

Pos	Race No.	Time	Forename	Surname	Club	Cat
1	270	34.32	Steven	Barnes		Male
2	258	34.46	Ulrich	Paquet		Male
3	30	34.50	John	Oakes	Cambridge & Coleridge AC	Male +50
4	208	35.06	Martyn	Bath	City of Norwich AC	Male
5	248	35.08	Nigel	Arnold	Norfolk Gazelles	Male +50
6	151	35.29	Vincent	Coogan	Newmarket Joggers	Male
7	316	35.35	James	Preston	Wymondham AC	Male
8	209	35.41	Brian	Herrington	Harwich Runners	Male +40
9	227	35.42	Andy	Collier	Cambridge University Hare and Hounds	Male
10	347	36.03	Tim	Downing	Cambridge Triathlon Club	Male
11	213	36.03	Lucy	Gossage	Cambridge Triathlon Club	Female
12	138	36.07	Peter	West	Colchester Harriers	Male +40
13	216	36.14	Jamie	Brunning		Male
14	283	36.25	Mick	Yaxley		Male +50
15	221	36.29	Phil	Waity	Wymondham AC	Male
16	94	36.29	Rob	Gibby	Colchester Harriers	Male
17	259	36.36	Stuart	Hodgson		Male
18	166	36.44	Alan	Pritchard	Cambridge & Coleridge AC	Male
19	3	36.54	John	Uff	Cambridge & Coleridge AC	Male
20	285	37.02	James	Gill	Cambridge University Hare and Hounds	Male
21	341	37.09	Sindnia	Piotr	Tri-Anglia	Male
22	255	37.23	Ben	Findlay		Male
23	108	37.25	Joseph	Kirton	Thetford AC	Male
24	85	37.40	Neil	Carrington	Cambridge & Coleridge AC	Male
25	334	37.55	Colin	Robilliard	Coltishall Jaguars	Male +50
26	104	37.59	Matthew	Applegate	Cambridge & Coleridge AC	Male
27	309	38.08	Steve	Ely	Norwich Road Runners	Male
28	192	38.11	Jane	Clarke	City of Norwich AC	Female +45
29	231	38.14	John	Ferguson	Cambridge & Coleridge AC	Male +40
30	228	38.15	Simon	Brightwell	Cambridge & Coleridge AC	Male +40
31	180	38.29	Eleanor	Matthews	City of Norwich AC	Female
32	266	38.31	Ian	Bailey		Male
33	22	38.39	Callum	Simpson		Male
34	173	38.41	Andrew	Whittle	Cambridge & Coleridge AC	Male
35	143	38.47	Andrew	Warner	Orion Harriers	Male
36	131	38.53	Todd	Lake	Dereham Runners AC	Male +40

37	124	38.55	Kevin	Murphy		Male +40
38	325	38.58	Andrew	Bunn	City of Norwich AC	Male +40
39	348	39.09	Gavin	Barron	Tri-Anglia	Male
40	75	39.11	Christopher	Tye	Ipswich Tri Club	Male +40
41	299	39.14	Andrew	Preston	Wymondham AC	Male +40
42	327	39.16	Andy	Vinsen	Wymondham AC	Male
43	137	39.17	Sean	Jermy	Great Yarmouth Road Runners	Male
44	300	39.19	Craig	Dungar	Wymondham AC	Male
45	238	39.25	Goy	Roper	Norwich Road Runners	Male +40
46	80	39.27	Chris	Perry	St Edmunds Pacers	Male
47	234	39.33	Richard	Lesslie		Male
48	207	39.38	Harry	Knowles	City of Norwich AC	Male +50
49	58	39.39	Martin	Yeomans	Norwich Road Runners	Male +60
50	126	39.49	Ian	Thomas		Male +50
51	146	40.02	Tim	Sadler		Male
52	278	40.09	Seb	Rijpstra		Male
53	84	40.09	Katie	Sherwood	Cambridge & Coleridge AC	Female
54	199	40.09	Vasco	Fernandes		Male
55	148	40.15	Shayne	Murray	Thetford AC	Male
56	119	40.23	Marie	Shirley	Sudbury Joggers	Female
57	333	40.28	James	Tarrant	Cambridge & Coleridge AC	Male
58	305	40.32	Edd	Moffett		Male
59	130	40.34	Debbie	Cattermole	Colchester Harriers	Female +45
60	308	40.35	Abi	Lucas	Cambridge University Hare and Hounds	Female
61	260	40.37	David	Fenton	Stowmarket Striders	Male +40
62	218	40.42	RICHARD	BLAKE	Great Yarmouth Road Runners	Male +60
63	237	40.45	Tracey	Curl	City of Norwich AC	Female +45
64	161	40.45	Chris	Brown	Cambridge & Coleridge AC	Male +40
65	33	40.57	Richard	Piper		Male +40
66	339	40.59	Rod	Bye	Coltishall Jaguars	Male +50
67	203	41.03	Terry	Epps	Wymondham AC	Male +50
68	230	41.03	Iain	Downie	Ipswich Tri Club	Male +40
69	76	41.09	Jason	Higgins	Thetford AC	Male
70	202	41.10	Tim	Phipps		Male +40
71	128	41.11	SIMON	HARRIS		Male
72	69	41.13	Marion	McCall	Thetford AC	Female +35
73	261	41.42	Mike	Hill	Tri-Anglia	Male +40

74	292	41.45	Denver	Slowther		Male
75	17	41.46	Neil	Gillingham	Ipswich Harriers	Male
76	28	41.53	Jason	Beeton	Newmarket Joggers	Male
77	122	42.00	Stocker	James		Male +60
78	125	42.06	Scott	Sherman	Stowmarket Striders	Male
79	113	42.07	Fernanado	Montesso	Newmarket Joggers	Male +40
80	269	42.07	Dale	Hurren	Norwich Road Runners	Male +50
81	98	42.09	Stephen	Edwards	Newmarket Joggers	Male +40
82	135	42.12	Helen	Grant	Cambridge & Coleridge AC	Female +45
83	111	42.15	Joe	Richer	Newmarket Cycling & Triathlon Club	Male
84	320	42.23	Andrew	Peck	Great Yarmouth Road Runners	Male +40
85	204	42.24	Rebecca	Faircloth	Wymondham AC	Female +35
86	162	42.28	Ian	Henderson		Male +50
87	47	42.37	Peter	Harris	Ely Runners	Male +60
88	268	42.37	Tanya	Crofts	Wymondham AC	Female +35
89	219	42.38	Ian	Cooper	Brandon Fern Hoppers	Male +50
90	286	42.40	David	Jones		Male
91	171	42.43	CHRISTOPHER	MOULTON	Sudbury Joggers	Male
92	302	42.46	Stephen	Dady	Great Yarmouth Road Runners	Male +50
93	102	43.02	Jamie	Martin		Male +40
94	332	43.06	Adam	Marsterson	Wymondham AC	Male
95	153	43.09	NEVILLE	KNIGHTS	Dereham Runners AC	Male +50
96	215	43.14	Penny	Edwards	Norwich Road Runners	Female +55
97	225	43.15	Simon	Wiggins	Felixstowe RRC	Male
98	274	43.19	Martin	Bagnall	Coltishall Jaguars	Male +40
99	301	43.20	Gavin	Vogt		Male +40
100	195	43.22	Lauro	Chaves		Male
101	297	43.22	Terry	Brannan	Wymondham AC	Male +60
102	78	43.39	Steven	Embleton		Male +50
103	298	43.44	Paul	Wightman	Wymondham AC	Male +40
104	72	43.44	David	Garnham	Ipswich JAFFA	Male +40
105	51	43.49	Catherine	Wright	Corby AC	Female +55
106	187	43.54	Philip	Younge	fenland running club	Male +40
107	182	43.55	Garry	Chambers	Brandon Fern Hoppers	Male
108	91	43.56	Lucy	Barnes	Ipswich Harriers	Female
109	2	43.57	Chris	Grant		Male +50
110	321	44.04	Rob	Lines	Tri-Anglia	Male +40

111	281	44.08	Mark	Mountain	Great Yarmouth Road Runners	Male
112	314	44.14	Mark	Davison		Male
113	290	44.18	Sally	Cushing	Norwich Road Runners	Female +45
114	100	44.21	Robert	Fincham		Male
115	156	44.25	Tonya	Antonis	Ipswich Harriers	Female +35
116	277	44.34	Scott	Chadwick	Coltishall Jaguars	Male
117	74	44.41	Cheryl	Holder	Purple Patch Runners	Female +35
118	134	44.50	John	Cooper		Male
119	142	44.56	Jason	Hayfield		Male +40
120	145	44.59	Ashley	Blackmore	Ely Runners	Male +40
121	254	45.03	Ian	Bandy		Male +50
122	183	45.14	Jennifer	Christian	Wymondham AC	Female +55
123	242	45.21	Richard	Collyer	Coltishall Jaguars	Male +40
124	95	45.26	Robin	Belsom	Ipswich JAFFA	Male +50
125	53	45.31	Paul	Stevenson		Male +40
126	257	45.39	Simon	Whalley	St Edmunds Pacers	Male +40
127	175	45.47	Christopher	Kindred		Male
128	159	45.49	Lynn	Walters		Female +35
129	198	45.49	Daniel	Kindred		Male
130	169	45.54	Mark	Hodgson		Male
131	8	46.10	Sam	Johnson		Male
132	240	46.16	Ken	Price	Dereham Runners AC	Male +60
133	307	46.23	Maria	Brightwell	Cambridge & Coleridge AC	Female +45
134	83	46.28	Steven	Haigh		Male
135	313	46.33	Dave	Hollis	Norwich Road Runners	Male +50
136	241	46.34	Neil	Kellett		Male +40
137	44	46.40	Jim	Neal		Male
138	326	46.47	Andrew	Enticknap	Hunts AC	Male +40
139	306	46.55	Nigel	Thompson		Male
140	323	47.00	Lee	Freeman		Male
141	121	47.03	David	Waterman	Bungay Black Dog	Male +50
142	214	47.09	Vickie	Curtis	Cambridge & Coleridge AC	Female +35
143	82	47.10	Eric	Morgan		Male +50
144	188	47.23	Kevin	Clark		Male +40
145	197	47.23	Tony	Clark		Male +40
146	49	47.26	Paul	Woodyatt	City of Norwich AC	Male +40
147	14	47.27	Adam	Rawlings		Male

148	265	47.32	Graham	Hardingham	Norfolk Gazelles	Male +50
149	340	47.43	Simon	Edye	Norwich Road Runners	Male +50
150	157	47.46	Stacey	Owen	Thetford AC	Female
151	220	47.50	Tracy	Stevens	Wymondham AC	Female +35
152	223	47.50	Ruth	Holcroft	Women's Running Network	Female +35
153	206	47.57	Samantha	Epps	Wymondham AC	Female
154	205	48.04	Sarah	Tarry		Female
155	152	48.10	Kang	Sing		Male
156	322	48.14	Mike	Hall		Male
157	1	48.25	Raymond	Keevil	Thetford AC	Male +60
158	224	48.26	Mark	Holcroft		Male
159	246	48.44	Rick	Voutt		Male
160	267	48.49	Angus	Forshaw		Male
161	29	48.59	Mike	Bull		Male +60
162	335	49.06	Robert	Elvin		Male +40
163	127	49.20	David	Reid	Stowmarket Striders	Male +50
164	229	49.23	Julia	Yelloly	Ipswich Tri Club	Female +35
165	317	49.30	Luke	Frost		Male
166	338	49.38	Jackie	Bye	Coltishall Jaguars	Female +45
167	120	49.41	Quang	Le	Brandon Fern Hoppers	Male +40
168	154	49.47	Derek	McCabe	City of Norwich AC	Male +40
169	217	49.54	David	Dixon		Male +50
170	4	49.55	Glenn	Richer	UKNetRunners	Male +50
171	73	49.59	Geoffrey	McAfee		Male +50
172	114	50.04	PAUL	GOULDING		Male +40
173	150	50.13	Veronica	Manly	Eastern Vets AC	Female +55
174	155	50.19	Emma	Dove	Totley AC	Female
175	232	50.22	Blakely	Wells		Male
176	107	50.24	Jonathan	Bevan		Male +40
177	181	50.25	Renata	Garfoot		Female +35
178	252	50.25	Geoffrey	Garfoot		Male +40
179	79	50.26	Julie	Stringer	Women's Running Network	Female
180	331	50.30	Sarah	Bradley	Wymondham AC	Female
181	5	50.33	Simon	Fields		Male +40
182	275	50.44	Rory	Campbell	Dereham Runners AC	Male +50
183	23	50.49	Philip	Neave	Bungay Black Dog	Male +60
184	245	50.53	Ioana	Whalley		Female +35

185	328	51.06	Ian	Odgers		Male +40
186	158	51.06	Clayton	Fosker		Male
187	272	51.28	Paul	Spandler	Great Yarmouth Road Runners	Male +40
188	112	51.32	Liam	Bloom		Male
189	315	51.43	Mark	Seaman		Male +40
190	337	51.46	Donna	Elin		Female +35
191	284	51.54	Stephen	Bright	british athletics supportrers club	Male +40
192	271	52.00	Lisa	Hall		Female
193	81	52.01	Jacquie	Rodwell	Diss & District Athletics Club	Female +45
194	280	52.10	Christine	Cooke	Coltishall Jaguars	Female +45
195	263	52.19	Katie	Gaskell		Female
196	13	52.30	Samantha	Wing	Thetford AC	Female
197	243	52.45	Andrew	Booth		Male +40
198	324	52.58	Alexandre	Chaves		Male +50
199	233	53.05	Sarah	Wells	Newmarket Cycling & Triathlon Club	Female +35
200	165	53.06	Carole	Spong	Great Yarmouth Road Runners	Female +55
201	336	53.12	Graham	Elvin		Male
202	184	53.23	Ronald	Marsh	Wymondham AC	Male +60
203	200	53.26	Hilary	Gunnell		Female +55
204	293	53.26	Georgina	Scott	Lowestoft Road Runners	Female
205	186	53.43	Stefan	Henriksen		Male +40
206	247	53.56	Jonathan	Shewell-Cooper		Male +40
207	310	54.01	Michelle	Gorman		Female
208	211	54.02	Melanie	Paddington		Female +35
209	115	54.02	JUDY	GOULDING		Female +35
210	189	54.03	Donna	Boyce	Haverhill Running Club	Female +35
211	250	54.13	Dick	Tooze		Male +60
212	346	54.14	Dawn	Crane	Coltishall Jaguars	Female
213	178	54.15	Jackie	Wray	Haverhill Running Club	Female +45
214	201	54.15	Paul	Goldsmith		Male
215	179	54.21	Cliff	Moore		Male +60
216	103	54.25	Jackie	Kirk	Hadleigh Hares A C	Female +35
217	6	54.31	Howard	Young		Male +50
218	330	54.32	Mariska	Niemeijer	PACTRAC	Female
219	185	54.40	Rachel	Worobec		Female
220	37	54.49	Joe	Hills		Male
221	117	55.02	Samuel	Spear		Male

222	99	55.09	Sandie	Jardine	Ely Tri Club	Female +45
223	276	55.11	Claire	Owen	Coltishall Jaguars	Female +35
224	160	55.33	Nigel	Seaward		Male +40
225	41	55.37	Colin	Doak	Ely Runners	Male +40
226	273	55.49	Peter	Spandler	Great Yarmouth Road Runners	Male +50
227	194	55.53	Tony	Britt	UKNetRunners	Male +50
228	319	55.53	Tom	Warnes	UKNetRunners	Male
229	48	55.55	June	Vane		Female +45
230	249	56.27	SARAH	GRIMSEY	Hadleigh Hares A C	Male +40
231	329	56.27	Jen	Richardson		Female
232	140	56.32	Louis	Cooper	Wymondham AC	Male +60
233	56	56.40	Brenda	Marshall		Female +35
234	55	56.40	Chris	Bass		Male +40
235	25	56.42	Carl	Howlett		Male
236	304	56.46	Sylvia	Dady	Great Yarmouth Road Runners	Female
237	77	56.53	Angela	O'Sullivan		Female +35
238	174	56.55	Joanne	Kindred		Female +45
239	93	57.06	Colin	Walker		Male +50
240	264	57.18	Jenny	Hyett		Female
241	92	57.25	Lesley	Walker		Female +45
242	26	57.27	Stephen	Morley	Brandon Fern Hoppers	Male +50
243	101	57.28	Trevor	Rolph	Brandon Fern Hoppers	Male +50
244	63	57.39	Anna	Milbank		Female +35
245	88	57.40	Vic	Wright		Female +35
246	89	57.40	Tom	Decent		Male +40
247	262	57.48	Anita	Fortes	Dereham Runners AC	Female +45
248	71	57.48	Adam	Scott		Male
249	294	58.12	Rachel	Prew		Female
250	295	58.12	Stephen	Baker		Male +40
251	96	58.19	Anthony	Walker		Male
252	190	58.26	Karren	Dagless	Norwich Road Runners	Female +35
253	193	58.26	Adam	Mulligan		Male
254	212	58.30	Rebecca	Durant	Coltishall Jaguars	Female +55
255	24	58.31	Brigitte	Heard		Female +45
256	18	58.31	Shirley	Fowler	Haverhill Running Club	Female +45
257	318	58.52	Penny	Wright		Female +45
258	61	59.00	Tracey	Monaghan	Brandon Fern Hoppers	Female +45

259	105	59.09	Rebecca	Slone	Brandon Fern Hoppers	Female
260	253	59.38	Gill	Cobbold	Diss & District Athletics Club	Female +45
261	62	59.42	Marie	Rouse		Female +35
262	191	60.02	Kevin	Mulligan		Male +40
263	70	60.07	Naomi	Pearson		Female
264	312	60.12	Tim	Scutter	Tri-Anglia	Male
265	106	60.25	Anne	Wilkinson	Hadleigh Hares A C	Female +45
266	31	60.25	Charles	Weigand	Great Yarmouth Road Runners	Male +60
267	287	60.35	Emily	Blakesley	City of Norwich AC	Female
268	59	60.37	Paul	Forshaw		Male +50
269	303	60.47	Jean	Whiting		Female +35
270	32	60.55	Dianne	Crosby	Great Yarmouth Road Runners	Female +55
271	288	61.15	Stephanie	Saunders		Female
272	239	62.16	Julie	Garrett	Norwich Road Runners	Female +35
273	86	62.32	Malcolm	MacDonald		Male +60
274	87	62.32	Derek	Whipp		Male +50
275	289	63.08	Dawn	Hawes		Female
276	226	63.36	Carla	Johnson	Felixstowe RRC	Female
277	177	63.40	Genette	Sullivan	Norwich Road Runners	Female +45
278	9	65.19	Sarah	Andrews	Thetford AC	Female +45
279	236	65.28	Joanne	Ingram		Female
280	235	65.28	Stewart	Ingram	Tri-Anglia	Male +50
281	110	66.03	Helene	Gleeson		Female
282	344	67.39	St Johns	Housing Trust		Male +40
283	7	68.48	Helen	Johnson	FERC	Female +45
284	163	73.32	Albert	Spong	Great Yarmouth Road Runners	Male +60
285	133	89.32	Dina	Morais		Female
286	342	89.32	St Johns	Housing Trust		Female +45
287	343	89.32	St Johns	Housing Trust		Female +35
288	345	97.32	St Johns	Housing Trust		Male +40