

Trowse 10k - 12 April 2009 - individual results

Thanks very much to everyone who took part in this year's Trowse 10k; we hope you enjoyed it as much as we did. The next road race organised by City of Norwich AC is the Guy Fawkes 10k at Easton College on Friday 5 June 2009, start 7pm - please visit www.conac.org.uk for full details.

The next Trowse 10k will take place on 4 April 2010 and we look forward to seeing you again then if not before.

All the best.

Richard Polley
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Place	Time	Name	Team	Race Age Category	min/Km		
1	0:33:09	HENNESSY, Andrew	Wells City Harriers	M15-39	03:18.9	433	1
2	0:33:26	EARL, Nick	Reading AC	M15-39	03:20.6	170	2
3	0:33:42	TUDDENHAM, Robin	Serpentine Running Club	M40-44	03:22.2	220	3
4	0:34:17	DAVIES, Gavin	Ipswich Jaffa	M15-39	03:25.7	98	4
5	0:34:58	BIDDICK, Dominic	Cambridge University	M15-39	03:29.8	117	5
6	0:35:36	BLAKE, Dominic		M15-39	03:33.6	194	6
7	0:35:36	DORSETT, Will	North Norfolk Beach Runners	M15-39	03:33.6	355	7
8	0:35:39	DECKER, Helen	Ipswich Jaffa	F15-39	03:33.9	99	8
9	0:35:53	HALE, Francis	Norwich Road Runners	M40-44	03:35.3	407	9
10	0:36:00	YAXLEY, Mick	Norfolk Gazelles RC	M45-49	03:36.0	366	10
11	0:36:07	AUGER, Stephen		M15-39	03:36.7	362	11
12	0:36:12	WATSON, Robert		M45-49	03:37.2	67	12
13	0:36:27	ROONEY, Kevin	Tri Anglia	M40-44	03:38.7	435	13
14	0:36:59	KETT, Robert	North Norfolk Beach Runners	M15-39	03:41.9	367	14
15	0:37:02	CHANT, Ian	Long Eaton RC	M15-39	03:42.2	216	15
16	0:37:03	VIALLS, Tim		M45-49	03:42.3	393	16
17	0:37:09	JOHNS, Tony	Norwich Road Runners	M40-44	03:42.9	426	17
18	0:37:12	ROBINSON, Tony	Tri Anglia	M15-39	03:43.2	213	18
19	0:37:29	KILSBY, Jonathan	Barnet & District	M50-54	03:44.9	271	19
20	0:37:32	GRAY, Neil		M15-39	03:45.2	370	20
21	0:37:36	WINDLEY, Tristan	Springfield Striders	M15-39	03:45.6	414	21
22	0:38:01	MICHAEL, Des	Barnet & District	M55-59	03:48.1	386	22
23	0:38:03	PEIRSON, Collin	Orion Harriers	M45-49	03:48.3	270	23
24	0:38:18	CARR, Joe		M15-39	03:49.8	211	24
25	0:38:21	HANSON, Richard	Tri Anglia	M40-44	03:50.1	260	25
26	0:38:25	GARRETT, Mark	Norwich Road Runners	M45-49	03:50.5	356	26
27	0:38:40	TORRENS, Jamie	Serpentine Running Club	M15-39	03:52.0	159	27
28	0:38:53	TOWNSEND, Michael		M15-39	03:53.3	45	28
29	0:38:56	WILSON, Allen	St Albans Striders	M15-39	03:53.6	246	29
30	0:38:57	BAILEY, Cliff	Thetford AC	M45-49	03:53.7	22	30
31	0:38:58	EARL, Jonathan		M15-39	03:53.8	421	31
32	0:39:14	WOOD, Trevor		M40-44	03:55.4	185	32
33	0:39:15	WATERLOW, Lucy	St Albans Striders	F15-39	03:55.5	245	33
34	0:39:27	RUDLAND, L	Ipswich Jaffa	M15-39	03:56.7	222	34
35	0:39:31	MEAKIN, Adam		M15-39	03:57.1	191	35
36	0:39:38	BROOKSHAW, Paul	Great Yarmouth Road Runners	M45-49	03:57.8	28	36
37	0:39:42	HUME, Neil		M15-39	03:58.2	304	37
38	0:39:47	LEVERSEDGE, John	Enfield & Haringey AC	M50-54	03:58.7	204	38
39	0:39:55	HOUGHTON, Andrew		M50-54	03:59.5	299	39
40	0:39:58	HART, David	City of Norwich AC	M40-44	03:59.8	65	40
41	0:40:08	BRIGHTY, Josh	Norwich Road Runners	M15-39	04:00.8	427	41
42	0:40:16	SCOTT, Leslie	Ryston Runners	M50-54	04:01.6	317	42
43	0:40:18	WATERLOW, Roy		M55-59	04:01.8	247	43
44	0:40:23	LO, Kim	Haywards Heath Harriers	F15-39	04:02.3	229	44
45	0:40:28	AULT, Chris		M15-39	04:02.8	8	45
46	0:40:29	MERRYWEST, Mark		M15-39	04:02.9	413	46
47	0:40:34	BOWER, Phillip	Thetford AC	M50-54	04:03.4	343	47
48	0:40:38	HALL, Samuel	Norwich Road Runners	M15-39	04:03.8	161	48
49	0:40:53	HIGH, Richard	Norwich Road Runners	M15-39	04:05.3	256	49
50	0:40:56	RIJPSTRA, Seb		M15-39	04:05.6	403	50
51	0:41:02	CASSELS, Paul	RAF Triathlon	M15-39	04:06.2	334	51
52	0:41:04	THOMAS, Ian	Uknetrunner.co.uk	M45-49	04:06.4	21	52
53	0:41:13	HARRIS, Edward		M15-39	04:07.3	126	53
54	0:41:15	SADLER, Michael	North Norfolk Beach Runners	M45-49	04:07.5	165	54
55	0:41:16	PINNELL, John		M40-44	04:07.6	205	55
56	0:41:23	BUSSEY, Peter	Norwich Road Runners	M45-49	04:08.3	402	56
57	0:41:28	COLBY, Patrick		M15-39	04:08.8	384	57
58	0:41:31	POND, Andrew	Norwich Road Runners	M40-44	04:09.1	390	58
59	0:41:34	DAUGHERTY, Duane		M45-49	04:09.4	341	59
60	0:41:38	JAMES, Robert	Bungay Black Dog RC	M15-39	04:09.8	253	60

61	0:41:41	REED, Stephen		M40-44	04:10.1	236	61
62	0:41:45	ELY, Steve	Coltishall Jaguars	M15-39	04:10.5	352	62
63	0:41:51	DADY, Stephen		M55-59	04:11.1	131	63
64	0:42:07	MCARDLE, Paul		M40-44	04:12.7	139	64
65	0:42:10	CHORLEY, Chris	Bungay Black Dog RC	M45-49	04:13.0	78	65
66	0:42:13	WRIGHT, Carl	Norwich Road Runners	M45-49	04:13.3	262	66
67	0:42:13	CROFTS, Tanya	Wymondham AC	F15-39	04:13.3	354	67
68	0:42:18	FERGUSON, Lindsay	Newport & District RC	F15-39	04:13.8	397	68
69	0:42:21	WILKINSON, Louise	City of Norwich AC	F45-49	04:14.1	332	69
70	0:42:28	BIRD, Steve	City of Norwich AC	M40-44	04:14.8	196	70
71	0:42:32	HARRISON, Paul	Dereham Runners	M50-54	04:15.2	424	71
72	0:42:35	PASK, Matthew	Norwich Road Runners	M40-44	04:15.5	324	72
73	0:42:43	WHISTON, Arthur	Colchester Harriers	M55-59	04:16.3	385	73
74	0:42:49	HARRIS, Robert		M15-39	04:16.9	408	74
75	0:42:50	WILSON, Charlie		M15-39	04:17.0	39	75
76	0:43:03	JACOBS, John		M15-39	04:18.3	171	76
77	0:43:04	CALLABY, Ryan	North Norfolk Beach Runners	M15-39	04:18.4	368	77
78	0:43:05	ROBERTS, James		M15-39	04:18.5	415	78
79	0:43:07	SECKER, Gary	City of Norwich AC	M45-49	04:18.7	382	79
80	0:43:14	HALL, Alex	Norwich Road Runners	M15-39	04:19.4	259	80
81	0:43:17	STAUNTON, Louise	Ipswich Jaffa	F15-39	04:19.7	223	81
82	0:43:18	BOWEN, Andrew	Norwich Road Runners	M15-39	04:19.8	173	82
83	0:43:23	BARNHAM, Matthew		M15-39	04:20.3	297	83
84	0:43:25	BULL, Rachel		F15-39	04:20.5	208	84
85	0:43:27	FIRMAGE, Paul	Ryston Runners	M50-54	04:20.7	499	85
86	0:43:29	ALLAKER, Julian	Norwich Road Runners	M15-39	04:20.9	160	86
87	0:43:37	APPLETON, Emma	Norwich Road Runners	F15-39	04:21.7	430	87
88	0:43:42	BRIGHTY, Keith	Norwich Road Runners	M45-49	04:22.2	418	88
89	0:43:46	MORTON, Tim	Bungay Black Dog RC	M45-49	04:22.6	129	89
90	0:43:53	FRARY, Matt		M40-44	04:23.3	429	90
91	0:43:55	MAHONEY, Chris		M15-39	04:23.5	298	91
92	0:44:03	BOWEN, Chris		M15-39	04:24.3	307	92
93	0:44:07	HAUGHTON, David		M15-39	04:24.7	363	93
94	0:44:09	RUSSELL, Geoff	Royston Runners	M60-64	04:24.9	154	94
95	0:44:12	YEOMANS, Martin	Norwich Road Runners	M55-59	04:25.2	498	95
96	0:44:22	DAVIES, Kate	West Norfolk AC	F15-39	04:26.2	192	96
97	0:44:23	BURTON, Howard	Coltishall Jaguars	M40-44	04:26.3	143	97
98	0:44:24	BURTON, Eddie	Wymondham AC	M40-44	04:26.4	258	98
99	0:44:26	COOK, Lee		M15-39	04:26.6	142	99
100	0:44:27	LADDIMAN, Peter	Norfolk Constabulary	M50-54	04:26.7	371	100
101	0:44:30	LLOYD-WILLIAMS, George		M15-39	04:27.0	224	101
102	0:44:30	GODWIN, Lisa	Norwich Road Runners	F15-39	04:27.0	15	102
103	0:44:31	GRAND, Adie	Norwich Road Runners	M40-44	04:27.1	389	103
104	0:44:35	METTERS, Paul	Dereham Runners	M15-39	04:27.5	347	104
105	0:44:44	HARVEY, Roy	Wymondham AC	M45-49	04:28.4	319	105
106	0:44:49	LINSTEAD, Tim		M40-44	04:28.9	105	106
107	0:44:52	SMITH, Simon		M15-39	04:29.2	292	107
108	0:45:07	PRICE, Tom		M15-39	04:30.7	422	108
109	0:45:11	ELLIS, Vince	City of Norwich AC	M50-54	04:31.1	321	109
110	0:45:18	GODWARD, Danny		M15-39	04:31.8	166	110
111	0:45:27	DACK, Oliver		M15-39	04:32.7	434	111
112	0:45:27	WILLIAMSON, John		M50-54	04:32.7	404	112
113	0:45:30	CHRISTIAN, Jenny	Wymondham AC	F50-54	04:33.0	241	113
114	0:45:32	EARL, Matthew		M15-39	04:33.2	132	114
115	0:45:34	DUNWELL, Nicholas		M15-39	04:33.4	266	115
116	0:45:42	CRUTCHLEY, Ian	Wymondham AC	M40-44	04:34.2	308	116
117	0:45:47	PLAYFORD, Chris	West Norfolk AC	M40-44	04:34.7	83	117
118	0:45:52	O'HARA, Jonathan		M40-44	04:35.2	198	118
119	0:45:56	HOWES, Matt		M15-39	04:35.6	113	119
120	0:46:01	PEACH, Mark	Great Yarmouth Road Runners	M15-39	04:36.1	146	120
121	0:46:03	FOX, Nigel	Spa Striders	M45-49	04:36.3	261	121
122	0:46:08	BAYNE, Graham		M15-39	04:36.8	398	122
123	0:46:11	CASSIDY, Vincent		M15-39	04:37.1	400	123
124	0:46:12	SAUNDERS, Mark		M40-44	04:37.2	395	124
125	0:46:16	ALLEN, Charles	Burnham Joggers	M45-49	04:37.6	278	125
126	0:46:16	DOBSON, Tom		M15-39	04:37.6	327	126
127	0:46:16	BANIM, Paul		M15-39	04:37.6	328	127
128	0:46:21	COOPER, Dale	Wymondham AC	M45-49	04:38.1	359	128
129	0:46:25	GOODCHILD, Andrew		M40-44	04:38.5	50	129
130	0:46:31	HAZLETON, Richard		M15-39	04:39.1	330	130
131	0:46:34	OGDEN, Mark		M15-39	04:39.4	310	131
132	0:46:36	BELL, Tom		M15-39	04:39.6	357	132
133	0:46:42	CARTER, Matthew		M15-39	04:40.2	108	133
134	0:46:48	BRADLEY, Sarah	Norwich Road Runners	F45-49	04:40.8	200	134
135	0:46:51	ALFORD, Colin		M45-49	04:41.1	116	135
136	0:46:54	ARMES, Michael	Norwich Road Runners	M40-44	04:41.4	358	136
137	0:46:55	WILKINSON, Chris		M15-39	04:41.5	100	137
138	0:46:57	MEDLAND, Dan		M15-39	04:41.7	118	138
139	0:47:02	FORKES, John	Eastern Vets	M60-64	04:42.2	217	139
140	0:47:06	CARTER, Nathan		M15-39	04:42.6	110	140
141	0:47:10	DURRANT, Jude		F40-44	04:43.0	293	141

142	0:47:13	NIGHTINGALE, Simon		M15-39	04:43.3	175	142
143	0:47:18	BAKER, Stephen	Tri Anglia	M45-49	04:43.8	300	143
144	0:47:20	EDWARDS, Ian		M15-39	04:44.0	150	144
145	0:47:22	GOODWIN, David	Great Yarmouth & District AC	M50-54	04:44.2	93	145
146	0:47:22	PITCHER, Guy	Reepham Runners	M40-44	04:44.2	285	146
147	0:47:22	JARVIS, Ian	North Norfolk Beach Runners	M40-44	04:44.2	333	147
148	0:47:25	PARKE, Matthew		M15-39	04:44.5	311	148
149	0:47:30	GEE, Kevin	Norwich Road Runners	M45-49	04:45.0	320	149
150	0:47:30	LAKE, Todd		M45-49	04:45.0	138	150
151	0:47:40	DODSWORTH, Tracy	Wymondham AC	F15-39	04:46.0	312	151
152	0:47:43	TURNER, Darwin	Norwich Road Runners	M15-39	04:46.3	419	152
153	0:47:49	BULL, Michelle	Norwich Road Runners	F15-39	04:46.9	274	153
154	0:47:49	CUMBERS, Helen		F15-39	04:46.9	7	154
155	0:47:51	EASTER, Arron		M15-39	04:47.1	420	155
156	0:47:53	STEPHENSON, Andrew		M15-39	04:47.3	251	156
157	0:47:54	SKIGGS, Andrew		M15-39	04:47.4	215	157
158	0:47:54	DEWSNAP, Eve		F15-39	04:47.4	406	158
159	0:48:02	BUDDS, Roger	Norwich Road Runners	M60-64	04:48.2	340	159
160	0:48:06	LYONS, Zoe		F15-39	04:48.6	122	160
161	0:48:06	BALL, Martyn		M15-39	04:48.6	26	161
162	0:48:10	ALBOROUGH, Maria		F15-39	04:49.0	197	162
163	0:48:12	KIRKHAM, Anna		F15-39	04:49.2	360	163
164	0:48:15	ELLIS, Matt	Lowestoft Road Runners	M15-39	04:49.5	172	164
165	0:48:17	ROSE, Nick		M40-44	04:49.7	372	165
166	0:48:19	ALLMAN, Helen		F15-39	04:49.9	410	166
167	0:48:29	THAKE, Jemma		F15-39	04:50.9	133	167
168	0:48:33	BAGLEY, Mark	Wymondham AC	M15-39	04:51.3	195	168
169	0:48:39	BARKER, Louise	Wymondham AC	F15-39	04:51.9	314	169
170	0:48:41	GILHAM, Richard	Norfolk Gazelles RC	M45-49	04:52.1	140	170
171	0:48:47	MCINTOSH, Anya		F15-39	04:52.7	361	171
172	0:48:48	NATHAN, Andy		M15-39	04:52.8	268	172
173	0:48:51	BEAR, Angela	Wymondham AC	F50-54	04:53.1	318	173
174	0:48:53	COOKE, Sue	City of Norwich AC	F45-49	04:53.3	212	174
175	0:48:59	DOWDESWELL, Emma		F15-39	04:53.9	269	175
176	0:49:03	COLLYER, Richard	Coltishall Jaguars	M40-44	04:54.3	345	176
177	0:49:04	EARL, Andrew		M55-59	04:54.4	134	177
178	0:49:06	SAUERZAPF, Bobbie	Bungay Black Dog RC	F50-54	04:54.6	77	178
179	0:49:09	PAGE, Rick		M45-49	04:54.9	417	179
180	0:49:10	STACEY, Matthew		M15-39	04:55.0	54	180
181	0:49:10	WARD, Beres	City of Norwich AC	F50-54	04:55.0	169	181
182	0:49:19	RODWELL, Debbie		F45-49	04:55.9	53	182
183	0:49:22	BAKER, Matthew		M15-39	04:56.2	302	183
184	0:49:23	ALLEN, Alison	Burnham Joggers	F50-54	04:56.3	277	184
185	0:49:27	PILCH, Richard		M60-64	04:56.7	30	185
186	0:49:36	POXON, Martyn		M50-54	04:57.6	148	186
187	0:49:42	SMITH, Wendy	Norwich Road Runners	F45-49	04:58.2	316	187
188	0:49:49	EARL, Tim		M15-39	04:58.9	135	188
189	0:49:50	BLACKBURNE, Matthew		M15-39	04:59.0	86	189
190	0:49:57	HOUSE, Kevin		M15-39	04:59.7	237	190
191	0:49:57	HOUSE, Marie		F15-39	04:59.7	238	191
192	0:49:59	HARDMAN, Frances		F15-39	04:59.9	46	192
193	0:50:00	CLARK, David		M15-39	05:00.0	48	193
194	0:50:19	STACEY, Adam	Tri Anglia	M15-39	05:01.9	89	194
195	0:50:19	SANDERS, Kevin	Ivanhoe Runners	M50-54	05:01.9	411	195
196	0:50:19	WEBSTER-SANDERS, Judith	Ivanhoe Runners	F50-54	05:01.9	412	196
197	0:50:21	COLMAN, Ivan	Norwich Road Runners	M45-49	05:02.1	162	197
198	0:50:28	DAWSON, Lorraine	Great Yarmouth Road Runners	F45-49	05:02.8	153	198
199	0:50:32	CHELCHOWSKA, Agatha		F15-39	05:03.2	287	199
200	0:50:39	WHIPPS, James		M15-39	05:03.9	111	200
201	0:50:43	CHATTERN, Kim		F45-49	05:04.3	123	201
202	0:50:49	CLARK, Peter		M50-54	05:04.9	190	202
203	0:50:49	MORTON, Alison	Bungay Black Dog RC	F45-49	05:04.9	255	203
204	0:50:51	MARSH, Ron	Wymondham AC	M65+	05:05.1	242	204
205	0:50:53	BOWER, Laurence		M40-44	05:05.3	97	205
206	0:50:54	GODWIN, Joanna	Norwich Road Runners	F15-39	05:05.4	315	206
207	0:50:57	HAYES, Andrew		M15-39	05:05.7	203	207
208	0:50:59	PEIRSON, Julia	Dagenham 88	F40-44	05:05.9	281	208
209	0:51:04	WEBSDALE, Steve	Norwich Road Runners	M45-49	05:06.4	74	209
210	0:51:04	HOWLETT, Leanne	City of Norwich AC	F15-39	05:06.4	60	210
211	0:51:05	RANSOM, Jamie		M15-39	05:06.5	401	211
212	0:51:06	FEE, Brenda	Shaftesbury Barnet	F60-64	05:06.6	141	212
213	0:51:11	PROFFITT, Ed		M15-39	05:07.1	291	213
214	0:51:15	BLACKBURNE, Andy		M15-39	05:07.5	75	214
215	0:51:16	ARDEN, Jeff	Norfolk Gazelles RC	M50-54	05:07.6	14	215
216	0:51:19	PUNT, David	Bungay Black Dog RC	M50-54	05:07.9	254	216
217	0:51:28	SCOTT, Chris		M15-39	05:08.8	88	217
218	0:51:30	MOXON, Jon		M15-39	05:09.0	391	218
219	0:51:36	COPELAND, Jill	Norwich Road Runners	F50-54	05:09.6	264	219
220	0:51:38	FRASER, Sue	Great Yarmouth & District AC	F50-54	05:09.8	230	220
221	0:51:43	STOKES, Rob	Werrington Joggers	M40-44	05:10.3	32	221
222	0:51:45	RICHEs, Nick		M45-49	05:10.5	309	222

223	0:51:54	SPALDING, Hazel	Ipswich Jaffa	F50-54	05:11.4	392	223
224	0:51:55	SAINES, Rob	North Norfolk Beach Runners	M65+	05:11.5	228	224
225	0:51:58	MACDONALD, Liz		F40-44	05:11.8	47	225
226	0:52:00	OGDEN, Sue		F15-39	05:12.0	326	226
227	0:52:13	STEER, Richard		M15-39	05:13.3	187	227
228	0:52:23	BLACKER, Martin	Ware Joggers	M40-44	05:14.3	374	228
229	0:52:31	SMITH, Tammy		F15-39	05:15.1	388	229
230	0:52:37	JONES, Eurwyn	Norfolk Gazelles RC	M50-54	05:15.7	127	230
231	0:52:41	FOULKES, Claire	North Norfolk Beach Runners	F15-39	05:16.1	396	231
232	0:52:45	PARTON, Graham		M15-39	05:16.5	399	232
233	0:52:47	WYATT, Carole	Wymondham AC	F45-49	05:16.7	376	233
234	0:52:48	GOOK, Stephen		M40-44	05:16.8	248	234
235	0:52:49	NEAVE, Philip	Bungay Black Dog RC	M60-64	05:16.9	16	235
236	0:52:50	KELLY, Michelle		F15-39	05:17.0	147	236
237	0:52:58	FARR, Craig		M15-39	05:17.8	184	237
238	0:53:03	HARRIS, Rebecca		F15-39	05:18.3	125	238
239	0:53:06	ROACH, Peter	Norwich Road Runners	M65+	05:18.6	214	239
240	0:53:06	THOMAS, Michael		M40-44	05:18.6	181	240
241	0:53:07	GALLAGHER, Claire		F15-39	05:18.7	58	241
242	0:53:07	MOATE, Sabra		F45-49	05:18.7	52	242
243	0:53:08	MOATE, Simon		M45-49	05:18.8	51	243
244	0:53:10	BALL, Malcolm	North Norfolk Beach Runners	M65+	05:19.0	425	244
245	0:53:12	WOOTTON, Charlotte		F40-44	05:19.2	20	245
246	0:53:13	MIAN, Helen		F40-44	05:19.3	92	246
247	0:53:20	ROBERTS, Lorna		F15-39	05:20.0	342	247
248	0:53:21	CHENERY, Will		M15-39	05:20.1	167	248
249	0:53:26	BRONSON, Hugh		M45-49	05:20.6	155	249
250	0:53:26	MOORE, Ian	Norwich Road Runners	M15-39	05:20.6	210	250
251	0:53:32	DIMMOCK, James		M15-39	05:21.2	168	251
252	0:53:37	ALFORD, Karen		F45-49	05:21.7	115	252
253	0:53:44	WRIGHT, Shaun		M45-49	05:22.4	350	253
254	0:53:46	BEATTIE, Bob	Norwich Road Runners	M60-64	05:22.6	267	254
255	0:53:49	TAYLOR, Stephen	Garden City Runners	M55-59	05:22.9	188	255
256	0:53:50	MCINTYRE, Katie		F40-44	05:23.0	68	256
257	0:53:51	BENNETT, John		M55-59	05:23.1	25	257
258	0:53:51	WARR, Simon		M40-44	05:23.1	71	258
259	0:53:54	MCKINNEY, Brian		M45-49	05:23.4	233	259
260	0:53:58	SIMPSON, Dennis	Norwich Road Runners	M45-49	05:23.8	295	260
261	0:54:02	BLACKBURNE, Tim		M15-39	05:24.2	81	261
262	0:54:11	DORLING, Sarah		F15-39	05:25.1	283	262
263	0:54:17	SOUTH, James		M15-39	05:25.7	69	263
264	0:54:17	CRAGGS, David		M50-54	05:25.7	152	264
265	0:54:20	BEZANT, Jane		F45-49	05:26.0	207	265
266	0:54:28	MEDLAND, Stuart		M50-54	05:26.8	119	266
267	0:54:29	TAYLOR, Paula		F40-44	05:26.9	275	267
268	0:54:31	THETFORD, Jonathan		M15-39	05:27.1	296	268
269	0:54:38	STRANGE, Danielle		F15-39	05:27.8	387	269
270	0:54:41	HARMER, Richard		M15-39	05:28.1	219	270
271	0:54:43	BRITT, Tony		M50-54	05:28.3	231	271
272	0:54:45	SMITH, Susan	Norwich Road Runners	F15-39	05:28.5	306	272
273	0:54:49	CHILD, Jennifer	Tri Anglia	F45-49	05:28.9	263	273
274	0:54:56	HUME, Lisa		F15-39	05:29.6	305	274
275	0:55:08	DADY, Sylvia		F15-39	05:30.8	130	275
276	0:55:08	TONG, Matt		M15-39	05:30.8	177	276
277	0:55:08	BENTLEY, Ian		M15-39	05:30.8	351	277
278	0:55:16	BALDWIN, Chris	Norfolk Gazelles RC	M15-39	05:31.6	428	278
279	0:55:17	WIDDOWS, Rebecca		F15-39	05:31.7	9	279
280	0:55:17	SEJERSEN, Gitte		F15-39	05:31.7	33	280
281	0:55:27	AYRES, Jonathan		M15-39	05:32.7	55	281
282	0:55:27	COULSON, Kate		F15-39	05:32.7	221	282
283	0:55:31	ATTREED, Tilly		F15-39	05:33.1	338	283
284	0:55:35	MANN, Jane		F15-39	05:33.5	62	284
285	0:55:43	STANSBURY, Lindsay		F15-39	05:34.3	409	285
286	0:55:52	NIGHTINGALE, Donna		F15-39	05:35.2	176	286
287	0:55:53	TONG, Lisa		F15-39	05:35.3	178	287
288	0:55:55	HAUSLER, Michael		M45-49	05:35.5	432	288
289	0:55:55	BUXTON, James		M15-39	05:35.5	59	289
290	0:55:57	HARDY, Carol	Norfolk Gazelles RC	F45-49	05:35.7	286	290
291	0:56:01	MARTIN, Tanya		F40-44	05:36.1	63	291
292	0:56:03	FRIDAY, Jemma		F15-39	05:36.3	61	292
293	0:56:10	SAWTELL, Christine		F15-39	05:37.0	34	293
294	0:56:11	CRANE, Dawn	Coltishall Jaguars	F15-39	05:37.1	346	294
295	0:56:13	CRACKNELL, Paul		M15-39	05:37.3	375	295
296	0:56:17	THOMPSON, Mark		M15-39	05:37.7	57	296
297	0:56:26	SAUNDERS, Marianne	Norfolk Gazelles RC	F40-44	05:38.6	279	297
298	0:56:35	TAYLOR, Tim		M40-44	05:39.5	276	298
299	0:56:36	KELLY, Hannah	Bunwell Strollers	F15-39	05:39.6	284	299
300	0:56:42	RANDALL, Michelle		F15-39	05:40.2	44	300
301	0:56:47	SIVELL, Robert	Dereham Runners	M15-39	05:40.7	294	301
302	0:56:58	SMITH, Sheila		F55-59	05:41.8	38	302
303	0:57:07	BONNER, Chris		M40-44	05:42.7	13	303

304	0:57:09	FLEGG, Joanne		F40-44	05:42.9	164	304
305	0:57:09	WINDLEY, Ian		M50-54	05:42.9	56	305
306	0:57:12	KEMP, William		M15-39	05:43.2	70	306
307	0:57:34	HOUSTON, Rebecca	Norwich Road Runners	F15-39	05:45.4	416	307
308	0:57:37	EASTON, Lesa		F40-44	05:45.7	227	308
309	0:57:45	DENTON, Kirsty		F15-39	05:46.5	379	309
310	0:57:45	GOOCH, Jackie		F45-49	05:46.5	329	310
311	0:57:48	DENT, Gavin		M15-39	05:46.8	5	311
312	0:58:31	DENT, Joanne		F15-39	05:51.1	6	312
313	0:58:31	CARTER, Penny		F50-54	05:51.1	109	313
314	0:58:32	COOPER, Sue	Norwich Road Runners	F45-49	05:51.2	91	314
315	0:58:33	FREEMAN, Alan		M40-44	05:51.3	19	315
316	0:58:47	COOPER, Neil	Tri Anglia	M45-49	05:52.7	90	316
317	0:58:48	PUGH, David		M60-64	05:52.8	244	317
318	0:58:50	BROWN, Nick		M15-39	05:53.0	288	318
319	0:58:55	RUTTERFORD, Karl		M15-39	05:53.5	289	319
320	0:58:55	KENDALL, Andy		M15-39	05:53.5	87	320
321	0:59:18	MELTON, Alison		F45-49	05:55.8	323	321
322	0:59:19	LANSDELL, Anita		F40-44	05:55.9	349	322
323	0:59:29	EDMONDS, Sally-Ann		F40-44	05:56.9	37	323
324	0:59:39	O'BRIEN, Steve		M15-39	05:57.9	339	324
325	0:59:39	CHAPMAN, Louise	Norwich Road Runners	F15-39	05:57.9	112	325
326	0:59:41	FENECH, Charles		M60-64	05:58.1	226	326
327	1:00:08	FREEMAN, Helen		F40-44	06:00.8	24	327
328	1:00:26	BETTINSON, Jennifer		F15-39	06:02.6	353	328
329	1:00:47	WILLIAMSON, Rita		F45-49	06:04.7	405	329
330	1:00:57	BARKER, Lindsay		F45-49	06:05.7	232	330
331	1:01:06	HEALD, Claire		F15-39	06:06.6	43	331
332	1:01:08	BAILEY, Ruth		F40-44	06:06.8	27	332
333	1:01:09	COX, Chris	Reading Road Runners	M15-39	06:06.9	331	333
334	1:01:18	CHAPMAN, Chris	City of Norwich AC	M15-39	06:07.8	73	334
335	1:01:24	SCUTTER, Tim	Tri Anglia	M15-39	06:08.4	49	335
336	1:01:29	CLARK, Suzanne		F15-39	06:08.9	193	336
337	1:01:37	DUFFIELD, Michael		M65+	06:09.7	189	337
338	1:01:40	GOLDEN, Chris		M15-39	06:10.0	36	338
339	1:01:41	LANE, Kirsty		F15-39	06:10.1	239	339
340	1:01:55	LEE, Lynette		F15-39	06:11.5	394	340
341	1:02:13	CHATTEN, Helen		F40-44	06:13.3	348	341
342	1:02:53	BLACKER, Michelle	Ware Joggers	F40-44	06:17.3	380	342
343	1:02:53	MATTHEWSON, Rosemary		F40-44	06:17.3	11	343
344	1:03:29	LARAMY, Sarah		F15-39	06:20.9	3	344
345	1:03:36	LIMEHOUSE, Gary		M45-49	06:21.6	423	345
346	1:03:43	CRONIN, Matthew		M15-39	06:22.3	273	346
347	1:03:43	PATEL, Hetal		F15-39	06:22.3	158	347
348	1:03:44	CRONIN, Jayne		F15-39	06:22.4	272	348
349	1:04:02	GOODWIN, Denise	Great Yarmouth & District AC	F50-54	06:24.2	94	349
350	1:04:27	HILLS, Sarah		F15-39	06:26.7	240	350
351	1:04:35	JACKSON, Yvonne		F40-44	06:27.5	325	351
352	1:05:43	BONNER, Claire		F15-39	06:34.3	12	352
353	1:05:59	HAGGARTY, Elaine	Great Yarmouth & District AC	F50-54	06:35.9	137	353
354	1:06:15	CLEGG, Dawn	Great Yarmouth & District AC	F50-54	06:37.5	104	354
355	1:06:44	THOMSEN, Paula		F15-39	06:40.4	2	355
356	1:07:17	REAY, Lisa		F15-39	06:43.7	106	356
357	1:07:17	BOOT, Andrew	Norwich Road Runners	M15-39	06:43.7	107	357
358	1:07:40	BAKER, Lauren		F15-39	06:46.0	301	358
359	1:09:13	MARTIN, Ashlea		F15-39	06:55.3	72	359
360	1:11:37	KITTLE, Niki		F45-49	07:09.7	95	360
361	1:11:46	HAZELL, Laura		F15-39	07:10.6	183	361
362	1:13:39	GARWOOD, Katherine		F15-39	07:21.9	1	362
363	1:16:32	WARNER, Claire		F45-49	07:39.2	337	363
364	1:16:34	WARNER, Tim		M45-49	07:39.4	336	364