

**Female**

Pos.	Bib	Time	Name	Team
1	18	01:27:07	Emma RISBEY	Winchester & District AC
2	3010	01:32:29	Amelia LAMBERT	
3	13	01:36:17	Sarah PEACHEY	Wymondham AC
4	544	01:37:09	Lacey BAREHAM	Dereham Runners AC
5	14	01:37:41	Racheal LEATHWOOD	
6	2783	01:40:48	Louisa-Kate KEYLOCK	
7	1271	01:41:26	Victoria PRICE	
8	610	01:41:43	Holly BATEMAN	
9	418	01:42:44	Deborah ENGLISH	Norwich Road Runners
10	1559	01:43:04	Bernice LAWS	Ipswich Jaffa RC

Female 40+

Pos.	Bib	Time	Name	Team
1	15	01:34:44	Alexandra SMITH	Wymondham AC
2	915	01:42:41	Antonino LA RUSSA	
3	541	01:45:49	Sarah STUBBS	Bure Valley Harriers
4	581	01:46:26	Zoe CATCHPOLE	
5	197	01:46:54	Eve CASBARD	St Neots Riverside Runners
6	210	01:50:00	Caroline HOUGHTON	Norwich Road Runners
7	804	01:51:02	Claire RACKHAM	
8	226	01:51:35	Hayley RICHARDSON-GUNN	
9	2716	01:52:31	Fatima SANTOS	Royston Runners
10	2255	01:52:38	Ruth HEDGE	

Female 45+

Pos.	Bib	Time	Name	Team
1	343	01:39:53	Sheila OXTOBY	
2	508	01:43:39	Theresa DOOLEY	
3	304	01:45:25	Sharon HURREN	Wymondham AC
4	3012	01:48:19	Sarah GAUVIN	Fenland Running Club
5	479	01:48:26	Vanessa SEWELL-ALLEN	
6	975	01:48:47	Louise GARDINER	
7	2641	01:52:31	Michelle HASTIE	Royston Runners
8	300	01:53:58	Esther JACK	
9	216	01:54:03	Susan SNELLING	
10	1444	01:54:43	Linda CROUCH	

Female 50+

Pos.	Bib	Time	Name	Team
1	585	01:34:15	Polly ADAMS	Royal Manor Of Portland AC
2	633	01:49:18	Louise HURR	Norfolk Gazelles RC
3	196	01:51:41	Ruth GAUNT	Norwich Road Runners
4	2174	01:52:48	Julie HUGHES	Sherfield Park Runners
5	24	01:53:32	Vivienne LAIN	City of Norwich AC
6	1020	01:57:17	Philippa RUDD	Tri-Anglia Triathlon Club
7	1058	01:57:50	Susan PERRY	
8	1218	01:59:41	Sarah JAY	Bure Valley Harriers
9	327	02:00:26	Sharon SYKES	
10	1213	02:01:32	Susan NOLAN	



Female 55+

Pos.	Bib	Time	Name	Team
1	2654	01:44:08	Ann WOOD	Werrington Joggers
2	1332	01:56:34	Pauline STOCKER	Huntingdonshire AC
3	867	01:57:21	Deborah NEWBY	
4	1149	02:00:31	Bobbie SAUERZAPF	Bungay Black Dog RC
5	1742	02:07:37	Julie READ	
6	1266	02:09:24	Caroline TAYLER	Norwich Road Runners
7	930	02:13:28	Fiona LASKEY	
8	1615	02:13:39	Julie DILREW	
9	1780	02:14:10	Sandra ARUNDELL	Werrington Joggers
10	796	02:14:24	Beverley RACKHAM	

Female 60+

Pos.	Bib	Time	Name	Team
1	958	02:02:23	Carol BETTS	Norfolk Gazelles RC
2	2668	02:05:05	Sarah PARTRIDGE	Ryston Runners
3	1546	02:05:12	Sheila SMITH	
4	914	02:06:44	Angie BEAR	Wymondham AC
5	1209	02:17:13	Elaine SAVVAS	
6	1806	02:27:20	Susan MOORE	Norfolk Gazelles RC
7	1366	02:30:57	Caroline BUTCHER	
8	2294	02:33:11	Glenis MOORE	
9	2688	02:36:05	Rosemarie GILBERT	
10	1569	02:41:41	Gill HOLMES	Werrington Joggers

F65+

Pos.	Bib	Time	Name	Team
1	2657	01:59:44	Jane ASHBY	Ryston Runners
2	2185	02:15:48	Roberta MANNERS	
3	2081	02:38:24	Hazel BREWIN	Werrington Joggers
4	1984	02:43:14	Nina O'BRIEN	
5	2806	02:48:32	Janet SIMPSON	Phoenix Striders
6	1579	02:50:24	Margaret FAHERTY	Norwich Road Runners
7	2291	03:12:19	Marian CONNOR	Werrington Joggers

Male

Pos.	Bib	Time	Name	Team
1	2	01:12:32	Piers ARNOLD	City of Norwich AC
2	11	01:14:13	Ash HARRELL	City of Norwich AC
3	9	01:15:26	Matt PYATT	Ryston Runners
4	7	01:16:28	Dominic BLAKE	Reepham Runners
5	168	01:17:48	Jack KEYWOOD	Tonbridge AC
6	2697	01:20:18	Jack GILLICK	Wymondham AC
7	2782	01:21:07	Chris MICKLEBURGH	Norwich Road Runners
8	170	01:21:40	Kim BOWLING	
9	193	01:22:15	Nathan RISBEY	Tri-Anglia Triathlon Club
10	2537	01:23:12	Stephen GIBBS	Norwich Road Runners

**Male 40+**

Pos.	Bib	Time	Name	Team
1	2769	01:14:57	Paul HALFORD	Werrington Joggers
2	48	01:17:50	Tim TICKNER	Birstall RC
3	96	01:22:50	Jeff LUCAS	Werrington Joggers
4	174	01:25:58	Dan MCDONALD	Werrington Joggers
5	54	01:26:44	Stephen BROWN	
6	107	01:27:01	Chris BULLOCK	Norwich Road Runners
7	2658	01:27:16	Simon ENGLISH	Norwich Road Runners
8	150	01:29:32	Kristin BARNARD	Wymondham AC
9	186	01:29:51	Jason BRUNT	Norfolk Gazelles RC
10	128	01:30:00	Gavin BROWN	

Male 45+

Pos.	Bib	Time	Name	Team
1	2538	01:25:21	Craig BOWEN-JONES	Bure Valley Harriers
2	123	01:30:01	Ian MOORE	Wymondham AC
3	117	01:30:42	Andrew BAKER	Great Yarmouth Road Runners
4	181	01:32:25	Stewart ROBINS	Ryston Runners
5	100	01:33:34	Mark CLUES	Tri-Anglia Triathlon Club
6	50	01:33:39	Alan REYNOLDS	
7	104	01:33:57	Andrew ENTICKNAP	Huntingdonshire AC
8	45	01:34:01	David HOUGHTON	Norwich Road Runners
9	23	01:36:14	Mark SOLWAY	City of Norwich AC
10	292	01:37:08	Ben SNELLING	Norwich Road Runners

Male 50+

Pos.	Bib	Time	Name	Team
1	2677	01:19:57	Wayne LINCOLN	City of Norwich AC
2	192	01:28:23	Richard HANSON	Tri-Anglia Triathlon Club
3	68	01:29:13	Kevin FRAZER	
4	130	01:32:21	Todd LAKE	Dereham Runners AC
5	144	01:34:00	Wilfred CAMPBELL	Ipswich Jaffa RC
6	102	01:34:17	Mark GARRETT	Norwich Road Runners
7	184	01:34:38	Matt PAYNE	
8	462	01:35:12	Roger STEGGLES	
9	2616	01:35:22	Calvin SEARLE	Werrington Joggers
10	417	01:38:26	Richard ZANETTI	Kenilworth Runners

Male 55+

Pos.	Bib	Time	Name	Team
1	60	01:23:19	John MOORE	Norfolk Gazelles RC
2	43	01:35:44	Keith BLAKE	
3	63	01:36:07	Andrew KEELER	
4	2575	01:38:47	Stephen DUNNETT	
5	282	01:40:10	Chris BARKWAY	
6	1217	01:41:36	James PRITCHARD	
7	821	01:42:39	John ROYCE	
8	414	01:43:36	Steve HOPE	
9	334	01:44:10	Chris SPEAKMAN	
10	493	01:45:49	Ian HENDERSON	

**Male 60+**

Pos.	Bib	Time	Name	Team
1	406	01:39:19	Terry EPPS	Wymondham AC
2	920	01:50:19	Andrew HAMMOND	Norfolk Gazelles RC
3	262	01:54:03	Roland TALBOT	
4	665	01:54:37	Anthony SMITH	
5	2549	01:55:44	Brian SPOONER	
6	596	01:56:10	Shane LUTKIN	
7	2699	01:57:40	Keith STANLEY	
8	1583	02:07:16	Peter ABBEY	
9	35	02:08:11	Gurcharan SINGH	
10	1551	02:08:47	Ivan LEES	Great Yarmouth Road Runners

M65+

Pos.	Bib	Time	Name	Team
1	435	01:31:10	Stephen W MEAD	Stowmarket Striders RC
2	2623	01:56:07	Alan RICHARDSON	Waveney Valley AC
3	1735	01:58:09	Chris GROVES	Tri-Anglia Triathlon Club
4	1044	02:05:20	Peter WAPSHOTT	
5	1752	02:10:22	Stewart SOUTH	
6	2535	02:10:41	Michael SPOONER	
7	2791	02:11:22	Michael SMITH	Wymondham AC
8	729	02:13:28	John BRIGHTEN	
9	1021	02:13:32	Iain WHITE	Tri-Anglia Triathlon Club
10	931	02:16:33	Howard TULLY	