

2015 Trowse 10k - Sunday 6 April

1	33:04	33:04	Joe Skipper	City of Norwich AC	M 15 to 39
2	33:07	33:06	James Senior	City of Norwich AC	M 15 to 39
3	34:29	34:28	Wayne Lincoln	City of Norwich AC	M 45 to 49
4	34:43	34:43	Ben Spratling	City of Norwich AC	M 15 to 39
5	34:58	34:56	Jeremy Rogers	Norfolk Gazelles RC	M 40 to 44
6	35:13	35:12	Jim Last	Framlingham Flyers	M 15 to 39
7	35:45	35:44	Marcus Sladden	Bungay Black Dog RC	M 15 to 39
8	36:04	36:03	Daniel Rock	Ryston Runners	M 15 to 39
9	36:08	36:06	Alec Francis	Norwich Road Runners	M 15 to 39
10	36:32	36:32	Lawrence Wade	Bure Valley Harriers	M 40 to 44
11	36:46	36:45	Kristin Barnard	Wymondham AC	M 40 to 44
12	36:59	36:57	Darren Sheppard	Framlingham Flyers	M 40 to 44
13	37:01	36:59	Richard Hanson	Tri-Anglia Triathlon Club	M 50 to 54
14	37:02	37:00	Matthew Parker	Derwent Runners (Derby)	M 15 to 39
15	37:05	37:05	Matt Wileman	City of Norwich AC	M 15 to 39
16	37:23	37:23	Sian Khan	Birchfield Harriers	F 15 to 39
17	37:23	37:21	Steve Ely	Tri-Anglia Triathlon Club	M 40 to 44
18	37:27	37:26	Richard Hayes		M 40 to 44
19	37:29	37:28	Kelly Grant	City of Norwich AC	F 15 to 39
20	37:38	37:35	Simon Cowley	Bungay Black Dog RC	M 15 to 39
21	37:39	37:39	Simon English	Norwich Road Runners	M 40 to 44
22	37:51	37:49	Sam Russell		M 15 to 39
23	37:55	37:54	Bruce Beckett	City of Norwich AC	M 15 to 39
24	38:01	37:57	Richard Johnson	Norwich Road Runners	M 15 to 39
25	38:04	38:02	Gavin Barron	Tri-Anglia Triathlon Club	M 15 to 39
26	38:06	38:00	David Asker	Tri-Anglia Triathlon Club	M 15 to 39
27	38:08	38:06	Paul Blazey	Norwich Road Runners	M 15 to 39
28	38:17	38:14	Sean Chambers	West Norfolk AC	M 40 to 44
29	38:26	38:23	Jonathan Cordle	Tri-Anglia Triathlon Club	M 50 to 54
30	38:32	38:30	Jason Mountain	Wymondham AC	M 15 to 39
31	38:50	38:49	Stephen Lee	Dereham Runners AC	M 15 to 39
32	38:56	38:53	Richard Hill	Ely Runners	M 15 to 39
33	39:09	39:06	Dale Skoulding	Bungay Black Dog RC	M 15 to 39
34	39:09	39:06	Daniel Simmons		M 15 to 39
35	39:13	39:09	Tim Sexton	Norfolk Gazelles RC	M 40 to 44
36	39:14	39:14	Mr Keeler		M 50 to 54
37	39:16	39:14	Mark Garrett	Norwich Road Runners	M 50 to 54
38	39:20	39:18	Mark Clues	Tri-Anglia Triathlon Club	M 45 to 49
39	39:32	39:26	James Chapman	Tri-Anglia Triathlon Club	M 15 to 39
40	39:36	39:33	James Sturgess		M 15 to 39
41	39:36	39:32	Michael Sadler	North Norfolk Beach Runners	M 50 to 54
42	39:40	39:35	Alistair Shearer		M 15 to 39
43	39:44	39:39	Daniel Vencovsky		M 15 to 39
44	39:47	39:43	James Lay		M 15 to 39
45	39:48	39:44	Richard Hammond	Fenland Running Club	M 40 to 44
46	39:49	39:44	Diccon Loy	East London Runners	M 40 to 44
47	39:49	39:49	Chris Mickleburgh		M 15 to 39
48	40:18	40:16	Phil Twite	Ryston Runners	M 15 to 39
49	40:18	40:15	Matthew Plane		M 15 to 39
50	40:21	40:19	Ricky Peacher	Framlingham Flyers	M 15 to 39
51	40:22	40:15	Jason Gaul	Norwich Road Runners	M 15 to 39
52	40:24	40:21	Peter Shackleton		M 50 to 54
53	40:26	39:55	Darren Liversidge		M 15 to 39
54	40:34	40:28	Nick Askham	Tri-Anglia Triathlon Club	M 40 to 44
55	40:34	40:32	Daniel Gardiner	Bungay Black Dog RC	M 40 to 44
56	40:37	40:37	Victor Mesa		M 40 to 44
57	40:39	40:37	Stuart Mugridge	Bournville Harriers	M 40 to 44
58	40:43	40:42	Ashley Dennett	City of Norwich AC	M 15 to 39
59	40:53	40:50	Iain Milligan	Saint Edmund Pacers	M 40 to 44
60	40:58	40:47	Paul Smith		M 45 to 49
61	41:10	41:03	John Baxter		M 55 to 59
62	41:16	41:11	Chris Bullock		M 40 to 44
63	41:18	41:06	David Haylett		M 15 to 39
64	41:21	41:17	Jason Brunt	Norfolk Gazelles RC	M 40 to 44
65	41:25	41:22	Jason Best		M 15 to 39
66	41:34	41:28	William Marshall		M 15 to 39

67	41:48	41:42	Jihanna Allard	City of Norwich AC	F 15 to 39
68	41:49	41:45	Marc Coles		M 15 to 39
69	41:51	41:46	Darren Moore		M 40 to 44
70	41:55	41:49	Adam Leech		M 15 to 39
71	41:56	41:14	Jay McLelland-Taylor		M 15 to 39
72	41:58	41:51	Ben Snelling		M 40 to 44
73	41:58	41:54	Cameron Johnson		M 15 to 39
74	41:59	41:46	Jason Sparkes		M 15 to 39
75	42:00	41:53	Stuart Peck		M 15 to 39
76	42:00	41:39	Paul Spooner		M 15 to 39
77	42:03	41:58	Sharon Hurren	Wymondham AC	F 40 to 44
78	42:27	42:27	Michael Hill	Tri-Anglia Triathlon Club	M 50 to 54
79	42:28	42:19	Andrew Pond	Tri-Anglia Triathlon Club	M 50 to 54
80	42:29	42:25	Stephen Dady	Wymondham AC	M 60 to 64
81	42:38	42:34	Karl Walker	Norfolk Gazelles RC	M 40 to 44
82	42:39	42:39	Kate Murrell	Tri-Anglia Triathlon Club	F 15 to 39
83	42:40	42:38	Kirk Bagge	Wymondham AC	M 15 to 39
84	42:42	42:37	Ben Nicholson	Beccles Triathlon Club	M 40 to 44
85	42:44	42:36	Matthew Spillman	Tri-Anglia Triathlon Club	M 45 to 49
86	42:45	42:41	Paul Gardner		M 40 to 44
87	42:52	42:20	Fergus Bootman		M 15 to 39
88	42:53	42:49	Gary Mooney		M 15 to 39
89	42:54	42:49	Sarah Peachey	Norwich Road Runners	F 15 to 39
90	42:54	42:54	Helen Mian	Norfolk Gazelles RC	F 45 to 49
91	42:56	42:53	Neil Platten	City of Norwich AC	M 45 to 49
92	43:00	42:51	David Hudson	Tri-Anglia Triathlon Club	M 40 to 44
93	43:07	43:02	Jason Elrick		M 45 to 49
94	43:12	43:00	Kevin Spratling		M 50 to 54
95	43:15	43:02	Deborah English	Norwich Road Runners	F 15 to 39
96	43:24	43:20	Rowena Leary	Norfolk Gazelles RC	F 15 to 39
97	43:26	43:18	Gary Cheesman	Norwich Road Runners	M 15 to 39
98	43:31	43:18	Lee Bartlett		M 15 to 39
99	43:31	43:22	James Millson	Tri-Anglia Triathlon Club	M 15 to 39
100	43:39	43:34	Martin Newstead		M 40 to 44
101	43:43	43:32	Guy Shearwood	Norwich Road Runners	M 55 to 59
102	43:44	43:28	Harry Jolly		M 15 to 39
103	43:44	43:27	Gary Penn	City of Norwich AC	M 15 to 39
104	43:45	43:40	Rosie Pitt	Victoria Park Harriers & Tower Hamlets AC	F 15 to 39
105	43:45	43:41	Steven Rix	Dereham Runners AC	M 15 to 39
106	43:50	43:44	Richard Crewe		M 40 to 44
107	43:52	43:44	Chris Harrison	Norwich Road Runners	M 15 to 39
108	43:54	43:44	Craig Farr	Reepham Runners	M 40 to 44
109	43:54	43:42	Matthew Jones		M 45 to 49
110	43:55	43:26	James Larnder		M 15 to 39
111	43:57	43:54	Daniel Andrews		M 15 to 39
112	43:57	43:38	Elizabeth Daly	Dereham Runners AC	F 15 to 39
113	43:59	43:53	Paul Frarey		M 15 to 39
114	44:02	43:31	Chris Chorley	Bungay Black Dog RC	M 50 to 54
115	44:05	44:00	Mike Duckworth		M 15 to 39
116	44:08	44:01	Nick Gurney	Norwich Road Runners	M 15 to 39
117	44:14	44:00	Jim Fitch		M 45 to 49
118	44:20	44:12	David Eastaugh		M 50 to 54
119	44:22	44:17	Matthew Mason	Ely Runners	M 45 to 49
120	44:23	44:12	John Morgan	North Norfolk Beach Runners	M 50 to 54
121	44:23	44:15	Paul Quantrill	Tri-Anglia Triathlon Club	M 50 to 54
122	44:24	44:15	Gary Fowler	Stopsley Striders	M 50 to 54
123	44:30	44:22	Mark Hall		M 45 to 49
124	44:34	44:24	Rob Lines	Tri-Anglia Triathlon Club	M 45 to 49
125	44:36	44:27	Iain Dawson	Tri-Anglia Triathlon Club	M 15 to 39
126	44:36	44:24	Paul Rogers	Bure Valley Harriers	M 40 to 44
127	44:40	44:40	Ben Houchen		M 15 to 39
128	44:40	44:30	Gary Fryer	Tri-Anglia Triathlon Club	M 15 to 39
129	44:40	44:28	Ian Coxhead		M 45 to 49
130	44:43	44:43	David Neeve	Bungay Black Dog RC	M 15 to 39
131	44:44	44:25	Emma Potter-Campbell	Dereham Runners AC	F 45 to 49
132	44:46	44:40	Haydn Lyon	City of Norwich AC	M 15 to 39
133	44:47	44:37	Christopher Sexton		M 15 to 39
134	44:50	44:34	Richard Hazleton	Norfolk Gazelles RC	M 15 to 39

135	44:53	44:40	Carly Jermy	Norwich Road Runners	F 15 to 39
136	44:54	44:50	Desmond Michael	Barnet & District AC	M 65+
137	44:56	44:45	Lorena Latisaite	Ryston Runners	F 15 to 39
138	45:01	44:53	Simon Fenton		M 15 to 39
139	45:01	44:58	Nick Richards		M 40 to 44
140	45:15	45:06	David John Nockels		M 15 to 39
141	45:20	45:12	Thomas Lincoln-Kemp		M 45 to 49
142	45:30	45:17	Sean O'Loughlin	Bungay Black Dog RC	M 50 to 54
143	45:32	45:18	Ian Jermy	Coltishall Jaguars RC	M 15 to 39
144	45:33	45:25	Richard Collyer	Bure Valley Harriers	M 45 to 49
145	45:34	45:34	Amy Thomas	Wymondham AC	F 15 to 39
146	45:35	45:21	Sabine Schaefer		F 15 to 39
147	45:36	45:21	Lee Barker		M 15 to 39
148	45:37	45:28	Benjamin Young-Longstaff		M 15 to 39
149	45:40	45:29	Tess Killingbeck		F 15 to 39
150	45:46	45:46	Joseph Kiddell	Norwich Road Runners	M 40 to 44
151	45:46	45:40	Joy Taylor		F 40 to 44
152	45:49	45:35	Nicholas Richardson		M 15 to 39
153	45:50	45:20	Gary Wootton	Tri-Anglia Triathlon Club	M 45 to 49
154	45:51	45:21	Peter Wootton		M 15 to 39
155	45:53	45:53	Darren Nockels		M 45 to 49
156	45:58	45:58	Simon Moore	Tri-Anglia Triathlon Club	M 50 to 54
157	46:00	45:48	Shaun Braybrook		M 15 to 39
158	46:00	45:48	Mark Bagley		M 15 to 39
159	46:00	45:37	Lisa Hall		F 15 to 39
160	46:05	45:53	Stephen Eaglen		M 40 to 44
161	46:08	46:05	Colin Richards		M 65+
162	46:09	46:00	Niki Park	Norwich Road Runners	F 45 to 49
163	46:10	45:34	Chris Millsted		M 15 to 39
164	46:17	46:09	Ian Clitheroe		M 45 to 49
165	46:19	46:12	Dudley Garner	Norfolk Gazelles RC	M 15 to 39
166	46:21	46:17	Ian Edwards	Norfolk Gazelles RC	M 40 to 44
167	46:21	46:13	Paul Jarvey	Bure Valley Harriers	M 40 to 44
168	46:22	46:13	John Gage		M 50 to 54
169	46:24	46:10	Kevin Raisborough		M 45 to 49
170	46:29	46:15	Neil Dobson		M 15 to 39
171	46:36	46:29	Tim Lucking		M 15 to 39
172	46:36	46:29	Shaune Gooch		M 40 to 44
173	46:37	46:29	Claire Brooke	Wymondham AC	F 40 to 44
174	46:43	46:30	Craig Spurr		M 15 to 39
175	46:45	46:22	Mark Saunders		M 45 to 49
176	46:48	46:45	Ian Claybourn		M 45 to 49
177	46:50	46:46	Kevin Prior		M 45 to 49
178	46:50	46:50	Jonathan Eagle		M 15 to 39
179	46:50	46:42	Sarah Stubbs	Bure Valley Harriers	F 40 to 44
180	46:55	46:52	Antony Beales	Wymondham AC	M 45 to 49
181	46:57	46:57	Adrian Sween		M 15 to 39
182	46:58	46:44	Stephanie Laurence	City of Norwich AC	F 15 to 39
183	47:04	46:58	David Clark		M 45 to 49
184	47:05	46:49	Cassie Barker	Wymondham AC	F 15 to 39
185	47:17	47:02	Mike Jolly		M 45 to 49
186	47:17	47:01	Ross Barrett		M 15 to 39
187	47:19	47:10	David Brailey	Coltishall Jaguars RC	M 40 to 44
188	47:20	47:20	Simon Beckett		M 50 to 54
189	47:21	47:02	Tristan Clayton		M 15 to 39
190	47:22	47:13	Fiona Grady		F 40 to 44
191	47:23	47:16	Kaylee Brown	City of Norwich AC	F 15 to 39
192	47:31	47:25	Lucy Clark		F 15 to 39
193	47:32	47:13	Keith Moore	Dereham Runners AC	M 50 to 54
194	47:33	47:22	John Field		M 50 to 54
195	47:34	47:22	Luke Pavey		M 15 to 39
196	47:35	47:17	Claire Emery	East London Runners	F 40 to 44
197	47:37	47:27	Rachel Cubitt	Norwich Road Runners	F 15 to 39
198	47:38	47:38	Peter Walsh		M 15 to 39
199	47:45	47:30	Claire Ramsbottom	Norwich Road Runners	F 40 to 44
200	47:47	47:39	Rebecca Hall	Bure Valley Harriers	F 15 to 39
201	47:55	47:42	Stuart Young	Bungay Black Dog RC	M 45 to 49
202	47:59	47:43	Roy Tait		M 40 to 44

203	48:00	47:37	Maria Alborough		F 15 to 39
204	48:00	47:46	Natasha Rout	Wymondham AC	F 15 to 39
205	48:00	47:31	Jonathan Briggs	City of Norwich AC	M 40 to 44
206	48:02	47:42	Alex Bowen	Wymondham AC	M 15 to 39
207	48:06	48:00	Graham Hardingham	Norfolk Gazelles RC	M 50 to 54
208	48:06	47:53	Imogen Snelling	Bungay Black Dog RC	F 15 to 39
209	48:17	48:05	Mark Ring	Norwich Road Runners	M 45 to 49
210	48:19	48:10	Philip Wilton	Tri-Anglia Triathlon Club	M 45 to 49
211	48:21	48:02	Chris Stocker		M 15 to 39
212	48:23	48:05	Alan Burton		M 45 to 49
213	48:23	48:12	Brittany Bathgate		F 15 to 39
214	48:24	47:59	Peter Raven		M 15 to 39
215	48:24	48:04	Matt Rump		M 15 to 39
216	48:26	48:20	Sally Juby	Dereham Runners AC	F 15 to 39
217	48:30	48:18	Paul Smithson		M 50 to 54
218	48:33	48:20	Derek Sadler	North Norfolk Beach Runners	M 60 to 64
219	48:37	48:24	Alice Kirk	Bungay Black Dog RC	F 15 to 39
220	48:40	48:40	Sarah Spinks		F 15 to 39
221	48:42	48:35	Roly Cook	Norwich Road Runners	M 50 to 54
222	48:44	48:14	Darren Douglass	Tri-Anglia Triathlon Club	M 45 to 49
223	48:45	48:36	Nicola Gibson	Norwich Road Runners	F 15 to 39
224	48:52	48:26	Roderick Main	Tri-Anglia Triathlon Club	M 45 to 49
225	48:55	48:43	Keith Gordon	Penistone Footpath Runners & Athletic Club	M 65+
226	48:56	48:39	Tracy Lowthorpe		F 40 to 44
227	48:58	48:40	Kevin Joyce		M 45 to 49
228	48:58	48:51	Paul Eglen	Birstall RC	M 15 to 39
229	48:58	48:58	William Vincent		M 15 to 39
230	49:00	48:54	James Fuller		M 15 to 39
231	49:02	48:41	Julian Johnson	Wymondham AC	M 40 to 44
232	49:05	48:56	Theresa Dooley		F 45 to 49
233	49:06	49:02	Jim Jenkinson		M 45 to 49
234	49:07	48:58	Jonathan Goldser		M 15 to 39
235	49:09	48:43	Tim Earl		M 15 to 39
236	49:10	48:53	Victoria Ford		F 15 to 39
237	49:11	48:51	Chris Beare		M 40 to 44
238	49:12	48:56	Chris Dann		M 15 to 39
239	49:15	49:11	Royston Thorne		M 15 to 39
240	49:15	49:09	Thomas Morris		M 15 to 39
241	49:17	48:58	Jerry Fuller		M 40 to 44
242	49:18	49:12	Martin Godfrey		M 40 to 44
243	49:21	49:06	Michael Drummond		M 15 to 39
244	49:27	48:51	Stefan White		M 15 to 39
245	49:32	49:16	Louise Barker		F 40 to 44
246	49:33	49:18	James Sharman		M 15 to 39
247	49:37	49:23	Alice Bodger	Norwich Road Runners	F 15 to 39
248	49:43	49:32	Tracy Stevenson	Norfolk Gazelles RC	F 45 to 49
249	49:43	49:35	Ian Hawkes		M 55 to 59
250	49:44	49:19	Lewis Ablett		M 15 to 39
251	49:45	49:43	Jon Regester		M 45 to 49
252	49:45	49:22	Ross Ferguson		M 15 to 39
253	49:49	49:37	Howard Foale	North Norfolk Beach Runners	M 50 to 54
254	49:49	49:42	Matthew Aldous		M 15 to 39
255	49:50	49:23	Debbie Tooke	Saxmundham Sports Running & Fitness Club	F 40 to 44
256	49:51	49:24	Natasha Walsh	Norwich Road Runners	F 15 to 39
257	50:00	50:00	Martin Roper	Norwich Road Runners	M 55 to 59
258	50:11	49:44	Andrew Earl		M 60 to 64
259	50:11	49:54	Nicola Andrewartha		F 15 to 39
260	50:16	50:02	Steve Marshall		M 15 to 39
261	50:16	49:54	Terry Hutson		M 15 to 39
262	50:17	50:05	Louise Gardiner		F 40 to 44
263	50:17	49:57	Andrew Cooper		M 15 to 39
264	50:20	49:58	Matthew Cawston		M 15 to 39
265	50:21	50:21	Emma Meiring		F 40 to 44
266	50:24	50:08	Tracy Stevens	Wymondham AC	F 45 to 49
267	50:24	50:00	Jenna Sweeney		F 15 to 39
268	50:27	50:08	Chris Groves	Tri-Anglia Triathlon Club	M 60 to 64
269	50:31	50:12	Richard Gedge	Norwich Road Runners	M 15 to 39
270	50:37	50:37	Samantha Booth	Chapel Allerton Runners	F 15 to 39

271	50:41	50:31	Jude Durrant	Longdale Striders	F 45 to 49
272	50:42	50:36	Malcolm Fisher		M 15 to 39
273	50:48	50:38	Georgina Sexton		F 15 to 39
274	50:48	50:36	Nigel Davies		M 45 to 49
275	50:54	50:23	Dave Lines	Tri-Anglia Triathlon Club	M 45 to 49
276	50:56	50:46	Roderick Forster		M 15 to 39
277	50:58	50:30	Jack Sutton		M 15 to 39
278	50:58	50:31	Sue Brumby		F 50 to 54
279	51:01	50:28	Jo Parden	Framlingham Flyers	F 45 to 49
280	51:02	50:37	Liam Ray		M 15 to 39
281	51:05	50:24	Paul Eves		M 15 to 39
282	51:09	51:02	James Fowler		M 15 to 39
283	51:10	50:40	Bobbie Sauerzapf	Bungay Black Dog RC	F 55 to 59
284	51:10	50:56	Matthew Parkhouse		M 15 to 39
285	51:11	50:58	Jillian Davis	Ryston Runners	F 60 to 64
286	51:17	50:59	Lindsay Black		F 15 to 39
287	51:21	51:10	Sal Ryder	North Norfolk Beach Runners	F 45 to 49
288	51:24	50:53	Tom Wright		M 15 to 39
289	51:27	51:13	Peter Rice	Norfolk Gazelles RC	M 45 to 49
290	51:29	51:14	Natasha Lee		F 15 to 39
291	51:32	50:45	Glenn Sharman		M 50 to 54
292	51:33	51:04	Ruth Gaunt	Norwich Road Runners	F 45 to 49
293	51:41	51:17	Andrew Hood		M 15 to 39
294	51:42	51:17	Leanne Howlett	Wymondham AC	F 15 to 39
295	51:44	51:29	Graham Sampson	Bungay Black Dog RC	M 65+
296	51:45	51:33	Tim Cheesman		M 15 to 39
297	51:48	51:31	Nicholas Dodd		M 15 to 39
298	51:49	51:27	Jen Rudd	Wymondham AC	F 40 to 44
299	51:50	51:28	Joanne Jesney	Wymondham AC	F 40 to 44
300	51:53	51:51	Levi Rijks		F 15 to 39
301	51:54	51:35	Guy Heseltine		M 45 to 49
302	51:57	51:57	Jem Walters		M 45 to 49
303	52:00	51:54	Chris Lee	City of Norwich AC	M 15 to 39
304	52:02	51:39	Gavin Hall	Wymondham AC	M 40 to 44
305	52:05	51:30	Keith Cutting		M 55 to 59
306	52:06	51:44	John Newell	Wymondham AC	M 45 to 49
307	52:09	51:53	Richard Houston		M 45 to 49
308	52:11	52:07	Kirsty Johnstone	Barnet & District AC	F 50 to 54
309	52:11	51:47	Evan Thomas		M 15 to 39
310	52:12	51:47	James Cooper		M 15 to 39
311	52:13	52:13	Anna Cain		F 15 to 39
312	52:13	51:31	Jenna Jones		F 15 to 39
313	52:15	51:54	Angie Bear	Wymondham AC	F 55 to 59
314	52:21	51:59	Peter Cropley		M 45 to 49
315	52:24	51:59	Rachel Lubbock		F 15 to 39
316	52:28	52:09	Tamsin Desborough	Great Yarmouth Road Runners	F 15 to 39
317	52:35	52:24	Charles Wood	Norwich Road Runners	M 55 to 59
318	52:43	52:21	Sarah Shipley		F 15 to 39
319	52:45	52:25	Lewis Foulger		M 15 to 39
320	52:46	52:28	Robert Cox		M 50 to 54
321	52:50	52:33	Louise Panter		F 40 to 44
322	52:50	52:33	Rachel Taylor		F 15 to 39
323	52:52	52:46	Della Brown	Tri-Anglia Triathlon Club	F 45 to 49
324	52:52	52:29	Kerry Hopper	Wymondham AC	M 40 to 44
325	52:53	52:40	Christine Haylett		F 15 to 39
326	52:59	52:22	Dan Hamilton		M 50 to 54
327	53:00	52:31	Sally Cushing	Norwich Road Runners	F 50 to 54
328	53:10	52:32	Philip Cockrell		M 15 to 39
329	53:10	52:49	Paul Strowger	Norwich Road Runners	M 15 to 39
330	53:11	52:44	Peter Hibbit		M 40 to 44
331	53:13	52:29	Paul Minns		M 45 to 49
332	53:14	52:53	Wendy Burgess	Wymondham AC	F 15 to 39
333	53:15	53:15	Yasmin Dodd		F 15 to 39
334	53:15	53:10	Janice Coglin-Hibbert	Tri-Anglia Triathlon Club	F 40 to 44
335	53:16	52:33	Graham Robson	Coltishall Jaguars RC	M 55 to 59
336	53:17	52:55	Gabriella Cawston		F 15 to 39
337	53:18	53:05	John O'Toole	Petts Wood Runners	M 40 to 44
338	53:19	53:04	Paul Scibilia	Tri-Anglia Triathlon Club	M 45 to 49

339	53:20	52:46	Robert Osborne	North Norfolk Beach Runners	M 55 to 59
340	53:23	52:53	Hayley Knight		F 15 to 39
341	53:25	53:14	Christine Bakewell		F 50 to 54
342	53:26	52:53	Paul Taylor		M 45 to 49
343	53:27	53:04	Stephen Bright		M 50 to 54
344	53:27	53:08	Michael Franks		M 55 to 59
345	53:28	53:12	Sharon Cook	Wymondham AC	F 40 to 44
346	53:30	52:54	William Howell		M 45 to 49
347	53:30	52:58	Eleanor Rastrick		F 15 to 39
348	53:32	53:01	Christopher Mahoney		M 45 to 49
349	53:35	53:26	Ian Girdlestone		M 40 to 44
350	53:35	52:58	Christopher High		M 40 to 44
351	53:36	53:10	Matt Earl		M 15 to 39
352	53:42	53:22	Robert Whalen		M 15 to 39
353	53:42	53:30	Charlotte Betts		F 15 to 39
354	53:51	53:09	Richard Philpott		M 15 to 39
355	53:55	53:49	Stuart Palmer		M 45 to 49
356	53:56	53:43	Keelan Smith	Saxmundham Sports Running & Fitness Club	M 15 to 39
357	53:56	53:33	Carlos Nodar		M 15 to 39
358	53:58	53:58	Lauren Cunningham		F 15 to 39
359	53:59	53:40	Angie Martin		F 50 to 54
360	54:01	53:42	Nedina Middleton-Hall	Wymondham AC	F 50 to 54
361	54:05	53:44	Dominic Crook		M 15 to 39
362	54:11	54:02	Jo Brooks	Ryston Runners	F 40 to 44
363	54:12	53:38	Andrea Osborne	Longdale Striders	F 60 to 64
364	54:14	54:03	Tessa Humphrey		F 15 to 39
365	54:16	53:40	Thu-Hang Ong		F 15 to 39
366	54:18	53:44	Adele Bushell	Coltishall Jaguars RC	F 45 to 49
367	54:20	54:02	Claire Mingay	Norwich Road Runners	F 40 to 44
368	54:20	53:55	Thomas Markham-Uden		M 15 to 39
369	54:21	53:56	Jacquie Rodwell		F 50 to 54
370	54:22	53:39	Emily Player		F 15 to 39
371	54:29	54:19	Lucy Coleman		F 15 to 39
372	54:29	54:06	Louise Blazey	Norwich Road Runners	F 15 to 39
373	54:32	54:03	Angela Bell	Norwich Road Runners	F 40 to 44
374	54:32	54:03	Clive Cartner	Norwich Road Runners	M 15 to 39
375	54:33	54:15	Susan Smith		F 40 to 44
376	54:34	54:01	Kieran Rudrum		M 15 to 39
377	54:34	54:16	Darrell Roper		M 15 to 39
378	54:35	54:27	James Woodburn	Tri-Anglia Triathlon Club	M 15 to 39
379	54:35	54:20	Julie Gardner		F 45 to 49
380	54:36	54:19	David Allen		M 15 to 39
381	54:37	54:37	Ivan Colman	Wymondham AC	M 50 to 54
382	54:37	54:37	Christina Lakey	Wymondham AC	F 15 to 39
383	54:38	53:52	Stephen Thomson	City of Norwich AC	M 55 to 59
384	54:38	54:38	John Lockett		M 55 to 59
385	54:39	54:09	Karen Glenister		F 40 to 44
386	54:44	54:15	Liz Jones	Norwich Road Runners	F 15 to 39
387	54:44	54:41	Liz Hollis	City of Norwich AC	F 50 to 54
388	54:55	54:21	Rachel Robson	North Norfolk Beach Runners	F 50 to 54
389	54:58	54:32	Charlotte Richardson	Wymondham AC	F 15 to 39
390	55:04	54:40	Laurence Bower		M 45 to 49
391	55:04	54:40	Sheila Smith		F 60 to 64
392	55:05	54:31	Claire Owen	Coltishall Jaguars RC	F 15 to 39
393	55:06	55:06	David Royal		M 40 to 44
394	55:12	54:48	Lucy Hazleton	Norfolk Gazelles RC	F 15 to 39
395	55:19	54:36	Marianne Armstrong	Norwich Road Runners	F 15 to 39
396	55:20	54:38	Stewart Ingram		M 60 to 64
397	55:24	55:01	Hannah Knights	Road Runners Club	F 15 to 39
398	55:25	54:57	David Hilburn		M 55 to 59
399	55:28	54:53	Tina Foster	North Norfolk Beach Runners	F 45 to 49
400	55:28	54:47	Nicola Jepson		F 15 to 39
401	55:30	54:46	Dawn Kettell		F 15 to 39
402	55:32	54:50	Fiona Henderson		F 15 to 39
403	55:34	54:49	Dean Gray		M 55 to 59
404	55:35	55:06	Maureen Hamis	Norwich Road Runners	F 15 to 39
405	55:42	54:56	Mark Matthews		M 45 to 49
406	55:43	55:27	Adrian King		M 40 to 44

407	55:43	55:14	Jonathan Batchelor		M 15 to 39
408	55:43	55:14	Elliot Haines		M 15 to 39
409	55:45	55:23	Joanne Parker		F 15 to 39
410	55:47	55:13	Andrew Pearmain		M 60 to 64
411	55:50	55:23	Gareth Hand	Norwich Road Runners	M 40 to 44
412	55:51	55:17	Jackie Gooch	Coltishall Jaguars RC	F 50 to 54
413	55:53	55:26	Gina Preston	Norwich Road Runners	F 45 to 49
414	55:53	55:26	Linda Storey	Norwich Road Runners	F 45 to 49
415	55:55	55:38	Lucy Fleming		F 15 to 39
416	55:56	55:31	Richard Napthen		M 50 to 54
417	55:56	55:37	Claire Ellis		F 15 to 39
418	55:59	55:59	Michael Cook		M 45 to 49
419	55:59	55:18	Leyla Marriott	Norwich Road Runners	F 15 to 39
420	55:59	55:19	Philip Linturn		M 65+
421	56:00	55:36	Gareth Francis		M 15 to 39
422	56:01	55:32	Stacey Harper	Norwich Road Runners	F 15 to 39
423	56:02	55:32	Rachel Miller	Norwich Road Runners	F 40 to 44
424	56:02	55:20	Rebecca Gooch		F 15 to 39
425	56:02	55:33	Victoria Jones	Norwich Road Runners	F 15 to 39
426	56:07	55:28	Ian Bowker		M 15 to 39
427	56:10	55:31	Morgan Jones Dady		F 15 to 39
428	56:20	55:37	Susie Richardson		F 15 to 39
429	56:22	55:51	Daniel Taylor		M 15 to 39
430	56:24	55:58	Naomi Bowditch	Norwich Road Runners	F 15 to 39
431	56:27	55:56	Barry Cochrane		M 15 to 39
432	56:37	56:11	Cindy Burgess	Wymondham AC	F65+
433	56:40	56:40	Kate MacKley		F 15 to 39
434	56:40	56:01	Steven Alderson		M 50 to 54
435	56:50	56:05	Kerry Metcalf	Norwich Road Runners	F 15 to 39
436	56:56	56:39	Binks Neate-Evans	Reepham Runners	F 45 to 49
437	56:57	56:40	Catherine Groom		F 15 to 39
438	56:59	56:39	Camilla Parker		F 50 to 54
439	57:12	56:50	Rachel Hunt		F 15 to 39
440	57:14	56:52	Nathan Hunt		M 15 to 39
441	57:24	57:02	Helen Day	Norwich Road Runners	F 15 to 39
442	57:27	56:54	Peter Spandler	Great Yarmouth Road Runners	M 55 to 59
443	57:29	57:05	Ray Knights		M 60 to 64
444	57:35	57:00	Catherine Young	North Norfolk Beach Runners	F 50 to 54
445	57:35	57:09	Sylvia Dady	Wymondham AC	F 15 to 39
446	57:36	56:56	Nicholas Paul		M 15 to 39
447	57:43	57:03	Kevin Marriott		M 40 to 44
448	57:52	57:31	Brett Jury		M 15 to 39
449	58:08	57:36	Lucy Greenwood		F 15 to 39
450	58:12	57:57	Sarah Goldser		F 55 to 59
451	58:12	57:34	Sarah Hanson		F 45 to 49
452	58:14	57:47	Kirsty Paradot		F 15 to 39
453	58:16	57:57	Iain Chettleburgh		M 45 to 49
454	58:20	57:40	Chris Gooda		M 15 to 39
455	58:20	57:56	Aliena Uppal		F 15 to 39
456	58:24	58:10	Kirsty Ferris	Tri-Anglia Triathlon Club	F 40 to 44
457	58:30	57:45	Robert Belcher	Norwich Road Runners	M 55 to 59
458	58:31	57:52	Jill Yallop		F 40 to 44
459	58:32	57:53	Wayne Yallop		M 45 to 49
460	58:32	58:00	Penny Cook		F 45 to 49
461	58:32	58:00	Georgia Moore		F 15 to 39
462	58:38	57:53	Kevin Rowe		M 55 to 59
463	58:41	58:11	Andrew Bird		M 50 to 54
464	58:43	58:27	Lynne Urquhart	City of Norwich AC	F 45 to 49
465	58:46	58:10	Quinton Haverson		M 40 to 44
466	58:46	58:10	David Pugh		M 65+
467	58:53	58:09	Mike Laurence		M 55 to 59
468	58:55	58:12	Freddie Main		M 15 to 39
469	59:01	59:01	Brian Gooda		M 60 to 64
470	59:05	59:05	Alana Rix		F 15 to 39
471	59:06	58:51	Mitzy O'Loughlin	Bungay Black Dog RC	F 50 to 54
472	59:06	58:47	Michelle Waters	Norfolk Gazelles RC	F 45 to 49
473	59:06	58:24	Jenny Boyle		F 15 to 39
474	59:15	58:57	Jenny Rowley	Longdale Striders	F65+

475	59:20	58:46	Ayshea Christian		F 40 to 44
476	59:22	58:51	Alison Jones		F 40 to 44
477	59:23	58:38	Annabel Courtney		F 15 to 39
478	59:24	58:38	Alex Gray		M 15 to 39
479	59:24	58:46	Mark Ashwood		M 15 to 39
480	59:24	58:46	Lucy Baxter		F 15 to 39
481	59:25	58:54	Sarah Bird		F 15 to 39
482	59:26	58:58	Sally Kelly		M 50 to 54
483	59:32	58:47	Tessa Morgan		F 50 to 54
484	59:37	59:37	Lisa Edwards		F 45 to 49
485	59:38	59:13	Paul Ray	Tri-Anglia Triathlon Club	M 45 to 49
486	59:39	59:14	Rosie Gunning		F 40 to 44
487	59:41	59:04	Angela Spinks		F 15 to 39
488	59:47	59:18	Laura Hill	Ely Runners	F 15 to 39
489	59:57	59:57	Clare Farrant		F 15 to 39
490	1:00:00	59:42	Michelle Riley		F 15 to 39
491	1:00:03	1:00:03	Tony Gentry	North Norfolk Beach Runners	M 40 to 44
492	1:00:03	59:29	Paula Gentry	North Norfolk Beach Runners	F 40 to 44
493	1:00:11	1:00:00	Dawn Chapman	Coltishall Jaguars RC	F 40 to 44
494	1:00:15	1:00:05	Laura Middleton		F 15 to 39
495	1:00:16	59:57	Sarah Tovell		F 15 to 39
496	1:00:17	1:00:05	Sarah Robinson		F 15 to 39
497	1:00:22	59:37	Michelle Matthews		F 45 to 49
498	1:00:32	59:46	Samantha Giles		F 15 to 39
499	1:00:32	1:00:19	Emma Manning		F 15 to 39
500	1:00:33	1:00:15	Caroline Allen		F 15 to 39
501	1:00:36	59:50	Amelia Thomson		F 15 to 39
502	1:00:36	59:50	Jennifer Thomson		F 15 to 39
503	1:00:38	1:00:01	Diane Thompson		F 50 to 54
504	1:00:41	59:58	Pam Sayle		F 60 to 64
505	1:00:45	1:00:10	Mike Wray		M 50 to 54
506	1:00:46	1:00:20	Caitlin Gook		F 15 to 39
507	1:00:51	1:00:51	Stephen Gook		M 45 to 49
508	1:00:55	1:00:18	Samantha Howell		F 40 to 44
509	1:00:56	1:00:19	Deborah Hall		F 45 to 49
510	1:00:58	1:00:26	Laura Mallett	Tri-Anglia Triathlon Club	F 15 to 39
511	1:00:59	1:00:44	Claire Williams		F 15 to 39
512	1:01:01	1:00:51	Liz Clues	Tri-Anglia Triathlon Club	F 40 to 44
513	1:01:02	1:00:51	Vanja Briggs		F 40 to 44
514	1:01:14	1:00:39	Lisa Petherick		F 40 to 44
515	1:01:15	1:00:44	Laura Cochrane		F 15 to 39
516	1:01:24	1:00:58	Jennifer Smart		F 40 to 44
517	1:01:32	1:01:20	Nicole Cole		F 40 to 44
518	1:01:34	1:00:54	Samantha Reddy	Norwich Road Runners	F 45 to 49
519	1:01:54	1:01:38	Chloe Urquhart	City of Norwich AC	F 15 to 39
520	1:02:06	1:01:48	Julia Wright	Longdale Striders	F 15 to 39
521	1:02:15	1:02:04	Gary Gannon	Norwich Road Runners	M 45 to 49
522	1:02:16	1:02:05	Julie Evans		F 40 to 44
523	1:02:45	1:02:00	Leticia Yulita		F 45 to 49
524	1:02:47	1:02:28	Jacqueline Keeling	Wymondham AC	F 45 to 49
525	1:02:47	1:02:06	Katie Gooch		F 15 to 39
526	1:02:48	1:02:07	Caroline Gooch		F 15 to 39
527	1:02:50	1:02:28	Emma Fickling	Wymondham AC	F 15 to 39
528	1:02:51	1:02:10	Gemma Sullivan		F 15 to 39
529	1:03:10	1:02:25	Linda Gray		F 55 to 59
530	1:03:17	1:02:50	Ann Greenizan		F 60 to 64
531	1:03:39	1:03:11	Wendy Larke	Wymondham AC	F 45 to 49
532	1:03:42	1:03:08	Paul Bird		M 50 to 54
533	1:03:46	1:03:46	Drew Woodier		M 45 to 49
534	1:03:47	1:03:03	Catherine Hodds		F 45 to 49
535	1:03:53	1:03:19	Chritine Barker		F 50 to 54
536	1:03:54	1:03:17	Lisa Wetton		F 15 to 39
537	1:04:06	1:03:38	Jayne Cook		F 50 to 54
538	1:04:16	1:03:36	Katy Dunne		F 15 to 39
539	1:04:22	1:03:50	Gemma Seager		F 15 to 39
540	1:04:23	1:03:49	Kayleigh Bailey		F 15 to 39
541	1:04:29	1:03:41	Joseph Wood		M 15 to 39
542	1:04:30	1:03:51	Hazel Cason	Dereham Runners AC	F 55 to 59

543	1:04:45	1:04:06	Will Schwer	Felixstowe RRC	M 15 to 39
544	1:04:53	1:04:22	Ann Elrick		F 40 to 44
545	1:04:54	1:04:23	Deborah Eves	Norwich Road Runners	F 15 to 39
546	1:04:59	1:04:18	Rosie Drakard		F 15 to 39
547	1:04:59	1:04:18	Tess Tebboth		F 15 to 39
548	1:05:46	1:05:25	Sarah Barley		F 45 to 49
549	1:06:00	1:06:00	Emma Lincoln		F 15 to 39
550	1:06:01	1:05:20	Emma Soanes		F 15 to 39
551	1:06:24	1:05:42	Janette Franks		F 50 to 54
552	1:07:08	1:06:24	Sally Cazier	Norfolk Gazelles RC	F 45 to 49
553	1:07:11	1:06:37	Emma McCarthy		F 15 to 39
554	1:07:17	1:06:34	Lorna Lusher		F 15 to 39
555	1:07:40	1:07:05	Lauren Wainwright		F 15 to 39
556	1:07:46	1:07:03	Clare Jarrett		F 60 to 64
557	1:07:50	1:07:06	Ann Greig		F 45 to 49
558	1:07:53	1:07:19	Penny Powell	Tri-Anglia Triathlon Club	M 55 to 59
559	1:08:33	1:08:33	Tracy Yates		F 50 to 54
560	1:08:54	1:08:25	Sue Smith	Ryston Runners	F 50 to 54
561	1:09:00	1:08:41	Joanna Scorey		F 15 to 39
562	1:09:18	1:08:41	Tim Scutter		M 40 to 44
563	1:09:48	1:09:01	David Woodward		M 65+
564	1:10:08	1:09:58	Lynn McGarry		F 40 to 44
565	1:10:24	1:09:43	Lorna Wigg		F 15 to 39
566	1:10:42	1:10:42	Emma Main		F 45 to 49
567	1:11:55	1:11:07	Jenna Wood		F 15 to 39
568	1:11:55	1:11:07	Richard Wood		M 40 to 44
569	1:12:53	1:12:11	Andy Warnes		M 40 to 44
570	1:12:53	1:12:11	Stephen Snowling		M 15 to 39
571	1:13:50	1:13:17	Dawn Higgs		F 15 to 39
572	1:13:54	1:13:43	Debbie Bannon		F 55 to 59
573	1:13:54	1:13:44	Sarah Rhoades		F 50 to 54
574	1:14:08	1:13:28	Cecilia Drakard		F 60 to 64
575	1:18:11	1:17:39	Hilary Gauthier		F 50 to 54
576	1:18:31	1:18:01	Cristina Simpson	Norwich Road Runners	F 15 to 39
577	1:28:18	1:28:09	Kelly Harvey		F 15 to 39