TRI ANGLIA	Male	894	M	518	1:57:07	1067
1114	3139	1:59:35	Maria Fray	LYNNSPORT LADYBIRDS	Female	220	F45	26	1:57:58	1099
1115	2194	1:59:36	Simone Warnes		Female	221	F40	34	1:58:24	1117
1116	839	1:59:39	Cassie Barker	WYMONDHAM AC	Female	222	F	146	1:58:32	1131
1117	3228	1:59:40	Sarah Mitchell		Female	223	F45	27	1:58:33	1134
1118	2454	1:59:47	Gareth Thomson		Male	895	M	519	1:59:05	1153
1119	3300	1:59:50	Suzanne Ives		Female	224	F	147	1:58:27	1123
1120	696	1:59:50	Graham Holland		Male	896	M40	158	1:58:36	1137



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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	127	1:59:53	Hannah Daugaard-Hansen		Female	225	F	148	1:58:43	1142
1122	2499	1:59:55	Ian Smith		Male	897	M45	124	1:58:19	1114
1123	346	1:59:55	Andrew Terry		Male	898	M40	159	1:58:19	1115
1124	1590	1:59:57	Keith Browes		Male	899	M50	57	1:58:09	1105
1125	3164	1:59:58	Lewis Folbigg		Male	900	M	520	1:58:16	1110
1126	3093	1:59:59	Angela Brinkley	STOWMARKET STRIDERS	Female	226	F45	28	1:57:57	1097
1127	2231	2:00:01	Catherine Abbott	STOWMARKET STRIDERS	Female	227	F	149	1:58:03	1101
1128	2815	2:00:01	Paul Munford		Male	901	M	521	1:58:57	1148
1129	1875	2:00:05	Natasha Russell - Clarke		Female	228	F	150	1:58:25	1118
1130	807	2:00:07	James Allen		Male	902	M	522	1:58:31	1130
1131	3066	2:00:08	Victoria Smith		Female	229	F	151	1:58:21	1116
1132	1041	2:00:09	Andrew Cliff		Male	903	M	523	1:59:22	1168
1133	2659	2:00:10	David Hutcheon	COLTISHALL JAGUARS	Male	904	M65	4	1:59:48	1182
1134	1279	2:00:11	Alex Forster		Male	905	M	524	1:58:11	1106
1135	868	2:00:11	Alexander Heaton		Male	906	M55	22	1:57:51	1092
1136	2415	2:00:13	Rob Tarry		Male	907	M45	125	1:58:17	1111
1137	3166	2:00:14	Gwyneth Jones		Female	230	F50	11	1:58:33	1135
1138	1369	2:00:17	Sarah Cole		Female	231	F	152	1:58:26	1119
1139	1566	2:00:17	Daniel Hardy		Male	908	M	525	1:58:26	1120
1140	391	2:00:18	Jamie Coxage		Male	909	M	526	1:58:34	1136
1141	1044	2:00:18	Matthew Jolly		Male	910	M	527	1:59:19	1164
1142	1398	2:00:20	Emma Withers	NORWICH ROAD RUNNERS	Female	232	F	153	1:59:30	1172
1143	3128	2:00:20	Jane Holmes	FENLAND RUNNERS	Female	233	F	154	1:59:34	1173
1144	3129	2:00:20	Caroline Kooreman	FENLAND RUNNERS	Female	234	F	155	1:59:34	1174
1145	2293	2:00:23	Peter Waters		Male	911	M40	160	1:59:02	1152
1146	445	2:00:24	Will Chenery		Male	912	M	528	1:59:51	1183
1147	1231	2:00:27	Claire Brereton		Female	235	F	156	1:59:12	1160
1148	1624	2:00:28	Julz Williams		Female	236	F	157	1:58:29	1129
1149	3089	2:00:29	Caroline Barnes		Female	237	F40	35	1:58:32	1132
1150	3088	2:00:29	John Barnes		Male	913	M45	126	1:58:32	1133
1151	935	2:00:43	Finlay Scott		Male	914	M	529	1:58:18	1113
1152	1866	2:00:44	Chris Wade	REEPHAM RUNNERS	Male	915	M	530	1:58:40	1140
1153	1021	2:00:45	Anna Smith	STOWMARKET STRIDERS	Female	238	F	158	1:58:54	1147
1154	2006	2:00:45	Paul Robinson	REEPHAM RUNNERS	Male	916	M45	127	1:58:40	1141
1155	1429	2:00:49	Michael Cole		Male	917	M	531	1:58:51	1146
1156	624	2:00:50	Mark Lines		Male	918	M40	161	1:59:09	1157
1157	2152	2:00:50	Samuel Whitham		Male	919	M	532	1:58:27	1124
1158	2154	2:00:50	James Boutle		Male	920	M	533	1:58:27	1125
1159	2396	2:00:53	Ruth Belsom		Female	239	F45	29	1:59:27	1169
1160	3167	2:00:55	Kerry Daniels	WYMONDHAM AC	Female	240	F	159	1:58:26	1121
1161	573	2:00:56	Emily-Jane Keeble		Female	241	F	160	1:59:29	1170
1162	1839	2:00:57	Tony O'Flaherty		Male	921	M45	128	1:59:08	1155
1163	96	2:00:58	Colin Payne		Male	922	M40	162	1:59:05	1154
1164	3113	2:01:00	Matthew Ashby		Male	923	M40	163	1:59:00	1150
1165	3308	2:01:01	Carole Rowe		Female	242	F45	30	1:59:19	1165
1166	1005	2:01:02	Colin Savage		Male	924	M40	164	1:58:45	1143
1167	3185	2:01:02	Ashley Kirk		Male	925	M	534	2:00:23	1194
1168	2039	2:01:03	Iain White		Male	926	M55	23	1:59:46	1181
1169	1789	2:01:04	Sarah Sargeant		Female	243	F40	36	2:00:21	1192
1170	799	2:01:05	Alex Gaunt		Male	927	M40	165	1:59:38	1176
1171	3105	2:01:09	Michael Harris		Male	928	M	535	2:00:00	1187
1172	2470	2:01:12	Nicola Crook		Female	244	F	161	1:58:28	1128
1173	3040	2:01:12	Alex Hart		Male	929	M	536	2:00:15	1190
1174	1474	2:01:13	Joseph Pressland		Male	930	M	537	2:00:52	1214
1175	834	2:01:15	Kevin Gardiner		Male	931	M45	129	1:59:21	1167
1176	1905	2:01:15	Victoria Tolchard		Female	245	F	162	1:59:51	1184
1177	1573	2:01:17	Chintan Patel		Male	932	M	538	1:59:17	1161
1178	819	2:01:20	Neal Goldsmith	IPSWICH JAFFA	Male	933	M	539	2:00:50	1211
1179	2683	2:01:23	Kevin Vaughan		Male	934	M45	130	1:59:53	1185
1180	2266	2:01:24	Anne Florence	TRI ANGLIA	Female	246	F55	5	2:00:46	1207
1181	1441	2:01:26	Deborah Stewart	HADLEIGH HARES	Female	247	F50	12	2:00:47	1208
1182	1216	2:01:26	Helen Lambert		Female	248	F	163	1:59:18	1163
1183	651	2:01:29	Tracey Davies		Female	249	F	164	1:59:10	1158
1184	652	2:01:30	Anne Beckett-Allen		Female	250	F	165	1:59:10	1159
1185	2868	2:01:32	Lucy Peel		Female	251	F	166	2:00:35	1199
1186	3011	2:01:35	Chris Lund		Male	935	M	540	2:00:50	1212
1187	1687	2:01:35	Melissa Haines		Female	252	F40	37	1:59:38	1177
1188	2933	2:01:37	Joanne Jesney	WYMONDHAM AC	Female	253	F	167	1:59:08	1156
1189	488	2:01:37	Phillip Spencer		Male	936	M	541	1:59:39	1178
1190	3056	2:01:39	Chris Pitt		Male	937	M45	131	2:00:45	1205

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1191	1393	2:01:39	Lisa Liversidge		Female	254	F40	38	2:01:23	1236
1192	139	2:01:41	Aaron Head		Male	938	M	542	2:00:15	1191
1193	2567	2:01:41	Drahomir Baran		Male	939	M	543	2:00:01	1188
1194	1018	2:01:42	Neil Gilding		Male	940	M	544	1:59:53	1186
1195	1637	2:01:43	Will Drake		Male	941	M	545	1:59:36	1175
1196	752	2:01:45	Rose-Marie Doyle		Female	255	F	168	2:00:43	1204
1197	2138	2:01:47	Patrick Shillan		Male	942	M	546	1:59:41	1180
1198	1031	2:01:48	Carolyn Burrage	NORFOLK GAZELLES	Female	256	F55	6	1:59:40	1179
1199	2382	2:01:48	Jacqueline Harrop	NORFOLK GAZELLES	Female	257	F45	31	1:59:17	1162
1200	2810	2:01:49	Richard Lamer		Male	943	M50	58	1:59:19	1166
1201	1366	2:01:52	Bethani Clegg		Female	258	F	169	2:01:38	1245
1202	148	2:01:59	Anna Cain		Female	259	F	170	1:59:29	1171
1203	2330	2:02:02	Holly Mcdonnell		Female	260	F	171	2:01:17	1232
1204	2821	2:02:07	Tony Tyler	THETFORD AC	Male	944	M50	59	2:00:51	1213
1205	504	2:02:11	Beverley Jayne Rackham		Female	261	F50	13	2:00:58	1218
1206	1357	2:02:11	Stephen Poundall		Male	945	M40	166	2:00:55	1215
1207	2948	2:02:14	Nicola Read	THETFORD AC	Female	262	F40	39	2:00:59	1223
1208	2820	2:02:15	Gillian Paremain	THETFORD AC	Female	263	F60	2	2:00:58	1219
1209	1224	2:02:16	Mike Creasor	ROAD RUNNERS CLUB	Male	946	M65	5	2:00:28	1197
1210	2234	2:02:17	David Blake		Male	947	M40	167	2:01:41	1247
1211	1636	2:02:21	Claire Roberts		Female	264	F	172	2:00:31	1198
1212	412	2:02:23	Adrian Carpenter		Male	948	M	547	2:00:26	1195
1213	1822	2:02:25	Andy Baker		Male	949	M	548	2:00:49	1210
1214	2701	2:02:32	Richard Smith	FELIXSTOWE ROAD RUNNERS	Male	950	M50	60	2:00:06	1189
1215	483	2:02:35	Kris Southgate		Male	951	M	549	2:00:41	1202
1216	2869	2:02:38	Jo Wharam		Female	265	F	173	2:00:42	1203
1217	1144	2:02:39	Andrew Hovell		Male	952	M40	168	2:01:07	1227
1218	3029	2:02:43	Andrew Gregory		Male	953	M40	169	2:00:40	1201
1219	465	2:02:49	Claire Fisher	DUDLEY KINGSWINFORD	Female	266	F	174	2:01:53	1252
1220	595	2:02:50	Nigel Clayton		Male	954	M45	132	2:00:58	1220
1221	594	2:02:50	Sharon Coles		Female	267	F40	40	2:00:58	1221
1222	291	2:02:53	Sarah Cooper	TRI ANGLIA	Female	268	F	175	2:00:48	1209
1223	1689	2:02:53	Janet Ivers		Female	269	F	176	2:00:59	1224
1224	2428	2:02:54	Hans De Vrijer		Male	955	M45	133	2:01:32	1240
1225	190	2:02:56	Lindsey Ladhams		Female	270	F	177	2:00:27	1196
1226	2900	2:02:57	Ian Barker		Male	956	M40	170	2:01:55	1256
1227	2603	2:02:58	David Dilrew		Male	957	M55	24	2:01:09	1228
1228	1269	2:02:59	Adam Thompson		Male	958	M	550	2:00:38	1200
1229	1847	2:03:00	Lee Kiddell		Male	959	M	551	2:02:08	1261
1230	3282	2:03:00	Nick Holmes		Male	960	M40	171	2:01:34	1241
1231	2913	2:03:02	Ben Hodds		Male	961	M	552	2:01:57	1258
1232	1900	2:03:02	Terry Youll	NORWICH ROAD RUNNERS	Male	962	M60	17	2:01:27	1238
1233	2988	2:03:03	Michael Burrell		Male	963	M45	134	2:01:06	1226
1234	1022	2:03:04	Steve Symss		Male	964	M40	172	2:01:24	1237
1235	2976	2:03:06	Luke Parker		Male	965	M	553	2:02:07	1260
1236	3096	2:03:06	Paul Spandler	GREAT YARMOUTH ROAD RUNNERS	Male	966	M40	173	2:01:49	1250
1237	668	2:03:07	Jessica Seal	DARTFORD ROAD RUNNERS	Female	271	F	178	2:01:54	1253
1238	209	2:03:07	Karen Mann		Female	272	F40	41	2:01:11	1229
1239	3008	2:03:09	Emilie Vrain		Female	273	F	179	2:01:04	1225
1240	2669	2:03:09	Simon Redding		Male	967	M45	135	2:02:09	1262
1241	128	2:03:10	Carl Saunders		Male	968	M	554	2:01:14	1230
1242	2247	2:03:13	Donald Tiffin		Male	969	M60	18	2:02:46	1280
1243	1973	2:03:13	Claire Woods		Female	274	F	180	2:02:56	1287
1244	2596	2:03:15	Samantha Duvall		Female	275	F	181	2:00:22	1193
1245	3162	2:03:16	Ole Baxter		Male	970	M40	174	2:01:54	1254
1246	2727	2:03:16	Damian Ashcroft		Male	971	M45	136	2:02:10	1263
1247	2564	2:03:17	Tom Conway		Male	972	M	555	2:02:47	1281
1248	446	2:03:17	Kate Ledwidge		Female	276	F	182	2:00:58	1222
1249	417	2:03:22	Robyn Armes		Female	277	F	183	2:01:21	1234
1250	443	2:03:23	Marisol Kane		Female	278	F45	32	2:02:23	1267
1251	1863	2:03:25	Darren Posthill		Male	973	M	556	2:01:36	1242
1252	2525	2:03:25	Rachael Moore		Female	279	F	184	2:02:48	1282
1253	1100	2:03:27	Jeff James		Male	974	M40	175	2:01:22	1235
1254	1445	2:03:29	Julia Goodson		Female	280	F	185	2:01:31	1239
1255	1422	2:03:32	Teresa Barrett		Female	281	F40	42	2:00:45	1206
1256	2693	2:03:34	Andrew Mccarthy		Male	975	M	557	2:00:55	1216
1257	546	2:03:34	Cathy Tooley		Female	282	F45	33	2:02:52	1285
1258	3043	2:03:34	Oliver Smith		Male	976	M	558	2:01:36	1243
1259	803	2:03:38	Karen Gedge	BUNGAY BLACK DOG RC	Female	283	F45	34	2:01:16	1231
1260	3242	2:03:40	Scott Hilton		Male	977	M	559	2:01:43	1248

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1261	199	2:03:41	Claire Ramsbottom	NORWICH ROAD RUNNERS	Female	284	F	186	2:02:30	1274
1262	454	2:03:46	Jason Pilbrow		Male	978	M	560	2:00:56	1217
1263	2638	2:03:47	Stephen Baker	TRI ANGLIA	Male	979	M45	137	2:01:19	1233
1264	3285	2:03:48	Gill Hart	RYSTON RUNNERS	Female	285	F55	7	2:03:00	1290
1265	1967	2:03:49	David Roper		Male	980	M	561	2:01:37	1244
1266	2725	2:03:49	Chris Belcher		Male	981	M	562	2:02:26	1271
1267	1376	2:03:50	Karl Smith		Male	982	M	563	2:02:26	1272
1268	611	2:03:50	Michael Scott		Male	983	M50	61	2:01:50	1251
1269	2672	2:03:50	Tessa Killingbeck		Female	286	F	187	2:01:47	1249
1270	2282	2:03:52	Emma Tuck		Female	287	F	188	2:03:29	1300
1271	2027	2:03:53	Patrick Rolph		Male	984	M50	62	2:03:00	1291
1272	3275	2:03:54	Michael Alcock		Male	985	M40	176	2:02:28	1273
1273	413	2:03:56	Kelly Dace		Female	288	F	189	2:01:59	1259
1274	2078	2:03:56	Heather Appleton		Female	289	F55	8	2:03:27	1298
1275	1858	2:03:57	Sarah Collier		Female	290	F	190	2:02:35	1278
1276	808	2:04:02	Andrew Burrage	NORFOLK GAZELLES	Male	986	M55	25	2:01:54	1255
1277	3023	2:04:04	Edward Cheong		Male	987	M40	177	2:03:32	1302
1278	937	2:04:06	Andrew Edge		Male	988	M45	138	2:02:25	1270
1279	389	2:04:10	Craig Catchpole		Male	989	M	564	2:01:55	1257
1280	2788	2:04:10	Steven Hatch		Male	990	M45	139	2:01:40	1246
1281	1725	2:04:11	Stefania Nobbs		Female	291	F	191	2:02:31	1276
1282	3305	2:04:13	Martin Phillips		Male	991	M40	178	2:03:39	1311
1283	845	2:04:13	Rachel Harnes	COLTISHALL JAGUARS	Female	292	F45	35	2:03:35	1305
1284	2676	2:04:16	Bradley Eckles		Male	992	M40	179	2:02:16	1266
1285	2077	2:04:17	Rosemary Matlock	THETFORD AC	Female	293	F50	14	2:02:59	1289
1286	376	2:04:20	John Rumsby		Male	993	M	565	2:02:30	1275
1287	2211	2:04:21	James Batchelor		Male	994	M	566	2:02:33	1277
1288	1217	2:04:41	Steve Small		Male	995	M50	63	2:03:14	1294
1289	1660	2:04:44	Tom Greaves		Male	996	M	567	2:03:05	1292
1290	609	2:04:44	David Wild		Male	997	M45	140	2:02:58	1288
1291	2254	2:04:46	Jon Dicks		Male	998	M	568	2:04:00	1325
1292	2846	2:04:49	Neil Cooper	TRI ANGLIA	Male	999	M45	141	2:02:23	1268
1293	922	2:04:50	Rob Osborne	NORTH NORFOLK BEACH RUNNERS	Male	1000	M50	64	2:02:54	1286
1294	1979	2:04:50	Mattia Campanati		Male	1001	M	569	2:03:13	1293
1295	2562	2:04:51	Robert Conway		Male	1002	M50	65	2:04:21	1336
1296	1038	2:04:52	Kari Schaitel		Female	294	F	192	2:02:49	1284
1297	2478	2:04:57	Lucy Mobbs		Female	295	F	193	2:02:11	1264
1298	1409	2:04:59	Nathan May		Male	1003	M	570	2:02:15	1265
1299	1292	2:05:01	John Tilbrook		Male	1004	M65	6	2:03:47	1313
1300	1141	2:05:01	Chrystelee Todd	MK LAKESIDE RUNNERS	Female	296	F	194	2:02:24	1269
1301	527	2:05:17	Sheila Smith		Female	297	F55	9	2:03:18	1296
1302	2130	2:05:17	Ronald Marsh	WYMONDHAM AC	Male	1005	M65	7	2:03:25	1297
1303	3299	2:05:20	William Holden		Male	1006	M50	66	2:03:59	1324
1304	1381	2:05:20	Joanne Marshall	FRAMLINGHAM FLYERS	Female	298	F50	15	2:03:27	1299
1305	524	2:05:21	Paul Taylor		Male	1007	M45	142	2:03:37	1310
1306	3087	2:05:21	Alister James		Male	1008	M	571	2:02:48	1283
1307	3273	2:05:26	Phillip Laurier	LOWESTOFT ROAD RUNNERS	Male	1009	M60	19	2:05:03	1357
1308	1851	2:05:29	Alec Fraser	NORTH NORFOLK BEACH RUNNERS	Male	1010	M65	8	2:04:53	1350
1309	1373	2:05:30	Simon Warr		Male	1011	M45	143	2:04:28	1341
1310	429	2:05:33	Marc Howe		Male	1012	M	572	2:02:39	1279
1311	1495	2:05:36	Carol Stroud		Female	299	F	195	2:03:35	1306
1312	747	2:05:39	Simon Redhead		Male	1013	M	573	2:05:00	1356
1313	709	2:05:42	David Rye		Male	1014	M	574	2:03:54	1319
1314	1700	2:05:44	Paul Maycock	CAPEL CHEETAHS	Male	1015	M50	67	2:04:01	1326
1315	894	2:05:44	Matthew Crawley		Male	1016	M	575	2:03:36	1307
1316	1057	2:05:46	Richard Gedge		Male	1017	M	576	2:03:31	1301
1317	3197	2:05:46	Adrian Fletcher		Male	1018	M40	180	2:03:55	1320
1318	1819	2:05:51	James Batchelor		Male	1019	M40	181	2:03:15	1295
1319	2442	2:05:52	Susan Carr		Female	300	F50	16	2:03:49	1315
1320	629	2:05:54	James Kelly		Male	1020	M40	182	2:05:03	1358
1321	338	2:05:56	Robert Wilde		Male	1021	M	577	2:04:17	1332
1322	339	2:05:56	Mark Easter		Male	1022	M	578	2:04:17	1333
1323	1081	2:05:58	Christopher Fryer		Male	1023	M	579	2:04:05	1327
1324	1098	2:05:58	Rachael Aitken		Female	301	F	196	2:04:05	1328
1325	1301	2:05:58	Luke Adcock		Male	1024	M	580	2:03:34	1304
1326	2655	2:06:00	Shaun Nicholas		Male	1025	M40	183	2:03:33	1303
1327	2981	2:06:00	Katie Mack		Female	302	F	197	2:03:36	1308
1328	1105	2:06:02	Jane Wilson	WOMEN'S RUNNING NETWORK	Female	303	F40	43	2:03:51	1317
1329	553	2:06:04	Peter Lumb		Male	1026	M	581	2:04:08	1330
1330	1787	2:06:05	Sarah Ransome		Female	304	F	198	2:04:54	1351

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# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1331	2678	2:06:06	Eddie Balls		Male	1027	M65	9	2:04:21	1337
1332	3101	2:06:06	Kerisa Mayes		Female	305	F	199	2:04:47	1346
1333	390	2:06:07	Malcolm Fisher		Male	1028	M	582	2:03:53	1318
1334	1574	2:06:07	Lindsay Bailey		Female	306	F	200	2:04:06	1329
1335	3102	2:06:08	Julie Quayle		Female	307	F	201	2:04:48	1347
1336	908	2:06:08	Mary Schofield		Female	308	F	202	2:03:56	1321
1337	3111	2:06:13	Clare Monotgomery		Female	309	F40	44	2:03:58	1323
1338	2532	2:06:14	Tom Abbott		Male	1029	M	583	2:03:36	1309
1339	2580	2:06:15	Jill Towns		Female	310	F50	17	2:04:27	1340
1340	1895	2:06:16	Matthew Fox		Male	1030	M40	184	2:03:41	1312
1341	1872	2:06:17	Jonathan Jarrold		Male	1031	M	584	2:04:43	1344
1342	1681	2:06:18	Robert Bennett		Male	1032	M55	26	2:05:05	1359
1343	704	2:06:18	Mick Broom		Male	1033	M40	185	2:04:09	1331
1344	3276	2:06:21	Peter Young		Male	1034	M	585	2:03:56	1322
1345	2060	2:06:21	John Richardson	DEREHAM RUNNERS	Male	1035	M55	27	2:05:23	1372
1346	2936	2:06:23	Maria Martino		Female	311	F	203	2:04:54	1352
1347	2695	2:06:25	Keith Borrett	STOWMARKET STRIDERS	Male	1036	M55	28	2:05:11	1361
1348	1006	2:06:28	John Bennett		Male	1037	M60	20	2:03:48	1314
1349	1029	2:06:31	Helen Sharp		Female	312	F40	45	2:03:50	1316
1350	2712	2:06:32	Ian Howlett		Male	1038	M50	68	2:04:55	1353
1351	1040	2:06:38	Simon Hill		Male	1039	M	586	2:05:52	1388
1352	2102	2:06:40	Richard Hammond		Male	1040	M55	29	2:04:21	1338
1353	1526	2:06:41	Louisa Peaver		Female	313	F	204	2:04:46	1345
1354	479	2:06:43	Richard Morrissey		Male	1041	M	587	2:04:59	1355
1355	3160	2:06:46	Louise Truswell		Female	314	F	205	2:05:55	1390
1356	1768	2:06:50	Trevor Goodwin		Male	1042	M50	69	2:04:18	1334
1357	187	2:06:51	Gary Fryer		Male	1043	M	588	2:05:19	1369
1358	1854	2:06:52	Simon Moate		Male	1044	M45	144	2:05:32	1377
1359	1855	2:06:52	Sabra Moate		Female	315	F45	36	2:05:32	1378
1360	169	2:06:52	Christopher Metcalf		Male	1045	M	589	2:04:33	1342
1361	2109	2:06:54	Kate Barrell		Female	316	F	206	2:04:34	1343
1362	2935	2:06:55	William Router	WYMONDHAM AC	Male	1046	M45	145	2:04:49	1348
1363	3154	2:06:56	Sarah Nasmyth-Miller		Female	317	F45	37	2:05:20	1371
1364	1710	2:06:57	Teresa Hurren	GREAT YARMOUTH ROAD RUNNERS	Female	318	F40	46	2:06:16	1401
1365	1620	2:06:59	Sarah Smith		Female	319	F40	47	2:04:49	1349
1366	979	2:06:59	Debby Besford		Female	320	F45	38	2:04:18	1335
1367	1264	2:07:00	Ashley Whitehair		Male	1047	M	590	2:05:30	1376
1368	1247	2:07:00	Emma Renouf		Female	321	F	207	2:05:29	1375
1369	1241	2:07:02	Katie Mcintyre		Female	322	F45	39	2:04:22	1339
1370	2854	2:07:02	Jacqui Chivers		Female	323	F	208	2:05:19	1370
1371	887	2:07:04	Joanna Wymer		Female	324	F	209	2:05:51	1386
1372	1806	2:07:04	Lorraine Murphy		Female	325	F	210	2:05:47	1384
1373	2144	2:07:08	Joanne Rust		Female	326	F40	48	2:05:16	1364
1374	487	2:07:11	Rachael Lockwood		Female	327	F	211	2:04:57	1354
1375	2344	2:07:17	Camilla Scaiff		Female	328	F	212	2:05:18	1366
1376	3220	2:07:17	Helen Cutting		Female	329	F45	40	2:05:38	1380
1377	3219	2:07:17	Andrew Cutting		Male	1048	M45	146	2:05:39	1381
1378	1880	2:07:20	Bob Elvin		Male	1049	M40	186	2:05:08	1360
1379	2881	2:07:26	Joel Murphy		Male	1050	M	591	2:06:30	1418
1380	635	2:07:28	Donna-Marie Crane		Female	330	F	213	2:05:15	1363
1381	2977	2:07:31	Sarah Preston		Female	331	F	214	2:06:00	1391
1382	2823	2:07:32	Hayley Cocksedge	THETFORD AC	Female	332	F	215	2:06:16	1402
1383	1888	2:07:32	Christopher Kett		Male	1051	M	592	2:06:37	1422
1384	2356	2:07:34	Georgina Scott	LOWESTOFT ROAD RUNNERS	Female	333	F	216	2:06:15	1399
1385	2337	2:07:35	Kerry Nicholls		Female	334	F40	49	2:06:53	1429
1386	2354	2:07:35	Chris Scott	LOWESTOFT ROAD RUNNERS	Male	1052	M	593	2:06:16	1403
1387	2738	2:07:35	Helen Power		Female	335	F	217	2:05:24	1373
1388	1200	2:07:40	Peter Boy		Male	1053	M55	30	2:06:52	1426
1389	1978	2:07:44	Julie Gover	CITY OF NORWICH AC	Female	336	F45	41	2:06:07	1396
1390	1908	2:07:45	Jo Barlow		Female	337	F40	50	2:06:35	1420
1391	3186	2:07:47	Kirk Wilson		Male	1054	M40	187	2:07:08	1442
1392	3271	2:07:48	Cheryl O'Sullivan		Female	338	F	218	2:05:41	1383
1393	1408	2:07:52	Andy Rutland		Male	1055	M	594	2:05:16	1365
1394	953	2:07:53	Helen Johnson		Female	339	F	219	2:05:51	1387
1395	2818	2:07:54	James Lillistone		Male	1056	M	595	2:05:37	1379
1396	2962	2:07:54	Anne Gray		Female	340	F	220	2:05:18	1367
1397	2961	2:07:54	Lisa Murchison		Female	341	F40	51	2:05:18	1368
1398	1719	2:07:59	Aubrey Green		Male	1057	M40	188	2:06:27	1413
1399	1669	2:08:00	Sarah Barr-Young		Female	342	F	221	2:06:27	1414
1400	1277	2:08:01	Combes Suzanne	STOWMARKET STRIDERS	Female	343	F40	52	2:06:04	1394

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# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1401	1502	2:08:02	Lindsay Stansbury		Female	344	F40	53	2:05:40	1382
1402	2313	2:08:03	Catharine Carfoot		Female	345	F	222	2:06:27	1415
1403	294	2:08:03	Sarah Smith		Female	346	F	223	2:05:12	1362
1404	1304	2:08:03	Verity Catchpole	WALTHAM AC	Female	347	F	224	2:06:39	1423
1405	1303	2:08:04	Philip Catchpole	WALTHAM AC	Male	1058	M55	31	2:06:39	1424
1406	3267	2:08:06	Mark Borley		Male	1059	M	596	2:05:24	1374
1407	1113	2:08:07	Rachel Cubitt		Female	348	F	225	2:07:06	1440
1408	2196	2:08:10	Jenny Bartrum		Female	349	F55	10	2:06:17	1405
1409	2802	2:08:12	Suzy Ashworth		Female	350	F40	54	2:06:16	1404
1410	1163	2:08:13	Emma Naylor		Female	351	F	226	2:07:26	1456
1411	1655	2:08:13	Stephen Alexander		Male	1060	M40	189	2:06:33	1419
1412	263	2:08:16	Anne Wones		Female	352	F40	55	2:06:21	1410
1413	1862	2:08:17	Ed Proffitt		Male	1061	M	597	2:06:28	1416
1414	3209	2:08:18	Dean Goldfarb		Male	1062	M	598	2:06:58	1433
1415	2743	2:08:18	Clare Denzey	NORWICH ROAD RUNNERS	Female	353	F	227	2:06:00	1392
1416	3095	2:08:20	Peter Spandler	GREAT YARMOUTH ROAD RUNNERS	Male	1063	M50	70	2:07:03	1437
1417	293	2:08:23	Helena Cutts		Female	354	F	228	2:06:23	1411
1418	3158	2:08:23	Louise Goodson		Female	355	F	229	2:07:01	1434
1419	195	2:08:23	Mark Linehan		Male	1064	M40	190	2:07:02	1436
1420	343	2:08:23	Emma Quantrill		Female	356	F	230	2:06:01	1393
1421	2624	2:08:25	Julie Dilrew		Female	357	F50	18	2:05:54	1389
1422	84	2:08:26	Matthew Hubbard		Male	1065	M	599	2:06:20	1408
1423	726	2:08:31	Claire Banham		Female	358	F	231	2:07:10	1444
1424	2671	2:08:32	Nadine Potter		Female	359	F	232	2:06:28	1417
1425	2268	2:08:33	Viki Dack		Female	360	F	233	2:07:21	1450
1426	2267	2:08:33	Alison Brister		Female	361	F40	56	2:07:21	1451
1427	2783	2:08:34	Susan Flute	CITY OF NORWICH AC	Female	362	F	234	2:07:12	1446
1428	1070	2:08:38	Graeme Kidd		Male	1066	M	600	2:05:50	1385
1429	3231	2:08:39	Allan Mcduff		Male	1067	M	601	2:07:04	1438
1430	990	2:08:43	Richard Egle		Male	1068	M40	191	2:06:15	1400
1431	1180	2:08:43	Richard Bell		Male	1069	M	602	2:07:10	1445
1432	3215	2:08:44	Tom Bulman		Male	1070	M	603	2:07:13	1447
1433	792	2:08:45	Brennan Painter		Male	1071	M	604	2:07:46	1469
1434	437	2:08:46	Stuart Johnson		Male	1072	M	605	2:06:24	1412
1435	923	2:08:47	Andi Osborne	NORTH NORFOLK BEACH RUNNERS	Female	363	F55	11	2:06:52	1427
1436	3058	2:08:48	Mark Fitch		Male	1073	M40	192	2:06:14	1398
1437	2840	2:08:50	Andrew Hardwick		Male	1074	M50	71	2:07:23	1454
1438	571	2:08:50	Wendy Paremain	THETFORD AC	Female	364	F	235	2:07:34	1461
1439	3022	2:08:53	Nigel Collison		Male	1075	M45	147	2:06:04	1395
1440	2915	2:08:53	Hugh Bronson	NORWICH ROAD RUNNERS	Male	1076	M50	72	2:07:29	1458
1441	1984	2:08:54	Adele Bushell	COLTISHALL JAGUARS	Female	365	F40	57	2:06:52	1428
1442	1282	2:08:56	Lee Thompson		Male	1077	M40	193	2:06:17	1406
1443	320	2:08:58	Laura Mitchell-Hynd		Female	366	F	236	2:08:05	1475
1444	321	2:08:58	Alexander Mitchell-Hynd		Male	1078	M	606	2:08:05	1476
1445	2644	2:09:01	Martin Earl		Male	1079	M	607	2:06:56	1432
1446	1537	2:09:01	Samantha Reddy		Female	367	F40	58	2:06:36	1421
1447	656	2:09:06	Richard Steele		Male	1080	M	608	2:06:13	1397
1448	1586	2:09:07	Andrew Griffiths		Male	1081	M40	194	2:07:05	1439
1449	350	2:09:11	Martin Harris		Male	1082	M	609	2:06:39	1425
1450	3179	2:09:13	Andrew Bradley		Male	1083	M40	195	2:07:07	1441
1451	2558	2:09:13	Justin Smith		Male	1084	M40	196	2:07:08	1443
1452	1169	2:09:15	Fionnuala Donovan		Female	368	F	237	2:06:19	1407
1453	806	2:09:19	Stefan Henriksen		Male	1085	M40	197	2:06:20	1409
1454	3280	2:09:20	Sarah Buck		Female	369	F	238	2:08:39	1493
1455	91	2:09:23	Danielle Goodwin		Female	370	F	239	2:07:27	1457
1456	1976	2:09:27	Neil Richardson		Male	1086	M45	148	2:08:22	1483
1457	1974	2:09:27	Martin Spaul		Male	1087	M45	149	2:08:22	1484
1458	2616	2:09:28	Katie Osman		Female	371	F	240	2:07:21	1452
1459	2620	2:09:28	Andrew Pougher		Male	1088	M	610	2:07:21	1453
1460	995	2:09:34	Alanna Forrester	TRI ANGLIA	Female	372	F	241	2:07:39	1463
1461	2632	2:09:36	Eleanor Mclachlan		Female	373	F	242	2:06:53	1430
1462	2509	2:09:36	Sarah Brown		Female	374	F	243	2:06:53	1431
1463	1990	2:09:37	David Warburton		Male	1089	M	611	2:08:44	1495
1464	284	2:09:39	Nania Poulson		Female	375	F	244	2:07:24	1455
1465	605	2:09:40	Ben Chapman		Male	1090	M40	198	2:07:40	1466
1466	604	2:09:41	Heather Chapman		Female	376	F45	42	2:07:40	1467
1467	2126	2:09:45	Toby Marshall		Male	1091	M	612	2:07:01	1435
1468	2640	2:09:45	Robert Witton		Male	1092	M	613	2:07:37	1462
1469	1358	2:09:47	Kirsty Poundall		Female	377	F40	59	2:08:29	1487
1470	2059	2:09:49	Kieran Gohele		Male	1093	M	614	2:08:07	1477

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# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1471	2115	2:09:49	Jacqueline Wright		Female	378	F50	19	2:07:39	1464
1472	1095	2:09:51	Elaine Steel		Female	379	F45	43	2:07:59	1473
1473	3052	2:09:52	Charles Russ		Male	1094	M55	32	2:07:17	1449
1474	3234	2:09:55	Carl Mcgranachan		Male	1095	M	615	2:08:20	1481
1475	1683	2:09:56	Samantha Doddds		Female	380	F	245	2:07:32	1459
1476	2253	2:09:57	Nicky Dowson	NORWICH ROAD RUNNERS	Female	381	F45	44	2:07:39	1465
1477	1882	2:09:57	Michael Small		Male	1096	M	616	2:08:30	1488
1478	513	2:09:58	Luke Mowatt		Male	1097	M	617	2:07:16	1448
1479	2964	2:10:00	Karen Wood	RYSTON RUNNERS	Female	382	F45	45	2:08:23	1485
1480	30	2:10:02	Jeremy Houghton		Male	1098	M40	199	2:07:55	1471
1481	1659	2:10:03	Clare Riches	SERPENTINE RUNNING CLUB	Female	383	F	246	2:08:31	1489
1482	25	2:10:07	Sarah Mallalieu		Female	384	F	247	2:07:33	1460
1483	2776	2:10:09	Tony Brookes		Male	1099	M65	10	2:08:57	1500
1484	2775	2:10:09	Paul Brookes		Male	1100	M	618	2:08:57	1501
1485	3125	2:10:10	Chris Mills		Male	1101	M50	73	2:08:07	1478
1486	542	2:10:16	Simon Fox		Male	1102	M	619	2:08:00	1474
1487	2417	2:10:16	Steve Avery		Male	1103	M40	200	2:08:43	1494
1488	1274	2:10:19	Rosanna Townsend		Female	385	F	248	2:08:08	1479
1489	1167	2:10:20	James Crouchman		Male	1104	M45	150	2:08:19	1480
1490	2466	2:10:20	Kim Lubbock	NORFOLK GAZELLES	Female	386	F45	46	2:07:48	1470
1491	11	2:10:32	Margaret Kent		Female	387	F45	47	2:08:21	1482
1492	1091	2:10:35	Nicholas Carpenter		Male	1105	M65	11	2:07:58	1472
1493	833	2:10:41	Brian Getley		Male	1106	M40	201	2:08:47	1497
1494	2186	2:10:42	Stephen Hambling		Male	1107	M40	202	2:07:43	1468
1495	2180	2:10:44	Steve Goodridge		Male	1108	M45	151	2:09:16	1510
1496	878	2:10:45	Georgina Johnston		Female	388	F	249	2:09:50	1525
1497	2855	2:10:52	Shaun Cushing		Male	1109	M	620	2:09:43	1519
1498	1712	2:10:53	Lee Ashford		Male	1110	M	621	2:09:11	1506
1499	1935	2:10:53	Anne Sinclair		Female	389	F50	20	2:08:55	1498
1500	371	2:10:58	Chris Legood		Male	1111	M40	203	2:08:37	1492
1501	2149	2:10:59	Ian Fitch		Male	1112	M40	204	2:09:45	1522
1502	449	2:11:00	Anil Chalisey		Male	1113	M	622	2:09:54	1527
1503	2987	2:11:04	Neil Cockerton		Male	1114	M	623	2:08:55	1499
1504	2795	2:11:05	Robin Farrar	BUNGAY BLACK DOG RC	Male	1115	M65	12	2:09:15	1508
1505	2798	2:11:09	Mark Rosenfeld		Male	1116	M	624	2:08:46	1496
1506	258	2:11:10	Stephanie Campbell		Female	390	F	250	2:09:16	1511
1507	1774	2:11:16	Neil Read		Male	1117	M	625	2:08:28	1486
1508	2304	2:11:16	Melanie Chaplin		Female	391	F	251	2:09:00	1503
1509	3005	2:11:16	Peter Simpson		Male	1118	M45	152	2:08:31	1490
1510	3033	2:11:17	Anna Hopes		Female	392	F	252	2:09:19	1512
1511	1709	2:11:18	Andrea Teasdale	GREAT YARMOUTH ROAD RUNNERS	Female	393	F40	60	2:10:37	1553
1512	855	2:11:20	Richard Smith		Male	1119	M40	205	2:08:31	1491
1513	145	2:11:22	Paul Robins		Male	1120	M50	74	2:09:08	1504
1514	1711	2:11:25	Michelle Rodwell		Female	394	F40	61	2:10:44	1558
1515	555	2:11:27	Sudeep Mathias		Male	1121	M	626	2:09:42	1518
1516	1547	2:11:29	Rick Voutt		Male	1122	M	627	2:09:09	1505
1517	2925	2:11:35	Bruce Rayner	BUNGAY BLACK DOG RC	Male	1123	M50	75	2:09:44	1520
1518	1392	2:11:35	Lorraine Wyatt		Female	395	F45	48	2:11:19	1571
1519	2926	2:11:35	Karen Waters	BUNGAY BLACK DOG RC	Female	396	F40	62	2:09:44	1521
1520	480	2:11:41	Russell George		Male	1124	M	628	2:10:00	1533
1521	1082	2:11:43	Simon Hughes		Male	1125	M40	206	2:09:26	1516
1522	2333	2:11:44	Peter Morris		Male	1126	M	629	2:09:55	1529
1523	2816	2:11:45	Jacqui Munford		Female	397	F	253	2:10:40	1555
1524	1722	2:11:46	John Herbert		Male	1127	M60	21	2:09:33	1517
1525	95	2:11:47	John Gillard		Male	1128	M40	207	2:09:12	1507
1526	2380	2:11:48	Susan Smith		Female	398	F45	49	2:09:54	1528
1527	2409	2:11:53	Christina Dougall		Female	399	F	254	2:08:57	1502
1528	2468	2:11:54	Dawn Ellis		Female	400	F	255	2:09:20	1513
1529	2679	2:11:55	Konrad Pytarz		Male	1129	M	630	2:10:46	1559
1530	2886	2:11:59	Sandra Winter		Female	401	F45	50	2:09:15	1509
1531	1592	2:12:00	Laura Alice Gillingham		Female	402	F	256	2:10:15	1541
1532	1815	2:12:02	Caroline Mathews		Female	403	F	257	2:10:33	1550
1533	3112	2:12:02	Alison Hawkins		Female	404	F	258	2:09:22	1514
1534	3020	2:12:02	Siobhan Fuller		Female	405	F	259	2:09:22	1515
1535	520	2:12:07	Rebecca Wilburn	WOMEN'S RUNNING NETWORK	Female	406	F	260	2:09:55	1530
1536	3001	2:12:07	Simon Allcock		Male	1130	M	631	2:09:56	1531
1537	3077	2:12:10	L Powell		Female	407	F40	63	2:09:49	1524
1538	76	2:12:14	Alan Hitchborn		Male	1131	M50	76	2:10:24	1546
1539	235	2:12:14	Vicente Silva		Male	1132	M	632	2:10:24	1547
1540	2538	2:12:17	Melanie Sinclair		Female	408	F	261	2:10:22	1543

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1541	408	2:12:19	Helena Roques		Female	409	F	262	2:10:19	1542
1542	2014	2:12:19	Jayne Cook	NORWICH ROAD RUNNERS	Female	410	F45	51	2:10:33	1551
1543	1479	2:12:20	Lisa Howard	NORWICH ROAD RUNNERS	Female	411	F	263	2:10:02	1535
1544	1207	2:12:23	Tom Burdett		Male	1133	M	633	2:11:35	1576
1545	349	2:12:25	Simon Crossley		Male	1134	M40	208	2:09:48	1523
1546	2956	2:12:27	Thomas Oldridge		Male	1135	M	634	2:10:27	1548
1547	2980	2:12:27	Nicola Forwood		Female	412	F	264	2:10:13	1539
1548	756	2:12:28	Michelle Ritchie		Female	413	F40	64	2:10:14	1540
1549	2263	2:12:36	Susannah White		Female	414	F	265	2:09:53	1526
1550	2074	2:12:36	Lindsay Matthews		Female	415	F	266	2:10:10	1538
1551	2028	2:12:39	Mandy Fulton	NORWICH ROAD RUNNERS	Female	416	F40	65	2:10:05	1536
1552	2248	2:12:39	Lisa Mann	NORWICH ROAD RUNNERS	Female	417	F40	66	2:10:05	1537
1553	608	2:12:46	Robin Derrett		Male	1136	M45	153	2:09:59	1532
1554	347	2:12:51	Ellie Hedges		Female	418	F	267	2:10:23	1544
1555	356	2:12:51	Laura Knowles		Female	419	F	268	2:10:23	1545
1556	261	2:12:54	Anna Sharpin		Female	420	F40	67	2:10:01	1534
1557	2197	2:12:56	Vivienne Taylor	FRAMLINGHAM FLYERS	Female	421	F55	12	2:10:37	1554
1558	2236	2:12:57	Julia Crook		Female	422	F40	68	2:10:43	1557
1559	359	2:13:00	Peter Rowe		Male	1137	M50	77	2:10:52	1561
1560	866	2:13:00	Lisa Hewitt		Female	423	F40	69	2:11:02	1562
1561	122	2:13:03	Roy Parker		Male	1138	M40	209	2:11:08	1566
1562	1766	2:13:06	Darren Rigg		Male	1139	M	635	2:10:29	1549
1563	2275	2:13:06	Louis Cooper	WYMONDHAM AC	Male	1140	M65	13	2:11:04	1564
1564	2143	2:13:06	Rachel Austin		Female	424	F	269	2:10:35	1552
1565	1485	2:13:07	Ben Weatherhead		Male	1141	M	636	2:11:40	1582
1566	65	2:13:07	Samuel Perkins		Male	1142	M	637	2:12:55	1610
1567	536	2:13:12	Adam Woodard		Male	1143	M	638	2:11:29	1574
1568	559	2:13:16	Ingaret Howells		Female	425	F40	70	2:11:02	1563
1569	1328	2:13:17	Betsy Porritt		Female	426	F	270	2:11:09	1567
1570	986	2:13:18	Alex Graham		Male	1144	M55	33	2:11:06	1565
1571	1320	2:13:18	Ashley Mota		Male	1145	M	639	2:10:41	1556
1572	2019	2:13:19	Martin Strowger	DEREHAM RUNNERS	Male	1146	M40	210	2:11:39	1580
1573	3243	2:13:21	Julie London	NORFOLK GAZELLES	Female	427	F40	71	2:10:49	1560
1574	3238	2:13:24	Colin Oakley		Male	1147	M50	78	2:12:25	1596
1575	921	2:13:25	Tom Jenkins		Male	1148	M	640	2:11:15	1568
1576	1955	2:13:28	Charles Allen	NORWICH ROAD RUNNERS	Male	1149	M	641	2:11:18	1569
1577	1956	2:13:28	Sarah Forryan		Female	428	F	271	2:11:18	1570
1578	1248	2:13:31	Daniel Shanks		Male	1150	M	642	2:11:38	1578
1579	560	2:13:38	Christina Wise		Female	429	F	272	2:11:24	1573
1580	3115	2:13:40	Monica Brower	TRI ANGLIA	Female	430	F	273	2:11:30	1575
1581	777	2:13:40	Guy Kissick-Jones		Male	1151	M	643	2:11:56	1587
1582	1002	2:13:56	Christopher Moy		Male	1152	M40	211	2:11:46	1583
1583	134	2:13:57	Julie Myhill		Female	431	F40	72	2:12:08	1591
1584	684	2:13:59	Tanya Chapman		Female	432	F	274	2:11:35	1577
1585	221	2:14:01	Marie Compton		Female	433	F	275	2:11:47	1584
1586	1724	2:14:01	Joanna Keane		Female	434	F	276	2:11:47	1585
1587	620	2:14:09	Lisa Hines		Female	435	F	277	2:11:38	1579
1588	327	2:14:10	Sandra Hines		Female	436	F45	52	2:11:39	1581
1589	720	2:14:10	Tracey Hook		Female	437	F	278	2:11:47	1586
1590	2718	2:14:12	Yvonne Jackson		Female	438	F40	73	2:11:58	1588
1591	1101	2:14:16	Louise Slaughter	WYMONDHAM AC	Female	439	F	279	2:13:00	1613
1592	2767	2:14:21	Claire Owen	COLTISHALL JAGUARS	Female	440	F	280	2:12:18	1594
1593	787	2:14:21	Charles Thurston		Male	1153	M45	154	2:11:22	1572
1594	1258	2:14:22	Simon Kimmins		Male	1154	M50	79	2:12:51	1607
1595	3252	2:14:31	F Williamson		Female	441	F	281	2:12:06	1590
1596	1112	2:14:31	Martin Lewin		Male	1155	M55	34	2:12:00	1589
1597	219	2:14:39	Daniel Hollis		Male	1156	M	644	2:13:52	1632
1598	2625	2:14:42	Richard Baker		Male	1157	M45	155	2:12:13	1593
1599	918	2:14:46	Simon Berry		Male	1158	M45	156	2:13:43	1627
1600	1267	2:14:47	Natalie Atkins		Female	442	F	282	2:12:31	1598
1601	917	2:14:47	Rachael Davis		Female	443	F45	53	2:13:43	1628
1602	1640	2:14:54	Mark Tovell		Male	1159	M	645	2:12:34	1601
1603	1214	2:14:56	Rob Mckillop		Male	1160	M40	212	2:12:58	1612
1604	3090	2:14:59	Robin Sharman		Male	1161	M60	22	2:12:08	1592
1605	707	2:15:00	Andrew Watkinson		Male	1162	M	646	2:12:48	1605
1606	2696	2:15:08	Ian Whittley		Male	1163	M40	213	2:12:18	1595
1607	2061	2:15:09	Sandy Wells		Female	444	F60	3	2:12:31	1599
1608	2876	2:15:10	Lucy Jenkinson		Female	445	F	283	2:13:04	1614
1609	2764	2:15:10	Bethan Quinney		Female	446	F	284	2:13:13	1620
1610	674	2:15:12	Nicola Owen		Female	447	F	285	2:12:26	1597

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1611	1432	2:15:13	Frank Garrod		Male	1164	M	647	2:12:31	1600
1612	2493	2:15:13	Adrian Snowling		Male	1165	M45	157	2:12:56	1611
1613	794	2:15:16	Julie Price		Female	448	F50	21	2:13:39	1626
1614	1420	2:15:17	Geoff Carlin		Male	1166	M55	35	2:14:31	1647
1615	3239	2:15:20	Helen Prichard	CITY OF NORWICH AC	Female	449	F	286	2:14:27	1643
1616	1920	2:15:22	Cherril Spiller		Female	450	F50	22	2:12:48	1606
1617	260	2:15:23	Simon Hudson		Male	1167	M40	214	2:14:28	1645
1618	2896	2:15:23	Christina Lakey	WYMONDHAM AC	Female	451	F	287	2:12:54	1609
1619	2631	2:15:27	Victoria Ellender		Female	452	F	288	2:12:53	1608
1620	1527	2:15:30	Xiaoxu Huang		Male	1168	M	648	2:14:09	1638
1621	1739	2:15:33	Sarah Ambrose		Female	453	F45	54	2:12:46	1603
1622	2951	2:15:35	Elaine Kozlik		Female	454	F45	55	2:12:42	1602
1623	2995	2:15:35	Gareth Carter		Male	1169	M40	215	2:12:46	1604
1624	1960	2:15:40	Liz Clues		Female	455	F40	74	2:13:12	1618
1625	3131	2:15:40	Susan Duncan		Female	456	F	289	2:13:12	1619
1626	1831	2:15:51	Jon Moxon		Male	1170	M	649	2:13:33	1624
1627	2552	2:15:57	Miriam Drnakova		Female	457	F	290	2:14:27	1644
1628	2805	2:16:02	Jennifer Burch		Female	458	F40	75	2:13:51	1631
1629	3304	2:16:09	Caroline Parkinson		Female	459	F	291	2:14:01	1636
1630	1181	2:16:09	Richard Payne		Male	1171	M	650	2:13:13	1621
1631	1182	2:16:09	Andrew Payne		Male	1172	M	651	2:13:13	1622
1632	1336	2:16:09	Guy Gowing		Male	1173	M40	216	2:14:13	1640
1633	1203	2:16:10	Liz Bond		Female	460	F	292	2:13:11	1615
1634	3258	2:16:10	Rhodri Coleman		Male	1174	M	652	2:13:11	1616
1635	1486	2:16:10	Sofia Hjelm		Female	461	F	293	2:13:11	1617
1636	2264	2:16:11	Jonathan Folkard	NORTH NORFOLK BEACH RUNNERS	Male	1175	M45	158	2:13:48	1630
1637	1088	2:16:15	John Flaxman	ROPSLEY ROAD RUNNERS	Male	1176	M55	36	2:13:14	1623
1638	1189	2:16:15	Michelle Crow		Female	462	F40	76	2:14:16	1641
1639	1797	2:16:18	Catherine Brooks		Female	463	F50	23	2:13:58	1634
1640	1250	2:16:20	Ian Starling		Male	1177	M	653	2:14:01	1637
1641	705	2:16:21	Benjamin Fiske		Male	1178	M	654	2:14:09	1639
1642	1934	2:16:28	Kate Mccabe		Female	464	F	294	2:14:29	1646
1643	288	2:16:30	Heather Goudie		Female	465	F	295	2:13:38	1625
1644	1961	2:16:31	Garrick Fox		Male	1179	M60	23	2:15:35	1669
1645	706	2:16:33	Lesley Torun		Female	466	F55	13	2:13:44	1629
1646	1460	2:16:35	Lewis Gray		Male	1180	M	655	2:15:18	1660
1647	335	2:16:37	Lucy Price		Female	467	F	296	2:13:55	1633
1648	3292	2:16:38	Donna Boggis		Female	468	F	297	2:16:17	1693
1649	2407	2:16:40	John Chatfield		Male	1181	M	656	2:16:10	1687
1650	549	2:16:41	David Sowry		Male	1182	M	657	2:14:52	1650
1651	2990	2:16:42	Kevin Goodings		Male	1183	M40	217	2:13:59	1635
1652	2040	2:16:56	Julian Campbell		Male	1184	M40	218	2:16:20	1695
1653	2299	2:16:57	Kevin Brown		Male	1185	M	658	2:15:29	1664
1654	1572	2:17:07	Chris Jones		Male	1186	M	659	2:15:05	1652
1655	2037	2:17:09	Jenny Copeland	NORWICH ROAD RUNNERS	Female	469	F	298	2:14:44	1648
1656	791	2:17:11	Julie Thurlow	IPSWICH JAFFA	Female	470	F55	14	2:15:06	1654
1657	1263	2:17:15	Wendy Burgess	WYMONDHAM AC	Female	471	F	299	2:14:45	1649
1658	1769	2:17:19	Rod Barrett		Male	1187	M60	24	2:15:05	1653
1659	2747	2:17:24	Paul Amer		Male	1188	M	660	2:14:23	1642
1660	2057	2:17:37	Steve Wilcockson		Male	1189	M	661	2:15:19	1661
1661	1498	2:17:38	Hilary Richards		Female	472	F40	77	2:15:33	1668
1662	1869	2:17:38	Steven Grimwood		Male	1190	M40	219	2:15:11	1658
1663	1370	2:17:39	Hayley Upson		Female	473	F	300	2:16:14	1691
1664	2697	2:17:39	David Pugh		Male	1191	M60	25	2:15:03	1651
1665	94	2:17:42	Jonathan Thetford		Male	1192	M	662	2:15:28	1663
1666	2467	2:17:44	Sharon Ellis		Female	474	F	301	2:15:11	1659
1667	1927	2:17:44	Shane Nicholl		Male	1193	M	663	2:17:22	1715
1668	118	2:17:45	Rhianydd Thomas		Female	475	F	302	2:15:30	1665
1669	119	2:17:45	Nick Roberts		Male	1194	M	664	2:15:30	1666
1670	1928	2:17:46	Arthur Nicholl		Male	1195	M50	80	2:17:23	1716
1671	2740	2:17:48	Richard Holland		Male	1196	M	665	2:15:32	1667
1672	1734	2:17:48	Chris Sheldrick		Male	1197	M40	220	2:15:40	1672
1673	3163	2:17:51	Sam Folbigg		Male	1198	M	666	2:16:08	1684
1674	895	2:17:51	Graham Jones		Male	1199	M	667	2:16:09	1686
1675	1602	2:17:56	Wendy Mcallister		Female	476	F50	24	2:15:20	1662
1676	2139	2:18:00	Tina Nairn		Female	477	F	303	2:15:10	1657
1677	1914	2:18:00	Emma Culley	NORTH NORFOLK BEACH RUNNERS	Female	478	F40	78	2:15:08	1655
1678	1913	2:18:01	Andrew Toogood	NORTH NORFOLK BEACH RUNNERS	Male	1200	M45	159	2:15:09	1656
1679	289	2:18:04	Naomi Burrows		Female	479	F	304	2:16:10	1688
1680	2440	2:18:11	Josefina Moure - Cubitt		Female	480	F	305	2:15:53	1677



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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1681	795	2:18:14	Wendy Walker		Female	481	F	306	2:16:15	1692
1682	3123	2:18:21	B G Moulton		Male	1201	M	668	2:15:47	1675
1683	3124	2:18:21	Elizabeth Moulton		Female	482	F	307	2:15:47	1676
1684	1066	2:18:21	Allison West	THETFORD AC	Female	483	F45	56	2:17:03	1710
1685	2937	2:18:21	Ryan Payne		Male	1202	M	669	2:16:53	1703
1686	776	2:18:23	Lisa Laborde		Female	484	F	308	2:15:59	1678
1687	1127	2:18:27	Anuschka Graham		Female	485	F	309	2:15:41	1673
1688	1134	2:18:27	Nichola Baxter		Female	486	F	310	2:15:41	1674
1689	3259	2:18:30	Sean Cutler		Male	1203	M	670	2:16:30	1696
1690	2998	2:18:31	Paul Winter		Male	1204	M60	26	2:15:59	1679
1691	1161	2:18:32	Mary-Clare Smiley		Female	487	F55	15	2:15:35	1670
1692	1160	2:18:32	Annemarie Donovan		Female	488	F	311	2:15:35	1671
1693	3195	2:18:33	Rebecca Brooks		Female	489	F	312	2:16:31	1697
1694	516	2:18:37	David Lewis		Male	1205	M	671	2:16:51	1702
1695	662	2:18:37	Patricia Hagan	BUNGAY BLACK DOG RC	Female	490	F45	57	2:16:11	1690
1696	2164	2:18:39	Rebecca Durant	COLTISHALL JAGUARS	Female	491	F55	16	2:16:02	1680
1697	957	2:18:42	George Gardner		Male	1206	M	672	2:16:36	1700
1698	1342	2:18:44	Claire Richards		Female	492	F50	25	2:16:02	1681
1699	1685	2:18:46	Johny Morris		Male	1207	M50	81	2:16:02	1682
1700	2878	2:18:47	Matt Mccraney		Male	1208	M	673	2:17:48	1724
1701	1596	2:18:50	Sharon Hawken		Female	493	F	313	2:18:15	1732
1702	2106	2:18:51	David Horn		Male	1209	M40	221	2:16:34	1699
1703	414	2:18:58	Tracey Pointon-Melville		Female	494	F	314	2:16:08	1685
1704	2907	2:19:00	Rebecca Littleboy	NORFOLK GAZELLES	Female	495	F	315	2:16:57	1709
1705	718	2:19:00	Andrew Coghlin		Male	1210	M	674	2:16:03	1683
1706	45	2:19:04	Gillian Cobbold		Female	496	F45	58	2:16:10	1689
1707	3019	2:19:04	Dale Bullimore		Male	1211	M	675	2:16:19	1694
1708	602	2:19:05	Katie O'Reilly		Female	497	F	316	2:17:18	1714
1709	210	2:19:12	Rachel Spilling		Female	498	F	317	2:18:33	1738
1710	762	2:19:14	Vicky Le Fur		Female	499	F	318	2:16:55	1708
1711	2004	2:19:23	Nikita Lydon		Female	500	F	319	2:16:54	1704
1712	2003	2:19:24	Josephine Williams		Female	501	F40	79	2:16:54	1705
1713	2875	2:19:24	Rosemary Jackson		Female	502	F55	17	2:16:32	1698
1714	2919	2:19:26	Anna Frostwick		Female	503	F	320	2:18:50	1745
1715	2746	2:19:31	Emily Garner		Female	504	F	321	2:16:46	1701
1716	1755	2:19:33	Nicola Potts		Female	505	F	322	2:16:54	1706
1717	1754	2:19:33	Caroline Butcher		Female	506	F50	26	2:16:54	1707
1718	1514	2:19:35	Claire Martin		Female	507	F	323	2:17:17	1712
1719	1583	2:19:35	Sara Martin		Female	508	F	324	2:17:17	1713
1720	2866	2:19:51	Phil Reynolds		Male	1212	M	676	2:19:04	1748
1721	2842	2:19:54	Sally Hardwick		Female	509	F50	27	2:18:27	1736
1722	2952	2:20:00	Shirley Wilcock	COLTISHALL JAGUARS	Female	510	F50	28	2:17:24	1718
1723	830	2:20:00	Jeremy Lawrence	COLTISHALL JAGUARS	Male	1213	M50	82	2:17:24	1719
1724	461	2:20:03	Emma Wright		Female	511	F	325	2:17:48	1725
1725	2359	2:20:03	Victoria Butcher		Female	512	F	326	2:17:06	1711
1726	228	2:20:05	Sonya Meldrum		Female	513	F	327	2:17:30	1721
1727	578	2:20:13	Steve Love		Male	1214	M45	160	2:17:26	1720
1728	3181	2:20:18	Ann Greenizan	JAWS	Female	514	F55	18	2:17:30	1722
1729	1413	2:20:19	Wendy Hinchliffe		Female	515	F40	80	2:17:23	1717
1730	3248	2:20:20	Angela Sait-Stewart		Female	516	F45	59	2:17:54	1727
1731	570	2:20:21	Fiona Syder		Female	517	F	328	2:17:56	1728
1732	920	2:20:22	Daniel Ryan		Male	1215	M	677	2:18:12	1731
1733	1290	2:20:23	Donna De Cooper Wride		Female	518	F	329	2:17:40	1723
1734	2531	2:20:26	Linda Flatt	WYMONDHAM AC	Female	519	F55	19	2:18:23	1733
1735	2902	2:20:26	Dee Neal	COLTISHALL JAGUARS	Female	520	F50	29	2:17:49	1726
1736	661	2:20:32	Robyn Lovatt		Male	1216	M40	222	2:18:06	1730
1737	2155	2:20:33	Sherry Gowing	NORFOLK GAZELLES	Female	521	F40	81	2:18:00	1729
1738	1184	2:20:55	Kelly Green		Female	522	F	330	2:18:25	1734
1739	1174	2:20:56	Layla Dickerson		Female	523	F	331	2:18:25	1735
1740	1222	2:21:05	Emma Walker		Female	524	F	332	2:18:52	1747
1741	2439	2:21:06	Mark Russell		Male	1217	M	678	2:18:48	1744
1742	2280	2:21:13	Lou Boyce		Female	525	F40	82	2:19:26	1752
1743	1110	2:21:14	Oliver Holland		Male	1218	M	679	2:18:31	1737
1744	326	2:21:16	Helen Hawes		Female	526	F	333	2:18:50	1746
1745	3187	2:21:19	Andy Clayton		Male	1219	M	680	2:18:34	1739
1746	961	2:21:22	David Hupton		Male	1220	M50	83	2:18:38	1740
1747	1062	2:21:22	Ken Hurst		Male	1221	M60	27	2:18:38	1741
1748	2927	2:21:29	Amber Dugdale		Female	527	F	334	2:18:40	1742
1749	2873	2:21:29	Chris Figes		Male	1222	M	681	2:18:41	1743
1750	2472	2:21:35	Oliver Bond		Male	1223	M	682	2:20:10	1766

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# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1751	1678	2:21:37	Maritza Agudelo		Female	528	F	335	2:19:46	1760
1752	2639	2:21:38	Davina Lambie	POCKLINGTON RUNNERS	Female	529	F	336	2:19:46	1761
1753	2586	2:21:44	Aisha Holmes		Female	530	F	337	2:19:32	1753
1754	2148	2:21:45	Zabir Munir		Male	1224	M	683	2:19:16	1749
1755	1262	2:21:49	Cindy Burgess	WYMONDHAM AC	Female	531	F60	4	2:19:18	1750
1756	844	2:21:53	Peter Harrison	FRAMLINGHAM FLYERS	Male	1225	M40	223	2:20:00	1764
1757	2201	2:21:59	Wendy Ellen	DEREHAM RUNNERS	Female	532	F	338	2:19:34	1754
1758	1371	2:22:06	Richard Gfreenhalf		Male	1226	M	684	2:20:41	1778
1759	2581	2:22:13	Spencer Hill		Male	1227	M	685	2:21:02	1785
1760	370	2:22:15	Bob Fossey		Male	1228	M55	37	2:19:24	1751
1761	165	2:22:17	Mike Evans		Male	1229	M	686	2:19:52	1763
1762	1118	2:22:17	Lynda Howard		Female	533	F40	83	2:19:42	1757
1763	2258	2:22:19	Natalie Nicholson		Female	534	F40	84	2:19:44	1759
1764	569	2:22:21	Caroline Brooks		Female	535	F	339	2:20:00	1765
1765	800	2:22:21	Lisa Rodgers		Female	536	F40	85	2:19:38	1756
1766	1364	2:22:22	Jaan Larner		Male	1230	M	687	2:19:50	1762
1767	654	2:22:28	Tim Christian		Male	1231	M	688	2:19:34	1755
1768	3114	2:22:31	Linus Marray-Woods		Male	1232	M40	224	2:20:17	1769
1769	3236	2:22:32	Stephen Hope		Male	1233	M	689	2:21:12	1786
1770	1483	2:22:34	William Eakin		Male	1234	M	690	2:21:23	1788
1771	1244	2:22:41	Steve Sansom		Male	1235	M40	225	2:19:43	1758
1772	3067	2:22:43	Karen Starling		Female	537	F	340	2:20:24	1774
1773	2445	2:22:44	Simon Morley		Male	1236	M50	84	2:20:35	1776
1774	2348	2:22:53	Anna Latta	NORTH NORFOLK BEACH RUNNERS	Female	538	F55	20	2:20:52	1784
1775	1314	2:22:56	Caroline Hight	WIMBLEDON WINDMILERS	Female	539	F	341	2:20:18	1770
1776	2058	2:22:57	Jonathan Cheeseman		Male	1237	M	691	2:20:10	1767
1777	2112	2:22:58	Jodie Potts		Female	540	F	342	2:20:20	1772
1778	1083	2:23:00	Gary Howe		Male	1238	M40	226	2:20:20	1773
1779	2817	2:23:01	David Day		Male	1239	M	692	2:20:45	1780
1780	2852	2:23:04	Penny Bakewell		Female	541	F45	60	2:20:18	1771
1781	3310	2:23:06	Anna Stubbings		Female	542	F	343	2:21:27	1791
1782	3302	2:23:06	Jennifer Oey		Female	543	F	344	2:21:27	1792
1783	51	2:23:07	Paul Banfield		Male	1240	M40	227	2:20:45	1781
1784	898	2:23:09	Paul Cosham		Male	1241	M40	228	2:20:13	1768
1785	336	2:23:21	Clare Mead		Female	544	F	345	2:20:39	1777
1786	1245	2:23:30	Juliet Hayward		Female	545	F	346	2:20:45	1782
1787	965	2:23:32	Charlotte Creed		Female	546	F	347	2:20:33	1775
1788	910	2:23:34	Diane Cushine	NORWICH ROAD RUNNERS	Female	547	F45	61	2:21:55	1798
1789	1077	2:23:34	Jackie Eastaugh-King	NORWICH ROAD RUNNERS	Female	548	F45	62	2:21:55	1799
1790	387	2:23:34	Caroline Lester		Female	549	F	348	2:20:48	1783
1791	2120	2:23:38	Sally King		Female	550	F45	63	2:21:21	1787
1792	484	2:23:41	Jonathan Westbrook		Male	1242	M	693	2:21:47	1797
1793	1122	2:23:42	Richard Woolley		Male	1243	M45	161	2:20:42	1779
1794	2890	2:23:46	Kevin Kemp		Male	1244	M40	229	2:22:06	1802
1795	332	2:23:47	Oa Mackdonald		Female	551	F	349	2:21:28	1793
1796	322	2:23:54	Sheila Callaghan		Female	552	F45	64	2:21:41	1795
1797	220	2:23:54	Caroline Compton		Female	553	F50	30	2:21:41	1796
1798	2224	2:24:05	Paula Lawn	UKA	Female	554	F40	86	2:22:01	1801
1799	3264	2:24:06	Gabrielle Mackle		Female	555	F	350	2:21:26	1790
1800	2692	2:24:10	Nicola Barrett		Female	556	F	351	2:22:33	1807
1801	1695	2:24:14	Anne Marie Wright		Female	557	F	352	2:21:56	1800
1802	3175	2:24:20	Donna Howlett		Female	558	F50	31	2:21:30	1794
1803	1080	2:24:25	Kayleigh Miles		Female	559	F	353	2:21:23	1789
1804	1520	2:24:27	Louise Mangar		Female	560	F	354	2:22:42	1810
1805	1865	2:24:41	Jane Rose		Female	561	F50	32	2:22:39	1809
1806	929	2:25:01	Helen Southgate		Female	562	F	355	2:22:43	1811
1807	971	2:25:02	Jess Piper		Female	563	F	356	2:22:44	1812
1808	2760	2:25:06	Steve Mackinder		Male	1245	M50	85	2:22:32	1806
1809	337	2:25:09	Megan Thody		Female	564	F	357	2:22:27	1804
1810	692	2:25:15	Derek Robertson		Male	1246	M40	230	2:22:19	1803
1811	3039	2:25:18	Roger Wood		Male	1247	M	694	2:23:22	1817
1812	482	2:25:20	Heidi Shinn		Female	565	F	358	2:22:33	1808
1813	1451	2:25:20	Sarah Hunter		Female	566	F45	65	2:22:53	1813
1814	2731	2:25:21	David Hurtado		Male	1248	M40	231	2:22:31	1805
1815	3080	2:25:41	Rebecca Jackson		Female	567	F40	87	2:23:52	1820
1816	368	2:25:47	Sandra Burdett		Female	568	F	359	2:23:19	1815
1817	369	2:25:47	Mark Claxton		Male	1249	M	695	2:23:20	1816
1818	2175	2:25:49	Kevin Peel	BEDFORD HARRIERS AC	Male	1250	M	696	2:23:54	1824
1819	143	2:25:50	Alison Buck		Female	569	F	360	2:22:59	1814
1820	2944	2:26:07	Emma Main		Female	570	F40	88	2:23:45	1818

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1821	177	2:26:07	Peter Allen		Male	1251	M60	28	2:23:56	1825
1822	2021	2:26:14	Jacques Groen	BUNGAY BLACK DOG RC	Male	1252	M60	29	2:23:52	1821
1823	1068	2:26:14	Darren Howard		Male	1253	M40	232	2:23:52	1822
1824	2435	2:26:15	Frances Fraser		Female	571	F	361	2:23:47	1819
1825	3261	2:26:22	Stephen Gowland		Male	1254	M	697	2:24:13	1826
1826	373	2:26:48	Kevin Hill		Male	1255	M45	162	2:25:52	1840
1827	1907	2:26:49	Anne Clark	CITY OF NORWICH AC	Female	572	F50	33	2:23:52	1823
1828	941	2:26:51	Nicholas Jones		Male	1256	M	698	2:25:56	1841
1829	2947	2:27:05	Susan Peacock		Female	573	F45	66	2:24:33	1827
1830	82	2:27:07	Helen Bowen		Female	574	F45	67	2:24:40	1828
1831	3295	2:27:16	Darby Corrison		Female	575	F	362	2:24:54	1830
1832	2399	2:27:16	Sarah Wells	NEWMARKET CYCLING & TRIATHLON	Female	576	F	363	2:24:55	1831
1833	745	2:27:22	Don Brenton		Male	1257	M65	14	2:25:23	1833
1834	3016	2:27:25	Sarah Wood	IPSWICH JAFFA	Female	577	F	364	2:26:02	1842
1835	784	2:27:29	Nicholas Hill		Male	1258	M40	233	2:24:42	1829
1836	2519	2:27:30	Krzysztof Kowalewski		Male	1259	M	699	2:27:04	1854
1837	2335	2:27:30	Duncan Walker		Male	1260	M	700	2:26:02	1843
1838	671	2:27:31	James Sessa		Male	1261	M	701	2:25:35	1838
1839	2867	2:27:39	Nicole Richardson		Female	578	F	365	2:25:34	1837
1840	631	2:27:47	Pat Kimpton	LINCOLN WELLINGTON AC	Female	579	F50	34	2:25:44	1839
1841	505	2:27:58	Caroline Brown		Female	580	F	366	2:25:16	1832
1842	2860	2:28:00	Daniel Williams		Male	1262	M40	234	2:25:26	1835
1843	362	2:28:04	Amy Lawrence		Female	581	F	367	2:25:30	1836
1844	2291	2:28:05	Amy Russell	NORWICH ROAD RUNNERS	Male	1263	M50	86	2:25:25	1834
1845	3042	2:28:07	Philippa Hanson		Female	582	F	368	2:26:09	1844
1846	2066	2:28:25	Mark Hardy		Male	1264	M	702	2:26:19	1845
1847	3143	2:28:42	James Ingham		Male	1265	M	703	2:27:02	1852
1848	2642	2:29:03	Duncan Johnson		Male	1266	M	704	2:27:55	1858
1849	1354	2:29:10	Steve Roberts		Male	1267	M	705	2:26:24	1846
1850	1853	2:29:15	Ian Edgar		Male	1268	M	706	2:27:03	1853
1851	1410	2:29:16	Laura Chesham		Female	583	F	369	2:26:28	1847
1852	973	2:29:23	Kyle Smith		Male	1269	M	707	2:26:31	1848
1853	768	2:29:24	Sarah Henman		Female	584	F	370	2:26:35	1849
1854	612	2:29:28	Maxine Howe		Female	585	F40	89	2:28:12	1860
1855	1379	2:29:30	Andrew Rayner		Male	1270	M45	163	2:26:42	1850
1856	1202	2:29:30	Paul Martin		Male	1271	M50	87	2:26:42	1851
1857	1201	2:29:58	Rodney Potter		Male	1272	M65	15	2:28:43	1866
1858	2828	2:30:03	Hayley Smith		Female	586	F	371	2:27:08	1855
1859	2015	2:30:06	David Brown		Male	1273	M45	164	2:27:41	1857
1860	730	2:30:21	Nathan Thompson		Male	1274	M	708	2:27:28	1856
1861	2833	2:30:29	Jane Louise Buck		Female	587	F	372	2:28:34	1863
1862	46	2:30:43	Lee Scottow	NORWICH ROAD RUNNERS	Male	1275	M	709	2:28:02	1859
1863	1680	2:30:47	Teresa Soame		Female	588	F45	68	2:28:12	1861
1864	1686	2:30:50	Sarah Hanchett	NORWICH ROAD RUNNERS	Female	589	F	373	2:29:11	1868
1865	1179	2:30:55	Claire Hougham		Female	590	F	374	2:29:32	1873
1866	1746	2:31:16	Hannah Clay		Female	591	F	375	2:28:38	1864
1867	1834	2:31:18	Fiona Crook		Female	592	F50	35	2:28:27	1862
1868	1302	2:31:26	Elizabeth Hodder		Female	593	F	376	2:28:41	1865
1869	1945	2:31:30	Jean Whiting		Female	594	F40	90	2:29:17	1871
1870	431	2:31:49	Roy Coleman		Male	1276	M60	30	2:29:16	1869
1871	430	2:31:49	Lesley Coleman		Female	595	F50	36	2:29:16	1870
1872	2113	2:31:51	John Sawyer		Male	1277	M60	31	2:29:09	1867
1873	2298	2:32:04	Neil Costen		Male	1278	M40	235	2:30:44	1882
1874	424	2:32:10	Beth Coley		Female	596	F	377	2:30:10	1878
1875	3152	2:32:15	Andrea Noble		Female	597	F	378	2:29:18	1872
1876	1271	2:32:19	Shaun Vincent		Male	1279	M	710	2:30:04	1877
1877	1394	2:32:29	Richard Albrow		Male	1280	M	711	2:29:58	1876
1878	1054	2:32:42	Paul Sherman		Male	1281	M50	88	2:29:46	1874
1879	1055	2:32:42	Peter Sherman		Male	1282	M45	165	2:29:46	1875
1880	110	2:33:07	Ellyn McCulloch		Female	598	F	379	2:30:34	1881
1881	3062	2:33:11	Beverley Trigg		Female	599	F45	69	2:30:13	1879
1882	3117	2:33:23	Elaine Begley		Female	600	F40	91	2:30:27	1880
1883	538	2:33:28	Peter Sparks		Male	1283	M40	236	2:31:47	1887
1884	3216	2:33:56	Julie Towers		Female	601	F45	70	2:31:01	1883
1885	625	2:34:25	Gina Adams		Female	602	F	380	2:31:32	1884
1886	1840	2:34:25	Christopher Adams		Male	1284	M55	38	2:31:33	1885
1887	959	2:34:37	Katherine Garwood		Female	603	F	381	2:31:35	1886
1888	1278	2:34:46	Lian Golton		Female	604	F	382	2:32:30	1892
1889	397	2:34:51	Jon Goult		Male	1285	M40	237	2:32:01	1889
1890	1607	2:34:58	Nicola Andrade		Female	605	F	383	2:32:28	1891

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1891	355	2:35:00	Catherine Hearne		Female	606	F50	37	2:31:59	1888
1892	296	2:35:10	Gema Melchor	WOMEN'S RUNNING NETWORK	Female	607	F40	92	2:33:25	1893
1893	2804	2:35:23	Trevor Thomas		Male	1286	M45	166	2:32:26	1890
1894	1706	2:35:59	Amanda Boldy	BUSHFIELD JOGGERS	Female	608	F	384	2:33:58	1895
1895	180	2:35:59	Ian Tovell		Male	1287	M	712	2:33:46	1894
1896	2975	2:36:44	Rebecca Belcher		Female	609	F	385	2:34:00	1896
1897	377	2:37:02	Nicola Rumsby		Female	610	F	386	2:34:26	1897
1898	2965	2:37:08	Kathleen Bennett		Female	611	F45	71	2:35:25	1899
1899	1323	2:37:48	Fiona Norman		Female	612	F40	93	2:35:04	1898
1900	1691	2:37:49	Robert Read		Male	1288	M45	167	2:35:27	1900
1901	1295	2:38:54	Paul Fraser		Male	1289	M45	168	2:36:44	1902
1902	1975	2:39:03	Wendy Spaul		Female	613	F45	72	2:36:46	1903
1903	2119	2:39:08	Gareth Lloyd		Male	1290	M	713	2:36:20	1901
1904	205	2:39:25	Maria Elphick		Female	614	F40	94	2:36:48	1904
1905	3208	2:39:41	Julie Abernethy		Female	615	F	387	2:37:08	1906
1906	2827	2:39:46	Lisa Symon		Female	616	F	388	2:36:57	1905
1907	2296	2:40:11	Ben Kendall		Male	1291	M	714	2:37:46	1907
1908	721	2:40:11	Sophie Wyllie		Female	617	F	389	2:37:46	1908
1909	2931	2:40:56	Nicola Wright		Female	618	F	390	2:37:56	1909
1910	3297	2:40:58	David Gosmark		Male	1292	M55	39	2:37:57	1910
1911	1703	2:40:59	Kevin Hanner		Male	1293	M	715	2:37:59	1911
1912	1810	2:41:41	Caroline Tayler	NORWICH ROAD RUNNERS	Female	619	F50	38	2:39:02	1914
1913	2219	2:41:42	Sharon Armes	NORWICH ROAD RUNNERS	Female	620	F40	95	2:38:55	1912
1914	1803	2:41:42	Colin Thouless	NORWICH ROAD RUNNERS	Male	1294	M65	16	2:39:02	1915
1915	2391	2:41:42	Helen Oghenegweke	NORWICH ROAD RUNNERS	Female	621	F	391	2:38:55	1913
1916	2884	2:41:42	Gavin Thouless	NORWICH ROAD RUNNERS	Male	1295	M40	238	2:39:04	1916
1917	2386	2:41:56	Alma Simmonds		Female	622	F65	2	2:39:17	1917
1918	1473	2:42:03	Mhairi Claxton	NORWICH ROAD RUNNERS	Female	623	F	392	2:39:23	1918
1919	1368	2:42:03	Lynda Moore	NORWICH ROAD RUNNERS	Female	624	F55	21	2:39:23	1919
1920	2752	2:42:03	Brian Moore	NORWICH ROAD RUNNERS	Male	1296	M60	32	2:39:23	1920
1921	2688	2:42:05	Genette Sullivan	NORWICH ROAD RUNNERS	Female	625	F40	96	2:39:26	1921
1922	16	2:42:46	Samantha Cox		Female	626	F40	97	2:40:24	1923
1923	17	2:42:46	Kirsty Scothern		Female	627	F	393	2:40:24	1924
1924	948	2:42:48	Faith Mixer		Female	628	F45	73	2:40:06	1922
1925	691	2:43:11	Gitte Sejersen		Female	629	F	394	2:40:36	1925
1926	1139	2:43:31	Penny Markham		Female	630	F	395	2:40:41	1926
1927	144	2:43:32	Joanna Kennington		Female	631	F	396	2:40:41	1927
1928	2996	2:43:48	Darren Hambly		Male	1297	M40	239	2:41:00	1928
1929	1701	2:44:23	Kenneth Robertson		Male	1298	M40	240	2:41:52	1929
1930	741	2:44:41	Diane Renshaw	DEREHAM RUNNERS	Female	632	F50	39	2:42:16	1931
1931	2920	2:44:47	Katie Rumble		Female	633	F	397	2:44:11	1937
1932	557	2:45:01	Tobias Bolton		Male	1299	M	716	2:42:12	1930
1933	1193	2:45:15	Louisa Uren		Female	634	F45	74	2:43:43	1933
1934	2414	2:45:27	Marcus Kilpatrick		Male	1300	M	717	2:44:03	1936
1935	529	2:45:37	Mia Potter		Female	635	F40	98	2:44:00	1935
1936	660	2:45:49	Louis Brooks		Male	1301	M	718	2:43:48	1934
1937	2150	2:46:35	Jill Graver		Female	636	F40	99	2:43:35	1932
1938	3050	2:47:55	Lyudmila Sidorova		Female	637	F	398	2:45:11	1939
1939	3049	2:47:55	Danel Hyde		Male	1302	M	719	2:45:10	1938
1940	2385	2:49:57	Toby Moss		Male	1303	M	720	2:47:50	1940
1941	1785	2:51:04	Gillian Miller		Female	638	F45	75	2:50:29	1945
1942	1335	2:51:18	Gary Reeve		Male	1304	M	721	2:48:36	1943
1943	3047	2:51:20	Lisa Breame		Female	639	F45	76	2:48:35	1941
1944	3048	2:51:20	Joanne Woodrow		Female	640	F45	77	2:48:35	1942
1945	422	2:51:36	Chris Greene		Male	1305	M	722	2:50:44	1946
1946	1644	2:52:12	Maggie Flatt	BUNGAY BLACK DOG RC	Female	641	F50	40	2:49:23	1944
1947	2989	2:54:08	Kerry King		Female	642	F	399	2:51:09	1947
1948	2378	2:54:12	Matthew Reeve		Male	1306	M	723	2:51:40	1948
1949	439	2:54:59	Geoffrey Hawley		Male	1307	M	724	2:52:30	1949
1950	1720	2:55:17	Angela Fernandez-Josey		Female	643	F40	100	2:52:41	1950
1951	136	2:55:26	Liam Adams		Male	1308	M	725	2:52:50	1951
1952	1933	2:56:06	Peter Witley	BRANDON FERN HOPPERS	Male	1309	M65	17	2:54:26	1954
1953	2966	2:56:18	Lisa Dunmore		Female	644	F	400	2:53:19	1952
1954	3038	2:56:36	Pat Brightman	GREAT YARMOUTH & DISTRICT AC	Female	645	F55	22	2:55:06	1955
1955	1942	2:57:06	Anne-Marie Tozer		Female	646	F	401	2:54:10	1953
1956	1348	2:59:14	Frank Reader		Male	1310	M60	33	2:56:31	1956
1957	3146	3:00:25	Jess Briggs		Female	647	F	402	2:57:29	1957
1958	3147	3:00:25	Neil Woodrow		Male	1311	M	726	2:57:29	1958
1959	2421	3:00:34	Margaret Ison	NORTH NORFOLK BEACH RUNNERS	Female	648	F65	3	2:59:03	1961
1960	2892	3:01:00	Lee Youngs		Male	1312	M	727	2:58:28	1959

# City of Norwich Half Marathon 2010

13th March 2011

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1961	1772	3:01:11	Ian Lightfoot	WOODBIDGE SHUFFLERS	Male	1313	M	728	2:58:55	1960
1962	1220	3:02:03	Maurice Copeland	NORTH NORFOLK BEACH RUNNERS	Male	1314	M65	18	3:00:36	1963
1963	1094	3:03:30	Catherine Turner		Female	649	F40	101	3:00:35	1962
1964	83	3:05:46	Kirsteen Grahn		Female	650	F	403	3:02:45	1964
1965	2232	3:07:38	Alexander Russell		Male	1315	M45	169	3:05:29	1965
1966	1232	3:12:46	Suzie Henseler		Female	651	F40	102	3:10:16	1966
1967	244	3:31:34	Andy Kness		Male	1316	M40	241	3:28:36	1967
1968	1340	3:48:48	Hiedi Collis		Female	652	F	404	3:46:07	1968