

# Norwich Union Trowse 10k - 16 April 2006

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
1	0:33:06	BAILEY, Iain	City of Norwich AC	Men 15-39	03:18.6	260	1
2	0:34:31	ARNOLD, Nigel	Norfolk Gazelles	Men 45-49	03:27.1	238	2
3	0:34:39	JORDAN, Richard	Stowmarket Striders	Men 45-49	03:27.9	97	3
4	0:34:44	ROBINSON, Steven	St Edmund Pacers	Men 15-39	03:28.4	227	4
5	0:35:16	TUDDENHAM, Robin	Serpentine Running Club	Men 15-39	03:31.6	49	5
6	0:35:31	WHITEHEAD, Andrew		Men 15-39	03:33.1	185	6
7	0:35:48	WATERLOW, Amy	Sale Harriers	Ladies 15-39	03:34.8	184	7
8	0:36:43	HOUGHTON, Andrew		Men 45-49	03:40.3	29	8
9	0:36:54	WALPOLE, Andrew	Norwich Road Runners	Men 15-39	03:41.4	75	9
10	0:37:04	COLLINSON, Mark		Men 15-39	03:42.4	211	10
11	0:38:07	YOUNGS, Kevin	Norfolk Gazelles	Men 55-59	03:48.7	208	11
12	0:38:25	AUGER, Peter		Men 15-39	03:50.5	45	12
13	0:38:37	PRESTON, Andrew	Wymondham AC	Men 40-44	03:51.7	202	13
14	0:38:54	HAYES, Richard		Men 15-39	03:53.4	224	14
15	0:39:11	MILK, Oliver	Tri Anglia	Men 15-39	03:55.1	117	15
16	0:39:23	CROUCHER, Antony	Great Yarmouth Road	Men 15-39	03:56.3	37	16
17	0:39:28	HILLING, Richard	Waveney Valley AC	Men 45-49	03:56.8	174	17
18	0:39:31	DUNGAR, Amy	City of Norwich AC	Ladies 15-39	03:57.1	219	18
19	0:39:38	SPRAGG, Mike	Great Yarmouth Road	Men 55-59	03:57.8	225	19
20	0:39:39	LI-ROCCHI, Rosario		Men 15-39	03:57.9	239	20
21	0:40:01	WIGHTMAN, Paul	Wymondham AC	Men 40-44	04:00.1	61	21
22	0:40:04	WATERLOW, Lucy	Sale Harriers	Ladies 15-39	04:00.4	187	22
23	0:40:06	SIBLEY, Neil	Great Yarmouth Road	Men 40-44	04:00.6	309	23
24	0:40:19	GALLOP, Paul		Men 15-39	04:01.9	231	24
25	0:40:23	WILSON, Alan	St Albans Striders	Men 15-39	04:02.3	188	25
26	0:40:31	DAUGHERTY, Duane		Men 45-49	04:03.1	77	26
27	0:40:36	EMMETT, Lynn	City of Norwich AC	Ladies 15-39	04:03.6	116	27
28	0:40:41	HUDSON, Richard		Men 15-39	04:04.1	102	28
29	0:40:48	CHAMBERLAIN, Michael	Norwich Road Runners	Men 40-44	04:04.8	162	29
30	0:40:59	EMERY, Trevor	North Norfolk Beach Runners	Men 50-54	04:05.9	96	30
31	0:41:01	HAYES, Jim	North Norfolk Beach Runners	Men 60+	04:06.1	298	31
32	0:41:04	EVANS, Dr Mark	Tri Anglia	Men 15-39	04:06.4	22	32
33	0:41:13	BRIGGS, Robert	Windsor Slough Eton & Hounslow AC	Men 50-54	04:07.3	124	33
34	0:41:27	YEOMANS, Martin	Norwich Road Runners	Men 55-59	04:08.7	90	34
35	0:41:29	PURDY, Vincent	North Norfolk Beach Runners	Men 15-39	04:08.9	133	35
36	0:41:30	HANSON, Richard	Norwich Road Runners	Men 40-44	04:09.0	230	36
37	0:41:31	EDRIDGE, Darren		Men 15-39	04:09.1	197	37
38	0:41:33	ADCOCK, Trevor	Norfolk Gazelles	Men 55-59	04:09.3	176	38
39	0:41:35	KNIGHTS, Neville	Dereham Runners	Men 45-49	04:09.5	144	39
40	0:41:42	BUGG, Phil		Men 15-39	04:10.2	14	40
41	0:41:46	ROBINSON, Francis	Barnet & District	Men 45-49	04:10.6	237	41
42	0:41:48	GARRETT, Mark	Norwich Road Runners	Men 40-44	04:10.8	194	42
43	0:41:51	MASON, Shawn	Great Yarmouth & District AC	Men 15-39	04:11.1	137	43
44	0:42:01	QUIGLEY, Terry	North Norfolk Beach Runners	Men 55-59	04:12.1	220	44
45	0:42:10	HOUGHTON, David		Men 15-39	04:13.0	148	45
46	0:42:20	ROYSTON, John		Men 55-59	04:14.0	265	46
47	0:42:21	BURTON, Christopher		Men 15-39	04:14.1	84	47
48	0:42:33	REYNOLDS, Vicky	Wymondham AC	Ladies 15-39	04:15.3	58	48
49	0:42:39	CHAPMAN, Graham	Ely Runners	Men 45-49	04:15.9	56	49
50	0:42:39	MOORE, Ian		Men 15-39	04:15.9	43	50
51	0:42:49	HALL, Adrian		Men 40-44	04:16.9	246	51
52	0:42:58	ALFORD, Nicola	City of Norwich AC	Ladies 15-39	04:17.8	307	52
53	0:43:00	HARVEY, Roy	Wymondham AC	Men 40-44	04:18.0	181	53
54	0:43:08	VICKERS, David	Scunthorpe & District AC	Men 15-39	04:18.8	94	54
55	0:43:10	MILLIGAN, Iain	St Edmund Pacers	Men 15-39	04:19.0	118	55
56	0:43:13	HAZLETON, David	Wymondham AC	Men 45-49	04:19.3	130	56
57	0:43:19	DYE, Richard	Bungay Black Dog RC	Men 40-44	04:19.9	173	57
58	0:43:20	BATES, Steve		Men 15-39	04:20.0	250	58
59	0:43:20	POYNER, Clive	Reepham Runners	Men 40-44	04:20.0	51	59
60	0:43:24	BOWDEN, Nicholas	Reepham Runners	Men 50-54	04:20.4	142	60
61	0:43:34	THOLESS, Gavin	Norwich Road Runners	Men 15-39	04:21.4	203	61
62	0:43:45	STACEY, Martin	Yeovil Road Running Club	Men 45-49	04:22.5	269	62
63	0:43:46	JONES, Howard		Men 40-44	04:22.6	83	63
64	0:43:48	HEMPSTEAD, Barry	Eastern Vets	Men 60+	04:22.8	257	64
65	0:43:53	PHILO, Mark	Tri Anglia	Men 15-39	04:23.3	214	65
66	0:43:59	SMITH, Mike	Wymondham AC	Men 60+	04:23.9	135	66
67	0:44:06	CHORLEY, Chris	Bungay Black Dog RC	Men 40-44	04:24.6	26	67
68	0:44:07	COLE, Kraig		Men 15-39	04:24.7	299	68
69	0:44:19	AUGER, Stephen		Men 15-39	04:25.9	44	69
70	0:44:24	MATTHEWS, Eleanor	City of Norwich AC	Ladies 15-39	04:26.4	209	70
71	0:44:32	WHITELEY, Nigel		Men 40-44	04:27.2	15	71
72	0:44:33	POWELL, Darren	Tri Anglia	Men 15-39	04:27.3	12	72
73	0:44:44	BYE, Barry	Ryston Runners	Men 55-59	04:28.4	170	73

74	0:44:57	BURTON, Eddie	Wymondham AC	Men 40-44	04:29.7	207	74
75	0:45:15	CAWTE, Graham		Men 40-44	04:31.5	89	75
76	0:45:33	GAY, Christopher	Great Yarmouth & District AC	Men 40-44	04:33.3	243	76
77	0:45:55	HARDIMAN, Mark		Men 15-39	04:35.5	32	77
78	0:45:56	WILKINSON, Andrew		Men 15-39	04:35.6	279	78
79	0:45:56	BROOKS, Kyle	Norfolk Gazelles	Men 15-39	04:35.6	91	79
80	0:45:59	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	04:35.9	248	80
81	0:46:09	DENNISON, Tricia	St Edmund Pacers	Ladies 45-49	04:36.9	20	81
82	0:46:10	HATCH, Alison		Ladies 40-44	04:37.0	278	82
83	0:46:11	BROWNE, Tom		Men 40-44	04:37.1	55	83
84	0:46:16	SHAVE, Neal		Men 15-39	04:37.6	147	84
85	0:46:19	MORTON, Tim	Bungay Black Dog RC	Men 45-49	04:37.9	34	85
86	0:46:23	HURREN, Sharon	Wymondham AC	Ladies 15-39	04:38.3	24	86
87	0:46:27	MILNES, Chris	Ryston Runners	Men 45-49	04:38.7	268	87
88	0:46:28	WOODS, Ian	Norfolk Gazelles	Men 45-49	04:38.8	249	88
89	0:46:33	COOPER, Dale	Wymondham AC	Men 45-49	04:39.3	80	89
90	0:46:35	QUINNELL, Naomi	City of Norwich AC	Ladies 15-39	04:39.5	262	90
91	0:46:35	ROGER, Stuart		Men 15-39	04:39.5	263	91
92	0:46:41	MAWER, Roger	Lowestoft Road Runners	Men 60+	04:40.1	277	92
93	0:46:41	NORMAN, Pauline	Lowestoft Road Runners	Ladies 55-59	04:40.1	276	93
94	0:46:52	BRUNTON, Dave		Men 40-44	04:41.2	69	94
95	0:46:54	CLARK, Marie	Norwich Road Runners	Ladies 15-39	04:41.4	232	95
96	0:47:00	MANLY, Veronica	Wymondham AC	Ladies 55-59	04:42.0	273	96
97	0:47:10	ROSE, Nick		Men 40-44	04:43.0	295	97
98	0:47:11	EGLIN, Paul		Men 15-39	04:43.1	252	98
99	0:47:16	CUSHING, Sally	Norwich Road Runners	Ladies 40-44	04:43.6	191	99
100	0:47:41	BRADLEY, Alan	Norwich Road Runners	Men 40-44	04:46.1	140	100
101	0:47:51	OLIVER, John		Men 50-54	04:47.1	308	101
102	0:47:52	ARMSTRONG, Donna	City of Norwich AC	Ladies 15-39	04:47.2	112	102
103	0:47:53	POLLEY, Richard	City of Norwich AC	Men 45-49	04:47.3	196	103
104	0:47:55	HEATH, Anthony	North Norfolk Beach Runners	Men 55-59	04:47.5	175	104
105	0:48:00	REES, Will		Men 15-39	04:48.0	85	105
106	0:48:01	JOHNSON, Andrew		Men 15-39	04:48.1	38	106
107	0:48:02	HARDIMAN, Andrea		Ladies 15-39	04:48.2	31	107
108	0:48:08	ASTLEY, Robert		Men 15-39	04:48.8	275	108
109	0:48:09	TIDY, Mark		Men 40-44	04:48.9	156	109
110	0:48:11	MILLS, Lorraine	Stowmarket Striders	Ladies 15-39	04:49.1	296	110
111	0:48:24	SPONG, Carole	Great Yarmouth Road	Ladies 60+	04:50.4	177	111
112	0:48:26	PHILLIPS, Dean	Wymondham AC	Men 15-39	04:50.6	120	112
113	0:48:28	DURRANT, Jude		Ladies 15-39	04:50.8	272	113
114	0:48:33	LLOYD, Trevor		Men 60+	04:51.3	27	114
115	0:48:36	BEAR, Angie	Wymondham AC	Ladies 45-49	04:51.6	180	115
116	0:48:51	CHASE, Thomas		Men 15-39	04:53.1	288	116
117	0:48:51	CHASE, Daniel		Men 15-39	04:53.1	287	117
118	0:48:52	DYER, Teresa		Ladies 45-49	04:53.2	88	118
119	0:48:55	CHASE, James		Men 40-44	04:53.5	286	119
120	0:48:58	WOODHOUSE, Gill	Dereham Runners	Ladies 55-59	04:53.8	11	120
121	0:49:14	BIRD, Russell	Norfolk Gazelles	Men 45-49	04:55.4	236	121
122	0:49:19	LARKE, Patrick		Men 45-49	04:55.9	192	122
123	0:49:22	GHEYI, Sanjay	Tri Anglia	Men 40-44	04:56.2	159	123
124	0:49:25	SAINES, Rob	North Norfolk Beach Runners	Men 60+	04:56.5	36	124
125	0:49:29	KEEBLE, John	Diss AC	Men 55-59	04:56.9	165	125
126	0:49:41	BROWN, Hannah	Bungay Black Dog RC	Ladies 15-39	04:58.1	291	126
127	0:49:44	HORREX, Trevor	Norwich Road Runners	Men 45-49	04:58.4	87	127
128	0:49:45	BRUNTON, Terry		Ladies 15-39	04:58.5	68	128
129	0:50:00	MOORE, John		Men 45-49	05:00.0	304	129
130	0:50:01	WRIGHT, Paul		Men 50-54	05:00.1	70	130
131	0:50:02	STEVENS, Tracey		Ladies 15-39	05:00.2	132	131
132	0:50:03	FREEMAN, Jane		Ladies 45-49	05:00.3	152	132
133	0:50:12	POPE, Philip		Men 15-39	05:01.2	99	133
134	0:50:26	EVANS, Rob	City of Norwich AC	Men 15-39	05:02.6	103	134
135	0:50:31	CLARK, Peter		Men 45-49	05:03.1	59	135
136	0:50:35	PUNT, David	Bungay Black Dog RC	Men 50-54	05:03.5	115	136
137	0:50:37	DALY, Shaun		Men 45-49	05:03.7	306	137
138	0:50:38	WILLSON, David		Men 40-44	05:03.8	205	138
139	0:50:40	LAURIER, Phillip	Lowestoft Road Runners	Men 55-59	05:04.0	168	139
140	0:50:51	HALL, Daniel		Men 15-39	05:05.1	245	140
141	0:50:55	HYSLOP, Duncan		Men 15-39	05:05.5	106	141
142	0:51:07	FRASER, Susan	Great Yarmouth & District AC	Ladies 45-49	05:06.7	241	142
143	0:51:10	HANNANT, Paul		Men 15-39	05:07.0	110	143
144	0:51:20	COOPER, Louis	Wymondham AC	Men 60+	05:08.0	21	144
145	0:51:21	BROSTER, Linsey	Dereham Runners	Ladies 15-39	05:08.1	128	145
146	0:51:34	DOYLE, Martin		Men 15-39	05:09.4	267	146
147	0:51:38	EGMORE, Jenni	Reepham Runners	Ladies 15-39	05:09.8	240	147
148	0:51:39	BARTRUM, Laurence		Men 15-39	05:09.9	153	148
149	0:51:43	MOORE, Juliet	Wymondham AC	Ladies 15-39	05:10.3	285	149
150	0:51:45	SCARFE, Robert	Wymondham AC	Men 50-54	05:10.5	82	150
151	0:51:51	SAUERZAPF, Bobbie	Bungay Black Dog RC	Ladies 45-49	05:11.1	25	151
152	0:52:13	SPINKS, Roger	Ipswich Jaffa	Men 60+	05:13.3	141	152
153	0:52:15	GILHAM, Richard		Men 40-44	05:13.5	171	153

154	0:52:17	POTTER, Judy	Bungay Black Dog RC	Ladies 60+	05:13.7	222	154
155	0:52:21	JACK, Stuart		Men 50-54	05:14.1	28	155
156	0:52:24	FOUKLES, Claire	North Norfolk Beach Runners	Ladies 15-39	05:14.4	274	156
157	0:52:33	THEOBALD, James		Men 15-39	05:15.3	39	157
158	0:52:33	MCLEOD, David		Men 15-39	05:15.3	40	158
159	0:52:34	ROWE, Peter		Men 15-39	05:15.4	41	159
160	0:52:34	HILTON, Simon		Men 40-44	05:15.4	42	160
161	0:52:37	HOWE, David		Men 55-59	05:15.7	199	161
162	0:52:38	ROSE, Lorna		Ladies 15-39	05:15.8	294	162
163	0:52:39	WAIT, Suzanne		Ladies 15-39	05:15.9	292	163
164	0:52:52	COX, Natasha		Ladies 15-39	05:17.2	145	164
165	0:53:03	MCEWEN, Rebecca		Ladies 15-39	05:18.3	57	165
166	0:53:03	JONES, Anna		Ladies 15-39	05:18.3	73	166
167	0:53:09	SIMPSON, Dennis	Norwich Road Runners	Men 45-49	05:18.9	101	167
168	0:53:10	COX, Vernon		Men 45-49	05:19.0	146	168
169	0:53:16	SAYER, Pauline		Ladies 50-54	05:19.6	19	169
170	0:53:18	HARROP, Jackie	Norfolk Gazelles	Ladies 40-44	05:19.8	270	170
171	0:53:21	CLARK, Neil		Men 15-39	05:20.1	233	171
172	0:53:22	O'NEILL, Jacqui		Ladies 15-39	05:20.2	151	172
173	0:53:22	MURPHY-BARNES, Karl		Men 15-39	05:20.2	215	173
174	0:53:23	KENNELLY, Julia	Wymondham AC	Ladies 15-39	05:20.3	64	174
175	0:53:31	MAY, Melvin	Norwich Road Runners	Men 45-49	05:21.1	131	175
176	0:53:32	LANGFORD, Tony		Men 50-54	05:21.2	282	176
177	0:53:43	EGLLEN, Roger	Eastern Vets	Men 60+	05:22.3	253	177
178	0:53:44	MARKS, David	Norwich Road Runners	Men 15-39	05:22.4	164	178
179	0:53:47	BRADLEY, Sarah	Norwich Road Runners	Ladies 40-44	05:22.7	139	179
180	0:53:51	O'LEARY, Ann	Great Yarmouth Road	Ladies 50-54	05:23.1	251	180
181	0:53:57	BRIGGS, Suzanne	Woodstock Harriers	Ladies 45-49	05:23.7	123	181
182	0:54:05	MONEY, Marie	City of Norwich AC	Ladies 15-39	05:24.5	201	182
183	0:54:11	NEAVE, Philip	Bungay Black Dog RC	Men 55-59	05:25.1	23	183
184	0:54:18	DAUGAARD-HANSEN, Hannah		Ladies 15-39	05:25.8	125	184
185	0:54:20	ITHELL, Mark	Dereham Runners	Men 15-39	05:26.0	221	185
186	0:54:23	STEWART, Diane		Ladies 45-49	05:26.3	212	186
187	0:54:25	PALMER, Stuart		Men 15-39	05:26.5	17	187
188	0:54:27	SEJERSEN, Gitte		Ladies 15-39	05:26.7	143	188
189	0:54:40	WILSON, Russell		Men 15-39	05:28.0	126	189
190	0:54:43	WARREN, Peter	Dulwich Runners	Men 50-54	05:28.3	60	190
191	0:54:46	BARLOW, Kate	Wymondham AC	Ladies 50-54	05:28.6	134	191
192	0:54:47	MATTHEWS, Susan	Bungay Black Dog RC	Ladies 45-49	05:28.7	86	192
193	0:54:48	MORTON, Alison	Bungay Black Dog RC	Ladies 40-44	05:28.8	33	193
194	0:55:03	NEAVE, Marianne	Norfolk Gazelles	Ladies 15-39	05:30.3	226	194
195	0:55:27	DONOVAN, Clare		Ladies 15-39	05:32.7	284	195
196	0:55:30	GARRETT, Julie	Norwich Road Runners	Ladies 15-39	05:33.0	195	196
197	0:55:32	GRAVELING, Anne		Ladies 50-54	05:33.2	300	197
198	0:55:34	HARRISON, Peter	Great Yarmouth Road	Men 60+	05:33.4	190	198
199	0:55:45	LUBBOCK, Sandra		Ladies 40-44	05:34.5	166	199
200	0:55:51	ROWLAND, Ian		Men 15-39	05:35.1	154	200
201	0:56:00	SALMON, Helen		Ladies 40-44	05:36.0	13	201
202	0:56:01	SYMONDS, Lisa		Ladies 15-39	05:36.1	108	202
203	0:56:03	TAYLOR, Stephen		Men 50-54	05:36.3	189	203
204	0:56:03	BLOOMFIELD, Christine	Norfolk Gazelles	Ladies 45-49	05:36.3	62	204
205	0:56:04	SPONG, Albert	Great Yarmouth Road	Men 60+	05:36.4	178	205
206	0:56:05	STEVENS, Jane		Ladies 45-49	05:36.5	122	206
207	0:56:47	BARKER, Lindsay		Ladies 40-44	05:40.7	65	207
208	0:56:49	BERMEL, Joe		Men 15-39	05:40.9	247	208
209	0:56:53	BURTON, Tony		Men 55-59	05:41.3	18	209
210	0:56:56	WOODWARD, Lisa	Norwich Road Runners	Ladies 15-39	05:41.6	198	210
211	0:57:03	FARROW, Linda	Norfolk Gazelles	Ladies 55-59	05:42.3	161	211
212	0:57:04	HARRIS, Ellena		Ladies 15-39	05:42.4	258	212
213	0:57:05	FRASER, Alec	North Norfolk Beach Runners	Men 60+	05:42.5	136	213
214	0:57:06	JUPP, Orla		Ladies 15-39	05:42.6	264	214
215	0:57:07	HUGHES, Laura		Ladies 15-39	05:42.7	46	215
216	0:57:11	BURTON, Diane	Wymondham AC	Ladies 45-49	05:43.1	206	216
217	0:57:19	TURNER, Nick		Men 15-39	05:43.9	157	217
218	0:57:20	DAY, Jill	Great Yarmouth Road	Ladies 15-39	05:44.0	47	218
219	0:57:23	NICHOLLS, Sally	Bungay Black Dog RC	Ladies 45-49	05:44.3	223	219
220	0:57:28	FIRTH, Emma		Ladies 15-39	05:44.8	155	220
221	0:57:31	DICKERSON, John	Garden City Joggers	Men 50-54	05:45.1	200	221
222	0:57:36	FOYE, Susan	North Norfolk Beach Runners	Ladies 45-49	05:45.6	255	222
223	0:57:45	WYATT, Carole		Ladies 45-49	05:46.5	281	223
224	0:57:50	SMITH, Sheila		Ladies 50-54	05:47.0	256	224
225	0:57:52	SEAL, Jessica		Ladies 15-39	05:47.2	79	225
226	0:58:08	LEES, Ivan	Bungay Black Dog RC	Men 50-54	05:48.8	100	226
227	0:58:14	REEVES, Emma		Ladies 15-39	05:49.4	280	227
228	0:58:28	THOULESS, Colin	Norwich Road Runners	Men 60+	11:50.8	204	228
229	0:58:59	BAKER, Amy	City of Norwich AC	Ladies 15-39	05:53.9	150	229
230	0:59:08	MCCARTHY, Trish	City of Norwich AC	Ladies 15-39	05:54.8	104	230
231	0:59:34	LOCKHEAD, Grant		Men 15-39	05:57.4	93	231
232	0:59:34	PARNELL, Kristy		Ladies 15-39	05:57.4	92	232
233	0:59:44	STILES, Lindsay		Ladies 45-49	05:58.4	261	233

234	0:59:45	COUGHLAN, Clare		Ladies 15-39	05:58.5	266	234
235	1:00:08	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	06:00.8	229	235
236	1:01:05	HARBORD, Chris	Great Yarmouth Road	Men 60+	06:06.5	254	236
237	1:01:40	SHANNON, Kelly	City of Norwich AC	Ladies 15-39	06:10.0	149	237
238	1:02:02	MCCARTNEY, Margaret		Ladies 45-49	06:12.2	305	238
239	1:02:02	WOOLNOUGH, Mike		Men 15-39	06:12.2	127	239
240	1:02:07	JERMYN, Lorna		Ladies 15-39	06:12.7	66	240
241	1:02:07	JERMYN, Suzy		Ladies 15-39	06:12.7	71	241
242	1:02:18	ENGLAND, Maureen	Great Yarmouth & District AC	Ladies 60+	06:13.8	271	242
243	1:02:25	PROTHEROE, Sallyann	Lowestoft Road Runners	Ladies 45-49	06:14.5	138	243
244	1:02:37	LARKE, Wendy		Ladies 40-44	06:15.7	193	244
245	1:02:44	JACKSON, Yvonne		Ladies 15-39	06:16.4	172	245
246	1:02:46	CLARK, Suzanne		Ladies 15-39	06:16.6	63	246
247	1:04:27	GENTLE, Amanda		Ladies 15-39	06:26.7	53	247
248	1:04:28	GENTLE, Raymond		Men 45-49	06:26.8	52	248
249	1:04:43	BANKS, Gordon		Men 15-39	06:28.3	218	249
250	1:05:13	NEW, Wendi	Lowestoft Road Runners	Ladies 15-39	06:31.3	186	250
251	1:05:16	NORTON, Sarah		Ladies 15-39	06:31.6	16	251
252	1:05:38	BEECH, Marie		Ladies 15-39	06:33.8	301	252
253	1:05:46	PIGG, Nina	Tri Anglia	Ladies 15-39	06:34.6	234	253
254	1:06:23	MILLER, Louis		Men 60+	06:38.3	290	254
255	1:06:53	HAGGARTY, Elaine	Great Yarmouth & District AC	Ladies 50-54	06:41.3	242	255
256	1:07:04	SOMERTON-EDWARDS, Fiona		Ladies 45-49	06:42.4	2	256
257	1:07:27	ROSE, Laura		Ladies 15-39	06:44.7	293	257
258	1:07:48	ROGERS, Rachel	Norfolk Gazelles	Ladies 15-39	06:46.8	48	258
259	1:08:10	PITMAN, Steve		Men 15-39	06:49.0	81	259
260	1:09:06	THOMSEN, Paula		Ladies 15-39	06:54.6	111	260
261	1:10:03	WEIGHT, Heidi		Ladies 15-39	07:00.3	158	261
262	1:15:42	POTTER, Tina	Tri Anglia	Ladies 45-49	07:34.2	297	262
263	1:16:24	TAYLOR, Glenda	Stowmarket Striders	Ladies 55-59	07:38.4	235	263

There were 263 finishers in the All Competitors category