



Female

Pos.	Bib	Time	Name	Team
1	37	01:21:19	Mabel Beckett	City of Norwich AC
2	573	01:31:52	Ella Sharrock	
3	570	01:32:54	Felicity Quinn	North Norfolk Beach Runners
4	17	01:33:49	Sarah Peachey	Wymondham AC
5	12	01:34:12	Lorena Latisaite	Ryston Runners AC
6	16	01:34:39	Rose Waterman	Tri-Anglia TC
7	522	01:35:46	Hannah Bye	
8	42	01:37:35	Alice Rees	City of Norwich AC
9	580	01:38:24	Toyah Ward	
10	524	01:38:30	Harriet Carr	

Female 40+

Pos.	Bib	Time	Name	Team
1	11	01:32:47	Cat Cummings	Wymondham AC
2	13	01:33:14	Alexandra Smith	Wymondham AC
3	582	01:39:59	Emily Woodfield	Tri-Anglia TC
4	548	01:40:58	Caroline Houghton	Norwich Road Runners
5	1113	01:41:21	Stacey Harper	Norwich Road Runners
6	2226	01:42:50	Zoe Jones	Wymondham AC
7	546	01:46:59	Nicola Hill	Norwich Road Runners
8	1211	01:50:03	Alison Riches	
9	559	01:50:48	Rachel Matthews	
10	1186	01:52:58	Sarah Norman	Waveney Valley AC

Female 45+

Pos.	Bib	Time	Name	Team
1	571	01:35:06	Debbie Schwarz	West Norfolk AC
2	1277	01:37:49	Elly Young	Coltishall Jaguars RC
3	534	01:37:59	Theresa Dooley	Norfolk Gazelles RC
4	2193	01:38:57	Sharon Hurren	Wymondham AC
5	1257	01:47:25	Katrina Wastenev	West Norfolk AC
6	519	01:47:51	Karyn Bray	Bure Valley Harriers
7	1262	01:48:24	Melanie Widdows	
8	2218	01:49:56	Mary Gillings	
9	2250	01:52:13	Louise Holland	Wymondham AC
10	1221	01:54:25	Catherine Scott	

Female 50+

Pos.	Bib	Time	Name	Team
1	563	01:39:05	Helen Mian	Norfolk Gazelles RC
2	523	01:46:19	Lucy Campbell	
3	1102	01:46:29	Ruth Gaunt	Norwich Road Runners
4	1063	01:47:59	Julie Cooke	
5	1655	01:53:15	Debbie Powles	Norfolk Gazelles RC
6	1099	01:53:57	Catherine Garrod	
7	1185	01:54:50	Susan Nolan	
8	1068	01:55:43	Marian Crossland	
9	1062	01:58:58	Anneke Cook	Wymondham AC
10	1924	02:07:22	Sharon Jones	Coltishall Jaguars RC



Female 55+

Pos.	Bib	Time	Name	Team
1	1672	02:00:51	Bobbie Sauerzapf	Bungay Black Dog RC
2	1611	02:11:17	Deborah Kennedy	Basildon AC (Basildon)
3	1083	02:11:32	Jackie Eastaugh-King	Norwich Road Runners
4	1835	02:13:58	Louise Adamson	Waveney Valley AC
5	1138	02:22:09	Melanie Kippax	
6	2187	02:24:01	Judith Young	
7	1905	02:31:14	Gill Hak	
8	1946	02:32:39	Gillian Meigh	
9	2169	02:42:09	Sherry Lane	
10	2154	02:48:10	Lynne Dowdy	

Female 60+

Pos.	Bib	Time	Name	Team
1	536	01:48:17	Anne Ellen	Norfolk Gazelles RC
2	1041	01:58:52	Carol Betts	Norfolk Gazelles RC
3	2056	02:06:16	Valerie Goddard	
4	2077	02:27:46	Glenis Moore	
5	1636	02:39:16	Lynda Moore	Norwich Road Runners
6	2064	02:48:10	Ceridwen Howell	

Female 65+

Pos.	Bib	Time	Name	Team
1	1681	02:13:50	Sheila Smith	

Male

Pos.	Bib	Time	Name	Team
1	14	01:09:54	Ash Harrell	City of Norwich AC
2	7	01:13:50	Dominic Blake	Reepham Runners
3	99	01:17:14	Jack Gillick	Wymondham AC
4	146	01:19:30	Simon Partridge	Bure Valley Harriers
5	82	01:19:31	George Clements	
6	77	01:20:50	Steven Cannell	
7	183	01:21:15	Simon Wright	Norwich Road Runners
8	161	01:22:11	Jonathan Stockwell	
9	180	01:22:52	Nicholas Wittred	
10	231	01:23:19	Simon Bryant	

Male 40+

Pos.	Bib	Time	Name	Team
1	62	01:21:58	Neil Adams	North Norfolk Beach Runners
2	80	01:29:03	Sze-Ming Cheung	Norwich Road Runners
3	413	01:29:49	Mat Porter	Norwich Road Runners
4	144	01:32:25	Leigh Nobes	Reepham Runners
5	65	01:33:01	Nick Askham	Tri-Anglia TC
6	192	01:33:43	Vernon Anderson	
7	93	01:34:12	Steve Fields	
8	430	01:34:56	Stuart Rose	Dereham Runners AC
9	250	01:35:21	Stuart Coe	
10	416	01:35:48	Stephen Ramm	



Male 45+

Pos.	Bib	Time	Name	Team
1	8	01:17:52	Tim Topper	Wymondham AC
2	69	01:21:07	Nicholas Bensley	Ryston Runners AC
3	36	01:29:25	Mark Solway	City of Norwich AC
4	174	01:31:15	Neil Walpole	Norwich Road Runners
5	355	01:31:45	Paul Knights	
6	75	01:32:59	Jason Brunt	Norfolk Gazelles RC
7	501	01:33:54	Trevor Wood	
8	398	01:33:56	Mark Ogden	
9	439	01:34:28	Kevin Sadd	
10	455	01:34:50	Richard Smith	

Male 50+

Pos.	Bib	Time	Name	Team
1	101	01:23:48	Richard Hanson	
2	95	01:26:10	Mark Garrett	Norwich Road Runners
3	2195	01:27:17	Todd Lake	Dereham Runners AC
4	147	01:28:08	Matthew Pask	Norwich Road Runners
5	88	01:30:44	Andrew Dormer	Great Yarmouth Road Runners
6	31	01:30:51	Tim Angell	City of Norwich AC
7	136	01:31:06	Ian Moore	Wymondham AC
8	152	01:31:17	Stewart Robins	Ryston Runners AC
9	34	01:31:34	Peter Mahoney	City of Norwich AC
10	2317	01:32:54	Graham Johnson	Coltishall Jaguars RC

Male 55+

Pos.	Bib	Time	Name	Team
1	137	01:21:37	John Moore	Norfolk Gazelles RC
2	311	01:34:05	Gary Grand	Norwich Road Runners
3	203	01:37:06	Chris Barkway	
4	2325	01:38:29	Mark Griffin	
5	390	01:40:58	Robert McPherson	
6	859	01:41:47	Chris Murphy	
7	352	01:44:00	Dave King	
8	300	01:46:54	Steve Genders	
9	993	01:47:57	David Ward	
10	981	01:48:27	Steven Tuttle	

Male 60+

Pos.	Bib	Time	Name	Team
1	426	01:33:13	Colin Robilliard	Bure Valley Harriers
2	276	01:37:00	Terry Epps	Wymondham AC
3	488	01:40:22	Nigel Walsh	
4	112	01:41:20	Pete Johnson	Ryston Runners AC
5	1459	01:46:16	Anthiny Stephenson	
6	1449	01:47:41	Leslie Slater	
7	2249	01:48:34	Brian Spooner	
8	1428	01:48:59	Paul Richardson	Dereham Runners AC
9	2291	01:57:26	Jonathan Jones	
10	999	01:58:03	Tony Wenlock	Tri-Anglia TC



Male 65+

Pos.	Bib	Time	Name	Team
1	261	01:34:14	Stephen Dady	Wymondham AC
2	2308	01:59:05	Paul Anthony Choak	
3	314	02:01:40	Chris Groves	Tri Athletes TC
4	659	02:06:30	Mike Collins	
5	1456	02:06:40	Stewart South	
6	1410	02:09:50	Mike Ottley	Reepham Runners
7	1002	02:10:36	Iain White	
8	1404	02:32:13	Brian Moore	Norwich Road Runners
9	1730	02:40:27	Rod Barrett	