

Wymondham AC New Years Day 10Km - Sunday 1st January 2012

Place	Name	Team	Age	Age Group	Place	Gun Time
1	Ben Russell	Norwich Road Runners	22	1 Open Male		32:05.6
2	James O'Neill	Ryston Runners Ac	32	2 Open Male		34:12.1
3	Stephen Gibbs	Norwich Road Runners	32	3 Open Male		34:12.6
4	james Senior	CONAC	19	1 M 19-39		34:42.9
5	Matt Cook	Bournville Harriers	27	2 M 19-39		35:27.2
6	John Battrick	Aberystwyth Univercity AC	21	3 M 19-39		35:39.0
7	Steve Jones	North Norfolk Beach Runners	43	1 M 40-44		35:43.7
8	Tom Bush		29	4 M 19-39		35:52.8
9	Olivia Walwyn Bush	CONAC	28	1 Open Female		36:05.3
10	Fernando Silva		54	1 M 50-54		36:25.2
11	Robert Skinn		36	5 M 19-39		36:41.3
12	Louise Peters	Stopsley Striders	39	2 Open Female		37:05.6
13	jon ashford		42	2 M 40-44		37:11.0
14	Simon Levy	Ryston Runners Ac	30	6 M 19-39		37:24.0
15	Steve Ely	Norwich Road Runners	40	3 M 40-44		37:24.6
16	Stephen Auger		22	7 M 19-39		37:25.1
17	Adam Craske	Bungay Black Dog RC	24	8 M 19-39		37:28.9
18	Mark Thompson	GYRRC	26	9 M 19-39		37:50.0
19	Phillipa Taylor	Nene Valley	44	3 Open Female		37:53.1
20	Antony James-Oreko	Dereham RC	35	10 M 19-39		38:04.8
21	Stefan Glaysheer	Norwich Road Runners	49	1 M 45-49		38:07.3
22	Chris Starmer	Stowmarket Striders	52	2 M 50-54		38:10.0
23	Perry Mann	Blackpool Wyre Fylde AC	27	11 M 19-39		38:12.7
24	Tristan Cossey		42	4 M 40-44		38:15.8
25	Colin Stark	North Norfolk Beach Runners	36	12 M 19-39		38:24.3
26	Adrian Waters	Norfolk Gazelles	44	5 M 40-44		38:28.9
27	Eleanor Mathews	CONAC	26	1 F 19-39		38:29.6
28	Michael Jones	Stowmarket Striders	40	6 M 40-44		38:30.3
29	Mark Garrett	Norwich Road Runners	48	2 M 45-49		38:34.5
30	Chris Scott	Lowerstoft Road Runners	35	13 M 19-39		38:40.4
31	Nicky Alford	CONAC	30	2 F 19-39		38:42.6
32	Christopher Merrylee	North Norfolk Beach Runners	33	14 M 19-39		38:42.8
33	mark collinson	Trail Running Assoc	34	15 M 19-39		38:47.1
34	Mark Clues	Tri anglia	44	7 M 40-44		38:56.4
35	John Christopher	North Norfolk Beach Runners	47	3 M 45-49		39:07.1
36	Will Law	The Saxons	24	16 M 19-39		39:28.7
37	Pete Johnson	Norfolk Gazelles	57	1 M 55-59		39:35.1
38	Stephen Niblett	Coltishall Jaguars	42	8 M 40-44		39:39.3
39	Gavin Barron	Tri anglia	30	17 M 19-39		39:56.0
40	Sean Jermy	GYRRC	23	18 M 19-39		40:01.6
41	jason mountain	Wynondham AC	29	19 M 19-39		40:12.0
42	Timothy Earl		29	20 M 19-39		40:13.1
43	James O'Connor		40	9 M 40-44		40:16.3
44	John Drewry		46	4 M 45-49		40:32.2
45	Richard Smith		43	10 M 40-44		40:37.2
46	Keith Brighty	Norwich Road Runners	48	5 M 45-49		40:40.4
47	Seb Ripstra	Norwich Road Runners	39	21 M 19-39		40:40.7
48	Martyn Clarke		49	6 M 45-49		40:45.8
49	Denver Slowther	Coltishall Jaguars	38	22 M 19-39		40:48.9
50	Ben Bailey	Norwich Road Runners	42	11 M 40-44		40:49.3
51	Lynn Emmett	Bungay Black Dog RC	43	1 F 40-44		40:52.1
52	David Fenton	Stowmarket Striders	41	12 M 40-44		40:55.6
53	CLIFF BAILEY	Thetford AC	51	3 M 50-54		40:57.0
54	Simon Thornhill	Sutton Runners	29	23 M 19-39		40:58.0
55	Alexandra Smith	Norwich Road Runners	36	3 F 19-39		41:03.2

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56	leslie Scott	Ryston Runners Ac	53	4 M 50-54	41:03.2
57	Timothy Bragger		30	24 M 19-39	41:15.9
58	Stephen Taylor		26	25 M 19-39	41:19.3
59	Jon Wiles	Bungay Black Dog RC	40	13 M 40-44	41:20.0
60	Melvyn Porter	Coltishall Jaguars	44	14 M 40-44	41:26.0
61	Adrian Grand	Norwich Road Runners	47	7 M 45-49	41:27.2
62	Nick Hammond	Stowmarket Striders	40	15 M 40-44	41:27.6
63	Marcus Sladden	Bungay Black Dog RC	17	1 M 0-18	41:28.7
64	Ker Macrosson	Stowmarket Striders	57	2 M 55-59	41:30.1
65	Colin Robilliard	Coltishall Jaguars	58	3 M 55-59	41:31.0
66	Andrew Houghton		53	5 M 50-54	41:41.9
67	Gary Wotton	Tri anglia	44	16 M 40-44	41:45.4
68	Andrew Lane	Stragglers	55	4 M 55-59	41:48.3
69	Tim Woods	Norfolk Gazelles	50	6 M 50-54	41:51.8
70	Ken Bowman	Coltishall Jaguars	64	1 M 60-99	41:57.6
71	Andrew Skiggs	Tri anglia	35	26 M 19-39	42:00.3
72	dale hurren	Norwich Road Runners	53	7 M 50-54	42:04.2
73	Ian Cooper	Brandon Fern Hoppers	52	8 M 50-54	42:05.9
74	Duane Green		27	27 M 19-39	42:14.8
75	Darren Armstrong	North Norfolk Beach Runners	38	28 M 19-39	42:16.3
76	Neil Platten		43	17 M 40-44	42:17.7
77	Vince Ellis	CONAC	55	5 M 55-59	42:19.8
78	Jonathan Briggs	Tri anglia	39	29 M 19-39	42:20.0
79	Chris Chorley	Bungay Black Dog RC	48	8 M 45-49	42:25.0
80	Chris Murphy		36	30 M 19-39	42:34.0
81	samuel albanie	diss athletics club	22	31 M 19-39	42:38.7
82	Paul Davies	Norwich Road Runners	43	18 M 40-44	42:43.6
83	Mark Betts	Norwich Road Runners	39	32 M 19-39	42:54.4
84	Paul Sullivan	Norwich Road Runners	45	9 M 45-49	42:54.5
85	Andrew Goodchild	Tri anglia	45	10 M 45-49	42:55.2
86	Stephen Hatten	St Edmund Pacers	46	11 M 45-49	43:01.1
87	louise Wilkinson	CONAC	49	1 F 45-49	43:05.2
88	Mike Hill	Tri anglia	47	12 M 45-49	43:07.0
89	Andrew Nicholls	Hyde Park Harriers	53	9 M 50-54	43:07.1
90	Richard Lawes		55	6 M 55-59	43:08.3
91	Penny Edwards	Norwich Road Runners	57	1 F 55-59	43:11.8
92	Carl Wright	Norwich Road Runners	49	13 M 45-49	43:17.2
93	Juliet Broster	CONAC	18	1 F 0-18	43:24.8
94	Sandra Roberts	Norfolk Gazelles	47	2 F 45-49	43:38.9
95	Colin Shadbolt		34	33 M 19-39	43:39.9
96	Kate Scotter	Tri anglia	28	4 F 19-39	43:41.3
97	Tom Price	Tri anglia	28	34 M 19-39	43:41.6
98	richard dolman	Thetford AC	48	14 M 45-49	43:47.2
99	Martin Smith		28	35 M 19-39	43:52.6
100	Rod Bye	Coltishall Jaguars	50	10 M 50-54	43:55.5
101	Gavin Vogt		49	15 M 45-49	43:58.8
102	Martin Yeomans	Norwich Road Runners	60	2 M 60-99	43:58.9
103	sabina spence	CONAC	41	2 F 40-44	44:03.7
104	Julian Godden		41	19 M 40-44	44:08.3
105	Jim Hayes	North Norfolk Beach Runners	65	3 M 60-99	44:09.1
106	Matt Frary	CONAC	42	20 M 40-44	44:18.3
107	robert davies	Norwich Road Runners	30	36 M 19-39	44:24.0
108	Neil Leeds		33	37 M 19-39	44:25.0
109	Vicky Knight	Tiptree Road Runners	35	5 F 19-39	44:28.8
110	David Aldis	CONAC	61	4 M 60-99	44:33.3
111	Elizabeth Daly	Dereham RC	29	6 F 19-39	44:33.7

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112	Roger Slee	Tri anglia	42	21 M 40-44	44:34.5
113	Joshua Mellor		15	2 M 0-18	44:42.5
114	Logan Mair		43	22 M 40-44	44:43.7
115	David Hudson	Tri anglia	40	23 M 40-44	44:44.0
116	Eve Dewsnap	Tri anglia	33	7 F 19-39	44:45.0
117	Elies Mann	Norwich Road Runners	39	8 F 19-39	44:51.0
118	Steve Presland	Ely and District CC	55	7 M 55-59	44:52.0
119	Paul Stevenson		44	24 M 40-44	44:58.2
120	Andrew Hart		48	16 M 45-49	45:01.1
121	Michael Lewis		47	17 M 45-49	45:02.0
122	Sharon Bardwell	Norwich Road Runners	41	3 F 40-44	45:12.6
123	Mark Ring	Norwich Road Runners	44	25 M 40-44	45:18.7
124	Lucy Partridge	Guildford and Godalming AC	32	9 F 19-39	45:23.2
125	Paul Roebuck		60	5 M 60-99	45:26.4
126	Maria Greaves	North Norfolk Beach Runners	31	10 F 19-39	45:28.7
127	Fergus Stirling		52	11 M 50-54	45:29.2
128	Joseph Kaye		22	38 M 19-39	45:30.7
129	James Bradley-Watson		22	39 M 19-39	45:34.5
130	David Bane		47	18 M 45-49	45:40.9
131	William Wilson		36	40 M 19-39	45:44.9
132	paul hunt		31	41 M 19-39	45:47.6
133	Edward Newman	UWE	23	42 M 19-39	45:49.3
134	Wayne Munns		33	43 M 19-39	45:51.7
135	Chris Tynan		18	3 M 0-18	45:57.1
136	Jeremy Durkin		36	44 M 19-39	46:01.5
137	James Barnard		34	45 M 19-39	46:03.6
138	Andy Irvine	Cambridge & Coleridge AC	44	26 M 40-44	46:06.0
139	richard sargeant	Tri anglia	40	27 M 40-44	46:06.5
140	Richard Gilham	Norfolk Gazelles	49	19 M 45-49	46:09.5
141	Sarah Vick	The Saxons	42	4 F 40-44	46:09.7
142	Richard Burbage	Tri anglia	39	46 M 19-39	46:10.3
143	Colin Hewes	UKnetrunner	57	8 M 55-59	46:11.8
144	RICHARD WALKER	West Norfolk AC	45	20 M 45-49	46:18.1
145	Thomas Lincoln-kemp	Norwich Road Runners	44	28 M 40-44	46:19.0
146	Claire McCormick		43	5 F 40-44	46:21.7
147	raymond marshall		49	21 M 45-49	46:23.2
148	dan churchill		35	47 M 19-39	46:27.7
149	Stephen Dady	GYRRC	59	9 M 55-59	46:28.1
150	Clive Purbrook	NEWMARKET JOGGERS	56	10 M 55-59	46:31.8
151	Yvonne Parker	Norwich Road Runners	56	2 F 55-59	46:38.7
152	Stephen Robinson		46	22 M 45-49	46:40.1
153	Ben Price		33	48 M 19-39	46:40.4
154	Dave Spooner	North Norfolk Beach Runners	39	49 M 19-39	46:41.5
155	Graham Bainger	Norwich Road Runners	59	11 M 55-59	46:41.8
156	Kevin Raisborough		46	23 M 45-49	46:45.0
157	DARREN COLE		37	50 M 19-39	46:59.7
158	Brendan Wilson	CONAC	43	29 M 40-44	47:03.3
159	Kevin Parsons	Virgin Money Athletics Club	43	30 M 40-44	47:04.0
160	Sue Cooke	CONAC	50	1 F 50-54	47:04.3
161	Tony Richardson		53	12 M 50-54	47:05.9
162	Martin Stringfellow		38	51 M 19-39	47:07.3
163	John Carr	Coltishall Jaguars	48	24 M 45-49	47:10.2
164	Kieron Carvell	UKnetrunner	53	13 M 50-54	47:10.4
165	Mark Burrell		50	14 M 50-54	47:19.8
166	Martin Broadhurst		40	31 M 40-44	47:22.4
167	Michelle bull	Norwich Road Runners	41	6 F 40-44	47:29.7

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168	Stephen Baker	Tri anglia	48	25 M 45-49	47:39.6
169	Richard Brand		41	32 M 40-44	47:47.9
170	Paul Schwer	Felixstowe Road Runners	51	15 M 50-54	47:50.1
171	Anthony Barstard	Dereham RC	63	6 M 60-99	47:50.2
172	Michael Franks		53	16 M 50-54	47:51.2
173	Laura Ballantyne		31	11 F 19-39	47:54.6
174	Emma Layton		25	12 F 19-39	47:55.6
175	Christopher Milnes	Ryston Runners Ac	54	17 M 50-54	47:57.9
176	Ken Price	Dereham RC	62	7 M 60-99	48:02.5
177	Michael Barrett	Dereham RC	55	12 M 55-59	48:05.6
178	Christopher Gay	Gt Yarmouth & District AC	48	26 M 45-49	48:08.7
179	Oli Mathews		38	52 M 19-39	48:14.9
180	Colin Fish		48	27 M 45-49	48:16.9
181	Tom Hunter		15	4 M 0-18	48:19.3
182	david tudge		36	53 M 19-39	48:20.7
183	Christopher Dent		49	28 M 45-49	48:21.5
184	ANNE MILLETT	Norwich Road Runners	55	3 F 55-59	48:23.3
185	Nigel Kinsella	Greenwich Tritons	45	29 M 45-49	48:26.3
186	Simon kitchener	Harpenden	59	13 M 55-59	48:27.3
187	Andy Bobbin		37	54 M 19-39	48:31.0
188	Carmel McEniery	Cambridge & Coleridge AC	39	13 F 19-39	48:31.7
189	Susan Bennett		51	2 F 50-54	48:34.8
190	ian albanie	diss athletics club	17	5 M 0-18	48:37.6
191	Robert Emery	North Norfolk Beach Runners	42	33 M 40-44	48:38.7
192	Jude Durrant	Reepham Runners	43	7 F 40-44	48:40.9
193	Penny Studley	Gt Yarmouth & District AC	38	14 F 19-39	48:44.4
194	jason ford		29	55 M 19-39	48:50.5
195	adrian hunt		58	14 M 55-59	48:54.5
196	Peter Bussey		49	30 M 45-49	48:57.5
197	Ellie Bye	Coltishall Jaguars	23	15 F 19-39	48:58.9
198	Andrew Hammond		56	15 M 55-59	49:14.4
199	COLIN ALFORD		48	31 M 45-49	49:17.1
200	Carey Briggs	Norwich Road Runners	38	16 F 19-39	49:17.6
201	Steve Phillips		50	18 M 50-54	49:20.4
202	Lorraine Dawson	GYRRC	52	3 F 50-54	49:23.9
203	Carol Betts	Norfolk Gazelles	57	4 F 55-59	49:25.6
204	Neil Goward		48	32 M 45-49	49:28.7
205	Grant Wheeler		46	33 M 45-49	49:29.5
206	Joanna Godwin	Norwich Road Runners	38	17 F 19-39	49:31.4
207	Nigel Gilham	Bungay Black Dog RC	58	16 M 55-59	49:33.3
208	Damian Ashcroft		47	34 M 45-49	49:33.4
209	alison woods		39	18 F 19-39	49:34.1
210	Graeme Neal	Guernsey Island Amateur Athletics Club	47	35 M 45-49	49:36.8
211	Robert Osborne	North Norfolk Beach Runners	51	19 M 50-54	49:43.1
212	Andrew Pearmain		57	17 M 55-59	49:44.7
213	darren collison		42	34 M 40-44	49:49.6
214	Andrew Norton	Dereham RC	47	36 M 45-49	49:49.8
215	martyn taylor		47	37 M 45-49	49:55.1
216	Mick Davidson	Norwich Road Runners	49	38 M 45-49	49:57.9
217	Dave Lines	Bungay Black Dog RC	41	35 M 40-44	49:59.5
218	Tom Pullinger	Bungay Black Dog RC	40	36 M 40-44	50:00.0
219	John O'Leary	GYRRC	61	8 M 60-99	50:11.0
220	Stacey Harper		34	19 F 19-39	50:11.1
221	Ian Breeze		40	37 M 40-44	50:11.6
222	Steve Starr	Ely Runners	44	38 M 40-44	50:11.7
223	Amanda Mallett	Ipswich Triathlon Club	45	3 F 45-49	50:12.3

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224	stephen corbould	Norfolk Gazelles	52	20 M 50-54	50:15.2
225	David Gilbert	Tri anglia	67	9 M 60-99	50:19.6
226	Eva Roberts		43	8 F 40-44	50:23.0
227	Anthony Gordon-Gray	Norfolk Gazelles	63	10 M 60-99	50:24.1
228	Nick Howe		30	56 M 19-39	50:32.2
229	Bobbie Sauerzapf	Bungay Black Dog RC	53	4 F 50-54	50:32.6
230	Derek Sadler		57	18 M 55-59	50:38.8
231	Sam Ashford-Thomas		40	9 F 40-44	50:43.0
232	Sandra Cooper	Brandon Fern Hoppers	46	4 F 45-49	50:43.1
233	Gavin Thouless	Norwich Road Runners	43	39 M 40-44	50:49.6
234	Lucy Wright		22	20 F 19-39	50:52.2
235	Graeme Smith	Tri anglia	42	40 M 40-44	51:00.8
236	Nik Chapman		52	21 M 50-54	51:09.3
237	David Bethell		36	57 M 19-39	51:10.3
238	Mark Carlyle		38	58 M 19-39	51:12.0
239	Ken Joyce		50	22 M 50-54	51:14.9
240	Sarah Barber	Norwich Road Runners	34	21 F 19-39	51:16.1
241	FIONA TAYLOR		40	10 F 40-44	51:36.4
242	Tom Collier		32	59 M 19-39	51:40.0
243	Peter Downing		59	19 M 55-59	51:42.0
244	Veronica Manly	EVAC	63	1 F 60-99	51:47.2
245	Daniel Nolan		46	39 M 45-49	51:55.7
246	Judith baker		39	22 F 19-39	51:59.7
247	anthony knight	Tiptree Road Runners	42	41 M 40-44	52:01.9
248	Jason Black		41	42 M 40-44	52:03.5
249	Neil Anthony	St Edmund Pacers	49	40 M 45-49	52:07.8
250	Edward Hall		45	41 M 45-49	52:18.5
251	Alex Gray		26	60 M 19-39	52:18.9
252	Sarah Bays		44	11 F 40-44	52:21.0
253	NICK Riches	CONAC	49	42 M 45-49	52:22.0
254	Phillipa Rudd	Norwich Road Runners	47	5 F 45-49	52:22.8
255	Chris Groves	Tri anglia	60	11 M 60-99	52:23.0
256	Alec Fraser	North Norfolk Beach Runners	70	12 M 60-99	52:27.8
257	Laura Mckay		46	6 F 45-49	52:30.8
258	Patrick Thompson		33	61 M 19-39	52:31.4
259	Jackie Bye	Coltishall Jaguars	53	5 F 50-54	52:34.4
260	Trevor Emery	North Norfolk Beach Runners	59	20 M 55-59	52:48.1
261	Richard High	Norwich Road Runners	41	43 M 40-44	52:51.3
262	Tony Heath	North Norfolk Beach Runners	62	13 M 60-99	52:56.7
263	Robin Bendix-Hickman	Bungay Black Dog RC	15	6 M 0-18	52:56.7
264	William Delf	CONAC	52	23 M 50-54	52:58.3
265	Richard Pilch		64	14 M 60-99	52:59.5
266	Andrea Osborne	North Norfolk Beach Runners	57	5 F 55-59	53:01.6
267	Sarah Holland	Wymondham AC	44	12 F 40-44	53:03.3
268	Stephen Read		53	24 M 50-54	53:06.4
269	Beres Ward	CONAC	56	6 F 55-59	53:11.8
270	Peter Walwyn		70	15 M 60-99	53:14.1
271	Ivan Lees	GYRRC	55	21 M 55-59	53:19.0
272	Helen Boyd		33	23 F 19-39	53:22.4
273	Peter Battrick		58	22 M 55-59	53:28.9
274	Alison Milnes	Ryston Runners Ac	50	6 F 50-54	53:30.2
275	John Kelly		33	62 M 19-39	53:32.5
276	Carly Jermy	Norwich Road Runners	32	24 F 19-39	53:32.7
277	Lauren Buffini	Norwich Road Runners	33	25 F 19-39	53:38.3
278	Shona Bendix	Bungay Black Dog RC	45	7 F 45-49	53:42.8
279	Kathryn Hammond	Norwich Road Runners	37	26 F 19-39	53:48.2

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280	Christopher Brittain	Norwich Road Runners	61	16 M 60-99	53:49.9
281	Mark Nixon		43	44 M 40-44	53:50.1
282	Raphael Silver		51	25 M 50-54	53:50.3
283	Toni Tarrant	Dereham RC	45	8 F 45-49	53:54.7
284	Anne Florence	Tri anglia	59	7 F 55-59	53:58.2
285	Tina Belsom	Stowmarket Striders	47	9 F 45-49	53:59.7
286	Kirstin McLellan		32	27 F 19-39	54:02.3
287	Peter Spandler	GYRRC	52	26 M 50-54	54:11.2
288	Michael Flower	Norfolk Harriers	36	63 M 19-39	54:18.8
289	Iain White	Tri anglia	60	17 M 60-99	54:32.0
290	Stewart Ingram	Tri anglia	60	18 M 60-99	54:34.1
291	Julie Burrows		39	28 F 19-39	54:35.3
292	Susan Fraser	Gt Yarmouth & District AC	52	7 F 50-54	54:36.5
293	Timothy Johnson	Wymondham AC	23	64 M 19-39	54:36.7
294	Ian Golden		43	45 M 40-44	54:37.3
295	Andrew Smith	St Edmund Pacers	42	46 M 40-44	54:46.3
296	Michael Cooling		41	47 M 40-44	54:49.9
297	Anna Smith	Stowmarket Striders	38	29 F 19-39	54:50.3
298	Robert Bennett		56	23 M 55-59	54:54.0
299	Philip Neave	Bungay Black Dog RC	63	19 M 60-99	54:55.5
300	Ian Jarvis	North Norfolk Beach Runners	45	43 M 45-49	55:01.2
301	Trevor Horrex	Norwich Road Runners	51	27 M 50-54	55:03.4
302	Nathan Muskett	Birketts Runners	30	65 M 19-39	55:04.4
303	Andrew Morgan		46	44 M 45-49	55:07.0
304	Christopher Williams		41	48 M 40-44	55:10.8
305	Keith Browes		55	24 M 55-59	55:13.4
306	Sarah Sargeant	Tri anglia	40	13 F 40-44	55:13.7
307	Helen Oghenegweke	Norwich Road Runners	38	30 F 19-39	55:18.8
308	Sandra Mayhew	Stowmarket Striders	47	10 F 45-49	55:26.5
309	Michael Sudds		36	66 M 19-39	55:29.9
310	Rita Rue	St Edmund Pacers	51	8 F 50-54	55:41.2
311	Donald Tiffin		64	20 M 60-99	55:47.3
312	Barry Hall		52	28 M 50-54	55:48.2
313	Tina Gore		37	31 F 19-39	55:49.6
314	Matt Rowland		40	49 M 40-44	55:51.7
315	Rachel Prew		35	32 F 19-39	55:56.7
316	Belinda Schofield	NEWMARKET JOGGERS	55	8 F 55-59	55:57.3
317	Jonathan Coy		40	50 M 40-44	56:00.5
318	Nic Sharp		42	51 M 40-44	56:14.1
319	Gordon Boyd		51	29 M 50-54	56:17.4
320	Lisa Vincent		39	33 F 19-39	56:25.9
321	KAREN ALFORD		48	11 F 45-49	56:31.5
322	Dean Hodgson		15	7 M 0-18	56:32.1
323	Richard Baker		49	45 M 45-49	56:33.6
324	Barbara Law	Great Bentley RC	67	2 F 60-99	56:34.9
325	Gwyneth Jones		53	9 F 50-54	56:35.3
326	Stephen Spencer		53	30 M 50-54	56:51.5
327	Christine Cooke	Coltishall Jaguars	52	10 F 50-54	56:52.5
328	Deborah Carter	Cambridge & Coleridge AC	44	14 F 40-44	56:58.6
329	Gina Preston		45	12 F 45-49	56:59.1
330	Dianne Crosby	GYRRC	65	3 F 60-99	57:06.3
331	Keith Grasby		67	21 M 60-99	57:17.2
332	Annie Bradley-Watson		16	2 F 0-18	57:17.9
333	Rosemary Matlock	Thetford AC	53	11 F 50-54	57:29.4
334	Barry Williams		41	52 M 40-44	57:35.4
335	Charles Weigand	GYRRC	66	22 M 60-99	57:40.5

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336	samantha tea		32	34 F 19-39	57:46.1
337	Tony Britt	UKnetrunner	56	25 M 55-59	57:49.1
338	Magdy Elsayy		58	26 M 55-59	57:56.0
339	Daniel Craig		34	67 M 19-39	57:57.6
340	Daniel Browes		25	68 M 19-39	57:59.6
341	Anita Fortes	Dereham RC	49	13 F 45-49	58:00.0
342	Liz Plater		51	12 F 50-54	58:03.8
343	Catharine Carfoot		36	35 F 19-39	58:09.1
344	Peter Beck		37	69 M 19-39	58:10.8
345	sheila hodgson		42	15 F 40-44	58:11.5
346	Ruth Belsom		49	14 F 45-49	58:14.7
347	Neil Lawson		47	46 M 45-49	58:19.2
348	Deborah Burrell		49	15 F 45-49	58:38.4
349	Andrew Wood		58	27 M 55-59	58:41.3
350	julie garrett	Norwich Road Runners	44	16 F 40-44	58:43.8
351	Gillian Silver		51	13 F 50-54	58:48.7
352	emma culley	North Norfolk Beach Runners	41	17 F 40-44	59:21.0
353	Rebecca Durant	Coltishall Jaguars	59	9 F 55-59	59:29.6
354	Robert Belcher		53	31 M 50-54	59:32.2
355	donna collison		41	18 F 40-44	59:33.2
356	Tabatha Sims		43	19 F 40-44	59:38.3
357	Michelle Waters	Norfolk Gazelles	43	20 F 40-44	59:41.8
358	Jacque Wood	Dereham RC	59	10 F 55-59	59:43.9
359	James Ingham		21	70 M 19-39	59:49.1
360	Rosalind Hight	Wynondham AC	23	36 F 19-39	59:56.6
361	Andrew Stratton	Wynondham AC	50	32 M 50-54	59:56.8
362	David Rose	Wynondham AC	45	47 M 45-49	1:00:08.1
363	Gordon Riley		61	23 M 60-99	1:00:10.8
364	Steve Websdale	Norwich Road Runners	49	48 M 45-49	1:00:17.7
365	Anne Sinclair		54	14 F 50-54	1:00:18.7
366	Sheila Smith		58	11 F 55-59	1:00:30.6
367	Tamsin Desborough	Gt Yarmouth & District AC	17	3 F 0-18	1:00:37.3
368	Peter Warren	CONAC	55	28 M 55-59	1:00:51.8
369	Mike Marshall	North Norfolk Beach Runners	70	24 M 60-99	1:01:01.2
370	Brian Moore	Norwich Road Runners	61	25 M 60-99	1:01:29.2
371	Katy Taylor		36	37 F 19-39	1:01:44.5
372	andrew toogood	North Norfolk Beach Runners	49	49 M 45-49	1:01:51.5
373	Kate Mccabe		39	38 F 19-39	1:02:07.3
374	Hamish Melville		50	33 M 50-54	1:02:23.2
375	Karen Hollingsworth	Amphill & Flitwick Flyers	49	16 F 45-49	1:02:24.8
376	Richard Hollingsworth	Amphill & Flitwick Flyers	49	50 M 45-49	1:02:25.2
377	Caroline Hogan		44	21 F 40-44	1:02:35.0
378	Jeanne Lych-aird	Stowmarket Striders	56	12 F 55-59	1:02:47.2
379	Ann O'Leary	GYRRC	59	13 F 55-59	1:02:51.1
380	Lynda Moore	Norwich Road Runners	58	14 F 55-59	1:02:51.8
381	Jacques Groen	Bungay Black Dog RC	63	26 M 60-99	1:03:09.6
382	Heather Houghton		40	22 F 40-44	1:03:17.4
383	Hazel Ellard		36	39 F 19-39	1:03:24.6
384	Adam Banham	CONAC	32	71 M 19-39	1:03:25.0
385	Barry Hipwell		52	34 M 50-54	1:03:36.4
386	rebecca creed		44	23 F 40-44	1:03:51.9
387	John Law		60	27 M 60-99	1:03:52.5
388	Janette Franks		50	15 F 50-54	1:04:07.8
389	Martyn Dunsdon		34	72 M 19-39	1:04:09.1
390	alan barker		40	53 M 40-44	1:04:14.5
391	mark albanie	Diss Road Runners	50	35 M 50-54	1:04:14.6

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392	ANGELA MARGRIE		34	40 F 19-39	1:04:15.8
393	Sue Smith	Ryston Runners Ac	47	17 F 45-49	1:04:17.7
394	Elizabeth Senior		57	15 F 55-59	1:04:27.6
395	Mark Roberts		25	73 M 19-39	1:04:32.2
396	Sarah Barley		46	18 F 45-49	1:04:41.8
397	Bob Arnell	GYRRC	67	28 M 60-99	1:04:50.4
398	WILL CROSHAW		35	74 M 19-39	1:04:57.8
399	Lindsay Hobden		42	24 F 40-44	1:04:59.9
400	Phil Steedman		40	54 M 40-44	1:05:06.3
401	rachael williams	Bungay Black Dog RC	43	25 F 40-44	1:05:14.2
402	Hazel Flower	Norfolk Harriers	40	26 F 40-44	1:05:36.6
403	linda hunt		53	16 F 50-54	1:06:03.3
404	Simon Blackburn		46	51 M 45-49	1:06:09.0
405	Kim Belcher	Norwich Road Runners	53	17 F 50-54	1:06:38.2
406	jayne cook	Norwich Road Runners	48	19 F 45-49	1:07:25.8
407	Carla Potter		29	41 F 19-39	1:07:26.2
408	Julie Churchill		34	42 F 19-39	1:07:33.1
409	Kerry Metcalf	Norwich Road Runners	30	43 F 19-39	1:07:49.1
410	Sara Kedge		33	44 F 19-39	1:08:34.0
411	Lois Wiltshire		59	16 F 55-59	1:09:08.8
412	Elaine Haggarty	Gt Yarmouth & District AC	56	17 F 55-59	1:09:20.1
413	Judi Ingram	Wynondham AC	58	18 F 55-59	1:09:24.8
414	jim spong	GYRRC	73	29 M 60-99	1:09:52.7
415	Andrew Russell	Norwich Road Runners	51	36 M 50-54	1:10:11.9
416	Ivan Colman	Norwich Road Runners	50	37 M 50-54	1:10:12.5
417	Francis Woodcock		47	52 M 45-49	1:11:39.5
418	lisette Thresh		43	27 F 40-44	1:11:54.7
419	claire walker		44	28 F 40-44	1:11:54.8
420	Jacqueline Rawlinsor		38	45 F 19-39	1:12:50.1
421	Nicola Spinks		29	46 F 19-39	1:13:56.9
422	Jennifer Craig		35	47 F 19-39	1:14:20.3
423	Jacqueline Riley		63	4 F 60-99	1:14:22.7
424	Charlotte Valentine		34	48 F 19-39	1:15:40.8
425	Keith Elliot	Bournville Harriers	59	29 M 55-59	1:15:41.2
426	Karen Emery	North Norfolk Beach Runners	40	29 F 40-44	1:15:58.8
427	Pat Brightman	Gt Yarmouth & District AC	59	19 F 55-59	1:16:07.4
428	Lucy Spinks		21	49 F 19-39	1:16:14.6
429	Paula Harley		48	20 F 45-49	1:16:28.5
430	Derek Brown		54	38 M 50-54	1:16:29.4
431	sandie jardine		49	21 F 45-49	1:18:13.0
432	Sarah Robinson	Wynondham AC	45	22 F 45-49	1:18:13.1
433	Wendy Merfield	The Saxons	71	5 F 60-99	1:21:12.4
434	Karel van Rensburg		46	53 M 45-49	1:22:54.9