

22nd City of Norwich Half Marathon - Sunday 11 June 2006

Race	Forename	Surname	Gender	GenderPos	Position	Gun Time	Chip Rank	Chip Time	Category	Club
3	Simon	Tonui	Male	1	1	01:10:26	1	01:10:26	M17-39	
4	Benjamin	Noad	Male	2	2	01:10:45	2	01:10:44	M17-39	Highgate Harriers
2	Tomas	Abyu	Male	3	3	01:11:05	3	01:11:04	M17-39	Salford Harriers
1004	Birhan	Dagne	Female	1	4	01:17:18	4	01:17:17	F17-39	Belgrave Harriers
588	Alexander	Tate	Male	4	5	01:19:20	5	01:19:18	M17-39	Muddy Mucky Monkeys
330	Tim	Lenton	Male	5	6	01:20:43	6	01:20:41	M17-39	Norfolk Gazelles
1007	Ogla	Kimaiyo	Female	2	7	01:20:51	7	01:20:49	F17-39	
1005	Amy	Waterlow	Female	3	8	01:20:57	8	01:20:55	F17-39	Sale Harriers
488	Richard	Moore	Male	6	9	01:22:46	9	01:22:44	M40-44	Waveney Valley AC
30	Max	Bezance	Male	7	10	01:23:35	10	01:23:33	M17-39	Full-On Tri
85	Robin	Tuddenham	Male	8	11	01:23:45	11	01:23:43	M17-39	Serpentine Running Club
231	Jonathan	Blunden	Male	9	12	01:24:01	12	01:23:54	M17-39	
620	Paul	Davis	Male	10	13	01:24:08	13	01:24:05	M17-39	
474	Andrew	Whitehead	Male	11	14	01:26:08	14	01:26:05	M17-39	
536	Alfredo	Verna	Male	12	15	01:26:38	15	01:26:36	M40-44	Ely Runners
408	Terry	Epps	Male	13	16	01:27:16	16	01:27:13	M50-54	Wymondham Athletic Club
418	Kevin	Meardon	Male	14	17	01:27:30	17	01:27:26	M40-44	
319	Tony	Johnson	Male	15	18	01:27:40	18	01:27:37	M40-44	Ropsley Road Runners
381	Tim	Chapman	Male	16	19	01:28:08	19	01:28:05	M40-44	Fenland Running & AC
282	Jonathan	Hopkin	Male	17	20	01:28:56	20	01:28:52	M17-39	
584	Phil	Quantrill	Male	18	21	01:29:06	21	01:29:03	M17-39	Great Yarmouth Road Runners
131	Jonny	Quint	Male	19	22	01:29:12	22	01:29:05	M17-39	City of Norwich AC
140	Iain	Robertson	Male	20	23	01:29:12	23	01:29:05	M17-39	City of Norwich AC
135	John	Manlow	Male	21	24	01:29:34	24	01:29:32	M17-39	
500	Andrew	Preston	Male	22	25	01:30:41	28	01:30:37	M40-44	Wymondham Athletic Club
659	Graham	Moore	Male	23	26	01:30:42	26	01:30:37	M40-44	
238	Ian	Roberts	Male	24	27	01:30:43	25	01:30:37	M17-39	
522	Alan	Hannibal	Male	25	28	01:30:45	27	01:30:37	M45-49	BRJ Huntingdon RRCM
196	Russell	Clarke	Male	26	29	01:31:08	31	01:31:04	M45-49	Wymondham Athletic Club
80	Keith	Weston	Male	27	30	01:31:08	29	01:30:57	M17-39	
190	Michael	Sadler	Male	28	31	01:31:10	30	01:30:58	M40-44	North Norfolk Beach Runners
553	Neil	Sibley	Male	29	32	01:32:01	32	01:31:57	M40-44	Great Yarmouth Road Runners
467	Martin	Gray	Male	30	33	01:32:15	33	01:32:09	M17-39	
616	Paul	Churchill	Male	31	34	01:32:22	34	01:32:18	M17-39	
509	John	Lee	Male	32	35	01:32:42	35	01:32:37	M50-54	
672	Jackson	Williams	Male	33	36	01:33:30	37	01:33:30	M17-39	
501	Oscar	Recalde	Male	34	37	01:33:31	36	01:33:25	M17-39	
449	Russell	Devitt	Male	35	38	01:33:57	38	01:33:52	M55-59	Shaftesbury Harriers
644	Nathan	Gillett	Male	36	39	01:34:04	39	01:33:59	M17-39	
465	Neville	Knights	Male	37	40	01:34:11	40	01:34:05	M45-49	Dereham Runners AC
312	Nils	Van Minden	Male	38	41	01:34:19	41	01:34:15	M17-39	Norwich Road Runners
417	David	Robinson	Male	39	42	01:34:24	43	01:34:16	M45-49	Ryston Runners
370	Martin	Ive	Male	40	43	01:34:35	44	01:34:31	M40-44	Ryston Runners
1133	Anne	Flanagan	Female	4	44	01:34:36	42	01:34:16	F17-39	Norwich Road Runners
484	Leslie	Scott	Male	41	45	01:35:08	45	01:34:59	M45-49	Ryston Runners
204	Casey	Osmonovich	Male	42	46	01:35:10	46	01:35:02	M17-39	Theftord AC
556	Richard	Hayes	Male	43	47	01:35:23	47	01:35:13	M17-39	
673	Michael	Segaer	Male	44	48	01:35:30	48	01:35:24	M40-44	
74	Peter	O'Callaghan	Male	45	49	01:35:39	49	01:35:29	M17-39	
47	Declan	Farrell	Male	46	50	01:35:41	50	01:35:32	M17-39	
61	Pete	Metcalfe	Male	47	51	01:35:53	51	01:35:36	M17-39	City of Norwich AC
160	Rob	Shepherd	Male	48	52	01:36:10	53	01:36:05	M17-39	
1006	Haley	Suttle	Female	5	53	01:36:12	52	01:35:59	F40-44	Newmarket Joggers
327	Stephen	Barrett	Male	49	54	01:36:17	54	01:36:14	M40-44	Bungay Black Dog RC
233	Joe	Carr	Male	50	55	01:36:21	56	01:36:18	M17-39	
411	Darren	Etridge	Male	51	56	01:36:21	55	01:36:15	M17-39	
236	Rosario	Li-Rocchi	Male	52	57	01:36:31	57	01:36:23	M17-39	
562	Paul	Firmage	Male	53	58	01:36:38	58	01:36:34	M50-54	Ryston Runners
1002	Elizabeth	Mckie	Female	6	59	01:36:49	59	01:36:41	F17-39	St Albans Striders
254	Chris	Barkway	Male	54	60	01:37:00	60	01:36:55	M45-49	
431	Martin	Yeomans	Male	55	61	01:37:42	62	01:37:36	M55-59	Norwich Road Runners
548	Robert	Kett	Male	56	62	01:37:44	61	01:37:32	M17-39	
340	Andre	Pittock	Male	57	63	01:37:57	63	01:37:49	M40-44	Fenland Running & AC
419	Paul	Brown	Male	58	64	01:38:11	64	01:38:06	M40-44	Norwich Road Runners
230	Jim	Hayes	Male	59	65	01:38:25	65	01:38:14	M60-64	North Norfolk Beach Runners
130	Christopher	Speakman	Male	60	66	01:38:28	66	01:38:24	M45-49	
169	David	Evans	Male	61	67	01:38:46	67	01:38:36	M17-39	
593	Alan	Macpherson	Male	62	68	01:38:55	68	01:38:46	M17-39	
399	Doug	Watson	Male	63	69	01:39:25	69	01:38:49	M45-49	
199	Ian	Moore	Male	64	70	01:39:27	71	01:39:18	M17-39	
576	Geoff	Adams	Male	65	71	01:39:30	70	01:39:17	M50-54	Wymondham Athletic Club
97	Stephen	Pettit	Male	66	72	01:39:33	72	01:39:24	M40-44	

205	Richard	Mableson	Male	67	73	01:39:40	73	01:39:26	M17-39	
1230	Terrie	Williams	Female	7	74	01:39:42	74	01:39:28	F17-39	Road Runners Club
503	Paul	Muffett	Male	68	75	01:39:46	77	01:39:42	M45-49	
657	Richard	Blake	Male	69	76	01:39:47	75	01:39:29	M55-59	Great Yarmouth Road Runners
546	Paul	Hunt	Male	70	77	01:39:51	76	01:39:41	M17-39	
561	Darren	Neale	Male	71	78	01:39:58	79	01:39:51	M17-39	North Norfolk Beach Runners
308	Trevor	Emery	Male	72	79	01:39:58	78	01:39:47	M50-54	North Norfolk Beach Runners
1294	Michelle	Farman	Female	8	80	01:40:02	82	01:39:56	F17-39	
277	Roger	Gooch	Male	73	81	01:40:03	81	01:39:52	M50-54	Norfolk Gazelles
153	Ian	Timson	Male	74	82	01:40:13	80	01:39:52	M17-39	
656	Adam	Pettitt	Male	75	83	01:40:20	84	01:40:11	M40-44	
628	Alan	Lock	Male	76	84	01:40:23	85	01:40:19	M17-39	
499	Jim	Cooper	Male	77	85	01:40:28	83	01:40:09	M45-49	Bungay Black Dog RC
360	Paul	Dennis	Male	78	86	01:40:45	89	01:40:41	M17-39	Woking AC
539	Barry	Hempstead	Male	79	87	01:40:49	87	01:40:35	M60-64	Eastern Vets
218	Patrick	Gillespie	Male	80	88	01:40:53	91	01:40:49	M17-39	
1236	Vicky	Reynolds	Female	9	89	01:40:54	88	01:40:40	F17-39	Wymondham Athletic Club
310	Richard	Nicholls	Male	81	90	01:41:01	86	01:40:34	M45-49	
438	Barnaby	Rose	Male	82	91	01:41:09	90	01:40:46	M17-39	
1097	Yvonne	Youngman	Female	10	92	01:41:28	93	01:41:18	F17-39	Norfolk Gazelles
202	Robert	James	Male	83	93	01:41:29	92	01:41:16	M17-39	Bungay Black Dog RC
375	Kevin	Johnston	Male	84	94	01:41:36	94	01:41:24	M45-49	
599	Christopher	Perfect	Male	85	95	01:41:38	95	01:41:29	M17-39	
127	Melvin	Hill	Male	86	96	01:41:47	96	01:41:29	M40-44	
393	Ian	Selmes	Male	87	97	01:41:51	99	01:41:48	M50-54	
1264	Susannah	Lee	Female	11	98	01:41:56	98	01:41:47	F17-39	
427	Stephen	Frosdick	Male	88	99	01:42:01	97	01:41:41	M45-49	Wymondham Athletic Club
401	Andrew	Hudson	Male	89	100	01:42:23	100	01:42:03	M17-39	
458	John	Bone	Male	90	101	01:42:27	103	01:42:10	M55-59	Great Yarmouth Road Runners
491	Andy	Daniel	Male	91	102	01:42:34	101	01:42:03	M17-39	Ipswich Jaffa
369	Roger	Mawer	Male	92	103	01:42:39	104	01:42:33	M65+	Lowestoft Road Runners
117	Chris	Chorley	Male	93	104	01:42:52	105	01:42:34	M40-44	Bungay Black Dog RC
447	Andrew	Goold	Male	94	105	01:43:08	102	01:42:09	M40-44	Riverside St Neots
251	Gavin	Sayer	Male	95	106	01:43:14	106	01:42:48	M17-39	Norwich Road Runners
1205	Rachael	Leathwood	Female	12	107	01:43:16	108	01:43:14	F17-39	Reepham Runners
325	Vincent	Purdy	Male	96	108	01:43:23	107	01:43:11	M17-39	North Norfolk Beach Runners
614	Kristin	Barnard	Male	97	109	01:43:30	109	01:43:27	M17-39	Wymondham Athletic Club
269	Kevin	Biriny	Male	98	110	01:43:34	110	01:43:27	M17-39	
329	Michael	Lyons	Male	99	111	01:43:38	111	01:43:30	M17-39	Dereham Runners AC
134	Ronald	Penrose	Male	100	112	01:43:49	112	01:43:31	M60-64	
46	Paul	Wickens	Male	101	113	01:44:01	115	01:43:53	M17-39	
374	Tim	Parr	Male	102	114	01:44:02	113	01:43:46	M17-39	
646	Greg	Quinn	Male	103	115	01:44:03	114	01:43:51	M45-49	Reepham Runners
1003	Gail	Pryke	Female	13	116	01:44:19	119	01:44:12	F45-49	Ipswch Triathlon
414	Garry	Topham	Male	104	117	01:44:21	117	01:44:02	M50-54	
455	Sam	White	Male	105	118	01:44:30	120	01:44:17	M17-39	
573	Andy	Brittain	Male	106	119	01:44:36	123	01:44:21	M45-49	
142	Jonathan	Brittain	Male	107	120	01:44:36	122	01:44:20	M17-39	
390	Nat	Dawbarn	Male	108	121	01:44:41	118	01:44:12	M40-44	
582	Alex	Ho	Male	109	122	01:44:55	126	01:44:55	M17-39	Cambridge University
482	Tim	Ward	Male	110	123	01:44:55	116	01:43:55	M40-44	
403	Mark	Whiting	Male	111	124	01:44:56	124	01:44:48	M45-49	
316	Ian	Milburn	Male	112	125	01:45:12	125	01:44:53	M60-64	Fenland Running & AC
660	Nigel	Parker	Male	113	126	01:45:17	121	01:44:19	M40-44	
507	Richard	Dye	Male	114	127	01:45:17	127	01:44:57	M40-44	Bungay Black Dog RC
1323	Marie	Clark	Female	14	128	01:45:31	128	01:45:17	F17-39	Norwich Road Runners
1191	Joanne	Diffey	Female	15	129	01:45:37	130	01:45:27	F17-39	Lakeside Lincoln
586	Mark	Brown	Male	115	130	01:45:39	129	01:45:22	M17-39	
176	Paul	Bradford	Male	116	131	01:45:42	132	01:45:30	M17-39	
290	Robert	Grainger	Male	117	132	01:45:44	135	01:45:39	M17-39	Stowmarket Striders
301	Maurice	Goodrick	Male	118	133	01:45:46	131	01:45:28	M60-64	
143	Stephen	Gibbs	Male	119	134	01:45:50	136	01:45:39	M40-44	Bungay Black Dog RC
479	Mark	Taylor	Male	120	135	01:45:55	134	01:45:34	M50-54	Norwich Road Runners
533	Alan	Hewett	Male	121	136	01:46:06	137	01:45:55	M40-44	Lakeside Lincoln
441	Peter	Nelson	Male	122	137	01:46:13	139	01:46:02	M17-39	
1131	Rebecca	Faircloth	Female	16	138	01:46:16	138	01:45:58	F17-39	Wymondham Athletic Club
368	Antony	Croucher	Male	123	139	01:46:16	141	01:46:07	M17-39	Great Yarmouth Road Runners
1280	Charlotte	Harrison	Female	17	140	01:46:16	133	01:45:32	F17-39	
281	Russell	Matthews	Male	124	141	01:46:22	140	01:46:04	M45-49	
518	Barry	Telling	Male	125	142	01:46:25	144	01:46:14	M45-49	Stopsley Striders
376	Steve	Bates	Male	126	143	01:46:31	142	01:46:09	M17-39	
193	John	Pinnell	Male	127	144	01:46:37	145	01:46:16	M40-44	
566	Andy	South	Male	128	145	01:46:37	146	01:46:17	M17-39	
476	Robin	McCoy	Male	129	146	01:46:58	147	01:46:31	M40-44	
334	Viraf	Captain	Male	130	147	01:46:58	143	01:46:11	M40-44	
1165	Sarah	Vick	Female	18	148	01:47:07	148	01:46:43	F17-39	The Saxons

179	Bob	McCall	Male	131	149	01:47:09	149	01:47:04	M17-39	Hinckley RC
633	Anthony	Wright	Male	132	150	01:47:32	151	01:47:20	M17-39	Stopsley Striders
495	Darren	Honour	Male	133	151	01:47:41	152	01:47:35	M17-39	
1271	Leslie	Franchs	Female	19	152	01:47:50	150	01:47:18	F17-39	
554	Jason	Kelf	Male	134	153	01:48:04	154	01:47:52	M17-39	Norfolk Gazelles
182	Jim	Arthur	Male	135	154	01:48:05	153	01:47:37	M17-39	
242	Thomas	Smith	Male	136	155	01:48:09	156	01:47:57	M17-39	
462	Eamonn	McCusker	Male	137	156	01:48:16	159	01:48:09	M50-54	Ryston Runners
274	Alan	Bradley	Male	138	157	01:48:22	157	01:48:02	M40-44	Norwich Road Runners
31	Tom	Bezance	Male	139	158	01:48:25	158	01:48:06	M17-39	
115	Philip	Kinghorn	Male	140	159	01:48:35	155	01:47:54	M17-39	
95	Paul	Yallop	Male	141	160	01:48:46	161	01:48:36	M17-39	
323	Darren	Cadman	Male	142	161	01:48:49	160	01:48:20	M17-39	
1081	Carole	Mooney	Female	20	162	01:48:52	162	01:48:38	F40-44	St Albans Striders
456	Terry	Harris	Male	143	163	01:48:58	163	01:48:41	M40-44	
1237	Michelle	White	Female	21	164	01:49:08	164	01:48:45	F17-39	
434	Stephen	Bedder	Male	144	165	01:49:10	167	01:49:05	M50-54	Hinckley RC
1128	Yvonne	Parker	Female	22	166	01:49:13	166	01:49:03	F50-54	Road Runners Club
592	Paul	Clarke	Male	145	167	01:49:20	165	01:49:03	M45-49	St Edmund Pacers
492	Paul	Fullalove	Male	146	168	01:49:35	169	01:49:16	M17-39	
605	David	Bowen	Male	147	169	01:49:46	168	01:49:13	M17-39	
594	Rob	Tenner	Male	148	170	01:49:51	172	01:49:40	M17-39	
459	Shaun	Parkinson	Male	149	171	01:49:52	171	01:49:38	M17-39	
487	Colin	Browning	Male	150	172	01:49:55	170	01:49:37	M40-44	Norwich Road Runners
275	Mick	Davidson	Male	151	173	01:49:56	174	01:49:45	M40-44	
426	Ian	Silver	Male	152	174	01:50:01	173	01:49:44	M50-54	Cambridge University Press RC
477	Mark	Whiting	Male	153	175	01:50:06	176	01:49:48	M17-39	
338	Kevin	Fox	Male	154	176	01:50:07	177	01:49:52	M17-39	Ely Runners
389	Chris	Lehrbach	Male	155	177	01:50:14	175	01:49:47	M17-39	
1220	Carol	Betts	Female	23	178	01:50:35	180	01:50:21	F50-54	Norfolk Gazelles
220	Nik	Bestow	Male	156	179	01:50:36	179	01:50:15	M45-49	Ipswich Triathlon
433	Paul	Wiegand	Male	157	180	01:50:43	181	01:50:31	M45-49	Fenland Running & AC
206	Simon	English	Male	158	181	01:50:59	178	01:50:11	M17-39	
428	Anthony	Gordon-Gray	Male	159	182	01:51:00	182	01:50:41	M55-59	Norfolk Gazelles
517	Stephen	Gardiner	Male	160	183	01:51:06	184	01:50:45	M45-49	
1223	Frances	Cooke	Female	24	184	01:51:20	183	01:50:45	F45-49	March Athletic Club
1067	Sharon	Hurren	Female	25	185	01:51:29	186	01:51:15	F17-39	Wymondham Athletic Club
608	Edd	Smith	Male	161	186	01:51:41	185	01:51:12	M17-39	
1167	Alexandra	Smith	Female	26	187	01:51:45	187	01:51:31	F17-39	Norwich Road Runners
543	Neville	Warnes	Male	162	188	01:51:51	190	01:51:35	M40-44	
1023	Vicky	Brotherton	Female	27	189	01:51:55	188	01:51:33	F17-39	
248	Paul	Evans	Male	163	190	01:51:55	191	01:51:39	M50-54	Great Yarmouth Road Runners
643	Simon	Edye	Male	164	191	01:51:56	192	01:51:39	M50-54	Norwich Road Runners
177	Ian	Edwards	Male	165	192	01:52:01	189	01:51:34	M17-39	Norwich Road Runners
637	Glenn	Woodruff	Male	166	193	01:52:04	194	01:51:42	M17-39	
157	Mike	Burke	Male	167	194	01:52:13	193	01:51:40	M17-39	Yaxley Runners
141	Sean	Willis	Male	168	195	01:52:26	196	01:52:07	M17-39	
470	M	Charles	Male	169	196	01:52:32	195	01:51:59	M40-44	
245	Duncan	Bolt	Male	170	197	01:52:45	201	01:52:38	M17-39	
1179	Jane	Yardy	Female	28	198	01:52:50	198	01:52:18	F45-49	
62	Karl	Williamson	Male	171	199	01:52:53	200	01:52:25	M17-39	
598	Michael	Andrew	Male	172	200	01:52:57	197	01:52:17	M17-39	
642	Steve	Dockerill	Male	173	201	01:53:04	199	01:52:21	M40-44	BRJ Huntingdon RRCM
223	Paul	Martin	Male	174	202	01:53:10	204	01:53:02	M17-39	
70	Giuseppe	Ciarla	Male	175	203	01:53:12	202	01:52:50	M17-39	
303	Shawn	Mason	Male	176	204	01:53:25	205	01:53:11	M17-39	Great Yarmouth District AC
621	Nigel	Thrower	Male	177	205	01:53:28	207	01:53:13	M17-39	Norwich Road Runners
1078	Sarah	Schofield	Female	29	206	01:53:33	209	01:53:22	F17-39	
209	Chris	Pitt	Male	178	207	01:53:38	208	01:53:20	M40-44	
332	Anthony	Heath	Male	179	208	01:53:41	203	01:53:02	M55-59	North Norfolk Beach Runners
194	Bruce	Rayner	Male	180	209	01:53:48	211	01:53:30	M45-49	Bungay Black Dog RC
1103	Amanda	Hards	Female	30	210	01:53:51	210	01:53:28	F17-39	
25	Paul	Hannant	Male	181	211	01:53:55	213	01:53:33	M17-39	
289	Michael	Hearn	Male	182	212	01:54:01	206	01:53:13	M17-39	
483	Trevor	Horrex	Male	183	213	01:54:08	212	01:53:33	M45-49	Norwich Road Runners
595	John	Clarke	Male	184	214	01:54:45	215	01:54:10	M45-49	
1305	Toni	Clarke	Female	31	215	01:54:45	216	01:54:11	F40-44	
108	Brian	Whyte	Male	185	216	01:54:51	214	01:53:50	M17-39	
100	Stephen	Blomfield	Male	186	217	01:54:56	221	01:54:34	M40-44	Norfolk Gazelles
1292	Victoria	Galer	Female	32	218	01:54:57	218	01:54:27	F17-39	
1333	Rita	Peck	Female	33	219	01:55:01	223	01:54:38	F60-64	
663	Daniel	Harle	Male	187	220	01:55:10	222	01:54:35	M17-39	
191	Peter	Goddard	Male	188	221	01:55:11	227	01:54:53	M45-49	
424	Tony	Money	Male	189	222	01:55:12	224	01:54:45	M17-39	
611	Kevin	Smith	Male	190	223	01:55:16	229	01:55:00	M40-44	Lowestoft Road Runners
535	Colin	Stark	Male	191	224	01:55:20	228	01:54:57	M17-39	

137	William	Leuchars	Male	192	225	01:55:20	217	01:54:20	M17-39	
565	Simon	Edwards	Male	193	226	01:55:20	219	01:54:34	M17-39	
21	Richard	Nolan	Male	194	227	01:55:25	225	01:54:52	M40-44	
1021	Claire	Nolan	Female	34	228	01:55:25	226	01:54:52	F17-39	
348	Robert	Astley	Male	195	229	01:55:26	220	01:54:34	M17-39	
440	Mark	Tufts	Male	196	230	01:55:28	232	01:55:14	M17-39	Wymondham Athletic Club
1186	Maria	Brightwell	Female	35	231	01:55:38	230	01:55:02	F40-44	
249	Richard	Bell	Male	197	232	01:55:41	233	01:55:21	M17-39	Muddy Mucky Monkeys
264	Terry	Clemence	Male	198	233	01:55:57	239	01:55:51	M40-44	
506	David	Barclay	Male	199	234	01:56:04	235	01:55:41	M45-49	Norfolk Gazelles
610	Barry	Smith	Male	200	235	01:56:04	236	01:55:49	M45-49	Lowestoft Road Runners
485	Andrew	Merrell	Male	201	236	01:56:05	237	01:55:49	M40-44	
498	Jonathan	Bone	Male	202	237	01:56:07	241	01:55:58	M17-39	
436	Michael	Johnson	Male	203	238	01:56:12	243	01:56:06	M17-39	
1115	Jade	Johnstone	Female	36	239	01:56:16	234	01:55:31	F17-39	City of Norwich AC
361	Andrew	Savory	Male	204	240	01:56:21	240	01:55:53	M40-44	
357	Rodney	Arbon	Male	205	241	01:56:28	244	01:56:08	M17-39	
320	Anthony	Cotton	Male	206	242	01:56:39	231	01:55:09	M65+	BRJ Huntingdon RRCM
404	Stephen	Cramp	Male	207	243	01:56:42	245	01:56:15	M55-59	
55	Andrew	Barker	Male	208	244	01:57:00	247	01:56:33	M17-39	
88	Daniel	Smale	Male	209	245	01:57:00	238	01:55:50	M17-39	
226	Ivor	McNaugher	Male	210	246	01:57:03	250	01:56:50	M40-44	
252	Jon	Humphreys	Male	211	247	01:57:03	248	01:56:38	M45-49	
261	Bruce	Dupe	Male	212	248	01:57:07	249	01:56:39	M17-39	
296	Enrique	Cuervo	Male	213	249	01:57:08	246	01:56:19	M17-39	
504	Edward	Burton	Male	214	250	01:57:09	242	01:56:03	M40-44	Wymondham Athletic Club
639	Martin	Lehane	Male	215	251	01:57:19	255	01:57:07	M17-39	
185	Glen	Kerton	Male	216	252	01:57:43	256	01:57:15	M17-39	
523	Andy	Irvine	Male	217	253	01:57:43	253	01:57:04	M17-39	Cambridge and Coleridge
1298	Carmel	Mceniery	Female	37	254	01:57:44	254	01:57:05	F17-39	Cambridge and Coleridge
505	Matthew	Frary	Male	218	255	01:57:50	252	01:57:04	M17-39	
627	Ian	Woods	Male	219	256	01:57:51	257	01:57:28	M45-49	Norfolk Gazelles
416	David	Pearce	Male	220	257	01:57:55	261	01:57:48	M17-39	
1160	Sue	Yendley	Female	38	258	01:57:56	251	01:57:03	F40-44	BRJ Huntingdon RRCM
429	Phillip	Laurier	Male	221	259	01:57:56	258	01:57:33	M55-59	Lowestoft Road Runners
350	Mark	Ewin	Male	222	260	01:57:58	259	01:57:46	M17-39	
288	Tim	Finegan	Male	223	261	01:58:04	262	01:57:50	M40-44	Felixstowe Road Runners
618	Andrew	Pond	Male	224	262	01:58:20	268	01:58:07	M40-44	
603	Chris	Bayes	Male	225	263	01:58:20	263	01:57:59	M17-39	
547	Howard	Jones	Male	226	264	01:58:37	270	01:58:23	M40-44	
671	Nicholas	Barrett	Male	227	265	01:58:38	267	01:58:05	M17-39	
158	Paul	Gallop	Male	228	266	01:58:43	271	01:58:31	M17-39	
90	David	Sabey	Male	229	267	01:58:45	269	01:58:20	M17-39	Amptill and Flitwick Flyers R
1141	Caroline	Gillespie	Female	39	268	01:58:52	275	01:58:37	F17-39	
1246	Sophia	Warner	Female	40	269	01:58:54	265	01:58:03	F17-39	
48	Lee	Grant	Male	230	270	01:58:55	260	01:57:46	M17-39	
1331	Meghan	Cavanagh	Female	41	271	01:58:57	264	01:58:02	F17-39	
154	Adam	Meakin	Male	231	272	01:58:58	272	01:58:32	M17-39	
1174	Michelle	Collins	Female	42	273	01:58:59	274	01:58:36	F17-39	
71	Nigel	Bullen	Male	232	274	01:59:05	276	01:58:45	M50-54	Norwich Road Runners
219	Colin	Fisher	Male	233	275	01:59:11	266	01:58:04	M17-39	
1104	Veronica	Manly	Female	43	276	01:59:12	280	01:58:58	F55-59	Wymondham Athletic Club
358	Colin	Whale	Male	234	277	01:59:14	277	01:58:55	M40-44	Bungay Black Dog RC
525	Carl	Graham	Male	235	278	01:59:17	279	01:58:58	M17-39	
619	Jon	Rowden	Male	236	279	01:59:20	285	01:59:11	M17-39	
377	David	Osmond	Male	237	280	01:59:26	286	01:59:11	M40-44	
84	Andrew	Hawes	Male	238	281	01:59:30	282	01:59:06	M17-39	
515	Lloyd	Perkin	Male	239	282	01:59:32	283	01:59:06	M40-44	
363	Nick	Dean	Male	240	283	01:59:34	284	01:59:10	M17-39	
1142	Emma	Fisher	Female	44	284	01:59:39	273	01:58:33	F17-39	
1025	Donna	Jones	Female	45	285	01:59:40	287	01:59:15	F17-39	
103	Rod	Bye	Male	241	286	01:59:44	289	01:59:21	M45-49	Coltishall Jaguars
307	Kristofer	Burton	Male	242	287	01:59:44	281	01:59:03	M17-39	
215	Andrew	Heggie	Male	243	288	02:00:04	288	01:59:20	M17-39	
452	Richard	Sargeant	Male	244	289	02:00:05	292	01:59:44	M17-39	Lowestoft Road Runners
461	Peter	Cook	Male	245	290	02:00:12	293	01:59:44	M55-59	
1248	Caroline	Taylor	Female	46	291	02:00:14	294	01:59:50	F45-49	Norwich Road Runners
150	Nicholas	Hards	Male	246	292	02:00:14	295	01:59:52	M40-44	
246	Julian	Drewe	Male	247	293	02:00:23	297	02:00:12	M17-39	
1059	Joanna	Albert	Female	47	294	02:00:30	291	01:59:38	F17-39	
1217	Beverley-Jayne	Rackham	Female	48	295	02:00:33	296	01:59:59	F45-49	
1073	Annabelle	Cole	Female	49	296	02:00:35	290	01:59:26	F17-39	
669	Simon	Whalley	Male	248	297	02:00:58	301	02:00:49	M17-39	
640	Roy	Montgomerie	Male	249	298	02:01:03	278	01:58:57	M45-49	
617	Carl	Marsh	Male	250	299	02:01:05	298	02:00:28	M17-39	
413	Elsawy	Magoy	Male	251	300	02:01:09	300	02:00:35	M50-54	

129	Jamie	Dyke	Male	252	301	02:01:43	299	02:00:34	M17-39	
410	Peter	Gowing	Male	253	302	02:01:52	303	02:01:20	M17-39	Reepham Runners
107	Andrew	Cable	Male	254	303	02:01:53	302	02:00:50	M45-49	Great Bentley RC
580	Kevin	Doyle	Male	255	304	02:01:53	305	02:01:23	M40-44	Royal Air Force
1061	Helen	Yarranton	Female	50	305	02:01:57	304	02:01:23	F17-39	
1153	Linda	Baston-Pitt	Female	51	306	02:02:11	308	02:01:35	F40-44	
109	Andrew	Kilbey	Male	256	307	02:02:11	309	02:01:50	M17-39	
133	Matthew	Fitzgerald	Male	257	308	02:02:11	306	02:01:29	M17-39	
473	Alex	Williams	Male	258	309	02:02:27	307	02:01:29	M17-39	Road Runners Club
590	Antony	Kennedy	Male	259	310	02:02:33	315	02:02:12	M17-39	
1252	Lorraine	Mills	Female	52	311	02:02:33	310	02:01:50	F17-39	Stowmarket Striders
39	Andy	Crook	Male	260	312	02:02:40	311	02:02:02	M17-39	
1242	Sarah	Sargeant	Female	53	313	02:02:43	317	02:02:21	F17-39	Lowestoft Road Runners
653	Andrew	Gregory	Male	261	314	02:02:47	312	02:02:03	M17-39	
1055	Sarah	Jenkins	Female	54	315	02:02:56	318	02:02:28	F17-39	
1272	Jayne	Cook	Female	55	316	02:03:00	313	02:02:05	F40-44	
183	Adrian	Carder	Male	262	317	02:03:00	316	02:02:21	M45-49	
244	Mark	Wright	Male	263	318	02:03:03	319	02:02:32	M50-54	The Saxons
466	Ian	Cook	Male	264	319	02:03:06	314	02:02:07	M17-39	
534	Glenn	Osborne	Male	265	320	02:03:32	323	02:03:07	M17-39	
652	Jonathan	Cornall	Male	266	321	02:03:40	322	02:02:55	M45-49	
299	Melvin	May	Male	267	322	02:03:50	326	02:03:15	M45-49	Norwich Road Runners
1304	Sara	Rogger	Female	56	323	02:03:55	325	02:03:13	F17-39	
1322	Sophie	Croft	Female	57	324	02:03:56	320	02:02:34	F17-39	
49	Mark	Pickering	Male	268	325	02:04:03	328	02:03:50	M17-39	
1044	Tanya	Bryan	Female	58	326	02:04:05	321	02:02:52	F17-39	
612	Paul	Thurston	Male	269	327	02:04:08	324	02:03:12	M17-39	
228	Terence	Dawson	Male	270	328	02:04:14	327	02:03:31	M55-59	
1208	Sarah	Hayward	Female	59	329	02:04:15	330	02:03:51	F17-39	
1310	Marie	Bowen	Female	60	330	02:04:23	329	02:03:51	F17-39	
1306	Andrea	Martinelli	Female	61	331	02:04:31	332	02:03:54	F17-39	
78	Shaun	Quinton	Male	271	332	02:04:53	335	02:04:26	M17-39	
613	Michael	Smith	Male	272	333	02:04:56	333	02:04:17	M60-64	Wymondham Athletic Club
1068	Angie	Bear	Female	62	334	02:04:56	339	02:04:42	F45-49	Wymondham Athletic Club
1212	Katie	Sloane	Female	63	335	02:04:57	331	02:03:53	F17-39	
372	Leslie	Banham	Male	273	336	02:05:00	334	02:04:18	M55-59	Stowmarket Striders
1193	Liz	Poole	Female	64	337	02:05:01	338	02:04:37	F17-39	
67	Neil	Coxhead	Male	274	338	02:05:10	337	02:04:31	M17-39	
65	Rob	Gardner	Male	275	339	02:05:11	341	02:04:44	M17-39	
568	Andy	Sallnow	Male	276	340	02:05:13	346	02:05:00	M17-39	
521	James	Milner	Male	277	341	02:05:17	344	02:04:54	M17-39	
112	Richard	Elliot	Male	278	342	02:05:26	340	02:04:44	M17-39	
394	Peter	Heard	Male	279	343	02:05:29	342	02:04:50	M45-49	Wymondham Athletic Club
415	Paul	Groves	Male	280	344	02:05:39	352	02:05:22	M40-44	Coltishall Jaguars
1143	Kate	Hendry	Female	65	345	02:05:41	336	02:04:31	F17-39	
1122	Gill	Woodhouse	Female	66	346	02:05:49	348	02:05:10	F55-59	Dereham Runners AC
379	Martin	Ashford	Male	281	347	02:05:50	351	02:05:20	M55-59	Diss Athletic Club
469	Dean	Pruden	Male	282	348	02:05:50	353	02:05:24	M17-39	
392	Kevin	Marshall	Male	283	349	02:05:57	359	02:05:51	M45-49	Ilford AC
305	Richard	Moulson	Male	284	350	02:06:03	356	02:05:34	M17-39	
624	Martin	Walsh	Male	285	351	02:06:08	354	02:05:27	M50-54	
542	Joe	Seabrook	Male	286	352	02:06:09	350	02:05:19	M60-64	
1245	Lucian	Herbst	Female	67	353	02:06:13	345	02:04:57	F17-39	
572	Terry	Garrity	Male	287	354	02:06:13	343	02:04:51	M50-54	Bungay Black Dog RC
1173	Anna	Chambers	Female	68	355	02:06:14	349	02:05:14	F17-39	
636	Mark	Greenhall	Male	288	356	02:06:15	355	02:05:32	M40-44	
189	Ricky	Taylor	Male	289	357	02:06:17	361	02:05:55	M45-49	
1313	Kate	Hulse	Female	69	358	02:06:19	357	02:05:35	F17-39	
607	James	Lucas	Male	290	359	02:06:30	358	02:05:45	M17-39	Stratton Striders
670	Mark	Webster	Male	291	360	02:06:30	360	02:05:52	M55-59	
353	John	Poole	Male	292	361	02:06:31	347	02:05:01	M45-49	
1201	Heather	Bush	Female	70	362	02:06:31	363	02:06:07	F17-39	
1195	Karyn	Bray	Female	71	363	02:06:37	365	02:06:11	F17-39	
537	William	Holden	Male	293	364	02:06:42	368	02:06:23	M45-49	
527	Simon	Butler	Male	294	365	02:06:54	370	02:06:27	M40-44	
259	Ben	Tinkler	Male	295	366	02:06:59	362	02:06:05	M17-39	
558	Quinton	Haverson	Male	296	367	02:07:02	371	02:06:28	M17-39	
75	Steve	Banner	Male	297	368	02:07:11	364	02:06:10	M40-44	
654	Richard	Morris-Jones	Male	298	369	02:07:12	367	02:06:20	M17-39	
387	Ian	Odgers	Male	299	370	02:07:14	374	02:06:48	M17-39	
1086	Juliette	Moore	Female	72	371	02:07:24	366	02:06:19	F17-39	Wymondham Athletic Club
1288	Joanne	Philpott	Female	73	372	02:07:26	372	02:06:38	F17-39	
1285	Simone	Warnes	Female	74	373	02:07:29	376	02:06:55	F17-39	
276	Julian	Smith	Male	300	374	02:07:30	378	02:07:02	M17-39	
86	Keith	Morgan	Male	301	375	02:07:31	377	02:06:58	M40-44	
516	Andrew	Verney	Male	302	376	02:07:42	386	02:07:27	M40-44	

524	Paul	Greasley	Male	303	377	02:07:43	369	02:06:26	M60-64	
1249	Carole	Spong	Female	75	378	02:07:49	387	02:07:32	F60-64	Great Yarmouth Road Runners
1162	Sarah	Bradley	Female	76	379	02:07:50	382	02:07:14	F40-44	Norwich Road Runners
510	Robin	Farrar	Male	304	380	02:07:50	380	02:07:09	M60-64	Bungay Black Dog RC
311	Anthony	White	Male	305	381	02:07:52	384	02:07:18	M55-59	Norwich Road Runners
343	Paul	Worster	Male	306	382	02:07:58	375	02:06:52	M45-49	
604	Simon	Kemp	Male	307	383	02:08:05	385	02:07:25	M17-39	
508	John	Watkins	Male	308	384	02:08:16	373	02:06:45	M45-49	
1258	Julie	Barton	Female	77	385	02:08:19	379	02:07:09	F17-39	
1207	Nichola	Read	Female	78	386	02:08:24	381	02:07:10	F17-39	Thetford AC
36	Christopher	Driscoll	Male	309	387	02:08:36	388	02:07:47	M17-39	
1297	Hazel	Garrity	Female	79	388	02:08:36	383	02:07:15	F50-54	Bungay Black Dog RC
356	Sanjay	Gheyi	Male	310	389	02:08:45	393	02:08:12	M40-44	
342	David	Jackson	Male	311	390	02:08:45	389	02:07:55	M17-39	
651	Dan	Fitzgerald	Male	312	391	02:08:49	392	02:08:10	M17-39	
1100	Tracy	Stevens	Female	80	392	02:08:54	390	02:08:04	F17-39	
50	Nick	Cooper	Male	313	393	02:08:59	398	02:08:34	M45-49	
1090	Alison	Hammond	Female	81	394	02:09:00	394	02:08:12	F17-39	
398	Gary	Smith	Male	314	395	02:09:01	391	02:08:09	M45-49	
383	Dennis	Bartram	Male	315	396	02:09:02	396	02:08:22	M55-59	Wymondham Athletic Club
373	Simon	Norgate	Male	316	397	02:09:03	397	02:08:25	M17-39	North Norfolk Beach Runners
1314	Jackie	Harrop	Female	82	398	02:09:17	395	02:08:14	F40-44	Norfolk Gazelles
530	Richard	Todd	Male	317	399	02:09:27	399	02:08:36	M40-44	
1321	Shelley	Lopez	Female	83	400	02:09:31	402	02:09:00	F17-39	
278	Peter	Wapshott	Male	318	401	02:09:32	403	02:09:05	M55-59	
1247	Nicky	Baker	Female	84	402	02:09:35	404	02:09:05	F17-39	Norwich Road Runners
555	Adrian	Sadler	Male	319	403	02:09:47	405	02:09:15	M40-44	Waveney Valley AC
256	Clive	Banner	Male	320	404	02:09:49	400	02:08:49	M40-44	
557	Nolan	Tovell	Male	321	405	02:10:04	401	02:08:53	M17-39	
122	Michael	Franks	Male	322	406	02:10:06	409	02:09:28	M45-49	
41	Matthew	Gaunt	Male	323	407	02:10:06	415	02:09:49	M17-39	
105	Paul	Astbury	Male	324	408	02:10:08	411	02:09:39	M40-44	
384	Colin	Buckley	Male	325	409	02:10:13	410	02:09:29	M55-59	
98	Ashley	Barnard	Male	326	410	02:10:14	413	02:09:43	M40-44	
480	Nathan	Webb	Male	327	411	02:10:17	412	02:09:42	M17-39	
298	Mark	Ithell	Male	328	412	02:10:17	414	02:09:49	M17-39	
630	David	Mcleod	Male	329	413	02:10:19	407	02:09:24	M17-39	
632	Simon	Hilton	Male	330	414	02:10:19	408	02:09:25	M40-44	
631	Peter	Rowe	Male	331	415	02:10:19	406	02:09:23	M17-39	
1241	Beres	Ward	Female	85	416	02:11:20	416	02:10:17	F50-54	
629	Jonathan	Norton	Male	332	417	02:11:20	417	02:10:27	M17-39	
116	James	Crosskill	Male	333	418	02:11:27	420	02:10:53	M17-39	
602	Charlie	Stannett	Male	334	419	02:11:35	418	02:10:27	M50-54	Ipswich Triathlon
559	Daniel	Castle	Male	335	420	02:11:39	419	02:10:41	M17-39	
1164	Kate	Hillman	Female	86	421	02:11:48	424	02:11:15	F40-44	
257	Christopher	Sargisson	Male	336	422	02:11:48	423	02:11:15	M17-39	
241	Richard	Broster	Male	337	423	02:11:55	421	02:11:09	M17-39	Dereham Runners AC
1149	Linsey	Broster	Female	87	424	02:11:55	422	02:11:10	F17-39	Dereham Runners AC
229	John	Moss	Male	338	425	02:12:03	426	02:11:22	M50-54	
279	David	Weeks	Male	339	426	02:12:08	429	02:11:52	M45-49	
388	Andy	Stephenson	Male	340	427	02:12:13	427	02:11:23	M17-39	
453	David	Gilbert	Male	341	428	02:12:15	430	02:11:54	M60-64	Trianglia
1148	Louise	Norris	Female	88	429	02:12:34	425	02:11:20	F17-39	Thetford AC
560	Ian	Sturgess	Male	342	430	02:12:36	437	02:12:30	M45-49	Wymondham Athletic Club
591	Chris	Wall	Male	343	431	02:12:40	431	02:11:57	M17-39	
1256	Lucy	Moore	Female	89	432	02:12:52	432	02:11:59	F40-44	BRJ Huntingdon RRCM
260	Adrian	Hubbard	Male	344	433	02:12:53	435	02:12:13	M17-39	
1334	Debra Louise	Spratling	Female	90	434	02:12:53	434	02:12:10	F17-39	
444	Stephen	Browning	Male	345	435	02:12:55	428	02:11:51	M55-59	Norfolk Gazelles
339	Daniel	Hall	Male	346	436	02:13:04	433	02:12:03	M17-39	
291	John	Richardson	Male	347	437	02:13:07	439	02:12:38	M50-54	Dereham Runners AC
76	Christopher	Brand	Male	348	438	02:13:09	445	02:12:45	M17-39	
351	Simon	Warnes	Male	349	439	02:13:19	441	02:12:41	M17-39	
163	Simon	Mckinna	Male	350	440	02:13:19	436	02:12:22	M17-39	
564	Paul	Greaves	Male	351	441	02:13:32	447	02:12:48	M40-44	
304	David	Howe	Male	352	442	02:13:33	450	02:13:09	M55-59	
168	Jason	Buckley	Male	353	443	02:13:39	446	02:12:47	M17-39	
1176	Ellen	Sweet-Escott	Female	91	444	02:13:41	444	02:12:43	F45-49	
57	David	Jones	Male	354	445	02:13:43	438	02:12:32	M17-39	
655	David	Pimlott	Male	355	446	02:13:44	451	02:13:09	M55-59	Waveney Valley AC
1219	Michelle	Harrison	Female	92	447	02:13:45	440	02:12:40	F17-39	
405	Chris	Aspin	Male	356	448	02:13:47	443	02:12:42	M40-44	
1116	Ophelia	Gartside	Female	93	449	02:13:49	449	02:13:04	F17-39	
77	Kim	Arnall	Male	357	450	02:13:56	459	02:13:43	M45-49	
1083	Corrina	Smith	Female	94	451	02:13:56	442	02:12:42	F17-39	Thetford AC
1098	Lucy	Collyer	Female	95	452	02:13:59	452	02:13:16	F17-39	

324	Malcolm	Pugh	Male	358	453	02:14:12	456	02:13:38	M17-39	
1181	Sarah	Hill	Female	96	454	02:14:12	455	02:13:38	F17-39	
1324	Elaine	Burrows	Female	97	455	02:14:23	448	02:12:58	F40-44	Diss Athletic Club
382	David	Drewitt	Male	359	456	02:14:24	462	02:13:53	M55-59	Great Yarmouth District AC
600	Simon	Loydall	Male	360	457	02:14:26	454	02:13:37	M17-39	
623	Chris	Pargin	Male	361	458	02:14:26	457	02:13:38	M17-39	
207	Jeremy	Navrady	Male	362	459	02:14:27	465	02:14:19	M40-44	Ryston Runners
661	Graham	Summers	Male	363	460	02:14:31	453	02:13:19	M17-39	
1145	Jackie	Bye	Female	98	461	02:14:40	458	02:13:40	F45-49	Coltishall Jaguars
1244	Kathryn	Ellis	Female	99	462	02:14:52	461	02:13:49	F17-39	
1048	Bobbie	Sauerzapf	Female	100	463	02:14:53	467	02:14:33	F45-49	Bungay Black Dog RC
1050	Jo	Fraser	Female	101	464	02:14:57	460	02:13:49	F17-39	Stowmarket Striders
1134	Sandra	Lubbock	Female	102	465	02:15:01	463	02:13:57	F40-44	
650	Justin	Taylor	Male	364	466	02:15:01	469	02:14:36	M17-39	
337	Simon	Weal	Male	365	467	02:15:09	464	02:14:18	M40-44	
1126	Claire	Pummell	Female	103	468	02:15:30	468	02:14:34	F17-39	
82	Simon	Fox	Male	366	469	02:15:36	470	02:14:49	M17-39	
662	Edward	Proffitt	Male	367	470	02:15:38	466	02:14:32	M17-39	
1328	Cecile	Jackson	Female	104	471	02:15:43	473	02:15:12	F50-54	
641	Andrew	Edwards	Male	368	472	02:16:00	482	02:15:39	M17-39	
161	Mike	Wright	Male	369	473	02:16:07	477	02:15:26	M40-44	Eye Community Runners
1087	Sarah	Jay	Female	105	474	02:16:08	484	02:15:43	F40-44	
1202	Claire	Foulkes	Female	106	475	02:16:11	478	02:15:32	F17-39	North Norfolk Beach Runners
1138	Feria	Siblon	Female	107	476	02:16:12	472	02:15:02	F45-49	
1108	Roz	Eadon	Female	108	477	02:16:13	479	02:15:36	F40-44	Cambridge and Coleridge
1042	Bigchick	Reilly	Female	109	478	02:16:13	471	02:15:02	F17-39	
1166	Theresa	White	Female	110	479	02:16:14	481	02:15:39	F17-39	Norwich Road Runners
464	Dennis	Simpson	Male	370	480	02:16:14	480	02:15:38	M45-49	Norwich Road Runners
165	Jonathan	Clitheroe	Male	371	481	02:16:15	474	02:15:14	M17-39	
1185	Julie	Didrew	Female	111	482	02:16:19	475	02:15:16	F45-49	
212	Frank	Rycroft	Male	372	483	02:16:25	483	02:15:41	M55-59	
51	Charlie	Dyke	Male	373	484	02:16:29	476	02:15:19	M50-54	
541	Danny	Zenchuk	Male	374	485	02:16:41	487	02:16:34	M17-39	Nene Valley Harriers
272	Neil	Thomas	Male	375	486	02:16:57	493	02:16:55	M17-39	Islwyn Running Club
1257	Anna	Farrar	Female	112	487	02:17:04	485	02:16:19	F45-49	
583	Roger	Leverton	Male	376	488	02:17:09	486	02:16:27	M17-39	
255	Glenn	Scoular	Male	377	489	02:17:10	489	02:16:46	M45-49	Norfolk Police
83	Damien	Homden	Male	378	490	02:17:20	492	02:16:51	M17-39	
460	Mark	Ecflett	Male	379	491	02:17:21	494	02:16:57	M40-44	Lowestoft Road Runners
1170	Deborah	Jones	Female	113	492	02:17:57	491	02:16:50	F17-39	
489	Duncan	Frazer	Male	380	493	02:17:58	488	02:16:41	M40-44	
1282	Cheryl	Kershaw	Female	114	494	02:18:01	497	02:17:14	F17-39	
93	Mick	Broom	Male	381	495	02:18:04	503	02:17:49	M17-39	
647	Philip	Jenkins	Male	382	496	02:18:11	501	02:17:45	M50-54	
1329	Debra Louise	Porter	Female	115	497	02:18:12	490	02:16:50	F17-39	
99	Paul	Giles	Male	383	498	02:18:21	496	02:17:09	M17-39	
1056	Linda	Beckwith	Female	116	499	02:18:21	495	02:17:08	F17-39	
378	Justin	Ashford	Male	384	500	02:18:27	505	02:17:59	M17-39	Norwich Road Runners
1089	Helen	Thomas	Female	117	501	02:18:27	502	02:17:47	F17-39	
1213	Emily	Gardiner	Female	118	502	02:18:28	498	02:17:26	F17-39	
1101	Hazel	Ruijsenaars	Female	119	503	02:18:28	499	02:17:27	F17-39	
1129	Kate	Barlow	Female	120	504	02:18:29	500	02:17:43	F50-54	Wymondham Athletic Club
1240	Christina	Stone	Female	121	505	02:18:30	504	02:17:52	F17-39	
1299	Iona	Cummings	Female	122	506	02:18:38	507	02:18:02	F17-39	
60	Justin	Bradley	Male	385	507	02:18:47	509	02:18:23	M17-39	
120	Beri	Simmons	Male	386	508	02:19:00	506	02:17:59	M17-39	
1169	Margaret	Sharpe	Female	123	509	02:19:01	508	02:18:15	F50-54	Norfolk Jaguars
1154	Jane	Freeman	Female	124	510	02:19:11	511	02:18:26	F50-54	
1279	Rebecca	Cousins	Female	125	511	02:19:15	518	02:18:59	F17-39	Fenland Running & AC
322	David	Bell	Male	387	512	02:19:22	515	02:18:47	M17-39	
1094	Sandra	Yallop	Female	126	513	02:19:23	510	02:18:25	F40-44	
283	Colin	Hewes	Male	388	514	02:19:27	521	02:19:10	M50-54	
409	Laurence	Bartrum	Male	389	515	02:19:29	512	02:18:30	M17-39	
380	Rodney	Potter	Male	390	516	02:19:36	522	02:19:16	M65+	
1196	Amanda	White	Female	127	517	02:19:44	516	02:18:48	F17-39	
1064	Joanna	Coldron	Female	128	518	02:19:56	514	02:18:47	F17-39	
247	Bob	Paul	Male	391	519	02:20:01	513	02:18:38	M50-54	Bungay Black Dog RC
1093	Alyson	Clarke	Female	129	520	02:20:10	519	02:19:06	F17-39	
1111	Louisa	Turner	Female	130	521	02:20:10	520	02:19:06	F17-39	
1137	Rachel	Fiddy	Female	131	522	02:20:19	517	02:18:55	F17-39	Norwich Road Runners
615	Luke	Hawkins	Male	392	523	02:20:21	528	02:19:41	M17-39	
1283	Lucy	Todd	Female	132	524	02:20:31	527	02:19:38	F17-39	
1180	Andrea	Bell	Female	133	525	02:20:31	526	02:19:38	F17-39	
347	Darren	Baker	Male	393	526	02:20:33	525	02:19:36	M40-44	St Edmund Pacers
198	Paul	Dickens	Male	394	527	02:20:35	523	02:19:32	M40-44	
136	Stephen	Panting	Male	395	528	02:20:41	524	02:19:35	M17-39	

514	Simon	Self	Male	396	529	02:20:45	530	02:19:43	M17-39	
159	Matthew	Sutton	Male	397	530	02:20:49	536	02:20:17	M17-39	
286	Andrew	Gooch	Male	398	531	02:20:51	533	02:20:02	M17-39	
1084	Nayna	Patel	Female	134	532	02:20:55	529	02:19:41	F17-39	Sandwell Valley RC
1286	Trish	Judson	Female	135	533	02:20:57	535	02:20:03	F50-54	Wymondham Athletic Club
1082	Natasha	Cox	Female	136	534	02:20:57	534	02:20:03	F17-39	
64	Tony	Cann	Male	399	535	02:20:59	531	02:19:51	M17-39	
243	Hedley	Harnett	Male	400	536	02:21:06	532	02:19:52	M17-39	
1113	Julia	Kennelly	Female	137	537	02:21:11	539	02:20:36	F17-39	Wymondham Athletic Club
1146	Laura	Eaves	Female	138	538	02:21:25	538	02:20:22	F17-39	
1262	Rosie	Chance	Female	139	539	02:21:30	537	02:20:19	F17-39	
1270	Jenny	Bartrum	Female	140	540	02:21:45	542	02:20:51	F50-54	
1139	Karen	Archbold	Female	141	541	02:21:48	541	02:20:51	F17-39	
1335	Rosalie	Summers	Female	142	542	02:21:50	540	02:20:39	F17-39	
344	Paul	Jenner	Male	401	543	02:21:57	543	02:21:02	M40-44	Buxton AC
1177	Marleen	Van Wayaenberg	Female	143	544	02:22:09	544	02:21:12	F50-54	
56	Neil	Shorten	Male	402	545	02:22:11	546	02:21:26	M17-39	
151	Les	Kindleysides	Male	403	546	02:22:33	545	02:21:13	M60-64	
497	David	Steward	Male	404	547	02:22:38	549	02:21:57	M40-44	
545	Stephen	Woodrow	Male	405	548	02:22:41	548	02:21:38	M55-59	City of Norwich AC
412	David	Freeburn	Male	406	549	02:22:46	547	02:21:31	M55-59	
606	Christopher	Kett	Male	407	550	02:22:55	552	02:22:15	M17-39	
148	Arthur	Nicholl	Male	408	551	02:23:20	558	02:22:58	M50-54	
1235	Elizabeth	Shubbrook	Female	144	552	02:23:21	556	02:22:43	F17-39	
147	Niall	Sully	Male	409	553	02:23:23	554	02:22:27	M17-39	
210	Christopher	Eve	Male	410	554	02:23:23	559	02:23:07	M17-39	
1105	Alison	Marshall	Female	145	555	02:23:30	550	02:22:04	F40-44	
1096	Karen	Brenchley	Female	146	556	02:23:38	553	02:22:27	F40-44	
1295	Rosie	Butler	Female	147	557	02:23:39	555	02:22:29	F55-59	
1175	Rosemary	Matlock	Female	148	558	02:23:39	551	02:22:15	F45-49	Thetford AC
1156	Gemma	Sullivan	Female	149	559	02:23:45	557	02:22:51	F17-39	
1336	Louisa	Rowlands	Female	150	560	02:24:17	560	02:23:09	F17-39	
63	Michael	Waters	Male	411	561	02:24:19	561	02:23:27	M17-39	
1267	Sue	Hargadon	Female	151	562	02:24:44	562	02:23:37	F50-54	Ipswich Triathlon
1253	Yuriko	Inoue	Female	152	563	02:24:59	563	02:23:49	F17-39	
1161	Stephanie	Evans	Female	153	564	02:25:17	564	02:24:20	F17-39	
1152	Jane	Beales	Female	154	565	02:25:30	569	02:24:54	F17-39	
587	Angus	Duff	Male	412	566	02:25:33	566	02:24:33	M40-44	
667	Christopher	Boyes	Male	413	567	02:25:37	568	02:24:38	M55-59	
1188	Carol	Worster	Female	155	568	02:25:37	565	02:24:30	F45-49	
1311	Julia	Hill	Female	156	569	02:25:54	567	02:24:34	F17-39	
490	Darren	Fox	Male	414	570	02:26:08	570	02:25:21	M17-39	
494	David	Dewing	Male	415	571	02:26:08	571	02:25:21	M17-39	
352	Tim	Garrod	Male	416	572	02:26:11	574	02:25:39	M17-39	
446	Mick	Kelly	Male	417	573	02:26:32	572	02:25:23	M55-59	Reepham Runners
1330	Sarah	Bunn	Female	157	574	02:26:55	573	02:25:33	F17-39	
1159	Nikki	Moulson	Female	158	575	02:26:55	576	02:26:06	F17-39	
1184	Lisa	Bream	Female	159	576	02:27:14	575	02:26:00	F40-44	
167	Michael	Crane	Male	418	577	02:27:17	584	02:26:40	M17-39	
79	Richard	Plumb	Male	419	578	02:27:18	577	02:26:23	M17-39	
1325	Jane	Stark	Female	160	579	02:27:22	578	02:26:29	F17-39	
435	Daniel	Bright	Male	420	580	02:27:23	579	02:26:29	M17-39	
1281	Paula	Robinson	Female	161	581	02:27:24	582	02:26:38	F17-39	Bearbrook Joggers
214	Simon	Bunting	Male	421	582	02:27:32	581	02:26:33	M40-44	
1049	Jennifer	Bateman	Female	162	583	02:27:37	585	02:26:41	F17-39	
1051	Caroline	Milton	Female	163	584	02:27:37	583	02:26:40	F17-39	
658	Samuel	Martin	Male	422	585	02:27:44	580	02:26:33	M17-39	
486	Albert	Spong	Male	423	586	02:28:02	587	02:27:16	M65+	Great Yarmouth Road Runners
124	Tim	Fitzgerald	Male	424	587	02:28:06	588	02:27:24	M17-39	
596	Robert	McKillop	Male	425	588	02:28:22	586	02:26:53	M17-39	
481	Alan	Edwards	Male	426	589	02:28:32	589	02:27:31	M50-54	
197	Karl	Steward	Male	427	590	02:28:39	590	02:27:36	M17-39	
450	Mark	Pates	Male	428	591	02:28:41	591	02:27:40	M17-39	
250	Rob	Croot	Male	429	592	02:28:45	592	02:27:45	M17-39	
1197	Michelle	Hagon-Powley	Female	164	593	02:28:51	594	02:27:56	F17-39	
1260	Jane	Pye	Female	165	594	02:28:51	593	02:27:50	F17-39	
203	Xiaoxu	Huang	Male	430	595	02:28:53	601	02:28:31	M17-39	
626	Lee	Morter	Male	431	596	02:28:55	598	02:28:08	M17-39	
519	Peter	Webb	Male	432	597	02:29:01	597	02:28:08	M65+	Eastern Vets
1277	Annie	Faulkner	Female	166	598	02:29:03	596	02:28:07	F17-39	
1276	Suzy	Ashworth	Female	167	599	02:29:04	595	02:28:07	F17-39	
94	Jason	Larke	Male	433	600	02:29:08	610	02:28:53	M17-39	
118	Rodney	Meadows	Male	434	601	02:29:13	606	02:28:37	M55-59	
529	Jason	Thomas	Male	435	602	02:29:19	608	02:28:41	M17-39	
123	Daiji	Naito	Male	436	603	02:29:20	599	02:28:12	M17-39	
1091	Gemma	Ladbrooke	Female	168	604	02:29:22	603	02:28:36	F17-39	

589	Sean	Harwood	Male	437	605	02:29:22	607	02:28:40	M40-44	
89	Alex	Weinle	Male	438	606	02:29:23	600	02:28:25	M17-39	
570	Neil	Appleton	Male	439	607	02:29:24	602	02:28:36	M17-39	
400	Peter	Boyce	Male	440	608	02:29:24	605	02:28:37	M17-39	
1192	Samantha	Britcher	Female	169	609	02:29:25	604	02:28:36	F17-39	
26	Nick	Johnson	Male	441	610	02:29:43	611	02:28:54	M40-44	
92	Iain	Clarke	Male	442	611	02:29:49	615	02:29:19	M17-39	
335	Tony	Britt	Male	443	612	02:29:54	609	02:28:48	M50-54	
1066	Naomi	Jarvis	Female	170	613	02:30:21	613	02:28:58	F17-39	
119	Matthew	Rochester	Male	444	614	02:30:21	612	02:28:58	M17-39	
1261	Diane	Burton	Female	171	615	02:30:26	616	02:29:21	F45-49	Wymondham Athletic Club
1158	Sam	Sann	Female	172	616	02:30:29	623	02:29:40	F17-39	
1332	Sheila	Durr	Female	173	617	02:30:30	622	02:29:35	F40-44	
1058	Jo	Bridgeman	Female	174	618	02:30:39	621	02:29:34	F17-39	
221	Derek	Beal	Male	445	619	02:30:44	614	02:29:16	M45-49	
1327	Ruth	Baker	Female	175	620	02:30:46	624	02:29:41	F17-39	
1255	Jane	McCulloch	Female	176	621	02:30:48	619	02:29:33	F45-49	
1226	Louise	Boyce	Female	177	622	02:30:48	618	02:29:33	F17-39	
1254	Theresa	Bowles	Female	178	623	02:30:48	620	02:29:34	F17-39	
1204	Marianne	Neave	Female	179	624	02:30:53	617	02:29:29	F17-39	Norfolk Gazelles
1203	Sallyann	Protheroe	Female	180	625	02:30:56	631	02:30:16	F45-49	Lowestoft Road Runners
146	Robert	Sully	Male	446	626	02:31:00	630	02:30:04	M45-49	
1231	Debbie	Ashley	Female	181	627	02:31:02	625	02:29:44	F17-39	
1316	Caroline	Hill-Trevor	Female	182	628	02:31:04	629	02:30:01	F40-44	White Horse Harriers
1338	Jane	Ricketts	Female	183	629	02:31:06	628	02:29:54	F40-44	
336	James	Coulson	Male	447	630	02:31:10	635	02:30:19	M17-39	
1300	Joanne	Fox	Female	184	631	02:31:12	633	02:30:18	F17-39	
578	Stacy	Tovell	Male	448	632	02:31:13	634	02:30:19	M17-39	
364	Ivan	Lees	Male	449	633	02:31:13	626	02:29:50	M50-54	Bungay Black Dog RC
1238	Sally	Nicholls	Female	185	634	02:31:13	627	02:29:50	F45-49	Bungay Black Dog RC
520	Paul	Quantrill	Male	450	635	02:31:30	632	02:30:17	M40-44	
1243	Genevieve	Cuviello	Female	186	636	02:32:05	636	02:30:38	F17-39	
1320	Julia	West	Female	187	637	02:32:07	639	02:31:10	F40-44	Dereham Runners AC
1233	Dawn	Baines	Female	188	638	02:32:09	638	02:31:00	F40-44	Reepham Runners
300	Stephen	Clarke	Male	451	639	02:32:09	640	02:31:16	M40-44	
267	Daniel	Browning	Male	452	640	02:32:13	641	02:31:20	M17-39	
1037	Penny	Farrow	Female	189	641	02:32:14	637	02:30:52	F17-39	
294	Andrew	Tressler	Male	453	642	02:32:27	642	02:31:22	M17-39	
472	Graham	Bunting	Male	454	643	02:32:31	643	02:31:26	M17-39	
597	Paul	Fretter	Male	455	644	02:32:45	644	02:31:45	M40-44	
354	Bryan	Slater	Male	456	645	02:33:11	645	02:31:58	M50-54	
32	Paul	Auber	Male	457	646	02:33:19	646	02:32:26	M17-39	
601	Peter	Westgate	Male	458	647	02:34:33	647	02:33:16	M55-59	Great Yarmouth Road Runners
674	Kevin	Curran	Male	459	648	02:34:36	648	02:33:54	M40-44	
181	Kevin	House	Male	460	649	02:35:15	649	02:34:03	M17-39	
634	Glenn	Parrott	Male	461	650	02:35:16	650	02:34:11	M17-39	
1178	Jacqueline	Dow	Female	190	651	02:35:29	651	02:34:31	F45-49	
37	Justin	Jarrett	Male	462	652	02:35:38	652	02:34:32	M17-39	
397	Donald	Schaff	Male	463	653	02:35:47	654	02:34:57	M17-39	
1216	Tammy	Schaff	Female	191	654	02:35:47	655	02:34:57	F17-39	
227	Paul	Wright	Male	464	655	02:36:14	657	02:35:32	M40-44	
1119	Catherine	Jordan	Female	192	656	02:36:16	653	02:34:51	F50-54	Norfolk Gazelles
367	Paul	Gray	Male	465	657	02:36:16	656	02:34:58	M17-39	
528	Robert	Ashton	Male	466	658	02:36:36	659	02:35:50	M50-54	
665	Rodney	Freeburn	Male	467	659	02:36:43	658	02:35:36	M65+	Wymondham Athletic Club
1147	Sarah	Barker	Female	193	660	02:37:44	660	02:36:20	F17-39	Norwich Road Runners
1036	Claire	Hewett	Female	194	661	02:37:52	663	02:36:48	F17-39	
1150	Louise	Baker	Female	195	662	02:37:59	661	02:36:38	F17-39	
1144	Carol	Mcnary	Female	196	663	02:37:59	662	02:36:38	F17-39	
35	Matthew	Wood	Male	468	664	02:38:40	665	02:37:51	M17-39	
1190	Hasina	Sumar	Female	197	665	02:38:57	664	02:37:34	F17-39	
1307	Julie	Harding	Female	198	666	02:39:03	667	02:38:25	F17-39	
1315	Christy	Gulley	Female	199	667	02:39:46	666	02:38:20	F17-39	
321	Neil	Bunnage	Male	469	668	02:39:53	668	02:38:45	M17-39	
1027	Sarah	Thraxton	Female	200	669	02:40:11	669	02:39:19	F17-39	
664	Julian	Ricketts	Male	470	670	02:40:50	670	02:39:38	M17-39	
563	Patrick	Wilmore	Male	471	671	02:40:50	673	02:39:58	M60-64	Witney Road Runners
1033	Amy	Baker	Female	201	672	02:41:04	675	02:40:20	F17-39	City of Norwich AC
1041	Rebekah	McNicol	Female	202	673	02:41:08	671	02:39:43	F17-39	Thetford AC
1199	Suzanne	Clark	Female	203	674	02:41:16	672	02:39:52	F17-39	
443	Michael	Rose	Male	472	675	02:41:19	674	02:40:01	M55-59	
1232	Victoria	Lack	Female	204	676	02:41:50	676	02:40:30	F17-39	
42	Brendon	Lansdowne	Male	473	677	02:41:50	677	02:40:37	M17-39	
502	Maurice	Copeland	Male	474	678	02:42:23	678	02:41:46	M65+	North Norfolk Beach Runners
1125	Nicola	Shorten	Female	205	679	02:43:45	679	02:42:25	F17-39	
1130	Emma	Shorten	Female	206	680	02:43:46	680	02:42:26	F17-39	

1198	Lesley	Hennessey	Female	207	681	02:43:50	681	02:42:48	F60-64	North Norfolk Beach Runners
170	Eric	Daykin	Male	475	682	02:44:16	684	02:43:40	M65+	Road Runners Club
1038	Shelly	Pleasance	Female	208	683	02:44:37	682	02:43:15	F17-39	
1132	Elanor	Nicholls	Female	209	684	02:44:55	683	02:43:33	F17-39	
345	Jeremy	Low	Male	476	685	02:45:01	686	02:44:09	M17-39	
44	Oliver	Bett	Male	477	686	02:45:03	685	02:44:07	M17-39	
171	Richard	Drake	Male	478	687	02:45:59	687	02:44:35	M17-39	
1210	Sonya	Cooper	Female	210	688	02:45:59	688	02:44:54	F17-39	
1052	Anna	Pell	Female	211	689	02:46:15	690	02:45:07	F17-39	
1028	Anne-Marie	Freeman	Female	212	690	02:46:15	691	02:45:07	F17-39	
162	Matthew	Watts	Male	479	691	02:46:21	689	02:45:05	M17-39	
1274	Charlotte	Critoph	Female	213	692	02:46:29	692	02:45:41	F17-39	
362	Clive	Hagon-Powley	Male	480	693	02:48:20	697	02:47:25	M55-59	
1302	Cheryl	Westgate	Female	214	694	02:48:37	695	02:47:21	F17-39	
581	Mark	Westgate	Male	481	695	02:48:37	694	02:47:21	M17-39	
178	Richard	Rose	Male	482	696	02:48:39	693	02:47:12	M40-44	
1318	Suzy	Jermyn	Female	215	697	02:48:45	696	02:47:24	F17-39	
1275	Diane	Renshaw	Female	216	698	02:49:13	699	02:47:57	F45-49	Dereham Runners AC
421	Jonathan	Folkard	Male	483	699	02:49:20	698	02:47:55	M40-44	North Norfolk Beach Runners
1273	Amanda	Bayes	Female	217	700	02:49:32	701	02:48:15	F17-39	
526	Paul	Rudd	Male	484	701	02:49:32	700	02:48:15	M17-39	
287	John	Armes	Male	485	702	02:50:13	703	02:48:46	M40-44	
293	James	Arthunton	Male	486	703	02:50:13	702	02:48:46	M17-39	
1029	Anna	Cain	Female	218	704	02:50:29	704	02:49:20	F17-39	
1109	Samantha	Emerick	Female	219	705	02:50:44	705	02:49:45	F17-39	
1209	Amy	Barker	Female	220	706	02:51:34	706	02:50:37	F17-39	
184	Martin	Kerton	Male	487	707	02:53:28	709	02:53:00	M17-39	
1263	Joan	Gill	Female	221	708	02:53:30	708	02:52:59	F55-59	Ryston Runners
1309	Lorna	Jermyn	Female	222	709	02:53:31	707	02:52:09	F17-39	
540	John	Marshall	Male	488	710	02:54:24	710	02:53:01	M55-59	Eye Community Runners
211	Paul	Squires	Male	489	711	02:54:27	711	02:53:16	M17-39	
173	James	Leighton	Male	490	712	02:54:47	712	02:53:20	M17-39	
1032	Kelly	Shannon	Female	223	713	02:55:19	714	02:54:34	F17-39	City of Norwich AC
222	Sachin	Nagarkar	Male	491	714	02:55:28	713	02:54:10	M17-39	
1053	Josie	Wilson	Female	224	715	02:57:09	715	02:56:01	F17-39	
451	Ben	Strang	Male	492	716	02:57:22	716	02:56:12	M17-39	
1308	Susan	Smith	Female	225	717	02:58:30	717	02:57:26	F17-39	
341	Sam	Englebretsen	Male	493	718	03:00:40	718	02:59:50	M17-39	
72	Paul	Johnson	Male	494	719	03:00:44	719	03:00:04	M50-54	
1211	Suse	Abbott	Female	226	720	03:02:02	721	03:00:47	F40-44	Dereham Runners AC
1215	Jill	Davies	Female	227	721	03:02:02	720	03:00:47	F17-39	
1337	Mia	Potter	Female	228	722	03:02:22	722	03:01:14	F17-39	
1268	Stephanie	Kent	Female	229	723	03:03:00	723	03:01:56	F17-39	
1293	Pat	Brightman	Female	230	724	03:05:43	724	03:05:18	F50-54	Great Yarmouth District AC
1168	Faye	Snelling	Female	231	725	03:09:30	725	03:08:02	F17-39	
1045	Jenna	Gotts	Female	232	726	03:11:03	726	03:09:50	F17-39	
648	Barrie	Goss	Male	495	727	03:11:58	728	03:11:49	M55-59	
174	Mark	Snelling	Male	496	728	03:12:12	727	03:10:45	M45-49	
1284	Margaret	Ison	Female	233	729	03:27:59	729	03:26:58	F60-64	North Norfolk Beach Runners
442	Andrew	Swearman	Male			DNF			M17-39	Birchfield Harriers
1239	Pauline	Norman	Female			DNF			F55-59	Lowestoft Road Runners
145	Mark	Potter	Male			DNF			M17-39	Waveney Valley AC
297	Stefan	Glaysher	Male			DNF			M40-44	City of Norwich AC
111	Daniel	Mann	Male			DNF			M17-39	City of Norwich AC
569	Shaun	Kavaney	Male			DNF			M17-39	Ryston Runners
407	Ronnie	White	Male			DNF			M45-49	
1171	Diane	Pamplin	Female			DNF			F55-59	Woodbridge Shufflers RC
430	Craig	Johnstone	Male			DNF			M17-39	
1224	Sandra	Bower	Female			DNF			F45-49	Thetford AC
422	Anthony	Khan	Male			DNF			M17-39	
457	David	Aldis	Male			DNF			M55-59	City of Norwich AC
270	Daniel	Kinsman	Male			DNF			M17-39	The Saxons
1326	Maria	Steel	Female			DNF			F17-39	
532	Graeme	Power	Male			DNF			M40-44	Lakeside Lincoln
478	Kim	Hawkins	Male			DNF			M45-49	
180	Richard	Hanson	Male			DNF			M40-44	
1065	Caroline	Schenk	Female			DNF			F17-39	
496	Darren	Rutterford	Male			DNF			M17-39	
425	Simon	Fletcher	Male			DNF			M45-49	
437	Dominic	Lacey	Male			DNF			M17-39	
262	Timothy	Old	Male			DNF			M17-39	
73	Garth	Hallin	Male			DNF			M40-44	Dereham Runners AC
23	Mark	Ashfield	Male			DNF			M40-44	
1225	Karen	Manning	Female			DNF			F17-39	Great Yarmouth Road Runners
239	Stephen	Girling	Male			DNF			M40-44	
1206	Sarah	Gauvin	Female			DNF			F17-39	Fenland Running & AC

1312	Vicky	Quantrill	Female	DNF	F17-39	Great Yarmouth Road Runners
195	Robin	Wilson	Male	DNF	M50-54	Bungay Black Dog RC
471	Chris	Jennings	Male	DNF	M17-39	
359	Pete	Watkins	Male	DNF	M17-39	Royal Air Force
309	Arthur	McCarthy	Male	DNF	M50-54	
622	Tim	Rowe	Male	DNF	M17-39	Norwich Road Runners
172	Tim	Mills	Male	DNF	M17-39	Norfolk Gazelles
53	Mark	Moncrieff	Male	DNF	M17-39	
1155	Sally	Cushing	Female	DNF	F40-44	Norwich Road Runners
224	Bob	Brough	Male	DNF	M45-49	
121	Christopher	Liston	Male	DNF	M17-39	Maidstone Harriers
423	Robert	Pearce	Male	DNF	M50-54	
273	Richard	Stockings	Male	DNF	M17-39	
544	Scott	Lemon	Male	DNF	M17-39	
1194	Leesa	Groucott	Female	DNF	F40-44	
216	Mark	Colman	Male	DNF	M17-39	
575	Brett	Meeds	Male	DNF	M17-39	
454	Chris	Smith	Male	DNF	M17-39	
217	Graham	Sillett	Male	DNF	M45-49	
1287	Della	Brown	Female	DNF	F17-39	
346	Robert	Betts	Male	DNF	M17-39	
208	Chris	Hutchinson	Male	DNF	M17-39	
638	Fraser	Currie	Male	DNF	M40-44	
1265	Helen	Sewell	Female	DNF	F60-64	Ryston Runners
326	Nick	Ingham	Male	DNF	M17-39	Royal Air Force
366	Richard	Bulman	Male	DNF	M55-59	Reepham Runners
152	Andrew	Wright	Male	DNF	M17-39	Yaxley Runners
439	John	Stroulger	Male	DNF	M45-49	Norwich Road Runners
313	Damian	Ashcroft	Male	DNF	M40-44	
1251	Michelle	Burton	Female	DNF	F17-39	North Norfolk Beach Runners
315	Lee	Bowles	Male	DNF	M17-39	
349	Pete	Johnson	Male	DNF	M50-54	Norfolk Gazelles
1250	Trudy	Welham Stonach	Female	DNF	F40-44	
1080	Jill	Day	Female	DNF	F17-39	Great Yarmouth Road Runners
268	Christopher	Lawrence	Male	DNF	M45-49	
102	Peter	Harrison	Male	DNF	M60-64	Great Yarmouth Road Runners
1214	Lisa	Symonds	Female	DNF	F17-39	
333	Kevin	Powles	Male	DNF	M17-39	
463	Keith	Banham	Male	DNF	M55-59	
1123	Tina	Carter	Female	DNF	F17-39	
1124	Ann	Taylor	Female	DNF	F45-49	
28	Kevin	White	Male	DNF	M17-39	Biggleswade AC
317	Martin	Holland	Male	DNF	M65+	
649	Tony	Langford	Male	DNF	M50-54	
27	Philip	Sharpe	Male	DNF	M50-54	
1189	Claire	Jenner	Female	DNF	F17-39	Buxton AC
531	David	Rose	Male	DNF	M40-44	
1163	Lizette	Malherbe	Female	DNF	F17-39	
1222	Isobel	Elsawy	Female	DNF	F45-49	
1301	Daphne	Hathaway	Female	DNF	F65+	
1043	Laura	Steavenson	Female	DNF	F17-39	
295	Michael	Twyman	Male	DNF	M17-39	
1077	Sally	Cable	Female	DNF	F45-49	Great Bentley RC
1136	Samantha	Thomson	Female	DNF	F17-39	
574	Kirk	Freeman	Male	DNF	M17-39	
1092	Tracey	Shorter	Female	DNF	F40-44	St Edmund Pacers
1303	Karen	Walford	Female	DNF	F17-39	
511	David	Pugh	Male	DNF	M55-59	
1107	Jane	Bousfield	Female	DNF	F45-49	
144	Jonathan	Brenchley	Male	DNF	M17-39	
1046	Claire	Hughes	Female	DNF	F17-39	
285	Jonathan	Harvey	Male	DNF	M40-44	
609	Michael	Gray	Male	DNF	M17-39	
1034	Helen	Storer	Female	DNF	F40-44	
1035	Sam	Hookham	Female	DNF	F40-44	
1070	Paula	Thomsen	Female	DNF	F17-39	
192	Michael	Marshall	Male	DNF	M60-64	
1266	Katrine	Middleton	Female	DNF	F45-49	
1290	Gillian	Holmes	Female	DNF	F50-54	Thorne Running Club
1229	Carol	Hardy	Female	DNF	F45-49	Norfolk Gazelles
1339	Amanda	Walton	Female	DNF	F17-39	
1120	Lesley	Lennox	Female	DNF	F45-49	Norfolk Gazelles