

2014 Trowse 10k - Sunday 20 April

1	34:20:00	34:18:00	Tom	Hook	City of Norwich AC	18	M 0-39
2	35:35:00	35:33:00	Luke	Alden	City of Norwich AC	18	M 0-39
3	35:48:00	35:46:00	Tony	Robinson	Tri-Anglia Triathlon Club	34	M 0-39
4	36:02:00	36:02:00	Jeremy	Rogers	Abbey Runners Leeds	40	M 40-44
5	36:23:00	36:21:00	Lawrence	Wade	Coltishall Jaguars RC	40	M 40-44
6	37:07:00	37:05:00	Edward	Foster	City of Norwich AC	17	M 0-39
7	37:13:00	37:11:00	Steve	Ely	Norwich Road Runners	42	M 40-44
8	38:01:00	37:58:00	Richard	Johnsonn	Norwich Road Runners	38	M 0-39
9	38:08:00	38:06:00	Ben	Spratling	City of Norwich AC	16	M 0-39
10	38:09:00	38:06:00	Mark	Clues	Tri-Anglia Triathlon Club	46	M 45-49
11	38:09:00	38:09:00	Miguel	Flores	City of Norwich AC	37	M 0-39
12	38:27:00	38:25:00	David	Roy		23	M 0-39
13	38:40:00	38:37:00	Stephen	Nicholls	City of Norwich AC	39	M 0-39
14	38:41:00	38:39:00	Sian	Khan	Birchfield Harriers	28	F 0-39
15	38:49:00	38:47:00	Kris	Hart		31	M 0-39
16	38:51:00	38:44:00	Richard	Hanson	Tri-Anglia Triathlon Club	49	M 45-49
17	38:55:00	38:53:00	Peter	Shackleton		51	M 50-54
18	39:17:00	39:12:00	Dale	Skoulding	Bungay Black Dog RC	33	M 0-39
19	39:22:00	39:18:00	Alec	Francis		23	M 0-39
20	39:22:00	39:22:00	Guzel	Sari	Dereham Runners AC	32	M 0-39
21	39:26:00	39:23:00	Becky	Schofield	Tri-Anglia Triathlon Club	33	F 0-39
22	39:29:00	39:26:00	Jason	Mountain	Wymondham AC	32	M 0-39
23	39:31:00	39:28:00	Jonathan	Cordle	Tri-Anglia Triathlon Club	49	M 45-49
24	39:33:00	39:30:00	Mark	Garrett	Norwich Road Runners	50	M 50-54
25	39:47:00	39:44:00	Alistair	Shearer		29	M 0-39
26	39:49:00	39:45:00	Jason	Brunt		41	M 40-44
27	39:51:00	39:48:00	Alexandra	Smith	Norwich Road Runners	38	F 0-39
28	39:57:00	39:53:00	Tim	Sexton	Norfolk Gazelles AC	42	M 40-44
29	40:13:00	40:09:00	Mark	Shearing	Tri-Anglia Triathlon Club	36	M 0-39
30	40:15:00	40:15:00	Christopher G	Johnson		22	M 0-39
31	40:38:00	40:35:00	Desmond	Michael	Barnet & District AC	64	M 60-64
32	40:44:00	40:40:00	Lee	Booty		23	M 0-39
33	40:49:00	40:15:00	Carl	White		34	M 0-39
34	40:51:00	40:45:00	Peter	Bird	Saint Edmund Pacers	40	M 40-44
35	40:53:00	40:53:00	Iain	Milligan	Saint Edmund Pacers	41	M 40-44
36	40:54:00	40:51:00	Dominic	Walsh		25	M 0-39
37	41:06:00	41:00:00	Darren	Moore		39	M 0-39
38	41:17:00	41:10:00	Sarah	Adcock	City of Norwich AC	40	F 40-44
39	41:18:00	41:14:00	Chris	Barkway		55	M 55-59
40	41:19:00	41:17:00	Jim	Rijks		17	M 0-39
41	41:24:00	41:17:00	Martin	Ward		32	M 0-39
42	41:24:00	41:21:00	Daniel	Davey		23	M 0-39
43	41:28:00	41:26:00	Stuart	Mugridge	Bournville Harriers	42	M 40-44
44	41:34:00	41:30:00	Ben	Snelling		43	M 40-44
45	41:36:00	41:33:00	Phil	Hurr	Norfolk Gazelles AC	57	M 55-59
46	41:38:00	41:35:00	Cat	Ricketts	Wymondham AC	36	F 0-39
47	41:43:00	41:43:00	Paul	Beckett	Norwich Road Runners	47	M 45-49
48	41:47:00	41:33:00	Stephen	Ayres		33	M 0-39
49	41:50:00	41:45:00	Gary	Reeve	Tri-Anglia Triathlon Club	51	M 50-54
50	41:56:00	41:46:00	Gary	Cheesman		29	M 0-39
51	42:00:00	41:56:00	Niall	Mahoney	Wymondham AC	44	M 40-44
52	42:06:00	42:02:00	Robin	Belsom	Ipswich JAFFA RC	54	M 50-54
53	42:20:00	42:17:00	Sarah	Lauchlan		29	F 0-39
54	42:44:00	42:40:00	Stephen	Dady	Wymondham AC	62	M 60-64
55	42:58:00	42:47:00	Zephan	Trent		28	M 0-39
56	42:58:00	42:31:00	Simon	Cowley		35	M 0-39
57	42:59:00	42:53:00	Ben	Nicholson	Beccles Triathlon Club	41	M 40-44
58	43:01:00	42:55:00	Alex	Gaunt	Norwich Road Runners	44	M 40-44
59	43:04:00	42:58:00	Mark	Taylor		40	M 40-44
60	43:04:00	42:57:00	Helen	Mian	Norfolk Gazelles AC	46	F 45-49
61	43:06:00	43:00:00	Andrew	Keeler		52	M 50-54

62	43:07:00	42:59:00	Lindsey	Berends	City of Norwich AC	27	F 0-39
63	43:17:00	43:11:00	Martin	Newstead		42	M 40-44
64	43:20:00	43:14:00	Ray	Kirby	Tri-Anglia Triathlon Club	40	M 40-44
65	43:23:00	43:19:00	Katy	Leverett		28	F 0-39
66	43:24:00	43:18:00	Eddie	Carman	North Norfolk Beach Runners	46	M 45-49
67	43:31:00	43:24:00	Dominic	Copping		40	M 40-44
68	43:42:00	43:36:00	Richard	Fay	Saffron Striders RC	26	M 0-39
69	43:46:00	43:40:00	James	McFarlane	Norwich Road Runners	41	M 40-44
70	43:47:00	43:41:00	Marc	Coles		37	M 0-39
71	43:48:00	43:36:00	Dan	Webster		34	M 0-39
72	43:50:00	43:44:00	Stephen	Leeves	Great Yarmouth Road Runners	56	M 55-59
73	43:58:00	43:52:00	Howard	Olby	Norfolk Harriers	34	M 0-39
74	44:09:00	44:03:00	Steve	Bird	Tri-Anglia Triathlon Club	47	M 45-49
75	44:09:00	44:03:00	Mark	Ring	Norwich Road Runners	47	M 45-49
76	44:11:00	43:59:00	James	Stock	City of Norwich AC	27	M 0-39
77	44:15:00	44:09:00	Paul	Quantrill	Tri-Anglia Triathlon Club	51	M 50-54
78	44:15:00	44:04:00	Gavin	Bunn		30	M 0-39
79	44:20:00	43:52:00	Chris	Chorley	Bungay Black Dog RC	50	M 50-54
80	44:21:00	44:16:00	Nick	Gurney	Norwich Road Runners	22	M 0-39
81	44:23:00	44:16:00	Simon	English	Norwich Road Runners	39	M 0-39
82	44:35:00	44:18:00	Kevin	Spratling		52	M 50-54
83	44:43:00	44:35:00	Sam	Russell		26	M 0-39
84	44:48:00	44:35:00	Louise	Juby	Serpentine RC	34	F 0-39
85	44:51:00	44:44:00	Mark	Stone	Great Yarmouth Road Runners	42	M 40-44
86	44:53:00	44:47:00	Sean	Ward		31	M 0-39
87	44:55:00	44:49:00	Martin	Graffenberger		30	M 0-39
88	44:56:00	44:51:00	Gary	Fryer	Tri-Anglia Triathlon Club	33	M 0-39
89	44:56:00	44:52:00	Sean	Quarmby	Tri-Anglia Triathlon Club	45	M 45-49
90	45:00:00	44:53:00	Gary	Hurrell	Norwich Road Runners	42	M 40-44
91	45:01:00	44:59:00	Mike	Jones	Wymondham AC	50	M 50-54
92	45:22:00	45:04:00	Jason	Elrick		45	M 45-49
93	45:23:00	44:49:00	Shane	Whiley		32	M 0-39
94	45:24:00	45:19:00	Luke	Hurren		24	M 0-39
95	45:25:00	45:18:00	Holly	Andrews	Great Yarmouth & District AC	23	F 0-39
96	45:30:00	45:25:00	Paul	Baisley		40	M 40-44
97	45:34:00	45:30:00	Kate	Scotter	Tri-Anglia Triathlon Club	31	F 0-39
98	45:46:00	45:34:00	Justin	Goodrum		30	M 0-39
99	45:46:00	45:30:00	Shaun	Button		30	M 0-39
100	45:46:00	45:37:00	Timothy	Howard		53	M 50-54
101	45:47:00	45:36:00	John	Gostling	City of Norwich AC	37	M 0-39
102	45:49:00	45:42:00	Phil	Henry		52	M 50-54
103	45:51:00	45:44:00	Ivan	Colman	Wymondham AC	52	M 50-54
104	45:52:00	45:44:00	Guy	Shearwood		55	M 55-59
105	45:53:00	45:47:00	Rowena	Leary	Norfolk Gazelles AC	28	F 0-39
106	45:58:00	45:51:00	Paul	Rivers		38	M 0-39
107	46:03:00	45:48:00	Roderick	Main	Tri-Anglia Triathlon Club	48	M 45-49
108	46:06:00	45:59:00	Colin	Richards		67	M 65-69
109	46:13:00	46:09:00	Richard	Wood		41	M 40-44
110	46:25:00	46:12:00	Lewis	Ablett	Tri-Anglia Triathlon Club	22	M 0-39
111	46:31:00	46:20:00	Chris	Lees		48	M 45-49
112	46:32:00	46:27:00	Sharon	Bardwell	Norwich Road Runners	44	F 40-44
113	46:32:00	46:10:00	Stephen	Ramm		36	M 0-39
114	46:39:00	46:35:00	Kerry	Warren		47	M 45-49
115	46:41:00	46:19:00	Ben	Gipson		33	M 0-39
116	46:41:00	46:29:00	David	Maran		53	M 50-54
117	46:57:00	46:51:00	Jo	Godwin	Norwich Road Runners	40	F 40-44
118	46:58:00	46:44:00	Chris	Davies		41	M 40-44
119	47:03:00	46:56:00	Nick	Richards		39	M 0-39
120	47:05:00	46:53:00	George	Frazer		16	M 0-39
121	47:06:00	46:53:00	James	Sturman		33	M 0-39
122	47:11:00	47:03:00	Martin	Simpson		35	M 0-39
123	47:11:00	46:58:00	Sally	Juby		31	F 0-39
124	47:16:00	47:16:00	David	Eastough		50	M 50-54

125	47:25:00	47:17:00	Sarah	Boosey	Norwich Road Runners	31	F 0-39
126	47:31:00	47:26:00	Roly	Cook		51	M 50-54
127	47:35:00	47:35:00	Darren	Walsgrove		41	M 40-44
128	47:40:00	47:40:00	James	Walsgrove	Tri-Anglia Triathlon Club	35	M 0-39
129	47:40:00	47:36:00	Maria	Albrough		32	F 0-39
130	47:50:00	47:36:00	Pat	Thompson		36	M 0-39
131	47:55:00	47:55:00	Stuart	Peck		35	M 0-39
132	48:00:00	47:45:00	Andrew	White	Tri-Anglia Triathlon Club	46	M 45-49
133	48:04:00	47:40:00	Paul	Saunders	Tri-Anglia Triathlon Club	42	M 40-44
134	48:10:00	47:45:00	Carl	Saunders		39	M 0-39
135	48:12:00	48:02:00	Raymond	Marshall		52	M 50-54
136	48:19:00	48:12:00	Stacey	Harper	Norwich Road Runners	36	F 0-39
137	48:24:00	48:01:00	Ian	Fisher		53	M 50-54
138	48:26:00	48:23:00	Jon	Regestet		48	M 45-49
139	48:26:00	48:26:00	Darren	Collison		44	M 40-44
140	48:28:00	47:54:00	Manuel	Oliveira		30	M 0-39
141	48:29:00	48:05:00	Samantha	Dearing		28	F 0-39
142	48:37:00	48:14:00	Martyn	Taylor		50	M 50-54
143	48:37:00	48:24:00	Matt	Earl		35	M 0-39
144	48:38:00	48:30:00	Anne	Millett	Norwich Road Runners	58	F 55-59
145	48:39:00	48:23:00	Luke	Adcock		33	M 0-39
146	48:46:00	48:40:00	Nicole	Rogers		25	F 0-39
147	48:48:00	48:44:00	Graham	Hardingham	Norfolk Gazelles AC	53	M 50-54
148	48:49:00	48:37:00	Edward	Holdback		43	M 40-44
149	48:51:00	48:41:00	Howard	Foale	North Norfolk Beach Runners	49	M 45-49
150	48:58:00	48:48:00	Jonathan	Thetford	Aylsham Runners	41	M 40-44
151	48:59:00	48:51:00	Philip	Semmence		37	M 0-39
152	49:06:00	48:49:00	Matthew	Reed		33	M 0-39
153	49:13:00	49:06:00	Rebecca	Widdows	Coltishall Jaguars RC	32	F 0-39
154	49:19:00	49:04:00	Holly	Thomas		19	F 0-39
155	49:19:00	49:02:00	Laura	Sercombe	Tri-Anglia Triathlon Club	35	F 0-39
156	49:26:00	48:53:00	Nigel	Kinsella		47	M 45-49
157	49:28:00	49:11:00	Lydia	Lawrence	Tri-Anglia Triathlon Club	32	F 0-39
158	49:31:00	49:08:00	Liz	Harris		37	F 0-39
159	49:32:00	49:19:00	Chris	Beare		41	M 40-44
160	49:34:00	49:24:00	Mark	Mountain	Great Yarmouth Road Runners	41	M 40-44
161	49:38:00	49:36:00	Chris	Stocker		31	M 0-39
162	49:39:00	49:23:00	Betheny	Ellis		30	F 0-39
163	49:40:00	49:30:00	Mark	Peach	Great Yarmouth Road Runners	41	M 40-44
164	49:40:00	49:30:00	Paul	Smithson		50	M 50-54
165	49:47:00	49:39:00	Ricky	Hughes		36	M 0-39
166	49:49:00	49:40:00	Paul	Scibilia	Tri-Anglia Triathlon Club	47	M 45-49
167	49:52:00	49:33:00	Ian	Bushell		54	M 50-54
168	49:52:00	49:35:00	Kevin	Carter	Norwich Road Runners	32	M 0-39
169	49:52:00	49:44:00	Hayley	Bartrum		35	F 0-39
170	49:53:00	49:35:00	Barry	Woolnough		35	M 0-39
171	49:53:00	49:43:00	Roy	Owen	Coltishall Jaguars RC	65	M 65-69
172	49:53:00	49:44:00	Matt	Walker		30	M 0-39
173	49:58:00	49:47:00	Jo	Parden	Framlingham Flyers	47	F 45-49
174	50:00:00	49:49:00	Richard	Crossland		48	M 45-49
175	50:00:00	49:33:00	Chris	Read	Norwich Road Runners	33	M 0-39
176	50:01:00	49:47:00	Lisa	Nixon		29	F 0-39
177	50:01:00	49:53:00	Pauline	Leeves	Great Yarmouth Road Runners	54	F 50-54
178	50:02:00	49:45:00	Richard	Crewe		42	M 40-44
179	50:05:00	49:56:00	Jude	Durrant	Longdale Striders	45	F 45-49
180	50:12:00	50:12:00	John	Reeve		19	M 0-39
181	50:13:00	50:01:00	Vikki	Mountain	Wymondham AC	30	F 0-39
182	50:13:00	50:02:00	Ronnie	Hogg		44	M 40-44
183	50:14:00	49:58:00	Katie	Mack	City of Norwich AC	31	F 0-39
184	50:15:00	49:42:00	Josh	Lawrence		18	M 0-39
185	50:16:00	49:51:00	Leanne	Heavens		26	F 0-39
186	50:17:00	50:00:00	Carly	Jermy		34	F 0-39
187	50:19:00	50:11:00	Sarah	Spinks		28	F 0-39

188	50:20:00	49:49:00	Dave	Howard		39	M 0-39
189	50:20:00	50:06:00	Matthew	Wooltorton		32	M 0-39
190	50:23:00	50:16:00	Richard	Pilch		67	M 65-69
191	50:23:00	50:23:00	Kevin	Dawson		34	M 0-39
192	50:28:00	50:16:00	Tracy	Stevenson	Norfolk Gazelles AC	45	F 45-49
193	50:31:00	50:31:00	Jake	Dewbery		19	M 0-39
194	50:35:00	50:12:00	David	Clark		43	M 40-44
195	50:38:00	50:22:00	Kevin	House		43	M 40-44
196	50:39:00	50:31:00	Andy	Stangroom		24	M 0-39
197	50:40:00	50:30:00	Steve	Stringer	Great Yarmouth Road Runners	47	M 45-49
198	50:41:00	50:33:00	James	Cooper		31	M 0-39
199	50:41:00	50:23:00	Ian	Steward		35	M 0-39
200	50:45:00	50:33:00	Angie	Bear	Wymondham AC	57	F 55-59
201	50:46:00	50:38:00	Mark	Benfield		50	M 50-54
202	50:46:00	50:46:00	Matthew	Lomax		37	M 0-39
203	50:48:00	50:36:00	Max	Hamlet		29	M 0-39
204	50:48:00	50:39:00	Sue	Smith	Tri-Anglia Triathlon Club	52	F 50-54
205	50:51:00	50:43:00	Neil	Platten	City of Norwich AC	45	M 45-49
206	50:53:00	50:27:00	David	Haines	Dereham Runners AC	66	M 65-69
207	50:54:00	50:36:00	Joanne	Jesney	Wymondham AC	42	F 40-44
208	50:54:00	50:43:00	Gary	Prescott		44	M 40-44
209	50:55:00	50:44:00	Matthew	Buckoke	Great Yarmouth Road Runners	39	M 0-39
210	50:59:00	50:44:00	Marie	House		38	F 0-39
211	51:02:00	50:42:00	Kevin	Joyce		47	M 45-49
212	51:04:00	50:30:00	Mike	Sothorn		31	M 0-39
213	51:04:00	51:04:00	Theresa	Dooley		44	F 40-44
214	51:07:00	50:44:00	Chris	Groves	Tri-Anglia Triathlon Club	63	M 60-64
215	51:10:00	50:58:00	Patsy	Bradley	Wymondham AC	54	F 50-54
216	51:12:00	50:47:00	Gary	Mooney		34	M 0-39
217	51:16:00	50:49:00	Bobbie	Sauerzapf	Bungay Black Dog RC	55	F 55-59
218	51:19:00	51:13:00	Andrew	Hannant		38	M 0-39
219	51:21:00	51:19:00	Levi	Rijks		19	F 0-39
220	51:25:00	51:09:00	Bridget	Shaw	Bungay Black Dog RC	26	F 0-39
221	51:28:00	51:11:00	Jon	Moxon	Tri-Anglia Triathlon Club	37	M 0-39
222	51:29:00	51:21:00	Kerry	Wetteland	Norwich Road Runners	39	F 0-39
223	51:32:00	50:58:00	Lewis	Greyson		22	M 0-39
224	51:34:00	51:14:00	Adrian	Woodward		50	M 50-54
225	51:35:00	51:26:00	Samantha	Booth		28	F 0-39
226	51:41:00	51:26:00	Jerry	Fuller		40	M 40-44
227	51:46:00	51:31:00	Adrian	Ewing		59	M 55-59
228	51:47:00	51:31:00	Sarah	Ewing		41	F 40-44
229	51:48:00	51:37:00	Katie	Tween	Cambridge & Coleridge AC	29	F 0-39
230	51:52:00	51:48:00	Kirsty	Johnstone	Barnet & District AC	53	F 50-54
231	52:01:00	51:42:00	Julian	Johnson		42	M 40-44
232	52:01:00	51:52:00	Oliver	Smith		18	M 0-39
233	52:06:00	51:34:00	Brian	Gooda		61	M 60-64
234	52:10:00	51:54:00	Imogen	Snelling	Bungay Black Dog RC	39	F 0-39
235	52:11:00	52:06:00	Mark	Blazey		42	M 40-44
236	52:14:00	52:01:00	Adrian	King		40	M 40-44
237	52:15:00	51:54:00	Shaun	Braybrook		32	M 0-39
238	52:18:00	51:49:00	Mike	Jackson		54	M 50-54
239	52:22:00	52:06:00	Alan	Duncan		34	M 0-39
240	52:23:00	52:06:00	Christopher	High		40	M 40-44
241	52:25:00	52:14:00	Kevin	Bray	Norwich Road Runners	42	M 40-44
242	52:25:00	52:11:00	Kieran	Rudrum		18	M 0-39
243	52:25:00	52:02:00	Abigail	Everitt		36	F 0-39
244	52:38:00	52:28:00	Kerry	Hopper	Wymondham AC	40	M 40-44
245	52:38:00	52:29:00	Garry	Hobart	North Norfolk Beach Runners	50	M 50-54
246	52:40:00	52:29:00	Christine	Bakewell		49	F 45-49
247	52:41:00	52:20:00	Andrew	Earl		63	M 60-64
248	52:54:00	52:36:00	Alex	Bowen	Wymondham AC	36	M 0-39
249	53:00:00	52:34:00	Brett	Jury		32	M 0-39
250	53:09:00	52:36:00	Ben	Kinsella		21	M 0-39

251	53:14:00	52:47:00	Stuart	Lawn	Bungay Black Dog RC	32	M 0-39
252	53:14:00	52:48:00	Becky	Sturgeon	Bungay Black Dog RC	41	F 40-44
253	53:22:00	52:54:00	Joanne	Walmsley		48	F 45-49
254	53:26:00	53:05:00	Danielle	Rackham	Norwich Road Runners	29	F 0-39
255	53:30:00	52:56:00	Julian	Roberts		51	M 50-54
256	53:31:00	53:15:00	Frank	Vickers	Norwich Road Runners	56	M 55-59
257	53:34:00	53:21:00	Helen	Shearing		34	F 0-39
258	53:38:00	53:31:00	Emma	Black	Tri-Anglia Triathlon Club	43	F 40-44
259	53:41:00	53:12:00	Ana	De Osma		34	F 0-39
260	53:50:00	53:30:00	Hannah	Coulson		24	F 0-39
261	53:51:00	53:29:00	Mark	Wilcock		39	M 0-39
262	53:52:00	53:24:00	Tina	Foster	North Norfolk Beach Runners	46	F 45-49
263	53:53:00	53:47:00	Marc	Moncrieff		44	M 40-44
264	53:55:00	53:45:00	Tim	Cheesman		32	M 0-39
265	53:58:00	53:39:00	Ruth	Gaunt	Norwich Road Runners	47	F 45-49
266	54:04:00	53:34:00	Adam	Nicholls		35	M 0-39
267	54:06:00	53:51:00	Don	Tiffin	Bungay Black Dog RC	67	M 65-69
268	54:07:00	53:38:00	Zachary	Thoday		31	M 0-39
269	54:08:00	54:02:00	Jennifer	Garioch		52	F 50-54
270	54:10:00	53:56:00	Andrew	Pearmain		59	M 55-59
271	54:11:00	53:52:00	Inger	Mak-Pearce		51	F 50-54
272	54:20:00	54:07:00	Jacqueline	Raskovic	Norwich Road Runners	45	F 45-49
273	54:20:00	53:50:00	Ian	Gardner		57	M 55-59
274	54:22:00	54:09:00	Lucy	Wright		25	F 0-39
275	54:24:00	54:15:00	Julie	Webster		44	F 40-44
276	54:25:00	54:12:00	John	Devenney		48	M 45-49
277	54:25:00	54:11:00	Nichola	Jessop		43	F 40-44
278	54:31:00	54:06:00	Chris	Penn		50	M 50-54
279	54:35:00	54:35:00	Emma	Parker	Wymondham AC	39	F 0-39
280	54:35:00	54:26:00	Sharon	Parker-Jaggard		35	F 0-39
281	54:41:00	54:25:00	Oliver	Snoad		27	M 0-39
282	54:42:00	54:20:00	Nathan	Mann		28	M 0-39
283	54:43:00	54:28:00	Tom	Weeks		33	M 0-39
284	54:44:00	54:32:00	Graham	Sampson	Bungay Black Dog RC	68	M 65-69
285	54:45:00	54:36:00	Colin	Hynson		51	M 50-54
286	54:46:00	54:40:00	Andrew	Jackson		32	M 0-39
287	54:47:00	54:20:00	Emma	Cowley	Bungay Black Dog RC	35	F 0-39
288	54:51:00	54:41:00	Tanya	Korteling		33	F 0-39
289	54:52:00	54:29:00	Philip	Wilton	Tri-Anglia Triathlon Club	47	M 45-49
290	54:57:00	54:26:00	Chris	Gooda		37	M 0-39
291	54:57:00	54:42:00	Tammy	Smith		35	F 0-39
292	55:00:00	54:35:00	Peter	Hibbit		43	M 40-44
293	55:06:00	54:58:00	Jill	Yallop		40	F 40-44
294	55:07:00	55:00:00	Wayne	Yallop		47	M 45-49
295	55:10:00	54:50:00	Victoria	Abbott		34	F 0-39
296	55:12:00	54:44:00	Paul	Strowger		38	M 0-39
297	55:12:00	54:44:00	James	Saggers		38	M 0-39
298	55:25:00	55:04:00	Leonie	Philburn		45	F 45-49
299	55:34:00	55:13:00	Vince	Cox	Tri-Anglia Triathlon Club	45	M 45-49
300	55:37:00	55:05:00	Richard	Gedge		33	M 0-39
301	55:41:00	55:14:00	Sarah	Reynolds		27	F 0-39
302	55:41:00	55:27:00	Isobel	Gibson		18	F 0-39
303	55:41:00	55:14:00	Simon	Hobbs		41	M 40-44
304	55:42:00	55:11:00	Tom	Clarke		30	M 0-39
305	55:43:00	55:31:00	Marianne	Armstrong		34	F 0-39
306	55:44:00	55:13:00	Lucy	Hazleton		28	F 0-39
307	55:48:00	55:26:00	Marc	Hasketh-Boston		41	M 40-44
308	55:51:00	55:32:00	Donna	Talby		39	F 0-39
309	55:56:00	55:27:00	Corin	Thoday		38	M 0-39
310	55:57:00	55:27:00	Caitlin	Notley		36	F 0-39
311	56:01:00	55:57:00	Pippa	Newman		35	F 0-39
312	56:02:00	55:50:00	David	Hogg		47	M 45-49
313	56:07:00	56:07:00	Robert	Belcher		55	M 55-59

314	56:09:00	55:46:00	Sheila	Smith		61	F 60-64
315	56:10:00	56:02:00	Cathal	Daly		43	M 40-44
316	56:12:00	55:47:00	Vicky	Ershadi		31	F 0-39
317	56:20:00	55:59:00	Natasha	Walsh	Norwich Road Runners	27	F 0-39
318	56:26:00	56:14:00	Veronica	Manly	Eastern Vets AC	65	F 65-99
319	56:32:00	56:08:00	Lucie	Gillett		32	F 0-39
320	56:33:00	56:05:00	Kirsty	Hobart	North Norfolk Beach Runners	45	F 45-49
321	56:37:00	56:06:00	Gemma	Ottaway		31	F 0-39
322	56:48:00	56:26:00	Andrew	Brown		31	M 0-39
323	56:49:00	56:14:00	Brigitte	Janssen		42	F 40-44
324	56:49:00	56:31:00	Jodie	Frazer		35	F 0-39
325	56:52:00	56:35:00	Samantha	Howell		43	F 40-44
326	56:53:00	56:39:00	Mark	Dagless		35	M 0-39
327	57:03:00	56:52:00	Alice	Kirk		26	F 0-39
328	57:17:00	56:59:00	Frederick	Main		17	M 0-39
329	57:21:00	57:11:00	Michaela	Joysey		33	F 0-39
330	57:21:00	57:06:00	Natalie	Barker		42	F 40-44
331	57:30:00	57:09:00	Karen	Cudden	Norwich Road Runners	51	F 50-54
332	57:30:00	57:06:00	Roger	Osborne		64	M 60-64
333	57:33:00	57:05:00	Simona	Matuskova		26	F 0-39
334	57:34:00	57:06:00	Joshua	Jones		24	M 0-39
335	57:44:00	57:27:00	Paula	McGrath		39	F 0-39
336	57:47:00	57:19:00	Catherine	Young	North Norfolk Beach Runners	51	F 50-54
337	58:04:00	57:38:00	Stephen	Bennett		45	M 45-49
338	58:05:00	57:47:00	Cassie	Barker	Wymondham AC	38	F 0-39
339	58:05:00	57:46:00	James	Cole		40	M 40-44
340	58:09:00	57:59:00	Baz	Hipwell	Norwich Road Runners	55	M 55-59
341	58:11:00	57:50:00	Liz	Jones	Norwich Road Runners	34	F 0-39
342	58:15:00	57:46:00	Alan	Smith		55	M 55-59
343	58:16:00	58:03:00	Philip	Neave	Bungay Black Dog RC	65	M 65-69
344	58:17:00	57:55:00	Tammy	Sharpe	Wymondham AC	37	F 0-39
345	58:19:00	57:56:00	Peter	Anderson		29	M 0-39
346	58:22:00	57:51:00	Suzie	Thurlow		46	F 45-49
347	58:23:00	58:03:00	Sarah	Royall	Wymondham AC	24	F 0-39
348	58:23:00	57:56:00	Leroy	Richardson		39	M 0-39
349	58:23:00	58:07:00	Jennifer	Bettinson	Tri-Anglia Triathlon Club	36	F 0-39
350	58:23:00	58:12:00	Sylvia	Dady	Wymondham AC	34	F 0-39
351	58:29:00	58:03:00	Binks	Neate-Evans		47	F 45-49
352	58:40:00	58:40:00	Hayley	Summerfield		39	F 0-39
353	58:44:00	58:18:00	Claire	Bull		40	F 40-44
354	58:45:00	58:42:00	Clair	Robinson		29	F 0-39
355	58:47:00	58:30:00	Terri	Taylor		38	F 0-39
356	58:48:00	58:30:00	Kerry	Metcalf		32	F 0-39
357	58:51:00	58:22:00	Amy	Thompson	North Norfolk Beach Runners	26	F 0-39
358	58:51:00	58:31:00	Anita	Talby		39	F 0-39
359	58:54:00	58:28:00	Cheryl	Hillyard		24	F 0-39
360	59:04:00	58:44:00	Carl	Hood		30	M 0-39
361	59:07:00	58:40:00	Andi	Chaplin		37	M 0-39
362	59:11:00	58:38:00	Liz	Dunn		42	F 40-44
363	59:12:00	58:38:00	Jonathan	Twyman		31	M 0-39
364	59:14:00	58:57:00	Mike	Dewbery		43	M 40-44
365	59:18:00	58:52:00	Scott	Cruickshank		32	M 0-39
366	59:19:00	58:53:00	Hollie	Gould		25	F 0-39
367	59:20:00	58:47:00	Emily	Harden		26	F 0-39
368	59:27:00	59:27:00	Ria	Bush		22	F 0-39
369	59:29:00	58:59:00	Fiona	Morrison	North Norfolk Beach Runners	61	F 60-64
370	59:35:00	59:10:00	Nikos	Coulson		40	M 40-44
371	59:39:00	59:21:00	Christine	Frazer		49	F 45-49
372	59:49:00	59:26:00	Kate	MacKley		27	F 0-39
373	59:50:00	59:28:00	Angela	Brett		35	F 0-39
374	59:51:00	59:27:00	James	Larnder		36	M 0-39
375	59:51:00	59:21:00	David	Pugh		67	M 65-69
376	59:58:00	59:58:00	Duncan	Frazer		48	M 45-49

377	01:00:07	59:33:00	Diane	Thompson		51	F 50-54
378	01:00:11	59:38:00	Trudi	Ciarla		49	F 45-49
379	01:00:14	59:41:00	Chloe	Urquhart	City of Norwich AC	18	F 0-39
380	01:00:14	59:53:00	Helen	Fiske	Norwich Road Runners	44	F 40-44
381	01:00:16	59:47:00	Libby	Ashton	North Norfolk Beach Runners	33	F 0-39
382	01:00:17	01:00:04	Nicholas	Paul		30	M 0-39
383	01:00:20	01:00:16	Adrian	Leeder		29	M 0-39
384	01:00:24	01:00:00	Victoria	Beckett		37	F 0-39
385	01:00:25	59:52:00	Lynne	Urquhart		45	F 45-49
386	01:00:33	01:00:05	Jez	Hull		50	M 50-54
387	01:00:40	01:00:18	Emma	Rackham		30	F 0-39
388	01:00:48	01:00:24	Gemma	Sullivan		29	F 0-39
389	01:00:48	01:00:24	Lorna	Wigg		22	F 0-39
390	01:00:49	01:00:17	Chris	Hawkins		45	M 45-49
391	01:00:50	01:00:18	Helen	Burton		47	F 45-49
392	01:00:56	01:00:26	Paul	Twiddy		32	M 0-39
393	01:00:56	01:00:26	David. S.	Twiddy		66	M 65-69
394	01:00:58	01:00:42	James	White		18	M 0-39
395	01:00:59	01:00:39	Nicole	Cole		41	F 40-44
396	01:00:59	01:00:35	Trudy	Kenworthy		22	F 0-39
397	01:01:02	01:00:35	Ben	Turner		29	M 0-39
398	01:01:02	01:00:36	Jo	Springall		38	F 0-39
399	01:01:05	01:00:35	Bridget	Cole		57	F 55-59
400	01:01:11	01:00:39	Eloise	Bird	Saint Edmund Pacers	46	F 45-49
401	01:01:27	01:01:04	Sarah	Hewitt		39	F 0-39
402	01:01:38	01:01:27	Bryan	Kavanagh		33	M 0-39
403	01:01:38	01:01:18	Catherine	Groom		36	F 0-39
404	01:01:43	01:01:17	Louise	Farrar		45	F 45-49
405	01:01:55	01:01:41	Ellena	White		16	F 0-39
406	01:02:01	01:01:44	Caroline	White		45	F 45-49
407	01:02:15	01:02:05	Mary	Owen	Coltishall Jaguars RC	64	F 60-64
408	01:02:18	01:02:04	Dawn	Chapman		43	F 40-44
409	01:02:20	01:01:53	Louise	Elphick		45	F 45-49
410	01:02:22	01:01:50	Amandine	Moores		29	F 0-39
411	01:02:22	01:01:50	Lois	Nethersell		26	F 0-39
412	01:02:31	01:02:31	Samantha	Lines		33	F 0-39
413	01:02:33	01:01:58	Andrea	Poll		42	F 40-44
414	01:02:33	01:01:58	Nichola	Smith		37	F 0-39
415	01:02:43	01:02:26	Ann	Elrick		40	F 40-44
416	01:02:50	01:02:41	Gaye	White		57	F 55-59
417	01:02:58	01:02:40	Sarah	Goldser		58	F 55-59
418	01:03:01	01:02:27	Ian	Coachafer		32	M 0-39
419	01:03:05	01:02:46	Alison	Buck		34	F 0-39
420	01:03:10	01:02:34	Santana Louise	Huckle		25	F 0-39
421	01:03:12	01:02:49	Claire	Vinsen	Wymondham AC	32	F 0-39
422	01:03:12	01:02:49	Rob	Mills		62	M 60-64
423	01:03:14	01:02:59	Colin	Thackwell	CA Totana	72	M 70-99
424	01:03:20	01:02:59	Lisa	Edwards		47	F 45-49
425	01:03:25	01:03:02	Gary	Oakshott		50	M 50-54
426	01:03:26	01:03:02	Mime	Matthews		58	F 55-59
427	01:03:30	01:03:01	Deborah	Gillespie	North Norfolk Beach Runners	48	F 45-49
428	01:03:38	01:03:13	Clare	Jarrett		61	F 60-64
429	01:03:46	01:03:19	Glynis	Bennett		42	F 40-44
430	01:03:54	01:03:43	Charles	Fenech	Wymondham AC	68	M 65-69
431	01:03:59	01:03:38	Nina Maria	Bushell		53	M 50-54
432	01:04:02	01:03:37	Anna	Pank		26	F 0-39
433	01:04:21	01:04:05	Charles	Weigand	Great Yarmouth Road Runners	68	M 65-69
434	01:04:27	01:03:55	Catherine	Landin		25	F 0-39
435	01:04:27	01:03:55	Katie	Randell		35	F 0-39
436	01:04:36	01:04:07	Paula	Gentry	North Norfolk Beach Runners	40	F 40-44
437	01:04:37	01:04:07	Tony	Gentry	North Norfolk Beach Runners	42	M 40-44
438	01:04:38	01:04:20	Anne	Thorell		36	F 0-39
439	01:04:41	01:04:23	Phillippa	Bond		45	F 45-49

440	01:04:47	01:04:22	Gemma	Seager		34	F 0-39
441	01:04:47	01:04:25	Ann	Mills	Wymondham AC	48	F 45-49
442	01:05:10	01:04:50	Rebecca	Riddoch		25	F 0-39
443	01:05:22	01:05:09	Helen	Bicknell		37	F 0-39
444	01:05:47	01:05:37	Chris	Kountze		26	M 0-39
445	01:05:47	01:05:37	Jessica	Withey	Birketts Runners	23	F 0-39
446	01:05:53	01:05:25	Gill	Cobbold	Diss & District AC	49	F 45-49
447	01:05:55	01:05:29	Victoria	Wortley		28	F 0-39
448	01:05:58	01:05:27	Jennifer	Oey		41	F 40-44
449	01:05:58	01:05:27	Anna	Blagrove		38	F 0-39
450	01:06:04	01:05:41	Rachel	Popham		45	F 45-49
451	01:06:38	01:06:07	Rachel	Murray		23	F 0-39
452	01:07:35	01:07:11	Emma	Main		45	F 45-49
453	01:07:49	01:07:33	Dianne	Crosby	Great Yarmouth Road Runners	68	F 65-99
454	01:07:52	01:07:19	Deborah	Hall		47	F 45-49
455	01:08:16	01:07:55	Matt	Hart		38	M 0-39
456	01:08:55	01:08:55	Kirsty	Wylie		28	F 0-39
457	01:08:55	01:08:24	Helen	Day		51	F 50-54
458	01:08:55	01:08:55	Dawn	Knights		36	F 0-39
459	01:10:01	01:09:32	Janine	Daynes		44	F 40-44
460	01:10:05	01:09:33	Jessica	Vogt		24	F 0-39
461	01:10:13	01:09:59	Emma	Parkinson		30	F 0-39
462	01:11:23	01:10:57	Lorraine	Read		42	F 40-44
463	01:16:12	01:15:41	Jackie	Cole		55	F 55-59
464	01:17:46	01:17:15	Kayleigh	Odat	Norwich Road Runners	28	F 0-39
465	01:17:47	01:17:47	Lisa	James-Price		35	F 0-39
466	01:18:12	01:17:51	Andrew	Joyce		42	M 40-44
467	01:18:39	01:18:08	Allyson	Bailey	Norwich Road Runners	37	F 0-39
468	01:19:06	01:19:01	Jafar	Ojra	University of East Anglia AC	28	M 0-39
469	01:19:06	01:19:01	Mai	Faroun	University of East Anglia AC	25	F 0-39
470	01:19:16	01:18:55	Sophie	Kelley		41	F 40-44
471	01:20:03	01:19:42	Carly	Nineham		30	F 0-39
472	01:20:48	01:20:31	Kelly	Symonds	Wymondham AC	37	F 0-39
473	01:21:05	01:20:37	Becci	Pepperell	Bungay Black Dog RC	24	F 0-39