

2018 Trowse 10k - Sunday 28 October

Position	First Name	Last Name	Bib No	Chip Time	Category	Club
1	Ben	Spratling	2	31:44	M 15 to 39	City of Norwich AC
2	Piers	Arnold	4	31:47	M 15 to 39	City of Norwich AC
3	James	Senior	3	31:51	M 15 to 39	City of Norwich AC
4	George	Gay	15	32:37	M 15 to 39	City of Norwich AC
5	Jonny	Earl	16	32:38	M 15 to 39	Hercules Wimbledon AC
6	Tom	Greenacre	1	33:02	M 15 to 39	City of Norwich AC
7	Jack	Adcock	14	35:15	M 15 to 39	City of Norwich AC
8	John	Scoggins	5	36:01	M 15 to 39	City of Norwich AC
9	Jonathan	Stockwell	27	36:21	M 15 to 39	
10	Steven	Cannell	10	36:47	M 15 to 39	
11	Alex	Griffiths	17	37:08	M 15 to 39	Dacorum & Tring AC
12	Connor	Braithwaite	56	37:13	M 15 to 39	Tyne Bridge Harriers
13	Kevin	Rooney	58	37:19	M 50 to 54	
14	Nathan	Risbey	18	37:25	M 15 to 39	Tri-Anglia TC
15	Marc	Evans	41	37:29	M 15 to 39	Great Yarmouth Road Runners
16	Mabel	Beckett	21	37:42	F 15 to 39	City of Norwich AC
17	Richard	Hanson	34	37:53	M 50 to 54	
18	Perry	Payne	9	38:13	M 15 to 39	Norwich Road Runners
19	Sam	Barker	33	38:21	M 15 to 39	Wymondham AC
20	Alistair	Shearer	38	38:23	M 15 to 39	Wymondham AC
21	Liam	Rowlands	29	38:27	M 15 to 39	Norwich Road Runners
22	LEANNE	Finch	773	38:37	F 15 to 39	City of Norwich AC
23	Martyn	Bath	49	38:37	M 15 to 39	
24	Jack	Stuttle	28	38:39	M 15 to 39	Coltishall Jaguars RC
25	Robert	Cheverton	147	38:45	M 60 to 64	Lowestoft Road Runners
26	Mark	Clues	25	38:47	M 50 to 54	Tri-Anglia TC
27	Trevor	Gannon	54	38:47	M 40 to 44	Norwich Road Runners
28	Simon	Bales	36	38:48	M 40 to 44	
29	Emma	Risbey	23	38:50	F 15 to 39	City of Norwich AC
30	Neil	Leeds	24	38:57	M 40 to 44	
31	Cat	Cummings	20	38:57	F 40 to 44	Wymondham AC
32	Leigh	Nixon	31	38:59	M 15 to 39	Coltishall Jaguars RC
33	Ryan	Tuvey	50	38:59	M 15 to 39	
34	Louie	Blake	48	39:01	M 15 to 39	
35	Sebastian	Polomski	35	39:32	M 15 to 39	
36	Amy	Beck	141	39:43	F 15 to 39	Norwich Road Runners
37	Jason	Brunt	19	39:52	M 45 to 49	Norfolk Gazelles RC
38	Albert	Hicks	100	40:06	M 15 to 39	City of Norwich AC
39	Matthew	Collier	26	40:08	M 45 to 49	Norfolk Gazelles RC
40	Juliette	Watkinson	113	40:21	F 15 to 39	Wymondham AC
41	Steven	Harrowing	75	40:32	M 15 to 39	Norfolk Harriers
42	Kate	Murrell	94	40:36	F 15 to 39	Norwich Road Runners
43	Byron	McGill	66	40:56	M 15 to 39	Bungay Black Dog RC
44	David	Hinton	47	40:57	M 15 to 39	
45	Stephen	Moseley	122	41:01	M 50 to 54	Norwich Road Runners
46	Peter	Bird	51	41:07	M 45 to 49	St. Edmunds Pacers
47	Shaun	Braybrook	30	41:12	M 15 to 39	Wymondham AC
48	Matt	Earl	106	41:21	M 40 to 44	
49	Sam	Powell	39	41:28	M 15 to 39	
50	Jason	Elrick	99	41:30	M 45 to 49	Thetford AC
51	Michael	Armes	142	41:35	M 50 to 54	Norwich Road Runners
52	Jason	Sparkes	63	41:35	M 15 to 39	
53	Jason	Tuttle	69	41:36	M 15 to 39	
54	James	Loughlin	293	41:38	M 15 to 39	

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
55	Liam	Swift	78	41:38	M 40 to 44	
56	Ben	Player	120	41:42	M 15 to 39	
57	Pete	Johnson	146	41:50	M 60 to 64	Ryston Runners AC
58	Mark	Bloomfield	110	41:54	M 45 to 49	
59	Sarah	Peachey	80	42:00	F 15 to 39	Wymondham AC
60	Dan	Johnstone	129	42:17	M 15 to 39	
61	Ricci	Wilson	68	42:25	M 15 to 39	Waveney Valley AC
62	Harriet	Carr	96	42:29	F 15 to 39	
63	Theresa	Doolwy	65	42:38	F 45 to 49	Norfolk Gazelles RC
64	James	Hoyle	118	42:44	M 15 to 39	
65	Robin	Belsom	91	42:50	M 55 to 59	Ipswich JAFFA RC
66	Matthew	Grimwood	131	42:51	M 40 to 44	
67	David	Allum	77	42:54	M 15 to 39	Norfolk Harriers
68	Ben	Ling	143	42:54	M 15 to 39	
69	William	Robb	145	42:55	M 15 to 39	
70	Tom	Hutchings	98	42:56	M 45 to 49	Norfolk Gazelles RC
71	Stephen	Ayres	127	42:58	M 15 to 39	
72	James	Hopgood	92	43:04	M 15 to 39	
73	Matthew	Lambert	89	43:05	M 15 to 39	
74	Sharon	Hurren	101	43:08	F 45 to 49	Wymondham AC
75	Andrew	Skiggs	144	43:18	M 40 to 44	Tri-Anglia TC
76	Alan	Dawson	111	43:19	M 40 to 44	
77	James	Stenner	134	43:23	M 15 to 39	
78	Graeme	Wooden	128	43:25	M 15 to 39	
79	Stephen	Dady	87	43:28	M 65+	Wymondham AC
80	Matthew	Renforth	151	43:29	M 45 to 49	
81	Adrian	Leddy	139	43:30	M 40 to 44	
82	Paul	Newlove	153	43:35	M 15 to 39	
83	Ben	Snelling	73	43:35	M 45 to 49	Norwich Road Runners
84	Ken	Barcham-Bool	43	43:39	M 15 to 39	Tri-Anglia TC
85	Steven	Tuttle	112	43:40	M 55 to 59	
86	Mark	Stone	103	43:42	M 45 to 49	Great Yarmouth Road Runners
87	Matthew	Crane	42	43:43	M 40 to 44	Bure Valley Harriers
88	Michael	Townsend	62	43:48	M 15 to 39	
89	Lee	Wilson	116	43:52	M 40 to 44	
90	Andy	Clark	261	43:54	M 50 to 54	
91	Chris	Johnson	189	43:56	M 15 to 39	Coltishall Jaguars RC
92	Martin	Doherty	126	43:56	M 50 to 54	Norfolk Gazelles RC
93	Corrado	Di Maria	177	43:57	M 45 to 49	
94	Peter	Adams	133	44:04	M 15 to 39	
95	Lisa	Bolton	281	44:05	F 15 to 39	
96	Gary	Cheesman	74	44:09	M 15 to 39	
97	Luke	Hurren	150	44:12	M 15 to 39	Norwich Road Runners
98	Rob	Lines	247	44:14	M 50 to 54	Tri-Anglia TC
99	Dale	Cooper	294	44:18	M 55 to 59	Norfolk Harriers
100	Tom	Townsend	95	44:25	M 55 to 59	Norfolk Gazelles RC
101	Mark	Tufts	123	44:26	M 50 to 54	Wymondham AC
102	Glenn	Fletcher	175	44:37	M 15 to 39	
103	James	Larnder	105	44:39	M 40 to 44	
104	Erik	Gibbons	79	44:40	M 15 to 39	Norwich Road Runners
105	Joe	Blackwell	130	44:45	M 15 to 39	
106	Gemma	Barnes	250	44:46	F 15 to 39	
107	Rebecca	Thorby	76	44:48	F 40 to 44	Tri-Anglia TC
108	Nigel	Lambert	93	44:51	M 60 to 64	Wymondham AC

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
109	Glen	Nelson	121	44:51	M 60 to 64	Bure Valley Harriers
110	Stuart	Baker	279	44:52	M 40 to 44	
111	Rebecca	Pountain	287	44:55	F 15 to 39	Coltishall Jaguars RC
112	Robert	Organ	70	45:05	M 15 to 39	
113	Graeme	Bentley	238	45:08	M 15 to 39	
114	Garry	Whiting	84	45:12	M 50 to 54	Wymondham AC
115	Warren	Newell	61	45:20	M 55 to 59	
116	John	Harrison	218	45:25	M 15 to 39	
117	Andy	Rowles	124	45:33	M 55 to 59	Dereham Runners AC
118	Paul	Spooner	82	45:40	M 15 to 39	
119	Martin	Jackson	117	45:41	M 15 to 39	Grange Farm Trotters
120	Peter	Smith	289	45:42	M 45 to 49	
121	Jane	Hannah	774	45:43	F 40 to 44	
122	Kian	Saedi	292	45:47	M 15 to 39	
123	Paul	Utting	273	45:49	M 15 to 39	
124	Jake	Brownbill	152	45:56	M 15 to 39	
125	Ian	Fisher	257	45:58	M 55 to 59	
126	Emiliya	Lazarova	176	46:00	F 40 to 44	
127	Jonathan	Littlewood	365	46:01	M 15 to 39	Norwich Road Runners
128	Edward	Pinch	241	46:04	M 45 to 49	Tri-Anglia TC
129	Nick	Richards	88	46:06	M 40 to 44	Coltishall Jaguars RC
130	Jonathan	McManus	274	46:07	M 45 to 49	
131	Rachel	Glen	767	46:10	F 15 to 39	
132	Adam	Beckett	191	46:11	M 45 to 49	
133	Duncan	Smith	234	46:12	M 55 to 59	
134	Simon	Sparkes	185	46:18	M 45 to 49	Bungay Black Dog RC
135	Ben	Halpin	283	46:19	M 15 to 39	
136	Lee	Oxbury	178	46:20	M 50 to 54	Norfolk Gazelles RC
137	Ally	Hadden	160	46:26	M 45 to 49	Norwich Road Runners
138	Jenni	Border	227	46:26	F 15 to 39	Norwich Road Runners
139	Tom	Reynolds	211	46:26	M 15 to 39	
140	Silje	Hovstad	149	46:28	F 40 to 44	City of Norwich AC
141	Gary	Linder	296	46:32	M 60 to 64	North Norfolk Beach Runners
142	Neil	Robertson	430	46:34	M 15 to 39	
143	Russell	Brown	242	46:37	M 50 to 54	
144	Stacey	Harper	193	46:40	F 40 to 44	Norwich Road Runners
145	Janice	Coglin-Hibbert	544	46:40	F 45 to 49	Tri-Anglia TC
146	Matthew	Johnson	258	46:49	M 15 to 39	
147	Cassie	Barker	215	46:50	F 40 to 44	Wymondham AC
148	Sam	Weller	219	46:53	M 65+	North Norfolk Beach Runners
149	Richard	Crossland	264	46:54	M 50 to 54	Bungay Black Dog RC
150	Paul	Nearney	252	46:57	M 40 to 44	
151	George	Webster	159	46:58	M 15 to 39	
152	Ben	Wilson	229	46:58	M 50 to 54	
153	Wayne	Rostant	285	46:58	M 40 to 44	
154	Paul	Redbarnes	286	47:00	M 15 to 39	
155	Glyn	Manton	60	47:03	M 45 to 49	Norwich Road Runners
156	Stephen	Curnow	288	47:07	M 40 to 44	
157	Kevin	Rowe	472	47:12	M 15 to 39	
158	Matthew	Smith	138	47:15	M 40 to 44	Coltishall Jaguars RC
159	Simon	Mortlock	397	47:15	M 15 to 39	Bure Valley Harriers
160	Emma	Moolman	237	47:17	F 15 to 39	
161	Christine	Ashton	169	47:17	F 40 to 44	
162	Philip	Caley	188	47:22	M 40 to 44	

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
163	Hannah	Rees	401	47:29	F 15 to 39	Tri-Anglia TC
164	Ruth	Gaunt	156	47:33	F 50 to 54	Norwich Road Runners
165	Jonathan	Cole	418	47:35	M 15 to 39	
166	Anneke	Cook	379	47:36	F 50 to 54	Wymondham AC
167	Mark	Rose	140	47:37	M 40 to 44	Ipswich JAFFA RC
168	Philip	Websdale	170	47:37	M 45 to 49	Dereham Runners AC
169	Charlotte	Mintz	243	47:39	F 40 to 44	
170	Thomas	Rowley	161	47:39	M 15 to 39	
171	Kerry	Lymbery	157	47:43	F 15 to 39	Norwich Road Runners
172	Thomas	Gooch	363	47:48	M 15 to 39	
173	Colin	Richards	196	47:51	M 65+	
174	Steven	Mead	125	47:52	M 15 to 39	
175	Nouha	Tate	104	47:53	F 15 to 39	Coltishall Jaguars RC
176	Mark	Noakes	214	47:54	M 40 to 44	
177	Mike	Sothern	46	47:55	M 15 to 39	
178	Charlotte	Reed	225	47:56	F 15 to 39	Coltishall Jaguars RC
179	Matt	Licence	165	47:56	M 15 to 39	
180	Mark	Regan	203	48:08	M 50 to 54	
181	Ian	Snowsill	171	48:10	M 15 to 39	
182	Matthew	Downing	443	48:14	M 15 to 39	
183	Ardyn	Ross	280	48:14	F 50 to 54	
184	Brooke	Clarke	290	48:16	F 15 to 39	
185	Deborah	Blackwell	268	48:21	F 15 to 39	
186	Rebecca	Hall	190	48:22	F 15 to 39	Bure Valley Harriers
187	Matthew	Hinchliffe	246	48:22	M 15 to 39	
188	Laura	Fearnley	500	48:28	F 15 to 39	
189	Patrick	Cox	413	48:29	M 15 to 39	
190	Peter	Elliott	192	48:33	M 50 to 54	
191	Brad	Day	503	48:33	M 15 to 39	
192	Kelly	Simmonds	312	48:36	F 15 to 39	Norwich Road Runners
193	Liam	Bannon	328	48:36	M 15 to 39	
194	Peter	Kilby	184	48:37	M 15 to 39	
195	Ben	Kendall	173	48:42	M 15 to 39	
196	Alison	Stewart	202	48:43	F 60 to 64	Norwich Road Runners
197	Kevin	Westgate	344	48:46	M 15 to 39	
198	Michelle	Reeve	155	48:52	F 15 to 39	
199	Dan	Jones	199	48:53	M 15 to 39	Norfolk Gazelles RC
200	David	Buck	528	48:55	M 55 to 59	
201	Lucy	Clark	295	48:59	F 15 to 39	
202	Marian	Crossland	265	49:01	F 50 to 54	City of Norwich AC
203	Stephen	Clark	437	49:05	M 15 to 39	
204	Giles	Kerkham	209	49:06	M 45 to 49	Norwich Road Runners
205	Alice	Watson	266	49:06	F 15 to 39	
206	Stuart	Gollands	763	49:07	M 15 to 39	
207	Mary	Gillings	269	49:14	F 45 to 49	
208	Darren	Collison	251	49:15	M 45 to 49	
209	Emma	Mulley	434	49:19	F 15 to 39	
210	Konrad	Pytlarz	64	49:23	M 15 to 39	
211	David	Cooper	527	49:23	M 60 to 64	
212	Juliette	Meek	200	49:29	F 15 to 39	Ryston Runners AC
213	Silvi	Berger	448	49:30	F 40 to 44	
214	Callum	Davenport	164	49:31	M 15 to 39	Norfolk Gazelles RC
215	John	Mulley	350	49:32	M 55 to 59	
216	Alex	Broome	180	49:36	M 15 to 39	Norwich Road Runners

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
217	Lucie	Harrowing	181	49:37	F 15 to 39	
218	Jonathan	Howes	376	49:39	M 45 to 49	
219	Elizabeth	Earwaker	324	49:42	F 15 to 39	Goodgym Race Team
220	Charlie	Watson	338	49:52	M 55 to 59	
221	Andrew	Jarvis	239	49:53	M 40 to 44	Coltishall Jaguars RC
222	Tim	Powter-Robinson	207	49:54	M 55 to 59	
223	Amanda	Hards	205	50:00	F 50 to 54	
224	Graham	Fryer	186	50:00	M 45 to 49	Coltishall Jaguars RC
225	Jason	Brook	195	50:02	M 15 to 39	
226	Dean	Clarke	357	50:04	M 15 to 39	
227	Joanna	Godwin	168	50:09	F 45 to 49	Wymondham AC
228	Melissa	Sampson	167	50:12	F 45 to 49	
229	Janine	Salter	333	50:13	F 40 to 44	
230	Jamie	Childs	154	50:15	M 15 to 39	
231	Jon	Creasey	404	50:18	M 50 to 54	
232	Martyn	Taylor	405	50:22	M 50 to 54	
233	Laura	Noakes	358	50:24	F 15 to 39	
234	Kathryn	Head	166	50:26	F 15 to 39	North Norfolk Beach Runners
235	Matthew	Field	403	50:26	M 15 to 39	
236	Karen	Rix	339	50:29	F 45 to 49	Norfolk Gazelles RC
237	Hattie	Swain	354	50:31	F 15 to 39	Coltishall Jaguars RC
238	Jamie	Loudoun	301	50:31	M 40 to 44	
239	Tim	Drew	406	50:35	M 15 to 39	
240	Steven	Utting	206	50:37	M 50 to 54	Norwich Road Runners
241	Debbie	Powles	400	50:37	F 50 to 54	Norfolk Gazelles RC
242	Scott	Hollings	221	50:41	M 15 to 39	
243	Jo	Ross	383	50:43	F 45 to 49	Norfolk Gazelles RC
244	Nick	Ross	109	50:43	M 45 to 49	Norfolk Gazelles RC
245	Paul	Ellis	431	50:44	M 45 to 49	
246	Richard	Sage	426	50:44	M 15 to 39	
247	Graham	Hardingham	210	50:47	M 55 to 59	Norfolk Gazelles RC
248	Hayley	Braithwaite	329	50:48	F 15 to 39	
249	Chris	Groves	394	50:49	M 65+	Tri-Anglia TC
250	Andrew	Lillicrop	236	50:52	M 15 to 39	
251	Ruth	Hoyle	249	50:53	F 15 to 39	Norwich Road Runners
252	James	Cooper	255	50:57	M 15 to 39	
253	Andrew	Scottow	325	50:58	M 15 to 39	
254	Alex	Gaunt	343	51:01	M 45 to 49	Norwich Road Runners
255	Benedetta	Gattari	445	51:01	F 15 to 39	
256	Nicola	Jepson	409	51:01	F 15 to 39	Norfolk Harriers
257	Israel	Gottschalk	217	51:01	M 15 to 39	University of East Anglia AC
258	Maria	Hutson	310	51:04	F 15 to 39	
259	Rachel	Taylor	391	51:06	F 40 to 44	Bungay Black Dog RC
260	Julian	Jardine	366	51:08	M 45 to 49	Coltishall Jaguars RC
261	Jennifer	Gould	216	51:10	F 40 to 44	
262	Benjamin	Wall	361	51:10	M 15 to 39	
263	Chris	Adams	267	51:10	M 45 to 49	
264	Rose	Meleady	341	51:12	F 15 to 39	
265	Allyson	Phillips	375	51:13	F 15 to 39	
266	Anne	Millett	349	51:14	F 60 to 64	Norwich Road Runners
267	Richard	Beastall	335	51:15	M 15 to 39	
268	Pete	Alder	589	51:20	M 45 to 49	
269	Michael	Briggs	424	51:23	M 45 to 49	
270	Sarah	Bird	263	51:28	F 15 to 39	Bure Valley Harriers

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
271	Raymond	Marshall	232	51:31	M 55 to 59	Norwich Road Runners
272	Anna	Daniels	439	51:38	F 15 to 39	
273	Sarah	Temple	362	51:38	F 15 to 39	
274	Jonathan	Brighton	414	51:48	M 15 to 39	Norfolk Gazelles RC
275	Terry	Hutson	309	51:54	M 40 to 44	
276	Jens	Schweigart	447	51:59	M 40 to 44	
277	Tim	Earl	262	52:00	M 15 to 39	
278	Silvia	Ferretti	346	52:03	F 50 to 54	
279	Craig	Halliday	410	52:07	M 15 to 39	
280	Cristina	Lemus	411	52:08	F 15 to 39	
281	Nicola	Bury	304	52:08	F 40 to 44	
282	Martin	McCabe	432	52:12	M 15 to 39	
283	Rob	Winner	172	52:12	M 45 to 49	Wymondham AC
284	Kayleigh	Gibbons	332	52:13	F 15 to 39	Norwich Road Runners
285	Linzi	Gray	484	52:21	F 15 to 39	
286	Alex	Wynn	587	52:28	F 15 to 39	
287	Kerry	Metcalfe	607	52:38	F 15 to 39	Norwich Road Runners
288	David	Crotch	182	52:41	M 55 to 59	
289	Barry	Wells	446	52:42	M 65+	Norwich Road Runners
290	Greg	Graver	402	52:45	M 40 to 44	
291	Catherine	Belsom	342	52:46	F 45 to 49	Stowmarket Striders RC
292	Claire	Childs	372	52:46	F 15 to 39	
293	Emily	Linnell	427	52:47	F 15 to 39	
294	Rachael	Lockwood	334	52:52	F 40 to 44	Wymondham AC
295	Morgan	Haynes	318	52:55	M 50 to 54	
296	Fay	Wheeler	323	52:56	F 40 to 44	Wymondham AC
297	David	Woods	408	53:04	M 15 to 39	
298	Samantha	Grainger	369	53:06	F 45 to 49	Wymondham AC
299	David	Luton	393	53:06	M 15 to 39	
300	Tim	Cheesman	321	53:09	M 15 to 39	
301	Tom	Smith	611	53:14	M 45 to 49	Norfolk Harriers
302	Caroline	Long	228	53:15	F 15 to 39	
303	John	Bailey	542	53:22	M 15 to 39	
304	Ivan	Lees	560	53:32	M 60 to 64	Great Yarmouth Road Runners
305	Jasmine	Daynes	467	53:32	F 15 to 39	
306	Bobbie	Sauerzapf	520	53:34	F 55 to 59	Bungay Black Dog RC
307	Karen	Evans	378	53:34	F 45 to 49	Coltishall Jaguars RC
308	Nick	Fox	416	53:34	M 15 to 39	
309	Asher	Girling	399	53:36	M 55 to 59	
310	Stephen	Girling	398	53:37	M 55 to 59	
311	Chris	Bolderstone	433	53:39	M 15 to 39	
312	Steve	Sharp	585	53:42	M 50 to 54	
313	Mat	Ewing	451	53:53	M 15 to 39	
314	Vicky	Blyth	488	53:55	F 15 to 39	Norwich Road Runners
315	Kevin	Chapman	345	53:59	M 40 to 44	
316	Jonathan	Evans	419	54:00	M 15 to 39	
317	Liz	Browne	468	54:10	F 15 to 39	Norwich Road Runners
318	Lyn	Ottaway	389	54:11	F 40 to 44	Wymondham AC
319	Victoria	Jones	490	54:13	M 15 to 39	Norwich Road Runners
320	Kirsty	Schwieb	315	54:14	F 15 to 39	Bungay Black Dog RC
321	Craig	Schranz	305	54:14	M 15 to 39	
322	Clair	Robinson	356	54:15	F 15 to 39	
323	Amy	Godbold	322	54:16	F 15 to 39	Bungay Black Dog RC
324	Caroline	Vlotman	658	54:17	F 15 to 39	

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325	Lisa	Price	635	54:20	F 15 to 39	
326	Tom	Price	97	54:21	M 15 to 39	Norwich Road Runners
327	Debbie	Kennedy	543	54:22	F 55 to 59	
328	Julia	Kennelly	222	54:28	F 45 to 49	Wymondham AC
329	Sarah	Pearson	303	54:35	F 15 to 39	
330	Daniel	Porter	244	54:37	M 15 to 39	Bure Valley Harriers
331	Andrew	Earl	422	54:38	M 65+	
332	Elsbeth	Hunter	703	54:41	F 15 to 39	
333	Stephanie	Evans	421	54:51	F 15 to 39	Norfolk Gazelles RC
334	Nigel	Bullen	466	54:56	M 65+	Norfolk Gazelles RC
335	Andy	Turner	583	54:58	M 45 to 49	
336	Liz	Clues	390	54:58	F 45 to 49	Tri-Anglia TC
337	David	Spurgeon	597	55:00	M 15 to 39	
338	Martin	Watson	417	55:01	M 60 to 64	
339	Matthew	Driver	223	55:05	M 15 to 39	
340	Julie	Winner	319	55:08	F 45 to 49	Wymondham AC
341	Katherine	Morton	306	55:08	F 45 to 49	
342	John	Causer	317	55:09	M 65+	Norwich Road Runners
343	Sara	Matthews	327	55:12	F 45 to 49	
344	Robert	Quinlan	751	55:20	M 45 to 49	
345	Anna	Fox	475	55:22	F 15 to 39	
346	Eloise	Bird	436	55:23	F 50 to 54	St. Edmunds Pacers
347	Kerry	Alderton	567	55:24	F 15 to 39	
348	Karl	Alderton	669	55:24	M 15 to 39	
349	Hannah	Neve	552	55:25	F 15 to 39	
350	Franco	Mariuzzo	613	55:25	M 45 to 49	
351	David	Neve	553	55:25	M 15 to 39	
352	Chris	Barnett	645	55:26	F 55 to 59	
353	William	Wood	449	55:27	M 60 to 64	Norwich Road Runners
354	Simon	Fields	337	55:29	M 50 to 54	
355	Rachel	Cubitt	464	55:35	F 15 to 39	
356	Andy	Palmer	163	55:35	M 50 to 54	Norwich Road Runners
357	Sarah	Sutton	537	55:44	F 15 to 39	
358	Clement	Rouillard	187	55:45	M 15 to 39	
359	Tracy	Want	562	55:50	F 50 to 54	
360	Karen	Bradley	415	55:51	F 45 to 49	Coltishall Jaguars RC
361	Leanne	Botwright	534	55:51	F 15 to 39	Bure Valley Harriers
362	David	Freezer	374	55:59	M 15 to 39	
363	Sabria	Behilil	612	56:01	F 55 to 59	
364	Linda	Hunt	456	56:02	F 60 to 64	Bungay Black Dog RC
365	Tiffany	Bentley	541	56:03	F 15 to 39	
366	Mark	Ollett	231	56:10	M 45 to 49	Great Yarmouth Road Runners
367	Jane	Trudgill	412	56:10	F 45 to 49	
368	Stephen	Andrews	496	56:10	M 55 to 59	
369	Rachel	Ollett	382	56:10	F 45 to 49	Great Yarmouth Road Runners
370	Stuart	Bailey	579	56:15	M 40 to 44	
371	Rebecca	Cockerill	486	56:15	F 15 to 39	
372	Kate	Knowlden	588	56:17	F 15 to 39	
373	Dave	Lines	504	56:20	M 45 to 49	Tri-Anglia TC
374	Liam	Ward	194	56:26	M 15 to 39	
375	Lee	Roth	386	56:27	M 50 to 54	Lowestoft Road Runners
376	Tanya	Hollowsy	313	56:29	F 15 to 39	Bungay Black Dog RC
377	Caroline	Nunn	594	56:29	F 50 to 54	
378	Linda	Palmer	438	56:31	F 40 to 44	

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
379	Hanna	Dean	653	56:31	F 15 to 39	Bungay Black Dog RC
380	Paul	Gooch	502	56:34	M 50 to 54	
381	Jude	Durrant	330	56:38	F 50 to 54	FETCH Everyone (FERC)
382	Richard	Sawyer	569	56:39	M 50 to 54	
383	Claire	Beckett	489	56:44	F 45 to 49	
384	Dennis	Simpson	197	56:45	M 55 to 59	Norwich Road Runners
385	Phil	Rapley	316	56:47	M 50 to 54	
386	Elizabeth	Blakie	506	56:55	F 60 to 64	Ryston Runners AC
387	Sambeales01@icl	Beales	513	56:57	F 15 to 39	Coltishall Jaguars RC
388	Lucy	Coleman	368	56:58	F 15 to 39	Norwich Road Runners
389	Sarah	Sparkes	476	57:01	F 45 to 49	Bungay Black Dog RC
390	Sharon	Hooton	470	57:04	F 40 to 44	
391	Edita	Vrbova	683	57:04	F 40 to 44	
392	Valerie	Gidney	559	57:08	F 50 to 54	City of Norwich AC
393	Sophie	Getley	480	57:10	F 15 to 39	Norfolk Harriers
394	Roger	Eglen	479	57:11	M 65+	
395	May	Botwright	687	57:12	F 15 to 39	
396	Clare	Farrant	558	57:12	F 15 to 39	
397	Victoria	Leggett	536	57:13	F 15 to 39	
398	Colin	Arterton	522	57:17	M 45 to 49	
399	Beth	Licence	461	57:19	F 15 to 39	Diss & District AC
400	Emma	Grafton	526	57:24	F 45 to 49	
401	Chris	Brooks	450	57:24	M 15 to 39	
402	Justin	Galliford	584	57:27	M 15 to 39	
403	Ian	Constance	499	57:32	M 45 to 49	
404	Grahame	Bartlett	441	57:34	M 15 to 39	
405	Neesha	Bloomfield	440	57:34	F 15 to 39	
406	Glenn	Harcourt	566	57:35	M 55 to 59	
407	Kate	McIntosh	469	57:47	F 15 to 39	
408	Paula	Jordan	649	57:49	F 50 to 54	Norwich Road Runners
409	Marianne	Saunders	538	57:50	F 45 to 49	
410	Patrick	Jordan	710	57:57	M 45 to 49	
411	Kathryn	Jervis	610	57:59	F 15 to 39	Norwich Road Runners
412	Jodie	Barrett	741	58:09	F 15 to 39	
413	Hannah	Dennant	657	58:10	F 15 to 39	
414	Jemma	Curtis	532	58:10	F 15 to 39	
415	Rachel	Hirst	636	58:10	F 50 to 54	Bungay Black Dog RC
416	Kerri	Tilson	714	58:12	F 15 to 39	
417	Roly	Cook	108	58:13	M 55 to 59	Norwich Road Runners
418	Leon	Raby	485	58:14	M 15 to 39	
419	Ian	Hollings	360	58:20	M 50 to 54	
420	Lauren	Sims	429	58:21	F 15 to 39	
421	Rick	Herdman	573	58:25	M 50 to 54	
422	Rebecca	Seabrook	548	58:28	F 15 to 39	
423	Trish	Judson	643	58:30	F 60 to 64	
424	Chloe	Harcourt	482	58:34	F 15 to 39	Norwich Road Runners
425	Elizabeth	Ashton	606	58:35	F 15 to 39	North Norfolk Beach Runners
426	Lisa	Raby	497	58:40	F 15 to 39	
427	Vicky	Hampson	596	58:40	F 15 to 39	North Norfolk Beach Runners
428	Donna	Dingle	525	58:42	F 40 to 44	
429	Joe	Woodley	454	58:42	M 40 to 44	Norwich Road Runners
430	Victoria	Utting	320	58:44	F 45 to 49	Norwich Road Runners
431	Sarah	Hale	618	58:45	F 15 to 39	
432	Emma	Greer	568	58:46	F 40 to 44	

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
433	Louise	Goldson	655	58:52	F 45 to 49	
434	Leon	Carrara	501	58:53	M 55 to 59	
435	Sarah	Royall	557	59:07	F 15 to 39	
436	Nina	Baisley	733	59:10	F 40 to 44	
437	Rebecca	Guthrie	460	59:12	F 40 to 44	
438	Elizabeth	Barnard	535	59:18	F 50 to 54	Norfolk Gazelles RC
439	Tom	Nash	764	59:19	M 15 to 39	
440	Fiona	Cooley	291	59:20	F 15 to 39	
441	Alan	Parsons	672	59:25	M 60 to 64	
442	Timothy	Evans	529	59:30	M 50 to 54	Coltishall Jaguars RC
443	Donna	Talby	455	59:36	F 40 to 44	
444	Anna	Ramsay	673	59:39	F 15 to 39	
445	Teresa	Fallon	540	59:43	F 45 to 49	
446	Fiona	Munn	509	59:44	F 40 to 44	
447	Graham	Johnson	119	59:49	M 45 to 49	
448	Jen	Inglis	625	59:50	F 15 to 39	Norwich Road Runners
449	Sarah	Rhoden	492	59:54	F 40 to 44	Wymondham AC
450	Jane	Buck	605	59:54	F 45 to 49	
451	Paul	Marshall	608	59:55	M 50 to 54	
452	Dean	Sharman	487	59:55	M 15 to 39	
453	Karen	Glenister	704	59:57	F 45 to 49	
454	Peter	Cropley	326	59:59	M 45 to 49	
455	Nicola	Fortescue	646	1:00:02	F 45 to 49	
456	Shauna	Gooch	539	1:00:05	F 15 to 39	Norwich Road Runners
457	Aston	Martin	37	1:00:05	M 15 to 39	Norwich Road Runners
458	Jacomín	Moolman	384	1:00:14	F 50 to 54	
459	Lewis	Patterson	602	1:00:26	M 15 to 39	
460	Katherine	Mortlock	659	1:00:29	F 40 to 44	Bure Valley Harriers
461	Stephanie	Wenn	620	1:00:33	F 15 to 39	Norwich Road Runners
462	Natalie	Townsend	571	1:00:33	F 15 to 39	
463	Elizabeth	Green	457	1:00:37	F 15 to 39	Norwich Road Runners
464	Lucy	Spinks	463	1:00:44	F 15 to 39	Norwich Road Runners
465	Jane	Bailey	757	1:00:45	F 45 to 49	
466	Naomi	Webb	690	1:00:48	F 15 to 39	
467	Natasha	Grist	711	1:00:49	F 40 to 44	
468	Katie	Franks	521	1:00:55	F 15 to 39	
469	Lindsey	Anderson	550	1:00:59	F 15 to 39	
470	Ryan	Westrop	663	1:01:10	M 15 to 39	
471	Andrew	McDonell	665	1:01:10	M 40 to 44	
472	Natalie	Edwards	505	1:01:29	F 15 to 39	
473	Matt	Woods	578	1:01:30	M 15 to 39	
474	Richard	Pilch	664	1:01:31	M 65+	
475	Natasha	Phayre	473	1:01:31	F 15 to 39	
476	Victoria	Earl	684	1:01:36	F 15 to 39	
477	Elaine	Kleinberg	725	1:01:45	F 40 to 44	
478	Martin	Roper	465	1:01:47	M 55 to 59	
479	Andy	Hughes	373	1:01:53	M 50 to 54	Wymondham AC
480	Anita	Talby	715	1:01:53	F 40 to 44	
481	Amanda	Gray	477	1:01:58	F 60 to 64	Wymondham AC
482	Claire	Pye	671	1:02:07	F 45 to 49	
483	Hannah	Hanford	549	1:02:11	F 15 to 39	
484	Lee	Youngs	564	1:02:11	M 15 to 39	
485	Judith	Hurren	766	1:02:15	F 15 to 39	
486	Frankie	Campling	765	1:02:16	M 15 to 39	

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
487	Niki	Kaiser	572	1:02:18	F 40 to 44	City of Norwich AC
488	Diane	Thompson	516	1:02:27	F 55 to 59	
489	Michelle	Youngs	565	1:02:38	F 15 to 39	
490	Patrick	Layton	677	1:02:45	M 60 to 64	
491	Andrew	Harrison-Stokes	518	1:02:49	M 15 to 39	
492	Beverley	Read	523	1:02:49	F 40 to 44	Bure Valley Harriers
493	Kelly	Philpot	681	1:02:52	F 15 to 39	
494	James	Curtis	531	1:02:53	M 15 to 39	
495	Sally	Porter	551	1:03:03	F 55 to 59	
496	Victoria	Amies	624	1:03:16	F 45 to 49	
497	Donna	Buttolph	691	1:03:19	F 15 to 39	Bure Valley Harriers
498	Andrew	Bird	580	1:03:19	M 55 to 59	
499	Suzannah	Jex	748	1:03:34	F 40 to 44	Wymondham AC
500	Sylvia	Dady	498	1:03:50	F 15 to 39	
501	Sarah	Willcox	750	1:03:56	F 15 to 39	
502	Rachel	Butlin	604	1:04:23	F 15 to 39	Wymondham AC
503	Janette	Franks	637	1:04:39	F 55 to 59	
504	Catherine	Usher	722	1:04:40	F 40 to 44	
505	Diane	Smith	726	1:04:44	F 50 to 54	
506	Fiona	Fogg	650	1:04:47	F 15 to 39	
507	Diane	Burton	688	1:04:51	F 55 to 59	Wymondham AC
508	Rhosyn	Almond	648	1:04:54	F 15 to 39	
509	Carol	Eccleston	698	1:04:59	F 15 to 39	Norfolk Harriers
510	Hazel	Flower	626	1:05:31	F 45 to 49	
511	Joanna	Longe	686	1:05:39	F 45 to 49	
512	Nicola	Jarvis	647	1:05:39	F 50 to 54	
513	Rose	Taylor	674	1:05:42	F 15 to 39	
514	Caroline	Pocock	359	1:05:44	F 15 to 39	Norwich Road Runners
515	Stefania	Nobbs	730	1:05:45	F 40 to 44	
516	Eleanor	Jarvis	640	1:05:51	F 15 to 39	
517	Kerris	Maxfield	696	1:05:54	F 45 to 49	
518	Ann	Greenizan	755	1:05:55	F 65+	
519	Stephanie	Brighton	644	1:05:56	F 15 to 39	Norfolk Gazelles RC
520	Chris	Nichols	737	1:06:11	M 15 to 39	
521	Sarah	Percival	508	1:06:16	F 15 to 39	
522	Rebecca	Wicks	616	1:06:17	F 40 to 44	Coltishall Jaguars RC
523	Jamie	Harkin	718	1:06:27	F 15 to 39	
524	Liz	Stirling	662	1:06:30	F 60 to 64	
525	Gemma	Cooke	617	1:06:41	F 15 to 39	Norwich Road Runners
526	Gerlinde	Diehl	675	1:06:48	F 60 to 64	Norwich Road Runners
527	Tina	Moseley	619	1:07:06	F 50 to 54	
528	Lisa	Rodgers	507	1:07:13	F 50 to 54	
529	John	Manders	676	1:07:30	M 55 to 59	Norwich Road Runners
530	Penny	Moores	719	1:07:32	F 45 to 49	
531	Pippa	Newman	668	1:07:35	F 15 to 39	
532	Claire	Hibbin	638	1:07:57	F 40 to 44	Great Yarmouth & District AC
533	Pat	Brightman	700	1:08:01	F 65+	
534	Rosemary	Terry	582	1:08:28	F 15 to 39	
535	Allison	Lindsey	629	1:08:43	F 50 to 54	Norwich Road Runners
536	Ruth	Rhead	631	1:08:43	F 55 to 59	
537	Ann	Mattewson	630	1:08:44	F 55 to 59	
538	Sarah	Scales	621	1:08:45	F 40 to 44	Norwich Road Runners
539	Leticia	Yulita	735	1:09:00	F 50 to 54	
540	C	Anderson	701	1:09:26	F 55 to 59	

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Position	First Name	Last Name	Bib No	Chip Time	Category	Club
541	Sharon	Lister	720	1:09:57	F 45 to 49	Norfolk Harriers
542	Judith	Davison	660	1:09:58	F 55 to 59	
543	Lisa	Hurry	708	1:09:59	F 50 to 54	
544	Jamie	Causton	692	1:10:07	M 15 to 39	
545	Maria	Banyard	712	1:10:18	F 40 to 44	
546	Sarah	Haddon	709	1:10:18	F 40 to 44	
547	Peter	Reuben	705	1:10:23	M 15 to 39	
548	Catherine	Bates	761	1:10:27	F 15 to 39	
549	Caroline	Briggs	622	1:10:50	F 50 to 54	
550	Michelle	Wright	731	1:11:02	F 45 to 49	
551	Sarah	Goldser	639	1:11:37	F 60 to 64	Tri-Anglia TC
552	Tracy	Yates	759	1:11:49	F 55 to 59	
553	Sarah	Hughes	697	1:11:56	F 40 to 44	
554	Emily	Rivers	713	1:12:30	F 15 to 39	
555	Lauren	Gipson	744	1:12:49	F 40 to 44	
556	Rachel	Linder	694	1:13:01	F 15 to 39	
557	Amy	Wright	727	1:13:23	F 15 to 39	
558	Ben	Moulton	732	1:13:26	M 40 to 44	
559	Amy	Shawcross	641	1:13:27	F 15 to 39	
560	Emma	Willison	695	1:13:41	F 15 to 39	Coltishall Jaguars RC
561	Jennifer	Norris	769	1:13:44	F 15 to 39	
562	Ann	Haynes	772	1:14:32	F 55 to 59	Coltishall Jaguars RC
563	Wendy	White	661	1:14:44	F 50 to 54	
564	Julie	Jardine	754	1:14:45	F 55 to 59	Bungay Black Dog RC
565	Rachel	Hardingham	768	1:18:37	F 15 to 39	
566	Tracey	Haylock	756	1:19:18	F 50 to 54	Beccles and Bungay Harriers
567	Celia	Drakard	749	1:19:19	F 65+	
568	Roz	MacLachlan	706	1:20:33	F 50 to 54	Beccles and Bungay Harriers
569	Tessa	Payne	770	1:21:49	F 60 to 64	