

2016 Trowse 10k - Sunday 27 March

Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
1	Ben	Spratling	603	34:36:00	34:36:00	M 15 - 39	City of Norwich AC
2	Callum	Stanforth	604	34:45:00	34:45:00	M 15 - 39	Ryston Runners
3	Samuel	Coyne	139	35:46:00	35:46:00	M 15 - 39	Bure Valley Harriers
4	Lawrence	Wade	665	36:43:00	36:42:00	M 40 to 44	Bure Valley Harriers
5	Simon	Partridge	489	37:08:00	37:07:00	M 15 - 39	
6	Edward	Foster	222	37:08:00	37:08:00	M 15 - 39	City of Norwich AC
7	Chris	Mickleburgh	435	37:19:00	37:19:00	M 15 - 39	Norwich Road Runners
8	Alfie	Bentley	59	37:23:00	37:22:00	M 15 - 39	
9	Ashley	Dennett	163	37:29:00	37:28:00	M 15 - 39	City of Norwich AC
10	Sam	Russell	548	37:42:00	37:42:00	M 15 - 39	Wymondham AC
11	Jonathan	Stockwell	608	37:46:00	37:45:00	M 15 - 39	
12	Matthew	Parker	484	38:07:00	38:06:00	M 15 - 39	Derwent Runners (Derby)
13	Tim	Sexton	567	38:33:00	38:30:00	M 40 to 44	Norfolk Gazelles RC
14	Tim	Vials	663	38:35:00	38:34:00	M 50 to 54	South West Road Runners
15	Richard	Hanson	291	38:39:00	38:35:00	M 50 to 54	Tri-Anglia Triathlon Club
16	Andrew	Preston	507	38:48:00	38:47:00	M 50 to 54	Wymondham AC
17	Michal	Jakubiak	345	38:55:00	38:53:00	M 15 - 39	
18	David	Asker	26	38:57:00	38:52:00	M 15 - 39	Tri-Anglia Triathlon Club
19	Michael	Savvas	558	38:58:00	38:57:00	M 15 - 39	
20	Jayden	Endean	201	39:01:00	38:57:00	M 15 - 39	
21	Marc	Evans	202	39:03:00	39:00:00	M 15 - 39	Great Yarmouth Road Runners
22	Sophie	Rock	533	39:04:00	39:04:00	F 15 - 39	Loughborough Students AC
23	Simon	Wright	705	39:14:00	39:06:00	M 15 - 39	
24	Becky	Schofield	560	39:17:00	39:16:00	F 15 - 39	Tri-Anglia Triathlon Club
25	Richard	Clifford	116	39:23:00	39:22:00	M 40 to 44	Overton Harriers & AC
26	Alistair	Shearer	572	39:24:00	39:22:00	M 15 - 39	
27	Laura	Thomas	631	39:52:00	39:52:00	F 15 - 39	Ipswich Jaffa RC
28	Kevin	Frazer	232	39:53:00	39:51:00	M 50 to 54	
29	Andy	Kee	366	39:58:00	39:56:00	M 50 to 54	
30	Luke	Coleman	121	40:15:00	39:59:00	M 15 - 39	
31	Mark	Banfield	38	40:16:00	40:10:00	M 40 to 44	
32	Kevin	Knights	379	40:41:00	40:36:00	M 15 - 39	
33	Jason	Stone	609	40:51:00	40:44:00	M 45 to 49	
34	Adrian	Hall	285	41:01:00	40:58:00	M 50 to 54	Wymondham AC
35	John	Drewry	178	41:03:00	41:00:00	M 50 to 54	
36	Simon	Bekker	52	41:04:00	40:59:00	M 40 to 44	Great Yarmouth Road Runners
37	Mark	Solway	594	41:06:00	40:59:00	M 45 to 49	City of Norwich AC
38	Rich	Hoey	312	41:07:00	41:05:00	M 15 - 39	Tri-Anglia Triathlon Club
39	John	Baxter	46	41:08:00	41:01:00	M 55 to 59	Bure Valley Harriers
40	Desmond	Michael	434	41:10:00	41:09:00	M 65 +	Barnet & District AC
41	James	Cousins	137	41:17:00	41:15:00	M 15 - 39	Waveney Valley AC
42	Adrian	Waters	674	41:24:00	41:21:00	M 45 to 49	Norfolk Gazelles RC
43	Matthew	Dawson	157	41:28:00	41:24:00	M 15 - 39	Norwich Road Runners
44	Alexandra	Smith	589	41:32:00	41:31:00	F 40 to 44	Wymondham AC
45	Raphael	Sanelli	553	41:39:00	41:38:00	M 40 to 44	Tri-Anglia Triathlon Club
46	James	Bugg	88	41:41:00	41:38:00	M 15 - 39	
47	Mark	Garrett	249	41:42:00	41:39:00	M 50 to 54	Norwich Road Runners
48	Jonathon	Causton	102	41:44:00	41:33:00	M 15 - 39	
49	Alice	Rees	518	41:51:00	41:49:00	F 15 - 39	City of Norwich AC
50	Paul	Smith	587	41:59:00	41:55:00	M 45 to 49	Norwich Road Runners
51	David	Houghton	319	42:05:00	42:03:00	M 45 to 49	
52	Stuart	Mugridge	451	42:05:00	42:04:00	M 40 to 44	Bournville Harriers
53	Sean	Thompson	635	42:32:00	42:18:00	M 45 to 49	Wymondham AC
54	Sharon	Hurren	335	42:35:00	42:24:00	F 40 to 44	Wymondham AC
55	Jason	Elrick	196	42:36:00	42:27:00	M 45 to 49	
56	Ben	Snelling	592	42:36:00	42:30:00	M 45 to 49	Norwich Road Runners
57	Daniel	Jones	358	42:39:00	42:35:00	M 15 - 39	
58	Anthony	Hicks	307	42:40:00	42:01:00	M 15 - 39	
59	Paul	Rogers	536	42:46:00	42:38:00	M 40 to 44	Bure Valley Harriers
60	Robin	Belsom	56	42:49:00	42:43:00	M 55 to 59	Ipswich Jaffa RC
61	Rosie	Pitt	497	42:49:00	42:47:00	F 15 - 39	Victoria Park Harriers and Tower Hamlets AC
62	Helen	Mian	433	42:50:00	42:44:00	F 45 to 49	Norfolk Gazelles RC
63	Paul	Eves	204	43:03:00	42:59:00	M 15 - 39	Norwich Road Runners
64	Sean	O'Loughlin	472	43:09:00	43:05:00	M 50 to 54	Bungay Black Dog RC
65	Stephen	Ramm	515	43:11:00	43:01:00	M 15 - 39	
66	David	Neeve	456	43:15:00	43:10:00	M 15 - 39	Bungay Black Dog RC
67	Jason	Tuttle	651	43:17:00	43:08:00	M 15 - 39	
68	Stephen	Moseley	450	43:19:00	43:11:00	M 45 to 49	Norwich Road Runners
69	Mark	Stone	610	43:21:00	43:17:00	M 40 to 44	Great Yarmouth Road Runners
70	Karl	Walker	668	43:23:00	43:19:00	M 40 to 44	Norfolk Gazelles RC

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
71	Mike	Howe	325	43:31:00	43:26:00	M 45 to 49	
72	Stephen	Ayres	28	43:33:00	43:12:00	M 15 - 39	
73	Steven	Greenwood	274	43:38:00	43:13:00	M 15 - 39	
74	Lee	Webster	676	43:44:00	43:43:00	M 40 to 44	
75	Andrew	Pond	501	43:44:00	43:26:00	M 50 to 54	Tri-Anglia Triathlon Club
76	Darren	Moore	445	43:46:00	43:41:00	M 40 to 44	
77	Stephen	Greatbanks	272	43:50:00	43:35:00	M 50 to 54	Wymondham AC
78	Oliver	Karger	365	43:56:00	43:45:00	M 15 - 39	
79	Kieran	Murphy	453	43:59:00	43:53:00	M 15 - 39	City of Norwich AC
80	David	Stevens	605	44:04:00	43:41:00	M 15 - 39	
81	Andrew	Mills	441	44:09:00	43:26:00	M 15 - 39	
82	Dudley	Garner	248	44:10:00	44:03:00	M 15 - 39	Norfolk Gazelles RC
83	Paul	Quantrill	510	44:22:00	44:18:00	M 50 to 54	Tri-Anglia Triathlon Club
84	Mark	Saunders	555	44:24:00	44:07:00	M 45 to 49	
85	Martin	Gooderham	268	44:28:00	44:24:00	M 15 - 39	Harling Athletic Club
86	David	Dinnage	167	44:29:00	44:27:00	M 15 - 39	Framlingham Flyers
87	Gary	Fryer	240	44:37:00	44:20:00	M 15 - 39	Tri-Anglia Triathlon Club
88	Richard	Crewe	141	44:40:00	44:31:00	M 40 to 44	
89	James	Lay	391	44:48:00	44:43:00	M 40 to 44	
90	Thomas	Lincoln-Kemp	396	44:52:00	44:41:00	M 45 to 49	Tri-Anglia Triathlon Club
91	Mark	Doughty	174	44:53:00	44:39:00	M 40 to 44	Ryston Runners
92	Alistair	Laidlaw	380	44:55:00	44:52:00	M 15 - 39	
93	Gary	Cheesman	106	44:57:00	44:34:00	M 15 - 39	Norwich Road Runners
94	Michael	Johnson	351	44:57:00	44:45:00	M 45 to 49	Norwich Road Runners
95	Nicholas	Richardson	525	44:59:00	44:55:00	M 15 - 39	
96	Simon	Kennison	370	45:01:00	44:55:00	M 40 to 44	City of Norwich AC
97	Corin	Thoday	630	45:05:00	44:39:00	M 40 to 44	Reepham Runners
98	Stephen	Eaglen	183	45:08:00	44:57:00	M 40 to 44	
99	Matt	Earl	184	45:16:00	45:06:00	M 15 - 39	
100	Christopher	Sexton	566	45:18:00	45:06:00	M 15 - 39	
101	Jihanna	Allard	13	45:22:00	45:08:00	F 15 - 39	City of Norwich AC
102	Heath	Alexander-Bew	12	45:28:00	45:13:00	M 40 to 44	Wymondham AC
103	James	Millson	442	45:29:00	45:11:00	M 15 - 39	Tri-Anglia Triathlon Club
104	Stacey	Harper	297	45:31:00	45:20:00	F 15 - 39	Norwich Road Runners
105	Ian	Deledicq	161	45:42:00	45:28:00	M 15 - 39	
106	Thomas	Ginn	259	45:43:00	45:31:00	M 15 - 39	
107	Matthew	Parkhouse	485	45:47:00	45:38:00	M 15 - 39	
108	Alex	Ivory	342	45:47:00	44:57:00	M 15 - 39	
109	Simon	Fields	213	45:54:00	45:51:00	M 45 to 49	
110	Ben	Houchen	318	45:56:00	45:26:00	M 15 - 39	
111	Antony	Beales	47	46:05:00	45:53:00	M 45 to 49	Wymondham AC
112	Peter	Fox	228	46:16:00	45:34:00	M 55 to 59	Longdale Striders
113	Rowena	Leary	392	46:24:00	46:18:00	F 15 - 39	Norfolk Gazelles RC
114	Gary	McDonald	429	46:26:00	46:16:00	M 15 - 39	Lowestoft Road Runners
115	Ian	Marcer	417	46:31:00	46:06:00	M 15 - 39	
116	David	Allen	16	46:36:00	46:26:00	M 40 to 44	Norwich Road Runners
117	Matt	Rump	544	46:41:00	46:28:00	M 15 - 39	
118	Dianne	Hughes	328	46:48:00	46:38:00	F 50 to 54	Stowmarket Striders RC
119	Mark	Fowler	226	46:57:00	46:49:00	M 15 - 39	
120	Denis	Hellebrandt	301	46:59:00	46:47:00	M 40 to 44	
121	Ruth	Gaunt	252	46:59:00	46:38:00	F 45 to 49	Norwich Road Runners
122	Grant	King	373	47:04:00	46:41:00	M 15 - 39	
123	Peter	Shackleton	568	47:05:00	46:53:00	M 50 to 54	
124	Jon	Creasey	140	47:06:00	46:53:00	M 50 to 54	
125	Andrew	Cooper	134	47:11:00	46:55:00	M 15 - 39	
126	Matt	Howes	326	47:13:00	46:55:00	M 40 to 44	Norwich Road Runners
127	Neil	Dobson	169	47:14:00	47:02:00	M 15 - 39	
128	Stuart	Peck	492	47:15:00	47:06:00	M 15 - 39	
129	Chris	Chorley	109	47:16:00	46:25:00	M 50 to 54	Bungay Black Dog RC
130	Shaun	Braybrook	74	47:18:00	47:07:00	M 15 - 39	
131	Ronnie	Hogg	314	47:27:00	47:17:00	M 45 to 49	
132	Jason	Sparkes	598	47:32:00	47:22:00	M 15 - 39	
133	Darren	Douglass	175	47:36:00	47:28:00	M 50 to 54	Tri-Anglia Triathlon Club
134	Luke	Ellis	195	47:45:00	47:35:00	M 15 - 39	
135	Lisa	Jordan	363	47:49:00	47:33:00	F 45 to 49	
136	Terry	Hubbard	327	47:50:00	47:27:00	M 40 to 44	
137	Matt	Baldry	37	47:50:00	47:37:00	M 40 to 44	Waveney Valley AC
138	Andrew	Hammond	287	47:51:00	47:36:00	M 60 to 64	Norfolk Gazelles RC
139	Neil	Boyce	71	47:51:00	47:37:00	M 40 to 44	Norwich Road Runners
140	Rachel	Cooke	132	47:52:00	47:23:00	F 15 - 39	

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
141	Jude	Garrod	250	47:53:00	47:32:00	M 15 - 39	
142	Sam	Whitham	683	47:53:00	47:38:00	M 15 - 39	
143	Melanie	Widdows	686	47:53:00	47:35:00	F 45 to 49	
144	Tim	Earl	185	47:55:00	47:45:00	M 15 - 39	
145	Andrew	Dormer	173	47:58:00	47:39:00	M 45 to 49	Great Yarmouth Road Runners
146	Chris	Howard	321	48:01:00	47:36:00	M 15 - 39	
147	Alison	Stewart	606	48:02:00	47:46:00	F 55 to 59	Norwich Road Runners
148	Darren	Nockels	464	48:04:00	47:39:00	M 45 to 49	
149	Stuart	Ferguson	210	48:12:00	48:05:00	M 15 - 39	ABC Runners
150	Nathan	Polley	500	48:12:00	47:59:00	M 15 - 39	
151	John	Field	212	48:13:00	47:54:00	M 55 to 59	
152	Mark	Peach	491	48:16:00	48:03:00	M 40 to 44	Great Yarmouth Road Runners
153	James	Sharman	570	48:21:00	48:09:00	M 40 to 44	
154	Chris	Beare	49	48:22:00	47:55:00	M 40 to 44	
155	Ian	Claybourn	115	48:24:00	48:20:00	M 45 to 49	
156	Mark	Ring	528	48:26:00	48:15:00	M 45 to 49	Norwich Road Runners
157	Michal	Grucelski	279	48:28:00	48:25:00	M 15 - 39	
158	Adrian	Sweeney	615	48:28:00	48:10:00	M 15 - 39	
159	Anthony	Smith	586	48:30:00	47:56:00	M 40 to 44	
160	Paul	Smithson	590	48:32:00	48:15:00	M 50 to 54	
161	Sarah	Boosey	68	48:34:00	48:17:00	F 15 - 39	Norwich Road Runners
162	Paul	Westgate	679	48:36:00	48:17:00	M 55 to 59	Great Yarmouth Road Runners
163	Gerard	Whitfield	682	48:40:00	48:06:00	M 40 to 44	
164	Todd	Lake	382	48:41:00	48:20:00	M 50 to 54	Dereham Runners AC
165	John	Habershon	281	48:44:00	48:37:00	M 15 - 39	
166	Paul	Jarvey	346	48:45:00	48:29:00	M 45 to 49	Bure Valley Harriers
167	Lindsay	Black	62	48:46:00	48:40:00	F 15 - 39	
168	Richard	Crossland	145	48:55:00	48:37:00	M 50 to 54	
169	Lucy	Clark	111	49:02:00	48:48:00	F 15 - 39	
170	Louise	Gardiner	245	49:06:00	48:52:00	F 45 to 49	
171	Paul	Baisley	33	49:07:00	48:36:00	M 40 to 44	
172	Kevin	Prior	508	49:08:00	48:59:00	M 50 to 54	
173	Catherine	Belsom	57	49:09:00	48:55:00	F 40 to 44	Stowmarket Striders RC
174	Mark	Noakes	462	49:10:00	48:48:00	M 40 to 44	
175	Kirsty	Johnstone	353	49:10:00	49:09:00	F 55 to 59	Barnet & District AC
176	Becky	Willett	691	49:10:00	48:25:00	F 15 - 39	
177	Louise	Hurr	334	49:11:00	48:55:00	F 45 to 49	
178	Ray	Knights	377	49:12:00	48:42:00	M 60 to 64	
179	Karen	Rix	530	49:13:00	48:59:00	F 45 to 49	Norfolk Gazelles RC
180	Samantha	Booth	69	49:19:00	49:00:00	F 15 - 39	Chapel Allerton Runners
181	Keith	Blake	66	49:19:00	49:16:00	M 55 to 59	
182	David	Hogg	313	49:20:00	49:08:00	M 45 to 49	
183	Sue	Brumby	85	49:21:00	49:08:00	F 50 to 54	
184	Neil	Button	93	49:23:00	49:11:00	M 45 to 49	
185	Stephen	Gook	269	49:28:00	48:42:00	M 45 to 49	
186	Leslie	Slater	580	49:29:00	49:16:00	M 55 to 59	
187	Tom	Hutchings	337	49:30:00	48:49:00	M 40 to 44	Norfolk Gazelles RC
188	Philip	Wilton	694	49:36:00	49:18:00	M 45 to 49	Tri-Anglia Triathlon Club
189	Gavin	Fulcher	241	49:44:00	49:32:00	M 15 - 39	
190	Chris	Mahoney	406	49:54:00	49:34:00	M 45 to 49	
191	Raymond	Marshall	419	49:56:00	49:29:00	M 50 to 54	
192	Ian	Edwards	190	50:02:00	49:53:00	M 40 to 44	Norfolk Gazelles RC
193	Kerry	Alderton	11	50:03:00	49:26:00	F 15 - 39	
194	Jason	Brunt	87	50:04:00	50:00:00	M 40 to 44	Norfolk Gazelles RC
195	Ian	Graveling	271	50:05:00	49:33:00	M 40 to 44	
196	Chris	Groves	278	50:12:00	49:43:00	M 60 to 64	Tri-Anglia Triathlon Club
197	Craig	Singer	579	50:14:00	49:56:00	M 15 - 39	
198	Adam	Beckett	51	50:15:00	49:26:00	M 45 to 49	
199	Rachel	Taylor	621	50:18:00	49:54:00	F 40 to 44	
200	Graham	Hardingham	292	50:20:00	50:14:00	M 55 to 59	Norfolk Gazelles RC
201	Andrew	Earl	186	50:24:00	50:13:00	M 65 +	
202	Sarah	Bradley	72	50:27:00	50:08:00	F 50 to 54	Norwich Road Runners
203	Lisa	Hall	284	50:29:00	50:01:00	F 15 - 39	Norwich Road Runners
204	Lisa	Symon	617	50:29:00	50:01:00	F 15 - 39	
205	Oliver	Timson	644	50:29:00	49:58:00	M 40 to 44	Wymondham AC
206	Ben	Frith	237	50:30:00	49:43:00	M 15 - 39	
207	Neil	Francis	229	50:36:00	49:51:00	M 40 to 44	
208	Ross	Ferguson	209	50:37:00	50:30:00	M 15 - 39	
209	Sam	Appleyard-Smith	22	50:43:00	50:12:00	F 15 - 39	
210	Stuart	Walker	666	50:49:00	50:20:00	M 15 - 39	

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
211	Derek	Sadler	549	50:51:00	50:30:00	M 60 to 64	North Norfolk Beach Runners
212	Deborah	Blackwell	64	51:04:00	50:48:00	F 15 - 39	
213	Lewis	Foulger	224	51:06:00	50:39:00	M 15 - 39	
214	John	Fleming	220	51:10:00	50:44:00	M 15 - 39	
215	Andrew	Wicks	685	51:11:00	50:39:00	M 40 to 44	
216	Mick	Playle	499	51:23:00	50:36:00	M 55 to 59	
217	Karl	Rumsby	546	51:26:00	50:57:00	M 15 - 39	Longdale Striders
218	Adrian	King	374	51:27:00	51:16:00	M 40 to 44	Bungay Black Dog RC
219	Laura	Noakes	463	51:29:00	51:08:00	F 15 - 39	
220	Anne	Millett	438	51:29:00	51:10:00	F 60 to 64	Norwich Road Runners
221	Scott	Poulson	504	51:31:00	51:01:00	M 40 to 44	
222	Jo	Drugan	180	51:35:00	51:20:00	F 45 to 49	Norfolk Gazelles RC
223	Scott	Allen	14	51:37:00	51:29:00	M 15 - 39	
224	Stuart	Bishop	61	51:37:00	51:29:00	M 15 - 39	
225	Colin	Richards	524	51:37:00	51:28:00	M 65 +	
226	Charlotte	Wootton	702	51:38:00	51:22:00	F 45 to 49	Norfolk Gazelles RC
227	Thomas	Nudd	468	51:40:00	51:16:00	M 15 - 39	
228	Ian	Hawkes	300	51:41:00	51:29:00	M 55 to 59	
229	Alan	Butterworth	92	51:52:00	51:10:00	M 40 to 44	Norfolk Gazelles RC
230	Royston	Thorne	641	52:02:00	51:47:00	M 40 to 44	
231	Keelan	Smith	588	52:04:00	51:57:00	M 15 - 39	Saxmundham Sports Running & Fitness Club
232	Daniel	Taylor	624	52:04:00	51:12:00	M 15 - 39	
233	Jo	Parden	483	52:05:00	51:39:00	F 45 to 49	Framlingham Flyers
234	Bobbie	Sauerzapf	554	52:06:00	51:26:00	F 55 to 59	Bungay Black Dog RC
235	Jude	Durrant	181	52:10:00	51:54:00	F 45 to 49	Longdale Striders
236	Paul	Scibilia	561	52:11:00	51:43:00	M 45 to 49	Tri-Anglia Triathlon Club
237	Rebecca	Maun	428	52:12:00	51:53:00	F 45 to 49	North Norfolk Beach Runners
238	Paul	Taylor	625	52:24:00	52:01:00	M 15 - 39	
239	Richard	Houston	320	52:24:00	52:01:00	M 45 to 49	
240	Vicky	Jones	362	52:26:00	52:09:00	F 15 - 39	Norwich Road Runners
241	Angie	Bear	48	52:28:00	52:07:00	F 55 to 59	Wymondham AC
242	Janice	Coglin-Hibbert	118	52:32:00	51:49:00	F 40 to 44	Tri-Anglia Triathlon Club
243	Tony	Gentry	255	52:48:00	52:29:00	M 40 to 44	North Norfolk Beach Runners
244	Sean	Dyer	182	52:49:00	52:39:00	M 15 - 39	
245	Paul	Minns	444	52:51:00	52:12:00	M 50 to 54	
246	Nick	Poole	502	52:51:00	52:36:00	M 55 to 59	
247	Mark	Regan	520	52:55:00	52:28:00	M 45 to 49	
248	Kevin	Clark	113	52:56:00	52:38:00	M 45 to 49	Bungay Black Dog RC
249	Steven	Tuttle	653	52:56:00	52:28:00	M 55 to 59	
250	Andrew	Jackson	343	52:59:00	52:20:00	M 15 - 39	
251	Ian	Bailey	31	53:00:00	52:20:00	M 40 to 44	
252	Nick	Overy	476	53:01:00	52:38:00	M 45 to 49	
253	Mike	Jones	355	53:02:00	52:40:00	M 40 to 44	
254	Joseph	Kiddell	372	53:02:00	52:49:00	M 45 to 49	Norwich Road Runners
255	Anna	Burbidge	89	53:03:00	52:28:00	F 15 - 39	
256	Jamie	Conyard	126	53:04:00	52:28:00	M 15 - 39	
257	Daniel	Devaux	165	53:06:00	52:58:00	M 40 to 44	
258	John	O'Toole	475	53:07:00	52:41:00	M 40 to 44	Petts Wood Runners
259	Brian	Endean	200	53:12:00	53:00:00	M 55 to 59	
260	Clement	Rouillard	540	53:15:00	52:51:00	M 15 - 39	
261	Roderick	Main	410	53:23:00	52:41:00	M 45 to 49	Tri-Anglia Triathlon Club
262	Jamie	Marshall	420	53:27:00	53:15:00	M 15 - 39	
263	Georgina	Sexton	565	53:34:00	53:09:00	F 15 - 39	
264	Dominic	Crook	143	53:36:00	53:16:00	M 15 - 39	
265	Caroline	Allen	15	53:42:00	53:21:00	F 15 - 39	Norwich Road Runners
266	Duncan	Frazer	236	53:49:00	53:30:00	M 50 to 54	
267	Tom	Riches	526	53:50:00	53:24:00	M 15 - 39	
268	David	Sowry	595	53:54:00	53:38:00	M 40 to 44	
269	Paula	Greatbanks	273	53:55:00	53:33:00	F 40 to 44	Wymondham AC
270	Simon	Woodhouse	699	53:57:00	53:42:00	M 40 to 44	
271	Tessa	Humphrey	330	53:59:00	53:44:00	F 15 - 39	
272	Simon	Howard	322	54:01:00	53:25:00	M 40 to 44	
273	Simon	Worsley	703	54:10:00	53:26:00	M 60 to 64	
274	Caitlin	Notley	467	54:10:00	53:44:00	F 15 - 39	
275	Mark	Notley	466	54:10:00	53:44:00	M 45 to 49	
276	John	Morgan	448	54:14:00	53:40:00	M 15 - 39	
277	Lewis	Rodgers	534	54:18:00	53:43:00	M 15 - 39	
278	Marian	Crossland	146	54:29:00	53:53:00	F 45 to 49	
279	Claire	Vinsen	664	54:30:00	53:47:00	F 15 - 39	
280	Laura	Harper	296	54:35:00	54:14:00	F 15 - 39	

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
281	Claire	Mingay	443	54:37:00	54:05:00	F 40 to 44	Norwich Road Runners
282	Stephen	Barker	41	54:40:00	54:17:00	M 50 to 54	
283	Andrew	Clark	112	54:46:00	54:17:00	M 50 to 54	
284	Deborah	Kennedy	369	54:46:00	54:17:00	F 50 to 54	
285	Jessica	Tyrrell	654	54:49:00	54:40:00	F 15 - 39	
286	Steven	Utting	658	54:50:00	54:11:00	M 45 to 49	Norwich Road Runners
287	Frank	Brumby	86	54:54:00	54:23:00	M 40 to 44	
288	Martin	Godfrey	263	55:01:00	54:50:00	M 40 to 44	
289	Nick	Richards	523	55:01:00	54:52:00	M 40 to 44	
290	Lisa	Hurry	336	55:08:00	55:00:00	F 50 to 54	
291	Glenn	Sharman	569	55:13:00	54:21:00	M 50 to 54	
292	Richard	Daines	151	55:22:00	54:35:00	M 15 - 39	
293	Lewis	Ablett	5	55:28:00	54:51:00	M 15 - 39	Tri-Anglia Triathlon Club
294	Aaron	Ulph	655	55:37:00	54:52:00	M 15 - 39	
295	Bradley	Powell	506	55:39:00	54:52:00	M 15 - 39	
296	Hayley	Strivens	611	55:41:00	55:11:00	F 15 - 39	
297	Robert	Whalen	680	55:43:00	55:24:00	M 15 - 39	
298	Clare	Farrant	208	55:45:00	55:30:00	F 15 - 39	
299	Anna	Frostwick	239	55:46:00	55:00:00	F 15 - 39	Tri-Anglia Triathlon Club
300	Simon	Leeder	393	55:47:00	55:17:00	M 15 - 39	
301	Mark	Matthews	424	55:48:00	54:59:00	M 45 to 49	
302	Nania	Tait	618	55:50:00	55:20:00	F 40 to 44	
303	Ally	Ireson	341	55:51:00	55:21:00	F 40 to 44	
304	Simon	Dazeley	160	55:51:00	55:04:00	M 45 to 49	
305	Christopher	Walker	667	55:59:00	55:25:00	M 15 - 39	
306	Nick	Smith	584	56:03:00	55:24:00	M 45 to 49	
307	Steph	Evans	203	56:04:00	55:44:00	F 15 - 39	Norfolk Gazelles RC
308	Zara	Gardner	246	56:06:00	55:36:00	F 15 - 39	City of Norwich AC
309	Laura	Button	95	56:07:00	55:58:00	F 15 - 39	Bungay Black Dog RC
310	Sarah	Spinks	600	56:08:00	55:25:00	F 15 - 39	
311	Tim	Cheesman	105	56:11:00	55:49:00	M 15 - 39	
312	Debbie	Tooke	646	56:12:00	55:34:00	F 40 to 44	Norwich Road Runners
313	Nicholas	Dodd	171	56:14:00	55:49:00	M 15 - 39	
314	Sean	Quarmby	511	56:15:00	55:36:00	M 45 to 49	
315	Ruth	Gainsford	244	56:16:00	55:59:00	F 50 to 54	Coltishall Jaguars RC
316	Sheila	Smith	585	56:16:00	55:43:00	F 60 to 64	
317	Amelia	Thomson	636	56:19:00	56:13:00	F 15 - 39	
318	Christine	Bakewell	35	56:20:00	55:48:00	F 50 to 54	
319	Sarah	Harkey	294	56:22:00	56:12:00	F 15 - 39	
320	Darrell	Roper	537	56:23:00	55:50:00	M 15 - 39	
321	Stephen	Thomson	640	56:24:00	56:19:00	M 55 to 59	City of Norwich AC
322	Christopher	High	309	56:31:00	55:46:00	M 40 to 44	
323	Jennifer	Garioch	247	56:34:00	55:53:00	F 50 to 54	
324	Louise	Rump	545	56:38:00	55:53:00	F 15 - 39	
325	Tracy	Eaton	188	56:43:00	56:14:00	F 40 to 44	
326	Helen	Rothwell	539	56:47:00	56:19:00	F 40 to 44	
327	Rachel	Allum	18	56:49:00	56:32:00	F 15 - 39	
328	Daniel	Rumford	543	57:01:00	56:40:00	M 15 - 39	
329	Caroline	Dalchow	152	57:09:00	56:45:00	F 40 to 44	
330	Gav	Dent	164	57:10:00	56:36:00	M 15 - 39	
331	Roger	Eglen	191	57:11:00	56:51:00	M 65 +	
332	Sue	Brockhouse	77	57:12:00	56:27:00	F 50 to 54	Tri-Anglia Triathlon Club
333	James	Knapman	376	57:12:00	57:02:00	M 15 - 39	
334	Emily	Hall	283	57:12:00	56:51:00	F 15 - 39	
335	Hayley	Summerfield	614	57:23:00	56:44:00	F 40 to 44	
336	Amanda	Brand	73	57:24:00	56:46:00	F 15 - 39	
337	Jo	Fisk	218	57:25:00	57:11:00	F 40 to 44	Waveney Valley AC
338	Hannah	Knights	378	57:26:00	56:56:00	F 15 - 39	
339	Robert	Scarfe	559	57:27:00	57:06:00	M 60 to 64	Wymondham AC
340	Graham	Sampson	551	57:30:00	57:19:00	M 65 +	Bungay Black Dog RC
341	Dan	Hamilton	286	57:33:00	56:56:00	M 50 to 54	
342	Liz	Jones	361	57:39:00	57:01:00	F 15 - 39	Norwich Road Runners
343	Andrew	Palmer	481	57:40:00	57:02:00	M 50 to 54	Norwich Road Runners
344	Tabitha	Keeble	367	57:43:00	57:05:00	F 15 - 39	Norwich Road Runners
345	Peter	Hibbit	306	57:58:00	57:23:00	M 45 to 49	
346	Scott	Ablett	4	57:58:00	57:22:00	M 15 - 39	
347	Carole	Spong	601	58:06:00	57:47:00	F 65 +	Great Yarmouth Road Runners
348	Naomi	Bowditch	70	58:09:00	57:52:00	F 15 - 39	Norwich Road Runners
349	Lindsey	Anderson	20	58:09:00	57:35:00	F 15 - 39	
350	Alice	Bodger	67	58:10:00	57:35:00	F 15 - 39	Norwich Road Runners

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
351	Lauren	Page	477	58:13:00	57:34:00	F 15 - 39	
352	Murray	Raff	514	58:16:00	57:52:00	M 15 - 39	
353	Elsbeth	Hunter	333	58:18:00	57:38:00	F 15 - 39	
354	Andrea	Auburn	27	58:19:00	58:04:00	F 15 - 39	Norwich Road Runners
355	Diane	Thompson	632	58:26:00	57:53:00	F 50 to 54	
356	Sharon	Hunter	332	58:33:00	57:53:00	F 45 to 49	
357	Laura	Fisher	217	58:38:00	58:08:00	F 15 - 39	
358	Holly	Davis	156	58:38:00	57:50:00	F 15 - 39	
359	Sharon	Emery	199	58:38:00	58:00:00	F 40 to 44	
360	Angela	Spinks	599	58:51:00	58:09:00	F 15 - 39	
361	Simon	Warr	671	58:53:00	58:28:00	M 50 to 54	
362	Lucy	Baxter	44	58:55:00	58:18:00	F 15 - 39	
363	Michelle	Lansdale	385	58:57:00	58:20:00	F 15 - 39	
364	Barney	Brotherhood	82	59:00:00	58:26:00	M 15 - 39	
365	Holie	Brotherhood	81	59:01:00	58:26:00	F 15 - 39	
366	Lisa	O'Brien	471	59:01:00	58:33:00	F 15 - 39	
367	Clive	Cartner	100	59:03:00	58:22:00	M 15 - 39	Norwich Road Runners
368	Angela	Bell	54	59:03:00	58:22:00	F 40 to 44	Norwich Road Runners
369	Mark	Trowse	648	59:04:00	58:19:00	M 45 to 49	
370	Paula	Herdman	303	59:05:00	58:33:00	F 45 to 49	
371	Matthew	Pountain	505	59:06:00	58:25:00	M 15 - 39	
372	Michelle	Matthews	423	59:11:00	58:23:00	F 45 to 49	
373	Kayleigh	Blackwood	65	59:15:00	58:25:00	F 15 - 39	
374	Zoe	Paterson	490	59:16:00	58:35:00	F 40 to 44	
375	Brett	Jury	364	59:17:00	58:42:00	M 15 - 39	
376	Paul	Strowger	612	59:17:00	58:41:00	M 40 to 44	Norwich Road Runners
377	Anna	Wilson	693	59:21:00	58:44:00	F 40 to 44	
378	Julie	Grooms	277	59:21:00	59:19:00	F 50 to 54	Framlingham Flyers
379	Carlos	Nodar	465	59:29:00	59:04:00	M 15 - 39	
380	Jack	Nudd	470	59:30:00	59:08:00	M 15 - 39	
381	James	Manners	414	59:37:00	58:51:00	M 15 - 39	
382	Danielle	Rackham	513	59:38:00	58:52:00	F 15 - 39	Norwich Road Runners
383	Mitzy	O'Loughlin	473	59:40:00	59:08:00	F 50 to 54	Bungay Black Dog RC
384	Kim	Snowling	593	59:41:00	58:49:00	F 15 - 39	
385	Francis	Woodcock	698	59:43:00	59:03:00	M 50 to 54	Wymondham AC
386	Lynda	Howard	324	59:48:00	59:27:00	F 45 to 49	Longdale Striders
387	James	Parslow-Williams	487	01:00:00	59:36:00	M 40 to 44	
388	Laura	Mantripp	416	01:00:00	59:42:00	M 15 - 39	
389	Samantha	Giles	258	01:00:08	59:24:00	F 15 - 39	
390	Michelle	Waters	673	01:00:29	01:00:09	F 45 to 49	Norfolk Gazelles RC
391	Vanessa	Coulson	136	01:00:41	01:00:08	F 15 - 39	
392	Dennis	Simpson	577	01:00:43	01:00:05	M 55 to 59	Norwich Road Runners
393	Catherine	Hodds	311	01:00:43	01:00:28	F 45 to 49	
394	Sarah	Goldser	264	01:00:47	01:00:10	F 60 to 64	
395	Sarah	Hanson	290	01:00:47	01:00:10	F 50 to 54	
396	Linda	Palmer	479	01:00:48	01:00:17	F 15 - 39	
397	Christine	Barker	40	01:00:52	01:00:04	F 50 to 54	
398	Tina	Foster	223	01:00:58	01:00:21	F 45 to 49	North Norfolk Beach Runners
399	Catherine	Young	708	01:00:58	01:00:21	F 50 to 54	North Norfolk Beach Runners
400	Alison	Lindsey	397	01:01:01	01:00:21	F 50 to 54	
401	Donna	Talby	619	01:01:04	01:00:40	F 40 to 44	
402	Anita	Talby	620	01:01:05	01:00:40	F 40 to 44	Wymondham AC
403	Mark	Allen	17	01:01:05	01:00:31	M 40 to 44	Vegan Runners UK
404	Jennifer	Thomson	637	01:01:16	01:01:10	F 15 - 39	
405	Kayleigh	Bailey	32	01:01:17	01:00:53	F 15 - 39	
406	India	Harl	295	01:01:19	01:00:44	F 15 - 39	
407	Marianne	Saunders	556	01:01:23	01:01:02	F 45 to 49	Longdale Striders
408	Gemma	Seager	564	01:01:24	01:00:49	F 15 - 39	
409	Jodie	Frazer	235	01:01:25	01:00:52	F 15 - 39	
410	Leanne	Conyard	127	01:01:25	01:00:50	F 15 - 39	
411	Isobelle	Webster	675	01:01:33	01:00:49	F 15 - 39	
412	Brian	Gooda	266	01:01:42	01:01:02	M 60 to 64	
413	Philip	Robinson	532	01:01:48	01:01:04	M 15 - 39	
414	Alice	Younge	709	01:01:49	01:01:04	F 15 - 39	
415	April	Davey	154	01:01:49	01:01:13	F 15 - 39	
416	Pippa	Newman	457	01:01:53	01:01:22	F 15 - 39	
417	Charlotte	Briggs	75	01:01:53	01:01:23	F 15 - 39	
418	Caitlin	Gook	270	01:01:57	01:01:12	F 15 - 39	
419	Kitty	Rosser	538	01:02:01	01:01:33	F 15 - 39	Tri-Anglia Triathlon Club
420	Mark	Philo	495	01:02:01	01:01:33	M 45 to 49	Tri-Anglia Triathlon Club

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
421	Alana	Rix	529	01:02:02	01:01:24	F 15 - 39	
422	Christine	Frazer	234	01:02:04	01:01:31	F 50 to 54	
423	Martin	Blackburn	63	01:02:11	01:02:04	M 55 to 59	Ryston Runners
424	Jo	Brooks	80	01:02:11	01:02:04	F 40 to 44	Vegatarian Cycling & AC
425	Tony	Ludlam	403	01:02:18	01:01:46	M 50 to 54	
426	Phillip	Laurier	388	01:02:25	01:01:50	M 65 +	Lowestoft Road Runners
427	Jennifer	Rowley	541	01:02:27	01:02:06	F 65 +	Longdale Striders
428	Richard	Thomson	638	01:02:38	01:02:32	M 15 - 39	
429	Kirby	Savage	557	01:02:39	01:02:13	F 15 - 39	
430	Katherine	Mortlock	449	01:02:44	01:02:11	F 40 to 44	Bure Valley Harriers
431	Sarah	Tove	647	01:02:45	01:02:14	F 15 - 39	Norwich Road Runners
432	Lorna	Wigg	687	01:02:48	01:02:32	F 15 - 39	
433	Gemma	Sullivan	613	01:02:48	01:02:32	F 15 - 39	
434	Joanne	Mason	422	01:02:53	01:02:22	F 45 to 49	
435	Emma	Parsons	488	01:02:55	01:02:25	F 15 - 39	
436	Tara	Read	516	01:02:56	01:02:29	F 15 - 39	
437	Jim	Woodcock	696	01:02:59	01:02:10	M 45 to 49	
438	Emma	Manning	415	01:03:05	01:02:35	F 15 - 39	
439	Stephen	Andrews	21	01:03:10	01:02:37	M 55 to 59	
440	Emma	Rackham	512	01:03:31	01:02:45	F 15 - 39	
441	Freddie	Main	407	01:03:37	01:02:57	M 15 - 39	
442	Jayne	Cook	128	01:03:44	01:02:54	F 50 to 54	
443	Penny	Moores	447	01:03:49	01:03:20	F 40 to 44	
444	Jonathan	Snelling	591	01:03:50	01:03:08	M 15 - 39	
445	Binks	Neate-Evans	454	01:04:07	01:03:57	F 45 to 49	Reepham Runners
446	Denise	Dickinson	166	01:04:18	01:03:47	F 45 to 49	
447	Claire	Beckett	50	01:04:25	01:03:35	F 40 to 44	
448	Martin	Lake	381	01:04:27	01:04:06	M 45 to 49	
449	Joseph	Jones	356	01:04:30	01:03:42	M 15 - 39	
450	Jen	Inglis	339	01:04:30	01:03:59	F 15 - 39	Norwich Road Runners
451	Joshua	Jones	357	01:04:32	01:03:44	M 15 - 39	
452	Dianne	Crosby	144	01:04:34	01:04:00	F 65 +	
453	Janette	Franks	230	01:04:48	01:04:17	F 50 to 54	
454	Simona	Matuskova	427	01:04:51	01:04:03	F 15 - 39	
455	Nicole	Cole	119	01:04:54	01:04:09	M 40 to 44	
456	Dawn	Cook	130	01:05:35	01:04:51	F 50 to 54	Norwich Road Runners
457	Victoria	Utting	657	01:05:35	01:04:51	F 45 to 49	Norwich Road Runners
458	Sonia	Rush	547	01:05:36	01:04:48	F 40 to 44	
459	Nichola	Thatcher	628	01:05:40	01:05:03	F 45 to 49	Wymondham AC
460	Donna	Frosdick	238	01:06:12	01:05:30	F 40 to 44	
461	Annette	Yeomanson	707	01:06:13	01:05:55	F 45 to 49	Coltishall Jaguars RC
462	Ann	Elrick	197	01:06:37	01:06:14	F 40 to 44	
463	Louise	Firman	215	01:06:50	01:06:23	F 15 - 39	
464	Helen	Goddard	262	01:06:50	01:06:24	F 40 to 44	
465	Emilia	Lascelles	387	01:07:05	01:06:22	F 15 - 39	
466	Deborah	Carter	99	01:07:10	01:06:38	F 45 to 49	Tri-Anglia Triathlon Club
467	Jason	Amies	19	01:07:11	01:06:18	M 40 to 44	
468	Robert	Mills	440	01:07:41	01:06:57	M 60 to 64	
469	Lorna	Langstaff	383	01:07:42	01:06:53	F 15 - 39	
470	Anna	Harrison	298	01:07:42	01:06:53	F 15 - 39	
471	Emma	Nicholson	461	01:07:44	01:07:01	F 40 to 44	
472	John	Manders	412	01:08:06	01:07:24	M 55 to 59	
473	Andrea	Playle	498	01:08:11	01:07:24	F 50 to 54	
474	Lorna	Lusher	404	01:08:23	01:07:47	F 15 - 39	
475	Kevin	Dobson	170	01:08:38	01:08:05	M 15 - 39	
476	Michala	Warner	669	01:08:38	01:07:50	F 40 to 44	
477	Leticia	Manders	413	01:08:44	01:08:04	F 50 to 54	
478	Jo	Wicker	684	01:08:59	01:08:09	F 40 to 44	
479	Claire	Hibbin	305	01:09:01	01:08:32	F 15 - 39	
480	Rachel	Howard	323	01:09:22	01:09:20	F 45 to 49	
481	Bill Griffin	Griffin	275	01:09:26	01:08:46	M 50 to 54	Norwich Road Runners
482	Samantha	Reddy	517	01:09:31	01:08:49	F 45 to 49	Norwich Road Runners
483	Beverley	Woodward	700	01:09:59	01:09:15	F 55 to 59	
484	Anne	Hardy	293	01:10:06	01:09:24	F 40 to 44	
485	Gillian	White	681	01:10:38	01:09:55	F 40 to 44	
486	Cathie	Reynolds	521	01:10:38	01:09:55	F 50 to 54	
487	Bob	Arnell	25	01:10:59	01:10:26	M 65 +	Great Yarmouth Road Runners
488	Lily	Bussey	91	01:11:17	01:10:32	F 15 - 39	
489	Charles	Weigand	677	01:11:19	01:10:46	M 65 +	Great Yarmouth Road Runners
490	David	Woodward	701	01:12:28	01:11:44	M 65 +	

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Position	Forename	Surname	Bib No.	Gun Time	Chip Time	Category	Club
491	Laura	Hunt	331	01:12:44	01:11:59	F 15 - 39	
492	Claire	George	256	01:12:55	01:12:00	F 15 - 39	
493	Alex	Logue	400	01:13:03	01:12:13	F 15 - 39	
494	Angela	Ellis	194	01:13:03	01:12:12	F 15 - 39	
495	Rory	Main	408	01:13:26	01:12:44	M 15 - 39	
496	Celia	Drakard	176	01:14:02	01:13:44	F 60 to 64	
497	Rosemary	Matthewson	426	01:15:27	01:14:41	F 45 to 49	
498	Lucy	Trowse	649	01:17:27	01:16:41	F 45 to 49	
499	Emma	Main	409	01:17:29	01:16:48	F 45 to 49	
500	Adrienne	Hendrey	302	01:19:09	01:18:33	F 45 to 49	
501	Katrina	Marshall	418	01:20:16	01:19:39	F 45 to 49	
502	Tim	Scutter	563	01:20:28	01:19:35	M 40 to 44	
503	Maria	Holmes	317	01:20:53	01:20:01	F 15 - 39	
504	Julie	Jarvey	347	01:21:35	01:21:01	F 40 to 44	Bure Valley Harriers
505	Louise	Adams	6	01:23:11	01:22:23	F 50 to 54	
506	Arneshia	Roberts	531	01:23:11	01:22:24	F 15 - 39	