

Trowse 10K results 2011

Pos	Bib	Name	Club	Cat.	Finish	Chip Time
1	323	Nick Earl	City of Norwich AC	M15-39	00:32:51	00:32:51
2	47	Ben Russell	Norwich Road Runners	M15-39	00:33:09	00:33:08
3	400	Robert Kett	Norwich Road Runners	M15-39	00:35:22	00:35:20
4	131	Fernando Silva		M50-54	00:35:25	00:35:25
5	457	Steven Barnes		M15-39	00:36:17	00:36:16
6	397	Robert Cheverton	City of Norwich AC	M50-54	00:36:24	00:36:24
7	272	Mark Garrett	Norwich Road Runners	M45-49	00:37:35	00:37:33
8	499	Yitzhak Ben-Aroya	Barnet & District AC	M50-54	00:37:52	00:37:50
9	92	Danny Smith		M15-39	00:38:17	00:38:11
10	355	Phil Waity	Wymondham AC	M15-39	00:38:26	00:38:25
11	482	Todd Lake	Dereham Runners	M45-49	00:38:37	00:38:35
12	363	Piotr Siwonia	Tri-Anglia	M15-39	00:38:40	00:38:39
13	382	Richard Clifford	Overton Harriers & AC	M15-39	00:38:43	00:38:42
14	1	Adam Craske	Bungay Black Dog RC	M15-39	00:38:45	00:38:44
15	74	Chris Yeates		M15-39	00:38:47	00:38:44
16	21	Andrew Duncombe	Barrow Runners	M15-39	00:38:50	00:38:48
17	207	Joseph Kirton	Thetford AC	M15-39	00:38:51	00:38:51
18	110	Desmond Michael	Barnet & District AC	M60-64	00:38:55	00:38:54
19	380	Rhys Tyler	Thetford AC	M15-39	00:39:17	00:39:17
20	384	Richard Hanson	Tri-Anglia	M45-49	00:39:19	00:39:16
21	204	John Leversedge	Enfield & Haringey AC	M55-59	00:39:24	00:39:23
22	444	Spencer Goodall		M40-44	00:39:37	00:39:35
23	170	Ian Renfrew	Norfolk Orienteering Club	M40-44	00:39:44	00:39:42
24	135	Frank Sictorness		M15-39	00:39:47	00:39:28
25	437	Sian Slade	Birchfield Harriers	F15-39	00:39:50	00:39:49
26	25	Andrew Houghton		M50-54	00:39:55	00:39:52
27	432	Sean Jermy	Great Yarmouth Road Runners	M15-39	00:40:02	00:40:01
28	46	Ben Gibbison	Dark Peak Fell Runners	M15-39	00:40:17	00:40:17
29	30	Andrew Preston	Wymondham AC	M45-49	00:40:31	00:40:29
30	299	Matthew Moroz	Herne Hill Harriers	M15-39	00:40:34	00:40:33
31	287	Martin Yeomans	Norwich Road Runners	M60-64	00:40:40	00:40:37
32	389	Richard McLellan	Tri-Anglia	M15-39	00:40:41	00:40:39
33	32	Andrew Stallion		M15-39	00:40:44	00:40:41
34	14	Alex Guy		M15-39	00:40:44	00:40:40
35	77	Christopher Turner	City of Norwich AC	M45-49	00:40:51	00:40:43
36	300	Matthew Pask	Norwich Road Runners	M40-44	00:41:02	00:40:56
37	460	Stuart Faust	Thetford AC	M40-44	00:41:13	00:41:11
38	282	Mark Webster		M45-49	00:41:17	00:41:11
39	208	Josh Brighty	Norwich Road Runners	M15-39	00:41:23	00:41:17
40	224	Keith Brighty	Norwich Road Runners	M45-49	00:41:24	00:41:19
41	431	Scott Robertson	Hastings Runners	M15-39	00:41:32	00:41:29
42	201	John Drewry		M45-49	00:41:41	00:41:38
43	4	Adam Pearce		M15-39	00:41:46	00:41:45
44	415	Ryan Honeyman		M15-39	00:41:53	00:41:42
45	399	Robert Harris		M15-39	00:41:53	00:41:44
46	187	Jason Mountain	Wymondham AC	M15-39	00:41:56	00:41:51

47	106	Dennis Chung	UEA Triathlon	M15-39	00:41:56	00:41:53
48	171	Ian Sturgess	Wymondham A C	M50-54	00:41:57	00:41:53
49	381	Richard Blundell	Tri-Anglia	M15-39	00:41:59	00:41:49
50	45	Becky Schofield	Tri-Anglia	F15-39	00:41:59	00:41:57
51	347	Peter Adams		M15-39	00:42:00	00:41:52
52	335	Paul Blazey		M15-39	00:42:02	00:41:58
53	341	Paul Preston	Sudbury Joggers	M15-39	00:42:08	00:42:05
54	275	Mark Oldham	Southend AC	M45-49	00:42:18	00:42:16
55	336	Paul Cassels	RAF Triathlon	M15-39	00:42:21	00:42:16
56	304	Michael Armes	Norwich Road Runners	M45-49	00:42:21	00:42:14
57	410	Rosie Pitt	Victoria Park Harriers	F15-39	00:42:22	00:42:19
58	500	Zac Mace		M15-39	00:42:22	00:42:15
59	117	Dylan Karger		M15-39	00:42:24	00:41:48
60	280	Mark Shearing	Tri-Anglia	M15-39	00:42:28	00:42:21
61	70	Chris Lees		M45-49	00:42:29	00:42:10
62	200	John Baxter		M50-54	00:42:46	00:42:39
63	338	Paul Eglen	Birstall RC	M15-39	00:42:48	00:42:45
64	345	Paul Wootton		M40-44	00:43:09	00:42:50
65	65	Chris Chorley	Bungay Black Dog RC	M45-49	00:43:16	00:43:08
66	456	Steve Bird	City of Norwich AC	M40-44	00:43:29	00:43:26
67	166	Iain Milligan	West Suffolk Wheelers & Triat	M15-39	00:43:31	00:43:28
68	285	Martin Newstead		M15-39	00:43:35	00:43:17
69	6	Adrian Grand	Norwich Road Runners	M45-49	00:43:42	00:43:34
70	108	Denver Slowther		M15-39	00:43:43	00:43:39
71	404	Robin Belsom	Ipswich JAFFA	M50-54	00:43:46	00:43:39
72	458	Steven Hughes	Stowmarket Striders	M45-49	00:43:49	00:43:46
73	93	Darren Cains		M15-39	00:43:53	00:43:47
74	192	Jeremy Read	Ultramarathon RC	M15-39	00:43:57	00:43:52
75	459	Stuart Bailey		M15-39	00:43:58	00:43:55
76	147	Gerry Watson	wymondham ac	M55-59	00:44:01	00:43:54
77	319	Neville Knights	Dereham Runners	M50-54	00:44:13	00:44:11
78	150	Graham Watering		M15-39	00:44:21	00:44:12
79	86	Craig Mounser		M15-39	00:44:26	00:44:16
80	435	Shaun Smith	Norwich Road Runners	M15-39	00:44:28	00:44:17
81	322	Nick Bowden	Reepham Runners	M55-59	00:44:35	00:44:28
82	452	Stephen Dady	Great Yarmouth Road Runners	M55-59	00:44:36	00:44:33
83	385	Richard Harmer		M15-39	00:44:38	00:44:26
84	182	James Roberts		M15-39	00:44:39	00:44:33
85	48	Benjamin Fenwick		M15-39	00:44:40	00:44:33
86	281	Mark Storey	City of Norwich AC	M45-49	00:44:40	00:44:31
87	141	Gavin Vogt		M45-49	00:44:41	00:44:33
88	330	Oliver Karger		F15-39	00:44:42	00:44:06
89	466	Tania Pendreich		F15-39	00:44:43	00:44:31
90	90	Dan Godward	Fire Service Athletics Associati	M15-39	00:44:45	00:44:27
91	241	Lee Goodwin		M50-54	00:44:50	00:44:40
92	294	Matthew Buckoke	norfolk constabulary tri club	M15-39	00:44:57	00:44:53
93	152	Gregory Quinn	Reepham Runners	M55-59	00:45:02	00:44:54
94	309	Michael Sothern		M15-39	00:45:05	00:44:57
95	321	Nicholas Dunwell	Mornington Chasers	M15-39	00:45:13	00:45:05
96	71	Chris Mahoney		M40-44	00:45:24	00:45:20

97	76	Christopher Gay	Great Yarmouth & District AC	M45-49	00:45:30	00:45:23
98	33	Andrew Taylor	Garden City Runners	M15-39	00:45:35	00:45:05
99	291	Matt Frary	City of Norwich AC	M40-44	00:45:38	00:45:33
100	165	Hugh Williams		M15-39	00:45:42	00:45:36
101	473	Thomas Lincoln-kemp	Norwich Road Runners	M40-44	00:45:44	00:45:30
102	412	Royston Thorne		M15-39	00:45:47	00:45:31
103	277	Mark Ring	Norwich Road Runners	M40-44	00:46:06	00:45:56
104	169	Ian Moore	Norwich Road Runners	M15-39	00:46:07	00:45:54
105	276	Mark Peach	Great Yarmouth Road Runners	M15-39	00:46:08	00:46:05
106	29	Andrew Peck	Great Yarmouth Road Runners	M40-44	00:46:09	00:46:05
107	154	Guy Youll		M15-39	00:46:12	00:46:05
108	274	Mark Lawes		M15-39	00:46:13	00:46:03
109	395	Rob Duncan		M15-39	00:46:14	00:46:02
110	388	Richard Lawes		M50-54	00:46:14	00:46:04
111	497	Will Buck	Norwich Road Runners	M50-54	00:46:15	00:46:05
112	10	Alan Duncan		M15-39	00:46:17	00:46:06
113	314	Mikey Smith		M15-39	00:46:17	00:46:13
114	17	Allan McDuff		M15-39	00:46:21	00:46:04
115	167	Ian Claybourn		M40-44	00:46:24	00:46:20
116	328	Nigel Jones		M15-39	00:46:26	00:46:14
117	139	Gary Tasker		M15-39	00:46:27	00:46:20
118	273	Mark Hedges		M15-39	00:46:28	00:45:52
119	196	Joanna Albert	Victoria Park Harriers	F15-39	00:46:29	00:46:19
120	159	Helen Allman		F15-39	00:46:30	00:46:21
121	79	Claire Davey		F15-39	00:46:32	00:46:15
122	418	Sandra Roberts		F45-49	00:46:36	00:46:28
123	180	James Green		M15-39	00:46:40	00:46:21
124	490	Tracy Dods	Wymondham AC	F15-39	00:46:40	00:46:30
125	425	Sarah Gregerson	Cambridge & Coleridge AC	F15-39	00:46:42	00:46:26
126	356	Philip Cooper	Reepham Runners	M50-54	00:46:45	00:46:36
127	216	Justin Dicks		M40-44	00:46:47	00:46:31
128	383	Richard Collyer	Coltishall Jaguars	M40-44	00:46:53	00:46:47
129	486	Tom Mahood		M15-39	00:46:56	00:46:44
130	125	Emily Moll	Belgrave Harriers	F15-39	00:46:56	00:46:54
131	487	Tom Pates		M15-39	00:47:08	00:46:58
132	342	Paul Schwer	Felixstowe Road Runners	M50-54	00:47:13	00:46:59
133	334	Paul Beckett		M40-44	00:47:21	00:46:51
134	99	David Evans		M45-49	00:47:23	00:47:18
135	26	Andrew Kearsley		M15-39	00:47:26	00:46:56
136	62	Cheryl Lisbygd		F15-39	00:47:29	00:47:27
137	88	Dale Cooper	Wymondham AC	M50-54	00:47:31	00:47:22
138	430	Scott Chadwick	Coltishall Jaguars	M15-39	00:47:31	00:47:16
139	12	Alastair McCartney		M15-39	00:47:34	00:47:18
140	133	Fiona McLeish	Herne Hill Harriers	F15-39	00:47:37	00:47:21
141	176	James Carnegie		M45-49	00:47:41	00:47:26
142	293	Matthew Baker	Tri-Anglia	M15-39	00:47:43	00:47:38
143	442	Simon Smith		M15-39	00:47:44	00:47:21
144	130	Euan Glen		M15-39	00:47:46	00:47:12
145	354	Phil Marler		M40-44	00:47:51	00:47:39
146	364	Polly Wake		F15-39	00:47:53	00:47:45

147	95	Darren Nockels		M40-44	00:47:54	00:47:43
148	296	Matthew Earl		M15-39	00:48:03	00:47:45
149	370	Raymond Marshall		M45-49	00:48:08	00:47:41
150	209	Jude Durrant	Reepham Runners	F40-44	00:48:14	00:48:07
151	406	Rod Main		M45-49	00:48:16	00:48:00
152	160	Helen Cumbers		F15-39	00:48:20	00:48:07
153	386	Richard High	Norwich Road Runners	M40-44	00:48:21	00:48:14
154	417	Samuel Whitham		M15-39	00:48:22	00:48:17
155	137	Gary Cheesman		M15-39	00:48:24	00:48:13
156	312	Mick Davidson	Road Runners Club	M45-49	00:48:27	00:48:15
157	491	Tracy Stevenson	Norfolk Gazelles	F40-44	00:48:29	00:48:18
158	316	Myles Hague		M15-39	00:48:31	00:48:20
159	279	Mark Saunders		M40-44	00:48:31	00:48:10
160	206	Jonathan Cole		M15-39	00:48:33	00:48:28
161	229	Kevin Prior		M45-49	00:48:34	00:48:20
162	153	Guy Shearwood		M50-54	00:48:35	00:48:13
163	271	Mark Burrell		M50-54	00:48:42	00:48:28
164	283	Mark Weldon	Wymondham AC	M45-49	00:48:44	00:48:18
165	489	Tony McCallum		M15-39	00:48:48	00:48:44
166	449	Stephen Barker		M45-49	00:48:49	00:48:45
167	109	Derek Sadler		M55-59	00:48:49	00:48:16
168	433	Sean O'Loughlin		M45-49	00:48:50	00:48:29
169	100	David Girling	Great Yarmouth Road Runners	M50-54	00:48:51	00:48:47
170	477	Tim Davies		M15-39	00:48:52	00:48:36
171	448	Stephen Baker	Tri-Anglia	M45-49	00:48:57	00:48:53
172	73	Chris Read		M15-39	00:49:00	00:48:48
173	5	Adrian Ewing		M55-59	00:49:02	00:48:52
174	114	Donna Atkinson		F15-39	00:49:03	00:49:00
175	39	Anna Boden		F15-39	00:49:04	00:48:43
176	286	Martin Roper	Norwich Road Runners	M50-54	00:49:05	00:48:50
177	3	Adam Kobylecki		M15-39	00:49:08	00:48:56
178	31	Andrew Smith		M15-39	00:49:10	00:48:36
179	413	Russell Baker		M45-49	00:49:10	00:48:52
180	211	Julian Keenan		M15-39	00:49:12	00:49:01
181	289	Martyn Taylor		M45-49	00:49:16	00:48:54
182	306	Michael Ducker		M15-39	00:49:18	00:49:00
183	333	Paul Baisley		M15-39	00:49:22	00:49:05
184	308	Michael Jewiss	Dereham Runners	M55-59	00:49:22	00:49:08
185	461	Sue Cooke	City of Norwich AC	F45-49	00:49:22	00:49:10
186	145	George Lloyd-Williams	Tri-Anglia	M40-44	00:49:22	00:49:11
187	158	Hayley Fenwick		F15-39	00:49:23	00:49:16
188	339	Paul Hann		M60-64	00:49:27	00:49:15
189	2	Adam Depledge		M15-39	00:49:28	00:49:23
190	151	Greg Graver		M15-39	00:49:34	00:49:22
191	96	Darren Ruff		M15-39	00:49:35	00:49:15
192	479	Tim Earl		M15-39	00:49:36	00:49:20
193	54	Carl Hicks		M40-44	00:49:41	00:49:27
194	368	Rachel Roberts	Cambridge & Coleridge AC	F40-44	00:49:41	00:49:25
195	270	Mark Bagley		M15-39	00:49:43	00:49:34
196	265	Maria Alborough		F15-39	00:49:44	00:49:32

197	186	Jason Best		M15-39	00:49:44	00:49:19
198	302	Melanie Widdows		F40-44	00:49:46	00:49:23
199	149	Graham Hardingham	Norfolk Gazelles	M50-54	00:49:49	00:49:37
200	177	James Chaplin		M15-39	00:49:51	00:49:46
201	361	Phillip Seaman	Ryston Runners	M55-59	00:49:53	00:49:44
202	405	Robin Evans		M15-39	00:50:03	00:49:28
203	75	Christopher Burton		F15-39	00:50:04	00:49:50
204	195	Jim Winter		M45-49	00:50:06	00:49:30
205	68	Chris Groves	Tri-Anglia	M60-64	00:50:09	00:49:46
206	239	Leanne Middleton		F15-39	00:50:09	00:49:54
207	264	Lynsey Dunne	Tri-Anglia	F15-39	00:50:10	00:49:55
208	258	Louise Rout		F15-39	00:50:22	00:50:07
209	146	Georgie Wallis		F45-49	00:50:23	00:50:07
210	123	Ellen Cottom		F15-39	00:50:25	00:50:04
211	217	Justin Long		M15-39	00:50:25	00:50:16
212	13	Alex Gaunt		M40-44	00:50:27	00:50:16
213	484	Tom Coupland		M15-39	00:50:30	00:50:11
214	105	Deborah Chapman	Norwich Road Runners	F15-39	00:50:32	00:50:16
215	237	Laura Parry		F15-39	00:50:32	00:50:17
216	420	Sarah Bradley	Norwich Road Runners	F45-49	00:50:33	00:50:25
217	261	Lucy Stevens		F15-39	00:50:38	00:50:14
218	362	Piers Lincoln		M15-39	00:50:43	00:50:38
219	290	Mary Routledge		F40-44	00:50:44	00:50:36
220	215	Justin Dennis	Norwich Roadrunners	M15-39	00:50:45	00:50:40
221	91	Dan Minns		M15-39	00:50:47	00:50:32
222	391	Richard Pilch		M60-64	00:50:47	00:50:38
223	35	Andy Pearmain	Riverside Runners	M55-59	00:50:49	00:50:29
224	369	Raymond Knights		M55-59	00:50:54	00:50:33
225	28	Andrew Lillycrop		M15-39	00:50:56	00:50:25
226	89	Damian Ashcroft		M45-49	00:51:01	00:50:38
227	51	Bobbie Sauerzapf	Bungay Black Dog RC	F50-54	00:51:02	00:50:44
228	387	Richard Keeble		M55-59	00:51:03	00:50:52
229	83	Colin Alford		M45-49	00:51:03	00:50:40
230	179	James Francis		M15-39	00:51:06	00:50:49
231	421	Sarah Bradley	Wymondham AC	F15-39	00:51:07	00:50:43
232	157	Hayley Bartrum		F15-39	00:51:11	00:50:42
233	340	Paul Minns		M45-49	00:51:12	00:50:58
234	234	Kirsty Johnstone	Barnet & District AC	F50-54	00:51:22	00:51:13
235	24	Andrew Hannant		M15-39	00:51:24	00:51:06
236	470	Terry Youll	Norwich Road Runners	M60-64	00:51:26	00:51:15
237	325	Nicola Combs	UEA Triathlon	F15-39	00:51:27	00:51:24
238	471	Theresa Dooley		F40-44	00:51:29	00:51:11
239	252	Lorraine Dawson	Great Yarmouth Road Runners	F50-54	00:51:30	00:51:27
240	7	Adrian Woodward		M45-49	00:51:31	00:51:23
241	353	Phil Henry		M45-49	00:51:32	00:51:10
242	310	Michael Wright		M40-44	00:51:33	00:51:14
243	104	Debbie Moore	Coltishall Jaguars	F45-49	00:51:34	00:51:21
244	172	Ian Vertigan		M15-39	00:51:36	00:51:16
245	181	James Hughes		M15-39	00:51:40	00:51:14
246	87	Craig Neep		M15-39	00:51:41	00:51:16

247	112	Dianne Hughes	Stowmarket Striders	F45-49	00:51:50	00:51:37
248	144	George Hughes	Stowmarket Striders	M15-39	00:51:51	00:51:38
249	394	Rick Voutt		M15-39	00:51:55	00:51:37
250	84	Colin Payne		M40-44	00:52:01	00:51:40
251	447	Stephen Baker		M40-44	00:52:02	00:51:28
252	162	Helen Mian		F40-44	00:52:03	00:51:43
253	269	Mark Avery	Ipswich Jaffa	M45-49	00:52:07	00:51:53
254	463	Susan Adcock		F45-49	00:52:12	00:51:42
255	191	Jennifer Graham		F15-39	00:52:12	00:52:01
256	378	Rebecca Widdows		F15-39	00:52:18	00:52:12
257	199	Joanne Keenan		F15-39	00:52:26	00:52:12
258	98	David Butler		M40-44	00:52:28	00:52:06
259	256	Louise Freestone	Wymondham AC	F15-39	00:52:29	00:52:20
260	78	Claire Atkinson		F15-39	00:52:31	00:52:17
261	498	William Sneyd		M40-44	00:52:32	00:52:13
262	462	Sue Stirling	Wymondham AC	F45-49	00:52:33	00:52:08
263	136	Gabriella Wells		F15-39	00:52:39	00:52:21
264	120	Elayne Hilton	Lowestoft Road Runners	F40-44	00:52:50	00:52:27
265	464	Susannah White		F15-39	00:52:50	00:52:23
266	493	Victoria Dack		F15-39	00:52:53	00:52:47
267	450	Stephen Bright	British Athletics Supporters Cl	M45-49	00:52:54	00:52:34
268	284	Mark Hadley		F45-49	00:52:54	00:52:28
269	467	Terence Dawson		M60-64	00:52:56	00:52:29
270	22	Andrew Earl		M60-64	00:52:57	00:52:41
271	20	Andrew Ducker		M15-39	00:53:02	00:52:45
272	352	Peter Walwyn		M65	00:53:09	00:52:45
273	311	Michelle Body		F45-49	00:53:11	00:52:58
274	407	Roger Eglen	Eastern Vets AC	M65	00:53:13	00:53:02
275	439	Simon Field		M40-44	00:53:17	00:52:56
276	240	Lee Croydon		M15-39	00:53:22	00:53:04
277	8	Aimee Long		F15-39	00:53:22	00:53:04
278	16	Alison Brister		F40-44	00:53:26	00:53:20
279	268	Mark Allen		M15-39	00:53:27	00:53:23
280	56	Carly Jermy	Norwich Road Runners	F15-39	00:53:34	00:53:04
281	227	Keri Williams		M55-59	00:53:37	00:53:32
282	451	Stephen Curnow		M15-39	00:53:43	00:53:16
283	198	Joanna Wymer		F15-39	00:53:45	00:53:26
284	55	Carl Saunders		M15-39	00:53:51	00:53:31
285	116	Donna Talby		F15-39	00:53:52	00:53:46
286	94	Darren Chapman		M15-39	00:53:55	00:53:31
287	244	Lisa Hall		F15-39	00:53:56	00:53:25
288	423	Sarah Ewing		F15-39	00:53:57	00:53:28
289	49	Bob Beattie	Norwich Road Runners	M60-64	00:53:58	00:53:33
290	317	Nancy Taylor		F15-39	00:54:03	00:53:44
291	379	Rhian Butler		F15-39	00:54:06	00:53:44
292	343	Paul Spandler	Great Yarmouth Road Runners	M40-44	00:54:08	00:53:55
293	164	Hugh Bronson	Norwich Road Runners	M50-54	00:54:10	00:53:58
294	115	Donna Jones		F15-39	00:54:10	00:53:57
295	61	Charlotte Wootton		F40-44	00:54:14	00:53:54
296	221	Karen Gedge	Bungay Black Dog RC	F45-49	00:54:15	00:53:41

297	85	Connor McLintic	Wooler Running Club	M15-39	00:54:17	00:53:47
298	429	Sarah Roby		F15-39	00:54:18	00:54:00
299	64	Chris Carey	Norfolk Gazelles	M65	00:54:19	00:54:02
300	58	Cassie Barker	Wymondham AC	F15-39	00:54:28	00:54:18
301	266	Marisol Kane	Norwich Road Runners	F45-49	00:54:33	00:54:23
302	366	Rachel Cubitt	Norwich Road Runners	F15-39	00:54:35	00:54:24
303	348	Peter Cunningham		M45-49	00:54:37	00:54:10
304	393	Richard Smith		M40-44	00:54:39	00:54:21
305	267	Mark Adcock		M15-39	00:54:40	00:54:11
306	481	Timothy Gadsden		M55-59	00:54:42	00:54:19
307	365	Rachael Friend	Norwich Road Runners	F15-39	00:54:45	00:54:26
308	402	Robert Scarfe	Wymondham AC	M55-59	00:54:47	00:54:21
309	416	Sacha Billett	Norwich Road Runners	F15-39	00:55:07	00:54:57
310	313	Mike Creasor	Road Runners Club	M65	00:55:23	00:55:07
311	424	Sarah Field		F15-39	00:55:25	00:55:03
312	476	Tim Cheesman		M15-39	00:55:26	00:55:13
313	488	Tony Britt	UKnetrunners	M55-59	00:55:29	00:55:02
314	377	Rebecca Stone		F15-39	00:55:30	00:55:00
315	163	Helen Salmon	Wymondham AC	F45-49	00:55:31	00:55:14
316	11	Alan Gordon		M40-44	00:55:37	00:55:10
317	219	Karen Alford		F45-49	00:55:41	00:55:20
318	67	Chris Ducker		M15-39	00:55:52	00:55:35
319	102	David Pugh		M60-64	00:55:57	00:55:25
320	441	Simon Hudson		M40-44	00:56:04	00:55:29
321	358	Philip Wilton		M40-44	00:56:09	00:55:38
322	253	Lorraine Walters		F40-44	00:56:11	00:55:48
323	193	Jeremy Walters		M40-44	00:56:11	00:55:47
324	175	Jacquie Rodwell	Diss & District AC	F45-49	00:56:14	00:55:48
325	257	Louise Powell		F40-44	00:56:20	00:55:54
326	72	Chris Mills		M50-54	00:56:21	00:55:53
327	231	Kirsten Body		F15-39	00:56:28	00:56:13
328	220	Karen Death		F40-44	00:56:32	00:56:14
329	251	Lizette Malherbe		F15-39	00:56:39	00:56:24
330	60	Charlotte Kippin		F40-44	00:56:44	00:56:09
331	411	Ross Whalen		M15-39	00:56:46	00:56:39
332	478	Tim Dawson		M15-39	00:56:58	00:56:29
333	327	Nigel Dye		M50-54	00:57:02	00:56:56
334	236	Laura Keeble		F15-39	00:57:09	00:56:55
335	349	Peter Foster		M15-39	00:57:13	00:56:44
336	254	Louisa Turner		F15-39	00:57:25	00:57:05
337	81	Claire Owen	Coltishall Jaguars	F15-39	00:57:33	00:57:03
338	210	Julia Crook		F40-44	00:57:33	00:57:23
339	124	Ellen Sweet-Escott		F45-49	00:57:34	00:57:07
340	278	Mark Russell		M15-39	00:57:40	00:57:14
341	118	Ed Proffitt		M15-39	00:57:47	00:57:22
342	351	Peter Spandler	Great Yarmouth Road Runners	M50-54	00:57:59	00:57:47
343	259	Lucy Curnow		F15-39	00:58:03	00:57:35
344	427	Sarah Kelly	Norwich Road Runners	F15-39	00:58:05	00:57:40
345	248	Lisa Taylor		F15-39	00:58:08	00:57:40
346	346	Paula Thomsen		F15-39	00:58:10	00:57:42

347	249	Liz Hollis		F45-49	00:58:17	00:57:47
348	243	Lisa Chamberlen		F15-39	00:58:19	00:58:06
349	455	Stephen Taylor	Garden City Runners	M55-59	00:58:20	00:57:49
350	260	Lucy Perry		F45-49	00:58:23	00:58:08
351	245	Lisa Hewitt		F40-44	00:58:23	00:58:01
352	235	Laura Burton		F15-39	00:58:34	00:58:17
353	59	Cathy Mumford	Thetford AC	F45-49	00:58:38	00:58:12
354	127	Emma Main		F40-44	00:58:49	00:58:16
355	436	Sheila Smith		F55-59	00:58:51	00:58:18
356	375	Rebecca Durant	Coltishall Jaguars	F55-59	00:59:00	00:58:29
357	40	Anna Taylor	Wooler Running Club	F15-39	00:59:07	00:58:37
358	408	Ronan Workman		M15-39	00:59:17	00:58:51
359	132	Fiona Martin		F40-44	00:59:28	00:59:20
360	303	Melisande Parsons	Tri-Anglia	F40-44	00:59:29	00:58:55
361	360	Phillip Laurier	Lowestoft Road Runners	M60-64	00:59:44	00:59:31
362	9	Alan Cunningham		M40-44	01:00:08	00:59:47
363	262	Lucy Wilkinson		F15-39	01:00:21	00:59:54
364	390	Richard Napthen		M50-54	01:00:28	00:59:55
365	52	Brian Moore	Norwich Road Runners	M60-64	01:00:34	01:00:02
366	469	Teresa Burdett		F15-39	01:00:52	01:00:44
367	398	Robert Cox		M45-49	01:01:04	01:00:37
368	155	Hamish Melville		M45-49	01:01:06	01:00:29
369	190	Jean Whiting		F40-44	01:01:07	01:00:58
370	43	Anthony Karger		M60-64	01:01:09	01:00:32
371	213	Julie Churchill		F15-39	01:01:13	01:00:37
372	263	Lynda Moore	Norwich Road Runners	F55-59	01:01:22	01:00:51
373	122	Elizabeth Wilbourn		F15-39	01:01:32	01:01:00
374	367	Rachel Prew		F15-39	01:01:46	01:01:12
375	474	Thomas Sullivan		M15-39	01:02:04	01:01:42
376	445	Stacie Allen		F15-39	01:02:04	01:01:45
377	223	Katie Sussams		F40-44	01:02:05	01:01:50
378	374	Rebecca Duncombe	Barrow Runners	F15-39	01:02:17	01:01:45
379	113	Dominic Wells		M15-39	01:02:17	01:01:45
380	156	Hannah Chippendale		F15-39	01:02:17	01:01:45
381	350	Peter Reuben		M15-39	01:02:18	01:01:43
382	301	Melanie Waite		F45-49	01:02:18	01:02:10
383	232	Kirstie Sneyd		F40-44	01:02:19	01:01:58
384	37	Angela O'Sullivan		F15-39	01:02:22	01:01:57
385	326	Nigel Death		M40-44	01:02:25	01:01:57
386	318	Naomi Pearson		F15-39	01:02:38	01:02:14
387	142	Gaye White		F50-54	01:02:56	01:02:24
388	434	Sharon Armes	Norwich Road Runners	F40-44	01:03:06	01:02:36
389	42	Anthony Burton		M60-64	01:03:09	01:02:52
390	15	Alice Voysey		F15-39	01:03:10	01:02:39
391	184	Jane O'Nions		F55-59	01:03:12	01:02:45
392	443	Sophie Foulds		F15-39	01:03:15	01:02:45
393	480	Tim Scutter	Tri-Anglia	M15-39	01:03:20	01:02:47
394	247	Lisa Rodgers		F40-44	01:03:46	01:03:20
395	403	Robert Whalen		M15-39	01:03:57	01:03:31
396	34	Andrew White		M40-44	01:04:03	01:03:30

397	57	Caroline White		F40-44	01:04:04	01:03:31
398	214	Julie Garrett	Norwich Road Runners	F40-44	01:04:05	01:03:42
399	315	Mitzy Bond		F45-49	01:04:07	01:03:42
400	230	Kim Belcher	Norwich Road Runners	F50-54	01:04:09	01:03:36
401	324	Nicki Martin		F40-44	01:04:23	01:03:49
402	250	Liz Poole		F40-44	01:04:23	01:03:48
403	255	Louise Farrar		F40-44	01:05:20	01:04:46
404	419	Sarah Barley		F45-49	01:05:26	01:04:53
405	422	Sarah Dye		F40-44	01:05:28	01:05:22
406	492	Victoria Cooper		F15-39	01:05:31	01:05:03
407	36	Andy Russell	Norwich Road Runners	M50-54	01:05:55	01:05:24
408	129	Emmeline Quinton		F15-39	01:06:44	01:06:19
409	126	Emma Lamb		F15-39	01:07:20	01:07:12
410	453	Stephen Ramm		M15-39	01:07:20	01:07:12
411	103	Dawn Clegg	Great Yarmouth & District AC	F50-54	01:08:40	01:08:22
412	119	Elaine Haggarty	Great Yarmouth & District AC	F55-59	01:08:44	01:08:26
413	27	Andrew Leeming		M45-49	01:09:16	01:08:45
414	373	Rebecca Creed		F40-44	01:10:23	01:09:54
415	44	Ashlea Martin		F15-39	01:10:36	01:10:01
416	50	Bob Jack	Bungay Black Dog RC	M50-54	01:10:37	01:10:04
417	143	Gemma Spencer		F15-39	01:11:30	01:11:02
418	454	Stephen Spencer		M50-54	01:11:31	01:11:01
419	372	Rebecca Chapman		F40-44	01:11:35	01:11:10
420	194	Jessica Hasketh-Boston		F15-39	01:12:56	01:12:35
421	228	Kerry Belcher	Norwich Road Runners	F15-39	01:13:02	01:12:30
422	128	Emma Williams		F15-39	DNF	-
423	203	John Graham		M15-39	DNF	-
424	222	Kathryn White		F15-39	DNF	-