



# City of Norwich Half Marathon

23rd November 2014 - Norfolk Showground, Norwich

# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	10	1:08:08	Daniel Watts	Shaftesbury Barnet Harriers	Male	1	M17-39	1	1:08:08	1
2	5	1:08:22	Glen Watts	Shaftesbury Barnet Harriers	Male	2	M17-39	2	1:08:22	2
3	2729	1:08:58	Kojo Kyereme	Shaftesbury Barnet Harriers	Male	3	M17-39	3	1:08:58	3
4	6	1:09:14	Adrian Mussett	Colchester Harriers	Male	4	M40-44	1	1:09:14	4
5	2	1:10:31	Matthew Bidwell	City Of Norwich AC	Male	5	M40-44	2	1:10:31	5
6	4	1:11:24	Piers Arnold	City Of Norwich AC	Male	6	M17-39	4	1:11:24	6
7	17	1:11:58	Joe Skipper	City Of Norwich AC	Male	7	M17-39	5	1:11:58	7
8	2277	1:12:33	Dominic Blake		Male	8	M17-39	6	1:12:33	8
9	2878	1:14:09	Stephen Gibbs	Norwich Road Runners	Male	9	M17-39	7	1:14:09	9
10	3075	1:14:25	Matt Pyatt	Huntingdonshire AC	Male	10	M17-39	8	1:14:25	10
11	1013	1:15:07	Carwyn Jones	Colchester Harriers	Male	11	M17-39	9	1:15:06	11
12	2750	1:17:18	Michael Eccles	Norfolk Gazelles AC	Male	12	M17-39	10	1:17:18	12
13	728	1:17:53	Tim Erskine		Male	13	M17-39	11	1:17:53	13
14	1935	1:18:13	Warwick Norris		Male	14	M17-39	12	1:18:12	14
15	1394	1:18:22	David Cross	Poole Runners	Male	15	M17-39	13	1:18:22	15
16	1300	1:18:56	Martin Hewetson	Norwich Road Runners	Male	16	M40-44	3	1:18:56	16
17	3234	1:19:00	Steven Cannell		Male	17	M17-39	14	1:19:00	17
18	3148	1:19:11	Craig Fiddaman	Ipswich Jaffa RC	Male	18	M17-39	15	1:19:10	18
19	40	1:19:23	Edward Foster	City Of Norwich AC	Male	19	M17-39	16	1:19:23	19
20	3041	1:19:33	Benjamin Turley	Ipswich Jaffa RC	Male	20	M17-39	17	1:19:32	20
21	9	1:20:21	Sarah Stradling	Colchester Harriers	Female	1	F17-39	1	1:20:21	21
22	8	1:20:23	Daisy Glover		Female	2	F17-39	2	1:20:22	22
23	3020	1:20:59	Richard Steer	Norwich Road Runners	Male	21	M17-39	18	1:20:58	23
24	3236	1:21:08	Jack Gillick	Wymondham AC	Male	22	M17-39	19	1:21:06	24
25	2868	1:21:27	Toby Morrell	Tri-Anglia Triathlon Club	Male	23	M17-39	20	1:21:27	25
26	2792	1:21:39	Jan Kaiser		Male	24	M40-44	4	1:21:38	26
27	3079	1:21:56	Chris Merrylees	North Norfolk Beach Runners	Male	25	M17-39	21	1:21:56	27
28	3086	1:21:57	Jamie Seamark	North Norfolk Beach Runners	Male	26	M40-44	5	1:21:56	28
29	1653	1:22:07	Jack Keywood	Tonbridge AC	Male	27	M17-39	22	1:22:06	29
30	2402	1:22:37	Josh Brighty	Norwich Road Runners	Male	28	M17-39	23	1:22:34	30
31	1831	1:22:43	Alec Francis	Norwich Road Runners	Male	29	M17-39	24	1:22:40	31
32	1779	1:22:55	John Moore	Norfolk Gazelles AC	Male	30	M50-54	1	1:22:52	32
33	1968	1:23:03	Alfie Bentley	University Of East Anglia AC	Male	31	M17-39	25	1:23:01	33
34	908	1:23:06	Paul Lyon	Lowestoft Road Runners	Male	32	M17-39	26	1:23:04	34
35	1626	1:23:07	Richard Hayes		Male	33	M40-44	6	1:23:06	35
36	2232	1:23:17	Crossley Eccles		Male	34	M17-39	27	1:23:16	36
37	1696	1:23:19	Peter Foody		Male	35	M45-49	1	1:23:15	36
38	49	1:23:20	Tim Ellison	City Of Norwich AC	Male	36	M17-39	28	1:23:16	39
39	2271	1:23:21	Philip Lambert		Male	37	M17-39	29	1:23:15	37
40	2938	1:23:24	Paul Blazey	Norwich Road Runners	Male	38	M17-39	30	1:23:21	41
41	538	1:23:29	Sam Evans		Male	39	M17-39	31	1:23:20	40
42	2198	1:23:55	Oliver Whybrow		Male	40	M17-39	32	1:23:49	42
43	2203	1:24:00	Sian Thomas	Chiltern Harriers AC	Female	3	F17-39	3	1:24:00	44
44	701	1:24:00	Joe Carr	Diss & District AC	Male	41	M17-39	33	1:23:59	43
45	2470	1:24:05	Neil Adams		Male	42	M17-39	34	1:24:03	45
46	1971	1:24:06	Andrew Terry	Wymondham AC	Male	43	M40-44	7	1:24:05	46
47	203	1:24:07	Stephen Brown		Male	44	M17-39	35	1:24:05	47
48	3278	1:24:17	A James-Orekogbe	Dereham Runners AC	Male	45	M17-39	36	1:24:14	48
49	1648	1:24:21	Jonathan Stone	University Of East Anglia AC	Male	46	M17-39	37	1:24:19	49
50	2912	1:24:45	Matt Wileman	Tri-Anglia Triathlon Club	Male	47	M17-39	38	1:24:44	50
51	1506	1:24:56	Laura Thomas	Ipswich Jaffa RC	Female	4	F17-39	4	1:24:54	52
52	2547	1:25:06	Dominic Hughes		Male	48	M17-39	39	1:25:04	53
53	584	1:25:15	Andrew Conway	Tiptree Road Runners	Male	49	M45-49	2	1:24:46	51
54	57	1:25:21	Chris Yeates	City Of Norwich AC	Male	50	M17-39	40	1:25:13	54
55	2739	1:25:24	Christophe De Belder		Male	51	M17-39	41	1:25:22	55
56	1181	1:25:34	Todd Lake	Dereham Runners AC	Male	52	M50-54	2	1:25:30	56
57	2489	1:25:42	Paul Radford		Male	53	M45-49	3	1:25:37	57
58	1288	1:25:43	Guzel Sari	Dereham Runners AC	Male	54	M17-39	42	1:25:39	58
59	2455	1:25:46	Ben Walker	Tri Harder	Male	55	M17-39	43	1:25:44	59
60	2757	1:26:03	James Beadle	Reepham Runners	Male	56	M17-39	44	1:25:49	60
61	2833	1:26:14	Stuart Palmer	Hitchin Running Club	Male	57	M17-39	45	1:26:05	64
62	1109	1:26:18	Mark Clues	Tri-Anglia Triathlon Club	Male	58	M45-49	4	1:26:06	65
63	1487	1:26:24	Andy Keeler		Male	59	M50-54	3	1:26:21	68
64	469	1:26:25	Richard Watson		Male	60	M17-39	46	1:25:49	61
65	2446	1:26:25	Chris Mower	Saint Edmund Pacers	Male	61	M17-39	47	1:26:19	67
66	74	1:26:26	Dale Skoulding	Bungay Black Dog RC	Male	62	M17-39	48	1:26:24	69
67	3054	1:26:28	Lee Collins	Coltishall Jaguars RC	Male	63	M17-39	49	1:26:15	66
68	569	1:26:29	Simon Cowley	Bungay Black Dog RC	Male	64	M17-39	50	1:25:53	62
69	482	1:26:29	Craig Dawson	Tiptree Road Runners	Male	65	M17-39	51	1:25:59	63
70	2448	1:26:30	Jonny Hodges		Male	66	M17-39	52	1:26:29	73



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	1157	1:26:32	Benjamin Bailey	Tri-Anglia Triathlon Club	Male	67	M45-49	5	1:26:27	71
72	2193	1:26:37	Marcus Hawkins	Ryston Runners AC	Male	68	M40-44	8	1:26:28	72
73	2033	1:26:47	Gavin Barron	Tri Harder	Male	69	M17-39	53	1:26:26	70
74	2600	1:26:54	Tobias Jamieson		Male	70	M17-39	54	1:26:50	74
75	2884	1:27:05	Ryan Tuvey	Tri-Anglia Triathlon Club	Male	71	M17-39	55	1:27:02	76
76	1735	1:27:09	Joe Anderson-Brown		Male	72	M17-39	56	1:26:57	75
77	1624	1:27:19	Adrian Hall		Male	73	M50-54	4	1:27:15	77
78	2107	1:27:30	Chihaya Hirai	University Of East Anglia AC	Male	74	M17-39	57	1:27:29	80
79	1108	1:27:35	Mark Walker		Male	75	M17-39	58	1:27:26	78
80	2864	1:27:38	Will Mangar		Male	76	M17-39	59	1:27:32	81
81	2727	1:27:43	Dave Lumby		Male	77	M50-54	5	1:27:41	83
82	1348	1:27:46	Ashley Gilbert	Dereham Runners AC	Male	78	M17-39	60	1:27:41	84
83	1155	1:27:48	Jonathan Kemp	Norwich Road Runners	Male	79	M17-39	61	1:27:45	86
84	1399	1:27:52	Kevin MacE	Norwich Road Runners	Male	80	M50-54	6	1:27:50	87
85	2481	1:27:55	Eddie Alford	Reepham Runners	Male	81	M17-39	62	1:27:41	85
86	1249	1:28:03	Jon Goodwin		Male	82	M45-49	6	1:28:00	91
87	41	1:28:04	David Hook	City Of Norwich AC	Male	83	M17-39	63	1:27:57	88
88	1298	1:28:07	Lee Sadler		Male	84	M17-39	64	1:28:05	93
89	1343	1:28:09	Daniel Vencovsky		Male	85	M17-39	65	1:27:59	90
90	3110	1:28:11	Luke Ashby		Male	86	M17-39	66	1:27:40	82
91	1940	1:28:12	Michael Sollaris	Norwich Road Runners	Male	87	M17-39	67	1:28:08	94
92	2794	1:28:14	Simon Prinsley		Male	88	M17-39	68	1:27:27	79
93	2652	1:28:17	Graham Watering	Norwich Road Runners	Male	89	M40-44	9	1:28:12	95
94	1340	1:28:18	Jonathan Cordle	Tri-Anglia Triathlon Club	Male	90	M50-54	7	1:28:13	96
95	1514	1:28:23	Ian Kd Milburn	Ryston Runners AC	Male	91	M17-39	69	1:28:01	92
96	2763	1:28:25	Thomas Betts	Saint Edmund Pacers	Male	92	M17-39	70	1:28:22	100
97	1612	1:28:30	David Tandy	Norwich Road Runners	Male	93	M45-49	7	1:28:18	98
98	2574	1:28:30	Jason Brunt		Male	94	M40-44	10	1:28:24	102
99	2975	1:28:33	Shaun Webb	Reepham Runners	Male	95	M40-44	11	1:27:58	89
100	1810	1:28:33	Roger Higgins		Male	96	M17-39	71	1:28:18	99
101	745	1:28:41	Joe Kaye		Male	97	M17-39	72	1:28:33	104
102	1376	1:28:49	Jon Wiles	Bungay Black Dog RC	Male	98	M40-44	12	1:28:36	105
103	1920	1:28:50	Kenny Addis		Male	99	M45-49	8	1:28:42	107
104	1171	1:28:52	Dan Harris		Male	100	M17-39	73	1:28:40	106
105	3267	1:28:54	Richard McLellan		Male	101	M17-39	74	1:28:52	109
106	2980	1:28:58	Leigh Nobes	Reepham Runners	Male	102	M17-39	75	1:28:22	101
107	169	1:29:03	James Haskey Jones	Tiptree Road Runners	Male	103	M45-49	9	1:28:46	108
108	2355	1:29:06	David Duncan		Male	104	M17-39	76	1:28:17	97
109	2565	1:29:08	Benjamin Beynon	University Of East Anglia Tria	Male	105	M17-39	77	1:28:59	110
110	2974	1:29:08	Nick Caley	Reepham Runners	Male	106	M17-39	78	1:28:32	103
111	2948	1:29:12	Chris Barkway		Male	107	M55-59	1	1:29:06	112
112	2515	1:29:16	Wayne Lathwell		Male	108	M17-39	79	1:29:09	113
113	2821	1:29:17	Steve Desborough	Benfleet RC	Male	109	M45-49	10	1:29:04	111
114	854	1:29:21	Paul Hindle	Newton Abbot AC	Male	110	M17-39	80	1:29:14	114
115	249	1:29:26	Adam Williams		Male	111	M40-44	13	1:29:14	115
116	2615	1:29:38	Victoria Bloom		Female	5	F17-39	5	1:29:36	118
117	1956	1:29:51	Christopher Millsted		Male	112	M17-39	81	1:29:39	119
118	3273	1:29:52	Niall Wapshott		Male	113	M17-39	82	1:29:39	120
119	1398	1:29:58	Colin Robilliard		Male	114	M60-64	1	1:29:55	125
120	405	1:30:02	Sam Russell		Male	115	M17-39	83	1:29:50	123
121	1446	1:30:07	Ben Hunter-Watts		Male	116	M17-39	84	1:29:55	126
122	3073	1:30:07	Mark Shearing	Tri-Anglia Triathlon Club	Male	117	M17-39	85	1:29:54	124
123	2936	1:30:10	Samuel Cross		Male	118	M17-39	86	1:29:58	128
124	1296	1:30:16	Chris Crumly		Male	119	M45-49	11	1:29:46	122
125	3197	1:30:23	James Drake		Male	120	M17-39	87	1:30:06	129
126	1176	1:30:32	Neil Walpole	Norwich Road Runners	Male	121	M40-44	14	1:30:27	133
127	298	1:30:34	Jonathan Stockwell		Male	122	M17-39	88	1:29:21	116
128	2399	1:30:37	Frank George		Male	123	M17-39	89	1:29:31	117
129	2981	1:30:38	Mike McGeown	Ravens City Of London Running	Male	124	M17-39	90	1:30:34	138
130	2131	1:30:40	Duncan Samwell	Tri-Anglia Triathlon Club	Male	125	M17-39	91	1:30:27	134
131	1372	1:30:44	David Jones	Tri-Anglia Triathlon Club	Male	126	M17-39	92	1:30:34	139
132	1339	1:30:50	Tom Anstiss		Male	127	M17-39	93	1:29:39	121
133	2502	1:30:51	Michael Timm		Male	128	M17-39	94	1:30:32	137
134	3159	1:30:52	Ashley Palmer		Male	129	M17-39	95	1:30:21	131
135	2893	1:30:53	Simeon Everett		Male	130	M17-39	96	1:30:28	135
136	1591	1:30:57	Gary Wootton	Tri-Anglia Triathlon Club	Male	131	M45-49	12	1:30:45	144
137	1617	1:30:58	Victor Vidarte Mesa		Male	132	M40-44	15	1:30:31	136
138	2930	1:30:59	John Drewry		Male	133	M45-49	13	1:30:42	142
139	2201	1:31:03	John Fagan		Male	134	M40-44	16	1:31:01	149
140	967	1:31:04	Dan Harpham		Male	135	M17-39	97	1:30:37	140



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	132	1:31:05	Paul White		Male	136	M17-39	98	1:30:39	141
142	693	1:31:11	Benjamin Simon		Male	137	M17-39	99	1:30:21	132
143	2825	1:31:15	Nigel Sinclair		Male	138	M17-39	100	1:30:43	143
144	3051	1:31:16	Owen Mitchell		Male	139	M17-39	101	1:29:56	127
145	2898	1:31:17	Stephen Wilson	Tri-Anglia Triathlon Club	Male	140	M17-39	102	1:31:00	148
146	2384	1:31:20	Paul Gardner		Male	141	M40-44	17	1:31:16	154
147	2880	1:31:21	Sean Woodvine		Male	142	M45-49	14	1:31:15	153
148	1449	1:31:22	David Kellaway	Dereham Runners AC	Male	143	M50-54	8	1:31:18	155
149	1067	1:31:24	Tim Sexton	Norfolk Gazelles AC	Male	144	M40-44	18	1:31:04	151
150	1847	1:31:26	Ben Churchman	Diss & District AC	Male	145	M17-39	103	1:31:11	152
151	1979	1:31:27	Paul Vincent		Male	146	M17-39	104	1:30:54	146
152	2098	1:31:28	David Cox	Thurrock Nomads	Male	147	M45-49	15	1:31:19	156
153	1809	1:31:32	Katherine Trehane	Norfolk Gazelles AC	Female	6	F17-39	6	1:31:24	158
154	2753	1:31:36	Stuart Weaver		Male	148	M40-44	19	1:30:55	147
155	702	1:31:40	Samuel Coyne		Male	149	M17-39	105	1:31:26	159
156	2743	1:31:42	Jason Isaac Brandy		Male	150	M17-39	106	1:31:21	157
157	2442	1:31:44	Philip Kitchener		Male	151	M17-39	107	1:31:28	160
158	2577	1:31:46	Jason Gaul	Norwich Road Runners	Male	152	M17-39	108	1:30:47	145
159	2587	1:31:49	Greg Allan		Male	153	M17-39	109	1:31:44	163
160	2053	1:31:50	Paul Guzewich		Male	154	M45-49	16	1:31:43	162
161	2467	1:31:52	Peter Martin		Male	155	M55-59	2	1:31:34	161
162	2682	1:31:54	James Doggett		Male	156	M17-39	110	1:31:03	150
163	1885	1:31:56	Oliver Boughton		Male	157	M17-39	111	1:31:49	164
164	1486	1:31:57	Alan Marron		Male	158	M17-39	112	1:30:20	130
165	55	1:32:09	Tim Angell	City Of Norwich AC	Male	159	M50-54	9	1:32:01	167
166	1416	1:32:25	Gary Raby		Male	160	M17-39	113	1:31:50	165
167	3057	1:32:27	Damian Ings	Clapham Runners	Male	161	M40-44	20	1:32:18	173
168	2638	1:32:29	Andrew Jackson		Male	162	M17-39	114	1:32:27	176
169	1751	1:32:30	Paul Beckett	Norwich Road Runners	Male	163	M45-49	17	1:31:54	166
170	1363	1:32:31	Jason Best		Male	164	M17-39	115	1:32:16	171
171	2943	1:32:38	Alex Harvey		Male	165	M17-39	116	1:32:15	170
172	1292	1:32:39	Kevin Frazer		Male	166	M50-54	10	1:32:35	180
173	2648	1:32:40	Matt Howard		Male	167	M17-39	117	1:32:34	179
174	1080	1:32:41	Marc Coles		Male	168	M17-39	118	1:32:09	169
175	145	1:32:43	Marc Evans	Great Yarmouth Road Runners	Male	169	M17-39	119	1:32:20	174
176	2108	1:32:50	Marco Arcidiacono		Male	170	M40-44	21	1:32:36	182
177	2389	1:32:51	Andy Green		Male	171	M17-39	120	1:32:48	187
178	2762	1:32:52	Ian Bray		Male	172	M17-39	121	1:32:17	172
179	2923	1:32:54	Chris Bullock		Male	173	M40-44	22	1:32:43	184
180	1666	1:32:55	Chris Murphy		Male	174	M17-39	122	1:32:49	188
181	292	1:32:55	Chris Meadows	Ravens City Of London Running	Male	175	M17-39	123	1:32:41	183
182	2764	1:32:55	Hannah McInroy	Tri-Anglia Triathlon Club	Female	7	F17-39	7	1:32:35	181
183	2177	1:33:00	James Landles		Male	176	M40-44	23	1:32:44	185
184	1504	1:33:10	Ian Weir	Victoria Park Harriers & Tower	Male	177	M17-39	124	1:32:32	178
185	677	1:33:11	Chris Medcalf	San Domenico RRC	Male	178	M40-44	24	1:33:05	193
186	2918	1:33:13	Carl White		Male	179	M17-39	125	1:32:05	168
187	1593	1:33:15	Tim Ford		Male	180	M17-39	126	1:32:21	175
188	2601	1:33:18	Joshua Carrigan		Male	181	M17-39	127	1:32:44	186
189	2100	1:33:21	Stan Swanepoel	Tri-Anglia Triathlon Club	Male	182	M50-54	11	1:33:00	190
190	2837	1:33:21	Richard Turner		Male	183	M17-39	128	1:33:04	191
191	2432	1:33:27	Daniel Clafin		Male	184	M17-39	129	1:33:14	196
192	1990	1:33:30	Chris Smith		Male	185	M45-49	18	1:33:25	200
193	53	1:33:31	Sarah Adcock	City Of Norwich AC	Female	8	F40-44	1	1:33:23	198
194	1362	1:33:41	Stephen Ramm		Male	186	M17-39	130	1:33:25	201
195	3230	1:33:42	Piers Ranson		Male	187	M45-49	19	1:33:25	202
196	56	1:33:43	Adam Pearce	City Of Norwich AC	Male	188	M17-39	131	1:33:35	211
197	2365	1:33:44	Steve Blomfield		Male	189	M45-49	20	1:33:04	192
198	3140	1:33:44	Christopher Bing	Ipswich Jaffa RC	Male	190	M17-39	132	1:33:26	203
199	2656	1:33:46	Kevin Sadd		Male	191	M40-44	25	1:33:41	212
200	3220	1:33:47	James Lay		Male	192	M17-39	133	1:33:32	208
201	2192	1:33:49	Ian Thompson	Huncote Harriers	Male	193	M45-49	21	1:33:18	197
202	1536	1:33:49	Owen Marsden		Male	194	M17-39	134	1:33:33	209
203	1557	1:33:50	Matt Andrews	North Norfolk Beach Runners	Male	195	M40-44	26	1:33:29	206
204	3001	1:33:53	Neil Leeds		Male	196	M17-39	135	1:33:23	199
205	3004	1:34:05	Reuben Grice	Tavistock AC	Male	197	M17-39	136	1:33:27	204
206	1689	1:34:06	Tom Price	Tri-Anglia Triathlon Club	Male	198	M17-39	137	1:33:46	213
207	3271	1:34:07	Gemma Leeder Newitt		Female	9	F17-39	8	1:33:52	219
208	2654	1:34:08	Edward Sidgwick		Male	199	M17-39	138	1:33:13	195
209	2596	1:34:10	Kevin Garwood	Wymondham AC	Male	200	M50-54	12	1:33:28	205
210	1658	1:34:11	Robert Wapshott		Male	201	M17-39	139	1:33:07	194



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
211	1503	1:34:12	Holly Weir	Victoria Park Harriers & Tower	Female	10	F17-39	9	1:33:33	210
212	1917	1:34:14	Jackson Simmons		Male	202	M17-39	140	1:32:52	189
213	2721	1:34:16	Martin Newstead		Male	203	M40-44	27	1:33:51	217
214	902	1:34:18	Robert Grainger	Stowmarket Striders RC	Male	204	M17-39	141	1:34:04	221
215	1948	1:34:26	Matthew Allsop		Male	205	M40-44	28	1:34:08	223
216	2261	1:34:31	Daniel Forero		Male	206	M17-39	142	1:34:16	226
217	1607	1:34:37	Kevin Burgess	Tri-Anglia Triathlon Club	Male	207	M40-44	29	1:33:46	214
218	2369	1:34:38	Chris Harrison	Norwich Road Runners	Male	208	M17-39	143	1:34:24	228
219	2447	1:34:39	Robert Groves	Reepham Runners	Male	209	M17-39	144	1:34:25	229
220	3184	1:34:40	Daniel Perry	Tri-Anglia Triathlon Club	Male	210	M17-39	145	1:34:20	227
221	1261	1:34:42	Elizabeth Black		Female	11	F17-39	10	1:34:41	231
222	667	1:34:43	Simon Morgan	Tiptree Road Runners	Male	211	M45-49	22	1:34:12	224
223	3299	1:34:45	Joseph Seager		Male	212	M17-39	146	1:33:51	218
224	2558	1:34:50	Christopher Jones		Male	213	M17-39	147	1:32:30	177
225	1964	1:34:50	Gavin Bunn		Male	214	M17-39	148	1:34:38	230
226	2458	1:34:51	Jonathan Thompson		Male	215	M17-39	149	1:33:31	207
227	651	1:34:53	Philippa Crosby	Reepham Runners	Female	12	F17-39	11	1:34:00	220
228	2322	1:34:56	Phil Twite	Ryston Runners AC	Male	216	M17-39	150	1:33:49	216
229	2800	1:34:56	Matt Sims		Male	217	M45-49	23	1:34:44	233
230	1393	1:34:58	David Horton Fawkes	Tri-Anglia Triathlon Club	Male	218	M50-54	13	1:34:05	222
231	2752	1:35:00	Paul Quantrill	Tri-Anglia Triathlon Club	Male	219	M50-54	14	1:34:52	241
232	1418	1:35:04	Paul Hunt		Male	220	M45-49	24	1:35:00	246
233	2919	1:35:06	Robert Astley	Norwich Road Runners	Male	221	M40-44	30	1:34:47	236
234	2986	1:35:07	Henry Woodley	North Norfolk Beach Runners	Male	222	M17-39	151	1:34:47	237
235	1092	1:35:09	Oliver Cooke		Male	223	M17-39	152	1:35:09	251
236	1573	1:35:09	Paul Martin	Norwich Road Runners	Male	224	M17-39	153	1:34:53	242
237	1305	1:35:13	Anne Swift	UKnetrunner	Female	13	F45-49	1	1:34:47	238
238	1118	1:35:14	Shaun Conway		Male	225	M50-54	15	1:34:55	243
239	3091	1:35:16	Barry Tierney		Male	226	M17-39	154	1:35:00	247
240	2461	1:35:16	Christian Norton		Male	227	M17-39	155	1:33:48	215
241	2013	1:35:18	Sarah Knights		Female	14	F45-49	2	1:35:01	248
242	3013	1:35:19	Alastair Green		Male	228	M45-49	25	1:34:58	244
243	1562	1:35:20	Alan Reynolds		Male	229	M40-44	31	1:34:47	239
244	940	1:35:23	Thomas Rivett	North Norfolk Beach Runners	Male	230	M17-39	156	1:35:12	252
245	1531	1:35:24	Andrew Lane	Wymondham AC	Male	231	M55-59	3	1:34:43	232
246	1172	1:35:25	Helen Mian	Norfolk Gazelles AC	Female	15	F45-49	3	1:35:05	250
247	3035	1:35:28	Chris Cox		Male	232	M17-39	157	1:34:13	225
248	882	1:35:32	Colin Weller	Norwich Road Runners	Male	233	M40-44	32	1:34:45	235
249	425	1:35:36	Samuel Bailey		Male	234	M17-39	158	1:35:15	253
250	1029	1:35:39	Gary Cheesman		Male	235	M17-39	159	1:34:51	240
251	1906	1:35:51	Simon Slater		Male	236	M17-39	160	1:35:27	255
252	3183	1:35:55	Gavin Brown		Male	237	M17-39	161	1:34:44	234
253	1084	1:35:58	Simon Bekker	Great Yarmouth Road Runners	Male	238	M17-39	162	1:35:01	249
254	2452	1:36:01	Ellie Bye	Coltishall Jaguars RC	Female	16	F17-39	12	1:35:47	261
255	2409	1:36:01	Ruari Walker		Male	239	M17-39	163	1:34:59	245
256	1826	1:36:09	Cicely Hunt	Yeovil Town RRC	Female	17	F17-39	13	1:35:28	257
257	1886	1:36:10	Matthew Jones		Male	240	M45-49	26	1:35:38	259
258	2674	1:36:13	Darren Armstrong	North Norfolk Beach Runners	Male	241	M40-44	33	1:35:27	256
259	323	1:36:17	Alex Reis Alves		Male	242	M45-49	27	1:35:59	264
260	2869	1:36:26	Russell Vanhinsbergh	Tri-Anglia Triathlon Club	Male	243	M17-39	164	1:35:25	254
261	1726	1:36:27	Ian Wilkinson	Royston Runners	Male	244	M50-54	16	1:36:17	272
262	1525	1:36:30	Simon Baxter		Male	245	M17-39	165	1:36:04	265
263	2711	1:36:35	James Taverner		Male	246	M17-39	166	1:36:14	269
264	730	1:36:40	Simon Barclay		Male	247	M45-49	28	1:36:27	279
265	2843	1:36:42	Tim Garbutt		Male	248	M17-39	167	1:35:47	262
266	2902	1:36:43	Jennifer Pearce	Wymondham AC	Female	18	F40-44	2	1:35:56	263
267	3158	1:36:44	Kirsty Morgan	Ipswich Jaffa RC	Female	19	F17-39	14	1:35:40	260
268	947	1:36:46	Graeme Sadd		Male	249	M50-54	17	1:36:37	287
269	1244	1:36:46	Stephen Sadd	Norfolk Gazelles AC	Male	250	M55-59	4	1:36:38	290
270	1844	1:36:48	Daryl Tooke		Male	251	M17-39	168	1:36:24	275
271	2860	1:36:48	Matthew Bray	Wimbledon Windmilers	Male	252	M17-39	169	1:36:16	271
272	1606	1:36:49	Ian Henderson		Male	253	M50-54	18	1:36:15	270
273	388	1:36:49	Darren France		Male	254	M45-49	29	1:36:26	276
274	3062	1:36:52	Ashley Smy	Ipswich Jaffa RC	Male	255	M17-39	170	1:36:29	280
275	2712	1:36:52	Tom Barr		Male	256	M17-39	171	1:36:36	286
276	2607	1:36:56	Mike Smith		Male	257	M17-39	172	1:36:11	266
277	3002	1:36:57	Jack Bowen		Male	258	M17-39	173	1:36:37	288
278	435	1:36:57	Paul Dellar	Tiptree Road Runners	Male	259	M45-49	30	1:36:11	267
279	1633	1:37:09	James Scarlett		Male	260	M17-39	174	1:36:35	285
280	16	1:37:10	Jonathan Goldthorpe		Male	261	M45-49	31	1:36:56	292





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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	2692	1:37:11	Alex Archer		Male	262	M17-39	175	1:36:49	291
282	1535	1:37:11	Neil Watson	Ryston Runners AC	Male	263	M40-44	34	1:36:17	273
283	1330	1:37:14	Sam Cane		Male	264	M17-39	176	1:36:33	283
284	1572	1:37:17	Dudley Garner	Norfolk Gazelles AC	Male	265	M17-39	177	1:36:57	293
285	2732	1:37:18	Simeon Paton	University Of East Anglia AC	Male	266	M17-39	178	1:35:35	258
286	2527	1:37:21	David Allen		Male	267	M55-59	5	1:36:12	268
287	2857	1:37:26	Tom Carter		Male	268	M17-39	179	1:36:26	277
288	3198	1:37:29	Samantha Spencer	Ipswich Jaffa RC	Female	20	F17-39	15	1:36:26	278
289	2655	1:37:29	Andrew Baines		Male	269	M17-39	180	1:37:12	298
290	2165	1:37:35	Oliver Cooper	Ipswich Triathlon Club	Male	270	M17-39	181	1:37:24	305
291	3199	1:37:35	Georgia Garvin	Ipswich Jaffa RC	Female	21	F17-39	16	1:36:31	281
292	3085	1:37:39	Dave Aust	Stamford Striders	Male	271	M50-54	19	1:36:32	282
293	2060	1:37:39	Steven Rix	Dereham Runners AC	Male	272	M17-39	182	1:37:21	303
294	1007	1:37:41	James Beckett		Male	273	M17-39	183	1:37:09	297
295	407	1:37:42	Lee Whitton	Eye Community Runners	Male	274	M17-39	184	1:36:33	284
296	2333	1:37:44	David Powles		Male	275	M17-39	185	1:36:37	289
297	2216	1:37:49	Edward O'Gorman		Male	276	M17-39	186	1:37:45	315
298	2367	1:37:52	Nicholas Muir		Male	277	M50-54	20	1:37:49	317
299	2460	1:37:53	Ben Gaskins	Tri-Anglia Triathlon Club	Male	278	M17-39	187	1:37:40	313
300	2209	1:37:53	Daniel Maskell		Male	279	M17-39	188	1:37:30	309
301	2311	1:37:54	Matt Forrest		Male	280	M40-44	35	1:37:25	307
302	1526	1:38:01	Peter Thompson		Male	281	M17-39	189	1:37:36	310
303	3285	1:38:04	Matthew Williams	University Of East Anglia Tria	Male	282	M17-39	190	1:37:03	294
304	2960	1:38:06	Matthew Jolly		Male	283	M17-39	191	1:37:51	318
305	725	1:38:07	Ben Snelling		Male	284	M40-44	36	1:37:03	295
306	2761	1:38:07	Catherine Henery	Norwich Road Runners	Female	22	F50-54	1	1:37:39	312
307	3289	1:38:07	Richard King		Male	285	M45-49	32	1:37:57	320
308	1030	1:38:10	Jay McLelland-Taylor		Male	286	M17-39	192	1:36:23	274
309	3166	1:38:17	Bill Kingaby	Waveney Valley AC	Male	287	M60-64	2	1:37:46	316
310	1951	1:38:17	Guy Gummerson		Male	288	M17-39	193	1:37:18	302
311	2326	1:38:18	Chris Jenkins		Male	289	M17-39	194	1:37:17	301
312	1795	1:38:18	Sean Robson		Male	290	M45-49	33	1:38:05	327
313	1594	1:38:20	Piotr Siwonia	Tri-Anglia Triathlon Club	Male	291	M17-39	195	1:37:28	308
314	1771	1:38:21	James Plant		Male	292	M17-39	196	1:37:58	321
315	1078	1:38:28	Stephen Atkins	Saint Edmund Pacers	Male	293	M45-49	34	1:38:04	325
316	2304	1:38:31	Craig Catchpole		Male	294	M17-39	197	1:37:12	299
317	2550	1:38:32	Christopher Pycroft		Male	295	M55-59	6	1:38:30	344
318	1839	1:38:33	Thomas Wornham	Royston Runners	Male	296	M40-44	37	1:38:23	337
319	1373	1:38:37	Justin Dicks		Male	297	M45-49	35	1:37:41	314
320	592	1:38:38	Kevin Spratling		Male	298	M50-54	21	1:37:36	311
321	1278	1:38:39	Mathew Pearson		Male	299	M17-39	198	1:37:22	304
322	1400	1:38:40	Andy Holt		Male	300	M40-44	38	1:37:13	300
323	2342	1:38:44	John Barrett		Male	301	M17-39	199	1:38:14	331
324	3026	1:38:45	Andrew Ledwith	Huncote Harriers	Male	302	M17-39	200	1:38:14	332
325	2698	1:38:46	Adam Cory		Male	303	M17-39	201	1:38:06	328
326	372	1:38:48	Matthew Smith		Male	304	M17-39	202	1:38:12	329
327	2659	1:38:48	William Latham		Male	305	M17-39	203	1:38:19	335
328	348	1:38:52	Curtis MacLeod		Male	306	M17-39	204	1:37:55	319
329	2403	1:38:53	Ross Southwood		Male	307	M17-39	205	1:38:04	326
330	2154	1:38:58	Lorraine Marshall		Female	23	F45-49	4	1:38:47	354
331	1891	1:38:59	Stacy Tovell		Male	308	M40-44	39	1:38:13	330
332	1664	1:39:01	Sarah Peachey		Female	24	F17-39	17	1:38:41	351
333	1510	1:39:02	Timothy Howard		Male	309	M50-54	22	1:38:01	324
334	3208	1:39:04	Richard Dolman	Thetford AC	Male	310	M50-54	23	1:38:26	341
335	1465	1:39:08	Sam Huetson	Tri-Anglia Triathlon Club	Male	311	M17-39	206	1:38:17	333
336	2497	1:39:10	James McCullagh		Male	312	M17-39	207	1:37:59	322
337	809	1:39:12	Timothy Bragger		Male	313	M17-39	208	1:38:17	334
338	1848	1:39:13	Steven Hitcham		Male	314	M17-39	209	1:38:25	339
339	704	1:39:15	Sophie Mullan		Female	25	F17-39	18	1:38:33	345
340	1516	1:39:17	Ramon Navas Losada		Male	315	M17-39	210	1:38:29	343
341	657	1:39:17	Jacky Walsingham		Female	26	F40-44	3	1:38:53	360
342	2720	1:39:19	Laurie Abel		Male	316	M45-49	36	1:38:25	340
343	1212	1:39:21	Paul Wildman	Stowmarket Striders RC	Male	317	M17-39	211	1:38:28	342
344	1246	1:39:27	Paul Paradise		Male	318	M50-54	24	1:39:22	368
345	1873	1:39:29	Craig Goldie		Male	319	M45-49	37	1:38:37	349
346	2710	1:39:32	James Howlett		Male	320	M40-44	40	1:38:23	338
347	3247	1:39:33	Calum Pearson		Male	321	M17-39	212	1:38:43	352
348	499	1:39:33	Tracy Harrington	Tiptree Road Runners	Female	27	F45-49	5	1:38:46	353
349	130	1:39:34	Kevin Johnston		Male	322	M55-59	7	1:39:01	363
350	2513	1:39:36	Matthew Crane	Coltishall Jaguars RC	Male	323	M17-39	213	1:39:13	366



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	2253	1:39:38	Simon Beckett		Male	324	M50-54	25	1:38:47	355
352	1259	1:39:39	Jim Fitch		Male	325	M40-44	41	1:38:59	361
353	2487	1:39:39	Sean Radford		Male	326	M40-44	42	1:38:19	336
354	1377	1:39:39	Mitchell Thomson		Male	327	M17-39	214	1:38:34	346
355	2185	1:39:41	John Marrable		Male	328	M17-39	215	1:39:25	371
356	2259	1:39:42	Paul Dowson	Norwich Road Runners	Male	329	M55-59	8	1:38:50	357
357	3149	1:39:51	Emma Potter-Campbell	Dereham Runners AC	Female	28	F45-49	6	1:38:59	362
358	2076	1:39:54	Piotr Bulacz		Male	330	M40-44	43	1:38:35	348
359	3212	1:39:54	Danny Godward	Fire Service Sports And Athlet	Male	331	M17-39	216	1:39:47	386
360	2642	1:39:56	Stephen Dunnett		Male	332	M55-59	9	1:39:52	390
361	3127	1:39:57	William Mercer		Male	333	M17-39	217	1:38:51	358
362	2854	1:39:57	Simon Brighton		Male	334	M17-39	218	1:38:52	359
363	1463	1:39:58	Thomas Lincoln-Kemp		Male	335	M45-49	38	1:39:35	381
364	1347	1:40:04	Paul Gregory	Tiptree Road Runners	Male	336	M40-44	44	1:38:48	356
365	1903	1:40:07	Ben Leary		Male	337	M17-39	219	1:40:04	397
366	1645	1:40:10	Mark Jones		Male	338	M55-59	10	1:37:08	296
367	750	1:40:13	Frances Cooke		Female	29	F17-39	19	1:39:47	387
368	2022	1:40:15	Dean Preston		Male	339	M17-39	220	1:39:06	364
369	1845	1:40:16	Jonathon Holmes		Male	340	M17-39	221	1:40:12	401
370	3037	1:40:16	Kevin Ferguson		Male	341	M17-39	222	1:37:59	323
371	1397	1:40:18	Craig Hawkes		Male	342	M17-39	223	1:39:07	365
372	2316	1:40:19	Lisa Knights		Female	30	F40-44	4	1:39:42	384
373	850	1:40:20	Andrew Ritchings	Little Baddow Ridge Runners	Male	343	M50-54	26	1:39:27	372
374	1247	1:40:20	Graham Sillett		Male	344	M55-59	11	1:39:34	378
375	3087	1:40:22	Julian Lowe		Male	345	M50-54	27	1:39:37	382
376	506	1:40:22	Nicola Hill	Norwich Road Runners	Female	31	F17-39	20	1:39:34	379
377	1729	1:40:25	Gary Ficken		Male	346	M45-49	39	1:39:34	380
378	1972	1:40:26	Maria Greaves	North Norfolk Beach Runners	Female	32	F17-39	21	1:40:16	404
379	67	1:40:27	Mark Stone	Great Yarmouth Road Runners	Male	347	M40-44	45	1:40:09	400
380	2116	1:40:30	Richard Lawes		Male	348	M55-59	12	1:40:17	406
381	487	1:40:31	Gareth Marchant		Male	349	M17-39	224	1:39:31	376
382	1846	1:40:32	Jason Elrick		Male	350	M45-49	40	1:40:23	411
383	2616	1:40:34	Alex Todd		Male	351	M17-39	225	1:38:34	347
384	621	1:40:35	Julia Hetherton	Norwich Road Runners	Female	33	F17-39	22	1:40:22	409
385	2324	1:40:38	Jordan Beaumont	Ipswich Jaffa RC	Male	352	M17-39	226	1:40:16	405
386	1145	1:40:39	Jim Palmer	Tri-Anglia Triathlon Club	Male	353	M17-39	227	1:39:30	375
387	1101	1:40:40	James Larnder		Male	354	M17-39	228	1:39:19	367
388	1453	1:40:40	Linda Hirons		Female	34	F17-39	23	1:39:43	385
389	3213	1:40:46	John Cahir	Tri-Anglia Triathlon Club	Male	355	M45-49	41	1:38:39	350
390	2003	1:40:48	Greg Tunmore	Diss & District AC	Male	356	M17-39	229	1:40:33	415
391	1892	1:40:50	David Wright		Male	357	M17-39	230	1:37:24	306
392	2195	1:40:52	James Lillistone		Male	358	M17-39	231	1:39:24	370
393	1357	1:40:52	Ian Richardson		Male	359	M17-39	232	1:39:27	373
394	2881	1:40:54	Andrew Hawes	Reepham Runners	Male	360	M17-39	233	1:39:51	389
395	50	1:40:56	Alexandria Innes	City Of Norwich AC	Female	35	F17-39	24	1:39:55	391
396	1317	1:40:57	David Nockels		Male	361	M17-39	234	1:39:31	377
397	3143	1:41:02	Toby Tait		Male	362	M17-39	235	1:40:17	407
398	1636	1:41:03	Shaun Marrison		Male	363	M17-39	236	1:39:37	383
399	3027	1:41:03	Chaz Sizeland	Norwich Road Runners	Male	364	M17-39	237	1:40:05	398
400	2660	1:41:04	Craig Farr	Reepham Runners	Male	365	M17-39	238	1:39:55	392
401	1859	1:41:05	Chris Read	Norwich Road Runners	Male	366	M17-39	239	1:40:36	417
402	2775	1:41:06	Lucy Campbell	Tri-Anglia Triathlon Club	Female	36	F45-49	7	1:40:42	419
403	2738	1:41:08	Helen Barr		Female	37	F17-39	25	1:40:44	421
404	2155	1:41:09	Colin Hewes	UKnetrunner	Male	367	M60-64	3	1:40:47	427
405	2036	1:41:10	Jonathan Foot	Coltishall Jaguars RC	Male	368	M55-59	13	1:40:47	428
406	2779	1:41:11	Lee Bartlett		Male	369	M17-39	240	1:39:48	388
407	3078	1:41:12	Ed Foster		Male	370	M17-39	241	1:40:03	396
408	1830	1:41:14	Peter Davies		Male	371	M40-44	46	1:40:34	416
409	2929	1:41:15	Stephen Faragher		Male	372	M17-39	242	1:39:22	369
410	1415	1:41:18	Richard Crewe		Male	373	M40-44	47	1:41:09	436
411	2498	1:41:19	Jonathan Tyrrell	Tri-Anglia Triathlon Club	Male	374	M40-44	48	1:39:27	374
412	3034	1:41:19	Bill Partner		Male	375	M40-44	49	1:40:27	413
413	1950	1:41:21	Kevin Raisborough		Male	376	M45-49	42	1:40:07	399
414	1570	1:41:23	Richard Dade		Male	377	M45-49	43	1:40:15	403
415	1364	1:41:23	Sean Hampson	London City Athletics Club	Male	378	M17-39	243	1:39:59	394
416	3145	1:41:24	Richard Stanley		Male	379	M17-39	244	1:40:52	429
417	2597	1:41:26	Vicky Knight	Tiptree Road Runners	Female	38	F17-39	26	1:39:57	393
418	2988	1:41:28	Daren Wacey		Male	380	M40-44	50	1:40:12	402
419	1805	1:41:29	Simon Fenton		Male	381	M17-39	245	1:40:25	412
420	1242	1:41:30	Andrew Spencer		Male	382	M40-44	51	1:40:42	420



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	2849	1:41:31	Clive Purbrook	Newmarket Joggers	Male	383	M55-59	14	1:40:22	410
422	1775	1:41:32	John Morgan	North Norfolk Beach Runners	Male	384	M50-54	28	1:41:02	433
423	54	1:41:33	David Aldis	City Of Norwich AC	Male	385	M60-64	4	1:41:20	443
424	1479	1:41:37	Iain Dawson	Tri-Anglia Triathlon Club	Male	386	M17-39	246	1:41:17	441
425	3072	1:41:44	Philip Cooper	Reepham Runners	Male	387	M50-54	29	1:40:36	418
426	1057	1:41:46	Richard Woodward	Tri-Anglia Triathlon Club	Male	388	M50-54	30	1:41:22	444
427	1693	1:41:46	Scott Shrubsall	Coltishall Jaguars RC	Male	389	M17-39	247	1:40:02	395
428	2859	1:41:47	Sarah Goodwin	Wimbledon Windmilers	Female	39	F17-39	27	1:41:15	440
429	1144	1:41:48	Rob Kay		Male	390	M17-39	248	1:41:25	449
430	1836	1:41:50	James Edgoose		Male	391	M50-54	31	1:41:13	438
431	2217	1:41:51	Robert Blackham		Male	392	M40-44	52	1:41:05	434
432	1126	1:41:54	Ben Player		Male	393	M17-39	249	1:40:45	425
433	1283	1:41:54	James Lake		Male	394	M17-39	250	1:41:12	437
434	1454	1:41:55	Richard Pegg	Steel City Striders RC	Male	395	M55-59	15	1:40:31	414
435	845	1:41:56	Will Layton		Male	396	M17-39	251	1:40:20	408
436	2510	1:41:58	Paul White		Male	397	M55-59	16	1:40:44	422
437	436	1:42:02	Katrina Finch	Tiptree Road Runners	Female	40	F40-44	5	1:41:29	453
438	1127	1:42:04	Kate Murrell	Tri-Anglia Triathlon Club	Female	41	F17-39	28	1:41:07	435
439	2440	1:42:08	Vaughan Morris		Male	398	M50-54	32	1:41:14	439
440	1469	1:42:10	Andrew Shorthose		Male	399	M40-44	53	1:40:58	432
441	445	1:42:10	Simon English	Norwich Road Runners	Male	400	M40-44	54	1:41:41	458
442	2451	1:42:12	Mark Scharff	Tri-Anglia Triathlon Club	Male	401	M50-54	33	1:42:06	471
443	2142	1:42:13	David Mower	Waveney Valley AC	Male	402	M60-64	5	1:42:06	472
444	1422	1:42:18	Neil Larkin	Forest Gate Strollers	Male	403	M50-54	34	1:40:44	423
445	2949	1:42:19	Billy Saunders		Male	404	M17-39	252	1:40:45	426
446	1931	1:42:19	Andrei Bettinson		Male	405	M17-39	253	1:41:47	460
447	1477	1:42:19	Carly Jermy	Norwich Road Runners	Female	42	F17-39	29	1:41:51	464
448	2012	1:42:21	Gerry Archer		Male	406	M17-39	254	1:41:28	451
449	853	1:42:26	Neal Long		Male	407	M40-44	55	1:41:22	445
450	2357	1:42:26	Roger Slee	Tri-Anglia Triathlon Club	Male	408	M45-49	44	1:42:06	473
451	2773	1:42:28	Rakesh Raja	Saint Edmund Pacers	Male	409	M45-49	45	1:41:58	465
452	2640	1:42:29	David Hunter		Male	410	M50-54	35	1:41:32	454
453	2639	1:42:29	Sheila Oxtoby		Female	43	F45-49	8	1:41:32	455
454	1654	1:42:30	Mark Ogden		Male	411	M40-44	56	1:40:55	430
455	1218	1:42:31	Simeon Beasley		Male	412	M40-44	57	1:41:28	452
456	962	1:42:32	Tom Lansdale		Male	413	M17-39	255	1:41:58	466
457	2691	1:42:33	Allison Carter	Tri-Anglia Triathlon Club	Female	44	F40-44	6	1:41:17	442
458	2408	1:42:35	Owain Hall		Male	414	M40-44	58	1:42:23	482
459	2716	1:42:37	Niki Park	Norwich Road Runners	Female	45	F45-49	9	1:41:46	459
460	2424	1:42:40	Rachel Glegg		Female	46	F17-39	30	1:41:26	450
461	1947	1:42:44	Jake Street		Male	415	M17-39	256	1:40:44	424
462	1655	1:42:47	Phil Henry	Bungay Black Dog RC	Male	416	M50-54	36	1:41:59	467
463	2414	1:42:55	Katherine Gwynn		Female	47	F17-39	31	1:42:23	483
464	3067	1:43:02	Paul Pretty		Male	417	M40-44	59	1:41:49	461
465	2908	1:43:03	Clair Foster		Female	48	F17-39	32	1:42:06	474
466	1736	1:43:07	Paul Dunthorne		Male	418	M17-39	257	1:42:25	485
467	1457	1:43:08	Gary Gannon	Norwich Road Runners	Male	419	M45-49	46	1:40:55	431
468	2582	1:43:12	Denise Nuttall		Female	49	F45-49	10	1:42:33	488
469	3165	1:43:14	Roger Osborne		Male	420	M55-59	17	1:42:58	502
470	2249	1:43:15	Joanne Diffey	Lakeside Lincoln RC	Female	50	F40-44	7	1:42:09	476
471	324	1:43:15	Joseph Harper		Male	421	M17-39	258	1:41:49	462
472	1417	1:43:15	Raphael Silver	Wymondham AC	Male	422	M50-54	37	1:42:19	479
473	1999	1:43:18	Pascal Fallas		Male	423	M17-39	259	1:42:13	477
474	3261	1:43:20	Andrew Callen		Male	424	M17-39	260	1:41:22	446
475	1927	1:43:22	Carlene Epps		Female	51	F17-39	33	1:41:24	447
476	1732	1:43:22	Samantha Dearing		Female	52	F17-39	34	1:41:24	448
477	2289	1:43:22	Paul Dockerill	Newmarket Joggers	Male	425	M17-39	261	1:42:25	486
478	81	1:43:23	Nick Gurney	Norwich Road Runners	Male	426	M17-39	262	1:42:24	484
479	1747	1:43:24	Richard Collyer	Tri-Anglia Triathlon Club	Male	427	M45-49	47	1:42:07	475
480	737	1:43:25	Simon Morford		Male	428	M17-39	263	1:42:35	490
481	711	1:43:25	Richard Morford		Male	429	M17-39	264	1:42:36	491
482	914	1:43:28	Shaun H Hurr	Reepham Runners	Male	430	M17-39	265	1:42:19	480
483	920	1:43:29	John Kinnear		Male	431	M17-39	266	1:41:59	468
484	187	1:43:30	Neil McDonald		Male	432	M40-44	60	1:42:50	499
485	1184	1:43:35	Barry Smith	Ryston Runners AC	Male	433	M45-49	48	1:42:31	487
486	2611	1:43:36	Richard Wood		Male	434	M40-44	61	1:43:07	509
487	1273	1:43:38	Mark Austin	Tri-Ing TT	Male	435	M17-39	267	1:42:36	492
488	1258	1:43:39	Ben Frith		Male	436	M17-39	268	1:42:34	489
489	2745	1:43:40	Nathaniel Blackman		Male	437	M17-39	269	1:43:04	506
490	1905	1:43:42	Jonathan McManuns	Norwich Road Runners	Male	438	M40-44	62	1:43:05	507



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	468	1:43:42	Ben Kinsella		Male	439	M17-39	270	1:43:08	510
492	2375	1:43:42	Nathan Mann		Male	440	M17-39	271	1:41:39	457
493	2340	1:43:42	Daniel Shanks		Male	441	M17-39	272	1:41:38	456
494	652	1:43:42	Vhari King		Female	53	F17-39	35	1:43:42	525
495	2071	1:43:46	Rob Lines	Tri-Anglia Triathlon Club	Male	442	M45-49	49	1:43:10	514
496	2042	1:43:50	Matthew George		Male	443	M17-39	273	1:41:59	469
497	2016	1:43:50	Wayne Steel	Waldentri	Male	444	M45-49	50	1:42:43	495
498	2011	1:43:53	Robert Newby	Eynsham Road Runners	Male	445	M17-39	274	1:43:20	520
499	270	1:43:55	Michael Roberts		Male	446	M17-39	275	1:42:51	500
500	2279	1:43:57	Roseannagh Wright		Female	54	F17-39	36	1:43:09	511
501	1678	1:43:58	Andrew Collett	Stowmarket Striders RC	Male	447	M17-39	276	1:42:36	493
502	2519	1:44:00	Douglas Webb		Male	448	M17-39	277	1:43:05	508
503	12	1:44:04	Ian Sturgess	Wymondham AC	Male	449	M55-59	18	1:42:42	494
504	192	1:44:04	Trudi Unwin	Huncote Harriers	Female	55	F17-39	37	1:43:09	512
505	191	1:44:04	Chris Unwin	Huncote Harriers	Male	450	M17-39	278	1:43:32	524
506	1287	1:44:04	Simon Gibson		Male	451	M17-39	279	1:42:45	498
507	1097	1:44:05	Fearon Cassidy		Female	56	F17-39	38	1:43:49	527
508	1369	1:44:07	James Wells		Male	452	M40-44	63	1:42:43	496
509	2048	1:44:10	Joe Gilbert	Godmanchester Running Club	Male	453	M17-39	280	1:43:16	516
510	3063	1:44:16	Tom Askew		Male	454	M17-39	281	1:43:16	517
511	1791	1:44:19	Simon Whitpen		Male	455	M17-39	282	1:42:54	501
512	752	1:44:21	Scott Britton		Male	456	M17-39	283	1:43:22	521
513	3164	1:44:22	Yvonne Osborne		Female	57	F50-54	2	1:44:06	533
514	1656	1:44:23	Richard Huggins		Male	457	M17-39	284	1:43:10	515
515	843	1:44:27	Stuart Canwell		Male	458	M17-39	285	1:41:49	463
516	1505	1:44:29	Glen Reeve	Tiptree Road Runners	Male	459	M55-59	19	1:44:07	535
517	1387	1:44:37	Vida Williams		Female	58	F17-39	39	1:42:05	470
518	2559	1:44:37	Jamie McGurk		Male	460	M17-39	286	1:42:19	481
519	2463	1:44:39	Ali Middleton	Norwich Road Runners	Female	59	F17-39	40	1:42:58	503
520	3211	1:44:41	Anna Buckingham		Female	60	F17-39	41	1:44:03	531
521	2051	1:44:42	John Bone	Great Yarmouth Road Runners	Male	461	M65+	1	1:43:45	526
522	1077	1:44:43	Les Hutchinson		Male	462	M17-39	287	1:44:10	537
523	397	1:44:43	Tony Eves		Male	463	M17-39	288	1:43:03	504
524	2842	1:44:55	Neil Bunnage		Male	464	M45-49	51	1:43:25	523
525	3142	1:44:56	David Faragher		Male	465	M55-59	20	1:43:03	505
526	1634	1:44:58	Graham Worsfold		Male	466	M17-39	289	1:43:24	522
527	528	1:44:59	Nick Richards		Male	467	M17-39	290	1:44:32	553
528	2969	1:45:02	Oliver McCormack		Male	468	M17-39	291	1:44:26	550
529	1440	1:45:02	Gary Pillar	Great Yarmouth Road Runners	Male	469	M45-49	52	1:44:06	534
530	1498	1:45:08	Matt Hunn		Male	470	M40-44	64	1:43:50	528
531	48	1:45:11	James Stock	City Of Norwich AC	Male	471	M17-39	292	1:44:37	556
532	2518	1:45:12	Joanna Harrall		Female	61	F17-39	42	1:44:23	548
533	770	1:45:14	Paul Kemp		Male	472	M17-39	293	1:44:03	532
534	837	1:45:14	John Buckley		Male	473	M65+	2	1:45:06	578
535	2737	1:45:16	Paul Norton	Norfolk Gazelles AC	Male	474	M45-49	53	1:44:35	554
536	2590	1:45:19	Heath Alexander-Bew	Wymondham AC	Male	475	M40-44	65	1:44:23	549
537	1012	1:45:19	Laura Parry		Female	62	F17-39	43	1:44:15	541
538	1310	1:45:20	Adrian Lavery		Male	476	M50-54	38	1:45:09	580
539	2889	1:45:21	Josh Forde		Male	477	M17-39	294	1:44:22	547
540	1019	1:45:22	Terry Hubbard		Male	478	M40-44	66	1:43:09	513
541	587	1:45:23	Matthew Gill		Male	479	M17-39	295	1:43:17	519
542	2395	1:45:25	Jake Melhuish		Male	480	M17-39	296	1:42:43	497
543	2704	1:45:30	Brian Anstie	Brightlingsea Running Club	Male	481	M17-39	297	1:44:30	552
544	743	1:45:32	Richard Petrie		Male	482	M40-44	67	1:44:58	568
545	957	1:45:34	Darren Chaston		Male	483	M17-39	298	1:44:10	538
546	2684	1:45:36	Richard Dye	Bungay Black Dog RC	Male	484	M50-54	39	1:43:55	529
547	2788	1:45:37	Sarah Steele		Female	63	F17-39	44	1:45:18	584
548	991	1:45:37	Georgina Edwards		Female	64	F17-39	45	1:45:18	585
549	963	1:45:37	James Ingham		Male	485	M17-39	299	1:45:19	586
550	1695	1:45:41	Ian Blatchford	Ely Runners	Male	486	M45-49	54	1:44:20	544
551	2541	1:45:43	David Coombes		Male	487	M50-54	40	1:44:47	561
552	2526	1:45:47	Robert McPherson		Male	488	M50-54	41	1:43:16	518
553	2213	1:45:47	James Walsgrove	Tri Harder	Male	489	M17-39	300	1:45:09	581
554	2086	1:45:48	Mark Dixon	Tri-Anglia Triathlon Club	Male	490	M40-44	68	1:45:26	592
555	2768	1:45:53	William Brown		Male	491	M17-39	301	1:45:33	597
556	383	1:45:53	Ian Beggs		Male	492	M45-49	55	1:44:46	560
557	2845	1:45:54	Gary Waite		Male	493	M17-39	302	1:44:56	565
558	2191	1:45:54	Wendy Thompson	Huncote Harriers	Female	65	F40-44	8	1:45:00	570
559	1381	1:45:56	Andrew Henman		Male	494	M17-39	303	1:45:17	583
560	3193	1:45:56	Mark Doughty	Ryston Runners AC	Male	495	M40-44	69	1:45:05	577





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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	3102	1:45:59	Robyn Ollington		Female	66	F50-54	3	1:44:10	539
562	2722	1:46:00	Martyn Dunnett		Male	496	M17-39	304	1:45:58	611
563	2270	1:46:01	Ian Tooley	Great Yarmouth Road Runners	Male	497	M50-54	42	1:44:37	557
564	3105	1:46:01	David Holmes		Male	498	M40-44	70	1:44:26	551
565	1134	1:46:04	Russell Kemp		Male	499	M17-39	305	1:45:06	579
566	2555	1:46:04	D Nasmyth-Miller		Male	500	M45-49	56	1:45:19	587
567	2557	1:46:06	H Nasmyth-Miller		Female	67	F17-39	46	1:45:20	588
568	2661	1:46:07	Giles McCathie		Male	501	M17-39	306	1:45:03	573
569	1023	1:46:07	Louise Rout	Norfolk Harriers RC	Female	68	F17-39	47	1:45:03	574
570	212	1:46:09	Karl Harris		Male	502	M17-39	307	1:44:59	569
571	2967	1:46:10	Richard Collins		Male	503	M17-39	308	1:44:08	536
572	2175	1:46:10	Kevin Wright		Male	504	M17-39	309	1:43:59	530
573	3251	1:46:10	Amdad Hoque-Bhuyain		Male	505	M17-39	310	1:46:10	615
574	772	1:46:11	Stuart Ruddick		Male	506	M17-39	311	1:44:54	563
575	1993	1:46:12	Matthew Reynolds		Male	507	M17-39	312	1:45:20	589
576	2935	1:46:13	Adam Sheward	Tri-Anglia Triathlon Club	Male	508	M17-39	313	1:45:20	590
577	2630	1:46:17	James Mockford		Male	509	M17-39	314	1:44:41	558
578	1611	1:46:19	William Wilson	Norfolk Gazelles AC	Male	510	M17-39	315	1:44:55	564
579	2088	1:46:21	Mike Pleasants		Male	511	M40-44	71	1:45:03	575
580	3266	1:46:21	Lee Seatrs	Brightlingsea Running Club	Male	512	M40-44	72	1:45:00	571
581	3277	1:46:24	Alexander Phillips		Male	513	M17-39	316	1:45:47	604
582	946	1:46:25	Oliver Eastop		Male	514	M45-49	57	1:44:35	555
583	1051	1:46:25	Paul Rayner	Thetford AC	Male	515	M50-54	43	1:45:02	572
584	803	1:46:28	Garry Whiting		Male	516	M45-49	58	1:44:15	542
585	1694	1:46:29	Paul Chapman		Male	517	M55-59	21	1:44:20	545
586	1409	1:46:34	James Chapman	Tri-Anglia Triathlon Club	Male	518	M17-39	317	1:46:15	624
587	248	1:46:36	Colin Voss		Male	519	M40-44	73	1:45:03	576
588	2772	1:46:36	Jen Rudd	Wymondham AC	Female	69	F40-44	9	1:44:51	562
589	2454	1:46:38	Martyn Taylor		Male	520	M50-54	44	1:45:13	582
590	2603	1:46:39	Lee Richardson		Male	521	M17-39	318	1:46:18	629
591	759	1:46:42	Alex Walpole		Male	522	M17-39	319	1:45:41	601
592	1327	1:46:43	Vicky Quanttrill	Great Yarmouth Road Runners	Female	70	F40-44	10	1:45:46	603
593	798	1:46:44	Helen Law		Female	71	F17-39	48	1:45:51	606
594	2877	1:46:45	James Walker		Male	523	M17-39	320	1:45:53	608
595	3016	1:46:46	Ros Blackmore		Female	72	F45-49	11	1:45:35	598
596	2501	1:46:50	Euan Douglas		Male	524	M17-39	321	1:45:23	591
597	3231	1:46:51	Caroline Long		Female	73	F17-39	49	1:45:32	595
598	125	1:46:52	Christopher Spencer		Male	525	M50-54	45	1:45:29	594
599	1275	1:46:53	Alexander Krause		Male	526	M17-39	322	1:44:45	559
600	1924	1:46:54	Peter Adams		Male	527	M17-39	323	1:44:20	546
601	467	1:46:57	Nigel Kinsella	Tri-Anglia Triathlon Club	Male	528	M45-49	59	1:46:24	634
602	1984	1:46:57	Sammy Mulley		Female	74	F17-39	50	1:46:33	641
603	2453	1:46:58	Darren Collison		Male	529	M45-49	60	1:45:35	599
604	1967	1:47:01	Neil May	Tri-Anglia Triathlon Club	Male	530	M40-44	74	1:46:14	622
605	45	1:47:01	Michelle Bull	City Of Norwich AC	Female	75	F40-44	11	1:45:52	607
606	551	1:47:03	Claire Brown		Female	76	F50-54	4	1:45:57	610
607	1862	1:47:06	Stuart Young	Bungay Black Dog RC	Male	531	M45-49	61	1:46:24	635
608	1977	1:47:08	Stuart Washy		Male	532	M17-39	324	1:45:58	612
609	117	1:47:09	Alex Gaunt	Norwich Road Runners	Male	533	M45-49	62	1:46:40	648
610	1459	1:47:11	Tim Bates		Male	534	M17-39	325	1:45:32	596
611	2328	1:47:11	Andy Rowles	Dereham Runners AC	Male	535	M50-54	46	1:44:57	566
612	131	1:47:13	Keith Blake		Male	536	M50-54	47	1:46:48	654
613	1443	1:47:14	Stacey Harper	Norwich Road Runners	Female	77	F17-39	51	1:46:37	644
614	2120	1:47:15	David Eastaugh		Male	537	M50-54	48	1:46:10	616
615	531	1:47:16	Danny Bond	Norwich Road Runners	Male	538	M17-39	326	1:46:39	646
616	1367	1:47:19	Matthew Driver		Male	539	M17-39	327	1:44:12	540
617	394	1:47:19	Brian Wilson	Norwich Road Runners	Male	540	M17-39	328	1:46:12	619
618	1688	1:47:20	Renate Brockes		Female	78	F17-39	52	1:46:32	640
619	2549	1:47:21	Gavin Bones		Male	541	M17-39	329	1:44:17	543
620	2791	1:47:22	Neil Howes		Male	542	M17-39	330	1:46:18	630
621	1528	1:47:22	Leslie Scott	Ryston Runners AC	Male	543	M55-59	22	1:46:16	627
622	2829	1:47:30	Alistair Goodier	Ipswich Jaffa RC	Male	544	M45-49	63	1:46:10	617
623	1488	1:47:31	Georgina Smith		Female	79	F17-39	53	1:46:05	613
624	909	1:47:32	Daniel Smith		Male	545	M17-39	331	1:46:14	623
625	2254	1:47:34	Nicky Savage		Female	80	F17-39	54	1:46:39	647
626	2663	1:47:38	Stuart Peck		Male	546	M17-39	332	1:46:12	620
627	2560	1:47:43	Fiona Searson		Female	81	F40-44	12	1:46:30	639
628	2064	1:47:43	Mike Jolly		Male	547	M45-49	64	1:46:11	618
629	1426	1:47:45	Antony Norris	Coltishall Jaguars RC	Male	548	M40-44	75	1:46:58	659
630	2040	1:47:45	Roger Mason		Male	549	M60-64	6	1:46:59	661



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	729	1:47:47	Lee Wilson		Male	550	M17-39	333	1:46:25	636
632	2815	1:47:47	Mark Norman	Chorlton Runners	Male	551	M17-39	334	1:46:22	633
633	694	1:47:48	Jon Winn		Male	552	M45-49	65	1:46:58	660
634	1389	1:47:52	Antonio Pavez	Norwich Road Runners	Male	553	M17-39	335	1:46:50	656
635	2058	1:47:52	Lisa Jordan		Female	82	F45-49	12	1:46:12	621
636	1752	1:47:53	Vincent Brooker		Male	554	M40-44	76	1:46:37	645
637	2449	1:47:55	Michael Crampton		Male	555	M45-49	66	1:46:20	632
638	1234	1:47:56	Oliver Duval		Male	556	M40-44	77	1:46:34	642
639	1502	1:47:56	Christopher Dent		Male	557	M50-54	49	1:46:42	650
640	2211	1:47:56	Ravi Amaratunga		Male	558	M17-39	336	1:46:51	657
641	1319	1:47:57	Victoria Jeffery		Female	83	F17-39	55	1:46:27	638
642	3228	1:47:58	Martin Taylor		Male	559	M17-39	337	1:47:32	676
643	90	1:47:58	Anthony Reveley		Male	560	M50-54	50	1:46:49	655
644	2891	1:48:03	Den Plaistow		Male	561	M17-39	338	1:46:18	631
645	3066	1:48:05	David Crow		Male	562	M17-39	339	1:46:15	625
646	2137	1:48:06	Matt Benfield		Male	563	M17-39	340	1:46:44	651
647	1352	1:48:09	Kevin Breeze		Male	564	M17-39	341	1:47:11	666
648	1828	1:48:10	Manuel Oliveira		Male	565	M17-39	342	1:47:00	662
649	1139	1:48:12	Brian Titchiner	Dereham Runners AC	Male	566	M50-54	51	1:46:36	643
650	2916	1:48:16	Jason Jeary		Male	567	M40-44	78	1:47:06	663
651	1786	1:48:17	Marcin Burda		Male	568	M17-39	343	1:47:25	673
652	2797	1:48:20	Mark Sellick		Male	569	M45-49	67	1:44:57	567
653	881	1:48:23	Kate Smith		Female	84	F17-39	56	1:45:55	609
654	1671	1:48:25	Tom Anthony		Male	570	M45-49	68	1:47:45	688
655	1670	1:48:25	Sean Hayde		Male	571	M50-54	52	1:47:45	689
656	2870	1:48:27	Leah Healey		Female	85	F17-39	57	1:46:44	652
657	2681	1:48:31	Edward Anderson		Male	572	M40-44	79	1:46:16	628
658	2377	1:48:33	Lewis Swallow		Male	573	M17-39	344	1:45:48	605
659	1712	1:48:36	Amanda Hards		Female	86	F45-49	13	1:47:34	677
660	2618	1:48:36	Leon Edwards		Male	574	M17-39	345	1:46:06	614
661	3176	1:48:37	Rachael Hamblin	Ipswich Jaffa RC	Female	87	F17-39	58	1:47:24	672
662	1069	1:48:38	Gary Fryer	Tri-Anglia Triathlon Club	Male	575	M17-39	346	1:48:11	710
663	2373	1:48:38	Nicholas Cox		Male	576	M45-49	69	1:45:26	593
664	521	1:48:38	Brian Spooner		Male	577	M55-59	23	1:47:13	668
665	3167	1:48:42	Rebecca Langford	Waveney Valley AC	Female	88	F17-39	59	1:48:10	709
666	2667	1:48:44	Ian Bareham	Sudbury Joggers	Male	578	M45-49	70	1:47:34	678
667	2978	1:48:45	John Rutterford		Male	579	M17-39	347	1:47:11	667
668	918	1:48:46	Rob Colman		Male	580	M40-44	80	1:47:55	699
669	2801	1:48:46	Henry Edwards		Male	581	M17-39	348	1:47:14	669
670	1631	1:48:49	Tim Ward		Male	582	M50-54	53	1:47:41	686
671	393	1:48:51	Steven Wilson		Male	583	M50-54	54	1:47:44	687
672	1041	1:48:52	James Lambert	Coltishall Jaguars RC	Male	584	M17-39	349	1:47:40	684
673	2091	1:48:53	Cassie Barker	Wymondham AC	Female	89	F17-39	60	1:47:07	664
674	2457	1:48:56	Andy Verney	Tri-Anglia Triathlon Club	Male	585	M50-54	55	1:48:06	707
675	329	1:48:57	Jessie Day		Female	90	F17-39	61	1:47:08	665
676	1715	1:48:59	Richrd Gilham	Norfolk Gazelles AC	Male	586	M50-54	56	1:47:39	682
677	1757	1:49:00	Simon Nye		Male	587	M55-59	24	1:46:40	649
678	2525	1:49:02	Paul Webb		Male	588	M17-39	350	1:47:46	690
679	1345	1:49:02	Annabel Coy		Female	91	F17-39	62	1:47:25	674
680	1939	1:49:03	Peter Fuller	Tiptree Road Runners	Male	589	M17-39	351	1:47:35	679
681	428	1:49:06	Valerie Rees	Tiptree Road Runners	Female	92	F40-44	13	1:47:37	680
682	1043	1:49:08	Christopher Daniel	Norwich Road Runners	Male	590	M17-39	352	1:47:46	691
683	2602	1:49:09	Mike Hooper		Male	591	M17-39	353	1:47:29	675
684	2709	1:49:10	Melanie Sherman		Female	93	F17-39	63	1:48:30	718
685	3033	1:49:10	Sabine Schaefer		Female	94	F17-39	64	1:47:19	671
686	727	1:49:12	Hannah Erskine		Female	95	F17-39	65	1:48:05	706
687	1746	1:49:12	Kevin Ames		Male	592	M45-49	71	1:45:44	602
688	2953	1:49:12	Craig Hasnip		Male	593	M40-44	81	1:47:18	670
689	3113	1:49:12	Andy Jordan	Tri-Anglia Triathlon Club	Male	594	M45-49	72	1:46:25	637
690	61	1:49:16	Peter Reynolds		Male	595	M17-39	354	1:47:52	696
691	2292	1:49:17	Luke Alderton		Male	596	M17-39	355	1:46:47	653
692	3029	1:49:23	Gary Cooper	Norwich Road Runners	Male	597	M45-49	73	1:48:26	715
693	20	1:49:25	John Carr		Male	598	M55-59	25	1:48:55	733
694	21	1:49:25	Jason Abbott		Male	599	M40-44	82	1:48:55	734
695	1963	1:49:26	Ian Duerden		Male	600	M17-39	356	1:49:15	750
696	2742	1:49:26	Michael Small		Male	601	M17-39	357	1:48:06	708
697	1776	1:49:26	Adrian Carder		Male	602	M55-59	26	1:47:40	685
698	2400	1:49:27	Chris Duffy		Male	603	M17-39	358	1:49:02	738
699	1780	1:49:33	Jack Tappin	Haverhill RC	Male	604	M17-39	359	1:47:56	701
700	370	1:49:36	Malcolm Bailey	Tiptree Road Runners	Male	605	M55-59	27	1:49:14	748



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	2890	1:49:40	Martin Bagnall	Coltishall Jaguars RC	Male	606	M50-54	57	1:47:53	698
702	2258	1:49:41	Nicky Dowson	Norwich Road Runners	Female	96	F45-49	14	1:48:12	711
703	3274	1:49:45	Mark Kennell		Male	607	M40-44	83	1:47:52	697
704	2540	1:49:45	Jonathan Duckett		Male	608	M17-39	360	1:49:05	741
705	1540	1:49:46	Andrew Rochford		Male	609	M17-39	361	1:49:04	740
706	2354	1:49:51	Stewart Pailthorpe		Male	610	M17-39	362	1:49:02	739
707	2228	1:49:53	Gareth Stevens		Male	611	M17-39	363	1:49:34	757
708	2589	1:49:56	Steven Lal		Male	612	M17-39	364	1:49:05	742
709	1326	1:49:57	Rebecca Hall	Coltishall Jaguars RC	Female	97	F17-39	66	1:48:56	736
710	1563	1:50:01	Luke Wheeler		Male	613	M17-39	365	1:48:46	725
711	739	1:50:02	Justin Morfoot		Male	614	M17-39	366	1:45:37	600
712	1095	1:50:06	Alex Ivory		Male	615	M17-39	367	1:47:46	692
713	898	1:50:10	Gregoire De Person		Male	616	M40-44	84	1:49:26	753
714	808	1:50:11	Ellen Laird		Female	98	F17-39	67	1:48:39	721
715	273	1:50:11	Philip Wilton	Tri-Anglia Triathlon Club	Male	617	M45-49	74	1:49:44	759
716	1297	1:50:15	Adam Wright		Male	618	M17-39	368	1:47:57	702
717	1421	1:50:17	Mark Lawson	Great Yarmouth & District AC	Male	619	M40-44	85	1:48:03	703
718	2530	1:50:19	Stuart Clark		Male	620	M17-39	369	1:47:49	694
719	777	1:50:21	Robert Miller	Cholmondeley Flyers	Male	621	M50-54	58	1:48:55	735
720	1580	1:50:21	Mark Waters		Male	622	M17-39	370	1:47:37	681
721	3185	1:50:21	Ian Edwards	Norfolk Gazelles AC	Male	623	M17-39	371	1:49:54	766
722	3254	1:50:22	Daniel Simmons		Male	624	M17-39	372	1:46:53	658
723	2136	1:50:23	Alick Miles	Norwich Road Runners	Male	625	M17-39	373	1:48:04	704
724	3146	1:50:23	Matt Plunkett	Dereham Runners AC	Male	626	M40-44	86	1:50:06	777
725	2955	1:50:24	Iain Catchpool	Ipswich Jaffa RC	Male	627	M45-49	75	1:50:03	773
726	398	1:50:25	Leah Mayes		Female	99	F17-39	68	1:48:19	714
727	1970	1:50:26	Kareana Symonds	Dereham Runners AC	Female	100	F17-39	69	1:50:08	778
728	369	1:50:26	Shaun Button	Bungay Black Dog RC	Male	628	M17-39	374	1:46:15	626
729	385	1:50:27	George Myburgh		Male	629	M40-44	87	1:48:29	717
730	2804	1:50:30	Jonathan Pyatt		Male	630	M17-39	375	1:47:49	695
731	1380	1:50:31	Mark Walpole		Male	631	M45-49	76	1:49:52	763
732	820	1:50:31	Paul Spooner		Male	632	M17-39	376	1:48:44	723
733	1608	1:50:32	Corrado Di Maria		Male	633	M40-44	88	1:49:05	743
734	185	1:50:36	Robert Conway		Male	634	M55-59	28	1:49:23	752
735	771	1:50:36	Louis Witham		Male	635	M17-39	377	1:48:49	727
736	2255	1:50:38	Sean Quarmby	Tri-Anglia Triathlon Club	Male	636	M45-49	77	1:48:52	729
737	3250	1:50:38	Stephen Rush		Male	637	M45-49	78	1:48:53	731
738	2260	1:50:39	Nicholas Richardson		Male	638	M17-39	378	1:48:35	720
739	2818	1:50:39	Paul Warner		Male	639	M17-39	379	1:49:27	755
740	3192	1:50:42	Andrew White	Tri-Anglia Triathlon Club	Male	640	M45-49	79	1:50:04	774
741	976	1:50:43	Benjamin Lucking		Male	641	M17-39	380	1:48:04	705
742	140	1:50:43	Stephen Bradnock		Male	642	M50-54	59	1:49:11	746
743	2444	1:50:45	Luke Adcock		Male	643	M17-39	381	1:49:05	744
744	42	1:50:45	Katie Mack	City Of Norwich AC	Female	101	F17-39	70	1:49:06	745
745	2405	1:50:45	Nicholas Whales		Male	644	M17-39	382	1:48:12	712
746	2810	1:50:48	Gary Mooney		Male	645	M17-39	383	1:49:18	751
747	1874	1:50:51	Darren Cole		Male	646	M40-44	89	1:47:48	693
748	2356	1:50:51	Ashley Yellop		Male	647	M40-44	90	1:48:48	726
749	1082	1:50:52	Alexander Fitzgerald		Male	648	M40-44	91	1:50:21	781
750	3099	1:50:54	Thomas Morley		Male	649	M17-39	384	1:50:08	779
751	1997	1:50:55	Jon Welch		Male	650	M40-44	92	1:48:33	719
752	2087	1:50:55	Oliver Steed		Male	651	M17-39	385	1:49:37	758
753	3191	1:50:56	Alice Paul		Female	102	F17-39	71	1:48:42	722
754	2645	1:50:56	Darren Rowley	Dereham Runners AC	Male	652	M45-49	80	1:48:52	730
755	2210	1:50:59	John Downs		Male	653	M17-39	386	1:47:39	683
756	2065	1:51:00	Joseph Mayne	Waveney Valley AC	Male	654	M45-49	81	1:50:23	784
757	1544	1:51:00	Gavin Maton	Leicester Triathlon Club	Male	655	M45-49	82	1:48:50	728
758	2312	1:51:08	Richard Timm		Male	656	M17-39	387	1:50:49	798
759	14	1:51:10	John Miller	Norwich Road Runners	Male	657	M50-54	60	1:50:39	793
760	3284	1:51:12	Henry Debenham		Male	658	M17-39	388	1:49:14	749
761	958	1:51:14	Graham Wilson		Male	659	M17-39	389	1:49:53	765
762	3172	1:51:18	Jason Hurst		Male	660	M40-44	93	1:48:27	716
763	2067	1:51:18	Mike Lotarius		Male	661	M17-39	390	1:50:43	796
764	1566	1:51:20	Andrew Jones		Male	662	M17-39	391	1:48:45	724
765	3152	1:51:20	Sarah Lister		Female	103	F17-39	72	1:50:36	789
766	1792	1:51:22	Barnaby Rose		Male	663	M17-39	392	1:49:56	770
767	1138	1:51:26	Adam Woodard		Male	664	M17-39	393	1:50:24	785
768	989	1:51:29	Ian Shoobridge		Male	665	M17-39	394	1:49:52	764
769	2657	1:51:29	Christy McAleese		Male	666	M17-39	395	1:49:55	769
770	2748	1:51:30	Phil Gardner		Male	667	M40-44	94	1:48:13	713



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	3237	1:51:41	William Bruch		Male	668	M17-39	396	1:51:03	813
772	779	1:51:41	Matthew Parkhouse		Male	669	M17-39	397	1:49:33	756
773	66	1:51:45	Howard Foale	North Norfolk Beach Runners	Male	670	M50-54	61	1:50:34	787
774	2411	1:51:45	Alberto Villois		Male	671	M17-39	398	1:49:46	760
775	944	1:51:45	Adam Fermor		Male	672	M17-39	399	1:50:35	788
776	964	1:51:47	Richard Morrish		Male	673	M50-54	62	1:51:19	820
777	943	1:51:47	Tom Hill		Male	674	M17-39	400	1:48:53	732
778	85	1:51:48	Toby Craig	Bungay Black Dog RC	Male	675	M40-44	95	1:50:05	775
779	1136	1:51:49	Natasha Rout	Wymondham AC	Female	104	F17-39	73	1:50:52	800
780	2585	1:51:51	Deren Tumkaya		Male	676	M17-39	401	1:48:56	737
781	2900	1:51:51	Richard Bragg		Male	677	M17-39	402	1:47:55	700
782	2081	1:51:53	Jason Snook		Male	678	M45-49	83	1:51:02	811
783	371	1:51:55	Mark Blackburn	Ipswich Jaffa RC	Male	679	M40-44	96	1:50:39	794
784	1289	1:51:55	Grant Randall		Male	680	M45-49	84	1:49:54	767
785	678	1:51:55	Paula Strong	San Domenico RRC	Female	105	F17-39	74	1:51:37	835
786	2275	1:51:55	Pat Thompson		Male	681	M17-39	403	1:51:00	809
787	1474	1:51:56	Tristan Baldry		Male	682	M17-39	404	1:49:13	747
788	1991	1:52:01	Karen Rix	Norfolk Gazelles AC	Female	106	F45-49	15	1:50:38	791
789	2360	1:52:06	Rich Daines		Male	683	M17-39	405	1:51:01	810
790	580	1:52:06	Melanie Widdows		Female	107	F40-44	14	1:50:58	804
791	1213	1:52:09	Adam Haylett		Male	684	M17-39	406	1:49:26	754
792	1855	1:52:09	Miranda Bramall		Female	108	F40-44	15	1:50:37	790
793	1962	1:52:14	Simon Nicholson		Male	685	M45-49	85	1:49:48	762
794	3243	1:52:16	Jonathan Poole		Male	686	M45-49	86	1:50:02	772
795	304	1:52:17	Julia Norman	Ryston Runners AC	Female	109	F17-39	75	1:51:02	812
796	2246	1:52:17	Graham Dixon	Haverhill RC	Male	687	M17-39	407	1:50:16	780
797	2227	1:52:18	Oliver Bliss		Male	688	M17-39	408	1:51:27	824
798	1949	1:52:18	Sonya Cooper		Female	110	F40-44	16	1:51:16	818
799	2932	1:52:22	Rhona Leadbetter		Female	111	F45-49	16	1:50:47	797
800	1404	1:52:26	Ruth Hirons		Female	112	F17-39	76	1:50:57	803
801	1908	1:52:28	Adam Stanford		Male	689	M17-39	409	1:50:58	805
802	3052	1:52:28	Matthew Parke		Male	690	M45-49	87	1:51:04	814
803	1217	1:52:29	Leighann Hunt		Female	113	F17-39	77	1:51:46	839
804	1603	1:52:30	Race Number 1603		Male	691	M17-39	410	1:50:22	782
805	3169	1:52:30	Hannah Wake		Female	114	F17-39	78	1:49:54	768
806	1586	1:52:31	Sarah Mayo		Female	115	F17-39	79	1:52:19	867
807	1587	1:52:32	Nicky Morgan		Female	116	F17-39	80	1:52:20	868
808	2931	1:52:34	Daniel Scheel		Male	692	M17-39	411	1:50:29	786
809	2848	1:52:38	Mark Leon Garrod		Male	693	M50-54	63	1:50:55	802
810	2188	1:52:38	Stuart Field		Male	694	M17-39	412	1:50:05	776
811	2199	1:52:41	Jonathon Callingham		Male	695	M17-39	413	1:51:55	846
812	2972	1:52:43	Thomas Stevens		Male	696	M17-39	414	1:51:10	816
813	1056	1:52:44	Edward Holland		Male	697	M17-39	415	1:50:59	807
814	1802	1:52:44	John Driscoll		Male	698	M65+	3	1:52:33	875
815	1468	1:52:49	Tom English		Male	699	M17-39	416	1:51:07	815
816	2944	1:52:51	Glen Hardman		Male	700	M40-44	97	1:52:08	857
817	1515	1:52:54	Ben Gipson		Male	701	M17-39	417	1:51:22	822
818	1493	1:52:56	Paul Robbins	Norwich Road Runners	Male	702	M40-44	98	1:51:59	848
819	2984	1:52:57	Anthony Wilson		Male	703	M17-39	418	1:52:02	851
820	404	1:52:58	Adam Veale		Male	704	M17-39	419	1:51:34	829
821	2963	1:52:58	Roderick Main	Tri-Anglia Triathlon Club	Male	705	M45-49	88	1:50:59	808
822	2388	1:52:59	Paul Harrod	Waveney Valley AC	Male	706	M50-54	64	1:52:23	872
823	1899	1:53:00	Melvin Hill	Norwich Road Runners	Male	707	M50-54	65	1:52:22	871
824	1581	1:53:00	Bridget Shaw	Bungay Black Dog RC	Female	117	F17-39	81	1:51:17	819
825	668	1:53:01	Abigail Morgan	Tiptree Road Runners	Female	118	F17-39	82	1:51:34	830
826	1434	1:53:09	Patrick Thirkettle		Male	708	M45-49	89	1:50:50	799
827	364	1:53:09	Robert Bartlett		Male	709	M50-54	66	1:50:53	801
828	2157	1:53:14	Paul Taylor		Male	710	M50-54	67	1:52:05	855
829	310	1:53:15	Jason Sparkes		Male	711	M17-39	420	1:52:56	887
830	3210	1:53:16	Daniel Brocklehurst	Wymondham AC	Male	712	M17-39	421	1:51:43	838
831	3252	1:53:18	Russell Bell		Male	713	M40-44	99	1:51:47	842
832	2303	1:53:20	Jackie Bye	Coltishall Jaguars RC	Female	119	F55-59	1	1:51:36	833
833	3053	1:53:21	Mary Gillings		Female	120	F45-49	17	1:49:47	761
834	666	1:53:21	Rob Grace		Male	714	M40-44	100	1:52:58	891
835	2887	1:53:23	Robert Hazelhurst		Male	715	M17-39	422	1:52:04	853
836	1718	1:53:24	Julz Williams	Norwich Road Runners	Female	121	F17-39	83	1:51:46	840
837	357	1:53:24	Fran Heaney		Female	122	F17-39	84	1:51:22	823
838	827	1:53:26	Nick Cooper		Male	716	M50-54	68	1:51:30	825
839	791	1:53:26	Paul Judge		Male	717	M17-39	423	1:51:30	826
840	1857	1:53:28	Matt Sykes		Male	718	M45-49	90	1:51:20	821





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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	965	1:53:29	Neil Harries		Male	719	M50-54	69	1:50:22	783
842	2032	1:53:30	Nicci Manning	Wymondham AC	Female	123	F45-49	18	1:49:56	771
843	2473	1:53:31	Deborah Blackwell		Female	124	F17-39	85	1:51:32	827
844	3125	1:53:33	Robbie Burt	Saint Edmund Pacers	Male	720	M45-49	91	1:52:37	878
845	1103	1:53:34	Daniel Mead	Saint Edmund Pacers	Male	721	M40-44	101	1:52:38	879
846	2151	1:53:34	Emma Parker	Wymondham AC	Female	125	F40-44	17	1:51:40	836
847	3205	1:53:34	John Leney		Male	722	M45-49	92	1:51:36	834
848	36	1:53:36	Grace Bird	City Of Norwich AC	Female	126	F17-39	86	1:53:28	907
849	235	1:53:37	Charlotte Smith	Thetford AC	Female	127	F17-39	87	1:51:46	841
850	2153	1:53:41	Clare Barstow	Framlingham Flyers	Female	128	F17-39	88	1:51:32	828
851	1306	1:53:44	Calum MacRae		Male	723	M40-44	102	1:52:06	856
852	2297	1:53:44	James Woodburn		Male	724	M17-39	424	1:52:16	864
853	1385	1:53:47	Julian Smith		Male	725	M45-49	93	1:52:35	877
854	1782	1:53:47	Steven Mead		Male	726	M17-39	425	1:52:01	850
855	1954	1:53:48	Christopher Stammers		Male	727	M40-44	103	1:53:15	897
856	1793	1:53:49	Tim Leavold		Male	728	M17-39	426	1:52:03	852
857	973	1:53:49	Sarah Forrest		Female	129	F17-39	89	1:52:20	869
858	2436	1:53:50	Stephen Pullinger		Male	729	M50-54	70	1:52:13	861
859	1102	1:53:52	Sam Wright		Male	730	M17-39	427	1:51:34	831
860	2030	1:53:53	Mark Philo	Tri-Anglia Triathlon Club	Male	731	M45-49	94	1:51:59	849
861	496	1:53:56	Nick Day		Male	732	M50-54	71	1:51:47	843
862	78	1:53:59	Alex Smith		Male	733	M17-39	428	1:50:38	792
863	2295	1:54:01	Laurie Whitehair		Male	734	M17-39	429	1:50:39	795
864	2055	1:54:02	Valerie Hawke		Female	130	F17-39	90	1:52:15	863
865	2926	1:54:02	Dianne Bird		Female	131	F50-54	5	1:52:04	854
866	2865	1:54:04	Paul Scibilia	Tri-Anglia Triathlon Club	Male	735	M45-49	95	1:52:09	858
867	1966	1:54:05	Jeff Croke		Male	736	M60-64	7	1:52:12	860
868	1965	1:54:05	Chris Croke		Male	737	M17-39	430	1:52:13	862
869	1814	1:54:06	Maria Alborough		Female	132	F17-39	91	1:50:58	806
870	342	1:54:06	Matthew Keay		Male	738	M17-39	431	1:51:34	832
871	1120	1:54:09	John Wilson	Tri-Anglia Triathlon Club	Male	739	M45-49	96	1:52:17	865
872	3100	1:54:10	Rebecca Done		Female	133	F17-39	92	1:51:48	844
873	2622	1:54:11	Darren Posthill		Male	740	M17-39	432	1:52:58	892
874	3171	1:54:13	Ian Fisher		Male	741	M50-54	72	1:52:57	889
875	2958	1:54:13	Andrea Usher		Female	134	F40-44	18	1:53:50	917
876	3288	1:54:16	Neil Baxter		Male	742	M40-44	104	1:54:06	933
877	984	1:54:16	Callie Sharpin		Female	135	F17-39	93	1:52:27	873
878	1099	1:54:19	Paula Gundry	Tri-Anglia Triathlon Club	Female	136	F45-49	19	1:53:27	906
879	2687	1:54:20	Stuart Brown		Male	743	M17-39	433	1:54:10	935
880	846	1:54:22	Derek Sadler	North Norfolk Beach Runners	Male	744	M60-64	8	1:51:10	817
881	2809	1:54:26	Roisin Reeves		Female	137	F17-39	94	1:52:41	881
882	2808	1:54:27	Scott Reeves		Male	745	M17-39	434	1:52:40	880
883	22	1:54:28	Graham Seaman		Male	746	M45-49	97	1:53:22	904
884	1146	1:54:31	Louise Goodwin		Female	138	F45-49	20	1:54:28	953
885	1412	1:54:32	Duncan Carter	Waveney Valley AC	Male	747	M40-44	105	1:52:48	882
886	1458	1:54:32	Anna Goodley		Female	139	F17-39	95	1:52:11	859
887	1147	1:54:33	Samantha Lidlow		Female	140	F17-39	96	1:54:30	955
888	2838	1:54:34	Joachim Benford		Male	748	M17-39	435	1:54:10	936
889	1519	1:54:37	Hayley Preston		Female	141	F40-44	19	1:53:03	893
890	2382	1:54:41	Frances Wall		Female	142	F17-39	97	1:52:52	885
891	3119	1:54:42	Amanda Jane Thompson		Female	143	F50-54	6	1:54:12	938
892	1034	1:54:43	Gary Melton		Male	749	M17-39	436	1:51:57	847
893	1742	1:54:45	G Canciani		Female	144	F17-39	98	1:54:42	964
894	1090	1:54:49	Chris Hosier		Male	750	M17-39	437	1:52:57	890
895	541	1:54:50	Scott Broughton		Male	751	M17-39	438	1:54:24	950
896	2806	1:54:52	Andy Ives		Male	752	M40-44	106	1:52:27	874
897	1878	1:54:54	Joe McFarlane		Male	753	M17-39	439	1:51:50	845
898	844	1:54:56	David Loveridge		Male	754	M17-39	440	1:52:18	866
899	1163	1:54:58	Michael Barrett	Dereham Runners AC	Male	755	M55-59	29	1:53:15	898
900	1720	1:54:58	Ruth Brace		Female	145	F17-39	99	1:53:21	901
901	2122	1:55:02	Ashley Whitehair		Male	756	M17-39	441	1:51:40	837
902	224	1:55:05	Marianne Buist		Female	146	F17-39	100	1:52:48	883
903	116	1:55:06	Juliette Meek	Ryston Runners AC	Female	147	F17-39	101	1:53:51	919
904	1408	1:55:07	Matthew Hartley		Male	757	M17-39	442	1:52:52	886
905	2839	1:55:08	Sebastian Benford		Male	758	M17-39	443	1:54:43	968
906	1237	1:55:09	Philippa Rudd		Female	148	F50-54	7	1:54:17	943
907	540	1:55:10	Kevin Johnson		Male	759	M40-44	107	1:53:55	922
908	2233	1:55:13	Charlotte Thompson		Female	149	F17-39	102	1:53:56	924
909	978	1:55:16	Tim MacWilliam	Wymondham AC	Male	760	M50-54	73	1:54:54	978
910	2152	1:55:16	Sharon Jaggard		Female	150	F17-39	103	1:53:21	902



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
911	3115	1:55:17	Stephen Huggins		Male	761	M17-39	444	1:54:49	974
912	2265	1:55:20	Martin Godfrey		Male	762	M40-44	108	1:53:34	909
913	275	1:55:21	Louise Cassidy	Great Bentley RC	Female	151	F17-39	104	1:52:33	876
914	563	1:55:24	Colin Fish		Male	763	M50-54	74	1:53:59	927
915	2300	1:55:24	Calum Douglas		Male	764	M17-39	445	1:53:57	926
916	65	1:55:31	James Fowler		Male	765	M17-39	446	1:53:43	913
917	1918	1:55:31	Lewis Spurgin		Male	766	M17-39	447	1:52:49	884
918	2090	1:55:33	Charles Wood	Norwich Road Runners	Male	767	M55-59	30	1:54:03	932
919	2523	1:55:34	Paul Youngman		Male	768	M40-44	109	1:53:05	895
920	1210	1:55:36	Matt Howes	Norwich Road Runners	Male	769	M40-44	110	1:53:41	911
921	3116	1:55:37	Louise Barker		Female	152	F40-44	20	1:53:51	920
922	1523	1:55:38	Robert Paul	Bungay Black Dog RC	Male	770	M60-64	9	1:52:20	870
923	3077	1:55:44	Adam Murphy		Male	771	M17-39	448	1:54:58	981
924	2740	1:55:44	L Parker-Flatt		Female	153	F40-44	21	1:53:19	900
925	184	1:55:47	Damian Conway		Male	772	M55-59	31	1:55:08	986
926	1492	1:55:49	Andy Shreeve		Male	773	M50-54	75	1:53:42	912
927	2117	1:55:51	V Laptikhovsky	Waveney Valley AC	Male	774	M50-54	76	1:53:23	905
928	2666	1:55:52	Thomas Gibson		Male	775	M17-39	449	1:53:33	908
929	3126	1:55:53	Michael Shaw		Male	776	M45-49	98	1:53:03	894
930	133	1:55:53	Catherine Scott		Female	154	F40-44	22	1:53:50	918
931	3207	1:55:53	Chris Sargisson		Male	777	M45-49	99	1:53:54	921
932	472	1:55:54	Darren Tubby		Male	778	M17-39	450	1:53:47	915
933	1208	1:55:59	Jason Winsley		Male	779	M40-44	111	1:54:23	949
934	2412	1:56:04	Louise Green		Female	155	F17-39	105	1:54:33	957
935	1801	1:56:05	Ian Smith	North Norfolk Beach Runners	Male	780	M50-54	77	1:53:21	903
936	3260	1:56:05	Anton Wimmer	Tri-Anglia Triathlon Club	Male	781	M40-44	112	1:55:15	990
937	1121	1:56:08	Chloe O'Hara		Female	156	F17-39	106	1:54:00	929
938	1501	1:56:08	Claire Baker	Great Yarmouth Road Runners	Female	157	F17-39	107	1:54:00	930
939	552	1:56:11	Tim Drew		Male	782	M17-39	451	1:54:14	940
940	2799	1:56:12	Michael Franks		Male	783	M55-59	32	1:54:15	942
941	1158	1:56:12	Jon Holt	Wymondham AC	Male	784	M17-39	452	1:54:02	931
942	3137	1:56:15	Nick Healey		Male	785	M50-54	78	1:53:18	899
943	3156	1:56:16	Dave Hollis	Norwich Road Runners	Male	786	M55-59	33	1:54:39	961
944	1135	1:56:17	Daniel Wallace		Male	787	M17-39	453	1:54:42	965
945	237	1:56:18	Vicci Hills	City Of Norwich AC	Female	158	F17-39	108	1:54:11	937
946	1576	1:56:19	Gavin Douglas		Male	788	M50-54	79	1:54:52	975
947	1233	1:56:20	Owen Barber	Coltishall Jaguars RC	Male	789	M45-49	100	1:54:32	956
948	1781	1:56:20	Steve Nichols		Male	790	M45-49	101	1:55:28	1004
949	2020	1:56:21	Sarah Hickman		Female	159	F17-39	109	1:53:40	910
950	1219	1:56:21	Craig Schranz		Male	791	M17-39	454	1:53:47	916
951	3006	1:56:22	Chris Vernon		Male	792	M17-39	455	1:54:47	972
952	3151	1:56:22	Stephen Hambling		Male	793	M40-44	113	1:55:42	1010
953	2641	1:56:23	Mark Foulkes		Male	794	M40-44	114	1:55:08	987
954	2947	1:56:23	Cedric Bonnier		Male	795	M17-39	456	1:55:23	997
955	824	1:56:25	Tony Castle		Male	796	M17-39	457	1:55:57	1026
956	2867	1:56:26	Jacqueline Pearson	Holme Pierrepont RC	Female	160	F17-39	110	1:53:55	923
957	2676	1:56:26	Ben Green		Male	797	M17-39	458	1:53:12	896
958	1517	1:56:30	Jonathan Stannard		Male	798	M17-39	459	1:54:57	980
959	2979	1:56:34	H Richardson-Gunn		Female	161	F17-39	111	1:56:05	1036
960	861	1:56:35	Anna-Marie Denmark		Female	162	F17-39	112	1:54:29	954
961	1235	1:56:40	Morgan Crane		Male	799	M40-44	115	1:55:07	985
962	2621	1:56:42	Ian Boreham		Male	800	M60-64	10	1:54:48	973
963	789	1:56:43	Ivan Allen	North Norfolk Beach Runners	Male	801	M50-54	80	1:53:59	928
964	2850	1:56:45	Belinda Schofield	Newmarket Joggers	Female	163	F55-59	2	1:54:22	947
965	1149	1:56:46	Scott Evans		Male	802	M17-39	460	1:54:06	934
966	241	1:56:46	Charles McArthur		Male	803	M17-39	461	1:55:32	1008
967	1758	1:56:47	Claudia Stumpf		Female	164	F50-54	8	1:54:27	952
968	2482	1:56:47	Ian Carrell		Male	804	M45-49	102	1:54:45	969
969	760	1:56:49	Polly Potter		Female	165	F17-39	113	1:54:37	958
970	1254	1:56:50	Cassy Blackmur		Female	166	F17-39	114	1:56:50	1071
971	2925	1:56:50	Amii Bird		Female	167	F17-39	115	1:54:52	976
972	2976	1:56:51	Joni Lambert		Female	168	F17-39	116	1:56:15	1046
973	1392	1:56:52	Donna Gray	Norwich Road Runners	Female	169	F40-44	23	1:56:22	1052
974	1419	1:56:52	Tracey Drake		Female	170	F17-39	117	1:56:22	1053
975	3229	1:56:57	Steph Jones		Female	171	F17-39	118	1:55:50	1018
976	1900	1:56:58	Tim Lucking		Male	805	M17-39	462	1:55:09	988
977	1764	1:56:59	Sarah Shipley		Female	172	F17-39	119	1:56:13	1043
978	974	1:56:59	Bethany Van Melsen		Female	173	F17-39	120	1:55:30	1007
979	3280	1:57:03	Siobhan Byrne		Female	174	F17-39	121	1:55:27	1003
980	282	1:57:05	Andrew Rutland		Male	806	M17-39	463	1:56:21	1051



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
981	2579	1:57:05	Jack Northwood		Male	807	M17-39	464	1:54:59	982
982	1161	1:57:05	Aubrey Green		Male	808	M45-49	103	1:55:58	1027
983	1368	1:57:06	Richard Gedge	Norwich Road Runners	Male	809	M17-39	465	1:54:18	944
984	2841	1:57:06	Stuart Kenrick		Male	810	M17-39	466	1:55:58	1028
985	2548	1:57:06	Annie Draper		Female	175	F17-39	122	1:54:12	939
986	1167	1:57:08	Philippa Coles		Female	176	F17-39	123	1:55:19	994
987	2366	1:57:09	Daniel Disney		Male	811	M17-39	467	1:56:23	1054
988	2391	1:57:09	Graham Allchurch		Male	812	M45-49	104	1:52:56	888
989	3287	1:57:13	Elizabeth Nay		Female	177	F17-39	124	1:54:55	979
990	2127	1:57:14	Theresa Dooley		Female	178	F40-44	24	1:55:04	984
991	3270	1:57:15	Iain Patterson		Male	813	M40-44	116	1:54:14	941
992	822	1:57:17	Trevor Reeves		Male	814	M17-39	468	1:56:50	1072
993	1909	1:57:18	C Lewington - Bracey		Female	179	F17-39	125	1:54:42	966
994	2021	1:57:18	Rebecca Clarke	Longdale Striders	Female	180	F40-44	25	1:54:42	967
995	2592	1:57:19	Philip Reeder		Male	815	M17-39	469	1:54:52	977
996	2755	1:57:20	David Baulcombe		Male	816	M60-64	11	1:55:26	1001
997	2643	1:57:21	Chris Garlick		Male	817	M45-49	105	1:56:04	1034
998	1490	1:57:22	Derek Jackson		Male	818	M17-39	470	1:54:40	962
999	2010	1:57:27	Peter Vrabec		Male	819	M17-39	471	1:55:24	998
1000	3024	1:57:27	Adrian Dyde		Male	820	M55-59	34	1:54:41	963
1001	3206	1:57:30	Andy Parish	North Norfolk Beach Runners	Male	821	M45-49	106	1:54:46	971
1002	2337	1:57:31	Reuben Longley		Male	822	M17-39	472	1:54:24	951
1003	1268	1:57:35	Gordon Pennington		Male	823	M40-44	117	1:55:28	1005
1004	2961	1:57:39	Lee Kiddell		Male	824	M17-39	473	1:55:59	1029
1005	1201	1:57:39	Peter Matthews		Male	825	M55-59	35	1:54:20	946
1006	1353	1:57:39	Ed Hime		Male	826	M17-39	474	1:53:56	925
1007	3045	1:57:39	Francesco Elia		Male	827	M45-49	107	1:55:16	991
1008	792	1:57:40	Malcolm Fisher		Male	828	M17-39	475	1:55:26	1002
1009	1204	1:57:42	Charles Canham		Male	829	M17-39	476	1:55:16	992
1010	1452	1:57:43	David Lincoln		Male	830	M17-39	477	1:56:35	1064
1011	2781	1:57:44	Steve Gill		Male	831	M45-49	108	1:53:43	914
1012	2576	1:57:44	Oliver Harnett		Male	832	M50-54	81	1:55:45	1014
1013	1639	1:57:47	Rachel Bell		Female	181	F40-44	26	1:54:22	948
1014	2341	1:57:47	Tim Casey		Male	833	M40-44	118	1:54:38	960
1015	1386	1:57:50	George Core		Male	834	M50-54	82	1:54:45	970
1016	2140	1:57:54	David Goosey	Waveney Valley AC	Male	835	M45-49	109	1:55:28	1006
1017	1388	1:57:54	Nicholas Dawson		Male	836	M55-59	36	1:56:11	1040
1018	2580	1:57:55	Steve Cotton		Male	837	M45-49	110	1:56:51	1076
1019	1395	1:57:57	John Lavelle		Male	838	M45-49	111	1:57:20	1107
1020	724	1:57:57	Neil Burrage		Male	839	M40-44	119	1:55:50	1019
1021	1669	1:58:00	Joni Tellamy		Female	182	F17-39	126	1:56:58	1083
1022	2694	1:58:01	Alex Wells		Male	840	M17-39	478	1:55:24	999
1023	2693	1:58:01	Claire Wells		Female	183	F17-39	127	1:55:24	1000
1024	1668	1:58:01	Chris Leeming		Male	841	M40-44	120	1:57:00	1088
1025	3064	1:58:07	Chris Mullender		Male	842	M40-44	121	1:55:44	1012
1026	778	1:58:07	Terry Barrett		Male	843	M45-49	112	1:57:07	1094
1027	3030	1:58:08	Helen Oghenegweke	Norwich Road Runners	Female	184	F40-44	27	1:56:36	1065
1028	2043	1:58:08	Stephen Vaughan		Male	844	M45-49	113	1:55:18	993
1029	2009	1:58:08	Josh Neale		Male	845	M17-39	479	1:54:18	945
1030	443	1:58:09	Kate Saunders	Saint Edmund Pacers	Female	185	F40-44	28	1:55:59	1030
1031	2004	1:58:10	Andrew Hammond	Norfolk Gazelles AC	Male	846	M55-59	37	1:55:52	1020
1032	1185	1:58:10	Paul Canham		Male	847	M17-39	480	1:55:45	1015
1033	748	1:58:11	Tracy Stevens	Wymondham AC	Female	186	F45-49	21	1:55:44	1013
1034	3111	1:58:11	Catherine Healy		Female	187	F17-39	128	1:55:47	1017
1035	723	1:58:12	Nigel Sheppard	David Lloyd Redway Runners	Male	848	M50-54	83	1:55:46	1016
1036	1590	1:58:12	Dirk James		Male	849	M45-49	114	1:56:10	1039
1037	529	1:58:14	Rachel Miller		Female	188	F40-44	29	1:56:03	1032
1038	1558	1:58:15	Rachel Bradford	Wymondham AC	Female	189	F40-44	30	1:55:42	1011
1039	1902	1:58:22	Kevin Sammy		Male	850	M45-49	115	1:58:18	1164
1040	320	1:58:23	Sophie Major		Female	190	F17-39	129	1:56:30	1059
1041	1437	1:58:24	Andrew Ward		Male	851	M50-54	84	1:56:11	1041
1042	3090	1:58:26	Tarnia Thompson-Roe	Benfleet RC	Female	191	F40-44	31	1:57:39	1124
1043	2522	1:58:26	Neil Henery		Male	852	M50-54	85	1:56:09	1037
1044	2906	1:58:29	John Cross		Male	853	M17-39	481	1:56:17	1047
1045	2138	1:58:29	Adam Smith		Male	854	M17-39	482	1:55:03	983
1046	731	1:58:29	Rob Pearce		Male	855	M17-39	483	1:56:31	1060
1047	1141	1:58:29	Nancy Finesilver		Female	192	F17-39	130	1:57:22	1109
1048	177	1:58:32	John McCauley		Male	856	M17-39	484	1:57:04	1090
1049	1439	1:58:33	Paul Cant	Wollaston Runners	Male	857	M55-59	38	1:57:22	1110
1050	450	1:58:34	Scott Lovett		Male	858	M17-39	485	1:56:24	1056



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	851	1:58:37	Samantha Franklin		Female	193	F17-39	131	1:56:19	1049
1052	1320	1:58:38	Emma Jay		Female	194	F17-39	132	1:56:14	1044
1053	1272	1:58:40	Kevin Westgate		Male	859	M17-39	486	1:57:08	1096
1054	933	1:58:44	Mark Benfield		Male	860	M50-54	86	1:56:29	1058
1055	2330	1:58:47	Peter Walsh		Male	861	M17-39	487	1:56:04	1035
1056	2164	1:58:47	Robert Kitzinger		Male	862	M17-39	488	1:58:04	1148
1057	2163	1:58:47	Stacey Kitzinger		Female	195	F17-39	133	1:58:04	1149
1058	2247	1:58:50	Lucian Dwight		Female	196	F17-39	134	1:56:52	1078
1059	2176	1:58:51	Graham Bloomfield	Tri-Anglia Triathlon Club	Male	863	M17-39	489	1:58:06	1150
1060	1640	1:58:52	Jamie Davey		Male	864	M17-39	490	1:54:37	959
1061	2844	1:58:53	Mark Peach	Great Yarmouth Road Runners	Male	865	M40-44	122	1:56:09	1038
1062	1500	1:58:53	Elaine Stone	Great Yarmouth Road Runners	Female	197	F55-59	3	1:56:45	1068
1063	2196	1:58:53	Andrea Barber		Female	198	F17-39	135	1:56:03	1033
1064	1921	1:58:53	Edward Almond		Male	866	M17-39	491	1:56:11	1042
1065	674	1:58:55	Georgia Barrett	Rugby & Northampton AC	Female	199	F17-39	136	1:56:50	1073
1066	673	1:58:55	Mimi Denmark		Female	200	F17-39	137	1:56:50	1074
1067	2937	1:58:55	Louise Blazey	Norwich Road Runners	Female	201	F17-39	138	1:58:15	1159
1068	3219	1:58:56	Katherine Aves		Female	202	F40-44	32	1:55:22	996
1069	1081	1:58:56	Tara Holmes		Female	203	F40-44	33	1:56:20	1050
1070	234	1:58:58	Colin Parker-Hall		Male	867	M17-39	492	1:55:52	1021
1071	431	1:58:58	Tracy Russell	Tiptree Road Runners	Female	204	F40-44	34	1:57:25	1113
1072	769	1:58:58	Josephine Phillips	Norwich Road Runners	Female	205	F17-39	139	1:56:18	1048
1073	3122	1:58:59	Philip Beck		Male	868	M17-39	493	1:55:32	1009
1074	3157	1:58:59	Stuart Sayer	Norwich Road Runners	Male	869	M55-59	39	1:58:28	1175
1075	1276	1:59:00	Eleanor Saunders		Female	206	F17-39	140	1:56:51	1077
1076	1842	1:59:01	Robert Organ		Male	870	M17-39	494	1:57:04	1091
1077	557	1:59:03	Steve Lewis		Male	871	M40-44	123	1:56:36	1066
1078	3012	1:59:03	Oliver Hubbard		Male	872	M17-39	495	1:56:31	1061
1079	3262	1:59:04	Isabelle Noel		Female	207	F17-39	141	1:56:47	1069
1080	2678	1:59:06	Preston Green		Male	873	M17-39	496	1:55:52	1022
1081	2689	1:59:06	Philip Taylor		Male	874	M17-39	497	1:55:52	1023
1082	2435	1:59:06	Jason Moore		Male	875	M40-44	124	1:55:55	1024
1083	2111	1:59:07	Matt Askins		Male	876	M17-39	498	1:55:56	1025
1084	2112	1:59:07	Stewart Ingram	Tri-Anglia Triathlon Club	Male	877	M60-64	12	1:56:00	1031
1085	1026	1:59:09	Peter Tilbrook		Male	878	M17-39	499	1:57:46	1131
1086	2856	1:59:12	Jeff Thompson		Male	879	M50-54	87	1:57:54	1142
1087	720	1:59:12	James Fuller		Male	880	M17-39	500	1:57:21	1108
1088	2686	1:59:13	Nigel Cutting		Male	881	M40-44	125	1:58:25	1171
1089	276	1:59:16	Pete Fullalove		Male	882	M45-49	116	1:58:45	1187
1090	427	1:59:17	Nicola Day	Wymondham AC	Female	208	F45-49	22	1:58:19	1168
1091	2583	1:59:19	Robin Cussol		Male	883	M17-39	501	1:56:50	1075
1092	2327	1:59:20	Robin Mallett		Male	884	M17-39	502	1:55:12	989
1093	606	1:59:21	Geoffrey Harrison		Male	885	M55-59	40	1:57:02	1089
1094	2828	1:59:22	Bob Rodda		Male	886	M65+	4	1:58:41	1185
1095	1938	1:59:23	Steven Lewis		Male	887	M17-39	503	1:55:21	995
1096	852	1:59:25	Charlotte Etheridge		Female	209	F17-39	142	1:57:07	1095
1097	1677	1:59:25	Hayley Brewis	Saint Edmund Pacers	Female	210	F50-54	9	1:57:46	1132
1098	2803	1:59:27	Gavin Green		Male	888	M17-39	504	1:56:14	1045
1099	1009	1:59:28	Hannah Shorten		Female	211	F17-39	143	1:57:45	1129
1100	1761	1:59:28	Anne-Marie Falgate		Female	212	F17-39	144	1:56:25	1057
1101	1945	1:59:28	Robin Ashe	Bungay Black Dog RC	Male	889	M60-64	13	1:57:35	1121
1102	788	1:59:29	Ian Gardner		Male	890	M55-59	41	1:57:36	1122
1103	941	1:59:29	Rhoda Hincks		Female	213	F17-39	145	1:56:58	1084
1104	1025	1:59:30	John Tilbrook		Male	891	M65+	5	1:58:07	1151
1105	59	1:59:31	Mark Blazey		Male	892	M40-44	126	1:58:45	1188
1106	547	1:59:31	Nathan Wilson		Male	893	M40-44	127	1:57:41	1127
1107	374	1:59:31	Thi Bolam		Female	214	F40-44	35	1:56:31	1062
1108	206	1:59:31	Sam Barwick	Norfolk Gazelles AC	Female	215	F45-49	23	1:57:14	1101
1109	2082	1:59:35	Catherine Garrod		Female	216	F45-49	24	1:58:22	1169
1110	101	1:59:35	Neil Sallis		Male	894	M17-39	505	1:57:14	1102
1111	2387	1:59:39	Stuart Lawn	Bungay Black Dog RC	Male	895	M17-39	506	1:57:47	1134
1112	3160	1:59:39	Jemma Neesham	Bungay Black Dog RC	Female	217	F17-39	146	1:57:43	1128
1113	757	1:59:41	Christopher Wiseman		Male	896	M50-54	88	1:56:59	1086
1114	2101	1:59:43	Diane Swanepoel	Tri-Anglia Triathlon Club	Female	218	F45-49	25	1:56:23	1055
1115	1322	1:59:44	Steve Treavett		Male	897	M40-44	128	1:57:25	1114
1116	2793	1:59:45	Chris Workman		Male	898	M17-39	507	1:58:25	1172
1117	2730	1:59:45	John Ford		Male	899	M60-64	14	1:57:06	1092
1118	2245	1:59:45	Nicola Andrewartha		Female	219	F17-39	147	1:57:06	1093
1119	68	1:59:49	Vicky Abbott		Female	220	F17-39	148	1:58:32	1179
1120	2707	1:59:49	Christine Ashton		Female	221	F17-39	149	1:57:53	1139





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	2125	1:59:49	Deborah English	Norwich Road Runners	Female	222	F17-39	150	1:58:33	1181
1122	2789	1:59:49	John Neville		Male	900	M45-49	117	1:57:13	1099
1123	2302	1:59:50	Stephen Girling		Male	901	M50-54	89	1:56:39	1067
1124	2430	1:59:51	David Hall		Male	902	M17-39	508	1:57:25	1115
1125	2167	1:59:52	Marek Kolczynski		Male	903	M17-39	509	1:56:33	1063
1126	2323	1:59:52	Sian Abbott		Female	223	F17-39	151	1:57:30	1118
1127	2284	1:59:52	Craig Morrison		Male	904	M17-39	510	1:56:59	1087
1128	2406	1:59:53	Beth Loaker		Female	224	F17-39	152	1:57:28	1116
1129	479	1:59:53	Nick Goff		Male	905	M17-39	511	1:59:06	1207
1130	1907	1:59:53	Kevin Greenhouse	Brandon Fern Hoppers	Male	906	M17-39	512	1:58:02	1145
1131	895	1:59:55	Neelam Sultan		Female	225	F17-39	153	1:58:13	1156
1132	1743	1:59:57	Cristina Sara		Female	226	F17-39	154	1:59:54	1242
1133	73	1:59:57	Robert Francis		Male	907	M17-39	513	1:59:15	1215
1134	1188	2:00:02	Jacqueline Lake	Dereham Runners AC	Female	227	F50-54	10	1:59:03	1202
1135	3294	2:00:04	Regester Jon		Male	908	M45-49	118	1:58:47	1190
1136	559	2:00:05	Geoff Ray		Male	909	M45-49	119	1:58:26	1173
1137	2218	2:00:06	Rachel Taylor		Female	228	F17-39	155	1:56:52	1079
1138	2248	2:00:09	Sarah Tutt		Female	229	F40-44	36	1:57:13	1100
1139	1178	2:00:09	Rikki George		Male	910	M17-39	514	1:57:48	1135
1140	2351	2:00:10	Neil Mitchell		Male	911	M40-44	129	1:57:15	1103
1141	2688	2:00:14	David Platten		Male	912	M45-49	120	1:58:15	1160
1142	2418	2:00:15	Iona Rollo		Female	230	F17-39	156	1:57:12	1098
1143	1195	2:00:15	Derin Clark		Female	231	F17-39	157	1:57:45	1130
1144	623	2:00:16	Chris Cole	The Saxons	Male	913	M17-39	515	1:56:54	1080
1145	768	2:00:16	Paul Russell		Male	914	M17-39	516	1:57:19	1105
1146	766	2:00:16	Guy Rushworth		Male	915	M17-39	517	1:57:19	1106
1147	1186	2:00:18	Richard Holland		Male	916	M17-39	518	1:58:13	1157
1148	3093	2:00:18	James Francis	Norwich Road Runners	Male	917	M17-39	519	1:57:46	1133
1149	979	2:00:19	Louise Riches	Waveney Valley AC	Female	232	F17-39	158	1:57:53	1140
1150	1710	2:00:19	Lorraine Arthurton		Female	233	F17-39	159	1:59:20	1218
1151	291	2:00:19	Jason Wilson		Male	918	M40-44	130	1:58:58	1198
1152	842	2:00:19	Lewis Bradshaw		Male	919	M40-44	131	1:58:58	1199
1153	2049	2:00:21	Jess Smiles	Godmanchester Running Club	Female	234	F17-39	160	1:58:10	1153
1154	13	2:00:22	Caroline Tayler	Norwich Road Runners	Female	235	F55-59	4	1:58:14	1158
1155	2594	2:00:24	Jack Enticott		Male	920	M17-39	520	1:57:11	1097
1156	442	2:00:24	Louise Gardiner		Female	236	F40-44	37	1:58:18	1165
1157	438	2:00:24	Tessa Humphrey		Female	237	F17-39	161	1:58:18	1166
1158	1913	2:00:26	Lex Wood		Male	921	M17-39	521	1:57:15	1104
1159	793	2:00:27	Francesca Turner	Great Yarmouth Road Runners	Female	238	F17-39	162	1:57:51	1138
1160	508	2:00:27	Emily Mison		Female	239	F17-39	163	1:58:15	1161
1161	1574	2:00:27	Jodi Barber	Norwich Road Runners	Female	240	F17-39	164	1:59:47	1238
1162	507	2:00:27	Anna Hopes		Female	241	F17-39	165	1:58:15	1162
1163	2741	2:00:29	Louise McGreevy		Female	242	F17-39	166	1:58:47	1191
1164	2816	2:00:30	David Holmes		Male	922	M17-39	522	1:58:28	1176
1165	676	2:00:30	Stephen Roe		Male	923	M45-49	121	1:57:24	1112
1166	3048	2:00:32	Becky Sturgeon	Bungay Black Dog RC	Female	243	F40-44	38	1:58:39	1183
1167	2817	2:00:32	Christopher Mayhew		Male	924	M50-54	90	1:58:30	1177
1168	1537	2:00:33	Victoria Browne		Female	244	F17-39	167	1:59:10	1212
1169	517	2:00:34	Simon Beck		Male	925	M17-39	523	1:58:17	1163
1170	2951	2:00:36	Kevin Hanner		Male	926	M40-44	132	1:57:29	1117
1171	1961	2:00:37	Jon Ellen		Male	927	M17-39	524	1:58:44	1186
1172	2904	2:00:38	Matthew Palmer		Male	928	M40-44	133	1:58:40	1184
1173	2770	2:00:39	John Newell	Wymondham AC	Male	929	M45-49	122	1:59:06	1208
1174	2535	2:00:39	Terry Wright		Male	930	M17-39	525	2:00:08	1249
1175	51	2:00:40	Cathy Pearson	City Of Norwich AC	Female	245	F45-49	26	1:57:49	1137
1176	644	2:00:40	Frank Vickers		Male	931	M55-59	42	1:57:48	1136
1177	2124	2:00:42	Julie Burrows		Female	246	F40-44	39	1:57:39	1125
1178	3224	2:00:43	Jane Trudgill		Female	247	F40-44	40	1:59:08	1210
1179	2924	2:00:43	Matthew White		Male	932	M40-44	134	1:57:40	1126
1180	2546	2:00:44	Luke Carlsson Browne		Male	933	M17-39	526	1:57:56	1143
1181	2024	2:00:44	Jim Adams		Male	934	M45-49	123	1:57:22	1111
1182	3095	2:00:46	Rowena Leary	Norfolk Gazelles AC	Female	248	F17-39	168	1:42:15	478
1183	210	2:00:47	Angela Bell		Female	249	F17-39	169	2:00:36	1269
1184	211	2:00:47	Clive Cartner		Male	935	M17-39	527	2:00:36	1270
1185	781	2:00:48	Paul Douse		Male	936	M45-49	124	1:56:56	1082
1186	3175	2:00:49	Lisa Bond	Ipswich Jaffa RC	Female	250	F40-44	41	1:58:51	1192
1187	2632	2:00:50	Colin Lewis		Male	937	M45-49	125	1:56:54	1081
1188	2130	2:00:51	Louise Panter		Female	251	F40-44	42	1:57:36	1123
1189	1754	2:00:52	Martin Strowger	Dereham Runners AC	Male	938	M45-49	126	1:59:25	1221
1190	3268	2:00:54	Elizabeth Holdaway		Female	252	F17-39	170	1:57:34	1120



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1191	1513	2:00:54	Shane Hall		Male	939	M17-39	528	1:58:31	1178
1192	1853	2:00:55	Matthew English		Male	940	M17-39	529	1:56:48	1070
1193	1995	2:00:55	Michael Fisher		Male	941	M17-39	530	1:59:13	1213
1194	3044	2:00:56	Julie Rickards		Female	253	F40-44	43	1:59:25	1222
1195	1952	2:00:59	Gary Jobber		Male	942	M50-54	91	1:59:32	1227
1196	2085	2:00:59	Keith Moore	Dereham Runners AC	Male	943	M50-54	92	1:59:22	1219
1197	2291	2:01:00	Ines Desanlis		Female	254	F17-39	171	1:59:31	1225
1198	3118	2:01:02	Peter Casson		Male	944	M45-49	127	1:58:58	1200
1199	1164	2:01:05	N Russell-Clarke		Female	255	F17-39	172	1:58:45	1189
1200	1200	2:01:06	Helena Balague		Female	256	F17-39	173	1:58:36	1182
1201	2005	2:01:08	Steven Vaughan		Male	945	M40-44	135	1:56:58	1085
1202	3226	2:01:09	Rachael Middleton	Bushfield Joggers	Female	257	F40-44	44	2:00:11	1251
1203	3011	2:01:09	Claire Trayers		Female	258	F17-39	174	2:00:10	1250
1204	1192	2:01:11	Steve Stringer	Great Yarmouth Road Runners	Male	946	M45-49	128	1:58:27	1174
1205	271	2:01:14	Kirsty Taylor		Female	259	F17-39	175	1:59:05	1205
1206	2376	2:01:15	Daniel Swallow		Male	947	M17-39	531	1:58:32	1180
1207	266	2:01:15	William Robinson		Male	948	M17-39	532	1:57:53	1141
1208	575	2:01:17	Adam Bull		Male	949	M45-49	129	1:59:06	1209
1209	1733	2:01:18	Jonathan Smith		Male	950	M17-39	533	1:59:15	1216
1210	2915	2:01:20	James McSweeney		Male	951	M17-39	534	1:58:01	1144
1211	2701	2:01:21	Barry Woolnough		Male	952	M17-39	535	2:01:11	1304
1212	1202	2:01:23	Robin Evans		Male	953	M17-39	536	1:58:53	1195
1213	1328	2:01:23	George Barnard		Male	954	M17-39	537	1:58:18	1167
1214	2417	2:01:25	Roddy Forster		Male	955	M17-39	538	1:58:51	1193
1215	867	2:01:28	Krzysztof Marciniak		Male	956	M17-39	539	1:59:05	1206
1216	2927	2:01:28	Robert Highe		Male	957	M17-39	540	1:59:29	1224
1217	3253	2:01:30	Richard Reed		Male	958	M50-54	93	1:58:02	1146
1218	815	2:01:32	Steve Whitfield	Dagenham 88 Runners	Male	959	M50-54	94	1:59:04	1203
1219	649	2:01:32	Michael Grand		Male	960	M40-44	136	2:00:20	1259
1220	631	2:01:34	Adam Foster		Male	961	M17-39	541	1:59:47	1239
1221	2715	2:01:34	Thomas Reeves		Male	962	M17-39	542	2:00:51	1285
1222	2617	2:01:35	Gemma Cooke		Female	260	F17-39	176	2:00:51	1286
1223	424	2:01:37	Rajesh Logasundaram		Male	963	M40-44	137	1:59:27	1223
1224	1295	2:01:38	Jose Devega		Male	964	M17-39	543	1:59:08	1211
1225	2269	2:01:42	Cathy Tooley	Great Yarmouth Road Runners	Female	261	F50-54	11	1:59:33	1228
1226	1187	2:01:42	Melanie Bartrum		Female	262	F40-44	45	1:57:31	1119
1227	1890	2:01:49	Ian Girdlestone		Male	965	M40-44	138	2:01:15	1306
1228	2224	2:01:50	Rose Irvine		Female	263	F17-39	177	1:59:18	1217
1229	1004	2:01:51	Liam Howlett		Male	966	M17-39	544	1:58:11	1154
1230	1064	2:01:51	Howlett Tim		Male	967	M50-54	95	1:58:11	1155
1231	2363	2:01:51	Adrian Driver		Male	968	M50-54	96	1:58:52	1194
1232	2836	2:01:53	Joop Tanis		Male	969	M55-59	43	2:00:17	1255
1233	1216	2:01:55	Michael Price		Male	970	M17-39	545	1:58:08	1152
1234	1491	2:01:55	Scott Steward		Male	971	M17-39	546	1:59:36	1231
1235	1379	2:01:55	Lee Ffrench		Male	972	M45-49	130	1:59:22	1220
1236	198	2:01:55	Dave Lamb		Male	973	M40-44	139	2:00:03	1246
1237	2007	2:01:56	Charlotte Harvey		Female	264	F17-39	178	2:00:42	1277
1238	456	2:01:56	Claire Boylan		Female	265	F45-49	27	1:59:04	1204
1239	446	2:01:56	James Slater	Tiptree Road Runners	Male	974	M65+	6	1:59:35	1230
1240	1880	2:01:56	Dominic Atkinson		Male	975	M17-39	547	1:58:24	1170
1241	1813	2:01:57	John Stanton	Tiptree Road Runners	Male	976	M17-39	548	1:59:36	1232
1242	173	2:01:57	Phill Clarke	Tiptree Road Runners	Male	977	M45-49	131	1:59:31	1226
1243	2563	2:02:01	Steve Marshall		Male	978	M17-39	549	1:59:58	1244
1244	3233	2:02:04	Leanne Shanks		Female	266	F17-39	179	2:00:46	1281
1245	1183	2:02:05	Carolyn Reid	Dereham Runners AC	Female	267	F17-39	180	2:00:22	1261
1246	755	2:02:06	Danielle Blackwell		Female	268	F17-39	181	2:00:36	1271
1247	866	2:02:06	Nicole Ward		Female	269	F17-39	182	2:00:38	1274
1248	96	2:02:07	Jessica Ashley		Female	270	F40-44	46	1:59:14	1214
1249	1565	2:02:07	David Hupton		Male	979	M50-54	97	1:58:03	1147
1250	616	2:02:12	Eleanor Hedges		Female	271	F17-39	183	1:59:48	1240
1251	2970	2:02:12	Peter Burwood		Male	980	M17-39	550	1:59:39	1235
1252	1884	2:02:14	Chris Dann		Male	981	M17-39	551	2:00:35	1268
1253	1789	2:02:15	Lisa Kristiansen		Female	272	F17-39	184	2:00:11	1252
1254	1994	2:02:15	Andrew Hicks		Male	982	M50-54	98	2:01:13	1305
1255	2294	2:02:16	Rebecca Stitt		Female	273	F17-39	185	2:01:22	1312
1256	2156	2:02:17	Sue Cross		Female	274	F40-44	47	2:01:22	1313
1257	1162	2:02:18	Sarah Barr-Young		Female	275	F17-39	186	2:01:10	1302
1258	2910	2:02:18	Vlado Kabat		Male	983	M17-39	552	2:00:17	1256
1259	1428	2:02:19	Steve Heybourne		Male	984	M17-39	553	2:01:21	1310
1260	1010	2:02:20	David Ashman		Male	985	M17-39	554	1:59:48	1241



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# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1261	2197	2:02:21	Paul Barber		Male	986	M40-44	140	1:58:55	1196
1262	596	2:02:21	Antony Bailey		Male	987	M17-39	555	1:59:34	1229
1263	2075	2:02:23	Mark Tunneycliff		Male	988	M17-39	556	1:58:57	1197
1264	2749	2:02:29	Cecily Baulcombe		Female	276	F17-39	187	2:00:37	1272
1265	660	2:02:33	Yasmin Dodd		Female	277	F17-39	188	1:59:02	1201
1266	3080	2:02:36	Cassie Cooke		Female	278	F17-39	189	2:00:48	1282
1267	1770	2:02:40	Rob Bailey		Male	989	M45-49	132	1:59:46	1236
1268	3232	2:02:41	Fiona Martin		Female	279	F45-49	28	2:01:42	1330
1269	1455	2:02:42	Joshua Dale		Male	990	M17-39	557	2:02:09	1358
1270	579	2:02:42	Paul Wallace	Stowmarket Striders RC	Male	991	M50-54	99	2:01:31	1324
1271	646	2:02:43	Alistair Walsham		Male	992	M17-39	558	2:02:16	1361
1272	2608	2:02:43	Ben Taylor		Male	993	M40-44	141	2:00:21	1260
1273	977	2:02:43	Matt Whitehouse		Male	994	M17-39	559	2:02:24	1364
1274	1774	2:02:44	Geoffrey Garfoot	Tri-Anglia Triathlon Club	Male	995	M45-49	133	2:00:53	1290
1275	1615	2:02:45	Gill Woodhouse	Dereham Runners AC	Female	280	F65+	1	2:00:49	1283
1276	2996	2:02:50	Daniel Rix		Male	996	M17-39	560	1:59:57	1243
1277	615	2:02:51	Hayley Lee		Female	281	F40-44	48	2:02:09	1359
1278	2858	2:02:57	Richard Howard		Male	997	M17-39	561	2:02:28	1367
1279	1978	2:02:57	Derek Robertson		Male	998	M45-49	134	2:00:34	1267
1280	3218	2:02:59	Timothy Derrett		Male	999	M17-39	562	1:59:37	1233
1281	1232	2:02:59	Kyle Barber		Male	1000	M17-39	563	2:01:09	1301
1282	3215	2:03:01	Sabrina Sibley		Female	282	F17-39	190	2:00:23	1262
1283	1150	2:03:01	Sammy Frost		Female	283	F45-49	29	2:01:06	1299
1284	3221	2:03:05	Matthew Laxton		Male	1001	M17-39	564	2:00:17	1257
1285	1915	2:03:09	C Nickerson-White		Male	1002	M17-39	565	2:02:32	1373
1286	2507	2:03:13	Steve Kirkendall		Male	1003	M50-54	100	1:59:58	1245
1287	2728	2:03:15	Bronwen Sarginson		Female	284	F17-39	191	2:00:51	1287
1288	2121	2:03:16	Matthew Clark		Male	1004	M40-44	142	2:01:31	1325
1289	3256	2:03:16	Liz Thomas		Female	285	F40-44	49	2:00:03	1247
1290	3297	2:03:20	Nicholas Wright		Male	1005	M40-44	143	2:01:42	1331
1291	2586	2:03:22	David Shore		Male	1006	M17-39	566	2:01:21	1311
1292	1494	2:03:25	Edgars Kronbergs		Male	1007	M17-39	567	2:00:06	1248
1293	1738	2:03:26	Kevin Bayes	Great Yarmouth Road Runners	Male	1008	M50-54	101	2:02:58	1390
1294	3107	2:03:28	Peter Wapshott		Male	1009	M65+	7	2:00:58	1293
1295	2488	2:03:29	Louise Radford		Female	286	F40-44	50	2:02:08	1356
1296	1076	2:03:32	Wendy Hughes	Stowmarket Striders RC	Female	287	F50-54	12	1:59:46	1237
1297	2486	2:03:32	Amy Dias		Female	288	F17-39	192	2:01:56	1346
1298	2054	2:03:33	Nikki Wand		Female	289	F17-39	193	2:01:46	1339
1299	1552	2:03:33	Richard Lee		Male	1010	M45-49	135	2:00:26	1263
1300	1996	2:03:34	Caleb Norris		Male	1011	M17-39	568	2:02:46	1381
1301	2636	2:03:34	Melissa Mitchell	Great Yarmouth Road Runners	Female	290	F17-39	194	1:59:38	1234
1302	1285	2:03:36	Kevin Wickham		Male	1012	M50-54	102	2:02:54	1385
1303	1241	2:03:38	Chris Groves		Male	1013	M60-64	15	2:00:18	1258
1304	3106	2:03:38	Victoria Harmer		Female	291	F17-39	195	2:02:07	1353
1305	3259	2:03:39	Adam Sexton		Male	1014	M45-49	136	2:02:26	1365
1306	2477	2:03:39	Andy Bruce		Male	1015	M50-54	103	2:00:12	1253
1307	2237	2:03:44	Taran Best		Male	1016	M17-39	569	2:01:00	1294
1308	721	2:03:45	Tim Sampson		Male	1017	M17-39	570	2:01:25	1317
1309	3042	2:03:46	Naomi Bowditch	Norwich Road Runners	Female	292	F17-39	196	2:02:06	1351
1310	905	2:03:47	Michael Ducker		Male	1018	M17-39	571	2:01:35	1326
1311	408	2:03:47	Maria Sherlock		Female	293	F40-44	51	2:01:29	1320
1312	2419	2:03:48	Innes Rollo		Male	1019	M17-39	572	2:00:45	1280
1313	2863	2:03:51	Scott Ballam		Male	1020	M45-49	137	2:01:25	1318
1314	358	2:03:52	Beverley Rackham		Female	294	F50-54	13	2:00:44	1279
1315	3124	2:03:53	Michala Troung		Female	295	F40-44	52	2:00:51	1288
1316	3123	2:03:53	Donna Birch		Female	296	F45-49	30	2:00:51	1289
1317	1549	2:03:53	Simon Crossley		Male	1021	M45-49	138	2:01:08	1300
1318	1199	2:03:54	Monica Maijio		Female	297	F17-39	197	2:01:24	1316
1319	1808	2:03:54	Nicola Fortescue	Wymondham AC	Female	298	F45-49	31	2:01:43	1332
1320	2349	2:03:56	Kerry Brighouse	Tri-Anglia Triathlon Club	Female	299	F40-44	53	2:02:26	1366
1321	359	2:03:56	Lucy Raven		Female	300	F17-39	198	2:00:49	1284
1322	862	2:03:59	Paul Kerrison		Male	1022	M17-39	573	2:03:06	1396
1323	1159	2:04:00	Lucy Roberts		Female	301	F17-39	199	2:03:37	1431
1324	395	2:04:01	Suzanne Sharman	Norwich Road Runners	Female	302	F17-39	200	2:01:40	1329
1325	1790	2:04:04	Simon Etherington		Male	1023	M17-39	574	2:02:00	1347
1326	603	2:04:05	Rachel Fitzsimmons		Female	303	F17-39	201	2:00:27	1264
1327	1000	2:04:07	Adam Woodmansee		Male	1024	M17-39	575	2:01:17	1307
1328	1559	2:04:08	Graham Dix		Male	1025	M55-59	44	2:01:02	1296
1329	1	2:04:08	Richard Pearson		Male	1026	M60-64	16	2:02:31	1371
1330	2746	2:04:10	Keith Morris	Ryston Runners AC	Male	1027	M55-59	45	2:02:03	1350



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1331	2852	2:04:14	Adam Hunter		Male	1028	M17-39	576	2:01:49	1341
1332	1975	2:04:17	Andrew Cooper		Male	1029	M17-39	577	2:00:37	1273
1333	2250	2:04:19	Edward Hall		Male	1030	M60-64	17	2:00:28	1265
1334	1773	2:04:20	Renata Garfoot	Tri-Anglia Triathlon Club	Female	304	F17-39	202	2:02:29	1369
1335	2162	2:04:21	Dawn Attfield		Female	305	F17-39	203	2:02:21	1363
1336	331	2:04:22	Jon Thaxton		Male	1031	M40-44	144	2:02:19	1362
1337	2795	2:04:23	Peter Prinsley		Male	1032	M55-59	46	2:01:30	1321
1338	1817	2:04:24	Martin Burgess		Male	1033	M40-44	145	2:00:55	1291
1339	740	2:04:24	Flavia Powell		Female	306	F17-39	204	2:02:29	1370
1340	2029	2:04:25	Benjamin Wall		Male	1034	M17-39	578	2:02:01	1348
1341	975	2:04:26	Georgie Edge		Male	1035	M17-39	579	2:01:48	1340
1342	137	2:04:27	Frank Brumby		Male	1036	M40-44	146	2:01:30	1322
1343	1303	2:04:28	Neil Hendrey		Male	1037	M17-39	580	2:01:30	1323
1344	205	2:04:28	Stuart Govey	Bungay Black Dog RC	Male	1038	M40-44	147	2:02:45	1377
1345	1629	2:04:31	Daniel Knott		Male	1039	M17-39	581	2:00:40	1275
1346	2459	2:04:32	Jessica Innes		Female	307	F17-39	205	2:03:11	1404
1347	671	2:04:32	Simon Harrison		Male	1040	M17-39	582	2:00:13	1254
1348	69	2:04:33	Lisa Cooper		Female	308	F17-39	206	2:03:19	1412
1349	2290	2:04:37	James Tortoise	Cambourne Runners ARC	Male	1041	M45-49	139	2:02:28	1368
1350	2352	2:04:43	Jason Marsh		Male	1042	M40-44	148	2:01:43	1333
1351	2202	2:04:43	Emma Vincent		Female	309	F40-44	54	2:01:43	1334
1352	1925	2:04:45	Stephen Mitchell		Male	1043	M60-64	18	2:00:56	1292
1353	2853	2:04:45	James Smith	Tri-Anglia Triathlon Club	Male	1044	M40-44	149	2:00:40	1276
1354	816	2:04:45	John Evans		Male	1045	M17-39	583	2:01:22	1314
1355	2358	2:04:45	Aaron Joyce		Male	1046	M40-44	150	2:01:38	1328
1356	2172	2:04:45	Helen McCall		Female	310	F40-44	55	2:02:01	1349
1357	3101	2:04:46	Fraser Mashiter		Male	1047	M17-39	584	2:02:43	1376
1358	1860	2:04:47	Ken Hurst	Bungay Black Dog RC	Male	1048	M65+	8	2:00:42	1278
1359	3112	2:04:49	Simon Parkinson		Male	1049	M17-39	585	2:03:15	1408
1360	2542	2:04:50	Hui-Imm Clarke		Female	311	F45-49	32	2:03:03	1395
1361	1350	2:04:51	Rebecca Fish		Female	312	F17-39	207	2:02:34	1374
1362	2056	2:04:52	Scott Walker		Male	1050	M17-39	586	2:01:55	1345
1363	1106	2:04:52	Rebecca Horsfall		Female	313	F40-44	56	2:01:10	1303
1364	3031	2:04:54	Amy Komarnicki		Female	314	F17-39	208	2:03:00	1394
1365	2883	2:04:56	Roy Barnes	100 Marathon Club	Male	1051	M55-59	47	2:04:16	1450
1366	790	2:04:58	Lin Goram		Female	315	F17-39	209	2:02:52	1384
1367	972	2:04:59	Janet Symonds	Haverhill RC	Female	316	F17-39	210	2:02:58	1391
1368	990	2:04:59	Hayley Brodrick	Haverhill RC	Female	317	F17-39	211	2:02:58	1392
1369	1769	2:04:59	Nicola Snell		Female	318	F45-49	33	2:01:00	1295
1370	2273	2:04:59	Craig Sisson	Haverhill RC	Male	1052	M17-39	587	2:02:58	1393
1371	411	2:05:01	Hugh Worsnop		Male	1053	M45-49	140	2:00:31	1266
1372	447	2:05:01	Mark Fitch	Norfolk Gazelles AC	Male	1054	M40-44	151	2:01:20	1308
1373	3241	2:05:02	Alison Riches		Female	319	F17-39	212	2:01:20	1309
1374	420	2:05:04	Richard Greenhalf		Male	1055	M17-39	588	2:01:27	1319
1375	1402	2:05:04	Jemma Makepeace		Female	320	F17-39	213	2:02:08	1357
1376	1916	2:05:05	Sara Bloor	The Saxons	Female	321	F45-49	34	2:01:37	1327
1377	2907	2:05:06	Adam Boyle		Male	1056	M17-39	589	2:01:22	1315
1378	262	2:05:07	David Dixon		Male	1057	M17-39	590	2:02:57	1388
1379	1957	2:05:10	Thu-Hang Ong		Female	322	F17-39	214	2:01:44	1337
1380	558	2:05:12	Kirsty Lewis		Female	323	F17-39	215	2:02:45	1378
1381	1346	2:05:16	Paolo De Marco	Tri-Anglia Triathlon Club	Male	1058	M55-59	48	2:01:45	1338
1382	2469	2:05:16	Hans De Vrijer		Male	1059	M50-54	104	2:02:14	1360
1383	2062	2:05:17	Andrew Gillott		Male	1060	M40-44	152	2:01:02	1297
1384	1193	2:05:18	Matt Taylor		Male	1061	M40-44	153	2:01:03	1298
1385	2465	2:05:20	Paul Verney		Male	1062	M17-39	591	2:03:24	1418
1386	643	2:05:20	Andrew English		Male	1063	M50-54	105	2:02:31	1372
1387	2428	2:05:21	Andrea Connochie		Female	324	F45-49	35	2:01:43	1335
1388	2862	2:05:25	Daniel Evans		Male	1064	M17-39	592	2:03:18	1411
1389	2383	2:05:25	Shelley Burton	North Norfolk Beach Runners	Female	325	F40-44	57	2:01:54	1343
1390	441	2:05:26	Anthony Knight	Tiptree Road Runners	Male	1065	M45-49	141	2:02:06	1352
1391	220	2:05:27	Andrea Thompson		Female	326	F45-49	36	2:01:43	1336
1392	2731	2:05:27	Sophie Hemming		Female	327	F17-39	216	2:02:34	1375
1393	3005	2:05:30	Hazel Clover		Female	328	F45-49	37	2:03:26	1419
1394	500	2:05:31	James Botwood		Male	1066	M17-39	593	2:03:34	1428
1395	1349	2:05:36	Naomi Shields		Female	329	F17-39	217	2:02:47	1382
1396	258	2:05:36	Paul Syme		Male	1067	M17-39	594	2:03:26	1420
1397	396	2:05:37	Mark Sharman		Male	1068	M17-39	595	2:03:19	1413
1398	2472	2:05:42	David Hilburn		Male	1069	M55-59	49	2:03:10	1403
1399	2299	2:05:44	Alex Sellers		Male	1070	M40-44	154	2:01:52	1342
1400	636	2:05:46	Tom Bezance		Male	1071	M17-39	596	2:02:56	1387





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1401	1495	2:05:48	Warren Hughes		Male	1072	M17-39	597	2:03:29	1423
1402	1697	2:05:50	Inger Mak-Pearce	Norwich Road Runners	Female	330	F50-54	14	2:03:29	1424
1403	2802	2:05:51	Jed Sumner		Male	1073	M17-39	598	2:04:04	1443
1404	2282	2:05:53	Stuart Anderson		Male	1074	M17-39	599	2:04:15	1449
1405	186	2:05:53	James Conway		Male	1075	M50-54	106	2:03:58	1440
1406	2569	2:05:56	Ken Mathews	Tri-Anglia Triathlon Club	Male	1076	M60-64	19	2:03:07	1399
1407	1281	2:05:57	Babbs Robinson		Female	331	F17-39	218	2:03:22	1416
1408	574	2:05:58	Jack Santy		Male	1077	M17-39	600	2:03:20	1415
1409	2309	2:05:58	Sophie Stinton		Female	332	F17-39	219	2:03:13	1406
1410	2308	2:05:58	Rory Donovan		Male	1078	M17-39	601	2:03:13	1407
1411	341	2:05:59	William Howell		Male	1079	M45-49	142	2:01:54	1344
1412	1429	2:06:00	Helen Beecher		Female	333	F17-39	220	2:03:53	1437
1413	954	2:06:02	Stuart Boddy		Male	1080	M17-39	602	2:04:27	1454
1414	1489	2:06:02	Michael Saul		Male	1081	M17-39	603	2:04:27	1455
1415	1753	2:06:03	Lucy Coleman		Female	334	F17-39	221	2:03:06	1397
1416	813	2:06:03	Sam Matthews		Male	1082	M17-39	604	2:03:32	1426
1417	2946	2:06:04	Ellen Finch-Sieg		Female	335	F40-44	58	2:03:19	1414
1418	682	2:06:05	Joanne Bond	Norwich Road Runners	Female	336	F40-44	59	2:03:51	1435
1419	1483	2:06:06	Emma Goodman		Female	337	F17-39	222	2:02:57	1389
1420	1854	2:06:06	Rosie Sargant		Female	338	F17-39	223	2:03:09	1401
1421	952	2:06:10	Peter Cottrell		Male	1083	M17-39	605	2:02:07	1354
1422	951	2:06:10	Roxanne Smith		Female	339	F17-39	224	2:02:07	1355
1423	2635	2:06:12	Stuart Hatfield		Male	1084	M45-49	143	2:04:19	1451
1424	1049	2:06:15	Nathalie Barrett		Female	340	F17-39	225	2:03:12	1405
1425	625	2:06:16	Chris Angell		Male	1085	M40-44	155	2:02:45	1379
1426	624	2:06:16	Amy Angell		Female	341	F17-39	226	2:02:45	1380
1427	1897	2:06:17	Charlotte Archer		Female	342	F17-39	227	2:04:43	1461
1428	2215	2:06:19	Lisa Smith	Great Yarmouth Road Runners	Female	343	F40-44	60	2:03:06	1398
1429	1383	2:06:22	David Silk	Great Yarmouth Road Runners	Male	1086	M45-49	144	2:03:09	1402
1430	663	2:06:23	Martin Kay		Male	1087	M45-49	145	2:03:29	1425
1431	924	2:06:24	Bob Fossey		Male	1088	M55-59	50	2:02:48	1383
1432	2475	2:06:25	Stacey Duffield		Female	344	F40-44	61	2:03:41	1433
1433	860	2:06:25	Paul Vincent		Male	1089	M55-59	51	2:06:25	1531
1434	2897	2:06:26	Helen Boyd		Female	345	F17-39	228	2:03:08	1400
1435	2713	2:06:28	Dean Gray		Male	1090	M55-59	52	2:03:42	1434
1436	1987	2:06:28	John Cronin		Male	1091	M40-44	156	2:04:10	1448
1437	2035	2:06:29	Dominic Crook		Male	1092	M17-39	606	2:04:04	1444
1438	2719	2:06:30	Cassandra Grimble		Female	346	F17-39	229	2:05:15	1484
1439	1876	2:06:31	Melanie Chaplin		Female	347	F17-39	230	2:04:07	1446
1440	2280	2:06:32	Emily Clare		Female	348	F17-39	231	2:04:03	1442
1441	166	2:06:38	Neil Boyce		Male	1093	M40-44	157	2:04:32	1457
1442	1052	2:06:44	Julia Waterman		Female	349	F17-39	232	2:04:49	1466
1443	269	2:06:47	Matthew Crickmore		Male	1094	M17-39	607	2:05:37	1500
1444	218	2:06:49	Tara Ward		Female	350	F17-39	233	2:03:32	1427
1445	1311	2:06:49	Ryan Middleton	Dereham Runners AC	Male	1095	M17-39	608	2:04:25	1453
1446	1148	2:06:51	Tom Pery		Male	1096	M17-39	609	2:02:54	1386
1447	164	2:06:51	James Alford		Male	1097	M45-49	146	2:05:17	1485
1448	1507	2:06:53	Grahame Winn		Male	1098	M55-59	53	2:05:24	1488
1449	2426	2:06:54	Terri Tipper		Female	351	F17-39	234	2:05:39	1501
1450	1983	2:07:00	Joanne Nightingale		Female	352	F17-39	235	2:04:05	1445
1451	2685	2:07:00	Jake Taylor		Male	1099	M17-39	610	2:04:07	1447
1452	1365	2:07:04	Kevin Bradley	Stowmarket Striders RC	Male	1100	M50-54	107	2:05:05	1475
1453	2345	2:07:07	Jeremy Sinclair		Male	1101	M60-64	20	2:03:53	1438
1454	1123	2:07:08	Keith Reardon	North Norfolk Beach Runners	Male	1102	M55-59	54	2:03:39	1432
1455	46	2:07:08	Cheontell Barnes		Female	353	F17-39	236	2:05:13	1481
1456	1448	2:07:08	Lucy Cox		Female	354	F17-39	237	2:05:13	1482
1457	2266	2:07:11	Adrian Gaskin	Tri-Anglia Triathlon Club	Male	1103	M45-49	147	2:04:58	1469
1458	2624	2:07:15	Katie Seymour		Female	355	F17-39	238	2:03:15	1409
1459	1547	2:07:16	Karen Abigail		Female	356	F17-39	239	2:03:27	1421
1460	415	2:07:16	Kerry Porteous	North Norfolk Beach Runners	Female	357	F40-44	62	2:03:27	1422
1461	1721	2:07:18	Katherine Johnston		Female	358	F17-39	240	2:03:22	1417
1462	2832	2:07:19	Christy-Ann Newman		Female	359	F17-39	241	2:04:51	1467
1463	1522	2:07:22	Tony Hardy	Bungay Black Dog RC	Male	1104	M50-54	108	2:03:36	1430
1464	1214	2:07:28	Andrew Griffiths		Male	1105	M45-49	148	2:03:55	1439
1465	114	2:07:30	Shirley Standley		Female	360	F40-44	63	2:03:51	1436
1466	3275	2:07:33	Beth Sims		Female	361	F17-39	242	2:05:14	1483
1467	3025	2:07:33	Darren Cole		Male	1106	M17-39	611	2:03:16	1410
1468	2807	2:07:35	Martin Spilsted		Male	1107	M40-44	158	2:04:29	1456
1469	938	2:07:37	Kevin Sadler		Male	1108	M50-54	109	2:03:35	1429
1470	3083	2:07:37	Maureen Wright	Ipswich Jaffa RC	Female	362	F65+	2	2:05:58	1516



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1471	197	2:07:38	Melanie Floyd	Thetford AC	Female	363	F40-44	64	2:05:58	1517
1472	401	2:07:41	Stacy Hember	Tiptree Road Runners	Female	364	F45-49	38	2:04:45	1462
1473	2866	2:07:44	Sarah Ellero		Female	365	F17-39	243	2:04:46	1464
1474	884	2:07:45	Elsie Arthurton		Female	366	F17-39	244	2:04:51	1468
1475	980	2:07:46	Simone Warnes		Female	367	F40-44	65	2:05:36	1499
1476	475	2:07:47	Peter Hibbit		Male	1109	M40-44	159	2:05:35	1498
1477	2556	2:07:49	Sarah Nasmyth-Miller		Female	368	F50-54	15	2:06:03	1519
1478	863	2:07:52	Jamie Shanahan		Male	1110	M17-39	612	2:07:01	1550
1479	2468	2:07:55	Christopher Sandall		Male	1111	M17-39	613	2:05:00	1471
1480	2940	2:07:57	Jonathan Beck		Male	1112	M17-39	614	2:05:44	1504
1481	1524	2:07:59	Robert Porter		Male	1113	M40-44	160	2:05:48	1509
1482	3264	2:08:01	Chris Arnell		Male	1114	M17-39	615	2:04:45	1463
1483	780	2:08:04	Nichola Besley		Female	369	F17-39	245	2:05:25	1490
1484	3154	2:08:04	Toby Thouless		Male	1115	M17-39	616	2:05:25	1491
1485	1719	2:08:04	Andrew Heaford		Male	1116	M17-39	617	2:05:25	1492
1486	1484	2:08:08	Sindy Littleproud		Female	370	F40-44	66	2:04:20	1452
1487	3162	2:08:10	David Matthews		Male	1117	M17-39	618	2:05:07	1477
1488	1953	2:08:12	Lucy Jobber		Female	371	F17-39	246	2:07:04	1553
1489	2478	2:08:13	Jessica Bruce		Female	372	F17-39	247	2:04:46	1465
1490	1107	2:08:14	Nick Kyle		Male	1118	M17-39	619	2:06:46	1540
1491	2272	2:08:16	Kay Riley	Thorney Running Club	Female	373	F17-39	248	2:05:57	1513
1492	274	2:08:20	Viv Cassidy	Great Bentley RC	Female	374	F17-39	249	2:05:32	1497
1493	2718	2:08:23	Tanya Betts		Female	375	F40-44	67	2:04:58	1470
1494	1307	2:08:28	Richard Smith		Male	1119	M17-39	620	2:06:09	1524
1495	1550	2:08:31	Andrew Bradley		Male	1120	M40-44	161	2:06:43	1536
1496	2516	2:08:32	Hannah Willcock		Female	376	F17-39	250	2:06:07	1521
1497	2413	2:08:32	Liam Collins		Male	1121	M17-39	621	2:05:19	1486
1498	3222	2:08:33	Ian Fitch		Male	1122	M45-49	149	2:05:23	1487
1499	656	2:08:36	Liz Jones	Norwich Road Runners	Female	377	F17-39	251	2:06:48	1541
1500	1255	2:08:36	Julie Knight		Female	378	F50-54	16	2:04:32	1458
1501	222	2:08:38	Jack Parnell		Male	1123	M17-39	622	2:04:02	1441
1502	1018	2:08:40	Richard Philpott		Male	1124	M17-39	623	2:06:53	1546
1503	1750	2:08:42	Lawrence Naman		Male	1125	M17-39	624	2:07:09	1554
1504	3076	2:08:43	Bob Carter		Male	1126	M50-54	110	2:05:54	1512
1505	2609	2:08:45	Andrew Wade		Male	1127	M45-49	150	2:06:51	1544
1506	1114	2:08:47	Kerry Kemp		Female	379	F40-44	68	2:05:12	1480
1507	735	2:08:49	Rhianwen Smee		Female	380	F17-39	252	2:05:41	1502
1508	594	2:08:52	Kate Wenlock		Female	381	F17-39	253	2:06:02	1518
1509	3249	2:08:53	Tamsyn Cox		Female	382	F17-39	254	2:05:48	1510
1510	1744	2:08:54	Peter Abbey		Male	1128	M55-59	55	2:05:45	1507
1511	1982	2:08:56	Frances Alford		Female	383	F50-54	17	2:05:01	1472
1512	2115	2:08:58	Alison Wray		Female	384	F17-39	255	2:04:36	1459
1513	1701	2:08:59	Carolyn Walker		Female	385	F17-39	256	2:05:26	1493
1514	1293	2:09:00	Christine Frazer		Female	386	F45-49	39	2:05:57	1514
1515	347	2:09:01	Rachel Bradshaw		Female	387	F17-39	257	2:06:05	1520
1516	300	2:09:01	Jason Manning		Male	1129	M17-39	625	2:04:41	1460
1517	1679	2:09:02	Ernie Bradshaw	Eastern Veterans AC	Male	1130	M65+	9	2:06:07	1522
1518	2305	2:09:03	Sine Garviemcinally		Female	388	F55-59	5	2:05:04	1473
1519	3134	2:09:07	John Birchall		Male	1131	M55-59	56	2:06:19	1529
1520	1396	2:09:07	Susan Lavelle		Female	389	F45-49	40	2:08:30	1594
1521	622	2:09:08	Lizette Malherbe		Female	390	F40-44	69	2:05:31	1496
1522	1980	2:09:10	Melissa Aspin		Female	391	F17-39	258	2:06:13	1525
1523	1833	2:09:15	Danielle Whitehurst		Female	392	F17-39	259	2:06:59	1549
1524	2103	2:09:17	Catherine Groom		Female	393	F17-39	260	2:06:38	1533
1525	1189	2:09:20	Mark Cage		Male	1132	M17-39	626	2:05:28	1494
1526	3147	2:09:22	Robin Shanks	Norwich Road Runners	Male	1133	M17-39	627	2:06:50	1543
1527	2966	2:09:22	David Chaytor		Male	1134	M17-39	628	2:05:50	1511
1528	2276	2:09:22	Lisa Nixon		Female	394	F17-39	261	2:05:41	1503
1529	2150	2:09:25	Emma Sammon		Female	395	F17-39	262	2:05:04	1474
1530	3114	2:09:26	Andrew Loveday		Male	1135	M17-39	629	2:06:18	1528
1531	3150	2:09:27	Rory Campbell	Dereham Runners AC	Male	1136	M50-54	111	2:05:45	1508
1532	2824	2:09:27	Bartosz Szymanski		Male	1137	M17-39	630	2:08:08	1578
1533	1571	2:09:28	Matthew Fox		Male	1138	M40-44	162	2:05:06	1476
1534	1870	2:09:30	Simon Scott	Saint Edmund Pacers	Male	1139	M50-54	112	2:05:09	1478
1535	1168	2:09:32	Megan Broughton		Female	396	F17-39	263	2:07:15	1558
1536	708	2:09:32	Nathan Bunting		Male	1140	M17-39	631	2:06:17	1527
1537	1766	2:09:33	Nicholas Jeffreys		Male	1141	M45-49	151	2:05:09	1479
1538	1699	2:09:35	Dawn Collyer	Tri-Anglia Triathlon Club	Female	397	F17-39	264	2:07:26	1562
1539	1985	2:09:37	Edward Young		Male	1142	M17-39	632	2:07:28	1563
1540	1055	2:09:37	S Jimenez Quiroz		Female	398	F17-39	265	2:06:41	1534



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1541	1755	2:09:39	Martin Churcher		Male	1143	M45-49	152	2:06:08	1523
1542	1335	2:09:42	Dan Newman		Male	1144	M17-39	633	2:08:15	1580
1543	1047	2:09:43	Jon Lucas		Male	1145	M17-39	634	2:05:29	1495
1544	1061	2:09:43	Liam Tanner		Male	1146	M17-39	635	2:06:56	1548
1545	2404	2:09:45	Raymond Leung		Male	1147	M17-39	636	2:08:20	1584
1546	3129	2:09:47	Rick Letford		Male	1148	M17-39	637	2:08:59	1609
1547	2840	2:09:48	Peter Stillings		Male	1149	M17-39	638	2:08:29	1591
1548	2697	2:09:49	Katie Chambers		Female	399	F17-39	266	2:08:17	1582
1549	2736	2:09:50	Dominic May		Male	1150	M17-39	639	2:05:44	1505
1550	1748	2:09:51	Laura Bateman		Female	400	F17-39	267	2:05:44	1506
1551	2144	2:09:52	Kate Connelly	Norwich Road Runners	Female	401	F17-39	268	2:07:38	1567
1552	2145	2:09:52	Robert Connelly		Male	1151	M17-39	640	2:07:38	1568
1553	1087	2:09:54	Andrew Wright		Male	1152	M50-54	113	2:05:24	1489
1554	1986	2:09:57	Alice Dring		Female	402	F17-39	269	2:07:13	1556
1555	1165	2:10:04	Gavin Hall	Wymondham AC	Male	1153	M40-44	163	2:06:49	1542
1556	746	2:10:07	Toby Meek		Male	1154	M17-39	641	2:06:22	1530
1557	2895	2:10:07	Fiona O'Hara		Female	403	F40-44	70	2:06:30	1532
1558	1588	2:10:08	Simon Fox		Male	1155	M17-39	642	2:06:44	1537
1559	1425	2:10:08	David Jones		Male	1156	M17-39	643	2:06:45	1539
1560	996	2:10:09	John Dixon		Male	1157	M40-44	164	2:06:52	1545
1561	1068	2:10:13	Kevin Goodings		Male	1158	M45-49	153	2:07:13	1557
1562	929	2:10:18	Tom Wilkins		Male	1159	M17-39	644	2:06:13	1526
1563	1687	2:10:18	Lisa Meecham		Female	404	F45-49	41	2:07:42	1571
1564	1529	2:10:20	Kenneth Renshaw	Dereham Runners AC	Male	1160	M55-59	57	2:05:57	1515
1565	2017	2:10:21	Hayley Knight		Female	405	F17-39	270	2:06:42	1535
1566	1308	2:10:23	Martha Clarke	Wymondham AC	Female	406	F40-44	71	2:08:23	1587
1567	3170	2:10:23	Joanna Dorling		Female	407	F45-49	42	2:07:37	1566
1568	1709	2:10:25	Ian Condron		Male	1161	M17-39	645	2:09:31	1636
1569	1229	2:10:25	Erin Keating		Female	408	F17-39	271	2:07:17	1560
1570	2257	2:10:30	Gerard Kroon		Male	1162	M55-59	58	2:07:19	1561
1571	455	2:10:32	Daniel Zipfel		Male	1163	M17-39	646	2:08:16	1581
1572	1928	2:10:36	Stephen Poundall		Male	1164	M40-44	165	2:09:43	1648
1573	1062	2:10:43	Ed Bell		Male	1165	M17-39	647	2:07:56	1577
1574	2063	2:10:47	Julie Clarke		Female	409	F45-49	43	2:07:52	1573
1575	2072	2:10:47	Kate Nichols		Female	410	F17-39	272	2:07:52	1574
1576	2325	2:10:51	Kevin Suff		Male	1166	M17-39	648	2:09:09	1620
1577	2700	2:10:51	Kevin Carter	Norwich Road Runners	Male	1167	M17-39	649	2:10:42	1683
1578	1713	2:10:52	Mike Duckworth		Male	1168	M17-39	650	2:09:07	1617
1579	2553	2:10:53	Jill Bazire		Female	411	F55-59	6	2:09:08	1618
1580	2554	2:10:53	Rosie Thompson		Female	412	F17-39	273	2:09:09	1621
1581	995	2:10:53	Adam Giverin		Male	1169	M17-39	651	2:07:11	1555
1582	1934	2:10:53	Andrea Osborne	North Norfolk Beach Runners	Female	413	F60-64	1	2:07:38	1569
1583	1240	2:10:55	Iain White		Male	1170	M60-64	21	2:07:36	1565
1584	2813	2:10:56	Joe Evans		Male	1171	M17-39	652	2:09:35	1640
1585	2812	2:10:56	Gina Steggall		Female	414	F17-39	274	2:09:35	1641
1586	497	2:10:57	Stephen Garrard		Male	1172	M17-39	653	2:06:55	1547
1587	1226	2:11:00	Emma Godbold	Wymondham AC	Female	415	F17-39	275	2:06:44	1538
1588	2364	2:11:03	Paul Silburn		Male	1173	M40-44	166	2:08:41	1604
1589	3138	2:11:03	Jerome Walls		Male	1174	M50-54	114	2:09:31	1637
1590	89	2:11:03	Daniel Brock		Male	1175	M17-39	654	2:07:15	1559
1591	3292	2:11:04	Chris Bishop		Male	1176	M40-44	167	2:09:26	1633
1592	18	2:11:04	Nicky Scott		Female	416	F17-39	276	2:09:22	1630
1593	669	2:11:05	Kate Grange		Female	417	F17-39	277	2:10:03	1654
1594	670	2:11:05	Kevin Thubron		Male	1177	M17-39	655	2:10:03	1655
1595	1124	2:11:09	James Oxbury	Tri-Ing TT	Male	1178	M17-39	656	2:07:33	1564
1596	2445	2:11:10	Amanda Goldsmith		Female	418	F40-44	72	2:07:01	1551
1597	2471	2:11:11	Caroline Burgess		Female	419	F17-39	278	2:07:02	1552
1598	1582	2:11:15	R Krishnamoorthy		Male	1179	M17-39	657	2:09:03	1612
1599	653	2:11:15	Vasos Kikis		Male	1180	M55-59	59	2:07:53	1575
1600	1914	2:11:17	Milko Debarliev		Male	1181	M17-39	658	2:09:05	1616
1601	981	2:11:17	Lydia Warnes		Female	420	F17-39	279	2:09:08	1619
1602	3068	2:11:22	Alex Blakemore		Female	421	F17-39	280	2:07:53	1576
1603	1716	2:11:23	Ashley Ocock		Male	1182	M17-39	659	2:09:15	1624
1604	2905	2:11:25	Daniel Rawlings		Male	1183	M17-39	660	2:09:04	1613
1605	2744	2:11:25	Claire Pettitt		Female	422	F40-44	73	2:10:19	1665
1606	2194	2:11:25	Ian Hill		Male	1184	M17-39	661	2:09:04	1614
1607	256	2:11:27	Jacob Marshall		Male	1185	M17-39	662	2:08:42	1606
1608	2102	2:11:29	Loretta Thurston	Bungay Black Dog RC	Female	423	F17-39	281	2:08:36	1602
1609	3056	2:11:30	Richard Martin		Male	1186	M17-39	663	2:10:52	1695
1610	819	2:11:31	Leon Smith		Male	1187	M17-39	664	2:09:42	1645



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1611	821	2:11:31	Linda Lord		Female	424	F17-39	282	2:09:42	1646
1612	923	2:11:36	Danette Dolan		Female	425	F17-39	283	2:10:40	1681
1613	3246	2:11:36	David Galvez		Male	1188	M17-39	665	2:09:13	1623
1614	522	2:11:37	Chris Pritchard		Male	1189	M17-39	666	2:09:25	1632
1615	2670	2:11:42	Lucy Hazleton	Norfolk Gazelles AC	Female	426	F17-39	284	2:08:32	1596
1616	1040	2:11:43	Nicola John		Female	427	F17-39	285	2:09:33	1639
1617	2221	2:11:43	Larissa Smith	Bungay Black Dog RC	Female	428	F17-39	286	2:08:51	1607
1618	2238	2:11:44	Daniel Frappell		Male	1190	M17-39	667	2:09:19	1625
1619	505	2:11:46	Zoe Leverett		Female	429	F17-39	287	2:09:20	1627
1620	524	2:11:46	Leannnda Powles		Female	430	F17-39	288	2:09:20	1628
1621	572	2:11:48	Katrina Bavin		Female	431	F17-39	289	2:08:12	1579
1622	1882	2:11:48	Ian Green		Male	1191	M17-39	668	2:09:28	1635
1623	2235	2:11:49	Jaimee Barker		Female	432	F17-39	290	2:11:02	1698
1624	1976	2:11:50	Mike Jones	Wymondham AC	Male	1192	M50-54	115	2:08:29	1592
1625	2398	2:11:51	Nadine Skinner	Desford Striders	Female	433	F40-44	74	2:07:46	1572
1626	1660	2:11:52	Graham Fullam		Male	1193	M17-39	669	2:08:33	1599
1627	3235	2:11:52	Milka Budnik-Zawiska		Female	434	F17-39	291	2:10:03	1656
1628	1129	2:11:52	Lindsay Andrew		Female	435	F45-49	44	2:08:21	1585
1629	3239	2:11:55	Emma Hillman		Female	436	F40-44	75	2:10:20	1668
1630	259	2:11:55	Carl Williams		Male	1194	M17-39	670	2:09:45	1650
1631	1264	2:11:59	David Sowry		Male	1195	M17-39	671	2:08:32	1597
1632	340	2:12:02	Alan Welton		Male	1196	M17-39	672	2:08:33	1600
1633	2606	2:12:02	Josephine Burke		Female	437	F17-39	292	2:10:47	1688
1634	738	2:12:04	Fleur Scott		Female	438	F17-39	293	2:07:39	1570
1635	1221	2:12:06	Kristaps Mazurs		Male	1197	M17-39	673	2:10:40	1682
1636	2129	2:12:07	A Ragosa-Buckley	Tri-Anglia Triathlon Club	Female	439	F17-39	294	2:10:35	1678
1637	747	2:12:12	Binks Neate-Evans	Reepham Runners	Female	440	F45-49	45	2:09:23	1631
1638	2274	2:12:13	Shelley Yeaman		Female	441	F40-44	76	2:08:28	1589
1639	2059	2:12:13	Abigail Wright		Female	442	F17-39	295	2:08:28	1590
1640	619	2:12:17	Jonathan Thetford		Male	1198	M40-44	168	2:09:12	1622
1641	1992	2:12:18	Lucy Hardiment		Female	443	F17-39	296	2:09:02	1610
1642	993	2:12:18	Sarah Beckett		Female	444	F40-44	77	2:08:35	1601
1643	1898	2:12:20	Ray Watson	Norwich Road Runners	Male	1199	M17-39	674	2:11:43	1718
1644	2680	2:12:21	Angela Hamilton	North Norfolk Beach Runners	Female	445	F45-49	46	2:08:22	1586
1645	3109	2:12:23	Lucy Woodburn	Tri-Anglia Triathlon Club	Female	446	F45-49	47	2:08:27	1588
1646	1460	2:12:25	Lucy Bates		Female	447	F17-39	297	2:08:40	1603
1647	439	2:12:30	Wendy Smalley	Tiptree Road Runners	Female	448	F50-54	18	2:09:32	1638
1648	915	2:12:30	Ghretta Cooper		Female	449	F45-49	48	2:08:32	1598
1649	2705	2:12:37	Terence Moore		Male	1200	M50-54	116	2:10:56	1697
1650	1567	2:12:39	Zoe Gould	Tiptree Road Runners	Female	450	F45-49	49	2:08:18	1583
1651	611	2:12:40	Clair Robinson		Female	451	F17-39	298	2:10:12	1663
1652	29	2:12:43	Mark Dekker		Male	1201	M40-44	169	2:08:54	1608
1653	2420	2:12:44	Tracey Marsh	Tri-Anglia Triathlon Club	Female	452	F40-44	78	2:10:23	1671
1654	2796	2:12:44	Freya Block		Female	453	F17-39	299	2:09:19	1626
1655	2421	2:12:44	Catherine Fuller		Female	454	F40-44	79	2:10:23	1672
1656	1256	2:12:45	Justine Starkey		Female	455	F40-44	80	2:08:41	1605
1657	283	2:12:50	Alison Buck		Female	456	F17-39	300	2:10:03	1657
1658	1883	2:12:51	Oliver Frere-Smith		Male	1202	M17-39	675	2:10:10	1660
1659	2018	2:12:51	Jessica Frere-Smith		Female	457	F17-39	301	2:10:10	1661
1660	3023	2:12:53	Rebecca Perry		Female	458	F17-39	302	2:10:07	1659
1661	1331	2:12:54	Jenna Jones		Female	459	F17-39	303	2:10:02	1653
1662	1130	2:12:55	Patricia Hagan		Female	460	F50-54	19	2:09:26	1634
1663	2892	2:12:59	Jenny Martin		Female	461	F17-39	304	2:10:53	1696
1664	3225	2:13:03	Matthew Peek		Male	1203	M45-49	154	2:10:05	1658
1665	2331	2:13:05	Katie Whitmore		Female	462	F40-44	81	2:09:21	1629
1666	2208	2:13:11	Stas Laker		Male	1204	M17-39	676	2:09:49	1652
1667	1888	2:13:13	Michaela Bailey	The Saxons	Female	463	F45-49	50	2:09:39	1643
1668	2959	2:13:14	Naomi Pearson		Female	464	F17-39	305	2:09:02	1611
1669	2962	2:13:15	Angela O'Sullivan		Female	465	F40-44	82	2:09:04	1615
1670	2229	2:13:20	Eddie Balls		Male	1205	M65+	10	2:09:39	1644
1671	1711	2:13:22	Sean Renahan	The Stragglers RC	Male	1206	M45-49	155	2:08:30	1595
1672	27	2:13:22	Kevin Miles		Male	1207	M40-44	170	2:08:29	1593
1673	1850	2:13:23	Charlotte Swann	Wymondham AC	Female	466	F17-39	306	2:10:19	1666
1674	419	2:13:24	Hayley Upson		Female	467	F17-39	307	2:09:48	1651
1675	927	2:13:26	Rebecca Riddoch	Wymondham AC	Female	468	F17-39	308	2:10:21	1669
1676	919	2:13:27	Stefan Baber	Tri-Anglia Triathlon Club	Male	1208	M40-44	171	2:11:31	1713
1677	2619	2:13:27	Jo Adams		Female	469	F17-39	309	2:10:50	1693
1678	432	2:13:27	Gemma Schelvis	Tiptree Road Runners	Female	470	F17-39	310	2:10:31	1674
1679	389	2:13:27	Kim Broughton	Tiptree Road Runners	Female	471	F40-44	83	2:10:32	1675
1680	857	2:13:28	Louise Grinsdale	Norwich Road Runners	Female	472	F40-44	84	2:12:06	1728





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1681	2786	2:13:28	Gracie Sutton		Female	473	F17-39	311	2:11:35	1715
1682	1170	2:13:31	Caroline Moore		Female	474	F17-39	312	2:09:43	1649
1683	181	2:13:35	Joanne Dickman	Tiptree Road Runners	Female	475	F40-44	85	2:10:38	1680
1684	1727	2:13:37	Steve Dennis		Male	1209	M17-39	677	2:10:21	1670
1685	1316	2:13:37	Andrew Vout		Male	1210	M17-39	678	2:10:26	1673
1686	1680	2:13:40	Cindy Burgess	Wymondham AC	Female	476	F65+	3	2:10:11	1662
1687	253	2:13:40	Stacey Stiefel		Female	477	F40-44	86	2:12:45	1746
1688	2644	2:13:41	Lisa Rodger	Wymondham AC	Female	478	F45-49	51	2:10:14	1664
1689	1482	2:13:45	Philippa Heywood		Female	479	F17-39	313	2:10:42	1684
1690	399	2:13:47	Tanya Holloway	Bungay Black Dog RC	Female	480	F17-39	314	2:09:35	1642
1691	960	2:13:51	Joseph Nash		Male	1211	M17-39	679	2:11:22	1708
1692	3265	2:13:53	Rachel Presnail		Female	481	F17-39	315	2:10:50	1694
1693	1635	2:13:54	Amy Godbold		Female	482	F17-39	316	2:09:42	1647
1694	1431	2:13:54	Gerald Franklin		Male	1212	M60-64	22	2:10:35	1679
1695	2983	2:13:55	Linda Hart		Female	483	F45-49	52	2:10:34	1677
1696	2631	2:13:55	Daniel Croft		Male	1213	M17-39	680	2:10:44	1685
1697	1420	2:14:10	Nick Sheppard		Male	1214	M17-39	681	2:10:48	1689
1698	1731	2:14:11	Bruce Oliphant		Male	1215	M17-39	682	2:12:23	1735
1699	26	2:14:11	Michael Cully		Male	1216	M55-59	60	2:12:23	1736
1700	277	2:14:13	Cara Ellis		Female	484	F40-44	87	2:11:45	1719
1701	281	2:14:13	She Hodgson		Female	485	F45-49	53	2:11:45	1720
1702	568	2:14:18	Emma-Jane Cowley	Bungay Black Dog RC	Female	486	F17-39	317	2:10:19	1667
1703	956	2:14:21	Shaun Allen		Male	1217	M40-44	172	2:12:21	1733
1704	542	2:14:23	Tom Newstead		Male	1218	M17-39	683	2:11:04	1701
1705	1198	2:14:23	Colin Withers		Male	1219	M45-49	156	2:11:04	1702
1706	3121	2:14:24	Darren Adams		Male	1220	M45-49	157	2:12:04	1727
1707	1253	2:14:27	Jemma Barker		Female	487	F17-39	318	2:11:28	1711
1708	34	2:14:27	Tom Docherty		Male	1221	M17-39	684	2:11:39	1716
1709	2922	2:14:27	nigel Barnes		Male	1222	M45-49	158	2:10:48	1690
1710	1867	2:14:28	Michella Tucknott		Female	488	F17-39	319	2:11:02	1699
1711	1865	2:14:28	David Andrews		Male	1223	M17-39	685	2:11:03	1700
1712	3173	2:14:29	Alison Beech	Ipswich Jaffa RC	Female	489	F55-59	7	2:10:32	1676
1713	315	2:14:30	Darren Norton		Male	1224	M45-49	159	2:10:49	1692
1714	3163	2:14:31	Lindsay Matthews		Female	490	F40-44	88	2:11:28	1712
1715	691	2:14:33	Roger Eglen		Male	1225	M65+	11	2:13:51	1782
1716	930	2:14:37	Matt Atkinson		Male	1226	M17-39	686	2:11:24	1709
1717	2521	2:14:50	Mark Prentice		Male	1227	M40-44	173	2:11:06	1703
1718	1497	2:14:54	C Griffin-Sparrow		Male	1228	M40-44	174	2:10:46	1687
1719	1496	2:14:54	Marek Laskowski		Male	1229	M40-44	175	2:10:45	1686
1720	647	2:14:55	Charlie Stebbings		Female	491	F17-39	320	2:12:17	1731
1721	3257	2:14:55	David Stebbings		Male	1230	M50-54	117	2:12:18	1732
1722	3132	2:14:58	Iain Milroy		Male	1231	M40-44	176	2:11:59	1726
1723	3120	2:14:59	Lisa Adams		Female	492	F40-44	89	2:12:39	1742
1724	2658	2:15:01	Sean Cole		Male	1232	M17-39	687	2:12:10	1729
1725	1832	2:15:03	Joanne Segasby		Female	493	F40-44	90	2:11:16	1705
1726	490	2:15:03	Teresa Segasby		Female	494	F40-44	91	2:11:16	1706
1727	894	2:15:03	Duncan Frazer		Male	1233	M45-49	160	2:11:19	1707
1728	317	2:15:04	Gary Chandler		Male	1234	M45-49	161	2:12:47	1747
1729	318	2:15:04	Charmaine Chandler		Female	495	F17-39	321	2:12:48	1749
1730	2431	2:15:06	Gemma Lockwood		Female	496	F17-39	322	2:11:25	1710
1731	2588	2:15:07	Elsbeth Green		Female	497	F17-39	323	2:12:47	1748
1732	1674	2:15:17	Amy Brewster		Female	498	F17-39	324	2:11:54	1724
1733	2834	2:15:19	Wayne Linge		Male	1235	M17-39	688	2:10:48	1691
1734	2187	2:15:19	Rachael Underwood		Female	499	F17-39	325	2:11:49	1722
1735	2496	2:15:19	Ceri Thomas		Female	500	F17-39	326	2:11:49	1723
1736	899	2:15:19	Lewis Blackburn		Male	1236	M17-39	689	2:13:22	1765
1737	913	2:15:19	Jason Povey		Male	1237	M45-49	162	2:13:22	1766
1738	561	2:15:22	Stuart Plane		Male	1238	M17-39	690	2:11:40	1717
1739	2346	2:15:24	Anne Sinclair		Female	501	F55-59	8	2:12:16	1730
1740	999	2:15:25	Rowley Kurtz		Male	1239	M55-59	61	2:11:33	1714
1741	633	2:15:25	Colin Hynson		Male	1240	M50-54	118	2:12:32	1741
1742	2094	2:15:27	Sarann Dye		Female	502	F17-39	327	2:12:28	1737
1743	3204	2:15:29	Mark Wilcock		Male	1241	M17-39	691	2:12:22	1734
1744	504	2:15:29	Catherine Baldwin		Female	503	F40-44	92	2:12:29	1738
1745	921	2:15:29	Caroline Grint		Female	504	F40-44	93	2:11:58	1725
1746	1646	2:15:31	Julie Henson		Female	505	F17-39	328	2:11:47	1721
1747	1827	2:15:41	Rachel Hunt		Female	506	F17-39	329	2:14:55	1808
1748	1777	2:15:45	Emma Beard		Female	507	F17-39	330	2:12:39	1743
1749	1577	2:15:49	Matthew Freezer	Dereham Runners AC	Male	1242	M17-39	692	2:13:25	1767
1750	560	2:15:51	Steve Love		Male	1243	M50-54	119	2:11:13	1704



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1751	1785	2:15:54	Samantha Dickens		Female	508	F45-49	54	2:15:54	1833
1752	818	2:15:56	Charly Draper		Female	509	F17-39	331	2:12:43	1745
1753	2093	2:16:06	Peter Durham		Male	1244	M45-49	163	2:13:36	1775
1754	3203	2:16:07	Karen Moss		Female	510	F45-49	55	2:14:15	1790
1755	3202	2:16:07	John Royce		Male	1245	M55-59	62	2:14:15	1791
1756	2089	2:16:13	Timothy Nursey		Male	1246	M65+	12	2:14:34	1799
1757	159	2:16:16	Marlon Copping		Male	1247	M40-44	177	2:13:57	1785
1758	115	2:16:19	Stacey Marriott		Female	511	F17-39	332	2:12:42	1744
1759	2539	2:16:20	Daniel Cruddace		Male	1248	M17-39	693	2:12:52	1750
1760	2538	2:16:20	Tracey Skovronek		Female	512	F17-39	333	2:12:52	1751
1761	2886	2:16:30	Carrie Barber		Female	513	F17-39	334	2:12:55	1755
1762	2805	2:16:30	Tracy Brown		Female	514	F17-39	335	2:12:54	1754
1763	1843	2:16:33	John Organ		Male	1249	M45-49	164	2:14:37	1800
1764	2057	2:16:40	Margo Newman		Female	515	F40-44	94	2:12:52	1752
1765	3098	2:16:45	Samantha Gull		Female	516	F17-39	336	2:12:30	1739
1766	3003	2:16:46	Luke Lacey		Male	1250	M17-39	694	2:13:18	1764
1767	2787	2:16:47	Jeremy Craddock		Male	1251	M17-39	695	2:14:33	1798
1768	2441	2:16:54	David Allen		Male	1252	M17-39	696	2:16:24	1839
1769	1098	2:16:57	Steven Watts		Male	1253	M17-39	697	2:15:37	1829
1770	1650	2:16:57	Alex Graham		Male	1254	M55-59	63	2:13:54	1783
1771	378	2:16:58	Rachel Conquer		Female	517	F17-39	337	2:14:46	1804
1772	2320	2:16:58	David Paterson		Male	1255	M17-39	698	2:13:14	1763
1773	1861	2:16:59	Sarah Lee		Female	518	F40-44	95	2:12:31	1740
1774	1021	2:16:59	Katharine Ronaldson		Female	519	F17-39	338	2:13:26	1768
1775	1778	2:16:59	Margaret McCartney		Female	520	F50-54	20	2:15:10	1811
1776	1074	2:17:04	Rowena Cove		Female	521	F17-39	339	2:13:28	1769
1777	242	2:17:09	David Day		Male	1256	M50-54	120	2:13:13	1761
1778	336	2:17:09	Ben Day		Male	1257	M17-39	699	2:13:13	1762
1779	1073	2:17:11	Alex Higgs		Female	522	F40-44	96	2:13:36	1776
1780	1215	2:17:15	Emily Harden		Female	523	F17-39	340	2:13:28	1770
1781	1596	2:17:18	Nik Chapman		Male	1258	M55-59	64	2:12:53	1753
1782	841	2:17:20	Robert Vaux	Royston Runners	Male	1259	M60-64	23	2:13:35	1773
1783	1756	2:17:21	James Austin		Male	1260	M17-39	700	2:14:30	1797
1784	3097	2:17:21	Michele Murphy		Female	524	F17-39	341	2:13:35	1774
1785	2407	2:17:24	Joanne Crosswell		Female	525	F17-39	342	2:15:17	1820
1786	931	2:17:25	Shaun Mary		Male	1261	M17-39	701	2:15:12	1815
1787	2920	2:17:26	Irene Astley		Female	526	F40-44	97	2:15:21	1823
1788	1079	2:17:26	Steven O'Reilly		Male	1262	M17-39	702	2:13:10	1759
1789	3190	2:17:27	Rahul Mehta		Male	1263	M17-39	703	2:13:40	1777
1790	363	2:17:27	Sarah Smith		Female	527	F17-39	343	2:12:58	1756
1791	361	2:17:27	Brian Hartles		Male	1264	M17-39	704	2:12:58	1757
1792	2002	2:17:33	Iain Messenger		Male	1265	M50-54	121	2:13:03	1758
1793	2041	2:17:34	Kate Greenaway		Female	528	F17-39	344	2:14:42	1803
1794	172	2:17:36	Jennifer Garioch		Female	529	F50-54	21	2:13:56	1784
1795	620	2:17:40	Nicola Rumsby		Female	530	F17-39	345	2:14:39	1801
1796	3174	2:17:41	Ian Gardiner		Male	1266	M17-39	705	2:15:17	1821
1797	897	2:17:42	Lucy Martin		Female	531	F17-39	346	2:14:29	1796
1798	1803	2:17:42	Stephen Shirley		Male	1267	M65+	13	2:13:11	1760
1799	1022	2:17:45	Adam Ronaldson		Male	1268	M50-54	122	2:14:12	1789
1800	1534	2:17:46	Kerry Metcalf	Norwich Road Runners	Female	532	F17-39	347	2:15:00	1809
1801	2283	2:17:48	Alex Chapman		Male	1269	M17-39	706	2:13:47	1778
1802	2278	2:17:49	Hayley Chapman		Female	533	F17-39	348	2:13:48	1779
1803	2514	2:17:49	Sharon Chapman		Female	534	F45-49	56	2:13:48	1780
1804	2532	2:17:50	Debra Hunt		Female	535	F40-44	98	2:13:49	1781
1805	1441	2:17:58	Thomas Piggott		Male	1270	M40-44	178	2:13:30	1771
1806	1351	2:18:03	Abigail Price		Female	536	F40-44	99	2:13:32	1772
1807	1621	2:18:04	Michael Hurley		Male	1271	M17-39	707	2:14:07	1787
1808	199	2:18:05	Charmaine Kidd		Female	537	F17-39	349	2:15:11	1814
1809	709	2:18:07	Kirsty Bunting		Female	538	F17-39	350	2:14:49	1805
1810	2669	2:18:10	Paul Nally		Male	1272	M17-39	708	2:14:09	1788
1811	2508	2:18:10	Derek Banks		Male	1273	M17-39	709	2:16:01	1835
1812	1647	2:18:12	Alex Henson		Male	1274	M17-39	710	2:14:20	1794
1813	1960	2:18:12	Ian Chisholm		Male	1275	M40-44	179	2:14:16	1793
1814	953	2:18:14	Julie McGee		Female	539	F45-49	57	2:17:00	1862
1815	2025	2:18:14	Mark Germany		Male	1276	M40-44	180	2:14:15	1792
1816	916	2:18:16	Genevieve Simms		Female	540	F17-39	351	2:16:38	1848
1817	481	2:18:18	Linda Melton	North Norfolk Beach Runners	Female	541	F55-59	9	2:14:06	1786
1818	1730	2:18:18	Louise Cully		Female	542	F17-39	352	2:16:31	1843
1819	83	2:18:20	Suzy Taylor		Female	543	F17-39	353	2:17:44	1874
1820	2401	2:18:20	Abbie Jenkins		Female	544	F17-39	354	2:17:44	1875



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1821	84	2:18:23	Graham Smart		Male	1277	M17-39	711	2:14:23	1795
1822	762	2:18:26	Matthew Coe		Male	1278	M17-39	712	2:15:18	1822
1823	2180	2:18:27	Steven Goward		Male	1279	M17-39	713	2:17:45	1876
1824	302	2:18:29	Ben Spraget		Male	1280	M17-39	714	2:17:09	1866
1825	1823	2:18:31	Hetty Keyes		Female	545	F17-39	355	2:15:23	1825
1826	2572	2:18:33	Caroline Brown		Female	546	F17-39	356	2:15:10	1812
1827	959	2:18:38	Julian Johnson	Wymondham AC	Male	1281	M40-44	181	2:16:37	1847
1828	847	2:18:38	Nicola Osborne		Female	547	F17-39	357	2:15:39	1830
1829	1447	2:18:38	Harriett Segasby		Female	548	F17-39	358	2:15:53	1832
1830	2023	2:18:42	Jennifer Rowley	Longdale Striders	Female	549	F65+	4	2:14:40	1802
1831	493	2:18:43	Andrew Cole		Male	1282	M17-39	715	2:15:22	1824
1832	1816	2:18:44	Beatrice Fox		Female	550	F17-39	359	2:16:28	1841
1833	1700	2:18:45	Alison Page		Female	551	F17-39	360	2:16:28	1842
1834	1672	2:18:45	Robert Catton		Male	1283	M17-39	716	2:15:26	1826
1835	2990	2:18:52	Nick Bond		Male	1284	M17-39	717	2:15:13	1816
1836	3007	2:18:52	Rocco Viscito		Male	1285	M17-39	718	2:15:13	1817
1837	1837	2:18:54	Deborah Nicholas		Female	552	F50-54	22	2:15:16	1819
1838	638	2:18:57	Tabitha Keeble		Female	553	F17-39	361	2:17:09	1867
1839	2767	2:18:57	Sadian Choudhury		Male	1286	M17-39	719	2:15:10	1813
1840	2186	2:19:00	Nicole Underwood		Female	554	F17-39	362	2:15:30	1828
1841	2380	2:19:06	Helen Underwood		Female	555	F50-54	23	2:18:22	1895
1842	312	2:19:07	Lyndsey Squirrell		Female	556	F17-39	363	2:18:02	1883
1843	2381	2:19:07	Mark Underwood		Male	1287	M50-54	123	2:18:23	1897
1844	1772	2:19:08	Julie Dilrew		Female	557	F50-54	24	2:14:52	1807
1845	2241	2:19:09	Stuart Freeman		Male	1288	M17-39	720	2:16:54	1854
1846	2242	2:19:09	Charlotte Freeman		Female	558	F17-39	364	2:16:54	1855
1847	1838	2:19:12	Rose Barnes		Female	559	F17-39	365	2:16:56	1857
1848	3238	2:19:14	Stephen Moseley	Norwich Road Runners	Male	1289	M45-49	165	2:18:09	1887
1849	1604	2:19:14	Tina Foster	North Norfolk Beach Runners	Female	560	F45-49	58	2:18:09	1888
1850	2928	2:19:16	Martin Parker		Male	1290	M40-44	182	2:15:15	1818
1851	354	2:19:16	Michael Fitzpatrick		Male	1291	M55-59	65	2:15:06	1810
1852	2306	2:19:19	Emma Buxton		Female	561	F17-39	366	2:18:02	1884
1853	858	2:19:20	S Marshall-Nichols		Female	562	F17-39	367	2:18:02	1885
1854	2423	2:19:22	Andrew Cousens		Male	1292	M55-59	66	2:14:51	1806
1855	3195	2:19:22	Tess Cole		Female	563	F17-39	368	2:18:16	1891
1856	3135	2:19:26	Susan Thurlow		Female	564	F45-49	59	2:15:27	1827
1857	1798	2:19:39	Maria Lewis		Female	565	F40-44	100	2:16:12	1837
1858	1797	2:19:39	Alex Boyall		Male	1293	M45-49	166	2:16:11	1836
1859	2874	2:19:42	Arthur Nicholl		Male	1294	M55-59	67	2:19:10	1916
1860	105	2:19:44	Katie Godfrey		Female	566	F17-39	369	2:18:01	1882
1861	1473	2:19:46	Emily Barnard		Female	567	F17-39	370	2:16:41	1850
1862	2370	2:19:48	Lucille Weinberger	Chiltern Harriers AC	Female	568	F60-64	2	2:18:55	1907
1863	380	2:19:54	Megan Hatch		Female	569	F17-39	371	2:16:56	1858
1864	992	2:19:57	Sally Forrest		Female	570	F45-49	60	2:16:17	1838
1865	2104	2:19:58	Deborah Gillespie	North Norfolk Beach Runners	Female	571	F45-49	61	2:15:46	1831
1866	2045	2:19:59	Rosemarie Gilbert		Female	572	F55-59	10	2:17:47	1878
1867	194	2:20:02	Rod Smith	North Norfolk Beach Runners	Male	1295	M65+	14	2:18:28	1899
1868	774	2:20:16	Stephen Cunningham		Male	1296	M17-39	721	2:17:00	1863
1869	2921	2:20:16	Emma Smythe		Female	573	F17-39	372	2:16:44	1851
1870	2811	2:20:16	Sally Aspin	Norwich Road Runners	Female	574	F55-59	11	2:16:46	1853
1871	900	2:20:19	Ian Scott		Male	1297	M17-39	722	2:16:40	1849
1872	1585	2:20:23	Richard Newman	Bingley Harriers & AC	Male	1298	M17-39	723	2:15:56	1834
1873	462	2:20:24	Jake Cox		Male	1299	M17-39	724	2:16:32	1845
1874	414	2:20:30	Jerome Doyle		Male	1300	M45-49	167	2:17:16	1870
1875	654	2:20:31	Pippa Newman		Female	575	F17-39	373	2:18:02	1886
1876	1411	2:20:31	Claire McCarthy		Female	576	F17-39	374	2:16:54	1856
1877	1763	2:20:40	Melanie Creasey		Female	577	F17-39	375	2:19:01	1909
1878	2239	2:20:46	Chris Coker		Male	1301	M17-39	725	2:18:00	1881
1879	2965	2:20:46	Craig Kiddell		Male	1302	M17-39	726	2:19:08	1914
1880	713	2:20:49	Johanna Lloyd		Female	578	F17-39	376	2:17:09	1868
1881	2031	2:20:50	Kitty Rosser	Tri-Anglia Triathlon Club	Female	579	F17-39	377	2:18:40	1902
1882	2350	2:20:50	Sonja Mitchell		Female	580	F40-44	101	2:16:57	1859
1883	875	2:20:51	Matthew Beckett		Male	1303	M17-39	727	2:16:31	1844
1884	2625	2:20:52	Neil Richardson		Male	1304	M50-54	124	2:16:32	1846
1885	1442	2:20:55	John Cain		Male	1305	M17-39	728	2:16:27	1840
1886	416	2:21:11	Jane Aldous		Female	581	F17-39	378	2:17:33	1871
1887	417	2:21:11	Kimberley Spruit		Female	582	F45-49	62	2:17:33	1872
1888	2914	2:21:11	Andrew Bowles		Male	1306	M17-39	729	2:17:07	1865
1889	3291	2:21:13	Morgan Jones Dady		Female	583	F17-39	379	2:17:02	1864
1890	2499	2:21:17	Darren Rigg		Male	1307	M40-44	183	2:17:51	1880



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1891	2873	2:21:20	Laurence Almey		Male	1308	M17-39	730	2:17:14	1869
1892	3276	2:21:21	Sadie Clarke		Female	584	F17-39	380	2:16:45	1852
1893	1819	2:21:24	Bernice Laws		Female	585	F17-39	381	2:19:37	1927
1894	1820	2:21:24	Aisling Kiely		Female	586	F17-39	382	2:19:37	1928
1895	2166	2:21:26	Emma Manning		Female	587	F17-39	383	2:18:20	1894
1896	2219	2:21:29	Beverley Rose		Female	588	F45-49	63	2:16:57	1860
1897	2220	2:21:29	Nigel Collison		Male	1309	M50-54	125	2:16:57	1861
1898	2945	2:21:31	Henrietta Green		Female	589	F17-39	384	2:17:45	1877
1899	1597	2:21:33	N Morgan-Baker		Male	1310	M45-49	168	2:18:15	1890
1900	722	2:21:35	J Nicholl-Ingllis		Female	590	F17-39	385	2:19:45	1932
1901	307	2:21:36	Mark Winterburn		Male	1311	M50-54	126	2:18:22	1896
1902	2298	2:21:48	Mark Pinney		Male	1312	M17-39	731	2:18:37	1901
1903	1250	2:21:50	Neil Thomson		Male	1313	M17-39	732	2:17:36	1873
1904	1620	2:21:56	Robert Belcher	Norwich Road Runners	Male	1314	M55-59	68	2:19:10	1917
1905	876	2:22:01	Sarah Tovell		Female	591	F17-39	386	2:20:11	1949
1906	2939	2:22:01	Afroditi Doukeridou		Female	592	F17-39	387	2:20:28	1958
1907	2627	2:22:01	Frederica Albone		Female	593	F45-49	64	2:20:28	1959
1908	1100	2:22:04	Angela Brett		Female	594	F17-39	388	2:19:06	1912
1909	891	2:22:06	Debbie Hall		Female	595	F45-49	65	2:18:16	1892
1910	1050	2:22:11	Jenna Ross		Female	596	F17-39	389	2:19:08	1915
1911	1371	2:22:15	Kristian Bassett		Male	1315	M40-44	184	2:19:15	1919
1912	1683	2:22:16	Jacquie Wood	Dereham Runners AC	Female	597	F60-64	3	2:20:45	1966
1913	100	2:22:16	John Richardson	Dereham Runners AC	Male	1316	M60-64	24	2:19:28	1923
1914	1451	2:22:18	Helen Barnes		Female	598	F17-39	390	2:19:44	1930
1915	2178	2:22:18	Amy Harrison		Female	599	F17-39	391	2:19:44	1931
1916	1881	2:22:20	Sarah Atkinson		Female	600	F17-39	392	2:18:48	1905
1917	2872	2:22:21	Katie Skipper		Female	601	F17-39	393	2:18:16	1893
1918	309	2:22:23	Harriet Catterall		Female	602	F17-39	394	2:19:02	1910
1919	689	2:22:24	Ben Craddock		Male	1317	M17-39	733	2:20:08	1948
1920	949	2:22:25	Ayse Weston		Female	603	F17-39	395	2:20:31	1963
1921	1325	2:22:27	Liam Corcoran		Male	1318	M17-39	734	2:17:49	1879
1922	936	2:22:33	Olly Jenkins		Male	1319	M17-39	735	2:18:10	1889
1923	3139	2:22:37	Thomas Bates		Male	1320	M17-39	736	2:18:35	1900
1924	787	2:22:38	Maisie Boulter		Female	604	F17-39	396	2:19:25	1922
1925	2665	2:22:41	Nina Siebert		Female	605	F17-39	397	2:21:40	1986
1926	2070	2:22:44	Irene Greenwood		Female	606	F17-39	398	2:18:45	1904
1927	1160	2:22:46	David Green		Male	1321	M65+	15	2:19:48	1938
1928	1804	2:22:48	Francis Woodcock		Male	1322	M50-54	127	2:18:24	1898
1929	2551	2:22:49	Gareth Jones		Male	1323	M17-39	737	2:19:30	1924
1930	1207	2:22:49	Bethia Seager		Female	607	F17-39	399	2:19:24	1921
1931	1942	2:22:50	S Wilson Morissette		Female	608	F17-39	400	2:19:02	1911
1932	2724	2:22:53	C McKenzie-Le Roy		Female	609	F17-39	401	2:22:28	2008
1933	2725	2:22:54	Alan McKenzie		Male	1324	M17-39	738	2:22:26	2007
1934	2392	2:22:54	Hannah Doran		Female	610	F17-39	402	2:18:55	1908
1935	3279	2:22:55	Sarah Loughlin		Female	611	F17-39	403	2:19:54	1941
1936	2223	2:22:55	Rachel Tiley-Nunn		Female	612	F17-39	404	2:19:54	1942
1937	935	2:23:06	Joe Jones		Male	1325	M17-39	739	2:18:42	1903
1938	1125	2:23:06	Sally Cazier	Norfolk Gazelles AC	Female	613	F45-49	66	2:20:37	1964
1939	564	2:23:06	Brianne Considine		Female	614	F17-39	405	2:18:53	1906
1940	593	2:23:08	Ann-Marie Bearne	Tiptree Road Runners	Female	615	F17-39	406	2:20:06	1946
1941	1313	2:23:08	Emily Courtenay		Female	616	F17-39	407	2:21:54	1995
1942	155	2:23:09	Tina Clarke	Tiptree Road Runners	Female	617	F45-49	67	2:20:12	1951
1943	163	2:23:09	Sally Wood	Tiptree Road Runners	Female	618	F55-59	12	2:20:12	1952
1944	3240	2:23:10	Kelly Mitchell		Female	619	F17-39	408	2:19:21	1920
1945	135	2:23:12	Sheila Wright		Female	620	F55-59	13	2:19:14	1918
1946	3144	2:23:13	Matt Rowland		Male	1326	M40-44	185	2:19:50	1939
1947	1359	2:23:13	Julie Reynolds		Female	621	F17-39	409	2:19:53	1940
1948	985	2:23:16	James Forrest		Male	1327	M40-44	186	2:19:36	1926
1949	2207	2:23:17	Nathaniel Laker		Male	1328	M17-39	740	2:19:57	1945
1950	3017	2:23:19	Ian Hovell		Male	1329	M40-44	187	2:19:06	1913
1951	3153	2:23:20	Claire Honess		Female	622	F40-44	102	2:19:37	1929
1952	573	2:23:21	Dave Hannah		Male	1330	M17-39	741	2:19:54	1943
1953	3300	2:23:21	Chelsea Bell		Female	623	F17-39	410	2:20:54	1969
1954	2964	2:23:22	Ryan Taylor		Male	1331	M17-39	742	2:21:43	1989
1955	1096	2:23:23	Sharon Gardner		Female	624	F17-39	411	2:20:06	1947
1956	2651	2:23:25	Holly Smith		Female	625	F17-39	412	2:19:32	1925
1957	1714	2:23:25	Bill Griffin	Norwich Road Runners	Male	1332	M45-49	169	2:21:19	1978
1958	3227	2:23:29	Tim Block		Male	1333	M45-49	170	2:20:17	1955
1959	1864	2:23:38	Simon Helson		Male	1334	M17-39	743	2:20:30	1960
1960	1616	2:23:38	Beth Hill		Female	626	F40-44	103	2:20:30	1961





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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1961	2911	2:23:42	Raisa Ramjan		Female	627	F17-39	413	2:19:56	1944
1962	1265	2:23:49	Belinda Dawson	Ipswich Triathlon Club	Female	628	F40-44	104	2:23:23	2023
1963	2026	2:23:49	Laura Dodds		Female	629	F40-44	105	2:23:23	2024
1964	2317	2:23:51	Alexandros Harvey		Male	1335	M17-39	744	2:20:58	1972
1965	1627	2:24:00	Kaye Clarke		Female	630	F17-39	414	2:19:45	1933
1966	1628	2:24:00	H Lindsay-Clarke		Female	631	F17-39	415	2:19:45	1934
1967	714	2:24:02	Karen Chenery		Female	632	F17-39	416	2:21:47	1992
1968	2158	2:24:05	Holly Rayner		Female	633	F17-39	417	2:20:12	1953
1969	1093	2:24:05	Stewart Docherty		Male	1336	M17-39	745	2:20:11	1950
1970	2520	2:24:10	Lauren Goldsmith		Female	634	F17-39	418	2:20:16	1954
1971	1266	2:24:10	David Williams		Male	1337	M17-39	746	2:21:35	1983
1972	2537	2:24:12	Andrew Pearson		Male	1338	M17-39	747	2:21:34	1982
1973	1614	2:24:13	Hazel Cason	Dereham Runners AC	Female	635	F55-59	14	2:20:27	1957
1974	1407	2:24:16	Craig Neep		Male	1339	M17-39	748	2:20:43	1965
1975	1508	2:24:17	Heather Laws		Female	636	F17-39	419	2:20:46	1967
1976	1511	2:24:17	Ruth Laws		Female	637	F17-39	420	2:20:46	1968
1977	94	2:24:19	Kirstina Standley		Female	638	F45-49	68	2:21:02	1974
1978	1542	2:24:23	Jurgen Long		Male	1340	M17-39	749	2:22:41	2010
1979	1464	2:24:25	Kaz Harrison		Female	639	F17-39	421	2:19:46	1935
1980	1799	2:24:25	Elly Lefeuvre		Female	640	F17-39	422	2:19:46	1936
1981	1470	2:24:25	Jenny Reid		Female	641	F17-39	423	2:19:46	1937
1982	1282	2:24:31	Peter Durrant		Male	1341	M45-49	171	2:21:55	1996
1983	716	2:24:37	Georgie Sims		Female	642	F17-39	424	2:22:06	2000
1984	3092	2:24:38	Steven Neeve	Wymondham AC	Male	1342	M40-44	188	2:21:28	1980
1985	539	2:24:42	Samantha Reddy	Norwich Road Runners	Female	643	F45-49	69	2:20:26	1956
1986	79	2:24:44	Louise Ridgway		Female	644	F17-39	425	2:20:57	1971
1987	2204	2:24:45	Hannah Dennis		Female	645	F17-39	426	2:20:56	1970
1988	1896	2:24:47	Natalie Bridgman		Female	646	F17-39	427	2:20:30	1962
1989	379	2:24:48	Catherine Lindfield		Female	647	F17-39	428	2:21:38	1984
1990	478	2:24:59	Megan Bowe		Female	648	F17-39	429	2:24:11	2036
1991	2083	2:25:08	Alison Whiterod		Female	649	F17-39	430	2:23:28	2027
1992	2264	2:25:13	Beckie Clarkstone		Female	650	F17-39	431	2:21:15	1975
1993	2169	2:25:16	Ross Settle		Male	1343	M17-39	750	2:21:46	1991
1994	3196	2:25:18	Samantha Barran		Female	651	F17-39	432	2:24:46	2047
1995	911	2:25:21	Lisa Pohl		Female	652	F45-49	70	2:21:01	1973
1996	2080	2:25:23	James Curtis		Male	1344	M17-39	751	2:24:32	2040
1997	498	2:25:24	Roxanne Moore		Female	653	F17-39	433	2:25:24	2067
1998	1113	2:25:28	Victoria Mitchell		Female	654	F17-39	434	2:21:16	1977
1999	286	2:25:29	Andy Greenhouse		Male	1345	M50-54	128	2:21:26	1979
2000	1190	2:25:33	Andrew Bird		Male	1346	M50-54	129	2:21:40	1987
2001	1302	2:25:35	Iain Chettleburgh		Male	1347	M45-49	172	2:23:00	2014
2002	102	2:25:37	Peter Woodhouse		Male	1348	M17-39	752	2:21:15	1976
2003	2293	2:25:38	Emma Chilvers		Female	655	F17-39	435	2:24:00	2035
2004	204	2:25:42	Sarah McMurtary		Female	656	F40-44	106	2:21:45	1990
2005	1191	2:25:44	Sarah Bird		Female	657	F17-39	436	2:21:50	1994
2006	3047	2:25:46	Laura O Connor		Female	658	F17-39	437	2:22:00	1999
2007	922	2:25:46	Paul Sargeant		Male	1349	M50-54	130	2:21:48	1993
2008	2240	2:25:48	Lorraine Gray		Female	659	F17-39	438	2:23:02	2015
2009	488	2:25:49	Lauren Feltham		Female	660	F17-39	439	2:22:06	2001
2010	519	2:25:56	Jacqueline Ronsdorf		Female	661	F45-49	71	2:21:32	1981
2011	2251	2:25:58	Louise Bourke		Female	662	F40-44	107	2:25:08	2057
2012	209	2:25:58	Sherry Gowing	Norfolk Gazelles AC	Female	663	F40-44	108	2:25:08	2058
2013	1445	2:26:04	Craig Johnson		Male	1350	M17-39	753	2:21:59	1998
2014	176	2:26:05	Alia Hamdan	Tiptree Road Runners	Female	664	F40-44	109	2:23:03	2016
2015	23	2:26:07	Sarah Roberts		Female	665	F17-39	440	2:21:40	1988
2016	2160	2:26:13	Keith Bond		Male	1351	M50-54	131	2:22:19	2006
2017	1104	2:26:15	Andrew Brown		Male	1352	M17-39	754	2:21:38	1985
2018	201	2:26:15	Sarah Lovelock		Female	666	F17-39	441	2:22:18	2005
2019	2212	2:26:16	David Rose		Male	1353	M45-49	173	2:22:09	2003
2020	695	2:26:17	Stephanie Callen		Female	667	F17-39	442	2:22:08	2002
2021	93	2:26:18	Sam Dann		Female	668	F40-44	110	2:23:06	2018
2022	1085	2:26:22	Claire Griffiths		Female	669	F17-39	443	2:21:58	1997
2023	1717	2:26:28	Alistar James		Male	1354	M40-44	189	2:22:46	2011
2024	1475	2:26:29	Jemma Sharp		Female	670	F17-39	444	2:25:39	2070
2025	2464	2:26:29	Chris Verney		Male	1355	M17-39	755	2:24:33	2041
2026	1427	2:26:36	Esther Heybourne		Female	671	F17-39	445	2:24:20	2039
2027	391	2:26:40	Salena Dawson		Female	672	F40-44	111	2:23:15	2019
2028	392	2:26:40	Rita Mistry		Female	673	F40-44	112	2:23:15	2020
2029	3050	2:26:42	Astra Richardson		Female	674	F17-39	446	2:22:46	2012
2030	1472	2:26:48	Jonathan Crowe		Male	1356	M17-39	756	2:22:09	2004



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2031	2623	2:26:48	Andrea Dix		Female	675	F40-44	113	2:22:48	2013
2032	1456	2:26:55	Theodore Turocy		Male	1357	M40-44	190	2:23:52	2030
2033	503	2:26:56	Thomas Springall		Male	1358	M17-39	757	2:24:41	2045
2034	2934	2:26:58	Georgina Brigden	Thetford AC	Female	676	F17-39	447	2:23:03	2017
2035	567	2:27:13	Sophie Carter		Female	677	F17-39	448	2:23:56	2033
2036	536	2:27:14	Lisa Hiles		Female	678	F40-44	114	2:22:39	2009
2037	2230	2:27:24	Glenis Balls		Female	679	F65+	5	2:26:40	2087
2038	605	2:27:27	Siobhan Laskey		Female	680	F45-49	72	2:26:21	2079
2039	1936	2:27:28	Michelle Eley	Chelmsford Dynamos	Female	681	F40-44	115	2:23:56	2034
2040	1252	2:27:28	William John Tayler		Male	1359	M17-39	758	2:23:21	2021
2041	1895	2:27:28	Bevin Currie		Male	1360	M17-39	759	2:24:59	2052
2042	1251	2:27:28	S Izquierdo Sanchez		Female	682	F17-39	449	2:23:21	2022
2043	642	2:27:31	Alison Chambers	Framlingham Flyers	Female	683	F17-39	450	2:23:28	2028
2044	640	2:27:31	Diane Doyle	Framlingham Flyers	Female	684	F17-39	451	2:23:28	2029
2045	2997	2:27:34	Katrina Bowles		Female	685	F17-39	452	2:25:05	2055
2046	2998	2:27:34	Simon Peck		Male	1361	M40-44	191	2:25:05	2056
2047	3272	2:27:44	Sophia Thompson		Female	686	F17-39	453	2:23:25	2025
2048	1667	2:27:54	Donna Howlett		Female	687	F55-59	15	2:23:25	2026
2049	2338	2:27:58	Suzanne Howes		Female	688	F17-39	454	2:23:54	2032
2050	333	2:28:18	Samantha Howell		Female	689	F40-44	116	2:24:13	2038
2051	213	2:28:24	Lisa Robinson		Female	690	F17-39	455	2:26:24	2080
2052	332	2:28:24	Darren Robinson		Male	1362	M40-44	192	2:26:24	2081
2053	1800	2:28:32	Lee Lefeuvre		Male	1363	M17-39	760	2:23:52	2031
2054	1944	2:28:33	Ian MacFarlane		Male	1364	M17-39	761	2:25:27	2068
2055	308	2:28:34	Amy Dymond		Female	691	F17-39	456	2:25:13	2061
2056	928	2:28:35	Timothy Campbell		Male	1365	M17-39	762	2:25:30	2069
2057	24	2:28:37	Les Roberts		Male	1366	M60-64	25	2:24:11	2037
2058	2942	2:28:38	Jessica Linley		Female	692	F17-39	457	2:26:56	2091
2059	326	2:28:43	Charlotte Prain		Female	693	F17-39	458	2:24:54	2050
2060	1263	2:28:44	Lisa Earl		Female	694	F17-39	459	2:25:18	2064
2061	1314	2:28:46	Katie Gooderham		Female	695	F17-39	460	2:27:33	2095
2062	1592	2:28:49	R Acamon-Carbonelli	Great Yarmouth Road Runners	Female	696	F17-39	461	2:24:40	2044
2063	3178	2:28:49	Andy Nicholson	Dereham Runners AC	Male	1367	M17-39	763	2:25:56	2072
2064	1665	2:28:51	Amelia David		Female	697	F17-39	462	2:24:33	2042
2065	1704	2:28:51	Lisa Wetton		Female	698	F17-39	463	2:24:33	2043
2066	3014	2:28:56	Leticia Yulita		Female	699	F45-49	73	2:24:59	2053
2067	3298	2:28:57	Elissa Poyner		Female	700	F17-39	464	2:26:05	2077
2068	449	2:29:01	Daisy Hamilton		Female	701	F17-39	465	2:26:52	2090
2069	63	2:29:03	Glynn Pearce		Male	1368	M50-54	132	2:25:09	2059
2070	1929	2:29:08	Kevin Rowe		Male	1369	M55-59	69	2:27:17	2092
2071	2495	2:29:10	Martin Spaul		Male	1370	M50-54	133	2:24:43	2046
2072	2494	2:29:11	Wendy Spaul		Female	702	F50-54	25	2:24:51	2048
2073	473	2:29:11	David Edwards		Male	1371	M55-59	70	2:25:21	2065
2074	471	2:29:11	Amy Edwards		Female	703	F17-39	466	2:25:22	2066
2075	1435	2:29:14	Diane Thirkettle		Female	704	F45-49	74	2:25:11	2060
2076	2702	2:29:15	Sarah Bartlett		Female	705	F17-39	467	2:26:32	2084
2077	2132	2:29:19	Ian Thomson		Male	1372	M40-44	193	2:26:39	2086
2078	1238	2:29:21	Christina Stöhr		Female	706	F40-44	117	2:26:00	2076
2079	1974	2:29:28	Alex White		Female	707	F17-39	468	2:25:03	2054
2080	687	2:29:31	Katie Bent		Female	708	F17-39	469	2:24:53	2049
2081	645	2:29:31	Michele Perry		Female	709	F17-39	470	2:24:54	2051
2082	1410	2:29:42	Kayleigh Bailey		Female	710	F17-39	471	2:25:45	2071
2083	76	2:29:42	Jo Springall		Female	711	F17-39	472	2:27:26	2094
2084	1094	2:29:43	John Flaxman	Ropsley Road Runners	Male	1373	M60-64	26	2:25:13	2062
2085	1858	2:29:43	Kelvin Chilleystone		Male	1374	M17-39	764	2:25:13	2063
2086	43	2:29:57	Adrian Rutterford	City Of Norwich AC	Male	1375	M50-54	134	2:26:37	2085
2087	969	2:30:07	Nicholas Paul		Male	1376	M17-39	765	2:25:56	2073
2088	3290	2:30:07	Ian Bowker		Male	1377	M17-39	766	2:25:56	2074
2089	986	2:30:16	Jenna Pickering	St Albans Striders	Female	712	F17-39	473	2:25:59	2075
2090	1512	2:30:24	Paul Stephen		Male	1378	M17-39	767	2:28:02	2099
2091	1175	2:30:28	Lee Causer		Male	1379	M17-39	768	2:26:50	2089
2092	119	2:30:28	Richard Allsworth		Male	1380	M17-39	769	2:26:31	2083
2093	2820	2:30:29	Tim Cheesman		Male	1381	M17-39	770	2:26:49	2088
2094	3096	2:30:30	Maria Fernandez		Female	713	F17-39	474	2:28:18	2102
2095	763	2:30:38	Christopher Tynan		Male	1382	M17-39	771	2:28:26	2104
2096	906	2:30:39	Rebecca Callaby		Female	714	F17-39	475	2:29:10	2117
2097	2410	2:30:45	John Loaker		Male	1383	M45-49	174	2:27:37	2096
2098	2301	2:30:58	Charles Thurston		Male	1384	M50-54	135	2:26:18	2078
2099	2173	2:30:58	Lucy Monk		Female	715	F17-39	476	2:26:26	2082
2100	903	2:31:08	Jacqueline Simms		Female	716	F17-39	477	2:29:31	2127



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	3286	2:31:09	Martin Forrest		Male	1385	M17-39	772	2:29:31	2128
2102	2485	2:31:13	Julie Dring		Female	717	F40-44	118	2:27:37	2097
2103	550	2:31:22	Matt Pritchard		Male	1386	M17-39	773	2:28:29	2106
2104	698	2:31:22	Tracey Sadler		Female	718	F17-39	478	2:27:23	2093
2105	604	2:31:23	Charlie Coverdale		Female	719	F17-39	479	2:28:30	2107
2106	1818	2:31:27	Bukky Oyinloye		Female	720	F17-39	480	2:28:31	2108
2107	1698	2:31:40	Alison Bailey		Female	721	F17-39	481	2:27:37	2098
2108	1548	2:31:53	Diane Renshaw	Dereham Runners AC	Female	722	F55-59	16	2:28:06	2100
2109	1267	2:31:54	Alex Black		Male	1387	M17-39	774	2:28:20	2103
2110	99	2:32:02	David Plater		Male	1388	M17-39	775	2:28:52	2112
2111	1937	2:32:23	Michael Bates		Male	1389	M40-44	194	2:28:12	2101
2112	474	2:32:26	Gemma Seager		Female	723	F17-39	482	2:28:57	2113
2113	3281	2:32:36	James McCormack		Male	1390	M17-39	776	2:29:01	2114
2114	47	2:32:36	Eleanor Black		Female	724	F17-39	483	2:29:02	2115
2115	1257	2:32:38	Elizabeth Stirling		Female	725	F55-59	17	2:30:42	2135
2116	2531	2:32:44	Emily Goodey		Female	726	F17-39	484	2:28:39	2109
2117	1841	2:32:48	Emma Lambon		Female	727	F17-39	485	2:28:42	2110
2118	1812	2:32:51	Nadia Robbertse		Female	728	F17-39	486	2:29:45	2131
2119	344	2:32:55	Kirsty Green		Female	1391	M17-39	777	2:29:45	2132
2120	2637	2:33:03	Luke Groves	Great Bentley RC	Male	1392	M17-39	778	2:28:26	2105
2121	532	2:33:06	Andrew Hayman		Male	1393	M17-39	779	2:30:38	2134
2122	1659	2:33:23	Rachel Flatt		Female	729	F40-44	119	2:29:22	2121
2123	243	2:33:23	Rod Barrett		Male	1394	M65+	16	2:28:51	2111
2124	480	2:33:25	Ellen Blackie		Female	730	F17-39	487	2:29:04	2116
2125	565	2:33:31	David Batchelor		Male	1395	M17-39	780	2:29:28	2125
2126	566	2:33:31	Abigail Gerrard		Female	731	F17-39	488	2:29:29	2126
2127	525	2:33:32	Clare Sillis		Female	732	F40-44	120	2:29:12	2118
2128	368	2:33:38	Marcus Kilpatrick		Male	1396	M17-39	781	2:29:14	2119
2129	2372	2:33:39	Philippa Bindley		Female	733	F17-39	489	2:29:34	2129
2130	2433	2:33:42	Victoria Wright		Female	734	F17-39	490	2:29:22	2122
2131	2434	2:33:43	Andrew Brunton		Male	1397	M17-39	782	2:29:24	2124
2132	1643	2:33:46	Andrea English		Female	735	F17-39	491	2:29:21	2120
2133	1652	2:33:46	Maxine Hunt	Waveney Valley AC	Female	736	F45-49	75	2:29:22	2123
2134	1117	2:33:48	Lou Taylor		Female	737	F17-39	492	2:29:43	2130
2135	1998	2:34:07	Steffan Harwood		Male	1398	M17-39	783	2:30:10	2133
2136	1651	2:34:35	Rebecca Bowers		Female	738	F17-39	493	2:31:36	2144
2137	1745	2:34:41	Christopher Abbey		Male	1399	M17-39	784	2:31:32	2143
2138	2784	2:34:44	Faith Mixer		Female	739	F50-54	26	2:31:01	2139
2139	2822	2:34:50	Ian Orr		Male	1400	M17-39	785	2:33:32	2159
2140	175	2:34:55	Karen Pearse	Tiptree Road Runners	Female	740	F50-54	27	2:31:54	2148
2141	2008	2:34:58	Alison Lee		Female	741	F55-59	18	2:31:42	2147
2142	1725	2:35:07	Cathy Ryan		Female	742	F55-59	19	2:30:43	2136
2143	712	2:35:15	Gavin Page		Male	1401	M17-39	786	2:30:54	2137
2144	1509	2:35:21	Cheryl Burgess		Female	743	F17-39	494	2:30:57	2138
2145	2879	2:35:30	Julie Addison		Female	744	F17-39	495	2:31:22	2140
2146	2288	2:35:55	Matthew Bush		Male	1402	M17-39	787	2:32:49	2156
2147	2483	2:35:57	Lucy Drage		Female	745	F17-39	496	2:31:29	2141
2148	2484	2:35:58	Joanne King		Female	746	F40-44	121	2:31:30	2142
2149	1481	2:36:13	Steven Ede		Male	1403	M17-39	788	2:31:38	2145
2150	983	2:36:16	Stuart Callow		Male	1404	M40-44	195	2:31:38	2146
2151	1001	2:36:22	Amy Turner		Female	747	F17-39	497	2:33:32	2160
2152	3269	2:36:31	Franziska Blessing		Female	748	F17-39	498	2:32:07	2149
2153	2876	2:36:31	Emma Havers		Female	749	F17-39	499	2:32:23	2151
2154	202	2:36:32	Carl Stephenson		Male	1405	M17-39	789	2:32:34	2155
2155	2875	2:36:32	Sam Havers		Female	750	F17-39	500	2:32:23	2152
2156	2575	2:36:38	Simon Ford		Male	1406	M40-44	196	2:34:56	2174
2157	988	2:36:50	Jon Shooter		Male	1407	M17-39	790	2:32:32	2153
2158	987	2:36:50	Michelle Shooter	Wymondham AC	Female	751	F40-44	122	2:32:32	2154
2159	825	2:36:57	Kathryn Sandle		Female	752	F40-44	123	2:32:50	2157
2160	826	2:36:57	Lydia Davey		Female	753	F40-44	124	2:32:50	2158
2161	3282	2:36:58	Natalie Smith		Female	754	F17-39	501	2:34:26	2170
2162	87	2:36:58	Matthew Sparkes		Male	1408	M17-39	791	2:32:22	2150
2163	1765	2:36:59	Leon May		Male	1409	M17-39	792	2:35:30	2179
2164	2999	2:37:27	Stuart Riddington		Male	1410	M17-39	793	2:35:56	2183
2165	3059	2:37:27	Jayne Hudson		Female	755	F17-39	502	2:35:56	2184
2166	699	2:37:36	Vanessa Norris		Female	756	F40-44	125	2:33:36	2161
2167	2287	2:38:06	Paul Collicott		Male	1411	M17-39	794	2:35:00	2175
2168	2814	2:38:16	Joanne Smithson	Great Yarmouth Road Runners	Female	757	F50-54	28	2:33:54	2162
2169	1318	2:38:24	Verity Hanson		Female	758	F17-39	503	2:34:05	2163
2170	1197	2:38:24	Lucy Newall		Female	759	F17-39	504	2:34:05	2164



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2171	1017	2:38:24	Simon Marjoram		Male	1412	M40-44	197	2:34:15	2165
2172	1016	2:38:24	Laura Marjoram		Female	760	F40-44	126	2:34:15	2166
2173	553	2:38:35	John Greengrass		Male	1413	M17-39	795	2:34:21	2167
2174	513	2:38:35	Paul Greengrass		Male	1414	M50-54	136	2:34:21	2168
2175	765	2:38:36	Alexandra Lawrence		Female	761	F17-39	505	2:34:24	2169
2176	555	2:39:00	Jonathan George		Male	1415	M17-39	796	2:34:43	2172
2177	554	2:39:00	Nicola George	Norwich Road Runners	Female	762	F17-39	506	2:34:43	2173
2178	1707	2:39:07	Suzy Horth		Female	763	F17-39	507	2:35:26	2178
2179	19	2:39:14	Laura McNicol		Female	764	F17-39	508	2:34:41	2171
2180	544	2:39:24	Leyla Marriott	Norwich Road Runners	Female	765	F17-39	509	2:35:06	2176
2181	545	2:39:24	Kevin Marriott		Male	1416	M40-44	198	2:35:06	2177
2182	1432	2:39:45	Paula Wenlock		Female	766	F60-64	4	2:35:31	2180
2183	103	2:39:55	James Hammond		Male	1417	M17-39	797	2:37:25	2193
2184	3248	2:40:00	Lisa Hawkins-Weeks		Female	767	F45-49	76	2:36:08	2185
2185	782	2:40:07	Tracy Glover		Female	768	F45-49	77	2:37:30	2194
2186	285	2:40:08	Kimberley Hicks		Female	769	F17-39	510	2:35:52	2181
2187	321	2:40:08	Lisa Styles		Female	770	F40-44	127	2:35:52	2182
2188	705	2:40:20	Jodie Burnside		Female	771	F17-39	511	2:38:25	2199
2189	2353	2:40:34	Michael Blake		Male	1418	M40-44	199	2:36:25	2187
2190	486	2:40:37	Sarah Miller		Female	772	F17-39	512	2:36:50	2188
2191	2490	2:40:43	Robin Symonds	Norwich Road Runners	Male	1419	M50-54	137	2:36:53	2189
2192	2491	2:40:43	Janet Symonds	Norwich Road Runners	Female	773	F45-49	78	2:36:53	2190
2193	1543	2:40:52	Stephen Long		Male	1420	M17-39	798	2:39:10	2209
2194	2733	2:40:52	Karen Hamilton		Female	774	F40-44	128	2:36:17	2186
2195	2179	2:41:06	Amy Thompsett		Female	775	F17-39	513	2:40:25	2214
2196	599	2:41:09	Richard Paterson		Male	1421	M45-49	175	2:40:50	2217
2197	2774	2:41:15	Jodie Causer		Female	776	F17-39	514	2:37:37	2195
2198	942	2:41:23	Amy Tennant		Female	777	F17-39	515	2:40:00	2213
2199	2361	2:41:29	Robert Waple		Male	1422	M40-44	200	2:37:00	2191
2200	1705	2:41:29	Maxine Malkinson		Female	778	F45-49	79	2:37:01	2192
2201	1675	2:42:03	Lucy Brewis		Female	779	F17-39	516	2:38:12	2197
2202	1676	2:42:03	Henry Brewis	Saint Edmund Pacers	Male	1423	M50-54	138	2:38:12	2198
2203	520	2:42:05	Raymond Sutton		Male	1424	M55-59	71	2:37:45	2196
2204	838	2:42:18	Jennifer Pallister		Female	780	F17-39	517	2:39:08	2208
2205	2672	2:42:37	Matthew Marriott		Male	1425	M17-39	799	2:38:26	2200
2206	2671	2:42:37	Heather Marriott		Female	781	F17-39	518	2:38:26	2201
2207	1342	2:42:37	Susanna Jackson		Female	782	F17-39	519	2:38:45	2202
2208	3263	2:42:43	Peter Finney		Male	1426	M17-39	800	2:41:59	2226
2209	3155	2:42:57	Liza Wrigley		Female	783	F17-39	520	2:38:58	2206
2210	1375	2:43:18	Lisa Whitehead		Female	784	F17-39	521	2:39:42	2212
2211	703	2:43:18	Martyn Barrett		Male	1427	M17-39	801	2:39:05	2207
2212	1037	2:43:26	Andrea Cooper		Female	785	F17-39	522	2:38:51	2204
2213	33	2:43:26	Emily Fenning		Female	786	F17-39	523	2:38:50	2203
2214	1039	2:43:26	Sue Fenning		Female	787	F50-54	29	2:38:51	2205
2215	684	2:43:49	Amy Barton		Female	788	F17-39	524	2:39:12	2210
2216	872	2:43:49	Sharon Wray	Wymondham AC	Female	789	F50-54	30	2:41:49	2225
2217	685	2:44:07	Simon Killingback		Male	1428	M17-39	802	2:39:28	2211
2218	601	2:44:17	Alan Cox		Male	1429	M45-49	176	2:40:42	2215
2219	602	2:44:17	Diane Utting		Female	790	F45-49	80	2:40:42	2216
2220	1206	2:44:25	Natalie Jones		Female	791	F17-39	525	2:42:07	2228
2221	2798	2:44:38	Catie Chou		Female	792	F50-54	31	2:41:38	2223
2222	801	2:44:46	Graham Sharp		Male	1430	M45-49	177	2:41:11	2218
2223	800	2:44:46	Jeanette McKallip		Female	793	F45-49	81	2:41:12	2219
2224	280	2:44:56	Charlotte Everett		Female	794	F17-39	526	2:41:29	2221
2225	1728	2:45:02	Cat Cameron		Female	795	F17-39	527	2:41:38	2224
2226	3019	2:45:09	Rob Bates		Male	1431	M45-49	178	2:41:31	2222
2227	3182	2:45:11	Kevin Norman		Male	1432	M55-59	72	2:41:28	2220
2228	3242	2:45:13	Xiaoxu Huang		Male	1433	M17-39	803	2:42:40	2234
2229	802	2:45:15	Sara Taylor		Female	796	F17-39	528	2:42:15	2230
2230	294	2:45:22	Peter Rollison		Male	1434	M17-39	804	2:43:36	2239
2231	833	2:45:38	Jasmine Tarrant		Female	797	F17-39	529	2:43:24	2237
2232	835	2:45:38	Kelly Tarrant		Female	798	F17-39	530	2:43:24	2238
2233	1868	2:46:06	Danielle Read		Female	799	F17-39	531	2:42:33	2233
2234	3032	2:46:06	Bobby Edwards		Female	800	F17-39	532	2:42:32	2232
2235	2511	2:46:15	Amiee Bickel		Female	801	F17-39	533	2:42:06	2227
2236	1637	2:46:15	Harriet Griffiths		Female	802	F40-44	129	2:43:15	2236
2237	576	2:46:34	Carol Bull		Female	803	F45-49	82	2:42:17	2231
2238	1919	2:46:44	Michelle Pollard		Female	804	F40-44	130	2:42:14	2229
2239	1555	2:47:00	Elizabeth Rumsby		Female	805	F17-39	534	2:42:47	2235
2240	2756	2:47:15	Kerrie Coslett		Female	806	F17-39	535	2:43:52	2241





# City of Norwich Half Marathon

23rd November 2014 - Norfolk Showground, Norwich

# Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2241	1866	2:47:22	David Phillips		Male	1435	M17-39	805	2:44:59	2243
2242	994	2:47:22	Laura Phillips		Female	807	F17-39	536	2:44:59	2244
2243	1044	2:48:10	Sara Holroyd		Female	808	F45-49	83	2:43:41	2240
2244	1002	2:48:14	Vicky Moore		Female	809	F17-39	537	2:47:39	2254
2245	512	2:48:15	Chelsea Dale		Female	810	F17-39	538	2:47:39	2255
2246	526	2:48:15	Pauline Robinson		Female	811	F50-54	32	2:47:39	2256
2247	879	2:48:50	Christina Schoettler		Female	812	F17-39	539	2:44:19	2242
2248	1762	2:49:56	Ellis Kurland		Male	1436	M50-54	139	2:45:29	2245
2249	485	2:50:01	Paula Street		Female	813	F45-49	84	2:46:12	2247
2250	1623	2:50:06	John Lawrence		Male	1437	M40-44	201	2:46:50	2250
2251	2074	2:50:27	Amy Tunneycliff		Female	814	F17-39	540	2:46:09	2246
2252	2234	2:50:42	Judith Anstiss		Female	815	F55-59	20	2:46:31	2248
2253	1829	2:50:45	Gerry Anstiss	Sphinx AC	Male	1438	M60-64	27	2:46:35	2249
2254	195	2:51:30	Jenny Kitson		Female	816	F17-39	541	2:47:18	2251
2255	2244	2:51:52	Jennifer Pitcher		Female	817	F17-39	542	2:47:36	2252
2256	245	2:52:08	Alexandra Fegan Read		Female	818	F17-39	543	2:47:38	2253
2257	1739	2:52:17	Sarah Avard		Female	819	F17-39	544	2:51:49	2264
2258	2751	2:52:27	Ali Kingston		Female	820	F45-49	85	2:49:13	2260
2259	732	2:52:27	Bob Jack	Bungay Black Dog RC	Male	1439	M50-54	140	2:47:45	2257
2260	799	2:53:19	Heidi Dimmock		Female	821	F40-44	131	2:48:40	2258
2261	688	2:53:21	Robert Alves		Male	1440	M17-39	806	2:48:42	2259
2262	773	2:54:09	Sarah Cunningham		Female	822	F17-39	545	2:50:53	2261
2263	562	2:54:51	Carol Ann Moon		Female	823	F50-54	33	2:51:27	2263
2264	1708	2:55:05	Helen Cookson		Female	824	F17-39	546	2:52:18	2266
2265	2783	2:55:21	Claire Sparkes		Female	825	F40-44	132	2:51:05	2262
2266	1196	2:55:35	Giuseppe Russo		Male	1441	M17-39	807	2:51:49	2265
2267	3295	2:55:41	Paul Crofts		Male	1442	M17-39	808	2:53:56	2270
2268	2114	2:56:46	Kelly Harvey		Female	826	F17-39	547	2:52:31	2267
2269	200	2:57:09	Sarah Cook		Female	827	F17-39	548	2:53:11	2268
2270	2079	2:57:31	Genevieve Conway		Female	828	F17-39	549	2:53:13	2269
2271	1740	2:58:06	Thomas James		Male	1443	M17-39	809	2:57:38	2276
2272	2649	2:59:45	Lisa Blogg		Female	829	F17-39	550	2:56:14	2272
2273	2161	2:59:45	Matt Loukes		Male	1444	M17-39	810	2:56:15	2273
2274	2706	3:00:14	Sarah Ingram		Female	830	F17-39	551	2:56:29	2274
2275	1370	3:00:20	Kate Wells		Female	831	F40-44	133	2:56:06	2271
2276	2734	3:01:12	Gavin Hamilton		Male	1445	M17-39	811	2:56:36	2275
2277	313	3:02:22	Allan Moore		Male	1446	M17-39	812	3:01:17	2279
2278	339	3:03:10	Oliver Starbuck		Male	1447	M17-39	813	3:00:00	2277
2279	366	3:03:56	Naomi Starbuck		Female	832	F17-39	552	3:00:47	2278
2280	2393	3:07:57	Kayleigh Odat	Norwich Road Runners	Female	833	F17-39	553	3:04:56	2282
2281	3244	3:07:59	Michelle Allen		Female	834	F17-39	554	3:04:09	2280
2282	75	3:08:51	Liz Smith	Harwich Runners	Female	835	F50-54	34	3:04:34	2281
2283	390	3:09:21	Louise Hawkins	Tiptree Road Runners	Female	836	F40-44	134	3:06:28	2284
2284	236	3:09:27	Lynne Baines	Tiptree Road Runners	Female	837	F45-49	86	3:09:27	2285
2285	2785	3:10:49	Jenny Lane-Smith		Female	838	F17-39	555	3:06:09	2283
2286	570	3:14:38	Suzie Henseler		Female	839	F40-44	135	3:10:08	2286