



City of Norwich Half Marathon

Norfolk Showground, Norwich - 24th November 2013

Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	7	1:10:20	Ben RUSSELL	Liverpool Harriers	Male	1	M17-39	1	1:10:20	1
2	3	1:13:11	Matthew BIDWELL	City Of Norwich AC	Male	2	M40-44	1	1:13:11	2
3	3055	1:13:18	Dominic BLAKE	Reepham Runners	Male	3	M17-39	2	1:13:18	3
4	5	1:13:48	Wayne LINCOLN	City Of Norwich AC	Male	4	M45-49	1	1:13:48	4
5	1102	1:15:30	Tim ERSKINE	Maidstone Harriers	Male	5	M17-39	3	1:15:30	5
6	2018	1:16:06	Steven CANNELL	Coltishall Jaguars	Male	6	M17-39	4	1:16:06	6
7	391	1:16:13	Roger BRAYBROOKS	London Heathside AC	Male	7	M40-44	2	1:16:12	7
8	6	1:16:57	Piers ARNOLD	City Of Norwich AC	Male	8	M17-39	5	1:16:57	8
9	1	1:17:25	Daisy GLOVER	Ely Runners	Female	1	F17-39	1	1:17:24	9
10	1829	1:17:47	Richard BATESON	Coltishall Jaguars	Male	9	M17-39	6	1:17:46	10
11	2574	1:18:09	Robert SKINN		Male	10	M17-39	7	1:18:06	11
12	3030	1:20:20	Fernando SILVA	Wymondham AC	Male	11	M55-59	1	1:20:20	12
13	1190	1:20:56	Ben MOON	Cardiff Harlequins	Male	12	M17-39	8	1:20:54	13
14	1124	1:21:00	Paul MINGAY	Tiptree Road Runners	Male	13	M55-59	2	1:20:57	14
15	3166	1:21:20	Andrew WALPOLE	Dartford Road Runners	Male	14	M17-39	9	1:21:18	15
16	223	1:21:35	Sammo NIGH		Male	15	M17-39	10	1:21:28	16
17	3002	1:21:43	Alec BEANEY	City Of Norwich AC	Male	16	M17-39	11	1:21:43	17
18	1657	1:21:54	John MOORE	Norfolk Gazelles	Male	17	M50-54	1	1:21:50	18
19	264	1:22:21	Matthew GADD		Male	18	M17-39	12	1:22:19	19
20	2313	1:22:26	Ryan FISHER		Male	19	M17-39	13	1:22:25	20
21	1405	1:22:34	Matthew PARKER	Derwent Runners	Male	20	M17-39	14	1:22:25	21
22	2613	1:22:58	Peter AUGER		Male	21	M17-39	15	1:22:56	22
23	2206	1:23:05	Robin MCCOY		Male	22	M45-49	2	1:23:02	23
24	2624	1:23:51	Steve ELY	Norwich Road Runners	Male	23	M40-44	3	1:23:44	24
25	1963	1:24:00	Kevin HOLLAND		Male	24	M17-39	16	1:23:59	26
26	1320	1:24:01	David CROSS	Poole Runners	Male	25	M17-39	17	1:23:58	25
27	2249	1:24:06	Sian THOMAS	Chiltern Harriers	Female	2	F17-39	2	1:24:04	27
28	1444	1:24:19	James BULLEN	Phoenix Athletics Club	Male	26	M17-39	18	1:24:16	28
29	1623	1:24:28	Stephen PETTIT	Ely Runners	Male	27	M45-49	3	1:24:26	29
30	2953	1:24:52	Matthew SMITH		Male	28	M17-39	19	1:24:52	31
31	2802	1:24:53	Warwick NORRIS		Male	29	M17-39	20	1:24:48	30
32	2871	1:24:54	Chris MERRYLEES	North Norfolk Beach Runners	Male	30	M17-39	21	1:24:52	32
33	1348	1:24:54	Carmine DE GRANDIS	North Norfolk Beach Runners	Male	31	M40-44	4	1:24:52	33
34	11	1:25:03	Alex WILLIAMS	Port Talbot Harriers & AC	Male	32	M45-49	4	1:24:57	34
35	1746	1:25:05	Mark CLUES	Tri-Anglia	Male	33	M45-49	5	1:24:58	35
36	1236	1:25:06	Jon BYFORD	Springfield Striders	Male	34	M40-44	5	1:25:03	36
37	2382	1:25:25	Tom LEVITT	Herne Hill Harriers	Male	35	M17-39	22	1:25:23	37
38	2499	1:25:45	Matthew SUTTON	Great Yarmouth RR	Male	36	M17-39	23	1:25:34	38
39	3000	1:25:48	Charlotte ROSE	City Of Norwich AC	Female	3	F17-39	3	1:25:45	40
40	2498	1:25:50	Paul MARTIN	Norwich Road Runners	Male	37	M17-39	24	1:25:40	39
41	2559	1:25:51	Craig BOWEN - JONES		Male	38	M40-44	6	1:25:48	41
42	1250	1:25:56	Mark GARRETT	Norwich Road Runners	Male	39	M50-54	2	1:25:49	42
43	1349	1:25:58	Leo GIFFORD		Male	40	M17-39	25	1:25:54	44
44	2959	1:25:59	John HUDSON	Norwich Road Runners	Male	41	M17-39	26	1:25:53	43
45	2673	1:26:00	Joe CARR	Diss & District AC	Male	42	M17-39	27	1:25:58	45
46	1800	1:26:07	Martin AUGER		Male	43	M55-59	3	1:25:58	46
47	2268	1:26:13	Carl DUCKWORTH		Male	44	M17-39	28	1:26:13	48
48	2355	1:26:22	Graeme JOHNSON		Male	45	M17-39	29	1:26:11	47
49	634	1:26:26	Colin ROBILLIARD		Male	46	M60-64	1	1:26:22	50
50	2679	1:26:27	Mark MERRYWEST	Norwich Road Runners	Male	47	M17-39	30	1:26:21	49
51	1845	1:26:37	Adam RICHARDSON	Tiptree Road Runners	Male	48	M17-39	31	1:26:33	52
52	3031	1:26:49	Thomas SKIDMORE		Male	49	M17-39	32	1:26:29	51
53	3020	1:26:58	Todd LAKE	Dereham Runners AC	Male	50	M45-49	6	1:26:54	54
54	1643	1:27:02	James O'CONNOR		Male	51	M40-44	7	1:26:48	53
55	1757	1:27:04	Jason BRUNT		Male	52	M40-44	8	1:26:55	56
56	538	1:27:07	Jason BLUNDERFIELD		Male	53	M17-39	33	1:26:54	55
57	320	1:27:08	Stephen BROWN		Male	54	M17-39	34	1:27:01	58
58	2604	1:27:09	Jonathan KENNEDY		Male	55	M17-39	35	1:27:00	57
59	1257	1:27:12	Edward DOOLEY	Tri-Anglia	Male	56	M17-39	36	1:27:07	59
60	1582	1:27:13	Simon ABLE	Ryston Runners AC	Male	57	M40-44	9	1:27:07	60
61	1514	1:27:17	Tom GATENBY		Male	58	M17-39	37	1:27:13	61
62	2791	1:27:24	Duncan CARDWELL		Male	59	M40-44	10	1:27:15	62
63	2501	1:27:26	Matthew JULIER	Colchester Harriers	Male	60	M17-39	38	1:27:23	65
64	1585	1:27:27	David TANDY	Norwich Road Runners	Male	61	M40-44	11	1:27:20	64
65	2587	1:27:28	Greg ALLAN	Birketts Runners AC	Male	62	M17-39	39	1:27:25	68
66	1114	1:27:30	Kevin FRAZER		Male	63	M50-54	3	1:27:25	69
67	978	1:27:31	Edward FOSTER		Male	64	M17-39	40	1:27:30	72
68	2472	1:27:32	Will MANGAR	7 Oaks Tri	Male	65	M17-39	41	1:27:23	66
69	1881	1:27:32	Sam ROYLE		Male	66	M17-39	42	1:27:16	63
70	2463	1:27:35	Tim LARKE	Stowmarket Striders	Male	67	M40-44	12	1:27:27	71



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	1601	1:27:36	Robert THOMPSON	Spa Striders RC	Male	68	M45-49	7	1:27:25	70
72	2271	1:27:37	Daniel TARR		Male	69	M17-39	43	1:27:32	73
73	1934	1:27:40	Will MCMORRIS		Male	70	M17-39	44	1:27:32	74
74	2837	1:27:44	Jon GOODWIN		Male	71	M40-44	13	1:27:34	75
75	2147	1:27:45	Jason ALLARD	Stowmarket Striders	Male	72	M17-39	45	1:27:37	77
76	1164	1:27:49	Simon MARSH	RAF Marham Running Club	Male	73	M17-39	46	1:27:36	76
77	985	1:27:51	Robert WARWICKER	Tri-Anglia	Male	74	M40-44	14	1:27:43	79
78	3200	1:27:59	Michael FARMER		Male	75	M17-39	47	1:27:57	81
79	725	1:28:04	Jack GILLICK	Wymondham AC	Male	76	M17-39	48	1:27:56	80
80	2915	1:28:06	Dominic HUGHES		Male	77	M17-39	49	1:28:00	82
81	660	1:28:08	Jamie ROBERTS		Male	78	M17-39	50	1:27:23	67
82	2992	1:28:09	Ian MOORE	Norwich Road Runners	Male	79	M45-49	8	1:28:01	83
83	2033	1:28:15	Samuel BORRER		Male	80	M17-39	51	1:27:38	78
84	1819	1:28:26	James DOGGETT		Male	81	M17-39	52	1:28:04	84
85	3003	1:28:36	Micah ROGERS	City Of Norwich AC	Male	82	M17-39	53	1:28:36	87
86	1925	1:28:39	Alfie BENTLEY		Male	83	M17-39	54	1:28:31	86
87	1196	1:28:42	Chris PERRY	St Edmund Pacers	Male	84	M17-39	55	1:28:38	88
88	2148	1:28:51	Andrew CONWAY	Tiptree Road Runners	Male	85	M45-49	9	1:28:43	90
89	2976	1:28:55	Nick PULLEN	UEA AC	Male	86	M17-39	56	1:28:48	92
90	802	1:28:56	Reuben GRICE	Tavistock Athletics Club	Male	87	M17-39	57	1:28:25	85
91	2565	1:28:57	Matt HOWARD		Male	88	M17-39	58	1:28:54	94
92	45	1:29:00	Dale SKOULDING	Bungay Black Dog RC	Male	89	M17-39	59	1:28:55	96
93	2832	1:29:01	Lee MARKHAM	Woodbridge Shufflers	Male	90	M17-39	60	1:28:54	95
94	1980	1:29:03	Ashley GILBERT	Dereham Runners AC	Male	91	M17-39	61	1:28:50	93
95	2273	1:29:04	John FAGAN		Male	92	M17-39	62	1:28:57	97
96	42	1:29:09	Stephen W MEAD		Male	93	M60-64	2	1:29:06	101
97	2795	1:29:13	Neil LEEDS		Male	94	M17-39	63	1:28:57	98
98	2137	1:29:16	Andrew GOODCHILD	Tri-Anglia	Male	95	M45-49	10	1:29:09	103
99	1526	1:29:19	Joe ANDERSON-BROWN	Ryston Runners AC	Male	96	M17-39	64	1:28:38	89
100	2671	1:29:22	Thomas WOOD		Male	97	M17-39	65	1:29:17	106
101	1465	1:29:23	Tim ROBINSON		Male	98	M17-39	66	1:29:03	100
102	1812	1:29:26	Mike MCGEOWN	Ravens City Of London RC	Male	99	M17-39	67	1:29:23	109
103	2374	1:29:28	Paul CASSELS		Male	100	M17-39	68	1:29:19	107
104	2748	1:29:30	Alec FRANCIS		Male	101	M17-39	69	1:29:01	99
105	2970	1:29:31	Barry RYAN	Bushfield Joggers	Male	102	M40-44	15	1:29:15	105
106	2860	1:29:32	Gerard SHORT		Male	103	M45-49	11	1:29:13	104
107	2296	1:29:35	Riaan EKKERD		Male	104	M17-39	70	1:28:43	91
108	887	1:29:37	Charles RICHMOND		Male	105	M40-44	16	1:29:32	113
109	869	1:29:37	Andrew DOIG	Pitsea RC	Male	106	M17-39	71	1:29:31	112
110	1599	1:29:38	Peter SHACKLETON		Male	107	M50-54	4	1:29:08	102
111	1667	1:29:40	Katherine TREHANE	Norfolk Gazelles	Female	4	F17-39	4	1:29:34	114
112	1919	1:29:42	Tommy ELIAS		Male	108	M17-39	72	1:29:38	117
113	3040	1:29:51	James LAY		Male	109	M17-39	73	1:29:39	119
114	1672	1:29:53	Mark SHEARING	Tri-Anglia	Male	110	M17-39	74	1:29:22	108
115	2055	1:29:54	Kevin MACE	Norwich Road Runners	Male	111	M50-54	5	1:29:34	115
116	2376	1:29:56	Chris MOWER	St Edmund Pacers	Male	112	M17-39	75	1:29:27	111
117	1668	1:29:57	Alexandra SMITH	Norwich Road Runners	Female	5	F17-39	5	1:29:49	121
118	2429	1:29:57	Daniel GARDINER	Bungay Black Dog RC	Male	113	M40-44	17	1:29:52	124
119	3172	1:29:57	Alan REYNOLDS		Male	114	M40-44	18	1:29:38	118
120	1387	1:29:58	James WILMORE		Male	115	M17-39	76	1:29:36	116
121	2655	1:30:06	Mike HILL	Tri-Anglia	Male	116	M45-49	12	1:29:58	126
122	785	1:30:09	Stuart COMPTON	Cambridge Triathlon Club	Male	117	M45-49	13	1:29:23	110
123	1116	1:30:11	Arthur WHISTON	Colchester Harriers	Male	118	M60-64	3	1:30:09	129
124	3037	1:30:12	Tim ANGELL	City Of Norwich AC	Male	119	M50-54	6	1:29:50	122
125	2938	1:30:13	Nathan PERRY-WARNES		Male	120	M17-39	77	1:30:08	127
126	1894	1:30:17	Chris MILLSTED		Male	121	M17-39	78	1:30:10	131
127	2167	1:30:18	Edward SIDGWICK		Male	122	M17-39	79	1:29:52	125
128	559	1:30:20	Tom SYER		Male	123	M17-39	80	1:30:11	132
129	465	1:30:20	Aidan COUGHLAN		Male	124	M17-39	81	1:30:15	133
130	474	1:30:21	Cameron MESSENGER		Male	125	M17-39	82	1:29:51	123
131	2513	1:30:22	Chris BARKWAY		Male	126	M55-59	4	1:30:08	128
132	1536	1:30:22	Adam VEALE		Male	127	M17-39	83	1:30:09	130
133	1057	1:30:30	Benjamin HEARNE		Male	128	M17-39	84	1:29:41	120
134	819	1:30:36	Alan BUSHELL	Coltishall Jaguars	Male	129	M40-44	19	1:30:24	136
135	1704	1:30:38	John CHARLTON		Male	130	M17-39	85	1:30:27	139
136	2827	1:30:39	Richard DADE		Male	131	M40-44	20	1:30:34	140
137	710	1:30:41	Michael SADLER	North Norfolk Beach Runners	Male	132	M50-54	7	1:30:26	137
138	1099	1:30:48	Jean-Marie TASSEL		Male	133	M17-39	86	1:30:26	138
139	841	1:30:55	Chris LEHRBACH		Male	134	M40-44	21	1:30:21	135
140	2964	1:31:10	Paul LLOYD		Male	135	M17-39	87	1:30:17	134



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	1101	1:31:12	Jonathan READER	Coltishall Jaguars	Male	136	M17-39	88	1:30:59	143
142	1954	1:31:13	Andrew KEELER		Male	137	M50-54	8	1:31:05	145
143	1121	1:31:13	Richard WATSON		Male	138	M17-39	89	1:30:45	142
144	2606	1:31:19	Graham WATERING		Male	139	M40-44	22	1:31:11	148
145	2804	1:31:22	Roland WALTERS		Male	140	M17-39	90	1:30:59	144
146	1533	1:31:22	Andrew SKIGGS	Tri-Anglia	Male	141	M17-39	91	1:31:08	146
147	1281	1:31:23	Kevin SNELLING	Norwich Road Runners	Male	142	M45-49	14	1:31:16	150
148	1712	1:31:26	David COX		Male	143	M45-49	15	1:31:21	153
149	1158	1:31:26	Timothy EDMONDS		Male	144	M17-39	92	1:30:40	141
150	1810	1:31:30	Steve COSTER		Male	145	M40-44	23	1:31:24	154
151	2692	1:31:33	Shaun WEBB	Reepham Runners	Male	146	M17-39	93	1:31:13	149
152	2150	1:31:37	Stephen MOSELEY	Norwich Road Runners	Male	147	M45-49	16	1:31:16	151
153	2932	1:31:37	Thomas MILLER		Male	148	M40-44	24	1:31:24	155
154	3022	1:31:39	Andrew ROBERTSON		Male	149	M17-39	94	1:31:30	159
155	843	1:31:45	Niall WAPSHOTT		Male	150	M17-39	95	1:31:10	147
156	2612	1:31:49	Gary REEVE	Tri-Anglia	Male	151	M50-54	9	1:31:43	164
157	2035	1:31:52	Paul BROOKES		Male	152	M17-39	96	1:31:31	160
158	1418	1:31:54	Paul WHITE		Male	153	M50-54	10	1:31:16	152
159	1207	1:31:57	Neil ADAMS		Male	154	M17-39	97	1:31:36	162
160	713	1:31:59	Lee SADLER		Male	155	M17-39	98	1:31:54	168
161	1736	1:32:01	Chris SMITH		Male	156	M45-49	17	1:31:49	166
162	1468	1:32:02	Stewart ROBINS	Ryston Runners AC	Male	157	M45-49	18	1:31:28	157
163	1119	1:32:05	Andrew LANE	Wymondham AC	Male	158	M55-59	5	1:31:42	163
164	2580	1:32:07	Sean WOODVINE		Male	159	M40-44	25	1:31:57	169
165	2634	1:32:09	Nick CALEY	Reepham Runners	Male	160	M17-39	99	1:31:51	167
166	478	1:32:11	Eric SWAINSON		Male	161	M17-39	100	1:31:27	156
167	2647	1:32:13	Eve DEWSNAP	Tri-Anglia	Female	6	F17-39	6	1:31:59	170
168	964	1:32:16	Alix DENNETT-COOK		Male	162	M17-39	101	1:32:03	171
169	828	1:32:20	Kelly BURWOOD	Maidenhead AC	Female	7	F17-39	7	1:32:11	174
170	2639	1:32:24	Jordan BATE		Male	163	M17-39	102	1:31:48	165
171	1066	1:32:26	Edward ALLEN		Male	164	M17-39	103	1:32:15	175
172	348	1:32:28	Tom BARR		Male	165	M17-39	104	1:32:07	173
173	1295	1:32:30	Joseph CASEY		Male	166	M17-39	105	1:32:15	176
174	1826	1:32:31	Harry LANDLES		Male	167	M40-44	26	1:32:22	178
175	308	1:32:34	Jamie MIDDLETON		Male	168	M17-39	106	1:32:27	181
176	1326	1:32:35	Christopher MARTEY		Male	169	M17-39	107	1:31:29	158
177	2072	1:32:38	Nolan WILKENS	Beckenham Running Club	Male	170	M17-39	108	1:32:32	183
178	1622	1:32:41	Ian MILBURN	Ryston Runners AC	Male	171	M17-39	109	1:31:31	161
179	2130	1:32:41	Marco ARCIDIACONO		Male	172	M40-44	27	1:32:28	182
180	1853	1:32:41	Jonathan CORDLE	Tri-Anglia	Male	173	M45-49	19	1:32:03	172
181	2387	1:32:45	Chihaya HIRAI	UEA AC	Male	174	M17-39	110	1:32:19	177
182	1612	1:32:48	Rachel GILLINGS	Norwich Road Runners	Female	8	F17-39	8	1:32:41	184
183	1855	1:32:56	Terry EPPS	Wymondham AC	Male	175	M55-59	6	1:32:51	189
184	839	1:33:00	Alistair ROBINSON		Male	176	M17-39	111	1:32:47	188
185	2013	1:33:03	James HOWELL		Male	177	M17-39	112	1:32:44	186
186	2023	1:33:05	Paul BECKETT	Norwich Road Runners	Male	178	M45-49	20	1:32:56	191
187	1867	1:33:06	Andy BOBBIN		Male	179	M17-39	113	1:32:26	180
188	2503	1:33:07	Alex HOLLAND		Male	180	M17-39	114	1:32:25	179
189	2638	1:33:17	Stefan RIDER	Tri-Anglia	Male	181	M40-44	28	1:32:44	187
190	2597	1:33:20	Roger STEGGLES		Male	182	M45-49	21	1:33:10	193
191	2703	1:33:23	Stephen BLOMFIELD		Male	183	M45-49	22	1:32:57	192
192	3045	1:33:26	Adam PEARCE	City Of Norwich AC	Male	184	M17-39	115	1:33:21	198
193	2544	1:33:26	Ben HUNTER-WATTS		Male	185	M17-39	116	1:33:11	194
194	2285	1:33:27	Jake MELHUIISH		Male	186	M17-39	117	1:33:14	195
195	557	1:33:33	Darren HART		Male	187	M17-39	118	1:32:42	185
196	1705	1:33:34	Maxine LANE	Newmarket Cycling & Tri Club	Female	9	F17-39	9	1:33:29	199
197	2625	1:33:38	Will HONEYBONE	Ryston Runners AC	Male	188	M40-44	29	1:33:31	200
198	971	1:33:38	Jamie BARBER		Male	189	M17-39	119	1:33:18	197
199	1084	1:33:41	Andy MURRAY		Male	190	M45-49	23	1:32:51	190
200	1799	1:33:51	Marc COLES		Male	191	M17-39	120	1:33:14	196
201	2264	1:33:53	Chris WADE	North Norfolk Beach Runners	Male	192	M17-39	121	1:33:38	202
202	2207	1:33:57	Chris MEADOWS		Male	193	M17-39	122	1:33:53	206
203	137	1:33:59	L PALMER-NORTCLIFFE		Female	10	F17-39	10	1:33:49	204
204	1053	1:34:08	Jacques BEAUPIERRE	Clapham Chasers	Male	194	M17-39	123	1:33:34	201
205	2979	1:34:08	Darren ARMSTRONG	North Norfolk Beach Runners	Male	195	M17-39	124	1:33:54	207
206	3001	1:34:12	Grace BIRD	City Of Norwich AC	Female	11	F17-39	11	1:34:08	211
207	1572	1:34:18	Stephen DADY	Wymondham AC	Male	196	M60-64	4	1:34:16	216
208	2259	1:34:23	Matt LOWE		Male	197	M17-39	125	1:34:23	222
209	692	1:34:26	Marc EVANS	Great Yarmouth RR	Male	198	M17-39	126	1:34:01	209
210	876	1:34:26	Andy GREEN		Male	199	M17-39	127	1:34:21	220



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
211	282	1:34:30	Lee FFRENCH		Male	200	M40-44	30	1:34:26	223
212	1273	1:34:30	Ryan TITLEY		Male	201	M17-39	128	1:34:15	215
213	2786	1:34:31	Martin OWENS-PETERS		Male	202	M45-49	24	1:34:08	212
214	2529	1:34:32	Stuart FISHER		Male	203	M17-39	129	1:34:05	210
215	630	1:34:34	Vincent RIVIERE		Male	204	M17-39	130	1:33:41	203
216	2654	1:34:36	Leigh NOBES	Reepham Runners	Male	205	M17-39	131	1:34:18	219
217	1534	1:34:38	Rob BORRETT		Male	206	M17-39	132	1:33:51	205
218	1476	1:34:39	Jason FORD	Norfolk Harriers	Male	207	M17-39	133	1:34:34	228
219	1884	1:34:41	Samuel BAILEY		Male	208	M17-39	134	1:34:32	225
220	711	1:34:45	William ALLEN		Male	209	M50-54	11	1:34:17	218
221	2578	1:34:48	Paul SOULSBY		Male	210	M45-49	25	1:34:32	226
222	1284	1:34:51	Kevin GARWOOD	Wymondham AC	Male	211	M45-49	26	1:34:16	217
223	107	1:34:53	Marc COLOGNE		Male	212	M17-39	135	1:33:56	208
224	1489	1:34:57	James DAVIDSON		Male	213	M17-39	136	1:34:55	237
225	865	1:34:58	David WRIGHT		Male	214	M17-39	137	1:34:13	213
226	1728	1:34:58	Mark TAYLOR		Male	215	M40-44	31	1:34:22	221
227	457	1:35:02	Adam LEEDER		Male	216	M17-39	138	1:34:29	224
228	2321	1:35:04	Ellie BYE	Coltishall Jaguars	Female	12	F17-39	12	1:34:51	235
229	1042	1:35:05	James LOUGHLIN		Male	217	M17-39	139	1:34:13	214
230	2874	1:35:06	Chris BULLOCK		Male	218	M17-39	140	1:34:39	229
231	1306	1:35:14	Stuart LONGSTAFF		Male	219	M17-39	141	1:35:04	239
232	1252	1:35:15	Giovanni MURETTO		Male	220	M17-39	142	1:34:32	227
233	2459	1:35:16	Danny GODWARD	Fire Service Sports & AA	Male	221	M17-39	143	1:35:08	243
234	257	1:35:17	John BARRETT		Male	222	M17-39	144	1:35:12	245
235	285	1:35:17	Sean WARD		Male	223	M17-39	145	1:34:48	234
236	2375	1:35:17	Eugene MITCHELL		Male	224	M17-39	146	1:35:06	241
237	2738	1:35:18	Harriet WILLIAMSON		Female	13	F17-39	13	1:35:06	242
238	2553	1:35:19	Ian BRAY		Male	225	M17-39	147	1:34:46	232
239	2952	1:35:19	Lee FRENCH	Bushfield Joggers	Male	226	M17-39	148	1:35:03	238
240	1258	1:35:22	Gary CHEESMAN		Male	227	M17-39	149	1:34:42	230
241	760	1:35:25	Keith TAGGART		Male	228	M50-54	12	1:35:13	246
242	2007	1:35:29	Alex GRAY		Male	229	M17-39	150	1:35:16	247
243	1767	1:35:33	Henry WOODLEY		Male	230	M17-39	151	1:35:04	240
244	1491	1:35:36	Paul QUANTRILL	Tri-Anglia	Male	231	M50-54	13	1:35:21	250
245	1708	1:35:37	Tim PARR		Male	232	M40-44	32	1:34:47	233
246	3063	1:35:38	Laurence CONWAY		Male	233	M17-39	152	1:34:45	231
247	1795	1:35:39	Jamie BURMAN		Male	234	M17-39	153	1:35:22	251
248	2873	1:35:43	Jack WEBB		Male	235	M17-39	154	1:35:20	249
249	2787	1:35:45	Matt SIMS		Male	236	M40-44	33	1:35:08	244
250	969	1:35:45	James STURMAN		Male	237	M17-39	155	1:35:33	254
251	3161	1:35:46	Lucy-Anne WEBB		Female	14	F17-39	14	1:35:23	252
252	2868	1:35:47	Marc PEACHEY		Male	238	M17-39	156	1:34:54	236
253	2569	1:35:58	Penny EDWARDS	Norwich Road Runners	Female	15	F55-59	1	1:35:45	261
254	2421	1:36:02	Nigel SINCLAIR		Male	239	M17-39	157	1:35:40	258
255	1283	1:36:03	Maria GREAVES	North Norfolk Beach Runners	Female	16	F17-39	15	1:35:51	265
256	2146	1:36:04	Mark WARD		Male	240	M17-39	158	1:35:39	256
257	2946	1:36:05	Laura LATIMER		Female	17	F17-39	16	1:35:25	253
258	1905	1:36:06	Kevin SADD		Male	241	M40-44	34	1:35:56	267
259	1463	1:36:06	Paul GARDNER		Male	242	M40-44	35	1:35:56	268
260	2424	1:36:09	Paul BERRIMAN		Male	243	M40-44	36	1:35:39	257
261	606	1:36:10	Daryl TOOKE		Male	244	M17-39	159	1:35:43	260
262	3058	1:36:11	David BALDWIN	East London Runners	Male	245	M17-39	160	1:35:55	266
263	1216	1:36:14	Richard LAWES		Male	246	M55-59	7	1:36:01	279
264	1246	1:36:14	Barry TIERNEY		Male	247	M17-39	161	1:36:00	277
265	1027	1:36:15	Matt ANDREWS	North Norfolk Beach Runners	Male	248	M40-44	37	1:36:00	278
266	2328	1:36:16	Robert ASTLEY		Male	249	M40-44	38	1:35:56	269
267	21	1:36:17	Nick GURNEY	Norwich Road Runners	Male	250	M17-39	162	1:35:58	272
268	2016	1:36:19	Tautvydas PANGONIS		Male	251	M17-39	163	1:35:41	259
269	2950	1:36:19	Jon KEMP	Norwich Road Runners	Male	252	M17-39	164	1:35:59	275
270	2556	1:36:21	Ben WATTLEY		Male	253	M17-39	165	1:35:58	273
271	2488	1:36:25	Piers RANSON		Male	254	M45-49	27	1:35:17	248
272	2245	1:36:25	Tom RIVETT	North Norfolk Beach Runners	Male	255	M17-39	166	1:36:10	282
273	2947	1:36:28	Justine LYNCH		Female	18	F17-39	17	1:35:56	270
274	2440	1:36:29	Simon EISENMANN	Norwich Road Runners	Male	256	M45-49	28	1:35:49	262
275	1971	1:36:30	Lucy ELLIS	Great Western Runners	Female	19	F17-39	18	1:36:20	286
276	3007	1:36:31	Sarah ADCOCK	City Of Norwich AC	Female	20	F17-39	19	1:35:59	276
277	47	1:36:32	Alex GAUNT	Norwich Road Runners	Male	257	M40-44	39	1:36:10	283
278	2319	1:36:36	Derek HOOD	Ipswich Jaffa	Male	258	M17-39	167	1:36:01	280
279	1820	1:36:40	Darren FRANCE		Male	259	M45-49	29	1:36:25	290
280	2581	1:36:41	Mark CRACK		Male	260	M45-49	30	1:35:57	271



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	2255	1:36:42	Oliver COOPER	Ipswich Triathlon Club	Male	261	M17-39	168	1:35:38	255
282	915	1:36:44	Alistair SHEARER		Male	262	M17-39	169	1:36:11	284
283	1154	1:36:46	Daniel CLAFLIN		Male	263	M17-39	170	1:36:33	297
284	572	1:36:47	Robert WAPSHOTT		Male	264	M17-39	171	1:36:04	281
285	2009	1:36:47	Andrew HARRISON		Male	265	M17-39	172	1:36:29	294
286	226	1:36:48	Mark PENSON		Male	266	M17-39	173	1:36:28	292
287	1567	1:36:49	Mark JONES		Male	267	M55-59	8	1:35:58	274
288	1113	1:36:55	Warren NEWELL		Male	268	M50-54	14	1:36:38	301
289	2334	1:36:56	Leo HALLIHAN		Male	269	M45-49	31	1:36:38	302
290	2427	1:36:56	C DEARDEN-PHILLIPS		Male	270	M40-44	40	1:36:28	293
291	1847	1:36:58	Karen ARCHBOLD	Lowestoft Road Runners	Female	21	F45-49	1	1:36:20	287
292	355	1:37:01	Neil MARNEY		Male	271	M17-39	174	1:35:49	263
293	2418	1:37:01	James PETTIT		Male	272	M17-39	175	1:36:32	296
294	1201	1:37:03	Mark PHILO	Tri-Anglia	Male	273	M45-49	32	1:36:24	289
295	1861	1:37:04	Chris SPEAKMAN		Male	274	M50-54	15	1:36:49	309
296	948	1:37:09	Andrew DAVIS		Male	275	M17-39	176	1:36:13	285
297	2913	1:37:11	Marc DRISCOLL	Colchester Harriers	Male	276	M17-39	177	1:36:29	295
298	326	1:37:13	Andrew LEDWITH	Huncote Harriers	Male	277	M17-39	178	1:36:44	305
299	2110	1:37:14	James STANBROOK		Male	278	M45-49	33	1:36:36	300
300	2704	1:37:16	Ed FOSTER		Male	279	M17-39	179	1:36:34	298
301	2702	1:37:16	Ben JEFFERY		Male	280	M17-39	180	1:36:49	310
302	15	1:37:17	Jonathan MEADOWS	Lowestoft Road Runners	Male	281	M17-39	181	1:36:45	306
303	2378	1:37:20	Simon PEARCE		Male	282	M17-39	182	1:36:34	299
304	1523	1:37:22	Quy TRINH		Male	283	M17-39	183	1:37:11	318
305	2945	1:37:22	Neil LATIMER		Male	284	M17-39	184	1:36:42	303
306	2562	1:37:23	Crispian GARTH	Swindon Harriers	Male	285	M50-54	16	1:36:52	312
307	2483	1:37:23	Anna KIRKHAM	Norwich Road Runners	Female	22	F17-39	20	1:36:49	311
308	2140	1:37:24	Glenn WOODRUFF		Male	286	M40-44	41	1:36:59	313
309	2552	1:37:25	Pawel RAGAN		Male	287	M17-39	185	1:37:12	320
310	1529	1:37:34	Tom LYON		Male	288	M17-39	186	1:36:25	291
311	1749	1:37:34	Zoe RIDD		Female	23	F17-39	21	1:37:02	317
312	1287	1:37:36	Kevin BURGESS	Tri-Anglia	Male	289	M40-44	42	1:36:48	308
313	1939	1:37:38	Damien SAIZ		Male	290	M17-39	187	1:36:46	307
314	1901	1:37:39	Scott HAYWORTH		Male	291	M40-44	43	1:37:11	319
315	2910	1:37:39	Iain DOWNIE	Ipswich Triathlon Club	Male	292	M45-49	34	1:36:43	304
316	1333	1:37:41	Kevin FERGUSON		Male	293	M17-39	188	1:35:49	264
317	418	1:37:41	Simon SLATER		Male	294	M17-39	189	1:37:00	315
318	2504	1:37:42	Mark OGDEN		Male	295	M40-44	44	1:36:59	314
319	1809	1:37:45	Ben LEARY		Male	296	M17-39	190	1:37:34	329
320	1259	1:37:47	Paul STEVENSON		Male	297	M45-49	35	1:37:21	324
321	2129	1:37:51	Dale COOPER	Wymondham AC	Male	298	M50-54	17	1:37:17	322
322	160	1:37:59	Steve KITCHENER		Male	299	M50-54	18	1:37:20	323
323	2359	1:38:00	Stephanie HORNER		Female	24	F40-44	1	1:36:22	288
324	2902	1:38:07	Jason Isaac BRANDY		Male	300	M17-39	191	1:37:22	325
325	2649	1:38:09	Richard DUNNETT		Male	301	M17-39	192	1:37:45	334
326	2050	1:38:11	Ross MCALLISTER		Male	302	M17-39	193	1:37:13	321
327	2776	1:38:14	Stuart BALDRY		Male	303	M17-39	194	1:37:25	327
328	1580	1:38:16	James FRANCIS		Male	304	M17-39	195	1:38:04	342
329	981	1:38:17	Andrew RUFF		Male	305	M17-39	196	1:37:53	338
330	2154	1:38:19	Giles MCCATHIE		Male	306	M17-39	197	1:37:28	328
331	2966	1:38:21	Reyane SMART	Queen Park Harriers	Male	307	M17-39	198	1:37:01	316
332	2709	1:38:22	Alastair GREEN		Male	308	M45-49	36	1:37:47	335
333	2960	1:38:23	Sean REEVE		Male	309	M40-44	45	1:37:40	332
334	570	1:38:25	Stephen LEEVES	Great Yarmouth RR	Male	310	M55-59	9	1:38:19	354
335	1353	1:38:28	Chris BAYLIS		Male	311	M40-44	46	1:37:56	339
336	1563	1:38:29	Oliver JONES		Male	312	M17-39	199	1:37:44	333
337	966	1:38:32	Stephen HINCHLIFFE		Male	313	M17-39	200	1:37:36	330
338	1864	1:38:34	Jason CUDDY		Male	314	M17-39	201	1:37:50	337
339	1675	1:38:34	Paul GUZEWICH		Male	315	M40-44	47	1:37:56	340
340	2664	1:38:34	Ed O'GORMAN		Male	316	M17-39	202	1:38:07	343
341	315	1:38:35	Gareth MARCHANT		Male	317	M17-39	203	1:38:17	352
342	1635	1:38:40	Karl WRIGHT	Thetford AC	Male	318	M17-39	204	1:38:00	341
343	2229	1:38:41	Simon BECKETT		Male	319	M45-49	37	1:37:38	331
344	1975	1:38:42	Julien MARTINI		Male	320	M17-39	205	1:37:24	326
345	1095	1:38:45	James PLANT		Male	321	M17-39	206	1:38:16	349
346	1499	1:38:47	Lorna MUSKETT	Fleckney & Kibworth AC	Female	25	F17-39	22	1:38:23	356
347	1621	1:38:48	Jon WARD		Male	322	M40-44	48	1:38:16	350
348	2828	1:38:49	Andrew HAIGH		Male	323	M45-49	38	1:38:14	346
349	1566	1:38:50	Scott SMITH		Male	324	M17-39	207	1:37:48	336
350	2492	1:38:53	Lucy PARTRIDGE	Norfolk Gazelles	Female	26	F17-39	23	1:38:15	347



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	2817	1:38:54	Matthew JONES		Male	325	M45-49	39	1:38:15	348
352	369	1:38:56	John COLLINS		Male	326	M17-39	208	1:38:24	358
353	619	1:38:56	Helen MIAN	Norfolk Gazelles	Female	27	F45-49	2	1:38:21	355
354	2377	1:38:58	Graham SILLETT		Male	327	M55-59	10	1:38:16	351
355	1504	1:39:01	Peter MORGAN		Male	328	M17-39	209	1:38:23	357
356	1981	1:39:01	Ian BLATCHFORD	Ely Runners	Male	329	M45-49	40	1:38:28	361
357	2006	1:39:02	Diccon LOY	Clapham Chasers	Male	330	M40-44	49	1:38:38	366
358	2253	1:39:04	H MCINROY NAYLOR	Tri-Anglia	Female	28	F17-39	24	1:38:27	359
359	3194	1:39:05	William SHAW		Male	331	M17-39	210	1:38:43	368
360	139	1:39:10	Chris HARRISON		Male	332	M17-39	211	1:38:40	367
361	2399	1:39:14	Mark SCHORAH		Male	333	M17-39	212	1:38:29	364
362	1046	1:39:15	Steve COSTELLO		Male	334	M40-44	50	1:38:09	345
363	1386	1:39:19	Daniel VENCOVSKY		Male	335	M17-39	213	1:38:28	362
364	2197	1:39:19	Jason HAIGH	Harlow Running Club	Male	336	M40-44	51	1:38:59	375
365	3164	1:39:19	Yvette LE CROM		Female	29	F17-39	25	1:38:28	363
366	2005	1:39:21	Marcus CHAPMAN		Male	337	M40-44	52	1:38:27	360
367	2863	1:39:24	Paul FRAREY		Male	338	M17-39	214	1:39:10	381
368	2032	1:39:24	Gavin HOLLIDAY		Male	339	M17-39	215	1:39:06	378
369	2400	1:39:30	Fergus STIRLING	Wymondham AC	Male	340	M50-54	19	1:38:49	369
370	2722	1:39:35	Simon COOPER		Male	341	M45-49	41	1:38:55	373
371	1432	1:39:38	Tim LAMB		Male	342	M17-39	216	1:39:16	382
372	1044	1:39:44	Ben HOUCHEN	Reepham Runners	Male	343	M17-39	217	1:38:31	365
373	1706	1:39:44	Stacy TOVELL		Male	344	M40-44	53	1:39:21	386
374	2642	1:39:45	Matt NAYLOR	Sleaford Striders	Male	345	M40-44	54	1:38:17	353
375	3004	1:39:49	David ALDIS	City Of Norwich AC	Male	346	M60-64	5	1:39:39	394
376	2838	1:39:51	Paul ROBINSON		Male	347	M17-39	218	1:39:06	379
377	1471	1:39:51	Beatrice FITZSIMONS		Female	30	F17-39	26	1:39:20	384
378	1645	1:39:55	Jacky WALSINGHAM		Female	31	F40-44	2	1:39:29	388
379	1315	1:39:55	Duncan GORDON		Male	348	M17-39	219	1:39:32	390
380	861	1:39:55	Kevin STEPHENSON		Male	349	M17-39	220	1:38:08	344
381	3067	1:39:57	James BREWIN		Male	350	M17-39	221	1:38:55	374
382	2325	1:40:01	Jack COLMAN		Male	351	M17-39	222	1:39:34	391
383	2603	1:40:02	Howard OLBY	Norfolk Harriers	Male	352	M17-39	223	1:39:50	402
384	2059	1:40:03	Mark JOLLY	Havering Mayesbrook AC	Male	353	M17-39	224	1:39:48	401
385	1472	1:40:05	Wayne LOVEJOY		Male	354	M17-39	225	1:39:05	377
386	1379	1:40:06	Chris BODEN		Male	355	M17-39	226	1:39:22	387
387	881	1:40:07	Elliott BIRD		Male	356	M17-39	227	1:38:54	372
388	2336	1:40:08	James MCFARLANE		Male	357	M40-44	55	1:39:52	403
389	101	1:40:10	Jay MCLELLAND-TAYLOR		Male	358	M17-39	228	1:39:04	376
390	1166	1:40:10	Sarah BARTLETT		Female	32	F17-39	27	1:39:16	383
391	2476	1:40:11	Stephen WRIGHT	Birketts Runners AC	Male	359	M40-44	56	1:38:53	371
392	2535	1:40:13	Sarah FARDELL		Female	33	F17-39	28	1:39:36	392
393	691	1:40:14	Laura PARRY		Female	34	F17-39	29	1:39:39	395
394	1162	1:40:16	Trudi UNWIN	Huncote Harriers	Female	35	F17-39	30	1:39:47	400
395	2384	1:40:19	Greg TUNMORE	Diss & District AC	Male	360	M17-39	229	1:39:58	408
396	926	1:40:20	Darren NOCKELS		Male	361	M40-44	57	1:39:08	380
397	1776	1:40:22	Simon FENN	Hadleigh Hares	Male	362	M45-49	42	1:39:46	399
398	1670	1:40:24	Daniel EDMONDS		Male	363	M17-39	230	1:39:38	393
399	2975	1:40:24	Alan CONDON	Bushfield Joggers	Male	364	M17-39	231	1:39:58	409
400	170	1:40:24	Paul WHITE		Male	365	M17-39	232	1:39:43	397
401	1944	1:40:26	Simon RICHES		Male	366	M45-49	43	1:39:53	404
402	1735	1:40:28	Thomas MULLAN		Male	367	M17-39	233	1:38:49	370
403	670	1:40:29	Lee ROBERTS		Male	368	M17-39	234	1:39:44	398
404	1152	1:40:39	David KELLAWAY	Dereham Runners AC	Male	369	M50-54	20	1:40:22	419
405	2806	1:40:45	Thomas REEVES		Male	370	M17-39	235	1:39:53	405
406	1603	1:40:45	Emma MCCOY		Female	36	F45-49	3	1:40:21	417
407	2921	1:40:46	Sunday OGUNWAIRE		Male	371	M17-39	236	1:40:46	436
408	1750	1:40:46	Chris MITCHELL		Male	372	M17-39	237	1:40:45	435
409	2250	1:40:47	Andy REEVES		Male	373	M50-54	21	1:40:05	412
410	2694	1:40:47	Chris PEARSON	Overton Harriers	Male	374	M17-39	238	1:39:57	406
411	375	1:40:49	Jack ABBOTT		Male	375	M17-39	239	1:40:17	415
412	2948	1:40:50	Jan WORSLEY		Male	376	M17-39	240	1:40:23	420
413	1474	1:40:51	Todd BANBURY		Male	377	M50-54	22	1:40:26	423
414	988	1:40:54	Benjamin FAULKNER		Male	378	M17-39	241	1:39:39	396
415	1866	1:40:54	Mark HEDGES	Wymondham AC	Male	379	M40-44	58	1:40:06	413
416	1852	1:40:54	Philip CROOK		Male	380	M17-39	242	1:40:31	427
417	1188	1:40:55	Robert SHORROCK		Male	381	M17-39	243	1:40:28	425
418	2361	1:40:56	Michael SMALL		Male	382	M17-39	244	1:40:02	410
419	744	1:40:56	John BUCKLEY		Male	383	M65+	1	1:40:39	430
420	24	1:40:57	Ben JACKSON		Male	384	M17-39	245	1:40:44	433



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	2160	1:40:58	Luke COLLINS		Male	385	M17-39	246	1:39:20	385
422	953	1:40:59	Claire MCCORMICK		Female	37	F45-49	4	1:40:25	422
423	1224	1:40:59	Mike PETERSON		Male	386	M40-44	59	1:39:57	407
424	2911	1:41:01	John CAHIR	Tri-Anglia	Male	387	M40-44	60	1:39:31	389
425	2494	1:41:05	Nick ESSER		Male	388	M40-44	61	1:40:53	441
426	781	1:41:06	Harriet CARR		Female	38	F17-39	31	1:40:17	416
427	108	1:41:06	David BATCHELOR		Male	389	M17-39	247	1:40:09	414
428	364	1:41:11	Guy SHEARWOOD		Male	390	M50-54	23	1:40:29	426
429	2419	1:41:12	Shaun CONWAY		Male	391	M50-54	24	1:40:42	431
430	2554	1:41:13	Stuart PECK		Male	392	M17-39	248	1:40:21	418
431	1903	1:41:15	Roger SLEE	Tri-Anglia	Male	393	M40-44	62	1:41:00	446
432	2781	1:41:16	John THOMPSON		Male	394	M17-39	249	1:40:44	434
433	1346	1:41:18	Mark FIDDY		Male	395	M17-39	250	1:40:57	444
434	808	1:41:18	Graeme HOLLINGER		Male	396	M17-39	251	1:40:49	438
435	43	1:41:23	Chris BODDY		Male	397	M50-54	25	1:40:47	437
436	1596	1:41:23	Lisa KNIGHTS	Waveney Valley AC	Female	39	F40-44	3	1:40:26	424
437	1310	1:41:25	Chris STUBBINS		Male	398	M17-39	252	1:40:50	439
438	986	1:41:26	Gary FRYER	Tri-Anglia	Male	399	M17-39	253	1:41:12	456
439	1161	1:41:27	Chris UNWIN	Huncote Harriers	Male	400	M17-39	254	1:40:58	445
440	1838	1:41:31	Richard DYE	Bungay Black Dog RC	Male	401	M50-54	26	1:41:00	447
441	805	1:41:31	Katie MATTHEWS		Female	40	F17-39	32	1:40:24	421
442	1080	1:41:33	Tim FRANCIS		Female	41	F17-39	33	1:41:05	449
443	1782	1:41:34	Helen THURTL	Bungay Black Dog RC	Female	42	F40-44	4	1:41:20	459
444	1979	1:41:37	Glen ROBINSON	Norwich Road Runners	Male	402	M40-44	63	1:41:20	460
445	874	1:41:44	Emmerson DUTTON		Male	403	M17-39	255	1:41:10	455
446	1108	1:41:44	Jonathan FOOT	Coltishall Jaguars	Male	404	M50-54	27	1:41:01	448
447	771	1:41:46	George BAVIN		Male	405	M17-39	256	1:40:31	428
448	1671	1:41:48	Oliver WILKENS		Male	406	M17-39	257	1:40:54	442
449	119	1:41:49	Kevin JOHNSTON		Male	407	M50-54	28	1:41:35	470
450	546	1:41:53	Sam HUETSON		Male	408	M17-39	258	1:41:19	458
451	932	1:41:54	Kelly DAVIS	Tri-Anglia	Female	43	F17-39	34	1:41:08	452
452	1364	1:41:56	Robert BESFORD		Male	409	M17-39	259	1:41:07	451
453	1231	1:41:57	Stephen WRIGHT		Male	410	M17-39	260	1:41:31	464
454	1384	1:41:58	Anne FLANAGAN		Female	44	F17-39	35	1:41:34	468
455	2388	1:41:59	Sarah BRYDON		Female	45	F17-39	36	1:40:42	432
456	361	1:42:04	Steven COLE		Male	411	M40-44	64	1:40:04	411
457	456	1:42:05	Terence O'SULLIVAN	Framlingham Flyers	Male	412	M55-59	11	1:41:31	465
458	81	1:42:06	Ryan PEACOCK	Royal Air Force	Male	413	M45-49	44	1:40:56	443
459	1173	1:42:08	Damien MAGEE		Male	414	M17-39	261	1:41:08	453
460	1105	1:42:10	Rebecca BURGE		Female	46	F17-39	37	1:41:15	457
461	628	1:42:12	Leslie REILLY		Male	415	M45-49	45	1:41:05	450
462	121	1:42:13	Sam PATTERSON		Male	416	M17-39	262	1:41:45	473
463	2193	1:42:13	Stuart WEAVER		Male	417	M40-44	65	1:41:47	474
464	46	1:42:14	Mark STONE	Great Yarmouth RR	Male	418	M40-44	66	1:41:47	475
465	1541	1:42:16	Simon BRIGHTEN		Male	419	M17-39	263	1:41:28	461
466	1316	1:42:19	Robin HOOTON		Male	420	M17-39	264	1:41:36	471
467	1519	1:42:20	Katie JOHNSON		Female	47	F17-39	38	1:41:43	472
468	849	1:42:21	Phil SHAUL		Male	421	M45-49	46	1:41:30	462
469	2289	1:42:24	Steven WILLIMENT		Male	422	M40-44	67	1:41:34	469
470	2219	1:42:25	Henry HORWOOD		Male	423	M17-39	265	1:41:30	463
471	2012	1:42:29	Tom JOSLIN		Male	424	M17-39	266	1:42:10	490
472	2965	1:42:29	Nicholas WARD		Male	425	M17-39	267	1:40:36	429
473	999	1:42:30	Timothy HOWARD		Male	426	M50-54	29	1:41:52	477
474	3196	1:42:36	Simon BYFORD		Male	427	M17-39	268	1:42:08	488
475	3028	1:42:38	Simeon EVERETT		Male	428	M17-39	269	1:42:02	485
476	2792	1:42:38	Martin FROHOCK	Ely Runners	Male	429	M17-39	270	1:42:13	492
477	2659	1:42:39	Stephen DUNNETT		Male	430	M55-59	12	1:41:32	466
478	1123	1:42:40	Huw JONES		Male	431	M17-39	271	1:41:33	467
479	2213	1:42:41	Jonathan THOMPSON		Male	432	M17-39	272	1:41:55	480
480	2675	1:42:42	Michael CRAMPTON		Male	433	M45-49	47	1:42:31	507
481	682	1:42:43	Paul RAYNER	Thetford AC	Male	434	M50-54	30	1:41:58	482
482	1825	1:42:43	Dan CLARKE		Male	435	M40-44	68	1:41:55	481
483	161	1:42:45	James HOWLETT		Male	436	M40-44	69	1:42:02	486
484	1606	1:42:46	Toby BRIDGHAM		Male	437	M17-39	273	1:41:59	483
485	1937	1:42:47	David CLARKE		Male	438	M17-39	274	1:42:22	498
486	2934	1:42:49	Peter VENTHAM		Male	439	M50-54	31	1:42:04	487
487	799	1:42:50	Cecily BAULCOMBE		Female	48	F17-39	39	1:41:52	478
488	1179	1:42:51	Mike HOWE		Male	440	M40-44	70	1:42:33	509
489	2311	1:42:51	Mohamed ELSHEEMY		Male	441	M17-39	275	1:41:08	454
490	1136	1:42:51	Richard WOOD		Male	442	M40-44	71	1:42:23	500



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	2815	1:42:52	Jonathan GOLDTHORPE		Male	443	M45-49	48	1:42:16	495
492	2345	1:42:53	Robert COCKSEGE		Male	444	M17-39	276	1:40:52	440
493	2922	1:42:54	Ross ALLISON		Male	445	M17-39	277	1:42:20	496
494	2364	1:42:59	Alex COBURN		Male	446	M17-39	278	1:42:13	493
495	149	1:42:59	Jorge LONGMAN		Male	447	M17-39	279	1:42:00	484
496	1503	1:42:59	Scott LEADLEY		Male	448	M40-44	72	1:42:25	503
497	1285	1:43:03	Justin DICKS		Male	449	M40-44	73	1:42:15	494
498	455	1:43:04	Richard WOODWARD	Tri-Anglia	Male	450	M50-54	32	1:41:51	476
499	1945	1:43:11	Sam BELLOTTI		Male	451	M17-39	280	1:42:30	506
500	618	1:43:13	Emma ASHFORD		Female	49	F40-44	5	1:42:42	513
501	2684	1:43:13	Steve BARKER		Male	452	M45-49	49	1:42:46	515
502	3069	1:43:15	Adam MIXER		Male	453	M40-44	74	1:42:33	510
503	1917	1:43:19	Jamie STAPLES		Male	454	M17-39	281	1:42:23	501
504	959	1:43:22	John HIGGS		Male	455	M17-39	282	1:42:08	489
505	203	1:43:26	Michael FRANCIS		Male	456	M40-44	75	1:42:57	518
506	2801	1:43:32	Lloyd MORTLOCK		Male	457	M45-49	50	1:42:26	504
507	1977	1:43:34	Neil MAY	Tri-Anglia	Male	458	M40-44	76	1:42:22	499
508	1995	1:43:35	Wayne DONOVAN		Male	459	M17-39	283	1:43:16	530
509	1106	1:43:35	James BARRETT		Male	460	M17-39	284	1:42:28	505
510	752	1:43:36	Adam CORK		Male	461	M17-39	285	1:43:03	522
511	2242	1:43:38	D WINFIELD-CHISLETT		Male	462	M17-39	286	1:42:20	497
512	2341	1:43:39	Adam SMITH		Male	463	M45-49	51	1:43:14	529
513	1756	1:43:42	Steve COLLINS		Male	464	M17-39	287	1:42:12	491
514	1088	1:43:43	Chris FAGENCE	RAF Marham Running Club	Male	465	M17-39	288	1:42:35	512
515	1459	1:43:45	Mark MARDELL		Male	466	M17-39	289	1:43:19	532
516	1941	1:43:46	James TAVERNER		Male	467	M17-39	290	1:42:54	517
517	1051	1:43:48	Darren COLLISON		Male	468	M40-44	77	1:43:09	526
518	2851	1:43:49	Robert MCPHERSON		Male	469	M50-54	33	1:43:08	525
519	1579	1:43:51	Paul ALLEN	Coltishall Jaguars	Male	470	M17-39	291	1:43:00	519
520	1888	1:43:52	Andrew READ		Male	471	M17-39	292	1:43:25	537
521	1122	1:43:52	Darren SPALL		Male	472	M17-39	293	1:42:24	502
522	607	1:43:54	Tom ANSTISS		Male	473	M17-39	294	1:42:32	508
523	2869	1:43:57	Oliver FRERE-SMITH		Male	474	M17-39	295	1:41:53	479
524	1595	1:43:59	Rick VOUTT		Male	475	M40-44	78	1:43:30	541
525	3064	1:44:02	Shaun NICHOLAS		Male	476	M40-44	79	1:43:09	527
526	2779	1:44:04	Spencer VINE		Male	477	M17-39	296	1:42:33	511
527	551	1:44:06	Oliver COTTLE		Male	478	M17-39	297	1:43:19	533
528	1300	1:44:08	Marc DI DUCA		Male	479	M40-44	80	1:43:59	565
529	413	1:44:10	Darren FORDHAM		Male	480	M17-39	298	1:43:05	523
530	2468	1:44:11	Richard COLLYER	Coltishall Jaguars	Male	481	M45-49	52	1:43:58	562
531	2680	1:44:11	Joseph BICKERDIKE		Male	482	M17-39	299	1:43:13	528
532	3170	1:44:11	Peter ADAMS		Male	483	M17-39	300	1:43:31	542
533	3008	1:44:13	Maria SORIA	City Of Norwich AC	Female	50	F17-39	40	1:43:32	543
534	1648	1:44:16	Matthew REED		Male	484	M17-39	301	1:43:27	539
535	480	1:44:17	David MERCER		Male	485	M45-49	53	1:43:21	534
536	2568	1:44:18	Chris READ		Male	486	M17-39	302	1:43:50	555
537	2216	1:44:19	Robert BLACKHAM		Male	487	M40-44	81	1:43:07	524
538	921	1:44:20	Marc THAIN		Male	488	M17-39	303	1:42:50	516
539	777	1:44:24	Peter WOOTTON	Tri-Anglia	Male	489	M17-39	304	1:43:35	547
540	2327	1:44:24	Thomas DOUGLAS		Male	490	M17-39	305	1:44:05	569
541	324	1:44:29	Roderick MAIN	Tri-Anglia	Male	491	M45-49	54	1:43:37	550
542	556	1:44:31	Mark BREACH		Male	492	M45-49	55	1:42:44	514
543	1895	1:44:31	Richard EARIS		Male	493	M17-39	306	1:43:53	557
544	2070	1:44:32	Paul WILLIAMS		Male	494	M40-44	82	1:43:53	558
545	1239	1:44:33	Chris TOMLINSON		Male	495	M40-44	83	1:43:02	520
546	1781	1:44:34	Ian BEGGS		Male	496	M45-49	56	1:44:13	573
547	1439	1:44:34	Gavin REYNOLDS		Male	497	M17-39	307	1:43:28	540
548	2274	1:44:34	Gary WOOD		Male	498	M45-49	57	1:43:33	545
549	2563	1:44:36	Matt BENFIELD	Team Derby Runner	Male	499	M17-39	308	1:43:40	553
550	284	1:44:36	Martin WARD		Male	500	M17-39	309	1:44:07	570
551	1335	1:44:37	David DAY		Male	501	M17-39	310	1:43:17	531
552	2657	1:44:38	Ali MIDDLETON	Norwich Road Runners	Female	51	F17-39	41	1:43:02	521
553	319	1:44:39	Julia HETHERTON	Nuffield Health Running Club	Female	52	F17-39	42	1:43:58	563
554	1796	1:44:41	Chrissi MIDDLETON		Female	53	F17-39	43	1:43:32	544
555	2011	1:44:41	James KENT		Male	502	M17-39	311	1:43:34	546
556	2862	1:44:42	Paul BAISLEY		Male	503	M40-44	84	1:43:21	535
557	1389	1:44:45	Adrian WHITTLE	Newmarket Joggers	Male	504	M45-49	58	1:44:29	585
558	767	1:44:47	Natalie PENNELLS		Female	54	F17-39	44	1:43:36	548
559	2866	1:44:47	Adrian PENFOLD		Male	505	M17-39	312	1:44:23	580
560	1618	1:44:48	Carl BRANDWOOD		Male	506	M45-49	59	1:43:58	564



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	2726	1:44:48	Stephen PAGE		Male	507	M40-44	85	1:43:25	538
562	2451	1:44:54	Pascal FALLAS		Male	508	M17-39	313	1:43:55	560
563	2716	1:44:55	James HIPPERSON		Male	509	M17-39	314	1:44:13	574
564	431	1:44:55	Jonathan SINCLAIR		Male	510	M17-39	315	1:44:34	591
565	1344	1:44:56	Jan HARVEY		Female	55	F17-39	45	1:44:24	582
566	2396	1:44:58	Owen JOHNSTON		Male	511	M17-39	316	1:44:12	571
567	1132	1:44:58	Caroline WHITEHOUSE	Spa Striders RC	Female	56	F40-44	6	1:44:28	584
568	972	1:44:59	Neil CAMPBELL		Male	512	M17-39	317	1:44:03	567
569	1602	1:44:59	Stephen POLLARD		Male	513	M45-49	60	1:44:35	593
570	1998	1:45:00	Matthew JOLLY		Male	514	M17-39	318	1:44:23	581
571	1794	1:45:03	Lauren BURMAN		Female	57	F17-39	46	1:44:47	603
572	3032	1:45:03	Kevin POWLES		Male	515	M45-49	61	1:44:17	576
573	2619	1:45:04	Sam MOORE		Male	516	M17-39	319	1:44:40	596
574	2785	1:45:05	Jeremy AMIES	Norwich Road Runners	Male	517	M45-49	62	1:43:38	552
575	1950	1:45:05	Ian GALLOWAY		Male	518	M17-39	320	1:44:03	568
576	2635	1:45:06	Steven GODDARD		Male	519	M45-49	63	1:43:53	559
577	1896	1:45:06	James CHAPMAN	Tri-Anglia	Male	520	M17-39	321	1:44:30	587
578	1350	1:45:07	John CARR		Male	521	M55-59	13	1:44:34	592
579	1370	1:45:07	Jason ABBOTT		Male	522	M40-44	86	1:44:35	594
580	1578	1:45:08	Adam STANFORD		Male	523	M17-39	322	1:43:36	549
581	1394	1:45:08	Darren ABBOTT	Benfleet Running Club	Male	524	M45-49	64	1:44:36	595
582	1342	1:45:10	Adam FOSTER		Male	525	M17-39	323	1:43:22	536
583	2094	1:45:10	Richard STANLEY		Male	526	M17-39	324	1:44:32	588
584	2370	1:45:12	Anne MILLETT	Norwich Road Runners	Female	58	F55-59	2	1:44:50	606
585	2577	1:45:15	Jack WAINWRIGHT		Male	527	M40-44	87	1:44:59	619
586	845	1:45:15	Nathan MANN		Male	528	M17-39	325	1:44:55	612
587	196	1:45:18	Nicola HILL		Female	59	F17-39	47	1:44:56	617
588	1502	1:45:23	Simon BLACK		Male	529	M45-49	65	1:44:46	602
589	489	1:45:24	Howard FOALE	North Norfolk Beach Runners	Male	530	M45-49	66	1:44:47	604
590	696	1:45:24	Tracey MARSH	Tri-Anglia	Female	60	F40-44	7	1:44:32	589
591	1251	1:45:24	Gregoire DE PERSON		Male	531	M40-44	88	1:44:52	609
592	2158	1:45:27	S FITZPATRICK		Male	532	M17-39	326	1:44:33	590
593	1521	1:45:28	Jacob HAMMOND		Male	533	M17-39	327	1:44:43	600
594	2233	1:45:30	Keith YAXLEY		Male	534	F40-44	8	1:44:17	577
595	424	1:45:31	James LAMBERT		Male	535	M17-39	328	1:44:54	611
596	2919	1:45:32	Neil PIKE		Male	536	M45-49	67	1:45:11	624
597	1192	1:45:33	Stephen RAMM		Male	537	M17-39	329	1:44:29	586
598	2190	1:45:34	Elizabeth SANDERS		Female	61	F40-44	9	1:44:50	607
599	110	1:45:35	Jeremy BROCKELSBY		Male	538	M45-49	68	1:44:41	597
600	2381	1:45:37	Steven GOBLE		Male	539	M17-39	330	1:45:07	623
601	1991	1:45:38	Simon OATS		Male	540	M45-49	69	1:45:19	629
602	2820	1:45:39	Jen RUDD	Wyndham AC	Female	62	F40-44	10	1:44:55	613
603	1362	1:45:39	Chris HOLCROFT		Male	541	M45-49	70	1:44:18	579
604	2356	1:45:40	Danilo DONDICI		Male	542	M17-39	331	1:43:56	561
605	989	1:45:42	Jonathan MORGAN		Male	543	M17-39	332	1:43:52	556
606	3011	1:45:42	Michelle BULL	City Of Norwich AC	Female	63	F40-44	11	1:45:02	621
607	41	1:45:42	Shane NICHOLL		Male	544	M17-39	333	1:44:17	578
608	1086	1:45:43	Gordon MAW	Norwich Road Runners	Male	545	M45-49	71	1:44:55	614
609	3080	1:45:43	Stewart FORTON		Male	546	M17-39	334	1:44:42	599
610	521	1:45:45	Peter MARTIN		Male	547	M55-59	14	1:44:24	583
611	488	1:45:48	Jonathan BURTON		Male	548	M45-49	72	1:44:47	605
612	1460	1:45:49	Ailsa MACDONALD	Waveney Valley AC	Female	64	F17-39	48	1:44:53	610
613	2056	1:45:50	Nigel CUTTING		Male	549	M40-44	89	1:44:15	575
614	1312	1:45:51	Graham EDMOND	Tri-Anglia	Male	550	M40-44	90	1:44:12	572
615	2894	1:45:53	Marcin KURAS		Male	551	M17-39	335	1:44:55	615
616	2403	1:45:54	Pete GODDARD	Birketts Runners AC	Male	552	M55-59	15	1:45:04	622
617	2645	1:45:56	Maciej MALYSZKA		Male	553	M17-39	336	1:45:42	642
618	1253	1:45:56	Shaun WILLIMOTT		Male	554	M17-39	337	1:43:49	554
619	458	1:45:59	Joshua SHORT		Male	555	M17-39	338	1:45:24	632
620	23	1:46:01	Catherine SCOTT		Female	65	F40-44	12	1:45:21	631
621	351	1:46:06	David MARAN		Male	556	M50-54	34	1:44:55	616
622	2967	1:46:07	Cameron STACEY		Male	557	M17-39	339	1:44:02	566
623	2633	1:46:09	Andy HOPKINS		Male	558	M40-44	91	1:45:39	640
624	2557	1:46:10	Henry MILLBANK		Male	559	M17-39	340	1:45:30	634
625	1334	1:46:10	Tim WARD		Male	560	M50-54	35	1:45:20	630
626	2517	1:46:10	Tom OLDFIELD		Male	561	M17-39	341	1:45:31	636
627	1996	1:46:16	Graham BAINGER	Norwich Road Runners	Male	562	M60-64	6	1:45:51	650
628	2558	1:46:19	Ian KETTLE		Male	563	M17-39	342	1:45:38	638
629	1527	1:46:20	Paul DUNTHORNE		Male	564	M17-39	343	1:45:50	648
630	1492	1:46:21	Marcel KOK		Male	565	M17-39	344	1:45:15	627



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	1784	1:46:22	Jane HANNAH	Bungay Black Dog RC	Female	66	F17-39	49	1:46:09	665
632	2900	1:46:23	Stephen KENWORTHY		Male	566	M45-49	73	1:45:50	649
633	783	1:46:25	Ben DIMELow		Male	567	M17-39	345	1:44:50	608
634	1839	1:46:25	Gareth FLACK		Male	568	M17-39	346	1:45:42	643
635	1266	1:46:26	Piers RONAN		Male	569	M17-39	347	1:45:00	620
636	1516	1:46:27	Paul WESTGATE	Great Yarmouth RR	Male	570	M55-59	16	1:45:59	655
637	2509	1:46:28	Nigel GILHAM	Bungay Black Dog RC	Male	571	M60-64	7	1:46:18	673
638	2929	1:46:29	John LENEY		Male	572	M45-49	74	1:45:12	625
639	878	1:46:30	Melanie WIDDOWS		Female	67	F40-44	13	1:46:04	661
640	2732	1:46:31	Matt PLUNKETT	Dereham Runners AC	Male	573	M40-44	92	1:46:09	666
641	3062	1:46:34	Neil MCDONALD		Male	574	M17-39	348	1:46:03	660
642	2864	1:46:35	Katherine HENDERSON	Barnet And District AC	Female	68	F17-39	50	1:46:10	667
643	1506	1:46:36	Robert HUGGINS		Male	575	M17-39	349	1:43:37	551
644	2001	1:46:37	Niki PARK	Norwich Road Runners	Female	69	F45-49	5	1:45:30	635
645	1382	1:46:38	Greg JARVIS		Male	576	M17-39	350	1:44:43	601
646	2047	1:46:40	Jon ROWDEN	Tri-Anglia	Male	577	M45-49	75	1:45:41	641
647	2676	1:46:40	Sam YEOMAN		Male	578	M17-39	351	1:45:18	628
648	336	1:46:41	Darren COLE		Male	579	M17-39	352	1:44:41	598
649	2723	1:46:43	Robert FORDHAM		Male	580	M17-39	353	1:44:56	618
650	2721	1:46:44	Dean SOFLEY		Male	581	M17-39	354	1:46:19	676
651	2596	1:46:44	Peter YOUNG		Male	582	M17-39	355	1:45:46	647
652	1577	1:46:49	David MOWER	Waveney Valley AC	Male	583	M60-64	8	1:46:37	687
653	1768	1:46:49	George SAYER		Male	584	M17-39	356	1:46:04	662
654	2087	1:46:51	Maricia KLINCKE		Female	70	F17-39	51	1:45:13	626
655	429	1:46:52	David SWANNACK		Male	585	M45-49	76	1:45:44	645
656	477	1:46:56	Tim SEELY		Male	586	M17-39	357	1:46:10	668
657	2464	1:46:58	Peter WALSH		Male	587	M17-39	358	1:46:04	663
658	991	1:47:01	Cassie BARKER	Wymondham AC	Female	71	F17-39	52	1:46:04	664
659	2768	1:47:04	Fernando ANDRADE		Male	588	M45-49	77	1:46:14	670
660	2973	1:47:04	Jo STEPHENSON	Stowmarket Striders	Female	72	F45-49	6	1:46:29	684
661	2417	1:47:06	Simon ENGLISH	Birketts Runners AC	Male	589	M17-39	359	1:46:45	695
662	2821	1:47:08	Mark DOUGHTY	Ryston Runners AC	Male	590	M17-39	360	1:46:00	656
663	2823	1:47:12	Sally JUBY		Female	73	F17-39	53	1:45:57	651
664	3044	1:47:13	Sebastian HALL		Male	591	M17-39	361	1:46:27	680
665	1676	1:47:14	Will WEBB		Male	592	M50-54	36	1:45:24	633
666	1478	1:47:19	Mark APPLETON		Male	593	M17-39	362	1:46:50	698
667	1210	1:47:21	Kai GIBBON		Male	594	M40-44	93	1:46:15	671
668	216	1:47:21	Joseph KIDDELL		Male	595	M40-44	94	1:45:58	654
669	52	1:47:22	Wayne YALLOP		Male	596	M45-49	78	1:46:28	682
670	1709	1:47:23	Michael CHARLTON		Male	597	M17-39	363	1:46:38	689
671	1421	1:47:25	Michael SMITH		Male	598	M17-39	364	1:45:37	637
672	2357	1:47:26	John NEVILLE		Male	599	M45-49	79	1:46:35	686
673	646	1:47:27	Daniel SMITH		Male	600	M17-39	365	1:46:55	703
674	807	1:47:29	Mark HOLLINGER		Male	601	M40-44	95	1:46:59	704
675	2191	1:47:30	Brian TITCHINER	Dereham Runners AC	Male	602	M50-54	37	1:46:30	685
676	1558	1:47:30	Kevin BRAY	Norwich Road Runners	Male	603	M40-44	96	1:45:57	652
677	270	1:47:32	Chris COWLEY		Male	604	M55-59	17	1:46:02	659
678	2742	1:47:35	Wesley BRAMLEY		Male	605	M17-39	366	1:46:44	694
679	2586	1:47:37	David GEDGE		Male	606	M40-44	97	1:45:38	639
680	2412	1:47:39	Dudley GARNER	Norfolk Gazelles	Male	607	M17-39	367	1:47:01	708
681	2187	1:47:40	Edward NEWMAN		Male	608	M17-39	368	1:47:02	709
682	2236	1:47:42	Phil BROWN		Male	609	M17-39	369	1:47:35	732
683	1288	1:47:43	Carly JERMY		Female	74	F17-39	54	1:46:01	657
684	2106	1:47:44	Jason JEARY		Male	610	M40-44	98	1:45:45	646
685	1187	1:47:47	Liam WALKER		Male	611	M17-39	370	1:46:51	700
686	2300	1:47:48	Daniel SHANKS		Male	612	M17-39	371	1:46:50	699
687	1452	1:47:49	David JOHNSON		Male	613	M17-39	372	1:46:28	683
688	2927	1:47:50	Matthew DRIVER		Male	614	M17-39	373	1:45:42	644
689	2415	1:47:50	Philip BECK		Male	615	M17-39	374	1:46:52	701
690	924	1:47:52	Lee WILSON		Male	616	M17-39	375	1:46:37	688
691	1942	1:47:53	Matthew WRIGHT		Male	617	M17-39	376	1:47:27	726
692	2228	1:47:53	Brian WILSON	Norwich Road Runners	Male	618	M17-39	377	1:47:20	721
693	79	1:47:54	Nigel KINSELLA		Male	619	M45-49	80	1:47:36	733
694	2487	1:47:55	Scott HIBBERSON		Male	620	M40-44	99	1:46:22	678
695	1003	1:47:55	Jason WELLS		Male	621	M40-44	100	1:46:11	669
696	2551	1:47:55	Philip SCOFIELD	Cambridge & Coleridge AC	Male	622	M50-54	38	1:46:47	697
697	2602	1:47:56	Damian ASHCROFT		Male	623	M45-49	81	1:46:18	674
698	1461	1:47:58	Stefan BABER		Male	624	M40-44	101	1:47:24	724
699	1620	1:48:00	Wayne PARKER		Male	625	M17-39	378	1:46:41	690
700	2208	1:48:00	Keith MOORE	Dereham Runners AC	Male	626	M50-54	39	1:47:38	738



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	911	1:48:00	Debbie TOOKE	Norwich Road Runners	Female	75	F40-44	14	1:47:03	710
702	1543	1:48:02	James SHARMAN		Male	627	M17-39	379	1:47:07	712
703	1548	1:48:05	Gary MCDONALD	Lowestoft Road Runners	Male	628	M17-39	380	1:46:27	681
704	2043	1:48:05	Nicholas KEABLE	Great Yarmouth RR	Male	629	M40-44	102	1:46:46	696
705	2337	1:48:07	Andy CUNNINGHAM		Male	630	M17-39	381	1:45:57	653
706	2500	1:48:08	James CULLEN		Male	631	M17-39	382	1:47:51	751
707	265	1:48:09	Jonathon CAUSTON	Wymondham AC	Male	632	M17-39	383	1:47:33	730
708	178	1:48:09	Joanne DELF		Female	76	F17-39	55	1:47:33	731
709	2093	1:48:09	Paul RADFORD	Stragglers	Male	633	M45-49	82	1:46:41	691
710	2091	1:48:09	Sean RADFORD	Stragglers	Male	634	M40-44	103	1:46:42	692
711	2291	1:48:10	Richard NORMAN		Male	635	M17-39	384	1:46:54	702
712	3167	1:48:10	Terry BARRETT		Male	636	M45-49	83	1:47:50	749
713	1305	1:48:10	Joseph MAYNE	Waveney Valley AC	Male	637	M45-49	84	1:47:59	755
714	2192	1:48:13	Lisa SYMONDS		Female	77	F40-44	15	1:47:15	719
715	1248	1:48:14	Mark UNDERWOOD		Male	638	M45-49	85	1:47:25	725
716	2667	1:48:15	Glen HARDMAN		Male	639	M40-44	104	1:47:49	747
717	1512	1:48:15	Louise PATTERSON		Female	78	F17-39	56	1:47:18	720
718	2317	1:48:16	Chris HAYCOCK		Male	640	M45-49	86	1:46:59	705
719	1590	1:48:17	Phil HENRY		Male	641	M50-54	40	1:46:23	679
720	1385	1:48:18	Garry PYE		Male	642	M50-54	41	1:47:09	715
721	2431	1:48:19	Tanya STEVENS		Female	79	F45-49	7	1:46:21	677
722	2561	1:48:19	Jenny GARTH	Swindon Harriers	Female	80	F55-59	3	1:47:47	746
723	2108	1:48:20	Graham BLOOMFIELD		Male	643	M17-39	385	1:47:41	741
724	2831	1:48:20	Karl RUMSBY		Male	644	M17-39	386	1:46:43	693
725	2204	1:48:24	Barry BAILEY		Male	645	M45-49	87	1:46:59	706
726	2185	1:48:24	Tara DIXON		Female	81	F40-44	16	1:46:59	707
727	774	1:48:25	Daniel HOWE		Male	646	M17-39	387	1:46:01	658
728	1153	1:48:26	Jason PILBROW	Tri-Anglia	Male	647	M40-44	105	1:47:05	711
729	1830	1:48:28	Clare BROWNE		Female	82	F45-49	8	1:47:13	717
730	251	1:48:29	Aaron PHILLIPS		Male	648	M17-39	388	1:47:23	722
731	2014	1:48:29	Marthie BOTES		Female	83	F17-39	57	1:48:10	759
732	1488	1:48:30	Craig OSBORNE		Male	649	M17-39	389	1:47:36	734
733	2931	1:48:32	John DRISCOLL	Colchester Harriers	Male	650	M60-64	9	1:47:50	750
734	2693	1:48:33	Lucy PEARSON	Overton Harriers	Female	84	F17-39	58	1:47:42	742
735	975	1:48:35	Rebecca COULTER	Wymondham AC	Female	85	F17-39	59	1:47:39	739
736	2303	1:48:36	Paul NORTON		Male	651	M40-44	106	1:47:07	713
737	1485	1:48:38	David HOLMES		Male	652	M40-44	107	1:46:15	672
738	502	1:48:40	Patrick NUTMAN		Male	653	M45-49	88	1:46:18	675
739	1255	1:48:45	Albert HICKS		Male	654	M17-39	390	1:47:29	727
740	383	1:48:46	Paul WARNER		Male	655	M17-39	391	1:47:43	743
741	956	1:48:46	Kate SAUNDERS	St Edmund Pacers	Female	86	F40-44	17	1:47:08	714
742	1404	1:48:50	Milly HEELAN		Female	87	F17-39	60	1:47:40	740
743	1048	1:48:51	Neil KELLETT		Male	656	M45-49	89	1:47:51	752
744	522	1:48:52	Jessie MARTIN		Female	88	F17-39	61	1:47:32	729
745	2669	1:48:53	Kenny STEWART		Male	657	M45-49	90	1:48:40	777
746	494	1:48:54	Andrew WHITE		Male	658	M45-49	91	1:48:01	756
747	2132	1:49:00	Joni LAMBERT		Female	89	F17-39	62	1:47:45	744
748	880	1:49:00	Mark ADCOCK		Male	659	M40-44	108	1:47:46	745
749	1403	1:49:02	Tom SALLIS		Male	660	M17-39	392	1:48:47	785
750	1849	1:49:06	Martin COLLEY	Coltishall Jaguars	Male	661	M17-39	393	1:47:37	736
751	889	1:49:07	Laura WOODS		Female	90	F17-39	63	1:47:54	754
752	1713	1:49:09	Gary HURRELL	Norwich Road Runners	Male	662	M40-44	109	1:47:36	735
753	2010	1:49:09	Katie ALLAN		Female	91	F17-39	64	1:48:02	757
754	2909	1:49:11	Karen SKENE	Great Bentley RC	Female	92	F45-49	9	1:48:54	788
755	1032	1:49:12	James LARNDER		Male	663	M17-39	394	1:47:14	718
756	2903	1:49:12	Janine SIMPSON	Great Bentley RC	Female	93	F40-44	18	1:48:55	789
757	1807	1:49:15	Julia JONES	Lowestoft Road Runners	Female	94	F17-39	65	1:47:37	737
758	1629	1:49:17	Nat CHANDLER		Female	95	F40-44	19	1:48:17	763
759	2985	1:49:18	Emily HAUGHAN	North Norfolk Beach Runners	Female	96	F17-39	66	1:47:29	728
760	1686	1:49:18	Julian SMITH		Male	664	M40-44	110	1:48:34	769
761	1458	1:49:20	Nicola CROW		Female	97	F17-39	67	1:48:10	760
762	1624	1:49:27	Stuart HERRING		Male	665	M45-49	92	1:48:57	790
763	2004	1:49:29	Theresa DOOLEY		Female	98	F40-44	20	1:48:24	766
764	1045	1:49:30	Stewart ANDERSON		Male	666	M17-39	395	1:47:12	716
765	2202	1:49:32	Chris WILDING		Male	667	M17-39	396	1:49:06	794
766	2326	1:49:33	Justin RABY		Male	668	M17-39	397	1:47:23	723
767	1666	1:49:39	Mike HOOPER		Male	669	M17-39	398	1:48:40	778
768	1570	1:49:42	Simon SPARKES	Bungay Black Dog RC	Male	670	M40-44	111	1:48:40	779
769	258	1:49:45	Antony BEALES		Male	671	M45-49	93	1:49:02	792
770	2877	1:49:46	Simon PROCTOR		Male	672	M50-54	42	1:48:46	783



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	844	1:49:47	Elmo GELDENHUYS		Male	673	M40-44	112	1:49:35	825
772	2329	1:49:48	Joshua HAMMOND		Male	674	M17-39	399	1:48:11	761
773	2730	1:49:49	Martin GREILLER		Male	675	M17-39	400	1:49:17	805
774	1047	1:49:49	Kaylee BROWN		Female	99	F17-39	68	1:49:20	807
775	1054	1:49:49	James NEEDHAM		Male	676	M17-39	401	1:48:37	773
776	866	1:49:50	Patrick THIRKETTLE		Male	677	M45-49	94	1:48:33	767
777	1992	1:49:56	Ian FISHER		Male	678	M50-54	43	1:48:41	780
778	2648	1:49:56	Darren DOGGETT		Male	679	M45-49	95	1:47:49	748
779	1291	1:49:57	Thomas LEWIS		Male	680	M17-39	402	1:47:52	753
780	2410	1:50:02	V PAGMANTIDIS		Male	681	M17-39	403	1:48:23	765
781	1681	1:50:02	Briony LOWE		Female	100	F17-39	69	1:49:46	834
782	1854	1:50:02	Graham FULLAM		Male	682	M17-39	404	1:49:42	831
783	1466	1:50:03	Stacey HARPER	Norwich Road Runners	Female	101	F17-39	70	1:49:25	816
784	1816	1:50:03	Heather SIMPSON		Female	102	F17-39	71	1:48:38	775
785	1817	1:50:03	Adam MACHRAY		Male	683	M17-39	405	1:48:38	776
786	2151	1:50:04	Carol BETTS	Norfolk Gazelles	Female	103	F55-59	4	1:49:33	824
787	1958	1:50:06	Martin PUGH		Male	684	M45-49	96	1:49:15	802
788	2477	1:50:08	Paul TWIDDY		Male	685	M17-39	406	1:49:27	818
789	909	1:50:08	Jenny HUMPHREY		Female	104	F17-39	72	1:49:04	793
790	446	1:50:08	Steve OWEN	Road Runners Club	Male	686	M45-49	97	1:49:14	801
791	337	1:50:09	James FONE		Male	687	M45-49	98	1:48:49	787
792	2923	1:50:12	Amanda HARDS		Female	105	F45-49	10	1:49:20	808
793	231	1:50:13	Christopher SPENCER		Male	688	M50-54	44	1:48:07	758
794	1646	1:50:15	Tom ABLETT		Male	689	M17-39	407	1:48:36	770
795	1857	1:50:16	Jim TAIT		Male	690	M40-44	113	1:48:46	784
796	990	1:50:18	Sam GANDY		Male	691	M17-39	408	1:49:29	820
797	2401	1:50:18	Jonathan SELLEX		Male	692	M17-39	409	1:49:20	809
798	764	1:50:20	Richard PETRIE		Male	693	M40-44	114	1:49:15	803
799	1017	1:50:23	Anna KAWAMBWA		Female	106	F17-39	73	1:49:07	795
800	2623	1:50:24	Chaz SIZELAND	Tri-Anglia	Male	694	M17-39	410	1:49:11	798
801	2670	1:50:27	Paul DOCKERILL		Male	695	M17-39	411	1:48:47	786
802	687	1:50:27	Stephanie CREASEY		Female	107	F17-39	74	1:49:16	804
803	788	1:50:27	Peter HADFIELD		Male	696	M45-49	99	1:49:22	812
804	2507	1:50:28	Roy MOIR		Male	697	M40-44	115	1:49:45	833
805	769	1:50:28	Gary WOOTTON	Tri-Anglia	Male	698	M45-49	100	1:49:40	829
806	816	1:50:29	Ben MALTBY		Male	699	M17-39	412	1:49:41	830
807	1700	1:50:29	Luke THOMPSON		Male	700	M17-39	413	1:48:19	764
808	931	1:50:31	Claire MARTIN	Tri-Anglia	Female	108	F17-39	75	1:49:35	826
809	3184	1:50:31	David HATTON		Male	701	M50-54	45	1:48:33	768
810	2437	1:50:32	Ben GIPSON		Male	702	M17-39	414	1:48:36	771
811	569	1:50:33	Pauline LEEVES	Great Yarmouth RR	Female	109	F50-54	1	1:50:24	865
812	296	1:50:33	Bob RODDA		Male	703	M65+	2	1:50:10	852
813	1149	1:50:39	Ian ODGERS		Male	704	M45-49	101	1:49:39	828
814	1836	1:50:41	Fenella SUNAWAY		Female	110	F17-39	76	1:48:57	791
815	378	1:50:46	Julia NORMAN	Ryston Runners AC	Female	111	F17-39	77	1:49:23	813
816	2481	1:50:47	Richard WILLIAMSON		Male	705	M17-39	415	1:49:23	814
817	1408	1:50:48	Scott WINTON		Male	706	M17-39	416	1:48:13	762
818	3182	1:50:50	Will KEMP		Male	707	M17-39	417	1:48:37	774
819	2358	1:50:50	Darren HORNER		Male	708	M17-39	418	1:49:12	799
820	415	1:50:50	Thomas LINCOLN-KEMP		Male	709	M45-49	102	1:48:36	772
821	1724	1:50:51	Chris SANDFORD		Male	710	M17-39	419	1:50:05	847
822	28	1:50:52	Graham SEAMAN		Male	711	M45-49	103	1:50:35	872
823	1738	1:50:52	Gareth STEVENS		Male	712	M17-39	420	1:49:50	835
824	1393	1:50:54	Kerry GLENCORSE		Female	112	F17-39	78	1:48:45	781
825	1678	1:50:57	Helen TERRY		Female	113	F17-39	79	1:50:20	861
826	1994	1:50:58	Scott CAMPBELL-COOK		Male	713	M17-39	421	1:48:45	782
827	648	1:51:04	Sophie MULLAN		Female	114	F17-39	80	1:49:25	817
828	1272	1:51:04	Alexandre PIPER		Male	714	M17-39	422	1:50:16	858
829	2974	1:51:05	Brian ANSTIE		Male	715	M17-39	423	1:49:32	822
830	712	1:51:06	Adrian HUBBARD		Male	716	M45-49	104	1:50:20	862
831	2350	1:51:10	Rebecca WIDDOWS	Coltishall Jaguars	Female	115	F17-39	81	1:50:01	843
832	519	1:51:11	Steven NEWSTEAD		Male	717	M40-44	116	1:50:00	841
833	1442	1:51:12	Sarah LEYBOURN		Female	116	F17-39	82	1:50:07	849
834	1199	1:51:13	Kate BRYSON	Greenwich Tritons	Female	117	F50-54	2	1:50:19	859
835	3179	1:51:14	Jim KIRKLAND	Greenwich Tritons	Male	718	M55-59	18	1:50:19	860
836	2800	1:51:14	Lucy BURTON		Female	118	F17-39	83	1:49:36	827
837	2379	1:51:14	Jon WELCH		Male	719	M40-44	117	1:49:12	800
838	1219	1:51:16	Steven ROUTLEDGE		Male	720	M40-44	118	1:49:28	819
839	1909	1:51:17	Jerry FULLER		Male	721	M40-44	119	1:49:20	810
840	2435	1:51:18	Peter JESSOP		Male	722	M40-44	120	1:49:55	840



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	1203	1:51:18	Richard WOODARD		Male	723	M45-49	105	1:49:32	823
842	331	1:51:18	Steven LOVE		Male	724	M17-39	424	1:49:10	797
843	445	1:51:21	Julia OWEN	Road Runners Club	Female	119	F40-44	21	1:50:26	867
844	2878	1:51:23	Roseannagh WRIGHT		Female	120	F17-39	84	1:49:50	836
845	58	1:51:25	Shaun MARRISON		Male	725	M17-39	425	1:50:00	842
846	733	1:51:26	Mark HUNTER		Male	726	M45-49	106	1:50:29	869
847	1093	1:51:26	Roger MASON		Male	727	M60-64	10	1:49:51	837
848	1780	1:51:27	Tim DAWSON		Male	728	M17-39	426	1:50:15	855
849	191	1:51:27	Luke ROGERS		Male	729	M17-39	427	1:49:51	838
850	850	1:51:28	Lewis ABLETT	Tri-Anglia	Male	730	M17-39	428	1:50:15	856
851	96	1:51:29	Jonathan THETFORD	North Norfolk Beach Runners	Male	731	M40-44	121	1:50:32	871
852	882	1:51:30	Rachel HOLMAN		Female	121	F17-39	85	1:50:31	870
853	631	1:51:31	Aaron DOWLING		Male	732	M17-39	429	1:50:45	880
854	1425	1:51:33	Chris BACKHOUSE	Bungay Black Dog RC	Male	733	M40-44	122	1:50:48	885
855	1797	1:51:35	Andrew GEMMELL		Male	734	M45-49	107	1:50:27	868
856	1475	1:51:36	Neil ASHLEY		Male	735	M17-39	430	1:50:48	886
857	1716	1:51:36	Paul GERBER	Coltishall Jaguars	Male	736	M45-49	108	1:51:13	903
858	1743	1:51:37	Thomas GLADWIN		Male	737	M17-39	431	1:49:19	806
859	2598	1:51:37	David HEWITT		Male	738	M45-49	109	1:50:09	851
860	1052	1:51:37	Robert PICKSLEY		Male	739	M45-49	110	1:51:13	904
861	390	1:51:38	Rebecca PARRY	Wigston Phoenix	Female	122	F40-44	22	1:49:07	796
862	2314	1:51:38	Russell HARMER		Male	740	M17-39	432	1:50:02	844
863	2290	1:51:39	Stuart SANDALL		Male	741	M40-44	123	1:50:04	845
864	2665	1:51:41	Jason CATTERMOLE		Male	742	M45-49	111	1:49:42	832
865	2610	1:51:41	Pat THOMPSON		Male	743	M17-39	433	1:50:35	873
866	2629	1:51:44	John GEORGE		Male	744	M55-59	19	1:51:08	901
867	912	1:51:44	Hannah ERSKINE	Maidstone Harriers	Female	123	F17-39	86	1:50:47	884
868	1453	1:51:46	Colin FISH		Male	745	M50-54	46	1:50:11	853
869	1441	1:51:46	V LAPTIKHOVSKY	Waveney Valley AC	Male	746	M50-54	47	1:51:35	919
870	2173	1:51:47	Lauren BUFFINI		Female	124	F17-39	87	1:50:39	876
871	2739	1:51:47	Steven NELSON		Male	747	M40-44	124	1:50:37	875
872	2172	1:51:48	Gregory ARUNDELL		Male	748	M17-39	434	1:50:52	889
873	2766	1:51:49	Sally GRICE		Female	125	F17-39	88	1:49:21	811
874	996	1:51:49	Hannah AWRE		Female	126	F17-39	89	1:50:14	854
875	2428	1:51:50	Daniel EARL		Male	749	M17-39	435	1:51:04	895
876	1877	1:51:51	Robert CATTON		Male	750	M17-39	436	1:51:30	914
877	2650	1:51:51	Martyn DUNNETT		Male	751	M17-39	437	1:51:27	912
878	175	1:51:51	David MCNICOL		Male	752	M45-49	112	1:51:33	917
879	1498	1:51:52	Juliette RUFFER	Epsom Allsorts	Female	127	F17-39	90	1:50:49	887
880	1644	1:51:55	David ONEILL		Male	753	M50-54	48	1:50:07	850
881	1701	1:51:55	Peter KNOWLES		Male	754	M45-49	113	1:49:30	821
882	2527	1:51:56	Alison HEALEY		Female	128	F45-49	11	1:50:04	846
883	2444	1:51:58	Melanie SHERMAN		Female	129	F17-39	91	1:50:46	883
884	1983	1:51:59	Helene HUNTER		Female	130	F40-44	23	1:51:05	896
885	884	1:52:00	Gary MARSHALL		Male	755	M17-39	438	1:51:10	902
886	914	1:52:01	Adam BROWN		Male	756	M17-39	439	1:50:15	857
887	1745	1:52:01	Oliver BLISS		Male	757	M17-39	440	1:50:06	848
888	2000	1:52:07	Paul WALLACE	Stowmarket Striders	Male	758	M45-49	114	1:51:02	893
889	167	1:52:10	Tim MACWILLIAM	Wymondham AC	Male	759	M50-54	49	1:51:06	898
890	3171	1:52:11	Max WATSON		Male	760	M17-39	441	1:49:54	839
891	967	1:52:11	Carl BAILEY		Male	761	M17-39	442	1:51:03	894
892	2398	1:52:13	Zara IRVINE		Female	131	F40-44	24	1:50:24	866
893	2310	1:52:18	Mark FROST		Male	762	M17-39	443	1:50:45	881
894	2674	1:52:18	Mark GARROD		Male	763	M50-54	50	1:50:55	891
895	2397	1:52:24	Paul MOORE		Male	764	M40-44	125	1:50:35	874
896	2904	1:52:27	Erik NELSON		Male	765	M45-49	115	1:50:50	888
897	574	1:52:28	Michael BYFORD		Male	766	M17-39	444	1:51:05	897
898	1304	1:52:31	Vicky COLGATE		Female	132	F17-39	92	1:50:23	863
899	1303	1:52:31	Charles ADAMS		Male	767	M17-39	445	1:50:23	864
900	359	1:52:37	Samuel PELL		Male	768	M17-39	446	1:51:31	915
901	2898	1:52:38	Piotr WOSIEK		Male	769	M17-39	447	1:51:39	922
902	1217	1:52:40	Stuart LAWN	Bungay Black Dog RC	Male	770	M17-39	448	1:51:56	933
903	2102	1:52:42	Simon WISEMAN		Male	771	M17-39	449	1:50:39	877
904	116	1:52:42	Sarah ASHBY		Female	133	F17-39	93	1:51:56	934
905	961	1:52:43	Bernadette WAPSHOTT		Female	134	F60-64	1	1:51:16	906
906	1880	1:52:45	James OLIVER		Male	772	M17-39	450	1:50:45	882
907	2433	1:52:45	Jack YALLOP		Male	773	M17-39	451	1:51:26	910
908	323	1:52:47	Elizabeth AGER		Female	135	F45-49	12	1:51:07	899
909	2824	1:52:47	Nicholas MUIR		Male	774	M50-54	51	1:49:24	815
910	1553	1:52:50	James STEVENS		Male	775	M17-39	452	1:51:19	907



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
911	1786	1:52:57	Melissa ALLEN		Female	136	F17-39	94	1:50:44	879
912	1194	1:52:57	Michael LOTARIUS		Male	776	M17-39	453	1:52:03	936
913	2302	1:52:59	Jackie BYE	Coltishall Jaguars	Female	137	F55-59	5	1:51:53	931
914	2323	1:53:00	Jeremy LAWRENCE	Coltishall Jaguars	Male	777	M55-59	20	1:51:54	932
915	1454	1:53:02	Gavin THOULESS	Norwich Road Runners	Male	778	M45-49	116	1:52:29	957
916	335	1:53:04	Stewart GILLION		Male	779	M55-59	21	1:52:34	963
917	306	1:53:04	Tony CUTTING		Male	780	M17-39	454	1:51:32	916
918	2543	1:53:04	Tony HEATH	North Norfolk Beach Runners	Male	781	M60-64	11	1:52:17	945
919	439	1:53:06	Gary GANNON	Norwich Road Runners	Male	782	M40-44	126	1:50:53	890
920	1538	1:53:06	Andrea USHER		Female	138	F40-44	25	1:52:24	954
921	194	1:53:08	Emma DICKS		Female	139	F17-39	95	1:51:14	905
922	2348	1:53:08	Stephen LEE		Male	783	M17-39	455	1:52:30	958
923	158	1:53:09	Linda DWOROWSKI	Barnet And District AC	Female	140	F55-59	6	1:51:29	913
924	2237	1:53:09	Faye LIPSCOMBE		Female	141	F17-39	96	1:52:14	941
925	208	1:53:09	Imogen LEES		Female	142	F40-44	26	1:51:36	920
926	1024	1:53:10	Scott HUTCHINSON		Male	784	M40-44	127	1:52:32	961
927	2450	1:53:12	Robert GILLAN		Male	785	M17-39	456	1:51:24	909
928	2408	1:53:14	Roy OWEN	Coltishall Jaguars	Male	786	M65+	3	1:51:41	924
929	1615	1:53:15	Benedict GILBERT		Male	787	M17-39	457	1:51:50	930
930	1993	1:53:16	Adrian RUTTERFORD		Male	788	M50-54	52	1:51:07	900
931	2161	1:53:20	Ben PLANT		Male	789	M17-39	458	1:52:16	944
932	261	1:53:20	Nicholas RICHARDSON		Male	790	M17-39	459	1:51:00	892
933	404	1:53:21	Juliette MEEK	Ryston Runners AC	Female	143	F17-39	97	1:51:59	935
934	3072	1:53:21	Frank BRUMBY		Male	791	M17-39	460	1:51:40	923
935	935	1:53:23	Christopher BULLOCK		Male	792	M17-39	461	1:52:17	946
936	1752	1:53:25	Richard EGLE		Male	793	M40-44	128	1:52:23	953
937	2019	1:53:26	Paul ROBBINS		Male	794	M40-44	129	1:52:22	951
938	1803	1:53:26	Daniel MEAD	St Edmund Pacers	Male	795	M40-44	130	1:52:21	949
939	1352	1:53:32	Thomas BARRETT		Male	796	M17-39	462	1:51:49	928
940	2626	1:53:34	Mike GOODWIN		Male	797	M60-64	12	1:51:34	918
941	2088	1:53:35	Geri DYER		Female	144	F17-39	98	1:52:49	976
942	2145	1:53:35	Graham HOLLAND		Male	798	M40-44	131	1:52:28	956
943	1761	1:53:36	Michael LANGTON		Male	799	M40-44	132	1:52:05	940
944	2046	1:53:37	Ian RICHARDSON		Male	800	M17-39	463	1:51:22	908
945	1111	1:53:39	Mark MOUNTAIN	Great Yarmouth RR	Male	801	M40-44	133	1:53:13	991
946	1206	1:53:43	Rachael AITKEN		Female	145	F17-39	99	1:52:39	965
947	2961	1:53:44	David SKIDMORE		Male	802	M55-59	22	1:52:04	939
948	3163	1:53:44	J PENNINGTON-BENTON		Male	803	M17-39	464	1:50:41	878
949	3027	1:53:45	Gemma DULLEA	Norwich Road Runners	Female	146	F17-39	100	1:52:48	975
950	396	1:53:45	Carl BERRIMAN		Male	804	M40-44	134	1:53:15	993
951	381	1:53:47	Robert HIGHE		Male	805	M17-39	465	1:52:03	937
952	2181	1:53:47	Hetty SKATE		Female	147	F17-39	101	1:51:45	927
953	2015	1:53:49	Robert CLARK		Male	806	M45-49	117	1:52:14	942
954	664	1:53:53	Sean O'DRISCOLL	Bushfield Joggers	Male	807	M50-54	53	1:51:37	921
955	2845	1:53:53	Rob COLMAN		Male	808	M40-44	135	1:52:54	978
956	1968	1:53:54	Frank MASON		Male	809	M55-59	23	1:53:11	989
957	374	1:53:54	Eammon ANDREWS		Male	810	M50-54	54	1:51:49	929
958	118	1:53:57	Grant RANDALL	Coltishall Jaguars	Male	811	M45-49	118	1:52:22	952
959	1337	1:54:00	Alex HARVEY		Male	812	M17-39	466	1:53:27	1000
960	2930	1:54:01	Chris SARGISSON		Male	813	M45-49	119	1:52:43	969
961	64	1:54:04	Keith BLAKE		Male	814	M50-54	55	1:53:35	1006
962	3018	1:54:05	Slaten VAN SAUN		Male	815	M45-49	120	1:53:18	995
963	2287	1:54:08	Matthew DYKE		Male	816	M17-39	467	1:52:32	962
964	2856	1:54:10	Mark CHISLETT		Male	817	M17-39	468	1:52:17	947
965	104	1:54:10	Noel HOWES		Male	818	M17-39	469	1:52:46	972
966	1234	1:54:11	Jonathon CUNNINGHAM		Male	819	M17-39	470	1:51:41	925
967	1104	1:54:11	Jon CARROLL		Male	820	M17-39	471	1:51:41	926
968	1886	1:54:12	Sophie DRAPER		Female	148	F17-39	102	1:52:21	950
969	1426	1:54:12	Mike JOHNSON		Male	821	M17-39	472	1:52:03	938
970	998	1:54:13	Kevin BRADLEY	Stowmarket Striders	Male	822	M50-54	56	1:53:33	1005
971	879	1:54:15	Susan ADCOCK		Female	149	F50-54	3	1:53:05	985
972	3175	1:54:17	Emily REEVE		Female	150	F17-39	103	1:52:43	970
973	1351	1:54:18	Paul BARRETT		Male	823	M55-59	24	1:52:35	964
974	73	1:54:20	Simon WINGFIELD		Male	824	M45-49	121	1:53:09	987
975	2353	1:54:21	Robert FRANCIS		Male	825	M17-39	473	1:53:01	982
976	2168	1:54:22	Christy-Ann NEWMAN		Female	151	F17-39	104	1:52:54	979
977	2939	1:54:25	Mark BANFIELD		Male	826	M40-44	136	1:52:39	966
978	327	1:54:27	Harriet JOHNSON		Female	152	F17-39	105	1:52:43	971
979	1731	1:54:29	Esther JACK		Female	153	F40-44	27	1:53:28	1001
980	1732	1:54:29	Edward JACK		Male	827	M40-44	137	1:53:28	1002



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
981	2256	1:54:30	Michael RUSH		Male	828	M17-39	474	1:52:20	948
982	2332	1:54:32	Mike HOWARD		Male	829	M17-39	475	1:52:52	977
983	2112	1:54:33	Jack PARNELL		Male	830	M17-39	476	1:51:26	911
984	1208	1:54:35	Sarah BENN		Female	154	F45-49	13	1:52:59	980
985	2292	1:54:37	Steve BROCKES		Male	831	M17-39	477	1:52:31	959
986	2293	1:54:37	Renate HOPE		Female	155	F17-39	106	1:52:31	960
987	1789	1:54:38	Jennifer SMITH	Cambridge & Coleridge AC	Female	156	F17-39	107	1:52:39	967
988	732	1:54:39	Neale JOUQUES		Male	832	M45-49	122	1:53:36	1008
989	2736	1:54:43	Ian GIRDLESTONE		Male	833	M40-44	138	1:52:27	955
990	1891	1:54:43	Paul CLARE		Male	834	M17-39	478	1:53:16	994
991	2809	1:54:46	Stephen GIBBS	Waveney Valley AC	Male	835	M45-49	123	1:53:49	1015
992	647	1:54:48	Carl HUNTER		Male	836	M17-39	479	1:53:39	1011
993	2957	1:54:50	Graham GARDNER		Male	837	M55-59	25	1:53:20	997
994	186	1:54:51	Adam RIVERS		Male	838	M17-39	480	1:53:14	992
995	2227	1:54:51	Simon GODFREY		Male	839	M40-44	139	1:52:42	968
996	1424	1:54:51	Owen BARBER	Coltishall Jaguars	Male	840	M45-49	124	1:54:29	1052
997	530	1:54:52	Donna GRAY	Norwich Road Runners	Female	157	F40-44	28	1:54:30	1053
998	2221	1:54:52	Francesca LAUGHTON	Bungay Black Dog RC	Female	158	F17-39	108	1:54:09	1035
999	1791	1:54:54	David HAINES	Dereham Runners AC	Male	841	M65+	4	1:54:12	1038
1000	57	1:54:55	Matt KEAY		Male	842	M17-39	481	1:53:22	998
1001	659	1:54:56	Paul HICKMAN		Male	843	M45-49	125	1:52:47	974
1002	130	1:54:57	Gina HOPKINSON		Female	159	F40-44	29	1:53:35	1007
1003	452	1:54:59	Philip WILTON	Tri-Anglia	Male	844	M45-49	126	1:54:45	1068
1004	2084	1:54:59	Andy HARROD	Ryston Runners AC	Male	845	M45-49	127	1:54:25	1049
1005	2616	1:55:01	Ellie SCOTT	North Herts Road Runners	Female	160	F17-39	109	1:53:29	1003
1006	2491	1:55:02	Eivira DAVID		Female	161	F17-39	110	1:53:06	986
1007	621	1:55:02	Stuart MORTIMER		Male	846	M65+	5	1:53:39	1012
1008	1545	1:55:02	Daniel WALLACE		Male	847	M17-39	482	1:53:54	1018
1009	506	1:55:03	B SPICER JENKINS		Male	848	M17-39	483	1:53:44	1013
1010	1428	1:55:06	Christine THORNE	North Norfolk Beach Runners	Female	162	F60-64	2	1:54:18	1044
1011	3190	1:55:06	Emily KELSALL		Female	163	F17-39	111	1:53:56	1021
1012	260	1:55:06	Jack NORTHWOOD		Male	849	M17-39	484	1:52:46	973
1013	930	1:55:07	Seb WARNER		Male	850	M17-39	485	1:53:59	1023
1014	2069	1:55:07	Thomas HUSSEY		Male	851	M17-39	486	1:53:45	1014
1015	2037	1:55:08	Andrew HARDY		Male	852	M55-59	26	1:53:00	981
1016	1522	1:55:09	Mark LLOYD		Male	853	M17-39	487	1:53:29	1004
1017	276	1:55:09	Steph HAWKINS		Female	164	F17-39	112	1:54:06	1030
1018	2240	1:55:10	Mike PLEASANTS		Male	854	M40-44	140	1:54:10	1036
1019	1126	1:55:11	Richard HOUSTON	Heywood Joggers Group	Male	855	M45-49	128	1:54:04	1028
1020	751	1:55:12	Matt HUNN		Male	856	M40-44	141	1:53:24	999
1021	592	1:55:12	Ian CHILLEY		Male	857	M45-49	129	1:53:55	1019
1022	615	1:55:14	Liz HARRIS		Female	165	F17-39	113	1:54:03	1027
1023	1249	1:55:15	Helen UNDERWOOD		Female	166	F45-49	14	1:53:50	1016
1024	1061	1:55:16	Eleanor COTTRELL		Female	167	F17-39	114	1:52:14	943
1025	2318	1:55:17	Steve MITCHELL		Male	858	M17-39	488	1:53:55	1020
1026	1872	1:55:20	Sally BONNETT		Female	168	F17-39	115	1:53:09	988
1027	2312	1:55:22	Matt CARTER		Male	859	M40-44	142	1:54:00	1024
1028	1874	1:55:23	Helen COOK		Female	169	F17-39	116	1:54:22	1047
1029	2969	1:55:23	Sarah HICKMAN		Female	170	F17-39	117	1:53:19	996
1030	1875	1:55:24	Paul COOK		Male	860	M17-39	489	1:54:23	1048
1031	3168	1:55:32	Graham BUDDLE		Male	861	M40-44	143	1:54:43	1064
1032	2188	1:55:34	Robin SMITH		Male	862	M17-39	490	1:55:09	1080
1033	2275	1:55:37	Nathaniel BLACKMAN		Male	863	M17-39	491	1:53:01	983
1034	2772	1:55:38	Kieran EARLEY		Male	864	M17-39	492	1:54:08	1032
1035	2826	1:55:40	Justin DENNIS		Male	865	M40-44	144	1:53:36	1009
1036	85	1:55:40	Mark HARRISON		Male	866	M17-39	493	1:54:20	1046
1037	2579	1:55:42	John RUSH		Male	867	M40-44	145	1:54:26	1050
1038	894	1:55:43	Gareth NICHOLLS		Male	868	M17-39	494	1:54:08	1033
1039	1970	1:55:44	Peter FIELD		Male	869	M40-44	146	1:54:42	1063
1040	1480	1:55:47	Chris GROVES		Male	870	M17-39	495	1:54:18	1045
1041	1256	1:55:48	C MURRAY-SMITH		Female	171	F17-39	118	1:54:17	1043
1042	798	1:55:49	Matthew LOMAX		Male	871	M17-39	496	1:54:06	1031
1043	2163	1:55:51	Taff BAYHAM	Tri-Anglia	Female	172	F17-39	119	1:54:36	1058
1044	780	1:55:52	Andrew HEAFORD		Male	872	M17-39	497	1:53:12	990
1045	1089	1:55:53	Terry FARLEY		Male	873	M65+	6	1:54:48	1069
1046	367	1:55:53	Jessica WILSON		Female	173	F17-39	120	1:54:10	1037
1047	245	1:55:56	Emma RENOUF		Female	174	F17-39	121	1:53:37	1010
1048	486	1:56:00	Christopher KETT		Male	874	M17-39	498	1:54:04	1029
1049	3051	1:56:00	Daniel BRIGHTON-WATT		Male	875	M17-39	499	1:54:15	1042
1050	1341	1:56:00	Adam FROST		Male	876	M17-39	500	1:54:34	1057



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	449	1:56:01	Kathryn HAMMOND	Norwich Road Runners	Female	175	F17-39	122	1:54:50	1071
1052	2340	1:56:01	Kevin HOUSE		Male	877	M40-44	147	1:53:50	1017
1053	1286	1:56:05	Jessica ASHLEY		Female	176	F40-44	30	1:54:14	1041
1054	3024	1:56:06	Kate ANSTISS		Female	177	F17-39	123	1:54:38	1060
1055	2747	1:56:10	Pete SILVERSTONE		Male	878	M50-54	57	1:55:16	1088
1056	2708	1:56:10	Melanie CHAPLIN		Female	178	F17-39	124	1:54:08	1034
1057	1159	1:56:10	John NELSON		Male	879	M40-44	148	1:55:16	1089
1058	2908	1:56:12	Paul ROOKE	West Suffolk Wheelers And Tria	Male	880	M17-39	501	1:53:01	984
1059	2262	1:56:14	Simon GOODWIN		Male	881	M17-39	502	1:54:13	1039
1060	1177	1:56:16	Mark COLLING		Male	882	M17-39	503	1:53:57	1022
1061	346	1:56:16	Dianne BIRD		Female	179	F50-54	4	1:54:31	1055
1062	1323	1:56:19	Iain PATTERSON		Male	883	M40-44	149	1:54:01	1025
1063	2128	1:56:19	James DYBLE		Male	884	M17-39	504	1:54:02	1026
1064	224	1:56:20	Sophie Jane DENYER		Female	180	F17-39	125	1:55:52	1118
1065	1828	1:56:21	Jonathan TWYMAN		Male	885	M17-39	505	1:55:40	1109
1066	1616	1:56:22	Richard CLARK	The Saxons	Male	886	M45-49	130	1:54:38	1061
1067	145	1:56:24	Rob MCKILLOP		Male	887	M45-49	131	1:54:30	1054
1068	2771	1:56:26	Daisy VAUGHAN		Female	181	F17-39	126	1:55:06	1079
1069	2441	1:56:26	Sarah PRESTON		Female	182	F17-39	127	1:54:13	1040
1070	831	1:56:27	Matthew ATKINSON		Male	888	M17-39	506	1:56:07	1133
1071	305	1:56:33	Jaan LARNER		Male	889	M40-44	150	1:54:37	1059
1072	2474	1:56:34	Graham WORSFOLD		Male	890	M17-39	507	1:55:14	1087
1073	510	1:56:35	Simon PARKINSON		Male	891	M17-39	508	1:55:11	1082
1074	1075	1:56:36	Polly WILLIAMS	Norwich Road Runners	Female	183	F17-39	128	1:55:35	1103
1075	1973	1:56:38	Louise GREEN		Female	184	F17-39	129	1:55:40	1110
1076	2515	1:56:39	Terry WRIGHT		Male	892	M17-39	509	1:56:00	1131
1077	3033	1:56:42	Duncan JONES		Male	893	M17-39	510	1:54:39	1062
1078	2414	1:56:42	Dean PIPER		Male	894	M17-39	511	1:55:59	1129
1079	1456	1:56:42	Daniel ROBINSON		Male	895	M17-39	512	1:54:48	1070
1080	1058	1:56:46	Gary SERGENT		Male	896	M45-49	132	1:55:57	1125
1081	1785	1:56:47	David BULLER	Ealing Eagles	Male	897	M17-39	513	1:54:43	1065
1082	1070	1:56:50	Adrian MATTHEWS		Male	898	M45-49	133	1:55:17	1091
1083	877	1:56:50	Alec HUNT		Male	899	M17-39	514	1:55:34	1100
1084	1953	1:56:51	Peter GOODSON		Male	900	M50-54	58	1:56:38	1159
1085	550	1:56:51	Lee JOHNSON		Male	901	M17-39	515	1:54:55	1074
1086	512	1:56:51	Damien HOMDEN		Male	902	M17-39	516	1:54:55	1075
1087	1777	1:56:52	Suzy TAYLOR		Female	185	F17-39	130	1:55:09	1081
1088	2978	1:56:52	Steve COTTON		Male	903	M45-49	134	1:54:57	1076
1089	1811	1:56:53	Kirk WILSON	Norwich Road Runners	Male	904	M40-44	151	1:55:12	1083
1090	1275	1:56:53	Ian GOLDEN	Norwich Road Runners	Male	905	M45-49	135	1:55:12	1084
1091	1277	1:56:53	Barry HIPWELL	Norwich Road Runners	Male	906	M50-54	59	1:55:13	1086
1092	566	1:56:53	John MILLER	Norwich Road Runners	Male	907	M50-54	60	1:55:12	1085
1093	2486	1:56:53	Joseph CAREY		Male	908	M17-39	517	1:55:37	1105
1094	2737	1:56:55	Antony GREENWAY		Male	909	M40-44	152	1:54:52	1072
1095	2589	1:56:55	Leo KLEINBERG		Male	910	M17-39	518	1:56:24	1149
1096	2030	1:56:55	Julia LLOYD	Wymondham AC	Female	186	F45-49	15	1:55:59	1130
1097	420	1:56:56	Karen DUNNETT		Female	187	F17-39	131	1:55:35	1104
1098	328	1:56:58	Robert KANE		Male	911	M40-44	153	1:55:41	1111
1099	2195	1:56:59	Charlie HUNTER-LAIN		Male	912	M17-39	519	1:54:54	1073
1100	1552	1:56:59	Faye POWELL		Female	188	F17-39	132	1:55:28	1097
1101	1462	1:57:01	Claire BROWN		Female	189	F17-39	133	1:55:29	1098
1102	1537	1:57:02	Karina HESKETH		Female	190	F17-39	134	1:55:20	1093
1103	2719	1:57:04	Stephen GIRLING		Male	913	M50-54	61	1:56:23	1147
1104	247	1:57:04	Richard PILCH		Male	914	M65+	7	1:56:23	1148
1105	2594	1:57:06	Thomas SWAN		Male	915	M17-39	520	1:56:09	1135
1106	1417	1:57:07	Cliff HASLAM		Male	916	M40-44	154	1:55:44	1113
1107	2105	1:57:07	Andrew SMYTH		Male	917	M17-39	521	1:56:30	1154
1108	2338	1:57:08	Stephanie LEEDHAM		Female	191	F17-39	135	1:55:34	1101
1109	133	1:57:08	Lewis BROOKER		Male	918	M17-39	522	1:55:57	1126
1110	266	1:57:10	Simon CHAMBERS	Saffron Striders	Male	919	M45-49	136	1:54:31	1056
1111	797	1:57:11	Gemma WEAVERS		Female	192	F17-39	136	1:55:53	1121
1112	539	1:57:11	Francesca BIRBECK		Female	193	F17-39	137	1:54:44	1067
1113	663	1:57:12	David BARKWILL		Male	920	M17-39	523	1:54:43	1066
1114	662	1:57:16	Kerry LONDON		Female	194	F17-39	138	1:55:22	1095
1115	2767	1:57:17	Amy LAWRENCE		Female	195	F17-39	139	1:55:43	1112
1116	472	1:57:19	David REYNOLDS		Male	921	M17-39	524	1:54:26	1051
1117	2539	1:57:20	Craig STOVELL		Male	922	M50-54	62	1:55:51	1116
1118	311	1:57:22	Amanda WASHBROOK		Female	196	F17-39	140	1:55:57	1127
1119	1600	1:57:24	Hugh GATENBY		Male	923	M55-59	27	1:55:16	1090
1120	2757	1:57:28	Andrew BETTERIDGE		Male	924	M40-44	155	1:55:04	1078



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	1062	1:57:30	Nicky SMITH	RAF Marham Running Club	Male	925	M17-39	525	1:55:38	1106
1122	434	1:57:34	Andrew GEORGE		Male	926	M55-59	28	1:55:51	1117
1123	3198	1:57:35	Clifford BUSH		Male	927	M45-49	137	1:55:17	1092
1124	709	1:57:39	Amanda GOWER		Female	197	F17-39	141	1:55:22	1096
1125	2170	1:57:42	Graham COUTTS		Male	928	M17-39	526	1:55:39	1107
1126	2118	1:57:42	Jack ENTICOTT		Male	929	M17-39	527	1:55:39	1108
1127	3059	1:57:42	William PEACH		Male	930	M17-39	528	1:54:58	1077
1128	1178	1:57:44	Kyle CLUTTERBUCK		Male	931	M17-39	529	1:56:38	1160
1129	542	1:57:44	Ian GRAVELING		Male	932	M40-44	156	1:55:58	1128
1130	1150	1:57:44	Thomas MORLEY		Male	933	M17-39	530	1:55:32	1099
1131	1419	1:57:46	Danielle RACKHAM	Norwich Road Runners	Female	198	F17-39	142	1:56:46	1166
1132	1664	1:57:49	Samantha FRANKLIN		Female	199	F17-39	143	1:56:08	1134
1133	2028	1:57:51	Sharon SAUNDERS		Female	200	F40-44	31	1:56:45	1164
1134	3181	1:57:51	Steven NORMAN		Male	934	M17-39	531	1:56:45	1165
1135	832	1:57:52	Dean BURRAGE		Male	935	M17-39	532	1:57:33	1210
1136	2971	1:57:52	Sean COBB		Male	936	M17-39	533	1:55:46	1114
1137	2385	1:57:53	Stephen HUGGINS		Male	937	M17-39	534	1:55:34	1102
1138	371	1:57:55	Siyamini VYTHILINGAM		Female	201	F17-39	144	1:55:52	1119
1139	2749	1:57:56	Hannah URAGALLO		Female	202	F17-39	145	1:56:21	1146
1140	2189	1:57:56	James MONTGOMERY		Male	938	M40-44	157	1:56:47	1168
1141	1085	1:57:57	Stephen BAKER		Male	939	M40-44	158	1:55:21	1094
1142	1065	1:57:58	Tom ALLEN		Male	940	M17-39	535	1:57:31	1205
1143	766	1:57:58	Liam CLOSE		Male	941	M17-39	536	1:55:54	1122
1144	863	1:58:01	Kirsty TAYLOR		Female	203	F17-39	146	1:57:18	1193
1145	2383	1:58:02	Robert LEMON		Male	942	M60-64	13	1:56:20	1143
1146	2029	1:58:02	Alexander FITZGERALD		Male	943	M40-44	159	1:56:10	1136
1147	2182	1:58:06	James LEGG		Male	944	M40-44	160	1:56:26	1151
1148	1110	1:58:08	Daniel CLARKE		Male	945	M17-39	537	1:56:16	1139
1149	1109	1:58:08	Emma BROWN		Female	204	F17-39	147	1:56:16	1140
1150	2478	1:58:09	Grant KING		Male	946	M17-39	538	1:56:31	1155
1151	3019	1:58:11	Tracy HARKER	Tri-Anglia	Female	205	F45-49	16	1:56:57	1174
1152	2386	1:58:11	Justin SMITH		Male	947	M40-44	161	1:56:42	1163
1153	2324	1:58:12	Jonathan NEWELL		Male	948	M45-49	138	1:56:55	1172
1154	2127	1:58:12	Viki BARTON		Female	206	F17-39	148	1:57:13	1190
1155	2126	1:58:12	Hannah MANNING		Female	207	F17-39	149	1:57:13	1191
1156	1764	1:58:13	Toby CRAIG	Tri-Anglia	Male	949	M40-44	162	1:56:33	1156
1157	1212	1:58:13	Becky STURGEON	Bungay Black Dog RC	Female	208	F40-44	32	1:57:29	1204
1158	2449	1:58:14	Sam DOWERS		Male	950	M17-39	539	1:56:27	1152
1159	1486	1:58:17	Louise PEARSON		Female	209	F17-39	150	1:55:56	1124
1160	2496	1:58:17	Neil ALLANACH		Male	951	M17-39	540	1:56:37	1158
1161	496	1:58:18	Lee EDWARDS		Male	952	M17-39	541	1:55:47	1115
1162	1063	1:58:19	Margaret BLAIR		Female	210	F40-44	33	1:57:26	1200
1163	1018	1:58:20	Howard LOMAX		Male	953	M17-39	542	1:57:04	1182
1164	333	1:58:21	Kevin JOYCE		Male	954	M45-49	139	1:55:55	1123
1165	2247	1:58:21	Jacqueline LAKE	Dereham Runners AC	Female	211	F50-54	5	1:56:58	1177
1166	517	1:58:22	Michael FONE		Male	955	M50-54	63	1:56:58	1178
1167	1016	1:58:23	Dale LARWOOD		Male	956	M17-39	543	1:57:54	1225
1168	1576	1:58:23	Inna BORISOVA		Female	212	F17-39	151	1:56:13	1137
1169	2993	1:58:23	Anton WIMMER	Tri-Anglia	Male	957	M40-44	163	1:56:25	1150
1170	1976	1:58:24	Simon ROSE		Male	958	M17-39	544	1:57:19	1195
1171	342	1:58:24	Tim JOHNSON		Male	959	M17-39	545	1:56:19	1141
1172	794	1:58:24	Kimberley LAWRENCE		Female	213	F17-39	152	1:57:26	1201
1173	2858	1:58:26	Robert CHISLETT		Male	960	M17-39	546	1:56:34	1157
1174	1319	1:58:26	Olly WEHRING		Male	961	M40-44	164	1:56:40	1162
1175	1359	1:58:27	Nathan SHANAGHY		Male	962	M17-39	547	1:57:09	1187
1176	1302	1:58:27	Susan GREEN		Female	214	F40-44	34	1:56:20	1144
1177	1345	1:58:28	William HAWKINS	Hull Springhead Harriers	Male	963	M45-49	140	1:56:50	1171
1178	1197	1:58:29	Anneka PAGE		Female	215	F17-39	153	1:55:52	1120
1179	1889	1:58:29	Nicky DOWSON	Norwich Road Runners	Female	216	F45-49	17	1:57:01	1179
1180	587	1:58:29	Rebecca CLARKE	Reepham Runners	Female	217	F17-39	154	1:56:19	1142
1181	345	1:58:30	Amii BIRD		Female	218	F17-39	155	1:56:46	1167
1182	1241	1:58:41	Grahame WINN		Male	964	M55-59	29	1:58:09	1242
1183	2104	1:58:42	Clare BRADBURY		Female	219	F17-39	156	1:57:47	1223
1184	128	1:58:42	Ian WHITTLEY		Male	965	M45-49	141	1:56:55	1173
1185	3079	1:58:43	Feria SIBLON		Female	220	F50-54	6	1:56:27	1153
1186	728	1:58:43	Tara HOLMES		Female	221	F40-44	35	1:57:01	1180
1187	1213	1:58:45	Max OPPENHEIM		Male	966	M17-39	548	1:57:18	1194
1188	1682	1:58:48	Benjamin WARNES	RAF Marham Running Club	Male	967	M17-39	549	1:56:14	1138
1189	2244	1:58:53	Oliver STEED		Male	968	M17-39	550	1:57:53	1224
1190	962	1:58:54	Peter WAPSHOTT		Male	969	M60-64	14	1:57:25	1197



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1191	583	1:58:55	Steve MCCARTHY		Male	970	M45-49	142	1:56:20	1145
1192	873	1:58:55	Dylan WILSON		Male	971	M17-39	551	1:56:57	1175
1193	2214	1:59:01	Tim WILLIS		Male	972	M17-39	552	1:57:27	1202
1194	3017	1:59:02	M HEHENBERGER		Female	222	F17-39	157	1:57:05	1183
1195	1186	1:59:02	Alan WELTON		Male	973	M17-39	553	1:57:58	1228
1196	3057	1:59:04	Emma HILLMAN		Female	223	F40-44	36	1:57:34	1212
1197	2248	1:59:04	Elaine SAVVAS		Female	224	F55-59	7	1:56:49	1169
1198	301	1:59:07	James ALFORD		Male	974	M45-49	143	1:57:42	1220
1199	2020	1:59:08	Richard JONES		Male	975	M17-39	554	1:57:32	1208
1200	1038	1:59:10	Kathryn LAWRIE		Female	225	F17-39	158	1:57:31	1206
1201	2252	1:59:11	Jon HOLT	Wymondham AC	Male	976	M17-39	555	1:57:17	1192
1202	1662	1:59:12	Jason WINSLEY		Male	977	M40-44	165	1:57:12	1188
1203	1169	1:59:12	James QUARMBY		Male	978	M17-39	556	1:57:12	1189
1204	2980	1:59:13	Stuart HOLLINGSWORTH		Male	979	M45-49	144	1:56:57	1176
1205	640	1:59:13	Martin SHORT		Male	980	M17-39	557	1:57:25	1198
1206	2547	1:59:15	Kelly BLOCKLEY		Female	226	F17-39	159	1:57:32	1209
1207	307	1:59:16	Robert PALLANT		Male	981	M50-54	64	1:58:59	1279
1208	69	1:59:17	Peter WOOLLEY		Male	982	M60-64	15	1:56:01	1132
1209	2935	1:59:19	Lorraine ARTHURTON		Female	227	F17-39	160	1:58:08	1241
1210	1214	1:59:20	Sara BLOOR	The Saxons	Female	228	F45-49	18	1:57:36	1213
1211	2473	1:59:20	Peter DURHAM		Male	983	M45-49	145	1:57:44	1221
1212	2599	1:59:21	Pete HUNT		Male	984	M40-44	166	1:56:39	1161
1213	1918	1:59:22	Lauren CASSIDY		Female	229	F17-39	161	1:59:18	1290
1214	1844	1:59:24	Christine BREEZE		Female	230	F50-54	7	1:57:36	1214
1215	1843	1:59:24	Paul GOULSBRA		Male	985	M40-44	167	1:57:36	1215
1216	2078	1:59:25	Kevin AMES		Male	986	M45-49	146	1:58:25	1252
1217	818	1:59:26	Adele BUSHHELL	Coltishall Jaguars	Female	231	F45-49	19	1:57:33	1211
1218	3056	1:59:27	Amanda THOMPSON		Female	232	F45-49	20	1:57:45	1222
1219	1965	1:59:29	Robin ASHE		Male	987	M60-64	16	1:57:31	1207
1220	2479	1:59:31	C LEWINGTON-BRACEY		Female	233	F17-39	162	1:57:21	1196
1221	947	1:59:33	Celine ARBOLEDA		Female	234	F17-39	163	1:57:06	1184
1222	945	1:59:34	Paul BEASTALL	Cambridge & Coleridge AC	Male	988	M40-44	168	1:57:06	1185
1223	2049	1:59:34	Hayley FALLON		Female	235	F17-39	164	1:57:39	1218
1224	922	1:59:36	Rob BAILEY		Male	989	M45-49	147	1:57:03	1181
1225	1762	1:59:37	Peter VRABEC		Male	990	M17-39	558	1:57:37	1216
1226	2344	1:59:38	Jason SEWELL		Male	991	M40-44	169	1:58:04	1232
1227	268	1:59:38	Neil SAWYER		Male	992	M40-44	170	1:57:40	1219
1228	312	1:59:38	Sam HARRIS		Male	993	M17-39	559	1:58:17	1247
1229	1268	1:59:39	Amaran CUMARASAMY		Male	994	M17-39	560	1:58:17	1248
1230	2343	1:59:39	Sian WILLIAMS		Female	236	F40-44	37	1:58:05	1237
1231	2789	1:59:39	Carl WOOLWAY		Male	995	M17-39	561	1:56:49	1170
1232	2522	1:59:39	David MATTHEWS		Male	996	M17-39	562	1:57:27	1203
1233	1245	1:59:40	Stephen ROE	Aylsham Runners	Male	997	M45-49	148	1:57:25	1199
1234	2402	1:59:43	Marion WALKER	Framlingham Flyers	Female	237	F55-59	8	1:57:59	1229
1235	2448	1:59:43	Anne-Marie KING		Female	238	F17-39	165	1:58:05	1238
1236	2008	1:59:44	Sian CHILDS		Female	239	F40-44	38	1:59:27	1297
1237	786	1:59:46	Andrea THOMPSON		Female	240	F45-49	21	1:58:04	1233
1238	3034	1:59:48	Greg TAPPENDEN		Male	998	M17-39	563	1:58:07	1240
1239	293	1:59:50	Debbie FINCHAM		Female	241	F17-39	166	1:58:17	1249
1240	131	1:59:54	Pauline CLEMENTS		Female	242	F17-39	167	1:58:33	1259
1241	2063	1:59:55	Lucy-Nicola WRIGHT		Female	243	F17-39	168	1:58:04	1234
1242	2857	1:59:56	Tom CHISLETT		Male	999	M17-39	564	1:58:05	1239
1243	1636	1:59:58	Stuart GOVEY		Male	1000	M40-44	171	1:58:18	1250
1244	1859	1:59:59	Sarah BENNETT		Female	244	F17-39	169	1:59:41	1305
1245	2308	2:00:00	Scott WALKER		Male	1001	M17-39	565	1:58:41	1263
1246	1583	2:00:01	Tom PEPPER		Male	1002	M17-39	566	1:57:55	1226
1247	703	2:00:05	Andy CARR		Male	1003	M45-49	149	1:58:04	1235
1248	2309	2:00:05	Peter SAVAGE	Holme Pierrepont RC	Male	1004	M55-59	30	1:57:57	1227
1249	1008	2:00:08	Aubrey GREEN		Male	1005	M45-49	150	1:59:07	1286
1250	1006	2:00:08	Sarah BARR-YOUNG		Female	245	F17-39	170	1:59:07	1287
1251	675	2:00:09	Mark BENFIELD		Male	1006	M50-54	65	1:58:04	1236
1252	3083	2:00:10	Michelle BEZANT		Female	246	F17-39	171	1:58:32	1256
1253	1037	2:00:11	Helena RAMSDEN		Female	247	F17-39	172	1:58:16	1246
1254	1409	2:00:12	Chris SCOTT		Male	1007	M17-39	567	1:57:37	1217
1255	2024	2:00:13	George MORRISON		Male	1008	M40-44	172	1:58:14	1244
1256	851	2:00:14	Debra NIXON		Female	248	F17-39	173	1:58:36	1261
1257	322	2:00:15	Monica FLORES		Female	249	F17-39	174	1:58:42	1266
1258	205	2:00:18	Steph FIELD	Cambridge & Coleridge AC	Female	250	F17-39	175	1:58:30	1255
1259	526	2:00:21	Darren LECK		Male	1009	M17-39	568	1:58:25	1253
1260	1228	2:00:23	Mike HOUGH		Male	1010	M40-44	173	1:58:41	1264



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1261	1532	2:00:24	Christopher CARR	Tri-Anglia	Male	1011	M17-39	569	1:58:34	1260
1262	919	2:00:24	Paul AUBER		Male	1012	M45-49	151	1:58:41	1265
1263	1611	2:00:24	Stuart KNIGHT	Tri-Anglia	Male	1013	M17-39	570	1:59:36	1302
1264	514	2:00:26	Tracy BROWN		Female	251	F17-39	176	1:58:20	1251
1265	2805	2:00:27	James ARCHER		Male	1014	M17-39	571	1:58:00	1230
1266	1617	2:00:27	Rob PEARCE		Male	1015	M17-39	572	1:59:08	1288
1267	1142	2:00:29	Kevin CURRAN		Male	1016	M50-54	66	1:58:45	1270
1268	3071	2:00:30	Tim BARLOW		Male	1017	M50-54	67	1:58:14	1245
1269	555	2:00:31	Jemma MAKEPEACE		Female	252	F17-39	177	1:58:03	1231
1270	666	2:00:31	David BAULCOMBE		Male	1018	M60-64	17	1:59:13	1289
1271	1669	2:00:32	Charles FRY		Male	1019	M17-39	573	1:58:29	1254
1272	1367	2:00:33	Ian LANCASTER		Male	1020	M50-54	68	1:58:32	1257
1273	1365	2:00:33	Alison TURNER		Female	253	F40-44	39	1:58:32	1258
1274	1056	2:00:34	Elwys LIGHTMAN		Female	254	F17-39	178	1:58:37	1262
1275	1496	2:00:35	Tabbie ENSLIN		Female	255	F17-39	179	1:59:29	1299
1276	2241	2:00:39	Andy SALMON		Male	1021	M17-39	574	1:59:19	1291
1277	1723	2:00:39	James HILL		Male	1022	M17-39	575	1:58:44	1269
1278	858	2:00:40	Kevin DAINES		Male	1023	M17-39	576	1:58:50	1272
1279	106	2:00:41	Paul HELSDON		Male	1024	M40-44	174	1:58:42	1267
1280	1511	2:00:41	Helen BUSFIELD		Female	256	F17-39	180	1:58:57	1278
1281	2365	2:00:43	Kayleigh SHEVLIN		Female	257	F17-39	181	1:59:28	1298
1282	2564	2:00:44	Simon SMITH		Male	1025	M40-44	175	2:00:10	1326
1283	1628	2:00:45	Terence MOORE		Male	1026	M50-54	69	2:00:20	1335
1284	2880	2:00:46	Jimmie IRETON		Male	1027	M17-39	577	1:58:55	1277
1285	498	2:00:47	Gerry ANSTISS	Sphinx AC	Male	1028	M60-64	18	1:59:19	1292
1286	1772	2:00:51	John FORD		Male	1029	M55-59	31	1:58:52	1275
1287	1633	2:00:51	Nicola ANDREWARTHA		Female	258	F17-39	182	1:58:51	1273
1288	1638	2:00:51	Victoria FORD		Female	259	F17-39	183	1:58:52	1276
1289	534	2:00:54	John HARRIS		Male	1030	M17-39	578	2:00:07	1324
1290	2777	2:00:55	James BUSHNELL		Male	1031	M17-39	579	1:59:04	1283
1291	684	2:00:55	Evette PRICE	Framlingham Flyers	Female	260	F50-54	8	1:58:12	1243
1292	1564	2:00:57	Alexandra MAY		Female	261	F17-39	184	1:59:39	1303
1293	2096	2:00:58	Merel GIJSEN		Female	262	F17-39	185	1:59:19	1293
1294	2269	2:00:59	Jemma MICKLEBURGH		Female	263	F17-39	186	1:59:05	1284
1295	531	2:01:03	Roly COOK		Male	1032	M50-54	70	2:00:41	1350
1296	1801	2:01:11	Stephen WINSER		Male	1033	M40-44	176	1:59:55	1319
1297	2940	2:01:13	Hazel BERRY		Female	264	F17-39	187	1:59:46	1311
1298	156	2:01:17	Sam NEAL		Male	1034	M17-39	580	1:58:49	1271
1299	591	2:01:18	Aaron CLAYDEN		Male	1035	M17-39	581	2:00:31	1342
1300	1952	2:01:18	David CORBY		Male	1036	M45-49	152	1:59:05	1285
1301	2218	2:01:21	Shaun MARY		Male	1037	M17-39	582	1:59:30	1300
1302	1783	2:01:26	Simona MATUSKOVA		Female	265	F17-39	188	2:00:27	1340
1303	2174	2:01:29	Jenna WALES		Female	266	F17-39	189	1:58:51	1274
1304	3054	2:01:29	Ken MATTHEWS	Tri-Anglia	Male	1038	M60-64	19	1:59:31	1301
1305	2052	2:01:29	Colin WELLER		Male	1039	M40-44	177	1:58:42	1268
1306	1997	2:01:30	Debbie MOORE	Coltishall Jaguars	Female	267	F45-49	22	1:59:00	1281
1307	595	2:01:31	Darrel ROBERTS		Male	1040	M40-44	178	1:59:01	1282
1308	2320	2:01:33	Andrew HOWES		Male	1041	M40-44	179	1:57:07	1186
1309	190	2:01:35	Sarah HISCOTT		Female	268	F17-39	190	2:00:00	1320
1310	2175	2:01:38	Russell TAYLOR		Male	1042	M17-39	583	1:59:40	1304
1311	2512	2:01:40	Linda GULBE		Female	269	F17-39	191	1:58:59	1280
1312	2064	2:01:41	Beverley RACKHAM		Female	270	F50-54	9	1:59:51	1314
1313	2210	2:01:42	Beccy NUTTON		Female	271	F17-39	192	2:01:24	1369
1314	695	2:01:43	Kerry DANIELS	Wymondham AC	Female	272	F17-39	193	2:00:18	1330
1315	1936	2:01:43	Michael PEGNALL	Dagenham 88	Male	1043	M17-39	584	1:59:44	1310
1316	2841	2:01:43	Danielle WHITEHURST		Female	273	F17-39	194	2:00:18	1331
1317	300	2:01:48	Victoria SWANSTON		Female	274	F17-39	195	1:59:43	1307
1318	2849	2:01:49	Ana DE-OSMA		Female	275	F17-39	196	2:00:44	1353
1319	2754	2:01:49	Beatrice HEUVEL		Female	276	F17-39	197	2:00:44	1354
1320	1822	2:01:49	Wendy SMITH	Norwich Road Runners	Female	277	F50-54	10	1:59:52	1316
1321	379	2:01:52	Anthony HILL		Male	1044	M50-54	71	1:59:51	1315
1322	1862	2:01:54	Sue SMITH		Female	278	F40-44	40	2:00:44	1355
1323	2775	2:01:56	Anri WALKER		Female	279	F17-39	198	1:59:22	1294
1324	2774	2:01:56	Robert WALKER		Male	1045	M17-39	585	1:59:22	1295
1325	3012	2:01:58	Simon REDDING	City Of Norwich AC	Male	1046	M50-54	72	2:00:20	1336
1326	2570	2:02:01	Alistair FISH		Male	1047	M45-49	153	1:59:54	1318
1327	122	2:02:02	Bryan BAYFIELD		Male	1048	M40-44	180	2:00:03	1321
1328	1225	2:02:05	Joop TANIS		Male	1049	M50-54	73	1:59:42	1306
1329	1026	2:02:07	Catriona MORRISON		Female	280	F17-39	199	1:59:24	1296
1330	1368	2:02:07	Michael BRIGGS		Male	1050	M40-44	181	2:00:16	1327



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1331	2471	2:02:09	Mark GIPSON		Male	1051	M40-44	182	1:59:50	1313
1332	1347	2:02:10	Jenny DE GRANDIS	North Norfolk Beach Runners	Female	281	F17-39	200	2:00:21	1337
1333	182	2:02:13	Nathalie BRODIE	Fulham Running Club	Female	282	F17-39	201	2:00:26	1339
1334	2584	2:02:17	John COATES		Male	1052	M17-39	586	1:59:53	1317
1335	2286	2:02:19	Thomas BURKE		Male	1053	M17-39	587	2:00:05	1323
1336	1141	2:02:22	Robert CURRAN		Male	1054	M17-39	588	2:00:38	1347
1337	2733	2:02:23	Trevor SILVESTER		Male	1055	M50-54	74	2:00:16	1328
1338	916	2:02:28	Stewart FIELD		Male	1056	M17-39	589	2:00:43	1352
1339	1484	2:02:30	Nicola BOWYER	Royston Runners	Female	283	F40-44	41	2:01:30	1371
1340	1414	2:02:30	Jane LANDON	Royston Runners	Female	284	F40-44	42	2:01:30	1372
1341	1557	2:02:34	Lisa RODGERS	Wymondham AC	Female	285	F45-49	23	2:00:19	1333
1342	714	2:02:35	Ian CARRELL		Male	1057	M45-49	154	1:59:46	1312
1343	1900	2:02:35	Ian CUTHBERT		Male	1058	M17-39	590	2:00:29	1341
1344	2331	2:02:35	Clinton GILLET		Male	1059	M40-44	183	2:00:18	1332
1345	2330	2:02:35	M GILLET		Female	286	F40-44	43	2:00:17	1329
1346	1804	2:02:37	Juli KETT-BRODIE		Female	287	F45-49	24	1:59:43	1308
1347	1402	2:02:38	Nigel HART		Male	1060	M50-54	75	2:01:06	1361
1348	2681	2:02:39	Chris CHANDLER		Male	1061	M17-39	591	1:59:43	1309
1349	255	2:02:41	Robert HAWES		Male	1062	M40-44	184	2:01:19	1368
1350	1627	2:02:42	Ali FICARRA		Female	288	F17-39	202	2:01:32	1373
1351	173	2:02:44	Nicola DAY		Female	289	F40-44	44	2:00:38	1348
1352	3174	2:02:45	Ross HARRISON		Male	1063	M17-39	592	2:00:33	1343
1353	1232	2:02:46	Paul SYCAMORE		Male	1064	M17-39	593	2:00:34	1344
1354	1031	2:02:46	Daniel DISNEY		Male	1065	M17-39	594	2:00:34	1345
1355	2196	2:02:46	Celia HAIGH	Harlow Running Club	Female	290	F40-44	45	2:00:19	1334
1356	1879	2:02:48	Brian ENDEAN		Male	1066	M50-54	76	2:00:45	1356
1357	2194	2:02:50	Thomas HURN		Male	1067	M17-39	595	2:01:03	1360
1358	134	2:02:52	Karen SHAW		Female	291	F50-54	11	2:00:24	1338
1359	1193	2:02:52	Beth LOAKER		Female	292	F17-39	203	2:00:07	1325
1360	2545	2:02:52	Peter HAZELL		Male	1068	M45-49	155	2:01:39	1374
1361	516	2:02:53	Emma WILL		Female	293	F17-39	204	2:00:47	1357
1362	2555	2:02:53	Richard TIMM		Male	1069	M17-39	596	2:01:40	1375
1363	2549	2:02:55	Louise SMITH		Female	294	F40-44	46	2:00:35	1346
1364	1699	2:02:56	Antony FINNIS	Tri-Anglia	Male	1070	M17-39	597	2:01:24	1370
1365	3061	2:03:06	Ben CONWAY		Male	1071	M17-39	598	2:00:52	1358
1366	1147	2:03:13	Sarah DRAKE		Female	295	F17-39	205	2:00:57	1359
1367	3078	2:03:13	J CAPANGPANGAN		Male	1072	M17-39	599	2:01:11	1362
1368	2090	2:03:14	James GREEN		Male	1073	M17-39	600	2:01:11	1363
1369	958	2:03:14	Austin SEALES		Male	1074	M17-39	601	2:02:00	1384
1370	2847	2:03:14	Paul TAYLOR		Male	1075	M17-39	602	2:00:03	1322
1371	2870	2:03:15	James MCCORMACK		Male	1076	M17-39	603	2:01:42	1379
1372	2813	2:03:21	Sarah NASMYTH-MILLER		Female	296	F50-54	12	2:02:44	1415
1373	1928	2:03:24	Anja THORMANN		Female	297	F17-39	206	2:00:39	1349
1374	2666	2:03:30	Andrew NICHOLSON		Male	1077	M17-39	604	2:03:10	1437
1375	2226	2:03:32	Lisa SYMON	Coltishall Jaguars	Female	298	F17-39	207	2:02:01	1385
1376	181	2:03:33	Tessa HUMPHREY		Female	299	F17-39	208	2:01:47	1382
1377	2183	2:03:36	Claire OWEN	Coltishall Jaguars	Female	300	F17-39	209	2:02:05	1388
1378	2763	2:03:37	Christopher HANSFORD		Male	1078	M50-54	77	2:01:17	1365
1379	633	2:03:38	Daniel SWALLOW		Male	1079	M17-39	605	2:02:53	1426
1380	2861	2:03:42	Thomas KINGERY		Male	1080	M40-44	185	2:01:12	1364
1381	2246	2:03:43	Bill WEDGE		Male	1081	M17-39	606	2:02:15	1395
1382	339	2:03:46	Mick BROOM		Male	1082	M45-49	156	2:02:22	1400
1383	297	2:03:48	David DAWBER		Male	1083	M50-54	78	2:00:41	1351
1384	1015	2:03:53	Gwyneth RICHINGS		Female	301	F17-39	210	2:02:03	1387
1385	1133	2:03:53	Antoine FRY		Male	1084	M17-39	607	2:02:28	1405
1386	1134	2:03:53	Anne FRY		Female	302	F17-39	211	2:02:28	1406
1387	973	2:03:53	Kirstie TROWSE		Female	303	F40-44	47	2:02:58	1431
1388	2711	2:03:58	Rowena WALLACE		Female	304	F17-39	212	2:02:32	1411
1389	1297	2:03:58	Dawn BURKE		Female	305	F45-49	25	2:02:08	1391
1390	1071	2:04:06	Marie RUSSELL		Female	306	F17-39	213	2:02:29	1409
1391	382	2:04:09	Dan NEWMAN		Male	1085	M17-39	608	2:03:08	1436
1392	2454	2:04:09	Suzanne HOLMES		Female	307	F17-39	214	2:01:53	1383
1393	1366	2:04:10	Fiona ORD		Female	308	F17-39	215	2:02:06	1389
1394	2212	2:04:10	David ASHMAN		Male	1086	M17-39	609	2:03:02	1433
1395	2808	2:04:14	Victoria HARRIS		Female	309	F17-39	216	2:02:09	1392
1396	1509	2:04:15	Anna HUGGINS		Female	310	F17-39	217	2:01:18	1367
1397	1508	2:04:15	Charlie CLEMENTS		Male	1087	M17-39	610	2:01:17	1366
1398	2706	2:04:15	Jason MARSH		Male	1088	M40-44	186	2:02:28	1407
1399	2916	2:04:15	Jason REYNOLDS		Male	1089	M40-44	187	2:02:28	1408
1400	2685	2:04:18	Sally HART		Female	311	F17-39	218	2:02:50	1421



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1401	2848	2:04:20	Peter CROPLEY		Male	1090	M40-44	188	2:02:07	1390
1402	2422	2:04:23	Melanie SINCLAIR		Female	312	F17-39	219	2:02:02	1386
1403	2799	2:04:24	Stephen THOMPSON	Dagenham 88	Male	1091	M17-39	611	2:02:49	1420
1404	2521	2:04:24	Lindsay MATTHEWS		Female	313	F40-44	48	2:02:12	1393
1405	1740	2:04:24	James RADFORD		Male	1092	M17-39	612	2:01:45	1380
1406	340	2:04:25	Lynne EVANS		Female	314	F40-44	49	2:01:40	1376
1407	2439	2:04:28	Lucy GOLDSMITH		Female	315	F17-39	220	2:01:41	1378
1408	2368	2:04:28	Lindsay ANDREW		Female	316	F45-49	26	2:02:51	1422
1409	1331	2:04:30	Stewart DOCHERTY		Male	1093	M17-39	613	2:01:45	1381
1410	2490	2:04:30	Abbie JENKINS		Female	317	F17-39	221	2:02:47	1417
1411	2725	2:04:30	Lianne WEST	East Essex Triathlon	Female	318	F45-49	27	2:02:33	1412
1412	2080	2:04:33	John DICKERSON	Garden City Runners	Male	1094	M55-59	32	2:02:22	1401
1413	2372	2:04:34	Philip BECK		Male	1095	M17-39	614	2:02:23	1402
1414	2277	2:04:38	Philippa RUDD	Tri-Anglia	Female	319	F45-49	28	2:03:13	1438
1415	2859	2:04:39	Damian SHORT		Male	1096	M45-49	157	2:03:13	1439
1416	1416	2:04:40	Jenna BASED		Female	320	F17-39	222	2:01:40	1377
1417	871	2:04:43	Nicholas MELLISH		Male	1097	M17-39	615	2:03:17	1441
1418	2369	2:04:43	Matthew ELSDON		Male	1098	M40-44	189	2:03:01	1432
1419	295	2:04:44	Katie BARRETT		Female	321	F17-39	223	2:03:17	1442
1420	718	2:04:45	Carol COOPER	Norfolk Gazelles	Female	322	F45-49	29	2:02:51	1423
1421	370	2:04:49	Patricia HAGAN		Female	323	F45-49	30	2:02:53	1427
1422	2036	2:04:51	Sian ABBOTT		Female	324	F17-39	224	2:02:18	1397
1423	2144	2:04:53	Stephen POUNDALL		Male	1099	M40-44	190	2:02:47	1418
1424	272	2:04:54	Michael BOWEN		Male	1100	M17-39	616	2:02:12	1394
1425	2646	2:04:56	Nicola ATTWOOD		Female	325	F17-39	225	2:02:17	1396
1426	1589	2:04:57	Lee RAMPLING		Male	1101	M40-44	191	2:02:18	1398
1427	1313	2:05:01	Katy LEVERETT		Female	326	F17-39	226	2:03:45	1461
1428	1314	2:05:01	Jonathan LEVERETT		Male	1102	M17-39	617	2:03:45	1462
1429	2380	2:05:05	Amanda GOLDSMITH		Female	327	F40-44	50	2:02:25	1403
1430	1264	2:05:07	Lewis WATSON		Male	1103	M17-39	618	2:02:54	1429
1431	676	2:05:07	Jessica SPENCER		Female	328	F17-39	227	2:02:25	1404
1432	2933	2:05:08	Mike PRENDERGAST		Male	1104	M50-54	79	2:02:21	1399
1433	1238	2:05:09	Grace RUNDLE		Female	329	F17-39	228	2:02:51	1424
1434	78	2:05:15	Jeremy KIDD		Male	1105	M40-44	192	2:03:52	1467
1435	3065	2:05:18	Philip MICKLEBOROUGH		Male	1106	M17-39	619	2:02:34	1413
1436	2793	2:05:19	Dan LOCK		Male	1107	M17-39	620	2:03:25	1447
1437	2280	2:05:20	Iain WHITE	Tri-Anglia	Male	1108	M60-64	20	2:03:52	1468
1438	2590	2:05:20	Georgia HILL		Female	330	F17-39	229	2:02:52	1425
1439	468	2:05:20	Pashenka BEDDAR		Male	1109	M17-39	621	2:03:36	1455
1440	886	2:05:20	Hannah WILLCOCK		Female	331	F17-39	230	2:02:35	1414
1441	2061	2:05:21	Louise CLEGG		Female	332	F40-44	51	2:02:44	1416
1442	2724	2:05:24	Andrew ROBINSON		Male	1110	M17-39	622	2:03:44	1460
1443	2425	2:05:24	Michelle BERRIMAN		Female	333	F40-44	52	2:03:37	1456
1444	2661	2:05:25	John WILSON	Tri-Anglia	Male	1111	M45-49	158	2:03:17	1443
1445	2758	2:05:25	Andrew EDGE		Male	1112	M45-49	159	2:03:05	1435
1446	482	2:05:27	Olly SAVAGE		Male	1113	M17-39	623	2:02:57	1430
1447	1100	2:05:27	N RUSSELL-CLARKE		Female	334	F17-39	231	2:03:46	1464
1448	2305	2:05:28	Steven LEWIS		Male	1114	M17-39	624	2:03:42	1458
1449	341	2:05:32	Sam MATTHEWS		Male	1115	M17-39	625	2:02:29	1410
1450	3053	2:05:32	Tim BLOCK		Male	1116	M45-49	160	2:04:08	1480
1451	1748	2:05:36	Ken HURST	Bungay Black Dog RC	Male	1117	M65+	8	2:03:03	1434
1452	2306	2:05:38	Chris HOSIER		Male	1118	M17-39	626	2:02:53	1428
1453	2231	2:05:39	Jane HOLMES		Female	335	F17-39	232	2:03:54	1472
1454	2232	2:05:39	Caroline KOOREMAN		Female	336	F40-44	53	2:03:54	1473
1455	3188	2:05:40	Antony NORRIS	Coltishall Jaguars	Male	1119	M40-44	193	2:03:31	1451
1456	938	2:05:41	Nicky FELLS		Male	1120	M17-39	627	2:04:00	1477
1457	835	2:05:43	Stuart SMITH		Male	1121	M17-39	628	2:05:09	1508
1458	2279	2:05:43	Chris GROVES	Tri-Anglia	Male	1122	M60-64	21	2:04:17	1489
1459	1069	2:05:43	Jenny BARRETT		Female	337	F17-39	233	2:03:30	1448
1460	1832	2:05:45	Julie LONDON	Norfolk Gazelles	Female	338	F45-49	31	2:03:52	1469
1461	1834	2:05:45	Paul PARADISE		Male	1123	M45-49	161	2:03:53	1470
1462	1652	2:05:48	Odaatei NANKA-BRUCE		Male	1124	M40-44	194	2:03:45	1463
1463	2585	2:05:53	Emma KAHN		Female	339	F17-39	234	2:03:17	1444
1464	2299	2:05:54	Paul BENNETT		Male	1125	M40-44	195	2:04:20	1490
1465	1055	2:05:54	John BOZZA	Thrift Green Trotters	Male	1126	M40-44	196	2:04:20	1491
1466	775	2:05:55	Rhian HECTOR		Female	340	F17-39	235	2:03:30	1449
1467	3185	2:05:57	Rachel CLIFTON		Female	341	F17-39	236	2:03:21	1446
1468	2295	2:05:57	Marli EKKERD		Female	342	F17-39	237	2:05:05	1504
1469	2475	2:05:57	David SKINNER	Tri-Anglia	Male	1127	M17-39	629	2:04:44	1498
1470	2520	2:05:58	Robert BELCHER		Male	1128	M55-59	33	2:03:30	1450



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1471	1280	2:06:01	Jamie TOWNER		Male	1129	M17-39	630	2:02:48	1419
1472	1913	2:06:01	Katrina BOWLES		Female	343	F17-39	238	2:04:16	1487
1473	1916	2:06:01	Simon PECK		Male	1130	M40-44	197	2:04:15	1486
1474	2133	2:06:04	Steve MOWLES	Felixstowe Road Runners	Male	1131	M40-44	198	2:03:13	1440
1475	2198	2:06:05	Kareana SYMONDS	Dereham Runners AC	Female	344	F17-39	239	2:03:46	1465
1476	1586	2:06:07	Daniel BERRY		Male	1132	M55-59	34	2:04:40	1496
1477	437	2:06:07	Darren POSTHILL		Male	1133	M17-39	631	2:05:06	1505
1478	2002	2:06:10	Sebastian BROWN		Male	1134	M17-39	632	2:03:19	1445
1479	1487	2:06:11	Jamie DAVEY		Male	1135	M17-39	633	2:04:53	1501
1480	2936	2:06:13	Sonia GODDEN	Wymondham AC	Female	345	F40-44	54	2:04:21	1492
1481	2465	2:06:15	David FREEZER		Male	1136	M17-39	634	2:04:10	1484
1482	338	2:06:15	Oliver JACOB		Male	1137	M17-39	635	2:04:08	1481
1483	1840	2:06:21	Leanne DITCH		Female	346	F17-39	240	2:04:46	1499
1484	1090	2:06:24	Tim NURSEY		Male	1138	M60-64	22	2:04:26	1493
1485	2322	2:06:25	Timothy GREYSON		Male	1139	M17-39	636	2:03:33	1452
1486	598	2:06:25	Kaye ARMES		Female	347	F17-39	241	2:05:07	1506
1487	669	2:06:25	Hannah LINDSAY		Female	348	F17-39	242	2:05:08	1507
1488	1860	2:06:25	Gemma SMITH		Female	349	F17-39	243	2:04:06	1478
1489	2048	2:06:27	Martin TAYLOR		Male	1140	M17-39	637	2:03:54	1474
1490	1833	2:06:31	Stephen SADD	Norfolk Gazelles	Male	1141	M50-54	80	2:03:59	1476
1491	393	2:06:31	Ashley YALLOP		Male	1142	M17-39	638	2:04:10	1485
1492	553	2:06:32	Laura FEARNLEY		Female	350	F17-39	244	2:03:41	1457
1493	642	2:06:33	Martin BURGESS		Male	1143	M40-44	199	2:03:50	1466
1494	974	2:06:33	Elizabeth WILBOURN		Female	351	F17-39	245	2:03:58	1475
1495	1298	2:06:34	Tom LEE		Male	1144	M17-39	639	2:03:34	1453
1496	1455	2:06:34	Martin LEE		Male	1145	M50-54	81	2:03:34	1454
1497	2591	2:06:39	Emma PARR		Female	352	F17-39	246	2:03:42	1459
1498	2076	2:06:41	Andrew ENGLISH		Male	1146	M50-54	82	2:05:12	1509
1499	2582	2:06:42	Cathy PEARSON		Female	353	F45-49	32	2:04:07	1479
1500	1673	2:06:50	Glen BARRON		Male	1147	M45-49	162	2:04:34	1495
1501	1422	2:06:51	Louise MCGREEVY		Female	354	F17-39	247	2:03:53	1471
1502	298	2:06:59	Eva O'REILLY		Female	355	F17-39	248	2:04:16	1488
1503	1947	2:07:00	Alison WRAY		Female	356	F17-39	249	2:04:08	1482
1504	1948	2:07:00	Craig ROGERSON		Male	1148	M17-39	640	2:04:08	1483
1505	1309	2:07:03	Penny MOORE		Female	357	F45-49	33	2:05:15	1511
1506	2177	2:07:10	Ross TAYLOR		Male	1149	M17-39	641	2:06:00	1532
1507	120	2:07:13	Rob BRETT		Male	1150	M17-39	642	2:04:40	1497
1508	1597	2:07:14	Charles WYNDHAM	Wymondham AC	Male	1151	M17-39	643	2:06:27	1553
1509	2316	2:07:16	Christina HACK		Female	358	F17-39	250	2:04:59	1503
1510	2363	2:07:16	Bridget REASBECK		Female	359	F45-49	34	2:05:39	1521
1511	857	2:07:19	Neil LONG		Male	1152	M17-39	644	2:05:29	1516
1512	61	2:07:26	Liz SMITH	Harwich Runners	Female	360	F50-54	13	2:05:18	1514
1513	1987	2:07:33	Rachel WILLIAMSON		Female	361	F17-39	251	2:04:52	1500
1514	60	2:07:35	Margaret THOMPSON		Female	362	F50-54	14	2:05:42	1522
1515	1974	2:07:36	Sarah WARD		Female	363	F40-44	55	2:04:56	1502
1516	824	2:07:39	Kevin JARMAN		Male	1153	M17-39	645	2:04:32	1494
1517	1876	2:07:41	Joshua RANDALL		Male	1154	M17-39	646	2:06:24	1547
1518	2687	2:07:41	Katherine AVES		Female	364	F40-44	56	2:06:13	1536
1519	1878	2:07:41	Matthew BLAKEY		Male	1155	M17-39	647	2:06:24	1548
1520	1296	2:07:45	Ellie FIXTER		Female	365	F17-39	252	2:05:14	1510
1521	1156	2:07:47	Jason ASHFORD	Lancing Eagles RC	Male	1156	M17-39	648	2:05:17	1513
1522	2502	2:07:49	Rosie SARGANT		Female	366	F17-39	253	2:05:15	1512
1523	1107	2:07:53	Lewis SMITH		Male	1157	M17-39	649	2:05:59	1531
1524	852	2:07:54	Andrew WARNER		Male	1158	M17-39	650	2:06:51	1560
1525	2432	2:07:54	Chris TYNAN		Male	1159	M17-39	651	2:06:35	1555
1526	1770	2:07:55	B SARTORI-SIGRIST		Female	367	F17-39	254	2:05:19	1515
1527	2867	2:07:57	Hannah HARDING		Female	368	F17-39	255	2:06:24	1549
1528	2346	2:08:03	Stuart HATFIELD		Male	1160	M45-49	163	2:05:45	1523
1529	2304	2:08:03	Andrew WADE		Male	1161	M45-49	164	2:05:45	1524
1530	497	2:08:05	Michael SCOTT		Male	1162	M50-54	83	2:05:51	1527
1531	1505	2:08:05	Adam POTTER		Male	1163	M40-44	200	2:06:42	1557
1532	1510	2:08:05	Mark JOHNS		Male	1164	M40-44	201	2:06:56	1562
1533	2178	2:08:08	Kevin GOODINGS		Male	1165	M45-49	165	2:05:54	1528
1534	2086	2:08:08	Susan GODFREY		Female	369	F45-49	35	2:05:58	1530
1535	395	2:08:08	Amy BREWSTER		Female	370	F17-39	256	2:06:22	1546
1536	1883	2:08:09	Caroline MOORE		Female	371	F17-39	257	2:05:37	1520
1537	1897	2:08:10	Vera GIELEN		Male	1166	M17-39	652	2:06:31	1554
1538	731	2:08:11	Jeremy SINCLAIR		Male	1167	M60-64	23	2:05:55	1529
1539	2740	2:08:11	Jenny O'DOWD		Female	372	F45-49	36	2:05:47	1526
1540	2741	2:08:13	Iain MILROY		Male	1168	M40-44	202	2:07:16	1566



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1541	823	2:08:19	Justin BIRD		Male	1169	M17-39	653	2:05:31	1517
1542	1369	2:08:20	Alexa INNES		Female	373	F17-39	258	2:06:01	1533
1543	2770	2:08:24	Angela BELL		Female	374	F17-39	259	2:05:34	1518
1544	2788	2:08:24	Clive CARTNER		Male	1170	M17-39	654	2:05:35	1519
1545	3070	2:08:27	Eddie BALLS		Male	1171	M65+	9	2:06:21	1545
1546	1568	2:08:27	Alex SMITH		Male	1172	M17-39	655	2:06:01	1534
1547	2054	2:08:28	Janette PALMER	Wymondham AC	Female	375	F45-49	37	2:06:13	1537
1548	892	2:08:32	Jonathon CALLINGHAM		Male	1173	M17-39	656	2:06:20	1544
1549	1758	2:08:32	Terri TIPPER		Female	376	F17-39	260	2:05:46	1525
1550	2829	2:08:33	Alan MCALEAVEY		Male	1174	M45-49	166	2:06:26	1550
1551	616	2:08:38	Sofie ASHFORD		Female	377	F17-39	261	2:06:54	1561
1552	2068	2:08:40	Andrew BRADLEY		Male	1175	M40-44	203	2:06:15	1540
1553	1747	2:08:44	David HUPTON		Male	1176	M50-54	84	2:06:11	1535
1554	2482	2:08:46	Mark BOYD		Male	1177	M17-39	657	2:06:16	1542
1555	2688	2:08:51	Simone MELDRUM		Female	378	F40-44	57	2:06:14	1539
1556	2899	2:08:52	Jodie BOSOMWORTH		Female	379	F17-39	262	2:06:15	1541
1557	2893	2:08:54	Brigitte HEARD	Haverhill Running Club	Female	380	F50-54	15	2:06:18	1543
1558	422	2:08:56	Jason SPARKES		Male	1178	M17-39	658	2:06:26	1551
1559	421	2:08:57	Kelly-Marie LOFTUS		Female	381	F17-39	263	2:06:26	1552
1560	2660	2:09:07	Catherine TURRELL		Female	382	F17-39	264	2:07:30	1574
1561	1431	2:09:09	Joanna DRUGAN	Abbey Runners	Female	383	F40-44	58	2:06:56	1563
1562	3169	2:09:09	Lise MOLARD		Female	384	F17-39	265	2:08:51	1607
1563	2209	2:09:09	Kim GRIFFITHS		Female	385	F17-39	266	2:08:51	1608
1564	2896	2:09:14	Paul TRENHOLM		Male	1179	M45-49	167	2:06:35	1556
1565	1361	2:09:15	Ruth EDWARDS		Female	386	F45-49	38	2:07:09	1564
1566	410	2:09:19	Paul FREEMAN		Male	1180	M17-39	659	2:07:21	1569
1567	409	2:09:19	Nick KILLINGTON		Male	1181	M17-39	660	2:07:22	1570
1568	1642	2:09:26	Matt TAYLOR		Male	1182	M40-44	204	2:06:13	1538
1569	2200	2:09:26	Suzie MILLAR		Female	387	F17-39	267	2:07:17	1567
1570	2743	2:09:31	Simon HUDSON		Male	1183	M45-49	168	2:07:26	1572
1571	917	2:09:32	Steve HEYBOURNE		Male	1184	M17-39	661	2:07:46	1581
1572	2588	2:09:36	Douglas GLADWIN	Bungay Black Dog RC	Male	1185	M50-54	85	2:07:18	1568
1573	2411	2:09:36	Marc EVANS	Great Yarmouth RR	Male	1186	M17-39	662	2:08:18	1594
1574	1381	2:09:38	David HILBURN		Male	1187	M55-59	35	2:07:23	1571
1575	1559	2:09:49	John ROWLEY		Male	1188	M65+	10	2:08:37	1601
1576	250	2:09:51	Andrew GRIFFITHS		Male	1189	M45-49	169	2:07:33	1576
1577	1565	2:09:51	Kristian BASSETT		Male	1190	M40-44	205	2:08:31	1597
1578	2467	2:09:53	Shaun LOWTHORPE		Male	1191	M40-44	206	2:06:47	1559
1579	721	2:09:55	Catherine IVIE		Female	388	F17-39	268	2:08:01	1587
1580	650	2:09:55	Helen MARSHALL		Female	389	F17-39	269	2:08:01	1588
1581	135	2:09:59	Zoe THOMAS		Female	390	F50-54	16	2:07:32	1575
1582	1282	2:09:59	Ethan KNIGHTS		Male	1192	M17-39	663	2:06:46	1558
1583	83	2:10:01	Arthur NICHOLL		Male	1193	M55-59	36	2:08:34	1600
1584	796	2:10:07	Louise TIMBERS		Female	391	F17-39	270	2:08:49	1606
1585	2222	2:10:09	Alexandra RUFFER		Female	392	F55-59	9	2:09:05	1611
1586	2958	2:10:12	Marcia FOY		Female	393	F45-49	39	2:07:38	1577
1587	3074	2:10:13	Craig GLEN		Male	1194	M17-39	664	2:07:43	1579
1588	1851	2:10:16	George GARDNER		Male	1195	M17-39	665	2:07:45	1580
1589	384	2:10:17	Elizabeth JONES		Female	394	F17-39	271	2:08:31	1598
1590	479	2:10:18	Chris SAWFORD		Male	1196	M17-39	666	2:07:49	1584
1591	3035	2:10:19	Suzy HORTH		Female	395	F17-39	272	2:07:46	1582
1592	2025	2:10:20	Paul FOSTER		Male	1197	M40-44	207	2:07:41	1578
1593	1694	2:10:21	John BIRCHALL		Male	1198	M55-59	37	2:07:46	1583
1594	2405	2:10:21	Nik CHAPMAN		Male	1199	M50-54	86	2:07:15	1565
1595	2416	2:10:23	Sheila SMITH		Female	396	F60-64	3	2:07:28	1573
1596	1773	2:10:25	Lorraine REEVES		Female	397	F40-44	59	2:08:29	1596
1597	1012	2:10:26	Ian GARDNER		Male	1200	M55-59	38	2:08:01	1589
1598	1322	2:10:27	Tanya HOLLOWAY		Female	398	F17-39	273	2:07:49	1585
1599	1321	2:10:32	Zoe EDEN		Female	399	F17-39	274	2:07:53	1586
1600	2746	2:10:34	Fiona O'HARA		Female	400	F40-44	60	2:08:33	1599
1601	503	2:10:36	Mark EDWARDS		Male	1201	M17-39	667	2:08:08	1590
1602	979	2:10:36	Pavlina PARASHKEVOVA		Female	401	F17-39	275	2:08:18	1595
1603	520	2:10:37	David SCOTTON		Male	1202	M50-54	87	2:09:22	1618
1604	518	2:10:40	Danielle BRADSTREET		Female	402	F17-39	276	2:09:25	1620
1605	2617	2:10:40	Craig DAVIES	Tri-Anglia	Male	1203	M17-39	668	2:09:21	1617
1606	187	2:10:41	Caroline BUTCHER		Female	403	F55-59	10	2:08:41	1604
1607	1569	2:10:43	Amy LEMMON		Female	404	F17-39	277	2:08:17	1593
1608	525	2:10:44	Carrie BARBER		Female	405	F17-39	278	2:08:39	1602
1609	1660	2:10:46	John ROYCE		Male	1204	M50-54	88	2:09:11	1614
1610	1659	2:10:47	Karen MOSS		Female	406	F40-44	61	2:09:11	1615



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Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1611	2651	2:10:48	Marianne ARMSTRONG		Female	407	F17-39	279	2:09:32	1625
1612	1128	2:11:01	Matthew MCGIVERN		Male	1205	M17-39	669	2:08:52	1609
1613	2609	2:11:03	Anja BURKS		Female	408	F17-39	280	2:08:15	1591
1614	2608	2:11:03	Chris SMITH		Male	1206	M17-39	670	2:08:15	1592
1615	2003	2:11:13	Alex GRAHAM		Male	1207	M55-59	39	2:08:40	1603
1616	40	2:11:27	Peter HIBBIT		Male	1208	M40-44	208	2:09:01	1610
1617	2735	2:11:34	Gina STEGGALL		Female	409	F17-39	281	2:10:31	1649
1618	1265	2:11:36	Belinda NICHOLS	Dereham Runners AC	Female	410	F17-39	282	2:10:15	1644
1619	1103	2:11:36	Shivani AGARWAL		Female	411	F17-39	283	2:08:47	1605
1620	1517	2:11:37	Alan TOOTH		Male	1209	M17-39	671	2:09:31	1623
1621	1318	2:11:38	Kaitlyn BELL	Colchester Harriers	Female	412	F17-39	284	2:10:43	1659
1622	1755	2:11:40	Sarah THACKER		Female	413	F17-39	285	2:10:10	1638
1623	1926	2:11:40	Matt GOLDSPIK		Male	1210	M17-39	672	2:10:10	1639
1624	2152	2:11:41	Robert STERRY		Male	1211	M17-39	673	2:10:10	1640
1625	2153	2:11:41	Martel STERRY		Female	414	F17-39	286	2:10:10	1641
1626	890	2:11:42	Imy THOMSON		Female	415	F17-39	287	2:10:29	1648
1627	1182	2:11:42	John DOWNS		Male	1212	M17-39	674	2:09:29	1621
1628	2053	2:11:43	Jason O'DELL		Male	1213	M17-39	675	2:10:32	1650
1629	275	2:11:45	Jen HAWKINS		Female	416	F17-39	288	2:10:42	1657
1630	2842	2:11:45	Claire DYE		Female	417	F17-39	289	2:09:08	1612
1631	1906	2:11:47	Liz CLUES	Tri-Anglia	Female	418	F40-44	62	2:09:56	1629
1632	620	2:11:48	Steve HAWKINS		Male	1214	M17-39	676	2:10:59	1668
1633	386	2:12:03	Suzie LUXFORD		Female	419	F40-44	63	2:09:29	1622
1634	1520	2:12:06	Zam RAYAZ		Female	420	F17-39	290	2:10:03	1631
1635	450	2:12:08	Cathal DALY		Male	1215	M40-44	209	2:10:38	1656
1636	22	2:12:09	Ivor MCNAUGHER		Male	1216	M45-49	170	2:11:45	1694
1637	3197	2:12:10	Simon JACOBS	City Of Norwich AC	Male	1217	M17-39	677	2:09:10	1613
1638	913	2:12:10	Daisy RILEY		Female	421	F17-39	291	2:09:24	1619
1639	1383	2:12:12	Mark SMART		Male	1218	M45-49	171	2:10:08	1636
1640	246	2:12:21	Beth HILL		Female	422	F17-39	292	2:10:02	1630
1641	402	2:12:23	Jacinta SAMSON		Female	423	F17-39	293	2:09:41	1626
1642	1014	2:12:24	Carrin RHODES		Female	424	F50-54	17	2:09:51	1627
1643	2116	2:12:24	Andy NINHAM		Male	1219	M45-49	172	2:10:03	1632
1644	214	2:12:27	Dean GRAY		Male	1220	M50-54	89	2:10:45	1660
1645	963	2:12:28	Karen WINSTANLEY		Female	425	F40-44	64	2:09:17	1616
1646	3165	2:12:29	Louise BROUGH		Female	426	F17-39	294	2:10:06	1634
1647	2720	2:12:29	Amanda REID		Female	427	F40-44	65	2:10:06	1635
1648	2243	2:12:32	Sarah HOOD		Female	428	F17-39	295	2:10:04	1633
1649	759	2:12:34	Kate MILLS		Female	429	F17-39	296	2:09:31	1624
1650	613	2:12:34	Gemma SULLIVAN		Female	430	F17-39	297	2:11:59	1700
1651	2099	2:12:34	Lorna WIGG		Female	431	F17-39	298	2:11:59	1701
1652	491	2:12:38	John GAISFORD		Male	1221	M65+	11	2:10:10	1642
1653	565	2:12:39	Simon GAISFORD		Male	1222	M40-44	210	2:10:10	1643
1654	344	2:12:43	Natasha WALSH		Female	432	F17-39	299	2:10:47	1662
1655	708	2:12:44	Sean NEWTON		Male	1223	M45-49	173	2:10:33	1651
1656	232	2:12:44	Amy ARBUTHNOT		Female	433	F17-39	300	2:10:34	1653
1657	3060	2:12:46	Karl BENNETT		Male	1224	M40-44	211	2:10:46	1661
1658	1989	2:12:47	Frank O'LEARY		Male	1225	M17-39	678	2:10:08	1637
1659	2592	2:12:51	Alice CLILVERD	East End Road Runners	Female	434	F17-39	301	2:09:53	1628
1660	2745	2:12:53	Ben KENDALL		Male	1226	M17-39	679	2:11:27	1686
1661	392	2:12:54	Nichola SINGLETON	Wigston Phoenix	Female	435	F45-49	40	2:10:20	1646
1662	2315	2:12:56	Victoria HARMER		Female	436	F17-39	302	2:11:19	1684
1663	2107	2:12:58	Lucy MORGAN	Walden Tri	Female	437	F40-44	66	2:11:03	1672
1664	1311	2:12:58	Philippa CORFIELD		Female	438	F45-49	41	2:11:04	1675
1665	804	2:13:06	Derek HEARN		Male	1227	M40-44	212	2:10:17	1645
1666	2879	2:13:08	Joanne ROSENWOLD	Haverhill Running Club	Female	439	F40-44	67	2:10:33	1652
1667	864	2:13:09	Lisa EARL		Female	440	F17-39	303	2:12:23	1709
1668	2678	2:13:10	Paul WISDOM		Male	1228	M50-54	90	2:10:35	1654
1669	2677	2:13:10	Kelly WISDOM		Female	441	F40-44	68	2:10:36	1655
1670	256	2:13:14	Lisa WETTON		Female	442	F17-39	304	2:10:20	1647
1671	84	2:13:15	Sharon INGHAM		Female	443	F40-44	69	2:12:31	1713
1672	2534	2:13:15	Alison BRISTER		Female	444	F40-44	70	2:12:31	1714
1673	162	2:13:17	Johannes J DE JONG		Male	1229	M45-49	174	2:12:24	1710
1674	2347	2:13:21	John CRONIN		Male	1230	M40-44	213	2:11:01	1669
1675	2298	2:13:23	Sarah MANN		Female	445	F17-39	305	2:10:55	1666
1676	2077	2:13:26	Stephen HUSSEY		Male	1231	M45-49	175	2:10:49	1663
1677	2041	2:13:27	Paul WARMINGTON		Male	1232	M17-39	680	2:11:01	1670
1678	2728	2:13:29	Sally RYDER		Female	446	F45-49	42	2:10:50	1664
1679	730	2:13:32	Anne SINCLAIR		Female	447	F55-59	11	2:11:17	1683
1680	3052	2:13:33	Lorane OFFORD		Female	448	F17-39	306	2:11:15	1680



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1681	1174	2:13:34	Andy HOWARD		Male	1233	M45-49	176	2:11:15	1681
1682	37	2:13:39	Liam CORCORAN		Male	1234	M17-39	681	2:11:15	1682
1683	554	2:13:41	Nina CROWTHER		Female	449	F17-39	307	2:10:50	1665
1684	1608	2:13:44	Richard LEE		Male	1235	M45-49	177	2:10:58	1667
1685	946	2:13:45	Sandra YALLOP		Female	450	F45-49	43	2:12:38	1715
1686	1076	2:13:47	Jodie LOCK		Female	451	F17-39	308	2:11:42	1691
1687	1237	2:13:48	Henry KILPIN		Male	1236	M17-39	682	2:11:03	1673
1688	1235	2:13:49	Kate KILPIN		Female	452	F17-39	309	2:11:03	1674
1689	787	2:13:51	Richard ATTOE		Male	1237	M17-39	683	2:10:42	1658
1690	1391	2:13:53	James TRUDGILL		Male	1238	M45-49	178	2:11:04	1676
1691	180	2:14:03	Martin SPAUL		Male	1239	M45-49	179	2:11:02	1671
1692	354	2:14:03	Kevin SANFORD		Male	1240	M40-44	214	2:13:28	1733
1693	397	2:14:15	Madeleine STARKS		Female	453	F17-39	310	2:11:47	1696
1694	1360	2:14:15	Tony KARGER	Reepham Runners	Male	1241	M65+	12	2:13:05	1724
1695	3180	2:14:18	Katy LAMBERT		Female	454	F17-39	311	2:11:08	1678
1696	762	2:14:19	Michael BATES		Male	1242	M40-44	215	2:11:07	1677
1697	2042	2:14:19	Lorna JERMYN		Female	455	F17-39	312	2:11:46	1695
1698	408	2:14:20	Derek BALDING		Male	1243	M45-49	180	2:11:21	1685
1699	2906	2:14:23	Steve CUMMINS		Male	1244	M17-39	684	2:11:09	1679
1700	124	2:14:24	Sophie THOMPSON		Female	456	F17-39	313	2:11:39	1690
1701	123	2:14:24	Carl WEBSTER		Male	1245	M17-39	685	2:11:38	1688
1702	918	2:14:24	Sean QUARMBY		Male	1246	M45-49	181	2:12:25	1711
1703	1607	2:14:24	Paula HALL	Tri-Anglia	Female	457	F45-49	44	2:11:38	1689
1704	1043	2:14:26	Kerrie RUSH		Female	458	F17-39	314	2:13:03	1723
1705	1753	2:14:32	Natalie JONES		Female	459	F17-39	315	2:11:48	1697
1706	1957	2:14:34	Megan JONES		Female	460	F17-39	316	2:11:49	1698
1707	867	2:14:34	Diane THIRKETTLE		Female	461	F45-49	45	2:12:15	1704
1708	48	2:14:35	Tiff FRANKLAND		Female	462	F17-39	317	2:11:58	1699
1709	597	2:14:35	Charlotte NEVE		Female	463	F17-39	318	2:13:17	1729
1710	1999	2:14:39	Lorraine TWEEDY		Female	464	F45-49	46	2:11:35	1687
1711	407	2:14:41	Julia HEIR		Female	465	F17-39	319	2:11:42	1692
1712	1961	2:14:44	Stephen BAKER		Male	1247	M60-64	24	2:11:44	1693
1713	925	2:14:46	Rachel MILLER		Female	466	F17-39	320	2:12:14	1703
1714	1451	2:14:52	Ruth FEAKINS		Female	467	F17-39	321	2:13:05	1725
1715	2103	2:15:00	Kerry HOPPER	Wymondham AC	Male	1248	M40-44	216	2:13:29	1734
1716	2695	2:15:02	Martin FALKINGHAM		Male	1249	M17-39	686	2:13:54	1744
1717	2762	2:15:12	Jane SNOWLING		Female	468	F45-49	47	2:12:11	1702
1718	1625	2:15:12	Tony GENTRY	North Norfolk Beach Runners	Male	1250	M40-44	217	2:12:16	1706
1719	1614	2:15:13	Ian CHISHOLM		Male	1251	M17-39	687	2:12:16	1707
1720	1493	2:15:13	Mark GERMANY	Ryston Runners AC	Male	1252	M40-44	218	2:12:15	1705
1721	1604	2:15:18	Simon LORD		Male	1253	M17-39	688	2:13:15	1728
1722	1539	2:15:22	Joe CLARK		Male	1254	M17-39	689	2:12:56	1721
1723	1938	2:15:25	David THORNHILL		Male	1255	M17-39	690	2:12:59	1722
1724	2278	2:15:27	Anna FARQUHARSON	Tri-Anglia	Female	469	F40-44	71	2:12:19	1708
1725	1524	2:15:28	Dawn OSBORNE		Female	470	F40-44	72	2:12:48	1717
1726	2690	2:15:31	Matt NEWSON		Male	1256	M17-39	691	2:15:25	1779
1727	2251	2:15:37	Stuart ANDERSON		Male	1257	M17-39	692	2:14:03	1749
1728	1935	2:15:39	Socrates CHRISTIDIS		Male	1258	M45-49	182	2:12:39	1716
1729	2839	2:15:40	Louise ROBINSON		Female	471	F17-39	322	2:12:30	1712
1730	610	2:15:40	Gabrielle GLOVER		Female	472	F17-39	323	2:14:05	1750
1731	2691	2:15:41	Matthew BULLER		Male	1259	M17-39	693	2:15:35	1784
1732	399	2:15:44	James DRISCOLL		Male	1260	M17-39	694	2:13:51	1742
1733	1262	2:15:44	Glynis BENNETT		Female	473	F40-44	73	2:14:23	1757
1734	2062	2:15:50	Helen BICKNELL		Female	474	F17-39	324	2:12:54	1718
1735	2981	2:15:50	Helen HOLLINGSWORTH		Female	475	F17-39	325	2:13:34	1738
1736	1183	2:15:51	Ali CHAMBERS	Framlingham Flyers	Female	476	F17-39	326	2:12:55	1720
1737	1513	2:15:54	Jennifer HEARD		Female	477	F17-39	327	2:13:21	1730
1738	63	2:16:06	Melanie FLOYD	Thetford AC	Female	478	F40-44	74	2:12:54	1719
1739	2914	2:16:06	Richard MORRIS-JONES		Male	1261	M40-44	219	2:14:56	1769
1740	1556	2:16:06	Jennifer ROWLEY		Female	479	F60-64	4	2:14:56	1770
1741	442	2:16:07	David HAWKINS		Male	1262	M55-59	40	2:15:04	1772
1742	656	2:16:09	Nick MILLS		Male	1263	M17-39	695	2:15:16	1776
1743	943	2:16:10	Katharine BROUGHTON		Female	480	F40-44	75	2:13:57	1746
1744	821	2:16:13	Egle KASNAUSKAITE		Female	481	F17-39	328	2:13:08	1726
1745	822	2:16:13	Matthew REID		Male	1264	M17-39	696	2:13:09	1727
1746	2505	2:16:18	Lou BOYCE		Female	482	F40-44	76	2:13:37	1740
1747	1846	2:16:18	Sarah BECKETT		Female	483	F40-44	77	2:13:37	1741
1748	609	2:16:24	Cheryl WHITE	Bedford Harriers	Female	484	F17-39	329	2:13:31	1737
1749	219	2:16:24	Joy FRARY		Female	485	F40-44	78	2:13:35	1739
1750	12	2:16:29	Joe GOWING	Norwich Road Runners	Male	1265	M17-39	697	2:14:27	1758



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1751	1984	2:16:31	Kirsten DOYLE		Female	486	F40-44	79	2:14:01	1747
1752	1218	2:16:31	Sarah SPARKES	Bungay Black Dog RC	Female	487	F40-44	80	2:13:30	1735
1753	1985	2:16:32	Aoife O'NEILL		Female	488	F17-39	330	2:14:02	1748
1754	1340	2:16:33	A AMBROZEWICZ		Female	489	F17-39	331	2:13:54	1745
1755	790	2:16:35	Leon ORMES		Male	1266	M40-44	220	2:13:30	1736
1756	1551	2:16:36	Mark MILLER	Stowmarket Striders	Male	1267	M40-44	221	2:13:21	1731
1757	1547	2:16:36	Deborah CARTER	Tri-Anglia	Female	490	F45-49	48	2:13:51	1743
1758	55	2:16:38	Donna HOWLETT		Female	491	F50-54	18	2:14:34	1760
1759	612	2:16:39	Claudia TOWERS		Female	492	F60-64	5	2:14:17	1751
1760	693	2:16:39	Melanie CARDER	Cambourne Runners	Female	493	F17-39	332	2:13:24	1732
1761	1842	2:16:44	Gursimran SRA		Male	1268	M17-39	698	2:14:20	1755
1762	1588	2:16:53	Adam ULPH		Male	1269	M17-39	699	2:14:41	1762
1763	739	2:16:53	Sam REECE		Male	1270	M17-39	700	2:14:37	1761
1764	1007	2:17:00	David GREEN		Male	1271	M65+	13	2:15:55	1793
1765	2982	2:17:01	Anne THORELL		Female	494	F17-39	333	2:14:19	1753
1766	2983	2:17:02	Alfonso AVILA		Male	1272	M40-44	222	2:14:19	1754
1767	927	2:17:03	Gina PEARCE		Female	495	F17-39	334	2:15:13	1775
1768	2571	2:17:08	Cheryl CRISP		Female	496	F45-49	49	2:14:22	1756
1769	584	2:17:09	Joanne CARTWRIGHT		Female	497	F40-44	81	2:15:28	1781
1770	581	2:17:09	Caroline ALLEN		Female	498	F17-39	335	2:15:28	1782
1771	2620	2:17:11	Adrian DRIVER		Male	1273	M50-54	91	2:15:50	1791
1772	3195	2:17:11	Jordan BAUMBER		Male	1274	M17-39	701	2:14:17	1752
1773	220	2:17:21	Paul OTTAWAY		Male	1275	M45-49	183	2:14:31	1759
1774	183	2:17:31	Gareth WILLIAMS		Male	1276	M17-39	702	2:14:53	1767
1775	31	2:17:37	Diane THOMPSON		Female	499	F50-54	19	2:14:57	1771
1776	2165	2:17:40	Michael FRANKS		Male	1277	M55-59	41	2:15:45	1788
1777	929	2:17:41	Josh CLOUTING		Male	1278	M17-39	703	2:16:17	1806
1778	3178	2:17:42	Emily FLETCHER		Female	500	F17-39	336	2:14:46	1763
1779	304	2:17:43	Catherine BATCH		Female	501	F17-39	337	2:14:48	1764
1780	95	2:17:44	Simon PARKER		Male	1279	M17-39	704	2:14:49	1765
1781	303	2:17:46	Kevin BATCH		Male	1280	M55-59	42	2:14:51	1766
1782	1882	2:17:49	Sonia LEE		Female	502	F17-39	338	2:15:17	1777
1783	1338	2:17:53	Alan RUSSELL		Male	1281	M45-49	184	2:16:16	1805
1784	125	2:17:54	Richard NEWMAN	Bingley Harriers	Male	1282	M17-39	705	2:15:09	1774
1785	2352	2:17:58	Caroline WHITE		Female	503	F40-44	82	2:14:54	1768
1786	441	2:18:04	Oliver RUDD		Male	1283	M17-39	706	2:15:35	1785
1787	3047	2:18:05	Stuart HOWLETT		Male	1284	M17-39	707	2:15:17	1778
1788	2854	2:18:08	N MORGAN - BAKER		Male	1285	M45-49	185	2:16:01	1794
1789	2644	2:18:11	Andrew GREEN		Male	1286	M17-39	708	2:15:34	1783
1790	748	2:18:15	Graham LOTON		Male	1287	M60-64	25	2:15:53	1792
1791	136	2:18:16	Sarah SMITH		Female	504	F17-39	339	2:17:04	1821
1792	62	2:18:16	Heidi CATE		Female	505	F17-39	340	2:17:04	1822
1793	837	2:18:17	Ben ASPIN		Male	1288	M17-39	709	2:15:05	1773
1794	2366	2:18:19	Amy STEVENS		Female	506	F17-39	341	2:15:37	1786
1795	2367	2:18:19	Jem STEVENS		Male	1289	M17-39	710	2:15:37	1787
1796	698	2:18:25	James TURNER		Male	1290	M17-39	711	2:15:46	1789
1797	1415	2:18:26	Tim CHEESMAN		Male	1291	M17-39	712	2:17:02	1820
1798	172	2:18:26	Bob FOSSEY		Male	1292	M55-59	43	2:16:44	1813
1799	425	2:18:27	Agnieszka Anna DEAN		Female	507	F40-44	83	2:17:50	1843
1800	789	2:18:33	Shelley YEAMAN		Female	508	F40-44	84	2:16:51	1817
1801	1036	2:18:33	Abigail WRIGHT		Female	509	F17-39	342	2:15:47	1790
1802	2621	2:18:41	Andrew COUSENS		Male	1293	M55-59	44	2:15:27	1780
1803	578	2:18:48	Sarah TUTT		Female	510	F17-39	343	2:16:09	1799
1804	2567	2:18:48	Lynsey LONG		Female	511	F17-39	344	2:16:04	1795
1805	2668	2:18:48	Jem WALTERS		Male	1294	M45-49	186	2:16:04	1796
1806	1120	2:18:52	John KEEBLE		Male	1295	M65+	14	2:16:35	1809
1807	1098	2:18:52	Loretta THURSTON		Female	512	F17-39	345	2:16:35	1810
1808	577	2:18:53	Melanie HAMBIDGE		Female	513	F40-44	85	2:16:14	1804
1809	279	2:18:56	Kevin PERKINS		Male	1296	M50-54	92	2:16:07	1797
1810	2631	2:18:57	Samantha GROSE	St Edmund Pacers	Female	514	F45-49	50	2:16:11	1801
1811	2630	2:18:57	Christine MCCOLL		Female	515	F45-49	51	2:16:11	1802
1812	2628	2:18:57	Sue GEORGE		Female	516	F50-54	20	2:16:11	1803
1813	1184	2:19:04	Diane DOYLE	Framlingham Flyers	Female	517	F17-39	346	2:16:08	1798
1814	1355	2:19:14	Ben TURNER		Male	1297	M17-39	713	2:16:49	1815
1815	20	2:19:20	Frances THORNE		Female	518	F50-54	21	2:19:02	1873
1816	726	2:19:21	Heather LAWS		Female	519	F17-39	347	2:17:01	1819
1817	372	2:19:23	Aaron LEVERETT		Male	1298	M17-39	714	2:16:24	1807
1818	1242	2:19:24	Francis QUIGLEY		Male	1299	M17-39	715	2:16:09	1800
1819	2641	2:19:31	Steve DICKENS	Tri-Anglia	Male	1300	M45-49	187	2:16:39	1811
1820	2640	2:19:31	Samantha DICKENS		Female	520	F45-49	52	2:16:39	1812



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1821	466	2:19:35	Ian LOVE		Male	1301	M45-49	188	2:17:09	1826
1822	34	2:19:36	Richard PHILPOTT		Male	1302	M17-39	716	2:18:30	1855
1823	1205	2:19:43	Andrew OSBORNE		Male	1303	M45-49	189	2:16:31	1808
1824	3077	2:19:44	Dan JONES		Male	1304	M17-39	717	2:17:06	1824
1825	1734	2:19:46	Nadine SKINNER	Desford Striders	Female	521	F17-39	348	2:16:50	1816
1826	1077	2:19:50	Andrew COLE		Male	1305	M17-39	718	2:16:44	1814
1827	2238	2:19:51	Holly JACKSON		Female	522	F17-39	349	2:17:11	1828
1828	2239	2:19:51	Natasha CASCINI		Female	523	F17-39	350	2:17:11	1829
1829	524	2:19:54	David BARNEY		Male	1306	M50-54	93	2:17:24	1835
1830	601	2:19:56	Laura WRIGHT		Female	524	F17-39	351	2:17:05	1823
1831	2458	2:19:57	Hannah RIORDAN		Female	525	F17-39	352	2:17:39	1838
1832	3189	2:19:58	David PLATT		Male	1307	M17-39	719	2:17:07	1825
1833	54	2:20:00	Peter WOODHOUSE		Male	1308	M17-39	720	2:16:59	1818
1834	1696	2:20:00	Vanessa CLARE		Female	526	F17-39	353	2:17:21	1832
1835	1665	2:20:00	Hayley CHAPMAN		Female	527	F17-39	354	2:17:21	1833
1836	3041	2:20:01	Zara JOYCE		Female	528	F17-39	355	2:17:54	1844
1837	100	2:20:03	Matthew GREAVES		Male	1309	M40-44	223	2:17:10	1827
1838	1330	2:20:09	Kate MCCABE		Female	529	F40-44	86	2:17:55	1846
1839	2409	2:20:13	Mary OWEN	Coltishall Jaguars	Female	530	F60-64	6	2:18:41	1862
1840	27	2:20:13	Ingajayne HAYNES		Female	531	F40-44	87	2:17:19	1831
1841	2705	2:20:17	Jacqueline RASKOVIC	Norwich Road Runners	Female	532	F40-44	88	2:17:13	1830
1842	707	2:20:18	Anne SWIFT		Female	533	F17-39	356	2:18:06	1850
1843	1691	2:20:21	Victoria HOSIER		Female	534	F17-39	357	2:17:23	1834
1844	801	2:20:26	Fiona MARTIN	Wymondham AC	Female	535	F45-49	53	2:18:20	1853
1845	2460	2:20:28	Claire HEWETT		Female	536	F40-44	89	2:17:36	1837
1846	343	2:20:33	Kirsty OSBORNE		Female	537	F17-39	358	2:17:42	1841
1847	1778	2:20:35	Hugh SIGRIST		Male	1310	M50-54	94	2:17:59	1848
1848	448	2:20:38	Steve KIRKENDALL		Male	1311	M50-54	95	2:17:58	1847
1849	2663	2:20:38	Adrian RAYNER		Male	1312	M45-49	190	2:17:35	1836
1850	608	2:20:40	Mark WINTERBURN		Male	1313	M50-54	96	2:18:05	1849
1851	1230	2:20:42	Katie DADE		Female	538	F17-39	359	2:18:53	1866
1852	1233	2:20:46	Lee MITCHELL		Male	1314	M17-39	721	2:17:40	1839
1853	1956	2:20:46	Paul SINGLETON		Male	1315	M55-59	45	2:17:40	1840
1854	3186	2:20:49	Adele JONES		Female	539	F65+	1	2:18:33	1856
1855	1434	2:20:58	Rod SMITH		Male	1316	M65+	15	2:19:28	1882
1856	928	2:20:58	Katie PEARCE		Female	540	F17-39	360	2:19:07	1874
1857	2395	2:20:59	Zabir MUNIR		Male	1317	M17-39	722	2:18:49	1865
1858	2951	2:21:01	Mandy BAINGER		Female	541	F17-39	361	2:17:49	1842
1859	1718	2:21:03	Jonathan WEDON		Male	1318	M17-39	723	2:18:16	1852
1860	2149	2:21:04	Julianne PACHICO		Female	542	F17-39	362	2:17:54	1845
1861	2362	2:21:04	Sarah COLE		Female	543	F17-39	363	2:18:38	1858
1862	2360	2:21:05	Bridget COLE		Female	544	F55-59	12	2:18:38	1859
1863	2484	2:21:05	Timothy JOHNSON		Male	1319	M17-39	724	2:18:34	1857
1864	1039	2:21:06	Hannah SHAW		Female	545	F17-39	364	2:19:39	1884
1865	206	2:21:08	Wayne STOTTER		Male	1320	M17-39	725	2:18:25	1854
1866	3162	2:21:19	L PENNINGTON-BENTON		Female	546	F17-39	365	2:18:15	1851
1867	39	2:21:22	Gemma SEAGER		Female	547	F17-39	366	2:18:56	1869
1868	501	2:21:22	Mark SKIPPEN		Male	1321	M40-44	224	2:18:59	1872
1869	70	2:21:22	Mark BLAZEY		Male	1322	M40-44	225	2:18:57	1870
1870	3042	2:21:28	Toby ROUSE		Male	1323	M17-39	726	2:18:39	1861
1871	1263	2:21:31	Stephen BENNETT		Male	1324	M45-49	191	2:20:11	1890
1872	99	2:21:31	Tanya COLK		Female	548	F17-39	367	2:18:38	1860
1873	589	2:21:39	Kate FANNING		Female	549	F17-39	368	2:18:45	1863
1874	893	2:21:46	Christopher SMITH		Male	1325	M17-39	727	2:19:56	1888
1875	829	2:21:47	Victoria HATCH		Female	550	F17-39	369	2:20:15	1892
1876	2830	2:21:51	Emma HOWES		Female	551	F40-44	90	2:19:33	1883
1877	680	2:21:53	Shiven CHETTY		Male	1326	M17-39	728	2:18:48	1864
1878	3187	2:21:54	Carolyn WALKER		Female	552	F17-39	370	2:19:08	1875
1879	820	2:22:02	Phillip LAURIER	Lowestoft Road Runners	Male	1327	M60-64	26	2:21:23	1913
1880	426	2:22:03	Rachel AUSTIN		Female	553	F40-44	91	2:22:03	1923
1881	428	2:22:03	Helena LAST		Female	554	F17-39	371	2:20:16	1893
1882	440	2:22:04	Deborah COBB		Female	555	F17-39	372	2:18:55	1867
1883	954	2:22:06	Fiona MORRISON	North Norfolk Beach Runners	Female	556	F60-64	7	2:19:10	1876
1884	705	2:22:07	Mark FITCH	Norfolk Gazelles	Male	1328	M40-44	226	2:18:58	1871
1885	1960	2:22:10	Marion BAKER		Female	557	F55-59	13	2:18:55	1868
1886	483	2:22:17	Laura SWITHINBANK		Female	558	F17-39	373	2:19:10	1877
1887	883	2:22:19	Nicola HARPER		Female	559	F17-39	374	2:19:16	1879
1888	2949	2:22:21	Robert WHALEN		Male	1329	M17-39	729	2:19:18	1880
1889	679	2:22:27	Adam TOOMER		Male	1330	M17-39	730	2:19:21	1881
1890	2797	2:22:29	Luke KITTRIDGE		Male	1331	M17-39	731	2:19:15	1878



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1891	812	2:22:31	Laura HAMMERTON		Female	560	F17-39	375	2:19:49	1886
1892	811	2:22:32	Sally HAMMERTON		Female	561	F17-39	376	2:19:49	1887
1893	740	2:22:37	Gary HALL		Male	1332	M17-39	732	2:20:13	1891
1894	2389	2:22:38	Donna REDPATH		Female	562	F17-39	377	2:19:58	1889
1895	2058	2:22:41	Sarah DOYLE		Female	563	F17-39	378	2:22:00	1922
1896	405	2:22:44	Kerrie WISBEY		Female	564	F17-39	379	2:19:46	1885
1897	2159	2:22:44	Jackie THORNTON		Female	565	F40-44	92	2:20:43	1898
1898	1725	2:22:49	Ian MCINTOSH		Male	1333	M45-49	192	2:21:48	1918
1899	165	2:23:03	Ian MACFARLANE		Male	1334	M17-39	733	2:20:51	1900
1900	2784	2:23:08	Paula HUNNAM		Female	566	F17-39	380	2:21:26	1914
1901	1719	2:23:14	Mark WINTLE		Male	1335	M17-39	734	2:20:27	1895
1902	217	2:23:15	Stephan GRUBER		Male	1336	M17-39	735	2:20:19	1894
1903	2371	2:23:16	Paul TAYLOR		Male	1337	M45-49	193	2:21:52	1920
1904	2220	2:23:22	Clare FARRANT		Female	567	F17-39	381	2:20:45	1899
1905	950	2:23:23	Beryl KNOWLES		Female	568	F60-64	8	2:20:27	1896
1906	2139	2:23:26	Andrea RAMSDEN		Female	569	F50-54	22	2:21:33	1916
1907	1535	2:23:27	Nicola STONE	Wymondham AC	Female	570	F17-39	382	2:20:54	1902
1908	291	2:23:29	Richard ALLSWORTH		Male	1338	M17-39	736	2:20:52	1901
1909	2765	2:23:31	Wendy COLLINS		Female	571	F45-49	54	2:21:07	1903
1910	469	2:23:31	Neil LAWES		Male	1339	M40-44	227	2:21:17	1909
1911	3193	2:23:32	Adam ATKINSON		Male	1340	M40-44	228	2:21:17	1910
1912	368	2:23:32	Val TOLHURST		Male	1341	M17-39	737	2:20:31	1897
1913	2267	2:23:37	Jessica INNES	Pembrokeshire Harriers	Female	572	F17-39	383	2:21:18	1912
1914	904	2:23:39	Francesca CANT		Female	573	F17-39	384	2:21:08	1906
1915	903	2:23:39	Paul CANT		Male	1342	M55-59	46	2:21:07	1904
1916	1388	2:23:39	Charlotte BARLOW		Female	574	F17-39	385	2:21:08	1907
1917	1435	2:23:52	Jo KNOX		Female	575	F17-39	386	2:22:06	1924
1918	470	2:23:55	David FRITH		Male	1343	M45-49	194	2:21:07	1905
1919	1189	2:23:58	Amy DECARO		Female	576	F17-39	387	2:21:31	1915
1920	661	2:24:08	Ruth LAWS		Female	577	F17-39	388	2:21:48	1919
1921	2519	2:24:20	Kerry METCALF		Female	578	F17-39	389	2:21:12	1908
1922	778	2:24:24	Karen CUDDEN		Female	579	F50-54	23	2:21:17	1911
1923	1542	2:24:25	Michelle STOLWORTHY		Female	580	F40-44	93	2:22:06	1925
1924	1078	2:24:44	Amy COLE		Female	581	F17-39	390	2:21:38	1917
1925	2942	2:24:51	Zoe MATTHEWS		Female	582	F17-39	391	2:22:23	1926
1926	2943	2:24:51	Sally LOGUE		Female	583	F17-39	392	2:22:23	1927
1927	467	2:24:56	Abs MIAH		Male	1344	M17-39	738	2:24:00	1945
1928	222	2:24:57	Rod BARRETT		Male	1345	M65+	16	2:21:52	1921
1929	1986	2:25:05	Lisa TIDSWELL		Female	584	F17-39	393	2:22:27	1929
1930	2307	2:25:28	Bruce MANTELL		Male	1346	M45-49	195	2:23:17	1936
1931	2138	2:25:29	Louise POWELL	Dereham Runners AC	Female	585	F40-44	94	2:22:34	1931
1932	545	2:25:32	Harriet CATTERALL		Female	586	F17-39	394	2:22:46	1934
1933	2430	2:25:32	Julie JARVEY		Female	587	F40-44	95	2:24:00	1946
1934	1138	2:25:33	Emma COWLEY	Bungay Black Dog RC	Female	588	F17-39	395	2:22:23	1928
1935	33	2:25:34	Jo WHITE		Female	589	F40-44	96	2:25:15	1976
1936	2855	2:25:36	Krzysztof KOWALEWSKI		Male	1347	M17-39	739	2:25:27	1983
1937	2548	2:25:41	Laura ARNALL		Female	590	F17-39	396	2:23:19	1937
1938	314	2:25:45	Lauren FELTHAM		Female	591	F17-39	397	2:25:19	1978
1939	3176	2:25:47	Alice RISELY		Female	592	F17-39	398	2:22:41	1932
1940	1011	2:25:47	Kate RISELY		Female	593	F17-39	399	2:22:41	1933
1941	636	2:25:48	Gareth EMMERSON		Male	1348	M17-39	740	2:22:33	1930
1942	89	2:25:49	Jasmine TARRANT		Female	594	F17-39	400	2:23:21	1938
1943	1814	2:25:49	Nicola GAUGHAN		Female	595	F17-39	401	2:23:11	1935
1944	1019	2:25:59	Tracey NOBBS		Female	596	F45-49	55	2:23:35	1940
1945	1293	2:26:14	Trudi CIARLA		Female	597	F45-49	56	2:23:43	1941
1946	2846	2:26:19	Jodie COLMAN		Female	598	F17-39	402	2:24:23	1956
1947	1495	2:26:31	David FROSDICK		Male	1349	M17-39	741	2:24:05	1947
1948	1813	2:26:31	Fraser STRACHAN		Male	1350	M17-39	742	2:23:33	1939
1949	793	2:26:37	Stuart BREWER		Male	1351	M17-39	743	2:24:40	1962
1950	795	2:26:38	Anna HOLLAND		Female	599	F17-39	403	2:24:41	1963
1951	2297	2:26:44	Louise RIDGWAY		Female	600	F17-39	404	2:23:48	1942
1952	2729	2:26:45	Tina FOSTER	North Norfolk Beach Runners	Female	601	F45-49	57	2:24:11	1949
1953	2686	2:26:45	Libby ASHTON	North Norfolk Beach Runners	Female	602	F17-39	405	2:24:11	1950
1954	2101	2:26:45	Felicity HOPPER	Wymondham AC	Female	603	F17-39	406	2:25:13	1975
1955	1002	2:26:46	Kitty ROSSER		Female	604	F17-39	407	2:23:59	1943
1956	317	2:26:47	S MARSHALL-NICHOLS		Female	605	F17-39	408	2:24:30	1958
1957	2485	2:26:51	Susannah NAYLOR	Ryston Runners AC	Female	606	F17-39	409	2:24:05	1948
1958	287	2:26:57	Gordon HARRIS		Male	1352	M50-54	97	2:24:14	1951
1959	288	2:26:57	Miranda HARRIS		Female	607	F50-54	24	2:24:14	1952
1960	2452	2:27:05	Adam PARKER		Male	1353	M17-39	744	2:25:56	1989



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1961	833	2:27:05	Heather MARRIOTT		Female	608	F17-39	410	2:24:19	1954
1962	2618	2:27:05	Robin DERRETT		Male	1354	M50-54	98	2:24:22	1955
1963	2045	2:27:06	Bryony BILLSON		Female	609	F17-39	411	2:23:59	1944
1964	2282	2:27:13	Nicola ATTER		Female	610	F17-39	412	2:24:36	1960
1965	1117	2:27:17	Emily UNDERHILL		Female	611	F17-39	413	2:26:06	1991
1966	1639	2:27:23	Catherine GROOM		Female	612	F17-39	414	2:25:22	1980
1967	274	2:27:23	Sharon BETTS		Female	613	F45-49	58	2:24:14	1953
1968	1707	2:27:23	Kirstie WEAIT		Female	614	F40-44	97	2:25:22	1981
1969	2217	2:27:28	Chloe LOCHHEAD		Female	615	F17-39	415	2:24:46	1964
1970	1004	2:27:31	Adam VINCENT		Male	1355	M17-39	745	2:24:38	1961
1971	723	2:27:33	Sarah BOOTH		Female	616	F45-49	59	2:24:27	1957
1972	1180	2:27:34	Amy NEWMAN		Female	617	F17-39	416	2:25:07	1968
1973	254	2:27:34	Neil RICHARDSON		Male	1356	M50-54	99	2:24:34	1959
1974	1181	2:27:34	Katherine LAWES		Female	618	F17-39	417	2:25:07	1969
1975	1914	2:27:38	Signe GUNDERSEN		Female	619	F17-39	418	2:24:46	1965
1976	1163	2:27:48	Daniel CROFT		Male	1357	M17-39	746	2:25:35	1985
1977	13	2:27:51	Chris HARE-WINTON		Male	1358	M17-39	747	2:25:50	1987
1978	2696	2:27:52	Julie GARDNER		Male	1359	M45-49	196	2:25:07	1970
1979	2956	2:27:53	Laura GIBSON		Female	620	F17-39	419	2:25:15	1977
1980	702	2:27:58	Jessica BRUCE		Female	621	F17-39	420	2:25:28	1984
1981	643	2:27:59	Claire ETHERIDGE		Female	622	F17-39	421	2:25:20	1979
1982	960	2:28:05	Rhys WILLIAMS		Male	1360	M17-39	748	2:25:57	1990
1983	2812	2:28:08	Jackie SWEPSTON		Female	623	F40-44	98	2:24:58	1967
1984	2811	2:28:08	Greg SWEPSTON		Male	1361	M50-54	100	2:24:57	1966
1985	347	2:28:09	Rebecca RIDDOCH		Female	624	F17-39	422	2:25:07	1971
1986	2455	2:28:10	Charlotte SWANN		Female	625	F17-39	423	2:25:08	1972
1987	940	2:28:10	Emily BARCLAY	Bungay Black Dog RC	Female	626	F17-39	424	2:25:09	1973
1988	3192	2:28:15	Lee YOUNGS		Male	1362	M17-39	749	2:25:25	1982
1989	427	2:28:22	Annie CUNNINGHAM		Female	627	F40-44	99	2:25:11	1974
1990	1450	2:28:52	Theodore TUROCY		Male	1363	M40-44	229	2:25:51	1988
1991	2972	2:28:52	Rachel MCGRATH		Female	628	F17-39	425	2:28:08	2011
1992	51	2:28:57	Kirstina STANDLEY		Female	629	F45-49	60	2:26:37	1995
1993	3191	2:28:58	Suzanne FISHER		Female	630	F17-39	426	2:27:04	2003
1994	2124	2:29:01	Roslyn WEAVER		Female	631	F17-39	427	2:25:47	1986
1995	834	2:29:06	Bob JACK	Bungay Black Dog RC	Male	1364	M50-54	101	2:27:05	2004
1996	548	2:29:09	Simone HOPWOOD		Female	632	F17-39	428	2:26:11	1992
1997	168	2:29:09	Rhoda HATTON		Female	633	F50-54	25	2:26:39	1998
1998	701	2:29:09	Hayley DE LA COUR		Female	634	F17-39	429	2:26:40	1999
1999	2865	2:29:10	Libby WALLACE		Female	635	F17-39	430	2:26:23	1993
2000	44	2:29:29	Helen BOWEN		Female	636	F50-54	26	2:26:37	1996
2001	1356	2:29:33	Emma WISKIN		Female	637	F17-39	431	2:26:41	2001
2002	997	2:29:42	Carl HOOD		Male	1365	M17-39	750	2:26:40	2000
2003	543	2:29:43	Hannah BROOKS		Female	638	F17-39	432	2:26:58	2002
2004	2907	2:29:47	David JINKS		Male	1366	M17-39	751	2:26:34	1994
2005	1325	2:29:50	Robert WAPLE		Male	1367	M40-44	230	2:26:38	1997
2006	332	2:30:08	Kathryn BUCHANAN		Female	639	F17-39	433	2:27:55	2008
2007	1988	2:30:23	Liga MATROZE		Female	640	F17-39	434	2:27:27	2006
2008	2895	2:30:27	Tara INNS		Female	641	F40-44	100	2:29:09	2020
2009	1920	2:30:28	Stephen SHIRLEY		Male	1368	M65+	17	2:27:36	2007
2010	1609	2:30:33	Karl WALLACE		Male	1369	M45-49	197	2:29:32	2022
2011	271	2:30:34	Ben ADAMS		Male	1370	M60-64	27	2:28:05	2009
2012	2333	2:30:34	Robert ADAMS		Male	1371	M17-39	752	2:28:05	2010
2013	847	2:30:34	Lucy JOHNSTON	Bungay Black Dog RC	Female	642	F17-39	435	2:27:25	2005
2014	1899	2:30:38	Kiki OYEMHEN		Female	643	F17-39	436	2:28:14	2012
2015	1375	2:30:42	Bradley HIGGINS		Male	1372	M17-39	753	2:28:37	2018
2016	235	2:30:54	Claire FINLAY		Female	644	F45-49	61	2:28:18	2014
2017	2453	2:30:59	Marissa WILLIAMS		Female	645	F17-39	437	2:28:18	2015
2018	2526	2:30:59	Andrew WISHER		Male	1373	M45-49	198	2:28:17	2013
2019	2533	2:30:59	Rachel JOHANSSON		Female	646	F17-39	438	2:28:18	2016
2020	2457	2:31:06	Samantha LONG		Female	647	F17-39	439	2:29:12	2021
2021	1470	2:31:16	David BATTERBEE		Male	1374	M17-39	754	2:30:15	2030
2022	2593	2:31:24	Chris SLATOR		Male	1375	M17-39	755	2:28:34	2017
2023	1500	2:31:28	Paul FRASER		Male	1376	M45-49	199	2:28:38	2019
2024	1481	2:31:38	Suzu MCCARTNEY		Female	648	F17-39	440	2:30:08	2029
2025	1267	2:32:07	Michael HIBBIN		Male	1377	M40-44	231	2:29:36	2023
2026	1656	2:32:21	Becky WNG		Female	649	F17-39	441	2:30:25	2034
2027	1655	2:32:21	Rachel ORRISS		Female	650	F17-39	442	2:30:25	2035
2028	3068	2:32:32	Silvana BIRCHENOUGH		Female	651	F17-39	443	2:30:28	2037
2029	2390	2:32:38	Robin SYMONDS	Norwich Road Runners	Male	1378	M50-54	102	2:29:45	2025
2030	2391	2:32:38	Janet SYMONDS	Norwich Road Runners	Female	652	F45-49	62	2:29:45	2026



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2031	1074	2:32:45	Vicky LOCK		Female	653	F17-39	444	2:30:41	2043
2032	934	2:32:53	Beverley DITTON		Female	654	F45-49	63	2:29:43	2024
2033	2423	2:33:03	Andrew SMITH		Male	1379	M17-39	756	2:30:45	2045
2034	2525	2:33:05	Laura BAGSHAW		Female	655	F17-39	445	2:30:28	2038
2035	944	2:33:09	Anne FAULKNER		Female	656	F65+	2	2:29:58	2027
2036	2117	2:33:11	Helen KEYWORTH		Female	657	F17-39	446	2:30:04	2028
2037	1915	2:33:16	Anne JOYCE		Female	658	F40-44	101	2:30:15	2031
2038	2136	2:33:20	Sarah HEWITT		Female	659	F17-39	447	2:30:41	2044
2039	263	2:33:22	Stacey TERRY		Female	660	F17-39	448	2:30:30	2039
2040	955	2:33:26	Nicola GROOM		Female	661	F17-39	449	2:30:34	2041
2041	406	2:33:27	Charmaine HANNANT		Female	662	F17-39	450	2:30:27	2036
2042	2017	2:33:27	Jayne HUDSON		Female	663	F17-39	451	2:30:39	2042
2043	549	2:33:31	Ali BUNN		Female	664	F17-39	452	2:30:24	2032
2044	1727	2:33:36	Clare BARTINGTON		Female	665	F17-39	453	2:30:46	2046
2045	1893	2:33:38	Jeremy KRUMHOLZ	Norfolk Gazelles	Male	1380	M40-44	232	2:30:24	2033
2046	1592	2:33:40	Irene GREENWOOD		Female	666	F17-39	454	2:30:59	2047
2047	2109	2:33:44	David PLATTEN		Male	1381	M45-49	200	2:30:31	2040
2048	2753	2:33:47	Laura MOORHOUSE		Female	667	F17-39	455	2:31:00	2048
2049	2990	2:34:00	Rodney POTTER		Male	1382	M65+	18	2:31:05	2052
2050	1890	2:34:02	Donna KING	Reepham Runners	Female	668	F17-39	456	2:31:03	2051
2051	1211	2:34:09	Steff JONES		Female	669	F17-39	457	2:31:01	2049
2052	1220	2:34:09	Denise GOLDSMITH	Waveney Valley AC	Female	670	F45-49	64	2:31:01	2050
2053	179	2:34:18	Wendy SPAUL		Female	671	F45-49	65	2:31:17	2054
2054	2905	2:34:19	Marci CUMMINS		Female	672	F17-39	458	2:31:05	2053
2055	1328	2:34:20	Clare FUTTER		Female	673	F17-39	459	2:31:47	2059
2056	1195	2:34:23	Jane BLACKWELL		Female	674	F50-54	27	2:31:26	2058
2057	435	2:34:27	Emma MAIN		Female	675	F40-44	102	2:31:23	2055
2058	560	2:34:32	Simon MARJORAM		Male	1383	M40-44	233	2:31:24	2056
2059	561	2:34:32	Laura MARJORAM		Female	676	F17-39	460	2:31:24	2057
2060	454	2:34:37	Samantha WOODWARD		Female	677	F17-39	461	2:31:50	2060
2061	547	2:34:49	Charlotte COPEMAN		Female	678	F17-39	462	2:31:51	2061
2062	1692	2:35:08	Clare VAN GURP		Female	679	F40-44	103	2:33:22	2070
2063	1363	2:35:09	Eleanor EDGE		Female	680	F17-39	463	2:33:23	2071
2064	2469	2:35:10	Alison LEE		Female	681	F55-59	14	2:32:05	2063
2065	3199	2:35:14	Charlotte HOLLAND	Bourton Road Runners	Female	682	F17-39	464	2:32:04	2062
2066	184	2:35:50	Jessica MCCOAN		Female	683	F17-39	465	2:33:18	2066
2067	727	2:35:58	Natalie ASHCROFT		Female	684	F17-39	466	2:33:08	2064
2068	544	2:36:05	Amy DYMOND		Female	685	F17-39	467	2:33:20	2069
2069	2097	2:36:11	Stewart BARRETT		Male	1384	M40-44	234	2:33:18	2067
2070	2098	2:36:11	Jane DRIVER		Female	686	F40-44	104	2:33:18	2068
2071	401	2:36:13	Rachel DUFFEY		Female	687	F17-39	468	2:33:11	2065
2072	1151	2:36:23	Tina BLANCH	Dereham Runners AC	Female	688	F40-44	105	2:33:28	2072
2073	67	2:37:21	Samantha COX		Female	689	F40-44	106	2:34:43	2073
2074	2115	2:37:21	Rachel RANDALL		Female	690	F40-44	107	2:34:59	2075
2075	2114	2:37:22	Mark RANDALL		Male	1385	M40-44	235	2:35:00	2078
2076	1097	2:37:48	Emily FENNING		Female	691	F17-39	469	2:35:07	2081
2077	1096	2:37:49	Lee CAUSER		Male	1386	M17-39	757	2:35:07	2082
2078	1887	2:37:49	Louise READ		Female	692	F17-39	470	2:35:13	2083
2079	1715	2:37:50	Sarah BANKES-JONES		Female	693	F17-39	471	2:35:13	2084
2080	1726	2:37:51	Helena URQUHART		Female	694	F17-39	472	2:35:01	2080
2081	3173	2:38:00	Hayley COURT	Winchester & District AC	Female	695	F17-39	473	2:35:13	2085
2082	1229	2:38:03	Debbie BANNON		Female	696	F55-59	15	2:34:59	2076
2083	1227	2:38:03	Sarah RHOADES		Female	697	F50-54	28	2:35:00	2079
2084	1380	2:38:03	Ruby THIRKETTLE		Female	698	F17-39	474	2:34:59	2077
2085	115	2:38:10	Jan SUMPTER		Female	699	F55-59	16	2:34:57	2074
2086	3039	2:38:22	George LOADES		Male	1387	M17-39	758	2:35:39	2087
2087	1034	2:38:34	Anoop OKHAI	Ealing Eagles	Male	1388	M17-39	759	2:35:14	2086
2088	2636	2:38:46	Peter BROOKE		Male	1389	M17-39	760	2:37:49	2098
2089	1028	2:39:01	Helen ADAMS		Female	700	F45-49	66	2:35:50	2088
2090	398	2:39:05	Laura MILNER		Female	701	F17-39	475	2:35:51	2089
2091	1632	2:39:18	Darren MILDON		Male	1390	M17-39	761	2:36:19	2090
2092	1631	2:39:19	Kayleigh BISHOP		Female	702	F17-39	476	2:36:19	2091
2093	2215	2:39:34	Mike MARSHALL	North Norfolk Beach Runners	Male	1391	M65+	19	2:36:36	2092
2094	2595	2:39:34	Katrine MIDDLETON	Reepham Runners	Female	703	F50-54	29	2:36:36	2093
2095	3043	2:39:39	Ben ALDRIDGE		Male	1392	M17-39	762	2:36:50	2094
2096	1940	2:39:50	Rob MILLER		Male	1393	M17-39	763	2:36:51	2095
2097	1507	2:39:50	Rebecca LAMBE		Female	704	F17-39	477	2:36:51	2096
2098	652	2:39:59	Charlotte BARBER		Female	705	F17-39	478	2:38:15	2100
2099	1892	2:40:31	Ian BLISS		Male	1394	M40-44	236	2:38:36	2102
2100	117	2:40:46	Neil SHEPPARD		Male	1395	M40-44	237	2:38:35	2101



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	356	2:40:55	Stephanie BARKER		Female	706	F17-39	479	2:37:41	2097
2102	1377	2:41:00	Gemma HAMILTON		Female	707	F17-39	480	2:37:54	2099
2103	2713	2:41:48	Mark HENSELER		Male	1396	M45-49	201	2:39:58	2108
2104	2712	2:41:48	Suzie HENSELER		Female	708	F40-44	108	2:39:58	2109
2105	2751	2:42:21	Anthony LOCKE		Male	1397	M45-49	202	2:39:07	2103
2106	2750	2:42:21	Catherine LOCKE		Female	709	F40-44	109	2:39:08	2104
2107	29	2:42:34	Holly MASON		Female	710	F17-39	481	2:39:39	2106
2108	17	2:42:34	Claire SEWELL		Female	711	F17-39	482	2:39:39	2107
2109	626	2:42:52	Helen CARDER		Female	712	F17-39	483	2:39:37	2105
2110	309	2:43:42	Amiee BICKEL		Female	713	F17-39	484	2:41:22	2112
2111	2294	2:43:45	Tara DUGDALE		Female	714	F17-39	485	2:41:29	2113
2112	225	2:44:14	John BAILEY		Male	1398	M17-39	764	2:40:51	2110
2113	632	2:44:14	Victoria BAILEY		Female	715	F17-39	486	2:40:51	2111
2114	736	2:44:40	Angelina PENROSE		Female	716	F17-39	487	2:41:33	2114
2115	1073	2:44:41	Lucy DRAKE		Female	717	F17-39	488	2:42:03	2115
2116	1125	2:45:07	Jenna PICKERING		Female	718	F17-39	489	2:42:07	2116
2117	840	2:45:23	Neal HENLEN		Male	1399	M17-39	765	2:42:44	2118
2118	350	2:45:39	Carol Ann MOON		Female	719	F45-49	67	2:42:50	2119
2119	639	2:45:47	Elizabeth NOBLE		Female	720	F17-39	490	2:43:22	2122
2120	638	2:45:47	Christine WILSON		Female	721	F17-39	491	2:43:23	2123
2121	1191	2:45:48	Rachel SIMPSON	Downham Dollies	Female	722	F40-44	110	2:42:30	2117
2122	625	2:46:19	Susie HILEY		Female	723	F17-39	492	2:43:08	2120
2123	1438	2:46:22	Bernadette ELVIN		Female	724	F17-39	493	2:43:09	2121
2124	1555	2:46:54	Rajeev PARKIANATHAN		Male	1400	M17-39	766	2:45:46	2130
2125	1754	2:47:04	Denise LEAHY		Female	725	F17-39	494	2:44:04	2124
2126	138	2:47:04	Vicky STOKER		Female	726	F17-39	495	2:44:04	2125
2127	1827	2:47:20	Matthew COOPER		Male	1401	M17-39	767	2:44:38	2126
2128	3026	2:48:17	Diane CLEMENTSON		Female	727	F50-54	30	2:45:07	2127
2129	3025	2:48:17	Errol HUSSEIN		Male	1402	M55-59	47	2:45:07	2128
2130	2566	2:48:17	S BARFOOT		Male	1403	M55-59	48	2:45:08	2129
2131	810	2:48:23	Tracey RACEY		Female	728	F40-44	111	2:46:39	2135
2132	2119	2:49:07	Clare MELVIN		Female	729	F17-39	496	2:46:05	2131
2133	146	2:49:07	Angela CARR		Female	730	F40-44	112	2:46:05	2132
2134	537	2:49:28	Freya JURY		Female	731	F17-39	497	2:46:34	2134
2135	933	2:49:43	Jude DITTON		Female	732	F40-44	113	2:46:32	2133
2136	1049	2:50:09	Paul SLADE		Male	1404	M17-39	768	2:47:33	2137
2137	2089	2:50:09	Beth JACOB		Female	733	F17-39	498	2:47:33	2138
2138	983	2:50:09	Allison STEVENS		Female	734	F50-54	31	2:46:58	2136
2139	2987	2:51:17	Pat BRIGHTMAN	Great Yarmouth & District AC	Female	735	F60-64	9	2:50:25	2144
2140	334	2:52:23	Jackie COLE		Female	736	F55-59	17	2:49:27	2140
2141	2342	2:52:31	Amy SMITH EDU		Female	737	F17-39	499	2:49:20	2139
2142	1433	2:53:18	Richard ROBBSHAW		Male	1405	M50-54	103	2:49:49	2141
2143	1788	2:53:19	Louise DAVIS		Female	738	F17-39	500	2:49:49	2142
2144	1427	2:53:22	Andy DRAKE		Male	1406	M17-39	769	2:49:52	2143
2145	2798	2:53:26	Adam YATES		Male	1407	M17-39	770	2:50:36	2145
2146	1371	2:56:21	Yvette TODD	Mk Lakeside Runners	Female	739	F50-54	32	2:53:05	2146
2147	2470	2:56:47	Dawn KERRY		Female	740	F17-39	501	2:54:48	2147
2148	2351	2:57:44	Jennifer PALLISTER		Female	741	F17-39	502	2:56:23	2149
2149	1650	2:58:12	Samantha BARRAN		Female	742	F17-39	503	2:54:50	2148
2150	2872	2:59:49	Katy PEARCE		Female	743	F17-39	504	2:57:02	2150
2151	97	3:00:16	Jafar OJRA	UEA AC	Male	1408	M17-39	771	3:00:12	2157
2152	98	3:00:16	Mai FAROUN	UEA AC	Female	744	F17-39	505	3:00:12	2158
2153	1967	3:00:42	Jenny LANE-SMITH		Female	745	F17-39	506	2:57:26	2151
2154	1145	3:00:50	Vici ROYLE		Female	746	F17-39	507	2:57:28	2152
2155	611	3:01:42	Helen COOKSON		Female	747	F17-39	508	2:58:29	2153
2156	2406	3:02:13	Adrian POSSENER	Birketts Runners AC	Male	1409	M45-49	203	2:58:59	2154
2157	2622	3:02:32	Frank READER		Male	1410	M65+	20	3:00:04	2155
2158	768	3:03:13	Emma SAUNDERS		Female	748	F17-39	509	3:00:06	2156
2159	3183	3:03:32	Arthur ALLEN		Male	1411	M17-39	772	3:00:25	2159
2160	1176	3:05:16	Marty COLE		Male	1412	M17-39	773	3:02:04	2160
2161	1020	3:05:47	Katrina NOBBS		Female	749	F40-44	114	3:03:24	2162
2162	1130	3:05:53	Chantelle GIBSON		Female	750	F17-39	510	3:03:05	2161
2163	2461	3:07:30	Natalie BROWN		Female	751	F17-39	511	3:04:38	2163
2164	755	3:15:14	Joshua BALLS		Male	1413	M17-39	774	3:12:52	2164
2165	754	3:15:14	Nicola VINCE		Female	752	F17-39	512	3:12:52	2165
2166	1094	3:16:39	Bill GRIFFIN	Norwich Road Runners	Male	1414	M45-49	204	3:13:25	2166
2167	716	3:18:57	Kayleigh ODAT	Norwich Road Runners	Female	753	F17-39	513	3:15:42	2167