

## 2013 Trowse 10k - Sunday 31 March

1	Nick	Earl	M	City of Norwich AC	28	1 M 0-39	33:39.7
2	John	Wadelin	M	Erewash Valley RC	36	2 M 0-39	34:13.0
3	Paul	Sanford	M	Norfolk Harriers	35	3 M 0-39	35:21.3
4	Joseph	Kirton	M	Thetford AC	19	4 M 0-39	35:48.2
5	Johnny	Lee	M	Oldham & Royton Harriers & AC	26	5 M 0-39	36:48.2
6	Michael	Eccles	M	Norfolk Gazelles	33	6 M 0-39	36:57.2
7	Luke	Alden	M	City of Norwich AC	17	7 M 0-39	36:59.0
8	Adam	Craske	M	Bungay Black Dog RC	26	8 M 0-39	36:59.4
9	Jody	Cork	M		29	9 M 0-39	37:12.3
10	Sian	Khan	F	Birchfield Harriers	27	1 F 0-39	37:14.2
11	Mark	Clues	M	Tri-Anglia Triathlon Club	45	1 M 45-49	37:21.8
12	Barry	Brock	M	Trawden AC	46	2 M 45-49	37:54.6
13	Ryan	Honeyman	M		35	10 M 0-39	38:11.6
14	Richard	Steer	M	Norwich Road Runners	37	11 M 0-39	38:18.0
15	Daniel	Tarr	M		35	12 M 0-39	38:43.7
16	Edward	Foster	M		16	13 M 0-39	38:52.9
17	Mark	Garrett	M	Norwich Road Runners	49	3 M 45-49	39:04.4
18	Kevin	Frazer	M		49	4 M 45-49	39:05.1
19	Jason	Mountain	M	Wymondham AC	31	14 M 0-39	39:12.6
20	Desmond	Michael	M	Barnet & District AC	63	1 M 60-64	39:17.4
21	Edward	Greenland	M	Wymondham AC	47	5 M 45-49	39:22.6
22	Steven	Rix	M	Dereham Runners AC	30	15 M 0-39	39:27.6
23	Peter	Shackleton	M		50	1 M 50-54	39:31.7
24	Matthew	Parker	M	Barrow Runners	30	16 M 0-39	39:41.1
25	Michael	Sadler	M	North Norfolk Beach Runners	49	6 M 45-49	39:44.7
26	James	Lay	M		37	17 M 0-39	39:47.8
27	Andrew	Skiggs	M	Tri-Anglia Triathlon Club	37	18 M 0-39	39:49.6
28	Paul	Smoothy	M	Thames Turbo Triathlon	44	1 M 40-44	39:58.0
29	Piotr S	Siwonia	M	Tri-Anglia Triathlon Club	36	19 M 0-39	40:05.2
30	Darren	Spindler	M	Vegan Runners	29	20 M 0-39	40:19.0
31	Alastair	Green	M	Fleetville Flyers	47	7 M 45-49	40:14.2
32	Marc	Evans	M	Great Yarmouth Road Runners	34	21 M 0-39	40:19.4
33	Julian	Tomkinson	M	Tri-Anglia Triathlon Club	45	8 M 45-49	40:17.2
34	Andrew	Turner	M	Ipswich JAFFA RC	33	22 M 0-39	40:29.2
35	Tim	Sexton	M		41	2 M 40-44	40:29.4
36	Becky	Schofield	F	Tri-Anglia Triathlon Club	32	2 F 0-39	40:31.8
37	Darren	Moore	M		38	23 M 0-39	40:34.1
38	Iain	Milligan	M	St Edmund Pacers	40	3 M 40-44	40:39.4
39	Rowena	Leary	F	Norfolk Gazelles	27	3 F 0-39	40:37.9
40	David	Asker	M		29	24 M 0-39	40:41.7
41	Jonathan	Cordle	M	Tri-Anglia Triathlon Club	48	9 M 45-49	40:40.1
42	Ben	Spratling	M		16	25 M 0-39	40:44.6
43	Gavin	Vogt	M		50	2 M 50-54	40:43.1
44	Alistair	Shearer	M		28	26 M 0-39	40:43.2
45	James	Francis	M		34	27 M 0-39	40:46.2
46	Chris	Squirrell	M	City of Norwich AC	34	28 M 0-39	40:50.0
47	Mike	Hill	M	Tri-Anglia Triathlon Club	49	10 M 45-49	40:50.9
48	Simon	Howling	M	Ryston Runners AC	50	3 M 50-54	40:53.8
49	Mark	Harmer	M	Coltishall Jaguars RC	38	29 M 0-39	40:57.9
50	Tom	Bobbins	M		32	30 M 0-39	41:03.0
51	Stephen	Wright	M		33	31 M 0-39	41:16.2
52	Neil	Walpole	M	Norwich Road Runners	42	4 M 40-44	41:35.1
53	Peter	Woods	M	City of Norwich AC	41	5 M 40-44	41:40.5
54	Stuart	Mugridge	M	Bournville Harriers	41	6 M 40-44	41:36.7
55	Stephen	Moseley	M	Norwich Road Runners	46	11 M 45-49	41:55.2
56	Lewis	Ablett	M		21	32 M 0-39	41:54.6
57	Alfred	Maddison	M		29	33 M 0-39	42:01.9
58	Sze-Ming	Cheung	M	Coltishall Jaguars RC	39	34 M 0-39	42:10.6
59	Jafar	Ojra	M	University of East Anglia AC	26	35 M 0-39	42:23.6
60	Simon	Moore	M	Tri-Anglia Triathlon Club	48	12 M 45-49	42:23.4
61	Peter	Adams	M		31	36 M 0-39	42:17.4
62	Chris	Chorley	M	Bungay Black Dog RC	49	13 M 45-49	42:18.8
63	Ian	Todd	M		51	4 M 50-54	42:21.6
64	Mark	Philo	M	Tri-Anglia Triathlon Club	45	14 M 45-49	42:37.2
65	James	Cousins	M		36	37 M 0-39	42:30.2

66	Paul	Wootton	M		44	7 M 40-44	42:36.3
67	Jim	Rijks	M		16	38 M 0-39	42:46.4
68	Robin	Belsom	M	Ipswich JAFFA RC	53	5 M 50-54	42:48.3
69	Paul	Blazey	M	Norwich Road Runners	27	39 M 0-39	42:58.5
70	Helen	Mian	F	Norfolk Gazelles	45	1 F 45-49	43:07.7
71	Sharon	Bardwell	F	Norwich Road Runners	43	1 F 40-44	43:26.5
72	Tim	Parr	M		39	40 M 0-39	43:21.5
73	Gary	Cheesman	M		28	41 M 0-39	43:23.4
74	Alec	Francis	M		22	42 M 0-39	43:27.5
75	David	Powles	M		33	43 M 0-39	43:33.6
76	Paul	Vincent	M		37	44 M 0-39	43:31.4
77	Andrew	Ledwith	M	Huncote Harriers	32	45 M 0-39	43:46.6
78	Jim	Hayes	M	North Norfolk Beach Runners	67	1 M 65-99	43:51.9
79	Chris	Barkway	M		54	6 M 50-54	43:51.3
80	Kate	Scotter	F	Tri-Anglia Triathlon Club	30	4 F 0-39	43:52.3
81	Niall	Mahoney	M	Wymondham AC	43	8 M 40-44	43:51.4
82	Daniel	Leers	M		22	46 M 0-39	43:47.4
83	Ian	Edwards	M	Norfolk Gazelles	38	47 M 0-39	43:59.8
84	Darren	Nockels	M		42	9 M 40-44	44:07.7
85	Will	McMorris	M	Norwich Road Runners	34	48 M 0-39	44:32.0
86	Nick	Gurney	M		21	49 M 0-39	44:34.7
87	Marc	Coles	M		36	50 M 0-39	44:45.9
88	Stephanie	Laurence	F	City of Norwich AC	26	5 F 0-39	44:49.9
89	Gregg	Baker	M		22	51 M 0-39	44:48.8
90	Chris	Bastin	M		22	52 M 0-39	44:49.4
91	Liam	Crowe	M		36	53 M 0-39	44:56.0
92	Gary	Fryer	M	Tri-Anglia Triathlon Club	32	54 M 0-39	45:09.6
93	Stuart	Peck	M		34	55 M 0-39	44:55.5
94	Aaron	Jackson	M	Dereham Runners AC	20	56 M 0-39	45:25.1
95	Rob	Duncan	M		28	57 M 0-39	45:24.6
96	Rod	Main	M		46	15 M 45-49	45:20.8
97	Paul	Quantrill	M	Tri-Anglia Triathlon Club	50	7 M 50-54	45:38.1
98	Danny	Bond	M	Norwich Road Runners	37	58 M 0-39	45:40.1
99	Antony	Croucher	M	Lowestoft Road Runners	28	59 M 0-39	45:38.8
100	Oliver	Karger	M		33	60 M 0-39	45:32.7
101	Paul	Frarey	M		37	61 M 0-39	45:52.0
102	Neil	Platten	M	City of Norwich AC	44	10 M 40-44	45:56.4
103	Graham	Hardingham	M	Norfolk Gazelles	52	8 M 50-54	46:04.9
104	Andrew	Thwaites	M		29	62 M 0-39	45:55.8
105	Thomas	Parker	M		23	63 M 0-39	46:01.5
106	Sean	O'Loughlin	M	Bungay Black Dog RC	48	16 M 45-49	46:06.7
107	Hugh	Williams	M		19	64 M 0-39	46:01.0
108	Paul	Eglen	M	Birstall RC	36	65 M 0-39	46:14.9
109	Matthew	Howes	M	Norwich Road Runners	39	66 M 0-39	46:12.2
110	Joanna	Godwin	F	Norwich Road Runners	39	6 F 0-39	46:13.6
111	Laurie	Middlemiss	M		20	67 M 0-39	46:13.9
112	Claire	Ramsbottom	F	Norwich Road Runners	39	F 0-39	46:21.0
113	Sally	Cushing	F	Norwich Road Runners	48	2 F 45-49	46:21.8
114	Daniel	Hall	M		46	17 M 45-49	46:29.5
115	Sue	Cooke	F	City of Norwich AC	51	1 F 50-54	46:37.9
116	Henry	Mahalski	M		26	69 M 0-39	46:36.2
117	Mark	Smith	M		26	70 M 0-39	46:27.0
118	Henry	Horwood	M		27	71 M 0-39	46:29.4
119	Rebecca	Rayner	F		28	7 F 0-39	46:27.5
120	Jason	Buck	M		36	72 M 0-39	46:54.2
121	Gordon	Maw	M		45	18 M 45-49	46:55.1
122	Christopher	Mahoney	M		43	11 M 40-44	46:44.7
123	Andrew	White	M		45	19 M 45-49	46:51.7
124	Justin	Goodrum	M		29	73 M 0-39	46:59.1
125	Kevin	Spratling	M		51	9 M 50-54	47:04.4
126	Raymond	Marshall	M		51	10 M 50-54	47:06.8
127	James	Jackson	M		18	74 M 0-39	47:24.5
128	James	Sturman	M		32	75 M 0-39	47:19.1
129	Darren	Chapman	M		38	76 M 0-39	47:17.5
130	Paul	Westgate	M	Great Yarmouth Road Runners	55	1 M 55-59	47:32.3
131	Carl	Webster	M		23	77 M 0-39	47:17.2
132	Silje	Hovstad	F	City of Norwich AC	34	8 F 0-39	47:32.8
133	Noel	Howes	M		26	78 M 0-39	47:20.0

134	Martyn	Taylor	M		49	20 M 45-49	47:24.1
135	Darren	Collison	M		43	12 M 40-44	47:24.9
136	Bruce	Rayner	M	Bungay Black Dog RC	53	11 M 50-54	47:11.3
137	Matthew	Jones	M		45	21 M 45-49	47:35.7
138	Anne	Millett	F	Norwich Road Runners	57	1 F 55-59	47:42.9
139	Jake	Dewbery	M		17	79 M 0-39	47:41.9
140	Phillip	Seaman	M	Ryston Runners AC	58	2 M 55-59	47:54.0
141	Mark	Doughty	M	Ryston Runners AC	38	80 M 0-39	47:47.6
142	Mike	Jones	M	Wymondham AC	49	22 M 45-49	48:03.7
143	Sarah	Crockett	F		22	9 F 0-39	47:52.1
144	Tomas	Ibarlucea	M		44	13 M 40-44	48:02.2
145	Ian	Hawkes	M		53	12 M 50-54	48:14.3
146	Matthew	Earl	M		34	81 M 0-39	48:17.5
147	Melanie	Widdows	F		43	2 F 40-44	48:08.5
148	Andy	Curtis	M		31	82 M 0-39	48:18.0
149	Peter	Jay	M	St Edmund Pacers	52	13 M 50-54	48:29.0
150	Andrew	Howes	M		31	83 M 0-39	48:27.4
151	Stacey	Harper	F		35	10 F 0-39	48:18.1
152	Andrew	Hawes	M		34	84 M 0-39	48:33.5
153	Graham	Dunn	M		43	14 M 40-44	48:20.6
154	Camille	Davila	F		33	11 F 0-39	48:40.4
155	Kevin	Smith	M		26	85 M 0-39	48:34.6
156	John	Bennett	M		30	86 M 0-39	48:29.5
157	Elaine	Mann	F	Ipswich JAFFA RC	29	12 F 0-39	48:40.1
158	Kevin	Prior	M		47	23 M 45-49	48:47.4
159	Bill	Sneyd	M		43	15 M 40-44	48:45.2
160	Naomi	Burrows	F		27	13 F 0-39	48:41.8
161	David	Jay	M		40	16 M 40-44	48:52.3
162	Georgia	Barrett	F	Dereham Runners AC	21	14 F 0-39	48:48.5
163	Kirsty	Johnstone	F	Barnet & District AC	52	2 F 50-54	49:02.1
164	Simon	Smith	M		38	87 M 0-39	48:51.7
165	Theresa	Dooley	F		43	3 F 40-44	49:00.2
166	Chris	Beare	M		40	17 M 40-44	49:04.3
167	Jon	Holt	M	Wymondham AC	38	88 M 0-39	49:19.9
168	Sarah	Boosey	F	Norwich Road Runners	30	15 F 0-39	49:23.6
169	Beth	Hill	F		39	16 F 0-39	49:19.8
170	Derek	Sadler	M	North Norfolk Beach Runners	59	3 M 55-59	49:10.4
171	Joe	Gowing	M	Norwich Road Runners	25	89 M 0-39	49:38.6
172	Jerry	Fuller	M		39	90 M 0-39	49:38.5
173	Giles	Branford	M		32	91 M 0-39	49:40.4
174	Joanne	Jesney	F	Wymondham AC	41	4 F 40-44	49:42.6
175	Wayne	Yallop	M		46	24 M 45-49	49:39.7
176	Kerry	Warren	M		46	25 M 45-49	49:55.2
177	Mark	Peach	M	Great Yarmouth Road Runners	40	18 M 40-44	50:02.7
178	Steve	Stringer	M	Great Yarmouth Road Runners	46	26 M 45-49	50:02.8
179	Jonathan	Burton	M		45	27 M 45-49	49:59.6
180	James	Cooper	M		29	92 M 0-39	49:59.0
181	Rick	Voutt	M		41	19 M 40-44	49:53.9
182	Kathryn	MacDermott	F	Thames Turbo Triathlon	50	3 F 50-54	50:05.1
183	Paul	Cline	M		32	93 M 0-39	50:04.6
184	Sarah	Fish	F	Norwich Road Runners	33	17 F 0-39	50:10.6
185	Maria	Alborough	F		31	18 F 0-39	50:10.2
186	Simon	Jacobs	M	City of Norwich AC	22	94 M 0-39	50:00.8
187	Richard	Egle	M		43	20 M 40-44	50:06.6
188	Mark	Sexton	M		45	28 M 45-49	49:56.3
189	Mark	Thompson	M		35	95 M 0-39	50:20.8
190	John	Lockett	M		55	4 M 55-59	50:17.5
191	Stewart	Gillion	M		56	5 M 55-59	50:11.4
192	Robin	Lozeau	M	Harlow Running Club	57	6 M 55-59	50:24.2
193	Veronica	Manly	F	Eastern Veterans AC	64	1 F 60-64	50:26.1
194	Katie	Mack	F	City of Norwich AC	30	19 F 0-39	50:26.9
195	Jude	Durrant	F	Reepham Runners	44	5 F 40-44	50:23.0
196	Chris	Lees	M		47	29 M 45-49	50:12.1
197	Andrew	Earl	M		62	2 M 60-64	50:24.2
198	Julie	Cotton	F		46	3 F 45-49	50:33.7
199	Bobbie	Sauerzapf	F	Bungay Black Dog RC	54	4 F 50-54	50:29.0
200	Colin	Alford	M		49	30 M 45-49	50:33.0
201	Chris	Groves	M	Tri-Anglia Triathlon Club	62	3 M 60-64	50:47.0

202	Alex	Bowen	M		34	96 M 0-39	50:56.8
203	Graham	Cornish	M		44	21 M 40-44	50:57.5
204	Rebecca	Widdows	F	Coltishall Jaguars RC	31	20 F 0-39	51:07.5
205	Ed	Proffitt	M		40	22 M 40-44	51:04.8
206	Ian	Girdlestone	M		39	97 M 0-39	51:13.6
207	Sarah	Barber	F	Norwich Road Runners	35	21 F 0-39	51:20.8
208	Akshay	Kumar	M	Clapham Chasers RC	34	98 M 0-39	51:26.1
209	Lisa	Hall	F		34	22 F 0-39	51:07.0
210	Paul	Scibilia	M	Tri-Anglia Triathlon Club	46	31 M 45-49	51:18.7
211	Paul	Cross	M		34	99 M 0-39	51:18.7
212	John	Barratt	M		24	100 M 0-39	51:20.6
213	Harry	Smith	M	Stowmarket Striders RC	48	32 M 45-49	51:25.3
214	Wesley	Burrage-Jones	M		30	101 M 0-39	51:15.9
215	Paul	Squirrell	M		64	4 M 60-64	51:29.9
216	Daniel	Taylor	M		29	102 M 0-39	51:23.7
217	Lewis	Foulger	M		33	103 M 0-39	51:30.7
218	Darryl	Alexander	M		40	23 M 40-44	51:15.4
219	Joanna	Drugan	F	Abbey Runners Leeds	43	6 F 40-44	51:34.3
220	Garnett	Jones	M		42	24 M 40-44	51:35.9
221	Richard	Keeble	M	Woodbridge Shufflers	58	7 M 55-59	51:46.8
222	Helen	Martin	F	Tri-Anglia Triathlon Club	31	23 F 0-39	52:09.7
223	Matthew	Keay	M		27	104 M 0-39	52:21.7
224	Vince	Cox	M	Tri-Anglia Triathlon Club	44	25 M 40-44	52:12.4
225	Laura	Keeble	F		28	24 F 0-39	52:07.9
226	Charlotte	Wootton	F		45	4 F 45-49	52:25.8
227	Melanie	Buttery	F		36	25 F 0-39	52:13.6
228	Toni	Tarrant	F	Dereham Runners AC	46	5 F 45-49	52:20.9
229	John	Newell	M		47	33 M 45-49	52:29.8
230	Linda	Green	F	Fleetville Flyers	45	6 F 45-49	52:43.1
231	Anna	Frostwick	F	Tri-Anglia Triathlon Club	24	26 F 0-39	52:38.7
232	Ian	Graveling	M		40	26 M 40-44	52:27.1
233	Gemma	Sullivan	F		28	27 F 0-39	53:01.0
234	Terence	Dawson	M		62	5 M 60-64	53:05.1
235	Robert	Cox	M		50	14 M 50-54	53:05.4
236	Michaela	Joysey	F		32	28 F 0-39	53:10.7
237	Jill	Yallop	F		39	29 F 0-39	53:06.2
238	Sam	Neal	M		31	105 M 0-39	53:04.5
239	Graham	Sampson	M	Bungay Black Dog RC	67	2 M 65-99	53:37.0
240	Peter	Beck	M	City of Norwich AC	38	106 M 0-39	53:33.9
241	Paul	Smithson	M		49	34 M 45-49	53:25.7
242	Tawa	Groombridge	F	Norwich Road Runners	34	30 F 0-39	53:27.1
243	Joanne	Shiner	F		41	7 F 40-44	53:32.9
244	Suzy	Jermyn	F	Tri-Anglia Triathlon Club	37	31 F 0-39	53:32.7
245	Carl	Saunders	M		38	107 M 0-39	53:27.1
246	Gina	Preston	F		47	7 F 45-49	53:43.4
247	Kevin	Joyce	M		46	35 M 45-49	53:42.4
248	Samantha	Booth	F		27	32 F 0-39	53:32.3
249	Peter	Hibbit	M		42	27 M 40-44	53:45.8
250	Keri	Williams	M		60	6 M 60-64	53:48.1
251	Laura	Parker	F		26	33 F 0-39	54:02.9
252	Kirsty	Taylor	F		26	34 F 0-39	54:13.5
253	Anna	Smith	F	Stowmarket Striders RC	39	35 F 0-39	54:03.5
254	Frances	Wadelin	F	Erewash Valley RC	35	36 F 0-39	54:06.4
255	Ben	Mann	M		20	108 M 0-39	53:52.1
256	Karen	Gedge	F	Bungay Black Dog RC	48	8 F 45-49	53:54.9
257	Dave	Eaves	M		26	109 M 0-39	54:00.8
258	Sue	Smith	F	Tri-Anglia Triathlon Club	51	5 F 50-54	54:14.4
259	Andrew	Taylor	M	Garden City Runners	31	110 M 0-39	54:14.3
260	Francis	Woodcock	M		48	36 M 45-49	54:14.1
261	Dean	Gray	M		53	15 M 50-54	54:16.4
262	Lisa	Symon	F	Coltishall Jaguars RC	28	37 F 0-39	54:18.7
263	Philip	Neave	M	Bungay Black Dog RC	64	7 M 60-64	54:27.7
264	Becky	Sturgeon	F	Bungay Black Dog RC	40	8 F 40-44	54:24.6
265	Stuart	Lawn	M	Bungay Black Dog RC	31	111 M 0-39	54:24.5
266	Kirsty	Webber-Walton	F		31	38 F 0-39	54:30.4
267	Louise	Juby	F		33	39 F 0-39	54:41.5
268	Sally	Juby	F		30	40 F 0-39	54:41.3
269	Jonathan	Batchelor	M		33	112 M 0-39	54:57.7

270	Louise	MacRae	F	Norwich Road Runners	26	41 F 0-39	55:02.3
271	Mark	Dagless	M		34	113 M 0-39	55:12.5
272	Danielle	Rackham	F	Norwich Road Runners	28	42 F 0-39	55:03.9
273	Juliane	Ilgert	F		22	43 F 0-39	55:17.7
274	Roger	Eglen	M	Eastern Veterans AC	67	3 M 65-99	55:22.3
275	Tim	Cheesman	M		31	114 M 0-39	55:24.8
276	Lynne	Smith	F		53	6 F 50-54	55:12.7
277	Sarah	Kelly	F		31	44 F 0-39	55:15.4
278	Jane	Ashby	F	Ryston Runners AC	65	1 F 65-99	55:27.6
279	Susan	Conlon	F		30	45 F 0-39	55:18.4
280	Jo	Brooks	F	Ryston Runners AC	38	46 F 0-39	55:40.5
281	Kerry	Wetteland	F	City of Norwich AC	38	47 F 0-39	55:40.4
282	Mark	Wilcock	M		38	115 M 0-39	55:39.7
283	Rachel	Williams	F		29	48 F 0-39	55:52.1
284	Melanie	Sinclair	F		36	49 F 0-39	56:18.9
285	Nigel	Sinclair	M		37	116 M 0-39	56:19.4
286	Levi	Rijks	F		18	50 F 0-39	56:36.5
287	Nigel	Dye	M		53	16 M 50-54	56:15.4
288	Susan	Smith	F	Norwich Road Runners	39	51 F 0-39	56:14.6
289	Claire	Mingay	F	Norwich Road Runners	38	52 F 0-39	56:14.5
290	Sharon	Cook	F	Wymondham AC	42	9 F 40-44	56:33.9
291	Tina	Foster	F		45	9 F 45-49	56:28.1
292	Christine	Bakewell	F		48	10 F 45-49	56:37.6
293	Cathy	Mumford	F		50	7 F 50-54	56:21.3
294	Kate	Reynolds	F	Norwich Road Runners	27	53 F 0-39	56:38.0
295	Mark	Ayliffe	M		22	117 M 0-39	56:33.4
296	Francis	Vickers	M		55	8 M 55-59	56:38.9
297	Aidy	Halimanjaya	F		28	54 F 0-39	56:36.6
298	Joanna	Murray	F	Norwich Road Runners	29	55 F 0-39	56:57.0
299	Patricia	Breen	F		28	56 F 0-39	56:56.5
300	Alison	Jones	F		42	10 F 40-44	57:15.2
301	Philip	Wilton	M		46	37 M 45-49	57:25.7
302	Natalie	Barker	F	Norwich Road Runners	41	11 F 40-44	57:20.8
303	Becs	Stevens	F	Norwich Road Runners	42	12 F 40-44	57:21.1
304	Gavin	Hall	M		42	28 M 40-44	57:26.8
305	Julia	Lloyd	F	Wymondham AC	46	11 F 45-49	57:39.5
306	Tim	Jackson	M		34	118 M 0-39	57:23.1
307	John	Rowley	M	Reepham Runners	66	4 M 65-99	57:23.7
308	Steven	Alderson	M		51	17 M 50-54	57:34.6
309	Donna	Talby	F		38	57 F 0-39	57:55.8
310	Elizabeth	Jay	F		20	58 F 0-39	57:51.0
311	Natasha	Walsh	F		26	59 F 0-39	57:42.0
312	Graeme	Kidd	M	Great Yarmouth Road Runners	42	29 M 40-44	57:49.0
313	Suzie	Thurlow	F		45	12 F 45-49	57:48.2
314	Sarah	Spinks	F		27	60 F 0-39	57:34.7
315	Angela	Spinks	F		27	61 F 0-39	57:37.7
316	Adrian	Leeder	M		27	119 M 0-39	57:48.3
317	Charlotte	Burfoot	F		35	62 F 0-39	57:39.5
318	Lauren	Jones	F		33	63 F 0-39	57:53.1
319	Mike	Dewbery	M		42	30 M 40-44	58:01.3
320	Thomas	Clarke	M		29	120 M 0-39	57:53.1
321	Lucy	Wilkinson	F		27	64 F 0-39	57:54.2
322	Chloe	Urquhart	F	City of Norwich AC	17	65 F 0-39	58:20.5
323	Louise	Powell	F		43	13 F 40-44	57:49.7
324	Sarah	Barley	F		47	13 F 45-49	58:04.3
325	Katy	Smith	F		39	66 F 0-39	58:24.5
326	John	Hemmant	M		53	18 M 50-54	58:22.8
327	Pippa	Newman	F		34	67 F 0-39	58:19.5
328	Sarah	Tolland	F		34	68 F 0-39	58:30.0
329	James	Larnder	M		35	121 M 0-39	58:25.3
330	Kate	MacKley	F		26	69 F 0-39	58:27.3
331	Stephen	Andrews	M		53	19 M 50-54	58:40.2
332	Julia	Baldwin	F		43	14 F 40-44	58:53.0
333	Helen	Cain	F		42	15 F 40-44	58:25.2
334	Libby	Ashton	F		32	70 F 0-39	58:41.8
335	Mitzy	Bond	F		49	14 F 45-49	58:55.3
336	Rebecca	Durant	F	Coltishall Jaguars RC	60	2 F 60-64	58:42.6
337	Catherine	Young	F		50	8 F 50-54	58:48.0

338	Darren	Ruff	M		39	122 M 0-39	58:41.2
339	Jane	Turner	F		45	15 F 45-49	58:56.2
340	Katherine	Garwood	F	Coltishall Jaguars RC	37	71 F 0-39	58:50.6
341	Vicki	Spalding	F		35	72 F 0-39	58:59.3
342	Lisa	Carroll	F		22	73 F 0-39	59:05.4
343	Dan	Frost	M		17	123 M 0-39	59:33.7
344	Nigel Leight	Jones	M		58	9 M 55-59	59:24.7
345	Charles	Weigand	M	Great Yarmouth Road Runners	67	5 M 65-99	59:34.8
346	Gemma Lou	Johnson	F		23	74 F 0-39	59:33.1
347	Vicki	Millbank	F		24	75 F 0-39	59:59.1
348	Megan	Jackson	F		16	76 F 0-39	1:00:06.8
349	Esme	Gallagher	F		28	77 F 0-39	59:50.1
350	Laura	Middleton	F		34	78 F 0-39	1:00:13.7
351	Anna	Farquharson	F	Tri-Anglia Triathlon Club	42	16 F 40-44	59:59.5
352	Stephen	Taylor	M	Garden City Runners	60	8 M 60-64	1:00:17.7
353	Michael	Wright	M		42	31 M 40-44	1:00:03.9
354	Jake	Wright	M		16	124 M 0-39	1:00:04.1
355	Jodie	Frazer	F		34	79 F 0-39	1:00:21.2
356	Angela	Brett	F		34	80 F 0-39	1:00:29.3
357	Robert	Whalen	M		27	125 M 0-39	1:00:44.5
358	Adam	Nicholls	M		34	126 M 0-39	1:00:32.5
359	Vicki	Askew	F		35	81 F 0-39	1:00:40.3
360	Mary	Owen	F		63	3 F 60-64	1:00:58.4
361	Colin	Thackwell	M		71	6 M 65-99	1:01:24.7
362	Rachel	Miller	F		38	82 F 0-39	1:01:16.6
363	Gemma	Seager	F		33	83 F 0-39	1:01:14.0
364	Sue	Smith	F	Ryston Runners AC	48	16 F 45-49	1:01:26.1
365	Melissa	Aspin	F		21	84 F 0-39	1:01:36.6
366	Scott	Ablett	M		24	127 M 0-39	1:01:31.4
367	Jemma	Farrow	F		29	85 F 0-39	1:01:28.1
368	Stefania	Nobbs	F		35	86 F 0-39	1:01:47.0
369	Steve	Cummings	M	Norwich Road Runners	42	32 M 40-44	1:01:52.5
370	Matt	Hart	M		36	128 M 0-39	1:01:50.3
371	Dianne	Crosby	F	Great Yarmouth Road Runners	67	2 F 65-99	1:02:03.1
372	Andy	Peck	M	Great Yarmouth Road Runners	42	33 M 40-44	1:02:16.2
373	Christine	Frazer	F		48	17 F 45-49	1:02:12.6
374	Sarah	Royall	F		23	87 F 0-39	1:02:09.2
375	Liz	Dunn	F		41	17 F 40-44	1:02:15.0
376	Chris	Legood	M		45	38 M 45-49	1:02:13.4
377	Anita	Talby	F		38	88 F 0-39	1:02:43.2
378	Kirstie	Sneyd	F		44	18 F 40-44	1:02:42.9
379	Tony	Gentry	M		41	34 M 40-44	1:02:36.0
380	Ian	Chisholm	M		38	129 M 0-39	1:02:35.9
381	Karen	Waters	F	Bungay Black Dog RC	43	19 F 40-44	1:02:33.6
382	Emma	Main	F		44	20 F 40-44	1:03:05.1
383	Jomkwan	Yothasamut	F		30	89 F 0-39	1:03:08.4
384	Anthony	Karger	M	Reepham Runners	66	7 M 65-99	1:03:17.5
385	Nicola	Ashbee	F		44	21 F 40-44	1:03:22.4
386	Aliena	Uppal	F	City of Norwich AC	36	90 F 0-39	1:03:20.2
387	Peter	Reuben	M		32	130 M 0-39	1:03:24.4
388	Aine	Fox	F		29	91 F 0-39	1:03:56.2
389	Andrea	Poll	F		41	22 F 40-44	1:03:43.6
390	Eleanor	Brown	F		29	92 F 0-39	1:03:42.8
391	Nichola	Smith	F		36	93 F 0-39	1:03:43.1
392	Nikos	Coulson	M		39	131 M 0-39	1:03:45.2
393	Jacques	Groen	M	Bungay Black Dog RC	64	9 M 60-64	1:03:53.5
394	Sarah	Dye	F		45	18 F 45-49	1:04:15.7
395	Mime	Matthews	F		57	2 F 55-59	1:04:19.6
396	Clare	Jarrett	F		60	4 F 60-64	1:04:34.0
397	Lydia	Morris	F		19	94 F 0-39	1:04:38.1
398	Josh	Thomas	M	Tri-Anglia Triathlon Club	25	132 M 0-39	1:04:39.0
399	Michelle	Cooper	F	Norwich Road Runners	42	23 F 40-44	1:04:55.4
400	Ann	Smith	F		61	5 F 60-64	1:04:52.5
401	Teresa	Burdett	F		41	24 F 40-44	1:05:15.5
402	Elizabeth	Warren	F		56	3 F 55-59	1:05:00.8
403	Melisande	Parsons	F		43	25 F 40-44	1:05:00.6
404	Zoe	Nash	F		36	95 F 0-39	1:05:27.6
405	Annie	Tauk	F		38	96 F 0-39	1:05:17.7

406	Paula	Thomsen	F		41	26 F 40-44	1:05:28.7
407	Ryan	Middleton	M	Dereham Runners AC	23	133 M 0-39	1:05:50.3
408	Jenny	Rowley	F	Reepham Runners	64	6 F 60-64	1:05:41.8
409	Nicole	Rijks	F		43	27 F 40-44	1:05:46.1
410	Diane	Thompson	F		50	9 F 50-54	1:06:18.4
411	Katie	Gooch	F		19	97 F 0-39	1:07:06.9
412	Deborah	Hall	F		46	19 F 45-49	1:07:06.6
413	Debra	Wilkes	F		50	10 F 50-54	1:07:49.5
414	Frances	Overbury	F		31	98 F 0-39	1:08:02.3
415	Cassandra	Goldsack	F		34	99 F 0-39	1:07:39.2
416	Mark	Richardson	M		46	39 M 45-49	1:07:32.6
417	Sonia	Collins	F		40	28 F 40-44	1:07:59.1
418	Sarah	Adler	F		66	3 F 65-99	1:08:27.0
419	Cassie	Arbon	M		34	134 M 0-39	1:10:32.3
420	Sarah	Cheal	F		36	100 F 0-39	1:10:32.7
421	Kelly	Symonds	F	Wymondham AC	36	101 F 0-39	1:11:18.3
422	Charlotte	Baldwin	F		22	102 F 0-39	1:12:43.2
423	Bo	Williams	F		66	4 F 65-99	1:12:32.0
424	Caroline	White	F		43	29 F 40-44	1:12:39.9
425	James	White	M		17	135 M 0-39	1:12:40.1
426	Anna	Owen	F		31	103 F 0-39	1:13:07.8
427	Hannah	Northrop	F		20	104 F 0-39	1:17:58.8
428	Hannah	Hooton	F		22	105 F 0-39	1:18:34.6
429	Wendy	Hooton	F		58	4 F 55-59	1:18:33.9
430	Rachel	Hardingham	F		31	106 F 0-39	1:18:40.8
431	Alison	Gurney	F		36	107 F 0-39	1:20:03.2
432	Barry	Marson	M		36	136 M 0-39	1:20:47.7
433	Rebecca	Marson	F		33	108 F 0-39	1:20:52.1
434	Laura	Jay	F		42	30 F 40-44	1:22:32.8
435	Louise	Hamilton	F		38	109 F 0-39	1:22:32.7
436	Ashlea	Reuben	F		26	110 F 0-39	1:25:13.4
437	Fiona	Garwood	F		47	20 F 45-49	1:26:56.2