

2018 Breckland 10K Results								
Position	Forename	Surname	Gender	Category	Club	Tag	Gun Time	Chip Time
1	Adrian	Mussett	M	M45-49	Colchester Harriers AC	222	0:33:26	0:33:27
2	Stu	Huntington	M	M15-39	City Of Norwich AC	175	0:34:52	0:34:51
3	Ben	Rivett	M	M15-39		266	0:35:52	0:35:52
4	Tom	Cresswell	M	M15-39	Colchester Harriers AC	84	0:36:37	0:36:36
5	Gavin	Davies	M	M15-39	Ipswich Jaffa RC	93	0:36:40	0:36:39
6	Mabel	Beckett	F	F15-39	City Of Norwich AC	23	0:38:19	0:38:18
7	Wayne	Cook	M	M45-49	Colchester Harriers AC	79	0:38:28	0:38:27
8	Kirk	Bagge	M	M15-39	Wymondham AC	17	0:38:53	0:38:50
9	Paul	Preston	M	M45-49	Colchester Harriers AC	256	0:39:05	0:39:04
10	Sarah	Stradling	F	F40-44	Colchester Harriers AC	301	0:39:10	0:39:09
11	Andrew	Conway	M	M45-49	Tiptree Road Runners	77	0:39:20	0:39:19
12	james	taylor	M	M15-39		311	0:39:59	0:39:52
13	Andy	Mulligan	M	M15-39	Coltishall Jaguars RC	220	0:40:05	0:40:05
14	Chris	Yeates	M	M15-39	City Of Norwich AC	352	0:40:06	0:40:01
15	Todd	Lake	M	M50-54	Dereham Runners & AC	106	0:40:09	0:40:08
16	Paul	Griffin	M	M15-39		145	0:40:11	0:40:09
17	Cat	Cummings	F	F40-44	Wymondham AC	87	0:40:15	0:40:13
18	James	Fowler	M	M40-44	Norfolk Gazelles AC	127	0:40:16	0:40:13
19	Jason	Wing	M	M45-49		343	0:40:31	0:40:29
20	Tim	Phipps	M	M50-54	Cambridge & Coleridge AC	247	0:40:55	0:40:51
21	Lee	Fairweather	M	M40-44		116	0:41:07	0:41:02
22	Joe	Denton	M	M45-49	Harling Athletic Club	100	0:41:09	0:41:07
23	Ryan	Pack	M	M15-39		240	0:41:10	0:41:04
24	Howard	Beasley	M	M55-59	Saint Edmund Pacers	22	0:41:13	0:41:13
25	Shaun	Braybrook	M	M15-39	Wymondham AC	38	0:41:38	0:41:36
26	Adrian	Simmonds	M	M45-49		286	0:41:41	0:41:36
27	Steven	Hughes	M	M50-54	Stowmarket Striders RC	172	0:41:52	0:41:49
28	Richard	Hill	M	M40-44	Ely Runners	166	0:41:59	0:41:56
29	Alberto	Canepa	M	M45-49		59	0:42:03	0:41:51
30	Simba	Kazhanje	M	M15-39	Haverhill Running Club	185	0:42:04	0:42:03

31	Sam	Thelwell	M	M15-39	Norfolk Gazelles AC	314	0:42:22	0:42:17
32	Jason	Brunt	M	M45-49	Norfolk Gazelles AC	43	0:42:26	0:42:22
33	Stuart	Roberts	M	M50-54		267	0:42:29	0:42:27
34	Lee	Brown	M	M15-39	Haverhill Running Club	42	0:42:56	0:42:55
35	Kevin	Knights	M	M15-39		197	0:43:10	0:43:08
36	Alexandra	Smith	F	F40-44	Wymondham AC	289	0:43:13	0:43:09
37	Gavin	Siriwardena	M	M45-49		288	0:43:21	0:43:19
38	Sandy	Thorogood	F	F50-54	Sudbury Joggers	321	0:43:27	0:43:17
39	Paul	Wildman	M	M15-39		340	0:43:33	0:43:31
40	David	Allum	M	M15-39	Norfolk Harriers RC	12	0:43:42	0:43:41
41	Martin	Gooderham	M	M15-39	Harling Athletic Club	138	0:43:42	0:43:40
42	Haydn	Lyon	M	M15-39	City Of Norwich AC	204	0:43:47	0:43:42
43	Ian	Henderson	M	M55-59		159	0:43:58	0:43:57
44	Mark	Bloomfield	M	M45-49		33	0:44:00	0:43:52
45	Charlie	Stone	M	M15-39	Thetford AC	297	0:44:04	0:44:03
46	Mark	Stone	M	M45-49	Great Yarmouth Road Run	298	0:44:04	0:44:01
47	Neville	Clarke	M	M60-64	Newmarket Joggers	69	0:44:09	0:44:05
48	James	Stubbs	M	M15-39	Haverhill Running Club	303	0:44:26	0:44:24
49	Jonathan	Pearson	M	M40-44		244	0:44:32	0:44:24
50	Robin	Belsom	M	M55-59	Ipswich Jaffa RC	26	0:44:34	0:44:27
51	Matthew	Mason	M	M45-49	Ely Runners	208	0:44:34	0:44:31
52	Simon	Ford	M	M15-39	Colchester Harriers AC	125	0:44:36	0:44:33
53	Helen	Aldous	F	F15-39	Diss and District AC	7	0:44:38	0:44:34
54	Neil	Boyce	M	M40-44	Norwich Road Runners	37	0:44:59	0:44:52
55	David	Powles	M	M15-39		255	0:45:04	0:44:59
56	Eric	Morgan	M	M55-59		217	0:45:05	0:45:01
57	Karl	Hick	M	M55-59	Midland Masters AC	162	0:45:06	0:45:03
58	Marc	Benson	M	M15-39	Haverhill Running Club	28	0:45:24	0:45:21
59	Ellie	Cumner	F	F15-39	Colchester Harriers AC	88	0:45:33	0:45:30
60	Sarah	Stubbs	F	F40-44	City Of Norwich AC	302	0:45:37	0:45:27
61	Garry	Whiting	M	M50-54	Wymondham AC	337	0:45:39	0:45:38

62	Gary	Pillar	M	M50-54	Great Yarmouth Road Run	249	0:45:41	0:45:39
63	Steven	Neal	M	M50-54	Brandon Fern Hoppers	224	0:46:03	0:45:58
64	Louisa-kate	Keylock	F	F15-39		191	0:46:10	0:46:07
65	Gemma	Irvine	F	F15-39	Newmarket Cycling & Triat	177	0:46:36	0:46:33
66	James	Nice	M	M50-54	City Of Norwich AC	228	0:46:39	0:46:35
67	Nicola	Ranson	F	F50-54	Springfield Striders RC	260	0:46:40	0:46:38
68	Gillian	Leathers	F	F50-54	Saint Edmund Pacers	201	0:46:47	0:46:41
69	Chris	Deal	M	M15-39	Attleborough Athletics Aca	94	0:46:48	0:46:45
70	Mike	Burton	M	M45-49	Harling Athletic Club	55	0:46:54	0:46:50
71	James	Grantham	M	M50-54	Harling Athletic Club	141	0:46:55	0:46:53
72	Warren	Newell	M	M55-59		227	0:47:02	0:46:51
73	Stephen	Neumann	M	M15-39		226	0:47:08	0:47:04
74	David	Mould	M	M50-54	Ely Runners	219	0:47:10	0:47:05
75	Sam	Barker	M	M15-39	Wymondham AC	19	0:47:18	0:47:15
76	Peter	Warland	M	M50-54	Stowmarket Striders RC	330	0:47:22	0:47:14
77	Claire	Rackham	F	F45-49	Norwich Road Runners	259	0:47:23	0:47:17
78	Jimmy	Secker	M	M40-44	Sudbury Joggers	280	0:47:25	0:47:15
79	Cassie	Barker	F	F40-44	Wymondham AC	20	0:47:26	0:47:12
80	Sam	Weller	M	M65+	North Norfolk Beach Runne	334	0:47:33	0:47:25
81	William	Howe	M	M50-54	Harling Athletic Club	170	0:47:35	0:47:31
82	Paul	Spooner	M	M15-39		292	0:47:36	0:47:22
83	Emma	Potter-Campbell	F	F45-49	Dereham Runners & AC	254	0:47:38	0:47:26
84	Stephen	Kenworthy	M	M45-49		189	0:47:39	0:47:33
85	Peter	Harris	M	M65+	Ely Runners	153	0:47:44	0:47:38
86	Jonathan	Beecham	M	M50-54		24	0:47:51	0:47:45
87	Howard	Harper	M	M45-49	Coltishall Jaguars RC	152	0:47:51	0:47:35
88	Guy	Shearwood	M	M55-59		282	0:47:52	0:47:45
89	Rob	Evans	M	M45-49		114	0:47:53	0:47:48
90	Paul	Foot	M	M45-49		124	0:47:55	0:47:45
91	Steve	Billson	M	M45-49		31	0:47:56	0:47:44
92	Mark	Turner	M	M50-54	Saint Edmund Pacers	324	0:48:03	0:47:57

93	Steve	Cook	M	M50-54	Norfolk Gazelles AC	80	0:48:13	0:48:00
94	Stuart	Aldridge	M	M50-54		8	0:48:13	0:48:06
95	Andy	Rowles	M	M55-59	Dereham Runners & AC	272	0:48:22	0:48:17
96	Peter	Keogh	M	M15-39	Norwich Road Runners	190	0:48:26	0:48:20
97	Dianne	Hughes	F	F55-59	Stowmarket Striders RC	171	0:48:29	0:48:24
98	Karl	Mayers	M	M15-39	Red Lodge Running Club	211	0:48:48	0:48:27
99	Richard	Cator	M	M55-59		60	0:48:52	0:48:49
100	Sam	Burnham	M	M15-39		52	0:48:53	0:48:49
101	Rafal	Wisniewski	M	M40-44		346	0:49:01	0:48:48
102	Mike	Bull	M	M65+		45	0:49:20	0:49:14
103	Lee	Oxbury	M	M50-54	Norfolk Gazelles AC	239	0:49:21	0:49:10
104	Craig	Osborn	M	M55-59		237	0:49:25	0:49:17
105	Chris	Grant	M	M60-64		140	0:49:28	0:49:26
106	Heidi	Teixeira	F	F15-39		313	0:49:41	0:49:32
107	Darren	Matthewson	M	M45-49		210	0:49:56	0:49:38
108	Robert	Hunt	M	M55-59	Sudbury Joggers	173	0:50:08	0:49:58
109	Tim	Gunter	M	M55-59		148	0:50:15	0:50:05
110	Rhys	Tappenden	M	M45-49	Red Lodge Running Club	308	0:50:16	0:49:54
111	Clive	Purbrook	M	M60-64	Newmarket Joggers	258	0:50:17	0:50:12
112	Bret	Allibone	M	M45-49		10	0:50:22	0:50:12
113	Vikki	Harper	F	F40-44	Coltishall Jaguars RC	151	0:50:37	0:50:19
114	Lucy	Walker	F	F60-64		327	0:50:51	0:50:33
115	Rebecca	Silkstone	F	F15-39	Brandon Fern Hoppers	284	0:50:51	0:50:43
116	Richard	Dye	M	M55-59	Bungay Black Dog RC	109	0:50:53	0:50:33
117	Lynn	Tanner	F	F65+	Springfield Striders RC	307	0:51:01	0:50:56
118	Agnes	Fitzpatrick	F	F15-39	King's College London Athl	120	0:51:01	0:50:57
119	Anna	Gray	F	F40-44	Bungay Black Dog RC	142	0:51:10	0:51:00
120	Kevin	Ellis	M	M50-54	Bungay Black Dog RC	112	0:51:10	0:51:01
121	Joshua	Adams	M	M15-39		5	0:51:11	0:51:02
122	Louise	Holland	F	F45-49	Wymondham AC	168	0:51:12	0:50:59
123	Greg	Conway	M	M45-49	Brandon Fern Hoppers	76	0:51:15	0:51:06

124	Oliver	Taylor	M	M15-39		312	0:51:30	0:51:08
125	Pauline	Leeves	F	F55-59	Great Yarmouth Road Run	1	0:51:36	0:51:27
126	Paul	Claughton	M	M50-54	Harling Athletic Club	71	0:51:42	0:51:32
127	Dawn	Marshall	F	F55-59	Saint Edmund Pacers	206	0:51:42	0:51:36
128	Louise	Isherwood	F	F40-44	Norfolk Gazelles AC	178	0:51:50	0:51:37
129	David	Jenkins	M	M55-59		180	0:51:54	0:51:44
130	Peter	Elliott	M	M45-49		111	0:51:55	0:51:41
131	Neil	Adams	M	M45-49		3	0:51:58	0:51:48
132	Tim	Bacon	M	M50-54		16	0:51:58	0:51:54
133	Anita	Mussett	F	F45-49	Colchester Harriers AC	223	0:52:01	0:51:53
134	Ryan	Bruty	M	M15-39		44	0:52:01	0:51:55
135	Simon	Fields	M	M45-49		118	0:52:05	0:51:56
136	Philip	Ormiston	M	M65+		235	0:52:06	0:52:00
137	Shirley	Standley	F	F45-49		293	0:52:09	0:51:55
138	Catherine	Belsom	F	F45-49	Stowmarket Striders RC	27	0:52:27	0:52:11
139	Geoffrey	McAfee	M	M55-59		213	0:52:28	0:52:21
140	Robert	Kane	M	M15-39		184	0:52:37	0:52:18
141	Mark	King	M	M50-54		192	0:52:43	0:52:32
142	Andrew	Fleet	M	M45-49		121	0:52:48	0:52:44
143	Linda	Cusack	F	F60-64	Thetford AC	89	0:52:53	0:52:43
144	Nicola	Jepson	F	F15-39		181	0:52:54	0:52:42
145	Lorraine	Reeves	F	F40-44		261	0:52:54	0:52:44
146	Kirsty	Weavers	F	F50-54	Saint Edmund Pacers	333	0:53:00	0:52:44
147	Hugh	Worsnop	M	M50-54		350	0:53:05	0:52:50
148	Andy	Kurton	M	M40-44	Wymondham AC	198	0:53:17	0:52:56
149	Caroline	Allen	F	F15-39	Norwich Road Runners	9	0:53:28	0:53:19
150	Hazel	Thorn	F	F40-44		319	0:53:33	0:53:20
151	Colin	Lewis	M	M50-54		203	0:53:56	0:53:49
152	Paul	Amond	M	M45-49		13	0:53:58	0:53:50
153	Tom	Tawell	M	M15-39		309	0:53:58	0:53:51
154	Phil	Dear	M	M15-39		98	0:53:59	0:53:53

155	Jamie	Pickering	M	M15-39		248	0:54:12	0:53:53
156	Jonathan	Bevan	M	M50-54		30	0:54:35	0:54:28
157	Erin	Keating	F	F15-39		186	0:54:43	0:54:30
158	Wayne	Askew	M	M40-44		14	0:54:45	0:54:36
159	Philippa	Rudd	F	F50-54	Norwich Road Runners	273	0:54:53	0:54:44
160	David	Hirst	M	M50-54		167	0:54:55	0:54:49
161	Joana	Goncalves	F	F15-39		135	0:54:58	0:54:42
162	Beth	King	F	F40-44	Norfolk Gazelles AC	193	0:55:21	0:55:13
163	Peter	Thompson	M	M60-64	Norfolk Gazelles AC	316	0:55:23	0:55:16
164	Jonathan	Brighton	M	M15-39		39	0:55:34	0:55:14
165	Anna	Coulborn	F	F55-59	Great Yarmouth Road Run	81	0:55:39	0:55:27
166	Jack	Conway	M	M15-39		78	0:55:41	0:55:31
167	Sharon	Warland	F	F50-54	Stowmarket Striders RC	331	0:55:41	0:55:34
168	Melissa	Rittimut-Mak	F	F40-44	Saint Edmund Pacers	265	0:55:46	0:55:37
169	Cheryl	Allibone	F	F45-49		11	0:55:51	0:55:41
170	Claire	Owen	F	F40-44	Coltishall Jaguars RC	238	0:56:00	0:55:38
171	Bernard	Pollack	M	M15-39		251	0:56:12	0:56:00
172	Colin	Chamberlain	M	M50-54		62	0:56:21	0:56:04
173	David	Stocks	M	M15-39		296	0:56:27	0:56:05
174	Hayley	Knight	F	F15-39		196	0:56:29	0:56:14
175	Steven	Fowler	M	M55-59		126	0:56:33	0:56:11
176	Matt	Rump	M	M15-39		274	0:56:38	0:56:24
177	Matthew	Stone	M	M45-49	Bure Valley Harriers	300	0:56:44	0:56:44
178	Sophie	Saunders	F	F15-39	North Norfolk Beach Runne	277	0:57:06	0:56:46
179	Neil	Vendy	M	M15-39		325	0:57:09	0:56:53
180	Michael	Banner	M	M50-54	Haverhill Running Club	18	0:57:13	0:57:01
181	Thierry	Pennec	M	M40-44		245	0:57:14	0:56:55
182	Andrea	Hunt	F	F15-39	Sudbury Joggers	174	0:57:22	0:57:13
183	Angelina	Stannard	F	F15-39		295	0:57:48	0:57:44
184	James	Betts	M	M15-39		29	0:57:49	0:57:44
185	Helaine	Addison	F	F40-44		6	0:57:58	0:57:37

186	Hui-Imm	Clarke	F	F50-54		70	0:58:19	0:58:02
187	Anthony	Winsper	M	M15-39		345	0:58:45	0:58:29
188	John	Cullum	M	M65+	Saint Edmund Pacers	86	0:59:16	0:58:58
189	Mark	Burrows	M	M50-54		53	0:59:27	0:59:13
190	Jennifer	Chamberlain	F	F45-49		63	0:59:38	0:59:24
191	Clare	Gooch	F	F40-44	Norwich Road Runners	137	0:59:45	0:59:24
192	Garrick	Fox	M	M65+	Bungay Black Dog RC	128	0:59:58	0:59:33
193	Robert	Cox	M	M55-59		83	1:00:22	1:00:03
194	Callum	Davenport	M	M15-39	Norfolk Gazelles AC	91	1:00:29	1:00:19
195	Justine	Davenport	F	F45-49	Norfolk Gazelles AC	92	1:00:29	1:00:18
196	Suzannah	Sinden	F	F40-44		287	1:00:31	1:00:13
197	Sharon	Potter	F	F50-54		253	1:00:33	1:00:13
198	Alison	Wilson	F	F45-49		342	1:01:02	1:00:50
199	Paul	Adams	M	M50-54		4	1:01:07	1:00:57
200	Graham	Sampson	M	M65+	Bungay Black Dog RC	276	1:01:16	1:00:56
201	Stuart	Bizley	M	M55-59	Dereham Runners & AC	32	1:01:20	1:01:06
202	Patricia	McCarthy	F	F45-49		214	1:01:37	1:01:15
203	raymond	keevil	M	M65+		187	1:01:39	1:01:24
204	Kieta	Jackson	F	F40-44		179	1:01:39	1:01:16
205	Alan	Dean	M	M60-64		96	1:02:17	1:01:51
206	Gary	Pinyoun	M	M40-44		250	1:02:17	1:02:07
207	Nicole	Cole	F	F45-49		74	1:02:20	1:02:09
208	Carri	Vendy	F	F15-39		326	1:02:36	1:02:21
209	Phil	Hazell	M	M65+	Waveney Valley AC	158	1:02:49	1:02:28
210	Jacquie	Rodwell	F	F50-54		268	1:03:22	1:03:03
211	Rita	Smith	F	F55-59		290	1:03:26	1:03:02
212	Karen	Hamilton	F	F60-64	Brandon Fern Hoppers	150	1:03:31	1:03:19
213	Susan	Potter	F	F60-64	Bungay Black Dog RC	252	1:03:42	1:03:22
214	Paula	Olley	F	F40-44	Dereham Runners & AC	234	1:03:53	1:03:36
215	Donna	Dingle	F	F15-39		104	1:04:03	1:03:51
216	Rachel	Butlin	F	F15-39		57	1:04:04	1:03:51

217	Paul	Marshall	M	M50-54		207	1:04:21	1:03:53
218	Alan	Thornhill	M	M65+	Newmarket Joggers	320	1:04:30	1:04:13
219	Jo	Clark	F	F50-54	Lowestoft Road Runners	68	1:04:32	1:04:09
220	Kevin	Clark	M	M50-54	Bungay Black Dog RC	67	1:04:32	1:04:09
221	Manon	Guyot	F	F15-39		149	1:04:34	1:04:14
222	Desmonde	Talbot	F	F65+	Fetch Everyone	306	1:05:08	1:04:51
223	Gillian	Rogers	F	F60-64		270	1:05:12	1:04:55
224	Shauna	Gooch	F	F15-39	Norwich Road Runners	136	1:05:12	1:04:52
225	Jan	Totterdale	F	F55-59	Dereham Runners & AC	323	1:05:29	1:05:11
226	Donna	Gooderham	M	M15-39	Harling Athletic Club	139	1:05:54	1:05:41
227	Guillaume	Dericq	M	M15-39		101	1:05:58	1:05:39
228	Anna	Hayward	F	F15-39		157	1:06:02	1:05:45
229	Karen	Glenister	F	F45-49		133	1:06:04	1:05:38
230	Chris	Hawkins	M	M45-49		155	1:06:12	1:06:02
231	Sue	Burton	F	F45-49	Harling Athletic Club	56	1:06:21	1:06:07
232	Liz	Beighton	F	F40-44	Felixstowe RRC	25	1:06:48	1:06:32
233	Hayley	Smith	F	F15-39		291	1:06:50	1:06:26
234	Cassie	Wildey	F	F15-39		339	1:07:14	1:06:53
235	Kate	Miller	F	F45-49		216	1:07:20	1:07:11
236	Nigel	Bullen	M	M65+	Norfolk Gazelles AC	46	1:07:34	1:07:10
237	Danniella	Ciarla	F	F15-39		66	1:07:40	1:07:25
238	Zep	Ciarl	M	M50-54		65	1:07:40	1:07:25
239	David	Olley	M	M45-49	Dereham Runners & AC	233	1:07:43	1:07:26
240	Jenny	Judge	F	F15-39		183	1:07:56	1:07:34
241	Lisa	Hurry	F	F50-54		176	1:07:58	1:07:39
242	Sally	Ormiston	F	F60-64		236	1:08:11	1:08:02
243	Kirsty	Grint	F	F15-39	Norfolk Gazelles AC	147	1:08:24	1:08:06
244	Gill	Cobbold	F	F50-54		73	1:08:31	1:08:13
245	Jason	Dear	M	M45-49		97	1:08:51	1:08:46
246	Adam	Hill	M	M40-44		164	1:08:53	1:08:27
247	Andie	Brookes	F	F15-39		41	1:08:53	1:08:27



248	Ashley	Wood	M	M15-39		348	1:09:05	1:08:48
249	Chris	Barton	M	M15-39		21	1:09:10	1:08:50
250	Wendy	Larke	F	F50-54	Wymondham AC	199	1:09:34	1:09:10
251	David	Jones	M	M65+	Stowmarket Striders RC	182	1:10:02	1:09:45
252	Alison	Morton	F	F40-44		218	1:10:33	1:10:09
253	Steve	Wells	M	M50-54		335	1:10:43	1:10:19
254	Lesley	Burrows	F	F50-54		54	1:10:50	1:10:38
255	Jean	Reynolds	F	F55-59	Brandon Fern Hoppers	262	1:11:08	1:10:57
256	Colin	Doak	M	M50-54		105	1:11:09	1:10:44
257	Joshua	Grayson	M	M15-39		144	1:11:50	1:11:36
258	Rebecca	Wicks	F	F15-39		338	1:12:21	1:12:08
259	Hazel	Evans	F	F15-39		113	1:13:02	1:12:41
260	Graham	Williams	M	M15-39		341	1:13:52	1:13:26
261	Debbie	Thompson	F	F55-59		317	1:14:10	1:13:52
262	Lisa	Condron	F	F40-44		75	1:14:10	1:13:55
263	Sarah	Scott	F	F15-39		279	1:16:07	1:15:52
264	Duncan	Drake	M	M15-39		107	1:16:07	1:15:53
265	Charlotte	Homer	F	F15-39	Wetherby Runners AC	169	1:16:09	1:15:44
266	Kirsten	Kirk	F	F45-49		194	1:16:09	1:15:45
267	Miss Laura	Flowers	F	F40-44		123	1:16:12	1:16:03
268	Paul	Bloomfield	M	M55-59		34	1:16:45	1:16:22
269	Jess	Preston	F	F15-39	Vegan Runners UK	257	1:17:29	1:17:19
270	Amie	Nickerson	F	F15-39		229	1:17:46	1:17:26
271	Jennifer	Tortice	F	F50-54		322	1:18:34	1:18:07
272	Caren	Maidment	F	F50-54		205	1:19:20	1:18:58
273	Paul	Grayson	M	M50-54		143	1:19:41	1:19:26
274	Suzanne	Fleet	F	F15-39		122	1:20:04	1:19:58
275	Ali	Charters	F	F45-49		64	1:20:09	1:20:03
276	Sandra	del Rio	F	F15-39		99	1:21:11	1:20:51
277	Louise	Goldsmith	F	F40-44		134	1:21:25	1:21:03
278	Janet	Thomson	F	F55-59		318	1:21:26	1:21:03

279	Joanne	Stone	F	F40-44	Great Yarmouth Road Run	299	1:22:30	1:22:14
280	Sarah	McMurtary	F	F45-49		215	1:27:22	1:26:56
281	Stuart	Wood	M	M50-54		347	1:27:52	1:27:24
282	Sarah	Smith	F	F40-44		2	1:28:18	1:27:50