



The first Run Norwich 10k - 30 August 2015

Provisional Results



Place	Name	Team	Bib No	Age	Age Group	Place	Chip Time	Gun Time	Gender
1	Nick Earl	City of Norwich AC	189	30	1 M 1-39		31:28	31:29	M
2	Ben Russell	Norwich Road Runners	517	25	2 M 1-39		31:34	31:34	M
3	Adrian Mussett	Colchester Harriers AC	3819	43	1 M 40-44		32:11	32:11	M
4	Piers Arnold	City of Norwich AC	18	26	3 M 1-39		33:01	33:01	M
5	Tom Hook	City of Norwich AC	298	20	4 M 1-39		33:05	33:06	M
6	Dominic Blake	Reepham Runners	66	37	5 M 1-39		33:18	33:18	M
7	Michael Eccles	Norfolk Gazelles AC	193	35	6 M 1-39		33:46	33:46	M
8	Stanley Collins	Great Yarmouth & District AC	144	17	7 M 1-39		34:12	34:13	M
9	Daniel Middleton	Norwich Road Runners	399	33	8 M 1-39		34:23	34:23	M
10	James Senior	City of Norwich AC	526	23	9 M 1-39		34:33	34:33	M
11	Theo Passmore	Ipswich Harriers	454	17	10 M 1-39		34:36	34:37	M
12	Michal Wegrzyn		612	33	11 M 1-39		34:36	34:37	M
13	Dominic Oliver	City of Norwich AC	442	19	12 M 1-39		35:07	35:09	M
14	Callum Stanforth	Ryston Runners	560	25	13 M 1-39		35:31	35:33	M
15	Tim Lawrence	Kent AC	358	34	14 M 1-39		35:40	35:40	M
16	Kevin Holland		293	39	15 M 1-39		35:41	35:41	M
17	Daniel Rock	Ryston Runners	505	33	16 M 1-39		35:41	35:43	M
18	Tracy Barlow	Thames Valley Harriers	35	30	1 F 1-39		35:46	35:46	F
19	Nathan Risbey	North Norfolk Beach Runners	497	32	17 M 1-39		35:53	35:55	M
20	Logan Smith	Dereham Runners & AC	550	17	18 M 1-39		36:01	36:03	M
21	Johnny Lee		364	28	19 M 1-39		36:02	36:03	M
22	George Bowen	City of Norwich AC	81	17	20 M 1-39		36:03	36:04	M
23	John Birch		62	27	21 M 1-39		36:04	36:05	M
24	Jack Gillick	Wymondham AC	240	27	22 M 1-39		36:13	36:13	M
25	George Gay	City of Norwich AC	233	20	23 M 1-39		36:14	36:16	M
26	Richard Heath	Havering AC	287	41	2 M 40-44		35:46	36:18	M
27	Samuel Coyne	Bure Valley Harriers	155	22	24 M 1-39		36:12	36:19	M
28	James Bowen	City of Norwich AC	80	17	25 M 1-39		36:23	36:25	M
29	David Bettinson		59	42	3 M 40-44		36:24	36:26	M
30	Simon English	Norwich Road Runners	201	41	4 M 40-44		36:24	36:27	M
31	Adam Craske	City of Norwich AC	158	28	26 M 1-39		36:26	36:28	M
32	Matt Ellis	City of Norwich AC	197	37	27 M 1-39		36:28	36:28	M
33	Charlie Parr	City of Norwich AC	450	24	28 M 1-39		36:32	36:34	M
34	Lawrence Wade	Bure Valley Harriers	596	41	5 M 40-44		36:33	36:34	M
35	Richard Johnson	Norwich Road Runners	330	39	29 M 1-39		36:31	36:34	M
36	Bruce Beckett	City of Norwich AC	51	18	30 M 1-39		36:32	36:35	M
37	Sarah Stradling	Colchester Harriers AC	3820	40	1 F 40-44		36:34	36:36	F
38	Tony Witmond	North Norfolk Beach Runners	632	47	1 M 45-49		36:45	36:48	M
39	Paul Blazey	Norwich Road Runners	69	29	31 M 1-39		36:59	36:59	M
40	Martin Hewetson	Bure Valley Harriers	289	41	6 M 40-44		37:01	37:03	M
41	Steven Hayes	Deestridders AC	284	39	32 M 1-39		37:11	37:11	M
42	John Moore	Norfolk Gazelles AC	411	55	1 M 55-59		37:13	37:17	M
43	Danielle Nimmock	City of Norwich AC	427	25	2 F 1-39		37:19	37:21	F
44	Kristin Barnard	Wymondham AC	36	40	7 M 40-44		37:21	37:23	M
45	Martin Gray		254	41	8 M 40-44		37:20	37:23	M
46	Rob Skinn		542	40	9 M 40-44		37:19	37:24	M
47	Ashley Waterson	City of Norwich AC	608	17	33 M 1-39		37:21	37:26	M
48	Marc Dunn		185	28	34 M 1-39		37:26	37:27	M
49	Marcus Sladden	Bungay Black Dog RC	544	20	35 M 1-39		37:28	37:32	M
50	Steve Claxton	Poole Runners	137	39	36 M 1-39		37:34	37:36	M
51	Will Bamber		28	30	37 M 1-39		37:34	37:40	M
52	Philippa Taylor	Nene Valley Harriers	579	48	1 F 45-49		37:39	37:41	F
53	Steve Rolfe	Norfolk Gazelles AC	511	59	2 M 55-59		37:42	37:42	M
54	John Hudson	Norwich Road Runners	304	33	38 M 1-39		38:04	38:04	M
55	Michael Savvas		524	33	39 M 1-39		38:02	38:08	M
56	Edward Foster	City of Norwich AC	217	18	40 M 1-39		38:09	38:11	M
57	Chris Haylock	Lowestoft Road Runners	285	43	10 M 40-44		38:08	38:14	M
58	Jamie Conyard		1076	28	41 M 1-39		37:52	38:21	M
59	Charlotte Rose	City of Norwich AC	512	34	3 F 1-39		38:21	38:22	F
60	Steven Cannell	Bure Valley Harriers	114	27	42 M 1-39		38:24	38:24	M
61	Frazer Heasman	Bure Valley Harriers	286	22	43 M 1-39		38:25	38:25	M
62	David Riley		495	31	44 M 1-39		38:28	38:28	M
63	Carl Goose	Bure Valley Harriers	248	29	45 M 1-39		38:32	38:32	M
64	Simon Partridge		452	34	46 M 1-39		38:17	38:36	M
65	Mark Garrett	Norwich Road Runners	230	52	1 M 50-54		38:39	38:39	M
66	Sam Russell	Wymondham AC	516	27	47 M 1-39		38:40	38:41	M
67	Daniel Tarr		577	38	48 M 1-39		38:39	38:42	M
68	Rebecca Ferris		211	22	4 F 1-39		38:46	38:47	F
69	Lee Sadler		518	37	49 M 1-39		38:45	38:49	M
70	Jonathan Stockwell		566	35	50 M 1-39		38:26	38:49	M
71	Richard Hanson	Tri-Anglia Triathlon Club	271	51	2 M 50-54		38:40	38:51	M
72	Jan Kaiser		335	41	11 M 40-44		38:49	38:54	M
73	Tom Bamford		29	30	51 M 1-39		38:51	39:00	M
74	Shaun Webb	Reepham Runners	610	41	12 M 40-44		38:56	39:01	M
75	Sam Royle		515	26	52 M 1-39		39:02	39:02	M
76	Charlie Gauvain		232	43	13 M 40-44		39:04	39:04	M
77	James Baggott	Guildford & Godalming AC	24	34	53 M 1-39		39:03	39:07	M
78	Will Law	Ipswich Jaffa RC	357	28	54 M 1-39		39:02	39:07	M
79	Craig Speirs		557	38	55 M 1-39		39:05	39:08	M
80	Mark Shearing	Tri-Anglia Triathlon Club	535	37	56 M 1-39		39:08	39:13	M
81	Mark Clues	Tri-Anglia Triathlon Club	138	47	2 M 45-49		39:07	39:21	M
82	James Beadle	Reepham Runners	45	37	57 M 1-39		39:17	39:23	M
83	Robert Warwicker	Tri-Anglia Triathlon Club	605	44	14 M 40-44		39:14	39:25	M
84	Keith Grasby		1397	71	1 M 70-99		39:16	39:26	M
85	John Drewry		182	50	3 M 50-54		39:20	39:27	M
86	Chris Scott		525	39	58 M 1-39		39:25	39:30	M
87	Richard Hayes		283	42	15 M 40-44		39:35	39:35	M
88	Paul Higham	Norwich Road Runners	290	32	59 M 1-39		39:32	39:35	M
89	John Jacobs	Tri-Anglia Triathlon Club	320	37	60 M 1-39		39:36	39:36	M
90	Ian Bray		89	32	61 M 1-39		39:28	39:37	M

91	Will McMorris		392	37	62 M 1-39	39:34	39:38	M
92	Dominic Doggett		175	22	63 M 1-39	39:35	39:41	M
93	James Chapman	Tri-Anglia Triathlon Club	313	23	64 M 1-39	39:39	39:42	M
94	Stu Barnard	Wymondham AC	37	39	65 M 1-39	39:41	39:45	M
95	Andrew Wright	Tamworth AC	635	49	3 M 45-49	39:43	39:49	M
96	Matt Philpot		461	30	66 M 1-39	39:44	39:50	M
97	Mathew Webb		611	17	67 M 1-39	39:43	39:52	M
98	Marc Coles		141	39	68 M 1-39	39:47	39:53	M
99	Nick Pullen		474	27	69 M 1-39	39:50	39:56	M
100	Alistair Shearer		534	30	70 M 1-39	39:50	39:58	M
101	Chris Bullock		102	41	16 M 40-44	39:51	39:59	M
102	Adrian Hall		267	51	4 M 50-54	40:01	40:05	M
103	Sarah Baxter	Team Bath Athletics Club	41	37	5 F 1-39	39:51	40:07	F
104	Robert Fairbanks	Royton Road Runners	206	37	71 M 1-39	40:02	40:07	M
105	Jason Brunt	Norfolk Gazelles AC	97	42	17 M 40-44	40:09	40:12	M
106	Tony Brain		88	55	3 M 55-59	40:00	40:13	M
107	Thomas Williams		623	24	72 M 1-39	39:58	40:13	M
108	Anthony Cude		162	40	18 M 40-44	40:04	40:14	M
109	Kim Lo	Haywards Heath Harriers	372	35	6 F 1-39	40:06	40:14	F
110	Phil Whiting	Norfolk Gazelles AC	618	41	19 M 40-44	40:14	40:15	M
111	Marc Evans	Great Yarmouth Road Runners	203	36	73 M 1-39	40:07	40:19	M
112	Joe Denton	Harling Athletic Club	171	44	20 M 40-44	40:11	40:19	M
113	Simon Darvell		167	28	74 M 1-39	40:17	40:20	M
114	David Solomon	Felixstowe RRC	554	48	4 M 45-49	40:10	40:20	M
115	Sean Chambers	West Norfolk AC	126	40	21 M 40-44	40:13	40:21	M
116	Robert Wapshott		602	37	75 M 1-39	40:21	40:21	M
117	Karl Walker	Norfolk Gazelles AC	597	43	22 M 40-44	40:23	40:23	M
118	Martin Lehane		368	36	76 M 1-39	40:12	40:24	M
119	Craig Rogers	Dereham Runners & AC	509	38	77 M 1-39	40:17	40:25	M
120	Nathaniel Taylor	Nene Valley Harriers	578	16	78 M 1-39	40:23	40:25	M
121	Jon Wiles	Bungay Black Dog RC	621	43	23 M 40-44	40:21	40:26	M
122	Ben Jackson	Bungay Black Dog RC	319	38	79 M 1-39	40:18	40:27	M
123	Peter Rogers	Waveney Valley AC	510	39	80 M 1-39	40:25	40:27	M
124	Raphael Sanelli	Tri-Anglia Triathlon Club	521	44	24 M 40-44	40:28	40:28	M
125	Christopher Mickleburgh	Norwich Road Runners	398	26	81 M 1-39	40:21	40:28	M
126	Joseph Kaye		336	25	82 M 1-39	40:24	40:29	M
127	Paul Martin	Norwich Road Runners	384	38	83 M 1-39	40:29	40:29	M
128	Ian Moore	Wymondham AC	412	48	5 M 45-49	40:24	40:30	M
129	Robert Ward		604	30	84 M 1-39	40:25	40:31	M
130	Emma Patel	North Norfolk Beach Runners	455	34	7 F 1-39	40:34	40:35	F
131	Duncan Cardwell	Tri-Anglia Triathlon Club	116	44	25 M 40-44	40:30	40:39	M
132	Nicky Alford	City of Norwich AC	8	34	8 F 1-39	40:39	40:40	F
133	David Tandy	Norwich Road Runners	576	45	6 M 45-49	40:36	40:42	M
134	Matthew Plane		462	23	85 M 1-39	40:30	40:43	M
135	Jonathon Causton		121	31	86 M 1-39	40:44	40:44	M
136	Ashley Dennett	City of Norwich AC	170	18	87 M 1-39	40:36	40:45	M
137	Paul Cody		139	29	88 M 1-39	40:33	40:46	M
138	Gareth Hunt	Ryston Runners	308	24	89 M 1-39	40:40	40:47	M
139	Rose Waterman	Tri-Anglia Triathlon Club	607	33	9 F 1-39	40:40	40:48	F
140	Dan Claffin		133	32	90 M 1-39	40:41	40:49	M
141	Sophie Rock		506	19	10 F 1-39	40:50	40:54	F
142	Mark Banfield		31	42	26 M 40-44	40:38	40:54	M
143	Liam Carr		117	19	91 M 1-39	40:49	40:58	M
144	Ian Haigh		262	30	92 M 1-39	40:37	40:58	M
145	Thomas Betts		60	28	93 M 1-39	40:59	40:59	M
146	Martin Sheldrick	Ryston Runners	536	45	7 M 45-49	40:49	41:05	M
147	Daniel Gardiner	Bungay Black Dog RC	227	45	8 M 45-49	41:01	41:05	M
148	Andy Keeler		337	53	5 M 50-54	40:57	41:07	M
149	Sean Robson	North Norfolk Beach Runners	504	47	9 M 45-49	41:05	41:09	M
150	Jo Andrews	Bungay Black Dog RC	16	42	2 F 40-44	40:59	41:09	F
151	Paul Williams		624	45	10 M 45-49	41:09	41:10	M
152	Tom Buckham		99	34	94 M 1-39	41:02	41:11	M
153	Leigh Butcher	Lowestoft Road Runners	107	33	95 M 1-39	41:06	41:11	M
154	Matthew Stone	Bure Valley Harriers	568	44	27 M 40-44	40:51	41:12	M
155	Tim Ford		216	36	96 M 1-39	41:05	41:17	M
156	Amy Beck	Norwich Road Runners	49	33	11 F 1-39	40:59	41:21	F
157	John Swindells		574	41	28 M 40-44	41:25	41:25	M
158	Sam Wenham		616	29	97 M 1-39	41:06	41:25	M
159	Graham Watering	Norwich Road Runners	606	42	29 M 40-44	41:25	41:27	M
160	Will Layton		359	30	98 M 1-39	41:12	41:28	M
161	Alex Blakely		67	22	99 M 1-39	41:25	41:33	M
162	Mark Solway	City of Norwich AC	555	47	11 M 45-49	41:28	41:34	M
163	Gary Andrews		15	46	12 M 45-49	41:37	41:37	M
164	Ben Churchman	Diss and District AC	132	31	100 M 1-39	41:28	41:38	M
165	Duncan Samwell	Tri-Anglia Triathlon Club	520	39	101 M 1-39	41:24	41:38	M
166	Daniel Simmons		538	30	102 M 1-39	41:25	41:40	M
167	Michael Armes	Norwich Road Runners	17	50	6 M 50-54	41:18	41:41	M
168	Stephen Moseley	Norwich Road Runners	415	48	13 M 45-49	41:36	41:42	M
169	Paul Smith	Norwich Road Runners	546	47	14 M 45-49	41:33	41:43	M
170	Simon Baxter		42	32	103 M 1-39	41:29	41:45	M
171	Matthew Pask	Wymondham AC	453	48	15 M 45-49	41:38	41:48	M
172	Stephen Benson		56	46	16 M 45-49	41:39	41:48	M
173	Nick Hood		297	38	104 M 1-39	41:24	41:50	M
174	Anthony Buckley		923	20	105 M 1-39	41:21	41:51	M
175	Westley Walker		598	37	106 M 1-39	41:43	41:55	M
176	Jason Neale		418	20	107 M 1-39	40:56	41:56	M
177	Stewart Robins	Ryston Runners	503	48	17 M 45-49	41:42	41:57	M
178	Richard Doyle		181	36	108 M 1-39	41:56	41:58	M
179	Jason Best		58	29	109 M 1-39	41:51	41:59	M
180	Stephen Collins		143	34	110 M 1-39	41:48	42:01	M
181	Howard Bailey	Dereham Runners & AC	26	31	111 M 1-39	41:27	42:01	M
182	David Allum		663	32	112 M 1-39	41:51	42:02	M
183	Martin Gooderham	Tri-Anglia Triathlon Club	246	29	113 M 1-39	41:48	42:03	M
184	Rob Poor		466	24	114 M 1-39	41:49	42:03	M
185	Jason Hurst	Bungay Black Dog RC	312	41	30 M 40-44	41:57	42:06	M
186	Neil Walpole	Norwich Road Runners	599	45	18 M 45-49	42:06	42:06	M
187	Darren Easter	Ryston Runners	192	43	31 M 40-44	41:58	42:07	M

188	Katherine Trehane	Norfolk Gazelles AC	592	34	12 F 1-39	42:04	42:08	F
189	James Lambert	Coltishall Jaguars RC	351	36	115 M 1-39	42:02	42:09	M
190	Shaun Button	Bungay Black Dog RC	108	32	116 M 1-39	42:05	42:10	M
191	Robert Pope		467	28	117 M 1-39	41:57	42:11	M
192	Lewis Edwards		3822	17	118 M 1-39	40:41	42:12	M
193	William Whittam		620	29	119 M 1-39	41:57	42:13	M
194	Andrew Pond	Tri-Anglia Triathlon Club	465	50	7 M 50-54	42:07	42:13	M
195	Jason Sparkes		556	34	120 M 1-39	42:01	42:14	M
196	Charlotte Neale	North Norfolk Beach Runners	419	29	13 F 1-39	41:57	42:14	F
197	Dale Skoulding	Bungay Black Dog RC	543	34	121 M 1-39	42:09	42:14	M
198	Charles Allen	Norwich Road Runners	11	40	32 M 40-44	42:06	42:16	M
199	Shaun Hurr	Reepham Runners	310	39	122 M 1-39	41:58	42:17	M
200	Tim Sexton	Norfolk Gazelles AC	528	44	33 M 40-44	42:16	42:18	M
201	Daniel Cubitt		1133	31	123 M 1-39	41:51	42:22	M
202	Robin Belsom	Ipswich Jaffa RC	55	55	4 M 55-59	42:25	42:25	M
203	Stephen Lee	Dereham Runners & AC	363	35	124 M 1-39	42:11	42:27	M
204	David Kellaway	Dereham Runners & AC	339	54	8 M 50-54	42:21	42:29	M
205	Timothy Bragger		86	33	125 M 1-39	42:25	42:30	M
206	Kevin Youngs	Norfolk Gazelles AC	638	66	1 M 65-69	42:27	42:31	M
207	Jane Clarke	City of Norwich AC	135	55	1 F 55-59	42:28	42:32	F
208	Jason Gaul	Norwich Road Runners	231	34	126 M 1-39	42:08	42:32	M
209	Peter Nelson		422	40	34 M 40-44	42:28	42:33	M
210	Peter Shackleton		530	52	9 M 50-54	42:19	42:34	M
211	Anthony Savage	Ryston Runners	523	54	10 M 50-54	42:18	42:34	M
212	Rachel Bull		101	38	14 F 1-39	42:26	42:35	F
213	Christian Norton		437	40	35 M 40-44	42:05	42:36	M
214	Paul Suggitt		571	32	127 M 1-39	42:36	42:38	M
215	Rod Sinnott	Fenland Running Club	541	48	19 M 45-49	42:18	42:40	M
216	Helen Mian	Norfolk Gazelles AC	397	47	2 F 45-49	42:37	42:40	F
217	Andy Armsby		683	21	128 M 1-39	42:24	42:40	M
218	Gary Cheesman	Norwich Road Runners	130	30	129 M 1-39	42:26	42:41	M
219	Hannah McInroy		389	25	15 F 1-39	42:34	42:43	F
220	Jason Stone		569	46	20 M 45-49	42:31	42:45	M
221	Paul Spooner		558	26	130 M 1-39	42:13	42:46	M
222	Mark Ashwood		19	36	131 M 1-39	42:43	42:48	M
223	John Gay	North Norfolk Beach Runners	234	55	5 M 55-59	42:36	42:50	M
224	Jeremy Amies	Norwich Road Runners	12	48	21 M 45-49	42:36	42:51	M
225	Sam Evans		204	39	132 M 1-39	42:26	42:52	M
226	James McFarlane	Norwich Road Runners	388	42	36 M 40-44	42:44	42:53	M
227	Tom Ashton		690	30	133 M 1-39	42:45	42:54	M
228	Dean Preston	Thetford AC	472	30	134 M 1-39	42:49	42:57	M
229	Richard Dade	Reepham Runners	165	46	22 M 45-49	42:40	42:58	M
230	Erik Gibbons		237	24	135 M 1-39	42:52	43:00	M
231	Andrew Lane	Wymondham AC	352	58	6 M 55-59	42:52	43:01	M
232	Tom Johnson	Coltishall Jaguars RC	329	20	136 M 1-39	42:54	43:01	M
233	Sean Thompson	Wymondham AC	583	46	23 M 45-49	42:43	43:02	M
234	Terry Haggerty		3552	35	137 M 1-39	42:21	43:02	M
235	Nichola Anderson	Ealing Eagles Running Club	13	42	3 F 40-44	42:48	43:04	F
236	Richard Stanley		561	33	138 M 1-39	42:54	43:06	M
237	Chris Harrison	Norwich Road Runners	277	33	139 M 1-39	42:49	43:07	M
238	Gavin Symonds		575	32	140 M 1-39	42:47	43:08	M
239	Stuart Hills		291	36	141 M 1-39	42:44	43:09	M
240	Robert James		321	44	37 M 40-44	43:00	43:10	M
241	Jason Elrick		199	46	24 M 45-49	43:07	43:12	M
242	Mark Bailes		705	38	142 M 1-39	43:05	43:15	M
243	Mike Duckworth		184	37	143 M 1-39	43:13	43:16	M
244	Chris Chorley	Bungay Black Dog RC	131	52	11 M 50-54	43:06	43:17	M
245	Ian Bailey		25	43	38 M 40-44	42:56	43:19	M
246	Luke Pavey		456	34	144 M 1-39	43:09	43:24	M
247	Andrew Burcham		104	34	145 M 1-39	43:13	43:25	M
248	Max Stevens		564	38	146 M 1-39	43:24	43:26	M
249	Anthony Kendrick		340	29	147 M 1-39	43:07	43:27	M
250	Daniel Edwards		195	21	148 M 1-39	43:23	43:27	M
251	Deborah English	Norwich Road Runners	202	36	16 F 1-39	43:24	43:27	F
252	Lee Barker		33	27	149 M 1-39	43:23	43:27	M
253	David Powles		471	36	150 M 1-39	43:05	43:27	M
254	Rosie Earl	Victoria Park Harriers & Tower Hamlets AC	190	34	17 F 1-39	43:25	43:28	F
255	Robert Groves	Reepham Runners	259	28	151 M 1-39	43:09	43:28	M
256	Andy Rowles	Dereham Runners & AC	514	53	12 M 50-54	43:25	43:32	M
257	Stephen Harding		272	36	152 M 1-39	43:12	43:32	M
258	Todd Lake	Dereham Runners & AC	349	51	13 M 50-54	43:26	43:33	M
259	Paul Gardner		228	42	39 M 40-44	43:15	43:34	M
260	Tom Price		473	22	153 M 1-39	42:53	43:34	M
261	Stephen Ramm		482	38	154 M 1-39	43:11	43:34	M
262	Kate Murrell	Tri-Anglia Triathlon Club	417	34	18 F 1-39	43:31	43:35	F
263	Alex Ivory		318	37	155 M 1-39	43:27	43:37	M
264	Adam Leech		365	23	156 M 1-39	43:23	43:38	M
265	Philip Brockington		91	41	40 M 40-44	43:33	43:40	M
266	Nick Hudson	Coltishall Jaguars RC	305	32	157 M 1-39	43:34	43:40	M
267	James Fowler		218	38	158 M 1-39	43:18	43:40	M
268	Matt Howard		249	40	41 M 40-44	43:30	43:42	M
269	James Youngs		639	42	42 M 40-44	43:39	43:42	M
270	Sean Woodvine		634	46	25 M 45-49	43:23	43:43	M
271	David Hirst		292	36	159 M 1-39	42:28	43:44	M
272	Alexander Fryer		1318	22	160 M 1-39	43:09	43:44	M
273	Richard Dolman	Thetford AC	176	52	14 M 50-54	43:40	43:46	M
274	Gary Hurrell	Norwich Road Runners	311	43	43 M 40-44	43:35	43:46	M
275	Stephen Blomfield		71	50	15 M 50-54	43:30	43:46	M
276	David Hudson	Tri-Anglia Triathlon Club	306	43	44 M 40-44	43:35	43:47	M
277	Gary Jones	Shropshire Shufflers	331	32	161 M 1-39	43:34	43:48	M
278	Jack Adams		645	24	162 M 1-39	43:38	43:49	M
279	Mat Eyre		205	41	45 M 40-44	43:40	43:50	M
280	Lorna Elliott		196	27	19 F 1-39	43:41	43:50	F
281	Andrew Buckley		100	23	163 M 1-39	43:38	43:52	M
282	Sam Plater		464	22	164 M 1-39	43:26	43:52	M
283	Gary Mooney		408	35	165 M 1-39	43:43	43:54	M
284	Samuel Cross		159	33	166 M 1-39	43:35	43:56	M

285	Lindsey Berends		57	28	20 F 1-39	43:41	43:58	F
286	Luke Alderton		7	22	167 M 1-39	43:46	43:59	M
287	Danny Godward		242	39	168 M 1-39	43:53	43:59	M
288	Ben Lawless-Jennings		1772	37	169 M 1-39	43:02	44:01	M
289	Nick Gurney	Norwich Road Runners	260	24	170 M 1-39	44:03	44:03	M
290	Craig Farr	Reepham Runners	207	40	46 M 40-44	43:45	44:03	M
291	Chris Graf		252	42	47 M 40-44	43:11	44:04	M
292	Roger Steggles		562	51	16 M 50-54	43:43	44:07	M
293	Gary McDonald	Lowestoft Road Runners	387	31	171 M 1-39	44:01	44:07	M
294	Steven Rix	Dereham Runners & AC	499	33	172 M 1-39	43:43	44:08	M
295	Andrew Thorpe		588	40	48 M 40-44	43:59	44:09	M
296	Andrew Bonner		75	33	173 M 1-39	43:36	44:09	M
297	Nigel Sinclair		539	39	174 M 1-39	43:52	44:10	M
298	Laurence Abel		1	49	26 M 45-49	44:08	44:11	M
299	Jason Cole		140	34	175 M 1-39	43:54	44:13	M
300	Maire Irlam	Fenland Running Club	316	50	1 F 50-54	44:01	44:14	F
301	Ben Burgess		105	34	176 M 1-39	43:56	44:16	M
302	Niall Mahoney	Wymondham AC	377	46	27 M 45-49	44:03	44:19	M
303	David Moody		407	40	49 M 40-44	44:11	44:20	M
304	Neil Allen		10	35	177 M 1-39	44:17	44:21	M
305	Dudley Garner	Norfolk Gazelles AC	229	33	178 M 1-39	44:16	44:21	M
306	Steve Bird		63	48	28 M 45-49	44:12	44:22	M
307	Ethan Thompson		585	24	179 M 1-39	44:09	44:23	M
308	Mark Doughty	Ryston Runners	177	41	50 M 40-44	44:08	44:24	M
309	Simon Stevens		563	41	51 M 40-44	44:10	44:26	M
310	Martin Newstead		423	43	52 M 40-44	44:17	44:26	M
311	Chris Hall	Bungay Black Dog RC	264	32	180 M 1-39	44:14	44:26	M
312	Chris Sexton		527	35	181 M 1-39	44:06	44:26	M
313	Edward Harvey		1498	30	182 M 1-39	43:30	44:27	M
314	John Fensom		1262	37	183 M 1-39	43:51	44:27	M
315	Mark Carter		120	45	29 M 45-49	44:25	44:29	M
316	Mark Ogden		440	44	53 M 40-44	43:56	44:30	M
317	Neil Leeds		366	37	184 M 1-39	44:14	44:30	M
318	Louise Juby	Serpentine RC	334	35	21 F 1-39	44:15	44:31	F
319	Adam Pearce		458	26	185 M 1-39	44:20	44:32	M
320	Keith Mooney		409	52	17 M 50-54	44:28	44:33	M
321	Matt Jenkins		324	27	186 M 1-39	44:16	44:34	M
322	Luke Sutherland		572	29	187 M 1-39	44:13	44:34	M
323	Julz Williams	Norwich Road Runners	622	35	22 F 1-39	44:25	44:35	F
324	Annaka Charters	Mornington Chasers	129	31	23 F 1-39	44:35	44:36	F
325	Jonathan Beverley	Reepham Runners	61	35	188 M 1-39	44:18	44:38	M
326	David Boyce		83	45	30 M 45-49	44:28	44:39	M
327	Stuart Deacon		2863	30	189 M 1-39	44:22	44:41	M
328	Sam Nicholls		424	16	190 M 1-39	44:33	44:41	M
329	Stacy Tovell		591	44	54 M 40-44	44:36	44:43	M
330	Chris Paton		2084	26	191 M 1-39	43:25	44:45	M
331	Pete Thompson		586	29	192 M 1-39	44:30	44:46	M
332	Roly Cook	Norwich Road Runners	146	53	18 M 50-54	44:47	44:47	M
333	Ben Frith		223	26	193 M 1-39	44:22	44:47	M
334	James Roberts		500	37	194 M 1-39	44:25	44:47	M
335	Sarah Peachey	Norwich Road Runners	457	31	24 F 1-39	44:44	44:47	F
336	Haydn Lyon	City of Norwich AC	376	23	195 M 1-39	44:25	44:47	M
337	Ben Moore		1961	27	196 M 1-39	43:48	44:48	M
338	Ashley Black		811	33	197 M 1-39	43:51	44:49	M
339	Mark Saunders		522	48	31 M 45-49	44:37	44:51	M
340	Paul Baisley		719	41	55 M 40-44	44:44	44:51	M
341	Joseph Keeping		338	23	198 M 1-39	44:44	44:52	M
342	Sean Cockrell		1042	46	32 M 45-49	43:55	44:53	M
343	David Stevens		2371	31	199 M 1-39	43:29	44:55	M
344	Craig Goldie	Thetford AC	243	47	33 M 45-49	44:32	44:57	M
345	Dan Goodwin		247	35	200 M 1-39	44:37	44:58	M
346	Mark Harmer	Bure Valley Harriers	275	41	56 M 40-44	44:40	44:58	M
347	Owain Hall		268	45	34 M 45-49	44:41	44:58	M
348	Andy Bobbin		73	41	57 M 40-44	44:45	44:59	M
349	Christopher Dent		1176	52	19 M 50-54	44:31	44:59	M
350	Ian Moore	Norwich Road Runners	410	36	201 M 1-39	44:53	45:02	M
351	Mark Winfield		629	48	35 M 45-49	44:41	45:02	M
352	Ian Jermy		327	40	58 M 40-44	44:42	45:02	M
353	Eve Dewsnap	Tri-Anglia Triathlon Club	1180	36	25 F 1-39	44:46	45:04	F
354	Gary Reeve		485	52	20 M 50-54	44:45	45:05	M
355	Rosie Sexton	City of Norwich AC	529	46	3 F 45-49	45:02	45:05	F
356	Neil Bye	Lowestoft Road Runners	109	35	202 M 1-39	45:00	45:06	M
357	Simon Norton	Bungay Black Dog RC	435	55	7 M 55-59	44:59	45:06	M
358	Stephanie Laurence	City of Norwich AC	1769	28	26 F 1-39	44:46	45:06	F
359	Sam Borrer		79	22	203 M 1-39	44:58	45:07	M
360	Carly Jermy	City of Norwich AC	326	35	27 F 1-39	44:46	45:08	F
361	Alexander Leighton		369	28	204 M 1-39	44:52	45:08	M
362	Daniel Smith		551	34	205 M 1-39	44:48	45:09	M
363	Nick Cox		1111	47	36 M 45-49	44:44	45:11	M
364	Paul Todd		2463	52	21 M 50-54	43:24	45:12	M
365	Phillip Bray		871	32	206 M 1-39	44:13	45:12	M
366	Elliott Mulhall		416	27	207 M 1-39	44:58	45:13	M
367	Mark Stone	Great Yarmouth Road Runners	567	43	59 M 40-44	44:39	45:13	M
368	Mike Howe		302	45	37 M 45-49	44:37	45:15	M
369	Kevin Raisborough		481	49	38 M 45-49	45:08	45:16	M
370	Dean Ladbrook		1753	32	208 M 1-39	44:54	45:17	M
371	Rob Lines	Tri-Anglia Triathlon Club	371	47	39 M 45-49	45:00	45:18	M
372	Jim Fitch		214	45	40 M 45-49	44:37	45:19	M
373	Alice Rees	City of Norwich AC	484	16	28 F 1-39	45:11	45:19	F
374	Jonathan McManus	Norwich Road Runners	391	41	60 M 40-44	44:57	45:21	M
375	Jamie Morrison		382	26	209 M 1-39	44:58	45:24	M
376	Lloyd Nobbs		2016	24	210 M 1-39	44:59	45:24	M
377	Paul Stevenson		565	48	41 M 45-49	45:19	45:28	M
378	Stuart Whiley		3786	27	211 M 1-39	44:25	45:28	M
379	Olly Glasspoole		241	33	212 M 1-39	45:06	45:30	M
380	Edward Brown		94	22	213 M 1-39	45:31	45:31	M
381	Matt Fray		1302	46	42 M 45-49	44:56	45:32	M

382	Michael Ford	Tri-Anglia Triathlon Club	1283	36	214 M 1-39	44:38	45:33	M
383	Paul Rogers	Bure Valley Harriers	508	42	61 M 40-44	45:15	45:34	M
384	Samuel Hall		265	18	215 M 1-39	45:13	45:35	M
385	Simon Caley		963	36	216 M 1-39	44:39	45:36	M
386	Tom Pullinger	Bungay Black Dog RC	475	44	62 M 40-44	45:31	45:36	M
387	Paul Dowson	Norwich Road Runners	180	56	8 M 55-59	45:23	45:38	M
388	Paul James Smith	Norwich Road Runners	552	40	63 M 40-44	45:18	45:38	M
389	Corin Thoday	Reepham Runners	580	40	64 M 40-44	45:12	45:39	M
390	Jim Rijks	City of Norwich AC	494	19	217 M 1-39	45:33	45:39	M
391	Lee Emmett		200	36	218 M 1-39	44:55	45:40	M
392	James Birtwhistle		64	36	219 M 1-39	45:11	45:40	M
393	Kevin Hardingham	Norfolk Gazelles AC	274	57	9 M 55-59	45:29	45:40	M
394	Martin Rix		3215	34	220 M 1-39	44:28	45:42	M
395	Andrew Barkell		733	34	221 M 1-39	45:18	45:43	M
396	Natasha Rout	Wymondham AC	513	29	29 F 1-39	45:37	45:43	F
397	Thomas Rivett	North Norfolk Beach Runners	498	40	65 M 40-44	44:54	45:45	M
398	Nick Browne		96	47	43 M 45-49	45:13	45:46	M
399	Rowena Leary	Norfolk Gazelles AC	360	30	30 F 1-39	45:31	45:47	F
400	Alex Walton		2526	41	66 M 40-44	45:23	45:48	M
401	Rob Purnell	Run@Willis	476	32	222 M 1-39	45:24	45:49	M
402	Stuart Peck		459	37	223 M 1-39	45:43	45:52	M
403	Nicholas Weavers		2556	31	224 M 1-39	45:09	45:52	M
404	Piers Luxford		1836	16	225 M 1-39	44:40	45:53	M
405	Suzu Hill		1541	28	31 F 1-39	45:13	45:53	F
406	Matthew Crane	Bure Valley Harriers	156	38	226 M 1-39	45:35	45:54	M
407	Simon Fields		212	46	44 M 45-49	45:26	45:54	M
408	Simon Beckett		768	51	22 M 50-54	45:28	45:55	M
409	Lucy Tyler	Thetford AC	2491	22	32 F 1-39	43:55	45:56	F
410	Mark Gotts		250	43	67 M 40-44	45:46	45:56	M
411	Craig Alexander		653	30	227 M 1-39	45:32	45:56	M
412	Vince Butler	Tri-Anglia Triathlon Club	957	45	45 M 45-49	44:59	45:56	M
413	Greg Tunmore	Diss and District AC	594	39	228 M 1-39	45:43	45:56	M
414	Ian Sadler		519	37	229 M 1-39	45:25	45:57	M
415	Chris Hosier	Dereham Runners & AC	1578	38	230 M 1-39	45:18	45:58	M
416	Claudia Milburn	Fenland Running Club	400	31	33 F 1-39	45:38	46:00	F
417	Daniel Grigg		257	28	231 M 1-39	45:25	46:01	M
418	Sean O'Loughlin	Bungay Black Dog RC	443	50	23 M 50-54	45:52	46:01	M
419	Ben Fenwick		210	36	232 M 1-39	45:46	46:03	M
420	Roderick Morrison	Norfolk Harriers RC	414	33	233 M 1-39	45:52	46:03	M
421	Adam Plant		463	28	234 M 1-39	45:52	46:04	M
422	Timothy Howard		301	55	10 M 55-59	45:56	46:05	M
423	Tom Askew		20	31	235 M 1-39	45:44	46:06	M
424	Mark Norman	Chorlton Runners	431	35	236 M 1-39	45:32	46:06	M
425	Barry Smith	Ryston Runners	548	50	24 M 50-54	45:55	46:08	M
426	Andrew Polley		3690	57	11 M 55-59	44:43	46:09	M
427	Dale Cooper	Norfolk Harriers RC	148	56	12 M 55-59	45:58	46:09	M
428	Steve Baldwin		725	34	237 M 1-39	46:00	46:10	M
429	Peter Fox		220	55	13 M 55-59	45:43	46:11	M
430	Rob Evans		1244	42	68 M 40-44	45:34	46:14	M
431	Tessa Killingbeck	City of Norwich AC	345	32	34 F 1-39	46:01	46:15	F
432	Gary Hughes		1601	35	238 M 1-39	44:12	46:15	M
433	Christine Faulkner		1259	36	35 F 1-39	45:28	46:15	F
434	James Winter-Whitaker		631	33	239 M 1-39	45:50	46:16	M
435	Francesca Hall		266	20	36 F 1-39	46:03	46:17	F
436	Stuart Canwell	Great Yarmouth Road Runners	974	40	69 M 40-44	45:32	46:19	M
437	Benjamin Swift		573	40	70 M 40-44	46:03	46:20	M
438	Adam Cory		152	32	240 M 1-39	45:25	46:20	M
439	Paul Allen	Coltishall Jaguars RC	659	35	241 M 1-39	46:14	46:20	M
440	Alex Chard		128	36	242 M 1-39	45:52	46:20	M
441	Luca Venturini		2501	29	243 M 1-39	44:55	46:21	M
442	Oliver Furzer		226	26	244 M 1-39	45:18	46:22	M
443	Laura Betts	Bungay Black Dog RC	793	32	37 F 1-39	46:08	46:23	F
444	Neil May		385	44	71 M 40-44	46:08	46:24	M
445	Neil Stockham		2379	43	72 M 40-44	45:45	46:25	M
446	Stewart Helsdon		1511	29	245 M 1-39	45:37	46:25	M
447	Stefan Baber	Tri-Anglia Triathlon Club	701	41	73 M 40-44	46:11	46:29	M
448	Joshua Sibley		3730	23	246 M 1-39	43:27	46:32	M
449	Matthew Rump		2219	32	247 M 1-39	45:59	46:33	M
450	Jonathan Batchelor		40	34	248 M 1-39	46:19	46:33	M
451	Mark King		346	42	74 M 40-44	46:35	46:35	M
452	Kevin Powles		470	48	46 M 45-49	46:20	46:35	M
453	Roisin Marks		381	22	38 F 1-39	46:19	46:39	F
454	Nicholas Carding		115	25	249 M 1-39	46:37	46:40	M
455	Dean Howard		1581	42	75 M 40-44	45:42	46:41	M
456	Stephen Kenworthy		342	47	47 M 45-49	46:31	46:41	M
457	Adrian Gaskin		1333	46	48 M 45-49	46:04	46:41	M
458	Simon Woods		2652	39	250 M 1-39	45:45	46:43	M
459	Kristian Boreham		78	24	251 M 1-39	46:19	46:45	M
460	Alex Saywood		3823	29	252 M 1-39	43:51	46:45	M
461	Thomas Cheongvee		1016	30	253 M 1-39	46:14	46:45	M
462	Susan Aves	Springfield Striders RC	23	51	2 F 50-54	46:21	46:45	F
463	Scott Chadwick		123	39	254 M 1-39	46:04	46:46	M
464	Adam Nunn		439	28	255 M 1-39	46:05	46:46	M
465	Ken Bool		76	33	256 M 1-39	46:43	46:47	M
466	David Crow		160	37	257 M 1-39	46:24	46:48	M
467	Terry Hubbard		1594	41	76 M 40-44	46:04	46:48	M
468	John Howes		303	22	258 M 1-39	46:18	46:49	M
469	Danilo Dondici		1195	37	259 M 1-39	46:06	46:50	M
470	Gene Miller		403	42	77 M 40-44	46:35	46:53	M
471	Lucian Ifimie Hau		1629	36	260 M 1-39	45:30	46:53	M
472	Emma Baxter-Graf		44	42	4 F 40-44	46:00	46:53	F
473	Stephen Broom		897	50	25 M 50-54	45:57	46:54	M
474	Tom English		1239	30	261 M 1-39	45:46	46:55	M
475	Nicholas Richardson		490	34	262 M 1-39	46:38	46:55	M
476	Tristan Baldry		723	35	263 M 1-39	46:30	46:55	M
477	Andrew Hammond	Norfolk Gazelles AC	270	59	14 M 55-59	46:53	46:55	M
478	Mike Brock		3438	26	264 M 1-39	46:03	46:56	M

479	Dan Andrews		14	22	265 M 1-39	46:31	46:57	M
480	Martin Heeley		288	41	78 M 40-44	46:37	46:58	M
481	Martin Smith	North Norfolk Beach Runners	547	46	49 M 45-49	46:38	46:59	M
482	Frances Cooke		147	34	39 F 1-39	46:53	46:59	F
483	Stephen Wheatley		617	53	26 M 50-54	46:53	46:59	M
484	Daniel Devaux		1178	42	79 M 40-44	46:32	47:00	M
485	Jonathan O'Hara	Great Yarmouth Road Runners	2035	46	50 M 45-49	45:44	47:00	M
486	Christopher Doggett		1191	55	15 M 55-59	46:25	47:00	M
487	Kevin Greenhouse	Brandon Fern Hoppers	1407	31	266 M 1-39	46:14	47:00	M
488	John Bone	Great Yarmouth Road Runners	74	69	2 M 65-69	46:41	47:02	M
489	Karl Dickerson		1183	36	267 M 1-39	46:19	47:04	M
490	James Hipperson		1549	27	268 M 1-39	46:20	47:05	M
491	Mark Taylor		2417	41	80 M 40-44	46:15	47:06	M
492	James Humphreys		1608	26	269 M 1-39	45:10	47:07	M
493	Darren Addison		648	37	270 M 1-39	46:43	47:07	M
494	Peter Dunnett	Tri-Anglia Triathlon Club	187	35	271 M 1-39	46:15	47:07	M
495	Peter Elliott		1233	47	51 M 45-49	45:50	47:08	M
496	Tim Lamb		1759	37	272 M 1-39	46:05	47:08	M
497	Neil Bunnage	Norwich Road Runners	103	48	52 M 45-49	46:39	47:08	M
498	Alex Bretton	City of Norwich AC	877	16	273 M 1-39	46:01	47:09	M
499	Rob Wells		615	23	274 M 1-39	46:12	47:11	M
500	Diccon Loy	East London Runners	375	44	81 M 40-44	44:59	47:13	M
501	Nathan Mann		379	29	275 M 1-39	46:46	47:15	M
502	Mark Bagley		703	35	276 M 1-39	46:50	47:15	M
503	James Richardson		493	33	277 M 1-39	47:01	47:17	M
504	Paul Brown	Waveney Valley AC	908	50	27 M 50-54	46:30	47:17	M
505	Shaun Conway		1074	52	28 M 50-54	46:00	47:18	M
506	Gary Fryer	Tri-Anglia Triathlon Club	224	35	278 M 1-39	46:43	47:19	M
507	John Turner		595	50	29 M 50-54	47:00	47:22	M
508	Lisa Gough		1389	40	5 F 40-44	46:56	47:22	F
509	Garry Whiting	Wymondham AC	2591	48	53 M 45-49	46:08	47:23	M
510	James Bush		953	51	30 M 50-54	46:26	47:23	M
511	Chris Boden		832	35	279 M 1-39	46:16	47:24	M
512	Darren Nockels		430	44	82 M 40-44	47:11	47:24	M
513	Ian Maloney		3642	53	31 M 50-54	46:41	47:24	M
514	Antony Beales	Wymondham AC	46	49	54 M 45-49	47:03	47:25	M
515	Stuart Green		256	19	280 M 1-39	47:08	47:32	M
516	James Chaplin ? Madden	Great Yarmouth Road Runners	1005	25	281 M 1-39	46:46	47:33	M
517	Steven Greenwood		1408	35	282 M 1-39	46:23	47:33	M
518	Ian Milburn	Fenland Running Club	401	71	2 M 70-99	47:11	47:33	M
519	Joseph Kiddell	Norwich Road Runners	344	44	83 M 40-44	47:16	47:34	M
520	David Colvin		1068	48	55 M 45-49	47:01	47:34	M
521	Scott Shrubbsall	Coltishall Jaguars RC	537	35	283 M 1-39	47:03	47:34	M
522	Matthew Wickham		2597	33	284 M 1-39	46:02	47:35	M
523	Rachel Miller	Norwich Road Runners	402	41	6 F 40-44	47:31	47:36	F
524	Kevin Breeze		90	34	285 M 1-39	47:13	47:37	M
525	Emma Archer		681	34	40 F 1-39	47:34	47:38	F
526	Damian Humphrey		1606	40	84 M 40-44	46:21	47:38	M
527	Sarah Stubbs	Bure Valley Harriers	2391	40	7 F 40-44	46:18	47:39	F
528	Thomas Chambers-Dowe		127	21	286 M 1-39	47:15	47:43	M
529	Lee Wilson		626	40	85 M 40-44	47:31	47:43	M
530	Rachel Williamson	Longdale Striders	625	41	8 F 40-44	47:28	47:45	F
531	Adam Howard	Ryston Runners	300	36	287 M 1-39	47:09	47:46	M
532	Brittany Bathgate		751	25	41 F 1-39	47:37	47:47	F
533	Ben Brighthouse		881	42	86 M 40-44	46:46	47:47	M
534	Anna Hood		1564	38	42 F 1-39	47:21	47:48	F
535	Keith Yaxley		2677	43	87 M 40-44	46:51	47:48	M
536	Jason Wright		2675	38	288 M 1-39	46:10	47:48	M
537	Phil Henry	Bungay Black Dog RC	1521	53	32 M 50-54	47:28	47:49	M
538	Jack Noble		429	26	289 M 1-39	47:30	47:50	M
539	Simon Fenton		209	27	290 M 1-39	47:16	47:50	M
540	Mark Bloomfield		827	45	56 M 45-49	46:52	47:51	M
541	Nick Overy		445	47	57 M 45-49	47:21	47:52	M
542	Richard Edwards		1225	36	291 M 1-39	47:10	47:52	M
543	Mark Shields		2287	31	292 M 1-39	45:50	47:52	M
544	Robert Thomson		2448	34	293 M 1-39	46:29	47:52	M
545	Christian Hemmant		1512	23	294 M 1-39	46:47	47:53	M
546	Gavin I'Anson		1628	28	295 M 1-39	46:25	47:54	M
547	James Lake		1755	35	296 M 1-39	46:30	47:57	M
548	Peter Wiltshire		627	17	297 M 1-39	47:46	47:58	M
549	Simon Marjoram		1866	41	88 M 40-44	45:50	47:59	M
550	Edward Woodhouse		2648	23	298 M 1-39	47:12	48:00	M
551	William Faulkner		208	35	299 M 1-39	47:39	48:02	M
552	Jeremy Storr		570	39	300 M 1-39	47:40	48:03	M
553	David Eastaugh		191	51	33 M 50-54	47:39	48:03	M
554	Leon Edwards		1224	30	301 M 1-39	46:54	48:03	M
555	Lewis Daniels		166	29	302 M 1-39	47:31	48:05	M
556	Paul Schwer	Felixstowe RRC	2257	55	16 M 55-59	46:58	48:06	M
557	Nicola Hill	Norwich Road Runners	1539	40	9 F 40-44	47:31	48:06	F
558	Lee Cheung		1017	30	303 M 1-39	47:40	48:10	M
559	Alastair Read		2151	37	304 M 1-39	47:18	48:10	M
560	Paul Terreros		2430	35	305 M 1-39	45:32	48:11	M
561	Craig Cole		1053	32	306 M 1-39	47:49	48:12	M
562	Nathaniel Anderson		670	26	307 M 1-39	47:45	48:14	M
563	Stephen Graham	East Hull Harriers & AC	253	64	1 M 60-64	48:08	48:14	M
564	Brian Henderson		1517	46	58 M 45-49	47:29	48:16	M
565	Ian Clitheroe		1035	48	59 M 45-49	47:37	48:17	M
566	Cameron Green		255	28	308 M 1-39	46:42	48:18	M
567	Melvin Hill		1542	52	34 M 50-54	47:52	48:18	M
568	Dan Perrin		460	43	89 M 40-44	47:51	48:18	M
569	Rajesh Logasundaram		1820	40	90 M 40-44	48:08	48:19	M
570	John Fisher		1273	24	309 M 1-39	47:23	48:21	M
571	Chris Pape		2061	41	91 M 40-44	46:45	48:22	M
572	Simon Bransby		867	48	60 M 45-49	47:44	48:23	M
573	Christopher Burrows		945	34	310 M 1-39	47:14	48:25	M
574	Fiona Grady		1394	42	10 F 40-44	47:38	48:25	F
575	Paul McVeigh		393	37	311 M 1-39	47:33	48:27	M

576	Tim Cook		1080	43	92 M 40-44	47:26	48:27	M
577	Stuart Clark		1027	29	312 M 1-39	47:17	48:27	M
578	Tom Harvey		279	27	313 M 1-39	48:02	48:27	M
579	Laura Gilbert	Bungay Black Dog RC	238	30	43 F 1-39	48:14	48:28	F
580	Jagan Crane	Coltishall Jaguars RC	157	16	314 M 1-39	47:33	48:29	M
581	Denver Slowther	Bure Valley Harriers	545	42	93 M 40-44	47:47	48:29	M
582	Shaun Copland		149	36	315 M 1-39	47:50	48:31	M
583	Louise Hamilton-Rout	Norfolk Harriers RC	1456	29	44 F 1-39	47:41	48:31	F
584	Daniel Jones		1695	24	316 M 1-39	47:07	48:31	M
585	Edward Parker		449	33	317 M 1-39	48:10	48:32	M
586	Michael Grand	Reepham Runners	1395	44	94 M 40-44	48:06	48:32	M
587	Tony Eves		1252	36	318 M 1-39	47:26	48:36	M
588	Claire Brown		95	54	35 M 50-54	48:18	48:39	M
589	Shaune Gooch		244	43	95 M 40-44	48:16	48:42	M
590	James Sharman		532	39	319 M 1-39	48:09	48:43	M
591	Lucy Parmenter		2063	26	45 F 1-39	48:01	48:46	F
592	Andrew Hardy		1475	60	2 M 60-64	48:06	48:47	M
593	Keith Blake		65	55	17 M 55-59	48:42	48:47	M
594	Paul Woodyatt		2657	53	36 M 50-54	48:07	48:48	M
595	Zoe Jones	Wymondham AC	1683	41	11 F 40-44	48:08	48:48	F
596	John Reeve		486	20	320 M 1-39	48:31	48:48	M
597	Nicky Dowson	Norwich Road Runners	179	50	3 F 50-54	48:33	48:49	F
598	Lisa Hall	Norwich Road Runners	1444	36	46 F 1-39	48:06	48:50	F
599	Stuart Young	Bungay Black Dog RC	637	50	37 M 50-54	48:46	48:50	M
600	Adam Haylett		1505	31	321 M 1-39	47:56	48:51	M
601	Simon Bales		726	39	322 M 1-39	48:28	48:51	M
602	Mark Whiting		2592	55	18 M 55-59	48:23	48:51	M
603	Graeme Leeson	Ryston Runners	367	44	96 M 40-44	48:00	48:52	M
604	Justin Pearce		2093	42	97 M 40-44	47:24	48:52	M
605	Oliver Thomson		3764	23	323 M 1-39	47:08	48:55	M
606	Alastair Notley		438	32	324 M 1-39	48:40	48:55	M
607	Helen Boyd		858	37	47 F 1-39	48:20	48:57	F
608	Jonathan Shackshaft		2272	22	325 M 1-39	48:38	48:57	M
609	Alex Bowen	Wymondham AC	850	37	326 M 1-39	48:09	48:58	M
610	David Clark		134	48	61 M 45-49	48:37	48:59	M
611	Darren Beard		47	41	98 M 40-44	48:33	49:00	M
612	Andy Fretwell		1311	55	19 M 55-59	48:15	49:00	M
613	Jon Winn		630	50	38 M 50-54	48:44	49:00	M
614	David McWilliam		394	39	327 M 1-39	48:31	49:01	M
615	Andy Oliver		441	28	328 M 1-39	48:41	49:01	M
616	Catherine Healy		1508	23	48 F 1-39	48:18	49:02	F
617	Shaun Cleworth		1033	40	99 M 40-44	48:01	49:02	M
618	Malcolm Fisher	Dereham Runners & AC	1274	37	329 M 1-39	48:39	49:04	M
619	Graham Johnson	Coltishall Jaguars RC	1668	49	62 M 45-49	47:21	49:05	M
620	Wayne Carver		991	31	330 M 1-39	48:03	49:06	M
621	Lucy Campbell	Norfolk Harriers RC	113	48	4 F 45-49	48:55	49:06	F
622	Peter Laddiman	Norfolk Harriers RC	348	58	20 M 55-59	48:57	49:06	M
623	Richard Black		810	26	331 M 1-39	48:07	49:08	M
624	Eva Wilkes		2603	28	49 F 1-39	46:23	49:08	F
625	Silje Hovstad	City of Norwich AC	299	37	50 F 1-39	48:52	49:14	F
626	James Fullam		1320	32	332 M 1-39	48:30	49:16	M
627	William Vincent		2504	23	333 M 1-39	47:53	49:16	M
628	Adrian Dyde		1218	57	21 M 55-59	48:33	49:17	M
629	Seth Thomas		582	24	334 M 1-39	47:47	49:18	M
630	Ben Taylor	Norwich Road Runners	2423	36	335 M 1-39	47:20	49:19	M
631	Daniel Moore		1962	23	336 M 1-39	47:09	49:20	M
632	Adrian Sweeney		2399	31	337 M 1-39	47:36	49:21	M
633	Nicola Holden		1556	40	12 F 40-44	48:38	49:21	F
634	Darren Tubby		2477	30	338 M 1-39	47:58	49:23	M
635	Jonathan Burton	Dereham Runners & AC	106	47	63 M 45-49	49:01	49:24	M
636	Chris Kettlely		1731	34	339 M 1-39	47:38	49:25	M
637	Ian Beggs		53	48	64 M 45-49	49:14	49:25	M
638	Ed Walker		2513	35	340 M 1-39	47:29	49:25	M
639	Stephen Curnow	Norwich Road Runners	1138	37	341 M 1-39	48:49	49:26	M
640	Dr Navin Kumar Ghosh		236	34	342 M 1-39	48:30	49:26	M
641	Pauline Drewery	Ryston Runners	1204	46	5 F 45-49	48:52	49:27	F
642	Paul Higgins		1532	33	343 M 1-39	49:00	49:30	M
643	Steven Blyth-Clarke		3429	17	344 M 1-39	48:08	49:31	M
644	Deborah Blackwell		814	34	51 F 1-39	48:51	49:32	F
645	Adam Kennerley		341	24	345 M 1-39	49:03	49:32	M
646	Chris Vernon		2502	26	346 M 1-39	46:56	49:33	M
647	Mark Sanders		2238	46	65 M 45-49	48:05	49:33	M
648	Scott Bemment		779	41	100 M 40-44	49:21	49:33	M
649	Martin Adcock	Bure Valley Harriers	4	47	66 M 45-49	49:15	49:34	M
650	Emma Fox	Bure Valley Harriers	219	32	52 F 1-39	49:14	49:34	F
651	James Loughlin		1826	27	347 M 1-39	48:10	49:35	M
652	Martyn Bond		839	32	348 M 1-39	49:00	49:35	M
653	Paul Eves		1250	38	349 M 1-39	48:20	49:37	M
654	Nicola Cage-Brimelow		110	34	53 F 1-39	49:19	49:37	F
655	Laura Parry		451	27	54 F 1-39	49:26	49:38	F
656	Sophie Bell	Bungay Black Dog RC	54	19	55 F 1-39	49:25	49:39	F
657	Steph Johnson	Wymondham AC	1673	34	56 F 1-39	48:25	49:40	F
658	Gregory Scriven		2264	32	350 M 1-39	48:16	49:40	M
659	Lucy Bain		715	25	57 F 1-39	49:10	49:42	F
660	Paul Taylor	Coltishall Jaguars RC	2422	49	67 M 45-49	48:20	49:42	M
661	Craig Knights	Tri-Anglia Triathlon Club	1748	41	101 M 40-44	49:13	49:43	M
662	Myles Hague	Norwich Road Runners	1441	34	351 M 1-39	47:46	49:43	M
663	Jessica Neave		420	25	352 M 1-39	49:21	49:44	M
664	Tyrone Young		2682	31	353 M 1-39	47:24	49:45	M
665	Jonathan Hatchman		1499	25	354 M 1-39	48:47	49:45	M
666	Chris Blincoe		821	35	355 M 1-39	47:48	49:45	M
667	David Bane		30	51	39 M 50-54	49:32	49:45	M
668	Andrew Spencer		2353	44	102 M 40-44	47:30	49:45	M
669	Matthew Baxter		43	37	356 M 1-39	49:30	49:46	M
670	Claire Brooke	Wymondham AC	92	44	13 F 40-44	49:24	49:46	F
671	Tim Parr		2074	41	103 M 40-44	47:37	49:50	M
672	Andrew Kelman		1719	52	40 M 50-54	48:42	49:51	M

673	Chris Beare		762	43	104 M 40-44	49:14	49:51	M
674	Sabrina Norton	Bungay Black Dog RC	434	37	58 F 1-39	49:37	49:51	F
675	Anne Ellen	Norfolk Gazelles AC	1231	60	1 F 60-64	49:10	49:52	F
676	Ian Brown		907	47	68 M 45-49	48:46	49:53	M
677	Ian Fisher		1271	54	41 M 50-54	48:33	49:55	M
678	Mark Fowler		1296	36	357 M 1-39	48:54	49:56	M
679	Carol Devlin	Dereham Runners & AC	1179	50	4 F 50-54	48:40	49:56	F
680	Johanna Orring		2044	32	59 F 1-39	47:14	49:57	F
681	Jon Creasey		1120	51	42 M 50-54	48:46	49:59	M
682	Grant King		1737	37	358 M 1-39	49:28	50:00	M
683	Bridget Shaw	Bungay Black Dog RC	533	27	60 F 1-39	49:46	50:00	F
684	Matthew Rowe		3223	32	359 M 1-39	47:52	50:00	M
685	Michelle Atkinson		694	36	61 F 1-39	49:38	50:00	F
686	Matthew Reynolds		2167	33	360 M 1-39	47:54	50:01	M
687	Richard Smith		2318	39	361 M 1-39	49:02	50:01	M
688	Kevin Brown		904	35	362 M 1-39	49:09	50:03	M
689	Steve Woolston		2659	29	363 M 1-39	48:10	50:04	M
690	Shaun Braybrook		872	33	364 M 1-39	48:26	50:05	M
691	Marilyn Hodges		1555	27	62 F 1-39	49:26	50:05	F
692	Rachel Cubitt	Norwich Road Runners	1132	29	63 F 1-39	48:57	50:05	F
693	Geoffrey Brown		905	25	365 M 1-39	49:22	50:06	M
694	David Platten		2118	50	43 M 50-54	48:35	50:08	M
695	Amanda Hards		1472	48	6 F 45-49	49:28	50:11	F
696	Colin Groom		1428	32	366 M 1-39	49:30	50:12	M
697	Richard Patterson		2086	30	367 M 1-39	48:55	50:13	M
698	John Norton		436	40	105 M 40-44	49:28	50:14	M
699	Simon Farrow		1258	40	106 M 40-44	49:35	50:14	M
700	Toby Griffiths		1420	44	107 M 40-44	49:44	50:15	M
701	Robert Hemmens		1515	48	69 M 45-49	49:01	50:16	M
702	James Larnder		355	37	368 M 1-39	49:59	50:16	M
703	Elly Young		2681	46	7 F 45-49	48:15	50:17	F
704	Roger Gooch		245	63	3 M 60-64	49:49	50:17	M
705	David Iwo		1638	17	369 M 1-39	48:57	50:19	M
706	Simon Wright		3386	35	370 M 1-39	47:08	50:19	M
707	Luke Blake		817	31	371 M 1-39	49:36	50:19	M
708	Robert Banning		730	39	372 M 1-39	50:01	50:20	M
709	Lawrence Brown		915	25	373 M 1-39	48:59	50:21	M
710	Simon Welfare		613	29	374 M 1-39	50:04	50:21	M
711	Matthew Driver		1206	29	375 M 1-39	49:12	50:22	M
712	Alvin J Cox		1112	40	108 M 40-44	49:10	50:22	M
713	Steve Douglas		1202	49	70 M 45-49	49:33	50:22	M
714	Simon Pittaway		2117	35	376 M 1-39	48:45	50:22	M
715	Alex Coburn		1040	40	109 M 40-44	49:37	50:22	M
716	Matt Whitehouse		2590	34	377 M 1-39	47:49	50:23	M
717	Daniel Lee		1788	30	378 M 1-39	49:06	50:24	M
718	Sarah Boosey	Norwich Road Runners	77	32	64 F 1-39	49:53	50:24	F
719	Michelle Bull	City of Norwich AC	927	45	8 F 45-49	49:42	50:25	F
720	Ryan Gardner		3533	21	379 M 1-39	48:07	50:26	M
721	Martin Hammond	Ryston Runners	1458	50	44 M 50-54	49:50	50:26	M
722	Angus Campbell		971	51	45 M 50-54	49:32	50:27	M
723	Steven Walsh		2525	34	380 M 1-39	48:58	50:28	M
724	Neal Bassett	Stowmarket Striders RC	747	20	381 M 1-39	50:00	50:28	M
725	Steven Mead		395	26	382 M 1-39	50:20	50:30	M
726	Christopher Meadows		1918	26	383 M 1-39	48:26	50:30	M
727	Chris Collins		1064	22	384 M 1-39	49:21	50:31	M
728	Catherine Belson	Stowmarket Striders RC	778	44	14 F 40-44	50:04	50:32	F
729	Kaylee Brown	City of Norwich AC	909	27	65 F 1-39	49:17	50:33	F
730	Richard Lawes		1771	59	22 M 55-59	48:09	50:33	M
731	Luke Strickland		2387	30	385 M 1-39	49:10	50:34	M
732	Kris Sales		2232	23	386 M 1-39	49:03	50:34	M
733	Morgan Crane		1115	41	110 M 40-44	50:20	50:34	M
734	Faye Brown		911	20	66 F 1-39	50:04	50:34	F
735	Daniel Hall		1446	48	71 M 45-49	49:34	50:35	M
736	Jenny Humphrey		1605	40	15 F 40-44	49:19	50:36	F
737	Gary Hill		1540	42	111 M 40-44	49:38	50:36	M
738	Steve Parry		2078	40	112 M 40-44	49:13	50:37	M
739	Kim Hirst		1551	36	67 F 1-39	49:22	50:37	F
740	Christopher Donaldson		1194	25	387 M 1-39	49:41	50:38	M
741	Debbie Tooke		3315	43	16 F 40-44	49:26	50:39	F
742	Brendan Bolger		836	25	388 M 1-39	50:16	50:41	M
743	Ian Edwards	Norfolk Gazelles AC	194	40	113 M 40-44	50:13	50:41	M
744	Billy Ledain		1784	27	389 M 1-39	49:55	50:41	M
745	Oliver Gillard-Eastop		1356	49	72 M 45-49	49:36	50:41	M
746	Iain Johnson	Deal Tri Club	1667	46	73 M 45-49	49:13	50:41	M
747	Julian Allaker		9	38	390 M 1-39	49:53	50:41	M
748	Victoria Blake		819	32	68 F 1-39	50:08	50:41	F
749	Eleanor Stevens		2372	36	69 F 1-39	49:15	50:43	F
750	Julian Smith		2326	46	9 F 45-49	50:02	50:44	F
751	James Kent		1726	30	391 M 1-39	49:19	50:45	M
752	Stuart Coe		1043	37	392 M 1-39	49:48	50:47	M
753	Andy Hart		1494	52	46 M 50-54	49:36	50:47	M
754	Max Jennings		1658	49	74 M 45-49	49:03	50:47	M
755	Martin Colley	Bure Valley Harriers	142	28	393 M 1-39	50:26	50:47	M
756	Alison Stewart	Reepham Runners	2377	57	2 F 55-59	49:24	50:48	F
757	Neil Boyce		856	41	114 M 40-44	50:02	50:48	M
758	Peter Fullalove		225	49	75 M 45-49	50:29	50:48	M
759	Kirt Hainzer		1443	31	394 M 1-39	49:52	50:49	M
760	David Brailey	Coltishall Jaguars RC	87	42	115 M 40-44	50:20	50:50	M
761	Jo Drugan	Norfolk Gazelles AC	183	45	10 F 45-49	50:22	50:51	F
762	Nick Welsh		2570	29	395 M 1-39	49:14	50:52	M
763	Harriet Carr		118	30	70 F 1-39	50:22	50:53	F
764	Jonathan Leunis		1802	30	396 M 1-39	48:33	50:53	M
765	Graham Hardingham	Norfolk Gazelles AC	273	54	47 M 50-54	50:42	50:53	M
766	Andrew Farman		3509	34	397 M 1-39	46:35	50:54	M
767	Gav Smith		2332	36	398 M 1-39	48:30	50:54	M
768	Mike Burton		949	38	399 M 1-39	50:15	50:54	M
769	Adrian Martin		3645	49	76 M 45-49	49:24	50:55	M

770	Robert Flint		1280	29	400 M 1-39	50:18	50:56	M
771	Nicci Manning		1860	47	11 F 45-49	49:47	50:56	F
772	Paul Cross		1124	36	401 M 1-39	49:06	50:56	M
773	William Robinson		2194	37	402 M 1-39	47:51	50:57	M
774	Andrew Walker-Hall		2519	33	403 M 1-39	49:28	50:57	M
775	Ian Arrowsmith		685	32	404 M 1-39	50:35	50:59	M
776	Philip Wilton	Tri-Anglia Triathlon Club	2623	48	77 M 45-49	49:52	51:00	M
777	George Webster		2563	27	405 M 1-39	49:00	51:01	M
778	Shane Smith		2333	40	116 M 40-44	48:32	51:03	M
779	Sean Blanch		3425	33	406 M 1-39	49:31	51:03	M
780	David Neeve	Bungay Black Dog RC	421	34	407 M 1-39	50:58	51:03	M
781	Katie Allan		656	29	71 F 1-39	49:43	51:04	F
782	Alex Scott		2260	33	408 M 1-39	49:40	51:04	M
783	Paul Judge		1705	25	409 M 1-39	50:25	51:05	M
784	Nick Cooper		1095	55	23 M 55-59	50:25	51:05	M
785	Andrew Cooper		1096	29	410 M 1-39	50:10	51:05	M
786	Maureen Wolfe	Ryston Runners	2633	56	3 F 55-59	49:39	51:07	F
787	Dianne Bird		803	52	5 F 50-54	50:25	51:07	F
788	Kirk Moore		1958	49	78 M 45-49	50:15	51:08	M
789	Vhari King		3807	37	72 F 1-39	49:02	51:08	F
790	Gareth Nicholls		2012	38	411 M 1-39	48:37	51:09	M
791	Robert Porter		2126	43	117 M 40-44	50:41	51:10	M
792	Theresa Dooley		1197	45	12 F 45-49	50:27	51:11	F
793	Nicola Gibson	Norwich Road Runners	1349	39	73 F 1-39	50:28	51:12	F
794	Stephen Faragher		1255	32	412 M 1-39	48:37	51:12	M
795	Lee Roberts		2185	38	413 M 1-39	49:46	51:14	M
796	Nigel Gilham	Bungay Black Dog RC	1354	62	4 M 60-64	50:39	51:15	M
797	Gary Howes		1587	34	414 M 1-39	49:35	51:15	M
798	Neil Henery		1518	54	48 M 50-54	50:15	51:15	M
799	Eddie Warren		2539	28	415 M 1-39	48:15	51:15	M
800	Heather Bush		952	40	17 F 40-44	50:40	51:16	F
801	Nick Symeou		2404	36	416 M 1-39	49:54	51:17	M
802	Peter Hunnybun		1609	30	417 M 1-39	49:54	51:17	M
803	Tony Shipley		2289	38	418 M 1-39	50:12	51:17	M
804	Adam Smith		549	35	419 M 1-39	51:10	51:18	M
805	Chris Lee	City of Norwich AC	1787	34	420 M 1-39	50:39	51:20	M
806	Nick Haigh		261	57	24 M 55-59	48:50	51:20	M
807	Richard Gilham	Norfolk Gazelles AC	239	53	49 M 50-54	50:52	51:20	M
808	Peter Marron		1871	47	79 M 45-49	49:56	51:23	M
809	Daniel Brocklehurst	Wyomndham AC	892	32	421 M 1-39	50:31	51:23	M
810	Keith Walpole		2521	42	118 M 40-44	48:34	51:24	M
811	Simon Hagg		1440	48	80 M 45-49	50:35	51:24	M
812	Chris Cope		1098	29	422 M 1-39	50:02	51:25	M
813	Suzanne Orr		2043	42	18 F 40-44	49:50	51:26	F
814	Stuart Baird		718	42	119 M 40-44	50:53	51:26	M
815	Mark Bircham		800	29	423 M 1-39	50:42	51:29	M
816	Caroline Bidewell		798	29	74 F 1-39	50:43	51:30	F
817	Neil Dobson		1190	34	424 M 1-39	50:59	51:32	M
818	Andrew Hannant		1464	40	120 M 40-44	50:20	51:32	M
819	Spencer Vine		2505	39	425 M 1-39	48:29	51:32	M
820	Sarah Jay	Bure Valley Harriers	1653	49	13 F 45-49	50:12	51:34	F
821	Stuart Simpson		2297	33	426 M 1-39	49:52	51:34	M
822	Mark Drummond		1210	26	427 M 1-39	50:21	51:35	M
823	Marcus Sajnog		2231	27	428 M 1-39	49:16	51:35	M
824	Matthew Reynolds	Lowestoft Road Runners	489	33	429 M 1-39	51:30	51:36	M
825	Rob Coates	Norwich Road Runners	1039	30	430 M 1-39	50:22	51:36	M
826	Stuart Chamberlain		1001	39	431 M 1-39	50:52	51:37	M
827	Ben Grice		1411	25	432 M 1-39	50:24	51:37	M
828	Matthew Roebuck		2200	30	433 M 1-39	50:00	51:37	M
829	Christopher Carver		990	24	434 M 1-39	49:57	51:39	M
830	Rick Voult		2507	44	121 M 40-44	50:47	51:39	M
831	Karyn Bray		870	46	14 F 45-49	51:05	51:41	F
832	Jonathan Foot	Bure Valley Harriers	1281	56	25 M 55-59	51:07	51:41	M
833	Andrew Bowles		853	37	435 M 1-39	51:11	51:41	M
834	Stacey Harper	Norwich Road Runners	1479	37	75 F 1-39	50:29	51:42	F
835	Paul Willis		2612	34	436 M 1-39	48:06	51:42	M
836	Paul Adams		643	50	50 M 50-54	51:27	51:44	M
837	Lars Murdock		1986	24	437 M 1-39	49:38	51:44	M
838	Bob Cameron		967	48	81 M 45-49	50:39	51:45	M
839	Rebecca McMurray		1913	27	76 F 1-39	50:20	51:45	F
840	Wayne Munns		1984	37	438 M 1-39	49:11	51:46	M
841	James Slater		2309	24	439 M 1-39	50:21	51:46	M
842	Peter Walsh		2524	39	440 M 1-39	50:14	51:46	M
843	Sonja Marzi		1880	32	77 F 1-39	50:43	51:48	F
844	Alex Brightwell		883	37	78 F 1-39	51:07	51:48	F
845	Stephen Greatbanks		1402	51	51 M 50-54	50:57	51:48	M
846	Edward Orchin		2040	29	441 M 1-39	49:27	51:49	M
847	Adam Kimberley		1735	32	442 M 1-39	50:50	51:50	M
848	Lewis Perkins		2103	16	443 M 1-39	48:17	51:51	M
849	Richard Hazleton	Norfolk Gazelles AC	1506	29	444 M 1-39	49:16	51:51	M
850	Mark Higgins		1531	34	445 M 1-39	51:19	51:53	M
851	Matthew Freezer	Dereham Runners & AC	1309	26	446 M 1-39	50:47	51:55	M
852	Chris Hill		1538	38	447 M 1-39	51:09	51:55	M
853	Barry Stearman		3291	33	448 M 1-39	49:02	51:55	M
854	Matt Gill		970	28	449 M 1-39	51:31	51:56	M
855	Christopher Groves	Tri-Anglia Triathlon Club	1432	64	5 M 60-64	51:08	51:57	M
856	Bradley Buck		98	19	450 M 1-39	51:50	51:58	M
857	Nina Atkinson	Reepham Runners	696	41	19 F 40-44	51:28	51:58	F
858	Russell Baker		27	53	52 M 50-54	51:36	51:58	M
859	Jamie Fisher		1272	22	451 M 1-39	50:22	51:59	M
860	Sarah Bradley	Norwich Road Runners	85	52	6 F 50-54	51:33	51:59	F
861	Warren Newell		2004	52	53 M 50-54	50:21	52:01	M
862	Toni George	Great Yarmouth Road Runners	1341	40	20 F 40-44	50:51	52:01	F
863	Tawa Groombridge		258	37	79 F 1-39	51:26	52:02	F
864	Charlotte Christopherson		1023	24	80 F 1-39	51:03	52:02	F
865	Gary Davison		1162	29	452 M 1-39	50:44	52:03	M
866	Alex Gaunt	Norwich Road Runners	1335	46	82 M 45-49	50:50	52:04	M

867	Ruth Gaunt	Norwich Road Runners	1334	48	15 F 45-49	50:48	52:04	F
868	Graeme Bentley		785	35	453 M 1-39	50:59	52:04	M
869	Simon Beck		765	37	454 M 1-39	51:53	52:05	M
870	Will Tuttle		2489	27	455 M 1-39	49:34	52:05	M
871	Nicola Jepson		1659	27	81 F 1-39	50:29	52:05	F
872	Matt Howes	Norwich Road Runners	1588	41	122 M 40-44	50:58	52:08	M
873	Christopher Gay	Great Yarmouth & District AC	1336	52	54 M 50-54	50:11	52:09	M
874	Simon Goldsmith		1375	41	123 M 40-44	51:17	52:09	M
875	Imogen Snelling	Bungay Black Dog RC	2341	40	21 F 40-44	50:29	52:09	F
876	Simon Forth		1289	45	83 M 45-49	51:29	52:10	M
877	Chris Read	Norwich Road Runners	2150	34	456 M 1-39	50:19	52:10	M
878	Joy Taylor		2412	41	22 F 40-44	50:24	52:10	F
879	Dan Whittam		619	29	457 M 1-39	51:56	52:11	M
880	Karl Buffin		926	42	124 M 40-44	51:11	52:12	M
881	Stephen McCarthy		1898	51	55 M 50-54	50:50	52:13	M
882	Stephen Hunt		1612	36	458 M 1-39	50:14	52:13	M
883	Liam Swift		2401	38	459 M 1-39	50:51	52:15	M
884	Jason Snook		2342	45	84 M 45-49	50:15	52:17	M
885	Jamie Burgess	Norfolk Harriers RC	940	27	460 M 1-39	51:39	52:17	M
886	Jane Trudgill	Great Yarmouth & District AC	2474	42	23 F 40-44	50:54	52:18	F
887	Jon Regester		488	50	56 M 50-54	51:57	52:18	M
888	Stephen Best		791	35	461 M 1-39	52:05	52:20	M
889	Petra Cook	Norwich Road Runners	1084	64	2 F 60-64	50:44	52:21	F
890	Neil Goward		1391	51	57 M 50-54	51:40	52:22	M
891	Kerry Coleman		1059	30	82 F 1-39	51:36	52:22	F
892	Terry Morris	Bentham Beagles Running Club	1970	48	85 M 45-49	49:34	52:22	M
893	Jason Clarke		1030	46	86 M 45-49	51:45	52:22	M
894	Fiona Henderson		1516	31	83 F 1-39	51:28	52:22	F
895	Chris Oulds		444	28	462 M 1-39	52:11	52:23	M
896	Mark Bagnall		704	43	125 M 40-44	51:54	52:23	M
897	Stuart Slattery	Dereham Runners & AC	2310	33	463 M 1-39	49:50	52:24	M
898	Matthew Kempson		1722	22	464 M 1-39	50:43	52:24	M
899	Adrian Hubbard		1596	48	87 M 45-49	51:14	52:24	M
900	Alistair Laidlaw		1754	32	465 M 1-39	49:49	52:24	M
901	Daniel Crowder		1128	31	466 M 1-39	51:17	52:24	M
902	Tracy Stevenson	Norfolk Gazelles AC	2375	47	16 F 45-49	51:04	52:25	F
903	Colin Fish		1270	52	58 M 50-54	51:38	52:25	M
904	Richard Shepherd		2284	30	467 M 1-39	49:16	52:26	M
905	Keith Cutting		1143	57	26 M 55-59	51:46	52:26	M
906	Marcel Souris		2346	41	126 M 40-44	49:36	52:26	M
907	Sam Wright		2666	31	468 M 1-39	51:08	52:27	M
908	Claire Stammers		2361	43	24 F 40-44	50:54	52:27	F
909	Jonathan Jones		1693	61	6 M 60-64	51:25	52:28	M
910	Christopher Stammers		559	40	127 M 40-44	50:54	52:28	M
911	Mark Vandenbergh		2498	33	469 M 1-39	50:54	52:29	M
912	Edward Wood		2640	34	470 M 1-39	49:59	52:30	M
913	Lewis Foulger		1292	35	471 M 1-39	51:53	52:30	M
914	Ryan Gibson		1348	20	472 M 1-39	51:29	52:32	M
915	Daniel Shanks		2274	36	473 M 1-39	50:14	52:32	M
916	Paul Hann		1463	66	3 M 65-69	51:49	52:33	M
917	Adrian Hunt	Bungay Black Dog RC	1613	61	7 M 60-64	50:45	52:33	M
918	Robert Moerdyk		1953	41	128 M 40-44	51:17	52:33	M
919	Ashley Ruthven		2223	25	84 F 1-39	50:32	52:34	F
920	John Bennett		784	32	474 M 1-39	51:56	52:34	M
921	Paul Veal		2500	30	475 M 1-39	51:12	52:35	M
922	Scott Turner		2481	50	59 M 50-54	50:05	52:35	M
923	Michael Franks		1300	57	27 M 55-59	51:37	52:36	M
924	Martin Norman		2018	38	476 M 1-39	49:52	52:36	M
925	Matthew Metcalf		1925	38	477 M 1-39	50:40	52:37	M
926	Alexander Kington		1739	35	478 M 1-39	49:50	52:37	M
927	Kerry London		1824	24	85 F 1-39	48:58	52:37	F
928	Tianjin Lawless-Jennings		1773	29	86 F 1-39	51:40	52:38	F
929	Lisa Oakley		2027	39	87 F 1-39	50:07	52:39	F
930	Flora Andrews		674	39	88 F 1-39	52:13	52:40	F
931	Jon Stewart		3296	41	129 M 40-44	52:01	52:40	M
932	Robert King		347	39	479 M 1-39	52:37	52:41	M
933	Ian Stokes		2380	37	480 M 1-39	49:56	52:41	M
934	Sal Ryder	North Norfolk Beach Runners	2226	49	17 F 45-49	49:42	52:44	F
935	Nicholas Parry		2077	21	481 M 1-39	51:05	52:44	M
936	Robin Ashe	Bungay Black Dog RC	688	64	8 M 60-64	52:20	52:45	M
937	Mike Jolly	Reepham Runners	1675	46	88 M 45-49	51:08	52:45	M
938	Stuart Spencer		2350	46	89 M 45-49	50:11	52:45	M
939	Samuel Conneely		3470	16	482 M 1-39	48:25	52:46	M
940	Andy Wood		2641	55	28 M 55-59	51:14	52:46	M
941	James Batchelor		749	46	90 M 45-49	52:22	52:47	M
942	Andy Winkworth		2628	34	483 M 1-39	51:13	52:47	M
943	Chris Murphy		1987	57	29 M 55-59	51:15	52:47	M
944	Kirsty Johnstone	Barnet & District AC	1674	54	7 F 50-54	51:36	52:47	F
945	Alan Sillett		2296	48	91 M 45-49	51:52	52:47	M
946	Neil Burrage		943	41	130 M 40-44	51:45	52:48	M
947	Richard Hancock		1461	36	484 M 1-39	51:33	52:48	M
948	George Brockhouse		889	23	485 M 1-39	49:33	52:49	M
949	Dave Howard		1582	40	131 M 40-44	52:11	52:49	M
950	Jack Raven	Sudbury Joggers	2148	24	486 M 1-39	50:45	52:49	M
951	Jane Turner		2483	48	18 F 45-49	51:13	52:49	F
952	James Cooke	Norwich Road Runners	1088	35	487 M 1-39	51:50	52:50	M
953	Chris Bradford		863	28	488 M 1-39	52:00	52:51	M
954	Jonathan Mulley		1983	52	60 M 50-54	51:22	52:52	M
955	Rhoda Hincks	City of Norwich AC	1546	28	89 F 1-39	51:38	52:52	F
956	Katie Mack	City of Norwich AC	1843	32	90 F 1-39	51:34	52:54	F
957	Philip Websdal		2561	42	132 M 40-44	52:15	52:54	M
958	Martin Brown		912	46	92 M 45-49	52:06	52:55	M
959	Lorna Botwright		846	32	91 F 1-39	52:24	52:56	F
960	Mark Brumpton		920	38	489 M 1-39	50:45	52:56	M
961	Paul Gaffer	Bungay Black Dog RC	1324	55	30 M 55-59	52:14	52:58	M
962	Rob Sangar		2244	27	490 M 1-39	50:45	52:59	M
963	Matthew Johnson		1671	41	133 M 40-44	51:28	52:59	M

964	Nicola John	Coltishall Jaguars RC	1664	32	92 F 1-39	51:31	52:59	F
965	Frances Rayner		2149	47	19 F 45-49	51:35	53:00	F
966	Simon Lomax	Tri-Anglia Triathlon Club	1822	49	93 M 45-49	51:17	53:00	M
967	Carl Jaggard		1647	38	491 M 1-39	51:27	53:00	M
968	Andrew Lawn		1774	29	492 M 1-39	50:10	53:00	M
969	Luke Johnson		1672	33	493 M 1-39	51:29	53:00	M
970	Emma Crow		161	34	93 F 1-39	52:36	53:00	F
971	Joshua Cadwallader		3454	29	494 M 1-39	50:11	53:00	M
972	Rory Hill		1544	23	495 M 1-39	52:02	53:01	M
973	James Ellis		1236	36	496 M 1-39	51:28	53:03	M
974	Sophie Ingleson		1633	23	94 F 1-39	51:31	53:03	F
975	Adam Beckett		770	45	94 M 45-49	50:49	53:03	M
976	Conor Love		1828	25	497 M 1-39	48:57	53:03	M
977	Brian Allerton		661	51	61 M 50-54	52:28	53:03	M
978	Matthew Broomfield		899	35	498 M 1-39	52:13	53:05	M
979	Charles Wood	Norwich Road Runners	2642	57	31 M 55-59	51:30	53:05	M
980	Kieran Harrington-Ball		1482	34	499 M 1-39	52:35	53:06	M
981	Paul Woodhouse		2650	52	62 M 50-54	51:35	53:06	M
982	Richard Houston		1580	47	95 M 45-49	52:43	53:07	M
983	Shaun Mary		1879	40	134 M 40-44	51:43	53:07	M
984	Christopher High		1534	42	135 M 40-44	52:22	53:07	M
985	John Newell	Wymondham AC	2003	49	96 M 45-49	51:47	53:08	M
986	Luke Wiltshire		2624	29	500 M 1-39	49:58	53:08	M
987	Roger Madle		3089	49	97 M 45-49	49:21	53:09	M
988	Karen Wood	Ryston Runners	2636	51	8 F 50-54	51:41	53:09	F
989	Oliver Bliss		822	22	501 M 1-39	51:54	53:10	M
990	Leona Broughton	Reepham Runners	902	37	95 F 1-39	52:36	53:11	F
991	Matt Walker		3331	32	502 M 1-39	52:58	53:11	M
992	Leigh Nobes	Reepham Runners	428	37	503 M 1-39	52:32	53:11	M
993	Graham Worsfold		2660	33	504 M 1-39	51:01	53:11	M
994	Adam Lawrence		1776	19	505 M 1-39	51:21	53:12	M
995	Benjamin Wynes		3798	24	506 M 1-39	50:04	53:13	M
996	Rachel C Hoxley-Carr	Norwich Road Runners	1593	33	96 F 1-39	52:05	53:13	F
997	Kirk Price	North Norfolk Beach Runners	3694	33	507 M 1-39	51:27	53:13	M
998	Dennis Rogers		2202	44	136 M 40-44	51:48	53:14	M
999	Giles Brooks		895	47	98 M 45-49	51:56	53:15	M
1000	Oliver Clarke		136	25	508 M 1-39	52:30	53:16	M
1001	Kerry Hopper		1571	42	137 M 40-44	52:26	53:16	M
1002	David Allen		658	39	509 M 1-39	51:59	53:16	M
1003	Gary Gannon	Norwich Road Runners	1325	46	99 M 45-49	52:05	53:17	M
1004	Victoria Ford		1282	35	97 F 1-39	51:58	53:17	F
1005	Sally Cushing	Norwich Road Runners	1139	50	9 F 50-54	52:13	53:17	F
1006	Calum Weston		2575	25	510 M 1-39	50:44	53:17	M
1007	Daniel Bunnage		934	23	511 M 1-39	52:11	53:17	M
1008	Zaneta Cegielska		122	32	98 F 1-39	53:17	53:17	F
1009	Justin Biddle		797	42	138 M 40-44	53:06	53:18	M
1010	Lisa Bailey		707	42	25 F 40-44	52:57	53:18	F
1011	Rachel Cooke		1086	25	99 F 1-39	51:16	53:18	F
1012	Oliver Best		790	25	512 M 1-39	53:03	53:19	M
1013	Scott George		1339	40	139 M 40-44	52:47	53:19	M
1014	Rob Davies		1158	29	513 M 1-39	51:23	53:19	M
1015	John Sizer		2305	42	140 M 40-44	51:51	53:21	M
1016	Liam Rowlands		2214	31	514 M 1-39	50:58	53:21	M
1017	Richard Egle	Dereham Runners & AC	1229	45	100 M 45-49	52:11	53:22	M
1018	Lee Webster		2564	40	141 M 40-44	50:48	53:22	M
1019	Marcus Nichols	Bungay Black Dog RC	426	39	515 M 1-39	52:47	53:22	M
1020	Matthew Jermy		1660	36	516 M 1-39	51:34	53:22	M
1021	Vera Van Der Velpen	City of Norwich AC	2497	30	100 F 1-39	52:03	53:23	F
1022	Jessica Ashley		689	44	26 F 40-44	53:00	53:23	F
1023	Adam Pritchard		2135	33	517 M 1-39	51:29	53:23	M
1024	Gordon Maw	Norwich Road Runners	1889	47	101 M 45-49	51:29	53:24	M
1025	Arron Coe		1044	24	518 M 1-39	52:57	53:25	M
1026	Justin Evans		1246	29	519 M 1-39	52:22	53:25	M
1027	Jenna Jones		1681	30	101 F 1-39	52:50	53:25	F
1028	Rosie Thompson		2444	28	102 F 1-39	52:09	53:26	F
1029	Ali Pendle		2100	53	10 F 50-54	50:54	53:26	F
1030	Andy Palmer	Norwich Road Runners	2059	51	63 M 50-54	51:29	53:27	M
1031	Richard Gill	Tri-Anglia Triathlon Club	1355	37	520 M 1-39	52:24	53:27	M
1032	Jo Phillips		2110	38	103 F 1-39	52:36	53:28	F
1033	Jason Jeary		1654	45	102 M 45-49	50:57	53:29	M
1034	Amelia Whiting	Norfolk Gazelles AC	2593	38	104 F 1-39	52:08	53:29	F
1035	Adam Reeve		2162	17	521 M 1-39	51:41	53:29	M
1036	Martin Addison		649	37	522 M 1-39	53:03	53:30	M
1037	Nick Saunders		2249	30	523 M 1-39	51:34	53:31	M
1038	Kevin Needham		3139	39	524 M 1-39	49:22	53:32	M
1039	Steve Gibbs	Waveney Valley AC	1346	51	64 M 50-54	52:18	53:33	M
1040	James Stone		2381	28	525 M 1-39	51:15	53:33	M
1041	Ady Penfold		2101	39	526 M 1-39	51:17	53:34	M
1042	Darren Chapman		1009	41	142 M 40-44	52:50	53:34	M
1043	David Grimes		1423	46	103 M 45-49	53:02	53:35	M
1044	Matthew Lomax		1821	38	527 M 1-39	50:47	53:36	M
1045	Thomas Bates		750	22	528 M 1-39	53:09	53:37	M
1046	David Eaves		1223	29	529 M 1-39	52:33	53:37	M
1047	Justin Smith		2320	36	530 M 1-39	50:27	53:37	M
1048	Nigel Davies		1157	49	104 M 45-49	52:20	53:37	M
1049	Catherine Norton		2021	34	105 F 1-39	52:53	53:38	F
1050	Duncan Barlow		738	31	531 M 1-39	53:15	53:38	M
1051	Carole Crouch		1127	60	3 F 60-64	53:04	53:38	F
1052	Andrew Connors		2814	29	532 M 1-39	52:22	53:39	M
1053	Joe Smith		3739	16	533 M 1-39	49:07	53:39	M
1054	William Moncur-Brown		406	16	534 M 1-39	49:07	53:39	M
1055	Tom Flahive		1277	33	535 M 1-39	51:57	53:40	M
1056	Nikki Mitcham		1947	35	106 F 1-39	52:16	53:40	F
1057	James Hupton		3817	31	536 M 1-39	51:54	53:41	M
1058	Richard Huggins		1600	37	537 M 1-39	53:00	53:42	M
1059	Tony Morley	Bungay Black Dog RC	1969	56	32 M 55-59	51:54	53:42	M
1060	Sally Juby	Dereham Runners & AC	1701	33	107 F 1-39	52:24	53:42	F

1061	Simon Boyd		857	35	538 M 1-39	52:38	53:42	M
1062	Maria Hutson		1625	34	108 F 1-39	51:00	53:43	F
1063	Terry Wright		2663	29	539 M 1-39	52:11	53:43	M
1064	Giles Kerkham		1727	45	105 M 45-49	52:19	53:43	M
1065	Terry Hutson		1624	37	540 M 1-39	51:02	53:45	M
1066	Karen Death		1170	45	20 F 45-49	52:29	53:46	F
1067	Daniel Lightfoot		1804	39	541 M 1-39	52:07	53:46	M
1068	Paul Gerber	Coltishall Jaguars RC	1342	48	106 M 45-49	53:03	53:46	M
1069	Diane Turner		2484	49	21 F 45-49	52:18	53:47	F
1070	Christopher Skippins		2307	28	542 M 1-39	51:57	53:47	M
1071	Helen Terry		2431	35	109 F 1-39	51:21	53:47	F
1072	Gary Melton		1922	37	543 M 1-39	52:12	53:48	M
1073	Christopher Taylor		2425	38	544 M 1-39	51:21	53:49	M
1074	Sarah Hurren		1618	47	22 F 45-49	53:21	53:50	F
1075	Steven Chilvers		1020	57	33 M 55-59	52:54	53:52	M
1076	Hannah Eldridge		2890	38	110 F 1-39	50:20	53:52	F
1077	Damian Conway		1075	57	34 M 55-59	52:57	53:53	M
1078	Rakesh Dholiwar		1181	56	35 M 55-59	52:37	53:53	M
1079	Matt Wright		3816	22	545 M 1-39	49:23	53:54	M
1080	Toby Bennett		783	17	546 M 1-39	53:36	53:54	M
1081	Daniel Savino		2252	36	547 M 1-39	52:41	53:54	M
1082	Martin Farrimond		1257	51	65 M 50-54	53:21	53:56	M
1083	Ian Morgan		1967	32	548 M 1-39	52:10	53:56	M
1084	Dean Gray		1400	55	36 M 55-59	53:02	53:57	M
1085	William Howell		1586	49	107 M 45-49	52:59	53:57	M
1086	Colin Payne		2088	48	108 M 45-49	52:28	53:57	M
1087	Richard Goodenough		1383	30	549 M 1-39	52:52	53:58	M
1088	Paul Scibilia	Tri-Anglia Triathlon Club	2258	49	109 M 45-49	51:48	53:58	M
1089	Rhianna Broadway		887	32	111 F 1-39	52:59	53:59	F
1090	Carl Neale		1996	48	110 M 45-49	52:30	53:59	M
1091	Pete Casson		993	47	111 M 45-49	52:57	53:59	M
1092	Paula Gundry	Tri-Anglia Triathlon Club	1435	47	23 F 45-49	53:29	53:59	F
1093	Dhiren Mistry		1946	27	550 M 1-39	51:31	53:59	M
1094	Chris Pitt		2115	53	66 M 50-54	52:32	53:59	M
1095	Paul Walker		2517	46	112 M 45-49	52:34	54:00	M
1096	Lucy Coleman	Norwich Road Runners	1060	34	112 F 1-39	53:07	54:02	F
1097	Lana Semykina		2269	27	113 F 1-39	52:14	54:02	F
1098	Lee George		1340	33	551 M 1-39	53:31	54:02	M
1099	Peter Rice	Norfolk Gazelles AC	2169	47	113 M 45-49	52:42	54:02	M
1100	Thomas Stevens		2370	32	552 M 1-39	52:44	54:02	M
1101	Jo Walker	Bungay Black Dog RC	2516	40	27 F 40-44	52:27	54:02	F
1102	Matthew Shannon		2276	36	553 M 1-39	52:42	54:03	M
1103	Josh Neale		1995	30	554 M 1-39	52:37	54:03	M
1104	Jane Williams		2607	37	114 F 1-39	53:21	54:03	F
1105	Jane Ashby	Ryston Runners	686	67	1 F 65-69	53:27	54:03	F
1106	Antonio Pavez		2087	39	555 M 1-39	51:37	54:04	M
1107	Andrew Hornby		1573	44	143 M 40-44	52:55	54:04	M
1108	Jon Humphreys		1607	55	37 M 55-59	52:08	54:04	M
1109	Georgina Sexton		2271	34	115 F 1-39	52:20	54:05	F
1110	Heather Hollister	Coltishall Jaguars RC	1561	64	4 F 60-64	52:55	54:05	F
1111	Mohamed Elsheemy		1237	31	556 M 1-39	53:21	54:06	M
1112	Natasha Walsh	Norwich Road Runners	600	29	116 F 1-39	53:32	54:07	F
1113	Andy Ives		1637	42	144 M 40-44	52:02	54:07	M
1114	Lucy Wright		2676	26	117 F 1-39	52:40	54:08	F
1115	Jason Baldry		722	28	557 M 1-39	53:42	54:08	M
1116	Michael Knell		1743	49	114 M 45-49	52:33	54:08	M
1117	Julia Norman	Ryston Runners	2017	40	28 F 40-44	52:40	54:08	F
1118	Gareth Bird		804	32	558 M 1-39	53:02	54:08	M
1119	Jermaine Calver		966	34	559 M 1-39	52:57	54:09	M
1120	Sam Clack		1026	35	560 M 1-39	53:02	54:09	M
1121	Russell Brett		876	46	115 M 45-49	52:56	54:10	M
1122	Mark Hawkins		1501	37	561 M 1-39	53:37	54:11	M
1123	Paula Greatbanks		1403	40	29 F 40-44	53:17	54:12	F
1124	Matthew Cubitt		1131	46	116 M 45-49	52:54	54:13	M
1125	Dane Boyle-Smith		859	27	562 M 1-39	53:10	54:13	M
1126	Chris Davies		1160	42	145 M 40-44	49:04	54:14	M
1127	Ryan Bulled		3818	28	563 M 1-39	52:42	54:14	M
1128	Stuart Sandall		2235	45	117 M 45-49	52:46	54:14	M
1129	Lucy Naylor		1993	38	118 F 1-39	52:45	54:15	F
1130	Vicki Grice		1412	33	119 F 1-39	52:20	54:15	F
1131	Kerry Metcalf	Norwich Road Runners	1924	33	120 F 1-39	53:20	54:15	F
1132	Chris Dann		1152	38	564 M 1-39	52:08	54:15	M
1133	Denis Tuttle		2490	60	9 M 60-64	51:47	54:17	M
1134	Kerry Warren		2540	49	118 M 45-49	51:34	54:18	M
1135	Ian Cleminson	Bure Valley Harriers	1032	49	119 M 45-49	53:15	54:19	M
1136	Louise Chappel		1010	30	121 F 1-39	53:15	54:19	F
1137	Liam Ray		3809	20	565 M 1-39	52:19	54:19	M
1138	Stewart Ingram	Tri-Anglia Triathlon Club	1635	64	10 M 60-64	52:22	54:19	M
1139	Christopher Drummee		1208	50	67 M 50-54	53:02	54:22	M
1140	Katie Gaskell		1332	36	122 F 1-39	53:22	54:24	F
1141	Ollie Lomax		1823	20	566 M 1-39	52:44	54:24	M
1142	Vicky Griffiths		1421	38	123 F 1-39	53:51	54:24	F
1143	Emma Jay		1652	32	124 F 1-39	52:08	54:27	F
1144	Sue Brumby		918	50	11 F 50-54	53:11	54:27	F
1145	Frank Brumby		919	41	146 M 40-44	53:15	54:27	M
1146	Claire Blackmore		812	28	125 F 1-39	53:33	54:27	F
1147	Jason Wilson		2617	26	567 M 1-39	52:38	54:28	M
1148	Simon Bullimore		932	38	568 M 1-39	53:08	54:29	M
1149	Phoebe Ayres		700	24	126 F 1-39	53:53	54:29	F
1150	Michelle Cutting		164	41	30 F 40-44	54:00	54:30	F
1151	Suzanne Burt		946	45	24 F 45-49	53:31	54:31	F
1152	Amy Collingsworth		1063	28	127 F 1-39	53:57	54:31	F
1153	Wayne Jolly		1677	38	569 M 1-39	53:01	54:31	M
1154	Peadar Langan		1762	41	147 M 40-44	53:45	54:33	M
1155	Richard Daines		1146	26	570 M 1-39	53:18	54:34	M
1156	Stuart Thompson		2445	42	148 M 40-44	52:50	54:34	M
1157	Simon Edwards		1226	42	149 M 40-44	53:26	54:34	M

1158	Matt Crickmore		1121	25	571 M 1-39	53:28	54:35	M
1159	Ali Fiddy		1267	46	25 F 45-49	53:49	54:36	F
1160	Graham Sampson	Bungay Black Dog RC	2233	69	4 M 65-69	53:09	54:36	M
1161	Peter Wapshott		2528	66	5 M 65-69	53:01	54:39	M
1162	Aidan Smith		2330	25	572 M 1-39	51:37	54:39	M
1163	Christopher Pointer		2122	59	38 M 55-59	52:20	54:40	M
1164	David Burcombe		3446	19	573 M 1-39	50:30	54:41	M
1165	Trevor Horrex	Norwich Road Runners	1575	55	39 M 55-59	53:35	54:42	M
1166	Mark Bobby		831	51	68 M 50-54	53:34	54:42	M
1167	Laura Bullimore		931	33	128 F 1-39	53:22	54:44	F
1168	Amii Andrews		677	30	129 F 1-39	54:02	54:44	F
1169	Ollie Watkins		2548	24	574 M 1-39	54:13	54:46	M
1170	Victoria Pritchard		3696	32	130 F 1-39	51:19	54:46	F
1171	Malcolm Beasley		763	46	120 M 45-49	54:29	54:46	M
1172	Phillip Palmer		2057	32	575 M 1-39	53:04	54:47	M
1173	James Tortoise	Cambourne Runners ARC	2468	46	121 M 45-49	53:00	54:47	M
1174	Edward Hall		1450	65	6 M 65-69	53:41	54:47	M
1175	Paul Pearson		2097	49	122 M 45-49	53:04	54:47	M
1176	Kieran O'Connor		2029	37	576 M 1-39	53:01	54:48	M
1177	Rob Knights		1745	35	577 M 1-39	53:00	54:50	M
1178	Philip Nottingham		3155	41	150 M 40-44	53:28	54:51	M
1179	Adam Thorley		3815	17	578 M 1-39	53:20	54:52	M
1180	Cheryl Kershaw		1729	41	31 F 40-44	52:43	54:52	F
1181	Aaron Attree		22	16	579 M 1-39	53:57	54:53	M
1182	Ian Smith	North Norfolk Beach Runners	2315	53	69 M 50-54	52:27	54:54	M
1183	Natalie Roeback		2201	28	131 F 1-39	53:17	54:55	F
1184	Sarah Hood		1565	35	132 F 1-39	53:35	54:57	F
1185	Nicholas Bayfield		757	49	123 M 45-49	54:03	54:57	M
1186	Julian Johnson	Wymondham AC	1670	43	151 M 40-44	53:19	54:59	M
1187	Suzanne Robinson		2191	48	26 F 45-49	53:37	54:59	F
1188	Beth Underwood		2492	16	133 F 1-39	54:03	54:59	F
1189	Claire Ellis		1234	30	134 F 1-39	53:34	55:00	F
1190	Helen Clarke		1031	46	27 F 45-49	54:11	55:01	F
1191	Victoria Jones	Norwich Road Runners	1682	36	135 F 1-39	53:07	55:01	F
1192	Gail Hardingham	Norfolk Gazelles AC	1470	57	4 F 55-59	53:57	55:01	F
1193	John Leney		1799	49	124 M 45-49	51:49	55:03	M
1194	Michael Mason		1881	23	580 M 1-39	52:03	55:03	M
1195	Lewis Hak		263	25	581 M 1-39	54:39	55:04	M
1196	David Thomas	Bungay Black Dog RC	2439	39	582 M 1-39	53:25	55:04	M
1197	Nina Bruce		917	29	136 F 1-39	54:25	55:05	F
1198	Doug Merton		1923	31	583 M 1-39	53:42	55:05	M
1199	Hannah Stone		2382	16	137 F 1-39	53:26	55:05	F
1200	Alexander Smith		2319	29	584 M 1-39	52:07	55:07	M
1201	Jon Holt	Wymondham AC	1562	40	152 M 40-44	54:30	55:07	M
1202	Nick Catchpole		994	34	585 M 1-39	54:07	55:08	M
1203	Peter Kean Cockburn	Coltishall Jaguars RC	1712	56	40 M 55-59	53:40	55:08	M
1204	Yessica Griffiths		1418	28	138 F 1-39	52:09	55:09	F
1205	Liz Harris	Reepham Runners	1485	39	139 F 1-39	53:28	55:09	F
1206	Holly Berwick		788	33	140 F 1-39	53:46	55:10	F
1207	Hayley Gerrard		1343	47	28 F 45-49	54:10	55:10	F
1208	Kris Hemsley		3576	37	586 M 1-39	51:17	55:10	M
1209	Patsy Bradley	Wymondham AC	865	55	5 F 55-59	53:56	55:10	F
1210	Lee Oxbury		2053	47	125 M 45-49	52:51	55:10	M
1211	Eleanor Morton		1976	22	141 F 1-39	54:11	55:11	F
1212	Martin Truelove		2475	36	587 M 1-39	52:54	55:12	M
1213	Marie Fowle		1294	27	142 F 1-39	54:39	55:12	F
1214	Paul Waters	Bure Valley Harriers	2547	63	11 M 60-64	52:38	55:13	M
1215	Nicola Seaman		3243	35	143 F 1-39	53:52	55:13	F
1216	Karen Gedge	Bungay Black Dog RC	1337	50	12 F 50-54	54:13	55:14	F
1217	Paul Minns		1945	50	70 M 50-54	53:46	55:14	M
1218	Sarah Crawford		1119	34	144 F 1-39	54:10	55:15	F
1219	Andrea Carroll Langan		980	39	145 F 1-39	54:26	55:15	F
1220	Ben Boorman		843	30	588 M 1-39	54:02	55:15	M
1221	Annette Manning	Bungay Black Dog RC	1862	54	13 F 50-54	53:31	55:19	F
1222	Jim Adams		644	45	126 M 45-49	54:05	55:19	M
1223	George Firth		1269	22	589 M 1-39	54:39	55:20	M
1224	Jonathan Welch		2566	42	153 M 40-44	52:22	55:21	M
1225	Louise Gardiner		1326	44	32 F 40-44	54:05	55:21	F
1226	Tony Millett	Norwich Road Runners	1941	62	12 M 60-64	53:22	55:22	M
1227	Lee Todd		2462	39	590 M 1-39	53:06	55:22	M
1228	Matt Sykes		2403	47	127 M 45-49	52:05	55:23	M
1229	Ian Wheeler		2582	33	591 M 1-39	53:48	55:24	M
1230	Sarah Crockett		1122	24	146 F 1-39	54:14	55:24	F
1231	Lewis Brooker		893	33	592 M 1-39	54:34	55:25	M
1232	Robert Major		1849	36	593 M 1-39	52:17	55:25	M
1233	Paul Dunthorne		1214	47	128 M 45-49	54:22	55:26	M
1234	Tommy MacKeown		1844	23	594 M 1-39	51:15	55:26	M
1235	Mon Lee	Ipswich Jaffa RC	1794	57	41 M 55-59	53:56	55:26	M
1236	Sally Hart		1491	38	147 F 1-39	54:32	55:27	F
1237	James Fiddian		1266	28	595 M 1-39	54:38	55:27	M
1238	Alice Bodger	Norwich Road Runners	834	31	148 F 1-39	54:14	55:27	F
1239	Jerry Fuller		1321	42	154 M 40-44	52:42	55:27	M
1240	Martin Moore		1957	40	155 M 40-44	53:46	55:28	M
1241	Simon Bowles		854	46	129 M 45-49	54:12	55:28	M
1242	Ian Whalebelly		2577	45	130 M 45-49	52:53	55:28	M
1243	Andrew Elvin		1238	51	71 M 50-54	54:31	55:29	M
1244	Keith Morris	Ryston Runners	1972	55	42 M 55-59	53:58	55:29	M
1245	Peter Skillen		2306	39	596 M 1-39	53:52	55:29	M
1246	Susanna Johns		1666	43	33 F 40-44	54:14	55:29	F
1247	John Miller	Norwich Road Runners	1938	53	72 M 50-54	53:35	55:29	M
1248	Andi Chaplin		1004	38	597 M 1-39	54:44	55:29	M
1249	Caitlin Notley		2023	37	149 F 1-39	55:04	55:30	F
1250	Kate Grange		1396	28	150 F 1-39	54:52	55:30	F
1251	Emily Robinson		2195	28	151 F 1-39	54:09	55:30	F
1252	Thomas Wright		2670	28	598 M 1-39	52:27	55:31	M
1253	Jenna Sweeney		2400	31	152 F 1-39	53:46	55:31	F
1254	Steven Marshall		1876	31	599 M 1-39	52:58	55:32	M

1255	Lewis Fowler		3525	18	600 M 1-39	51:47	55:33	M
1256	Lindsay Howlett		1592	47	29 F 45-49	54:15	55:33	F
1257	Tom Carr		978	18	601 M 1-39	54:48	55:34	M
1258	Nicholas Moores		1965	30	602 M 1-39	53:45	55:36	M
1259	James Olsson		2037	28	603 M 1-39	52:42	55:36	M
1260	Judith Berry		1706	42	34 F 40-44	53:45	55:36	F
1261	Stuart Sayer	Norwich Road Runners	2253	56	43 M 55-59	53:39	55:37	M
1262	Iain Kermode		3611	27	604 M 1-39	53:21	55:37	M
1263	Alan Cushing	Ely Runners	1140	60	13 M 60-64	54:55	55:37	M
1264	Iain Smith		2337	36	605 M 1-39	52:36	55:38	M
1265	Dominic West		2574	39	606 M 1-39	53:19	55:39	M
1266	Tom Weeks		2565	34	607 M 1-39	54:12	55:39	M
1267	Richard Eyre		3507	55	44 M 55-59	53:25	55:40	M
1268	Shey Hargreaves		1476	26	153 F 1-39	54:54	55:43	F
1269	Brendan Wilson	City of Norwich AC	2616	47	131 M 45-49	52:50	55:43	M
1270	Matthew Laxton		1779	27	608 M 1-39	53:31	55:43	M
1271	Camille Davila		1161	36	154 F 1-39	53:57	55:44	F
1272	Dale Coleman		1058	55	45 M 55-59	55:07	55:44	M
1273	David Wicks		2599	40	156 M 40-44	52:45	55:45	M
1274	Sophie Cole		1050	30	155 F 1-39	54:23	55:45	F
1275	Ian Rodwell	Bungay Black Dog RC	2199	52	73 M 50-54	52:36	55:45	M
1276	Anthony Fullam		1319	44	157 M 40-44	54:00	55:46	M
1277	Faith Bradbury		860	44	35 F 40-44	54:49	55:47	F
1278	Ryan Peacock		2092	49	132 M 45-49	53:18	55:47	M
1279	Steve Bradley	Wyomdham AC	864	61	14 M 60-64	54:59	55:49	M
1280	Martin Taylor		2414	36	609 M 1-39	52:55	55:49	M
1281	Joshua Willis		3791	16	610 M 1-39	51:31	55:50	M
1282	Louise Blazey	Norwich Road Runners	820	28	156 F 1-39	54:39	55:50	F
1283	Edward Jack		1640	44	158 M 40-44	54:04	55:51	M
1284	Sherralyn Blakely		2738	48	30 F 45-49	54:29	55:52	F
1285	Dianne Tilbrook		2458	63	5 F 60-64	54:22	55:53	F
1286	Lewis Blois		825	33	157 F 1-39	54:59	55:53	F
1287	Craig Ruggles		2217	29	611 M 1-39	51:51	55:54	M
1288	James Alger		654	45	133 M 45-49	55:27	55:54	M
1289	Lily Alger		655	18	158 F 1-39	55:27	55:54	F
1290	John Tilbrook		2457	73	3 M 70-99	54:23	55:55	M
1291	Peter Raven		2147	35	612 M 1-39	53:37	55:55	M
1292	Stephen Garrard		1330	34	613 M 1-39	54:51	55:55	M
1293	Martin Smith		3810	52	74 M 50-54	52:41	55:56	M
1294	Sarah Townend		2469	49	31 F 45-49	53:13	55:56	F
1295	Mat Ewing		2901	32	614 M 1-39	55:14	55:57	M
1296	Joanne Bourne	Dereham Runners & AC	848	55	6 F 55-59	54:39	55:58	F
1297	James Hayhoe		1504	35	615 M 1-39	55:03	55:59	M
1298	Derek Jackson		1641	35	616 M 1-39	53:32	56:00	M
1299	Nedina Middleton-Hall	Wyomdham AC	1935	51	14 F 50-54	54:21	56:00	F
1300	David Baulcombe		753	63	15 M 60-64	53:45	56:01	M
1301	Pamela Roper		2206	34	159 F 1-39	53:37	56:01	F
1302	Steve Sanders		2236	25	617 M 1-39	54:12	56:02	M
1303	Laura Webster		3353	34	160 F 1-39	55:12	56:02	F
1304	Philip Norman	St Neots Riverside Runners	2019	62	16 M 60-64	54:30	56:02	M
1305	Sarah Shipley		2290	39	161 F 1-39	54:34	56:03	F
1306	Tessa Humphrey		1604	31	162 F 1-39	54:49	56:05	F
1307	Claire Bull		929	41	36 F 40-44	55:05	56:05	F
1308	Steven Kirkendall		1742	55	46 M 55-59	54:27	56:06	M
1309	Christopher Bolderstone		835	31	618 M 1-39	55:15	56:07	M
1310	Cara Whyte		2595	39	163 F 1-39	55:07	56:08	F
1311	Joni Lambert		350	32	164 F 1-39	55:09	56:08	F
1312	Adam Everett		1247	28	619 M 1-39	54:49	56:09	M
1313	Neil Gilding		2450	39	620 M 1-39	54:37	56:09	M
1314	Charlie Wright		2672	21	621 M 1-39	53:14	56:09	M
1315	Andrew Dellbridge		1172	46	134 M 45-49	55:25	56:09	M
1316	Dan Hamilton		1454	53	75 M 50-54	54:54	56:10	M
1317	Juliette Meek	Ryston Runners	1919	34	165 F 1-39	54:42	56:11	F
1318	Richard Freezer		1306	45	135 M 45-49	54:56	56:11	M
1319	James Baxter		2720	38	622 M 1-39	53:53	56:11	M
1320	Tracey Marsh		1872	44	37 F 40-44	53:55	56:11	F
1321	Jackie Orford		2042	48	32 F 45-49	54:37	56:11	F
1322	Emma Stevens		2374	32	166 F 1-39	54:54	56:12	F
1323	Matthew Anderson		667	29	623 M 1-39	54:29	56:13	M
1324	Adam Avery		699	29	624 M 1-39	55:36	56:13	M
1325	Joe Capper		975	19	625 M 1-39	55:42	56:13	M
1326	Kevin Bayes	Great Yarmouth Road Runners	756	54	76 M 50-54	55:39	56:13	M
1327	Peter Hibbit		1530	45	136 M 45-49	55:14	56:14	M
1328	Kathryn Girling		1361	27	167 F 1-39	55:24	56:14	F
1329	Mark Sharman		2279	35	626 M 1-39	54:42	56:15	M
1330	Matthew Peek		2099	46	137 M 45-49	54:23	56:15	M
1331	James Reeder		2160	42	159 M 40-44	54:09	56:17	M
1332	Stephen Thomson	City of Norwich AC	2446	57	47 M 55-59	54:47	56:17	M
1333	Sarah Loughlin		1827	25	168 F 1-39	54:50	56:18	F
1334	Joanna Killingworth		1733	39	169 F 1-39	52:49	56:18	F
1335	Stephen Jackson		1645	41	160 M 40-44	54:41	56:18	M
1336	Paul Skippins		2308	52	77 M 50-54	54:29	56:18	M
1337	Robert Highe		1535	26	627 M 1-39	55:36	56:19	M
1338	Jack Parnell		2073	31	628 M 1-39	53:36	56:19	M
1339	Oliver Clifford		2801	29	629 M 1-39	52:30	56:20	M
1340	Leanne Shanks	Bure Valley Harriers	2273	29	170 F 1-39	54:40	56:20	F
1341	Gary Lansdale		353	41	161 M 40-44	56:10	56:20	M
1342	Tammy Smith		2314	36	171 F 1-39	54:53	56:20	F
1343	Cristina Lemus		1798	31	172 F 1-39	54:49	56:20	F
1344	Sheena Evans		1243	48	33 F 45-49	55:09	56:21	F
1345	Jo Fox		1297	37	173 F 1-39	55:44	56:21	F
1346	Mark Ramsden		2145	45	138 M 45-49	52:52	56:21	M
1347	Gabriella Cawston		998	38	174 F 1-39	54:56	56:22	F
1348	Magda Lauchard		1768	41	38 F 40-44	54:36	56:22	F
1349	Matthew Cawston		997	37	630 M 1-39	54:57	56:22	M
1350	Alick Burnett		942	25	631 M 1-39	55:18	56:23	M
1351	Rod Main	Tri-Anglia Triathlon Club	378	49	139 M 45-49	53:31	56:23	M

1352	Andrew Loveday		1829	29	632 M 1-39	53:28	56:23	M
1353	Joanne Ford	Tri-Anglia Triathlon Club	1284	34	175 F 1-39	55:28	56:24	F
1354	Lisa Cooper		1094	25	176 F 1-39	55:17	56:24	F
1355	Richard Halls		1451	26	633 M 1-39	55:36	56:24	M
1356	David Richards		2173	30	634 M 1-39	53:49	56:25	M
1357	Christopher Carr	Tri-Anglia Triathlon Club	977	29	635 M 1-39	55:47	56:25	M
1358	Martyn Taylor		2427	51	78 M 50-54	53:58	56:26	M
1359	Hannah Kuhn		1750	34	177 F 1-39	53:04	56:30	F
1360	Naomi Bowditch	Norwich Road Runners	849	37	178 F 1-39	56:02	56:30	F
1361	Julia Scarboro		2255	34	179 F 1-39	53:17	56:30	F
1362	Justin Bird		802	39	636 M 1-39	55:21	56:30	M
1363	Jeremy Burton		950	55	48 M 55-59	55:52	56:31	M
1364	Lin Goram		1387	38	180 F 1-39	55:41	56:31	F
1365	Andrew Grimley		1425	48	140 M 45-49	55:50	56:32	M
1366	Maureen Hamis	Norwich Road Runners	1457	40	39 F 40-44	54:29	56:33	F
1367	Ian Snowsill		2343	32	637 M 1-39	54:27	56:33	M
1368	Julie Gardner		1327	50	15 F 50-54	55:34	56:33	F
1369	Gary Coleman		1056	37	638 M 1-39	55:28	56:34	M
1370	Nicholas Dash		1153	32	639 M 1-39	55:29	56:34	M
1371	Robert Cox		1110	53	79 M 50-54	55:28	56:34	M
1372	Darren Coleman		1055	37	640 M 1-39	55:28	56:35	M
1373	James Wright		2664	31	641 M 1-39	53:28	56:35	M
1374	Richard Woodard		2644	48	141 M 45-49	55:13	56:35	M
1375	Jack Burgess		941	29	642 M 1-39	55:16	56:36	M
1376	Jonathan Payne		2090	27	643 M 1-39	53:29	56:36	M
1377	Brian Watkins		2549	58	49 M 55-59	54:11	56:36	M
1378	Laura Ruddy		2216	28	181 F 1-39	55:43	56:36	F
1379	Martin Andrews		676	45	142 M 45-49	55:58	56:38	M
1380	Charlotte Wade		2509	23	182 F 1-39	53:30	56:38	F
1381	Alison Brister		884	46	34 F 45-49	56:06	56:38	F
1382	David Blyth-Clarke		829	43	162 M 40-44	55:53	56:39	M
1383	Becky Hardy	Dereham Runners & AC	1474	36	183 F 1-39	55:55	56:39	F
1384	Nathan Bailey		706	38	644 M 1-39	56:08	56:40	M
1385	Jane Stafford	Norwich Road Runners	2359	49	35 F 45-49	54:39	56:40	F
1386	Thomas Noakes		3806	20	645 M 1-39	56:40	56:40	M
1387	David Hurley		1616	21	646 M 1-39	54:05	56:41	M
1388	Brenda Fee	Barnet & District AC	1260	68	2 F 65-69	55:45	56:41	F
1389	Joanne Hurst		1621	45	36 F 45-49	55:16	56:41	F
1390	Rowley Kurtz		1751	58	50 M 55-59	54:46	56:42	M
1391	Tim MacWilliam	Wymondham AC	1845	53	80 M 50-54	55:15	56:42	M
1392	Christopher Channell		1003	50	81 M 50-54	56:01	56:42	M
1393	Sarah Hanson		1468	50	16 F 50-54	55:23	56:43	F
1394	Daisy Claxton-Pearce		3462	31	184 F 1-39	53:05	56:43	F
1395	Tabatha Sims		2300	47	37 F 45-49	55:20	56:44	F
1396	Paul Youngman		2684	42	163 M 40-44	54:15	56:45	M
1397	Stephen Pond		2125	45	143 M 45-49	54:19	56:45	M
1398	Craig Lyon		1838	53	82 M 50-54	53:58	56:46	M
1399	David Drew		1203	30	647 M 1-39	55:05	56:47	M
1400	Mark Dagless		1145	37	648 M 1-39	55:21	56:48	M
1401	Mary Cordeaux	City of Norwich AC	1099	49	38 F 45-49	55:54	56:48	F
1402	Tris Holtzer		3583	29	649 M 1-39	52:28	56:49	M
1403	Don Tiffin	Bungay Black Dog RC	2456	68	7 M 65-69	54:57	56:49	M
1404	Cassandra Hards		1471	32	185 F 1-39	55:36	56:49	F
1405	Christine Breeze		874	55	7 F 55-59	55:48	56:50	F
1406	Matt Woods		2655	33	650 M 1-39	54:21	56:50	M
1407	Esther Jack		1639	44	40 F 40-44	55:04	56:51	F
1408	Sophie McLellan		1911	27	186 F 1-39	53:59	56:52	F
1409	Catherine Friar		1312	37	187 F 1-39	54:19	56:53	F
1410	Danielle Beuttell		795	36	188 F 1-39	56:38	56:55	F
1411	Eric Payne		2089	30	651 M 1-39	55:00	56:56	M
1412	Ian Odgers		2030	46	144 M 45-49	55:23	56:57	M
1413	Alan Bell		2724	50	83 M 50-54	55:39	56:57	M
1414	Jason Juby		1702	36	652 M 1-39	54:44	56:57	M
1415	Dan Connelly		1071	33	653 M 1-39	55:48	56:58	M
1416	Tim Beard		3417	21	654 M 1-39	52:43	56:59	M
1417	Andrew Wicks		2598	42	164 M 40-44	54:28	56:59	M
1418	Levi Rijks		2179	20	189 F 1-39	55:27	56:59	F
1419	Hayley Brown		914	39	190 F 1-39	56:09	57:00	F
1420	Gareth Stevens		2373	38	655 M 1-39	53:51	57:00	M
1421	Peter Dawes		1163	60	17 M 60-64	56:11	57:01	M
1422	Shane Brett		875	27	656 M 1-39	55:43	57:01	M
1423	Tiffnie Gowing		1392	27	191 F 1-39	55:29	57:02	F
1424	Bernadette Wapshot		2529	60	6 F 60-64	55:24	57:02	F
1425	Cathy Forth		1288	45	39 F 45-49	56:22	57:04	F
1426	John Bound	Great Yarmouth Road Runners	847	68	8 M 65-69	56:26	57:04	M
1427	Matt Plunkett	23 Mile Club	2120	43	165 M 40-44	54:19	57:04	M
1428	Karle Howard		1584	44	166 M 40-44	55:15	57:05	M
1429	Paul Mitchelmore		1951	58	51 M 55-59	55:36	57:05	M
1430	Phil Little		3073	50	84 M 50-54	53:03	57:05	M
1431	Jeremy Sinclair		2303	62	18 M 60-64	55:37	57:05	M
1432	Lucy Hazleton	Norfolk Gazelles AC	1507	29	192 F 1-39	55:52	57:06	F
1433	Mark Noakes		3148	39	657 M 1-39	53:48	57:06	M
1434	Cheryl Bailey		714	29	193 F 1-39	56:37	57:07	F
1435	Christina Lakey	Wymondham AC	1756	36	194 F 1-39	55:28	57:07	F
1436	Dionne Minns		1944	39	195 F 1-39	55:00	57:07	F
1437	Kaihuai Le		1780	22	658 M 1-39	53:54	57:08	M
1438	Peter Cutting		1142	32	659 M 1-39	56:27	57:08	M
1439	Richard Freeman		3526	31	660 M 1-39	53:50	57:08	M
1440	Pete Waters		2543	48	145 M 45-49	54:52	57:09	M
1441	Geoffrey Harrison		1487	57	52 M 55-59	56:01	57:10	M
1442	Camilla Shepherd		2283	28	196 F 1-39	54:00	57:11	F
1443	William Holden		1557	58	53 M 55-59	55:56	57:11	M
1444	Alice Kirk	Bungay Black Dog RC	1741	27	197 F 1-39	55:32	57:11	F
1445	Nick Riches		2176	53	85 M 50-54	55:41	57:11	M
1446	Richard Lamer		356	54	86 M 50-54	56:27	57:12	M
1447	Nick Taylor		2416	28	661 M 1-39	54:33	57:12	M
1448	Robin Jolly		1678	50	87 M 50-54	54:09	57:13	M

1449	Kathryn Hertzberg		1524	30	198 F 1-39	55:37	57:13	F
1450	David MacHin		1842	51	88 M 50-54	55:11	57:13	M
1451	Callum Jolly		1679	23	662 M 1-39	54:10	57:14	M
1452	Paul Mallett		1854	36	663 M 1-39	55:25	57:14	M
1453	Laura Noakes		2015	36	199 F 1-39	54:39	57:14	F
1454	Karen Glenister		1364	42	41 F 40-44	56:14	57:14	F
1455	Aden Brooks		93	24	664 M 1-39	55:08	57:15	M
1456	Andy Walter	Norfolk Gazelles AC	601	47	146 M 45-49	56:33	57:16	M
1457	Dominic Everett		1248	51	89 M 50-54	56:19	57:16	M
1458	Stuart Andrews		679	38	665 M 1-39	55:04	57:16	M
1459	Craig MacDonald		1839	31	666 M 1-39	55:39	57:17	M
1460	Chris Sargisson		2245	48	147 M 45-49	54:04	57:18	M
1461	Chi Kwun Lee		1789	43	167 M 40-44	54:33	57:18	M
1462	Richard High	Norwich Road Runners	1533	44	168 M 40-44	56:03	57:18	M
1463	Rick Herdman		1523	50	90 M 50-54	56:38	57:18	M
1464	Julia Perry		2104	36	200 F 1-39	55:54	57:18	F
1465	Adrian Longbotham		1825	34	667 M 1-39	53:59	57:18	M
1466	Jodie Hurn		1617	32	201 F 1-39	54:00	57:19	F
1467	James Driscoll		1205	39	668 M 1-39	55:54	57:19	M
1468	Simon Griffith		1413	34	669 M 1-39	54:12	57:19	M
1469	Ian Brannen		2758	50	91 M 50-54	54:13	57:20	M
1470	Jonathon Callongham		965	32	670 M 1-39	56:16	57:20	M
1471	Rosemarie Ball		728	57	8 F 55-59	56:50	57:20	F
1472	Daniel Rix		2182	38	671 M 1-39	55:21	57:21	M
1473	Josie Waterman		2541	25	202 F 1-39	54:11	57:21	F
1474	Jessica Watts		2552	27	203 F 1-39	55:16	57:21	F
1475	Chris Hardwell	Tri-Anglia Triathlon Club	1473	50	92 M 50-54	56:07	57:21	M
1476	Laura Wiltshire		628	25	204 F 1-39	57:06	57:22	F
1477	Marianne Armstrong	Norwich Road Runners	684	35	205 F 1-39	55:25	57:22	F
1478	Mandi Moyse		1981	47	40 F 45-49	54:54	57:22	F
1479	Stephen Mickelburgh		1929	40	169 M 40-44	53:58	57:22	M
1480	Anthony Alborough		2690	44	170 M 40-44	54:53	57:23	M
1481	Magdalena Kapuscinska		1709	32	206 F 1-39	56:52	57:23	F
1482	Michael Illingsworth		1631	47	148 M 45-49	54:42	57:24	M
1483	Sine Garvie Mcinally		1331	57	9 F 55-59	54:33	57:24	F
1484	Anthony Seaman		2268	28	672 M 1-39	54:09	57:24	M
1485	Mark Fletcher		2915	30	673 M 1-39	53:57	57:25	M
1486	Elise Aho		2689	36	207 F 1-39	56:44	57:26	F
1487	Georgie Harrington		1481	23	208 F 1-39	56:19	57:26	F
1488	Matthew Abram		640	39	674 M 1-39	54:38	57:26	M
1489	Liz Jones	Norwich Road Runners	1687	36	209 F 1-39	55:22	57:27	F
1490	Wendy Langley		1764	40	42 F 40-44	54:31	57:28	F
1491	Michael Sollaris	Norwich Road Runners	553	27	675 M 1-39	56:37	57:29	M
1492	Angela Bell	Norwich Road Runners	773	40	43 F 40-44	56:54	57:29	F
1493	Clive Cartner	Norwich Road Runners	986	36	676 M 1-39	56:36	57:30	M
1494	Cécilia Cheval	Norwich Road Runners	1018	28	210 F 1-39	56:34	57:30	F
1495	Shane Lutkin		1833	58	54 M 55-59	54:15	57:31	M
1496	Kelly Wisdom		2632	46	41 F 45-49	55:51	57:31	F
1497	Elizabeth Branson		868	58	10 F 55-59	54:15	57:31	F
1498	Jamie Mordecai		1966	35	677 M 1-39	55:11	57:32	M
1499	John Wilson	Tri-Anglia Triathlon Club	2621	50	93 M 50-54	54:44	57:34	M
1500	Rebecca Pountain		2129	36	211 F 1-39	55:31	57:35	F
1501	Anthony Blake		818	37	678 M 1-39	56:28	57:36	M
1502	Liz Clues	Tri-Anglia Triathlon Club	1038	44	44 F 40-44	56:51	57:36	F
1503	Maddy Fray		1301	20	212 F 1-39	56:16	57:37	F
1504	Justin Coles		1062	43	171 M 40-44	56:01	57:38	M
1505	Jo Brooks	Ryston Runners	896	41	45 F 40-44	56:53	57:38	F
1506	Victoria Hosier		1579	37	213 F 1-39	56:58	57:39	F
1507	David Jerman		325	32	679 M 1-39	54:41	57:39	M
1508	Sarah Hornsby		1574	45	42 F 45-49	56:32	57:39	F
1509	Fay Wheeler		2581	40	46 F 40-44	55:54	57:39	F
1510	Kate Edwards		1228	33	214 F 1-39	56:59	57:40	F
1511	Laura Harper		1480	28	215 F 1-39	55:02	57:40	F
1512	Megan Kendrick		1724	29	216 F 1-39	55:45	57:41	F
1513	Lee Robinson		2193	39	680 M 1-39	54:43	57:41	M
1514	Rachel Taylor		2415	39	217 F 1-39	55:51	57:42	F
1515	Stuart Mann	Norwich Road Runners	1856	51	94 M 50-54	55:31	57:42	M
1516	Isobel Gibson		1347	19	218 F 1-39	57:42	57:42	F
1517	Elliott Mowle		1980	30	681 M 1-39	56:00	57:42	M
1518	Paul Saunders	Tri-Anglia Triathlon Club	2248	43	172 M 40-44	55:53	57:42	M
1519	Hannah Daugaard-Hansen		1154	41	47 F 40-44	56:12	57:43	F
1520	Karen Doak	Tri-Anglia Triathlon Club	174	39	219 F 1-39	55:54	57:43	F
1521	Oliver Morgan		3126	35	682 M 1-39	53:35	57:44	M
1522	Janice Coglein-Hibbert	Tri-Anglia Triathlon Club	1046	42	48 F 40-44	56:33	57:44	F
1523	Kate Quentin-Hicks	Wymondham AC	2138	37	220 F 1-39	54:49	57:44	F
1524	Sam Williams		2606	34	683 M 1-39	54:24	57:45	M
1525	Daniel Harry		1490	42	173 M 40-44	56:42	57:45	M
1526	Ian Boreham		845	61	19 M 60-64	56:27	57:46	M
1527	Ian Sparkes		2347	38	684 M 1-39	54:25	57:46	M
1528	Ian Graveling		1399	43	174 M 40-44	55:41	57:47	M
1529	Anita Davies		2855	45	43 F 45-49	56:45	57:48	F
1530	Richard White		2584	49	149 M 45-49	55:22	57:48	M
1531	Russell Harmer		276	34	685 M 1-39	54:27	57:48	M
1532	Richard Allsworth		662	39	686 M 1-39	57:31	57:49	M
1533	Anton Wimmer		2625	44	175 M 40-44	55:46	57:50	M
1534	Tony Gentry	North Norfolk Beach Runners	235	43	176 M 40-44	56:43	57:50	M
1535	Yvette Redpath		2157	25	221 F 1-39	53:43	57:50	F
1536	Lee Farrow		3511	38	687 M 1-39	54:30	57:50	M
1537	James Dobney		1189	50	95 M 50-54	56:35	57:51	M
1538	Ayshea Christian		1021	42	49 F 40-44	56:42	57:51	F
1539	Amy Lyes		3639	33	222 F 1-39	53:48	57:51	F
1540	Gina Preston	Norwich Road Runners	2132	49	44 F 45-49	55:15	57:52	F
1541	Alan Varle	Waveney Valley AC	2499	70	4 M 70-99	54:47	57:52	M
1542	Emma Renouf		2165	39	223 F 1-39	56:19	57:52	F
1543	Sophie Thompson		2443	22	224 F 1-39	55:11	57:53	F
1544	Sarah Partridge	100KM Association	2081	59	11 F 55-59	56:24	57:53	F
1545	Patrick Wallace		3775	45	150 M 45-49	54:12	57:54	M

1546	Keri Boorman		2748	27	225 F 1-39	54:28	57:54	F
1547	Gisle Lund		1831	42	177 M 40-44	55:15	57:55	M
1548	Laura Hibbert		1529	32	226 F 1-39	53:07	57:55	F
1549	David Evans		1242	53	96 M 50-54	56:51	57:55	M
1550	Derek Robertson		2187	46	151 M 45-49	54:09	57:56	M
1551	James McSweeney		1916	40	178 M 40-44	56:30	57:57	M
1552	Ali Brown		910	35	227 F 1-39	56:50	57:58	F
1553	Kalina Bartol		743	29	228 F 1-39	54:12	57:58	F
1554	Barry Payne		2091	32	688 M 1-39	55:00	57:59	M
1555	Graham Bloomfield	Tri-Anglia Triathlon Club	826	35	689 M 1-39	56:09	58:00	M
1556	Neil Dennis		1173	32	690 M 1-39	54:05	58:00	M
1557	Nick Smith		3270	45	152 M 45-49	54:30	58:00	M
1558	Lisa Hurry		1619	50	17 F 50-54	56:15	58:00	F
1559	Julie Knight		1744	53	18 F 50-54	56:25	58:00	F
1560	Cindy Burgess	Wymondham AC	938	66	3 F 65-69	56:42	58:01	F
1561	Michael Parsons		3170	36	691 M 1-39	56:24	58:01	M
1562	Danny Rennie		3703	17	692 M 1-39	53:48	58:02	M
1563	Mark Cook		1078	32	693 M 1-39	56:52	58:02	M
1564	Oliver Bennett		781	30	694 M 1-39	57:35	58:02	M
1565	Richard Sage		2229	36	695 M 1-39	55:37	58:02	M
1566	Matthew Layt		3623	38	696 M 1-39	54:26	58:03	M
1567	Sarah Balfour		727	27	229 F 1-39	57:42	58:05	F
1568	Melissa Starkings		3290	29	230 F 1-39	57:45	58:05	F
1569	Lee Wood		2639	26	697 M 1-39	55:45	58:06	M
1570	David Luton		1834	32	698 M 1-39	56:24	58:06	M
1571	Mark Tunneycliff		2480	17	699 M 1-39	54:34	58:07	M
1572	Sam Jenkins		1656	34	700 M 1-39	55:10	58:08	M
1573	Will Barker		737	16	701 M 1-39	56:06	58:08	M
1574	Alan Dix		1188	46	153 M 45-49	57:22	58:08	M
1575	Louise Rump		2218	26	231 F 1-39	56:11	58:09	F
1576	Madeline Beale	Wymondham AC	760	34	232 F 1-39	57:18	58:09	F
1577	Mathew Baldry		2707	43	179 M 40-44	55:22	58:09	M
1578	Ken Mathews	Tri-Anglia Triathlon Club	1883	62	20 M 60-64	56:16	58:10	M
1579	Bobbie Sauerzapf	Bungay Black Dog RC	2246	56	12 F 55-59	55:09	58:10	F
1580	Lisa Craggs		1113	30	233 F 1-39	56:34	58:11	F
1581	Carole White		2587	33	234 F 1-39	56:28	58:12	F
1582	Michael Briggs		880	45	154 M 45-49	56:53	58:13	M
1583	Gwyneth Jones		1680	56	13 F 55-59	56:48	58:13	F
1584	Tina Foster	North Norfolk Beach Runners	1291	47	45 F 45-49	57:05	58:13	F
1585	Thu-Hang Ong		2039	30	235 F 1-39	54:51	58:14	F
1586	Chris Ramshaw		3201	23	702 M 1-39	54:53	58:14	M
1587	Kirsty Fleetcroft		1279	26	236 F 1-39	57:04	58:14	F
1588	Alison Warner		2534	46	46 F 45-49	56:09	58:15	F
1589	Becca Coulton		1104	20	237 F 1-39	57:08	58:16	F
1590	Sarah Kimberley		1734	37	238 F 1-39	56:25	58:18	F
1591	Margaret Ray		3808	49	47 F 45-49	56:11	58:19	F
1592	Shaun Lowthorpe		1830	42	180 M 40-44	55:40	58:19	M
1593	Debra Smith		2328	41	50 F 40-44	57:16	58:21	F
1594	Josh Smith		2313	25	703 M 1-39	55:30	58:21	M
1595	Anthony Henry		1522	59	55 M 55-59	57:31	58:22	M
1596	Elizabeth Wilbourn		2602	29	239 F 1-39	56:40	58:23	F
1597	Toby Moss		1978	27	704 M 1-39	56:41	58:24	M
1598	Leo Saffin		2228	24	705 M 1-39	54:24	58:24	M
1599	Chris Bond		840	54	97 M 50-54	57:15	58:26	M
1600	Charlotte Sutton		2396	36	240 F 1-39	55:16	58:27	F
1601	Stephen Andrews		673	55	56 M 55-59	58:05	58:27	M
1602	Hazel Berry		787	38	241 F 1-39	55:30	58:27	F
1603	Sean Sutton		2397	36	706 M 1-39	55:17	58:27	M
1604	Lee Kirby		3615	34	707 M 1-39	54:21	58:28	M
1605	Sally Aspin	Norwich Road Runners	692	59	14 F 55-59	57:53	58:28	F
1606	Peter Vrabec		2508	37	708 M 1-39	56:38	58:29	M
1607	Deborah Lawrence		1775	53	19 F 50-54	55:49	58:29	F
1608	James Ducker		3495	29	709 M 1-39	54:39	58:29	M
1609	Leo Dudley		3803	33	710 M 1-39	54:38	58:30	M
1610	Sarah Mead		1917	45	48 F 45-49	55:26	58:30	F
1611	Justin Dicks		173	46	155 M 45-49	55:28	58:30	M
1612	Rosie Chapman		2791	51	20 F 50-54	56:39	58:30	F
1613	Robin Shanks		2275	34	711 M 1-39	55:56	58:31	M
1614	Steve Dennis		1174	34	712 M 1-39	57:12	58:31	M
1615	Steven Miller		1939	42	181 M 40-44	55:17	58:31	M
1616	Richard Bell		775	46	156 M 45-49	58:11	58:32	M
1617	Andrew Pittam		2116	45	157 M 45-49	54:23	58:32	M
1618	Mel Bullock		2768	40	51 F 40-44	55:34	58:32	F
1619	Kelsie Hain		1442	22	242 F 1-39	57:22	58:32	F
1620	Helen Crowley		1129	36	243 F 1-39	57:51	58:33	F
1621	Francis Vickers		2503	58	57 M 55-59	55:23	58:34	M
1622	Ruth Howes		1590	37	244 F 1-39	57:42	58:35	F
1623	Ian Woods	Norfolk Gazelles AC	2653	58	58 M 55-59	57:09	58:36	M
1624	Christine Ashe	Bungay Black Dog RC	687	53	21 F 50-54	58:11	58:37	F
1625	Geoff Spencer		2352	49	158 M 45-49	55:47	58:37	M
1626	Hayley Sendall		3247	40	52 F 40-44	57:13	58:38	F
1627	Marie Doughty		1200	41	53 F 40-44	57:40	58:39	F
1628	Charlie Coverdale		1106	36	245 F 1-39	57:50	58:41	F
1629	Christopher Hatton		3821	37	713 M 1-39	55:23	58:41	M
1630	Fanchon Wright	Tri-Anglia Triathlon Club	2673	34	246 F 1-39	55:30	58:41	F
1631	Louise Panter		2060	43	54 F 40-44	56:56	58:41	F
1632	Stephen Ryan		2225	45	159 M 45-49	56:17	58:43	M
1633	Nikki Stebbing		2366	37	247 F 1-39	56:12	58:43	F
1634	Adam Want		2527	45	160 M 45-49	55:25	58:44	M
1635	Daniel Taylor		2426	32	714 M 1-39	56:14	58:47	M
1636	Louise Farr		3510	33	248 F 1-39	54:48	58:48	F
1637	Craig Neep		1999	31	715 M 1-39	55:25	58:49	M
1638	Christopher Moore		1960	44	182 M 40-44	56:48	58:49	M
1639	Peter Jessop		1662	45	161 M 45-49	56:04	58:51	M
1640	Andy Poucher		2128	36	716 M 1-39	55:12	58:52	M
1641	Henry McColl		1901	18	717 M 1-39	55:27	58:52	M
1642	Helen Harrison		1488	35	249 F 1-39	58:06	58:56	F

1643	James Askew		691	25	718 M 1-39	58:33	58:57	M
1644	Desmonde Talbot		2406	65	4 F 65-69	57:37	58:57	F
1645	Andrew Boggis		2744	32	719 M 1-39	56:45	58:58	M
1646	Hayley Upson		2494	38	250 F 1-39	56:50	58:58	F
1647	Oliver Bumstead		933	32	720 M 1-39	57:47	58:58	M
1648	Amy Godbold	Bungay Black Dog RC	1367	36	251 F 1-39	57:45	58:58	F
1649	Debra Rumsby		2220	45	49 F 45-49	55:24	58:59	F
1650	James Baldwin		2708	33	721 M 1-39	57:36	59:00	M
1651	Richard Lain-Smith		3057	48	162 M 45-49	55:50	59:01	M
1652	Elizabeth Morgan		1968	43	55 F 40-44	56:15	59:02	F
1653	Shenda Hedtke		1509	51	22 F 50-54	57:53	59:03	F
1654	Glenn Coleman		2809	45	163 M 45-49	55:03	59:03	M
1655	Andrew Leeder		1795	51	98 M 50-54	56:34	59:03	M
1656	Susie Richardson		2174	28	252 F 1-39	57:14	59:03	F
1657	Andrew Brown		913	43	183 M 40-44	58:08	59:04	M
1658	Laura Button	Bungay Black Dog RC	959	33	253 F 1-39	58:08	59:04	F
1659	Lucy Greenwood		1409	34	254 F 1-39	58:05	59:04	F
1660	Andy Cowan		1107	40	184 M 40-44	57:50	59:05	M
1661	Simon Dazeley		1168	46	164 M 45-49	58:09	59:05	M
1662	Tim Cheesman		1014	33	722 M 1-39	57:57	59:05	M
1663	Rebecca Obrien		2028	30	255 F 1-39	58:09	59:06	F
1664	Caroline Baker	Norfolk Gazelles AC	721	42	56 F 40-44	58:52	59:07	F
1665	Timothy Puttick		2136	53	99 M 50-54	57:43	59:07	M
1666	Kate Andrews		672	34	256 F 1-39	58:47	59:07	F
1667	Tim Block		823	50	100 M 50-54	58:34	59:09	M
1668	Louise Firman		2909	38	257 F 1-39	55:30	59:09	F
1669	Cristian Ciurlic		1025	33	723 M 1-39	57:45	59:10	M
1670	Simon Smith		2338	45	165 M 45-49	57:17	59:10	M
1671	Stuart Forsdicke		2919	41	185 M 40-44	55:11	59:10	M
1672	Samantha Lines		1806	35	258 F 1-39	56:28	59:11	F
1673	Jade Westthorpe		3785	31	259 F 1-39	55:18	59:12	F
1674	Ben Kendall		1723	35	724 M 1-39	56:28	59:12	M
1675	Susie Kelly		1718	31	260 F 1-39	57:54	59:12	F
1676	Bob Carter		985	54	101 M 50-54	57:26	59:13	M
1677	Samantha MacEachern		1841	35	261 F 1-39	56:07	59:14	F
1678	Suzu Knights		1746	33	262 F 1-39	56:25	59:14	F
1679	Clare Farrant		1256	36	263 F 1-39	58:30	59:14	F
1680	Sarah Cage-Brimelow		960	33	264 F 1-39	58:19	59:15	F
1681	Tiffany Bentley		786	36	265 F 1-39	58:09	59:15	F
1682	Claire Goldstone	Thetford AC	1378	34	266 F 1-39	57:31	59:15	F
1683	Jenny Mayne	Tri-Anglia Triathlon Club	1892	55	15 F 55-59	57:41	59:15	F
1684	Rory Fairfoot		1253	18	725 M 1-39	57:38	59:15	M
1685	John Robinson		2188	47	166 M 45-49	57:05	59:15	M
1686	Claire Ramsbottom	Norwich Road Runners	2144	41	57 F 40-44	57:06	59:17	F
1687	Gemma Ottaway		2049	32	267 F 1-39	57:32	59:17	F
1688	Victoria Utting	Norwich Road Runners	2496	44	58 F 40-44	57:06	59:18	F
1689	Samantha Howell		1585	44	59 F 40-44	58:17	59:18	F
1690	Stephen Barker		735	50	102 M 50-54	57:17	59:21	M
1691	Scott Walker		2518	37	726 M 1-39	57:50	59:21	M
1692	Caroline Brown		906	29	268 F 1-39	58:00	59:22	F
1693	George Barnard		740	25	727 M 1-39	58:22	59:23	M
1694	Daniel Brock		888	28	728 M 1-39	58:41	59:24	M
1695	Richard Lennox		1800	35	729 M 1-39	57:05	59:25	M
1696	Nicky Scott		2261	29	269 F 1-39	57:55	59:25	F
1697	Paul Strowger	Norwich Road Runners	2389	39	730 M 1-39	56:09	59:26	M
1698	Paula Herdman		2985	48	50 F 45-49	55:27	59:27	F
1699	Tom Bruce		916	29	731 M 1-39	58:47	59:27	M
1700	Roger Eglen		1230	69	9 M 65-69	58:41	59:28	M
1701	Helen Brockington		891	38	270 F 1-39	58:39	59:28	F
1702	Michelle Lansdale		354	38	271 F 1-39	59:15	59:29	F
1703	Caroline Baines		716	45	51 F 45-49	56:47	59:30	F
1704	Shauna Gooch		1379	20	272 F 1-39	58:33	59:31	F
1705	Ken Hurst	Bungay Black Dog RC	1620	68	10 M 65-69	57:42	59:31	M
1706	Spencer James		1649	31	732 M 1-39	57:19	59:31	M
1707	Andrew Calderbank-Link		962	36	733 M 1-39	58:48	59:32	M
1708	Chantal Foyer		1298	25	273 F 1-39	58:34	59:32	F
1709	Deirdre Linehan		1805	52	23 F 50-54	58:14	59:33	F
1710	Paul Taylor		2421	31	734 M 1-39	56:29	59:34	M
1711	Debbie Moore		1955	50	24 F 50-54	56:37	59:35	F
1712	Mike Coulson		1103	30	735 M 1-39	58:15	59:35	M
1713	Michael Persich		2105	61	21 M 60-64	57:05	59:36	M
1714	Matt Barton		744	38	736 M 1-39	59:28	59:36	M
1715	Emily Barnard		739	23	274 F 1-39	58:34	59:37	F
1716	Rebecca Parke		3683	37	275 F 1-39	55:32	59:37	F
1717	Charlotte Boreham		2749	29	276 F 1-39	58:19	59:38	F
1718	Ben Rogers		2203	44	186 M 40-44	56:28	59:38	M
1719	Ben Turner		2482	30	737 M 1-39	56:54	59:39	M
1720	Andrew Griffiths		1417	48	167 M 45-49	56:57	59:39	M
1721	Darrell Roper		2205	38	738 M 1-39	57:09	59:39	M
1722	Rob Winner	Wymondham AC	2629	43	187 M 40-44	56:53	59:40	M
1723	Emily Bardwell		32	32	277 F 1-39	59:23	59:41	F
1724	Monica Maijo-Ferre		1847	33	278 F 1-39	57:02	59:42	F
1725	Cristina Alcon		650	37	279 F 1-39	57:03	59:42	F
1726	Sophie Patrick		2085	22	280 F 1-39	57:33	59:42	F
1727	Geoffrey Sanders		2239	21	739 M 1-39	57:23	59:43	M
1728	Gemma Askham		2700	32	281 F 1-39	57:48	59:43	F
1729	James Park		2068	42	188 M 40-44	57:34	59:43	M
1730	Kevin Stublely		2392	36	740 M 1-39	56:59	59:43	M
1731	Jordi Gudiol Hulth		2960	35	741 M 1-39	57:49	59:43	M
1732	David Waterman	Bungay Black Dog RC	2542	55	59 M 55-59	58:56	59:45	M
1733	Hayley Lee		1786	42	60 F 40-44	57:41	59:45	F
1734	Paul Mirgoux		3119	42	189 M 40-44	55:50	59:46	M
1735	Paul Foster		1290	46	168 M 45-49	58:32	59:47	M
1736	Paul Fortescue		1287	47	169 M 45-49	59:11	59:47	M
1737	Maddy White		2588	23	282 F 1-39	57:23	59:47	F
1738	Chris Mills		1942	54	103 M 50-54	56:43	59:47	M
1739	Anne Sinclair		2302	58	16 F 55-59	58:14	59:48	F

1740	Kane Halsey		1452	26	742 M 1-39	58:13	59:48	M
1741	Amy Edwards		2888	30	283 F 1-39	58:21	59:48	F
1742	Dave Edwards		1227	57	60 M 55-59	58:21	59:48	M
1743	Kirsty Paradot		2062	38	284 F 1-39	58:22	59:48	F
1744	Robin Smith		3742	27	743 M 1-39	56:00	59:48	M
1745	Peter Tassone		2411	43	190 M 40-44	57:28	59:48	M
1746	Laura Nazmdeh		1994	25	285 F 1-39	57:04	59:49	F
1747	Michael Smith	Wymondham AC	2329	73	5 M 70-99	57:12	59:50	M
1748	James Shreeve		2292	24	744 M 1-39	57:23	59:50	M
1749	Claire Drurey		2876	25	286 F 1-39	56:28	59:50	F
1750	Peter Murdoch		3134	60	22 M 60-64	55:57	59:50	M
1751	Lee Croydon		1130	32	745 M 1-39	59:06	59:50	M
1752	Jackie Collins		2811	51	25 F 50-54	56:02	59:53	F
1753	Carla Hall		2966	22	287 F 1-39	56:23	59:54	F
1754	Gav Dent		1175	35	746 M 1-39	58:41	59:54	M
1755	Shameem Golamy		1371	38	747 M 1-39	58:58	59:54	M
1756	Andrew Rettie		3704	26	748 M 1-39	56:27	59:55	M
1757	Frances Chaloner		1000	56	17 F 55-59	57:16	59:55	F
1758	Mark Groom		1430	43	191 M 40-44	58:33	59:55	M
1759	Annis Richardson		3209	25	288 F 1-39	56:34	59:56	F
1760	Jason Brook		3439	32	749 M 1-39	57:50	59:56	M
1761	Gemma Weavers		2555	31	289 F 1-39	57:26	59:56	F
1762	Jamie Howlett		1591	27	750 M 1-39	57:27	59:58	M
1763	Catherine Cooper		1092	37	290 F 1-39	58:57	59:59	F
1764	Clare Bradbury	Wymondham AC	861	39	291 F 1-39	59:11	59:59	F
1765	Chris Eaton		1222	43	192 M 40-44	59:06	59:59	M
1766	Sarah King		1736	22	292 F 1-39	57:28	1:00:00	F
1767	Michael Scott		3724	55	61 M 55-59	55:54	1:00:00	M
1768	Gabrielle Everrett		1249	28	293 F 1-39	58:47	1:00:01	F
1769	Ines Desanlis	City of Norwich AC	1177	25	294 F 1-39	57:08	1:00:01	F
1770	Sophie Stainthorpe		2360	33	295 F 1-39	57:45	1:00:01	F
1771	Andy Evans		1241	59	62 M 55-59	59:05	1:00:01	M
1772	Lou Boyce		855	45	52 F 45-49	58:46	1:00:02	F
1773	Lucy Hart		1492	27	296 F 1-39	59:21	1:00:03	F
1774	Charlene Freeman		1304	28	297 F 1-39	59:21	1:00:03	F
1775	Joel Nelson		3140	31	751 M 1-39	56:30	1:00:04	M
1776	David Adderson		647	33	752 M 1-39	59:28	1:00:04	M
1777	Tom Newey		3662	18	753 M 1-39	55:55	1:00:05	M
1778	Matthew Tremayne		2472	29	754 M 1-39	56:40	1:00:05	M
1779	Camille Belham		772	25	298 F 1-39	56:41	1:00:05	F
1780	Nicole Ward	City of Norwich AC	2530	23	299 F 1-39	57:15	1:00:08	F
1781	Dean Linge		1807	49	170 M 45-49	58:11	1:00:08	M
1782	James Taylor-Bennett		2428	35	755 M 1-39	57:14	1:00:10	M
1783	Deben Nelson		3141	28	756 M 1-39	56:38	1:00:10	M
1784	Andrew Jackson		1643	34	757 M 1-39	57:20	1:00:11	M
1785	Sarah Goldser		1372	59	18 F 55-59	58:54	1:00:11	F
1786	Adrian Vivian		3328	45	171 M 45-49	55:37	1:00:11	M
1787	Nicola Greenacre		1404	34	300 F 1-39	58:54	1:00:11	F
1788	Suzy Horth		1576	39	301 F 1-39	59:00	1:00:12	F
1789	Chris Walker		3332	32	758 M 1-39	57:55	1:00:13	M
1790	Simon Overton		2050	35	759 M 1-39	58:00	1:00:13	M
1791	Richard Potts		3190	40	193 M 40-44	55:56	1:00:15	M
1792	Jim Flatt		1278	32	760 M 1-39	58:32	1:00:15	M
1793	Melanie Heeley		1510	40	61 F 40-44	59:25	1:00:16	F
1794	Steven Minns		3118	51	104 M 50-54	58:16	1:00:16	M
1795	Libby Woodhouse		2649	50	105 M 50-54	58:50	1:00:17	M
1796	Sheila Smith		2323	62	7 F 60-64	57:23	1:00:17	F
1797	Owen Nicholls		3146	33	761 M 1-39	55:52	1:00:18	M
1798	Josh Thiel		3307	24	762 M 1-39	58:25	1:00:18	M
1799	Russell Cook		3472	24	763 M 1-39	58:06	1:00:18	M
1800	Marg Mayne		1893	53	26 F 50-54	58:43	1:00:18	F
1801	Glen Parish		2067	37	764 M 1-39	58:45	1:00:19	M
1802	Glenn Bee		52	53	106 M 50-54	1:00:10	1:00:19	M
1803	Joanna White		2583	47	53 F 45-49	57:55	1:00:19	F
1804	Matthew Cross		1126	25	765 M 1-39	59:14	1:00:21	M
1805	Lucy Hewitt-Gudgin		1527	37	302 F 1-39	59:41	1:00:21	F
1806	Michael Freeman		1305	29	766 M 1-39	59:40	1:00:21	M
1807	Leroy Barry		3409	28	767 M 1-39	55:32	1:00:22	M
1808	Sarah Palmer		2058	21	303 F 1-39	58:35	1:00:22	F
1809	Sam Appleyard-Smith		3400	38	304 F 1-39	55:44	1:00:22	F
1810	Rob Whalen		2578	29	768 M 1-39	58:09	1:00:23	M
1811	Chris Bishop		808	45	172 M 45-49	58:26	1:00:24	M
1812	Mark Townsend		2470	45	173 M 45-49	58:11	1:00:24	M
1813	Harry Discombe		3492	16	769 M 1-39	55:45	1:00:24	M
1814	Mark Waters		2546	38	770 M 1-39	57:58	1:00:25	M
1815	Cathy Pearson		2095	49	54 F 45-49	57:12	1:00:25	F
1816	Jon Holland		1558	35	771 M 1-39	59:12	1:00:26	M
1817	Dan Jones		1690	27	772 M 1-39	57:38	1:00:26	M
1818	Freyja Torn		2467	31	305 F 1-39	56:20	1:00:27	F
1819	Sue Brockhouse	Tri-Anglia Triathlon Club	890	53	27 F 50-54	57:11	1:00:28	F
1820	Daniel Fenton		1263	35	773 M 1-39	58:18	1:00:29	M
1821	Michael Cook		1081	47	174 M 45-49	59:43	1:00:30	M
1822	Charlotte Bones		3431	20	306 F 1-39	56:44	1:00:31	F
1823	Daisy Gidlow		1350	24	307 F 1-39	59:29	1:00:31	F
1824	Hollie Craske		1117	27	308 F 1-39	59:29	1:00:31	F
1825	Harry Sawyer		3235	16	774 M 1-39	55:37	1:00:32	M
1826	Ben Turner		3320	16	775 M 1-39	55:47	1:00:32	M
1827	Mark Fitch	Norfolk Gazelles AC	2910	45	175 M 45-49	56:50	1:00:32	M
1828	Erin Keating		1714	18	309 F 1-39	58:54	1:00:32	F
1829	Cathal Daly		1148	44	194 M 40-44	57:38	1:00:33	M
1830	Tony Magee		1846	64	23 M 60-64	58:15	1:00:33	M
1831	Victoria Tustian		3321	39	310 F 1-39	59:08	1:00:33	F
1832	Richard Todd		2465	49	176 M 45-49	57:13	1:00:34	M
1833	Samantha Dickens		1182	48	55 F 45-49	59:35	1:00:35	F
1834	Mike Laurence		1770	60	24 M 60-64	57:03	1:00:35	M
1835	Richard Daly	Dereham Runners & AC	2852	44	195 M 40-44	55:48	1:00:36	M
1836	Nichola Jessop		1661	44	62 F 40-44	57:49	1:00:36	F

1837	Lisa Rodgers	Wyndham AC	2197	49	56 F 45-49	58:58	1:00:38	F
1838	Louise Leunis		1801	35	311 F 1-39	58:10	1:00:39	F
1839	Jo Margereson		1864	41	63 F 40-44	57:53	1:00:41	F
1840	Graham Hammond		1459	53	107 M 50-54	58:20	1:00:41	M
1841	Paul Tucker		2478	45	177 M 45-49	58:22	1:00:41	M
1842	Joanne Bramble		866	28	312 F 1-39	59:59	1:00:42	F
1843	Dominic Rich		2172	44	196 M 40-44	58:55	1:00:42	M
1844	Simon Bishop		809	30	776 M 1-39	1:00:04	1:00:42	M
1845	Ruby Thirkettle		2435	20	313 F 1-39	58:51	1:00:43	F
1846	Raj Nair		1991	46	178 M 45-49	58:19	1:00:43	M
1847	Mark Kingston		1738	54	108 M 50-54	58:23	1:00:44	M
1848	Oliver Major		1851	27	777 M 1-39	59:03	1:00:44	M
1849	David Killingback		3613	30	778 M 1-39	57:00	1:00:44	M
1850	Chris Major		1850	31	779 M 1-39	59:02	1:00:44	M
1851	David Clayton		3463	42	197 M 40-44	56:35	1:00:47	M
1852	Craig Evans		1245	27	780 M 1-39	59:01	1:00:47	M
1853	Kerry Lymbery		1837	24	314 F 1-39	57:05	1:00:47	F
1854	Bethany Plummer		2119	19	315 F 1-39	58:55	1:00:48	F
1855	Joanna Williams		2605	27	316 F 1-39	58:43	1:00:49	F
1856	Jackie Bell	Bungay Black Dog RC	774	55	19 F 55-59	59:02	1:00:51	F
1857	Kevin Donovan		1196	31	781 M 1-39	59:56	1:00:51	M
1858	Shara Hayes	Ely Runners	1503	42	64 F 40-44	59:53	1:00:52	F
1859	Vince Cox		1109	47	179 M 45-49	59:32	1:00:53	M
1860	Matthew Henderson		3577	24	782 M 1-39	56:53	1:00:53	M
1861	Lucie Gillett		1358	33	317 F 1-39	59:46	1:00:54	F
1862	Jamie Loudoun		3636	38	783 M 1-39	59:14	1:00:56	M
1863	Shirley Taylor		2424	49	57 F 45-49	59:21	1:00:57	F
1864	Lee Hyde		3017	44	198 M 40-44	59:12	1:00:57	M
1865	Sarah Knapp		3053	35	318 F 1-39	57:57	1:00:58	F
1866	Ruth Woods	Beccles & Bungay Harriers	2656	43	65 F 40-44	58:43	1:00:58	F
1867	Hannah Cordle		1100	27	319 F 1-39	58:46	1:00:59	F
1868	Lloyd Thomas		2438	32	784 M 1-39	58:45	1:00:59	M
1869	Dylan Thomas	Norfolk Harriers RC	581	37	785 M 1-39	58:45	1:00:59	M
1870	Jennie Chamberlain		1002	47	58 F 45-49	1:00:01	1:00:59	F
1871	Helen Watts		2553	41	66 F 40-44	59:53	1:01:00	F
1872	Pavlina Parashkevova		2064	29	320 F 1-39	59:36	1:01:01	F
1873	Matthew Newson		3666	24	786 M 1-39	57:01	1:01:01	M
1874	Ria Markell		1867	20	321 F 1-39	56:36	1:01:01	F
1875	Lesley Oliver		2036	69	5 F 65-69	58:55	1:01:04	F
1876	Naomi Webb		2557	27	322 F 1-39	59:32	1:01:04	F
1877	Stuart Rose		2209	30	787 M 1-39	59:26	1:01:04	M
1878	Sophie Lee		1791	29	323 F 1-39	59:23	1:01:05	F
1879	Jamie Lee		1792	33	788 M 1-39	59:23	1:01:05	M
1880	Sharon Bracey		2753	45	59 F 45-49	59:19	1:01:05	F
1881	Zoë Chundun	City of Norwich AC	1024	49	60 F 45-49	1:00:11	1:01:05	F
1882	Chris Jackson		1646	22	789 M 1-39	57:35	1:01:06	M
1883	Lucy Rivett		2181	38	324 F 1-39	58:43	1:01:08	F
1884	Susan Smith		2325	41	67 F 40-44	58:10	1:01:08	F
1885	Stephanie Makins		1852	38	325 F 1-39	59:32	1:01:09	F
1886	Beth Hill		1543	41	68 F 40-44	1:00:18	1:01:10	F
1887	Amanda Reeve		3205	43	69 F 40-44	58:47	1:01:11	F
1888	Christopher Rymarz		2227	40	199 M 40-44	58:25	1:01:12	M
1889	Claire Owen		2051	39	326 F 1-39	59:22	1:01:12	F
1890	David Hilburn		1537	58	63 M 55-59	1:00:14	1:01:13	M
1891	Emily Young		2680	34	327 F 1-39	59:30	1:01:13	F
1892	Emma Mitra		1952	30	328 F 1-39	59:39	1:01:15	F
1893	Ashleigh Binnie		799	28	329 F 1-39	1:00:38	1:01:16	F
1894	Vanessa Coulson		1102	35	330 F 1-39	1:00:06	1:01:18	F
1895	Joanne Minnis		1943	41	70 F 40-44	58:53	1:01:18	F
1896	Vikki Powles		3191	38	331 F 1-39	57:50	1:01:19	F
1897	Chris Buckham		922	63	25 M 60-64	1:00:08	1:01:20	M
1898	Ian Doughty		1201	44	200 M 40-44	1:00:06	1:01:21	M
1899	John Adam		641	62	26 M 60-64	59:27	1:01:21	M
1900	Keith Oakley	Great Bentley Running Club	2026	47	180 M 45-49	59:59	1:01:22	M
1901	Darin Geary		2932	43	201 M 40-44	56:55	1:01:22	M
1902	Ken Joyce		1697	54	109 M 50-54	58:49	1:01:23	M
1903	Ava Lee		1790	33	332 F 1-39	58:53	1:01:23	F
1904	Lisa Petherick		2107	41	71 F 40-44	59:48	1:01:24	F
1905	Brenda Hutcheon	Bure Valley Harriers	1622	67	6 F 65-69	59:58	1:01:25	F
1906	Anna Stevenson		3748	42	72 F 40-44	57:13	1:01:25	F
1907	David Hutcheon	Bure Valley Harriers	1623	71	6 M 70-99	59:58	1:01:25	M
1908	Neil McColl		1900	52	110 M 50-54	58:00	1:01:26	M
1909	Alan Burton		948	46	181 M 45-49	1:00:04	1:01:26	M
1910	Nicola Andrewwartha		671	32	333 F 1-39	1:00:04	1:01:26	F
1911	Thomas Howes-Ward		3588	19	790 M 1-39	56:58	1:01:26	M
1912	Chris Ducker		1211	39	791 M 1-39	1:00:18	1:01:26	M
1913	Gemma McKail		1907	29	334 F 1-39	59:22	1:01:27	F
1914	Chris Newby		3661	31	792 M 1-39	1:00:44	1:01:28	M
1915	Adrian Rodwell		3712	45	182 M 45-49	56:53	1:01:28	M
1916	Rob Reeves		2163	35	793 M 1-39	59:49	1:01:29	M
1917	Keith Bond		838	53	111 M 50-54	59:51	1:01:30	M
1918	Mark Goldsmith		1373	42	202 M 40-44	1:00:18	1:01:30	M
1919	Philip Cooke	Stone Master Marathoners	1087	60	27 M 60-64	59:30	1:01:31	M
1920	Jonathan Hughes		1602	29	794 M 1-39	58:57	1:01:32	M
1921	Naomi Langford		1763	22	335 F 1-39	57:22	1:01:33	F
1922	Howard Hunter		1614	43	203 M 40-44	59:37	1:01:35	M
1923	Jenna Wales		2511	24	336 F 1-39	59:51	1:01:35	F
1924	Laura Patton		3173	29	337 F 1-39	59:57	1:01:35	F
1925	Suzanne Rouse		2213	50	28 F 50-54	58:39	1:01:36	F
1926	Sally Davenport		1155	57	20 F 55-59	1:00:52	1:01:38	F
1927	Ryan Middleton	Dereham Runners & AC	1934	26	795 M 1-39	59:00	1:01:40	M
1928	Claire Hindley		1547	38	338 F 1-39	58:15	1:01:40	F
1929	Rebecca Clarke		2796	40	73 F 40-44	58:51	1:01:40	F
1930	Katy Quigley		2139	28	339 F 1-39	59:47	1:01:41	F
1931	Louise Elphick		2893	47	61 F 45-49	58:26	1:01:42	F
1932	Martyn Carver		989	33	796 M 1-39	56:46	1:01:43	M
1933	Hazel Dillnutt		1185	35	340 F 1-39	1:00:30	1:01:43	F

1934	Michael Wray		2662	53	112 M 50-54	59:54	1:01:44	M
1935	Helen Leach		1783	38	341 F 1-39	1:00:50	1:01:44	F
1936	Janet Hunt		1611	59	21 F 55-59	59:19	1:01:47	F
1937	Charlotte Vogel		2506	30	342 F 1-39	58:35	1:01:47	F
1938	Andrea Auburn		697	23	343 F 1-39	1:01:17	1:01:48	F
1939	Elizabeth Cooke		1085	50	29 F 50-54	1:00:34	1:01:49	F
1940	Sam Dann		1151	44	74 F 40-44	1:00:02	1:01:49	F
1941	Brett Jury		1707	34	797 M 1-39	58:34	1:01:50	M
1942	Fiona Liddle		3630	25	344 F 1-39	58:19	1:01:50	F
1943	Sam Barwick	Norfolk Gazelles AC	746	45	62 F 45-49	58:50	1:01:51	F
1944	Ian Linnett		1808	43	204 M 40-44	57:56	1:01:51	M
1945	James Saggars		2230	39	798 M 1-39	58:35	1:01:51	M
1946	Daniel Savage		2251	35	799 M 1-39	59:45	1:01:51	M
1947	Simon Woodhouse		2647	41	205 M 40-44	59:11	1:01:52	M
1948	Sarah Thacker		3760	33	345 F 1-39	58:05	1:01:52	F
1949	George Loades		3633	20	800 M 1-39	57:46	1:01:54	M
1950	Andy Eyres		2902	44	206 M 40-44	57:46	1:01:54	M
1951	Damian Jermy		3030	37	801 M 1-39	57:52	1:01:54	M
1952	Teighan Burrows		2771	39	346 F 1-39	57:53	1:01:54	F
1953	Carl Jones		1686	31	802 M 1-39	58:47	1:01:55	M
1954	Heidi Stanway		2365	40	75 F 40-44	59:06	1:01:56	F
1955	Karl Dodgson		3494	39	803 M 1-39	57:51	1:01:56	M
1956	Kate Wood		2637	30	347 F 1-39	1:00:10	1:01:56	F
1957	Margaret Blair		815	43	76 F 40-44	57:42	1:01:57	F
1958	Sean Elden		2889	24	804 M 1-39	58:35	1:01:57	M
1959	Emily Hall		1447	26	348 F 1-39	59:19	1:01:57	F
1960	Suzanne Sharman		2278	32	349 F 1-39	57:33	1:01:58	F
1961	Katy Dorman		1198	36	350 F 1-39	1:00:45	1:01:58	F
1962	David Hall		2965	40	207 M 40-44	58:41	1:01:59	M
1963	Louise Adamson	Waveney Valley AC	646	56	22 F 55-59	58:33	1:01:59	F
1964	James Pattison		3172	41	208 M 40-44	57:35	1:01:59	M
1965	Robin Watkins		3348	24	805 M 1-39	57:18	1:01:59	M
1966	Tasha Lee		1793	25	351 F 1-39	59:38	1:02:00	F
1967	Louise Grinsdale	Norwich Road Runners	1426	41	77 F 40-44	1:00:45	1:02:01	F
1968	Alice Eatock		1221	28	352 F 1-39	1:00:58	1:02:01	F
1969	Emma Fickling	Wyomndham AC	1265	33	353 F 1-39	1:01:15	1:02:03	F
1970	Stephen Charman		1012	34	806 M 1-39	1:00:46	1:02:03	M
1971	Sarah Cole		1047	32	354 F 1-39	1:00:54	1:02:05	F
1972	Bridget Cole		1048	59	23 F 55-59	1:00:55	1:02:05	F
1973	Madeleine Danher-Barber		1149	38	355 F 1-39	1:00:48	1:02:07	F
1974	Paul Dolphin		1193	43	209 M 40-44	1:01:07	1:02:07	M
1975	Glenn Marvell-James		3100	41	210 M 40-44	57:28	1:02:08	M
1976	Wendy Burgess	Wyomndham AC	937	39	356 F 1-39	1:00:27	1:02:09	F
1977	Steven Burrell		3449	39	807 M 1-39	58:09	1:02:09	M
1978	Jason Fowler		3524	45	183 M 45-49	58:24	1:02:10	M
1979	David Jarvis		1651	19	808 M 1-39	1:00:18	1:02:10	M
1980	Louise Durrant		1215	30	357 F 1-39	1:00:35	1:02:11	F
1981	Clare Guihan		1434	43	78 F 40-44	1:01:42	1:02:12	F
1982	Kimberley Spruit		3286	47	63 F 45-49	1:00:05	1:02:12	F
1983	Lily Hemmens		1514	22	358 F 1-39	1:00:59	1:02:13	F
1984	Luke Perry		3180	25	809 M 1-39	58:56	1:02:15	M
1985	Sarah Steel		2367	52	30 F 50-54	59:53	1:02:16	F
1986	Nicola Cheongvee		1015	30	359 F 1-39	1:01:26	1:02:16	F
1987	James Gowing		2950	30	810 M 1-39	57:50	1:02:16	M
1988	Amanda Cook	Dereham Runners & AC	2817	40	79 F 40-44	57:30	1:02:18	F
1989	Matthew Downing		178	31	811 M 1-39	1:01:07	1:02:18	M
1990	Nicola Fortescue		1286	46	64 F 45-49	1:01:42	1:02:18	F
1991	Jacqueline Keeling	Wyomndham AC	1715	48	65 F 45-49	59:15	1:02:19	F
1992	Katherine Hubbard		1595	26	360 F 1-39	1:01:12	1:02:20	F
1993	Terry Hubbard		3591	52	113 M 50-54	1:01:10	1:02:21	M
1994	Amanda Grimley		1424	48	66 F 45-49	1:01:44	1:02:21	F
1995	Andrew Pearmain		2094	61	28 M 60-64	59:43	1:02:23	M
1996	Samantha Wall		2520	47	67 F 45-49	58:56	1:02:23	F
1997	Helen Lakey	Wyomndham AC	1757	63	8 F 60-64	1:00:46	1:02:25	F
1998	Christopher Sandall		2234	30	812 M 1-39	59:16	1:02:26	M
1999	Alexandra Watson	North Norfolk Beach Runners	3349	52	31 F 50-54	58:34	1:02:26	F
2000	Paul Bird		801	53	114 M 50-54	1:01:47	1:02:26	M
2001	Linda Melton	North Norfolk Beach Runners	1921	56	24 F 55-59	58:34	1:02:26	F
2002	Bernadette Ambrose		665	41	80 F 40-44	1:01:54	1:02:27	F
2003	Clive Ambrose		664	46	184 M 45-49	1:01:54	1:02:27	M
2004	Annette Garner		1329	49	68 F 45-49	1:01:25	1:02:28	F
2005	Matthew Woodall		2643	27	813 M 1-39	1:00:27	1:02:28	M
2006	Tim Butler		956	49	185 M 45-49	1:01:42	1:02:29	M
2007	Mercedez Butler		955	18	361 F 1-39	1:01:43	1:02:30	F
2008	Tim Norton		2022	27	814 M 1-39	59:44	1:02:31	M
2009	Ellin Lede		1785	30	362 F 1-39	1:01:34	1:02:32	F
2010	Lorna Rowlands		3224	35	363 F 1-39	58:02	1:02:32	F
2011	Ross Arthurs		3401	26	815 M 1-39	57:48	1:02:33	M
2012	Sophie Stinton		2378	22	364 F 1-39	57:41	1:02:33	F
2013	Jim Woodcock		2645	48	186 M 45-49	1:00:09	1:02:34	M
2014	Jacquie Wood	Dereham Runners & AC	2638	63	9 F 60-64	1:01:15	1:02:34	F
2015	Catherine Groom		1429	37	365 F 1-39	1:01:13	1:02:35	F
2016	Graham Stafford		3287	46	187 M 45-49	58:00	1:02:36	M
2017	Tom Roques		2207	46	188 M 45-49	59:26	1:02:37	M
2018	Nigel Janes		1650	60	29 M 60-64	59:41	1:02:38	M
2019	Marina Murdoch	Wyomndham AC	1985	51	32 F 50-54	59:48	1:02:38	F
2020	Shunsuke Tomii		2466	37	816 M 1-39	1:00:57	1:02:39	M
2021	James Parris-King		2076	31	817 M 1-39	1:00:46	1:02:39	M
2022	Joanne Carter		984	35	366 F 1-39	1:02:01	1:02:39	F
2023	Steve Small		2312	54	115 M 50-54	1:00:42	1:02:39	M
2024	Andrew Small		2311	29	818 M 1-39	1:00:42	1:02:40	M
2025	John Hemmant		1513	51	116 M 50-54	1:01:36	1:02:41	M
2026	Caroline Gooch		1381	23	367 F 1-39	59:34	1:02:42	F
2027	Emily Arbon		680	37	368 F 1-39	59:08	1:02:43	F
2028	Siobhan Laskey		1765	46	69 F 45-49	1:01:03	1:02:43	F
2029	James Fenn		1261	28	819 M 1-39	1:01:51	1:02:44	M
2030	Rachel Cross		2831	40	81 F 40-44	58:09	1:02:45	F

2031	David Winch		3793	47	189 M 45-49	58:19	1:02:45	M
2032	Nicola Borel		2750	51	33 F 50-54	1:00:16	1:02:45	F
2033	James O'Grady		3673	38	820 M 1-39	58:35	1:02:45	M
2034	Yun Huang		3590	22	821 M 1-39	1:02:11	1:02:46	M
2035	David Farmer		2903	60	30 M 60-64	58:17	1:02:46	M
2036	Caroline Botwood		3433	36	369 F 1-39	58:44	1:02:46	F
2037	Andrew Bird		805	54	117 M 50-54	1:01:24	1:02:47	M
2038	Lee Johnson		3604	18	822 M 1-39	58:30	1:02:48	M
2039	Julie Dilrew		2870	55	25 F 55-59	58:54	1:02:48	F
2040	Rebecca Gooch	Norfolk Gazelles AC	1380	26	370 F 1-39	59:41	1:02:49	F
2041	Malcolm McAllister		1895	37	823 M 1-39	1:00:31	1:02:50	M
2042	Claire Stuart		2390	35	371 F 1-39	59:52	1:02:51	F
2043	Beth King		3051	39	372 F 1-39	59:52	1:02:51	F
2044	Sean Newton		2009	46	190 M 45-49	59:04	1:02:52	M
2045	Andrew MacK		3087	40	211 M 40-44	58:46	1:02:52	M
2046	Rachel Dixey		2872	38	373 F 1-39	59:03	1:02:53	F
2047	Bridget Read		2152	39	374 F 1-39	59:04	1:02:53	F
2048	James Tully	Tri-Anglia Triathlon Club	593	42	212 M 40-44	59:09	1:02:54	M
2049	Robert Belcher	Norwich Road Runners	771	57	64 M 55-59	1:02:00	1:02:54	M
2050	Alice Sillett		2295	27	375 F 1-39	1:00:58	1:02:55	F
2051	Elisabeth Rickard		3211	24	376 F 1-39	1:00:20	1:02:56	F
2052	Nathan Sanders		2237	32	824 M 1-39	1:00:47	1:02:56	M
2053	Michelle Passam		2082	46	70 F 45-49	59:20	1:02:56	F
2054	Ben Wickerson		2596	34	825 M 1-39	59:34	1:02:56	M
2055	Flo Harrison		1486	37	377 F 1-39	59:34	1:02:56	F
2056	Graham Sillett		2294	57	65 M 55-59	1:01:01	1:02:57	M
2057	Jack Tarrant		3757	26	826 M 1-39	59:18	1:02:57	M
2058	Kathy Baker		720	54	34 F 50-54	1:02:28	1:02:57	F
2059	Rachel Dance		2853	25	378 F 1-39	59:21	1:02:57	F
2060	Dennis Simpson	Norwich Road Runners	2298	55	66 M 55-59	1:00:26	1:02:57	M
2061	Helen Dingle		1186	29	379 F 1-39	59:20	1:02:58	F
2062	Antonio Papaleo		3682	35	827 M 1-39	58:43	1:02:58	M
2063	Ben Dean		2864	32	828 M 1-39	58:54	1:02:59	M
2064	Naomi Spill		2354	25	380 F 1-39	1:00:09	1:02:59	F
2065	Kate Holtzer		3582	28	381 F 1-39	58:39	1:02:59	F
2066	Victoria Mitchell		1948	38	382 F 1-39	1:00:52	1:03:01	F
2067	Julie Winner	Wymondham AC	2630	43	82 F 40-44	1:00:07	1:03:02	F
2068	Kate Wenlock		2573	36	383 F 1-39	1:00:22	1:03:02	F
2069	Andrew Smith		2331	41	213 M 40-44	1:00:21	1:03:02	M
2070	Lisa Carroll		979	24	384 F 1-39	1:02:07	1:03:03	F
2071	Chloe Nicholls		2013	24	385 F 1-39	1:00:13	1:03:03	F
2072	Simon Warr		2537	51	118 M 50-54	1:00:41	1:03:04	M
2073	Rachel Conquer		1073	25	386 F 1-39	1:02:07	1:03:05	F
2074	Aliena Uppal		2493	38	387 F 1-39	1:00:37	1:03:05	F
2075	Emma Vincent		3326	41	83 F 40-44	1:00:52	1:03:08	F
2076	Scott Chapman		1006	40	214 M 40-44	1:02:29	1:03:08	M
2077	Jason Marsh		1874	44	215 M 40-44	1:00:53	1:03:08	M
2078	Christine Cooke		1089	56	26 F 55-59	1:02:35	1:03:08	F
2079	Richard Harrington		2971	34	829 M 1-39	59:47	1:03:08	M
2080	Alexandra Flather		3522	29	388 F 1-39	58:46	1:03:09	F
2081	Rory Cook		1083	25	830 M 1-39	1:00:53	1:03:09	M
2082	Richard Flather		2912	28	831 M 1-39	58:47	1:03:10	M
2083	Caroline Stacey		2358	39	389 F 1-39	1:01:02	1:03:10	F
2084	Bradley Powell		3692	26	832 M 1-39	59:16	1:03:10	M
2085	Joanna Andrews		678	34	390 F 1-39	1:01:04	1:03:10	F
2086	William Wade		3772	21	833 M 1-39	59:54	1:03:12	M
2087	Philip Neave	Bungay Black Dog RC	1998	66	11 M 65-69	1:01:55	1:03:12	M
2088	Chris Scott		2263	34	834 M 1-39	58:48	1:03:12	M
2089	Stephen Brancalion		2756	50	119 M 50-54	1:00:23	1:03:12	M
2090	Declan Marks		1869	20	835 M 1-39	59:52	1:03:13	M
2091	Macaulay Barry		3410	19	836 M 1-39	58:22	1:03:13	M
2092	Sean Ivers		3024	51	120 M 50-54	58:48	1:03:13	M
2093	Jasmine Daynes		1167	35	391 F 1-39	59:45	1:03:14	F
2094	Caroline Allen		657	36	392 F 1-39	1:01:59	1:03:14	F
2095	Sasha Taylor		2420	27	393 F 1-39	1:00:59	1:03:15	F
2096	Jane Sidebottom		2293	35	394 F 1-39	1:00:44	1:03:15	F
2097	Lesley Hall		1449	50	35 F 50-54	1:01:59	1:03:15	F
2098	Cara Nash		1992	40	84 F 40-44	1:01:41	1:03:16	F
2099	Lesley Hanner		1467	59	27 F 55-59	1:01:56	1:03:16	F
2100	Lewis Ablett		2	23	837 M 1-39	1:00:10	1:03:16	M
2101	Eloise Peek		3686	19	395 F 1-39	1:01:25	1:03:17	F
2102	James Ingham		1632	25	838 M 1-39	1:01:45	1:03:17	M
2103	Pam Sayle	City of Norwich AC	2254	60	10 F 60-64	1:01:38	1:03:18	F
2104	Caroline Williams		2610	41	85 F 40-44	1:01:31	1:03:19	F
2105	Chris Clow		3464	36	839 M 1-39	58:29	1:03:20	M
2106	Chloe Urquhart	City of Norwich AC	2495	19	396 F 1-39	1:01:49	1:03:20	F
2107	John O'Halloran		3158	32	840 M 1-39	1:02:04	1:03:21	M
2108	Benjamin Ryan		3719	32	841 M 1-39	59:16	1:03:21	M
2109	Hadley Connor		1072	39	842 M 1-39	1:02:05	1:03:21	M
2110	Simone Warnes		2535	45	71 F 45-49	1:01:22	1:03:22	F
2111	Lydia Warnes		2536	20	397 F 1-39	1:01:23	1:03:22	F
2112	Michael Blake		816	44	216 M 40-44	1:02:17	1:03:22	M
2113	Keelan Smith	Saxmundham Sports Running & Fitness Club	2324	31	843 M 1-39	1:01:14	1:03:23	M
2114	Rachel Ryan		3718	30	398 F 1-39	59:17	1:03:24	F
2115	Lynsey Rodway		2198	34	399 F 1-39	1:01:43	1:03:24	F
2116	Lucie Broomfield		2763	41	86 F 40-44	1:01:01	1:03:24	F
2117	Beth Sykes		2402	23	400 F 1-39	1:00:43	1:03:25	F
2118	Claire Broadwater		886	32	401 F 1-39	1:00:31	1:03:25	F
2119	Jane Delbridge		2865	39	402 F 1-39	1:00:33	1:03:25	F
2120	Kaylie Bickle		2732	19	403 F 1-39	1:00:56	1:03:26	F
2121	Richard Knode		3055	49	191 M 45-49	1:01:22	1:03:27	M
2122	Suzie Luxford		1835	42	87 F 40-44	1:00:55	1:03:27	F
2123	Francesca MacKeown		3088	21	404 F 1-39	59:15	1:03:29	F
2124	Robert McKillop		1909	48	192 M 45-49	1:00:24	1:03:30	M
2125	Sally Kelly		1717	53	36 F 50-54	1:00:54	1:03:31	F
2126	Laura Waters		2545	41	88 F 40-44	1:00:22	1:03:31	F
2127	Helen Horn		2998	53	37 F 50-54	1:02:07	1:03:31	F

2128	Danielle Wright		2667	23	405 F 1-39	1:02:08	1:03:33	F
2129	Lynne Urquhart	City of Norwich AC	3324	46	72 F 45-49	1:01:59	1:03:34	F
2130	Rachael Storr		2385	29	406 F 1-39	1:01:12	1:03:34	F
2131	Jack Reeve		3701	17	844 M 1-39	1:01:02	1:03:35	M
2132	Emma Bolam		3430	25	407 F 1-39	59:09	1:03:35	F
2133	Jack Luther		3083	24	845 M 1-39	59:08	1:03:35	M
2134	Graham Trussell		2476	37	846 M 1-39	1:00:31	1:03:37	M
2135	Dennis Berry		2728	51	121 M 50-54	1:00:40	1:03:39	M
2136	Nick Bradley		2754	26	847 M 1-39	58:48	1:03:39	M
2137	Stephen West		3357	44	217 M 40-44	1:00:08	1:03:39	M
2138	David Glabraith		1363	37	848 M 1-39	1:00:41	1:03:39	M
2139	Jonathan O'Reilly		3675	20	849 M 1-39	1:02:05	1:03:40	M
2140	Kate Ertan		2896	40	89 F 40-44	59:57	1:03:40	F
2141	Sharnie Radcliffe		2142	42	90 F 40-44	1:01:29	1:03:40	F
2142	Stephen Powers		2131	35	850 M 1-39	1:00:49	1:03:40	M
2143	Tim Wingfield		2627	46	193 M 45-49	59:01	1:03:41	M
2144	Louise Reed	Bungay Black Dog RC	2158	42	91 F 40-44	1:01:53	1:03:41	F
2145	Joanne Taylor	Bungay Black Dog RC	2419	42	92 F 40-44	1:01:53	1:03:42	F
2146	Rosemarie Gilbert		1352	59	28 F 55-59	1:02:54	1:03:42	F
2147	Michael Wyard		3389	52	122 M 50-54	59:39	1:03:43	M
2148	Stevie Spencer		3285	31	408 F 1-39	59:28	1:03:44	F
2149	Linda Price		3192	36	409 F 1-39	58:54	1:03:45	F
2150	Katherine Mann		1857	42	93 F 40-44	1:01:24	1:03:45	F
2151	Emma Beard		2723	31	410 F 1-39	1:02:18	1:03:46	F
2152	Steven Collins		1065	32	851 M 1-39	1:03:09	1:03:46	M
2153	Muriel Innes		1636	41	94 F 40-44	1:01:22	1:03:47	F
2154	Amy Sewell		2270	38	411 F 1-39	1:01:04	1:03:47	F
2155	Nichola Griffiths		1419	48	73 F 45-49	1:00:35	1:03:48	F
2156	Tim Dunthorne		3496	46	194 M 45-49	59:46	1:03:48	M
2157	Shirley Reynolds		2168	56	29 F 55-59	1:02:15	1:03:50	F
2158	Alison Standley		2362	42	95 F 40-44	1:01:11	1:03:50	F
2159	Phoebe Ballantyne-Hall		729	22	412 F 1-39	1:01:24	1:03:50	F
2160	James Shiplee		2288	45	195 M 45-49	1:00:52	1:03:50	M
2161	Gemma Pearson		2096	35	413 F 1-39	1:02:04	1:03:51	F
2162	Jodie Sawbridge		3234	22	414 F 1-39	59:10	1:03:51	F
2163	Bethan Harvey		3570	30	415 F 1-39	1:00:15	1:03:51	F
2164	Hayley Thompson	Reepham Runners	2442	35	416 F 1-39	1:02:09	1:03:52	F
2165	Shayney Blyth	Reepham Runners	828	44	96 F 40-44	1:02:10	1:03:52	F
2166	Gill Hak		2963	54	38 F 50-54	1:01:43	1:03:53	F
2167	Anne-Marie Coe		2805	46	74 F 45-49	59:36	1:03:53	F
2168	Teresa Burdett		935	43	97 F 40-44	1:02:56	1:03:56	F
2169	Wayne Clough		1037	33	852 M 1-39	59:04	1:03:57	M
2170	Zita Matthews		1886	39	417 F 1-39	1:01:09	1:03:57	F
2171	Sally Bull		928	34	418 F 1-39	1:02:49	1:03:58	F
2172	Christine Barker		2714	52	39 F 50-54	1:01:40	1:03:58	F
2173	Mike Marshall	North Norfolk Beach Runners	1875	74	7 M 70-99	1:00:40	1:03:58	M
2174	Hannah Dolman		1192	20	419 F 1-39	1:03:03	1:03:59	F
2175	Lydia Lawrence		1777	33	420 F 1-39	1:00:19	1:03:59	F
2176	Sarah Knights		1747	41	98 F 40-44	1:00:19	1:04:00	F
2177	Karena Foreman		2917	38	421 F 1-39	1:00:24	1:04:02	F
2178	Sarah Cullum		1134	25	422 F 1-39	1:03:03	1:04:02	F
2179	Matthew Harrod		1489	40	218 M 40-44	1:02:46	1:04:02	M
2180	Sarah Bird		806	28	423 F 1-39	1:02:40	1:04:03	F
2181	David Woods		2654	32	853 M 1-39	1:01:36	1:04:05	M
2182	Vikki Mountain	Wymondham AC	1979	31	424 F 1-39	1:02:07	1:04:06	F
2183	Michaela Loades		3634	46	75 F 45-49	1:00:04	1:04:08	F
2184	Adrian Driver		1207	52	123 M 50-54	1:00:45	1:04:08	M
2185	Jenny Rice		2170	37	425 F 1-39	1:01:55	1:04:08	F
2186	Anne Owen		2052	56	30 F 55-59	1:02:34	1:04:09	F
2187	Gemma Broad		2760	40	99 F 40-44	1:02:10	1:04:10	F
2188	Jeremy Broad		2761	41	219 M 40-44	1:02:16	1:04:10	M
2189	Hannelore Baxter		754	35	426 F 1-39	1:01:29	1:04:12	F
2190	Katie Cross		1125	36	427 F 1-39	1:02:22	1:04:12	F
2191	Ruth Hedge		3575	41	100 F 40-44	1:00:33	1:04:13	F
2192	Sarah Worthy		2661	33	428 F 1-39	1:00:04	1:04:14	F
2193	Sally Graveling		1398	43	101 F 40-44	1:02:13	1:04:19	F
2194	Andrew Ninham		2687	48	196 M 45-49	1:02:46	1:04:20	M
2195	Mark Randall		3202	44	220 M 40-44	1:02:46	1:04:20	M
2196	Nathan Hubbard		1598	34	854 M 1-39	1:00:52	1:04:20	M
2197	Jane Louise Buck		921	41	102 F 40-44	1:03:11	1:04:21	F
2198	Jo Cartwright		987	31	429 F 1-39	1:01:34	1:04:22	F
2199	Sarah Hewitt		1526	40	103 F 40-44	1:03:15	1:04:22	F
2200	Lois MacK		3640	35	430 F 1-39	1:00:17	1:04:23	F
2201	Alice Williams		2611	24	431 F 1-39	1:00:23	1:04:23	F
2202	Christopher Smith		3735	35	855 M 1-39	1:00:14	1:04:24	M
2203	Lee North		3154	40	221 M 40-44	59:56	1:04:25	M
2204	Simon Avery		2703	46	197 M 45-49	1:01:12	1:04:25	M
2205	Pamela Swainson		3754	35	432 F 1-39	59:57	1:04:26	F
2206	Jonathan Snelling		3277	33	433 F 1-39	1:02:04	1:04:26	F
2207	Rebecca Jackson		3026	29	434 F 1-39	1:00:16	1:04:27	F
2208	Steven O'Reilly		2041	30	856 M 1-39	1:01:36	1:04:28	M
2209	Juliet Jones		1688	55	31 F 55-59	1:02:24	1:04:28	F
2210	Ryan Jenkins		3028	16	857 M 1-39	1:00:19	1:04:30	M
2211	Kitty Rosser		2212	35	435 F 1-39	1:02:08	1:04:31	F
2212	Amanda Moscou		3656	30	436 F 1-39	1:00:19	1:04:31	F
2213	Lucy McCallum		1897	31	437 F 1-39	1:00:49	1:04:32	F
2214	Hannah Smith		2335	36	438 F 1-39	1:02:29	1:04:35	F
2215	Roberta Manners	City of Norwich AC	1858	63	11 F 60-64	1:01:58	1:04:35	F
2216	James Gooderham		2946	38	858 M 1-39	59:53	1:04:36	M
2217	Jo Fisk	Waveney Valley AC	1275	43	104 F 40-44	1:03:18	1:04:36	F
2218	Katy Walker		3334	24	439 F 1-39	1:00:22	1:04:38	F
2219	Emily Crick		2827	23	440 F 1-39	1:00:28	1:04:42	F
2220	Jurgen Long		3076	30	859 M 1-39	1:00:13	1:04:42	M
2221	Stephen Long		3077	33	860 M 1-39	1:00:13	1:04:43	M
2222	Jonathan Harvey		1497	52	124 M 50-54	1:04:04	1:04:45	M
2223	Ben Wareing		2532	24	861 M 1-39	1:01:42	1:04:46	M
2224	Sarah Peate		2098	25	441 F 1-39	1:01:42	1:04:46	F

2225	Jon Mullender		1982	32	862 M 1-39	1:01:33	1:04:46	M
2226	Michelle Tebbutt		3305	43	105 F 40-44	1:00:44	1:04:46	F
2227	Darren Moore		3123	41	222 M 40-44	1:00:45	1:04:47	M
2228	Danielle Crane		1114	36	442 F 1-39	1:04:01	1:04:51	F
2229	Harriet Shooter		2291	19	443 F 1-39	1:03:01	1:04:52	F
2230	Liam Tanner		2410	28	863 M 1-39	1:03:02	1:04:53	M
2231	Danny Bell-Tye	Bungay Black Dog RC	776	38	864 M 1-39	1:04:17	1:04:54	M
2232	Ian Sears		3244	51	125 M 50-54	1:01:08	1:04:54	M
2233	Margaret McCartney		1899	55	32 F 55-59	1:01:22	1:04:54	F
2234	Alice Rose		2211	26	444 F 1-39	1:02:11	1:04:56	F
2235	Duncan Smith		2321	38	865 M 1-39	1:03:05	1:04:56	M
2236	Rachel Murray		1989	25	445 F 1-39	1:02:12	1:04:57	F
2237	Mark Cole		2808	43	223 M 40-44	1:00:35	1:04:57	M
2238	Lisa Wright		2674	43	106 F 40-44	1:00:36	1:04:57	F
2239	Robert Forder		2916	41	224 M 40-44	1:00:10	1:04:57	M
2240	Daniella Carter		981	22	446 F 1-39	1:03:44	1:04:58	F
2241	Jessica Piper		2112	26	447 F 1-39	1:02:43	1:04:59	F
2242	Rob MacK		3641	34	866 M 1-39	1:00:53	1:04:59	M
2243	Sharon Lakey		1758	37	448 F 1-39	1:02:56	1:05:00	F
2244	Richard Eagling		3499	39	867 M 1-39	1:00:26	1:05:00	M
2245	Simon Leeder		3626	32	868 M 1-39	1:00:49	1:05:00	M
2246	Cemil Davey-Duruk		1156	23	869 M 1-39	1:03:54	1:05:00	M
2247	Joanna Christopher		1022	38	449 F 1-39	1:03:13	1:05:00	F
2248	Matthew Moerdyk		3121	17	870 M 1-39	1:00:09	1:05:01	M
2249	Lauren Cunningham		1136	22	450 F 1-39	1:03:08	1:05:01	F
2250	Neil Hubbard		1597	49	198 M 45-49	1:03:52	1:05:02	M
2251	Lauren Smith		2336	23	451 F 1-39	1:03:55	1:05:02	F
2252	Alan Childs		1019	32	871 M 1-39	1:03:58	1:05:02	M
2253	Laura Grubb		1433	22	452 F 1-39	1:01:59	1:05:03	F
2254	Vicky Moore		1963	36	453 F 1-39	1:03:06	1:05:06	F
2255	Alison Cowles		1108	43	107 F 40-44	1:04:29	1:05:06	F
2256	Anna Rees		3204	36	454 F 1-39	1:00:59	1:05:07	F
2257	Aravind Shastri		3251	42	225 M 40-44	1:01:05	1:05:08	M
2258	Victoria Barr		2716	42	108 F 40-44	1:01:05	1:05:09	F
2259	Simon Wardale		2531	51	126 M 50-54	1:03:34	1:05:10	M
2260	Hannah Boyd		2752	34	455 F 1-39	1:01:50	1:05:10	F
2261	Kerrie Wisbey		2631	31	456 F 1-39	1:02:58	1:05:11	F
2262	Nicola Rivett		2180	44	109 F 40-44	1:01:23	1:05:11	F
2263	Emily Bacon		3404	28	457 F 1-39	1:01:26	1:05:11	F
2264	Matthew Buller		3445	24	872 M 1-39	1:01:11	1:05:11	M
2265	Ann Hurn		3595	61	12 F 60-64	1:01:03	1:05:11	F
2266	Sara Burdett		936	54	40 F 50-54	1:04:10	1:05:12	F
2267	Andrea Ramsden		2146	54	41 F 50-54	1:04:09	1:05:12	F
2268	Kevin Sanford		2243	45	199 M 45-49	1:02:59	1:05:12	M
2269	Emma Stephenson		2369	27	458 F 1-39	1:01:29	1:05:13	F
2270	Sam Matthews		1888	26	873 M 1-39	1:01:50	1:05:13	M
2271	Adam Barker		734	29	874 M 1-39	1:01:02	1:05:14	M
2272	Bruce Rumsby		3715	38	875 M 1-39	1:01:07	1:05:14	M
2273	Teresa Solomon		2344	56	33 F 55-59	1:01:59	1:05:14	F
2274	Sue Burt		2773	59	34 F 55-59	1:02:14	1:05:14	F
2275	Izzy Bennett		782	55	35 F 55-59	1:04:45	1:05:15	F
2276	Penny Horne		3586	36	459 F 1-39	1:01:18	1:05:16	F
2277	Charli Thomas		3761	29	460 F 1-39	1:01:18	1:05:16	F
2278	Jack Campbell		969	24	876 M 1-39	1:03:10	1:05:17	M
2279	Clara Robson		2196	25	461 F 1-39	1:01:43	1:05:17	F
2280	Mark Willis		2613	40	226 M 40-44	1:01:21	1:05:18	M
2281	Nadine Ilk Maintz		1630	34	462 F 1-39	1:03:33	1:05:19	F
2282	Beryl Knowles	Norwich Road Runners	1749	62	13 F 60-64	1:01:46	1:05:21	F
2283	Claire Beckett		766	42	110 F 40-44	1:03:07	1:05:21	F
2284	Dawn Tibbles		2454	46	76 F 45-49	1:02:50	1:05:22	F
2285	David Thornhill		2449	40	227 M 40-44	1:03:13	1:05:22	M
2286	Hilary Murdoch		3133	60	14 F 60-64	1:01:19	1:05:22	F
2287	Peter Warren	City of Norwich AC	2538	59	67 M 55-59	1:03:24	1:05:23	M
2288	Catherine Hunt		3013	41	111 F 40-44	1:01:25	1:05:23	F
2289	Jim Hosier		3000	46	200 M 45-49	1:01:29	1:05:23	M
2290	Francis Woodcock	Wymondham AC	2646	50	127 M 50-54	1:03:10	1:05:24	M
2291	Nic Bowker		852	36	877 M 1-39	1:04:08	1:05:25	M
2292	Carmen Gessler-Stillman		1344	35	463 F 1-39	1:04:24	1:05:25	F
2293	Paula Gentry	North Norfolk Beach Runners	1338	41	112 F 40-44	1:03:43	1:05:27	F
2294	Stacey Harper		3560	26	464 F 1-39	1:00:40	1:05:28	F
2295	Nick Watts		2554	54	128 M 50-54	1:02:20	1:05:28	M
2296	Robert Ashton		2699	60	31 M 60-64	1:03:54	1:05:30	M
2297	Carole Reilly		3206	48	77 F 45-49	1:04:41	1:05:31	F
2298	Paul Martin		3098	25	878 M 1-39	1:01:36	1:05:31	M
2299	Susan Hoadley		3578	33	465 F 1-39	1:01:15	1:05:31	F
2300	Sharon Tendai Parr		2075	31	466 F 1-39	1:03:18	1:05:32	F
2301	Clare Aitchison		3396	36	467 F 1-39	1:01:50	1:05:33	F
2302	Simon Alexander		652	34	879 M 1-39	1:00:40	1:05:36	M
2303	Alice Hiscoke		1552	29	468 F 1-39	1:04:20	1:05:36	F
2304	Richard Gilligan		3827	35	880 M 1-39	1:01:03	1:05:40	M
2305	Georgina Vyse		3329	32	469 F 1-39	1:01:42	1:05:40	F
2306	James Pallant		2056	37	881 M 1-39	1:00:44	1:05:40	M
2307	Rebecca Wright		2671	27	470 F 1-39	1:03:58	1:05:41	F
2308	Michael Radbourne		3200	47	201 M 45-49	1:01:25	1:05:42	M
2309	Bridget Reasbeck		2154	50	42 F 50-54	1:02:39	1:05:42	F
2310	Adrian Rutterford	City of Norwich AC	2224	55	68 M 55-59	1:02:39	1:05:42	M
2311	Lucia Benson		2726	45	78 F 45-49	1:01:47	1:05:42	F
2312	Adam Frost		1316	34	882 M 1-39	1:00:44	1:05:42	M
2313	Hugh Furness		1322	47	202 M 45-49	1:02:20	1:05:43	M
2314	Danielle Rackham	Norwich Road Runners	2141	30	471 F 1-39	1:02:08	1:05:44	F
2315	Jo Harrison		2973	26	472 F 1-39	1:02:22	1:05:44	F
2316	Simone Payne		3174	34	473 F 1-39	1:01:34	1:05:45	F
2317	Gary Rowley		3225	37	883 M 1-39	1:01:34	1:05:45	M
2318	Jane Aldous		651	35	474 F 1-39	1:03:38	1:05:46	F
2319	Rob Sillett		3258	36	884 M 1-39	1:01:09	1:05:48	M
2320	Alison Beales		761	22	475 F 1-39	1:01:19	1:05:49	F
2321	Victoria Barden		2713	43	113 F 40-44	1:02:49	1:05:50	F

2322	Nicole Cole		1051	43	114 F 40-44	1:04:10	1:05:50	F
2323	Alex Rickaby		2178	31	885 M 1-39	1:03:37	1:05:52	M
2324	Stephen Yaxley		3801	44	228 M 40-44	1:02:08	1:05:53	M
2325	Alana Rix		2183	31	476 F 1-39	1:04:05	1:05:53	F
2326	David Gribben		1410	47	203 M 45-49	1:04:32	1:05:53	M
2327	Rachel Hunt		1610	38	477 F 1-39	1:05:05	1:05:53	F
2328	Jake Humphrey		3011	36	886 M 1-39	1:05:05	1:05:53	M
2329	Eva Osborne	Wymondham AC	2046	75	1 F 70-99	1:02:19	1:05:54	F
2330	Marisol Kane	Norwich Road Runners	1708	50	43 F 50-54	1:03:03	1:05:56	F
2331	Laura Watson		3782	20	478 F 1-39	1:01:37	1:05:57	F
2332	Lucy Walker		3330	59	36 F 55-59	1:01:28	1:05:58	F
2333	Sue Mason		3646	50	44 F 50-54	1:01:29	1:05:59	F
2334	Jo Smithson		3276	48	79 F 45-49	1:01:51	1:05:59	F
2335	James Clifton		1034	38	887 M 1-39	1:04:43	1:06:00	M
2336	Chris Keen	Dacorum & Tring AC	3042	35	888 M 1-39	1:05:00	1:06:01	M
2337	Eric Pardos Végliá		2065	28	889 M 1-39	1:01:06	1:06:02	M
2338	Hayley Wright		2665	40	115 F 40-44	1:03:07	1:06:02	F
2339	Peter Mason		1882	28	890 M 1-39	1:01:06	1:06:02	M
2340	Charlotte Leclaire		3065	32	479 F 1-39	1:02:05	1:06:03	F
2341	Priscilla Branchu		3435	30	480 F 1-39	1:02:06	1:06:03	F
2342	Gail Preston		2133	54	45 F 50-54	1:04:34	1:06:04	F
2343	Mark Andrews		675	48	204 M 45-49	1:04:36	1:06:05	M
2344	Helen Warner		3342	31	481 F 1-39	1:01:37	1:06:05	F
2345	Caroline Warminger		3341	29	482 F 1-39	1:04:01	1:06:05	F
2346	Gemma Seager		2266	36	483 F 1-39	1:02:47	1:06:06	F
2347	Adele Pittaway		3185	32	484 F 1-39	1:01:45	1:06:06	F
2348	Ben Warminger		3340	29	891 M 1-39	1:04:11	1:06:06	M
2349	Jordan Woolnough		3797	22	892 M 1-39	1:02:58	1:06:07	M
2350	Sally Henman		1520	36	485 F 1-39	1:01:33	1:06:07	F
2351	Andrew Henman		1519	39	893 M 1-39	1:01:33	1:06:07	M
2352	Thoang Le Thi Thanh		3064	33	486 F 1-39	1:04:05	1:06:08	F
2353	Michelle Webster		3354	37	487 F 1-39	1:05:21	1:06:08	F
2354	Claire Moore		3655	27	488 F 1-39	1:02:05	1:06:08	F
2355	Sarah Morris		1971	27	489 F 1-39	1:04:04	1:06:08	F
2356	Michi Wong		2635	31	490 F 1-39	1:02:38	1:06:09	F
2357	Joanne Robinson		2192	38	491 F 1-39	1:03:11	1:06:10	F
2358	Heather Morton		1977	47	80 F 45-49	1:04:10	1:06:12	F
2359	Simon Kett		1730	29	894 M 1-39	1:02:33	1:06:13	M
2360	Natalie Freeman		3527	35	492 F 1-39	1:01:52	1:06:14	F
2361	Sarah Thacker		2433	31	493 F 1-39	1:04:22	1:06:14	F
2362	Jodi Barber	Norwich Road Runners	731	35	494 F 1-39	1:02:28	1:06:16	F
2363	Susan Barber		2712	37	495 F 1-39	1:02:28	1:06:16	F
2364	Damian Steward		3295	43	229 M 40-44	1:01:55	1:06:18	M
2365	Clare Broughton		901	39	496 F 1-39	1:05:04	1:06:18	F
2366	Victoria Temple		3306	35	497 F 1-39	1:02:19	1:06:19	F
2367	Adele Ettey		2897	23	498 F 1-39	1:04:27	1:06:20	F
2368	Lucy Wood		3379	33	499 F 1-39	1:02:33	1:06:22	F
2369	Amy Walters		3339	27	500 F 1-39	1:02:33	1:06:22	F
2370	Christina Lister		1809	34	501 F 1-39	1:03:09	1:06:23	F
2371	Sam Mellor		3115	31	895 M 1-39	1:02:19	1:06:24	M
2372	Hannah Jones		1692	34	502 F 1-39	1:04:43	1:06:24	F
2373	Jonathan Howes		1589	46	205 M 45-49	1:03:27	1:06:24	M
2374	David Millard		1937	60	32 M 60-64	1:03:50	1:06:25	M
2375	Cheryl Goymer		3542	53	46 F 50-54	1:02:32	1:06:26	F
2376	Peter Watson		3350	32	896 M 1-39	1:02:26	1:06:26	M
2377	Ann Greenizan		3826	62	15 F 60-64	1:05:01	1:06:27	F
2378	Nic Sharp		3250	45	206 M 45-49	1:02:03	1:06:28	M
2379	Chris Penn		2102	51	129 M 50-54	1:02:43	1:06:29	M
2380	Gillian Thacker		2432	45	81 F 45-49	1:02:12	1:06:30	F
2381	Calum McPherson		3112	45	207 M 45-49	1:02:12	1:06:30	M
2382	Paul Blake		2737	59	69 M 55-59	1:04:58	1:06:31	M
2383	Caroline Briggs		879	49	82 F 45-49	1:05:21	1:06:31	F
2384	Gemma Butter		3451	32	503 F 1-39	1:02:11	1:06:32	F
2385	Esther Bliss		3428	21	504 F 1-39	1:01:54	1:06:32	F
2386	Vicky Hampson	North Norfolk Beach Runners	1460	26	505 F 1-39	1:05:45	1:06:32	F
2387	Karen Swash		3755	31	506 F 1-39	1:01:58	1:06:33	F
2388	Dane Canning		3456	27	897 M 1-39	1:01:39	1:06:36	M
2389	Charlotte Day		1166	29	507 F 1-39	1:03:02	1:06:38	F
2390	Samantha Reddy	Norwich Road Runners	2156	48	83 F 45-49	1:04:28	1:06:39	F
2391	Sonia Lawrence		3063	34	508 F 1-39	1:02:41	1:06:40	F
2392	Marion Pointer		3186	42	116 F 40-44	1:03:02	1:06:40	F
2393	Peter Reuben		2166	34	898 M 1-39	1:04:52	1:06:40	M
2394	Sally Songer		2345	38	509 F 1-39	1:03:25	1:06:40	F
2395	Summer Simmons		3259	16	510 F 1-39	1:02:38	1:06:40	F
2396	Christian Smith		2334	38	899 M 1-39	1:05:24	1:06:41	M
2397	Donna Talby		2408	40	117 F 40-44	1:03:38	1:06:41	F
2398	Lucy Todd		2464	41	118 F 40-44	1:03:23	1:06:43	F
2399	Kate Wilson		2620	37	511 F 1-39	1:03:05	1:06:44	F
2400	Abby Gosden		3541	36	512 F 1-39	1:03:04	1:06:45	F
2401	Dawn Osborne		2047	45	84 F 45-49	1:04:15	1:06:45	F
2402	Ian Condron	Norfolk Gazelles AC	1070	40	230 M 40-44	1:05:26	1:06:47	M
2403	Kevin Dobson		3493	35	900 M 1-39	1:04:31	1:06:49	M
2404	Steven Neeve		2000	41	231 M 40-44	1:03:48	1:06:52	M
2405	Rachel Jarrel		3600	28	513 F 1-39	1:02:17	1:06:53	F
2406	Damon Finney	Ryston Runners	213	33	901 M 1-39	1:06:37	1:06:56	M
2407	Desire Shaun		3828	30	902 M 1-39	1:02:40	1:06:56	M
2408	Laura Woods		3381	23	514 F 1-39	1:03:35	1:06:57	F
2409	Sam Margetson		1865	25	903 M 1-39	1:04:05	1:06:58	M
2410	Nicola Teasdale		2429	36	515 F 1-39	1:04:04	1:06:58	F
2411	Pippa Newman		2005	36	516 F 1-39	1:03:22	1:07:00	F
2412	Abs Miah		1928	38	904 M 1-39	1:05:35	1:07:02	M
2413	Janet Peck		3177	55	37 F 55-59	1:02:50	1:07:02	F
2414	Liz Rix		3216	53	47 F 50-54	1:02:48	1:07:03	F
2415	Salena Dawson		2861	42	119 F 40-44	1:03:36	1:07:04	F
2416	Catherine Howard		3001	36	517 F 1-39	1:03:10	1:07:05	F
2417	Annmarie Sizer		3263	47	85 F 45-49	1:03:10	1:07:05	F
2418	Lindsey Anderson		666	27	518 F 1-39	1:05:21	1:07:05	F

2419	Alex Hobbs		1553	37	519 F 1-39	1:04:25	1:07:06	F
2420	Natasha Carr		2784	25	520 F 1-39	1:05:59	1:07:07	F
2421	Bethia Seager		2265	26	521 F 1-39	1:04:46	1:07:07	F
2422	Hayley Walker		2514	32	522 F 1-39	1:03:30	1:07:08	F
2423	Astra Richardson		2175	32	523 F 1-39	1:04:17	1:07:08	F
2424	Lee Hewitt		2988	28	905 M 1-39	1:02:46	1:07:09	M
2425	Brian Gooda		1382	63	33 M 60-64	1:06:13	1:07:10	M
2426	Johanna Lloyd		1814	39	524 F 1-39	1:04:50	1:07:14	F
2427	Sarah-Jane Gray		1401	32	525 F 1-39	1:05:57	1:07:17	F
2428	Megan Puttick		2137	50	48 F 50-54	1:05:53	1:07:17	F
2429	Karen Johnson		3033	29	526 F 1-39	1:03:03	1:07:18	F
2430	Luca La Bella		1752	24	906 M 1-39	1:05:17	1:07:18	M
2431	Kate Bedwell		3419	25	527 F 1-39	1:03:15	1:07:18	F
2432	Elizabeth Hancock		1462	64	16 F 60-64	1:02:36	1:07:18	F
2433	Sharon Jean Weston	Reepham Runners	2576	45	86 F 45-49	1:05:48	1:07:18	F
2434	Gina Manning		1861	20	528 F 1-39	1:05:17	1:07:18	F
2435	Lloyd Johnson		3032	31	907 M 1-39	1:03:11	1:07:18	M
2436	Andrew Smith		2339	49	208 M 45-49	1:05:49	1:07:19	M
2437	Graham Robinson		3710	46	209 M 45-49	1:03:13	1:07:19	M
2438	Faith Mixer		3120	50	49 F 50-54	1:03:22	1:07:19	F
2439	Andy Greenhouse		1406	53	130 M 50-54	1:06:32	1:07:20	M
2440	Anita Talby	Wymondham AC	2407	40	120 F 40-44	1:04:17	1:07:21	F
2441	Phillip Swash		3756	38	908 M 1-39	1:02:46	1:07:22	M
2442	Stephanie Evans		2898	22	529 F 1-39	1:02:28	1:07:23	F
2443	Morgan Smith		3275	20	909 M 1-39	1:03:11	1:07:24	M
2444	Lorna Lusher		1832	30	530 F 1-39	1:05:41	1:07:25	F
2445	Rhiannon Evans		2899	18	531 F 1-39	1:02:30	1:07:25	F
2446	Sophie Saunders	North Norfolk Beach Runners	3723	26	532 F 1-39	1:02:48	1:07:27	F
2447	Nicola Lodge		1818	26	533 F 1-39	1:03:47	1:07:27	F
2448	Simon Goldsmith		1376	33	910 M 1-39	1:04:17	1:07:29	M
2449	Graham Tibbs		2455	48	210 M 45-49	1:06:43	1:07:29	M
2450	Charmaine Hannant		3557	35	534 F 1-39	1:05:16	1:07:30	F
2451	Deborah Maton	Bungay Black Dog RC	1884	36	535 F 1-39	1:05:50	1:07:30	F
2452	Sharon Cannell	Bungay Black Dog RC	973	41	121 F 40-44	1:05:50	1:07:30	F
2453	Susannah Warman	Bungay Black Dog RC	2533	43	122 F 40-44	1:05:51	1:07:30	F
2454	James Goff	Bure Valley Harriers	1370	41	232 M 40-44	1:06:03	1:07:32	M
2455	Louise Goodson		2948	32	536 F 1-39	1:05:39	1:07:33	F
2456	Melanie Sinclair		2301	39	537 F 1-39	1:03:58	1:07:34	F
2457	Sean Curran		2843	45	211 M 45-49	1:03:18	1:07:36	M
2458	Nicky Nicholls		3147	51	50 F 50-54	1:04:06	1:07:37	F
2459	Lisa Single		3732	24	538 F 1-39	1:03:47	1:07:38	F
2460	Tobie Fysh		1323	35	911 M 1-39	1:04:29	1:07:38	M
2461	Lauren Walker		3773	33	539 F 1-39	1:03:21	1:07:38	F
2462	Tony Britt	UKnetrunner.co.UK	885	59	70 M 55-59	1:06:33	1:07:38	M
2463	Peter Single		2304	57	71 M 55-59	1:03:48	1:07:38	M
2464	Heather Walker-Sim		3335	27	540 F 1-39	1:03:45	1:07:39	F
2465	Nigel Death		1171	47	212 M 45-49	1:06:18	1:07:40	M
2466	Natalia Jones		1685	39	541 F 1-39	1:03:56	1:07:41	F
2467	Charlotte Evans		3505	25	542 F 1-39	1:03:22	1:07:42	F
2468	Poppy Collinson		1066	42	123 F 40-44	1:06:21	1:07:42	F
2469	Phil Soanes		3278	36	912 M 1-39	1:03:35	1:07:42	M
2470	David Holdsworth		3581	33	913 M 1-39	1:03:49	1:07:44	M
2471	Linda Storey	Norwich Road Runners	2384	50	51 F 50-54	1:05:12	1:07:45	F
2472	Lynn Gray	Norwich Road Runners	2954	49	87 F 45-49	1:05:13	1:07:45	F
2473	Zoe Hockings		2991	41	124 F 40-44	1:06:12	1:07:46	F
2474	Zoe Paterson		3171	40	125 F 40-44	1:03:38	1:07:46	F
2475	Masa Duranovic		3497	32	543 F 1-39	1:04:55	1:07:47	F
2476	Dieter Coulson		3478	52	131 M 50-54	1:03:17	1:07:48	M
2477	Deborah Gillespie	North Norfolk Beach Runners	1357	50	52 F 50-54	1:04:14	1:07:48	F
2478	Mervyn Flatman		2913	65	12 M 65-69	1:03:31	1:07:48	M
2479	Jacqueline Carey-Knight		2783	50	53 F 50-54	1:04:56	1:07:49	F
2480	Jennifer Cass		992	27	914 M 1-39	1:06:37	1:07:50	M
2481	Alexander Cole		1054	27	915 M 1-39	1:06:37	1:07:50	M
2482	Elizabeth Budd	Norwich Road Runners	2767	30	544 F 1-39	1:05:22	1:07:53	F
2483	Robbie Jones		1684	27	916 M 1-39	1:05:28	1:07:56	M
2484	Frances Howard		3002	47	88 F 45-49	1:04:04	1:07:57	F
2485	Fiona Spencer		2351	47	89 F 45-49	1:04:05	1:07:57	F
2486	Jean Whiting		3367	47	90 F 45-49	1:05:02	1:07:58	F
2487	William Alexander		3397	16	917 M 1-39	1:03:23	1:08:00	M
2488	Oliver Cudmore		2837	19	918 M 1-39	1:03:29	1:08:02	M
2489	Euan Wilkinson		3370	24	919 M 1-39	1:03:29	1:08:02	M
2490	Laurel Denman		2866	46	91 F 45-49	1:03:47	1:08:04	F
2491	Thomas Taylor		2418	29	920 M 1-39	1:06:42	1:08:05	M
2492	Richard Baines		717	23	921 M 1-39	1:07:17	1:08:06	M
2493	Jamie Causton		996	26	922 M 1-39	1:05:23	1:08:06	M
2494	Chris Coleman		1057	40	233 M 40-44	1:04:39	1:08:08	M
2495	Mike Jones		3037	40	234 M 40-44	1:04:40	1:08:08	M
2496	Debbie Secret		3245	51	54 F 50-54	1:06:32	1:08:08	F
2497	Rae Griffith-Jones		1414	45	92 F 45-49	1:07:10	1:08:09	F
2498	Natasha Sandle		3231	29	545 F 1-39	1:03:44	1:08:10	F
2499	Rebecca Downie		2874	34	546 F 1-39	1:04:35	1:08:11	F
2500	Darren Cole		1052	41	235 M 40-44	1:04:35	1:08:11	M
2501	Lucy Brumpton		2766	32	547 F 1-39	1:06:01	1:08:12	F
2502	Rachel Leggett		1797	36	548 F 1-39	1:04:56	1:08:13	F
2503	Siobhan Conway		2815	24	549 F 1-39	1:04:10	1:08:15	F
2504	Jasmine Shalders		3249	24	550 F 1-39	1:04:01	1:08:15	F
2505	Emily Harper		3561	28	551 F 1-39	1:04:31	1:08:16	F
2506	Mandy Howe		3003	47	93 F 45-49	1:03:35	1:08:17	F
2507	Barbara Peek		3178	45	94 F 45-49	1:03:57	1:08:18	F
2508	James Duggan		2879	47	213 M 45-49	1:03:48	1:08:18	M
2509	Nick Cusack		2845	32	923 M 1-39	1:04:12	1:08:18	M
2510	Kevin Gunton		3550	49	214 M 45-49	1:03:57	1:08:19	M
2511	Jen Nicholl-Inglis		2011	29	552 F 1-39	1:06:05	1:08:19	F
2512	Rachel Ijaopo		3018	30	553 F 1-39	1:04:04	1:08:19	F
2513	Fiona Morrison	North Norfolk Beach Runners	3128	62	17 F 60-64	1:04:02	1:08:20	F
2514	Michael Ball		2709	59	72 M 55-59	1:06:23	1:08:21	M
2515	Sandra Clelland		2797	60	18 F 60-64	1:05:34	1:08:22	F

2516	Nina Siebert		3257	26	554 F 1-39	1:05:54	1:08:22	F
2517	Jake Shannon		2277	22	924 M 1-39	1:06:34	1:08:23	M
2518	Karl Barwick		3412	23	925 M 1-39	1:04:32	1:08:25	M
2519	Helen Barnes		741	30	555 F 1-39	1:06:17	1:08:28	F
2520	Elizabeth Sumners		3753	34	556 F 1-39	1:06:20	1:08:29	F
2521	Sarah Burston		2772	40	126 F 40-44	1:04:46	1:08:30	F
2522	Albert Fielder		1268	35	926 M 1-39	1:06:38	1:08:31	M
2523	Lauren Quinton		3698	24	557 F 1-39	1:04:14	1:08:32	F
2524	Emma Waterworth		3781	28	558 F 1-39	1:04:17	1:08:32	F
2525	Nicky Huggett		1599	35	559 F 1-39	1:06:39	1:08:32	F
2526	christine Beake		2721	39	560 F 1-39	1:04:57	1:08:32	F
2527	Dawn Wood		3380	40	127 F 40-44	1:04:14	1:08:34	F
2528	Jonathan Daly		2851	28	927 M 1-39	1:03:55	1:08:35	M
2529	Megan Clifford	Norwich Road Runners	2800	29	561 F 1-39	1:04:48	1:08:37	F
2530	Dave Lincoln		3071	28	928 M 1-39	1:04:27	1:08:37	M
2531	Caroline Sandell		3230	42	128 F 40-44	1:04:01	1:08:37	F
2532	Hayley Truswell		3768	41	129 F 40-44	1:04:09	1:08:40	F
2533	Stephen Gook		3540	49	215 M 45-49	1:04:10	1:08:41	M
2534	Claire Pointer		3188	37	562 F 1-39	1:05:04	1:08:42	F
2535	Natasha Pritchard		3193	32	563 F 1-39	1:04:43	1:08:43	F
2536	Julie Merrywest		3653	35	564 F 1-39	1:04:08	1:08:44	F
2537	Nicholas John		1665	40	236 M 40-44	1:05:08	1:08:45	M
2538	Mary Lamb		3805	56	38 F 55-59	1:05:08	1:08:45	F
2539	Nicola Kibble		3050	50	55 F 50-54	1:05:19	1:08:45	F
2540	Amy Rust		3716	20	565 F 1-39	1:04:36	1:08:45	F
2541	Hazel Ellard-Thurtle		2891	40	130 F 40-44	1:05:28	1:08:45	F
2542	Rob Leigh		3627	46	216 M 45-49	1:05:20	1:08:45	M
2543	Nicholas Emerick		2894	53	132 M 50-54	1:05:19	1:08:45	M
2544	Jessica Shevlin		2286	19	566 F 1-39	1:06:50	1:08:46	F
2545	Simon Ingram		3020	43	237 M 40-44	1:04:10	1:08:46	M
2546	Rachel Howard		1583	46	95 F 45-49	1:07:52	1:08:48	F
2547	Emma Soanes		3279	34	567 F 1-39	1:04:40	1:08:48	F
2548	Jane Lowrie	Wymondham AC	3081	53	56 F 50-54	1:04:04	1:08:48	F
2549	Ian Thomson		2447	45	217 M 45-49	1:06:24	1:08:49	M
2550	Suzanne Grieveson-James		2958	41	131 F 40-44	1:05:23	1:08:49	F
2551	Jomkwan Yothasamut		2678	33	568 F 1-39	1:04:41	1:08:50	F
2552	Daniel Raven		3699	25	929 M 1-39	1:04:03	1:08:50	M
2553	Paloj Thitibordin		3308	34	930 M 1-39	1:04:42	1:08:50	M
2554	Christina Cloney		1036	46	96 F 45-49	1:07:43	1:08:51	F
2555	Gemma Mitchell		1949	28	569 F 1-39	1:06:52	1:08:52	F
2556	Jana Hrusovska		3589	36	570 F 1-39	1:05:24	1:08:52	F
2557	Debbie Burrell		944	52	57 F 50-54	1:04:48	1:08:53	F
2558	Emma Fysh		2930	35	571 F 1-39	1:05:44	1:08:53	F
2559	Rod Parker		2072	69	13 M 65-69	1:05:41	1:08:53	M
2560	Charlotte Belshaw		777	40	132 F 40-44	1:05:41	1:08:53	F
2561	Emily Stocks		3298	26	572 F 1-39	1:06:45	1:08:54	F
2562	Caroline Gifford		2940	40	133 F 40-44	1:04:28	1:08:54	F
2563	Andrew White	Tri-Anglia Triathlon Club	2586	47	218 M 45-49	1:06:30	1:08:55	M
2564	Caroline White	Tri-Anglia Triathlon Club	2585	46	97 F 45-49	1:06:32	1:08:55	F
2565	Roger Martins		3099	59	73 M 55-59	1:05:12	1:08:58	M
2566	Hannah Beckett		767	27	573 F 1-39	1:08:38	1:08:58	F
2567	Melanie Ellis		3504	38	931 M 1-39	1:04:01	1:08:58	M
2568	Steven George		2935	49	219 M 45-49	1:04:58	1:08:59	M
2569	Gavin Hamilton		1455	32	932 M 1-39	1:07:41	1:08:59	M
2570	Ruth Mitchell		1950	48	98 F 45-49	1:07:00	1:08:59	F
2571	Dariush Fassih		3512	31	933 M 1-39	1:03:54	1:09:00	M
2572	Francesca Burrell		3450	20	574 F 1-39	1:04:56	1:09:00	F
2573	Rebecca Wilson		3376	28	575 F 1-39	1:04:38	1:09:01	F
2574	Tanya Chapman		1007	39	576 F 1-39	1:08:21	1:09:01	F
2575	Katherine Wright		3387	23	577 F 1-39	1:04:20	1:09:01	F
2576	Bronte Farrage		2904	19	578 F 1-39	1:04:35	1:09:01	F
2577	Anne Cunningham		1137	45	99 F 45-49	1:09:01	1:09:01	F
2578	Danny Tindall		3313	34	934 M 1-39	1:04:21	1:09:02	M
2579	Nicola Sandell		3722	38	579 F 1-39	1:04:53	1:09:03	F
2580	Sophie Getley		2937	35	580 F 1-39	1:05:14	1:09:03	F
2581	Luke Chamberlain		3460	31	935 M 1-39	1:05:31	1:09:03	M
2582	Chris Edwards		2887	39	936 M 1-39	1:05:49	1:09:04	M
2583	Wendy Brett-Reynolds		2759	44	134 F 40-44	1:05:44	1:09:04	F
2584	Vicky Culliton		3487	27	581 F 1-39	1:04:47	1:09:05	F
2585	Katy Smith		2327	41	135 F 40-44	1:05:20	1:09:05	F
2586	Sharon Pitcher		3184	50	58 F 50-54	1:04:43	1:09:05	F
2587	Amanda Gray		3545	59	39 F 55-59	1:05:20	1:09:06	F
2588	Page Wilson		3792	24	582 F 1-39	1:05:23	1:09:07	F
2589	Emma Ainsworth		3395	25	583 F 1-39	1:04:51	1:09:08	F
2590	Natasha Sumner	North Norfolk Beach Runners	3752	40	136 F 40-44	1:04:30	1:09:08	F
2591	Anna Ellis		2892	24	584 F 1-39	1:04:28	1:09:08	F
2592	Sarah Barley		2715	50	59 F 50-54	1:07:19	1:09:11	F
2593	Valerie Gidney	City of Norwich AC	2939	51	60 F 50-54	1:05:17	1:09:14	F
2594	Liz Stirling		3297	57	40 F 55-59	1:04:50	1:09:15	F
2595	Sharon Ingham		3597	44	137 F 40-44	1:05:00	1:09:15	F
2596	Jason Green		2956	41	138 F 40-44	1:06:02	1:09:17	F
2597	Wendy Stewart		3749	49	100 F 45-49	1:04:58	1:09:17	F
2598	Marianne Loke		3075	46	101 F 45-49	1:05:23	1:09:18	F
2599	Ruth Kemp		1721	32	585 F 1-39	1:06:22	1:09:18	F
2600	Duncan Drake		2875	33	937 M 1-39	1:04:29	1:09:19	M
2601	Laura Rottenbury		3221	24	586 F 1-39	1:05:23	1:09:19	F
2602	Sophie Kennish		3045	31	587 F 1-39	1:04:47	1:09:19	F
2603	Tracey Nobbs		3149	49	102 F 45-49	1:04:50	1:09:22	F
2604	Megan Bradbury-Smart		862	33	588 F 1-39	1:08:02	1:09:23	F
2605	Deborah Carter	Tri-Anglia Triathlon Club	982	47	103 F 45-49	1:07:00	1:09:23	F
2606	Tony Miles		1936	38	938 M 1-39	1:06:10	1:09:23	M
2607	Christopher Hartley		3568	32	939 M 1-39	1:04:41	1:09:24	M
2608	Nichola Thatcher	Wymondham AC	2434	46	104 F 45-49	1:05:58	1:09:25	F
2609	Theodore Turocy		2486	42	238 M 40-44	1:06:11	1:09:25	M
2610	Graham Turner		3319	35	940 M 1-39	1:05:38	1:09:27	M
2611	Nikki Collins		2812	37	589 F 1-39	1:06:13	1:09:32	F
2612	Lorraine Andrews		2696	49	105 F 45-49	1:08:07	1:09:38	F

2613	Georgie Murdoch		3657	37	590 F 1-39	1:04:52	1:09:39	F
2614	Jill Bazire		759	59	41 F 55-59	1:05:41	1:09:40	F
2615	Melanie Green		2955	38	591 F 1-39	1:06:25	1:09:40	F
2616	Caroline Ferrari		3515	51	61 F 50-54	1:07:25	1:09:40	F
2617	Anna Farrar		2905	54	62 F 50-54	1:07:17	1:09:41	F
2618	Stephanie Metcalfe-Mason		1926	40	139 F 40-44	1:07:28	1:09:43	F
2619	Caroline Marshall		3097	36	592 F 1-39	1:05:21	1:09:43	F
2620	Jenny Jones		3040	32	593 F 1-39	1:05:22	1:09:44	F
2621	Deborah Eves	Norwich Road Runners	1251	36	594 F 1-39	1:08:29	1:09:44	F
2622	Alicia Grix		1427	24	595 F 1-39	1:07:12	1:09:46	F
2623	Line Copland		3474	26	596 F 1-39	1:04:57	1:09:51	F
2624	Paula Harrison		2972	40	140 F 40-44	1:05:36	1:09:52	F
2625	Mary Channeell		2789	43	141 F 40-44	1:08:22	1:09:54	F
2626	Danielle Read		3203	33	597 F 1-39	1:05:48	1:09:55	F
2627	Chrissi Middleton	Tri-Anglia Triathlon Club	1933	35	598 F 1-39	1:05:48	1:09:55	F
2628	Agnieszka Frost		1317	35	599 F 1-39	1:04:58	1:09:56	F
2629	Owen Clarke		2794	30	941 M 1-39	1:06:15	1:09:58	M
2630	Rachel Simmonds		3731	27	600 F 1-39	1:05:28	1:09:58	F
2631	Kevin Norman		2020	60	34 M 60-64	1:06:38	1:10:02	M
2632	Rhianna Belham		3422	19	601 F 1-39	1:06:38	1:10:02	F
2633	Anita Miah		1927	36	602 F 1-39	1:07:21	1:10:03	F
2634	Claire Atkinson		3403	44	142 F 40-44	1:05:38	1:10:03	F
2635	Samuel Staight		3288	37	942 M 1-39	1:06:01	1:10:04	M
2636	Paula Weston		3359	41	143 F 40-44	1:05:40	1:10:05	F
2637	Louise Slaughter		3266	34	603 F 1-39	1:05:40	1:10:06	F
2638	Jill Walker		3774	53	63 F 50-54	1:06:01	1:10:06	F
2639	Hannah Bayfield		758	22	604 F 1-39	1:09:20	1:10:11	F
2640	Charlie McMurray		1912	23	605 F 1-39	1:06:06	1:10:13	F
2641	Ellie McMurray		3651	25	606 F 1-39	1:06:06	1:10:13	F
2642	Karen Norman		3669	35	607 F 1-39	1:06:19	1:10:15	F
2643	Sally Parnell		3167	49	106 F 45-49	1:05:35	1:10:15	F
2644	Sophie Leney		3628	49	107 F 45-49	1:05:43	1:10:16	F
2645	Gemma Sullivan		2393	30	608 F 1-39	1:07:32	1:10:19	F
2646	Charlotte Watts		3352	38	609 F 1-39	1:06:13	1:10:20	F
2647	Lorna Wigg		2601	24	610 F 1-39	1:07:34	1:10:21	F
2648	Stuart Bailey		713	47	220 M 45-49	1:09:16	1:10:24	M
2649	Lucy Spinks		2355	25	611 F 1-39	1:07:46	1:10:25	F
2650	Sophie Clements		2799	36	612 F 1-39	1:07:46	1:10:25	F
2651	Kaeleigh McColgan		3648	31	613 F 1-39	1:06:26	1:10:25	F
2652	Nick Williams		3372	28	943 M 1-39	1:06:16	1:10:26	M
2653	Samantha O'Hara	Great Yarmouth Road Runners	2034	45	108 F 45-49	1:06:13	1:10:26	F
2654	Jessica Cranthorne		1116	29	614 F 1-39	1:06:28	1:10:26	F
2655	Jonathan Middleton		1932	38	944 M 1-39	1:08:42	1:10:27	M
2656	Leigh Smith		3268	34	615 F 1-39	1:06:28	1:10:29	F
2657	Rachel Hubbard		3008	27	616 F 1-39	1:06:52	1:10:31	F
2658	Alex Hammond		3556	32	945 M 1-39	1:06:17	1:10:32	M
2659	Tracey Stammers		3746	48	109 F 45-49	1:06:55	1:10:32	F
2660	Hannah Manning		1859	24	617 F 1-39	1:06:55	1:10:32	F
2661	Katherine Nash		3137	30	618 F 1-39	1:06:40	1:10:33	F
2662	Cecilia Basnett		2718	41	144 F 40-44	1:08:22	1:10:38	F
2663	Matthew Smith		3274	28	946 M 1-39	1:06:51	1:10:41	M
2664	Hannah Bloomfield		2742	24	619 F 1-39	1:06:35	1:10:41	F
2665	Gemma Hatson		2977	33	620 F 1-39	1:06:43	1:10:43	F
2666	Louise Slatter		3734	36	621 F 1-39	1:07:42	1:10:43	F
2667	Louise Knights		3054	36	622 F 1-39	1:06:03	1:10:44	F
2668	Andrew Stratton	Wymondham AC	3300	54	133 M 50-54	1:07:12	1:10:46	M
2669	Rachel Hutchinson		3015	36	623 F 1-39	1:06:35	1:10:47	F
2670	Janette Franks		2924	54	64 F 50-54	1:06:42	1:10:48	F
2671	Gary McVeigh		3113	43	239 M 40-44	1:08:03	1:10:48	M
2672	Alison Naylor	Wymondham AC	3138	32	624 F 1-39	1:07:30	1:10:48	F
2673	Sharon Cook		1077	45	110 F 45-49	1:07:16	1:10:48	F
2674	Catherine Hodds		1554	48	111 F 45-49	1:06:46	1:10:49	F
2675	Alicia Higuieruelo		1536	42	145 F 40-44	1:08:15	1:10:51	F
2676	Jennifer Bettinson		792	38	625 F 1-39	1:08:15	1:10:51	F
2677	Martin Forrest		2918	32	947 M 1-39	1:06:07	1:10:52	M
2678	Jacqueline Simms		3260	32	626 F 1-39	1:06:07	1:10:52	F
2679	Rose Bonner		2747	24	627 F 1-39	1:08:19	1:10:52	F
2680	Colleen Cameron		2782	34	628 F 1-39	1:07:35	1:10:54	F
2681	Katy Ellis		1235	40	146 F 40-44	1:09:51	1:10:57	F
2682	Marc Mailey		1848	42	240 M 40-44	1:09:26	1:10:57	M
2683	Rachel Atkinson		695	40	147 F 40-44	1:09:52	1:10:57	F
2684	Angela Seamons		3726	49	112 F 45-49	1:06:06	1:10:57	F
2685	Thomas Turner		3769	30	948 M 1-39	1:07:51	1:10:57	M
2686	Lily Bussey		954	22	629 F 1-39	1:07:41	1:10:58	F
2687	Alexander Grant		2953	30	949 M 1-39	1:06:34	1:11:00	M
2688	Sarah Bunn		2769	52	65 F 50-54	1:06:45	1:11:00	F
2689	Sarah Cutler		2846	37	630 F 1-39	1:07:07	1:11:01	F
2690	Paul Stephen		2368	33	950 M 1-39	1:07:40	1:11:03	M
2691	Caroline Cody		2803	29	631 F 1-39	1:07:43	1:11:07	F
2692	Camilla Skarin		3264	35	951 M 1-39	1:06:47	1:11:08	M
2693	Aaron Spalding		3745	28	952 M 1-39	1:06:49	1:11:10	M
2694	Rebecca Warner		3344	49	113 F 45-49	1:06:41	1:11:11	F
2695	Tim Warner		3780	52	134 M 50-54	1:06:41	1:11:11	M
2696	Emma Main		3090	46	114 F 45-49	1:08:19	1:11:12	F
2697	Trudi Kent		3046	46	115 F 45-49	1:07:19	1:11:14	F
2698	Chloe Kent		3047	25	632 F 1-39	1:07:19	1:11:15	F
2699	Jane Hepburn		2984	40	148 F 40-44	1:07:06	1:11:19	F
2700	Sarah Green		3547	45	116 F 45-49	1:06:29	1:11:20	F
2701	Juliet McDonald-Doig		3649	47	117 F 45-49	1:06:30	1:11:21	F
2702	Phil Smith	Wymondham AC	3271	48	221 M 45-49	1:07:09	1:11:22	M
2703	Emma Godbold		1366	40	149 F 40-44	1:07:49	1:11:22	F
2704	Donna Berry		2729	31	633 F 1-39	1:07:24	1:11:23	F
2705	Vicky Le Fur		1781	43	150 F 40-44	1:10:34	1:11:23	F
2706	Shelley Ames		2694	32	634 F 1-39	1:09:30	1:11:26	F
2707	Lillia Shooter		3255	21	635 F 1-39	1:09:34	1:11:26	F
2708	Kevin Fiske		3519	51	135 M 50-54	1:07:14	1:11:26	M
2709	Wendy Fiske		3518	51	66 F 50-54	1:07:14	1:11:27	F

2710	Lisa MacHin		3086	39	636 F 1-39	1:06:39	1:11:29	F
2711	Paul Barrett		2717	47	222 M 45-49	1:09:20	1:11:30	M
2712	Elizabeth Senior		3248	61	19 F 60-64	1:06:41	1:11:30	F
2713	Tanya McLean		3650	32	637 F 1-39	1:07:37	1:11:31	F
2714	Stacey Carter		3457	34	638 F 1-39	1:07:37	1:11:31	F
2715	Deborah Chapman		2790	40	151 F 40-44	1:07:51	1:11:32	F
2716	David Cushway		1141	37	953 M 1-39	1:10:24	1:11:33	M
2717	Jennifer Buskell		2777	42	152 F 40-44	1:09:38	1:11:33	F
2718	Sarah Pymer		3196	48	118 F 45-49	1:07:44	1:11:33	F
2719	Jocelyn Anderson-Wood		3399	23	639 F 1-39	1:07:28	1:11:33	F
2720	Matthew Buskell		2778	41	241 M 40-44	1:09:38	1:11:33	M
2721	Sam Major		3091	40	153 F 40-44	1:08:27	1:11:34	F
2722	Mavis Thomson	Reepham Runners	587	60	20 F 60-64	1:07:35	1:11:34	F
2723	Anne Joyce		1700	43	154 F 40-44	1:08:58	1:11:34	F
2724	Abbie Jenkins		1655	34	640 F 1-39	1:08:28	1:11:35	F
2725	Jasmine Phayre		2108	25	641 F 1-39	1:10:39	1:11:35	F
2726	Melanie Manson		1863	39	642 F 1-39	1:08:09	1:11:36	F
2727	Amy Jenkins		3602	22	643 F 1-39	1:07:27	1:11:38	F
2728	Beverly Jenkins		3603	51	67 F 50-54	1:07:27	1:11:38	F
2729	Lindsay Rose		2210	37	644 F 1-39	1:09:58	1:11:39	F
2730	Rita Robbins		3217	44	155 F 40-44	1:07:22	1:11:40	F
2731	Paul Robbins	Norwich Road Runners	2184	44	242 M 40-44	1:07:22	1:11:41	M
2732	Emily Frith		1315	28	645 F 1-39	1:09:16	1:11:44	F
2733	Heidi Smith		3273	43	156 F 40-44	1:07:44	1:11:45	F
2734	Julie Reeves	West Suffolk Wheelers and Triathlon Club	3702	48	119 F 45-49	1:07:56	1:11:45	F
2735	Joanna Keable		3607	43	157 F 40-44	1:07:11	1:11:46	F
2736	Sally Burns		3447	26	646 F 1-39	1:09:20	1:11:49	F
2737	Millie Jones		1689	23	647 F 1-39	1:09:46	1:11:50	F
2738	Emily Benton		2727	28	648 F 1-39	1:07:53	1:11:53	F
2739	Innes Chapman		1008	43	158 F 40-44	1:11:04	1:11:53	F
2740	Matthew Wassell		3346	36	954 M 1-39	1:07:08	1:11:53	M
2741	David Pugh		3194	68	14 M 65-69	1:07:20	1:11:56	M
2742	Laura Marjoram		3094	41	159 F 40-44	1:08:24	1:11:57	F
2743	Helen Ferris		3516	20	649 F 1-39	1:07:25	1:11:57	F
2744	Pauline Robinson		2190	54	68 F 50-54	1:09:41	1:11:58	F
2745	Nicola Hartley		3567	35	650 F 1-39	1:07:22	1:11:59	F
2746	Richard Paterson		2083	46	223 M 45-49	1:09:41	1:11:59	M
2747	Emma Stanley		2364	29	651 F 1-39	1:08:27	1:12:03	F
2748	Sonia Rush		2222	39	652 F 1-39	1:08:01	1:12:05	F
2749	Wendy Fullerton		2929	56	42 F 55-59	1:07:30	1:12:06	F
2750	Chloe Kirk		3616	22	653 F 1-39	1:07:29	1:12:06	F
2751	Jessica Nobbs		3668	22	654 F 1-39	1:07:30	1:12:06	F
2752	Yvonne Jackson		3025	48	120 F 45-49	1:08:13	1:12:07	F
2753	James Bird		2734	38	955 M 1-39	1:09:14	1:12:10	M
2754	Rodney Potter		3189	80	8 M 70-99	1:11:10	1:12:12	M
2755	Robert Thornley		3310	42	243 M 40-44	1:07:23	1:12:12	M
2756	Carl Hipperson		1548	29	956 M 1-39	1:11:18	1:12:12	M
2757	Barbara Howes		3005	46	121 F 45-49	1:09:15	1:12:13	F
2758	Christopher Cooper		1097	28	957 M 1-39	1:10:55	1:12:15	M
2759	Nell Gibbs		1345	20	655 F 1-39	1:10:54	1:12:15	F
2760	Sally Cazier	Norfolk Gazelles AC	999	50	69 F 50-54	1:11:25	1:12:16	F
2761	Dawn Cook	Norwich Road Runners	3471	50	70 F 50-54	1:07:55	1:12:16	F
2762	Lisa Cottrell		3804	43	160 F 40-44	1:07:14	1:12:16	F
2763	Donna Frith		1314	35	656 F 1-39	1:09:50	1:12:17	F
2764	Marie Smith		3737	34	657 F 1-39	1:08:22	1:12:18	F
2765	Katie Mayes		3106	39	658 F 1-39	1:07:46	1:12:18	F
2766	Mandie Thorpe		3311	40	161 F 40-44	1:07:23	1:12:21	F
2767	Melissa Baines		2706	36	659 F 1-39	1:09:19	1:12:24	F
2768	Laura Mallett		1853	32	660 F 1-39	1:10:35	1:12:24	F
2769	Debbie Bowyer		3434	34	661 F 1-39	1:08:17	1:12:25	F
2770	Martina Browne		2765	46	122 F 45-49	1:07:23	1:12:25	F
2771	Kirsti Parslow-Williams		2080	37	662 F 1-39	1:10:26	1:12:25	F
2772	Jamie Parslow-Williams		2079	41	244 M 40-44	1:10:34	1:12:26	M
2773	Pat Brightman	Great Yarmouth & District AC	882	63	21 F 60-64	1:11:58	1:12:28	F
2774	Sophie Smith		3740	27	663 F 1-39	1:08:13	1:12:30	F
2775	Lisa Bush		2776	37	664 F 1-39	1:10:46	1:12:32	F
2776	Colin Crouch		2833	72	9 M 70-99	1:07:49	1:12:32	M
2777	Caroline Curran		2842	33	665 F 1-39	1:08:16	1:12:33	F
2778	Kirsty Parke		3166	19	666 F 1-39	1:07:49	1:12:34	F
2779	Linda Palmer		3680	37	667 F 1-39	1:07:41	1:12:34	F
2780	Michala Warner		3343	42	162 F 40-44	1:08:31	1:12:35	F
2781	Tracy Yates		3391	53	71 F 50-54	1:08:34	1:12:39	F
2782	Kate Carter		3458	31	668 F 1-39	1:08:18	1:12:39	F
2783	Freya Pywell		3697	31	669 F 1-39	1:08:22	1:12:40	F
2784	Michelle Green		3546	36	670 F 1-39	1:10:56	1:12:40	F
2785	Simon Piff		3688	54	136 M 50-54	1:08:19	1:12:40	M
2786	Paul Strutt		3751	58	74 M 55-59	1:07:53	1:12:44	M
2787	Chris Neil		3658	42	245 M 40-44	1:07:52	1:12:45	M
2788	Catherine Hale		3553	29	671 F 1-39	1:08:17	1:12:45	F
2789	Clemmie Gleeson		2942	36	672 F 1-39	1:08:34	1:12:49	F
2790	Simon Wake		2510	34	958 M 1-39	1:09:57	1:12:50	M
2791	Joanne Illingsworth	Great Yarmouth Road Runners	3019	45	123 F 45-49	1:11:16	1:12:52	F
2792	Salina Cumbridge		2840	45	124 F 45-49	1:08:52	1:12:53	F
2793	Dave Cumbridge		2839	43	246 M 40-44	1:08:52	1:12:53	M
2794	Stephen Kennedy		3044	52	137 M 50-54	1:09:10	1:12:54	M
2795	Georgina Crowe		3485	23	673 F 1-39	1:08:16	1:12:56	F
2796	Louise Buxton		3452	25	674 F 1-39	1:08:16	1:12:56	F
2797	Lee Coby		3465	26	959 M 1-39	1:08:16	1:12:56	M
2798	Kevin Hyden		3596	24	960 M 1-39	1:08:16	1:12:57	M
2799	Karen Mallett		3093	43	163 F 40-44	1:08:52	1:12:57	F
2800	Frances Morter		1975	25	675 F 1-39	1:09:38	1:13:00	F
2801	Heidi Standley		2363	24	676 F 1-39	1:09:32	1:13:00	F
2802	Elizabeth Phillips		3183	28	677 F 1-39	1:08:24	1:13:05	F
2803	Lynsey Weston		3784	32	678 F 1-39	1:08:25	1:13:06	F
2804	Jonathan Foster		2921	28	961 M 1-39	1:09:16	1:13:06	M
2805	John Guymer		2961	57	75 M 55-59	1:09:13	1:13:07	M
2806	Dennis Harris		1483	49	224 M 45-49	1:10:33	1:13:08	M

2807	Julie Winder		2626	47	125 F 45-49	1:10:25	1:13:08	F
2808	Helen Shepherd		3253	37	679 F 1-39	1:08:47	1:13:10	F
2809	Stephanie Grant		2952	29	680 F 1-39	1:08:45	1:13:11	F
2810	Hannah McCulloch		1902	23	681 F 1-39	1:10:55	1:13:14	F
2811	Britt Blokker		2741	26	682 F 1-39	1:10:58	1:13:14	F
2812	Jane McCulloch		3107	57	43 F 55-59	1:10:55	1:13:14	F
2813	Kerry Dilks		2868	45	126 F 45-49	1:08:45	1:13:16	F
2814	Kevin Mayes		3647	42	247 M 40-44	1:08:42	1:13:16	M
2815	Beth Faulding		3513	26	683 F 1-39	1:08:58	1:13:17	F
2816	Sophie Court		2824	41	164 F 40-44	1:08:58	1:13:17	F
2817	Victoria Musgrave		1990	31	684 F 1-39	1:09:38	1:13:18	F
2818	Adrian Land		1761	31	962 M 1-39	1:09:38	1:13:18	M
2819	Anna Harrison		3565	31	685 F 1-39	1:09:27	1:13:19	F
2820	Corinne Le Quere		1782	49	127 F 45-49	1:10:13	1:13:21	F
2821	Paolo De Marco		169	57	76 M 55-59	1:12:50	1:13:21	M
2822	Richard Furness		3531	57	77 M 55-59	1:08:35	1:13:23	M
2823	Catherine Dyble		1217	43	165 F 40-44	1:12:16	1:13:25	F
2824	Jane Wells		3356	38	686 F 1-39	1:08:50	1:13:25	F
2825	Alison Price		3695	38	687 F 1-39	1:09:32	1:13:32	F
2826	David Powell		2130	48	225 M 45-49	1:10:27	1:13:32	M
2827	Peter Holden		2996	34	963 M 1-39	1:08:55	1:13:33	M
2828	Mark Wright		2668	43	248 M 40-44	1:08:35	1:13:33	M
2829	Kerry Avery		2704	56	44 F 55-59	1:11:28	1:13:34	F
2830	Kate De Vries		2862	56	45 F 55-59	1:11:28	1:13:34	F
2831	Lynda Morris	Bentham Beagles Running Club	3127	47	128 F 45-49	1:09:32	1:13:34	F
2832	Christine Hayes		2979	39	688 F 1-39	1:08:50	1:13:35	F
2833	Terri Cooper-Barnes		2821	35	689 F 1-39	1:08:47	1:13:36	F
2834	Rebecca Crothers		2832	28	690 F 1-39	1:09:10	1:13:39	F
2835	Peter Lis		3072	60	35 M 60-64	1:09:11	1:13:39	M
2836	Emma O'Kelly		3159	48	129 F 45-49	1:09:42	1:13:40	F
2837	Heidi Yardy		3390	29	691 F 1-39	1:09:27	1:13:42	F
2838	Victoria Williams		3373	21	692 F 1-39	1:09:42	1:13:44	F
2839	Katherine Cooper		2819	29	693 F 1-39	1:09:30	1:13:44	F
2840	Nicola Payne		3684	39	694 F 1-39	1:10:52	1:13:48	F
2841	Heather Durrant		2884	25	695 F 1-39	1:08:52	1:13:49	F
2842	Katie Allcock		2692	23	696 F 1-39	1:09:01	1:13:49	F
2843	Ellie Ward		3777	23	697 F 1-39	1:08:52	1:13:49	F
2844	Ali Calvert		2781	45	130 F 45-49	1:10:04	1:13:50	F
2845	Mark Peacher		3175	42	249 M 40-44	1:09:45	1:13:50	M
2846	Emma Peacher		3176	43	166 F 40-44	1:09:46	1:13:50	F
2847	Katie Scott		2259	32	698 F 1-39	1:10:50	1:13:51	F
2848	Amy Mills		3117	23	699 F 1-39	1:11:54	1:13:51	F
2849	Rosie Goodsell		2947	58	46 F 55-59	1:09:17	1:13:52	F
2850	Caroline Byrne		3453	35	700 F 1-39	1:10:01	1:13:52	F
2851	Julie Cullum		2838	51	72 F 50-54	1:09:48	1:13:56	F
2852	Tracy Youngman		3392	44	167 F 40-44	1:09:12	1:14:00	F
2853	Rosie Rogers		3220	55	47 F 55-59	1:11:37	1:14:01	F
2854	Elaine Haggarty	Great Yarmouth & District AC	2962	59	48 F 55-59	1:10:07	1:14:01	F
2855	Tom Bailey		712	37	964 M 1-39	1:09:33	1:14:03	M
2856	Lisa Jones		3038	28	701 F 1-39	1:09:18	1:14:03	F
2857	Zoe Sissen		3262	36	702 F 1-39	1:09:35	1:14:04	F
2858	Danielle Blazey		3426	25	703 F 1-39	1:10:46	1:14:05	F
2859	Claire Scott	North Norfolk Beach Runners	3239	46	131 F 45-49	1:10:13	1:14:06	F
2860	Lorna Furness		3530	23	704 F 1-39	1:10:49	1:14:10	F
2861	Lily Hemmings		2981	49	132 F 45-49	1:09:12	1:14:11	F
2862	Nina Hemmings		2982	22	705 F 1-39	1:09:12	1:14:11	F
2863	Joanna Cockrell		2802	35	706 F 1-39	1:10:25	1:14:12	F
2864	Emma Osborn		3163	40	168 F 40-44	1:10:24	1:14:12	F
2865	Samantha Hookham		1568	49	133 F 45-49	1:12:58	1:14:14	F
2866	Lindsay Churchman		2792	32	707 F 1-39	1:12:06	1:14:15	F
2867	Sarah Deacon	Run@Willis	1169	32	708 F 1-39	1:10:23	1:14:16	F
2868	Suzie Winter		3377	36	709 F 1-39	1:10:31	1:14:19	F
2869	Amy Goldsmith		3539	33	710 F 1-39	1:09:44	1:14:19	F
2870	Amy Parrott		3168	37	711 F 1-39	1:09:25	1:14:20	F
2871	Emma Alfieri		2691	40	169 F 40-44	1:12:48	1:14:20	F
2872	Wendy Barker		736	44	170 F 40-44	1:12:17	1:14:21	F
2873	Kristi Yarham		3799	45	134 F 45-49	1:10:19	1:14:22	F
2874	Gemma May		1890	35	712 F 1-39	1:11:53	1:14:22	F
2875	Anna Collison		3467	33	713 F 1-39	1:09:51	1:14:26	F
2876	Johanna Wicker		3368	43	171 F 40-44	1:10:45	1:14:27	F
2877	Mark Wicker		3369	44	250 M 40-44	1:10:50	1:14:32	M
2878	Eve Edwards		3502	23	714 F 1-39	1:10:01	1:14:32	F
2879	Joanne Forster		2920	39	715 F 1-39	1:10:37	1:14:32	F
2880	Donna Jarvis		3027	42	172 F 40-44	1:10:38	1:14:32	F
2881	Hollie Lewis		1803	23	716 F 1-39	1:11:42	1:14:34	F
2882	Julie Bromfield		2762	42	173 F 40-44	1:11:08	1:14:35	F
2883	Meryl Howes		3004	46	135 F 45-49	1:09:47	1:14:40	F
2884	Amy Tunneycliff		3318	34	717 F 1-39	1:11:07	1:14:40	F
2885	Sarah Scott		3242	33	718 F 1-39	1:09:57	1:14:44	F
2886	Sarah Wills		2615	34	719 F 1-39	1:11:40	1:14:45	F
2887	Joanne Mason		3101	44	174 F 40-44	1:10:11	1:14:49	F
2888	Allison Stevens		3293	53	73 F 50-54	1:11:09	1:14:50	F
2889	Andrea Clarke	Norwich Road Runners	2795	41	175 F 40-44	1:12:00	1:14:51	F
2890	Frances Irwin		3022	28	720 F 1-39	1:10:25	1:14:54	F
2891	Suzanne Webb		2560	39	721 F 1-39	1:11:07	1:14:54	F
2892	Sharon Armes	Norwich Road Runners	682	46	136 F 45-49	1:12:06	1:14:56	F
2893	Helen Brailey		2755	32	722 F 1-39	1:10:49	1:15:00	F
2894	Grace Robertson		3219	22	723 F 1-39	1:12:35	1:15:00	F
2895	Rosemary Walters		3337	61	22 F 60-64	1:10:43	1:15:02	F
2896	Chris Lubbock		3082	63	36 M 60-64	1:10:15	1:15:07	M
2897	Sally Solomon	Felixstowe RRC	3280	48	137 F 45-49	1:10:59	1:15:07	F
2898	Will Schwer	Felixstowe RRC	3238	31	965 M 1-39	1:10:59	1:15:07	M
2899	Tammy Stamford		3289	31	724 F 1-39	1:11:12	1:15:10	F
2900	Sarah Rhoades		3207	52	74 F 50-54	1:13:36	1:15:10	F
2901	Georgia Cosham		1101	20	725 F 1-39	1:13:53	1:15:10	F
2902	Debbie Bannon		2711	56	49 F 55-59	1:13:36	1:15:10	F
2903	Mike Last		3061	62	37 M 60-64	1:10:32	1:15:14	M

2904	Martin Lewis		3069	40	251 M 40-44	1:10:43	1:15:16	M
2905	Harriet Griffiths		2959	40	176 F 40-44	1:10:53	1:15:16	F
2906	Peter Westgate		3358	65	15 M 65-69	1:11:48	1:15:16	M
2907	Amy Shawcross		3252	35	726 F 1-39	1:10:38	1:15:17	F
2908	Lizzie Moulton		3130	35	727 F 1-39	1:10:38	1:15:17	F
2909	Abigail Holden		2995	33	728 F 1-39	1:10:39	1:15:17	F
2910	Cristi L Tinjala		2459	34	966 M 1-39	1:13:52	1:15:17	M
2911	Lisa Royden		3226	40	177 F 40-44	1:11:22	1:15:18	F
2912	Amiee Bickel		796	22	729 F 1-39	1:11:23	1:15:18	F
2913	Emma Lincoln		3070	24	730 F 1-39	1:11:01	1:15:21	F
2914	Carina McLellan		1910	28	731 F 1-39	1:12:27	1:15:22	F
2915	Katie Jewson		1663	28	732 F 1-39	1:12:26	1:15:22	F
2916	Ashley Spalding		3744	28	967 M 1-39	1:11:00	1:15:24	M
2917	Helen Bowen		851	52	75 F 50-54	1:10:49	1:15:24	F
2918	Bianka Davies		2856	38	733 F 1-39	1:11:32	1:15:27	F
2919	Sarah Blyth		2743	29	734 F 1-39	1:11:15	1:15:27	F
2920	David Frosdick		2927	37	968 M 1-39	1:10:48	1:15:28	M
2921	Sue Down		2873	41	178 F 40-44	1:11:16	1:15:29	F
2922	Claire Griffiths		1416	35	735 F 1-39	1:11:54	1:15:30	F
2923	Robyn Beatty		764	24	736 F 1-39	1:10:39	1:15:33	F
2924	Emma Banks		2710	38	737 F 1-39	1:10:39	1:15:33	F
2925	Sophie Marriott		3095	28	738 F 1-39	1:10:48	1:15:34	F
2926	Nicole Rijks		3213	45	138 F 45-49	1:11:33	1:15:35	F
2927	Joanna Gillard-Eastop		3537	47	139 F 45-49	1:11:34	1:15:37	F
2928	Catharine Meehan		3114	30	739 F 1-39	1:11:38	1:15:38	F
2929	Simon McKinna		390	43	252 M 40-44	1:10:32	1:15:40	M
2930	Sheila Crisp		2828	57	50 F 55-59	1:11:07	1:15:41	F
2931	Joanna Bruce		3442	34	740 F 1-39	1:10:54	1:15:42	F
2932	Leanne McRobert		3652	29	741 F 1-39	1:10:54	1:15:42	F
2933	Samantha Swinton		3304	29	742 F 1-39	1:10:54	1:15:43	F
2934	Gabrielle Louise		3814	21	743 F 1-39	1:12:09	1:15:45	F
2935	Brittany Gage		3813	19	744 F 1-39	1:12:10	1:15:45	F
2936	Emma Cox		2825	48	140 F 45-49	1:11:01	1:15:47	F
2937	Cheryl Burgess		2770	37	745 F 1-39	1:11:07	1:15:48	F
2938	Jay Beckett		769	53	76 F 50-54	1:13:08	1:15:50	F
2939	Sarah Adler		3394	68	7 F 65-69	1:13:09	1:15:50	F
2940	Pkaren Gibson		2938	51	77 F 50-54	1:11:11	1:15:53	F
2941	Lara Gibson		3535	17	746 F 1-39	1:11:11	1:15:53	F
2942	Helen Fiske	Norwich Road Runners	1276	45	141 F 45-49	1:13:58	1:15:54	F
2943	Michael Johnson	Norwich Road Runners	328	46	226 M 45-49	1:13:58	1:15:54	M
2944	Kelly Bray		869	34	747 F 1-39	1:13:59	1:15:54	F
2945	Claire Smith	Norwich Road Runners	2317	45	142 F 45-49	1:13:59	1:15:54	F
2946	Miranda Keedy	Ryston Runners	3041	28	748 F 1-39	1:12:03	1:15:55	F
2947	Sophie Franklin		2923	29	749 F 1-39	1:12:42	1:15:56	F
2948	Melita Willis		2614	41	253 M 40-44	1:11:59	1:15:56	M
2949	Kate Purling		3195	28	750 F 1-39	1:11:11	1:15:57	F
2950	Cheryl Moore	Bungay Black Dog RC	3125	43	179 F 40-44	1:12:00	1:15:58	F
2951	Rachel Flatt		2914	42	180 F 40-44	1:12:20	1:15:58	F
2952	Katie O'Reilly		3161	35	751 F 1-39	1:12:11	1:15:59	F
2953	Helen Storer		3299	50	78 F 50-54	1:11:41	1:15:59	F
2954	Samantha Hanvey		1469	49	143 F 45-49	1:15:15	1:16:08	F
2955	James McNeilly		1914	30	969 M 1-39	1:12:21	1:16:08	M
2956	Ross McNeilly		1915	33	970 M 1-39	1:12:22	1:16:09	M
2957	Maree Latham	Reepham Runners	3621	49	144 F 45-49	1:12:21	1:16:10	F
2958	Johan Saunders		2247	43	254 M 40-44	1:11:41	1:16:14	M
2959	Philip Rothwell		3714	54	138 M 50-54	1:12:25	1:16:16	M
2960	Amy Hobart	North Norfolk Beach Runners	3579	35	752 F 1-39	1:11:31	1:16:16	F
2961	Leon May		3105	31	971 M 1-39	1:14:51	1:16:18	M
2962	Victoria Jeffery		323	24	753 F 1-39	1:13:32	1:16:18	F
2963	Jane Hubbard		3007	46	145 F 45-49	1:15:11	1:16:20	F
2964	Safina Karim		1710	41	181 F 40-44	1:14:25	1:16:28	F
2965	Rachel Duffey		2878	36	754 F 1-39	1:12:10	1:16:31	F
2966	Rachel Moulton		3129	31	755 F 1-39	1:11:55	1:16:32	F
2967	Lisa Leach		3624	36	756 F 1-39	1:12:05	1:16:35	F
2968	Rachel Lummis		3638	45	146 F 45-49	1:12:05	1:16:35	F
2969	Mary D'Souza		2877	40	182 F 40-44	1:13:26	1:16:39	F
2970	Lynne Johnson		3035	50	79 F 50-54	1:13:01	1:16:43	F
2971	Jenny Scott		3241	36	757 F 1-39	1:13:03	1:16:44	F
2972	Jessica Hutchings		3014	25	758 F 1-39	1:13:09	1:16:44	F
2973	Rebecca Orring		3162	61	23 F 60-64	1:11:49	1:16:44	F
2974	Robin Thompson		3309	36	972 M 1-39	1:12:29	1:16:55	M
2975	Liga Matroze		3104	27	759 F 1-39	1:12:40	1:16:57	F
2976	Stephen Coe		2806	38	973 M 1-39	1:12:15	1:16:59	M
2977	Natasha Coe		2804	31	760 F 1-39	1:12:14	1:16:59	F
2978	Jamie Thompson		2441	35	974 M 1-39	1:12:15	1:16:59	M
2979	Leanne Thompson		3762	35	761 F 1-39	1:12:15	1:16:59	F
2980	Andrew Lamb		3618	38	975 M 1-39	1:13:05	1:17:02	M
2981	Sarah Watts	Diss and District AC	3351	47	147 F 45-49	1:12:35	1:17:02	F
2982	Sarah Rhoden		3208	40	183 F 40-44	1:13:17	1:17:04	F
2983	Martyn Dunsdon		2881	38	976 M 1-39	1:12:43	1:17:08	M
2984	Philip Walters		3338	68	16 M 65-69	1:12:49	1:17:09	M
2985	Donna Conneely		3469	43	184 F 40-44	1:12:48	1:17:09	F
2986	Colin MacEwan		3085	53	139 M 50-54	1:15:21	1:17:09	M
2987	Pete Kelley		3609	64	38 M 60-64	1:12:16	1:17:10	M
2988	Gareth Ross		3713	36	977 M 1-39	1:15:23	1:17:10	M
2989	Rachael Spencer		3284	47	148 F 45-49	1:12:57	1:17:11	F
2990	Stephen Ede		2885	35	978 M 1-39	1:12:24	1:17:12	M
2991	Hilary Winch		3794	45	149 F 45-49	1:12:48	1:17:13	F
2992	Peter Loughborough		3637	46	227 M 45-49	1:12:39	1:17:18	M
2993	Carolyn Hare		3559	25	762 F 1-39	1:12:39	1:17:19	F
2994	Martin Massingham		3102	47	228 M 45-49	1:12:53	1:17:24	M
2995	Nathalie Hammond		3555	24	763 F 1-39	1:13:04	1:17:31	F
2996	Louisa Feeney		3514	41	185 F 40-44	1:14:00	1:17:31	F
2997	Amy Turner		2485	32	764 F 1-39	1:14:52	1:17:32	F
2998	Simon Webster		3355	50	140 M 50-54	1:13:20	1:17:35	M
2999	Anne Palmer		3679	48	150 F 45-49	1:14:04	1:17:36	F
3000	Trine Middleton	Reepham Runners	1931	54	80 F 50-54	1:13:46	1:17:37	F

3001	Rebecca Cooper		2820	46	151 F 45-49	1:13:38	1:17:37	F
3002	Ben Tuddenham		2479	29	979 M 1-39	1:13:26	1:17:37	M
3003	Samantha Gerrard		2936	32	765 F 1-39	1:13:27	1:17:38	F
3004	Sophie Berry		3424	32	766 F 1-39	1:13:10	1:17:39	F
3005	Lewis Swift		3303	32	980 M 1-39	1:13:15	1:17:44	M
3006	Carla Nott		3671	29	767 F 1-39	1:13:00	1:17:46	F
3007	Deborah Murray		1988	43	186 F 40-44	1:15:04	1:17:55	F
3008	Fong Slapp		3265	38	768 F 1-39	1:13:46	1:17:56	F
3009	Jasmine Didymus		1184	25	769 F 1-39	1:17:08	1:17:57	F
3010	Joanna Tuttle		3322	42	187 F 40-44	1:13:32	1:18:04	F
3011	Suzanne Saunders		3232	41	188 F 40-44	1:13:33	1:18:06	F
3012	Susannah McKewan		3111	50	81 F 50-54	1:14:43	1:18:10	F
3013	Michelle Blazey	Norwich Road Runners	2739	44	189 F 40-44	1:14:27	1:18:11	F
3014	Jeanette McKallip		1908	47	152 F 45-49	1:14:56	1:18:12	F
3015	Rachel Cushing		3489	43	190 F 40-44	1:14:01	1:18:13	F
3016	Graham Sharp		2280	46	229 M 45-49	1:14:56	1:18:13	M
3017	Catherine Twiss		3323	46	153 F 45-49	1:13:52	1:18:14	F
3018	Trudi Ciarla		2793	51	82 F 50-54	1:13:52	1:18:15	F
3019	Jo Appleton		2697	30	770 F 1-39	1:14:38	1:18:16	F
3020	Adele Sutton		3302	28	771 F 1-39	1:13:57	1:18:19	F
3021	Carrie Horgan		3585	43	191 F 40-44	1:17:26	1:18:20	F
3022	Lee Scottow		3812	36	981 M 1-39	1:13:38	1:18:21	M
3023	Caroline Newman		3664	26	772 F 1-39	1:14:02	1:18:21	F
3024	Howlett Graham		3543	44	255 M 40-44	1:14:03	1:18:22	M
3025	Linda Nobbs	Bungay Black Dog RC	3151	47	154 F 45-49	1:16:16	1:18:25	F
3026	Emma Blackwell		2736	39	773 F 1-39	1:16:08	1:18:26	F
3027	Claire Hibbin		2990	39	774 F 1-39	1:14:25	1:18:44	F
3028	Sarah Howe		3587	34	775 F 1-39	1:15:03	1:18:46	F
3029	Laura Hone		3584	30	776 F 1-39	1:15:04	1:18:46	F
3030	George Denman		3491	37	982 M 1-39	1:15:04	1:18:47	M
3031	Rebecca Horton		1577	31	777 F 1-39	1:15:06	1:18:48	F
3032	Jennifer Grimes		3548	23	778 F 1-39	1:14:24	1:18:52	F
3033	Helen Cowles		3480	43	192 F 40-44	1:15:02	1:18:55	F
3034	Carrie Tooke		3767	33	779 F 1-39	1:15:14	1:18:58	F
3035	Emma Dicks		2867	39	780 F 1-39	1:13:58	1:19:00	F
3036	Nicola Dunsdon		2882	33	781 F 1-39	1:14:41	1:19:03	F
3037	Matt Caesar		2780	27	983 M 1-39	1:14:08	1:19:07	M
3038	Kerri-Anne Peachment		3685	25	782 F 1-39	1:14:42	1:19:07	F
3039	Liz Crowley		3486	46	155 F 45-49	1:14:17	1:19:07	F
3040	Mark Watson		3783	38	984 M 1-39	1:14:43	1:19:07	M
3041	Victoria Dunthorne		1213	47	156 F 45-49	1:18:03	1:19:08	F
3042	Suzanne Moore		3124	51	83 F 50-54	1:14:50	1:19:09	F
3043	Elizabeth Zagni		3802	51	84 F 50-54	1:15:16	1:19:15	F
3044	Katy Pointer		3187	33	783 F 1-39	1:14:24	1:19:16	F
3045	Sophie Chapman		3461	40	193 F 40-44	1:14:49	1:19:18	F
3046	Clare Shelton		3728	32	784 F 1-39	1:14:32	1:19:20	F
3047	Peter Brown		2764	28	985 M 1-39	1:15:50	1:19:20	M
3048	Kellie Stevens		3292	28	785 F 1-39	1:15:51	1:19:21	F
3049	Anne Faulkner		2906	67	8 F 65-69	1:15:40	1:19:22	F
3050	Stuart Pointer		2121	36	986 M 1-39	1:14:32	1:19:24	M
3051	Sophie Hughes		3010	35	786 F 1-39	1:14:45	1:19:28	F
3052	Stacey Buck		3443	35	787 F 1-39	1:14:46	1:19:28	F
3053	Andrea English		2895	40	194 F 40-44	1:14:46	1:19:28	F
3054	Tracey Salisbury	Wymondham AC	3720	54	85 F 50-54	1:14:51	1:19:34	F
3055	Terry Jermy		3029	30	987 M 1-39	1:15:08	1:19:35	M
3056	James Lloyd		3631	40	256 M 40-44	1:14:45	1:19:36	M
3057	Fel Roberts		3218	44	195 F 40-44	1:14:56	1:19:39	F
3058	Nikki Neile		2001	34	788 F 1-39	1:17:23	1:19:44	F
3059	Finn O'Brian Lamb		3156	16	988 M 1-39	1:15:25	1:19:45	M
3060	Penny Murray		3135	45	157 F 45-49	1:18:00	1:19:45	F
3061	Emily Rose Hudson		3593	26	789 F 1-39	1:15:31	1:19:46	F
3062	Elisha Hudson		3592	22	790 F 1-39	1:15:32	1:19:47	F
3063	Jen Hamilton-Emery		2967	48	158 F 45-49	1:15:56	1:19:51	F
3064	Katie Gooch		2945	21	791 F 1-39	1:16:02	1:19:53	F
3065	Laura Stevenson		3294	44	196 F 40-44	1:17:00	1:19:57	F
3066	Helena Janes		3599	22	792 F 1-39	1:18:16	1:20:06	F
3067	Samantha Willing		3375	30	793 F 1-39	1:16:01	1:20:22	F
3068	Sheron Rourke		3222	30	794 F 1-39	1:18:36	1:20:29	F
3069	Jennifer Dyett		3498	27	795 F 1-39	1:16:02	1:20:33	F
3070	Gemma Sherwood		3254	31	796 F 1-39	1:16:10	1:20:34	F
3071	Karl Tutt		2487	46	230 M 45-49	1:18:25	1:20:38	M
3072	Ana Casanova		3459	40	197 F 40-44	1:16:34	1:20:47	F
3073	Shue Shum Lo		3632	30	797 F 1-39	1:16:17	1:20:48	F
3074	Marcel Kinrade		3614	34	989 M 1-39	1:16:17	1:20:48	M
3075	Sharon Wray	Wymondham AC	3384	51	86 F 50-54	1:17:24	1:20:58	F
3076	Rebecca Riddoch	Wymondham AC	3212	26	798 F 1-39	1:17:23	1:20:58	F
3077	Michelle Petersen		3182	36	799 F 1-39	1:16:25	1:20:59	F
3078	Stefan Gurney		1436	43	257 M 40-44	1:20:33	1:21:02	M
3079	Max Nicholas		3145	26	990 M 1-39	1:17:06	1:21:07	M
3080	Beth Nicholas		3143	30	800 F 1-39	1:17:06	1:21:07	F
3081	Caroline Stota		3267	33	801 F 1-39	1:17:01	1:21:10	F
3082	Sophie Greene		2957	27	802 F 1-39	1:16:51	1:21:17	F
3083	Sheelagh Kelly		3610	60	24 F 60-64	1:19:16	1:21:18	F
3084	Leanne Heavens		2980	27	803 F 1-39	1:19:16	1:21:19	F
3085	Naomi Davey		2854	27	804 F 1-39	1:16:38	1:21:21	F
3086	Katrina Copping		2822	47	159 F 45-49	1:17:04	1:21:21	F
3087	David McGarvey		3108	50	141 M 50-54	1:16:53	1:21:24	M
3088	Kate Whistlecraft		3364	27	805 F 1-39	1:17:09	1:21:25	F
3089	Sharon Self	Newark Striders Running Club	3246	48	160 F 45-49	1:17:03	1:21:32	F
3090	Felicity Hopper		1570	30	806 F 1-39	1:18:09	1:21:39	F
3091	Allan Bush		951	32	991 M 1-39	1:20:46	1:21:43	M
3092	Michelle Allen		2693	36	807 F 1-39	1:18:42	1:21:45	F
3093	Samantha Boarder		830	37	808 F 1-39	1:18:45	1:21:47	F
3094	Allison Daniels		1150	49	161 F 45-49	1:20:44	1:21:49	F
3095	Laura Cox		3481	22	809 F 1-39	1:17:06	1:21:52	F
3096	Lucy Ring		3706	17	810 F 1-39	1:18:05	1:21:57	F
3097	Mark Ring	Norwich Road Runners	496	48	231 M 45-49	1:18:05	1:21:58	M

3098	Kathryn Heal		3574	30	811 F 1-39	1:17:46	1:22:00	F
3099	Allie Brice		3436	44	198 F 40-44	1:17:35	1:22:09	F
3100	Allyson Bailey	Norwich Road Runners	2705	39	812 F 1-39	1:20:10	1:22:21	F
3101	Jennie Wright		3385	46	162 F 45-49	1:18:33	1:22:34	F
3102	Leanne Bettinson		2730	34	813 F 1-39	1:18:30	1:22:35	F
3103	Miren Itziar Loloia Osa		3074	37	814 F 1-39	1:18:09	1:22:47	F
3104	David Hollingworth		2997	40	258 M 40-44	1:18:09	1:22:48	M
3105	Rebecca Venus		3325	31	815 F 1-39	1:18:37	1:22:50	F
3106	Katherine Parry		3169	28	816 F 1-39	1:18:26	1:22:54	F
3107	Julie Garrett		2931	47	163 F 45-49	1:19:35	1:23:00	F
3108	Rachel Smith		3272	54	87 F 50-54	1:18:08	1:23:03	F
3109	Charlotte Venus		3770	31	817 F 1-39	1:18:47	1:23:04	F
3110	Melanie Spencer		3283	31	818 F 1-39	1:18:22	1:23:04	F
3111	Poppy Hall		2964	24	819 F 1-39	1:20:55	1:23:10	F
3112	Melissa Bassett		3414	33	820 F 1-39	1:18:13	1:23:13	F
3113	Thomas Hamling		3554	29	992 M 1-39	1:18:44	1:23:14	M
3114	Zoe Bassett		3415	25	821 F 1-39	1:18:13	1:23:14	F
3115	Alice Hunt		3012	34	822 F 1-39	1:19:12	1:23:20	F
3116	Alison Johnson	Tri-Anglia Triathlon Club	3034	41	199 F 40-44	1:18:46	1:23:22	F
3117	Emily Jones		3036	30	823 F 1-39	1:18:46	1:23:22	F
3118	Beth Panter		3681	22	824 F 1-39	1:18:45	1:23:31	F
3119	Mark Crowe		2834	45	232 M 45-49	1:19:06	1:23:40	M
3120	Kayleigh Odat	Norwich Road Runners	3157	29	825 F 1-39	1:19:39	1:23:45	F
3121	Kayte Haylett		3572	29	826 F 1-39	1:19:58	1:23:50	F
3122	Marc Lynas		3084	43	259 M 40-44	1:19:52	1:24:00	M
3123	Martyn Fitt		3521	25	993 M 1-39	1:20:17	1:24:07	M
3124	Jessica Harrington		3563	32	827 F 1-39	1:20:24	1:24:13	F
3125	Brien Hueppauff		3009	44	260 M 40-44	1:19:33	1:24:25	M
3126	Alison Perry		3687	32	828 F 1-39	1:20:26	1:24:35	F
3127	Suzie Henseler		2983	44	200 F 40-44	1:20:01	1:24:36	F
3128	Alexandra Fegan Read		2907	39	829 F 1-39	1:20:02	1:24:36	F
3129	Bea Curham		3488	40	201 F 40-44	1:20:15	1:24:49	F
3130	Carla Rissmann		3708	32	830 F 1-39	1:20:22	1:24:50	F
3131	Lucas Head		3573	18	994 M 1-39	1:21:07	1:24:59	M
3132	Molly Lacey		3617	18	831 F 1-39	1:21:08	1:25:00	F
3133	Mary Dunnett		2880	65	9 F 65-69	1:20:32	1:25:01	F
3134	Rosie Walker		3333	44	202 F 40-44	1:21:08	1:25:43	F
3135	Grace Nicholas		3144	28	832 F 1-39	1:21:51	1:25:53	F
3136	Cesar Jr Campomanes		972	44	261 M 40-44	1:24:28	1:25:56	M
3137	Andrew Frow		2928	37	995 M 1-39	1:24:28	1:25:56	M
3138	Bernadette Woodyard		3382	34	833 F 1-39	1:21:44	1:26:27	F
3139	Trudi Gilbert		3536	45	164 F 45-49	1:22:20	1:26:46	F
3140	Victoria Scaife		3236	43	203 F 40-44	1:25:59	1:26:50	F
3141	Kath Jones		3039	52	88 F 50-54	1:22:12	1:27:11	F
3142	Claire Cosgun		3476	41	204 F 40-44	1:23:22	1:27:14	F
3143	Samantha Rutter		3717	35	834 F 1-39	1:23:22	1:27:14	F
3144	Lucy Smith		3738	22	835 F 1-39	1:22:32	1:27:18	F
3145	Toni Page		3676	19	836 F 1-39	1:23:51	1:27:44	F
3146	Chris Page		3678	36	996 M 1-39	1:23:25	1:27:47	M
3147	Katherine Page		3677	36	837 F 1-39	1:23:30	1:27:47	F
3148	Molly-May Sandell		3721	19	838 F 1-39	1:23:49	1:28:02	F
3149	Hayley Rissmann		3709	30	839 F 1-39	1:24:00	1:28:32	F
3150	Annette Collen		3466	25	840 F 1-39	1:24:55	1:28:35	F
3151	Carol Jeary		3601	42	205 F 40-44	1:24:15	1:28:39	F
3152	Dave Montgomery		3122	40	262 M 40-44	1:24:25	1:28:43	M
3153	Katherine Hornbrook		2999	25	841 F 1-39	1:26:05	1:30:25	F
3154	Karen Bassett		3413	57	51 F 55-59	1:25:35	1:30:37	F
3155	Jan Wheeler		3362	51	89 F 50-54	1:25:46	1:30:37	F
3156	Amy Hardingham		3558	26	842 F 1-39	1:26:41	1:31:13	F
3157	Maria Fry		3528	27	843 F 1-39	1:27:29	1:32:02	F
3158	Cristina Simpson	Norwich Road Runners	3261	34	844 F 1-39	1:29:36	1:33:14	F
3159	Charlotte Inwood		3021	44	206 F 40-44	1:29:02	1:33:29	F
3160	Elaine Wheeler		3363	40	207 F 40-44	1:29:04	1:33:39	F
3161	Katrina Nobbs		3150	42	208 F 40-44	1:32:44	1:37:11	F
3162	Janet Pope		3691	50	90 F 50-54	1:41:29	1:46:16	F
3163	Cherry Bassett		3416	22	845 F 1-39	1:42:17	1:47:18	F