

## Larking Gowen City of Norwich Half Marathon 2015 - individual results

Pos	Time	Name	Club	Class	Chip Time
1	1:09:46	Adrian Mussett	Colchester Harriers AC	M 40 to 44	1:09:46
2	1:10:14	Piers Arnold	City of Norwich AC	M 17 to 39	1:10:14
3	1:10:39	Matthew Bidwell	City of Norwich AC	M 40 to 44	1:10:39
4	1:11:50	Matt Adcock	Hermitage Harriers	M 17 to 39	1:11:50
5	1:12:09	Dominic Blake	Reepham Runners	M 17 to 39	1:12:09
6	1:12:25	Simon O'Meara	Trafford Athletic Club	M 17 to 39	1:12:25
7	1:12:47	Alex Hamilton	Basingstoke & Mid Hants AC	M 40 to 44	1:12:45
8	1:13:05	Carwyn Jones	Colchester Harriers AC	M 17 to 39	1:13:03
9	1:14:49	James Senior	City of Norwich AC	M 17 to 39	1:14:49
10	1:14:54	Stuart Huntington	City of Norwich AC	M 17 to 39	1:14:54
11	1:15:08	Jack Gillick	Wymondham AC	M 17 to 39	1:15:08
12	1:15:57	Roger Braybrooks	London Heathside Runners AC	M 45 to 49	1:15:57
13	1:16:57	Jack Keywood	Tonbridge AC	M 17 to 39	1:16:57
14	1:17:03	George Gay	City of Norwich AC	M 17 to 39	1:17:00
15	1:17:40	Ben Spratling	City of Norwich AC	M 17 to 39	1:17:38
16	1:17:41	Stephen Pope	Totley AC	M 45 to 49	1:17:40
17	1:18:10	Colin Ridley	Colchester Harriers AC	M 50 to 54	1:18:10
18	1:18:31	Chris Jones	Vegetarian Cycling & AC	M 17 to 39	1:18:29
19	1:18:34	Simon English	Norwich Road Runners	M 40 to 44	1:18:30
20	1:18:37	Jon Ashford	City of Norwich AC	M 45 to 49	1:18:37
21	1:18:50	Paul Blazey	Norwich Road Runners	M 17 to 39	1:18:50
22	1:18:57	Gareth Evans	Blackheath & Bromley	M 17 to 39	1:18:57
23	1:19:15	Josh Brighty	Norwich Road Runners	M 17 to 39	1:19:15
24	1:19:17	Helen Davies	Ipswich Jaffa RC	F 17 to 39	1:19:14
25	1:19:24	Toby Morrell	Tri-Anglia Triathlon Club	M 17 to 39	1:19:24
26	1:19:48	Grant Harradence		M 17 to 39	1:19:47
27	1:20:02	Dave Chesterman		M 17 to 39	1:19:56
28	1:20:08	Neil Adams	North Norfolk Beach Runners	M 17 to 39	1:20:05
29	1:20:11	Andy Ellis		M 17 to 39	1:20:10
30	1:20:13	Joe Carr	Framlingham Flyers	M 17 to 39	1:20:13
31	1:20:21	Mark Furnace	Ipswich Jaffa RC	M 40 to 44	1:20:20
32	1:20:27	Alfie Bentley		M 17 to 39	1:20:14
33	1:20:42	Stephen Brown		M 17 to 39	1:20:42
34	1:20:43	Jamie Conyard		M 17 to 39	1:20:43
35	1:20:44	Ben Moon		M 17 to 39	1:20:44
36	1:20:55	Logan Smith	Dereham Runners & AC	M 17 to 39	1:20:55
37	1:20:57	Jan Kaiser		M 40 to 44	1:20:51
38	1:21:05	James Bendall		M 17 to 39	1:21:05
39	1:21:07	Michael Savvas		M 17 to 39	1:21:05
40	1:21:16	Simon Partridge		M 17 to 39	1:21:16
41	1:21:27	Richard Johnson	Norwich Road Runners	M 17 to 39	1:21:22
42	1:21:28	Fernando Silva	Wymondham AC	M 55 to 59	1:21:27
43	1:21:46	Nicholas Bensley	Ryston Runners	M 45 to 49	1:21:40
44	1:21:50	Roger Stone	Felixstowe RRC	M 45 to 49	1:21:33
45	1:21:57	Kristin Barnard	Wymondham AC	M 40 to 44	1:21:50
46	1:21:59	Sarah Stradling	Colchester Harriers AC	F 40 to 44	1:21:59
47	1:22:19	Jamie Roberts		M 17 to 39	1:22:19
48	1:22:27	Kevin Rooney		M 45 to 49	1:22:27
49	1:22:34	Oliver Whybrow	LWFitness4All	M 17 to 39	1:22:26
50	1:22:37	Dominic Hughes		M 17 to 39	1:22:32
51	1:22:49	Stephen Nicholls	City of Norwich AC	M 40 to 44	1:22:44
52	1:23:06	Michael Long		M 17 to 39	1:23:06
53	1:23:31	Charlotte Rose	City of Norwich AC	F 17 to 39	1:23:31
54	1:23:31	Jonathan Stockwell		M 17 to 39	1:23:31
55	1:23:37	Tim Larke	Stowmarket Striders RC	M 40 to 44	1:23:32
56	1:24:03	Robert Warwicker	Tri-Anglia Triathlon Club	M 45 to 49	1:23:56
57	1:24:09	Lee Collins		M 17 to 39	1:24:03
58	1:24:18	Peter Harvey	Wymondham AC	M 17 to 39	1:24:18
59	1:24:19	Sam Royle		M 17 to 39	1:24:15
60	1:24:19	Tobias Jamieson		M 17 to 39	1:24:14
61	1:24:24	Andrew Mulligan	Coltishall Jaguars RC	M 17 to 39	1:24:07
62	1:24:26	Simon Able	Ryston Runners	M 40 to 44	1:24:26
63	1:24:31	Chihaya Hirai		M 17 to 39	1:24:31
64	1:25:06	Frank George		M 17 to 39	1:24:56
65	1:25:13	Jose Ferreira		M 17 to 39	1:25:08

66	1:25:14	Jorge Pinto		M 17 to 39	1:25:14
67	1:25:15	Stephen Wilson	Tri-Anglia Triathlon Club	M 17 to 39	1:25:06
68	1:25:15	Craig Speirs	Norwich Road Runners	M 17 to 39	1:25:12
69	1:25:23	Matthew Harrall		M 17 to 39	1:25:23
70	1:25:25	Will McMorris		M 17 to 39	1:25:17
71	1:25:29	Oliver Boughton		M 17 to 39	1:25:29
72	1:25:36	Sebastian Polomski		M 17 to 39	1:25:24
73	1:25:37	Benn Walker	Beccles & Bungay Harriers	M 17 to 39	1:25:24
74	1:25:38	Lee Sadler		M 17 to 39	1:25:27
75	1:25:41	Matt Holmes	Ely Runners	M 17 to 39	1:25:32
76	1:25:44	Benjamin Beynon		M 17 to 39	1:25:44
77	1:25:47	Ben Walker		M 17 to 39	1:25:47
78	1:25:51	Sam Laughher		M 17 to 39	1:25:51
79	1:25:59	Robert Wapshott		M 17 to 39	1:25:59
80	1:26:04	Sam Russell	Wymondham AC	M 17 to 39	1:26:04
81	1:26:05	Lee Scallan		M 17 to 39	1:26:05
82	1:26:07	Liam Shanahan		M 17 to 39	1:26:07
83	1:26:08	Mark Garrett		M 50 to 54	1:26:08
84	1:26:12	John Jervis		M 17 to 39	1:26:09
85	1:26:17	Daniel Perry	Tri-Anglia Triathlon Club	M 17 to 39	1:26:17
86	1:26:39	Sammo Nigh		M 17 to 39	1:26:16
87	1:26:40	Dominic Doggett		M 17 to 39	1:26:40
88	1:26:40	Georgia Garvin	Ipswich Jaffa RC	F 17 to 39	1:26:33
89	1:26:43	Robert Fairbanks	Royton Road Runners	M 17 to 39	1:26:43
90	1:26:53	Ian Bray		M 17 to 39	1:26:43
91	1:26:56	John Moore	Norfolk Gazelles AC	M 55 to 59	1:26:56
92	1:26:57	Giles Bradford		M 17 to 39	1:26:57
93	1:27:03	Phil Whiting	Norfolk Gazelles AC	M 40 to 44	1:26:59
94	1:27:04	Matthew Fray	Norwich Road Runners	M 40 to 44	1:27:04
95	1:27:06	Paul Lyon	Lowestoft Road Runners	M 17 to 39	1:27:04
96	1:27:06	Sarah Baxter	Team Balanced Performance	F 17 to 39	1:26:59
97	1:27:09	Marcus Catlin	Ipswich Jaffa RC	M 40 to 44	1:27:09
98	1:27:10	Adrian Hall		M 50 to 54	1:27:04
99	1:27:16	Ian Coxall	Ipswich Jaffa RC	M 40 to 44	1:27:14
100	1:27:19	Michal Jakubiak		M 17 to 39	1:26:50
101	1:27:21	Lefteris Karanasios		M 17 to 39	1:27:03
102	1:27:30	Stephen Lee	Dereham Runners & AC	M 17 to 39	1:27:18
103	1:27:31	Andrew Manning	Great Yarmouth Road Runners	M 45 to 49	1:27:31
104	1:27:32	Jonathan Cordle	Tri-Anglia Triathlon Club	M 50 to 54	1:27:22
105	1:27:35	Mark Solway	City of Norwich AC	M 45 to 49	1:27:26
106	1:27:36	Doug Gallagher		M 17 to 39	1:26:54
107	1:27:40	Dan Claflin		M 17 to 39	1:27:32
108	1:27:41	Thomas Gatenby		M 17 to 39	1:27:29
109	1:27:41	Ashley Gilbert	Dereham Runners & AC	M 17 to 39	1:27:35
110	1:27:42	Gavin Brown		M 17 to 39	1:27:11
111	1:27:53	Wilfred Campbell	Ipswich Jaffa RC	M 50 to 54	1:26:56
112	1:27:58	Paul Saunders		M 40 to 44	1:27:58
113	1:27:58	Tom Bamford		M 17 to 39	1:27:44
114	1:28:04	David Jones	Tri-Anglia Triathlon Club	M 17 to 39	1:28:04
115	1:28:05	Chris Yeates	City of Norwich AC	M 17 to 39	1:27:52
116	1:28:06	Martyn Clarke	Colchester Harriers AC	M 50 to 54	1:28:06
117	1:28:10	Alex Rodger		M 17 to 39	1:28:10
118	1:28:14	Jason Mann	Ely Runners	M 45 to 49	1:27:51
119	1:28:29	Alistair Shearer		M 17 to 39	1:28:23
120	1:28:30	Matthew Pask	Gillingham Trotters	M 45 to 49	1:28:30
121	1:28:31	Roger Higgins		M 17 to 39	1:27:58
122	1:28:32	Charles Allen	Norwich Road Runners	M 17 to 39	1:28:32
123	1:28:54	Andy Keeler		M 50 to 54	1:28:54
124	1:28:56	Craig Fiddaman		M 17 to 39	1:28:56
125	1:28:58	Theo Perry		M 17 to 39	1:28:41
126	1:29:10	Karim Ouaddane		M 50 to 54	1:28:41
127	1:29:13	James Chapman	Tri-Anglia Triathlon Club	M 17 to 39	1:29:13
128	1:29:19	Edward Sidgwick		M 17 to 39	1:29:19
129	1:29:21	Alastair Green		M 45 to 49	1:28:45
130	1:29:30	Daniel Edwards		M 17 to 39	1:28:53
131	1:29:34	Chris Paton		M 17 to 39	1:29:24
132	1:29:36	Marc Evans	Great Yarmouth Road Runners	M 17 to 39	1:28:21
133	1:29:42	Harry Landles		M 40 to 44	1:29:42
134	1:29:45	Jake Melhuish		M 17 to 39	1:29:45
135	1:29:48	Oly Cooper	Ipswich Triathlon Club	M 17 to 39	1:28:54

136	1:29:49	Kyle Bowles		M 17 to 39	1:28:48
137	1:29:49	Dale Skoulding	Bungay Black Dog RC	M 17 to 39	1:29:49
138	1:29:51	Duncan Samwell	Tri-Anglia Triathlon Club	M 17 to 39	1:29:39
139	1:29:52	Kevin Sadd		M 40 to 44	1:29:49
140	1:29:52	Tim Angell	City of Norwich AC	M 50 to 54	1:29:52
141	1:29:55	Mark Penson		M 17 to 39	1:29:35
142	1:29:56	James Wilson	Saxmundham Sports	M 17 to 39	1:29:56
143	1:29:59	Alex Saywood		M 17 to 39	1:29:52
144	1:30:01	Marc Coles		M 17 to 39	1:29:59
145	1:30:03	Myc Overton	Wolds Veteran RC	M 60 to 64	1:29:53
146	1:30:06	Nigel Swepson		M 40 to 44	1:30:06
147	1:30:08	Andrew Green		M 17 to 39	1:30:04
148	1:30:08	Alan Reynolds		M 45 to 49	1:29:33
149	1:30:09	Chris Tye	Ipswich Triathlon Club	M 45 to 49	1:29:32
150	1:30:14	Harry King		M 17 to 39	1:30:05
151	1:30:15	Paul Vincent		M 40 to 44	1:29:48
152	1:30:19	Adam Veale		M 17 to 39	1:30:19
153	1:30:22	Chris Medcalf	100 Marathon Club	M 40 to 44	1:30:07
154	1:30:23	Simon Cook		M 17 to 39	1:30:05
155	1:30:23	Paul Gardner		M 40 to 44	1:30:19
156	1:30:26	Terry Epps	Wymondham AC	M 60 to 64	1:30:26
157	1:30:29	Sam Nicholls		M 17 to 39	1:30:29
158	1:30:29	Daniel Simmons		M 17 to 39	1:30:29
159	1:30:36	Parag Gajendragadkar		M 17 to 39	1:30:36
160	1:30:37	Jackson Simmons		M 17 to 39	1:30:37
161	1:30:39	Mathew Webb		M 17 to 39	1:30:39
162	1:30:39	Allison Carter	Tri-Anglia Triathlon Club	F 45 to 49	1:30:26
163	1:30:45	Tim Sexton	Norfolk Gazelles AC	M 40 to 44	1:30:33
164	1:30:50	Chris Murphy		M 40 to 44	1:30:50
165	1:30:59	Ian Bailey		M 40 to 44	1:30:49
166	1:30:59	Stew Kelly		M 17 to 39	1:30:36
167	1:31:01	Matthew Bird		M 40 to 44	1:30:40
168	1:31:01	Paul Spooner		M 17 to 39	1:30:55
169	1:31:03	Rosario Li-Rocchi		M 40 to 44	1:30:44
170	1:31:08	Stephen Dady	Wymondham AC	M 60 to 64	1:31:04
171	1:31:08	Chris Timson		M 17 to 39	1:30:58
172	1:31:12	Daryl Tooke		M 17 to 39	1:31:12
173	1:31:12	Richard Walpole		M 17 to 39	1:31:12
174	1:31:22	Josh Castlo-Hall		M 17 to 39	1:30:57
175	1:31:22	Peter Nelson		M 40 to 44	1:31:00
176	1:31:27	Luke Guy	Norwich Road Runners	M 17 to 39	1:30:47
177	1:31:30	Ian Coxhead		M 45 to 49	1:31:20
178	1:31:33	Colin Weller	Norwich Road Runners	M 40 to 44	1:31:33
179	1:31:34	Alison Thomson	Kent AC	F 17 to 39	1:31:24
180	1:31:34	Daniel Maskell		M 17 to 39	1:31:34
181	1:31:38	Peter Martin		M 55 to 59	1:31:33
182	1:31:43	Charles Bircher		M 17 to 39	1:31:43
183	1:31:46	Alexandra Smith	Wymondham AC	F 40 to 44	1:31:34
184	1:31:50	Jonathan Mann		M 17 to 39	1:31:50
185	1:31:51	Sean Robson	North Norfolk Beach Runners	M 45 to 49	1:31:39
186	1:31:55	Christopher Humberston		M 17 to 39	1:31:34
187	1:32:01	Edward Nial		M 17 to 39	1:31:33
188	1:32:02	Christopher Jones		M 17 to 39	1:31:19
189	1:32:04	Richard Hill	Ely Runners	M 17 to 39	1:32:04
190	1:32:10	Stewart Robins	Ryston Runners	M 45 to 49	1:31:48
191	1:32:15	Greg Allan		M 17 to 39	1:31:44
192	1:32:16	Val Jennings	Ipswich Jaffa RC	F 50 to 54	1:32:10
193	1:32:18	Lee Barker		M 17 to 39	1:32:00
194	1:32:23	Matt Howard	City of Norwich AC	M 40 to 44	1:32:07
195	1:32:23	Karl Walker	Norfolk Gazelles AC	M 40 to 44	1:32:13
196	1:32:33	John Dungar	City of Norwich AC	M 17 to 39	1:32:30
197	1:32:40	Ellie Bye	Coltishall Jaguars RC	F 17 to 39	1:32:22
198	1:32:43	Andy Holt		M 40 to 44	1:32:25
199	1:32:46	Jason Hurst	Bungay Black Dog RC	M 40 to 44	1:32:46
200	1:32:48	Bernie Whelan		M 17 to 39	1:32:48
201	1:32:51	James Stock	City of Norwich AC	M 17 to 39	1:32:51
202	1:32:52	Sam Scott		M 17 to 39	1:32:24
203	1:32:55	Mark Jones		M 60 to 64	1:32:55
204	1:32:56	Andy Jefferies		M 45 to 49	1:32:06
205	1:33:04	Dean Preston		M 17 to 39	1:32:19

206	1:33:05	Martin Farr		M 17 to 39	1:32:45
207	1:33:07	Sam Kenmore		M 17 to 39	1:32:28
208	1:33:08	Jamie Barber		M 17 to 39	1:32:17
209	1:33:09	Simon Fenn	Hadleigh Hares AC	M 45 to 49	1:32:55
210	1:33:11	Stephen Benson		M 45 to 49	1:32:36
211	1:33:11	Stephen Harding		M 17 to 39	1:32:09
212	1:33:12	Lindsey Berends		F 17 to 39	1:32:35
213	1:33:14	Paul Wiegand	Fenland Running Club	M 55 to 59	1:33:07
214	1:33:15	Neil Barbour		M 17 to 39	1:33:12
215	1:33:16	Martin Gooderham	Tri-Anglia Triathlon Club	M 17 to 39	1:33:10
216	1:33:25	Simon Brighton		M 17 to 39	1:33:25
217	1:33:31	Stuart Weaver		M 40 to 44	1:33:31
218	1:33:36	Jay Pennington-Benton		M 17 to 39	1:33:18
219	1:33:37	Ross Lenton		M 17 to 39	1:32:45
220	1:33:39	Rod Bye	Coltishall Jaguars RC	M 50 to 54	1:33:22
221	1:33:41	Alex Daffern		M 17 to 39	1:33:41
222	1:33:46	Jacob Holder		M 17 to 39	1:33:46
223	1:33:54	Sarah Peachey	Norwich Road Runners	F 17 to 39	1:33:42
224	1:33:56	James Doggett		M 17 to 39	1:33:25
225	1:34:04	Nicola Morgan		F 17 to 39	1:33:55
226	1:34:07	Bryn Williams	Norwich Road Runners	M 45 to 49	1:33:07
227	1:34:09	Joshua Lackey		M 17 to 39	1:33:34
228	1:34:10	Sabine Schaefer	Thetford AC	F 17 to 39	1:33:52
229	1:34:11	Jason Elrick		M 45 to 49	1:33:42
230	1:34:15	Paul Martin	Norwich Road Runners	M 17 to 39	1:33:02
231	1:34:15	Melvyn Porter	Coltishall Jaguars RC	M 45 to 49	1:33:52
232	1:34:18	Mark Banfield		M 40 to 44	1:34:18
233	1:34:18	Ben Leary		M 17 to 39	1:34:09
234	1:34:20	Kevin Spratling		M 50 to 54	1:33:44
235	1:34:25	Adam Obernik		M 17 to 39	1:34:25
236	1:34:35	Melfin Davies	Barnet & District AC	M 60 to 64	1:34:22
237	1:34:40	James Lillistone		M 17 to 39	1:33:25
238	1:34:42	Steve Carruthers		M 45 to 49	1:33:42
239	1:34:44	Kevin Knights		M 17 to 39	1:34:38
240	1:34:49	Nigel Sinclair		M 17 to 39	1:34:17
241	1:34:52	Andrew Buckley		M 17 to 39	1:34:52
242	1:34:54	Matthew Thomas		M 17 to 39	1:34:54
243	1:34:56	Alison Green		F 40 to 44	1:34:56
244	1:35:00	Mark Brown		M 45 to 49	1:34:26
245	1:35:00	Paul Slater		M 40 to 44	1:34:19
246	1:35:02	Helen Mian	Norfolk Gazelles AC	F 45 to 49	1:34:48
247	1:35:06	Stephan Harris	Ryston Runners	M 50 to 54	1:35:06
248	1:35:07	Jordan Beaumont	Ipswich Jaffa RC	M 17 to 39	1:34:44
249	1:35:09	Jake Brockwell		M 17 to 39	1:35:09
250	1:35:11	Shaun Conway		M 50 to 54	1:34:57
251	1:35:13	Neil Adcock		M 17 to 39	1:34:49
252	1:35:16	Stuart Baldry		M 17 to 39	1:34:51
253	1:35:17	James Davidson		M 17 to 39	1:35:17
254	1:35:17	Jonathan Meadows	Lowestoft Road Runners	M 17 to 39	1:34:28
255	1:35:17	Andy Bobbin		M 40 to 44	1:34:42
256	1:35:19	Mark Harmer	Bure Valley Harriers	M 40 to 44	1:35:08
257	1:35:21	Richard Doyle		M 17 to 39	1:35:21
258	1:35:22	Kate Murrell	Tri-Anglia Triathlon Club	F 17 to 39	1:35:22
259	1:35:23	Mark Ogden		M 40 to 44	1:35:23
260	1:35:24	Ken Bowman	Coltishall Jaguars RC	M 65+	1:35:07
261	1:35:26	Adam Pearce		M 17 to 39	1:35:12
262	1:35:26	Tom Anstiss		M 17 to 39	1:35:26
263	1:35:30	Richard Andrews		M 17 to 39	1:34:47
264	1:35:34	Wayne Freeman	Waveney Valley AC	M 55 to 59	1:35:19
265	1:35:36	Christopher Doggett		M 55 to 59	1:35:02
266	1:35:38	Craig Rogers	Dereham Runners & AC	M 17 to 39	1:35:38
267	1:35:40	Ross Ashton		M 40 to 44	1:35:23
268	1:35:41	Robert Astley	Norwich Road Runners	M 40 to 44	1:35:25
269	1:35:41	Jonathan Travis		M 17 to 39	1:35:41
270	1:35:43	Craig Dearden-Phillips	Saint Edmund Pacers	M 45 to 49	1:35:43
271	1:35:44	Mark Goodson		M 40 to 44	1:35:44
272	1:35:48	Andrew Brunton		M 17 to 39	1:35:20
273	1:35:48	Rachel Gillings	Norwich Road Runners	F 17 to 39	1:35:35
274	1:35:51	Richard Stanley		M 17 to 39	1:35:51
275	1:35:54	Tom Pullinger	Bungay Black Dog RC	M 40 to 44	1:35:54

276	1:35:58	Robert Chart	Collingwood AC	M 50 to 54	1:35:23
277	1:36:00	Vince Butler	Tri-Anglia Triathlon Club	M 45 to 49	1:35:41
278	1:36:02	Karen Archbold	Lowestoft Road Runners	F 45 to 49	1:35:17
279	1:36:03	Darren France		M 45 to 49	1:36:03
280	1:36:05	James Lay		M 17 to 39	1:35:52
281	1:36:05	Benjamin Moon		M 17 to 39	1:35:51
282	1:36:06	James Francis		M 17 to 39	1:35:52
283	1:36:07	Adam Cory		M 17 to 39	1:36:07
284	1:36:13	Anthony Kendrick		M 17 to 39	1:35:20
285	1:36:17	Shane Morgan		M 17 to 39	1:35:47
286	1:36:19	Anne Swift	UKnetrunner.co.UK	F 45 to 49	1:35:48
287	1:36:23	Matthew Bray	Wimbledon Windmilers	M 17 to 39	1:36:05
288	1:36:23	Stacy Twell		M 40 to 44	1:36:23
289	1:36:26	Sam Wilkinson		M 17 to 39	1:36:26
290	1:36:28	Neil Bye	Lowestoft Road Runners	M 17 to 39	1:36:28
291	1:36:28	Chris Vernon		M 17 to 39	1:36:14
292	1:36:36	Stephen Moseley	Norwich Road Runners	M 45 to 49	1:35:38
293	1:36:36	Steven Cole		M 45 to 49	1:36:36
294	1:36:41	James Lambert	Coltishall Jaguars RC	M 17 to 39	1:35:45
295	1:36:42	Louisa-Kate Keylock	Full Potential	F 17 to 39	1:36:34
296	1:36:44	Craig Catchpole		M 17 to 39	1:36:44
297	1:36:46	Jon Thaxton		M 40 to 44	1:36:46
298	1:36:51	Edward Harvey		M 17 to 39	1:36:51
299	1:36:51	Stephen Dunnett		M 55 to 59	1:36:51
300	1:36:52	Gary Cheesman	Norwich Road Runners	M 17 to 39	1:35:54
301	1:36:53	Will Wall	Harlow RC	M 17 to 39	1:36:11
302	1:36:54	Leslie Scott		M 55 to 59	1:36:38
303	1:36:54	Rob Poor		M 17 to 39	1:36:54
304	1:36:55	Jonathan Goldthorpe		M 45 to 49	1:36:39
305	1:36:58	Ben Dimelow		M 17 to 39	1:36:26
306	1:37:00	David Allum	Norfolk Harriers RC	M 17 to 39	1:36:34
307	1:37:01	Dean Blake	Coltishall Jaguars RC	M 40 to 44	1:36:06
308	1:37:03	Matthew Hubbard		M 17 to 39	1:36:46
309	1:37:03	Ben Warren		M 17 to 39	1:37:03
310	1:37:04	Ben Snelling	Norwich Road Runners	M 40 to 44	1:36:11
311	1:37:04	Mark Mountain	Great Yarmouth Road Runners	M 40 to 44	1:35:57
312	1:37:06	Stephen Atkins	Saint Edmund Pacers	M 50 to 54	1:36:45
313	1:37:08	Matthew Adams		M 17 to 39	1:36:43
314	1:37:09	George Frazer		M 17 to 39	1:36:44
315	1:37:09	Kevin Frazer		M 50 to 54	1:36:44
316	1:37:10	Ben Gaskins	Coltishall Jaguars RC	M 17 to 39	1:37:10
317	1:37:11	Justin Morfoot		M 17 to 39	1:37:11
318	1:37:12	Sam Arthurton		M 17 to 39	1:36:31
319	1:37:12	Rebecca Faircloth	Wymondham AC	F 40 to 44	1:37:00
320	1:37:12	Ian Henderson		M 55 to 59	1:36:15
321	1:37:14	Jason Turner		M 40 to 44	1:36:08
322	1:37:14	Dudley Garner	Norfolk Gazelles AC	M 17 to 39	1:36:47
323	1:37:15	Mike Howe		M 45 to 49	1:36:51
324	1:37:17	Penny Sadler	Totley AC	F 40 to 44	1:37:17
325	1:37:22	Franck Bougeard		M 17 to 39	1:36:23
326	1:37:26	David Baldwin	East London Runners	M 17 to 39	1:37:22
327	1:37:29	Matt Sims		M 45 to 49	1:36:32
328	1:37:32	Andy Bibey		M 17 to 39	1:36:22
329	1:37:32	Diccon Loy	East London Runners	M 40 to 44	1:37:02
330	1:37:33	Karl Wright	Thetford AC	M 17 to 39	1:37:19
331	1:37:33	Paul Dockerill	Newmarket Joggers	M 17 to 39	1:36:34
332	1:37:34	William Harris		M 17 to 39	1:37:34
333	1:37:35	Hannah Wood	Ipswich Jaffa RC	F 40 to 44	1:37:13
334	1:37:37	James Fuller	Coltishall Jaguars RC	M 17 to 39	1:36:54
335	1:37:38	James Fowler		M 17 to 39	1:36:56
336	1:37:43	David Houghton		M 45 to 49	1:37:01
337	1:37:48	Adam Leech		M 17 to 39	1:37:48
338	1:37:52	Scott Leadley		M 40 to 44	1:37:52
339	1:37:52	Ross Leamon		M 17 to 39	1:37:31
340	1:37:52	Craig Wright		M 17 to 39	1:37:31
341	1:37:53	Jeremy Lawrence	Coltishall Jaguars RC	M 55 to 59	1:37:25
342	1:37:54	Niall Wapshott		M 17 to 39	1:36:52
343	1:37:55	Jason Gaul	Norwich Road Runners	M 17 to 39	1:37:55
344	1:37:55	Guy Shearwood	Norwich Road Runners	M 55 to 59	1:37:30
345	1:37:57	Lewis Swallow		M 17 to 39	1:37:57

346	1:37:58	Jake Robertson		M 17 to 39	1:37:17
347	1:37:59	Danny Godward		M 17 to 39	1:37:59
348	1:38:00	Gary Ficken		M 45 to 49	1:36:54
349	1:38:01	Matthew Dawson	Norwich Road Runners	M 17 to 39	1:37:01
350	1:38:04	Tom Johnson	Coltishall Jaguars RC	M 17 to 39	1:38:04
351	1:38:04	Thomas Harvey		M 17 to 39	1:37:05
352	1:38:06	Esther Lury	Ipswich Jaffa RC	F 17 to 39	1:37:42
353	1:38:11	David Hudson	Tri-Anglia Triathlon Club	M 40 to 44	1:37:38
354	1:38:12	Robert Adams		M 17 to 39	1:38:12
355	1:38:12	Nathaniel Blackman		M 17 to 39	1:38:12
356	1:38:14	James Loughlin		M 17 to 39	1:38:14
357	1:38:16	Samuel Bailey		M 17 to 39	1:38:16
358	1:38:17	Thomas Lincoln-Kemp	Tri-Anglia Triathlon Club	M 45 to 49	1:37:49
359	1:38:22	Phillip Bower	Thetford AC	M 55 to 59	1:38:09
360	1:38:24	Alex Harvey		M 17 to 39	1:38:24
361	1:38:27	Rob Crockett		M 50 to 54	1:38:27
362	1:38:28	Clive Davey	Sudbury Joggers	M 40 to 44	1:38:00
363	1:38:30	Sandra Bower	Thetford AC	F 55 to 59	1:38:15
364	1:38:30	Jordan Papworth		M 17 to 39	1:36:51
365	1:38:31	Chris Speakman	Tri-Anglia Triathlon Club	M 55 to 59	1:37:43
366	1:38:32	Alex Hobbs	Stowmarket Striders RC	M 17 to 39	1:37:26
367	1:38:34	Neil McDonald		M 40 to 44	1:37:58
368	1:38:35	David Neeve	Bungay Black Dog RC	M 17 to 39	1:37:50
369	1:38:35	Andrew Callen	Diss and District AC	M 17 to 39	1:32:53
370	1:38:38	Joseph Keeping		M 17 to 39	1:37:40
371	1:38:39	Thomas Rivett	North Norfolk Beach Runners	M 40 to 44	1:38:18
372	1:38:41	Jonathan Brasnett		M 17 to 39	1:37:36
373	1:38:43	Emma Potter-Campbell	Dereham Runners & AC	F 45 to 49	1:38:29
374	1:38:48	David Mercer		M 45 to 49	1:37:41
375	1:38:52	Matt Briggs		M 17 to 39	1:38:52
376	1:38:54	James Wood		M 50 to 54	1:38:54
377	1:38:56	Stuart Canwell	Great Yarmouth Road Runners	M 40 to 44	1:38:16
378	1:38:57	Stephen Sadd	Norfolk Gazelles AC	M 55 to 59	1:38:57
379	1:38:57	Bill Kingaby	Waveney Valley AC	M 60 to 64	1:37:45
380	1:38:58	Joshua Sibley		M 17 to 39	1:38:58
381	1:39:00	Simon Beckett		M 50 to 54	1:38:10
382	1:39:00	Richard Smith		M 40 to 44	1:37:20
383	1:39:00	Ian East		M 40 to 44	1:37:21
384	1:39:02	Ed Pilkington		M 17 to 39	1:38:19
385	1:39:04	Gary Fryer	Tri-Anglia Triathlon Club	M 17 to 39	1:38:17
386	1:39:07	Pete Thompson		M 17 to 39	1:38:51
387	1:39:09	Angela Isherwood		F 17 to 39	1:38:56
388	1:39:11	Keith Taggart		M 50 to 54	1:38:38
389	1:39:11	Robert Williams		M 17 to 39	1:38:17
390	1:39:12	Mark Saunders		M 45 to 49	1:39:12
391	1:39:12	Daniel Smith		M 17 to 39	1:38:26
392	1:39:13	Carly Jermy	City of Norwich AC	F 17 to 39	1:38:42
393	1:39:13	Laurence Conway		M 17 to 39	1:39:13
394	1:39:14	Emily Beavis	Norwich Road Runners	F 17 to 39	1:38:36
395	1:39:14	Christopher Mickleburgh	Norwich Road Runners	M 17 to 39	1:38:34
396	1:39:14	Deb Self		F 45 to 49	1:38:13
397	1:39:18	Michael Quantrill	Waveney Valley AC	M 45 to 49	1:39:03
398	1:39:20	Tim Lucking		M 17 to 39	1:38:42
399	1:39:20	Harry Fishpool		M 17 to 39	1:38:36
400	1:39:22	Ian Blatchford	Ely Runners	M 45 to 49	1:38:17
401	1:39:31	Albert Hicks		M 17 to 39	1:39:31
402	1:39:33	Daniel Roberts	Wymondham AC	M 17 to 39	1:39:33
403	1:39:33	Tessa Killingbeck	City of Norwich AC	F 17 to 39	1:39:33
404	1:39:35	Andrew Spencer		M 40 to 44	1:39:35
405	1:39:35	Colin Shaw		M 45 to 49	1:39:35
406	1:39:44	Darren Addison		M 17 to 39	1:39:44
407	1:39:49	Gregoire De Person		M 40 to 44	1:39:49
408	1:39:52	Martin Pearson		M 45 to 49	1:39:52
409	1:39:53	Tim Parr		M 40 to 44	1:39:05
410	1:39:55	Nick Gurney	Norwich Road Runners	M 17 to 39	1:39:03
411	1:40:00	Chris Hosier	Dereham Runners & AC	M 17 to 39	1:39:08
412	1:40:07	Gabriel Inch		M 17 to 39	1:39:17
413	1:40:07	Dylan Mitchard		M 17 to 39	1:39:17
414	1:40:07	Emily Hooton		F 17 to 39	1:39:41
415	1:40:09	Joseph Moore		M 17 to 39	1:39:38

416	1:40:09	Denise Nuttall		F 45 to 49	1:39:44
417	1:40:10	Andrew Burcham		M 17 to 39	1:39:36
418	1:40:12	Kevin Johnston		M 55 to 59	1:40:12
419	1:40:12	Carol Devlin	Dereham Runners & AC	F 50 to 54	1:39:56
420	1:40:15	Andrew Shorthose		M 40 to 44	1:39:48
421	1:40:16	Graham Sparkes		M 40 to 44	1:40:16
422	1:40:17	Christopher Dent		M 50 to 54	1:39:09
423	1:40:17	James Chaplin ? Madden	Great Yarmouth Road Runners	M 17 to 39	1:40:17
424	1:40:17	Michael Rushton	Saint Edmund Pacers	M 40 to 44	1:39:06
425	1:40:20	Richard Chilvers		M 45 to 49	1:39:24
426	1:40:20	Stephen Kenworthy		M 45 to 49	1:39:30
427	1:40:22	Daniel Jones		M 17 to 39	1:39:41
428	1:40:26	Jacky Walsingham		F 40 to 44	1:40:02
429	1:40:32	John Downs		M 17 to 39	1:40:32
430	1:40:35	Jon Wale		M 17 to 39	1:39:54
431	1:40:37	Charlotte Smith	Thetford AC	F 17 to 39	1:40:20
432	1:40:39	Jerzy Pawlicki		M 17 to 39	1:40:39
433	1:40:41	Jim Fitch		M 45 to 49	1:40:41
434	1:40:41	Zoltan David		M 17 to 39	1:39:26
435	1:40:44	Craig Hasnip		M 40 to 44	1:40:44
436	1:40:45	Garry Whiting	Wymondham AC	M 45 to 49	1:40:04
437	1:40:47	Patrick MacE		M 50 to 54	1:40:47
438	1:40:47	John Gibbons		M 50 to 54	1:39:33
439	1:40:49	Meera Rajoo-Oakley	Great Bentley Running Club	F 17 to 39	1:40:15
440	1:40:58	Bartosz Fotschki		M 17 to 39	1:40:58
441	1:40:58	Andrzej Fotschki		M 50 to 54	1:40:05
442	1:41:00	Mark Williams		M 45 to 49	1:41:00
443	1:41:02	Mark Gipson		M 45 to 49	1:39:19
444	1:41:03	Jonathan Rowden		M 45 to 49	1:40:02
445	1:41:04	Iain Patterson		M 40 to 44	1:41:04
446	1:41:05	Peter Single		M 55 to 59	1:41:05
447	1:41:07	Ian Tooley	Great Yarmouth Road Runners	M 50 to 54	1:40:26
448	1:41:08	Sam Patterson		M 17 to 39	1:40:09
449	1:41:10	David Powles		M 17 to 39	1:40:08
450	1:41:14	John Morgan	Reepham Runners	M 50 to 54	1:40:15
451	1:41:18	David Wright		M 17 to 39	1:37:08
452	1:41:19	Andrew Cunningham		M 17 to 39	1:40:16
453	1:41:22	Brett Shepperson		M 40 to 44	1:40:12
454	1:41:23	Shaun Nicholls	Ipswich Jaffa RC	M 17 to 39	1:39:38
455	1:41:28	Gareth Johnston		M 17 to 39	1:38:57
456	1:41:32	Mark Kennell		M 40 to 44	1:40:54
457	1:41:34	Ben Thompson		M 17 to 39	1:40:34
458	1:41:36	Mark Smith	Waveney Valley AC	M 40 to 44	1:40:49
459	1:41:38	Daniel Lowthorpe		M 17 to 39	1:40:14
460	1:41:38	Jim Hayes	North Norfolk Beach Runners	M 65+	1:41:00
461	1:41:42	Paul Ballard	Hadleigh Hares AC	M 17 to 39	1:41:28
462	1:41:42	Tim Vanderpump		M 17 to 39	1:41:42
463	1:41:43	Simon Fields		M 45 to 49	1:40:45
464	1:41:52	James Stanbrook		M 45 to 49	1:41:52
465	1:41:59	Gareth Joubert		M 17 to 39	1:41:59
466	1:42:02	Tom English		M 17 to 39	1:40:24
467	1:42:03	Simon Welfare		M 17 to 39	1:41:25
468	1:42:04	Darren Doggett		M 45 to 49	1:41:39
469	1:42:04	Patrick Youngs		M 17 to 39	1:42:04
470	1:42:06	Ben Curtis		M 17 to 39	1:42:06
471	1:42:07	Danilo Dondici		M 17 to 39	1:42:07
472	1:42:08	Katey Crooks		F 17 to 39	1:42:08
473	1:42:09	Steven Goodfellow		M 45 to 49	1:42:09
474	1:42:12	David Reading		M 45 to 49	1:42:12
475	1:42:13	Vhari King	Bure Valley Harriers	F 17 to 39	1:41:41
476	1:42:16	Gary Pillar	Great Yarmouth Road Runners	M 50 to 54	1:41:39
477	1:42:18	Phil Henry	Bungay Black Dog RC	M 50 to 54	1:41:09
478	1:42:18	Kevin Raisborough		M 45 to 49	1:41:09
479	1:42:19	Zoe Catchpole		F 40 to 44	1:41:17
480	1:42:25	David Fordham	Saxmundham Sports	M 65+	1:42:08
481	1:42:25	Ruth Steele	Norwich Road Runners	F 45 to 49	1:41:36
482	1:42:28	Steven De Polo		M 17 to 39	1:41:11
483	1:42:29	Rachael Hamblyn	Ipswich Jaffa RC	F 17 to 39	1:41:44
484	1:42:31	Simon Taylor		M 40 to 44	1:41:20
485	1:42:33	Emily Neilan	Serpentine RC	F 17 to 39	1:41:59

486	1:42:35	James Plant		M 17 to 39	1:41:44
487	1:42:36	Catherine Roberts	Maidstone Harriers	F 40 to 44	1:41:42
488	1:42:41	Henry Moggridge		M 17 to 39	1:42:11
489	1:42:44	Mark Stone	Great Yarmouth Road Runners	M 40 to 44	1:41:37
490	1:42:44	Dean Wright		M 17 to 39	1:42:44
491	1:42:45	Jonathan Kimber		M 17 to 39	1:42:45
492	1:42:46	Graham Worsfold		M 17 to 39	1:42:46
493	1:42:47	Sabrina Norton	Bungay Black Dog RC	F 17 to 39	1:41:41
494	1:42:48	Blaine Craddock		M 40 to 44	1:40:50
495	1:42:49	Julia Hetherton		F 17 to 39	1:42:06
496	1:42:51	Gavin Smith		M 40 to 44	1:42:51
497	1:42:53	Nicol Hill	Norwich Road Runners	F 40 to 44	1:42:53
498	1:42:54	Dale Cooper	Norfolk Harriers RC	M 55 to 59	1:41:59
499	1:42:55	Derin Clark		F 17 to 39	1:42:19
500	1:42:58	Paul Stephen		M 17 to 39	1:42:58
501	1:42:58	Alex Taylor	Saint Edmund Pacers	M 17 to 39	1:42:27
502	1:42:59	Paul Wickens		M 17 to 39	1:42:12
503	1:43:00	Greg Tunmore	Diss and District AC	M 17 to 39	1:42:35
504	1:43:02	Jay McLelland-Taylor		M 17 to 39	1:40:07
505	1:43:04	Noel Howes		M 17 to 39	1:43:04
506	1:43:07	Luke Howes		M 17 to 39	1:42:38
507	1:43:08	Elvira David		F 40 to 44	1:41:54
508	1:43:10	Paul Eves		M 17 to 39	1:40:47
509	1:43:13	Oliver Steed		M 17 to 39	1:42:02
510	1:43:15	Andy Stephens	Great Bentley Running Club	M 17 to 39	1:42:40
511	1:43:15	Silje Hovstad	City of Norwich AC	F 17 to 39	1:42:57
512	1:43:16	Richard Lawes		M 55 to 59	1:42:02
513	1:43:16	Richard Layburn		M 17 to 39	1:43:16
514	1:43:17	Christopher Burrows		M 17 to 39	1:43:17
515	1:43:18	Scott Gage		M 17 to 39	1:43:18
516	1:43:19	Luke Hurren		M 17 to 39	1:42:19
517	1:43:19	David Rudd		M 17 to 39	1:40:52
518	1:43:19	Bill Partner		M 45 to 49	1:43:19
519	1:43:20	Stuart Thompson		M 17 to 39	1:43:20
520	1:43:21	Richard Petrie		M 45 to 49	1:42:10
521	1:43:22	Paul Grant	Waveney Valley AC	M 45 to 49	1:41:23
522	1:43:26	Tom Bloomfield		M 17 to 39	1:43:26
523	1:43:27	Katy Oldman		F 17 to 39	1:42:38
524	1:43:28	Will Bond		M 17 to 39	1:42:30
525	1:43:31	Neal Long		M 40 to 44	1:42:36
526	1:43:36	Christopher Bell		M 17 to 39	1:43:36
527	1:43:39	Daniel Shanks		M 17 to 39	1:42:33
528	1:43:44	Nicholas Carding		M 17 to 39	1:43:44
529	1:43:44	Jonathan Reeve		M 17 to 39	1:40:44
530	1:43:46	Julz Williams	Norwich Road Runners	F 17 to 39	1:43:19
531	1:43:48	Ian Roberts		M 40 to 44	1:43:13
532	1:43:52	Edward Brown		M 17 to 39	1:43:52
533	1:43:53	Ruth Sturgess	Royston Runners	F 17 to 39	1:42:37
534	1:43:54	Ian Sturgess	Wymondham AC	M 55 to 59	1:43:54
535	1:43:56	David Stephens	Herts Phoenix AC	M 17 to 39	1:43:22
536	1:43:58	Brian Wilson	Norwich Road Runners	M 17 to 39	1:42:50
537	1:44:00	Ben Lucking		M 17 to 39	1:44:00
538	1:44:01	Andy Long		M 17 to 39	1:44:01
539	1:44:03	Andrew Sach		M 40 to 44	1:44:03
540	1:44:08	Richard Black		M 17 to 39	1:42:34
541	1:44:09	Owen Reynolds		M 17 to 39	1:41:22
542	1:44:13	Shara Jones		F 17 to 39	1:43:47
543	1:44:14	Edwina Gibling		F 17 to 39	1:42:53
544	1:44:15	Tim Ward		M 50 to 54	1:44:15
545	1:44:16	Mary-Claire Tweedy		F 40 to 44	1:41:47
546	1:44:20	Helen Barber	Horsforth Harriers	F 45 to 49	1:44:20
547	1:44:27	Terry Garrity	Bungay Black Dog RC	M 60 to 64	1:44:27
548	1:44:27	Robert McPherson		M 50 to 54	1:44:27
549	1:44:27	Richard Clark	Saxmundham Sports	M 45 to 49	1:43:14
550	1:44:28	Julian Allaker		M 17 to 39	1:44:28
551	1:44:30	Shane Smith		M 40 to 44	1:42:59
552	1:44:32	Tom Markwell		M 17 to 39	1:43:05
553	1:44:34	James Sharman		M 17 to 39	1:44:34
554	1:44:35	Jonathan Bolam		M 17 to 39	1:42:58
555	1:44:35	Richard Dade	Reepham Runners	M 45 to 49	1:43:08



556	1:44:37	Simon Bales		M 17 to 39	1:43:50
557	1:44:37	Elly Young		F 45 to 49	1:42:15
558	1:44:38	Sharon Perry	Saint Edmund Pacers	F 40 to 44	1:43:27
559	1:44:40	Ruth Gaunt	Norwich Road Runners	F 45 to 49	1:42:46
560	1:44:44	John Buckley		M 65+	1:44:09
561	1:44:46	Adam Brown		M 17 to 39	1:43:30
562	1:44:47	Richard Dye	Bungay Black Dog RC	M 50 to 54	1:43:50
563	1:44:49	Luke Alderton		M 17 to 39	1:44:49
564	1:44:49	Rory Cameron		M 40 to 44	1:44:49
565	1:44:50	David Ward	Sutton in Ashfield Harriers & AC	M 55 to 59	1:43:52
566	1:44:57	Karl Tovell		M 17 to 39	1:44:57
567	1:44:58	Marcel Souris		M 40 to 44	1:42:48
568	1:45:00	Melanie Widdows		F 45 to 49	1:43:52
569	1:45:00	Chloe O'Hara		F 17 to 39	1:45:00
570	1:45:03	Jamie Bennington	Barton & District AC	M 17 to 39	1:45:03
571	1:45:04	Tony Castle		M 17 to 39	1:44:17
572	1:45:09	Alex Ivory		M 17 to 39	1:45:09
573	1:45:10	Stuart Peck		M 17 to 39	1:45:10
574	1:45:13	Mark Rollings	Ryston Runners	M 17 to 39	1:44:00
575	1:45:16	Jamie McGurk		M 17 to 39	1:44:42
576	1:45:17	Scott Shruballs	Coltishall Jaguars RC	M 17 to 39	1:45:17
577	1:45:18	Luke Elliott		M 17 to 39	1:44:58
578	1:45:19	Tom Cadmore		M 40 to 44	1:44:31
579	1:45:20	Simon Gibson		M 17 to 39	1:44:59
580	1:45:21	Steve Bisset		M 17 to 39	1:42:16
581	1:45:21	Ricci Wilson		M 17 to 39	1:44:12
582	1:45:23	Nigel Kinsella	Tri-Anglia Triathlon Club	M 45 to 49	1:44:40
583	1:45:24	Laura Gilbert		F 17 to 39	1:44:17
584	1:45:24	Natasha Rout	Wymondham AC	F 17 to 39	1:43:57
585	1:45:29	James Harvey		M 17 to 39	1:43:41
586	1:45:30	Sarah Mayo		F 17 to 39	1:45:09
587	1:45:31	Gary Wootton	Tri-Anglia Triathlon Club	M 45 to 49	1:45:08
588	1:45:33	Matthew Houchen		M 17 to 39	1:43:59
589	1:45:35	Charlie Ladyman	VPH and Tower Hamlets AC	F 17 to 39	1:45:21
590	1:45:36	Mary Gillings		F 45 to 49	1:44:52
591	1:45:40	Emma Wilcock	Coltishall Jaguars RC	F 17 to 39	1:44:18
592	1:45:41	Kieran Earley	Rebel Runners Medway	M 17 to 39	1:43:52
593	1:45:47	Cristobal Uauy		M 17 to 39	1:45:47
594	1:45:48	Thomas Adams		M 17 to 39	1:42:16
595	1:45:50	Matthew Jones	Great Bentley Running Club	M 17 to 39	1:45:18
596	1:45:51	Shaun Braybrook		M 17 to 39	1:45:15
597	1:45:51	Ian Roberts		M 40 to 44	1:44:43
598	1:45:53	Sze Chun Wilson Lau		M 17 to 39	1:42:41
599	1:45:56	Andrew Warner		M 17 to 39	1:45:06
600	1:45:57	Adrian Martin		M 45 to 49	1:44:13
601	1:46:01	Tristan Defew		M 17 to 39	1:46:01
602	1:46:02	Sean Blanch		M 17 to 39	1:46:02
603	1:46:03	Iain Inglis		M 17 to 39	1:46:03
604	1:46:04	Alex Fitzgerald		M 40 to 44	1:46:04
605	1:46:06	Laura Parry	City of Norwich AC	F 17 to 39	1:45:06
606	1:46:06	John Fisher		M 17 to 39	1:46:06
607	1:46:08	Paul Rix		M 17 to 39	1:43:51
608	1:46:09	Rachel Wigger		F 17 to 39	1:44:16
609	1:46:14	Gemma Gillbert	Ipswich Jaffa RC	F 17 to 39	1:44:00
610	1:46:15	Simon Rix		M 40 to 44	1:43:58
611	1:46:17	Helen Terry		F 17 to 39	1:45:25
612	1:46:17	Roger Slee	Tri-Anglia Triathlon Club	M 45 to 49	1:46:06
613	1:46:19	Dave Walton		M 17 to 39	1:45:59
614	1:46:19	Toni George	Great Yarmouth Road Runners	F 40 to 44	1:45:07
615	1:46:20	Carl Friar		M 50 to 54	1:45:26
616	1:46:24	William Robinson		M 17 to 39	1:44:12
617	1:46:27	Graham Johnson	Coltishall Jaguars RC	M 50 to 54	1:44:18
618	1:46:30	Ned Lamb		M 17 to 39	1:44:23
619	1:46:31	Claire Brown		F 50 to 54	1:46:31
620	1:46:31	John Barrett		M 17 to 39	1:45:35
621	1:46:31	James Wright		M 17 to 39	1:46:31
622	1:46:32	Adrian Dyde		M 55 to 59	1:45:15
623	1:46:32	Simon Fenton		M 17 to 39	1:45:35
624	1:46:32	Thomas Bell		M 17 to 39	1:46:32
625	1:46:33	Susan Nolan		F 50 to 54	1:45:18

626	1:46:33	John Leney		M 45 to 49	1:46:33
627	1:46:33	Nicholas Day		M 50 to 54	1:44:46
628	1:46:35	Richard Bragg		M 17 to 39	1:46:35
629	1:46:37	Sam Robotham		M 17 to 39	1:45:28
630	1:46:38	Alex Coburn		M 40 to 44	1:46:38
631	1:46:38	John Wharton	Bungay Black Dog RC	M 60 to 64	1:46:38
632	1:46:40	David Kellaway	Dereham Runners & AC	M 50 to 54	1:46:40
633	1:46:41	Jonathan Eagle	Norwich Road Runners	M 17 to 39	1:45:28
634	1:46:44	Matthew Clackett		M 17 to 39	1:42:53
635	1:46:44	Nathan Voller		M 17 to 39	1:45:27
636	1:46:45	Shaune Gooch	Norwich Road Runners	M 40 to 44	1:44:37
637	1:46:48	Jonathan Kemp	Norwich Road Runners	M 17 to 39	1:46:32
638	1:46:48	Russell Kemp		M 17 to 39	1:46:32
639	1:46:50	John Neville		M 50 to 54	1:45:09
640	1:46:51	Anita Mussett	Colchester Harriers AC	F 45 to 49	1:45:53
641	1:46:52	Barry Thain		M 60 to 64	1:44:09
642	1:46:58	William Wilson	Norfolk Gazelles AC	M 40 to 44	1:46:58
643	1:47:00	Tim Sweeting		M 17 to 39	1:44:46
644	1:47:01	Patricia Sánchez Canteli		F 17 to 39	1:45:39
645	1:47:01	Anna Boden		F 17 to 39	1:46:33
646	1:47:02	Neil May		M 40 to 44	1:45:13
647	1:47:04	Mark Rowlands		M 17 to 39	1:47:04
648	1:47:07	Lee Ingram		M 17 to 39	1:46:46
649	1:47:09	Andy Rowles	Dereham Runners & AC	M 50 to 54	1:46:16
650	1:47:10	Michelle Atkinson		F 17 to 39	1:44:47
651	1:47:10	Clare Mendes	Roadhoggs Leicester AC	F 17 to 39	1:46:14
652	1:47:11	Mark Fowler		M 17 to 39	1:46:28
653	1:47:12	Steven Mowles	Felixstowe RRC	M 45 to 49	1:47:12
654	1:47:12	Michael Grand	Reepham Runners	M 40 to 44	1:45:33
655	1:47:14	Ian Marcer		M 17 to 39	1:44:47
656	1:47:15	Katherine Thrower		F 40 to 44	1:45:00
657	1:47:16	Patrick Goff		M 40 to 44	1:47:16
658	1:47:19	Michelle Bull	City of Norwich AC	F 45 to 49	1:46:28
659	1:47:20	Jamie Love		M 17 to 39	1:47:20
660	1:47:22	Tony Eves		M 17 to 39	1:45:08
661	1:47:23	Christopher Daniel		M 17 to 39	1:44:56
662	1:47:28	Brian Spooner		M 55 to 59	1:46:23
663	1:47:30	Sam Cripps		M 17 to 39	1:45:25
664	1:47:30	Andrew Hannant		M 40 to 44	1:45:51
665	1:47:33	Ian Edwards	Norfolk Gazelles AC	M 40 to 44	1:47:33
666	1:47:33	Keir Walker		M 17 to 39	1:47:33
667	1:47:34	Paul Jewiss		M 40 to 44	1:46:07
668	1:47:35	Paul Rosher		M 55 to 59	1:45:30
669	1:47:35	Richard Crewe		M 40 to 44	1:47:06
670	1:47:37	Matthew Whitehouse		M 17 to 39	1:47:37
671	1:47:38	Elliot McCurley		M 17 to 39	1:47:38
672	1:47:40	Callum Lawrence		M 17 to 39	1:47:40
673	1:47:47	Scott Chadwick	Coltishall Jaguars RC	M 17 to 39	1:47:47
674	1:47:51	Fiona Hunt	Ipswich Jaffa RC	F 40 to 44	1:46:37
675	1:47:55	Shaun Barrell		M 17 to 39	1:45:46
676	1:47:56	Andrew Haigh		M 50 to 54	1:47:56
677	1:47:57	Alistair Laidlaw		M 17 to 39	1:43:55
678	1:47:57	James Connors		M 17 to 39	1:47:57
679	1:48:00	Justine Shepperson		F 40 to 44	1:46:50
680	1:48:02	Malcolm Fisher	Dereham Runners & AC	M 17 to 39	1:47:08
681	1:48:03	Stuart Rose	Dereham Runners & AC	M 40 to 44	1:48:03
682	1:48:03	David McWilliam		M 40 to 44	1:45:45
683	1:48:05	Kareana Symonds	Dereham Runners & AC	F 17 to 39	1:47:48
684	1:48:12	Owain Hall		M 45 to 49	1:48:12
685	1:48:13	James MacLeod	Tri-Anglia Triathlon Club	M 50 to 54	1:46:03
686	1:48:14	David Hart		M 17 to 39	1:48:14
687	1:48:18	Roy Moir		M 40 to 44	1:47:51
688	1:48:19	Martin Sleeuw	Tadcaster Harriers	M 50 to 54	1:48:19
689	1:48:19	Jon Winn		M 50 to 54	1:48:19
690	1:48:21	Rob Harlow		M 17 to 39	1:48:21
691	1:48:23	Charlotte Durrant		F 17 to 39	1:46:14
692	1:48:24	Jonathan Weavers		M 40 to 44	1:47:20
693	1:48:25	Holly Bateman		F 17 to 39	1:47:51
694	1:48:27	Louise Barker		F 40 to 44	1:46:38
695	1:48:31	Mark Barnett-Ashworth		M 50 to 54	1:47:51

696	1:48:34	Adrian Rodwell		M 45 to 49	1:48:10
697	1:48:34	Andy Elvin		M 17 to 39	1:47:59
698	1:48:36	Aidan Sheehan		M 17 to 39	1:48:36
699	1:48:36	Greg Mills		M 55 to 59	1:47:20
700	1:48:40	Jo Walker	Bungay Black Dog RC	F 40 to 44	1:47:33
701	1:48:40	George Barnard		M 17 to 39	1:47:03
702	1:48:41	Max Jennings		M 45 to 49	1:47:36
703	1:48:41	Leanne Bagge	Wymondham AC	F 17 to 39	1:47:16
704	1:48:43	Hannah Wright		F 17 to 39	1:46:14
705	1:48:43	Tim Seely		M 17 to 39	1:47:31
706	1:48:45	Thomas Glynn		M 17 to 39	1:47:59
707	1:48:46	Mark Bircham		M 17 to 39	1:46:43
708	1:48:48	Jonathan Burton	Dereham Runners & AC	M 45 to 49	1:46:32
709	1:48:48	Robert Conway		M 55 to 59	1:48:05
710	1:48:49	Hugh Gatenby	Beccles & Bungay Harriers	M 55 to 59	1:47:27
711	1:48:51	R Cheung		M 40 to 44	1:48:22
712	1:48:53	Michael Crampton		M 50 to 54	1:48:53
713	1:48:53	Mark Kingsley		M 17 to 39	1:47:10
714	1:48:54	Tom Perry		M 17 to 39	1:44:54
715	1:48:56	Stephen Girling		M 50 to 54	1:47:21
716	1:48:56	Chris Pape		M 40 to 44	1:48:56
717	1:48:56	Oliver Timson	Wymondham AC	M 40 to 44	1:46:07
718	1:48:57	David Mower	Waveney Valley AC	M 60 to 64	1:47:44
719	1:48:59	Matt Stanford		M 17 to 39	1:45:25
720	1:48:59	Toby Craig	Bungay Black Dog RC	M 40 to 44	1:47:22
721	1:49:00	Shaun Button	Bungay Black Dog RC	M 17 to 39	1:47:23
722	1:49:02	Paul Fraey		M 40 to 44	1:48:35
723	1:49:02	Gavin Douglas	Norfolk Gazelles AC	M 50 to 54	1:46:42
724	1:49:02	John Clarke		M 50 to 54	1:49:02
725	1:49:06	Michael Peachey		M 17 to 39	1:48:51
726	1:49:08	James Wells		M 17 to 39	1:45:42
727	1:49:12	Georgina Dinnage		F 17 to 39	1:47:06
728	1:49:13	Deborah Blackwell		F 17 to 39	1:48:36
729	1:49:14	Debbie Tooke	Norwich Road Runners	F 40 to 44	1:46:56
730	1:49:15	Sam Wagge		M 17 to 39	1:48:35
731	1:49:17	Leigh Evans		M 40 to 44	1:47:31
732	1:49:19	Sarah Duke		F 17 to 39	1:49:19
733	1:49:22	Mikie Gray		M 17 to 39	1:49:22
734	1:49:23	Robert Bartlett		M 50 to 54	1:49:23
735	1:49:23	Ryan Thurbin		M 17 to 39	1:47:51
736	1:49:23	Daniel Paris		M 17 to 39	1:47:51
737	1:49:24	Andrew Oxby		M 17 to 39	1:48:20
738	1:49:26	Nick Bernstein		M 17 to 39	1:48:52
739	1:49:28	Mike Lotarius		M 17 to 39	1:47:39
740	1:49:30	Daniel Millar		M 17 to 39	1:46:58
741	1:49:30	Joe Russell		M 17 to 39	1:47:24
742	1:49:31	Jon Welch		M 40 to 44	1:47:33
743	1:49:32	Richard Coles		M 17 to 39	1:49:32
744	1:49:34	Daniel Fisher		M 40 to 44	1:48:34
745	1:49:35	Urko Arregui		M 40 to 44	1:48:27
746	1:49:36	Michael Dring		M 17 to 39	1:49:36
747	1:49:36	Michael Bailey		M 17 to 39	1:47:55
748	1:49:36	Michael Patterson		M 50 to 54	1:49:36
749	1:49:36	Peter Adams		M 17 to 39	1:49:36
750	1:49:37	Paolo De Marco	Tri-Anglia Triathlon Club	M 55 to 59	1:49:06
751	1:49:40	Grant Withers		M 17 to 39	1:49:40
752	1:49:43	Matthew Hipperson		M 50 to 54	1:49:43
753	1:49:45	Louise Gardiner		F 45 to 49	1:49:00
754	1:49:53	Ben Brookes		M 17 to 39	1:49:53
755	1:49:55	Sally Logue		F 17 to 39	1:49:55
756	1:49:59	Keith Blake		M 55 to 59	1:49:59
757	1:49:59	Tom Clarke		M 17 to 39	1:47:01
758	1:49:59	Roderick Main	Tri-Anglia Triathlon Club	M 45 to 49	1:49:59
759	1:50:00	Justin Turner		M 45 to 49	1:50:00
760	1:50:02	Dan Perrin		M 40 to 44	1:48:35
761	1:50:04	Mark Smith		M 45 to 49	1:47:34
762	1:50:06	Rodney Davis		M 17 to 39	1:50:06
763	1:50:08	Glen Curtis	Ipswich Jaffa RC	M 17 to 39	1:50:08
764	1:50:08	Eleanor Stevens		F 17 to 39	1:49:34
765	1:50:10	Jordan Clipson		M 17 to 39	1:50:10

766	1:50:12	Joanna Godwin	Norwich Road Runners	F 40 to 44	1:50:12
767	1:50:14	Sarah Hickman		M 17 to 39	1:48:16
768	1:50:16	Amanda Hards		F 45 to 49	1:47:58
769	1:50:17	James Nial		M 17 to 39	1:49:48
770	1:50:23	Dean Richards		M 45 to 49	1:48:48
771	1:50:27	Russell Bell		M 40 to 44	1:50:27
772	1:50:27	William Bell		M 17 to 39	1:49:34
773	1:50:31	Yannick Cazabonne		M 17 to 39	1:49:39
774	1:50:33	Marianne Buist		F 17 to 39	1:50:33
775	1:50:33	Nathan D'Alessandri		M 17 to 39	1:49:04
776	1:50:34	Olivia Waghorn		F 17 to 39	1:47:18
777	1:50:37	Josh Neale		M 17 to 39	1:49:14
778	1:50:38	Paul Jackson	Beccles Triathlon Club	M 40 to 44	1:47:57
779	1:50:41	Nicholas Miller		M 17 to 39	1:47:44
780	1:50:42	Mike Ottley	Reepham Runners	M 65+	1:49:51
781	1:50:46	Tom Woolner		M 17 to 39	1:48:16
782	1:50:46	Simon Bunting	Lowestoft Road Runners	M 45 to 49	1:48:18
783	1:50:50	Allan McDuff		M 40 to 44	1:47:58
784	1:50:52	Leslie Slater		M 55 to 59	1:50:52
785	1:50:53	Ashley Hood		M 17 to 39	1:49:05
786	1:50:56	Shane Lutkin		M 55 to 59	1:50:56
787	1:50:58	Ben Brown		M 17 to 39	1:50:58
788	1:51:03	Luke Furze		M 17 to 39	1:51:03
789	1:51:03	Scott Gidman		M 17 to 39	1:51:03
790	1:51:04	Nick Richards		M 40 to 44	1:49:50
791	1:51:05	Robert Groves	Reepham Runners	M 17 to 39	1:51:05
792	1:51:07	Mark Fox		M 17 to 39	1:51:07
793	1:51:08	Rebecca Coulter	Wymondham AC	F 17 to 39	1:48:50
794	1:51:13	Andrew Farman		M 17 to 39	1:47:13
795	1:51:14	Sam Goldsmith		M 17 to 39	1:51:14
796	1:51:14	Jonathan Mulley		M 50 to 54	1:50:44
797	1:51:15	Andy Ives	Tri-Anglia Triathlon Club	M 40 to 44	1:48:54
798	1:51:15	Michelle Rumsey		F 17 to 39	1:51:15
799	1:51:20	James Conway		M 50 to 54	1:51:20
800	1:51:20	Luke Adcock		M 17 to 39	1:51:20
801	1:51:20	Nicola Hockley		F 17 to 39	1:50:40
802	1:51:21	Sally Juby	Dereham Runners & AC	F 17 to 39	1:49:58
803	1:51:21	Nicola John	Coltishall Jaguars RC	F 17 to 39	1:49:56
804	1:51:22	Craig Farr	Reepham Runners	M 40 to 44	1:49:56
805	1:51:22	Ross Mitchell		M 17 to 39	1:48:59
806	1:51:28	Alex Gaunt	Norwich Road Runners	M 45 to 49	1:49:33
807	1:51:28	Adam Sewell		M 17 to 39	1:49:51
808	1:51:28	Ian Fisher		M 50 to 54	1:51:28
809	1:51:28	John George		M 55 to 59	1:50:21
810	1:51:29	Philip Grose	Saint Edmund Pacers	F 50 to 54	1:50:23
811	1:51:29	Tim Cook		M 40 to 44	1:51:29
812	1:51:31	Matthew Driver		M 17 to 39	1:49:28
813	1:51:32	Patrick Thirkettle		M 45 to 49	1:51:32
814	1:51:39	Martyn Fisher		M 17 to 39	1:48:17
815	1:51:40	Lee Webster		M 40 to 44	1:49:17
816	1:51:40	Peter Elliott		M 45 to 49	1:51:40
817	1:51:42	Daniel Ward	Thetford AC	M 17 to 39	1:48:36
818	1:51:42	Victoria Wright		F 17 to 39	1:49:42
819	1:51:43	Joanna Killingworth		F 17 to 39	1:48:57
820	1:51:45	Nicholas Richardson		M 17 to 39	1:51:45
821	1:51:46	Frances Wall		F 17 to 39	1:49:18
822	1:51:47	Nick Crisp		M 17 to 39	1:49:23
823	1:51:48	James Windley		M 17 to 39	1:49:23
824	1:51:48	Matthew Conway		M 17 to 39	1:51:48
825	1:51:55	Rhoda Hincks	City of Norwich AC	F 17 to 39	1:49:42
826	1:51:55	Mark Scharff		M 50 to 54	1:50:36
827	1:52:00	John Miller	Norwich Road Runners	M 50 to 54	1:49:59
828	1:52:08	Jon Creasey		M 50 to 54	1:49:12
829	1:52:12	James Brown		M 17 to 39	1:50:43
830	1:52:13	Stephen Gook		M 45 to 49	1:47:43
831	1:52:14	Browne Amanda		F 40 to 44	1:52:14
832	1:52:15	Tom Buxton		M 17 to 39	1:51:38
833	1:52:16	Dylan Thomas	Norfolk Harriers RC	M 17 to 39	1:52:16
834	1:52:16	Caroline Houghton		F 40 to 44	1:50:55
835	1:52:17	Jason Jeary		M 45 to 49	1:49:55

836	1:52:20	Erik Nelson		M 45 to 49	1:49:02
837	1:52:21	Brian Anstie		M 40 to 44	1:51:26
838	1:52:21	Richard Potts		M 40 to 44	1:52:21
839	1:52:22	Steve Treavett		M 40 to 44	1:52:22
840	1:52:23	Shaun Cleworth		M 40 to 44	1:52:23
841	1:52:23	John Taylor		M 17 to 39	1:52:23
842	1:52:25	Jerry Fuller		M 40 to 44	1:49:52
843	1:52:25	Simon Ottaway		M 40 to 44	1:50:37
844	1:52:26	Rachel Bell		F 40 to 44	1:50:05
845	1:52:27	Graham Holland		M 45 to 49	1:52:27
846	1:52:27	Lindi Wallace		F 17 to 39	1:51:22
847	1:52:29	Paul Smithson		M 50 to 54	1:49:48
848	1:52:29	Paul Woodyatt		M 50 to 54	1:52:10
849	1:52:35	Stuart Govey	Bungay Black Dog RC	M 40 to 44	1:52:35
850	1:52:39	Ashley Jarvis	Dereham Runners & AC	M 17 to 39	1:52:39
851	1:52:41	Colin Lewis		M 50 to 54	1:52:41
852	1:52:44	Adam Haylett		M 17 to 39	1:50:54
853	1:52:45	Oliver Pointer		M 17 to 39	1:52:45
854	1:52:45	Ben Player		M 17 to 39	1:52:45
855	1:52:47	Samantha Miller		F 45 to 49	1:52:47
856	1:52:48	Jane Thomas	Great Yarmouth Road Runners	F 40 to 44	1:51:56
857	1:52:50	Michael Lawson	West Suffolk Wheelers & Tri Club	M 50 to 54	1:49:37
858	1:52:54	Matthew Rowe		M 17 to 39	1:52:54
859	1:52:55	Paul Malcolm		M 50 to 54	1:52:55
860	1:52:56	Mike Jolly	Reepham Runners	M 45 to 49	1:50:11
861	1:52:59	Alberto Villois		M 17 to 39	1:52:59
862	1:52:59	Tom Street		M 17 to 39	1:50:40
863	1:52:59	Alice Paul		F 17 to 39	1:50:31
864	1:53:04	Emma Stone		F 17 to 39	1:53:04
865	1:53:06	Lee Cheung	Sudbury Joggers	M 17 to 39	1:52:03
866	1:53:07	Neil Leeds		M 17 to 39	1:51:37
867	1:53:10	Ross Davey		M 17 to 39	1:53:10
868	1:53:10	Richard Woodward	Tri-Anglia Triathlon Club	M 50 to 54	1:50:08
869	1:53:11	David Litchfield		M 40 to 44	1:50:50
870	1:53:13	Paul Youngman	Tri-Anglia Triathlon Club	M 40 to 44	1:52:27
871	1:53:14	Sarah Ellero		F 17 to 39	1:50:32
872	1:53:14	Ross Perkins		M 17 to 39	1:51:38
873	1:53:16	David McNicol		M 50 to 54	1:53:16
874	1:53:20	Justin Smith		M 45 to 49	1:53:20
875	1:53:22	Taras Pavlyuk		M 17 to 39	1:53:22
876	1:53:25	Maria Taylor		F 17 to 39	1:53:25
877	1:53:29	Miranda Willson		F 17 to 39	1:49:43
878	1:53:30	Emma Jay		F 17 to 39	1:48:02
879	1:53:31	Mike King		M 65+	1:51:02
880	1:53:35	Steven Nelson		M 40 to 44	1:53:35
881	1:53:35	Shane May	Bungay Black Dog RC	M 40 to 44	1:51:58
882	1:53:39	James Cooper		M 17 to 39	1:50:17
883	1:53:41	David Ives	Walden Tri	M 50 to 54	1:53:41
884	1:53:46	Stuart Slattery	Dereham Runners & AC	M 17 to 39	1:53:46
885	1:53:49	Samuele Mazzolini		M 17 to 39	1:51:20
886	1:53:49	Susan Baker		F 45 to 49	1:52:29
887	1:53:50	Paul Minns		M 50 to 54	1:51:54
888	1:53:50	Dean Gray	Norwich Road Runners	M 55 to 59	1:50:50
889	1:53:52	Chris Johns		M 55 to 59	1:52:59
890	1:53:52	Matthys Wessels		M 17 to 39	1:53:22
891	1:53:59	Steve Vaughan		M 40 to 44	1:51:21
892	1:53:59	David Leather		M 45 to 49	1:50:47
893	1:54:01	Daniel Osborne		M 17 to 39	1:51:01
894	1:54:06	Sarah Buchan		F 17 to 39	1:53:20
895	1:54:08	Emiliya Lazarova		F 17 to 39	1:50:54
896	1:54:09	Joseph Dear		M 17 to 39	1:52:26
897	1:54:12	Amanda Thompson	Norwich Road Runners	F 50 to 54	1:52:24
898	1:54:15	Daniel Frappell		M 17 to 39	1:51:14
899	1:54:15	Neil Sallis		M 40 to 44	1:54:15
900	1:54:16	Simon Griffith		M 17 to 39	1:51:39
901	1:54:18	Tony Cutting		M 17 to 39	1:54:18
902	1:54:19	Joshua Chambers		M 17 to 39	1:54:19
903	1:54:23	Stephen Jessop		M 17 to 39	1:54:23
904	1:54:25	Robert Sparrow		M 17 to 39	1:54:25
905	1:54:26	William Fielding		M 17 to 39	1:54:26

906	1:54:26	Paul Douse		M 45 to 49	1:54:26
907	1:54:27	Michal Grucelski		M 17 to 39	1:52:59
908	1:54:27	Rhianwen Smee	North Norfolk Beach Runners	F 17 to 39	1:51:48
909	1:54:28	John Irons		M 17 to 39	1:54:28
910	1:54:28	Rebecca Langford	Waveney Valley AC	F 40 to 44	1:53:16
911	1:54:28	Jason Kelf	Norfolk Gazelles AC	M 45 to 49	1:54:28
912	1:54:30	Charlotte Wootton		F 45 to 49	1:53:10
913	1:54:33	Tom Wilkins		M 17 to 39	1:54:02
914	1:54:35	Zoe Wordley		F 17 to 39	1:54:35
915	1:54:36	Ruth Lynds	Tri-Anglia Triathlon Club	F 50 to 54	1:51:57
916	1:54:37	Craig Robinson	North Norfolk Beach Runners	M 17 to 39	1:52:28
917	1:54:37	Chris Dann		M 17 to 39	1:52:00
918	1:54:41	Alec Harvey		M 17 to 39	1:54:41
919	1:54:41	Jason Booty		M 40 to 44	1:54:41
920	1:54:43	Angie Bear	Wymondham AC	F 55 to 59	1:53:13
921	1:54:45	Francesca Turner	Great Yarmouth Road Runners	F 17 to 39	1:53:30
922	1:54:45	Louise Bell	Clapham Chasers	F 17 to 39	1:54:45
923	1:54:45	Lisa Bell		F 40 to 44	1:53:14
924	1:54:47	Joseph Beecham		M 17 to 39	1:50:08
925	1:54:47	Stuart Chamberlain		M 17 to 39	1:54:47
926	1:54:47	Andy Hibbins		M 40 to 44	1:53:48
927	1:54:48	Sian Abbott	Ipswich Jaffa RC	F 17 to 39	1:53:06
928	1:54:49	James Cooke	Norwich Road Runners	M 17 to 39	1:52:41
929	1:54:50	Dirk James		M 45 to 49	1:54:08
930	1:54:52	Amy Lyes		F 17 to 39	1:54:33
931	1:54:53	Philippa Rudd	Tri-Anglia Triathlon Club	F 50 to 54	1:53:13
932	1:54:53	Darrel Roberts		M 40 to 44	1:54:53
933	1:54:53	Jesse Baker		M 17 to 39	1:54:53
934	1:54:55	Richard Wood		M 40 to 44	1:52:55
935	1:54:57	Moin Uddin		M 17 to 39	1:52:33
936	1:54:57	Paul Howard		M 17 to 39	1:53:04
937	1:54:57	Anwar Ali		M 40 to 44	1:52:34
938	1:54:58	Sarah Whitelock		F 17 to 39	1:52:55
939	1:54:59	Louise Talmage		F 17 to 39	1:53:46
940	1:54:59	Trevor Reeves		M 17 to 39	1:54:13
941	1:55:00	Daniel Meek		M 17 to 39	1:54:30
942	1:55:00	Rebecca Done		F 17 to 39	1:52:22
943	1:55:00	Sarah Lister		F 40 to 44	1:55:00
944	1:55:00	Richard Patterson		M 17 to 39	1:53:10
945	1:55:01	Amanda MacLaren		F 17 to 39	1:53:45
946	1:55:03	John Kingsmill		M 55 to 59	1:54:17
947	1:55:04	Victoria Blake		F 17 to 39	1:53:08
948	1:55:04	Cassie Barker	Wymondham AC	F 40 to 44	1:53:33
949	1:55:04	Dave Dysart	Wymondham AC	M 45 to 49	1:53:56
950	1:55:04	Julia Lloyd	Wymondham AC	F 45 to 49	1:53:32
951	1:55:06	Lorrain Dawson	Great Yarmouth Road Runners	F 55 to 59	1:54:06
952	1:55:08	Natasha Walsh	Norwich Road Runners	F 17 to 39	1:53:16
953	1:55:10	Jordan Young		M 17 to 39	1:52:13
954	1:55:12	Den Plaistow		M 40 to 44	1:55:12
955	1:55:12	Simon Hagg		M 45 to 49	1:53:13
956	1:55:12	Esther Jack		F 40 to 44	1:52:22
957	1:55:12	Christopher Tooth		M 60 to 64	1:52:38
958	1:55:12	Pat Wallace		M 45 to 49	1:52:04
959	1:55:17	Katt Preston	Tri-Anglia Triathlon Club	F 17 to 39	1:52:37
960	1:55:18	Michael Franks		M 55 to 59	1:53:06
961	1:55:18	Andrew Hornby		M 45 to 49	1:55:18
962	1:55:21	Nathan Bell		M 17 to 39	1:55:21
963	1:55:21	Paul Robbins	Norwich Road Runners	M 45 to 49	1:52:09
964	1:55:24	Charlotte Munday		F 17 to 39	1:55:24
965	1:55:25	Julie Webster	Great Yarmouth Road Runners	F 45 to 49	1:54:33
966	1:55:25	James Kemp		M 40 to 44	1:55:25
967	1:55:25	Sonya Wragg	Coltishall Jaguars RC	F 40 to 44	1:53:37
968	1:55:27	Gillian Errity		F 17 to 39	1:55:27
969	1:55:29	Leon Dixon		M 17 to 39	1:52:07
970	1:55:31	Matthew Freezer	Dereham Runners & AC	M 17 to 39	1:55:31
971	1:55:31	Juliette Meek	Ryston Runners	F 17 to 39	1:53:14
972	1:55:31	Sean Reeve		M 45 to 49	1:55:31
973	1:55:37	Kevin Charge		M 45 to 49	1:54:46
974	1:55:37	Neil Burrage		M 40 to 44	1:55:37
975	1:55:37	Mark Doughty	Ryston Runners	M 40 to 44	1:52:50

976	1:55:39	Alan Burton		M 45 to 49	1:53:32
977	1:55:39	Rajesh Logasundaram		M 40 to 44	1:54:48
978	1:55:40	Katherine Aves		F 40 to 44	1:55:40
979	1:55:41	Andrew Leech		M 45 to 49	1:55:41
980	1:55:41	Anthony Fullam		M 40 to 44	1:52:18
981	1:55:41	Philip Wilton	Tri-Anglia Triathlon Club	M 45 to 49	1:54:43
982	1:55:42	Jack Parnell		M 17 to 39	1:54:09
983	1:55:42	James Clark		M 40 to 44	1:55:42
984	1:55:44	Andrew Henman		M 17 to 39	1:53:45
985	1:55:44	Matthew Henman		M 40 to 44	1:53:45
986	1:55:45	Linda Dworowski	Barnet & District AC	F 55 to 59	1:55:02
987	1:55:48	Leslie Paul	Ely Runners	M 60 to 64	1:52:52
988	1:55:48	Catherine Scott		F 40 to 44	1:52:24
989	1:55:50	Jamie Rowett		M 17 to 39	1:54:15
990	1:55:50	Sara Gardiner		F 17 to 39	1:53:32
991	1:55:51	Stuart Buck		M 45 to 49	1:55:51
992	1:55:52	Laura McKay		F 50 to 54	1:53:20
993	1:55:53	Liam Howlett		M 17 to 39	1:53:42
994	1:55:54	Nick Whales		M 17 to 39	1:55:54
995	1:55:54	Jackie Bye	Coltishall Jaguars RC	F 55 to 59	1:54:07
996	1:55:54	Keziah Eastwood		F 17 to 39	1:53:35
997	1:55:54	Richard Nolan		M 50 to 54	1:54:39
998	1:55:57	Nick Moore		M 17 to 39	1:52:12
999	1:55:58	Anna Ball		F 17 to 39	1:54:38
1000	1:55:58	Samantha Booth	Chapel Allerton Runners	F 17 to 39	1:55:58
1001	1:55:59	Edward Jack		M 40 to 44	1:55:59
1002	1:56:00	Matthew Laxton		M 17 to 39	1:53:53
1003	1:56:02	Andrew Wicks		M 40 to 44	1:54:30
1004	1:56:06	Wendy Smith	Norwich Road Runners	F 50 to 54	1:54:26
1005	1:56:06	Craig Glen		M 17 to 39	1:56:06
1006	1:56:09	Theresa Colby		F 40 to 44	1:55:16
1007	1:56:13	Gareth Stevens		M 17 to 39	1:56:13
1008	1:56:14	Konrad Pytlarz		M 17 to 39	1:56:14
1009	1:56:15	Andrew Godbold		M 40 to 44	1:53:24
1010	1:56:18	Christopher Groves	Tri-Anglia Triathlon Club	M 60 to 64	1:54:34
1011	1:56:19	Richard Holland		M 17 to 39	1:56:19
1012	1:56:19	Martin Parker		M 17 to 39	1:56:19
1013	1:56:20	Lee Wilson		M 40 to 44	1:56:20
1014	1:56:21	Daniel Rabson		M 17 to 39	1:53:51
1015	1:56:22	John Moss		M 55 to 59	1:56:22
1016	1:56:22	Steve Dennis		M 17 to 39	1:56:22
1017	1:56:23	Steve Parry		M 40 to 44	1:56:23
1018	1:56:24	Paul Taylor		M 50 to 54	1:53:54
1019	1:56:25	Nancy Connolly		F 17 to 39	1:53:16
1020	1:56:25	Adrian Woods	North Norfolk Beach Runners	M 40 to 44	1:53:49
1021	1:56:26	David Cole		M 17 to 39	1:53:27
1022	1:56:28	Adam Piddock		M 17 to 39	1:56:28
1023	1:56:29	Dan McCormack		M 17 to 39	1:56:29
1024	1:56:29	Steve Nichols		M 45 to 49	1:54:04
1025	1:56:31	Chris Sparrow		M 40 to 44	1:52:53
1026	1:56:31	Justin Freeman		M 17 to 39	1:56:31
1027	1:56:32	Thomas Abbott		M 17 to 39	1:53:35
1028	1:56:32	Michelle Hewitt		F 17 to 39	1:54:13
1029	1:56:32	Martin Strowger	Dereham Runners & AC	M 45 to 49	1:56:32
1030	1:56:34	Matthew Mason		M 17 to 39	1:56:34
1031	1:56:34	Richard Thomas		M 55 to 59	1:56:34
1032	1:56:35	Lucy Walleit		F 17 to 39	1:53:39
1033	1:56:35	Charlotte Reed		F 17 to 39	1:56:35
1034	1:56:36	Laura Ali		F 17 to 39	1:54:17
1035	1:56:36	Lucy Coleman	Norwich Road Runners	F 17 to 39	1:54:55
1036	1:56:38	Robert Pyke		M 40 to 44	1:52:54
1037	1:56:39	Lucy Brooks		F 17 to 39	1:54:12
1038	1:56:41	Peter Russell	Framlingham Flyers	M 65+	1:55:21
1039	1:56:41	Helen Busfield		F 17 to 39	1:54:08
1040	1:56:43	Nicholas Walsh		M 17 to 39	1:54:52
1041	1:56:43	Emma Jordan	Coltishall Jaguars RC	F 40 to 44	1:54:54
1042	1:56:44	Sonja White		F 40 to 44	1:54:53
1043	1:56:46	Zach Chilvers		M 17 to 39	1:56:46
1044	1:56:51	Belinda Jennings		F 40 to 44	1:56:51
1045	1:56:51	Tessa Humphrey		F 17 to 39	1:56:08

1046	1:56:51	Simon Edwards		M 40 to 44	1:56:51
1047	1:56:53	Robin Ashe	Bungay Black Dog RC	M 60 to 64	1:56:16
1048	1:56:54	Mark Robinson		M 50 to 54	1:55:37
1049	1:56:55	Gary Jamson		M 45 to 49	1:56:55
1050	1:56:56	Warren Barnes		M 40 to 44	1:56:56
1051	1:57:00	Edward Hall		M 65+	1:56:36
1052	1:57:00	Jessie Martin		F 17 to 39	1:54:43
1053	1:57:01	Ian Rodwell	Bungay Black Dog RC	M 50 to 54	1:57:01
1054	1:57:02	Sarah Thacker		F 40 to 44	1:54:35
1055	1:57:03	Stephen Read		M 55 to 59	1:57:03
1056	1:57:04	Heather Hollister	Coltishall Jaguars RC	F 60 to 64	1:55:18
1057	1:57:04	Stuart Palmer		M 45 to 49	1:55:54
1058	1:57:05	Fábio Monteiro		M 17 to 39	1:55:26
1059	1:57:06	Rebecca Moore		F 17 to 39	1:53:55
1060	1:57:07	Tom Wade		M 17 to 39	1:57:07
1061	1:57:07	Jillian Davis	Ryston Runners	F 60 to 64	1:56:23
1062	1:57:09	Danny Roberts		M 17 to 39	1:54:43
1063	1:57:10	Keith Morris	Ryston Runners	M 55 to 59	1:56:25
1064	1:57:12	David Search		M 50 to 54	1:54:29
1065	1:57:13	Martyn Dunnett		M 17 to 39	1:54:25
1066	1:57:14	Bill Trow		M 17 to 39	1:55:45
1067	1:57:15	Luke Blake		M 17 to 39	1:55:33
1068	1:57:19	Peter Wapshott		M 65+	1:54:24
1069	1:57:20	Barry Bailey		M 45 to 49	1:56:13
1070	1:57:21	Ian Love		M 45 to 49	1:57:21
1071	1:57:22	Alison Warner		F 45 to 49	1:57:22
1072	1:57:24	Robin Cussol		M 17 to 39	1:55:58
1073	1:57:24	Victoria Onyeka	Ilford AC	F 17 to 39	1:54:31
1074	1:57:25	Steven Boast		M 17 to 39	1:57:25
1075	1:57:25	Philippa Coles	Crystal Peaks Runners	F 17 to 39	1:57:25
1076	1:57:25	David Hubbard		M 55 to 59	1:53:59
1077	1:57:26	John Newell	Wymondham AC	M 45 to 49	1:54:51
1078	1:57:26	Nicholas Philippson		M 17 to 39	1:57:26
1079	1:57:28	Michael Sheldrake	Ipswich Jaffa RC	M 17 to 39	1:54:52
1080	1:57:29	Naiara Beraza		F 17 to 39	1:54:45
1081	1:57:30	Richard Connell	Beccles Triathlon Club	M 45 to 49	1:55:24
1082	1:57:30	Rajesh Krishnamoorthy		M 40 to 44	1:57:30
1083	1:57:30	Louise Wadley	LWFitness4All	F 40 to 44	1:56:09
1084	1:57:31	Mandy Foyster	Norwich Road Runners	F 45 to 49	1:55:27
1085	1:57:32	Steph Green		F 17 to 39	1:54:26
1086	1:57:33	Kevin House		M 45 to 49	1:57:33
1087	1:57:34	Tanya Doy		F 17 to 39	1:55:44
1088	1:57:36	Hayley Lee		F 40 to 44	1:57:36
1089	1:57:38	Tracie Farmer		F 45 to 49	1:55:09
1090	1:57:38	Emily Goodey		F 17 to 39	1:55:07
1091	1:57:39	Sam Appleyard-Smith		F 17 to 39	1:54:14
1092	1:57:39	Ruth Woods	Beccles & Bungay Harriers	F 40 to 44	1:55:51
1093	1:57:39	Stuart Balaam		M 17 to 39	1:57:39
1094	1:57:40	Amy Balaam		F 17 to 39	1:55:40
1095	1:57:40	Nikki Mitcham		F 17 to 39	1:57:40
1096	1:57:40	Asher Girling		M 17 to 39	1:57:40
1097	1:57:45	Anthony Jolley		M 55 to 59	1:54:04
1098	1:57:45	Roger Mason		M 60 to 64	1:57:45
1099	1:57:49	Alexandra Barrett		F 17 to 39	1:55:44
1100	1:57:51	Philip Powles		M 40 to 44	1:55:17
1101	1:57:53	Kerry London		F 17 to 39	1:57:53
1102	1:57:54	Tim Clifton		M 40 to 44	1:55:15
1103	1:57:57	Alistair Moseley		M 45 to 49	1:55:44
1104	1:57:57	Sam Wright		M 17 to 39	1:57:57
1105	1:57:58	Philip Beck		M 17 to 39	1:57:58
1106	1:57:58	Jessica Neave	Wymondham AC	F 17 to 39	1:55:19
1107	1:57:59	Jonathan Leunis		M 17 to 39	1:57:59
1108	1:57:59	Alan Butterworth	Norfolk Gazelles AC	M 40 to 44	1:57:59
1109	1:58:04	Paul Harrison		M 60 to 64	1:58:04
1110	1:58:05	Helen Monk		F 17 to 39	1:56:01
1111	1:58:06	Adele Bushell	Coltishall Jaguars RC	F 45 to 49	1:56:16
1112	1:58:07	Jane Ashby	Ryston Runners	F 65+	1:57:21
1113	1:58:08	Emma Beattie		F 17 to 39	1:58:08
1114	1:58:08	Kirsty Foster		F 17 to 39	1:58:08
1115	1:58:08	Kirsty Lewis		F 17 to 39	1:56:17



1116	1:58:09	Sally Denwood		F 17 to 39	1:55:27
1117	1:58:12	Lloyd Soper		M 17 to 39	1:57:08
1118	1:58:13	Thomas Docherty		M 17 to 39	1:55:29
1119	1:58:13	Melanie Bartrum		F 40 to 44	1:58:13
1120	1:58:13	Steven Fay		M 17 to 39	1:55:40
1121	1:58:14	Colin Alford		M 50 to 54	1:55:25
1122	1:58:16	Simon Harrison		M 17 to 39	1:58:16
1123	1:58:17	Ian Sadler		M 17 to 39	1:54:56
1124	1:58:17	Liane Ford	Maidstone Harriers	F 50 to 54	1:58:17
1125	1:58:20	Paula Strong	100 Marathon Club	F 40 to 44	1:57:13
1126	1:58:21	Mike Everett		M 55 to 59	1:58:21
1127	1:58:24	Charlotte Boreham		F 17 to 39	1:58:24
1128	1:58:24	Claire Ellis		F 17 to 39	1:58:24
1129	1:58:29	Hayley Ward		F 17 to 39	1:56:44
1130	1:58:30	Kayleigh Mann		F 17 to 39	1:56:38
1131	1:58:32	Mike Newham		M 17 to 39	1:58:32
1132	1:58:34	Gavin Hall	Wymondham AC	M 45 to 49	1:55:14
1133	1:58:35	Jack Burgess		M 17 to 39	1:56:25
1134	1:58:35	Luke Frary		M 17 to 39	1:57:33
1135	1:58:36	Thi Bolam		F 40 to 44	1:56:04
1136	1:58:36	Kerry Lymbery		F 17 to 39	1:55:58
1137	1:58:38	Dene Wood		M 17 to 39	1:54:35
1138	1:58:38	Martin Truelove		M 17 to 39	1:55:18
1139	1:58:39	Emily Mayhew		F 17 to 39	1:56:04
1140	1:58:41	Charlotte Miller		F 17 to 39	1:55:03
1141	1:58:41	Beth King		F 17 to 39	1:56:06
1142	1:58:42	Katrina Tipler		F 17 to 39	1:57:15
1143	1:58:42	Simon Bowles		M 45 to 49	1:58:42
1144	1:58:42	Debra Rumsby		F 45 to 49	1:56:17
1145	1:58:45	Lesley Cooper	Felixstowe RRC	F 45 to 49	1:56:11
1146	1:58:46	Stephen Phillips		M 17 to 39	1:58:46
1147	1:58:46	Oliver Cottle		M 17 to 39	1:58:46
1148	1:58:49	Iain Dawson	Tri-Anglia Triathlon Club	M 17 to 39	1:56:47
1149	1:58:50	Lizzie Tattersall		F 40 to 44	1:56:49
1150	1:58:51	James Francis		M 17 to 39	1:55:57
1151	1:58:51	Adrian Vivian		M 45 to 49	1:56:59
1152	1:58:51	Mark Vivian		M 45 to 49	1:56:59
1153	1:58:53	Kate Bolton		F 17 to 39	1:58:53
1154	1:58:53	Sam Harbrow		M 17 to 39	1:55:54
1155	1:58:58	Steve Wilson		M 50 to 54	1:56:06
1156	1:58:59	Jacquie Wilson		F 50 to 54	1:58:59
1157	1:59:03	Dean Terry		M 17 to 39	1:58:11
1158	1:59:04	Ben Frith		M 17 to 39	1:58:23
1159	1:59:06	Sally Hart	City of Norwich AC	F 17 to 39	1:59:06
1160	1:59:07	Robert Stokes		M 17 to 39	1:59:07
1161	1:59:08	Monica Maijo		F 17 to 39	1:58:13
1162	1:59:08	Mark Blazey		M 40 to 44	1:59:08
1163	1:59:09	Sarah James		F 17 to 39	1:57:53
1164	1:59:10	Matthew Barwick		M 17 to 39	1:56:51
1165	1:59:10	Tommy Brown	Norwich Road Runners	M 17 to 39	1:59:10
1166	1:59:10	Joanna Diaper		F 40 to 44	1:59:10
1167	1:59:11	Paul Bradford		M 17 to 39	1:59:11
1168	1:59:12	Chloe White		F 17 to 39	1:59:12
1169	1:59:16	Ashley Kirk		M 17 to 39	1:59:16
1170	1:59:18	Thomas Bates		M 17 to 39	1:55:51
1171	1:59:20	Brian Bales		M 40 to 44	1:54:54
1172	1:59:20	Derek Sadler	North Norfolk Beach Runners	M 60 to 64	1:56:16
1173	1:59:24	Robert Moerdyk		M 40 to 44	1:56:09
1174	1:59:24	Matthew Reynolds	Lowestoft Road Runners	M 17 to 39	1:57:27
1175	1:59:26	Jason Black		M 45 to 49	1:58:11
1176	1:59:28	Karen Rix	Norfolk Gazelles AC	F 45 to 49	1:57:51
1177	1:59:28	Jason Brunt	Norfolk Gazelles AC	M 40 to 44	1:57:51
1178	1:59:28	Thomas Sheils		M 17 to 39	1:56:36
1179	1:59:30	Graham Dix		M 55 to 59	1:59:30
1180	1:59:31	Charlotte Leeman		F 17 to 39	1:59:31
1181	1:59:31	Jodie Thurlow		F 17 to 39	1:55:32
1182	1:59:32	Alice Brookes		F 17 to 39	1:57:21
1183	1:59:37	Jamie Murphy		M 17 to 39	1:55:28
1184	1:59:38	Ellen Pearce		F 17 to 39	1:59:38
1185	1:59:39	Josh Thomas		F 17 to 39	1:59:39

1186	1:59:40	Suzanne Warburton	Maidstone Harriers	F 50 to 54	1:59:40
1187	1:59:41	Nikki Reid		F 17 to 39	1:57:21
1188	1:59:43	Adam Sexton		M 45 to 49	1:58:27
1189	1:59:44	Darren Posthill		M 17 to 39	1:59:44
1190	1:59:46	Roland Talbot		M 60 to 64	1:56:12
1191	1:59:48	Joni Lambert		F 17 to 39	1:58:09
1192	1:59:49	Rowena Conway		F 17 to 39	1:59:49
1193	1:59:49	David Cannell		M 17 to 39	1:57:51
1194	1:59:49	Louise MacRae	Norwich Road Runners	F 17 to 39	1:57:42
1195	1:59:50	Philippa Tollit		F 17 to 39	1:57:52
1196	1:59:52	Paul Sycamore		M 17 to 39	1:59:52
1197	1:59:52	Katie Godfrey		F 17 to 39	1:59:52
1198	1:59:52	Maria Seago		F 17 to 39	1:56:31
1199	1:59:53	Beth Van Melsen		F 17 to 39	1:55:56
1200	1:59:54	Stephanie Clouston	Thetford AC	F 40 to 44	1:56:53
1201	1:59:55	Naomi Shields	Reepham Runners	F 17 to 39	1:57:46
1202	1:59:56	Graeme Biggins	LWFitness4All	M 40 to 44	1:58:33
1203	1:59:56	Thomas Ginn		M 17 to 39	1:59:56
1204	1:59:57	Charlotte Wade		F 17 to 39	1:57:36
1205	2:00:01	Ian Boreham		M 60 to 64	1:57:05
1206	2:00:03	Chris Backhouse	Bungay Black Dog RC	M 40 to 44	1:57:13
1207	2:00:06	Stephen Coe		M 17 to 39	1:57:54
1208	2:00:07	Jamie Thompson		M 17 to 39	1:57:54
1209	2:00:09	Jonathon Callingham		M 17 to 39	1:57:32
1210	2:00:10	Jane Williams		F 17 to 39	1:57:46
1211	2:00:13	Steve Poulton		M 17 to 39	2:00:13
1212	2:00:13	Rob Bailey	Great Yarmouth Road Runners	M 50 to 54	1:59:16
1213	2:00:15	Claire Baker	Great Yarmouth Road Runners	F 17 to 39	1:58:27
1214	2:00:16	Christian Cousins		M 17 to 39	1:57:14
1215	2:00:16	James Boyd		M 17 to 39	1:56:16
1216	2:00:19	Sarah Kimberley	Ryston Runners	F 17 to 39	1:57:41
1217	2:00:19	Philip Websdale		M 40 to 44	1:57:32
1218	2:00:22	Richard Jones		M 17 to 39	2:00:22
1219	2:00:22	Judith Berry		F 40 to 44	1:57:45
1220	2:00:24	Tony Hardy	Bungay Black Dog RC	M 55 to 59	1:58:46
1221	2:00:24	Damian Ashcroft		M 50 to 54	1:58:12
1222	2:00:24	Stephen Croft		M 17 to 39	1:59:34
1223	2:00:30	Martin Burgess		M 40 to 44	1:57:25
1224	2:00:37	Claire Rudrum		F 17 to 39	1:58:58
1225	2:00:39	Karen Evans		F 40 to 44	1:59:49
1226	2:00:39	Robert Hodgkiss		M 17 to 39	1:57:28
1227	2:00:40	James Frary		M 17 to 39	1:59:39
1228	2:00:42	Nicola Drew		F 17 to 39	1:57:49
1229	2:00:43	Hannah Dennis	Norfolk Gazelles AC	F 17 to 39	1:58:06
1230	2:00:44	Thomas Brennan		M 45 to 49	1:55:48
1231	2:00:45	Ross Buckingham		M 17 to 39	1:58:48
1232	2:00:45	Mark Pashler		M 45 to 49	1:57:05
1233	2:00:46	Donna Decooper Wride		F 40 to 44	1:58:20
1234	2:00:46	Toby Haseler		M 17 to 39	1:56:54
1235	2:00:47	Patrick Cutting		M 45 to 49	2:00:47
1236	2:00:47	Michelle Cutting		F 40 to 44	2:00:47
1237	2:00:48	Imola Virginas		F 45 to 49	2:00:07
1238	2:00:49	Guy Rushworth		M 40 to 44	1:57:01
1239	2:00:49	Thomas Birch		M 17 to 39	2:00:49
1240	2:00:50	Claire Hews		F 17 to 39	1:59:32
1241	2:00:50	Ian Hews		M 50 to 54	2:00:50
1242	2:00:53	Lorraine Arthurton		F 17 to 39	1:59:10
1243	2:00:55	Martin George		M 17 to 39	1:58:22
1244	2:00:57	Stephen Linden	West Suffolk Wheelers & Tri Club	M 60 to 64	1:58:35
1245	2:00:57	Martha Bostock		F 17 to 39	1:58:50
1246	2:00:59	Paul Pretty		M 40 to 44	1:59:42
1247	2:01:00	Paul Russell		M 17 to 39	1:58:00
1248	2:01:03	Steven Mead		M 17 to 39	1:57:53
1249	2:01:04	Cara Ellis		F 40 to 44	2:01:04
1250	2:01:05	Helena Balague		F 17 to 39	2:00:07
1251	2:01:08	Gary Howes		M 17 to 39	2:01:08
1252	2:01:10	Charlotte Davies		F 17 to 39	1:57:50
1253	2:01:10	Patrick Davies		M 50 to 54	1:57:50
1254	2:01:10	Matthew Oakes		M 17 to 39	1:58:39
1255	2:01:11	Robert Spelman-Marriott		M 17 to 39	2:01:11

1256	2:01:14	Tracy Stevens	Wymondham AC	F 45 to 49	2:00:24
1257	2:01:16	Brian Hartles		M 17 to 39	2:01:16
1258	2:01:16	Sarah Smith		F 17 to 39	2:01:16
1259	2:01:19	Simon Le Page		M 17 to 39	1:59:17
1260	2:01:20	Zoe Oram		F 17 to 39	1:58:34
1261	2:01:21	James Driscoll		M 40 to 44	2:01:21
1262	2:01:22	Rebecca Willis		F 17 to 39	2:00:03
1263	2:01:23	Roger Slade		M 45 to 49	1:57:45
1264	2:01:23	Sarah Chapman		F 17 to 39	1:58:08
1265	2:01:24	Beverley Rackham		F 55 to 59	2:00:45
1266	2:01:24	Lucy Wright		F 17 to 39	2:00:45
1267	2:01:26	Ian Constance		M 40 to 44	1:56:22
1268	2:01:28	Paul Gerber	Coltishall Jaguars RC	M 45 to 49	1:59:13
1269	2:01:30	Philip Reeder		M 17 to 39	1:58:42
1270	2:01:32	Rowley Kurtz		M 55 to 59	1:59:06
1271	2:01:33	Charlotte Richardson	Wymondham AC	F 17 to 39	2:01:33
1272	2:01:37	Peter Matthews		M 55 to 59	2:01:37
1273	2:01:38	Peter Elphick		M 50 to 54	2:01:38
1274	2:01:41	Deborah Lawrence		F 50 to 54	1:59:05
1275	2:01:42	Manuel Oliveira		M 17 to 39	2:01:42
1276	2:01:43	Hayley Preston		F 40 to 44	2:01:43
1277	2:01:43	Miss Chelsea		F 17 to 39	1:59:53
1278	2:01:46	Francesco Elia		M 45 to 49	2:01:46
1279	2:01:46	John White		M 55 to 59	1:59:18
1280	2:01:49	Derek Robertson		M 45 to 49	1:59:31
1281	2:01:51	Tracy Sparrow		F 17 to 39	2:01:51
1282	2:01:51	Adrian Woodward		M 50 to 54	1:59:16
1283	2:01:51	Ben Wall		M 17 to 39	1:58:45
1284	2:01:53	Thibaud Monteilhet		M 17 to 39	2:01:53
1285	2:01:54	Lisa Palmer		F 17 to 39	1:57:47
1286	2:01:55	Yann Eric Courcha		M 17 to 39	1:59:50
1287	2:01:56	John Robinson		M 45 to 49	1:58:31
1288	2:01:57	Stephen Hambling		M 45 to 49	1:59:16
1289	2:01:58	Kevin Dent		M 17 to 39	1:59:08
1290	2:01:59	Elizabeth Ager		F 45 to 49	2:01:18
1291	2:02:00	Karen Abigail		F 17 to 39	1:59:22
1292	2:02:01	Kerry Porteous	North Norfolk Beach Runners	F 40 to 44	1:59:20
1293	2:02:01	Karl Rumsby	Longdale Striders	M 17 to 39	2:02:01
1294	2:02:01	George Somers		M 17 to 39	1:57:12
1295	2:02:02	Luke Goodge		M 17 to 39	1:59:56
1296	2:02:05	James Mathews-Hiskett		M 17 to 39	2:02:05
1297	2:02:06	Lucy Hardiment		F 17 to 39	1:59:52
1298	2:02:06	David Vigar		M 50 to 54	1:59:29
1299	2:02:07	Chris Clow		M 17 to 39	1:58:53
1300	2:02:07	Luke Carlsson Browne		M 17 to 39	1:59:26
1301	2:02:10	Ross Ferguson		M 17 to 39	1:59:45
1302	2:02:10	Richard Gray		M 45 to 49	1:58:52
1303	2:02:12	Mark Fitch	Norfolk Gazelles AC	M 45 to 49	1:59:05
1304	2:02:14	Michael Tobin	Norwich Road Runners	M 17 to 39	1:59:18
1305	2:02:15	Charlotte Billingham		F 17 to 39	2:01:48
1306	2:02:16	Emily Fenning		F 17 to 39	1:59:16
1307	2:02:16	David Wheeler		M 45 to 49	2:02:16
1308	2:02:17	Alice McGrath		F 17 to 39	1:59:05
1309	2:02:20	Simon Dazeley		M 45 to 49	2:02:20
1310	2:02:21	Daniel Davies		M 17 to 39	1:59:21
1311	2:02:21	Li Dawson		F 17 to 39	2:00:48
1312	2:02:22	Craig Davies		M 40 to 44	2:00:18
1313	2:02:22	Gabriella Wells		F 17 to 39	1:59:26
1314	2:02:22	Michael Sothern		M 17 to 39	1:59:27
1315	2:02:22	Jacqui Saunderson		F 55 to 59	2:02:01
1316	2:02:23	Laurence Bower		M 45 to 49	2:02:23
1317	2:02:23	Dan Jarrod	Ipswich Triathlon Club	M 40 to 44	1:59:20
1318	2:02:24	Michael Bean		M 17 to 39	2:02:24
1319	2:02:29	Julie London	Norfolk Gazelles AC	F 45 to 49	1:59:45
1320	2:02:30	Maria Spillane		F 17 to 39	2:02:30
1321	2:02:31	Don Tiffin	Bungay Black Dog RC	M 65+	2:01:13
1322	2:02:32	Kate Cox		F 40 to 44	2:02:32
1323	2:02:32	Anthony Mattocks		M 50 to 54	2:01:13
1324	2:02:33	Lucy West	LWFitness4All	F 45 to 49	1:59:57
1325	2:02:33	Tamsyn Cox		F 17 to 39	1:59:35

1326	2:02:34	Ceri Thomas		F 17 to 39	1:58:56
1327	2:02:34	Samantha Hall		F 17 to 39	1:59:19
1328	2:02:35	Chris Bolderstone		M 17 to 39	2:00:08
1329	2:02:38	Chris Kett		M 17 to 39	2:02:38
1330	2:02:38	Kate Robinson		F 17 to 39	1:59:46
1331	2:02:39	Claire Lincoln-White		F 40 to 44	1:59:00
1332	2:02:39	Daisy Donaldson		F 17 to 39	1:59:30
1333	2:02:42	Neil Hardingham		M 17 to 39	1:59:53
1334	2:02:47	Ian Cuzner		M 17 to 39	2:02:47
1335	2:02:51	Duncan Frazer		M 45 to 49	2:00:30
1336	2:02:51	Kate Ertan		F 40 to 44	2:01:00
1337	2:02:51	David Hupton		M 55 to 59	1:58:11
1338	2:02:55	Martin Pugh		M 45 to 49	1:59:32
1339	2:02:55	James Hill		M 40 to 44	2:02:55
1340	2:02:57	Lucy Wright		F 17 to 39	2:02:57
1341	2:02:58	Mike Baker		M 50 to 54	2:02:58
1342	2:03:01	Jonathan Thetford	Reepham Runners	M 40 to 44	1:59:35
1343	2:03:01	David Ashman		M 17 to 39	2:03:01
1344	2:03:01	Mark Hurren		M 17 to 39	1:59:44
1345	2:03:06	Jessica Ashley		F 40 to 44	2:03:06
1346	2:03:07	Tony Thaxton		M 17 to 39	2:00:36
1347	2:03:11	Jody Donaldson	Great Yarmouth Road Runners	F 45 to 49	2:01:00
1348	2:03:13	Neil Sawyer		M 45 to 49	2:00:11
1349	2:03:13	Jonathan Stannard		M 17 to 39	2:03:13
1350	2:03:15	Robert Walker		M 40 to 44	2:01:07
1351	2:03:16	Anri Walker		F 40 to 44	2:03:16
1352	2:03:19	Thomas Morris		M 40 to 44	2:03:19
1353	2:03:21	Miriam Walden		F 17 to 39	1:58:52
1354	2:03:21	Laura Woodhouse		F 17 to 39	2:00:32
1355	2:03:23	Stephen Charman		M 17 to 39	1:59:21
1356	2:03:24	Sally Saunders		F 40 to 44	2:00:08
1357	2:03:27	David Langley		M 17 to 39	2:03:27
1358	2:03:28	Benjamin Warnes		M 17 to 39	1:59:46
1359	2:03:30	Sj Barlow		F 40 to 44	2:02:07
1360	2:03:34	Stacey Harper	Norwich Road Runners	F 17 to 39	2:00:44
1361	2:03:36	Victoria Jones	Norwich Road Runners	F 17 to 39	2:00:45
1362	2:03:37	Matthew Newson		M 17 to 39	2:00:51
1363	2:03:40	Samantha Long		F 17 to 39	2:03:40
1364	2:03:41	Zaneta Cegielska		F 17 to 39	2:03:41
1365	2:03:44	Georgina Sexton		F 17 to 39	1:59:59
1366	2:03:50	Sarah Wright		F 40 to 44	2:01:12
1367	2:03:51	Mrs Tara Holmes		F 40 to 44	2:01:53
1368	2:03:54	Gary Lansdale		M 40 to 44	2:01:03
1369	2:03:55	Rosemary Jackson	Coltishall Jaguars RC	F 60 to 64	2:02:05
1370	2:03:55	Owen Barber	Coltishall Jaguars RC	M 50 to 54	2:01:41
1371	2:03:57	Sarah Sargeant		F 40 to 44	2:02:49
1372	2:03:58	Daniel Irons		M 17 to 39	2:03:58
1373	2:04:06	Haydn Mathews	Wootton Road Runners	M 50 to 54	2:00:20
1374	2:04:13	David Wesby		M 17 to 39	2:00:53
1375	2:04:17	Ian Fitch		M 45 to 49	2:04:17
1376	2:04:20	Oliver Harnett		M 50 to 54	2:03:13
1377	2:04:20	Mark Bagnall		M 40 to 44	2:00:10
1378	2:04:21	Richard Greenhalf		M 17 to 39	2:04:21
1379	2:04:21	Hayley Upson		F 17 to 39	2:04:21
1380	2:04:22	Treena Harrington		F 40 to 44	2:00:43
1381	2:04:22	Lee Calton		M 17 to 39	2:01:51
1382	2:04:25	Malcolm Beasley		M 45 to 49	2:01:42
1383	2:04:26	Iwona Litwiniec		F 17 to 39	2:02:02
1384	2:04:26	Louise Norkett	Thetford AC	F 17 to 39	2:01:24
1385	2:04:32	Richard Williams		M 55 to 59	2:04:32
1386	2:04:32	Tanya Betts		F 40 to 44	2:01:32
1387	2:04:33	Gary Hazelden		M 45 to 49	2:00:10
1388	2:04:35	Daniella Occhionero		F 17 to 39	2:01:26
1389	2:04:36	Lee Kiddell		M 17 to 39	2:04:36
1390	2:04:40	Daniel Wallace		M 17 to 39	2:04:40
1391	2:04:41	Martin Churcher		M 45 to 49	2:01:24
1392	2:04:42	Paul Wallace	Stowmarket Striders RC	M 50 to 54	2:01:40
1393	2:04:42	Sam Ward		M 17 to 39	2:04:42
1394	2:04:42	Mark Dungar		M 17 to 39	2:04:42
1395	2:04:44	Sarah Ramshaw		F 45 to 49	2:04:44

1396	2:04:46	Nigel Walker		M 50 to 54	2:04:46
1397	2:04:50	Timothy Johnson	Wymondham AC	M 17 to 39	2:01:46
1398	2:04:52	Simon Martin		M 17 to 39	2:04:52
1399	2:04:53	Alex Brightwell		F 17 to 39	2:04:53
1400	2:04:55	Ryan Palmer		M 17 to 39	2:04:55
1401	2:04:55	Graham Stafford		M 45 to 49	2:03:40
1402	2:04:56	Oliver Cudmore		M 17 to 39	2:01:55
1403	2:04:58	William Kemp		M 17 to 39	2:00:59
1404	2:04:58	Michael Briggs	Tri-Anglia Triathlon Club	M 45 to 49	2:02:28
1405	2:05:01	Andrew Sabberton		M 17 to 39	2:05:01
1406	2:05:03	Stuart Sayer	Norwich Road Runners	M 55 to 59	2:00:38
1407	2:05:04	Dennis Rogers		M 40 to 44	2:02:50
1408	2:05:05	Alba Badia	City of Norwich AC	F 17 to 39	2:01:30
1409	2:05:06	Kerry Commosioug	Norwich Road Runners	F 40 to 44	2:03:15
1410	2:05:07	Colin Jackson		M 17 to 39	2:05:07
1411	2:05:09	Chris Kirby		M 45 to 49	1:58:31
1412	2:05:11	Rachel C Hoxley-Carr	Norwich Road Runners	F 17 to 39	2:00:48
1413	2:05:14	Daniel Swallow		M 17 to 39	2:05:14
1414	2:05:15	Cathy Pearson		F 50 to 54	2:01:53
1415	2:05:16	Peter Keogh		M 17 to 39	2:05:16
1416	2:05:17	Chris Burnell		M 40 to 44	2:01:21
1417	2:05:18	David Wilson		M 50 to 54	2:02:38
1418	2:05:22	Vicky Archard		F 17 to 39	2:04:33
1419	2:05:22	Rachel Keeble		F 17 to 39	2:01:48
1420	2:05:23	Sarah Phillips		F 45 to 49	2:01:48
1421	2:05:24	James Petersen		M 17 to 39	2:03:52
1422	2:05:24	Lucy Greatwood		F 17 to 39	2:03:53
1423	2:05:27	Lynne Evans		F 45 to 49	2:02:12
1424	2:05:28	Emma Crow		F 17 to 39	2:01:53
1425	2:05:31	Emma Blake	Coltishall Jaguars RC	F 17 to 39	2:02:40
1426	2:05:35	Andrew Palmer	Norwich Road Runners	M 50 to 54	2:02:43
1427	2:05:35	Liz Jones	Norwich Road Runners	F 17 to 39	2:02:44
1428	2:05:36	Sian Childs		F 40 to 44	2:03:30
1429	2:05:37	Jennifer Cain		F 17 to 39	2:02:31
1430	2:05:37	Mark Tuttle		M 17 to 39	2:03:54
1431	2:05:37	Sarah Cole		F 17 to 39	2:04:01
1432	2:05:38	Bill Murrin		M 45 to 49	2:02:18
1433	2:05:41	Hannah Grimshaw		F 17 to 39	2:04:06
1434	2:05:43	Alicia Keeney		F 17 to 39	2:01:29
1435	2:05:47	Nick Riches		M 50 to 54	2:00:57
1436	2:05:50	Neetu Ramanujam		F 40 to 44	2:02:27
1437	2:05:51	Lee Kirby		M 17 to 39	2:03:06
1438	2:05:51	Rebecca Parke	Norfolk Gazelles AC	F 17 to 39	2:03:05
1439	2:05:53	Lucie Gillett		F 17 to 39	2:05:53
1440	2:05:54	Susan George		F 17 to 39	2:02:06
1441	2:05:56	Julia Perry		F 17 to 39	2:04:03
1442	2:06:05	Gary Kioussis		M 50 to 54	2:06:05
1443	2:06:11	Martin Schmierer		M 17 to 39	2:01:23
1444	2:06:11	Tracey Melville	Tri-Anglia Triathlon Club	F 40 to 44	2:03:32
1445	2:06:12	Rhianna Broadway		F 17 to 39	2:02:54
1446	2:06:17	James Tully	Tri-Anglia Triathlon Club	M 40 to 44	2:06:17
1447	2:06:19	Mike Prendergast		M 50 to 54	2:03:08
1448	2:06:21	Shirley Standley		F 45 to 49	2:02:59
1449	2:06:23	Bianca Burman	Sudbury Joggers	F 17 to 39	2:03:49
1450	2:06:23	Kelly Mitchell		F 17 to 39	2:03:19
1451	2:06:24	Trish Jarvis		F 45 to 49	2:03:53
1452	2:06:24	Jean Appleby		F 55 to 59	2:03:52
1453	2:06:25	Sheena Evans		F 45 to 49	2:04:02
1454	2:06:32	Sam Clack		M 17 to 39	2:06:32
1455	2:06:37	Sarah Pennock	Sudbury Joggers	F 17 to 39	2:06:37
1456	2:06:39	Lindsay Green		F 17 to 39	2:06:39
1457	2:06:39	Melanie Chaplin		F 17 to 39	2:06:39
1458	2:06:40	Sarah Harvey		F 40 to 44	2:06:40
1459	2:06:40	Richard Woodard		M 45 to 49	2:02:45
1460	2:06:41	Elaine Stone	Great Yarmouth Road Runners	F 55 to 59	2:04:53
1461	2:06:41	Conrad Doggett		M 17 to 39	2:06:41
1462	2:06:42	Hollie Ketteringham		F 17 to 39	2:03:05
1463	2:06:44	Kate Leverett		F 17 to 39	2:04:27
1464	2:06:44	Jon Leverett		M 17 to 39	2:04:27
1465	2:06:44	Rory Richardson		M 17 to 39	2:02:58

1466	2:06:46	Feray Ozdes		F 17 to 39	2:04:24
1467	2:06:50	Jess Desborough		M 17 to 39	2:06:50
1468	2:06:51	Sarah Partridge	Ryston Runners	F 55 to 59	2:04:08
1469	2:06:53	Rebecca Prentice		F 17 to 39	2:03:12
1470	2:06:53	Rebecca Gooch	Norfolk Gazelles AC	F 17 to 39	2:06:53
1471	2:06:57	Benjamin Pollock		M 17 to 39	2:06:57
1472	2:06:58	Matt Beavan		M 17 to 39	2:06:58
1473	2:06:59	Daniel Haines		M 17 to 39	2:04:33
1474	2:07:02	Ana Reis		F 17 to 39	2:05:23
1475	2:07:10	Jeremy Sinclair		M 60 to 64	2:03:22
1476	2:07:12	Philippa Corfield		F 45 to 49	2:05:11
1477	2:07:14	Amy Godbold	Bungay Black Dog RC	F 17 to 39	2:05:18
1478	2:07:16	Sam Matthews		M 17 to 39	2:07:16
1479	2:07:17	Alison Severy	Ipswich Jaffa RC	F 17 to 39	2:07:17
1480	2:07:21	Carlos Nodar		M 17 to 39	2:05:00
1481	2:07:25	Becky Sturgeon	Bungay Black Dog RC	F 40 to 44	2:06:21
1482	2:07:25	Rebecca White	Beccles & Bungay Harriers	F 17 to 39	2:05:53
1483	2:07:25	Stuart Lawn	Bungay Black Dog RC	M 17 to 39	2:06:19
1484	2:07:26	Nathaniel Woodward		M 17 to 39	2:02:41
1485	2:07:27	Alexa Innes		F 17 to 39	2:07:27
1486	2:07:30	Mark Winterburn		M 50 to 54	2:05:54
1487	2:07:31	Rob Pearce		M 17 to 39	2:05:23
1488	2:07:34	Christy Newman		F 17 to 39	2:07:34
1489	2:07:34	Rebecca Norman		F 17 to 39	2:05:09
1490	2:07:34	Louise Smith	Dereham Runners & AC	F 45 to 49	2:05:48
1491	2:07:35	Lou Boyce		F 45 to 49	2:05:40
1492	2:07:36	Kevin Clark	Bungay Black Dog RC	M 45 to 49	2:07:36
1493	2:07:37	Anthony Blakemore		M 17 to 39	2:07:37
1494	2:07:38	Peter Pepper		M 40 to 44	2:04:06
1495	2:07:39	Glenn Marvell-James		M 40 to 44	2:04:07
1496	2:07:44	Mark Blackburn	Ipswich Jaffa RC	M 45 to 49	2:05:48
1497	2:07:44	Rachel Crisp	Felixstowe RRC	F 40 to 44	2:05:48
1498	2:07:45	Shaun Allen		M 40 to 44	2:06:12
1499	2:07:47	Craig Neep		M 17 to 39	2:04:40
1500	2:07:48	Alistair Fish		M 50 to 54	2:07:48
1501	2:07:49	Renyuan Wang		M 17 to 39	2:07:49
1502	2:07:49	Hannah Doran		F 17 to 39	2:03:58
1503	2:07:53	Paul Rinder		M 17 to 39	2:07:53
1504	2:07:54	Andrew Loveday	Tri-Anglia Triathlon Club	M 17 to 39	2:07:54
1505	2:07:56	Tim Howlett		M 50 to 54	2:05:35
1506	2:07:57	Richard Todd		M 45 to 49	2:07:57
1507	2:07:58	Scott Walker		M 17 to 39	2:05:13
1508	2:08:01	Aaron Joyce		M 40 to 44	2:04:28
1509	2:08:05	Lawrence Naman		M 17 to 39	2:08:05
1510	2:08:07	James Botwood		M 17 to 39	2:04:14
1511	2:08:09	Victoria Utting	Norwich Road Runners	F 40 to 44	2:08:09
1512	2:08:09	Rachel Miller	Norwich Road Runners	F 40 to 44	2:06:12
1513	2:08:09	Danielle Bazun		F 17 to 39	2:03:39
1514	2:08:12	Hannah Grinham		F 17 to 39	2:08:12
1515	2:08:17	Richard Hemingway		M 50 to 54	2:07:11
1516	2:08:17	Sarah Hemingway		F 17 to 39	2:07:11
1517	2:08:17	Rainer Herberholz		M 45 to 49	2:08:17
1518	2:08:18	She Hodgson		F 45 to 49	2:06:30
1519	2:08:18	Esther Bliss		F 17 to 39	2:08:18
1520	2:08:19	Abby Sergent		F 17 to 39	2:08:19
1521	2:08:20	Kevin Bradley	West Suffolk Wheelers & Tri Club	M 50 to 54	2:08:20
1522	2:08:22	Nick Grinham		M 50 to 54	2:04:54
1523	2:08:22	Lisa Rodgers	Wymondham AC	F 45 to 49	2:06:23
1524	2:08:22	Stephen Poundall		M 40 to 44	2:08:22
1525	2:08:25	David Wilkinson		M 40 to 44	2:08:25
1526	2:08:26	Chi Kwun Lee		M 40 to 44	2:04:34
1527	2:08:28	Darrell Roper		M 17 to 39	2:08:28
1528	2:08:29	Inger Mak-Pearce	Norwich Road Runners	F 50 to 54	2:04:10
1529	2:08:31	Lucy Martin		F 17 to 39	2:08:31
1530	2:08:35	Sophie Boden		F 17 to 39	2:08:35
1531	2:08:36	Sarah Southwood		F 17 to 39	2:08:36
1532	2:08:38	Gemma Lockwood		F 17 to 39	2:05:15
1533	2:08:39	Aaron Heard	Halstead RRC	M 17 to 39	2:08:39
1534	2:08:40	Jack Tappin	Haverhill Running Club	M 17 to 39	2:08:40
1535	2:08:41	Salome Mugweru		F 40 to 44	2:07:01

1536	2:08:43	Glenn Tingle		M 50 to 54	2:02:02
1537	2:08:43	Keely Thompson		F 17 to 39	2:04:20
1538	2:08:43	Simon Broad		M 17 to 39	2:06:19
1539	2:08:44	Darren Keasley		M 17 to 39	2:08:44
1540	2:08:46	David Stokely		M 55 to 59	2:05:14
1541	2:08:47	Nicholas Gibbs	Norwich Road Runners	M 55 to 59	2:05:36
1542	2:08:48	Stephen Roe		M 50 to 54	2:05:50
1543	2:08:48	Jessica Thorpe	Stowmarket Striders RC	F 17 to 39	2:06:37
1544	2:08:50	Sally Urquhart		F 17 to 39	2:08:50
1545	2:08:50	Steve Avery		M 45 to 49	2:06:25
1546	2:08:52	James Mound		M 17 to 39	2:07:25
1547	2:08:52	Amy Helmore		F 17 to 39	2:08:52
1548	2:08:53	Mathew Smith		M 17 to 39	2:05:18
1549	2:08:56	Chris Bishop		M 45 to 49	2:05:03
1550	2:08:58	James Dean		M 17 to 39	2:04:10
1551	2:08:58	Richard Philpott		M 17 to 39	2:08:58
1552	2:09:02	Roy Emmerson		M 40 to 44	2:06:23
1553	2:09:04	Asif Aziz		M 40 to 44	2:09:04
1554	2:09:05	Lucy Stevens		F 17 to 39	2:06:06
1555	2:09:07	Chris Johnson		M 17 to 39	2:06:43
1556	2:09:07	Sheila Smith		F 60 to 64	2:05:26
1557	2:09:09	Ivor McNaugher		M 50 to 54	2:07:33
1558	2:09:09	Fiona Laskey		F 50 to 54	2:06:02
1559	2:09:10	Anna Stevenson		F 40 to 44	2:06:10
1560	2:09:11	Tara Ketteringham		F 17 to 39	2:05:34
1561	2:09:14	Andrew O'Connell		M 17 to 39	2:09:14
1562	2:09:16	Grahame Bartlett		M 17 to 39	2:01:31
1563	2:09:16	Baz Hipwell	Norwich Road Runners	M 55 to 59	2:07:22
1564	2:09:17	Matthew Overy		M 17 to 39	2:09:17
1565	2:09:23	Chris Axford		M 50 to 54	2:06:50
1566	2:09:25	Gemma Willamson		F 17 to 39	2:06:36
1567	2:09:27	Olivia Maguire		F 17 to 39	2:07:50
1568	2:09:27	Helen Watts		F 40 to 44	2:06:39
1569	2:09:27	Georgie Edge		M 17 to 39	2:09:27
1570	2:09:28	David Maguire		M 65+	2:07:50
1571	2:09:28	Lisa Smith	Great Yarmouth Road Runners	F 40 to 44	2:06:53
1572	2:09:28	David Silk	Great Yarmouth Road Runners	M 45 to 49	2:09:28
1573	2:09:30	Krzysztof Szewczyk		M 40 to 44	2:09:30
1574	2:09:30	Victoria Rose		F 17 to 39	2:06:47
1575	2:09:30	Cassie Cooke		F 17 to 39	2:06:48
1576	2:09:30	Thomas Lewis		M 17 to 39	2:05:10
1577	2:09:32	Peter Walsh		M 17 to 39	2:09:32
1578	2:09:32	Kathryn Sandle		F 40 to 44	2:06:23
1579	2:09:37	Victoria Lbert		F 17 to 39	2:07:11
1580	2:09:38	Julia Kennelly	Wymondham AC	F 40 to 44	2:05:35
1581	2:09:40	Nathan Harris		M 17 to 39	2:04:53
1582	2:09:41	Valerie Fullerton		F 50 to 54	2:09:41
1583	2:09:42	Ivan Westley		M 45 to 49	2:09:42
1584	2:09:42	Paul Day		M 50 to 54	2:09:42
1585	2:09:46	Andrew Hood		M 17 to 39	2:07:59
1586	2:09:46	Richard Timm		M 17 to 39	2:08:01
1587	2:09:46	Mark Timm		M 17 to 39	2:08:00
1588	2:09:46	Michael Timm		M 17 to 39	2:07:59
1589	2:09:46	James Brindley		M 17 to 39	2:08:01
1590	2:09:46	Gareth Andrew		M 17 to 39	2:08:01
1591	2:09:47	Katie Heathcote		F 17 to 39	2:06:38
1592	2:09:47	Kevin Feek		M 45 to 49	2:09:47
1593	2:09:47	Georgina Race		F 40 to 44	2:09:47
1594	2:09:53	Catherine Baldwin		F 40 to 44	2:09:53
1595	2:09:54	Emma Dyle		F 17 to 39	2:08:41
1596	2:09:55	Jennie Blowers		F 40 to 44	2:06:45
1597	2:10:00	Emma Yardy		F 17 to 39	2:06:47
1598	2:10:00	Charlotte Walker		F 17 to 39	2:08:33
1599	2:10:00	Robert Belcher	Norwich Road Runners	M 55 to 59	2:06:16
1600	2:10:04	Thomas Pilling		M 17 to 39	2:05:55
1601	2:10:08	Lianne Bradford	Wymondham AC	F 40 to 44	2:06:58
1602	2:10:10	Michael Scott		M 55 to 59	2:10:10
1603	2:10:12	Sarah Dury		F 17 to 39	2:06:14
1604	2:10:14	Julie Parker		F 55 to 59	2:06:14
1605	2:10:16	Bartosz Szymanski		M 17 to 39	2:10:16

1606	2:10:17	Lisa Hiles		F 40 to 44	2:06:20
1607	2:10:18	Peter Waterman		M 17 to 39	2:07:04
1608	2:10:19	Jessamy Warren		F 17 to 39	2:06:55
1609	2:10:19	Peter Vrabec		M 17 to 39	2:10:19
1610	2:10:21	Drahomir Baran		M 17 to 39	2:06:09
1611	2:10:22	Louise Prowse		F 17 to 39	2:06:09
1612	2:10:24	James Aylett		M 17 to 39	2:10:24
1613	2:10:24	Zachary Mills		M 17 to 39	2:06:49
1614	2:10:26	Lucy Arora		F 17 to 39	2:06:57
1615	2:10:30	Tim Staniforth		M 17 to 39	2:06:57
1616	2:10:30	Andrew Bradley		M 45 to 49	2:09:18
1617	2:10:32	Joanne Carr		F 45 to 49	2:10:32
1618	2:10:34	Nick MacKay		M 55 to 59	2:09:15
1619	2:10:38	Julie Addison		F 17 to 39	2:07:27
1620	2:10:38	Pam Sayle	City of Norwich AC	F 60 to 64	2:06:48
1621	2:10:38	Rosalind Borham		F 45 to 49	2:06:46
1622	2:10:38	Caroline Brown		F 17 to 39	2:06:27
1623	2:10:42	Robert Ledger		M 50 to 54	2:10:42
1624	2:10:42	Kate Mitchell		F 45 to 49	2:07:14
1625	2:10:45	Sarah Mobbs		F 17 to 39	2:06:22
1626	2:10:45	Gavin Parfitt		M 17 to 39	2:06:33
1627	2:10:45	Elisabeth Rickard		F 17 to 39	2:08:06
1628	2:10:47	Chris Tafoya		M 17 to 39	2:08:50
1629	2:10:48	Abigail Pigney		F 17 to 39	2:07:40
1630	2:10:50	Desmonde Talbot		F 65+	2:07:30
1631	2:10:54	Carol Coleman		F 40 to 44	2:10:54
1632	2:10:56	Charley Butler		F 17 to 39	2:07:09
1633	2:10:57	Laura Button	Bungay Black Dog RC	F 17 to 39	2:07:03
1634	2:11:00	Andrew English		M 50 to 54	2:07:02
1635	2:11:00	Richard Penny		M 40 to 44	2:09:03
1636	2:11:01	Frankie Yallop		F 17 to 39	2:06:11
1637	2:11:02	Chris McKay		M 17 to 39	2:07:44
1638	2:11:04	Karen McDuff		F 17 to 39	2:11:04
1639	2:11:07	Richard White		M 55 to 59	2:06:39
1640	2:11:16	Wendy Howard	Thetford AC	F 40 to 44	2:08:14
1641	2:11:18	Matt Saunders	Felixstowe RRC	M 17 to 39	2:08:31
1642	2:11:19	Lisa Craggs		F 17 to 39	2:07:12
1643	2:11:21	Sarah Nasmyth-Miller		F 50 to 54	2:09:06
1644	2:11:22	Nusa Urbancic		F 17 to 39	2:08:13
1645	2:11:27	Cat Cameron		F 17 to 39	2:08:57
1646	2:11:28	Annabel Roberts		F 17 to 39	2:11:28
1647	2:11:28	Philippa White	Reading Roadrunners	F 17 to 39	2:09:59
1648	2:11:28	Susanne Gardner		F 17 to 39	2:10:00
1649	2:11:29	Samantha Lines		F 17 to 39	2:06:57
1650	2:11:29	Ian Gardner		M 55 to 59	2:10:00
1651	2:11:30	Naomi Webb		F 17 to 39	2:07:36
1652	2:11:32	Ruth Williams		F 17 to 39	2:07:39
1653	2:11:35	Nick Seabright		M 55 to 59	2:08:33
1654	2:11:36	Steve Dickens	Tri-Anglia Triathlon Club	M 50 to 54	2:07:19
1655	2:11:39	Nicky Westwood		F 17 to 39	2:10:21
1656	2:11:41	Emma Jermey		F 40 to 44	2:09:39
1657	2:11:42	Katie Mercer		F 17 to 39	2:09:52
1658	2:11:45	Jenny Martin		F 17 to 39	2:08:00
1659	2:11:45	Andrea Usher		F 40 to 44	2:09:34
1660	2:11:46	Carol Cooper	Norfolk Gazelles AC	F 50 to 54	2:08:43
1661	2:11:46	Tim Gardner		M 17 to 39	2:11:46
1662	2:11:49	Katrina Bowles		F 17 to 39	2:09:48
1663	2:11:52	Wingfai Kwok		M 17 to 39	2:07:59
1664	2:11:52	Garry Ward		M 60 to 64	2:09:59
1665	2:11:53	Charmaine Kidd		F 17 to 39	2:08:06
1666	2:11:54	Joanne Sayer	Wymondham AC	F 40 to 44	2:10:11
1667	2:11:54	Sam Barwick	Norfolk Gazelles AC	F 45 to 49	2:08:53
1668	2:11:54	Kellie Colby		F 45 to 49	2:11:54
1669	2:11:55	Chris Dinnage		M 50 to 54	2:07:55
1670	2:11:55	Phil Catchpole		M 60 to 64	2:11:55
1671	2:11:55	Verity Michael		F 17 to 39	2:11:55
1672	2:11:57	Louise Leunis		F 17 to 39	2:09:10
1673	2:12:02	Sarah Balfour		F 17 to 39	2:08:00
1674	2:12:02	Melissa Starkings		F 17 to 39	2:08:01
1675	2:12:05	Victoria Lillistone		F 17 to 39	2:09:05



1676	2:12:07	Ben Jacob		M 17 to 39	2:07:34
1677	2:12:08	Thomas Krohm		M 45 to 49	2:12:08
1678	2:12:10	Graham Bloomfield	Tri-Anglia Triathlon Club	M 17 to 39	2:10:45
1679	2:12:11	Anna Palmer		F 17 to 39	2:09:20
1680	2:12:11	Lisa Webster		F 17 to 39	2:12:11
1681	2:12:13	Chris Gibbons	North Norfolk Beach Runners	M 45 to 49	2:10:52
1682	2:12:14	Neil Povey		M 17 to 39	2:12:14
1683	2:12:14	Killian McCartney		M 17 to 39	2:08:23
1684	2:12:14	James Bellingham		M 17 to 39	2:10:53
1685	2:12:18	Christopher Spore		M 17 to 39	2:12:18
1686	2:12:19	Ivan Lees	Great Yarmouth Road Runners	M 55 to 59	2:12:19
1687	2:12:19	Linda Lord		F 40 to 44	2:08:23
1688	2:12:22	John Birchall		M 60 to 64	2:07:10
1689	2:12:22	Thomas Middleton		M 17 to 39	2:08:25
1690	2:12:31	Theresa Penson		F 45 to 49	2:12:31
1691	2:12:34	James Doherty		M 17 to 39	2:12:34
1692	2:12:36	Jacqueline Keeling	Wymondham AC	F 45 to 49	2:08:16
1693	2:12:37	Beth Cork		F 45 to 49	2:10:42
1694	2:12:38	Summer Simmons		F 17 to 39	2:09:35
1695	2:12:47	Jodie McGill		F 17 to 39	2:12:47
1696	2:12:47	Tracy Vingoe		F 40 to 44	2:10:42
1697	2:12:47	Morgan Crane		M 40 to 44	2:12:47
1698	2:12:57	Sarah Rippon	Fenland Running & AC	F 45 to 49	2:12:57
1699	2:12:58	Ann Granger	Saxmundham Sports	F 50 to 54	2:08:35
1700	2:13:00	Anne Sinclair		F 55 to 59	2:09:12
1701	2:13:02	Hugh Worsnop		M 45 to 49	2:08:42
1702	2:13:02	Neale Jagoe		M 45 to 49	2:13:02
1703	2:13:04	Alice Perrin		F 17 to 39	2:13:04
1704	2:13:04	Lisa Symon		F 17 to 39	2:10:59
1705	2:13:04	Claire Owen	Coltishall Jaguars RC	F 17 to 39	2:10:56
1706	2:13:05	Alice Sizeland		F 17 to 39	2:13:05
1707	2:13:06	Chaz Sizeland	Norwich Road Runners	M 17 to 39	2:13:06
1708	2:13:08	Tracy Blount		F 17 to 39	2:09:13
1709	2:13:09	Claire Whitmarsh		F 17 to 39	2:10:02
1710	2:13:10	Catherine Garrod		F 45 to 49	2:13:10
1711	2:13:10	Jason Paul Snook		M 45 to 49	2:13:10
1712	2:13:10	Michael Murphy		M 17 to 39	2:13:10
1713	2:13:13	Rebecca Awre		F 17 to 39	2:13:13
1714	2:13:13	Peter White		M 17 to 39	2:09:46
1715	2:13:14	Alex Pylypiw		M 45 to 49	2:09:38
1716	2:13:14	Beth Sims		F 17 to 39	2:13:14
1717	2:13:17	Simon Cross		M 45 to 49	2:08:46
1718	2:13:18	Aravind Shastri		F 40 to 44	2:09:23
1719	2:13:21	Jackie Gooch	Coltishall Jaguars RC	F 50 to 54	2:08:54
1720	2:13:26	Nick Mitchell		M 40 to 44	2:10:40
1721	2:13:27	Lisa Gunstone		F 45 to 49	2:13:27
1722	2:13:31	Ian Sadd		M 45 to 49	2:13:31
1723	2:13:31	Helen Baker		F 17 to 39	2:13:31
1724	2:13:36	Joseph Jones		M 17 to 39	2:11:23
1725	2:13:36	Keelan Smith	Saxmundham Sports	M 17 to 39	2:10:32
1726	2:13:41	Christina Boswell		F 17 to 39	2:09:42
1727	2:13:41	David Edwards		M 55 to 59	2:13:41
1728	2:13:47	Nicki Rumsby		F 17 to 39	2:10:43
1729	2:13:48	Allison Ragosa-Buckley	Tri-Anglia Triathlon Club	F 17 to 39	2:09:41
1730	2:13:49	Lacey Kiefer		F 17 to 39	2:10:10
1731	2:13:49	Gordana Sucur-Hills		F 40 to 44	2:11:40
1732	2:13:50	David Thornhill		M 40 to 44	2:12:07
1733	2:13:51	Matthew Keay		M 17 to 39	2:10:15
1734	2:13:52	Sarah Smith	Maidstone Harriers	F 50 to 54	2:11:12
1735	2:13:57	David Catchpole		M 45 to 49	2:10:15
1736	2:13:57	Natalia Escalera Pollock		F 17 to 39	2:10:13
1737	2:14:01	Clive Cartner		F 17 to 39	2:12:02
1738	2:14:01	Angela Bell		F 40 to 44	2:12:02
1739	2:14:01	Kelly Simmonds		F 17 to 39	2:10:29
1740	2:14:02	Lucy Daisley-Cramp		F 17 to 39	2:10:29
1741	2:14:05	Alexandra Congreve		F 17 to 39	2:14:05
1742	2:14:06	Gyorgy Lorincz		M 17 to 39	2:14:06
1743	2:14:07	Sarah Greenwood		F 17 to 39	2:12:02
1744	2:14:08	Julie Gardner		F 50 to 54	2:10:14
1745	2:14:11	David Baulcombe		M 60 to 64	2:14:11

1746	2:14:11	Karen Chart	Collingwood AC	F 40 to 44	2:14:11
1747	2:14:14	Karen Hamilton	Waveney Valley AC	F 40 to 44	2:09:56
1748	2:14:15	Neil Cockerton		M 17 to 39	2:09:46
1749	2:14:15	Amy Edwards		F 17 to 39	2:10:53
1750	2:14:17	Jenny Pearce		F 55 to 59	2:14:17
1751	2:14:19	Alison Beech	Ipswich Jaffa RC	F 55 to 59	2:14:19
1752	2:14:28	Kimberley Spruit		F 45 to 49	2:11:48
1753	2:14:29	Theresa Downes		F 17 to 39	2:14:29
1754	2:14:29	Yasmin Russell		F 17 to 39	2:14:01
1755	2:14:30	Karen Glenister		F 40 to 44	2:10:37
1756	2:14:37	Simon Killingback		M 17 to 39	2:11:31
1757	2:14:39	Samantha Wall	Norwich Road Runners	F 45 to 49	2:10:40
1758	2:14:41	Fabia Pollard	Ryston Runners	F 50 to 54	2:11:56
1759	2:14:42	Michelle Waters	Norfolk Gazelles AC	F 45 to 49	2:12:57
1760	2:14:43	Damian Conway		M 55 to 59	2:12:22
1761	2:14:48	Michelle Lansdale		F 17 to 39	2:11:53
1762	2:14:53	Amie Dixon	Great Yarmouth Road Runners	F 17 to 39	2:14:53
1763	2:14:59	Matthew Ward		M 17 to 39	2:14:59
1764	2:14:59	Lucy Williams	Ipswich Jaffa RC	F 17 to 39	2:11:16
1765	2:15:00	Liam Chapman		M 17 to 39	2:11:44
1766	2:15:02	Kirsty Fleetcroft		F 17 to 39	2:10:38
1767	2:15:02	Robert Fleetcroft		M 55 to 59	2:10:38
1768	2:15:02	Madeleine Denher-Barber		F 17 to 39	2:15:02
1769	2:15:03	Damian Steward		M 40 to 44	2:09:58
1770	2:15:03	Rachel Acamon-Carbonelli	Great Yarmouth Road Runners	F 17 to 39	2:12:11
1771	2:15:03	Jena White		F 17 to 39	2:11:11
1772	2:15:04	Peter Wigg		M 55 to 59	2:15:04
1773	2:15:06	Alfie Kirkum		M 60 to 64	2:10:44
1774	2:15:09	Laura Belcher		F 17 to 39	2:10:49
1775	2:15:09	Liz Harvey		F 17 to 39	2:13:20
1776	2:15:11	Freya Le Serve		F 17 to 39	2:11:28
1777	2:15:11	Scott Ballam		M 45 to 49	2:15:11
1778	2:15:11	Alexandra Wynn		F 17 to 39	2:15:11
1779	2:15:11	Steve Todd		M 45 to 49	2:12:46
1780	2:15:11	Kieron Davies		M 40 to 44	2:15:11
1781	2:15:13	Claire Hewett		F 40 to 44	2:12:06
1782	2:15:14	Hannah Crook		F 17 to 39	2:11:31
1783	2:15:14	Marcin Burda		M 17 to 39	2:15:14
1784	2:15:14	Anna Burda		F 17 to 39	2:15:14
1785	2:15:15	Graham Seaman		M 45 to 49	2:15:15
1786	2:15:18	Simon Lawler		M 50 to 54	2:15:18
1787	2:15:19	Craig Hunter		M 17 to 39	2:11:23
1788	2:15:23	Esther Jillett		F 40 to 44	2:10:52
1789	2:15:23	Danielle Whitehurst		F 17 to 39	2:12:12
1790	2:15:24	Jamie Perry		M 17 to 39	2:15:24
1791	2:15:26	Lucy Kershaw		F 17 to 39	2:12:44
1792	2:15:35	Wendy Walker		F 45 to 49	2:12:03
1793	2:15:35	Matthew Brown		M 40 to 44	2:12:58
1794	2:15:39	Lesley Linden	West Suffolk Wheelers & Tri Club	F 55 to 59	2:13:02
1795	2:15:39	Rosalind Maulkerson		F 50 to 54	2:13:55
1796	2:15:40	Victoria Barr		F 40 to 44	2:12:35
1797	2:15:41	Adam Soall		M 17 to 39	2:12:38
1798	2:15:41	Joanna Simon		F 17 to 39	2:15:41
1799	2:15:42	Alessa Webbers		F 17 to 39	2:11:08
1800	2:15:46	Mital Dholakia		M 17 to 39	2:13:09
1801	2:15:47	Neville Draper		M 55 to 59	2:13:12
1802	2:15:53	Georgina MacE		F 17 to 39	2:11:26
1803	2:15:53	Julie Richardson	Ipswich Jaffa RC	F 40 to 44	2:13:16
1804	2:15:53	Darren Bond	Ipswich Jaffa RC	M 45 to 49	2:13:16
1805	2:15:53	Oliver Philpott		M 17 to 39	2:15:53
1806	2:15:57	Rebecca Clarke		F 40 to 44	2:12:38
1807	2:15:58	Julia Alderson		F 17 to 39	2:11:33
1808	2:15:58	Jennifer Rowley		F 65+	2:12:39
1809	2:15:58	Sophie Stainthorpe		F 17 to 39	2:12:17
1810	2:16:04	Peter Hibbit		M 45 to 49	2:16:04
1811	2:16:08	Samantha Grose	Saint Edmund Pacers	F 45 to 49	2:14:24
1812	2:16:08	Suzanne George		F 55 to 59	2:14:26
1813	2:16:10	Catherine Reynolds		F 17 to 39	2:11:48
1814	2:16:13	Jenni Blake		F 17 to 39	2:12:25
1815	2:16:14	Onitha Jarrold		F 40 to 44	2:16:14

1816	2:16:14	Iain Taylor		M 65+	2:12:12
1817	2:16:17	Curtis Parker-Milnes		M 17 to 39	2:12:50
1818	2:16:18	Samantha Dickens		F 45 to 49	2:16:18
1819	2:16:20	Nicola Forwood	Hyde Park Harriers	F 17 to 39	2:15:08
1820	2:16:20	Steven Kirkendall		M 55 to 59	2:16:20
1821	2:16:22	Tony Germany		M 17 to 39	2:12:07
1822	2:16:24	David Royal		M 40 to 44	2:13:27
1823	2:16:26	Samantha Bateman		F 17 to 39	2:12:23
1824	2:16:27	Matthew Greenwood	Tri-Anglia Triathlon Club	M 17 to 39	2:14:24
1825	2:16:28	Nick Jarrod		M 17 to 39	2:13:28
1826	2:16:29	Jim Mason		M 40 to 44	2:12:20
1827	2:16:31	Zara Joyce		F 40 to 44	2:16:31
1828	2:16:34	Joanna Andrews		F 17 to 39	2:16:34
1829	2:16:34	Margaret McCartney		F 55 to 59	2:13:12
1830	2:16:35	Tessa Morgan	Reepham Runners	F 50 to 54	2:13:13
1831	2:16:39	Katie Neave		F 17 to 39	2:16:39
1832	2:16:39	Simona Matuskova		F 17 to 39	2:14:27
1833	2:16:40	Maisie Usher		F 17 to 39	2:16:40
1834	2:16:40	Stuart Rose		M 17 to 39	2:12:45
1835	2:16:40	Ria Markwell		F 17 to 39	2:14:32
1836	2:16:41	Kayleigh Blackwood		F 17 to 39	2:12:34
1837	2:16:45	Rachel Baldeo		F 17 to 39	2:13:21
1838	2:16:48	Kerry Kemp		F 40 to 44	2:14:21
1839	2:16:49	David Adderson		M 17 to 39	2:13:13
1840	2:16:49	Stephen West		M 45 to 49	2:14:45
1841	2:16:49	Thomas Ayres		M 17 to 39	2:14:45
1842	2:16:50	James McCormack		M 17 to 39	2:13:19
1843	2:16:50	Ruth Stokes		F 17 to 39	2:12:13
1844	2:16:55	Iain Chettleburgh		M 45 to 49	2:16:55
1845	2:16:57	Máire McKenna		F 17 to 39	2:13:12
1846	2:16:58	Beth Wilson		F 17 to 39	2:13:56
1847	2:17:00	Fiona Martin	Wymondham AC	F 45 to 49	2:14:24
1848	2:17:01	Ian Orr		M 17 to 39	2:13:26
1849	2:17:02	Tim Moll		M 40 to 44	2:12:50
1850	2:17:03	Faith Mixer		F 50 to 54	2:17:03
1851	2:17:03	James Farebrother		M 17 to 39	2:13:20
1852	2:17:03	Louise Harrison		F 17 to 39	2:13:21
1853	2:17:09	Rose Barnes		F 17 to 39	2:13:57
1854	2:17:16	Sam Robertson		M 17 to 39	2:14:10
1855	2:17:22	Sue Hargadon	Ipswich Triathlon Club	F 60 to 64	2:14:56
1856	2:17:23	Mark Kirby		M 45 to 49	2:14:10
1857	2:17:26	Jo Clifton	Saxmundham Sports	F 45 to 49	2:13:04
1858	2:17:27	Lizza Fray		F 17 to 39	2:14:29
1859	2:17:28	Jodie Causer		F 17 to 39	2:14:29
1860	2:17:28	Sue Bailey		F 17 to 39	2:14:29
1861	2:17:30	Alex Black		M 17 to 39	2:13:53
1862	2:17:33	Caroline Baker	Norfolk Gazelles AC	F 40 to 44	2:17:33
1863	2:17:35	Laura Montgomerie		F 17 to 39	2:13:46
1864	2:17:35	Leeanne High		F 17 to 39	2:13:05
1865	2:17:36	Freya Warburton		F 17 to 39	2:14:32
1866	2:17:36	Megan Hatch		F 17 to 39	2:14:32
1867	2:17:38	Stephan Gruber		M 40 to 44	2:17:38
1868	2:17:41	Andrew Coghlin		M 17 to 39	2:14:08
1869	2:17:43	Mark Cole		M 40 to 44	2:14:30
1870	2:17:45	Jodie Frazer		F 17 to 39	2:13:28
1871	2:17:46	Paul Foster		M 45 to 49	2:17:46
1872	2:17:49	Sophie Brydges		F 17 to 39	2:15:33
1873	2:17:49	Jack Bircher		M 17 to 39	2:15:32
1874	2:17:50	Xiaoming Zhou		F 17 to 39	2:16:27
1875	2:17:52	Kelvin Chilleystone		M 17 to 39	2:17:52
1876	2:17:54	Kathy Gill		F 45 to 49	2:13:27
1877	2:17:55	Marina Murdoch	Wymondham AC	F 50 to 54	2:14:50
1878	2:17:55	Corinna Mülstegen		F 17 to 39	2:13:13
1879	2:17:57	Voldemar Tomusk		F 50 to 54	2:17:57
1880	2:17:58	Alfredo Jose Castro Jimenez		M 17 to 39	2:17:58
1881	2:17:58	Jessica Dossena		F 17 to 39	2:17:58
1882	2:17:59	Paul Sillwood		M 17 to 39	2:17:59
1883	2:18:01	Sam Dann		F 40 to 44	2:14:32
1884	2:18:01	Darren Abbs		M 17 to 39	2:18:01
1885	2:18:02	Gary Starling		M 17 to 39	2:18:02

1886	2:18:03	Matthew Rose		M 17 to 39	2:12:03
1887	2:18:08	Jayne Cook		F 50 to 54	2:16:16
1888	2:18:19	Diane Thirkettle		F 45 to 49	2:18:19
1889	2:18:21	Helen Browne		F 17 to 39	2:18:21
1890	2:18:23	Toby Embleton		M 17 to 39	2:18:23
1891	2:18:24	Odette Messenger	Gade Valley Harriers	F 45 to 49	2:18:24
1892	2:18:28	Claire Fradley	Sudbury Joggers	F 17 to 39	2:15:38
1893	2:18:28	Michelle Holland	Sudbury Joggers	F 17 to 39	2:15:38
1894	2:18:30	James Severy		M 17 to 39	2:14:09
1895	2:18:30	Becky Lawler		F 17 to 39	2:14:01
1896	2:18:32	Christopher Greening		M 40 to 44	2:18:32
1897	2:18:32	Nick Goodman		M 17 to 39	2:18:32
1898	2:18:34	Joop Tanis		M 55 to 59	2:18:34
1899	2:18:39	Chris Abbs		M 17 to 39	2:18:39
1900	2:18:42	Clayton Fosker		M 17 to 39	2:17:27
1901	2:18:42	Helen Stokes		F 17 to 39	2:14:05
1902	2:18:45	Ryan Mason		M 17 to 39	2:18:45
1903	2:18:54	Harriet Peck		F 17 to 39	2:17:07
1904	2:18:57	Izzy Rhodes		F 17 to 39	2:18:57
1905	2:18:58	Ella Saunders		F 17 to 39	2:14:39
1906	2:19:00	Robert Winner	Wymondham AC	M 40 to 44	2:14:12
1907	2:19:10	Matthew Seal		M 65+	2:15:03
1908	2:19:12	Ralph Baulcombe		M 17 to 39	2:19:12
1909	2:19:13	Megan Broughton		F 17 to 39	2:16:40
1910	2:19:14	Rick Hollings		M 40 to 44	2:19:14
1911	2:19:15	Emma Walker		F 17 to 39	2:19:15
1912	2:19:15	Sue Cross		F 40 to 44	2:19:15
1913	2:19:21	Rachel Butlin		F 17 to 39	2:15:37
1914	2:19:24	Sarah Fenton		F 17 to 39	2:16:35
1915	2:19:25	Michael Cardy		M 17 to 39	2:16:37
1916	2:19:26	Clare Farrant		F 17 to 39	2:15:50
1917	2:19:29	Pascal Hurley		M 17 to 39	2:19:29
1918	2:19:30	Louise Baker	Bishops Stortford RC	F 50 to 54	2:15:02
1919	2:19:33	Emma Chilvers		F 17 to 39	2:15:57
1920	2:19:35	Jacqueline Thain		F 60 to 64	2:15:12
1921	2:19:37	Johanna Lloyd		F 17 to 39	2:19:37
1922	2:19:38	Diana Marcus		F 17 to 39	2:15:44
1923	2:19:46	Maricia Klincke	LWFitness4All	F 17 to 39	2:16:16
1924	2:19:47	Kirsty Preece		F 17 to 39	2:19:47
1925	2:19:49	Kitty Rosser	Tri-Anglia Triathlon Club	F 17 to 39	2:15:27
1926	2:19:56	Nicholas Lewis		M 17 to 39	2:15:17
1927	2:19:57	Jane Aldous		F 17 to 39	2:17:17
1928	2:20:01	Rachael Scoones		F 17 to 39	2:15:36
1929	2:20:07	Mark Germany	Ryston Runners	M 40 to 44	2:20:07
1930	2:20:07	Ian Chisholm		M 40 to 44	2:20:07
1931	2:20:16	Cain Hutchinson		M 40 to 44	2:18:16
1932	2:20:18	Penny McIntosh		F 17 to 39	2:16:41
1933	2:20:18	Sarah Burston		F 40 to 44	2:18:27
1934	2:20:18	Joseph Mitchell		M 17 to 39	2:20:18
1935	2:20:24	Margaret Thompson		F 50 to 54	2:20:24
1936	2:20:25	Deborah Gillespie	North Norfolk Beach Runners	F 50 to 54	2:15:46
1937	2:20:27	David Rose		M 50 to 54	2:16:03
1938	2:20:27	Candy Baines		F 50 to 54	2:16:13
1939	2:20:28	Amanda Baker	Dereham Runners & AC	F 50 to 54	2:16:18
1940	2:20:32	Graham Wade		M 50 to 54	2:16:15
1941	2:20:34	Hannah Felton		F 17 to 39	2:18:25
1942	2:20:48	Stephen Ramm		M 17 to 39	2:18:40
1943	2:20:48	Marie Dove		F 17 to 39	2:18:40
1944	2:20:50	Jason Sparkes		M 17 to 39	2:20:50
1945	2:20:50	Sasha Taylor		F 17 to 39	2:20:50
1946	2:20:51	Laura Campbell		F 55 to 59	2:16:13
1947	2:20:51	Ann Wright		F 55 to 59	2:16:13
1948	2:20:51	Hannah Kelly		F 17 to 39	2:20:51
1949	2:20:55	Shona Scott		F 40 to 44	2:16:03
1950	2:20:56	Sean Cole		M 17 to 39	2:17:32
1951	2:20:59	Hannah Kelly		F 17 to 39	2:16:14
1952	2:21:01	Michael Parsons		M 17 to 39	2:16:54
1953	2:21:01	Jim Hosier		M 45 to 49	2:17:13
1954	2:21:08	Steven Barraclough		M 17 to 39	2:21:08
1955	2:21:13	Martin Spaul		M 50 to 54	2:21:13

1956	2:21:14	Lucy Greenwood		F 17 to 39	2:21:14
1957	2:21:16	Diane Thompson		F 50 to 54	2:15:05
1958	2:21:19	Hugh Langley		M 40 to 44	2:21:19
1959	2:21:20	Annette Buzza		F 45 to 49	2:17:40
1960	2:21:23	Ellen Stobbs		F 17 to 39	2:19:13
1961	2:21:24	Sarah Knapp	Norfolk Gazelles AC	F 17 to 39	2:21:24
1962	2:21:31	Lee Causer		M 17 to 39	2:21:31
1963	2:21:41	Holly Joyce		F 17 to 39	2:18:13
1964	2:21:43	Harriet Catterall		F 17 to 39	2:18:19
1965	2:21:43	Amiee Bickel		F 17 to 39	2:18:03
1966	2:21:44	Karen Norman		F 17 to 39	2:18:06
1967	2:21:45	Nicola Crow		F 17 to 39	2:17:32
1968	2:21:46	Joseph Skeet		M 17 to 39	2:17:34
1969	2:21:49	Paula Olley	Dereham Runners & AC	F 17 to 39	2:17:46
1970	2:21:52	Clare Hicks	Coltishall Jaguars RC	F 40 to 44	2:21:52
1971	2:21:53	Andrew Billinghamurst		M 17 to 39	2:21:53
1972	2:21:54	Paul Dale		M 17 to 39	2:17:06
1973	2:21:55	Charles Crawford		M 45 to 49	2:21:55
1974	2:21:57	Rachel Heathcock		F 17 to 39	2:21:57
1975	2:21:58	David Kindred		M 17 to 39	2:18:15
1976	2:22:00	Natasha Rennolds		F 40 to 44	2:22:00
1977	2:22:00	Tanya Adams		F 17 to 39	2:17:21
1978	2:22:02	Suzie Thurlow		F 45 to 49	2:18:03
1979	2:22:04	Karen Peart		F 17 to 39	2:20:31
1980	2:22:12	Paola Gasperini		F 40 to 44	2:19:36
1981	2:22:14	Louis Hobbs		M 40 to 44	2:22:14
1982	2:22:14	Lucy Russell		F 17 to 39	2:22:14
1983	2:22:15	Donna Billman		F 40 to 44	2:18:23
1984	2:22:16	Vicki Culling		F 40 to 44	2:17:48
1985	2:22:20	Eleanor Loaring-Adams		F 17 to 39	2:17:51
1986	2:22:26	Concettina Marchione		F 17 to 39	2:22:26
1987	2:22:28	Jason Thomas		M 17 to 39	2:19:37
1988	2:22:33	Brian McAllister		M 50 to 54	2:22:33
1989	2:22:35	Rachael Seaman		F 17 to 39	2:22:35
1990	2:22:40	Elizabeth Hoogland		F 17 to 39	2:22:40
1991	2:22:42	Lynda Howard	Longdale Striders	F 45 to 49	2:17:00
1992	2:22:43	Vanessa Harris		F 50 to 54	2:18:30
1993	2:22:43	Yi Wang		F 17 to 39	2:21:22
1994	2:22:48	Craig Press		M 17 to 39	2:19:54
1995	2:22:48	Lisa Press		F 17 to 39	2:19:54
1996	2:22:49	Francesca White		F 17 to 39	2:19:22
1997	2:22:55	Nicola Borel		F 50 to 54	2:18:41
1998	2:22:56	Steve Gowland		M 40 to 44	2:18:27
1999	2:22:59	Colin Woodcock		M 45 to 49	2:22:59
2000	2:23:00	Eleanor Bedwell		F 17 to 39	2:18:32
2001	2:23:02	Phillip Laurier	Lowestoft Road Runners	M 65+	2:19:18
2002	2:23:05	Amy Smith		F 17 to 39	2:21:07
2003	2:23:06	Sam Carvell		F 45 to 49	2:13:06
2004	2:23:12	Tilly James		F 17 to 39	2:18:40
2005	2:23:13	Laura Fearnley		F 17 to 39	2:18:55
2006	2:23:17	Robert McKillop		M 45 to 49	2:23:17
2007	2:23:24	Ruth Gardiner		F 17 to 39	2:19:51
2008	2:23:24	Sandra Yallop		F 45 to 49	2:21:08
2009	2:23:26	Alison Bailey	Longdale Striders	F 17 to 39	2:19:08
2010	2:23:31	Bethany Nobbs		F 17 to 39	2:20:15
2011	2:23:39	Michael Fitzpatrick		M 55 to 59	2:18:50
2012	2:23:40	Alexandra Plummer		F 17 to 39	2:21:33
2013	2:23:47	James Parton		M 50 to 54	2:23:47
2014	2:23:48	Jane Crane		F 17 to 39	2:20:16
2015	2:23:48	Samantha Boarder		F 17 to 39	2:19:13
2016	2:24:00	Hayley Walker		F 17 to 39	2:20:54
2017	2:24:08	Leo Harris		M 17 to 39	2:24:08
2018	2:24:10	Rebecca Ottaway		F 17 to 39	2:19:40
2019	2:24:19	Joanne Cordero Georgiou		F 17 to 39	2:23:35
2020	2:24:19	Stephen Long		M 17 to 39	2:24:19
2021	2:24:20	Matthew Harrod		M 40 to 44	2:24:20
2022	2:24:29	Richard Dolman	Thetford AC	M 50 to 54	2:21:27
2023	2:24:29	Hannah Dolman		F 17 to 39	2:21:27
2024	2:24:31	Natalie Curston		F 17 to 39	2:19:56
2025	2:24:31	Andrew Cooper		M 17 to 39	2:19:56

2026	2:24:39	Kevin Gunton		M 45 to 49	2:24:39
2027	2:24:43	Lisa May	Bungay Black Dog RC	F 17 to 39	2:20:35
2028	2:24:45	Amanda Haslam		F 40 to 44	2:21:00
2029	2:24:53	Martine Halls		F 17 to 39	2:21:31
2030	2:24:55	Jane Payne		F 50 to 54	2:20:54
2031	2:24:57	Bradley Higgins		M 17 to 39	2:24:57
2032	2:24:59	Louisa Odell		F 17 to 39	2:24:59
2033	2:25:02	Claire McCarthy		F 17 to 39	2:25:02
2034	2:25:04	Neil Richardson		M 50 to 54	2:20:56
2035	2:25:05	Stephanie Callen	Diss and District AC	F 17 to 39	2:20:49
2036	2:25:06	Alison Whiterod		F 40 to 44	2:25:06
2037	2:25:06	Emma Cleland		F 17 to 39	2:21:35
2038	2:25:09	Caroline Marshall		F 17 to 39	2:25:09
2039	2:25:10	Josh Dyde		M 17 to 39	2:25:10
2040	2:25:21	Niamh Ward		F 17 to 39	2:21:50
2041	2:25:23	Laura Bagshaw		F 17 to 39	2:21:07
2042	2:25:32	Beth Hill		F 40 to 44	2:21:59
2043	2:25:37	Lilo Roesch		F 17 to 39	2:21:18
2044	2:25:40	Laura Dear		F 50 to 54	2:20:54
2045	2:25:43	Hazel Cason	Dereham Runners & AC	F 55 to 59	2:25:43
2046	2:25:45	Karen Nye	Longdale Striders	M 40 to 44	2:21:25
2047	2:25:46	Christine Wratten		F 17 to 39	2:24:44
2048	2:25:46	Natasha Hurley		F 17 to 39	2:25:46
2049	2:25:52	Catherine Hearne		F 55 to 59	2:22:01
2050	2:25:56	Stephanie Wright		F 17 to 39	2:24:32
2051	2:25:59	Sharon Breward	Sudbury Joggers	F 40 to 44	2:25:59
2052	2:26:02	Rebecca Crothers		F 17 to 39	2:21:37
2053	2:26:15	James Fiddian		M 17 to 39	2:26:15
2054	2:26:16	Nick Martin		M 17 to 39	2:22:39
2055	2:26:18	Deborah Hall		F 45 to 49	2:26:18
2056	2:26:18	Letitia Randell		F 17 to 39	2:22:59
2057	2:26:21	Melissa Lawson		F 17 to 39	2:22:32
2058	2:26:21	Adam Mitchell		M 17 to 39	2:22:35
2059	2:26:21	Rebecca Grinham		F 17 to 39	2:22:51
2060	2:26:21	Claire Brooks		F 40 to 44	2:22:12
2061	2:26:22	Amy Lunn		F 17 to 39	2:22:02
2062	2:26:23	Katrina Pearson		F 17 to 39	2:26:23
2063	2:26:23	Jackie Eastaugh-King		F 50 to 54	2:19:58
2064	2:26:23	Deborah Kennedy		F 50 to 54	2:20:00
2065	2:26:24	Kirsty Sinclair		F 17 to 39	2:21:51
2066	2:26:25	Kelley Chisman		F 17 to 39	2:23:00
2067	2:26:31	Claire Chambers		F 17 to 39	2:22:03
2068	2:26:31	Adam Chambers		M 17 to 39	2:22:04
2069	2:26:44	Simon Taylor		M 17 to 39	2:26:44
2070	2:26:44	Mark Catling		M 17 to 39	2:26:44
2071	2:26:44	Nicky Chapman		F 40 to 44	2:23:19
2072	2:26:44	Sarah Caplin		F 45 to 49	2:26:44
2073	2:26:50	Carla Hall	North Norfolk Beach Runners	F 17 to 39	2:22:09
2074	2:26:50	Helen Barker		F 17 to 39	2:26:50
2075	2:26:53	Keith Bond		M 50 to 54	2:26:53
2076	2:26:56	Marion Baker		F 60 to 64	2:26:56
2077	2:26:57	Anna Kolczynska		F 17 to 39	2:25:51
2078	2:27:06	Sarah Hewitt		F 40 to 44	2:23:13
2079	2:27:07	Freya Gillott		F 17 to 39	2:25:08
2080	2:27:09	Duncan Drake		M 17 to 39	2:22:34
2081	2:27:10	Luke Miles		F 17 to 39	2:25:07
2082	2:27:23	Sarah Scott		F 17 to 39	2:22:47
2083	2:27:25	Clare Aitchison		F 17 to 39	2:27:25
2084	2:27:29	James Claxton		M 40 to 44	2:27:29
2085	2:27:30	Jonathon Causton		M 17 to 39	2:27:30
2086	2:27:30	Lisa Chamberlen		F 17 to 39	2:24:11
2087	2:27:33	David Warnes		M 17 to 39	2:22:58
2088	2:27:35	Amelia Daniells	Lordshill Road Runners	F 17 to 39	2:23:49
2089	2:27:35	Rhiannon Dunkerley		F 17 to 39	2:24:07
2090	2:27:36	Joe Woodley		M 17 to 39	2:24:33
2091	2:27:37	Sarah Turner		F 17 to 39	2:22:58
2092	2:27:38	Frances Irwin		F 17 to 39	2:27:38
2093	2:27:43	Dave Brook		M 17 to 39	2:25:33
2094	2:27:43	Gillian Meigh		F 55 to 59	2:25:34
2095	2:27:49	Roger Brown		M 40 to 44	2:24:08

2096	2:27:49	Lyn Ottaway		F 40 to 44	2:23:25
2097	2:27:49	Ellie Bailey		F 17 to 39	2:23:30
2098	2:27:49	Caroline Nair		F 40 to 44	2:23:25
2099	2:27:50	Karen Broom		F 45 to 49	2:24:28
2100	2:28:02	Fiona Morrison	North Norfolk Beach Runners	F 60 to 64	2:23:23
2101	2:28:04	Laurie McAllister		F 17 to 39	2:28:04
2102	2:28:11	Natalie Reeve		F 17 to 39	2:28:11
2103	2:28:12	Don Brenton		M 65+	2:28:12
2104	2:28:12	Sam Whitham		M 17 to 39	2:28:12
2105	2:28:12	Darren Tubby		M 17 to 39	2:27:09
2106	2:28:12	Annie Whitham		F 17 to 39	2:28:12
2107	2:28:13	Paul Dunkley		M 45 to 49	2:24:06
2108	2:28:18	Deborah Miles		F 17 to 39	2:26:17
2109	2:28:24	Andrew Rix		M 17 to 39	2:28:24
2110	2:28:25	Geoff Perry		M 50 to 54	2:27:20
2111	2:28:25	Phoebe Perry		F 17 to 39	2:27:20
2112	2:28:29	Rosemary Walters		F 60 to 64	2:28:29
2113	2:28:29	Pat Molyneaux		M 17 to 39	2:26:36
2114	2:28:36	Donna Frosdick		F 40 to 44	2:25:36
2115	2:28:40	Mike Burton	Bungay Black Dog RC	M 17 to 39	2:28:40
2116	2:28:40	Anne Louise Hall		F 55 to 59	2:28:40
2117	2:28:52	Georgie Harrington		F 17 to 39	2:27:08
2118	2:28:55	Bethia Seager		F 17 to 39	2:28:55
2119	2:28:57	Helen Blenkinsop		F 40 to 44	2:24:15
2120	2:28:58	Eve Groves		F 17 to 39	2:24:14
2121	2:29:06	Hazel Dillnutt		F 17 to 39	2:27:39
2122	2:29:07	Julie Winner	Wymondham AC	F 40 to 44	2:24:20
2123	2:29:11	Victoria Smith		F 17 to 39	2:24:32
2124	2:29:11	Christopher Smith		M 17 to 39	2:24:31
2125	2:29:16	Stéphane Boucaud		M 17 to 39	2:29:16
2126	2:29:22	Chrystal Harris		F 17 to 39	2:25:42
2127	2:29:24	Simon Marjoram		M 40 to 44	2:29:24
2128	2:29:25	Laura Marjoram		F 40 to 44	2:27:56
2129	2:29:35	Charles Thurston		M 50 to 54	2:26:17
2130	2:29:56	Amelia David		F 17 to 39	2:26:57
2131	2:29:57	Nick Goff		M 17 to 39	2:25:44
2132	2:29:57	Clair Edwards		F 40 to 44	2:25:29
2133	2:29:57	Belinda Knott		F 50 to 54	2:25:29
2134	2:30:02	Natalie Bourne	Tiptree Road Runners	F 17 to 39	2:30:02
2135	2:30:07	Zoe Maddell		F 17 to 39	2:25:43
2136	2:30:08	Alice Collier		F 17 to 39	2:25:26
2137	2:30:13	Donna Howlett		F 55 to 59	2:26:09
2138	2:30:16	Richard Midwinter	Bungay Black Dog RC	M 45 to 49	2:25:59
2139	2:30:22	Sharon Try	Thetford AC	F 17 to 39	2:26:37
2140	2:30:23	Teresa Burdett		F 40 to 44	2:25:15
2141	2:30:25	Annabel Lane		F 17 to 39	2:26:02
2142	2:30:39	Shauni Prettyman		F 17 to 39	2:30:39
2143	2:30:39	Deborah Cobb		F 17 to 39	2:27:15
2144	2:30:41	Paul Cant		M 55 to 59	2:30:41
2145	2:30:41	Francesca Cant		M 17 to 39	2:30:41
2146	2:30:53	Sue Seal		F 50 to 54	2:28:51
2147	2:30:56	Petra Pfeifer		F 17 to 39	2:26:13
2148	2:30:59	Victoria Mitchell		F 17 to 39	2:28:14
2149	2:31:01	Andrew Ogierman	Datchet Dashers	M 50 to 54	2:27:21
2150	2:31:03	Helen Robertshaw		F 17 to 39	2:30:01
2151	2:31:05	Karla Prescott		F 17 to 39	2:31:05
2152	2:31:05	Emma McCallan		F 17 to 39	2:31:05
2153	2:31:07	Paul Wild		M 17 to 39	2:26:56
2154	2:31:09	Stephen Brancalion		M 50 to 54	2:28:36
2155	2:31:46	Kevin Norman		M 60 to 64	2:27:05
2156	2:31:48	Clement Rouillard		M 17 to 39	2:31:48
2157	2:31:56	Sally Frostick		F 17 to 39	2:31:56
2158	2:32:11	Lucy Spore		F 17 to 39	2:32:11
2159	2:32:12	Alison Hall		F 40 to 44	2:27:58
2160	2:32:17	Michael Bates		M 40 to 44	2:32:17
2161	2:32:21	George Gilbert		M 17 to 39	2:32:21
2162	2:32:21	Naomi Shelton		F 17 to 39	2:32:21
2163	2:32:22	Ann Kirton	Thetford AC	F 45 to 49	2:28:37
2164	2:32:32	Sarah Icke		F 40 to 44	2:32:32
2165	2:32:38	Kate Fanning		F 17 to 39	2:32:38

2166	2:32:38	Tara Hutchinson		F 17 to 39	2:32:38
2167	2:32:40	Paul Cooper	Collingwood AC	M 40 to 44	2:32:40
2168	2:32:45	Roseann Blamey		F 17 to 39	2:28:27
2169	2:33:01	Emma Brown		F 17 to 39	2:28:33
2170	2:33:02	Nicola Martin		F 17 to 39	2:28:34
2171	2:33:05	Tom Rhodes		M 17 to 39	2:33:05
2172	2:33:07	Simon Murden		M 17 to 39	2:33:07
2173	2:33:08	Ann Smith		F 60 to 64	2:33:08
2174	2:33:13	Richard Murden		M 55 to 59	2:33:13
2175	2:33:19	Haley MacTavish		F 17 to 39	2:29:15
2176	2:33:20	Alun MacTavish		F 17 to 39	2:29:16
2177	2:33:20	Ellie Wilkin-Smith		F 17 to 39	2:33:20
2178	2:33:20	Jonathan Daly		M 17 to 39	2:33:20
2179	2:33:22	Phish Refugio		M 17 to 39	2:31:28
2180	2:33:23	Amy Dymond		F 17 to 39	2:29:55
2181	2:33:25	Lisa Wright		F 17 to 39	2:29:15
2182	2:33:28	Guido Gudat		M 55 to 59	2:28:46
2183	2:33:40	Amy Baillie		F 17 to 39	2:33:40
2184	2:33:41	Camilla Pendleton		F 17 to 39	2:33:41
2185	2:33:41	John Flxman	Ropsley Road Runners	M 60 to 64	2:33:41
2186	2:33:45	Wendy Spaul		F 50 to 54	2:33:45
2187	2:33:52	Richard Newman	Bingley Harriers & AC	M 40 to 44	2:30:37
2188	2:33:54	Daniel Ramm		M 17 to 39	2:31:46
2189	2:33:54	Amy Barton		F 17 to 39	2:33:54
2190	2:34:07	Jenna Gotts		F 17 to 39	2:30:27
2191	2:34:11	Michael Wray		M 50 to 54	2:29:25
2192	2:34:11	William Jones		M 50 to 54	2:32:11
2193	2:34:12	Gareth Williams		M 17 to 39	2:31:05
2194	2:34:12	Kevin Brown		M 17 to 39	2:34:12
2195	2:34:16	Melanie Hinde		F 17 to 39	2:29:42
2196	2:34:16	Melissa Martell		F 17 to 39	2:29:42
2197	2:34:17	David Olley		M 45 to 49	2:30:13
2198	2:34:23	Vanja Briggs	Tri-Anglia Triathlon Club	F 40 to 44	2:29:53
2199	2:34:27	Rod Barrett		M 65+	2:29:49
2200	2:34:37	Emma Godbold	Wymondham AC	F 40 to 44	2:29:52
2201	2:34:41	Robyn Beatty		F 17 to 39	2:30:02
2202	2:34:41	Nicole Hollands		F 17 to 39	2:30:00
2203	2:34:42	Kayleigh Bailey		F 17 to 39	2:30:25
2204	2:34:45	Lisa Perkins		F 17 to 39	2:34:45
2205	2:34:59	Leigh Muirhead		M 17 to 39	2:34:59
2206	2:35:08	Sally Cazier	Norfolk Gazelles AC	F 50 to 54	2:32:20
2207	2:35:15	Sara-Kate Noble		F 40 to 44	2:35:15
2208	2:35:15	Anthony Noble		M 40 to 44	2:35:15
2209	2:35:18	Cheryl Burgess		F 17 to 39	2:35:18
2210	2:35:18	Andrea English		F 40 to 44	2:31:10
2211	2:35:23	Lisa Warner		F 17 to 39	2:31:53
2212	2:35:24	Leanne McRobert		F 17 to 39	2:31:15
2213	2:35:27	Helena Judd		F 17 to 39	2:32:40
2214	2:35:27	Robert Judd		M 17 to 39	2:32:39
2215	2:35:29	Joelle Banks		F 45 to 49	2:35:29
2216	2:35:37	Naomi Naomi		F 40 to 44	2:31:07
2217	2:35:37	Tahmeena Aslam		F 17 to 39	2:35:37
2218	2:35:45	Jen Nicholl-Inglis		F 17 to 39	2:31:49
2219	2:35:46	Sarah Tovell		F 17 to 39	2:31:52
2220	2:36:01	Simon Faure	Norwich Road Runners	M 45 to 49	2:36:01
2221	2:36:02	Matthew Stocks		M 17 to 39	2:36:02
2222	2:36:26	James Bartram		M 17 to 39	2:31:53
2223	2:36:30	David Martin		M 50 to 54	2:31:59
2224	2:36:34	Mark Wright		M 40 to 44	2:36:34
2225	2:36:39	Brad Pearce		M 17 to 39	2:36:39
2226	2:36:53	Laura Cornwell		F 40 to 44	2:32:18
2227	2:36:56	Ben Conway		M 17 to 39	2:36:56
2228	2:37:22	Robin Lewis		M 45 to 49	2:32:51
2229	2:37:33	Peter Girling		M 17 to 39	2:37:33
2230	2:37:34	Jessica Hinton		F 17 to 39	2:33:59
2231	2:37:34	Charlotte Leeson		F 17 to 39	2:34:07
2232	2:37:34	Helen Kerr		F 17 to 39	2:34:07
2233	2:38:12	Sarah Wengrow		F 40 to 44	2:38:12
2234	2:38:14	Martin Rix		M 17 to 39	2:38:14
2235	2:38:14	Sally Rix		F 17 to 39	2:38:14



2236	2:38:14	Richard Rix		M 60 to 64	2:38:14
2237	2:38:14	Aaron Spanswick		M 17 to 39	2:38:14
2238	2:38:52	Catherine Haley		F 17 to 39	2:38:52
2239	2:38:53	Adam Parker		M 17 to 39	2:36:31
2240	2:39:02	Sarah Rhoden		F 40 to 44	2:39:02
2241	2:39:04	Graham Williams		M 17 to 39	2:35:13
2242	2:39:17	Heather Nicholls		F 17 to 39	2:35:44
2243	2:39:19	Laura McNicol		F 17 to 39	2:35:22
2244	2:39:25	Frances Morter		F 17 to 39	2:34:52
2245	2:39:27	Alison Bilyard	Great Yarmouth Road Runners	F 45 to 49	2:36:00
2246	2:39:27	Joanne Smithson	Great Yarmouth Road Runners	F 55 to 59	2:36:02
2247	2:39:32	Tarik Cohodar		M 40 to 44	2:39:32
2248	2:39:32	Faith Murumbi		F 17 to 39	2:39:32
2249	2:39:54	Amy Shawcross		F 17 to 39	2:35:21
2250	2:39:59	Gavin Hamilton		M 17 to 39	2:35:13
2251	2:40:00	Jane Mellor		F 17 to 39	2:40:00
2252	2:40:01	Kyra Welch		F 17 to 39	2:40:01
2253	2:40:02	Zoe Roberts		F 17 to 39	2:40:02
2254	2:40:06	William Middleton		M 17 to 39	2:40:06
2255	2:40:08	John McVelia	Tiptree Road Runners	M 45 to 49	2:40:08
2256	2:40:25	Xueli Peng		F 17 to 39	2:38:04
2257	2:40:31	Mary Lamb		F 55 to 59	2:35:53
2258	2:40:31	Katie Mann		F 17 to 39	2:36:06
2259	2:40:34	Marcus Nicholls		M 17 to 39	2:36:52
2260	2:40:39	Kerry Greenland		F 17 to 39	2:40:39
2261	2:40:39	Gemma Anderson		F 17 to 39	2:37:31
2262	2:40:42	Helen Shepherd		F 17 to 39	2:36:06
2263	2:41:29	Gary Sergent		M 50 to 54	2:41:29
2264	2:41:29	Emma Reason		F 17 to 39	2:37:47
2265	2:41:33	Edward D'Silva		M 65+	2:38:05
2266	2:41:43	Anna Morley		F 40 to 44	2:41:43
2267	2:41:44	Helen Duke		F 45 to 49	2:37:13
2268	2:41:50	Frankie Culling		M 17 to 39	2:41:50
2269	2:42:19	Paul Blake		M 55 to 59	2:39:07
2270	2:42:24	Liza Wrigley		F 17 to 39	2:42:24
2271	2:42:44	Oliver Skipper		M 17 to 39	2:42:44
2272	2:43:20	Fernando Monteiro		M 50 to 54	2:39:18
2273	2:43:24	Tara Lucas		F 17 to 39	2:38:42
2274	2:43:25	Charlene Calladine	Diss and District AC	F 17 to 39	2:43:25
2275	2:43:36	Tammie Falco		F 40 to 44	2:38:59
2276	2:44:10	Amanda Butler		F 40 to 44	2:41:27
2277	2:44:38	Lucie Legg		F 40 to 44	2:39:49
2278	2:44:39	Tracey Bayliss		F 45 to 49	2:39:50
2279	2:44:44	Megan Thomas		F 17 to 39	2:40:05
2280	2:44:44	Emily Fyffe		F 17 to 39	2:40:05
2281	2:44:51	Paul Gant		M 50 to 54	2:41:07
2282	2:44:51	Darron Gibbs		M 45 to 49	2:43:09
2283	2:45:04	Xiaoxu Huang		M 17 to 39	2:45:04
2284	2:45:18	Anna Sheriff		F 17 to 39	2:41:15
2285	2:45:24	Emma O'Kelly		F 45 to 49	2:45:24
2286	2:45:26	Glynn Pearce		M 50 to 54	2:45:26
2287	2:45:28	Daniel Ryan		M 17 to 39	2:45:28
2288	2:45:32	Andrea Connochie		F 45 to 49	2:41:13
2289	2:45:32	Nicola Prior		F 17 to 39	2:41:12
2290	2:45:32	Ann Elrick		F 40 to 44	2:41:15
2291	2:45:38	Amanda Freemantle	Haverhill Running Club	F 17 to 39	2:41:15
2292	2:45:40	Trevor Groves		M 50 to 54	2:43:18
2293	2:45:56	Hayley Knight		F 17 to 39	2:41:38
2294	2:45:56	Paul Grayson		M 50 to 54	2:45:56
2295	2:46:30	Richard Paterson		M 45 to 49	2:41:27
2296	2:46:37	Vincent Clark		M 17 to 39	2:45:12
2297	2:46:44	Bob Jack	Bungay Black Dog RC	M 55 to 59	2:46:44
2298	2:47:01	Sophie Bray		F 17 to 39	2:44:36
2299	2:48:27	Lottie Fletcher		F 17 to 39	2:48:27
2300	2:48:49	Martin Todd		M 17 to 39	2:44:36
2301	2:49:03	Catherine Fuller		F 45 to 49	2:46:22
2302	2:49:21	Elissa Poyner		F 17 to 39	2:45:23
2303	2:49:21	Gemma Wallington		F 17 to 39	2:49:21
2304	2:49:23	Sarah Watts	Diss and District AC	F 45 to 49	2:44:46
2305	2:49:26	Edward Smith		M 17 to 39	2:49:26

2306	2:49:48	Jolanta Mitchell		F 17 to 39	2:49:48
2307	2:50:09	Rachel Scalisi		F 17 to 39	2:47:04
2308	2:50:21	Leah High		F 40 to 44	2:45:35
2309	2:51:04	Tim Scutter		M 40 to 44	2:51:04
2310	2:51:23	Lisa Mills		F 17 to 39	2:46:42
2311	2:51:28	Aimee Pinnock		F 17 to 39	2:47:00
2312	2:52:05	Simon Goldsmith		M 17 to 39	2:52:05
2313	2:52:52	Natalie Smith		F 17 to 39	2:52:52
2314	2:52:52	Gemma Flaskett		F 17 to 39	2:48:22
2315	2:52:56	Lee Bellotti	Amazing Feet Running Club	M 17 to 39	2:52:56
2316	2:52:57	Jennifer Duffee		F 17 to 39	2:52:57
2317	2:53:06	Rebecca Riddoch	Wymondham AC	F 17 to 39	2:48:18
2318	2:53:06	Sharon Wray	Wymondham AC	F 50 to 54	2:48:19
2319	2:53:16	Michelle Hanke		F 17 to 39	2:48:51
2320	2:54:08	Freya Barker		F 17 to 39	2:54:08
2321	2:54:11	Emmanuel Popoola	Great Bentley Running Club	M 17 to 39	2:54:11
2322	2:56:43	Julia Snowling		F 17 to 39	2:56:43
2323	2:57:12	Naomi Newell		F 17 to 39	2:52:19
2324	2:57:20	Carol Ann Moon		F 50 to 54	2:53:14
2325	3:00:37	Andy Tompson-Whyte		M 45 to 49	2:55:47
2326	3:00:38	Theresa Tompson-Whyte		F 40 to 44	2:55:48
2327	3:00:41	Rachelle Balls		F 40 to 44	2:55:55
2328	3:01:07	Michelle Allen		F 17 to 39	2:59:36
2329	3:01:08	Emma Cluett		F 17 to 39	3:01:08
2330	3:08:34	Michelle Barnard		F 17 to 39	3:08:34
2331	3:08:34	Georgina Wood		F 17 to 39	3:08:34
2332	3:12:45	Katie Hart		F 17 to 39	3:12:45
2333	3:12:53	Emma Eversden		F 45 to 49	3:12:25
2334	3:12:54	Kerry Birch		F 17 to 39	3:12:29
2335	3:13:05	Allison Daniels		F 50 to 54	3:13:05