

Place	Bib No	First Name	Last Name	Gun Time	Gender	Age Group	Team
1	89	Alan	Darby	1:55:55	M	M Senior	Ely Runners
2	44	James	Bosher	2:00:10	M	M Senior	Grange Farm & Dunm
3	54	Alistair	Brown	2:00:26	M	M 40 to 44	Grange Farm & Dunm
4	357	Chris	Mickleburg	2:02:25	M	M Senior	Norwich Road Runners
5	105	michael	eccles	2:03:33	M	M Senior	Norfolk Gazelles AC
6	267	Jeremy	Rogers	2:05:59	M	M 40 to 44	Norfolk Gazelles AC
7	307	James	Sullivan	2:06:25	M	M Senior	
8	149	Richard	Hayes	2:09:08	M	M 40 to 44	
9	326	Paul	Veitch	2:09:25	M	M 45 to 49	Cambridge & Coleridge
10	97	Kieren	Drane	2:09:32	M	M Senior	Ely Runners
11	290	Daniel	Simmons	2:10:44	M	M Senior	
12	350	DAN	DOHERTY	2:10:58	M	M 40 to 44	Higham Harriers
13	122	Ian	Gallagher	2:11:24	M	M Senior	Huntingdonshire AC
14	174	Michal	Jakubiak	2:13:48	M	M Senior	
15	183	Ryan	Jones	2:13:57	M	M Senior	Fenland Running Club
16	82	Simon	Cowley	2:14:06	M	M Senior	Bungay Black Dog RC
17	11	Leo	Altarelli	2:15:13	M	M Senior	
18	368	Darren	Matthews	2:16:05	M	M Senior	Huntingdonshire AC
19	216	Rod	McKee	2:16:08	M	M 45 to 49	Huntingdonshire AC
20	110	Simon	English	2:16:14	M	M 40 to 44	Norwich Road Runners
21	237	karim	ouaddane	2:17:43	M	M 50 to 54	Waveney Valley AC
22	208	Andrew	Manning	2:18:29	M	M 50 to 54	Bungay Black Dog RC
23	26	Ian	Bailey	2:18:40	M	M 45 to 49	
24	334	Stuart	Weaver	2:19:02	M	M 40 to 44	Harwich Runners
25	165	Stephen	Howard	2:19:08	M	M 50 to 54	Ely Runners
26	179	Richard	Johnson	2:19:31	M	M 40 to 44	Norwich Road Runners
27	258	Daniel	Reynolds	2:19:55	M	M Senior	Grange Farm & Dunm
28	55	Jason	Brunt	2:20:07	M	M 40 to 44	Norfolk Gazelles AC
29	279	Lee	Sadler	2:20:25	M	M Senior	
30	319	Nicolai	Titlestad	2:20:29	M	M Senior	
31	79	Marc	Coles	2:20:34	M	M 40 to 44	Norwich Road Runners
32	286	Alistair	Shearer	2:20:41	M	M Senior	
33	119	Kevin	Frazer	2:20:43	M	M 50 to 54	
34	266	Alistair	Robinson	2:20:55	M	M Senior	Norfolk Gazelles AC
35	301	Craig	Speirs	2:21:07	M	M 40 to 44	
36	35	Sean	Barker	2:21:46	M	M 50 to 54	Huntingdonshire AC
37	194	Geraldine	Larham	2:22:39	F	F 45 to 49	March AC
38	182	Oliver	Jones	2:22:40	M	M Senior	Norfolk Gazelles AC
39	148	Tom	Haslam	2:22:50	M	M 45 to 49	Saxmundham Sports F
40	34	Mark	Banfield	2:22:54	M	M 40 to 44	Wymondham AC
41	332	Rose	Waterman	2:23:05	F	F Senior	
42	239	Karen	Patterson	2:25:02	F	F 45 to 49	March AC
43	274	John	Russell	2:25:14	M	M 40 to 44	
44	324	Chris	Tye	2:25:17	M	M 50 to 54	
45	327	Daniel	Vencovsky	2:25:23	M	M Senior	
46	23	David	Asker	2:25:54	M	M Senior	Tri-Anglia Triathlon Clu
47	206	Kevin	Mace	2:26:16	M	M 55 to 59	Norwich Road Runners
48	308	Matthew	Sutton	2:26:19	M	M Senior	Lowestoft Road Runne
49	162	David	Houghton	2:26:57	M	M 45 to 49	Norwich Road Runners
50	70	graham	chapman	2:27:02	M	M 60 to 64	Ely Runners
51	303	Michael	Stacey	2:27:58	M	M 55 to 59	
52	74	Joey	Clements	2:28:16	M	M Senior	
53	186	Gregor	Kennedy	2:28:27	M	M 45 to 49	
54	224	graham	moore	2:29:20	M	M 55 to 59	
55	242	Gary	Penn	2:29:32	M	M 40 to 44	City Of Norwich AC

56	185	Louise	Juby	2:29:48	F	F Senior	Serpentine RC
57	16	Michael	Armes	2:30:04	M	M 50 to 54	Norwich Road Runners
58	134	Adam	Goodman	2:30:04	M	M Senior	
59	196	Rowena	Leary	2:30:59	F	F Senior	Norfolk Gazelles AC
60	227	Ronnie	Mount	2:31:03	M	M 40 to 44	Norwich Road Runners
61	88	Richard	Dade	2:31:04	M	M 45 to 49	Wymondham AC
62	133	Jess	Gooderhan	2:31:06	F	F Senior	Saint Edmund Pacers
63	29	Nigel	Ball	2:31:06	M	M 45 to 49	Great Yarmouth Road
64	225	dan	moore	2:31:19	M	M 45 to 49	
65	56	Simon	Bryant	2:31:35	M	M Senior	
66	248	justin	potter	2:31:54	M	M Senior	
67	226	stephen	moseley	2:32:25	M	M 50 to 54	Norwich Road Runners
68	154	Ashley	Hobbs	2:32:26	M	M Senior	Norwich Road Runners
69	181	Matthew	Jones	2:33:17	M	M Senior	Great Bentley Running
70	33	Michael	Ball	2:33:59	M	M Senior	
71	96	Andrew	Dormer	2:34:17	M	M 45 to 49	Great Yarmouth Road
72	302	Paul	Spooner	2:34:32	M	M Senior	
73	195	James	Lay	2:34:42	M	M 40 to 44	
74	341	TREVOR	WOOD	2:35:22	M	M 45 to 49	
75	244	Chris	Phillips	2:36:33	M	M 40 to 44	
76	90	Claudine	Davie	2:36:39	F	F 40 to 44	Grange Farm & Dunm
77	201	Thomas	Lincoln-ker	2:37:39	M	M 45 to 49	
78	98	Rafal	Drygas	2:39:14	M	M Senior	
79	306	Penny	Studley	2:39:36	F	F 40 to 44	Great Yarmouth Road
80	28	Richard	Baker	2:40:00	M	M Senior	
81	295	Ben	Snelling	2:40:18	M	M 45 to 49	Norwich Road Runners
82	254	Meera	Rajoo-Oak	2:40:53	F	F Senior	Great Bentley Running
83	251	Paul	Quantrill	2:41:09	M	M 50 to 54	Tri-Anglia Triathlon Clu
84	294	Dai	Smoldon	2:41:29	M	M 40 to 44	
85	111	Deborah	English	2:41:40	F	F Senior	Norwich Road Runners
86	370	Niki	Park	2:41:48	F	F 50 to 54	Norwich Road Runners
87	229	Chris	Murphy	2:41:56	M	M 55 to 59	
88	304	Mark	Stone	2:42:29	M	M 45 to 49	Great Yarmouth Road
89	46	Kyle	Bowles	2:42:34	M	M Senior	
90	69	BEN	Chamberla	2:42:39	M	M Senior	Cambridge & Coleridge
91	113	Paul	Evans	2:42:54	M	M 40 to 44	
92	369	Rob	Evans	2:43:15	M	M 40 to 44	
93	250	Stephen	Pretty	2:43:21	M	M 55 to 59	Stowmarket Striders R
94	94	Joanne	Diffey	2:44:11	F	F 45 to 49	Lincoln Wellington Athl
95	193	rebecca	langford	2:44:12	F	F 40 to 44	Waveney Valley AC
96	270	Natasha	Rout	2:44:56	F	F Senior	Wymondham AC
97	71	Chris	Chorley	2:45:21	M	M 50 to 54	Bungay Black Dog RC
98	358	Ali	Middleton	2:45:57	F	F Senior	Norwich Road Runners
99	366	Paul	Wiltshire	2:46:47	M	M 50 to 54	
100	21	Sam	Ashford-Th	2:47:22	F	F 45 to 49	
101	197	Adrian	Leddy	2:48:08	M	M Senior	
102	86	Rob	Crockford	2:48:10	M	M 45 to 49	Dereham Runners & A
103	373	Vhari	King	2:48:12	F	F Senior	
104	362	Jen	Rudd	2:48:18	F	F 40 to 44	Wymondham AC
105	87	Rachel	Curtis	2:48:34	F	F Senior	
106	130	Paul	Gibson	2:48:37	M	M 40 to 44	
107	205	Caroline	Long	2:49:44	F	F Senior	
108	171	Philip	Hymers	2:49:47	M	M 65+	Saint Edmund Pacers
109	10	Heath	Alexander-	2:49:54	M	M 40 to 44	Wymondham AC
110	121	Scott	Gage	2:50:01	M	M Senior	
111	356	sarah	MacDonalc	2:50:02	F	F Senior	Bungay Black Dog RC

112	320	Ian	Tooley	2:50:17	M	M 55 to 59	Great Yarmouth Road
113	285	Bridget	Shaw	2:50:21	F	F Senior	Bungay Black Dog RC
114	103	Richard	Dye	2:50:38	M	M 55 to 59	Bungay Black Dog RC
115	159	Andrew	Hood	2:50:39	M	M Senior	Dereham Runners & A
116	6	Paul	Alderton	2:51:12	M	M 50 to 54	
117	150	Kathryn	head	2:51:19	F	F Senior	Norfolk Gazelles AC
118	125	RUTH	GAUNT	2:51:21	F	F 50 to 54	Norwich Road Runners
119	62	Thomas	Cadmore	2:51:25	M	M 40 to 44	
120	317	Mark	Thorpe	2:51:33	M	M 50 to 54	Norfolk Gazelles AC
121	223	Christophe	Moore	2:51:34	M	M 55 to 59	Norfolk Gazelles AC
122	161	Caroline	Houghton	2:51:52	F	F 40 to 44	Norwich Road Runners
123	367	Christophe	Wall	2:52:04	M	M Senior	
124	146	Lee	Harvey	2:52:06	M	M 45 to 49	
125	135	Lisa	GOUGH	2:52:10	F	F 40 to 44	
126	343	Nicola	Baker	2:52:14	F	F 45 to 49	Great Yarmouth Road
127	344	Andrew	Baker	2:52:14	M	M 45 to 49	Great Yarmouth Road
128	170	Louise	Hurr	2:52:33	F	F 50 to 54	Norfolk Gazelles AC
129	157	DAVID	HOGG	2:52:34	M	M 50 to 54	
130	104	Jonathan	Eagle	2:52:41	M	M Senior	Norwich Road Runners
131	108	Paul	Emery	2:52:56	M	M 55 to 59	Coltishall Jaguars RC
132	252	Claire	Rackham	2:53:28	F	F 40 to 44	Norwich Road Runners
133	338	Phil	Whiting	2:53:29	M	M 40 to 44	Norfolk Gazelles AC
134	142	ANDREW	HAMMOND	2:53:30	M	M 60 to 64	Norfolk Gazelles AC
135	259	Matthew	Reynolds	2:54:02	M	M Senior	Lowestoft Road Runne
136	152	Sue	Hill	2:54:07	F	F 40 to 44	
137	292	Leslie	Slater	2:54:41	M	M 55 to 59	
138	322	Robert	Tribe	2:54:51	M	M 45 to 49	
139	63	Emily	Cadmore	2:55:35	F	F 40 to 44	
140	64	Andrew	Callen	2:56:09	M	M Senior	Diss and District AC
141	207	Katie	Mack	2:56:31	F	F Senior	
142	209	Laura	Mansell	2:56:31	F	F Senior	
143	132	Laura	Goode	2:56:32	F	F Senior	
144	163	Silje	Hovstad	2:56:40	F	F Senior	City Of Norwich AC
145	106	Anne	Ellen	2:57:12	F	F 60 to 64	Norfolk Gazelles AC
146	91	Mick	Davies	2:57:27	M	M Senior	Eye Community Runne
147	361	Bill	Partner	2:57:47	M	M 45 to 49	
148	340	Andy	Wood	2:58:35	M	M 55 to 59	
149	281	Bobbie	Sauerzapf	2:58:44	F	F 55 to 59	Bungay Black Dog RC
150	328	Jessica	Vincent	2:58:50	F	F Senior	Great Yarmouth Road
151	59	NEIL	BUNNAGE	2:59:01	M	M 50 to 54	Norwich Road Runners
152	215	david	mcguinnes	2:59:13	M	M 40 to 44	
153	120	Stuart	Fryer	2:59:17	M	M Senior	
154	112	Paul	Evans	2:59:24	M	M 60 to 64	
155	192	kerstin	langer	2:59:28	F	F 50 to 54	Great Yarmouth Road
156	256	Paul	Reeve	2:59:37	M	M 45 to 49	
157	178	Carly	Jermy	2:59:41	F	F Senior	City Of Norwich AC
158	255	Jeffrey	Reed	2:59:54	M	M 65+	Ryston Runners
159	199	Imogen	Lees	3:00:05	F	F 40 to 44	Norfolk Gazelles AC
160	347	Mark	Cole	3:00:44	M	M 45 to 49	
161	109	Lee	Emmett	3:01:25	M	M Senior	
162	371	Stephen	Saise	3:01:38	M	M 45 to 49	
163	81	Adam	Cory	3:02:00	M	M Senior	
164	43	Graham	Bloomfield	3:02:06	M	M Senior	
165	355	Paul	Knightley	3:02:18	M	M Senior	
166	240	bob	paul	3:02:19	M	M 60 to 64	Bungay Black Dog RC
167	331	Robert	Walton	3:02:25	M	M Senior	

168	364	Indre	Sedbaraite	3:03:24	F	F Senior	
169	365	Laura	Wiltshire	3:03:47	F	F Senior	
170	52	Kaylee	Brown	3:03:52	F	F Senior	City Of Norwich AC
171	232	Deborah	Nolan	3:04:11	F	F Senior	Eye Community Runners
172	263	Paul	Robbins	3:04:42	M	M 45 to 49	Norwich Road Runners
173	310	Roland	Talbot	3:04:47	M	M 60 to 64	
174	342	sonya	wragg	3:04:54	F	F 45 to 49	Coltishall Jaguars RC
175	167	Richard	Huggins	3:05:05	M	M Senior	Norwich Road Runners
176	114	Paul	Eves	3:05:06	M	M 40 to 44	Norwich Road Runners
177	233	Isla	Oliver	3:05:33	F	F Senior	
178	1	Stuart	Abbott	3:05:41	M	M 40 to 44	Framlingham Flyers
179	275	Jimmy	Russell	3:06:38	M	M 50 to 54	Felixstowe RRC
180	345	Ian	Chapman	3:06:41	M	M 45 to 49	
181	184	Emma	Jordan	3:06:49	F	F 45 to 49	Coltishall Jaguars RC
182	80	Andrew	Cooper	3:06:57	M	M Senior	Norwich Road Runners
183	48	Hazel	Brain	3:07:36	F	F 45 to 49	
184	218	Luvuyo	Mfazwe	3:08:44	M	M Senior	
185	100	Amanda	Dunn	3:09:18	F	F 40 to 44	Hadleigh Hares AC
186	78	Matthew	Cole	3:09:39	M	M 40 to 44	
187	19	Jane	Ashby	3:09:47	F	F 65+	Ryston Runners
188	169	Catherine	Hunt	3:10:15	F	F 45 to 49	
189	228	Chris	Mullender	3:10:55	M	M 40 to 44	
190	151	Iain	Hewett	3:11:19	M	M 50 to 54	
191	175	Jonathan	Jarrold	3:11:35	M	M Senior	
192	203	Rachael	Lockwood	3:11:43	F	F 40 to 44	Wymondham AC
193	353	Andrew	Hoad	3:12:18	M	M Senior	
194	126	Alex	GAUNT	3:12:19	M	M 45 to 49	Norwich Road Runners
195	220	JONNY	MILES	3:12:32	M	M Senior	Felixstowe RRC
196	214	Alastair	Mccartney	3:13:07	M	M 40 to 44	
197	84	Hannah	Coxhead	3:13:20	F	F 40 to 44	Newbury AC
198	315	Glyndwr	Thomas	3:13:35	M	M Senior	
199	245	David	Platten	3:13:38	M	M 50 to 54	Coltishall Jaguars RC
200	20	Robin	Ashe	3:14:05	M	M 65+	Bungay Black Dog RC
201	305	Hayley	Strivens	3:14:12	F	F Senior	
202	202	HELEN	LLOYD	3:14:17	F	F 55 to 59	
203	349	Kirsty	Dekeyzer	3:14:36	F	F Senior	
204	309	Nicos	Symeou	3:14:56	M	M 60 to 64	Great Yarmouth Road
205	312	Caroline	Taylor	3:15:22	F	F 55 to 59	Norwich Road Runners
206	372	Boosey	Sarah	3:15:22	F	F Senior	Norwich Road Runners
207	4	David	Adderson	3:15:33	M	M Senior	
208	212	Paul	Martin	3:15:51	M	M 40 to 44	
209	68	Bob	Carter	3:16:57	M	M 55 to 59	Bure Valley Harriers
210	66	Karl	Caon	3:17:45	M	M Senior	
211	222	Kelly	Mitchell	3:18:26	F	F Senior	
212	5	Steven	Alderson	3:18:48	M	M 55 to 59	
213	164	Karle	Howard	3:18:51	M	M 45 to 49	Waveney Valley AC
214	339	paul	winter	3:18:55	M	M 65+	Stowmarket Striders R
215	143	Rebecca	Harris	3:19:18	F	F Senior	Waveney Valley AC
216	67	Chris	Carey	3:19:28	M	M 40 to 44	
217	102	paul	dunthorne	3:20:05	M	M 45 to 49	
218	145	Melanie	Harrison	3:21:01	F	F Senior	
219	95	Jody	Donaldson	3:21:33	F	F 45 to 49	Bungay Black Dog RC
220	17	Alison	Armstrong	3:21:41	F	F Senior	
221	246	Victoria	Pollington	3:21:49	F	F Senior	
222	291	clark	skerratt	3:22:27	M	M 65+	Biggleswade AC
223	128	Karen	Gedge	3:22:48	F	F 50 to 54	Bungay Black Dog RC

224	99	Rachel	Duffy-Wyat	3:22:50	F	F Senior
225	298	Simon	Sparkes	3:22:53	M	M 40 to 44 Bungay Black Dog RC
226	272	Heather	Ruff	3:23:03	F	F 50 to 54 Capel Cheetahs
227	137	Nina	Green	3:23:34	F	F Senior
228	278	Sal	Ryder	3:24:45	F	F 50 to 54 North Norfolk Beach R
229	158	Nick	Holton	3:25:27	M	M Senior
230	7	Megan	Alderton	3:25:34	M	M Senior
231	243	Julia	Perry	3:26:34	F	F Senior
232	147	Sarah	Harvey	3:26:36	F	F 45 to 49
233	131	Jackie	gooch	3:27:17	F	F 50 to 54 Coltishall Jaguars RC
234	18	Marianne	Armstrong	3:28:36	F	F Senior Norwich Road Runners
235	249	Tim	Powter-Rol	3:28:59	M	M 55 to 59
236	172	Stewart	Ingram	3:29:40	M	M 65+ Tri-Anglia Triathlon Clu
237	204	Aimee	Long	3:29:57	F	F 40 to 44
238	261	Carol	Riley	3:29:57	F	F Senior
239	330	Heidi	Walker	3:30:09	F	F Senior
240	115	Robin	Farrar	3:30:56	M	M 65+ Bungay Black Dog RC
241	297	Sarah	Sparkes	3:31:06	F	F 40 to 44 Bungay Black Dog RC
242	24	Nick	Aston	3:31:15	M	M Senior
243	51	Megan	Broughton	3:32:32	F	F Senior
244	238	sarah	partridge	3:33:21	F	F 60 to 64 Ryston Runners
245	321	Sarah	Tovell	3:34:26	F	F Senior Norwich Road Runners
246	198	Simon	Leeder	3:34:35	M	M Senior
247	31	Rosemarie	Ball	3:35:47	F	F 55 to 59 Bungay Black Dog RC
248	8	Ann	Alderton	3:35:56	F	F 50 to 54
249	155	Louis	Hobbs	3:36:37	M	M 40 to 44
250	352	Sue	Hargadon	3:38:00	F	F 60 to 64 Ipswich Triathlon Club
251	160	Angela	Hook	3:39:22	F	F 45 to 49
252	235	Rob	Osborne	3:39:28	M	M 55 to 59
253	234	Andrea	Osborne	3:39:28	F	F 60 to 64
254	236	Rebecca	Ottaway	3:40:14	F	F Senior
255	363	Graham	Sampson	3:40:14	M	M 65+ Bungay Black Dog RC
256	118	Michael	Flower	3:40:35	M	M 40 to 44 Norfolk Harriers RC
257	348	Lucy	Coleman	3:41:22	F	F Senior Norwich Road Runners
258	136	Dean	Gray	3:41:22	M	M 55 to 59 Norwich Road Runners
259	257	Nigel	Reynolds	3:43:24	M	M 50 to 54 Ely Runners
260	359	Katie	O'Reilly	3:44:48	F	F Senior
261	277	Daniel	Ryan	3:45:07	M	M Senior
262	276	adrian	rutterford	3:47:40	M	M 55 to 59 City Of Norwich AC
263	336	Robert	Whalen	3:48:25	M	M Senior
264	40	Claire	Beckett	3:52:47	F	F 40 to 44
265	36	Paul	Barkshire	3:55:29	M	M 50 to 54
266	323	Amy	Turner	3:58:49	F	F Senior
267	30	Michael	Ball	4:00:11	M	M 60 to 64 Bungay Black Dog RC
268	117	Hazel	Flower	4:02:04	F	F 45 to 49 Norfolk Harriers RC
269	351	hayley	donnelly	4:04:43	F	F 40 to 44
270	75	Keri	Clements	4:04:44	F	F 45 to 49
271	219	Trine	Middleton	4:07:02	F	F 55 to 59
272	287	Denise	Sheppard	4:07:03	F	F Senior
273	180	Lucy	Johnston	4:07:05	F	F Senior Bungay Black Dog RC
274	127	Debbie	Gaze	4:07:06	F	F 50 to 54
275	293	Larissa	Smith	4:07:06	F	F Senior Bungay Black Dog RC
276	318	Loretta	Thurston	4:07:06	F	F Senior Bungay Black Dog RC
277	346	Emma	Cluett	4:10:37	F	F Senior
278	49	Pat	Brightman	4:16:00	F	F 60 to 64 Great Yarmouth & Dist
279	42	Lisa	Blair	4:17:36	F	F 45 to 49

280	57	James	Buchanan	4:24:28	M	M Senior
281	41	Paul	Bird	4:25:01	M	M 50 to 54 Bungay Black Dog RC
282	296	JULIA	SNOWLIN	4:27:54	F	F Senior
283	123	Annette	Garner	4:35:11	F	F 50 to 54
284	101	victoria	dunthorne	4:35:11	F	F 45 to 49

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