



Run Norwich 10K 30 August 2015



Official results

Place	Name	Team	Bib No	Age	Age Group Place	Chip Time	Gun Time	Gender
1	Nick Earl	City of Norwich AC	189	30	1 M 1-39	31:28	31:29	M
2	Ben Russell	Norwich Road Runners	517	25	2 M 1-39	31:34	31:34	M
3	Adrian Mussett	Colchester Harriers AC	3819	43	1 M 40-44	32:11	32:11	M
4	Piers Arnold	City of Norwich AC	18	26	3 M 1-39	33:01	33:01	M
5	Tom Hook	City of Norwich AC	298	20	4 M 1-39	33:05	33:06	M
6	Dominic Blake	Reepham Runners	66	37	5 M 1-39	33:18	33:18	M
7	Michael Eccles	Norfolk Gazelles AC	193	35	6 M 1-39	33:46	33:46	M
8	Stanley Collins	Great Yarmouth & District AC	144	17	7 M 1-39	34:12	34:13	M
9	Daniel Middleton	Norwich Road Runners	399	33	8 M 1-39	34:23	34:23	M
10	James Senior	City of Norwich AC	526	23	9 M 1-39	34:33	34:33	M
11	Theo Passmore	Ipswich Harriers	454	17	10 M 1-39	34:36	34:37	M
12	Michal Wegrzyn		612	33	11 M 1-39	34:36	34:37	M
13	Dominic Oliver	City of Norwich AC	442	19	12 M 1-39	35:07	35:09	M
14	Callum Stanforth	Ryston Runners	560	25	13 M 1-39	35:31	35:33	M
15	Tim Lawrence	Kent AC	358	34	14 M 1-39	35:40	35:40	M
16	Kevin Holland		293	39	15 M 1-39	35:41	35:41	M
17	Daniel Rock	Ryston Runners	505	33	16 M 1-39	35:41	35:43	M
18	Tracy Barlow	Thames Valley Harriers	35	30	1 F 1-39	35:46	35:46	F
19	Nathan Risbey	North Norfolk Beach Runners	497	32	17 M 1-39	35:53	35:55	M
20	Logan Smith	Dereham Runners & AC	550	17	18 M 1-39	36:01	36:03	M
21	Johnny Lee		364	28	19 M 1-39	36:02	36:03	M
22	George Bowen	City of Norwich AC	81	17	20 M 1-39	36:03	36:04	M
23	John Birch		62	27	21 M 1-39	36:04	36:05	M
24	Jack Gillick	Wymondham AC	240	27	22 M 1-39	36:13	36:13	M
25	George Gay	City of Norwich AC	233	20	23 M 1-39	36:14	36:16	M
26	Richard Heath	Havering AC	287	41	2 M 40-44	35:46	36:18	M
27	Samuel Coyne	Bure Valley Harriers	155	22	24 M 1-39	36:12	36:19	M
28	James Bowen	City of Norwich AC	80	17	25 M 1-39	36:23	36:25	M
29	David Bettinson		59	42	3 M 40-44	36:24	36:26	M
30	Simon English	Norwich Road Runners	201	41	4 M 40-44	36:24	36:27	M
31	Adam Craske	City of Norwich AC	158	28	26 M 1-39	36:26	36:28	M
32	Matt Ellis	City of Norwich AC	197	37	27 M 1-39	36:28	36:28	M
33	Charlie Parr	City of Norwich AC	450	24	28 M 1-39	36:32	36:34	M
34	Lawrence Wade	Bure Valley Harriers	596	41	5 M 40-44	36:33	36:34	M
35	Richard Johnson	Norwich Road Runners	330	39	29 M 1-39	36:31	36:34	M
36	Bruce Beckett	City of Norwich AC	51	18	30 M 1-39	36:32	36:35	M
37	Sarah Stradling	Colchester Harriers AC	3820	40	1 F 40-44	36:34	36:36	F
38	Tony Witmond	North Norfolk Beach Runners	632	47	1 M 45-49	36:45	36:48	M
39	Paul Blazey	Norwich Road Runners	69	29	31 M 1-39	36:59	36:59	M
40	Martin Hewetson	Bure Valley Harriers	289	41	6 M 40-44	37:01	37:03	M
41	Steven Hayes	Deestriders AC	284	39	32 M 1-39	37:11	37:11	M
42	John Moore	Norfolk Gazelles AC	411	55	1 M 55-59	37:13	37:17	M
43	Danielle Nimmock	City of Norwich AC	427	25	2 F 1-39	37:19	37:21	F
44	Kristin Barnard	Wymondham AC	36	40	7 M 40-44	37:21	37:23	M
45	Martin Gray		254	41	8 M 40-44	37:20	37:23	M
46	Rob Skinn		542	40	9 M 40-44	37:19	37:24	M
47	Ashley Waterson	City of Norwich AC	608	17	33 M 1-39	37:21	37:26	M
48	Marc Dunn		185	28	34 M 1-39	37:26	37:27	M
49	Stephen Nicholls	City of Norwich AC	425	40	10 M 40-44	37:27	37:30	M
50	Marcus Sladden	Bungay Black Dog RC	544	20	35 M 1-39	37:28	37:32	M
51	Steve Claxton	Poole Runners	137	39	36 M 1-39	37:34	37:36	M
52	Will Bamber		28	30	37 M 1-39	37:34	37:40	M
53	Philippa Taylor	Nene Valley Harriers	579	48	1 F 45-49	37:39	37:41	F
54	Steve Rolfe	Norfolk Gazelles AC	511	59	2 M 55-59	37:42	37:42	M
55	John Hudson	Norwich Road Runners	304	33	38 M 1-39	38:04	38:04	M
56	Michael Savvas		524	33	39 M 1-39	38:02	38:08	M
57	Edward Foster	City of Norwich AC	217	18	40 M 1-39	38:09	38:11	M
58	Chris Haylock	Lowestoft Road Runners	285	43	11 M 40-44	38:08	38:14	M
59	Jamie Conyard		1076	28	41 M 1-39	37:52	38:21	M
60	Charlotte Rose	City of Norwich AC	512	34	3 F 1-39	38:21	38:22	F
61	Steven Cannell	Bure Valley Harriers	114	27	42 M 1-39	38:24	38:24	M
62	Frazer Heasman	Bure Valley Harriers	286	22	43 M 1-39	38:25	38:25	M
63	David Riley		495	31	44 M 1-39	38:28	38:28	M
64	Carl Goose	Bure Valley Harriers	248	29	45 M 1-39	38:32	38:32	M
65	Simon Partridge		452	34	46 M 1-39	38:17	38:36	M
66	Mark Garrett	Norwich Road Runners	230	52	1 M 50-54	38:39	38:39	M
67	Sam Russell	Wymondham AC	516	27	47 M 1-39	38:40	38:41	M
68	Daniel Tarr		577	38	48 M 1-39	38:39	38:42	M
69	Rebecca Ferris		211	22	4 F 1-39	38:46	38:47	F
70	Lee Sadler		518	37	49 M 1-39	38:45	38:49	M
71	Jonathan Stockwell		566	35	50 M 1-39	38:26	38:49	M
72	Richard Hanson	Tri-Anglia Triathlon Club	271	51	2 M 50-54	38:40	38:51	M
73	Jan Kaiser		335	41	12 M 40-44	38:49	38:54	M
74	Tom Bamford		29	30	51 M 1-39	38:51	39:00	M
75	Shaun Webb	Reepham Runners	610	41	13 M 40-44	38:56	39:01	M
76	Sam Royle		515	26	52 M 1-39	39:02	39:02	M
77	Charlie Gauvain		232	43	14 M 40-44	39:04	39:04	M
78	James Baggott	Guildford & Godalming AC	24	34	53 M 1-39	39:03	39:07	M
79	Will Law	Ipswich Jaffa RC	357	28	54 M 1-39	39:02	39:07	M
80	Craig Speirs		557	38	55 M 1-39	39:05	39:08	M
81	Mark Shearing	Tri-Anglia Triathlon Club	535	37	56 M 1-39	39:08	39:13	M

82	Mark Clues	Tri-Anglia Triathlon Club	138	47	2 M 45-49	39:07	39:21	M
83	James Beadle	Reepham Runners	45	37	57 M 1-39	39:17	39:23	M
84	Robert Warwicker	Tri-Anglia Triathlon Club	605	44	15 M 40-44	39:14	39:25	M
85	John Drewry		182	50	3 M 50-54	39:20	39:27	M
86	Chris Scott		525	39	58 M 1-39	39:25	39:30	M
87	Richard Hayes		283	42	16 M 40-44	39:35	39:35	M
88	Paul Higham	Norwich Road Runners	290	32	59 M 1-39	39:32	39:35	M
89	John Jacobs	Tri-Anglia Triathlon Club	320	37	60 M 1-39	39:36	39:36	M
90	Ian Bray		89	32	61 M 1-39	39:28	39:37	M
91	Will McMorris		392	37	62 M 1-39	39:34	39:38	M
92	Dominic Doggett		175	22	63 M 1-39	39:35	39:41	M
93	James Chapman	Tri-Anglia Triathlon Club	313	23	64 M 1-39	39:39	39:42	M
94	Stu Barnard	Wymondham AC	37	39	65 M 1-39	39:41	39:45	M
95	Andrew Wright	Tamworth AC	635	49	3 M 45-49	39:43	39:49	M
96	Matt Philpot		461	30	66 M 1-39	39:44	39:50	M
97	Mathew Webb		611	17	67 M 1-39	39:43	39:52	M
98	Marc Coles		141	39	68 M 1-39	39:47	39:53	M
99	Nick Pullen		474	27	69 M 1-39	39:50	39:56	M
100	Alistair Shearer		534	30	70 M 1-39	39:50	39:58	M
101	Chris Bullock		102	41	17 M 40-44	39:51	39:59	M
102	Adrian Hall		267	51	4 M 50-54	40:01	40:05	M
103	Sarah Baxter	Team Bath Athletics Club	41	37	5 F 1-39	39:51	40:07	F
104	Robert Fairbanks	Royton Road Runners	206	37	71 M 1-39	40:02	40:07	M
105	Jason Brunt	Norfolk Gazelles AC	97	42	18 M 40-44	40:09	40:12	M
106	Tony Brain		88	55	3 M 55-59	40:00	40:13	M
107	Thomas Williams		623	24	72 M 1-39	39:58	40:13	M
108	Anthony Cude		162	40	19 M 40-44	40:04	40:14	M
109	Kim Lo	Haywards Heath Harriers	372	35	6 F 1-39	40:06	40:14	F
110	Phil Whiting	Norfolk Gazelles AC	618	41	20 M 40-44	40:14	40:15	M
111	Marc Evans	Great Yarmouth Road Runners	203	36	73 M 1-39	40:07	40:19	M
112	Joe Denton	Harling Athletic Club	171	44	21 M 40-44	40:11	40:19	M
113	Simon Darvell		167	28	74 M 1-39	40:17	40:20	M
114	David Solomon	Felixstowe RRC	554	48	4 M 45-49	40:10	40:20	M
115	Sean Chambers	West Norfolk AC	126	40	22 M 40-44	40:13	40:21	M
116	Robert Wapshott		602	37	75 M 1-39	40:21	40:21	M
117	Karl Walker	Norfolk Gazelles AC	597	43	23 M 40-44	40:23	40:23	M
118	Martin Lehane		368	36	76 M 1-39	40:12	40:24	M
119	Craig Rogers	Dereham Runners & AC	509	38	77 M 1-39	40:17	40:25	M
120	Nathaniel Taylor	Nene Valley Harriers	578	16	78 M 1-39	40:23	40:25	M
121	Jon Wiles	Bungay Black Dog RC	621	43	24 M 40-44	40:21	40:26	M
122	Ben Jackson	Bungay Black Dog RC	319	38	79 M 1-39	40:18	40:27	M
123	Peter Rogers	Waveney Valley AC	510	39	80 M 1-39	40:25	40:27	M
124	Raphael Sanelli	Tri-Anglia Triathlon Club	521	44	25 M 40-44	40:28	40:28	M
125	Christopher Mickleburgh	Norwich Road Runners	398	26	81 M 1-39	40:21	40:28	M
126	Joseph Kaye		336	25	82 M 1-39	40:24	40:29	M
127	Paul Martin	Norwich Road Runners	384	38	83 M 1-39	40:29	40:29	M
128	Ian Moore	Wymondham AC	412	48	5 M 45-49	40:24	40:30	M
129	Robert Ward		604	30	84 M 1-39	40:25	40:31	M
130	Emma Patel	North Norfolk Beach Runners	455	34	7 F 1-39	40:34	40:35	F
131	Duncan Cardwell	Tri-Anglia Triathlon Club	116	44	26 M 40-44	40:30	40:39	M
132	Nicky Alford	City of Norwich AC	8	34	8 F 1-39	40:39	40:40	F
133	David Tandy	Norwich Road Runners	576	45	6 M 45-49	40:36	40:42	M
134	Matthew Plane		462	23	85 M 1-39	40:30	40:43	M
135	Jonathon Causton		121	31	86 M 1-39	40:44	40:44	M
136	Ashley Dennett	City of Norwich AC	170	18	87 M 1-39	40:36	40:45	M
137	Paul Cody		139	29	88 M 1-39	40:33	40:46	M
138	Gareth Hunt	Ryston Runners	308	24	89 M 1-39	40:40	40:47	M
139	Rose Waterman	Tri-Anglia Triathlon Club	607	33	9 F 1-39	40:40	40:48	F
140	Dan Claffin		133	32	90 M 1-39	40:41	40:49	M
141	Sophie Rock		506	19	10 F 1-39	40:50	40:54	F
142	Mark Banfield		31	42	27 M 40-44	40:38	40:54	M
143	Liam Carr		117	19	91 M 1-39	40:49	40:58	M
144	Ian Haigh		262	30	92 M 1-39	40:37	40:58	M
145	Thomas Betts		60	28	93 M 1-39	40:59	40:59	M
146	Martin Sheldrick	Ryston Runners	536	45	7 M 45-49	40:49	41:05	M
147	Daniel Gardiner	Bungay Black Dog RC	227	45	8 M 45-49	41:01	41:05	M
148	Andy Keeler		337	53	5 M 50-54	40:57	41:07	M
149	Sean Robson	North Norfolk Beach Runners	504	47	9 M 45-49	41:05	41:09	M
150	Jo Andrews	Bungay Black Dog RC	16	42	2 F 40-44	40:59	41:09	F
151	Paul Williams		624	45	10 M 45-49	41:09	41:10	M
152	Tom Buckham		99	34	94 M 1-39	41:02	41:11	M
153	Leigh Butcher	Lowestoft Road Runners	107	33	95 M 1-39	41:06	41:11	M
154	Matthew Stone	Bure Valley Harriers	568	44	28 M 40-44	40:51	41:12	M
155	Tim Ford		216	36	96 M 1-39	41:05	41:17	M
156	Amy Beck	Norwich Road Runners	49	33	11 F 1-39	40:59	41:21	F
157	John Swindells		574	41	29 M 40-44	41:25	41:25	M
158	Sam Wenham		616	29	97 M 1-39	41:06	41:25	M
159	Graham Watering	Norwich Road Runners	606	42	30 M 40-44	41:25	41:27	M
160	Will Layton		359	30	98 M 1-39	41:12	41:28	M
161	Alex Blakely		67	22	99 M 1-39	41:25	41:33	M
162	Mark Solway	City of Norwich AC	555	47	11 M 45-49	41:28	41:34	M
163	Gary Andrews		15	46	12 M 45-49	41:37	41:37	M
164	Ben Churchman	Diss and District AC	132	31	100 M 1-39	41:28	41:38	M
165	Duncan Samwell	Tri-Anglia Triathlon Club	520	39	101 M 1-39	41:24	41:38	M
166	Daniel Simmons		538	30	102 M 1-39	41:25	41:40	M
167	Michael Armes	Norwich Road Runners	17	50	6 M 50-54	41:18	41:41	M
168	Stephen Moseley	Norwich Road Runners	415	48	13 M 45-49	41:36	41:42	M
169	Paul Smith	Norwich Road Runners	546	47	14 M 45-49	41:33	41:43	M
170	Simon Baxter		42	32	103 M 1-39	41:29	41:45	M
171	Matthew Pask	Wymondham AC	453	48	15 M 45-49	41:38	41:48	M
172	Stephen Benson		56	46	16 M 45-49	41:39	41:48	M
173	Nick Hood		297	38	104 M 1-39	41:24	41:50	M
174	Anthony Buckley		923	20	105 M 1-39	41:21	41:51	M
175	Westley Walker		598	37	106 M 1-39	41:43	41:55	M
176	Jason Neale		418	20	107 M 1-39	40:56	41:56	M
177	Stewart Robins	Ryston Runners	503	48	17 M 45-49	41:42	41:57	M
178	Richard Doyle		181	36	108 M 1-39	41:56	41:58	M

179	Jason Best		58	29	109 M 1-39	41:51	41:59	M
180	Stephen Collins		143	34	110 M 1-39	41:48	42:01	M
181	Howard Bailey	Dereham Runners & AC	26	31	111 M 1-39	41:27	42:01	M
182	David Allum		663	32	112 M 1-39	41:51	42:02	M
183	Martin Gooderham	Tri-Anglia Triathlon Club	246	29	113 M 1-39	41:48	42:03	M
184	Rob Poor		466	24	114 M 1-39	41:49	42:03	M
185	Jason Hurst	Bungay Black Dog RC	312	41	31 M 40-44	41:57	42:06	M
186	Neil Walpole	Norwich Road Runners	599	45	18 M 45-49	42:06	42:06	M
187	Darren Easter	Ryston Runners	192	43	32 M 40-44	41:58	42:07	M
188	Katherine Trehane	Norfolk Gazelles AC	592	34	12 F 1-39	42:04	42:08	F
189	James Lambert	Coltishall Jaguars RC	351	36	115 M 1-39	42:02	42:09	M
190	Shaun Button	Bungay Black Dog RC	108	32	116 M 1-39	42:05	42:10	M
191	Robert Pope		467	28	117 M 1-39	41:57	42:11	M
192	Lewis Edwards		3822	17	118 M 1-39	40:41	42:12	M
193	William Whittam		620	29	119 M 1-39	41:57	42:13	M
194	Andrew Pond	Tri-Anglia Triathlon Club	465	50	7 M 50-54	42:07	42:13	M
195	Jason Sparkes		556	34	120 M 1-39	42:01	42:14	M
196	Charlotte Neale	North Norfolk Beach Runners	419	29	13 F 1-39	41:57	42:14	F
197	Dale Skoulding	Bungay Black Dog RC	543	34	121 M 1-39	42:09	42:14	M
198	Charles Allen	Norwich Road Runners	11	40	33 M 40-44	42:06	42:16	M
199	Shaun Hurr	Reepham Runners	310	39	122 M 1-39	41:58	42:17	M
200	Tim Sexton	Norfolk Gazelles AC	528	44	34 M 40-44	42:16	42:18	M
201	Daniel Cubitt		1133	31	123 M 1-39	41:51	42:22	M
202	Robin Belsom	Ipswich Jaffa RC	55	55	4 M 55-59	42:25	42:25	M
203	Stephen Lee	Dereham Runners & AC	363	35	124 M 1-39	42:11	42:27	M
204	David Kellaway	Dereham Runners & AC	339	54	8 M 50-54	42:21	42:29	M
205	Timothy Bragger		86	33	125 M 1-39	42:25	42:30	M
206	Kevin Youngs	Norfolk Gazelles AC	638	66	1 M 65-69	42:27	42:31	M
207	Jane Clarke	City of Norwich AC	135	55	1 F 55-59	42:28	42:32	F
208	Jason Gaul	Norwich Road Runners	231	34	126 M 1-39	42:08	42:32	M
209	Peter Nelson		422	40	35 M 40-44	42:28	42:33	M
210	Peter Shackleton		530	52	9 M 50-54	42:19	42:34	M
211	Anthony Savage	Ryston Runners	523	54	10 M 50-54	42:18	42:34	M
212	Rachel Bull		101	38	14 F 1-39	42:26	42:35	F
213	Christian Norton		437	40	36 M 40-44	42:05	42:36	M
214	Paul Suggitt		571	32	127 M 1-39	42:36	42:38	M
215	Rod Sinnott	Fenland Running Club	541	48	19 M 45-49	42:18	42:40	M
216	Helen Mian	Norfolk Gazelles AC	397	47	2 F 45-49	42:37	42:40	F
217	Andy Armsby		683	21	128 M 1-39	42:24	42:40	M
218	Gary Cheesman	Norwich Road Runners	130	30	129 M 1-39	42:26	42:41	M
219	Hannah McInroy		389	25	15 F 1-39	42:34	42:43	F
220	Jason Stone		569	46	20 M 45-49	42:31	42:45	M
221	Paul Spooner		558	26	130 M 1-39	42:13	42:46	M
222	Mark Ashwood		19	36	131 M 1-39	42:43	42:48	M
223	John Gay	North Norfolk Beach Runners	234	55	5 M 55-59	42:36	42:50	M
224	Jeremy Amies	Norwich Road Runners	12	48	21 M 45-49	42:36	42:51	M
225	Sam Evans		204	39	132 M 1-39	42:26	42:52	M
226	James McFarlane	Norwich Road Runners	388	42	37 M 40-44	42:44	42:53	M
227	Tom Ashton		690	30	133 M 1-39	42:45	42:54	M
228	Dean Preston	Thetford AC	472	30	134 M 1-39	42:49	42:57	M
229	Richard Dade	Reepham Runners	165	46	22 M 45-49	42:40	42:58	M
230	Erik Gibbons		237	24	135 M 1-39	42:52	43:00	M
231	Andrew Lane	Wymondham AC	352	58	6 M 55-59	42:52	43:01	M
232	Tom Johnson	Coltishall Jaguars RC	329	20	136 M 1-39	42:54	43:01	M
233	Sean Thompson	Wymondham AC	583	46	23 M 45-49	42:43	43:02	M
234	Terry Haggerty		3552	35	137 M 1-39	42:21	43:02	M
235	Nichola Anderson	Ealing Eagles Running Club	13	42	3 F 40-44	42:48	43:04	F
236	Richard Stanley		561	33	138 M 1-39	42:54	43:06	M
237	Chris Harrison	Norwich Road Runners	277	33	139 M 1-39	42:49	43:07	M
238	Gavin Symonds		575	32	140 M 1-39	42:47	43:08	M
239	Stuart Hills		291	36	141 M 1-39	42:44	43:09	M
240	Robert James		321	44	38 M 40-44	43:00	43:10	M
241	Jason Elrick		199	46	24 M 45-49	43:07	43:12	M
242	Mark Bailes		705	38	142 M 1-39	43:05	43:15	M
243	Mike Duckworth		184	37	143 M 1-39	43:13	43:16	M
244	Chris Chorley	Bungay Black Dog RC	131	52	11 M 50-54	43:06	43:17	M
245	Ian Bailey		25	43	39 M 40-44	42:56	43:19	M
246	Luke Pavey		456	34	144 M 1-39	43:09	43:24	M
247	Andrew Burcham		104	34	145 M 1-39	43:13	43:25	M
248	Max Stevens		564	38	146 M 1-39	43:24	43:26	M
249	Anthony Kendrick		340	29	147 M 1-39	43:07	43:27	M
250	Daniel Edwards		195	21	148 M 1-39	43:23	43:27	M
251	Deborah English	Norwich Road Runners	202	36	16 F 1-39	43:24	43:27	F
252	Lee Barker		33	27	149 M 1-39	43:23	43:27	M
253	David Powles		471	36	150 M 1-39	43:05	43:27	M
254	Rosie Earl	Victoria Park Harriers and Tower Hamlets AC	190	34	17 F 1-39	43:25	43:28	F
255	Robert Groves	Reepham Runners	259	28	151 M 1-39	43:09	43:28	M
256	Andy Rowles	Dereham Runners & AC	514	53	12 M 50-54	43:25	43:32	M
257	Stephen Harding		272	36	152 M 1-39	43:12	43:32	M
258	Todd Lake	Dereham Runners & AC	349	51	13 M 50-54	43:26	43:33	M
259	Paul Gardner		228	42	40 M 40-44	43:15	43:34	M
260	Tom Price		473	22	153 M 1-39	42:53	43:34	M
261	Stephen Ramm		482	38	154 M 1-39	43:11	43:34	M
262	Kate Murrell	Tri-Anglia Triathlon Club	417	34	18 F 1-39	43:31	43:35	F
263	Alex Ivory		318	37	155 M 1-39	43:27	43:37	M
264	Adam Leech		365	23	156 M 1-39	43:23	43:38	M
265	Philip Brockington		91	41	41 M 40-44	43:33	43:40	M
266	Nick Hudson	Coltishall Jaguars RC	305	32	157 M 1-39	43:34	43:40	M
267	James Fowler		218	38	158 M 1-39	43:18	43:40	M
268	Matt Howard		249	40	42 M 40-44	43:30	43:42	M
269	James Youngs		639	42	43 M 40-44	43:39	43:42	M
270	Sean Woodvine		634	46	25 M 45-49	43:23	43:43	M
271	David Hirst		292	36	159 M 1-39	42:28	43:44	M
272	Alexander Fryer		1318	22	160 M 1-39	43:09	43:44	M
273	Richard Dolman	Thetford AC	176	52	14 M 50-54	43:40	43:46	M
274	Gary Hurrell	Norwich Road Runners	311	43	44 M 40-44	43:35	43:46	M
275	Stephen Blomfield		71	50	15 M 50-54	43:30	43:46	M

276	David Hudson	Tri-Anglia Triathlon Club	306	43	45 M 40-44	43:35	43:47	M
277	Gary Jones	Shropshire Shufflers	331	32	161 M 1-39	43:34	43:48	M
278	Jack Adams		645	24	162 M 1-39	43:38	43:49	M
279	Mat Eyre		205	41	46 M 40-44	43:40	43:50	M
280	Lorna Elliott		196	27	19 F 1-39	43:41	43:50	F
281	Andrew Buckley		100	23	163 M 1-39	43:38	43:52	M
282	Sam Plater		464	22	164 M 1-39	43:26	43:52	M
283	Gary Mooney		408	35	165 M 1-39	43:43	43:54	M
284	Samuel Cross		159	33	166 M 1-39	43:35	43:56	M
285	Lindsey Berends		57	28	20 F 1-39	43:41	43:58	F
286	Luke Alderton		7	22	167 M 1-39	43:46	43:59	M
287	Danny Godward		242	39	168 M 1-39	43:53	43:59	M
288	Ben Lawless-Jennings		1772	37	169 M 1-39	43:02	44:01	M
289	Nick Gurney	Norwich Road Runners	260	24	170 M 1-39	44:03	44:03	M
290	Craig Farr	Reepham Runners	207	40	47 M 40-44	43:45	44:03	M
291	Chris Graf		252	42	48 M 40-44	43:11	44:04	M
292	Roger Steggles		562	51	16 M 50-54	43:43	44:07	M
293	Gary McDonald	Lowestoft Road Runners	387	31	171 M 1-39	44:01	44:07	M
294	Steven Rix	Dereham Runners & AC	499	33	172 M 1-39	43:43	44:08	M
295	Andrew Thorpe		588	40	49 M 40-44	43:59	44:09	M
296	Andrew Bonner		75	33	173 M 1-39	43:36	44:09	M
297	Nigel Sinclair		539	39	174 M 1-39	43:52	44:10	M
298	Laurence Abel		1	49	26 M 45-49	44:08	44:11	M
299	Jason Cole		140	34	175 M 1-39	43:54	44:13	M
300	Maire Irlam	Fenland Running Club	316	50	1 F 50-54	44:01	44:14	F
301	Ben Burgess		105	34	176 M 1-39	43:56	44:16	M
302	Niall Mahoney	Wymondham AC	377	46	27 M 45-49	44:03	44:19	M
303	David Moody		407	40	50 M 40-44	44:11	44:20	M
304	Neil Allen		10	35	177 M 1-39	44:17	44:21	M
305	Dudley Garner	Norfolk Gazelles AC	229	33	178 M 1-39	44:16	44:21	M
306	Steve Bird		63	48	28 M 45-49	44:12	44:22	M
307	Ethan Thompson		585	24	179 M 1-39	44:09	44:23	M
308	Mark Doughty	Ryston Runners	177	41	51 M 40-44	44:08	44:24	M
309	Simon Stevens		563	41	52 M 40-44	44:10	44:26	M
310	Martin Newstead		423	43	53 M 40-44	44:17	44:26	M
311	Chris Hall	Bungay Black Dog RC	264	32	180 M 1-39	44:14	44:26	M
312	Chris Sexton		527	35	181 M 1-39	44:06	44:26	M
313	Edward Harvey		1498	30	182 M 1-39	43:30	44:27	M
314	John Fensom		1262	37	183 M 1-39	43:51	44:27	M
315	Mark Carter		120	45	29 M 45-49	44:25	44:29	M
316	Damon Finney	Ryston Runners	213	33	184 M 1-39	44:11	44:30	M
317	Mark Ogden		440	44	54 M 40-44	43:56	44:30	M
318	Neil Leeds		366	37	185 M 1-39	44:14	44:30	M
319	Louise Juby	Serpentine RC	334	35	21 F 1-39	44:15	44:31	F
320	Adam Pearce		458	26	186 M 1-39	44:20	44:32	M
321	Keith Mooney		409	52	17 M 50-54	44:28	44:33	M
322	Matt Jenkins		324	27	187 M 1-39	44:16	44:34	M
323	Luke Sutherland		572	29	188 M 1-39	44:13	44:34	M
324	Julz Williams	Norwich Road Runners	622	35	22 F 1-39	44:25	44:35	F
325	Annaka Charters	Mornington Chasers	129	31	23 F 1-39	44:35	44:36	F
326	Jonathan Beverley	Reepham Runners	61	35	189 M 1-39	44:18	44:38	M
327	David Boyce		83	45	30 M 45-49	44:28	44:39	M
328	Stuart Deacon		2863	30	190 M 1-39	44:22	44:41	M
329	Sam Nicholls		424	16	191 M 1-39	44:33	44:41	M
330	Stacy Tovell		591	44	55 M 40-44	44:36	44:43	M
331	Chris Paton		2084	26	192 M 1-39	43:25	44:45	M
332	Pete Thompson		586	29	193 M 1-39	44:30	44:46	M
333	Roly Cook	Norwich Road Runners	146	53	18 M 50-54	44:47	44:47	M
334	Ben Frith		223	26	194 M 1-39	44:22	44:47	M
335	James Roberts		500	37	195 M 1-39	44:25	44:47	M
336	Sarah Peachey	Norwich Road Runners	457	31	24 F 1-39	44:44	44:47	F
337	Haydn Lyon	City of Norwich AC	376	23	196 M 1-39	44:25	44:47	M
338	Ben Moore		1961	27	197 M 1-39	43:48	44:48	M
339	Ashley Black		811	33	198 M 1-39	43:51	44:49	M
340	Mark Saunders		522	48	31 M 45-49	44:37	44:51	M
341	Paul Baisley		719	41	56 M 40-44	44:44	44:51	M
342	Joseph Keeping		338	23	199 M 1-39	44:44	44:52	M
343	Sean Cockrell		1042	46	32 M 45-49	43:55	44:53	M
344	David Stevens		2371	31	200 M 1-39	43:29	44:55	M
345	Craig Goldie	Thetford AC	243	47	33 M 45-49	44:32	44:57	M
346	Dan Goodwin		247	35	201 M 1-39	44:37	44:58	M
347	Mark Harmer	Bure Valley Harriers	275	41	57 M 40-44	44:40	44:58	M
348	Owain Hall		268	45	34 M 45-49	44:41	44:58	M
349	Andy Bobbin		73	41	58 M 40-44	44:45	44:59	M
350	Christopher Dent		1176	52	19 M 50-54	44:31	44:59	M
351	Ian Moore	Norwich Road Runners	410	36	202 M 1-39	44:53	45:02	M
352	Mark Winfield		629	48	35 M 45-49	44:41	45:02	M
353	Ian Jermy		327	40	59 M 40-44	44:42	45:02	M
354	Eve Dewsnap	Tri-Anglia Triathlon Club	1180	36	25 F 1-39	44:46	45:04	F
355	Gary Reeve		485	52	20 M 50-54	44:45	45:05	M
356	Rosie Sexton	City of Norwich AC	529	46	3 F 45-49	45:02	45:05	F
357	Neil Bye	Lowestoft Road Runners	109	35	203 M 1-39	45:00	45:06	M
358	Simon Norton	Bungay Black Dog RC	435	55	7 M 55-59	44:59	45:06	M
359	Stephanie Laurence	City of Norwich AC	1769	28	26 F 1-39	44:46	45:06	F
360	Sam Borrer		79	22	204 M 1-39	44:58	45:07	M
361	Carly Jermy	City of Norwich AC	326	35	27 F 1-39	44:46	45:08	F
362	Alexander Leighton		369	28	205 M 1-39	44:52	45:08	M
363	Daniel Smith		551	34	206 M 1-39	44:48	45:09	M
364	Nick Cox		1111	47	36 M 45-49	44:44	45:11	M
365	Paul Todd		2463	52	21 M 50-54	43:24	45:12	M
366	Phillip Bray		871	32	207 M 1-39	44:13	45:12	M
367	Elliott Mulhall		416	27	208 M 1-39	44:58	45:13	M
368	Mark Stone	Great Yarmouth Road Runners	567	43	60 M 40-44	44:39	45:13	M
369	Mike Howe		302	45	37 M 45-49	44:37	45:15	M
370	Kevin Raisborough		481	49	38 M 45-49	45:08	45:16	M
371	Dean Ladbrook		1753	32	209 M 1-39	44:54	45:17	M
372	Rob Lines	Tri-Anglia Triathlon Club	371	47	39 M 45-49	45:00	45:18	M

373	Jim Fitch		214	45	40 M 45-49	44:37	45:19	M
374	Alice Rees	City of Norwich AC	484	16	28 F 1-39	45:11	45:19	F
375	Jonathan McManus	Norwich Road Runners	391	41	61 M 40-44	44:57	45:21	M
376	Jamie Morrison		382	26	210 M 1-39	44:58	45:24	M
377	Lloyd Nobbs		2016	24	211 M 1-39	44:59	45:24	M
378	Lesley Robins	Ryston Runners	502	43	4 F 40-44	45:28	45:28	F
379	Paul Stevenson		565	48	41 M 45-49	45:19	45:28	M
380	Stuart Whiley		3786	27	212 M 1-39	44:25	45:28	M
381	Olly Glasspoole		241	33	213 M 1-39	45:06	45:30	M
382	Edward Brown		94	22	214 M 1-39	45:31	45:31	M
383	Matt Frary		1302	46	42 M 45-49	44:56	45:32	M
384	Michael Ford	Tri-Anglia Triathlon Club	1283	36	215 M 1-39	44:38	45:33	M
385	Paul Rogers	Bure Valley Harriers	508	42	62 M 40-44	45:15	45:34	M
386	Samuel Hall		265	18	216 M 1-39	45:13	45:35	M
387	Simon Caley		963	36	217 M 1-39	44:39	45:36	M
388	Tom Pullinger	Bungay Black Dog RC	475	44	63 M 40-44	45:31	45:36	M
389	Paul Dowson	Norwich Road Runners	180	56	8 M 55-59	45:23	45:38	M
390	Paul James Smith	Norwich Road Runners	552	40	64 M 40-44	45:18	45:38	M
391	Corin Thoday	Reepham Runners	580	40	65 M 40-44	45:12	45:39	M
392	Jim Rijks	City of Norwich AC	494	19	218 M 1-39	45:33	45:39	M
393	Lee Emmett		200	36	219 M 1-39	44:55	45:40	M
394	James Birtwhistle		64	36	220 M 1-39	45:11	45:40	M
395	Kevin Hardingham	Norfolk Gazelles AC	274	57	9 M 55-59	45:29	45:40	M
396	Martin Rix		3215	34	221 M 1-39	44:28	45:42	M
397	Andrew Barkell		733	34	222 M 1-39	45:18	45:43	M
398	Natasha Rout	Wymondham AC	513	29	29 F 1-39	45:37	45:43	F
399	Thomas Rivett	North Norfolk Beach Runners	498	40	66 M 40-44	44:54	45:45	M
400	Nick Browne		96	47	43 M 45-49	45:13	45:46	M
401	Rowena Leary	Norfolk Gazelles AC	360	30	30 F 1-39	45:31	45:47	F
402	Alex Walton		2526	41	67 M 40-44	45:23	45:48	M
403	Rob Purnell	Run@Willis	476	32	223 M 1-39	45:24	45:49	M
404	Stuart Peck		459	37	224 M 1-39	45:43	45:52	M
405	Nicholas Weavers		2556	31	225 M 1-39	45:09	45:52	M
406	Piers Luxford		1836	16	226 M 1-39	44:40	45:53	M
407	Suzy Hill		1541	28	31 F 1-39	45:13	45:53	F
408	Matthew Crane	Bure Valley Harriers	156	38	227 M 1-39	45:35	45:54	M
409	Simon Fields		212	46	44 M 45-49	45:26	45:54	M
410	Simon Beckett		768	51	22 M 50-54	45:28	45:55	M
411	Lucy Tyler	Thetford AC	2491	22	32 F 1-39	43:55	45:56	F
412	Mark Gotts		250	43	68 M 40-44	45:46	45:56	M
413	Craig Alexander		653	30	228 M 1-39	45:32	45:56	M
414	Vince Butler	Tri-Anglia Triathlon Club	957	45	45 M 45-49	44:59	45:56	M
415	Greg Tunmore	Diss and District AC	594	39	229 M 1-39	45:43	45:56	M
416	Ian Sadler		519	37	230 M 1-39	45:25	45:57	M
417	Chris Hosier	Dereham Runners & AC	1578	38	231 M 1-39	45:18	45:58	M
418	Claudia Milburn	Fenland Running Club	400	31	33 F 1-39	45:38	46:00	F
419	Daniel Grigg		257	28	232 M 1-39	45:25	46:01	M
420	Sean O'Loughlin	Bungay Black Dog RC	443	50	23 M 50-54	45:52	46:01	M
421	Ben Fenwick		210	36	233 M 1-39	45:46	46:03	M
422	Roderick Morrison	Norfolk Harriers RC	414	33	234 M 1-39	45:52	46:03	M
423	Adam Plant		463	28	235 M 1-39	45:52	46:04	M
424	Timothy Howard		301	55	10 M 55-59	45:56	46:05	M
425	Tom Askew		20	31	236 M 1-39	45:44	46:06	M
426	Mark Norman	Chorlton Runners	431	35	237 M 1-39	45:32	46:06	M
427	Barry Smith	Ryston Runners	548	50	24 M 50-54	45:55	46:08	M
428	Andrew Polley		3690	57	11 M 55-59	44:43	46:09	M
429	Dale Cooper	Norfolk Harriers RC	148	56	12 M 55-59	45:58	46:09	M
430	Steve Baldwin		725	34	238 M 1-39	46:00	46:10	M
431	Peter Fox		220	55	13 M 55-59	45:43	46:11	M
432	Rob Evans		1244	42	69 M 40-44	45:34	46:14	M
433	Tessa Killingbeck	City of Norwich AC	345	32	34 F 1-39	46:01	46:15	F
434	Gary Hughes		1601	35	239 M 1-39	44:12	46:15	M
435	Christine Faulkner		1259	36	35 F 1-39	45:28	46:15	F
436	James Winter-Whitaker		631	33	240 M 1-39	45:50	46:16	M
437	Francesca Hall		266	20	36 F 1-39	46:03	46:17	F
438	Stuart Canwell	Great Yarmouth Road Runners	974	40	70 M 40-44	45:32	46:19	M
439	Benjamin Swift		573	40	71 M 40-44	46:03	46:20	M
440	Adam Cory		152	32	241 M 1-39	45:25	46:20	M
441	Paul Allen	Coltishall Jaguars RC	659	35	242 M 1-39	46:14	46:20	M
442	Alex Chard		128	36	243 M 1-39	45:52	46:20	M
443	Luca Venturini		2501	29	244 M 1-39	44:55	46:21	M
444	Oliver Furzer		226	26	245 M 1-39	45:18	46:22	M
445	Laura Betts	Bungay Black Dog RC	793	32	37 F 1-39	46:08	46:23	F
446	Neil May		385	44	72 M 40-44	46:08	46:24	M
447	Neil Stockham		2379	43	73 M 40-44	45:45	46:25	M
448	Stewart Helsdon		1511	29	246 M 1-39	45:37	46:25	M
449	Stefan Baber	Tri-Anglia Triathlon Club	701	41	74 M 40-44	46:11	46:29	M
450	Joshua Sibley		3730	23	247 M 1-39	43:27	46:32	M
451	Matthew Rump		2219	32	248 M 1-39	45:59	46:33	M
452	Jonathan Batchelor		40	34	249 M 1-39	46:19	46:33	M
453	Mark King		346	42	75 M 40-44	46:35	46:35	M
454	Kevin Powles		470	48	46 M 45-49	46:20	46:35	M
455	Roisin Marks		381	22	38 F 1-39	46:19	46:39	F
456	Nicholas Carding		115	25	250 M 1-39	46:37	46:40	M
457	Dean Howard		1581	42	76 M 40-44	45:42	46:41	M
458	Stephen Kenworthy		342	47	47 M 45-49	46:31	46:41	M
459	Adrian Gaskin		1333	46	48 M 45-49	46:04	46:41	M
460	Simon Woods		2652	39	251 M 1-39	45:45	46:43	M
461	Kristian Boreham		78	24	252 M 1-39	46:19	46:45	M
462	Alex Saywood		3823	29	253 M 1-39	43:51	46:45	M
463	Thomas Cheongvee		1016	30	254 M 1-39	46:14	46:45	M
464	Susan Aves	Springfield Striders RC	23	51	2 F 50-54	46:21	46:45	F
465	Scott Chadwick		123	39	255 M 1-39	46:04	46:46	M
466	Adam Nunn		439	28	256 M 1-39	46:05	46:46	M
467	Ken Bool		76	33	257 M 1-39	46:43	46:47	M
468	David Crow		160	37	258 M 1-39	46:24	46:48	M
469	Terry Hubbard		1594	41	77 M 40-44	46:04	46:48	M

470	John Howes		303	22	259 M 1-39	46:18	46:49	M
471	Danilo Dondici		1195	37	260 M 1-39	46:06	46:50	M
472	Gene Miller		403	42	78 M 40-44	46:35	46:53	M
473	Lucian Iftimie Hau		1629	36	261 M 1-39	45:30	46:53	M
474	Emma Baxter-Graf		44	42	5 F 40-44	46:00	46:53	F
475	Stephen Broom		897	50	25 M 50-54	45:57	46:54	M
476	Tom English		1239	30	262 M 1-39	45:46	46:55	M
477	Nicholas Richardson		490	34	263 M 1-39	46:38	46:55	M
478	Tristan Baldry		723	35	264 M 1-39	46:30	46:55	M
479	Andrew Hammond	Norfolk Gazelles AC	270	59	14 M 55-59	46:53	46:55	M
480	Mike Brock		3438	26	265 M 1-39	46:03	46:56	M
481	Dan Andrews		14	22	266 M 1-39	46:31	46:57	M
482	Martin Heeley		288	41	79 M 40-44	46:37	46:58	M
483	Martin Smith	North Norfolk Beach Runners	547	46	49 M 45-49	46:38	46:59	M
484	Frances Cooke		147	34	39 F 1-39	46:53	46:59	F
485	Stephen Wheatley		617	53	26 M 50-54	46:53	46:59	M
486	Daniel Devaux		1178	42	80 M 40-44	46:32	47:00	M
487	John Barrett		38	34	267 M 1-39	45:55	47:00	M
488	Jonathan O'Hara	Great Yarmouth Road Runners	2035	46	50 M 45-49	45:44	47:00	M
489	Christopher Doggett		1191	55	15 M 55-59	46:25	47:00	M
490	Kevin Greenhouse	Brandon Fern Hoppers	1407	31	268 M 1-39	46:14	47:00	M
491	John Bone	Great Yarmouth Road Runners	74	69	2 M 65-69	46:41	47:02	M
492	Karl Dickerson		1183	36	269 M 1-39	46:19	47:04	M
493	James Hipperson		1549	27	270 M 1-39	46:20	47:05	M
494	Mark Taylor		2417	41	81 M 40-44	46:15	47:06	M
495	James Humphreys		1608	26	271 M 1-39	45:10	47:07	M
496	Darren Addison		648	37	272 M 1-39	46:43	47:07	M
497	Peter Dunnett	Tri-Anglia Triathlon Club	187	35	273 M 1-39	46:15	47:07	M
498	Peter Elliott		1233	47	51 M 45-49	45:50	47:08	M
499	Tim Lamb		1759	37	274 M 1-39	46:05	47:08	M
500	Neil Bunnage	Norwich Road Runners	103	48	52 M 45-49	46:39	47:08	M
501	Alex Bretton	City of Norwich AC	877	16	275 M 1-39	46:01	47:09	M
502	Rob Wells		615	23	276 M 1-39	46:12	47:11	M
503	Diccon Loy	East London Runners	375	44	82 M 40-44	44:59	47:13	M
504	Nathan Mann		379	29	277 M 1-39	46:46	47:15	M
505	Mark Bagley		703	35	278 M 1-39	46:50	47:15	M
506	James Richardson		493	33	279 M 1-39	47:01	47:17	M
507	Paul Brown	Waveney Valley AC	908	50	27 M 50-54	46:30	47:17	M
508	Shaun Conway		1074	52	28 M 50-54	46:00	47:18	M
509	Gary Fryer	Tri-Anglia Triathlon Club	224	35	280 M 1-39	46:43	47:19	M
510	John Turner		595	50	29 M 50-54	47:00	47:22	M
511	Lisa Gough		1389	40	6 F 40-44	46:56	47:22	F
512	Garry Whiting	Wymondham AC	2591	48	53 M 45-49	46:08	47:23	M
513	James Bush		953	51	30 M 50-54	46:26	47:23	M
514	Chris Boden		832	35	281 M 1-39	46:16	47:24	M
515	Darren Nockels		430	44	83 M 40-44	47:11	47:24	M
516	Ian Maloney		3642	53	31 M 50-54	46:41	47:24	M
517	Antony Beales	Wymondham AC	46	49	54 M 45-49	47:03	47:25	M
518	Stuart Green		256	19	282 M 1-39	47:08	47:32	M
519	James Chaplin ? Madden	Great Yarmouth Road Runners	1005	25	283 M 1-39	46:46	47:33	M
520	Steven Greenwood		1408	35	284 M 1-39	46:23	47:33	M
521	Ian Milburn	Fenland Running Club	401	71	1 M 70-99	47:11	47:33	M
522	Joseph Kiddell	Norwich Road Runners	344	44	84 M 40-44	47:16	47:34	M
523	David Colvin		1068	48	55 M 45-49	47:01	47:34	M
524	Scott Shrubsall	Coltishall Jaguars RC	537	35	285 M 1-39	47:03	47:34	M
525	Matthew Wickham		2597	33	286 M 1-39	46:02	47:35	M
526	Rachel Miller	Norwich Road Runners	402	41	7 F 40-44	47:31	47:36	F
527	Kevin Breeze		90	34	287 M 1-39	47:13	47:37	M
528	Emma Archer		681	34	40 F 1-39	47:34	47:38	F
529	Damian Humphrey		1606	40	85 M 40-44	46:21	47:38	M
530	Sarah Stubbs	Bure Valley Harriers	2391	40	8 F 40-44	46:18	47:39	F
531	Thomas Chambers-Dowe		127	21	288 M 1-39	47:15	47:43	M
532	Lee Wilson		626	40	86 M 40-44	47:31	47:43	M
533	Rachel Williamson	Longdale Striders	625	41	9 F 40-44	47:28	47:45	F
534	Adam Howard	Ryston Runners	300	36	289 M 1-39	47:09	47:46	M
535	Brittany Bathgate		751	25	41 F 1-39	47:37	47:47	F
536	Ben Brighthouse		881	42	87 M 40-44	46:46	47:47	M
537	Anna Hood		1564	38	42 F 1-39	47:21	47:48	F
538	Keith Yaxley		2677	43	88 M 40-44	46:51	47:48	M
539	Jason Wright		2675	38	290 M 1-39	46:10	47:48	M
540	Phil Henry	Bungay Black Dog RC	1521	53	32 M 50-54	47:28	47:49	M
541	Jack Noble		429	26	291 M 1-39	47:30	47:50	M
542	Simon Fenton		209	27	292 M 1-39	47:16	47:50	M
543	Mark Bloomfield		827	45	56 M 45-49	46:52	47:51	M
544	Nick Overy		445	47	57 M 45-49	47:21	47:52	M
545	Richard Edwards		1225	36	293 M 1-39	47:10	47:52	M
546	Mark Shields		2287	31	294 M 1-39	45:50	47:52	M
547	Robert Thomson		2448	34	295 M 1-39	46:29	47:52	M
548	Christian Hemmant		1512	23	296 M 1-39	46:47	47:53	M
549	Gavin I'Anson		1628	28	297 M 1-39	46:25	47:54	M
550	James Lake		1755	35	298 M 1-39	46:30	47:57	M
551	Peter Wiltshire		627	17	299 M 1-39	47:46	47:58	M
552	Simon Marjoram		1866	41	89 M 40-44	45:50	47:59	M
553	Edward Woodhouse		2648	23	300 M 1-39	47:12	48:00	M
554	William Faulkner		208	35	301 M 1-39	47:39	48:02	M
555	Jeremy Storr		570	39	302 M 1-39	47:40	48:03	M
556	David Eastaugh		191	51	33 M 50-54	47:39	48:03	M
557	Leon Edwards		1224	30	303 M 1-39	46:54	48:03	M
558	Lewis Daniels		166	29	304 M 1-39	47:31	48:05	M
559	Paul Schwer	Felixstowe RRC	2257	55	16 M 55-59	46:58	48:06	M
560	Nicola Hill	Norwich Road Runners	1539	40	10 F 40-44	47:31	48:06	F
561	Lee Cheung		1017	30	305 M 1-39	47:40	48:10	M
562	Alastair Read		2151	37	306 M 1-39	47:18	48:10	M
563	Paul Terreros		2430	35	307 M 1-39	45:32	48:11	M
564	Craig Cole		1053	32	308 M 1-39	47:49	48:12	M
565	Nathaniel Anderson		670	26	309 M 1-39	47:45	48:14	M
566	Stephen Graham	East Hull Harriers & AC	253	64	1 M 60-64	48:08	48:14	M

567	Brian Henderson		1517	46	58 M 45-49	47:29	48:16	M
568	Ian Clitheroe		1035	48	59 M 45-49	47:37	48:17	M
569	Cameron Green		255	28	310 M 1-39	46:42	48:18	M
570	Melvin Hill		1542	52	34 M 50-54	47:52	48:18	M
571	Dan Perrin		460	43	90 M 40-44	47:51	48:18	M
572	Rajesh Logasundaram		1820	40	91 M 40-44	48:08	48:19	M
573	John Fisher		1273	24	311 M 1-39	47:23	48:21	M
574	Chris Pape		2061	41	92 M 40-44	46:45	48:22	M
575	Simon Bransby		867	48	60 M 45-49	47:44	48:23	M
576	Christopher Burrows		945	34	312 M 1-39	47:14	48:25	M
577	Fiona Grady		1394	42	11 F 40-44	47:38	48:25	F
578	Paul McVeigh		393	37	313 M 1-39	47:33	48:27	M
579	Tim Cook		1080	43	93 M 40-44	47:26	48:27	M
580	Stuart Clark		1027	29	314 M 1-39	47:17	48:27	M
581	Tom Harvey		279	27	315 M 1-39	48:02	48:27	M
582	Laura Gilbert	Bungay Black Dog RC	238	30	43 F 1-39	48:14	48:28	F
583	Jagan Crane	Coltishall Jaguars RC	157	16	316 M 1-39	47:33	48:29	M
584	Denver Slowther	Bure Valley Harriers	545	42	94 M 40-44	47:47	48:29	M
585	Shaun Copland		149	36	317 M 1-39	47:50	48:31	M
586	Louise Hamilton-Rout	Norfolk Harriers RC	1456	29	44 F 1-39	47:41	48:31	F
587	Daniel Jones		1695	24	318 M 1-39	47:07	48:31	M
588	Edward Parker		449	33	319 M 1-39	48:10	48:32	M
589	Michael Grand	Reepham Runners	1395	44	95 M 40-44	48:06	48:32	M
590	Tony Eves		1252	36	320 M 1-39	47:26	48:36	M
591	Claire Brown		95	54	3 F 50-54	48:18	48:39	F
592	Shaune Gooch		244	43	96 M 40-44	48:16	48:42	M
593	James Sharman		532	39	321 M 1-39	48:09	48:43	M
594	Lucy Parmenter		2063	26	45 F 1-39	48:01	48:46	F
595	Andrew Hardy		1475	60	2 M 60-64	48:06	48:47	M
596	Keith Blake		65	55	17 M 55-59	48:42	48:47	M
597	Paul Woodyatt		2657	53	35 M 50-54	48:07	48:48	M
598	Zoe Jones	Wymondham AC	1683	41	12 F 40-44	48:08	48:48	F
599	John Reeve		486	20	322 M 1-39	48:31	48:48	M
600	Nicky Dowson	Norwich Road Runners	179	50	4 F 50-54	48:33	48:49	F
601	Lisa Hall	Norwich Road Runners	1444	36	46 F 1-39	48:06	48:50	F
602	Stuart Young	Bungay Black Dog RC	637	50	36 M 50-54	48:46	48:50	M
603	Adam Haylett		1505	31	323 M 1-39	47:56	48:51	M
604	Simon Bales		726	39	324 M 1-39	48:28	48:51	M
605	Mark Whiting		2592	55	18 M 55-59	48:23	48:51	M
606	Graeme Leeson	Ryston Runners	367	44	97 M 40-44	48:00	48:52	M
607	Justin Pearce		2093	42	98 M 40-44	47:24	48:52	M
608	Oliver Thomson		3764	23	325 M 1-39	47:08	48:55	M
609	Alastair Notley		438	32	326 M 1-39	48:40	48:55	M
610	Helen Boyd		858	37	47 F 1-39	48:20	48:57	F
611	Jonathan Shackshaft		2272	22	327 M 1-39	48:38	48:57	M
612	Alex Bowen	Wymondham AC	850	37	328 M 1-39	48:09	48:58	M
613	David Clark		134	48	61 M 45-49	48:37	48:59	M
614	Darren Beard		47	41	99 M 40-44	48:33	49:00	M
615	Andy Fretwell		1311	55	19 M 55-59	48:15	49:00	M
616	Jon Winn		630	50	37 M 50-54	48:44	49:00	M
617	David McWilliam		394	39	329 M 1-39	48:31	49:01	M
618	Andy Oliver		441	28	330 M 1-39	48:41	49:01	M
619	Catherine Healy		1508	23	48 F 1-39	48:18	49:02	F
620	Shaun Cleworth		1033	40	100 M 40-44	48:01	49:02	M
621	Malcolm Fisher	Dereham Runners & AC	1274	37	331 M 1-39	48:39	49:04	M
622	Graham Johnson	Coltishall Jaguars RC	1668	49	62 M 45-49	47:21	49:05	M
623	Wayne Carver		991	31	332 M 1-39	48:03	49:06	M
624	Lucy Campbell	Norfolk Harriers RC	113	48	4 F 45-49	48:55	49:06	F
625	Peter Laddiman	Norfolk Harriers RC	348	58	20 M 55-59	48:57	49:06	M
626	Richard Black		810	26	333 M 1-39	48:07	49:08	M
627	Eva Wilkes		2603	28	49 F 1-39	46:23	49:08	F
628	Silje Hovstad	City of Norwich AC	299	37	50 F 1-39	48:52	49:14	F
629	James Fullam		1320	32	334 M 1-39	48:30	49:16	M
630	William Vincent		2504	23	335 M 1-39	47:53	49:16	M
631	Adrian Dyde		1218	57	21 M 55-59	48:33	49:17	M
632	Seth Thomas		582	24	336 M 1-39	47:47	49:18	M
633	Ben Taylor	Norwich Road Runners	2423	36	337 M 1-39	47:20	49:19	M
634	Daniel Moore		1962	23	338 M 1-39	47:09	49:20	M
635	Adrian Sweeney		2399	31	339 M 1-39	47:36	49:21	M
636	Nicola Holden		1556	40	13 F 40-44	48:38	49:21	F
637	Darren Tubby		2477	30	340 M 1-39	47:58	49:23	M
638	Jonathan Burton	Dereham Runners & AC	106	47	63 M 45-49	49:01	49:24	M
639	Chris Kettlely		1731	34	341 M 1-39	47:38	49:25	M
640	Ian Beggs		53	48	64 M 45-49	49:14	49:25	M
641	Ed Walker		2513	35	342 M 1-39	47:29	49:25	M
642	Stephen Curnow	Norwich Road Runners	1138	37	343 M 1-39	48:49	49:26	M
643	Dr Navin Kumar Ghosh		236	34	344 M 1-39	48:30	49:26	M
644	Pauline Drewery	Ryston Runners	1204	46	5 F 45-49	48:52	49:27	F
645	Paul Higgins		1532	33	345 M 1-39	49:00	49:30	M
646	Steven Blyth-Clarke		3429	17	346 M 1-39	48:08	49:31	M
647	Deborah Blackwell		814	34	51 F 1-39	48:51	49:32	F
648	Adam Kennerley		341	24	347 M 1-39	49:03	49:32	M
649	Chris Vernon		2502	26	348 M 1-39	46:56	49:33	M
650	Mark Sanders		2238	46	65 M 45-49	48:05	49:33	M
651	Scott Bemment		779	41	101 M 40-44	49:21	49:33	M
652	Martin Adcock	Bure Valley Harriers	4	47	66 M 45-49	49:15	49:34	M
653	Emma Fox	Bure Valley Harriers	219	32	52 F 1-39	49:14	49:34	F
654	James Loughlin		1826	27	349 M 1-39	48:10	49:35	M
655	Martyn Bond		839	32	350 M 1-39	49:00	49:35	M
656	Paul Eves		1250	38	351 M 1-39	48:20	49:37	M
657	Nicola Cage-Brimelow		110	34	53 F 1-39	49:19	49:37	F
658	Laura Parry		451	27	54 F 1-39	49:26	49:38	F
659	Sophie Bell	Bungay Black Dog RC	54	19	55 F 1-39	49:25	49:39	F
660	Steph Johnson	Wymondham AC	1673	34	56 F 1-39	48:25	49:40	F
661	Gregory Scriven		2264	32	352 M 1-39	48:16	49:40	M
662	Lucy Bain		715	25	57 F 1-39	49:10	49:42	F
663	Paul Taylor	Coltishall Jaguars RC	2422	49	67 M 45-49	48:20	49:42	M

664	Craig Knights	Tri-Anglia Triathlon Club	1748	41	102 M 40-44	49:13	49:43	M
665	Myles Hague	Norwich Road Runners	1441	34	353 M 1-39	47:46	49:43	M
666	Jessica Neave		420	25	354 M 1-39	49:21	49:44	M
667	Tyrone Young		2682	31	355 M 1-39	47:24	49:45	M
668	Jonathan Hatchman		1499	25	356 M 1-39	48:47	49:45	M
669	Chris Blincoe		821	35	357 M 1-39	47:48	49:45	M
670	David Bane		30	51	38 M 50-54	49:32	49:45	M
671	Andrew Spencer		2353	44	103 M 40-44	47:30	49:45	M
672	Matthew Baxter		43	37	358 M 1-39	49:30	49:46	M
673	Claire Brooke	Wymondham AC	92	44	14 F 40-44	49:24	49:46	F
674	Tim Parr		2074	41	104 M 40-44	47:37	49:50	M
675	Andrew Kelman		1719	52	39 M 50-54	48:42	49:51	M
676	Chris Beare		762	43	105 M 40-44	49:14	49:51	M
677	Sabrina Norton	Bungay Black Dog RC	434	37	58 F 1-39	49:37	49:51	F
678	Anne Ellen	Norfolk Gazelles AC	1231	60	1 F 60-64	49:10	49:52	F
679	Ian Brown		907	47	68 M 45-49	48:46	49:53	M
680	Ian Fisher		1271	54	40 M 50-54	48:33	49:55	M
681	Mark Fowler		1296	36	359 M 1-39	48:54	49:56	M
682	Carol Devlin	Dereham Runners & AC	1179	50	5 F 50-54	48:40	49:56	F
683	Johanna Orring		2044	32	59 F 1-39	47:14	49:57	F
684	Jon Creasey		1120	51	41 M 50-54	48:46	49:59	M
685	Grant King		1737	37	360 M 1-39	49:28	50:00	M
686	Bridget Shaw	Bungay Black Dog RC	533	27	60 F 1-39	49:46	50:00	F
687	Matthew Rowe		3223	32	361 M 1-39	47:52	50:00	M
688	Michelle Atkinson		694	36	61 F 1-39	49:38	50:00	F
689	Matthew Reynolds		2167	33	362 M 1-39	47:54	50:01	M
690	Richard Smith		2318	39	363 M 1-39	49:02	50:01	M
691	Kevin Brown		904	35	364 M 1-39	49:09	50:03	M
692	Steve Woolston		2659	29	365 M 1-39	48:10	50:04	M
693	Shaun Braybrook		872	33	366 M 1-39	48:26	50:05	M
694	Marilyn Hodges		1555	27	62 F 1-39	49:26	50:05	F
695	Rachel Cubitt	Norwich Road Runners	1132	29	63 F 1-39	48:57	50:05	F
696	Geoffrey Brown		905	25	367 M 1-39	49:22	50:06	M
697	David Platten		2118	50	42 M 50-54	48:35	50:08	M
698	Amanda Hards		1472	48	6 F 45-49	49:28	50:11	F
699	Colin Groom		1428	32	368 M 1-39	49:30	50:12	M
700	Richard Patterson		2086	30	369 M 1-39	48:55	50:13	M
701	John Norton		436	40	106 M 40-44	49:28	50:14	M
702	Simon Farrow		1258	40	107 M 40-44	49:35	50:14	M
703	Toby Griffiths		1420	44	108 M 40-44	49:44	50:15	M
704	Robert Hemmens		1515	48	69 M 45-49	49:01	50:16	M
705	James Larnder		355	37	370 M 1-39	49:59	50:16	M
706	Elly Young		2681	46	7 F 45-49	48:15	50:17	F
707	Roger Gooch		245	63	3 M 60-64	49:49	50:17	M
708	David Iwo		1638	17	371 M 1-39	48:57	50:19	M
709	Simon Wright		3386	35	372 M 1-39	47:08	50:19	M
710	Luke Blake		817	31	373 M 1-39	49:36	50:19	M
711	Robert Banning		730	39	374 M 1-39	50:01	50:20	M
712	Lawrence Brown		915	25	375 M 1-39	48:59	50:21	M
713	Simon Welfare		613	29	376 M 1-39	50:04	50:21	M
714	Matthew Driver		1206	29	377 M 1-39	49:12	50:22	M
715	Alvin J Cox		1112	40	109 M 40-44	49:10	50:22	M
716	Steve Douglas		1202	49	70 M 45-49	49:33	50:22	M
717	Simon Pittaway		2117	35	378 M 1-39	48:45	50:22	M
718	Alex Coburn		1040	40	110 M 40-44	49:37	50:22	M
719	Matt Whitehouse		2590	34	379 M 1-39	47:49	50:23	M
720	Daniel Lee		1788	30	380 M 1-39	49:06	50:24	M
721	Sarah Boosey	Norwich Road Runners	77	32	64 F 1-39	49:53	50:24	F
722	Michelle Bull	City of Norwich AC	927	45	8 F 45-49	49:42	50:25	F
723	Ryan Gardner		3533	21	381 M 1-39	48:07	50:26	M
724	Martin Hammond	Ryston Runners	1458	50	43 M 50-54	49:50	50:26	M
725	Angus Campbell		971	51	44 M 50-54	49:32	50:27	M
726	Steven Walsh		2525	34	382 M 1-39	48:58	50:28	M
727	Neal Bassett	Stowmarket Striders RC	747	20	383 M 1-39	50:00	50:28	M
728	Steven Mead		395	26	384 M 1-39	50:20	50:30	M
729	Christopher Meadows		1918	26	385 M 1-39	48:26	50:30	M
730	Chris Collins		1064	22	386 M 1-39	49:21	50:31	M
731	Catherine Belsom	Stowmarket Striders RC	778	44	15 F 40-44	50:04	50:32	F
732	Kaylee Brown	City of Norwich AC	909	27	65 F 1-39	49:17	50:33	F
733	Richard Lawes		1771	59	22 M 55-59	48:09	50:33	M
734	Luke Strickland		2387	30	387 M 1-39	49:10	50:34	M
735	Kris Sales		2232	23	388 M 1-39	49:03	50:34	M
736	Morgan Crane		1115	41	111 M 40-44	50:20	50:34	M
737	Faye Brown		911	20	66 F 1-39	50:04	50:34	F
738	Daniel Hall		1446	48	71 M 45-49	49:34	50:35	M
739	Jenny Humphrey		1605	40	16 F 40-44	49:19	50:36	F
740	Gary Hill		1540	42	112 M 40-44	49:38	50:36	M
741	Steve Parry		2078	40	113 M 40-44	49:13	50:37	M
742	Kim Hirst		1551	36	67 F 1-39	49:22	50:37	F
743	Christopher Donaldson		1194	25	389 M 1-39	49:41	50:38	M
744	Debbie Tooke		3315	43	17 F 40-44	49:26	50:39	F
745	Brendan Bolger		836	25	390 M 1-39	50:16	50:41	M
746	Ian Edwards	Norfolk Gazelles AC	194	40	114 M 40-44	50:13	50:41	M
747	Billy Ledain		1784	27	391 M 1-39	49:55	50:41	M
748	Oliver Gillard-Eastop		1356	49	72 M 45-49	49:36	50:41	M
749	Iain Johnson	Deal Tri Club	1667	46	73 M 45-49	49:13	50:41	M
750	Julian Allaker		9	38	392 M 1-39	49:53	50:41	M
751	Victoria Blake		819	32	68 F 1-39	50:08	50:41	F
752	Eleanor Stevens		2372	36	69 F 1-39	49:15	50:43	F
753	Julian Smith		2326	46	9 F 45-49	50:02	50:44	F
754	James Kent		1726	30	393 M 1-39	49:19	50:45	M
755	Stuart Coe		1043	37	394 M 1-39	49:48	50:47	M
756	Andy Hart		1494	52	45 M 50-54	49:36	50:47	M
757	Max Jennings		1658	49	74 M 45-49	49:03	50:47	M
758	Martin Colley	Bure Valley Harriers	142	28	395 M 1-39	50:26	50:47	M
759	Alison Stewart	Reepham Runners	2377	57	2 F 55-59	49:24	50:48	F
760	Neil Boyce		856	41	115 M 40-44	50:02	50:48	M

761	Peter Fullalove		225	49	75 M 45-49	50:29	50:48	M
762	Kirt Hainzer		1443	31	396 M 1-39	49:52	50:49	M
763	David Brailey	Coltishall Jaguars RC	87	42	116 M 40-44	50:20	50:50	M
764	Jo Drugan	Norfolk Gazelles AC	183	45	10 F 45-49	50:22	50:51	F
765	Nick Welsh		2570	29	397 M 1-39	49:14	50:52	M
766	Harriet Carr		118	30	70 F 1-39	50:22	50:53	F
767	Jonathan Leunis		1802	30	398 M 1-39	48:33	50:53	M
768	Graham Hardingham	Norfolk Gazelles AC	273	54	46 M 50-54	50:42	50:53	M
769	Andrew Farman		3509	34	399 M 1-39	46:35	50:54	M
770	Gav Smith		2332	36	400 M 1-39	48:30	50:54	M
771	Mike Burton		949	38	401 M 1-39	50:15	50:54	M
772	Adrian Martin		3645	49	76 M 45-49	49:24	50:55	M
773	Robert Flint		1280	29	402 M 1-39	50:18	50:56	M
774	Nicci Manning		1860	47	11 F 45-49	49:47	50:56	F
775	Paul Cross		1124	36	403 M 1-39	49:06	50:56	M
776	William Robinson		2194	37	404 M 1-39	47:51	50:57	M
777	Andrew Walker-Hall		2519	33	405 M 1-39	49:28	50:57	M
778	Ian Arrowsmith		685	32	406 M 1-39	50:35	50:59	M
779	Philip Wilton	Tri-Anglia Triathlon Club	2623	48	77 M 45-49	49:52	51:00	M
780	George Webster		2563	27	407 M 1-39	49:00	51:01	M
781	Shane Smith		2333	40	117 M 40-44	48:32	51:03	M
782	Sean Blanch		3425	33	408 M 1-39	49:31	51:03	M
783	David Neeve	Bungay Black Dog RC	421	34	409 M 1-39	50:58	51:03	M
784	Katie Allan		656	29	71 F 1-39	49:43	51:04	F
785	Alex Scott		2260	33	410 M 1-39	49:40	51:04	M
786	Paul Judge		1705	25	411 M 1-39	50:25	51:05	M
787	Nick Cooper		1095	55	23 M 55-59	50:25	51:05	M
788	Andrew Cooper		1096	29	412 M 1-39	50:10	51:05	M
789	Maureen Wolfe	Ryston Runners	2633	56	3 F 55-59	49:39	51:07	F
790	Dianne Bird		803	52	6 F 50-54	50:25	51:07	F
791	Kirk Moore		1958	49	78 M 45-49	50:15	51:08	M
792	Vhari King		3807	37	72 F 1-39	49:02	51:08	F
793	Gareth Nicholls		2012	38	413 M 1-39	48:37	51:09	M
794	Robert Porter		2126	43	118 M 40-44	50:41	51:10	M
795	Theresa Dooley		1197	45	12 F 45-49	50:27	51:11	F
796	Nicola Gibson	Norwich Road Runners	1349	39	73 F 1-39	50:28	51:12	F
797	Stephen Faragher		1255	32	414 M 1-39	48:37	51:12	M
798	Lee Roberts		2185	38	415 M 1-39	49:46	51:14	M
799	Nigel Gilham	Bungay Black Dog RC	1354	62	4 M 60-64	50:39	51:15	M
800	Gary Howes		1587	34	416 M 1-39	49:35	51:15	M
801	Neil Henery		1518	54	47 M 50-54	50:15	51:15	M
802	Eddie Warren		2539	28	417 M 1-39	48:15	51:15	M
803	Heather Bush		952	40	18 F 40-44	50:40	51:16	F
804	Nick Symeou		2404	36	418 M 1-39	49:54	51:17	M
805	Peter Hunnybun		1609	30	419 M 1-39	49:54	51:17	M
806	Tony Shipley		2289	38	420 M 1-39	50:12	51:17	M
807	Adam Smith		549	35	421 M 1-39	51:10	51:18	M
808	Chris Lee	City of Norwich AC	1787	34	422 M 1-39	50:39	51:20	M
809	Nick Haigh		261	57	24 M 55-59	48:50	51:20	M
810	Richard Gilham	Norfolk Gazelles AC	239	53	48 M 50-54	50:52	51:20	M
811	Peter Marron		1871	47	79 M 45-49	49:56	51:23	M
812	Daniel Brocklehurst	Wymondham AC	892	32	423 M 1-39	50:31	51:23	M
813	Keith Walpole		2521	42	119 M 40-44	48:34	51:24	M
814	Simon Hagg		1440	48	80 M 45-49	50:35	51:24	M
815	Chris Cope		1098	29	424 M 1-39	50:02	51:25	M
816	Suzanne Orr		2043	42	19 F 40-44	49:50	51:26	F
817	Stuart Baird		718	42	120 M 40-44	50:53	51:26	M
818	Mark Bircham		800	29	425 M 1-39	50:42	51:29	M
819	Caroline Bidewell		798	29	74 F 1-39	50:43	51:30	F
820	Neil Dobson		1190	34	426 M 1-39	50:59	51:32	M
821	Andrew Hannant		1464	40	121 M 40-44	50:20	51:32	M
822	Spencer Vine		2505	39	427 M 1-39	48:29	51:32	M
823	Sarah Jay	Bure Valley Harriers	1653	49	13 F 45-49	50:12	51:34	F
824	Stuart Simpson		2297	33	428 M 1-39	49:52	51:34	M
825	Mark Drummond		1210	26	429 M 1-39	50:21	51:35	M
826	Marcus Sajnog		2231	27	430 M 1-39	49:16	51:35	M
827	Matthew Reynolds	Lowestoft Road Runners	489	33	431 M 1-39	51:30	51:36	M
828	Rob Coates	Norwich Road Runners	1039	30	432 M 1-39	50:22	51:36	M
829	Stuart Chamberlain		1001	39	433 M 1-39	50:52	51:37	M
830	Ben Grice		1411	25	434 M 1-39	50:24	51:37	M
831	Matthew Roebuck		2200	30	435 M 1-39	50:00	51:37	M
832	Christopher Carver		990	24	436 M 1-39	49:57	51:39	M
833	Rick Voutt		2507	44	122 M 40-44	50:47	51:39	M
834	Karyn Bray		870	46	14 F 45-49	51:05	51:41	F
835	Jonathan Foot	Bure Valley Harriers	1281	56	25 M 55-59	51:07	51:41	M
836	Andrew Bowles		853	37	437 M 1-39	51:11	51:41	M
837	Stacey Harper	Norwich Road Runners	1479	37	75 F 1-39	50:29	51:42	F
838	Paul Willias		2612	34	438 M 1-39	48:06	51:42	M
839	Paul Adams		643	50	49 M 50-54	51:27	51:44	M
840	Lars Murdock		1986	24	439 M 1-39	49:38	51:44	M
841	Bob Cameron		967	48	81 M 45-49	50:39	51:45	M
842	Rebecca McMurray		1913	27	76 F 1-39	50:20	51:45	F
843	Wayne Munns		1984	37	440 M 1-39	49:11	51:46	M
844	James Slater		2309	24	441 M 1-39	50:21	51:46	M
845	Peter Walsh		2524	39	442 M 1-39	50:14	51:46	M
846	Sonja Marzi		1880	32	77 F 1-39	50:43	51:48	F
847	Alex Brightwell		883	37	78 F 1-39	51:07	51:48	F
848	Stephen Greatbanks		1402	51	50 M 50-54	50:57	51:48	M
849	Edward Orchin		2040	29	443 M 1-39	49:27	51:49	M
850	Adam Kimberley		1735	32	444 M 1-39	50:50	51:50	M
851	Lewis Perkins		2103	16	445 M 1-39	48:17	51:51	M
852	Richard Hazleton	Norfolk Gazelles AC	1506	29	446 M 1-39	49:16	51:51	M
853	Mark Higgins		1531	34	447 M 1-39	51:19	51:53	M
854	Matthew Freezer	Dereham Runners & AC	1309	26	448 M 1-39	50:47	51:55	M
855	Chris Hill		1538	38	449 M 1-39	51:09	51:55	M
856	Barry Stearman		3291	33	450 M 1-39	49:02	51:55	M
857	Matt Gill		970	28	451 M 1-39	51:31	51:56	M

858	Christopher Groves	Tri-Anglia Triathlon Club	1432	64	5 M 60-64	51:08	51:57	M
859	Bradley Buck		98	19	452 M 1-39	51:50	51:58	M
860	Nina Atkinson	Reepham Runners	696	41	20 F 40-44	51:28	51:58	F
861	Russell Baker		27	53	51 M 50-54	51:36	51:58	M
862	Jamie Fisher		1272	22	453 M 1-39	50:22	51:59	M
863	Sarah Bradley	Norwich Road Runners	85	52	7 F 50-54	51:33	51:59	F
864	Warren Newell		2004	52	52 M 50-54	50:21	52:01	M
865	Toni George	Great Yarmouth Road Runners	1341	40	21 F 40-44	50:51	52:01	F
866	Tawa Groombridge		258	37	79 F 1-39	51:26	52:02	F
867	Charlotte Christopherson		1023	24	80 F 1-39	51:03	52:02	F
868	Gary Davison		1162	29	454 M 1-39	50:44	52:03	M
869	Alex Gaunt	Norwich Road Runners	1335	46	82 M 45-49	50:50	52:04	M
870	Ruth Gaunt	Norwich Road Runners	1334	48	15 F 45-49	50:48	52:04	F
871	Graeme Bentley		785	35	455 M 1-39	50:59	52:04	M
872	Simon Beck		765	37	456 M 1-39	51:53	52:05	M
873	Will Tuttle		2489	27	457 M 1-39	49:34	52:05	M
874	Nicola Jepson		1659	27	81 F 1-39	50:29	52:05	F
875	Matt Howes	Norwich Road Runners	1588	41	123 M 40-44	50:58	52:08	M
876	Christopher Gay	Great Yarmouth & District AC	1336	52	53 M 50-54	50:11	52:09	M
877	Simon Goldsmith		1375	41	124 M 40-44	51:17	52:09	M
878	Imogen Snelling	Bungay Black Dog RC	2341	40	22 F 40-44	50:29	52:09	F
879	Simon Forth		1289	45	83 M 45-49	51:29	52:10	M
880	Chris Read	Norwich Road Runners	2150	34	458 M 1-39	50:19	52:10	M
881	Joy Taylor		2412	41	23 F 40-44	50:24	52:10	F
882	Dan Whittam		619	29	459 M 1-39	51:56	52:11	M
883	Karl Buffin		926	42	125 M 40-44	51:11	52:12	M
884	Stephen McCarthy		1898	51	54 M 50-54	50:50	52:13	M
885	Stephen Hunt		1612	36	460 M 1-39	50:14	52:13	M
886	Liam Swift		2401	38	461 M 1-39	50:51	52:15	M
887	Jason Snook		2342	45	84 M 45-49	50:15	52:17	M
888	Jamie Burgess	Norfolk Harriers RC	940	27	462 M 1-39	51:39	52:17	M
889	Jane Trudgill	Great Yarmouth & District AC	2474	42	24 F 40-44	50:54	52:18	F
890	Jon Regeester		488	50	55 M 50-54	51:57	52:18	M
891	Stephen Best		791	35	463 M 1-39	52:05	52:20	M
892	Petra Cook	Norwich Road Runners	1084	64	2 F 60-64	50:44	52:21	F
893	Neil Goward		1391	51	56 M 50-54	51:40	52:22	M
894	Kerry Coleman		1059	30	82 F 1-39	51:36	52:22	F
895	Terry Morris	Bentham Beagles Running Club	1970	48	85 M 45-49	49:34	52:22	M
896	Jason Clarke		1030	46	86 M 45-49	51:45	52:22	M
897	Fiona Henderson		1516	31	83 F 1-39	51:28	52:22	F
898	Chris Oulds		444	28	464 M 1-39	52:11	52:23	M
899	Mark Bagnall		704	43	126 M 40-44	51:54	52:23	M
900	Stuart Slattery	Dereham Runners & AC	2310	33	465 M 1-39	49:50	52:24	M
901	Matthew Kempson		1722	22	466 M 1-39	50:43	52:24	M
902	Adrian Hubbard		1596	48	87 M 45-49	51:14	52:24	M
903	Alistair Laidlaw		1754	32	467 M 1-39	49:49	52:24	M
904	Daniel Crowder		1128	31	468 M 1-39	51:17	52:24	M
905	Tracy Stevenson	Norfolk Gazelles AC	2375	47	16 F 45-49	51:04	52:25	F
906	Colin Fish		1270	52	57 M 50-54	51:38	52:25	M
907	Richard Shepherd		2284	30	469 M 1-39	49:16	52:26	M
908	Keith Cutting		1143	57	26 M 55-59	51:46	52:26	M
909	Marcel Souris		2346	41	127 M 40-44	49:36	52:26	M
910	Sam Wright		2666	31	470 M 1-39	51:08	52:27	M
911	Claire Stammers		2361	43	25 F 40-44	50:54	52:27	F
912	Jonathan Jones		1693	61	6 M 60-64	51:25	52:28	M
913	Christopher Stammers		559	40	128 M 40-44	50:54	52:28	M
914	Mark Vandenbergh		2498	33	471 M 1-39	50:54	52:29	M
915	Edward Wood		2640	34	472 M 1-39	49:59	52:30	M
916	Lewis Foulger		1292	35	473 M 1-39	51:53	52:30	M
917	Ryan Gibson		1348	20	474 M 1-39	51:29	52:32	M
918	Daniel Shanks		2274	36	475 M 1-39	50:14	52:32	M
919	Paul Hann	Bungay Black Dog RC	1463	66	3 M 65-69	51:49	52:33	M
920	Adrian Hunt		1613	61	7 M 60-64	50:45	52:33	M
921	Robert Moerdyk		1953	41	129 M 40-44	51:17	52:33	M
922	Ashley Ruthven		2223	25	84 F 1-39	50:32	52:34	F
923	John Bennett		784	32	476 M 1-39	51:56	52:34	M
924	Paul Veal		2500	30	477 M 1-39	51:12	52:35	M
925	Scott Turner		2481	50	58 M 50-54	50:05	52:35	M
926	Michael Franks		1300	57	27 M 55-59	51:37	52:36	M
927	Martin Norman		2018	38	478 M 1-39	49:52	52:36	M
928	Matthew Metcalf		1925	38	479 M 1-39	50:40	52:37	M
929	Alexander Kington		1739	35	480 M 1-39	49:50	52:37	M
930	Kerry London		1824	24	85 F 1-39	48:58	52:37	F
931	Tianjin Lawless-Jennings		1773	29	86 F 1-39	51:40	52:38	F
932	Lisa Oakley		2027	39	87 F 1-39	50:07	52:39	F
933	Flora Andrews		674	39	88 F 1-39	52:13	52:40	F
934	Jon Stewart		3296	41	130 M 40-44	52:01	52:40	M
935	Robert King		347	39	481 M 1-39	52:37	52:41	M
936	Ian Stokes		2380	37	482 M 1-39	49:56	52:41	M
937	Sal Ryder	North Norfolk Beach Runners	2226	49	17 F 45-49	49:42	52:44	F
938	Nicholas Parry		2077	21	483 M 1-39	51:05	52:44	M
939	Robin Ashe	Bungay Black Dog RC	688	64	8 M 60-64	52:20	52:45	M
940	Mike Jolly	Reepham Runners	1675	46	88 M 45-49	51:08	52:45	M
941	Stuart Spencer		2350	46	89 M 45-49	50:11	52:45	M
942	Samuel Conneely		3470	16	484 M 1-39	48:25	52:46	M
943	Andy Wood		2641	55	28 M 55-59	51:14	52:46	M
944	James Batchelor		749	46	90 M 45-49	52:22	52:47	M
945	Andy Winkworth		2628	34	485 M 1-39	51:13	52:47	M
946	Chris Murphy		1987	57	29 M 55-59	51:15	52:47	M
947	Kirsty Johnstone	Barnet & District AC	1674	54	8 F 50-54	51:36	52:47	F
948	Alan Sillett		2296	48	91 M 45-49	51:52	52:47	M
949	Neil Burrage		943	41	131 M 40-44	51:45	52:48	M
950	Richard Hancock		1461	36	486 M 1-39	51:33	52:48	M
951	George Brockhouse		889	23	487 M 1-39	49:33	52:49	M
952	Dave Howard		1582	40	132 M 40-44	52:11	52:49	M
953	Jack Raven	Sudbury Joggers	2148	24	488 M 1-39	50:45	52:49	M
954	Jane Turner		2483	48	18 F 45-49	51:13	52:49	F

955	James Cooke	Norwich Road Runners	1088	35	489 M 1-39	51:50	52:50	M
956	Chris Bradford		863	28	490 M 1-39	52:00	52:51	M
957	Jonathan Mulley		1983	52	59 M 50-54	51:22	52:52	M
958	Rhoda Hincks	City of Norwich AC	1546	28	89 F 1-39	51:38	52:52	F
959	Katie Mack	City of Norwich AC	1843	32	90 F 1-39	51:34	52:54	F
960	Philip Websdal		2561	42	133 M 40-44	52:15	52:54	M
961	Martin Brown		912	46	92 M 45-49	52:06	52:55	M
962	Lorna Botwright		846	32	91 F 1-39	52:24	52:56	F
963	Mark Brumpton		920	38	491 M 1-39	50:45	52:56	M
964	Paul Gaffer	Bungay Black Dog RC	1324	55	30 M 55-59	52:14	52:58	M
965	Rob Sangar		2244	27	492 M 1-39	50:45	52:59	M
966	Matthew Johnson		1671	41	134 M 40-44	51:28	52:59	M
967	Nicola John	Coltishall Jaguars RC	1664	32	92 F 1-39	51:31	52:59	F
968	Frances Rayner		2149	47	19 F 45-49	51:35	53:00	F
969	Simon Lomax	Tri-Anglia Triathlon Club	1822	49	93 M 45-49	51:17	53:00	M
970	Carl Jaggard		1647	38	493 M 1-39	51:27	53:00	M
971	Andrew Lawn		1774	29	494 M 1-39	50:10	53:00	M
972	Luke Johnson		1672	33	495 M 1-39	51:29	53:00	M
973	Emma Crow		161	34	93 F 1-39	52:36	53:00	F
974	Joshua Cadwallader		3454	29	496 M 1-39	50:11	53:00	M
975	Rory Hill		1544	23	497 M 1-39	52:02	53:01	M
976	James Ellis		1236	36	498 M 1-39	51:28	53:03	M
977	Sophie Ingleson		1633	23	94 F 1-39	51:31	53:03	F
978	Adam Beckett		770	45	94 M 45-49	50:49	53:03	M
979	Conor Love		1828	25	499 M 1-39	48:57	53:03	M
980	Brian Allerton		661	51	60 M 50-54	52:28	53:03	M
981	Matthew Broomfield		899	35	500 M 1-39	52:13	53:05	M
982	Charles Wood	Norwich Road Runners	2642	57	31 M 55-59	51:30	53:05	M
983	Kieran Harrington-Ball		1482	34	501 M 1-39	52:35	53:06	M
984	Paul Woodhouse		2650	52	61 M 50-54	51:35	53:06	M
985	Richard Houston		1580	47	95 M 45-49	52:43	53:07	M
986	Shaun Mary		1879	40	135 M 40-44	51:43	53:07	M
987	Christopher High		1534	42	136 M 40-44	52:22	53:07	M
988	John Newell	Wymondham AC	2003	49	96 M 45-49	51:47	53:08	M
989	Luke Wiltshire		2624	29	502 M 1-39	49:58	53:08	M
990	Roger Madle		3089	49	97 M 45-49	49:21	53:09	M
991	Karen Wood	Ryston Runners	2636	51	9 F 50-54	51:41	53:09	F
992	Oliver Bliss		822	22	503 M 1-39	51:54	53:10	M
993	Leona Broughton	Reepham Runners	902	37	95 F 1-39	52:36	53:11	F
994	Matt Walker		3331	32	504 M 1-39	52:58	53:11	M
995	Leigh Nobes	Reepham Runners	428	37	505 M 1-39	52:32	53:11	M
996	Graham Worsfold		2660	33	506 M 1-39	51:01	53:11	M
997	Adam Lawrence		1776	19	507 M 1-39	51:21	53:12	M
998	Benjamin Wynes		3798	24	508 M 1-39	50:04	53:13	M
999	Rachel C Hoxley-Carr	Norwich Road Runners	1593	33	96 F 1-39	52:05	53:13	F
1000	Kirk Price	North Norfolk Beach Runners	3694	33	509 M 1-39	51:27	53:13	M
1001	Dennis Rogers		2202	44	137 M 40-44	51:48	53:14	M
1002	Giles Brooks		895	47	98 M 45-49	51:56	53:15	M
1003	Oliver Clarke		136	25	510 M 1-39	52:30	53:16	M
1004	Kerry Hopper		1571	42	138 M 40-44	52:26	53:16	M
1005	David Allen		658	39	511 M 1-39	51:59	53:16	M
1006	Gary Gannon	Norwich Road Runners	1325	46	99 M 45-49	52:05	53:17	M
1007	Victoria Ford		1282	35	97 F 1-39	51:58	53:17	F
1008	Sally Cushing	Norwich Road Runners	1139	50	10 F 50-54	52:13	53:17	F
1009	Calum Weston		2575	25	512 M 1-39	50:44	53:17	M
1010	Daniel Bunnage		934	23	513 M 1-39	52:11	53:17	M
1011	Zaneta Cegielska		122	32	98 F 1-39	53:17	53:17	F
1012	Justin Biddle		797	42	139 M 40-44	53:06	53:18	M
1013	Lisa Bailey		707	42	26 F 40-44	52:57	53:18	F
1014	Rachel Cooke		1086	25	99 F 1-39	51:16	53:18	F
1015	Oliver Best		790	25	514 M 1-39	53:03	53:19	M
1016	Scott George		1339	40	140 M 40-44	52:47	53:19	M
1017	Rob Davies		1158	29	515 M 1-39	51:23	53:19	M
1018	John Sizer		2305	42	141 M 40-44	51:51	53:21	M
1019	Liam Rowlands		2214	31	516 M 1-39	50:58	53:21	M
1020	Richard Egle	Dereham Runners & AC	1229	45	100 M 45-49	52:11	53:22	M
1021	Lee Webster		2564	40	142 M 40-44	50:48	53:22	M
1022	Marcus Nichols	Bungay Black Dog RC	426	39	517 M 1-39	52:47	53:22	M
1023	Matthew Jermy		1660	36	518 M 1-39	51:34	53:22	M
1024	Vera Van Der Velpen	City of Norwich AC	2497	30	100 F 1-39	52:03	53:23	F
1025	Jessica Ashley		689	44	27 F 40-44	53:00	53:23	F
1026	Adam Pritchard		2135	33	519 M 1-39	51:29	53:23	M
1027	Gordon Maw	Norwich Road Runners	1889	47	101 M 45-49	51:29	53:24	M
1028	Arron Coe		1044	24	520 M 1-39	52:57	53:25	M
1029	Justin Evans		1246	29	521 M 1-39	52:22	53:25	M
1030	Jenna Jones		1681	30	101 F 1-39	52:50	53:25	F
1031	Rosie Thompson		2444	28	102 F 1-39	52:09	53:26	F
1032	Ali Pendle		2100	53	11 F 50-54	50:54	53:26	F
1033	Andy Palmer	Norwich Road Runners	2059	51	62 M 50-54	51:29	53:27	M
1034	Richard Gill	Tri-Anglia Triathlon Club	1355	37	522 M 1-39	52:24	53:27	M
1035	Jo Phillips		2110	38	103 F 1-39	52:36	53:28	F
1036	Jason Jeary		1654	45	102 M 45-49	50:57	53:29	M
1037	Amelia Whiting	Norfolk Gazelles AC	2593	38	104 F 1-39	52:08	53:29	F
1038	Adam Reeve		2162	17	523 M 1-39	51:41	53:29	M
1039	Martin Addison		649	37	524 M 1-39	53:03	53:30	M
1040	Nick Saunders		2249	30	525 M 1-39	51:34	53:31	M
1041	Kevin Needham		3139	39	526 M 1-39	49:22	53:32	M
1042	Steve Gibbs	Waveney Valley AC	1346	51	63 M 50-54	52:18	53:33	M
1043	James Stone		2381	28	527 M 1-39	51:15	53:33	M
1044	Ady Penfold		2101	39	528 M 1-39	51:17	53:34	M
1045	Darren Chapman		1009	41	143 M 40-44	52:50	53:34	M
1046	David Grimes		1423	46	103 M 45-49	53:02	53:35	M
1047	Matthew Lomax		1821	38	529 M 1-39	50:47	53:36	M
1048	Thomas Bates		750	22	530 M 1-39	53:09	53:37	M
1049	David Eaves		1223	29	531 M 1-39	52:33	53:37	M
1050	Justin Smith		2320	36	532 M 1-39	50:27	53:37	M
1051	Nigel Davies		1157	49	104 M 45-49	52:20	53:37	M

1052	Catherine Norton		2021	34	105 F 1-39	52:53	53:38	F
1053	Duncan Barlow		738	31	533 M 1-39	53:15	53:38	M
1054	Carole Crouch		1127	60	3 F 60-64	53:04	53:38	F
1055	Andrew Connors		2814	29	534 M 1-39	52:22	53:39	M
1056	Joe Smith		3739	16	535 M 1-39	49:07	53:39	M
1057	William Moncur-Brown		406	16	536 M 1-39	49:07	53:39	M
1058	Tom Flahive		1277	33	537 M 1-39	51:57	53:40	M
1059	Nikki Mitcham		1947	35	106 F 1-39	52:16	53:40	F
1060	James Hupton		3817	31	538 M 1-39	51:54	53:41	M
1061	Richard Huggins		1600	37	539 M 1-39	53:00	53:42	M
1062	Tony Morley	Bungay Black Dog RC	1969	56	32 M 55-59	51:54	53:42	M
1063	Sally Juby	Dereham Runners & AC	1701	33	107 F 1-39	52:24	53:42	F
1064	Simon Boyd		857	35	540 M 1-39	52:38	53:42	M
1065	Maria Hutson		1625	34	108 F 1-39	51:00	53:43	F
1066	Terry Wright		2663	29	541 M 1-39	52:11	53:43	M
1067	Giles Kerkham		1727	45	105 M 45-49	52:19	53:43	M
1068	Terry Hutson		1624	37	542 M 1-39	51:02	53:45	M
1069	Karen Death		1170	45	20 F 45-49	52:29	53:46	F
1070	Daniel Lightfoot		1804	39	543 M 1-39	52:07	53:46	M
1071	Paul Gerber	Coltishall Jaguars RC	1342	48	106 M 45-49	53:03	53:46	M
1072	Diane Turner		2484	49	21 F 45-49	52:18	53:47	F
1073	Christopher Skippins		2307	28	544 M 1-39	51:57	53:47	M
1074	Helen Terry		2431	35	109 F 1-39	51:21	53:47	F
1075	Gary Melton		1922	37	545 M 1-39	52:12	53:48	M
1076	Christopher Taylor		2425	38	546 M 1-39	51:21	53:49	M
1077	Sarah Hurren		1618	47	22 F 45-49	53:21	53:50	F
1078	Steven Chilvers		1020	57	33 M 55-59	52:54	53:52	M
1079	Hannah Eldridge		2890	38	110 F 1-39	50:20	53:52	F
1080	Damian Conway		1075	57	34 M 55-59	52:57	53:53	M
1081	Rakesh Dholiwar		1181	56	35 M 55-59	52:37	53:53	M
1082	Matt Wright		3816	22	547 M 1-39	49:23	53:54	M
1083	Toby Bennett		783	17	548 M 1-39	53:36	53:54	M
1084	Daniel Savino		2252	36	549 M 1-39	52:41	53:54	M
1085	Martin Farrimond		1257	51	64 M 50-54	53:21	53:56	M
1086	Ian Morgan		1967	32	550 M 1-39	52:10	53:56	M
1087	Dean Gray		1400	55	36 M 55-59	53:02	53:57	M
1088	William Howell		1586	49	107 M 45-49	52:59	53:57	M
1089	Colin Payne		2088	48	108 M 45-49	52:28	53:57	M
1090	Richard Goodenough		1383	30	551 M 1-39	52:52	53:58	M
1091	Paul Scibilia	Tri-Anglia Triathlon Club	2258	49	109 M 45-49	51:48	53:58	M
1092	Rhianna Broadway		887	32	111 F 1-39	52:59	53:59	F
1093	Carl Neale		1996	48	110 M 45-49	52:30	53:59	M
1094	Pete Casson		993	47	111 M 45-49	52:57	53:59	M
1095	Paula Gundry	Tri-Anglia Triathlon Club	1435	47	23 F 45-49	53:29	53:59	F
1096	Dhiren Mistry		1946	27	552 M 1-39	51:31	53:59	M
1097	Chris Pitt		2115	53	65 M 50-54	52:32	53:59	M
1098	Paul Walker		2517	46	112 M 45-49	52:34	54:00	M
1099	Lucy Coleman	Norwich Road Runners	1060	34	112 F 1-39	53:07	54:02	F
1100	Lana Semykina		2269	27	113 F 1-39	52:14	54:02	F
1101	Lee George		1340	33	553 M 1-39	53:31	54:02	M
1102	Peter Rice	Norfolk Gazelles AC	2169	47	113 M 45-49	52:42	54:02	M
1103	Thomas Stevens		2370	32	554 M 1-39	52:44	54:02	M
1104	Jo Walker	Bungay Black Dog RC	2516	40	28 F 40-44	52:27	54:02	F
1105	Matthew Shannon		2276	36	555 M 1-39	52:42	54:03	M
1106	Josh Neale		1995	30	556 M 1-39	52:37	54:03	M
1107	Jane Williams		2607	37	114 F 1-39	53:21	54:03	F
1108	Jane Ashby	Ryston Runners	686	67	1 F 65-69	53:27	54:03	F
1109	Antonio Pavez		2087	39	557 M 1-39	51:37	54:04	M
1110	Andrew Hornby		1573	44	144 M 40-44	52:55	54:04	M
1111	Jon Humphreys		1607	55	37 M 55-59	52:08	54:04	M
1112	Georgina Sexton		2271	34	115 F 1-39	52:20	54:05	F
1113	Heather Hollister	Coltishall Jaguars RC	1561	64	4 F 60-64	52:55	54:05	F
1114	Mohamed Elsheemy		1237	31	558 M 1-39	53:21	54:06	M
1115	Natasha Walsh	Norwich Road Runners	600	29	116 F 1-39	53:32	54:07	F
1116	Andy Ives		1637	42	145 M 40-44	52:02	54:07	M
1117	Lucy Wright		2676	26	117 F 1-39	52:40	54:08	F
1118	Jason Baldry		722	28	559 M 1-39	53:42	54:08	M
1119	Michael Knell		1743	49	114 M 45-49	52:33	54:08	M
1120	Julia Norman	Ryston Runners	2017	40	29 F 40-44	52:40	54:08	F
1121	Gareth Bird		804	32	560 M 1-39	53:02	54:08	M
1122	Jermaine Calver		966	34	561 M 1-39	52:57	54:09	M
1123	Sam Clack		1026	35	562 M 1-39	53:02	54:09	M
1124	Russell Brett		876	46	115 M 45-49	52:56	54:10	M
1125	Mark Hawkins		1501	37	563 M 1-39	53:37	54:11	M
1126	Paula Greatbanks		1403	40	30 F 40-44	53:17	54:12	F
1127	Matthew Cubitt		1131	46	116 M 45-49	52:54	54:13	M
1128	Dane Boyle-Smith		859	27	564 M 1-39	53:10	54:13	M
1129	Chris Davies		1160	42	146 M 40-44	49:04	54:14	M
1130	Ryan Bulled		3818	28	565 M 1-39	52:42	54:14	M
1131	Stuart Sandall		2235	45	117 M 45-49	52:46	54:14	M
1132	Lucy Naylor		1993	38	118 F 1-39	52:45	54:15	F
1133	Vicki Grice		1412	33	119 F 1-39	52:20	54:15	F
1134	Kerry Metcalf	Norwich Road Runners	1924	33	120 F 1-39	53:20	54:15	F
1135	Chris Dann		1152	38	566 M 1-39	52:08	54:15	M
1136	Denis Tuttle		2490	60	9 M 60-64	51:47	54:17	M
1137	Kerry Warren		2540	49	118 M 45-49	51:34	54:18	M
1138	Ian Cleminson	Bure Valley Harriers	1032	49	119 M 45-49	53:15	54:19	M
1139	Louise Chappel		1010	30	121 F 1-39	53:15	54:19	F
1140	Liam Ray		3809	20	567 M 1-39	52:19	54:19	M
1141	Stewart Ingram	Tri-Anglia Triathlon Club	1635	64	10 M 60-64	52:22	54:19	M
1142	Christopher Drumme		1208	50	66 M 50-54	53:02	54:22	M
1143	Katie Gaskell		1332	36	122 F 1-39	53:22	54:24	F
1144	Ollie Lomax		1823	20	568 M 1-39	52:44	54:24	M
1145	Vicky Griffiths		1421	38	123 F 1-39	53:51	54:24	F
1146	Emma Jay		1652	32	124 F 1-39	52:08	54:27	F
1147	Sue Brumby		918	50	12 F 50-54	53:11	54:27	F
1148	Frank Brumby		919	41	147 M 40-44	53:15	54:27	M

1149	Claire Blackmore		812	28	125 F 1-39	53:33	54:27	F
1150	Jason Wilson		2617	26	569 M 1-39	52:38	54:28	M
1151	Simon Bullimore		932	38	570 M 1-39	53:08	54:29	M
1152	Phoebe Ayres		700	24	126 F 1-39	53:53	54:29	F
1153	Michelle Cutting		164	41	31 F 40-44	54:00	54:30	F
1154	Suzanne Burt		946	45	24 F 45-49	53:31	54:31	F
1155	Amy Collingsworth		1063	28	127 F 1-39	53:57	54:31	F
1156	Wayne Jolly		1677	38	571 M 1-39	53:01	54:31	M
1157	Peadar Langan		1762	41	148 M 40-44	53:45	54:33	M
1158	Richard Daines		1146	26	572 M 1-39	53:18	54:34	M
1159	Stuart Thompson		2445	42	149 M 40-44	52:50	54:34	M
1160	Simon Edwards		1226	42	150 M 40-44	53:26	54:34	M
1161	Matt Crickmore		1121	25	573 M 1-39	53:28	54:35	M
1162	Ali Fiddy		1267	46	25 F 45-49	53:49	54:36	F
1163	Graham Sampson	Bungay Black Dog RC	2233	69	4 M 65-69	53:09	54:36	M
1164	Peter Wapshott		2528	66	5 M 65-69	53:01	54:39	M
1165	Aidan Smith		2330	25	574 M 1-39	51:37	54:39	M
1166	Christopher Pointer		2122	59	38 M 55-59	52:20	54:40	M
1167	David Burcombe		3446	19	575 M 1-39	50:30	54:41	M
1168	Trevor Horrex	Norwich Road Runners	1575	55	39 M 55-59	53:35	54:42	M
1169	Mark Bobby		831	51	67 M 50-54	53:34	54:42	M
1170	Laura Bullimore		931	33	128 F 1-39	53:22	54:44	F
1171	Amii Andrews		677	30	129 F 1-39	54:02	54:44	F
1172	Ollie Watkins		2548	24	576 M 1-39	54:13	54:46	M
1173	Victoria Pritchard		3696	32	130 F 1-39	51:19	54:46	F
1174	Malcolm Beasley		763	46	120 M 45-49	54:29	54:46	M
1175	Phillip Palmer		2057	32	577 M 1-39	53:04	54:47	M
1176	James Tortoise	Cambourne Runners ARC	2468	46	121 M 45-49	53:00	54:47	M
1177	Edward Hall		1450	65	6 M 65-69	53:41	54:47	M
1178	Paul Pearson		2097	49	122 M 45-49	53:04	54:47	M
1179	Kieran O'Connor		2029	37	578 M 1-39	53:01	54:48	M
1180	Rob Knights		1745	35	579 M 1-39	53:00	54:50	M
1181	Philip Nottingham		3155	41	151 M 40-44	53:28	54:51	M
1182	Adam Thorley		3815	17	580 M 1-39	53:20	54:52	M
1183	Cheryl Kershaw		1729	41	32 F 40-44	52:43	54:52	F
1184	Aaron Attree		22	16	581 M 1-39	53:57	54:53	M
1185	Ian Smith	North Norfolk Beach Runners	2315	53	68 M 50-54	52:27	54:54	M
1186	Natalie Roebuck		2201	28	131 F 1-39	53:17	54:55	F
1187	Sarah Hood		1565	35	132 F 1-39	53:35	54:57	F
1188	Nicholas Bayfield		757	49	123 M 45-49	54:03	54:57	M
1189	Julian Johnson	Wymondham AC	1670	43	152 M 40-44	53:19	54:59	M
1190	Suzanne Robinson		2191	48	26 F 45-49	53:37	54:59	F
1191	Beth Underwood		2492	16	133 F 1-39	54:03	54:59	F
1192	Nigel Bullen	Norfolk Gazelles AC	930	62	11 M 60-64	54:08	55:00	M
1193	Claire Ellis		1234	30	134 F 1-39	53:34	55:00	F
1194	Helen Clarke		1031	46	27 F 45-49	54:11	55:01	F
1195	Victoria Jones	Norwich Road Runners	1682	36	135 F 1-39	53:07	55:01	F
1196	Gail Hardingham	Norfolk Gazelles AC	1470	57	4 F 55-59	53:57	55:01	F
1197	John Leney		1799	49	124 M 45-49	51:49	55:03	M
1198	Michael Mason		1881	23	582 M 1-39	52:03	55:03	M
1199	Lewis Hak		263	25	583 M 1-39	54:39	55:04	M
1200	David Thomas	Bungay Black Dog RC	2439	39	584 M 1-39	53:25	55:04	M
1201	Nina Bruce		917	29	136 F 1-39	54:25	55:05	F
1202	Doug Merton		1923	31	585 M 1-39	53:42	55:05	M
1203	Hannah Stone		2382	16	137 F 1-39	53:26	55:05	F
1204	Alexander Smith		2319	29	586 M 1-39	52:07	55:07	M
1205	Jon Holt	Wymondham AC	1562	40	153 M 40-44	54:30	55:07	M
1206	Nick Catchpole		994	34	587 M 1-39	54:07	55:08	M
1207	Peter Kean Cockburn	Coltishall Jaguars RC	1712	56	40 M 55-59	53:40	55:08	M
1208	Yessica Griffiths		1418	28	138 F 1-39	52:09	55:09	F
1209	Liz Harris	Reepham Runners	1485	39	139 F 1-39	53:28	55:09	F
1210	Holly Berwick		788	33	140 F 1-39	53:46	55:10	F
1211	Hayley Gerrard		1343	47	28 F 45-49	54:10	55:10	F
1212	Kris Hemsley		3576	37	588 M 1-39	51:17	55:10	M
1213	Patsy Bradley	Wymondham AC	865	55	5 F 55-59	53:56	55:10	F
1214	Lee Oxbury		2053	47	125 M 45-49	52:51	55:10	M
1215	Eleanor Morton		1976	22	141 F 1-39	54:11	55:11	F
1216	Martin Truelove		2475	36	589 M 1-39	52:54	55:12	M
1217	Marie Fowle		1294	27	142 F 1-39	54:39	55:12	F
1218	Paul Waters	Bure Valley Harriers	2547	63	12 M 60-64	52:38	55:13	M
1219	Nicola Seaman		3243	35	143 F 1-39	53:52	55:13	F
1220	Karen Gedge	Bungay Black Dog RC	1337	50	13 F 50-54	54:13	55:14	F
1221	Paul Minns		1945	50	69 M 50-54	53:46	55:14	M
1222	Sarah Crawford		1119	34	144 F 1-39	54:10	55:15	F
1223	Andrea Carroll Langan		980	39	145 F 1-39	54:26	55:15	F
1224	Ben Boorman		843	30	590 M 1-39	54:02	55:15	M
1225	Annette Manning	Bungay Black Dog RC	1862	54	14 F 50-54	53:31	55:19	F
1226	Jim Adams		644	45	126 M 45-49	54:05	55:19	M
1227	George Firth		1269	22	591 M 1-39	54:39	55:20	M
1228	Jonathan Welch		2566	42	154 M 40-44	52:22	55:21	M
1229	Louise Gardiner		1326	44	33 F 40-44	54:05	55:21	F
1230	Tony Millett	Norwich Road Runners	1941	62	13 M 60-64	53:22	55:22	M
1231	Lee Todd		2462	39	592 M 1-39	53:06	55:22	M
1232	Matt Sykes		2403	47	127 M 45-49	52:05	55:23	M
1233	Ian Wheeler		2582	33	593 M 1-39	53:48	55:24	M
1234	Sarah Crockett		1122	24	146 F 1-39	54:14	55:24	F
1235	Lewis Brooker		893	33	594 M 1-39	54:34	55:25	M
1236	Robert Major		1849	36	595 M 1-39	52:17	55:25	M
1237	Paul Dunthorne		1214	47	128 M 45-49	54:22	55:26	M
1238	Tommy MacKeown		1844	23	596 M 1-39	51:15	55:26	M
1239	Mon Lee	Ipswich Jaffa RC	1794	57	41 M 55-59	53:56	55:26	M
1240	Sally Hart		1491	38	147 F 1-39	54:32	55:27	F
1241	James Fiddian		1266	28	597 M 1-39	54:38	55:27	M
1242	Alice Bodger	Norwich Road Runners	834	31	148 F 1-39	54:14	55:27	F
1243	Jerry Fuller		1321	42	155 M 40-44	52:42	55:27	M
1244	Martin Moore		1957	40	156 M 40-44	53:46	55:28	M
1245	Simon Bowles		854	46	129 M 45-49	54:12	55:28	M

1246	Ian Whalebelly		2577	45	130 M 45-49	52:53	55:28	M
1247	Andrew Elvin		1238	51	70 M 50-54	54:31	55:29	M
1248	Keith Morris	Ryston Runners	1972	55	42 M 55-59	53:58	55:29	M
1249	Peter Skillen		2306	39	598 M 1-39	53:52	55:29	M
1250	Susanna Johns		1666	43	34 F 40-44	54:14	55:29	F
1251	John Miller	Norwich Road Runners	1938	53	71 M 50-54	53:35	55:29	M
1252	Andi Chaplin		1004	38	599 M 1-39	54:44	55:29	M
1253	Caitlin Notley		2023	37	149 F 1-39	55:04	55:30	F
1254	Kate Grange		1396	28	150 F 1-39	54:52	55:30	F
1255	Emily Robinson		2195	28	151 F 1-39	54:09	55:30	F
1256	Thomas Wright		2670	28	600 M 1-39	52:27	55:31	M
1257	Jenna Sweeney		2400	31	152 F 1-39	53:46	55:31	F
1258	Steven Marshall		1876	31	601 M 1-39	52:58	55:32	M
1259	Lewis Fowler		3525	18	602 M 1-39	51:47	55:33	M
1260	Lindsay Howlett		1592	47	29 F 45-49	54:15	55:33	F
1261	Tom Carr		978	18	603 M 1-39	54:48	55:34	M
1262	Nicholas Moores		1965	30	604 M 1-39	53:45	55:36	M
1263	James Olsson		2037	28	605 M 1-39	52:42	55:36	M
1264	Judith Berry		1706	42	35 F 40-44	53:45	55:36	F
1265	Stuart Sayer	Norwich Road Runners	2253	56	43 M 55-59	53:39	55:37	M
1266	Iain Kermodie		3611	27	606 M 1-39	53:21	55:37	M
1267	Alan Cushing	Ely Runners	1140	60	14 M 60-64	54:55	55:37	M
1268	Iain Smith		2337	36	607 M 1-39	52:36	55:38	M
1269	Dominic West		2574	39	608 M 1-39	53:19	55:39	M
1270	Tom Weeks		2565	34	609 M 1-39	54:12	55:39	M
1271	Richard Eyre		3507	55	44 M 55-59	53:25	55:40	M
1272	Shey Hargreaves		1476	26	153 F 1-39	54:54	55:43	F
1273	Brendan Wilson	City of Norwich AC	2616	47	131 M 45-49	52:50	55:43	M
1274	Matthew Laxton		1779	27	610 M 1-39	53:31	55:43	M
1275	Camille Davila		1161	36	154 F 1-39	53:57	55:44	F
1276	Dale Coleman		1058	55	45 M 55-59	55:07	55:44	M
1277	David Wicks		2599	40	157 M 40-44	52:45	55:45	M
1278	Sophie Cole		1050	30	155 F 1-39	54:23	55:45	F
1279	Ian Rodwell	Bungay Black Dog RC	2199	52	72 M 50-54	52:36	55:45	M
1280	Anthony Fullam		1319	44	158 M 40-44	54:00	55:46	M
1281	Faith Bradbury		860	44	36 F 40-44	54:49	55:47	F
1282	Ryan Peacock		2092	49	132 M 45-49	53:18	55:47	M
1283	Steve Bradley	Wymondham AC	864	61	15 M 60-64	54:59	55:49	M
1284	Martin Taylor		2414	36	611 M 1-39	52:55	55:49	M
1285	Joshua Willis		3791	16	612 M 1-39	51:31	55:50	M
1286	Louise Blazey	Norwich Road Runners	820	28	156 F 1-39	54:39	55:50	F
1287	Edward Jack		1640	44	159 M 40-44	54:04	55:51	M
1288	Sherralyn Blakely		2738	48	30 F 45-49	54:29	55:52	F
1289	Dianne Tilbrook		2458	63	5 F 60-64	54:22	55:53	F
1290	Lewis Blois		825	33	157 F 1-39	54:59	55:53	F
1291	Craig Ruggles		2217	29	613 M 1-39	51:51	55:54	M
1292	James Alger		654	45	133 M 45-49	55:27	55:54	M
1293	Lily Alger		655	18	158 F 1-39	55:27	55:54	F
1294	John Tilbrook		2457	73	2 M 70-99	54:23	55:55	M
1295	Peter Raven		2147	35	614 M 1-39	53:37	55:55	M
1296	Stephen Garrard		1330	34	615 M 1-39	54:51	55:55	M
1297	Martin Smith		3810	52	73 M 50-54	52:41	55:56	M
1298	Sarah Townend		2469	49	31 F 45-49	53:13	55:56	F
1299	Mat Ewing		2901	32	616 M 1-39	55:14	55:57	M
1300	Joanne Bourne	Dereham Runners & AC	848	55	6 F 55-59	54:39	55:58	F
1301	James Hayhoe		1504	35	617 M 1-39	55:03	55:59	M
1302	Jack Burton		2775	33	618 M 1-39	56:00	56:00	M
1303	Derek Jackson		1641	35	619 M 1-39	53:32	56:00	M
1304	Nedina Middleton-Hall	Wymondham AC	1935	51	15 F 50-54	54:21	56:00	F
1305	David Baulcombe		753	63	16 M 60-64	53:45	56:01	M
1306	Pamela Roper		2206	34	159 F 1-39	53:37	56:01	F
1307	Steve Sanders		2236	25	620 M 1-39	54:12	56:02	M
1308	Laura Webster		3353	34	160 F 1-39	55:12	56:02	F
1309	Philip Norman	St Neots Riverside Runners	2019	62	17 M 60-64	54:30	56:02	M
1310	Sarah Shipley		2290	39	161 F 1-39	54:34	56:03	F
1311	Tessa Humphrey		1604	31	162 F 1-39	54:49	56:05	F
1312	Claire Bull		929	41	37 F 40-44	55:05	56:05	F
1313	Steven Kirkendall		1742	55	46 M 55-59	54:27	56:06	M
1314	Christopher Bolderstone		835	31	621 M 1-39	55:15	56:07	M
1315	Cara Whyte		2595	39	163 F 1-39	55:07	56:08	F
1316	Joni Lambert		350	32	164 F 1-39	55:09	56:08	F
1317	Adam Everett		1247	28	622 M 1-39	54:49	56:09	M
1318	Neil Gilding		2450	39	623 M 1-39	54:37	56:09	M
1319	Charlie Wright		2672	21	624 M 1-39	53:14	56:09	M
1320	Andrew Dellbridge		1172	46	134 M 45-49	55:25	56:09	M
1321	Dan Hamilton		1454	53	74 M 50-54	54:54	56:10	M
1322	Juliette Meek	Ryston Runners	1919	34	165 F 1-39	54:42	56:11	F
1323	Richard Freezer		1306	45	135 M 45-49	54:56	56:11	M
1324	James Baxter		2720	38	625 M 1-39	53:53	56:11	M
1325	Tracey Marsh		1872	44	38 F 40-44	53:55	56:11	F
1326	Jackie Orford		2042	48	32 F 45-49	54:37	56:11	F
1327	Emma Stevens		2374	32	166 F 1-39	54:54	56:12	F
1328	Matthew Anderson		667	29	626 M 1-39	54:29	56:13	M
1329	Adam Avery		699	29	627 M 1-39	55:36	56:13	M
1330	Joe Capper		975	19	628 M 1-39	55:42	56:13	M
1331	Kevin Bayes	Great Yarmouth Road Runners	756	54	75 M 50-54	55:39	56:13	M
1332	Peter Hibbit		1530	45	136 M 45-49	55:14	56:14	M
1333	Kathryn Girling		1361	27	167 F 1-39	55:24	56:14	F
1334	Mark Sharman		2279	35	629 M 1-39	54:42	56:15	M
1335	Matthew Peek		2099	46	137 M 45-49	54:23	56:15	M
1336	James Reeder		2160	42	160 M 40-44	54:09	56:17	M
1337	Stephen Thomson	City of Norwich AC	2446	57	47 M 55-59	54:47	56:17	M
1338	Sarah Loughlin		1827	25	168 F 1-39	54:50	56:18	F
1339	Joanna Killingworth		1733	39	169 F 1-39	52:49	56:18	F
1340	Stephen Jackson		1645	41	161 M 40-44	54:41	56:18	M
1341	Paul Skippins		2308	52	76 M 50-54	54:29	56:18	M
1342	Robert Highe		1535	26	630 M 1-39	55:36	56:19	M

1343	Jack Parnell		2073	31	631 M 1-39	53:36	56:19	M
1344	Oliver Clifford		2801	29	632 M 1-39	52:30	56:20	M
1345	Leanne Shanks	Bure Valley Harriers	2273	29	170 F 1-39	54:40	56:20	F
1346	Gary Lansdale		353	41	162 M 40-44	56:10	56:20	M
1347	Tammy Smith		2314	36	171 F 1-39	54:53	56:20	F
1348	Cristina Lemus		1798	31	172 F 1-39	54:49	56:20	F
1349	Sheena Evans		1243	48	33 F 45-49	55:09	56:21	F
1350	Jo Fox		1297	37	173 F 1-39	55:44	56:21	F
1351	Mark Ramsden		2145	45	138 M 45-49	52:52	56:21	M
1352	Gabriella Cawston		998	38	174 F 1-39	54:56	56:22	F
1353	Magda Lauchard		1768	41	39 F 40-44	54:36	56:22	F
1354	Matthew Cawston		997	37	633 M 1-39	54:57	56:22	M
1355	Alick Burnett		942	25	634 M 1-39	55:18	56:23	M
1356	Rod Main	Tri-Anglia Triathlon Club	378	49	139 M 45-49	53:31	56:23	M
1357	Andrew Loveday		1829	29	635 M 1-39	53:28	56:23	M
1358	Joanne Ford	Tri-Anglia Triathlon Club	1284	34	175 F 1-39	55:28	56:24	F
1359	Lisa Cooper		1094	25	176 F 1-39	55:17	56:24	F
1360	Richard Halls		1451	26	636 M 1-39	55:36	56:24	M
1361	David Richards		2173	30	637 M 1-39	53:49	56:25	M
1362	Christopher Carr	Tri-Anglia Triathlon Club	977	29	638 M 1-39	55:47	56:25	M
1363	Martyn Taylor		2427	51	77 M 50-54	53:58	56:26	M
1364	Hannah Kuhn		1750	34	177 F 1-39	53:04	56:30	F
1365	Naomi Bowditch	Norwich Road Runners	849	37	178 F 1-39	56:02	56:30	F
1366	Julia Scarboro		2255	34	179 F 1-39	53:17	56:30	F
1367	Justin Bird		802	39	639 M 1-39	55:21	56:30	M
1368	Jeremy Burton		950	55	48 M 55-59	55:52	56:31	M
1369	Lin Goram		1387	38	180 F 1-39	55:41	56:31	F
1370	Andrew Grimley		1425	48	140 M 45-49	55:50	56:32	M
1371	Maureen Hamis	Norwich Road Runners	1457	40	40 F 40-44	54:29	56:33	F
1372	Ian Snowsill		2343	32	640 M 1-39	54:27	56:33	M
1373	Julie Gardner		1327	50	16 F 50-54	55:34	56:33	F
1374	Gary Coleman		1056	37	641 M 1-39	55:28	56:34	M
1375	Nicholas Dash		1153	32	642 M 1-39	55:29	56:34	M
1376	Robert Cox		1110	53	78 M 50-54	55:28	56:34	M
1377	Darren Coleman		1055	37	643 M 1-39	55:28	56:35	M
1378	James Wright		2664	31	644 M 1-39	53:28	56:35	M
1379	Richard Woodard		2644	48	141 M 45-49	55:13	56:35	M
1380	Jack Burgess		941	29	645 M 1-39	55:16	56:36	M
1381	Jonathan Payne		2090	27	646 M 1-39	53:29	56:36	M
1382	Brian Watkins		2549	58	49 M 55-59	54:11	56:36	M
1383	Laura Ruddy		2216	28	181 F 1-39	55:43	56:36	F
1384	Martin Andrews		676	45	142 M 45-49	55:58	56:38	M
1385	Charlotte Wade		2509	23	182 F 1-39	53:30	56:38	F
1386	Alison Brister		884	46	34 F 45-49	56:06	56:38	F
1387	David Blyth-Clarke		829	43	163 M 40-44	55:53	56:39	M
1388	Becky Hardy	Dereham Runners & AC	1474	36	183 F 1-39	55:55	56:39	F
1389	Nathan Bailey		706	38	647 M 1-39	56:08	56:40	M
1390	Jane Stafford	Norwich Road Runners	2359	49	35 F 45-49	54:39	56:40	F
1391	Thomas Noakes		3806	20	648 M 1-39	56:40	56:40	M
1392	David Hurley		1616	21	649 M 1-39	54:05	56:41	M
1393	Brenda Fee	Barnet & District AC	1260	68	2 F 65-69	55:45	56:41	F
1394	Joanne Hurst		1621	45	36 F 45-49	55:16	56:41	F
1395	Rowley Kurtz		1751	58	50 M 55-59	54:46	56:42	M
1396	Tim MacWilliam	Wymondham AC	1845	53	79 M 50-54	55:15	56:42	M
1397	Christopher Channell		1003	50	80 M 50-54	56:01	56:42	M
1398	Sarah Hanson		1468	50	17 F 50-54	55:23	56:43	F
1399	Daisy Claxton-Pearce		3462	31	184 F 1-39	53:05	56:43	F
1400	Tabatha Sims		2300	47	37 F 45-49	55:20	56:44	F
1401	Paul Youngman		2684	42	164 M 40-44	54:15	56:45	M
1402	Stephen Pond		2125	45	143 M 45-49	54:19	56:45	M
1403	Craig Lyon		1838	53	81 M 50-54	53:58	56:46	M
1404	David Drew		1203	30	650 M 1-39	55:05	56:47	M
1405	Mark Dagless		1145	37	651 M 1-39	55:21	56:48	M
1406	Mary Cordeaux	City of Norwich AC	1099	49	38 F 45-49	55:54	56:48	F
1407	Tris Holtzer		3583	29	652 M 1-39	52:28	56:49	M
1408	Don Tiffin	Bungay Black Dog RC	2456	68	7 M 65-69	54:57	56:49	M
1409	Cassandra Hards		1471	32	185 F 1-39	55:36	56:49	F
1410	Christine Breeze		874	55	7 F 55-59	55:48	56:50	F
1411	Matt Woods		2655	33	653 M 1-39	54:21	56:50	M
1412	Esther Jack		1639	44	41 F 40-44	55:04	56:51	F
1413	Sophie McLellan		1911	27	186 F 1-39	53:59	56:52	F
1414	Catherine Friar		1312	37	187 F 1-39	54:19	56:53	F
1415	Danielle Beuttell		795	36	188 F 1-39	56:38	56:55	F
1416	Eric Payne		2089	30	654 M 1-39	55:00	56:56	M
1417	Ian Odgers		2030	46	144 M 45-49	55:23	56:57	M
1418	Alan Bell		2724	50	82 M 50-54	55:39	56:57	M
1419	Jason Juby		1702	36	655 M 1-39	54:44	56:57	M
1420	Dan Connelly		1071	33	656 M 1-39	55:48	56:58	M
1421	Tim Beard		3417	21	657 M 1-39	52:43	56:59	M
1422	Andrew Wicks		2598	42	165 M 40-44	54:28	56:59	M
1423	Levi Rijks		2179	20	189 F 1-39	55:27	56:59	F
1424	Hayley Brown		914	39	190 F 1-39	56:09	57:00	F
1425	Gareth Stevens		2373	38	658 M 1-39	53:51	57:00	M
1426	Peter Dawes		1163	60	18 M 60-64	56:11	57:01	M
1427	Shane Brett		875	27	659 M 1-39	55:43	57:01	M
1428	Tiffinie Gowing		1392	27	191 F 1-39	55:29	57:02	F
1429	Bernadette Wapshott		2529	60	6 F 60-64	55:24	57:02	F
1430	Cathy Forth		1288	45	39 F 45-49	56:22	57:04	F
1431	John Bound	Great Yarmouth Road Runners	847	68	8 M 65-69	56:26	57:04	M
1432	Matt Plunkett	23 Mile Club	2120	43	166 M 40-44	54:19	57:04	M
1433	Karle Howard		1584	44	167 M 40-44	55:15	57:05	M
1434	Paul Mitchelmore		1951	58	51 M 55-59	55:36	57:05	M
1435	Phil Little		3073	50	83 M 50-54	53:03	57:05	M
1436	Jeremy Sinclair		2303	62	19 M 60-64	55:37	57:05	M
1437	Lucy Hazleton	Norfolk Gazelles AC	1507	29	192 F 1-39	55:52	57:06	F
1438	Mark Noakes		3148	39	660 M 1-39	53:48	57:06	M
1439	Cheryl Bailey		714	29	193 F 1-39	56:37	57:07	F

1440	Christina Lakey	Wyomdham AC	1756	36	194 F 1-39	55:28	57:07	F
1441	Dionne Minns		1944	39	195 F 1-39	55:00	57:07	F
1442	Kaihuai Le		1780	22	661 M 1-39	53:54	57:08	M
1443	Peter Cutting		1142	32	662 M 1-39	56:27	57:08	M
1444	Richard Freeman		3526	31	663 M 1-39	53:50	57:08	M
1445	Pete Waters		2543	48	145 M 45-49	54:52	57:09	M
1446	Geoffrey Harrison		1487	57	52 M 55-59	56:01	57:10	M
1447	Camilla Shepherd		2283	28	196 F 1-39	54:00	57:11	F
1448	William Holden		1557	58	53 M 55-59	55:56	57:11	M
1449	Alice Kirk	Bungay Black Dog RC	1741	27	197 F 1-39	55:32	57:11	F
1450	Nick Riches		2176	53	84 M 50-54	55:41	57:11	M
1451	Richard Larner		356	54	85 M 50-54	56:27	57:12	M
1452	Nick Taylor		2416	28	664 M 1-39	54:33	57:12	M
1453	Robin Jolly		1678	50	86 M 50-54	54:09	57:13	M
1454	Kathryn Hertzberg		1524	30	198 F 1-39	55:37	57:13	F
1455	David MacHin		1842	51	87 M 50-54	55:11	57:13	M
1456	Callum Jolly		1679	23	665 M 1-39	54:10	57:14	M
1457	Paul Mallett		1854	36	666 M 1-39	55:25	57:14	M
1458	Laura Noakes		2015	36	199 F 1-39	54:39	57:14	F
1459	Karen Glenister		1364	42	42 F 40-44	56:14	57:14	F
1460	Aden Brooks		93	24	667 M 1-39	55:08	57:15	M
1461	Andy Walter	Norfolk Gazelles AC	601	47	146 M 45-49	56:33	57:16	M
1462	Dominic Everett		1248	51	88 M 50-54	56:19	57:16	M
1463	Stuart Andrews		679	38	668 M 1-39	55:04	57:16	M
1464	Craig MacDonald		1839	31	669 M 1-39	55:39	57:17	M
1465	Chris Sargisson		2245	48	147 M 45-49	54:04	57:18	M
1466	Chi Kwun Lee		1789	43	168 M 40-44	54:33	57:18	M
1467	Richard High	Norwich Road Runners	1533	44	169 M 40-44	56:03	57:18	M
1468	Rick Herdman		1523	50	89 M 50-54	56:38	57:18	M
1469	Julia Perry		2104	36	200 F 1-39	55:54	57:18	F
1470	Adrian Longbotham		1825	34	670 M 1-39	53:59	57:18	M
1471	Jodie Hurn		1617	32	201 F 1-39	54:00	57:19	F
1472	James Driscoll		1205	39	671 M 1-39	55:54	57:19	M
1473	Simon Griffith		1413	34	672 M 1-39	54:12	57:19	M
1474	Ian Brannen		2758	50	90 M 50-54	54:13	57:20	M
1475	Jonathon Callongham		965	32	673 M 1-39	56:16	57:20	M
1476	Rosemarie Ball		728	57	8 F 55-59	56:50	57:20	F
1477	Daniel Rix		2182	38	674 M 1-39	55:21	57:21	M
1478	Josie Waterman		2541	25	202 F 1-39	54:11	57:21	F
1479	Jessica Watts		2552	27	203 F 1-39	55:16	57:21	F
1480	Chris Hardwell	Tri-Anglia Triathlon Club	1473	50	91 M 50-54	56:07	57:21	M
1481	Laura Wiltshire		628	25	204 F 1-39	57:06	57:22	F
1482	Marianne Armstrong	Norwich Road Runners	684	35	205 F 1-39	55:25	57:22	F
1483	Mandi Moysie		1981	47	40 F 45-49	54:54	57:22	F
1484	Stephen Mickelburgh		1929	40	170 M 40-44	53:58	57:22	M
1485	Anthony Alborough		2690	44	171 M 40-44	54:53	57:23	M
1486	Magdalena Kapuscinska		1709	32	206 F 1-39	56:52	57:23	F
1487	Michael Illingsworth		1631	47	148 M 45-49	54:42	57:24	M
1488	Sine Garvie Mcinally		1331	57	9 F 55-59	54:33	57:24	F
1489	Anthony Seaman		2268	28	675 M 1-39	54:09	57:24	M
1490	Mark Fletcher		2915	30	676 M 1-39	53:57	57:25	M
1491	Elise Aho		2689	36	207 F 1-39	56:44	57:26	F
1492	Georgie Harrington		1481	23	208 F 1-39	56:19	57:26	F
1493	Matthew Abram		640	39	677 M 1-39	54:38	57:26	M
1494	Liz Jones	Norwich Road Runners	1687	36	209 F 1-39	55:22	57:27	F
1495	Wendy Langley		1764	40	43 F 40-44	54:31	57:28	F
1496	Michael Sollaris	Norwich Road Runners	553	27	678 M 1-39	56:37	57:29	M
1497	Angela Bell	Norwich Road Runners	773	40	44 F 40-44	56:54	57:29	F
1498	Clive Cartner	Norwich Road Runners	986	36	679 M 1-39	56:36	57:30	M
1499	Cécilia Cheval	Norwich Road Runners	1018	28	210 F 1-39	56:34	57:30	F
1500	Shane Lutkin		1833	58	54 M 55-59	54:15	57:31	M
1501	Kelly Wisdom		2632	46	41 F 45-49	55:51	57:31	F
1502	Elizabeth Branson		868	58	10 F 55-59	54:15	57:31	F
1503	Jamie Mordecai		1966	35	680 M 1-39	55:11	57:32	M
1504	John Wilson	Tri-Anglia Triathlon Club	2621	50	92 M 50-54	54:44	57:34	M
1505	Rebecca Pountain		2129	36	211 F 1-39	55:31	57:35	F
1506	Anthony Blake		818	37	681 M 1-39	56:28	57:36	M
1507	Liz Clues	Tri-Anglia Triathlon Club	1038	44	45 F 40-44	56:51	57:36	F
1508	Maddy Frary		1301	20	212 F 1-39	56:16	57:37	F
1509	Justin Coles		1062	43	172 M 40-44	56:01	57:38	M
1510	Jo Brooks	Ryston Runners	896	41	46 F 40-44	56:53	57:38	F
1511	Victoria Hosier		1579	37	213 F 1-39	56:58	57:39	F
1512	David Jerman		325	32	682 M 1-39	54:41	57:39	M
1513	Sarah Hornsby		1574	45	42 F 45-49	56:32	57:39	F
1514	Fay Wheeler		2581	40	47 F 40-44	55:54	57:39	F
1515	Kate Edwards		1228	33	214 F 1-39	56:59	57:40	F
1516	Laura Harper		1480	28	215 F 1-39	55:02	57:40	F
1517	Megan Kendrick		1724	29	216 F 1-39	55:45	57:41	F
1518	Lee Robinson		2193	39	683 M 1-39	54:43	57:41	M
1519	Rachel Taylor		2415	39	217 F 1-39	55:51	57:42	F
1520	Stuart Mann	Norwich Road Runners	1856	51	93 M 50-54	55:31	57:42	M
1521	Isobel Gibson		1347	19	218 F 1-39	57:42	57:42	F
1522	Elliott Mowle		1980	30	684 M 1-39	56:00	57:42	M
1523	Paul Saunders	Tri-Anglia Triathlon Club	2248	43	173 M 40-44	55:53	57:42	M
1524	Hannah Daugaard-Hansen		1154	41	48 F 40-44	56:12	57:43	F
1525	Karen Doak	Tri-Anglia Triathlon Club	174	39	219 F 1-39	55:54	57:43	F
1526	Oliver Morgan		3126	35	685 M 1-39	55:35	57:44	M
1527	Janice Coglin-Hibbert	Tri-Anglia Triathlon Club	1046	42	49 F 40-44	56:33	57:44	F
1528	Kate Quentin-Hicks	Wyomdham AC	2138	37	220 F 1-39	54:49	57:44	F
1529	Sam Williams		2606	34	686 M 1-39	54:24	57:45	M
1530	Daniel Harry		1490	42	174 M 40-44	56:42	57:45	M
1531	Ian Boreham		845	61	20 M 60-64	56:27	57:46	M
1532	Ian Sparkes		2347	38	687 M 1-39	54:25	57:46	M
1533	Ian Graveling		1399	43	175 M 40-44	55:41	57:47	M
1534	Anita Davies		2855	45	43 F 45-49	56:45	57:48	F
1535	Richard White		2584	49	149 M 45-49	55:22	57:48	M
1536	Russell Harmer		276	34	688 M 1-39	54:27	57:48	M

1537	Richard Allsworth		662	39	689 M 1-39	57:31	57:49	M
1538	Anton Wimmer		2625	44	176 M 40-44	55:46	57:50	M
1539	Tony Gentry	North Norfolk Beach Runners	235	43	177 M 40-44	56:43	57:50	M
1540	Yvette Redpath		2157	25	221 F 1-39	53:43	57:50	F
1541	Lee Farrow		3511	38	690 M 1-39	54:30	57:50	M
1542	James Dobney		1189	50	94 M 50-54	56:35	57:51	M
1543	Ayshea Christian		1021	42	50 F 40-44	56:42	57:51	F
1544	Amy Lyes		3639	33	222 F 1-39	53:48	57:51	F
1545	Gina Preston	Norwich Road Runners	2132	49	44 F 45-49	55:15	57:52	F
1546	Alan Varle	Waveney Valley AC	2499	70	3 M 70-99	54:47	57:52	M
1547	Emma Renouf		2165	39	223 F 1-39	56:19	57:52	F
1548	Sophie Thompson		2443	22	224 F 1-39	55:11	57:53	F
1549	Sarah Partridge	100KM Association	2081	59	11 F 55-59	56:24	57:53	F
1550	Patrick Wallace		3775	45	150 M 45-49	54:12	57:54	M
1551	Keri Boorman		2748	27	225 F 1-39	54:28	57:54	F
1552	Gisle Lund		1831	42	178 M 40-44	55:15	57:55	M
1553	Laura Hibbert		1529	32	226 F 1-39	53:07	57:55	F
1554	David Evans		1242	53	95 M 50-54	56:51	57:55	M
1555	Derek Robertson		2187	46	151 M 45-49	54:09	57:56	M
1556	James McSweeney		1916	40	179 M 40-44	56:30	57:57	M
1557	Ali Brown		910	35	227 F 1-39	56:50	57:58	F
1558	Kalina Bartol		743	29	228 F 1-39	54:12	57:58	F
1559	Barry Payne		2091	32	691 M 1-39	55:00	57:59	M
1560	Graham Bloomfield	Tri-Anglia Triathlon Club	826	35	692 M 1-39	56:09	58:00	M
1561	Neil Dennis		1173	32	693 M 1-39	54:05	58:00	M
1562	Nick Smith		3270	45	152 M 45-49	54:30	58:00	M
1563	Lisa Hurry		1619	50	18 F 50-54	56:15	58:00	F
1564	Julie Knight		1744	53	19 F 50-54	56:25	58:00	F
1565	Cindy Burgess	Wymondham AC	938	66	3 F 65-69	56:42	58:01	F
1566	Michael Parsons		3170	36	694 M 1-39	56:24	58:01	M
1567	Danny Rennie		3703	17	695 M 1-39	53:48	58:02	M
1568	Mark Cook		1078	32	696 M 1-39	56:52	58:02	M
1569	Oliver Bennett		781	30	697 M 1-39	57:35	58:02	M
1570	Richard Sage		2229	36	698 M 1-39	55:37	58:02	M
1571	Matthew Layt		3623	38	699 M 1-39	54:26	58:03	M
1572	Sarah Balfour		727	27	229 F 1-39	57:42	58:05	F
1573	Melissa Starkings		3290	29	230 F 1-39	57:45	58:05	F
1574	Lee Wood		2639	26	700 M 1-39	55:45	58:06	M
1575	David Luton		1834	32	701 M 1-39	56:24	58:06	M
1576	Mark Tunneycliff		2480	17	702 M 1-39	54:34	58:07	M
1577	Sam Jenkins		1656	34	703 M 1-39	55:10	58:08	M
1578	Will Barker		737	16	704 M 1-39	56:06	58:08	M
1579	Alan Dix		1188	46	153 M 45-49	57:22	58:08	M
1580	Louise Rump		2218	26	231 F 1-39	56:11	58:09	F
1581	Madeline Beale	Wymondham AC	760	34	232 F 1-39	57:18	58:09	F
1582	Mathew Baldry		2707	43	180 M 40-44	55:22	58:09	M
1583	Ken Mathews	Tri-Anglia Triathlon Club	1883	62	21 M 60-64	56:16	58:10	M
1584	Bobbie Sauerzapf	Bungay Black Dog RC	2246	56	12 F 55-59	55:09	58:10	F
1585	Lisa Craggs		1113	30	233 F 1-39	56:34	58:11	F
1586	Carole White		2587	33	234 F 1-39	56:28	58:12	F
1587	Michael Briggs		880	45	154 M 45-49	56:53	58:13	M
1588	Gwyneth Jones		1680	56	13 F 55-59	56:48	58:13	F
1589	Tina Foster	North Norfolk Beach Runners	1291	47	45 F 45-49	57:05	58:13	F
1590	Thu-Hang Ong		2039	30	235 F 1-39	54:51	58:14	F
1591	Chris Ramshaw		3201	23	705 M 1-39	54:53	58:14	M
1592	Kirsty Fleetcroft		1279	26	236 F 1-39	57:04	58:14	F
1593	Alison Warner		2534	46	46 F 45-49	56:09	58:15	F
1594	Becca Coulton		1104	20	237 F 1-39	57:08	58:16	F
1595	Sarah Kimberley		1734	37	238 F 1-39	56:25	58:18	F
1596	Margaret Ray		3808	49	47 F 45-49	56:11	58:19	F
1597	Shaun Lowthorpe		1830	42	181 M 40-44	55:40	58:19	M
1598	Debra Smith		2328	41	51 F 40-44	57:16	58:21	F
1599	Josh Smith		2313	25	706 M 1-39	55:30	58:21	M
1600	Anthony Henry		1522	59	55 M 55-59	57:31	58:22	M
1601	Elizabeth Wilbourn		2602	29	239 F 1-39	56:40	58:23	F
1602	Toby Moss		1978	27	707 M 1-39	56:41	58:24	M
1603	Leo Saffin		2228	24	708 M 1-39	54:24	58:24	M
1604	Chris Bond		840	54	96 M 50-54	57:15	58:26	M
1605	Charlotte Sutton		2396	36	240 F 1-39	55:16	58:27	F
1606	Stephen Andrews		673	55	56 M 55-59	58:05	58:27	M
1607	Hazel Berry		787	38	241 F 1-39	55:30	58:27	F
1608	Sean Sutton		2397	36	709 M 1-39	55:17	58:27	M
1609	Lee Kirby		3615	34	710 M 1-39	54:21	58:28	M
1610	Sally Aspin	Norwich Road Runners	692	59	14 F 55-59	57:53	58:28	F
1611	Peter Vrabec		2508	37	711 M 1-39	56:38	58:29	M
1612	Deborah Lawrence		1775	53	20 F 50-54	55:49	58:29	F
1613	James Ducker		3495	29	712 M 1-39	54:39	58:29	M
1614	Leo Dudley		3803	33	713 M 1-39	54:38	58:30	M
1615	Sarah Mead		1917	45	48 F 45-49	55:26	58:30	F
1616	Justin Dicks		173	46	155 M 45-49	55:28	58:30	M
1617	Rosie Chapman		2791	51	21 F 50-54	56:39	58:30	F
1618	Robin Shanks		2275	34	714 M 1-39	55:56	58:31	M
1619	Steve Dennis		1174	34	715 M 1-39	57:12	58:31	M
1620	Steven Miller		1939	42	182 M 40-44	55:17	58:31	M
1621	Richard Bell		775	46	156 M 45-49	58:11	58:32	M
1622	Andrew Pittam		2116	45	157 M 45-49	54:23	58:32	M
1623	Mel Bullock		2768	40	52 F 40-44	55:34	58:32	F
1624	Kelsie Hain		1442	22	242 F 1-39	57:22	58:32	F
1625	Helen Crowley		1129	36	243 F 1-39	57:51	58:33	F
1626	Francis Vickers		2503	58	57 M 55-59	55:23	58:34	M
1627	Ruth Howes		1590	37	244 F 1-39	57:42	58:35	F
1628	Ian Woods	Norfolk Gazelles AC	2653	58	58 M 55-59	57:09	58:36	M
1629	Christine Ashe	Bungay Black Dog RC	687	53	22 F 50-54	58:11	58:37	F
1630	Geoff Spencer		2352	49	158 M 45-49	55:47	58:37	M
1631	Hayley Sendall		3247	40	53 F 40-44	57:13	58:38	F
1632	Marie Doughty		1200	41	54 F 40-44	57:40	58:39	F
1633	Charlie Coverdale		1106	36	245 F 1-39	57:50	58:41	F

1634	Christopher Hatton		3821	37	716 M 1-39	55:23	58:41	M
1635	Fanchon Wright	Tri-Anglia Triathlon Club	2673	34	246 F 1-39	55:30	58:41	F
1636	Louise Panter		2060	43	55 F 40-44	56:56	58:41	F
1637	Stephen Ryan		2225	45	159 M 45-49	56:17	58:43	M
1638	Nikki Stebbing		2366	37	247 F 1-39	56:12	58:43	F
1639	Adam Want		2527	45	160 M 45-49	55:25	58:44	M
1640	Daniel Taylor		2426	32	717 M 1-39	56:14	58:47	M
1641	Louise Farr		3510	33	248 F 1-39	54:48	58:48	F
1642	Craig Neep		1999	31	718 M 1-39	55:25	58:49	M
1643	Christopher Moore		1960	44	183 M 40-44	56:48	58:49	M
1644	Peter Jessop		1662	45	161 M 45-49	56:04	58:51	M
1645	Andy Poucher		2128	36	719 M 1-39	55:12	58:52	M
1646	Henry McColl		1901	18	720 M 1-39	55:27	58:52	M
1647	Helen Harrison		1488	35	249 F 1-39	58:06	58:56	F
1648	James Askew		691	25	721 M 1-39	58:33	58:57	M
1649	Desmonde Talbot		2406	65	4 F 65-69	57:37	58:57	F
1650	Andrew Boggis		2744	32	722 M 1-39	56:45	58:58	M
1651	Hayley Upson		2494	38	250 F 1-39	56:50	58:58	F
1652	Oliver Bumstead		933	32	723 M 1-39	57:47	58:58	M
1653	Amy Godbold	Bungay Black Dog RC	1367	36	251 F 1-39	57:45	58:58	F
1654	Debra Rumsby		2220	45	49 F 45-49	55:24	58:59	F
1655	James Baldwin		2708	33	724 M 1-39	57:36	59:00	M
1656	Richard Lain-Smith		3057	48	162 M 45-49	55:50	59:01	M
1657	Elizabeth Morgan		1968	43	56 F 40-44	56:15	59:02	F
1658	Shenda Hedtke		1509	51	23 F 50-54	57:53	59:03	F
1659	Glenn Coleman		2809	45	163 M 45-49	55:03	59:03	M
1660	Andrew Leeder		1795	51	97 M 50-54	56:34	59:03	M
1661	Susie Richardson		2174	28	252 F 1-39	57:14	59:03	F
1662	Andrew Brown		913	43	184 M 40-44	58:08	59:04	M
1663	Laura Button	Bungay Black Dog RC	959	33	253 F 1-39	58:08	59:04	F
1664	Lucy Greenwood		1409	34	254 F 1-39	58:05	59:04	F
1665	Andy Cowan		1107	40	185 M 40-44	57:50	59:05	M
1666	Simon Dazeley		1168	46	164 M 45-49	58:09	59:05	M
1667	Tim Cheesman		1014	33	725 M 1-39	57:57	59:05	M
1668	Rebecca Obrien		2028	30	255 F 1-39	58:09	59:06	F
1669	Caroline Baker	Norfolk Gazelles AC	721	42	57 F 40-44	58:52	59:07	F
1670	Timothy Puttick		2136	53	98 M 50-54	57:43	59:07	M
1671	Kate Andrews		672	34	256 F 1-39	58:47	59:07	F
1672	Tim Block		823	50	99 M 50-54	58:34	59:09	M
1673	Louise Firman		2909	38	257 F 1-39	55:30	59:09	F
1674	Cristian Ciurlic		1025	33	726 M 1-39	57:45	59:10	M
1675	Simon Smith		2338	45	165 M 45-49	57:17	59:10	M
1676	Stuart Forsdicke		2919	41	186 M 40-44	55:11	59:10	M
1677	Samantha Lines		1806	35	258 F 1-39	56:28	59:11	F
1678	Jade Westthorpe		3785	31	259 F 1-39	55:18	59:12	F
1679	Ben Kendall		1723	35	727 M 1-39	56:28	59:12	M
1680	Susie Kelly		1718	31	260 F 1-39	57:54	59:12	F
1681	Bob Carter		985	54	100 M 50-54	57:26	59:13	M
1682	Samantha MacEachern		1841	35	261 F 1-39	56:07	59:14	F
1683	Suzy Knights		1746	33	262 F 1-39	56:25	59:14	F
1684	Clare Farrant		1256	36	263 F 1-39	58:30	59:14	F
1685	Sarah Cage-Brimelow		960	33	264 F 1-39	58:19	59:15	F
1686	Tiffany Bentley		786	36	265 F 1-39	58:09	59:15	F
1687	Claire Goldstone	Thetford AC	1378	34	266 F 1-39	57:31	59:15	F
1688	Jenny Mayne	Tri-Anglia Triathlon Club	1892	55	15 F 55-59	57:41	59:15	F
1689	Rory Fairfoot		1253	18	728 M 1-39	57:38	59:15	M
1690	John Robinson		2188	47	166 M 45-49	57:05	59:15	M
1691	Claire Ramsbottom	Norwich Road Runners	2144	41	58 F 40-44	57:06	59:17	F
1692	Gemma Ottaway		2049	32	267 F 1-39	57:32	59:17	F
1693	Victoria Utting	Norwich Road Runners	2496	44	59 F 40-44	57:06	59:18	F
1694	Samantha Howell		1585	44	60 F 40-44	58:17	59:18	F
1695	Stephen Barker		735	50	101 M 50-54	57:17	59:21	M
1696	Scott Walker		2518	37	729 M 1-39	57:50	59:21	M
1697	Caroline Brown		906	29	268 F 1-39	58:00	59:22	F
1698	George Barnard		740	25	730 M 1-39	58:22	59:23	M
1699	Daniel Brock		888	28	731 M 1-39	58:41	59:24	M
1700	Richard Lennox		1800	35	732 M 1-39	57:05	59:25	M
1701	Nicky Scott		2261	29	269 F 1-39	57:55	59:25	F
1702	Paul Strowger	Norwich Road Runners	2389	39	733 M 1-39	56:09	59:26	M
1703	Paula Herdman		2985	48	50 F 45-49	55:27	59:27	F
1704	Tom Bruce		916	29	734 M 1-39	58:47	59:27	M
1705	Roger Eglen		1230	69	9 M 65-69	58:41	59:28	M
1706	Helen Brockington		891	38	270 F 1-39	58:39	59:28	F
1707	Michelle Lansdale		354	38	271 F 1-39	59:15	59:29	F
1708	Caroline Baines		716	45	51 F 45-49	56:47	59:30	F
1709	Shauna Gooch		1379	20	272 F 1-39	58:33	59:31	F
1710	Ken Hurst	Bungay Black Dog RC	1620	68	10 M 65-69	57:42	59:31	M
1711	Spencer James		1649	31	735 M 1-39	57:19	59:31	M
1712	Andrew Calderbank-Link		962	36	736 M 1-39	58:48	59:32	M
1713	Chantal Foyer		1298	25	273 F 1-39	58:34	59:32	F
1714	Deirdre Linehan		1805	52	24 F 50-54	58:14	59:33	F
1715	Paul Taylor		2421	31	737 M 1-39	56:29	59:34	M
1716	Debbie Moore		1955	50	25 F 50-54	56:37	59:35	F
1717	Mike Coulson		1103	30	738 M 1-39	58:15	59:35	M
1718	Michael Persich		2105	61	22 M 60-64	57:05	59:36	M
1719	Matt Barton		744	38	739 M 1-39	59:28	59:36	M
1720	Emily Barnard		739	23	274 F 1-39	58:34	59:37	F
1721	Rebecca Parke		3683	37	275 F 1-39	55:32	59:37	F
1722	Charlotte Boreham		2749	29	276 F 1-39	58:19	59:38	F
1723	Ben Rogers		2203	44	187 M 40-44	56:28	59:38	M
1724	Ben Turner		2482	30	740 M 1-39	56:54	59:39	M
1725	Andrew Griffiths		1417	48	167 M 45-49	56:57	59:39	M
1726	Darrell Roper		2205	38	741 M 1-39	57:09	59:39	M
1727	Rob Winner	Wymondham AC	2629	43	188 M 40-44	56:53	59:40	M
1728	Emily Bardwell		32	32	277 F 1-39	59:23	59:41	F
1729	Monica Maijo-Ferre		1847	33	278 F 1-39	57:02	59:42	F
1730	Cristina Alcon		650	37	279 F 1-39	57:03	59:42	F

1731	Sophie Patrick	2085	22	280 F 1-39	57:33	59:42	F
1732	Geoffrey Sanders	2239	21	742 M 1-39	57:23	59:43	M
1733	Gemma Askham	2700	32	281 F 1-39	57:48	59:43	F
1734	James Park	2068	42	189 M 40-44	57:34	59:43	M
1735	Kevin Stublely	2392	36	743 M 1-39	56:59	59:43	M
1736	Jordi Gudiol Hulth	2960	35	744 M 1-39	57:49	59:43	M
1737	David Waterman	2542	55	59 M 55-59	58:56	59:45	M
1738	Hayley Lee	1786	42	61 F 40-44	57:41	59:45	F
1739	Paul Mirgaux	3119	42	190 M 40-44	55:50	59:46	M
1740	Paul Foster	1290	46	168 M 45-49	58:32	59:47	M
1741	Paul Fortescue	1287	47	169 M 45-49	59:11	59:47	M
1742	Maddy White	2588	23	282 F 1-39	57:23	59:47	F
1743	Chris Mills	1942	54	102 M 50-54	56:43	59:47	M
1744	Anne Sinclair	2302	58	16 F 55-59	58:14	59:48	F
1745	Kane Halsey	1452	26	745 M 1-39	58:13	59:48	M
1746	Amy Edwards	2888	30	283 F 1-39	58:21	59:48	F
1747	Dave Edwards	1227	57	60 M 55-59	58:21	59:48	M
1748	Kirsty Paradot	2062	38	284 F 1-39	58:22	59:48	F
1749	Robin Smith	3742	27	746 M 1-39	56:00	59:48	M
1750	Peter Tassone	2411	43	191 M 40-44	57:28	59:48	M
1751	Laura Nazmdeh	1994	25	285 F 1-39	57:04	59:49	F
1752	Michael Smith	2329	73	4 M 70-99	57:12	59:50	M
1753	James Shreeve	2292	24	747 M 1-39	57:23	59:50	M
1754	Claire Drurey	2876	25	286 F 1-39	56:28	59:50	F
1755	Peter Murdoch	3134	60	23 M 60-64	55:57	59:50	M
1756	Lee Croydon	1130	32	748 M 1-39	59:06	59:50	M
1757	Jackie Collins	2811	51	26 F 50-54	56:02	59:53	F
1758	Carla Hall	2966	22	287 F 1-39	56:23	59:54	F
1759	Gav Dent	1175	35	749 M 1-39	58:41	59:54	M
1760	Shameem Golamy	1371	38	750 M 1-39	58:58	59:54	M
1761	Andrew Rettie	3704	26	751 M 1-39	56:27	59:55	M
1762	Frances Chaloner	1000	56	17 F 55-59	57:16	59:55	F
1763	Mark Groom	1430	43	192 M 40-44	58:33	59:55	M
1764	Annis Richardson	3209	25	288 F 1-39	56:34	59:56	F
1765	Jason Brook	3439	32	752 M 1-39	57:50	59:56	M
1766	Gemma Weavers	2555	31	289 F 1-39	57:26	59:56	F
1767	Jamie Howlett	1591	27	753 M 1-39	57:27	59:58	M
1768	Catherine Cooper	1092	37	290 F 1-39	58:57	59:59	F
1769	Clare Bradbury	861	39	291 F 1-39	59:11	59:59	F
1770	Chris Eaton	1222	43	193 M 40-44	59:06	59:59	M
1771	James Broome	898	34	754 M 1-39	1:00:00	1:00:00	M
1772	Sarah King	1736	22	292 F 1-39	57:28	1:00:00	F
1773	Michael Scott	3724	55	61 M 55-59	55:54	1:00:00	M
1774	Gabrielle Everett	1249	28	293 F 1-39	58:47	1:00:01	F
1775	Ines Desanlis	1177	25	294 F 1-39	57:08	1:00:01	F
1776	Sophie Stainthorpe	2360	33	295 F 1-39	57:45	1:00:01	F
1777	Andy Evans	1241	59	62 M 55-59	59:05	1:00:01	M
1778	Lou Boyce	855	45	52 F 45-49	58:46	1:00:02	F
1779	Lucy Hart	1492	27	296 F 1-39	59:21	1:00:03	F
1780	Charlene Freeman	1304	28	297 F 1-39	59:21	1:00:03	F
1781	Joel Nelson	3140	31	755 M 1-39	56:30	1:00:04	M
1782	David Adderson	647	33	756 M 1-39	59:28	1:00:04	M
1783	Tom Newey	3662	18	757 M 1-39	55:55	1:00:05	M
1784	Matthew Tremayne	2472	29	758 M 1-39	56:40	1:00:05	M
1785	Camille Belham	772	25	298 F 1-39	56:41	1:00:05	F
1786	Nicole Ward	2530	23	299 F 1-39	57:15	1:00:08	F
1787	Dean Linge	1807	49	170 M 45-49	58:11	1:00:08	M
1788	James Taylor-Bennett	2428	35	759 M 1-39	57:14	1:00:10	M
1789	Deben Nelson	3141	28	760 M 1-39	56:38	1:00:10	M
1790	Andrew Jackson	1643	34	761 M 1-39	57:20	1:00:11	M
1791	Sarah Goldser	1372	59	18 F 55-59	58:54	1:00:11	F
1792	Adrian Vivian	3328	45	171 M 45-49	55:37	1:00:11	M
1793	Nicola Greenacre	1404	34	300 F 1-39	58:54	1:00:11	F
1794	Suzy Horth	1576	39	301 F 1-39	59:00	1:00:12	F
1795	Chris Walker	3332	32	762 M 1-39	57:55	1:00:13	M
1796	Simon Overton	2050	35	763 M 1-39	58:00	1:00:13	M
1797	Richard Potts	3190	40	194 M 40-44	55:56	1:00:15	M
1798	Jim Flatt	1278	32	764 M 1-39	58:32	1:00:15	M
1799	Melanie Heeley	1510	40	62 F 40-44	59:25	1:00:16	F
1800	Steven Minns	3118	51	103 M 50-54	58:16	1:00:16	M
1801	Libby Woodhouse	2649	50	104 M 50-54	58:50	1:00:17	M
1802	Sheila Smith	2323	62	7 F 60-64	57:23	1:00:17	F
1803	Owen Nicholls	3146	33	765 M 1-39	55:52	1:00:18	M
1804	Josh Thiel	3307	24	766 M 1-39	58:25	1:00:18	M
1805	Russell Cook	3472	24	767 M 1-39	58:06	1:00:18	M
1806	Marg Mayne	1893	53	27 F 50-54	58:43	1:00:18	F
1807	Glen Parish	2067	37	768 M 1-39	58:45	1:00:19	M
1808	Glenn Bee	52	53	105 M 50-54	1:00:10	1:00:19	M
1809	Joanna White	2583	47	53 F 45-49	57:55	1:00:19	F
1810	Matthew Cross	1126	25	769 M 1-39	59:14	1:00:21	M
1811	Lucy Hewitt-Gudgin	1527	37	302 F 1-39	59:41	1:00:21	F
1812	Michael Freeman	1305	29	770 M 1-39	59:40	1:00:21	M
1813	Leroy Barry	3409	28	771 M 1-39	55:32	1:00:22	M
1814	Sarah Palmer	2058	21	303 F 1-39	58:35	1:00:22	F
1815	Sam Appleyard-Smith	3400	38	304 F 1-39	55:44	1:00:22	F
1816	Rob Whalen	2578	29	772 M 1-39	58:09	1:00:23	M
1817	Chris Bishop	808	45	172 M 45-49	58:26	1:00:24	M
1818	Mark Townsend	2470	45	173 M 45-49	58:11	1:00:24	M
1819	Harry Discombe	3492	16	773 M 1-39	55:45	1:00:24	M
1820	Mark Waters	2546	38	774 M 1-39	57:58	1:00:25	M
1821	Cathy Pearson	2095	49	54 F 45-49	57:12	1:00:25	F
1822	Jon Holland	1558	35	775 M 1-39	59:12	1:00:26	M
1823	Dan Jones	1690	27	776 M 1-39	57:38	1:00:26	M
1824	Freyja Torn	2467	31	305 F 1-39	56:20	1:00:27	F
1825	Sue Brockhouse	890	53	28 F 50-54	57:11	1:00:28	F
1826	Daniel Fenton	1263	35	777 M 1-39	58:18	1:00:29	M
1827	Michael Cook	1081	47	174 M 45-49	59:43	1:00:30	M

1828	Charlotte Bones		3431	20	306 F 1-39	56:44	1:00:31	F
1829	Daisy Gidlow		1350	24	307 F 1-39	59:29	1:00:31	F
1830	Hollie Craske		1117	27	308 F 1-39	59:29	1:00:31	F
1831	Harry Sawyer		3235	16	778 M 1-39	55:37	1:00:32	M
1832	Ben Turner		3320	16	779 M 1-39	55:47	1:00:32	M
1833	Mark Fitch	Norfolk Gazelles AC	2910	45	175 M 45-49	56:50	1:00:32	M
1834	Erin Keating		1714	18	309 F 1-39	58:54	1:00:32	F
1835	Cathal Daly		1148	44	195 M 40-44	57:38	1:00:33	M
1836	Tony Magee		1846	64	24 M 60-64	58:15	1:00:33	M
1837	Victoria Tustian		3321	39	310 F 1-39	59:08	1:00:33	F
1838	Richard Todd		2465	49	176 M 45-49	57:13	1:00:34	M
1839	Samantha Dickens		1182	48	55 F 45-49	59:35	1:00:35	F
1840	Mike Laurence		1770	60	25 M 60-64	57:03	1:00:35	M
1841	Richard Daly	Dereham Runners & AC	2852	44	196 M 40-44	55:48	1:00:36	M
1842	Nichola Jessop		1661	44	63 F 40-44	57:49	1:00:36	F
1843	Lisa Rodgers	Wymondham AC	2197	49	56 F 45-49	58:58	1:00:38	F
1844	Louise Leunis		1801	35	311 F 1-39	58:10	1:00:39	F
1845	Jo Margereson		1864	41	64 F 40-44	57:53	1:00:41	F
1846	Graham Hammond		1459	53	106 M 50-54	58:20	1:00:41	M
1847	Paul Tucker		2478	45	177 M 45-49	58:22	1:00:41	M
1848	Joanne Bramble		866	28	312 F 1-39	59:59	1:00:42	F
1849	Dominic Rich		2172	44	197 M 40-44	58:55	1:00:42	M
1850	Simon Bishop		809	30	780 M 1-39	1:00:04	1:00:42	M
1851	Ruby Thirkettle		2435	20	313 F 1-39	58:51	1:00:43	F
1852	Raj Nair		1991	46	178 M 45-49	58:19	1:00:43	M
1853	Mark Kingston		1738	54	107 M 50-54	58:23	1:00:44	M
1854	Oliver Major		1851	27	781 M 1-39	59:03	1:00:44	M
1855	David Killingback		3613	30	782 M 1-39	57:00	1:00:44	M
1856	Chris Major		1850	31	783 M 1-39	59:02	1:00:44	M
1857	David Clayton		3463	42	198 M 40-44	56:35	1:00:47	M
1858	Craig Evans		1245	27	784 M 1-39	59:01	1:00:47	M
1859	Kerry Lymbery		1837	24	314 F 1-39	57:05	1:00:47	F
1860	Bethany Plummer		2119	19	315 F 1-39	58:55	1:00:48	F
1861	Joanna Williams		2605	27	316 F 1-39	58:43	1:00:49	F
1862	Jackie Bell	Bungay Black Dog RC	774	55	19 F 55-59	59:02	1:00:51	F
1863	Kevin Donovan		1196	31	785 M 1-39	59:56	1:00:51	M
1864	Shara Hayes	Ely Runners	1503	42	65 F 40-44	59:53	1:00:52	F
1865	Vince Cox		1109	47	179 M 45-49	59:32	1:00:53	M
1866	Matthew Henderson		3577	24	786 M 1-39	56:53	1:00:53	M
1867	Lucie Gillett		1358	33	317 F 1-39	59:46	1:00:54	F
1868	Jamie Loudoun		3636	38	787 M 1-39	59:14	1:00:56	M
1869	Shirley Taylor		2424	49	57 F 45-49	59:21	1:00:57	F
1870	Lee Hyde		3017	44	199 M 40-44	59:12	1:00:57	M
1871	Sarah Knapp		3053	35	318 F 1-39	57:57	1:00:58	F
1872	Ruth Woods	Beccles & Bungay Harriers	2656	43	66 F 40-44	58:43	1:00:58	F
1873	Hannah Cordle		1100	27	319 F 1-39	58:46	1:00:59	F
1874	Lloyd Thomas		2438	32	788 M 1-39	58:45	1:00:59	M
1875	Dylan Thomas	Norfolk Harriers RC	581	37	789 M 1-39	58:45	1:00:59	M
1876	Jennie Chamberlain		1002	47	58 F 45-49	1:00:01	1:00:59	F
1877	Helen Watts		2553	41	67 F 40-44	59:53	1:01:00	F
1878	Pavlina Parashkevova		2064	29	320 F 1-39	59:36	1:01:01	F
1879	Matthew Newson		3666	24	790 M 1-39	57:01	1:01:01	M
1880	Ria Markell		1867	20	321 F 1-39	56:36	1:01:01	F
1881	Lesley Oliver		2036	69	5 F 65-69	58:55	1:01:04	F
1882	Naomi Webb		2557	27	322 F 1-39	59:32	1:01:04	F
1883	Stuart Rose		2209	30	791 M 1-39	59:26	1:01:04	M
1884	Sophie Lee		1791	29	323 F 1-39	59:23	1:01:05	F
1885	Jamie Lee		1792	33	792 M 1-39	59:23	1:01:05	M
1886	Sharon Bracey		2753	45	59 F 45-49	59:19	1:01:05	F
1887	Zoë Chundun	City of Norwich AC	1024	49	60 F 45-49	1:00:11	1:01:05	F
1888	Chris Jackson		1646	22	793 M 1-39	57:35	1:01:06	M
1889	Lucy Rivett		2181	38	324 F 1-39	58:43	1:01:08	F
1890	Susan Smith		2325	41	68 F 40-44	58:10	1:01:08	F
1891	Stephanie Makins		1852	38	325 F 1-39	59:32	1:01:09	F
1892	Beth Hill		1543	41	69 F 40-44	1:00:18	1:01:10	F
1893	Amanda Reeve		3205	43	70 F 40-44	58:47	1:01:11	F
1894	Christopher Rymarz		2227	40	200 M 40-44	58:25	1:01:12	M
1895	Claire Owen		2051	39	326 F 1-39	59:22	1:01:12	F
1896	David Hilburn		1537	58	63 M 55-59	1:00:14	1:01:13	M
1897	Emily Young		2680	34	327 F 1-39	59:30	1:01:13	F
1898	Emma Mitra		1952	30	328 F 1-39	59:39	1:01:15	F
1899	Ashleigh Binnie		799	28	329 F 1-39	1:00:38	1:01:16	F
1900	Vanessa Coulson		1102	35	330 F 1-39	1:00:06	1:01:18	F
1901	Joanne Minnis		1943	41	71 F 40-44	58:53	1:01:18	F
1902	Vikki Powles		3191	38	331 F 1-39	57:50	1:01:19	F
1903	Chris Buckham		922	63	26 M 60-64	1:00:08	1:01:20	M
1904	Ian Doughty		1201	44	201 M 40-44	1:00:06	1:01:21	M
1905	John Adam		641	62	27 M 60-64	59:27	1:01:21	M
1906	Keith Oakley	Great Bentley Running Club	2026	47	180 M 45-49	59:59	1:01:22	M
1907	Darin Geary		2932	43	202 M 40-44	56:55	1:01:22	M
1908	Ken Joyce		1697	54	108 M 50-54	58:49	1:01:23	M
1909	Ava Lee		1790	33	332 F 1-39	58:53	1:01:23	F
1910	Lisa Petherick		2107	41	72 F 40-44	59:48	1:01:24	F
1911	Brenda Hutcheon	Bure Valley Harriers	1622	67	6 F 65-69	59:58	1:01:25	F
1912	Anna Stevenson		3748	42	73 F 40-44	57:13	1:01:25	F
1913	David Hutcheon	Bure Valley Harriers	1623	71	5 M 70-99	59:58	1:01:25	M
1914	Neil McColl		1900	52	109 M 50-54	58:00	1:01:26	M
1915	Alan Burton		948	46	181 M 45-49	1:00:04	1:01:26	M
1916	Nicola Andrewwartha		671	32	333 F 1-39	1:00:04	1:01:26	F
1917	Thomas Howes-Ward		3588	19	794 M 1-39	56:58	1:01:26	M
1918	Chris Ducker		1211	39	795 M 1-39	1:00:18	1:01:26	M
1919	Gemma McKail		1907	29	334 F 1-39	59:22	1:01:27	F
1920	Chris Newby		3661	31	796 M 1-39	1:00:44	1:01:28	M
1921	Adrian Rodwell		3712	45	182 M 45-49	56:53	1:01:28	M
1922	Rob Reeves		2163	35	797 M 1-39	59:49	1:01:29	M
1923	Keith Bond		838	53	110 M 50-54	59:51	1:01:30	M
1924	Mark Goldsmith		1373	42	203 M 40-44	1:00:18	1:01:30	M

1925	Philip Cooke	Stone Master Marathoners	1087	60	28 M 60-64	59:30	1:01:31	M
1926	Jonathan Hughes		1602	29	798 M 1-39	58:57	1:01:32	M
1927	Naomi Langford		1763	22	335 F 1-39	57:22	1:01:33	F
1928	Howard Hunter		1614	43	204 M 40-44	59:37	1:01:35	M
1929	Jenna Wales		2511	24	336 F 1-39	59:51	1:01:35	F
1930	Laura Patton		3173	29	337 F 1-39	59:57	1:01:35	F
1931	Suzanne Rouse		2213	50	29 F 50-54	58:39	1:01:36	F
1932	Sally Davenport		1155	57	20 F 55-59	1:00:52	1:01:38	F
1933	Ryan Middleton	Dereham Runners & AC	1934	26	799 M 1-39	59:00	1:01:40	M
1934	Claire Hindley		1547	38	338 F 1-39	58:15	1:01:40	F
1935	Rebecca Clarke		2796	40	74 F 40-44	58:51	1:01:40	F
1936	Katy Quigley		2139	28	339 F 1-39	59:47	1:01:41	F
1937	Louise Elphick		2893	47	61 F 45-49	58:26	1:01:42	F
1938	Martyn Carver		989	33	800 M 1-39	56:46	1:01:43	M
1939	Hazel Dillnutt		1185	35	340 F 1-39	1:00:30	1:01:43	F
1940	Michael Wray		2662	53	111 M 50-54	59:54	1:01:44	M
1941	Helen Leach		1783	38	341 F 1-39	1:00:50	1:01:44	F
1942	Janet Hunt		1611	59	21 F 55-59	59:19	1:01:47	F
1943	Charlotte Vogel		2506	30	342 F 1-39	58:35	1:01:47	F
1944	Andrea Auburn		697	23	343 F 1-39	1:01:17	1:01:48	F
1945	Elizabeth Cooke		1085	50	30 F 50-54	1:00:34	1:01:49	F
1946	Sam Dann		1151	44	75 F 40-44	1:00:02	1:01:49	F
1947	Brett Jury		1707	34	801 M 1-39	58:34	1:01:50	M
1948	Fiona Liddle		3630	25	344 F 1-39	58:19	1:01:50	F
1949	Sam Barwick	Norfolk Gazelles AC	746	45	62 F 45-49	58:50	1:01:51	F
1950	Ian Linnett		1808	43	205 M 40-44	57:56	1:01:51	M
1951	James Saggars		2230	39	802 M 1-39	58:35	1:01:51	M
1952	Daniel Savage		2251	35	803 M 1-39	59:45	1:01:51	M
1953	Simon Woodhouse		2647	41	206 M 40-44	59:11	1:01:52	M
1954	Sarah Thacker		3760	33	345 F 1-39	58:05	1:01:52	F
1955	George Loades		3633	20	804 M 1-39	57:46	1:01:54	M
1956	Andy Eyres		2902	44	207 M 40-44	57:46	1:01:54	M
1957	Damian Jermy		3030	37	805 M 1-39	57:52	1:01:54	M
1958	Teighan Burrows		2771	39	346 F 1-39	57:53	1:01:54	F
1959	Carl Jones		1686	31	806 M 1-39	58:47	1:01:55	M
1960	Heidi Stanway		2365	40	76 F 40-44	59:06	1:01:56	F
1961	Karl Dodgson		3494	39	807 M 1-39	57:51	1:01:56	M
1962	Kate Wood		2637	30	347 F 1-39	1:00:10	1:01:56	F
1963	Margaret Blair		815	43	77 F 40-44	57:42	1:01:57	F
1964	Sean Elden		2889	24	808 M 1-39	58:35	1:01:57	M
1965	Emily Hall		1447	26	348 F 1-39	59:19	1:01:57	F
1966	Suzanne Sharman		2278	32	349 F 1-39	57:33	1:01:58	F
1967	Katy Dorman		1198	36	350 F 1-39	1:00:45	1:01:58	F
1968	David Hall		2965	40	208 M 40-44	58:41	1:01:59	M
1969	Louise Adamson	Waveney Valley AC	646	56	22 F 55-59	58:33	1:01:59	F
1970	James Pattison		3172	41	209 M 40-44	57:35	1:01:59	M
1971	Robin Watkins		3348	24	809 M 1-39	57:18	1:01:59	M
1972	Frank O'Leary		3160	39	810 M 1-39	57:36	1:02:00	M
1973	Tasha Lee		1793	25	351 F 1-39	59:38	1:02:00	F
1974	Louise Grinsdale	Norwich Road Runners	1426	41	78 F 40-44	1:00:45	1:02:01	F
1975	Alice Eatock		1221	28	352 F 1-39	1:00:58	1:02:01	F
1976	Emma Fickling	Wymondham AC	1265	33	353 F 1-39	1:01:15	1:02:03	F
1977	Stephen Charman		1012	34	811 M 1-39	1:00:46	1:02:03	M
1978	Sarah Cole		1047	32	354 F 1-39	1:00:54	1:02:05	F
1979	Bridget Cole		1048	59	23 F 55-59	1:00:55	1:02:05	F
1980	Madeleine Danher-Barber		1149	38	355 F 1-39	1:00:48	1:02:07	F
1981	Paul Dolphin		1193	43	210 M 40-44	1:01:07	1:02:07	M
1982	Glenn Marvell-James		3100	41	211 M 40-44	57:28	1:02:08	M
1983	Wendy Burgess	Wymondham AC	937	39	356 F 1-39	1:00:27	1:02:09	F
1984	Steven Burrell		3449	39	812 M 1-39	58:09	1:02:09	M
1985	Jason Fowler		3524	45	183 M 45-49	58:24	1:02:10	M
1986	David Jarvis		1651	19	813 M 1-39	1:00:18	1:02:10	M
1987	Louise Durrant		1215	30	357 F 1-39	1:00:35	1:02:11	F
1988	Clare Guihan		1434	43	79 F 40-44	1:01:42	1:02:12	F
1989	Kimberley Spruit		3286	47	63 F 45-49	1:00:05	1:02:12	F
1990	Lily Hemmens		1514	22	358 F 1-39	1:00:59	1:02:13	F
1991	Luke Perry		3180	25	814 M 1-39	58:56	1:02:15	M
1992	Sarah Steel		2367	52	31 F 50-54	59:53	1:02:16	F
1993	Nicola Cheongvee		1015	30	359 F 1-39	1:01:26	1:02:16	F
1994	James Gowing		2950	30	815 M 1-39	57:50	1:02:16	M
1995	Amanda Cook	Dereham Runners & AC	2817	40	80 F 40-44	57:30	1:02:18	F
1996	Matthew Downing		178	31	816 M 1-39	1:01:07	1:02:18	M
1997	Nicola Fortescue		1286	46	64 F 45-49	1:01:42	1:02:18	F
1998	Jacqueline Keeling	Wymondham AC	1715	48	65 F 45-49	59:15	1:02:19	F
1999	Katherine Hubbard		1595	26	360 F 1-39	1:01:12	1:02:20	F
2000	Terry Hubbard		3591	52	112 M 50-54	1:01:10	1:02:21	M
2001	Amanda Grimley		1424	48	66 F 45-49	1:01:44	1:02:21	F
2002	Andrew Pearmain		2094	61	29 M 60-64	59:43	1:02:23	M
2003	Samantha Wall		2520	47	67 F 45-49	58:56	1:02:23	F
2004	Helen Lakey	Wymondham AC	1757	63	8 F 60-64	1:00:46	1:02:25	F
2005	Christopher Sandall		2234	30	817 M 1-39	59:16	1:02:26	M
2006	Alexandra Watson	North Norfolk Beach Runners	3349	52	32 F 50-54	58:34	1:02:26	F
2007	Paul Bird		801	53	113 M 50-54	1:01:47	1:02:26	M
2008	Linda Melton	North Norfolk Beach Runners	1921	56	24 F 55-59	58:34	1:02:26	F
2009	Bernadette Ambrose		665	41	81 F 40-44	1:01:54	1:02:27	F
2010	Clive Ambrose		664	46	184 M 45-49	1:01:54	1:02:27	M
2011	Annette Garner		1329	49	68 F 45-49	1:01:25	1:02:28	F
2012	Matthew Woodall		2643	27	818 M 1-39	1:00:27	1:02:28	M
2013	Tim Butler		956	49	185 M 45-49	1:01:42	1:02:29	M
2014	Mercedes Butler		955	18	361 F 1-39	1:01:43	1:02:30	F
2015	Tim Norton		2022	27	819 M 1-39	59:44	1:02:31	M
2016	Ellin Lede		1785	30	362 F 1-39	1:01:34	1:02:32	F
2017	Lorna Rowlands		3224	35	363 F 1-39	58:02	1:02:32	F
2018	Ross Arthurs		3401	26	820 M 1-39	57:48	1:02:33	M
2019	Sophie Stinton		2378	22	364 F 1-39	57:41	1:02:33	F
2020	Jim Woodcock		2645	48	186 M 45-49	1:00:09	1:02:34	M
2021	Jacquie Wood	Dereham Runners & AC	2638	63	9 F 60-64	1:01:15	1:02:34	F

2022	Catherine Groom		1429	37	365 F 1-39	1:01:13	1:02:35	F
2023	Graham Stafford		3287	46	187 M 45-49	58:00	1:02:36	M
2024	Tom Roques		2207	46	188 M 45-49	59:26	1:02:37	M
2025	Nigel Janes		1650	60	30 M 60-64	59:41	1:02:38	M
2026	Marina Murdoch	Wymondham AC	1985	51	33 F 50-54	59:48	1:02:38	F
2027	Shunsuke Tomii		2466	37	821 M 1-39	1:00:57	1:02:39	M
2028	James Parris-King		2076	31	822 M 1-39	1:00:46	1:02:39	M
2029	Joanne Carter		984	35	366 F 1-39	1:02:01	1:02:39	F
2030	Steve Small		2312	54	114 M 50-54	1:00:42	1:02:39	M
2031	Andrew Small		2311	29	823 M 1-39	1:00:42	1:02:40	M
2032	John Hemmant		1513	51	115 M 50-54	1:01:36	1:02:41	M
2033	Caroline Gooch		1381	23	367 F 1-39	59:34	1:02:42	F
2034	Emily Arbon		680	37	368 F 1-39	59:08	1:02:43	F
2035	Siobhan Laskey		1765	46	69 F 45-49	1:01:03	1:02:43	F
2036	James Fenn		1261	28	824 M 1-39	1:01:51	1:02:44	M
2037	Rachel Cross		2831	40	82 F 40-44	58:09	1:02:45	F
2038	David Winch		3793	47	189 M 45-49	58:19	1:02:45	M
2039	Nicola Borel		2750	51	34 F 50-54	1:00:16	1:02:45	F
2040	James O'Grady		3673	38	825 M 1-39	58:35	1:02:45	M
2041	Yun Huang		3590	22	826 M 1-39	1:02:11	1:02:46	M
2042	David Farmer		2903	60	31 M 60-64	58:17	1:02:46	M
2043	Caroline Botwood		3433	36	369 F 1-39	58:44	1:02:46	F
2044	Andrew Bird		805	54	116 M 50-54	1:01:24	1:02:47	M
2045	Lee Johnson		3604	18	827 M 1-39	58:30	1:02:48	M
2046	Julie Dilrew		2870	55	25 F 55-59	58:54	1:02:48	F
2047	Rebecca Gooch	Norfolk Gazelles AC	1380	26	370 F 1-39	59:41	1:02:49	F
2048	Malcolm McAllister		1895	37	828 M 1-39	1:00:31	1:02:50	M
2049	Claire Stuart		2390	35	371 F 1-39	59:52	1:02:51	F
2050	Beth King		3051	39	372 F 1-39	59:52	1:02:51	F
2051	Sean Newton		2009	46	190 M 45-49	59:04	1:02:52	M
2052	Andrew Mack		3087	40	212 M 40-44	58:46	1:02:52	M
2053	Rachel Dixey		2872	38	373 F 1-39	59:03	1:02:53	F
2054	Bridget Read		2152	39	374 F 1-39	59:04	1:02:53	F
2055	James Tully	Tri-Anglia Triathlon Club	593	42	213 M 40-44	59:09	1:02:54	M
2056	Robert Belcher	Norwich Road Runners	771	57	64 M 55-59	1:02:00	1:02:54	M
2057	Alice Sillett		2295	27	375 F 1-39	1:00:58	1:02:55	F
2058	Elisabeth Rickard		3211	24	376 F 1-39	1:00:20	1:02:56	F
2059	Nathan Sanders		2237	32	829 M 1-39	1:00:47	1:02:56	M
2060	Michelle Passam		2082	46	70 F 45-49	59:20	1:02:56	F
2061	Ben Wickerson		2596	34	830 M 1-39	59:34	1:02:56	M
2062	Flo Harrison		1486	37	377 F 1-39	59:34	1:02:56	F
2063	Graham Sillett		2294	57	65 M 55-59	1:01:01	1:02:57	M
2064	Jack Tarrant		3757	26	831 M 1-39	59:18	1:02:57	M
2065	Kathy Baker		720	54	35 F 50-54	1:02:28	1:02:57	F
2066	Rachel Dance		2853	25	378 F 1-39	59:21	1:02:57	F
2067	Dennis Simpson	Norwich Road Runners	2298	55	66 M 55-59	1:00:26	1:02:57	M
2068	Helen Dingle		1186	29	379 F 1-39	59:20	1:02:58	F
2069	Antonio Papaleo		3682	35	832 M 1-39	58:43	1:02:58	M
2070	Ben Dean		2864	32	833 M 1-39	58:54	1:02:59	M
2071	Naomi Spill		2354	25	380 F 1-39	1:00:09	1:02:59	F
2072	Kate Holtzer		3582	28	381 F 1-39	58:39	1:02:59	F
2073	Victoria Mitchell		1948	38	382 F 1-39	1:00:52	1:03:01	F
2074	Julie Winner	Wymondham AC	2630	43	83 F 40-44	1:00:07	1:03:02	F
2075	Kate Wenlock		2573	36	383 F 1-39	1:00:22	1:03:02	F
2076	Andrew Smith		2331	41	214 M 40-44	1:00:21	1:03:02	M
2077	Lisa Carroll		979	24	384 F 1-39	1:02:07	1:03:03	F
2078	Chloe Nicholls		2013	24	385 F 1-39	1:00:13	1:03:03	F
2079	Simon Warr		2537	51	117 M 50-54	1:00:41	1:03:04	M
2080	Rachel Conquer		1073	25	386 F 1-39	1:02:07	1:03:05	F
2081	Aliena Uppal		2493	38	387 F 1-39	1:00:37	1:03:05	F
2082	Emma Vincent		3326	41	84 F 40-44	1:00:52	1:03:08	F
2083	Scott Chapman		1006	40	215 M 40-44	1:02:29	1:03:08	M
2084	Jason Marsh		1874	44	216 M 40-44	1:00:53	1:03:08	M
2085	Christine Cooke		1089	56	26 F 55-59	1:02:35	1:03:08	F
2086	Richard Harrington		2971	34	834 M 1-39	59:47	1:03:08	M
2087	Alexandra Flather		3522	29	388 F 1-39	58:46	1:03:09	F
2088	Rory Cook		1083	25	835 M 1-39	1:00:53	1:03:09	M
2089	Richard Flather		2912	28	836 M 1-39	58:47	1:03:10	M
2090	Caroline Stacey		2358	39	389 F 1-39	1:01:02	1:03:10	F
2091	Bradley Powell		3692	26	837 M 1-39	59:16	1:03:10	M
2092	Joanna Andrews		678	34	390 F 1-39	1:01:04	1:03:10	F
2093	William Wade		3772	21	838 M 1-39	59:54	1:03:12	M
2094	Philip Neave	Bungay Black Dog RC	1998	66	11 M 65-69	1:01:55	1:03:12	M
2095	Chris Scott		2263	34	839 M 1-39	58:48	1:03:12	M
2096	Stephen Brancalion		2756	50	118 M 50-54	1:00:23	1:03:12	M
2097	Declan Marks		1869	20	840 M 1-39	59:52	1:03:13	M
2098	Macaulay Barry		3410	19	841 M 1-39	58:22	1:03:13	M
2099	Sean Ivers		3024	51	119 M 50-54	58:48	1:03:13	M
2100	Jasmine Daynes		1167	35	391 F 1-39	59:45	1:03:14	F
2101	Caroline Allen		657	36	392 F 1-39	1:01:59	1:03:14	F
2102	Sasha Taylor		2420	27	393 F 1-39	1:00:59	1:03:15	F
2103	Jane Sidebottom		2293	35	394 F 1-39	1:00:44	1:03:15	F
2104	Lesley Hall		1449	50	36 F 50-54	1:01:59	1:03:15	F
2105	Cara Nash		1992	40	85 F 40-44	1:01:41	1:03:16	F
2106	Lesley Hanner		1467	59	27 F 55-59	1:01:56	1:03:16	F
2107	Lewis Ablett		2	23	842 M 1-39	1:00:10	1:03:16	M
2108	Eloise Peek		3686	19	395 F 1-39	1:01:25	1:03:17	F
2109	James Ingham		1632	25	843 M 1-39	1:01:45	1:03:17	M
2110	Pam Sayle	City of Norwich AC	2254	60	10 F 60-64	1:01:38	1:03:18	F
2111	Caroline Williams		2610	41	86 F 40-44	1:01:31	1:03:19	F
2112	Chris Clow		3464	36	844 M 1-39	58:29	1:03:20	M
2113	Chloe Urquhart	City of Norwich AC	2495	19	396 F 1-39	1:01:49	1:03:20	F
2114	John O'Halloran		3158	32	845 M 1-39	1:02:04	1:03:21	M
2115	Benjamin Ryan		3719	32	846 M 1-39	59:16	1:03:21	M
2116	Hadley Connor		1072	39	847 M 1-39	1:02:05	1:03:21	M
2117	Simone Warnes		2535	45	71 F 45-49	1:01:22	1:03:22	F
2118	Lydia Warnes		2536	20	397 F 1-39	1:01:23	1:03:22	F

2119	Michael Blake		816	44	217 M 40-44	1:02:17	1:03:22	M
2120	Keelan Smith	Saxmundham Sports Running & Fitness Club	2324	31	848 M 1-39	1:01:14	1:03:23	M
2121	Rachel Ryan		3718	30	398 F 1-39	59:17	1:03:24	F
2122	Lynsey Rodway		2198	34	399 F 1-39	1:01:43	1:03:24	F
2123	Lucie Broomfield		2763	41	87 F 40-44	1:01:01	1:03:24	F
2124	Beth Sykes		2402	23	400 F 1-39	1:00:43	1:03:25	F
2125	Claire Broadwater		886	32	401 F 1-39	1:00:31	1:03:25	F
2126	Jane Delbridge		2865	39	402 F 1-39	1:00:33	1:03:25	F
2127	Kaylie Bickle		2732	19	403 F 1-39	1:00:56	1:03:26	F
2128	Richard Knode		3055	49	191 M 45-49	1:01:22	1:03:27	M
2129	Suzie Luxford		1835	42	88 F 40-44	1:00:55	1:03:27	F
2130	Francesca MacKeown		3088	21	404 F 1-39	59:15	1:03:29	F
2131	Robert McKillop		1909	48	192 M 45-49	1:00:24	1:03:30	M
2132	Sally Kelly		1717	53	37 F 50-54	1:00:54	1:03:31	F
2133	Laura Waters		2545	41	89 F 40-44	1:00:22	1:03:31	F
2134	Helen Horn		2998	53	38 F 50-54	1:02:07	1:03:31	F
2135	Danielle Wright		2667	23	405 F 1-39	1:02:08	1:03:33	F
2136	Lynne Urquhart	City of Norwich AC	3324	46	72 F 45-49	1:01:59	1:03:34	F
2137	Rachael Storr		2385	29	406 F 1-39	1:01:12	1:03:34	F
2138	Jack Reeve		3701	17	849 M 1-39	1:01:02	1:03:35	M
2139	Emma Bolam		3430	25	407 F 1-39	59:09	1:03:35	F
2140	Jack Luther		3083	24	850 M 1-39	59:08	1:03:35	M
2141	Graham Trussell		2476	37	851 M 1-39	1:00:31	1:03:37	M
2142	Dennis Berry		2728	51	120 M 50-54	1:00:40	1:03:39	M
2143	Nick Bradley		2754	26	852 M 1-39	58:48	1:03:39	M
2144	Stephen West		3357	44	218 M 40-44	1:00:08	1:03:39	M
2145	David Glabraith		1363	37	853 M 1-39	1:00:41	1:03:39	M
2146	Jonathan O'Reilly		3675	20	854 M 1-39	1:02:05	1:03:40	M
2147	Kate Ertan		2896	40	90 F 40-44	59:57	1:03:40	F
2148	Sharnie Radcliffe		2142	42	91 F 40-44	1:01:29	1:03:40	F
2149	Stephen Powers		2131	35	855 M 1-39	1:00:49	1:03:40	M
2150	Tim Wingfield		2627	46	193 M 45-49	59:01	1:03:41	M
2151	Louise Reed	Bungay Black Dog RC	2158	42	92 F 40-44	1:01:53	1:03:41	F
2152	Joanne Taylor	Bungay Black Dog RC	2419	42	93 F 40-44	1:01:53	1:03:42	F
2153	Rosemarie Gilbert		1352	59	28 F 55-59	1:02:54	1:03:42	F
2154	Michael Wyard		3389	52	121 M 50-54	59:39	1:03:43	M
2155	Stevie Spencer		3285	31	408 F 1-39	59:28	1:03:44	F
2156	Linda Price		3192	36	409 F 1-39	58:54	1:03:45	F
2157	Katherine Mann		1857	42	94 F 40-44	1:01:24	1:03:45	F
2158	Emma Beard		2723	31	410 F 1-39	1:02:18	1:03:46	F
2159	Steven Collins		1065	32	856 M 1-39	1:03:09	1:03:46	M
2160	Muriel Innes		1636	41	95 F 40-44	1:01:22	1:03:47	F
2161	Amy Sewell		2270	38	411 F 1-39	1:01:04	1:03:47	F
2162	Nichola Griffiths		1419	48	73 F 45-49	1:00:35	1:03:48	F
2163	Tim Dunthorne		3496	46	194 M 45-49	59:46	1:03:48	M
2164	Shirley Reynolds		2168	56	29 F 55-59	1:02:15	1:03:50	F
2165	Alison Standley		2362	42	96 F 40-44	1:01:11	1:03:50	F
2166	Phoebe Ballantyne-Hall		729	22	412 F 1-39	1:01:24	1:03:50	F
2167	James Shiplee		2288	45	195 M 45-49	1:00:52	1:03:50	M
2168	Gemma Pearson		2096	35	413 F 1-39	1:02:04	1:03:51	F
2169	Jodie Sawbridge		3234	22	414 F 1-39	59:10	1:03:51	F
2170	Bethan Harvey		3570	30	415 F 1-39	1:00:15	1:03:51	F
2171	Hayley Thompson	Reepham Runners	2442	35	416 F 1-39	1:02:09	1:03:52	F
2172	Shayney Blyth	Reepham Runners	828	44	97 F 40-44	1:02:10	1:03:52	F
2173	Gill Hak		2963	54	39 F 50-54	1:01:43	1:03:53	F
2174	Anne-Marie Coe		2805	46	74 F 45-49	59:36	1:03:53	F
2175	Teresa Burdett		935	43	98 F 40-44	1:02:56	1:03:56	F
2176	Wayne Clough		1037	33	857 M 1-39	59:04	1:03:57	M
2177	Zita Matthews		1886	39	417 F 1-39	1:01:09	1:03:57	F
2178	Sally Bull		928	34	418 F 1-39	1:02:49	1:03:58	F
2179	Christine Barker		2714	52	40 F 50-54	1:01:40	1:03:58	F
2180	Mike Marshall	North Norfolk Beach Runners	1875	74	6 M 70-99	1:00:40	1:03:58	M
2181	Hannah Dolman		1192	20	419 F 1-39	1:03:03	1:03:59	F
2182	Lydia Lawrence		1777	33	420 F 1-39	1:00:19	1:03:59	F
2183	Sarah Knights		1747	41	99 F 40-44	1:00:19	1:04:00	F
2184	Karena Foreman		2917	38	421 F 1-39	1:00:24	1:04:02	F
2185	Sarah Cullum		1134	25	422 F 1-39	1:03:03	1:04:02	F
2186	Matthew Harrod		1489	40	219 M 40-44	1:02:46	1:04:02	M
2187	Sarah Bird		806	28	423 F 1-39	1:02:40	1:04:03	F
2188	David Woods		2654	32	858 M 1-39	1:01:36	1:04:05	M
2189	Vikki Mountain	Wymondham AC	1979	31	424 F 1-39	1:02:07	1:04:06	F
2190	Michaela Loades		3634	46	75 F 45-49	1:00:04	1:04:08	F
2191	Adrian Driver		1207	52	122 M 50-54	1:00:45	1:04:08	M
2192	Jenny Rice		2170	37	425 F 1-39	1:01:55	1:04:08	F
2193	Anne Owen		2052	56	30 F 55-59	1:02:34	1:04:09	F
2194	Gemma Broad		2760	40	100 F 40-44	1:02:10	1:04:10	F
2195	Jeremy Broad		2761	41	220 M 40-44	1:02:16	1:04:10	M
2196	Hannelore Baxter		754	35	426 F 1-39	1:01:29	1:04:12	F
2197	Katie Cross		1125	36	427 F 1-39	1:02:22	1:04:12	F
2198	Ruth Hedge		3575	41	101 F 40-44	1:00:33	1:04:13	F
2199	Sarah Worthy		2661	33	428 F 1-39	1:00:04	1:04:14	F
2200	Sally Graveling		1398	43	102 F 40-44	1:02:13	1:04:19	F
2201	Andrew Ninham		2687	48	196 M 45-49	1:02:46	1:04:20	M
2202	Mark Randall		3202	44	221 M 40-44	1:02:46	1:04:20	M
2203	Nathan Hubbard		1598	34	859 M 1-39	1:00:52	1:04:20	M
2204	Jane Louise Buck		921	41	103 F 40-44	1:03:11	1:04:21	F
2205	Jo Cartwright		987	31	429 F 1-39	1:01:34	1:04:22	F
2206	Sarah Hewitt		1526	40	104 F 40-44	1:03:15	1:04:22	F
2207	Lois MacK		3640	35	430 F 1-39	1:00:17	1:04:23	F
2208	Alice Williams		2611	24	431 F 1-39	1:00:23	1:04:23	F
2209	Christopher Smith		3735	35	860 M 1-39	1:00:14	1:04:24	M
2210	Lee North		3154	40	222 M 40-44	59:56	1:04:25	M
2211	Simon Avery		2703	46	197 M 45-49	1:01:12	1:04:25	M
2212	Pamela Swainson		3754	35	432 F 1-39	59:57	1:04:26	F
2213	Jonathan Snelling		3277	33	433 F 1-39	1:02:04	1:04:26	F
2214	Rebecca Jackson		3026	29	434 F 1-39	1:00:16	1:04:27	F
2215	Steven O'Reilly		2041	30	861 M 1-39	1:01:36	1:04:28	M

2216	Juliet Jones		1688	55	31 F 55-59	1:02:24	1:04:28	F
2217	Ryan Jenkins		3028	16	862 M 1-39	1:00:19	1:04:30	M
2218	Kitty Rosser		2212	35	435 F 1-39	1:02:08	1:04:31	F
2219	Amanda Moscou		3656	30	436 F 1-39	1:00:19	1:04:31	F
2220	Lucy McCallum		1897	31	437 F 1-39	1:00:49	1:04:32	F
2221	Hannah Smith		2335	36	438 F 1-39	1:02:29	1:04:35	F
2222	Roberta Manners	City of Norwich AC	1858	63	11 F 60-64	1:01:58	1:04:35	F
2223	James Gooderham		2946	38	863 M 1-39	59:53	1:04:36	M
2224	Jo Fisk	Waveney Valley AC	1275	43	105 F 40-44	1:03:18	1:04:36	F
2225	Katy Walker		3334	24	439 F 1-39	1:00:22	1:04:38	F
2226	Emily Crick		2827	23	440 F 1-39	1:00:28	1:04:42	F
2227	Jurgen Long		3076	30	864 M 1-39	1:00:13	1:04:42	M
2228	Stephen Long		3077	33	865 M 1-39	1:00:13	1:04:43	M
2229	Jonathan Harvey		1497	52	123 M 50-54	1:04:04	1:04:45	M
2230	Ben Wareing		2532	24	866 M 1-39	1:01:42	1:04:46	M
2231	Sarah Peate		2098	25	441 F 1-39	1:01:42	1:04:46	F
2232	Jon Mullender		1982	32	867 M 1-39	1:01:33	1:04:46	M
2233	Michelle Tebbutt		3305	43	106 F 40-44	1:00:44	1:04:46	F
2234	Darren Moore		3123	41	223 M 40-44	1:00:45	1:04:47	M
2235	Danielle Crane		1114	36	442 F 1-39	1:04:01	1:04:51	F
2236	Harriet Shooter		2291	19	443 F 1-39	1:03:01	1:04:52	F
2237	Liam Tanner		2410	28	868 M 1-39	1:03:02	1:04:53	M
2238	Danny Bell-Tye	Bungay Black Dog RC	776	38	869 M 1-39	1:04:17	1:04:54	M
2239	Ian Sears		3244	51	124 M 50-54	1:01:08	1:04:54	M
2240	Margaret McCartney		1899	55	32 F 55-59	1:01:22	1:04:54	F
2241	Alice Rose		2211	26	444 F 1-39	1:02:11	1:04:56	F
2242	Duncan Smith		2321	38	870 M 1-39	1:03:05	1:04:56	M
2243	Rachel Murray		1989	25	445 F 1-39	1:02:12	1:04:57	F
2244	Mark Cole		2808	43	224 M 40-44	1:00:35	1:04:57	M
2245	Lisa Wright		2674	43	107 F 40-44	1:00:36	1:04:57	F
2246	Robert Forder		2916	41	225 M 40-44	1:00:10	1:04:57	M
2247	Daniella Carter		981	22	446 F 1-39	1:03:44	1:04:58	F
2248	Jessica Piper		2112	26	447 F 1-39	1:02:43	1:04:59	F
2249	Rob MacK		3641	34	871 M 1-39	1:00:53	1:04:59	M
2250	Sharon Lakey		1758	37	448 F 1-39	1:02:56	1:05:00	F
2251	Richard Eagling		3499	39	872 M 1-39	1:00:26	1:05:00	M
2252	Simon Leeder		3626	32	873 M 1-39	1:00:49	1:05:00	M
2253	Cemil Davey-Duruk		1156	23	874 M 1-39	1:03:54	1:05:00	M
2254	Joanna Christopher		1022	38	449 F 1-39	1:03:13	1:05:00	F
2255	Matthew Moerdyk		3121	17	875 M 1-39	1:00:09	1:05:01	M
2256	Lauren Cunningham		1136	22	450 F 1-39	1:03:08	1:05:01	F
2257	Neil Hubbard		1597	49	198 M 45-49	1:03:52	1:05:02	M
2258	Lauren Smith		2336	23	451 F 1-39	1:03:55	1:05:02	F
2259	Alan Childs		1019	32	876 M 1-39	1:03:58	1:05:02	M
2260	Laura Grubb		1433	22	452 F 1-39	1:01:59	1:05:03	F
2261	Vicky Moore		1963	36	453 F 1-39	1:03:06	1:05:06	F
2262	Alison Cowles		1108	43	108 F 40-44	1:04:29	1:05:06	F
2263	Anna Rees		3204	36	454 F 1-39	1:00:59	1:05:07	F
2264	Aravind Shastri		3251	42	226 M 40-44	1:01:05	1:05:08	M
2265	Victoria Barr		2716	42	109 F 40-44	1:01:05	1:05:09	F
2266	Simon Wardale		2531	51	125 M 50-54	1:03:34	1:05:10	M
2267	Hannah Boyd		2752	34	455 F 1-39	1:01:50	1:05:10	F
2268	Kerrie Wisbey		2631	31	456 F 1-39	1:02:58	1:05:11	F
2269	Nicola Rivett		2180	44	110 F 40-44	1:01:23	1:05:11	F
2270	Emily Bacon		3404	28	457 F 1-39	1:01:26	1:05:11	F
2271	Matthew Buller		3445	24	877 M 1-39	1:01:11	1:05:11	M
2272	Ann Hurn		3595	61	12 F 60-64	1:01:03	1:05:11	F
2273	Sara Burdett		936	54	41 F 50-54	1:04:10	1:05:12	F
2274	Andrea Ramsden		2146	54	42 F 50-54	1:04:09	1:05:12	F
2275	Kevin Sanford		2243	45	199 M 45-49	1:02:59	1:05:12	M
2276	Emma Stephenson		2369	27	458 F 1-39	1:01:29	1:05:13	F
2277	Sam Matthews		1888	26	878 M 1-39	1:01:50	1:05:13	M
2278	Adam Barker		734	29	879 M 1-39	1:01:02	1:05:14	M
2279	Bruce Rumsby		3715	38	880 M 1-39	1:01:07	1:05:14	M
2280	Teresa Solomon		2344	56	33 F 55-59	1:01:59	1:05:14	F
2281	Sue Burt		2773	59	34 F 55-59	1:02:14	1:05:14	F
2282	Izzy Bennett		782	55	35 F 55-59	1:04:45	1:05:15	F
2283	Penny Horne		3586	36	459 F 1-39	1:01:18	1:05:16	F
2284	Charli Thomas		3761	29	460 F 1-39	1:01:18	1:05:16	F
2285	Jack Campbell		969	24	881 M 1-39	1:03:10	1:05:17	M
2286	Clara Robson		2196	25	461 F 1-39	1:01:43	1:05:17	F
2287	Mark Willis		2613	40	227 M 40-44	1:01:21	1:05:18	M
2288	Nadine Ilk Maintz		1630	34	462 F 1-39	1:03:33	1:05:19	F
2289	Beryl Knowles	Norwich Road Runners	1749	62	13 F 60-64	1:01:46	1:05:21	F
2290	Claire Beckett		766	42	111 F 40-44	1:03:07	1:05:21	F
2291	Dawn Tibbles		2454	46	76 F 45-49	1:02:50	1:05:22	F
2292	David Thornhill		2449	40	228 M 40-44	1:03:13	1:05:22	M
2293	Hilary Murdoch		3133	60	14 F 60-64	1:01:19	1:05:22	F
2294	Peter Warren	City of Norwich AC	2538	59	67 M 55-59	1:03:24	1:05:23	M
2295	Catherine Hunt		3013	41	112 F 40-44	1:01:25	1:05:23	F
2296	Jim Hosier		3000	46	200 M 45-49	1:01:29	1:05:23	M
2297	Francis Woodcock	Wymondham AC	2646	50	126 M 50-54	1:03:10	1:05:24	M
2298	Nic Bowker		852	36	882 M 1-39	1:04:08	1:05:25	M
2299	Carmen Gessler-Stillman		1344	35	463 F 1-39	1:04:24	1:05:25	F
2300	Paula Gentry	North Norfolk Beach Runners	1338	41	113 F 40-44	1:03:43	1:05:27	F
2301	Stacey Harper		3560	26	464 F 1-39	1:00:40	1:05:28	F
2302	Nick Watts		2554	54	127 M 50-54	1:02:20	1:05:28	M
2303	Robert Ashton		2699	60	32 M 60-64	1:03:54	1:05:30	M
2304	Carole Reilly		3206	48	77 F 45-49	1:04:41	1:05:31	F
2305	Paul Martin		3098	25	883 M 1-39	1:01:36	1:05:31	M
2306	Susan Hoadley		3578	33	465 F 1-39	1:01:15	1:05:31	F
2307	Sharon Tendai Parr		2075	31	466 F 1-39	1:03:18	1:05:32	F
2308	Clare Aitchison		3396	36	467 F 1-39	1:01:50	1:05:33	F
2309	Simon Alexander		652	34	884 M 1-39	1:00:40	1:05:36	M
2310	Alice Hiscock		1552	29	468 F 1-39	1:04:20	1:05:36	F
2311	Richard Gilligan		3827	35	885 M 1-39	1:01:03	1:05:40	M
2312	Georgina Vyse		3329	32	469 F 1-39	1:01:42	1:05:40	F

2313	James Pallant		2056	37	886 M 1-39	1:00:44	1:05:40	M
2314	Rebecca Wright		2671	27	470 F 1-39	1:03:58	1:05:41	F
2315	Michael Radbourne		3200	47	201 M 45-49	1:01:25	1:05:42	M
2316	Bridget Reasbeck		2154	50	43 F 50-54	1:02:39	1:05:42	F
2317	Adrian Rutterford	City of Norwich AC	2224	55	68 M 55-59	1:02:39	1:05:42	M
2318	Lucia Benson		2726	45	78 F 45-49	1:01:47	1:05:42	F
2319	Adam Frost		1316	34	887 M 1-39	1:00:44	1:05:42	M
2320	Hugh Furness		1322	47	202 M 45-49	1:02:20	1:05:43	M
2321	Danielle Rackham	Norwich Road Runners	2141	30	471 F 1-39	1:02:08	1:05:44	F
2322	Jo Harrison		2973	26	472 F 1-39	1:02:22	1:05:44	F
2323	Simone Payne		3174	34	473 F 1-39	1:01:34	1:05:45	F
2324	Gary Rowley		3225	37	888 M 1-39	1:01:34	1:05:45	M
2325	Jane Aldous		651	35	474 F 1-39	1:03:38	1:05:46	F
2326	Rob Sillett		3258	36	889 M 1-39	1:01:09	1:05:48	M
2327	Alison Beales		761	22	475 F 1-39	1:01:19	1:05:49	F
2328	Victoria Barden		2713	43	114 F 40-44	1:02:49	1:05:50	F
2329	Nicole Cole		1051	43	115 F 40-44	1:04:10	1:05:50	F
2330	Alex Rickaby		2178	31	890 M 1-39	1:03:37	1:05:52	M
2331	Stephen Yaxley		3801	44	229 M 40-44	1:02:08	1:05:53	M
2332	Alana Rix		2183	31	476 F 1-39	1:04:05	1:05:53	F
2333	David Gribben		1410	47	203 M 45-49	1:04:32	1:05:53	M
2334	Rachel Hunt		1610	38	477 F 1-39	1:05:05	1:05:53	F
2335	Jake Humphrey		3011	36	891 M 1-39	1:05:05	1:05:53	M
2336	Eva Osborne	Wymondham AC	2046	75	1 F 70-99	1:02:19	1:05:54	F
2337	Marisol Kane	Norwich Road Runners	1708	50	44 F 50-54	1:03:03	1:05:56	F
2338	Laura Watson		3782	20	478 F 1-39	1:01:37	1:05:57	F
2339	Lucy Walker		3330	59	36 F 55-59	1:01:28	1:05:58	F
2340	Sue Mason		3646	50	45 F 50-54	1:01:29	1:05:59	F
2341	Jo Smithson		3276	48	79 F 45-49	1:01:51	1:05:59	F
2342	James Clifton		1034	38	892 M 1-39	1:04:43	1:06:00	M
2343	Chris Keen	Dacorum & Tring AC	3042	35	893 M 1-39	1:05:00	1:06:01	M
2344	Eric Pardos Végliá		2065	28	894 M 1-39	1:01:06	1:06:02	M
2345	Hayley Wright		2665	40	116 F 40-44	1:03:07	1:06:02	F
2346	Peter Mason		1882	28	895 M 1-39	1:01:06	1:06:02	M
2347	Charlotte Leclaire		3065	32	479 F 1-39	1:02:05	1:06:03	F
2348	Priscilla Branchu		3435	30	480 F 1-39	1:02:06	1:06:03	F
2349	Gail Preston		2133	54	46 F 50-54	1:04:34	1:06:04	F
2350	Mark Andrews		675	48	204 M 45-49	1:04:36	1:06:05	M
2351	Helen Warner		3342	31	481 F 1-39	1:01:37	1:06:05	F
2352	Caroline Warminger		3341	29	482 F 1-39	1:04:01	1:06:05	F
2353	Gemma Seager		2266	36	483 F 1-39	1:02:47	1:06:06	F
2354	Adele Pittaway		3185	32	484 F 1-39	1:01:45	1:06:06	F
2355	Ben Warminger		3340	29	896 M 1-39	1:04:11	1:06:06	M
2356	Jordan Woolnough		3797	22	897 M 1-39	1:02:58	1:06:07	M
2357	Sally Henman		1520	36	485 F 1-39	1:01:33	1:06:07	F
2358	Andrew Henman		1519	39	898 M 1-39	1:01:33	1:06:07	M
2359	Thoang Le Thi Thanh		3064	33	486 F 1-39	1:04:05	1:06:08	F
2360	Michelle Webster		3354	37	487 F 1-39	1:05:21	1:06:08	F
2361	Claire Moore		3655	27	488 F 1-39	1:02:05	1:06:08	F
2362	Sarah Morris		1971	27	489 F 1-39	1:04:04	1:06:08	F
2363	Michi Wong		2635	31	490 F 1-39	1:02:38	1:06:09	F
2364	Joanne Robinson		2192	38	491 F 1-39	1:03:11	1:06:10	F
2365	Heather Morton		1977	47	80 F 45-49	1:04:10	1:06:12	F
2366	Simon Kett		1730	29	899 M 1-39	1:02:33	1:06:13	M
2367	Natalie Freeman		3527	35	492 F 1-39	1:01:52	1:06:14	F
2368	Sarah Thacker		2433	31	493 F 1-39	1:04:22	1:06:14	F
2369	Jodi Barber	Norwich Road Runners	731	35	494 F 1-39	1:02:28	1:06:16	F
2370	Susan Barber		2712	37	495 F 1-39	1:02:28	1:06:16	F
2371	Damian Steward		3295	43	230 M 40-44	1:01:55	1:06:18	M
2372	Clare Broughton		901	39	496 F 1-39	1:05:04	1:06:18	F
2373	Victoria Temple		3306	35	497 F 1-39	1:02:19	1:06:19	F
2374	Adele Ettey		2897	23	498 F 1-39	1:04:27	1:06:20	F
2375	Lucy Wood		3379	33	499 F 1-39	1:02:33	1:06:22	F
2376	Amy Walters		3339	27	500 F 1-39	1:02:33	1:06:22	F
2377	Christina Lister		1809	34	501 F 1-39	1:03:09	1:06:23	F
2378	Sam Mellor		3115	31	900 M 1-39	1:02:19	1:06:24	M
2379	Hannah Jones		1692	34	502 F 1-39	1:04:43	1:06:24	F
2380	Jonathan Howes		1589	46	205 M 45-49	1:03:27	1:06:24	M
2381	David Millard		1937	60	33 M 60-64	1:03:50	1:06:25	M
2382	Cheryl Goymer		3542	53	47 F 50-54	1:02:32	1:06:26	F
2383	Peter Watson		3350	32	901 M 1-39	1:02:26	1:06:26	M
2384	Ann Greenizan		3826	62	15 F 60-64	1:05:01	1:06:27	F
2385	Nic Sharp		3250	45	206 M 45-49	1:02:03	1:06:28	M
2386	Chris Penn		2102	51	128 M 50-54	1:02:43	1:06:29	M
2387	Gillian Thacker		2432	45	81 F 45-49	1:02:12	1:06:30	F
2388	Calum McPherson		3112	45	207 M 45-49	1:02:12	1:06:30	M
2389	Paul Blake		2737	59	69 M 55-59	1:04:58	1:06:31	M
2390	Caroline Briggs		879	49	82 F 45-49	1:05:21	1:06:31	F
2391	Gemma Butter		3451	32	503 F 1-39	1:02:11	1:06:32	F
2392	Esther Bliss		3428	21	504 F 1-39	1:01:54	1:06:32	F
2393	Vicky Hampson	North Norfolk Beach Runners	1460	26	505 F 1-39	1:05:45	1:06:32	F
2394	Karen Swash		3755	31	506 F 1-39	1:01:58	1:06:33	F
2395	Dane Canning		3456	27	902 M 1-39	1:01:39	1:06:36	M
2396	Charlotte Day		1166	29	507 F 1-39	1:03:02	1:06:38	F
2397	Samantha Reddy	Norwich Road Runners	2156	48	83 F 45-49	1:04:28	1:06:39	F
2398	Sonia Lawrence		3063	34	508 F 1-39	1:02:41	1:06:40	F
2399	Marion Pointer		3186	42	117 F 40-44	1:03:02	1:06:40	F
2400	Peter Reuben		2166	34	903 M 1-39	1:04:52	1:06:40	M
2401	Sally Songer		2345	38	509 F 1-39	1:03:25	1:06:40	F
2402	Summer Simmons		3259	16	510 F 1-39	1:02:38	1:06:40	F
2403	Christian Smith		2334	38	904 M 1-39	1:05:24	1:06:41	M
2404	Donna Talby		2408	40	118 F 40-44	1:03:38	1:06:41	F
2405	Lucy Todd		2464	41	119 F 40-44	1:03:23	1:06:43	F
2406	Kate Wilson		2620	37	511 F 1-39	1:03:05	1:06:44	F
2407	Abby Gosden		3541	36	512 F 1-39	1:03:04	1:06:45	F
2408	Dawn Osborne		2047	45	84 F 45-49	1:04:15	1:06:45	F
2409	Ian Condron	Norfolk Gazelles AC	1070	40	231 M 40-44	1:05:26	1:06:47	M

2410	Kevin Dobson		3493	35	905 M 1-39	1:04:31	1:06:49	M
2411	Steven Neeve		2000	41	232 M 40-44	1:03:48	1:06:52	M
2412	Rachel Jarrel		3600	28	513 F 1-39	1:02:17	1:06:53	F
2413	Desire Shaun		3828	30	906 M 1-39	1:02:40	1:06:56	M
2414	Laura Woods		3381	23	514 F 1-39	1:03:35	1:06:57	F
2415	Sam Margetson		1865	25	907 M 1-39	1:04:05	1:06:58	M
2416	Nicola Teasdale		2429	36	515 F 1-39	1:04:04	1:06:58	F
2417	Pippa Newman		2005	36	516 F 1-39	1:03:22	1:07:00	F
2418	Abs Miah		1928	38	908 M 1-39	1:05:35	1:07:02	M
2419	Janet Peck		3177	55	37 F 55-59	1:02:50	1:07:02	F
2420	Liz Rix		3216	53	48 F 50-54	1:02:48	1:07:03	F
2421	Salena Dawson		2861	42	120 F 40-44	1:03:36	1:07:04	F
2422	Catherine Howard		3001	36	517 F 1-39	1:03:10	1:07:05	F
2423	Annmarie Sizer		3263	47	85 F 45-49	1:03:10	1:07:05	F
2424	Lindsey Anderson		666	27	518 F 1-39	1:05:21	1:07:05	F
2425	Alex Hobbs		1553	37	519 F 1-39	1:04:25	1:07:06	F
2426	Natasha Carr		2784	25	520 F 1-39	1:05:59	1:07:07	F
2427	Bethia Seager		2265	26	521 F 1-39	1:04:46	1:07:07	F
2428	Hayley Walker		2514	32	522 F 1-39	1:03:30	1:07:08	F
2429	Astra Richardson		2175	32	523 F 1-39	1:04:17	1:07:08	F
2430	Lee Hewitt		2988	28	909 M 1-39	1:02:46	1:07:09	M
2431	Brian Gooda		1382	63	34 M 60-64	1:06:13	1:07:10	M
2432	Johanna Lloyd		1814	39	524 F 1-39	1:04:50	1:07:14	F
2433	Sarah-Jane Gray		1401	32	525 F 1-39	1:05:57	1:07:17	F
2434	Megan Puttick		2137	50	49 F 50-54	1:05:53	1:07:17	F
2435	Karen Johnson		3033	29	526 F 1-39	1:03:03	1:07:18	F
2436	Luca La Bella		1752	24	910 M 1-39	1:05:17	1:07:18	M
2437	Kate Bedwell		3419	25	527 F 1-39	1:03:15	1:07:18	F
2438	Elizabeth Hancock		1462	64	16 F 60-64	1:02:36	1:07:18	F
2439	Sharon Jean Weston	Reepham Runners	2576	45	86 F 45-49	1:05:48	1:07:18	F
2440	Gina Manning		1861	20	528 F 1-39	1:05:17	1:07:18	F
2441	Lloyd Johnson		3032	31	911 M 1-39	1:03:11	1:07:18	M
2442	Andrew Smith		2339	49	208 M 45-49	1:05:49	1:07:19	M
2443	Graham Robinson		3710	46	209 M 45-49	1:03:13	1:07:19	M
2444	Faith Mixer		3120	50	50 F 50-54	1:03:22	1:07:19	F
2445	Andy Greenhouse		1406	53	129 M 50-54	1:06:32	1:07:20	M
2446	Anita Talby	Wymondham AC	2407	40	121 F 40-44	1:04:17	1:07:21	F
2447	Phillip Swash		3756	38	912 M 1-39	1:02:46	1:07:22	M
2448	Stephanie Evans		2898	22	529 F 1-39	1:02:28	1:07:23	F
2449	Morgan Smith		3275	20	913 M 1-39	1:03:11	1:07:24	M
2450	Lorna Lusher		1832	30	530 F 1-39	1:05:41	1:07:25	F
2451	Rhiannon Evans		2899	18	531 F 1-39	1:02:30	1:07:25	F
2452	Sophie Saunders	North Norfolk Beach Runners	3723	26	532 F 1-39	1:02:48	1:07:27	F
2453	Nicola Lodge		1818	26	533 F 1-39	1:03:47	1:07:27	F
2454	Simon Goldsmith		1376	33	914 M 1-39	1:04:17	1:07:29	M
2455	Graham Tibbs		2455	48	210 M 45-49	1:06:43	1:07:29	M
2456	Charmaine Hannant		3557	35	534 F 1-39	1:05:16	1:07:30	F
2457	Deborah Maton	Bungay Black Dog RC	1884	36	535 F 1-39	1:05:50	1:07:30	F
2458	Sharon Cannell	Bungay Black Dog RC	973	41	122 F 40-44	1:05:50	1:07:30	F
2459	Susannah Warman	Bungay Black Dog RC	2533	43	123 F 40-44	1:05:51	1:07:30	F
2460	James Goff	Bure Valley Harriers	1370	41	233 M 40-44	1:06:03	1:07:32	M
2461	Louise Goodson		2948	32	536 F 1-39	1:05:39	1:07:33	F
2462	Melanie Sinclair		2301	39	537 F 1-39	1:03:58	1:07:34	F
2463	Sean Curran		2843	45	211 M 45-49	1:03:18	1:07:36	M
2464	Nicky Nicholls		3147	51	51 F 50-54	1:04:06	1:07:37	F
2465	Lisa Single		3732	24	538 F 1-39	1:03:47	1:07:38	F
2466	Tobie Fysh		1323	35	915 M 1-39	1:04:29	1:07:38	M
2467	Lauren Walker		3773	33	539 F 1-39	1:03:21	1:07:38	F
2468	Tony Britt	UKnetrunner.co.UK	885	59	70 M 55-59	1:06:33	1:07:38	M
2469	Peter Single		2304	57	71 M 55-59	1:03:48	1:07:38	M
2470	Heather Walker-Sim		3335	27	540 F 1-39	1:03:45	1:07:39	F
2471	Nigel Death		1171	47	212 M 45-49	1:06:18	1:07:40	M
2472	Natalia Jones		1685	39	541 F 1-39	1:03:56	1:07:41	F
2473	Charlotte Evans		3505	25	542 F 1-39	1:03:22	1:07:42	F
2474	Poppy Collinson		1066	42	124 F 40-44	1:06:21	1:07:42	F
2475	Phil Soanes		3278	36	916 M 1-39	1:03:35	1:07:42	M
2476	David Holdsworth		3581	33	917 M 1-39	1:03:49	1:07:44	M
2477	Linda Storey	Norwich Road Runners	2384	50	52 F 50-54	1:05:12	1:07:45	F
2478	Lynn Gray	Norwich Road Runners	2954	49	87 F 45-49	1:05:13	1:07:45	F
2479	Zoe Hockings		2991	41	125 F 40-44	1:06:12	1:07:46	F
2480	Zoe Paterson		3171	40	126 F 40-44	1:03:38	1:07:46	F
2481	Masa Duranovic		3497	32	543 F 1-39	1:04:55	1:07:47	F
2482	Dieter Coulson		3478	52	130 M 50-54	1:03:17	1:07:48	M
2483	Deborah Gillespie	North Norfolk Beach Runners	1357	50	53 F 50-54	1:04:14	1:07:48	F
2484	Mervyn Flatman		2913	65	12 M 65-69	1:03:31	1:07:48	M
2485	Jacqueline Carey-Knight		2783	50	54 F 50-54	1:04:56	1:07:49	F
2486	Jennifer Cass		992	27	918 M 1-39	1:06:37	1:07:50	M
2487	Alexander Cole		1054	27	919 M 1-39	1:06:37	1:07:50	M
2488	Elizabeth Budd	Norwich Road Runners	2767	30	544 F 1-39	1:05:22	1:07:53	F
2489	Robbie Jones		1684	27	920 M 1-39	1:05:28	1:07:56	M
2490	Frances Howard		3002	47	88 F 45-49	1:04:04	1:07:57	F
2491	Fiona Spencer		2351	47	89 F 45-49	1:04:05	1:07:57	F
2492	Jean Whiting		3367	47	90 F 45-49	1:05:02	1:07:58	F
2493	William Alexander		3397	16	921 M 1-39	1:03:23	1:08:00	M
2494	Oliver Cudmore		2837	19	922 M 1-39	1:03:29	1:08:02	M
2495	Euan Wilkinson		3370	24	923 M 1-39	1:03:29	1:08:02	M
2496	Laurel Denman		2866	46	91 F 45-49	1:03:47	1:08:04	F
2497	Thomas Taylor		2418	29	924 M 1-39	1:06:42	1:08:05	M
2498	Richard Baines		717	23	925 M 1-39	1:07:17	1:08:06	M
2499	Jamie Causton		996	26	926 M 1-39	1:05:23	1:08:06	M
2500	Chris Coleman		1057	40	234 M 40-44	1:04:39	1:08:08	M
2501	Mike Jones		3037	40	235 M 40-44	1:04:40	1:08:08	M
2502	Debbie Secret		3245	51	55 F 50-54	1:06:32	1:08:08	F
2503	Rae Griffith-Jones		1414	45	92 F 45-49	1:07:10	1:08:09	F
2504	Natasha Sandle		3231	29	545 F 1-39	1:03:44	1:08:10	F
2505	Rebecca Downie		2874	34	546 F 1-39	1:04:35	1:08:11	F
2506	Darren Cole		1052	41	236 M 40-44	1:04:35	1:08:11	M

2507	Lucy Brumpton		2766	32	547 F 1-39	1:06:01	1:08:12	F
2508	Rachel Leggett		1797	36	548 F 1-39	1:04:56	1:08:13	F
2509	Siobhan Conway		2815	24	549 F 1-39	1:04:10	1:08:15	F
2510	Jasmine Shalders		3249	24	550 F 1-39	1:04:01	1:08:15	F
2511	Emily Harper		3561	28	551 F 1-39	1:04:31	1:08:16	F
2512	Mandy Howe		3003	47	93 F 45-49	1:03:35	1:08:17	F
2513	Barbara Peek		3178	45	94 F 45-49	1:03:57	1:08:18	F
2514	James Duggan		2879	47	213 M 45-49	1:03:48	1:08:18	M
2515	Nick Cusack		2845	32	927 M 1-39	1:04:12	1:08:18	M
2516	Kevin Gunton		3550	49	214 M 45-49	1:03:57	1:08:19	M
2517	Jen Nicholl-Inglis		2011	29	552 F 1-39	1:06:05	1:08:19	F
2518	Rachel Ijaopo		3018	30	553 F 1-39	1:04:04	1:08:19	F
2519	Fiona Morrison	North Norfolk Beach Runners	3128	62	17 F 60-64	1:04:02	1:08:20	F
2520	Michael Ball		2709	59	72 M 55-59	1:06:23	1:08:21	M
2521	Sandra Clelland		2797	60	18 F 60-64	1:05:34	1:08:22	F
2522	Nina Siebert		3257	26	554 F 1-39	1:05:54	1:08:22	F
2523	Jake Shannon		2277	22	928 M 1-39	1:06:34	1:08:23	M
2524	Karl Barwick		3412	23	929 M 1-39	1:04:32	1:08:25	M
2525	Helen Barnes		741	30	555 F 1-39	1:06:17	1:08:28	F
2526	Elizabeth Sumners		3753	34	556 F 1-39	1:06:20	1:08:29	F
2527	Sarah Burston		2772	40	127 F 40-44	1:04:46	1:08:30	F
2528	Albert Fielder		1268	35	930 M 1-39	1:06:38	1:08:31	M
2529	Lauren Quinton		3698	24	557 F 1-39	1:04:14	1:08:32	F
2530	Emma Waterworth		3781	28	558 F 1-39	1:04:17	1:08:32	F
2531	Nicky Huggett		1599	35	559 F 1-39	1:06:39	1:08:32	F
2532	christine Beake		2721	39	560 F 1-39	1:04:57	1:08:32	F
2533	Dawn Wood		3380	40	128 F 40-44	1:04:14	1:08:34	F
2534	Jonathan Daly		2851	28	931 M 1-39	1:03:55	1:08:35	M
2535	Megan Clifford	Norwich Road Runners	2800	29	561 F 1-39	1:04:48	1:08:37	F
2536	Dave Lincoln		3071	28	932 M 1-39	1:04:27	1:08:37	M
2537	Caroline Sandell		3230	42	129 F 40-44	1:04:01	1:08:37	F
2538	Hayley Truswell		3768	41	130 F 40-44	1:04:09	1:08:40	F
2539	Stephen Gook		3540	49	215 M 45-49	1:04:10	1:08:41	M
2540	Claire Pointer		3188	37	562 F 1-39	1:05:04	1:08:42	F
2541	Natasha Pritchard		3193	32	563 F 1-39	1:04:43	1:08:43	F
2542	Julie Merrywest		3653	35	564 F 1-39	1:04:08	1:08:44	F
2543	Nicholas John		1665	40	237 M 40-44	1:05:08	1:08:45	M
2544	Mary Lamb		3805	56	38 F 55-59	1:05:08	1:08:45	F
2545	Nicola Kibble		3050	50	56 F 50-54	1:05:19	1:08:45	F
2546	Amy Rust		3716	20	565 F 1-39	1:04:36	1:08:45	F
2547	Hazel Ellard-Thurtle		2891	40	131 F 40-44	1:05:28	1:08:45	F
2548	Rob Leigh		3627	46	216 M 45-49	1:05:20	1:08:45	M
2549	Nicholas Emerick		2894	53	131 M 50-54	1:05:19	1:08:45	M
2550	Jessica Shevlin		2286	19	566 F 1-39	1:06:50	1:08:46	F
2551	Simon Ingram		3020	43	238 M 40-44	1:04:10	1:08:46	M
2552	Rachel Howard		1583	46	95 F 45-49	1:07:52	1:08:48	F
2553	Emma Soanes		3279	34	567 F 1-39	1:04:40	1:08:48	F
2554	Jane Lowrie	Wymondham AC	3081	53	57 F 50-54	1:04:04	1:08:48	F
2555	Ian Thomson		2447	45	217 M 45-49	1:06:24	1:08:49	M
2556	Suzanne Grieveson-James		2958	41	132 F 40-44	1:05:23	1:08:49	F
2557	Jomkwan Yothasamut		2678	33	568 F 1-39	1:04:41	1:08:50	F
2558	Daniel Raven		3699	25	933 M 1-39	1:04:03	1:08:50	M
2559	Paloj Thitibordin		3308	34	934 M 1-39	1:04:42	1:08:50	M
2560	Christina Cloney		1036	46	96 F 45-49	1:07:43	1:08:51	F
2561	Gemma Mitchell		1949	28	569 F 1-39	1:06:52	1:08:52	F
2562	Jana Hrusovska		3589	36	570 F 1-39	1:05:24	1:08:52	F
2563	Debbie Burrell		944	52	58 F 50-54	1:04:48	1:08:53	F
2564	Emma Fysh		2930	35	571 F 1-39	1:05:44	1:08:53	F
2565	Rod Parker		2072	69	13 M 65-69	1:05:41	1:08:53	M
2566	Charlotte Belshaw		777	40	133 F 40-44	1:05:41	1:08:53	F
2567	Emily Stocks		3298	26	572 F 1-39	1:06:45	1:08:54	F
2568	Caroline Gifford		2940	40	134 F 40-44	1:04:28	1:08:54	F
2569	Andrew White	Tri-Anglia Triathlon Club	2586	47	218 M 45-49	1:06:30	1:08:55	M
2570	Caroline White	Tri-Anglia Triathlon Club	2585	46	97 F 45-49	1:06:32	1:08:55	F
2571	Roger Martins		3099	59	73 M 55-59	1:05:12	1:08:58	M
2572	Hannah Beckett		767	27	573 F 1-39	1:08:38	1:08:58	F
2573	Melanie Ellis		3504	38	935 M 1-39	1:04:01	1:08:58	M
2574	Steven George		2935	49	219 M 45-49	1:04:58	1:08:59	M
2575	Gavin Hamilton		1455	32	936 M 1-39	1:07:41	1:08:59	M
2576	Ruth Mitchell		1950	48	98 F 45-49	1:07:00	1:08:59	F
2577	Dariush Fassih		3512	31	937 M 1-39	1:03:54	1:09:00	M
2578	Francesca Burrell		3450	20	574 F 1-39	1:04:56	1:09:00	F
2579	Rebecca Wilson		3376	28	575 F 1-39	1:04:38	1:09:01	F
2580	Tanya Chapman		1007	39	576 F 1-39	1:08:21	1:09:01	F
2581	Katherine Wright		3387	23	577 F 1-39	1:04:20	1:09:01	F
2582	Bronte Farrage		2904	19	578 F 1-39	1:04:35	1:09:01	F
2583	Anne Cunningham		1137	45	99 F 45-49	1:09:01	1:09:01	F
2584	Danny Tindall		3313	34	938 M 1-39	1:04:21	1:09:02	M
2585	Nicola Sandell		3722	38	579 F 1-39	1:04:53	1:09:03	F
2586	Sophie Getley		2937	35	580 F 1-39	1:05:14	1:09:03	F
2587	Luke Chamberlain		3460	31	939 M 1-39	1:05:31	1:09:03	M
2588	Chris Edwards		2887	39	940 M 1-39	1:05:49	1:09:04	M
2589	Wendy Brett-Reynolds		2759	44	135 F 40-44	1:05:44	1:09:04	F
2590	Vicky Culliton		3487	27	581 F 1-39	1:04:47	1:09:05	F
2591	Katy Smith		2327	41	136 F 40-44	1:05:20	1:09:05	F
2592	Sharon Pitcher		3184	50	59 F 50-54	1:04:43	1:09:05	F
2593	Amanda Gray		3545	59	39 F 55-59	1:05:20	1:09:06	F
2594	Page Wilson		3792	24	582 F 1-39	1:05:23	1:09:07	F
2595	Emma Ainsworth		3395	25	583 F 1-39	1:04:51	1:09:08	F
2596	Natasha Sumner	North Norfolk Beach Runners	3752	40	137 F 40-44	1:04:30	1:09:08	F
2597	Anna Ellis		2892	24	584 F 1-39	1:04:28	1:09:08	F
2598	Sarah Barley		2715	50	60 F 50-54	1:07:19	1:09:11	F
2599	Valerie Gidney	City of Norwich AC	2939	51	61 F 50-54	1:05:17	1:09:14	F
2600	Liz Stirling		3297	57	40 F 55-59	1:04:50	1:09:15	F
2601	Sharon Ingham		3597	44	138 F 40-44	1:05:00	1:09:15	F
2602	Jason Green		2956	41	139 F 40-44	1:06:02	1:09:17	F
2603	Wendy Stewart		3749	49	100 F 45-49	1:04:58	1:09:17	F

2604	Marianne Loke		3075	46	101 F 45-49	1:05:23	1:09:18	F
2605	Ruth Kemp		1721	32	585 F 1-39	1:06:22	1:09:18	F
2606	Duncan Drake		2875	33	941 M 1-39	1:04:29	1:09:19	M
2607	Laura Rottenbury		3221	24	586 F 1-39	1:05:23	1:09:19	F
2608	Sophie Kennish		3045	31	587 F 1-39	1:04:47	1:09:19	F
2609	Tracey Nobbs		3149	49	102 F 45-49	1:04:50	1:09:22	F
2610	Megan Bradbury-Smart		862	33	588 F 1-39	1:08:02	1:09:23	F
2611	Deborah Carter	Tri-Anglia Triathlon Club	982	47	103 F 45-49	1:07:00	1:09:23	F
2612	Tony Miles		1936	38	942 M 1-39	1:06:10	1:09:23	M
2613	Christopher Hartley		3568	32	943 M 1-39	1:04:41	1:09:24	M
2614	Nichola Thatcher	Wymondham AC	2434	46	104 F 45-49	1:05:58	1:09:25	F
2615	Theodore Turocy		2486	42	239 M 40-44	1:06:11	1:09:25	M
2616	Graham Turner		3319	35	944 M 1-39	1:05:38	1:09:27	M
2617	Nikki Collins		2812	37	589 F 1-39	1:06:13	1:09:32	F
2618	Lorraine Andrews		2696	49	105 F 45-49	1:08:07	1:09:38	F
2619	Georgie Murdoch		3657	37	590 F 1-39	1:04:52	1:09:39	F
2620	Jill Bazire		759	59	41 F 55-59	1:05:41	1:09:40	F
2621	Melanie Green		2955	38	591 F 1-39	1:06:25	1:09:40	F
2622	Caroline Ferrari		3515	51	62 F 50-54	1:07:25	1:09:40	F
2623	Anna Farrar		2905	54	63 F 50-54	1:07:17	1:09:41	F
2624	Stephanie Metcalfe-Mason		1926	40	140 F 40-44	1:07:28	1:09:43	F
2625	Caroline Marshall		3097	36	592 F 1-39	1:05:21	1:09:43	F
2626	Jenny Jones		3040	32	593 F 1-39	1:05:22	1:09:44	F
2627	Deborah Eves	Norwich Road Runners	1251	36	594 F 1-39	1:08:29	1:09:44	F
2628	Alicia Grix		1427	24	595 F 1-39	1:07:12	1:09:46	F
2629	Line Copland		3474	26	596 F 1-39	1:04:57	1:09:51	F
2630	Paula Harrison		2972	40	141 F 40-44	1:05:36	1:09:52	F
2631	Mary Channeell		2789	43	142 F 40-44	1:08:22	1:09:54	F
2632	Danielle Read		3203	33	597 F 1-39	1:05:48	1:09:55	F
2633	Chrissi Middleton	Tri-Anglia Triathlon Club	1933	35	598 F 1-39	1:05:48	1:09:55	F
2634	Agnieszka Frost		1317	35	599 F 1-39	1:04:58	1:09:56	F
2635	Owen Clarke		2794	30	945 M 1-39	1:06:15	1:09:58	M
2636	Rachel Simmonds		3731	27	600 F 1-39	1:05:28	1:09:58	F
2637	Kevin Norman		2020	60	35 M 60-64	1:06:38	1:10:02	M
2638	Rhianna Belham		3422	19	601 F 1-39	1:06:38	1:10:02	F
2639	Anita Miah		1927	36	602 F 1-39	1:07:21	1:10:03	F
2640	Claire Atkinson		3403	44	143 F 40-44	1:05:38	1:10:03	F
2641	Samuel Staight		3288	37	946 M 1-39	1:06:01	1:10:04	M
2642	Paula Weston		3359	41	144 F 40-44	1:05:40	1:10:05	F
2643	Louise Slaughter		3266	34	603 F 1-39	1:05:40	1:10:06	F
2644	Jill Walker		3774	53	64 F 50-54	1:06:01	1:10:06	F
2645	Hannah Bayfield		758	22	604 F 1-39	1:09:20	1:10:11	F
2646	Charlie McMurray		1912	23	605 F 1-39	1:06:06	1:10:13	F
2647	Ellie McMurray		3651	25	606 F 1-39	1:06:06	1:10:13	F
2648	Karen Norman		3669	35	607 F 1-39	1:06:19	1:10:15	F
2649	Sally Parnell		3167	49	106 F 45-49	1:05:35	1:10:15	F
2650	Sophie Leney		3628	49	107 F 45-49	1:05:43	1:10:16	F
2651	Gemma Sullivan		2393	30	608 F 1-39	1:07:32	1:10:19	F
2652	Charlotte Watts		3352	38	609 F 1-39	1:06:13	1:10:20	F
2653	Lorna Wigg		2601	24	610 F 1-39	1:07:34	1:10:21	F
2654	Stuart Bailey		713	47	220 M 45-49	1:09:16	1:10:24	M
2655	Lucy Spinks		2355	25	611 F 1-39	1:07:46	1:10:25	F
2656	Sophie Clements		2799	36	612 F 1-39	1:07:46	1:10:25	F
2657	Kaeleigh McColgan		3648	31	613 F 1-39	1:06:26	1:10:25	F
2658	Nick Williams		3372	28	947 M 1-39	1:06:16	1:10:26	M
2659	Samantha O'Hara	Great Yarmouth Road Runners	2034	45	108 F 45-49	1:06:13	1:10:26	F
2660	Jessica Cranthorne		1116	29	614 F 1-39	1:06:28	1:10:26	F
2661	Jonathan Middleton		1932	38	948 M 1-39	1:08:42	1:10:27	M
2662	Leigh Smith		3268	34	615 F 1-39	1:06:28	1:10:29	F
2663	Rachel Hubbard		3008	27	616 F 1-39	1:06:52	1:10:31	F
2664	Alex Hammond		3556	32	949 M 1-39	1:06:17	1:10:32	M
2665	Tracey Stammers		3746	48	109 F 45-49	1:06:55	1:10:32	F
2666	Hannah Manning		1859	24	617 F 1-39	1:06:55	1:10:32	F
2667	Katherine Nash		3137	30	618 F 1-39	1:06:40	1:10:33	F
2668	Cecilia Basnett		2718	41	145 F 40-44	1:08:22	1:10:38	F
2669	Matthew Smith		3274	28	950 M 1-39	1:06:51	1:10:41	M
2670	Hannah Bloomfield		2742	24	619 F 1-39	1:06:35	1:10:41	F
2671	Gemma Hatson		2977	33	620 F 1-39	1:06:43	1:10:43	F
2672	Louise Slatter		3734	36	621 F 1-39	1:07:42	1:10:43	F
2673	Louise Knights		3054	36	622 F 1-39	1:06:03	1:10:44	F
2674	Andrew Stratton	Wymondham AC	3300	54	132 M 50-54	1:07:12	1:10:46	M
2675	Rachel Hutchinson		3015	36	623 F 1-39	1:06:35	1:10:47	F
2676	Janette Franks		2924	54	65 F 50-54	1:06:42	1:10:48	F
2677	Gary McVeigh		3113	43	240 M 40-44	1:08:03	1:10:48	M
2678	Alison Naylor		3138	32	624 F 1-39	1:07:30	1:10:48	F
2679	Sharon Cook	Wymondham AC	1077	45	110 F 45-49	1:07:16	1:10:48	F
2680	Catherine Hodds		1554	48	111 F 45-49	1:06:46	1:10:49	F
2681	Alicia Higuieruelo		1536	42	146 F 40-44	1:08:15	1:10:51	F
2682	Jennifer Bettinson		792	38	625 F 1-39	1:08:15	1:10:51	F
2683	Martin Forrest		2918	32	951 M 1-39	1:06:07	1:10:52	M
2684	Jacqueline Simms		3260	32	626 F 1-39	1:06:07	1:10:52	F
2685	Rose Bonner		2747	24	627 F 1-39	1:08:19	1:10:52	F
2686	Colleen Cameron		2782	34	628 F 1-39	1:07:35	1:10:54	F
2687	Katy Ellis		1235	40	147 F 40-44	1:09:51	1:10:57	F
2688	Marc Mailey		1848	42	241 M 40-44	1:09:26	1:10:57	M
2689	Rachel Atkinson		695	40	148 F 40-44	1:09:52	1:10:57	F
2690	Angela Seamons		3726	49	112 F 45-49	1:06:06	1:10:57	F
2691	Thomas Turner		3769	30	952 M 1-39	1:07:51	1:10:57	M
2692	Lily Bussey		954	22	629 F 1-39	1:07:41	1:10:58	F
2693	Alexander Grant		2953	30	953 M 1-39	1:06:34	1:11:00	M
2694	Sarah Bunn		2769	52	66 F 50-54	1:06:45	1:11:00	F
2695	Sarah Cutler		2846	37	630 F 1-39	1:07:07	1:11:01	F
2696	Paul Stephen		2368	33	954 M 1-39	1:07:40	1:11:03	M
2697	Caroline Cody		2803	29	631 F 1-39	1:07:43	1:11:07	F
2698	Camilla Skarin		3264	35	955 M 1-39	1:06:47	1:11:08	M
2699	Aaron Spalding		3745	28	956 M 1-39	1:06:49	1:11:10	M
2700	Rebecca Warner		3344	49	113 F 45-49	1:06:41	1:11:11	F

2701	Tim Warner		3780	52	133 M 50-54	1:06:41	1:11:11	M
2702	Emma Main		3090	46	114 F 45-49	1:08:19	1:11:12	F
2703	Trudi Kent		3046	46	115 F 45-49	1:07:19	1:11:14	F
2704	Chloe Kent		3047	25	632 F 1-39	1:07:19	1:11:15	F
2705	Jane Hepburn		2984	40	149 F 40-44	1:07:06	1:11:19	F
2706	Sarah Green		3547	45	116 F 45-49	1:06:29	1:11:20	F
2707	Juliet McDonald-Doig		3649	47	117 F 45-49	1:06:30	1:11:21	F
2708	Phil Smith		3271	48	221 M 45-49	1:07:09	1:11:22	M
2709	Emma Godbold	Wymondham AC	1366	40	150 F 40-44	1:07:49	1:11:22	F
2710	Donna Berry		2729	31	633 F 1-39	1:07:24	1:11:23	F
2711	Vicky Le Fur		1781	43	151 F 40-44	1:10:34	1:11:23	F
2712	Shelley Ames		2694	32	634 F 1-39	1:09:30	1:11:26	F
2713	Lillia Shooter		3255	21	635 F 1-39	1:09:34	1:11:26	F
2714	Kevin Fiske		3519	51	134 M 50-54	1:07:14	1:11:26	M
2715	Wendy Fiske		3518	51	67 F 50-54	1:07:14	1:11:27	F
2716	Lisa MacHin		3086	39	636 F 1-39	1:06:39	1:11:29	F
2717	Paul Barrett		2717	47	222 M 45-49	1:09:20	1:11:30	M
2718	Elizabeth Senior		3248	61	19 F 60-64	1:06:41	1:11:30	F
2719	Tanya McLean		3650	32	637 F 1-39	1:07:37	1:11:31	F
2720	Stacey Carter		3457	34	638 F 1-39	1:07:37	1:11:31	F
2721	Deborah Chapman		2790	40	152 F 40-44	1:07:51	1:11:32	F
2722	David Cushway		1141	37	957 M 1-39	1:10:24	1:11:33	M
2723	Jennifer Buskell		2777	42	153 F 40-44	1:09:38	1:11:33	F
2724	Sarah Pymr		3196	48	118 F 45-49	1:07:44	1:11:33	F
2725	Jocelyn Anderson-Wood		3399	23	639 F 1-39	1:07:28	1:11:33	F
2726	Matthew Buskell		2778	41	242 M 40-44	1:09:38	1:11:33	M
2727	Sam Major		3091	40	154 F 40-44	1:08:27	1:11:34	F
2728	Mavis Thomson	Reepham Runners	587	60	20 F 60-64	1:07:35	1:11:34	F
2729	Anne Joyce		1700	43	155 F 40-44	1:08:58	1:11:34	F
2730	Abbie Jenkins		1655	34	640 F 1-39	1:08:28	1:11:35	F
2731	Jasmine Phayre		2108	25	641 F 1-39	1:10:39	1:11:35	F
2732	Melanie Manson		1863	39	642 F 1-39	1:08:09	1:11:36	F
2733	Amy Jenkins		3602	22	643 F 1-39	1:07:27	1:11:38	F
2734	Beverly Jenkins		3603	51	68 F 50-54	1:07:27	1:11:38	F
2735	Lindsay Rose		2210	37	644 F 1-39	1:09:58	1:11:39	F
2736	Rita Robbins		3217	44	156 F 40-44	1:07:22	1:11:40	F
2737	Paul Robbins	Norwich Road Runners	2184	44	243 M 40-44	1:07:22	1:11:41	M
2738	Emily Frith		1315	28	645 F 1-39	1:09:16	1:11:44	F
2739	Heidi Smith		3273	43	157 F 40-44	1:07:44	1:11:45	F
2740	Julie Reeves	West Suffolk Wheelers and Triathlon Club	3702	48	119 F 45-49	1:07:56	1:11:45	F
2741	Joanna Keable		3607	43	158 F 40-44	1:07:11	1:11:46	F
2742	Sally Burns		3447	26	646 F 1-39	1:09:20	1:11:49	F
2743	Millie Jones		1689	23	647 F 1-39	1:09:46	1:11:50	F
2744	Emily Benton		2727	28	648 F 1-39	1:07:53	1:11:53	F
2745	Innes Chapman		1008	43	159 F 40-44	1:11:04	1:11:53	F
2746	Matthew Wassell		3346	36	958 M 1-39	1:07:08	1:11:53	M
2747	David Pugh		3194	68	14 M 65-69	1:07:20	1:11:56	M
2748	Laura Marjoram		3094	41	160 F 40-44	1:08:24	1:11:57	F
2749	Helen Ferris		3516	20	649 F 1-39	1:07:25	1:11:57	F
2750	Pauline Robinson		2190	54	69 F 50-54	1:09:41	1:11:58	F
2751	Nicola Hartley		3567	35	650 F 1-39	1:07:22	1:11:59	F
2752	Richard Paterson		2083	46	223 M 45-49	1:09:41	1:11:59	M
2753	Emma Stanley		2364	29	651 F 1-39	1:08:27	1:12:03	F
2754	Sonia Rush		2222	39	652 F 1-39	1:08:01	1:12:05	F
2755	Wendy Fullerton		2929	56	42 F 55-59	1:07:30	1:12:06	F
2756	Chloe Kirk		3616	22	653 F 1-39	1:07:29	1:12:06	F
2757	Jessica Nobbs		3668	22	654 F 1-39	1:07:30	1:12:06	F
2758	Yvonne Jackson		3025	48	120 F 45-49	1:08:13	1:12:07	F
2759	James Bird		2734	38	959 M 1-39	1:09:14	1:12:10	M
2760	Rodney Potter		3189	80	7 M 70-99	1:11:10	1:12:12	M
2761	Robert Thornley		3310	42	244 M 40-44	1:07:23	1:12:12	M
2762	Carl Hipperson		1548	29	960 M 1-39	1:11:18	1:12:12	M
2763	Barbara Howes		3005	46	121 F 45-49	1:09:15	1:12:13	F
2764	Christopher Cooper		1097	28	961 M 1-39	1:10:55	1:12:15	M
2765	Nell Gibbs		1345	20	655 F 1-39	1:10:54	1:12:15	F
2766	Sally Cazier	Norfolk Gazelles AC	999	50	70 F 50-54	1:11:25	1:12:16	F
2767	Dawn Cook	Norwich Road Runners	3471	50	71 F 50-54	1:07:55	1:12:16	F
2768	Lisa Cottrell		3804	43	161 F 40-44	1:07:14	1:12:16	F
2769	Donna Frith		1314	35	656 F 1-39	1:09:50	1:12:17	F
2770	Marie Smith		3737	34	657 F 1-39	1:08:22	1:12:18	F
2771	Katie Mayes		3106	39	658 F 1-39	1:07:46	1:12:18	F
2772	Mandie Thorpe		3311	40	162 F 40-44	1:07:23	1:12:21	F
2773	Melissa Baines		2706	36	659 F 1-39	1:09:19	1:12:24	F
2774	Laura Mallett		1853	32	660 F 1-39	1:10:35	1:12:24	F
2775	Debbie Bowyer		3434	34	661 F 1-39	1:08:17	1:12:25	F
2776	Martina Browne		2765	46	122 F 45-49	1:07:23	1:12:25	F
2777	Kirsti Parslow-Williams		2080	37	662 F 1-39	1:10:26	1:12:25	F
2778	Jamie Parslow-Williams		2079	41	245 M 40-44	1:10:34	1:12:26	M
2779	Pat Brightman	Great Yarmouth & District AC	882	63	21 F 60-64	1:11:58	1:12:28	F
2780	Sophie Smith		3740	27	663 F 1-39	1:08:13	1:12:30	F
2781	Lisa Bush		2776	37	664 F 1-39	1:10:46	1:12:32	F
2782	Colin Crouch		2833	72	8 M 70-99	1:07:49	1:12:32	M
2783	Caroline Curran		2842	33	665 F 1-39	1:08:16	1:12:33	F
2784	Kirsty Parke		3166	19	666 F 1-39	1:07:49	1:12:34	F
2785	Linda Palmer		3680	37	667 F 1-39	1:07:41	1:12:34	F
2786	Michala Warner		3343	42	163 F 40-44	1:08:31	1:12:35	F
2787	Tracy Yates		3391	53	72 F 50-54	1:08:34	1:12:39	F
2788	Kate Carter		3458	31	668 F 1-39	1:08:18	1:12:39	F
2789	Freya Pywell		3697	31	669 F 1-39	1:08:22	1:12:40	F
2790	Michelle Green		3546	36	670 F 1-39	1:10:56	1:12:40	F
2791	Simon Piff		3688	54	135 M 50-54	1:08:19	1:12:40	M
2792	Paul Strutt		3751	58	74 M 55-59	1:07:53	1:12:44	M
2793	Chris Neil		3658	42	246 M 40-44	1:07:52	1:12:45	M
2794	Catherine Hale		3553	29	671 F 1-39	1:08:17	1:12:45	F
2795	Clemmie Gleeson		2942	36	672 F 1-39	1:08:34	1:12:49	F
2796	Simon Wake		2510	34	962 M 1-39	1:09:57	1:12:50	M
2797	Joanne Illingsworth	Great Yarmouth Road Runners	3019	45	123 F 45-49	1:11:16	1:12:52	F

2798	Salina Cumbridge		2840	45	124 F 45-49	1:08:52	1:12:53	F
2799	Dave Cumbridge		2839	43	247 M 40-44	1:08:52	1:12:53	M
2800	Stephen Kennedy		3044	52	136 M 50-54	1:09:10	1:12:54	M
2801	Georgina Crowe		3485	23	673 F 1-39	1:08:16	1:12:56	F
2802	Louise Buxton		3452	25	674 F 1-39	1:08:16	1:12:56	F
2803	Lee Coby		3465	26	963 M 1-39	1:08:16	1:12:56	M
2804	Kevin Hyden		3596	24	964 M 1-39	1:08:16	1:12:57	M
2805	Karen Mallett		3093	43	164 F 40-44	1:08:52	1:12:57	F
2806	Frances Morter		1975	25	675 F 1-39	1:09:38	1:13:00	F
2807	Heidi Standley		2363	24	676 F 1-39	1:09:32	1:13:00	F
2808	Elizabeth Phillips		3183	28	677 F 1-39	1:08:24	1:13:05	F
2809	Lynsey Weston		3784	32	678 F 1-39	1:08:25	1:13:06	F
2810	Jonathan Foster		2921	28	965 M 1-39	1:09:16	1:13:06	M
2811	John Guymer		2961	57	75 M 55-59	1:09:13	1:13:07	M
2812	Dennis Harris		1483	49	224 M 45-49	1:10:33	1:13:08	M
2813	Julie Winder		2626	47	125 F 45-49	1:10:25	1:13:08	F
2814	Helen Shepherd		3253	37	679 F 1-39	1:08:47	1:13:10	F
2815	Stephanie Grant		2952	29	680 F 1-39	1:08:45	1:13:11	F
2816	Hannah McCulloch		1902	23	681 F 1-39	1:10:55	1:13:14	F
2817	Britt Blokker		2741	26	682 F 1-39	1:10:58	1:13:14	F
2818	Jane McCulloch		3107	57	43 F 55-59	1:10:55	1:13:14	F
2819	Kerry Dilks		2868	45	126 F 45-49	1:08:45	1:13:16	F
2820	Kevin Mayes		3647	42	248 M 40-44	1:08:42	1:13:16	M
2821	Beth Faulding		3513	26	683 F 1-39	1:08:58	1:13:17	F
2822	Sophie Court		2824	41	165 F 40-44	1:08:58	1:13:17	F
2823	Victoria Musgrave		1990	31	684 F 1-39	1:09:38	1:13:18	F
2824	Adrian Land		1761	31	966 M 1-39	1:09:38	1:13:18	M
2825	Anna Harrison		3565	31	685 F 1-39	1:09:27	1:13:19	F
2826	Corinne Le Quere		1782	49	127 F 45-49	1:10:13	1:13:21	F
2827	Paolo De Marco		169	57	76 M 55-59	1:12:50	1:13:21	M
2828	Richard Furness		3531	57	77 M 55-59	1:08:35	1:13:23	M
2829	Catherine Dyble		1217	43	166 F 40-44	1:12:16	1:13:25	F
2830	Jane Wells		3356	38	686 F 1-39	1:08:50	1:13:25	F
2831	Alison Price		3695	38	687 F 1-39	1:09:32	1:13:32	F
2832	David Powell		2130	48	225 M 45-49	1:10:27	1:13:32	M
2833	Peter Holden		2996	34	967 M 1-39	1:08:55	1:13:33	M
2834	Mark Wright		2668	43	249 M 40-44	1:08:35	1:13:33	M
2835	Kerry Avery		2704	56	44 F 55-59	1:11:28	1:13:34	F
2836	Kate De Vries		2862	56	45 F 55-59	1:11:28	1:13:34	F
2837	Lynda Morris	Bentham Beagles Running Club	3127	47	128 F 45-49	1:09:32	1:13:34	F
2838	Christine Hayes		2979	39	688 F 1-39	1:08:50	1:13:35	F
2839	Terri Cooper-Barnes		2821	35	689 F 1-39	1:08:47	1:13:36	F
2840	Rebecca Crothers		2832	28	690 F 1-39	1:09:10	1:13:39	F
2841	Peter Lis		3072	60	36 M 60-64	1:09:11	1:13:39	M
2842	Emma O'Kelly		3159	48	129 F 45-49	1:09:42	1:13:40	F
2843	Heidi Yardy		3390	29	691 F 1-39	1:09:27	1:13:42	F
2844	Victoria Williams		3373	21	692 F 1-39	1:09:42	1:13:44	F
2845	Katherine Cooper		2819	29	693 F 1-39	1:09:30	1:13:44	F
2846	Nicola Payne		3684	39	694 F 1-39	1:10:52	1:13:48	F
2847	Heather Durrant		2884	25	695 F 1-39	1:08:52	1:13:49	F
2848	Katie Allcock		2692	23	696 F 1-39	1:09:01	1:13:49	F
2849	Ellie Ward		3777	23	697 F 1-39	1:08:52	1:13:49	F
2850	Ali Calvert		2781	45	130 F 45-49	1:10:04	1:13:50	F
2851	Mark Peacher		3175	42	250 M 40-44	1:09:45	1:13:50	M
2852	Emma Peacher		3176	43	167 F 40-44	1:09:46	1:13:50	F
2853	Katie Scott		2259	32	698 F 1-39	1:10:50	1:13:51	F
2854	Amy Mills		3117	23	699 F 1-39	1:11:54	1:13:51	F
2855	Rosie Goodsell		2947	58	46 F 55-59	1:09:17	1:13:52	F
2856	Caroline Byrne		3453	35	700 F 1-39	1:10:01	1:13:52	F
2857	Julie Cullum		2838	51	73 F 50-54	1:09:48	1:13:56	F
2858	Tracy Youngman		3392	44	168 F 40-44	1:09:12	1:14:00	F
2859	Rosie Rogers		3220	55	47 F 55-59	1:11:37	1:14:01	F
2860	Elaine Haggarty	Great Yarmouth & District AC	2962	59	48 F 55-59	1:10:07	1:14:01	F
2861	Tom Bailey		712	37	968 M 1-39	1:09:33	1:14:03	M
2862	Lisa Jones		3038	28	701 F 1-39	1:09:18	1:14:03	F
2863	Zoe Sissen		3262	36	702 F 1-39	1:09:35	1:14:04	F
2864	Danielle Blazey		3426	25	703 F 1-39	1:10:46	1:14:05	F
2865	Claire Scott	North Norfolk Beach Runners	3239	46	131 F 45-49	1:10:13	1:14:06	F
2866	Lorna Furness		3530	23	704 F 1-39	1:10:49	1:14:10	F
2867	Lily Hemmings		2981	49	132 F 45-49	1:09:12	1:14:11	F
2868	Nina Hemmings		2982	22	705 F 1-39	1:09:12	1:14:11	F
2869	Joanna Cockrell		2802	35	706 F 1-39	1:10:25	1:14:12	F
2870	Emma Osborn		3163	40	169 F 40-44	1:10:24	1:14:12	F
2871	Samantha Hookham		1568	49	133 F 45-49	1:12:58	1:14:14	F
2872	Lindsay Churchman		2792	32	707 F 1-39	1:12:06	1:14:15	F
2873	Sarah Deacon	Run@Willis	1169	32	708 F 1-39	1:10:23	1:14:16	F
2874	Suzie Winter		3377	36	709 F 1-39	1:10:31	1:14:19	F
2875	Amy Goldsmith		3539	33	710 F 1-39	1:09:44	1:14:19	F
2876	Amy Parrott		3168	37	711 F 1-39	1:09:25	1:14:20	F
2877	Emma Alfieri		2691	40	170 F 40-44	1:12:48	1:14:20	F
2878	Wendy Barker		736	44	171 F 40-44	1:12:17	1:14:21	F
2879	Kristi Yarham		3799	45	134 F 45-49	1:10:19	1:14:22	F
2880	Gemma May		1890	35	712 F 1-39	1:11:53	1:14:22	F
2881	Anna Collison		3467	33	713 F 1-39	1:09:51	1:14:26	F
2882	Johanna Wicker		3368	43	172 F 40-44	1:10:45	1:14:27	F
2883	Mark Wicker		3369	44	251 M 40-44	1:10:50	1:14:32	M
2884	Eve Edwards		3502	23	714 F 1-39	1:10:01	1:14:32	F
2885	Joanne Forster		2920	39	715 F 1-39	1:10:37	1:14:32	F
2886	Donna Jarvis		3027	42	173 F 40-44	1:10:38	1:14:32	F
2887	Hollie Lewis		1803	23	716 F 1-39	1:11:42	1:14:34	F
2888	Julie Bromfield		2762	42	174 F 40-44	1:11:08	1:14:35	F
2889	Meryl Howes		3004	46	135 F 45-49	1:09:47	1:14:40	F
2890	Amy Tunneycliff		3318	34	717 F 1-39	1:11:07	1:14:40	F
2891	Sarah Scott		3242	33	718 F 1-39	1:09:57	1:14:44	F
2892	Sarah Wills		2615	34	719 F 1-39	1:11:40	1:14:45	F
2893	Joanne Mason		3101	44	175 F 40-44	1:10:11	1:14:49	F
2894	Allison Stevens		3293	53	74 F 50-54	1:11:09	1:14:50	F

2895	Andrea Clarke	Norwich Road Runners	2795	41	176 F 40-44	1:12:00	1:14:51	F
2896	Frances Irwin		3022	28	720 F 1-39	1:10:25	1:14:54	F
2897	Suzanne Webb		2560	39	721 F 1-39	1:11:07	1:14:54	F
2898	Sharon Armes	Norwich Road Runners	682	46	136 F 45-49	1:12:06	1:14:56	F
2899	Helen Brailey		2755	32	722 F 1-39	1:10:49	1:15:00	F
2900	Grace Robertson		3219	22	723 F 1-39	1:12:35	1:15:00	F
2901	Rosemary Walters		3337	61	22 F 60-64	1:10:43	1:15:02	F
2902	Chris Lubbock		3082	63	37 M 60-64	1:10:15	1:15:07	M
2903	Sally Solomon	Felixstowe RRC	3280	48	137 F 45-49	1:10:59	1:15:07	F
2904	Will Schwer	Felixstowe RRC	3238	31	969 M 1-39	1:10:59	1:15:07	M
2905	Tammy Stamford		3289	31	724 F 1-39	1:11:12	1:15:10	F
2906	Sarah Rhoades		3207	52	75 F 50-54	1:13:36	1:15:10	F
2907	Georgia Cosham		1101	20	725 F 1-39	1:13:53	1:15:10	F
2908	Debbie Bannon		2711	56	49 F 55-59	1:13:36	1:15:10	F
2909	Mike Last		3061	62	38 M 60-64	1:10:32	1:15:14	M
2910	Martin Lewis		3069	40	252 M 40-44	1:10:43	1:15:16	M
2911	Harriet Griffiths		2959	40	177 F 40-44	1:10:53	1:15:16	F
2912	Peter Westgate		3358	65	15 M 65-69	1:11:48	1:15:16	M
2913	Amy Shawcross		3252	35	726 F 1-39	1:10:38	1:15:17	F
2914	Lizzie Moulton		3130	35	727 F 1-39	1:10:38	1:15:17	F
2915	Abigail Holden		2995	33	728 F 1-39	1:10:39	1:15:17	F
2916	Cristi L Tinjala		2459	34	970 M 1-39	1:13:52	1:15:17	M
2917	Lisa Royden		3226	40	178 F 40-44	1:11:22	1:15:18	F
2918	Amiee Bickel		796	22	729 F 1-39	1:11:23	1:15:18	F
2919	Emma Lincoln		3070	24	730 F 1-39	1:11:01	1:15:21	F
2920	Carina McLellan		1910	28	731 F 1-39	1:12:27	1:15:22	F
2921	Katie Jewson		1663	28	732 F 1-39	1:12:26	1:15:22	F
2922	Ashley Spalding		3744	28	971 M 1-39	1:11:00	1:15:24	M
2923	Helen Bowen		851	52	76 F 50-54	1:10:49	1:15:24	F
2924	Bianka Davies		2856	38	733 F 1-39	1:11:32	1:15:27	F
2925	Sarah Blyth		2743	29	734 F 1-39	1:11:15	1:15:27	F
2926	David Frosdick		2927	37	972 M 1-39	1:10:48	1:15:28	M
2927	Sue Down		2873	41	179 F 40-44	1:11:16	1:15:29	F
2928	Claire Griffiths		1416	35	735 F 1-39	1:11:54	1:15:30	F
2929	Robyn Beatty		764	24	736 F 1-39	1:10:39	1:15:33	F
2930	Emma Banks		2710	38	737 F 1-39	1:10:39	1:15:33	F
2931	Sophie Marriott		3095	28	738 F 1-39	1:10:48	1:15:34	F
2932	Nicole Rijks		3213	45	138 F 45-49	1:11:33	1:15:35	F
2933	Joanna Gillard-Eastop		3537	47	139 F 45-49	1:11:34	1:15:37	F
2934	Catharine Meehan		3114	30	739 F 1-39	1:11:38	1:15:38	F
2935	Simon McKinna		390	43	253 M 40-44	1:10:32	1:15:40	M
2936	Sheila Crisp		2828	57	50 F 55-59	1:11:07	1:15:41	F
2937	Joanna Bruce		3442	34	740 F 1-39	1:10:54	1:15:42	F
2938	Leanne McRobert		3652	29	741 F 1-39	1:10:54	1:15:42	F
2939	Samantha Swinton		3304	29	742 F 1-39	1:10:54	1:15:43	F
2940	Gabrielle Louise		3814	21	743 F 1-39	1:12:09	1:15:45	F
2941	Brittany Gage		3813	19	744 F 1-39	1:12:10	1:15:45	F
2942	Emma Cox		2825	48	140 F 45-49	1:11:01	1:15:47	F
2943	Cheryl Burgess		2770	37	745 F 1-39	1:11:07	1:15:48	F
2944	Jay Beckett		769	53	77 F 50-54	1:13:08	1:15:50	F
2945	Sarah Adler		3394	68	7 F 65-69	1:13:09	1:15:50	F
2946	Pkaren Gibson		2938	51	78 F 50-54	1:11:11	1:15:53	F
2947	Lara Gibson		3535	17	746 F 1-39	1:11:11	1:15:53	F
2948	Helen Fiske	Norwich Road Runners	1276	45	141 F 45-49	1:13:58	1:15:54	F
2949	Michael Johnson	Norwich Road Runners	328	46	226 M 45-49	1:13:58	1:15:54	M
2950	Kelly Bray		869	34	747 F 1-39	1:13:59	1:15:54	F
2951	Claire Smith	Norwich Road Runners	2317	45	142 F 45-49	1:13:59	1:15:54	F
2952	Miranda Keedy	Ryston Runners	3041	28	748 F 1-39	1:12:03	1:15:55	F
2953	Sophie Franklin		2923	29	749 F 1-39	1:12:42	1:15:56	F
2954	Melita Willis		2614	41	254 M 40-44	1:11:59	1:15:56	M
2955	Kate Purling		3195	28	750 F 1-39	1:11:11	1:15:57	F
2956	Cheryl Moore	Bungay Black Dog RC	3125	43	180 F 40-44	1:12:00	1:15:58	F
2957	Rachel Flatt		2914	42	181 F 40-44	1:12:20	1:15:58	F
2958	Katie O'Reilly		3161	35	751 F 1-39	1:12:11	1:15:59	F
2959	Helen Storer		3299	50	79 F 50-54	1:11:41	1:15:59	F
2960	Hannah Harper		2970	31	752 F 1-39	1:16:00	1:16:00	F
2961	Samantha Hanvey		1469	49	143 F 45-49	1:15:15	1:16:08	F
2962	James McNeilly		1914	30	973 M 1-39	1:12:21	1:16:08	M
2963	Ross McNeilly		1915	33	974 M 1-39	1:12:22	1:16:09	M
2964	Maree Latham	Reepham Runners	3621	49	144 F 45-49	1:12:21	1:16:10	F
2965	Johan Saunders		2247	43	255 M 40-44	1:11:41	1:16:14	M
2966	Philip Rothwell		3714	54	137 M 50-54	1:12:25	1:16:16	M
2967	Amy Hobart	North Norfolk Beach Runners	3579	35	753 F 1-39	1:11:31	1:16:16	F
2968	Leon May		3105	31	975 M 1-39	1:14:51	1:16:18	M
2969	Victoria Jeffery		323	24	754 F 1-39	1:13:32	1:16:18	F
2970	Jane Hubbard		3007	46	145 F 45-49	1:15:11	1:16:20	F
2971	Safina Karim		1710	41	182 F 40-44	1:14:25	1:16:28	F
2972	Rachel Duffey		2878	36	755 F 1-39	1:12:10	1:16:31	F
2973	Rachel Moulton		3129	31	756 F 1-39	1:11:55	1:16:32	F
2974	Lisa Leach		3624	36	757 F 1-39	1:12:05	1:16:35	F
2975	Rachel Lummis		3638	45	146 F 45-49	1:12:05	1:16:35	F
2976	Mary D'Souza		2877	40	183 F 40-44	1:13:26	1:16:39	F
2977	Lynne Johnson		3035	50	80 F 50-54	1:13:01	1:16:43	F
2978	Jenny Scott		3241	36	758 F 1-39	1:13:03	1:16:44	F
2979	Jessica Hutchings		3014	25	759 F 1-39	1:13:09	1:16:44	F
2980	Rebecca Orring		3162	61	23 F 60-64	1:11:49	1:16:44	F
2981	Robin Thompson		3309	36	976 M 1-39	1:12:29	1:16:55	M
2982	Liga Matroze		3104	27	760 F 1-39	1:12:40	1:16:57	F
2983	Stephen Coe		2806	38	977 M 1-39	1:12:15	1:16:59	M
2984	Natasha Coe		2804	31	761 F 1-39	1:12:14	1:16:59	F
2985	Jamie Thompson		2441	35	978 M 1-39	1:12:15	1:16:59	M
2986	Leanne Thompson		3762	35	762 F 1-39	1:12:15	1:16:59	F
2987	Andrew Lamb		3618	38	979 M 1-39	1:13:05	1:17:02	M
2988	Sarah Watts	Diss and District AC	3351	47	147 F 45-49	1:12:35	1:17:02	F
2989	Sarah Rhoden		3208	40	184 F 40-44	1:13:17	1:17:04	F
2990	Martyn Dunsdon		2881	38	980 M 1-39	1:12:43	1:17:08	M
2991	Philip Walters		3338	68	16 M 65-69	1:12:49	1:17:09	M

2992	Donna Conneely		3469	43	185 F 40-44	1:12:48	1:17:09	F
2993	Colin MacEwan		3085	53	138 M 50-54	1:15:21	1:17:09	M
2994	Pete Kelley		3609	64	39 M 60-64	1:12:16	1:17:10	M
2995	Gareth Ross		3713	36	981 M 1-39	1:15:23	1:17:10	M
2996	Rachael Spencer		3284	47	148 F 45-49	1:12:57	1:17:11	F
2997	Stephen Ede		2885	35	982 M 1-39	1:12:24	1:17:12	M
2998	Hilary Winch		3794	45	149 F 45-49	1:12:48	1:17:13	F
2999	Peter Loughborough		3637	46	227 M 45-49	1:12:39	1:17:18	M
3000	Carolyn Hare		3559	25	763 F 1-39	1:12:39	1:17:19	F
3001	Martin Massingham		3102	47	228 M 45-49	1:12:53	1:17:24	M
3002	Nathalie Hammond		3555	24	764 F 1-39	1:13:04	1:17:31	F
3003	Louisa Feeney		3514	41	186 F 40-44	1:14:00	1:17:31	F
3004	Amy Turner		2485	32	765 F 1-39	1:14:52	1:17:32	F
3005	Simon Webster		3355	50	139 M 50-54	1:13:20	1:17:35	M
3006	Anne Palmer		3679	48	150 F 45-49	1:14:04	1:17:36	F
3007	Trine Middleton	Reepham Runners	1931	54	81 F 50-54	1:13:46	1:17:37	F
3008	Rebecca Cooper		2820	46	151 F 45-49	1:13:38	1:17:37	F
3009	Ben Tuddenham		2479	29	983 M 1-39	1:13:26	1:17:37	M
3010	Samantha Gerrard		2936	32	766 F 1-39	1:13:27	1:17:38	F
3011	Sophie Berry		3424	32	767 F 1-39	1:13:10	1:17:39	F
3012	Lewis Swift		3303	32	984 M 1-39	1:13:15	1:17:44	M
3013	Carla Nott		3671	29	768 F 1-39	1:13:00	1:17:46	F
3014	Deborah Murray		1988	43	187 F 40-44	1:15:04	1:17:55	F
3015	Fong Slapp		3265	38	769 F 1-39	1:13:46	1:17:56	F
3016	Jasmine Didymus		1184	25	770 F 1-39	1:17:08	1:17:57	F
3017	Joanna Tuttle		3322	42	188 F 40-44	1:13:32	1:18:04	F
3018	Suzanne Saunders		3232	41	189 F 40-44	1:13:33	1:18:06	F
3019	Susannah McKewan		3111	50	82 F 50-54	1:14:43	1:18:10	F
3020	Michelle Blazey	Norwich Road Runners	2739	44	190 F 40-44	1:14:27	1:18:11	F
3021	Jeanette McCallip		1908	47	152 F 45-49	1:14:56	1:18:12	F
3022	Rachel Cushing		3489	43	191 F 40-44	1:14:01	1:18:13	F
3023	Graham Sharp		2280	46	229 M 45-49	1:14:56	1:18:13	M
3024	Catherine Twiss		3323	46	153 F 45-49	1:13:52	1:18:14	F
3025	Trudi Ciarla		2793	51	83 F 50-54	1:13:52	1:18:15	F
3026	Jo Appleton		2697	30	771 F 1-39	1:14:38	1:18:16	F
3027	Adele Sutton		3302	28	772 F 1-39	1:13:57	1:18:19	F
3028	Carrie Horgan		3585	43	192 F 40-44	1:17:26	1:18:20	F
3029	Lee Scottow		3812	36	985 M 1-39	1:13:38	1:18:21	M
3030	Caroline Newman		3664	26	773 F 1-39	1:14:02	1:18:21	F
3031	Howlett Graham		3543	44	256 M 40-44	1:14:03	1:18:22	M
3032	Linda Nobbs	Bungay Black Dog RC	3151	47	154 F 45-49	1:16:16	1:18:25	F
3033	Emma Blackwell		2736	39	774 F 1-39	1:16:08	1:18:26	F
3034	Claire Hibbin		2990	39	775 F 1-39	1:14:25	1:18:44	F
3035	Sarah Howe		3587	34	776 F 1-39	1:15:03	1:18:46	F
3036	Laura Hone		3584	30	777 F 1-39	1:15:04	1:18:46	F
3037	George Denman		3491	37	986 M 1-39	1:15:04	1:18:47	M
3038	Rebecca Horton		1577	31	778 F 1-39	1:15:06	1:18:48	F
3039	Jennifer Grimes		3548	23	779 F 1-39	1:14:24	1:18:52	F
3040	Helen Cowles		3480	43	193 F 40-44	1:15:02	1:18:55	F
3041	Carrie Tooke		3767	33	780 F 1-39	1:15:14	1:18:58	F
3042	Emma Dicks		2867	39	781 F 1-39	1:13:58	1:19:00	F
3043	Nicola Dunsdon		2882	33	782 F 1-39	1:14:41	1:19:03	F
3044	Matt Caesar		2780	27	987 M 1-39	1:14:08	1:19:07	M
3045	Kerri-Anne Peachment		3685	25	783 F 1-39	1:14:42	1:19:07	F
3046	Liz Crowley		3486	46	155 F 45-49	1:14:17	1:19:07	F
3047	Mark Watson		3783	38	988 M 1-39	1:14:43	1:19:07	M
3048	Victoria Dunthorne		1213	47	156 F 45-49	1:18:03	1:19:08	F
3049	Suzanne Moore		3124	51	84 F 50-54	1:14:50	1:19:09	F
3050	Elizabeth Zagni		3802	51	85 F 50-54	1:15:16	1:19:15	F
3051	Katy Pointer		3187	33	784 F 1-39	1:14:24	1:19:16	F
3052	Sophie Chapman		3461	40	194 F 40-44	1:14:49	1:19:18	F
3053	Clare Shelton		3728	32	785 F 1-39	1:14:32	1:19:20	F
3054	Peter Brown		2764	28	989 M 1-39	1:15:50	1:19:20	M
3055	Kellie Stevens		3292	28	786 F 1-39	1:15:51	1:19:21	F
3056	Anne Faulkner		2906	67	8 F 65-69	1:15:40	1:19:22	F
3057	Stuart Pointer		2121	36	990 M 1-39	1:14:32	1:19:24	M
3058	Sophie Hughes		3010	35	787 F 1-39	1:14:45	1:19:28	F
3059	Stacey Buck		3443	35	788 F 1-39	1:14:46	1:19:28	F
3060	Andrea English		2895	40	195 F 40-44	1:14:46	1:19:28	F
3061	Tracey Salisbury	Wymondham AC	3720	54	86 F 50-54	1:14:51	1:19:34	F
3062	Terry Jermy		3029	30	991 M 1-39	1:15:08	1:19:35	M
3063	James Lloyd		3631	40	257 M 40-44	1:14:45	1:19:36	M
3064	Fel Roberts		3218	44	196 F 40-44	1:14:56	1:19:39	F
3065	Nikki Neile		2001	34	789 F 1-39	1:17:23	1:19:44	F
3066	Finn O'Brian Lamb		3156	16	992 M 1-39	1:15:25	1:19:45	M
3067	Penny Murray		3135	45	157 F 45-49	1:18:00	1:19:45	F
3068	Emily Rose Hudson		3593	26	790 F 1-39	1:15:31	1:19:46	F
3069	Elisha Hudson		3592	22	791 F 1-39	1:15:32	1:19:47	F
3070	Jen Hamilton-Emery		2967	48	158 F 45-49	1:15:56	1:19:51	F
3071	Katie Gooch		2945	21	792 F 1-39	1:16:02	1:19:53	F
3072	Laura Stevenson		3294	44	197 F 40-44	1:17:00	1:19:57	F
3073	Helena Janes		3599	22	793 F 1-39	1:18:16	1:20:06	F
3074	Samantha Willing		3375	30	794 F 1-39	1:16:01	1:20:22	F
3075	Sheron Rourke		3222	30	795 F 1-39	1:18:36	1:20:29	F
3076	Jennifer Dyett		3498	27	796 F 1-39	1:16:02	1:20:33	F
3077	Gemma Sherwood		3254	31	797 F 1-39	1:16:10	1:20:34	F
3078	Karl Tutt		2487	46	230 M 45-49	1:18:25	1:20:38	M
3079	Ana Casanova		3459	40	198 F 40-44	1:16:34	1:20:47	F
3080	Shue Shum Lo		3632	30	798 F 1-39	1:16:17	1:20:48	F
3081	Marcel Kinrade		3614	34	993 M 1-39	1:16:17	1:20:48	M
3082	Sharon Wray	Wymondham AC	3384	51	87 F 50-54	1:17:24	1:20:58	F
3083	Rebecca Riddoch	Wymondham AC	3212	26	799 F 1-39	1:17:23	1:20:58	F
3084	Michelle Petersen		3182	36	800 F 1-39	1:16:25	1:20:59	F
3085	Stefan Gurney		1436	43	258 M 40-44	1:20:33	1:21:02	M
3086	Max Nicholas		3145	26	994 M 1-39	1:17:06	1:21:07	M
3087	Beth Nicholas		3143	30	801 F 1-39	1:17:06	1:21:07	F
3088	Caroline Slota		3267	33	802 F 1-39	1:17:01	1:21:10	F

3089	Sophie Greene		2957	27	803 F 1-39	1:16:51	1:21:17	F
3090	Sheelagh Kelly		3610	60	24 F 60-64	1:19:16	1:21:18	F
3091	Leanne Heavens		2980	27	804 F 1-39	1:19:16	1:21:19	F
3092	Naomi Davey		2854	27	805 F 1-39	1:16:38	1:21:21	F
3093	Katrina Copping		2822	47	159 F 45-49	1:17:04	1:21:21	F
3094	David McGarvey		3108	50	140 M 50-54	1:16:53	1:21:24	M
3095	Kate Whistecraft		3364	27	806 F 1-39	1:17:09	1:21:25	F
3096	Sharon Self	Newark Striders Running Club	3246	48	160 F 45-49	1:17:03	1:21:32	F
3097	Felicity Hopper		1570	30	807 F 1-39	1:18:09	1:21:39	F
3098	Allan Bush		951	32	995 M 1-39	1:20:46	1:21:43	M
3099	Michelle Allen		2693	36	808 F 1-39	1:18:42	1:21:45	F
3100	Samantha Boarder		830	37	809 F 1-39	1:18:45	1:21:47	F
3101	Allison Daniels		1150	49	161 F 45-49	1:20:44	1:21:49	F
3102	Laura Cox		3481	22	810 F 1-39	1:17:06	1:21:52	F
3103	Lucy Ring		3706	17	811 F 1-39	1:18:05	1:21:57	F
3104	Mark Ring	Norwich Road Runners	496	48	231 M 45-49	1:18:05	1:21:58	M
3105	Kathryn Heal		3574	30	812 F 1-39	1:17:46	1:22:00	F
3106	Allie Brice		3436	44	199 F 40-44	1:17:35	1:22:09	F
3107	Allyson Bailey	Norwich Road Runners	2705	39	813 F 1-39	1:20:10	1:22:21	F
3108	Jennie Wright		3385	46	162 F 45-49	1:18:33	1:22:34	F
3109	Leanne Bettinson		2730	34	814 F 1-39	1:18:30	1:22:35	F
3110	Miren Itziar Loiola Osa		3074	37	815 F 1-39	1:18:09	1:22:37	F
3111	David Hollingworth		2997	40	259 M 40-44	1:18:09	1:22:48	M
3112	Rebecca Venus		3325	31	816 F 1-39	1:18:37	1:22:50	F
3113	Katherine Parry		3169	28	817 F 1-39	1:18:26	1:22:54	F
3114	Julie Garrett		2931	47	163 F 45-49	1:19:35	1:23:00	F
3115	Rachel Smith		3272	54	88 F 50-54	1:18:08	1:23:03	F
3116	Charlotte Venus		3770	31	818 F 1-39	1:18:47	1:23:04	F
3117	Melanie Spencer		3283	31	819 F 1-39	1:18:22	1:23:04	F
3118	Poppy Hall		2964	24	820 F 1-39	1:20:55	1:23:10	F
3119	Melissa Bassett		3414	33	821 F 1-39	1:18:13	1:23:13	F
3120	Thomas Hamling		3554	29	996 M 1-39	1:18:44	1:23:14	M
3121	Zoe Bassett		3415	25	822 F 1-39	1:18:13	1:23:14	F
3122	Alice Hunt		3012	34	823 F 1-39	1:19:12	1:23:20	F
3123	Alison Johnson	Tri-Anglia Triathlon Club	3034	41	200 F 40-44	1:18:46	1:23:22	F
3124	Emily Jones		3036	30	824 F 1-39	1:18:46	1:23:22	F
3125	Beth Panter		3681	22	825 F 1-39	1:18:45	1:23:31	F
3126	Mark Crowe		2834	45	232 M 45-49	1:19:06	1:23:40	M
3127	Kayleigh Odat	Norwich Road Runners	3157	29	826 F 1-39	1:19:39	1:23:45	F
3128	Kayte Haylett		3572	29	827 F 1-39	1:19:58	1:23:50	F
3129	Marc Lynas		3084	43	260 M 40-44	1:19:52	1:24:00	M
3130	Martyn Fitt		3521	25	997 M 1-39	1:20:17	1:24:07	M
3131	Jessica Harrington		3563	32	828 F 1-39	1:20:24	1:24:13	F
3132	Brien Hueppauff		3009	44	261 M 40-44	1:19:33	1:24:25	M
3133	Alison Perry		3687	32	829 F 1-39	1:20:26	1:24:35	F
3134	Suzie Henseler		2983	44	201 F 40-44	1:20:01	1:24:36	F
3135	Alexandra Fegan Read		2907	39	830 F 1-39	1:20:02	1:24:36	F
3136	Bea Curham		3488	40	202 F 40-44	1:20:15	1:24:49	F
3137	Carla Rissmann		3708	32	831 F 1-39	1:20:22	1:24:50	F
3138	Lucas Head		3573	18	998 M 1-39	1:21:07	1:24:59	M
3139	Molly Lacey		3617	18	832 F 1-39	1:21:08	1:25:00	F
3140	Mary Dunnett		2880	65	9 F 65-69	1:20:32	1:25:01	F
3141	Rosie Walker		3333	44	203 F 40-44	1:21:08	1:25:43	F
3142	Grace Nicholas		3144	28	833 F 1-39	1:21:51	1:25:53	F
3143	Cesar Jr Campomanes		972	44	262 M 40-44	1:24:28	1:25:56	M
3144	Andrew Frow		2928	37	999 M 1-39	1:24:28	1:25:56	M
3145	Bernadette Woodyard		3382	34	834 F 1-39	1:21:44	1:26:27	F
3146	Trudi Gilbert		3536	45	164 F 45-49	1:22:20	1:26:46	F
3147	Victoria Scaife		3236	43	204 F 40-44	1:25:59	1:26:50	F
3148	Kath Jones		3039	52	89 F 50-54	1:22:12	1:27:11	F
3149	Claire Cosgun		3476	41	205 F 40-44	1:23:22	1:27:14	F
3150	Samantha Rutter		3717	35	835 F 1-39	1:23:22	1:27:14	F
3151	Lucy Smith		3738	22	836 F 1-39	1:22:32	1:27:18	F
3152	Toni Page		3676	19	837 F 1-39	1:23:51	1:27:44	F
3153	Chris Page		3678	36	1000 M 1-39	1:23:25	1:27:47	M
3154	Katherine Page		3677	36	838 F 1-39	1:23:30	1:27:47	F
3155	Molly-May Sandell		3721	19	839 F 1-39	1:23:49	1:28:02	F
3156	Hayley Rissmann		3709	30	840 F 1-39	1:24:00	1:28:32	F
3157	Annette Collen		3466	25	841 F 1-39	1:24:55	1:28:35	F
3158	Carol Jeary		3601	42	206 F 40-44	1:24:15	1:28:39	F
3159	Dave Montgomery		3122	40	263 M 40-44	1:24:25	1:28:43	M
3160	Katherine Hornbrook		2999	25	842 F 1-39	1:26:05	1:30:25	F
3161	Karen Bassett		3413	57	51 F 55-59	1:25:35	1:30:37	F
3162	Jan Wheeler		3362	51	90 F 50-54	1:25:46	1:30:37	F
3163	Amy Hardingham		3558	26	843 F 1-39	1:26:41	1:31:13	F
3164	Maria Fry		3528	27	844 F 1-39	1:27:29	1:32:02	F
3165	Cristina Simpson	Norwich Road Runners	3261	34	845 F 1-39	1:29:36	1:33:14	F
3166	Charlotte Inwood		3021	44	207 F 40-44	1:29:02	1:33:29	F
3167	Elaine Wheeler		3363	40	208 F 40-44	1:29:04	1:33:39	F
3168	Katrina Nobbs		3150	42	209 F 40-44	1:32:44	1:37:11	F
3169	Janet Pope		3691	50	91 F 50-54	1:41:29	1:46:16	F
3170	Cherry Bassett		3416	22	846 F 1-39	1:42:17	1:47:18	F