



City of Norwich Half Marathon 2011

27th November 2011

Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	16	1:12:44	Adrian Mussett	Colchester Harriers	Male	1	M	1	1:12:44	1
2	18	1:12:47	Andrew Inskip	Bedford & County AC	Male	2	M	2	1:12:46	2
3	14	1:14:07	Matthew Bidwell	Galway Harriers	Male	3	M40	1	1:14:07	3
4	2108	1:14:15	Neil Aitken	Clapham Chasers RC	Male	4	M	3	1:14:15	4
5	2347	1:14:35	Mike Burrett	Leeds City AC	Male	5	M	4	1:14:35	5
6	15	1:14:55	Bryn Reynolds	Clapham Chasers RC	Male	6	M	5	1:14:54	6
7	17	1:15:34	James Ellis	Clapham Chasers RC	Male	7	M	6	1:15:33	7
8	2840	1:15:38	Richard Henderson	Bedford & County AC	Male	8	M	7	1:15:37	8
9	2296	1:15:47	Duncan Coombs	Cambridge & Coleridge AC	Male	9	M	8	1:15:45	9
10	2337	1:16:06	Dominic Blake	Reepham Runners	Male	10	M	9	1:16:05	10
11	6	1:16:17	Rick Weston	Serpentine RC	Male	11	M	10	1:16:17	11
12	2409	1:16:31	Simon Millett	Windsor Slough Eton & Hounslow	Male	12	M	11	1:16:30	12
13	2658	1:17:23	Michael Casuer	Thames Hare and Hounds	Male	13	M	12	1:17:21	13
14	2119	1:17:24	Darren Tanner	Clapham Chasers RC	Male	14	M	13	1:17:23	14
15	2179	1:17:28	Stephen Whiting	Highgate Harriers	Male	15	M40	2	1:17:27	15
16	1800	1:18:47	Jamie White	Clapham Chasers RC	Male	16	M	14	1:18:46	16
17	2222	1:19:16	Matthew Ellis	Tri-Anglia	Male	17	M	15	1:19:14	17
18	2417	1:19:25	Fernando Silva		Male	18	M50	1	1:19:23	18
19	2517	1:19:27	John Murray	Pactrac	Male	19	M	16	1:19:26	19
20	1189	1:19:42	Martin Gray		Male	20	M	17	1:19:40	20
21	2	1:19:44	Sarah Stradling	Colchester Harriers	Female	1	F	1	1:19:44	21
22	7	1:20:02	Charles Wartnaby	Cambridge & Coleridge AC	Male	21	M40	3	1:20:02	22
23	2792	1:20:17	James Godber	Dulwich Runners	Male	22	M	18	1:20:16	23
24	2726	1:20:25	Piers Arnold	City Of Norwich AC	Male	23	M	19	1:20:20	24
25	20	1:20:39	Damian Rogers	City Of Norwich AC	Male	24	M	20	1:20:37	25
26	2192	1:20:42	Robert Fryer	University Of Warwick	Male	25	M	21	1:20:41	26
27	2775	1:20:44	Alan Darby		Male	26	M	22	1:20:43	27
28	2561	1:20:47	Sue Harrison	Leamington C&AC	Female	2	F40	1	1:20:46	28
29	1625	1:20:55	Chris Spurling		Male	27	M	23	1:20:52	29
30	2087	1:21:04	Spencer Goodall	Wymondham AC	Male	28	M40	4	1:21:01	30
31	1024	1:21:24	Mark Clayton		Male	29	M	24	1:21:18	31
32	2883	1:21:36	Kevin Rooney	Tri-Anglia	Male	30	M45	1	1:21:36	32
33	999	1:21:39	Stephen Pettit	Ely Runners	Male	31	M45	2	1:21:36	33
34	2825	1:21:46	Andy Kett	North Norfolk Beach Runners	Male	32	M	25	1:21:42	34
35	1943	1:22:06	Joe Hawes		Male	33	M	26	1:22:05	36
36	4	1:22:07	Glen Hill	Havering Mayesbrook	Male	34	M	27	1:22:04	35
37	2660	1:22:18	A James-Orekogbe	Dereham Runners	Male	35	M	28	1:22:14	37
38	1753	1:22:19	Olly Slater	Nene Valley Harriers	Male	36	M	29	1:22:16	38
39	2221	1:22:34	Graeme Buscke	Clapham Chasers RC	Male	37	M	30	1:22:32	39
40	2049	1:22:35	P J Muffett	North Norfolk Beach Runners	Male	38	M50	2	1:22:34	41
41	769	1:22:36	Richard Hanson	Tri-Anglia	Male	39	M45	3	1:22:33	40
42	2953	1:22:44	Tony Robinson	Tri-Anglia	Male	40	M	31	1:22:38	43
43	2946	1:22:48	Ben Jimson		Male	41	M	32	1:22:37	42
44	1946	1:22:55	Sean Beard	Nene Valley Harriers	Male	42	M45	4	1:22:53	44
45	164	1:23:05	Ian Galt	City Of Norwich AC	Male	43	M	33	1:23:01	45
46	1686	1:23:09	Mick Yaxley	Norwich Road Runners	Male	44	M50	3	1:23:07	46
47	2577	1:23:24	Wilfred Campbell	Ipswich Jaffa	Male	45	M45	5	1:23:22	48
48	1954	1:23:25	Steve Darby	Barnsley Harriers	Male	46	M45	6	1:23:21	47
49	2513	1:23:30	Benjamin Moon	Cardiff Harlequins	Male	47	M	34	1:23:26	50
50	2066	1:23:30	Mathew Horrocks		Male	48	M	35	1:23:23	49
51	1595	1:23:31	Jason Walkley	RAFAA	Male	49	M	36	1:23:29	51
52	2024	1:23:37	Oliver Mason	Peterborough AC	Male	50	M	37	1:23:35	52
53	2495	1:23:39	Simon Hutchings	RAF Marham Running Club	Male	51	M	38	1:23:37	53
54	2937	1:23:42	Adam Bamford	City Of Norwich AC	Male	52	M	39	1:23:37	54
55	1125	1:23:49	Robert Skinn		Male	53	M	40	1:23:37	55
56	1078	1:23:52	Chris McCarthy		Male	54	M40	5	1:23:49	56
57	2680	1:23:59	Will Law	Saxons	Male	55	M	41	1:23:58	57
58	1804	1:24:21	Stephen Woodus	Alchester Running Club	Male	56	M40	6	1:24:15	58
59	2194	1:24:30	Steve Ely	Norwich Road Runners	Male	57	M40	7	1:24:20	59
60	2035	1:24:36	Steve Hall	Peterborough AC	Male	58	M40	8	1:24:33	60
61	2712	1:24:41	Richard White	Wymondham AC	Male	59	M50	4	1:24:40	61
62	2960	1:24:43	Alex Williams	Port Talbot Harriers & AC	Male	60	M40	9	1:24:40	62
63	2086	1:25:09	Mark Thompson	Great Yarmouth Road Runners	Male	61	M	42	1:25:07	63
64	1496	1:25:09	Paul Higham	Norwich Road Runners	Male	62	M	43	1:25:07	64
65	1055	1:25:28	Stephen Nicholls		Male	63	M	44	1:25:21	66
66	2851	1:25:33	Jonathan Davies	UEA Triathlon Club	Male	64	M	45	1:25:28	67
67	2397	1:25:37	Gintas Venckevicius		Male	65	M	46	1:25:35	68
68	2664	1:25:40	Darren Neale	North Norfolk Beach Runners	Male	66	M	47	1:25:35	69
69	2427	1:25:47	Philip Hines	UEA Triathlon Club	Male	67	M	48	1:25:42	70
70	861	1:25:50	Eamonn Dunbar		Male	68	M40	10	1:25:47	71



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	2516	1:25:56	Christopher Bennett		Male	69	M	49	1:25:18	65
72	2795	1:25:57	Alan Reade	Witham RC	Male	70	M40	11	1:25:56	73
73	719	1:26:02	Philip Lambert		Male	71	M	50	1:25:55	72
74	1427	1:26:06	Vasco Fernandes		Male	72	M	51	1:26:01	74
75	2584	1:26:14	Todd Lake	Dereham Runners	Male	73	M45	7	1:26:10	76
76	2339	1:26:28	Chris Sloan		Male	74	M	52	1:26:23	77
77	2107	1:26:29	Gordon Betts		Male	75	M40	12	1:26:05	75
78	2831	1:26:30	Adam Craske	Bungay Black Dog RC	Male	76	M	53	1:26:30	79
79	2065	1:26:38	Ian Bailey		Male	77	M	54	1:26:34	80
80	2872	1:26:48	Michael Eccles		Male	78	M	55	1:26:46	81
81	2891	1:26:50	Charles Allen	Norwich Road Runners	Male	79	M	56	1:26:28	78
82	1424	1:26:54	Mark Grubb	Norfolk Gazelles	Male	80	M	57	1:26:49	82
83	2759	1:27:00	John Huntington		Male	81	M	58	1:26:54	83
84	2941	1:27:04	Frederick Green		Male	82	M	59	1:27:00	85
85	1524	1:27:05	Adam Watkin		Male	83	M	60	1:26:54	84
86	1034	1:27:06	Mark Haylett		Male	84	M45	8	1:27:03	87
87	2626	1:27:18	Asher Raybould		Male	85	M	61	1:27:00	86
88	2493	1:27:21	Andrew Walpole	City Of Norwich AC	Male	86	M	62	1:27:19	88
89	2959	1:27:26	Kristin Barnard	Norfolk Harriers RC	Male	87	M	63	1:27:19	89
90	2710	1:27:31	John Christopher	North Norfolk Beach Runners	Male	88	M45	9	1:27:27	90
91	2896	1:27:34	Mark Garrett	Norwich Road Runners	Male	89	M45	10	1:27:29	91
92	2861	1:27:43	Jack Gillick	Wymondham AC	Male	90	M	64	1:27:37	92
93	2595	1:28:00	Graham Moore		Male	91	M45	11	1:27:46	93
94	2906	1:28:04	Adam Howlett		Male	92	M40	13	1:28:03	95
95	36	1:28:10	Jonathan Meadows	Lowestoft Road Runners	Male	93	M	65	1:28:06	96
96	1662	1:28:11	Colin Robilliard	Coltishall Jaguars	Male	94	M55	1	1:28:07	97
97	355	1:28:14	Jonathan Kennedy		Male	95	M	66	1:28:00	94
98	2774	1:28:20	Dave Solomon	Felixstowe RRC	Male	96	M40	14	1:28:16	99
99	1630	1:28:21	Robin Brookes	Leicester Coritanians	Male	97	M50	5	1:28:18	101
100	2207	1:28:26	Peter Stevens	Cambridge Triathlon Club	Male	98	M	67	1:28:16	100
101	2605	1:28:26	Sam Proctor		Male	99	M	68	1:28:09	98
102	2331	1:28:36	Dave Lumby		Male	100	M50	6	1:28:35	104
103	1507	1:28:37	H De Renzy-Martin		Male	101	M	69	1:28:18	102
104	897	1:28:39	Mark Clues	Tri-Anglia	Male	102	M40	15	1:28:30	103
105	2272	1:28:41	John Jacobs		Male	103	M	70	1:28:35	105
106	2404	1:28:44	Piotr Siwonia	Tri-Anglia	Male	104	M	71	1:28:37	107
107	2391	1:28:45	Ian McInally		Male	105	M	72	1:28:35	106
108	863	1:28:47	David Cross		Male	106	M	73	1:28:45	110
109	1381	1:28:49	Eugene Mitchell		Male	107	M	74	1:28:38	108
110	2884	1:28:50	Damon Lawrence	Norwich Road Runners	Male	108	M	75	1:28:38	109
111	567	1:28:52	Gareth Hughes		Male	109	M	76	1:28:50	115
112	2853	1:28:53	Peter Tuttle	Norwich Road Runners	Male	110	M45	12	1:28:47	113
113	2381	1:28:55	Tom Pike		Male	111	M	77	1:28:45	111
114	910	1:28:56	John Drewry		Male	112	M45	13	1:28:48	114
115	2370	1:28:57	Matthew Fray	Norwich Road Runners	Male	113	M	78	1:28:53	116
116	576	1:29:00	Adam Hendry		Male	114	M	79	1:28:45	112
117	1682	1:29:16	Adrian Hall		Male	115	M45	14	1:29:11	118
118	1354	1:29:22	Terry Epps	Wymondham AC	Male	116	M55	2	1:29:16	120
119	32	1:29:26	Matthew Holman		Male	117	M	80	1:29:14	119
120	2138	1:29:27	Simon Marsh	RAF Marham Running Club	Male	118	M	81	1:29:18	122
121	1295	1:29:30	Matthew Hyde		Male	119	M	82	1:29:17	121
122	2467	1:29:34	James Doggett		Male	120	M	83	1:29:02	117
123	1993	1:29:42	Daniel Tarr		Male	121	M	84	1:29:36	124
124	2032	1:29:47	Richard Smith		Male	122	M40	16	1:29:38	125
125	2230	1:29:49	Michael Leong	Clapham Chasers RC	Male	123	M	85	1:29:47	127
126	1139	1:29:51	Dean Preston		Male	124	M	86	1:29:48	128
127	1257	1:29:52	Jason Mountain	Wymondham AC	Male	125	M	87	1:29:39	126
128	924	1:29:55	Frank Bradshaw		Male	126	M	88	1:29:23	123
129	2531	1:30:17	Benjamin Bailey	Norwich Road Runners	Male	127	M40	17	1:30:07	131
130	1380	1:30:22	Andrew Cornthwaite		Male	128	M	89	1:30:03	130
131	2106	1:30:25	Brian Powell		Male	129	M50	7	1:30:15	132
132	909	1:30:25	Arthur Whiston	Colchester Harriers	Male	130	M60	1	1:30:23	135
133	558	1:30:32	Daniel Cook		Male	131	M	90	1:29:55	129
134	1539	1:30:35	Robert Evans		Male	132	M	91	1:30:23	136
135	1497	1:30:38	Simon Able	Ryston Runners	Male	133	M40	18	1:30:28	139
136	98	1:30:41	James O'Connor		Male	134	M40	19	1:30:21	134
137	1474	1:30:45	Richard McLellan	Tri-Anglia	Male	135	M	92	1:30:27	138
138	1287	1:30:48	Kevin Frazer		Male	136	M45	15	1:30:23	137
139	1890	1:30:53	Michael Richardson		Male	137	M	93	1:30:35	140
140	2536	1:30:53	Martin Yeomans	Norwich Road Runners	Male	138	M60	2	1:30:49	142



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	2489	1:30:55	Mark Taylor		Male	139	M	94	1:30:16	133
142	1816	1:30:59	Tim Angell		Male	140	M45	16	1:30:53	143
143	1195	1:31:06	Carl Wright	Norwich Road Runners	Male	141	M45	17	1:30:58	145
144	1683	1:31:07	Paul Yallop	Tri-Anglia	Male	142	M40	20	1:30:53	144
145	1503	1:31:11	Michael Newham		Male	143	M	95	1:30:38	141
146	1408	1:31:16	Andrew Horton		Male	144	M	96	1:30:59	146
147	2479	1:31:18	Daren Francis		Male	145	M	97	1:31:00	147
148	641	1:31:24	Howard Olby		Male	146	M	98	1:31:17	148
149	1252	1:31:27	Andy Keeler		Male	147	M50	8	1:31:18	149
150	2790	1:31:28	Alla Ouarova		Female	3	F	2	1:31:25	151
151	1213	1:31:32	David Tandy	Norwich Road Runners	Male	148	M40	21	1:31:26	153
152	784	1:31:36	Stuart Underhill		Male	149	M45	18	1:31:33	156
153	532	1:31:37	Dave Cox		Male	150	M40	22	1:31:23	150
154	1619	1:31:38	Becky Schofield	Tri-Anglia	Female	4	F	3	1:31:32	155
155	1063	1:31:39	Adam Masterson	Wymondham AC	Male	151	M	99	1:31:26	154
156	2914	1:31:47	Aaron Wright		Male	152	M	100	1:31:42	158
157	2424	1:31:48	Thomas Gegg		Male	153	M	101	1:31:25	152
158	1466	1:31:53	Martin Hewetson	Norwich Road Runners	Male	154	M	102	1:31:41	157
159	2498	1:31:57	Martin Newstead		Male	155	M40	23	1:31:49	159
160	2649	1:32:05	Adrian Waters	Norfolk Gazelles	Male	156	M40	24	1:32:05	172
161	1397	1:32:08	Matthys Wessels		Male	157	M	103	1:31:58	164
162	2037	1:32:09	Seb Rijpstra		Male	158	M	104	1:31:59	165
163	1558	1:32:09	Julia Parsley	City Of Norwich AC	Female	5	F	4	1:32:01	167
164	2887	1:32:09	David Robinson	Leigh On Sea Striders	Male	159	M	105	1:32:01	168
165	232	1:32:11	Thomas Woodrow		Male	160	M	106	1:32:02	170
166	517	1:32:11	Julian Russell	Vegetarian Cycling and AC	Male	161	M	107	1:31:51	160
167	1511	1:32:13	Neil Holland	Wymondham AC	Male	162	M50	9	1:31:59	166
168	2749	1:32:13	David Maslen	Tri-Anglia	Male	163	M45	19	1:32:03	171
169	2208	1:32:14	Daniel Ellington		Male	164	M	108	1:31:51	161
170	1999	1:32:15	Jonathon Causton		Male	165	M	109	1:32:01	169
171	1676	1:32:18	Vincent Morand		Male	166	M	110	1:31:55	162
172	1297	1:32:24	Trevor Aslan		Male	167	M	111	1:32:05	173
173	1522	1:32:29	Tim Watkin		Male	168	M	112	1:31:55	163
174	2233	1:32:29	Kathleen Henehan	Clapham Chasers RC	Female	6	F	5	1:32:20	175
175	1688	1:32:30	Donna McAllister	Leicester Coritanians	Female	7	F40	2	1:32:20	176
176	2881	1:32:33	Martin Lehane	Norwich Road Runners	Male	169	M	113	1:32:22	177
177	959	1:32:36	Chris Smith		Male	170	M45	20	1:32:12	174
178	2265	1:32:38	Denver Slowther	Coltishall Jaguars	Male	171	M	114	1:32:25	178
179	2783	1:32:42	Keith Brighty	Norwich Road Runners	Male	172	M45	21	1:32:30	179
180	1395	1:32:44	Domenico Zappia		Male	173	M45	22	1:32:33	181
181	2315	1:32:52	Iwan Roberts		Male	174	M40	25	1:32:38	182
182	2701	1:32:59	Alex Mason	Vale Royal Athletic Club	Male	175	M	115	1:32:44	184
183	1066	1:33:01	Shaun Towell	Bourne Town Harriers	Male	176	M45	23	1:32:56	188
184	2501	1:33:03	Diarmuid McLaughlin		Male	177	M	116	1:32:42	183
185	1652	1:33:04	Alexanda Smith	Norwich Road Runners	Female	8	F	6	1:32:51	185
186	2617	1:33:10	Geoff Perry		Male	178	M45	24	1:32:31	180
187	2779	1:33:11	Rob Harper	Felixstowe RRC	Male	179	M	117	1:33:07	193
188	1528	1:33:12	Iain Wallace		Male	180	M	118	1:33:03	192
189	1929	1:33:17	Kevin MacE	Norwich Road Runners	Male	181	M50	10	1:32:59	189
190	2579	1:33:19	Jonathan Blainey		Male	182	M40	26	1:33:12	194
191	2551	1:33:19	Simon Darvell		Male	183	M	119	1:33:01	190
192	2555	1:33:21	Daniel Kinsman	Framlingham Flyers	Male	184	M	120	1:33:01	191
193	1639	1:33:22	Bradley Walters		Male	185	M	121	1:32:55	187
194	1283	1:33:25	Steve Bowerman	Ryston Runners	Male	186	M45	25	1:33:14	196
195	2817	1:33:26	James Guyton	Norwich Road Runners	Male	187	M	122	1:33:13	195
196	2508	1:33:27	Paul Wootton		Male	188	M40	27	1:33:23	201
197	2713	1:33:29	Thomas Gatenby		Male	189	M	123	1:32:54	186
198	2597	1:33:30	Richard Donovan	City Of Norwich AC	Male	190	M	124	1:33:18	198
199	2408	1:33:35	Nick Adams	Spa Striders	Male	191	M50	11	1:33:19	199
200	365	1:33:35	Dan Gibson		Male	192	M	125	1:33:17	197
201	921	1:33:44	Riaan Ekkerd		Male	193	M	126	1:33:23	202
202	1246	1:33:44	Mark Storey	City Of Norwich AC	Male	194	M45	26	1:33:34	206
203	1598	1:33:47	Gavin Mitchell		Male	195	M	127	1:33:38	209
204	2365	1:33:48	Frances Malin	Milton Keynes Athletic Club	Female	9	F45	1	1:33:44	212
205	1435	1:33:48	Tim Woods	Norfolk Gazelles	Male	196	M45	27	1:33:36	207
206	2625	1:33:51	Rosie Crowther		Female	10	F	7	1:33:48	214
207	1703	1:33:52	Mark Webster		Male	197	M45	28	1:33:25	203
208	528	1:33:54	Alex Gardner		Male	198	M	128	1:33:47	213
209	725	1:33:55	Rebecca Green	Wimbledon Windmilers	Female	11	F	8	1:33:33	205
210	2583	1:33:55	Paul Robinson	Reepham Runners	Male	199	M45	29	1:33:42	210



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211	354	1:33:56	Stuart Spouge		Male	200	M	129	1:33:37	208
212	1731	1:33:59	Will McMorris		Male	201	M	130	1:33:48	215
213	2366	1:33:59	Martin Erasmus	Milton Keynes Athletic Club	Male	202	M45	30	1:33:55	218
214	1456	1:34:03	Daniel Hart		Male	203	M	131	1:33:32	204
215	2562	1:34:03	Alex Holland		Male	204	M	132	1:33:19	200
216	1419	1:34:06	Tom Bruce		Male	205	M	133	1:33:52	216
217	2901	1:34:06	Ben Snelling		Male	206	M40	28	1:33:53	217
218	1046	1:34:17	Tom Barr		Male	207	M	134	1:34:01	219
219	124	1:34:23	Andrew Lane	Stragglers	Male	208	M55	3	1:34:06	221
220	2836	1:34:25	Lewis Flatt	Bungay Black Dog RC	Male	209	M	135	1:34:09	222
221	1961	1:34:27	Harry Landles		Male	210	M	136	1:34:12	225
222	1031	1:34:29	Carl Meen	Lowestoft Road Runners	Male	211	M	137	1:34:12	226
223	2764	1:34:30	Paul Martin	Norwich Road Runners	Male	212	M	138	1:34:21	231
224	1523	1:34:32	Mick Glynn	Tri-Anglia	Male	213	M45	31	1:34:25	232
225	1529	1:34:33	Mark Shearing	Tri-Anglia	Male	214	M	139	1:34:14	227
226	1312	1:34:33	Michael Sadler	North Norfolk Beach Runners	Male	215	M45	32	1:34:18	230
227	1857	1:34:36	Adam Pearce	City Of Norwich AC	Male	216	M	140	1:34:31	236
228	761	1:34:40	Dave Spooner	North Norfolk Beach Runners	Male	217	M	141	1:34:34	238
229	979	1:34:42	Shaun Brown		Male	218	M	142	1:34:04	220
230	2601	1:34:42	Jonathan Wiles	Bungay Black Dog RC	Male	219	M	143	1:34:11	224
231	1554	1:34:42	Mark Fawbert		Male	220	M	144	1:34:15	228
232	2894	1:34:44	James Fisher		Male	221	M	145	1:33:43	211
233	1088	1:34:46	Richard Johnson		Male	222	M	146	1:34:17	229
234	2373	1:34:46	Rob MacKenzie	Framlingham Flyers	Male	223	M45	33	1:34:26	233
235	2614	1:34:47	David Kellaway	Tri-Anglia	Male	224	M50	12	1:34:40	240
236	378	1:34:52	James Cook		Male	225	M	147	1:34:39	239
237	1674	1:34:53	Kevin Brown		Male	226	M	148	1:34:10	223
238	1681	1:34:53	Chris Millsted		Male	227	M	149	1:34:28	234
239	2431	1:35:00	Stewart Hall		Male	228	M	150	1:34:45	243
240	1678	1:35:01	Chris Meadows	City Of London Ravens	Male	229	M	151	1:34:57	252
241	2947	1:35:01	Humfrey Jeakins		Male	230	M	152	1:34:30	235
242	2283	1:35:03	Mark Harmer	Coltishall Jaguars	Male	231	M	153	1:34:50	246
243	2047	1:35:04	James Hedgman	London Heathside	Male	232	M40	29	1:34:54	249
244	833	1:35:05	Jonathon Alcock		Male	233	M	154	1:34:33	237
245	2838	1:35:06	Darren Armstrong		Male	234	M	155	1:34:47	245
246	2421	1:35:08	A Taniewski-Elliott		Male	235	M	156	1:35:07	256
247	1912	1:35:10	Jim Hayes	North Norfolk Beach Runners	Male	236	M65	1	1:34:56	250
248	1355	1:35:13	Jonathan Cordle		Male	237	M45	34	1:34:42	241
249	778	1:35:15	Robert McMahon		Male	238	M	157	1:34:46	244
250	2196	1:35:17	Andrew Skiggs	Tri-Anglia	Male	239	M	158	1:34:53	247
251	2310	1:35:24	Paul O'Malley	North Norfolk Beach Runners	Male	240	M40	30	1:35:18	262
252	1936	1:35:25	Roger Steggles		Male	241	M45	35	1:35:10	258
253	1575	1:35:27	S Stafford Allen		Male	242	M	159	1:35:07	257
254	1618	1:35:29	Wayne Davey		Male	243	M45	36	1:34:57	253
255	862	1:35:30	Gregoire De Person		Male	244	M	160	1:34:53	248
256	2756	1:35:36	Angus Wilkinson	Tri-Anglia	Male	245	M	161	1:35:04	254
257	2177	1:35:37	Mark Ogden		Male	246	M40	31	1:35:16	261
258	2464	1:35:38	Luke Saxton		Male	247	M	162	1:35:28	266
259	951	1:35:39	Kevin Long		Male	248	M	163	1:34:43	242
260	201	1:35:39	Charlie Keitch		Male	249	M	164	1:35:06	255
261	1119	1:35:39	Jonathan Briggs	Tri-Anglia	Male	250	M	165	1:35:22	265
262	2128	1:35:40	Tommy Elias		Male	251	M	166	1:35:10	259
263	2954	1:35:44	Chris Squirrell	Ipswich Jaffa	Male	252	M	167	1:35:32	267
264	2319	1:35:45	Dennis Chung		Male	253	M	168	1:35:12	260
265	2693	1:35:46	Kevin Graves		Male	254	M45	37	1:35:36	270
266	698	1:35:46	Sandra Roberts	Norfolk Gazelles	Female	12	F45	2	1:35:39	271
267	885	1:35:51	John Richmond		Male	255	M45	38	1:35:18	263
268	1482	1:35:51	Dominic Keeney		Male	256	M40	32	1:35:18	264
269	2857	1:35:58	Hugh Brown		Male	257	M40	33	1:35:50	276
270	2762	1:36:01	Richard Wigginton	Bushfield Joggers	Male	258	M	169	1:35:48	274
271	2504	1:36:05	Amanda Clarke	York Knivesmire Harriers	Female	13	F40	3	1:35:34	269
272	1691	1:36:10	Steve Cook		Male	259	M	170	1:35:52	277
273	2326	1:36:11	Paul Vincent		Male	260	M	171	1:35:43	273
274	692	1:36:12	Pauline Aitchison	Wooler Running Club	Female	14	F40	4	1:36:07	282
275	2547	1:36:16	Dave Redman		Male	261	M55	4	1:36:03	281
276	2496	1:36:16	Dan Hayes	South London Harriers	Male	262	M40	34	1:35:33	268
277	2465	1:36:18	Chris Wiseman	B T F	Male	263	M45	39	1:35:49	275
278	966	1:36:20	Jason Thompson		Male	264	M	172	1:36:08	283
279	2410	1:36:20	Steve Coster		Male	265	M40	35	1:35:54	278
280	2324	1:36:23	Paul Quantrill	Tri-Anglia	Male	266	M45	40	1:36:16	290



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	705	1:36:25	Greg Allan	Birketts Runners AC	Male	267	M	173	1:36:11	285
282	130	1:36:25	Marc Evans		Male	268	M	174	1:35:56	280
283	2811	1:36:30	Jason Turner		Male	269	M40	36	1:36:08	284
284	1996	1:36:33	Carl Pledger	Royston Runners	Male	270	M40	37	1:36:15	289
285	947	1:36:34	Dan Mayers		Male	271	M	175	1:36:11	286
286	2166	1:36:36	Robert Amey	Wymondham AC	Male	272	M40	38	1:36:13	287
287	172	1:36:38	Keith Taggart		Male	273	M45	41	1:36:23	292
288	2102	1:36:38	Andrew McLaren		Male	274	M45	42	1:36:23	293
289	2144	1:36:39	Scott Chadwick	Coltishall Jaguars	Male	275	M	176	1:36:13	288
290	120	1:36:45	Andrew Nicholls	Hyde Park Harriers	Male	276	M50	13	1:36:33	297
291	2499	1:36:47	Ronnie Read	Ryston Runners	Male	277	M45	43	1:35:40	272
292	1905	1:36:50	Simon Moore		Male	278	M45	44	1:36:28	294
293	1094	1:36:51	Neil Moggan		Male	279	M	177	1:36:32	296
294	2843	1:36:52	Sam Evans		Male	280	M	178	1:36:47	302
295	2563	1:36:54	Iain Burgess		Male	281	M	179	1:36:28	295
296	1356	1:36:59	Roy Fulcher	Stowmarket Striders	Male	282	M	180	1:36:42	301
297	1832	1:37:02	Jamie Garvie		Male	283	M45	45	1:34:56	251
298	2176	1:37:02	Karl Syson	Norwich Road Runners	Male	284	M	181	1:36:38	299
299	2725	1:37:14	Paul Harrison	Dereham Runners	Male	285	M50	14	1:36:48	304
300	2356	1:37:16	Nicholas Muir		Male	286	M50	15	1:35:55	279
301	1823	1:37:16	Thomas Coulby		Male	287	M	182	1:36:53	306
302	1870	1:37:18	Kevin Bird	Stowmarket Striders	Male	288	M45	46	1:37:09	311
303	524	1:37:21	Sharon Bardwell		Female	15	F40	5	1:36:22	291
304	2943	1:37:22	Mario La Pergola		Male	289	M	183	1:36:47	303
305	1638	1:37:23	Nathan Lightening		Male	290	M	184	1:36:58	308
306	424	1:37:25	Tom Halliwell		Male	291	M	185	1:37:11	312
307	2608	1:37:27	David Lefevre		Male	292	M	186	1:36:40	300
308	2885	1:37:27	Simon Evans		Male	293	M	187	1:37:24	320
309	1383	1:37:32	Pete Goddard	Birketts Runners AC	Male	294	M55	5	1:37:03	310
310	936	1:37:33	Stephanie Laurence		Female	16	F	9	1:37:11	313
311	1634	1:37:33	Morag MacNiven	Cambridge & Coleridge AC	Female	17	F	10	1:37:13	314
312	145	1:37:34	Kevin Johnston		Male	295	M50	16	1:37:20	318
313	2510	1:37:36	John Champeney		Male	296	M40	39	1:36:49	305
314	1909	1:37:36	Daniel Guest		Male	297	M	188	1:36:55	307
315	2893	1:37:38	Ian Archer		Male	298	M40	40	1:36:37	298
316	1748	1:37:38	Steven Elvin		Male	299	M45	47	1:37:23	319
317	2414	1:37:40	Stuart Scott		Male	300	M	189	1:37:00	309
318	1667	1:37:43	Tom Wagstaff	Birketts Runners AC	Male	301	M	190	1:37:30	324
319	1842	1:37:48	Andrea Lombardi		Male	302	M	191	1:37:19	316
320	1577	1:37:50	Shaun Conway		Male	303	M45	48	1:37:30	325
321	2437	1:37:54	Martin Bagnall	Coltishall Jaguars	Male	304	M45	49	1:37:18	315
322	1718	1:37:57	Robin Broughton		Male	305	M	192	1:37:19	317
323	2430	1:37:58	Stuart Timms		Male	306	M40	41	1:37:30	326
324	1805	1:37:59	Steven Ratcliffe		Male	307	M55	6	1:37:51	340
325	684	1:38:01	Maria Greaves	Norfolk Harriers RC	Female	18	F	11	1:37:53	343
326	2632	1:38:01	Clare Fleming		Female	19	F40	6	1:37:55	348
327	1490	1:38:01	Matthew Green	Norfolk Gazelles	Male	308	M40	42	1:37:48	336
328	2097	1:38:03	Andrew Betts		Male	309	M45	50	1:37:25	321
329	1627	1:38:04	Chris Speakman		Male	310	M50	17	1:37:33	329
330	843	1:38:05	Derek Bye		Male	311	M50	18	1:37:57	351
331	1509	1:38:06	Richard Parnell		Male	312	M50	19	1:37:31	327
332	1303	1:38:07	Oliver Lake		Male	313	M	193	1:37:49	338
333	2269	1:38:08	Simon Cooper		Male	314	M45	51	1:37:45	334
334	653	1:38:11	David King		Male	315	M45	52	1:37:54	344
335	2264	1:38:12	Robert Sterry		Male	316	M	194	1:37:28	323
336	2556	1:38:13	Owain Hall		Male	317	M40	43	1:37:39	331
337	1831	1:38:15	Chris Edwards	Reepham Runners	Male	318	M50	20	1:37:49	339
338	2788	1:38:16	Mark Davies		Male	319	M50	21	1:38:02	353
339	1453	1:38:18	Gareth Marchant		Male	320	M	195	1:37:54	345
340	527	1:38:19	Rebecca Lynn		Female	20	F	12	1:37:38	330
341	2336	1:38:19	Craig Dearden	St Edmund Pacers	Male	321	M40	44	1:37:54	346
342	28	1:38:24	Luke Allard		Male	322	M	196	1:37:26	322
343	112	1:38:26	Myles Hague		Male	323	M	197	1:37:40	332
344	1583	1:38:26	Neil Adams		Male	324	M	198	1:37:52	342
345	1202	1:38:27	Mairi Dorward		Female	21	F	13	1:38:08	357
346	1957	1:38:28	Ashley Gilbert		Male	325	M	199	1:37:47	335
347	793	1:38:29	Tiago Madeira		Male	326	M	200	1:38:02	354
348	2686	1:38:30	Alan Fairs	Waveney Valley AC	Male	327	M40	45	1:37:56	349
349	396	1:38:31	Simon English		Male	328	M	201	1:37:48	337
350	1765	1:38:32	Laura Wilson	Nene Valley Harriers	Female	22	F	14	1:37:51	341



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	1326	1:38:32	Glen Curtis		Male	329	M	202	1:38:17	366
352	1620	1:38:33	Mark Scharff	Tri-Anglia	Male	330	M45	53	1:38:08	358
353	1192	1:38:33	Robert Davies	Norwich Road Runners	Male	331	M	203	1:37:57	352
354	1632	1:38:35	Richard Evans-Gowing		Male	332	M45	54	1:37:54	347
355	23	1:38:35	David Aldis	City Of Norwich AC	Male	333	M60	3	1:38:28	378
356	728	1:38:37	Neil Platten		Male	334	M40	46	1:37:31	328
357	2669	1:38:37	Wayne Gibbs	Coltishall Jaguars	Male	335	M	204	1:38:29	381
358	1035	1:38:39	Darren France		Male	336	M45	55	1:38:10	361
359	1377	1:38:41	Paul Stevenson		Male	337	M40	47	1:38:13	364
360	335	1:38:42	Sabina Spence	City Of Norwich AC	Female	23	F40	7	1:38:18	368
361	2334	1:38:42	Paul Hindley		Male	338	M40	48	1:38:16	365
362	1945	1:38:42	Rebecca Jordan	Stowmarket Striders	Female	24	F	15	1:37:56	350
363	627	1:38:43	Nik Chapman	Newmarket Joggers	Male	339	M	205	1:38:04	355
364	2008	1:38:44	Rowena Leary		Female	25	F	16	1:38:25	374
365	493	1:38:44	Jason Hayfield	Ipswich Jaffa	Male	340	M40	49	1:37:42	333
366	2303	1:38:45	Steve Kitchener		Male	341	M50	22	1:38:04	356
367	2554	1:38:46	Ian Stobirski	Witham RC	Male	342	M40	50	1:38:18	369
368	946	1:38:49	Kevin Garwood	Wymondham AC	Male	343	M45	56	1:38:19	370
369	1350	1:38:49	Caroline Richardson	Norwich Road Runners	Female	26	F	17	1:38:29	382
370	1916	1:38:50	Guy Hutchins		Male	344	M40	51	1:38:10	362
371	186	1:38:51	David Baldwin		Male	345	M	206	1:38:32	385
372	2590	1:38:52	Graham Hill	Reading Joggers	Male	346	M40	52	1:38:32	386
373	2340	1:38:54	Tom Pullinger	Bungay Black Dog RC	Male	347	M40	53	1:38:23	372
374	2429	1:38:57	Robin Forder		Male	348	M40	54	1:38:45	396
375	952	1:38:59	Chris Murphy		Male	349	M	207	1:38:23	373
376	1592	1:39:00	Perry Mann	Blackpool Wyre & Fylde AC	Male	350	M	208	1:38:30	383
377	738	1:39:01	Claire McCormick		Female	27	F40	8	1:38:34	387
378	661	1:39:01	Adrian O'Mahony		Male	351	M	209	1:38:17	367
379	2816	1:39:01	Lolly Conway		Male	352	M	210	1:38:10	363
380	1448	1:39:02	Anthony Richards		Male	353	M	211	1:38:54	402
381	2799	1:39:02	Lily Vogiatzis	City Of Norwich AC	Female	28	F	18	1:38:19	371
382	889	1:39:02	Peter Loughlin		Male	354	M	212	1:38:09	360
383	1913	1:39:05	Lisa Tucker		Female	29	F	19	1:38:57	405
384	1278	1:39:05	Julian Keenan	Victoria Park Harriers	Male	355	M	213	1:38:45	397
385	2492	1:39:06	Iain Johnson	Deal Tri Limited	Male	356	M40	55	1:38:38	391
386	2112	1:39:08	Andrew French	Springfield Striders	Male	357	M	214	1:38:26	376
387	2809	1:39:08	Anna Kirkham	Norwich Road Runners	Female	30	F	20	1:38:08	359
388	2942	1:39:10	Tom Cook	UEA Triathlon Club	Male	358	M	215	1:39:05	409
389	2919	1:39:11	Tom Price		Male	359	M	216	1:38:48	399
390	238	1:39:12	Dale Skoulding		Male	360	M	217	1:38:28	379
391	154	1:39:14	David Jay		Male	361	M	218	1:38:25	375
392	2956	1:39:14	Michael Heffernan		Male	362	M	219	1:38:36	388
393	1764	1:39:15	Martin Gooderham	Tri-Anglia	Male	363	M	220	1:38:31	384
394	733	1:39:19	Stephen Watchorn		Male	364	M	221	1:38:53	401
395	1339	1:39:19	Nick Taylor		Male	365	M	222	1:38:36	389
396	1855	1:39:20	Steven Falgate	Cambridge & Coleridge AC	Male	366	M	223	1:38:36	390
397	422	1:39:21	James Negus		Male	367	M	224	1:38:41	393
398	2553	1:39:21	David Jerman		Male	368	M	225	1:38:46	398
399	78	1:39:24	Oliver Back		Male	369	M	226	1:38:41	394
400	2259	1:39:26	Lucy Partridge	Guildford and Godalming AC	Female	31	F	21	1:38:56	404
401	1071	1:39:29	Graham Watering		Male	370	M	227	1:39:04	408
402	2514	1:39:31	Emma Potter-Campbell	Dereham Runners	Female	32	F40	9	1:38:48	400
403	2939	1:39:35	Mark Jones		Male	371	M55	7	1:38:28	380
404	1414	1:39:36	Vaughan Morris		Male	372	M50	23	1:39:12	410
405	213	1:39:38	Simon Gibson		Male	373	M	228	1:39:20	414
406	1958	1:39:38	Stephen Ramm		Male	374	M	229	1:38:40	392
407	2591	1:39:39	Keith Mooney		Male	375	M45	57	1:38:55	403
408	828	1:39:40	Chris Hall		Male	376	M	230	1:39:01	406
409	460	1:39:41	David Jones		Male	377	M	231	1:39:14	411
410	1014	1:39:41	James Francis		Male	378	M	232	1:39:19	412
411	2390	1:39:44	Jeremy Reader		Male	379	M	233	1:38:41	395
412	1979	1:39:46	Mark Elflett	Lowestoft Road Runners	Male	380	M45	58	1:39:33	421
413	608	1:39:50	Colin Cannell		Male	381	M50	24	1:39:35	422
414	2436	1:39:52	Richard Moulson		Male	382	M40	56	1:39:02	407
415	1865	1:39:55	David Moody		Male	383	M	234	1:38:27	377
416	1068	1:39:56	Thomas Lincoln-Kemp	Virgin Money Athletics Club	Male	384	M40	57	1:39:41	426
417	2252	1:40:00	George Rowe		Male	385	M	235	1:39:31	420
418	1042	1:40:01	Stuart Howe		Male	386	M	236	1:39:53	442
419	2030	1:40:04	Tim Ward		Male	387	M45	59	1:39:19	413
420	839	1:40:04	Jimmy Day		Male	388	M	237	1:39:45	432



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	116	1:40:08	John Lewis		Male	389	M	238	1:39:53	443
422	2010	1:40:11	Ewan Harris		Male	390	M	239	1:39:29	417
423	293	1:40:11	Neil Chapman		Male	391	M	240	1:39:47	435
424	1908	1:40:11	David Egerton	Coltishall Jaguars	Male	392	M45	60	1:39:25	415
425	1000	1:40:16	Peter Matthews	Great Yarmouth Road Runners	Male	393	M50	25	1:39:49	438
426	2815	1:40:16	Edmund Conway		Male	394	M	241	1:39:26	416
427	233	1:40:18	Stewart Robins		Male	395	M40	58	1:39:46	434
428	2681	1:40:18	Andrew Green		Male	396	M	242	1:40:08	450
429	618	1:40:18	Mark Timm		Male	397	M	243	1:39:35	423
430	11	1:40:23	Lucy Ellis	Great Western Runners	Female	33	F	22	1:40:05	448
431	1203	1:40:24	Nicola Brayn		Female	34	F	23	1:40:07	449
432	965	1:40:24	Rick Thompson		Male	398	M45	61	1:40:13	458
433	2146	1:40:26	Adrian Hubbard		Male	399	M40	59	1:39:44	430
434	1454	1:40:28	Paul Beckett		Male	400	M45	62	1:39:40	425
435	2918	1:40:28	Gary Reeve		Male	401	M45	63	1:39:44	431
436	669	1:40:30	Craig Spurr		Male	402	M	244	1:40:08	451
437	2963	1:40:30	Tony Money	North Norfolk Beach Runners	Male	403	M40	60	1:40:15	461
438	2540	1:40:33	Gareth Burns		Male	404	M	245	1:40:17	464
439	1420	1:40:34	Peter Walker		Male	405	M	246	1:39:29	418
440	633	1:40:37	Tracey Hitchings		Female	35	F40	10	1:39:52	440
441	2549	1:40:37	Warwick Norris		Male	406	M	247	1:40:03	446
442	1985	1:40:37	Michael King	UKA	Male	407	M60	4	1:39:47	436
443	56	1:40:39	Neil Tarbet		Male	408	M	248	1:40:10	456
444	257	1:40:39	Ashley Kirk		Male	409	M	249	1:40:28	468
445	2730	1:40:44	Mark Davison		Male	410	M	250	1:39:47	437
446	2698	1:40:46	John Wheatley		Male	411	M65	2	1:40:32	472
447	2161	1:40:46	Tony Cattle	Thetford AC	Male	412	M50	26	1:40:04	447
448	2598	1:40:49	Dan Nichols		Male	413	M	251	1:40:11	457
449	1307	1:40:50	James Calver	Ipswich Jaffa	Male	414	M	252	1:39:52	441
450	1547	1:40:51	Justin Day		Male	415	M	253	1:40:14	460
451	1116	1:40:52	Neil Leeds		Male	416	M	254	1:40:09	453
452	734	1:40:54	Mark Mountain	Great Yarmouth Road Runners	Male	417	M	255	1:39:42	428
453	2839	1:40:57	Roger Slee	Tri-Anglia	Male	418	M40	61	1:40:34	473
454	1470	1:40:58	Joanna Godwin	Norwich Road Runners	Female	36	F	24	1:39:59	444
455	2592	1:41:01	Dean Mooney		Male	419	M	256	1:40:15	462
456	38	1:41:04	Robert Conquest	Cambridge & Coleridge AC	Male	420	M	257	1:40:08	452
457	412	1:41:05	Richard Heyes	Hunts AC	Male	421	M45	64	1:40:52	481
458	1262	1:41:07	Stuart Bennett	Tri-Anglia	Male	422	M	258	1:40:43	476
459	1146	1:41:07	Patrick Larke	Wymondham AC	Male	423	M50	27	1:40:13	459
460	1129	1:41:08	Mark Crack		Male	424	M45	65	1:39:41	427
461	2387	1:41:08	Craig Speirs		Male	425	M	259	1:40:29	469
462	802	1:41:09	Graeme McFarquhar		Male	426	M	260	1:40:18	465
463	1446	1:41:12	Corina Holmes	Thrift Green Trotters	Female	37	F	25	1:40:47	478
464	960	1:41:15	Robert Holl		Male	427	M	261	1:40:31	471
465	1152	1:41:27	Andrew Baker	Great Yarmouth Road Runners	Male	428	M40	62	1:40:16	463
466	29	1:41:28	Robert Astley		Male	429	M40	63	1:40:27	467
467	582	1:41:29	Carl Webster		Male	430	M	262	1:41:11	491
468	2497	1:41:32	Julie Clarke	South London Harriers	Female	38	F	26	1:40:47	479
469	2195	1:41:32	Eve Dewsnap	Tri-Anglia	Female	39	F	27	1:41:08	489
470	1903	1:41:33	Paul Greensides		Male	431	M40	64	1:41:06	487
471	341	1:41:35	Chris Haylock		Male	432	M	263	1:40:44	477
472	873	1:41:37	Michael Carpenter		Male	433	M	264	1:40:18	466
473	1004	1:41:37	Tom Smith		Male	434	M	265	1:39:30	419
474	1920	1:41:37	Dale Cooper	Wymondham AC	Male	435	M50	28	1:41:12	493
475	1488	1:41:38	Chris Orange		Male	436	M50	29	1:40:38	474
476	1437	1:41:40	Daniel Hughes		Male	437	M	266	1:41:11	492
477	1727	1:41:41	Samuel Hall	Norwich Road Runners	Male	438	M	267	1:41:24	497
478	2733	1:41:42	Matthew Shelton		Male	439	M	268	1:41:00	485
479	1726	1:41:43	Sean Woodvine		Male	440	M40	65	1:39:45	433
480	908	1:41:44	Lee Pattison		Male	441	M	269	1:39:36	424
481	122	1:41:45	Peter Wilson-Sutter		Male	442	M40	66	1:40:30	470
482	1988	1:41:45	Stephen Sadd	Norfolk Gazelles	Male	443	M50	30	1:40:54	482
483	785	1:41:47	Heather Eastwood		Female	40	F40	11	1:40:09	454
484	768	1:41:47	Damian Barrett		Male	444	M40	67	1:40:09	455
485	1364	1:41:48	Mark McVeigh		Male	445	M50	31	1:41:04	486
486	2768	1:41:49	Wayne Mumford	Sudbury Joggers	Male	446	M40	68	1:40:51	480
487	1666	1:41:49	Shaun MacE		Male	447	M	270	1:41:32	502
488	950	1:41:51	Samantha Epps	Wymondham AC	Female	41	F	28	1:41:22	495
489	2789	1:41:56	S Gwyn-Williams	Witham RC	Male	448	M40	69	1:41:29	500
490	198	1:41:57	Benjamin Trafford		Male	449	M	271	1:39:59	445



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	2526	1:42:00	Quentin Baynes		Male	450	M	272	1:41:22	496
492	1102	1:42:05	Gerson Brand		Male	451	M	273	1:41:44	509
493	875	1:42:06	Ruth MacKenzie		Female	42	F	29	1:40:57	484
494	1935	1:42:06	Michael Teale		Male	452	M50	32	1:40:42	475
495	2787	1:42:08	Paul Barnsley		Male	453	M40	70	1:41:41	507
496	2616	1:42:09	Roland Shaw	Bungay Black Dog RC	Male	454	M55	8	1:41:28	499
497	1113	1:42:10	Graham Sillett		Male	455	M50	33	1:41:30	501
498	1440	1:42:14	Riccy Sidoli		Male	456	M45	66	1:41:51	512
499	1510	1:42:17	Nicky Stevens		Male	457	M45	67	1:41:52	515
500	2646	1:42:18	Ben Houchen	Reepham Runners	Male	458	M	274	1:41:36	504
501	2570	1:42:20	David Hudson	Tri-Anglia	Male	459	M40	71	1:41:40	506
502	1597	1:42:21	Gary Ambrose		Male	460	M50	34	1:42:02	524
503	2187	1:42:22	Kenneth Tovell	Framlingham Flyers	Male	461	M40	72	1:42:01	521
504	1359	1:42:26	Shaun Jones		Male	462	M	275	1:41:59	520
505	1136	1:42:27	Michael Hill		Male	463	M	276	1:41:32	503
506	282	1:42:29	Christopher Amin		Male	464	M	277	1:41:52	516
507	467	1:42:29	Kevin Burgess		Male	465	M40	73	1:42:01	522
508	1467	1:42:30	James Stanbrook		Male	466	M45	68	1:41:51	513
509	2217	1:42:30	Mark Bagley		Male	467	M	278	1:41:41	508
510	246	1:42:30	John Etheridge		Male	468	M45	69	1:42:21	535
511	2401	1:42:31	Alexander Riddoch		Male	469	M	279	1:40:56	483
512	800	1:42:31	Julia Hetherton	Greens	Female	43	F	30	1:41:53	517
513	443	1:42:33	Simon Marjoram		Male	470	M	280	1:41:10	490
514	1737	1:42:39	Andrew Salter	Manchester Frontrunners	Male	471	M45	70	1:39:43	429
515	848	1:42:40	Stuart Bailey		Male	472	M	281	1:41:36	505
516	470	1:42:41	Simon Rhoden	Norwich Road Runners	Male	473	M	282	1:41:24	498
517	2100	1:42:42	Simon Oughton	Royston Runners	Male	474	M45	71	1:42:24	537
518	2609	1:42:43	Richard Dade		Male	475	M40	74	1:42:09	528
519	476	1:42:50	Bob Rodda		Male	476	M65	3	1:42:34	546
520	2155	1:42:51	John O'Halloran		Male	477	M	283	1:41:51	514
521	2929	1:42:54	Nick Card		Male	478	M	284	1:41:06	488
522	1205	1:42:54	Adam Green		Male	479	M	285	1:42:09	529
523	1960	1:42:56	Sarah Gregerson	Cambridge & Coleridge AC	Female	44	F	31	1:42:08	527
524	1983	1:42:56	Clare Van Gorp		Female	45	F	32	1:42:33	544
525	2877	1:42:57	David Spashett	Bungay Black Dog RC	Male	480	M60	5	1:42:32	543
526	1372	1:42:59	Kevin Cross		Male	481	M40	75	1:42:41	553
527	1768	1:42:59	Stephen Barker	Ely Runners	Male	482	M40	76	1:41:55	518
528	2854	1:43:01	Lee Collins		Male	483	M	286	1:41:14	494
529	2715	1:43:01	Laura Betts	Bungay Black Dog RC	Female	46	F	33	1:42:22	536
530	350	1:43:01	Guy Shearwood		Male	484	M50	35	1:41:47	511
531	449	1:43:02	Lauren Buffini		Female	47	F	34	1:42:01	523
532	830	1:43:02	Sarah Fardell		Female	48	F	35	1:42:20	534
533	2442	1:43:05	Richard Steer		Male	485	M	287	1:42:31	541
534	963	1:43:09	Chris Hoggarth		Male	486	M	288	1:42:37	548
535	105	1:43:11	Mark Stone		Male	487	M	289	1:43:04	563
536	2476	1:43:12	Stephen Pullinger		Male	488	M50	36	1:42:41	554
537	565	1:43:13	Ian Walters		Male	489	M	290	1:41:56	519
538	1179	1:43:13	Alex Lowe		Male	490	M	291	1:43:04	564
539	2879	1:43:14	Jonathan Winn		Male	491	M45	72	1:43:00	559
540	1819	1:43:15	Jack Tappin	Haverhill Running Club	Male	492	M	292	1:42:40	551
541	2003	1:43:16	F Da Silva Andrade		Male	493	M45	73	1:42:31	542
542	1263	1:43:16	Stewart Hambling	Framlingham Flyers	Male	494	M40	77	1:42:54	556
543	286	1:43:17	Alan Sansom		Male	495	M40	78	1:42:10	530
544	2270	1:43:17	Christopher Armes		Male	496	M40	79	1:43:06	565
545	1839	1:43:18	Marc Di Duca		Male	497	M40	80	1:42:25	539
546	1562	1:43:18	Ian Van Battum		Male	498	M	293	1:42:13	532
547	1992	1:43:18	Matthew Thwaites		Male	499	M40	81	1:42:29	540
548	2061	1:43:20	James McColl		Male	500	M40	82	1:43:12	569
549	2193	1:43:20	Kristy Guneratne	Cambridge Triathlon Club	Female	49	F	36	1:42:24	538
550	1745	1:43:22	Mark Saunders		Male	501	M40	83	1:42:57	558
551	1566	1:43:25	Wayne Mann		Male	502	M	294	1:42:40	552
552	364	1:43:35	Dave Thomas	Les Croupiers Cardiff	Male	503	M55	9	1:42:37	549
553	1675	1:43:39	Kevin Connolly		Male	504	M	295	1:43:21	577
554	2232	1:43:42	Matt Kelly		Male	505	M	296	1:43:07	566
555	2200	1:43:42	Jonny Lambert		Male	506	M	297	1:42:05	525
556	2415	1:43:42	Lee Ffrench		Male	507	M40	84	1:43:26	578
557	211	1:43:42	David Asker		Male	508	M	298	1:43:03	561
558	66	1:43:43	Andrew Hayman		Male	509	M	299	1:43:33	581
559	2882	1:43:44	Carl Moore		Male	510	M	300	1:42:07	526
560	2419	1:43:47	Jason Best		Male	511	M	301	1:42:35	547



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	504	1:43:49	Stephen Leeves	Great Yarmouth Road Runners	Male	512	M50	37	1:43:42	587
562	1161	1:43:51	Jo Aitken		Female	50	F	37	1:43:11	567
563	27	1:43:53	Jason Allard	Stowmarket Striders	Male	513	M	302	1:42:56	557
564	1623	1:43:59	Phil Whiting	Norfolk Gazelles	Male	514	M	303	1:43:44	588
565	2647	1:43:59	Ian Edwards	Norfolk Gazelles	Male	515	M	304	1:43:11	568
566	1584	1:44:01	Shirley Hume	Road Runners Club	Female	51	F60	1	1:43:17	574
567	12	1:44:01	Lisa Wilkinson		Female	52	F	38	1:43:56	602
568	1253	1:44:02	Lee Smith		Male	516	M40	85	1:43:29	579
569	1719	1:44:04	Ellen Similon	North Norfolk Beach Runners	Female	53	F	39	1:43:48	594
570	1037	1:44:07	Clare Adams	Colchester Harriers	Female	54	F40	12	1:43:53	597
571	2293	1:44:08	Colin Hewes	Uknetrunner	Male	517	M55	10	1:43:20	576
572	668	1:44:08	Kevin Powles	Norwich Road Runners	Male	518	M40	86	1:43:35	583
573	2006	1:44:08	Ian Moore	Norwich Road Runners	Male	519	M40	87	1:43:36	585
574	1811	1:44:09	Gary Cheesman		Male	520	M	305	1:42:44	555
575	2524	1:44:12	Martin Jennings		Male	521	M40	88	1:42:39	550
576	240	1:44:12	Alex Gaunt		Male	522	M40	89	1:43:55	600
577	2782	1:44:15	Stephen Minney		Male	523	M45	74	1:42:17	533
578	1396	1:44:16	Matthew Ellis		Male	524	M40	90	1:43:39	586
579	1455	1:44:17	Fergus Stirling		Male	525	M50	38	1:43:15	571
580	513	1:44:18	Andy Hardy		Male	526	M40	91	1:43:50	595
581	2071	1:44:20	Jonathan Monkhouse		Male	527	M	306	1:42:10	531
582	2461	1:44:23	John Kerrison		Male	528	M50	39	1:43:35	584
583	2360	1:44:27	Bruce Hunter	Muddy Mucky Monkeys	Male	529	M40	92	1:43:14	570
584	2081	1:44:27	Mark Williams	Witham RC	Male	530	M50	40	1:43:44	589
585	1450	1:44:30	Richard Gilham	Norfolk Gazelles	Male	531	M45	75	1:43:53	598
586	1874	1:44:31	Matt Plunkett	Dereham Runners	Male	532	M40	93	1:44:24	627
587	1997	1:44:32	Martin Little	Stowmarket Striders	Male	533	M40	94	1:43:57	605
588	671	1:44:34	Charles Clements		Male	534	M	307	1:43:02	560
589	1170	1:44:35	Danny Godward	Fire Service Athletics Associa	Male	535	M	308	1:41:44	510
590	2738	1:44:36	Lisa l'Anson	Tri-Anglia	Female	55	F40	13	1:43:30	580
591	1771	1:44:37	James Roberts		Male	536	M	309	1:43:59	606
592	905	1:44:38	Darren Collison		Male	537	M40	95	1:43:59	607
593	700	1:44:40	Albert Jan Van Hoek		Male	538	M	310	1:43:45	592
594	1201	1:44:40	Warren Brayn		Male	539	M	311	1:44:24	628
595	1514	1:44:41	Maxine Rodwell	Halstead Road Runners	Female	56	F	40	1:43:44	590
596	2460	1:44:42	Marc Coles		Male	540	M	312	1:44:07	613
597	2539	1:44:43	Roland Bewick	Tri-Anglia	Male	541	M50	41	1:44:14	620
598	2732	1:44:44	James Bell	Norwich Road Runners	Male	542	M45	76	1:44:02	610
599	2206	1:44:44	Calum Webb		Male	543	M	313	1:43:19	575
600	1538	1:44:45	Kerry Layton		Female	57	F	41	1:44:12	618
601	1782	1:44:45	Mark Hedges		Male	544	M	314	1:42:33	545
602	1276	1:44:46	Manuel Oliveira		Male	545	M	315	1:44:36	635
603	2819	1:44:47	Stephen Vincent		Male	546	M45	77	1:43:59	608
604	508	1:44:47	Andrew Stronach		Male	547	M40	96	1:44:16	621
605	1209	1:44:51	Ian Minty		Male	548	M45	78	1:43:55	601
606	1736	1:44:51	Seth Atkin	Centurion	Male	549	M40	97	1:43:16	572
607	2566	1:44:53	Robert McPherson		Male	550	M45	79	1:43:03	562
608	1834	1:44:55	Sue Cooke	City Of Norwich AC	Female	58	F50	1	1:44:11	616
609	1145	1:44:57	Andrew Hart		Male	551	M45	80	1:43:33	582
610	2512	1:44:57	Catherine Henery	Norwich Road Runners	Female	59	F45	3	1:44:23	624
611	2835	1:44:58	Jonathan Cook		Male	552	M45	81	1:44:43	639
612	485	1:44:59	Keith Watts		Male	553	M40	98	1:43:44	591
613	2502	1:45:01	David Webb		Male	554	M50	42	1:43:56	603
614	906	1:45:02	Martyn Taylor		Male	555	M45	82	1:44:23	625
615	1443	1:45:03	Wayne Donovan		Male	556	M	316	1:43:16	573
616	2385	1:45:06	Jessica Neal	North Norfolk Beach Runners	Female	60	F	42	1:44:49	646
617	2140	1:45:07	Shaun Parkinson		Male	557	M	317	1:44:31	632
618	2821	1:45:08	Chris Smith		Male	558	M	318	1:44:00	609
619	1888	1:45:12	Stacy Tovell		Male	559	M40	99	1:44:38	637
620	2724	1:45:13	Frances Cooke	March AC	Female	61	F50	2	1:45:05	663
621	2677	1:45:13	Ben Smith		Male	560	M	319	1:44:20	622
622	2620	1:45:15	Bill Jordan		Male	561	M60	6	1:44:35	634
623	2406	1:45:17	Matthew Williams	UEA Triathlon Club	Male	562	M	320	1:43:56	604
624	457	1:45:18	Neil May		Male	563	M40	100	1:44:30	631
625	2659	1:45:18	Glen Reeve		Male	564	M50	43	1:44:54	652
626	2189	1:45:20	Matthew Harrison		Male	565	M	321	1:43:46	593
627	1604	1:45:21	Daniel Crush		Male	566	M	322	1:44:58	655
628	2827	1:45:21	Hannah Robson		Female	62	F	43	1:44:47	644
629	2482	1:45:21	Alan Lucas	Dereham Runners	Male	567	M50	44	1:44:47	645
630	549	1:45:22	Stuart Stuart	Norwich Road Runners	Male	568	M40	101	1:43:52	596



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	759	1:45:22	Steven De Polo		Male	569	M	323	1:44:04	611
632	1428	1:45:23	Jon Rowden		Male	570	M45	83	1:44:44	640
633	501	1:45:23	Tim Robinson		Male	571	M	324	1:44:45	642
634	2456	1:45:24	Sam Craig		Male	572	M	325	1:45:04	662
635	2038	1:45:27	Ian Bareham		Male	573	M40	102	1:44:53	651
636	1512	1:45:28	Alan Reynolds		Male	574	M40	103	1:44:27	630
637	1659	1:45:29	Briony Lowe		Female	63	F	44	1:44:13	619
638	2740	1:45:30	Carey Briggs	Norwich Road Runners	Female	64	F	45	1:44:11	617
639	787	1:45:36	Jeremy Durkin		Male	575	M	326	1:45:10	671
640	2487	1:45:36	Chris Brooks		Male	576	M	327	1:45:21	681
641	2546	1:45:36	Martin Hanner		Male	577	M55	11	1:45:08	665
642	2213	1:45:36	James Brindley	Norwich Road Runners	Male	578	M	328	1:44:54	653
643	741	1:45:38	Adam Preston		Male	579	M	329	1:44:06	612
644	707	1:45:38	Matthew Downing		Male	580	M	330	1:44:10	615
645	1746	1:45:40	Adam Gould		Male	581	M	331	1:45:00	658
646	1565	1:45:41	Stephen Girling		Male	582	M45	84	1:45:15	676
647	1286	1:45:42	William Stuttard		Male	583	M	332	1:44:07	614
648	1687	1:45:43	Lucy Collyer	North Norfolk Beach Runners	Female	65	F45	4	1:45:26	686
649	2585	1:45:44	Niall Dickinson		Male	584	M	333	1:45:01	659
650	2643	1:45:45	Dan Wood		Male	585	M	334	1:44:33	633
651	2041	1:45:46	Chris Hill		Male	586	M	335	1:45:09	669
652	2021	1:45:47	Elliot Revell		Male	587	M	336	1:44:36	636
653	2093	1:45:49	Carl Brandwood		Male	588	M40	104	1:45:08	666
654	890	1:45:49	Frank Moggan	Stowmarket Striders	Male	589	M60	7	1:45:27	688
655	1883	1:45:49	Andrew Baldwin	Springfield Striders	Male	590	M40	105	1:45:08	667
656	2494	1:45:51	Tim Parr		Male	591	M	337	1:45:06	664
657	63	1:45:52	Craig Lorne		Male	592	M	338	1:44:45	643
658	697	1:45:53	Tony Eves		Male	593	M	339	1:44:22	623
659	2151	1:45:54	Dawid Cieslak		Male	594	M	340	1:44:51	647
660	2722	1:45:55	Viraf Captain		Male	595	M45	85	1:44:58	656
661	1780	1:45:55	Joe Robbins		Male	596	M	341	1:44:51	648
662	1298	1:45:56	Alex Coburn		Male	597	M	342	1:45:17	679
663	1083	1:45:56	James Plant		Male	598	M	343	1:44:23	626
664	24	1:45:56	Simon Edye	Norwich Road Runners	Male	599	M55	12	1:45:30	692
665	2261	1:45:58	Zoe Magrath		Female	66	F	46	1:44:51	649
666	2253	1:46:01	Gregory Rowe		Male	600	M45	86	1:45:32	694
667	2285	1:46:05	Chris Potter		Male	601	M	344	1:44:44	641
668	356	1:46:07	Fiona Kennedy		Female	67	F	47	1:44:51	650
669	2826	1:46:08	Mark Whiting		Male	602	M50	45	1:45:46	707
670	2068	1:46:09	Simon Hosking		Male	603	M	345	1:45:14	674
671	2306	1:46:09	Martin Smith		Male	604	M	346	1:45:11	673
672	2776	1:46:10	Sarah Lister		Female	68	F	48	1:44:56	654
673	2057	1:46:11	Ellie Bye	Coltishall Jaguars	Female	69	F	49	1:45:44	702
674	1941	1:46:16	Howard Jones		Male	605	M45	87	1:45:10	672
675	131	1:46:18	Aidan Sheldrick		Male	606	M	347	1:45:16	678
676	2295	1:46:20	Matthew Buckoke	Great Yarmouth Road Runners	Male	607	M	348	1:46:12	721
677	820	1:46:21	Paul Alderton		Male	608	M45	88	1:45:25	685
678	26	1:46:22	Oliver Westmancott		Male	609	M	349	1:45:23	683
679	2307	1:46:23	Robin Smith		Male	610	M	350	1:45:38	697
680	903	1:46:23	David Smyth		Male	611	M40	106	1:45:29	690
681	1288	1:46:23	Richard Gray		Male	612	M40	107	1:45:45	705
682	1984	1:46:24	Jonathan Harness		Male	613	M	351	1:46:13	722
683	1959	1:46:24	Karen Manning	Great Yarmouth Road Runners	Female	70	F40	14	1:46:13	723
684	1224	1:46:26	Simon Edwards		Male	614	M	352	1:45:40	699
685	180	1:46:27	Andrew Goff		Male	615	M	353	1:44:25	629
686	1199	1:46:29	David Bane		Male	616	M45	89	1:45:02	661
687	403	1:46:29	Jonathan Elias		Male	617	M	354	1:45:59	714
688	2330	1:46:29	Nicholas Smith		Male	618	M	355	1:45:50	710
689	92	1:46:29	Adrian Fletcher	Coltishall Jaguars	Male	619	M40	108	1:45:32	695
690	2305	1:46:30	Simon Beckett		Male	620	M45	90	1:44:39	638
691	2500	1:46:30	Charlie Parr	UEA Triathlon Club	Male	621	M	356	1:45:09	670
692	1589	1:46:32	Christopher Croke		Male	622	M	357	1:45:27	689
693	757	1:46:32	Andrew Parker		Male	623	M45	91	1:45:24	684
694	2392	1:46:34	John Leney		Male	624	M45	92	1:45:21	682
695	520	1:46:34	Roderick Main		Male	625	M45	93	1:44:59	657
696	1830	1:46:34	Nick Healey		Male	626	M50	46	1:45:57	713
697	1564	1:46:35	Phil Rowland	North Norfolk Beach Runners	Male	627	M40	109	1:46:03	716
698	1458	1:46:36	Pete Southall		Male	628	M	358	1:45:45	706
699	2760	1:46:38	Dan Rix		Male	629	M	359	1:43:53	599
700	844	1:46:38	Rachel Holman		Female	71	F	50	1:45:46	708



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	1914	1:46:41	Lee Goodwin		Male	630	M50	47	1:45:53	711
702	1550	1:46:42	Helen Ault		Female	72	F	51	1:45:15	677
703	1504	1:46:44	John Fagan		Male	631	M	360	1:45:39	698
704	716	1:46:45	Robert Trigg		Male	632	M	361	1:46:10	720
705	1499	1:46:46	Paul Morris		Male	633	M	362	1:45:37	696
706	1302	1:46:48	Andrew Davis		Male	634	M	363	1:45:30	693
707	526	1:46:48	Edwina Lynn		Female	73	F	52	1:46:07	717
708	1752	1:46:48	Peter Adams		Male	635	M	364	1:45:43	700
709	1651	1:46:49	H McInroy Naylor		Female	74	F	53	1:45:29	691
710	2449	1:46:50	Simon Mitchell		Male	636	M	365	1:45:18	680
711	1574	1:46:50	Laura Parry		Female	75	F	54	1:46:07	718
712	1730	1:46:50	Catherine Cranmer		Female	76	F	55	1:45:01	660
713	2655	1:46:52	Richard Nolan		Male	637	M45	94	1:45:44	703
714	2275	1:46:52	Michelle Bull	Norwich Road Runners	Female	77	F40	15	1:46:00	715
715	1810	1:46:55	Katrina Kwan		Female	78	F	56	1:46:27	727
716	1937	1:46:56	Cliff Lear	Thetford AC	Male	638	M45	95	1:46:33	734
717	2610	1:46:56	B Belchiov		Male	639	M	366	1:46:49	743
718	256	1:47:00	Christian Brazier		Male	640	M	367	1:45:44	704
719	1447	1:47:02	Tom Dawkins		Male	641	M	368	1:45:26	687
720	2459	1:47:03	Rebecca Layland	UEA Triathlon Club	Female	79	F	57	1:45:43	701
721	1769	1:47:06	Kevin Sadd		Male	642	M40	110	1:45:08	668
722	1098	1:47:08	James Chant		Male	643	M45	96	1:46:32	731
723	2073	1:47:09	Gary Cooper	Norwich Road Runners	Male	644	M45	97	1:45:47	709
724	2191	1:47:10	Joe Hiess	Stamford Striders	Male	645	M	369	1:46:25	725
725	2665	1:47:11	Charlotte Smith		Female	80	F	58	1:46:44	741
726	2402	1:47:11	Greg Tunmore		Male	646	M	370	1:46:28	728
727	926	1:47:15	Thomas Cockerill		Male	647	M	371	1:46:42	739
728	1423	1:47:20	Michael Johnson	Norwich Road Runners	Male	648	M40	111	1:46:51	747
729	881	1:47:21	Alex Goff		Male	649	M	372	1:46:43	740
730	1245	1:47:21	Gavin Vogt		Male	650	M45	98	1:45:14	675
731	102	1:47:22	Glynn Jones		Male	651	M40	112	1:46:59	758
732	616	1:47:24	Philip Harvey		Male	652	M40	113	1:46:25	726
733	874	1:47:29	Chris Price		Male	653	M45	99	1:46:14	724
734	1786	1:47:29	Thomas Palmer		Male	654	M55	13	1:46:31	730
735	1284	1:47:31	Nick Cottam		Male	655	M55	14	1:45:53	712
736	1900	1:47:33	Jon Watkins		Male	656	M40	114	1:47:19	774
737	1248	1:47:34	Fiona Rich		Female	81	F	59	1:46:44	742
738	1704	1:47:35	Adam Pritchard		Male	657	M	373	1:47:35	785
739	2386	1:47:35	Nigel Herrod	Waveney Valley AC	Male	658	M55	15	1:46:32	732
740	572	1:47:35	Matthew Sutton	Great Yarmouth Road Runners	Male	659	M	374	1:46:54	751
741	1939	1:47:37	Robert Blackham		Male	660	M40	115	1:46:49	744
742	2474	1:47:39	Peter Walsh		Male	661	M	375	1:46:52	748
743	2361	1:47:43	Claire Alcock		Female	82	F40	16	1:46:49	745
744	1156	1:47:44	Jeremy Walters		Male	662	M40	116	1:46:53	749
745	1897	1:47:45	Chloe Hudson	Valley Striders	Female	83	F	60	1:47:33	781
746	2044	1:47:45	Alberto Maldonado		Male	663	M	376	1:46:08	719
747	750	1:47:49	Ian Tooley	Great Yarmouth Road Runners	Male	664	M50	48	1:47:18	773
748	665	1:47:54	Shaun Davison		Male	665	M	377	1:46:30	729
749	2822	1:47:55	Richard Deswarte		Male	666	M45	100	1:47:22	775
750	2350	1:47:58	Mauricio Saldias	Mornington Chasers	Male	667	M	378	1:47:42	793
751	1934	1:47:59	Anthony Richardson		Male	668	M50	49	1:46:34	736
752	1322	1:48:00	Tom Barrett		Male	669	M	379	1:46:50	746
753	2266	1:48:01	Paul Froelich	Wimbledon Windmilers	Male	670	M	380	1:46:54	752
754	1799	1:48:03	Naomi Lowther		Female	84	F	61	1:46:32	733
755	459	1:48:03	Richard Banning		Male	671	M	381	1:47:03	762
756	455	1:48:03	John Banning		Male	672	M	382	1:47:03	763
757	2785	1:48:04	Stephen Baker	Tri-Anglia	Male	673	M45	101	1:46:37	738
758	706	1:48:07	Jeremy Storr	Tri-Anglia	Male	674	M	383	1:46:54	753
759	2509	1:48:08	Susan Bennett		Female	85	F50	3	1:47:07	764
760	1200	1:48:08	Christopher Steil		Male	675	M	384	1:47:44	795
761	2667	1:48:09	Jenny Leng	Petts Wood Runners	Female	86	F40	17	1:47:44	796
762	1918	1:48:09	Patrick Young		Male	676	M45	102	1:46:54	754
763	1062	1:48:11	Chris Beeson		Male	677	M40	117	1:47:10	767
764	2280	1:48:12	Nicky Chapman		Female	87	F	62	1:47:17	771
765	1808	1:48:13	Lauren Fredrickson	Alchester Running Club	Female	88	F	63	1:47:08	765
766	2048	1:48:17	David Jones		Male	678	M	385	1:47:33	782
767	2750	1:48:19	Josh Thomas		Male	679	M	386	1:47:09	766
768	288	1:48:20	Chris Stubbins		Male	680	M	387	1:47:22	776
769	2444	1:48:20	Stephen Gilbert		Male	681	M55	16	1:47:17	772
770	1501	1:48:21	Dean Walker		Male	682	M	388	1:47:41	792



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	70	1:48:22	Andrew Parfitt		Male	683	M	389	1:46:57	756
772	373	1:48:24	Julian Smith		Male	684	M40	118	1:47:25	778
773	360	1:48:26	Ryan Nesbitt	Norwich Road Runners	Male	685	M	390	1:47:36	787
774	1670	1:48:27	Tom Newcombe	Birketts Runners AC	Male	686	M	391	1:47:40	791
775	2393	1:48:28	Craig Witting	Ryston Runners	Male	687	M	392	1:47:42	794
776	1629	1:48:30	Tom Coupland		Male	688	M	393	1:47:35	786
777	2936	1:48:30	Andy Venables		Male	689	M	394	1:48:07	806
778	2955	1:48:31	Richard King		Male	690	M40	119	1:48:09	808
779	1773	1:48:31	Paul Gardner		Male	691	M	395	1:46:33	735
780	615	1:48:32	Edward Stubbings		Male	692	M	396	1:46:56	755
781	666	1:48:33	Jon Hall	Tri-Anglia	Male	693	M40	120	1:47:23	777
782	1471	1:48:33	Tim Greyson		Male	694	M	397	1:48:08	807
783	2190	1:48:33	James Stubbings		Male	695	M	398	1:47:00	759
784	2239	1:48:34	Jess Chivers	Mornington Chasers	Female	89	F	64	1:47:13	768
785	2751	1:48:35	Christopher Puttock		Male	696	M	399	1:46:58	757
786	1107	1:48:35	Joe Kaye		Male	697	M	400	1:46:53	750
787	1075	1:48:37	Andreas Paterson		Male	698	M	401	1:47:01	761
788	2552	1:48:37	Jody Wood		Male	699	M	402	1:48:02	803
789	2403	1:48:40	Simon Forth		Male	700	M40	121	1:48:02	804
790	2613	1:48:42	Anna Moore	Tri-Anglia	Female	90	F	65	1:47:16	770
791	1022	1:48:43	Jeremy Robson		Male	701	M50	50	1:48:23	816
792	2900	1:48:43	Zoe Denton		Female	91	F	66	1:47:25	779
793	1017	1:48:47	Wayne Tilbury-Larter	Framlingham Flyers	Male	702	M	403	1:48:26	819
794	1105	1:48:52	Lewis Alcraft		Male	703	M	404	1:47:45	797
795	847	1:48:55	Mark Burrell		Male	704	M50	51	1:47:15	769
796	1863	1:49:02	Ian Pope		Male	705	M	405	1:47:49	799
797	402	1:49:05	Daniel Sweetenham		Male	706	M	406	1:47:33	783
798	2641	1:49:09	Dickon Ireland		Male	707	M	407	1:47:59	802
799	1591	1:49:10	Ludovic Malfait		Male	708	M	408	1:47:36	788
800	1429	1:49:11	Elizabeth Ager		Female	92	F45	5	1:48:14	810
801	2897	1:49:12	Guy Wightman		Male	709	M50	52	1:48:42	832
802	2899	1:49:13	Jordan Beaumont		Male	710	M	409	1:47:55	801
803	2205	1:49:14	Adam Paice		Male	711	M	410	1:47:49	800
804	1386	1:49:15	Louise White	Thetford AC	Female	93	F	67	1:48:52	840
805	1615	1:49:16	Ian Barker		Male	712	M40	122	1:48:56	843
806	685	1:49:17	Simon Goldsmith		Male	713	M	411	1:48:26	820
807	1526	1:49:18	Richard Burbage	Tri-Anglia	Male	714	M	412	1:47:33	784
808	1838	1:49:19	Richard Newland		Male	715	M45	103	1:48:17	812
809	765	1:49:20	James Green		Male	716	M	413	1:48:24	817
810	113	1:49:20	Vincent Coustham		Male	717	M	414	1:48:19	814
811	2072	1:49:21	Rob Jervis		Male	718	M	415	1:49:02	850
812	563	1:49:22	Norman Comfort		Male	719	M	416	1:48:32	824
813	450	1:49:24	Simon Fabb		Male	720	M	417	1:48:02	805
814	2727	1:49:25	Hugh Gatenby		Male	721	M50	53	1:48:51	839
815	1167	1:49:26	Rebecca Cruickshank		Female	94	F	68	1:49:05	854
816	2227	1:49:27	Paul Stephen		Male	722	M	418	1:46:36	737
817	2635	1:49:28	Nigel Clegg		Male	723	M40	123	1:48:15	811
818	507	1:49:30	Roger Hobson	Woodbridge Shufflers	Male	724	M65	4	1:48:21	815
819	1214	1:49:31	Carol Betts	Norfolk Gazelles	Female	95	F55	1	1:48:58	846
820	132	1:49:32	Carlene Epps		Female	96	F	69	1:48:17	813
821	2268	1:49:33	Luke Williamson		Male	725	M	419	1:49:00	848
822	2009	1:49:33	Andrew Richardson		Male	726	M40	124	1:47:36	789
823	1340	1:49:34	Jaime Cryer		Male	727	M40	125	1:47:37	790
824	91	1:49:41	Danny Newman		Male	728	M	420	1:49:04	853
825	40	1:49:42	Chris Read		Male	729	M	421	1:48:56	844
826	859	1:49:43	Phillip Seaman	Ryston Runners	Male	730	M55	17	1:48:57	845
827	1279	1:49:43	Oliver Burwood	Norwich Road Runners	Male	731	M	422	1:48:29	821
828	1922	1:49:43	Ross Campbell	Tri-Anglia	Male	732	M50	54	1:48:54	842
829	2485	1:49:43	Debbie Tomkins	Norwich Road Runners	Female	97	F45	6	1:48:30	822
830	892	1:49:45	Stephen Robinson		Male	733	M45	104	1:47:45	798
831	2670	1:49:48	Thomas Betts		Male	734	M	423	1:48:09	809
832	1540	1:49:51	Robert Hammond		Male	735	M	424	1:47:00	760
833	944	1:49:52	Adam Parkhouse		Male	736	M	425	1:48:24	818
834	1866	1:49:52	Lee Sole		Male	737	M40	126	1:49:09	859
835	2357	1:49:54	Chris Smith		Male	738	M	426	1:47:28	780
836	646	1:49:56	Peter Smith		Male	739	M40	127	1:49:34	875
837	2871	1:49:57	Jane Hannah		Female	98	F	70	1:49:46	883
838	568	1:50:00	David Hirst		Male	740	M	427	1:48:34	825
839	1204	1:50:00	Jeremy Rhodes		Male	741	M50	55	1:49:18	867
840	2813	1:50:00	Robert Conway		Male	742	M55	18	1:49:07	856



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	1357	1:50:00	Evita Daelefný		Female	99	F	71	1:48:37	828
842	1498	1:50:01	David Riglar		Male	743	M40	128	1:49:05	855
843	224	1:50:04	Michaela Clarke		Female	100	F	72	1:49:10	860
844	436	1:50:04	Phil Towers		Male	744	M40	129	1:48:47	836
845	482	1:50:06	Chris Brown		Male	745	M	428	1:48:38	829
846	2201	1:50:07	Henry Robertson		Male	746	M	429	1:48:31	823
847	596	1:50:07	Neil Sallis		Male	747	M	430	1:48:44	835
848	976	1:50:10	Michael Marren		Male	748	M	431	1:49:01	849
849	1341	1:50:10	Jane Yardy		Female	101	F50	4	1:49:30	870
850	1794	1:50:10	Glen Robinson	Norwich Road Runners	Male	749	M	432	1:48:42	833
851	2090	1:50:11	Julie Beales		Female	102	F	73	1:49:40	880
852	1132	1:50:11	Jason Snook		Male	750	M40	130	1:49:08	857
853	1133	1:50:11	Catherine Garrod		Female	103	F40	18	1:49:08	858
854	2958	1:50:13	Robert Hodges		Male	751	M	433	1:49:02	851
855	1508	1:50:15	Edward Maule		Male	752	M	434	1:49:39	879
856	2532	1:50:15	Etienne Swarts	Bungay Black Dog RC	Male	753	M45	105	1:49:46	884
857	2754	1:50:15	Victor Milman		Male	754	M50	56	1:49:37	878
858	2134	1:50:17	Chris Carter		Male	755	M40	131	1:49:43	881
859	1388	1:50:19	Rolph Patterson		Male	756	M	435	1:49:27	869
860	667	1:50:21	Pippa Gorman		Female	104	F40	19	1:49:10	861
861	789	1:50:23	Debbie Moore	Coltishall Jaguars	Female	105	F45	7	1:49:56	892
862	2810	1:50:23	Glenn Woodruff		Male	757	M40	132	1:48:48	837
863	1112	1:50:25	Roger Smith		Male	758	M40	133	1:48:42	834
864	2226	1:50:25	Amanda Hards		Female	106	F40	20	1:49:49	888
865	1367	1:50:26	Melanie Widdows		Female	107	F40	21	1:48:35	826
866	25	1:50:27	Vikki Bradley	Wymondham AC	Female	108	F	74	1:49:10	862
867	2050	1:50:28	Christopher Wade	North Norfolk Beach Runners	Male	759	M	436	1:49:47	887
868	1700	1:50:29	Carl Berriman		Male	760	M40	134	1:49:19	868
869	2069	1:50:31	Sam Broster		Male	761	M	437	1:49:35	876
870	2773	1:50:32	Scott Howie		Male	762	M	438	1:49:30	871
871	826	1:50:35	Richard Daley	West Suffolk Wheelers/Triathlo	Male	763	M40	135	1:50:01	899
872	301	1:50:36	Phil Henry		Male	764	M45	106	1:49:32	873
873	816	1:50:36	Justine Shepperson		Female	109	F	75	1:49:46	885
874	1212	1:50:37	David James		Male	765	M40	136	1:48:36	827
875	2263	1:50:38	Leanne Middleton		Female	110	F	76	1:50:27	912
876	404	1:50:41	James Webb		Male	766	M	439	1:49:10	863
877	312	1:50:42	Matthew Cubitt		Male	767	M40	137	1:49:02	852
878	774	1:50:42	Oliver Setchell		Male	768	M	440	1:50:00	897
879	827	1:50:43	Colin Fish		Male	769	M45	107	1:49:16	866
880	2846	1:50:47	Lukasz Supernak	St Edmund Pacers	Male	770	M	441	1:50:15	908
881	1362	1:50:47	James Quarmby		Male	771	M	442	1:50:01	900
882	2735	1:50:50	Michael Smith	Wymondham AC	Male	772	M65	5	1:49:57	893
883	2074	1:50:52	Adam Williams		Male	773	M	443	1:48:41	831
884	2101	1:50:53	Karen Grapes		Female	111	F45	8	1:50:32	918
885	607	1:50:56	Stephen Moseley		Male	774	M40	138	1:49:10	864
886	2651	1:50:58	Pierre Fossat		Male	775	M	444	1:50:02	901
887	2185	1:50:58	George Lumley		Male	776	M	445	1:49:59	896
888	395	1:51:00	Adam Cory		Male	777	M	446	1:48:50	838
889	464	1:51:00	Katie Johnson		Female	112	F	77	1:49:52	889
890	1513	1:51:02	Simon Oats		Male	778	M40	139	1:49:52	890
891	2019	1:51:02	Jay Thompson		Male	779	M	447	1:48:40	830
892	1923	1:51:03	Neil Coleman		Male	780	M45	108	1:50:14	907
893	327	1:51:03	Ian Blackburn		Male	781	M40	140	1:50:30	915
894	1104	1:51:04	Kate Alcraft		Female	113	F	78	1:49:57	894
895	643	1:51:05	Phillip Bazley		Male	782	M	448	1:49:12	865
896	295	1:51:07	Matt Hunn		Male	783	M40	141	1:50:12	906
897	2142	1:51:08	David Carroll		Male	784	M	449	1:50:51	934
898	387	1:51:09	Rob Saunders		Male	785	M	450	1:50:15	909
899	884	1:51:10	David Taylor	Framlingham Flyers	Male	786	M60	8	1:49:46	886
900	2297	1:51:12	John Plowright	Ryston Runners	Male	787	M55	19	1:50:05	903
901	2949	1:51:13	Shunsuke Tomii		Male	788	M	451	1:51:07	947
902	1695	1:51:14	Paul Lever		Male	789	M	452	1:49:35	877
903	2934	1:51:16	Ben Boswell		Male	790	M	453	1:50:26	911
904	2228	1:51:18	Gordon Maw	Norwich Road Runners	Male	791	M40	142	1:49:30	872
905	2902	1:51:19	Paul White		Male	792	M50	57	1:50:56	940
906	943	1:51:20	Kevin Frostick		Male	793	M	454	1:49:32	874
907	2346	1:51:21	Ian Woods	Norfolk Gazelles	Male	794	M50	58	1:50:44	932
908	2351	1:51:23	Simon Brockington	Muddy Mucky Munkeys	Male	795	M40	143	1:50:11	905
909	1219	1:51:23	Gareth Jones		Male	796	M	455	1:50:32	919
910	215	1:51:25	Jimmy Seymour		Male	797	M	456	1:49:43	882



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
911	95	1:51:28	Robert Harris		Male	798	M40	144	1:51:11	951
912	1579	1:51:31	Gordon Capperault		Male	799	M	457	1:51:15	953
913	2056	1:51:34	Sonya Cooper		Female	114	F	79	1:50:58	941
914	2717	1:51:35	Richard Draeger		Male	800	M	458	1:50:36	924
915	777	1:51:35	Justin Long		Male	801	M	459	1:50:40	930
916	899	1:51:35	Andy Peck	Great Yarmouth Road Runners	Male	802	M40	145	1:50:43	931
917	100	1:51:37	Ian Beggs		Male	803	M40	146	1:50:36	925
918	1275	1:51:38	David Rutter		Male	804	M	460	1:48:58	847
919	2515	1:51:38	Charles Wood	Norwich Road Runners	Male	805	M50	59	1:50:18	910
920	2656	1:51:39	Susan Nolan		Female	115	F45	9	1:50:30	916
921	625	1:51:39	Elmo Geldenhuis		Male	806	M40	147	1:51:11	952
922	235	1:51:39	Nic Oughton	Great Western Runners	Male	807	M40	148	1:51:21	961
923	1626	1:51:41	Angie Bear	Wymondham AC	Female	116	F50	5	1:50:38	928
924	1749	1:51:42	Gareth O'Neill		Male	808	M	461	1:50:33	922
925	525	1:51:42	Daniel Smith		Male	809	M	462	1:49:55	891
926	2550	1:51:44	Christopher Cox	Reepham Runners	Male	810	M	463	1:51:04	946
927	1861	1:51:45	Graham Steven	Cambridge & Coleridge AC	Male	811	M	464	1:51:02	944
928	1158	1:51:45	Simon Cooper		Male	812	M45	109	1:50:02	902
929	2645	1:51:47	Michael Franks		Male	813	M50	60	1:50:32	920
930	1247	1:51:47	Victoria Moody		Female	117	F	80	1:50:30	917
931	2077	1:51:47	Jack Parnell		Male	814	M	465	1:50:00	898
932	612	1:51:48	Sarah Goodwin	Wimbledon Windmilers	Female	118	F	81	1:50:10	904
933	1124	1:51:49	Jo Slade		Female	119	F40	22	1:50:39	929
934	141	1:51:50	John Barrett		Male	815	M	466	1:51:20	958
935	2178	1:51:51	James Buckley		Male	816	M	467	1:48:53	841
936	2748	1:51:53	Steven Shaw		Male	817	M	468	1:50:27	913
937	2558	1:51:55	Stuart Peck		Male	818	M	469	1:39:50	439
938	722	1:51:55	David Robson		Male	819	M	470	1:50:51	935
939	1986	1:51:56	Ben Gaskins		Male	820	M	471	1:51:23	962
940	2103	1:52:06	Rachel Bull		Female	120	F	82	1:51:34	966
941	369	1:52:06	Joe Nash		Male	821	M	472	1:50:36	926
942	405	1:52:08	Alan Sillett		Male	822	M45	110	1:49:57	895
943	2525	1:52:10	Geoff Spear		Male	823	M	473	1:50:59	942
944	2124	1:52:11	Anita Mussett	Colchester Harriers	Female	121	F40	23	1:51:19	957
945	2150	1:52:13	Joshua Edwards		Male	824	M	474	1:51:20	959
946	2468	1:52:13	Paul Wickens		Male	825	M	475	1:50:53	938
947	1426	1:52:16	Linda Dworowski	Barnet & District AC	Female	122	F50	6	1:51:20	960
948	368	1:52:18	Nigel Kinsella	Greenwich Tritons	Male	826	M45	111	1:51:17	954
949	2870	1:52:18	Robert Pyke		Male	827	M	476	1:50:35	923
950	2321	1:52:18	Simon Gowing		Male	828	M	477	1:50:52	936
951	2439	1:52:20	Jason Shirley		Male	829	M	478	1:52:00	994
952	1787	1:52:23	Benjamin Forwood	Hyde Park Harriers	Male	830	M	479	1:51:31	965
953	1500	1:52:27	Stephen Vaughan		Male	831	M45	112	1:51:00	943
954	1320	1:52:27	Dan Gladden		Male	832	M	480	1:50:52	937
955	2624	1:52:29	Lucy Greaves		Female	123	F	83	1:51:08	948
956	1576	1:52:30	James Tully	Tri-Anglia	Male	833	M	481	1:50:27	914
957	2067	1:52:32	Mark Hosking		Male	834	M	482	1:51:38	974
958	2137	1:52:34	Andrew Maley		Male	835	M	483	1:51:18	955
959	462	1:52:35	Daniel Hollis		Male	836	M	484	1:51:09	950
960	1636	1:52:36	Anne-Marie Boyd		Female	124	F	84	1:51:42	976
961	2678	1:52:38	Oscar Forder		Male	837	M	485	1:51:44	978
962	674	1:52:40	Louise Freestone	Wymondham AC	Female	125	F	85	1:50:54	939
963	2434	1:52:43	Paul Green		Male	838	M50	61	1:52:08	999
964	933	1:52:44	Jenny Hobson-Frohock		Female	126	F45	10	1:51:27	963
965	273	1:52:45	Lowry Beggs		Male	839	M45	113	1:51:08	949
966	2772	1:52:46	Andrew Norton	Dereham Runners	Male	840	M45	114	1:52:44	1026
967	792	1:52:51	Stacey Harper		Female	127	F	86	1:51:37	971
968	2274	1:52:52	Yvonne Mann	Bushfield Joggers	Female	128	F60	2	1:51:18	956
969	1255	1:52:56	Andrew Forster		Male	841	M45	115	1:51:29	964
970	1331	1:52:56	John Gilpin		Male	842	M45	116	1:51:59	993
971	1906	1:52:57	Warren Moore		Male	843	M	486	1:50:32	921
972	1820	1:52:59	Louisa Kate Keylock		Female	129	F	87	1:52:28	1012
973	2923	1:53:00	Martin Bell		Male	844	M45	117	1:52:29	1016
974	2152	1:53:02	James Nicholas		Male	845	M	487	1:51:37	972
975	566	1:53:02	Luke Sykes		Male	846	M	488	1:51:37	973
976	1029	1:53:02	Lee Bevis		Male	847	M	489	1:51:46	981
977	746	1:53:08	Benjamin Foxcroft		Male	848	M	490	1:51:36	970
978	2118	1:53:10	Charlie Dyke		Male	849	M55	20	1:51:50	986
979	2488	1:53:11	Alex Scott		Male	850	M	491	1:51:35	967
980	2378	1:53:11	Mark Circuit		Male	851	M	492	1:51:35	968



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
981	2377	1:53:11	Richard Green		Male	852	M	493	1:51:35	969
982	1902	1:53:12	Oliver Nash		Male	853	M	494	1:51:42	977
983	856	1:53:15	Alan Dunsmore		Male	854	M	495	1:51:40	975
984	1569	1:53:15	Tom Bushell		Male	855	M	496	1:51:45	980
985	2458	1:53:17	Peter Finch	Stowmarket Striders	Male	856	M50	62	1:52:12	1003
986	1702	1:53:19	William Donovan		Male	857	M	497	1:51:51	987
987	1716	1:53:19	Chris Young		Male	858	M55	21	1:53:08	1052
988	1462	1:53:20	Dateme Tubotamuno		Male	859	M	498	1:51:58	991
989	481	1:53:22	Michael Cole		Male	860	M	499	1:50:36	927
990	877	1:53:22	Simon Grant		Male	861	M40	149	1:51:48	983
991	2688	1:53:23	Amanda Grey		Female	130	F	88	1:52:10	1002
992	2036	1:53:25	Derek Sadler		Male	862	M55	22	1:50:44	933
993	1365	1:53:28	Laura Nightingale		Female	131	F	89	1:52:26	1010
994	54	1:53:28	Sharon Fairweather		Female	132	F	90	1:51:48	984
995	371	1:53:28	Nicholas Chapman	British Army	Male	863	M50	63	1:51:48	985
996	2922	1:53:28	Neil McDougall		Male	864	M45	118	1:51:03	945
997	2668	1:53:29	Belinda Jennings		Female	133	F	91	1:52:02	996
998	1264	1:53:30	Martin Rule		Male	865	M45	119	1:52:19	1005
999	715	1:53:31	Sean Harris		Male	866	M	500	1:52:22	1007
1000	1413	1:53:32	Daniel Wey		Male	867	M	501	1:52:30	1017
1001	1829	1:53:37	Darren Palgrave		Male	868	M	502	1:52:24	1008
1002	2618	1:53:38	Paul Mitchell		Male	869	M50	64	1:52:49	1030
1003	2450	1:53:41	Adam McGrath		Male	870	M	503	1:52:15	1004
1004	2311	1:53:41	David Barclay	Norfolk Gazelles	Male	871	M50	65	1:53:04	1047
1005	1409	1:53:42	Piers Lincoln		Male	872	M	504	1:51:46	982
1006	188	1:53:45	Geoff Smith		Male	873	M	505	1:52:58	1039
1007	1982	1:53:45	Steve Jones		Male	874	M40	150	1:51:54	989
1008	2338	1:53:51	Deb Jones		Female	134	F	92	1:52:38	1023
1009	1933	1:53:54	Ian Fitch		Male	875	M45	120	1:52:49	1031
1010	1728	1:53:56	Ray Knights		Male	876	M55	23	1:53:30	1073
1011	2621	1:53:57	Emily Jordan		Female	135	F40	24	1:51:58	992
1012	2806	1:53:57	Garth Berridge		Male	877	M	506	1:53:09	1054
1013	550	1:53:57	Silje Hovstad	City Of Norwich AC	Female	136	F	93	1:52:40	1024
1014	1460	1:53:58	James Rayner		Male	878	M40	151	1:53:07	1050
1015	1521	1:53:58	Victoria Moseley	Stowmarket Striders	Female	137	F	94	1:53:35	1079
1016	2130	1:53:59	Graham Cornish		Male	879	M40	152	1:52:21	1006
1017	1391	1:53:59	Claire Atkinson		Female	138	F	95	1:52:53	1033
1018	1394	1:54:01	Jo Keenan		Female	139	F	96	1:52:55	1035
1019	361	1:54:02	Peter Sansom		Male	880	M	507	1:52:00	995
1020	805	1:54:02	David McNicol		Male	881	M45	121	1:53:02	1044
1021	1421	1:54:02	Andy Gibb	Tri-Anglia	Male	882	M	508	1:52:03	997
1022	867	1:54:03	Alec Hunter		Male	883	M	509	1:52:28	1013
1023	463	1:54:03	Andrew Banning		Male	884	M	510	1:53:03	1045
1024	1818	1:54:05	Alexander Dray	UEA Triathlon Club	Male	885	M	511	1:52:55	1036
1025	419	1:54:06	Garnett Jones		Male	886	M40	153	1:53:07	1051
1026	73	1:54:06	Lawrence Nick		Male	887	M45	122	1:52:28	1014
1027	2422	1:54:06	John Ingram		Male	888	M55	24	1:53:01	1041
1028	2255	1:54:07	Jennifer Graham	Tri-Anglia	Female	140	F	97	1:52:48	1027
1029	77	1:54:07	Jessica Dewey		Female	141	F	98	1:52:35	1020
1030	1751	1:54:08	Matthew Bailey		Male	889	M	512	1:52:05	998
1031	76	1:54:08	Kate Wilson		Female	142	F	99	1:52:35	1021
1032	250	1:54:09	Louise Rout		Male	890	M	513	1:53:26	1069
1033	239	1:54:10	Sue Stirling	Wymondham AC	Female	143	F45	11	1:52:25	1009
1034	1873	1:54:10	Sean O'Driscoll	Bushfield Joggers	Male	891	M50	66	1:51:44	979
1035	1901	1:54:15	Oliver McCormack		Male	892	M	514	1:52:28	1015
1036	1899	1:54:16	Andrew Willey	Ipswich Jaffa	Male	893	M40	154	1:53:14	1059
1037	945	1:54:19	Joe Self		Male	894	M	515	1:53:16	1061
1038	1669	1:54:19	Jamie Bunten		Male	895	M40	155	1:52:55	1037
1039	137	1:54:19	Oliver Dack		Male	896	M	516	1:52:26	1011
1040	1826	1:54:20	Adrian Woodward		Male	897	M45	123	1:52:35	1022
1041	1732	1:54:21	Mark Hubble		Male	898	M45	124	1:53:08	1053
1042	1723	1:54:21	Mike Barrett	Dereham Runners	Male	899	M55	25	1:52:51	1032
1043	2769	1:54:21	Nathan Burton		Male	900	M	517	1:54:16	1113
1044	2915	1:54:23	Gavin Lloyd-Thompson		Male	901	M	518	1:53:21	1063
1045	2916	1:54:23	Sam Furness		Male	902	M	519	1:53:21	1064
1046	2898	1:54:24	Russell Bell		Male	903	M	520	1:53:25	1068
1047	1015	1:54:27	Charlie Uddin		Male	904	M	521	1:53:41	1084
1048	1480	1:54:31	Nathan Pittam	Ipswich Jaffa	Male	905	M	522	1:53:03	1046
1049	2694	1:54:32	William Delf	City Of Norwich AC	Male	906	M50	67	1:53:55	1093
1050	1665	1:54:33	Adam Sturman		Male	907	M	523	1:52:42	1025



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	542	1:54:33	Lee Wilson		Male	908	M	524	1:53:05	1048
1052	251	1:54:34	Charles Sizeland		Male	909	M	525	1:52:33	1019
1053	1057	1:54:35	Graham Holland		Male	910	M40	156	1:53:01	1042
1054	2147	1:54:35	Tracy Stevens	Wymondham AC	Female	144	F40	25	1:53:34	1078
1055	860	1:54:35	Mark Newman		Male	911	M	526	1:53:29	1072
1056	264	1:54:37	Michael Sowden	RAF Marham Running Club	Male	912	M	527	1:53:14	1060
1057	1160	1:54:38	Nico Paganini		Male	913	M40	157	1:53:39	1082
1058	502	1:54:38	Daniel Knights		Male	914	M	528	1:54:04	1104
1059	1194	1:54:38	Theresa Dooley		Female	145	F40	26	1:52:48	1028
1060	2876	1:54:38	Richard Bisset		Male	915	M	529	1:51:55	990
1061	1940	1:54:39	Tom Marrison		Male	916	M	530	1:52:55	1038
1062	1111	1:54:40	Jamie Barber		Male	917	M	531	1:53:52	1090
1063	1108	1:54:40	Brad Barber		Male	918	M	532	1:53:53	1091
1064	297	1:54:40	Roger Mason		Male	919	M55	26	1:53:01	1043
1065	1809	1:54:42	Joanna Killingworth		Female	146	F	100	1:53:22	1066
1066	67	1:54:47	Gary Tortice		Male	920	M	533	1:53:21	1065
1067	2413	1:54:49	Clive Mast		Male	921	M45	125	1:52:48	1029
1068	1163	1:54:49	Jonathan Eagle		Male	922	M	534	1:53:18	1062
1069	229	1:54:51	John Miller		Male	923	M45	126	1:53:28	1071
1070	2287	1:54:51	Kirstie Blencowe	Ely Runners	Female	147	F	101	1:53:41	1085
1071	654	1:54:52	Hopi Sen		Male	924	M	535	1:51:52	988
1072	656	1:54:53	Tammy Smith	Norwich Road Runners	Female	148	F	102	1:53:31	1074
1073	1032	1:54:54	John Robertson		Male	925	M45	127	1:52:09	1001
1074	1697	1:54:54	Adam Banham		Male	926	M	536	1:53:09	1055
1075	2933	1:54:56	Robert Gibbons		Male	927	M	537	1:52:08	1000
1076	2786	1:54:57	Oliver Diggins		Male	928	M	538	1:53:33	1076
1077	2771	1:54:57	Matt Rantell		Male	929	M	539	1:53:33	1077
1078	1087	1:54:57	Peter Durham		Male	930	M45	128	1:54:00	1098
1079	2568	1:54:58	Samuel Whitham		Male	931	M	540	1:53:44	1087
1080	801	1:54:59	Ian Green		Male	932	M	541	1:54:03	1103
1081	2423	1:55:01	Timothy Churchill		Male	933	M	542	1:52:58	1040
1082	1491	1:55:04	Tina Winzer		Female	149	F	103	1:53:59	1096
1083	1492	1:55:04	Giles Hartwright		Male	934	M	543	1:54:00	1099
1084	838	1:55:06	Hayley Draper		Female	150	F	104	1:53:56	1094
1085	1489	1:55:08	Steven Mills		Male	935	M	544	1:53:42	1086
1086	723	1:55:09	Pashenka Beddar		Male	936	M	545	1:53:54	1092
1087	2004	1:55:11	Jeroen Adeler		Male	937	M	546	1:54:23	1119
1088	1531	1:55:12	Ken Joyce		Male	938	M50	68	1:53:58	1095
1089	2619	1:55:13	Paul Hill		Male	939	M	547	1:53:45	1088
1090	1327	1:55:15	Andrew Peebles		Male	940	M	548	1:54:54	1147
1091	1738	1:55:15	Tim Emery	Felixstowe RRC	Male	941	M45	129	1:54:09	1109
1092	1795	1:55:16	Shane Nicholl		Male	942	M	549	1:54:37	1131
1093	1784	1:55:16	Leanne Morgan		Female	151	F	105	1:53:11	1056
1094	1785	1:55:16	Ryan Seymour		Male	943	M	550	1:53:11	1057
1095	2814	1:55:16	Damian Conway		Male	944	M50	69	1:54:23	1120
1096	703	1:55:16	Natasha Steggles		Female	152	F	106	1:53:26	1070
1097	2910	1:55:17	Jamie Price		Male	945	M	551	1:53:37	1081
1098	1412	1:55:18	Craig Catchpole		Male	946	M	552	1:52:53	1034
1099	2628	1:55:19	Roger Dye		Male	947	M40	158	1:54:48	1142
1100	486	1:55:20	Jennifer Clarke		Female	153	F	107	1:53:32	1075
1101	1817	1:55:20	Gary Fryer		Male	948	M	553	1:53:23	1067
1102	512	1:55:21	Jason Pilbrow		Male	949	M	554	1:53:39	1083
1103	1599	1:55:21	Bob Arthur	RAF Marham Running Club	Male	950	M40	159	1:54:01	1101
1104	581	1:55:24	Mark MacKinder		Male	951	M50	70	1:52:30	1018
1105	2602	1:55:24	Mark Leek		Male	952	M	555	1:53:59	1097
1106	2441	1:55:24	Peter Fitt		Male	953	M	556	1:53:13	1058
1107	1710	1:55:24	Marie Davies		Female	154	F	108	1:54:06	1106
1108	811	1:55:26	Charlotte Boucher		Female	155	F	109	1:54:36	1129
1109	1862	1:55:26	Helen Mian		Female	156	F40	27	1:54:35	1126
1110	2507	1:55:27	Charlotte Wootton		Female	157	F40	28	1:54:34	1125
1111	2572	1:55:29	Rebecca Widdows	Coltishall Jaguars	Female	158	F	110	1:54:17	1114
1112	556	1:55:30	Geoffrey Garfoot		Male	954	M45	130	1:54:21	1117
1113	2171	1:55:31	Dominic Sindall		Male	955	M	557	1:54:48	1143
1114	416	1:55:32	Tom Marr		Male	956	M	558	1:54:49	1145
1115	657	1:55:33	Nick Dean		Male	957	M40	160	1:54:28	1121
1116	345	1:55:33	Richard Sage		Male	958	M	559	1:53:05	1049
1117	1858	1:55:35	Keith Hood	Wymondham AC	Male	959	M50	71	1:54:10	1110
1118	2141	1:55:37	John Gilbert		Male	960	M45	131	1:54:12	1112
1119	2567	1:55:39	Philip Semmence		Male	961	M	560	1:55:09	1161
1120	651	1:55:39	William Thrower		Male	962	M	561	1:53:47	1089



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	52	1:55:43	Tom MacKay		Male	963	M	562	1:54:17	1115
1122	2180	1:55:44	Graham Worsfold		Male	964	M	563	1:54:00	1100
1123	2767	1:55:45	Ian Baker		Male	965	M60	9	1:55:02	1154
1124	1310	1:55:45	Jane Stafford	Norwich Road Runners	Female	159	F45	12	1:54:22	1118
1125	732	1:55:46	Emma-Jane Watchorn		Female	160	F	111	1:54:43	1139
1126	2527	1:55:46	David Lock		Male	966	M45	132	1:54:57	1152
1127	1585	1:55:46	Tony Hodgson		Male	967	M40	161	1:55:25	1179
1128	2729	1:55:46	Mike Hooper		Male	968	M	564	1:54:18	1116
1129	2702	1:55:47	Stuart Mann	Norwich Road Runners	Male	969	M45	133	1:55:01	1153
1130	1586	1:55:48	Christopher Moulton	Sudbury Joggers	Male	970	M	565	1:55:28	1181
1131	1611	1:55:49	Shane England	RAF	Male	971	M40	162	1:54:42	1138
1132	437	1:55:50	Jafar Ojra	UEA	Male	972	M	566	1:54:37	1132
1133	681	1:55:50	Luke Kelly		Male	973	M	567	1:54:41	1135
1134	1465	1:55:51	Lisa Smith		Female	161	F	112	1:54:41	1136
1135	2766	1:55:52	Carl Fawkes		Male	974	M	568	1:55:11	1164
1136	1268	1:55:54	Jen Rudd	Wymondham AC	Female	162	F	113	1:54:10	1111
1137	296	1:55:56	Dylan Thomas		Male	975	M	569	1:53:35	1080
1138	2020	1:55:58	Simon Titmus		Male	976	M	570	1:54:35	1127
1139	2737	1:55:58	Paul Crocker	Royston Runners	Male	977	M45	134	1:55:16	1170
1140	2420	1:55:58	George Woodley		Male	978	M	571	1:54:05	1105
1141	1734	1:56:01	Paul Goulsbra		Male	979	M40	163	1:55:06	1157
1142	812	1:56:02	David Johnson		Male	980	M	572	1:54:30	1123
1143	194	1:56:03	Matthew Webber		Male	981	M40	164	1:54:06	1107
1144	195	1:56:03	Liam Brown		Male	982	M	573	1:54:06	1108
1145	1643	1:56:04	Terry Downing		Male	983	M55	27	1:54:45	1140
1146	2115	1:56:09	Jemma Mickleburgh		Female	163	F	114	1:54:50	1146
1147	2824	1:56:10	Adrian Adamiak		Male	984	M	574	1:54:54	1148
1148	1971	1:56:10	Luke Casey		Male	985	M	575	1:54:41	1137
1149	586	1:56:13	David Lewis	Waveney Valley AC	Male	986	M	576	1:55:23	1177
1150	394	1:56:16	Paul Robbins		Male	987	M40	165	1:55:07	1158
1151	1720	1:56:17	Glen Glover		Male	988	M	577	1:54:02	1102
1152	891	1:56:18	Carly Jermy	Norwich Road Runners	Female	164	F	115	1:54:48	1144
1153	1976	1:56:19	Paul Wilby		Male	989	M	578	1:54:56	1149
1154	1975	1:56:19	Harriet Drewry		Female	165	F	116	1:54:56	1150
1155	2627	1:56:19	Jayne Hudson		Female	166	F	117	1:54:45	1141
1156	1544	1:56:22	Donna Atkinson		Female	167	F	118	1:54:36	1130
1157	43	1:56:23	Sam Patterson		Male	990	M	579	1:54:39	1134
1158	555	1:56:23	Renata Garfoot		Female	168	F	119	1:55:14	1167
1159	530	1:56:27	Andrew Breakspear		Male	991	M	580	1:54:56	1151
1160	2629	1:56:27	Damian Ashcroft		Male	992	M45	135	1:55:12	1165
1161	2832	1:56:29	Lisa Howard	Norwich Road Runners	Female	169	F	120	1:55:07	1159
1162	1715	1:56:30	Juliette Emma Meek	Ryston Runners	Female	170	F	121	1:54:35	1128
1163	803	1:56:32	Edric T Merciful		Male	993	M	581	1:54:31	1124
1164	1590	1:56:34	Jeff Croke		Male	994	M60	10	1:54:29	1122
1165	274	1:56:37	Danny Branch		Male	995	M	582	1:54:37	1133
1166	1155	1:56:40	James Luong		Male	996	M	583	1:55:10	1163
1167	1258	1:56:41	Patsy Bradley	Wymondham AC	Female	171	F50	7	1:55:23	1178
1168	1115	1:56:41	Edward Wharton		Male	997	M45	136	1:55:04	1155
1169	134	1:56:43	Nick Gurney		Male	998	M	584	1:55:34	1187
1170	133	1:56:43	Kerry London		Female	172	F	122	1:55:34	1188
1171	349	1:56:46	Peter Young		Male	999	M	585	1:55:17	1171
1172	989	1:56:46	Daniel Starling		Male	1000	M	586	1:55:17	1172
1173	1023	1:56:47	Colin Voss		Male	1001	M40	166	1:55:20	1175
1174	2924	1:56:50	Mark Curtis		Male	1002	M	587	1:55:18	1174
1175	1699	1:56:57	Jason Lewis		Male	1003	M	588	1:55:55	1201
1176	2723	1:56:58	David Daniels	Stowmarket Striders	Male	1004	M45	137	1:55:17	1173
1177	1754	1:56:59	Ian St Ledger		Male	1005	M45	138	1:55:09	1162
1178	2483	1:57:00	Chris Sargisson		Male	1006	M40	167	1:55:47	1195
1179	557	1:57:01	Marie House		Female	173	F	123	1:55:29	1183
1180	1282	1:57:02	Dee St Ledger	Sudbury Joggers	Female	174	F45	13	1:55:13	1166
1181	1296	1:57:02	Nick Ockmore		Male	1007	M	589	1:55:32	1185
1182	701	1:57:03	Stefan Flasche		Male	1008	M	590	1:56:08	1216
1183	2784	1:57:03	Paul Darby		Male	1009	M45	139	1:55:05	1156
1184	2136	1:57:03	Madeleine King		Female	175	F	124	1:55:08	1160
1185	1593	1:57:08	Nigel Gilham	Bungay Black Dog RC	Male	1010	M55	28	1:55:22	1176
1186	2463	1:57:11	Charlie Birchall		Male	1011	M	591	1:55:48	1198
1187	1876	1:57:14	Robert Hardy		Male	1012	M	592	1:55:25	1180
1188	2589	1:57:15	Michael Small		Male	1013	M	593	1:56:07	1214
1189	2950	1:57:16	Lawrence Gaston		Male	1014	M	594	1:55:57	1205
1190	2951	1:57:17	Lewis Gaston		Male	1015	M	595	1:55:57	1206



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1191	34	1:57:17	Emma Renouf		Female	176	F	125	1:55:14	1168
1192	150	1:57:20	Ryan Peacock	RAF Marham Running Club	Male	1016	M45	140	1:56:00	1207
1193	1685	1:57:21	Graham Penn		Male	1017	M55	29	1:55:56	1203
1194	569	1:57:23	Tim Beven		Male	1018	M45	141	1:56:09	1217
1195	1845	1:57:25	Jill Stanforth		Female	177	F	126	1:55:53	1199
1196	1169	1:57:28	Denise Fulton		Female	178	F45	14	1:56:30	1233
1197	1171	1:57:30	Mark Boyd		Male	1019	M	596	1:55:44	1192
1198	494	1:57:30	David Stunell		Male	1020	M	597	1:56:30	1234
1199	2289	1:57:31	Luke Collins		Male	1021	M	598	1:56:33	1236
1200	2203	1:57:32	Martin Punched		Male	1022	M40	168	1:55:56	1204
1201	609	1:57:32	Katie Harvey	Bildeston Bounders AC	Female	179	F	127	1:56:42	1244
1202	610	1:57:32	Glen Harvey	Bildeston Bounders AC	Male	1023	M50	72	1:56:41	1242
1203	2657	1:57:34	Cath Breckell		Female	180	F	128	1:56:24	1224
1204	1661	1:57:35	Gail Hardingham	Norfolk Gazelles	Female	181	F50	8	1:56:16	1220
1205	2076	1:57:36	Amanda Tremlett		Female	182	F45	15	1:55:15	1169
1206	2503	1:57:36	Laine Taylor	Pheonix Stryders	Male	1024	M	599	1:55:45	1193
1207	2511	1:57:37	Gareth Davies		Male	1025	M	600	1:55:46	1194
1208	1563	1:57:38	Richard Cadman	Reepham Runners	Male	1026	M50	73	1:55:34	1189
1209	1222	1:57:38	Del Wood	Challenge Central	Male	1027	M	601	1:56:29	1231
1210	337	1:57:39	Michael Rice		Male	1028	M	602	1:56:10	1218
1211	2281	1:57:40	Tracy Canham		Female	183	F	129	1:56:45	1247
1212	855	1:57:41	John Tilbrook		Male	1029	M65	6	1:55:38	1190
1213	2679	1:57:41	Bob Paul	Bungay Black Dog RC	Male	1030	M55	30	1:55:55	1202
1214	458	1:57:42	Emily Howard		Female	184	F	130	1:55:53	1200
1215	2428	1:57:43	Ross Bailey		Male	1031	M45	142	1:55:28	1182
1216	740	1:57:44	Ruth Colgan	West 4 Harriers	Female	185	F45	16	1:56:53	1251
1217	1003	1:57:44	Christopher Bush		Male	1032	M	603	1:56:03	1210
1218	2362	1:57:44	Tim Tilbrook		Male	1033	M50	74	1:56:47	1250
1219	2807	1:57:45	Vince Butler	Tri-Anglia	Male	1034	M40	169	1:56:45	1248
1220	2543	1:57:47	Jackie Harrop	Norfolk Gazelles	Female	186	F45	17	1:56:53	1252
1221	2054	1:57:50	Sue Brumby		Female	187	F45	18	1:55:30	1184
1222	1693	1:57:54	Penny Studley	Great Yarmouth & Waveney AC	Female	188	F	131	1:57:23	1271
1223	53	1:57:57	Susan Guest		Female	189	F45	19	1:56:24	1225
1224	1649	1:57:58	Benjamin Slater		Male	1035	M	604	1:56:06	1213
1225	2763	1:58:00	Rick Page		Male	1036	M50	75	1:56:40	1241
1226	2864	1:58:01	Richard Keeble		Male	1037	M55	31	1:56:04	1212
1227	2002	1:58:01	Gemma Dullea		Female	190	F	132	1:56:23	1222
1228	2262	1:58:02	Adam Glover		Male	1038	M	605	1:55:47	1196
1229	1319	1:58:02	Katherine Morris		Female	191	F	133	1:56:42	1245
1230	2123	1:58:03	Stuart Cleevely		Male	1039	M	606	1:56:01	1208
1231	2117	1:58:03	Russell Harmer		Male	1040	M	607	1:56:58	1258
1232	603	1:58:04	Nico Bryant		Male	1041	M	608	1:56:55	1253
1233	1393	1:58:07	Michael Burrell		Male	1042	M45	143	1:56:27	1229
1234	2204	1:58:07	Robert King		Male	1043	M	609	1:56:31	1235
1235	2246	1:58:11	Ricky Wood	Wimbledon Windmilers	Male	1044	M40	170	1:57:04	1265
1236	2174	1:58:14	Julie Wright		Female	192	F	134	1:56:26	1227
1237	2173	1:58:14	Dave Brooks		Male	1045	M	610	1:56:26	1228
1238	2612	1:58:14	Seyhan Bedri Myumyun		Male	1046	M	611	1:58:08	1307
1239	2469	1:58:15	Daniel Nolan		Male	1047	M45	144	1:56:25	1226
1240	1701	1:58:16	Shona Bendix	Bungay Black Dog RC	Female	193	F40	29	1:56:37	1238
1241	755	1:58:16	Tony Batting		Male	1048	M45	145	1:56:19	1221
1242	2530	1:58:17	Ian Smith		Male	1049	M45	146	1:56:23	1223
1243	1384	1:58:18	Matt Firman		Male	1050	M	612	1:56:37	1239
1244	2912	1:58:19	Keith Borrett	Stowmarket Striders	Male	1051	M55	32	1:57:58	1299
1245	749	1:58:21	Cathy Tooley	Great Yarmouth Road Runners	Female	194	F45	20	1:57:28	1274
1246	1987	1:58:21	Jerry Thompson Jr		Male	1052	M	613	1:57:51	1296
1247	864	1:58:22	Jeremy Brockelsby		Male	1053	M40	171	1:56:39	1240
1248	425	1:58:22	Adam Peake	RAF Marham Running Club	Male	1054	M	614	1:57:00	1262
1249	1778	1:58:23	Ben Houldsworth		Male	1055	M	615	1:56:36	1237
1250	1306	1:58:23	Debbie Baker		Female	195	F	135	1:57:05	1266
1251	2574	1:58:23	Dennis Rogers		Male	1056	M40	172	1:57:00	1263
1252	2761	1:58:23	Shane Lutkin		Male	1057	M55	33	1:55:39	1191
1253	1347	1:58:23	Robert Tillyard	St Edmund Pacers	Male	1058	M45	147	1:56:11	1219
1254	742	1:58:25	Liz Pardon		Female	196	F40	30	1:56:29	1232
1255	982	1:58:25	Declan Farrell		Male	1059	M	616	1:57:06	1268
1256	2091	1:58:27	Sandra Wilson		Female	197	F55	2	1:57:56	1298
1257	2396	1:58:28	Jan Lotter		Male	1060	M	617	1:56:45	1249
1258	2623	1:58:29	Ray Harrison		Male	1061	M55	34	1:55:33	1186
1259	1552	1:58:32	Simon Woods		Male	1062	M	618	1:56:03	1211
1260	2471	1:58:33	Michaela Kadanikova	Ipswich Jaffa	Female	198	F	136	1:57:05	1267



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1261	1418	1:58:35	Gavin Warnes		Male	1063	M	619	1:56:01	1209
1262	955	1:58:39	Philippa Rudd	Norwich Road Runners	Female	199	F45	21	1:56:27	1230
1263	2541	1:58:39	Siobhan Burns		Female	200	F40	31	1:57:23	1272
1264	1114	1:58:42	Rachael Lockwood	Wymondham AC	Female	201	F	137	1:56:59	1260
1265	1664	1:58:43	Tom Bulman		Male	1064	M	620	1:55:47	1197
1266	379	1:58:44	John Cumpson		Male	1065	M40	173	1:57:07	1269
1267	2673	1:58:44	Greg Westbrook		Male	1066	M	621	1:56:42	1246
1268	922	1:58:46	Marli Ekkerd		Female	202	F	138	1:58:25	1321
1269	2451	1:58:47	Marie Worrall	Great Yarmouth Road Runners	Female	203	F40	32	1:57:55	1297
1270	626	1:58:49	Ben Marshall		Male	1067	M	622	1:56:41	1243
1271	904	1:58:51	Michelle Passam		Female	204	F40	33	1:57:58	1300
1272	1016	1:58:52	Sarah Hoyle		Female	205	F	139	1:57:42	1287
1273	206	1:58:57	Julian Minichiello		Male	1068	M45	148	1:56:07	1215
1274	72	1:58:58	Tom Leeder		Male	1069	M	623	1:56:58	1259
1275	2858	1:59:03	David Wild		Male	1070	M45	149	1:57:21	1270
1276	2676	1:59:05	Adam Morfakis		Male	1071	M	624	1:57:44	1288
1277	807	1:59:06	Keith Dickens	North Norfolk Beach Runners	Male	1072	M60	11	1:58:09	1308
1278	846	1:59:06	Guy Rash		Male	1073	M45	150	1:56:55	1254
1279	836	1:59:06	Alice Shiner		Female	206	F	140	1:57:26	1273
1280	1106	1:59:08	Tom Hall		Male	1074	M	625	1:57:37	1282
1281	1138	1:59:09	Philip Wood		Male	1075	M	626	1:57:37	1283
1282	977	1:59:12	Chris Groves	Tri-Anglia	Male	1076	M60	12	1:56:59	1261
1283	1955	1:59:15	B Rackham		Female	207	F50	9	1:58:18	1316
1284	2478	1:59:15	Lucy Wright		Female	208	F	141	1:58:19	1318
1285	2745	1:59:17	Toni George		Female	209	F	142	1:58:25	1322
1286	2400	1:59:18	Edward Webster		Male	1077	M50	76	1:57:35	1279
1287	1602	1:59:22	Rebekah Stamps		Female	210	F40	34	1:58:37	1339
1288	1859	1:59:23	James McCormack		Male	1078	M	627	1:58:13	1312
1289	2491	1:59:23	Alec Fraser	North Norfolk Beach Runners	Male	1079	M65	7	1:58:25	1323
1290	191	1:59:23	Robert Hawes		Male	1080	M40	174	1:58:44	1343
1291	2416	1:59:24	Steve Smith		Male	1081	M	628	1:58:44	1344
1292	2940	1:59:26	Dan Hamilton		Male	1082	M45	151	1:57:59	1301
1293	1991	1:59:26	John Rutterford		Male	1083	M	629	1:56:55	1255
1294	2012	1:59:27	Ian Guest		Male	1084	M50	77	1:57:49	1293
1295	2349	1:59:27	Jonathan Marsden		Male	1085	M40	175	1:58:02	1305
1296	2473	1:59:29	Peter Waters		Male	1086	M40	176	1:57:35	1280
1297	974	1:59:30	Iain Patterson		Male	1087	M	630	1:57:29	1275
1298	303	1:59:31	Tim Dawson		Male	1088	M	631	1:57:49	1294
1299	1650	1:59:33	Colin Large	Elmbridge Road Runners	Male	1089	M50	78	1:56:55	1256
1300	2098	1:59:35	Helene Hunter		Female	211	F	143	1:57:32	1278
1301	408	1:59:37	Kelly Hobbins		Female	212	F	144	1:58:53	1349
1302	477	1:59:39	Tim Bradshaw		Male	1090	M	632	1:58:15	1313
1303	920	1:59:41	Nicola Steggles	Wymondham AC	Female	213	F45	22	1:58:46	1347
1304	676	1:59:42	Richard Pilch		Male	1091	M60	13	1:59:16	1368
1305	713	1:59:42	Lawrence Shipp		Male	1092	M	633	1:58:26	1325
1306	1311	1:59:42	Ivan Lees	Great Yarmouth Road Runners	Male	1093	M55	35	1:57:46	1291
1307	1215	1:59:43	Brian Best		Male	1094	M65	8	1:58:31	1329
1308	589	1:59:43	Scott Burns		Male	1095	M	634	1:58:34	1333
1309	647	1:59:46	Neil Burke		Male	1096	M	635	1:57:59	1302
1310	1069	1:59:47	Tim O'Mullane		Male	1097	M50	79	1:58:09	1309
1311	2258	1:59:47	Grant King		Male	1098	M	636	1:57:29	1276
1312	591	1:59:48	V Warwick-Evans		Female	214	F	145	1:58:38	1341
1313	495	1:59:48	Hayley Hooper		Female	215	F	146	1:58:32	1330
1314	2064	1:59:49	Janice Moore	Dereham Runners	Female	216	F45	23	1:58:09	1310
1315	309	1:59:49	Claire Brooks		Female	217	F	147	1:58:36	1336
1316	247	1:59:50	Sarah Barr-Young		Female	218	F	148	1:58:28	1327
1317	680	1:59:51	Cassie Barker	Wymondham AC	Female	219	F	149	1:58:05	1306
1318	2559	1:59:56	Simon Loydall		Male	1099	M	637	1:58:01	1304
1319	1463	1:59:57	Mark Johnson		Male	1100	M	638	1:59:39	1381
1320	311	1:59:58	Martha Malherbe	Dereham Runners	Female	220	F	150	1:58:58	1353
1321	2104	1:59:58	Georgiana Simmons		Female	221	F	151	1:57:00	1264
1322	898	1:59:59	Justin Hudson		Male	1101	M40	177	1:58:19	1319
1323	779	2:00:00	Mary Schofield		Female	222	F	152	1:58:15	1314
1324	292	2:00:03	Kevin Sadler		Male	1102	M45	152	1:58:20	1320
1325	298	2:00:06	Amanda Beuselinck	Metros RC	Female	223	F40	35	1:57:35	1281
1326	1478	2:00:07	Colin Alford		Male	1103	M45	153	1:58:26	1326
1327	638	2:00:08	Nathaniel Booker		Male	1104	M	639	1:58:25	1324
1328	2869	2:00:08	Peter Elphick		Male	1105	M45	154	1:58:00	1303
1329	1425	2:00:08	Darren Powell		Male	1106	M45	155	1:58:11	1311
1330	2016	2:00:09	Julz Williams		Female	224	F	153	1:57:44	1289



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1331	1827	2:00:10	Scott Wilkinson		Male	1107	M	640	1:57:29	1277
1332	2299	2:00:10	Ashley Martin	RAF Marham Running Club	Male	1108	M	641	1:58:56	1350
1333	2116	2:00:11	Victoria Harmer		Female	225	F	154	1:59:06	1360
1334	158	2:00:12	Carl Saunders		Male	1109	M	642	1:58:33	1331
1335	727	2:00:13	Lea Fennelly		Male	1110	M	643	1:59:03	1358
1336	65	2:00:13	Steven Hatch		Male	1111	M45	156	1:58:36	1337
1337	2139	2:00:13	James Hornagold		Male	1112	M	644	1:58:42	1342
1338	1082	2:00:13	Kerry Nicholls	Great Yarmouth Road Runners	Female	226	F40	36	1:58:45	1346
1339	1382	2:00:13	Madeline Howarth		Female	227	F	155	1:57:39	1285
1340	1762	2:00:14	Ben Mitchell		Male	1113	M	645	1:59:06	1361
1341	2250	2:00:14	Katie MacK	City Of Norwich AC	Female	228	F	156	1:57:49	1295
1342	1775	2:00:14	Sonja White		Female	229	F	157	1:59:06	1362
1343	790	2:00:15	Lisa Hext	Stafford Harriers	Female	230	F	158	1:57:46	1292
1344	1560	2:00:15	Daniel Shanks		Male	1114	M	646	1:57:38	1284
1345	2548	2:00:16	Karle Howard		Male	1115	M40	178	1:57:41	1286
1346	1815	2:00:19	Kate Richardson		Female	231	F40	37	1:58:15	1315
1347	2022	2:00:22	Wayne McAllister	Barking Roadrunners	Male	1116	M45	157	1:57:44	1290
1348	2486	2:00:22	Renate Hope		Female	232	F	159	1:58:18	1317
1349	1781	2:00:24	Anita Grainger		Female	233	F40	38	1:58:48	1348
1350	2399	2:00:28	David Stamper		Male	1117	M45	158	1:58:34	1334
1351	1628	2:00:33	Mandy Foyster		Female	234	F45	24	1:59:12	1364
1352	1567	2:00:33	Anne Wones		Female	235	F40	39	1:59:12	1365
1353	1568	2:00:34	Adrian Leeder		Male	1118	M	647	1:56:56	1257
1354	583	2:00:38	Andrew White		Male	1119	M40	179	1:59:01	1356
1355	1588	2:00:42	Sarah Bays		Female	236	F40	40	1:58:33	1332
1356	1487	2:00:46	David Harwood		Male	1120	M	648	1:58:57	1351
1357	1241	2:00:47	Luke Harris		Male	1121	M	649	1:58:30	1328
1358	1561	2:00:48	James Francis		Male	1122	M	650	1:58:59	1354
1359	1225	2:00:48	N Russell-Clarke		Female	237	F	160	1:59:15	1367
1360	1779	2:00:49	Tim Orr		Male	1123	M	651	1:58:44	1345
1361	1836	2:00:50	Glen Barron		Male	1124	M40	180	1:59:12	1366
1362	600	2:00:54	Sarah Chowdhury		Female	238	F	161	1:59:53	1389
1363	2607	2:00:56	Will Chenery		Male	1125	M	652	1:59:29	1374
1364	2359	2:00:57	Trude Barber		Female	239	F	162	1:58:57	1352
1365	564	2:00:57	Richard Rice		Male	1126	M	653	1:59:31	1375
1366	1033	2:00:59	Alison Marchant		Female	240	F40	41	1:59:03	1359
1367	998	2:01:01	Andrew Hovell		Male	1127	M40	181	1:59:22	1370
1368	2841	2:01:03	Richard Bulman	Reepham Runners	Male	1128	M60	14	1:58:59	1355
1369	986	2:01:04	Craig Taylor		Male	1129	M	654	1:59:57	1393
1370	1196	2:01:05	Karen Death		Female	241	F40	42	1:59:07	1363
1371	1776	2:01:13	Chris Dugdale		Male	1130	M45	159	1:58:37	1340
1372	1002	2:01:18	Daniel Boulter	Cove Joggers	Male	1131	M	655	1:58:35	1335
1373	2746	2:01:19	Richard Larnar		Male	1132	M50	80	1:59:41	1382
1374	696	2:01:20	Robert Grand		Male	1133	M	656	1:59:23	1371
1375	415	2:01:21	Matthew Southby		Male	1134	M	657	1:59:49	1387
1376	420	2:01:21	Alistair Dawson		Male	1135	M	658	1:58:36	1338
1377	2384	2:01:21	Rohit Upasani		Male	1136	M	659	1:59:59	1398
1378	1989	2:01:24	David Blake		Male	1137	M45	160	1:59:16	1369
1379	1981	2:01:26	Gajan Chellappah		Male	1138	M	660	2:00:43	1420
1380	640	2:01:26	Nicholas Carpenter		Male	1139	M65	9	1:59:41	1383
1381	1705	2:01:27	Martin Spilsted		Male	1140	M	661	2:00:12	1410
1382	552	2:01:31	Samantha Mulley		Female	242	F	163	2:01:23	1446
1383	599	2:01:31	Richard Heath		Male	1141	M	662	1:59:02	1357
1384	326	2:01:33	Daniel Critchlow		Male	1142	M	663	1:59:43	1384
1385	854	2:01:34	Simon Grand		Male	1143	M	664	1:59:37	1379
1386	2374	2:01:34	David Haldane		Male	1144	M40	182	1:59:33	1376
1387	1197	2:01:36	Paul Wallace	Stowmarket Striders	Male	1145	M45	161	1:59:38	1380
1388	1330	2:01:37	Mark Vaughan		Male	1146	M50	81	2:00:04	1401
1389	1537	2:01:38	Tony Payne		Male	1147	M45	162	1:59:25	1372
1390	1058	2:01:38	Donna Talby		Female	243	F	164	2:00:06	1405
1391	2480	2:01:39	Neal Costen		Male	1148	M40	183	1:59:45	1386
1392	2721	2:01:41	Simon Redding		Male	1149	M45	163	1:59:53	1390
1393	1182	2:01:42	Alex Taylor		Male	1150	M	665	2:00:11	1409
1394	2335	2:01:42	Daniel Wittred		Male	1151	M	666	2:00:14	1411
1395	48	2:01:43	William Router	Wymondham AC	Male	1152	M50	82	1:59:58	1395
1396	1624	2:01:45	Amelia Whiting		Female	244	F	165	1:59:58	1396
1397	825	2:01:48	Ian Breeze		Male	1153	M40	184	2:00:46	1422
1398	2537	2:01:48	James Hill		Male	1154	M	667	2:00:10	1406
1399	1974	2:01:50	Michele Gray		Female	245	F45	25	1:59:43	1385
1400	2447	2:01:52	Joshua Williams		Male	1155	M	668	1:59:57	1394



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1401	2169	2:01:54	Mirrick Koh		Male	1156	M	669	1:59:28	1373
1402	1337	2:01:54	George Weston		Male	1157	M	670	2:00:36	1415
1403	2909	2:01:58	Martin Walsh		Male	1158	M55	36	1:59:34	1377
1404	731	2:01:58	Ivan Carr		Male	1159	M40	185	2:00:57	1431
1405	503	2:01:58	Pauline Richardson	Great Yarmouth Road Runners	Female	246	F50	10	2:00:00	1399
1406	47	2:01:59	Mark Williamson		Male	1160	M	671	2:00:58	1432
1407	1072	2:01:59	Rachel Taylor		Female	247	F	166	1:59:35	1378
1408	2364	2:02:02	Terry Youll	Norwich Road Runners	Male	1161	M60	15	2:01:05	1437
1409	1735	2:02:03	Christine Breeze		Female	248	F50	11	2:00:10	1407
1410	2457	2:02:03	Edward Payne		Male	1162	M60	16	2:00:02	1400
1411	775	2:02:04	Jon Collard		Male	1163	M	672	1:59:58	1397
1412	2308	2:02:06	Ben Warnes	RAF Marham Running Club	Male	1164	M	673	2:00:52	1426
1413	2432	2:02:06	Rob Cameron		Male	1165	M	674	2:00:45	1421
1414	2433	2:02:06	Erica Eriksson		Female	249	F	167	2:00:46	1423
1415	2757	2:02:08	Bridget Stevens		Female	250	F45	26	2:00:17	1413
1416	522	2:02:09	Mark Easter		Male	1166	M	675	1:59:52	1388
1417	521	2:02:10	Robert Wilde		Male	1167	M	676	1:59:53	1391
1418	2753	2:02:14	Luke Parker		Male	1168	M	677	2:01:01	1434
1419	1530	2:02:16	Michael Scott		Male	1169	M50	83	2:00:04	1402
1420	442	2:02:16	Tracy Fabb		Female	251	F	168	2:00:54	1428
1421	2823	2:02:17	Jennie Humphries		Female	252	F45	27	2:00:39	1418
1422	781	2:02:17	Elizabeth Beauchamp		Female	253	F	169	2:00:25	1414
1423	399	2:02:20	Louise Panter		Female	254	F40	43	1:59:56	1392
1424	2593	2:02:24	Craig Bowen-Jones		Male	1170	M40	186	2:00:55	1429
1425	2594	2:02:24	Tracey Bowen-Jones		Female	255	F40	44	2:00:55	1430
1426	1944	2:02:25	Holly Hazell		Female	256	F	170	2:00:05	1403
1427	1875	2:02:26	Bee Chapman	Newmarket Joggers	Female	257	F45	28	2:00:49	1424
1428	268	2:02:26	Andrew English		Male	1171	M45	164	2:00:53	1427
1429	628	2:02:30	Jonathan Hudson		Male	1172	M	678	2:01:05	1438
1430	2345	2:02:31	Michael Smith	Wymondham AC	Male	1173	M65	10	2:00:51	1425
1431	1140	2:02:32	Sam Morley		Male	1174	M	679	2:01:25	1448
1432	1848	2:02:32	Kirsty Fisher		Female	258	F	171	2:01:12	1442
1433	497	2:02:34	Gemma Sullivan		Female	259	F	172	2:02:20	1483
1434	1878	2:02:35	Esther Norton		Female	260	F40	45	2:01:23	1447
1435	1141	2:02:35	Feria Siblon		Female	261	F50	12	2:00:05	1404
1436	2908	2:02:40	Kieran Walsh		Male	1175	M	680	2:00:16	1412
1437	2852	2:02:40	Stephanie Jones		Female	262	F	173	2:02:04	1463
1438	231	2:02:41	Donna Gray		Female	263	F40	46	2:00:10	1408
1439	1045	2:02:44	Matthew Clark		Male	1176	M40	187	2:00:36	1416
1440	1927	2:02:46	Jackie Gowing	Wymondham AC	Female	264	F	174	2:01:28	1451
1441	985	2:02:49	Gareth Cross		Male	1177	M	681	2:01:43	1457
1442	2791	2:02:49	James England		Male	1178	M50	84	2:01:03	1436
1443	2034	2:02:55	Andy Harrod	Ryston Runners	Male	1179	M45	165	2:02:10	1469
1444	919	2:02:55	Carl Manning	Ryston Runners	Male	1180	M50	85	2:02:10	1470
1445	123	2:02:57	Stephen Bullen		Male	1181	M40	188	2:01:00	1433
1446	2304	2:02:58	Paul Campling		Male	1182	M	682	2:01:41	1456
1447	2962	2:03:01	Matthew Dakers		Male	1183	M	683	2:01:19	1444
1448	2033	2:03:05	Sarah Smith		Female	265	F40	47	2:02:07	1466
1449	1722	2:03:06	Brian Titchiner	Dereham Runners	Male	1184	M45	166	2:00:42	1419
1450	2290	2:03:07	Natalie Thurtle		Female	266	F	175	2:01:25	1449
1451	421	2:03:17	Allan McDuff		Male	1185	M40	189	2:00:36	1417
1452	2075	2:03:19	Magdy Elsayy		Male	1186	M55	37	2:02:14	1474
1453	958	2:03:19	Iain White	Tri-Anglia	Male	1187	M60	17	2:01:05	1439
1454	1635	2:03:20	Michelle Lake	Norwich Road Runners	Female	267	F	176	2:01:01	1435
1455	2905	2:03:20	Helen Dodd	Norwich Road Runners	Female	268	F	177	2:01:06	1441
1456	2188	2:03:22	Richard Carr	Ryston Runners	Male	1188	M	684	2:02:36	1489
1457	2716	2:03:25	David Stokely		Male	1189	M50	86	2:02:13	1473
1458	888	2:03:28	Jason Mealey		Male	1190	M40	190	2:01:22	1445
1459	171	2:03:29	Liam Corcoran		Male	1191	M	685	2:01:37	1455
1460	2794	2:03:33	James Norden	City Runners	Male	1192	M45	167	2:02:10	1471
1461	907	2:03:34	Ben Skilbeck		Male	1193	M	686	2:01:26	1450
1462	544	2:03:34	Dianne Bird		Female	269	F45	29	2:01:05	1440
1463	1436	2:03:35	Simon Coates		Male	1194	M45	168	2:02:16	1477
1464	2162	2:03:35	Peter Drew	Ryston Runners	Male	1195	M55	38	2:02:48	1497
1465	285	2:03:36	David Stubbins		Male	1196	M	687	2:01:48	1459
1466	170	2:03:38	Steve Symss		Male	1197	M40	191	2:02:39	1492
1467	1439	2:03:43	Philip Whyte	Tri-Anglia	Male	1198	M40	192	2:01:34	1453
1468	1103	2:03:47	Thomas Stevens		Male	1199	M	688	2:03:06	1509
1469	887	2:03:50	Mark Hansell		Male	1200	M55	39	2:02:00	1461
1470	2697	2:03:51	Julian Holland		Male	1201	M	689	2:02:33	1488



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1471	1506	2:03:53	Patrick McCabe		Male	1202	M50	87	2:01:32	1452
1472	411	2:03:56	Gina Preston		Female	270	F45	30	2:02:36	1490
1473	1411	2:03:57	Karen Gedge	Bungay Black Dog RC	Female	271	F45	31	2:01:17	1443
1474	2805	2:04:04	Stephen Baker		Male	1203	M60	18	2:02:44	1493
1475	822	2:04:05	Andrew Griffiths		Male	1204	M40	193	2:02:01	1462
1476	538	2:04:05	Dan Brown		Male	1205	M40	194	2:01:43	1458
1477	613	2:04:05	Andrew Read		Male	1206	M	690	2:03:35	1527
1478	221	2:04:06	Jacqueline Lake		Female	272	F50	13	2:02:11	1472
1479	2256	2:04:07	Gillian Corrigan	Stowmarket Striders	Female	273	F	178	2:03:21	1515
1480	1924	2:04:07	Lucy Coleman		Female	274	F45	32	2:02:20	1484
1481	925	2:04:11	Katherine Johnson	Ryston Runners	Female	275	F	179	2:02:07	1467
1482	758	2:04:13	Martin Greiller		Male	1207	M	691	2:02:21	1485
1483	804	2:04:14	Simon Hankinson		Male	1208	M40	195	2:01:34	1454
1484	57	2:04:16	Peter Hurrell		Male	1209	M40	196	2:02:23	1486
1485	1980	2:04:16	Amy Dunnett		Female	276	F	180	2:02:37	1491
1486	1622	2:04:18	Saiful Islam		Male	1210	M	692	2:02:19	1481
1487	2371	2:04:21	Andrew Russell		Male	1211	M50	88	2:02:45	1495
1488	2405	2:04:24	Janet Ivers	Tri-Anglia	Female	277	F	181	2:02:04	1464
1489	2105	2:04:28	Isobel Robson		Female	278	F45	33	2:03:24	1519
1490	2257	2:04:29	Richard Challis		Male	1212	M	693	2:01:59	1460
1491	2301	2:04:33	Chris Mills		Male	1213	M50	89	2:03:05	1508
1492	841	2:04:39	Sarah Bultz		Female	279	F	182	2:03:44	1531
1493	2045	2:04:40	Heather Smith		Female	280	F	183	2:03:29	1522
1494	1970	2:04:41	Hazel Garrity	Bungay Black Dog RC	Female	281	F55	3	2:03:55	1538
1495	1969	2:04:41	Terry Garrity	Bungay Black Dog RC	Male	1214	M55	40	2:03:55	1539
1496	2452	2:04:41	Eve Buhler		Female	282	F	184	2:03:31	1525
1497	1077	2:04:41	Jill Anderson	Framlingham Flyers	Female	283	F55	4	2:02:18	1479
1498	2329	2:04:42	Jeannette Baxter		Female	284	F	185	2:02:14	1475
1499	2328	2:04:42	Kate Lee		Female	285	F	186	2:02:14	1476
1500	2639	2:04:43	Samantha Brighten		Female	286	F	187	2:03:02	1506
1501	2640	2:04:44	John Brighten		Male	1215	M60	19	2:03:03	1507
1502	1603	2:04:45	Oliver Harnett		Male	1216	M45	169	2:03:17	1512
1503	1210	2:04:46	Julia Minty		Female	287	F45	34	2:02:09	1468
1504	894	2:04:52	Charlotte Harvey		Female	288	F	188	2:02:45	1496
1505	2604	2:04:54	Andy Pitt		Male	1217	M40	197	2:03:41	1530
1506	438	2:04:56	Terence Moore		Male	1218	M50	90	2:02:54	1502
1507	634	2:04:56	Louise Barby		Female	289	F40	48	2:02:54	1503
1508	2930	2:04:59	Simon Fox		Male	1219	M	694	2:02:31	1487
1509	1277	2:05:00	Angel Street		Female	290	F	189	2:02:44	1494
1510	1065	2:05:02	Cathy Forth	Norfolk Gazelles	Female	291	F40	49	2:04:25	1556
1511	2367	2:05:04	David Gardiner		Male	1220	M45	170	2:03:06	1510
1512	2812	2:05:08	Matthew Conway		Male	1221	M	695	2:04:16	1548
1513	2143	2:05:09	Leigh Goddard		Male	1222	M	696	2:02:16	1478
1514	679	2:05:11	Eleanor Vanner		Female	292	F40	50	2:02:53	1500
1515	796	2:05:11	Anita Kemp		Female	293	F40	51	2:02:53	1501
1516	2446	2:05:12	Richard Jacques		Male	1223	M	697	2:02:57	1504
1517	2484	2:05:12	Jason Kerr		Male	1224	M	698	2:02:57	1505
1518	1162	2:05:13	Shona Turnbull		Female	294	F	190	2:02:50	1498
1519	937	2:05:13	Hilary Turnbull		Female	295	F	191	2:02:51	1499
1520	1633	2:05:14	Richard Martin		Male	1225	M	699	2:03:16	1511
1521	2132	2:05:15	Jeanette Simpson		Female	296	F	192	2:03:19	1513
1522	2063	2:05:19	Keith Moore	Dereham Runners	Male	1226	M45	171	2:02:19	1482
1523	1348	2:05:19	Steve Plunkett	Dereham Runners	Male	1227	M45	172	2:02:18	1480
1524	2957	2:05:20	Regina McEnroy		Female	297	F	193	2:04:27	1557
1525	2631	2:05:22	Alistair Reardon		Male	1228	M	700	2:03:23	1518
1526	1461	2:05:24	Sarah Lewis		Female	298	F	194	2:04:34	1562
1527	1093	2:05:24	Rachel Stone		Female	299	F	195	2:03:20	1514
1528	2092	2:05:30	Sean Aldred		Male	1229	M	701	2:02:04	1465
1529	1019	2:05:31	Tim Royds		Male	1230	M45	173	2:05:10	1574
1530	704	2:05:33	Nathan Muskett	Birketts Runners AC	Male	1231	M	702	2:04:57	1570
1531	1217	2:05:34	John Richardson	Dereham Runners	Male	1232	M55	41	2:04:22	1555
1532	1824	2:05:35	Jamie Friend	British Army	Male	1233	M	703	2:05:32	1585
1533	2529	2:05:37	Paul Moore		Male	1234	M40	198	2:04:35	1563
1534	2780	2:05:42	Neil Loadman	Tri-Anglia	Male	1235	M40	199	2:03:34	1526
1535	548	2:05:46	Belinda Nichols		Female	300	F	196	2:04:31	1559
1536	539	2:05:47	Glynis Bennett		Female	301	F	197	2:04:31	1560
1537	2212	2:05:47	Roger Eglen	Eastern Vets	Male	1236	M65	11	2:04:48	1565
1538	1796	2:05:47	Hufsah Khan	UEA Triathlon Club	Female	302	F	198	2:03:22	1516
1539	1415	2:05:47	Martin Hardy		Male	1237	M	704	2:03:39	1528
1540	1175	2:05:50	Suzanne Combes		Female	303	F40	52	2:03:52	1535



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1541	1174	2:05:50	John Trowell	Stowmarket Striders	Male	1238	M40	200	2:03:52	1536
1542	981	2:05:55	Sue Hargadon	Ipswich Tri Club	Female	304	F55	5	2:04:31	1561
1543	1653	2:05:56	Judith Baker		Female	305	F	199	2:03:55	1540
1544	1654	2:05:56	Karl Redgrave		Male	1239	M40	201	2:03:55	1541
1545	2545	2:05:59	David Warburton		Male	1240	M	705	2:05:33	1587
1546	1441	2:06:01	Tom Parker		Male	1241	M	706	2:03:22	1517
1547	1110	2:06:02	Chris Tynan		Male	1242	M	707	2:05:36	1589
1548	2557	2:06:02	Neil Bower		Male	1243	M	708	2:03:39	1529
1549	1994	2:06:03	David Rivett	Dorset Doddlers	Male	1244	M40	202	2:04:58	1571
1550	329	2:06:04	Paul Kerrison	Harwich Runners	Male	1245	M45	174	2:03:29	1523
1551	453	2:06:04	Gareth Morgan		Male	1246	M	709	2:03:29	1524
1552	2122	2:06:07	Darren Rowley	Dereham Runners	Male	1247	M45	175	2:03:48	1534
1553	218	2:06:08	Neil Cooper	Tri-Anglia	Male	1248	M45	176	2:04:04	1542
1554	1041	2:06:11	Joseph Kearton		Male	1249	M	710	2:03:28	1521
1555	2129	2:06:13	Katie Brightwell		Female	306	F	200	2:04:20	1550
1556	2587	2:06:14	Nichola Gilbert		Female	307	F	201	2:03:27	1520
1557	2860	2:06:15	Eddie Balls		Male	1250	M65	12	2:04:04	1543
1558	1689	2:06:17	Adele Bushell	Coltishall Jaguars	Female	308	F40	53	2:03:46	1532
1559	2251	2:06:19	Grahame Winn		Male	1251	M50	91	2:04:51	1567
1560	2582	2:06:19	Hayley Harper	Ipswich Jaffa	Female	309	F	202	2:04:51	1568
1561	971	2:06:20	Mark Garrod		Male	1252	M50	92	2:04:14	1544
1562	639	2:06:23	Hannah Rush		Female	310	F	203	2:04:20	1551
1563	1610	2:06:24	Stephane Lafosse		Male	1253	M45	177	2:04:15	1546
1564	2425	2:06:25	Sean Stuteley		Male	1254	M40	203	2:04:20	1552
1565	760	2:06:25	Andrew Terry		Male	1255	M40	204	2:04:20	1553
1566	1915	2:06:35	James Lillistone		Male	1256	M	711	2:04:21	1554
1567	1990	2:06:37	Angie Hunt		Female	311	F40	54	2:05:33	1588
1568	2828	2:06:37	Angela Bower		Female	312	F	204	2:04:14	1545
1569	153	2:06:38	Edward Whatling		Male	1257	M	712	2:04:18	1549
1570	1266	2:06:40	Helen Byron		Female	313	F40	55	2:03:46	1533
1571	2284	2:06:43	Tim Cheesman		Male	1258	M	713	2:05:18	1576
1572	2856	2:06:45	Nick Reynolds		Male	1259	M	714	2:04:55	1569
1573	798	2:06:50	Andrew Coghlin		Male	1260	M	715	2:03:54	1537
1574	2855	2:06:55	Gerard Mooney		Male	1261	M50	93	2:04:15	1547
1575	1477	2:07:01	Chris Theodorou		Male	1262	M	716	2:05:25	1580
1576	642	2:07:04	Jonathan Thetford		Male	1263	M	717	2:05:00	1572
1577	2913	2:07:05	Laura Duncan		Female	314	F	205	2:05:47	1593
1578	1791	2:07:10	James Davison	Birketts Runners AC	Male	1264	M	718	2:06:04	1610
1579	622	2:07:13	Christian Godfrey		Male	1265	M	719	2:04:28	1558
1580	2411	2:07:14	Ken Mathews	Tri-Anglia	Male	1266	M55	42	2:06:15	1622
1581	1299	2:07:15	Katrina Tipler		Female	315	F	206	2:04:50	1566
1582	2818	2:07:16	John Bide	Uknetrunner	Male	1267	M50	94	2:06:04	1611
1583	1476	2:07:18	Krissy Theodorou		Female	316	F	207	2:05:43	1591
1584	2654	2:07:18	Christina Hurst		Female	317	F45	35	2:05:15	1575
1585	2278	2:07:18	Josephine Williams		Female	318	F40	56	2:05:32	1586
1586	1641	2:07:21	Kevin McLellan	Serpentine RC	Male	1268	M55	43	2:06:13	1621
1587	2569	2:07:22	Heather Blackmore		Female	319	F	208	2:06:00	1607
1588	2642	2:07:26	Adam Kimberley		Male	1269	M	720	2:05:47	1594
1589	2644	2:07:29	Andy Crafter		Male	1270	M40	205	2:05:49	1595
1590	1849	2:07:29	Carolyn Jay		Female	320	F	209	2:05:50	1598
1591	343	2:07:35	Paul Blake		Male	1271	M55	44	2:04:42	1564
1592	1342	2:07:37	Andrew Smith		Male	1272	M40	206	2:05:25	1581
1593	1864	2:07:41	David Haines		Male	1273	M60	20	2:05:23	1578
1594	2210	2:07:41	Laura Knight		Female	321	F	210	2:05:23	1579
1595	384	2:07:42	Jane Feneley		Female	322	F40	57	2:05:18	1577
1596	22	2:07:42	Anton Wimmer		Male	1274	M40	207	2:06:05	1614
1597	2672	2:07:45	Georgina Scott	Lowestoft Road Runners	Female	323	F	211	2:05:51	1600
1598	2671	2:07:45	Chris Scott	Lowestoft Road Runners	Male	1275	M	721	2:05:51	1601
1599	2682	2:07:45	Catherine Hunt		Female	324	F	212	2:05:49	1596
1600	1090	2:07:47	Victoria Ellender		Female	325	F	213	2:06:04	1612
1601	289	2:07:47	Helen Carter	Saxons	Female	326	F	214	2:05:52	1602
1602	1131	2:07:49	James Curtis		Male	1276	M	722	2:06:16	1623
1603	876	2:07:49	Tim Jackson		Male	1277	M	723	2:06:10	1618
1604	2131	2:07:53	Paul Simpson		Male	1278	M	724	2:05:57	1603
1605	915	2:07:53	Graham Bloomfield		Male	1279	M	725	2:06:23	1626
1606	2462	2:07:55	John Birchall		Male	1280	M55	45	2:06:08	1616
1607	2796	2:07:58	Karen Lambert		Female	327	F	215	2:05:06	1573
1608	2800	2:08:01	David Pimlott	Waveney Valley AC	Male	1281	M60	21	2:06:08	1617
1609	662	2:08:03	Emma Jordan		Female	328	F40	58	2:06:23	1627
1610	515	2:08:03	Stacey Kerrigan		Female	329	F	216	2:06:44	1637



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1611	2744	2:08:03	Gavin Gunn		Male	1282	M	726	2:06:44	1638
1612	516	2:08:03	Andrew Davis		Male	1283	M	727	2:06:44	1639
1613	39	2:08:03	Bianca Burman		Female	330	F	217	2:06:01	1608
1614	2911	2:08:04	Jennifer Devaney	Stowmarket Striders	Female	331	F	218	2:07:43	1668
1615	1721	2:08:06	Carol Cooper	Norfolk Gazelles	Female	332	F45	36	2:05:29	1584
1616	1798	2:08:11	Joanne Wharam		Female	333	F	219	2:06:57	1646
1617	1147	2:08:12	Susanna Pritchard	Stowmarket Striders	Female	334	F	220	2:05:49	1597
1618	961	2:08:12	Christina Burdakova		Female	335	F	221	2:06:52	1645
1619	1379	2:08:12	Liz Beighton	Stowmarket Striders	Female	336	F	222	2:07:51	1671
1620	693	2:08:17	Kelly James		Female	337	F40	59	2:06:25	1628
1621	1541	2:08:18	Richard Hammond		Male	1284	M55	46	2:05:26	1582
1622	2699	2:08:18	Mick Boylan		Male	1285	M55	47	2:05:26	1583
1623	2223	2:08:20	Rob Bennett		Male	1286	M55	48	2:06:06	1615
1624	2120	2:08:20	Ian Maloney		Male	1287	M50	95	2:08:11	1684
1625	1235	2:08:20	Gemma Francis		Female	338	F	223	2:05:50	1599
1626	1614	2:08:21	Scott Baker		Male	1288	M40	208	2:05:36	1590
1627	94	2:08:25	Christopher Bullock		Male	1289	M	728	2:06:11	1619
1628	2903	2:08:25	Lee Coombes	Swanley Athletics Club	Male	1290	M	729	2:06:58	1647
1629	578	2:08:27	Daryl Bunting		Male	1291	M40	209	2:06:43	1636
1630	1274	2:08:28	Matthew Buffin		Male	1292	M	730	2:05:45	1592
1631	2865	2:08:28	Michelle Gorman		Female	339	F	224	2:06:02	1609
1632	315	2:08:28	Matthew Plummer		Male	1293	M	731	2:06:32	1631
1633	2369	2:08:30	Melanie Evans		Female	340	F45	37	2:06:12	1620
1634	2833	2:08:32	Paul Brown		Male	1294	M40	210	2:06:29	1629
1635	531	2:08:34	Lynsey Anselin		Female	341	F	225	2:06:46	1642
1636	835	2:08:35	Darrel Roberts		Male	1295	M40	211	2:06:32	1632
1637	1770	2:08:36	E De Hoghton Mckay		Female	342	F40	60	2:06:17	1624
1638	1438	2:08:37	Michael Dale	Great Yarmouth Road Runners	Male	1296	M40	212	2:08:07	1679
1639	111	2:08:38	Margaret Kent		Female	343	F45	38	2:05:57	1604
1640	2736	2:08:39	Alex Gray		Male	1297	M	732	2:07:09	1653
1641	2820	2:08:41	Julia Drell		Female	344	F	226	2:06:04	1613
1642	756	2:08:44	Guy Mitchell		Male	1298	M40	213	2:07:07	1652
1643	2650	2:08:46	Alan Taylor		Male	1299	M	733	2:05:58	1605
1644	1978	2:08:47	Robert Taylor		Male	1300	M	734	2:05:58	1606
1645	1148	2:08:48	David Horn		Male	1301	M40	214	2:06:31	1630
1646	2247	2:08:52	Simon Hudson		Male	1302	M40	215	2:06:39	1634
1647	2747	2:08:53	Danielle Rackham	Norwich Road Runners	Female	345	F	227	2:07:12	1656
1648	1100	2:08:54	Alex Piper		Male	1303	M	735	2:07:03	1649
1649	2931	2:08:59	Jeffrey Hoey		Male	1304	M	736	2:07:51	1672
1650	2684	2:09:01	Martin Spaul		Male	1305	M45	178	2:07:57	1675
1651	2718	2:09:01	Neil Richardson		Male	1306	M45	179	2:07:57	1676
1652	468	2:09:06	Rachael Patman		Female	346	F	228	2:06:34	1633
1653	1582	2:09:07	Ben Newton		Male	1307	M	737	2:06:22	1625
1654	308	2:09:08	Rachel Barrow		Female	347	F	229	2:07:55	1674
1655	478	2:09:13	Helen Southgate		Female	348	F	230	2:07:09	1654
1656	2164	2:09:13	Karen Nice		Female	349	F	231	2:07:09	1655
1657	883	2:09:13	Vivienne Taylor	Framlingham Flyers	Female	350	F55	6	2:07:19	1657
1658	1475	2:09:15	Ellen Sweet-Escott		Female	351	F50	14	2:06:45	1640
1659	2505	2:09:17	Chris Carolan		Male	1308	M	738	2:06:41	1635
1660	2031	2:09:17	Benjamin Ray		Male	1309	M	739	2:07:25	1660
1661	1647	2:09:22	Adrian Nickson		Male	1310	M	740	2:06:47	1643
1662	1187	2:09:22	Lisa Kitching		Female	352	F	232	2:06:47	1644
1663	1570	2:09:24	Jenny Bartrum		Female	353	F55	7	2:07:21	1658
1664	1292	2:09:26	Jonathan Newell		Male	1311	M60	22	2:07:32	1664
1665	1080	2:09:26	Sheila Smith		Female	354	F55	8	2:07:21	1659
1666	2043	2:09:29	Lee Scottow	Norwich Road Runners	Male	1312	M	741	2:07:44	1669
1667	1894	2:09:32	Melanie Froude		Female	355	F	233	2:07:03	1650
1668	546	2:09:37	Claire Lussigne		Female	356	F40	61	2:07:01	1648
1669	489	2:09:38	N Morgan-Baker		Male	1313	M40	216	2:07:40	1667
1670	1400	2:09:38	Matt Johnson		Male	1314	M	742	2:08:15	1688
1671	302	2:09:38	Neil Cockerton		Male	1315	M	743	2:06:45	1641
1672	1405	2:09:39	Kirstie Flower		Female	357	F	234	2:08:15	1689
1673	2778	2:09:39	Alba Martin		Female	358	F	235	2:07:54	1673
1674	93	2:09:40	Jonathan Rider		Male	1316	M	744	2:07:27	1661
1675	1587	2:09:41	Tom Knott		Male	1317	M50	96	2:07:04	1651
1676	2847	2:09:42	A Stretton-Derham		Female	359	F40	62	2:08:08	1680
1677	1747	2:09:42	Ross Procter		Male	1318	M	745	2:08:39	1700
1678	2395	2:09:54	Lucas Weston		Male	1319	M	746	2:08:19	1692
1679	917	2:09:55	Emma Cross		Female	360	F	236	2:08:28	1699
1680	2938	2:09:55	Joanne Pearson		Female	361	F50	15	2:07:48	1670



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1681	2581	2:09:57	Beatrice Heuvel		Female	362	F	237	2:08:12	1685
1682	157	2:09:59	Rob McKillop		Male	1320	M40	217	2:07:59	1678
1683	2083	2:10:01	Adrian Rayner		Male	1321	M45	180	2:07:34	1665
1684	2808	2:10:02	Ruth Edwards		Female	363	F45	39	2:08:17	1690
1685	2705	2:10:03	Sarah Loughlin		Female	364	F	238	2:08:19	1693
1686	2300	2:10:07	Gary Wyatt		Male	1322	M60	23	2:08:10	1683
1687	635	2:10:08	Liz Hollis	City Of Norwich AC	Female	365	F45	40	2:09:02	1711
1688	1040	2:10:09	Oliver Malpass		Male	1323	M	747	2:07:57	1677
1689	2886	2:10:09	Alicja Polessa		Female	366	F	239	2:08:52	1705
1690	1039	2:10:10	Lewis Blazey		Male	1324	M	748	2:08:39	1701
1691	2466	2:10:11	Kevin Hill		Male	1325	M45	181	2:09:28	1720
1692	2932	2:10:21	Graeme Kidd		Male	1326	M40	218	2:09:18	1714
1693	1938	2:10:21	Gill Paremain	Thetford AC	Female	367	F60	3	2:07:27	1662
1694	2904	2:10:25	Hanna McKenzie		Female	368	F	240	2:08:59	1709
1695	1964	2:10:26	Matthew Ross		Male	1327	M	749	2:07:38	1666
1696	2448	2:10:26	Nicki Shade		Female	369	F	241	2:08:19	1694
1697	2603	2:10:27	Bernadette Daplyn		Female	370	F50	16	2:08:24	1695
1698	1079	2:10:30	Simon Alexander		Male	1328	M	750	2:07:28	1663
1699	2353	2:10:30	Odette Goldsmith		Female	371	F45	41	2:10:14	1740
1700	2352	2:10:30	Grainne Purvis		Female	372	F40	63	2:10:14	1741
1701	1230	2:10:31	David Chapman	Sudbury Joggers	Male	1329	M50	97	2:08:26	1697
1702	1229	2:10:31	Sarah Pennock	Sudbury Joggers	Female	373	F	242	2:08:26	1698
1703	1709	2:10:31	Chris Atkins		Male	1330	M	751	2:08:08	1681
1704	938	2:10:31	Madeleine Lameris		Female	374	F	243	2:08:09	1682
1705	2596	2:10:33	Stephen Read		Male	1331	M50	98	2:08:41	1703
1706	967	2:10:36	Richard Locke		Male	1332	M45	182	2:09:48	1731
1707	968	2:10:36	Nader Afsharian		Male	1333	M40	219	2:08:13	1686
1708	972	2:10:36	Scott Walker		Male	1334	M	752	2:08:39	1702
1709	1931	2:10:37	Chris Lawrence		Male	1335	M	753	2:08:54	1706
1710	1930	2:10:38	Adrian Lawrence		Male	1336	M45	183	2:08:55	1708
1711	791	2:10:52	Stuart Wishart		Male	1337	M	754	2:10:10	1739
1712	2218	2:11:04	Matthew Fox		Male	1338	M40	220	2:08:25	1696
1713	1707	2:11:07	Sara Dodd		Female	375	F	244	2:09:15	1713
1714	479	2:11:07	Morten Holm		Male	1339	M45	184	2:10:28	1749
1715	1168	2:11:09	Alex Firman		Male	1340	M	755	2:08:17	1691
1716	2389	2:11:11	Linda Brickell		Female	376	F50	17	2:09:39	1727
1717	561	2:11:12	Christopher Whyte		Male	1341	M	756	2:08:14	1687
1718	377	2:11:12	Rebecca Squires		Female	377	F	245	2:09:10	1712
1719	1717	2:11:12	Clare Denzey	Norwich Road Runners	Female	378	F	246	2:08:45	1704
1720	2834	2:11:15	Nikki Hunting	Bungay Black Dog RC	Female	379	F	247	2:08:54	1707
1721	837	2:11:28	Jade Goodfellow		Female	380	F	248	2:09:24	1717
1722	1126	2:11:34	Sally Lightfoot		Female	381	F55	9	2:09:19	1715
1723	2023	2:11:38	Wendy McAllister		Female	382	F50	18	2:09:00	1710
1724	1269	2:11:39	Tony Field		Male	1342	M40	221	2:09:23	1716
1725	2648	2:11:46	Lorraine Walters		Female	383	F40	64	2:09:32	1723
1726	1806	2:11:46	Max Bryan		Male	1343	M	757	2:09:44	1729
1727	203	2:11:48	James Legg		Male	1344	M	758	2:09:40	1728
1728	1788	2:11:49	Nicola Forwood	Hyde Park Harriers	Female	384	F	249	2:10:03	1736
1729	993	2:11:49	Christina Lakey	Wymondham AC	Female	385	F	250	2:09:28	1721
1730	879	2:11:49	Sylvia Dady	Great Yarmouth Road Runners	Female	386	F	251	2:09:25	1718
1731	2111	2:11:50	Philip Catchpole		Male	1345	M55	49	2:10:01	1734
1732	2110	2:11:50	Verity Michael		Female	387	F	252	2:10:02	1735
1733	529	2:11:51	Laura Jane Bennett		Female	388	F	253	2:10:04	1737
1734	1713	2:11:55	Hannah Graveling		Female	389	F	254	2:09:44	1730
1735	2148	2:11:55	Christopher Scates		Male	1346	M45	185	2:09:35	1724
1736	1637	2:12:06	Sarah Palmer		Female	390	F	255	2:11:21	1772
1737	1442	2:12:07	Will Parker		Male	1347	M	759	2:09:29	1722
1738	2522	2:12:08	Barry Adamson		Male	1348	M55	50	2:09:35	1725
1739	2520	2:12:11	Rory Campbell	Dereham Runners	Male	1349	M50	99	2:09:53	1733
1740	2292	2:12:11	Kerry Wishart		Female	391	F	256	2:10:19	1742
1741	2018	2:12:11	Amanda Thompson		Female	392	F45	42	2:09:50	1732
1742	1095	2:12:19	Kelly Bird		Female	393	F	257	2:11:06	1761
1743	1389	2:12:20	John Flaxman	Ropsley	Male	1350	M60	24	2:09:27	1719
1744	2095	2:12:20	Chris Filtness		Male	1351	M60	25	2:10:54	1757
1745	868	2:12:21	Lynne Baines	Tiptree Road Runners	Female	394	F40	65	2:11:03	1760
1746	97	2:12:23	Susan Flute	City Of Norwich AC	Female	395	F	258	2:11:06	1762
1747	2565	2:12:24	Claire Woods		Female	396	F	259	2:10:31	1751
1748	1445	2:12:25	Tom Selwood		Male	1352	M	760	2:10:20	1743
1749	2453	2:12:31	Sue Stacey		Female	397	F45	43	2:11:13	1768
1750	1733	2:12:32	Allison West	Thetford AC	Female	398	F45	44	2:09:38	1726



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1751	166	2:12:32	Nina Boorman		Female	399	F	260	2:11:27	1774
1752	1304	2:12:36	Beth Beamer		Female	400	F40	66	2:11:59	1785
1753	1363	2:12:42	Curney Bray	Dereham Runners	Female	401	F55	10	2:10:48	1754
1754	1261	2:12:42	Angela O'Sullivan		Female	402	F	261	2:10:26	1746
1755	1260	2:12:42	Naomi Pearson		Female	403	F	262	2:10:26	1747
1756	1761	2:12:44	Stephen Mitchell		Male	1353	M55	51	2:10:06	1738
1757	435	2:12:47	Peter Rawlings		Male	1354	M60	26	2:11:15	1769
1758	1344	2:12:50	Whitney Haskell		Female	404	F	263	2:10:40	1753
1759	1696	2:12:51	Jerome Walls		Male	1355	M45	186	2:12:13	1791
1760	1127	2:12:57	Stuart Herring		Male	1356	M45	187	2:12:06	1789
1761	1921	2:13:02	Anna Dugdale		Female	405	F45	45	2:10:20	1744
1762	401	2:13:04	Paul Fickling		Male	1357	M	761	2:10:54	1758
1763	1228	2:13:05	Jon Goult		Male	1358	M40	222	2:11:09	1765
1764	1851	2:13:06	Tim Block		Male	1359	M45	188	2:10:38	1752
1765	1813	2:13:14	Manda Timby		Female	406	F	264	2:11:11	1767
1766	1919	2:13:18	Clare Templeman		Female	407	F45	46	2:12:03	1787
1767	2704	2:13:19	Dave Chartier		Male	1360	M	762	2:10:28	1750
1768	1271	2:13:20	Helen Prichard		Female	408	F	265	2:12:04	1788
1769	2372	2:13:22	Nicholas Carter	Lowestoft Road Runners	Male	1361	M65	13	2:10:27	1748
1770	1792	2:13:25	Jamie Stoutt		Male	1362	M	763	2:10:24	1745
1771	1605	2:13:27	Georgia Crush		Female	409	F	266	2:11:55	1782
1772	2163	2:13:27	David Crush		Male	1363	M50	100	2:11:55	1783
1773	140	2:13:29	Hayley Watson		Female	410	F	267	2:12:13	1792
1774	142	2:13:29	Kerri Epps		Female	411	F	268	2:12:14	1793
1775	1880	2:13:29	Stephen Wilde		Male	1364	M50	101	2:11:01	1759
1776	2695	2:13:31	Sue Smith	Tri-Anglia	Female	412	F50	19	2:11:10	1766
1777	2224	2:13:36	Richard Landers		Male	1365	M	764	2:11:35	1776
1778	1559	2:13:36	Andrew Albins		Male	1366	M	765	2:11:36	1778
1779	571	2:13:37	Rod Heywood	100 Marathon Club	Male	1367	M65	14	2:11:07	1764
1780	619	2:13:40	Clare McKenna	Harwich Runners	Female	413	F	269	2:11:06	1763
1781	2580	2:13:41	David Martin		Male	1368	M45	189	2:10:50	1755
1782	1130	2:13:41	Claire Van Leersum		Female	414	F50	20	2:11:35	1777
1783	2675	2:13:41	Isabelle Straw		Female	415	F	270	2:10:51	1756
1784	2312	2:13:52	Jamie Pearson		Male	1369	M	766	2:11:19	1771
1785	1887	2:13:54	Jonathan Rudd		Male	1370	M	767	2:11:30	1775
1786	2560	2:13:59	Leighton Edwards		Male	1371	M	768	2:11:36	1779
1787	241	2:14:01	Matt Hart		Male	1372	M	769	2:13:37	1828
1788	670	2:14:04	Ben Warming		Male	1373	M	770	2:13:04	1818
1789	1640	2:14:06	Samantha Allen	City Of Norwich AC	Female	416	F40	67	2:11:46	1781
1790	630	2:14:07	Peter Cropley		Male	1374	M40	223	2:11:58	1784
1791	2475	2:14:09	Shaun Lowthorpe		Male	1375	M	771	2:11:15	1770
1792	2181	2:14:09	Brett Flavell		Male	1376	M	772	2:12:07	1790
1793	2159	2:14:12	Sam Burch	Norwich Road Runners	Female	417	F40	68	2:11:38	1780
1794	2830	2:14:12	Rebecca Lewis		Female	418	F	271	2:12:23	1799
1795	842	2:14:21	Sandra Winter		Female	419	F45	47	2:11:25	1773
1796	1120	2:14:22	Sarah Wormald		Female	420	F40	69	2:12:16	1795
1797	148	2:14:22	Aaron Head		Male	1377	M	773	2:12:21	1797
1798	306	2:14:23	Laura Paterson		Female	421	F	272	2:12:23	1800
1799	1743	2:14:26	Caroline Butcher		Female	422	F55	11	2:12:15	1794
1800	423	2:14:31	Lucy Holbrook		Female	423	F	273	2:13:41	1831
1801	2157	2:14:33	Claire Dye		Female	424	F	274	2:13:15	1821
1802	821	2:14:37	Sandra Wells		Female	425	F60	4	2:11:59	1786
1803	2316	2:14:42	Jatinder Kamra		Male	1378	M	774	2:13:42	1832
1804	601	2:14:46	Moses Chowdhury		Male	1379	M40	224	2:13:30	1825
1805	1183	2:14:46	Sarah Coulter	Diss and District AC	Female	426	F40	70	2:12:39	1805
1806	1459	2:14:47	Jane Wheeler		Female	427	F40	71	2:12:39	1806
1807	1027	2:14:48	Ben Lambert		Male	1380	M	775	2:13:17	1822
1808	1334	2:14:50	Daniel Warbey		Male	1381	M	776	2:12:18	1796
1809	927	2:14:50	Patricia Hagan	Bungay Black Dog RC	Female	428	F45	48	2:12:27	1803
1810	64	2:14:54	Michelle Cutting		Female	429	F	275	2:12:26	1802
1811	1154	2:14:55	Katie Carroll		Female	430	F	276	2:13:56	1839
1812	1907	2:14:55	Noel Anthony		Male	1382	M	777	2:13:56	1840
1813	2341	2:14:59	Sylvia Southwick		Female	431	F40	72	2:12:24	1801
1814	832	2:15:02	Gina Adams		Female	432	F	277	2:12:46	1809
1815	1932	2:15:03	Jon Moxon		Male	1383	M	778	2:12:46	1810
1816	263	2:15:11	Peter Galbraith		Male	1384	M	779	2:12:41	1807
1817	2060	2:15:12	Emma Culley	North Norfolk Beach Runners	Female	433	F40	73	2:12:46	1811
1818	2059	2:15:12	Andrew Toogood	North Norfolk Beach Runners	Male	1385	M45	190	2:12:46	1812
1819	1060	2:15:13	Denise Gilbert		Female	434	F	278	2:14:01	1842
1820	1059	2:15:13	Donna Boggis		Female	435	F	279	2:14:01	1843



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1821	162	2:15:14	Stephen Gwland		Male	1386	M	780	2:12:21	1798
1822	222	2:15:14	Ian Graveling		Male	1387	M	781	2:12:59	1817
1823	1157	2:15:16	Mark Hood		Male	1388	M	782	2:13:46	1833
1824	1335	2:15:17	Richard Bloomfield		Male	1389	M	783	2:13:46	1834
1825	2282	2:15:17	Matthew Seaman		Male	1390	M	784	2:12:51	1814
1826	2888	2:15:20	Rebecca Durant	Coltishall Jaguars	Female	436	F55	12	2:12:35	1804
1827	1076	2:15:25	Aamer Raza		Male	1391	M50	102	2:13:35	1826
1828	2878	2:15:26	Ian Whittle		Male	1392	M40	225	2:12:58	1816
1829	730	2:15:28	Helena Bunce		Female	437	F	280	2:12:52	1815
1830	1942	2:15:38	Simone Warnes		Female	438	F40	74	2:13:53	1837
1831	248	2:15:39	Aubrey Green		Male	1393	M40	226	2:14:17	1849
1832	177	2:15:39	Anthony Smith		Male	1394	M45	191	2:12:45	1808
1833	249	2:15:39	David Green		Male	1395	M65	15	2:14:17	1850
1834	2240	2:15:40	Jodie Bensley		Female	439	F	281	2:13:13	1820
1835	1767	2:15:41	Rhodri Coleman		Male	1396	M	785	2:12:47	1813
1836	2079	2:15:43	Mark Norfolk		Male	1397	M	786	2:14:56	1866
1837	207	2:15:44	Melanie Claxton	Norwich Road Runners	Female	440	F55	13	2:13:35	1827
1838	632	2:15:45	Sarah Coward	Wellingborough & District AC	Female	441	F40	75	2:13:27	1824
1839	1056	2:15:48	Barry Williams		Male	1398	M40	227	2:13:07	1819
1840	434	2:15:49	Jacquie Duffield		Female	442	F	282	2:13:39	1830
1841	417	2:15:49	Emily Miller		Female	443	F	283	2:13:38	1829
1842	2490	2:15:50	Jess Morgan		Female	444	F	284	2:14:06	1844
1843	1763	2:15:52	Paula Hampton-Smith		Female	445	F	285	2:13:52	1836
1844	370	2:15:57	Shaun Stubbings		Male	1399	M	787	2:14:43	1858
1845	2042	2:15:57	Paul Brookes		Male	1400	M	788	2:13:25	1823
1846	2238	2:16:08	Caroline Busby		Female	446	F	286	2:14:09	1845
1847	380	2:16:15	Laura Reynolds		Female	447	F	287	2:13:51	1835
1848	1684	2:16:19	E Prosser-Snelling		Male	1401	M	789	2:13:53	1838
1849	469	2:16:31	Bob Fossey		Male	1402	M55	52	2:13:56	1841
1850	2440	2:16:38	Alex Evans		Male	1403	M	790	2:15:59	1900
1851	252	2:16:39	Mark Byford		Male	1404	M	791	2:14:51	1863
1852	159	2:16:40	Caroline Parkinson		Female	448	F	288	2:14:21	1853
1853	2096	2:16:41	Georgina Smith		Female	449	F	289	2:14:16	1848
1854	978	2:16:42	Kevin Goodings		Male	1405	M40	228	2:14:09	1846
1855	432	2:16:42	Harriette Stone		Female	450	F	290	2:16:01	1901
1856	202	2:16:45	Simon Jackson		Male	1406	M	792	2:14:46	1861
1857	357	2:16:50	T Pointon-Melville		Female	451	F	291	2:15:08	1875
1858	1549	2:16:56	Alistair Fish		Male	1407	M45	192	2:14:11	1847
1859	324	2:16:58	Sarah Critchlow		Female	452	F	292	2:15:09	1876
1860	1714	2:16:59	Kevin Stockwell		Male	1408	M	793	2:14:52	1865
1861	2438	2:17:01	Trish Judson		Female	453	F55	14	2:14:57	1868
1862	262	2:17:01	Louise MacDonald		Female	454	F	293	2:14:31	1856
1863	2801	2:17:02	Vanessa Pooley		Female	455	F50	21	2:15:55	1897
1864	1086	2:17:04	Anna Wilson		Female	456	F	294	2:14:46	1862
1865	709	2:17:04	Nicola Coe		Female	457	F	295	2:14:51	1864
1866	540	2:17:04	Clare Hicks	Coltishall Jaguars	Female	458	F	296	2:14:20	1851
1867	788	2:17:04	Fiona Baldwin	Coltishall Jaguars	Female	459	F	297	2:14:20	1852
1868	2309	2:17:10	Louise Telfer		Female	460	F	298	2:14:40	1857
1869	1231	2:17:13	Simon Chambers	Saffron Striders	Male	1409	M45	193	2:14:21	1854
1870	1677	2:17:14	Marion Baker		Female	461	F55	15	2:15:09	1877
1871	85	2:17:15	Ann Marie Hughes		Female	462	F	299	2:14:43	1859
1872	88	2:17:15	Sonya Jennis		Female	463	F	300	2:14:44	1860
1873	2518	2:17:15	Julia Crook		Female	464	F40	76	2:15:09	1878
1874	1803	2:17:16	James Rivers		Male	1410	M	794	2:14:59	1872
1875	1759	2:17:16	Cliff Radmore		Male	1411	M50	103	2:15:04	1874
1876	179	2:17:16	Sarah Beckett		Female	465	F	301	2:15:28	1888
1877	2426	2:17:18	Kelvin Chilleystone		Male	1412	M	795	2:14:26	1855
1878	1698	2:17:27	Mark Bagnall	City Of Norwich AC	Male	1413	M	796	2:15:09	1879
1879	1273	2:17:30	Robert Hotzfeld		Male	1414	M	797	2:15:34	1891
1880	444	2:17:32	Kelly Bray		Female	466	F	302	2:14:56	1867
1881	1793	2:17:33	Arthur Nicholl		Male	1415	M55	53	2:16:55	1918
1882	2907	2:17:34	Kevin Bray		Male	1416	M	798	2:14:58	1869
1883	1207	2:17:35	Peter Laycock		Male	1417	M50	104	2:14:58	1870
1884	1178	2:17:35	Victoria Harvey		Female	467	F	303	2:14:58	1871
1885	2078	2:17:37	Darryl Freeman		Male	1418	M45	194	2:15:32	1889
1886	1485	2:17:46	Wendy Burgess	Wymondham AC	Female	468	F	304	2:15:22	1886
1887	1061	2:17:53	John Doswell	Crawley AC	Male	1419	M55	54	2:15:25	1887
1888	1884	2:17:54	David Hupton		Male	1420	M50	105	2:15:15	1881
1889	1891	2:17:54	Ken Hurst		Male	1421	M60	27	2:15:15	1882
1890	2770	2:17:55	Donna-Marie Crane		Female	469	F	305	2:15:01	1873



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1891	1193	2:17:55	Gary Hall		Male	1422	M	799	2:15:14	1880
1892	2703	2:17:56	Katherine Clarke	Norwich Road Runners	Female	470	F	306	2:15:33	1890
1893	1742	2:17:56	Mary Alvis		Female	471	F	307	2:16:06	1904
1894	2332	2:17:59	Kevin Curran		Male	1423	M45	195	2:15:15	1883
1895	2333	2:17:59	Penny Curran		Female	472	F45	49	2:15:15	1884
1896	911	2:18:02	Dianne Crosby	Great Yarmouth Road Runners	Female	473	F65	1	2:16:03	1902
1897	762	2:18:02	Peter Spandler	Great Yarmouth Road Runners	Male	1424	M50	106	2:16:03	1903
1898	2455	2:18:05	Ruth Fox		Female	474	F	308	2:16:06	1905
1899	880	2:18:08	Sarah Ardizzone		Female	475	F50	22	2:15:36	1892
1900	2298	2:18:09	Liz Clues		Female	476	F40	77	2:16:52	1915
1901	2291	2:18:09	Susan Duncan		Female	477	F	309	2:16:52	1916
1902	1084	2:18:11	Jack Enticott		Male	1425	M	800	2:15:16	1885
1903	389	2:18:11	Samantha Tea		Female	478	F	310	2:16:19	1907
1904	995	2:18:14	Leanne Heavens		Female	479	F	311	2:15:55	1898
1905	1403	2:18:14	Helen Steele		Female	480	F	312	2:15:54	1894
1906	2398	2:18:14	Hannah Clay		Female	481	F	313	2:15:54	1895
1907	2040	2:18:14	Bridget Reasbeck		Female	482	F45	50	2:15:54	1896
1908	1323	2:18:16	Rod Barrett		Male	1426	M60	28	2:15:57	1899
1909	1137	2:18:26	Katie Osman		Female	483	F	314	2:16:30	1911
1910	339	2:18:30	Sandie Jardine	Ely Tri Club	Female	484	F45	51	2:15:43	1893
1911	334	2:18:31	Joy Weaver		Female	485	F45	52	2:16:19	1908
1912	1949	2:18:32	Antony Finnis	Tri-Anglia	Male	1427	M	801	2:17:10	1922
1913	770	2:18:34	Emma Witheridge		Female	486	F	315	2:16:28	1910
1914	866	2:18:47	Adrian Rutterford		Male	1428	M50	107	2:16:27	1909
1915	108	2:18:52	Samantha Reddy	Norwich Road Runners	Female	487	F40	78	2:16:34	1912
1916	858	2:18:56	Matthew Reynolds		Male	1429	M	802	2:16:07	1906
1917	1096	2:19:01	Stewart Long		Male	1430	M45	196	2:17:17	1926
1918	173	2:19:07	Donna Howlett		Female	488	F50	23	2:16:35	1913
1919	269	2:19:12	Jeremy Houghton		Male	1431	M40	229	2:16:54	1917
1920	1581	2:19:20	Sean Cutler		Male	1432	M	803	2:17:14	1925
1921	2926	2:19:23	Loukas Bush		Male	1433	M	804	2:17:43	1934
1922	1353	2:19:28	Helen Fisher		Female	489	F	316	2:17:17	1927
1923	1505	2:19:28	E Scholefield		Female	490	F	317	2:17:17	1928
1924	2663	2:19:28	Becky Sturgeon	Bungay Black Dog RC	Female	491	F	318	2:17:13	1923
1925	2662	2:19:29	Sharon Cannell	Bungay Black Dog RC	Female	492	F	319	2:17:13	1924
1926	107	2:19:36	Sarah Cole		Female	493	F	320	2:17:03	1920
1927	2254	2:19:36	Daniel Hardy		Male	1434	M	805	2:17:02	1919
1928	1847	2:19:40	M Sturman-Floyd		Female	494	F40	79	2:18:47	1951
1929	1881	2:19:40	Charlotte Freeman		Female	495	F	321	2:16:45	1914
1930	2928	2:19:41	Tony Davies		Male	1435	M65	16	2:17:05	1921
1931	819	2:19:41	Ann Alderton		Female	496	F45	53	2:17:45	1936
1932	948	2:19:48	Vince Cox		Male	1436	M40	230	2:17:25	1931
1933	2952	2:19:49	Jay Verma		Male	1437	M	806	2:17:27	1932
1934	2588	2:19:54	Lesley MacDonald		Female	497	F	322	2:17:19	1929
1935	1711	2:19:56	Jonathan Folkard	North Norfolk Beach Runners	Male	1438	M50	108	2:17:22	1930
1936	2379	2:19:57	Russell Wiltshire		Male	1439	M	807	2:17:44	1935
1937	156	2:20:01	Teresa Guyton		Female	498	F50	24	2:18:50	1953
1938	2000	2:20:08	Debbie Pearson		Female	499	F40	80	2:18:42	1950
1939	2706	2:20:09	Zabir Munir		Male	1440	M	808	2:17:52	1937
1940	991	2:20:17	Trazer Farnese		Female	500	F40	81	2:17:34	1933
1941	152	2:20:26	Georgina Finney		Female	501	F	323	2:19:09	1962
1942	2443	2:20:29	Neil Taylor		Male	1441	M45	197	2:19:11	1964
1943	2121	2:20:37	Peter Gosling		Male	1442	M50	109	2:17:55	1938
1944	1048	2:20:37	Simon MacDonald	Uknetrunner	Male	1443	M45	198	2:17:55	1939
1945	266	2:20:43	Helen Saunders		Female	502	F45	54	2:18:19	1942
1946	2734	2:20:48	Andy Tovell		Male	1444	M	809	2:18:47	1952
1947	2153	2:20:50	Matt Eastell		Male	1445	M	810	2:19:34	1969
1948	1038	2:20:55	Steven Tassie		Male	1446	M	811	2:19:26	1967
1949	2154	2:20:55	James Coleman		Male	1447	M	812	2:19:39	1971
1950	2636	2:20:59	Katie Mercer		Female	503	F	324	2:18:08	1940
1951	2637	2:20:59	David Wilkinson		Male	1448	M40	231	2:18:09	1941
1952	988	2:21:01	Ali Tassie		Male	1449	M	813	2:19:29	1968
1953	2158	2:21:04	Lisa Hayward	Norwich Road Runners	Female	504	F40	82	2:18:31	1946
1954	391	2:21:11	Matthew Pidgeon		Male	1450	M	814	2:18:27	1944
1955	2080	2:21:11	Lynne Williams	Witham RC	Female	505	F50	25	2:18:50	1954
1956	928	2:21:12	Sophie Pearse		Female	506	F	325	2:18:25	1943
1957	2506	2:21:14	Lindsey Sampson		Female	507	F45	55	2:20:29	1987
1958	2793	2:21:16	Bradley Eckles		Male	1451	M40	232	2:18:29	1945
1959	1180	2:21:18	Kate Leeson		Female	508	F	326	2:18:59	1959
1960	344	2:21:19	Jemma Farrow		Female	509	F	327	2:20:19	1983



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1961	739	2:21:24	Clare Bradbury		Female	510	F	328	2:18:41	1948
1962	724	2:21:24	Faye Lipscombe		Female	511	F	329	2:18:41	1949
1963	2575	2:21:26	Paul Fisher		Male	1452	M40	233	2:18:34	1947
1964	265	2:21:28	Chrissie Scott		Female	512	F50	26	2:18:54	1956
1965	2868	2:21:31	Lucy Woodburn	Tri-Anglia	Female	513	F45	56	2:19:08	1961
1966	2160	2:21:33	John Ripley		Male	1453	M50	110	2:19:18	1966
1967	865	2:21:34	Claire Brockelsby		Female	514	F	330	2:19:50	1973
1968	2363	2:21:34	Charlotte Sayce		Female	515	F	331	2:18:58	1958
1969	1256	2:21:38	Alex Bowen		Male	1454	M	815	2:18:56	1957
1970	1211	2:21:43	David Attoe		Male	1455	M65	17	2:20:34	1990
1971	1358	2:21:48	Anne Wilkinson	Hadleigh Hares AC	Female	516	F45	57	2:19:10	1963
1972	1783	2:21:49	Andrew Gibbs		Male	1456	M	816	2:19:15	1965
1973	2481	2:21:50	Annabelle Dickson		Female	517	F	332	2:20:01	1975
1974	2535	2:21:50	Helen Arnold		Female	518	F	333	2:19:40	1972
1975	916	2:21:51	John Collinge		Male	1457	M	817	2:18:52	1955
1976	2700	2:21:53	Prem Stephen		Male	1458	M	818	2:19:51	1974
1977	780	2:21:58	Bryony Gannaway		Female	519	F	334	2:19:06	1960
1978	1009	2:21:58	Rebecca Eastburn		Female	520	F	335	2:20:03	1977
1979	2534	2:22:09	Robert Keane	Brandon Fern Hoppers	Male	1459	M50	111	2:20:15	1981
1980	577	2:22:13	Karen Mann		Female	521	F45	58	2:20:28	1986
1981	2314	2:22:17	Peter Ventham		Male	1460	M50	112	2:21:12	2003
1982	2313	2:22:17	Sue Ventham	Tri-Anglia	Female	522	F45	59	2:21:12	2004
1983	2435	2:22:17	Karen Comber		Female	523	F	336	2:20:35	1991
1984	1797	2:22:27	Craig Bailey		Male	1461	M	819	2:19:37	1970
1985	242	2:22:27	Karen Shepherd		Female	524	F55	16	2:20:08	1979
1986	243	2:22:41	Georgina Harvey		Female	525	F	337	2:20:42	1996
1987	1608	2:22:44	Lisa Rodgers		Female	526	F45	60	2:20:13	1980
1988	473	2:22:45	Holly Grand		Female	527	F	338	2:20:29	1988
1989	244	2:22:48	Phillippa Dakin		Female	528	F	339	2:20:49	1999
1990	2874	2:22:49	Tony Robinson		Male	1462	M45	199	2:20:40	1992
1991	363	2:22:53	Gillian Jones		Female	529	F50	27	2:20:41	1994
1992	1545	2:22:53	Steve Robertson		Male	1463	M50	113	2:20:01	1976
1993	184	2:23:05	Alice Barani		Female	530	F	340	2:20:19	1984
1994	2709	2:23:05	Gerardo De Maria		Male	1464	M	820	2:20:19	1985
1995	182	2:23:05	Jessica Whitty		Female	531	F	341	2:20:18	1982
1996	764	2:23:10	James Ingham		Male	1465	M	821	2:21:28	2013
1997	2244	2:23:14	Jennifer Perkin		Female	532	F45	61	2:20:32	1989
1998	629	2:23:15	Jo McIntyre		Female	533	F40	83	2:20:48	1997
1999	737	2:23:15	Bev Ellis		Female	534	F	342	2:20:48	1998
2000	1607	2:23:17	Manjinder Jagdev		Female	535	F40	84	2:21:14	2008
2001	1006	2:23:19	Margaret McCartney		Female	536	F50	28	2:20:41	1995
2002	1756	2:23:19	Kathrine Davies		Female	537	F45	62	2:20:40	1993
2003	1449	2:23:20	David Robinson	Yaxley Runners	Male	1466	M40	234	2:20:03	1978
2004	1867	2:23:20	Steve Farrell		Male	1467	M40	235	2:21:24	2012
2005	1868	2:23:24	Maria Farrell		Female	538	F40	85	2:21:28	2014
2006	983	2:23:27	Marie Bunting		Female	539	F	343	2:21:28	2015
2007	2599	2:23:31	Spencer Hill		Male	1468	M	822	2:21:05	2000
2008	83	2:23:33	Christopher Hudson		Male	1469	M	823	2:22:14	2036
2009	575	2:23:37	Victoria Hatch		Female	540	F	344	2:21:37	2022
2010	50	2:23:40	Alistar James		Male	1470	M	824	2:21:34	2019
2011	2407	2:23:40	Lorna Jermyn		Female	541	F	345	2:21:34	2020
2012	1135	2:23:40	Louise Smith		Female	542	F40	86	2:22:18	2037
2013	2015	2:23:42	Don Brenton		Male	1471	M65	18	2:21:30	2017
2014	1053	2:23:46	Jill Bazire		Female	543	F55	17	2:21:17	2011
2015	1828	2:23:48	Darren Angrave		Male	1472	M40	236	2:21:16	2009
2016	2197	2:23:48	Michael Hilton		Male	1473	M	825	2:21:16	2010
2017	1956	2:23:49	Sanjay Gheyi		Male	1474	M45	200	2:21:36	2021
2018	663	2:23:51	Kelly Mitchell		Female	544	F	346	2:21:12	2005
2019	664	2:23:52	Dianne Green		Female	545	F50	29	2:21:12	2006
2020	61	2:23:54	Nadine Fletcher		Female	546	F	347	2:21:29	2016
2021	2029	2:23:54	Luke Morris		Male	1475	M	826	2:21:33	2018
2022	1270	2:23:56	Amy Whitby	Challenge Central	Female	547	F	348	2:22:13	2035
2023	682	2:23:57	Kerry Lynch		Female	548	F	349	2:21:08	2001
2024	683	2:23:57	Sally Bonnet		Female	549	F	350	2:21:08	2002
2025	2354	2:24:01	Andrea Biggs		Female	550	F40	87	2:23:45	2048
2026	127	2:24:07	Richard Allsworth		Male	1476	M	827	2:21:12	2007
2027	1801	2:24:09	Shauna Bonnar-Ford		Female	551	F	351	2:22:03	2032
2028	2186	2:24:09	Wayne Barsby		Male	1477	M	828	2:22:04	2033
2029	1802	2:24:09	Lorraine Banks		Female	552	F	352	2:22:04	2034
2030	1656	2:24:10	John Chapman		Male	1478	M	829	2:22:02	2031



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2031	1655	2:24:10	Holly McDonnell		Female	553	F	353	2:22:01	2030
2032	276	2:24:15	Amie Phillips		Female	554	F	354	2:21:59	2028
2033	277	2:24:15	Richard Toop		Male	1479	M45	201	2:21:59	2029
2034	2168	2:24:21	Caroline Barnes		Female	555	F50	30	2:21:47	2026
2035	872	2:24:21	Fiona Charnley		Female	556	F	355	2:21:43	2023
2036	871	2:24:21	Craig Charnley		Male	1480	M	830	2:21:43	2024
2037	2945	2:24:28	Sam Clarke		Female	557	F40	88	2:21:45	2025
2038	1556	2:24:37	Fiona Odum		Female	558	F45	63	2:21:54	2027
2039	534	2:24:44	Andrew Atkinson		Male	1481	M40	237	2:22:47	2040
2040	1551	2:25:02	Harry Hamberger		Male	1482	M50	114	2:22:25	2039
2041	1750	2:25:06	Emma O'Neill		Female	559	F40	89	2:22:24	2038
2042	1571	2:25:07	Lisa Tombling		Female	560	F	356	2:23:23	2045
2043	325	2:25:09	Julian Critchlow		Male	1483	M45	202	2:23:19	2044
2044	2089	2:25:19	Claire Blake	Witham RC	Female	561	F40	90	2:22:58	2043
2045	934	2:25:23	David Batterbee		Male	1484	M	831	2:22:49	2041
2046	935	2:25:23	Laura Crosswell		Female	562	F	357	2:22:49	2042
2047	817	2:25:29	Peter Bultz		Male	1485	M50	115	2:24:33	2059
2048	2028	2:25:39	Lindsey Wilson	Nene Valley Harriers	Female	563	F	358	2:24:59	2063
2049	560	2:25:56	Gemma Spencer		Female	564	F	359	2:23:47	2049
2050	1371	2:25:56	Thomas Tsang		Male	1486	M55	55	2:25:28	2067
2051	451	2:25:58	Patrick Haydon		Male	1487	M40	238	2:23:24	2046
2052	1484	2:26:03	Cindy Burgess	Wymondham AC	Female	565	F60	5	2:23:40	2047
2053	225	2:26:12	Karen Carpenter		Female	566	F45	64	2:24:12	2051
2054	593	2:26:14	Emma Frostick		Female	567	F	360	2:24:27	2055
2055	291	2:26:29	S Marshall-Nichols		Female	568	F	361	2:24:10	2050
2056	2863	2:26:50	Krzysztof Kowalewski		Male	1488	M	832	2:26:01	2077
2057	2094	2:26:59	Paul Corder		Male	1489	M50	116	2:24:27	2056
2058	1149	2:27:06	Louise Mangar		Female	569	F	362	2:24:12	2052
2059	1548	2:27:21	Sean Smith		Male	1490	M40	239	2:25:04	2064
2060	426	2:27:21	Adrian Dicks		Male	1491	M50	117	2:24:26	2053
2061	2944	2:27:21	Debbie Thompson		Female	570	F45	65	2:24:26	2054
2062	1452	2:27:21	Lauren Feltham		Female	571	F	363	2:26:27	2085
2063	2279	2:27:22	Fraser Leatham		Male	1492	M	833	2:25:35	2069
2064	2277	2:27:22	David Leatham		Male	1493	M45	203	2:25:36	2070
2065	2845	2:27:23	Kate Howatson		Female	572	F40	91	2:25:12	2065
2066	852	2:27:24	Daniel Groves		Male	1494	M	834	2:24:32	2057
2067	851	2:27:24	Nichola Steadman		Female	573	F	364	2:24:32	2058
2068	1972	2:27:27	Beth Rutterford		Female	574	F	365	2:24:40	2062
2069	2653	2:27:28	Joanne Alexander		Female	575	F	366	2:24:39	2060
2070	2634	2:27:28	Fel Roberts		Female	576	F40	92	2:24:39	2061
2071	699	2:27:52	Shelly Carrigan		Female	577	F	367	2:25:40	2071
2072	1375	2:27:53	Lisa Skipper		Female	578	F40	93	2:26:29	2086
2073	623	2:27:59	Chris Sheppard		Male	1495	M45	204	2:25:30	2068
2074	659	2:28:00	David Ewing		Male	1496	M45	205	2:25:47	2073
2075	580	2:28:06	Megan Alderton		Female	579	F	368	2:26:10	2080
2076	1250	2:28:09	Emma Parsons		Female	580	F	369	2:25:51	2075
2077	594	2:28:09	Darren Harper		Male	1497	M	835	2:25:52	2076
2078	2145	2:28:10	Casey Walker		Male	1498	M	836	2:26:08	2079
2079	30	2:28:13	Anna Latta	North Norfolk Beach Runners	Female	581	F55	18	2:25:48	2074
2080	1729	2:28:22	Tracey Birt		Female	582	F40	94	2:25:27	2066
2081	2728	2:28:23	Barry Hipwell		Male	1499	M50	118	2:26:15	2081
2082	323	2:28:23	Helene Gleeson	Brandon Fern Hoppers	Female	583	F	370	2:25:42	2072
2083	1502	2:28:26	Inga Palmer		Female	584	F	371	2:26:01	2078
2084	375	2:28:31	Hedley Harnett		Male	1500	M40	240	2:27:03	2094
2085	1486	2:28:34	Cedric Anselin		Male	1501	M	837	2:26:46	2089
2086	2803	2:28:51	Kerry Penfold		Female	585	F40	95	2:26:35	2087
2087	178	2:28:52	Helen Bowen		Female	586	F45	66	2:26:19	2082
2088	1097	2:28:55	Mayte Martinez		Female	587	F40	96	2:27:12	2095
2089	2271	2:28:57	Steve Konrad		Male	1502	M	838	2:26:42	2088
2090	332	2:28:57	Cath Fair		Female	588	F40	97	2:27:14	2097
2091	1479	2:28:57	Emma Brandon		Female	589	F40	98	2:26:24	2083
2092	2058	2:28:57	Ruba Halabi		Female	590	F	372	2:26:24	2084
2093	886	2:29:18	Bethany Revell		Female	591	F	373	2:26:53	2090
2094	1333	2:29:19	Alex Glover		Female	592	F	374	2:26:53	2091
2095	1185	2:29:51	Helen Stanger		Female	593	F40	99	2:26:59	2092
2096	1184	2:29:51	Zoe Castleton		Female	594	F	375	2:26:59	2093
2097	2052	2:30:00	Marie Turner		Female	595	F45	67	2:28:10	2108
2098	747	2:30:00	Sabra Moate		Female	596	F50	31	2:28:08	2106
2099	2051	2:30:01	Maxine Howe		Female	597	F45	68	2:28:10	2109
2100	853	2:30:01	Marie Cattermole		Female	598	F	376	2:28:09	2107



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	748	2:30:02	Simon Moate		Male	1503	M45	206	2:28:10	2110
2102	753	2:30:03	Alex Watson		Male	1504	M	839	2:28:06	2104
2103	1885	2:30:10	Kirsty Firman		Female	599	F	377	2:27:13	2096
2104	2802	2:30:14	Mark Bygrave		Male	1505	M45	207	2:27:57	2102
2105	234	2:30:15	Sarah Watts		Female	600	F40	100	2:28:16	2112
2106	254	2:30:16	Rebecca Glen		Female	601	F	378	2:27:39	2101
2107	316	2:30:22	Vatau Sagaga		Male	1506	M	840	2:27:26	2098
2108	317	2:30:22	Melesete Sagaga		Female	602	F	379	2:27:26	2099
2109	281	2:30:23	Richard Dajda	Royston Runners	Male	1507	M60	29	2:27:26	2100
2110	1338	2:30:39	Kenneth Robertson		Male	1508	M40	241	2:28:06	2105
2111	562	2:30:44	Hazel Mortimer		Female	603	F	380	2:27:58	2103
2112	1244	2:30:44	Jean Whiting		Female	604	F40	101	2:28:38	2119
2113	543	2:30:49	Amii Bird		Female	605	F	381	2:28:20	2115
2114	2707	2:30:56	Paul Fraser		Male	1509	M45	208	2:28:25	2116
2115	1044	2:31:02	Teresa Santiago		Female	606	F	382	2:28:16	2113
2116	1043	2:31:02	Nathan Santiago		Male	1510	M	841	2:28:16	2114
2117	1777	2:31:04	Vic Leverett		Male	1511	M65	19	2:28:11	2111
2118	189	2:31:09	Shelley Riches-Lee		Female	607	F	383	2:28:28	2118
2119	1159	2:31:16	Nathan Cooper		Male	1512	M	842	2:28:27	2117
2120	729	2:31:16	Frances Martin		Female	608	F40	102	2:28:42	2120
2121	1008	2:31:29	Kerry Duffy		Female	609	F	384	2:28:53	2121
2122	598	2:31:44	Jenny Darby		Female	610	F	385	2:30:33	2136
2123	514	2:31:46	David Moore-Cross		Male	1513	M45	209	2:29:51	2126
2124	1376	2:31:47	Jonathan Morris		Male	1514	M	843	2:30:37	2137
2125	1054	2:32:06	Rosie Bazire		Female	611	F	386	2:29:36	2122
2126	1373	2:32:08	Jim Woodcock		Male	1515	M40	242	2:30:04	2129
2127	588	2:32:20	Billy French		Male	1516	M	844	2:29:39	2123
2128	590	2:32:21	Jennifer Hayward		Female	612	F	387	2:29:39	2124
2129	2109	2:32:26	Sarah Hunter		Female	613	F45	69	2:30:06	2130
2130	1293	2:32:31	Helena Pinto		Female	614	F	388	2:30:20	2132
2131	2571	2:32:32	Michael Moore		Male	1517	M40	243	2:30:10	2131
2132	505	2:32:37	Luck Rachel		Female	615	F	389	2:29:40	2125
2133	210	2:32:50	Robert Whalen		Male	1518	M	845	2:30:27	2135
2134	374	2:32:52	Catherine Hearne		Female	616	F50	32	2:29:53	2127
2135	973	2:32:54	Callum MacDonald		Male	1519	M	846	2:30:25	2133
2136	135	2:32:54	Mark Robinson		Male	1520	M45	210	2:29:58	2128
2137	271	2:32:55	Hannah MacDonald		Female	617	F	390	2:30:25	2134
2138	347	2:33:27	David Day		Male	1521	M	847	2:31:13	2143
2139	1242	2:33:33	Carl McGranachan		Male	1522	M	848	2:30:51	2139
2140	1398	2:33:35	David Taylor		Male	1523	M45	211	2:30:42	2138
2141	1774	2:33:36	John Clark	Norwich Road Runners	Male	1524	M	849	2:31:15	2144
2142	2848	2:33:36	Nadia Brooks		Female	618	F	391	2:31:59	2151
2143	2198	2:33:43	Brendan Henry		Male	1525	M	850	2:32:07	2152
2144	382	2:33:46	Amandine Rouyer		Female	619	F	392	2:31:37	2146
2145	1399	2:33:50	Maria Elmieh	Kippax Harriers	Female	620	F50	33	2:31:06	2140
2146	1555	2:34:01	Lauren Spink		Female	621	F	393	2:31:11	2141
2147	1553	2:34:01	Neil Charles		Male	1526	M40	244	2:31:11	2142
2148	2927	2:34:04	Joseph Whitty		Male	1527	M	851	2:31:17	2145
2149	726	2:34:33	Bill Griffin		Male	1528	M45	212	2:32:23	2153
2150	2961	2:34:43	Gavin Keir		Male	1529	M40	245	2:31:55	2148
2151	1417	2:34:43	Sarah Scott		Female	622	F	394	2:31:55	2149
2152	2804	2:34:53	Deb Murray		Female	623	F	395	2:31:54	2147
2153	849	2:34:53	Sue Davie	Metros RC	Female	624	F45	70	2:31:58	2150
2154	1012	2:35:05	Abigail Wells		Female	625	F	396	2:32:42	2154
2155	994	2:35:22	Lee Green		Male	1530	M	852	2:33:51	2163
2156	2758	2:35:29	Claire Hogben		Female	626	F	397	2:32:44	2155
2157	1712	2:35:36	Kerry Belcher	Norwich Road Runners	Female	627	F	398	2:32:45	2156
2158	1645	2:35:49	Jemma Pennick		Female	628	F	399	2:33:04	2159
2159	1911	2:35:53	Kevin Bayne		Male	1531	M40	246	2:33:16	2160
2160	1910	2:35:54	Thalia Bayne		Female	629	F	400	2:33:16	2161
2161	1739	2:36:00	Ilonka Lenzen	Orion Harriers Running Club	Female	630	F40	103	2:33:01	2157
2162	1740	2:36:00	Michael Woolnough	Orion Harriers Running Club	Male	1532	M40	247	2:33:02	2158
2163	1345	2:36:13	Sofie Forsstrom		Female	631	F	401	2:34:03	2165
2164	2925	2:36:23	Mark Ayliffe		Male	1533	M	853	2:33:50	2162
2165	918	2:36:24	Trevor Thomas		Male	1534	M45	213	2:33:57	2164
2166	956	2:36:47	Aisha Khan	Norwich Road Runners	Female	632	F	402	2:34:34	2167
2167	58	2:36:53	Rosanna Leithall		Female	633	F	403	2:34:13	2166
2168	1495	2:37:10	Emma Wiskin		Female	634	F	404	2:34:38	2168
2169	896	2:37:39	Gillian McFarland		Female	635	F40	104	2:35:20	2170
2170	381	2:37:42	Robert Pidgeon		Male	1535	M55	56	2:34:58	2169



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Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2171	2184	2:37:47	Katy Smith		Female	636	F	405	2:35:21	2171
2172	808	2:38:22	Jennifer Harrison		Female	637	F	406	2:35:33	2172
2173	2935	2:38:22	Ben Christie		Male	1536	M	854	2:35:34	2173
2174	1860	2:38:25	Shami Gill		Male	1537	M60	30	2:36:10	2176
2175	305	2:38:33	Mark Fitch		Male	1538	M40	248	2:35:34	2174
2176	1708	2:38:33	Patricia Fitch		Female	638	F45	71	2:35:35	2175
2177	333	2:38:53	Michelle Tovell		Female	639	F40	105	2:36:43	2177
2178	216	2:38:57	Jennifer Pallister		Female	640	F	407	2:36:51	2178
2179	71	2:39:35	Ian MacFarlane		Male	1539	M	855	2:37:00	2179
2180	1221	2:39:52	Eleanor Jones		Female	641	F	408	2:37:41	2180
2181	1220	2:39:52	Adam Cossey		Male	1540	M	856	2:37:41	2181
2182	1368	2:40:25	Samantha Loombe		Female	642	F	409	2:38:28	2183
2183	2533	2:40:35	Sonia Carnegie		Female	643	F45	72	2:38:08	2182
2184	763	2:40:35	Marian Poncia		Female	644	F50	34	2:38:50	2185
2185	2175	2:40:40	Zoe Bennett		Female	645	F	410	2:38:53	2186
2186	1968	2:41:16	Thomas Ray		Male	1541	M	857	2:39:23	2189
2187	304	2:41:26	Karen Race		Female	646	F	411	2:38:32	2184
2188	824	2:41:28	Patrick Bradley		Male	1542	M	858	2:39:19	2187
2189	823	2:41:28	Emily Underhill		Female	647	F	412	2:39:19	2188
2190	80	2:41:35	Sarah Cheal		Female	648	F	413	2:39:40	2190
2191	96	2:41:35	Louise McGreevy		Female	649	F	414	2:39:40	2191
2192	2082	2:42:07	Naomi Emerick	Witham RC	Female	650	F60	6	2:39:45	2192
2193	2685	2:42:38	Wendy Spaul		Female	651	F45	73	2:40:48	2197
2194	1300	2:42:44	Mike Smith-Clare		Male	1543	M40	249	2:40:14	2195
2195	1067	2:42:48	Simon Bunting	Lowestoft Road Runners	Male	1544	M45	214	2:40:02	2193
2196	2053	2:42:49	Alastair Bunting		Male	1545	M45	215	2:40:02	2194
2197	104	2:43:07	Gillian Lowe		Female	652	F	415	2:40:14	2196
2198	428	2:43:56	Elizabeth Richards	RAF Marham Running Club	Female	653	F40	106	2:41:49	2198
2199	151	2:43:56	Robert Holmes	RAF Marham Running Club	Male	1546	M	859	2:41:49	2199
2200	388	2:44:04	Kerry Garratt		Female	654	F	416	2:41:55	2201
2201	2674	2:44:06	Irene Brown		Female	655	F	417	2:41:52	2200
2202	1518	2:44:10	Natasha Walsh		Female	656	F	418	2:42:28	2204
2203	1153	2:44:10	Stephanie Moore		Female	657	F	419	2:42:29	2205
2204	1123	2:45:01	Lucy Park Silva		Female	658	F	420	2:42:03	2202
2205	258	2:45:13	Robin Thompson		Male	1547	M	860	2:42:19	2203
2206	1877	2:45:57	Adrian Possener	Birketts Runners AC	Male	1548	M45	216	2:43:14	2206
2207	307	2:46:06	Kate Moore		Female	659	F40	107	2:44:06	2210
2208	2183	2:46:23	Lisa Cottrell		Female	660	F	421	2:43:57	2207
2209	2182	2:46:27	Beth Hill		Female	661	F	422	2:44:01	2208
2210	1305	2:46:54	Danielle Long	Wymondham AC	Female	662	F	423	2:44:05	2209
2211	941	2:47:32	Julie Bromfield		Female	663	F	424	2:44:34	2211
2212	1309	2:48:07	Sarah Robinson	Wymondham AC	Female	664	F40	108	2:45:16	2212
2213	41	2:48:29	Ian Tovell		Male	1549	M	861	2:46:01	2214
2214	2343	2:48:29	Amanda Boldy	Bushfield Joggers	Female	665	F	425	2:46:09	2215
2215	2850	2:48:29	Carol Goodwin		Female	666	F50	35	2:46:09	2216
2216	658	2:48:45	Kenneth Parke		Male	1550	M45	217	2:45:48	2213
2217	1134	2:49:08	Aaron Walker		Male	1551	M	862	2:47:06	2217
2218	2276	2:49:08	Duncan Walker		Male	1552	M	863	2:47:06	2218
2219	1886	2:50:31	Katie Jewson		Female	667	F	426	2:47:35	2219
2220	689	2:50:45	Jacqueline Mansell		Female	668	F50	36	2:47:49	2220
2221	1948	2:51:04	Jincheng Huang		Male	1553	M	864	2:49:10	2221
2222	1947	2:51:04	Xiaoxu Huang		Male	1554	M	865	2:49:11	2222
2223	621	2:52:18	Sharon Leeson		Female	669	F45	74	2:49:46	2223
2224	2288	2:52:52	John Innes		Male	1555	M55	57	2:49:53	2224
2225	1025	2:53:22	Kirsty Casey		Female	670	F40	109	2:50:41	2225
2226	1190	2:53:24	Helen Vallier		Female	671	F	427	2:51:35	2228
2227	1021	2:54:03	Catherine Turner		Female	672	F40	110	2:51:18	2226
2228	287	2:54:12	Nathan Brownhill		Male	1556	M	866	2:51:33	2227
2229	1853	2:54:53	Sophia Nash		Female	673	F	428	2:52:14	2229
2230	1850	2:56:55	Nigel Riley		Male	1557	M50	119	2:54:37	2230
2231	2859	2:58:10	Frank Reader		Male	1558	M65	20	2:58:10	2233
2232	1967	2:59:31	Thomas Harland		Male	1559	M	867	2:57:56	2231
2233	1660	2:59:31	Felicity Morphey		Female	674	F	429	2:57:57	2232
2234	358	3:01:34	Caroline Culver		Female	675	F	430	2:59:38	2234
2235	452	3:01:35	Sean Newton		Male	1560	M40	250	2:59:40	2235
2236	2084	3:02:26	Karen Emery	North Norfolk Beach Runners	Female	676	F	431	2:59:44	2238
2237	717	3:02:41	Nisey Prow		Female	677	F45	75	2:59:43	2236
2238	1631	3:02:41	Stanley Waller		Male	1561	M65	21	2:59:43	2237
2239	1673	3:03:57	Jason Walker		Male	1562	M	868	3:01:57	2241
2240	69	3:04:39	Pollie-Marie Hart		Female	678	F	432	3:01:51	2239



City of Norwich Half Marathon 2011

27th November 2011

Results

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2241	68	3:04:39	Lewis Baxter		Male	1563	M	869	3:01:52	2240
2242	1026	3:04:51	Dawn Kerry		Female	679	F	433	3:02:11	2242
2243	2477	3:05:19	David Freezer		Male	1564	M	870	3:03:30	2243
2244	1049	3:10:39	Maria Preece		Female	680	F40	111	3:07:46	2244