



## Female

Pos.	Bib	Time	Name	Team
1	37	01:21:19	Mabel Beckett	City of Norwich AC
2	528	01:28:51	Nancy Connolly	
3	573	01:31:52	Ella Sharrock	
4	570	01:32:54	Felicity Quinn	North Norfolk Beach Runners
5	17	01:33:49	Sarah Peachey	Wymondham AC
6	12	01:34:12	Lorena Latisaite	Ryston Runners AC
7	16	01:34:39	Rose Waterman	Tri-Anglia TC
8	522	01:35:46	Hannah Bye	
9	10	01:36:01	Kelly Crawford	Huntingdonshire AC
10	42	01:37:35	Alice Rees	City of Norwich AC

## Female 40+

Pos.	Bib	Time	Name	Team
1	4	01:25:17	Sarah Stradling	Colchester Harriers AC
2	11	01:32:47	Cat Cummings	Wymondham AC
3	13	01:33:14	Alexandra Smith	Wymondham AC
4	582	01:39:59	Emily Woodfield	Tri-Anglia TC
5	548	01:40:58	Caroline Houghton	Norwich Road Runners
6	1113	01:41:21	Stacey Harper	Norwich Road Runners
7	2226	01:42:50	Zoe Jones	Wymondham AC
8	2310	01:43:35	Zoe Catchpole	
9	546	01:46:59	Nicola Hill	Norwich Road Runners
10	1268	01:47:28	May Wong	

## 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	540	01:48:45	Clare Gleave	
9	2218	01:49:56	Mary Gillings	
10	2250	01:52:13	Louise Holland	Wymondham AC

## Female 50+

Pos.	Bib	Time	Name	Team
1	5	01:25:51	Philippa Taylor	Nene Valley Harriers
2	563	01:39:05	Helen Mian	Norfolk Gazelles RC
3	523	01:46:19	Lucy Campbell	
4	1102	01:46:29	Ruth Gaunt	Norwich Road Runners
5	1063	01:47:59	Julie Cooke	
6	515	01:50:52	Susan Aves	Springfield Striders RC
7	1655	01:53:15	Debbie Powles	Norfolk Gazelles RC
8	1099	01:53:57	Catherine Garrod	
9	1185	01:54:50	Susan Nolan	
10	1068	01:55:43	Marian Crossland	



## Female 55+

Pos.	Bib	Time	Name	Team
1	520	01:39:30	Claire Brown	Wymondham AC
2	574	01:43:59	Jenny Sheahan	
3	1207	01:56:58	Julie Read	
4	2258	01:58:25	Ruth Acworth	
5	1672	02:00:51	Bobbie Sauerzapf	Bungay Black Dog RC
6	1611	02:11:17	Deborah Kennedy	Basildon AC (Basildon)
7	1083	02:11:32	Jackie Eastaugh-King	Norwich Road Runners
8	2244	02:11:55	Feria Siblon	
9	1709	02:13:43	Denise West	
10	1835	02:13:58	Louise Adamson	Waveney Valley AC

## 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	1696	02:07:01	Patricia Tuttle	Waveney Valley AC
5	2265	02:20:58	Jayne Capps-Jenner	Bungay Black Dog RC
6	2077	02:27:46	Glenis Moore	
7	1636	02:39:16	Lynda Moore	Norwich Road Runners
8	2064	02:48:10	Ceridwen Howell	

## Female 65+

Pos.	Bib	Time	Name	Team
1	1681	02:13:50	Sheila Smith	
2	2079	02:38:55	Nina O? Brien	
3	2076	02:49:29	Caroline McIntosh	Newmarket Joggers

## Female 70+

Pos.	Bib	Time	Name	Team
1	2345	02:58:09	Adele Jones	

## 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	172	01:21:45	Paul Wain	Ipswich JAFFA RC
9	161	01:22:11	Jonathan Stockwell	
10	180	01:22:52	Nicholas Wittred	



## Male 40+

Pos.	Bib	Time	Name	Team
1	62	01:21:58	Neil Adams	North Norfolk Beach Runners
2	176	01:25:05	Robert Wapshott	Hallamshire Harriers Sheffield AC
3	134	01:27:18	Arron McKoy	Lowestoft Road Runners
4	305	01:27:45	Bob Glasgow	
5	80	01:29:03	Sze-Ming Cheung	Norwich Road Runners
6	509	01:29:07	Philip Wright	Bure Valley Harriers
7	413	01:29:49	Mat Porter	Norwich Road Runners
8	84	01:31:18	Lee Collins	Tri-Anglia TC
9	144	01:32:25	Leigh Nobes	Reepham Runners
10	65	01:33:01	Nick Askham	Tri-Anglia TC

## 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	252	01:28:16	Richard Coleman	
4	36	01:29:25	Mark Solway	City of Norwich AC
5	491	01:29:38	Stuart Weaver	Harwich Runners
6	174	01:31:15	Neil Walpole	Norwich Road Runners
7	240	01:31:25	Alberto Canepa	
8	355	01:31:45	Paul Knights	
9	75	01:32:59	Jason Brunt	Norfolk Gazelles RC
10	357	01:33:33	Artur Kuzminski	

## Male 50+

Pos.	Bib	Time	Name	Team
1	76	01:22:45	Wilfred Campbell	Ipswich JAFFA RC
2	101	01:23:48	Richard Hanson	
3	95	01:26:10	Mark Garrett	Norwich Road Runners
4	2195	01:27:17	Todd Lake	Dereham Runners AC
5	147	01:28:08	Matthew Pask	Norwich Road Runners
6	88	01:30:44	Andrew Dormer	Great Yarmouth Road Runners
7	31	01:30:51	Tim Angell	City of Norwich AC
8	136	01:31:06	Ian Moore	Wymondham AC
9	152	01:31:17	Stewart Robins	Ryston Runners AC
10	34	01:31:34	Peter Mahoney	City of Norwich AC

## Male 55+

Pos.	Bib	Time	Name	Team
1	137	01:21:37	John Moore	Norfolk Gazelles RC
2	106	01:27:55	Andrew Homerski	
3	117	01:31:00	Andy Keeler	
4	157	01:32:44	Bill Shively	York Postal Harriers
5	311	01:34:05	Gary Grand	Norwich Road Runners
6	203	01:37:06	Chris Barkway	
7	2325	01:38:29	Mark Griffin	
8	460	01:40:55	Chris Speakman	Tri-Anglia TC
9	390	01:40:58	Robert McPherson	
10	859	01:41:47	Chris Murphy	



## 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	268	01:38:11	Stephen Dunnett	
4	488	01:40:22	Nigel Walsh	
5	112	01:41:20	Pete Johnson	Ryston Runners AC
6	1459	01:46:16	Anthony Stephenson	
7	1449	01:47:41	Leslie Slater	
8	2249	01:48:34	Brian Spooner	
9	1428	01:48:59	Paul Richardson	Dereham Runners AC
10	2304	01:49:53	Paul Collins	

## Male 65+

Pos.	Bib	Time	Name	Team
1	261	01:34:14	Stephen Dady	Wymondham AC
2	230	01:53:03	Terry Brown	
3	2308	01:59:05	Paul Anthony Choak	
4	314	02:01:40	Chris Groves	Tri Athletes TC
5	992	02:02:42	Peter Wapshott	
6	905	02:05:53	Michael Roberts	Plymouth Harriers
7	659	02:06:30	Mike Collins	
8	1002	02:10:36	Iain White	
9	1404	02:32:13	Brian Moore	Norwich Road Runners
10	1782	02:40:42	Phillip Laurier	Lowestoft Road Runners

## Male 70+

Pos.	Bib	Time	Name	Team
1	1456	02:06:40	Stewart South	
2	1813	02:32:13	Dennis Smith	
3	1730	02:40:27	Rod Barrett	

## Male 75+

Pos.	Bib	Time	Name	Team
1	1410	02:09:50	M Ike Ottley	Reepham Runners