

14th Trowse 10k - Sunday 16 April 2017

Position	Forename	Surname	Bib No.	Chip Time	Gun Time	Gender	Category	Club
1	Tom	Greenacre	287	34:27:00	34:27:00	M	M 16 to 39	City of Norwich AC
2	Jonny	Earl	1	34:28:00	34:29:00	M	M 16 to 39	Hercules Wimbledon AC
3	Gary	Crush	161	34:54:00	34:55:00	M	M 40 to 44	City of Norwich AC
4	Ben	Spratling	634	35:57:00	35:57:00	M	M 16 to 39	City of Norwich AC
5	Richard	Johnson	383	36:23:00	36:25:00	M	M 40 to 44	Wymondham AC
6	Alan	Hume	355	36:26:00	36:27:00	M	M 40 to 44	Norfolk Gazelles RC
7	Simon	Partridge	528	36:35:00	36:36:00	M	M 16 to 39	Bure Valley Harriers
8	John	Hudson	353	36:56:00	36:57:00	M	M 16 to 39	Norwich Road Runners
9	Jack	Adcock	5	37:45:00	37:46:00	M	M 16 to 39	City of Norwich AC
10	Richard	Hanson	304	37:46:00	37:48:00	M	M 50 to 54	Tri-Anglia TC
11	Kevin	Frazer	250	38:01:00	38:03:00	M	M 50 to 54	Wymondham AC
12	Jonathan	Cordle	151	38:04:00	38:07:00	M	M 50 to 54	Tri-Anglia TC
13	Pieter	MacKeith	436	38:10:00	38:11:00	M	M 16 to 39	Tri-Anglia TC
14	Chris	Millsted	475	38:10:00	38:12:00	M	M 16 to 39	
15	Lee	Collins	145	38:49:00	38:52:00	M	M 40 to 44	Tri-Anglia TC
16	Darren	Liversidge	431	38:51:00	38:55:00	M	M 40 to 44	
17	Ian	Bray	84	38:56:00	38:57:00	M	M 16 to 39	Norwich Road Runners
18	Mark	Garrett	257	39:03:00	39:05:00	M	M 50 to 54	Norwich Road Runners
19	Will	McMorris	465	39:22:00	39:26:00	M	M 16 to 39	
20	Sebastian	Polomski	539	39:35:00	39:36:00	M	M 16 to 39	
21	Peter	Shackleton	607	39:33:00	39:37:00	M	M 55 to 59	
22	Sam	Barker	32	39:50:00	39:52:00	M	M 16 to 39	Wymondham AC
23	Matt	Howard	348	40:00:00	40:03:00	M	M 16 to 39	
24	Ryan	Tuvey	682	40:07:00	40:12:00	M	M 16 to 39	
25	Andy	Keeler	388	40:23:00	40:27:00	M	M 55 to 59	
26	Leanne	Finch	239	40:28:00	40:29:00	F	F 16 to 39	
27	Kate	Murrell	486	40:32:00	40:36:00	F	F 16 to 39	Tri-Anglia TC
28	Karl	Chapman	121	40:51:00	40:53:00	M	M 45 to 49	Wymondham AC
29	Liam	Rowlands	588	41:04:00	41:08:00	M	M 16 to 39	Norwich Road Runners
30	Yitzhak	Ben-Aroya	56	41:07:00	41:08:00	M	M 55 to 59	Barnet & District AC
31	Rowena	Leary	416	41:09:00	41:13:00	F	F 16 to 39	Norfolk Gazelles RC
32	Mark	Shields	612	41:22:00	41:33:00	M	M 16 to 39	
33	David	Gibbs	260	41:40:00	41:41:00	M	M 16 to 39	
34	Simon	Kennison	393	41:39:00	41:42:00	M	M 40 to 44	City of Norwich AC
35	Shaun	Braybrook	85	41:42:00	41:47:00	M	M 16 to 39	
36	John	Tracey	674	41:50:00	41:54:00	M	M 45 to 49	
37	Michael	Wilkinson	713	41:53:00	41:56:00	M	M 16 to 39	
38	Clive	Cartner	110	42:06:00	42:09:00	M	M 16 to 39	Coltishall Jaguars RC
39	Nicole	Beck	45	42:15:00	42:19:00	F	F 16 to 39	
40	Peter	Bird	63	42:17:00	42:20:00	M	M 40 to 44	St. Edmunds Pacers
41	Alexandra	Smith	620	42:19:00	42:24:00	F	F 40 to 44	Wymondham AC
42	Michael	Hollidge	337	42:24:00	42:28:00	M	M 16 to 39	
43	Tom	Hutchings	361	42:23:00	42:30:00	M	M 45 to 49	Norfolk Gazelles RC
44	Lee	Fairweather	234	42:13:00	42:34:00	M	M 40 to 44	
45	Matthew	Renforth	565	42:25:00	42:35:00	M	M 45 to 49	
46	Sharon	Hurren	358	42:31:00	42:36:00	F	F 45 to 49	Wymondham AC
47	Laszlo	Pall	516	42:35:00	42:41:00	M	M 16 to 39	
48	Mark	Rose	586	42:52:00	42:55:00	M	M 40 to 44	Ipswich JAFFA RC
49	Helen	Aldous	6	42:59:00	43:00:00	F	F 16 to 39	
50	Colin	Galer	256	42:56:00	43:02:00	M	M 16 to 39	
51	Stephen	Moseley	481	42:58:00	43:04:00	M	M 50 to 54	Norwich Road Runners
52	Richard	Crewe	153	43:04:00	43:07:00	M	M 45 to 49	Thetford AC
53	Matthew	Grimwood	290	43:11:00	43:16:00	M	M 40 to 44	
54	Juliette	Watkinson	696	43:20:00	43:25:00	F	F 16 to 39	Wymondham AC
55	Stuart	Peck	529	43:21:00	43:26:00	M	M 16 to 39	
56	Shaun	Sparkes	630	43:29:00	43:41:00	M	M 16 to 39	
57	Lee	Emmett	225	43:30:00	43:41:00	M	M 16 to 39	Coltishall Jaguars RC
58	Ashley	Yellop	733	43:37:00	43:42:00	M	M 40 to 44	Norwich Road Runners
59	Dan	North	507	43:46:00	43:52:00	M	M 16 to 39	
60	Gary	Cheesman	124	43:53:00	44:03:00	M	M 16 to 39	
61	Mark	Bloomfield	76	43:46:00	44:05:00	M	M 45 to 49	
62	Mark	Griffin	289	43:48:00	44:09:00	M	M 55 to 59	
63	Mark	Mardell	445	44:14:00	44:18:00	M	M 16 to 39	Norwich Road Runners
64	Ricci	Wilson	720	44:13:00	44:19:00	M	M 16 to 39	
65	Gary	Grand	282	44:17:00	44:22:00	M	M 50 to 54	Norwich Road Runners
66	Nicholas	Day	179	44:19:00	44:25:00	M	M 50 to 54	
67	Jason	Elrick	223	44:24:00	44:27:00	M	M 45 to 49	Thetford AC
68	Heath	Alexander-Bew	7	44:31:00	44:40:00	M	M 45 to 49	Wymondham AC
69	Paul	Cockaday	141	44:40:00	44:45:00	M	M 50 to 54	Norwich Road Runners
70	David	Jay	374	44:37:00	44:48:00	M	M 45 to 49	
71	Andrew	Clark	131	44:36:00	44:49:00	M	M 50 to 54	
72	Kevin	Powles	547	44:45:00	45:02:00	M	M 50 to 54	
73	Theresa	Dooley	198	45:01:00	45:08:00	F	F 45 to 49	Norfolk Gazelles RC
74	Steven	Tuttle	681	44:56:00	45:08:00	M	M 55 to 59	
75	Paul	Spooner	633	44:38:00	45:09:00	M	M 16 to 39	
76	Jason	Sparkes	628	45:02:00	45:13:00	M	M 16 to 39	

77	Mark	Armstrong	15	45:03:00	45:16:00	M	M 16 to 39	
78	Mark	Stone	646	45:08:00	45:18:00	M	M 45 to 49	Great Yarmouth Road Runners
79	Adam	Baker	22	45:11:00	45:20:00	M	M 16 to 39	
80	Joanna	Killingworth	398	45:09:00	45:21:00	F	F 40 to 44	Norwich Road Runners
81	Adrian	Leddy	417	45:09:00	45:22:00	M	M 16 to 39	
82	Paul	Reeve	563	45:05:00	45:23:00	M	M 45 to 49	Great Yarmouth Road Runners
83	Corrado	Di Maria	193	45:14:00	45:24:00	M	M 45 to 49	
84	Joe	Blackwell	72	45:21:00	45:26:00	M	M 16 to 39	
85	Andrew	Shorthose	615	45:16:00	45:28:00	M	M 40 to 44	
86	Lee	Wilson	719	45:21:00	45:31:00	M	M 40 to 44	
87	Martin	McConnell	460	45:21:00	45:31:00	M	M 16 to 39	Norwich Road Runners
88	Simon	Beckett	48	45:30:00	45:38:00	M	M 50 to 54	
89	Thomas	Bartram	41	45:37:00	45:54:00	M	M 16 to 39	
90	Chris	Williams	715	45:40:00	45:57:00	M	M 16 to 39	
91	Shaune	Gooch	273	45:51:00	45:58:00	M	M 45 to 49	Norwich Road Runners
92	Alan	Dawson	178	45:41:00	45:59:00	M	M 16 to 39	
93	George	Webster	698	45:55:00	46:05:00	M	M 16 to 39	
94	Gavin	Eke	220	45:57:00	46:06:00	M	M 40 to 44	
95	Chris	Davies	173	46:00:00	46:06:00	M	M 40 to 44	
96	Mark	Townsend	671	45:49:00	46:06:00	M	M 45 to 49	
97	Emiliya	Lazarova	415	45:56:00	46:06:00	F	F 16 to 39	
98	Andy	Rowles	589	46:07:00	46:08:00	M	M 55 to 59	Dereham Runners AC
99	Tom	Townsend	672	45:49:00	46:09:00	M	M 55 to 59	Norfolk Gazelles RC
100	Doug	Faulkner Gawlinski	236	45:58:00	46:11:00	M	M 16 to 39	
101	Nigel	Lambert	407	46:12:00	46:13:00	M	M 60 to 64	
102	Keiron	Steele	637	46:29:00	46:33:00	M	M 16 to 39	
103	Jack	Stuttle	648	46:30:00	46:42:00	M	M 16 to 39	
104	Royston	Thorne	664	46:30:00	46:43:00	M	M 40 to 44	
105	Nick	Richards	570	46:41:00	46:44:00	M	M 40 to 44	
106	Josh	Gowen	280	46:35:00	46:55:00	M	M 16 to 39	
107	Peter	Jackson	368	46:51:00	46:59:00	M	M 16 to 39	
108	Lucy	Clark	133	46:50:00	47:03:00	F	F 16 to 39	
109	Graeme	Bentley	57	46:39:00	47:03:00	M	M 16 to 39	
110	Chris	Chorley	130	46:30:00	47:08:00	M	M 50 to 54	Bungay Black Dog RC
111	Oliver	Dack	165	46:52:00	47:15:00	M	M 16 to 39	
112	Martin	Lowe	432	47:14:00	47:21:00	M	M 45 to 49	Norwich Road Runners
113	Ian	Edwards	216	47:19:00	47:23:00	M	M 40 to 44	Norfolk Gazelles RC
114	Liam	Tanner	654	47:13:00	47:23:00	M	M 16 to 39	
115	Lee	Oxbury	513	47:06:00	47:24:00	M	M 45 to 49	Norfolk Gazelles RC
116	Nick	Cason	112	47:08:00	47:24:00	M	M 40 to 44	Norfolk Gazelles RC
117	Liam	Ward	693	47:13:00	47:27:00	M	M 16 to 39	
118	Stephen	Gook	277	47:29:00	47:29:00	M	M 50 to 54	
119	Colin	Richards	569	47:28:00	47:32:00	M	M 65 +	
120	Guy	Shearwood	611	47:30:00	47:36:00	M	M 55 to 59	Norwich Road Runners
121	Cassie	Barker	30	47:28:00	47:43:00	F	F 40 to 44	Wymondham AC
122	Paul	Malcolm	441	47:34:00	47:48:00	M	M 55 to 59	
123	Julia	Perry	532	47:38:00	47:48:00	F	F 16 to 39	Norwich Road Runners
124	Chris	Dann	169	47:42:00	47:51:00	M	M 40 to 44	
125	David	Hogg	335	47:48:00	47:56:00	M	M 50 to 54	
126	Camille	Davila	176	47:49:00	47:58:00	F	F 16 to 39	
127	Harvey	Lake	406	47:42:00	48:02:00	M	M 16 to 39	City of Norwich AC
128	Steven	Jeal	376	48:03:00	48:10:00	M	M 16 to 39	
129	Lindsay	Black	70	48:04:00	48:13:00	F	F 16 to 39	
130	Brooke	Clarke	137	48:01:00	48:14:00	F	F 16 to 39	
131	Deborah	Blackwell	71	48:10:00	48:15:00	F	F 16 to 39	
132	Richard	Crossland	156	48:05:00	48:15:00	M	M 50 to 54	Bungay Black Dog RC
133	Ross	Green	286	48:04:00	48:15:00	M	M 16 to 39	Bungay Black Dog RC
134	Anthony	Howard	347	47:47:00	48:15:00	M	M 16 to 39	
135	Matthew	Hinchliffe	332	48:18:00	48:27:00	M	M 16 to 39	
136	Lewis	Daniels	167	48:17:00	48:28:00	M	M 16 to 39	
137	Ruth	Gaunt	258	48:12:00	48:31:00	F	F 50 to 54	Norwich Road Runners
138	Alan	Butterworth	99	48:26:00	48:37:00	M	M 40 to 44	Norfolk Gazelles RC
139	Pieter	Toor	670	48:23:00	48:40:00	M	M 45 to 49	
140	Derin	Clark	132	48:29:00	48:40:00	F	F 16 to 39	
141	Ed	Bell	53	48:30:00	48:41:00	M	M 16 to 39	
142	Jodie	Causer	113	48:32:00	48:43:00	F	F 16 to 39	Norwich Road Runners
143	Louise	Grinsdale	291	48:33:00	48:43:00	F	F 40 to 44	Norwich Road Runners
144	Emma	Meiring	468	48:44:00	48:55:00	F	F 45 to 49	Bungay Black Dog RC
145	Rebecca	Copeland	150	48:48:00	48:56:00	F	F 16 to 39	
146	Byron	McGill	462	48:49:00	48:57:00	M	M 16 to 39	
147	Ben	Mills	474	48:34:00	48:58:00	M	M 16 to 39	
148	Amanda	Hards	308	48:46:00	48:58:00	F	F 50 to 54	
149	Ian	Snowsill	627	48:06:00	48:59:00	M	M 16 to 39	
150	Chris	Baldwin	26	48:42:00	49:04:00	M	M 16 to 39	Norwich Road Runners
151	Ian	Fisher	240	48:45:00	49:07:00	M	M 55 to 59	
152	Thomas	Ginn	265	49:07:00	49:07:00	M	M 16 to 39	
153	Paul	Nearney	491	48:45:00	49:08:00	M	M 40 to 44	
154	Matthew	Downing	201	48:46:00	49:12:00	M	M 16 to 39	
155	Melanie	Widdows	710	48:43:00	49:13:00	F	F 45 to 49	
156	Nicola	Jepson	378	48:57:00	49:14:00	F	F 16 to 39	

157	Rebecca	Hall	298	49:10:00	49:19:00	F	F 16 to 39	
158	Rob	Duncan	209	49:17:00	49:27:00	M	M 16 to 39	
159	Mark	Regan	564	49:09:00	49:28:00	M	M 50 to 54	
160	Nick	Poole	540	49:27:00	49:29:00	M	M 60 to 64	
161	Neil	Dennis	189	49:18:00	49:29:00	M	M 16 to 39	Stowmarket Striders RC
162	Martin	Nicholson	501	49:01:00	49:30:00	M	M 45 to 49	
163	Alan	Duncan	208	49:32:00	49:32:00	M	M 16 to 39	
164	David	Nichols	500	49:26:00	49:33:00	M	M 16 to 39	
165	Hugh	Woolfenden	726	49:26:00	49:34:00	M	M 45 to 49	
166	Karl	Olley	509	49:28:00	49:35:00	M	M 16 to 39	
167	Marianne	Armstrong	14	49:37:00	49:41:00	F	F 16 to 39	Norwich Road Runners
168	Peter	Keogh	394	49:32:00	49:46:00	M	M 16 to 39	Norwich Road Runners
169	Christopher	Stones	647	49:16:00	49:48:00	M	M 16 to 39	
170	Tony	Eves	229	49:25:00	49:52:00	M	M 16 to 39	
171	Richard	Davis	177	49:15:00	49:56:00	M	M 40 to 44	
172	Kathryn	Hammond	301	49:50:00	49:56:00	F	F 40 to 44	Norwich Road Runners
173	Matthew	Johnson	382	49:38:00	49:57:00	M	M 16 to 39	
174	Bryn	Mainwaring	440	49:29:00	49:59:00	M	M 45 to 49	
175	Graham	Hardingham	307	49:53:00	50:00:00	M	M 55 to 59	Norfolk Gazelles RC
176	Paul	Smith	624	49:42:00	50:03:00	M	M 45 to 49	Norwich Road Runners
177	Claire	Smith	621	49:43:00	50:03:00	F	F 45 to 49	Norwich Road Runners
178	Jonathan	Cole	142	49:48:00	50:06:00	M	M 16 to 39	
179	Sarah	Bird	65	49:54:00	50:08:00	F	F 16 to 39	Bure Valley Harriers
180	Giles	Kerkham	395	49:37:00	50:09:00	M	M 45 to 49	Norwich Road Runners
181	Sophie	Kendall	390	49:59:00	50:11:00	F	F 16 to 39	
182	Leon	Carrara	107	50:06:00	50:13:00	M	M 55 to 59	
183	Mark	Noakes	503	49:43:00	50:14:00	M	M 40 to 44	
184	Karl	Tutt	680	49:52:00	50:14:00	M	M 45 to 49	
185	Matthew	Cawston	116	49:45:00	50:19:00	M	M 16 to 39	
186	Joanna	Godwin	268	50:01:00	50:20:00	F	F 40 to 44	Wymondham AC
187	Debbie	Powles	546	50:00:00	50:21:00	F	F 45 to 49	Norfolk Gazelles RC
188	Karl	Steward	640	50:10:00	50:21:00	M	M 40 to 44	
189	Danielle	Whatling	702	50:24:00	50:28:00	F	F 16 to 39	Diss & District AC
190	Simon	Carnell	105	50:10:00	50:29:00	M	M 50 to 54	Norwich Road Runners
191	Eloise	Bird	62	50:31:00	50:34:00	F	F 50 to 54	St. Edmunds Pacers
192	Susanna	Moore	478	50:40:00	50:44:00	F	F 16 to 39	
193	Grant	Wheeler	703	50:40:00	50:50:00	M	M 50 to 54	
194	Jonathan	Howes	349	50:32:00	50:51:00	M	M 45 to 49	
195	Stuart	Bishop	68	50:53:00	50:55:00	M	M 40 to 44	
196	Paul	McCarthy	458	50:49:00	51:04:00	M	M 16 to 39	
197	Michael	Ducker	204	50:47:00	51:07:00	M	M 16 to 39	
198	Ross	Fletcher	243	50:47:00	51:13:00	M	M 16 to 39	
199	Shaun	Wilkinson	714	50:53:00	51:15:00	M	M 16 to 39	
200	Greg	Graver	283	51:11:00	51:16:00	M	M 40 to 44	
201	Martin	Bagnall	17	50:44:00	51:18:00	M	M 50 to 54	Coltishall Jaguars RC
202	Philip	Bartram	40	50:52:00	51:19:00	M	M 45 to 49	
203	Catherine	Belsom	54	50:58:00	51:20:00	F	F 45 to 49	Stowmarket Striders RC
204	Esther	Bliss	74	51:11:00	51:24:00	F	F 16 to 39	
205	Barney	Goodrum	275	51:04:00	51:24:00	M	M 45 to 49	
206	Tim	Powter-Robinson	549	51:16:00	51:29:00	M	M 55 to 59	
207	Gareth	Thompson	662	50:50:00	51:30:00	M	M 16 to 39	
208	Craig	Skipper	618	51:13:00	51:30:00	M	M 16 to 39	
209	Tom	Roques	584	51:24:00	51:32:00	M	M 45 to 49	
210	Laura	Noakes	502	51:02:00	51:32:00	F	F 16 to 39	
211	Matt	Whitehouse	704	51:22:00	51:34:00	M	M 16 to 39	
212	Baz	Hipwell	333	51:33:00	51:39:00	M	M 55 to 59	Norwich Road Runners
213	Adam	Beckett	46	50:56:00	51:39:00	M	M 45 to 49	
214	Sarah	Larnder	410	50:56:00	51:39:00	F	F 16 to 39	
215	James	Larnder	409	50:56:00	51:39:00	M	M 16 to 39	
216	Juliette	Meek	467	51:32:00	51:46:00	F	F 16 to 39	Ryston Runners AC
217	William	Bloomfield	77	51:33:00	51:52:00	M	M 16 to 39	
218	Kevin	Westgate	701	51:31:00	51:53:00	M	M 16 to 39	
219	Linzi	Gray	284	51:38:00	51:54:00	F	F 16 to 39	
220	Andrew	Hannant	303	51:46:00	51:56:00	M	M 40 to 44	
221	Jill	Copeland	149	51:51:00	51:59:00	F	F 55 to 59	
222	Alison	Stewart	641	51:46:00	52:04:00	F	F 55 to 59	Norwich Road Runners
223	Tony	Shipley	614	51:32:00	52:05:00	M	M 40 to 44	Tri-Anglia TC
224	Simon	Skinner	617	52:08:00	52:17:00	M	M 40 to 44	Beccles and Bungay Harriers
225	Adrian	McCrum	461	51:51:00	52:18:00	M	M 45 to 49	
226	Dan	Osborne	511	52:03:00	52:19:00	M	M 40 to 44	
227	Damian	Steward	639	52:03:00	52:19:00	M	M 45 to 49	
228	Claire	Hews	325	52:03:00	52:22:00	F	F 16 to 39	
229	Ian	Hews	326	52:03:00	52:22:00	M	M 50 to 54	
230	James	Cooper	148	52:11:00	52:25:00	M	M 16 to 39	
231	Peter	Milam	473	52:18:00	52:26:00	M	M 50 to 54	
232	Andrew	Earl	214	52:11:00	52:28:00	M	M 65 +	
233	Andy	Palmer	518	52:08:00	52:31:00	M	M 50 to 54	Norwich Road Runners
234	Nicola	Gibson	261	52:10:00	52:31:00	F	F 40 to 44	Norwich Road Runners
235	Darren	Potter	541	52:16:00	52:34:00	M	M 16 to 39	
236	Emily	Savory	599	52:05:00	52:35:00	F	F 16 to 39	

237	Colin	Chamberlain	117	52:28:00	52:36:00	M	M 50 to 54	
238	Brian	Endean	226	52:27:00	52:36:00	M	M 55 to 59	
239	Glenn	Basham	42	52:20:00	52:44:00	M	M 45 to 49	Wymondham AC
240	Scott	Hollings	339	52:14:00	52:47:00	M	M 16 to 39	
241	Emma	Willison	717	52:25:00	52:50:00	F	F 16 to 39	
242	Jonathan	Mulley	483	52:11:00	52:55:00	M	M 50 to 54	
243	Kate	Gooding	274	52:38:00	52:56:00	F	F 16 to 39	
244	Sarah	Ewing	230	52:42:00	52:56:00	F	F 40 to 44	
245	Sarah	Cole	143	52:38:00	52:56:00	F	F 16 to 39	
246	Annie	Leung	425	52:30:00	52:58:00	F	F 40 to 44	
247	James	Oxbury	512	52:46:00	53:00:00	M	M 40 to 44	
248	Maria	Hutson	362	52:58:00	53:04:00	F	F 16 to 39	
249	Amanda	Bidgood	60	52:30:00	53:05:00	F	F 16 to 39	
250	Terry	Hutson	363	53:00:00	53:06:00	M	M 16 to 39	
251	Charlotte	Dillaway	196	52:55:00	53:09:00	F	F 16 to 39	
252	Damian	Leslie	422	53:12:00	53:12:00	M	M 16 to 39	
253	Claire	Parish	522	52:42:00	53:16:00	F	F 16 to 39	
254	Neil	Madden	438	53:13:00	53:26:00	M	M 45 to 49	
255	Tracy	Stevens	638	53:15:00	53:32:00	F	F 45 to 49	Wymondham AC
256	Graham	Bloomfield	75	52:52:00	53:32:00	M	M 16 to 39	Cambridge Triathlon Club
257	Vicky	Day	180	53:16:00	53:33:00	F	F 45 to 49	Wymondham AC
258	Julian	Jardine	372	52:52:00	53:36:00	M	M 45 to 49	
259	Jens	Schweigart	606	53:35:00	53:50:00	M	M 40 to 44	
260	Gavin	Rixon	577	53:13:00	53:52:00	M	M 40 to 44	
261	Rob	Sillett	616	53:33:00	53:54:00	M	M 16 to 39	
262	Jack	Carlton	104	53:26:00	53:57:00	M	M 16 to 39	
263	Lily	Power	545	53:50:00	53:58:00	F	F 16 to 39	
264	Glenn	Hambling	299	53:46:00	53:59:00	M	M 55 to 59	
265	Matthew	Parkhouse	526	53:50:00	53:59:00	M	M 16 to 39	
266	Paul	Gerber	259	53:24:00	53:59:00	M	M 50 to 54	Coltishall Jaguars RC
267	Charlotte	Reed	561	53:57:00	54:04:00	F	F 16 to 39	
268	Tom	Price	551	53:57:00	54:04:00	M	M 16 to 39	
269	Jude	Durrant	210	53:47:00	54:05:00	F	F 45 to 49	FETCH Everyone (FERC)
270	Richard	Allsworth	11	53:49:00	54:08:00	M	M 40 to 44	
271	Marie	Clark	134	53:27:00	54:09:00	F	F 40 to 44	
272	Chrissie	Boswell	79	53:39:00	54:12:00	F	F 16 to 39	
273	Steven	Wickham	709	53:32:00	54:12:00	M	M 45 to 49	
274	Laura	Richardson	571	53:57:00	54:13:00	F	F 16 to 39	Norfolk Gazelles RC
275	Kayleigh	Bailey	18	54:00:00	54:13:00	F	F 16 to 39	Thetford AC
276	Lan	Crotch	157	53:32:00	54:14:00	F	F 16 to 39	
277	Kevin	Ayers	16	53:42:00	54:19:00	M	M 16 to 39	
278	Archie	Roques	583	54:16:00	54:25:00	M	M 16 to 39	
279	Charlott	Wickham	708	54:13:00	54:27:00	F	F 40 to 44	
280	Emma-Louise	Fern	237	54:05:00	54:28:00	F	F 45 to 49	
281	Wendy	Smith	626	54:12:00	54:33:00	F	F 55 to 59	Norwich Road Runners
282	Caroline	Allen	9	54:16:00	54:35:00	F	F 16 to 39	Norwich Road Runners
283	Rick	Herdman	321	54:18:00	54:35:00	M	M 50 to 54	
284	Debbie	Deonysiou	190	54:03:00	54:37:00	F	F 16 to 39	
285	Oliver	Clifford	139	54:27:00	54:42:00	M	M 16 to 39	
286	Paula	McGrath	463	54:25:00	54:47:00	F	F 40 to 44	
287	Dean	Sharman	609	54:28:00	54:48:00	M	M 16 to 39	
288	Thomas	King	401	54:21:00	54:48:00	M	M 16 to 39	
289	Claire	Rose	585	54:41:00	54:50:00	F	F 40 to 44	Beccles and Bungay Harriers
290	David	Murrell	485	54:37:00	54:51:00	M	M 40 to 44	
291	Roger	Eglen	219	54:50:00	54:59:00	M	M 65 +	
292	Jane	Crowe	159	54:45:00	55:01:00	F	F 16 to 39	
293	Franco	Mariuzzo	446	54:44:00	55:02:00	M	M 45 to 49	
294	Neil	Barlow	34	54:46:00	55:03:00	M	M 45 to 49	
295	Jo	Parden	521	54:32:00	55:03:00	F	F 50 to 54	Framlingham Flyers
296	Claire	Gilbert	263	54:38:00	55:05:00	F	F 16 to 39	
297	Lisa	Richardson	572	54:58:00	55:12:00	F	F 45 to 49	
298	Laura	Saywood	604	54:31:00	55:16:00	F	F 16 to 39	
299	Tim	Cheesman	125	55:08:00	55:18:00	M	M 16 to 39	
300	David	Woods	724	55:02:00	55:19:00	M	M 16 to 39	
301	Gabriella	Cawston	115	54:46:00	55:19:00	F	F 40 to 44	
302	Simon	Ludkin	433	55:12:00	55:34:00	M	M 45 to 49	
303	Catherine	Dugdale	205	55:13:00	55:40:00	F	F 16 to 39	
304	Philip	Carr	106	55:31:00	55:44:00	M	M 40 to 44	
305	Dianne	Tilbrook	665	55:18:00	55:50:00	F	F 65 +	
306	Simon	Fields	238	55:36:00	55:51:00	M	M 45 to 49	
307	Matthew	Woods	725	55:35:00	55:52:00	M	M 16 to 39	
308	Sarah	Sutton	652	55:28:00	55:54:00	F	F 16 to 39	
309	Natasha	Powell	544	55:36:00	55:55:00	F	F 40 to 44	Norwich Road Runners
310	Rachael	Wildgoose	712	55:28:00	55:58:00	F	F 16 to 39	
311	Kathryn	Jervis	2	55:48:00	56:04:00	F	F 16 to 39	Norwich Road Runners
312	Clare	Gooch	272	55:36:00	56:06:00	F	F 40 to 44	Norwich Road Runners
313	Christopher	High	327	55:33:00	56:07:00	M	M 40 to 44	
314	Philippa	Rudd	591	55:38:00	56:08:00	F	F 50 to 54	Norwich Road Runners
315	Paul	Richardson	573	55:38:00	56:09:00	M	M 60 to 64	
316	Olly	Harnett	311	55:49:00	56:10:00	M	M 50 to 54	

317	Beth	Hamilton	300	55:36:00	56:11:00	F	F 16 to 39	
318	Emma	Lee	419	55:43:00	56:16:00	F	F 16 to 39	
319	Hannah	Neve	494	55:43:00	56:17:00	F	F 16 to 39	
320	Victoria	Neve	495	55:43:00	56:17:00	F	F 16 to 39	
321	Louise	Truswell	677	55:44:00	56:17:00	F	F 16 to 39	
322	Tiffany	Bentley	58	55:54:00	56:18:00	F	F 16 to 39	
323	Sarah	Shipley	613	55:44:00	56:18:00	F	F 40 to 44	Tri-Anglia TC
324	James	Curtis	163	55:48:00	56:19:00	M	M 16 to 39	
325	Clare	Francis	247	56:14:00	56:24:00	F	F 16 to 39	
326	Matt	Rump	592	55:53:00	56:25:00	M	M 16 to 39	
327	David	Petch	533	55:58:00	56:28:00	M	M 50 to 54	
328	Gareth	Francis	248	56:08:00	56:33:00	M	M 16 to 39	
329	Gideon	Dewhurst	192	56:19:00	56:34:00	M	M 40 to 44	
330	Peter	Wapshott	692	56:03:00	56:38:00	M	M 65 +	
331	Jonny	Sapsford	596	56:41:00	56:41:00	M	M 16 to 39	
332	Jasmine	Daynes	181	56:02:00	56:42:00	F	F 16 to 39	
333	Simon	Boyd	81	56:37:00	56:48:00	M	M 16 to 39	
334	Emma	Allen	10	56:37:00	56:49:00	F	F 16 to 39	
335	Jo	Davies	174	56:45:00	56:52:00	F	F 16 to 39	
336	Nigel	Bullen	93	56:35:00	56:53:00	M	M 60 to 64	Norfolk Gazelles RC
337	Sian	Brooks	91	56:45:00	56:53:00	F	F 16 to 39	
338	Pete	Sharpe	610	56:31:00	56:55:00	M	M 40 to 44	Wymondham AC
339	Philip	Powles	548	56:31:00	56:56:00	M	M 45 to 49	
340	Morgan	Haynes	317	56:46:00	57:01:00	M	M 45 to 49	
341	Angela	Bell	50	56:26:00	57:02:00	F	F 40 to 44	Coltishall Jaguars RC
342	Christopher	Lee	418	56:20:00	57:06:00	M	M 16 to 39	
343	Nicola	Beevis	49	56:56:00	57:07:00	F	F 45 to 49	
344	Bobbie	Sauerzapf	597	56:34:00	57:13:00	F	F 55 to 59	Bungay Black Dog RC
345	Alexandra	Haswell	316	56:53:00	57:16:00	F	F 16 to 39	Bure Valley Harriers
346	Anna	Daniels	166	57:06:00	57:21:00	F	F 16 to 39	
347	Nicola	Wright	730	57:02:00	57:26:00	F	F 16 to 39	
348	Paul	Marshall	69	57:10:00	57:28:00	M	M 50 to 54	
349	Jess	King	399	57:21:00	57:35:00	F	F 16 to 39	
350	Gina	Mattioli	454	57:05:00	57:38:00	F	F 16 to 39	
351	Ben	Robinson	578	57:31:00	57:43:00	M	M 16 to 39	
352	Clare	Farrant	235	57:25:00	57:48:00	F	F 16 to 39	
353	Glenn	Harcourt	306	57:38:00	57:48:00	M	M 55 to 59	
354	Michelle	Hewitt	324	57:41:00	57:49:00	F	F 16 to 39	Beccles and Bungay Harriers
355	Ian	Hollings	338	57:17:00	57:49:00	M	M 50 to 54	
356	Andrew	Bird	61	57:44:00	57:58:00	M	M 16 to 39	Bure Valley Harriers
357	Marianne	Saunders	598	57:47:00	58:01:00	F	F 45 to 49	
358	Sarah	Hanson	305	57:34:00	58:03:00	F	F 50 to 54	
359	Matt	Kitchin	404	57:46:00	58:08:00	M	M 16 to 39	
360	Valerie	Gidney	262	58:01:00	58:11:00	F	F 50 to 54	City of Norwich AC
361	Kerry	Leslie	423	58:07:00	58:18:00	F	F 16 to 39	
362	Anna	McAlpine	456	57:50:00	58:19:00	F	F 16 to 39	
363	Rachel	Boyce	80	57:53:00	58:21:00	F	F 16 to 39	
364	Helen	James	371	57:51:00	58:25:00	F	F 16 to 39	
365	Rachel	Butlin	98	57:53:00	58:29:00	F	F 16 to 39	
366	Donna	Dingle	197	57:53:00	58:30:00	F	F 16 to 39	
367	John	Tilbrook	666	58:02:00	58:35:00	M	M 65 +	
368	Hayley	Kuhr	405	58:04:00	58:37:00	F	F 16 to 39	
369	Anders	Poulsen	543	58:32:00	58:37:00	M	M 45 to 49	
370	Jennifer	Chamberlain	118	58:33:00	58:39:00	F	F 45 to 49	
371	Iain	Chettleburgh	128	58:12:00	58:41:00	M	M 45 to 49	
372	Natalie	Edwards	218	58:16:00	58:44:00	F	F 16 to 39	
373	Charlotte	Stokes	643	58:17:00	58:45:00	F	F 16 to 39	
374	Theodore	Turocy	679	58:34:00	58:52:00	M	M 40 to 44	
375	Sheila	Smith	625	58:22:00	58:53:00	F	F 60 to 64	
376	Kane	Barker	31	58:32:00	58:56:00	M	M 16 to 39	
377	Sarah	Tolland	669	58:35:00	58:56:00	F	F 16 to 39	
378	Jade	Rawlings	557	58:44:00	58:57:00	F	F 16 to 39	
379	Gemma	Chernin	126	58:31:00	59:05:00	F	F 16 to 39	
380	Clare	Mascall	449	58:27:00	59:05:00	F	F 45 to 49	
381	Lauren	Baker	23	58:59:00	59:13:00	F	F 16 to 39	
382	Louise	Adamson	4	58:36:00	59:15:00	F	F 55 to 59	Waveney Valley AC
383	James	Pallant	517	58:48:00	59:18:00	M	M 16 to 39	
384	Elizabeth	Green	285	58:37:00	59:18:00	F	F 16 to 39	Norwich Road Runners
385	Leigh	Taylor	656	58:50:00	59:20:00	M	M 45 to 49	Great Yarmouth Road Runners
386	Maria	Martinez De Alvaro	448	58:47:00	59:21:00	F	F 40 to 44	
387	Alan	Varle	687	58:49:00	59:28:00	M	M 65 +	Waveney Valley AC
388	Lucy	Spinks	632	58:55:00	59:37:00	F	F 16 to 39	Norwich Road Runners
389	Louise	Thompson	663	58:58:00	59:37:00	F	F 45 to 49	Bungay Black Dog RC
390	Richard	High	328	58:57:00	59:38:00	M	M 45 to 49	Norwich Road Runners
391	David	Barton	37	59:30:00	59:39:00	M	M 40 to 44	
392	Lisa	Raby	554	59:24:00	59:42:00	F	F 16 to 39	
393	Jen	Inglis	365	59:02:00	59:43:00	F	F 16 to 39	Norwich Road Runners
394	Patricia	McCarthy	457	59:34:00	59:48:00	F	F 45 to 49	
395	Helen	Alefounder	8	59:27:00	59:59:00	F	F 40 to 44	Reepham Runners
396	Rebecca	Crowe	160	59:32:00	1:00:00	F	F 16 to 39	

397	Rebecca	Utton	686	59:29:00	1:00:02	F	F 16 to 39	
398	Elizabeth	Priestley	552	59:27:00	1:00:08	F	F 16 to 39	
399	Victoria	Leggett	421	59:42:00	1:00:08	F	F 16 to 39	
400	Emma	Hollidge	336	59:46:00	1:00:11	F	F 16 to 39	
401	Emma	Elliott	221	59:46:00	1:00:12	F	F 16 to 39	
402	Fiona	Munn	484	59:36:00	1:00:13	F	F 40 to 44	
403	Claire	Beckett	47	59:33:00	1:00:18	F	F 45 to 49	
404	Maha	Shames	608	1:00:07	1:00:18	F	F 16 to 39	
405	Michelle	Lightfoot	428	59:39:00	1:00:18	F	F 45 to 49	Bungay Black Dog RC
406	Ejike	Ndaji	490	1:00:14	1:00:39	M	M 16 to 39	
407	Emma	Burton	96	1:00:07	1:00:44	F	F 16 to 39	
408	Natalie	Butler	97	1:00:13	1:00:48	F	F 16 to 39	
409	Garrick	Fox	246	1:00:17	1:00:48	M	M 65 +	Bungay Black Dog RC
410	Kirsty	Paradot	520	1:00:26	1:00:48	F	F 40 to 44	City of Norwich AC
411	Nouha	Tate	655	1:00:19	1:00:55	F	F 16 to 39	
412	Christine	Frazer	249	1:00:18	1:00:56	F	F 50 to 54	
413	David	Newson	498	1:00:28	1:01:02	M	M 45 to 49	
414	Louise	Goldson	270	1:00:49	1:01:05	F	F 45 to 49	
415	Alexandra	Hacking	294	1:00:41	1:01:05	F	F 16 to 39	
416	Hannah	Dennant	187	1:00:50	1:01:05	F	F 16 to 39	
417	Sue	Meadows	466	1:00:40	1:01:15	F	F 50 to 54	
418	Richard	Napthen	489	1:00:41	1:01:19	M	M 55 to 59	
419	Christopher	Bell	52	1:00:53	1:01:26	M	M 40 to 44	
420	Emma	Grafton	281	1:01:01	1:01:28	F	F 40 to 44	
421	Emma	Manning	444	1:01:12	1:01:30	F	F 16 to 39	
422	Pippa	Newman	497	1:01:05	1:01:31	F	F 16 to 39	Norwich Road Runners
423	Tanya	Cable	102	1:01:05	1:01:31	F	F 16 to 39	Norwich Road Runners
424	Lesa	Easton	215	1:01:02	1:01:42	F	F 16 to 39	
425	Samantha	Hollis	340	1:01:16	1:01:46	F	F 45 to 49	
426	Sarah	Emerson	224	1:01:20	1:01:47	F	F 16 to 39	
427	Suzanne	Harvey	315	1:01:23	1:01:48	F	F 40 to 44	
428	Emma	Holmes	342	1:01:08	1:01:52	F	F 16 to 39	
429	Kelly	Fair	232	1:01:32	1:01:54	F	F 40 to 44	
430	Jack	Luther	435	1:01:11	1:01:56	M	M 16 to 39	
431	Claire	Berridge	59	1:01:16	1:01:58	F	F 40 to 44	
432	Justine	Davenport	171	1:01:16	1:01:59	F	F 45 to 49	Norfolk Gazelles RC
433	Kelly	Tilbury	667	1:01:48	1:02:10	F	F 16 to 39	
434	Dennis	Harris	313	1:01:51	1:02:25	M	M 50 to 54	
435	Catherine	Young	735	1:02:06	1:02:31	F	F 55 to 59	
436	Lisa	Edwards	217	1:02:06	1:02:31	F	F 50 to 54	
437	Lucy	Jermany	379	1:02:11	1:02:34	F	F 40 to 44	
438	Sarah	Etherton-Nicoll	227	1:02:10	1:02:36	F	F 45 to 49	Waveney Valley AC
439	Stephen	Jackson	370	1:02:17	1:02:37	M	M 40 to 44	
440	Sophie	Holman	341	1:02:09	1:02:38	F	F 40 to 44	
441	Katharine	Bartram	39	1:02:05	1:02:46	F	F 40 to 44	
442	Emma	Bolam	78	1:02:05	1:02:50	F	F 16 to 39	
443	Joseph	Smalls	619	1:02:04	1:02:50	M	M 16 to 39	
444	Kerris	Maxfield	455	1:02:24	1:02:50	F	F 45 to 49	
445	Cassie	Willey	711	1:02:27	1:02:55	F	F 16 to 39	
446	Lucy	Ring	575	1:02:20	1:02:57	F	F 16 to 39	Norwich Road Runners
447	Ryan	Kennedy	392	1:02:21	1:02:58	M	M 16 to 39	Norwich Road Runners
448	Laura	Jay	375	1:02:32	1:03:04	F	F 45 to 49	
449	Michelle	Doughty	200	1:02:32	1:03:05	F	F 40 to 44	
450	Tina	Clark	136	1:02:35	1:03:05	F	F 16 to 39	
451	Kirsty	Grint	292	1:02:59	1:03:15	F	F 16 to 39	Norfolk Gazelles RC
452	Stephen	Terry	659	1:02:38	1:03:17	M	M 40 to 44	
453	Diane	Thompson	660	1:02:43	1:03:21	F	F 55 to 59	City of Norwich AC
454	Neil	Clark	135	1:02:48	1:03:30	M	M 45 to 49	
455	Deborah	Yaxley	732	1:03:09	1:03:30	F	F 40 to 44	Norwich Road Runners
456	Katie	Johnson	381	1:03:16	1:03:35	F	F 16 to 39	
457	Tracey	Goodrum	276	1:03:17	1:03:38	F	F 45 to 49	
458	Sean	Dugdale	207	1:03:14	1:03:42	M	M 16 to 39	
459	Kate	Wakefield	688	1:03:02	1:03:44	F	F 16 to 39	
460	David	Bartram	38	1:03:05	1:03:47	M	M 16 to 39	
461	Salina	Jones	384	1:03:07	1:03:48	F	F 16 to 39	Norwich Road Runners
462	Chloe	Urquhart	684	1:03:40	1:03:50	F	F 16 to 39	City of Norwich AC
463	Cheryl	Herrieven	322	1:03:13	1:03:52	F	F 40 to 44	
464	Hayley	Holmes	343	1:03:13	1:03:52	F	F 16 to 39	
465	Sarah	Goldser	269	1:03:34	1:04:03	F	F 60 to 64	
466	Rebecca	Roebuck	582	1:03:30	1:04:06	F	F 40 to 44	
467	Ellie	Coulson	152	1:03:28	1:04:06	F	F 16 to 39	
468	Fiona	Fogg	244	1:03:32	1:04:07	F	F 16 to 39	
469	Vicky	Jones	385	1:03:32	1:04:08	F	F 16 to 39	Norwich Road Runners
470	Bex	Trowse	675	1:03:54	1:04:08	F	F 16 to 39	
471	Nicolette	Neile	493	1:03:50	1:04:10	F	F 16 to 39	
472	Ian	Carter	108	1:03:27	1:04:11	M	M 50 to 54	
473	Dave	Trowse	676	1:04:04	1:04:19	M	M 55 to 59	
474	Vicki	Yellop	734	1:03:52	1:04:33	F	F 40 to 44	Norwich Road Runners
475	Hanna	Dean	184	1:03:57	1:04:38	F	F 16 to 39	Bungay Black Dog RC
476	Donna	Buttolph	100	1:04:14	1:04:40	F	F 16 to 39	

477	Daryl	Hoy	350	1:04:26	1:04:50	M	M 16 to 39	
478	Adam	Julian	386	1:04:12	1:04:51	M	M 16 to 39	
479	Nicola	Julian	387	1:04:12	1:04:52	F	F 16 to 39	
480	Vicky	Leeder	420	1:04:16	1:04:52	F	F 40 to 44	
481	Suzanne	Hurn	357	1:04:27	1:05:07	F	F 16 to 39	
482	Karen	Glenister	266	1:04:50	1:05:17	F	F 40 to 44	
483	Catherine	Usher	685	1:05:03	1:05:19	F	F 40 to 44	
484	Tom	Richardson	574	1:04:48	1:05:19	M	M 16 to 39	
485	Michelle	Davenport	172	1:05:12	1:05:28	F	F 40 to 44	
486	Amber	Moll	476	1:05:05	1:05:30	F	F 16 to 39	
487	Catherine	Whiting	706	1:04:59	1:05:43	F	F 16 to 39	
488	Hayley	Braithwaite	83	1:05:24	1:05:52	F	F 16 to 39	
489	Rachel	Linder	430	1:06:00	1:06:26	F	F 16 to 39	
490	Charlotte	Ribbons	568	1:06:09	1:06:33	F	F 16 to 39	
491	Jenny	Sparkes	629	1:06:05	1:06:34	F	F 16 to 39	Norwich Road Runners
492	Melissa	Baines	21	1:06:06	1:06:35	F	F 16 to 39	
493	Helena	Cherry	127	1:06:20	1:07:03	F	F 45 to 49	
494	Charles	Mathews	450	1:06:44	1:07:30	M	M 16 to 39	
495	Charlotte	Tracey	673	1:07:17	1:07:54	F	F 16 to 39	
496	Louise	Robinson	580	1:07:51	1:08:06	F	F 40 to 44	
497	Jonathan	Brighton	88	1:07:33	1:08:11	M	M 16 to 39	
498	Stephanie	Brighton	89	1:07:33	1:08:11	F	F 16 to 39	
499	Nina	Pigg	536	1:08:04	1:08:19	F	F 50 to 54	
500	Deborah	Sutton	651	1:07:40	1:08:22	F	F 55 to 59	
501	Emma	Larner	411	1:07:44	1:08:26	F	F 45 to 49	
502	John	Manders	442	1:08:08	1:08:56	M	M 55 to 59	
503	Pat	Brightman	87	1:08:29	1:09:05	F	F 65 +	Great Yarmouth & District AC
504	Kerrie	Fisher	241	1:08:46	1:09:09	F	F 40 to 44	
505	Sarah	Haddon	295	1:08:34	1:09:12	F	F 40 to 44	
506	Maria	Banyard	27	1:08:34	1:09:12	F	F 40 to 44	
507	Susan	Carver	111	1:08:46	1:09:21	F	F 55 to 59	
508	Emma	Pugh	553	1:08:47	1:09:26	F	F 40 to 44	
509	Pete	Dean	185	1:08:48	1:09:29	M	M 50 to 54	
510	Elaine	Barkshire	33	1:09:03	1:09:42	F	F 16 to 39	
511	Jordan	Forrest	245	1:09:16	1:09:47	M	M 16 to 39	
512	Catherine	Whittaker	707	1:09:04	1:09:48	F	F 16 to 39	
513	Liz	Daniels	168	1:09:18	1:09:49	F	F 55 to 59	
514	James	Chamberlin	119	1:09:16	1:09:51	M	M 16 to 39	
515	Bethan	Page	515	1:09:29	1:10:06	F	F 16 to 39	
516	Colin	Downton	202	1:09:41	1:10:08	M	M 16 to 39	
517	Jordan	Walker	689	1:10:25	1:10:52	F	F 16 to 39	
518	Ann	Greenizan	288	1:10:32	1:10:54	F	F 60 to 64	
519	Leanne	Smith	623	1:10:24	1:11:00	F	F 16 to 39	
520	Michelle	Stolworthy	645	1:10:30	1:11:12	F	F 45 to 49	
521	Joanne	Doughty	199	1:10:36	1:11:13	F	F 40 to 44	
522	Beth	Bell	51	1:11:11	1:11:31	F	F 16 to 39	Waveney Valley AC
523	Dane	Sayer	602	1:11:12	1:11:32	M	M 16 to 39	
524	Elizabeth	Mathews	451	1:11:00	1:11:46	F	F 16 to 39	
525	Amy	Wright	728	1:11:30	1:11:53	F	F 16 to 39	
526	Hannah	Lester	424	1:11:36	1:12:01	F	F 16 to 39	
527	Rosemary	Matthewson	453	1:11:42	1:12:25	F	F 50 to 54	
528	Sarah	Scales	605	1:12:04	1:12:25	F	F 40 to 44	
529	Maxine	Potter	542	1:12:04	1:12:26	F	F 16 to 39	
530	Eleanor	Lewis	426	1:12:12	1:12:39	F	F 40 to 44	
531	Lisa	Hurry	359	1:12:26	1:12:42	F	F 50 to 54	
532	Tracy	Yates	731	1:13:15	1:13:44	F	F 55 to 59	
533	Ann	Elrick	222	1:14:40	1:14:53	F	F 40 to 44	
534	Lynn	Henry	320	1:14:28	1:15:13	F	F 40 to 44	
535	Carolyn	Anderson	12	1:14:28	1:15:13	F	F 50 to 54	
536	Christine	Kingwell	402	1:14:55	1:15:28	F	F 16 to 39	Bungay Black Dog RC
537	David	Neeve	492	1:14:55	1:15:28	M	M 16 to 39	Bungay Black Dog RC
538	Jamie	Causton	114	1:15:36	1:16:01	M	M 16 to 39	
539	Julie	Jardine	373	1:15:18	1:16:02	F	F 50 to 54	
540	Catherine	Mahony Parfitt	439	1:16:20	1:16:48	F	F 16 to 39	
541	Jane	Webber	697	1:18:06	1:18:52	F	F 50 to 54	
542	Kerry	Eaglen	213	1:18:06	1:18:52	F	F 16 to 39	
543	Fiona	Devine	191	1:20:38	1:21:18	F	F 45 to 49	
544	Jennifer	Norris	506	1:21:50	1:22:27	F	F 16 to 39	
545	Marie	Charles	123	1:21:47	1:22:30	F	F 40 to 44	