

2007 City of Norwich Half Marathon Individual Results

Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1	Adrian Mussett	Colchester Harriers AC	2030	MSnr	01:09:09	01:09:09	1	1
2	Andrew Hennessy	Wells City Harriers	1845	MSnr	01:09:51	01:09:51	2	2
3	Wayne Lincoln	City of Norwich AC	6	MV40	01:11:25	01:11:25	1	3
4	Tim Elsey	Herne Hill	1846	MSnr	01:11:38	01:11:38	3	4
5	Henryk Piotrowski	Tipton Harriers AC	4	MV40	01:13:12	01:13:12	2	5
6	Barry Reynolds		2294	MSnr	01:13:41	01:13:41	4	6
7	Philip Chritchlow	Beaumont RC	3	MV40	01:13:46	01:13:46	3	7
8	Alex Tate	Muddy Mucky Monkeys	1840	MSnr	01:14:37	01:14:37	5	8
9	Wayne Utting	Norwich Road Runners	2123	MSnr	01:16:24	01:16:24	6	9
10	Tom Bush	Altrincham and District AC	5	MSnr	01:17:29	01:17:29	7	10
11	Robin Tuddenham	Serpentine Running Club	63	MSnr	01:17:51	01:17:51	8	11
12	Nigel Arnold	Norfolk Gazelles	2025	MV50	01:18:01	01:18:01	1	12
13	Michael Yaxley	Norfolk Gazelles	2080	MV45	01:19:09	01:19:09	1	13
14	Mark Bridges	Owls AC	302	MSnr	01:19:17	01:19:17	9	14
15	Andy Kett	North Norfolk Beach Runners	1659	MSnr	01:20:01	01:20:01	10	15
16	Andrew Bunn	Liverpool Harriers	64	MSnr	01:20:02	01:20:02	11	16
17	Chris Merrylees	North Norfolk Beach Runners	193	MSnr	01:20:15	01:20:15	12	17
18	Martin Gray		1937	MSnr	01:20:16	01:20:16	13	18
19	Tony Cunningham	Bingley Harriers	2215	MSnr	01:20:30	01:20:30	14	19
20	Jason Rix		870	MSnr	01:20:39	01:20:39	15	20
21	Jacob Howe	London Heathside	1832	MSnr	01:20:41	01:20:40	16	21
22	Roger Braybrooks		778	MSnr	01:20:52	01:20:52	17	22
23	Andrew Pearce		702	MSnr	01:21:05	01:21:05	18	23
24	Karl Sherry	Norwich Road Runners	2148	MV45	01:21:06	01:21:06	2	24
25	Ben Caisey		14	MSnr	01:21:06	01:20:57	19	25
26	Neil Gray		99	MSnr	01:21:07	01:21:07	20	26
27	Stephen Pettit		171	MV40	01:21:13	01:21:13	4	27
28	Robert Kett	North Norfolk Beach Runners	794	MSnr	01:21:20	01:21:20	21	28
29	Sarah Stradling	Colchester and Tendring	1010	FSnr	01:21:22	01:21:22	1	1
30	Rob Green	UEA triathlon	1775	MSnr	01:21:31	01:21:22	22	29
31	Jonathan Massingham	Eye Community Runners	705	MSnr	01:21:34	01:21:34	23	30
32	Joel Brand	Eye Community Runners	500	MSnr	01:21:37	01:21:37	24	31
33	Angharad Care	WGEL	1003	FSnr	01:21:41	01:21:40	2	2
34	Paul Helliwell	Colchester and Tendring	833	MSnr	01:21:43	01:21:43	25	32
35	Richard Rowley		417	MSnr	01:22:18	01:21:51	26	33
36	John Leversedge	Enfield and Haringey	945	MV50	01:22:22	01:22:22	2	34
37	Tom Richardson		1610	MSnr	01:22:28	01:22:24	27	35
38	Pete Johnson	Norfolk Gazelles	527	MV50	01:22:32	01:22:32	3	36
39	Paul Preston	Sudbury Joggers	2088	MSnr	01:22:36	01:22:33	28	37
40	Mark Garrett	Norwich Road Runners	57	MV40	01:22:40	01:22:39	5	38
41	Kevin Lemmon	Norwich Road Runners	1734	MV45	01:22:43	01:22:43	3	39
42	Shaun Lark	Lowestoft Road Runners	2137	MSnr	01:22:50	01:22:49	29	40
43	James Pickett		695	MSnr	01:22:54	01:22:51	30	41
44	Christopher Starmer	Stowmarket Striders	1981	MV45	01:23:02	01:23:02	4	42
45	Kevin Rooney	Intercity Strollers	2096	MV40	01:23:12	01:23:12	6	43
46	Tamara Jordan	Stowmarket Striders	1573	FSnr	01:23:21	01:23:21	3	3
47	Paul Muffett	North Norfolk Beach Runners	1718	MV45	01:23:29	01:23:29	5	44
48	Dominic Blake		1986	MSnr	01:23:32	01:23:29	31	45
49	Angela Howe	London Heathside	1831	FSnr	01:23:51	01:23:50	4	4

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
50	Iain Mooney		872	MSnr	01:24:05	01:23:55	32	46
51	Ricky Peacher		562	MSnr	01:24:30	01:24:30	33	47
52	Claire Forbes	Southampton RC	1018	FSnr	01:24:36	01:24:36	5	5
53	Nigel Horney	Keswick AC	864	MV45	01:24:37	01:24:34	6	48
54	Pete Metcalfe	City of Norwich AC	1651	MSnr	01:24:44	01:24:40	34	49
55	Daniel Middleton		492	MSnr	01:25:00	01:23:16	35	50
56	Johnny Lee		2142	MSnr	01:25:01	01:25:01	36	51
57	Richard Hayes		946	MSnr	01:25:03	01:24:57	37	52
58	Adam Etches	Ely Runners	752	MSnr	01:25:16	01:25:16	38	53
59	Joe Carr		365	MSnr	01:25:21	01:25:21	39	54
60	John Christopher	North Norfolk Beach Runners	2258	MV40	01:25:28	01:25:27	7	55
61	Jan Strapek		2168	MSnr	01:25:44	01:25:44	40	56
62	Ian Rockliffe		693	MSnr	01:25:53	01:25:50	41	57
63	Lynton Battrick	North Norfolk Beach Runners	457	MSnr	01:25:58	01:25:51	42	58
64	Richard Blake	Great Yarmouth Road Runners	2112	MV55	01:26:02	01:25:59	1	59
65	Michael Townsend		566	MSnr	01:26:04	01:25:35	43	60
66	Richard Price-thomas	North Norfolk Beach Runners	2163	MV45	01:26:08	01:26:00	7	61
67	Tom Pearse		1747	MSnr	01:26:14	01:26:14	44	62
68	Stewart Barker	Trianglia	667	MSnr	01:26:19	01:26:17	45	63
69	Christian Ruzanski		681	MSnr	01:26:23	01:26:16	46	64
70	James Birch	Wymondham Athletic Club	1739	MV40	01:26:34	01:26:32	8	65
71	Terry Epps	Wymondham Athletic Club	796	MV50	01:26:51	01:26:51	4	66
72	Alex Bamford		578	MSnr	01:26:57	01:26:47	47	67
73	David Nockels		380	MSnr	01:27:06	01:27:04	48	68
74	John Moore	Norfolk Gazelles	78	MV45	01:27:15	01:27:06	8	69
75	David Wright		1746	MSnr	01:27:17	01:27:17	49	70
76	David Waterman	Wycombe Phoenix	1732	MV45	01:27:22	01:27:06	9	71
77	Anne Flanagan	Norwich Road Runners	1008	FSnr	01:27:25	01:27:20	6	6
78	Nicholas Clarke		2233	MSnr	01:27:44	01:27:39	50	72
79	Russell Clarke	Wymondham Athletic Club	515	MV50	01:27:45	01:27:42	5	73
80	Ben Potter		2038	MSnr	01:27:46	01:27:39	51	74
81	Nigel Rogers	Ipswich Jaffa	652	MSnr	01:27:48	01:27:48	52	75
82	Matthew Varley		334	MSnr	01:27:49	01:27:47	53	76
83	Nicholas Varley		337	MSnr	01:27:49	01:27:47	54	77
84	Mark Edwards	Norwich Road Runners	873	MV40	01:27:50	01:27:45	9	78
85	Andrew Haigh		1961	MV40	01:27:51	01:27:47	10	79
86	Shayne Murray	City of Norwich AC	1722	MSnr	01:27:53	01:27:50	55	80
87	Paul Churchill		1891	MSnr	01:27:57	01:27:53	56	81
88	Ricky Richards		542	MV40	01:28:09	01:28:05	11	82
89	Roger Beardmore	Wymondham Athletic Club	233	MV45	01:28:15	01:28:13	10	83
90	Peter Nelson		698	MSnr	01:28:16	01:28:06	57	84
91	Goy Roper	Norwich Road Runners	1931	MV45	01:28:16	01:28:15	11	85
92	Tracey Curl	Norwich Road Runners	1932	FV45	01:28:17	01:28:17	1	7
93	John Castleton		26	MV45	01:28:23	01:28:19	12	86
94	Amanda Henry	Sudbury Joggers	2089	FSnr	01:28:38	01:28:37	7	8
95	Tom Fender		2236	MSnr	01:28:46	01:28:32	58	87
96	Toby McMahon		1756	MSnr	01:28:48	01:28:30	59	88
97	Andy Peck	Great Yarmouth Road Runners	2146	MSnr	01:28:49	01:28:38	60	89
98	Mark Clues	Trianglia	313	MV40	01:28:52	01:28:20	12	90

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99	Angela Copson	Rugby and Northampton	1431	FV60	01:28:56	01:28:52	1	9
100	Geoff Perry		2298	MV40	01:28:57	01:28:57	13	91
101	Rob Shepherd		376	MSnr	01:28:59	01:28:53	61	92
102	Nils Van Minden	Norwich Road Runners	128	MSnr	01:29:12	01:29:12	62	93
103	Andrew Lowe		703	MSnr	01:29:19	01:29:14	63	94
104	Melvin Hill		114	MV40	01:29:21	01:29:17	14	95
105	Ian Bailey		409	MSnr	01:29:23	01:29:19	64	96
106	Vince Ellis	City of Norwich AC	2064	MV50	01:29:26	01:29:26	6	97
107	Edward Greenland	Wymondham Athletic Club	1882	MV40	01:29:28	01:29:25	15	98
108	Nick Kearney		1800	MV40	01:29:34	01:29:24	16	99
109	Christopher Perfect	Norfolk Gazelles	937	MSnr	01:29:36	01:29:06	65	100
110	Malcolm Pillar	Dudley-Kingswinford	975	MV60	01:29:44	01:29:44	1	101
111	Matthew Dickens	North Norfolk Beach Runners	1784	MSnr	01:29:44	01:29:35	66	102
112	Stephen Taylor		743	MSnr	01:29:46	01:29:37	67	103
113	Dale Hurren		2198	MV45	01:29:51	01:29:51	13	104
114	Trevor Bunch	Haverhill RC	715	MSnr	01:29:52	01:29:36	68	105
115	Stephen Barrett	Bungay Black Dog RC	550	MV45	01:29:53	01:29:52	14	106
116	Rose Waterman	City Of Norwich AC	1482	FSnr	01:30:01	01:29:57	8	10
117	Mark Philo	Trianglia	335	MSnr	01:30:06	01:29:57	69	107
118	Kevin Harvey		516	MSnr	01:30:06	01:30:01	70	108
119	Sarah Knights	City Of Norwich AC	1005	FV40	01:30:07	01:29:57	1	11
120	Robin Mackenzie	Framlingham Fliers	746	MV45	01:30:09	01:30:09	15	109
121	Richard P Smith		263	MSnr	01:30:19	01:30:08	71	110
122	Robert Grainger	Stowmarket Striders	559	MSnr	01:30:21	01:30:20	72	111
123	Joey Mezzetti	North Norfolk Beach Runners	895	MSnr	01:30:39	01:30:38	73	112
124	Oliver Isaac		1762	MSnr	01:30:40	01:29:44	74	113
125	David Foxall		444	MSnr	01:30:43	01:30:34	75	114
126	Peter Single		605	MV45	01:30:43	01:29:53	16	115
127	Nicky Alford	City Of Norwich AC	1006	FSnr	01:30:49	01:30:46	9	12
128	Graig Parker		2220	MSnr	01:30:49	01:30:37	76	116
129	David Tandy		517	MSnr	01:30:53	01:30:39	77	117
130	Kieron Moore		1725	MSnr	01:30:53	01:30:50	78	118
131	Tim Daniels		485	MSnr	01:30:55	01:30:55	79	119
132	Wayne Kern		1706	MV40	01:30:56	01:30:25	17	120
133	Penny Edwards	Norwich Road Runners	1325	FV50	01:30:57	01:30:43	1	13
134	Jim Hayes	North Norfolk Beach Runners	232	MV60	01:31:02	01:30:54	2	121
135	Matthew Paul Stone		190	MSnr	01:31:05	01:30:37	80	122
136	John Scoggins		422	MSnr	01:31:09	01:30:42	81	123
137	Stephen Gibbs		450	MSnr	01:31:11	01:31:10	82	124
138	Chris Chorley	Bungay Black Dog RC	113	MV40	01:31:13	01:31:08	18	125
139	Peter Cooper		739	MSnr	01:31:23	01:30:28	83	126
140	Colin Browning	Norwich Road Runners	828	MV40	01:31:31	01:31:26	19	127
141	Adrian Waters	Norfolk Gazelles	276	MV40	01:31:36	01:31:16	20	128
142	Nicola Mclvor		1450	FSnr	01:31:37	01:31:28	10	14
143	Sandra Bower	Thetford AC	1271	FV45	01:31:52	01:31:52	2	15
144	Edwin Neill		253	MV40	01:31:54	01:31:49	21	129
145	Richard Gallard	Waveney Valley	2002	MSnr	01:31:58	01:31:06	84	130
146	Timothy Angell		1834	MV40	01:31:59	01:31:53	22	131
147	Andrew Savory	Norwich Road Runners	762	MV40	01:32:00	01:31:54	23	132

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148	Mark Davies	St Edmundsbury Pacers	934	MSnr	01:32:00	01:31:41	85	133
149	Mark Doyle	Harwich Runners	1688	MV45	01:32:00	01:31:57	17	134
150	Chris Burgess	Eye Community Runners	538	MV50	01:32:09	01:31:58	7	135
151	Matthew Spillman		696	MV40	01:32:10	01:31:58	24	136
152	Baard Grindberg		962	MSnr	01:32:11	01:31:53	86	137
153	Mark Scharff		2272	MV45	01:32:13	01:31:21	18	138
154	Tim Vials		303	MV40	01:32:15	01:32:13	25	139
155	Sean Ward		1879	MSnr	01:32:21	01:32:01	87	140
156	Gail Pryke	Ipswich Jaffa	1554	FV45	01:32:23	01:32:23	3	16
157	Lee Barker		959	MSnr	01:32:24	01:32:22	88	141
158	Wayne Jackson		774	MSnr	01:32:27	01:31:54	89	142
159	Nigel Whiteley		798	MV40	01:32:32	01:31:55	26	143
160	Matthew Ellis	Trianglia	1977	MSnr	01:32:32	01:32:17	90	144
161	Paul Zappia		1660	MV40	01:32:36	01:32:29	27	145
162	Ashley Palmer		1916	MSnr	01:32:43	01:32:34	91	146
163	Graham Bell	London Heathside	802	MV40	01:32:45	01:32:38	28	147
164	Leslie Scott	Ryston Runners	270	MV45	01:32:48	01:32:25	19	148
165	Colin Stark		213	MSnr	01:32:51	01:32:51	92	149
166	Matthew Green	Norfolk Gazelles	512	MSnr	01:32:53	01:32:35	93	150
167	Rachael Leathwood	Reepham Runners	1434	FSnr	01:32:53	01:32:48	11	17
168	Robert Lines	Trianglia	306	MSnr	01:32:59	01:32:37	94	151
169	Adrian Hall		632	MV40	01:33:00	01:32:47	29	152
170	Claire Davey		1985	FSnr	01:33:10	01:32:53	12	18
171	Jon Howe	Norwich Road Runners	162	MV45	01:33:14	01:32:46	20	153
172	Franck-Olivier Le Brun		1955	MSnr	01:33:16	01:33:04	95	154
173	Neil Greenacre		330	MSnr	01:33:17	01:33:11	96	155
174	Becky Schofield		1838	FSnr	01:33:18	01:32:58	13	19
175	Martin Yeomans	Norwich Road Runners	2039	MV55	01:33:18	01:33:17	2	156
176	Russell Morgan		811	MSnr	01:33:19	01:33:19	97	157
177	Jonathan Kemp		701	MSnr	01:33:20	01:33:14	98	158
178	Ben Russell		407	MSnr	01:33:21	01:32:55	99	159
179	Terry Quigley	North Norfolk Beach Runners	1648	MV60	01:33:22	01:33:15	3	160
180	John Wharton	Bungay Black Dog RC	1796	MV50	01:33:22	01:33:17	8	161
181	Stephen Reed		433	MSnr	01:33:23	01:33:15	100	162
182	Adam Weston		2263	MSnr	01:33:23	01:32:45	101	163
183	Xavier Jean		876	MSnr	01:33:26	01:33:01	102	164
184	Anthony Shipley		1624	MSnr	01:33:31	01:32:35	103	165
185	Laura Halls		1017	FSnr	01:33:37	01:33:08	14	20
186	William Missions	Eye Community Runners	883	MSnr	01:33:46	01:33:35	104	166
187	Paul Brookshaw	Great Yarmouth Road Runners	126	MV45	01:33:49	01:33:33	21	167
188	Michael Salmon	Blackheath and Bromley AC	909	MV55	01:33:57	01:33:57	3	168
189	Nicholas Muir		1665	MV45	01:33:59	01:33:57	22	169
190	Carl James		1876	MSnr	01:34:02	01:32:44	105	170
191	Ian Milburn	Fenland Running AC	125	MV60	01:34:06	01:34:02	4	171
192	Duncan Piper		923	MSnr	01:34:10	01:33:16	106	172
193	Maciej Telszewski		539	MSnr	01:34:12	01:33:33	107	173
194	Stephen Etherington	Great Yarmouth Road Runners	277	MV45	01:34:13	01:33:57	23	174
195	Chris Langton	Reepham Runners	1759	MV40	01:34:13	01:34:07	30	175
196	Philip Smith	Trianglia	336	MSnr	01:34:17	01:34:02	108	176

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197	Jonathan Plunkett		972	MSnr	01:34:17	01:34:16	109	177
198	Daniel Razaz		65	MSnr	01:34:19	01:34:19	110	178
199	Graham Pigg		2213	MV40	01:34:19	01:34:06	31	179
200	Gary Wootton	Trianglia	548	MV40	01:34:20	01:34:01	32	180
201	Harriet Boughton		1464	FSnr	01:34:20	01:33:50	15	21
202	Jon Kelf	Norfolk Gazelles	2043	MSnr	01:34:22	01:34:14	111	181
203	Mark Whiting		362	MV40	01:34:23	01:34:00	33	182
204	Alexis Atkinson		130	MSnr	01:34:24	01:34:12	112	183
205	John Driscoll	Colchester Harriers	985	MV55	01:34:28	01:34:25	4	184
206	Mark Brown		1966	MSnr	01:34:29	01:34:21	113	185
207	Nigel Bullen		153	MV50	01:34:33	01:34:28	9	186
208	Trent Eriksson		1862	MSnr	01:34:33	01:34:23	114	187
209	Stephen Panting		916	MV40	01:34:42	01:34:28	34	188
210	Max Davies		143	MSnr	01:34:43	01:34:19	115	189
211	Damien Magee		871	MSnr	01:34:48	01:33:42	116	190
212	Simon Bryant		673	MSnr	01:34:59	01:34:39	117	191
213	Peter Cook	Norwich Road Runners	711	MV55	01:34:59	01:34:45	5	192
214	Adnan Shroufi		845	MSnr	01:35:01	01:34:36	118	193
215	Katherine Trehane		2242	FSnr	01:35:03	01:34:38	16	22
216	Scott Kroeker		995	MSnr	01:35:06	01:34:32	119	194
217	Tim Long	Cambridge and Coleridge	2120	MV45	01:35:15	01:35:03	24	195
218	Natalie Etches	Ely Runners	1488	FSnr	01:35:20	01:35:05	17	23
219	Jamie Coleman		692	MSnr	01:35:21	01:34:42	120	196
220	Matt Pollett		44	MSnr	01:35:23	01:34:57	121	197
221	Andrew Fretwell	Norwich Road Runners	897	MV45	01:35:23	01:35:16	25	198
222	Jamie Williams		665	MSnr	01:35:24	01:34:35	122	199
223	Will Buck	Norwich Road Runners	1640	MV45	01:35:30	01:35:14	26	200
224	Paul Todd		1974	MV40	01:35:39	01:34:46	35	201
225	Paul Fullalove	Hunts AC	501	MSnr	01:35:41	01:35:29	123	202
226	Dawn Carver	Norwich Road Runners	1221	FV40	01:35:42	01:35:28	2	24
227	Paul Yallop	Trianglia	285	MSnr	01:35:43	01:35:27	124	203
228	Stephen Pullinger		1989	MV45	01:35:44	01:35:27	27	204
229	Chris Gorse		955	MSnr	01:35:47	01:35:36	125	205
230	Irvine Maar	Ipswich Jaffa	1890	MSnr	01:35:49	01:35:45	126	206
231	Sam Barr		141	MSnr	01:35:50	01:35:35	127	207
232	Thomas Mortimer		212	MSnr	01:35:53	01:35:13	128	208
233	Robert James	Bungay Black Dog RC	428	MSnr	01:35:53	01:35:41	129	209
234	Robert Speck	North Norfolk Beach Runners	518	MSnr	01:36:02	01:35:20	130	210
235	Trevor Steeples	Civil Service Athletic Association	1844	MV50	01:36:03	01:34:49	10	211
236	Kevin Smith	Lowestoft Road Runners	1988	MV40	01:36:04	01:35:27	36	212
237	Kevin Frazer		647	MV40	01:36:05	01:35:58	37	213
238	Stephen Broom		951	MV40	01:36:06	01:35:10	38	214
239	Mike Sheldon	Barrow Runners	831	MV50	01:36:09	01:36:07	11	215
240	Oliver Blair		676	MSnr	01:36:11	01:35:15	131	216
241	John Bone	Great Yarmouth Road Runners	993	MV60	01:36:11	01:35:57	5	217
242	Mark Hall		1915	MV40	01:36:12	01:35:54	39	218
243	David George	Norwich Road Runners	81	MV40	01:36:14	01:35:54	40	219
244	David Pearce		230	MSnr	01:36:22	01:35:45	132	220
245	Eelke Rijpstra		420	MSnr	01:36:24	01:36:17	133	221

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246	Jason Rush		1787	MSnr	01:36:25	01:36:19	134	222
247	Nigel Parker		1812	MV45	01:36:29	01:36:14	28	223
248	Simon English		1685	MSnr	01:36:31	01:35:03	135	224
249	Richard Amey		850	MSnr	01:36:33	01:36:15	136	225
250	Roger Hailes		910	MV50	01:36:34	01:36:00	12	226
251	Paul Taverner	Thetford AC	178	MV45	01:36:43	01:35:38	29	227
252	Marc Di Duca		1629	MSnr	01:36:46	01:36:44	137	228
253	Richard King		401	MV45	01:36:52	01:36:33	30	229
254	Carl Frisby		520	MSnr	01:36:52	01:36:42	138	230
255	Derek Freeman		1716	MV55	01:36:53	01:36:42	6	231
256	Daniel Turner		280	MSnr	01:36:55	01:36:43	139	232
257	Christopher Speakman		529	MV45	01:36:59	01:36:52	31	233
258	Tony Robinson	Trianglia	1802	MSnr	01:37:01	01:36:44	140	234
259	Richard Heyes	Hunts AC	623	MV40	01:37:03	01:36:52	41	235
260	Paul Mcardle		691	MV40	01:37:07	01:36:41	42	236
261	Benjamin Letzer	Coltishall Jaguars	936	MSnr	01:37:10	01:35:56	141	237
262	Barry Bye	Ryston Runners	977	MV60	01:37:12	01:37:11	6	238
263	Rebecca Jordan	Stowmarket Striders	1467	FSnr	01:37:21	01:37:02	18	25
264	Sam Macgibbon		1967	MSnr	01:37:25	01:36:57	142	239
265	Paul Bradford		1971	MSnr	01:37:25	01:36:59	143	240
266	Jamie Torrens		241	MSnr	01:37:28	01:35:54	144	241
267	David Bell		175	MSnr	01:37:32	01:36:57	145	242
268	John Roberts		761	MSnr	01:37:33	01:37:19	146	243
269	Gavin Mckee	Coltishall Jaguars	454	MSnr	01:37:35	01:37:02	147	244
270	Robert Rodda		150	MV65	01:37:38	01:37:21	1	245
271	Lawrence Rab		1885	MSnr	01:37:40	01:36:55	148	246
272	Christopher Beniston		767	MV40	01:37:41	01:37:41	43	247
273	Nick Bowden	Reepham Runners	887	MV50	01:37:46	01:37:41	13	248
274	Jan Kading		907	MSnr	01:37:48	01:37:11	149	249
275	Tom Barr		315	MSnr	01:37:50	01:37:37	150	250
276	Jamie Greenaway		904	MSnr	01:37:52	01:36:36	151	251
277	Sarah Cave		2247	FSnr	01:37:52	01:37:07	19	26
278	Tim Morton	Bungay Black Dog RC	416	MV45	01:37:55	01:36:59	32	252
279	Simon Barclay		261	MV40	01:37:57	01:37:34	44	253
280	Iain Johnson	Deal Tri	2227	MSnr	01:37:59	01:37:47	152	254
281	Richard Johnson		1880	MSnr	01:38:02	01:37:19	153	255
282	Heston Groenewald		2174	MSnr	01:38:03	01:38:01	154	256
283	Neil Robert Gregory		219	MSnr	01:38:09	01:37:53	155	257
284	Jonny Levett	Stowmarket Striders	1850	MV40	01:38:12	01:37:53	45	258
285	Jane Gillanders		1065	FSnr	01:38:18	01:37:52	20	27
286	Paul Owen		1807	MSnr	01:38:21	01:37:49	156	259
287	Thomas Diaper		793	MV40	01:38:23	01:38:10	46	260
288	John Baxter		1883	MV50	01:38:23	01:36:56	14	261
289	Roger Gooch	Norfolk Gazelles	2063	MV55	01:38:24	01:38:14	7	262
290	Mark Denham-smith	Keswick AC	68	MV40	01:38:25	01:38:25	47	263
291	Tim Warner		1684	MV45	01:38:27	01:37:21	33	264
292	Emma Potter-Campbell	Dereham Runners AC	1330	FSnr	01:38:28	01:37:54	21	28
293	Melvyn Porter	Coltishall Jaguars	1827	MV40	01:38:38	01:38:04	48	265
294	Stuart Mckay		2059	MSnr	01:38:39	01:38:37	157	266

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
295	Shaun Conway		1687	MV45	01:38:41	01:38:18	34	267
296	David Hagan		618	MSnr	01:38:46	01:38:16	158	268
297	John Archer	Thomas Cook	513	MV45	01:38:54	01:38:30	35	269
298	Paul Firmage	Ryston Runners	893	MV50	01:38:59	01:38:51	15	270
299	Andrew Cable	Great Bentley RC	749	MV45	01:39:00	01:38:08	36	271
300	Alexandra Smith	Norwich Road Runners	1287	FSnr	01:39:00	01:38:44	22	29
301	Sarah Hum	North Norfolk Beach Runners	1924	FSnr	01:39:00	01:38:45	23	30
302	Andrew Summers		988	MSnr	01:39:01	01:38:33	159	272
303	Thom Bateman		1740	MSnr	01:39:01	01:38:34	160	273
304	Steven Rendell-Read	Lowestoft Road Runners	760	MV40	01:39:03	01:38:48	49	274
305	Joanne Diffey	Lakeside Lincoln	1180	FSnr	01:39:06	01:38:34	24	31
306	David Cornick		2145	MSnr	01:39:06	01:38:49	161	275
307	James Yates		834	MSnr	01:39:08	01:38:40	162	276
308	Ed Taylor		170	MSnr	01:39:10	01:38:12	163	277
309	Andrew Pond		395	MV40	01:39:10	01:38:55	50	278
310	David Craven		1751	MSnr	01:39:11	01:38:50	164	279
311	Andrew Christie		912	MSnr	01:39:14	01:38:23	165	280
312	Rob Priddle		48	MSnr	01:39:16	01:39:07	166	281
313	Antony Kennedy		2094	MSnr	01:39:18	01:38:44	167	282
314	Hannah Arnold	Crowborough Runners	1538	FSnr	01:39:23	01:38:59	25	32
315	Zbigniew Smialek		1766	MSnr	01:39:25	01:37:52	168	283
316	Kim Arnall		152	MV45	01:39:28	01:39:23	37	284
317	Matthew Clubb		293	MSnr	01:39:29	01:38:40	169	285
318	Tom Wilmot	Ipswich Triathlon	375	MSnr	01:39:30	01:38:40	170	286
319	Peter Goddard		612	MV50	01:39:31	01:38:53	16	287
320	Vincent Coustham		434	MSnr	01:39:32	01:39:02	171	288
321	Emma Sherman-James		1847	FSnr	01:39:34	01:39:19	26	33
322	Alan Bushell	Coltishall Jaguars	392	MSnr	01:39:36	01:38:27	172	289
323	Richard Clayton	Brandon Fern Hoppers	1631	MSnr	01:39:36	01:38:07	173	290
324	John Ward		2113	MSnr	01:39:41	01:38:43	174	291
325	Sian Loveless		1777	FSnr	01:39:43	01:39:34	27	34
326	James Roberts		2013	MSnr	01:39:45	01:38:38	175	292
327	Sophie Delderfield		2158	FSnr	01:39:45	01:39:28	28	35
328	Adam Williams	UEA triathlon	2173	MSnr	01:39:45	01:39:13	176	293
329	Dominic Lacey		933	MSnr	01:39:52	01:39:28	177	294
330	Jamshid Khazanehdari		2235	MV45	01:39:54	01:39:42	38	295
331	David Hudson		1904	MSnr	01:39:55	01:39:42	178	296
332	Linda Chilton		1486	FSnr	01:40:06	01:39:42	29	36
333	Peter Aldred	Lowestoft Road Runners	2011	MSnr	01:40:11	01:39:36	179	297
334	Rod Bye	Coltishall Jaguars	852	MV45	01:40:15	01:39:41	39	298
335	Helen Christie		1458	FV40	01:40:18	01:40:08	3	37
336	Daniel Knaeble		301	MV45	01:40:22	01:39:46	40	299
337	Lee Edwards	Stowmarket Striders	2097	MSnr	01:40:23	01:39:50	180	300
338	Ian Wade	North Norfolk Beach Runners	2067	MV45	01:40:33	01:39:04	41	301
339	David Clarke		585	MSnr	01:40:34	01:40:27	181	302
340	Matthew Fray		307	MSnr	01:40:39	01:39:52	182	303
341	Julia Davies		1042	FSnr	01:40:40	01:39:01	30	38
342	John Ford		369	MV50	01:40:41	01:40:31	17	304
343	Barry Chisholm	Shaftesbury Barnet Harriers	2277	MV45	01:40:43	01:40:14	42	305

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
344	Jonathan Briggs	City of Norwich AC	366	MSnr	01:40:44	01:40:07	183	306
345	George Smith		2082	MSnr	01:40:44	01:39:51	184	307
346	Richard Hawcutt		473	MSnr	01:40:46	01:39:21	185	308
347	Jason Harrison		86	MSnr	01:40:48	01:40:04	186	309
348	Simon Able		733	MSnr	01:40:56	01:40:38	187	310
349	Peter Bligh		2286	MSnr	01:40:58	01:40:47	188	311
350	John Moss		1987	MV50	01:40:59	01:38:24	18	312
351	Kenneth Bowman	Coltishall Jaguars	393	MV60	01:41:01	01:39:43	7	313
352	James Macleod		340	MV40	01:41:02	01:40:41	51	314
353	Andrew Gilbert		1753	MV40	01:41:04	01:40:29	52	315
354	Andrew Atthowe	Trianglia	139	MSnr	01:41:11	01:40:59	189	316
355	Graham Clutten		619	MSnr	01:41:14	01:41:06	190	317
356	Paul Worster		841	MV45	01:41:17	01:39:51	43	318
357	Carole Prance	Stowmarket Striders	1345	FV40	01:41:17	01:40:58	4	39
358	Jonathan Meadows		869	MSnr	01:41:20	01:40:42	191	319
359	Catherine Edeam		2237	FSnr	01:41:21	01:39:31	31	40
360	Andy Hardy		601	MSnr	01:41:24	01:41:13	192	320
361	Keith Brighty	Norwich Road Runners	13	MV40	01:41:27	01:40:55	53	321
362	Stuart Mills	Witham Running Club	367	MSnr	01:41:30	01:40:55	193	322
363	Patrick Larke	Wymondham Athletic Club	165	MV50	01:41:31	01:40:06	19	323
364	Brian Akehurst		304	MSnr	01:41:33	01:41:10	194	324
365	Matthew Fleming		16	MV40	01:41:38	01:41:33	54	325
366	Craig Dearden		466	MSnr	01:41:41	01:41:31	195	326
367	Tanya Crofts	Wymondham Athletic Club	1364	FSnr	01:41:45	01:41:24	32	41
368	Jon Kelly		2261	MSnr	01:41:46	01:40:50	196	327
369	Graham Sillett		421	MV45	01:41:47	01:40:29	44	328
370	Chris Meadows		666	MSnr	01:41:48	01:41:13	197	329
371	Maree Limpus		2153	FSnr	01:41:51	01:41:05	33	42
372	Richard Sangster		349	MSnr	01:41:52	01:39:52	198	330
373	Andrew Skiggs		431	MSnr	01:41:57	01:40:43	199	331
374	William Fiddy		137	MSnr	01:42:02	01:41:12	200	332
375	Mark Colman		731	MSnr	01:42:03	01:41:20	201	333
376	Roger Bilsby	City of Norwich AC	502	MV45	01:42:09	01:39:54	45	334
377	Colin Mcdonald		2117	MV45	01:42:14	01:41:25	46	335
378	Justin Sayer	Runners World	11	MSnr	01:42:17	01:39:21	202	336
379	Jonathan Bray		738	MSnr	01:42:18	01:41:44	203	337
380	Steven Neeve		2248	MSnr	01:42:22	01:41:34	204	338
381	Paul Masterson		748	MSnr	01:42:23	01:40:44	205	339
382	Simon Whalley	St Edmundsbury Pacers	2138	MV40	01:42:26	01:42:16	55	340
383	Eric Marseille	Sudbury Joggers	2083	MSnr	01:42:27	01:42:07	206	341
384	Patrick Friel		1690	MV40	01:42:28	01:41:35	56	342
385	Marie Clark	Norwich Road Runners	1116	FSnr	01:42:30	01:42:24	34	43
386	Daniel Bewick		732	MSnr	01:42:33	01:41:20	207	343
387	Nicola Grimes		1259	FSnr	01:42:35	01:41:53	35	44
388	Glenn Woodruff		825	MSnr	01:42:37	01:42:07	208	344
389	Kevin Woodruff		992	MSnr	01:42:37	01:42:09	209	345
390	Helen Barr		1004	FSnr	01:42:42	01:42:29	36	45
391	Edgar Aston	Kent AC	809	MV45	01:42:55	01:42:31	47	346
392	Keith Mitchell	Ely Runners	242	MV50	01:42:59	01:42:21	20	347

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
393	Gavin Thouless	Norwich Road Runners	922	MSnr	01:43:04	01:42:17	210	348
394	Andrew Birt		2169	MV40	01:43:06	01:41:51	57	349
395	Scott Mackenzie		2161	MSnr	01:43:08	01:43:08	211	350
396	Toby Newton		2267	MSnr	01:43:09	01:43:09	212	351
397	Martin Nugent		2006	MSnr	01:43:13	01:42:49	213	352
398	Andrew Birss		131	MV50	01:43:14	01:41:48	21	353
399	Barnaby Rose		1617	MSnr	01:43:21	01:39:51	214	354
400	Sallie Wilson	Thomas Cook	1361	FV45	01:43:22	01:42:58	4	46
401	Karl Syson		1763	MSnr	01:43:23	01:43:00	215	355
402	Neil Moulton		546	MSnr	01:43:24	01:42:10	216	356
403	Dale Cooper	Wymondham Athletic Club	827	MV45	01:43:25	01:43:04	48	357
404	Mark Riches		591	MV40	01:43:27	01:42:51	58	358
405	Tony Anderson	Great Yarmouth Road Runners	617	MSnr	01:43:28	01:43:15	217	359
406	Brian Spooner		403	MV50	01:43:33	01:42:49	22	360
407	Geoff Adams	Wymondham Athletic Club	452	MV50	01:43:33	01:43:25	23	361
408	Martin Clarke		741	MV40	01:43:36	01:42:36	59	362
409	Andrew Nicholls		947	MSnr	01:43:37	01:42:59	218	363
410	Jonathan Tyrrell	Trianglia	101	MSnr	01:43:42	01:42:28	219	364
411	Ashley Gilbert	Dereham Runners AC	448	MSnr	01:43:45	01:43:15	220	365
412	Robert Pearce		2008	MV50	01:43:46	01:43:26	24	366
413	Jason Houghton		1984	MSnr	01:43:48	01:43:31	221	367
414	Michael McDonnell		556	MV50	01:43:50	01:43:13	25	368
415	Mark Farley		544	MV40	01:43:51	01:43:26	60	369
416	David Hazleton	Wymondham Athletic Club	215	MV50	01:43:59	01:41:59	26	370
417	Chris Sugars	Ipswich Triathlon	345	MSnr	01:43:59	01:43:40	222	371
418	Sarah Cannon		1551	FSnr	01:43:59	01:43:09	37	47
419	Ann Purnell		1101	FSnr	01:44:01	01:43:16	38	48
420	Will Kay-Shuttleworth		631	MSnr	01:44:03	01:43:42	223	372
421	David Peacock	Norfolk Gazelles	118	MV40	01:44:06	01:43:02	61	373
422	Benjamin Boswell	Wye Valley Runners	788	MSnr	01:44:10	01:43:39	224	374
423	James Mccoll		441	MSnr	01:44:11	01:43:39	225	375
424	Nicholas Lawrence		1839	MSnr	01:44:17	01:43:46	226	376
425	Carl Machin	Wymondham Athletic Club	320	MV45	01:44:23	01:42:57	49	377
426	Nigel Lungennwss-ward	Lowestoft Road Runners	2035	MSnr	01:44:24	01:43:47	227	378
427	Martin Hanner		354	MV50	01:44:26	01:43:03	27	379
428	James Brown		629	MV40	01:44:30	01:44:19	62	380
429	Iain Murrell		436	MSnr	01:44:31	01:43:45	228	381
430	Ian Minns		378	MSnr	01:44:34	01:43:52	229	382
431	John O'Leary	Great Yarmouth Road Runners	1983	MV55	01:44:36	01:44:03	8	383
432	Dennis Chung		563	MSnr	01:44:41	01:44:22	230	384
433	John Rogers		717	MV55	01:44:42	01:44:28	9	385
434	Adam Gretton		361	MSnr	01:44:43	01:44:20	231	386
435	Tony Money		1965	MSnr	01:44:44	01:44:19	232	387
436	Catherine Piggott	Norwich Road Runners	1596	FSnr	01:44:45	01:43:48	39	49
437	Phil Wilkinson		398	MV50	01:44:49	01:43:43	28	388
438	Sean O'loughlin		489	MV40	01:44:49	01:44:11	63	389
439	Martin Brigden		787	MV50	01:44:49	01:43:52	29	390
440	Peter Chadwick		183	MV40	01:44:50	01:44:15	64	391
441	Mike Clinton		300	MSnr	01:44:50	01:43:56	233	392

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
442	Simon Peck	White Horse Terriers	637	MSnr	01:44:50	01:43:56	234	393
443	Tim Oakes		1698	MV50	01:44:53	01:43:40	30	394
444	David Daniels	Stowmarket Striders	712	MV40	01:44:54	01:44:34	65	395
445	Samantha Bailey		1454	FSnr	01:44:54	01:43:07	40	50
446	Matthew Joy		829	MV40	01:44:55	01:44:15	66	396
447	Heidi Bingham	Stowmarket Striders	2201	FSnr	01:44:56	01:44:37	41	51
448	Bruce Rayner	Bungay Black Dog RC	1757	MV45	01:44:59	01:44:45	50	397
449	Philip Kitchener		177	MSnr	01:45:03	01:43:00	235	398
450	Nigel Sinclair		209	MSnr	01:45:03	01:43:27	236	399
451	Ceri Yorath		763	MSnr	01:45:07	01:44:04	237	400
452	Eve Casbard		1855	FSnr	01:45:10	01:44:35	42	52
453	Chris Bingham		1674	MSnr	01:45:12	01:44:22	238	401
454	Richard Tiller	Halstead Road Runners	832	MSnr	01:45:14	01:45:02	239	402
455	Oliver Choroche		2241	MSnr	01:45:14	01:44:30	240	403
456	James Hayward	Trianglia	196	MSnr	01:45:15	01:44:21	241	404
457	Chris Jones		266	MSnr	01:45:16	01:44:47	242	405
458	Carol Betts	Norfolk Gazelles	1166	FV50	01:45:16	01:44:55	2	53
459	David Stevens		324	MSnr	01:45:17	01:44:56	243	406
460	Hugh Billingham		967	MV40	01:45:17	01:44:22	67	407
461	Terry Harris		1717	MV40	01:45:19	01:44:30	68	408
462	Bob Brough		2116	MV45	01:45:19	01:44:05	51	409
463	Richard Moulson		553	MSnr	01:45:23	01:43:58	244	410
464	Adam Pearce		281	MSnr	01:45:24	01:44:01	245	411
465	Richard Morford		814	MSnr	01:45:24	01:45:05	246	412
466	Lisa Symonds		1157	FSnr	01:45:24	01:43:34	43	54
467	Maria Alborough		1074	FSnr	01:45:25	01:44:31	44	55
468	Amy Kingston		1520	FSnr	01:45:26	01:45:08	45	56
469	Ian Woods	Norfolk Gazelles	173	MV50	01:45:28	01:44:53	31	413
470	David Dewing		269	MSnr	01:45:29	01:44:49	247	414
471	Paul Westgate	Great Yarmouth Road Runners	331	MV50	01:45:32	01:44:57	32	415
472	Rob Langton		782	MSnr	01:45:32	01:43:43	248	416
473	James Guyton	Norwich Road Runners	587	MSnr	01:45:36	01:43:37	249	417
474	Jane Yardy		1152	FV45	01:45:36	01:44:43	5	57
475	Nicolas Harding		449	MSnr	01:45:37	01:44:52	250	418
476	Carole Spong	Great Yarmouth Road Runners	1313	FV60	01:45:38	01:44:22	2	58
477	Nick Browne		2166	MSnr	01:45:38	01:45:13	251	419
478	Nigel Gilham	Bungay Black Dog RC	932	MV50	01:45:40	01:45:26	33	420
479	Christopher Peacock		400	MSnr	01:45:42	01:45:20	252	421
480	Sean Woodvine		244	MSnr	01:45:44	01:44:50	253	422
481	Anthony Heath	North Norfolk Beach Runners	231	MV55	01:45:46	01:45:20	10	423
482	Martin Harper		561	MSnr	01:45:46	01:43:52	254	424
483	Ian Crutchley	Wymondham Athletic Club	603	MV40	01:45:48	01:44:38	69	425
484	Michael Hearn		1843	MSnr	01:45:49	01:44:02	255	426
485	Laura Daly	UEA triathlon	1012	FSnr	01:45:49	01:44:48	46	59
486	Giles Branford		917	MSnr	01:45:50	01:44:40	256	427
487	Cherry Gough		1395	FSnr	01:45:52	01:45:01	47	60
488	Harriet Prior		1553	FV45	01:45:54	01:45:07	6	61
489	Rosanna Dollman		1296	FSnr	01:45:57	01:43:34	48	62
490	Lauren Buffini		1135	FSnr	01:46:00	01:45:11	49	63

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
491	Mark Hunter		1755	MV40	01:46:02	01:46:02	70	428
492	Richard Girling		700	MSnr	01:46:03	01:44:14	257	429
493	Pauline Norman	Lowestoft Road Runners	2033	FV55	01:46:04	01:46:03	1	64
494	Simon Whitmore		815	MSnr	01:46:05	01:45:06	258	430
495	Nicola Hill		1975	FSnr	01:46:05	01:45:12	50	65
496	Richard Dolman	Thetford AC	160	MV40	01:46:07	01:43:56	71	431
497	Paul O'Malley		1672	MSnr	01:46:08	01:45:15	259	432
498	Shaun Bonner	UKNetRunner.co.uk	679	MV40	01:46:10	01:45:38	72	433
499	Kevin Marshall	Ilford AC	1908	MV45	01:46:13	01:45:42	52	434
500	Jonathan Brasnett	Norwich Union AC	1886	MSnr	01:46:15	01:44:33	260	435
501	David Higgins		541	MSnr	01:46:17	01:45:54	261	436
502	James Panayi		656	MSnr	01:46:20	01:45:18	262	437
503	David Spashett	Bungay Black Dog RC	2068	MV55	01:46:31	01:45:44	11	438
504	David Barclay	Norfolk Gazelles	604	MV45	01:46:34	01:45:20	53	439
505	Christopher Paul Vardy		223	MV40	01:46:38	01:45:48	73	440
506	Robyn Armes		1281	FSnr	01:46:42	01:45:58	51	66
507	Paul Martin		575	MSnr	01:46:44	01:46:41	263	441
508	Andy Crook		1772	MSnr	01:46:44	01:45:56	264	442
509	Mike Stevens		97	MV50	01:46:45	01:45:36	34	443
510	Richard Nolan		795	MV40	01:46:46	01:44:46	74	444
511	Susan Nolan		1507	FV40	01:46:46	01:45:51	5	67
512	Paul Ward		1743	MSnr	01:46:46	01:46:05	265	445
513	Paul Shipley		620	MSnr	01:46:54	01:46:21	266	446
514	Andrew James Alabaster		110	MSnr	01:46:58	01:46:10	267	447
515	Charles Allen	Burnham Joggers	1704	MV45	01:46:58	01:46:24	54	448
516	Stuart Jack	Norwich Road Runners	73	MV50	01:47:02	01:45:29	35	449
517	Charles Catchpole		1951	MV45	01:47:07	01:46:52	55	450
518	Christopher Clark		21	MSnr	01:47:08	01:43:59	268	451
519	Stephen Waters		1782	MV45	01:47:08	01:47:08	56	452
520	Gerry Watson	Wyndham Athletic Club	997	MV50	01:47:11	01:45:03	36	453
521	Andrea Sewell	Bedford Harriers	1856	FV45	01:47:11	01:47:00	7	68
522	Justin Ashford	Norwich Road Runners	942	MSnr	01:47:14	01:46:52	269	454
523	Chantel Norman		1415	FSnr	01:47:14	01:45:58	52	69
524	Martin Barr		999	MSnr	01:47:15	01:46:57	270	455
525	Simon Wiggins	Felixstowe RRC	224	MSnr	01:47:17	01:46:28	271	456
526	Kevin Powles	Norwich Road Runners	571	MV40	01:47:21	01:45:18	75	457
527	Robert Astley		2125	MSnr	01:47:23	01:45:30	272	458
528	Bryan Cooper		671	MV50	01:47:24	01:46:34	37	459
529	Robin Cross		1906	MV45	01:47:24	01:45:01	57	460
530	Ben Amey		1647	MSnr	01:47:26	01:44:52	273	461
531	Barry Hammond		2141	MV55	01:47:26	01:45:39	12	462
532	Ford Ennals		8	MV50	01:47:30	01:47:08	38	463
533	Mark Whiting		1695	MV45	01:47:38	01:47:32	58	464
534	John Gilpin		648	MV40	01:47:39	01:46:07	76	465
535	Ian Howes		784	MSnr	01:47:42	01:47:22	274	466
536	Marianne Defernez		2190	FSnr	01:47:43	01:47:43	53	70
537	Sebastian Larsson		766	MSnr	01:47:47	01:45:05	275	467
538	Daren Allen	Hadleigh Hares	305	MV40	01:47:49	01:47:09	77	468
539	Pete Smith		1944	MSnr	01:47:50	01:47:20	276	469

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
540	Paul McAfee		1854	MV40	01:47:51	01:47:14	78	470
541	Andrew Hodgson		268	MSnr	01:47:52	01:47:12	277	471
542	Ross Tovey		643	MSnr	01:47:52	01:46:47	278	472
543	John Tully		235	MV45	01:47:53	01:46:44	59	473
544	Richard Nicholls		424	MV45	01:47:53	01:47:02	60	474
545	Alexander Mcnaughton		385	MV40	01:47:54	01:45:47	79	475
546	Michael Anderson		355	MSnr	01:47:57	01:46:39	279	476
547	Arthur Nicholl		713	MV50	01:48:00	01:46:32	39	477
548	Nick Dowdy	Ely Runners	1708	MV45	01:48:01	01:47:21	61	478
549	Gary Ambrose		2007	MV50	01:48:01	01:47:12	40	479
550	Guy Sheppard	North Norfolk Beach Runners	826	MV50	01:48:04	01:46:37	41	480
551	Stuart Gandy	Norwich Road Runners	2045	MSnr	01:48:09	01:48:09	280	481
552	Lyn Hazleton	Wymondham Athletic Club	1185	FV45	01:48:10	01:47:14	8	71
553	Debbie Moore	Norfolk Gazelles	1140	FV40	01:48:12	01:47:36	6	72
554	Simon Reeve		2027	MSnr	01:48:12	01:46:37	281	482
555	Andrew Kirk		2092	MSnr	01:48:12	01:47:09	282	483
556	Karen Manning	Great Yarmouth Road Runners	1181	FSnr	01:48:13	01:47:34	54	73
557	Peter Kinselley		898	MV45	01:48:18	01:45:58	62	484
558	Ian Edwards		2127	MSnr	01:48:19	01:47:47	283	485
559	Tim Stott		200	MV40	01:48:22	01:47:45	80	486
560	Jonathan Kelly		1673	MSnr	01:48:22	01:47:19	284	487
561	Frank Moggan	Stowmarket Striders	1724	MV55	01:48:25	01:46:15	13	488
562	Neil Roberts		1893	MV50	01:48:27	01:47:15	42	489
563	Thomas Hubbard		966	MSnr	01:48:29	01:45:57	285	490
564	Cheryl Kershaw		1117	FSnr	01:48:31	01:46:20	55	74
565	Tara Darrall		1151	FSnr	01:48:31	01:46:20	56	75
566	Jude Durrant		1417	FSnr	01:48:32	01:47:49	57	76
567	Phil Garrett	Cambridge and Coleridge	2274	MV45	01:48:33	01:47:33	63	491
568	Suzy Cornish		2223	FSnr	01:48:37	01:48:25	58	77
569	Colin Hewes	UKNetRunner.co.uk	958	MV50	01:48:40	01:47:35	43	492
570	Charlotte Pike		1619	FV45	01:48:40	01:47:29	9	78
571	Howard Olby		259	MSnr	01:48:41	01:47:24	286	493
572	Mark Jones		600	MSnr	01:48:43	01:48:02	287	494
573	Gordon Pearson	Eye Community Runners	687	MSnr	01:48:43	01:47:58	288	495
574	Zoe Catchpole		1161	FSnr	01:48:43	01:47:28	59	79
575	Steven Robert Martin Vaughan		189	MSnr	01:48:44	01:47:29	289	496
576	Edd Thompson		211	MSnr	01:48:45	01:46:11	290	497
577	Yvonne Parker	Road Runners Club	1643	FV50	01:48:46	01:47:25	3	80
578	Oliver Vella		1933	MSnr	01:48:46	01:47:16	291	498
579	Jason Hackett		557	MSnr	01:48:47	01:47:22	292	499
580	Emma Phillips		1169	FSnr	01:48:48	01:46:28	60	81
581	Paul Beech		878	MSnr	01:48:49	01:48:23	293	500
582	James Francis		157	MSnr	01:48:52	01:48:06	294	501
583	Peter Elphick		979	MV40	01:48:52	01:47:45	81	502
584	Lucy Barkway	Diss Athletic Club	1110	FSnr	01:48:52	01:48:45	61	82
585	Sam Steggles		210	MSnr	01:48:55	01:46:09	295	503
586	David Salmon	Norwich Road Runners	860	MV50	01:48:57	01:47:40	44	504
587	Martin Ablett	Stowmarket Striders	1667	MSnr	01:49:05	01:48:18	296	505
588	Rex Wade	Great Yarmouth Road Runners	2195	MV65	01:49:05	01:48:31	2	506

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
589	Kevin Miles	Runnymede Runners	486	MSnr	01:49:06	01:46:49	297	507
590	Philip Catchpole	Diss Athletic Club	725	MV50	01:49:07	01:48:52	45	508
591	Richard Clark	The Saxons	2041	MV40	01:49:08	01:48:13	82	509
592	Robert Conway		2239	MSnr	01:49:09	01:48:25	298	510
593	Jonathan Cordle		2259	MV40	01:49:09	01:48:17	83	511
594	Matthew Frary		2183	MSnr	01:49:10	01:46:37	299	512
595	Richard Harvey		2224	MV45	01:49:11	01:48:21	64	513
596	Christina Sinclair		2226	FSnr	01:49:11	01:48:21	62	83
597	Michael Soper	St Edmundsbury Pacers	275	MSnr	01:49:13	01:48:19	300	514
598	David Cook		2102	MV40	01:49:16	01:47:08	84	515
599	Olivia Smith	UEA AC	1590	FSnr	01:49:18	01:46:25	63	84
600	Stephen Warncken		659	MV45	01:49:21	01:49:13	65	516
601	Peter Moore		906	MV40	01:49:21	01:48:10	85	517
602	Jon Osborne		775	MSnr	01:49:22	01:47:04	301	518
603	Kerry Mutch	Great Yarmouth Road Runners	381	MV40	01:49:23	01:48:46	86	519
604	James Lay		437	MSnr	01:49:24	01:48:38	302	520
605	Nikki Moulson		1139	FSnr	01:49:26	01:48:01	64	85
606	Mark Ecfllett	Lowestoft Road Runners	523	MV40	01:49:28	01:48:56	87	521
607	Thomas Livermore		1614	MSnr	01:49:30	01:46:53	303	522
608	Adrian Woodward		2192	MV40	01:49:31	01:47:31	88	523
609	Sarah Catchpole		1814	FV40	01:49:33	01:49:17	7	86
610	Colin Fox		2265	MSnr	01:49:38	01:49:18	304	524
611	Joanne Chapman		1284	FSnr	01:49:39	01:47:24	65	87
612	Keith Breeze		2065	MV45	01:49:39	01:48:01	66	525
613	Martin Poxon		205	MV50	01:49:42	01:48:34	46	526
614	Acland Hart		1798	MSnr	01:49:42	01:46:34	305	527
615	Bob Paul	Bungay Black Dog RC	172	MV50	01:49:47	01:49:33	47	528
616	Marie Worrall	Great Yarmouth Road Runners	1260	FSnr	01:49:47	01:49:05	66	88
617	James Seekings		282	MSnr	01:49:50	01:47:23	306	529
618	Rob Tenner		2100	MV40	01:49:50	01:47:23	89	530
619	Neil Edwards		994	MSnr	01:49:51	01:48:41	307	531
620	Mike Smith	Wymondham Athletic Club	1959	MV65	01:49:53	01:49:24	3	532
621	Andrew Brigden		781	MSnr	01:49:55	01:48:06	308	533
622	Julie Bringloe	Norwich Road Runners	1487	FSnr	01:49:58	01:48:57	67	89
623	Guy Rash		593	MV40	01:50:00	01:48:52	90	534
624	Martin Hickling		155	MSnr	01:50:01	01:48:57	309	535
625	John Trowell	Stowmarket Striders	981	MSnr	01:50:01	01:48:46	310	536
626	Samuel Plant		49	MSnr	01:50:02	01:49:36	311	537
627	Joan Hocking		1907	FV40	01:50:02	01:48:47	8	90
628	Sean Renahan	Runnymede Runners	245	MSnr	01:50:03	01:48:53	312	538
629	Michael Gomes		2081	MSnr	01:50:04	01:48:51	313	539
630	Andrew Stroud		747	MV40	01:50:05	01:47:40	91	540
631	Luis Paredes		1864	MSnr	01:50:05	01:49:43	314	541
632	Wayne Chappell		672	MSnr	01:50:11	01:48:35	315	542
633	Chanelle Naughton		1557	FSnr	01:50:12	01:47:20	68	91
634	Matthew Moroz		2098	MSnr	01:50:12	01:47:12	316	543
635	Mark Greenhall		737	MV40	01:50:14	01:50:14	92	544
636	Yvonne Goodsell	Eye Community Runners	1379	FV40	01:50:16	01:49:16	9	92
637	Angie Bear	Wymondham Athletic Club	1159	FV50	01:50:17	01:49:17	4	93

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
638	Lawrence Catchpole		1815	MV40	01:50:17	01:50:01	93	545
639	Aaron Cook		2076	MSnr	01:50:18	01:47:40	317	546
640	Nick Pullen		2121	MSnr	01:50:20	01:48:02	318	547
641	Viraf Captain		522	MV45	01:50:21	01:49:28	67	548
642	Jonathan Storey		2078	MV40	01:50:21	01:49:46	94	549
643	Johanna Jones		1342	FSnr	01:50:22	01:47:50	69	94
644	David Brailey		329	MSnr	01:50:23	01:49:24	319	550
645	Richard Gilham	Norfolk Gazelles	377	MV45	01:50:23	01:50:17	68	551
646	Simon Smith		164	MSnr	01:50:24	01:49:41	320	552
647	Mark Masters		1952	MV45	01:50:24	01:48:34	69	553
648	Catherine Cullup	Dulwich Park Runners	1067	FSnr	01:50:27	01:47:42	70	95
649	Alec Moyes		1649	MV40	01:50:30	01:49:50	95	554
650	Michael Edwards		1645	MSnr	01:50:35	01:49:52	321	555
651	Jon Humphreys		730	MV45	01:50:36	01:48:31	70	556
652	Mark Matless		655	MSnr	01:50:38	01:47:48	322	557
653	Brendan Wilson	City Of Norwich AC	100	MSnr	01:50:39	01:50:11	323	558
654	Geoff Hayward	North Norfolk Beach Runners	1826	MV65	01:50:39	01:49:29	4	559
655	Gill Woodhouse	Dereham Runners AC	1138	FV55	01:50:40	01:49:11	2	96
656	Tracy Stevens		1339	FSnr	01:50:41	01:48:51	71	97
657	Roy Montgomerie		273	MV45	01:50:42	01:49:14	71	560
658	Jason Marsh		2056	MSnr	01:50:42	01:49:53	324	561
659	Lija Bude		1671	FSnr	01:50:45	01:49:13	72	98
660	David Townsend		2275	MSnr	01:50:45	01:50:00	325	562
661	Marcel Heinrichs		877	MSnr	01:50:47	01:50:23	326	563
662	Adrian Galvin		534	MV40	01:50:48	01:48:16	96	564
663	Leslie Basham	Stowmarket Striders	971	MV55	01:50:48	01:49:57	14	565
664	Jo Ellis		1405	FV40	01:50:49	01:48:39	10	99
665	Alison Allen	Burnham Joggers	1705	FV45	01:50:50	01:48:43	10	100
666	Jon Severn		168	MSnr	01:50:52	01:48:10	327	566
667	Dominic Wright		650	MSnr	01:50:52	01:50:04	328	567
668	Colin Whale	Bungay Black Dog RC	1721	MV45	01:50:52	01:50:37	72	568
669	Bobbie Sauerzapf	Bungay Black Dog RC	1112	FV45	01:50:57	01:49:49	11	101
670	Paul Appleby		862	MV55	01:50:59	01:48:41	15	569
671	Rodney Meadows		996	MV60	01:51:04	01:49:56	8	570
672	Michael Pearce		2207	MSnr	01:51:04	01:49:19	329	571
673	Ian Scrafton		615	MSnr	01:51:06	01:50:35	330	572
674	Dave Onion	Redhill Road Runners	609	MV65	01:51:08	01:51:01	5	573
675	Sam Collins		2062	MSnr	01:51:09	01:49:57	331	574
676	Andrew Lodge		1818	MSnr	01:51:10	01:49:06	332	575
677	Gabriel Rendon		2228	MSnr	01:51:11	01:48:21	333	576
678	Jane Freeman		1484	FV50	01:51:12	01:50:10	5	102
679	Brett Meeds		195	MSnr	01:51:19	01:49:44	334	577
680	Stephen Mcguinness		2280	MSnr	01:51:19	01:48:59	335	578
681	Darren Yarrow		2074	MSnr	01:51:21	01:48:43	336	579
682	Ian Harrison		530	MSnr	01:51:23	01:50:52	337	580
683	Carl Wright		888	MV45	01:51:25	01:48:36	73	581
684	Eirren Thompson		1899	MSnr	01:51:26	01:50:13	338	582
685	Graeme Power	Lakeside Lincoln	855	MV40	01:51:29	01:50:46	97	583
686	Carole Anastasi		1452	FSnr	01:51:31	01:48:08	73	103

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
687	Darren Beard		161	MSnr	01:51:36	01:51:23	339	584
688	Alex Bowling		842	MSnr	01:51:37	01:51:05	340	585
689	Alfie Kirkum		343	MV50	01:51:39	01:49:14	48	586
690	Jenny Hart	Norwich Road Runners	1039	FV40	01:51:39	01:49:09	11	104
691	David Slatter		445	MV40	01:51:41	01:50:32	98	587
692	Paul Collins		1623	MSnr	01:51:44	01:50:30	341	588
693	Andrew Levett		1810	MV40	01:51:44	01:50:26	99	589
694	Joelene Goodridge		1145	FSnr	01:51:47	01:50:43	74	105
695	James Jones		499	MV55	01:51:49	01:48:32	16	590
696	Clare Carter		1871	FV40	01:51:49	01:50:16	12	106
697	Rebecca Rackham		1402	FSnr	01:51:51	01:49:34	75	107
698	David Emeny-smith		145	MSnr	01:51:52	01:51:04	342	591
699	Tom Willcock		926	MSnr	01:51:52	01:50:50	343	592
700	Rosalie Barrett		1208	FSnr	01:51:52	01:50:50	76	108
701	Claire Nolan		1506	FSnr	01:51:53	01:50:58	77	109
702	Nigel Hart		2026	MV40	01:51:54	01:51:25	100	593
703	Oliver Cooper		2119	MSnr	01:51:54	01:49:29	344	594
704	Mark Burrows		47	MV40	01:51:55	01:49:53	101	595
705	Martin Ashford	Diss Athletic Club	941	MV55	01:51:55	01:51:15	17	596
706	Emma Harris		1270	FV40	01:51:58	01:51:22	13	110
707	Robert Blackman		341	MSnr	01:51:59	01:50:30	345	597
708	Mandy Fulton	Norwich Road Runners	1107	FSnr	01:51:59	01:49:29	78	111
709	Rory White		949	MSnr	01:52:01	01:50:14	346	598
710	Adrian Spillett		371	MSnr	01:52:03	01:50:46	347	599
711	David Whitehead		435	MV45	01:52:03	01:51:18	74	600
712	Gary Tidy		580	MV45	01:52:03	01:50:24	75	601
713	Robin Evans		1655	MSnr	01:52:05	01:51:17	348	602
714	Graham Barnes	Coltishall Jaguars	1825	MV55	01:52:05	01:49:57	18	603
715	Jon Batchelor		360	MSnr	01:52:06	01:49:48	349	604
716	Julie Barton		2107	FSnr	01:52:08	01:50:59	79	112
717	Dale Cooper		554	MSnr	01:52:10	01:50:52	350	605
718	Terry Braverman	Haverhill RC	1884	MV60	01:52:11	01:49:27	9	606
719	Craig Doyle		227	MSnr	01:52:13	01:51:31	351	607
720	Mark Hiron		582	MSnr	01:52:14	01:50:37	352	608
721	Andrew Burrage		528	MV50	01:52:15	01:50:12	49	609
722	David Havercroft		758	MSnr	01:52:17	01:51:48	353	610
723	Barry Cartwright	Lowestoft Road Runners	2291	MSnr	01:52:17	01:49:13	354	611
724	Kate Stannett	Ipswich Tri	1165	FV45	01:52:18	01:52:10	12	113
725	Lucy Goddard		1602	FSnr	01:52:18	01:49:55	80	114
726	Eleanor Gay		2194	FSnr	01:52:18	01:49:45	81	115
727	Howard Jones		120	MV40	01:52:19	01:49:27	102	612
728	John Bentley		808	MSnr	01:52:23	01:51:10	355	613
729	Richard Deswarte		2130	MV40	01:52:23	01:50:38	103	614
730	Charlotte Fox		1872	FV40	01:52:30	01:51:35	14	116
731	Paul Sparrow	Stowmarket Striders	62	MSnr	01:52:32	01:50:50	356	615
732	Nigel Farthing	Woodbridge Shufflers RC	613	MV50	01:52:33	01:50:46	50	616
733	Stephen Baker		490	MV40	01:52:34	01:51:11	104	617
734	John Harrison		776	MSnr	01:52:35	01:51:31	357	618
735	Stuart Abbott	Woodbridge Shufflers RC	1638	MSnr	01:52:35	01:50:53	358	619

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
736	Ross Campbell	Trianglia	464	MV45	01:52:37	01:51:43	76	620
737	David Dildrew		987	MV50	01:52:37	01:51:35	51	621
738	Ian Power		239	MSnr	01:52:40	01:52:38	359	622
739	Anton Wimmer		359	MSnr	01:52:42	01:51:34	360	623
740	Christopher Groves		1976	MV55	01:52:42	01:51:39	19	624
741	Richard Williamson		900	MSnr	01:52:43	01:50:10	361	625
742	Steve Websdale	Norwich Road Runners	33	MV40	01:52:44	01:51:12	105	626
743	John Leney		225	MV40	01:52:44	01:51:09	106	627
744	Jonathan Bridgeman		953	MSnr	01:52:47	01:50:16	362	628
745	Richard Debney		226	MV45	01:52:48	01:52:25	77	629
746	Lee Godbold		1861	MSnr	01:52:49	01:51:35	363	630
747	Christopher Brittain	Road Runners Club	1642	MV55	01:52:52	01:51:31	20	631
748	Rebecca Done		1858	FSnr	01:52:54	01:50:27	82	117
749	Mark Crossfield		1859	MSnr	01:52:54	01:50:25	364	632
750	Martina Skuckova		1037	FSnr	01:52:55	01:51:16	83	118
751	Matt Flanders		31	MSnr	01:52:56	01:51:36	365	633
752	Mark Saunders		333	MV40	01:52:57	01:52:10	107	634
753	Matthew Dolan		318	MSnr	01:52:58	01:50:09	366	635
754	Beres Ward	City Of Norwich AC	1163	FV50	01:52:59	01:51:35	6	119
755	Andrew Hardy		1778	MV50	01:53:03	01:51:37	52	636
756	Jonathan Howes		1656	MSnr	01:53:04	01:52:17	367	637
757	Caroline Knowles	North Norfolk Beach Runners	1577	FSnr	01:53:05	01:51:55	84	120
758	Joanna Diaper		1175	FSnr	01:53:07	01:51:20	85	121
759	Christopher Boyle	Norwich Union AC	1997	MSnr	01:53:07	01:53:07	368	638
760	William Docherty		721	MV50	01:53:11	01:52:39	53	639
761	Mike Difranco	Cambridge and Coleridge	10	MV45	01:53:11	01:52:10	78	640
762	Deborah Stamp		1026	FSnr	01:53:13	01:50:24	86	122
763	James Pike		17	MSnr	01:53:17	01:52:39	369	641
764	Charles Wood	Norwich Road Runners	1867	MV50	01:53:20	01:52:46	54	642
765	Brenda Kinch	North Norfolk Beach Runners	1468	FV60	01:53:21	01:51:00	3	123
766	Christopher Beckett		1895	MV45	01:53:25	01:52:15	79	643
767	Sarah Cawston		1622	FSnr	01:53:29	01:52:31	87	124
768	John Sweetlove		2103	MV45	01:53:32	01:52:26	80	644
769	James Tomlinson		1639	MSnr	01:53:33	01:50:41	370	645
770	Stephen Browning	Norfolk Gazelles	918	MV55	01:53:34	01:51:46	21	646
771	Emily Neilan		1875	FSnr	01:53:42	01:52:21	88	125
772	Ryan Callaby		2126	MSnr	01:53:44	01:51:41	371	647
773	Christina Stone		1156	FSnr	01:53:46	01:52:41	89	126
774	Dean Lawrence		1950	MSnr	01:53:47	01:52:23	372	648
775	Richard Rush		2288	MV40	01:53:48	01:51:09	108	649
776	Susanna Baker	Lowestoft Road Runners	2284	FV40	01:53:49	01:53:35	15	127
777	Rebecca Clarke		2053	FSnr	01:53:52	01:52:23	90	128
778	Malcolm Hogarth	Stowmarket Striders	610	MV50	01:53:53	01:52:02	55	650
779	Lois Kerrison	Kingston and Polytechnic AC	1515	FSnr	01:53:53	01:52:31	91	129
780	Edward Ewart		2005	MSnr	01:53:53	01:52:22	373	651
781	Charlie Birchall		2251	MSnr	01:53:59	01:53:03	374	652
782	Lorain Dawson		1337	FV45	01:54:02	01:53:42	13	130
783	Matthew Kelly		1768	MSnr	01:54:02	01:52:46	375	653
784	Mary Pendered		1424	FV45	01:54:05	01:52:29	14	131

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
785	Linsey Broster	Dereham Runners AC	1350	FSnr	01:54:08	01:53:21	92	132
786	Alison Morton	Bungay Black Dog RC	1508	FV45	01:54:08	01:52:32	15	133
787	Denzil Martin	Wrekin Road Runners	956	MSnr	01:54:12	01:54:09	376	654
788	Antony Mayers		1729	MSnr	01:54:12	01:54:12	377	655
789	John Pollard		463	MV45	01:54:13	01:50:47	81	656
790	Carolyn Robinson		1462	FSnr	01:54:14	01:53:47	93	134
791	Phil Gulley		1728	MV40	01:54:14	01:53:16	109	657
792	Ernest Adams		2022	MV45	01:54:14	01:52:48	82	658
793	Matthew Hollis		496	MSnr	01:54:15	01:52:46	378	659
794	Jon Peet		510	MSnr	01:54:15	01:53:32	379	660
795	Christoph Vaske		2268	MSnr	01:54:15	01:50:49	380	661
796	Steven Hall		662	MSnr	01:54:16	01:53:28	381	662
797	Lisa-Marie Kennedy		1219	FSnr	01:54:17	01:52:37	94	135
798	Robin Woodhouse		491	MSnr	01:54:18	01:52:29	382	663
799	Justin Dicks		627	MSnr	01:54:18	01:53:07	383	664
800	Nick Dunk	UKNetRunner.co.uk	810	MSnr	01:54:24	01:53:47	384	665
801	Dave Spooner		836	MSnr	01:54:25	01:53:44	385	666
802	Ian Pope		740	MSnr	01:54:26	01:52:54	386	667
803	John Pitcher		2178	MSnr	01:54:26	01:52:43	387	668
804	Hayley Litchfield		1034	FSnr	01:54:27	01:53:08	95	136
805	Nicholas Marsden		675	MSnr	01:54:29	01:53:57	388	669
806	Robin Farrar	Bungay Black Dog RC	123	MV65	01:54:31	01:52:49	6	670
807	Peter Turner		414	MSnr	01:54:33	01:51:49	389	671
808	Corrina Smith	Thetford AC	1300	FV40	01:54:33	01:51:51	16	137
809	Gavin Small		2253	MSnr	01:54:34	01:52:45	390	672
810	Louise Anne Hayes	Norwich Road Runners	1158	FSnr	01:54:35	01:53:18	96	138
811	Nicky Teague		1727	FSnr	01:54:37	01:53:58	97	139
812	Richard Beckett		597	MSnr	01:54:41	01:52:10	391	673
813	Alan Hewett	Lakeside Lincoln	856	MV45	01:54:43	01:54:25	83	674
814	David Whiteley		415	MSnr	01:54:49	01:54:22	392	675
815	Sarah Goodyer		1341	FSnr	01:54:50	01:53:29	98	140
816	Richard Hanson		830	MV40	01:54:51	01:53:17	110	676
817	Emma Dale		1581	FV40	01:54:52	01:53:47	17	141
818	David Biddle		1804	MSnr	01:54:52	01:53:17	393	677
819	Steve Banner		105	MV45	01:54:53	01:53:03	84	678
820	John Squires		551	MSnr	01:54:53	01:54:23	394	679
821	Andrea Bell		1147	FSnr	01:54:53	01:54:17	99	142
822	Christopher Sargisson		368	MV40	01:54:55	01:53:19	111	680
823	Gerald Wiles		581	MV55	01:54:56	01:53:20	22	681
824	Abdul Siddiqi		957	MSnr	01:55:00	01:53:24	395	682
825	Phillip Moore		839	MSnr	01:55:02	01:53:42	396	683
826	Johnathan Moss		840	MV45	01:55:04	01:53:15	85	684
827	Fiona Kerr		1068	FSnr	01:55:05	01:53:24	100	143
828	Tim Finegan	Felixstowe RRC	465	MV45	01:55:06	01:54:17	86	685
829	Andy Daniel		1754	MSnr	01:55:07	01:52:17	397	686
830	Graham Mills		1803	MSnr	01:55:10	01:53:26	398	687
831	Kristian Low		339	MSnr	01:55:11	01:54:35	399	688
832	Emma Pegg	North Norfolk Beach Runners	2180	FSnr	01:55:13	01:54:00	101	144
833	Jo Stephenson	Stowmarket Striders	2139	FV40	01:55:14	01:53:38	18	145

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
834	Kevin Sadd		408	MSnr	01:55:15	01:54:21	400	689
835	Phillip Blowers		537	MSnr	01:55:20	01:54:39	401	690
836	Magdy Elsawy		203	MV50	01:55:21	01:54:51	56	691
837	Michelle Grant		1929	FSnr	01:55:22	01:53:13	102	146
838	Mark Sherwood	Tadley Runners	801	MSnr	01:55:23	01:52:58	402	692
839	Maureen Wright	Ipswich Jaffa	2155	FV60	01:55:24	01:54:45	4	147
840	Audrey Norbury	Thetford AC	1806	FV40	01:55:25	01:54:36	19	148
841	Jemima Cooper		1255	FSnr	01:55:26	01:54:23	103	149
842	Jackie Bye	Coltishall Jaguars	1541	FV45	01:55:27	01:52:29	16	150
843	Robert Daykin		526	MV60	01:55:29	01:53:34	10	693
844	Matthew Dunn	Stowmarket Striders	724	MSnr	01:55:32	01:55:03	403	694
845	Chris Proudfoot	Norwich Union AC	2000	MV50	01:55:32	01:53:41	57	695
846	Robert Watson		2118	MSnr	01:55:32	01:53:28	404	696
847	Zoe Oram		1355	FSnr	01:55:35	01:54:14	104	151
848	Jackie Harrop	Norfolk Gazelles	1461	FV45	01:55:35	01:53:26	17	152
849	Konrad Pytlarz		2281	MSnr	01:55:37	01:54:52	405	697
850	Alex Orgee		1956	MSnr	01:55:41	01:55:03	406	698
851	Peter Howett		948	MV45	01:55:45	01:54:34	87	699
852	Juliet Cox	Wymondham Athletic Club	1373	FSnr	01:55:47	01:53:12	105	153
853	Elsie Louw		1691	FSnr	01:55:47	01:54:51	106	154
854	Lewis Widdows		1912	MSnr	01:55:48	01:53:05	407	700
855	Paul Morley		2144	MSnr	01:55:49	01:54:02	408	701
856	Terry Clemence		182	MV40	01:55:51	01:55:21	112	702
857	Stephen Plunkett	Dereham Runners AC	292	MV45	01:55:53	01:53:18	88	703
858	Martin Doy		1666	MSnr	01:55:54	01:54:59	409	704
859	Joe Seabrook		642	MV60	01:55:55	01:55:19	11	705
860	Shelley Lopez		1504	FSnr	01:55:57	01:55:44	107	155
861	Marie Claire Hood		1113	FSnr	01:55:58	01:53:03	108	156
862	Timothy Walsh		569	MSnr	01:56:01	01:54:16	410	706
863	Gill Bates	Eye Community Runners	2191	FV45	01:56:01	01:55:15	18	157
864	Peter Durham		351	MV40	01:56:02	01:55:41	113	707
865	Andrew Hammond		990	MV50	01:56:03	01:53:53	58	708
866	Duncan Keil		1781	MSnr	01:56:10	01:55:44	411	709
867	Lorraine Luck		1204	FSnr	01:56:11	01:54:01	109	158
868	John Bax		1913	MV50	01:56:11	01:52:45	59	710
869	Nigel Thrower		353	MSnr	01:56:14	01:54:36	412	711
870	Hugh Brown		669	MSnr	01:56:16	01:54:30	413	712
871	Debbie Jones	North Norfolk Beach Runners	1129	FSnr	01:56:17	01:54:38	110	159
872	Sam Kingston		745	MV40	01:56:18	01:54:48	114	713
873	Jeremy Fuller		930	MSnr	01:56:19	01:54:49	414	714
874	Richard Eaton		614	MV40	01:56:21	01:52:52	115	715
875	Gaynor Egan	Trianglia	1635	FV40	01:56:21	01:55:22	20	160
876	James Conway		2240	MSnr	01:56:23	01:54:54	415	716
877	Amanda Hards		2017	FV40	01:56:25	01:55:20	21	161
878	Paul Dack		90	MV40	01:56:31	01:56:09	116	717
879	Andrew Howard	Ryston Runners	913	MSnr	01:56:32	01:54:54	416	718
880	Beverley-Jayne Rackham		1141	FV45	01:56:35	01:56:07	19	162
881	Luke Pavey		136	MSnr	01:56:36	01:56:07	417	719
882	Paul Barrett		573	MSnr	01:56:37	01:54:53	418	720

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
883	Ellen Park		1536	FSnr	01:56:37	01:53:53	111	163
884	Miranda Ashton		1546	FSnr	01:56:37	01:53:54	112	164
885	Steven Thurling		1745	MSnr	01:56:41	01:54:08	419	721
886	Tracy Slade	Norwich Road Runners	1049	FV45	01:56:43	01:54:38	20	165
887	Kate Monaghan		1465	FSnr	01:56:47	01:53:23	113	166
888	Stephen Cullum		2300	MV45	01:56:47	01:55:23	89	722
889	Peter Warren	Dulwich Runners	727	MV50	01:56:48	01:55:31	60	723
890	Kevin Stublely		954	MSnr	01:56:48	01:53:17	420	724
891	Mike Wright	Eye Community Runners	728	MV40	01:56:49	01:54:42	117	725
892	Ian Moore		438	MSnr	01:56:52	01:54:03	421	726
893	Sandy Mcpherson		202	MV40	01:56:57	01:56:00	118	727
894	Mary Gillings		1793	FSnr	01:56:57	01:55:33	114	167
895	Sally-Anne Hunt		1935	FSnr	01:56:59	01:55:42	115	168
896	Steve Cook		148	MSnr	01:57:03	01:54:48	422	728
897	Ralph Cockburn		697	MV40	01:57:03	01:54:52	119	729
898	Damian Ashcroft		2016	MV40	01:57:05	01:54:13	120	730
899	Alan Law	Ryston Runners	882	MV50	01:57:08	01:56:07	61	731
900	Ian Fisher		2070	MV45	01:57:10	01:55:20	90	732
901	Austin Brydon		729	MSnr	01:57:12	01:54:28	423	733
902	Pauline Sparrow	Ryston Runners	1579	FV55	01:57:15	01:56:11	3	169
903	Sandra Wilson		1336	FV50	01:57:17	01:56:55	7	170
904	Nick Levell		321	MV45	01:57:18	01:56:33	91	734
905	Philip Mclean		902	MSnr	01:57:18	01:53:43	424	735
906	Kevin Mcginness		481	MV40	01:57:19	01:56:17	121	736
907	Orla Jupp	Dereham Runners AC	1675	FSnr	01:57:19	01:54:02	116	171
908	Thomas Lester		413	MSnr	01:57:21	01:55:43	425	737
909	Steven Wilson		488	MV45	01:57:24	01:55:55	92	738
910	Mike Stokes		472	MV40	01:57:28	01:56:05	122	739
911	Adam Brown		50	MSnr	01:57:29	01:55:11	426	740
912	Colin Rowell		644	MSnr	01:57:33	01:54:34	427	741
913	Mark Durrant		519	MV40	01:57:36	01:55:58	123	742
914	Simon Burdett	City of Norwich AC	1941	MSnr	01:57:36	01:57:08	428	743
915	Ian Odgers	Dereham Runners AC	2221	MSnr	01:57:36	01:57:05	429	744
916	Anthony Cotton	BRJ Huntingon RRC	443	MV65	01:57:37	01:55:19	7	745
917	Sean Aldred		1657	MSnr	01:57:39	01:55:19	430	746
918	Brian Best		915	MV65	01:57:40	01:55:05	8	747
919	Mark Sedge		453	MSnr	01:57:43	01:56:50	431	748
920	Thomas Bell		757	MSnr	01:57:46	01:57:07	432	749
921	Shaun Whoriskey		1000	MSnr	01:57:46	01:55:56	433	750
922	Matt Licence		961	MSnr	01:57:48	01:57:10	434	751
923	James Wiater-whitaker		439	MSnr	01:57:49	01:56:16	435	752
924	Andrea Osborne	North Norfolk Beach Runners	1021	FV50	01:57:50	01:54:56	8	172
925	Karen Hatton	St Edmundsbury Pacers	1509	FV45	01:57:53	01:56:30	21	173
926	Lisa Netto		1080	FSnr	01:57:54	01:55:02	117	174
927	Hollie Limmer		1548	FSnr	01:57:54	01:56:28	118	175
928	Aaron Blows		23	MSnr	01:57:57	01:54:48	436	753
929	Michael O'Connor	North Norfolk Beach Runners	998	MV55	01:57:58	01:57:00	23	754
930	Joanna Dorling		1375	FV40	01:57:58	01:56:19	22	176
931	Martin Whiteley		558	MV50	01:57:59	01:56:20	62	755

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
932	Sue Hargadon	Ipswich Tri	1182	FV50	01:57:59	01:56:58	9	177
933	Mark Nicholas		2292	MSnr	01:58:00	01:54:27	437	756
934	Sian Warren		2132	FV45	01:58:01	01:57:44	22	178
935	Richard Wallis		2175	MSnr	01:58:01	01:56:08	438	757
936	Johanna Newton		1569	FV45	01:58:03	01:56:27	23	179
937	Margaret Sharpe	Coltishall Jaguars	1738	FV50	01:58:04	01:56:52	10	180
938	Katie Sloane		1011	FSnr	01:58:06	01:55:54	119	181
939	Neil Robinson		1903	MV40	01:58:09	01:55:48	124	758
940	Scott Rowntree		859	MV40	01:58:11	01:56:30	125	759
941	Christopher Eve		868	MSnr	01:58:11	01:57:45	439	760
942	Stewart Thomson		2278	MV50	01:58:13	01:55:56	63	761
943	Hazel Laddiman	Norfolk Gazelles	1168	FV50	01:58:14	01:56:31	11	182
944	Eirinn Oliff		19	MSnr	01:58:14	01:55:41	440	762
945	Rosanna Hopkins		2129	FSnr	01:58:17	01:56:32	120	183
946	Gareth Williams		402	MSnr	01:58:18	01:55:00	441	763
947	Ian Sears		896	MV40	01:58:21	01:56:22	126	764
948	Claire Irons		1363	FSnr	01:58:21	01:57:10	121	184
949	Eloise Calver	St Edmundsbury Pacers	1333	FV40	01:58:22	01:56:59	23	185
950	Jill Copeland	Norwich Road Runners	1047	FV45	01:58:23	01:57:21	24	186
951	Elaine Burrows	Diss Athletic Club	2293	FV40	01:58:23	01:57:02	24	187
952	Roger Mawer	Lowestoft Road Runners	112	MV65	01:58:24	01:58:22	9	765
953	Mark Norman		370	MSnr	01:58:25	01:57:10	442	766
954	Jay Beckett		2222	FV45	01:58:28	01:57:23	25	188
955	Marcus West		1817	MSnr	01:58:29	01:56:25	443	767
956	Helena West		1820	FSnr	01:58:29	01:55:10	122	189
957	Luke Day		418	MSnr	01:58:35	01:56:15	444	768
958	George Forrester		670	MV60	01:58:35	01:57:28	12	769
959	Xiaolin Wu		1396	FSnr	01:58:35	01:55:52	123	190
960	Melanie Beard		1416	FSnr	01:58:37	01:55:16	124	191
961	Susan Rendell-Read	Lowestoft Road Runners	1492	FV40	01:58:37	01:55:50	25	192
962	Kate Verber		1528	FSnr	01:58:37	01:56:29	125	193
963	Simon Redding		2260	MV45	01:58:37	01:56:55	93	770
964	Hugh Wilson		147	MSnr	01:58:41	01:57:12	445	771
965	Steph Baldwin		1540	FSnr	01:58:41	01:57:38	126	194
966	David Knights		1702	MSnr	01:58:41	01:57:19	446	772
967	Margaret Middleton		1524	FV50	01:58:42	01:57:43	12	195
968	Stuart Burgess		1703	MSnr	01:58:42	01:57:20	447	773
969	Louise Jones		1589	FSnr	01:58:45	01:55:19	127	196
970	William Mccoll		442	MV45	01:58:49	01:58:16	94	774
971	Nigel Robinson	St Edmundsbury Pacers	411	MV55	01:58:50	01:57:21	24	775
972	Ben Cowling	St Edmundsbury Pacers	429	MSnr	01:58:53	01:56:26	448	776
973	Neil Martin		505	MSnr	01:58:55	01:56:48	449	777
974	David Howe		765	MV60	01:58:55	01:58:18	13	778
975	Glyndwr Thomas		1816	MSnr	01:58:57	01:56:43	450	779
976	Anne Beckett-allen		1081	FSnr	01:58:59	01:55:19	128	197
977	Katie Selwood		1304	FSnr	01:58:59	01:57:44	129	198
978	Sarah Yeates		1797	FSnr	01:58:59	01:57:17	130	199
979	Katie Morgan		1549	FSnr	01:59:00	01:56:11	131	200
980	Karen Wilson		1897	FSnr	01:59:00	01:57:24	132	201

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
981	Simon Gomm		964	MSnr	01:59:01	01:57:43	451	780
982	Phil Singleton	Norwich Union AC	1999	MV40	01:59:02	01:55:52	127	781
983	Tessa Phillip		2095	FSnr	01:59:02	01:57:46	133	202
984	Gemma Waters		1525	FSnr	01:59:03	01:56:47	134	203
985	Shaun Wilkinson		2199	MSnr	01:59:05	01:56:23	452	782
986	James Woodruff		2084	MSnr	01:59:06	01:57:52	453	783
987	David Bond		925	MV40	01:59:07	01:57:43	128	784
988	Jonny Wyatt		2184	MSnr	01:59:07	01:58:00	454	785
989	Simone Warnes		2185	FSnr	01:59:08	01:58:01	135	204
990	Carl Boardman		396	MSnr	01:59:09	01:57:21	455	786
991	Sarah Kimpton	UEA AC	1324	FSnr	01:59:09	01:57:37	136	205
992	Julian Lowe		866	MV40	01:59:10	01:58:11	129	787
993	Donovan Cooper		982	MSnr	01:59:10	01:57:28	456	788
994	Andrea Prime		1516	FSnr	01:59:12	01:56:25	137	206
995	Stewart Hart		1919	MV50	01:59:13	01:58:04	64	789
996	Louise Norris	Thetford AC	1153	FSnr	01:59:24	01:58:34	138	207
997	Peter Crerar		1641	MV60	01:59:25	01:55:50	14	790
998	James Abbs		2135	MSnr	01:59:27	01:57:18	457	791
999	Chris Burns		54	MSnr	01:59:30	01:57:37	458	792
1000	James Hawkins		478	MSnr	01:59:30	01:59:08	459	793
1001	Lisa Stoner		1332	FSnr	01:59:31	01:57:08	139	208
1002	Jonathan Vetterlein		978	MSnr	01:59:35	01:56:14	460	794
1003	Carl Arnold		2087	MV40	01:59:35	01:58:30	130	795
1004	Les Kingham		2009	MV45	01:59:37	01:58:31	95	796
1005	David Willson		927	MV45	01:59:39	01:57:44	96	797
1006	Susan Butler		1291	FV50	01:59:40	01:57:37	13	209
1007	Stuart Shevlin		419	MSnr	01:59:42	01:57:48	461	798
1008	Rachel Hemmings		1603	FSnr	01:59:45	01:59:04	140	210
1009	Arthur McCarthy		186	MV50	01:59:46	01:58:02	65	799
1010	Luke Cross		1905	MSnr	01:59:47	01:58:36	462	800
1011	Owen Mathers		928	MSnr	01:59:49	01:57:16	463	801
1012	Charlie Keitch		127	MSnr	01:59:50	01:56:05	464	802
1013	James Ellis		892	MSnr	01:59:50	01:56:27	465	803
1014	James Collen		308	MSnr	01:59:51	01:58:56	466	804
1015	Jacqueline Alden		2269	FV40	01:59:51	01:58:03	26	211
1016	Caroline Hill-trevor		1243	FV40	01:59:52	01:58:53	27	212
1017	Simon Bunting	Lowestoft Road Runners	2276	MV40	01:59:54	01:58:28	131	805
1018	Leanne Howlett		1188	FSnr	01:59:56	01:56:29	141	213
1019	Stan Cole	Norwich Union AC	1998	MV50	01:59:56	01:56:47	66	806
1020	Andy Pearmain		358	MV50	01:59:58	01:58:48	67	807
1021	Roy Owen	Haverhill RC	493	MV55	01:59:58	01:57:16	25	808
1022	John Grange		1930	MV45	01:59:59	01:57:29	97	809
1023	Shaun Lowthorpe		1765	MSnr	02:00:01	01:56:18	467	810
1024	Ian Jarvis	North Norfolk Beach Runners	2050	MV40	02:00:03	01:58:52	132	811
1025	Charlie Stannett	Ipswich Triathlon	192	MV50	02:00:05	01:58:48	68	812
1026	Stephanie Hawkins		1031	FSnr	02:00:05	01:58:24	142	214
1027	Glenn Tingle		684	MV40	02:00:06	01:59:00	133	813
1028	Robert Scarfe	Wymondham Athletic Club	1878	MV50	02:00:07	01:59:08	69	814
1029	Terence Dawson		363	MV55	02:00:08	01:58:43	26	815

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1030	Paul Thurston		317	MSnr	02:00:12	01:56:44	468	816
1031	Niall Sully		389	MSnr	02:00:12	01:57:55	469	817
1032	Eve Hill		1822	FSnr	02:00:12	01:58:07	143	215
1033	Lucy Summers		1662	FSnr	02:00:13	01:59:08	144	216
1034	David Lane	Ryston Runners	1633	MV40	02:00:14	01:58:03	134	818
1035	Becca Downing	Serpentine Running Club	1201	FSnr	02:00:15	01:59:24	145	217
1036	Mark Richards		2211	MSnr	02:00:16	01:57:47	470	819
1037	Geoffery Jones		560	MV60	02:00:19	01:59:01	15	820
1038	Sophie Nicholson-cole		1299	FSnr	02:00:19	01:58:01	146	218
1039	Gary Chaffe	Dereham Runners AC	2270	MV45	02:00:19	01:59:49	98	821
1040	Ashley Smith		633	MSnr	02:00:20	01:59:29	471	822
1041	Amy Jones	Dulwich Runners	1426	FSnr	02:00:20	01:59:02	147	219
1042	Clare Mason		2133	FV55	02:00:20	02:00:02	4	220
1043	Phillip Laurier	Lowestoft Road Runners	890	MV55	02:00:22	01:59:28	27	823
1044	Jon Cleary		919	MSnr	02:00:26	01:59:42	472	824
1045	Neil Coleman	Great Yarmouth Road Runners	338	MV40	02:00:29	01:59:47	135	825
1046	Sonya Cooper		1505	FSnr	02:00:29	01:58:57	148	221
1047	Laurie Mercer		2061	MSnr	02:00:29	01:58:34	473	826
1048	Jason Parker		2297	MSnr	02:00:31	02:00:02	474	827
1049	Chris Begg		579	MV65	02:00:32	01:57:31	10	828
1050	Justin Brighten		2054	MSnr	02:00:34	01:59:32	475	829
1051	Susanna Munday	Stowmarket Striders	1312	FSnr	02:00:35	01:57:23	149	222
1052	Martin Sherlock		2179	MSnr	02:00:35	01:59:33	476	830
1053	Soraya Wasenius		2057	FSnr	02:00:36	01:58:46	150	223
1054	Julian Bamford	Norwich Road Runners	719	MSnr	02:00:41	01:59:21	477	831
1055	Isobel Robson		1286	FV40	02:00:41	01:59:42	28	224
1056	Garvan Smith		818	MSnr	02:00:42	01:57:32	478	832
1057	Barbara Gaylor	Norfolk Gazelles	1901	FV45	02:00:42	01:59:02	26	225
1058	Chris Head		920	MSnr	02:00:43	02:00:00	479	833
1059	Polly Williams	Norwich Road Runners	2052	FSnr	02:00:46	01:58:58	151	226
1060	Kelly Jackman	Norwich Road Runners	1046	FSnr	02:00:47	01:58:43	152	227
1061	Mark Ithell	Dereham Runners AC	42	MV40	02:00:48	01:59:26	136	834
1062	Christopher Sheppard		797	MV40	02:00:49	02:00:18	137	835
1063	Keith Thorogood	Halstead Road Runners	1808	MV50	02:00:54	01:58:55	70	836
1064	Rod Shulver	Great Yarmouth Road Runners	2290	MV65	02:00:58	02:00:06	11	837
1065	Christopher Bunney		792	MV45	02:00:59	01:59:17	99	838
1066	Julia Kennelly	Wymondham Athletic Club	1615	FSnr	02:00:59	01:58:27	153	228
1067	Mark Balfour		1835	MV45	02:01:03	01:59:14	100	839
1068	Helen Richards		1142	FV40	02:01:04	01:58:11	29	229
1069	James Lillistone		2245	MSnr	02:01:04	01:59:00	480	840
1070	Thomas Bell		316	MSnr	02:01:06	01:58:10	481	841
1071	Hannah Bell		1239	FSnr	02:01:06	01:59:24	154	230
1072	Maia Tanner		1978	FSnr	02:01:08	01:59:10	155	231
1073	Darren Ping	Eye Community Runners	769	MSnr	02:01:09	02:00:24	482	842
1074	Brian Moore	Norfolk Constabulary AC	838	MV55	02:01:09	01:59:07	28	843
1075	Mandy Tropeano		2091	FV40	02:01:09	02:00:24	30	232
1076	Julian Campbell		133	MV40	02:01:11	01:59:50	138	844
1077	Darren Jones		1774	MSnr	02:01:11	02:00:36	483	845
1078	Shaun Parkinson		772	MSnr	02:01:13	02:00:54	484	846

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1079	Jill Towns		1584	FV45	02:01:17	01:59:34	27	233
1080	Mark Coyle	Sphinx of Coventry AC	771	MV40	02:01:18	01:59:56	139	847
1081	Emma Blake	Coltishall Jaguars	1646	FSnr	02:01:18	01:58:19	156	234
1082	Tracey Higgins	Sphinx AC	1568	FV40	02:01:19	01:59:56	31	235
1083	Christopher Noller		785	MSnr	02:01:24	01:59:58	485	848
1084	Sue Yendley	BRJ Huntingon RRC	1440	FV40	02:01:24	01:59:19	32	236
1085	Richard Bulman	Reepham Runners	1719	MV55	02:01:25	01:59:29	29	849
1086	Christer Lawrence	Bunwell Strollers	2051	MSnr	02:01:25	02:00:02	486	850
1087	Andrew Betts		2160	MV40	02:01:26	01:59:30	140	851
1088	David Thornhill		2252	MSnr	02:01:26	02:00:17	487	852
1089	Catherine Sutton		1658	FV40	02:01:27	01:58:02	33	237
1090	Gillian Paremain	Thetford AC	1769	FV55	02:01:27	02:00:37	5	238
1091	Shaun Briggs		198	MSnr	02:01:32	01:58:10	488	853
1092	Tracy Stevenson	Norfolk Gazelles	1574	FSnr	02:01:32	01:59:53	157	239
1093	Faith Addison		1411	FSnr	02:01:34	02:00:36	158	240
1094	Andrea Lowe		1529	FV45	02:01:34	01:59:47	28	241
1095	Andrew Luck		237	MV45	02:01:35	01:58:54	101	854
1096	Kevin Farkas		477	MSnr	02:01:36	02:01:12	489	855
1097	Susan George		2164	FSnr	02:01:37	01:59:00	159	242
1098	Paul Robinson		344	MV40	02:01:38	01:59:09	141	856
1099	Mark Curtis		1836	MSnr	02:01:39	01:59:51	490	857
1100	Richard John Lerner		187	MV45	02:01:40	01:58:35	102	858
1101	Shaun Wennington		1682	MSnr	02:01:41	01:58:54	491	859
1102	Sue Cooke	City Of Norwich AC	1302	FV45	02:01:42	01:59:42	29	243
1103	Corrina Theobald		1391	FSnr	02:01:43	02:00:23	160	244
1104	Deborah Huntingdon		1479	FSnr	02:01:44	01:59:21	161	245
1105	Andrew Booth		373	MV40	02:01:47	02:00:18	142	860
1106	Richard Gamble		819	MSnr	02:01:47	01:58:37	492	861
1107	Peter Brown	Ryston Runners	1654	MV45	02:01:48	02:01:13	103	862
1108	Amanda Fear	Stowmarket Striders	1572	FSnr	02:01:51	02:00:25	162	246
1109	Emma Black		1661	FSnr	02:01:51	01:59:15	163	247
1110	Jon Rowden		1877	MV40	02:01:52	01:59:51	143	863
1111	Angie Hunt		1606	FV40	02:01:53	02:00:54	34	248
1112	Laura Devereux		1294	FSnr	02:01:56	01:58:34	164	249
1113	Eddy Balls		2249	MV65	02:01:56	02:00:11	12	864
1114	Paul Wheeldon		2262	MSnr	02:01:57	01:58:17	493	865
1115	Sharon Bardwell		1498	FSnr	02:02:00	02:00:23	165	250
1116	Robert Moorhead		645	MSnr	02:02:01	01:59:59	494	866
1117	Sarah Barker	Norwich Road Runners	1115	FSnr	02:02:01	02:00:18	166	251
1118	Martin Spilsted		1892	MSnr	02:02:01	02:00:27	495	867
1119	Barry Williams		660	MSnr	02:02:02	01:59:02	496	868
1120	James Roberts		963	MSnr	02:02:03	02:00:05	497	869
1121	Deborah Connor		1066	FSnr	02:02:03	02:00:24	167	252
1122	Jon Fowler		1911	MSnr	02:02:06	01:59:47	498	870
1123	Laurence Bartrum		565	MSnr	02:02:12	01:58:53	499	871
1124	Rachael Peacock		1114	FSnr	02:02:14	02:00:30	168	253
1125	Toby Hockley		683	MSnr	02:02:15	01:58:44	500	872
1126	Barnabas Lee		820	MSnr	02:02:17	01:59:07	501	873
1127	Mark Chislett		843	MSnr	02:02:17	02:00:50	502	874

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1128	Kate Hillman		1421	FV45	02:02:21	02:00:46	30	254
1129	Graham Edmond		584	MSnr	02:02:24	02:01:16	503	875
1130	Brian Hewetson	Northbrook AC	779	MV45	02:02:26	01:59:57	104	876
1131	Michelle Weedon		1387	FSnr	02:02:31	02:01:26	169	255
1132	Stuart Palmer		102	MSnr	02:02:33	02:01:18	504	877
1133	Christina Walker	North Norfolk Beach Runners	1211	FSnr	02:02:33	01:59:25	170	256
1134	Naomi Jarvis		1571	FSnr	02:02:33	02:00:56	171	257
1135	Kelly Davis		1794	FSnr	02:02:38	01:59:11	172	258
1136	Gareth Stevens		299	MSnr	02:02:41	02:01:47	505	878
1137	Ian Fitch		279	MV40	02:02:46	02:01:13	144	879
1138	Lee Manning		2162	MSnr	02:02:48	02:02:27	506	880
1139	Kate Barlow	Wymondham Athletic Club	1148	FV50	02:02:50	02:02:02	14	259
1140	Mel Clark		88	MV50	02:02:53	02:02:31	71	881
1141	Janet Neale	Coltishall Jaguars	1322	FV45	02:02:53	02:01:29	31	260
1142	John Mcgachern	Springfield Striders	976	MSnr	02:02:54	02:01:27	507	882
1143	Frank Walsh		535	MV45	02:02:55	02:01:12	105	883
1144	Vicky Stone		1340	FV40	02:02:55	01:59:18	35	261
1145	Victoria Mcgachern	Springfield Striders	1594	FSnr	02:02:55	02:00:14	173	262
1146	Stuart Dearden		484	MSnr	02:02:57	02:01:27	508	884
1147	Michael White		387	MV50	02:03:00	02:01:06	72	885
1148	Janice Leung		1098	FSnr	02:03:05	02:01:20	174	263
1149	Scott Young		89	MSnr	02:03:06	02:00:13	509	886
1150	Jack Ansell		807	MSnr	02:03:07	02:01:26	510	887
1151	Sarah Peacock		1412	FSnr	02:03:07	02:01:22	175	264
1152	Sophia Galvin		1469	FSnr	02:03:08	02:01:23	176	265
1153	Sharon Page		1764	FSnr	02:03:08	01:59:26	177	266
1154	Simon Loydall		2143	MSnr	02:03:09	02:01:21	511	888
1155	Kalvin Scott		1748	MSnr	02:03:10	02:01:23	512	889
1156	Daphne Hathaway	Coltishall Jaguars	2042	FV65	02:03:11	02:01:21	1	267
1157	John Mccauley		2246	MSnr	02:03:11	02:01:06	513	890
1158	Emma Clark		1250	FSnr	02:03:13	02:00:34	178	268
1159	Claudie Combelas	Northbrook AC	1495	FV45	02:03:15	02:00:46	32	269
1160	Charles Van Der Westhuizen		2131	MV55	02:03:20	02:03:03	30	891
1161	Katherine Rusack		2212	FSnr	02:03:25	02:02:04	179	270
1162	Lynsey Anselin		1600	FSnr	02:03:30	02:00:00	180	271
1163	Craig Mcgee		2055	MSnr	02:03:33	02:01:39	514	892
1164	Simon Owen		847	MV45	02:03:35	02:00:39	106	893
1165	Luke Smith		471	MSnr	02:03:37	02:00:14	515	894
1166	Alex Hastings		2186	MSnr	02:03:38	02:02:02	516	895
1167	Frances Donell		1143	FV45	02:03:39	02:00:16	33	272
1168	Geraldine Jordan		1920	FV40	02:03:39	02:02:39	36	273
1169	Michael Cornwell		1616	MSnr	02:03:40	02:02:34	517	896
1170	Sally Whitby	Ryston Runners	1700	FV40	02:03:40	02:03:12	37	274
1171	Jo-anne Ryan		1917	FSnr	02:03:40	02:02:46	181	275
1172	Roger Gardner		1972	MV55	02:03:42	02:02:50	31	897
1173	Mark Shearing		1621	MSnr	02:03:45	02:01:12	518	898
1174	Joanne Ayton		1829	FSnr	02:03:46	02:00:19	182	276
1175	Michael Duddell		1696	MV40	02:03:48	02:02:52	145	899
1176	Ed Proffitt		238	MSnr	02:03:53	02:02:28	519	900

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1177	Clementine Gold		1587	FSnr	02:03:54	02:03:15	183	277
1178	James Turner		43	MSnr	02:03:56	02:01:14	520	901
1179	Christopher Bullock		1953	MSnr	02:03:57	02:02:37	521	902
1180	Claire Smith		1328	FSnr	02:03:58	02:02:03	184	278
1181	Clifford Lear	Thetford AC	1770	MV40	02:03:58	02:03:07	146	903
1182	Steve Harris		973	MV55	02:03:59	02:01:20	32	904
1183	Richard Martin		1874	MSnr	02:04:02	02:03:09	522	905
1184	Feria Siblon	Cambridge Harriers	1125	FV45	02:04:04	02:01:53	34	279
1185	Lyn Hatch	Norwich Road Runners	1223	FV45	02:04:06	02:02:02	35	280
1186	Paul Moore		950	MSnr	02:04:10	02:01:56	523	906
1187	Sarah Jay		2034	FV40	02:04:12	02:03:11	38	281
1188	Paul Gardner		1922	MSnr	02:04:13	02:03:20	524	907
1189	Rhiannon Dovey	Scarborough AC	1519	FSnr	02:04:14	02:03:46	185	282
1190	Simon Isbell		2093	MSnr	02:04:17	02:02:04	525	908
1191	Jim Stephens		93	MV60	02:04:18	02:02:25	16	909
1192	Nadine Potter		1404	FSnr	02:04:19	02:02:25	186	283
1193	Frank Johnstone		822	MSnr	02:04:21	02:00:43	526	910
1194	Janine Belson		1522	FSnr	02:04:21	02:01:08	187	284
1195	Clíodhna Mccartney		1307	FSnr	02:04:24	02:01:43	188	285
1196	Karyn Bray		1449	FSnr	02:04:25	02:03:24	189	286
1197	Martin Rule		577	MV40	02:04:27	02:01:32	147	911
1198	Peter Boyce		635	MSnr	02:04:29	02:02:38	527	912
1199	Samantha Britcher		1792	FSnr	02:04:30	02:03:10	190	287
1200	Daniel Kennedy		980	MSnr	02:04:31	02:01:50	528	913
1201	Jamie Sowler		875	MSnr	02:04:34	02:02:01	529	914
1202	Mark Westgate		2202	MSnr	02:04:36	02:04:04	530	915
1203	David Twiddy		1016	MSnr	02:04:36	02:01:56	531	916
1204	Robert Gibbons	Norwich Road Runners	586	MSnr	02:04:37	02:01:22	532	917
1205	Erika Johnson		2073	FSnr	02:04:37	02:01:59	191	288
1206	Iona Cummings		1256	FSnr	02:04:41	02:04:21	192	289
1207	Catherine Hawkshaw		1292	FV40	02:04:41	02:03:39	39	290
1208	Ian Crisp	Diss Athletic Club	1711	MV45	02:04:43	02:03:10	107	918
1209	Josh Pirt		1823	MSnr	02:04:43	02:02:38	533	919
1210	Daniel Wittred		2177	MSnr	02:04:43	02:03:00	534	920
1211	Michael Sothern		254	MSnr	02:04:44	02:01:01	535	921
1212	Vernon Hoare		805	MV40	02:04:50	02:01:49	148	922
1213	Shaun Tester		2021	MSnr	02:04:53	02:02:11	536	923
1214	Mitch Williamson		1947	MSnr	02:04:55	02:04:09	537	924
1215	Lee Harvey		564	MSnr	02:04:56	02:04:05	538	925
1216	Diane Hallam		1471	FV40	02:04:56	02:03:03	40	291
1217	Stuart Michael Hood		117	MSnr	02:04:57	02:02:43	539	926
1218	Daniel Bycroft		2167	MSnr	02:05:01	02:03:30	540	927
1219	Karen Gedge		1470	FV40	02:05:02	02:03:43	41	292
1220	Gitte Sejersen	Norwich Union AC	1994	FSnr	02:05:07	02:03:12	193	293
1221	Christopher Davies		938	MSnr	02:05:09	02:03:27	541	928
1222	Thomas Wagstaff	Trianglia	940	MSnr	02:05:09	02:02:14	542	929
1223	Simon Edwards		1805	MSnr	02:05:09	02:03:28	543	930
1224	Grant Chipperfield		423	MSnr	02:05:11	02:03:18	544	931
1225	George Hunt		2210	MSnr	02:05:14	02:02:45	545	932

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1226	Rosa Britton		2010	FSnr	02:05:15	02:04:29	194	294
1227	Gemma Hilton		2285	FSnr	02:05:23	02:05:07	195	295
1228	Rosie Butler		1900	FV55	02:05:24	02:03:04	6	296
1229	Jeremy Walton		482	MV45	02:05:25	02:03:18	108	933
1230	Margaret Ray		1680	FV40	02:05:26	02:04:29	42	297
1231	Simon Atkinson		634	MSnr	02:05:27	02:03:52	546	934
1232	John Watkins		2115	MV45	02:05:29	02:01:43	109	935
1233	Steve Filby		689	MV45	02:05:33	02:03:48	110	936
1234	Darren Baker	St Edmundsbury Pacers	1982	MV45	02:05:34	02:03:25	111	937
1235	James Beck		678	MV50	02:05:35	02:01:50	73	938
1236	Hilary Allen		1451	FV40	02:05:36	02:03:01	43	298
1237	Amy Tate		1358	FSnr	02:05:42	02:03:22	196	299
1238	Sarah Barker		2159	FSnr	02:05:42	02:04:05	197	300
1239	Matthew Rochester		2214	MSnr	02:05:42	02:05:25	547	939
1240	Richard Willis		677	MSnr	02:05:47	02:03:10	548	940
1241	Alexa Windham		1435	FSnr	02:05:47	02:03:21	198	301
1242	Melanie Evans		1896	FV40	02:05:51	02:03:52	44	302
1243	Claire Martin		1795	FSnr	02:05:52	02:03:33	199	303
1244	Ian Boggan		616	MV45	02:05:53	02:03:23	112	941
1245	John Morgan		686	MV55	02:05:53	02:02:37	33	942
1246	Kim Chatten		1420	FV45	02:05:53	02:02:22	36	304
1247	Graham Creed		592	MSnr	02:05:54	02:02:37	549	943
1248	Jessica Broadhurst		1618	FSnr	02:05:54	02:04:30	200	305
1249	Stephanie Broadhurst		2187	FSnr	02:05:54	02:03:19	201	306
1250	Wendy Hughes	Stowmarket Striders	1356	FV45	02:05:58	02:03:51	37	307
1251	Richard Harmer		29	MSnr	02:05:59	02:02:21	550	944
1252	Tracey Mclean		1362	FSnr	02:05:59	02:03:19	202	308
1253	Louisa Peaver		1578	FSnr	02:06:01	02:04:31	203	309
1254	Jeremy Sinclair		2150	MV50	02:06:01	02:03:49	74	945
1255	Russell Harmer		905	MSnr	02:06:02	02:04:28	551	946
1256	Keith Dyke		1943	MV50	02:06:02	02:04:28	75	947
1257	Hannah Kelly	Bunwell Strollers	1761	FSnr	02:06:04	02:03:08	204	310
1258	Tim Nursey		899	MV55	02:06:11	02:03:33	34	948
1259	Alison Morrey		1400	FV45	02:06:11	02:04:47	38	311
1260	Roger Causon	Felixstowe RRC	651	MV55	02:06:18	02:06:07	35	949
1261	Vivien Simpson-scott		2060	FSnr	02:06:26	02:05:46	205	312
1262	Sean Crisford		780	MSnr	02:06:27	02:03:59	552	950
1263	Carol Hardy	Norfolk Gazelles	1500	FV45	02:06:28	02:05:20	39	313
1264	Frances Sumner		1593	FSnr	02:06:29	02:04:29	206	314
1265	Matthew Wilde		803	MSnr	02:06:31	02:04:27	553	951
1266	Marianne Neave	Norfolk Gazelles	1544	FSnr	02:06:32	02:04:21	207	315
1267	Robert Ashton	Wymondham Athletic Club	216	MV50	02:06:36	02:03:03	76	952
1268	Helen Sedge		1314	FSnr	02:06:43	02:03:16	208	316
1269	Sam Evans		20	MSnr	02:06:45	02:03:50	554	953
1270	Helen Alvis		1367	FSnr	02:06:46	02:03:07	209	317
1271	Christy Gullely		1236	FSnr	02:06:48	02:05:51	210	318
1272	Janice Dane		1308	FV40	02:06:50	02:04:18	45	319
1273	Emma Dennis	North Norfolk Beach Runners	1597	FSnr	02:06:50	02:03:42	211	320
1274	Peter Dulvy		2181	MSnr	02:06:50	02:05:19	555	954

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1275	John Bacon		764	MSnr	02:06:52	02:05:01	556	955
1276	Mark Hollinger		2279	MSnr	02:06:52	02:05:36	557	956
1277	Paul Mayoh		397	MSnr	02:06:53	02:04:32	558	957
1278	David Weeks		379	MV45	02:06:54	02:06:28	113	958
1279	Gerald Jenkins	Spectrum Striders	2216	MV40	02:06:59	02:05:59	149	959
1280	Tim Lincoln		911	MV45	02:07:01	02:05:09	114	960
1281	Tony Davies		2257	MV65	02:07:01	02:04:44	13	961
1282	Hedley Harnett		271	MV40	02:07:04	02:04:06	150	962
1283	Robert Bennett		1630	MV50	02:07:05	02:05:52	77	963
1284	Andrew Walter		214	MSnr	02:07:12	02:03:44	559	964
1285	James Montgomerie		272	MV40	02:07:13	02:05:45	151	965
1286	Sophie Titmarsh		1776	FSnr	02:07:16	02:05:44	212	321
1287	Barry Crooks		497	MSnr	02:07:21	02:04:27	560	966
1288	Christopher Kett		2196	MSnr	02:07:22	02:07:11	561	967
1289	Stephen Wilson		1979	MSnr	02:07:25	02:05:11	562	968
1290	Frances Rayner		1749	FSnr	02:07:33	02:04:32	213	322
1291	Donna Owen		1430	FSnr	02:07:42	02:06:08	214	323
1292	Adam Craske		861	MSnr	02:07:45	02:04:46	563	969
1293	Kat Baird		1311	FSnr	02:07:47	02:06:31	215	324
1294	Raj Nair		1888	MSnr	02:07:47	02:05:50	564	970
1295	Christine Pilbrow		1326	FSnr	02:07:50	02:04:44	216	325
1296	David Day		2244	MSnr	02:07:50	02:05:46	565	971
1297	Helen Mian		1187	FSnr	02:07:53	02:05:38	217	326
1298	Charlotte Wootton		1191	FV40	02:07:53	02:05:38	46	327
1299	Stephen Boys		970	MV45	02:07:56	02:04:52	115	972
1300	Julie Thurlow	Ipswich Jaffa	1523	FV50	02:07:56	02:07:16	15	328
1301	Louise Chapman	Norwich Road Runners	1077	FSnr	02:08:01	02:05:25	218	329
1302	Dave Alley		69	MV45	02:08:05	02:05:17	116	973
1303	Paul Pearce		2109	MSnr	02:08:05	02:06:15	566	974
1304	Melanie Hales		1195	FSnr	02:08:07	02:06:26	219	330
1305	Emma Loomes		1063	FSnr	02:08:08	02:05:23	220	331
1306	Lynda Moore	Norwich Road Runners	1532	FV50	02:08:11	02:04:53	16	332
1307	Alison Turner		1713	FSnr	02:08:13	02:05:37	221	333
1308	Tim Raponi		1954	MSnr	02:08:13	02:05:23	567	975
1309	Tim McHugh		685	MV45	02:08:25	02:06:23	117	976
1310	James Beck		1676	MSnr	02:08:25	02:08:25	568	977
1311	Andy Ninham		1730	MV40	02:08:25	02:06:24	152	978
1312	Stephen Poundall		1653	MSnr	02:08:27	02:05:16	569	979
1313	Emily Jordan		2046	FSnr	02:08:29	02:05:30	222	334
1314	Toby Sallis		2047	MSnr	02:08:29	02:04:49	570	980
1315	Anna Pell		1269	FSnr	02:08:32	02:06:52	223	335
1316	Martin O'brien	Norwich Union AC	1992	MSnr	02:08:34	02:05:25	571	981
1317	Kerrie Atkin		1731	FSnr	02:08:36	02:06:36	224	336
1318	Sarah Smith		1217	FSnr	02:08:39	02:06:26	225	337
1319	Joanne Austin		1598	FSnr	02:08:40	02:07:03	226	338
1320	Rachel Green		1072	FSnr	02:08:42	02:07:22	227	339
1321	Carina Clarke		1575	FSnr	02:08:42	02:07:03	228	340
1322	Lizza Fray		1576	FSnr	02:08:42	02:07:03	229	341
1323	Valentine Tolhurst		509	MSnr	02:08:45	02:05:29	572	982

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1324	Colin Corby		260	MV45	02:08:46	02:07:03	118	983
1325	Richard Nichols		2029	MV40	02:08:47	02:07:00	153	984
1326	Alison Hulme		1206	FSnr	02:08:49	02:06:38	230	342
1327	Darren Rigg		2271	MSnr	02:08:51	02:07:10	573	985
1328	Lisa Moss	Stowmarket Striders	1733	FSnr	02:08:52	02:07:49	231	343
1329	Sarah-Jayne Styles		1310	FSnr	02:08:57	02:07:04	232	344
1330	Kelvin Waters		1628	MV50	02:09:00	02:07:07	78	986
1331	Richard Taylor		735	MV60	02:09:05	02:06:01	17	987
1332	Sarah Moggan		2106	FSnr	02:09:06	02:07:23	233	345
1333	Lucy Collyer		1184	FV40	02:09:07	02:06:01	47	346
1334	Lucy Titmarsh		1771	FSnr	02:09:08	02:07:36	234	347
1335	Hazel Ruijsenaars		1073	FSnr	02:09:13	02:07:33	235	348
1336	Helen Clare		1096	FV40	02:09:15	02:07:00	48	349
1337	Nicola Shorten		2048	FSnr	02:09:19	02:08:11	236	350
1338	Emma Brown		2049	FSnr	02:09:19	02:08:12	237	351
1339	Danielle Deaville-lees		1566	FSnr	02:09:21	02:06:24	238	352
1340	Gary Norman		1634	MV45	02:09:24	02:07:18	119	988
1341	Nicholas Hards		2018	MV45	02:09:24	02:08:18	120	989
1342	Tessa Killingbeck		1203	FSnr	02:09:25	02:08:29	239	353
1343	Jaan Larner		228	MSnr	02:09:28	02:06:23	574	990
1344	Mark Harmer		1779	MSnr	02:09:31	02:07:38	575	991
1345	Chris Talford		821	MSnr	02:09:33	02:06:24	576	992
1346	Karen Rix		1545	FSnr	02:09:33	02:06:05	240	354
1347	Graham Mackintosh		2124	MV40	02:09:33	02:07:22	154	993
1348	David Williams		2206	MSnr	02:09:33	02:06:09	577	994
1349	Stephen Taylor		382	MV50	02:09:40	02:08:16	79	995
1350	Andrew Taylor		708	MSnr	02:09:40	02:07:02	578	996
1351	Kia Smith		2111	FSnr	02:09:40	02:08:43	241	355
1352	Alistair Haig		590	MSnr	02:09:41	02:08:01	579	997
1353	Sheila Smith		1121	FV50	02:09:43	02:06:15	17	356
1354	Judith O'Shea		1547	FV40	02:09:45	02:07:24	49	357
1355	Richard Napthen		30	MV45	02:09:47	02:07:41	121	998
1356	Thomas Konopka		348	MSnr	02:09:48	02:06:36	580	999
1357	Robbie Craig	Shropshire Shufflers	218	MV55	02:09:49	02:08:52	36	1000
1358	Sally Cushing	Norwich Road Runners	1058	FV40	02:09:50	02:08:22	50	358
1359	David Speed		886	MV55	02:09:52	02:06:24	37	1001
1360	Mini Rutterford		1463	FSnr	02:09:52	02:08:45	242	359
1361	Claire Dye		1303	FSnr	02:09:54	02:08:26	243	360
1362	Imola Virginas		1565	FSnr	02:09:55	02:07:53	244	361
1363	Will Layton		1670	MSnr	02:10:00	02:08:16	581	1002
1364	Peter Stephenson		543	MV50	02:10:09	02:09:12	80	1003
1365	Gareth Jones		786	MSnr	02:10:15	02:08:12	582	1004
1366	Julie Guy		1499	FSnr	02:10:15	02:08:12	245	362
1367	Jeff Arden		250	MV45	02:10:16	02:06:57	122	1005
1368	Paul Bailey		2295	MSnr	02:10:16	02:09:08	583	1006
1369	Xiaoxu Huang		991	MSnr	02:10:18	02:10:01	584	1007
1370	Peter Clayton		40	MSnr	02:10:22	02:08:40	585	1008
1371	Suzanne Combes		1601	FSnr	02:10:26	02:08:50	246	363
1372	Alice Shiner		1078	FSnr	02:10:29	02:07:00	247	364

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1373	Kate Davies		1428	FV40	02:10:29	02:07:14	51	365
1374	Gary Limehouse		607	MV45	02:10:34	02:08:00	123	1009
1375	Lai Yong Ng		1238	FV40	02:10:35	02:07:44	52	366
1376	Joel Furniss		722	MSnr	02:10:46	02:07:05	586	1010
1377	David Cicchelli		759	MV50	02:10:55	02:08:58	81	1011
1378	Norma Crisp	Diss Athletic Club	1712	FV45	02:10:58	02:09:25	40	367
1379	Jon Chick		2105	MV50	02:11:00	02:09:26	82	1012
1380	Tom Jenkins		236	MSnr	02:11:03	02:08:23	587	1013
1381	Jenny Pratt		1279	FSnr	02:11:03	02:08:13	248	368
1382	James Collins		144	MSnr	02:11:04	02:08:48	588	1014
1383	Elaine Chiang		1582	FSnr	02:11:04	02:07:35	249	369
1384	Daniel Ryan		234	MSnr	02:11:05	02:07:59	589	1015
1385	Michelle Burton	North Norfolk Beach Runners	1247	FSnr	02:11:06	02:08:44	250	370
1386	Christine Thorne	North Norfolk Beach Runners	1288	FV50	02:11:06	02:08:00	18	371
1387	Fiona Edwards		1556	FSnr	02:11:06	02:09:07	251	372
1388	Rob Burton		111	MSnr	02:11:09	02:07:37	590	1016
1389	Lorna Taylor		1111	FSnr	02:11:09	02:08:38	252	373
1390	Louisa Baker		1249	FSnr	02:11:13	02:08:34	253	374
1391	Christine Breeze		2229	FV45	02:11:16	02:07:47	41	375
1392	Paul Goulsbra		2230	MSnr	02:11:17	02:07:48	591	1017
1393	Gemma Sullivan		1057	FSnr	02:11:20	02:11:20	254	376
1394	Timothy Davidson		474	MV45	02:11:22	02:09:36	124	1018
1395	Daniel Smith		37	MV40	02:11:24	02:09:01	155	1019
1396	Jacqueline Wright		1306	FV45	02:11:25	02:08:01	42	377
1397	Carl Vella	Haverhill RC	874	MSnr	02:11:32	02:08:50	592	1020
1398	Matthew Taylor		1701	MV40	02:11:32	02:07:56	156	1021
1399	Linda Osborne	Shropshire Shufflers	1490	FV40	02:11:39	02:10:57	53	378
1400	Viera Zaprihacova		1940	FSnr	02:11:39	02:11:03	255	379
1401	Patsy Hodgson	Norwich Road Runners	1167	FV40	02:11:46	02:09:42	54	380
1402	Robert Stepniewski		1921	MSnr	02:11:48	02:11:22	593	1022
1403	Rod Wells		1945	MV40	02:11:48	02:10:48	157	1023
1404	Stuart Bayne		714	MV40	02:11:49	02:11:00	158	1024
1405	David Lewis	Waveney Valley AC	350	MSnr	02:11:50	02:09:26	594	1025
1406	Gemma Kimbrew		1423	FSnr	02:11:54	02:08:34	256	381
1407	Noel Krohn		1824	MSnr	02:11:54	02:09:45	595	1026
1408	Louise Smith		2069	FSnr	02:11:54	02:08:50	257	382
1409	Christine Frazer		1438	FV40	02:11:57	02:10:27	55	383
1410	Theresa Dooley		1316	FSnr	02:12:01	02:09:43	258	384
1411	Charlotte Papworth		1252	FSnr	02:12:03	02:09:05	259	385
1412	Stephen Middleton		82	MSnr	02:12:05	02:09:51	596	1027
1413	David Marks	Norwich Road Runners	881	MV40	02:12:08	02:09:07	159	1028
1414	Julia Knights	Norwich Road Runners	1436	FSnr	02:12:08	02:10:20	260	386
1415	Elsbeth Clayton		1198	FSnr	02:12:09	02:09:07	261	387
1416	Pauline Drewery		1535	FSnr	02:12:09	02:09:51	262	388
1417	Ryan Carney		1887	MSnr	02:12:10	02:10:35	597	1029
1418	Julie Dilrew		1202	FV45	02:12:18	02:10:42	43	389
1419	Anna Panton		1103	FSnr	02:12:20	02:09:16	263	390
1420	Trish Judson		1564	FV50	02:12:22	02:10:12	19	391
1421	Matthew Reay		1990	MSnr	02:12:23	02:10:45	598	1030

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1422	Paul Wallace		1852	MV40	02:12:30	02:10:53	160	1031
1423	Clare Lindsay-Smith		1406	FSnr	02:12:31	02:09:59	264	392
1424	Claire Jenner		1394	FSnr	02:12:37	02:10:47	265	393
1425	David Hoy		2149	MV50	02:12:37	02:10:06	83	1032
1426	Emily Gardiner		1054	FSnr	02:12:39	02:10:59	266	394
1427	Kirsty Denton		1514	FSnr	02:12:39	02:09:06	267	395
1428	Josephine Williams		1926	FSnr	02:12:39	02:08:57	268	396
1429	David Clark		682	MSnr	02:12:47	02:09:14	599	1033
1430	Thirza Radford Gore	Norfolk Gazelles	1663	FV50	02:12:47	02:10:22	20	397
1431	Philip Chase		328	MSnr	02:12:53	02:12:32	600	1034
1432	Linda Holt	North Norfolk Beach Runners	1321	FV55	02:12:55	02:12:31	7	398
1433	Natalia Jones		1758	FSnr	02:12:58	02:10:39	269	399
1434	David Leatham		1925	MV40	02:13:00	02:09:18	161	1035
1435	Claire Crisp		1964	FSnr	02:13:01	02:10:43	270	400
1436	Lesley Oliver	Norfolk Gazelles	2193	FV60	02:13:03	02:11:12	5	401
1437	Stephen Moesbauer		844	MSnr	02:13:06	02:10:07	601	1036
1438	Christine Bloomfield	Norfolk Gazelles	1476	FV50	02:13:07	02:10:37	21	402
1439	Terri Geard		1232	FSnr	02:13:08	02:11:34	271	403
1440	Joanna Payne		1290	FV45	02:13:18	02:09:46	44	404
1441	Alison Lees	Prison Service Striders	1542	FSnr	02:13:23	02:10:33	272	405
1442	Henry Horner-glister		1644	MSnr	02:13:25	02:13:02	602	1037
1443	Christopher Daley		754	MSnr	02:13:27	02:10:47	603	1038
1444	Richard Brady		80	MV40	02:13:37	02:11:48	162	1039
1445	Carol Worster		1534	FV45	02:13:39	02:10:02	45	406
1446	Clare Hammerton		2147	FSnr	02:13:49	02:11:02	273	407
1447	Nick Dulvy		2182	MSnr	02:13:50	02:11:04	604	1040
1448	Jane Featherby		1692	FV40	02:13:51	02:12:15	56	408
1449	Mark Seago		240	MV50	02:14:06	02:10:34	84	1041
1450	Martin Sykes		1783	MV40	02:14:07	02:12:05	163	1042
1451	Colin Carter		1870	MV65	02:14:10	02:11:16	14	1043
1452	Stephen Wingrove		506	MSnr	02:14:12	02:11:48	605	1044
1453	Steven Wilding		952	MV45	02:14:14	02:13:40	125	1045
1454	Tracey Nutt		1585	FV40	02:14:14	02:13:40	57	409
1455	Adrian Driver	Prison Service Striders	853	MV40	02:14:18	02:10:40	164	1046
1456	Neil Loadman		296	MSnr	02:14:19	02:11:14	606	1047
1457	Joanne Basing		1064	FSnr	02:14:20	02:12:40	274	410
1458	Rita Norry	Thetford AC	1224	FV45	02:14:22	02:12:06	46	411
1459	Adrian John Buizer		119	MV40	02:14:24	02:10:51	165	1048
1460	Edwina Gold		1586	FSnr	02:14:24	02:13:45	275	412
1461	Angela Mccarthy	Thetford AC	1235	FV40	02:14:26	02:11:00	58	413
1462	Edwina Clarke		2287	FSnr	02:14:26	02:10:56	276	414
1463	Marilyn Rankin	Norfolk Gazelles	1245	FV60	02:14:29	02:11:43	6	415
1464	Lizette Malherbe		1370	FSnr	02:14:37	02:11:20	277	416
1465	J Davies		1377	FSnr	02:14:37	02:11:19	278	417
1466	Rob Hughes		257	MV40	02:14:38	02:11:38	166	1049
1467	Lucy Bell		1229	FV40	02:14:38	02:11:44	59	418
1468	Jinny Dodihead		1445	FSnr	02:14:40	02:13:39	279	419
1469	John Hunter		56	MV40	02:14:47	02:11:35	167	1050
1470	Tim Marshall		2040	MSnr	02:14:47	02:11:27	607	1051

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1471	Derek Robertson		199	MSnr	02:14:54	02:11:55	608	1052
1472	David Miranda	City of Norwich AC	1726	MV45	02:14:54	02:12:27	126	1053
1473	Philippa Rudd		1443	FV40	02:14:55	02:13:54	60	420
1474	Julia Scott		1550	FSnr	02:15:04	02:13:04	280	421
1475	Robert Scott		1938	MSnr	02:15:04	02:11:49	609	1054
1476	Jacqueline Allan		1949	FSnr	02:15:04	02:11:40	281	422
1477	Alexandra Downing		1222	FSnr	02:15:09	02:14:18	282	423
1478	Helen Hunt	Norfolk Gazelles	1608	FV40	02:15:15	02:13:34	61	424
1479	Anne Graveling		1583	FV50	02:15:16	02:13:35	22	425
1480	Sandra Yallop		1119	FV40	02:15:18	02:12:57	62	426
1481	Carla Oldfield		1354	FSnr	02:15:21	02:13:11	283	427
1482	Anne Hulse		1710	FV40	02:15:22	02:11:43	63	428
1483	Clare Jeffery		2031	FSnr	02:15:23	02:12:27	284	429
1484	Sheridan Carver		1327	FSnr	02:15:24	02:14:14	285	430
1485	Suzanne Binks		1371	FSnr	02:15:24	02:14:14	286	431
1486	Graham Cassie		2204	MV45	02:15:25	02:11:54	127	1055
1487	Chrissy Coe		1199	FSnr	02:15:26	02:12:58	287	432
1488	Katherine Stephan		1254	FSnr	02:15:27	02:12:21	288	433
1489	David Rose		76	MV40	02:15:32	02:12:52	168	1056
1490	Nicholas Carter	Lowestoft Road Runners	2200	MV65	02:15:34	02:11:55	15	1057
1491	Sam Hodgson		32	MSnr	02:15:37	02:14:17	610	1058
1492	Rachel Chester		1032	FV40	02:15:37	02:12:01	64	434
1493	Owen Thom		1819	MSnr	02:15:40	02:14:49	611	1059
1494	Faye Barker	Lowestoft Road Runners	1707	FSnr	02:15:50	02:12:16	289	435
1495	Martin Gell		278	MSnr	02:15:51	02:13:34	612	1060
1496	Quinton Jolly		1752	MSnr	02:15:52	02:13:11	613	1061
1497	Michael Arias		2044	MSnr	02:15:55	02:13:07	614	1062
1498	Penny Peacock		1637	FV40	02:15:56	02:15:12	65	436
1499	Hayley Koppe		1957	FSnr	02:15:56	02:15:12	290	437
1500	Robert Mcguckin		384	MSnr	02:15:58	02:13:21	615	1063
1501	Louise Howe		1075	FSnr	02:16:03	02:13:27	291	438
1502	Alan Tilley		447	MV45	02:16:07	02:13:20	128	1064
1503	Mike Beames		863	MV50	02:16:13	02:12:32	85	1065
1504	Margaret Mccartney	Norfolk Gazelles	1093	FV45	02:16:22	02:13:07	47	439
1505	Ian Thurbon		1664	MSnr	02:16:29	02:13:45	616	1066
1506	Robert Benstead		704	MV65	02:16:36	02:13:38	16	1067
1507	Stephanie Gallard		2003	FSnr	02:16:36	02:13:11	292	440
1508	Carl Shore	Norfolk Gazelles	2238	MV45	02:16:37	02:14:17	129	1068
1509	Suzy Ashworth		1216	FSnr	02:16:39	02:13:07	293	441
1510	Annie Faulkner		1246	FV40	02:16:39	02:13:07	66	442
1511	Lisa Breame		1963	FV40	02:16:40	02:14:04	67	443
1512	Andy Sturman		668	MSnr	02:16:45	02:15:01	617	1069
1513	Janet Rogers		1474	FV50	02:16:45	02:13:10	23	444
1514	Julia Lloyd		1697	FV40	02:16:51	02:13:18	68	445
1515	James Goodson		536	MSnr	02:16:53	02:13:37	618	1070
1516	Belle Mellor		1830	FSnr	02:16:53	02:14:26	294	446
1517	Adam Shawyer		2079	MSnr	02:16:53	02:14:26	619	1071
1518	Maria Bunney		1503	FV40	02:16:58	02:15:14	69	447
1519	Roger Spinks	Ipswich Jaffa	1677	MV65	02:17:00	02:15:39	17	1072

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1520	Connie Davis		1352	FV45	02:17:01	02:13:36	48	448
1521	Stuart Mogridge		751	MSnr	02:17:02	02:15:04	620	1073
1522	Suzy Jermyn		1521	FSnr	02:17:02	02:13:52	295	449
1523	Natasha Burr		1502	FSnr	02:17:03	02:13:52	296	450
1524	Lorna Rowe		1531	FSnr	02:17:03	02:13:52	297	451
1525	Alice Scott		1533	FSnr	02:17:05	02:14:11	298	452
1526	Jon Norman	Sportlink	2225	MSnr	02:17:07	02:15:49	621	1074
1527	Charles Thurston		2136	MV40	02:17:08	02:13:24	169	1075
1528	Angela Booth		2152	FV45	02:17:22	02:15:09	49	453
1529	Geoff Rogers		298	MV45	02:17:29	02:15:09	130	1076
1530	James Garwood		2134	MSnr	02:17:31	02:16:29	622	1077
1531	Emma Franklin		1104	FSnr	02:17:35	02:15:07	299	454
1532	Sarah Buizer		1813	FSnr	02:17:35	02:15:01	300	455
1533	Sylvia Dady		1480	FSnr	02:17:38	02:15:50	301	456
1534	Lindsay Burroughs		1272	FSnr	02:17:40	02:14:00	302	457
1535	Lois Hopkins		1494	FSnr	02:17:40	02:14:00	303	458
1536	Caroline Thomas		1530	FSnr	02:17:40	02:14:05	304	459
1537	Roy Parker		2171	MSnr	02:17:48	02:15:56	623	1078
1538	Marlon Copping		53	MSnr	02:17:55	02:14:54	624	1079
1539	Alan Edwards		462	MV50	02:18:00	02:14:20	86	1080
1540	Stephanie Spindler		1036	FSnr	02:18:02	02:15:07	305	460
1541	Ross Walker		312	MSnr	02:18:03	02:14:28	625	1081
1542	Rachel Bradford		1970	FSnr	02:18:05	02:14:32	306	461
1543	Brendon Lansdowne		364	MSnr	02:18:07	02:16:17	626	1082
1544	Gary Wyatt		658	MV60	02:18:07	02:15:06	18	1083
1545	Graham Bunting		2296	MSnr	02:18:07	02:15:28	627	1084
1546	Nick Burrows		247	MSnr	02:18:26	02:15:55	628	1085
1547	Clair Burrows		1210	FSnr	02:18:26	02:14:55	307	462
1548	Lesley Macdonald		1344	FSnr	02:18:27	02:14:58	308	463
1549	Stephen Cramp		185	MV55	02:18:28	02:17:37	38	1086
1550	Nicola Uglow		1027	FSnr	02:18:28	02:16:46	309	464
1551	Susan Potter	Bungay Black Dog RC	1253	FV50	02:18:34	02:17:15	24	465
1552	Susan Wells		1276	FV40	02:18:34	02:15:48	70	466
1553	Rebecca Morton		1720	FSnr	02:18:41	02:15:42	310	467
1554	Jonathan Fox		1873	MV40	02:18:49	02:15:56	170	1087
1555	Colin Thouless	Norwich Road Runners	921	MV65	02:19:16	02:17:14	18	1088
1556	Robin Brown		1980	MV65	02:19:24	02:15:54	19	1089
1557	John Birchall		2250	MV50	02:19:24	02:16:47	87	1090
1558	Vicki Knights		1295	FSnr	02:19:26	02:17:00	311	468
1559	Richard Anderson		2020	MV40	02:19:26	02:16:43	171	1091
1560	Kingston Gray		2019	MV40	02:19:27	02:16:20	172	1092
1561	Ian Clothier		458	MSnr	02:19:32	02:17:16	629	1093
1562	Belinda Herden		1320	FSnr	02:19:32	02:16:34	312	469
1563	John Mugglestone		865	MV45	02:19:35	02:17:25	131	1094
1564	Robert Mcdermott		817	MV45	02:19:45	02:17:28	132	1095
1565	Stephen Clarke		707	MV45	02:19:46	02:17:26	133	1096
1566	Richard Bell		179	MSnr	02:19:51	02:16:46	630	1097
1567	Rachel Cork		1149	FSnr	02:19:51	02:16:09	313	470
1568	Peter Eaton	North Norfolk Beach Runners	1898	MV65	02:19:51	02:19:25	20	1098

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1569	Richard Albrow		639	MSnr	02:19:52	02:18:06	631	1099
1570	Hopi Sen		638	MSnr	02:20:02	02:16:20	632	1100
1571	John Arszulowicz		965	MSnr	02:20:06	02:18:52	633	1101
1572	James Wroth		2231	MSnr	02:20:12	02:18:48	634	1102
1573	Lucy Fleming	City Of Norwich AC	2203	FSnr	02:20:23	02:16:44	314	471
1574	Maria Keen		1447	FV40	02:20:26	02:18:54	71	472
1575	Melanie Neave		1448	FV40	02:20:27	02:17:41	72	473
1576	Claire Budd		1599	FSnr	02:20:33	02:17:00	315	474
1577	Jane McCulloch		1176	FV45	02:20:44	02:19:00	50	475
1578	Leah Watney	Women's Running Network	1475	FV40	02:20:51	02:17:56	73	476
1579	Julia Dearing		1552	FSnr	02:20:53	02:17:45	316	477
1580	Victoria Read		1298	FSnr	02:21:13	02:20:44	317	478
1581	Susan Denham-smith	Keswick AC	1086	FSnr	02:21:18	02:18:45	318	479
1582	Angela Arlott		1446	FSnr	02:21:22	02:20:21	319	480
1583	Laura Mckay		1483	FV40	02:21:23	02:19:01	74	481
1584	Caroline King		1280	FSnr	02:21:25	02:19:10	320	482
1585	Diane Renshaw	Dereham Runners AC	1909	FV45	02:21:30	02:18:08	51	483
1586	Ann Pollard		1323	FV45	02:21:43	02:18:18	52	484
1587	Kathryn Mares		1029	FSnr	02:21:45	02:18:09	321	485
1588	Kaori Arszulowicz		1588	FSnr	02:21:52	02:19:25	322	486
1589	Katy Kennedy		1038	FSnr	02:21:56	02:19:01	323	487
1590	Gill Hart	Ryston Runners	1632	FV55	02:22:12	02:21:29	8	488
1591	Sarah Jane Smith		1274	FSnr	02:22:32	02:19:50	324	489
1592	James Russell		24	MSnr	02:22:33	02:19:50	635	1103
1593	B Hicks		455	MSnr	02:22:48	02:19:09	636	1104
1594	L Rolfe		1315	FSnr	02:22:48	02:19:09	325	490
1595	Jayne Cronin		1351	FSnr	02:22:52	02:19:45	326	491
1596	Ashley Christopher		77	MV45	02:22:57	02:19:32	134	1105
1597	Helen Christopher		1092	FV40	02:22:58	02:20:12	75	492
1598	Sean Cannon		1735	MSnr	02:23:00	02:19:48	637	1106
1599	Steve Lucas		207	MV50	02:23:02	02:21:31	88	1107
1600	Tim Morris		149	MSnr	02:23:11	02:20:04	638	1108
1601	Kathryn Elangasinghe		2205	FSnr	02:23:13	02:20:47	327	493
1602	Ross Hawkins		399	MSnr	02:23:16	02:20:15	639	1109
1603	Rodney Potter		1837	MV65	02:23:17	02:22:14	21	1110
1604	Joolia Gilvey		1409	FSnr	02:23:31	02:21:10	328	494
1605	Sam Gidney		1410	FSnr	02:23:31	02:21:10	329	495
1606	Tina Carter		1791	FSnr	02:23:40	02:22:35	330	496
1607	Jo Bristow		1376	FV45	02:23:45	02:20:10	53	497
1608	Deborah Ashley	Wayland Runners	1592	FSnr	02:23:47	02:21:04	331	498
1609	Dan Perrin		176	MSnr	02:23:52	02:22:39	640	1111
1610	Daniela Rodrigues Silveira		1413	FSnr	02:23:56	02:23:10	332	499
1611	Andrew Tovell	Norwich Road Runners	503	MSnr	02:24:01	02:23:03	641	1112
1612	George Pope		1611	MSnr	02:24:01	02:21:00	642	1113
1613	David Martin		1609	MV40	02:24:49	02:22:03	173	1114
1614	Jemma Neesham		1233	FSnr	02:24:52	02:21:15	333	500
1615	Christina Pryce		1162	FV50	02:24:55	02:22:46	25	501
1616	Cheryl Jones		1389	FV45	02:25:09	02:23:25	54	502
1617	Rachel Peters		2075	FSnr	02:25:23	02:22:43	334	503

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1618	Teresa Guyton		1385	FV45	02:25:24	02:21:56	55	504
1619	Stephen Michael Bumfrey		184	MV45	02:25:25	02:24:20	135	1115
1620	Lee Ashford		109	MSnr	02:25:26	02:24:22	643	1116
1621	Julia Upton		1040	FSnr	02:25:27	02:21:53	335	505
1622	Lisa Kippen		1041	FSnr	02:25:36	02:22:56	336	506
1623	Stella Burton		1062	FV45	02:25:49	02:24:05	56	507
1624	Sarah Miller		1108	FSnr	02:26:08	02:23:12	337	508
1625	Faith Pearce		1055	FSnr	02:26:10	02:23:47	338	509
1626	Darren Harper		690	MSnr	02:26:11	02:24:03	644	1117
1627	Sam Burton		1301	FSnr	02:26:11	02:24:13	339	510
1628	Mark Lloyd		208	MSnr	02:26:14	02:24:25	645	1118
1629	Jan Knight		1466	FV40	02:26:35	02:24:43	76	511
1630	Linda Flatt	City Of Norwich AC	2032	FV50	02:26:40	02:22:56	26	512
1631	Victoria Tuvey	City Of Norwich AC	2066	FV45	02:26:40	02:22:57	57	513
1632	Susan Harvey	City Of Norwich AC	1991	FV45	02:26:41	02:22:58	58	514
1633	Colin Mather		138	MV40	02:26:51	02:23:28	174	1119
1634	Elaine Mather		1131	FSnr	02:26:52	02:23:08	340	515
1635	David Wilkinson	Prison Service Striders	854	MV55	02:26:54	02:23:17	39	1120
1636	Robert Sully		388	MV50	02:26:57	02:24:41	89	1121
1637	Danny Hoskin		540	MSnr	02:27:01	02:26:04	646	1122
1638	Edward O'rourke		2114	MSnr	02:27:04	02:23:28	647	1123
1639	Lesley Hanner		1261	FV50	02:27:19	02:24:28	27	516
1640	Philip Rosendale		2004	MV50	02:27:19	02:24:28	90	1124
1641	Ian Tovell		180	MSnr	02:27:20	02:25:00	648	1125
1642	Julia Hutchinson		1433	FSnr	02:27:21	02:25:35	341	517
1643	Caroline Fox		2015	FSnr	02:27:21	02:25:01	342	518
1644	Claire Larder		1227	FSnr	02:27:24	02:24:37	343	519
1645	Hollie Robinson		1319	FSnr	02:27:26	02:24:52	344	520
1646	Ian Chisholm		352	MSnr	02:27:34	02:25:10	649	1126
1647	Albert Spong	Great Yarmouth Road Runners	451	MV65	02:27:52	02:27:28	22	1127
1648	Heather Guttery		1061	FV50	02:27:53	02:26:06	28	521
1649	Sian Stuart		1265	FSnr	02:27:53	02:25:15	345	522
1650	Paul Grant		18	MV40	02:27:54	02:26:25	175	1128
1651	Cheryl Hall		1285	FV60	02:28:04	02:24:48	7	523
1652	Julia Brudenell		3024	FV40	02:28:11	02:24:26	77	524
1653	Rachael Cicchelli		1491	FSnr	02:28:25	02:25:14	346	525
1654	Carl Lewis		663	MSnr	02:28:29	02:25:50	650	1129
1655	Mark Bagnall		851	MSnr	02:28:38	02:25:09	651	1130
1656	Jayne Widdowson		1478	FV40	02:28:43	02:28:01	78	526
1657	Amiya Chaudhry	Shropshire Shufflers	1627	FSnr	02:28:43	02:28:01	347	527
1658	Kirsty Steggles		1196	FSnr	02:28:45	02:25:59	348	528
1659	Andrea Vincent		1305	FSnr	02:28:53	02:26:53	349	529
1660	Kate Howatson		1652	FSnr	02:29:10	02:25:28	350	530
1661	Barrie Goss		2254	MV60	02:29:15	02:28:33	19	1131
1662	Jane Moore	Norfolk Gazelles	1087	FV40	02:29:16	02:25:42	79	531
1663	Sue Swan		1226	FSnr	02:29:16	02:27:50	351	532
1664	Trudi Ciarla		1242	FV40	02:29:18	02:26:14	80	533
1665	Sally Fuller		1381	FSnr	02:29:19	02:26:01	352	534
1666	Anthony Ashton		986	MSnr	02:29:21	02:27:28	652	1132

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1667	Hannah Atkins		1453	FSnr	02:29:28	02:26:49	353	535
1668	Michael Marshall		222	MV65	02:29:32	02:26:43	23	1133
1669	Katrine Middleton		1160	FV45	02:29:32	02:26:44	59	536
1670	Paul Hollidge		274	MSnr	02:29:37	02:26:44	653	1134
1671	Tracey Pointon-Melville		1384	FSnr	02:29:39	02:26:01	354	537
1672	Sarah Knowles	Springfield Striders	1604	FSnr	02:29:41	02:26:42	355	538
1673	Robert Head		533	MSnr	02:29:45	02:27:23	654	1135
1674	John Stanton-Ife		773	MV40	02:29:56	02:26:22	176	1136
1675	Alison Collington		1853	FV45	02:29:59	02:26:24	60	539
1676	Doreen Smith		1215	FSnr	02:30:18	02:27:14	356	540
1677	Nigel Booth		547	MV50	02:30:25	02:27:46	91	1137
1678	Rena Emilia Miras		1071	FSnr	02:30:45	02:28:52	357	541
1679	John Norris	Road Runners Club	475	MV40	02:30:52	02:27:56	177	1138
1680	Yomi Akinlade		390	MSnr	02:30:55	02:27:50	655	1139
1681	Jane Clayton		1197	FV45	02:30:58	02:27:56	61	542
1682	Anna Dugdale		1842	FV40	02:31:18	02:27:56	81	543
1683	Fiona Samson		1348	FSnr	02:31:26	02:29:13	358	544
1684	Victoria Cooper		1207	FSnr	02:31:27	02:29:14	359	545
1685	Karina Newby		1347	FSnr	02:31:27	02:29:14	360	546
1686	Silvano Riotto		1059	FV45	02:31:39	02:28:44	62	547
1687	Angela Boulter		1060	FV40	02:31:40	02:28:45	82	548
1688	Anthony Mighty		1788	MSnr	02:32:12	02:28:37	656	1140
1689	Frank Spinner		25	MV40	02:32:27	02:29:42	178	1141
1690	Donald Macdonald		2140	MV50	02:32:28	02:28:42	92	1142
1691	Sandra Garratt	Springfield Striders	1605	FSnr	02:32:30	02:28:51	361	549
1692	Rosemary Birchard		1946	FSnr	02:32:52	02:30:00	362	550
1693	Nicola Debney		1518	FV40	02:33:04	02:29:55	83	551
1694	Sue Atkinson	Norfolk Gazelles	1090	FV60	02:33:30	02:30:09	8	552
1695	Tim Ridley		201	MV40	02:33:37	02:30:21	179	1143
1696	Rebecca Hardy		1693	FSnr	02:33:49	02:30:18	363	553
1697	Ben Kendall		284	MSnr	02:33:53	02:32:27	657	1144
1698	Matthew Meyer		243	MSnr	02:33:55	02:31:39	658	1145
1699	Mike Cowan		314	MV50	02:34:00	02:31:09	93	1146
1700	Adam Parker		969	MSnr	02:34:05	02:33:38	659	1147
1701	Richard Barker		1821	MV45	02:34:12	02:30:51	136	1148
1702	David Fenn		511	MSnr	02:34:36	02:32:12	660	1149
1703	Gaynor Betts		1263	FSnr	02:34:46	02:31:46	364	554
1704	Sallyann Protheroe	Lowestoft Road Runners	1123	FV45	02:34:55	02:34:42	63	555
1705	Robert Le Roy		570	MSnr	02:34:56	02:31:15	661	1150
1706	Johnathon Moore		1737	MSnr	02:35:02	02:33:04	662	1151
1707	Rebecca Morrison	Norwich Road Runners	2209	FSnr	02:35:12	02:32:25	365	556
1708	Bob Jack	Bungay Black Dog RC	688	MV45	02:35:24	02:32:28	137	1152
1709	Kimberley Court		1218	FSnr	02:35:27	02:31:45	366	557
1710	Julia Hill		2128	FSnr	02:35:28	02:32:58	367	558
1711	Michael Lampe		1936	MV40	02:35:52	02:32:52	180	1153
1712	Claire Hales		1927	FSnr	02:35:53	02:33:20	368	559
1713	Lisa Newsome		2086	FV40	02:35:53	02:33:20	84	560
1714	Carrie Abbott-levett		1809	FSnr	02:36:00	02:34:42	369	561
1715	Nigel Stocks		2058	MV40	02:36:44	02:34:25	181	1154

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Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1716	Iyiola Solanke		2273	FSnr	02:36:58	02:33:52	370	562
1717	Rebecca Lee		1106	FSnr	02:37:08	02:33:27	371	563
1718	Emily Palmer		1137	FSnr	02:37:08	02:34:04	372	564
1719	Lisa Baker		2101	FV45	02:37:17	02:34:20	64	565
1720	Sean Green		608	MV40	02:37:25	02:34:45	182	1155
1721	Sarah Catten		1790	FSnr	02:37:34	02:34:04	373	566
1722	Anne-Marie Robertson		1789	FSnr	02:37:58	02:35:31	374	567
1723	Jill Bond		1537	FV50	02:38:12	02:35:14	29	568
1724	Sachin Nagarkar		286	MSnr	02:38:32	02:35:33	663	1156
1725	Sacha Wright		1625	FSnr	02:38:35	02:34:54	375	569
1726	Angela Aston		1517	FV45	02:38:40	02:35:19	65	570
1727	John Ward		1678	MV50	02:39:04	02:36:57	94	1157
1728	Lynden Denny		1679	MSnr	02:39:04	02:36:57	664	1158
1729	Louise Prosser		1212	FSnr	02:40:09	02:38:26	376	571
1730	Jessica MacDonald		1028	FV40	02:40:17	02:37:07	85	572
1731	Katherine Fee		1050	FSnr	02:40:17	02:37:31	377	573
1732	Ann Smithson		1441	FV55	02:40:31	02:38:37	9	574
1733	Laura Taylor		1132	FSnr	02:40:34	02:37:07	378	575
1734	Nisha Dave		1133	FSnr	02:40:35	02:37:09	379	576
1735	Matthew Howells		440	MSnr	02:41:09	02:38:54	665	1159
1736	Craig Harte		2256	MSnr	02:41:16	02:38:33	666	1160
1737	Allison Stevens		1329	FV45	02:41:17	02:38:32	66	577
1738	Paul Johnson		1960	MV55	02:41:29	02:41:29	40	1161
1739	Andrea Barrett		1567	FSnr	02:41:55	02:38:11	380	578
1740	Victoria Dyke		1130	FSnr	02:42:15	02:40:07	381	579
1741	Lee Grant		2217	MSnr	02:42:15	02:40:07	667	1162
1742	Tracey Arden		1889	FSnr	02:43:25	02:40:22	382	580
1743	Chloe Anna Elizabeth Green		1150	FSnr	02:43:44	02:40:17	383	581
1744	Maurice Copeland	North Norfolk Beach Runners	221	MV65	02:44:10	02:43:45	24	1163
1745	Lynda Bax		1914	FV45	02:45:25	02:41:40	67	582
1746	Philip Brown		574	MSnr	02:45:36	02:43:45	668	1164
1747	Kate Edwards		1200	FSnr	02:45:36	02:43:45	384	583
1748	Frank Reader	Norwich Road Runners	709	MV60	02:46:23	02:43:16	20	1165
1749	Louise Ayres		1264	FSnr	02:46:23	02:43:23	385	584
1750	John Innes		255	MV50	02:47:48	02:44:05	95	1166
1751	Jill Visser		2208	FV45	02:47:55	02:44:18	68	585
1752	Alan Purvis		884	MV45	02:48:37	02:45:24	138	1167
1753	Carolyn Ford		1390	FV45	02:48:40	02:45:27	69	586
1754	Gillian Cox		1709	FV40	02:49:02	02:45:18	86	587
1755	Gwyneth Chatten		1723	FV50	02:49:02	02:45:51	30	588
1756	Sebastian Deans		1736	MSnr	02:49:05	02:46:36	669	1168
1757	Jenny Jennings		1962	FV55	02:49:36	02:46:31	10	589
1758	Rachel Rogers		1024	FSnr	02:49:54	02:46:10	386	590
1759	Donna Boggis		2157	FSnr	02:50:14	02:47:29	387	591
1760	Rachel Allen		1833	FSnr	02:50:15	02:47:30	388	592
1761	Emily Flegg		2110	FSnr	02:50:54	02:47:49	389	593
1762	Samantha Lebon		1393	FV40	02:52:02	02:48:18	87	594
1763	Lisa Shearing		1262	FSnr	02:53:13	02:50:16	390	595
1764	Jolyon Stebbing		1767	MSnr	02:55:26	02:51:49	670	1169

2007 City of Norwich Half Marathon Individual Results

Position	Name	Club	Race Number	Category	Time	Chip Time	Category Position	Gender Position
1765	Sarah Guille		1044	FSnr	02:55:27	02:51:51	391	596
1766	Jon Boulter		383	MSnr	02:55:56	02:53:11	671	1170
1767	Laura Jackson		1069	FV40	02:56:47	02:53:02	88	597
1768	Lake Martin		552	MV40	02:57:38	02:54:26	183	1171
1769	Ashlea Martin		1186	FSnr	03:01:52	02:58:56	392	598
1770	Liam Betts		2165	MSnr	03:01:57	02:58:16	672	1172
1771	Stephen Askew		594	MV40	03:09:25	02:16:19	184	1173
1772	Ochuko Emore		654	MV40	03:13:25	03:10:44	185	1174
1773	Donna Day		1407	FSnr	03:24:22	03:21:11	393	599
1774	James Day		251	MSnr	03:24:23	03:21:33	673	1175