



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	2	1:12:32	Piers ARNOLD	City of Norwich AC	Male	1	M	1	1:12:32	1
2	11	1:14:13	Ash HARRELL	City of Norwich AC	Male	2	M	2	1:14:13	2
3	2769	1:14:57	Paul HALFORD	Werrington Joggers	Male	3	M40	1	1:14:56	3
4	9	1:15:26	Matt PYATT	Ryston Runners	Male	4	M	3	1:15:26	4
5	7	1:16:28	Dominic BLAKE	Reepham Runners	Male	5	M	4	1:16:27	5
6	168	1:17:48	Jack KEYWOOD	Tonbridge AC	Male	6	M	5	1:17:45	6
7	48	1:17:50	Tim TICKNER	Birstall RC	Male	7	M40	2	1:17:46	7
8	2677	1:19:57	Wayne LINCOLN	City of Norwich AC	Male	8	M50	1	1:19:57	8
9	2697	1:20:18	Jack GILLICK	Wymondham AC	Male	9	M	6	1:20:17	9
10	2782	1:21:07	Chris MICKLEBURGH	Norwich Road Runners	Male	10	M	7	1:21:07	10
11	170	1:21:40	Kim BOWLING		Male	11	M	8	1:21:39	11
12	193	1:22:15	Nathan RISBEY	Tri-Anglia Triathlon Club	Male	12	M	9	1:22:14	12
13	96	1:22:50	Jeff LUCAS	Werrington Joggers	Male	13	M40	3	1:22:48	13
14	2537	1:23:12	Stephen GIBBS	Norwich Road Runners	Male	14	M	10	1:23:12	14
15	60	1:23:19	John MOORE	Norfolk Gazelles RC	Male	15	M55	1	1:23:17	15
16	87	1:23:22	Pieter MACKEITH	Tri-Anglia Triathlon Club	Male	16	M	11	1:23:21	16
17	179	1:23:30	Simon PARTRIDGE		Male	17	M	12	1:23:27	17
18	4	1:23:48	Edward FOSTER	City of Norwich AC	Male	18	M	13	1:23:48	19
19	120	1:23:50	Daniel SIMMONS		Male	19	M	14	1:23:47	18
20	77	1:23:51	Nico DRINKWATER		Male	20	M	15	1:23:50	20
21	187	1:23:58	John HUDSON	Norwich Road Runners	Male	21	M	16	1:23:51	21
22	112	1:25:00	Simon COWLEY		Male	22	M	17	1:24:56	22
23	106	1:25:07	David SPARSHOTT	Bungay Black Dog RC	Male	23	M	18	1:25:05	23
24	2538	1:25:21	Craig BOWEN-JONES	Bure Valley Harriers	Male	24	M45	1	1:25:21	24
25	2763	1:25:25	Michael SAVVAS		Male	25	M	19	1:25:23	25
26	143	1:25:36	Tom HUBAND		Male	26	M	20	1:25:32	26
27	174	1:25:58	Dan MCDONALD	Werrington Joggers	Male	27	M40	4	1:25:55	27
28	115	1:26:13	Daniel PERRY	Tri-Anglia Triathlon Club	Male	28	M	21	1:26:11	28
29	2577	1:26:15	Camaron THICK	Ipswich Jaffa RC	Male	29	M	22	1:26:13	29
30	2536	1:26:21	Steve CANNELL	Bure Valley Harriers	Male	30	M	23	1:26:21	30
31	54	1:26:44	Stephen BROWN		Male	31	M40	5	1:26:41	31
32	113	1:26:46	Ed TURNER	Dereham Runners AC	Male	32	M	24	1:26:44	32
33	71	1:26:53	Samuel COYNE	Bure Valley Harriers	Male	33	M	25	1:26:53	33
34	107	1:27:01	Chris BULLOCK	Norwich Road Runners	Male	34	M40	6	1:26:59	35
35	18	1:27:07	Emma RISBEY	Winchester & District AC	Female	1	F	1	1:27:06	37
36	569	1:27:08	James DOMINGUEZ		Male	35	M	26	1:26:55	34
37	73	1:27:10	Jake BROCKWELL		Male	36	M	27	1:27:06	36
38	2658	1:27:16	Simon ENGLISH	Norwich Road Runners	Male	37	M40	7	1:27:08	38
39	154	1:27:52	Robert WAPSHOTT	Hallamshire Harriers Sheffield	Male	38	M	28	1:27:49	39
40	182	1:28:04	Ian BRAY		Male	39	M	29	1:28:02	40
41	192	1:28:23	Richard HANSON	Tri-Anglia Triathlon Club	Male	40	M50	2	1:28:20	41
42	103	1:28:32	Henry MOGGRIDGE		Male	41	M	30	1:28:26	42
43	6	1:28:34	Dylan NEEVE	Waveney Valley AC	Male	42	M	31	1:28:33	43
44	68	1:29:13	Kevin FRAZER		Male	43	M50	3	1:29:10	44
45	150	1:29:32	Kristin BARNARD	Wymondham AC	Male	44	M40	8	1:29:30	45
46	2797	1:29:39	Matt HOLMES	Ely Runners	Male	45	M	32	1:29:35	46
47	186	1:29:51	Jason BRUNT	Norfolk Gazelles RC	Male	46	M40	9	1:29:44	47
48	128	1:30:00	Gavin BROWN		Male	47	M40	10	1:29:46	48
49	123	1:30:01	Ian MOORE	Wymondham AC	Male	48	M45	2	1:29:58	49
50	1274	1:30:21	Alex HUNT		Male	49	M	33	1:30:15	50
51	92	1:30:23	Marc COLES	Norwich Road Runners	Male	50	M40	11	1:30:20	54
52	189	1:30:24	David MCCOY	Reading Roadrunners	Male	51	M40	12	1:30:22	55
53	90	1:30:24	Marc EVANS	Great Yarmouth Road Runners	Male	52	M	34	1:30:18	52
54	505	1:30:26	Neal GURNEY		Male	53	M	35	1:30:18	51
55	147	1:30:35	Craig SPEIRS		Male	54	M40	13	1:30:32	57
56	519	1:30:38	Craig ALEXANDER	Tri-Anglia Triathlon Club	Male	55	M	36	1:30:19	53
57	117	1:30:42	Andrew BAKER	Great Yarmouth Road Runners	Male	56	M45	3	1:30:35	58
58	70	1:30:51	Daniel TARR		Male	57	M40	14	1:30:43	59
59	312	1:30:52	Tim BALLARD	Great Bentley Running Club	Male	58	M	37	1:30:46	60
60	141	1:30:53	Angus WILKINSON		Male	59	M40	15	1:30:26	56
61	157	1:31:00	Nick PULLEN		Male	60	M	38	1:30:57	61
62	2630	1:31:00	James CHAPMAN		Male	61	M	39	1:30:58	62
63	435	1:31:10	Stephen W MEAD	Stowmarket Striders RC	Male	62	M65+	1	1:31:00	63
64	358	1:31:25	Lee COLLINS		Male	63	M40	16	1:31:21	64
65	114	1:31:33	Nigel SWEPSON		Male	64	M40	17	1:31:24	65
66	326	1:31:35	Sean DONOGHUE		Male	65	M40	18	1:31:27	66
67	163	1:31:43	Sam EVANS		Male	66	M40	19	1:31:40	67
68	455	1:31:56	Richard STORR		Male	67	M	40	1:31:47	69
69	183	1:31:59	Billy SLAVEN	Werrington Joggers	Male	68	M	41	1:31:55	72
70	323	1:32:06	Richard JONES		Male	69	M	42	1:31:47	68
71	79	1:32:07	James FOWLER	Norfolk Gazelles RC	Male	70	M40	20	1:32:02	73
72	89	1:32:08	Jason Isaac BRANDY		Male	71	M	43	1:31:48	70
73	74	1:32:08	Samuel KENMORE		Male	72	M	44	1:32:05	75
74	512	1:32:14	Nicholas WITTRED		Male	73	M	45	1:31:54	71
75	130	1:32:21	Todd LAKE	Dereham Runners AC	Male	74	M50	4	1:32:18	76



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	181	1:32:25	Stewart ROBINS	Ryston Runners	Male	75	M45	4	1:32:19	77
77	173	1:32:29	Steven GREENWOOD		Male	76	M	46	1:32:20	78
78	3010	1:32:29	Amelia LAMBERT		Female	2	F	2	1:32:22	79
79	161	1:32:29	Matt WILEMAN	Tri-Anglia Triathlon Club	Male	77	M	47	1:32:28	80
80	1334	1:32:32	George CLEMENTS		Male	78	M	48	1:32:02	74
81	2541	1:32:41	Ryan EVERITT		Male	79	M	49	1:32:35	81
82	44	1:32:57	Sebastian POLOMSKI		Male	80	M	50	1:32:51	82
83	577	1:33:07	Phillip BRAY		Male	81	M	51	1:33:02	83
84	167	1:33:12	Andrew HOLLIMAN		Male	82	M	52	1:33:09	86
85	2747	1:33:20	Tom BUCKHAM		Male	83	M	53	1:33:08	85
86	138	1:33:24	Charles CANHAM		Male	84	M40	21	1:33:12	89
87	100	1:33:34	Mark CLUES	Tri-Anglia Triathlon Club	Male	85	M45	5	1:33:12	88
88	50	1:33:39	Alan REYNOLDS		Male	86	M45	6	1:33:24	91
89	82	1:33:41	Daniel MASKELL		Male	87	M	54	1:33:31	93
90	2653	1:33:41	Graham PERKINS		Male	88	M	55	1:33:05	84
91	329	1:33:42	Sam BLACKMAN		Male	89	M	56	1:33:09	87
92	3022	1:33:48	Dylan KARGER		Male	90	M	57	1:33:38	94
93	158	1:33:53	Chris MILLSTED		Male	91	M	58	1:33:50	96
94	2545	1:33:55	Paul VINCENT		Male	92	M40	22	1:33:21	90
95	104	1:33:57	Andrew ENTICKNAP	Huntingdonshire AC	Male	93	M45	7	1:33:52	97
96	144	1:34:00	Wilfred CAMPBELL	Ipswich Jaffa RC	Male	94	M50	5	1:33:59	98
97	45	1:34:01	David HOUGHTON	Norwich Road Runners	Male	95	M45	8	1:33:46	95
98	159	1:34:11	Tom HULL		Male	96	M	59	1:33:26	92
99	585	1:34:15	Polly ADAMS	Royal Manor Of Portland AC	Female	3	F50	1	1:34:12	100
100	102	1:34:17	Mark GARRETT	Norwich Road Runners	Male	97	M50	6	1:34:14	101
101	420	1:34:36	Matthew PLANE		Male	98	M	60	1:34:28	102
102	621	1:34:37	Thomas HARVEY		Male	99	M	61	1:34:35	103
103	184	1:34:38	Matt PAYNE		Male	100	M50	7	1:34:08	99
104	15	1:34:44	Alexandra SMITH	Wymondham AC	Female	4	F40	1	1:34:41	104
105	2598	1:34:56	Isaac DEBRAH		Male	101	M	62	1:34:50	107
106	49	1:34:57	Robert WARD		Male	102	M	63	1:34:42	105
107	462	1:35:12	Roger STEGGLES		Male	103	M50	8	1:34:44	106
108	443	1:35:20	Nick GREER		Male	104	M	64	1:34:51	108
109	121	1:35:22	Niall WAPSHOTT		Male	105	M	65	1:34:58	109
110	2616	1:35:22	Calvin SEARLE	Werrington Joggers	Male	106	M50	9	1:35:04	110
111	109	1:35:25	Edward SIDGWICK		Male	107	M	66	1:35:15	112
112	611	1:35:26	David HARMER		Male	108	M	67	1:35:22	114
113	623	1:35:27	Stuart CROSBY	Werrington Joggers	Male	109	M40	23	1:35:10	111
114	567	1:35:42	David STEVENS		Male	110	M	68	1:35:34	115
115	145	1:35:43	Miles GELDART		Male	111	M	69	1:35:39	117
116	43	1:35:44	Keith BLAKE		Male	112	M55	2	1:35:22	113
117	543	1:35:54	Adam GOODMAN		Male	113	M	70	1:35:34	116
118	63	1:36:07	Andrew KEELER		Male	114	M55	3	1:35:59	119
119	2723	1:36:07	Andy SCOTT	Newmarket Joggers	Male	115	M	71	1:36:00	120
120	23	1:36:14	Mark SOLWAY	City of Norwich AC	Male	116	M45	9	1:36:10	122
121	65	1:36:16	David WRIGHT		Male	117	M	72	1:35:57	118
122	166	1:36:17	Richard JOHNSON	Norwich Road Runners	Male	118	M40	24	1:36:15	123
123	13	1:36:17	Sarah PEACHEY	Wymondham AC	Female	5	F	3	1:36:15	124
124	2609	1:36:23	Christopher JONES		Male	119	M	73	1:36:03	121
125	486	1:36:38	Andrew CALLEN	Diss & District AC	Male	120	M	74	1:36:29	125
126	2612	1:36:48	Alexander GIBB	Werrington Joggers	Male	121	M	75	1:36:45	126
127	176	1:36:51	Simon DARVELL		Male	122	M	76	1:36:46	128
128	472	1:36:59	Rosario LI-ROCCHI		Male	123	M40	25	1:36:45	127
129	292	1:37:08	Ben SNELLING	Norwich Road Runners	Male	124	M45	10	1:36:52	129
130	544	1:37:09	Lacey BAREHAM	Dereham Runners AC	Female	6	F	4	1:37:07	132
131	1016	1:37:14	Dan JOHNSTONE		Male	125	M	77	1:36:57	130
132	369	1:37:17	Neil BYE	Lowestoft Road Runners	Male	126	M	78	1:37:07	131
133	457	1:37:21	Darren FLATT		Male	127	M40	26	1:37:17	136
134	587	1:37:23	Paul BROWN		Male	128	M45	11	1:37:12	134
135	546	1:37:39	Robert GROVES		Male	129	M	79	1:37:08	133
136	14	1:37:41	Racheal LEATHWOOD		Female	7	F	5	1:37:24	139
137	548	1:37:47	Mark OGDEN		Male	130	M45	12	1:37:24	138
138	235	1:37:48	Simon STEVENS		Male	131	M40	27	1:37:16	135
139	333	1:37:50	James LOUGHLIN		Male	132	M	80	1:37:17	137
140	545	1:37:52	James LILLISTONE		Male	133	M	81	1:37:31	141
141	341	1:37:53	Richard SMITH	Sudbury Joggers	Male	134	M40	28	1:37:28	140
142	125	1:37:56	Christopher TOMLINSON		Male	135	M45	13	1:37:32	142
143	185	1:37:58	Martin STEVENS	Werrington Joggers	Male	136	M40	29	1:37:54	144
144	1088	1:38:02	Aidan SHEEHAN		Male	137	M	82	1:37:43	143
145	2798	1:38:06	Kasper MAAGAARD		Male	138	M	83	1:38:02	147
146	2542	1:38:18	Declan GREEN		Male	139	M	84	1:38:07	149
147	417	1:38:26	Richard ZANETTI	Kenilworth Runners	Male	140	M50	10	1:38:01	146
148	498	1:38:34	Chris CHORLEY	Bungay Black Dog RC	Male	141	M50	11	1:38:01	145
149	263	1:38:36	Rowan STRINGER		Male	142	M	85	1:38:07	148
150	2575	1:38:47	Stephen DUNNETT		Male	143	M55	4	1:38:35	152



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	399	1:38:52	Luke KNIGHTS		Male	144	M	86	1:38:14	150
152	269	1:38:57	Nathan EDWARDS		Male	145	M	87	1:38:43	153
153	620	1:38:58	Gary BARNES	St Neots Riverside Runners	Male	146	M50	12	1:38:45	155
154	793	1:38:58	Michael WILKINSON		Male	147	M	88	1:38:44	154
155	507	1:39:02	Luke COLEMAN		Male	148	M	89	1:38:48	156
156	436	1:39:10	Paul ROGERS	Coltishall Jaguars RC	Male	149	M40	30	1:38:34	151
157	84	1:39:15	Adrian HALL	Wymondham AC	Male	150	M50	13	1:39:13	163
158	2280	1:39:17	Tom JACKSON		Male	151	M	90	1:38:51	157
159	1641	1:39:18	Michael HOLLIDGE		Male	152	M	91	1:39:06	162
160	406	1:39:19	Terry EPPS	Wymondham AC	Male	153	M60	1	1:39:16	166
161	94	1:39:21	Chris PHILLIPS	Werrington Joggers	Male	154	M40	31	1:39:03	159
162	1087	1:39:31	Jack STONES		Male	155	M	92	1:39:26	169
163	529	1:39:32	Gareth JOHNSTON		Male	156	M	93	1:39:15	165
164	93	1:39:36	Mark EWIN		Male	157	M40	32	1:39:05	160
165	410	1:39:38	Leon NEEVE		Male	158	M	94	1:39:21	167
166	580	1:39:39	Jim FITCH		Male	159	M45	14	1:39:14	164
167	30	1:39:40	Christopher WYBURN-POWELL	City of Norwich AC	Male	160	M	95	1:39:35	171
168	2581	1:39:44	Matthias AICHINGER		Male	161	M	96	1:39:31	170
169	3008	1:39:47	Ian COXHEAD	Norfolk Gazelles RC	Male	162	M45	15	1:39:40	175
170	411	1:39:51	Stuart PECK		Male	163	M	97	1:39:38	174
171	86	1:39:53	Kierran HAYNES		Male	164	M	98	1:39:05	161
172	343	1:39:53	Sheila OXTOBY		Female	8	F45	1	1:39:24	168
173	1454	1:39:54	Laurie WHITEHAIR		Male	165	M	99	1:39:03	158
174	510	1:39:59	Lee FORDER		Male	166	M	100	1:39:37	172
175	61	1:40:01	Chris LEHRBACH	Tri-Anglia Triathlon Club	Male	167	M45	16	1:39:37	173
176	518	1:40:04	Ashley DEARING		Male	168	M	101	1:39:57	179
177	441	1:40:04	Richard STANLEY		Male	169	M	102	1:39:59	180
178	282	1:40:10	Chris BARKWAY		Male	170	M55	5	1:39:57	178
179	95	1:40:12	Paul QUANTRILL	Tri-Anglia Triathlon Club	Male	171	M50	14	1:40:08	184
180	308	1:40:19	Matthew DAWSON	Norwich Road Runners	Male	172	M	103	1:40:00	181
181	489	1:40:21	Simon FRANEY		Male	173	M	104	1:40:00	182
182	2539	1:40:24	Adam PEARCE		Male	174	M	105	1:40:18	189
183	1800	1:40:29	Thomas WHYBOURN		Male	175	M	106	1:40:16	188
184	1315	1:40:32	Roger KING		Male	176	M45	17	1:39:55	177
185	597	1:40:35	Richard EARIS		Male	177	M	107	1:40:14	187
186	1284	1:40:35	Freddie PRICE		Male	178	M	108	1:40:09	185
187	973	1:40:36	Ross MCINROY		Male	179	M	109	1:40:01	183
188	375	1:40:39	Chris CRUMLY		Male	180	M45	18	1:39:43	176
189	573	1:40:43	John FENSOM		Male	181	M	110	1:40:14	186
190	531	1:40:43	James STURMAN		Male	182	M	111	1:40:38	194
191	52	1:40:48	Diccon LOY	East London Runners	Male	183	M45	19	1:40:27	191
192	2783	1:40:48	Louisa-Kate KEYLOCK		Female	9	F	6	1:40:41	195
193	2702	1:40:51	Lucas MEAGOR	Beverley Athletic Club	Male	184	M40	33	1:40:29	192
194	286	1:40:57	Gav SMITH		Male	185	M	112	1:40:27	190
195	108	1:41:04	Paul SPOONER		Male	186	M	113	1:41:03	200
196	1722	1:41:07	Ashley BAXTER		Male	187	M	114	1:40:48	196
197	1702	1:41:11	Liam KILLINGTON		Male	188	M	115	1:40:56	198
198	265	1:41:14	Paul ROSE		Male	189	M40	34	1:40:50	197
199	371	1:41:22	Jonny RAY		Male	190	M	116	1:41:07	202
200	2794	1:41:24	Louis DELAINE		Male	191	M	117	1:41:20	206
201	1271	1:41:26	Victoria PRICE		Female	10	F	7	1:41:13	204
202	373	1:41:27	Ryan KENNEDY	Norwich Road Runners	Male	192	M	118	1:40:59	199
203	105	1:41:27	Dan CLAFLIN	Tri-Anglia Triathlon Club	Male	193	M	119	1:41:22	207
204	1217	1:41:36	James PRITCHARD		Male	194	M55	6	1:41:27	208
205	309	1:41:39	Carl BAKER		Male	195	M45	20	1:41:09	203
206	610	1:41:43	Holly BATEMAN		Female	11	F	8	1:41:17	205
207	2564	1:41:43	Jamie BENNINGTON		Male	196	M	120	1:41:42	212
208	1598	1:41:53	Andy CHESHIRE		Male	197	M	121	1:41:06	201
209	2701	1:41:55	Geoff PERRY		Male	198	M50	15	1:41:31	210
210	492	1:42:03	Oliver GILLARD-EASTOP		Male	199	M50	16	1:41:31	209
211	470	1:42:07	Robert MCPHERSON		Male	200	M50	17	1:41:56	220
212	2804	1:42:07	Johnny WILLIAMS		Male	201	M	122	1:42:03	225
213	336	1:42:07	Nicholas COX		Male	202	M45	21	1:41:34	211
214	710	1:42:08	Tom FARROW		Male	203	M	123	1:41:54	217
215	259	1:42:09	Lloyd Dean QUINTON		Male	204	M	124	1:41:55	218
216	51	1:42:10	Andy BOBBIN		Male	205	M40	35	1:41:59	222
217	2102	1:42:15	Ben MCCARTNEY		Male	206	M	125	1:41:51	214
218	190	1:42:17	Naif JUMAILY		Male	207	M	126	1:41:46	213
219	164	1:42:18	Joseph FISH		Male	208	M	127	1:42:17	229
220	330	1:42:18	Caolan STOWE		Male	209	M	128	1:41:58	221
221	404	1:42:25	Owen CALDER		Male	210	M	129	1:40:35	193
222	534	1:42:27	Liam ROWLANDS		Male	211	M	130	1:41:53	215
223	66	1:42:28	Adam VEALE		Male	212	M	131	1:42:24	235
224	364	1:42:29	Adrian MARTIN		Male	213	M50	18	1:41:56	219
225	503	1:42:30	Richard CREWE		Male	214	M45	22	1:42:25	236



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	821	1:42:39	John ROYCE		Male	215	M55	7	1:42:08	227
227	2622	1:42:40	Graham COULTER	Framlingham Flyers	Male	216	M40	36	1:41:53	216
228	915	1:42:41	Antonino LA RUSSA		Female	12	F40	2	1:42:00	224
229	418	1:42:44	Deborah ENGLISH	Norwich Road Runners	Female	13	F	9	1:42:18	232
230	1335	1:42:52	William BARRITT		Male	217	M	132	1:42:00	223
231	335	1:42:58	Paul FRAREY		Male	218	M40	37	1:42:42	239
232	320	1:42:58	Ian ROWLEY		Male	219	M45	23	1:42:22	234
233	340	1:43:02	Andy HOOD		Male	220	M	133	1:42:56	244
234	110	1:43:03	William BARRATT		Male	221	M	134	1:42:51	243
235	339	1:43:04	Mark ROSE	Ipswich Jaffa RC	Male	222	M40	38	1:42:18	230
236	1559	1:43:04	Bernice LAWS	Ipswich Jaffa RC	Female	14	F	10	1:42:18	231
237	136	1:43:06	Gary RABY		Male	223	M	135	1:42:33	238
238	172	1:43:07	Jason ELRICK		Male	224	M45	24	1:43:02	246
239	848	1:43:09	Matthew BARKER		Male	225	M	136	1:42:21	233
240	467	1:43:12	Stacy TOVELL		Male	226	M45	25	1:43:06	250
241	2770	1:43:14	Mike LOTARIUS		Male	227	M	137	1:43:03	247
242	476	1:43:16	Fraser LEWIS		Male	228	M40	39	1:42:48	241
243	111	1:43:18	Sam BARRATT		Male	229	M	138	1:42:13	228
244	203	1:43:24	Terry MEDLER		Male	230	M40	40	1:42:31	237
245	2672	1:43:26	Oliver KARGER		Male	231	M	139	1:43:16	254
246	386	1:43:31	Eddie WARREN		Male	232	M	140	1:43:21	257
247	2544	1:43:31	Robert STEVENS		Male	233	M40	41	1:42:05	226
248	526	1:43:32	Peter WALSH		Male	234	M40	42	1:43:04	249
249	414	1:43:36	Steve HOPE		Male	235	M55	8	1:42:57	245
250	508	1:43:39	Theresa DOOLEY		Female	15	F45	2	1:43:10	251
251	563	1:43:40	Paul TERREROS		Male	236	M	141	1:43:15	253
252	350	1:43:42	Matthew GRIMWOOD		Male	237	M40	43	1:43:17	255
253	230	1:43:44	Jacob HOLDER		Male	238	M	142	1:43:21	256
254	522	1:43:49	Lance ESCOBAR		Male	239	M	143	1:43:03	248
255	149	1:43:52	Corin THODAY	Reepham Runners	Male	240	M40	44	1:43:22	258
256	770	1:43:56	Jim ARTHUR		Male	241	M	144	1:43:11	252
257	478	1:44:00	Chris SCARFE		Male	242	M	145	1:42:45	240
258	1677	1:44:01	Aaron EAGLE		Male	243	M	146	1:42:50	242
259	2654	1:44:08	Ann WOOD	Werrington Joggers	Female	16	F55	1	1:43:51	266
260	334	1:44:10	Chris SPEAKMAN		Male	244	M55	9	1:43:47	264
261	501	1:44:12	Tom ENGLISH		Male	245	M	147	1:43:30	259
262	2757	1:44:16	Paolo MERENDA		Male	246	M40	45	1:43:34	261
263	458	1:44:18	Gareth JOUBERT		Male	247	M	148	1:43:33	260
264	557	1:44:18	Elliot MCCURLEY		Male	248	M	149	1:43:40	263
265	1168	1:44:21	Roger MADLE		Male	249	M50	19	1:43:59	268
266	2774	1:44:23	Darrel ROBERTS	Waveney Valley AC	Male	250	M45	26	1:43:58	267
267	2681	1:44:28	Peter BIRD	Saint Edmund Pacers	Male	251	M40	46	1:44:21	274
268	290	1:44:35	Luke HOWES		Male	252	M	150	1:44:17	273
269	471	1:44:42	Daniel SHANKS		Male	253	M	151	1:44:12	272
270	217	1:44:45	Mike HARRINGTON		Male	254	M45	27	1:44:36	282
271	2226	1:44:47	Kyle BROOKS		Male	255	M	152	1:44:24	275
272	449	1:44:47	Paul DOCKERILL	Newmarket Joggers	Male	256	M	153	1:44:36	281
273	237	1:44:49	Adrian HUBBARD		Male	257	M45	28	1:43:36	262
274	384	1:44:49	Andrew SPENCER		Male	258	M45	29	1:44:32	278
275	535	1:45:08	Shane SMITH		Male	259	M40	47	1:44:35	279
276	266	1:45:11	Mark STONE	Great Yarmouth Road Runners	Male	260	M45	30	1:44:30	276
277	524	1:45:11	Matt BUCKOKE	Great Yarmouth Road Runners	Male	261	M40	48	1:44:30	277
278	268	1:45:15	Kate MURRELL		Female	17	F	11	1:44:09	271
279	267	1:45:15	Iain MURRELL		Male	262	M	154	1:44:09	270
280	3004	1:45:16	Justin PEARCE		Male	263	M40	49	1:44:08	269
281	994	1:45:19	Simon HOWARD		Male	264	M40	50	1:43:48	265
282	2080	1:45:20	David O'CALLAGHAN		Male	265	M	155	1:44:43	284
283	758	1:45:24	Justin POTTER		Male	266	M	156	1:45:10	291
284	2758	1:45:25	Richard BOON		Male	267	M40	51	1:44:45	285
285	304	1:45:25	Sharon HURREN	Wymondham AC	Female	18	F45	3	1:44:55	287
286	2540	1:45:29	Tim ANGEL	City of Norwich AC	Male	268	M50	20	1:45:23	302
287	607	1:45:31	Richard DADE	Wymondham AC	Male	269	M45	31	1:45:00	290
288	618	1:45:34	Richard DOLMAN	Thetford AC	Male	270	M50	21	1:45:14	294
289	306	1:45:34	Mark ALDERTON		Male	271	M	157	1:45:15	295
290	1177	1:45:36	Tim COOK	Norfolk Gazelles RC	Male	272	M40	52	1:44:53	286
291	430	1:45:37	Craig GOLDIE	Thetford AC	Male	273	M45	32	1:45:24	303
292	2777	1:45:40	Michael SOLLARIS		Male	274	M	158	1:45:26	305
293	342	1:45:44	Ian EAST	Sudbury Joggers	Male	275	M45	33	1:45:19	298
294	977	1:45:44	Darren DAVEY		Male	276	M	159	1:45:16	296
295	2738	1:45:45	Neil CROPPER		Male	277	M40	53	1:45:19	300
296	493	1:45:49	Ian HENDERSON		Male	278	M55	10	1:45:44	312
297	541	1:45:49	Sarah STUBBS	Bure Valley Harriers	Female	19	F40	3	1:45:12	292
298	536	1:45:50	Justin DICKS		Male	279	M45	34	1:45:24	304
299	2691	1:45:51	John MORGAN	Reepham Runners	Male	280	M50	22	1:45:14	293
300	1527	1:45:53	Emma ELLIOT		Female	20	F	12	1:44:57	288



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	178	1:45:53	Alex GREEN		Male	281	M45	35	1:45:45	313
302	624	1:45:59	Stuart CLARK		Male	282	M	160	1:44:35	280
303	370	1:46:00	Dale COOPER	Norfolk Harriers RC	Male	283	M55	11	1:45:33	306
304	783	1:46:00	Steve MARTIN	Newark Striders Running Club	Male	284	M50	23	1:45:46	315
305	461	1:46:01	Joe HEGARTY		Male	285	M	161	1:45:18	297
306	142	1:46:04	Konrad PYTLARZ		Male	286	M	162	1:45:56	321
307	188	1:46:05	Mike MATTHEWS	Stamford Striders	Male	287	M	163	1:45:51	318
308	438	1:46:05	Andrew SACH		Male	288	M40	54	1:45:34	307
309	440	1:46:10	Christopher DENT	Norfolk Gazelles RC	Male	289	M50	24	1:45:34	308
310	2127	1:46:12	Thomas WERMTER		Male	290	M	164	1:44:40	283
311	726	1:46:13	Mark BETTS		Male	291	M	165	1:45:22	301
312	886	1:46:15	Amy HINTON		Female	21	F	13	1:45:44	311
313	391	1:46:17	Neil MAY		Male	292	M45	36	1:45:49	316
314	748	1:46:18	Rajesh LOGASUNDARAM		Male	293	M40	55	1:46:02	324
315	617	1:46:19	Garry WHITING	Wymondham AC	Male	294	M50	25	1:45:52	319
316	2744	1:46:23	Alex CHARD		Male	295	M	166	1:45:40	309
317	581	1:46:26	Zoe CATCHPOLE		Female	22	F40	4	1:46:02	323
318	218	1:46:26	Lee WILSON		Male	296	M40	56	1:45:49	317
319	602	1:46:30	Spencer VINE		Male	297	M40	57	1:46:05	326
320	1298	1:46:37	David DAY		Male	298	M	167	1:46:15	331
321	2713	1:46:38	Harrison MEEK		Male	299	M	168	1:46:05	327
322	499	1:46:46	Gregory ALLAN		Male	300	M	169	1:45:45	314
323	827	1:46:46	Jeremy CARTER		Male	301	M40	58	1:45:19	299
324	434	1:46:47	Dean HEARN	Stowmarket Striders RC	Male	302	M50	26	1:46:37	337
325	2812	1:46:50	Rob EVANS		Male	303	M40	59	1:46:31	334
326	349	1:46:53	Gareth ALLEN		Male	304	M	170	1:46:13	330
327	197	1:46:54	Eve CASBARD	St Neots Riverside Runners	Female	23	F40	5	1:46:25	333
328	533	1:46:56	Mark AUSTIN	Woodbridge Shufflers RC	Male	305	M	171	1:46:24	332
329	2608	1:46:58	Jamie MCGURK		Male	306	M	172	1:46:37	336
330	584	1:46:59	Mark GARSIDE		Male	307	M	173	1:46:53	344
331	227	1:46:59	Tim FRANCIS	North Norfolk Beach Runners	Male	308	M	174	1:46:51	343
332	372	1:47:02	Bradley WATKER		Male	309	M	175	1:45:56	322
333	437	1:47:03	Paul CARTER	Ryston Runners	Male	310	M45	37	1:46:45	341
334	224	1:47:07	Nicholas DAY		Male	311	M50	27	1:46:05	325
335	1192	1:47:08	Karl RUMSBY		Male	312	M	176	1:44:58	289
336	702	1:47:09	Paul GOODING		Male	313	M	177	1:45:43	310
337	2801	1:47:13	John INIFF		Male	314	M	178	1:47:09	348
338	494	1:47:18	Nigel KENNY		Male	315	M50	28	1:46:50	342
339	807	1:47:20	Ben HODDS	Benfleet Running Club	Male	316	M40	60	1:47:11	349
340	2634	1:47:20	Amy ROBBINS		Female	24	F	14	1:46:06	328
341	549	1:47:23	Charles ADAMS		Male	317	M	179	1:46:37	338
342	383	1:47:27	Andrew SHORTHOSE		Male	318	M40	61	1:47:15	350
343	58	1:47:27	Stephen RAMM	Tri-Anglia Triathlon Club	Male	319	M	180	1:47:17	351
344	1115	1:47:32	Leila WALKER		Female	25	F	15	1:46:40	340
345	428	1:47:32	Nathan LIGHTENING		Male	320	M	181	1:47:20	353
346	2395	1:47:37	Lee GILLIS		Male	321	M	182	1:46:55	345
347	857	1:47:43	Chris GOODWIN		Male	322	M	183	1:47:04	346
348	1043	1:47:47	Paul READMAN		Male	323	M	184	1:46:36	335
349	2727	1:47:48	Noel BENN	Newmarket Joggers	Male	324	M45	38	1:47:37	363
350	283	1:47:49	William MARSHALL		Male	325	M	185	1:47:30	356
351	2670	1:47:50	Nick ELEY	Coltishall Jaguars RC	Male	326	M55	12	1:47:06	347
352	1343	1:47:51	Thomas SWEET		Male	327	M	186	1:45:55	320
353	155	1:47:52	Jackson SIMMONS		Male	328	M	187	1:47:48	367
354	552	1:47:54	Simon GILBEY	Werrington Joggers	Male	329	M50	29	1:47:35	361
355	532	1:47:55	Adrian JAY	Bure Valley Harriers	Male	330	M45	39	1:47:18	352
356	403	1:47:55	Phoebe BAKER		Female	26	F	16	1:47:30	357
357	2780	1:47:56	Nina KOSTEVSEK		Female	27	F	17	1:46:08	329
358	1511	1:48:01	Simon BYFORD		Male	331	M	188	1:47:33	360
359	515	1:48:08	Stephen BROOM		Male	332	M50	30	1:48:00	372
360	2731	1:48:15	Kieran WOOLFE		Male	333	M	189	1:47:47	366
361	1078	1:48:16	Kevin POWLES		Male	334	M45	40	1:47:36	362
362	829	1:48:18	Malcolm SKERRATT		Male	335	M45	41	1:47:38	364
363	3012	1:48:19	Sarah GAUVIN	Fenland Running Club	Female	28	F45	4	1:47:54	369
364	578	1:48:20	Mel FEWTRELL	Tri-Anglia Triathlon Club	Female	29	F	18	1:48:01	373
365	517	1:48:20	Samantha DEARING		Female	30	F	19	1:48:02	375
366	2683	1:48:24	Darren JOHNSON		Male	336	M45	42	1:47:20	354
367	431	1:48:25	Samuel HUETSON		Male	337	M	190	1:48:16	383
368	479	1:48:26	Vanessa SEWELL-ALLEN		Female	31	F45	5	1:48:16	382
369	2649	1:48:27	Gary GRAND	Norwich Road Runners	Male	338	M50	31	1:48:01	374
370	2582	1:48:29	Tristan REVELL		Male	339	M45	43	1:47:49	368
371	213	1:48:30	Kevin JOHNSTON		Male	340	M55	13	1:48:04	377
372	2742	1:48:34	Jose MENESES		Male	341	M50	32	1:48:21	386
373	540	1:48:38	Malcolm FISHER	Dereham Runners AC	Male	342	M	191	1:48:30	391
374	402	1:48:40	Roly COOK	Norwich Road Runners	Male	343	M50	33	1:48:15	379
375	1262	1:48:41	Lewis DUNTHORNE		Male	344	M	192	1:46:38	339



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	381	1:48:45	Paul BAISLEY		Male	345	M40	62	1:48:02	376
377	201	1:48:46	Andy WINKWORTH		Male	346	M	193	1:48:28	390
378	975	1:48:47	Louise GARDINER		Female	32	F45	6	1:48:23	388
379	566	1:48:51	Peter FOX		Male	347	M55	14	1:47:39	365
380	152	1:48:53	Andy ROWLES	Dereham Runners AC	Male	348	M55	15	1:48:45	397
381	453	1:48:53	Tim SEELY		Male	349	M	194	1:48:18	384
382	1107	1:49:02	Andy BLAKE		Male	350	M55	16	1:47:29	355
383	708	1:49:04	Tom STEVERSON		Male	351	M	195	1:47:32	359
384	622	1:49:04	Daniele ALBANESE		Male	352	M	196	1:48:15	380
385	446	1:49:09	Paul REEVE		Male	353	M45	44	1:48:23	389
386	137	1:49:12	David RIGLAR		Male	354	M45	45	1:48:42	395
387	1756	1:49:15	Keiron STEELE		Male	355	M	197	1:48:22	387
388	289	1:49:17	Tom RIVETT	North Norfolk Beach Runners	Male	356	M40	63	1:48:49	398
389	633	1:49:18	Louise HURR	Norfolk Gazelles RC	Female	33	F50	2	1:48:42	396
390	513	1:49:18	Shaun BRAYBROOK		Male	357	M	198	1:48:15	381
391	2772	1:49:19	Stephen CURNOW	Norwich Road Runners	Male	358	M	199	1:47:59	371
392	1307	1:49:20	Lisa SYMON		Female	34	F	20	1:48:40	394
393	1032	1:49:22	Patrick THIRKETTLE		Male	359	M50	34	1:47:58	370
394	605	1:49:25	Kieran EARLEY		Male	360	M	200	1:48:19	385
395	845	1:49:28	Mark SMITH		Male	361	M45	46	1:49:00	399
396	1808	1:49:34	Rupert SMITH		Male	362	M	201	1:48:06	378
397	376	1:49:40	Mark PHILO	Tri-Anglia Triathlon Club	Male	363	M45	47	1:49:14	402
398	1381	1:49:43	Robert COLMAN		Male	364	M40	64	1:49:38	407
399	194	1:49:47	Vhari KING	Bure Valley Harriers	Female	35	F	21	1:49:21	405
400	273	1:49:50	Ryan NIBLOE		Male	365	M	202	1:48:34	392
401	606	1:49:51	Richard COLLYER		Male	366	M45	48	1:49:14	403
402	1077	1:49:53	Richard THOMSON		Male	367	M	203	1:47:31	358
403	876	1:49:54	Louie BARBY		Male	368	M	204	1:48:38	393
404	129	1:50:00	Richard DOYLE		Male	369	M	205	1:49:39	409
405	210	1:50:00	Caroline HOUGHTON	Norwich Road Runners	Female	36	F40	6	1:49:39	408
406	664	1:50:03	Neil SALLIS		Male	370	M40	65	1:49:11	401
407	356	1:50:11	Michael CRAMPTON		Male	371	M50	35	1:49:43	413
408	313	1:50:12	Paul BALLARD	Hadleigh Hares AC	Male	372	M40	66	1:50:06	423
409	293	1:50:14	Adam BECKETT		Male	373	M45	49	1:49:50	418
410	466	1:50:16	Kathryn HEAD	Norfolk Gazelles RC	Female	37	F	22	1:49:41	411
411	920	1:50:19	Andrew HAMMOND	Norfolk Gazelles RC	Male	374	M60	2	1:49:43	412
412	2704	1:50:20	Nigel AITKEN	Werrington Joggers	Male	375	M55	17	1:50:02	422
413	825	1:50:21	Richard BELL		Male	376	M40	67	1:49:47	415
414	1352	1:50:23	Niall JACKSON		Male	377	M	206	1:49:14	404
415	97	1:50:24	Peter MARTIN		Male	378	M55	18	1:49:48	416
416	359	1:50:24	Jessie MARTIN		Female	38	F	23	1:49:49	417
417	468	1:50:30	Premysl DVORAK	Werrington Joggers	Male	379	M	207	1:49:51	419
418	1189	1:50:30	Nathan ROBERTS	Great Yarmouth Road Runners	Male	380	M	208	1:49:26	406
419	576	1:50:39	Pete REED	Ryston Runners	Male	381	M	209	1:50:27	430
420	1202	1:50:46	Steve JENKINS		Male	382	M45	50	1:50:07	424
421	307	1:50:48	Will BOND		Male	383	M	210	1:50:09	425
422	2703	1:50:49	Lisa PYATT	Ryston Runners	Female	39	F	24	1:50:31	433
423	604	1:50:49	Anna BALL		Female	40	F	25	1:50:28	431
424	804	1:51:02	Claire RACKHAM		Female	41	F40	7	1:49:09	400
425	774	1:51:05	Alicia KEENEY		Female	42	F	26	1:49:46	414
426	134	1:51:07	Adam CORY		Male	384	M	211	1:50:20	427
427	2309	1:51:12	Robert ALDOUS		Male	385	M	212	1:50:46	443
428	270	1:51:12	Charlie LEWINGTON- BRACEY		Female	43	F	27	1:50:33	436
429	2796	1:51:12	Ian MARCER		Male	386	M	213	1:50:34	437
430	447	1:51:14	Nicholas MUIR		Male	387	M55	19	1:50:39	440
431	490	1:51:15	Tom ANSTISS		Male	388	M	214	1:50:02	421
432	1146	1:51:15	Stephen SAISE		Male	389	M45	51	1:49:40	410
433	1182	1:51:16	Warren NEWELL		Male	390	M50	36	1:50:41	442
434	452	1:51:16	Konstantin HOLZNER		Male	391	M	215	1:50:59	450
435	1959	1:51:19	Sam POULTER		Male	392	M	216	1:50:40	441
436	3007	1:51:20	Alexander PENNINGTON		Male	393	M	217	1:50:54	447
437	1384	1:51:25	Matt MORLEY		Male	394	M45	52	1:50:34	438
438	491	1:51:25	Matthew HENMAN		Male	395	M45	53	1:50:32	434
439	940	1:51:26	Thomas BARNINGHAM		Male	396	M	218	1:51:06	452
440	2787	1:51:27	Steve PARRY		Male	397	M40	68	1:50:38	439
441	558	1:51:29	Jessica NEAVE	Wymondham AC	Female	44	F	28	1:50:50	445
442	2116	1:51:33	Graham ALLCHURCH		Male	398	M45	54	1:50:58	449
443	226	1:51:35	Hayley RICHARDSON-GUNN		Female	45	F40	8	1:50:30	432
444	960	1:51:39	Jason JEARY		Male	399	M45	55	1:51:11	457
445	8	1:51:40	Daniel ZENOBIA		Male	400	M	219	1:51:35	465
446	196	1:51:41	Ruth GAUNT	Norwich Road Runners	Female	46	F50	3	1:50:55	448
447	397	1:51:44	Philip RIDGE		Male	401	M50	37	1:51:28	461
448	1554	1:51:51	Lukasz RYZINSKI	Thetford AC	Male	402	M	220	1:50:10	426
449	2597	1:51:52	David YOUNG		Male	403	M45	56	1:50:24	428
450	565	1:51:53	Robert KEMP		Male	404	M	221	1:50:24	429



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	1295	1:51:55	Steve VAUGHAN		Male	405	M40	69	1:50:00	420
452	288	1:51:57	Peter ELLIOTT		Male	406	M45	57	1:50:32	435
453	347	1:52:01	Mark BARRETT		Male	407	M45	58	1:51:06	453
454	357	1:52:03	Lee EMMETT		Male	408	M	222	1:51:57	478
455	1826	1:52:13	Tom FLEETWOOD		Male	409	M	223	1:50:51	446
456	777	1:52:14	Jon SHORTEN		Male	410	M45	59	1:51:49	475
457	1215	1:52:15	Simon OTTAWAY		Male	411	M45	60	1:51:46	468
458	205	1:52:17	Matt REED		Male	412	M	224	1:51:07	454
459	299	1:52:18	Matt WATTS		Male	413	M	225	1:51:57	477
460	353	1:52:21	Dan PERRIN		Male	414	M40	70	1:51:55	476
461	832	1:52:21	Jamie TUBBY		Male	415	M	226	1:50:59	451
462	908	1:52:24	Andrew GRIFFITHS		Male	416	M45	61	1:52:02	479
463	2567	1:52:25	Tracey CADY	Thetford AC	Female	47	F	29	1:51:08	455
464	2698	1:52:26	Stephen ROE	North Norfolk Beach Runners	Male	417	M50	38	1:50:50	444
465	1163	1:52:27	Kevin CARTER		Male	418	M	227	1:51:21	459
466	245	1:52:28	Scott THOMSON		Male	419	M	228	1:52:22	489
467	427	1:52:29	Graham WORSFOLD		Male	420	M	229	1:52:06	481
468	2641	1:52:31	Michelle HASTIE	Royston Runners	Female	48	F45	7	1:51:47	471
469	2716	1:52:31	Fatima SANTOS	Royston Runners	Female	49	F40	9	1:51:48	474
470	1294	1:52:31	Robin WELLS	Royston Runners	Male	421	M55	20	1:51:48	472
471	850	1:52:34	Paul WESTGATE	Great Yarmouth Road Runners	Male	422	M55	21	1:51:30	462
472	2605	1:52:35	Andreas PATERSON		Male	423	M	230	1:51:09	456
473	296	1:52:38	Georgina EDWARDS		Female	50	F	30	1:52:16	484
474	297	1:52:38	Darren MINNS		Female	51	F	31	1:52:17	485
475	2255	1:52:38	Ruth HEDGE		Female	52	F40	10	1:52:04	480
476	365	1:52:40	Stephen GOOK		Male	424	M50	39	1:51:37	467
477	1534	1:52:47	Adrian WRIGHT		Male	425	M	231	1:52:32	493
478	2174	1:52:48	Julie HUGHES	Sherfield Park Runners	Female	53	F50	4	1:51:33	463
479	1277	1:52:48	Neil STEVENS		Male	426	M50	40	1:51:34	464
480	869	1:52:48	Brittany BATHGATE		Female	54	F	32	1:51:47	469
481	1096	1:52:49	Alistair LAIDLAW		Male	427	M	232	1:51:47	470
482	823	1:52:49	Mark CATOR		Male	428	M45	62	1:51:37	466
483	485	1:52:53	Katie ALLAN		Female	55	F	33	1:52:30	491
484	814	1:52:59	Andy OAKLEY		Male	429	M	233	1:51:15	458
485	1312	1:53:02	Philip MARANGON		Male	430	M	234	1:51:26	460
486	1744	1:53:02	Claire CORK		Female	56	F	34	1:52:15	483
487	2150	1:53:04	Eppie DAWSON		Female	57	F	35	1:52:17	486
488	1214	1:53:05	Richard NOLAN		Male	431	M50	41	1:52:18	487
489	69	1:53:12	Erik GIBBONS		Male	432	M	235	1:52:24	490
490	2560	1:53:21	James BOOL		Male	433	M50	42	1:52:37	496
491	214	1:53:22	Martin PERRY		Male	434	M50	43	1:52:34	494
492	2793	1:53:22	Adam STOW	Phoenix Striders	Male	435	M40	71	1:53:07	508
493	24	1:53:32	Vivienne LAIN	City of Norwich AC	Female	58	F50	5	1:52:55	502
494	520	1:53:32	Sam OSBORNE		Male	436	M40	72	1:53:20	516
495	1143	1:53:35	Simon BECKETT		Male	437	M50	44	1:53:10	511
496	586	1:53:37	Martin HEELEY	Ryston Runners	Male	438	M40	73	1:53:18	515
497	2614	1:53:40	Craig OSBORN		Male	439	M55	22	1:52:19	488
498	1382	1:53:43	Annie WHITHAM		Female	59	F	36	1:52:11	482
499	2650	1:53:53	Andrew PRESTON	Stowmarket Striders RC	Male	440	M	236	1:53:33	522
500	198	1:53:56	David JAY		Male	441	M40	74	1:52:36	495
501	412	1:53:57	Andrew DRAPER		Male	442	M	237	1:52:41	498
502	300	1:53:58	Esther JACK		Female	60	F45	8	1:53:00	505
503	2550	1:54:00	Giles KERKHAM		Male	443	M45	63	1:51:48	473
504	216	1:54:03	Susan SNELLING		Female	61	F45	9	1:52:46	499
505	262	1:54:03	Roland TALBOT		Male	444	M60	3	1:53:21	517
506	1282	1:54:05	Cassy BLACKMUR		Female	62	F	37	1:53:35	523
507	1253	1:54:05	Richard MATSON		Male	445	M	238	1:52:30	492
508	968	1:54:06	Gavin THOULESS	Norwich Road Runners	Male	446	M45	64	1:53:13	513
509	119	1:54:07	Matthew COLE	Wymondham AC	Male	447	M40	75	1:53:44	525
510	2764	1:54:12	Matthew SADLER		Male	448	M	239	1:53:29	521
511	272	1:54:15	Mark PEACHEY		Male	449	M	240	1:53:57	532
512	595	1:54:16	Mark MARDELL		Male	450	M	241	1:53:54	530
513	1423	1:54:17	James NICE	Dereham Runners AC	Male	451	M50	45	1:53:38	524
514	1378	1:54:20	Georgie SIMS		Female	63	F	38	1:52:40	497
515	354	1:54:20	Oliver COTTLE		Male	452	M	242	1:52:52	500
516	645	1:54:21	Richard WOODARD		Male	453	M50	46	1:53:03	506
517	1474	1:54:28	Laura HAMMERTON		Female	64	F	39	1:53:25	518
518	1473	1:54:28	Sally HAMMERTON		Female	65	F	40	1:53:25	519
519	448	1:54:32	Mark THORPE	Norfolk Gazelles RC	Male	454	M50	47	1:53:57	531
520	665	1:54:37	Anthony SMITH		Male	455	M60	4	1:53:45	526
521	1444	1:54:43	Linda CROUCH		Female	66	F45	10	1:53:09	510
522	2568	1:54:44	Alexander FITZGERALD		Male	456	M40	76	1:54:21	541
523	616	1:54:47	Matthew LOBLEY	Wootton Road Runners	Male	457	M	243	1:53:48	528
524	2098	1:54:50	Eisuke MAKIMURA		Male	458	M	244	1:53:11	512
525	483	1:54:50	Shaun NORTH		Male	459	M	245	1:54:36	551



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	1193	1:54:53	David PETTIT		Male	460	M	246	1:54:05	533
527	1194	1:54:57	David HOGG		Male	461	M50	48	1:54:09	537
528	1080	1:54:58	Alexander FOX		Male	462	M	247	1:54:27	546
529	1820	1:54:58	Carla DA SILVA		Female	67	F	41	1:53:07	509
530	2196	1:55:00	William HUTCHINGS		Male	463	M50	49	1:52:57	503
531	516	1:55:02	John FISHER		Male	464	M	248	1:54:15	539
532	2426	1:55:02	Linzi GEENS		Female	68	F	42	1:53:46	527
533	1232	1:55:07	Robert CROCKFORD	Dereham Runners AC	Male	465	M45	65	1:53:06	507
534	900	1:55:08	Anthony KILDAY		Male	466	M45	66	1:52:54	501
535	1967	1:55:09	Samuel BERNER		Male	467	M	249	1:53:53	529
536	2558	1:55:12	Charlie SAVORY		Male	468	M	250	1:54:08	536
537	131	1:55:14	Ben LEARY		Male	469	M	251	1:54:52	565
538	1133	1:55:17	Sebastian PFEILMEIER		Male	470	M	252	1:52:58	504
539	2548	1:55:18	Glenn MATTHEWS		Male	471	M	253	1:54:34	550
540	562	1:55:19	William FAULKNER		Male	472	M	254	1:54:28	547
541	1187	1:55:21	Daniel RIX		Male	473	M40	77	1:54:58	567
542	361	1:55:27	Seth THOMAS		Male	474	M	255	1:54:54	566
543	316	1:55:28	Laura MANSELL		Female	69	F	43	1:54:26	545
544	815	1:55:31	Chloe PARSONS		Female	70	F	44	1:54:43	556
545	598	1:55:32	Lynne ENGLISH		Female	71	F	45	1:53:28	520
546	1201	1:55:33	Naomi PEARSON		Female	72	F	46	1:55:10	578
547	2625	1:55:36	Michael HOUGH		Male	475	M40	78	1:54:36	552
548	1108	1:55:38	Geoff RANSON	Werrington Joggers	Male	476	M40	79	1:54:15	538
549	56	1:55:41	Daniel WATT		Male	477	M	256	1:53:15	514
550	1661	1:55:41	Melissa BAKER		Female	73	F	47	1:54:50	563
551	47	1:55:41	David LLOYD		Male	478	M	257	1:55:07	571
552	1225	1:55:42	Hayley GOSLING		Female	74	F	48	1:54:07	535
553	1039	1:55:43	Chris MONTGOMERY		Male	479	M	258	1:55:04	570
554	1299	1:55:44	Susannah CLOSE		Female	75	F	49	1:54:29	548
555	2549	1:55:44	Brian SPOONER		Male	480	M60	5	1:55:16	583
556	2802	1:55:45	Daniel RAK		Male	481	M	259	1:54:32	549
557	751	1:55:45	Melanie WIDDOWS		Female	76	F45	11	1:54:58	568
558	950	1:55:47	Andrew CLARK		Male	482	M50	50	1:55:15	581
559	1535	1:55:47	Steven TUTTLE		Male	483	M55	23	1:55:15	582
560	1049	1:55:48	Matthew BRADFIELD		Male	484	M	260	1:54:43	557
561	918	1:55:51	Chris HOWARD		Male	485	M	261	1:54:20	540
562	124	1:55:51	Christopher BING	Ipswich Jaffa RC	Male	486	M	262	1:55:47	607
563	809	1:55:51	Lister-Jane PARKER-FLATT		Female	77	F40	11	1:54:44	558
564	1469	1:55:51	Alison RICHES		Female	78	F40	12	1:54:44	559
565	1330	1:55:52	Camilla SHEPHERD		Female	79	F	50	1:54:26	544
566	1280	1:55:53	Samantha RALPH		Female	80	F	51	1:54:21	542
567	1706	1:55:58	Gavin GUNNING		Male	487	M45	67	1:55:28	586
568	658	1:55:59	Emma RENOUF		Female	81	F40	13	1:55:08	573
569	1251	1:55:59	Adam HAYLETT		Male	488	M	263	1:54:49	561
570	2755	1:56:00	Rhys ROBERTS		Male	489	M	264	1:55:45	605
571	1132	1:56:02	Chris DANN		Male	490	M40	80	1:55:36	595
572	653	1:56:03	Thi BOLAM		Female	82	F40	14	1:54:06	534
573	672	1:56:04	Maureen HAMIS	Norwich Road Runners	Female	83	F40	15	1:55:18	584
574	83	1:56:04	Andrew COOPER	Norwich Road Runners	Male	491	M	265	1:55:14	580
575	380	1:56:05	Neil MCDONALD		Male	492	M40	81	1:55:55	611
576	2623	1:56:07	Alan RICHARDSON	Waveney Valley AC	Male	493	M65+	2	1:55:26	585
577	596	1:56:10	Shane LUTKIN		Male	494	M60	6	1:55:47	608
578	987	1:56:11	Benjamin WALL		Male	495	M	266	1:54:23	543
579	945	1:56:14	Alex TURTON		Male	496	M	267	1:54:48	560
580	550	1:56:18	Dan WARD	Stowmarket Striders RC	Male	497	M40	82	1:54:50	562
581	484	1:56:20	James KENT		Male	498	M	268	1:55:57	613
582	1060	1:56:21	Ashley SPEIGHT		Male	499	M	269	1:55:09	575
583	2087	1:56:21	Radoslaw BRYLKA		Male	500	M	270	1:54:43	555
584	1173	1:56:22	Ajay ARORA		Male	501	M40	83	1:55:30	587
585	553	1:56:23	Matthew PHILLIPS		Male	502	M	271	1:55:30	588
586	955	1:56:24	Jonathan COLE		Male	503	M	272	1:55:10	577
587	1968	1:56:25	Carl BERGDAHL	Ipswich Jaffa RC	Male	504	M45	68	1:55:13	579
588	395	1:56:25	Nick RIDGE		Male	505	M	273	1:56:09	621
589	1416	1:56:30	David ADDERSON		Male	506	M	274	1:54:52	564
590	1332	1:56:34	Pauline STOCKER	Huntingdonshire AC	Female	84	F55	2	1:55:32	591
591	1272	1:56:34	Kevin ROBERTS		Male	507	M55	24	1:54:36	553
592	1134	1:56:38	Vicky JONES	Norwich Road Runners	Female	85	F	52	1:55:35	593
593	1789	1:56:39	Debbie MONTAGUE	Werrington Joggers	Female	86	F45	12	1:55:09	574
594	2606	1:56:40	Tom NEWMAN		Male	508	M	275	1:54:42	554
595	2128	1:56:42	Amalie ESPELAND		Female	87	F	53	1:55:36	594
596	1231	1:56:45	Martin J CHURCHER		Male	509	M45	69	1:55:44	601
597	1053	1:56:48	Rod MCDONALD	Werrington Joggers	Male	510	M55	25	1:56:29	634
598	891	1:56:48	Maria SPILLANE		Female	88	F	54	1:55:43	600
599	239	1:56:53	Richard BROGAN		Male	511	M40	84	1:56:28	633
600	302	1:56:53	Amanda WALLER		Female	89	F40	16	1:55:38	597



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	2611	1:56:55	Zara MOORE	Tri-Anglia Triathlon Club	Female	90	F45	13	1:55:40	598
602	911	1:56:55	James PEARCE		Male	512	M	276	1:54:59	569
603	1350	1:57:00	Piers LINCOLN		Male	513	M40	85	1:55:36	596
604	36	1:57:03	Kenneth ROBINSON GUEVARA		Male	514	M	277	1:55:45	603
605	614	1:57:04	Vicky WITHEROW	Stamford Striders	Female	91	F	55	1:55:09	576
606	1195	1:57:06	Rachel MATTHEWS		Female	92	F40	17	1:55:58	615
607	858	1:57:08	James TULLY	Tri-Anglia Triathlon Club	Male	515	M40	86	1:55:07	572
608	2429	1:57:09	Annemarie ECKES		Female	93	F	56	1:55:42	599
609	579	1:57:12	Leanne BAGGE	Wymondham AC	Female	94	F	57	1:56:33	636
610	2759	1:57:14	Cassie BARKER	Wymondham AC	Female	95	F40	18	1:55:57	614
611	763	1:57:15	Richard SAVIDGE		Male	516	M	278	1:55:54	609
612	1020	1:57:17	Philippa RUDD	Tri-Anglia Triathlon Club	Female	96	F50	6	1:55:32	590
613	1153	1:57:18	Philip STEWART-ORAM		Male	517	M45	70	1:56:36	638
614	2709	1:57:19	Gavin LANE	West Norfolk AC	Male	518	M45	71	1:56:53	646
615	2613	1:57:19	Stephen GIBB	Werrington Joggers	Male	519	M50	51	1:57:00	650
616	319	1:57:19	Jon ROWDEN		Male	520	M50	52	1:55:44	602
617	1924	1:57:20	Paul ROGERSON		Male	521	M	279	1:55:56	612
618	936	1:57:20	Ken HOWICK		Male	522	M50	53	1:56:46	644
619	901	1:57:20	Stephen CHARMAN		Male	523	M	280	1:55:34	592
620	3016	1:57:20	Ben ANDERSON		Male	524	M	281	1:55:46	606
621	867	1:57:21	Deborah NEWBY		Female	97	F55	3	1:56:25	630
622	772	1:57:23	Caroline ALLEN		Female	98	F	58	1:55:45	604
623	2786	1:57:24	Jordan SEARLE		Male	525	M	282	1:56:06	617
624	778	1:57:24	Ellie SAGGERS		Female	99	F	59	1:56:08	619
625	2583	1:57:25	Julian HUCKLE		Male	526	M55	26	1:57:06	654
626	1169	1:57:26	Neil GOWARD		Male	527	M50	54	1:56:00	616
627	1290	1:57:27	Adam RAYNER		Male	528	M	283	1:56:16	623
628	432	1:57:29	Victoria PEAL		Female	100	F	60	1:56:21	627
629	2607	1:57:29	Philip BAILEY		Male	529	M	284	1:56:22	628
630	762	1:57:29	Stuart RISBY		Male	530	M	285	1:56:08	618
631	1174	1:57:31	Kate NEWMAN		Female	101	F	61	1:56:12	622
632	951	1:57:33	Philip POWLES		Male	531	M40	87	1:57:07	655
633	1331	1:57:35	Andrew WILSON		Male	532	M50	55	1:56:27	631
634	1127	1:57:39	Luvuyo MFAZWE		Male	533	M	286	1:56:21	626
635	2699	1:57:40	Keith STANLEY		Male	534	M60	7	1:56:16	624
636	2505	1:57:43	Richard COVINGTON		Male	535	M	287	1:57:09	657
637	724	1:57:43	Adam WOODARD		Male	536	M	288	1:56:52	645
638	511	1:57:46	Cheryl KERSHAW		Female	102	F40	19	1:55:55	610
639	1058	1:57:50	Susan PERRY		Female	103	F50	7	1:56:59	649
640	755	1:57:53	Esther BLISS		Female	104	F	62	1:56:39	639
641	1651	1:57:54	Isabel HAMSHAW		Female	105	F	63	1:57:06	651
642	1650	1:57:58	James HALLS		Male	537	M	289	1:57:37	669
643	996	1:58:04	Lizzie SMITH		Female	106	F	64	1:56:42	641
644	1735	1:58:09	Chris GROVES	Tri-Anglia Triathlon Club	Male	538	M65+	3	1:56:08	620
645	791	1:58:11	George BAILEY		Male	539	M	290	1:56:46	643
646	831	1:58:16	Jonathan THETFORD	Reepham Runners	Male	540	M40	88	1:57:45	671
647	966	1:58:17	Jason PILBROW	Tri-Anglia Triathlon Club	Male	541	M45	72	1:56:33	635
648	1662	1:58:17	Cathy FORTH		Female	107	F45	14	1:56:19	625
649	401	1:58:18	Ricci WILSON		Male	542	M	291	1:58:01	680
650	1652	1:58:20	Emma GRAY		Female	108	F	65	1:56:54	647
651	613	1:58:23	Jack NICKSON		Male	543	M	292	1:57:34	663
652	1203	1:58:23	Laith EVANS		Male	544	M	293	1:56:39	640
653	1175	1:58:26	Malcolm HUGGINS		Male	545	M45	73	1:56:35	637
654	1828	1:58:27	Andrew BUSH		Male	546	M	294	1:56:42	642
655	913	1:58:31	Richard HOLLAND		Male	547	M	295	1:57:43	670
656	2635	1:58:32	Marc MAGEEAN		Male	548	M	296	1:57:35	665
657	2678	1:58:34	Stuart ANDREWS		Male	549	M40	89	1:56:27	632
658	1198	1:58:35	Natalie KING	Thetford AC	Female	109	F40	20	1:57:18	659
659	1619	1:58:35	Peter WATSON		Male	550	M	297	1:57:06	653
660	504	1:58:37	Liz VAN INGEN		Female	110	F	66	1:57:57	678
661	366	1:58:39	Michael RAUCH		Male	551	M50	56	1:57:15	658
662	875	1:58:42	Michael FISHER		Male	552	M	298	1:57:31	662
663	2667	1:58:43	Neil HARDINGHAM		Male	553	M	299	1:56:55	648
664	909	1:58:44	Darren ABBOTT		Male	554	M45	74	1:55:32	589
665	2580	1:58:45	Brooke CLARKE		Female	111	F	67	1:57:24	661
666	464	1:58:47	Sarah MAIDMENT	Bungay Black Dog RC	Female	112	F40	21	1:57:47	673
667	1083	1:58:48	Tristan DEFEW		Male	555	M	300	1:56:23	629
668	1147	1:58:49	Andrew WISEMAN		Male	556	M50	57	1:58:11	683
669	1165	1:58:51	Frank BRUMBY		Male	557	M40	90	1:57:19	660
670	1121	1:58:51	Peter JONES		Male	558	M45	75	1:57:35	667
671	429	1:58:52	Dave WALTON		Male	559	M	301	1:58:17	686
672	1505	1:58:57	Robert READ		Male	560	M50	58	1:57:37	668
673	1778	1:58:59	Alan DOGGETT		Male	561	M40	91	1:57:55	677
674	325	1:59:01	Lukasz SUPERNAK	Saint Edmund Pacers	Male	562	M	302	1:58:08	682
675	2589	1:59:06	Rachel HOLMAN		Female	113	F40	22	1:57:07	656



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	421	1:59:11	Mark ROLLINGS		Male	563	M	303	1:58:59	716
677	1317	1:59:14	Antonio PAVEZ		Male	564	M40	92	1:58:24	691
678	1117	1:59:15	Jerry FULLER		Male	565	M40	93	1:57:45	672
679	917	1:59:16	Steve LEWIS		Male	566	M40	94	1:57:35	666
680	1208	1:59:16	Shanmugam SADHASIVAM		Male	567	M40	95	1:59:00	717
681	1301	1:59:19	Marcel KOK		Male	568	M40	96	1:57:34	664
682	425	1:59:19	Oliver GREEN		Male	569	M	304	1:58:27	695
683	521	1:59:21	Toyah WARD		Female	114	F	68	1:58:26	694
684	362	1:59:22	James SHARMAN		Male	570	M40	97	1:59:07	727
685	2633	1:59:22	Chris BARRETT		Male	571	M	305	1:58:19	687
686	862	1:59:23	Jonny GEORGE		Male	572	M40	98	1:57:06	652
687	2627	1:59:24	James ELKIN		Male	573	M	306	1:58:20	688
688	1647	1:59:24	Paul MCCARTHY		Male	574	M	307	1:57:54	675
689	3017	1:59:24	Peter FINCH	Ipswich Jaffa RC	Male	575	M55	27	1:58:35	700
690	2079	1:59:24	Steven BOYD		Male	576	M45	76	1:57:54	676
691	338	1:59:28	Noel HOWES		Male	577	M	308	1:59:10	731
692	2714	1:59:32	Rachel STEVENS		Female	115	F	69	1:58:54	707
693	1328	1:59:33	Stephen MCCARTHY		Male	578	M50	59	1:58:43	705
694	570	1:59:33	Dan MOLKENTHIN		Male	579	M	309	1:59:01	718
695	963	1:59:37	Robert JONES		Male	580	M40	99	1:58:14	685
696	439	1:59:37	Kevin CLARK	Bungay Black Dog RC	Male	581	M45	77	1:58:14	684
697	1085	1:59:39	Matthew NEWNHAM		Male	582	M40	100	1:58:39	702
698	2306	1:59:40	Amelia HOWE		Female	116	F	70	1:57:52	674
699	956	1:59:40	Patrick MOORE		Male	583	M	310	1:58:28	696
700	1218	1:59:41	Sarah JAY	Bure Valley Harriers	Female	117	F50	8	1:59:02	719
701	2657	1:59:44	Jane ASHBY	Ryston Runners	Female	118	F65+	1	1:58:58	714
702	746	1:59:45	Chris HARVEY		Male	584	M45	78	1:58:00	679
703	53	1:59:46	Ian DELANEY		Male	585	M	311	1:59:22	736
704	78	1:59:50	Julian WALLER		Male	586	M40	101	1:59:15	734
705	1199	1:59:53	Stephen GIBBS	Waveney Valley AC	Male	587	M50	60	1:58:30	697
706	389	1:59:54	Paul SMITH	Norwich Road Runners	Male	588	M45	79	1:59:27	740
707	332	1:59:54	Dave PYE		Male	589	M40	102	1:59:05	726
708	2147	1:59:55	Tristan CORK		Male	590	M	312	1:59:07	729
709	1001	1:59:55	Claire SMITH	Norwich Road Runners	Female	119	F45	15	1:59:29	742
710	1205	1:59:56	Nicola ANDREWARTHA		Female	120	F	71	1:58:22	689
711	1033	1:59:59	Matthew REDMAN	Werrington Joggers	Male	591	M40	103	1:59:39	751
712	2748	2:00:00	Rob WINNER	Wymondham AC	Male	592	M45	80	1:58:54	710
713	1249	2:00:00	James BISHOP		Male	593	M40	104	1:58:41	704
714	737	2:00:04	Fran FOYNE		Female	121	F	72	1:58:22	690
715	2591	2:00:05	Julia RAYMOND	Tri-Anglia Triathlon Club	Female	122	F40	23	1:58:06	681
716	961	2:00:09	Nicola GRIMES		Female	123	F	73	1:58:55	711
717	949	2:00:09	Lucy CLARK		Female	124	F	74	1:59:38	748
718	424	2:00:11	Gavin GREEN		Male	594	M	313	1:59:19	735
719	1089	2:00:11	Shawn MOYE		Male	595	M40	105	1:59:42	754
720	481	2:00:14	Iain HILL		Male	596	M	314	1:59:39	752
721	1341	2:00:14	Joshua SIMS		Male	597	M	315	1:59:29	745
722	1119	2:00:16	Craig PARFITT		Male	598	M	316	1:59:05	724
723	244	2:00:19	Megan BURT		Female	125	F	75	1:58:33	698
724	1222	2:00:20	Russell EVANS		Male	599	M55	28	1:59:28	741
725	1179	2:00:21	David PLATTEN	Coltishall Jaguars RC	Male	600	M50	61	1:59:07	728
726	1788	2:00:23	Andrew BLIGH		Male	601	M55	29	1:59:04	723
727	1243	2:00:24	Cliff GOSLING		Male	602	M55	30	2:00:00	764
728	1758	2:00:25	Rebecca HORNBY		Female	126	F40	24	1:58:25	692
729	327	2:00:26	Sharon SYKES		Female	127	F50	9	1:58:54	708
730	477	2:00:28	Joni TALLAMY		Male	603	M	317	1:59:04	722
731	1320	2:00:28	Tom STOREY		Male	604	M50	62	1:59:39	750
732	794	2:00:29	Jeremy CORFE		Male	605	M40	106	1:59:14	733
733	775	2:00:29	Tabetha SNAPE		Female	128	F40	25	1:58:56	712
734	1149	2:00:31	Bobbie SAUERZAPF	Bungay Black Dog RC	Female	129	F55	4	1:58:26	693
735	805	2:00:32	Alick BURNETT		Male	606	M	318	1:59:04	721
736	1327	2:00:36	Christopher WALL		Male	607	M	319	1:59:51	759
737	2695	2:00:42	Dave ANDREWS		Male	608	M	320	1:59:14	732
738	1882	2:00:42	Justin DAVY		Male	609	M45	81	1:58:57	713
739	788	2:00:44	James ROGERS		Male	610	M45	82	1:59:41	753
740	3019	2:00:48	Philippa WRIGHT	Woodbridge Shufflers RC	Female	130	F	76	1:59:23	737
741	673	2:00:48	Aaron JOYCE		Male	611	M45	83	1:58:58	715
742	1091	2:00:53	Claire BAKER	Great Yarmouth Road Runners	Female	131	F	77	1:59:49	757
743	2750	2:00:53	David LUTON		Male	612	M	321	1:59:08	730
744	707	2:00:55	Tom LARDNER		Male	613	M	322	1:58:36	701
745	509	2:00:55	Matt GIESS		Male	614	M	323	2:00:24	780
746	1305	2:00:57	Andy SCOTT	Werrington Joggers	Male	615	M55	31	2:00:38	784
747	818	2:00:57	Leslie WRIGHT		Male	616	M45	84	1:58:34	699
748	1552	2:01:01	Ashley WHITEHAIR		Male	617	M	324	2:00:10	768
749	1316	2:01:03	Michelle MCGOVERN		Female	132	F	78	2:00:21	776
750	2089	2:01:05	Rick MELTON		Male	618	M	325	1:59:54	761



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	27	2:01:05	Paul MCVEIGH	City of Norwich AC	Male	619	M	326	2:00:18	772
752	29	2:01:05	Kaylee MEACHEN	City of Norwich AC	Female	133	F	79	2:00:18	773
753	2381	2:01:06	Anthony HUGHES		Male	620	M	327	1:59:57	763
754	1841	2:01:06	Karen DUNNETT		Female	134	F40	26	1:58:45	706
755	81	2:01:08	Daryl TOOKE		Male	621	M	328	2:00:58	796
756	1200	2:01:09	Anthony JOLLEY		Male	622	M55	32	2:00:00	765
757	2111	2:01:10	Mke JONES		Male	623	M40	107	1:58:40	703
758	1184	2:01:12	Gordon PENNINGTON	Werrington Joggers	Male	624	M40	108	1:59:29	744
759	2733	2:01:12	Tanya BETTS		Female	135	F40	27	2:00:12	769
760	480	2:01:17	David COLEMAN		Male	625	M	329	1:59:44	756
761	1730	2:01:17	William SHEARS		Male	626	M	330	1:59:50	758
762	2722	2:01:18	Lewis GRAY		Male	627	M	331	2:00:38	783
763	801	2:01:18	Gerard MYNETT		Male	628	M	332	1:59:29	743
764	363	2:01:18	Jason MARSH		Male	629	M45	85	2:00:23	778
765	1099	2:01:23	Laura PARKER		Female	136	F	80	1:59:38	749
766	1025	2:01:26	Natalie JONES		Female	137	F	81	1:59:55	762
767	1261	2:01:30	Jennifer VAN REE		Female	138	F	82	1:59:43	755
768	1965	2:01:30	Kate GOODING		Female	139	F	83	2:00:22	777
769	828	2:01:30	Lynda SKERRATT		Female	140	F40	28	2:00:49	790
770	1213	2:01:32	Susan NOLAN		Female	141	F50	10	2:00:44	786
771	2434	2:01:34	Lucy MOWATT		Female	142	F	84	2:00:48	788
772	1052	2:01:37	Alastair MCCARTNEY		Male	630	M40	109	2:01:22	808
773	1801	2:01:38	Michael SHEPPARD		Male	631	M	333	2:01:24	809
774	255	2:01:41	Ivan ALLEN	North Norfolk Beach Runners	Male	632	M50	63	1:59:33	746
775	2790	2:01:42	Steve BROWN		Male	633	M55	33	1:59:02	720
776	1344	2:01:44	David CATCHPOLE		Male	634	M45	86	2:00:20	774
777	1345	2:01:44	Lucy MITCHELL		Female	143	F	85	2:00:20	775
778	2330	2:01:46	William HINTON		Male	635	M	334	2:01:14	805
779	813	2:01:49	Jack PARNELL		Male	636	M	335	1:59:27	739
780	1279	2:01:50	Jonathan HOOD		Male	637	M	336	2:00:08	766
781	934	2:01:51	Catherine GARROD		Female	144	F45	16	2:00:57	794
782	277	2:01:53	Nick ROWE		Male	638	M	337	2:00:55	792
783	638	2:01:54	Chris MULLENDER		Male	639	M40	110	2:00:24	779
784	140	2:01:55	Luke GUY	Norwich Road Runners	Male	640	M	338	2:01:38	817
785	944	2:01:58	Martin SPILSTED		Male	641	M40	111	2:01:19	806
786	2739	2:02:00	Philip JAMES		Male	642	M55	34	2:00:26	781
787	1188	2:02:02	Rob SHENTON		Male	643	M55	35	1:59:52	760
788	1113	2:02:02	Kevin GAME		Male	644	M	339	2:00:47	787
789	668	2:02:03	Jon TURNER		Male	645	M	340	2:00:14	770
790	514	2:02:05	Josh LEDWIDGE		Male	646	M	341	2:01:36	815
791	1122	2:02:07	Matthew ROEBUCK		Male	647	M	342	2:00:32	782
792	555	2:02:07	David HEWITT		Male	648	M45	87	1:59:37	747
793	3015	2:02:11	Niamh WHYTE		Female	145	F	86	1:58:54	709
794	2778	2:02:13	Damian HACK		Male	649	M	343	2:01:00	798
795	2752	2:02:18	Joseph SMITH		Male	650	M	344	2:01:35	814
796	1729	2:02:21	Daniel PETERS		Male	651	M	345	2:00:54	791
797	958	2:02:23	Carol BETTS	Norfolk Gazelles RC	Female	146	F60	1	2:01:48	828
798	2720	2:02:28	Glen MATTHEWS		Male	652	M55	36	2:02:23	844
799	601	2:02:31	Richard MILLER		Male	653	M	346	2:00:39	785
800	667	2:02:32	Theresa COLBY		Female	147	F40	29	2:02:11	838
801	907	2:02:33	Marc WARD		Male	654	M	347	2:01:13	804
802	2674	2:02:39	Vincent BENNELL		Male	655	M40	112	2:01:21	807
803	962	2:02:41	Natasha DAVIS		Female	148	F	87	2:01:27	811
804	2566	2:02:44	Svitlana ZINCHENKO	Newmarket Joggers	Female	149	F	88	2:01:05	799
805	502	2:02:47	Jon BOLAM		Male	656	M	348	2:02:06	837
806	1219	2:02:49	Pippa MASKELL		Female	150	F	89	2:01:07	801
807	1576	2:02:54	Callum GRAHAM		Male	657	M	349	1:59:25	738
808	2682	2:02:59	Eloise BIRD	Saint Edmund Pacers	Female	151	F45	17	2:02:04	835
809	222	2:03:01	Daniel HUGHES		Male	658	M	350	2:00:10	767
810	1166	2:03:01	Sue BRUMBY		Female	152	F50	11	2:01:30	813
811	2316	2:03:02	Liam WARD		Male	659	M	351	2:00:14	771
812	872	2:03:05	Marc LAKE		Male	660	M	352	2:02:28	845
813	995	2:03:16	Simona MATUSKOVA		Female	153	F	90	2:01:50	831
814	964	2:03:17	Cath HUNT	Werrington Joggers	Female	154	F45	18	2:01:59	833
815	1139	2:03:17	Richard JOISCE		Male	661	M	353	2:01:43	824
816	634	2:03:20	Sam APPLEYARD-SMITH		Female	155	F40	30	2:01:44	827
817	1746	2:03:21	Bryn HUGHES		Male	662	M	354	2:02:11	839
818	1442	2:03:21	Simon SMITH		Male	663	M40	113	2:02:21	842
819	1655	2:03:22	Katie HUGGINS		Female	156	F	91	2:00:58	797
820	1656	2:03:22	Daniel GROCCOTT		Male	664	M	355	2:00:58	795
821	1204	2:03:25	Sarah EDDOWES		Female	157	F	92	2:01:38	816
822	2191	2:03:29	Nicola FORTESCUE		Female	158	F45	19	2:02:34	848
823	1045	2:03:29	Claire RUDRUM		Female	159	F	93	2:02:53	855
824	442	2:03:30	Joe WAGER		Male	665	M	356	2:00:48	789
825	2164	2:03:31	Jonathan SHARP		Male	666	M	357	2:01:25	810



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	1564	2:03:32	Ali BUCK		Female	160	F	94	2:01:11	803
827	1183	2:03:34	Benjamin WARNES		Male	667	M	358	2:01:39	818
828	488	2:03:35	David LANGLEY		Male	668	M	359	2:01:40	822
829	923	2:03:35	Simon LONSDALE		Male	669	M45	88	2:01:43	825
830	2800	2:03:36	Hannah DORAN		Female	161	F	95	2:01:05	800
831	202	2:03:36	Steve ALLAN		Male	670	M45	89	2:01:39	821
832	2342	2:03:37	Leon CARRARA		Male	671	M55	37	2:02:04	834
833	1684	2:03:38	Alice DRING		Female	162	F	96	2:01:50	830
834	2122	2:03:38	Daniel COLE		Male	672	M	360	2:03:27	878
835	1042	2:03:38	Tomek KUCZYNSKI		Male	673	M	361	2:02:53	854
836	1152	2:03:38	Matthaus THORPE		Male	674	M	362	2:03:27	877
837	1681	2:03:40	Samantha WETLESEN		Female	163	F	97	2:02:56	859
838	1829	2:03:40	Karl OAKLEY		Male	675	M	363	2:00:55	793
839	1805	2:03:42	Greg JOYNSON		Male	676	M	364	2:01:43	826
840	445	2:03:45	Justin SMITH		Male	677	M	365	2:02:55	858
841	1732	2:03:46	Nicola PETTIT		Female	164	F	98	2:02:58	860
842	659	2:03:47	Stacey KERRIGAN		Female	165	F	99	2:02:40	850
843	1321	2:03:47	Phil RUSTED		Male	678	M40	114	2:01:42	823
844	2300	2:03:48	Emma ELLIOTT		Female	166	F	100	2:01:49	829
845	1691	2:03:48	Helen PIDGEON		Female	167	F	101	2:01:10	802
846	965	2:03:49	Tracey MELVILLE		Female	168	F45	20	2:02:05	836
847	1342	2:03:49	Christine CZERWONKA		Female	169	F	102	2:01:39	819
848	1679	2:03:50	Samantha PATTON		Female	170	F	103	2:01:39	820
849	1038	2:03:55	Sophie PEARSON		Female	171	F	104	2:03:06	866
850	2570	2:03:56	Glenn FRUISH	Haverhill Running Club	Male	679	M55	38	2:02:16	841
851	739	2:04:00	Vanessa MUNFORD		Female	172	F	105	2:02:54	856
852	789	2:04:01	Tim GREYSON		Male	680	M	366	2:01:27	812
853	846	2:04:05	Laura WATERS		Female	173	F40	31	2:02:39	849
854	757	2:04:07	Nicola MORLEY		Female	174	F	106	2:02:44	852
855	903	2:04:09	Gale BAXTER		Female	175	F40	32	2:03:08	867
856	2779	2:04:11	John DAY		Male	681	M50	64	2:02:41	851
857	1738	2:04:11	Lizzie ARTHUR		Female	176	F40	33	2:02:23	843
858	727	2:04:22	Rachel BELL		Female	177	F40	34	2:03:02	861
859	537	2:04:30	Nick WILEMAN		Male	682	M	367	2:04:15	905
860	897	2:04:30	Mark STEWART		Male	683	M55	39	2:02:32	846
861	1246	2:04:33	Julian PHILLIPS		Male	684	M40	115	2:01:54	832
862	539	2:04:37	Rebecca CROSSWELL		Female	178	F	107	2:03:03	862
863	1479	2:04:43	Sarah HARVEY		Female	179	F45	21	2:03:54	891
864	2730	2:04:44	Clio HICKLING		Female	180	F	108	2:03:50	890
865	1006	2:04:51	Beatrice VAN DEN HEUVEL		Female	181	F	109	2:03:04	863
866	1313	2:04:52	Katherine HUPTON		Female	182	F	110	2:03:05	865
867	1324	2:04:54	Henry HORWOOD		Male	685	M	368	2:02:13	840
868	1252	2:04:55	Chris DODD		Male	686	M40	116	2:04:10	899
869	444	2:04:55	Danny GODWARD		Male	687	M40	117	2:04:10	898
870	1074	2:05:01	Robert FERGUSON		Male	688	M	369	2:04:32	914
871	1773	2:05:02	Hayley PRESTON		Female	183	F40	35	2:03:34	882
872	2668	2:05:05	Sarah PARTRIDGE	Ryston Runners	Female	184	F60	2	2:04:19	908
873	1144	2:05:06	Martin JONES		Male	689	M45	90	2:03:20	870
874	408	2:05:07	Michael BRACKEN		Male	690	M	370	2:03:17	869
875	1047	2:05:11	Paul MARTIN		Male	691	M40	118	2:03:29	879
876	1743	2:05:12	Holly RAYNER		Female	185	F	111	2:03:30	880
877	1546	2:05:12	Sheila SMITH		Female	186	F60	3	2:03:41	886
878	700	2:05:12	Robert MOERDYK		Male	692	M40	119	2:03:54	892
879	1022	2:05:15	Chelsea BELL		Female	187	F	112	2:04:32	915
880	1059	2:05:18	Amy HELMORE		Female	188	F	113	2:03:46	888
881	1112	2:05:18	Jon MOONEY		Male	693	M	371	2:03:33	881
882	1224	2:05:18	Paul CRUSE		Male	694	M	372	2:02:52	853
883	654	2:05:19	Tracey RIDGE		Female	189	F	114	2:03:25	875
884	1223	2:05:19	Stephanie CRUSE		Female	190	F	115	2:02:54	857
885	1044	2:05:20	Peter WAPSHOTT		Male	695	M65+	4	2:03:34	883
886	1351	2:05:22	Louise CROSBY	Werrington Joggers	Female	191	F45	22	2:03:40	885
887	1216	2:05:22	Mark TURNER	Werrington Joggers	Male	696	M50	65	2:02:33	847
888	1002	2:05:22	Catherine SCOTT		Female	192	F45	23	2:03:37	884
889	1553	2:05:28	Benjamin NICHOLLS		Male	697	M	373	2:03:23	872
890	750	2:05:29	Tony CANN		Male	698	M45	91	2:03:05	864
891	276	2:05:31	Leticija PETROVIC		Female	193	F	116	2:04:04	894
892	686	2:05:32	Joshua RENOUF		Male	699	M	374	2:04:41	921
893	1057	2:05:33	Andrew SMITH	Saint Edmund Pacers	Male	700	M45	92	2:04:15	904
894	1145	2:05:33	Darren MILDON		Male	701	M	375	2:03:24	874
895	3011	2:05:34	Drahomir BARAN		Male	702	M	376	2:04:14	903
896	877	2:05:41	Ruth PILCH	Coltishall Jaguars RC	Female	194	F40	36	2:03:24	873
897	1405	2:05:43	Ian CUMMINGS		Male	703	M50	66	2:03:13	868
898	1297	2:05:43	Rebecca CLARKE		Female	195	F40	37	2:04:53	925
899	851	2:05:43	Katie NEAVE		Female	196	F	117	2:04:53	926
900	2784	2:05:43	Debbie SMITH		Female	197	F	118	2:04:11	900



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	1106	2:05:43	Nicholas BLAKE		Male	704	M	377	2:04:11	901
902	2525	2:05:44	Emma MAHON		Female	198	F	119	2:04:06	895
903	837	2:05:45	Sarah STEELE		Female	199	F	120	2:04:11	902
904	888	2:05:46	Jamie ELLWOOD		Male	705	M	378	2:04:41	920
905	632	2:05:46	Tracey MARSH		Female	200	F45	24	2:04:44	922
906	1104	2:05:47	Sharon GRADY		Female	201	F45	25	2:04:45	924
907	1346	2:05:51	Kevin WRIGHT		Male	706	M	379	2:03:58	893
908	1114	2:05:51	Stuart MANN	Norwich Road Runners	Male	707	M50	67	2:05:00	929
909	2283	2:05:52	Jenny SUCKLING		Female	202	F	121	2:04:37	917
910	890	2:05:52	Lisa NETTO	Norfolk Gazelles RC	Female	203	F40	38	2:03:26	876
911	249	2:05:55	Scott BIDEWELL		Male	708	M	380	2:04:45	923
912	1028	2:05:57	Sam ROBOTHAM		Male	709	M	381	2:04:15	906
913	38	2:06:00	Chris THIEL		Male	710	M	382	2:05:07	935
914	1093	2:06:07	James ALLEN		Male	711	M	383	2:04:18	907
915	612	2:06:08	Emmalouise SMITH		Female	204	F	122	2:05:32	946
916	2240	2:06:10	Graham TIBBS		Male	712	M50	68	2:03:44	887
917	2628	2:06:11	Juliet GARNHAM	Stowmarket Striders RC	Female	205	F40	39	2:04:10	897
918	3021	2:06:14	Ann TRYBOWSKA		Female	206	F	123	2:05:08	938
919	1817	2:06:18	Will APPLEYARD		Male	713	M	384	2:04:34	916
920	1737	2:06:26	Laura RICHARDSON		Female	207	F	124	2:04:56	927
921	844	2:06:26	Sarah WATTS		Female	208	F	125	2:04:07	896
922	680	2:06:27	Rob HEAD		Male	714	M	385	2:05:08	936
923	1680	2:06:32	Ivan WESTLEY		Male	715	M45	93	2:05:07	934
924	1545	2:06:34	Andrew ELLIOTT		Male	716	M50	69	2:03:21	871
925	599	2:06:35	Ben KENDALL		Male	717	M	386	2:05:02	931
926	767	2:06:35	Charlotte RICHARDSON	Wymondham AC	Female	209	F	126	2:05:18	940
927	1095	2:06:36	Tom CLARKE		Male	718	M	387	2:04:25	910
928	981	2:06:43	Shaun THOULESS		Male	719	M	388	2:06:07	960
929	1322	2:06:43	Nikki REID		Female	210	F40	40	2:04:27	912
930	914	2:06:44	Angie BEAR	Wymondham AC	Female	211	F60	4	2:05:26	943
931	1289	2:06:45	Andy DEVINE	Macclesfield Harriers & AC	Male	720	M50	70	2:05:24	942
932	1812	2:06:47	Nichola BENNETT		Female	212	F	127	2:03:47	889
933	1310	2:06:48	Damian ASHCROFT	Bungay Black Dog RC	Male	721	M50	71	2:05:13	939
934	169	2:06:50	Thomas PARKER		Male	722	M	389	2:05:50	956
935	1403	2:06:51	Jade GOODFELLOW		Female	213	F	128	2:04:37	918
936	2663	2:06:51	Natasha SUMNER	North Norfolk Beach Runners	Female	214	F40	41	2:05:05	932
937	1061	2:06:52	Samantha LONG		Female	215	F	129	2:06:19	964
938	1736	2:06:54	Matt RUMP		Male	723	M	390	2:04:29	913
939	416	2:06:54	Scott WALKER		Male	724	M	391	2:06:43	980
940	1540	2:07:00	James MAIR		Male	725	M45	94	2:04:26	911
941	2310	2:07:08	Helen ALDOUS		Female	216	F	130	2:05:35	949
942	2078	2:07:09	Catherine HEPWORTH		Female	217	F	131	2:04:39	919
943	603	2:07:14	Tom MATTHAMS		Male	726	M40	120	2:06:27	968
944	1583	2:07:16	Peter ABBEY		Male	727	M60	8	2:04:20	909
945	609	2:07:20	Kevin JOHNSON		Male	728	M40	121	2:06:16	963
946	2495	2:07:23	Chloe SIMPER		Female	218	F	132	2:05:39	952
947	834	2:07:27	Tommy NUDD		Male	729	M	392	2:05:06	933
948	627	2:07:30	Jessica ASHLEY		Female	219	F45	26	2:05:31	945
949	582	2:07:30	Ian SNOWSILL		Male	730	M	393	2:05:42	955
950	927	2:07:30	Julian HANTON		Male	731	M45	95	2:05:42	954
951	2593	2:07:31	Kelly SIMMONDS		Female	220	F	133	2:05:35	948
952	749	2:07:32	Alan BIDEWELL		Male	732	M	394	2:06:21	965
953	1409	2:07:32	Michele PERRY		Female	221	F	134	2:06:03	959
954	1593	2:07:32	Lindsay PERRY		Female	222	F	135	2:06:03	958
955	523	2:07:34	Oli JENKINS		Male	733	M	395	2:06:54	988
956	1742	2:07:37	Julie READ		Female	223	F55	5	2:04:57	928
957	650	2:07:38	Chris ALLAN		Female	224	F45	27	2:05:42	953
958	1325	2:07:40	Liz JONES	Norwich Road Runners	Female	225	F	136	2:06:38	977
959	1239	2:07:40	Andy PALMER	Norwich Road Runners	Male	734	M50	72	2:06:37	976
960	661	2:07:41	Jodie CAUSER		Female	226	F	137	2:06:50	984
961	1925	2:07:42	Charlotte STEWART		Female	227	F	138	2:05:08	937
962	948	2:07:46	Suzanne NURSE		Female	228	F40	42	2:06:12	961
963	1161	2:07:47	Stephanie PIMLOTT	Waveney Valley AC	Female	229	F	139	2:06:32	973
964	1392	2:07:47	Sarah DUNSDON		Female	230	F40	43	2:06:28	970
965	1353	2:07:48	Emily GOODEY		Female	231	F	140	2:06:01	957
966	2270	2:07:57	Hannah YAXLEY		Female	232	F	141	2:06:27	969
967	833	2:07:59	Zoe WORDLEY		Female	233	F	142	2:05:24	941
968	33	2:08:01	Charlotte SALTER	City of Norwich AC	Female	234	F50	12	2:05:30	944
969	232	2:08:02	Alyssa GIRVAN		Female	235	F	143	2:05:36	951
970	1528	2:08:04	Chloe BIRD		Female	236	F	144	2:05:36	950
971	392	2:08:07	Stuart SLATTERY	Dereham Runners AC	Male	735	M	396	2:06:45	981
972	912	2:08:07	Carlos NODAR		Male	736	M40	122	2:06:38	978
973	35	2:08:11	Gurcharan SINGH		Male	737	M60	9	2:07:17	999
974	1275	2:08:15	Natalie CHANDLER		Female	237	F40	44	2:06:34	974
975	2172	2:08:15	Sally SAUNDERS		Female	238	F40	45	2:06:34	975



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	1124	2:08:15	Elena WHITTAKER		Female	239	F	145	2:06:54	987
977	1123	2:08:15	Rachael STOTT		Female	240	F	146	2:06:54	986
978	682	2:08:21	Rosamund FURR		Female	241	F	147	2:06:12	962
979	2584	2:08:22	Jonny WILSON		Male	738	M	397	2:07:44	1015
980	689	2:08:23	Jonathan BALDRY		Male	739	M	398	2:05:01	930
981	803	2:08:28	Anthony GOODRUM		Male	740	M45	96	2:06:32	972
982	1012	2:08:42	Sian ABBOTT	Ipswich Jaffa RC	Female	242	F	148	2:07:52	1024
983	1011	2:08:42	Paul SILBURN		Male	741	M45	97	2:07:52	1025
984	1725	2:08:45	Lynton WALL PALMER		Male	742	M	399	2:07:01	994
985	1551	2:08:47	Ivan LEES	Great Yarmouth Road Runners	Male	743	M60	10	2:06:49	983
986	1098	2:08:48	Catriona MORRISON		Female	243	F	149	2:06:55	990
987	990	2:08:52	Matthew SPRAKE		Male	744	M	400	2:06:30	971
988	1178	2:08:55	Jamie LOVE		Male	745	M	401	2:07:53	1026
989	1255	2:08:56	Mark GERMANY		Male	746	M40	123	2:07:20	1002
990	1667	2:08:57	Gayle BIRD		Female	244	F	150	2:07:02	995
991	1724	2:08:57	Georgina LEGGATT		Female	245	F	151	2:05:33	947
992	1281	2:08:58	Paul WEST		Male	747	M50	73	2:08:24	1041
993	1452	2:09:06	Emma YARDY		Female	246	F	152	2:07:09	998
994	37	2:09:07	Ana Luisa MALACO MOROTTI		Female	247	F	153	2:07:24	1004
995	1229	2:09:11	Christopher CARR	Norwich Road Runners	Male	748	M	402	2:08:10	1035
996	978	2:09:12	Matthew PELOW		Male	749	M45	98	2:07:44	1014
997	2471	2:09:12	Karen SMITH		Female	248	F40	46	2:06:27	967
998	2655	2:09:15	Stuart BODDY		Male	750	M	403	2:07:50	1022
999	2638	2:09:22	Vera BOZZI		Female	249	F	154	2:08:38	1051
1000	314	2:09:22	Donna ARMSTRONG		Female	250	F	155	2:07:52	1023
1001	1771	2:09:22	Claire PUNCHARD		Female	251	F40	47	2:07:45	1016
1002	1266	2:09:24	Caroline TAYLER	Norwich Road Runners	Female	252	F55	6	2:07:19	1001
1003	2600	2:09:25	Yuka OTSUMI		Female	253	F	156	2:07:42	1011
1004	2557	2:09:26	Robin WATKINS		Male	751	M	404	2:06:59	993
1005	1079	2:09:27	Jon DICKS		Male	752	M	405	2:07:49	1020
1006	1571	2:09:28	Anna STEVENSON		Female	254	F40	48	2:07:29	1007
1007	1572	2:09:29	Simon BOWLES		Male	753	M45	99	2:08:02	1029
1008	1541	2:09:31	Ross LOVEWELL		Male	754	M	406	2:06:57	991
1009	1432	2:09:35	Max KAREN		Male	755	M	407	2:08:06	1032
1010	207	2:09:41	Christopher KETT		Male	756	M	408	2:09:28	1068
1011	2546	2:09:44	Jo FOX		Female	255	F	157	2:07:31	1008
1012	1162	2:09:44	Martin SPAUL		Male	757	M55	40	2:07:27	1005
1013	1029	2:09:47	Chris GHENT		Male	758	M	409	2:07:23	1003
1014	1907	2:09:47	Hannah EDMUNDS		Female	256	F	158	2:07:44	1013
1015	1909	2:09:47	Jamie CAHILL		Male	759	M	410	2:07:43	1012
1016	2183	2:09:48	James GOODMAN		Male	760	M	411	2:08:56	1056
1017	1940	2:09:49	Louise CHAPPEL		Female	257	F	159	2:06:26	966
1018	1814	2:09:50	Matthew WHITE		Male	761	M	412	2:07:46	1017
1019	781	2:09:51	Sara DAVEY		Female	258	F	160	2:08:57	1057
1020	1783	2:09:52	Hope PAGANINI		Female	259	F	161	2:08:18	1037
1021	2680	2:09:59	Alex MCCORKINDALE		Male	762	M	413	2:08:07	1033
1022	2721	2:09:59	Aravind SHASTRI		Male	763	M40	124	2:09:43	1078
1023	1766	2:10:00	Catherine O'NEILL	Wyndham AC	Female	260	F40	49	2:08:53	1055
1024	1400	2:10:01	Rachael MACRO		Female	261	F	162	2:07:33	1009
1025	1287	2:10:02	Mark VIVIAN		Male	764	M50	74	2:08:12	1036
1026	2403	2:10:12	Leanne LOVESY		Female	262	F	163	2:07:46	1018
1027	1720	2:10:12	Stuart SMITH	Waveney Valley AC	Male	765	M60	11	2:08:19	1038
1028	388	2:10:14	May WONG		Female	263	F40	50	2:08:08	1034
1029	1943	2:10:15	Robert MILLS		Male	766	M50	75	2:07:28	1006
1030	1998	2:10:15	Beatrice FOX		Female	264	F	164	2:06:58	992
1031	2710	2:10:17	Alexandra BRENNAN		Female	265	F	165	2:08:30	1044
1032	1142	2:10:17	Arran DENNIS	Newmarket Joggers	Male	767	M	414	2:06:54	989
1033	1714	2:10:18	Chloe GORDON		Female	266	F	166	2:06:54	985
1034	561	2:10:19	Paul HOWARD		Male	768	M	415	2:09:42	1077
1035	1234	2:10:19	Jeoffrey GEORGE		Male	769	M	416	2:08:00	1028
1036	2700	2:10:20	Ann TYLER		Female	267	F45	28	2:07:05	996
1037	1752	2:10:22	Stewart SOUTH		Male	770	M65+	5	2:07:17	1000
1038	1782	2:10:23	Anna KEANE		Female	268	F	167	2:08:41	1053
1039	3018	2:10:25	Ana CHAPLIN	Redway Runners	Female	269	F	168	2:08:43	1054
1040	760	2:10:27	Sarah BEAN	Great Yarmouth & District AC	Female	270	F40	51	2:08:33	1047
1041	761	2:10:27	Craig BEAN		Male	771	M	417	2:08:33	1048
1042	985	2:10:29	Peter KEOGH		Male	772	M	418	2:08:22	1040
1043	594	2:10:30	Lisa KIDD		Female	271	F40	52	2:08:34	1049
1044	3006	2:10:38	Colin OSWALD		Male	773	M	419	2:09:08	1059
1045	1659	2:10:40	Hannah FOX		Female	272	F	169	2:08:05	1030
1046	2535	2:10:41	Michael SPOONER		Male	774	M65+	6	2:06:43	979
1047	542	2:10:42	Nicholas BARRETT		Male	775	M	420	2:09:39	1075
1048	1347	2:10:43	Garath RADBOURNE	Werrington Joggers	Male	776	M	421	2:09:06	1058
1049	2252	2:10:43	Rachel WOODIER		Female	273	F45	29	2:07:05	997
1050	922	2:10:43	Fin O'BRIEN		Male	777	M	422	2:09:19	1062



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	806	2:10:44	Paul GERBER	Coltishall Jaguars RC	Male	778	M50	76	2:09:31	1070
1052	736	2:10:44	Christopher JENNINGS		Male	779	M	423	2:07:49	1019
1053	734	2:10:45	Joanne JONES-JENNINGS		Female	274	F	170	2:07:49	1021
1054	2454	2:10:52	Graham GRAVER		Male	780	M45	100	2:08:27	1042
1055	2009	2:10:54	Franky TRIPP		Female	275	F	171	2:07:56	1027
1056	1309	2:10:54	Graham CLARK		Male	781	M	424	2:10:01	1092
1057	2195	2:10:56	Jamie LOUDOUN		Male	782	M40	125	2:08:05	1031
1058	797	2:11:03	Lucy WRIGHT		Female	276	F	172	2:08:32	1046
1059	1830	2:11:04	Chas CAMPEN	Werrington Joggers	Male	783	M50	77	2:09:21	1066
1060	2382	2:11:04	Catherine GIBBONS		Female	277	F40	53	2:06:47	982
1061	2093	2:11:07	Charlotte FRASER		Female	278	F	173	2:09:19	1063
1062	2094	2:11:07	Hannah FRASER		Female	279	F	174	2:09:19	1064
1063	2554	2:11:07	Carl BOARDMAN		Male	784	M	425	2:08:40	1052
1064	2553	2:11:08	Daniel MAY		Male	785	M	426	2:10:57	1123
1065	629	2:11:14	John ROBINSON	Norwich Road Runners	Male	786	M45	101	2:09:39	1076
1066	1632	2:11:16	Charley BUTLER		Female	280	F	175	2:08:32	1045
1067	1336	2:11:18	Owen CURRIE		Male	787	M	427	2:09:27	1067
1068	2749	2:11:19	Julie WINNER	Wymondham AC	Female	281	F45	30	2:10:12	1100
1069	2791	2:11:22	Michael SMITH	Wymondham AC	Male	788	M65+	7	2:10:25	1108
1070	2469	2:11:26	Paul DAVIS		Male	789	M40	126	2:07:37	1010
1071	1388	2:11:26	Lisa COOPER		Female	282	F	176	2:09:58	1089
1072	1276	2:11:28	Michael POPE	Wymondham AC	Male	790	M60	12	2:10:09	1094
1073	870	2:11:34	Simon HARRISON		Male	791	M40	127	2:09:45	1079
1074	1594	2:11:35	Anthony ELSEY	Dereham Runners AC	Male	792	M	428	2:10:13	1102
1075	1017	2:11:38	Suzanne BURT		Female	283	F45	31	2:09:47	1080
1076	2579	2:11:39	Penny HALLIDIE		Female	284	F45	32	2:09:54	1083
1077	1447	2:11:42	Julian PURSEHOUSE		Male	793	M50	78	2:10:40	1115
1078	2711	2:11:43	Peter RICE	Norfolk Gazelles RC	Male	794	M45	102	2:09:32	1071
1079	1913	2:11:45	Kate MOORE	Norwich Road Runners	Female	285	F40	54	2:09:18	1061
1080	506	2:11:46	Dudley GARNER	Norfolk Gazelles RC	Male	795	M	429	2:11:38	1149
1081	2388	2:11:53	Debbie DEONYSIOU		Female	286	F	177	2:08:20	1039
1082	1456	2:11:54	Amanda GOLDSMITH		Female	287	F45	33	2:09:33	1072
1083	2072	2:11:55	Emma MCKENZIE		Female	288	F	178	2:09:20	1065
1084	1311	2:11:56	Cliff HASLAM		Male	796	M40	128	2:09:35	1074
1085	766	2:11:56	Pete SHARPE	Wymondham AC	Male	797	M40	129	2:11:32	1146
1086	2795	2:12:00	Shaun WALTON		Male	798	M45	103	2:08:30	1043
1087	799	2:12:01	Josh ELLIS		Male	799	M	430	2:10:10	1095
1088	1333	2:12:02	Sarah COULTER		Female	289	F45	34	2:10:41	1117
1089	1657	2:12:10	Sophie LAVENDER		Female	290	F	179	2:09:57	1087
1090	1678	2:12:11	Theresa DOWNES		Female	291	F	180	2:10:05	1093
1091	1448	2:12:11	Colleen MORGAN		Female	292	F50	13	2:10:38	1113
1092	969	2:12:13	Martin NICHOLSON		Male	800	M45	104	2:09:58	1088
1093	701	2:12:16	Penny MCCARTHY		Female	293	F40	55	2:10:23	1106
1094	560	2:12:17	Hanna DAVIES		Female	294	F	181	2:11:04	1129
1095	1004	2:12:18	Tom BUXTON		Male	801	M	431	2:10:49	1119
1096	2712	2:12:20	Helen MELVILLE	Ryston Runners	Female	295	F40	56	2:10:25	1107
1097	2664	2:12:22	Jon HUMPHREYS		Male	802	M55	41	2:10:51	1120
1098	2645	2:12:22	Matt STOKES		Male	803	M	432	2:10:37	1112
1099	1653	2:12:23	Steve GOWARD		Male	804	M40	130	2:11:03	1126
1100	409	2:12:29	John RUTTERFORD		Male	805	M	433	2:11:07	1135
1101	1207	2:12:30	Louise JINKS	Werrington Joggers	Female	296	F45	35	2:08:34	1050
1102	2136	2:12:31	Matthew BRAY		Male	806	M	434	2:11:05	1130
1103	1035	2:12:32	Kate LEVERETT		Female	297	F	182	2:10:12	1099
1104	2090	2:12:32	Tiffinie GOWING		Female	298	F	183	2:09:59	1090
1105	1861	2:12:32	Chris ADAMS		Male	807	M45	105	2:11:44	1155
1106	1286	2:12:32	Jon LEVERETT		Male	808	M	435	2:10:13	1101
1107	1617	2:12:32	Georgia BANBURY		Female	299	F	184	2:09:59	1091
1108	1687	2:12:33	Stephen BIGGS		Male	809	M45	106	2:10:22	1105
1109	1273	2:12:35	Karyn BRAY	Bure Valley Harriers	Female	300	F45	36	2:11:09	1136
1110	1462	2:12:35	Peter HIBBIT		Male	810	M45	107	2:09:29	1069
1111	1612	2:12:38	Steven ALDERSON		Male	811	M55	42	2:09:48	1081
1112	331	2:12:42	Daniel KNIGHT		Male	812	M	436	2:11:24	1142
1113	1595	2:12:47	Sarah REYNOLDS		Female	301	F	185	2:11:11	1138
1114	2602	2:12:48	Lee CHEUNG		Male	813	M	437	2:12:17	1179
1115	2173	2:12:49	Joanne CRICKMORE		Female	302	F40	57	2:10:49	1118
1116	463	2:12:50	Neil FLATT	Dereham Runners AC	Male	814	M	438	2:09:13	1060
1117	2743	2:12:53	Scott PURCHASE		Male	815	M	439	2:12:03	1173
1118	1411	2:12:56	Clemence MARCHAL		Female	303	F	186	2:10:11	1096
1119	1254	2:13:02	James WOODBURN		Male	816	M	440	2:10:17	1103
1120	1355	2:13:03	Anna PALMER		Female	304	F	187	2:10:28	1109
1121	1380	2:13:05	Sophie MATHIESON		Female	305	F	188	2:09:50	1082
1122	1856	2:13:07	Nina GREEN		Female	306	F	189	2:10:19	1104
1123	1712	2:13:07	Lisa MUSGROVE		Female	307	F	190	2:11:31	1143
1124	2194	2:13:09	Candy SUMMERS		Female	308	F	191	2:10:39	1114
1125	2007	2:13:11	Stu HILLMAN		Male	817	M	441	2:10:33	1110



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	1634	2:13:12	Ross BERRIDGE		Male	818	M	442	2:09:35	1073
1127	651	2:13:13	Anna TERRINGTON		Female	309	F	192	2:12:40	1188
1128	1268	2:13:16	Neil KELLETT		Male	819	M55	43	2:11:04	1128
1129	2305	2:13:16	Jonathon FRANCIS		Male	820	M40	131	2:10:41	1116
1130	728	2:13:24	Sam BRIGHTEN		Female	310	F	193	2:12:01	1172
1131	756	2:13:24	Clair BOWMAN	BRJ Run and Tri	Female	311	F40	58	2:11:44	1156
1132	690	2:13:26	David SIMPSON		Male	821	M45	108	2:11:47	1160
1133	1539	2:13:28	Michelle FINCH		Female	312	F	194	2:12:01	1169
1134	930	2:13:28	Fiona LASKEY		Female	313	F55	7	2:12:01	1171
1135	729	2:13:28	John BRIGHTEN		Male	822	M65+	8	2:12:05	1176
1136	1500	2:13:29	Tracey BUNN		Female	314	F40	59	2:11:07	1133
1137	2140	2:13:29	Kat SANDERS		Female	315	F	195	2:11:48	1163
1138	2033	2:13:29	Matt BREWER		Male	823	M	443	2:11:09	1137
1139	2134	2:13:30	Julie PHILLIPS		Female	316	F	196	2:10:34	1111
1140	1101	2:13:30	Leo KLEINBERG		Male	824	M40	132	2:10:55	1122
1141	1700	2:13:32	Helen WALDEN		Female	317	F40	60	2:09:56	1086
1142	1021	2:13:32	Iain WHITE	Tri-Anglia Triathlon Club	Male	825	M65+	9	2:11:32	1145
1143	1075	2:13:35	Alison COOK		Female	318	F45	37	2:09:56	1085
1144	2107	2:13:36	Lucy MCGHEE		Female	319	F40	61	2:13:07	1211
1145	1615	2:13:39	Julie DILREW		Female	320	F55	8	2:11:03	1127
1146	3024	2:13:39	Daniel SUMMERSGILL		Male	826	M	444	2:12:54	1192
1147	1269	2:13:40	Jonathan ROBERTS		Male	827	M	445	2:11:43	1154
1148	1257	2:13:45	Stephen CHAMBERS		Male	828	M	446	2:10:11	1097
1149	556	2:13:45	Chris COX		Male	829	M	447	2:10:12	1098
1150	792	2:13:46	Martin MCCONNELL		Male	830	M	448	2:10:53	1121
1151	1555	2:13:46	Steven WILLIAMS		Male	831	M	449	2:11:32	1144
1152	1671	2:13:47	Sarah PARSONS		Female	321	F50	14	2:11:00	1124
1153	928	2:13:49	Graham ALLISON		Male	832	M	450	2:11:33	1147
1154	1570	2:13:49	Trudi BRADLEY		Female	322	F45	38	2:11:34	1148
1155	1494	2:13:51	Claire MINGAY		Female	323	F40	62	2:11:06	1131
1156	1154	2:13:51	Ian BOREHAM		Male	833	M60	13	2:12:29	1184
1157	843	2:13:54	Lisa LABORDE		Female	324	F40	63	2:12:55	1196
1158	1524	2:13:54	James DRISCOLL		Male	834	M40	133	2:12:59	1199
1159	1513	2:13:55	Steven WICKHAM		Male	835	M45	109	2:11:06	1132
1160	1521	2:13:55	Hayley SENDALL		Female	325	F40	64	2:12:57	1198
1161	1807	2:13:55	Bethany RAYFIELD		Female	326	F	197	2:13:11	1212
1162	1831	2:13:57	Sarah BROWN	Werrington Joggers	Female	327	F45	39	2:09:55	1084
1163	1070	2:14:00	Heidi WOLF	Halstead RRC	Female	328	F	198	2:12:39	1187
1164	2587	2:14:03	James GAY		Male	836	M	451	2:11:02	1125
1165	631	2:14:03	Stephen BONNOT		Male	837	M	452	2:12:44	1191
1166	943	2:14:06	Claire OWEN	Coltishall Jaguars RC	Female	329	F40	65	2:11:48	1161
1167	2776	2:14:06	Lisa HALL	Norwich Road Runners	Female	330	F	199	2:11:48	1162
1168	1780	2:14:10	Sandra ARUNDELL	Werrington Joggers	Female	331	F55	9	2:11:19	1139
1169	251	2:14:11	Felicity FOULDS		Female	332	F	200	2:12:38	1186
1170	2725	2:14:12	Claire BLANCHFORD	Saint Edmund Pacers	Female	333	F	201	2:11:41	1153
1171	1779	2:14:12	John ARUNDELL	Werrington Joggers	Male	838	M55	44	2:11:21	1141
1172	1306	2:14:19	Karl STEWARD		Male	839	M40	134	2:12:17	1178
1173	1427	2:14:19	Lindsey ANDERSON		Female	334	F	202	2:12:20	1181
1174	1881	2:14:20	Thomas DENNIS		Male	840	M	453	2:11:41	1152
1175	1599	2:14:21	Huseyin GIRGIN		Male	841	M	454	2:13:05	1209
1176	796	2:14:24	Beverley RACKHAM		Female	335	F55	10	2:11:54	1165
1177	1760	2:14:25	Hugh WORSNOP		Male	842	M50	79	2:11:07	1134
1178	1314	2:14:28	Nico PAGANINI		Male	843	M45	110	2:12:54	1193
1179	1490	2:14:28	Nicholas GIBBS	Norwich Road Runners	Male	844	M55	45	2:11:57	1168
1180	1412	2:14:29	Emily WILLIAMS		Female	336	F	203	2:11:45	1157
1181	719	2:14:30	David ASHMAN		Male	845	M	455	2:13:02	1208
1182	1621	2:14:30	Susan SMITH		Female	337	F40	66	2:11:46	1158
1183	902	2:14:33	Brie ALBERTO		Female	338	F40	67	2:13:32	1219
1184	1451	2:14:34	Bethany PLUMMER		Female	339	F	204	2:11:55	1166
1185	1086	2:14:35	Suzanne WEAVER		Female	340	F	205	2:12:04	1174
1186	946	2:14:37	Odaatei NANKA-BRUCE		Male	846	M45	111	2:12:44	1189
1187	1532	2:14:37	Jim LEATHERLAND		Male	847	M60	14	2:14:25	1249
1188	1851	2:14:37	Shaun STUBBINGS		Male	848	M	456	2:11:40	1151
1189	865	2:14:38	Joanna TAYLOR		Female	341	F50	15	2:14:25	1250
1190	2679	2:14:39	Ajay JADHAV		Male	849	M	457	2:11:20	1140
1191	564	2:14:41	Gina STEGGALL		Female	342	F	206	2:11:46	1159
1192	919	2:14:42	Jackie EASTAUGH-KING		Female	343	F55	11	2:12:18	1180
1193	1567	2:14:49	Elettra AGUGLIA		Female	344	F	207	2:14:06	1243
1194	916	2:14:49	Mariaclelia LA RUSSA		Female	345	F	208	2:14:06	1241
1195	1644	2:14:51	Jenni COX		Female	346	F	209	2:13:26	1216
1196	2639	2:14:55	John VINECOMBE		Male	850	M	458	2:13:51	1228
1197	2632	2:14:56	Daniel RIVERA		Male	851	M	459	2:13:51	1230
1198	2155	2:14:57	Sue PHILLIPS		Female	347	F50	16	2:12:21	1182
1199	976	2:14:58	Robert WORTHINGTON		Male	852	M40	135	2:13:32	1218
1200	2665	2:15:06	Lucy MCCALLUM		Female	348	F	210	2:12:28	1183



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	1300	2:15:08	Stephen DALTON		Male	853	M50	80	2:12:16	1177
1202	681	2:15:09	Mark WINTERBURN		Male	854	M55	46	2:14:04	1236
1203	1772	2:15:10	Karen ABIGAIL		Female	349	F	211	2:13:00	1202
1204	1227	2:15:10	Kerry PORTEOUS		Female	350	F40	68	2:13:00	1204
1205	2277	2:15:13	Miriam ANDERSON		Female	351	F	212	2:12:01	1170
1206	1703	2:15:14	Chris GIBBONS	Ipswich Jaffa RC	Male	855	M45	112	2:12:56	1197
1207	988	2:15:15	Craig NEEP		Male	856	M	460	2:11:39	1150
1208	1492	2:15:17	Glenn MARVELL-JAMES		Male	857	M40	136	2:11:55	1167
1209	1459	2:15:18	Yvonne WALKER		Female	352	F40	69	2:12:44	1190
1210	2335	2:15:20	Guy NEWSTEAD		Male	858	M	461	2:13:02	1206
1211	1356	2:15:21	Megan WATLING		Female	353	F	213	2:13:01	1205
1212	652	2:15:21	Sarah COLE		Female	354	F	214	2:14:06	1242
1213	646	2:15:21	Christopher FARADAY		Male	859	M	462	2:14:06	1240
1214	2473	2:15:22	Georgia WILLIAMS	Wymondham AC	Female	355	F	215	2:12:04	1175
1215	1250	2:15:22	Krzysztof SZEWCZYK		Male	860	M40	137	2:11:53	1164
1216	2576	2:15:34	Samantha INGRAM		Female	356	F45	40	2:12:30	1185
1217	1265	2:15:35	Cindy NELDNER	Worksop Harriers	Female	357	F40	70	2:14:51	1267
1218	572	2:15:36	Katrina RAYMOND		Female	358	F	216	2:14:52	1268
1219	695	2:15:37	Deborah LAWRENCE		Female	359	F55	12	2:13:39	1222
1220	1989	2:15:38	Kelly MCGILL		Female	360	F	217	2:13:02	1207
1221	1838	2:15:45	Graeme ROCKETT	Tri-Anglia Triathlon Club	Male	861	M50	81	2:13:14	1214
1222	784	2:15:46	Laura BATEMAN		Female	361	F	218	2:13:33	1220
1223	1658	2:15:47	Alison BAILEY		Female	362	F	219	2:13:23	1215
1224	2185	2:15:48	Roberta MANNERS		Female	363	F65+	2	2:12:54	1194
1225	1242	2:15:49	Colin LEWIS		Male	862	M50	82	2:12:55	1195
1226	2263	2:15:50	Fabia POLLARD		Female	364	F50	17	2:13:59	1232
1227	1256	2:15:54	Clive BENTLEY		Male	863	M50	83	2:13:40	1223
1228	2058	2:15:54	Jena WHITE		Female	365	F	220	2:13:07	1210
1229	904	2:16:05	Kieran HARTIGAN		Male	864	M45	113	2:13:59	1233
1230	991	2:16:09	David HYETT		Male	865	M	463	2:13:46	1225
1231	2318	2:16:11	John HILLS		Male	866	M	464	2:15:55	1291
1232	1626	2:16:14	Paul SHARMAN		Male	867	M50	84	2:14:15	1245
1233	1270	2:16:19	Tim COOK	Werrington Joggers	Male	868	M55	47	2:15:59	1298
1234	1247	2:16:20	Daniel NIXON		Male	869	M	465	2:14:36	1255
1235	1622	2:16:20	John GREENWOOD		Male	870	M	466	2:13:00	1201
1236	2781	2:16:22	Denise SHEPPARD		Female	366	F	221	2:13:00	1203
1237	2771	2:16:24	Andy CREECH		Male	871	M	467	2:16:13	1306
1238	3001	2:16:25	John HIRST		Male	872	M50	85	2:14:31	1252
1239	1128	2:16:26	Peter SCARFE		Male	873	M	468	2:15:10	1273
1240	1051	2:16:26	Aimee LONG		Female	367	F40	71	2:13:30	1217
1241	1704	2:16:30	David LIMPENNY	Bungay Black Dog RC	Male	874	M55	48	2:13:48	1227
1242	234	2:16:32	Sean HALL		Male	875	M	469	2:14:17	1246
1243	1264	2:16:32	Paul STROWGER	Norwich Road Runners	Male	876	M40	138	2:14:05	1238
1244	1522	2:16:32	Frances DAY		Female	368	F	222	2:14:05	1237
1245	931	2:16:33	Howard TULLY		Male	877	M65+	10	2:13:33	1221
1246	1739	2:16:33	Emma FROUD		Female	369	F	223	2:14:50	1266
1247	2502	2:16:34	Trina MILLS		Female	370	F	224	2:13:41	1224
1248	2202	2:16:36	Daniel BROCK		Male	878	M	470	2:13:51	1229
1249	2767	2:16:37	Maryellen BRACKEN		Female	371	F	225	2:14:47	1264
1250	1575	2:16:38	Kimberley UZZELL		Female	372	F45	41	2:13:52	1231
1251	1787	2:16:38	Chris BISHOP		Male	879	M45	114	2:12:59	1200
1252	1084	2:16:42	Nathan GOFF		Male	880	M	471	2:14:43	1262
1253	1220	2:16:42	Maria MARTINEZ DE ALVARO		Female	373	F	226	2:14:00	1234
1254	2151	2:16:44	Mike MASON		Male	881	M	472	2:14:26	1251
1255	1610	2:16:45	Alex SYMINGTON		Male	882	M	473	2:16:04	1301
1256	1064	2:16:46	Claire HEWS		Female	374	F	227	2:16:12	1304
1257	1063	2:16:46	Ian HEWS		Male	883	M50	86	2:16:13	1305
1258	1705	2:16:50	Kerry ISBELL		Female	375	F	228	2:14:11	1244
1259	2025	2:16:54	Paul KELLY		Male	884	M	474	2:14:03	1235
1260	2113	2:16:58	Debbie SECRET		Female	376	F50	18	2:13:47	1226
1261	1776	2:16:58	Mary WILSON		Female	377	F50	19	2:14:37	1256
1262	1580	2:16:58	Joanna CHILTON		Female	378	F	229	2:16:05	1302
1263	2439	2:17:04	Lucie LEGG		Female	379	F45	42	2:13:13	1213
1264	1672	2:17:04	Jolie MORTON		Female	380	F	230	2:14:21	1248
1265	2012	2:17:05	Chris THORBY		Male	885	M	475	2:14:06	1239
1266	1880	2:17:11	Paul TYACK		Male	886	M40	139	2:16:40	1317
1267	1209	2:17:13	Elaine SAVVAS		Female	381	F60	5	2:15:21	1274
1268	1675	2:17:14	Linda MELTON	North Norfolk Beach Runners	Female	382	F55	13	2:14:39	1258
1269	718	2:17:15	Jamie MCDONALD		Male	887	M	476	2:15:29	1277
1270	1349	2:17:16	Iggy POMPEO		Male	888	M40	140	2:14:56	1270
1271	2317	2:17:28	Abigail COOMES		Female	383	F	231	2:14:18	1247
1272	2003	2:17:39	Craig HUNT		Male	889	M	477	2:14:36	1254
1273	839	2:17:41	Samantha HELE		Female	384	F45	43	2:17:08	1330
1274	1850	2:17:45	Tom SHACKLETON		Male	890	M	478	2:15:25	1275
1275	2603	2:17:46	Tracy STEVENS	Wymondham AC	Female	385	F45	44	2:16:49	1324



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	2034	2:17:47	Jennifer BAKER		Female	386	F	232	2:16:15	1308
1277	1605	2:17:48	Mark MIDDLETON		Male	891	M40	141	2:14:39	1257
1278	819	2:17:49	Mark DEFEW		Male	892	M40	142	2:15:26	1276
1279	2437	2:17:49	Dominique BIVAR SEGURADO		Female	387	F40	72	2:14:40	1259
1280	1674	2:17:56	Simon KENT		Male	893	M60	15	2:14:55	1269
1281	1329	2:17:58	Matthew RUSSELL		Male	894	M	479	2:16:48	1323
1282	1485	2:18:00	Phil RAPLEY		Male	895	M45	115	2:15:40	1284
1283	1686	2:18:01	Scott LUCK		Male	896	M	480	2:14:47	1263
1284	1810	2:18:04	Joe RUSSELL		Male	897	M	481	2:16:54	1326
1285	57	2:18:06	Martin FERGUSON		Male	898	M	482	2:17:08	1329
1286	1030	2:18:08	Caroline BUSBY		Female	388	F	233	2:16:36	1315
1287	1833	2:18:10	Emma SMITH		Female	389	F	234	2:14:35	1253
1288	593	2:18:11	Colin JACKSON		Male	899	M	483	2:16:43	1321
1289	2108	2:18:14	Sophie LEESON		Female	390	F	235	2:15:03	1271
1290	2225	2:18:14	William CLENNELL		Male	900	M40	143	2:15:47	1286
1291	2109	2:18:17	Melissa FARROW		Female	391	F	236	2:15:06	1272
1292	2295	2:18:18	David PARTRIDGE		Male	901	M	484	2:14:41	1260
1293	1597	2:18:19	Sarah MELTON	North Norfolk Beach Runners	Female	392	F	237	2:15:45	1285
1294	998	2:18:20	Hung LAI		Male	902	M45	116	2:16:14	1307
1295	1368	2:18:27	Richard ALLSWORTH		Male	903	M40	144	2:15:34	1281
1296	1974	2:18:28	Oliver RUMBELOW		Male	904	M45	117	2:15:29	1278
1297	1176	2:18:28	Kerry BRIGHOUSE		Female	393	F40	73	2:15:49	1288
1298	1944	2:18:30	Natalie FREEMAN		Female	394	F	238	2:15:50	1289
1299	1009	2:18:30	Samantha WELLER		Female	395	F	239	2:15:55	1293
1300	2719	2:18:31	Neil REEDS		Male	905	M50	87	2:14:43	1261
1301	2689	2:18:32	Symon ABLITT		Male	906	M	485	2:15:48	1287
1302	1698	2:18:32	Yvonne BARRETT		Female	396	F40	74	2:16:15	1309
1303	1395	2:18:33	Jo PERKINS		Female	397	F40	75	2:16:24	1311
1304	2660	2:18:33	Lindsay BRADLEY		Female	398	F	240	2:16:24	1310
1305	679	2:18:33	Jodie THURLOW		Female	399	F	241	2:15:34	1280
1306	826	2:18:36	Andy POTTER		Male	907	M55	49	2:17:05	1328
1307	1092	2:18:38	Stephen FIRMAN		Male	908	M	486	2:14:50	1265
1308	2559	2:18:39	Gavin HASNIP		Male	909	M	487	2:17:34	1339
1309	1418	2:18:41	Laura BELCHER		Female	400	F	242	2:15:59	1299
1310	2027	2:18:45	Georgie FRENCH		Female	401	F	243	2:17:15	1331
1311	2121	2:18:46	Anthony BARNES		Male	910	M	488	2:15:51	1290
1312	2574	2:18:46	Carl HICKS		Male	911	M45	118	2:16:42	1319
1313	2038	2:18:47	Emma HOLMES		Female	402	F	244	2:16:42	1320
1314	2740	2:18:54	Camilla JOHN		Female	403	F40	76	2:15:37	1283
1315	1303	2:18:55	Martin STROWGER	Dereham Runners AC	Male	912	M45	119	2:16:54	1325
1316	1716	2:18:56	Lynda HOWARD		Female	404	F45	45	2:16:11	1303
1317	1834	2:19:02	David BRADY		Male	913	M45	120	2:16:36	1316
1318	1504	2:19:03	Donna BROWN		Female	405	F40	77	2:16:41	1318
1319	808	2:19:03	Tom HANNA		Male	914	M	489	2:15:34	1282
1320	1537	2:19:10	Simon HARKIN		Male	915	M40	145	2:15:55	1292
1321	868	2:19:13	Adrian VIVIAN		Male	916	M45	121	2:17:22	1335
1322	1003	2:19:13	Russell BELL		Male	917	M45	122	2:18:03	1355
1323	1549	2:19:14	Catherine SIMPSON		Female	406	F	245	2:15:31	1279
1324	984	2:19:16	Neville DRAPER		Male	918	M55	50	2:17:40	1343
1325	2299	2:19:18	Jocelyn COLLINS		Female	407	F	246	2:17:57	1351
1326	2590	2:19:19	Allison RAGOSA-BUCKLEY		Female	408	F40	78	2:17:20	1333
1327	854	2:19:19	Vicky DAY		Female	409	F40	79	2:18:23	1369
1328	2788	2:19:20	John NEWELL	Wymondham AC	Male	919	M50	88	2:18:16	1365
1329	2354	2:19:23	Ellen ROBINSON		Female	410	F	247	2:16:03	1300
1330	2030	2:19:23	Anneke COOK		Female	411	F50	20	2:16:55	1327
1331	2301	2:19:24	Richard EVANS		Male	920	M45	123	2:17:39	1341
1332	2592	2:19:26	Emma BLACK	Tri-Anglia Triathlon Club	Female	412	F45	46	2:17:27	1338
1333	2754	2:19:27	Clare HARDY		Female	413	F	248	2:16:28	1313
1334	465	2:19:27	Hollie KETTERINGHAM		Female	414	F	249	2:18:14	1359
1335	34	2:19:32	Tim MARSHALL	City of Norwich AC	Male	921	M	490	2:16:27	1312
1336	2341	2:19:35	Yu ARAI		Female	415	F	250	2:17:52	1345
1337	1954	2:19:36	Stuart BAILEY		Male	922	M40	146	2:15:59	1296
1338	2156	2:19:36	Sophie STOTT		Female	416	F	251	2:15:58	1295
1339	261	2:19:37	Stuart WASEY		Male	923	M	491	1:59:05	725
1340	1978	2:19:39	Kerry WRIGHT		Female	417	F	252	2:15:56	1294
1341	787	2:19:39	Natasha COOPER		Female	418	F	253	2:17:26	1337
1342	880	2:19:46	Bob FOSSEY		Male	924	M60	16	2:17:19	1332
1343	1586	2:19:48	Simon ALLEN		Male	925	M	492	2:15:59	1297
1344	1010	2:19:48	Michael CONNOR	Werrington Joggers	Male	926	M65+	11	2:17:21	1334
1345	752	2:19:48	Paul CLINE		Male	927	M	493	2:17:55	1347
1346	1435	2:19:49	John MORGAN		Male	928	M	494	2:17:56	1349
1347	2285	2:19:49	Nicola GREENACRE		Female	419	F	254	2:16:47	1322
1348	2555	2:19:49	Adrian SCOTT		Male	929	M40	147	2:17:55	1348
1349	2264	2:19:54	James BROOME		Male	930	M	495	2:17:54	1346
1350	608	2:19:59	Zsombor NOVÁK		Male	931	M	496	2:16:30	1314



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	921	2:20:10	Louise NEWCOMBE	Werrington Joggers	Female	420	F	255	2:17:56	1350
1352	754	2:20:15	Jane HANNAH	Bungay Black Dog RC	Female	421	F	256	2:17:58	1352
1353	959	2:20:18	Roger EGLEN		Male	932	M65+	12	2:19:29	1390
1354	1018	2:20:21	Gary GANNON	Norwich Road Runners	Male	933	M45	124	2:18:31	1371
1355	1979	2:20:22	Heather OWEN		Female	422	F	257	2:19:15	1382
1356	2124	2:20:22	Carla GASKIN		Female	423	F	258	2:17:46	1344
1357	1278	2:20:23	Olly HARNETT		Male	934	M50	89	2:17:40	1342
1358	1259	2:20:25	Katie MANN		Female	424	F	259	2:18:52	1376
1359	811	2:20:26	Alex HALL		Male	935	M	497	2:19:49	1406
1360	699	2:20:27	Carl STEPHENSON		Male	936	M	498	2:19:39	1397
1361	2198	2:20:28	Aaron RICE		Male	937	M40	148	2:19:56	1411
1362	1726	2:20:36	Kayleigh BAILEY		Female	425	F	260	2:19:18	1384
1363	2792	2:20:39	Katie PRZYKOWSKA	Saint Edmund Pacers	Female	426	F	261	2:19:47	1405
1364	1836	2:20:43	Stuart FREEMAN		Male	938	M	499	2:18:02	1354
1365	1837	2:20:44	Charlotte FREEMAN		Female	427	F	262	2:18:02	1353
1366	1689	2:20:46	David JONES		Male	939	M	500	2:19:30	1391
1367	2659	2:20:47	Adriana HOUCHELL	Ipswich Jaffa RC	Female	428	F	263	2:18:16	1364
1368	1790	2:20:51	Dawn DEVINE	Macclesfield Harriers & AC	Female	429	F50	21	2:18:14	1360
1369	1649	2:20:52	James BUCKLEY		Male	940	M40	149	2:17:23	1336
1370	1707	2:20:54	Lorraine OCHIENG		Female	430	F	264	2:18:20	1366
1371	2005	2:20:55	Nicholas FALLA		Male	941	M	501	2:18:14	1361
1372	1930	2:20:56	Elliot MULHALL		Male	942	M	502	2:18:15	1362
1373	1928	2:20:56	Sonia ROKBANI		Female	431	F	265	2:18:15	1363
1374	1027	2:20:56	Gemma COLLING	Great Bentley Running Club	Female	432	F	266	2:19:01	1378
1375	713	2:21:00	Gavin RIXON		Male	943	M40	150	2:18:12	1358
1376	41	2:21:06	Dan HENDERSON		Male	944	M40	151	2:17:35	1340
1377	1237	2:21:10	Louise JONES	Wootton Road Runners	Female	433	F	267	2:18:40	1373
1378	838	2:21:11	Emma ELVIDGE		Female	434	F	268	2:20:32	1428
1379	62	2:21:15	Andrew WARD		Male	945	M50	90	2:20:30	1426
1380	264	2:21:18	Chris MARTIN		Male	946	M	503	2:19:04	1379
1381	1819	2:21:18	Paul DENYER	Werrington Joggers	Male	947	M60	17	2:20:58	1440
1382	1467	2:21:19	James FAREBROTHER		Male	948	M	504	2:19:05	1380
1383	1906	2:21:20	Samuel JONES		Male	949	M	505	2:18:11	1357
1384	405	2:21:22	Stuart LUSHER		Male	950	M55	51	2:18:55	1377
1385	2626	2:21:25	Sarah MCMURTARY		Female	435	F45	47	2:18:07	1356
1386	2061	2:21:26	Emily WHEELER		Female	436	F	269	2:18:49	1374
1387	1709	2:21:31	Neil COCKERTON		Male	951	M40	152	2:19:45	1403
1388	1784	2:21:34	Adrian DRIVER		Male	952	M50	91	2:18:21	1367
1389	1026	2:21:35	Steve GOBLE		Male	953	M	506	2:19:37	1394
1390	1015	2:21:35	Kirsty LEWIS		Female	437	F	270	2:20:01	1412
1391	1129	2:21:35	Adam THOMAS		Male	954	M	507	2:19:37	1393
1392	1920	2:21:38	Steven MCGILLIVRAY		Male	955	M	508	2:19:31	1392
1393	2260	2:21:46	Robert HAWES		Male	956	M45	125	2:20:32	1429
1394	1590	2:21:47	Rose BARNES		Female	438	F	271	2:19:50	1407
1395	2481	2:21:48	Sarah GREENER		Female	439	F	272	2:18:29	1370
1396	1878	2:21:53	Gary ROWLEY		Male	957	M	509	2:18:37	1372
1397	874	2:21:57	Richard FOYSTER		Male	958	M45	126	2:19:52	1408
1398	2408	2:21:57	Paul AMOND		Male	959	M45	127	2:19:45	1402
1399	1304	2:21:57	Philip WEBSDALE	Dereham Runners AC	Male	960	M40	153	2:20:35	1432
1400	1839	2:21:57	Paula OLLEY	Dereham Runners AC	Female	440	F40	80	2:20:35	1431
1401	1141	2:21:57	Kareana SYMONDS	Dereham Runners AC	Female	441	F	273	2:21:51	1464
1402	2407	2:21:57	Kate MILLER		Female	442	F45	48	2:19:45	1404
1403	1904	2:22:01	Matthew STOCKS		Male	961	M	510	2:19:19	1386
1404	2223	2:22:03	Ellona MARRIOTT		Female	443	F	274	2:19:17	1383
1405	2142	2:22:04	Mandy BELL		Female	444	F50	22	2:19:26	1389
1406	32	2:22:08	Adrian RUTTERFORD	City of Norwich AC	Male	962	M55	52	2:18:21	1368
1407	740	2:22:11	David WILLIAMS		Male	963	M45	128	2:20:26	1421
1408	810	2:22:13	Richard BEASTALL		Male	964	M	511	2:21:35	1460
1409	741	2:22:13	Sarah WILLIAMS		Female	445	F	275	2:20:29	1424
1410	626	2:22:13	Rob WHALEN		Male	965	M	512	2:20:24	1420
1411	1476	2:22:17	Suzanne GRIEVESON-JAMES		Female	446	F40	81	2:18:50	1375
1412	1840	2:22:18	Beth CORK		Male	966	M45	129	2:20:57	1439
1413	2651	2:22:20	Alex RADCLIFFE		Female	447	F40	82	2:19:38	1395
1414	2644	2:22:21	Kristie THOMAS		Female	448	F	276	2:19:38	1396
1415	2227	2:22:27	Sarah SCHOFIELD		Female	449	F	277	2:20:08	1416
1416	1094	2:22:27	Charles WOOD	Norwich Road Runners	Male	967	M55	53	2:21:23	1452
1417	2228	2:22:28	Leah STENNING		Female	450	F	278	2:20:10	1417
1418	1811	2:22:30	Megan BROUGHTON		Female	451	F	279	2:20:28	1422
1419	1523	2:22:30	John WINDHAM		Male	968	M60	18	2:21:05	1445
1420	2024	2:22:31	Tony ROSE		Male	969	M55	54	2:19:40	1398
1421	1464	2:22:33	David SUDDER		Male	970	M40	154	2:19:44	1400
1422	2237	2:22:33	James DESBOROUGH		Male	971	M	513	2:19:44	1401
1423	1339	2:22:35	Richard BOWEN		Male	972	M40	155	2:21:38	1462
1424	469	2:22:40	Christopher WORRELL		Male	973	M45	130	2:20:06	1413
1425	1389	2:22:45	Louise JACKSON		Female	452	F	280	2:20:06	1414



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	1488	2:22:49	Kate GRANGE		Female	453	F	281	2:19:18	1385
1427	1666	2:22:52	Frances IRWIN		Female	454	F	282	2:19:20	1387
1428	2168	2:22:54	Suzanne VINCENT		Female	455	F45	49	2:20:33	1430
1429	40	2:22:57	Luisa MCKAY		Female	456	F	283	2:19:23	1388
1430	1543	2:22:57	Kelly STANNARD		Female	457	F	284	2:20:29	1423
1431	974	2:22:58	Louise BROWN		Female	458	F40	83	2:21:03	1442
1432	795	2:22:59	Michelle MAKIN		Female	459	F	285	2:21:03	1441
1433	2207	2:23:01	Neil BARLOW		Male	974	M45	131	2:20:08	1415
1434	2186	2:23:03	Heather GILBERT		Female	460	F	286	2:19:07	1381
1435	887	2:23:07	Steven CLEWS		Male	975	M	514	2:22:02	1467
1436	802	2:23:07	Joanne BEMMENT		Female	461	F45	50	2:21:34	1459
1437	1125	2:23:08	Andrew BILLINGHURST		Male	976	M	515	2:21:13	1450
1438	3003	2:23:10	Sarah CAVE		Female	462	F	287	2:20:31	1427
1439	1499	2:23:13	Donna TARR		Female	463	F	288	2:20:51	1437
1440	1862	2:23:13	Sally MARYOSH		Female	464	F	289	2:19:54	1410
1441	1501	2:23:13	Nichola BUCK		Female	465	F40	84	2:20:52	1438
1442	817	2:23:15	Nigel STOCKS		Male	977	M50	92	2:22:23	1480
1443	1319	2:23:16	Simon REDDING		Male	978	M50	93	2:21:45	1463
1444	1668	2:23:19	Stephen POUNDALL		Male	979	M45	132	2:21:04	1443
1445	2182	2:23:24	Martina CLASEN		Female	466	F	290	2:21:34	1458
1446	1813	2:23:24	Amanda HASLAM		Female	467	F40	85	2:21:04	1444
1447	2571	2:23:33	Nick PAYNE		Male	980	M	516	2:22:37	1483
1448	318	2:23:34	Shelley KNIGHTS		Female	468	F	291	2:21:56	1465
1449	2599	2:23:42	Doreen DEBRAH		Female	469	F	292	2:22:04	1469
1450	1956	2:23:43	Megan ORAM	Dereham Runners AC	Female	470	F	293	2:20:42	1433
1451	1000	2:23:44	Jennifer HARRIS		Female	471	F	294	2:22:39	1486
1452	1097	2:23:45	Simon BURDETT		Male	981	M40	156	2:21:19	1451
1453	1402	2:23:45	Manuela MOXON		Female	472	F	295	2:19:53	1409
1454	2304	2:23:46	Kirsty PARADOT		Female	473	F	296	2:20:49	1435
1455	2479	2:23:51	Freya-Anne ROBERTSON		Female	474	F	297	2:20:23	1419
1456	2119	2:23:52	Lottie ORTON		Female	475	F	298	2:21:36	1461
1457	1159	2:23:55	Laura MCKINLAY		Female	476	F	299	2:21:09	1449
1458	2760	2:23:55	Estelle CORNER	Norfolk Gazelles RC	Female	477	F40	86	2:20:50	1436
1459	2693	2:23:57	Joanna FITCHETT		Female	478	F	300	2:19:44	1399
1460	1902	2:24:01	Danni BIRKIN		Female	479	F	301	2:21:07	1448
1461	2737	2:24:01	Henrietta GREEN		Female	480	F	302	2:21:06	1446
1462	1876	2:24:04	Nigel GILL		Male	982	M	517	2:20:29	1425
1463	2615	2:24:04	David GRACIE		Male	983	M	518	2:21:29	1454
1464	1602	2:24:11	Caroline HALL	Werrington Joggers	Female	481	F50	23	2:20:15	1418
1465	2706	2:24:12	Chris JACKSON		Male	984	M	519	2:23:36	1495
1466	2673	2:24:19	Nektarios GEORGALAS		Male	985	M45	133	2:21:06	1447
1467	2289	2:24:21	Angela HOOK		Female	482	F45	51	2:22:19	1478
1468	924	2:24:23	Caroline MATHEWS		Female	483	F	303	2:22:09	1471
1469	1517	2:24:27	Vicky HAMPSON	North Norfolk Beach Runners	Female	484	F	304	2:20:48	1434
1470	1244	2:24:31	Sean WHELAN		Male	986	M40	157	2:22:40	1487
1471	1065	2:24:32	Dawn ATTFIELD		Female	485	F40	87	2:23:15	1491
1472	1614	2:24:33	Hannah MONTEVERDE	Norfolk Gazelles RC	Female	486	F	305	2:21:33	1455
1473	1613	2:24:34	Paul MONTEVERDE		Male	987	M	520	2:21:34	1457
1474	747	2:24:39	Tim HOWLETT		Male	988	M50	94	2:22:13	1474
1475	1898	2:24:39	Holly DOWSING		Female	487	F	306	2:22:13	1473
1476	773	2:24:39	Liam HOWLETT		Male	989	M	521	2:22:13	1475
1477	2115	2:24:39	Katy KIERNAN		Female	488	F40	88	2:21:34	1456
1478	889	2:24:41	Tanya CABLE	Norwich Road Runners	Female	489	F	307	2:22:13	1476
1479	863	2:24:43	Richard HARRISON		Male	990	M40	158	2:22:08	1470
1480	1034	2:24:46	Rowena HOMAN	Werrington Joggers	Female	490	F50	24	2:24:26	1523
1481	1483	2:24:46	Katie SKIPPER		Female	491	F	308	2:23:46	1504
1482	1519	2:24:46	George RODGERS		Male	991	M	522	2:23:45	1502
1483	1935	2:24:46	Chloe LOCKE		Female	492	F	309	2:23:46	1503
1484	2157	2:24:46	Michelle MCCLEAN		Female	493	F	310	2:23:23	1492
1485	696	2:24:50	Michael SCOTT		Male	992	M55	55	2:22:03	1468
1486	1008	2:24:52	Kerrie BELL		Female	494	F40	89	2:23:42	1500
1487	116	2:24:52	David BELL		Male	993	M40	159	2:23:42	1499
1488	639	2:24:57	Grahame BARTLETT		Male	994	M	523	2:22:59	1488
1489	1860	2:24:57	Neesha BLOOMFIELD		Female	495	F	311	2:22:59	1489
1490	2282	2:25:04	Sarah TOTTERDALE		Female	496	F	312	2:22:10	1472
1491	1629	2:25:14	Jeremy SINCLAIR		Male	995	M60	19	2:22:26	1481
1492	2075	2:25:17	Thomas MILLER		Male	996	M	524	2:22:38	1484
1493	2076	2:25:17	Tanya HOWARD		Female	497	F	313	2:22:38	1485
1494	1581	2:25:22	William DIVER	Werrington Joggers	Male	997	M60	20	2:21:25	1453
1495	1832	2:25:24	Jessica GOZZETT		Female	498	F	314	2:22:31	1482
1496	1055	2:25:31	Daniel WISEMAN		Male	998	M	525	2:24:14	1516
1497	1054	2:25:31	Daniel RUMFORD		Male	999	M	526	2:24:14	1517
1498	1693	2:25:33	Sarah LENSEN		Female	499	F45	52	2:23:00	1490
1499	2206	2:25:35	Rachel GERMON		Female	500	F	315	2:24:08	1515
1500	223	2:25:37	Rebecca FERGUSON		Female	501	F	316	2:24:39	1530



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	348	2:25:40	Mark DUCKWORTH		Male	1000	M45	134	2:24:45	1532
1502	295	2:25:42	Charlotte NASH	Norwich Road Runners	Female	502	F	317	2:25:19	1547
1503	2244	2:25:47	Jackie GOURLEY		Female	503	F45	53	2:22:20	1479
1504	1912	2:25:52	Bryony PORTER		Female	504	F	318	2:21:57	1466
1505	1024	2:25:56	Mark WILLMOTT		Male	1001	M	527	2:25:15	1544
1506	1023	2:25:56	Paul NALLY		Male	1002	M40	160	2:25:15	1543
1507	983	2:26:00	Joseph JONES		Male	1003	M	528	2:24:35	1528
1508	1369	2:26:06	Dan NEWMAN		Male	1004	M	529	2:24:06	1512
1509	678	2:26:06	Alan NEWMAN		Male	1005	M40	161	2:24:07	1514
1510	1719	2:26:15	Declan CRAGGS		Male	1006	M	530	2:25:58	1566
1511	1136	2:26:19	Anna SUTTON		Female	505	F	319	2:22:14	1477
1512	2405	2:26:20	Kara TUTTLE		Female	506	F	320	2:23:37	1496
1513	1608	2:26:21	Hannah RICHARDS		Female	507	F	321	2:24:33	1525
1514	2569	2:26:21	Lauren HARMER		Female	508	F	322	2:23:37	1497
1515	1607	2:26:21	Andrea USHER		Female	509	F40	90	2:24:33	1526
1516	2179	2:26:23	Anna KOLCZYNSKA		Female	510	F	323	2:23:35	1494
1517	1728	2:26:25	Tessa BATES		Female	511	F	324	2:24:16	1519
1518	1792	2:26:26	Laura LATIMER		Female	512	F	325	2:23:55	1507
1519	1793	2:26:26	Rebecca CROWE		Female	513	F	326	2:23:55	1508
1520	1472	2:26:39	Marisa FORBES		Female	514	F50	25	2:23:39	1498
1521	2055	2:26:40	Paul KENNEDY		Male	1007	M	531	2:23:28	1493
1522	2594	2:26:47	David FIELD	Norwich Road Runners	Male	1008	M65+	13	2:23:44	1501
1523	1797	2:26:48	Melissa TOMKINS		Female	515	F	327	2:24:41	1531
1524	252	2:26:52	Imogen STEVENSON		Female	516	F	328	2:25:19	1548
1525	246	2:26:53	James BUXTON		Male	1009	M	532	2:25:19	1549
1526	2163	2:26:57	Ian CHISHOLM		Male	1010	M40	162	2:24:07	1513
1527	1565	2:27:02	Kitty ROSSER	Tri-Anglia Triathlon Club	Female	517	F	329	2:25:02	1536
1528	2035	2:27:04	Sophie ABRAHAM		Female	518	F	330	2:24:21	1522
1529	2643	2:27:10	Kate MCINTOSH		Female	519	F	331	2:23:48	1505
1530	2642	2:27:10	Anwen ANDREW		Female	520	F	332	2:23:49	1506
1531	1670	2:27:10	Hannah WORDEN		Female	521	F	333	2:24:20	1521
1532	1669	2:27:11	Clare WORDEN		Female	522	F	334	2:24:20	1520
1533	2586	2:27:13	Simon BIRCH		Male	1011	M45	135	2:25:07	1541
1534	2017	2:27:13	Tom BIRCH		Male	1012	M	533	2:25:07	1540
1535	1806	2:27:20	Susan MOORE	Norfolk Gazelles RC	Female	523	F60	6	2:24:16	1518
1536	1048	2:27:24	Gary SMITH	Norwich Road Runners	Male	1013	M45	136	2:25:47	1562
1537	2533	2:27:28	Holly HALL		Female	524	F	335	2:24:02	1510
1538	1386	2:27:28	Samantha BRITCHER		Female	525	F40	91	2:25:05	1539
1539	2096	2:27:28	Melanie SINCLAIR		Female	526	F40	92	2:25:05	1538
1540	26	2:27:34	Victoria LANGLEY	City of Norwich AC	Female	527	F40	93	2:25:29	1552
1541	2552	2:27:38	Ian FITCH		Male	1014	M50	95	2:24:28	1524
1542	1391	2:27:46	Suzie THURLOW		Female	528	F45	54	2:24:46	1534
1543	2375	2:27:46	Freya WHITELOCK		Female	529	F	336	2:25:28	1551
1544	2640	2:27:47	Spencer CALVERT	Royston Runners	Male	1015	M45	137	2:24:33	1527
1545	1733	2:27:48	David THORNHILL		Male	1016	M40	163	2:26:56	1583
1546	2726	2:27:49	Cheri BROOKS-ROLFE		Female	530	F	337	2:26:56	1584
1547	2441	2:27:52	Hannah SHENTON		Female	531	F	338	2:25:43	1559
1548	1747	2:27:52	Neil RICHARDSON		Male	1017	M50	96	2:25:35	1557
1549	2259	2:27:53	Charlotte EVERETT		Female	532	F	339	2:24:58	1535
1550	1970	2:27:53	Georgia HEGARTY		Female	533	F50	26	2:24:02	1511
1551	2808	2:27:55	Xiaoxu HUANG		Male	1018	M	534	2:26:54	1582
1552	2281	2:28:04	Jan TOTTERDALE	Dereham Runners AC	Female	534	F55	14	2:25:10	1542
1553	2290	2:28:13	Carla WESTCOTT		Female	535	F	340	2:25:29	1553
1554	1823	2:28:13	Claire ATKINSON		Female	536	F45	55	2:24:36	1529
1555	2340	2:28:15	Stephen FROSTWICK		Male	1019	M	535	2:23:56	1509
1556	2620	2:28:15	Emily CARPENTER	Werrington Joggers	Female	537	F	341	2:25:32	1556
1557	2311	2:28:16	Zia HULL		Female	538	F	342	2:25:15	1545
1558	745	2:28:17	Ella SAUNDERS		Female	539	F	343	2:26:07	1572
1559	722	2:28:18	Caroline BRITTON		Female	540	F40	94	2:24:45	1533
1560	1927	2:28:22	Sean CURRAN		Male	1020	M45	138	2:25:17	1546
1561	1966	2:28:32	Melissa NORMAN		Female	541	F	344	2:26:03	1570
1562	2406	2:28:33	Katherine WILCOCKSON		Female	542	F	345	2:25:04	1537
1563	759	2:28:33	Li DAWSON		Female	543	F	346	2:25:55	1563
1564	2041	2:28:35	Ali NAQVI		Male	1021	M50	97	2:25:43	1560
1565	2324	2:28:37	Jemma RICHES		Female	544	F	347	2:26:18	1577
1566	2323	2:28:38	Samantha KING		Female	545	F	348	2:26:18	1576
1567	1889	2:28:44	Allan BUSH		Male	1022	M	536	2:25:37	1558
1568	2095	2:28:48	John COOPER		Male	1023	M45	139	2:25:45	1561
1569	1596	2:28:49	Emma BALDRY		Female	546	F	349	2:25:57	1564
1570	2728	2:28:49	James TAYLOR		Male	1024	M	537	2:26:02	1568
1571	2176	2:28:49	Bradley HARGREAVES		Male	1025	M	538	2:26:02	1569
1572	1750	2:28:55	Rachel BALDEO		Female	547	F	350	2:27:48	1611
1573	2572	2:28:57	Michael WARD	Norwich Road Runners	Male	1026	M	539	2:26:11	1573
1574	1781	2:28:59	Donna CONNEELY		Female	548	F45	56	2:26:02	1567
1575	1326	2:28:59	Danielle BAZUN		Female	549	F	351	2:26:05	1571



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1576	1109	2:29:03	Beth HAMILTON		Female	550	F	352	2:25:30	1554
1577	3023	2:29:04	Ben LEWIS		Male	1027	M	540	2:25:25	1550
1578	1514	2:29:07	Claire BECKETT		Female	551	F40	95	2:27:02	1588
1579	1071	2:29:07	Chris PARKER		Male	1028	M	541	2:26:14	1575
1580	1637	2:29:09	Tessa FROSDICK		Female	552	F40	96	2:27:29	1604
1581	1842	2:29:14	Sally NICHOLSON	Newmarket Joggers	Female	553	F50	27	2:26:12	1574
1582	2708	2:29:18	Lottie GRAHAM		Female	554	F	353	2:26:44	1580
1583	2066	2:29:19	John ADAMS		Male	1029	M55	56	2:25:58	1565
1584	2459	2:29:22	Simon BURRIDGE		Male	1030	M55	57	2:25:31	1555
1585	1445	2:29:25	Susanne OSBORNE		Female	555	F	354	2:27:08	1591
1586	1628	2:29:26	Innes CHAPMAN		Female	556	F45	57	2:26:59	1585
1587	2135	2:29:35	Kelvin CHILLESTONE		Male	1031	M	542	2:28:34	1623
1588	1827	2:29:35	Debbie GAZE		Female	557	F50	28	2:27:29	1603
1589	1949	2:29:38	Becks REDGRAVE		Female	558	F	355	2:28:43	1629
1590	2476	2:29:42	Jo COX		Female	559	F	356	2:27:00	1586
1591	1638	2:29:44	Jack MURRAY		Male	1032	M	543	2:27:02	1587
1592	1508	2:29:46	Kayleigh BLACKWOOD		Female	560	F	357	2:27:04	1590
1593	1694	2:29:47	Emma NORRIS		Female	561	F40	97	2:27:13	1592
1594	1713	2:29:47	Rebecca MOORE		Female	562	F	358	2:27:14	1594
1595	500	2:29:51	Daniel MALLET		Male	1033	M	544	2:27:29	1602
1596	1387	2:29:52	Alan MINERS		Male	1034	M50	98	2:29:35	1654
1597	2452	2:29:52	Catherine LEE		Female	563	F	359	2:28:21	1619
1598	1296	2:29:53	Julika DERTNIG		Female	564	F	360	2:27:27	1601
1599	1770	2:29:53	Sarah HEWITT		Female	565	F40	98	2:27:23	1597
1600	2773	2:29:54	Paul SHERSBY		Male	1035	M50	99	2:29:14	1646
1601	2373	2:29:56	Hazel COATES		Female	566	F	361	2:26:44	1579
1602	1509	2:29:58	Phoebe AYRES		Female	567	F	362	2:27:22	1596
1603	2387	2:30:05	Claire KING		Female	568	F40	99	2:26:32	1578
1604	2152	2:30:07	Trevor POTTER	Norwich Road Runners	Male	1036	M60	21	2:26:49	1581
1605	1975	2:30:16	Fiona BROOKS		Female	569	F	363	2:28:47	1632
1606	1804	2:30:17	Catherine GROOM		Female	570	F	364	2:28:42	1627
1607	2526	2:30:18	Cheryl CARR		Female	571	F	365	2:28:41	1626
1608	1952	2:30:22	Suzanne HURN		Female	572	F	366	2:27:14	1593
1609	1815	2:30:27	Marie ELLERTON		Female	573	F45	58	2:27:43	1609
1610	1761	2:30:33	Sue VAUGHAN		Female	574	F50	29	2:27:53	1614
1611	1258	2:30:41	Chris HUBBARD		Male	1037	M	545	2:28:08	1615
1612	2442	2:30:50	Emma BANKS		Female	575	F	367	2:27:22	1595
1613	1604	2:30:51	Samuel CURSON		Male	1038	M	546	2:27:04	1589
1614	1877	2:30:51	Simone PAYNE		Female	576	F	368	2:27:34	1606
1615	2724	2:30:52	Charlotte BIRD		Female	577	F	369	2:27:24	1598
1616	2314	2:30:55	Paul BARKSHIRE		Male	1039	M50	100	2:28:14	1617
1617	1367	2:30:56	Nicola POTTS		Female	578	F	370	2:27:42	1608
1618	1366	2:30:57	Caroline BUTCHER		Female	579	F60	7	2:27:43	1610
1619	1073	2:30:59	Ian GEORGE		Male	1040	M45	140	2:29:44	1661
1620	1050	2:31:03	David RYE		Male	1041	M	547	2:27:27	1600
1621	2312	2:31:05	Maddy ADEY		Female	580	F	371	2:29:22	1650
1622	1138	2:31:08	Michael HUNT		Male	1042	M50	101	2:29:08	1645
1623	1137	2:31:08	Lauren HUNT		Female	581	F	372	2:29:07	1644
1624	2573	2:31:10	Kimberley SMITH	Saint Edmund Pacers	Female	582	F	373	2:28:32	1622
1625	705	2:31:12	Chris CLOW		Male	1043	M	548	2:29:05	1642
1626	2420	2:31:13	Will BAMBER		Male	1044	M	549	2:27:35	1607
1627	1796	2:31:14	Faith MIXER		Female	583	F50	30	2:30:07	1662
1628	2551	2:31:18	Andrew WHITING		Male	1045	M	550	2:29:16	1647
1629	1358	2:31:18	David MAGUIRE		Male	1046	M65+	14	2:27:49	1612
1630	640	2:31:19	Olivia MAGUIRE		Female	584	F	374	2:27:49	1613
1631	254	2:31:19	Derek ROBERTSON	Tri-Anglia Triathlon Club	Male	1047	M45	141	2:27:34	1605
1632	2204	2:31:22	Alyson LIMPKIN-CHALLIS	Felixstowe RRC	Female	585	F50	31	2:28:35	1625
1633	2171	2:31:25	Lana RIX		Female	586	F	375	2:27:26	1599
1634	1822	2:31:27	Luke WILBY		Male	1048	M	551	2:29:25	1652
1635	1323	2:31:27	Craig MOORE		Male	1049	M	552	2:28:48	1633
1636	3020	2:31:32	Andrejus SIVAKOVAS		Male	1050	M	553	2:29:20	1648
1637	2671	2:31:36	Kerrie COSLETT		Female	587	F	376	2:28:58	1637
1638	1950	2:31:38	Beth RUSSELL		Female	588	F	377	2:28:13	1616
1639	600	2:31:46	Alex GAUNT	Norwich Road Runners	Male	1051	M45	142	2:31:00	1671
1640	1606	2:31:52	Annelies CARVER		Female	589	F40	100	2:28:43	1630
1641	1844	2:31:53	Ram SIGNH		Male	1052	M65+	15	2:29:23	1651
1642	2687	2:31:53	Amber COSSEY		Female	590	F	378	2:28:42	1628
1643	1484	2:31:53	Christine FRAZER		Female	591	F50	32	2:29:06	1643
1644	1764	2:31:55	Rod PARKER		Male	1053	M65+	16	2:29:00	1639
1645	1762	2:31:55	Charlotte BELSHAW		Female	592	F40	101	2:29:00	1638
1646	1685	2:31:57	Miriam WALDEN		Female	593	F	379	2:28:21	1620
1647	2106	2:31:57	Esther SINCLAIR-RUSSELL		Female	594	F	380	2:28:20	1618
1648	2741	2:31:58	Leanne MILLER		Female	595	F	381	2:30:17	1664
1649	1372	2:32:08	Rachael SCOONES		Female	596	F	382	2:28:50	1634
1650	1939	2:32:19	Kevin FINCH		Male	1054	M50	102	2:28:35	1624



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1651	2799	2:32:21	Rachel NORTON		Female	597	F40	102	2:28:55	1635
1652	764	2:32:21	Mike OTTLEY	Reepham Runners	Male	1055	M65+	17	2:29:43	1660
1653	1741	2:32:22	Richard READ		Male	1056	M50	103	2:29:41	1658
1654	1676	2:32:22	Ben LOYNES		Male	1057	M	554	2:28:24	1621
1655	355	2:32:28	Robert BARTLETT		Male	1058	M55	58	2:29:02	1641
1656	1711	2:32:29	Ian HOLLINGS		Male	1059	M50	104	2:28:44	1631
1657	1399	2:32:34	Ian ORR		Male	1060	M	555	2:29:37	1655
1658	1645	2:32:37	Michael WILLIAMSON		Male	1061	M	556	2:30:45	1669
1659	2807	2:32:41	Racheal EDMEADES		Female	598	F	383	2:29:43	1659
1660	2472	2:32:43	Brian MODI		Male	1062	M	557	2:29:30	1653
1661	2436	2:32:44	Alison DENNIS		Female	599	F	384	2:28:56	1636
1662	1798	2:32:47	Kirsty BUNTING		Female	600	F	385	2:29:21	1649
1663	1547	2:33:02	Clare ANSBRO		Female	601	F40	103	2:29:41	1657
1664	1866	2:33:09	Rob DYE		Male	1063	M45	143	2:30:32	1667
1665	1922	2:33:11	David KINDRED		Male	1064	M	558	2:30:57	1670
1666	2073	2:33:11	Michael PARROTT		Male	1065	M	559	2:30:36	1668
1667	2294	2:33:11	Glenis MOORE		Female	602	F60	8	2:29:01	1640
1668	1578	2:33:25	Mike MARSHALL	North Norfolk Beach Runners	Male	1066	M65+	18	2:29:41	1656
1669	935	2:33:34	Harry SNOOK		Male	1067	M	560	2:32:39	1700
1670	2636	2:33:35	Arthur ALLEN		Male	1068	M	561	2:31:43	1680
1671	933	2:33:36	Jason SNOOK		Male	1069	M45	144	2:32:41	1701
1672	1221	2:33:38	Abbie HUGHES		Female	603	F	386	2:30:25	1666
1673	2284	2:33:40	Julie EVANS		Female	604	F40	104	2:31:51	1684
1674	879	2:33:43	Sheree SHELDON		Female	605	F40	105	2:30:21	1665
1675	1431	2:33:45	Helen LLOYD		Female	606	F55	15	2:31:08	1673
1676	1891	2:33:45	Charlotte SEARLE		Female	607	F	387	2:31:08	1674
1677	1453	2:33:47	Paul SQUIRES		Male	1070	M45	145	2:31:05	1672
1678	2621	2:33:50	Lindsey HARDING-PAYNE		Female	608	F40	106	2:32:12	1688
1679	2652	2:33:50	Laura ROBERTSON		Female	609	F	388	2:32:12	1689
1680	2114	2:33:51	Fiona MUNN		Female	610	F40	107	2:31:12	1676
1681	451	2:34:06	Janneke DOBBEN		Female	611	F	389	2:31:48	1682
1682	1587	2:34:06	Daniel SPALDING		Male	1071	M	562	2:31:49	1683
1683	1753	2:34:11	Chris KETLEY		Male	1072	M	563	2:31:34	1678
1684	2146	2:34:16	Oliver HUNT		Male	1073	M	564	2:30:09	1663
1685	2188	2:34:26	Christopher OXLEY		Male	1074	M40	164	2:31:45	1681
1686	999	2:34:40	David WEEDING		Male	1075	M45	146	2:31:25	1677
1687	2262	2:34:56	William SAVAGE		Male	1076	M	565	2:32:26	1693
1688	836	2:34:56	Stuart MANN		Male	1077	M	566	2:32:27	1694
1689	2197	2:35:00	Nick GOODMAN		Male	1078	M40	165	2:32:15	1691
1690	1987	2:35:05	Lyn OTTAWAY	Wymondham AC	Female	612	F40	108	2:31:36	1679
1691	1623	2:35:05	Nicola FLACK	Bungay Black Dog RC	Female	613	F40	109	2:32:08	1687
1692	905	2:35:14	Michael TOBIN	Norwich Road Runners	Male	1079	M	567	2:32:35	1697
1693	2297	2:35:14	Cassie HOLLIS		Female	614	F	390	2:32:36	1698
1694	2184	2:35:22	Robert PRICE		Male	1080	M	568	2:32:54	1705
1695	2805	2:35:24	Nigel HIDSON		Male	1081	M55	59	2:31:58	1685
1696	2071	2:35:31	Carol BIMSON		Female	615	F50	33	2:31:11	1675
1697	2117	2:35:32	Andrew BRADLEY		Male	1082	M45	147	2:33:25	1709
1698	2466	2:35:32	Angela CROCKER		Female	616	F40	110	2:33:25	1710
1699	2162	2:35:32	Adele POLLARD		Female	617	F	391	2:32:38	1699
1700	1875	2:35:35	Hannah CHAPMAN		Female	618	F	392	2:33:11	1706
1701	1901	2:35:41	Donna FROSDICK		Female	619	F40	111	2:34:01	1718
1702	2518	2:35:51	Anne FARTHING		Female	620	F40	112	2:32:05	1686
1703	1588	2:35:58	Karen ROBINSON		Female	621	F	393	2:34:24	1724
1704	2308	2:35:59	Zoltan CSANADI		Male	1083	M45	148	2:32:13	1690
1705	2688	2:36:05	Rosemarie GILBERT		Female	622	F60	9	2:34:40	1728
1706	1977	2:36:06	Kevin COPEMAN-LAMOUREUX		Male	1084	M50	105	2:32:49	1703
1707	2272	2:36:07	Deborah VAUGHAN		Female	623	F40	113	2:32:49	1704
1708	2137	2:36:11	Nicola HEWITT		Female	624	F	394	2:35:17	1733
1709	1510	2:36:19	Jane PAYNE		Female	625	F50	34	2:33:34	1712
1710	212	2:36:20	Ian WASHINGTON		Male	1085	M45	149	2:32:16	1692
1711	2617	2:36:27	Matthew WATTS		Male	1086	M40	166	2:33:36	1713
1712	1357	2:36:29	Siobhan LASKEY		Female	626	F45	59	2:34:37	1726
1713	1740	2:36:30	Ian GARDINER		Male	1087	M	569	2:33:38	1714
1714	2734	2:36:35	Kevin SMITH		Male	1088	M40	167	2:34:02	1719
1715	2629	2:36:36	Emma GODBOLD		Female	627	F40	114	2:32:42	1702
1716	1648	2:36:43	David HORN		Male	1089	M45	150	2:33:15	1707
1717	2692	2:36:45	Keith FITCHETT		Male	1090	M45	151	2:32:31	1695
1718	1961	2:36:45	Donna BREEZE		Female	628	F40	115	2:33:19	1708
1719	2396	2:36:49	Rachael DIXON		Female	629	F40	116	2:32:33	1696
1720	2451	2:36:58	Caroline KENNEL		Female	630	F	395	2:35:26	1737
1721	2084	2:37:11	Joe MARCZEWSKI		Male	1091	M	570	2:33:58	1716
1722	980	2:37:13	Craig HATHAWAY		Male	1092	M	571	2:36:37	1762
1723	2083	2:37:14	Katherine STAINES		Female	631	F	396	2:33:57	1715
1724	2669	2:37:15	Andy PAYNE		Male	1093	M	572	2:34:00	1717
1725	2060	2:37:19	James BUTLER		Male	1094	M	573	2:34:35	1725



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	2676	2:37:22	Kamakhya MISHRA		Male	1095	M	574	2:33:32	1711
1727	2391	2:37:24	Kayleigh GIBBONS		Female	632	F	397	2:36:37	1761
1728	1245	2:37:38	Katrina BOWLES		Female	633	F	398	2:34:40	1727
1729	1748	2:37:41	Michael FITZPATRICK		Male	1096	M55	60	2:34:21	1723
1730	2006	2:37:45	Stephanie MAKINS		Female	634	F40	117	2:35:41	1748
1731	2334	2:37:45	Hannah RIPLEY		Female	635	F	399	2:35:39	1747
1732	2467	2:37:45	Deb SHENTON		Female	636	F55	16	2:35:35	1744
1733	588	2:37:50	Ben GREENTREE		Male	1097	M	575	2:36:51	1765
1734	2338	2:37:53	Jack BARKER		Male	1098	M	576	2:34:04	1720
1735	2344	2:37:55	Robert ALVES		Male	1099	M	577	2:34:10	1721
1736	2339	2:37:58	Lauren BROWN		Female	637	F	400	2:34:10	1722
1737	1446	2:38:05	Laura GAY		Female	638	F	401	2:35:05	1731
1738	2170	2:38:06	Steve TURNER		Male	1100	M50	106	2:35:23	1735
1739	1233	2:38:06	Emma WATSON		Female	639	F40	118	2:35:24	1736
1740	1754	2:38:23	Salena DAWSON		Female	640	F40	119	2:35:32	1740
1741	2081	2:38:24	Hazel BREWIN	Werrington Joggers	Female	641	F65+	3	2:37:39	1782
1742	2065	2:38:24	Lucy RING	Norwich Road Runners	Female	642	F	402	2:35:56	1749
1743	670	2:38:30	Stephen LONG		Male	1101	M	578	2:36:55	1767
1744	2372	2:38:30	Paul CUNNINGHAM		Male	1102	M	579	2:35:18	1734
1745	2069	2:38:31	Teresa UTTING		Female	643	F45	60	2:36:56	1768
1746	2287	2:38:31	Paul GREENFIELD		Male	1103	M50	107	2:36:06	1752
1747	2144	2:38:41	Matthew HUME		Male	1104	M45	152	2:34:47	1730
1748	2143	2:38:42	Leila HUME		Female	644	F	403	2:34:47	1729
1749	2276	2:38:42	Jayne LINDSAY		Female	645	F	404	2:35:11	1732
1750	1348	2:38:44	Kimberley FRYER	Spa Striders	Female	646	F	405	2:37:13	1775
1751	2298	2:38:50	Ivan NUNN	Ryston Runners	Male	1105	M55	61	2:35:33	1743
1752	1835	2:38:54	Ali COWLES		Female	647	F40	120	2:36:07	1754
1753	1821	2:38:54	Amanda GRIMLEY		Female	648	F45	61	2:36:07	1753
1754	1824	2:38:54	Mary CHANNELL		Female	649	F40	121	2:36:07	1755
1755	2684	2:38:54	Natalie BUTLER		Female	650	F	406	2:36:07	1756
1756	1601	2:39:03	Chris EATON		Male	1106	M45	153	2:36:28	1760
1757	2112	2:39:14	Cate MOORE		Female	651	F	407	2:36:53	1766
1758	1868	2:39:25	Carol Ann MOON		Female	652	F50	35	2:36:20	1759
1759	970	2:39:31	Damian CONWAY		Male	1107	M55	62	2:36:37	1763
1760	2497	2:39:33	Stephen COLLIN		Male	1108	M45	154	2:35:31	1738
1761	2496	2:39:34	Gaynor COLLIN		Female	653	F45	62	2:35:31	1739
1762	2032	2:39:38	Michael BATES		Male	1109	M40	168	2:36:14	1758
1763	2002	2:39:39	Louise STEELE		Female	654	F	408	2:35:59	1751
1764	2349	2:39:44	Claire ALEXANDER		Female	655	F	409	2:36:46	1764
1765	2082	2:39:45	Ann ROTHWELL		Female	656	F50	36	2:35:33	1742
1766	2077	2:39:45	Lucy PERKOWSKI		Female	657	F	410	2:35:32	1741
1767	1871	2:39:51	Fiona CROSS		Female	658	F40	122	2:35:36	1746
1768	1872	2:39:51	Mark DILLON		Male	1110	M40	169	2:35:35	1745
1769	2190	2:39:55	Rebecca OLDMAN-HANDS	Great Yarmouth Road Runners	Female	659	F40	123	2:37:03	1772
1770	3002	2:39:55	Richard EVANS		Male	1111	M60	22	2:36:56	1769
1771	2132	2:40:02	Wendy SPAUL		Female	660	F50	37	2:37:45	1785
1772	1241	2:40:02	Carolyn KETT		Female	661	F	411	2:37:41	1784
1773	1461	2:40:04	Simon BEET		Male	1112	M65+	19	2:35:57	1750
1774	1066	2:40:07	Claire HOLMES		Female	662	F	412	2:38:50	1796
1775	2203	2:40:08	Bethany HARPER		Female	663	F	413	2:38:11	1792
1776	1639	2:40:08	Salina CUMBRIDGE		Female	664	F45	63	2:38:11	1791
1777	1763	2:40:12	Nigel BELSHAW		Male	1113	M50	108	2:37:17	1776
1778	1533	2:40:23	Catherine HEARNE		Female	665	F55	17	2:36:09	1757
1779	2048	2:40:33	Jasmine MOUNTFORD		Female	666	F	414	2:37:29	1778
1780	2097	2:40:40	Jane CRANE		Female	667	F40	124	2:38:36	1793
1781	1397	2:40:40	Beth HILL		Female	668	F40	125	2:38:36	1794
1782	1947	2:40:41	Tim MILLER		Female	669	F	415	2:37:48	1788
1783	1618	2:40:45	Anne THOMAS	Kenilworth Runners	Female	670	F50	38	2:37:07	1773
1784	2189	2:40:48	Theodore TUROCY		Male	1114	M40	170	2:37:26	1777
1785	1228	2:40:59	Clemency COLLINS		Female	671	F	416	2:37:01	1771
1786	2248	2:41:02	Sam JARVIS		Male	1115	M	580	2:37:00	1770
1787	2696	2:41:02	Harriet LARGE		Female	672	F	417	2:37:08	1774
1788	221	2:41:18	Sarah GIBBONS		Female	673	F45	64	2:37:38	1781
1789	1757	2:41:22	Sharon THOMAS	Werrington Joggers	Female	674	F40	126	2:38:39	1795
1790	643	2:41:24	Mark ROBINSON		Male	1116	M50	109	2:38:03	1790
1791	2052	2:41:24	Abigail RIDLEY		Female	675	F	418	2:37:49	1789
1792	2059	2:41:28	Rod BARRETT		Male	1117	M65+	20	2:37:40	1783
1793	2224	2:41:28	Becki DOCKREE		Female	676	F	419	2:39:52	1809
1794	2193	2:41:31	Donna KING		Female	677	F40	127	2:39:04	1802
1795	1710	2:41:34	Matthew SANDERS		Male	1118	M50	110	2:37:35	1780
1796	2385	2:41:34	Lewis WOOD		Male	1119	M	581	2:37:31	1779
1797	1569	2:41:41	Gill HOLMES	Werrington Joggers	Female	678	F60	10	2:40:10	1820
1798	2067	2:41:46	Rohan MASON		Female	679	F	420	2:38:55	1797
1799	1406	2:41:46	Camilla SKARIN		Female	680	F	421	2:38:55	1798
1800	1455	2:41:58	Alan SMITH	Beccles Triathlon Club	Male	1120	M55	63	2:37:47	1787



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1801	2246	2:41:58	Janine DAYNES	Beccles Triathlon Club	Female	681	F45	65	2:37:47	1786
1802	1731	2:42:04	Ash ALLEN		Male	1121	M	582	2:39:56	1811
1803	1449	2:42:07	Olivia REID		Female	682	F50	39	2:39:59	1813
1804	1385	2:42:09	Peter BOYCE		Male	1122	M45	155	2:39:46	1807
1805	1398	2:42:09	Megan BOYCE		Female	683	F	422	2:39:46	1808
1806	2013	2:42:18	Ceridwen HOWELL	Kings Heath RC - The Lions	Female	684	F60	11	2:39:40	1806
1807	1556	2:42:24	Josh CLOUTING		Male	1123	M	583	2:40:21	1821
1808	1557	2:42:34	Rachel HIRST		Female	685	F45	66	2:40:26	1823
1809	1574	2:42:38	Marie HODGE		Female	686	F45	67	2:39:01	1800
1810	2379	2:42:38	Elly HAYLOCK		Female	687	F	423	2:39:07	1805
1811	2624	2:42:43	Tim CHEESMAN		Male	1124	M	584	2:39:54	1810
1812	2092	2:42:44	Alice COLLIER		Female	688	F	424	2:39:07	1804
1813	2258	2:42:46	Marcus KHAN		Male	1125	M40	171	2:39:05	1803
1814	1755	2:42:47	Esther REDMAN	Werrington Joggers	Female	689	F40	128	2:40:04	1815
1815	2745	2:42:57	Jess FLAXMER		Female	690	F	425	2:38:59	1799
1816	233	2:42:59	Robert LOVE		Male	1126	M	585	2:40:44	1829
1817	1734	2:43:01	Lindsay MACK		Female	691	F	426	2:39:04	1801
1818	2199	2:43:02	Kelly NOON		Female	692	F	427	2:40:33	1824
1819	1460	2:43:05	Damian STEWARD		Male	1127	M45	156	2:40:01	1814
1820	2328	2:43:08	Nikki HUMBERT		Female	693	F	428	2:40:39	1827
1821	1616	2:43:10	Diane THIRKETTLE		Female	694	F45	68	2:40:08	1819
1822	1984	2:43:14	Nina O'BRIEN		Female	695	F65+	4	2:40:06	1816
1823	2705	2:43:30	Efren BENDANILLO		Male	1128	M50	111	2:40:43	1828
1824	2522	2:43:33	Joseph JACKSON		Male	1129	M	586	2:41:17	1831
1825	1995	2:43:51	Geraldine BARTLETT		Female	696	F55	18	2:40:24	1822
1826	2690	2:43:56	Tessa MORGAN	Reepham Runners	Female	697	F50	40	2:40:06	1818
1827	1603	2:43:56	Margaret MCCARTNEY	Norfolk Gazelles RC	Female	698	F55	19	2:40:06	1817
1828	1180	2:43:57	Robert PHILLIPS		Male	1130	M	587	2:41:56	1838
1829	2251	2:43:58	Katherine PEACHEY		Female	699	F	429	2:41:57	1839
1830	1946	2:44:14	Rebecca HOWARD		Female	700	F	430	2:41:20	1832
1831	2520	2:44:15	Salina JONES		Female	701	F	431	2:39:58	1812
1832	2493	2:44:19	James KILROY		Male	1131	M40	172	2:42:28	1846
1833	1468	2:44:27	Sarah MARSHALL-NICHOLS		Female	702	F	432	2:41:48	1835
1834	2524	2:44:33	Alison MURDOCH		Female	703	F50	41	2:41:49	1836
1835	2462	2:44:39	Anna FREEMAN		Female	704	F	433	2:42:09	1841
1836	2217	2:44:41	Sarah RHODEN		Female	705	F40	129	2:41:54	1837
1837	2141	2:44:41	Colin MACEWAN		Male	1132	M55	64	2:42:03	1840
1838	2457	2:44:46	Leah GIORNO		Female	706	F	434	2:42:20	1845
1839	2404	2:44:49	Jessica KELLY		Female	707	F	435	2:43:52	1860
1840	1894	2:44:49	Charlotte WEST		Female	708	F	436	2:42:48	1849
1841	2444	2:44:51	Emma LAMB		Female	709	F	437	2:40:36	1825
1842	2020	2:44:56	Nigel GREEN		Male	1133	M40	173	2:40:37	1826
1843	2492	2:45:01	Ursula KILROY		Female	710	F	438	2:43:11	1855
1844	735	2:45:15	Adam JARRETT		Male	1134	M	588	2:42:19	1844
1845	2370	2:45:21	Melanie QUINN		Female	711	F	439	2:40:56	1830
1846	1899	2:45:22	Chelsea MEREDITH		Female	712	F	440	2:41:39	1833
1847	2256	2:45:40	Nicola SHEARING		Female	713	F	441	2:41:47	1834
1848	1991	2:46:01	Christopher SMITH		Male	1135	M45	157	2:42:59	1852
1849	1990	2:46:01	Donna SMITH		Female	714	F40	130	2:42:59	1851
1850	2018	2:46:05	Graham TURNER		Male	1136	M	589	2:44:01	1863
1851	2046	2:46:18	Kat TURNER		Female	715	F40	131	2:42:11	1842
1852	2053	2:46:20	Amanda KISBEE		Female	716	F45	69	2:42:13	1843
1853	2456	2:46:22	Hannah EDGE		Female	717	F	442	2:43:03	1854
1854	1376	2:46:29	Sharon PHILLIPS		Female	718	F40	132	2:43:33	1859
1855	208	2:46:29	David PHILLIPS		Male	1137	M40	174	2:43:32	1858
1856	2325	2:46:34	Georgina SCOTT		Female	719	F	443	2:42:37	1848
1857	2326	2:46:34	Rachel DANIELS		Female	720	F	444	2:42:37	1847
1858	1212	2:46:37	Tyler CADWELL		Female	721	F	445	2:45:39	1881
1859	2411	2:46:45	Mark WATSON		Male	1138	M	590	2:44:37	1865
1860	1375	2:46:49	Joelle BANKS		Female	722	F45	70	2:44:46	1870
1861	2130	2:46:49	Jocelyn ANDERSON-WOOD		Female	723	F	446	2:42:55	1850
1862	2200	2:46:52	Sue KENT	Newmarket Joggers	Female	724	F55	20	2:43:02	1853
1863	3013	2:47:12	Jodie WATKINS		Male	1139	M	591	2:44:45	1868
1864	2110	2:47:32	Andrew WESTLEY		Male	1140	M	592	2:43:31	1856
1865	1846	2:47:40	Amy BARTON		Female	725	F	447	2:43:53	1862
1866	2510	2:47:41	Millie CLARKE		Female	726	F	448	2:43:53	1861
1867	2453	2:47:46	Sarah BARKER		Female	727	F45	71	2:43:31	1857
1868	2401	2:47:55	Katie BACON	North Norfolk Beach Runners	Female	728	F	449	2:44:51	1871
1869	2398	2:48:03	Johnny WATTS		Male	1141	M50	112	2:45:14	1877
1870	2397	2:48:03	Holly WATTS		Female	729	F	450	2:45:12	1874
1871	291	2:48:03	Dean DRUMMOND		Male	1142	M	593	2:45:14	1878
1872	1558	2:48:28	Claire GRIFFITHS		Female	730	F	451	2:44:42	1867
1873	2806	2:48:32	Janet SIMPSON	Phoenix Striders	Female	731	F65+	5	2:44:37	1866
1874	1561	2:48:32	Amanda REEVES		Female	732	F50	42	2:44:30	1864
1875	2218	2:48:58	Emma ADCOCK		Female	733	F40	133	2:44:45	1869



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1876	1646	2:48:59	Anthony HOWES		Male	1143	M	594	2:47:08	1895
1877	2512	2:49:05	Nilixa DEVLUKIA		Female	734	F45	72	2:44:53	1872
1878	2169	2:49:11	Malcolm WHITTLE		Male	1144	M	595	2:45:00	1873
1879	1308	2:49:17	Judith BERRY		Female	735	F40	134	2:47:20	1898
1880	1958	2:49:18	Daniel WALLAGE		Male	1145	M	596	2:47:21	1900
1881	1654	2:49:22	Juliette HAVELL	Werrington Joggers	Female	736	F50	43	2:45:22	1880
1882	1609	2:49:22	Cheryl BURGESS		Female	737	F	452	2:45:13	1876
1883	2192	2:49:22	Andrea ENGLISH		Female	738	F40	135	2:45:13	1875
1884	2803	2:49:28	Heather HOUGHTON		Female	739	F45	73	2:46:10	1882
1885	2521	2:49:29	Tereza FUJIAKOVA		Female	740	F	453	2:45:19	1879
1886	2181	2:49:30	Vikki KIRK	Reepham Runners	Female	741	F40	136	2:46:53	1891
1887	1170	2:49:31	Arthur NICHOLL		Male	1146	M60	23	2:48:53	1906
1888	1919	2:49:33	Mia LIVING		Female	742	F	454	2:46:42	1889
1889	1918	2:49:33	Sophie AYLIFFE		Female	743	F	455	2:46:42	1890
1890	2016	2:49:58	Kevin COXON		Male	1147	M55	65	2:47:02	1894
1891	2015	2:49:58	Gemma COXON		Female	744	F	456	2:47:01	1893
1892	1404	2:50:03	Emma BATEMAN		Female	745	F	457	2:47:12	1896
1893	1759	2:50:06	Julie GROOMS		Female	746	F50	44	2:50:03	1917
1894	2474	2:50:12	William SPINKS		Male	1148	M	597	2:46:23	1884
1895	1126	2:50:12	Megan CROWHURST		Female	747	F	458	2:46:23	1885
1896	2167	2:50:18	Robert WILLIAMS		Male	1149	M	598	2:49:19	1911
1897	1579	2:50:24	Margaret FAHERTY	Norwich Road Runners	Female	748	F65+	6	2:47:00	1892
1898	2303	2:50:28	Nora ROBERTS		Female	749	F	459	2:46:22	1883
1899	1957	2:50:36	Klair SYMONDS		Female	750	F	460	2:46:29	1886
1900	1721	2:50:41	Colin FORRESTER		Male	1150	M55	66	2:46:36	1888
1901	2125	2:50:42	Emma-Jane FORRESTER		Female	751	F45	74	2:46:36	1887
1902	2307	2:51:02	Akos CSANADI		Male	1151	M	599	2:47:16	1897
1903	2419	2:51:26	Tom GRAHAM		Male	1152	M	600	2:47:56	1903
1904	2019	2:51:31	Adam GRAY		Male	1153	M	601	2:47:47	1902
1905	2209	2:51:34	John RUTKOWSKI		Male	1154	M65+	21	2:47:21	1899
1906	1777	2:51:44	Paul PLATTEN	Werrington Joggers	Male	1155	M50	113	2:47:38	1901
1907	2332	2:51:47	Sarah FLETCHER		Female	752	F	461	2:50:10	1918
1908	3005	2:51:47	Rio SHERMAN		Female	753	F	462	2:48:37	1905
1909	2045	2:51:53	Helen SHEPHERD		Female	754	F	463	2:48:55	1907
1910	2322	2:52:03	Jo PLATTEN	Werrington Joggers	Female	755	F45	75	2:47:58	1904
1911	1857	2:52:18	Hayley ROBINSON		Female	756	F	464	2:48:58	1908
1912	2460	2:52:57	Sharon MAVROUDIS		Female	757	F40	137	2:49:15	1910
1913	2789	2:52:57	Thomas MAY		Male	1156	M	602	2:49:15	1909
1914	2279	2:53:21	Laura CORNWELL		Female	758	F45	76	2:50:35	1920
1915	2362	2:53:38	Nicola GODDARD		Female	759	F45	77	2:49:29	1912
1916	1263	2:53:41	Gordana SUCUR-HILLS		Female	760	F40	138	2:52:42	1934
1917	2153	2:53:41	Brooke CADWELL		Female	761	F	465	2:52:42	1933
1918	2070	2:53:50	Gemma SPARROW		Female	762	F	466	2:49:35	1913
1919	2486	2:53:53	Graham JACKSON		Male	1157	M50	114	2:49:52	1914
1920	2293	2:53:59	Louise CROUCH-READ		Female	763	F	467	2:50:11	1919
1921	2313	2:54:05	Anna LEWIS		Female	764	F40	139	2:49:56	1916
1922	2129	2:54:05	Kelley CHISMAN		Female	765	F	468	2:49:56	1915
1923	1869	2:54:17	Rita ROBBINS		Female	766	F45	78	2:50:46	1922
1924	692	2:54:18	Paul ROBBINS	Norwich Road Runners	Male	1158	M45	158	2:50:46	1923
1925	2037	2:54:54	Kathryn CAIRNCROSS		Female	767	F60	12	2:50:36	1921
1926	1926	2:54:55	Jen SMITH		Female	768	F	469	2:50:53	1924
1927	2435	2:54:55	Julia SNOWLING		Female	769	F	470	2:50:53	1925
1928	3009	2:55:12	Ramarao CHETLAPALLI		Male	1159	M55	67	2:51:08	1926
1929	2468	2:55:16	Sophie FRANKLIN		Female	770	F	471	2:51:25	1928
1930	2413	2:55:44	Helen FARMILOE		Female	771	F40	140	2:51:24	1927
1931	2236	2:55:51	Lucy SPINKS		Female	772	F	472	2:52:11	1930
1932	2253	2:55:51	Nicola DUNSDON		Female	773	F	473	2:52:12	1931
1933	2359	2:55:55	Amanda GRAY		Female	774	F60	13	2:53:09	1935
1934	271	2:55:59	David ABBS		Male	1160	M	603	2:53:35	1941
1935	2506	2:55:59	Emily BUXTON		Female	775	F	474	2:53:35	1942
1936	824	2:56:05	Suzy HORTH		Female	776	F40	141	2:53:32	1940
1937	1945	2:56:06	Michaela SELLORS		Female	777	F45	79	2:53:32	1939
1938	2278	2:56:13	Caroline FOSTER		Female	778	F55	21	2:54:10	1947
1939	2205	2:56:22	Stephanie WENN		Female	779	F	475	2:52:08	1929
1940	2247	2:56:30	Natasha BURR		Female	780	F	476	2:52:16	1932
1941	2504	2:56:48	James HARVEY		Male	1161	M	604	2:53:11	1936
1942	2503	2:56:49	Grace WALDEN		Female	781	F	477	2:53:11	1937
1943	2447	2:56:57	Bobby HIOM		Male	1162	M	605	2:53:53	1945
1944	704	2:57:22	Ibrahim LOUTFI		Male	1163	M	606	2:56:52	1961
1945	2425	2:57:29	Rosemary WALTERS		Female	782	F60	14	2:53:25	1938
1946	1160	2:57:38	Matthew MARTIN		Male	1164	M	607	2:55:25	1954
1947	2319	2:57:56	Charlotte PALMER		Female	783	F	478	2:53:58	1946
1948	1794	2:58:10	Paul BIRD	Bungay Black Dog RC	Male	1165	M50	115	2:53:44	1943
1949	2288	2:58:10	Emma YOUNGMAN	Bungay Black Dog RC	Female	784	F40	142	2:53:44	1944
1950	2118	2:58:12	Amy SHAWCROSS	Wymondham AC	Female	785	F	479	2:54:19	1948



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1951	2402	2:58:12	Jo SEDGLEY		Female	786	F40	143	2:55:01	1949
1952	2275	2:58:28	Derek FOSTER		Male	1166	M65+	22	2:56:25	1958
1953	1363	2:58:31	Phillip LAURIER	Lowestoft Road Runners	Male	1167	M65+	23	2:55:04	1951
1954	1420	2:58:43	Ian CROSS		Male	1168	M50	116	2:57:02	1962
1955	1419	2:58:43	Sam CROSS		Male	1169	M	608	2:57:02	1963
1956	2371	2:58:59	Tommy TAYLOR		Male	1170	M	609	2:55:15	1952
1957	2331	2:59:15	Elizabeth DUENAS		Female	787	F	480	2:55:02	1950
1958	1749	2:59:20	Oliver PHILPOTT		Male	1171	M	610	2:58:14	1968
1959	2267	2:59:38	Tim SCUTTER		Male	1172	M40	175	2:55:24	1953
1960	2266	3:00:07	Anthony STORY		Male	1173	M55	68	2:56:15	1957
1961	1921	3:00:17	Beatrice CUTTS		Female	788	F	481	2:56:03	1955
1962	1931	3:00:17	Elizabeth CUTTS		Female	789	F55	22	2:56:03	1956
1963	1589	3:00:24	Donald BRENTON		Male	1174	M65+	24	2:56:41	1960
1964	3014	3:00:32	James BUCHANAN		Male	1175	M	611	2:58:13	1967
1965	2358	3:00:35	Emily WILSON		Female	790	F	482	2:56:28	1959
1966	2455	3:00:37	Cindy NUNN		Female	791	F50	45	2:57:21	1965
1967	2500	3:01:04	Robert BRITTAIN		Male	1176	M65+	25	3:00:26	1981
1968	2221	3:01:16	Louisa BIRD		Female	792	F	483	2:57:19	1964
1969	2383	3:01:28	Rachel GALE		Female	793	F	484	2:58:06	1966
1970	2527	3:02:06	Claire TAYLOR		Female	794	F	485	3:00:02	1977
1971	2458	3:02:08	Louise FRAME		Female	795	F	486	2:58:53	1969
1972	925	3:02:12	Jenny SEYMOUR		Female	796	F	487	2:59:58	1975
1973	2054	3:02:54	Emma KENNEDY		Female	797	F	488	2:59:42	1974
1974	1997	3:02:54	Alex PLUMMER		Female	798	F	489	3:00:02	1978
1975	1971	3:02:58	Emily LEGGE		Female	799	F	490	2:59:14	1970
1976	2768	3:02:59	Nick WILLIAMS	Felixstowe RRC	Male	1177	M40	176	2:59:14	1971
1977	2431	3:03:43	Katherine PERKINS		Female	800	F	491	2:59:24	1972
1978	2250	3:03:43	Sarah WATTS	Diss & District AC	Female	801	F45	80	2:59:27	1973
1979	768	3:03:43	Terri READ		Female	802	F	492	3:00:13	1980
1980	2215	3:03:57	Anna MORLEY		Female	803	F45	81	3:00:02	1976
1981	2440	3:04:12	Katie WALSH		Female	804	F	493	3:00:47	1982
1982	1413	3:04:12	Melanie MANSON		Female	805	F40	144	3:01:05	1984
1983	2461	3:04:12	Vanessa MARSDEN	Werrington Joggers	Female	806	F	494	3:00:07	1979
1984	2483	3:04:49	Elizabeth CREED		Female	807	F	495	3:00:48	1983
1985	979	3:04:54	Justin MOWLE		Male	1178	M45	159	3:03:59	1986
1986	1980	3:04:54	Freddie TRUEMAN		Male	1179	M45	160	3:04:00	1987
1987	2482	3:07:27	Jonathan GOULT		Male	1180	M45	161	3:03:20	1985
1988	2753	3:08:44	Cherie THOMPSON		Female	808	F	496	3:04:30	1988
1989	2490	3:09:12	Lesley ROWE		Female	809	F50	46	3:04:50	1989
1990	2601	3:09:12	Bridget REASBECK		Female	810	F50	47	3:04:50	1990
1991	1929	3:09:12	Sarah LOADES		Female	811	F45	82	3:04:50	1992
1992	2491	3:09:12	Kevin ROWE		Male	1181	M60	24	3:04:50	1991
1993	2380	3:09:48	Megan WALBYOFF		Female	812	F	497	3:05:33	1993
1994	1981	3:10:09	Bethany NOBBS		Female	813	F	498	3:09:01	2003
1995	1963	3:10:09	Andrew NOBBS		Male	1182	M55	69	3:09:00	2002
1996	2384	3:10:20	Laura WALLER		Female	814	F	499	3:05:57	1994
1997	2534	3:10:42	Katherine MANN		Female	815	F	500	3:07:01	1995
1998	2685	3:11:01	Lucy UNDERWOOD		Female	816	F	501	3:08:25	1999
1999	871	3:11:01	Megan BAYNES		Female	817	F	502	3:08:25	2000
2000	2686	3:11:02	Lisa WILLIAMS		Female	818	F45	83	3:08:25	2001
2001	2337	3:11:31	Kieran SPOONER		Male	1183	M	612	3:10:32	2006
2002	2047	3:11:36	Hayley KNIGHT		Female	819	F	503	3:08:16	1997
2003	2409	3:11:38	Paul GRAYSON		Male	1184	M50	117	3:08:19	1998
2004	2291	3:12:19	Marian CONNOR	Werrington Joggers	Female	820	F65+	7	3:08:05	1996
2005	906	3:13:07	Jennifer PALLISTER		Female	821	F	504	3:10:08	2004
2006	1951	3:14:52	Richard PATERSON		Male	1185	M45	162	3:10:25	2005
2007	1660	3:15:53	Gareth WILLIAMS		Male	1186	M40	177	3:12:39	2009
2008	2508	3:15:53	Scott CARROLL		Male	1187	M	613	3:12:27	2008
2009	2519	3:15:56	Rebecca HUNT		Female	822	F40	145	3:11:40	2007
2010	1374	3:16:59	Teresa SIMONS		Female	823	F40	146	3:13:34	2010
2011	2161	3:16:59	Joanne MASON		Female	824	F45	84	3:13:35	2011
2012	2320	3:18:03	Danny LAWRENCE		Male	1188	M	614	3:17:46	2013
2013	2443	3:19:09	Rebekah BAINBRIDGE		Female	825	F	505	3:14:59	2012
2014	2363	3:27:32	Rachel BARNETT		Female	826	F45	85	3:23:36	2014
2015	2756	3:28:05	Sarah CUBITT		Female	827	F	506	3:24:25	2016
2016	2515	3:28:39	Ian PORTER		Male	1189	M45	163	3:24:22	2015