

Norwich Union Trowse 10k - 8 April 2007 - individual results

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
1	0:32:17	HENNESSY, Andrew	Wells City Harriers	M15-39	03:13.7	207	1
2	0:32:46	LINCOLN, Wayne	City of Norwich AC	M40-49	03:16.6	241	2
3	0:34:30	JONES, Chris	City of Norwich AC	M15-39	03:27.0	144	3
4	0:34:38	KEEBLE, Ian	Stowmarket Striders	M15-39	03:27.8	125	4
5	0:34:40	SMITH, Paul	Norwich Road Runners	M15-39	03:28.0	120	5
6	0:34:57	TUDDENHAM, Robin	Serpentine Running Club	M15-39	03:29.7	68	6
7	0:35:01	ALDIS, Roger	Stowmarket Striders	M15-39	03:30.1	116	7
8	0:35:44	JAKEMAN, Andrew		M15-39	03:34.4	174	8
9	0:35:47	MANN, Julian	Winchester and District AC	M15-39	03:34.7	110	9
10	0:36:00	PITTS, Colin	Stowmarket Striders	M40-49	03:36.0	128	10
11	0:36:03	YAXLEY, Mick	Norfolk Gazelles	M40-49	03:36.3	179	11
12	0:36:19	HIGHAM, Paul	Norfolk Gazelles	M15-39	03:37.9	51	12
13	0:36:20	HEATH, James	St Edmunds Pacers	M40-49	03:38.0	167	13
14	0:36:30	THOMPSON, Richard	City of Hull	M15-39	03:39.0	238	14
15	0:36:53	WALPOLE, Andrew	City of Norwich AC	M15-39	03:41.3	130	15
16	0:37:05	BAILEY, Cliff	Thetford AC	M40-49	03:42.5	28	16
17	0:37:06	MILLETT, Simon	Norfolk Road Runners	M15-39	03:42.6	58	17
18	0:38:02	CHANT, Ian	Long Eaton Running Club	M15-39	03:48.2	211	18
19	0:38:18	BUNN, Andy	City of Norwich AC	M15-39	03:49.8	240	19
20	0:38:25	BUNN, Andrew	Liverpool John Moore's University	M15-39	03:50.5	115	20
21	0:38:38	PHILLIPS, Sam	Norfolk Gazelles	M15-39	03:51.8	205	21
22	0:38:42	STEWART, Clive	Bishop Stortford Running Club	M40-49	03:52.2	166	22
23	0:39:14	BIRCH, James	Wymondham Athletic Club	M15-39	03:55.4	18	23
24	0:39:14	WATSON, Robert	Haverhill Running Club	M40-49	03:55.4	91	24
25	0:39:20	BARKER, Stewart		M15-39	03:56.0	222	25
26	0:39:22	BOLAM, Jeremy	North Norfolk Beach Runners	M40-49	03:56.2	181	26
27	0:39:29	NELSON, Peter		M15-39	03:56.9	93	27
28	0:39:49	MASLEN, David		M40-49	03:58.9	161	28
29	0:39:58	HELMORE, Jeff	Great Yarmouth Road Runners	M40-49	03:59.8	200	29
30	0:39:59	READER, Jonathan	Coltishall Jaguars	M15-39	03:59.9	57	30
31	0:40:01	THORRINGTON, Abbie	53-12 Multisports	F15-39	04:00.1	370	31
32	0:40:17	MOORE, John		M40-49	04:01.7	242	32
33	0:40:18	SPRAGG, Mike	Great Yarmouth Road Runners	M60+	04:01.8	155	33
34	0:40:21	WIGHTMAN, Paul	Wymondham Athletic Club	M40-49	04:02.1	20	34
35	0:40:22	WILSON, Paddy		M40-49	04:02.2	189	35
36	0:40:29	SCOTT, Leslie	Ryston Runners	M40-49	04:02.9	236	36
37	0:40:33	HAYES, Jim	North Norfolk Beach Runners	M60+	04:03.3	48	37
38	0:40:39	HERBERT, Paul		M15-39	04:03.9	198	38
39	0:40:39	QUERIPEL, Jon	Coltishall Jaguars	M15-39	04:03.9	78	39
40	0:40:48	BARKWAY, Chris		M40-49	04:04.8	32	40
41	0:40:52	SMITH, Danny		M15-39	04:05.2	35	41
42	0:41:03	SMITH, Darren	Ryston Runners	M15-39	04:06.3	85	42
43	0:41:17	MASON, Shawn	Great Yarmouth District AC	M15-39	04:07.7	104	43
44	0:41:19	VIALLS, Tim		M40-49	04:07.9	67	44
45	0:41:24	EDRIDGE, Darren	Coltishall Jaguars	M15-39	04:08.4	66	45
46	0:41:30	YOUNGS, James		M15-39	04:09.0	162	46
47	0:41:40	YEOMANS, Martin	Norwich Road Runners	M50-59	04:10.0	192	47
48	0:41:52	ADCOCK, Trevor	Norfolk Gazelles	M50-59	04:11.2	182	48
49	0:41:57	HUME, Neil	Welwyn Garden City Runners	M15-39	04:11.7	219	49
50	0:41:59	CASSELS, Paul	Manchester Triathlon Club	M15-39	04:11.9	199	50
51	0:42:00	MOORE, Ian	Norwich Road Runners	M15-39	04:12.0	80	51
52	0:42:10	HARRIS, Robert		M15-39	04:13.0	233	52
53	0:42:13	MARTIN, Paul		M15-39	04:13.3	250	53
54	0:42:24	SCHOFIELD, Becky		F15-39	04:14.4	366	54
55	0:42:30	STONE, Matthew		M15-39	04:15.0	229	55
56	0:42:35	CHORLEY, Chris	Bungay Black Dog RC	M40-49	04:15.5	31	56
57	0:42:40	HOLLAND, Neil	Wymondham Athletic Club	M40-49	04:16.0	178	57
58	0:42:44	HAZLETON, David	Wymondham Athletic Club	M50-59	04:16.4	36	58
59	0:42:49	LEE, Susie		F15-39	04:16.9	288	59
60	0:42:53	EMERY, Trevor	North Norfolk Beach Runners	M50-59	04:17.3	96	60
61	0:42:57	MCKEE, Justin		M15-39	04:17.7	226	61
62	0:43:00	MATTHEWS, Russell	Wymondham Athletic Club	M40-49	04:18.0	249	62
63	0:43:03	STACEY, Martin	Yeovil Road Runners	M40-49	04:18.3	73	63
64	0:43:08	BRIGHTY, Joshua	Norwich Road Runners	M15-39	04:18.8	190	64
65	0:43:11	SAVORY, Andrew	Norwich Road Runners	M40-49	04:19.1	157	65
66	0:43:14	WOODRUFF, Glenn		M15-39	04:19.4	119	66
67	0:43:15	SADLER, Ian	Norwich Road Runners	M15-39	04:19.5	164	67
68	0:43:16	ABBOTT, Leslie	St Helens Striders	M50-59	04:19.6	41	68
69	0:43:16	COLE, Kraig	Trianglia	M15-39	04:19.6	123	69
70	0:43:22	WADE, Ian	North Norfolk Beach Runners	M40-49	04:20.2	135	70
71	0:43:26	LANGTON, Chris		M40-49	04:20.6	231	71
72	0:43:30	ZAMMIT, Jude	St Patrick's AC	M40-49	04:21.0	177	72
73	0:43:36	KNIGHTS, Ann	Cambridge Tri Club	F40-49	04:21.6	352	73
74	0:43:46	KNOTT, Claire		F15-39	04:22.6	271	74
75	0:43:48	DOWNES, Malcolm		M40-49	04:22.8	193	75

76	0:44:00	CUMMINGS, Christopher	Great Yarmouth Road Runners	M15-39	04:24.0	74	76
77	0:44:01	MOORE, Kieron		M15-39	04:24.1	247	77
78	0:44:06	CLUES, Mark		M15-39	04:24.6	169	78
79	0:44:10	MILLIGAN, Ian	St Edmundsbury Pacers	M15-39	04:25.0	30	79
80	0:44:14	BROOKSHAW, Paul	Great Yarmouth Road Runners	M40-49	04:25.4	59	80
81	0:44:17	GAY, Christopher	Great Yarmouth District AC	M40-49	04:25.7	60	81
82	0:44:22	MORTON, Tim	Bungay Black Dog RC	M40-49	04:26.2	21	82
83	0:44:33	HURN, Sara	North Norfolk Beach Runners	F15-39	04:27.3	303	83
84	0:44:34	BRIGHTY, Keith	Norwich Road Runners	M40-49	04:27.4	191	84
85	0:44:36	SARGEANT, Richard	Lowestoft Road Runners	M15-39	04:27.6	227	85
86	0:44:39	FIRMAGE, Paul	Ryston Runners	M50-59	04:27.9	156	86
87	0:44:42	SMITH, Alexandra	Norwich Road Runners	F15-39	04:28.2	332	87
88	0:45:01	BOWDEN, Nicholas	Reepham Runners	M50-59	04:30.1	185	88
89	0:45:03	MCKEE, Gavin		M15-39	04:30.3	221	89
90	0:45:05	WARD, Katie	March Athletic Club	F15-39	04:30.5	263	90
91	0:45:07	BOWMAN, Ken		M50-59	04:30.7	11	91
92	0:45:09	HASLETT, Jeremy	Reepham Runners	M40-49	04:30.9	33	92
93	0:45:16	LEMON, Scott	Norfolk Gazelles	M15-39	04:31.6	56	93
94	0:45:28	ENTICKNAP, Andrew		M15-39	04:32.8	111	94
95	0:45:29	HORREX, Trevor	Norwich Road Runners	M40-49	04:32.9	124	95
96	0:45:32	EGLIN, Paul	West End Road Runners	M15-39	04:33.2	9	96
97	0:45:37	FOWLIE, Ian	Norfolk Gazelles	M50-59	04:33.7	55	97
98	0:45:50	BYE, Barry	Ryston Runners	M50-59	04:35.0	137	98
99	0:45:59	TENNER, Rob		M40-49	04:35.9	212	99
100	0:46:02	RAZAZ, Daniel		M15-39	04:36.2	187	100
101	0:46:03	COOPER, Dale	Wymondham Athletic Club	M40-49	04:36.3	71	101
102	0:46:06	PEACH, Mark	Great Yarmouth Road Runners	M15-39	04:36.6	89	102
103	0:46:07	ASTLEY, Robert		M15-39	04:36.7	206	103
104	0:46:09	HUNTER, Fiona		F15-39	04:36.9	367	104
105	0:46:12	WADE, Rex	Great Yarmouth Road Runners	M60+	04:37.2	159	105
106	0:46:14	VALENTINE, Nigel		M15-39	04:37.4	29	106
107	0:46:15	BALDWIN, Chris		M15-39	04:37.5	127	107
108	0:46:16	BALDWIN, Steve	Norfolk Gazelles	M15-39	04:37.6	129	108
109	0:46:18	ELLIS, Vince	City of Norwich AC	M50-59	04:37.8	92	109
110	0:46:22	APPLEBY, Louise	Charnwood Athletics Club	F15-39	04:38.2	280	110
111	0:46:22	GILBERT, Carl		M15-39	04:38.2	237	111
112	0:46:23	BUSHELL, Alan	Coltishall Jaguars	M15-39	04:38.3	84	112
113	0:46:33	POYNER, Clive	Reepham Runners	M40-49	04:39.3	34	113
114	0:46:35	WILSON, Robin	Bungay Black Dog RC	M50-59	04:39.5	108	114
115	0:46:35	CROWE, Steve		M15-39	04:39.5	153	115
116	0:46:36	JACK, Stuart		M50-59	04:39.6	77	116
117	0:46:36	OLD, Timothy		M15-39	04:39.6	72	117
118	0:46:37	RICHARDSON, Stephen		M15-39	04:39.7	230	118
119	0:46:41	GRAND, Gary		M40-49	04:40.1	107	119
120	0:46:42	TYLER, Tim	Norwich Road Runners	M50-59	04:40.2	165	120
121	0:46:46	MANLY, Veronica	Wymondham Athletic Club	F50-59	04:40.6	345	121
122	0:46:54	GOODWIN, David	Great Yarmouth District AC	M50-59	04:41.4	102	122
123	0:47:00	ALLMAN, Helen		F15-39	04:42.0	354	123
124	0:47:01	SPONG, Carole	Great Yarmouth Road Runners	F60+	04:42.1	298	124
125	0:47:01	MANN, Angela	Winchester and District AC	F15-39	04:42.1	294	125
126	0:47:02	RAYNER, Bruce	Bungay Black Dog RC	M40-49	04:42.2	109	126
127	0:47:13	ROSE, Nick		M40-49	04:43.3	46	127
128	0:47:27	AKEHURST, Brian		M15-39	04:44.7	106	128
129	0:47:28	MACLEOD, James		M40-49	04:44.8	105	129
130	0:47:31	RICHERS, Mike		M15-39	04:45.1	195	130
131	0:47:42	JAMIESON, Rob	Norwich Road Runners	M15-39	04:46.2	49	131
132	0:47:45	MUTCH, Kerry	Great Yarmouth Road Runners	M40-49	04:46.5	196	132
133	0:47:46	DURRANT, Jude		F15-39	04:46.6	274	133
134	0:47:49	HEATH, Tony	North Norfolk Beach Runners	M50-59	04:46.9	64	134
135	0:47:52	BARBER, Jon		M15-39	04:47.2	24	135
136	0:47:53	HAZLETON, Lyn	Wymondham Athletic Club	F40-49	04:47.3	330	136
137	0:47:54	SMITH, Michael	Wymondham Athletic Club	M60+	04:47.4	183	137
138	0:48:04	KNIGHTS, William		M15-39	04:48.4	209	138
139	0:48:07	THORNE, Christine	North Norfolk Beach Runners	F50-59	04:48.7	296	139
140	0:48:13	BYE, Rodney	Coltishall Jaguars	M40-49	04:49.3	202	140
141	0:48:13	TONGE, Steve		M15-39	04:49.3	232	141
142	0:48:15	LUBBOCK, David	City of Norwich AC	M40-49	04:49.5	163	142
143	0:48:16	WOODHOUSE, Gill	Dereham Runners AC	F50-59	04:49.6	319	143
144	0:48:18	SMITH, Justin		M15-39	04:49.8	43	144
145	0:48:21	OSBORNE, Andrea	North Norfolk Beach Runners	F50-59	04:50.1	350	145
146	0:48:22	MOORE, Debbie	Norfolk Gazelles	F40-49	04:50.2	285	146
147	0:48:44	FRASER, Alec	North Norfolk Beach Runners	M60+	04:52.4	39	147
148	0:48:48	HUTCHEON, David	Coltishall Jaguars	M60+	04:52.8	75	148
149	0:49:02	BOLDEN, Andrew	Trianglia	M15-39	04:54.2	160	149
150	0:49:03	NEWBOLD, Paul		M15-39	04:54.3	223	150
151	0:49:08	CUSHING, Sally	Norwich Road Runners	F40-49	04:54.8	334	151
152	0:49:11	BEATTIE, Bob	Tiptree Road Runners	M50-59	04:55.1	243	152
153	0:49:13	PILCH, Richard		M60+	04:55.3	70	153
154	0:49:17	LARKE, Patrick		M50-59	04:55.7	173	154
155	0:49:18	ASHFORD, Justin	Norwich Road Runners	M15-39	04:55.8	140	155
156	0:49:19	ALFORD, Colin		M40-49	04:55.9	8	156

157	0:49:20	THACKER, Helen		F15-39	04:56.0	323	157
158	0:49:20	BATCHELOR, Jonathan		M15-39	04:56.0	44	158
159	0:49:23	BEEDHAM, Elizabeth		F40-49	04:56.3	260	159
160	0:49:23	MALLETT, Paul		M15-39	04:56.3	235	160
161	0:49:31	CRAY, Ian	Cambridge and Coleridge	M40-49	04:57.1	244	161
162	0:49:34	BULL, Michelle	Norwich Road Runners	F15-39	04:57.4	326	162
163	0:49:35	SYMONDS, Lisa		F15-39	04:57.5	287	163
164	0:49:35	RICHARDSON, John	Dereham Runners AC	M50-59	04:57.5	62	164
165	0:49:36	COX, Juliet	Wymondham Athletic Club	F15-39	04:57.6	295	165
166	0:49:37	CORBOULD, Stephen	Norfolk Gazelles	M40-49	04:57.7	98	166
167	0:49:38	WARREN, Peter	Dulwich Runners	M50-59	04:57.8	90	167
168	0:49:44	ENGLAND, John	Great Yarmouth District AC	M50-59	04:58.4	79	168
169	0:49:48	SARGEANT, Sarah	Lowestoft Road Runners	F15-39	04:58.8	358	169
170	0:49:48	SHARPE, John	Coltishall Jaguars	M50-59	04:58.8	142	170
171	0:49:49	CHASE, Daniel		M15-39	04:58.9	133	171
172	0:49:50	COX, Robert		M40-49	04:59.0	213	172
173	0:49:50	NIGHTINGALE, Laura		F15-39	04:59.0	362	173
174	0:49:52	CHASE, James		M40-49	04:59.2	134	174
175	0:49:55	STACEY, Adam		M15-39	04:59.5	3	175
176	0:49:58	RUSH, Steve	Trianglia	M40-49	04:59.8	42	176
177	0:50:02	COULSON, Myles		M15-39	05:00.2	65	177
178	0:50:03	NORMAN, Eve		F15-39	05:00.3	364	178
179	0:50:14	BRIGHT, Stephen	British Athletics Supporters Club	M40-49	05:01.4	63	179
180	0:50:15	ASHFORD, Martin	Diss Athletic Club	M50-59	05:01.5	139	180
181	0:50:18	SARGISSON, Chris		M15-39	05:01.8	27	181
182	0:50:20	STEVENS, Tracy		F15-39	05:02.0	320	182
183	0:50:28	BYE, Jackie	Coltishall Jaguars	F40-49	05:02.8	257	183
184	0:50:31	WRIGHT, Paul		M50-59	05:03.1	16	184
185	0:50:31	SAUERZAPF, Bobbie	Bungay Black Dog RC	F40-49	05:03.1	333	185
186	0:50:34	LENEY, John		M40-49	05:03.4	220	186
187	0:50:43	MAY, Melvin	Norwich Road Runners	M50-59	05:04.3	117	187
188	0:50:46	EGLIN, Roger	Eastern Vets	M60+	05:04.6	12	188
189	0:50:50	WARD, Beres		F50-59	05:05.0	261	189
190	0:50:51	FOULKES, Claire	North Norfolk Beach Runners	F15-39	05:05.1	275	190
191	0:50:52	CLARK, Peter		M40-49	05:05.2	13	191
192	0:51:14	NORTON, Andrew	Dereham Runners AC	M40-49	05:07.4	149	192
193	0:51:15	JONES, Eurwyn	Norfolk Gazelles	M40-49	05:07.5	138	193
194	0:51:17	WILLSON, David		M40-49	05:07.7	131	194
195	0:51:24	LILLEY, John		M15-39	05:08.4	25	195
196	0:51:31	HUTCHEON, Brenda	Coltishall Jaguars	F50-59	05:09.1	310	196
197	0:51:45	YOUNG, Alex		M15-39	05:10.5	225	197
198	0:51:46	PRENDERGAST, MIKE		M40-49	05:10.6	194	198
199	0:51:53	LAWRENCE, Christer		M15-39	05:11.3	228	199
200	0:51:55	WINNING, Steve		M50-59	05:11.5	86	200
201	0:52:01	INGRAM, Stewart	Diss Athletic Club	M50-59	05:12.1	208	201
202	0:52:07	KINCH, Brenda	North Norfolk Beach Runners	F60+	05:12.7	278	202
203	0:52:18	KUMAH, Jenny		F15-39	05:13.8	349	203
204	0:52:26	DALY, Shaun		M40-49	05:14.6	215	204
205	0:52:28	HOWE, David		M60+	05:14.8	118	205
206	0:52:30	DENNIS, Michael	Dereham Runners AC	M40-49	05:15.0	100	206
207	0:52:30	DONOVAN, Clare	North Norfolk Beach Runners	F15-39	05:15.0	258	207
208	0:52:34	MOODY, Ian		M60+	05:15.4	186	208
209	0:52:36	HILL, James		M15-39	05:15.6	248	209
210	0:52:37	HARROP, Jackie	Norfolk Gazelles	F40-49	05:15.7	255	210
211	0:52:42	COLLINS, John		M60+	05:16.2	69	211
212	0:52:45	SCARFE, Robert	Wymondham Athletic Club	M50-59	05:16.5	103	212
213	0:52:46	FARR, Craig		M15-39	05:16.6	26	213
214	0:52:51	ROBINSON, Clare		F15-39	05:17.1	307	214
215	0:52:53	HOUSE, Kevin		M15-39	05:17.3	10	215
216	0:52:58	RIBBANDS, Derek	Great Yarmouth Road Runners	M40-49	05:17.8	97	216
217	0:52:59	RACKHAM, Jane	Norwich Road Runners	F40-49	05:17.9	283	217
218	0:53:08	BULTZ, Peter		M40-49	05:18.8	22	218
219	0:53:16	BARLOW, Kate	Wymondham Athletic Club	F50-59	05:19.6	299	219
220	0:53:16	BAILEY, Miriam		F15-39	05:19.6	291	220
221	0:53:17	MIDDLETON, Charlie	Norfolk Gazelles	M40-49	05:19.7	158	221
222	0:53:21	SHARPE, Margaret	Coltishall Jaguars	F50-59	05:20.1	282	222
223	0:53:22	STEVENSON, Tracy	Norfolk Gazelles	F15-39	05:20.2	342	223
224	0:53:23	MCKAY, James		M15-39	05:20.3	171	224
225	0:53:28	HANSEN, Hannah		F15-39	05:20.8	372	225
226	0:53:28	FEATHERSTONE, Kate	Horsworth Harriers	F15-39	05:20.8	277	226
227	0:53:32	COOPER, Kathryn		F15-39	05:21.2	340	227
228	0:53:33	ALLAKER, Julian		M15-39	05:21.3	188	228
229	0:53:34	GARRETT, Julie	Norwich Road Runners	F15-39	05:21.4	327	229
230	0:53:35	GARRETT, Mark	Norwich Road Runners	M40-49	05:21.5	40	230
231	0:53:39	SELWOOD, Katie		F15-39	05:21.9	262	231
232	0:53:40	JARVIS, Naomi		F15-39	05:22.0	276	232
233	0:53:41	ROCHESTER, Matthew		M15-39	05:22.1	154	233
234	0:53:46	WELLS, Dennis	Wymondham Athletic Club	M50-59	05:22.6	82	234
235	0:53:52	OWEN, Sarah		F40-49	05:23.2	313	235
236	0:53:57	SWEET-ESCOTT, Ellen		F40-49	05:23.7	331	236
237	0:54:08	SMITH, Nicky		F15-39	05:24.8	351	237

238	0:54:13	SIMMONDS, Adam		M15-39	05:25.3	136	238
239	0:54:26	JOHNSON, Curtis		M40-49	05:26.6	216	239
240	0:54:34	RIX, Daniel		M15-39	05:27.4	214	240
241	0:54:39	FRASER, Susan	Great Yarmouth District AC	F40-49	05:27.9	273	241
242	0:54:47	PARTON, Graham		M15-39	05:28.7	218	242
243	0:54:51	HYSLOP, Duncan		M15-39	05:29.1	23	243
244	0:54:52	TYLER, Tony		M40-49	05:29.2	201	244
245	0:54:53	BRENNAN, Thomas		M15-39	05:29.3	234	245
246	0:55:18	ASTLEY, Yvonne		F40-49	05:31.8	305	246
247	0:55:19	ITHELL, Mark	Dereham Runners AC	M15-39	05:31.9	1	247
248	0:55:27	TAYLOR, Stephen		M50-59	05:32.7	15	248
249	0:55:31	WILSON, Russell		M15-39	05:33.1	251	249
250	0:55:40	TURNER, Mike	Liverpool Harriers	M60+	05:34.0	239	250
251	0:55:46	CHAPMAN, Louise	Norwich Road Runners	F15-39	05:34.6	279	251
252	0:55:47	OLIVER, Lesley		F60+	05:34.7	371	252
253	0:55:50	DOOLEY, Theresa		F15-39	05:35.0	290	253
254	0:55:51	KNOWLES, Peter		M50-59	05:35.1	168	254
255	0:56:27	JUPP, Orla	Dereham Runners AC	F15-39	05:38.7	325	255
256	0:56:27	PUGH, David		M60+	05:38.7	184	256
257	0:56:29	O'SHEA, Judith		F40-49	05:38.9	361	257
258	0:56:30	YALLOP, Sandra		F40-49	05:39.0	343	258
259	0:56:33	LIMEHOUSE, Gary		M40-49	05:39.3	113	259
260	0:56:36	HILLMAN, Kate		F40-49	05:39.6	344	260
261	0:57:13	ROUGHLEY, Suzanne		F15-39	05:43.3	369	261
262	0:57:13	CRAY, Janet		F40-49	05:43.3	368	262
263	0:57:19	GEDGE, Laura		F15-39	05:43.9	353	263
264	0:57:28	STAINES, Julie		F50-59	05:44.8	328	264
265	0:57:31	OSBORNE, Oz		M15-39	05:45.1	17	265
266	0:57:39	DAVIES, Ruth		F40-49	05:45.9	256	266
267	0:57:40	DAVIES, Andrew		M40-49	05:46.0	204	267
268	0:57:44	SMITH, Sheila		F50-59	05:46.4	314	268
269	0:57:46	ROSE, Lorna		F15-39	05:46.6	324	269
270	0:57:54	ASHTON, Anthony		M15-39	05:47.4	203	270
271	0:58:03	THOULESS, Colin	Norwich Road Runners	M60+	05:48.3	52	271
272	0:58:22	NEAVE, Marianne	Norfolk Gazelles	F15-39	05:50.2	286	272
273	0:58:24	HAWKSHAW, Catherine		F40-49	05:50.4	268	273
274	0:58:35	BULTZ, Sarah		F15-39	05:51.5	339	274
275	0:58:38	GEDGE, Daniel		M40-49	05:51.8	210	275
276	0:58:39	KEMP, William		M15-39	05:51.9	122	276
277	0:58:42	BEWSEY, Linda		F40-49	05:52.2	292	277
278	0:58:52	HOWLETT, Leanne		F15-39	05:53.2	265	278
279	0:58:59	WEBSDALE, Steve	Norwich Road Runners	M40-49	05:53.9	45	279
280	0:59:00	HEEL, Peter		M15-39	05:54.0	4	280
281	0:59:33	FOYE, Susan	North Norfolk Beach Runners	F40-49	05:57.3	293	281
282	0:59:37	ALFORD, Karen		F40-49	05:57.7	346	282
283	0:59:58	HARRISON, Peter	Great Yarmouth Road Runners	M60+	05:59.8	47	283
284	1:00:22	HOWELL, Richard		M15-39	06:02.2	217	284
285	1:00:28	SEAL, Jessica		F15-39	06:02.8	337	285
286	1:00:29	WYATT, Robert		M40-49	06:02.9	152	286
287	1:00:38	DAVIS, Kerry	Trianglia	F15-39	06:03.8	312	287
288	1:00:45	JERMYN, Suzy		F15-39	06:04.5	300	288
289	1:00:57	STEWART, Angela		F40-49	06:05.7	336	289
290	1:01:00	HORNE, Emma		F15-39	06:06.0	321	290
291	1:01:36	ROBINSON, David		M15-39	06:09.6	121	291
292	1:01:40	EGMORE, Jenni	Reepham Runners	F15-39	06:10.0	267	292
293	1:02:12	BOGGIS, Donna		F15-39	06:13.2	360	293
294	1:02:17	WRIGHT, Lucy-Nicola	Wymondham Athletic Club	F15-39	06:13.7	338	294
295	1:02:21	LADUSANS, Imant		M50-59	06:14.1	81	295
296	1:02:24	SCUTTER, Tim		M15-39	06:14.4	132	296
297	1:02:26	ENGLAND, Maureen	Great Yarmouth District AC	F60+	06:14.6	309	297
298	1:02:27	OWEN, David		M50-59	06:14.7	145	298
299	1:02:40	BARKER, Lindsay		F40-49	06:16.0	356	299
300	1:02:43	CLARK, Suzanne		F15-39	06:16.3	355	300
301	1:02:52	SULLIVAN, Genette	Norwich Road Runners	F40-49	06:17.2	341	301
302	1:03:46	MCCARTHY, Patricia	City of Norwich AC	F15-39	06:22.6	301	302
303	1:03:47	HOWATSON, Kate		F15-39	06:22.7	259	303
304	1:04:19	RENSHAW, Diane	Dereham Runners AC	F40-49	06:25.9	318	304
305	1:04:23	LARKE, Wendy		F40-49	06:26.3	270	305
306	1:04:29	HAGGARTY, Elaine	Great Yarmouth District AC	F50-59	06:26.9	316	306
307	1:04:41	SPONG, Albert	Great Yarmouth Road Runners	M60+	06:28.1	101	307
308	1:04:44	WILSON, Gary		M50-59	06:28.4	151	308
309	1:04:58	GODDARD, Claire		F15-39	06:29.8	266	309
310	1:05:32	OAKLEY, Kim		F40-49	06:33.2	357	310
311	1:05:33	GOODWIN, Denise	Great Yarmouth District AC	F40-49	06:33.3	297	311
312	1:05:48	BANFILL, Helen		F15-39	06:34.8	322	312
313	1:06:46	QUARMBY, Julia		F15-39	06:40.6	289	313
314	1:07:18	FLATMAN, Katie		F15-39	06:43.8	264	314
315	1:09:25	HARDMAN, Sallie		F40-49	06:56.5	311	315
316	1:10:32	COPELAND, Maurice	North Norfolk Beach Runners	M60+	07:03.2	126	316
317	1:11:03	SMITH, Sue		F40-49	07:06.3	365	317
318	1:11:25	OWEN, Tina		F40-49	07:08.5	281	318

319	1:12:51	BEAUMONT, Jonathan		M50-59	07:17.1	76	319
320	1:13:29	BRIGHTMAN, Pat	Great Yarmouth District AC	F50-59	07:20.9	329	320
321	1:15:08	TAYLOR, Glenda	Stowmarket Striders	F50-59	07:30.8	302	321