

Female 40+

Pos.	Bib	Time	Name	Team
1	15	01:28:08	Cat Cummings	City of Norwich AC
2	113	01:29:25	Lindy-Lee Folscher	Epsom Oddballs RC
3	1019	01:43:56	Kate Gooding	Wymondham AC
4	318	01:44:37	Anne Flanagan	Norwich Road Runners
5	2031	01:45:34	Caroline Youngman	
6	1108	01:47:12	Anna Kocinska	
7	804	01:51:14	Deborah English	Norwich Road Runners
8	1162	01:52:20	Laura Moorhouse	
9	1119	01:53:01	Charlie Lewington-Bracey	
10	267	01:54:16	Frances Cooke	Norwich Road Runners

Female 45+

Pos.	Bib	Time	Name	Team
1	12	01:28:31	Jo Andrews	Bungay Black Dog RC
2	189	01:35:52	Alexandra Smith	Wymondham AC
3	354	01:42:47	Nicola Hill	Norwich Road Runners
4	208	01:48:23	Tara Adams	Great Yarmouth Road Runners
5	555	01:51:36	Rachel Matthews	
6	1273	01:52:55	Paula Smith	Runners-next-the-Sea
7	1208	01:53:28	Angela Perkins	
8	1084	01:57:29	Jane Hutchinson	
9	1283	02:01:57	Anna Stevenson	Lonely Goats RC
10	1731	02:03:14	Sarah Nelis	Wymondham AC

Female 50+

Pos.	Bib	Time	Name	Team
1	1502	01:58:48	Melanie Widdows	Lonely Goats RC
2	1265	01:59:53	Jo Silver	
3	1017	02:01:02	Maria Goodby	Bungay Black Dog RC
4	1076	02:03:54	Rebecca Hughes	100 Marathon Club
5	2239	02:04:05	Bridget Daynes	
6	1563	02:04:56	Louise Busby	
7	1611	02:05:21	Clare Elkins	
8	1094	02:08:52	Emily Jordan	Norwich Road Runners
9	1637	02:09:33	Maggie Godfrey	Waveney Valley AC
10	1687	02:09:49	Wendy Kellett	Ipswich JAFFA RC

Female 55+

Pos.	Bib	Time	Name	Team
1	596	01:44:15	Angela Ransome	Lonely Goats RC
2	765	01:46:32	Anna Coulborn	Great Yarmouth Road Runners
3	2048	01:58:22	Dianne Bird	Aylsham Runners
4	1306	02:02:20	Chris Tuttle	
5	1290	02:07:20	Christine Taylor	Haverhill RC
6	1104	02:11:01	Tomoko Kikuchi	Fulham Running Club
7	1832	02:29:47	Jan Totterdale	Dereham Runners AC
8	1590	02:33:47	Sue Daly	
9	1532	02:35:21	Julie Askem	Lonely Goats RC
10	1668	02:36:19	Jan Holmes	Newmarket Joggers

Female 60+

Pos.	Bib	Time	Name	Team
1	768	01:55:26	Sally Crockett	
2	1517	01:55:59	Jane Yardy	
3	1771	01:58:14	Sandra Roberts	Ipswich JAFFA RC
4	1253	02:00:34	Bobbie Sauerzapf	Bungay Black Dog RC
5	1602	02:07:03	Julie Dilrew	
6	1581	02:15:37	Alison Cooper	Waveney Valley AC
7	932	02:29:12	Jen Rotella	
8	2122	02:45:04	Ceridwen Howell	Runners-next-the-Sea

Female 65+

Pos.	Bib	Time	Name	Team
1	770	02:15:26	Linda Cusack	Thetford AC
2	1718	02:26:32	Susan Moore	Norfolk Gazelles RC

Female 70+

Pos.	Bib	Time	Name	Team
1	2259	03:12:29	Nina O'Á'brien	

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Pos.	Bib	Time	Name	Team
1	11	01:16:31	Natasha Cockram	
2	14	01:21:09	Mabel Beckett	City of Norwich AC
3	16	01:23:21	Alicia Lacey	Norwich Road Runners
4	111	01:23:53	Leanne Finch	
5	17	01:27:39	Dani Nimmock	City of Norwich AC
6	132	01:29:39	Georgia Humphreys	Ipswich JAFFA RC
7	69	01:29:56	Katie Austin	Ipswich JAFFA RC
8	1335	01:31:10	Meghan Grange	
9	66	01:33:13	Rosanna Andrews	Rugby & Northampton AC
10	52	01:36:34	Harriet Carr	

Male 40+

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1	2	01:16:56	Dominic Blake	Reepham Runners
2	7	01:21:56	James Johnson	Highgate Harriers
3	114	01:24:24	James Fowler	Norfolk Gazelles RC
4	135	01:25:53	John Jacobs	Tri-Anglia TC
5	192	01:26:04	Gareth Stevens	
6	142	01:26:42	Trevor Kuhrt	Norwich Road Runners
7	146	01:27:45	Alastair Leckie	Norwich Road Runners
8	127	01:29:53	Nick Hood	
9	76	01:30:08	Phillip Bettinson	
10	664	01:32:24	Ewan Winzor-Saile	

Male 45+

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1	59	01:14:49	Kevin Holland	Wymondham AC
2	55	01:20:10	Adam Baker	Orion Harriers
3	108	01:20:27	Simon English	Vegan Runners
4	201	01:23:09	Billy Wheeler	Lonely Goats RC
5	91	01:25:11	Matthew Collier	Norfolk Gazelles RC
6	71	01:25:39	Mark Banfield	Wymondham AC
7	202	01:28:02	Jon Wiles	Bungay Black Dog RC
8	143	01:28:11	Bhaskar Kumar	Bure Valley Harriers
9	347	01:28:39	Richard Hayes	
10	86	01:29:31	Marcus Catlin	Ipswich JAFFA RC

Male 50+

Pos.	Bib	Time	Name	Team
1	64	01:19:40	Mark Allen	Ipswich JAFFA RC
2	128	01:27:38	David Houghton	Wymondham AC
3	291	01:29:09	Joao Diogo	Queens Park Harriers
4	165	01:29:10	Paul Oakley	Horsham Joggers
5	102	01:30:35	Andrew Dormer	Great Yarmouth Road Runners
6	282	01:33:53	Richard Dade	Wymondham AC
7	293	01:34:15	Martin Doherty	Norfolk Gazelles RC
8	571	01:35:26	Mark Ogden	
9	835	01:37:58	Matthew King	
10	180	01:39:44	Alan Reynolds	

Male 55+

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1	586	01:29:20	Anthony Pooley	
2	323	01:34:24	Kevin Frazer	Wymondham AC
3	272	01:34:42	Mick Courtney	Dunstable RRC
4	264	01:38:37	Shaun Conway	
5	51	01:38:39	Tim Angell	City of Norwich AC
6	521	01:39:26	Mark Jones	
7	551	01:39:31	Adrian Martin	Norfolk Gazelles RC
8	198	01:39:43	Paul Todd	
9	214	01:41:48	Philip Allcock	
10	581	01:42:30	Martin Perry	

Male 60+

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1	161	01:23:20	John Moore	Norfolk Gazelles RC
2	309	01:37:01	Bob Empson	Fulham Running Club
3	616	01:50:58	Guy Shearwood	Norwich Road Runners
4	519	01:56:01	Kevin Johnston	
5	1136	01:58:15	Adrian Mann	
6	1304	01:58:18	Steven Tuttle	Lonely Goats RC
7	722	02:01:01	Nigel Bradley	Wymondham AC
8	1587	02:01:02	Geoffrey Curran	
9	1521	02:18:29	Tony Adolphus	Ipswich JAFFA RC
10	1776	02:20:33	Adrian Rutterford	

Male 65+

Pos.	Bib	Time	Name	Team
1	218	01:37:40	Tobias Arnup	Norfolk Gazelles RC
2	283	01:40:10	Stephen Dady	Wymondham AC
3	328	01:57:30	Pete Goddard	
4	1222	01:57:30	Clive Purbrook	Newmarket Joggers
5	1069	01:58:25	Martin Howard	Norwich Road Runners
6	738	01:58:55	Mik Carr	Bungay Black Dog RC
7	1829	01:59:20	Paul Thynne	
8	253	02:11:24	Paul Choak	
9	1748	02:12:58	Bob Paul	Bungay Black Dog RC
10	1338	02:14:02	Dave Goode	

Male 70+

Pos.	Bib	Time	Name	Team
1	1160	01:59:13	Seb Moore	Runners-next-the-Sea
2	1238	02:03:58	Hugh Roberts	Bungay Black Dog RC
3	2007	02:07:03	Peter Wapshott	
4	1531	02:10:51	Robin Ashe	Bungay Black Dog RC
5	1647	02:17:51	Chris Groves	Tri-Anglia TC

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Pos.	Bib	Time	Name	Team
1	8	01:08:30	Norman Shreeve	Cambridge & Coleridge AC
2	4	01:09:34	Ash Harrell	Highgate Harriers
3	5	01:10:43	James Hoad	Thames Hare & Hounds
4	60	01:14:53	Zac Jeps	
5	130	01:17:09	John Hudson	Norwich Road Runners
6	6	01:18:02	Stu Huntington	City of Norwich AC
7	63	01:18:14	Andrew Thomas	
8	56	01:19:10	Kim Bowling	Aldershot Farnham & District AC
9	62	01:19:26	Daniel Simmons	Tri-Anglia TC
10	112	01:19:41	Axel Finke	Cambridge & Coleridge AC