

## 2012 Trowse 10k - Sunday 8 April

1	Nick Earl	City of Norwich AC	27	M	1 M 0-39	32:21.2
2	Steven Robinson	St Edmund Pacers	29	M	2 M 0-39	32:42.2
3	John Battrick	Aberystwyth University Athletics Club	21	M	3 M 0-39	35:15.9
4	Tony Robinson	Tri-Anglia Triathlon Club	32	M	4 M 0-39	35:46.2
5	Malcolm Tuff	Ryston Runners AC	47	M	1 M 45-49	35:56.7
6	Robert Cheverton	City of Norwich AC	55	M	1 M 55-59	36:20.7
7	John Dungar	Wymondham AC	31	M	5 M 0-39	36:42.7
8	Ricky Peacher	Framlingham Flyers	35	M	6 M 0-39	36:44.0
9	Spencer Goodall	Wymondham AC	44	M	1 M 40-44	36:53.6
10	Kevin Rooney	Tri-Anglia Triathlon Club	45	M	2 M 45-49	37:03.8
11	Richard Hanson	Tri-Anglia Triathlon Club	47	M	3 M 45-49	37:21.2
12	Lawrence Wade	Coltishall Jaguars	38	M	7 M 0-39	37:28.7
13	Che Plant	Ryston Runners AC	32	M	8 M 0-39	37:33.1
14	Stephen Nicholls		37	M	9 M 0-39	37:38.9
15	Micah Rogers	City of Norwich AC	19	M	10 M 0-39	37:57.6
16	Ian Mcinally		32	M	11 M 0-39	37:58.0
17	Andrew Preston	Wymondham AC	46	M	4 M 45-49	37:58.6
18	Stefan Heidl	SSF Bonn	27	M	12 M 0-39	37:58.5
19	Paul Blazey	Norwich Road Runners	26	M	13 M 0-39	38:04.5
20	Piotr Siwonia	Tri-Anglia Triathlon Club	35	M	14 M 0-39	38:06.1
21	Richard Clifford	Overton Harriers & AC	37	M	15 M 0-39	38:13.4
22	Nick Pullen	UEA Athletics	24	M	16 M 0-39	38:28.7
23	Benjamin Collison	West Norfolk AC	29	M	17 M 0-39	38:41.4
24	Adam Craske	Bungay Black Dog Running Club	25	M	18 M 0-39	39:15.1
25	Becky Schofield	Tri-Anglia Triathlon Club	31	F	1 F 0-39	39:16.2
26	Matt Stone		41	M	2 M 40-44	39:16.8
27	John Hennessy		26	M	19 M 0-39	39:12.4
28	Michael Howlett	Ryston Runners AC	26	M	20 M 0-39	39:25.4
29	John Drewry		46	M	5 M 45-49	39:31.6
30	Alexandra Smith	Norwich Road Runners	36	F	2 F 0-39	39:34.6
31	Ryan Honeyman		34	M	21 M 0-39	39:43.4
32	Richard Mclellan	Tri-Anglia Triathlon Club	23	M	22 M 0-39	39:45.6
33	Steven Bowerman	Ryston Runners AC	46	M	6 M 45-49	39:55.3
34	Paul Cassels		29	M	23 M 0-39	39:57.3
35	Andrew Atthowe	Tri-Anglia Triathlon Club	28	M	24 M 0-39	40:01.3
36	Desmond Michael	Barnet & District AC	62	M	1 M 60-64	40:04.9
37	Jonathan Cordle	Tri-Anglia Triathlon Club	47	M	7 M 45-49	40:09.3
38	Andrew Skiggs	Tri-Anglia Triathlon Club	36	M	25 M 0-39	40:14.5
39	Sian Slade	Birchfield Harriers	26	F	3 F 0-39	40:24.6
40	Lee Sadler		34	M	26 M 0-39	40:28.9
41	Chris Ault		26	M	27 M 0-39	40:31.6
42	Stephen Ramm		34	M	28 M 0-39	40:39.6
43	Jason Mountain	Wymondham AC	30	M	29 M 0-39	40:43.0
44	Karl Walker		40	M	3 M 40-44	40:58.1
45	Ben Snelling		41	M	4 M 40-44	41:00.5
46	Chris Barkway		53	M	1 M 50-54	41:06.2
47	Mark Oldham	City of Norwich AC	46	M	8 M 45-49	41:16.6
48	Julian Tomkinson	Tri-Anglia Triathlon Club	44	M	5 M 40-44	41:10.5
49	Leslie Scott	Ryston Runners AC	53	M	2 M 50-54	41:16.6
50	Michael Armes	Norwich Road Runners	46	M	9 M 45-49	41:19.1
51	Chris Millsted		23	M	30 M 0-39	41:24.0
52	Martin Yeomans	Norwich Road Runners	61	M	2 M 60-64	41:37.4
53	Kevin Howlett	Ryston Runners AC	54	M	3 M 50-54	41:45.5
54	Kate Scotter	Tri-Anglia Triathlon Club	29	F	4 F 0-39	41:44.5
55	Ian Cooper	Brandon Fern Hoppers	53	M	4 M 50-54	41:44.4
56	Karl Syson	Norwich Road Runners	38	M	31 M 0-39	41:47.5
57	Mark Storey	City of Norwich AC	47	M	10 M 45-49	41:56.0
58	John Baxter		54	M	5 M 50-54	41:56.6
59	John Greenhalgh	West Norfolk AC	46	M	11 M 45-49	42:10.2
60	Paul Wootton		43	M	6 M 40-44	42:16.1
61	Dylan Karger		28	M	32 M 0-39	41:42.0

62	Eve Dewsnap	Tri-Anglia Triathlon Club	33	F	5 F 0-39	42:29.2
63	Chris Squirrell	Ipswich Jaffa RC	33	M	33 M 0-39	42:27.2
64	Gavin Vogt		49	M	12 M 45-49	42:29.8
65	Lisa Godwin	Norwich Road Runners	41	F	1 F 40-44	42:29.7
66	Sandra Roberts	Norfolk Gazelles	47	F	1 F 45-49	42:34.6
67	Stuart Mugridge	Bournville Harriers	40	M	7 M 40-44	42:32.7
68	Rod Bye	Coltishall Jaguars	51	M	6 M 50-54	42:45.6
69	Matthew Sutton	Great Yarmouth Road Runners	25	M	34 M 0-39	42:58.5
70	Trevor Aslan		23	M	35 M 0-39	42:58.8
71	Myles Hague	Norwich Road Runners	30	M	36 M 0-39	43:04.0
72	Carl White		32	M	37 M 0-39	43:15.2
73	Lesley Robins	Ryston Runners AC	40	F	2 F 40-44	43:18.0
74	Andy Smith	Ryston Runners AC	46	M	13 M 45-49	43:18.8
75	Jim Hayes	North Norfolk Beach Runners	66	M	1 M 65-99	43:25.7
76	Jason Best		26	M	38 M 0-39	43:26.0
77	Richard Collyer	Coltishall Jaguars	44	M	8 M 40-44	43:26.9
78	Neil Leeds		34	M	39 M 0-39	43:19.9
79	Paul Emmons		31	M	40 M 0-39	43:01.1
80	Oliver Karger		32	M	41 M 0-39	42:36.1
81	Ian Sadler	Norwich Road Runners	33	M	42 M 0-39	43:29.0
82	David Egerton		46	M	14 M 45-49	43:33.4
83	Paul Eglon	Birstall RC	35	M	43 M 0-39	43:34.6
84	Andrew Pond	Tri-Anglia Triathlon Club	47	M	15 M 45-49	43:28.7
85	Guy Shearwood		53	M	7 M 50-54	43:29.8
86	Stephen Dady	Great Yarmouth Road Runners	60	M	3 M 60-64	43:35.5
87	Mark Philo	Tri-Anglia Triathlon Club	44	M	9 M 40-44	43:22.6
88	Yvonne Jones	Garden City Runners	50	F	1 F 50-54	43:41.7
89	Richard Gill		34	M	44 M 0-39	43:38.7
90	Ben Spratling		16	M	45 M 0-39	43:31.6
91	Darren Moore		37	M	46 M 0-39	43:41.8
92	Stephen Baker	Tri-Anglia Triathlon Club	48	M	16 M 45-49	43:42.2
93	Grant Randall		45	M	17 M 45-49	43:49.9
94	Colin Browning	Norwich Road Runners	47	M	18 M 45-49	43:56.3
95	Tyler Gray		16	M	47 M 0-39	44:02.4
96	Mark Ring	Norwich Road Runners	45	M	19 M 45-49	44:03.9
97	Matthew Downing		28	M	48 M 0-39	44:09.2
98	Chris Lees		46	M	20 M 45-49	44:01.0
99	Ian Moore	Norwich Road Runners	32	M	49 M 0-39	44:25.9
100	Sze-Ming Cheung		38	M	50 M 0-39	44:25.8
101	Gary Cheesman		27	M	51 M 0-39	44:25.3
102	Paul Quantrill	Tri-Anglia Triathlon Club	49	M	21 M 45-49	44:42.4
103	Sam Matthews		19	M	52 M 0-39	44:31.0
104	Sam Willcocks		19	M	53 M 0-39	44:32.4
105	Mark Saunders		44	M	10 M 40-44	44:39.2
106	Gary Tasker		39	M	54 M 0-39	44:49.4
107	Michael Dunhill		33	M	55 M 0-39	44:43.9
108	Nicholas Dunwell	Mornington Chasers	30	M	56 M 0-39	45:02.7
109	Ian Claybourn		44	M	11 M 40-44	45:14.1
110	Bradley Stansbury	City of Norwich AC	16	M	57 M 0-39	45:07.9
111	Stephanie Laurence	City of Norwich AC	25	F	6 F 0-39	45:12.6
112	Chris Playford		44	M	12 M 40-44	45:19.9
113	Vince Ellis	City of Norwich AC	55	M	2 M 55-59	45:16.7
114	Eva Roberts		43	F	3 F 40-44	45:12.1
115	Joanna Godwin	Norwich Road Runners	38	F	7 F 0-39	45:30.8
116	Kevin Garwood	Wymondham AC	47	M	22 M 45-49	45:34.0
117	Neil Walpole		42	M	13 M 40-44	45:35.3
118	John Adams	Ipswich Jaffa RC	35	M	58 M 0-39	45:35.6
119	Simon Burrell		43	M	14 M 40-44	45:27.5
120	Graham Hardingham	Norfolk Gazelles	51	M	8 M 50-54	45:42.6
121	Sam Bradley	Wymondham AC	24	M	59 M 0-39	45:35.9
122	Philip Semmence		35	M	60 M 0-39	45:46.7
123	Matt Howes	Norwich Road Runners	38	M	61 M 0-39	45:50.8
124	Pauline Drewery	Ryston Runners AC	42	F	4 F 40-44	45:46.0
125	Helen Mian		44	F	5 F 40-44	45:37.5
126	Allan Mcduff		40	M	15 M 40-44	46:04.5

127	Julia Hetherton		25	F	8 F 0-39	45:47.4
128	Richard Harmer		27	M	62 M 0-39	46:10.1
129	Steve Websdale	Norwich Road Runners	49	M	23 M 45-49	46:11.8
130	Mark Hutson		32	M	63 M 0-39	46:11.6
131	Peter Tilbrook		24	M	64 M 0-39	46:18.0
132	Jeremy Read	Ultramarathon RC	40	M	16 M 40-44	46:21.3
133	Dale Cooper	Wymondham AC	52	M	9 M 50-54	46:23.4
134	Ian Edwards	Norfolk Gazelles	37	M	65 M 0-39	46:21.4
135	Michael Dale	Great Yarmouth Road Runners	44	M	17 M 40-44	46:29.5
136	Paul Gifford		44	M	18 M 40-44	46:23.3
137	Luke Moore		21	M	66 M 0-39	46:06.6
138	Matt Earl		33	M	67 M 0-39	46:26.6
139	Gavin Thouless	Norwich Road Runners	43	M	19 M 40-44	46:33.3
140	Keith Moore	Dereham Runners AC	48	M	24 M 45-49	46:38.7
141	David Shields		21	M	68 M 0-39	46:45.1
142	David Brailey	Coltishall Jaguars	39	M	69 M 0-39	46:48.1
143	Timothy Howard		51	M	10 M 50-54	46:41.0
144	Chris Read		31	M	70 M 0-39	46:50.3
145	Anna Moore	Tri-Anglia Triathlon Club	36	F	9 F 0-39	46:52.2
146	Darren Nockels		41	M	20 M 40-44	46:54.0
147	Polly Wake	Reepham Runners	38	F	10 F 0-39	46:54.5
148	Claire McCormick		43	F	6 F 40-44	46:44.3
149	Jude Durrant	Reepham Runners	43	F	7 F 40-44	47:10.9
150	Stephen Robinson		47	M	25 M 45-49	46:52.0
151	Andrew Earl		61	M	4 M 60-64	47:10.9
152	Donna Atkinson		31	F	11 F 0-39	46:56.6
153	Michael Edwards	Great Yarmouth Road Runners	36	M	71 M 0-39	47:29.9
154	Alex Gray		26	M	72 M 0-39	47:01.3
155	James Roberts		33	M	73 M 0-39	47:30.0
156	Paul Hann		62	M	5 M 60-64	47:29.9
157	Martin Roper	Norwich Road Runners	53	M	11 M 50-54	47:29.7
158	Sandra Cooper	Brandon Fern Hoppers	47	F	2 F 45-49	47:33.9
159	Martyn Taylor		48	M	26 M 45-49	47:27.7
160	Andrew Lillycrop		27	M	74 M 0-39	47:35.0
161	Nikki Leese		29	F	12 F 0-39	47:38.6
162	Darren Collison		42	M	21 M 40-44	47:29.7
163	Andrew Norton	Dereham Runners AC	47	M	27 M 45-49	47:51.6
164	Tim Lamb		34	M	75 M 0-39	47:38.8
165	Jem Walters	Virgin Money AC	44	M	22 M 40-44	48:01.8
166	Maureen Wolfe	Ryston Runners AC	53	F	2 F 50-54	47:56.1
167	Matthew Jones		44	M	23 M 40-44	47:48.7
168	Anne Millett	Norwich Road Runners	56	F	1 F 55-59	48:13.1
169	Derek Sadler		58	M	3 M 55-59	48:02.7
170	Debbie Tooke		39	F	13 F 0-39	47:58.9
171	Graeme Smith	Tri-Anglia Triathlon Club	42	M	24 M 40-44	48:12.0
172	Kevin Prior		46	M	28 M 45-49	48:18.1
173	Wayne Freeman		53	M	12 M 50-54	48:05.5
174	Phillip Seaman	Ryston Runners AC	57	M	4 M 55-59	48:24.1
175	Ian Hawkes		52	M	13 M 50-54	48:30.9
176	John Kelly	Norwich Road Runners	0	M	76 M 0-39	48:24.6
177	David Coxon		28	M	77 M 0-39	48:23.2
178	Gordon Greenhalgh	Benfleet Running Club	41	M	25 M 40-44	48:30.3
179	Stacey Harper		34	F	14 F 0-39	48:41.6
180	Helen Melville	Ryston Runners AC	36	F	15 F 0-39	48:30.8
181	Phil Henry		50	M	14 M 50-54	48:36.3
182	Gemma Dullea		28	F	16 F 0-39	48:21.8
183	Liam Carolan		25	M	78 M 0-39	48:36.7
184	Gary Fryer		31	M	79 M 0-39	48:22.4
185	Garnett Jones		41	M	26 M 40-44	48:29.3
186	Michael Ducker		29	M	80 M 0-39	48:34.7
187	Michael Jewiss	Dereham Runners AC	59	M	5 M 55-59	48:48.1
188	Graham Cornish		43	M	27 M 40-44	48:36.4
189	Melanie Widdows		42	F	8 F 40-44	48:49.5
190	Danny Bond	City of Norwich AC	36	M	81 M 0-39	49:00.3
191	Stuart Canwell		36	M	82 M 0-39	49:04.3

192	Lewis Ablett		20	M	83 M 0-39	49:07.4
193	Carly Jermy	Norwich Road Runners	32	F	17 F 0-39	48:58.4
194	Richard Fay	UEA Athletics	24	M	84 M 0-39	49:04.8
195	Lee Booty	UEA Athletics	21	M	85 M 0-39	49:05.2
196	Oonagh Jaquest	Penny Lane Striders	36	F	18 F 0-39	49:21.9
197	Nick Gurney		20	M	86 M 0-39	49:16.7
198	Grant Wheeler		47	M	29 M 45-49	49:07.9
199	Chris Groves	Tri-Anglia Triathlon Club	61	M	6 M 60-64	49:23.6
200	Chris Pye		27	M	87 M 0-39	49:04.0
201	Angie Bear	Wymondham AC	55	F	2 F 55-59	49:24.0
202	Andrew Pearmain		57	M	6 M 55-59	49:33.6
203	Glen Robinson	Norwich Road Runners	39	M	88 M 0-39	49:24.0
204	Jason Elrick		43	M	28 M 40-44	49:28.8
205	David Bell		37	M	89 M 0-39	49:39.0
206	Jeremy Bewick	Framlingham Flyers	46	M	30 M 45-49	49:54.7
207	Martin Lee		43	M	29 M 40-44	49:33.6
208	Brian Titchiner	Dereham Runners AC	50	M	15 M 50-54	49:49.3
209	Rob Duncan		30	M	90 M 0-39	49:40.0
210	Seth Thomas		20	M	91 M 0-39	50:05.3
211	Charles Wood	Norwich Road Runners	54	M	16 M 50-54	50:03.2
212	Dan Hardy		30	M	92 M 0-39	49:46.0
213	Philippa Rudd	Tri-Anglia Triathlon Club	48	F	3 F 45-49	50:14.1
214	Craig Farr		37	M	93 M 0-39	50:02.7
215	Mark Thompson		34	M	94 M 0-39	49:56.6
216	Ray Knights		58	M	7 M 55-59	50:15.8
217	Jon Parker		35	M	95 M 0-39	50:05.7
218	Amanda Hards		45	F	4 F 45-49	50:29.3
219	Ben Nicholson		39	M	96 M 0-39	50:23.3
220	Jennifer Graham		27	F	19 F 0-39	50:33.6
221	Paul Minns		46	M	31 M 45-49	50:23.1
222	Terry Downing		57	M	8 M 55-59	50:38.7
223	Harry Smith	Stowmarket Striders	47	M	32 M 45-49	50:18.2
224	Charlotte Wootton		44	F	9 F 40-44	50:28.2
225	Maria Alborough		30	F	20 F 0-39	50:31.4
226	Theresa Dooley		42	F	10 F 40-44	50:38.5
227	Paul Jackson		25	M	97 M 0-39	50:42.6
228	Jackie Bye	Coltishall Jaguars	53	F	3 F 50-54	50:40.1
229	Carl Saunders		30	M	98 M 0-39	50:49.6
230	Aaron Jackson	Dereham Runners AC	19	M	99 M 0-39	51:04.4
231	Ben Laws-Chapman		33	M	100 M 0-39	50:42.6
232	Christopher Parker		38	M	101 M 0-39	50:43.5
233	John Lockett		54	M	17 M 50-54	50:53.9
234	Sarah Boosey	Norwich Road Runners	29	F	21 F 0-39	50:57.9
235	Gemma Sullivan		27	F	22 F 0-39	51:12.1
236	Naomi Jarvis	Norwich Road Runners	33	F	23 F 0-39	50:54.9
237	William Delf	City of Norwich AC	53	M	18 M 50-54	51:13.2
238	Richard Pilch		65	M	2 M 65-99	51:20.3
239	Peter Cunningham		47	M	33 M 45-49	51:04.1
240	Jen Rudd	Wymondham AC	38	F	24 F 0-39	51:21.8
241	Richard Keeble	Woodbridge Shufflers	57	M	9 M 55-59	51:30.2
242	Brian Impleton		39	M	102 M 0-39	51:37.1
243	James Wynn		32	M	103 M 0-39	51:16.0
244	Trevor Harrison		52	M	19 M 50-54	51:16.1
245	Jackie Harrop		50	F	4 F 50-54	51:22.7
246	Jason Sewell		41	M	30 M 40-44	51:35.8
247	Sian Williams		39	F	25 F 0-39	51:36.5
248	Kirsty Johnstone	Barnet & District AC	51	F	5 F 50-54	51:44.7
249	Veronica Manly	EVAC	63	F	1 F 60-64	51:34.8
250	Colin Alford		48	M	34 M 45-49	51:39.1
251	Alan Duncan		31	M	104 M 0-39	51:36.1
252	Jonathan Coy		40	M	31 M 40-44	51:48.7
253	Ellen Cottom	Victory AC	38	F	26 F 0-39	51:58.7
254	Andrew Howes		30	M	105 M 0-39	51:37.5
255	Graham James		45	M	35 M 45-49	51:41.3
256	Victoria Holt		38	F	27 F 0-39	51:56.6

257	Lorrain Dawson	Great Yarmouth Road Runners	52	F	6 F 50-54	52:07.1
258	Joanne Shiner		40	F	11 F 40-44	51:56.3
259	Karen Smith	Ryston Runners AC	43	F	12 F 40-44	52:03.3
260	Andrew Ledwith		31	M	106 M 0-39	51:55.7
261	Adrian Woodward		48	M	36 M 45-49	51:49.0
262	Rebecca Widdows	Coltishall Jaguars	30	F	28 F 0-39	52:07.7
263	Ian Girdlestone		38	M	107 M 0-39	52:06.1
264	Sarah Hanson	Tri-Anglia Triathlon Club	46	F	5 F 45-49	51:59.2
265	Ian Moore		40	M	32 M 40-44	51:57.6
266	Jon Holt		37	M	108 M 0-39	52:07.7
267	Jakob Hipperson		16	M	109 M 0-39	52:21.3
268	Darren Ruff		38	M	110 M 0-39	52:25.5
269	Andrew Lawn		26	M	111 M 0-39	52:22.2
270	Mark Garrod		51	M	20 M 50-54	52:25.5
271	James Moore		28	M	112 M 0-39	52:10.9
272	Philip Neave	Bungay Black Dog Running Club	63	M	7 M 60-64	52:36.9
273	Laura Sercombe		33	F	29 F 0-39	52:19.1
274	Joanne Parden	Framlingham Flyers	45	F	6 F 45-49	52:25.5
275	Andy Walter	Norfolk Gazelles	44	M	33 M 40-44	52:36.8
276	Patsy Bradley	Wymondham AC	52	F	7 F 50-54	52:43.9
277	Terence Dawson		30	M	113 M 0-39	52:47.2
278	James Chaplin		26	M	114 M 0-39	52:52.6
279	Finlay Scott		36	M	115 M 0-39	52:45.3
280	Laura Keeble		26	F	30 F 0-39	53:07.2
281	Roger Eglen	Birstall RC	66	M	3 M 65-99	53:09.8
282	Jim Rijks		18	M	116 M 0-39	53:18.9
283	Stephen Spencer		54	M	21 M 50-54	53:18.5
284	Peter Walwyn		70	M	4 M 65-99	53:11.5
285	Karen Gedge	Bungay Black Dog Running Club	47	F	7 F 45-49	53:01.2
286	Monty Fairfoot	City of Norwich AC	52	M	22 M 50-54	53:17.6
287	Greg Graver		37	M	117 M 0-39	53:22.5
288	Anna Hopes		29	F	31 F 0-39	53:15.2
289	Simon Warr		48	M	37 M 45-49	53:32.1
290	Alistair Reardon		27	M	118 M 0-39	53:27.1
291	Philip Wilton		45	M	38 M 45-49	53:25.2
292	Ken Mathews	Tri-Anglia Triathlon Club	58	M	10 M 55-59	53:28.6
293	Dianne Tilbrook		60	F	2 F 60-64	53:33.6
294	John Tilbrook		69	M	5 M 65-99	53:36.3
295	David Evans		50	M	23 M 50-54	53:58.8
296	Danielle Rackham	Norwich Road Runners	27	F	32 F 0-39	53:43.3
297	Tim Jackson		33	M	119 M 0-39	53:58.6
298	Robert Scarfe	Wymondham AC	59	M	11 M 55-59	53:55.6
299	Melanie Buttery		35	F	33 F 0-39	53:46.9
300	Rachel Allum		31	F	34 F 0-39	54:00.2
301	Deborah Blackwell		31	F	35 F 0-39	54:00.1
302	Charlotte Harvey		23	F	36 F 0-39	54:16.6
303	Andrew Smith	St Edmund Pacers	43	M	34 M 40-44	54:38.3
304	Matthew Keay		26	M	120 M 0-39	54:38.3
305	Helen Mahood		31	F	37 F 0-39	54:50.7
306	Kevin Carter		29	M	121 M 0-39	54:42.7
307	Vikki Bradley	Wymondham AC	30	F	38 F 0-39	55:00.5
308	Richard Crewe		40	M	35 M 40-44	54:49.3
309	Doris Reichardt		42	F	13 F 40-44	55:03.4
310	Andrew Ducker		34	M	122 M 0-39	55:05.4
311	Sylvia Dady	Great Yarmouth Road Runners	32	F	39 F 0-39	55:15.6
312	Alex Bowen		33	M	123 M 0-39	55:10.4
313	Mark Peach	Great Yarmouth Road Runners	39	M	124 M 0-39	55:16.3
314	Josie Steel		29	F	40 F 0-39	55:18.4
315	Phillip Laurier	Lowestoft Road Runners	63	M	8 M 60-64	55:10.9
316	Stuart Brown		32	M	125 M 0-39	55:05.0
317	James Cooper		28	M	126 M 0-39	55:17.1
318	Tom Warnes	UKNetrunner	33	M	127 M 0-39	55:23.9
319	Sharon Coles		41	F	14 F 40-44	55:24.2
320	Nigel Clayton		46	M	39 M 45-49	55:24.6
321	Lisa Chamberlen		34	F	41 F 0-39	55:38.2

322	Rachel Prew		35	F	42 F 0-39	55:20.5
323	Andrea Bell		37	F	43 F 0-39	55:42.5
324	Richard Todd		46	M	40 M 45-49	55:43.4
325	Dennis Simpson	Norwich Road Runners	51	M	24 M 50-54	55:28.4
326	Helena Reichardt		27	F	44 F 0-39	55:45.5
327	Disqualified					
328	Karen Alford		48	F	8 F 45-49	55:48.8
329	Ross Whalen		20	M	128 M 0-39	55:50.6
330	Tim Cheesman		30	M	129 M 0-39	55:55.3
331	Claire Owen	Coltishall Jaguars	36	F	46 F 0-39	55:49.8
332	Lesa Easton		46	F	9 F 45-49	56:03.3
333	Sarah Cole		29	F	47 F 0-39	56:01.1
334	Peter Spandler		52	M	25 M 50-54	56:18.3
335	Andrew Peck	Great Yarmouth Road Runners	42	M	36 M 40-44	56:20.0
336	Anna Smith	Stowmarket Striders	47	F	10 F 45-49	56:03.6
337	Carolyn Weston		43	F	15 F 40-44	56:17.2
338	Alison Wynton		43	F	16 F 40-44	56:18.2
339	Teresa Burdett		40	F	17 F 40-44	56:41.1
340	Daniel Evans		36	M	130 M 0-39	56:42.6
341	Paul Spandler	Great Yarmouth Road Runners	44	M	37 M 40-44	56:53.0
342	Nigel Dye		52	M	26 M 50-54	56:39.8
343	Jessica Whitfield		26	F	48 F 0-39	56:44.1
344	Gina Preston		46	F	11 F 45-49	56:47.9
345	Julie Folkard		49	F	12 F 45-49	56:47.6
346	Caroline Mathews		23	F	49 F 0-39	57:03.6
347	Sarah Barley		46	F	13 F 45-49	57:15.0
348	Lindsay Stiles		53	F	8 F 50-54	57:11.5
349	Gary Jeeves		44	M	38 M 40-44	57:07.6
350	Sheila Smith		59	F	3 F 55-59	57:20.0
351	Craig Brown		44	M	39 M 40-44	57:21.0
352	Michelle Cook		36	F	50 F 0-39	57:31.2
353	Charles Weigand	Great Yarmouth Road Runners	66	M	6 M 65-99	57:34.5
354	Toni James		30	F	51 F 0-39	57:21.0
355	Adele Bushell	Coltishall Jaguars	45	F	14 F 45-49	57:28.8
356	Claire Alcock		44	M	40 M 40-44	57:53.9
357	Christopher Kemp		50	M	27 M 50-54	57:53.8
358	Melanie Watts	Ryston Runners AC	35	F	52 F 0-39	57:44.1
359	Nicola Butterworth		38	F	53 F 0-39	57:43.9
360	Dianne Crosby	Great Yarmouth Road Runners	66	F	1 F 65-99	57:53.5
361	Vince Cox		43	M	41 M 40-44	57:47.1
362	Davina McGarry		33	F	54 F 0-39	57:51.7
363	Karen Robinson		33	F	55 F 0-39	57:52.1
364	Stephen Taylor	Garden City Runners	59	M	12 M 55-59	57:47.2
365	Keith Snowdon		30	M	131 M 0-39	58:13.9
366	David Jessup		34	M	132 M 0-39	58:23.7
367	Leslie Wood		51	M	28 M 50-54	58:25.0
368	Rebecca Durant	Coltishall Jaguars	60	F	3 F 60-64	58:05.0
369	Melissa Gray		22	F	56 F 0-39	57:57.8
370	Hamish Melville		50	M	29 M 50-54	58:11.5
371	James Dungar		62	M	9 M 60-64	58:11.9
372	Peter Beck	City of Norwich AC	37	M	133 M 0-39	58:16.7
373	Andy Baxter	Tri-Anglia Triathlon Club	43	M	42 M 40-44	58:27.4
374	Kerry Wetteland		37	F	57 F 0-39	58:44.5
375	Ian Graveling		39	M	134 M 0-39	58:41.0
376	Vicky Chipperfield		29	F	58 F 0-39	59:02.7
377	Nagine Ershadi		25	F	59 F 0-39	59:09.0
378	Katie Bent		26	F	60 F 0-39	59:15.4
379	Suzie Thurlow		44	F	18 F 40-44	59:16.8
380	Susan Smith	Norwich Road Runners	38	F	61 F 0-39	59:14.7
381	Paul Cash		38	M	135 M 0-39	59:20.1
382	Lucy Todd		37	F	62 F 0-39	59:32.7
383	Jane Buck		38	F	63 F 0-39	59:42.2
384	Mark Allen		39	M	136 M 0-39	59:40.3
385	Francis Woodcock		47	M	41 M 45-49	59:41.8
386	Tamsin Desborough	Great Yarmouth Road Runners	17	F	64 F 0-39	1:00:04.5

387	Anthony Karger		65	M	7 M 65-99	59:48.2
388	Lisa Hewitt		44	F	19 F 40-44	1:00:17.9
389	Becs Stevens		41	F	20 F 40-44	1:00:08.4
390	Natalie Barker		40	F	21 F 40-44	1:00:09.2
391	Katherine Garwood	Coltishall Jaguars	36	F	65 F 0-39	1:00:14.9
392	Kate Cushion		42	F	22 F 40-44	1:00:42.9
393	Sharon Armes	Norwich Road Runners	42	F	23 F 40-44	1:00:30.2
394	Jemma Farrow		28	F	66 F 0-39	1:00:41.7
395	Jackie Eastaugh-King	Norwich Road Runners	50	F	9 F 50-54	1:00:51.4
396	Diane Cushine	Norwich Road Runners	48	F	15 F 45-49	1:01:01.7
397	Jean Whiting		44	F	24 F 40-44	1:01:06.4
398	Daniel Howes		28	M	137 M 0-39	1:00:59.3
399	Donna Emptage		33	F	67 F 0-39	1:01:07.5
400	Terri Cooper-Barnes		31	F	68 F 0-39	1:01:07.7
401	Clare Coughlan		36	F	69 F 0-39	1:01:33.5
402	Kerry Arneil		36	F	70 F 0-39	1:01:55.3
403	Vicki Knights		36	F	71 F 0-39	1:01:55.0
404	Julia Crook		43	F	25 F 40-44	1:02:04.3
405	Annabel Bradley	Skegness Coasters	46	F	16 F 45-49	1:02:08.8
406	Emma Rackham	Norwich Road Runners	28	F	72 F 0-39	1:02:07.2
407	Jacques Groen	Bungay Black Dog Running Club	63	M	10 M 60-64	1:02:05.8
408	Sue Smith	Ryston Runners AC	47	F	17 F 45-49	1:02:45.8
409	Ann Greenizan		59	F	4 F 55-59	1:02:43.7
410	Robert Whalen		26	M	138 M 0-39	1:02:53.9
411	Kim Belcher	Norwich Road Runners	53	F	10 F 50-54	1:02:50.9
412	Robert Mills		60	M	11 M 60-64	1:03:34.1
413	Kathryn Arydon		36	F	73 F 0-39	1:03:47.5
414	Jacquie Rodwell	Diss Athletics	30	F	74 F 0-39	1:03:49.9
415	Danielle Auker		36	F	75 F 0-39	1:04:06.3
416	Jodi Barber		32	F	76 F 0-39	1:04:12.3
417	Mandie Thorpe		36	F	77 F 0-39	1:04:08.3
418	Robert Belcher	Norwich Road Runners	53	M	30 M 50-54	1:04:14.0
419	Nicole Rijks		42	F	26 F 40-44	1:04:38.8
420	Sonia Kirby		39	F	78 F 0-39	1:04:53.5
421	Dean Gray		52	F	11 F 50-54	1:04:53.8
422	Natasha Walsh		25	F	79 F 0-39	1:06:44.3
423	Kate Gibbs		31	F	80 F 0-39	1:06:55.6
424	Samantha Walsh		27	F	81 F 0-39	1:07:03.3
425	Emma Lamb		32	F	82 F 0-39	1:07:31.2
426	Gemma Cullingford		31	F	83 F 0-39	1:07:31.8
427	Brian Warden	City of Norwich AC	38	M	139 M 0-39	1:07:31.8
428	Michelle Cooper		41	F	27 F 40-44	1:07:29.6
429	Stephanie Taylor		23	F	84 F 0-39	1:09:32.2
430	Andree Byron		47	F	18 F 45-49	1:10:55.3
431	Colin Thackwell	CA Totana	70	M	8 M 65-99	1:10:56.3
432	Alison Roberts		33	F	85 F 0-39	1:12:08.4
433	Julie Bromfield		38	F	86 F 0-39	1:13:31.6
434	Anne Gillion		55	F	5 F 55-59	1:13:50.0
435	Lucy Bonner		30	F	87 F 0-39	1:14:01.3
436	Andrew Redhead		39	M	140 M 0-39	1:15:02.3
437	Charlie Fenech	Great Yarmouth Road Runners	66	M	9 M 65-99	1:15:28.8
438	Sallie Hardman		46	F	19 F 45-49	1:16:10.1
439	Jane Whiteside		49	F	20 F 45-49	1:16:10.4
440	Jacqueline Breeze		51	F	12 F 50-54	1:17:33.6
441	Ian Breeze		40	M	43 M 40-44	1:17:34.2
442	Wendy Jenness	North Shields Polytechnic Club	43	F	28 F 40-44	1:20:24.8