

Pos	Race No.	Time	Lastname	FirstName	Club	Cat
1	119	33.17	Eccles	Michael	Norfolk Gazelles AC	Male
2	137	33.59	Chenery	Robert	Ipswich Jaffa RC	Male
3	1	34.20	Kirton	Joe	St Marys University	Male
4	153	34.39	Spratling	Ben	City Of Norwich AC	Male
5	228	34.48	Barnes	Steven		Male
6	214	34.54	Atterwill	Sean		Male
7	284	35.59	Thompson	Mark	Great Yarmouth Road Runners	Male
8	243	37.20	Ely	Steve	Norwich Road Runners	Male +40
9	99	37.24	Bunch	Trevor	Haverhill Running Club	Male +40
10	114	37.28	Wosiek	Rafal		Male
11	280	37.37	Gay	George	City Of Norwich AC	Male
12	269	38.39	Terry	Andrew	Wymondham AC	Male +40
13	118	38.49	Preston	Paul	Colchester Harriers AC	Male +40
14	52	39.10	Wing	Jason		Male +45
15	254	39.29	Copland	Dave	Ipswich Triathlon Club	Male +50
16	125	39.57	Churchman	Ben	Diss and District AC	Male
17	44	39.59	Sexton	Tim	Norfolk Gazelles AC	Male +40
18	111	40.25	Perry	Chris	Saint Edmund Pacers	Male +40
19	186	40.33	Smith	Simon	Thetford AC	Male +40
20	219	40.38	Henderson	Ian		Male +55
21	57	40.39	Smith	Paul		Male +45
22	276	40.41	Brunt	Jason	Norfolk Gazelles AC	Male +40
23	242	40.44	Betts	Thomas		Male
24	246	40.53	Dixon	George	Ipswich Jaffa RC	Male
25	195	40.56	Simmonds	Adrian		Male +45
26	218	41.15	Gardiner	Daniel	Bungay Black Dog RC	Male +40
27	320	41.19	Wigg	Matthew	Norfolk Gazelles AC	Male
28	251	41.27	Hill	Mike		Male +50
29	287	41.28	Layton	Will		Male
30	178	41.33	Mickleburgh	Christopher		Male
31	56	41.34	Walker	Karl	Norfolk Gazelles AC	Male +40
32	92	41.42	Epps	Terry	Wymondham AC	Male +60
33	79	41.57	Belsom	Robin	Ipswich Jaffa RC	Male +55
34	177	42.01	Anthony	Christine	West Suffolk AC	Female +50
35	129	42.04	Elden	Ian	Haverhill Running Club	Male +40
36	327	42.07	Mclnroy Naylor	Hannah		Female
37	234	42.09	Steward	Clive		Male +50
38	278	42.10	Hopgood	Barry		Male +40
39	324	42.57	Newman	Sophie	Stowmarket Striders RC	Female
40	127	42.58	Mountain	Mark	Great Yarmouth Road Runners	Male +40
41	215	43.31	Neal	Steven	Brandon Fern Hoppers	Male +45
42	202	43.32	Woolgrove	Ashley	UKnetrunner.co.UK	Male
43	317	43.35	Cannons	Ian	Harwich Runners	Male +40
44	190	43.35	Morrison	Henry		Male +40
45	199	43.39	Butler	Vince	Tri-Anglia Triathlon Club	Male +45
46	21	43.41	Elrick	Jason		Male +45
47	238	43.45	Clarke	Neville	Newmarket Joggers	Male +60
48	98	43.50	Dixon	Stephen	Ipswich Jaffa RC	Male +50
49	316	43.50	Stone	Mark	Great Yarmouth Road Runners	Male +40
50	176	43.52	Howe	William	Harling Athletic Club	Male +50
51	75	43.56	Crewe	Richard		Male +40
52	303	44.09	Tufts	Mark	Wymondham AC	Male +45
53	265	44.17	Gillespie	David	Ely Runners	Male
54	43	44.26	Wildman	Paul		Male
55	288	44.39	Bellotti	Oliver		Male
56	76	44.42	Shearwood	Guy	Norwich Road Runners	Male +55
57	179	44.45	Whelan	Bernie		Male
58	279	44.50	Tunmore	Greg	Diss and District AC	Male
59	281	44.50	Thelwell	Sam		Male
60	95	44.55	Marchi	Manuel		Male

61	236	45.08	Burton	Mike	Harling Athletic Club	Male +40
62	39	45.14	Thorogood	Sandy	Sudbury Joggers	Female +50
63	91	45.29	Stevenson	Paul		Male +45
64	106	45.41	Crow	David		Male
65	42	45.43	Grant	Chris		Male +55
66	231	45.48	Chenery	Duncan	Ipswich Jaffa RC	Male +55
67	264	45.53	Clitheroe	Ian		Male +45
68	103	45.55	Bingham	Heidi	Stowmarket Striders RC	Female
69	158	46.01	Hall	Lisa		Female
70	148	46.14	Pillar	Gary	Great Yarmouth Road Runners	Male +45
71	248	46.16	Narayan	James		Male
72	138	46.18	Duncan	Celia	West Suffolk AC	Female +60
73	132	46.22	Gooderham	Martin	Tri-Anglia Triathlon Club	Male
74	315	46.25	Perry	Sharon		Female +40
75	94	46.27	Dickinson	Lee		Male +45
76	73	46.27	Schaefer	Sabine		Female
77	121	46.31	Jenkins	David	Saint Edmund Pacers	Male +50
78	102	46.34	Edwards	Ian	Norfolk Gazelles AC	Male +40
79	3	46.43	Bull	Mike		Male +65
80	319	46.51	Parfett	Glen		Male +40
81	58	47.08	Neeve	David	Bungay Black Dog RC	Male
82	325	47.09	Seward	Jordan		Male
83	78	47.16	Barker	Charles	Ely Runners	Male +60
84	126	47.20	Hammond	Andrew	Norfolk Gazelles AC	Male +55
85	224	47.23	Hills	Stuart		Male
86	208	47.25	Hodgson	Charlotte		Female
87	204	47.31	Gotts	Peter		Male
88	312	47.32	Thompson	Stuart		Male +40
89	225	47.37	Greenhouse	Kevin	Brandon Fern Hoppers	Male
90	183	47.44	Brumby	Sue		Female +50
91	167	47.46	Pavey	Luke		Male
92	196	47.48	Crane	Matthew	Bure Valley Harriers	Male
93	220	47.54	Henderson	Sally		Female
94	67	47.56	Sandford	Richard		Male +50
95	273	47.58	Ring	Mark	Norwich Road Runners	Male +45
96	193	48.09	Watson	Michael		Male +50
97	164	48.13	Cox	Graham	Bure Valley Harriers	Male +65
98	116	48.20	Knott	Elsbeth	Harwich Runners	Female +60
99	82	48.27	Bott	Chris		Male +50
100	301	48.29	Hutchins	Tom	Norfolk Gazelles AC	Male +40
101	80	48.31	Abbott	Catherine	Stowmarket Striders RC	Female +40
102	206	48.34	De Marco	Paolo		Male +55
103	180	48.35	Starr	Stephen	Ely Runners	Male +45
104	318	48.37	Slattery	Russell	Thetford AC	Male
105	96	48.46	Purbrook	Clive		Male +55
106	64	48.53	Billson	Steve		Male +45
107	157	49.06	Dye	Richard	Bungay Black Dog RC	Male +50
108	151	49.09	Mortlock	Simon	Bure Valley Harriers	Male
109	294	49.11	Dawson	Lorrain	GYRN	Female +55
110	172	49.19	Boyall	Aaron		Male
111	260	49.19	Greenough	Chris		Male
112	89	49.20	Dixon	Leon		Male
113	14	49.21	Crane	Morgan		Male +40
114	313	49.24	Leary	Rowena	Norfolk Gazelles AC	Female
115	71	49.29	Ward	Daniel	Newark Striders Running Club	Male
116	272	49.29	Plumley	Tina	Thetford AC	Female +40
117	232	49.35	Chenery	Lynsey	Ipswich Jaffa RC	Female
118	295	49.41	Norkett	Andy		Male +40
119	297	49.41	Hewett	Iain		Male +45
120	182	49.42	Dooley	Theresa		Female +45
121	221	49.43	Larke	Patrick	Wymondham AC	Male +55
122	275	49.47	Zipfel	Daniel		Male

123	304	49.48	Penny	John		Male +60
124	170	49.56	Boyall	Maria		Female +40
125	171	49.56	Boyall	Alex		Male +45
126	323	49.57	Biddle	Justin		Male +40
127	253	50.03	Tye	Cheryl	Purple Patch Runners	Female +45
128	239	50.23	Farmer	Stuart		Male
129	81	50.24	Smith	Andrew	Saint Edmund Pacers	Male +45
130	117	50.24	Rice	Peter	Norfolk Gazelles AC	Male +45
131	38	50.31	Newell	Warren		Male +50
132	274	50.31	Pennec	Thierry		Male +40
133	235	50.34	Kellett	Neil		Male +50
134	147	50.35	Boon	Richard		Male
135	298	50.38	Houston	Richard	Diss Heywood Joggers	Male
136	163	50.41	Howell	William		Male +45
137	144	50.54	Bright	Chris		Male
138	216	50.59	Mosby	Gavin		Male +50
139	240	51.00	Arnold	Graham		Male +45
140	110	51.09	Corbould	Stephen		Male +55
141	168	51.11	Freeman	Justin		Male
142	191	51.12	Sutton	Philip		Male
143	241	51.21	Sampson	Graham	Bungay Black Dog RC	Male +65
144	192	51.23	Christian	Jennifer	Wymondham AC	Female +60
145	33	51.24	Standley	Shirley		Female +45
146	87	51.27	Wright	Cas		Female +45
147	305	51.29	John	Nicola	Coltishall Jaguars RC	Female
148	115	51.30	Clouston	Stephanie	Thetford AC	Female +40
149	290	51.32	Osborne	Rob	North Norfolk Beach Runners	Male +55
150	308	51.37	Roberts	Hugh	Bungay Black Dog RC	Male +65
151	165	51.39	Jepson	Nicola		Female
152	83	51.42	Knight	Hayley		Female
153	37	51.46	Dickens	Steve	Tri-Anglia Triathlon Club	Male +50
154	185	51.47	Cloughton	Paul	Harling Athletic Club	Male +50
155	267	51.53	Adolphus	Tony	Ipswich Jaffa RC	Male +55
156	85	52.06	Gay	Peter	Stowmarket Striders RC	Male +65
157	145	52.10	Bright	Stephen		Male +50
158	201	52.32	Barwick	Sam	Norfolk Gazelles AC	Female +45
159	70	52.32	Povey	Richard		Male +40
160	293	52.41	Smith	Mike	Wymondham AC	Male +65
161	291	52.42	Osborne	Andi	Long Dale Striders	Female +60
162	97	52.49	Schofield	Belinda		Female +55
163	17	52.56	Wilder	Richard		Male
164	149	53.00	Owen	Claire		Female
165	205	53.03	Gerrard	Hayley	Norwich Road Runners	Female +45
166	203	53.14	Smith	Jennifer	Cambridge & Coleridge AC	Female
167	311	53.18	Gillion	Stewart	Wymondham AC	Male +55
168	109	53.25	Tiffin	Don	Bungay Black Dog RC	Male +65
169	51	53.27	Reeves	Lorraine		Female +40
170	20	53.34	Lamb	David		Male +40
171	166	53.42	Henderson	Fiona		Female
172	90	53.48	Stringer	Julie	Cambridge & Coleridge AC	Female
173	198	53.56	Worsnop	Hugh		Male +45
174	244	54.00	Drake	Duncan		Male
175	282	54.03	Moriarty	Roisin		Female
176	142	54.20	Stringer	Steve	Great Yarmouth Road Runners	Male +45
177	174	54.23	Addison	Helaine		Female
178	252	54.27	Overton	Simon		Male
179	123	54.35	Fish	Grayhame	Stowmarket Striders RC	Male +65
180	237	54.35	Clarke	Hui-Imm		Female +45
181	222	54.50	Nunn	Chris		Male +60
182	270	54.53	Short	Warren		Male +40
183	40	54.54	Sandford	Andrew		Male +45
184	50	54.59	Keating	Erin		Female

185	32	55.06	Askew	Wayne		Male +40
186	68	55.15	Glenister	Karen		Female +40
187	27	55.43	Rodwell	Jacquie		Female +50
188	223	55.50	Siblon	Feria		Female +55
189	134	55.52	Wright	Andy	Stowmarket Striders RC	Male +45
190	36	56.04	Dickens	Samantha		Female +45
191	283	56.18	Short	Gabrielle		Male
192	229	56.23	Moore	Brian	Norwich Road Runners	Male +60
193	24	56.28	George	Mathew		Male +45
194	55	56.35	Condron	Ian	Norfolk Gazelles AC	Male +40
195	77	56.37	Armstrong	Louise		Female
196	285	56.42	Marten	Len	Springfield Striders RC	Male +40
197	188	56.48	Elliott	Tim		Male +45
198	113	57.10	Haylett	Adam		Male
199	128	57.11	O'Reilly	Steven		Male
200	6	57.41	O'Doherty	Emma		Female
201	286	57.56	Jackson	Tom		Male
202	197	57.57	Coles	Sharon		Female +40
203	200	57.58	Clayton	Nigel		Male +45
204	310	58.01	Gunning	Rosie		Female +40
205	162	58.08	Howell	Samantha		Female +40
206	187	58.17	McMurtary	Sarah		Female +40
207	268	58.23	Adolphus	Judith	Ipswich Jaffa RC	Female +50
208	101	58.29	Shead	Sheila	Newmarket Cycling & Triathlon Club	Female +60
209	322	58.35	Rickatson	Martin		Male
210	124	58.37	Fish	Anne	Stowmarket Striders RC	Female +65
211	93	59.10	Taylor	David		Male +45
212	65	59.18	Perkins	Tony		Male +45
213	19	59.34	Chamberlain	Jennie		Female +45
214	63	59.35	Whitehead	Lisa		Female
215	156	59.45	Sayle	Pam		Female +60
216	259	59.57	Pickering	Jamie		Male
217	261	59.59	Meader	Paul	Brandon Fern Hoppers	Male +50
218	256	60.15	Sargeant	Paul		Male +50
219	26	60.18	Smith	Franca		Female +50
220	230	60.55	Moore	Lynda	Norwich Road Runners	Female +60
221	255	61.05	Pearce	Glynn		Male +50
222	105	61.10	Potter	Sharon		Female +50
223	152	61.25	Petherick	Lisa		Female +40
224	8	61.32	Godfrey	Martin		Male +40
225	258	61.35	Allen	Angela		Female +45
226	211	61.46	Papworth	Charlotte		Female
227	212	61.47	Brookes	Gregory		Male
228	257	62.14	Cornford	Lucy		Female
229	245	62.16	Fussey	Lorraine		Female +45
230	107	62.45	Baker	Carol	Norfolk Gazelles AC	Female +40
231	12	62.53	Moss	Lisa		Female +45
232	25	62.57	Ebbage	Julie		Female +45
233	302	62.58	Cason	Hazel	Dereham Runners	Female +55
234	277	63.00	Wembacher	Catrin		Female
235	210	63.07	Williams	Gareth		Male +40
236	209	63.08	Williams	Sam		Female +45
237	314	63.16	Fay	Pearl	Newmarket Joggers	Female +55
238	59	63.16	Simpson	Helen		Female +45
239	72	63.22	Bailey	Kayleigh		Female
240	4	63.40	Greenhouse	Andy		Male +50
241	150	64.14	Mortlock	Katherine	Bure Valley Harriers	Female
242	289	64.29	Corder	Paul	Norwich Road Runners	Male +55
243	249	64.35	Atkins	Sue		Female
244	250	64.36	Atkins	Aaron		Male
245	84	64.39	Cobbold	Gillian		Female +50
246	13	64.40	Lingard	Laura		Female +45

247	307	64.51	Cooper	Louis	Wymondham AC	Male +65
248	69	65.11	Forshaw	Paul	Fetch Everyone	Male +60
249	207	65.24	Le Quere	Corinne		Female +45
250	194	65.30	Burrows	Mark		Male +45
251	66	65.35	Cusack	Linda		Female +60
252	296	65.49	Seys	Alison		Female +45
253	321	66.09	Dabbs	David		Male
254	263	66.31	Cooper	Samantha		Female
255	262	66.32	Paterson	David		Male
256	22	66.42	Elrick	Ann		Female +40
257	299	67.10	Larke	Wendy	Wymondham AC	Female +45
258	88	67.16	Prior	Nicola		Female
259	31	67.31	Dabbs	John		Male
260	233	67.32	Mold	Natasha		Female +45
261	300	67.40	Norbury	Beth	Thetford AC	Female
262	108	67.49	Rosenberg	Susannah	Ipswich Triathlon Club	Female +50
263	131	68.05	Darnell	Robert		Male +60
264	48	68.39	Halpin	Sharon		Female +45
265	15	69.04	Plumb	Lisa		Female +50
266	146	69.26	Wainwright	Lauren		Female
267	5	70.16	Shaw	Emma		Female
268	266	70.18	Hopgood	Victoria		Female
269	62	70.37	Twiss	Catherine		Female +45
270	61	70.37	Burton	Helen		Female +45
271	120	71.29	Schwer	Will	Felixstowe RRC	Male
272	18	71.33	Grayson	Paul		Male +45
273	9	71.36	Williams	Graham		Male
274	10	72.34	Calvert	Dianne		Female +50
275	306	72.43	Bartl	Cindy		Female
276	217	75.00	Graham	Primrose		Female
277	86	76.02	Gay	Chris	Stowmarket Striders RC	Female +65
278	74	76.26	Sears	Michaela		Female +45
279	139	77.14	Milne	Chanel		Female
280	140	77.15	Basford	Daniel		Male
281	2	77.21	Higgs	Dawn		Female
282	23	78.46	Elliott	Liz		Female +40
283	100	78.47	Spicer	Heidi		Female
284	226	87.23	Roper	Holly		Female