



# City of Norwich Half Marathon 2012

25th November 2012

# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	2475	1:13:34	Nick Earl	CITY OF NORWICH AC	Male	1	M17-39	1	1:13:34	1
2	1811	1:14:48	Martainn Ramsay	CITY OF NORWICH AC	Male	2	M17-39	2	1:14:48	2
3	2474	1:14:59	Joshua Entwistle	CITY OF NORWICH AC	Male	3	M17-39	3	1:14:59	3
4	2530	1:15:05	Darren Southcott	WOODFORD GREEN AC	Male	4	M17-39	4	1:15:05	4
5	1784	1:16:04	Matthew Bidwell	CITY OF NORWICH AC	Male	5	M40-44	1	1:16:01	5
6	2908	1:16:27	Rick Weston	IPSWICH JAFFA	Male	6	M17-39	5	1:16:25	6
7	3033	1:17:21	Piers Arnold	CITY OF NORWICH AC	Male	7	M17-39	6	1:17:18	7
8	2788	1:17:36	Robert Reason	HARWICH RUNNERS	Male	8	M17-39	7	1:17:34	8
9	1426	1:18:51	Christopher Perez	RUGBY AND NORTHAMPTON AC	Male	9	M17-39	8	1:18:48	9
10	489	1:19:54	Roger Braybrooks		Male	10	M40-44	2	1:19:51	10
11	2844	1:20:02	Brian Herrington	HARWICH RUNNERS	Male	11	M40-44	3	1:20:00	11
12	2542	1:20:10	Martin Gray		Male	12	M17-39	9	1:20:07	12
13	1390	1:20:13	Daisy Glover	ELY RUNNERS	Female	1	F17-39	1	1:20:09	13
14	2368	1:20:21	Robert Skinn		Male	13	M17-39	10	1:20:17	14
15	2	1:20:38	Sarah Stradling	COLCHESTER HARRIERS	Female	2	F17-39	2	1:20:35	15
16	2730	1:21:23	Dominic Blake	REEPHAM RUNNERS	Male	14	M17-39	11	1:21:21	16
17	1090	1:21:52	Gary Thompson	IPSWICH JAFFA	Male	15	M17-39	12	1:21:48	17
18	2933	1:21:59	Rory O'Neill	CLAPHAM CHASERS	Male	16	M17-39	13	1:21:56	18
19	948	1:22:07	Graham Anderson	CAMBRIDGE AND COLERIDGE AC	Male	17	M17-39	14	1:22:04	19
20	936	1:22:08	Matt Varley	NORFOLK GAZELLES	Male	18	M17-39	15	1:22:04	20
21	2904	1:22:23	Mark Grubb	NORFOLK GAZELLES	Male	19	M17-39	16	1:22:18	21
22	3008	1:22:25	Philippa Taylor	NENE VALLEY HARRIERS	Female	3	F45-49	1	1:22:21	22
23	699	1:22:32	Ryan Fisher		Male	20	M17-39	17	1:22:28	23
24	2425	1:22:33	Ryan Ostler	IPSWICH JAFFA	Male	21	M17-39	18	1:22:31	24
25	2737	1:22:53	Ben Brown		Male	22	M17-39	19	1:22:48	26
26	2526	1:22:55	Robert Kett	NORWICH ROAD RUNNERS	Male	23	M17-39	20	1:22:45	25
27	2662	1:22:56	Will Dorsett		Male	24	M17-39	21	1:22:52	27
28	2987	1:24:03	Robert Windard		Male	25	M17-39	22	1:23:56	29
29	2964	1:24:25	Nicholas Bensley	RYSTON RUNNERS	Male	26	M40-44	4	1:24:20	30
30	1554	1:24:30	Richard Donovan	CITY OF NORWICH AC	Male	27	M17-39	23	1:24:26	31
31	2084	1:24:37	Richard Hanson	TRI-ANGLIA	Male	28	M45-49	1	1:24:31	32
32	1456	1:24:44	James Ashton	NORWICH ROAD RUNNERS	Male	29	M17-39	24	1:24:36	33
33	1572	1:24:59	David Kettle		Male	30	M17-39	25	1:24:53	34
34	2669	1:25:16	Sam Harper		Male	31	M17-39	26	1:23:13	28
35	48	1:25:18	John Battrick		Male	32	M17-39	27	1:25:13	35
36	1635	1:25:24	Oliver Selvester		Male	33	M17-39	28	1:25:16	36
37	2472	1:25:45	David Hirst		Male	34	M17-39	29	1:25:41	37
38	1985	1:25:51	Jamie Seamark	NORTH NORFOLK BEACH RUNNERS	Male	35	M40-44	5	1:25:42	38
39	2597	1:26:15	Graham Jenvey	BUNGAY BLACK DOG RC	Male	36	M17-39	30	1:26:10	39
40	2667	1:26:22	Barry Wilton	TRI-ANGLIA	Male	37	M17-39	31	1:26:16	40
41	2517	1:26:36	Mark Hayward	STOWMARKET STRIDERS	Male	38	M17-39	32	1:26:33	41
42	2856	1:26:45	Ben Blowes	NEWARKET JOGGERS	Male	39	M40-44	6	1:26:42	42
43	989	1:26:50	Colin Harle		Male	40	M50-54	1	1:26:44	43
44	2446	1:27:05	Andrew Preston	WYMONDHAM AC	Male	41	M45-49	2	1:27:02	44
45	260	1:27:13	Paul Lyon	LOWESTOFT ROAD RUNNERS	Male	42	M17-39	33	1:27:05	45
46	1455	1:27:31	Christopher Squires		Male	43	M17-39	34	1:27:28	46
47	2968	1:27:43	Marie French	RYSTON RUNNERS	Female	4	F17-39	3	1:27:39	47
48	1313	1:27:45	Alex Brighton		Male	44	M17-39	35	1:27:40	49
49	2249	1:27:51	Paul Bloomfield		Male	45	M40-44	7	1:27:43	50
50	2320	1:27:56	Jo Coates	SAINT EDMUND PACERS	Female	5	F17-39	4	1:27:51	51
51	2004	1:28:10	Kenneth Ozoemena Eze		Male	46	M17-39	36	1:28:08	55
52	2899	1:28:11	Neil Shearer	CITY OF NORWICH AC	Male	47	M45-49	3	1:28:05	52
53	2694	1:28:11	Sian Slade	BIRCHFIELD HARRIERS	Female	6	F17-39	5	1:28:07	54
54	867	1:28:11	Simon Engledow		Male	48	M17-39	37	1:27:39	48
55	2704	1:28:18	Chris Mitchell	SUTTON IN ASHFIELD HARRIERS &	Male	49	M17-39	38	1:28:15	56
56	1451	1:28:20	Paul Mason	GREAT WESTERN RUNNERS	Male	50	M17-39	39	1:28:06	53
57	2717	1:28:24	Richard Rhodes	BUNGAY BLACK DOG RC	Male	51	M50-54	2	1:28:16	58
58	2848	1:28:25	John Christopher	NORTH NORFOLK BEACH RUNNERS	Male	52	M45-49	4	1:28:15	57
59	2893	1:28:30	Todd Lake	DEREHAM RUNNERS	Male	53	M45-49	5	1:28:26	59
60	1589	1:28:36	Steven Rix	DEREHAM RUNNERS	Male	54	M17-39	40	1:28:32	60
61	971	1:28:39	David Cross		Male	55	M17-39	41	1:28:34	61
62	2342	1:28:42	Colin Robilliard	COLTISHALL JAGUARS	Male	56	M55-59	1	1:28:37	64
63	1866	1:28:44	Jonathan Kennedy		Male	57	M17-39	42	1:28:36	62
64	95	1:28:48	James O'Connor		Male	58	M40-44	8	1:28:36	63
65	2639	1:28:52	David Thwaites	MAIDSTONE HARRIERS	Male	59	M17-39	43	1:28:45	66
66	2331	1:28:55	Daren Francis		Male	60	M17-39	44	1:28:44	65
67	2653	1:28:57	Stephen Nicholls		Male	61	M17-39	45	1:28:48	67
68	2492	1:28:58	Sian Thomas	CHILTERN HARRIERS AC	Female	7	F17-39	6	1:28:51	68
69	1522	1:28:59	Craig Bowen-Jones		Male	62	M40-44	9	1:28:54	70
70	2888	1:29:02	John Scoggins		Male	63	M17-39	46	1:28:52	69



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25th November 2012

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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	2337	1:29:14	Tom Haslam		Male	64	M40-44	10	1:29:02	71
72	1128	1:29:23	Tristan Cossey		Male	65	M40-44	11	1:29:04	72
73	2623	1:29:25	Jonathan Wiles	BUNGAY BLACK DOG RC	Male	66	M40-44	12	1:29:19	73
74	2160	1:29:32	James Beadle		Male	67	M17-39	47	1:29:25	75
75	2248	1:29:38	Sarah Baxter	TEAM BATH	Female	8	F17-39	7	1:29:30	76
76	897	1:29:41	Rob Sterry		Male	68	M17-39	48	1:29:33	77
77	758	1:29:53	Ashley Middlewick		Male	69	M17-39	49	1:29:45	78
78	133	1:29:53	Charlotte Rose		Female	9	F17-39	8	1:29:22	74
79	2658	1:30:03	Anthony Witmond	NORTH NORFOLK BEACH RUNNERS	Male	70	M40-44	13	1:29:53	80
80	2736	1:30:04	Graham Eastwood		Male	71	M17-39	50	1:29:51	79
81	1990	1:30:09	Greg Allan	BIRKETTS RUNNERS AC	Male	72	M17-39	51	1:30:00	81
82	2489	1:30:15	Kevin Frazer		Male	73	M45-49	6	1:30:04	82
83	2951	1:30:17	Jonathon Causton	WYMONDHAM AC	Male	74	M17-39	52	1:30:12	84
84	1998	1:30:19	Matt Howard		Male	75	M17-39	53	1:30:10	83
85	2194	1:30:43	Jamie Russell	DARTFORD ROAD RUNNERS	Male	76	M17-39	54	1:30:33	86
86	774	1:30:50	Mark Persich		Male	77	M17-39	55	1:30:31	85
87	2358	1:30:54	Will McMorris		Male	78	M17-39	56	1:30:42	88
88	3007	1:30:54	Nicolas Cook		Male	79	M17-39	57	1:30:36	87
89	14	1:31:01	Charlie Keitch	GREAT BENTLEY RUNNING CLUB	Male	80	M17-39	58	1:30:48	89
90	2769	1:31:09	Richard Steer		Male	81	M17-39	59	1:31:00	91
91	2138	1:31:12	John Jacobs	TRI-ANGLIA	Male	82	M17-39	60	1:31:05	93
92	1110	1:31:16	Andy Keeler		Male	83	M50-54	3	1:31:06	94
93	2748	1:31:18	Curtis Williams-Ward		Male	84	M17-39	61	1:30:57	90
94	1119	1:31:20	John Drewry		Male	85	M45-49	7	1:31:02	92
95	1918	1:31:26	Ben Jack		Male	86	M17-39	62	1:31:21	99
96	818	1:31:26	Sarah Knox	SERPENTINE RC	Female	10	F40-44	1	1:31:16	98
97	1351	1:31:30	Alexander Richardson		Male	87	M17-39	63	1:31:07	95
98	3009	1:31:31	Ian Moore	NORWICH ROAD RUNNERS	Male	88	M45-49	8	1:31:07	96
99	1697	1:31:39	Joe Anderson-Brown	RYSTON RUNNERS	Male	89	M17-39	64	1:31:10	97
100	2695	1:31:40	Darren Armstrong	NORTH NORFOLK BEACH RUNNERS	Male	90	M17-39	65	1:31:30	100
101	2809	1:31:46	Thomas Hubbard		Male	91	M17-39	66	1:31:35	102
102	1273	1:31:50	Stu Barnard	NORFOLK HARRIERS	Male	92	M17-39	67	1:31:41	104
103	2468	1:31:51	Thomas Coulby		Male	93	M17-39	68	1:31:45	105
104	1641	1:31:54	Lee Sadler		Male	94	M17-39	69	1:31:46	106
105	1937	1:31:56	Jane Laws	BARNET & DISTRICT AC	Female	11	F55-59	1	1:31:51	107
106	1953	1:32:03	Benjamin Turley		Male	95	M17-39	70	1:31:39	103
107	1424	1:32:09	Eddie Alford		Male	96	M17-39	71	1:31:30	101
108	2480	1:32:15	Chris Murphy		Male	97	M17-39	72	1:32:01	109
109	2666	1:32:16	Ben Snelling		Male	98	M40-44	14	1:32:05	111
110	2410	1:32:17	Jack Noble		Male	99	M17-39	73	1:32:05	112
111	1360	1:32:19	Wayne Gibbs	COLTISHALL JAGUARS	Male	100	M17-39	74	1:31:54	108
112	2038	1:32:22	Lee Collins		Male	101	M17-39	75	1:32:04	110
113	1679	1:32:23	Ben Walker		Male	102	M17-39	76	1:32:16	115
114	1021	1:32:24	Mary Buxton		Female	12	F17-39	9	1:32:17	116
115	2024	1:32:27	Ryan Honeyman		Male	103	M17-39	77	1:32:18	117
116	2428	1:32:31	Andrew Skiggs	TRI-ANGLIA	Male	104	M17-39	78	1:32:09	113
117	83	1:32:33	Tom Dawkins		Male	105	M17-39	79	1:32:22	119
118	1846	1:32:34	Ian Combellack	READING JOGGERS	Male	106	M50-54	4	1:32:20	118
119	2089	1:32:40	Mark Philo	TRI-ANGLIA	Male	107	M40-44	15	1:32:34	121
120	137	1:32:49	Martin Barradell	DERWENT RUNNERS	Male	108	M17-39	80	1:32:33	120
121	3026	1:32:56	Steve Childerhouse	WYMONDHAM AC	Male	109	M40-44	16	1:32:51	125
122	20	1:32:58	Dean Preston		Male	110	M17-39	81	1:32:53	126
123	2022	1:33:02	Harry Landles		Male	111	M40-44	17	1:32:36	123
124	2909	1:33:04	Jason Brunt		Male	112	M40-44	18	1:32:47	124
125	2218	1:33:05	Alexandra Smith	NORWICH ROAD RUNNERS	Female	13	F17-39	10	1:32:55	127
126	1063	1:33:07	Chris Barkway		Male	113	M50-54	5	1:32:55	128
127	1001	1:33:10	David Harbrow		Male	114	M17-39	82	1:33:06	131
128	2746	1:33:12	Daniel Gardiner	BUNGAY BLACK DOG RC	Male	115	M40-44	19	1:33:05	130
129	2800	1:33:13	Chris Meadows		Male	116	M17-39	83	1:33:03	129
130	2991	1:33:23	Chris Perry	SAINT EDMUND PACERS	Male	117	M17-39	84	1:33:07	132
131	2432	1:33:25	Neville Knights	DEREHAM RUNNERS	Male	118	M50-54	6	1:33:17	135
132	1652	1:33:30	Neil Moggan		Male	119	M17-39	85	1:33:25	136
133	1581	1:33:30	Adam Veale		Male	120	M17-39	86	1:33:08	133
134	2341	1:33:34	Mark Taylor		Male	121	M17-39	87	1:33:10	134
135	2349	1:33:37	Samuel Cross		Male	122	M17-39	88	1:33:30	138
136	1036	1:33:39	Gilbert Francourt		Male	123	M17-39	89	1:32:09	114
137	2940	1:33:41	Alexander Royan		Male	124	M17-39	90	1:32:34	122
138	2802	1:33:48	Martyn Clarke		Male	125	M45-49	9	1:33:36	140
139	2109	1:33:50	Graham Coulter	DISS AC	Male	126	M17-39	91	1:33:30	139
140	3034	1:33:55	Stanley Swanepoel	TRI-ANGLIA	Male	127	M45-49	10	1:33:44	141



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	1343	1:34:00	Paul Todd		Male	128	M45-49	11	1:33:25	137
142	1435	1:34:02	Robin Belsom	IPSWICH JAFFA	Male	129	M50-54	7	1:33:47	142
143	2605	1:34:04	Sean Jermy	GREAT YARMOUTH ROAD RUNNERS	Male	130	M17-39	92	1:34:00	147
144	1179	1:34:04	Richard Fay		Male	131	M17-39	93	1:33:52	144
145	1648	1:34:05	Sam Evans		Male	132	M17-39	94	1:33:57	145
146	495	1:34:08	Karl Walker		Male	133	M40-44	20	1:33:50	143
147	2835	1:34:11	Jon Bird	NORWICH ROAD RUNNERS	Male	134	M45-49	12	1:34:00	148
148	2614	1:34:16	Steven Elvin		Male	135	M45-49	13	1:34:08	151
149	2993	1:34:26	James Francis		Male	136	M17-39	95	1:34:19	152
150	1579	1:34:29	Robbie Caton		Male	137	M17-39	96	1:34:00	149
151	1976	1:34:33	Simon Button		Male	138	M45-49	14	1:34:25	156
152	1643	1:34:36	Kevin Connolly		Male	139	M17-39	97	1:34:30	157
153	2315	1:34:36	Neil Platten		Male	140	M40-44	21	1:34:22	154
154	2575	1:34:37	Duncan Cardwell		Male	141	M40-44	22	1:34:24	155
155	1704	1:34:39	Alan Reynolds		Male	142	M40-44	23	1:33:58	146
156	963	1:34:47	Simon King	CAMBRIDGE AND COLERIDGE AC	Male	143	M17-39	98	1:34:03	150
157	1964	1:34:54	David Asker		Male	144	M17-39	99	1:34:21	153
158	1890	1:34:54	Rowena Leary		Female	14	F17-39	11	1:34:40	160
159	1285	1:34:58	Tom Bruce	IPSWICH TRIATHLON CLUB	Male	145	M17-39	100	1:34:37	158
160	1168	1:35:04	Tom Barr		Male	146	M17-39	101	1:34:47	161
161	2397	1:35:09	Eugene Mitchell		Male	147	M17-39	102	1:35:00	165
162	976	1:35:12	Ben Palmer		Male	148	M17-39	103	1:34:39	159
163	2335	1:35:16	Bristow Tom		Male	149	M17-39	104	1:34:53	162
164	2510	1:35:24	Stephen Blomfield		Male	150	M45-49	15	1:35:03	166
165	2025	1:35:24	Jonathan Cordle	TRI-ANGLIA	Male	151	M45-49	16	1:35:03	167
166	1962	1:35:35	Jenny Pearce		Female	15	F17-39	12	1:35:10	168
167	2253	1:35:38	Barrie Page	MAIDSTONE HARRIERS	Male	152	M17-39	105	1:35:30	171
168	1332	1:35:39	James Hornagold		Male	153	M17-39	106	1:35:30	172
169	57	1:35:49	James Brewster		Male	154	M17-39	107	1:35:22	170
170	1770	1:35:51	Wayne Donovan		Male	155	M17-39	108	1:35:38	175
171	2183	1:35:53	Ernie Ross		Male	156	M50-54	8	1:35:33	173
172	2742	1:35:58	Dan Nichols		Male	157	M17-39	109	1:35:47	177
173	2353	1:36:09	Mark Storey	CITY OF NORWICH AC	Male	158	M45-49	17	1:36:03	184
174	2339	1:36:10	Raphael Sanelli		Male	159	M40-44	24	1:36:04	185
175	3045	1:36:12	James Maycock	BUNGAY BLACK DOG RC	Male	160	M17-39	110	1:35:38	176
176	1902	1:36:19	Paul Vincent		Male	161	M17-39	111	1:35:34	174
177	2110	1:36:20	Geraldine Clarke	FRAMLINGHAM FLYERS	Female	16	F40-44	2	1:35:51	179
178	3023	1:36:24	Rosa Morris	SERPENTINE RC	Female	17	F17-39	13	1:35:59	182
179	1363	1:36:25	Daniel Vencovsky		Male	162	M17-39	112	1:36:00	183
180	478	1:36:25	Marc Evans		Male	163	M17-39	113	1:36:08	186
181	1911	1:36:30	Roger Steggles		Male	164	M45-49	18	1:35:54	181
182	504	1:36:32	Neil Adams		Male	165	M17-39	114	1:36:14	188
183	2063	1:36:33	C McDonnell	NOTFAST	Male	166	M50-54	9	1:36:22	195
184	2661	1:36:35	Simon English	NORWICH ROAD RUNNERS	Male	167	M17-39	115	1:35:47	178
185	2263	1:36:36	Anna Blackwell		Female	18	F17-39	14	1:36:21	194
186	2618	1:36:36	Jason Best		Male	168	M17-39	116	1:36:19	192
187	200	1:36:39	L Palmer-Nortcliffe		Female	19	F17-39	15	1:35:19	169
188	563	1:36:41	Andi Woolass		Male	169	M17-39	117	1:36:18	190
189	2561	1:36:44	Nils Van Minden	NORWICH ROAD RUNNERS	Male	170	M40-44	25	1:36:37	202
190	927	1:36:44	Rebecca Ferris		Female	20	F17-39	16	1:36:16	189
191	3001	1:36:47	Tim Angell	CITY OF NORWICH AC	Male	171	M45-49	19	1:36:20	193
192	2417	1:36:48	Howard Olby	NORFOLK HARRIERS	Male	172	M17-39	118	1:36:24	196
193	678	1:36:49	Danny Peeling		Male	173	M17-39	119	1:36:46	209
194	2336	1:36:51	Andy Isted	GALLERY RUN & TRI	Male	174	M17-39	120	1:36:37	203
195	2808	1:36:54	Jonathan Meadows	LOWESTOFT ROAD RUNNERS	Male	175	M17-39	121	1:36:44	208
196	2747	1:36:54	James Ogilby		Male	176	M17-39	122	1:36:18	191
197	1382	1:36:55	Karen Archbold	LOWESTOFT ROAD RUNNERS	Female	21	F45-49	2	1:36:32	200
198	2299	1:36:57	Thomas Hodges	BIRKETTS RUNNERS AC	Male	177	M17-39	123	1:36:48	211
199	2042	1:36:59	David Lefevre		Male	178	M17-39	124	1:36:11	187
200	762	1:36:59	Joseph Kaye		Male	179	M17-39	125	1:36:48	212
201	1515	1:37:02	James Cook	RAF MARHAM	Male	180	M17-39	126	1:34:53	163
202	2252	1:37:06	James Stanbrook		Male	181	M45-49	20	1:36:29	198
203	2319	1:37:09	Stacy Tovell		Male	182	M40-44	26	1:36:59	216
204	1173	1:37:11	Sam Royle		Male	183	M17-39	127	1:36:42	206
205	2827	1:37:16	Nigel Sinclair		Male	184	M17-39	128	1:36:42	207
206	595	1:37:17	David Pearce		Male	185	M40-44	27	1:36:40	204
207	73	1:37:18	Steve Coster		Male	186	M40-44	28	1:36:40	205
208	2778	1:37:23	Paul Martin	NORWICH ROAD RUNNERS	Male	187	M17-39	129	1:37:12	222
209	1619	1:37:24	Peter Woods		Male	188	M40-44	29	1:36:46	210
210	1921	1:37:26	Paul Beckett	NORWICH ROAD RUNNERS	Male	189	M45-49	21	1:36:57	215



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
211	1447	1:37:28	Mal Garwood	WYMONDHAM AC	Male	190	M40-44	30	1:37:09	221
212	2081	1:37:37	Clare Fleming	NEWMARKET CYCLING & TRIATHLON	Female	22	F40-44	3	1:37:28	226
213	803	1:37:40	Chris Lorkin		Male	191	M17-39	130	1:37:08	219
214	2729	1:37:41	Andrew Lunn		Male	192	M17-39	131	1:37:31	230
215	1539	1:37:41	Stephen Leeves	GREAT YARMOUTH ROAD RUNNERS	Male	193	M55-59	2	1:37:32	233
216	2197	1:37:42	Adrian Waters	NORFOLK GAZELLES	Male	194	M45-49	22	1:37:32	234
217	1080	1:37:44	David Cox		Male	195	M40-44	31	1:37:34	236
218	1649	1:37:44	Craig Speirs		Male	196	M17-39	132	1:37:08	220
219	2285	1:37:44	John Rutterford		Male	197	M17-39	133	1:37:01	217
220	2832	1:37:44	Simon Darvell		Male	198	M17-39	134	1:37:13	223
221	2792	1:37:45	Cameron Belton		Male	199	M17-39	135	1:37:06	218
222	2601	1:37:45	Ashley Gilbert		Male	200	M17-39	136	1:37:20	224
223	2328	1:37:46	Mark Ogden		Male	201	M40-44	32	1:37:30	228
224	1255	1:37:48	Matthew Sutton	GREAT YARMOUTH ROAD RUNNERS	Male	202	M17-39	137	1:37:36	240
225	895	1:37:49	Charlie Parr		Male	203	M17-39	138	1:37:25	225
226	3041	1:37:50	Darren Spindler	VEGAN RUNNERS	Male	204	M17-39	139	1:37:32	235
227	2764	1:37:50	Gary Reeve		Male	205	M50-54	10	1:37:29	227
228	2580	1:37:52	Graeme Sadd		Male	206	M50-54	11	1:37:30	229
229	2028	1:37:53	Thomas Betts		Male	207	M17-39	140	1:37:31	231
230	2161	1:37:53	Collin Semanshia	SYNERGY RUNNING CLUB	Male	208	M17-39	141	1:37:39	241
231	1620	1:37:53	Kevin Garwood	WYMONDHAM AC	Male	209	M45-49	23	1:37:35	239
232	1452	1:37:54	Lucy Ellis	GREAT WESTERN RUNNERS	Female	23	F17-39	17	1:37:41	243
233	2465	1:37:54	Jamie McLellan		Male	210	M17-39	142	1:36:48	213
234	2755	1:37:58	Helen Mian		Female	24	F40-44	4	1:37:34	237
235	1683	1:37:59	John Fagan		Male	211	M17-39	143	1:37:45	246
236	2479	1:37:59	Emily Neilan	SHAFTESBURY BARNET HARRIERS	Female	25	F17-39	18	1:37:47	247
237	531	1:38:00	Simon Marjoram		Male	212	M17-39	144	1:36:55	214
238	1047	1:38:04	Nick Johnson		Male	213	M17-39	145	1:37:43	244
239	2298	1:38:05	Jim Hayes	NORTH NORFOLK BEACH RUNNERS	Male	214	M65+	1	1:37:34	238
240	654	1:38:07	Gareth Marchant		Male	215	M17-39	146	1:37:39	242
241	2937	1:38:08	Cat Ricketts	NORWICH ROAD RUNNERS	Female	26	F17-39	19	1:37:57	251
242	2548	1:38:10	Susan Matthews	RYSTON RUNNERS	Female	27	F17-39	20	1:36:30	199
243	1093	1:38:14	Stewart White	SAINT EDMUND PACERS	Male	216	M17-39	147	1:37:55	250
244	2707	1:38:15	Aidan Thorpe		Male	217	M17-39	148	1:37:48	248
245	1978	1:38:15	Georgiana Simmons	CITY OF NORWICH AC	Female	28	F17-39	21	1:37:58	252
246	1654	1:38:16	Andrew Betts		Male	218	M45-49	24	1:37:43	245
247	2085	1:38:17	Andrew Goodchild	TRI-ANGLIA	Male	219	M45-49	25	1:38:05	255
248	2132	1:38:20	David Kellaway	TRI-ANGLIA	Male	220	M50-54	12	1:38:14	260
249	682	1:38:21	George Reade		Male	221	M17-39	149	1:37:54	249
250	1760	1:38:23	Mandy Harley		Female	29	F40-44	5	1:38:03	253
251	2798	1:38:29	Andrew Baker	GREAT YARMOUTH ROAD RUNNERS	Male	222	M45-49	26	1:38:04	254
252	2563	1:38:31	Chris Moore	NORFOLK GAZELLES	Male	223	M50-54	13	1:38:09	258
253	1409	1:38:32	Kevin Powles	NORWICH ROAD RUNNERS	Male	224	M45-49	27	1:38:08	257
254	553	1:38:34	Paul Esson		Male	225	M17-39	150	1:35:53	180
255	837	1:38:34	Neil Walpole	NORWICH ROAD RUNNERS	Male	226	M40-44	33	1:38:18	262
256	1838	1:38:38	James McColl		Male	227	M40-44	34	1:38:29	264
257	2372	1:38:39	Tim Woods	NORFOLK GAZELLES	Male	228	M50-54	14	1:38:19	263
258	871	1:38:40	Tom Syer		Male	229	M17-39	151	1:38:14	261
259	761	1:38:43	Chris Hewson		Male	230	M17-39	152	1:38:32	265
260	608	1:38:45	John Barrett		Male	231	M17-39	153	1:38:34	267
261	1759	1:38:48	Freddie Powell Tuck		Male	232	M17-39	154	1:36:26	197
262	1807	1:38:50	Myles Hague	NORWICH ROAD RUNNERS	Male	233	M17-39	155	1:36:33	201
263	1664	1:38:52	Chris Speakman	TRI-ANGLIA	Male	234	M50-54	15	1:38:37	271
264	2681	1:38:58	Emma Potter-Campbell	DEREHAM RUNNERS	Female	30	F40-44	6	1:38:43	274
265	2201	1:39:00	Elizabeth Daly	DEREHAM RUNNERS	Female	31	F17-39	22	1:38:34	268
266	2818	1:39:00	Richard Hills		Male	235	M45-49	28	1:38:42	272
267	1959	1:39:02	Iain Catchpool	IPSWICH JAFFA	Male	236	M45-49	29	1:38:57	281
268	1669	1:39:03	Justin Kearney		Male	237	M17-39	156	1:38:35	269
269	1809	1:39:04	David Buehler		Male	238	M17-39	157	1:38:42	273
270	817	1:39:05	Jeremy Buxton		Male	239	M17-39	158	1:38:57	282
271	1233	1:39:07	David Moody		Male	240	M17-39	159	1:38:12	259
272	1153	1:39:09	Briony Lowe		Female	32	F17-39	23	1:38:45	276
273	2815	1:39:11	Stewart Marden	COLTISHALL JAGUARS	Male	241	M50-54	16	1:38:43	275
274	2029	1:39:15	Marc Coles		Male	242	M17-39	160	1:38:51	278
275	1131	1:39:16	Anne Swift		Female	33	F40-44	7	1:38:51	279
276	9	1:39:18	Nick Gurney		Male	243	M17-39	161	1:39:05	285
277	499	1:39:22	Kevin Burgess	TRI-ANGLIA	Male	244	M40-44	35	1:38:32	266
278	1702	1:39:23	Dale Cooper	WYMONDHAM AC	Male	245	M50-54	17	1:39:09	289
279	1557	1:39:23	Mark Davies		Male	246	M17-39	162	1:37:31	232
280	1775	1:39:23	Nick Roberts		Male	247	M17-39	163	1:38:05	256





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	886	1:39:29	Tom Parker		Male	248	M17-39	164	1:39:09	290
282	2822	1:39:31	Michael Anderson		Male	249	M50-54	18	1:39:05	286
283	1867	1:39:33	Fiona Kennedy		Female	34	F17-39	24	1:39:04	283
284	1816	1:39:34	Nathan Mills		Male	250	M17-39	165	1:39:06	288
285	2766	1:39:35	Justin Lawton		Male	251	M40-44	36	1:39:14	291
286	772	1:39:35	Steven Jocelyn		Male	252	M40-44	37	1:38:56	280
287	1292	1:39:38	Jon Rowden	TRI-ANGLIA	Male	253	M45-49	30	1:39:05	287
288	1566	1:39:42	Paul Radford	STRAGGLERS	Male	254	M40-44	38	1:39:21	294
289	887	1:39:42	Sean Radford	STRAGGLERS	Male	255	M40-44	39	1:39:21	295
290	318	1:39:44	Rachel Gillings	NORWICH ROAD RUNNERS	Female	35	F17-39	25	1:39:20	293
291	3017	1:39:45	Wesley Stevens		Male	256	M17-39	166	1:39:28	297
292	1029	1:39:45	Tim Ward		Male	257	M45-49	31	1:39:04	284
293	2959	1:39:46	David Minister		Male	258	M40-44	40	1:39:28	298
294	2965	1:39:46	Colin Forder		Male	259	M17-39	167	1:39:28	299
295	1180	1:39:48	Stewart Hambling	FRAMLINGHAM FLYERS	Male	260	M45-49	32	1:39:38	306
296	972	1:39:49	David Addy		Male	261	M17-39	168	1:39:45	311
297	2507	1:39:51	Thomas Persich		Male	262	M17-39	169	1:39:32	303
298	1065	1:39:54	Andy Williams	CAMBRIDGE TRIATHLON CLUB	Male	263	M45-49	33	1:39:29	300
299	2602	1:39:54	Stephen Kenworthy		Male	264	M40-44	41	1:39:18	292
300	2067	1:39:56	Luke Sutherland		Male	265	M17-39	170	1:39:56	323
301	2672	1:39:58	Chris Phillips	WERRINGTON JOGGERS	Male	266	M17-39	171	1:38:36	270
302	2770	1:39:58	Elliott Bird		Male	267	M17-39	172	1:39:48	316
303	902	1:39:59	Mike Howe		Male	268	M40-44	42	1:39:44	310
304	643	1:39:59	Lukasz Grochowski		Male	269	M17-39	173	1:39:43	309
305	1567	1:40:00	Clive Davey	SUDBURY JOGGERS	Male	270	M40-44	43	1:39:42	308
306	291	1:40:00	Shaun Marrison		Male	271	M17-39	174	1:39:39	307
307	1208	1:40:01	Dean Farrow		Male	272	M17-39	175	1:39:27	296
308	274	1:40:04	Stephen Brown	CAMBRIDGE HARRIERS	Male	273	M50-54	19	1:39:45	312
309	1940	1:40:05	Dom Knox-Crawford		Male	274	M17-39	176	1:39:29	301
310	4	1:40:05	Dale Skoulding		Male	275	M17-39	177	1:39:55	320
311	1694	1:40:07	Franck Bougeard		Male	276	M17-39	178	1:39:32	304
312	852	1:40:08	Matthew Seaman		Male	277	M17-39	179	1:39:47	314
313	2512	1:40:09	Robert Astley		Male	278	M40-44	44	1:40:01	327
314	933	1:40:12	Anna Hoogkamer	CITY OF NORWICH AC	Female	36	F17-39	26	1:39:33	305
315	2829	1:40:13	Anne Flanagan	NORWICH ROAD RUNNERS	Female	37	F17-39	27	1:39:30	302
316	2812	1:40:13	Ben Dennington	COLTISHALL JAGUARS	Male	279	M17-39	180	1:39:45	313
317	2416	1:40:15	Christopher Barnes		Male	280	M17-39	181	1:39:55	321
318	750	1:40:18	Grace Bird		Female	38	F17-39	28	1:40:04	330
319	851	1:40:22	Henry Horwood		Male	281	M17-39	182	1:40:00	325
320	2375	1:40:23	Vince Webb	SAINT EDMUND PACERS	Male	282	M40-44	45	1:40:03	329
321	2588	1:40:24	Owain Hall		Male	283	M40-44	46	1:39:47	315
322	2898	1:40:29	Jonathan Marsden		Male	284	M45-49	34	1:40:09	334
323	86	1:40:30	Jonathan Hudson		Male	285	M17-39	183	1:40:08	333
324	2622	1:40:31	Ian Bray		Male	286	M17-39	184	1:40:05	331
325	2066	1:40:37	Ben Gaskins	TRI-ANGLIA	Male	287	M17-39	185	1:40:12	336
326	1413	1:40:41	Gavin Vogt		Male	288	M50-54	20	1:39:48	317
327	213	1:40:42	Alex Gaunt		Male	289	M40-44	47	1:40:32	347
328	2824	1:40:43	David Lowes		Male	290	M50-54	21	1:40:36	349
329	1117	1:40:46	Ross Blyth		Male	291	M17-39	186	1:40:11	335
330	2846	1:40:46	Stuart Peck		Male	292	M17-39	187	1:40:15	339
331	1294	1:40:47	Chris Benson		Male	293	M17-39	188	1:39:55	322
332	2551	1:40:48	Ellie Bye	COLTISHALL JAGUARS	Female	39	F17-39	29	1:40:23	342
333	1464	1:40:50	Graham Watering		Male	294	M40-44	48	1:40:02	328
334	1354	1:40:53	Shaun Conway		Male	295	M45-49	35	1:40:30	345
335	994	1:40:55	Paul Schwer	FELIXSTOWE ROAD RUNNERS	Male	296	M50-54	22	1:40:14	338
336	1079	1:41:01	Stephen Moseley	NORWICH ROAD RUNNERS	Male	297	M45-49	36	1:40:13	337
337	2350	1:41:03	Andrew Howes		Male	298	M40-44	49	1:38:45	277
338	1231	1:41:07	Shannon Burke		Male	299	M17-39	189	1:40:05	332
339	1963	1:41:11	Jorge Gomez		Male	300	M40-44	50	1:39:51	318
340	2777	1:41:12	Penny Edwards	NORWICH ROAD RUNNERS	Female	40	F55-59	2	1:40:30	346
341	1388	1:41:14	Nicholas Field		Male	301	M45-49	37	1:41:03	357
342	1722	1:41:16	Paul Gardner		Male	302	M40-44	51	1:39:56	324
343	2396	1:41:18	Christopher Crooke		Male	303	M17-39	190	1:40:51	352
344	890	1:41:20	Manoj Mistry		Male	304	M17-39	191	1:40:53	353
345	982	1:41:23	Ruth MacKenzie		Female	41	F17-39	30	1:40:54	354
346	387	1:41:26	C Davidson-Houston		Male	305	M17-39	192	1:40:00	326
347	2406	1:41:27	Danny Godward	FIRE SERVICE ATHLETICS ASSOCIA	Male	306	M17-39	193	1:41:20	359
348	1256	1:41:27	Simon Beckett		Male	307	M45-49	38	1:40:35	348
349	1787	1:41:29	Robert Smith		Male	308	M17-39	194	1:39:53	319
350	1217	1:41:33	James Fullam		Male	309	M17-39	195	1:40:59	355



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	2612	1:41:34	Ian Edwards	NORFOLK GAZELLES	Male	310	M17-39	196	1:41:19	358
352	2452	1:41:35	Emily Payne		Female	42	F17-39	31	1:41:24	362
353	2887	1:41:36	Nick Askham	TRI-ANGLIA	Male	311	M17-39	197	1:41:23	361
354	1777	1:41:38	Sam Garforth		Male	312	M17-39	198	1:41:01	356
355	1885	1:41:39	Richard Collyer	COLTISHALL JAGUARS	Male	313	M40-44	52	1:41:27	364
356	2424	1:41:44	Kevin Sadd		Male	314	M40-44	53	1:40:25	343
357	2919	1:41:44	Sean Woodvine		Male	315	M40-44	54	1:40:26	344
358	3	1:41:50	Robert Conquest	CAMBRIDGE AND COLERIDGE AC	Male	316	M17-39	199	1:41:38	371
359	1352	1:41:53	Chris Vernon		Male	317	M17-39	200	1:41:30	365
360	1283	1:41:54	Luke Elliott		Male	318	M17-39	201	1:41:30	366
361	574	1:41:54	Christopher Taylor		Male	319	M17-39	202	1:41:20	360
362	1076	1:42:00	Simeon Everett		Male	320	M17-39	203	1:40:21	340
363	2895	1:42:02	Chas Rayner	WEST 4 HARRIERS	Male	321	M60-64	1	1:41:47	375
364	2283	1:42:06	Stuart Timms		Male	322	M40-44	55	1:41:34	369
365	2883	1:42:07	Martin Browne		Male	323	M45-49	39	1:41:35	370
366	2633	1:42:10	Douglas Webb		Male	324	M17-39	204	1:41:44	373
367	1660	1:42:11	Darren France		Male	325	M45-49	40	1:40:36	350
368	3046	1:42:11	Aubrey Green		Male	326	M40-44	56	1:41:31	367
369	1858	1:42:12	Jason Mountain	WYMONDHAM AC	Male	327	M17-39	205	1:41:25	363
370	2576	1:42:13	Kristian Knight		Male	328	M17-39	206	1:40:22	341
371	2281	1:42:19	Pete Goddard	BIRKETTS RUNNERS AC	Male	329	M55-59	3	1:41:31	368
372	1757	1:42:26	Roger Slee	TRI-ANGLIA	Male	330	M40-44	57	1:42:13	382
373	51	1:42:27	Richard Liles	TIPTREE ROAD RUNNERS	Male	331	M50-54	23	1:41:54	379
374	2266	1:42:27	Jillian Convey	SERPENTINE RC	Female	43	F17-39	32	1:42:07	381
375	965	1:42:30	Samantha Epps	WYMONDHAM AC	Female	44	F17-39	33	1:41:52	378
376	1875	1:42:30	James Pettit		Male	332	M17-39	207	1:41:38	372
377	226	1:42:33	Johnny Elias		Male	333	M17-39	208	1:41:44	374
378	2934	1:42:38	Scott Hayworth		Male	334	M40-44	58	1:42:38	399
379	2072	1:42:41	Tom Steggall		Male	335	M17-39	209	1:42:01	380
380	2574	1:42:44	Oliver Lee		Male	336	M17-39	210	1:42:19	386
381	2141	1:42:44	Jamie Burman		Male	337	M17-39	211	1:42:23	387
382	2356	1:42:49	Matthew Jones		Male	338	M40-44	59	1:42:13	383
383	2603	1:42:50	Stuart Howe		Male	339	M17-39	212	1:41:48	376
384	2367	1:42:51	Alli Carter	TRI-ANGLIA	Female	45	F40-44	8	1:42:16	385
385	124	1:42:55	Kevin Johnston		Male	340	M50-54	24	1:42:31	392
386	827	1:42:56	Ian Beggs		Male	341	M45-49	41	1:42:37	396
387	2807	1:43:00	Riccy Sidoli		Male	342	M45-49	42	1:42:42	401
388	1264	1:43:02	Lucy Kershaw	LISS RUNNERS	Female	46	F17-39	34	1:42:15	384
389	517	1:43:03	Ben Dickson		Male	343	M17-39	213	1:40:37	351
390	1105	1:43:04	Andy Murray		Male	344	M45-49	43	1:42:48	404
391	2796	1:43:05	Sam Johnson		Male	345	M17-39	214	1:42:27	390
392	685	1:43:05	Lisa l'Anson	TRI-ANGLIA	Female	47	F40-44	9	1:42:29	391
393	2524	1:43:06	James Riley		Male	346	M17-39	215	1:42:36	394
394	122	1:43:10	Jafar Ojra	UEA ATHLETICS	Male	347	M17-39	216	1:42:53	406
395	2585	1:43:12	Bobby De'Ath		Male	348	M17-39	217	1:42:45	403
396	1795	1:43:14	Matthew Buckoke	GREAT YARMOUTH ROAD RUNNERS	Male	349	M17-39	218	1:42:49	405
397	1016	1:43:15	Charles Hutchison		Male	350	M45-49	44	1:42:37	397
398	462	1:43:25	Thomas Sullivan		Male	351	M17-39	219	1:42:59	408
399	2235	1:43:27	James Hall		Male	352	M40-44	60	1:42:42	402
400	2637	1:43:27	Keith Gillespie		Male	353	M17-39	220	1:42:36	395
401	1803	1:43:27	Tessa Jones	CITY OF NORWICH AC	Female	48	F45-49	3	1:43:08	411
402	590	1:43:30	Andrew Nicholls	HYDE PARK HARRIERS	Male	354	M50-54	25	1:43:15	422
403	1242	1:43:31	Juliane Ilgert		Female	49	F17-39	35	1:43:08	412
404	1072	1:43:31	Gemma Farnworth		Female	50	F17-39	36	1:42:33	393
405	1129	1:43:34	Andrew Firth	CAMBRIDGE AND COLERIDGE AC	Male	355	M17-39	221	1:42:25	388
406	1934	1:43:35	Michael Soames		Male	356	M17-39	222	1:42:25	389
407	2744	1:43:40	John Bone	GREAT YARMOUTH ROAD RUNNERS	Male	357	M65+	2	1:43:14	420
408	2621	1:43:41	Michael Small		Male	358	M17-39	223	1:43:16	423
409	530	1:43:43	Chris Orange		Male	359	M50-54	26	1:43:09	414
410	2184	1:43:44	Michael Lewis		Male	360	M45-49	45	1:43:28	429
411	2052	1:43:44	Nick Golding		Male	361	M17-39	224	1:43:09	415
412	2857	1:43:46	Mark Newman		Male	362	M17-39	225	1:43:07	410
413	941	1:43:46	Michael Woods		Male	363	M17-39	226	1:43:14	421
414	2219	1:43:46	David Pearce		Male	364	M17-39	227	1:42:38	400
415	778	1:43:47	Martin Neave		Male	365	M65+	3	1:43:09	416
416	2482	1:43:50	Simon Wiggins	FELIXSTOWE ROAD RUNNERS	Male	366	M40-44	61	1:43:10	417
417	2449	1:43:55	Jonathan Wooldridge		Male	367	M17-39	228	1:41:49	377
418	2905	1:43:57	Aaron Jackson	DEREHAM RUNNERS	Male	368	M17-39	229	1:43:44	435
419	628	1:43:58	Terry Hitchcock		Male	369	M60-64	2	1:43:25	427
420	2466	1:43:58	Daniel Gorton		Male	370	M17-39	230	1:42:37	398



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	2280	1:44:01	Nick Haigh		Male	371	M50-54	27	1:43:48	438
422	145	1:44:01	Richard Banning		Male	372	M17-39	231	1:43:13	419
423	2692	1:44:04	Christian Pawsey	WOODBIDGE SHUFFLERS	Male	373	M45-49	46	1:43:12	418
424	2303	1:44:05	Owen Jenkins		Male	374	M17-39	232	1:43:23	426
425	2914	1:44:06	Michael Seger		Male	375	M45-49	47	1:42:54	407
426	547	1:44:13	Stuart Wilson		Male	376	M17-39	233	1:43:56	447
427	716	1:44:14	Wayne Tilbury-Larter	FRAMLINGHAM FLYERS	Male	377	M17-39	234	1:43:30	431
428	2101	1:44:14	Christopher Odey		Male	378	M17-39	235	1:43:50	441
429	12	1:44:17	Mark Stone	GREAT YARMOUTH ROAD RUNNERS	Male	379	M40-44	62	1:43:51	442
430	1594	1:44:17	Sam Bradley	WYMONDHAM AC	Male	380	M17-39	236	1:43:42	433
431	2439	1:44:18	Ian Kettle		Male	381	M17-39	237	1:44:01	451
432	1058	1:44:19	Joanne Cox	BUNGAY BLACK DOG RC	Female	51	F40-44	10	1:43:29	430
433	2332	1:44:21	Stephen Pullinger		Male	382	M50-54	28	1:43:55	444
434	1123	1:44:24	Daniel Shanks		Male	383	M17-39	238	1:43:26	428
435	1258	1:44:26	Graham Sillett		Male	384	M50-54	29	1:43:41	432
436	2338	1:44:27	Daniel Hardy		Male	385	M17-39	239	1:43:59	449
437	1237	1:44:27	Oliver Kirkbride		Male	386	M17-39	240	1:43:08	413
438	1804	1:44:29	Lorraine Marshall	CITY OF NORWICH AC	Female	52	F45-49	4	1:44:11	457
439	2923	1:44:31	Chris Haycock		Male	387	M45-49	48	1:44:23	466
440	2791	1:44:31	Colin Hewes	UKNETRUNNER	Male	388	M55-59	4	1:44:04	453
441	1958	1:44:33	Martin Bagnall	COLTISHALL JAGUARS	Male	389	M45-49	49	1:44:04	454
442	2790	1:44:33	Ian Bareham		Male	390	M40-44	63	1:44:02	452
443	1487	1:44:34	Edward Catt		Male	391	M17-39	241	1:43:43	434
444	2652	1:44:37	Heidi Harris	SOUTHWELL RUNNING CLUB	Female	53	F40-44	11	1:44:09	455
445	1893	1:44:38	Bob Arthur	RAF MARHAM	Male	392	M40-44	64	1:43:19	424
446	2901	1:44:39	Jane Snowball		Female	54	F17-39	37	1:44:24	467
447	2668	1:44:45	James McFarlane		Male	393	M40-44	65	1:44:15	461
448	41	1:44:46	Ross Allison		Male	394	M17-39	242	1:44:10	456
449	2878	1:44:46	James Bailey		Male	395	M17-39	243	1:43:48	439
450	2875	1:44:46	Amy Webb		Female	55	F17-39	38	1:43:48	440
451	2133	1:44:47	Mark McVeigh		Male	396	M50-54	30	1:43:55	445
452	2404	1:44:47	Stephen Wright		Male	397	M17-39	244	1:44:27	471
453	2026	1:44:48	Alex Coburn		Male	398	M17-39	245	1:44:21	465
454	1647	1:44:54	Andrew Hart		Male	399	M45-49	50	1:44:38	476
455	930	1:44:56	Adrian Lavery		Male	400	M50-54	31	1:44:11	458
456	1988	1:44:57	Jaunita Gobby		Female	56	F17-39	39	1:43:47	437
457	550	1:44:58	Daniel Crush		Male	401	M17-39	246	1:44:18	462
458	1459	1:45:00	Michael Raffles		Male	402	M17-39	247	1:44:18	463
459	2044	1:45:04	Matthew Mason	CAMBRIDGE TRIATHLON CLUB	Male	403	M17-39	248	1:44:14	460
460	2516	1:45:09	Deb Jones	COLTISHALL JAGUARS	Female	57	F17-39	40	1:43:55	446
461	470	1:45:09	Jimmy Seymour		Male	404	M17-39	249	1:43:56	448
462	1903	1:45:10	Ross Baxter		Male	405	M17-39	250	1:44:32	474
463	1681	1:45:12	Anne Marie Minihane	NORWICH ROAD RUNNERS	Female	58	F40-44	12	1:44:48	483
464	2975	1:45:12	Harold Beasley		Male	406	M45-49	51	1:43:53	443
465	2945	1:45:13	Matthew Moon		Male	407	M17-39	251	1:44:13	459
466	1400	1:45:15	James Taylor	COLCHESTER HARRIERS	Male	408	M17-39	252	1:43:21	425
467	413	1:45:18	Bob Rodda		Male	409	M65+	4	1:44:45	478
468	271	1:45:25	James Chant		Male	410	M45-49	52	1:44:49	484
469	1758	1:45:26	Robin Smith		Male	411	M17-39	253	1:44:50	485
470	1385	1:45:27	Melanie Widdows		Female	59	F40-44	13	1:44:57	490
471	912	1:45:32	Phil Henry		Male	412	M50-54	32	1:44:46	480
472	2467	1:45:34	Jason Tuttle		Male	413	M17-39	254	1:44:56	488
473	2018	1:45:35	Michael Hall		Male	414	M45-49	53	1:44:50	486
474	2231	1:45:36	John Leney		Male	415	M45-49	54	1:44:45	479
475	841	1:45:43	James Joice		Male	416	M17-39	255	1:45:36	503
476	2882	1:45:46	Josh Thomas		Male	417	M17-39	256	1:44:37	475
477	2833	1:45:47	Richard Bircham		Male	418	M17-39	257	1:43:01	409
478	856	1:45:47	Kate Murrell		Female	60	F17-39	41	1:44:26	469
479	2547	1:45:47	Will Honeybone	RYSTON RUNNERS	Male	419	M40-44	66	1:44:56	489
480	855	1:45:48	Rebecca McGowan		Female	61	F17-39	42	1:44:26	470
481	1467	1:45:52	Mark Mardell		Male	420	M17-39	258	1:44:47	481
482	2100	1:45:53	Gary Beauchamp		Male	421	M45-49	55	1:45:22	495
483	1590	1:45:54	Anne Millett	NORWICH ROAD RUNNERS	Female	62	F55-59	3	1:45:37	504
484	988	1:45:55	Richard Preston		Male	422	M60-64	3	1:44:00	450
485	695	1:45:56	Steven Love		Male	423	M17-39	259	1:45:25	498
486	621	1:45:57	Sam Jenkins		Male	424	M17-39	260	1:44:25	468
487	3024	1:45:58	Glyn Owen		Male	425	M40-44	67	1:45:28	499
488	2620	1:46:01	Nick Thorpe		Male	426	M17-39	261	1:44:18	464
489	162	1:46:02	Rob Pritchard		Male	427	M50-54	33	1:44:31	472
490	2756	1:46:02	Paul Harrison	DEREHAM RUNNERS	Male	428	M55-59	5	1:45:13	492



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	1900	1:46:06	Grant Randall	COLTISHALL JAGUARS	Male	429	M45-49	56	1:45:16	493
492	1597	1:46:08	Dawn Carver	NORWICH ROAD RUNNERS	Female	63	F45-49	5	1:45:51	512
493	2710	1:46:09	Nick Bolton		Male	430	M17-39	262	1:45:51	513
494	1919	1:46:09	Nick Randall		Male	431	M40-44	68	1:45:30	500
495	1906	1:46:11	Louisa Wright		Female	64	F17-39	43	1:43:46	436
496	2107	1:46:11	Kevin Raisborough		Male	432	M45-49	57	1:45:19	494
497	2680	1:46:14	Stuart Spencer	BUNGAY BLACK DOG RC	Male	433	M40-44	69	1:45:24	497
498	1987	1:46:14	Ian Barker		Male	434	M40-44	70	1:45:50	511
499	1028	1:46:15	Darrell Golder		Male	435	M45-49	58	1:45:43	507
500	1192	1:46:19	Simon Brighten		Male	436	M17-39	263	1:45:48	510
501	808	1:46:20	Glen Robinson	NORWICH ROAD RUNNERS	Male	437	M40-44	71	1:45:51	514
502	1703	1:46:21	Steve Cook	FORMULA ONE NOTTINGHAM	Male	438	M17-39	264	1:46:04	518
503	3044	1:46:24	Lee Dickinson		Male	439	M40-44	72	1:45:43	508
504	1604	1:46:27	Steve Kitchener		Male	440	M50-54	34	1:44:57	491
505	1861	1:46:27	Karl Fisher		Male	441	M17-39	265	1:44:40	477
506	50	1:46:30	Albert Hicks		Male	442	M17-39	266	1:44:47	482
507	2477	1:46:31	Dave Spooner	NORTH NORFOLK BEACH RUNNERS	Male	443	M40-44	73	1:46:06	519
508	134	1:46:31	Matt Hunn		Male	444	M40-44	74	1:45:34	502
509	2229	1:46:33	Laura Hedtke		Female	65	F17-39	44	1:44:53	487
510	1606	1:46:37	John Knight	TRI-ANGLIA	Male	445	M17-39	267	1:45:33	501
511	2663	1:46:40	Yvonne Osborne		Female	66	F50-54	1	1:46:29	534
512	1768	1:46:42	Sean McTernan		Male	446	M55-59	6	1:45:23	496
513	2407	1:46:45	Ben Leary		Male	447	M17-39	268	1:46:19	528
514	2224	1:46:52	Adam Foster		Male	448	M17-39	269	1:45:39	505
515	2936	1:46:53	David Ling	WOODBIDGE SHUFFLERS	Male	449	M45-49	59	1:46:20	529
516	1291	1:46:56	Adam Harte		Male	450	M17-39	270	1:46:18	526
517	2460	1:46:57	Chris Wayman		Male	451	M17-39	271	1:46:44	546
518	2033	1:46:58	Mark Crossfield		Male	452	M17-39	272	1:45:46	509
519	1391	1:46:58	John Glover	ELY RUNNERS	Male	453	M45-49	60	1:46:00	517
520	1046	1:46:58	Brian Wilson	NORWICH ROAD RUNNERS	Male	454	M17-39	273	1:46:44	547
521	2221	1:47:02	Callum O'Neil		Male	455	M17-39	274	1:46:31	535
522	2996	1:47:07	Chris Stubbins		Male	456	M17-39	275	1:46:42	545
523	125	1:47:07	Roger Mason		Male	457	M60-64	4	1:46:26	533
524	533	1:47:09	Stephen Croft		Male	458	M17-39	276	1:46:13	524
525	1568	1:47:09	Lee Daniels		Male	459	M17-39	277	1:46:11	520
526	1281	1:47:10	Justin Dicks		Male	460	M40-44	75	1:46:15	525
527	2924	1:47:11	James Stanford		Male	461	M17-39	278	1:46:34	541
528	2484	1:47:12	Edward Young		Male	462	M17-39	279	1:46:31	536
529	2906	1:47:14	Gary Cooper	NORWICH ROAD RUNNERS	Male	463	M45-49	61	1:46:25	530
530	1776	1:47:14	Jason Doyle		Male	464	M17-39	280	1:46:47	548
531	2291	1:47:20	Mark Easter		Male	465	M17-39	281	1:46:12	523
532	1818	1:47:20	Robert Wilde		Male	466	M17-39	282	1:46:11	521
533	72	1:47:22	David Beighton		Male	467	M17-39	283	1:46:55	555
534	2188	1:47:22	Geoffrey Garfoot	TRI-ANGLIA	Male	468	M45-49	62	1:46:25	531
535	2915	1:47:22	Eddie Carman	NORTH NORFOLK BEACH RUNNERS	Male	469	M45-49	63	1:46:40	544
536	2690	1:47:23	David Besley		Male	470	M17-39	284	1:46:31	537
537	370	1:47:27	Mark Appleton		Male	471	M17-39	285	1:45:59	516
538	1066	1:47:28	Kelly Townshend		Female	67	F17-39	45	1:45:56	515
539	68	1:47:29	Darren Chapman		Male	472	M17-39	286	1:45:39	506
540	2150	1:47:29	Louise Juby		Female	68	F17-39	46	1:46:54	554
541	2872	1:47:29	James Lillistone		Male	473	M17-39	287	1:44:31	473
542	1031	1:47:29	Tony Wenlock	ABERYSTWYTH AC	Male	474	M55-59	7	1:46:11	522
543	900	1:47:33	Paul Haynes	ROYSTON RUNNERS	Male	475	M17-39	288	1:46:48	549
544	206	1:47:34	Tim Green		Male	476	M17-39	289	1:47:00	559
545	2676	1:47:37	Damian Ashcroft		Male	477	M45-49	64	1:46:37	543
546	2679	1:47:37	Roy Cross		Male	478	M55-59	8	1:46:18	527
547	1813	1:47:38	Martyn Moye		Male	479	M40-44	76	1:46:49	551
548	1615	1:47:42	Stuart Bennett	TRI-ANGLIA	Male	480	M17-39	290	1:46:49	552
549	1642	1:47:44	Nicky Chapman		Female	69	F17-39	47	1:47:23	574
550	2632	1:47:46	Sue Cooke	CITY OF NORWICH AC	Female	70	F50-54	2	1:46:57	556
551	956	1:47:47	Charles Bircher		Male	481	M17-39	291	1:46:57	557
552	2590	1:47:49	Andrew Davies		Male	482	M17-39	292	1:47:23	575
553	2448	1:47:50	Caroline Rose		Female	71	F50-54	3	1:47:35	583
554	178	1:47:51	Nick Alexander		Male	483	M17-39	293	1:47:14	566
555	2275	1:47:55	Laurence Conway		Male	484	M17-39	294	1:46:48	550
556	732	1:47:55	Paul Bradshaw	DESFORD STRIDERS	Male	485	M40-44	77	1:47:43	588
557	130	1:47:56	Graham Seaman		Male	486	M45-49	65	1:47:22	572
558	567	1:47:57	Lee Wilson		Male	487	M17-39	295	1:47:17	569
559	1143	1:48:05	Hazel Spalding	IPSWICH JAFFA	Female	72	F50-54	4	1:47:39	585
560	109	1:48:06	Paul Duffin		Male	488	M55-59	9	1:46:35	542





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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	849	1:48:07	Arthur English		Male	489	M17-39	296	1:46:49	553
562	2155	1:48:09	Stephen Corbould	NORFOLK GAZELLES	Male	490	M50-54	35	1:47:23	576
563	2415	1:48:10	James Plant		Male	491	M17-39	297	1:47:04	561
564	1118	1:48:14	Adam Pimble		Male	492	M17-39	298	1:47:01	560
565	1854	1:48:15	Chris Montgomery		Male	493	M17-39	299	1:47:36	584
566	3031	1:48:17	Andy Ellis		Male	494	M17-39	300	1:46:58	558
567	1955	1:48:17	Louise Brown		Female	73	F17-39	48	1:47:51	591
568	1644	1:48:19	Brian Gallagher		Male	495	M17-39	301	1:47:44	589
569	207	1:48:21	Chris Cowley		Male	496	M50-54	36	1:46:25	532
570	2463	1:48:22	Chris Hill		Male	497	M17-39	302	1:48:03	597
571	2858	1:48:23	Adrian Fisher		Male	498	M45-49	66	1:47:41	587
572	2333	1:48:24	Peter Walsh		Male	499	M17-39	303	1:48:02	596
573	984	1:48:24	Jonathan Cooper		Male	500	M17-39	304	1:48:05	598
574	896	1:48:24	Tom Boyce		Male	501	M17-39	305	1:47:13	565
575	670	1:48:28	Tom Rivett		Male	502	M17-39	306	1:48:05	599
576	903	1:48:29	Adrian Smith		Male	503	M17-39	307	1:47:20	570
577	1837	1:48:29	Emma McColl		Female	74	F17-39	49	1:48:20	610
578	572	1:48:31	Vipul Patel	ROYSTON RUNNERS	Male	504	M17-39	308	1:47:46	590
579	1317	1:48:33	Jane Parkinson		Female	75	F40-44	14	1:47:15	567
580	2985	1:48:33	Alastair Strutt	GALLERY RUN & TRI	Male	505	M45-49	67	1:47:27	577
581	2102	1:48:34	Tracey Newstead		Female	76	F17-39	50	1:48:06	601
582	2721	1:48:35	Adam Piddock		Male	506	M17-39	309	1:48:07	602
583	2148	1:48:35	Frank Moggan	STOWMARKET STRIDERS	Male	507	M60-64	5	1:48:05	600
584	2960	1:48:35	Lee Pattison		Male	508	M17-39	310	1:46:31	538
585	1950	1:48:35	Carlene Epps	NORWICH ROAD RUNNERS	Female	77	F17-39	51	1:46:31	539
586	1680	1:48:36	Samantha Johnson		Female	78	F17-39	52	1:46:31	540
587	1764	1:48:38	Peter Currington		Male	509	M17-39	311	1:34:55	164
588	2380	1:48:38	Joel Broad		Male	510	M17-39	312	1:48:09	603
589	2223	1:48:43	Matt Plunkett	DEREHAM RUNNERS	Male	511	M40-44	78	1:48:29	614
590	506	1:48:44	Terence O'Sullivan	FRAMLINGHAM FLYERS	Male	512	M55-59	10	1:48:23	612
591	2573	1:48:45	Alex Lipp		Male	513	M17-39	313	1:47:56	593
592	61	1:48:46	Gary Tortice		Male	514	M17-39	314	1:47:28	578
593	2509	1:48:47	Christopher Giles		Male	515	M17-39	315	1:48:11	604
594	1097	1:48:48	Anna Baldwin	SPRINGFIELD STRIDERS	Female	79	F17-39	53	1:47:32	580
595	1284	1:48:49	James Howlett		Male	516	M17-39	316	1:47:51	592
596	184	1:48:51	Tom Hancock		Male	517	M17-39	317	1:47:07	562
597	2925	1:48:53	Jonathan Ward		Male	518	M45-49	68	1:47:40	586
598	650	1:48:54	David Mower	WAVENEY VALLEY AC	Male	519	M55-59	11	1:47:34	582
599	1944	1:48:55	Peter Young		Male	520	M17-39	318	1:48:31	617
600	1628	1:48:56	James Willett		Male	521	M17-39	319	1:47:56	594
601	1830	1:48:56	Craig Hasnip		Male	522	M17-39	320	1:47:16	568
602	2215	1:49:01	Mike Barrett	DEREHAM RUNNERS	Male	523	M55-59	12	1:47:11	564
603	2230	1:49:02	Naomi Clayphan		Female	80	F17-39	54	1:48:38	624
604	1556	1:49:03	Chris Dugdale		Male	524	M45-49	69	1:47:22	573
605	2153	1:49:04	Matthew Sims		Male	525	M40-44	79	1:47:32	581
606	2894	1:49:12	Marion Rayner	WEST 4 HARRIERS	Female	81	F60-64	1	1:48:58	638
607	1981	1:49:13	Andrew Gurney		Male	526	M40-44	80	1:48:41	626
608	2549	1:49:15	Mark Doughty	RYSTON RUNNERS	Male	527	M17-39	321	1:48:21	611
609	238	1:49:16	Michael Clark		Male	528	M17-39	322	1:48:53	633
610	2302	1:49:16	Scott Davison		Male	529	M17-39	323	1:47:09	563
611	1527	1:49:18	Jo Aitken		Female	82	F17-39	55	1:48:48	630
612	2309	1:49:18	Alvin J Cox		Male	530	M17-39	324	1:49:13	650
613	2935	1:49:26	Nicola Watson	BUNGAY BLACK DOG RC	Female	83	F40-44	15	1:48:44	627
614	1748	1:49:27	Hugo Hodge		Male	531	M60-64	6	1:48:54	635
615	749	1:49:30	Andrew Bird		Male	532	M45-49	70	1:48:33	620
616	2030	1:49:30	Steven Neal	BRANDON FERN HOPPERS	Male	533	M45-49	71	1:48:40	625
617	362	1:49:30	John Cracknell		Male	534	M17-39	325	1:48:13	605
618	1408	1:49:31	Charlie Watson		Male	535	M50-54	37	1:49:00	639
619	1782	1:49:32	Gary Smith	NORWICH ROAD RUNNERS	Male	536	M40-44	81	1:48:47	629
620	2300	1:49:32	Thomas Sommerlad		Male	537	M17-39	326	1:49:15	653
621	89	1:49:32	Cameron Mitchell		Male	538	M17-39	327	1:48:44	628
622	251	1:49:36	Anthony Sinclair		Male	539	M45-49	72	1:47:57	595
623	967	1:49:37	Jorge Longman		Male	540	M17-39	328	1:48:37	623
624	1182	1:49:38	Ailsa MacDonald	WAVENEY VALLEY AC	Female	84	F17-39	56	1:48:17	609
625	1800	1:49:39	Robert Tillyard	SAINT EDMUND PACERS	Male	541	M45-49	73	1:48:32	619
626	2868	1:49:41	Lesley-Ann Parker		Female	85	F50-54	5	1:49:03	642
627	687	1:49:44	John Miller	NORWICH ROAD RUNNERS	Male	542	M50-54	38	1:49:03	643
628	2525	1:49:46	David Goodwin		Male	543	M65+	5	1:49:27	663
629	1578	1:49:46	Jason Rust		Male	544	M40-44	82	1:48:15	608
630	2781	1:49:48	Sam Harvey		Male	545	M17-39	329	1:48:31	618



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	2518	1:49:48	Aaron Hayward		Male	546	M17-39	330	1:49:02	641
632	2462	1:49:49	Katie Hatton		Female	86	F17-39	57	1:49:06	645
633	2867	1:49:50	Anthony Gordon-Gray	NORFOLK GAZELLES	Male	547	M60-64	7	1:48:49	631
634	1365	1:49:52	Patrick Hinchy		Male	548	M17-39	331	1:47:29	579
635	2345	1:49:54	Jon Cleary		Male	549	M17-39	332	1:49:24	659
636	1299	1:49:54	Niall Mahoney	WYMONDHAM AC	Male	550	M40-44	83	1:49:05	644
637	2118	1:49:57	John Neville		Male	551	M45-49	74	1:48:13	606
638	815	1:49:58	Carl Purkiss		Male	552	M17-39	333	1:49:29	664
639	1460	1:49:59	James Chaplin		Male	553	M17-39	334	1:49:30	665
640	1580	1:49:59	Tom Carter		Male	554	M17-39	335	1:49:31	667
641	498	1:50:00	Andrew Kirby		Male	555	M17-39	336	1:48:50	632
642	1835	1:50:01	Scott Marsh		Male	556	M17-39	337	1:48:33	621
643	2698	1:50:02	Nigel Gilham	BUNGAY BLACK DOG RC	Male	557	M55-59	13	1:49:51	680
644	2921	1:50:06	Daniel Ritchie		Male	558	M17-39	338	1:48:23	613
645	2853	1:50:07	Vince Butler	TRI-ANGLIA	Male	559	M40-44	84	1:49:23	657
646	1396	1:50:07	Samantha Hawes		Female	87	F17-39	58	1:48:36	622
647	1253	1:50:07	Paul Cross		Male	560	M17-39	339	1:49:10	648
648	1098	1:50:07	Stephen King		Male	561	M40-44	85	1:48:53	634
649	1043	1:50:08	Matthew Taylor		Male	562	M17-39	340	1:48:30	616
650	2649	1:50:09	John Kingsmill	NORWICH ROAD RUNNERS	Male	563	M55-59	14	1:49:26	661
651	2265	1:50:09	David Barclay	NORFOLK GAZELLES	Male	564	M50-54	39	1:49:23	658
652	1797	1:50:10	James Lee		Male	565	M17-39	341	1:49:46	675
653	2421	1:50:10	Terry Barrett		Male	566	M40-44	86	1:49:30	666
654	236	1:50:11	Tim Lamb		Male	567	M17-39	342	1:49:52	681
655	1262	1:50:12	Tom Anstiss		Male	568	M17-39	343	1:48:55	636
656	2270	1:50:15	Adam Urbanowski		Male	569	M17-39	344	1:49:08	646
657	1425	1:50:16	Adam Smith		Male	570	M40-44	87	1:49:14	651
658	2117	1:50:16	Jon Platten		Male	571	M50-54	40	1:49:00	640
659	2534	1:50:18	Mark Johns		Male	572	M40-44	88	1:48:29	615
660	1335	1:50:22	Ryan Head		Male	573	M17-39	345	1:49:26	662
661	2142	1:50:24	Lauren Burman	IPSWICH JAFFA	Female	88	F17-39	59	1:49:24	660
662	2783	1:50:25	Nat Chandler		Female	89	F17-39	60	1:49:36	671
663	54	1:50:26	Helen Terry		Female	90	F17-39	61	1:48:56	637
664	1124	1:50:28	Nicholas Miller		Male	574	M17-39	346	1:47:21	571
665	1150	1:50:28	Iain Smith	CITY OF NORWICH AC	Male	575	M40-44	89	1:49:49	676
666	881	1:50:29	Russell Evans		Male	576	M50-54	41	1:49:35	669
667	2014	1:50:30	Jason Moore		Male	577	M40-44	90	1:49:34	668
668	2539	1:50:30	Alex Hall		Male	578	M17-39	347	1:50:09	693
669	2604	1:50:32	Mark Reynard	STOWMARKET STRIDERS	Male	579	M17-39	348	1:50:28	707
670	999	1:50:34	James Fone		Male	580	M45-49	75	1:49:21	656
671	2217	1:50:34	Mark Fiddy		Male	581	M17-39	349	1:50:25	705
672	5	1:50:35	Stacey Harper		Female	91	F17-39	62	1:50:20	701
673	1841	1:50:38	Jonathan Todd		Male	582	M17-39	350	1:49:36	672
674	2660	1:50:38	Michael Franks		Male	583	M50-54	42	1:49:38	673
675	2735	1:50:40	Steven Ratcliffe		Male	584	M55-59	15	1:50:31	710
676	364	1:50:41	Ryan Higgins		Male	585	M17-39	351	1:49:15	654
677	1633	1:50:42	Ian Maloney		Male	586	M50-54	43	1:49:35	670
678	235	1:50:44	Dale Larwood		Male	587	M17-39	352	1:50:21	702
679	1796	1:50:50	Manuel Oliveira		Male	588	M17-39	353	1:49:57	686
680	1358	1:50:51	Robin Symonds	NORWICH ROAD RUNNERS	Male	589	M50-54	44	1:49:17	655
681	2166	1:50:53	Joel McCay		Male	590	M17-39	354	1:49:45	674
682	2976	1:50:56	Terry Hubbard		Male	591	M17-39	355	1:48:14	607
683	1468	1:50:57	Mark Downes		Male	592	M17-39	356	1:49:52	682
684	2854	1:51:00	Carol Betts	NORFOLK GAZELLES	Female	92	F55-59	4	1:50:29	709
685	1009	1:51:03	Paul Warner		Male	593	M17-39	357	1:50:05	689
686	1559	1:51:03	Lauren Buffini	NORWICH ROAD RUNNERS	Female	93	F17-39	63	1:49:49	677
687	1682	1:51:04	Colin Fish		Male	594	M45-49	76	1:49:09	647
688	1251	1:51:06	Edward Ives		Male	595	M17-39	358	1:49:54	684
689	1303	1:51:06	Nicolas Rousset		Male	596	M17-39	359	1:49:54	685
690	2003	1:51:06	Nathan Carter		Male	597	M17-39	360	1:49:11	649
691	2779	1:51:09	Martin Roper	NORWICH ROAD RUNNERS	Male	598	M50-54	45	1:49:58	687
692	1588	1:51:14	Stuart Herring		Male	599	M45-49	77	1:50:52	728
693	1520	1:51:15	Neil Gregory		Male	600	M17-39	361	1:50:33	711
694	2402	1:51:16	Darren Collison		Male	601	M40-44	91	1:50:49	724
695	1163	1:51:17	Tom Storey		Male	602	M45-49	78	1:49:52	683
696	2054	1:51:17	Amanda Hards		Female	94	F45-49	6	1:50:58	737
697	1986	1:51:17	Susanna Jolly		Female	95	F17-39	64	1:49:14	652
698	1247	1:51:18	James Sturman		Male	603	M17-39	362	1:50:24	703
699	1540	1:51:18	Pauline Richardson	GREAT YARMOUTH ROAD RUNNERS	Female	96	F50-54	6	1:50:17	698
700	2584	1:51:18	Leigh Nobes		Male	604	M17-39	363	1:50:34	715



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	1376	1:51:19	Adam Munford		Male	605	M17-39	364	1:50:33	712
702	1799	1:51:19	Tim Caton		Male	606	M17-39	365	1:50:50	727
703	794	1:51:20	Aaron Head		Male	607	M17-39	366	1:50:24	704
704	975	1:51:23	Andrew Mills		Male	608	M17-39	367	1:50:08	691
705	1526	1:51:24	Carly Jermy	NORWICH ROAD RUNNERS	Female	97	F17-39	65	1:50:55	733
706	974	1:51:24	Emma Jefferson		Female	98	F40-44	16	1:50:08	692
707	1462	1:51:25	Simon Edwards		Male	609	M40-44	92	1:50:49	725
708	2731	1:51:25	Martin Brigden		Male	610	M55-59	16	1:50:28	708
709	2073	1:51:26	Anita Mussett	COLCHESTER HARRIERS	Female	99	F40-44	17	1:50:41	719
710	865	1:51:27	Carl Weatherall		Male	611	M17-39	368	1:49:50	678
711	583	1:51:27	John Wilson		Male	612	M45-49	79	1:50:41	720
712	1508	1:51:28	Luke Davis		Male	613	M17-39	369	1:49:59	688
713	2082	1:51:30	Joseph Mayne	WAVENEY VALLEY AC	Male	614	M45-49	80	1:50:10	696
714	1420	1:51:32	Colin Voss		Male	615	M40-44	93	1:50:33	713
715	2115	1:51:35	Jon Gardner		Male	616	M17-39	370	1:50:54	729
716	1369	1:51:36	Calum Webb		Male	617	M17-39	371	1:50:49	726
717	2582	1:51:37	Nick Caley		Male	618	M17-39	372	1:50:54	730
718	589	1:51:43	Robin Wells	ROYSTON RUNNERS	Male	619	M50-54	46	1:50:39	717
719	1851	1:51:48	Stephen Middleton		Male	620	M40-44	94	1:50:26	706
720	2414	1:51:50	Jonathan Goldthorpe		Male	621	M45-49	81	1:50:19	699
721	2306	1:51:53	Tom Read		Male	622	M17-39	373	1:51:00	742
722	91	1:51:53	John Daniels		Male	623	M17-39	374	1:50:54	731
723	559	1:51:55	Ed Proffitt		Male	624	M17-39	375	1:50:05	690
724	1924	1:52:01	Richard Smith		Male	625	M17-39	376	1:50:34	716
725	1915	1:52:03	Robert Harris		Male	626	M40-44	95	1:51:30	756
726	1106	1:52:05	Alan Ballard		Male	627	M40-44	96	1:50:44	722
727	1558	1:52:06	Matthew Osborne		Male	628	M17-39	377	1:50:09	694
728	93	1:52:09	Rob Jones		Male	629	M17-39	378	1:51:09	745
729	1045	1:52:10	Julian Smith		Male	630	M40-44	97	1:51:48	768
730	1055	1:52:10	Dean Piper		Male	631	M17-39	379	1:51:49	770
731	1655	1:52:12	Simon Green	IPSWICH TRIATHLON CLUB	Male	632	M55-59	17	1:50:59	740
732	113	1:52:14	Steve Symss		Male	633	M40-44	98	1:51:09	746
733	652	1:52:16	Rob Coates		Male	634	M17-39	380	1:51:09	747
734	1663	1:52:16	Peter Matthews	GREAT YARMOUTH ROAD RUNNERS	Male	635	M55-59	18	1:50:46	723
735	924	1:52:16	Kristian Boreham		Male	636	M17-39	381	1:50:11	697
736	1576	1:52:16	Wayne Fleming		Male	637	M17-39	382	1:51:08	743
737	2619	1:52:17	Gregg Brassett		Male	638	M17-39	383	1:50:59	741
738	1353	1:52:18	Justine Shepperson		Female	100	F17-39	66	1:51:19	750
739	1174	1:52:21	Richard Allen		Male	639	M40-44	99	1:51:37	763
740	1897	1:52:21	Joel Dommett		Male	640	M17-39	384	1:51:16	749
741	585	1:52:22	Emma Renouf		Female	101	F17-39	67	1:51:23	753
742	1892	1:52:27	Matthew Lomax		Male	641	M17-39	385	1:49:50	679
743	2606	1:52:29	Steve Rooney	MARCH AC	Male	642	M50-54	47	1:51:47	767
744	2469	1:52:30	Jan Lotter		Male	643	M17-39	386	1:51:54	772
745	2656	1:52:30	Jonathan Foot		Male	644	M50-54	48	1:50:43	721
746	240	1:52:31	Raymond Winney		Male	645	M17-39	387	1:51:33	759
747	1505	1:52:32	Toby Law		Male	646	M40-44	100	1:51:35	762
748	726	1:52:35	Rick Holmes		Male	647	M17-39	388	1:51:53	771
749	921	1:52:35	John Tacey	NORFOLK HARRIERS	Male	648	M40-44	101	1:50:55	734
750	1181	1:52:35	Andrew White		Male	649	M45-49	82	1:51:58	776
751	1476	1:52:36	James Forrest		Male	650	M17-39	389	1:50:19	700
752	1868	1:52:36	Christopher Hueck		Male	651	M40-44	102	1:50:09	695
753	2541	1:52:37	Donna Freegard		Female	102	F17-39	68	1:50:58	738
754	2745	1:52:37	Edwina Gibling		Female	103	F17-39	69	1:50:54	732
755	196	1:52:38	Sam Furness		Male	652	M17-39	390	1:51:33	760
756	2286	1:52:38	Christopher Utting		Male	653	M17-39	391	1:51:33	761
757	2019	1:52:40	Paul Probert	SPRINGFIELD STRIDERS	Male	654	M17-39	392	1:51:30	757
758	1013	1:52:44	Keith Rossiter		Male	655	M55-59	19	1:52:07	780
759	894	1:52:44	Joe Gass		Male	656	M40-44	103	1:51:08	744
760	2749	1:52:46	Joshua Short		Male	657	M17-39	393	1:51:24	755
761	239	1:52:47	Jamie Hurchin		Male	658	M40-44	104	1:51:23	754
762	2950	1:52:47	Kareem Elsawi		Male	659	M17-39	394	1:51:57	775
763	1228	1:52:49	Ed Foster		Male	660	M17-39	395	1:51:32	758
764	1193	1:52:50	Ed Crew		Male	661	M17-39	396	1:52:00	777
765	680	1:52:51	Gary Fryer		Male	662	M17-39	397	1:50:33	714
766	2706	1:52:52	Hugh Roberts	BUNGAY BLACK DOG RC	Male	663	M60-64	8	1:50:55	735
767	1949	1:52:53	Catherine Cranmer		Female	104	F40-44	18	1:51:11	748
768	702	1:52:59	Will Harrison		Male	664	M17-39	398	1:52:47	811
769	1488	1:52:59	Graham Holland		Male	665	M40-44	105	1:50:40	718
770	638	1:53:00	Nick Dean		Male	666	M45-49	83	1:52:18	789



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	2724	1:53:02	Andrew Banning		Male	667	M17-39	399	1:52:14	784
772	1698	1:53:03	Paul Dunthorne		Male	668	M17-39	400	1:52:33	802
773	1377	1:53:06	James Skinner		Male	669	M17-39	401	1:52:34	804
774	2528	1:53:07	Lisa Knights	WAVENEY VALLEY AC	Female	105	F40-44	19	1:51:46	766
775	1232	1:53:07	James Green		Male	670	M17-39	402	1:52:19	792
776	1411	1:53:08	Michael Church		Male	671	M50-54	49	1:51:48	769
777	2554	1:53:10	Jackie Bye	COLTISHALL JAGUARS	Female	106	F50-54	7	1:52:18	790
778	1453	1:53:11	Scott Bemment		Male	672	M17-39	403	1:52:35	805
779	2674	1:53:12	Sarah Witmond		Female	107	F45-49	7	1:51:55	773
780	1638	1:53:14	Brian Titchiner	DEREHAM RUNNERS	Male	673	M50-54	50	1:51:22	751
781	65	1:53:15	Mark Gooch		Male	674	M17-39	404	1:51:41	765
782	2313	1:53:15	Arran Dennis		Male	675	M17-39	405	1:51:40	764
783	246	1:53:16	Tim Brister		Male	676	M50-54	51	1:50:55	736
784	1727	1:53:16	Adam Northcut		Male	677	M17-39	406	1:52:37	806
785	2106	1:53:19	Andrew Hardy		Male	678	M55-59	20	1:52:07	781
786	790	1:53:19	Thomas Knibb		Male	679	M17-39	407	1:52:03	778
787	1547	1:53:21	Anne-Marie Boyd		Female	108	F17-39	70	1:52:07	782
788	2213	1:53:21	Helen Thurtle	BUNGAY BLACK DOG RC	Female	109	F40-44	20	1:52:27	798
789	1147	1:53:21	Ian Green		Male	680	M17-39	408	1:52:33	803
790	2955	1:53:22	Paul Goulsbra		Male	681	M40-44	106	1:52:24	794
791	2913	1:53:22	Daryl Rosser		Male	682	M17-39	409	1:52:31	801
792	3010	1:53:23	Emily Dyble		Female	110	F17-39	71	1:52:53	816
793	935	1:53:24	Garnett Jones		Male	683	M40-44	107	1:52:47	812
794	2124	1:53:28	Ian Fitch		Male	684	M45-49	84	1:52:49	813
795	1910	1:53:42	Sarah Bradley	NORWICH ROAD RUNNERS	Female	111	F45-49	8	1:53:26	852
796	2956	1:53:45	Ken Price	TRI-ANGLIA	Male	685	M60-64	9	1:52:46	810
797	1290	1:53:46	Simon Moore		Male	686	M17-39	410	1:53:07	828
798	2139	1:53:49	Jordan Beaumont		Male	687	M17-39	411	1:53:02	823
799	513	1:53:50	Lewis Day		Male	688	M17-39	412	1:53:06	826
800	2409	1:53:51	Berit Aasland		Female	112	F17-39	72	1:51:55	774
801	1126	1:53:51	Michael Soper		Male	689	M40-44	108	1:52:11	783
802	2931	1:53:52	Chris Sargisson		Male	690	M45-49	85	1:53:01	821
803	1498	1:53:54	Oliver Cottle		Male	691	M17-39	413	1:53:28	854
804	1027	1:53:57	Robert Blackett		Male	692	M17-39	414	1:52:29	799
805	2096	1:53:57	Will Wythe		Male	693	M17-39	415	1:53:19	843
806	2163	1:53:58	Justin Goodrum		Male	694	M17-39	416	1:52:15	786
807	1137	1:54:02	Richard Davies		Male	695	M17-39	417	1:52:56	817
808	1555	1:54:02	Steve Thompson		Male	696	M17-39	418	1:52:05	779
809	2828	1:54:03	Grant Wheeler		Male	697	M45-49	86	1:53:11	836
810	2126	1:54:03	Fraser Mashiter	ACHILLES	Male	698	M17-39	419	1:52:21	793
811	829	1:54:04	Patrick Thhirkettle		Male	699	M45-49	87	1:52:14	785
812	2455	1:54:05	Louise Neal-Hopes	BRJ RUN AND TRI	Female	113	F40-44	21	1:52:25	795
813	1145	1:54:05	Daniel Miller		Male	700	M17-39	420	1:50:58	739
814	570	1:54:05	Steve Collins		Male	701	M17-39	421	1:53:07	829
815	958	1:54:06	John Bradshaw		Male	702	M40-44	109	1:53:22	849
816	2172	1:54:12	Brendan Bolger		Male	703	M17-39	422	1:53:10	835
817	1069	1:54:12	Jeremy Rhodes		Male	704	M50-54	52	1:52:18	791
818	1005	1:54:12	Benjamin Brookes		Male	705	M17-39	423	1:53:21	847
819	947	1:54:13	Max Karen		Male	706	M17-39	424	1:53:52	870
820	2079	1:54:14	Samuel Wood		Male	707	M17-39	425	1:53:51	868
821	2506	1:54:17	Oliver McCormack		Male	708	M17-39	426	1:53:12	837
822	2392	1:54:18	Paul Johnson		Male	709	M17-39	427	1:54:18	886
823	2393	1:54:18	Pauline Barr	FELIXSTOWE ROAD RUNNERS	Female	114	F17-39	73	1:52:59	820
824	692	1:54:21	Chris Holcroft		Male	710	M45-49	88	1:52:49	814
825	1337	1:54:21	Lisa Smith		Female	115	F17-39	74	1:52:56	818
826	2799	1:54:22	Nicola Baker	GREAT YARMOUTH ROAD RUNNERS	Female	116	F40-44	22	1:53:38	862
827	2297	1:54:23	Christy-Ann Newman	BIRKETTS RUNNERS AC	Female	117	F17-39	75	1:53:06	827
828	2274	1:54:23	Seth Emms		Male	711	M40-44	110	1:53:14	839
829	1004	1:54:24	David O'Dell		Male	712	M17-39	428	1:53:48	866
830	298	1:54:27	Paul McKay		Male	713	M40-44	111	1:53:03	825
831	1207	1:54:27	Shane Farrow		Male	714	M17-39	429	1:53:35	859
832	2932	1:54:31	Pete Stewart		Male	715	M45-49	89	1:53:09	833
833	872	1:54:32	Bhavik Gami		Male	716	M17-39	430	1:53:21	848
834	2813	1:54:33	Mike Peterson		Male	717	M40-44	112	1:54:01	872
835	1304	1:54:33	Timothy Howard		Male	718	M50-54	53	1:53:01	822
836	1548	1:54:34	Alice Bamber		Female	118	F17-39	76	1:52:16	787
837	1328	1:54:35	Wayne Grant		Male	719	M50-54	54	1:53:18	842
838	2952	1:54:37	Michael Smith	WYMONDHAM AC	Male	720	M65+	6	1:53:09	834
839	2871	1:54:37	Jen Rudd	WYMONDHAM AC	Female	119	F17-39	77	1:53:19	844
840	1812	1:54:39	James Larnder		Male	721	M17-39	431	1:52:26	796





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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	2529	1:54:41	Grant King		Male	722	M17-39	432	1:53:02	824
842	1869	1:54:42	Thembelani Nyathi		Male	723	M17-39	433	1:51:22	752
843	1394	1:54:42	Ian Williams		Male	724	M45-49	90	1:52:17	788
844	2754	1:54:44	David Wild		Male	725	M50-54	55	1:52:37	807
845	648	1:54:45	Melanie Harrison		Female	120	F17-39	78	1:53:50	867
846	1349	1:54:45	Aidan Smith		Male	726	M17-39	434	1:52:26	797
847	2017	1:54:45	Tracy Stevens	WYMONDHAM AC	Female	121	F40-44	23	1:53:57	871
848	2684	1:54:46	Tony Heath	NORTH NORFOLK BEACH RUNNERS	Male	727	M60-64	10	1:54:06	875
849	2334	1:54:46	Wright Lucy		Female	122	F17-39	79	1:53:17	840
850	1419	1:54:49	Connor Courtney	CLAPHAM CHASERS	Male	728	M17-39	435	1:53:42	864
851	990	1:54:51	Clyde Camburn		Male	729	M50-54	56	1:53:13	838
852	520	1:54:53	Andrew Hawes		Male	730	M17-39	436	1:52:51	815
853	1393	1:54:53	Cassie Barker	WYMONDHAM AC	Female	123	F17-39	80	1:53:34	858
854	1740	1:54:55	Ben Conway		Male	731	M17-39	437	1:53:20	845
855	766	1:54:57	Daniel Akhurst		Male	732	M17-39	438	1:52:58	819
856	1373	1:54:58	Adam Parkhouse		Male	733	M17-39	439	1:54:32	900
857	1749	1:54:59	Declan Farrell		Male	734	M17-39	440	1:53:35	860
858	675	1:55:01	Gina Steggall		Female	124	F17-39	81	1:53:08	830
859	2635	1:55:02	Rebecca Livings		Female	125	F17-39	82	1:53:08	831
860	1490	1:55:03	Chris Howard		Male	735	M40-44	113	1:54:47	919
861	3000	1:55:05	Graham Buddle		Male	736	M40-44	114	1:54:34	904
862	323	1:55:06	Anita Grainger	WITHAM RUNNING CLUB	Female	126	F40-44	24	1:54:02	873
863	2447	1:55:07	Vicki Grice		Female	127	F17-39	83	1:53:31	855
864	1380	1:55:09	Peter Morgan		Male	737	M17-39	441	1:52:41	809
865	278	1:55:10	Becky Sturgeon	BUNGAY BLACK DOG RC	Female	128	F40-44	25	1:54:20	888
866	1715	1:55:12	Charlie Ladyman	VICTORIA PARK HARRIERS	Female	129	F17-39	84	1:54:58	929
867	1214	1:55:14	Ryan Pudney		Male	738	M17-39	442	1:54:34	905
868	1127	1:55:15	Michaela Clarke	COLCHESTER HARRIERS	Female	130	F17-39	85	1:53:20	846
869	2262	1:55:16	Jonny George		Male	739	M17-39	443	1:54:14	882
870	1326	1:55:18	Sean O'Driscoll	BUSHFIELD JOGGERS	Male	740	M50-54	57	1:52:38	808
871	1895	1:55:18	Dan Lee		Male	741	M17-39	444	1:54:13	881
872	2671	1:55:20	Bruce Pettit		Male	742	M40-44	115	1:53:27	853
873	1164	1:55:20	Sean Whelan		Male	743	M17-39	445	1:54:10	878
874	1133	1:55:22	Peter Laycock		Male	744	M50-54	58	1:55:22	944
875	94	1:55:23	Carmel McQuaid		Female	131	F17-39	86	1:54:24	891
876	2519	1:55:26	Russell Harmer		Male	745	M17-39	446	1:54:39	909
877	1829	1:55:26	Dean Walker		Male	746	M17-39	447	1:54:33	903
878	2819	1:55:27	Steven Baum		Male	747	M55-59	21	1:53:17	841
879	1747	1:55:28	Jon Holt		Male	748	M17-39	448	1:54:17	884
880	1002	1:55:28	Paul Lever		Male	749	M17-39	449	1:52:30	800
881	2395	1:55:31	Jeff Croke		Male	750	M60-64	11	1:54:20	889
882	259	1:55:33	Kieran Latta		Male	751	M17-39	450	1:53:51	869
883	1018	1:55:35	Jack Hutchison		Male	752	M17-39	451	1:54:24	892
884	1991	1:55:36	Paul Murfitt		Male	753	M40-44	116	1:55:28	953
885	390	1:55:37	Shaun Newrick		Male	754	M17-39	452	1:53:33	857
886	2834	1:55:38	Melanie Chaplin		Female	132	F17-39	87	1:54:03	874
887	2896	1:55:38	Stewart Lines		Male	755	M17-39	453	1:55:38	956
888	2140	1:55:39	Lucy Temple		Female	133	F17-39	88	1:55:12	938
889	1713	1:55:41	Richard Tatterton	IPSWICH JAFFA	Male	756	M17-39	454	1:54:15	883
890	1268	1:55:42	Danny Verwer		Male	757	M17-39	455	1:54:27	896
891	1241	1:55:42	Steven Lewis		Male	758	M17-39	456	1:54:27	897
892	2992	1:55:43	Jason Snook		Male	759	M40-44	117	1:54:27	898
893	2995	1:55:43	Catherine Garrod		Female	134	F40-44	26	1:54:26	895
894	3036	1:55:46	Luke Hurren		Male	760	M17-39	457	1:54:42	912
895	3035	1:55:48	Darren Walsgrove		Male	761	M40-44	118	1:54:09	877
896	1089	1:55:50	Spencer Hill	WYMONDHAM AC	Male	762	M17-39	458	1:54:12	880
897	1169	1:55:51	Liz Stevens		Female	135	F40-44	27	1:54:06	876
898	1170	1:55:51	Neil Stevens		Male	763	M45-49	91	1:55:51	963
899	2795	1:55:52	Paul Brown		Male	764	M17-39	459	1:54:25	893
900	306	1:55:56	Megan Hatch		Female	136	F17-39	89	1:55:01	931
901	1236	1:55:57	Clare Salisbury		Female	137	F17-39	90	1:53:47	865
902	2837	1:55:58	Ellen Finch-Sieg		Female	138	F17-39	91	1:54:25	894
903	2423	1:55:59	Keith Parkes		Male	765	M40-44	119	1:55:01	932
904	2020	1:56:00	C Adlem Probert	SPRINGFIELD STRIDERS	Female	139	F17-39	92	1:54:50	921
905	351	1:56:03	Alan Welton		Male	766	M17-39	460	1:54:53	926
906	2189	1:56:03	Sam Stuart		Male	767	M17-39	461	1:53:37	861
907	1583	1:56:04	Paul Hill		Male	768	M17-39	462	1:54:35	907
908	2295	1:56:04	Phil McLean		Male	769	M17-39	463	1:53:22	850
909	2442	1:56:08	Jamie Thompson		Male	770	M17-39	464	1:54:11	879
910	197	1:56:08	Jason Marsh		Male	771	M40-44	120	1:53:31	856



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
911	2405	1:56:09	Jason Ford	NORFOLK HARRIERS	Male	772	M17-39	465	1:54:34	906
912	3005	1:56:10	Beres Ward	WYMONDHAM AC	Female	140	F55-59	5	1:54:52	923
913	1657	1:56:13	Theresa Dooley		Female	141	F40-44	28	1:55:04	933
914	2159	1:56:13	Thomas Buckenham		Male	773	M17-39	466	1:53:39	863
915	1974	1:56:13	Kate West		Female	142	F17-39	93	1:54:45	915
916	751	1:56:14	Jo Walker	BUNGAY BLACK DOG RC	Female	143	F17-39	94	1:55:04	934
917	1194	1:56:15	Stephen Hardwick		Male	774	M17-39	467	1:53:08	832
918	759	1:56:17	Elizabeth Clarke		Female	144	F17-39	95	1:55:22	945
919	71	1:56:17	Kathryn Hammond	NORWICH ROAD RUNNERS	Female	145	F17-39	96	1:54:52	924
920	2152	1:56:19	Joni Lambert		Female	146	F17-39	97	1:55:44	959
921	2642	1:56:19	Anna Douglas	BIRKETTS RUNNERS AC	Female	147	F17-39	98	1:55:00	930
922	371	1:56:20	Ben Fisher		Male	775	M17-39	468	1:54:52	925
923	55	1:56:20	Jeremy Brockelsby		Male	776	M45-49	92	1:54:23	890
924	3020	1:56:22	Nicholas Rees		Male	777	M17-39	469	1:54:46	918
925	202	1:56:24	Liam Carolan		Male	778	M17-39	470	1:55:15	941
926	1914	1:56:24	Stuart Cleevely		Male	779	M17-39	471	1:55:51	964
927	754	1:56:25	Kate Johnson		Female	148	F17-39	99	1:54:18	887
928	2134	1:56:26	Martin Ferguson		Male	780	M17-39	472	1:55:04	935
929	2202	1:56:26	Helene Hunter		Female	149	F40-44	29	1:55:27	951
930	344	1:56:28	Stuart Moran	FERC	Male	781	M45-49	93	1:54:32	901
931	2505	1:56:30	Chaitanya Satbhai		Male	782	M17-39	473	1:55:22	946
932	3040	1:56:31	Lucy Campbell	NORTH NORFOLK BEACH RUNNERS	Female	150	F45-49	9	1:55:59	971
933	2120	1:56:33	Helen Melville	RYSTON RUNNERS	Female	151	F17-39	100	1:54:45	916
934	2843	1:56:34	Katie Gaskell		Female	152	F17-39	101	1:54:32	902
935	1309	1:56:34	James Walsgrove	TRI-ANGLIA	Male	783	M17-39	474	1:54:56	927
936	2535	1:56:37	Roxy Sayer		Female	153	F17-39	102	1:55:13	940
937	2700	1:56:38	James Mudie		Male	784	M17-39	475	1:53:25	851
938	1485	1:56:38	Rachel Bolt		Female	154	F17-39	103	1:54:39	910
939	898	1:56:40	D Craven-Wilkinson		Male	785	M17-39	476	1:54:41	911
940	2523	1:56:42	Jon Ellicott	BUSHFIELD JOGGERS	Male	786	M17-39	477	1:55:05	936
941	2865	1:56:43	Donna Gray		Female	155	F40-44	30	1:56:02	973
942	874	1:56:44	Graham Allchurch		Male	787	M40-44	121	1:54:37	908
943	1287	1:56:45	Stefan Ebelewicz		Male	788	M17-39	478	1:55:42	958
944	516	1:56:47	Nico Paganini		Male	789	M40-44	122	1:54:47	920
945	2027	1:56:48	Kevin Carter		Male	790	M17-39	479	1:55:21	943
946	2156	1:56:51	Toni George	GREAT YARMOUTH ROAD RUNNERS	Female	156	F17-39	104	1:54:43	913
947	2386	1:56:52	Mark Mountain	GREAT YARMOUTH ROAD RUNNERS	Male	791	M40-44	123	1:54:44	914
948	2364	1:56:57	Michelle Gordon	FELIXSTOWE ROAD RUNNERS	Female	157	F17-39	105	1:55:57	969
949	2363	1:56:58	Andrew Gordon	FELIXSTOWE ROAD RUNNERS	Male	792	M17-39	480	1:55:57	970
950	2696	1:56:59	Alison Sinclair	BUSHFIELD JOGGERS	Female	158	F45-49	10	1:55:22	947
951	1454	1:57:00	Martin Kennedy		Male	793	M17-39	481	1:55:29	954
952	2171	1:57:03	Julie Burrows		Female	159	F40-44	31	1:55:39	957
953	2051	1:57:05	Julie Talbot		Female	160	F55-59	6	1:55:25	949
954	2050	1:57:05	Richard Talbot		Male	794	M55-59	22	1:55:25	950
955	2257	1:57:07	Andrew Norton	DEREHAM RUNNERS	Male	795	M45-49	94	1:57:01	1025
956	1196	1:57:07	Thomas Dring		Male	796	M17-39	482	1:55:27	952
957	1745	1:57:08	Aaron Clayden		Male	797	M17-39	483	1:56:26	993
958	2640	1:57:10	Adam Mixer		Male	798	M40-44	124	1:54:17	885
959	2388	1:57:12	Andrea Usher		Female	161	F40-44	32	1:55:48	961
960	2097	1:57:14	Samuel Harding		Male	799	M17-39	484	1:54:45	917
961	2190	1:57:14	Ian Chalk		Male	800	M17-39	485	1:55:52	965
962	1850	1:57:18	C Griffin-Sparrow		Male	801	M40-44	125	1:56:01	972
963	2203	1:57:18	Adrian Vivian		Male	802	M40-44	126	1:56:03	974
964	394	1:57:19	Kirk Wilson		Male	803	M40-44	127	1:55:56	967
965	1586	1:57:20	Gediminas Ceicys		Male	804	M17-39	486	1:54:50	922
966	2034	1:57:24	Louise Panter		Female	162	F40-44	33	1:56:10	984
967	2359	1:57:24	Francesca Birbeck		Female	163	F17-39	106	1:55:29	955
968	1318	1:57:25	Neil Grady		Male	805	M17-39	487	1:55:23	948
969	953	1:57:29	Kirsty Jarvis		Female	164	F17-39	107	1:55:12	939
970	2885	1:57:29	Theresa Fischer		Female	165	F17-39	108	1:56:46	1008
971	2786	1:57:31	Martin Spaul		Male	806	M50-54	59	1:54:29	899
972	1977	1:57:32	Stuart Popham		Male	807	M17-39	488	1:56:40	998
973	8	1:57:37	Chris Read		Male	808	M17-39	489	1:56:06	978
974	1469	1:57:38	Ralph Baulcombe		Male	809	M17-39	490	1:56:05	977
975	1997	1:57:42	Mark Burrell		Male	810	M50-54	60	1:54:57	928
976	2086	1:57:43	Joanna Burke		Female	166	F17-39	109	1:56:09	981
977	2254	1:57:43	Charles Sizeland	TRI-ANGLIA	Male	811	M17-39	491	1:55:50	962
978	939	1:57:44	Nicola Bowyer	ROYSTON RUNNERS	Female	167	F40-44	34	1:56:41	1002
979	2002	1:57:44	Peter Worsley	ROYSTON RUNNERS	Male	812	M50-54	61	1:56:41	1003
980	2638	1:57:45	Helen Hunt		Female	168	F17-39	110	1:56:09	982



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
981	586	1:57:46	Gary Sergeant		Male	813	M45-49	95	1:56:50	1010
982	224	1:57:47	Lewis Ablett		Male	814	M17-39	492	1:55:08	937
983	1600	1:57:47	Konstantin Penkov		Male	815	M17-39	493	1:55:54	966
984	2104	1:57:48	Matthew Willer		Male	816	M17-39	494	1:56:40	999
985	1441	1:57:50	Harry Phillips		Male	817	M17-39	495	1:57:07	1031
986	1789	1:57:54	Kai Gibbon		Male	818	M40-44	128	1:56:55	1016
987	1048	1:57:54	Adrian Rutterford		Male	819	M50-54	62	1:56:08	979
988	1560	1:57:55	Bridget Reasbeck		Female	169	F45-49	11	1:56:08	980
989	1814	1:57:58	Natasha Reed		Female	170	F17-39	111	1:55:56	968
990	434	1:57:59	Robert Clark		Male	820	M45-49	96	1:56:04	976
991	2222	1:58:04	David Rowley		Male	821	M45-49	97	1:56:47	1009
992	2255	1:58:06	Alison Marchant	CITY OF NORWICH AC	Female	171	F45-49	12	1:56:55	1017
993	1743	1:58:07	Neil McDonald		Male	822	M17-39	496	1:57:18	1043
994	1662	1:58:07	Paul Wright		Male	823	M45-49	98	1:56:40	1000
995	2261	1:58:08	Rainer Herberholz		Male	824	M40-44	129	1:56:19	988
996	53	1:58:08	Carl Berriman		Male	825	M40-44	130	1:57:21	1046
997	1870	1:58:08	Richard Egle		Male	826	M40-44	131	1:57:05	1029
998	2023	1:58:11	Peter Blake		Male	827	M17-39	497	1:56:29	995
999	1407	1:58:11	Sonya Cooper		Female	172	F40-44	35	1:57:52	1075
1000	1739	1:58:12	Matthew Conway		Male	828	M17-39	498	1:57:06	1030
1001	2165	1:58:13	Shawn Cutajar		Male	829	M45-49	99	1:57:00	1023
1002	280	1:58:13	Nigel Kinsella		Male	830	M45-49	100	1:56:09	983
1003	2220	1:58:13	Valant Cutajar		Male	831	M45-49	101	1:57:00	1024
1004	179	1:58:14	Julie Cotton		Female	173	F45-49	13	1:55:47	960
1005	1062	1:58:15	David Day		Male	832	M17-39	499	1:55:17	942
1006	2174	1:58:16	Ian St Ledger	SUDBURY JOGGERS	Male	833	M45-49	102	1:56:38	997
1007	1057	1:58:16	Rachael Lockwood	WYMONDHAM AC	Female	174	F17-39	112	1:56:58	1021
1008	2116	1:58:16	Robert Picksley		Male	834	M40-44	132	1:56:40	1001
1009	2599	1:58:18	Tony Hall		Male	835	M50-54	63	1:56:25	992
1010	2047	1:58:18	Kevin Wickham		Male	836	M50-54	64	1:57:22	1047
1011	1788	1:58:20	Jessica Sales		Female	175	F17-39	113	1:56:43	1005
1012	1779	1:58:20	Adam Gilbertson		Male	837	M17-39	500	1:56:15	986
1013	2251	1:58:22	Susannah Stanbrook		Female	176	F45-49	14	1:56:42	1004
1014	2256	1:58:23	Rick Voutt		Male	838	M40-44	133	1:56:54	1013
1015	1257	1:58:23	Steven Kovacevic		Male	839	M17-39	501	1:57:09	1032
1016	1374	1:58:23	Andy Walter	NORFOLK GAZELLES	Male	840	M40-44	134	1:57:49	1072
1017	1599	1:58:24	Theodore Dassios		Female	177	F17-39	114	1:56:24	990
1018	925	1:58:25	Tim Dawson		Male	841	M17-39	502	1:56:21	989
1019	1186	1:58:27	Mark Mansell		Male	842	M40-44	135	1:56:56	1019
1020	2055	1:58:28	Jaimin Patel		Male	843	M17-39	503	1:56:03	975
1021	1562	1:58:30	David Chapman	SUDBURY JOGGERS	Male	844	M50-54	65	1:56:51	1011
1022	1629	1:58:30	Paul Frarey		Male	845	M17-39	504	1:56:54	1014
1023	549	1:58:32	Melissa Wilkins		Female	178	F17-39	115	1:57:20	1045
1024	69	1:58:32	Neil Sawyer		Male	846	M40-44	136	1:56:13	985
1025	2340	1:58:33	Ian Cleminson		Male	847	M45-49	103	1:57:04	1027
1026	2186	1:58:33	Andrew Elvin		Male	848	M17-39	505	1:56:52	1012
1027	2348	1:58:33	Sarah Stubbs		Female	179	F17-39	116	1:57:04	1028
1028	1742	1:58:34	James Conway		Male	849	M45-49	104	1:57:01	1026
1029	393	1:58:34	Jamie Wright		Male	850	M17-39	506	1:57:45	1069
1030	1695	1:58:35	James Norden	IPSWICH TRIATHLON CLUB	Male	851	M45-49	105	1:56:54	1015
1031	1939	1:58:35	Tim Russell		Male	852	M17-39	507	1:56:59	1022
1032	1983	1:58:36	Adam David		Male	853	M17-39	508	1:56:43	1006
1033	2307	1:58:36	Lucy Pointer		Female	180	F17-39	117	1:56:45	1007
1034	435	1:58:40	Fynn Darren Cornish		Male	854	M17-39	509	1:57:37	1064
1035	426	1:58:40	Emma Webdale		Female	181	F17-39	118	1:57:39	1065
1036	15	1:58:41	Andy Clarke		Male	855	M55-59	23	1:56:55	1018
1037	1689	1:58:41	Andrew Bush		Male	856	M17-39	510	1:56:24	991
1038	2287	1:58:43	Iain Patterson		Male	857	M17-39	511	1:57:34	1059
1039	2683	1:58:44	Brenda Kinch	NORTH NORFOLK BEACH RUNNERS	Female	182	F65+	1	1:58:00	1083
1040	355	1:58:45	James Sharman		Male	858	M17-39	512	1:57:51	1074
1041	2886	1:58:46	Bob Paul	BUNGAY BLACK DOG RC	Male	859	M55-59	24	1:58:34	1123
1042	2478	1:58:47	Chris Walker	NORTH NORFOLK BEACH RUNNERS	Female	183	F40-44	36	1:57:25	1050
1043	2438	1:58:50	Paul Scibilia	TRI-ANGLIA	Male	860	M45-49	106	1:56:35	996
1044	2323	1:58:52	Kate Saunders		Female	184	F40-44	37	1:56:56	1020
1045	757	1:58:52	Mike Prendergast		Male	861	M50-54	66	1:57:12	1038
1046	1113	1:58:53	Nancy Wedge		Female	185	F17-39	119	1:57:09	1033
1047	1114	1:58:53	Bill Wedge		Male	862	M17-39	513	1:57:09	1034
1048	1879	1:58:54	Simeon Beasley		Male	863	M40-44	137	1:56:26	994
1049	338	1:58:55	Stuart Lawn	BUNGAY BLACK DOG RC	Male	864	M17-39	514	1:57:12	1039
1050	571	1:58:56	Vernon Holloway		Male	865	M50-54	67	1:57:58	1081



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	2267	1:58:59	Christopher Convey		Male	866	M40-44	138	1:58:14	1093
1052	279	1:59:00	Darren Cole		Male	867	M17-39	515	1:57:46	1070
1053	2569	1:59:00	Deborah English	NORWICH ROAD RUNNERS	Female	186	F17-39	120	1:58:10	1090
1054	1086	1:59:00	Richard Fairman		Male	868	M45-49	107	1:58:09	1088
1055	1432	1:59:01	Louise Fairman		Female	187	F40-44	38	1:58:09	1089
1056	2454	1:59:01	Carol Maycock	BUNGAY BLACK DOG RC	Female	188	F50-54	8	1:57:49	1073
1057	2556	1:59:02	Chris Groves	TRI-ANGLIA	Male	869	M60-64	12	1:56:15	987
1058	2011	1:59:02	Alistair Fish		Male	870	M45-49	108	1:57:14	1041
1059	2763	1:59:04	Steve Stringer	GREAT YARMOUTH ROAD RUNNERS	Male	871	M45-49	109	1:57:31	1055
1060	1928	1:59:06	Matt Roberts		Male	872	M17-39	516	1:57:11	1036
1061	142	1:59:09	Carl Saunders		Male	873	M17-39	517	1:57:26	1052
1062	1330	1:59:11	Alex Leskanich		Male	874	M17-39	518	1:57:22	1048
1063	2464	1:59:12	Matthew Shannon		Male	875	M17-39	519	1:58:53	1134
1064	2070	1:59:13	Katrina Tipler		Female	189	F17-39	121	1:58:12	1091
1065	2211	1:59:13	Graham Worsfold		Male	876	M17-39	520	1:58:32	1120
1066	466	1:59:13	Thomas Armes		Male	877	M17-39	521	1:59:07	1141
1067	2493	1:59:13	Nic Sheldrake		Male	878	M40-44	139	1:57:33	1058
1068	39	1:59:16	Sam Patterson		Male	879	M17-39	522	1:58:23	1110
1069	2145	1:59:17	Kevin Frostick		Male	880	M17-39	523	1:58:59	1140
1070	2387	1:59:17	Kevin May		Male	881	M17-39	524	1:57:52	1076
1071	269	1:59:18	Mark Boyd		Male	882	M17-39	525	1:57:25	1051
1072	1348	1:59:21	Mark Underwood		Male	883	M45-49	110	1:57:34	1060
1073	2045	1:59:21	Ed Prichard		Male	884	M45-49	111	1:57:34	1061
1074	1109	1:59:24	Matthew Forrester		Male	885	M17-39	526	1:57:42	1066
1075	2616	1:59:26	Melanie Evans		Female	190	F45-49	15	1:57:27	1053
1076	1052	1:59:27	Scott Steward		Male	886	M17-39	527	1:58:02	1084
1077	952	1:59:28	Robert Hawes		Male	887	M40-44	140	1:57:56	1079
1078	2440	1:59:30	Viv Cassidy		Female	191	F17-39	122	1:58:33	1122
1079	527	1:59:31	Dianne Bird		Female	192	F45-49	16	1:57:13	1040
1080	1720	1:59:38	Sarah Hemingway		Female	193	F17-39	123	1:57:16	1042
1081	2665	1:59:40	Dateme Tubotamuno		Male	888	M17-39	528	1:59:25	1157
1082	1461	1:59:40	Lee Richardson		Male	889	M40-44	141	1:58:23	1111
1083	1439	1:59:40	Kathy Herbig		Female	194	F17-39	124	1:57:35	1063
1084	1601	1:59:42	Ayesha Shahid		Female	195	F17-39	125	1:58:19	1099
1085	2216	1:59:43	Matt Johnson		Male	890	M17-39	529	1:58:22	1107
1086	456	1:59:44	Phil Norman		Male	891	M17-39	530	1:58:17	1095
1087	2577	1:59:45	Tom Wilkinson		Male	892	M17-39	531	1:57:28	1054
1088	1778	1:59:46	Ian Harper		Male	893	M50-54	68	1:57:11	1037
1089	1199	1:59:47	Sophie Janacek		Female	196	F17-39	126	1:58:23	1112
1090	592	1:59:47	Adrian Jackson		Male	894	M45-49	112	1:57:44	1068
1091	211	1:59:49	Paul Hickman		Male	895	M45-49	113	1:57:18	1044
1092	1307	1:59:50	Melanie Buttery		Female	197	F17-39	127	1:58:36	1126
1093	2855	1:59:50	James McCormack		Male	896	M17-39	532	1:58:46	1130
1094	1368	1:59:52	Julia Lloyd	WYMONDHAM AC	Female	198	F45-49	17	1:58:32	1121
1095	1288	1:59:55	Tom Creasy		Male	897	M17-39	533	1:58:30	1118
1096	1448	1:59:56	Guy Rash		Male	898	M45-49	114	1:57:10	1035
1097	2689	1:59:58	Bridget Stevens		Female	199	F45-49	18	1:59:27	1160
1098	1472	2:00:00	Lorraine Robertson	NORWICH ROAD RUNNERS	Female	200	F40-44	39	1:58:16	1094
1099	494	2:00:01	Craig Matthewman		Male	899	M40-44	142	1:58:57	1137
1100	642	2:00:01	David Smyth		Male	900	M40-44	143	1:58:57	1138
1101	1828	2:00:01	Tim Willis		Male	901	M17-39	534	1:58:20	1102
1102	2078	2:00:01	Mark Lawson	GREAT YARMOUTH & DISTRICT AC	Male	902	M40-44	144	1:58:19	1100
1103	1595	2:00:03	David Brady	RAF MARHAM	Male	903	M40-44	145	1:57:53	1077
1104	853	2:00:04	Ivor McNaugher		Male	904	M45-49	115	1:58:21	1105
1105	2076	2:00:05	Steven Drummond		Male	905	M40-44	146	1:57:57	1080
1106	2847	2:00:06	Graham Cowling		Male	906	M17-39	535	1:58:31	1119
1107	1305	2:00:07	Reuben Ard		Male	907	M17-39	536	1:58:19	1101
1108	614	2:00:09	Terence Moore		Male	908	M50-54	69	1:59:58	1184
1109	1475	2:00:10	Steven Baldwin	NORFOLK GAZELLES	Male	909	M17-39	537	1:58:28	1115
1110	1473	2:00:10	Chris Baldwin	NORFOLK GAZELLES	Male	910	M17-39	538	1:58:28	1116
1111	562	2:00:12	Lee Wagstaff		Male	911	M17-39	539	1:57:31	1056
1112	2962	2:00:13	Michael Crampton		Male	912	M45-49	116	1:59:52	1179
1113	582	2:00:14	Dawn Palmer		Female	201	F40-44	40	1:58:18	1096
1114	584	2:00:17	Zoe Marsden		Female	202	F17-39	128	1:58:22	1108
1115	2765	2:00:18	Jessica Ashley		Female	203	F40-44	41	1:58:13	1092
1116	2617	2:00:19	Roberto Montagna		Male	913	M17-39	540	1:58:23	1113
1117	1030	2:00:21	Andrew Bell		Male	914	M17-39	541	1:58:58	1139
1118	1340	2:00:21	Ivan Lees	GREAT YARMOUTH ROAD RUNNERS	Male	915	M55-59	25	1:57:32	1057
1119	1609	2:00:21	Lisa Riley	LOWESTOFT ROAD RUNNERS	Female	204	F40-44	42	1:58:04	1085
1120	45	2:00:22	Lindsay Hobden		Female	205	F40-44	43	1:58:20	1103





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	2360	2:00:27	Rebecca Gibbs		Female	206	F17-39	129	1:57:58	1082
1122	1167	2:00:27	Julz Williams	TRI-ANGLIA	Female	207	F17-39	130	1:57:34	1062
1123	181	2:00:30	Jonathon Fagge	TRI-ANGLIA	Male	916	M40-44	147	1:59:27	1161
1124	556	2:00:31	Gerry Anstiss	SPHINX AC	Male	917	M55-59	26	1:59:13	1151
1125	309	2:00:33	Usman Chatta		Male	918	M17-39	542	1:57:47	1071
1126	1701	2:00:33	Richard Williams	ROAD RUNNERS CLUB	Male	919	M50-54	70	1:57:22	1049
1127	1339	2:00:33	Heather Smith		Female	208	F17-39	131	1:59:08	1144
1128	1952	2:00:33	H Richardson-Gunn		Female	209	F17-39	132	1:58:35	1124
1129	1449	2:00:36	Suzanne Rodger	NORWICH ROAD RUNNERS	Female	210	F17-39	133	1:59:10	1145
1130	729	2:00:37	Jonathan Thetford		Male	920	M40-44	148	1:59:10	1146
1131	1111	2:00:37	Andy Baxter	TRI-ANGLIA	Male	921	M40-44	149	1:59:40	1167
1132	1416	2:00:39	Martin Cuthbert		Male	922	M17-39	543	1:58:06	1087
1133	2435	2:00:39	Peter Vrabec		Male	923	M17-39	544	1:58:18	1097
1134	2891	2:00:40	Geraldine Jordan	DEREHAM RUNNERS	Female	211	F45-49	19	1:59:44	1170
1135	395	2:00:42	Andrew Stagg		Male	924	M17-39	545	1:58:22	1109
1136	1457	2:00:44	Howard Lloyd		Male	925	M17-39	546	1:57:43	1067
1137	1219	2:00:44	John Robertson	CITY OF NORWICH AC	Male	926	M45-49	117	1:59:17	1153
1138	2922	2:00:45	Janice Moore	DEREHAM RUNNERS	Female	212	F45-49	20	1:58:52	1133
1139	2625	2:00:47	Simon Warr		Male	927	M45-49	118	1:58:49	1132
1140	1042	2:00:49	Jacqueline Lake		Female	213	F50-54	9	1:59:11	1147
1141	1092	2:00:49	Bill Bufford		Male	928	M40-44	150	1:59:13	1152
1142	636	2:00:51	Thomas Lewis		Male	929	M17-39	547	1:57:55	1078
1143	1436	2:00:53	Liam Hughes		Male	930	M55-59	27	1:58:28	1117
1144	1951	2:00:53	Gavin Gunn		Male	931	M17-39	548	1:58:55	1135
1145	2608	2:00:55	Steve Small		Male	932	M50-54	71	1:59:17	1154
1146	2892	2:00:56	Anne Harper	DEREHAM RUNNERS	Female	214	F45-49	21	2:00:00	1188
1147	81	2:00:57	Paul Bayfield		Male	933	M17-39	549	1:58:21	1106
1148	464	2:00:58	Rhona Leadbetter		Female	215	F45-49	22	1:58:18	1098
1149	2850	2:00:59	Jamie Pearson		Male	934	M17-39	550	2:00:01	1190
1150	2318	2:01:00	Simon Smith		Male	935	M40-44	151	1:58:25	1114
1151	693	2:01:01	Oliver Smart		Male	936	M17-39	551	1:59:28	1162
1152	1418	2:01:04	Roy Moir		Male	937	M40-44	152	2:00:42	1211
1153	1480	2:01:05	Robbie Burt	SAINT EDMUND PACERS	Male	938	M40-44	153	1:59:37	1164
1154	2699	2:01:09	Chris Backhouse	BUNGAY BLACK DOG RC	Male	939	M17-39	552	1:59:25	1158
1155	2864	2:01:09	Paul Minns		Male	940	M45-49	119	1:58:04	1086
1156	961	2:01:11	Catherine Hames	CAMBRIDGE AND COLERIDGE AC	Female	216	F17-39	134	1:59:12	1149
1157	2485	2:01:12	Trevor Reeves		Male	941	M17-39	553	1:59:17	1155
1158	21	2:01:14	Kate Ledwidge		Female	217	F17-39	135	1:59:21	1156
1159	1639	2:01:15	Chris Bielby		Male	942	M17-39	554	1:58:35	1125
1160	2803	2:01:15	Laura McKay		Female	218	F45-49	23	1:59:43	1169
1161	1696	2:01:16	Richard Houston		Male	943	M40-44	154	1:59:48	1174
1162	2946	2:01:17	Jon Crane		Male	944	M17-39	555	1:58:41	1127
1163	307	2:01:18	Joe Gowing		Male	945	M17-39	556	1:59:51	1178
1164	1379	2:01:18	Richard Hiom		Male	946	M17-39	557	1:59:37	1165
1165	123	2:01:20	Lorrain Dawson	GREAT YARMOUTH ROAD RUNNERS	Female	219	F50-54	10	2:01:07	1230
1166	2511	2:01:21	Edmund Preston	SLEAFORD STRIDERS	Male	947	M60-64	13	2:01:04	1228
1167	2437	2:01:21	Dave Skidmore		Male	948	M50-54	72	1:59:47	1173
1168	1484	2:01:23	Julie Deadman	SERPENTINE RC	Female	220	F45-49	24	2:00:02	1191
1169	2157	2:01:23	Daniel Lloyd		Male	949	M17-39	558	1:59:53	1182
1170	2062	2:01:23	Steven Garratt		Male	950	M17-39	559	1:59:52	1180
1171	1852	2:01:23	Gary Prescott		Male	951	M40-44	155	1:59:58	1185
1172	2057	2:01:23	Jason MacDonald		Male	952	M17-39	560	1:59:52	1181
1173	2008	2:01:23	Robert Rooke		Male	953	M50-54	73	1:58:20	1104
1174	962	2:01:24	Katie Houston Bayes		Female	221	F17-39	136	2:00:20	1198
1175	964	2:01:24	Iain Houston Bayes		Male	954	M17-39	561	2:00:20	1199
1176	2458	2:01:24	Michael Fone		Male	955	M50-54	74	1:58:42	1128
1177	2750	2:01:24	Al Kastner		Male	956	M45-49	120	2:00:02	1192
1178	1741	2:01:25	Damian Conway		Male	957	M55-59	28	1:59:50	1177
1179	2245	2:01:25	Julie London	NORFOLK GAZELLES	Female	222	F45-49	25	2:00:39	1208
1180	2246	2:01:26	Stephen Sadd	NORFOLK GAZELLES	Male	958	M50-54	75	2:00:40	1210
1181	1438	2:01:26	Rob McKillop		Male	959	M45-49	121	1:58:43	1129
1182	709	2:01:30	E De Hoghton McKay		Female	223	F40-44	44	1:58:55	1136
1183	1769	2:01:33	Gavin Albrow		Male	960	M40-44	156	1:59:45	1171
1184	1859	2:01:33	David Slatter		Male	961	M45-49	122	1:59:07	1142
1185	2305	2:01:37	Peter Durham		Male	962	M45-49	123	2:00:00	1189
1186	104	2:01:38	Shaun Davy		Male	963	M17-39	562	1:59:39	1166
1187	398	2:01:39	Ben Newton		Male	964	M17-39	563	1:59:07	1143
1188	2013	2:01:41	Steve Nichols		Male	965	M40-44	157	1:59:57	1183
1189	1673	2:01:45	Lorraine Gray		Female	224	F17-39	137	1:59:11	1148
1190	2890	2:01:48	Stacey Duffield		Female	225	F40-44	45	2:00:32	1202



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1191	2889	2:01:48	Helen McCall		Female	226	F17-39	138	2:00:32	1203
1192	2399	2:01:48	Nicola Drew		Female	227	F17-39	139	1:59:58	1186
1193	2103	2:01:49	Nicola Gibson	NORWICH ROAD RUNNERS	Female	228	F17-39	140	1:58:46	1131
1194	1321	2:01:59	Grahame Winn		Male	966	M50-54	76	1:59:48	1175
1195	336	2:01:59	Catherine Scott		Female	229	F40-44	46	1:59:49	1176
1196	1666	2:02:00	Martin Walsh		Male	967	M60-64	14	2:00:22	1200
1197	241	2:02:00	Christopher Cook		Male	968	M17-39	564	2:01:02	1227
1198	899	2:02:02	Wendy McLaughlin		Female	230	F17-39	141	2:00:32	1204
1199	2068	2:02:03	Jamie Blackiston		Male	969	M50-54	77	1:59:45	1172
1200	2130	2:02:05	Natasha Corballis		Female	231	F17-39	142	2:00:57	1222
1201	857	2:02:06	Kirsty Taylor		Female	232	F17-39	143	2:00:51	1217
1202	2059	2:02:06	Duncan Taylor		Male	970	M17-39	565	1:59:12	1150
1203	2589	2:02:08	Andy Rowe		Male	971	M17-39	566	2:01:24	1247
1204	2119	2:02:10	Jackie Harrop	COLTISHALL JAGUARS	Female	233	F45-49	26	1:59:36	1163
1205	579	2:02:11	Paul Kyriakou		Male	972	M45-49	124	2:00:49	1215
1206	2167	2:02:11	James Fitt		Male	973	M17-39	567	2:02:11	1268
1207	1514	2:02:12	Matthew Reynolds	LOWESTOFT ROAD RUNNERS	Male	974	M17-39	568	2:01:19	1239
1208	1442	2:02:13	Tom Slegg		Male	975	M17-39	569	2:00:47	1213
1209	734	2:02:14	Emma Dwyer		Female	234	F17-39	144	2:01:08	1232
1210	2502	2:02:14	Donald Tiffin		Male	976	M65+	7	2:00:52	1220
1211	2422	2:02:17	Anne Wones		Female	235	F40-44	47	2:00:13	1196
1212	1003	2:02:17	Alasdair Brightwell		Male	977	M17-39	570	2:00:37	1207
1213	2301	2:02:19	Ana De Osma		Female	236	F17-39	145	2:00:04	1193
1214	1519	2:02:19	Rachael Aitken		Female	237	F17-39	146	2:00:04	1194
1215	1397	2:02:22	Laura Parker		Female	238	F17-39	147	2:01:00	1225
1216	154	2:02:23	Ed Procter		Male	978	M17-39	571	2:00:53	1221
1217	10	2:02:23	Jon Haycox		Male	979	M17-39	572	1:59:25	1159
1218	2804	2:02:24	Graeme Stephenson		Male	980	M40-44	158	1:59:59	1187
1219	2685	2:02:25	Alec Fraser	NORTH NORFOLK BEACH RUNNERS	Male	981	M65+	8	2:01:41	1257
1220	1826	2:02:28	Tim Tilbrook		Male	982	M50-54	78	2:00:51	1218
1221	2352	2:02:28	Beverley Rackham		Female	239	F50-54	11	2:00:58	1223
1222	1989	2:02:28	Gavin Gobby		Male	983	M50-54	79	2:01:19	1240
1223	2903	2:02:29	Antony Finnis	TRI-ANGLIA	Male	984	M17-39	573	2:01:25	1248
1224	1191	2:02:32	Jaan Larner		Male	985	M40-44	159	2:00:51	1219
1225	1806	2:02:35	Amy Alderson		Female	240	F17-39	148	2:00:15	1197
1226	1587	2:02:39	Michelle Glover		Female	241	F17-39	149	2:00:08	1195
1227	2646	2:02:41	Scott Walker		Male	986	M17-39	574	1:59:41	1168
1228	2461	2:02:41	Nicola Steggles	WYMONDHAM AC	Female	242	F45-49	27	2:01:04	1229
1229	2555	2:02:41	Oliver Harnett		Male	987	M45-49	125	2:01:28	1252
1230	2497	2:02:43	Lawrence Naman		Male	988	M17-39	575	2:00:47	1214
1231	1530	2:02:44	Stuart Donald		Male	989	M17-39	576	2:00:58	1224
1232	2074	2:02:44	Gemma Sullivan		Female	243	F17-39	150	2:02:30	1278
1233	2242	2:02:46	Jane-Ann Beales		Female	244	F40-44	48	2:00:39	1209
1234	1723	2:02:51	Ian Whittle		Male	990	M45-49	126	2:00:36	1206
1235	3003	2:02:53	Niamh Loughran		Female	245	F17-39	151	2:00:45	1212
1236	596	2:02:55	Samuel Pell		Male	991	M17-39	577	2:01:09	1233
1237	140	2:03:00	Stefan Marchese		Male	992	M17-39	578	2:01:32	1253
1238	139	2:03:01	Ashley Ruthven		Female	246	F17-39	152	2:01:32	1254
1239	2973	2:03:01	John Yare		Male	993	M50-54	80	2:00:30	1201
1240	2972	2:03:02	Sam Yare	RYSTON RUNNERS	Male	994	M17-39	579	2:00:32	1205
1241	1668	2:03:02	Kimberley Jones		Female	247	F17-39	153	2:01:27	1251
1242	714	2:03:03	Tim Royds		Male	995	M45-49	127	2:01:20	1242
1243	330	2:03:04	Genevra Pillinger		Female	248	F17-39	154	2:02:15	1270
1244	1254	2:03:05	Paul Bingham	THETFORD AC	Male	996	M17-39	580	2:01:33	1256
1245	1692	2:03:07	Lisa Hall		Female	249	F17-39	155	2:01:22	1244
1246	524	2:03:08	Sarah Crockett		Female	250	F17-39	156	2:01:07	1231
1247	2016	2:03:09	Tony Hodgson		Male	997	M45-49	128	2:01:17	1237
1248	2015	2:03:09	Christopher Moulton		Male	998	M17-39	581	2:01:18	1238
1249	594	2:03:17	Kate Hare		Female	251	F17-39	157	2:01:54	1261
1250	1158	2:03:19	Ian Breeze		Male	999	M40-44	160	2:02:15	1271
1251	2546	2:03:19	Ken Mathews	TRI-ANGLIA	Male	1000	M55-59	29	2:02:18	1272
1252	1478	2:03:20	Robert Porter		Male	1001	M17-39	582	2:01:11	1235
1253	1477	2:03:20	Aiden Lowe		Male	1002	M17-39	583	2:01:10	1234
1254	752	2:03:25	Colin Corby	MID ESSEX CASUALS	Male	1003	M50-54	81	2:01:19	1241
1255	1711	2:03:25	Maria Farrell		Female	252	F40-44	49	2:01:22	1245
1256	1561	2:03:25	Sarah Pennock	SUDBURY JOGGERS	Female	253	F17-39	158	2:01:47	1259
1257	1503	2:03:27	James Alden		Male	1004	M17-39	584	2:03:03	1296
1258	146	2:03:31	Oliver Lewis		Male	1005	M17-39	585	2:02:43	1284
1259	1082	2:03:35	Philip Beck		Male	1006	M17-39	586	2:01:01	1226
1260	1582	2:03:42	Benjamin Warnes	RAF MARHAM	Male	1007	M17-39	587	2:01:32	1255



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1261	3038	2:03:44	Jane Brown		Female	254	F17-39	159	2:00:49	1216
1262	1860	2:03:45	Emma Beynon		Female	255	F17-39	160	2:01:57	1263
1263	782	2:03:47	Scott Wilkinson		Male	1008	M17-39	588	2:01:26	1250
1264	1531	2:03:48	Edward Cheong		Male	1009	M40-44	161	2:03:33	1320
1265	1966	2:03:49	Trudy Sayell	FENLAND RUNNING CLUB	Female	256	F17-39	161	2:02:56	1292
1266	2876	2:03:49	Andy Harrod	RYSTON RUNNERS	Male	1010	M45-49	129	2:02:56	1293
1267	877	2:03:58	Matthew Baker		Male	1011	M40-44	162	2:02:22	1273
1268	1930	2:03:58	Simon Oats		Male	1012	M45-49	130	2:02:22	1274
1269	1891	2:03:59	Richard Stimpson		Male	1013	M17-39	589	2:01:22	1246
1270	669	2:04:01	Sherman Calignawan		Male	1014	M17-39	590	2:03:05	1300
1271	659	2:04:02	Matthew Miller		Male	1015	M17-39	591	2:02:03	1265
1272	968	2:04:04	Naomi Burrows		Female	257	F17-39	162	2:01:20	1243
1273	341	2:04:06	Rosalind Highet	WYMONDHAM AC	Female	258	F17-39	163	2:01:12	1236
1274	1184	2:04:08	Shaun Mary		Male	1016	M17-39	592	2:02:40	1282
1275	1210	2:04:08	Andrew Smith		Male	1017	M17-39	593	2:02:11	1269
1276	342	2:04:10	Ryan Croft		Male	1018	M17-39	594	2:03:23	1311
1277	651	2:04:11	Nick Perks		Male	1019	M17-39	595	2:02:22	1275
1278	2714	2:04:12	Liz Ady	SERPENTINE RC	Female	259	F40-44	50	2:03:17	1306
1279	1261	2:04:12	Simon Bowles		Male	1020	M40-44	163	2:01:45	1258
1280	1674	2:04:15	Will Sherlock		Male	1021	M17-39	596	2:01:25	1249
1281	973	2:04:15	Jon Parker		Male	1022	M17-39	597	2:02:25	1277
1282	2910	2:04:18	Martin Rosser		Male	1023	M40-44	164	2:03:27	1316
1283	831	2:04:21	Laura Dickeson		Female	260	F17-39	164	2:01:55	1262
1284	2056	2:04:24	Stephen Spencer		Male	1024	M50-54	82	2:02:30	1279
1285	1512	2:04:25	Matthew Seely		Male	1025	M17-39	598	2:02:34	1281
1286	505	2:04:26	Nick Stolls		Male	1026	M55-59	30	2:02:24	1276
1287	746	2:04:27	Nick Hatton		Male	1027	M50-54	83	2:02:09	1267
1288	1737	2:04:28	Graham Cornish		Male	1028	M40-44	165	2:03:38	1321
1289	16	2:04:29	Christine Clarke		Female	261	F50-54	12	2:02:43	1285
1290	1334	2:04:32	David Rye		Male	1029	M17-39	599	2:02:33	1280
1291	3011	2:04:32	Anna Ward		Female	262	F40-44	51	2:03:21	1310
1292	2196	2:04:34	Michelle Waters	NORFOLK GAZELLES	Female	263	F40-44	52	2:03:48	1326
1293	277	2:04:42	Harriet Johnson		Female	264	F17-39	165	2:02:55	1289
1294	18	2:04:44	Liam Corcoran		Male	1030	M17-39	600	2:01:53	1260
1295	528	2:04:44	Nicholas Chapman		Male	1031	M50-54	84	2:02:00	1264
1296	1607	2:04:45	Tim O'Mullane		Male	1032	M50-54	85	2:02:45	1286
1297	99	2:04:48	Brian Impleton		Male	1033	M40-44	166	2:03:45	1325
1298	2998	2:04:50	Amelia Whiting		Female	265	F17-39	166	2:03:19	1308
1299	2647	2:04:54	Tara Hall		Female	266	F17-39	167	2:03:07	1301
1300	493	2:04:55	Horace Shuriah	HAVERHILL RUNNING CLUB	Male	1034	M40-44	167	2:02:41	1283
1301	2169	2:04:58	Liz Clues		Female	267	F40-44	53	2:02:47	1287
1302	2559	2:04:59	Edward Webster		Male	1035	M50-54	86	2:02:55	1290
1303	1355	2:04:59	David McNicol		Male	1036	M45-49	131	2:02:55	1291
1304	2613	2:04:59	Megan Frazer		Female	268	F17-39	168	2:02:51	1288
1305	2634	2:05:02	Tim Emery	FELIXSTOWE ROAD RUNNERS	Male	1037	M50-54	87	2:04:07	1333
1306	780	2:05:05	Nicole Bates		Female	269	F40-44	54	2:02:06	1266
1307	2385	2:05:06	Ken Earle		Male	1038	M65+	9	2:03:49	1327
1308	2845	2:05:07	Oliver Walton		Male	1039	M17-39	601	2:03:04	1299
1309	689	2:05:08	David Rouse		Male	1040	M17-39	602	2:02:59	1294
1310	2852	2:05:08	Marco Camboni		Male	1041	M17-39	603	2:04:50	1355
1311	392	2:05:10	Alexander Reuszal		Male	1042	M17-39	604	2:03:03	1297
1312	1631	2:05:10	Claire Mingay	NORWICH ROAD RUNNERS	Female	270	F17-39	169	2:03:18	1307
1313	2983	2:05:11	Susan Smith	NORWICH ROAD RUNNERS	Female	271	F17-39	170	2:03:19	1309
1314	1774	2:05:15	Shaun Mordecai		Male	1043	M40-44	168	2:04:25	1344
1315	542	2:05:15	Diane Turner		Female	272	F45-49	28	2:03:02	1295
1316	541	2:05:15	John Turner		Male	1044	M45-49	132	2:03:03	1298
1317	578	2:05:18	Jonathan Rider		Male	1045	M17-39	605	2:03:31	1319
1318	1613	2:05:20	Michael Scott		Male	1046	M50-54	88	2:03:50	1328
1319	405	2:05:20	Angel Street		Female	273	F17-39	171	2:03:07	1302
1320	1929	2:05:23	Bethany Nimmock		Female	274	F17-39	172	2:03:25	1313
1321	1263	2:05:23	Jennifer Goodwin		Female	275	F17-39	173	2:03:39	1322
1322	2391	2:05:26	Martin Johnson		Male	1047	M17-39	606	2:03:29	1317
1323	2851	2:05:26	Nicky Dowson	NORWICH ROAD RUNNERS	Female	276	F45-49	29	2:03:16	1305
1324	1855	2:05:28	Patsy Bradley	WYMONDHAM AC	Female	277	F50-54	13	2:04:09	1336
1325	1894	2:05:28	Gregg Harper		Male	1048	M17-39	607	2:04:22	1340
1326	2384	2:05:30	Penny Lamb	BOURNE TOWN HARRIERS	Female	278	F17-39	174	2:03:41	1323
1327	724	2:05:32	Geoffrey Harrison		Male	1049	M50-54	89	2:03:51	1330
1328	2064	2:05:34	Lyn McDonnell	NOTFAST	Female	279	F55-59	7	2:04:59	1363
1329	2927	2:05:35	Lucy Wills		Female	280	F40-44	55	2:03:11	1304
1330	348	2:05:36	Mark Crompton		Male	1050	M45-49	133	2:03:30	1318



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1331	2920	2:05:41	Richard Martin		Male	1051	M17-39	608	2:04:19	1338
1332	2948	2:05:42	Tim Block		Male	1052	M45-49	134	2:04:24	1343
1333	1450	2:05:43	Sian Childs		Female	281	F40-44	56	2:03:07	1303
1334	730	2:05:46	Neil Cooper	TRI-ANGLIA	Male	1053	M45-49	135	2:03:50	1329
1335	2677	2:05:47	John Howard		Male	1054	M17-39	609	2:03:26	1314
1336	2636	2:05:47	Alex James		Male	1055	M17-39	610	2:03:26	1315
1337	2784	2:05:49	Louise Rutterford		Female	282	F17-39	175	2:04:00	1332
1338	2705	2:05:55	Adam Kiley		Male	1056	M17-39	611	2:05:29	1382
1339	1805	2:05:58	Bethany Davis		Female	283	F17-39	176	2:05:00	1365
1340	649	2:06:00	Alexandre Piper		Male	1057	M17-39	612	2:05:23	1378
1341	2757	2:06:01	Wayne Yallop		Male	1058	M45-49	136	2:04:29	1346
1342	1926	2:06:01	Kerry Wetteland		Female	284	F17-39	177	2:04:28	1345
1343	22	2:06:04	Lucy Jobber	UEA ATHLETICS	Female	285	F17-39	178	2:04:13	1337
1344	1913	2:06:04	Adam O'Sullivan		Male	1059	M40-44	169	2:04:51	1359
1345	2151	2:06:04	Paul Myhill		Male	1060	M17-39	613	2:04:50	1356
1346	305	2:06:06	Jamie Monument		Male	1061	M17-39	614	2:05:09	1370
1347	624	2:06:09	John Bailey		Male	1062	M17-39	615	2:03:23	1312
1348	2869	2:06:09	David Cole		Male	1063	M17-39	616	2:04:49	1354
1349	2154	2:06:11	Alastair Wood		Male	1064	M17-39	617	2:03:57	1331
1350	2722	2:06:16	Samuel Rutherford		Male	1065	M17-39	618	2:04:22	1341
1351	625	2:06:16	Lucy Goldsmith		Female	286	F17-39	179	2:04:22	1342
1352	192	2:06:16	Clare McKenna	HARWICH RUNNERS	Female	287	F17-39	180	2:03:44	1324
1353	172	2:06:19	Emma Lord		Female	288	F17-39	181	2:05:02	1367
1354	2178	2:06:25	Andrew Stronach		Male	1066	M40-44	170	2:04:59	1364
1355	2354	2:06:27	Marianne Armstrong		Female	289	F17-39	182	2:05:00	1366
1356	813	2:06:28	Jaide Bancalari		Female	290	F17-39	183	2:04:08	1334
1357	812	2:06:28	Paulina Kalhotkova		Female	291	F17-39	184	2:04:08	1335
1358	354	2:06:34	Hannah Woodgate		Female	292	F17-39	185	2:05:46	1395
1359	491	2:06:34	Dominick Wilson		Male	1067	M17-39	619	2:05:46	1396
1360	3047	2:06:42	Julian Holland		Male	1068	M17-39	620	2:04:52	1361
1361	2069	2:06:42	Dan Hamilton		Male	1069	M50-54	90	2:05:12	1372
1362	949	2:06:44	Joseph Rutland		Male	1070	M17-39	621	2:05:29	1383
1363	2949	2:06:44	Magdi Elsawi		Male	1071	M55-59	31	2:05:53	1399
1364	737	2:06:46	David Kelly		Male	1072	M17-39	622	2:05:32	1384
1365	59	2:06:48	Glynn White		Male	1073	M55-59	32	2:05:39	1389
1366	185	2:06:48	Anthony Whales		Male	1074	M17-39	623	2:05:39	1390
1367	591	2:06:48	Emma Leedham		Female	293	F17-39	186	2:04:33	1348
1368	2143	2:06:49	Andrew Elvidge		Male	1075	M17-39	624	2:04:35	1349
1369	170	2:06:49	Adam Kaloo		Male	1076	M17-39	625	2:04:36	1350
1370	168	2:06:49	Julie Webster		Female	294	F40-44	57	2:04:37	1351
1371	959	2:06:50	Stephen Nicholl		Male	1077	M40-44	171	2:04:30	1347
1372	2296	2:06:52	Richard Eaton	BIRKETTS RUNNERS AC	Male	1078	M45-49	137	2:05:32	1385
1373	369	2:06:55	Suzanne Godfrey		Female	295	F17-39	187	2:05:50	1398
1374	1634	2:06:57	Ian Starling		Male	1079	M40-44	172	2:05:16	1373
1375	1023	2:07:00	Paul Allen		Male	1080	M17-39	626	2:04:39	1352
1376	183	2:07:04	Anthony Blakemore		Male	1081	M17-39	627	2:05:27	1380
1377	2269	2:07:05	Ali Ficarra		Female	296	F17-39	188	2:04:21	1339
1378	2114	2:07:07	Dani Holford		Female	297	F17-39	189	2:05:19	1377
1379	377	2:07:08	Ben Laws-Chapman		Male	1082	M17-39	628	2:06:35	1422
1380	385	2:07:08	Chris Pye		Male	1083	M17-39	629	2:06:35	1423
1381	705	2:07:14	Lesley Torun		Female	298	F60-64	2	2:05:35	1387
1382	2058	2:07:16	Jack Enticott		Male	1084	M17-39	630	2:04:50	1357
1383	1246	2:07:18	Freyja Torn		Female	299	F17-39	190	2:05:41	1391
1384	1525	2:07:19	Paige Thompson		Female	300	F17-39	191	2:06:05	1404
1385	951	2:07:20	Ben McMullen		Male	1085	M45-49	138	2:05:16	1374
1386	833	2:07:20	Shane Hunt		Male	1086	M17-39	631	2:05:09	1371
1387	479	2:07:22	Sarah Simpson		Female	301	F17-39	192	2:04:51	1360
1388	1238	2:07:22	Rebecca Stewart		Female	302	F17-39	193	2:06:02	1403
1389	2958	2:07:27	Jessica Morgan		Female	303	F17-39	194	2:05:05	1369
1390	1381	2:07:28	Christopher Carbone		Male	1087	M50-54	91	2:06:12	1409
1391	698	2:07:28	Martin Milsted		Male	1088	M17-39	632	2:06:10	1407
1392	2294	2:07:32	Frances Pridie		Female	304	F17-39	195	2:04:50	1358
1393	2312	2:07:33	Alison Turner		Female	305	F40-44	58	2:05:32	1386
1394	1325	2:07:33	Piotr Giemza		Male	1089	M17-39	633	2:05:46	1397
1395	3039	2:07:33	Leslie Fountain		Female	306	F17-39	196	2:05:16	1375
1396	2648	2:07:34	Jo Foley		Female	307	F45-49	30	2:04:47	1353
1397	2111	2:07:35	Paul Whittall		Male	1090	M45-49	139	2:05:45	1394
1398	2212	2:07:36	Ian Smith		Male	1091	M50-54	92	2:04:56	1362
1399	2053	2:07:36	Amy Fox		Female	308	F17-39	197	2:05:59	1402
1400	1842	2:07:37	Kathryn Nichols		Female	309	F17-39	198	2:06:22	1416





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1401	1845	2:07:39	Steve Websdale	NORWICH ROAD RUNNERS	Male	1092	M45-49	140	2:06:14	1413
1402	776	2:07:40	Richard Glover		Male	1093	M45-49	141	2:06:12	1410
1403	1319	2:07:43	Graham Bloomfield		Male	1094	M17-39	634	2:05:27	1381
1404	1961	2:07:43	Roxanne Timmins		Female	310	F17-39	199	2:05:57	1401
1405	2434	2:07:44	Oliver Kemp		Male	1095	M17-39	635	2:05:23	1379
1406	822	2:07:47	Deborah Fincham		Female	311	F17-39	200	2:05:16	1376
1407	2540	2:07:48	Peter Reed	IPSWICH JAFFA	Male	1096	M50-54	93	2:06:11	1408
1408	711	2:07:48	Lucy Hare		Female	312	F17-39	201	2:06:26	1419
1409	2917	2:07:52	Sarah Ewing	WYMONDHAM AC	Female	313	F17-39	202	2:06:29	1421
1410	1925	2:07:59	William Holden		Male	1097	M55-59	33	2:05:02	1368
1411	2381	2:08:05	Ian Booth		Male	1098	M50-54	94	2:06:07	1406
1412	1585	2:08:09	Tom Egleton		Male	1099	M17-39	636	2:05:42	1392
1413	1544	2:08:09	David Ashman		Male	1100	M17-39	637	2:05:43	1393
1414	2284	2:08:18	Beth Rutterford		Female	314	F17-39	203	2:06:23	1417
1415	1064	2:08:23	Ronnie Woods		Male	1101	M50-54	95	2:06:49	1434
1416	2537	2:08:29	Georgina Scott	LOWESTOFT ROAD RUNNERS	Female	315	F17-39	204	2:07:09	1441
1417	2536	2:08:29	Chris Scott	LOWESTOFT ROAD RUNNERS	Male	1102	M17-39	638	2:07:10	1442
1418	1534	2:08:32	Kelly Dickson		Female	316	F40-44	59	2:05:37	1388
1419	126	2:08:35	Ewa Szczepanska		Female	317	F17-39	205	2:06:48	1432
1420	2292	2:08:38	Stephen Poundall		Male	1103	M40-44	173	2:07:59	1470
1421	2587	2:08:39	Jonathan Newell		Male	1104	M45-49	142	2:06:36	1426
1422	2503	2:08:39	Glenda Curtis		Female	318	F17-39	206	2:06:13	1411
1423	2504	2:08:39	Mark Curtis		Male	1105	M17-39	639	2:06:13	1412
1424	1209	2:08:39	Jonathan Burton		Male	1106	M45-49	143	2:06:35	1424
1425	2831	2:08:40	Carol Cooper	NORFOLK GAZELLES	Female	319	F45-49	31	2:06:05	1405
1426	519	2:08:42	Rhiannon Smith		Female	320	F17-39	207	2:06:42	1429
1427	1053	2:08:43	Alex Bowen		Male	1107	M17-39	640	2:06:48	1433
1428	2179	2:08:45	Toni Hardman		Female	321	F40-44	60	2:06:16	1414
1429	2039	2:08:47	James Goillau		Male	1108	M17-39	641	2:07:51	1460
1430	97	2:08:49	Helen Titmarsh		Female	322	F17-39	208	2:05:55	1400
1431	2288	2:08:51	Samantha Mason		Female	323	F17-39	209	2:08:10	1481
1432	171	2:08:54	Matthew Keay		Male	1109	M17-39	642	2:06:57	1436
1433	1298	2:08:58	Odaatei Nanka-Bruce		Male	1110	M40-44	174	2:06:35	1425
1434	3025	2:09:02	Lisa Jennings		Female	324	F17-39	210	2:07:55	1465
1435	2187	2:09:03	David Fletcher		Male	1111	M17-39	643	2:07:31	1451
1436	588	2:09:06	Robert Ashton		Male	1112	M55-59	34	2:07:42	1454
1437	161	2:09:11	Joanne Shiner		Female	325	F40-44	61	2:06:26	1420
1438	1421	2:09:12	Georgie Hatton		Female	326	F17-39	211	2:08:29	1495
1439	1344	2:09:16	Ellie Scott		Female	327	F17-39	212	2:07:17	1446
1440	566	2:09:17	Kristan Rowe		Female	328	F17-39	213	2:06:40	1428
1441	2170	2:09:20	Nick Bunn		Male	1113	M17-39	644	2:08:25	1489
1442	1188	2:09:20	Abigail Masters		Female	329	F17-39	214	2:08:26	1492
1443	1187	2:09:21	John Masters		Male	1114	M40-44	175	2:08:27	1493
1444	696	2:09:23	Sarah Kelly		Female	330	F17-39	215	2:07:12	1443
1445	100	2:09:24	Grant Baxter		Male	1115	M17-39	645	2:06:23	1418
1446	613	2:09:25	Karen Dunnett		Female	331	F17-39	216	2:07:02	1437
1447	1523	2:09:26	Simon MacDonald	UKNETRUNNER	Male	1116	M50-54	96	2:06:20	1415
1448	2520	2:09:26	Phillip Laurier	LOWESTOFT ROAD RUNNERS	Male	1117	M60-64	15	2:09:04	1521
1449	2000	2:09:27	Naomi Cole		Female	332	F17-39	217	2:06:50	1435
1450	747	2:09:29	Sarah Diaper		Female	333	F40-44	62	2:07:12	1444
1451	1843	2:09:29	Paul Bishop		Male	1118	M17-39	646	2:07:12	1445
1452	2427	2:09:33	Richard Lerner		Male	1119	M50-54	97	2:07:54	1463
1453	1499	2:09:33	Graham Dale		Male	1120	M17-39	647	2:08:06	1475
1454	664	2:09:33	David Skinner		Male	1121	M17-39	648	2:08:06	1476
1455	3006	2:09:35	Lucy Woodburn	TRI-ANGLIA	Female	334	F45-49	32	2:07:02	1438
1456	191	2:09:39	Paul Kerrison	HARWICH RUNNERS	Male	1122	M45-49	144	2:07:08	1440
1457	1470	2:09:40	Erika Palmer		Female	335	F17-39	218	2:06:37	1427
1458	1761	2:09:42	N Russell-Clarke		Female	336	F17-39	219	2:07:18	1447
1459	1067	2:09:44	Mark Woods		Male	1123	M17-39	649	2:08:13	1482
1460	212	2:09:44	Elizabeth Johnson		Female	337	F17-39	220	2:08:17	1485
1461	2451	2:09:44	Andrew Bolden		Male	1124	M17-39	650	2:08:13	1483
1462	2240	2:09:44	Jill Stanforth		Female	338	F17-39	221	2:09:10	1522
1463	2241	2:09:45	Gharib Desouky		Male	1125	M17-39	651	2:09:10	1523
1464	1665	2:09:45	Chris Kettlely		Male	1126	M17-39	652	2:08:07	1477
1465	712	2:09:47	Rachel Dance		Female	339	F17-39	222	2:06:43	1431
1466	1575	2:09:47	Kristian Basset		Male	1127	M40-44	176	2:07:59	1471
1467	713	2:09:47	Jessica Zahra		Female	340	F17-39	223	2:06:42	1430
1468	1935	2:09:48	Jon Moxon		Male	1128	M17-39	653	2:07:22	1449
1469	1218	2:09:48	Imola Virginas		Female	341	F40-44	63	2:07:47	1457
1470	2001	2:09:50	Jennifer Bettinson	TRI-ANGLIA	Female	342	F17-39	224	2:07:21	1448



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1471	1366	2:09:52	Lee Perry		Male	1129	M40-44	177	2:08:07	1478
1472	2954	2:09:54	Christine Breeze		Female	343	F50-54	14	2:07:42	1455
1473	2324	2:09:58	Nina Burton		Female	344	F17-39	225	2:08:02	1473
1474	220	2:10:00	Jordan Kemp		Male	1130	M17-39	654	2:08:25	1490
1475	809	2:10:00	Martin Truelove		Male	1131	M17-39	655	2:08:08	1479
1476	1833	2:10:05	Owen Hardiker		Male	1132	M17-39	656	2:07:39	1453
1477	1239	2:10:09	Maria Doe		Female	345	F17-39	226	2:08:38	1501
1478	1280	2:10:10	Simon Hudson		Male	1133	M45-49	145	2:08:19	1486
1479	313	2:10:11	Richard Pilch		Male	1134	M65+	10	2:09:19	1529
1480	1315	2:10:11	Stephen Girling		Male	1135	M50-54	98	2:09:18	1528
1481	1190	2:10:11	Caitlan Dula		Female	346	F17-39	227	2:07:02	1439
1482	105	2:10:12	Richard Landers		Male	1136	M17-39	657	2:09:24	1531
1483	1297	2:10:12	Laura Paterson		Female	347	F40-44	64	2:08:49	1510
1484	2990	2:10:13	Johannes J De Jong		Male	1137	M45-49	146	2:07:51	1461
1485	2654	2:10:19	Jules Carrara		Female	348	F40-44	65	2:08:22	1487
1486	1691	2:10:22	Claire Owen	COLTISHALL JAGUARS	Female	349	F17-39	228	2:08:37	1499
1487	2999	2:10:22	James Hill		Male	1138	M17-39	658	2:08:08	1480
1488	1212	2:10:22	Matthew Parker		Male	1139	M17-39	659	2:07:53	1462
1489	423	2:10:23	Tim Seely		Male	1140	M17-39	660	2:08:32	1497
1490	1087	2:10:27	Beth Hill		Female	350	F17-39	229	2:07:35	1452
1491	261	2:10:29	Jeff Abrahams		Male	1141	M40-44	178	2:07:57	1466
1492	2209	2:10:31	Stephen Dady		Male	1142	M60-64	16	2:10:15	1557
1493	2112	2:10:31	Mia Living		Female	351	F17-39	230	2:09:30	1535
1494	1121	2:10:31	Imogen Clarke		Female	352	F17-39	231	2:09:30	1536
1495	2670	2:10:32	Kirstie Flower		Female	353	F17-39	232	2:09:11	1524
1496	2037	2:10:33	Fiona Baldwin	COLTISHALL JAGUARS	Female	354	F17-39	233	2:08:47	1506
1497	2208	2:10:33	Sylvia Dady		Female	355	F17-39	234	2:10:18	1559
1498	1596	2:10:34	Shamir Vekaria		Male	1143	M17-39	661	2:07:48	1459
1499	2708	2:10:35	Sophie Strauss		Female	356	F40-44	66	2:09:54	1542
1500	2177	2:10:36	Alasdair MacDonald	UKNETRUNNER	Male	1144	M45-49	147	2:07:30	1450
1501	2759	2:10:37	David Dinnage	DISS AC	Male	1145	M17-39	662	2:07:44	1456
1502	1709	2:10:39	Andrew Mosley		Male	1146	M17-39	663	2:08:45	1505
1503	641	2:10:39	Marc Moore		Male	1147	M17-39	664	2:07:54	1464
1504	376	2:10:40	Ian Golden		Male	1148	M40-44	179	2:09:17	1527
1505	1653	2:10:41	Sarah Wall		Female	357	F17-39	235	2:09:27	1532
1506	620	2:10:41	Mark Fordham		Male	1149	M17-39	665	2:07:57	1467
1507	1159	2:10:44	Claire Roberts		Female	358	F40-44	67	2:08:04	1474
1508	1753	2:10:45	Trevor Durant		Male	1150	M50-54	99	2:08:23	1488
1509	2137	2:10:46	Simon Weal		Male	1151	M45-49	148	2:08:33	1498
1510	1375	2:10:47	Jake Carbone		Male	1152	M17-39	666	2:09:32	1537
1511	1772	2:10:48	Stuart Anderson		Male	1153	M17-39	667	2:08:14	1484
1512	645	2:10:48	Warren Newell		Male	1154	M50-54	100	2:07:47	1458
1513	2488	2:10:51	Thomas Tsang		Male	1155	M55-59	35	2:10:09	1553
1514	2135	2:10:52	Teresa Gascoyne		Female	359	F17-39	236	2:08:39	1502
1515	49	2:10:52	Andrew Hicks		Male	1156	M50-54	101	2:08:48	1508
1516	2227	2:10:52	Joshua Cartwright		Male	1157	M17-39	668	2:08:39	1503
1517	2557	2:10:53	Iain White	TRI-ANGLIA	Male	1158	M60-64	17	2:08:54	1516
1518	2609	2:10:56	Simon Thomas		Male	1159	M17-39	669	2:08:53	1515
1519	755	2:10:57	Benjamin Shockley		Male	1160	M17-39	670	2:08:51	1513
1520	688	2:11:03	James Braybrook		Male	1161	M40-44	180	2:08:54	1517
1521	1946	2:11:03	Richard Clamp		Male	1162	M17-39	671	2:09:55	1543
1522	1954	2:11:04	Anthony Rooms		Male	1163	M50-54	102	2:09:55	1544
1523	986	2:11:06	Craig Rogerson		Male	1164	M17-39	672	2:07:57	1468
1524	987	2:11:06	Alison Wray		Female	360	F17-39	237	2:07:58	1469
1525	1213	2:11:07	Gary McVeigh		Male	1165	M40-44	181	2:08:55	1518
1526	1399	2:11:09	Suzanne Holmes		Female	361	F17-39	238	2:09:21	1530
1527	2326	2:11:09	Krista Hammond		Female	362	F17-39	239	2:07:59	1472
1528	1235	2:11:11	Socrates Christidis		Male	1166	M45-49	149	2:08:48	1509
1529	1347	2:11:16	Dawn Combella		Female	363	F45-49	33	2:08:42	1504
1530	258	2:11:17	Philip Wilton		Male	1167	M45-49	150	2:09:00	1519
1531	2398	2:11:19	Matthew Watkins		Male	1168	M17-39	673	2:09:29	1533
1532	907	2:11:21	Tom Bailey		Male	1169	M17-39	674	2:08:27	1494
1533	1008	2:11:28	Andrew Warner		Male	1170	M17-39	675	2:10:31	1566
1534	923	2:11:29	Caroline Barnes		Female	364	F50-54	15	2:10:04	1546
1535	753	2:11:30	James Ingham		Male	1171	M17-39	676	2:11:19	1599
1536	1240	2:11:36	Kerry Brighthouse		Female	365	F17-39	240	2:08:25	1491
1537	2005	2:11:38	Dominic James		Male	1172	M50-54	103	2:08:37	1500
1538	1817	2:11:38	Christopher Rushby		Male	1173	M55-59	36	2:08:29	1496
1539	121	2:11:41	Donna Fairweather		Female	366	F40-44	68	2:11:27	1601
1540	120	2:11:41	Linda Drew		Female	367	F40-44	69	2:11:27	1602



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1541	2087	2:11:43	John Stanford		Male	1174	M17-39	677	2:10:39	1574
1542	1506	2:11:43	Simon Fields		Male	1175	M40-44	182	2:10:23	1561
1543	908	2:11:44	Sue Bailey		Female	368	F17-39	241	2:08:51	1514
1544	2491	2:11:45	Daniel Farrow		Male	1176	M17-39	678	2:10:47	1584
1545	1403	2:11:48	Daniel McKeown		Male	1177	M40-44	183	2:08:47	1507
1546	2494	2:11:51	Clare Vassallo		Female	369	F17-39	242	2:09:29	1534
1547	2703	2:11:52	Suzy Jermyn	TRI-ANGLIA	Female	370	F17-39	243	2:09:02	1520
1548	2092	2:11:53	Simon Coates	DEREHAM RUNNERS	Male	1178	M45-49	151	2:10:15	1558
1549	1982	2:11:55	Christopher Jackson		Male	1179	M17-39	679	2:09:53	1541
1550	1015	2:11:56	Sarah Beckett		Female	371	F40-44	70	2:10:12	1555
1551	2693	2:11:58	Charlotte Woolley		Female	372	F17-39	244	2:08:50	1511
1552	1252	2:11:59	Jodie Clarke		Female	373	F17-39	245	2:08:50	1512
1553	2048	2:12:00	William Hobson		Male	1180	M17-39	680	2:09:16	1526
1554	2147	2:12:11	Sarah Nasmyth-Miller		Female	374	F45-49	34	2:10:39	1575
1555	276	2:12:13	Shannon Baker		Female	375	F17-39	246	2:10:25	1562
1556	2378	2:12:13	Tina Starling	GALLERY RUN & TRI	Female	376	F45-49	35	2:11:02	1591
1557	461	2:12:16	David Frosdick		Male	1181	M17-39	681	2:10:04	1547
1558	1857	2:12:18	Sue Hargadon	IPSWICH TRIATHLON CLUB	Female	377	F55-59	8	2:10:46	1583
1559	889	2:12:19	Dhiren Gami		Male	1182	M17-39	682	2:11:08	1594
1560	2486	2:12:21	Sabrina Mirgaux	LOWESTOFT ROAD RUNNERS	Female	378	F17-39	247	2:10:03	1545
1561	3018	2:12:21	Chris Cook		Male	1183	M17-39	683	2:09:15	1525
1562	2244	2:12:22	Tim MacWilliam		Male	1184	M50-54	104	2:10:10	1554
1563	1428	2:12:22	Robert Olley		Male	1185	M40-44	184	2:10:32	1567
1564	2723	2:12:24	Jenny Bartrum		Female	379	F55-59	9	2:09:38	1538
1565	1865	2:12:35	Amy Brewster		Female	380	F17-39	248	2:10:35	1571
1566	1245	2:12:35	Jenna Basey		Female	381	F17-39	249	2:10:44	1581
1567	321	2:12:43	Nigel Huddleston		Male	1186	M45-49	152	2:09:41	1539
1568	1571	2:12:45	Ian Ashdown-Nichol		Male	1187	M17-39	684	2:10:06	1549
1569	266	2:12:45	Irene Turner		Female	382	F17-39	250	2:10:06	1550
1570	2969	2:12:45	Nikki Hunting	BUNGAY BLACK DOG RC	Female	383	F17-39	251	2:10:27	1564
1571	2797	2:12:45	Louise Reed	BUNGAY BLACK DOG RC	Female	384	F17-39	252	2:10:26	1563
1572	600	2:12:46	Darren Leck		Male	1188	M17-39	685	2:09:49	1540
1573	428	2:12:47	Rebecca Rust		Female	385	F17-39	253	2:10:04	1548
1574	2430	2:12:48	Jackie Gowing	NORWICH ROAD RUNNERS	Female	386	F40-44	71	2:11:14	1598
1575	1085	2:12:48	Kate Wenlock		Female	387	F17-39	254	2:10:50	1586
1576	756	2:12:49	Zoltan Harper		Male	1189	M17-39	686	2:12:12	1626
1577	1840	2:12:50	Vicky Aldred	LOWESTOFT ROAD RUNNERS	Female	388	F17-39	255	2:10:32	1568
1578	1378	2:12:50	Simon Harbottle		Male	1190	M17-39	687	2:10:22	1560
1579	432	2:12:53	Gareth King		Male	1191	M17-39	688	2:11:51	1617
1580	2243	2:12:53	Lesley MacKinnon		Female	389	F40-44	72	2:10:39	1576
1581	132	2:12:54	Sarah Cole		Female	390	F17-39	256	2:10:37	1573
1582	2581	2:12:58	Mike George		Male	1192	M40-44	185	2:11:10	1596
1583	388	2:13:01	Amelia Young		Female	391	F17-39	257	2:11:36	1604
1584	733	2:13:02	Kinza Mason		Female	392	F17-39	258	2:10:54	1587
1585	25	2:13:04	Donna Howlett		Female	393	F50-54	16	2:10:34	1570
1586	1371	2:13:05	David Wilkinson		Male	1193	M40-44	186	2:11:42	1609
1587	1372	2:13:05	Katie Mercer		Female	394	F17-39	259	2:11:42	1610
1588	1301	2:13:06	Yi Liu		Male	1194	M17-39	689	2:11:40	1607
1589	273	2:13:06	Danielle Bradstreet	STRIDERS OF CROYDON	Female	395	F17-39	260	2:11:07	1592
1590	272	2:13:07	David Scotton		Male	1195	M50-54	105	2:11:07	1593
1591	2436	2:13:07	Hannah Barnard		Female	396	F17-39	261	2:10:14	1556
1592	2514	2:13:07	Jodie Williams		Female	397	F17-39	262	2:10:43	1579
1593	2515	2:13:08	Andrew Booth		Male	1196	M40-44	187	2:10:43	1580
1594	367	2:13:08	Hannah Awre		Female	398	F17-39	263	2:10:06	1551
1595	366	2:13:08	Hannah Lee		Female	399	F17-39	264	2:10:06	1552
1596	2357	2:13:09	Barry Mears		Male	1197	M40-44	188	2:10:33	1569
1597	1115	2:13:10	Rhodri Coleman		Male	1198	M17-39	690	2:10:54	1588
1598	1465	2:13:11	David Brewster		Male	1199	M17-39	691	2:10:30	1565
1599	1364	2:13:15	Caroline Hight	WIMBLEDON WINDMILERS	Female	400	F17-39	265	2:10:48	1585
1600	844	2:13:18	K Dugdale-Evans		Female	401	F17-39	266	2:10:45	1582
1601	453	2:13:21	Chris Stevens		Male	1200	M45-49	153	2:11:10	1597
1602	409	2:13:26	Tessa Humphrey		Female	402	F17-39	267	2:11:50	1616
1603	869	2:13:26	Hilary Whitehouse		Female	403	F45-49	36	2:13:02	1641
1604	1922	2:13:37	Anna Needs	WYMONDHAM AC	Female	404	F40-44	73	2:10:40	1577
1605	1310	2:13:37	Iain Jaynes		Male	1201	M17-39	692	2:12:10	1625
1606	1908	2:13:38	Sharon Cook	WYMONDHAM AC	Female	405	F40-44	74	2:10:41	1578
1607	2347	2:13:39	Susan Hudson		Female	406	F55-59	10	2:10:59	1589
1608	1645	2:13:40	Emma Flynn		Female	407	F17-39	268	2:11:48	1615
1609	540	2:13:46	Mike Bowen		Male	1202	M17-39	693	2:10:35	1572
1610	2977	2:13:46	Liam Ray		Male	1203	M17-39	694	2:11:08	1595



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1611	2123	2:13:52	Kevin Bradley	STOWMARKET STRIDERS	Male	1204	M50-54	106	2:11:43	1611
1612	1714	2:13:55	Jack Roberts	STOWMARKET STRIDERS	Male	1205	M17-39	695	2:11:47	1613
1613	745	2:13:58	Louise Sewell	BUNGAY BLACK DOG RC	Female	408	F17-39	269	2:11:40	1608
1614	789	2:14:00	Ellis Barnes		Male	1206	M17-39	696	2:11:35	1603
1615	2753	2:14:01	Holly Rayner		Female	409	F17-39	270	2:11:36	1605
1616	660	2:14:11	Rebecca Clarke	REEPHAM RUNNERS	Female	410	F17-39	271	2:11:00	1590
1617	2490	2:14:12	Christine Frazer		Female	411	F45-49	37	2:14:12	1676
1618	1130	2:14:19	Paul Baker		Male	1207	M17-39	697	2:13:36	1652
1619	2550	2:14:21	Samantha Cattliff		Female	412	F40-44	75	2:11:52	1618
1620	1726	2:14:23	Frances Thorne		Female	413	F50-54	17	2:12:20	1629
1621	1176	2:14:24	Garry Coombs		Male	1208	M17-39	698	2:11:54	1619
1622	1824	2:14:26	Cherie Ransom		Female	414	F40-44	76	2:12:04	1622
1623	814	2:14:30	Adrian Leeder		Male	1209	M17-39	699	2:14:13	1677
1624	1197	2:14:30	Alice Dring		Female	415	F17-39	272	2:11:38	1606
1625	2533	2:14:31	Simon Rose		Male	1210	M45-49	154	2:11:47	1614
1626	106	2:14:31	Alex Tungate		Male	1211	M17-39	700	2:13:01	1640
1627	1755	2:14:31	Joanna Hunt		Female	416	F17-39	273	2:11:26	1600
1628	2344	2:14:34	Amanda Ellis		Female	417	F17-39	274	2:11:43	1612
1629	1346	2:14:34	Gareth Mooney		Male	1212	M17-39	701	2:13:52	1660
1630	1324	2:14:35	Carole Mooney		Female	418	F60-64	3	2:13:52	1661
1631	2113	2:14:39	Les Tufts		Male	1213	M45-49	155	2:12:29	1634
1632	2912	2:14:40	Sunjay Sharma		Male	1214	M40-44	189	2:12:15	1628
1633	1357	2:14:47	Paul Taylor		Female	419	F45-49	38	2:11:57	1620
1634	444	2:14:49	David Wilson		Male	1215	M17-39	702	2:12:23	1632
1635	334	2:14:50	Emma Will		Female	420	F17-39	275	2:12:00	1621
1636	2624	2:14:54	Terry Youll	NORWICH ROAD RUNNERS	Male	1216	M60-64	18	2:14:54	1695
1637	1573	2:14:54	Anna Youll		Female	421	F17-39	276	2:12:14	1627
1638	228	2:14:54	Hannah Hooton		Female	422	F17-39	277	2:12:05	1623
1639	1677	2:14:57	Gemma Johnson		Female	423	F17-39	278	2:12:08	1624
1640	2686	2:14:57	Brandon Hallam		Male	1217	M17-39	703	2:13:08	1644
1641	1142	2:15:08	Rebecca McKinney		Female	424	F17-39	279	2:12:23	1633
1642	2774	2:15:11	Ali Middleton		Female	425	F17-39	280	2:12:41	1637
1643	1277	2:15:14	John Richardson	DEREHAM RUNNERS	Male	1218	M55-59	37	2:14:34	1687
1644	2149	2:15:25	Stewart Robins	RYSTON RUNNERS	Male	1219	M45-49	156	2:14:31	1685
1645	2930	2:15:25	Patrick Thompson	RYSTON RUNNERS	Male	1220	M45-49	157	2:14:31	1686
1646	163	2:15:26	Michelle Gothard		Female	426	F17-39	281	2:14:15	1679
1647	164	2:15:26	Christopher Moore		Male	1221	M50-54	107	2:14:15	1680
1648	1551	2:15:28	Lucy Martin		Female	427	F17-39	282	2:12:36	1635
1649	1801	2:15:29	Juliet Tillyard		Female	428	F45-49	39	2:13:27	1649
1650	2861	2:15:30	Nichola Gilbert		Female	429	F17-39	283	2:12:20	1630
1651	2860	2:15:30	Sharon Frosdick	WYMONDHAM AC	Female	430	F40-44	77	2:12:20	1631
1652	2823	2:15:34	Shona Lowes		Female	431	F50-54	18	2:14:17	1681
1653	227	2:15:37	Robert Tarry		Male	1222	M45-49	158	2:12:40	1636
1654	1248	2:15:42	Jodie Frazer		Female	432	F17-39	284	2:13:26	1648
1655	430	2:15:44	Michael Blake		Male	1223	M40-44	190	2:13:10	1645
1656	454	2:15:47	Claire Trott	FERC	Female	433	F17-39	285	2:12:44	1638
1657	2158	2:15:52	Chris Coker		Male	1224	M17-39	704	2:13:17	1647
1658	1430	2:15:53	K Douglas-Parsons		Female	434	F17-39	286	2:13:40	1654
1659	979	2:15:53	David Gardiner		Male	1225	M45-49	159	2:13:38	1653
1660	1495	2:15:56	Darryl Freeman		Male	1226	M45-49	160	2:14:27	1683
1661	532	2:16:00	Elizabeth Wilbourn		Female	435	F17-39	287	2:13:00	1639
1662	1863	2:16:03	James Smith		Male	1227	M17-39	705	2:13:04	1642
1663	1862	2:16:05	Michael Smith		Male	1228	M17-39	706	2:13:06	1643
1664	2226	2:16:07	Vicki Brown		Female	436	F45-49	40	2:15:12	1702
1665	721	2:16:08	Emily Blakesley	CITY OF NORWICH AC	Female	437	F17-39	288	2:14:08	1673
1666	469	2:16:09	David Jones	TRI-ANGLIA	Male	1229	M17-39	707	2:14:08	1674
1667	1203	2:16:10	Patricia Hagan		Female	438	F45-49	41	2:14:08	1675
1668	2277	2:16:14	Amanda Thompson		Female	439	F45-49	42	2:13:28	1650
1669	155	2:16:16	James Fuller		Male	1230	M17-39	708	2:16:16	1724
1670	26	2:16:17	Lisa Cooper		Female	440	F17-39	289	2:15:16	1704
1671	1185	2:16:17	Hollie Parent		Female	441	F17-39	290	2:14:27	1684
1672	2775	2:16:20	Becky Henderson		Female	442	F17-39	291	2:13:49	1659
1673	2308	2:16:20	Catherine Demetriou		Female	443	F17-39	292	2:14:45	1692
1674	2060	2:16:21	Tim Gregory		Male	1231	M40-44	191	2:14:21	1682
1675	1135	2:16:21	Stephen Mitchell		Male	1232	M45-49	161	2:13:15	1646
1676	216	2:16:24	Mark Wilcock		Male	1233	M17-39	709	2:14:13	1678
1677	2734	2:16:26	Eddie Balls		Male	1234	M65+	11	2:13:34	1651
1678	2615	2:16:27	Dave Lines	BUNGAY BLACK DOG RC	Male	1235	M40-44	192	2:15:32	1708
1679	946	2:16:31	Simon Roddis		Male	1236	M17-39	710	2:13:58	1662
1680	2408	2:16:34	David Hupton		Male	1237	M50-54	108	2:13:40	1655





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1681	2594	2:16:36	Ken Hurst	BUNGAY BLACK DOG RC	Male	1238	M65+	12	2:13:42	1656
1682	186	2:16:37	Roger Pemberton		Male	1239	M50-54	109	2:13:44	1657
1683	187	2:16:37	Carol Catchpole		Female	444	F50-54	19	2:13:44	1658
1684	960	2:16:39	Karen Hayes		Female	445	F17-39	293	2:14:39	1689
1685	333	2:16:39	Sean Lansom		Male	1240	M40-44	193	2:14:02	1666
1686	1728	2:16:44	Shenda Hedtke		Female	446	F45-49	43	2:14:46	1693
1687	2859	2:16:46	Katie Carroll		Female	447	F17-39	294	2:14:02	1667
1688	1794	2:16:46	Lucy Cadge		Female	448	F17-39	295	2:14:02	1668
1689	2816	2:16:50	Hayley Bohane		Female	449	F17-39	296	2:15:23	1705
1690	1412	2:16:51	Jemima Withey		Female	450	F40-44	78	2:14:36	1688
1691	2881	2:16:59	Jonathan Wheeler		Male	1241	M17-39	711	2:15:06	1698
1692	2880	2:16:59	Emma Holder		Female	451	F17-39	297	2:15:06	1699
1693	1700	2:17:02	Katie Bowers		Female	452	F40-44	79	2:14:48	1694
1694	1267	2:17:03	Ian Moore	NORWICH ROAD RUNNERS	Male	1242	M17-39	712	2:14:01	1665
1695	2627	2:17:04	Julian Allaker	NORWICH ROAD RUNNERS	Male	1243	M17-39	713	2:14:02	1669
1696	2967	2:17:04	Jon Holland		Male	1244	M17-39	714	2:14:02	1670
1697	2966	2:17:04	Karen Gitsham		Female	453	F17-39	298	2:14:02	1671
1698	1933	2:17:05	Amanda Dixon		Female	454	F40-44	80	2:14:06	1672
1699	909	2:17:05	Hannah Wells		Female	455	F17-39	299	2:13:59	1663
1700	910	2:17:06	Luke Wells		Male	1245	M17-39	715	2:14:00	1664
1701	180	2:17:08	Jessica Skinner		Female	456	F17-39	300	2:16:04	1717
1702	2411	2:17:14	Mark Davey		Male	1246	M40-44	194	2:16:04	1718
1703	1623	2:17:18	Oliver Setchell		Male	1247	M17-39	716	2:16:25	1732
1704	1221	2:17:21	Carol O'Gorman		Female	457	F45-49	44	2:16:46	1736
1705	2131	2:17:24	Nicole Tremblay		Female	458	F17-39	301	2:15:38	1712
1706	1844	2:17:32	Richard Checketts		Male	1248	M40-44	195	2:14:42	1690
1707	138	2:17:35	Jo Clifton	SAXMUNDHAM SAXONS RUNNING AND	Female	459	F40-44	81	2:15:31	1707
1708	715	2:17:36	Darren Chapman		Male	1249	M45-49	162	2:15:08	1700
1709	719	2:17:36	Jan Chapman		Female	460	F45-49	45	2:15:09	1701
1710	2743	2:17:37	Sharon Cannell	BUNGAY BLACK DOG RC	Female	461	F17-39	302	2:14:44	1691
1711	1553	2:17:37	James Elsey		Male	1250	M17-39	717	2:15:02	1696
1712	345	2:17:38	Samantha Taney		Female	462	F17-39	303	2:15:41	1713
1713	1831	2:17:47	Arthur Nicholl		Male	1251	M55-59	38	2:16:40	1734
1714	2282	2:17:56	Caroline Butcher		Female	463	F55-59	11	2:15:37	1711
1715	945	2:18:06	Jo Sayer		Female	464	F17-39	304	2:16:43	1735
1716	1941	2:18:10	Sarah Barley		Female	465	F45-49	46	2:15:04	1697
1717	676	2:18:12	Suzie Thurlow		Female	466	F45-49	47	2:15:33	1709
1718	1729	2:18:14	Gail Preston		Female	467	F50-54	20	2:16:16	1725
1719	2821	2:18:15	Timothy Nursey		Male	1252	M60-64	19	2:16:10	1723
1720	616	2:18:16	Ashley Speight		Male	1253	M17-39	718	2:16:23	1728
1721	1627	2:18:17	Linus Marray-Woods	KING'S LYNN COMMUNITY RUNNERS	Male	1254	M40-44	196	2:16:06	1719
1722	2450	2:18:17	Darren Holmes		Male	1255	M17-39	719	2:16:23	1729
1723	602	2:18:20	Rhian Hector		Female	468	F17-39	305	2:15:55	1716
1724	2108	2:18:24	Kathryn Wright		Female	469	F17-39	306	2:16:07	1721
1725	2091	2:18:26	Trudi Carmichael		Female	470	F17-39	307	2:15:13	1703
1726	1765	2:18:29	Sam Burton		Male	1256	M17-39	720	2:17:14	1741
1727	931	2:18:29	Carey Cake		Female	471	F40-44	82	2:16:09	1722
1728	1260	2:18:29	Tessa Jarrett-Glue		Female	472	F17-39	308	2:16:38	1733
1729	1041	2:18:31	Andrew Healey		Male	1257	M17-39	721	2:15:27	1706
1730	2839	2:18:39	Jane Snowling		Female	473	F45-49	48	2:15:36	1710
1731	1878	2:18:39	Kayleigh Bacon		Female	474	F17-39	309	2:15:44	1714
1732	1877	2:18:39	Richard Harmer		Male	1258	M17-39	722	2:15:44	1715
1733	2322	2:18:53	Emma Blake	COLTISHALL JAGUARS	Female	475	F17-39	310	2:17:08	1737
1734	2419	2:18:54	Clare Hicks	COLTISHALL JAGUARS	Female	476	F17-39	311	2:17:08	1738
1735	771	2:18:55	David Harmer		Male	1259	M17-39	723	2:16:06	1720
1736	2978	2:19:02	Paul Ray		Male	1260	M40-44	197	2:16:24	1731
1737	916	2:19:05	Gav Sayer		Male	1261	M17-39	724	2:17:40	1752
1738	2272	2:19:08	Fran Overbury		Female	477	F17-39	312	2:17:47	1756
1739	1383	2:19:14	Simon Bunting	LOWESTOFT ROAD RUNNERS	Male	1262	M45-49	163	2:16:20	1726
1740	1384	2:19:15	Susan Archbold	LOWESTOFT ROAD RUNNERS	Female	478	F40-44	83	2:16:21	1727
1741	2290	2:19:22	Mark Kirby		Male	1263	M40-44	198	2:17:27	1744
1742	993	2:19:25	Ronnie McIlroy		Male	1264	M45-49	164	2:17:30	1747
1743	647	2:19:25	Jenna Pickering		Female	479	F17-39	313	2:16:23	1730
1744	2752	2:19:52	Oliver Hunt		Male	1265	M17-39	725	2:17:28	1745
1745	2630	2:19:56	Emma O'Neill		Female	480	F40-44	84	2:17:08	1739
1746	289	2:19:56	Chris Skinner		Male	1266	M40-44	199	2:17:23	1742
1747	2979	2:19:59	Jennifer Perkin		Female	481	F45-49	49	2:17:13	1740
1748	2733	2:20:02	Alistar James		Male	1267	M17-39	726	2:17:40	1753
1749	668	2:20:04	Bernadette Haddock		Female	482	F17-39	314	2:17:35	1750
1750	1719	2:20:11	Mike Taylor		Male	1268	M17-39	727	2:18:25	1762



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1751	2433	2:20:18	Gary Howe		Male	1269	M45-49	165	2:17:38	1751
1752	2260	2:20:19	Francis Woodcock		Male	1270	M45-49	166	2:17:30	1748
1753	2012	2:20:20	Anna Farquharson	TRI-ANGLIA	Female	483	F40-44	85	2:17:29	1746
1754	1059	2:20:27	Michael Farrow		Male	1271	M17-39	728	2:17:34	1749
1755	1017	2:20:32	Gillian Hutchison		Female	484	F45-49	50	2:17:25	1743
1756	1901	2:20:32	Sally Leggett		Female	485	F45-49	51	2:18:17	1759
1757	2162	2:20:37	Amy Kershaw		Female	486	F17-39	315	2:18:10	1758
1758	400	2:20:41	Christina McAuley		Female	487	F17-39	316	2:19:27	1781
1759	555	2:20:42	Anita Lansdell		Female	488	F45-49	52	2:17:46	1754
1760	554	2:20:42	Robyn Greenacre		Female	489	F17-39	317	2:17:46	1755
1761	840	2:20:51	Diane Thirkettle		Female	490	F45-49	53	2:18:28	1766
1762	2986	2:20:53	Sonja Strutt	GALLERY RUN & TRI	Female	491	F40-44	86	2:19:42	1788
1763	1637	2:20:53	Purvi Patel		Female	492	F17-39	318	2:18:52	1772
1764	1783	2:21:03	Julie Winder		Female	493	F45-49	54	2:18:27	1764
1765	2483	2:21:03	Carla Johnson	FELIXSTOWE ROAD RUNNERS	Female	494	F17-39	319	2:18:25	1763
1766	1780	2:21:03	Dennis Harris		Male	1272	M45-49	167	2:18:27	1765
1767	3043	2:21:03	N Morgan-Baker		Male	1273	M45-49	168	2:19:46	1789
1768	526	2:21:06	Natalie Barker	NORWICH ROAD RUNNERS	Female	495	F40-44	87	2:18:24	1761
1769	521	2:21:06	Becs Stevens	NORWICH ROAD RUNNERS	Female	496	F40-44	88	2:18:23	1760
1770	2801	2:21:11	Ambrose Yung		Male	1274	M17-39	729	2:20:17	1796
1771	507	2:21:15	Nicholas Burnell		Male	1275	M17-39	730	2:20:45	1817
1772	3032	2:21:16	David McDaid		Male	1276	M40-44	200	2:18:05	1757
1773	932	2:21:24	Matt Gerlach		Male	1277	M17-39	731	2:19:06	1777
1774	690	2:21:25	Jon Goult		Male	1278	M40-44	201	2:18:51	1771
1775	535	2:21:29	Tara Potter		Female	497	F17-39	320	2:20:00	1792
1776	360	2:21:31	Nicola Wilkins	BUNGAY BLACK DOG RC	Female	498	F40-44	89	2:19:36	1784
1777	175	2:21:32	Sarah Lyons		Female	499	F17-39	321	2:18:32	1767
1778	174	2:21:33	Vicki Christian	DEREHAM RUNNERS	Female	500	F40-44	90	2:18:32	1768
1779	2595	2:21:34	Rachel Nelson		Female	501	F17-39	322	2:20:33	1806
1780	955	2:21:37	Stephen Baker		Male	1279	M40-44	202	2:19:25	1779
1781	847	2:21:37	Rachel Prew		Female	502	F17-39	323	2:19:25	1780
1782	1479	2:21:41	Marie Davies		Female	503	F17-39	324	2:20:40	1812
1783	1646	2:21:41	Shree Gajjar		Female	504	F17-39	325	2:20:40	1813
1784	1699	2:21:44	Lisa Craggs		Female	505	F17-39	326	2:18:44	1769
1785	47	2:21:45	Laura Goldson		Female	506	F40-44	91	2:19:52	1790
1786	2499	2:21:46	Andy Brunton		Male	1280	M17-39	732	2:19:30	1782
1787	805	2:21:46	Victoria Wright		Female	507	F17-39	327	2:19:30	1783
1788	2394	2:21:47	Louise Clegg		Female	508	F17-39	328	2:20:13	1795
1789	2739	2:21:49	Charmain Mulligan		Female	509	F17-39	329	2:20:32	1805
1790	1651	2:21:50	Paul Sutton		Male	1281	M17-39	733	2:19:00	1774
1791	2237	2:21:51	Maggie Last		Female	510	F40-44	92	2:19:40	1786
1792	2236	2:21:53	Sharon Halpin		Female	511	F40-44	93	2:19:41	1787
1793	2805	2:21:53	Sue Price		Female	512	F55-59	12	2:18:53	1773
1794	1226	2:21:55	Abdus Miah		Male	1282	M17-39	734	2:20:41	1814
1795	1602	2:21:56	Nicky Baker		Female	513	F17-39	330	2:19:36	1785
1796	361	2:21:56	Simone Payne		Female	514	F17-39	331	2:18:46	1770
1797	1889	2:21:59	Vanessa Clare		Female	515	F17-39	332	2:19:05	1775
1798	201	2:21:59	Rachael Williams	BUNGAY BLACK DOG RC	Female	516	F40-44	94	2:19:05	1776
1799	618	2:22:06	Nikita Cook		Female	517	F17-39	333	2:20:30	1803
1800	1827	2:22:07	Anthony Southgate		Male	1283	M17-39	735	2:19:10	1778
1801	710	2:22:27	Matt Hart		Male	1284	M17-39	736	2:20:44	1816
1802	2981	2:22:34	Jane Stasiak		Female	518	F40-44	95	2:22:17	1853
1803	2293	2:22:36	Xiaoxu Huang		Male	1285	M17-39	737	2:20:30	1804
1804	785	2:22:42	R Clarke-Sturman		Female	519	F17-39	334	2:19:54	1791
1805	2040	2:22:43	George Hindle		Male	1286	M17-39	738	2:20:57	1821
1806	1083	2:22:43	Amy Barratt		Female	520	F17-39	335	2:20:00	1793
1807	673	2:22:44	Peter Beck	CITY OF NORWICH AC	Male	1287	M17-39	739	2:20:24	1800
1808	2740	2:22:53	Douglas Gladwin	BUNGAY BLACK DOG RC	Male	1288	M50-54	110	2:20:41	1815
1809	2907	2:22:59	Lisa Edwards		Female	521	F45-49	55	2:21:14	1830
1810	450	2:22:59	Robert Stone	WYMONDHAM AC	Male	1289	M17-39	740	2:20:37	1808
1811	451	2:22:59	Nicola Heard	WYMONDHAM AC	Female	522	F17-39	336	2:20:37	1809
1812	619	2:22:59	Rachel Ball		Female	523	F17-39	337	2:20:29	1802
1813	283	2:23:00	Sophie Whigham		Female	524	F17-39	338	2:20:08	1794
1814	2362	2:23:12	Dandelion Snowley		Female	525	F17-39	339	2:22:08	1852
1815	862	2:23:16	Ian Cuthbert		Male	1290	M17-39	741	2:20:21	1799
1816	1549	2:23:17	Karl Williamson		Male	1291	M40-44	203	2:20:20	1797
1817	1550	2:23:17	Marie Williamson		Female	526	F40-44	96	2:20:20	1798
1818	558	2:23:17	Dawn Tibbles		Female	527	F40-44	97	2:20:28	1801
1819	1101	2:23:17	David Green		Male	1292	M65+	13	2:20:39	1811
1820	2984	2:23:28	Ian Jameson		Male	1293	M17-39	742	2:20:51	1820



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1821	655	2:23:30	Lauren Feltham		Female	528	F17-39	340	2:21:02	1822
1822	748	2:23:31	Ady Girton		Male	1294	M45-49	169	2:21:30	1834
1823	708	2:23:31	Dan Curtis		Male	1295	M17-39	743	2:21:30	1835
1824	706	2:23:31	David Moreland		Male	1296	M17-39	744	2:21:30	1836
1825	1034	2:23:32	Alex Barr		Female	529	F17-39	341	2:21:05	1825
1826	1035	2:23:32	Sean Powers		Male	1297	M17-39	745	2:21:05	1826
1827	1671	2:23:32	Sheila Smith		Female	530	F55-59	13	2:21:07	1829
1828	1054	2:23:33	Cara MacDonald		Female	531	F17-39	342	2:21:19	1831
1829	2366	2:23:33	Julie Lawrence		Female	532	F50-54	21	2:22:00	1850
1830	2673	2:23:35	Fiona Odum		Female	533	F45-49	56	2:20:46	1818
1831	1656	2:23:37	Sarah Cutts		Female	534	F17-39	343	2:22:23	1858
1832	992	2:23:41	Nicholas Carpenter		Male	1298	M65+	14	2:21:03	1823
1833	1661	2:23:46	Mark Cole		Male	1299	M40-44	204	2:20:46	1819
1834	1274	2:23:48	Dan Brown		Male	1300	M40-44	205	2:20:36	1807
1835	31	2:23:48	Bob Fossey		Male	1301	M55-59	39	2:20:37	1810
1836	2994	2:23:57	Cathy Mingay	CITY OF NORWICH AC	Female	535	F45-49	57	2:21:19	1832
1837	978	2:23:58	Suzanne Eaglen		Female	536	F17-39	344	2:21:20	1833
1838	1088	2:23:58	Katy Smith		Female	537	F17-39	345	2:21:05	1827
1839	2926	2:23:58	Lisa Cottrell		Female	538	F40-44	98	2:21:06	1828
1840	2678	2:24:08	Wendy Hinchliffe		Female	539	F40-44	99	2:22:00	1851
1841	944	2:24:10	Emily Eason		Female	540	F17-39	346	2:22:59	1871
1842	893	2:24:15	Susie Watson		Female	541	F17-39	347	2:21:03	1824
1843	1636	2:24:17	Karen Starling		Female	542	F40-44	100	2:21:43	1845
1844	316	2:24:19	Ashley Christopher		Male	1302	M50-54	111	2:21:55	1847
1845	1265	2:24:20	Lisa Earl		Female	543	F17-39	348	2:23:33	1880
1846	2610	2:24:20	Mark McLoughlin		Male	1303	M17-39	746	2:22:17	1854
1847	2182	2:24:21	Lisa Bond		Female	544	F40-44	101	2:21:31	1837
1848	1960	2:24:22	Lucy Rathbone		Female	545	F17-39	349	2:22:31	1860
1849	1898	2:24:23	Stephen Coombes		Male	1304	M17-39	747	2:23:17	1876
1850	475	2:24:24	Thomas Clarke		Male	1305	M17-39	748	2:21:36	1841
1851	477	2:24:24	Lucy Wilkinson		Female	546	F17-39	350	2:21:36	1842
1852	1945	2:24:27	Claire Tarrant	LOWESTOFT ROAD RUNNERS	Female	547	F17-39	351	2:21:33	1839
1853	1948	2:24:27	Tom Collier	LOWESTOFT ROAD RUNNERS	Male	1306	M17-39	749	2:21:32	1838
1854	2279	2:24:27	Neil Lee		Male	1307	M17-39	750	2:21:36	1843
1855	2441	2:24:28	Jim Bain		Male	1308	M50-54	112	2:21:41	1844
1856	2065	2:24:28	Denise Wright	STOWMARKET STRIDERS	Female	548	F50-54	22	2:22:23	1859
1857	372	2:24:32	James Turner		Male	1309	M17-39	751	2:21:49	1846
1858	1269	2:24:32	Alison Chambers	FRAMLINGHAM FLYERS	Female	549	F17-39	352	2:21:33	1840
1859	190	2:24:33	Karen Carpenter		Female	550	F45-49	58	2:22:47	1864
1860	2431	2:24:34	Helene Tyler		Female	551	F45-49	59	2:23:54	1887
1861	1943	2:24:34	Stacey Moffitt		Female	552	F17-39	353	2:22:17	1855
1862	512	2:24:37	Kirsty Walker		Female	553	F17-39	354	2:21:56	1848
1863	1010	2:24:44	Ness Chapman		Female	554	F50-54	23	2:21:58	1849
1864	1820	2:24:45	Joseph Brundle		Male	1310	M45-49	170	2:22:18	1856
1865	1149	2:24:48	Mark Germany		Male	1311	M17-39	752	2:22:39	1861
1866	1152	2:24:49	Ian Chisholm		Male	1312	M17-39	753	2:22:41	1862
1867	247	2:24:57	Georgina Harvey		Female	555	F17-39	355	2:23:11	1874
1868	1223	2:25:04	Gemma Cullingford		Female	556	F17-39	356	2:23:04	1873
1869	510	2:25:11	Nicola Coombes		Female	557	F17-39	357	2:24:06	1894
1870	1871	2:25:14	Charlotte Michael		Female	558	F17-39	358	2:22:54	1869
1871	1224	2:25:22	Jacquie Webb		Female	559	F45-49	60	2:23:43	1882
1872	292	2:25:22	Beverley Bailey		Female	560	F50-54	24	2:22:50	1867
1873	1688	2:25:26	Timothy Lane		Male	1313	M17-39	754	2:22:48	1866
1874	2944	2:25:28	Elizabeth Senior		Female	561	F55-59	14	2:22:21	1857
1875	2376	2:25:31	Ann Le Page		Female	562	F50-54	25	2:23:58	1890
1876	2043	2:25:31	Paul Corder		Male	1314	M50-54	113	2:22:46	1863
1877	1996	2:25:41	Kate Mackley		Female	563	F17-39	359	2:23:29	1879
1878	1387	2:25:46	Jodie Crawford		Female	564	F17-39	360	2:23:28	1878
1879	2325	2:25:47	Matt Lowe		Male	1315	M17-39	755	2:23:37	1881
1880	1912	2:25:50	Harriet Smith		Female	565	F17-39	361	2:22:50	1868
1881	102	2:25:57	Tristan Kaloo		Male	1316	M17-39	756	2:22:54	1870
1882	1545	2:25:58	Kevin Goodings		Male	1317	M40-44	206	2:23:11	1875
1883	1007	2:26:01	Andre Andrade		Male	1318	M17-39	757	2:22:47	1865
1884	2568	2:26:03	Simon Temple		Male	1319	M60-64	20	2:23:58	1891
1885	2787	2:26:04	Wendy Spaul		Female	566	F45-49	61	2:23:01	1872
1886	2711	2:26:06	Laura O'Connor		Female	567	F17-39	362	2:23:49	1883
1887	1091	2:26:13	Natalie Southgate	REEPHAM RUNNERS	Female	568	F40-44	102	2:24:07	1895
1888	458	2:26:20	Rachel Barrow		Female	569	F17-39	363	2:23:17	1877
1889	317	2:26:23	Amy Maney		Female	570	F17-39	364	2:23:56	1889
1890	667	2:26:25	Richard Poynton		Male	1320	M40-44	207	2:23:52	1885



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1891	1616	2:26:25	Jane Quinn		Female	571	F17-39	365	2:24:08	1896
1892	810	2:26:33	Ian MacFarlane		Male	1321	M17-39	758	2:23:55	1888
1893	1630	2:26:36	Lisa Henman		Female	572	F40-44	103	2:24:14	1897
1894	3022	2:26:36	Lucy Fawcett		Female	573	F17-39	366	2:24:02	1893
1895	2250	2:26:39	Emma Broomfield		Female	574	F17-39	367	2:23:49	1884
1896	2840	2:26:44	Nicola Atter		Female	575	F17-39	368	2:25:12	1914
1897	2031	2:26:44	Tracey Cook		Female	576	F17-39	369	2:25:42	1925
1898	433	2:26:47	Adam Francis		Male	1322	M17-39	759	2:26:17	1933
1899	2021	2:26:47	Angela Brett		Female	577	F17-39	370	2:24:34	1902
1900	2531	2:26:52	Julie Allum	RYSTON RUNNERS	Female	578	F40-44	104	2:24:28	1900
1901	1965	2:26:56	Lucy Heppel		Female	579	F17-39	371	2:25:18	1915
1902	740	2:26:58	Megan Adams		Female	580	F17-39	372	2:23:52	1886
1903	1206	2:26:59	Rachel Lambert		Female	581	F17-39	373	2:24:56	1907
1904	2728	2:27:00	Andrew Ninham		Male	1323	M45-49	171	2:24:01	1892
1905	1516	2:27:03	Simone Sharpe		Female	582	F17-39	374	2:24:21	1899
1906	799	2:27:05	Andrew Boutle		Male	1324	M17-39	760	2:25:29	1916
1907	934	2:27:05	James Boutle		Male	1325	M17-39	761	2:25:29	1917
1908	557	2:27:08	Dawn Osborne		Female	583	F40-44	105	2:24:19	1898
1909	2122	2:27:09	Katrina Ross		Female	584	F17-39	375	2:25:07	1910
1910	850	2:27:09	Charlotte Mihailovic		Female	585	F17-39	376	2:25:07	1911
1911	205	2:27:11	Katie Dade		Female	586	F17-39	377	2:25:49	1927
1912	587	2:27:20	Alex Sergeant		Male	1326	M17-39	762	2:26:21	1934
1913	2631	2:27:23	David Thornhill		Male	1327	M17-39	763	2:27:04	1945
1914	11	2:27:28	Clare Farrant		Female	587	F17-39	378	2:24:49	1906
1915	445	2:27:32	Robert Smith		Male	1328	M40-44	208	2:24:30	1901
1916	411	2:27:35	Louise Knights		Female	588	F17-39	379	2:25:30	1918
1917	2373	2:27:44	Jack Nicholas		Male	1329	M17-39	764	2:26:39	1939
1918	2771	2:27:50	Adam Hollinger		Male	1330	M17-39	765	2:25:10	1912
1919	1427	2:27:51	Tony Culyer		Male	1331	M17-39	766	2:24:45	1904
1920	471	2:27:51	Gillian Smith		Female	589	F40-44	106	2:24:45	1905
1921	1936	2:27:51	Tom Brady		Male	1332	M17-39	767	2:27:11	1947
1922	1327	2:27:52	Aliena Uppal		Female	590	F17-39	380	2:25:02	1909
1923	1513	2:27:56	John Flaxman	ROPSLEY ROAD RUNNERS	Male	1333	M60-64	21	2:24:41	1903
1924	2961	2:27:58	Daniel Edge		Male	1334	M17-39	768	2:25:11	1913
1925	1493	2:28:00	Steve Kirkendall		Male	1335	M50-54	114	2:25:00	1908
1926	2911	2:28:02	Graham Rose		Male	1336	M45-49	172	2:25:38	1923
1927	252	2:28:11	Michelle Tovell	GREAT YARMOUTH ROAD RUNNERS	Female	591	F40-44	107	2:26:03	1928
1928	2644	2:28:17	Chris Sheppard		Male	1337	M45-49	173	2:25:43	1926
1929	915	2:28:20	C Lewington-Bracey		Female	592	F17-39	381	2:25:31	1919
1930	914	2:28:21	Lauren Taylor		Female	593	F17-39	382	2:25:31	1920
1931	2413	2:28:26	Claire Temple		Female	594	F17-39	383	2:26:10	1931
1932	2258	2:28:26	Michelle Harris		Female	595	F40-44	108	2:26:10	1932
1933	2963	2:28:30	Ann Smith		Female	596	F60-64	4	2:26:03	1929
1934	2006	2:28:35	Ingajayne Haynes		Female	597	F40-44	109	2:26:57	1944
1935	1731	2:28:45	Andrew Coghlin		Male	1338	M17-39	769	2:25:31	1921
1936	2207	2:28:46	Sharon Carrigan		Female	598	F45-49	62	2:25:33	1922
1937	412	2:28:46	Loretta Delaney		Female	599	F17-39	384	2:25:41	1924
1938	741	2:28:55	David Downes		Male	1339	M40-44	209	2:26:05	1930
1939	1423	2:29:00	Joy Frary		Female	600	F40-44	110	2:26:37	1938
1940	2947	2:29:02	Clare Stringer		Female	601	F17-39	385	2:26:26	1935
1941	3021	2:29:05	Victoria Fuller		Female	602	F17-39	386	2:27:21	1951
1942	1533	2:29:05	Karina Newby		Female	603	F17-39	387	2:27:21	1952
1943	1026	2:29:11	Mark Winterburn		Male	1340	M50-54	115	2:26:29	1937
1944	2814	2:29:15	Nicholas Catt		Male	1341	M17-39	770	2:28:29	1966
1945	569	2:29:21	Laura Woods		Female	604	F17-39	388	2:27:33	1956
1946	2838	2:29:23	Richard Child		Male	1342	M55-59	40	2:27:12	1949
1947	1116	2:29:26	Andrew Chapman		Male	1343	M45-49	174	2:26:48	1942
1948	3016	2:29:26	Adam Toomer		Male	1344	M17-39	771	2:27:19	1950
1949	2873	2:29:26	Ian Edgar		Male	1345	M17-39	772	2:26:27	1936
1950	2768	2:29:27	Natasha Hodges		Female	605	F17-39	389	2:26:41	1941
1951	580	2:29:29	Philp Attelsey		Male	1346	M60-64	22	2:27:22	1954
1952	581	2:29:29	Justin Attelsey		Male	1347	M17-39	773	2:27:22	1955
1953	1398	2:29:30	Paul Stephen		Male	1348	M17-39	774	2:27:04	1946
1954	78	2:29:39	John Purvis		Male	1349	M17-39	775	2:27:11	1948
1955	1392	2:29:49	Ali Meyrick		Male	1350	M17-39	776	2:27:21	1953
1956	1314	2:29:51	Chris Smith		Male	1351	M17-39	777	2:26:39	1940
1957	1471	2:29:53	Annabel Bradley	SKEGNESS COASTERS	Female	606	F45-49	63	2:26:50	1943
1958	2200	2:30:03	Andrew Nicholson		Male	1352	M17-39	778	2:29:01	1973
1959	1084	2:30:08	Alison Bennett		Female	607	F17-39	390	2:28:12	1961
1960	1923	2:30:09	Graham Rees		Male	1353	M45-49	175	2:29:35	1980





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1961	3042	2:30:19	Cathy Arnold		Female	608	F17-39	391	2:29:16	1976
1962	2508	2:30:25	Helen Bicknell		Female	609	F17-39	392	2:28:46	1971
1963	2811	2:30:32	Sarah Leeks		Female	610	F40-44	111	2:27:47	1958
1964	1244	2:30:38	Simon Faure	NORWICH ROAD RUNNERS	Male	1354	M45-49	176	2:29:51	1983
1965	347	2:30:41	Dawn Whitehead	KING'S LYNN COMMUNITY RUNNERS	Female	611	F50-54	26	2:28:05	1960
1966	564	2:30:45	Kelsie Woollass		Female	612	F17-39	393	2:28:04	1959
1967	1078	2:30:48	Emma Wiskin		Female	613	F17-39	394	2:28:17	1962
1968	884	2:30:51	Francesca Reason		Female	614	F17-39	395	2:27:45	1957
1969	2401	2:30:54	Matthew Cook		Male	1355	M17-39	779	2:29:11	1975
1970	1956	2:31:02	Jennifer Turk		Female	615	F17-39	396	2:29:23	1977
1971	1957	2:31:02	Elizabeth Turk	SPRINGFIELD STRIDERS	Female	616	F45-49	64	2:29:24	1978
1972	3037	2:31:02	Adrian Thurlow		Male	1356	M45-49	177	2:28:20	1963
1973	2361	2:31:09	Stuart Callow		Male	1357	M40-44	210	2:28:42	1970
1974	686	2:31:19	Zara Joyce		Female	617	F17-39	397	2:28:28	1965
1975	1738	2:31:27	Stephen Powers		Male	1358	M17-39	780	2:28:27	1964
1976	1717	2:31:43	Zara Murfitt		Female	618	F17-39	398	2:28:34	1967
1977	1611	2:31:44	Lesley Cooke		Female	619	F17-39	399	2:28:35	1968
1978	339	2:31:44	Mike Oliver		Male	1359	M17-39	781	2:28:58	1972
1979	1750	2:31:44	Jeron James		Male	1360	M17-39	782	2:28:36	1969
1980	1295	2:31:46	Jane Thurlow		Female	620	F45-49	65	2:29:06	1974
1981	2214	2:31:48	Naomi Taney		Female	621	F17-39	400	2:29:51	1984
1982	1710	2:31:52	Joshua Hollebon		Male	1361	M17-39	783	2:31:04	1995
1983	1204	2:31:57	Georgia Hegarty		Female	622	F45-49	66	2:30:23	1988
1984	842	2:32:20	Barry Hipwell		Male	1362	M50-54	116	2:30:56	1992
1985	111	2:32:23	Rod Barrett		Male	1363	M65+	15	2:29:29	1979
1986	2675	2:32:29	Yvonne Adams		Female	623	F45-49	67	2:29:42	1981
1987	1331	2:32:36	Michael Fisher		Male	1364	M17-39	784	2:30:27	1990
1988	1798	2:32:39	Paul Jackson		Male	1365	M17-39	785	2:31:14	2000
1989	2105	2:32:55	David Steggall		Male	1366	M17-39	786	2:31:02	1993
1990	2382	2:32:55	Andrew Steggall		Male	1367	M17-39	787	2:31:03	1994
1991	1810	2:32:58	Emily Underhill		Female	624	F17-39	401	2:29:55	1985
1992	919	2:33:05	Julie Winner		Female	625	F40-44	112	2:29:50	1982
1993	2198	2:33:10	Kim Ludlow		Female	626	F40-44	113	2:30:14	1986
1994	773	2:33:11	Deborah Harmer		Female	627	F17-39	402	2:30:23	1989
1995	2982	2:33:31	Heather Houghton		Female	628	F40-44	114	2:30:19	1987
1996	1422	2:33:45	Kirstina Standley		Female	629	F40-44	115	2:31:30	2002
1997	1443	2:33:45	Chris Standley		Male	1368	M40-44	211	2:31:31	2003
1998	294	2:33:52	Maureen Williams		Female	630	F45-49	68	2:31:20	2001
1999	128	2:33:53	Gavin Moore		Male	1369	M17-39	788	2:30:52	1991
2000	3027	2:33:58	Craig Walker		Male	1370	M17-39	789	2:31:39	2004
2001	1404	2:34:01	Jo King		Female	631	F40-44	116	2:31:10	1999
2002	2330	2:34:03	Tim Scutter	TRI-ANGLIA	Male	1371	M17-39	790	2:31:08	1998
2003	1022	2:34:10	Darryl Beck		Male	1372	M17-39	791	2:31:04	1996
2004	152	2:34:17	Vatau Sagaga		Male	1373	M17-39	792	2:31:04	1997
2005	1071	2:34:18	Rosie Paul		Female	632	F17-39	403	2:32:55	2013
2006	1112	2:34:18	Raymond Paul		Male	1374	M50-54	117	2:32:55	2014
2007	1482	2:34:24	Aaron Talbot		Male	1375	M17-39	793	2:32:22	2009
2008	1509	2:34:33	Joanne Hocking		Female	633	F17-39	404	2:32:25	2010
2009	1504	2:34:33	Malcolm Hogarth	STOWMARKET STRIDERS	Male	1376	M55-59	41	2:32:25	2011
2010	727	2:34:36	Suzanne Kersey		Female	634	F17-39	405	2:31:41	2005
2011	3002	2:34:48	Mary Ann Coupland		Female	635	F55-59	15	2:32:50	2012
2012	1500	2:34:48	Gary Wilson		Male	1377	M17-39	794	2:33:11	2016
2013	2727	2:34:53	Suzie Warman	BUNGAY BLACK DOG RC	Female	636	F40-44	117	2:32:01	2008
2014	1489	2:35:05	James Arthurton		Male	1378	M17-39	795	2:33:58	2020
2015	2205	2:35:05	Paul Cant		Male	1379	M55-59	42	2:31:50	2006
2016	2206	2:35:05	Francesca Cant		Female	637	F17-39	406	2:31:50	2007
2017	1732	2:35:36	Clare Murphy		Female	638	F17-39	407	2:35:30	2042
2018	760	2:35:38	David Murioson		Male	1380	M17-39	796	2:35:18	2037
2019	623	2:35:52	Michael Radbourne		Male	1381	M45-49	178	2:33:09	2015
2020	1205	2:36:14	Erin Hegarty		Female	639	F17-39	408	2:34:41	2031
2021	1107	2:36:26	David Ewing		Male	1382	M45-49	179	2:33:40	2017
2022	237	2:36:26	Ruth Kemp		Female	640	F17-39	409	2:34:30	2027
2023	1051	2:36:33	Carrie Morris		Female	641	F17-39	410	2:34:35	2029
2024	1417	2:36:34	Julie Childs		Female	642	F45-49	69	2:34:05	2022
2025	2181	2:36:37	Kristiina Lott		Female	643	F17-39	411	2:34:20	2026
2026	420	2:36:54	Damian Althorpe		Male	1383	M40-44	212	2:33:50	2018
2027	421	2:36:54	Adam Rowland		Male	1384	M17-39	797	2:33:50	2019
2028	1044	2:37:02	Rebecca Anderson		Female	644	F17-39	412	2:34:32	2028
2029	1140	2:37:02	Carol McIntosh		Female	645	F60-64	5	2:36:39	2054
2030	2278	2:37:04	Bhavesh Dhorajiwala		Male	1385	M17-39	798	2:36:10	2051



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2031	795	2:37:05	Lorraine Bow		Female	646	F17-39	413	2:34:00	2021
2032	1971	2:37:10	Hilary Richards		Female	647	F45-49	70	2:34:40	2030
2033	32	2:37:13	Owen Moulton		Male	1386	M17-39	799	2:34:49	2033
2034	906	2:37:19	Charlotte Palmer		Female	648	F17-39	414	2:35:12	2036
2035	1612	2:37:22	Benjamin Bedwell		Male	1387	M17-39	800	2:34:19	2025
2036	2311	2:37:23	Kylie Frost		Female	649	F17-39	415	2:35:00	2034
2037	299	2:37:27	Katie Holmes		Female	650	F17-39	416	2:34:11	2023
2038	300	2:37:27	Lauren Freeman		Female	651	F17-39	417	2:34:12	2024
2039	75	2:37:30	Jason Osben		Male	1388	M40-44	213	2:35:26	2041
2040	1565	2:37:44	Jennifer Pallister		Female	652	F17-39	418	2:36:11	2052
2041	250	2:37:49	Jeremy Houghton		Male	1389	M40-44	214	2:34:44	2032
2042	2459	2:38:03	Rod Smith		Male	1390	M65+	16	2:35:45	2045
2043	2538	2:38:03	Tim Chisman		Male	1391	M17-39	801	2:35:53	2047
2044	858	2:38:09	Tina Foster		Female	653	F40-44	118	2:35:22	2039
2045	1336	2:38:12	Peter Spary		Male	1392	M17-39	802	2:35:08	2035
2046	62	2:38:23	Diane Thompson		Female	654	F50-54	27	2:35:18	2038
2047	605	2:38:29	D Winteringham		Female	655	F17-39	419	2:35:58	2050
2048	3030	2:38:31	Lucy Spinks		Female	656	F17-39	420	2:35:23	2040
2049	63	2:38:34	Deborah Hall		Female	657	F45-49	71	2:35:30	2043
2050	1270	2:38:39	Diane Doyle	FRAMLINGHAM FLYERS	Female	658	F17-39	421	2:35:40	2044
2051	476	2:38:50	Catherine Hearne		Female	659	F50-54	28	2:35:49	2046
2052	407	2:38:59	Rebecca Awre		Female	660	F17-39	422	2:35:55	2048
2053	406	2:38:59	Emily Banks		Female	661	F17-39	423	2:35:55	2049
2054	46	2:39:12	Carl Alcock		Male	1393	M17-39	803	2:37:06	2060
2055	1716	2:39:14	Camilla Taylor		Female	662	F17-39	424	2:36:54	2056
2056	544	2:39:23	Michelle Cooper	NORWICH ROAD RUNNERS	Female	663	F40-44	119	2:36:40	2055
2057	1712	2:39:40	Steve Farrell		Male	1394	M40-44	215	2:36:55	2057
2058	1762	2:39:41	Bernadette Ambrose		Female	664	F17-39	425	2:36:56	2058
2059	545	2:39:49	Roger Brown		Male	1395	M40-44	216	2:36:34	2053
2060	728	2:39:53	Melissa Kersey		Female	665	F17-39	426	2:36:58	2059
2061	2862	2:40:02	Camilla Dann		Female	666	F17-39	427	2:38:13	2062
2062	1970	2:40:04	Joseph Dunn		Male	1396	M45-49	180	2:39:00	2071
2063	480	2:40:16	David Simpson		Male	1397	M17-39	804	2:37:45	2061
2064	2513	2:40:29	Kerry Warnes		Female	667	F17-39	428	2:39:44	2080
2065	2760	2:40:33	Julie Lockett		Female	668	F50-54	29	2:38:51	2069
2066	2761	2:40:33	Sophie Lockett		Female	669	F17-39	429	2:38:51	2070
2067	431	2:41:06	Christine Price		Female	670	F17-39	430	2:40:04	2083
2068	1367	2:41:08	Jeremy Kidd		Male	1398	M40-44	217	2:38:46	2067
2069	1032	2:41:38	Paula Wenlock		Female	671	F55-59	16	2:38:26	2063
2070	593	2:41:39	Pamela Dunsdon		Female	672	F17-39	431	2:38:31	2064
2071	459	2:41:39	Martyn Dunsdon		Male	1399	M17-39	805	2:38:31	2065
2072	1546	2:41:46	Lily Pomfret		Female	673	F17-39	432	2:38:45	2066
2073	3019	2:41:47	Edward Rees		Male	1400	M17-39	806	2:38:49	2068
2074	1073	2:41:52	Kirsty Breeze		Female	674	F17-39	433	2:39:01	2072
2075	1074	2:41:52	David Hall		Male	1401	M40-44	218	2:39:01	2073
2076	2570	2:42:03	Catherine Stephenson		Female	675	F45-49	72	2:39:19	2075
2077	2810	2:42:10	Catherine Holder		Female	676	F45-49	73	2:39:25	2076
2078	1361	2:42:21	Robert Handy		Male	1402	M17-39	807	2:39:10	2074
2079	2716	2:42:40	Mark Randall		Male	1403	M40-44	219	2:39:41	2078
2080	523	2:42:40	Rebecca Harris		Female	677	F17-39	434	2:39:45	2081
2081	2715	2:42:42	Rachel Randall		Female	678	F40-44	120	2:39:43	2079
2082	538	2:42:44	Sharon Betts		Female	679	F45-49	74	2:39:32	2077
2083	263	2:42:44	Katie Barham		Female	680	F17-39	435	2:41:10	2085
2084	603	2:42:46	David Price		Male	1404	M40-44	220	2:41:38	2086
2085	573	2:42:58	Kat Navarro		Female	681	F17-39	436	2:39:47	2082
2086	2782	2:42:58	Philippa Newson		Female	682	F17-39	437	2:40:20	2084
2087	87	2:44:13	Sue Leach		Female	683	F17-39	438	2:42:12	2089
2088	84	2:44:13	Claire Barker		Female	684	F17-39	439	2:42:11	2088
2089	1323	2:44:48	Michael Mooney		Male	1405	M60-64	23	2:44:04	2094
2090	1234	2:44:48	Mark Mooney		Male	1406	M17-39	808	2:44:03	2093
2091	262	2:44:59	Claire Burbridge		Female	685	F17-39	440	2:42:03	2087
2092	2989	2:45:34	Bryan Baxter	TRI-ANGLIA	Male	1407	M50-54	118	2:43:18	2091
2093	1721	2:45:57	Julie Gardner		Female	686	F45-49	75	2:42:46	2090
2094	1433	2:46:36	Caroline Jefford		Female	687	F45-49	76	2:44:04	2095
2095	1786	2:46:36	Louise Agnew		Female	688	F17-39	441	2:44:04	2096
2096	599	2:46:59	Jim Leck		Male	1408	M17-39	809	2:44:01	2092
2097	2099	2:47:12	Faith Blogg		Female	689	F17-39	442	2:44:41	2097
2098	1849	2:47:12	Timothy Johnson	WYMONDHAM AC	Male	1409	M17-39	810	2:44:46	2098
2099	82	2:47:23	Rachel Moulton		Female	690	F17-39	443	2:45:00	2099
2100	792	2:47:35	Zara Lambert		Female	691	F17-39	444	2:46:38	2108



# City of Norwich Half Marathon 2012

25th November 2012

# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	1832	2:47:39	Gabrielle Gardner		Female	692	F17-39	445	2:45:44	2101
2102	1161	2:47:47	Valerie Prosser		Female	693	F65+	2	2:46:13	2104
2103	1650	2:48:15	Sophie Leaning		Female	694	F17-39	446	2:45:11	2100
2104	1823	2:48:43	Gracey Bennett		Female	695	F17-39	447	2:46:03	2103
2105	1060	2:48:59	Maxine McGarr		Female	696	F17-39	448	2:45:50	2102
2106	1483	2:49:15	Jeff Nash		Male	1410	M50-54	119	2:46:25	2105
2107	1791	2:49:16	Catherine Turner		Female	697	F40-44	121	2:46:32	2106
2108	720	2:49:35	Pauline Bellamy		Female	698	F55-59	17	2:46:52	2111
2109	1146	2:49:42	Eleanor Wood		Female	699	F17-39	449	2:46:33	2107
2110	775	2:49:43	A Clarke-Sturman		Female	700	F17-39	450	2:46:56	2112
2111	166	2:49:54	Ross Haddow	NORTH NORFOLK BEACH RUNNERS	Male	1411	M55-59	43	2:46:39	2109
2112	2185	2:49:54	Tonya Patten		Female	701	F40-44	122	2:46:40	2110
2113	2271	2:50:04	Adrian Possener	BIRKETTS RUNNERS AC	Male	1412	M45-49	181	2:46:56	2113
2114	1120	2:50:17	Carol Ann Moon		Female	702	F45-49	77	2:47:38	2114
2115	606	2:50:49	Natalie Berry		Female	703	F17-39	451	2:48:19	2116
2116	1189	2:51:05	Vicki Collier		Female	704	F17-39	452	2:47:57	2115
2117	3029	2:51:44	Kat Francois		Female	705	F17-39	453	2:49:03	2119
2118	522	2:51:57	Amanda Lewis		Female	706	F17-39	454	2:49:02	2118
2119	1754	2:52:10	Jane Bircham		Female	707	F40-44	123	2:48:55	2117
2120	501	2:52:30	Douglas Searle		Male	1413	M17-39	811	2:49:24	2120
2121	500	2:52:30	Laura Searle		Female	708	F17-39	455	2:49:24	2121
2122	2702	2:53:13	Angela Ryan		Female	709	F40-44	124	2:50:03	2122
2123	2374	2:53:51	Mark Henseler		Male	1414	M45-49	182	2:51:16	2123
2124	384	2:53:51	Suzie Henseler		Female	710	F40-44	125	2:51:17	2124
2125	285	2:54:37	Alyson Brett		Female	711	F17-39	456	2:51:39	2127
2126	1736	2:54:43	Josh Ratcliffe		Male	1415	M17-39	812	2:52:20	2132
2127	786	2:54:49	Emily Nobbs		Female	712	F17-39	457	2:51:37	2125
2128	787	2:54:50	Greg Dimsey		Male	1416	M17-39	813	2:51:37	2126
2129	508	2:55:06	Carolyne Huyser		Female	713	F17-39	458	2:51:56	2128
2130	509	2:55:06	Aj Huyser		Male	1417	M17-39	814	2:51:57	2129
2131	1614	2:55:13	Maggie Flatt	BUNGAY BLACK DOG RC	Female	714	F50-54	30	2:52:04	2130
2132	3028	2:55:18	Angelina Penrose		Female	715	F17-39	459	2:52:08	2131
2133	735	2:55:19	Sarah Robinson		Female	716	F17-39	460	2:53:09	2134
2134	2522	2:55:23	Ryan Middleton	DEREHAM RUNNERS	Male	1418	M17-39	815	2:53:02	2133
2135	1980	2:56:10	Sarah Newport		Female	717	F17-39	461	2:54:08	2139
2136	255	2:56:10	Hannah Northrop		Female	718	F17-39	462	2:53:27	2137
2137	373	2:56:24	Sallie Hardman		Female	719	F45-49	78	2:53:09	2135
2138	286	2:56:24	Victoria Slack		Female	720	F17-39	463	2:53:26	2136
2139	1148	2:56:38	Emily Barclay	BUNGAY BLACK DOG RC	Female	721	F17-39	464	2:53:29	2138
2140	2125	2:58:02	Sarah Shipman		Female	722	F17-39	465	2:55:08	2142
2141	718	2:58:11	Dee Royds	BUNGAY BLACK DOG RC	Female	723	F45-49	79	2:54:59	2140
2142	717	2:58:11	Soren Royds		Male	1419	M17-39	816	2:54:59	2141
2143	1401	2:59:07	Julie Milner		Female	724	F50-54	31	2:58:44	2148
2144	977	2:59:13	Paula Eaglen		Female	725	F17-39	466	2:56:39	2144
2145	681	2:59:30	Jake Hillyard		Male	1420	M17-39	817	2:56:42	2145
2146	536	2:59:33	Scott Aldridge		Male	1421	M45-49	183	2:56:26	2143
2147	1735	2:59:35	Matt Caesar		Male	1422	M17-39	818	2:57:12	2146
2148	677	2:59:54	Jackie Cole		Female	726	F50-54	32	2:57:16	2147
2149	2071	3:03:25	Dawn Kerry		Female	727	F17-39	467	3:00:27	2149
2150	1767	3:06:59	Tony Orfeo		Male	1423	M17-39	819	3:04:06	2150
2151	779	3:07:38	Sean Neale		Male	1424	M40-44	221	3:05:38	2151
2152	950	3:11:35	Stephen Bumfrey		Male	1425	M50-54	120	3:08:32	2152
2153	337	3:17:39	Claire Tharby		Female	728	F17-39	468	3:14:24	2153