



Female 40+

Pos.	Bib	Time	Name	Team
1	28	01:24:35	Kathryn Mathias	City of Norwich AC
2	21	01:28:22	Cat Cummings	Wymondham AC
3	2498	01:30:09	Alexandra Smith	Wymondham AC
4	549	01:35:05	Deborah English	Norwich Road Runners
5	463	01:38:32	Kelly Wynn	
6	323	01:38:42	Anne Flanagan	Norwich Road Runners
7	436	01:38:57	Jane Hannah	Tri-Anglia TC
8	385	01:39:00	Nicola Hill	Norwich Road Runners
9	332	01:40:11	Rachel Matthews	
10	548	01:41:43	Zoe Jones	Wymondham AC

Female 45+

Pos.	Bib	Time	Name	Team
1	365	01:22:57	Jo Andrews	Bungay Black Dog RC
2	17	01:37:29	Theresa Dooley	Norfolk Gazelles RC
3	382	01:41:20	Karyn Bray	Bure Valley Harriers
4	305	01:43:52	Joanne Cox	Bungay Black Dog RC
5	344	01:44:56	Theresa Colby	Norwich Road Runners
6	1087	01:45:52	Gale Baxter	
7	696	01:46:12	Melanie Widdows	
8	492	01:46:48	Anita Mussett	Colchester Harriers AC
9	1245	01:47:12	Victoria Marlee	
10	868	01:50:04	Janice Coglin-Hibbert	Tri-Anglia TC

Female 50+

Pos.	Bib	Time	Name	Team
1	24	01:34:48	Polly Adams	Royal Manor of Portland AC
2	379	01:39:01	Gillian Leathers	St. Edmunds Pacers
3	545	01:39:23	Helen Mian	Norfolk Gazelles RC
4	1253	01:42:11	Helen Coutie	Horsforth Harriers
5	218	01:46:42	Ruth Gaunt	Norwich Road Runners
6	2472	01:50:10	Susan Nolan	
7	997	01:51:13	Hermione Houston	
8	1583	01:53:18	Sharon Jones	Coltishall Jaguars RC
9	1440	01:54:28	Tracey Renshaw	Wymondham AC
10	1186	01:55:16	Rebecca Clare	Woodbridge Shufflers RRC

Female 55+

Pos.	Bib	Time	Name	Team
1	495	01:38:21	Claire Brown	Wymondham AC
2	251	01:45:26	Julie Cooke	
3	1096	01:57:41	Judy Crooks	Norwich Road Runners
4	1044	01:58:54	Julie Read	
5	1732	01:59:23	Jackie Gooch	Coltishall Jaguars RC
6	807	02:01:38	Debbie Kennedy	
7	414	02:08:01	Philippa Rudd	Norwich Road Runners
8	1613	02:09:06	Margaret McCartney	
9	1656	02:12:53	Jan Totterdale	Dereham Runners AC
10	2045	02:13:28	Gill Hak	

Female 60+

Pos.	Bib	Time	Name	Team
1	584	01:46:43	Anne Ellen	Norfolk Gazelles RC
2	416	01:52:03	Alison Stewart	Norwich Road Runners
3	1290	01:52:16	Linda Cusack	Thetford AC
4	1512	01:58:33	Bobbie Sauerzapf	Bungay Black Dog RC
5	2421	02:01:02	Angie Bear	Wymondham AC
6	1156	02:01:05	Elaine Hudson	Norfolk Gazelles RC
7	1800	02:15:46	Debbie Anthistle	
8	2124	02:17:20	Teresa Solomon	
9	1630	02:19:35	Caroline Butcher	
10	1909	02:27:57	Ceridwen Howell	Runners-next-the-Sea



Female 65+

Pos.	Bib	Time	Name	Team
1	2497	01:57:57	Anne Graveling	
2	1446	02:14:27	Christine Thorne	North Norfolk Beach Runners
3	774	02:17:34	Sheila Smith	
4	2180	02:37:20	Nina O'brien	
5	1519	02:44:21	Roberta Manners	
6	2294	02:48:56	Vivien Laglbauer	

Female 70+

Pos.	Bib	Time	Name	Team
1	1361	02:23:40	Lesley Oliver	
2	2458	02:32:00	Jennifer Rowley	

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Pos.	Bib	Time	Name	Team
1	1	01:20:09	Mabel Beckett	City of Norwich AC
2	2508	01:21:28	Samantha Lines	Waveney Valley AC
3	23	01:22:48	Kate Drew	Taunton AC
4	2513	01:26:34	Leanne Finch	City of Norwich AC
5	210	01:29:22	Sophie Rock	
6	2484	01:31:39	Alice Rees	City of Norwich AC
7	568	01:33:07	Toyah Ward	
8	37	01:34:09	Harriet Carr	City of Norwich AC
9	415	01:35:46	Wendy Clark	Shenley Striders
10	718	01:35:48	Natasha Davis	

Male 40+

Pos.	Bib	Time	Name	Team
1	2392	01:12:53	Dominic Blake	Reepham Runners
2	12	01:17:07	James Johnson	Norwich Road Runners
3	72	01:18:01	Mitchell Dann	Cambridge Harriers
4	2395	01:18:53	Matt Hunt	Woodbridge Shufflers RRC
5	142	01:19:42	Neil Adams	North Norfolk Beach Runners
6	166	01:20:20	Trevor Gannon	Norwich Road Runners
7	78	01:21:03	Nico Drinkwater	
8	84	01:21:20	Marc Coles	Norwich Road Runners
9	116	01:23:10	Alex Mason	Delamere Spartans
10	117	01:24:52	Robert Wapshott	Hallamshire Harriers Sheffield AC

Male 45+

Pos.	Bib	Time	Name	Team
1	2488	01:18:52	Carl Baker	
2	171	01:22:09	Darren Honour	
3	136	01:22:42	Chris Bullock	Norwich Road Runners
4	131	01:24:03	John Fagan	North Norfolk Beach Runners
5	91	01:24:08	David Houghton	Norwich Road Runners
6	56	01:27:16	Alan Reynolds	
7	132	01:27:33	Neil Walpole	Norwich Road Runners
8	175	01:27:52	Ian Bailey	
9	76	01:27:55	Martin Flanagan	
10	138	01:28:21	Michael Waterson	

Male 50+

Pos.	Bib	Time	Name	Team
1	127	01:26:20	Mark Clues	Tri-Anglia TC
2	2407	01:27:31	Bobby Abraham	
3	375	01:27:55	David Smith	
4	141	01:28:36	Wilfred Campbe	Ipswich JAFFA RC
5	74	01:29:08	Richard Hanson	
6	482	01:31:10	Michael Quantrell	Waveney Valley AC
7	552	01:32:50	Roger Steggles	
8	359	01:33:55	Paul Smith	Norwich Road Runners
9	355	01:36:43	Martin Doherty	Norfolk Gazelles RC



Male 55+

Pos.	Bib	Time	Name	Team
1	112	01:21:08	John Moore	Norfolk Gazelles RC
2	152	01:24:06	Torben Jessen	Folkestone Running Club
3	2379	01:27:26	Mark Garrett	Norwich Road Runners
4	124	01:30:02	Tim Angell	City of Norwich AC
5	2373	01:35:53	Tim Wigley	Bourne Town Harriers
6	386	01:37:36	James Pritchard	
7	1105	01:38:11	Tim Cherrett	Framlingham Flyers
8	310	01:38:28	Chris Chorley	Bungay Black Dog RC
9	349	01:39:21	David Allen	
10	529	01:40:23	Andy Rowles	Dereham Runners AC

Male 60+

Pos.	Bib	Time	Name	Team
1	483	01:38:43	Wayne Freeman	
2	122	01:39:32	Peter Martin	
3	221	01:41:31	Paul Richardson	Dereham Runners AC
4	511	01:42:25	Eric Morgan	
5	1062	01:42:58	John Lee	Tri-Anglia TC
6	2416	01:46:52	Tony Wenlock	
7	2368	01:48:22	Brian Spooner	
8	969	01:51:03	Martin Brigden	
9	812	01:53:01	Pete Goddard	
10	922	01:53:29	Denis Tuttle	

Male 65+

Pos.	Bib	Time	Name	Team
1	1204	01:47:27	Brian Charlesworth	
2	521	01:53:03	Paul Choak	
3	971	01:54:21	Martin Howard	Norwich Road Runners
4	1997	02:09:42	Derek Sadler	North Norfolk Beach Runners
5	1400	02:10:48	Nigel Bullen	Norfolk Gazelles RC
6	885	02:10:55	Mike Roberts	Plymouth Harriers
7	1016	02:12:51	Peter Wapshott	
8	1372	02:24:36	Jeremy Sinclair	
9	1910	02:27:09	Chris Palmer	Runners-next-the-Sea
10	1368	02:41:20	John Rutkowski	

Male 70+

Pos.	Bib	Time	Name	Team
1	1317	02:27:07	David Field	Norwich Road Runners
2	2030	02:27:56	Stephen Shirley	
3	2130	02:28:29	Matthew Seal	Hyde Park Harriers
4	1926	02:45:21	Phillip Laurier	Lowestoft Road Runners
5	2163	02:45:53	Rod Barrett	

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Pos.	Bib	Time	Name	Team
1	2	01:07:41	Piers Arnold	City of Norwich AC
2	2489	01:14:29	Matt Spencer	Bungay Black Dog RC
3	137	01:15:33	Jonathan Stockwell	
4	178	01:15:37	Peter Harvey	Wymondham AC
5	165	01:15:39	Callum Simpson	
6	147	01:15:39	Daniel Simmons	
7	115	01:18:17	John Hudson	Norwich Road Runners
8	2386	01:19:10	Stephen Gibbs	City of Norwich AC
9	135	01:19:42	Craig Davidson	Wakefield District Harriers & AC
10	6	01:19:52	Chris Mickleburgh	Bure Valley Harriers