

Pos	Race No.	Time	Lastname	FirstName	Club	Cat
1	253	33.15	Preston	James	Wymondham AC	Male
2	180	33.24	Topper	Tim	Norwich Road Runners	Male +40
3	250	33.41	Leach	Matthew	North Herts Road Runners	Male
4	293	33.58	Robertson	Iain	City of Norwich AC	Male
5	153	34.15	Fryer	John	Colchester Harriers	Male
6	365	34.20	Sellens	Chris	Bideford AAC	Male
7	115	34.52	Douglas	Glenn	St Edmunds Pacers	Male
8	307	35.07	Herrington	Brian	Harwich Runners	Male +40
9	327	35.21	Skinn	Robert		Male
10	32	35.25	Uff	John	Cambridge & Coleridge	Male
11	316	35.30	Robinson	Tony	Tri-Anglia	Male
12	340	35.35	Eccles	Michael	Norfolk Gazelles	Male
13	30	35.40	Oakes	John	Cambridge & Coleridge	Male +50
14	67	35.58	Yaxley	Mick	Norwich Road Runners	Male +50
15	280	36.09	Cooper	Steve	Blackheath and Bromley Harriers AC	Male
16	124	36.34	Higham	Paul	Norwich Road Runners	Male
17	256	36.36	Dungar	John	Wymondham AC	Male
18	306	36.47	Wade	Adam	Ipswich Jaffa RC	Male
19	46	36.50	Kirton	Joseph	Thetford AC	Male
20	272	36.55	Fernandes	Vasco		Male
21	221	37.04	Ineson	Martin	Woodstock Harriers AC	Male
22	144	37.09	Preston	Paul	Colchester Harriers	Male +40
23	20	37.13	West	Peter	Colchester Harriers	Male +40
24	62	37.14	Vinsen	Andy	Wymondham AC	Male
25	290	37.15	Shields	Andrew	Cambridge & Coleridge	Male +40
26	328	37.21	Ostler	Ryan	Ipswich Jaffa RC	Male
27	212	37.29	Grubb	Mark	Norfolk Gazelles	Male
28	36	37.37	Weller	Colin		Male
29	273	38.09	Webb	Robin	Ely Runners	Male
30	47	38.13	Tye	Chris	Ipswich Triathlon Club	Male +40
31	252	38.19	Preston	Andrew	Wymondham AC	Male +40
32	151	38.19	Wood	Iain	Cambridge & Coleridge	Male
33	58	38.27	Edwards	Stephen	Newmarket Joggers	Male +40
34	65	38.37	Rijpstra	Seb	Norwich Road Runners	Male +40
35	200	38.41	Waters	Adrian	Norfolk Gazelles	Male +40
36	302	38.47	Terry	Andrew	Wymondham AC	Male +40
37	119	38.50	Martin	Paul	Norwich Road Runners	Male
38	21	38.55	Tandy	David	Norwich Road Runners	Male +40
39	93	39.01	Whittle	Andrew	Cambridge & Coleridge	Male
40	141	39.03	Hambling	Stuart	Stragglers	Male
41	356	39.10	Manton	Roger		Male +40
42	296	39.16	Holland	Neil	Wymondham AC	Male +50
43	336	39.16	Schofield	Becky	Tri-Anglia	Female
44	42	39.19	Chapman	Graham	Ely Runners	Male +50
45	332	39.23	Skiggs	Andrew	Tri-Anglia	Male
46	364	39.28	Ivory	Sarah	Bideford AAC	Female
47	245	39.32	Mountain	Jason	Wymondham AC	Male
48	294	39.38	Cordle	Jonathan		Male +40
49	98	39.44	Phipps	Tim		Male +40
50	345	39.52	de Beer	Russell	Norfolk Gazelles	Male
51	359	39.53	Mahaffy	Wallace		Male
52	37	40.02	Sadler	Tim		Male
53	341	40.03	Simmonds	Adrian		Male +40
54	317	40.17	Hodgkiss	Kate	Harwich Runners	Female
55	360	40.21	Nutt	William		Male
56	366	40.37	Laimikis	Paulius	Thetford AC	Male
57	149	40.37	Flutter	Richard	Harwich Runners	Male +40
58	291	40.48	Kent	Steven	Harwich Runners	Male +40
59	363	40.48	Hill	Mike	Tri-Anglia	Male +40
60	82	41.01	Epps	Terry	Wymondham AC	Male +50

61	8	41.10	Piper	Richard		Male +40
62	69	41.11	Grant	Helen	Cambridge & Coleridge	Female +40
63	299	41.12	Bradford	Ian	St Edmunds Pacers	Male
64	284	41.23	Goodchild	Andrew	Tri-Anglia	Male +40
65	287	41.32	Baker	Andrew	Great Yarmouth Road Runners	Male +40
66	173	41.34	Holmes	Matt	Ely Runners	Male
67	4	41.34	Tovey	Stephen	Ely Runners	Male
68	70	41.36	HARRIS	SIMON	Newmarket Joggers	Male
69	22	41.52	Belsom	Robin	Ipswich Jaffa RC	Male +50
70	331	41.54	Dewsnap	Eve	Tri-Anglia	Female
71	59	41.54	Richer	Joe	Newmarket Joggers	Male +40
72	71	41.58	James	Stocker		Male +60
73	147	42.01	Thompson	Pete	Norfolk Gazelles	Male +50
74	269	42.01	Spratling	Ben		Male
75	234	42.03	Ciarla	Zep	Coltishall Jaguars	Male +40
76	270	42.06	Childerhouse	Steve	Wymondham AC	Male +40
77	268	42.12	Browning	Colin	Norwich Road Runners	Male +40
78	72	42.13	Fenton	David	Stowmarket Striders	Male +40
79	2	42.16	Knights	Neville	Dereham Runners	Male +50
80	308	42.21	Anthony	Christine	West Suffolk AC	Female +40
81	228	42.24	Dady	Stephen	Great Yarmouth Road Runners	Male +60
82	237	42.27	Bowman	Ken	Coltishall Jaguars	Male +60
83	326	42.30	Kellaway	David	Tri-Anglia	Male +50
84	352	42.36	Watson	Gerry	Wymondham AC	Male +60
85	298	42.42	Baker	Stephen	Tri-Anglia	Male +40
86	108	42.45	Vinsen	Claire	Wymondham AC	Female
87	240	42.45	Broadhurst	Martin		Male +40
88	197	42.48	Whiston	Arthur	Colchester Harriers	Male +60
89	202	42.48	Sadd	Stephen	Norfolk Gazelles	Male +50
90	7	43.01	Harris	Peter	Ely Runners	Male +60
91	24	43.09	Holder	Cheryl	Purple Patch Runners	Female +40
92	286	43.19	Platten	Neil		Male +40
93	258	43.20	Godwin	Lisa	Norwich Road Runners	Female +40
94	199	43.20	Embleton	Steven		Male +50
95	259	43.22	Alexander	Rodger	Great Bentley	Male +50
96	133	43.24	McHugh	Stuart		Male +40
97	161	43.26	Lyons	Zoe		Female
98	25	43.33	Mould	David	Ely Runners	Male +40
99	271	43.37	Hurren	Sharon	Wymondham AC	Female +40
100	276	43.43	Bye	Rod	Coltishall Jaguars	Male +50
101	18	43.51	Montesso	Fernanado	Newmarket Joggers	Male +40
102	207	43.54	Vogt	Gavin		Male +50
103	43	44.01	Stevenson	Paul		Male +40
104	324	44.05	Hardyman	Julian	Cambridge & Coleridge	Male +40
105	61	44.05	Uff	Heidi	Ely Runners	Female
106	88	44.08	Chadwick	Scott	Coltishall Jaguars	Male
107	357	44.09	Bowie-Hill	Chris		Male
108	164	44.13	Roberts	Eva		Female +40
109	109	44.15	Neave	Martin		Male +60
110	362	44.22	Blackman	Alexander		Male
111	95	44.41	Woodyatt	Paul	City of Norwich AC	Male +50
112	111	44.48	Wood	Dan		Male
113	282	44.52	McCabe	Derek	City of Norwich AC	Male +40
114	81	45.03	Epps	Samantha	Wymondham AC	Female
115	13	45.11	Grant	Chris		Male +50
116	178	45.21	Bone	John	Great Yarmouth Road Runners	Male +60
117	195	45.23	Corbould	Stephen	Norfolk Gazelles	Male +50
118	239	45.46	Kellett	Neil		Male +40
119	321	45.46	Hannant	Emily	Coltishall Jaguars	Female
120	267	45.53	Schwer	Paul	Felixstowe Road Runners	Male +50
121	247	45.54	Gray	Alex		Male
122	266	46.05	Wells	Blakely		Male

123	346	46.11	Price	Ken	Tri-Anglia	Male +60
124	175	46.35	Oulds	Chris		Male
125	28	46.45	Johnson	Sam		Male
126	275	46.52	Steve	Starr	Ely Runners	Male +40
127	148	46.53	Silver	Ian	Cambridge University Press RC	Male +50
128	238	46.57	Bye	Ellie	Coltishall Jaguars	Female
129	156	47.03	Knott	Elsbeth	Harwich Runners	Female +60
130	171	47.06	Oulds	Richard		Male
131	338	47.08	Purbrook	Clive	Newmarket Joggers	Male +50
132	187	47.19	Suckling	Jason		Male
133	354	47.23	Henery	Catherine	Norwich Road Runners	Female +40
134	248	47.30	Cotton	Peter		Male +60
135	329	47.34	Whalley	Simon	St Edmunds Pacers	Male +40
136	281	47.34	Gurney	Nick		Male
137	145	47.51	Heaslip	Colin		Male +50
138	112	47.58	Godfrey	Alistair	Sudbury Joggers	Male
139	305	48.05	Ager	Ian		Male
140	177	48.06	Hill	Michael		Male
141	214	48.08	Barrett	Eddie	Ramsey Road Runners	Male +40
142	158	48.12	Blackburn	Jez		Male
143	107	48.15	Fazackerley	Darren	100 Marathon Club	Male +40
144	181	48.23	Websdale	Steve	Norwich Road Runners	Male +40
145	334	48.24	Barker	Louise		Female
146	34	48.25	Stringer	Julie	Cambridge & Coleridge	Female
147	361	48.39	Bunn	Mandy	Haverhill	Female +40
148	163	48.58	Mahoney	Niall		Male +40
149	210	49.00	Penrose	Darren		Male +40
150	274	49.02	MacDonald	Ailsa	Waveney Valley AC	Female
151	1	49.10	Keevil	Raymond	Thetford AC	Male +60
152	9	49.13	Yelloly	Julia	Ipswich Triathlon Club	Female +40
153	15	49.35	Osborne	Andrea	North Norfolk Beach Runners	Female +50
154	35	49.35	Beeton	Jason	Newmarket Joggers	Male
155	289	49.35	Baker	Nicola	Great Yarmouth Road Runners	Female +40
156	74	49.36	Garfoot	Geoffrey		Male +40
157	277	49.38	Bye	Jackie	Coltishall Jaguars	Female +50
158	309	49.43	Floate	Mary	Reepham Runners	Female
159	223	49.44	sandford	Richard		Male +40
160	351	49.47	Egmore	Jenni	Reepham Runners	Female +40
161	192	49.50	Hones	Linda	Newmarket Cycling & Triathlon Club	Female +40
162	323	49.57	Stringer	Steve	Great Yarmouth Road Runners	Male +40
163	89	50.08	Voutt	Rick		Male +40
164	80	50.11	Garfoot	Renata		Female
165	236	50.18	Jermy	Carly	Norwich Road Runners	Female
166	203	50.38	Hatton	Karen	St Edmunds Pacers	Female +50
167	48	50.45	Crossman	Brent	Ely Runners	Male +40
168	227	50.50	Woods	Ronnie		Male +40
169	330	51.02	Ostler	Tim		Male +50
170	130	51.07	Stapleton	Ruth	Royston Runners	Female
171	40	51.15	Lozano	Michael		Male
172	23	51.20	Bull	Mike		Male +60
173	166	51.32	Holmes	George		Male
174	230	51.38	Girling	David	Great Yarmouth Road Runners	Male +50
175	222	51.38	Peach	Mark	Great Yarmouth Road Runners	Male +40
176	64	51.42	Braverman	Terry	Haverhill Running Club	Male +60
177	265	51.45	Wells	Sarah	Newmarket Cycling & Triathlon Club	Female
178	6	51.53	Holmes	Ken		Male +50
179	246	51.58	Bradley	Patsy	Wymondham AC	Female +50
180	241	51.59	Clayton	Nigel		Male +40
181	198	52.02	Coles	Sharon		Female +40
182	335	52.06	Hall	Lisa		Female
183	219	52.12	Thawley	Andrew		Male
184	53	52.17	Reid	David	Stowmarket Striders	Male +50

185	68	52.17	Booth	Andrew		Male +40
186	349	52.19	Lockett	John		Male +50
187	220	52.35	Thawley	Sarah		Female
188	342	52.41	Marsh	Jason		Male +40
189	79	52.53	Niemeijer	Mariska	PACTRAC	Female
190	179	53.04	Braverman	Diana	Cambridge & Coleridge	Female +60
191	12	53.05	Neave	Philip	Bungay Black Dog	Male +60
192	169	53.11	Walker	Claire		Female +40
193	292	53.22	Owen	Claire	Coltishall Jaguars	Female
194	353	53.38	Henery	Paul		Male +50
195	113	53.47	Holmes	Verity	Coltishall Jaguars	Female
196	333	53.54	Jones	Stephanie		Female
197	102	54.01	Whalley	Loana	Joggers and Jaunters	Female +40
198	104	54.04	Francis	Gemma		Female
199	315	54.08	Field	Karen		Female
200	168	54.13	Smith	Michael	Wymondham AC	Male +60
201	16	54.15	Gunnell	Hilary		Female +50
202	355	54.16	Owen	Roy		Male +60
203	176	54.18	Haffenden	Simon	Haverhill Running Club	Male +50
204	86	54.19	Prew	Rachel		Female
205	76	54.27	Richardson	John	Dereham Runners	Male +50
206	318	54.29	Cash	Alan		Male
207	231	54.38	Spandler	Peter	Great Yarmouth Road Runners	Male +50
208	301	54.51	Aukland	Cathy		Female
209	211	54.54	Graveling	Ian		Male
210	33	54.57	Pryor	Louise	UKNetrunner	Female +50
211	229	54.58	Dady	Sylvia	Great Yarmouth Road Runners	Female
212	303	54.58	Hadley	Mark	Wymondham AC	Male +40
213	85	55.04	Spandler	Paul		Male +40
214	137	55.18	Crewe	Richard		Male +40
215	92	55.25	Warnes	Tom	UKNetrunner	Male
216	312	55.26	Goodman	Lucy		Female
217	155	55.28	George	Mathew		Male +40
218	262	55.32	Barley	Sarah		Female +40
219	347	55.36	Cooper	Louis	Wymondham AC	Male +60
220	29	55.45	Richer	Glenn	UKNetrunner	Male +50
221	56	56.08	Parr	Dawn	Riverside runners	Female
222	129	56.16	Byford	Eric		Male +50
223	339	56.25	Schofield	Belinda	Newmarket Joggers	Female +50
224	313	56.32	Doswald	Nathalie		Female
225	255	56.34	Young	Beverley		Female +40
226	264	56.36	Chase	Juliet		Female +50
227	44	56.39	Britt	Tony	UKNetrunner	Male +50
228	39	56.56	Jardine	Sandie	Ely Tri Club	Female +40
229	243	56.57	Gray	Dean		Male +50
230	99	56.58	Doak	Colin	Ely Runners	Male +40
231	314	57.05	Belcher	Lynsey	Norwich Road Runners	Female
232	121	57.07	O'Sullivan	Angela		Female
233	278	57.11	Moore	Brian	Norwich Road Runners	Male +60
234	138	57.28	Clarke	Hui-Imm		Female +40
235	110	57.32	Porter	David		Male +60
236	350	57.32	Durant	Rebecca	Coltishall Jaguars	Female +60
237	103	57.48	Floyd	Melanie		Female +40
238	205	58.01	Cash	Paul		Male
239	311	58.07	Janowski	Lucie		Female
240	279	58.12	Moore	Lynda	Norwich Road Runners	Female +50
241	54	58.18	Walker	Colin		Male +50
242	233	58.24	Belcher	Kim	Norwich Road Runners	Female +50
243	3	58.27	Banks	Gordon		Male +40
244	55	58.59	Walker	Lesley		Female +40
245	11	59.17	Weigand	Charles	Great Yarmouth Road Runners	Male +60
246	261	59.23	Baker	Susan		Female +40

247	185	59.26	King	Catherine		Female +40
248	120	59.39	Pearson	Naomi		Female
249	77	60.00	Whiting	Jean		Female +40
250	283	60.08	Bailey	Caroline		Female +40
251	300	60.08	Leeder	Jules		Female
252	194	60.10	Peck	David	Newmarket Cycling & triathlon Club	Male +60
253	295	60.28	Crook	Julia		Female +40
254	160	60.44	Mortimer	Claire	Hadleigh Hares Athletic Club	Female +40
255	49	60.50	Walker	Anthony		Male
256	87	60.54	Gleeson	Helene	Brandon Fern Hoppers	Female
257	184	61.15	Holmes	Julie	BRJ Huntingdon RRC	Female
258	260	61.26	Pettit	Anna		Female +40
259	249	61.35	Godden	Sonia		Female
260	232	62.25	Belcher	Robert		Male +50
261	310	62.33	Vicente	Isabel	FetchEveryone RC	Female +40
262	190	62.33	Andrew	Antony	Newmarket Cycling & Triathlon Club	Male
263	78	62.44	Corder	Paul		Male +50
264	117	62.53	Smith	Jason		Male +40
265	118	62.53	Smith	Kathryn		Female +40
266	75	62.55	Cobbold	Gill	Diss athletics club	Female +40
267	337	63.28	Allen	Mark	Brandon Fern Hoppers	Male
268	154	63.35	Sargeant	Paul		Male +40
269	319	63.50	Johnson	Jane	Thetford AC	Female +40
270	320	63.50	Johnson	Nick	Thetford AC	Male +40
271	157	64.03	Carroll	Shaun		Male +40
272	152	64.15	Matthews	Jessica		Female
273	358	64.23	Bowie-Hill	Romy		Female
274	128	64.43	Dean	Anna		Female +40
275	215	64.46	Berwick	Claire		Female
276	216	64.46	Berwick	Iain		Male
277	5	64.52	Rolph	Trevor	Brandon Fern Hoppers	Male +50
278	60	66.08	Judd	Vicki	Norwich Road Runners	Female
279	174	68.08	Dickens	Samantha		Female +40
280	57	68.37	Andrews	Sarah		Female +40
281	263	68.37	Owen	Mary		Female +60
282	101	71.05	Kingswell	Jennifer		Female
283	83	71.39	Nicoll	Derek		Male +40
284	297	73.46	Carter	Annette	Great Yarmouth Road Runners	Female +40
285	348	73.46	Gowing	Jean	Reepham Runners	Female +60
286	251	74.27	Porter	Danny		Male +40
287	325	74.27	Baynton	Amy		Female
288	189	74.46	West	Clare	Thetford AC	Female
289	96	75.44	Webb	Karen		Female +50
290	254	75.48	King	Donna	Reepham Runners	Female
291	288	77.02	King	Sue	Reepham Runners	Female +50
292	100	78.39	Gilyatt	Lynn		Female +40
293	196	78.44	Goodwin	Lyn	Brandon Fern Hoppers	Female +40