

Wymondham 20 Mile Race

25 March 2018

| Place | First Name | Last Name | Bib No | Chip Time | Gun Time | Gender | Age Group | De: | Team Name |
|-------|------------|------------|--------|-----------|----------|--------|------------|-----|--|
| 1 | Alan | Darby | 102 | 1:53:43 | 1:53:43 | M | M Senior | | Ely Runners |
| 2 | Alex | Manton | 258 | 1:57:28 | 1:57:28 | M | M Senior | | Springfield Striders RC |
| 3 | Daniel | Middleton | 285 | 1:59:05 | 1:59:05 | M | M Senior | | Norwich Road Runners |
| 4 | Matt | Pyatt | 346 | 1:59:24 | 1:59:24 | M | M 40 to 44 | | Ryston Runners |
| 5 | James | Ashton | 20 | 2:04:04 | 2:04:04 | M | M Senior | | Norwich Road Runners |
| 6 | Chris | Mickleburg | 284 | 2:05:12 | 2:05:12 | M | M Senior | | Norwich Road Runners |
| 7 | Jeremy | Rogers | 368 | 2:05:51 | 2:05:51 | M | M 40 to 44 | | Norfolk Gazelles AC |
| 8 | Darren | Honour | 194 | 2:06:52 | 2:06:52 | M | M 45 to 49 | | Bungay Black Dog RC |
| 9 | John | Scoggins | 381 | 2:08:27 | 2:08:27 | M | M Senior | | City Of Norwich AC |
| 10 | John | Hudson | 203 | 2:08:50 | 2:08:50 | M | M Senior | | Norwich Road Runners |
| 11 | Daniel | Perry | 325 | 2:09:34 | 2:09:34 | M | M Senior | | |
| 12 | Ryan | Jones | 224 | 2:11:15 | 2:11:15 | M | M Senior | | Fenland Running Club |
| 13 | John | Moore | 292 | 2:11:21 | 2:11:21 | M | M 55 to 59 | | Norfolk Gazelles AC |
| 14 | Chris | Merrylees | 283 | 2:12:44 | 2:12:44 | M | M 40 to 44 | | North Norfolk Beach Runners |
| 15 | Neil | Adams | 5 | 2:12:44 | 2:12:44 | M | M 40 to 44 | | North Norfolk Beach Runners |
| 16 | Sean | Ketteridge | 231 | 2:12:44 | 2:12:44 | M | M 45 to 49 | | Colchester Harriers AC |
| 17 | Gavin | Allen | 8 | 2:12:44 | 2:12:44 | M | M 40 to 44 | | Halstead RRC |
| 18 | Andy | Ellis | 129 | 2:12:57 | 2:12:57 | M | M Senior | | Felixstowe RRC |
| 19 | Sean | Connolly | 84 | 2:14:55 | 2:14:55 | M | M 45 to 49 | | Fenland Running Club |
| 20 | Colin | stark | 411 | 2:15:29 | 2:15:29 | M | M 40 to 44 | | North Norfolk Beach Runners |
| 21 | Simon | Bryant | 60 | 2:15:59 | 2:15:59 | M | M Senior | | |
| 22 | Derek | Dunne | 121 | 2:16:32 | 2:16:32 | M | M 50 to 54 | | Springfield Striders RC |
| 23 | Marc | Evans | 132 | 2:16:38 | 2:16:38 | M | M Senior | | Great Yarmouth Road Runners |
| 24 | Stuart | Weaver | 447 | 2:16:49 | 2:16:49 | M | M 45 to 49 | | Harwich Runners |
| 25 | Mark | Banfield | 30 | 2:16:53 | 2:16:53 | M | M 40 to 44 | | Wymondham AC |
| 26 | Oliver | Jones | 223 | 2:17:33 | 2:17:33 | M | M Senior | | Norfolk Gazelles AC |
| 27 | Chris | Kelly | 228 | 2:17:37 | 2:17:37 | M | M Senior | | |
| 28 | Chris | Bullock | 64 | 2:17:41 | 2:17:41 | M | M 40 to 44 | | Norwich Road Runners |
| 29 | Michael | Stacey | 410 | 2:18:26 | 2:18:26 | M | M 55 to 59 | | March AC |
| 30 | Marc | Coles | 81 | 2:18:46 | 2:18:46 | M | M 40 to 44 | | Norwich Road Runners |
| 31 | Craig | Speirs | 406 | 2:19:01 | 2:19:01 | M | M 40 to 44 | | |
| 32 | Ian | Bailey | 24 | 2:19:40 | 2:19:40 | M | M 45 to 49 | | |
| 33 | Ronnie | Mount | 299 | 2:20:04 | 2:20:04 | M | M 40 to 44 | | Norwich Road Runners |
| 34 | Shaun | Mann | 256 | 2:20:53 | 2:20:53 | M | M 45 to 49 | | Ryston Runners |
| 35 | steven | carruthers | 71 | 2:21:15 | 2:21:15 | M | M 45 to 49 | | |
| 36 | Andrew | Dormer | 116 | 2:21:28 | 2:21:28 | M | M 50 to 54 | | Great Yarmouth Road Runners |
| 37 | Anthony | Alborough | 6 | 2:21:41 | 2:21:41 | M | M 45 to 49 | | Coltishall Jaguars RC |
| 38 | Paul | Vincent | 467 | 2:22:06 | 2:22:06 | M | M 40 to 44 | | Wymondham AC |
| 39 | Tom | Haslam | 183 | 2:22:19 | 2:22:19 | M | M 45 to 49 | | Saxmundham Sports Running & Fitness Club |
| 40 | Jim | Desmond | 112 | 2:22:43 | 2:22:43 | M | M 50 to 54 | | The Stragglers Running Club |
| 41 | karim | ouaddane | 311 | 2:23:11 | 2:23:11 | M | M 50 to 54 | | |
| 42 | Richard | Morgan-Ev | 293 | 2:23:26 | 2:23:26 | M | M Senior | | |
| 43 | martin | ive | 214 | 2:23:34 | 2:23:34 | M | M 50 to 54 | | Ryston Runners |
| 44 | Rose | Waterman | 443 | 2:23:38 | 2:23:38 | F | F Senior | | Tri-Anglia Triathlon Club |
| 45 | Stewart | Robins | 365 | 2:23:46 | 2:23:46 | M | M 50 to 54 | | Ryston Runners |
| 46 | Zoe | Shackleton | 385 | 2:23:56 | 2:23:56 | F | F 40 to 44 | | Ely Runners |
| 47 | Oliver | Karger | 226 | 2:24:33 | 2:24:33 | M | M Senior | | |
| 48 | Ian | Richardsor | 357 | 2:25:10 | 2:25:10 | M | M 50 to 54 | | Cambridge & Coleridge AC |
| 49 | FUMIAKI | IMAMURA | 210 | 2:25:17 | 2:25:17 | M | M Senior | | |
| 50 | MARTIN | STEVENS | 414 | 2:25:37 | 2:25:37 | M | M 40 to 44 | | Werrington Joggers |
| 51 | RICHARD | DOYLE | 117 | 2:25:57 | 2:25:57 | M | M Senior | | |
| 52 | Paul | Greenside: | 165 | 2:26:03 | 2:26:03 | M | M 45 to 49 | | |
| 53 | Colin | Robilliard | 363 | 2:26:11 | 2:26:11 | M | M 60 to 64 | | Bure Valley Harriers |
| 54 | Phil | QUANTRIL | 348 | 2:26:28 | 2:26:28 | M | M 40 to 44 | | Great Yarmouth Road Runners |
| 55 | Graham | Johnson | 218 | 2:26:40 | 2:26:40 | M | M 50 to 54 | | Coltishall Jaguars RC |
| 56 | Neil | Jarvis | 216 | 2:27:05 | 2:27:05 | M | M 40 to 44 | | BRJ Run and Tri |
| 57 | Simon | Able | 2 | 2:27:29 | 2:27:29 | M | M 45 to 49 | | Ryston Runners |
| 58 | Simon | Webb | 448 | 2:28:05 | 2:28:05 | M | M Senior | | The Stragglers Running Club |
| 59 | Melvyn | Porter | 338 | 2:28:43 | 2:28:43 | M | M 50 to 54 | | Coltishall Jaguars RC |
| 60 | Paul | Dockerill | 113 | 2:28:43 | 2:28:43 | M | M 40 to 44 | | Newmarket Joggers |
| 61 | Steve | Musk | 303 | 2:28:44 | 2:28:44 | M | M Senior | | |
| 62 | Jonathan | Cordle | 92 | 2:28:46 | 2:28:46 | M | M 50 to 54 | | Norwich Road Runners |
| 63 | Dean | Howard | 197 | 2:29:01 | 2:29:01 | M | M 45 to 49 | | North Norfolk Beach Runners |
| 64 | Paul | Smart | 399 | 2:29:10 | 2:29:10 | M | M Senior | | |
| 65 | DAVID | HUDSON | 202 | 2:29:39 | 2:29:39 | M | M 45 to 49 | | Tri-Anglia Triathlon Club |
| 66 | David | Asker | 21 | 2:29:48 | 2:29:48 | M | M Senior | | Tri-Anglia Triathlon Club |
| 67 | James | Carass | 70 | 2:30:14 | 2:30:14 | M | M Senior | | Great Yarmouth Road Runners |

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|-----|-----------|-------------|-----|---------|---------|---|------------|------------------------------|
| 68 | James | Gaynor | 148 | 2:30:14 | 2:30:14 | M | M Senior | Norfolk Gazelles AC |
| 69 | Darren | Tubby | 434 | 2:30:36 | 2:30:36 | M | M Senior | Coltishall Jaguars RC |
| 70 | Katy | Oldman | 309 | 2:30:38 | 2:30:38 | F | F 40 to 44 | Lowestoft Road Runners |
| 71 | Joanna | Wolledge | 460 | 2:31:08 | 2:31:08 | F | F 40 to 44 | Saint Edmund Pacers |
| 72 | Jess | Gooderhan | 156 | 2:31:10 | 2:31:10 | F | F Senior | Saint Edmund Pacers |
| 73 | Stephen | Pretty | 341 | 2:31:53 | 2:31:53 | M | M 60 to 64 | Stowmarket Striders RC |
| 74 | Victoria | Quantrill | 347 | 2:31:55 | 2:31:55 | F | F 40 to 44 | Great Yarmouth Road Runners |
| 75 | Eilish | Harding | 174 | 2:32:29 | 2:32:29 | F | F Senior | |
| 76 | William | Whittam | 452 | 2:32:43 | 2:32:43 | M | M Senior | Norwich Road Runners |
| 77 | Lewis | Spurgin | 409 | 2:32:44 | 2:32:44 | M | M Senior | Norwich Road Runners |
| 78 | Neil | Appleton | 14 | 2:32:47 | 2:32:47 | M | M 45 to 49 | |
| 79 | Darren | Armstrong | 15 | 2:33:19 | 2:33:19 | M | M 40 to 44 | North Norfolk Beach Runners |
| 80 | Catherine | HENERY | 187 | 2:33:32 | 2:33:32 | F | F 50 to 54 | City Of Norwich AC |
| 81 | Penny | Studley | 419 | 2:33:52 | 2:33:52 | F | F 45 to 49 | Great Yarmouth Road Runners |
| 82 | Graham | Jones | 221 | 2:34:07 | 2:34:07 | M | M Senior | |
| 83 | Lee | Phillips | 330 | 2:34:42 | 2:34:42 | M | M 40 to 44 | Framlingham Flyers |
| 84 | Paul | Cassels | 73 | 2:35:16 | 2:35:16 | M | M Senior | |
| 85 | Craig | Mounser | 298 | 2:35:25 | 2:35:25 | M | M Senior | |
| 86 | Jamie | Marrison | 260 | 2:35:26 | 2:35:26 | M | M Senior | |
| 87 | Ross | McInroy | 272 | 2:35:31 | 2:35:31 | M | M Senior | |
| 88 | Michael | Skinner | 397 | 2:35:37 | 2:35:37 | M | M Senior | |
| 89 | Gary | GRAND | 159 | 2:35:49 | 2:35:49 | M | M 55 to 59 | Norwich Road Runners |
| 90 | Jon | Shorten | 390 | 2:35:50 | 2:35:50 | M | M 45 to 49 | Norwich Road Runners |
| 91 | Tim | Sexton | 384 | 2:35:54 | 2:35:54 | M | M 45 to 49 | Norfolk Gazelles AC |
| 92 | Seb | Rijpstra | 358 | 2:36:03 | 2:36:03 | M | M 45 to 49 | |
| 93 | Andy | Bonner | 46 | 2:36:05 | 2:36:05 | M | M Senior | Ely Runners |
| 94 | Nick | Slade | 398 | 2:36:19 | 2:36:19 | M | M Senior | North Norfolk Beach Runners |
| 95 | Claudine | Davie | 103 | 2:36:20 | 2:36:20 | F | F 40 to 44 | Grange Farm & Dunmow Runners |
| 96 | Jamie | Barber | 31 | 2:36:55 | 2:36:55 | M | M Senior | Lowestoft Road Runners |
| 97 | Thomas | Lincoln ker | 247 | 2:36:56 | 2:36:56 | M | M 50 to 54 | Coltishall Jaguars RC |
| 98 | Ben | Snelling | 404 | 2:37:06 | 2:37:06 | M | M 45 to 49 | Norwich Road Runners |
| 99 | matt | buckoke | 62 | 2:37:42 | 2:37:42 | M | M 40 to 44 | Great Yarmouth Road Runners |
| 100 | Ian | Gooderhan | 155 | 2:38:03 | 2:38:03 | M | M 50 to 54 | Saint Edmund Pacers |
| 101 | Lesley | Robins | 364 | 2:38:06 | 2:38:06 | F | F 45 to 49 | Ryston Runners |
| 102 | Elizabeth | Sennitt Clo | 466 | 2:38:38 | 2:38:38 | F | F 40 to 44 | Three Counties Running Club |
| 103 | Adam | Knights | 237 | 2:39:13 | 2:39:13 | M | M Senior | |
| 104 | Terry | Hubbard | 201 | 2:39:23 | 2:39:23 | M | M 40 to 44 | Great Yarmouth Road Runners |
| 105 | Emma | Blake | 43 | 2:40:28 | 2:40:28 | F | F 40 to 44 | Coltishall Jaguars RC |
| 106 | Peter | Harris | 177 | 2:41:16 | 2:41:16 | M | M 65+ | Ely Runners |
| 107 | Holly | Rayner | 352 | 2:41:20 | 2:41:20 | F | F Senior | |
| 108 | Kevin | Ames | 9 | 2:41:23 | 2:41:23 | M | M 50 to 54 | |
| 109 | Colin | Moody | 291 | 2:41:39 | 2:41:39 | M | M 65+ | Harlow RC |
| 110 | Kevin | Howlett | 200 | 2:41:44 | 2:41:44 | M | M 60 to 64 | Ryston Runners |
| 111 | Caroline | Houghton | 195 | 2:41:47 | 2:41:47 | F | F 40 to 44 | Norwich Road Runners |
| 112 | David | Houghton | 196 | 2:41:50 | 2:41:50 | M | M 45 to 49 | Norwich Road Runners |
| 113 | Andrew | Thompson | 427 | 2:41:59 | 2:41:59 | M | M 55 to 59 | Ely Runners |
| 114 | Paul | Reeve | 354 | 2:42:00 | 2:42:00 | M | M 45 to 49 | Great Yarmouth Road Runners |
| 115 | Simon | Brighten | 49 | 2:42:06 | 2:42:06 | M | M Senior | |
| 116 | Meera | Rajoo-Oak | 349 | 2:42:26 | 2:42:26 | F | F Senior | Great Bentley Running Club |
| 117 | Eamonn | McCusker | 267 | 2:42:31 | 2:42:31 | M | M 60 to 64 | Ryston Runners |
| 118 | Matthew | Crane | 98 | 2:42:32 | 2:42:32 | M | M 40 to 44 | Bure Valley Harriers |
| 119 | Christina | Spooner | 407 | 2:43:12 | 2:43:12 | F | F 45 to 49 | North Norfolk Beach Runners |
| 120 | Dave | Spooner | 408 | 2:43:14 | 2:43:14 | M | M 45 to 49 | North Norfolk Beach Runners |
| 121 | Martin | Pery | 326 | 2:43:21 | 2:43:21 | M | M 50 to 54 | |
| 122 | Sam | Bartram | 33 | 2:43:37 | 2:43:37 | M | M Senior | |
| 123 | RUTH | GAUNT | 147 | 2:43:39 | 2:43:39 | F | F 50 to 54 | Norwich Road Runners |
| 124 | oliver | hurren | 207 | 2:43:41 | 2:43:41 | M | M Senior | |
| 125 | Deborah | English | 130 | 2:43:42 | 2:43:42 | F | F Senior | Norwich Road Runners |
| 126 | stacey | harper | 176 | 2:43:42 | 2:43:42 | F | F 40 to 44 | Norwich Road Runners |
| 127 | Theresa | Dooley | 115 | 2:43:44 | 2:43:44 | F | F 45 to 49 | Norfolk Gazelles AC |
| 128 | Chris | Tomlinson | 429 | 2:43:49 | 2:43:49 | M | M 45 to 49 | |
| 129 | Tom | Pullinger | 343 | 2:44:46 | 2:44:46 | M | M 45 to 49 | Bungay Black Dog RC |
| 130 | Guy | Shearwooc | 387 | 2:44:58 | 2:44:58 | M | M 55 to 59 | Norwich Road Runners |
| 131 | Phil | Hymers | 209 | 2:45:12 | 2:45:12 | M | M 65+ | Saint Edmund Pacers |
| 132 | Dudley | Garner | 146 | 2:45:24 | 2:45:24 | M | M Senior | Norfolk Gazelles AC |
| 133 | Adrian | Ebbs | 123 | 2:45:31 | 2:45:31 | M | M 55 to 59 | |
| 134 | Mark | Stone | 416 | 2:45:44 | 2:45:44 | M | M 45 to 49 | Great Yarmouth Road Runners |
| 135 | Louise | Hurr | 206 | 2:46:11 | 2:46:11 | F | F 50 to 54 | Norfolk Gazelles AC |
| 136 | Nick | Ross | 370 | 2:46:14 | 2:46:14 | M | M 45 to 49 | Norfolk Gazelles AC |

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|-----|-----------|------------|-----|---------|---------|---|------------|-----------------------------|
| 137 | Adrian | Waters | 444 | 2:46:24 | 2:46:24 | M | M 50 to 54 | Norfolk Gazelles AC |
| 138 | stephen | sadd | 376 | 2:46:48 | 2:46:48 | M | M 55 to 59 | Norfolk Gazelles AC |
| 139 | Stuart | Peck | 322 | 2:47:09 | 2:47:09 | M | M Senior | |
| 140 | Stephen | Neal | 305 | 2:47:31 | 2:47:31 | M | M 50 to 54 | Coltishall Jaguars RC |
| 141 | James | Howlett | 199 | 2:47:35 | 2:47:35 | M | M 40 to 44 | Framlingham Flyers |
| 142 | Philip | Brown | 57 | 2:47:46 | 2:47:46 | M | M 50 to 54 | Saint Edmund Pacers |
| 143 | Ian | Rodgers | 366 | 2:47:48 | 2:47:48 | M | M 50 to 54 | Bishops Stortford RC |
| 144 | Kirsty | Winter | 459 | 2:47:59 | 2:47:59 | F | F 40 to 44 | |
| 145 | David | Broughton | 55 | 2:48:17 | 2:48:17 | M | M 45 to 49 | Bishops Stortford RC |
| 146 | Tawa | Groombrid | 167 | 2:48:25 | 2:48:25 | F | F Senior | Norwich Road Runners |
| 147 | Richard | Tubb | 433 | 2:48:37 | 2:48:37 | M | M Senior | Wymondham AC |
| 148 | James | Nice | 306 | 2:48:43 | 2:48:43 | M | M 50 to 54 | City Of Norwich AC |
| 149 | nicole | rogers | 369 | 2:48:45 | 2:48:45 | F | F Senior | |
| 150 | Anna | Smith | 400 | 2:49:23 | 2:49:23 | F | F Senior | Ryston Runners |
| 151 | Hayley | Strivens | 417 | 2:49:29 | 2:49:29 | F | F Senior | |
| 152 | James | Roberts | 362 | 2:49:33 | 2:49:33 | M | M 40 to 44 | |
| 153 | John | Lee | 243 | 2:49:35 | 2:49:35 | M | M 60 to 64 | Tri-Anglia Triathlon Club |
| 154 | Charlotte | El-Labany | 128 | 2:49:36 | 2:49:36 | F | F Senior | Wymondham AC |
| 155 | john | christophe | 77 | 2:49:37 | 2:49:37 | M | M 50 to 54 | North Norfolk Beach Runners |
| 156 | Juliette | Watkinson | 445 | 2:49:37 | 2:49:37 | F | F Senior | Wymondham AC |
| 157 | Pauline | Drewery | 119 | 2:49:43 | 2:49:43 | F | F 45 to 49 | Ryston Runners |
| 158 | Kathryn | Head | 186 | 2:49:53 | 2:49:53 | F | F Senior | Norfolk Gazelles AC |
| 159 | Becky | Wilkinson | 455 | 2:49:56 | 2:49:56 | F | F Senior | |
| 160 | Vicky | Simpson | 395 | 2:49:59 | 2:49:59 | F | F 45 to 49 | Bishops Stortford RC |
| 161 | Stuart | Popple | 337 | 2:50:05 | 2:50:05 | M | M 45 to 49 | Werrington Joggers |
| 162 | Kerry | Lymbery | 250 | 2:50:06 | 2:50:06 | F | F Senior | Norwich Road Runners |
| 163 | Ian | Tooley | 430 | 2:50:16 | 2:50:16 | M | M 55 to 59 | Great Yarmouth Road Runners |
| 164 | Gav | Dent | 111 | 2:50:36 | 2:50:36 | M | M Senior | |
| 165 | gayle | bird | 41 | 2:50:54 | 2:50:54 | F | F Senior | |
| 166 | Heath | Alexander- | 7 | 2:51:04 | 2:51:04 | M | M 45 to 49 | Wymondham AC |
| 167 | Keith | Brighty | 51 | 2:51:43 | 2:51:43 | M | M 50 to 54 | Norwich Road Runners |
| 168 | Nick | Richards | 356 | 2:51:48 | 2:51:48 | M | M 40 to 44 | |
| 169 | Natasha | Rout | 372 | 2:51:56 | 2:51:56 | F | F Senior | Wymondham AC |
| 170 | Martyn | Benstead | 37 | 2:51:57 | 2:51:57 | M | M 40 to 44 | |
| 171 | Juliette | Meek | 279 | 2:52:09 | 2:52:09 | F | F Senior | Ryston Runners |
| 172 | STEVE | EKE | 126 | 2:52:23 | 2:52:23 | M | M 50 to 54 | |
| 173 | Iain | Dawson | 105 | 2:52:38 | 2:52:38 | M | M 40 to 44 | Tri-Anglia Triathlon Club |
| 174 | Julia | Norman | 307 | 2:52:54 | 2:52:54 | F | F 40 to 44 | Ryston Runners |
| 175 | Alyn | Rourke | 371 | 2:53:11 | 2:53:11 | M | M Senior | |
| 176 | Susan | Perry | 327 | 2:53:16 | 2:53:16 | F | F 50 to 54 | Lowestoft Road Runners |
| 177 | Lucy | Campbell | 69 | 2:53:38 | 2:53:38 | F | F 50 to 54 | Norfolk Harriers RC |
| 178 | John | Burton | 66 | 2:53:55 | 2:53:55 | M | M 65+ | |
| 179 | Marianne | Defernez | 108 | 2:53:59 | 2:53:59 | F | F 45 to 49 | Wymondham AC |
| 180 | glyn | manton | 259 | 2:54:08 | 2:54:08 | M | M 45 to 49 | Norwich Road Runners |
| 181 | Paul | Knightley | 236 | 2:54:24 | 2:54:24 | M | M Senior | |
| 182 | Robert | Walton | 440 | 2:54:47 | 2:54:47 | M | M Senior | |
| 183 | Laura | Parry | 316 | 2:54:51 | 2:54:51 | F | F Senior | City Of Norwich AC |
| 184 | Rachael | Leah | 242 | 2:54:59 | 2:54:59 | F | F Senior | Cambridge & Coleridge AC |
| 185 | Tom | Cadmore | 68 | 2:55:08 | 2:55:08 | M | M 40 to 44 | |
| 186 | may | wong | 462 | 2:55:08 | 2:55:08 | F | F 40 to 44 | Lowestoft Road Runners |
| 187 | Simon | Baker | 27 | 2:55:13 | 2:55:13 | M | M 40 to 44 | |
| 188 | Karl | Peebles | 323 | 2:55:32 | 2:55:32 | M | M Senior | City Of Norwich AC |
| 189 | Nicola | Baker | 26 | 2:55:48 | 2:55:48 | F | F 50 to 54 | Great Yarmouth Road Runners |
| 190 | Jo | Anverali | 13 | 2:55:48 | 2:55:48 | F | F 45 to 49 | Great Yarmouth Road Runners |
| 191 | Daren | Coulter | 95 | 2:56:12 | 2:56:12 | M | M 45 to 49 | Waveney Valley AC |
| 192 | ROBBIE | STARLING | 412 | 2:56:45 | 2:56:45 | M | M 50 to 54 | |
| 193 | Peter | Mouncer | 297 | 2:56:45 | 2:56:45 | M | M 50 to 54 | Ivanhoe Runners |
| 194 | Jodie | Causer | 74 | 2:57:19 | 2:57:19 | F | F Senior | Norwich Road Runners |
| 195 | Chris | Adams | 4 | 2:57:58 | 2:57:58 | M | M 45 to 49 | |
| 196 | Jane | Trudgill | 431 | 2:58:16 | 2:58:16 | F | F 45 to 49 | Great Yarmouth Road Runners |
| 197 | Lisa | Hall | 169 | 2:58:30 | 2:58:30 | F | F Senior | Norwich Road Runners |
| 198 | Esther | Anderson | 10 | 2:58:38 | 2:58:38 | F | F Senior | |
| 199 | Emma | Hamilton | 170 | 2:58:40 | 2:58:40 | F | F Senior | |
| 200 | James | Snow | 405 | 2:58:52 | 2:58:52 | M | M Senior | |
| 201 | Philippa | rudd | 373 | 2:58:52 | 2:58:52 | F | F 50 to 54 | Norwich Road Runners |
| 202 | shaun | conway | 86 | 2:59:17 | 2:59:17 | M | M 55 to 59 | |
| 203 | Stephen | Pointer | 334 | 2:59:47 | 2:59:47 | M | M Senior | Coltishall Jaguars RC |
| 204 | Emma | Wilcock | 454 | 2:59:47 | 2:59:47 | F | F Senior | Coltishall Jaguars RC |
| 205 | Andrew | Wicks | 453 | 3:01:08 | 3:01:08 | M | M 45 to 49 | |

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|-----|----------|------------|-----|---------|---------|---|------------|--|
| 206 | Jane | Ashby | 18 | 3:01:13 | 3:01:13 | F | F 65+ | Ryston Runners |
| 207 | Terry | Fone | 138 | 3:01:16 | 3:01:16 | M | M 65+ | Eye Community Runners |
| 208 | Anna | Coulborn | 94 | 3:01:25 | 3:01:25 | F | F 55 to 59 | Great Yarmouth Road Runners |
| 209 | Sam | Ashford-Th | 19 | 3:01:29 | 3:01:29 | F | F 45 to 49 | |
| 210 | keith | morris | 295 | 3:01:29 | 3:01:29 | M | M 55 to 59 | |
| 211 | Martin | Hanner | 173 | 3:01:32 | 3:01:32 | M | M 60 to 64 | |
| 212 | Emma | Jordan | 225 | 3:01:45 | 3:01:45 | F | F 45 to 49 | Coltishall Jaguars RC |
| 213 | Augusta | McMahon | 277 | 3:01:59 | 3:01:59 | F | F 55 to 59 | Cambridge & Coleridge AC |
| 214 | Peter | Kean Cock | 227 | 3:02:40 | 3:02:40 | M | M 55 to 59 | Coltishall Jaguars RC |
| 215 | Anneke | Cook | 87 | 3:03:36 | 3:03:36 | F | F 50 to 54 | Wymondham AC |
| 216 | keelan | smith | 402 | 3:03:58 | 3:03:58 | M | M Senior | Saxmundham Sports Running & Fitness Club |
| 217 | Andy | Irvine | 212 | 3:04:02 | 3:04:02 | M | M 50 to 54 | Cambridge & Coleridge AC |
| 218 | Tim | Powter-Rol | 340 | 3:04:16 | 3:04:16 | M | M 55 to 59 | |
| 219 | Adrian | Jones | 219 | 3:04:22 | 3:04:22 | M | M Senior | |
| 220 | Roly | Cook | 89 | 3:04:48 | 3:04:48 | M | M 55 to 59 | Norwich Road Runners |
| 221 | Lucy | Mitchell | 290 | 3:04:56 | 3:04:56 | F | F Senior | |
| 222 | James | Shelton | 388 | 3:04:56 | 3:04:56 | M | M Senior | |
| 223 | Chris | Chorley | 76 | 3:05:04 | 3:05:04 | M | M 50 to 54 | Bungay Black Dog RC |
| 224 | Carmel | McEniery | 268 | 3:05:22 | 3:05:22 | F | F 45 to 49 | Cambridge & Coleridge AC |
| 225 | Theresa | Colby | 80 | 3:05:44 | 3:05:44 | F | F 45 to 49 | Norwich Road Runners |
| 226 | stuart | govey | 157 | 3:06:03 | 3:06:03 | M | M 45 to 49 | Bungay Black Dog RC |
| 227 | Paul | Youngman | 465 | 3:06:31 | 3:06:31 | M | M 45 to 49 | Tri-Anglia Triathlon Club |
| 228 | Maureen | Wolfe | 461 | 3:07:03 | 3:07:03 | F | F 55 to 59 | Ryston Runners |
| 229 | Chris | Deal | 106 | 3:07:07 | 3:07:07 | M | M Senior | |
| 230 | Clark | Skerratt | 396 | 3:07:23 | 3:07:23 | M | M 65+ | Biggleswade AC |
| 231 | Ricardo | Mendes | 282 | 3:07:38 | 3:07:38 | M | M Senior | |
| 232 | Dean | Saunders | 379 | 3:08:52 | 3:08:52 | M | M 40 to 44 | Great Yarmouth Road Runners |
| 233 | Ryan | Bruty | 59 | 3:09:22 | 3:09:22 | M | M Senior | |
| 234 | Lee | Kirby | 235 | 3:10:10 | 3:10:10 | M | M Senior | |
| 235 | Craig | Davies | 104 | 3:10:33 | 3:10:33 | M | M 40 to 44 | |
| 236 | James | Grantham | 161 | 3:10:57 | 3:10:57 | M | M 50 to 54 | Harling Athletic Club |
| 237 | Victoria | Pollington | 335 | 3:11:17 | 3:11:17 | F | F Senior | |
| 238 | Jen | Armstrong | 16 | 3:11:20 | 3:11:20 | F | F 40 to 44 | North Norfolk Beach Runners |
| 239 | Graham | Bloomfield | 45 | 3:11:33 | 3:11:33 | M | M Senior | Cambridge Triathlon Club |
| 240 | Marianne | Armstrong | 17 | 3:11:38 | 3:11:38 | F | F Senior | Norwich Road Runners |
| 241 | claire | Williams | 456 | 3:11:41 | 3:11:41 | F | F 40 to 44 | |
| 242 | George | Core | 93 | 3:12:23 | 3:12:23 | M | M 55 to 59 | |
| 243 | Emily | Hannant | 171 | 3:12:33 | 3:12:33 | F | F Senior | Bure Valley Harriers |
| 244 | Hung | Lai | 238 | 3:13:17 | 3:13:17 | M | M 45 to 49 | |
| 245 | David | Hupton | 205 | 3:13:28 | 3:13:28 | M | M 55 to 59 | Bungay Black Dog RC |
| 246 | Bobbie | Sauerzapf | 378 | 3:13:28 | 3:13:28 | F | F 55 to 59 | Bungay Black Dog RC |
| 247 | Sarah | Harvey | 182 | 3:13:45 | 3:13:45 | F | F 45 to 49 | |
| 248 | Caroline | Brown | 56 | 3:14:15 | 3:14:15 | F | F 40 to 44 | |
| 249 | Jonathan | Foot | 139 | 3:14:18 | 3:14:18 | M | M 55 to 59 | Bure Valley Harriers |
| 250 | Teresa | Rodrigues | 367 | 3:14:34 | 3:14:34 | F | F 45 to 49 | |
| 251 | Paula | Dye | 122 | 3:14:47 | 3:14:47 | F | F 50 to 54 | |
| 252 | Kelly | Mitchell | 289 | 3:14:59 | 3:14:59 | F | F Senior | Dereham Runners & AC |
| 253 | Lou | Harrod | 180 | 3:15:28 | 3:15:28 | F | F 45 to 49 | Waveney Valley AC |
| 254 | Kim | Blazer | 44 | 3:16:10 | 3:16:10 | F | F 45 to 49 | Norwich Road Runners |
| 255 | bob | paul | 320 | 3:17:17 | 3:17:17 | M | M 60 to 64 | Bungay Black Dog RC |
| 256 | Sarah | James | 215 | 3:17:17 | 3:17:17 | F | F Senior | |
| 257 | Hannah | Coxhead | 96 | 3:17:32 | 3:17:32 | F | F 40 to 44 | Newbury AC |
| 258 | Nicola | Fortescue | 140 | 3:17:55 | 3:17:55 | F | F 45 to 49 | |
| 259 | Anne | Graveling | 162 | 3:18:05 | 3:18:05 | F | F 65+ | |
| 260 | Greg | Conway | 85 | 3:18:09 | 3:18:09 | M | M 45 to 49 | Brandon Fern Hoppers |
| 261 | Katie | Whitmore | 451 | 3:18:27 | 3:18:27 | F | F 40 to 44 | Wymondham AC |
| 262 | Kirstie | Hingley | 191 | 3:18:33 | 3:18:33 | F | F 40 to 44 | |
| 263 | Paul | Bradford | 48 | 3:18:35 | 3:18:35 | M | M 40 to 44 | |
| 264 | Helen | Foster | 141 | 3:18:45 | 3:18:45 | F | F 45 to 49 | |
| 265 | Tracy | Stevens | 1 | 3:18:58 | 3:18:58 | F | F 45 to 49 | Wymondham AC |
| 266 | Emma | Grafton | 158 | 3:18:58 | 3:18:58 | F | F 40 to 44 | |
| 267 | Grainne | Purvis | 345 | 3:19:09 | 3:19:09 | F | F 45 to 49 | Waveney Valley AC |
| 268 | Caroline | Taylor | 425 | 3:19:23 | 3:19:23 | F | F 60 to 64 | Norwich Road Runners |
| 269 | Sarah | Cullum | 100 | 3:19:24 | 3:19:24 | F | F Senior | |
| 270 | Andrew | Tsang | 432 | 3:20:00 | 3:20:00 | M | M 45 to 49 | |
| 271 | Laura | Tighe | 428 | 3:20:02 | 3:20:02 | F | F Senior | |
| 272 | jo | silver | 393 | 3:20:02 | 3:20:02 | F | F 50 to 54 | |
| 273 | Nigel | Bullen | 63 | 3:20:10 | 3:20:10 | M | M 60 to 64 | Norfolk Gazelles AC |
| 274 | Ian | Coxhead | 97 | 3:20:13 | 3:20:13 | M | M 55 to 59 | Newbury AC |

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|-----|------------|------------|-----|---------|---------|---|------------|-----------------------------|
| 275 | Michael | Barrett | 32 | 3:20:57 | 3:20:57 | M | M 60 to 64 | Dereham Runners & AC |
| 276 | Tamsin | Passmore | 319 | 3:21:15 | 3:21:15 | F | F 50 to 54 | |
| 277 | mark | fitch | 137 | 3:21:35 | 3:21:35 | M | M 45 to 49 | Norfolk Gazelles AC |
| 278 | MARION | WALKER | 439 | 3:22:12 | 3:22:12 | F | F 60 to 64 | Framlingham Flyers |
| 279 | Nick | Willis | 457 | 3:22:24 | 3:22:24 | M | M Senior | |
| 280 | Emily | Penkett | 324 | 3:22:27 | 3:22:27 | F | F Senior | Springfield Striders RC |
| 281 | Stephen | Eldridge | 127 | 3:22:28 | 3:22:28 | M | M Senior | |
| 282 | Nicos | Symeou | 422 | 3:23:04 | 3:23:04 | M | M 60 to 64 | |
| 283 | Kat | Sanders | 377 | 3:23:14 | 3:23:14 | F | F Senior | North Norfolk Beach Runners |
| 284 | Reece | Shorter | 391 | 3:23:15 | 3:23:15 | M | M Senior | |
| 285 | Karen | Gedge | 468 | 3:23:18 | 3:23:18 | F | F 50 to 54 | Bungay Black Dog RC |
| 286 | Iain | Glanville | 151 | 3:23:27 | 3:23:27 | M | M Senior | |
| 287 | Kevin | Glanville | 152 | 3:23:27 | 3:23:27 | M | M 55 to 59 | |
| 288 | Alison | Turner | 436 | 3:23:41 | 3:23:41 | F | F 45 to 49 | |
| 289 | Ruth | Gainsford | 145 | 3:24:19 | 3:24:19 | F | F 50 to 54 | Coltishall Jaguars RC |
| 290 | Philip | Websdale | 449 | 3:24:33 | 3:24:33 | M | M 40 to 44 | Dereham Runners & AC |
| 291 | Kelly | Simmonds | 394 | 3:24:40 | 3:24:40 | F | F Senior | |
| 292 | Judy | Mouncer | 296 | 3:25:50 | 3:25:50 | F | F 50 to 54 | Ivanhoe Runners |
| 293 | Andrew | Friday | 144 | 3:26:48 | 3:26:48 | M | M Senior | |
| 294 | Debbie | Smith | 401 | 3:27:06 | 3:27:06 | F | F 50 to 54 | Harlow RC |
| 295 | Gina | Warford | 441 | 3:27:33 | 3:27:33 | F | F 40 to 44 | Lowestoft Road Runners |
| 296 | Carol | Cooper | 90 | 3:27:36 | 3:27:36 | F | F 50 to 54 | Norfolk Gazelles AC |
| 297 | julie | london | 248 | 3:27:36 | 3:27:36 | F | F 50 to 54 | Norfolk Gazelles AC |
| 298 | Doreen | Neal | 304 | 3:27:49 | 3:27:49 | F | F 55 to 59 | |
| 299 | Lindsey | Anderson | 11 | 3:28:19 | 3:28:19 | F | F Senior | |
| 300 | Preston | Miracle | 288 | 3:28:46 | 3:28:46 | M | M 50 to 54 | |
| 301 | Lisa | Smith | 403 | 3:29:11 | 3:29:11 | F | F 40 to 44 | Great Yarmouth Road Runners |
| 302 | David | Silk | 392 | 3:29:11 | 3:29:11 | M | M 50 to 54 | |
| 303 | Martin | Jones | 222 | 3:29:27 | 3:29:27 | M | M Senior | |
| 304 | Anna | Griffiths | 166 | 3:30:25 | 3:30:25 | F | F 40 to 44 | |
| 305 | Jos | Whately-St | 450 | 3:30:57 | 3:30:57 | M | M 60 to 64 | |
| 306 | Carol | Baker | 28 | 3:31:55 | 3:31:55 | F | F 40 to 44 | Norfolk Gazelles AC |
| 307 | Rachel | Martell | 262 | 3:31:56 | 3:31:56 | F | F Senior | |
| 308 | Gemma | Bailey | 23 | 3:32:27 | 3:32:27 | F | F Senior | |
| 309 | Laura | Mower | 300 | 3:32:43 | 3:32:43 | F | F Senior | |
| 310 | Lucie | Broomfield | 53 | 3:32:43 | 3:32:43 | F | F 40 to 44 | |
| 311 | John | Windham | 458 | 3:33:32 | 3:33:32 | M | M 60 to 64 | |
| 312 | Louise | Leunis | 246 | 3:33:38 | 3:33:38 | F | F Senior | |
| 313 | Jonathan | Leunis | 245 | 3:33:38 | 3:33:38 | M | M Senior | |
| 314 | Fiona | Munn | 301 | 3:34:05 | 3:34:05 | F | F 40 to 44 | |
| 315 | Anna | Mellows | 281 | 3:34:24 | 3:34:24 | F | F Senior | |
| 316 | Rachael | Batema | 35 | 3:35:36 | 3:35:36 | F | F 40 to 44 | |
| 317 | Kelly | De-Gol | 110 | 3:36:37 | 3:36:37 | F | F Senior | |
| 318 | Andrew | De-Gol | 109 | 3:36:37 | 3:36:37 | M | M Senior | |
| 319 | Emma | Fickling | 135 | 3:36:46 | 3:36:46 | F | F Senior | Wymondham AC |
| 320 | Teresa | Fallon | 134 | 3:37:34 | 3:37:34 | F | F 45 to 49 | |
| 321 | Elizabeth | Priestley | 342 | 3:37:55 | 3:37:55 | F | F Senior | |
| 322 | Tricia | Betts | 40 | 3:39:04 | 3:39:04 | F | F 40 to 44 | |
| 323 | Hanna | Dean | 107 | 3:39:39 | 3:39:39 | F | F Senior | Bungay Black Dog RC |
| 324 | Danielle | Gilbert | 149 | 3:39:41 | 3:39:41 | F | F Senior | |
| 325 | Robert | Mabey | 251 | 3:39:44 | 3:39:44 | M | M 55 to 59 | |
| 326 | Adele | O'Connor | 308 | 3:39:50 | 3:39:50 | F | F 40 to 44 | |
| 327 | Sarah-jane | Macdonald | 252 | 3:39:50 | 3:39:50 | F | F 40 to 44 | |
| 328 | Vicki | Drake | 118 | 3:39:50 | 3:39:50 | F | F 40 to 44 | |
| 329 | Jeremy | Ransome | 350 | 3:40:07 | 3:40:07 | M | M 45 to 49 | |
| 330 | Annie | Hughes | 204 | 3:40:15 | 3:40:15 | F | F 45 to 49 | Norwich Road Runners |
| 331 | Stuart | Kenrick | 229 | 3:40:15 | 3:40:15 | M | M 40 to 44 | |
| 332 | Jacqui | Millard | 286 | 3:41:17 | 3:41:17 | F | F Senior | |
| 333 | Liz | Clues | 79 | 3:41:17 | 3:41:17 | F | F 45 to 49 | Coltishall Jaguars RC |
| 334 | Martin | Strowger | 418 | 3:41:34 | 3:41:34 | M | M 50 to 54 | Dereham Runners & AC |
| 335 | Rachael | Pizey | 331 | 3:43:16 | 3:43:16 | F | F 40 to 44 | Norwich Road Runners |
| 336 | Becky | Hardy | 175 | 3:43:16 | 3:43:16 | F | F Senior | Norwich Road Runners |
| 337 | Daniel | Lane | 239 | 3:43:16 | 3:43:16 | M | M 40 to 44 | Norwich Road Runners |
| 338 | Becky | Pochetty | 333 | 3:44:01 | 3:44:01 | F | F Senior | |
| 339 | Jodie | McGill | 270 | 3:45:03 | 3:45:03 | F | F Senior | |
| 340 | Darren | Mcgill | 269 | 3:45:03 | 3:45:03 | M | M 45 to 49 | |
| 341 | Lesley | Hanner | 172 | 3:48:46 | 3:48:46 | F | F 60 to 64 | |
| 342 | Dawn | Pammante | 314 | 3:48:50 | 3:48:50 | F | F 45 to 49 | |
| 343 | Kristina | Morley | 294 | 3:48:51 | 3:48:51 | F | F 50 to 54 | |

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|-----|-----------|------------|-----|---------|---------|---|------------|------------------------------|
| 344 | Joe | Woodley | 464 | 3:48:54 | 3:48:54 | M | M 40 to 44 | Norwich Road Runners |
| 345 | Hollie | Sutherland | 420 | 3:48:54 | 3:48:54 | F | F Senior | |
| 346 | Lucy | Ring | 359 | 3:48:54 | 3:48:54 | F | F Senior | Norwich Road Runners |
| 347 | Alexa | Hillier | 189 | 3:50:35 | 3:50:35 | F | F Senior | |
| 348 | Parjit | Mandair | 254 | 3:51:12 | 3:51:12 | F | F 45 to 49 | |
| 349 | Marina | Murdoch | 302 | 3:52:39 | 3:52:39 | F | F 50 to 54 | Wymondham AC |
| 350 | Clare | Angel | 12 | 3:53:27 | 3:53:27 | F | F Senior | |
| 351 | Martin | Reilly | 355 | 4:01:15 | 4:01:15 | M | M 45 to 49 | |
| 352 | Krzysztof | Szewczyk | 423 | 4:01:39 | 4:01:39 | M | M 40 to 44 | |
| 353 | Georgie | Sheridan | 389 | 4:02:46 | 4:02:46 | F | F Senior | |
| 354 | Victoria | Pullinger | 344 | 4:03:14 | 4:03:14 | F | F 40 to 44 | Bungay Black Dog RC |
| 355 | Steve | Warman | 442 | 4:03:15 | 4:03:15 | M | M 45 to 49 | Bungay Black Dog RC |
| 356 | Michelle | Green | 164 | 4:08:10 | 4:08:10 | F | F Senior | Norwich Road Runners |
| 357 | Dawn | Cook | 88 | 4:08:10 | 4:08:10 | F | F 50 to 54 | |
| 358 | Kerry | Commosio | 83 | 4:08:10 | 4:08:10 | F | F 40 to 44 | Norwich Road Runners |
| 359 | Helen | Fiske | 136 | 4:08:10 | 4:08:10 | F | F 45 to 49 | Norwich Road Runners |
| 360 | Pat | Brightman | 50 | 4:08:11 | 4:08:11 | F | F 65+ | Great Yarmouth & District AC |
| 361 | Melissa | Baines | 25 | 4:08:12 | 4:08:12 | F | F Senior | Norwich Road Runners |
| 362 | Phil | King | 234 | 4:16:00 | 4:16:00 | M | M 60 to 64 | North Norfolk Beach Runners |
| 363 | Theresa | Burke | 65 | 4:16:01 | 4:16:01 | F | F 60 to 64 | Bishops Stortford RC |
| 364 | Michelle | Stolworthy | 415 | 4:20:54 | 4:20:54 | F | F 45 to 49 | |
| 365 | susan | carver | 72 | 4:22:35 | 4:22:35 | F | F 55 to 59 | Norwich Road Runners |
| 366 | Rachel | Seaman | 382 | 4:22:35 | 4:22:35 | F | F 40 to 44 | Norwich Road Runners |
| 367 | Adele | Godbolt | 153 | 4:27:23 | 4:27:23 | F | F 40 to 44 | Great Yarmouth Road Runners |
| 368 | James | Clarke | 78 | 4:27:52 | 4:27:52 | M | M Senior | |
| 369 | Tracey | Haylock | 185 | 4:35:43 | 4:35:43 | F | F 50 to 54 | Bungay Black Dog RC |
| 370 | Rebecca | Jennings | 217 | 4:35:45 | 4:35:45 | F | F 45 to 49 | |
| 371 | Anita | Betts | 39 | 4:41:21 | 4:41:21 | F | F 65+ | Great Yarmouth Road Runners |