

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	5292	31:44	William Strangeway	Lincoln Wellington Athletic Club	Male	1	M	1	31:44	1
2	5417	33:19	Danny Rock	Felixstowe RRC	Male	2	M	2	33:19	2
3	6377	33:34	James O'Neill	Ryston Runners	Male	3	M	3	33:34	3
4	5009	33:49	Przemyslaw Dolinski		Male	4	M	4	33:49	4
5	4545	33:59	Josh Holman		Male	5	M	5	33:58	5
6	6076	34:02	Jonathan Laybourn	Highgate Harriers	Male	6	M	6	34:02	6
7	6441	34:12	Scott Walford	Bure Valley Harriers	Male	7	M40	1	34:12	7
8	5550	34:35	Michal Wegrzyn		Male	8	M	7	34:35	8
9	4928	35:19	Samuel Coyne	Bure Valley Harriers	Male	9	M	8	35:19	9
10	5659	35:20	Sam Todd	City Of Norwich AC	Male	10	M	9	35:20	10
11	4214	35:31	Richard Ebbs	Ryston Runners	Male	11	M40	2	35:29	11
12	5980	35:39	Adam Matthews		Male	12	M	10	35:39	12
13	5018	35:44	Ryan Davidson	Bure Valley Harriers	Male	13	M	11	35:44	13
14	5324	35:54	Callum Stanforth	Ryston Runners	Male	14	M	12	35:54	14
15	4492	35:55	Daniel Guppy		Male	15	M	13	35:54	15
16	4415	36:00	Martin Jennings	Fenland Running Club	Male	16	M40	3	35:58	16
17	4660	36:13	Nicholas Bensley	Ryston Runners	Male	17	M40	4	36:12	17
18	4444	36:21	Richard Johnson	Wymondham AC	Male	18	M40	5	36:19	18
19	5912	36:24	Toby Morrell	North Norfolk Beach Runners	Male	19	M	14	36:23	19
20	4391	37:26	Ryan Jones	Fenland Running Club	Male	20	M	15	37:23	21
21	4336	37:29	Dominic Hughes		Male	21	M	16	37:26	22
22	5611	37:31	Simon Wright	Norwich Road Runners	Male	22	M	17	37:30	23
23	5310	37:33	Finlay Swanson	North Norfolk Harriers Athletics Club	Male	23	M	18	37:30	24
24	4551	37:51	Peter Holmes	Ely Runners	Male	24	M40	6	36:55	20
25	4458	37:56	John Hopgood	Ryston Runners	Male	25	M	19	37:53	25
26	6437	38:01	James Goddard		Male	26	M	20	37:59	26
27	5226	38:01	Jamie Sparrow		Male	27	M40	7	37:59	27
28	5635	38:11	Robert Warwicker	Tri-Anglia Triathlon Club	Male	28	M40	8	38:09	28
29	4791	38:13	Lynton Battrick	North Norfolk Beach Runners	Male	29	M40	9	38:10	29
30	4380	38:26	Paul Keaney		Male	30	M	21	38:23	31
31	5717	38:29	Laura Thomas	Ipswich Jaffa RC	Female	1	F	1	38:27	32
32	4901	38:30	Warren Armstrong	Ryston Runners	Male	31	M40	10	38:27	33
33	6965	38:34	Paul Grocock		Male	32	M	22	38:31	35
34	4220	38:35	Darren Easter	Ryston Runners	Male	33	M40	11	38:30	34
35	4834	38:36	Anthony Alborough	Coltishall Jaguars RC	Male	34	M40	12	38:33	36
36	5964	38:40	Todd Lake	Dereham Runners & AC	Male	35	M50	1	38:38	37
37	1511	38:41	Steven Dowse		Male	36	M	23	38:39	38
38	6865	38:44	Ben Keeley	Royston Runners	Male	37	M	24	38:16	30
39	5437	38:51	Martin Sheldrick	Ryston Runners	Male	38	M40	13	38:48	39
40	6448	39:10	Lewis Saunders	Fenland Running Club	Male	39	M	25	39:04	40
41	5368	39:11	George Rowe		Male	40	M	26	39:08	41
42	6386	39:14	John O'Neill	Ryston Runners	Male	41	M	27	39:10	42
43	4679	39:15	Andrew Brett	Ramsey Road Runners	Male	42	M	28	39:11	43
44	6667	39:19	Malcolm Tuff	Ryston Runners	Male	43	M50	2	39:17	44
45	6690	39:25	Ian Marshall	Huntingdonshire AC	Male	44	M	29	39:21	45
46	4781	39:30	Kenny Addis		Male	45	M50	3	39:28	46
47	4140	39:33	Hector Gomez		Male	46	M	30	39:32	47
48	5802	39:36	Faith Viney	Bure Valley Harriers	Female	2	F	2	39:34	48
49	6664	39:47	Adam Waite		Male	47	M	31	39:43	50
50	6102	39:47	Neil Leeds		Male	48	M40	14	39:40	49
51	4973	39:49	Benjamin Collison	West Norfolk AC	Male	49	M	32	39:47	51
52	4752	39:57	Gavin Barron		Male	50	M	33	39:50	52
53	5396	39:58	Stewart Robins	Ryston Runners	Male	51	M50	4	39:53	54
54	4246	39:58	Oliver Foxwell	Ryston Runners	Male	52	M	34	39:55	55
55	5715	39:58	Matthew Thrower		Male	53	M	35	39:52	53
56	4349	40:09	Adam Howard	Ryston Runners	Male	54	M	36	40:04	58
57	6859	40:10	Neil Stapleton		Male	55	M40	15	40:05	59
58	5482	40:15	Harry Sands		Male	56	M	37	39:58	56
59	5846	40:17	Lucy Mapp	Colchester Harriers AC	Female	3	F	3	40:15	61
60	4464	40:23	Richard Hammond		Male	57	M40	16	40:19	62
61	6609	40:26	Paul Griffin	Fenland Running Club	Male	58	M50	5	40:13	60
62	4727	40:27	Tom Bobbins		Male	59	M	38	40:02	57
63	5803	40:28	Ben Walker		Male	60	M	39	40:22	63
64	4532	40:31	Ashley Hobbs	Norwich Road Runners	Male	61	M	40	40:30	65
65	4672	40:36	Luke Bell		Male	62	M	41	40:30	64
66	6131	40:39	Dan Pratt	Ryston Runners	Male	63	M40	17	40:34	67
67	4263	40:42	Bethan Everson	Fenland Running Club	Female	4	F	4	40:35	69
68	5385	40:42	Sam Russell	Wymondham AC	Male	64	M	42	40:35	68
69	6116	40:43	Mat Porter	Norwich Road Runners	Male	65	M40	18	40:33	66
70	5688	40:43	Lee Tichner		Male	66	M50	6	40:40	70
71	6822	40:46	Neil Candler		Male	67	M	43	40:42	71
72	5149	40:47	Leon Clement	London Frontrunners	Male	68	M	44	40:43	73
73	5692	40:50	Glynn Thomas	Ipswich Jaffa RC	Male	69	M50	7	40:48	75
74	6501	40:52	Nick Minns		Male	70	M40	19	40:44	74
75	5403	40:53	Simon Singleterry		Male	71	M40	20	40:42	72

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	4268	40:57	Mat Eyre		Male	72	M40	21	40:49	76
77	6502	41:05	Rachel Bull		Female	5	F40	1	40:59	78
78	5892	41:10	Ian Moore	Wymondham AC	Male	73	M50	8	41:04	81
79	5045	41:10	Wayne Daw		Male	74	M50	9	41:01	80
80	6218	41:10	Gavin Reynolds	Ryston Runners	Male	75	M	45	40:59	79
81	4248	41:11	Ben Foxwell	Ryston Runners	Male	76	M	46	41:08	82
82	5559	41:11	Darren Weston	Skegness & District RC	Male	77	M50	10	41:10	84
83	5903	41:14	Stephen Moseley	Norwich Road Runners	Male	78	M50	11	40:53	77
84	4953	41:15	Jon Cockerill	Norfolk Harriers RC	Male	79	M	47	41:10	83
85	4491	41:16	Nick Gurney	Norwich Road Runners	Male	80	M	48	41:12	85
86	5718	41:18	Darren Thorpe		Male	81	M	49	41:13	86
87	5856	41:22	Conor Mallen		Male	82	M	50	41:20	89
88	6595	41:23	Phil Large		Male	83	M	51	41:17	88
89	4285	41:25	Damon Finney		Male	84	M	52	41:20	90
90	6329	41:32	Melissa Neal	March AC	Female	6	F40	2	41:28	91
91	5514	41:35	Laurie Whitehair		Male	85	M	53	41:15	87
92	5058	41:39	Neil Button	Coltishall Jaguars RC	Male	86	M40	22	41:34	93
93	6630	41:44	John Shaw	Fenland Running Club	Male	87	M40	23	41:28	92
94	6585	41:49	Ryan Ball	Heanor Running Club	Male	88	M	54	41:44	95
95	5867	41:52	Ed Marsters		Male	89	M	55	41:44	94
96	5661	41:57	Ian Todd		Male	90	M50	12	41:46	96
97	4476	42:00	Morgan Harrison		Male	91	M	56	41:50	99
98	6862	42:00	Ian Richardson	Cambridge & Coleridge AC	Male	92	M50	13	41:47	97
99	6287	42:01	Owen Norris		Male	93	M	57	41:58	102
100	4818	42:03	Richard Dade	Wymondham AC	Male	94	M40	24	41:58	101
101	5621	42:06	Ricci Wilson	Waveney Valley AC	Male	95	M	58	41:59	104
102	5584	42:08	David Wright		Male	96	M	59	42:01	106
103	5553	42:08	Neil Watson	West Norfolk AC	Male	97	M40	25	42:00	105
104	6415	42:09	Graham Rushmer		Male	98	M	60	41:59	103
105	5450	42:17	Rod Sinnott	Fenland Running Club	Male	99	M50	14	41:55	100
106	6365	42:18	Sarah Peachey	Wymondham AC	Female	7	F	5	42:11	108
107	5740	42:20	Neil Walpole	Norwich Road Runners	Male	100	M40	26	42:10	107
108	5960	42:22	Jonathan Lambert	Ryston Runners	Male	101	M	61	42:12	109
109	6927	42:24	Joe England		Male	102	M	62	42:16	112
110	6096	42:25	Lorena Latisaite	Ryston Runners	Female	8	F	6	42:16	111
111	5128	42:28	Paul Chapman	Long Eaton Running Club	Male	103	M40	27	42:20	113
112	4729	42:31	Alfie Bobbins		Male	104	M	63	42:24	115
113	5336	42:34	Jason Stone		Male	105	M40	28	42:28	116
114	4097	42:37	Steven Greenwood		Male	106	M	64	42:29	118
115	5540	42:39	Ryan Watts		Male	107	M	65	42:29	117
116	5205	42:39	Christian Snelgrove		Male	108	M	66	42:34	120
117	6587	42:42	Krzysztof Baj		Male	109	M	67	42:23	114
118	6593	42:45	Anthony Lashmar	Victoria Park Harriers and Tower Hamlets AC	Male	110	M40	29	42:41	124
119	4669	42:46	Sam Bellotti	Thetford AC	Male	111	M	68	42:33	119
120	4020	42:49	Steven Franklin		Male	112	M40	30	42:39	121
121	6579	42:52	Joanna Colley	Cambridge & Coleridge AC	Female	9	F	7	42:40	123
122	4790	42:54	Stephen Dady	Wymondham AC	Male	113	M60	1	42:51	128
123	6182	42:56	Simon Riches		Male	114	M50	15	42:14	110
124	5657	42:59	Bailey Took	Royston Runners	Male	115	M	69	42:55	130
125	4302	43:00	Sally Hurst		Female	10	F	8	42:51	129
126	5924	43:00	Rachel Miller	Norwich Road Runners	Female	11	F40	3	42:47	126
127	6110	43:02	Gavin Pottle		Male	116	M40	31	43:00	133
128	5921	43:12	Ian Milburn	Ryston Runners	Male	117	M	70	42:57	131
129	5784	43:17	Emre Upston		Male	118	M	71	43:06	135
130	5352	43:17	Wayne Stimson	March AC	Male	119	M40	32	43:11	138
131	1543	43:19	Rob Cooper		Male	120	M40	33	43:13	139
132	4419	43:21	Adrian Jay	Bure Valley Harriers	Male	121	M40	34	43:03	134
133	6548	43:21	Richard Herrington		Male	122	M40	35	43:00	132
134	6187	43:29	Michael Quantrill	Waveney Valley AC	Male	123	M40	36	43:09	136
135	4447	43:30	Lee Johnson	Three Counties Running Club	Male	124	M	72	43:20	140
136	4155	43:32	Jason Elrick	Thetford AC	Male	125	M40	37	43:20	141
137	4217	43:33	Robert Edwards		Male	126	M	73	43:22	143
138	5255	43:37	Michael Skinner		Male	127	M	74	43:25	145
139	4920	43:40	Richard Crewe	Thetford AC	Male	128	M40	38	43:28	146
140	6844	43:41	Jamie Tilley		Male	129	M	75	43:34	147
141	4519	43:50	Alastair Hall		Male	130	M40	39	43:43	153
142	6561	43:52	Andrew Preston	Wymondham AC	Male	131	M50	16	43:49	157
143	5176	43:52	Paul Carter	Ryston Runners	Male	132	M40	40	43:39	149
144	6632	43:53	Neil Gayton		Male	133	M	76	43:44	154
145	6648	43:53	Julie Wargent	Higham Harriers	Female	12	F40	4	43:40	150
146	6776	43:54	Nick Franklin		Male	134	M	77	42:47	125
147	4546	43:55	Adam Griggs	North Norfolk Beach Runners	Male	135	M40	41	43:43	152
148	4455	43:56	Simon Hardy		Male	136	M40	42	42:40	122
149	6660	43:57	Lewis Whiting	Heanor Running Club	Male	137	M	78	43:53	161
150	4445	43:57	Pete Johnson	Ryston Runners	Male	138	M60	2	43:52	159

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	1552	43:58	Harry Richardson		Male	139	M	79	43:46	155
152	4817	43:59	Jack Cumming		Male	140	M	80	43:21	142
153	5189	44:03	Amy Chapman	Ryston Runners	Female	13	F	9	43:54	162
154	5104	44:04	Greg Brown		Male	141	M	81	43:57	163
155	4735	44:06	Nick Boydd		Male	142	M	82	44:00	165
156	6399	44:09	Nick Overy		Male	143	M50	17	43:47	156
157	5484	44:11	Leslie Scott	Ryston Runners	Male	144	M60	3	43:53	160
158	5592	44:15	Laurie Woods	Bure Valley Harriers	Male	145	M	83	44:13	171
159	6444	44:15	Jason Ford		Male	146	M	84	43:59	164
160	4333	44:16	Oliver Hutton		Male	147	M	85	43:37	148
161	4793	44:16	Jason Batterbee		Male	148	M40	43	44:07	167
162	4666	44:16	Stephen Belderbos		Male	149	M40	44	43:42	151
163	6054	44:16	Paul MacLean		Male	150	M50	18	44:10	170
164	5426	44:17	Brian Rogers	Ipswich Jaffa RC	Male	151	M60	4	42:49	127
165	4038	44:17	Darren French		Male	152	M40	45	44:09	168
166	6771	44:17	Marie French		Female	14	F	10	44:09	169
167	4084	44:17	Barry Graves	Ely Runners	Male	153	M60	5	44:06	166
168	5304	44:23	Tim Suswain		Male	154	M	86	43:51	158
169	4639	44:25	Daniel Barnes		Male	155	M	87	44:14	173
170	6416	44:25	Paul Terreros		Male	156	M	88	43:10	137
171	6925	44:26	Louis Fairfax	March AC	Male	157	M	89	41:49	98
172	5451	44:30	Marco Silva		Male	158	M	90	44:18	176
173	1524	44:32	Mark Colley		Male	159	M	91	44:13	172
174	6872	44:35	Stephen Lee	Dereham Runners & AC	Male	160	M	92	44:20	177
175	4211	44:36	David Edgar		Male	161	M	93	44:22	179
176	4501	44:37	Daniel Grocott		Male	162	M	94	44:28	184
177	4574	44:37	Martin Heeley	Ryston Runners	Male	163	M40	46	44:26	181
178	6507	44:37	Paul Cross		Male	164	M	95	44:29	187
179	6447	44:39	Jason Sparkes		Male	165	M	96	44:29	186
180	5386	44:39	Rob Russell		Male	166	M40	47	44:28	183
181	4777	44:41	Richard Agger	Fenland Running Club	Male	167	M40	48	44:31	189
182	4562	44:41	Mark Holland		Male	168	M	97	44:25	180
183	4659	44:42	James Blood		Male	169	M	98	44:17	175
184	6606	44:43	Lauren Hilton-Taylor		Female	15	F	11	44:28	185
185	4459	44:46	Brian Harding	March AC	Male	170	M50	19	44:17	174
186	4393	44:46	Gediminas Jurkaitis		Male	171	M	99	44:35	190
187	4466	44:48	Joseph Hammond		Male	172	M	100	44:37	191
188	6308	44:49	David Muffett		Male	173	M50	20	44:22	178
189	6418	44:51	Molly Cawthorn		Female	16	F	12	43:23	144
190	4677	44:52	David Brammer		Male	174	M50	21	44:39	193
191	5781	44:55	Leanne Twell		Female	17	F	13	44:30	188
192	5490	44:56	Nigel Seale		Male	175	M50	22	44:46	196
193	5996	44:58	Natalie King	Thetford AC	Female	18	F40	5	44:41	195
194	4021	45:01	Paul Gibson		Male	176	M40	49	44:49	198
195	6314	45:03	David Neeve	Bungay Black Dog RC	Male	177	M	101	44:38	192
196	4116	45:07	Matthew Gollands		Male	178	M	102	44:54	202
197	5338	45:07	James Stock	City Of Norwich AC	Male	179	M	103	45:04	208
198	4665	45:09	Jason Bennett		Male	180	M	104	44:48	197
199	5397	45:11	Lesley Robins	Ryston Runners	Female	19	F40	6	45:00	203
200	5000	45:12	Richard Downs		Male	181	M40	50	44:53	200
201	4570	45:18	Colin Hazell		Male	182	M40	51	44:54	201
202	6624	45:24	Robin Wright	March AC	Male	183	M	105	44:40	194
203	6179	45:25	Andre Pittock	Fenland Running Club	Male	184	M50	23	45:01	206
204	6385	45:25	Phil Pedder-Smith		Male	185	M40	52	45:01	205
205	5823	45:28	Mark Mountain	Great Yarmouth Road Runners	Male	186	M40	53	45:21	219
206	4255	45:28	Mark Fountain		Male	187	M40	54	45:07	209
207	5783	45:29	Katrina Wasteney	West Norfolk AC	Female	20	F40	7	45:16	213
208	6521	45:31	Cameron Ebbs		Male	188	M	106	45:13	211
209	6569	45:33	Martyn Benstead		Male	189	M40	55	45:13	212
210	4780	45:33	Duane Daugherty	100 Marathon Club	Male	190	M50	24	45:20	216
211	5092	45:34	Lee Bryer		Male	191	M40	56	45:01	204
212	6356	45:35	Ronnie Pears		Male	192	M	107	45:20	217
213	5022	45:35	Jamie Davies		Male	193	M	108	45:03	207
214	4656	45:35	Christopher Drew		Male	194	M	109	45:23	223
215	5302	45:35	Ben Talbot-Williams		Male	195	M	110	45:34	229
216	5504	45:37	Ian Wiggins		Male	196	M	111	45:20	218
217	6107	45:37	Brian Poynter		Male	197	M40	57	45:22	220
218	6799	45:37	Alan Bushell	Coltishall Jaguars RC	Male	198	M40	58	45:19	215
219	5624	45:39	Daniel Wilson		Male	199	M	112	45:26	225
220	4856	45:49	Kerry Balmer	Yaxley Runners & Joggers	Female	21	F	14	45:29	227
221	4421	45:52	Richard Jessop		Male	200	M50	25	45:52	241
222	1527	45:53	Rob Bramley		Male	201	M40	59	45:31	228
223	6191	45:53	Ben Richards	West Norfolk AC	Male	202	M	113	45:47	239
224	4353	45:53	Wes Hornigold		Male	203	M	114	45:45	236
225	1521	45:55	Phil Pearce	Bramley Breezers	Male	204	M40	60	45:18	214

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	6871	45:55	Steve Lee	Bushfield Joggers	Male	205	M	115	45:22	221
227	5923	45:56	Claudia Milburn	Fenland Running Club	Female	22	F	15	45:44	234
228	5311	45:58	Carl-Goran Svensson		Male	206	M	116	45:24	224
229	5634	45:59	Edward Wood		Male	207	M	117	45:46	237
230	5117	46:00	Kieran Bunting		Male	208	M	118	44:27	182
231	5643	46:00	Emma Wood		Female	23	F	16	45:42	233
232	4544	46:06	Matthew Hitchcock	Ryston Runners	Male	209	M	119	45:47	238
233	5363	46:10	Andy Rowles	Dereham Runners & AC	Male	210	M50	26	46:05	252
234	6785	46:12	Mark Fitzpatrick		Male	211	M40	61	45:41	231
235	5741	46:13	Keith Walpole	Norwich Road Runners	Male	212	M40	62	45:41	232
236	5900	46:14	Jonathan Mott		Male	213	M40	63	45:54	242
237	4925	46:15	Neil Cropper		Male	214	M40	64	45:47	240
238	6864	46:19	Colin Galer		Male	215	M	120	46:11	255
239	4733	46:19	Steven Bowdery		Male	216	M40	65	46:01	246
240	4193	46:20	Paul Dunthorne		Male	217	M40	66	46:05	253
241	1714	46:21	Liam Johnson		Male	218	M	121	46:16	261
242	6753	46:21	Nicole Coughlin	Three Counties Running Club	Female	24	F40	8	45:44	235
243	1537	46:21	Peter Allison		Male	219	M	122	45:40	230
244	5955	46:22	Richard Matson		Male	220	M	123	45:55	244
245	4555	46:23	Gavin Hill		Male	221	M	124	46:13	257
246	6077	46:26	Adam Leech		Male	222	M	125	45:08	210
247	6174	46:27	Steve Pickett		Male	223	M60	6	46:01	247
248	5819	46:28	Jessica Mason		Female	25	F	17	46:16	262
249	4908	46:30	Katie Cotton	Long Eaton Running Club	Female	26	F	18	46:20	266
250	5114	46:30	Paisley Burch		Male	224	M	126	46:16	260
251	4495	46:34	Trevor Groves		Male	225	M50	27	46:02	248
252	6442	46:35	Annn Trett	Fenland Running Club	Female	27	F	19	46:13	256
253	4959	46:36	Peter Crowley		Male	226	M	127	45:56	245
254	5513	46:37	Jacob Whitehouse		Male	227	M	128	46:21	267
255	6951	46:39	Antoine Hedwood		Male	228	M	129	44:50	199
256	6083	46:39	Callum Lawrence		Male	229	M	130	46:14	258
257	5689	46:41	Lee Tunmore	West Norfolk AC	Male	230	M40	67	46:29	272
258	5700	46:42	Andrew Thompson	Ely Runners	Male	231	M50	28	46:03	251
259	4118	46:43	Steven Goldsmith		Male	232	M50	29	46:29	271
260	4862	46:47	Paul Ashton		Male	233	M40	68	46:03	250
261	6344	46:48	Aaron Parker		Male	234	M	131	46:23	268
262	5631	46:48	Carl Willimott		Male	235	M40	69	46:16	263
263	4304	46:49	Shaun Hurr		Male	236	M40	70	46:16	264
264	4662	46:50	Stuart Bennett	Coltishall Jaguars RC	Male	237	M	132	46:08	254
265	5137	46:52	Jonny Clark	Three Counties Running Club	Male	238	M40	71	46:36	278
266	4346	46:54	Aaron Howell		Male	239	M	133	46:37	281
267	6809	46:54	James Carter		Male	240	M40	72	45:22	222
268	5170	46:54	Nick Cason	Norfolk Gazelles AC	Male	241	M40	73	46:33	275
269	5274	46:55	Barry Smith	Ryston Runners	Male	242	M50	30	46:38	282
270	6185	46:56	Paul Richardson	Dereham Runners & AC	Male	243	M60	7	46:20	265
271	4440	46:58	Nicky Jennings	Fenland Running Club	Female	28	F40	9	46:35	277
272	4743	46:59	Daniel Brackenbury		Male	244	M	134	46:46	287
273	5488	47:00	Robbie Seaman	Northern Front Runners	Male	245	M40	74	46:49	289
274	6989	47:00	Robert Hammond	Halmer Harriers	Male	246	M	135	46:25	269
275	5427	47:02	Benjamin Rooke		Male	247	M	136	46:36	280
276	5708	47:03	Brad Tennant		Male	248	M	137	46:41	286
277	5409	47:03	Jody Rolfe		Male	249	M	138	46:02	249
278	5052	47:05	Nick Butler		Male	250	M50	31	46:36	279
279	5316	47:06	Tom Storey		Male	251	M50	32	46:27	270
280	4119	47:07	Shane Goldsmith	Bushfield Joggers	Male	252	M40	75	46:33	276
281	5381	47:09	Matthew Rushton		Male	253	M50	33	46:53	292
282	4483	47:09	Mark Harris		Male	254	M	139	46:54	293
283	6858	47:10	Lucy Steven		Female	29	F	20	46:30	274
284	5285	47:11	Sam Spencer		Male	255	M	140	46:59	299
285	6124	47:13	Jason Mottram	March AC	Male	256	M40	76	45:27	226
286	4407	47:14	Nigel Kenny		Male	257	M50	34	46:57	295
287	5483	47:15	Tony Savage	Ryston Runners	Male	258	M50	35	46:58	297
288	6869	47:15	Sam Lever		Male	259	M	141	46:40	284
289	5944	47:16	Darren Moat	March AC	Male	260	M40	77	46:50	290
290	6142	47:18	Ryan Penty		Male	261	M	142	46:39	283
291	6358	47:18	Charlie Pearce	Beeston AC	Male	262	M40	78	47:09	311
292	5299	47:20	Samuel Tann	Ryston Runners	Male	263	M	143	46:58	296
293	5265	47:22	Daniel Smith		Male	264	M	144	47:03	303
294	4620	47:24	Jason Black	Norfolk Gazelles AC	Male	265	M40	79	47:10	315
295	4446	47:25	Mr Johnson		Male	266	M40	80	47:14	318
296	4338	47:25	Chris Howard		Male	267	M40	81	46:48	288
297	4621	47:25	Steven Bargewell		Male	268	M40	82	47:15	319
298	4056	47:26	Peter French		Male	269	M60	8	46:58	298
299	4668	47:26	Dave Benstead	Hatton Darts	Male	270	M50	36	47:08	310
300	4515	47:28	Ally Hadden	Norwich Road Runners	Male	271	M40	83	47:00	301

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	4468	47:28	Ray Harding		Male	272	M60	9	46:51	291
302	4778	47:30	Nicholas Dash	North Norfolk Beach Runners	Male	273	M	145	47:05	307
303	4623	47:31	Keith Blake	Norwich Road Runners	Male	274	M50	37	47:26	328
304	6125	47:31	Darren Pybus		Male	275	M40	84	46:57	294
305	6103	47:32	Andy Leech		Male	276	M50	38	46:15	259
306	5739	47:33	Jacky Walsingham	Ryston Runners	Female	30	F40	10	47:09	312
307	5967	47:35	Albert Koulman		Male	277	M40	85	47:18	321
308	1506	47:35	Stephen Graham	East Hull Harriers & AC	Male	278	M60	10	47:18	320
309	5330	47:37	Sadie Spring		Female	31	F	21	47:05	309
310	4939	47:38	Ben Coghill		Male	279	M	146	47:04	305
311	5234	47:39	Amy Southward		Female	32	F	22	47:00	300
312	5838	47:39	Harrison McNaught		Male	280	M	147	47:27	329
313	5431	47:39	Guy Shearwood	Norwich Road Runners	Male	281	M50	39	46:40	285
314	4579	47:40	Ian Hawkes	Waveney Valley AC	Male	282	M50	40	47:22	324
315	5658	47:41	Lee Toll		Male	283	M	148	47:29	331
316	6680	47:42	Antony Kennedy		Male	284	M40	86	47:04	304
317	6231	47:46	Wayne Ramsbottom	Dereham Runners & AC	Male	285	M50	41	47:10	314
318	4278	47:49	Rob Evans		Male	286	M40	87	47:12	316
319	4377	47:49	Andrew Kelman		Male	287	M50	42	47:19	322
320	5731	47:51	David Ward		Male	288	M50	43	47:22	325
321	6188	47:51	Benji Richardson		Male	289	M	149	47:39	342
322	4948	47:51	Christopher Cole		Male	290	M	150	47:02	302
323	5264	47:52	Darren Smith	Ryston Runners	Male	291	M	151	47:36	341
324	4724	47:53	Rosie Booth		Female	33	F	23	47:33	336
325	4347	47:54	David Howard		Male	292	M	152	47:05	308
326	4037	47:55	Toni George	Great Yarmouth Road Runners	Female	34	F40	11	47:20	323
327	6739	47:57	Mark Goodale	Halmer Harriers	Male	293	M	153	46:30	273
328	6863	47:57	Dean Richards		Male	294	M40	88	47:51	355
329	6631	47:57	Tim Shattock		Male	295	M	154	47:34	337
330	4232	47:58	Darren Flatt		Male	296	M40	89	47:24	327
331	6820	47:59	Shaun Conway		Male	297	M50	44	47:35	338
332	5674	48:00	John Turner		Male	298	M50	45	47:44	346
333	5333	48:01	Keith Stanley		Male	299	M60	11	47:28	330
334	5995	48:01	Phil King		Male	300	M60	12	47:35	339
335	4029	48:03	Birute Gaurilovaite-Chamsin		Female	35	F	24	47:24	326
336	6645	48:04	Phil Newton	Three Counties Running Club	Male	301	M40	90	47:14	317
337	4164	48:06	Steve Eke		Male	302	M50	46	47:49	352
338	5682	48:07	Richard Tucker		Male	303	M	155	47:30	332
339	6914	48:07	Robert Howliston		Male	304	M	156	47:32	334
340	5110	48:09	Steven Burge		Male	305	M40	91	48:06	366
341	5111	48:09	Owen Burge		Male	306	M	157	48:06	368
342	6541	48:10	Trevor Davies		Male	307	M40	92	47:49	353
343	4661	48:11	Steve Bennington	Fenland Running Club	Male	308	M40	93	47:57	358
344	5004	48:12	Mark Doughty	Ryston Runners	Male	309	M40	94	47:05	306
345	6580	48:12	Jake Cocksedge		Male	310	M	158	47:10	313
346	5862	48:13	Dion Martin		Male	311	M	159	47:59	359
347	6963	48:16	Emily Hannant	Bure Valley Harriers	Female	36	F	25	47:59	360
348	4488	48:16	Mark Grover		Male	312	M40	95	47:40	343
349	5119	48:18	Mitchell Bunn		Male	313	M	160	47:43	345
350	5919	48:18	Ash Miles		Male	314	M40	96	48:06	369
351	5581	48:22	Lee Wright		Male	315	M	161	47:33	335
352	5615	48:23	Ben Wilson		Male	316	M50	47	48:01	362
353	6178	48:25	Christian Pick		Male	317	M	162	47:36	340
354	6439	48:26	Stephen Reeve		Male	318	M	163	47:54	357
355	4611	48:28	Nigel Billing		Male	319	M50	48	47:48	351
356	4508	48:28	Hayley Hawes	Ryston Runners	Female	37	F	26	48:14	378
357	6013	48:29	Graham Kitchen		Male	320	M50	49	48:16	382
358	4738	48:33	George Bower		Male	321	M	164	48:27	397
359	5922	48:33	Ian Milburn	Fenland Running Club	Male	322	M70+	1	48:11	373
360	5985	48:35	Karl Mayers	Red Lodge Running Club	Male	323	M	165	48:03	363
361	6808	48:36	Philip Caley		Male	324	M	166	48:14	377
362	4927	48:37	Rob Crockford	Dereham Runners & AC	Male	325	M40	97	47:44	347
363	4384	48:41	Bec Judge		Female	38	F	27	48:21	387
364	6158	48:41	Joseph Pembery		Male	326	M	167	48:14	380
365	5723	48:41	Liam Thompson		Male	327	M	168	48:21	386
366	6114	48:41	Andrew Preston	Sleaford Striders AC	Male	328	M40	98	48:14	379
367	4190	48:42	Marcus Durrant		Male	329	M	169	48:27	396
368	5805	48:42	Dominick McIntyre		Male	330	M50	50	47:59	361
369	4277	48:45	Scott Evans		Male	331	M40	99	48:07	370
370	5533	48:48	Keith Willey		Male	332	M40	100	48:09	371
371	5791	48:48	Gary Walker		Male	333	M60	13	48:21	388
372	6686	48:50	Thea Howlett	Royston Runners	Female	39	F	28	48:43	415
373	5973	48:52	Jonathan Larkins		Male	334	M40	101	48:28	399
374	5882	48:52	Oliver Morgan		Male	335	M	170	48:21	390
375	6434	48:53	Teilo Pearce	March AC	Male	336	M	171	48:19	384

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	4189	48:54	Ross Edwards		Male	337	M	172	48:21	391
377	4556	48:55	Jack Holman		Male	338	M	173	47:48	349
378	4763	48:55	Charlotte Barrett		Female	40	F	29	48:12	374
379	4837	48:56	Mark Avery		Male	339	M50	51	48:24	394
380	5936	48:59	Stuart Madeley		Male	340	M40	102	48:41	411
381	6409	48:59	James Wilkins		Male	341	M	174	47:48	350
382	5132	48:59	Lily Churchyard		Female	41	F	30	48:23	393
383	6994	49:00	Philip Nicholson	Norwich Road Runners	Male	342	M40	103	48:32	402
384	6968	49:00	Melissa Baker	Norwich Road Runners	Female	42	F	31	48:32	401
385	6625	49:01	Simon Stafford Allen		Male	343	M	175	47:45	348
386	6257	49:02	Julia Norman	Ryston Runners	Female	43	F40	12	48:41	410
387	4121	49:02	Arturs Gomulciks		Male	344	M	176	45:55	243
388	6893	49:02	Nicholas Saberton		Male	345	M40	104	48:40	408
389	6100	49:03	Antony Leigh		Male	346	M50	52	48:20	385
390	6759	49:03	Sean Nunn		Male	347	M	177	48:47	420
391	4894	49:04	Andy Armsby		Male	348	M	178	47:30	333
392	6900	49:04	Graham Spark		Male	349	M50	53	48:05	364
393	5214	49:06	Karen Smith	Three Counties Running Club	Female	44	F	32	48:25	395
394	5869	49:06	Linda Marshall	Ryston Runners	Female	45	F50	1	48:42	413
395	6057	49:07	Nick MacKay		Male	350	M50	54	48:36	406
396	4938	49:09	James Crockett		Male	351	M	179	48:13	375
397	4403	49:10	Giles Kerkham	Norwich Road Runners	Male	352	M40	105	48:35	405
398	4949	49:13	Karen Collins		Female	46	F40	13	48:46	418
399	5122	49:13	David Bunker		Male	353	M50	55	48:10	372
400	4517	49:14	Andrew Hammond	Norfolk Gazelles AC	Male	354	M60	14	48:30	400
401	5570	49:15	Shane Westby		Male	355	M	180	47:42	344
402	5608	49:18	Thomas Yarrow		Male	356	M	181	49:07	443
403	4027	49:18	Ruth Gaunt	Norwich Road Runners	Female	47	F50	2	48:14	376
404	6731	49:20	Oksana Imanalijeva		Female	48	F	33	49:04	439
405	4548	49:20	Simba Honde		Male	357	M	182	48:56	429
406	4442	49:20	Malcolm Jones		Male	358	M50	56	48:49	421
407	4307	49:20	Mark Hunter-Lines	Dereham Runners & AC	Male	359	M40	106	48:34	404
408	5215	49:21	Justin Smith	Ely Runners	Male	360	M40	107	48:42	412
409	4975	49:21	Mark Collins		Male	361	M	183	49:02	434
410	4873	49:21	Ash Anderson		Male	362	M	184	48:41	409
411	6577	49:22	Simon Cook		Male	363	M40	108	48:49	422
412	5845	49:26	Irena Marcinek		Female	49	F	34	48:49	423
413	5456	49:28	Jason Sheldrick		Male	364	M40	109	49:14	450
414	6729	49:28	Laurie James		Male	365	M60	15	49:04	437
415	4386	49:29	Rowan Jordan		Male	366	M	185	49:18	459
416	6450	49:29	Marcus Alderton		Male	367	M	186	48:42	414
417	6346	49:30	Andy Parish	North Norfolk Beach Runners	Male	368	M50	57	48:55	427
418	5293	49:30	David Strangeway	Lincoln Wellington Athletic Club	Male	369	M60	16	49:12	449
419	6381	49:30	James O'Grady		Male	370	M40	110	48:47	419
420	5778	49:31	Chris Tyler		Female	50	F	35	48:54	426
421	5908	49:34	Joe Mortlock		Male	371	M	187	48:53	424
422	6168	49:35	Chris Playford		Male	372	M50	58	48:53	425
423	5301	49:36	Rich Talby	Bushfield Joggers	Male	373	M40	111	49:03	435
424	5822	49:38	Juliette Meek	Ryston Runners	Female	51	F	36	49:17	453
425	6169	49:39	Aaron Petts	Fenland Running Club	Male	374	M40	112	49:15	451
426	4359	49:39	Katie Huggins		Female	52	F	37	49:30	474
427	5402	49:40	Stuart Singleterry		Male	375	M40	113	49:19	462
428	6934	49:41	Henry Hunt		Male	376	M	188	49:10	447
429	6933	49:41	William Hunt		Male	377	M	189	49:10	446
430	5438	49:43	James Sharman		Male	378	M40	114	48:06	367
431	5034	49:44	Tom Clements		Male	379	M50	59	48:44	417
432	4265	49:44	Kevin Farquhar	Royston Runners	Male	380	M	190	49:28	473
433	4764	49:45	Laura Barnham		Female	53	F50	3	49:16	452
434	6886	49:48	Sam Weller	North Norfolk Beach Runners	Male	381	M60	17	48:21	389
435	1536	49:48	Alan Hollings	Bramley Breezers	Male	382	M50	60	49:10	448
436	4026	49:49	Christopher Ghent		Male	383	M	191	49:23	467
437	6166	49:50	Jon Plumb		Male	384	M40	115	49:06	441
438	4761	49:51	Warren Abbott		Male	385	M	192	49:18	461
439	5684	49:52	Julian Trott		Male	386	M40	116	49:17	458
440	5998	49:52	Matthew King		Male	387	M40	117	49:17	457
441	6354	49:53	Lewis Pearson		Male	388	M	193	49:09	445
442	4590	49:54	Sam Hewitt		Male	389	M	194	49:21	465
443	5470	49:55	Jonny Sayer		Male	390	M40	118	49:19	463
444	6894	49:55	David Wing		Male	391	M40	119	49:32	478
445	5445	49:59	Becca Sharp3		Female	54	F	38	48:43	416
446	6411	50:00	Livvi Hodges		Female	55	F	39	49:34	480
447	4390	50:01	Vicky Jones	Norwich Road Runners	Female	56	F	40	49:01	433
448	4473	50:01	Erika Harvey		Female	57	F40	14	49:37	485
449	4035	50:01	Wayne Gayton		Male	392	M	195	48:57	431
450	6430	50:01	Jonathan Edwards	Bure Valley Harriers	Male	393	M50	61	49:04	438

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	4681	50:03	Mark Breeze	Fenland Running Club	Male	394	M	196	48:15	381
452	5145	50:05	Tony Chisam		Male	395	M40	120	49:44	492
453	5260	50:06	Daniel Spiller		Male	396	M	197	49:43	491
454	5639	50:06	Richard Woodard		Male	397	M50	62	49:31	476
455	5606	50:07	Mike Wright		Male	398	M	198	48:18	383
456	5751	50:07	Glen Warren	Ryston Runners	Male	399	M	199	48:23	392
457	6518	50:08	Russell Castledine		Male	400	M	200	49:28	472
458	4191	50:09	Stuart Durham		Male	401	M	201	49:24	469
459	6553	50:09	Michael Broom		Male	402	M50	63	49:03	436
460	6293	50:11	Suzanne Nelson		Female	58	F40	15	49:18	460
461	6897	50:12	Simon Sparkes	Bungay Black Dog RC	Male	403	M40	121	49:45	495
462	5107	50:14	Thomas Brown		Male	404	M	202	49:37	484
463	5974	50:14	James Larkin		Male	405	M	203	49:25	471
464	5987	50:15	Mark Mattless		Male	406	M40	122	49:51	503
465	4082	50:16	Jud Gray		Male	407	M40	123	49:46	496
466	6767	50:16	Skaiste Gaidamaviciute	Bure Valley Harriers	Female	59	F	41	49:20	464
467	5647	50:16	Chris Wood		Male	408	M	204	49:57	510
468	4329	50:20	Ben Hutchings		Male	409	M40	124	48:28	398
469	6786	50:22	Emma Fiddy		Female	60	F	42	49:30	475
470	6742	50:23	Matthew Gibbard		Male	410	M	205	49:17	454
471	5411	50:24	Robert Rose	March AC	Male	411	M	206	49:09	444
472	6355	50:25	Greg Pearson		Male	412	M40	125	49:36	482
473	6953	50:26	Liam Lamberts		Male	413	M	207	48:40	407
474	5026	50:27	Alexandra Cullen		Female	61	F	43	48:55	428
475	6401	50:27	Billy Overton		Male	414	M	208	49:54	505
476	6932	50:28	Daniel Jastrzebski	Bure Valley Harriers	Male	415	M	209	49:40	488
477	6904	50:28	Hannah Stone		Female	62	F	44	49:36	483
478	5637	50:28	Jason Woodford-Cook		Male	416	M40	126	49:45	494
479	4360	50:28	Wesley Hudson		Male	417	M	210	49:40	486
480	6736	50:28	Sam Lowe		Male	418	M	211	49:47	497
481	6842	50:29	Trudy Sayell	Norwich Road Runners	Female	63	F	45	50:02	520
482	5236	50:29	Mark Southwood		Male	419	M40	127	49:34	481
483	6795	50:30	Maddison Cage		Female	64	F	46	49:57	509
484	4960	50:30	Brian Cook		Male	420	M40	128	49:01	432
485	6891	50:30	Toby Walsingham		Male	421	M	212	50:05	524
486	6435	50:30	Martyn Oxby	Norwich Road Runners	Male	422	M	213	49:49	501
487	4795	50:32	Richard Bathe		Male	423	M40	129	50:00	516
488	5461	50:32	Mark Sherratt		Male	424	M	214	50:16	537
489	6699	50:32	Ethan Emmerson		Male	425	M	215	49:58	515
490	4080	50:32	Matthew Gray		Male	426	M40	130	50:01	519
491	6598	50:32	Matthew Knott	Norfolk Gazelles AC	Male	427	M	216	49:17	456
492	5180	50:33	Adam Carter		Male	428	M	217	49:53	504
493	4917	50:33	Roly Cook		Male	429	M50	64	49:32	477
494	6816	50:34	Chris Baldwin		Male	430	M40	131	49:33	479
495	6371	50:34	Craig Osborn		Male	431	M50	65	49:50	502
496	1548	50:35	Samantha Stringer	Bure Valley Harriers	Female	65	F	47	49:22	466
497	5453	50:36	Lloyd Sillis		Male	432	M	218	50:06	526
498	6803	50:36	Charlotte Christopherson		Female	66	F	48	49:24	470
499	6725	50:38	Jason Kelf		Male	433	M50	66	49:42	490
500	5906	50:39	Simon Mortlock		Male	434	M	219	49:41	489
501	6235	50:40	Ashish Rastogi	PACTRAC	Male	435	M40	132	50:00	517
502	6395	50:40	Nick Osborn		Male	436	M40	133	50:17	540
503	4845	50:40	Paul Balmer		Male	437	M	220	49:40	487
504	6419	50:41	James Davies		Male	438	M	221	47:53	356
505	4776	50:41	Jo Ahrenfelt		Female	67	F	49	49:58	513
506	6801	50:42	Michelle Brown	March AC	Female	68	F	50	49:47	498
507	6157	50:43	Michael Pembery		Male	439	M50	67	50:16	535
508	5042	50:43	Lauren Day		Female	69	F	51	50:17	539
509	6836	50:44	Matthew Daw		Male	440	M	222	50:18	541
510	4913	50:44	Ruseell Cooper		Male	441	M40	134	50:24	545
511	6138	50:44	Dean Preston	Werrington Joggers	Male	442	M	223	50:26	550
512	4260	50:44	Helen Foster		Female	70	F40	16	50:24	546
513	5714	50:45	Andrew Thwaites		Male	443	M	224	49:44	493
514	4215	50:45	Adam Dye		Male	444	M	225	50:29	555
515	6224	50:46	Conner Raven		Male	445	M	226	48:05	365
516	5603	50:46	Stephen Yates	March AC	Male	446	M	227	50:12	529
517	5858	50:47	Tony Major		Male	447	M	228	50:13	530
518	6194	50:47	Stuart Rhodes		Male	448	M	229	49:56	508
519	6831	50:48	Melanie Reed		Female	71	F	52	50:01	518
520	6619	50:48	Craig Morland		Male	449	M	230	50:32	557
521	6545	50:49	Andy Doyle	Ryston Runners	Male	450	M40	135	50:03	521
522	4123	50:50	John Gooch		Male	451	M50	68	50:12	528
523	6834	50:54	Garath Radbourne		Male	452	M	231	50:16	538
524	6033	50:57	Jon Long		Male	453	M40	136	50:25	549
525	5489	50:57	Anna Seaman		Female	72	F	53	49:56	507

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	6775	51:01	Stuart Govey	Bungay Black Dog RC	Male	454	M40	137	49:17	455
527	5670	51:03	Kathryn Todd		Female	73	F	54	50:30	556
528	5106	51:05	Scott Kimber		Male	455	M	232	50:54	577
529	5495	51:06	Judy Scott	Ryston Runners	Female	74	F50	4	50:44	569
530	6219	51:08	Frances Rayner		Female	75	F40	17	49:24	468
531	4418	51:10	Sarah Jay		Female	76	F50	5	50:06	527
532	4162	51:11	Robert Elbury	Bure Valley Harriers	Male	456	M40	138	50:14	532
533	4258	51:12	Luke Foster		Male	457	M	233	50:57	578
534	4163	51:12	Jack Elbury		Male	458	M	234	50:15	534
535	5569	51:14	Mark Whiskens	Ely Runners	Male	459	M50	69	49:55	506
536	6249	51:14	Lisa Redman		Female	77	F40	18	49:58	514
537	6705	51:15	Max Godfrey		Male	460	M	235	50:24	547
538	4737	51:15	Lance Bowyer Lowe	Dereham Runners & AC	Male	461	M40	139	50:39	565
539	4023	51:15	Kevin Gibbs		Male	462	M40	140	50:37	562
540	4625	51:15	David Blackmore		Male	463	M	236	48:33	403
541	5127	51:16	Beccy Chilvers	Dereham Runners & AC	Male	464	M	237	49:48	500
542	4049	51:16	Matthew Freezer		Male	465	M	238	50:36	560
543	5990	51:17	Richard Lane		Male	466	M40	141	50:28	553
544	4811	51:18	Simon Cuthell	Three Counties Running Club	Male	467	M	239	50:26	552
545	4812	51:18	Emma Cuthell		Female	78	F	55	50:26	551
546	6746	51:19	Matthew Atkinson		Male	468	M	240	50:37	563
547	6915	51:19	Gary Hood	Three Counties Running Club	Male	469	M50	70	50:22	542
548	4309	51:20	Matthew Hunter		Male	470	M40	142	51:01	586
549	4280	51:24	Justin Evans		Male	471	M	241	50:59	583
550	5522	51:24	Rob Tarry	Tri-Anglia Triathlon Club	Male	472	M50	71	50:48	574
551	4755	51:24	Ben Darlington		Male	473	M	242	51:02	590
552	6199	51:24	Gavin Kimber		Male	474	M	243	51:13	598
553	4690	51:26	Phillip Bradshaw	Dereham Runners & AC	Male	475	M	244	50:34	558
554	5737	51:28	Dave Walton		Male	476	M	245	50:40	566
555	6621	51:31	Paul Youngman		Male	477	M40	143	50:14	531
556	6692	51:32	Junaid Malone	Dereham Runners & AC	Male	478	M	246	51:02	589
557	6607	51:32	Gareth Hill		Male	479	M	247	51:01	587
558	5848	51:33	Carl Manning		Male	480	M50	72	51:14	601
559	6203	51:34	Jason Roberts	Ryston Runners	Male	481	M	248	50:29	554
560	5329	51:37	Kate Squires		Female	79	F	56	51:10	597
561	5863	51:38	David Martin		Male	482	M60	18	51:01	588
562	4077	51:40	Andrew Green	Ryston Runners	Male	483	M50	73	51:09	596
563	4157	51:41	Vicky Ellis		Female	80	F	57	51:01	585
564	6334	51:43	Ben Pascoe		Male	484	M	249	51:02	591
565	4543	51:44	Tim Harwood	Norfolk Gazelles AC	Male	485	M40	144	51:09	595
566	1590	51:44	Keith Morris		Male	486	M50	74	49:48	499
567	5192	51:45	Peter Catlin		Male	487	M	250	50:16	536
568	4327	51:45	Jason Hutches	Fenland Running Club	Male	488	M	251	49:58	512
569	6956	51:46	Conor Murray		Male	489	M	252	50:46	570
570	4900	51:46	Samantha Appleyard-Smith		Female	81	F40	19	50:51	575
571	4389	51:46	Geraldine Jordan	Norfolk Gazelles AC	Female	82	F50	6	51:21	609
572	5266	51:48	Dan Smith		Male	490	M	253	50:48	573
573	6147	51:49	Richard Peters		Male	491	M40	145	50:59	580
574	6938	51:50	Ryan Minshall	Norfolk Gazelles AC	Male	492	M	254	48:56	430
575	6847	51:50	Helen Terry		Female	83	F	58	49:07	442
576	5736	51:51	Gary Ward		Male	493	M50	75	50:59	584
577	5144	51:51	Leon Carrara	Fenland Running Club	Male	494	M50	76	51:28	620
578	5218	51:53	Ian Smith		Male	495	M40	146	51:26	618
579	6610	51:53	Jack Griffin		Male	496	M	255	50:05	523
580	6535	51:54	Oliver Freeman	Ryston Runners	Male	497	M	256	50:47	572
581	4587	51:54	Robert Hicks		Male	498	M40	147	51:31	623
582	6220	51:54	Ben Rayner		Male	499	M	257	50:05	522
583	5290	51:55	Jean Streeter	Wymondham AC	Female	84	F60	1	51:14	600
584	5625	51:57	Rob Winner		Male	500	M40	148	50:06	525
585	4980	51:57	David Dimech		Male	501	M60	19	51:15	603
586	4760	51:58	David Beardall	Dereham Runners & AC	Male	502	M	258	50:23	544
587	6222	51:58	Luke Rawling		Male	503	M	259	51:17	604
588	6883	52:00	Ben Waters		Male	504	M	260	52:00	660
589	6536	52:05	Digby Frammingham	Dereham Runners & AC	Male	505	M50	77	50:43	568
590	5567	52:07	Philip Websdale		Male	506	M40	149	51:21	610
591	4083	52:08	Kieran Gilbert		Male	507	M	261	51:44	638
592	5163	52:08	Luke Clark	Ryston Runners	Male	508	M	262	51:44	639
593	4460	52:09	Neil Harries		Male	509	M50	78	50:23	543
594	6905	52:11	Denis Tuttle		Male	510	M60	20	51:14	602
595	1574	52:11	Robin Cattermole	Wymondham AC	Male	511	M50	79	51:20	608
596	4043	52:12	Alex Friston		Male	512	M	263	50:59	582
597	4978	52:12	Isaac Diwa		Male	513	M40	150	51:23	612
598	6939	52:13	Matthew Garrod	Dereham Runners & AC	Male	514	M	264	51:28	621
599	4297	52:15	Colin Farrow		Male	515	M40	151	51:47	643
600	5419	52:15	Wayne Rostant		Male	516	M40	152	49:57	511

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	6752	52:15	Rich Cole	Lincoln & District Runners	Male	517	M	265	51:23	613
602	6261	52:15	Mark Nind		Male	518	M50	80	51:39	635
603	4429	52:15	David James		Male	519	M40	153	51:19	606
604	6104	52:16	Chris Levy		Male	520	M40	154	51:39	633
605	5153	52:16	Aidan Clarkson		Male	521	M	266	50:14	533
606	4057	52:16	Craig Gage		Male	522	M	267	50:25	548
607	5877	52:17	Nigel Marlow		Male	523	M50	81	51:33	626
608	6807	52:17	Sean Smith		Male	524	M	268	51:24	616
609	6780	52:18	Richard Doan		Male	525	M	269	51:24	615
610	5564	52:19	Steve Wheatley		Male	526	M50	82	51:29	622
611	4974	52:20	Steve Collis		Male	527	M50	83	50:53	576
612	5481	52:21	Molly Sands		Female	85	F	59	52:02	661
613	5413	52:24	Mark Rose		Male	528	M50	84	50:59	581
614	5910	52:24	Richard Morrish		Male	529	M50	85	51:56	658
615	6424	52:25	Timothy Lawrence		Male	530	M	270	51:20	607
616	5125	52:26	Caitlin Bugg		Female	86	F	60	52:16	683
617	5161	52:27	Alan Clarke		Male	531	M40	155	51:47	645
618	4612	52:30	Gary Berry		Male	532	M50	86	52:16	680
619	6768	52:30	Andrew Fysh		Male	533	M50	87	52:16	681
620	6682	52:30	Christopher Parnham		Male	534	M40	156	50:42	567
621	6876	52:31	Joseph Phipps		Male	535	M	271	51:28	619
622	4213	52:31	Erik Ebelhack		Male	536	M	272	51:04	592
623	6045	52:32	Ross Linnett		Male	537	M	273	50:47	571
624	5081	52:32	Cat Cameron		Female	87	F40	20	52:12	673
625	6937	52:32	Paul Hindle		Male	538	M50	88	51:45	641
626	4700	52:33	Stephen Brooks		Male	539	M50	89	50:38	564
627	5579	52:35	Mark Wright		Male	540	M	274	51:13	599
628	4385	52:36	Paul Kendall		Male	541	M40	157	51:40	636
629	6833	52:38	Matt Rake		Male	542	M50	90	52:23	694
630	4851	52:38	Joanna Banaszek	Tri-Anglia Triathlon Club	Female	88	F40	21	51:33	625
631	6130	52:38	Helen Procter		Female	89	F50	7	51:44	637
632	6306	52:39	Jonathan Mulley		Male	543	M50	91	51:48	647
633	4726	52:39	Chris Bolderstone		Male	544	M	275	51:46	642
634	4092	52:40	Steve Gowing		Male	545	M60	21	51:47	646
635	4404	52:41	Ben Kendall		Male	546	M	276	51:55	657
636	6907	52:42	Lester Knight		Male	547	M40	158	51:18	605
637	4723	52:44	Martyn Bond		Male	548	M	277	52:14	674
638	4771	52:45	Shane Barker		Male	549	M	278	50:58	579
639	4930	52:46	Chris Craddock		Male	550	M	279	51:22	611
640	4150	52:46	Cliff Gosling		Male	551	M50	92	52:15	678
641	4497	52:47	Christopher Groves		Male	552	M60	22	51:49	650
642	6063	52:47	Elaine Lumley		Female	90	F40	22	52:02	662
643	6613	52:48	Roberta Curtis-Hampson		Female	91	F	61	51:52	654
644	4631	52:50	Brian Black		Male	553	M50	93	52:07	666
645	4751	52:50	John Bowen		Male	554	M40	159	52:05	665
646	4332	52:51	Andrew Hyde		Male	555	M	280	51:52	652
647	4261	52:52	Alistair Fisher		Male	556	M	281	51:06	593
648	5015	52:54	Graeme Dedman	March AC	Male	557	M40	160	51:08	594
649	5367	52:56	Matthew Rowe		Male	558	M	282	52:41	716
650	6818	52:56	Karen Allen	Ramsey Road Runners	Female	92	F40	23	51:34	627
651	6662	52:58	Robert White		Male	559	M40	161	49:06	440
652	4505	52:59	Simon Drennan		Male	560	M40	162	52:16	679
653	4470	52:59	Connor Harwood		Male	561	M	283	52:48	725
654	6912	53:01	Chris Humberston	Tring RC	Male	562	M	284	51:47	644
655	4317	53:01	Desmond Humberston		Male	563	M50	94	51:45	640
656	6324	53:02	Sunil Nair		Male	564	M50	95	52:34	709
657	5298	53:03	Jack Tarrant		Male	565	M	285	52:21	693
658	6964	53:07	Katherine Haines		Female	93	F	62	52:18	685
659	5331	53:07	Michael Spratt		Male	566	M	286	52:42	717
660	4986	53:09	Sonya Doherty		Female	94	F40	24	52:46	723
661	6307	53:09	Emma Mulley		Female	95	F	63	52:19	688
662	4712	53:09	Jack Boykew		Male	567	M	287	52:33	707
663	4591	53:10	Tom Heaton		Male	568	M	288	51:26	617
664	6815	53:10	Anthony Ball		Male	569	M	289	51:37	629
665	5096	53:11	Ian Bruce		Male	570	M40	163	51:37	630
666	6246	53:11	Jessica Retchless		Female	96	F	64	52:33	708
667	6730	53:12	Dirk James		Male	571	M40	164	51:51	651
668	6363	53:13	Adam Pead		Male	572	M	290	52:35	711
669	6508	53:14	Mark Crook		Male	573	M50	96	51:52	656
670	6600	53:14	Phil Kitney		Male	574	M	291	51:52	655
671	1600	53:15	Simon Fields		Male	575	M40	165	52:20	689
672	6155	53:16	Ben Penfold		Male	576	M	292	52:07	667
673	6988	53:16	Gemma Wright		Female	97	F	65	52:03	663
674	6975	53:16	Natasha Bates		Female	98	F	66	52:04	664
675	6838	53:17	Thomas Cannon		Male	577	M	293	52:32	706

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	5745	53:18	Jonathan Turpin		Male	578	M	294	53:01	746
677	6906	53:21	Bradley Turner		Male	579	M	295	52:53	735
678	6080	53:22	Erica Laws		Female	99	F40	25	52:46	722
679	6347	53:22	Ryan Oakes		Male	580	M	296	50:36	561
680	4827	53:24	Daniel Avey		Male	581	M	297	52:36	713
681	5016	53:25	Emily Davies		Female	100	F	67	52:50	729
682	6783	53:26	Kevin Dawson		Male	582	M	298	52:40	715
683	6754	53:27	Joanna Cottrell	Coltishall Jaguars RC	Female	101	F	68	52:07	668
684	4739	53:28	Tracey Bowen-Jones	Bure Valley Harriers	Female	102	F50	8	52:24	697
685	4740	53:28	Craig Bowen-Jones	Bure Valley Harriers	Male	583	M40	166	52:24	696
686	6710	53:30	Cameron Robertson		Male	584	M	299	52:16	682
687	5817	53:30	Jack Massingham		Male	585	M	300	52:20	690
688	5816	53:30	Ray Massingham		Male	586	M60	23	52:21	691
689	4240	53:31	Wendy Fisher	Ryston Runners	Female	103	F50	9	53:01	747
690	6333	53:31	Jit Patel		Male	587	M60	24	53:01	745
691	5940	53:32	Lianne Molineux-Wilkes		Female	104	F	69	52:47	724
692	4294	53:34	Derek Fergusson		Male	588	M50	97	51:52	653
693	6106	53:35	Benjamin Pratt		Male	589	M	301	51:48	648
694	4769	53:36	Adam Beckett		Male	590	M40	167	51:23	614
695	4206	53:37	Ryan Duke		Male	591	M	302	52:49	727
696	4797	53:37	Amy Baxter		Female	105	F	70	53:19	766
697	6357	53:38	Ian Patmore		Male	592	M50	98	52:19	687
698	6330	53:39	Jack Parnell		Male	593	M	303	52:34	710
699	5067	53:41	Adam Burt		Male	594	M40	168	52:26	699
700	6108	53:41	Richard Povey		Male	595	M40	169	51:37	628
701	6522	53:41	Miles Easey		Male	596	M	304	53:19	769
702	5133	53:41	Hayley Church		Female	106	F40	26	52:00	659
703	5563	53:43	Fay Wheeler	Wymondham AC	Female	107	F40	27	52:58	742
704	5238	53:43	Glenn Smith		Male	597	M50	99	51:39	632
705	6663	53:43	Miro Svidron		Male	598	M40	170	52:25	698
706	4569	53:46	Sara Head		Female	108	F	71	53:10	757
707	5519	53:46	Kevin Whitby		Male	599	M	305	53:02	748
708	6852	53:48	Sam Judd		Male	600	M	306	51:32	624
709	6946	53:49	Ade Mills	Halmer Harriers	Male	601	M50	100	52:23	695
710	6180	53:50	Andrew Richardson		Male	602	M40	171	52:31	705
711	5098	53:50	Steve Brown	North Norfolk Beach Runners	Male	603	M50	101	52:18	686
712	6345	53:50	Zoe Parish	North Norfolk Beach Runners	Male	604	M	307	52:49	726
713	4987	53:50	Olly Denton		Male	605	M	308	52:10	671
714	4484	53:51	Liz Harris	North Norfolk Beach Runners	Female	109	F40	28	52:50	730
715	4078	53:51	Stephanie Gray		Female	110	F	72	52:29	703
716	4249	53:52	Rachel Fox		Female	111	F40	29	52:57	741
717	6520	53:52	Darren Ebbs		Male	606	M40	172	52:56	739
718	6312	53:53	Liam Obrien		Male	607	M	309	52:21	692
719	5499	53:54	Martin Schrooder		Male	608	M40	173	52:51	731
720	6944	53:55	Mr Steve Lucas	Ware Joggers	Male	609	M50	102	52:56	737
721	5211	53:56	Mark Smith		Male	610	M50	103	52:55	736
722	5591	53:57	Tim Woods	Norfolk Gazelles AC	Male	611	M50	104	53:00	744
723	4423	53:58	Alan Johns		Male	612	M40	174	51:39	634
724	4427	53:58	Julian Jardine		Male	613	M40	175	52:50	728
725	6564	53:59	Joanne Potter	Heanor Running Club	Female	112	F40	30	52:51	732
726	5179	54:00	Andrew Carter		Male	614	M	310	53:19	768
727	5527	54:00	Martin Williams		Male	615	M40	176	52:39	714
728	6172	54:00	Kevin Piggott	Ryston Runners	Male	616	M50	105	53:28	778
729	6942	54:00	Moncy Mathew		Male	617	M40	177	53:43	794
730	6976	54:01	Chris Bennett		Male	618	M	311	53:17	765
731	5364	54:01	Martin Rowell		Male	619	M40	178	53:22	772
732	4127	54:02	Nigel Girling		Male	620	M40	179	53:24	775
733	5225	54:02	Pauline Sparrow		Female	113	F60	2	53:33	782
734	5583	54:04	Hayley Wright		Female	114	F40	31	53:06	753
735	4520	54:04	Adrian Hall		Male	621	M40	180	52:31	704
736	4125	54:05	Roger Gloverk		Male	622	M50	106	52:57	740
737	4830	54:05	Ricky Bailey	West Norfolk AC	Male	623	M50	107	53:20	770
738	6798	54:05	Gary Daw		Male	624	M50	108	53:06	752
739	6797	54:07	Harry Daw		Male	625	M	312	53:07	754
740	6637	54:08	Christopher Milnes	Ryston Runners	Male	626	M60	25	53:08	756
741	5276	54:09	Anna Smith		Female	115	F	73	52:52	733
742	6615	54:10	Jason Cox		Male	627	M	313	53:45	802
743	6908	54:11	Stephen Wiseman		Male	628	M50	109	53:27	777
744	4580	54:12	Jason Hawes	Ryston Runners	Male	629	M40	181	53:19	767
745	6201	54:12	Tim Simmonds		Male	630	M	314	52:10	670
746	4051	54:12	Gary Freeman		Male	631	M40	182	53:21	771
747	1529	54:12	Ruaraidh Britton		Male	632	M	315	54:05	827
748	5087	54:15	Kay Burgess		Female	116	F40	32	53:29	780
749	6813	54:15	Martin Brigden		Male	633	M60	26	53:12	760
750	6574	54:16	Gabriel Pender		Male	634	M	316	52:45	720

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	4511	54:16	Stephen Halls	Thetford AC	Male	635	M50	110	52:53	734
752	6704	54:16	Daniel Edge		Male	636	M	317	52:45	719
753	6364	54:17	Hilary Peachment		Female	117	F	74	53:29	779
754	6531	54:18	Ogilvy Dorward		Male	637	M40	183	51:38	631
755	5059	54:18	Stephanie Clouston		Female	118	F40	33	52:15	677
756	6000	54:20	Lucan King	Bure Valley Harriers	Male	638	M	318	53:00	743
757	4884	54:20	Colin Brown		Male	639	M50	111	53:11	759
758	5694	54:22	Chris Theaker		Male	640	M40	184	53:39	790
759	4557	54:23	Jessica Hollis		Female	119	F	75	52:15	675
760	6094	54:23	Sarah Lee		Female	120	F40	34	53:44	796
761	5654	54:25	Aidan Tough	Ely Runners	Male	641	M40	185	52:35	712
762	4992	54:28	Mark Demonty		Male	642	M40	186	53:34	784
763	4680	54:29	Thomas Brennan		Male	643	M40	187	52:27	701
764	5065	54:30	Neil Bussey		Male	644	M40	188	53:05	750
765	4079	54:36	Richard Gray		Male	645	M60	27	53:13	762
766	5068	54:36	Amy Burrell-Cory	Ryston Runners	Female	121	F	76	53:51	810
767	6790	54:36	Scott Annan		Male	646	M	319	53:44	798
768	5387	54:36	Paula Russell		Female	122	F40	35	53:48	805
769	5312	54:37	Philip Sutton		Male	647	M40	189	53:29	781
770	4982	54:37	Jo Dickson		Male	648	M40	190	52:56	738
771	5196	54:38	Jamie Chalke	Bushfield Joggers	Male	649	M40	191	53:54	815
772	6542	54:39	Neil Davies		Male	650	M40	192	53:13	761
773	4425	54:39	Ben Jarvis		Male	651	M	320	53:37	788
774	5927	54:40	Stephen Mickelburgh		Male	652	M60	28	52:45	721
775	5508	54:41	Elizabeth Whittaker		Female	123	F60	3	52:28	702
776	4090	54:42	Annabelle Graham	Ely Runners	Female	124	F	77	52:17	684
777	5467	54:43	Adrian Scaites-Stokes		Male	653	M50	112	53:45	801
778	5141	54:44	David Charman		Male	654	M50	113	52:44	718
779	4284	54:44	Steven Firth		Male	655	M	321	53:50	808
780	6064	54:44	Will Lowry		Male	656	M	322	53:51	811
781	5201	54:45	Sigita Cesnauskaite	Bungay Black Dog RC	Female	125	F	78	50:34	559
782	4205	54:48	Derick Barsby		Male	657	M60	29	53:45	800
783	6163	54:48	Caroline Pocock		Female	126	F	79	53:24	776
784	6851	54:49	Tom Pullinger		Male	658	M40	193	51:49	649
785	5365	54:49	Jon Rowell		Male	659	M40	194	54:09	837
786	4699	54:51	Alex Broome	Fenland Running Club	Male	660	M	323	53:36	787
787	4624	54:52	Vicki Blackshaw		Female	127	F	80	53:42	792
788	5043	54:52	Stephen De'Ath		Male	661	M40	195	53:54	814
789	5913	54:52	Rebecca Morrell		Female	128	F	81	53:55	816
790	5690	54:54	William Taylor		Male	662	M	324	53:38	789
791	4610	54:56	Chris Betts	Saint Edmund Pacers	Male	663	M40	196	53:40	791
792	4441	54:56	Julian Johnson-Munday		Male	664	M50	114	53:14	763
793	5815	54:56	Maddy Masters		Female	129	F	82	53:56	817
794	5898	54:57	Jeanette Simpson		Female	130	F	83	54:15	844
795	6101	54:58	Bradley Lees		Male	665	M	325	52:26	700
796	5120	54:58	Heidi Bunn	Three Counties Running Club	Female	131	F40	36	54:23	853
797	4006	54:58	Sine Garvie Mcinally		Female	132	F60	4	54:30	862
798	6196	54:58	Pam Reynolds		Female	133	F40	37	54:20	850
799	6236	54:59	Tanya Reed		Female	134	F	84	54:06	831
800	4529	54:59	Edward Hodson		Male	666	M	326	53:07	755
801	5086	55:01	Jason Calcutt	Hartlepool Burn Road Harriers	Male	667	M40	197	54:11	841
802	5837	55:02	Andrew McNulty		Male	668	M40	198	53:44	799
803	4970	55:04	Thomas Collison		Male	669	M	327	53:15	764
804	5457	55:04	Alex Short		Male	670	M	328	53:24	774
805	5886	55:05	George Meredith		Male	671	M	329	54:51	888
806	4843	55:05	Rich Atkins	Great Yarmouth Road Runners	Male	672	M	330	53:53	813
807	4154	55:05	Tracey Else		Female	135	F40	38	54:10	838
808	4481	55:06	James Harrison		Male	673	M	331	54:07	834
809	5864	55:07	Dave Martin		Male	674	M	332	53:47	803
810	4808	55:07	Marcus Cumberbatch		Male	675	M	333	54:24	856
811	4091	55:09	Julie Gowland	Hartlepool Burn Road Harriers	Female	136	F	85	53:22	773
812	4024	55:10	Jon Gibbs		Male	676	M40	199	54:07	832
813	4976	55:11	Paul Conroy		Male	677	M40	200	54:18	847
814	4807	55:12	Jonathan Bathe		Male	678	M40	201	54:40	875
815	5806	55:13	Richard McInnes-Piper		Male	679	M	334	54:31	864
816	6575	55:15	Paul Baker	Three Counties Running Club	Male	680	M50	115	54:10	840
817	5162	55:16	Sarah Clark		Female	137	F	86	54:02	825
818	5810	55:17	Callum McDermid		Male	681	M	335	54:16	845
819	6837	55:17	Daniel Price		Male	682	M	336	54:24	855
820	5959	55:18	Paul Masters		Male	683	M50	116	54:23	852
821	4691	55:21	Steven Bradley	Great Yarmouth Road Runners	Male	684	M60	30	54:06	830
822	6675	55:22	Jane Trudgill		Female	138	F40	39	53:34	783
823	4439	55:22	Aliesha Jones		Female	139	F	87	55:01	895
824	6723	55:23	Carl Neale		Male	685	M50	117	53:51	809
825	4893	55:24	Leon Ashton-Leatherland		Male	686	M	337	55:07	899

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	4098	55:25	Jane Greenwood	Fenland Running Club	Female	140	F60	5	54:09	836
827	4197	55:27	Kalvis Dudelis		Male	687	M	338	52:11	672
828	4510	55:27	Jane Hallwood	Norwich Road Runners	Female	141	F40	40	54:24	854
829	4698	55:29	Leona Broughton		Female	142	F	88	54:37	870
830	5075	55:30	Simon Carnell		Male	688	M50	118	54:02	823
831	4564	55:31	Ricky Hayes		Male	689	M	339	55:12	905
832	6957	55:32	Daniel Moore		Male	690	M	340	54:38	873
833	4840	55:33	Stuart Atling	Hockley Trail Runners	Male	691	M50	119	54:25	858
834	4663	55:35	Rick Bennett		Male	692	M	341	54:13	842
835	4241	55:35	Stuart Fisher	North Norfolk Beach Runners	Male	693	M	342	54:00	820
836	5099	55:35	Jason Buet		Male	694	M40	202	54:25	859
837	4750	55:37	Ali Borrman		Female	143	F	89	53:44	797
838	6740	55:38	Emma Goldsmith		Female	144	F40	41	54:03	826
839	5420	55:39	Chris Rolfe		Male	695	M40	203	54:05	828
840	6665	55:40	Paul Verrando		Male	696	M50	120	54:36	869
841	6229	55:41	Nicola Rands		Female	145	F50	10	53:58	818
842	6503	55:42	Sam Jarvis		Male	697	M	343	53:43	793
843	5630	55:43	Louis Willoughby		Male	698	M	344	54:17	846
844	4770	55:45	Andre Afonso		Male	699	M	345	53:47	804
845	5108	55:47	Donovan Bunten	Wymondham AC	Male	700	M40	204	54:13	843
846	5780	55:47	Rob Twell		Male	701	M	346	54:25	860
847	5623	55:48	Julie Winner		Female	146	F40	42	53:58	819
848	5732	55:50	Darren Ward		Male	702	M	347	55:10	904
849	5383	55:50	Colin Rutty	Bungay Black Dog RC	Male	703	M40	205	54:01	821
850	4034	55:50	Karen Gedge		Female	147	F50	11	54:50	887
851	4533	55:51	Leanne Hitchin		Female	148	F40	43	54:08	835
852	4175	55:51	Philipp Erdmann	Knowle & Dorridge RC	Male	704	M	348	52:08	669
853	5536	55:52	James Wilkinson		Male	705	M	349	55:22	917
854	5933	55:52	Ellie Merritt		Female	149	F	90	54:30	861
855	5210	55:52	Ann Spencer-Dowdeswell	Harling Athletic Club	Female	150	F50	12	54:30	863
856	5518	55:53	Iain White		Male	706	M60	31	54:56	892
857	4437	55:54	Daniel Jones	Bungay Black Dog RC	Male	707	M	350	54:19	848
858	6290	55:55	Carl Nelson		Male	708	M40	206	53:51	812
859	4725	55:56	John Bolderstone		Male	709	M40	207	54:54	891
860	6884	55:57	Stevan Wilson		Male	710	M40	208	55:13	906
861	4133	55:59	Louise Franklin		Female	151	F	91	55:10	903
862	6755	56:00	Simone Brammer	Fenland Running Club	Female	152	F40	44	54:25	857
863	4850	56:00	Ellie Bane		Female	153	F	92	54:48	880
864	4914	56:00	Dean Cooper		Male	711	M	351	52:15	676
865	5094	56:02	Karolina Bruska		Female	154	F	93	54:56	893
866	6597	56:02	Tomasz Kowalczyk		Male	712	M	352	53:10	758
867	6037	56:03	Connie Louro		Female	155	F40	45	55:14	907
868	6505	56:05	Denas Bilalovas		Male	713	M	353	55:03	896
869	5613	56:06	Martyn Woodgate		Male	714	M40	209	53:06	751
870	6840	56:07	David Shaw		Male	715	M60	32	54:01	822
871	5557	56:07	Peter Waterfield		Male	716	M50	121	55:17	911
872	6773	56:08	Richard Grant	Thetford AC	Male	717	M40	210	55:54	957
873	4279	56:09	Karen Evans		Female	156	F40	46	54:49	884
874	6757	56:10	Bradley Boyd	Bure Valley Harriers	Male	718	M40	211	55:25	918
875	4402	56:10	Phoebe Kelman		Female	157	F	94	55:46	944
876	4089	56:11	Abigail Grand		Female	158	F40	47	54:48	881
877	6002	56:11	Ian King		Male	719	M40	212	54:02	824
878	5222	56:11	Tim Skerritt		Male	720	M50	122	54:32	866
879	4831	56:12	Kayleigh Bailey		Female	159	F	95	55:50	952
880	6398	56:12	Stacey Owen		Female	160	F	96	55:50	953
881	5665	56:13	Carl Tipling		Male	721	M	354	53:43	795
882	4586	56:14	Christopher High		Male	722	M40	213	54:05	829
883	5287	56:14	Georgina Sutton		Female	161	F	97	55:08	900
884	4635	56:15	Alan Bird	Norfolk Gazelles AC	Male	723	M40	214	54:37	871
885	4602	56:16	Stephen Best		Male	724	M	355	54:37	872
886	5493	56:17	Lucy Scott		Female	162	F	98	55:25	920
887	6982	56:17	Stuart Robinson		Male	725	M40	215	55:29	924
888	5879	56:18	Seb Moore		Male	726	M60	33	55:16	910
889	6512	56:19	Leanne Botwright		Female	163	F	99	54:10	839
890	5976	56:19	Douglas Lant		Male	727	M60	34	54:32	865
891	4921	56:20	Caroline Brown		Female	164	F40	48	53:34	785
892	4065	56:21	Graham Fryer		Male	728	M40	216	54:19	849
893	6948	56:23	Andrew McNamara		Male	729	M40	217	54:52	889
894	5796	56:23	Andrew Walder		Male	730	M50	123	54:43	876
895	6644	56:26	Vicki Newton		Female	165	F	100	54:59	894
896	5297	56:26	Nicola Tarrant		Female	166	F50	13	55:20	914
897	1606	56:28	Rebecca Atkinson		Female	167	F	101	55:36	934
898	4678	56:29	Joan Brett		Female	168	F50	14	55:06	898
899	4457	56:30	Graham Hardingham		Male	731	M50	124	55:33	929
900	6657	56:30	Lowell Reitz		Male	732	M50	125	53:50	807

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	6348	56:32	Lizzie Parry	Norwich Road Runners	Female	169	F	102	55:16	909
902	6592	56:34	Carlton Mason		Male	733	M40	218	54:36	868
903	4687	56:34	Jessica Braid		Female	170	F	103	54:49	885
904	5614	56:35	Mick Yates		Male	734	M50	126	55:21	915
905	6590	56:37	John George		Male	735	M40	219	56:04	980
906	4289	56:37	Mat Fielding		Male	736	M	356	55:46	945
907	4541	56:38	Sacha Hill		Female	171	F	104	54:49	883
908	6167	56:38	James Plowright		Male	737	M	357	54:49	882
909	4102	56:39	Daniel Green		Male	738	M	358	55:14	908
910	6292	56:39	John Munday		Male	739	M50	127	55:32	927
911	6724	56:39	Amanda Murfitt	Ely Runners	Female	172	F40	49	55:32	928
912	5446	56:40	Stephen Short		Male	740	M50	128	55:06	897
913	4002	56:41	Alex Gaunt		Male	741	M40	220	55:35	930
914	4872	56:43	Zana Andrews		Female	173	F40	50	56:12	990
915	4867	56:43	Neil Andrews		Male	742	M40	221	56:13	992
916	4875	56:43	Geoff Alvis		Male	743	M40	222	53:49	806
917	5048	56:43	Jillian Davis		Female	174	F60	6	55:35	932
918	5942	56:44	Serena Moden		Female	175	F	105	56:03	978
919	4977	56:44	Stephen Devlin		Male	744	M40	223	54:07	833
920	4004	56:45	John Gates		Male	745	M	359	54:50	886
921	5275	56:47	Ash Smith	Bury Athletic Club	Male	746	M	360	55:59	969
922	5246	56:47	Mark Sleath		Male	747	M50	129	54:33	867
923	6909	56:47	Shelly Farrow		Female	176	F40	51	55:08	902
924	4101	56:47	Mark Greenacre		Male	748	M	361	56:22	1004
925	6616	56:48	Robert Alflatt		Male	749	M40	224	55:08	901
926	5601	56:48	Sarah Young		Female	177	F	106	55:46	946
927	5204	56:49	Darren Snell		Male	750	M40	225	55:36	933
928	4013	56:50	Jerome Garnon		Male	751	M40	226	55:40	937
929	1566	56:51	James Watson		Male	752	M40	227	53:36	786
930	5173	56:52	Emma Cattermull		Female	178	F	107	55:48	949
931	6012	56:53	Lorna Kitt	Coltishall Jaguars RC	Female	179	F	108	55:39	936
932	6708	56:55	Julian Nakabuubi		Female	180	F	109	56:31	1020
933	5066	56:56	Adele Bushell		Female	181	F50	15	55:57	966
934	5678	56:57	Brianne Turner		Female	182	F	110	55:29	922
935	4344	56:57	Lynda Howard		Female	183	F40	52	55:21	916
936	5394	57:00	John Robinson		Male	753	M40	228	55:25	921
937	4550	57:00	Rob Holmes		Male	754	M	362	56:02	977
938	6328	57:01	Heather Musgrave		Female	184	F	111	56:07	985
939	4486	57:01	Alicia Hammod		Female	185	F	112	55:56	964
940	6154	57:02	Jonathan Pentelow		Male	755	M	363	55:56	965
941	5747	57:05	Sean Warden	Norwich Road Runners	Male	756	M	364	55:41	938
942	5709	57:06	Anna Thorpe		Female	186	F	113	55:30	925
943	6714	57:06	Anita Roebuck		Female	187	F	114	56:04	979
944	4311	57:08	Ray Hunt		Male	757	M	365	53:05	749
945	4685	57:08	Kathryn Brand		Female	188	F	115	54:44	877
946	5253	57:11	Monika Skiotyte		Female	189	F	116	56:56	1053
947	6952	57:13	Hayley Missin		Female	190	F	117	56:18	997
948	5315	57:15	Frazer Stanford		Male	758	M	366	56:00	971
949	4972	57:16	Georgie Collison		Female	191	F	118	56:14	993
950	6205	57:17	Hayley Roan		Female	192	F	119	55:25	919
951	4330	57:17	Stewart Inglis	Fenland Running Club	Male	759	M50	130	56:12	989
952	6190	57:17	Jac Richards		Female	193	F50	16	56:00	970
953	5339	57:18	Derek Stock		Male	760	M50	131	56:39	1032
954	5934	57:18	Steven Middleton		Male	761	M	367	54:39	874
955	5430	57:19	Nicholas Sheehan		Male	762	M50	132	55:49	951
956	4711	57:19	David Briars		Male	763	M40	229	56:35	1024
957	4055	57:19	Charlotte Drew		Female	194	F40	53	56:16	996
958	6804	57:19	Peter Charman		Male	764	M40	230	55:20	913
959	5669	57:21	Caroline Tiller		Female	195	F40	54	55:47	947
960	5939	57:21	Stephen Molineux-Wilkes		Male	765	M	368	56:04	981
961	4788	57:24	Debbie Agger	Ramsey Road Runners	Female	196	F	120	57:05	1068
962	5358	57:25	Katie Rudd		Female	197	F	121	55:52	955
963	6237	57:25	Lisa Pedder		Female	198	F40	55	56:36	1025
964	4810	57:26	Sam Dack		Male	766	M	369	54:20	851
965	6990	57:27	Rosie Hill		Female	199	F	122	55:54	958
966	4136	57:28	Jenna Gotts		Female	200	F40	56	56:23	1006
967	5200	57:30	Anil Chakrabarti		Male	767	M50	133	55:42	939
968	6046	57:30	Vicky Last		Female	201	F	123	55:44	942
969	4342	57:32	Paul Howard		Male	768	M50	134	56:45	1042
970	5235	57:34	Stewart South		Male	769	M70+	2	55:47	948
971	5889	57:34	Rodger Moore	North Norfolk Beach Runners	Male	770	M40	231	56:43	1040
972	5146	57:34	Phillip Clarke		Male	771	M40	232	56:29	1014
973	4254	57:36	Kevin Forrest		Male	772	M60	35	55:18	912
974	6604	57:36	Nancy Barnard		Female	202	F	124	56:49	1048
975	1578	57:36	Steven Hollingworth		Male	773	M50	135	56:23	1008

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	4998	57:37	Amy Doy	Royston Runners	Female	203	F	125	55:29	923
977	6763	57:37	Chris Southwell		Male	774	M60	36	56:27	1011
978	4608	57:37	Tara Betts		Female	204	F	126	56:05	982
979	6896	57:38	Jarek Zabawski		Male	775	M40	233	56:13	991
980	4658	57:38	Emma Benefer		Female	205	F40	57	55:53	956
981	6550	57:39	Nicola Harvey-Bell		Female	206	F40	58	55:35	931
982	4223	57:40	Sam Eady		Male	776	M	370	56:29	1016
983	4941	57:40	Carl Collins		Male	777	M40	234	57:11	1078
984	6669	57:40	Stuart Willson		Male	778	M	371	56:14	994
985	6839	57:41	Norman Phipps		Male	779	M	372	56:01	976
986	4235	57:41	Colin Forshaw		Male	780	M50	136	54:47	879
987	5147	57:41	Cheryl Brown		Female	207	F40	59	56:46	1043
988	4794	57:42	Alex Batt		Male	781	M	373	56:33	1021
989	4537	57:44	Elizabeth Hindmarsh		Female	208	F40	60	55:55	961
990	5925	57:45	Stephanie Middleton		Female	209	F	127	55:55	962
991	4434	57:46	Jordan Jones		Male	782	M	374	55:42	940
992	6903	57:46	Paddy Thompson		Male	783	M50	137	57:03	1064
993	4461	57:46	Shareen Hannan		Female	210	F40	61	57:04	1065
994	1508	57:47	Ryan Gray		Male	784	M	375	55:54	959
995	4448	57:47	Julian Johnson		Male	785	M40	235	55:57	967
996	6940	57:48	Martin Kinghorn		Male	786	M50	138	54:47	878
997	6557	57:48	Sophie Gould		Female	211	F	128	57:00	1059
998	5469	57:48	Natalie Sayer		Female	212	F50	17	56:00	973
999	6129	57:49	Mark Procter		Male	787	M	376	54:53	890
1000	5575	57:49	John Welbourn		Male	788	M60	37	56:08	986
1001	6974	57:49	Julie Barrow		Female	213	F	129	55:48	950
1002	5406	57:50	Paul Simpson		Male	789	M	377	56:22	1005
1003	4343	57:51	Nicky Howard	Three Counties Running Club	Female	214	F40	62	57:04	1066
1004	5593	57:52	Jade Woods		Female	215	F	130	56:38	1028
1005	4422	57:52	Wendy Jarvis		Female	216	F40	63	55:52	954
1006	4722	57:53	Richard Booth		Male	790	M	378	57:02	1063
1007	6009	57:55	Madeleine King		Female	217	F	131	57:12	1082
1008	6408	57:56	Jo Renshaw		Female	218	F40	64	57:35	1120
1009	4070	57:58	Jack Fysh		Male	791	M	379	56:01	975
1010	6209	57:59	Mark Riseborough		Male	792	M40	236	55:44	941
1011	5372	57:59	Adam Skinner		Male	793	M40	237	55:45	943
1012	6691	58:01	Edward Kenny		Male	794	M50	139	56:48	1046
1013	5025	58:01	David Cullen		Male	795	M50	140	56:26	1010
1014	4414	58:02	Oliver Jones		Male	796	M	380	55:55	960
1015	5337	58:02	Gary Stone		Male	797	M50	141	56:38	1029
1016	6394	58:02	Joseph Oxby		Male	798	M	381	56:06	984
1017	1576	58:02	Steve Collins		Male	799	M40	238	56:30	1018
1018	5755	58:04	Garry Ward		Male	800	M60	38	57:05	1067
1019	5649	58:05	Rebecca Wolf		Female	219	F40	65	56:33	1022
1020	5373	58:05	Georgia Sandover		Female	220	F	132	57:18	1090
1021	6140	58:07	Fabia Pollard		Female	221	F50	18	56:47	1044
1022	5244	58:08	Steve Small		Male	801	M50	142	56:39	1031
1023	5432	58:09	Kelly Shaw		Female	222	F	133	56:20	1001
1024	4552	58:10	Lydia Holmes	Wymondham AC	Female	223	F	134	57:21	1095
1025	5828	58:10	Sarah Melton-Whitelam		Female	224	F	135	55:58	968
1026	4990	58:10	Kelly Dennis		Female	225	F	136	57:12	1083
1027	6242	58:10	Niki Reeves		Female	226	F	137	56:22	1003
1028	5676	58:11	Chris Turner		Male	802	M	382	57:13	1084
1029	4693	58:12	Patsy Bradley		Female	227	F50	19	56:01	974
1030	4355	58:12	Samantha Hormbrey		Female	228	F	138	56:31	1019
1031	4292	58:12	Esther Fisher		Female	229	F	139	56:29	1015
1032	5241	58:13	Hayley Smith		Female	230	F40	66	56:49	1049
1033	6928	58:13	Sam Ely		Male	803	M	383	56:49	1050
1034	4060	58:13	Simon Gaisford		Male	804	M40	239	57:05	1069
1035	6674	58:14	Casey Trueman	Long Eaton Running Club	Female	231	F	140	57:16	1088
1036	4879	58:15	Michelle Allan		Female	232	F	141	57:25	1104
1037	5148	58:15	Emma Clements		Female	233	F	142	57:25	1103
1038	4366	58:18	Anthony Hubbard		Male	805	M50	143	56:44	1041
1039	6722	58:18	Aravind Nanjundaiah		Male	806	M40	240	56:58	1056
1040	4538	58:19	Bruce Hindmarsh		Male	807	M40	241	56:30	1017
1041	6584	58:20	Mark Jimson		Male	808	M40	242	56:43	1038
1042	5031	58:21	Nicola Crowshaw		Female	234	F	143	56:11	987
1043	1573	58:22	Helen Cattermole		Female	235	F50	20	57:31	1114
1044	6873	58:24	Nichola Lane		Female	236	F40	67	56:28	1013
1045	6750	58:24	Jason Smith		Male	809	M40	243	56:27	1012
1046	5773	58:25	Robin Uttin		Male	810	M50	144	56:38	1030
1047	4705	58:25	Russell Brett		Male	811	M40	244	57:11	1081
1048	5602	58:26	Julian Young		Male	812	M40	245	56:15	995
1049	4684	58:26	Debbie Bland		Female	237	F50	21	56:49	1047
1050	4382	58:27	Evija Kasube		Female	238	F	144	58:13	1174

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	5679	58:29	Emma Touraine	Fetch Everyone	Female	239	F	145	55:31	926
1052	6744	58:29	Harry Bailey		Male	813	M	384	56:19	1000
1053	6823	58:30	Chris Poultney		Male	814	M40	246	55:55	963
1054	5282	58:30	Matilda Suiter		Female	240	F	146	57:09	1071
1055	6805	58:31	Joanne Chapman		Female	241	F40	68	55:39	935
1056	5680	58:31	Mathew Tuckwood		Male	815	M40	247	57:33	1116
1057	6635	58:31	Rachel Montesanto		Female	242	F40	69	57:23	1100
1058	4485	58:32	Lisa Harris		Female	243	F40	70	57:13	1085
1059	6845	58:32	Laura Tighe		Female	244	F	147	56:11	988
1060	6977	58:34	Nick Gollaglee		Male	816	M60	39	56:21	1002
1061	4785	58:35	Karen Aberdeen	Norwich Road Runners	Female	245	F50	22	57:17	1089
1062	4641	58:36	Maria Belderbos		Female	246	F	148	58:05	1164
1063	4604	58:37	Roland Bewick		Male	817	M60	40	56:05	983
1064	6611	58:38	Karl Grief		Male	818	M40	248	57:00	1058
1065	5496	58:39	Jacqui Scott		Female	247	F40	71	56:41	1035
1066	5013	58:41	Andrew Douglass	Ramsey Road Runners	Male	819	M	385	57:01	1061
1067	4283	58:41	Dave Grimes		Male	820	M40	249	57:01	1060
1068	6274	58:42	Matthew Oakes		Male	821	M	386	57:45	1138
1069	5510	58:45	Marie Williamson		Female	248	F40	72	57:10	1075
1070	6812	58:46	Sharon Brooks		Female	249	F40	73	57:10	1077
1071	5735	58:46	Teresa Walton	Tri-Anglia Triathlon Club	Female	250	F50	23	57:11	1079
1072	5681	58:47	Shaun Townsend		Male	822	M	387	56:55	1052
1073	6860	58:48	Samuel Ridgwell		Male	823	M	388	58:21	1188
1074	4392	58:48	Robert Jones		Male	824	M40	250	57:20	1094
1075	5577	58:49	Rob Whalen		Male	825	M	389	56:23	1007
1076	5014	58:50	Emily Cullen	Ely Runners	Female	251	F	149	56:57	1055
1077	6547	58:52	Sarah Diss		Female	252	F	150	57:48	1143
1078	5012	58:52	Simon Dean		Male	826	M60	41	57:10	1073
1079	4188	58:52	John Dryden		Male	827	M	390	57:43	1133
1080	5852	58:54	Kinga Malyszka		Female	253	F40	74	58:16	1182
1081	5800	58:54	Russell Vinter	North Norfolk Beach Runners	Male	828	M	391	57:22	1096
1082	5895	58:56	Andy Moore		Male	829	M50	145	57:25	1105
1083	4169	58:58	James England		Male	830	M60	42	57:11	1080
1084	6955	59:00	Lisa Murray		Female	254	F	151	58:40	1221
1085	6559	59:00	Nic Drake		Male	831	M50	146	56:43	1039
1086	4796	59:01	Kirsty Bathe		Female	255	F40	75	58:08	1167
1087	4066	59:01	Richard Gagen		Male	832	M	392	57:35	1118
1088	5638	59:03	David Woodcock		Male	833	M50	147	57:53	1148
1089	5380	59:05	Sal Ryder		Female	256	F50	24	57:09	1072
1090	5728	59:06	Michele Walters		Female	257	F	152	57:10	1074
1091	4981	59:06	Sophie Dickson		Female	258	F40	76	57:24	1101
1092	4585	59:06	Gemma High		Female	259	F	153	57:07	1070
1093	4490	59:07	Fiona Gutteridge		Female	260	F	154	56:19	999
1094	6895	59:07	Joe Trippett-Jones		Male	834	M	393	56:55	1051
1095	4014	59:08	Serena Garner		Female	261	F	155	57:44	1137
1096	4912	59:09	Sarah Cooper		Female	262	F	156	57:29	1111
1097	4293	59:09	Emma-Louise Fern		Female	263	F40	77	57:40	1128
1098	5696	59:09	Stephen Terry		Male	835	M40	251	56:25	1009
1099	4961	59:09	Andrew Cook		Male	836	M50	148	57:51	1146
1100	5047	59:09	Lucy Davis		Female	264	F	157	57:46	1139
1101	6911	59:10	Leanne Haynes		Female	265	F40	78	58:19	1184
1102	6221	59:10	Susan Ray		Female	266	F50	25	56:42	1037
1103	4218	59:10	Christopher Easthall		Male	837	M	394	58:45	1227
1104	4165	59:11	Sarah-Jane Eggleton		Female	267	F40	79	57:39	1124
1105	6326	59:13	Claire Myers		Female	268	F40	80	58:27	1198
1106	4018	59:13	Duncan Garrick		Male	838	M40	252	57:49	1145
1107	4600	59:14	Melanie Heeley		Female	269	F40	81	58:05	1165
1108	6366	59:15	Josh Peach		Male	839	M	395	58:11	1171
1109	1667	59:15	Jody Raggo		Male	840	M	396	58:32	1210
1110	4747	59:15	Nerys Botwright	Ryston Runners	Female	270	F40	82	56:42	1036
1111	4313	59:16	Dawn Hunt		Female	271	F40	83	58:01	1159
1112	6556	59:16	Janie Green		Female	272	F	158	57:15	1087
1113	6712	59:18	Tilly Riches		Female	273	F	159	57:46	1140
1114	5190	59:18	Alaa Chamsin		Male	841	M	397	57:38	1123
1115	4848	59:19	Beryl Barber		Female	274	F60	7	57:48	1144
1116	6850	59:19	Stephen Garrod		Male	842	M40	253	57:28	1110
1117	5131	59:19	Lindsey Clare		Female	275	F40	84	57:53	1150
1118	5683	59:20	Andrew Tsang		Male	843	M40	254	57:02	1062
1119	5257	59:20	Marcus Kilpatrick		Male	844	M40	255	56:37	1027
1120	6291	59:21	Lizz Not Mayers		Female	276	F40	85	56:47	1045
1121	4479	59:22	Jenny Harries		Female	277	F	160	57:30	1113
1122	4207	59:24	David Eastwood		Male	845	M40	256	58:46	1229
1123	6007	59:24	Sarah Kimberley		Female	278	F40	86	58:47	1230
1124	5286	59:25	Lyn Studman		Female	279	F40	87	57:37	1121
1125	4039	59:26	Laura Garlick		Female	280	F	161	56:57	1054

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	4031	59:26	Adrian George	Ryston Runners	Male	846	M50	149	57:22	1099
1127	4844	59:27	Jennifer Badcock		Female	281	F	162	58:04	1162
1128	5966	59:30	Nina Koulman		Female	282	F	163	57:33	1117
1129	4456	59:32	John Hardy		Male	847	M50	150	58:39	1220
1130	5861	59:33	Tiffany Meredith		Female	283	F40	88	57:43	1136
1131	5729	59:34	Sonia Walker	Bungay Black Dog RC	Female	284	F40	89	57:28	1108
1132	4578	59:34	Estelle Hawkins		Female	285	F40	90	58:30	1204
1133	5195	59:35	Jenny Chalkley		Female	286	F60	8	57:43	1134
1134	5515	59:35	Steven White		Male	848	M40	257	56:19	998
1135	6898	59:37	Sarah Sparkes		Female	287	F40	91	57:35	1119
1136	4168	59:39	Robert Ellis	Three Counties Running Club	Male	849	M40	258	56:36	1026
1137	5477	59:40	Louise Saunders		Female	288	F	164	57:29	1112
1138	4230	59:40	Darren Flett		Male	850	M	398	57:57	1157
1139	4443	59:41	Sarah Johnson		Female	289	F	165	58:33	1212
1140	4112	59:41	Stewart Green		Male	851	M	399	57:20	1093
1141	5962	59:42	Tony Lamb	Three Counties Running Club	Male	852	M50	151	58:34	1215
1142	4951	59:43	Anne-Marie Coe		Female	290	F40	92	57:42	1130
1143	5984	59:43	Ashley Mayes		Male	853	M	400	58:02	1160
1144	4114	59:43	Simon Gow		Male	854	M50	152	58:19	1185
1145	5977	59:43	Johanna Langley		Female	291	F40	93	58:31	1207
1146	4829	59:43	Sam Bailey	Wymondham AC	Male	855	M	401	59:02	1255
1147	4744	59:44	Hayley Bowden		Female	292	F50	26	58:48	1232
1148	5798	59:45	Peter Vrabec		Male	856	M40	259	57:38	1122
1149	5759	59:45	Brydie Warden		Female	293	F	166	58:28	1202
1150	5758	59:45	Jamie Warden		Male	857	M50	153	58:28	1201
1151	5003	59:45	Alan Dix	Ely Runners	Male	858	M40	260	57:39	1126
1152	5829	59:46	Keith Melton		Male	859	M40	261	58:54	1239
1153	6091	59:46	Liam Leys		Male	860	M	402	58:45	1226
1154	6642	59:47	Daniel Pacey		Male	861	M	403	57:25	1102
1155	4365	59:49	Aaron Howe		Male	862	M	404	58:56	1244
1156	5836	59:49	Teresa McQuaid	Three Counties RC	Female	294	F50	27	58:56	1242
1157	6099	59:50	Sarah Lensen		Female	295	F40	94	58:28	1200
1158	4281	59:50	Robert Ewin		Male	863	M70+	3	56:39	1033
1159	5093	59:50	Paul Bryan		Male	864	M40	262	57:53	1151
1160	4272	59:51	Mark Ewin		Male	865	M40	263	56:40	1034
1161	5051	59:51	Rikki Day	Coltishall Jaguars RC	Male	866	M	405	58:34	1213
1162	4398	59:53	Ian Keys		Male	867	M50	154	57:39	1125
1163	5662	59:54	Rachel Trawally		Female	296	F	167	58:24	1196
1164	4859	59:56	Dawn Ball		Female	297	F	168	57:26	1106
1165	5719	59:59	David Tickle		Male	868	M	406	59:22	1283
1166	5808	1:00:00	Ken McErlain	Wymondham AC	Male	869	M	407	57:22	1097
1167	6926	1:00:00	Timothy Evans		Male	870	M50	155	58:41	1222
1168	5938	1:00:02	Kate Monaghan		Female	298	F40	95	58:14	1178
1169	6992	1:00:02	Jess Marlow		Male	871	M	408	57:55	1153
1170	4854	1:00:02	Sandra Balmforth		Female	299	F50	28	58:22	1190
1171	5950	1:00:02	Dionne Minns	Accrington Road Runners	Female	300	F40	96	58:24	1194
1172	4654	1:00:03	Ric Barlow		Male	872	M	409	59:07	1263
1173	6506	1:00:03	Zoe Crozier		Female	301	F40	97	56:59	1057
1174	4074	1:00:04	Vitalija Fussell		Female	302	F	169	58:14	1177
1175	5332	1:00:06	James Spooner		Male	873	M	410	57:43	1132
1176	5492	1:00:07	Robert Scarfe	Accrington Road Runners	Male	874	M60	43	59:05	1256
1177	5038	1:00:07	Ashley Dean		Male	875	M	411	57:43	1135
1178	6295	1:00:08	Bethany Murray		Female	303	F	170	59:06	1260
1179	6066	1:00:08	Holly MacKie		Female	304	F	171	58:55	1241
1180	5750	1:00:09	Lynsey Warren		Female	305	F40	98	58:30	1205
1181	4368	1:00:10	Peter Hoyle	Cambridge & Coleridge AC	Male	876	M50	156	58:27	1199
1182	6741	1:00:10	Richard Golding		Male	877	M40	264	58:04	1161
1183	4369	1:00:10	Janet Hoyle		Female	306	F60	9	58:26	1197
1184	6405	1:00:11	Matthew Owsley-Brown		Male	878	M50	157	57:58	1158
1185	4863	1:00:12	Peter Balmforth-Lambert		Male	879	M40	265	58:32	1209
1186	4910	1:00:14	Neil Costello	Ely Runners	Male	880	M70+	4	58:32	1211
1187	5502	1:00:15	Matthew Scott		Male	881	M	412	57:55	1152
1188	5150	1:00:16	Melanie Claxton		Female	307	F40	99	58:35	1218
1189	5947	1:00:17	Anna Mitchell		Female	308	F40	100	58:08	1166
1190	5209	1:00:17	Samantha Smith		Female	309	F40	101	58:09	1168
1191	5487	1:00:17	Hannah Searle	Ely Runners	Female	310	F	172	58:20	1186
1192	4983	1:00:17	Tracey Dickerson		Female	311	F50	29	58:35	1217
1193	5655	1:00:17	Joanne Toop		Female	312	F40	102	58:21	1187
1194	6563	1:00:17	Esther Press		Female	313	F	173	58:22	1191
1195	6945	1:00:18	Ryan Lord		Male	882	M	413	58:31	1208
1196	6184	1:00:18	Rachel Richardson	Ely Runners	Female	314	F	174	58:22	1189
1197	6197	1:00:18	Jason Richardson		Male	883	M40	266	58:23	1193
1198	4247	1:00:19	Janet Foxwell		Female	315	F50	30	58:54	1238
1199	6072	1:00:19	James Lee		Male	884	M40	267	59:12	1270
1200	4007	1:00:20	Emily Garry		Female	316	F	175	58:13	1175

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	5100	1:00:21	Peter Brown	Fenland Running Club	Male	885	M50	158	59:50	1317
1202	6899	1:00:22	Libby Spark		Female	317	F	176	58:15	1181
1203	6802	1:00:23	Justin Brown		Male	886	M40	268	58:04	1163
1204	4300	1:00:24	Emma Fielding		Female	318	F	177	57:47	1141
1205	4634	1:00:25	Lindsay Bird		Female	319	F	178	59:55	1324
1206	4242	1:00:26	Mandy Fisher		Female	320	F40	103	59:15	1273
1207	6923	1:00:28	Simon Hilton		Male	887	M50	159	59:16	1275
1208	4897	1:00:28	Sharntelle Kirby Arlington		Female	321	F	179	59:31	1296
1209	4736	1:00:30	Rachel Boyce		Female	322	F40	104	59:25	1286
1210	1708	1:00:30	Emmajean Hearn		Female	323	F40	105	57:32	1115
1211	6696	1:00:31	Emma Lee	Ryston Runners	Female	324	F	180	58:18	1183
1212	5476	1:00:31	Marianne Saunders		Female	325	F40	106	59:49	1315
1213	6532	1:00:32	Chris Garner		Male	888	M50	160	57:10	1076
1214	4626	1:00:33	Martin Blackburn		Male	889	M60	44	57:19	1092
1215	5355	1:00:33	Matt Rump		Male	890	M	414	58:13	1176
1216	6426	1:00:33	Jana Campbell		Female	326	F40	107	57:18	1091
1217	5904	1:00:34	Paul Morton		Male	891	M	415	57:28	1109
1218	6713	1:00:34	Mike Rowles		Male	892	M	416	58:57	1246
1219	6679	1:00:35	Allan Nelson		Male	893	M40	269	58:57	1247
1220	1520	1:00:36	Matthew Oxley		Male	894	M	417	1:00:36	1381
1221	6576	1:00:37	Mark Coulson	Bungay Black Dog RC	Male	895	M	418	58:10	1170
1222	6738	1:00:37	Kimberley Coultard		Female	327	F	181	59:28	1289
1223	5037	1:00:40	Hanna Dean		Female	328	F	182	58:56	1243
1224	6525	1:00:40	Paul Harbey		Male	896	M50	161	58:24	1195
1225	4474	1:00:41	Gill Hart	Ryston Runners	Female	329	F60	10	59:53	1321
1226	5833	1:00:42	Charlotte Mears		Female	330	F	183	59:19	1278
1227	4518	1:00:43	Brian Hall		Male	897	M40	270	59:05	1258
1228	4627	1:00:44	Dean Blackburn		Male	898	M40	271	59:00	1251
1229	4762	1:00:45	Abbie Barron		Female	331	F	184	58:49	1234
1230	5855	1:00:46	Clare Mallet		Female	332	F	185	59:32	1300
1231	4979	1:00:46	Damien Distill		Male	899	M	419	58:49	1235
1232	4227	1:00:48	Clive Ford		Male	900	M40	272	57:57	1156
1233	6930	1:00:48	Cliff Driscoll		Male	901	M40	273	56:00	972
1234	5494	1:00:49	Clare Self		Female	333	F40	108	59:55	1325
1235	6128	1:00:49	Dean Pruden	Fenland Running Club	Male	902	M	420	58:34	1216
1236	6422	1:00:50	Scott Young		Male	903	M40	274	57:53	1149
1237	5538	1:00:50	Julie Whiskens		Female	334	F40	109	59:39	1308
1238	6143	1:00:51	Graeme Pomfret		Male	904	M50	162	58:48	1233
1239	4015	1:00:51	Julie Garner		Female	335	F50	31	59:35	1303
1240	4350	1:00:52	Dianne Houghton		Female	336	F40	110	58:45	1225
1241	4093	1:00:52	Gwen Graves	Ely Runners	Female	337	F50	32	58:29	1203
1242	1697	1:00:53	Karen Horton		Female	338	F40	111	59:36	1304
1243	6449	1:00:55	Amy Bobbins		Female	339	F	186	57:52	1147
1244	5986	1:00:55	Vani Mauremootoo		Female	340	F	187	59:38	1307
1245	4922	1:00:55	Annette Crowley		Female	341	F50	33	1:00:02	1333
1246	5465	1:00:55	Rebecca Saunders	Bure Valley Harriers	Female	342	F	188	59:28	1288
1247	6769	1:00:56	Kimberley Fryer		Female	343	F	189	1:00:18	1352
1248	5020	1:00:58	Justine Davenport		Female	344	F40	112	58:15	1179
1249	5428	1:00:58	Michelle Sharman		Female	345	F50	34	1:00:07	1340
1250	5032	1:00:58	Callum Davenport	Norfolk Gazelles AC	Male	905	M	421	58:15	1180
1251	6305	1:00:59	Andrea Mummary		Female	346	F40	113	59:05	1259
1252	6025	1:00:59	Daniel Kirchin		Male	906	M	422	58:44	1223
1253	6810	1:01:01	Aaron Butler		Male	907	M	423	57:42	1131
1254	5663	1:01:02	Harry Tipple		Male	908	M	424	59:11	1269
1255	6751	1:01:03	Ryan Bensley		Male	909	M	425	57:27	1107
1256	4524	1:01:03	Conor Hager		Male	910	M	426	58:30	1206
1257	6586	1:01:05	Sarah Baldock		Female	347	F40	114	59:45	1313
1258	6806	1:01:06	Lucy Chadderton		Female	348	F	190	59:00	1250
1259	5787	1:01:07	Shane Walker		Male	911	M	427	1:00:05	1338
1260	1567	1:01:08	Jimmy Hearn	Three Counties Running Club	Male	912	M50	163	58:10	1169
1261	5130	1:01:11	Barry Clark		Male	913	M70+	5	58:37	1219
1262	5199	1:01:12	Ilga Chakrabarti		Female	349	F50	35	59:24	1285
1263	5319	1:01:12	Rebecca Statham		Female	350	F	191	58:11	1172
1264	4708	1:01:12	Mark Britton		Male	914	M	428	58:58	1248
1265	6967	1:01:13	Jack Savage		Male	915	M	429	1:00:53	1400
1266	5909	1:01:14	Catriona Morrison		Female	351	F	192	58:56	1245
1267	4170	1:01:15	Gary Franks		Male	916	M50	164	59:32	1299
1268	6778	1:01:15	George Forrester		Male	917	M70+	6	1:00:01	1330
1269	4994	1:01:16	Matthew Dick		Male	918	M	430	1:00:00	1328
1270	4357	1:01:16	Sean Hozier	Wymondham AC	Male	919	M	431	59:32	1297
1271	4503	1:01:17	Darleen Grimsby		Female	352	F	193	1:00:59	1410
1272	4471	1:01:17	Joe Harvey		Male	920	M	432	1:00:54	1401
1273	6671	1:01:19	Dan Whysall		Male	921	M40	275	58:34	1214
1274	4768	1:01:20	Sylvia Dady		Female	353	F	194	59:13	1271
1275	4477	1:01:21	Bethany Harper		Female	354	F	195	59:26	1287

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	6599	1:01:21	Glen Knight		Male	922	M40	276	59:19	1280
1277	6929	1:01:21	Sarah Driscoll		Female	355	F	196	56:34	1023
1278	4058	1:01:22	Jacqueline Gilchrist		Female	356	F50	36	59:33	1301
1279	4251	1:01:22	Amy Fox		Female	357	F	197	1:00:33	1372
1280	6694	1:01:22	Emma Lincoln	Norwich Road Runners	Female	358	F	198	59:05	1257
1281	5464	1:01:23	Agate Silina		Female	359	F	199	58:50	1236
1282	6583	1:01:23	Christopher Clark		Male	923	M40	277	59:07	1264
1283	4335	1:01:24	Sarah Hutchinson		Female	360	F	200	59:09	1267
1284	4229	1:01:25	Louise Flett		Female	361	F	201	59:40	1311
1285	6006	1:01:26	Simon Kimmins	Wingerworth Wobblers	Male	924	M50	165	59:02	1254
1286	5891	1:01:27	Rebecca Moore		Female	362	F	202	59:53	1320
1287	6343	1:01:27	Michael Parker		Male	925	M40	278	59:22	1282
1288	5981	1:01:28	David Lane	Ryston Runners	Male	926	M50	166	59:17	1276
1289	5730	1:01:29	Elizabeth Ward	Bushfield Joggers	Female	363	F50	37	1:00:19	1353
1290	5229	1:01:29	Sandra Snieckuviene		Female	364	F	203	1:00:50	1397
1291	5757	1:01:29	Simon Walker		Male	927	M	433	58:12	1173
1292	4540	1:01:31	Tony Hill		Male	928	M40	279	59:30	1292
1293	5279	1:01:33	Amanda Sumpter	Ramsey Road Runners	Female	365	F40	115	59:14	1272
1294	5378	1:01:33	Vanessa Saberton-Smith		Female	366	F40	116	1:00:42	1392
1295	4696	1:01:34	Ashley Brown		Male	929	M50	167	1:00:38	1382
1296	4204	1:01:35	Emma Drew		Female	367	F40	117	1:00:22	1358
1297	4231	1:01:36	Aaron Fletcher		Male	930	M	434	57:22	1098
1298	6109	1:01:38	Andy Poucher		Male	931	M	435	58:48	1231
1299	4288	1:01:39	Richard Fielding		Male	932	M	436	59:01	1252
1300	6047	1:01:41	Marie Lloyd		Female	368	F40	118	58:51	1237
1301	6299	1:01:42	Leo Munson		Female	369	F40	119	1:00:12	1344
1302	4816	1:01:42	Peter Batty		Male	933	M40	280	59:34	1302
1303	6677	1:01:42	Hayley Whitehair		Female	370	F	204	57:14	1086
1304	5500	1:01:42	Craig Schranz		Male	934	M	437	59:15	1274
1305	6888	1:01:43	Steve Warman	Bungay Black Dog RC	Male	935	M40	281	58:44	1224
1306	4005	1:01:44	Laura Gascoyne		Female	371	F	205	58:23	1192
1307	6301	1:01:44	Will Munday		Male	936	M	438	59:30	1294
1308	6526	1:01:45	Jill Harbey		Female	372	F50	38	59:29	1290
1309	4689	1:01:46	Stephanie Bradshaw		Female	373	F	206	1:00:42	1390
1310	6504	1:01:46	Diana Black		Female	374	F50	39	59:06	1261
1311	6734	1:01:46	Gary Madge		Male	937	M50	168	59:06	1262
1312	4940	1:01:48	Jennifer Cook		Female	375	F40	120	1:00:26	1362
1313	4354	1:01:49	James Hornigold		Male	938	M50	169	1:00:07	1339
1314	5019	1:01:52	April Davey		Female	376	F	207	1:00:44	1393
1315	5673	1:01:53	Philip Turner		Male	939	M	439	57:39	1127
1316	5672	1:01:53	Shaun Turner		Male	940	M40	282	57:40	1129
1317	5261	1:01:54	Gary Smith		Male	941	M	440	59:29	1291
1318	4250	1:01:56	Amy Fox		Female	377	F	208	59:53	1323
1319	5516	1:01:57	Si��n White	Ramsey Road Runners	Female	378	F40	121	57:56	1154
1320	4703	1:01:57	Michelle Brett	Ramsey Road Runners	Female	379	F	209	57:57	1155
1321	4126	1:01:57	Dean Joseph Glenn		Male	942	M40	283	58:55	1240
1322	5436	1:01:58	Alison Sharp		Female	380	F	210	1:00:14	1347
1323	6828	1:01:58	Darren Reynolds		Male	943	M40	284	57:47	1142
1324	4697	1:01:58	Samantha Broughton		Female	381	F	211	59:31	1295
1325	6581	1:01:58	David Clifton		Male	944	M50	170	59:32	1298
1326	4643	1:02:00	Karen Beebe	Ramsey Road Runners	Female	382	F40	122	59:42	1312
1327	5069	1:02:01	Barbara Button	Coltishall Jaguars RC	Female	383	F50	40	1:00:40	1387
1328	6390	1:02:01	Kerrie Page		Female	384	F	212	1:00:39	1385
1329	5475	1:02:01	Paul Scase		Male	945	M	441	59:19	1279
1330	5455	1:02:02	John Siddall		Male	946	M50	171	59:53	1322
1331	5958	1:02:02	Sarah Masterson		Female	385	F	213	59:50	1316
1332	5408	1:02:02	Sarah Robertson		Female	386	F	214	1:00:41	1389
1333	6681	1:02:03	Ellie Parnham		Female	387	F	215	1:00:33	1373
1334	6654	1:02:05	Paul Rumkbellow		Male	947	M50	172	1:00:01	1331
1335	4616	1:02:06	Claire Beraud		Female	388	F	216	1:00:55	1404
1336	4813	1:02:06	Steve Curtis		Male	948	M50	173	59:07	1266
1337	6549	1:02:09	Orsolya Helmeczi		Female	389	F	217	1:00:09	1342
1338	5604	1:02:09	Martin Wright		Male	949	M	442	1:00:55	1402
1339	6749	1:02:11	Tara Bishop		Female	390	F	218	59:51	1319
1340	5344	1:02:11	Linda Storey	Norwich Road Runners	Female	391	F50	41	58:59	1249
1341	5335	1:02:13	Lucy Skerritt		Female	392	F	219	1:00:19	1354
1342	6049	1:02:14	Vikki Mountain	Wymondham AC	Female	393	F	220	1:00:02	1334
1343	5857	1:02:17	Terence Maley		Male	950	M60	45	1:00:01	1329
1344	4410	1:02:17	Clare Kenealy		Female	394	F40	123	59:10	1268
1345	6349	1:02:18	Anchalee Pearce		Female	395	F	221	1:00:02	1335
1346	5804	1:02:18	Shaun McConnell		Male	951	M	443	1:00:59	1412
1347	4632	1:02:18	Louise Bish		Female	396	F50	42	1:00:39	1384
1348	4047	1:02:19	Donna French		Female	397	F	222	1:00:04	1336
1349	5008	1:02:20	Karen Dolman		Female	398	F40	124	1:00:38	1383
1350	4001	1:02:20	Matthew Garrard		Male	952	M	444	59:21	1281

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	6175	1:02:20	Carl Pickett	Dereham Runners & AC	Male	953	M50	174	1:00:21	1356
1352	5652	1:02:21	Jacquie Wood		Female	399	F60	11	1:00:08	1341
1353	5283	1:02:23	Becki Suiter		Female	400	F40	125	1:01:01	1414
1354	4554	1:02:23	Peter Holman		Male	954	M50	175	1:00:48	1396
1355	4103	1:02:23	Scott Green		Male	955	M	445	1:01:54	1465
1356	6949	1:02:24	Jodie McGill		Female	401	F	223	1:00:33	1374
1357	5435	1:02:24	Timothy Sandover		Male	956	M50	176	1:01:30	1443
1358	6120	1:02:26	Dan Ponder		Male	957	M	446	59:39	1309
1359	4271	1:02:26	Maria Farrant		Female	402	F40	126	1:00:25	1361
1360	5169	1:02:27	Deborah Castellan		Female	403	F40	127	1:00:25	1360
1361	5693	1:02:27	Lee Thickett	BRJ Run and Tri Tri-Anglia Triathlon Club	Male	958	M	447	1:01:16	1428
1362	5044	1:02:27	Tyler Dawes		Male	959	M	448	1:00:18	1350
1363	6880	1:02:28	Hilary Winch		Female	404	F40	128	1:00:22	1359
1364	5414	1:02:29	Jonathan Rose	Wymondham AC	Male	960	M40	285	1:00:45	1395
1365	6283	1:02:29	Ben Norris		Male	961	M	449	1:00:20	1355
1366	5140	1:02:29	Karen Charman		Female	405	F50	43	1:00:32	1371
1367	5961	1:02:29	Roderick Main		Male	962	M50	177	59:23	1284
1368	4715	1:02:31	Clare Bradley		Female	406	F	224	1:00:30	1369
1369	4821	1:02:32	Madeline Beale		Female	407	F	225	1:00:32	1370
1370	6369	1:02:33	Sally Panks		Female	408	F40	129	59:55	1326
1371	6787	1:02:33	Colin Feeney		Male	963	M40	286	59:01	1253
1372	4758	1:02:33	Claire Beckett		Female	409	F40	130	1:00:18	1351
1373	5720	1:02:33	Elizabeth Thomson		Female	410	F50	44	1:01:05	1420
1374	5308	1:02:34	Georgie Swift	Norfolk Gazelles AC	Female	411	F	226	1:00:51	1399
1375	4673	1:02:34	Karen Bell		Female	412	F40	131	1:01:17	1433
1376	6870	1:02:35	Graeme Leeson		Male	964	M40	287	1:00:41	1388
1377	5325	1:02:35	Tony Steel		Male	965	M40	288	1:00:01	1332
1378	5724	1:02:36	Josh Thompson		Male	966	M	450	59:49	1314
1379	5546	1:02:36	Chris Webb		Male	967	M40	289	1:00:27	1366
1380	6421	1:02:36	Kate Ertan		Female	413	F40	132	1:01:05	1419
1381	4962	1:02:36	Alison Cook		Female	414	F40	133	59:50	1318
1382	6539	1:02:37	Melanie Farrer		Female	415	F	227	1:00:42	1391
1383	4748	1:02:37	Patryk Bortnik		Male	968	M	451	1:00:26	1363
1384	6253	1:02:37	Miss Jemma Read	Norwich Road Runners	Female	416	F40	134	1:00:13	1345
1385	6511	1:02:39	Trevor Boughen		Female	417	F60	12	1:02:02	1473
1386	5687	1:02:39	Paul Trenholm		Male	969	M50	178	1:00:34	1376
1387	4984	1:02:40	Helen Crowley		Female	418	F	228	59:07	1265
1388	1580	1:02:41	Lausen Blair-Park		Male	970	M50	179	1:00:36	1380
1389	5239	1:02:41	Harriett Spall		Female	419	F	229	1:00:39	1386
1390	6855	1:02:42	David Robertson		Male	971	M	452	58:46	1228
1391	4688	1:02:43	Alice Rose Brady		Female	420	F	230	1:00:33	1375
1392	6115	1:02:43	Rachel Porter		Female	421	F	231	1:01:56	1469
1393	5090	1:02:43	Jessica Burrell		Female	422	F	232	1:00:35	1378
1394	4326	1:02:44	Gintare Jacinaite	North Norfolk Beach Runners	Female	423	F	233	1:00:26	1364
1395	6529	1:02:44	Natalja Maslakova		Female	424	F	234	1:01:36	1449
1396	6276	1:02:46	Angela Oâ€™sullivan		Female	425	F40	135	59:38	1306
1397	6396	1:02:48	Caroline Owsley-Brown		Female	426	F50	45	1:00:35	1379
1398	4652	1:02:49	Elizabeth Barnard		Female	427	F50	46	59:36	1305
1399	5289	1:02:50	Paulius Strelcikas		Male	972	M	453	59:30	1293
1400	5126	1:02:51	Nathan Bunting		Male	973	M	454	1:00:56	1405
1401	6410	1:02:51	Jane King		Female	428	F60	13	59:18	1277
1402	6136	1:02:52	Gina Preston		Female	429	F50	47	59:39	1310
1403	6987	1:02:52	Ali Woodward		Female	430	F	235	1:00:17	1348
1404	5491	1:02:53	Judy Seale	Bungay Black Dog RC	Female	431	F50	48	1:02:11	1482
1405	6403	1:02:54	Mike Ottley		Male	974	M70+	7	1:01:43	1456
1406	5039	1:02:54	Wobine De Sitter		Female	432	F40	136	1:00:56	1406
1407	4718	1:02:56	Sally Bonnett		Female	433	F	236	1:01:17	1429
1408	4772	1:02:56	Lucy Akintaro		Female	434	F	237	1:01:17	1432
1409	4259	1:02:57	Laura Foster		Female	435	F	238	1:01:30	1442
1410	5609	1:02:59	Michael Wyard		Male	975	M50	180	1:00:51	1398
1411	6588	1:03:00	Julia Pepperell		Female	436	F50	49	1:00:05	1337
1412	5813	1:03:03	Andrew McMinn		Male	976	M60	46	1:01:59	1472
1413	4003	1:03:06	Elizabeth Gatward		Female	437	F50	50	1:00:28	1367
1414	5280	1:03:06	Natasha Sumner	Bungay Black Dog RC	Female	438	F40	137	1:00:21	1357
1415	6195	1:03:07	James Rhodes		Male	977	M	455	1:02:39	1514
1416	5217	1:03:07	Jan Smith		Female	439	F50	51	1:01:25	1440
1417	6703	1:03:09	David Ellis		Male	978	M40	290	1:02:17	1487
1418	5946	1:03:09	Paul Mitchelmore		Male	979	M60	47	1:00:17	1349
1419	6040	1:03:09	Kathryn Littlewood		Female	440	F50	52	1:01:56	1467
1420	5789	1:03:10	Kevin Walker		Male	980	M40	291	1:01:20	1434
1421	5269	1:03:10	Hayley Smith		Female	441	F	239	1:00:57	1407
1422	5085	1:03:11	Luke Calcutt		Male	981	M	456	1:02:21	1493
1423	6819	1:03:12	Marc Cooke		Male	982	M	457	1:02:18	1489
1424	5342	1:03:13	Samantha Stedman-Jones	Bungay Black Dog RC	Female	442	F50	53	1:00:14	1346
1425	5595	1:03:13	Abigail Wright		Female	443	F	240	1:01:06	1422

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	5917	1:03:14	Dave Moon	Norwich Road Runners	Male	983	M60	48	1:01:02	1416
1427	5651	1:03:15	Tracey Winterbone		Female	444	F	241	1:00:27	1365
1428	5841	1:03:16	Parjit Mandair		Female	445	F50	54	1:00:59	1411
1429	4397	1:03:18	Katy Kidd		Female	446	F	242	59:57	1327
1430	6243	1:03:21	Carl Reeves		Male	984	M50	181	1:01:52	1463
1431	5957	1:03:21	Joss Matchett		Male	985	M40	292	1:00:11	1343
1432	5247	1:03:26	Paul Sleaford		Male	986	M40	293	1:00:30	1368
1433	4952	1:03:26	Kelly Codling		Female	447	F40	138	1:01:35	1448
1434	6573	1:03:27	Dennis Martin		Male	987	M50	182	1:01:04	1418
1435	6995	1:03:27	Lucy Ring		Female	448	F	243	1:01:09	1425
1436	6678	1:03:27	Jane Lincoln		Female	449	F	244	1:02:58	1539
1437	6088	1:03:27	Diane Lincoln		Female	450	F	245	1:02:59	1542
1438	6689	1:03:28	Carrie Martin		Female	451	F40	139	1:01:05	1421
1439	6370	1:03:28	Mark Osborn		Male	988	M	458	1:02:15	1486
1440	4322	1:03:31	Tracy Jackson		Female	452	F40	140	1:01:06	1423
1441	5374	1:03:35	Ivor Sanderson		Male	989	M60	49	1:01:53	1464
1442	4534	1:03:36	Kiley Holden		Female	453	F	246	1:01:50	1460
1443	4553	1:03:36	John Holden		Male	990	M60	50	1:01:51	1461
1444	4905	1:03:41	Andrew Cousens		Male	991	M60	51	1:01:06	1424
1445	5582	1:03:42	Heidi Wright		Female	454	F40	141	1:01:31	1445
1446	4646	1:03:43	Richard Barnes		Male	992	M50	183	1:01:17	1431
1447	4405	1:03:44	Philip Kenyon		Male	993	M60	52	1:01:42	1452
1448	6700	1:03:46	Joshua Emery		Male	994	M	459	1:01:40	1450
1449	4132	1:03:46	Hannah Gore		Female	455	F	247	1:02:13	1484
1450	6380	1:03:46	Lesley Oliver		Female	456	F70+	1	1:01:01	1413
1451	4287	1:03:47	Kevin Finch	Newmarket Joggers	Male	995	M50	184	1:01:21	1435
1452	4094	1:03:49	Nicola Green		Female	457	F40	142	1:01:24	1437
1453	5272	1:03:50	Beccy Smith		Female	458	F	248	1:01:21	1436
1454	6655	1:03:55	Lesley Rudd		Female	459	F60	14	1:01:01	1415
1455	6446	1:03:55	Richard Calver		Male	996	M	460	1:01:33	1446
1456	5193	1:03:56	Ben Chamberlain	Cambridge & Coleridge AC	Male	997	M	461	47:50	354
1457	5612	1:03:56	Sean Wright		Male	998	M	462	1:03:13	1559
1458	4819	1:03:56	Angela Culshaw		Female	460	F50	55	1:02:21	1492
1459	6232	1:03:57	Teresa Rains	Bushfield Joggers	Female	461	F40	143	1:02:13	1483
1460	6340	1:03:59	Susan Pawson		Female	462	F60	15	1:01:27	1441
1461	4408	1:03:59	Caroline Kennell		Female	463	F40	144	1:02:40	1516
1462	6720	1:03:59	Rosie Parnham		Female	464	F	249	1:02:28	1505
1463	4806	1:04:00	Robert Bartholomew		Male	999	M50	185	1:02:33	1509
1464	4399	1:04:00	David Kerridge		Male	1000	M40	294	1:00:55	1403
1465	5978	1:04:00	Emma Langley		Female	465	F40	145	1:02:37	1512
1466	6978	1:04:04	Simon Grylls		Male	1001	M40	295	1:01:43	1455
1467	6050	1:04:05	Emily Madeley		Female	466	F	250	1:01:42	1453
1468	6578	1:04:05	Emma Cook		Female	467	F	251	1:02:37	1513
1469	4746	1:04:05	Adam Boulby		Male	1002	M	463	1:01:42	1454
1470	5668	1:04:06	Philip Tiller		Male	1003	M40	296	1:01:48	1459
1471	4607	1:04:07	Tricia Betts		Female	468	F40	146	1:02:52	1529
1472	5418	1:04:07	John Roller		Male	1004	M60	53	1:02:50	1526
1473	6262	1:04:08	Andy Peeling		Male	1005	M	464	1:03:39	1590
1474	6697	1:04:09	Emma Fade		Female	469	F	252	1:02:50	1527
1475	6281	1:04:11	Mirka Norocka		Female	470	F	253	1:00:57	1408
1476	5393	1:04:11	Matthew Robinson		Male	1006	M	465	1:03:02	1549
1477	5006	1:04:12	Keith Doughty		Male	1007	M70+	8	1:01:24	1438
1478	4480	1:04:13	John Harrison		Male	1008	M	466	1:01:45	1458
1479	6707	1:04:14	Elizabeth Marriott		Female	471	F	254	1:01:17	1430
1480	6402	1:04:14	Peter Oughtibridge		Male	1009	M	467	1:00:34	1377
1481	5826	1:04:15	Shaun Mendham		Male	1010	M	468	1:01:12	1426
1482	1661	1:04:15	Igor Marencin		Male	1011	M	469	1:02:39	1515
1483	6264	1:04:16	Emma Norris		Female	472	F40	147	1:02:42	1517
1484	5890	1:04:16	Rebecca Moore		Female	473	F	255	1:02:42	1518
1485	4142	1:04:17	Zoe Gourley		Female	474	F40	148	1:03:08	1551
1486	6668	1:04:17	David Wootler		Male	1012	M50	186	1:02:07	1476
1487	5030	1:04:18	Brett Cruickshank		Male	1013	M40	297	1:03:12	1558
1488	4233	1:04:19	Dale Etheridge		Male	1014	M	470	1:02:25	1499
1489	6417	1:04:20	Caroline Parlett		Female	475	F50	56	1:02:17	1488
1490	5136	1:04:22	Rebekah Chilvers		Female	476	F	256	1:01:24	1439
1491	5389	1:04:25	Emma Saberton		Female	477	F40	149	1:03:17	1566
1492	6719	1:04:25	Sarah Parsons		Female	478	F50	57	1:01:54	1466
1493	6379	1:04:26	Karen Olley		Female	479	F40	150	1:02:27	1502
1494	4067	1:04:26	Ellie Garlick		Female	480	F	257	1:01:57	1470
1495	5824	1:04:27	Dawn Meredith		Female	481	F50	58	1:01:45	1457
1496	5531	1:04:27	Emma Wilding		Female	482	F	258	1:02:23	1495
1497	4148	1:04:28	Sally Gooderson		Female	483	F40	151	1:03:20	1572
1498	6727	1:04:29	John Jarvis		Male	1015	M50	187	1:02:19	1490
1499	4957	1:04:30	Christopher Coleman	North Norfolk Beach Runners	Male	1016	M	471	1:00:44	1394
1500	4885	1:04:32	Elizabeth Ashton		Male	1017	M	472	1:02:28	1503

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	4909	1:04:33	John Crowley		Male	1018	M50	188	1:03:36	1589
1502	6275	1:04:39	Denis Oâ€™sullivan		Male	1019	M40	298	1:01:30	1444
1503	5184	1:04:39	Richard Chalkley		Male	1020	M60	54	1:02:47	1525
1504	6372	1:04:40	Liam O'Rourke		Male	1021	M40	299	1:02:05	1474
1505	5594	1:04:41	Emma Woods		Female	484	F	259	1:03:08	1552
1506	4710	1:04:42	Vicki Brindle		Female	485	F40	152	1:01:34	1447
1507	4036	1:04:43	Terence Gamble		Male	1022	M70+	9	1:04:10	1614
1508	5078	1:04:43	Meriden Cabales		Female	486	F40	153	1:03:08	1554
1509	5053	1:04:43	Emmanuel Cabales		Male	1023	M	473	1:03:08	1553
1510	4061	1:04:44	Oliver Gaisford		Male	1024	M	474	1:01:41	1451
1511	5888	1:04:44	Chatchaya Morrell		Female	487	F40	154	1:02:57	1537
1512	4741	1:04:45	Nikki Booth		Female	488	F40	155	1:03:19	1571
1513	4865	1:04:45	Charlotte Asker		Female	489	F	260	1:03:19	1568
1514	5142	1:04:46	Tim Charlton		Male	1025	M	475	1:02:45	1521
1515	4388	1:04:47	Karianne Jordan		Female	490	F	261	1:03:00	1543
1516	4274	1:04:47	Poppy Everitt		Female	491	F	262	1:01:51	1462
1517	5175	1:04:48	Sophie Caudwell	Ryston Runners	Female	492	F	263	1:03:01	1548
1518	6877	1:04:48	Jane Perham	Ryston Runners	Female	493	F40	156	1:03:31	1586
1519	5854	1:04:49	Rachel Maloney		Female	494	F	264	1:02:07	1475
1520	6639	1:04:49	Isobel McPartlin		Female	495	F	265	1:01:14	1427
1521	4916	1:04:49	Andrea Cooke		Female	496	F40	157	1:03:01	1547
1522	4183	1:04:51	Mimi Emmett		Female	497	F	266	1:01:56	1468
1523	6854	1:04:52	Tim Rudd		Male	1026	M40	300	1:02:31	1507
1524	5027	1:04:53	Steven Crumpton		Male	1027	M40	301	1:00:58	1409
1525	4010	1:04:54	Claire Gayton		Female	498	F40	158	1:03:25	1581
1526	6339	1:04:54	Len Parnell		Male	1028	M60	55	1:02:52	1530
1527	6527	1:04:55	Chris Hamill		Male	1029	M50	189	1:03:19	1570
1528	6186	1:04:56	Neil Richardson		Male	1030	M50	190	1:03:25	1579
1529	5711	1:04:57	Mel Tibbs		Male	1031	M50	191	1:03:46	1596
1530	5713	1:04:57	Ben Tibbs		Male	1032	M	476	1:03:45	1595
1531	4076	1:05:00	Fay Gratton		Female	499	F	267	1:03:21	1573
1532	4244	1:05:03	Andrew Fovargue	March AC	Male	1033	M40	302	1:02:34	1510
1533	4997	1:05:03	Mark Drake		Male	1034	M60	56	1:01:04	1417
1534	6162	1:05:06	David Radford		Male	1035	M50	192	1:02:55	1535
1535	4589	1:05:09	Bob Hibberd		Male	1036	M60	57	1:02:24	1496
1536	4374	1:05:11	David Howell		Male	1037	M40	303	1:02:20	1491
1537	6105	1:05:12	Sally Porter	Bure Valley Harriers	Female	500	F50	59	1:02:26	1501
1538	5213	1:05:12	Lindsay Smith		Female	501	F40	159	1:02:43	1519
1539	6608	1:05:14	David Griffiths		Male	1038	M	477	1:04:35	1650
1540	5744	1:05:15	Thomas Wallace		Male	1039	M	478	1:04:48	1662
1541	5835	1:05:16	Vince Meadows		Male	1040	M40	304	1:03:15	1560
1542	6760	1:05:19	Scott Nunn		Male	1041	M	479	1:01:58	1471
1543	5231	1:05:20	Cath Snodgrass		Female	502	F	268	1:03:17	1565
1544	5212	1:05:20	David Snodgrass		Male	1042	M40	305	1:03:17	1564
1545	5754	1:05:21	Deborah Warner		Female	503	F40	160	1:02:55	1532
1546	5240	1:05:22	Simon Slater		Male	1043	M40	306	1:03:16	1563
1547	5543	1:05:24	Karen Webb		Female	504	F50	60	1:02:28	1504
1548	5528	1:05:26	Lauren Williams		Female	505	F	269	1:03:57	1603
1549	4062	1:05:27	Matthew Gaisford		Male	1044	M40	307	1:02:24	1498
1550	4799	1:05:29	Hannelore Baxter		Female	506	F	270	1:02:58	1541
1551	4411	1:05:30	Juliet Jones		Female	507	F50	61	1:02:55	1533
1552	6378	1:05:32	Steve Osborne		Male	1045	M	480	1:03:27	1584
1553	4257	1:05:33	Beverley Foulkes		Female	508	F50	62	1:02:35	1511
1554	5525	1:05:33	Claire Williamson		Female	509	F40	161	1:02:46	1523
1555	4964	1:05:33	Paige Convoy		Female	510	F	271	1:03:01	1546
1556	5979	1:05:37	Wendy Lane		Female	511	F40	162	1:03:33	1587
1557	4319	1:05:37	Alice Ingman		Female	512	F50	63	1:03:06	1550
1558	4615	1:05:38	Emma Berendt		Female	513	F40	163	1:04:50	1663
1559	4378	1:05:39	Sally Kelly		Female	514	F50	64	1:02:26	1500
1560	5400	1:05:39	Nicky Roger	Ryston Runners	Female	515	F40	164	1:04:50	1664
1561	4866	1:05:39	Stephen Andrews		Male	1046	M50	193	1:02:24	1497
1562	5370	1:05:39	Debbie Rudd		Female	516	F40	165	1:04:17	1627
1563	5982	1:05:41	Lawrence Matthews		Male	1047	M50	194	1:03:35	1588
1564	6868	1:05:41	Ryan Lomas		Male	1048	M	481	1:03:26	1583
1565	5425	1:05:42	Kirstie Rogers		Female	517	F	272	1:03:29	1585
1566	4926	1:05:43	Anthony Crome		Male	1049	M70+	10	1:05:02	1676
1567	4149	1:05:43	Adam Goodbourn		Male	1050	M40	308	1:02:58	1540
1568	6325	1:05:45	Sharmila Nair		Female	518	F40	166	1:04:27	1642
1569	5033	1:05:46	Katie Day		Female	519	F	273	1:02:57	1538
1570	4871	1:05:46	Claire Anderson		Female	520	F	274	1:04:17	1628
1571	5537	1:05:48	Richard Wilkins		Male	1051	M50	195	1:02:51	1528
1572	6875	1:05:50	Alysha Lane		Female	521	F	275	1:03:25	1580
1573	5357	1:05:50	Lucy Rudd		Female	522	F	276	1:03:56	1602
1574	5598	1:05:51	David Youngs		Male	1052	M40	309	1:02:46	1522
1575	6996	1:05:53	Kiara Hamis	Norwich Road Runners	Female	523	F	277	1:04:46	1661

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1576	6913	1:05:53	Cel Hughrd	Norwich Road Runners	Male	1053	M	482	1:02:09	1478
1577	6848	1:05:53	Tim Casey		Male	1054	M40	310	1:02:09	1480
1578	6902	1:05:53	Myles Thorne		Male	1055	M40	311	1:02:09	1481
1579	4105	1:05:56	Michael Green		Male	1056	M50	196	1:03:41	1591
1580	4509	1:05:57	Maureen Hamis		Female	524	F40	167	1:04:51	1666
1581	5349	1:05:57	Dean Stevens		Male	1057	M50	197	1:02:45	1520
1582	5347	1:05:57	Sophie Stevens		Female	525	F	278	1:02:46	1524
1583	5840	1:05:58	Shaun Mellish		Male	1058	M40	312	1:04:20	1632
1584	5526	1:06:00	Robert Williams		Male	1059	M60	58	1:03:51	1597
1585	4099	1:06:01	Emily Greenwood		Female	526	F	279	1:04:42	1656
1586	5164	1:06:01	Steve Clarke	Bungay Black Dog RC	Male	1060	M40	313	1:04:22	1635
1587	5317	1:06:01	Malcolm Stedman-Jones		Male	1061	M50	198	1:02:52	1531
1588	6670	1:06:01	Heidi Willson		Female	527	F	280	1:04:10	1615
1589	6919	1:06:02	Robert Green	Halmer Harriers	Male	1062	M	483	1:04:10	1616
1590	6090	1:06:03	Lukoseviciene Lilija		Female	528	F40	168	1:04:23	1638
1591	4199	1:06:04	Ken Drummond		Male	1063	M50	199	1:03:01	1545
1592	5541	1:06:05	Gary Whitby		Male	1064	M50	200	1:04:57	1672
1593	6533	1:06:05	Ingrid Gafrikova		Female	529	F40	169	1:04:45	1659
1594	4995	1:06:07	Marie Doughty		Female	530	F40	170	1:03:15	1562
1595	5080	1:06:08	Josh Cairns		Male	1065	M	484	1:02:14	1485
1596	4804	1:06:11	Alan Bartrum		Male	1066	M40	314	1:03:51	1598
1597	6830	1:06:11	Raechel Rees		Female	531	F40	171	1:02:55	1534
1598	5573	1:06:11	Helen West		Female	532	F40	172	1:03:24	1578
1599	4282	1:06:11	Ellen Ferrie		Female	533	F	281	1:03:18	1567
1600	4291	1:06:12	Matthew Ferrie		Male	1067	M40	315	1:03:19	1569
1601	6098	1:06:12	Cheryl Lenton		Female	534	F40	173	1:05:03	1677
1602	4222	1:06:14	Wayne Eady		Male	1068	M40	316	1:04:35	1652
1603	4124	1:06:14	Anita Goddard		Female	535	F60	16	1:04:11	1619
1604	6156	1:06:15	Suzanne Pembery		Female	536	F50	65	1:04:52	1668
1605	6685	1:06:16	Ben Hunt		Male	1069	M	485	1:02:08	1477
1606	4950	1:06:18	Matthew Coe		Male	1070	M50	201	1:04:13	1622
1607	6445	1:06:20	Christopher Woodley		Male	1071	M	486	1:03:23	1576
1608	5876	1:06:21	Linus Marray-Woods		Male	1072	M40	317	1:03:54	1599
1609	5875	1:06:21	Sinead Alice Marray-Woods		Female	537	F	282	1:03:54	1600
1610	5077	1:06:21	Charlene Campion		Female	538	F	283	1:04:58	1674
1611	5398	1:06:21	Adam Rodwell		Male	1073	M	487	1:02:22	1494
1612	5005	1:06:22	Charlotte Dixon	Norfolk Gazelles AC	Female	539	F	284	1:04:22	1637
1613	6251	1:06:23	Jemma Redhead		Female	540	F40	174	1:03:15	1561
1614	4993	1:06:25	Kay Dedman		Female	541	F40	175	1:04:05	1609
1615	5303	1:06:27	Paul Talbot		Male	1074	M50	202	1:05:51	1724
1616	4598	1:06:27	Gary Hellard		Male	1075	M40	318	1:05:52	1728
1617	5112	1:06:27	Jennifer Burfoot		Female	542	F60	17	1:02:29	1506
1618	5642	1:06:28	Stephen Wingrove		Male	1076	M40	319	1:04:03	1607
1619	5452	1:06:28	Filipe Silva		Male	1077	M	488	1:04:46	1660
1620	4356	1:06:30	Elise Howard		Female	543	F	285	1:04:30	1645
1621	6268	1:06:30	Sarah Newall		Female	544	F	286	1:04:29	1644
1622	4033	1:06:30	Harriet Gedney	Dursley Running Club	Female	545	F	287	1:03:00	1544
1623	4805	1:06:31	Tony Bartlett		Male	1078	M60	59	1:03:24	1577
1624	4935	1:06:32	Liam Craig		Male	1079	M	489	1:04:24	1639
1625	4789	1:06:32	Rachael Bateman	Three Counties Running Club	Female	546	F40	176	1:02:32	1508
1626	6640	1:06:32	Denise McPartlin		Female	547	F40	177	1:02:57	1536
1627	5416	1:06:33	Jenny Roper		Female	548	F40	178	1:03:58	1605
1628	5415	1:06:34	Mike Roper		Male	1080	M40	320	1:03:57	1604
1629	5954	1:06:37	Sarah Lamb		Female	549	F40	179	1:04:06	1610
1630	6060	1:06:37	Sarah-Jane MacDonald		Female	550	F40	180	1:04:07	1612
1631	6241	1:06:37	Yasmine Reeves		Female	551	F	288	1:05:08	1682
1632	4141	1:06:38	Archie Gormley		Male	1081	M60	60	1:04:16	1626
1633	6112	1:06:38	Lesley Raby		Female	552	F50	66	1:05:06	1680
1634	4201	1:06:39	Tammy Drew		Female	553	F40	181	1:05:34	1705
1635	6030	1:06:39	Dave Lines	Tri-Anglia Triathlon Club	Male	1082	M40	321	1:03:44	1593
1636	6384	1:06:40	Darragh O'Callaghan		Female	554	F	289	1:03:21	1574
1637	6534	1:06:41	Bethany Fretwell		Female	555	F	290	1:05:35	1707
1638	5063	1:06:42	Tracey Butcher	Ely Runners	Female	556	F40	182	1:03:59	1606
1639	1586	1:06:42	Paul Pickering		Male	1083	M40	322	1:02:09	1479
1640	4318	1:06:42	Max Hunter		Male	1084	M	490	1:03:11	1556
1641	5300	1:06:43	Sara-Jayne Talley		Female	557	F40	183	1:03:12	1557
1642	5143	1:06:44	Samantha Charlesworth		Male	1085	M	491	1:04:11	1618
1643	5844	1:06:45	Jo Margereson		Female	558	F40	184	1:04:07	1613
1644	6711	1:06:47	Michael Roberts-Anchor		Male	1086	M40	323	1:04:15	1624
1645	5485	1:06:47	Lee Tatum		Male	1087	M	492	1:04:16	1625
1646	4276	1:06:48	Mark Everard		Male	1088	M	493	1:04:34	1649
1647	4599	1:06:48	Steven Heggie		Male	1089	M40	324	1:04:22	1636
1648	4572	1:06:49	Emelia Heeley		Female	559	F	291	1:05:40	1714
1649	5821	1:06:49	Heather McCrea		Female	560	F	292	1:05:40	1713
1650	6986	1:06:52	Catherine Wakeling		Female	561	F40	185	1:05:58	1737

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1651	5271	1:06:55	Cathryn Smith		Female	562	F	293	1:04:25	1640
1652	6698	1:06:55	Glen Evans		Male	1090	M	494	1:03:22	1575
1653	5764	1:06:57	Jamie Ward		Male	1091	M	495	1:04:15	1623
1654	4923	1:07:00	Nancy Crow	North Norfolk Beach Runners	Female	563	F40	186	1:04:11	1617
1655	5135	1:07:04	Jodie Clark	Three Counties Running Club	Female	564	F40	187	1:03:25	1582
1656	6431	1:07:05	Edgars Lapins		Male	1092	M	496	1:06:42	1778
1657	4198	1:07:05	Richard Dye		Male	1093	M50	203	1:04:54	1669
1658	4262	1:07:06	Roy Fowkes		Male	1094	M70+	11	1:04:07	1611
1659	5707	1:07:12	Joanna Simon		Female	565	F	294	1:05:19	1700
1660	5023	1:07:13	Kathy Cullen		Female	566	F60	18	1:04:13	1621
1661	6634	1:07:14	Raminta Taraskeviciene		Female	567	F	295	1:04:32	1648
1662	6227	1:07:16	Gemma Read	Fenland Running Club	Female	568	F	296	1:04:36	1653
1663	5382	1:07:17	Hannah Ryan	Fenland Running Club	Female	569	F40	188	1:04:38	1655
1664	5790	1:07:20	Heidi Walker		Female	570	F	297	1:04:03	1608
1665	5071	1:07:21	Jules Carrara		Female	571	F40	189	1:05:17	1696
1666	5328	1:07:25	Caroline Stacey	North Norfolk Beach Runners	Female	572	F40	190	1:05:14	1689
1667	5539	1:07:25	Judith Williams		Female	573	F50	67	1:05:39	1711
1668	4323	1:07:26	Leanne Jackson		Female	574	F	298	1:05:32	1704
1669	4320	1:07:26	Haley Griggs		Female	575	F40	191	1:05:56	1732
1670	5586	1:07:27	Hazel Wray	North Norfolk Beach Runners	Female	576	F40	192	1:05:56	1731
1671	4767	1:07:27	Margaret Daly		Female	577	F50	68	1:05:29	1701
1672	5237	1:07:27	Teresa Solomon		Female	578	F50	69	1:04:13	1620
1673	1569	1:07:29	Matthew Walker		Male	1095	M	497	1:05:30	1702
1674	6969	1:07:30	Hayley Booth		Female	579	F	299	1:06:03	1745
1675	4985	1:07:33	Katherine Di Carlo		Female	580	F	300	1:05:42	1715
1676	5507	1:07:34	Sean Whittaker	Bushfield Joggers	Male	1096	M50	204	1:05:15	1690
1677	6003	1:07:34	Donna King		Female	581	F40	193	1:03:56	1601
1678	6835	1:07:34	Victoria Pullinger	Bungay Black Dog RC	Female	582	F40	194	1:04:35	1651
1679	4264	1:07:34	Jonathan Fisher		Male	1097	M	498	1:04:32	1647
1680	4756	1:07:36	Jessica Bedingfield	Bungay Black Dog RC	Female	583	F	301	1:05:51	1727
1681	4903	1:07:37	Robert Coxhill		Male	1098	M40	325	1:03:09	1555
1682	5752	1:07:37	Bunny Warren		Male	1099	M40	326	1:05:12	1686
1683	5734	1:07:37	Angela Ward		Female	584	F40	195	1:05:11	1684
1684	5462	1:07:37	Rebecca Sheppard		Female	585	F	302	1:04:20	1633
1685	6782	1:07:38	Stephanie Deeks	Great Yarmouth Road Runners	Female	586	F40	196	1:04:19	1630
1686	4417	1:07:39	Donna Jeary		Female	587	F40	197	1:05:43	1717
1687	5097	1:07:39	Noel Bueno		Male	1100	M40	327	1:07:06	1798
1688	4824	1:07:40	Laura Baxter-Wilson		Female	588	F	303	1:05:31	1703
1689	4107	1:07:40	Matthew Dominic Green		Male	1101	M	499	1:04:52	1667
1690	4016	1:07:42	Jo Garner		Female	589	F40	198	1:04:20	1631
1691	5188	1:07:43	Heidi Chapman		Female	590	F	304	1:06:27	1763
1692	4253	1:07:45	Michelle Fovargue	March AC	Female	591	F40	199	1:05:16	1694
1693	6647	1:07:47	Daniel Sharples		Male	1102	M	500	1:04:21	1634
1694	5792	1:07:47	Chris Walker		Male	1103	M50	205	1:06:46	1783
1695	6240	1:07:47	Gerry Reilly		Male	1104	M40	328	1:04:28	1643
1696	4904	1:07:49	Sarah Cowley		Female	592	F	305	1:05:12	1687
1697	4963	1:07:49	Sandy Convoy		Female	593	F	306	1:05:15	1692
1698	6627	1:07:49	Harriet Smith		Female	594	F	307	1:05:16	1693
1699	4531	1:07:49	Livvi Hodges		Female	595	F	308	1:05:17	1695
1700	6359	1:07:50	Samantha Palmby		Female	596	F	309	1:05:14	1688
1701	5291	1:07:53	Andrew Stratton	Wymondham AC	Male	1105	M50	206	1:05:18	1699
1702	5989	1:07:54	Nathan Kitt		Male	1106	M	501	1:04:57	1673
1703	4041	1:07:55	Teresa Frost		Female	597	F40	200	1:05:09	1683
1704	1700	1:07:55	Sharon Shillito		Female	598	F40	201	1:05:57	1733
1705	4420	1:07:55	Giedre Jasukaitiene		Female	599	F	310	1:06:05	1746
1706	4135	1:07:56	Kevin Goude		Male	1107	M	502	1:03:44	1592
1707	4146	1:07:56	Philip Goodman		Male	1108	M	503	1:03:44	1594
1708	1614	1:07:56	Esmā© Johnson		Female	600	F	311	1:05:17	1697
1709	5992	1:07:57	James Knapman		Male	1109	M	504	1:04:42	1657
1710	4064	1:07:57	John Gaisford		Male	1110	M70+	12	1:04:56	1671
1711	4514	1:07:58	Graeme Hall		Male	1111	M40	329	1:05:51	1725
1712	6716	1:07:59	Helen Robinson		Female	601	F	312	1:06:51	1786
1713	5742	1:08:00	Emma Walpole		Female	602	F	313	1:07:13	1806
1714	4868	1:08:00	Lisa Anderson		Female	603	F40	202	1:05:58	1735
1715	5656	1:08:01	Andy Toop		Male	1112	M40	330	1:05:46	1719
1716	6921	1:08:10	Rachel Hirst	Bungay Black Dog RC	Female	604	F50	70	1:06:25	1757
1717	5479	1:08:13	Reshma Sannakki		Female	605	F40	203	1:06:54	1789
1718	6374	1:08:15	Megan Oram		Female	606	F40	204	1:05:06	1679
1719	4184	1:08:18	Claire Emery	Ryston Runners	Female	607	F40	205	1:06:13	1748
1720	6443	1:08:20	Bob Sleigh		Male	1113	M50	207	1:05:36	1708
1721	5523	1:08:21	Keri Williamson		Female	608	F	314	1:06:59	1794
1722	4504	1:08:21	Lianne Grimes		Female	609	F	315	1:04:26	1641
1723	4649	1:08:22	Andrea Bell		Female	610	F50	71	1:05:08	1681
1724	6643	1:08:23	Nigel Norman		Male	1114	M50	208	1:06:27	1762
1725	6258	1:08:23	Holly Norman		Female	611	F	316	1:06:27	1764

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	4454	1:08:23	Dominic Hargrave	Norwich Road Runners	Male	1115	M	505	1:05:51	1721
1727	6051	1:08:23	Scott MacRae		Male	1116	M	506	1:05:11	1685
1728	5999	1:08:24	Abbie Kingscott		Female	612	F	317	1:05:51	1726
1729	6026	1:08:25	Tracie Kirby		Female	613	F40	206	1:05:46	1718
1730	5576	1:08:27	Barbara Welbourn		Female	614	F50	72	1:05:51	1722
1731	6056	1:08:28	Richard Lord		Male	1117	M40	331	1:05:18	1698
1732	5868	1:08:30	David Marks		Male	1118	M50	209	1:05:56	1730
1733	4852	1:08:33	Mara Baltrunke		Female	615	F	318	1:04:31	1646
1734	6695	1:08:34	Eve Limeburner		Female	616	F	319	1:07:29	1814
1735	6966	1:08:34	Natalia Mocewicz		Female	617	F	320	1:05:00	1675
1736	5376	1:08:35	Frances Salter		Female	618	F	321	1:06:03	1744
1737	5622	1:08:36	Michael Wilson Wilson		Male	1119	M	507	1:06:16	1753
1738	4588	1:08:36	Lucy Hicks		Female	619	F	322	1:07:55	1836
1739	6917	1:08:37	David Griggs		Male	1120	M	508	1:04:19	1629
1740	4967	1:08:37	Paula Connolly		Female	620	F50	73	1:05:58	1736
1741	5197	1:08:37	Roma Chakrabarti		Female	621	F50	74	1:05:51	1723
1742	4200	1:08:38	Helen Driver		Female	622	F40	207	1:06:38	1773
1743	4513	1:08:38	Nathan Hallam		Male	1121	M	509	1:04:51	1665
1744	4720	1:08:40	Shauna Bonnar-Ford		Female	623	F40	208	1:07:28	1811
1745	4943	1:08:41	Lorraine Collett		Female	624	F	323	1:05:38	1710
1746	4644	1:08:41	Julie Bee	Ryston Runners	Female	625	F50	75	1:07:28	1813
1747	5685	1:08:43	James Trim		Male	1122	M	510	1:04:37	1654
1748	4310	1:08:43	Marcus Hutchinson		Male	1123	M	511	1:04:44	1658
1749	5407	1:08:46	Mark Simpson		Male	1124	M50	210	1:06:34	1768
1750	5138	1:08:47	Sharon Childs		Female	626	F40	209	1:07:23	1809
1751	6387	1:08:48	Elizabeth Owens		Female	627	F50	76	1:06:14	1750
1752	4267	1:08:48	Sarah Fairbrother		Female	628	F	324	1:04:54	1670
1753	5203	1:08:49	Lucilla Smith		Female	629	F40	210	1:05:47	1720
1754	5761	1:08:50	Sam Ward		Male	1125	M	512	1:06:08	1747
1755	5055	1:08:50	Linda By Grave		Female	630	F50	77	1:06:02	1743
1756	5509	1:08:51	Natalie Whitmore	Harwell Harriers	Female	631	F	325	1:06:27	1761
1757	5113	1:08:51	Simon Burdett		Male	1126	M40	332	1:06:28	1765
1758	4575	1:08:52	Carolyn Hayes		Female	632	F60	19	1:06:37	1772
1759	5501	1:08:53	Clare Schofield		Female	633	F40	211	1:05:52	1729
1760	6954	1:08:53	Susannah Naylor		Female	634	F40	212	1:06:01	1741
1761	6552	1:08:54	Jordan Burgin		Male	1127	M	513	1:06:59	1795
1762	5632	1:08:54	Vivienne Williamson		Female	635	F70+	2	1:06:18	1754
1763	5675	1:08:54	Diane Turner		Female	636	F50	78	1:06:16	1752
1764	5463	1:08:57	Jo Sedgley		Female	637	F40	213	1:07:02	1797
1765	4568	1:08:57	Gary Heading		Male	1128	M	514	1:06:45	1782
1766	6061	1:08:58	Amy Lunn	Coltishall Jaguars RC	Female	638	F	326	1:05:04	1678
1767	6433	1:08:58	Antonia Webster		Female	639	F	327	1:06:23	1756
1768	4676	1:08:58	Izzy Bennett		Female	640	F50	79	1:06:22	1755
1769	4012	1:08:59	Jenna Garrard		Female	641	F	328	1:06:00	1739
1770	4011	1:08:59	Julie Garrard		Female	642	F50	80	1:06:01	1740
1771	6646	1:09:00	Olivia Newstead		Female	643	F40	214	1:06:43	1780
1772	6279	1:09:00	Ivan Nunn	Ryston Runners	Male	1129	M50	211	1:05:40	1712
1773	4430	1:09:02	Claire James	Three Counties Running Club	Female	644	F	329	1:06:13	1749
1774	5771	1:09:03	Samantha Vassallo		Female	645	F40	215	1:06:16	1751
1775	5627	1:09:04	Adrian Wilson		Male	1130	M40	333	1:05:58	1738
1776	5060	1:09:06	Lucy Buttery		Female	646	F	330	1:06:29	1766
1777	6048	1:09:09	Maja Maciejewska		Female	647	F	331	1:05:36	1709
1778	4619	1:09:10	Richard Betts		Male	1131	M50	212	1:07:32	1818
1779	4203	1:09:10	Louise Drew		Female	648	F	332	1:07:32	1819
1780	4609	1:09:10	Gary Bligh	Three Counties Running Club	Male	1132	M40	334	1:07:32	1817
1781	5812	1:09:11	Lee McCowen	March AC	Male	1133	M	515	1:06:50	1785
1782	6407	1:09:12	Gregory Hill		Male	1134	M40	335	1:06:51	1787
1783	5552	1:09:14	Dave Watts		Male	1135	M60	61	1:06:54	1788
1784	5983	1:09:16	Lisa Mayes		Female	649	F40	216	1:05:15	1691
1785	6165	1:09:17	Becky Pochetty		Female	650	F	333	1:05:35	1706
1786	4895	1:09:17	Craig Arlotte		Male	1136	M	516	1:08:20	1856
1787	6432	1:09:18	Lauren Carter		Female	651	F	334	1:06:55	1790
1788	5897	1:09:19	Katherine Mortlock		Female	652	F40	217	1:06:48	1784
1789	1625	1:09:20	Lisa Hurry		Female	653	F50	81	1:06:43	1779
1790	5040	1:09:20	Wayne Day	Bure Valley Harriers	Male	1137	M40	336	1:06:32	1767
1791	5391	1:09:21	Claire Rotman		Female	654	F	335	1:07:39	1827
1792	5429	1:09:21	Jo Sheen		Female	655	F40	218	1:06:41	1774
1793	5664	1:09:23	Catherine Tipling		Female	656	F	336	1:06:26	1760
1794	5633	1:09:24	Lucy Wilson		Female	657	F50	82	1:06:42	1777
1795	5629	1:09:25	Linda Wills-Gillings		Female	658	F40	219	1:07:14	1807
1796	6092	1:09:31	Jen Lewis		Female	659	F40	220	1:08:43	1887
1797	4306	1:09:35	Rachael Huntly		Female	660	F	337	1:08:02	1843
1798	6570	1:09:39	Stephen Bennett		Male	1138	M40	337	1:06:36	1771
1799	4100	1:09:40	Paul Greenfield		Male	1139	M50	213	1:06:35	1770
1800	1570	1:09:40	Beth Lines		Female	661	F	338	1:08:12	1849

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1801	4387	1:09:44	Laura Jordan		Female	662	F	339	1:07:09	1799
1802	5230	1:09:45	Eleanor Spall		Female	663	F	340	1:07:42	1828
1803	4194	1:09:48	Andrew Dunning		Male	1140	M40	338	1:06:02	1742
1804	5807	1:09:49	Tracey McGarrell		Female	664	F40	221	1:07:55	1840
1805	5726	1:09:52	Hayley Thompson		Female	665	F	341	1:07:24	1810
1806	6015	1:09:56	Tanya Kirtou		Female	666	F40	222	1:07:30	1815
1807	4730	1:09:58	Shayney Blyth		Female	667	F40	223	1:07:31	1816
1808	5956	1:09:58	Jyoti Mathapathi		Female	668	F	342	1:08:39	1878
1809	4316	1:10:01	Susan Humphrey		Female	669	F40	224	1:07:55	1839
1810	5818	1:10:01	Joanne Mason		Female	670	F40	225	1:07:36	1825
1811	6543	1:10:06	Kayla Davies		Female	671	F	343	1:08:40	1881
1812	4945	1:10:06	Robert Colledge		Male	1141	M	517	1:06:25	1759
1813	4702	1:10:06	Victoria Brooke		Female	672	F40	226	1:06:25	1758
1814	5671	1:10:07	Suzie Tucker		Female	673	F	344	1:08:44	1889
1815	6286	1:10:07	Patricia Norris	March AC	Female	674	F60	20	1:08:13	1851
1816	5535	1:10:10	Jo Wilkinson		Female	675	F	345	1:06:41	1775
1817	5777	1:10:12	Katie Tyler		Female	676	F	346	1:08:16	1852
1818	4032	1:10:13	Hayley Gedney		Female	677	F	347	1:06:44	1781
1819	4657	1:10:14	Paul Barnes		Male	1142	M50	214	1:07:09	1801
1820	5878	1:10:17	Mike Marshall	North Norfolk Beach Runners	Male	1143	M70+	13	1:06:58	1793
1821	6269	1:10:18	Nicola New		Female	678	F	348	1:07:28	1812
1822	4113	1:10:19	Douglas Goddard		Male	1144	M	518	1:06:35	1769
1823	4234	1:10:21	Bobby Flanagan		Male	1145	M40	339	1:07:49	1830
1824	1712	1:10:24	Laura Hardwood		Female	679	F	349	1:07:44	1829
1825	5988	1:10:25	Anne-Marie Mattless		Female	680	F40	227	1:08:27	1864
1826	6322	1:10:31	Janet Nash		Female	681	F40	228	1:07:55	1835
1827	6117	1:10:31	Geoff Porter	Bure Valley Harriers	Male	1146	M50	215	1:07:09	1800
1828	4186	1:10:34	Mary Edwards		Female	682	F40	229	1:06:55	1791
1829	4088	1:10:34	Misha-Zee Grant		Female	683	F	350	1:06:55	1792
1830	5506	1:10:37	Kim Whyatt		Female	684	F	351	1:08:12	1850
1831	5121	1:10:38	Katherine Bunker		Female	685	F50	83	1:07:00	1796
1832	6141	1:10:40	Ed Procter		Male	1147	M40	340	1:07:38	1826
1833	6005	1:10:42	Angela King		Female	686	F50	84	1:08:07	1847
1834	6565	1:10:44	Sahana Aravind		Female	687	F40	230	1:09:25	1920
1835	6146	1:10:45	Fiona Petrie		Female	688	F40	231	1:07:33	1821
1836	6857	1:10:45	Danielle Stewart		Female	689	F	352	1:07:33	1822
1837	4783	1:10:45	Emma Adcock		Female	690	F40	232	1:07:35	1824
1838	6567	1:10:45	Lee Anderton	Dereham Runners & AC	Male	1148	M40	341	1:08:33	1872
1839	4361	1:10:46	Ryan Hudson		Male	1149	M	519	1:07:33	1820
1840	6971	1:10:46	Antonio De Falco		Male	1150	M40	342	1:07:50	1832
1841	6972	1:10:46	Katy De Falco		Female	691	F	353	1:07:51	1833
1842	4095	1:10:47	Claire Griffiths		Female	692	F40	233	1:07:09	1803
1843	6601	1:10:48	Julia Hallam	Grantham Running Club	Female	693	F	354	1:09:03	1901
1844	4822	1:10:49	Gemma Beagles		Male	1151	M	520	1:06:42	1776
1845	4202	1:10:50	Peter Drew		Male	1152	M60	62	1:08:30	1868
1846	4911	1:10:52	Ashley Craig		Male	1153	M	521	1:07:34	1823
1847	5640	1:10:57	Nathan Wood		Male	1154	M40	343	1:08:37	1875
1848	6297	1:11:01	Liz Murfitt		Female	694	F40	234	1:07:22	1808
1849	6428	1:11:04	Jackie Hallett		Female	695	F60	21	1:08:02	1844
1850	5443	1:11:04	Jax Sesstein	Sleaford Striders AC	Female	696	F50	85	1:08:03	1845
1851	6303	1:11:06	Gill Munday		Female	697	F50	86	1:07:53	1834
1852	6277	1:11:11	Liam Oâ€™grady	Cambridge & Coleridge AC	Male	1155	M	522	1:07:12	1805
1853	6278	1:11:11	Jaine Oâ€™grady		Female	698	F60	22	1:07:12	1804
1854	5392	1:11:11	Sarah Robinson		Female	699	F	355	1:08:04	1846
1855	5267	1:11:11	Sharon Smalls	West Norfolk AC	Female	700	F40	235	1:07:59	1841
1856	5242	1:11:12	Jonathan Smalls		Male	1156	M40	344	1:08:00	1842
1857	6164	1:11:13	Heather Pocklington		Female	701	F60	23	1:08:36	1874
1858	5369	1:11:15	Graham Rout		Male	1157	M40	345	1:08:33	1871
1859	6918	1:11:15	Rachel Grief		Female	702	F	356	1:08:23	1860
1860	6170	1:11:15	Adrian Pitt		Male	1158	M	523	1:08:09	1848
1861	6233	1:11:15	Jemima Rae		Female	703	F	357	1:09:46	1933
1862	6351	1:11:15	Elisabeth Peck	Thetford AC	Female	704	F40	236	1:08:24	1862
1863	4117	1:11:15	Claire Goldstone	Thetford AC	Female	705	F	358	1:08:24	1861
1864	4068	1:11:17	Tobie Fysh		Male	1159	M	524	1:09:18	1917
1865	4071	1:11:17	Emma Fysh		Female	706	F	359	1:09:18	1918
1866	4971	1:11:17	Justin Collison		Male	1160	M40	346	1:07:09	1802
1867	5566	1:11:18	Sharon Whaley		Female	707	F	360	1:10:04	1955
1868	4742	1:11:22	Jessica Bowen		Female	708	F	361	1:09:43	1931
1869	4138	1:11:26	Shelly Gotora		Female	709	F	362	1:08:17	1853
1870	6284	1:11:26	Barry Norton	Skegness & District RC	Male	1161	M70+	14	1:08:41	1883
1871	6629	1:11:26	Laura Skerry		Female	710	F	363	1:08:49	1891
1872	6628	1:11:26	Stuart Skerry		Male	1162	M40	347	1:08:49	1892
1873	4759	1:11:28	Elenor Alderton		Female	711	F	364	1:08:29	1867
1874	5775	1:11:33	Louise Unwin		Female	712	F	365	1:09:05	1904
1875	6171	1:11:36	Emma Pollington		Female	713	F40	237	1:08:27	1865

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1876	5174	1:11:36	Sarah Carter	March AC	Female	714	F40	238	1:08:27	1866
1877	4050	1:11:37	Nichola Freer		Female	715	F40	239	1:08:33	1870
1878	5124	1:11:39	Sarah Buhlemann		Female	716	F	366	1:09:48	1934
1879	4334	1:11:40	Kate Hutchison		Female	717	F	367	1:08:42	1885
1880	6153	1:11:40	Alison Pentland		Female	718	F40	240	1:08:52	1895
1881	6310	1:11:43	Suzanne Munford		Female	719	F40	241	1:08:55	1897
1882	6931	1:11:46	Peter Donger		Male	1163	M	525	1:08:31	1869
1883	4376	1:11:47	Debbie Judd		Female	720	F	368	1:09:29	1921
1884	5768	1:11:47	Jo Vertigan		Female	721	F40	242	1:09:29	1922
1885	1686	1:11:48	Will Frame		Male	1164	M	526	1:08:40	1882
1886	6826	1:11:50	Mark Vincent		Male	1165	M	527	1:08:43	1888
1887	6856	1:11:50	Clare Stocks		Female	722	F	369	1:08:23	1858
1888	6726	1:11:50	Sarah Jordan		Female	723	F50	87	1:08:41	1884
1889	6373	1:11:51	Gayna O'Rourke		Female	724	F40	243	1:09:23	1919
1890	5061	1:11:52	Nick Caistor		Male	1166	M70+	15	1:09:32	1925
1891	5843	1:11:52	Nicky Markillie		Female	725	F	370	1:08:24	1863
1892	6890	1:11:54	Abigail Walters		Female	726	F40	244	1:09:12	1913
1893	4339	1:11:54	Christina Hulley		Female	727	F40	245	1:09:11	1912
1894	4561	1:11:55	Rebecca Hollick		Female	728	F40	246	1:08:39	1879
1895	4559	1:11:55	Steve Hollick		Male	1167	M50	216	1:08:39	1880
1896	6571	1:11:55	Glynis Bennett		Female	729	F40	247	1:09:11	1911
1897	5706	1:11:57	Carl Taylor		Male	1168	M	528	1:11:14	2005
1898	4467	1:11:57	Gemma Hammond		Female	730	F	371	1:09:49	1935
1899	5157	1:11:59	Penny Clarke		Female	731	F40	248	1:09:51	1937
1900	5472	1:11:59	Ramune Savickaite		Female	732	F40	249	1:07:55	1838
1901	4431	1:12:00	Audrius Jasiulaitis	North Norfolk Beach Runners	Male	1169	M50	217	1:07:55	1837
1902	5468	1:12:00	Sandra Sayer		Female	733	F	372	1:09:50	1936
1903	4798	1:12:00	Robert Bateman		Male	1170	M40	348	1:07:49	1831
1904	5227	1:12:01	Donna Sparrow		Female	734	F40	250	1:08:51	1894
1905	5159	1:12:01	Juliet Clarke		Female	735	F40	251	1:08:51	1893
1906	6320	1:12:02	Jodie Neal		Female	736	F40	252	1:10:02	1951
1907	1763	1:12:03	Adrian Thompson		Male	1171	M50	218	1:10:22	1966
1908	6239	1:12:05	Peter Relf		Male	1172	M60	63	1:09:52	1938
1909	6889	1:12:07	Zoe Ward		Female	737	F	373	1:09:31	1923
1910	6058	1:12:07	James Lindner		Male	1173	M	529	1:10:08	1958
1911	4045	1:12:08	Paige Freshwater	Sleaford Striders AC	Female	738	F	374	1:09:10	1908
1912	4085	1:12:08	Henrietta Green		Female	739	F	375	1:08:53	1896
1913	5963	1:12:08	Rosemary Matthewson		Female	740	F50	88	1:05:43	1716
1914	5899	1:12:10	Shaun Mott		Male	1174	M	530	1:08:42	1886
1915	6135	1:12:11	Ted Preston		Male	1175	M60	64	1:08:18	1854
1916	4560	1:12:11	Sally Hollick	Sleaford Striders AC	Female	741	F50	89	1:08:19	1855
1917	5997	1:12:11	Michelle King		Female	742	F	376	1:09:10	1909
1918	5699	1:12:12	Rhonda Taylor-Balls		Female	743	F40	253	1:09:11	1910
1919	5551	1:12:15	Debra Watts	March AC	Female	744	F50	90	1:09:55	1942
1920	6412	1:12:18	David Craven		Male	1176	M50	219	1:09:12	1915
1921	4931	1:12:18	Debbie Craven		Female	745	F40	254	1:09:12	1914
1922	4516	1:12:19	Charley Hall		Female	746	F	377	1:09:57	1944
1923	5763	1:12:21	Nicola Ward		Female	747	F40	255	1:09:03	1902
1924	5918	1:12:21	Tony Miles	Cambridge & Coleridge AC	Male	1177	M40	349	1:09:35	1926
1925	5054	1:12:21	Sarah Byatt		Female	748	F50	91	1:09:03	1903
1926	4195	1:12:23	Jurgita Dulinskiene		Female	749	F	378	1:09:09	1906
1927	5296	1:12:24	Hayley Tabor		Female	750	F	379	1:08:22	1857
1928	5610	1:12:26	Jackie Wrout		Female	751	F50	92	1:10:29	1972
1929	5353	1:12:26	Helen Roycroft		Female	752	F40	256	1:11:26	2018
1930	5788	1:12:27	Kirsty Walker		Female	753	F	380	1:11:25	2015
1931	5786	1:12:27	Sheena Walker		Female	754	F40	257	1:11:25	2016
1932	6861	1:12:28	Karen Richardson		Female	755	F50	93	1:08:56	1899
1933	6709	1:12:30	David Gent		Male	1178	M50	220	1:08:55	1898
1934	4826	1:12:30	Paul Cunningham	Three Counties Running Club	Male	1179	M	531	1:09:00	1900
1935	4523	1:12:31	Jennifer Hails		Female	756	F	381	1:10:35	1979
1936	5511	1:12:31	Steve Whitelam		Male	1180	M40	350	1:09:09	1907
1937	6538	1:12:32	Matt Farrow		Male	1181	M	532	1:10:51	1987
1938	5785	1:12:37	Kevin Wales		Male	1182	M40	351	1:09:56	1943
1939	4774	1:12:37	Karen Akers		Female	757	F40	258	1:10:01	1948
1940	6784	1:12:37	Francesca Flack		Female	758	F	382	1:08:23	1859
1941	4498	1:12:38	Kimberley Haden		Female	759	F	383	1:10:03	1953
1942	6866	1:12:41	Steve Tucker		Male	1183	M40	352	1:09:52	1939
1943	6294	1:12:45	Lee Murray		Male	1184	M50	221	1:09:31	1924
1944	6701	1:12:45	Jen Emery		Female	760	F50	94	1:10:34	1977
1945	1649	1:12:47	Steven Myers		Male	1185	M60	65	1:10:10	1962
1946	4713	1:12:48	Daryl Brooke		Male	1186	M40	353	1:08:34	1873
1947	5454	1:12:49	Deborah Sheils		Female	761	F50	95	1:10:51	1989
1948	4104	1:12:49	Elliot Green		Male	1187	M	533	1:08:49	1890
1949	6794	1:12:52	Natasha Flack		Female	762	F	384	1:08:37	1876
1950	5186	1:12:53	Kate Chapman		Female	763	F	385	1:10:16	1965

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1951	6302	1:12:53	Vanessa Murray		Female	764	F40	259	1:09:13	1916
1952	4606	1:12:54	Michele Beveridge		Female	765	F40	260	1:10:12	1963
1953	5314	1:12:55	Vernon Tait		Male	1188	M50	222	1:08:38	1877
1954	5920	1:12:56	Helen Mileham		Female	766	F40	261	1:11:03	2001
1955	5874	1:12:57	Alec Marshall		Male	1189	M	534	1:10:40	1984
1956	5520	1:13:01	Eloise Whiting		Female	767	F	386	1:10:09	1961
1957	5262	1:13:03	Donna Smith		Female	768	F40	262	1:10:39	1983
1958	5268	1:13:03	Christopher Smith		Male	1190	M40	354	1:10:37	1981
1959	4364	1:13:03	Nathan Hubbard		Male	1191	M	535	1:10:08	1957
1960	4375	1:13:03	Jo Hubbard		Female	769	F	387	1:10:09	1960
1961	4363	1:13:03	Rachel Hubbard		Female	770	F	388	1:10:08	1959
1962	6332	1:13:04	Bob Paterson		Male	1192	M40	355	1:09:36	1927
1963	4709	1:13:04	Katherine Brittain		Female	771	F	389	1:09:37	1929
1964	4883	1:13:07	Carole Armstrong		Female	772	F40	263	1:10:14	1964
1965	4636	1:13:10	Alison Bilyard	Great Yarmouth Road Runners	Female	773	F40	264	1:09:52	1940
1966	5424	1:13:11	Vic Rogers		Female	774	F40	265	1:10:02	1952
1967	5294	1:13:12	Adam Stoutt		Male	1193	M40	356	1:10:04	1954
1968	5028	1:13:13	Lisa Crumpton		Female	775	F50	96	1:09:06	1905
1969	6666	1:13:13	Sue Tuff	Ryston Runners	Female	776	F50	97	1:10:58	1994
1970	5722	1:13:13	Richard Thompson		Male	1194	M40	357	1:10:56	1992
1971	4640	1:13:13	Jon Benstead		Male	1195	M50	223	1:10:58	1996
1972	6073	1:13:21	Bernie Lee		Male	1196	M50	224	1:10:51	1986
1973	6070	1:13:22	Lisa Lee		Female	777	F40	266	1:10:51	1988
1974	6273	1:13:22	Janet Norton	Skegness & District RC	Female	778	F60	24	1:10:37	1982
1975	4853	1:13:23	Fay Baker		Female	779	F40	267	1:10:23	1968
1976	6824	1:13:23	Daniel Wallage		Male	1197	M	536	1:10:54	1991
1977	4153	1:13:24	Martin Elsegood		Male	1198	M50	225	1:10:02	1949
1978	4521	1:13:27	Sarah Hales		Female	780	F40	268	1:09:57	1945
1979	5830	1:13:30	Carol McKean		Female	781	F40	269	1:10:49	1985
1980	4239	1:13:31	Helen Fiske	Norwich Road Runners	Female	782	F40	270	1:09:37	1928
1981	5277	1:13:31	Claire Smith	Norwich Road Runners	Female	783	F40	271	1:09:37	1930
1982	1703	1:13:33	Paul Hollings	Bramley Breezers	Male	1199	M	537	1:11:14	2006
1983	4650	1:13:37	Amanda Barnes		Female	784	F50	98	1:10:34	1978
1984	4413	1:13:38	Ian Jarvis		Male	1200	M50	226	1:11:17	2008
1985	4493	1:13:38	Stephan Gruber		Male	1201	M40	358	1:09:57	1946
1986	5388	1:13:39	Simon Rose		Male	1202	M50	227	1:10:02	1950
1987	6039	1:13:41	Jason Lovick		Male	1203	M	538	1:10:06	1956
1988	6400	1:13:41	Robert Overton		Male	1204	M70+	16	1:10:58	1993
1989	4381	1:13:47	Katie Kavanagh		Female	785	F	390	1:11:22	2013
1990	4701	1:13:47	Jonathan Brooks		Male	1205	M40	359	1:09:45	1932
1991	4968	1:13:52	Dawn Cook	Norwich Road Runners	Female	786	F50	99	1:09:58	1947
1992	5177	1:13:53	Leslie Carter		Male	1206	M60	66	1:11:45	2028
1993	6960	1:13:54	Kelly Harding		Female	787	F	391	1:10:58	1997
1994	6825	1:13:54	Daniel Wagg		Male	1207	M	539	1:10:58	1995
1995	6004	1:13:54	Brenda King	Rotherham Harriers and AC	Female	788	F60	25	1:11:20	2010
1996	4238	1:13:55	Nikki Fitzgerald		Female	789	F50	100	1:11:13	2004
1997	4838	1:13:56	Sarah Attlesey		Female	790	F	392	1:11:02	2000
1998	1709	1:13:59	Richard Skoyles		Male	1208	M50	228	1:12:27	2079
1999	6924	1:14:02	Heidi Hemeter		Male	1209	M50	229	1:10:29	1971
2000	5001	1:14:05	Kristine Downs		Female	791	F	393	1:09:54	1941
2001	4683	1:14:06	Pete Brassett		Male	1210	M	540	1:10:25	1970
2002	6248	1:14:09	Helen Reed	Ryston Runners	Female	792	F50	101	1:11:32	2019
2003	4592	1:14:10	Sally Henry		Female	793	F40	272	1:10:52	1990
2004	4937	1:14:11	Dave Cook		Male	1211	M50	230	1:11:19	2009
2005	6766	1:14:11	Mark Dicks		Male	1212	M40	360	1:11:22	2012
2006	5710	1:14:14	Ian Turrell	Lincoln & District Runners	Male	1213	M50	231	1:10:33	1976
2007	4424	1:14:17	Eleanor Jarvis		Female	794	F	394	1:11:53	2034
2008	4637	1:14:19	Rebekah Bensley-Mills		Female	795	F	395	1:10:35	1980
2009	5348	1:14:22	Kellie Stevens		Female	796	F	396	1:11:20	2011
2010	5701	1:14:26	Tommy Taylor		Male	1214	M	541	1:11:56	2035
2011	1628	1:14:27	Matthew Horton		Male	1215	M40	361	1:11:39	2025
2012	6562	1:14:28	Lorraine Prestidge		Female	797	F40	273	1:10:59	1998
2013	6761	1:14:30	Terrance Norman		Male	1216	M60	67	1:10:59	1999
2014	6560	1:14:31	Amy Course		Female	798	F	397	1:10:24	1969
2015	6210	1:14:32	Claire Riseborough		Female	799	F40	274	1:10:22	1967
2016	4340	1:14:32	Simon Howard		Male	1217	M40	362	1:05:58	1734
2017	5544	1:14:32	Hayley Webb		Female	800	F50	102	1:11:52	2032
2018	6558	1:14:33	Peter Mason		Male	1218	M	542	1:12:14	2069
2019	5588	1:14:33	Megan Work		Female	801	F	398	1:10:31	1974
2020	1695	1:14:34	Merv Davison		Male	1219	M60	68	1:12:16	2070
2021	5945	1:14:34	Philip Montgomery		Male	1220	M	543	1:10:31	1975
2022	4571	1:14:34	Stuart Haysman		Male	1221	M40	363	1:10:29	1973
2023	4581	1:14:35	Julie Hopcroft		Female	802	F40	275	1:11:10	2003
2024	5474	1:14:35	Emily Savage		Female	803	F	399	1:11:08	2002
2025	6079	1:14:39	Cameron Lawson		Male	1222	M	544	1:11:33	2020

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2026	6429	1:14:39	Derek Harman	Bungay Black Dog RC	Male	1223	M60	69	1:13:35	2124
2027	6438	1:14:40	Kate Ringwood		Female	804	F	400	1:12:37	2084
2028	4266	1:14:41	Carolyn Farmer		Female	805	F60	26	1:11:41	2027
2029	6941	1:14:43	Nicola King	Haverhill Running Club	Female	806	F40	276	1:11:47	2030
2030	6817	1:14:49	Donna Baker	March AC	Female	807	F40	277	1:11:38	2023
2031	6892	1:14:49	Claire Wright		Female	808	F40	278	1:11:38	2024
2032	6881	1:14:51	Leia Watson		Female	809	F	401	1:11:25	2014
2033	6796	1:14:51	Julie Daw		Female	810	F50	103	1:12:07	2061
2034	4506	1:15:04	Trevor Groves		Male	1224	M50	232	1:11:53	2033
2035	5449	1:15:05	Louise Sisley		Female	811	F40	279	1:12:04	2057
2036	4401	1:15:07	Jay Kerr		Male	1225	M	545	1:11:16	2007
2037	5251	1:15:10	Andrew Skuse		Male	1226	M50	233	1:12:17	2073
2038	5725	1:15:10	Jo Thompson		Female	812	F40	280	1:12:30	2082
2039	6516	1:15:11	Jade Jimson		Female	813	F	402	1:13:32	2120
2040	6036	1:15:12	Joanne Lloyd-Jackson		Female	814	F40	281	1:12:01	2041
2041	4694	1:15:16	Levi Brand		Male	1227	M	546	1:11:26	2017
2042	6127	1:15:17	Andrew Pryor		Male	1228	M40	364	1:12:08	2062
2043	6095	1:15:17	Di Lettice		Female	815	F50	104	1:11:38	2022
2044	4452	1:15:18	Chris Harness		Male	1229	M50	234	1:11:39	2026
2045	4069	1:15:18	Sonja Fysh		Female	816	F	403	1:12:07	2060
2046	5345	1:15:20	Laura Stevenson	Dereham Runners & AC	Female	817	F40	282	1:12:11	2065
2047	6149	1:15:23	Andrea Peters		Female	818	F40	283	1:12:13	2066
2048	6423	1:15:24	Anna Spackman	Great Yarmouth Road Runners	Female	819	F	404	1:12:06	2058
2049	5007	1:15:27	Stephen Donoclift		Male	1230	M50	235	1:11:58	2036
2050	5035	1:15:28	Sally Dean		Female	820	F	405	1:12:57	2097
2051	4324	1:15:28	Kirstie Jackson		Female	821	F	406	1:14:48	2161
2052	5832	1:15:28	Kelly McManus		Female	822	F	407	1:11:48	2031
2053	5767	1:15:30	Kelly Wall		Female	823	F40	284	1:12:09	2063
2054	4151	1:15:30	Nicola Elliott		Female	824	F	408	1:12:10	2064
2055	4882	1:15:31	Christopher Anderson		Male	1231	M40	365	1:13:04	2104
2056	5503	1:15:38	Peter Whitehurst		Male	1232	M40	366	1:13:23	2114
2057	4224	1:15:41	Diana Dykes		Female	825	F60	27	1:12:42	2085
2058	6183	1:15:42	Matilda Riches		Female	826	F	409	1:12:44	2087
2059	5250	1:15:46	Ann Smith		Female	827	F60	28	1:12:33	2083
2060	4839	1:15:47	Melanie Attlesey		Female	828	F	410	1:12:53	2094
2061	4773	1:15:49	Lesley Akers		Female	829	F50	105	1:13:12	2109
2062	5011	1:15:49	Tina Doherty		Female	830	F50	106	1:13:59	2136
2063	5442	1:15:54	Lavinia Seward	March AC	Female	831	F70+	3	1:13:00	2100
2064	5441	1:15:54	Lavinia Seward	March AC	Female	832	F70+	4	1:13:00	2101
2065	4576	1:15:55	Nadine Hawkins		Female	833	F40	285	1:14:43	2157
2066	5660	1:15:56	Paul Waterfield		Male	1233	M60	70	1:12:18	2074
2067	4451	1:15:56	Michelle Hanslip		Female	834	F	411	1:12:18	2075
2068	1503	1:15:56	Andrew Duffy		Male	1234	M50	236	1:12:28	2080
2069	5555	1:15:57	Debbie Watson		Female	835	F	412	1:12:13	2067
2070	5050	1:15:57	Victoria Davies		Female	836	F40	286	1:11:45	2029
2071	6018	1:16:05	Stuart Rodney King		Male	1235	M60	71	1:11:37	2021
2072	4530	1:16:09	Olivia Hodgson		Female	837	F	413	1:12:27	2078
2073	5088	1:16:10	Katie Campbell		Female	838	F40	287	1:12:43	2086
2074	5320	1:16:11	Robert Stark		Male	1236	M	547	1:12:27	2077
2075	5263	1:16:12	Daryl Smith		Male	1237	M	548	1:12:06	2059
2076	5327	1:16:12	Joseph Stacey		Male	1238	M	549	1:12:19	2076
2077	6811	1:16:12	Diane Brown		Female	839	F50	107	1:12:46	2090
2078	1650	1:16:13	Christopher Mumby		Male	1239	M60	72	1:12:44	2088
2079	4855	1:16:15	Gregg Baker		Male	1240	M40	367	1:13:15	2111
2080	5248	1:16:16	Angela Smith		Female	840	F60	29	1:13:45	2126
2081	6014	1:16:17	Allen Kissock		Male	1241	M50	237	1:12:56	2096
2082	4825	1:16:17	Matthew Baxter		Male	1242	M40	368	1:13:46	2129
2083	6950	1:16:17	Steve Mooney		Male	1243	M40	369	1:15:53	2198
2084	4383	1:16:18	Tracey Jago		Female	841	F	414	1:13:02	2102
2085	5439	1:16:20	Helen Sewell	Ryston Runners	Female	842	F70+	5	1:14:16	2141
2086	4647	1:16:20	Stacey Belding		Female	843	F	415	1:14:23	2146
2087	5322	1:16:20	Charles Staples		Male	1244	M	550	1:12:14	2068
2088	5866	1:16:21	Hannah Marsters	West Norfolk AC	Female	844	F	416	1:13:28	2117
2089	5371	1:16:22	Mark Ryan		Male	1245	M50	238	1:12:16	2072
2090	6683	1:16:23	Laura Palmer		Female	845	F	417	1:12:16	2071
2091	6053	1:16:23	Jonathan MacLeod		Male	1246	M40	370	1:12:52	2093
2092	4858	1:16:24	Eddie Balls		Male	1247	M70+	17	1:12:50	2091
2093	5191	1:16:24	Sarah Chamberlain		Female	846	F40	288	1:12:50	2092
2094	4273	1:16:24	Fudge Farrar	Bungay Black Dog RC	Female	847	F40	289	1:14:23	2145
2095	5171	1:16:24	Lorraine Cason	Bungay Black Dog RC	Female	848	F40	290	1:14:22	2144
2096	6973	1:16:25	Daniel Barker		Male	1248	M	551	1:12:03	2049
2097	6544	1:16:25	Richard Bly		Male	1249	M40	371	1:12:03	2055
2098	6717	1:16:26	Aaron Proctor		Male	1250	M	552	1:12:03	2054
2099	6528	1:16:26	Adam Mason		Male	1251	M	553	1:12:03	2051
2100	6591	1:16:26	Howard Mason		Male	1252	M	554	1:12:03	2056

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	6874	1:16:26	Jody Lane		Male	1253	M	555	1:12:03	2053
2102	6702	1:16:26	Anthony Elton		Male	1254	M	556	1:12:03	2050
2103	6626	1:16:26	Brady South		Male	1255	M	557	1:12:02	2046
2104	6879	1:16:26	Mark Kerns		Male	1256	M	558	1:12:01	2039
2105	5842	1:16:26	Chris Maslin		Male	1257	M	559	1:12:03	2052
2106	6718	1:16:27	Ben Pegg		Male	1258	M	560	1:12:01	2042
2107	6943	1:16:27	Bruce Mason		Male	1259	M	561	1:12:00	2038
2108	6618	1:16:27	Matthew Hails		Male	1260	M	562	1:12:03	2048
2109	4472	1:16:27	Georgina Harvey		Female	849	F	418	1:13:11	2108
2110	4522	1:16:27	Rebecca Hails		Female	850	F	419	1:12:02	2043
2111	6603	1:16:27	Adam Hails		Male	1261	M	563	1:12:02	2045
2112	6721	1:16:27	Jonny Kennedy		Male	1262	M	564	1:12:02	2047
2113	6791	1:16:27	Thomas Anderson		Male	1263	M	565	1:12:00	2037
2114	6832	1:16:27	Daniel Rasberry		Male	1264	M	566	1:12:02	2044
2115	6800	1:16:27	Tom Bunting		Male	1265	M	567	1:12:01	2040
2116	1657	1:16:28	Lucy McPherson		Female	851	F	420	1:12:59	2099
2117	4106	1:16:30	Melvin Green		Male	1266	M40	372	1:12:30	2081
2118	1711	1:16:32	Angela Harper		Female	852	F40	291	1:12:55	2095
2119	1610	1:16:33	Lester Craven		Male	1267	M60	73	1:13:04	2105
2120	6916	1:16:33	Jackie Grimes		Female	853	F40	292	1:13:30	2118
2121	5334	1:16:34	Amanda Steward		Female	854	F40	293	1:13:30	2119
2122	6984	1:16:34	Fiona Thomas		Female	855	F40	294	1:13:08	2106
2123	5434	1:16:35	Adam Sharples		Male	1268	M	568	1:13:09	2107
2124	5572	1:16:36	Richard West		Male	1269	M40	373	1:13:49	2131
2125	6392	1:16:37	Graham Page	Saint Edmund Pacers	Male	1270	M60	74	1:13:03	2103
2126	6152	1:16:38	Kelly Philpot		Female	856	F	421	1:15:06	2172
2127	6250	1:16:40	Diane Redman		Female	857	F	422	1:13:14	2110
2128	5216	1:16:41	Joanna Smith		Female	858	F40	295	1:13:34	2121
2129	4226	1:16:41	Ruth Flaherty		Female	859	F	423	1:13:53	2134
2130	4236	1:16:42	Leigh Flaherty		Male	1271	M	569	1:13:51	2133
2131	5770	1:16:43	Gaetan Vawser		Male	1272	M50	239	1:14:39	2156
2132	4653	1:16:43	Charlotte Barnard		Female	860	F	424	1:12:59	2098
2133	4988	1:16:46	Laura Denton		Female	861	F	425	1:13:18	2112
2134	4823	1:16:46	Laura Beadles		Female	862	F	426	1:13:19	2113
2135	5288	1:16:54	Karen Stubberfield	North Norfolk Beach Runners	Female	863	F50	108	1:14:04	2137
2136	6993	1:16:54	Elaine Neill		Female	864	F	427	1:13:54	2135
2137	4134	1:16:57	Catherine Goult		Female	865	F	428	1:13:48	2130
2138	5152	1:17:03	Gail Clarkson		Female	866	F50	109	1:14:59	2167
2139	6962	1:17:04	Kerry Hardie		Female	867	F40	296	1:13:34	2123
2140	6961	1:17:04	Will Hardie		Male	1273	M50	240	1:13:35	2125
2141	6779	1:17:04	Leanne Clarke		Female	868	F	429	1:13:34	2122
2142	4584	1:17:04	Tiegan Hildon		Female	869	F	430	1:14:19	2143
2143	4849	1:17:05	James Banton		Male	1274	M50	241	1:13:26	2115
2144	6204	1:17:06	Hilary Roberts		Female	870	F50	110	1:13:27	2116
2145	4179	1:17:09	Justin Elvidge	March AC	Male	1275	M40	374	1:12:45	2089
2146	4438	1:17:20	Anita Jones		Female	871	F40	297	1:13:45	2127
2147	4130	1:17:25	Annie Giles		Female	872	F	431	1:14:23	2147
2148	5765	1:17:25	Sue Warmerdam		Female	873	F50	111	1:14:24	2148
2149	6882	1:17:28	Laura Waters		Female	874	F	432	1:17:28	2228
2150	5653	1:17:28	Stephen Tite		Male	1276	M60	75	1:14:59	2168
2151	6980	1:17:28	Chloe Abbott		Female	875	F	433	1:13:51	2132
2152	6589	1:17:30	Caroline Groves		Female	876	F	434	1:14:18	2142
2153	6540	1:17:33	Carrie Day		Female	877	F	435	1:15:11	2177
2154	5795	1:17:39	Maria Turpin		Female	878	F	436	1:15:34	2190
2155	5350	1:17:40	Katarzyna Sterczewska		Female	879	F	437	1:15:00	2169
2156	4158	1:17:48	Carol Evans		Female	880	F70+	6	1:14:12	2139
2157	6134	1:17:49	Matt Pretty		Male	1277	M40	375	1:14:44	2158
2158	6193	1:17:50	Clair Rice		Female	881	F40	298	1:14:45	2159
2159	6383	1:17:53	Adele Oconnor		Female	882	F40	299	1:14:49	2162
2160	6382	1:17:55	Peter Oconnor		Male	1278	M50	242	1:14:51	2165
2161	4954	1:17:57	Rebecca Cochran	Bushfield Joggers	Female	883	F40	300	1:14:31	2150
2162	5648	1:17:59	Charlotte Wood		Female	884	F40	301	1:14:38	2155
2163	5534	1:17:59	Vicky Wilkinson		Female	885	F40	302	1:14:38	2153
2164	6280	1:17:59	Cindy Nunn		Female	886	F50	112	1:14:12	2140
2165	5259	1:18:01	Christina Smith		Female	887	F	438	1:13:46	2128
2166	5278	1:18:04	Georgina Studd		Female	888	F60	30	1:15:35	2192
2167	5834	1:18:05	Michelle Meads		Female	889	F	439	1:15:13	2178
2168	5458	1:18:05	Joanna Shinn		Female	890	F40	303	1:14:32	2151
2169	4040	1:18:10	Claire Froude		Female	891	F	440	1:15:17	2182
2170	6519	1:18:11	Shelley Butler		Female	892	F	441	1:15:17	2183
2171	6338	1:18:16	Jane Pattison	Bungay Black Dog RC	Female	893	F50	113	1:14:26	2149
2172	5887	1:18:18	Suzanne Moore		Female	894	F50	114	1:14:46	2160
2173	1602	1:18:20	Pete Cullum		Male	1279	M	570	1:15:20	2185
2174	5270	1:18:21	Catrina Smith		Female	895	F40	304	1:15:06	2174
2175	4111	1:18:22	Jon Goult		Male	1280	M40	376	1:14:57	2166

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2176	6352	1:18:23	Louise Peat		Female	896	F40	305	1:15:02	2170
2177	4898	1:18:24	Demi-Lee Arlington		Female	897	F	442	1:15:35	2191
2178	4924	1:18:24	Richard Crosbie		Male	1281	M	571	1:15:35	2193
2179	6513	1:18:34	Gary Bell		Male	1282	M	572	1:14:07	2138
2180	4494	1:18:42	Beater Gruber		Female	898	F40	306	1:15:02	2171
2181	4395	1:18:45	Samantha Kiff		Female	899	F40	307	1:15:21	2186
2182	4208	1:18:46	Jo Evans		Female	900	F50	115	1:15:21	2187
2183	5401	1:18:46	Amanda Singleton		Female	901	F40	308	1:15:22	2188
2184	6316	1:18:52	Janet Needham		Female	902	F60	31	1:15:19	2184
2185	4547	1:18:54	Kelsey Hooper		Female	903	F	443	1:14:50	2163
2186	4433	1:18:54	Tina Hooper		Female	904	F50	116	1:14:50	2164
2187	5599	1:18:58	Adrian Youngs		Male	1283	M40	377	1:14:38	2152
2188	6814	1:18:58	Arti Braskov		Male	1284	M	573	1:14:38	2154
2189	5628	1:19:01	Sarah Willson		Female	905	F50	117	1:16:04	2200
2190	4902	1:19:05	Dawn Coote		Female	906	F60	32	1:15:13	2180
2191	5733	1:19:06	Charlotte Ward		Female	907	F	444	1:15:15	2181
2192	4416	1:19:08	Jennifer Jeffreys		Female	908	F40	309	1:15:53	2197
2193	4252	1:19:11	Jo Forrest		Female	909	F40	310	1:15:45	2196
2194	4558	1:19:11	Claire Hollis		Female	910	F	445	1:15:06	2176
2195	4929	1:19:13	Annabel Crichton		Female	911	F40	311	1:15:57	2199
2196	6052	1:19:13	Katie MacLeod		Female	912	F	446	1:15:41	2195
2197	4192	1:19:15	Vicky Dunthorne		Female	913	F50	118	1:17:38	2233
2198	4017	1:19:15	Annette Garner		Female	914	F50	119	1:17:38	2232
2199	5356	1:19:15	Heather Rugg		Female	915	F40	312	1:15:06	2175
2200	6867	1:19:15	Bethany Jory		Female	916	F	447	1:15:06	2173
2201	4500	1:19:19	Debbie Gromett		Female	917	F40	313	1:17:27	2227
2202	6266	1:19:21	Catherine Newcombe		Female	918	F40	314	1:18:35	2274
2203	5115	1:19:21	Nick Burch		Male	1285	M40	378	1:18:34	2272
2204	4692	1:19:23	Ryan Bradley		Male	1286	M	574	1:15:13	2179
2205	6756	1:19:25	Bill Brakes		Male	1287	M70+	18	1:15:36	2194
2206	5390	1:19:26	Nicole Sinnott		Female	919	F	448	1:16:38	2208
2207	5497	1:19:29	Claire Scott	North Norfolk Beach Runners	Female	920	F40	315	1:15:24	2189
2208	4628	1:19:36	Amy Bilham		Female	921	F40	316	1:16:36	2207
2209	5911	1:19:37	Richard Morris	Wymondham AC	Male	1288	M	575	1:17:01	2220
2210	6772	1:19:43	Char Green	Haverhill Running Club	Female	922	F	449	1:16:48	2213
2211	6255	1:19:49	George Nichols		Male	1289	M	576	1:16:35	2204
2212	4044	1:19:49	Anthony Friend	Fetch Everyone	Male	1290	M50	243	1:16:35	2205
2213	6304	1:19:50	Anna Munday		Female	923	F	450	1:16:36	2206
2214	5181	1:20:01	Bernadette Carson		Female	924	F	451	1:18:10	2258
2215	6078	1:20:01	Ian Lawson		Male	1291	M40	379	1:16:55	2217
2216	5809	1:20:03	Alison McDermott		Female	925	F40	317	1:16:51	2214
2217	5880	1:20:07	James Moriarty		Male	1292	M60	76	1:17:03	2221
2218	5256	1:20:11	Lisa Skinner		Female	926	F	452	1:16:29	2202
2219	6043	1:20:18	Simon Linsey		Male	1293	M	577	1:17:20	2223
2220	5254	1:20:19	Ruby Alexandra Skinner		Female	927	F	453	1:16:33	2203
2221	5202	1:20:25	Ruth Chamberlain		Female	928	F40	318	1:16:51	2215
2222	6728	1:20:29	Agneta Jankauskiene		Female	929	F	454	1:17:47	2237
2223	4648	1:20:30	Kathryn Barnes		Female	930	F	455	1:16:28	2201
2224	6546	1:20:38	Gillian Boon		Female	931	F50	120	1:16:58	2218
2225	6735	1:20:38	Stephanie Lucas		Female	932	F50	121	1:16:59	2219
2226	4185	1:20:39	Victoria Ely		Female	933	F	456	1:17:22	2224
2227	6901	1:20:44	Bethany Studd		Female	934	F	457	1:18:22	2266
2228	5182	1:20:44	Jon Clifton		Male	1294	M40	380	1:18:06	2251
2229	6317	1:20:45	Philip Neave	Bungay Black Dog RC	Male	1295	M60	77	1:18:23	2267
2230	6436	1:20:48	Jennifer Taylor		Female	935	F	458	1:17:23	2225
2231	4674	1:20:52	Debbie Bell		Female	936	F50	122	1:19:02	2288
2232	4539	1:20:54	Sarah Hilton		Female	937	F40	319	1:17:47	2240
2233	4108	1:20:55	Julie Green		Female	938	F50	123	1:16:41	2211
2234	5466	1:20:55	Sharvee Sempers		Female	939	F50	124	1:16:42	2212
2235	5156	1:20:55	Liam Chapman		Male	1296	M	578	1:16:41	2210
2236	5166	1:20:55	Sarah Chapman		Female	940	F	459	1:16:40	2209
2237	4803	1:20:59	Jayne Bashford		Female	941	F40	320	1:17:44	2236
2238	6510	1:21:01	Thomas Brannigan		Male	1297	M	579	1:16:53	2216
2239	5089	1:21:03	Shelly Brown		Female	942	F	460	1:17:19	2222
2240	4052	1:21:13	David Freeburn		Male	1298	M60	78	1:19:11	2292
2241	4583	1:21:15	Peter Henry		Male	1299	M60	79	1:17:58	2248
2242	1612	1:21:18	Kathryn Bates		Female	943	F	461	1:17:26	2226
2243	4670	1:21:19	Sharon Bellamy		Female	944	F	462	1:17:54	2245
2244	6878	1:21:19	Ellie Patterson		Female	945	F	463	1:17:43	2234
2245	5870	1:21:20	Peter Martyr		Male	1300	M40	381	1:17:54	2247
2246	4633	1:21:20	Sharon Bird		Female	946	F40	321	1:17:43	2235
2247	5249	1:21:24	Gill Sleaford		Female	947	F50	125	1:18:05	2249
2248	5258	1:21:25	Nick Sleaford		Male	1301	M60	80	1:18:06	2252
2249	4115	1:21:30	Katherine Goller		Female	948	F40	322	1:17:53	2244
2250	4176	1:21:34	Rebecca Ercole		Female	949	F50	126	1:19:46	2307

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2251	6970	1:21:34	Catherine Crisp		Female	950	F60	33	1:17:30	2230
2252	4396	1:21:34	Ian Kidman		Male	1302	M50	244	1:17:31	2231
2253	6935	1:21:38	Zoe Humphrey		Female	951	F	464	1:17:47	2239
2254	6554	1:21:38	Karl Briggs		Male	1303	M40	382	1:17:28	2229
2255	6922	1:21:38	Darren Hudson		Male	1304	M	580	1:17:47	2238
2256	5309	1:21:42	Sharon Sweet		Female	952	F40	323	1:18:16	2262
2257	4465	1:21:42	Justeene Hammond		Female	953	F40	324	1:18:17	2263
2258	4965	1:21:42	Michelle Convoy		Female	954	F40	325	1:18:17	2264
2259	4379	1:21:44	Andrew Keens		Male	1305	M	581	1:18:16	2260
2260	4784	1:21:44	Louise Adams		Female	955	F50	127	1:17:54	2246
2261	6132	1:21:45	Jodie Price		Female	956	F	465	1:18:16	2261
2262	4757	1:21:45	Lesley Beckson		Female	957	F	466	1:17:48	2242
2263	4489	1:21:46	Emma Hammond		Female	958	F	467	1:17:49	2243
2264	4841	1:21:48	Gabrielle Atling	Hockley Trail Runners	Female	959	F50	128	1:18:57	2283
2265	5295	1:21:49	Ben Sturman		Male	1306	M	582	1:18:35	2273
2266	5017	1:21:54	Amanda Davies		Female	960	F40	326	1:18:29	2271
2267	5041	1:21:55	Evan Davies		Male	1307	M	583	1:18:59	2284
2268	6081	1:21:56	Elizabeth Laws		Female	961	F	468	1:18:46	2280
2269	5931	1:21:56	Stacy Metcalfe		Female	962	F	469	1:18:48	2281
2270	5885	1:21:56	Angela Morgan		Female	963	F50	129	1:19:00	2285
2271	6323	1:22:01	Rebecca Nally		Female	964	F	470	1:19:32	2302
2272	4667	1:22:01	Robert Benefer		Male	1308	M	584	1:19:16	2293
2273	5793	1:22:02	Anne Vial		Female	965	F50	130	1:18:26	2268
2274	6622	1:22:06	Emma Youngman	Norwich Road Runners	Female	966	F40	327	1:17:48	2241
2275	6523	1:22:11	Migle Drazdauskaite		Female	967	F	471	1:19:28	2299
2276	6093	1:22:11	Bianca Lewis		Female	968	F40	328	1:19:43	2306
2277	6514	1:22:11	Kerri Bateson		Female	969	F	472	1:18:46	2279
2278	6983	1:22:12	Claudia Smith		Female	970	F40	329	1:18:28	2270
2279	6602	1:22:12	Janina Baltrimaite		Female	971	F	473	1:19:29	2301
2280	4706	1:22:12	Daniel Brock		Male	1309	M	585	1:18:28	2269
2281	5105	1:22:12	Darren Brown		Male	1310	M40	383	1:18:42	2276
2282	5252	1:22:12	Matthew Skoyles		Male	1311	M	586	1:18:41	2275
2283	5101	1:22:12	Marie Brown		Female	972	F40	330	1:18:42	2277
2284	5932	1:22:13	Amy Metcalfe		Female	973	F	474	1:18:51	2282
2285	4143	1:22:13	Kathryn Goose		Female	974	F	475	1:18:21	2265
2286	4535	1:22:15	Hayley Hissett		Female	975	F	476	1:18:07	2255
2287	5779	1:22:15	Sophie Tye		Female	976	F	477	1:18:08	2256
2288	5716	1:22:15	Tina Thorpe		Female	977	F50	131	1:18:06	2250
2289	4321	1:22:17	Natalia Jagatab		Female	978	F	478	1:18:07	2253
2290	4820	1:22:18	Albert Culley		Male	1312	M40	384	1:18:09	2257
2291	4156	1:22:19	Ann Elrick		Female	979	F40	331	1:19:01	2287
2292	5901	1:22:29	Maxine Moss		Female	980	F40	332	1:18:07	2254
2293	5883	1:22:31	Emma Morgan		Female	981	F	479	1:18:11	2259
2294	5233	1:22:33	Elliott Sowden		Male	1313	M	587	1:19:01	2286
2295	6126	1:22:41	Charlie Pyatt		Male	1314	M70+	19	1:19:05	2290
2296	4878	1:22:47	Samantha Allard		Female	982	F	480	1:18:43	2278
2297	5198	1:22:50	Rani Chakrabarti		Female	983	F50	132	1:20:03	2313
2298	5695	1:22:54	Harpreet Thandi	Bungay Black Dog RC	Female	984	F	481	1:19:03	2289
2299	4245	1:22:59	Daniel Francis		Male	1315	M	588	1:19:09	2291
2300	5362	1:23:02	Daniel Russell		Male	1316	M	589	1:20:05	2314
2301	6620	1:23:02	Donna Struthers		Female	985	F	482	1:19:26	2296
2302	6687	1:23:03	Kathleen Howat		Female	986	F40	333	1:19:26	2297
2303	6044	1:23:03	Amy Linsey		Female	987	F	483	1:20:06	2316
2304	5359	1:23:05	Jennifer Rudd		Female	988	F	484	1:19:25	2295
2305	5712	1:23:20	Graham Tibbs		Male	1317	M50	245	1:20:15	2321
2306	6028	1:23:21	Nathan Kirk		Male	1318	M	590	1:19:35	2303
2307	6016	1:23:21	Vikki Kirk		Female	989	F40	334	1:19:35	2304
2308	5423	1:23:23	Sarah Rogerson		Female	990	F40	335	1:19:49	2308
2309	5082	1:23:24	Joanne Cambridge		Female	991	F40	336	1:19:28	2298
2310	6774	1:23:24	Melanie Grange		Female	992	F40	337	1:19:52	2309
2311	5360	1:23:24	Emily Sands		Female	993	F	485	1:19:28	2300
2312	6658	1:23:30	Jane Reeve		Female	994	F40	338	1:19:21	2294
2313	5064	1:23:33	Katherine Butcher		Female	995	F	486	1:19:58	2311
2314	4595	1:23:34	Chloe Henderson		Female	996	F	487	1:19:40	2305
2315	6406	1:23:41	Krystal Howard		Female	997	F	488	1:21:49	2348
2316	5993	1:23:47	Sally King		Female	998	F50	133	1:19:58	2312
2317	4022	1:23:47	Sarah Gibbs		Female	999	F	489	1:20:10	2320
2318	5915	1:23:49	Emma Morton		Female	1000	F	490	1:20:42	2330
2319	4749	1:23:50	Virginia Borrman		Female	1001	F50	134	1:20:19	2322
2320	6263	1:23:50	Heidi Nicol		Female	1002	F40	339	1:21:28	2338
2321	5305	1:23:55	Richard Tabor		Male	1319	M	591	1:19:53	2310
2322	6758	1:23:57	Samantha Bocking		Female	1003	F	491	1:20:38	2327
2323	4936	1:24:00	Jennie Craig	Bungay Black Dog RC	Female	1004	F40	340	1:20:09	2317
2324	4934	1:24:01	Toby Craig	Bungay Black Dog RC	Male	1320	M40	385	1:20:10	2319
2325	5057	1:24:02	Kerry Buttriss		Female	1005	F40	341	1:20:56	2332

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2326	4087	1:24:06	Nicola Grant	Fenland Running Club	Female	1006	F40	342	1:20:39	2328
2327	4618	1:24:06	Robert Benstead		Male	1321	M70+	20	1:20:33	2325
2328	6517	1:24:13	Ashley Goodey		Male	1322	M	592	1:20:05	2315
2329	4832	1:24:21	Georgia-Mae Bailey		Female	1007	F	492	1:22:26	2359
2330	6743	1:24:23	Ademola Adesanoye		Male	1323	M	593	1:20:09	2318
2331	5102	1:24:29	Kristy Brown		Female	1008	F	493	1:20:40	2329
2332	6566	1:24:34	Carla Andrews		Female	1009	F	494	1:20:23	2323
2333	4603	1:24:35	Lee Bigland		Male	1324	M	594	1:21:43	2346
2334	6425	1:24:43	Joshua Yates		Male	1325	M	595	1:23:23	2377
2335	4886	1:24:44	Melissa Ashley		Female	1010	F	495	1:20:24	2324
2336	4216	1:24:45	Daniel Eaton		Male	1326	M	596	1:21:07	2333
2337	6781	1:24:47	Rachel Clarke		Female	1011	F	496	1:21:56	2350
2338	4918	1:24:48	Lisa Cook		Female	1012	F	497	1:22:53	2366
2339	6605	1:24:50	Marcus Hopkins		Male	1327	M40	386	1:21:11	2334
2340	6440	1:24:50	Leigh Chapman		Male	1328	M	597	1:20:37	2326
2341	4814	1:24:52	Christopher Curtis	Ryston Runners	Male	1329	M40	387	1:21:28	2339
2342	5384	1:24:52	Michelle Rutterford		Female	1013	F40	343	1:21:29	2340
2343	4290	1:24:55	Wendy Farquhar		Female	1014	F50	135	1:21:38	2343
2344	5851	1:24:55	Claire Marlborough		Female	1015	F40	344	1:20:53	2331
2345	4857	1:25:00	Glenis Balls		Female	1016	F60	34	1:21:26	2336
2346	5929	1:25:01	Michelle Michaels		Female	1017	F40	345	1:23:23	2376
2347	5617	1:25:03	Sandra Wingrove		Female	1018	F40	346	1:21:15	2335
2348	5616	1:25:05	Emma Woods		Female	1019	F	498	1:21:59	2351
2349	6747	1:25:07	Sue Bland		Female	1020	F60	35	1:21:27	2337
2350	6254	1:25:07	Angela Reeve		Female	1021	F	499	1:22:25	2358
2351	4308	1:25:12	Sanjiv Jain	Skegness & District Running Club	Male	1330	M50	246	1:21:55	2349
2352	4966	1:25:21	Jennifer Collins		Female	1022	F	500	1:22:19	2357
2353	1622	1:25:24	Malcolm Cammack		Male	1331	M40	388	1:21:49	2347
2354	4449	1:25:25	Jenny Johnson		Female	1023	F	501	1:23:45	2387
2355	5860	1:25:26	Heather Marshall		Female	1024	F	502	1:21:31	2341
2356	6414	1:25:34	Hannah Frewer	Sleaford Striders AC	Female	1025	F	503	1:22:06	2354
2357	6309	1:25:35	Antonia Moussakou		Female	1026	F40	347	1:21:40	2344
2358	6137	1:25:42	Edmund Preston		Male	1332	M60	81	1:21:42	2345
2359	5578	1:25:43	Chris Wray	North Norfolk Beach Runners	Male	1333	M50	247	1:21:38	2342
2360	4507	1:25:53	Carol Hall	BRJ Run and Tri	Female	1027	F50	136	1:22:01	2353
2361	5084	1:25:54	Christina Calver	Cambridge Harriers	Female	1028	F	504	1:22:27	2360
2362	6420	1:25:55	Lynne Randall		Female	1029	F60	36	1:22:08	2355
2363	4717	1:25:59	James Boote		Male	1334	M	598	1:21:59	2352
2364	6121	1:26:07	Charlotte Pomfrett		Female	1030	F	505	1:22:15	2356
2365	5220	1:26:10	Michelle Smith		Female	1031	F	506	1:22:58	2369
2366	5547	1:26:11	Alison Webb		Female	1032	F40	348	1:23:26	2378
2367	6887	1:26:14	Kate Weeds		Female	1033	F	507	1:22:36	2363
2368	6765	1:26:14	Sarah Berry		Female	1034	F50	137	1:22:36	2364
2369	4059	1:26:17	Gemma Gallagher-Hatson		Female	1035	F	508	1:23:00	2371
2370	4042	1:26:24	Katie Frost		Female	1036	F	509	1:22:31	2362
2371	5399	1:26:33	Nick Roberts	Barnsley Harriers	Male	1335	M60	82	1:23:59	2392
2372	5460	1:26:34	Jennie Shingfield		Female	1037	F40	349	1:22:59	2370
2373	4605	1:26:36	Gill Bewick		Female	1038	F50	138	1:22:29	2361
2374	5056	1:26:46	Melanie Buxton		Female	1039	F50	139	1:22:57	2368
2375	4597	1:26:46	Samantha Hemingway		Female	1040	F50	140	1:22:57	2367
2376	4331	1:26:47	Katie Ingham		Female	1041	F	510	1:23:15	2374
2377	4786	1:26:53	Teresa Abel		Female	1042	F50	141	1:22:38	2365
2378	5859	1:26:59	Richard Mann		Male	1336	M60	83	1:23:01	2372
2379	5346	1:27:00	Danielle Stevenson		Female	1043	F	511	1:23:56	2388
2380	5948	1:27:00	Joanne Misangyi		Female	1044	F50	142	1:23:56	2389
2381	4269	1:27:14	Matt Exton	Newent Runners	Male	1337	M	599	1:23:28	2380
2382	4270	1:27:14	Bridgette Exton		Female	1045	F	512	1:23:29	2381
2383	6017	1:27:20	Pam Kirk		Female	1046	F40	350	1:23:20	2375
2384	6981	1:27:21	Natasha Salawu		Female	1047	F40	351	1:24:13	2396
2385	6353	1:27:25	Philip Pearson		Male	1338	M50	248	1:23:08	2373
2386	6289	1:27:28	Jennifer Norris		Female	1048	F	513	1:24:08	2395
2387	4426	1:27:28	Julie Jardine		Female	1049	F50	143	1:23:57	2391
2388	5935	1:27:36	Francis Mizuro		Male	1339	M40	389	1:23:57	2390
2389	4436	1:27:37	Helen Jones		Female	1050	F	514	1:23:42	2386
2390	6979	1:27:41	Nigel Guppy		Male	1340	M50	249	1:23:35	2382
2391	4314	1:27:41	Sue Humphreys	Norfolk Harriers RC	Female	1051	F50	144	1:23:36	2383
2392	4048	1:27:45	Nicola Funnell	Sleaford Striders AC	Female	1052	F40	352	1:23:36	2384
2393	6035	1:27:45	Carol Loade		Female	1053	F40	353	1:23:37	2385
2394	6693	1:27:51	Billy Kirk		Male	1341	M	600	1:23:27	2379
2395	5024	1:28:05	Jan Davies		Female	1054	F40	354	1:24:37	2404
2396	4526	1:28:09	Jessica Hirst		Female	1055	F	515	1:23:59	2393
2397	6617	1:28:13	Olly McGuffog		Male	1342	M	601	1:24:03	2394
2398	5074	1:28:16	Emma Carpenter		Female	1056	F40	355	1:24:22	2398
2399	4671	1:28:16	Shirley Bell	Sleaford Striders AC	Female	1057	F50	145	1:24:22	2397
2400	6846	1:28:16	Anna Thompson	Sleaford Striders AC	Female	1058	F50	146	1:24:22	2399

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2401	4072	1:28:18	Danielle Fysh	Team Anstey Amblers and Runners	Female	1059	F	516	1:24:26	2400
2402	5605	1:28:18	Lucy Yates		Female	1060	F	517	1:24:27	2401
2403	4734	1:28:20	Samantha Barber		Female	1061	F40	356	1:24:34	2403
2404	6300	1:28:28	Penny Murray		Female	1062	F40	357	1:25:08	2408
2405	4815	1:28:35	Abbie Curtis		Female	1063	F	518	1:24:39	2405
2406	6062	1:28:40	Andy Lundy		Male	1343	M50	250	1:24:53	2407
2407	4371	1:28:52	Amy Howes		Female	1064	F	519	1:26:01	2412
2408	5433	1:28:52	Dave Shaw		Male	1344	M50	251	1:26:01	2411
2409	5480	1:28:52	Mahesh Sannakki		Male	1345	M40	390	1:24:30	2402
2410	5607	1:29:02	Alison Yates		Female	1065	F40	358	1:24:47	2406
2411	5641	1:29:07	John Wood	Bungay Black Dog RC	Male	1346	M	602	1:25:17	2409
2412	5907	1:29:53	Mark Morley		Male	1347	M50	252	1:26:48	2420
2413	5762	1:30:02	Petrina Ward		Female	1066	F40	359	1:25:50	2410
2414	4801	1:30:09	Tess Batchelor		Female	1067	F	520	1:26:13	2413
2415	4212	1:30:11	Lynne Eborall		Female	1068	F40	360	1:27:30	2431
2416	5881	1:30:11	Rachel Morgan		Female	1069	F50	147	1:27:30	2430
2417	4864	1:30:17	Charlotte Ames		Female	1070	F	521	1:26:21	2414
2418	6659	1:30:20	Jacqui Reddy		Female	1071	F	522	1:27:00	2423
2419	6555	1:30:20	John Greenwood		Male	1348	M	603	1:27:00	2422
2420	4275	1:30:25	Janet Everett		Female	1072	F60	37	1:26:35	2415
2421	6084	1:30:25	Robbie Maher	Bungay Black Dog RC	Male	1349	M50	253	1:26:58	2421
2422	5937	1:30:28	Donna Monk		Female	1073	F40	361	1:27:08	2424
2423	6001	1:30:31	Christine Kingwell		Female	1074	F	523	1:26:39	2417
2424	5636	1:30:31	Caroline Woodgate		Female	1075	F40	362	1:26:39	2416
2425	5207	1:30:31	Sue Smith		Female	1076	F50	148	1:26:46	2419
2426	6313	1:30:47	Spencer Neilly		Male	1350	M40	391	1:26:45	2418
2427	4256	1:30:59	Jessica Fountain		Female	1077	F	524	1:27:34	2432
2428	6777	1:30:59	Louise Fountain		Female	1078	F	525	1:27:34	2433
2429	4147	1:31:03	Ellen Gooding		Female	1079	F50	149	1:27:21	2426
2430	4836	1:31:05	Rebecca Baker		Female	1080	F	526	1:27:23	2427
2431	5232	1:31:05	Hilary Sowden	Ryston Runners	Female	1081	F50	150	1:27:24	2429
2432	6910	1:31:27	Lauren Obey		Female	1082	F	527	1:27:14	2425
2433	6055	1:31:30	Linda MacLean		Female	1083	F50	151	1:27:35	2434
2434	6230	1:31:33	Theresa Ramshaw		Female	1084	F	528	1:28:02	2442
2435	5738	1:31:36	Georgina Ward		Female	1085	F	529	1:27:40	2435
2436	4120	1:31:38	Gemma Goldsmith		Female	1086	F	530	1:27:42	2436
2437	5422	1:31:42	Lewis Roles		Male	1351	M	604	1:27:23	2428
2438	6885	1:31:44	Lisa White		Female	1087	F40	363	1:27:56	2437
2439	6208	1:32:00	Stefan Rider		Male	1352	M40	392	1:27:56	2438
2440	5091	1:32:01	Andrea Buckingham		Female	1088	F40	364	1:27:57	2439
2441	5727	1:32:01	Mandie Thorpe	Dereham Runners & AC	Female	1089	F40	365	1:27:58	2440
2442	4642	1:32:04	Jamie Beeston		Male	1353	M40	393	1:28:16	2444
2443	6217	1:32:17	Hilary Ranger		Female	1090	F70+	7	1:27:58	2441
2444	4296	1:32:31	James Farthing		Male	1354	M	605	1:28:14	2443
2445	6086	1:33:03	Mark Leslie		Male	1355	M50	254	1:29:33	2448
2446	6827	1:33:15	Nicole Vargeson		Female	1091	F	531	1:29:03	2446
2447	6821	1:33:15	Steff Barker		Female	1092	F	532	1:29:04	2447
2448	6068	1:33:18	Tracy Linger		Female	1093	F	533	1:29:02	2445
2449	6841	1:33:56	Nushka Sears		Female	1094	F	534	1:29:41	2450
2450	5486	1:33:57	Michaela Sears		Female	1095	F50	152	1:29:41	2449
2451	5849	1:34:10	Maree Marks	Norwich Road Runners	Female	1096	F50	153	1:29:54	2451
2452	5928	1:34:22	Sarah Michelsen		Female	1097	F	535	1:30:12	2453
2453	5760	1:34:22	Tom Ward		Male	1356	M50	255	1:30:11	2452
2454	6673	1:34:23	Sammantha Truluck		Female	1098	F	536	1:30:13	2454
2455	4629	1:34:30	Sara Blackbourne		Female	1099	F	537	1:30:53	2455
2456	4372	1:34:44	Amy Howes		Female	1100	F	538	1:31:11	2456
2457	6034	1:35:16	Carolyn Lodge		Female	1101	F40	366	1:31:22	2457
2458	6375	1:35:16	Anita Oram		Female	1102	F40	367	1:31:23	2459
2459	6745	1:35:21	Cindy Babbington		Female	1103	F50	154	1:31:22	2458
2460	6288	1:35:35	Jodie Norris		Female	1104	F	539	1:31:45	2460
2461	6947	1:35:35	Luke Miller		Male	1357	M	606	1:31:45	2461
2462	4846	1:35:46	Glenda Barber		Female	1105	F40	368	1:31:46	2462
2463	4847	1:35:47	Daniel Barber		Male	1358	M	607	1:31:47	2463
2464	6113	1:36:01	William Porter		Male	1359	M	608	1:33:16	2466
2465	5154	1:36:41	Joanna Clark		Female	1106	F50	155	1:32:54	2465
2466	5321	1:37:08	Jeanette Stapleton		Female	1107	F50	156	1:32:50	2464
2467	6853	1:37:22	Joanne Rust		Female	1108	F50	157	1:34:09	2468
2468	4617	1:38:20	Wendy Benton		Female	1109	F	540	1:34:05	2467
2469	4896	1:38:44	Steve Arlington		Male	1360	M50	256	1:37:40	2474
2470	6551	1:38:50	Caine Burton		Male	1361	M	609	1:34:23	2469
2471	6206	1:40:04	Joanne Rider		Female	1110	F	541	1:36:01	2471
2472	6181	1:40:04	David Rider		Male	1362	M60	84	1:36:00	2470
2473	6200	1:40:09	Marc Simmons		Male	1363	M40	394	1:36:12	2472
2474	5440	1:40:42	Andrew Sewell		Male	1364	M40	395	1:36:16	2473
2475	4053	1:41:32	Luke Fray		Male	1365	M	610	1:38:31	2477



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2476	4054	1:41:32	Lesley Frary		Female	1111	F40	369	1:38:32	2478
2477	4704	1:42:03	Luke Brodie		Male	1366	M	611	1:38:16	2475
2478	4243	1:42:04	Siobhan Flannigan		Female	1112	F	542	1:38:17	2476
2479	5377	1:43:11	Emma Sage		Female	1113	F	543	1:39:18	2479
2480	6074	1:43:11	Barbara Leake		Female	1114	F60	38	1:39:19	2480
2481	5820	1:43:17	Claire Mason		Female	1115	F	544	1:39:35	2481
2482	5561	1:43:18	Gemma Whiley		Female	1116	F	545	1:39:35	2482
2483	5574	1:44:33	Ian Wells		Male	1367	M60	85	1:41:23	2485
2484	4596	1:44:36	Alice Madeline Henderson		Female	1117	F	546	1:40:58	2484
2485	5756	1:44:36	Danielle Warman		Female	1118	F	547	1:40:58	2483
2486	6159	1:45:38	Lindsey Pell		Female	1119	F	548	1:41:26	2486
2487	4549	1:45:38	Tina Holmes		Female	1120	F50	158	1:41:27	2487
2488	5560	1:46:36	Sally Williamson		Female	1121	F40	370	1:42:13	2488
2489	6311	1:47:04	Sharon Naylor		Female	1122	F50	159	1:42:53	2489
2490	4173	1:48:18	Daniel Ess		Male	1368	M	612	1:46:59	2490
2491	6733	1:54:36	Kate E Malkin		Female	1123	F40	371	1:50:39	2493
2492	6530	1:54:36	Carol Barrett		Female	1124	F50	160	1:50:39	2491
2493	6568	1:54:36	Simon Allington		Male	1369	M50	257	1:50:39	2492
2494	4172	1:54:45	Emily Ess		Female	1125	F	549	1:50:47	2494
2495	4171	1:54:46	Jessica Ess		Female	1126	F40	372	1:50:48	2495
2496	6368	1:56:45	Amy Oltai		Female	1127	F	550	1:52:32	2496