

Place	First Name	Last Name	Bib No	Chip Time	Gun Time	Age Group	Team
1	Dominic	Blake	54	1:56:03	1:56:03	M 40 to 44	Reepham Runners
2	lee	cook	106	1:57:02	1:57:02	M Senior	Waveney Valley AC
3	Jack	Chennell	91	1:57:58	1:57:58	M Senior	Higham Harriers
4	Mitchell	Dann	121	2:02:50	2:02:51	M 40 to 44	
5	James	Preston	358	2:03:22	2:03:23	M Senior	Wymondham AC
6	Richard	Ebbs	144	2:03:39	2:03:40	M 45 to 49	Ryston Runners
7	John	Hudson	223	2:05:19	2:05:21	M Senior	Norwich Road Runners
8	Jan	Kaiser	240	2:05:51	2:05:51	M 45 to 49	City Of Norwich AC
9	Marc	Coles	102	2:08:26	2:08:27	M 40 to 44	Norwich Road Runners
10	Jeremy	Rogers	377	2:09:07	2:09:08	M 45 to 49	Norfolk Gazelles AC
11	Chris	Kelly	243	2:09:22	2:09:24	M Senior	Vegan Runners UK
12	Jay	Lingwood	267	2:09:58	2:09:59	M Senior	Waveney Valley AC
13	Carl	White	477	2:10:42	2:10:43	M Senior	
14	Kyle	Brooks	68	2:14:16	2:14:17	M Senior	Wymondham AC
15	Rose	Waterman	467	2:15:09	2:15:10	F Senior	Tri-Anglia Triathlon Club
16	Oliver	Jones	239	2:15:23	2:15:25	M Senior	Norfolk Gazelles AC
17	Chris	Parker	296	2:16:22	2:16:24	M Senior	North Norfolk Beach Runners
18	Neil	Adams	4	2:16:23	2:16:24	M 40 to 44	North Norfolk Beach Runners
19	Daniel	Smith	412	2:16:40	2:16:43	M Senior	Coltishall Jaguars RC
20	Tod	Lake	427	2:16:51	2:16:57	M 55 to 59	Dereham Runners & AC
21	David	Hook	216	2:17:14	2:17:18	M Senior	City Of Norwich AC
22	Richard	Mead	288	2:17:21	2:17:22	M Senior	Grange Farm & Dunmow Runners
23	Stephen	Wilson	487	2:18:26	2:18:26	M Senior	
24	Carl	Rooney	379	2:18:32	2:18:34	M 40 to 44	Huntingdonshire AC
25	Sam	Barker	31	2:18:44	2:18:46	M Senior	Wymondham AC
26	Richard	White	479	2:18:49	2:18:50	M 55 to 59	Wymondham AC
27	Will	Honeybone	213	2:19:32	2:19:35	M 45 to 49	Ryston Runners
28	Lee	Jones	236	2:20:11	2:20:18	M Senior	
29	Ian	Bailey	22	2:20:22	2:20:24	M 45 to 49	
30	Andrew	Preston	357	2:20:27	2:20:28	M 50 to 54	Wymondham AC
31	Kenneth	Day	130	2:20:30	2:20:30	M Senior	Kirkby Milers AC
32	Jason	Brunt	71	2:21:50	2:21:55	M 45 to 49	Norfolk Gazelles AC
33	Jake	Pye	361	2:22:10	2:22:10	M Senior	
34	martin	ive	231	2:22:49	2:22:52	M 50 to 54	Ryston Runners
35	Malcolm	Davies	124	2:23:37	2:23:38	M 50 to 54	The Stragglers Running Club
36	Jon	Wiles	484	2:23:43	2:23:47	M 45 to 49	Bungay Black Dog RC
37	Jesse	Timberlake	444	2:23:46	2:23:57	M 40 to 44	Bungay Black Dog RC
38	Karim	Ouaddane	326	2:23:58	2:24:01	M 50 to 54	Waveney Valley AC
39	Graham	Johnson	234	2:25:08	2:25:11	M 50 to 54	Coltishall Jaguars RC
40	Matthew	Thrower	443	2:25:14	2:25:18	M Senior	
41	martin	auger	18	2:25:19	2:25:25	M 60 to 64	
42	Paul	Dockerill	138	2:25:26	2:25:32	M 40 to 44	Newmarket Joggers
43	David	Tyrrrell	455	2:25:38	2:25:39	M Senior	
44	Chris	Harrison	191	2:26:05	2:26:09	M Senior	Norwich Road Runners
45	Daniel	Routledge	382	2:26:07	2:26:21	M 45 to 49	
46	Sabina	Spence	422	2:26:25	2:26:28	F 45 to 49	Bure Valley Harriers
47	Steven	Franklin	164	2:26:42	2:26:47	M 40 to 44	
48	Terry	Hubbard	222	2:26:56	2:27:07	M 45 to 49	Great Yarmouth Road Runners
49	David	Houghton	217	2:27:23	2:27:26	M 45 to 49	Norwich Road Runners
50	Shaun	Cleworth	97	2:27:16	2:27:26	M 40 to 44	Norwich Road Runners
51	Mark	van Ree	460	2:27:31	2:27:33	M Senior	
52	Jordan	Isbill	230	2:27:57	2:28:07	M Senior	
53	Kevin	Farquhar	155	2:28:19	2:28:24	M Senior	Ryston Runners
54	Matthew	Collier	103	2:28:24	2:28:39	M 45 to 49	Norfolk Gazelles AC
55	Timothy	Clough	98	2:28:51	2:28:59	M 45 to 49	Three Counties Running Club
56	Jessica	Behan	39	2:29:16	2:29:20	F Senior	Norwich Road Runners
57	Adrian	Waters	468	2:29:28	2:29:33	M 50 to 54	Norfolk Gazelles AC

58	Ross	Ashton	16	2:29:45	2:29:48	M 40 to 44 City Of Norwich AC
59	Gary	Penn	345	2:29:55	2:29:59	M 40 to 44 City Of Norwich AC
60	Gavin	Baron	34	2:29:35	2:30:05	M Senior Tri-harder
61	Vince	Webb	473	2:30:01	2:30:26	M 45 to 49 Saint Edmund Pacers
62	Philip	Wright	497	2:30:26	2:30:32	M 40 to 44 Bure Valley Harriers
63	Graham	Moore	298	2:30:38	2:30:42	M 55 to 59
64	Jason	Elrick	151	2:30:17	2:30:43	M 50 to 54 Thetford AC
65	Cat	Cummings	117	2:32:32	2:32:34	F 40 to 44 Wymondham AC
66	Joey	Clements	96	2:32:33	2:32:48	M Senior Beccles & Bungay Harriers
67	Jessica	Cocker	100	2:32:46	2:32:54	F Senior Cambridge & Coleridge AC
68	Stuart	Simmons	403	2:32:48	2:32:55	M 40 to 44 Ipswich Jaffa RC
69	Ben	Ling	266	2:32:40	2:33:00	M Senior
70	Adam	Chown	93	2:32:50	2:33:01	M Senior
71	Katy	Oldman	322	2:33:08	2:33:14	F 40 to 44 Lowestoft Road Runners
72	matt	buckoke	72	2:33:17	2:33:29	M 40 to 44 Great Yarmouth Road Runners
73	Andrew	Baker	24	2:33:29	2:33:41	M 50 to 54 Great Yarmouth Road Runners
74	Les	Scott	393	2:34:56	2:34:59	M 60 to 64 Ryston Runners
75	Simon	Webb	472	2:34:55	2:35:01	M Senior The Stragglers Running Club
76	Shane	Hunt	226	2:35:35	2:35:42	M 60 to 64 Huntingdonshire AC
77	David	Crow	116	2:35:34	2:35:49	M 40 to 44 Norwich Road Runners
78	GRAEME	Leeson	261	2:35:46	2:35:50	M 45 to 49 Ryston Runners
79	Lesley	Robins	375	2:35:59	2:36:03	F 45 to 49 Ryston Runners
80	Nick	Thorpe	442	2:36:06	2:36:15	M Senior
81	Roger	Steggles	429	2:36:07	2:36:20	M 50 to 54
82	David	Kellaway	242	2:36:15	2:36:22	M 55 to 59
83	Elisabeth	Sennitt Clo	396	2:36:32	2:36:40	F 40 to 44 Three Counties Running Club
84	David	Foreman	161	2:36:41	2:36:45	M 40 to 44 Norwich Road Runners
85	Paul	Rogers	378	2:36:45	2:36:54	M 45 to 49 Coltishall Jaguars RC
86	Justin	Elvidge	152	2:36:49	2:36:58	M 45 to 49 March AC
87	Vaughan	MORRIS	306	2:37:05	2:37:14	M 55 to 59 Stowmarket Striders RC
88	Mark	Walpole	464	2:37:21	2:37:25	M 50 to 54
89	Darren	Honour	214	2:37:33	2:37:34	M 45 to 49
90	Penny	Studley	434	2:38:18	2:38:22	F 45 to 49 Great Yarmouth Road Runners
91	stacey	harper	190	2:38:29	2:38:34	F 40 to 44 Norwich Road Runners
92	Helen	Davies	123	2:38:31	2:38:39	F 45 to 49 The Stragglers Running Club
93	Simon	Brazil	63	2:38:44	2:38:51	M 50 to 54 The Stragglers Running Club
94	Matthew	Jones	238	2:38:49	2:38:58	M 50 to 54 City Of Norwich AC
95	Cassie	Barker	30	2:38:56	2:39:06	F 40 to 44 Wymondham AC
96	Matthew	Hitchcock	205	2:39:03	2:39:07	M Senior Ryston Runners
97	stephen	sadd	389	2:39:42	2:39:49	M 55 to 59 Norfolk Gazelles AC
98	stuart	spurgeon	426	2:39:49	2:40:01	M 45 to 49 Waveney Valley AC
99	Robert	Spence	421	2:39:57	2:40:05	M 45 to 49
100	Phil	Rusted	387	2:40:41	2:40:50	M 45 to 49 Bungay Black Dog RC
101	Sandra	Webb	471	2:40:31	2:40:56	F 45 to 49 Saint Edmund Pacers
102	James	Carass	87	2:41:00	2:41:12	M Senior Great Yarmouth Road Runners
103	Andrew	Thomas	440	2:40:59	2:41:12	M 40 to 44 Great Yarmouth Road Runners
104	Ben	Snelling	415	2:41:13	2:41:22	M 45 to 49 Norwich Road Runners
105	Peter	Mensley	291	2:41:59	2:42:03	M 65+ Charnwood A C
106	Eva	Wilkes	122	2:42:01	2:42:10	F Senior
107	Rachel	Matthews	280	2:42:20	2:42:34	F 40 to 44
108	Ian	Russell	385	2:42:45	2:42:56	M 50 to 54
109	kevin	ames	10	2:42:53	2:42:59	M 50 to 54 Norwich Road Runners
110	James	Howlett	220	2:42:58	2:43:03	M 45 to 49 Framlingham Flyers
111	Libby	Marchant	276	2:43:04	2:43:12	F Senior Cambridge & Coleridge AC
112	Jonathan	Blainey	53	2:43:09	2:43:20	M 45 to 49
113	Frazer	Brooks	67	2:43:40	2:43:41	M Senior
114	Scott	Bruce	70	2:43:39	2:43:50	M Senior Lowestoft Road Runners
115	Mark	Stone	432	2:43:40	2:43:52	M 45 to 49 Great Yarmouth Road Runners

116	Chris	Moore	297	2:43:58	2:44:13	M 55 to 59 Norfolk Gazelles AC
117	Chris	Tomlinson	446	2:44:12	2:44:24	M 45 to 49 Runners-Next-the-Sea
118	Ken	Barcham-E	29	2:43:57	2:44:24	M Senior
119	Robert	Crockford	115	2:44:18	2:44:26	M 45 to 49 Dereham Runners & AC
120	Elly	Young	500	2:44:29	2:44:37	F 50 to 54 Coltishall Jaguars RC
121	Andrew	Barrett	35	2:45:11	2:45:19	M 50 to 54 Wymondham AC
122	Heidi	Isbill	229	2:45:22	2:45:57	F Senior
123	Melanie	Tudor	451	2:45:59	2:46:05	F 45 to 49 Maidenhead AC
124	Mary	Narey	311	2:46:11	2:46:19	F 50 to 54 Stowmarket Striders RC
125	Ben	Dean	132	2:46:21	2:46:32	M Senior Diss and District AC
126	Rebecca	Done	139	2:46:28	2:46:53	F Senior
127	Ruth	Gaunt	169	2:46:51	2:47:20	F 50 to 54 Norwich Road Runners
128	Guy	Shearwood	401	2:46:51	2:47:20	M 60 to 64 Norwich Road Runners
129	James	Nice	317	2:47:05	2:47:24	M 50 to 54 City Of Norwich AC
130	Jonathan	Leunis	262	2:46:55	2:47:28	M Senior
131	Matthew	Reynolds	372	2:47:27	2:47:38	M Senior Lowestoft Road Runners
132	Chris	Chorley	92	2:47:28	2:48:11	M 55 to 59 Bungay Black Dog RC
133	Rebecca	Maun	283	2:48:18	2:48:32	F 45 to 49 North Norfolk Beach Runners
134	Kieron	Hetherington	200	2:48:35	2:48:48	M Senior
135	Andrew	Hood	215	2:48:48	2:48:56	M Senior Dereham Runners & AC
136	Jack	Ellwood	150	2:49:05	2:49:18	M Senior
137	John	Burton	79	2:49:15	2:49:21	M 65+
138	Scott	Hollings	210	2:49:07	2:49:27	M Senior Lonely Goat RC
139	Greg	Scriven	394	2:49:17	2:49:35	M Senior
140	wayne	ramsbottor	366	2:49:08	2:49:36	M 50 to 54 Dereham Runners & AC
141	Paul	Wiltshire	488	2:49:54	2:49:57	M 55 to 59
142	Christophe	Lee	258	2:49:40	2:49:58	M Senior City Of Norwich AC
143	Alan	Dawson	127	2:49:39	2:50:07	M 40 to 44
144	Wendy	Aldridge	5	2:50:05	2:50:13	F 55 to 59 Dengie 100 Runners
145	James	Snow	416	2:49:58	2:50:15	M Senior
146	James	O'Callagha	320	2:50:30	2:50:35	M Senior Wymondham AC
147	Christine	Ashton	15	2:50:33	2:50:53	F 40 to 44
148	Nicola	Baker	26	2:51:09	2:51:24	F 50 to 54 Great Yarmouth Road Runners
149	Jo	Anverali	12	2:51:09	2:51:24	F 50 to 54 Great Yarmouth Road Runners
150	Claire	Brown	69	2:51:36	2:52:02	F 55 to 59 Saint Edmund Pacers
151	Leo	Stead	428	2:51:54	2:52:05	M 40 to 44 Waveney Valley AC
152	Antonio	Torre	447	2:51:26	2:52:11	M Senior Norwich Road Runners
153	Mark	Philo	348	2:51:55	2:52:22	M 50 to 54
154	Karl	Harper	189	2:52:16	2:52:26	M 45 to 49 North Norfolk Beach Runners
155	Dave	Spooner	424	2:52:13	2:52:27	M 45 to 49 North Norfolk Beach Runners
156	Jo	Lockhart	268	2:52:19	2:52:36	F 45 to 49
157	Jason	Black	50	2:52:33	2:52:49	M 45 to 49 Norfolk Gazelles AC
158	Craig	Osborn	325	2:53:01	2:53:09	M 55 to 59
159	Aston	Martin	278	2:53:21	2:53:35	M Senior Norwich Road Runners
160	Jimmy	Russell	386	2:53:47	2:53:58	M 50 to 54 Felixstowe RRC
161	Kaylee	Meachen	287	2:53:45	2:54:03	F Senior City Of Norwich AC
162	Claire	Rackham	364	2:53:51	2:54:06	F 45 to 49 Norwich Road Runners
163	Mark	Timm	445	2:53:56	2:54:11	M Senior
164	James	Asworth	9	2:53:13	2:54:12	M Senior
165	Bill	Partner	336	2:54:00	2:54:20	M 45 to 49
166	Daniel	Paris	332	2:53:31	2:54:21	M Senior Lowestoft Road Runners
167	Ben	Taylor	438	2:54:26	2:54:37	M 40 to 44
168	Matthew	Sprake	425	2:54:21	2:54:47	M Senior
169	Tom	Cadmore	84	2:54:52	2:54:52	M 40 to 44
170	Rajesh	Logasunda	269	2:54:50	2:54:59	M 40 to 44
171	Chris	Backhouse	20	2:54:48	2:55:07	M 45 to 49 Bungay Black Dog RC
172	Penelope	Seeger	395	2:55:02	2:55:18	F Senior Ryston Runners
173	Anna	Gray	179	2:55:10	2:55:30	F 40 to 44 Bungay Black Dog RC

174	Joanna	Godwin	172	2:55:43	2:55:54	F 45 to 49	Wymondham AC
175	Tawa	Groombrid	185	2:56:15	2:56:21	F 40 to 44	Norwich Road Runners
176	shaun	conway	105	2:56:11	2:56:34	M 55 to 59	
177	Ian	Patmore	337	2:56:35	2:56:51	M 50 to 54	
178	Kirsty	Winter	489	2:56:57	2:57:12	F 45 to 49	
179	Eamonn	McCusker	285	2:57:02	2:57:18	M 65+	Ryston Runners
180	Sabrina	Norton	319	2:57:08	2:57:25	F 40 to 44	Bungay Black Dog RC
181	Mandi	Moyse	308	2:57:21	2:57:42	F 50 to 54	Framlingham Flyers
182	Russell	Slattery	408	2:57:19	2:57:45	M Senior	Thetford AC
183	Natalie	King	249	2:57:32	2:57:45	F 45 to 49	Thetford AC
184	Julian	Hanton	187	2:57:37	2:57:58	M 45 to 49	
185	Ruth	Eberhardt	145	2:58:02	2:58:11	F 45 to 49	Newmarket Joggers
186	Jennifer	Clarke	167	2:57:43	2:58:20	F Senior	
187	Justin	Rabett	362	2:58:02	2:58:27	M 50 to 54	
188	Adam	Wild	483	2:58:31	2:58:59	M Senior	
189	Christina	Spooner	423	2:58:54	2:59:09	F 45 to 49	North Norfolk Beach Runners
190	Richard	Moore	300	2:58:56	2:59:15	M Senior	
191	Matthew	Palmer	328	2:59:10	2:59:32	M 45 to 49	
192	Peter	Edmunds	146	2:59:35	2:59:41	M 65+	Bungay Black Dog RC
193	claire	williams	485	2:59:38	2:59:42	F 40 to 44	
194	Cathal	Daly	119	2:59:19	2:59:50	M 45 to 49	City Of Norwich AC
195	Neil	Collins	104	2:59:29	3:00:00	M 45 to 49	
196	Malcolm	Fisher	158	2:59:33	3:00:07	M 40 to 44	Dereham Runners & AC
197	Philip	Websdale	474	2:59:38	3:00:12	M 45 to 49	Dereham Runners & AC
198	Steven	Utting	457	2:59:58	3:00:28	M 50 to 54	Norwich Road Runners
199	Rebecca	Pountain	356	2:59:59	3:00:30	F 40 to 44	
200	Danielle	Rackham	365	3:00:23	3:00:45	F Senior	
201	Louise	Harrod	192	3:00:26	3:00:52	F 50 to 54	Waveney Valley AC
202	Nick	Heaver	198	3:00:24	3:00:54	M 40 to 44	
203	Tom	bool	352	3:00:39	3:01:07	M Senior	
204	Richard	Huggins	224	3:00:43	3:01:14	M 40 to 44	Norwich Road Runners
205	Carrie	Kemp	244	3:01:09	3:01:19	F 40 to 44	Felixstowe RRC
206	Kelly	Shaw	400	3:01:40	3:02:01	F Senior	Great Yarmouth Road Runners
207	bob	paul	339	3:01:41	3:02:04	M 65+	Bungay Black Dog RC
208	Ruth	Gainsford	165	3:02:01	3:02:14	F 50 to 54	Coltishall Jaguars RC
209	Hannah	Thompson	441	3:01:59	3:02:24	F Senior	Stowmarket Striders RC
210	Karen	Wraighte	495	3:02:13	3:02:36	F 40 to 44	Bure Valley Harriers
211	Glyn	Bradbury	60	3:02:57	3:03:24	M Senior	
212	Ian	Edwards	147	3:02:58	3:03:30	M 40 to 44	Norfolk Gazelles AC
213	Mike	Jolly	235	3:03:36	3:03:53	M 45 to 49	Reepham Runners
214	Simon	Parker	333	3:03:44	3:04:02	M 45 to 49	
215	Christophe	Underwood	456	3:04:11	3:04:22	M Senior	Saint Edmund Pacers
216	Stuart	Govey	176	3:04:04	3:04:24	M 45 to 49	Bungay Black Dog RC
217	Paula	Lawson	255	3:04:07	3:04:26	F 40 to 44	
218	Keith	Brighty	66	3:04:24	3:04:34	M 55 to 59	Coltishall Jaguars RC
219	Philippa	Rudd	384	3:04:35	3:04:40	F 55 to 59	Norwich Road Runners
220	Simon	Holloway	211	3:04:33	3:04:49	M 45 to 49	
221	Scott	Ablett	2	3:04:41	3:04:53	M Senior	
222	Spencer	Vine	461	3:04:21	3:04:56	M 40 to 44	
223	Chris	satterley	391	3:05:02	3:05:18	M 40 to 44	
224	Tom	Roques	380	3:04:50	3:05:23	M 45 to 49	
225	david	mercer	292	3:05:16	3:05:39	M 50 to 54	
226	Anna	Smith	411	3:05:44	3:05:49	F 40 to 44	Ryston Runners
227	helen	duggan	142	3:06:04	3:06:14	F 50 to 54	Felixstowe RRC
228	Daniel	COX	112	3:06:27	3:07:00	M 45 to 49	
229	Phillip	Palmer	329	3:06:38	3:07:01	M Senior	
230	Ian	Morgan	302	3:06:38	3:07:01	M Senior	
231	Jo	Phillips	346	3:06:42	3:07:02	F 40 to 44	

232	Andy	Trigg	450	3:06:41	3:07:12	M Senior	
233	Claire	Baker	25	3:07:07	3:07:36	F Senior	Great Yarmouth Road Runners
234	Julie	Dilrew	137	3:07:07	3:07:44	F 55 to 59	
235	ashish	rastogi	369	3:07:38	3:07:47	M 45 to 49	
236	Rosemary	Jackson	232	3:07:19	3:07:54	F 60 to 64	Coltishall Jaguars RC
237	Robert	Organ	324	3:07:41	3:08:04	M Senior	
238	Rebecca	Richards	373	3:08:11	3:08:18	F Senior	Saint Edmund Pacers
239	Chloe	Bridges	64	3:09:31	3:09:44	F Senior	
240	Hayley	Donnelly	140	3:09:41	3:09:49	F 45 to 49	
241	Lister-Jane	Parker-Fla	334	3:09:18	3:09:56	F 45 to 49	
242	Patricia	Tuttle	452	3:09:19	3:09:57	F 60 to 64	Waveney Valley AC
243	Michelle	Hewitt	201	3:09:28	3:10:00	F Senior	Framlingham Flyers
244	Rachel	Acamon-c	3	3:10:12	3:10:20	F 40 to 44	Great Yarmouth Road Runners
245	David	Graham	177	3:10:43	3:11:00	M 50 to 54	Lowestoft Road Runners
246	Caroline	Peek	344	3:10:43	3:11:00	F 45 to 49	Lowestoft Road Runners
247	Bobbie	Sauerzapf	392	3:10:20	3:11:04	F 60 to 64	Bungay Black Dog RC
248	Emma	Dawson	128	3:10:46	3:11:15	F Senior	Great Yarmouth Road Runners
249	Ivan	Lees	260	3:10:45	3:11:15	M 60 to 64	Great Yarmouth Road Runners
250	John	Yare	499	3:10:40	3:11:25	M 55 to 59	
251	Jennifer	Gould	175	3:11:11	3:11:37	F 40 to 44	
252	Kat	Sanders	390	3:12:26	3:12:35	F Senior	North Norfolk Beach Runners
253	Victoria	Utting	458	3:12:06	3:12:37	F 45 to 49	Norwich Road Runners
254	Caroline	Pocock	353	3:12:25	3:12:45	M Senior	
255	Simon	Howard	218	3:12:15	3:12:50	M 45 to 49	
256	Mark	Johns	233	3:12:24	3:12:51	M 50 to 54	Lonely Goat RC
257	Janice	Coglin-Hibl	101	3:12:21	3:13:02	F 45 to 49	Tri-Anglia Triathlon Club
258	Lana-Sian	Brand	62	3:12:24	3:13:12	F Senior	
259	Karen	Evans	153	3:12:43	3:13:20	F 45 to 49	Coltishall Jaguars RC
260	Louise	Franklin	163	3:13:18	3:13:23	F 40 to 44	
261	Marianne	Armstrong	13	3:13:26	3:13:31	F Senior	Norwich Road Runners
262	Laura	Alexander-	7	3:13:58	3:14:12	F Senior	
263	Simon	Blackwell	52	3:14:05	3:14:24	M 40 to 44	Beccles & Bungay Harriers
264	David	Hogg	207	3:14:05	3:14:24	M 50 to 54	
265	Kirsty	Paradot	331	3:14:01	3:14:34	F 40 to 44	
266	Douglas	Mcclure	284	3:14:12	3:14:35	M 45 to 49	
267	Neil	Dennis	136	3:14:45	3:15:17	M Senior	Stowmarket Striders RC
268	Julie	London	270	3:14:55	3:15:27	F 50 to 54	Norfolk Gazelles AC
269	Hugh	Woolfende	493	3:15:26	3:15:58	M 45 to 49	Norfolk Gazelles AC
270	Martin	Jones	237	3:15:49	3:16:17	M Senior	Wymondham AC
271	Ronnie	Hogg	208	3:16:20	3:16:39	M 45 to 49	
272	Nicola	Kermez	246	3:16:00	3:16:40	F Senior	
273	Graeme	Barber	28	3:16:15	3:16:43	M Senior	
274	Martin	Garrard	168	3:16:22	3:16:52	M 40 to 44	
275	Doreen	Neal	312	3:16:17	3:16:54	F 60 to 64	Coltishall Jaguars RC
276	jaki	amos	11	3:17:03	3:17:22	F Senior	
277	Adam	Bezance	46	3:16:47	3:17:22	M Senior	Norwich Road Runners
278	Clare	Cornish	110	3:17:03	3:17:22	F 45 to 49	
279	Victoria	Pollington	354	3:17:09	3:17:23	F Senior	
280	Daniel	Ryan	388	3:17:10	3:17:23	M Senior	
281	Ben	Kendall	245	3:17:19	3:17:29	M Senior	Norwich Road Runners
282	Abigail	Grand	178	3:17:57	3:18:17	F 40 to 44	
283	Alison	Armstrong	14	3:18:04	3:18:17	F Senior	
284	Lesley	Cooper	108	3:18:23	3:18:30	F 45 to 49	Ipswich Jaffa RC
285	Sarah	Harvey	193	3:18:26	3:18:34	F 45 to 49	
286	Marnie	Mitchell	294	3:18:19	3:18:34	F Senior	Norwich Road Runners
287	Francesca	Laughton	253	3:19:07	3:19:19	F Senior	
288	Neil	Henery	199	3:19:26	3:20:00	M 55 to 59	
289	Clare	Beveridge	45	3:19:33	3:20:07	F 45 to 49	

290	keith	morris	305	3:20:21	3:20:38	M 55 to 59	Ryston Runners
291	Caroline	Allen	8	3:20:32	3:21:02	F Senior	Norwich Road Runners
292	Katherine	Trehane	449	3:21:20	3:21:38	F Senior	Norfolk Gazelles AC
293	Jason	Sparkes	419	3:21:28	3:21:46	M Senior	
294	Chris	Groves	186	3:21:51	3:22:12	M 65+	Tri-Anglia Triathlon Club
295	Sharon	Long	271	3:22:14	3:22:21	F 50 to 54	
296	Colin	Fish	157	3:21:44	3:22:31	M 55 to 59	
297	Jonathan	Newell	316	3:24:41	3:24:58	M 50 to 54	Saint Edmund Pacers
298	jo	payne	341	3:25:19	3:25:26	F 45 to 49	
299	Matthew	Stocks	431	3:25:31	3:25:42	M Senior	
300	Michelle	Lightfoot	264	3:26:02	3:26:24	F 45 to 49	Bungay Black Dog RC
301	Michele	Alexander	6	3:26:05	3:26:48	F Senior	Great Yarmouth Road Runners
302	Wendy	Hughes	225	3:26:31	3:26:56	F 55 to 59	Stowmarket Striders RC
303	Rachel	Hirst	203	3:26:43	3:27:08	F 50 to 54	Bungay Black Dog RC
304	Jayne	Capps-Jen	86	3:27:25	3:27:48	F 60 to 64	Bungay Black Dog RC
305	Hayley	Strivens	433	3:28:05	3:28:32	F Senior	GoodGym Race Team
306	Kayleigh	Bezance	47	3:28:52	3:29:27	F Senior	Norwich Road Runners
307	Alan	Burton	78	3:29:15	3:29:28	M 45 to 49	
308	Karen	Gedge	170	3:29:55	3:30:12	F 50 to 54	Bungay Black Dog RC
309	Lucy	Wright	496	3:30:42	3:31:07	F Senior	
310	Beverley	Rackham	363	3:30:44	3:31:08	F 55 to 59	
311	MARK	DAVIES	125	3:31:52	3:32:28	M 50 to 54	
312	Jo	Bygrave	83	3:32:08	3:32:43	F 45 to 49	Norwich Road Runners
313	sophie	Burkett	77	3:32:11	3:32:49	F Senior	
314	Robert	Burkett	76	3:32:13	3:32:50	M 65+	
315	Grainne	Purvis	360	3:33:38	3:34:04	F 50 to 54	Waveney Valley AC
316	Odette	Goldsmith	173	3:33:38	3:34:04	F 50 to 54	Waveney Valley AC
317	Michael	Pope	355	3:34:51	3:35:00	M 60 to 64	Wymondham AC
318	Rachael	Pizey	351	3:35:35	3:35:58	F 40 to 44	
319	Carl	Nelson	315	3:35:28	3:36:18	M 40 to 44	
320	Elly	Haylock	195	3:36:11	3:36:35	F Senior	Lonely Goat RC
321	Elizabeth	Fox	162	3:36:14	3:36:55	F Senior	
322	Claire	Beckett	38	3:36:24	3:37:00	F 45 to 49	
323	Alice	Kirk	250	3:36:37	3:37:00	F Senior	Bungay Black Dog RC
324	Dawn	Pammente	330	3:38:01	3:38:18	F 45 to 49	
325	Kerry	Nicholls	318	3:37:52	3:38:23	F 45 to 49	Great Yarmouth Road Runners
326	Alison	Rostron	381	3:38:26	3:38:47	F 65+	
327	Tony	Walk	463	3:39:04	3:39:44	M 40 to 44	
328	Anna	Mellows	290	3:39:21	3:39:54	F Senior	
329	Ian	Hollings	209	3:40:22	3:40:47	M 50 to 54	Lonely Goat RC
330	Nicola	McGee	286	3:40:34	3:41:17	F 45 to 49	Great Yarmouth Road Runners
331	Elise	Mitchell	295	3:41:05	3:41:49	F 45 to 49	Great Yarmouth Road Runners
332	Amanda	Pilbeam	349	3:41:38	3:42:05	F 50 to 54	
333	Martin	Ochs	321	3:41:48	3:42:27	M Senior	
334	Kirsty	Lawrence	254	3:41:48	3:42:27	F Senior	
335	Rebecca	Wicks	481	3:41:51	3:42:30	F 40 to 44	
336	Gina	Warford	466	3:42:18	3:42:45	F 40 to 44	Lowestoft Road Runners
337	Nicola	Green	181	3:43:17	3:43:52	F Senior	Norwich Road Runners
338	Danielle	Crane	113	3:44:00	3:44:34	F 40 to 44	Norwich Road Runners
339	Emily	Bowyer	59	3:44:19	3:44:55	F Senior	
340	Alice	Sizeland	404	3:44:20	3:44:56	F Senior	
341	Mitzy	O'Loughlin	323	3:45:24	3:45:52	F 55 to 59	
342	lisa	rodgers	376	3:46:25	3:46:44	F 50 to 54	Wymondham AC
343	Lisa	Fitch	159	3:46:12	3:46:45	F 45 to 49	
344	andrea	gooch	174	3:46:29	3:46:57	F 50 to 54	Waveney Valley AC
345	Clare	Slattery	407	3:47:28	3:47:59	F Senior	Thetford AC
346	Victoria	Smart	410	3:47:47	3:48:27	M Senior	
347	Daniel	Bennett	41	3:47:46	3:48:32	M Senior	

348	Ian	Sutton	435	3:47:53	3:48:32	M Senior	
349	Esme	Hicks	202	3:48:04	3:48:40	F Senior	Norwich Road Runners
350	Claire	Holmes	212	3:48:11	3:48:48	F Senior	Norwich Road Runners
351	Karen	Patterson	338	3:48:18	3:48:55	F Senior	Norwich Road Runners
352	Amy	Bailey	21	3:48:50	3:49:28	F Senior	
353	Erica	Wicks	480	3:49:05	3:49:43	F Senior	
354	Rosemary	Matthewso	282	3:49:36	3:50:01	F 50 to 54	
355	Kimberley	Uzzell	459	3:50:21	3:51:00	F 45 to 49	
356	Francesca	Lawton	256	3:50:45	3:51:09	F Senior	
357	Joshua	Griffiths	183	3:50:46	3:51:09	M Senior	
358	Barbara	Button	81	3:50:37	3:51:18	F 50 to 54	Coltishall Jaguars RC
359	Adam	Shindler	402	3:50:31	3:51:21	M 40 to 44	
360	Liz	Clues	99	3:51:05	3:51:47	F 45 to 49	Tri-Anglia Triathlon Club
361	Vanja	Briggs	65	3:51:05	3:51:47	F 45 to 49	
362	Corinne	West	476	3:51:52	3:52:22	F Senior	Thetford AC
363	Tanya	Nelson	314	3:52:51	3:53:26	F Senior	Norwich Road Runners
364	Nigel	Bullen	73	3:54:21	3:54:43	M 65+	Norfolk Gazelles AC
365	Heidi	Berry	42	3:54:21	3:54:58	F 40 to 44	
366	Mike	Berry	44	3:54:21	3:54:58	M 45 to 49	Saint Edmund Pacers
367	Madeline	Beale	37	3:55:01	3:55:20	F Senior	Wymondham AC
368	Siobhan	Laskey	252	3:55:02	3:55:21	F 50 to 54	
369	Susan	Moore	301	3:54:51	3:55:24	F 60 to 64	Norfolk Gazelles AC
370	Emma	Blackwell	51	3:54:46	3:55:25	F 40 to 44	
371	Hilary	Ball	27	3:54:51	3:55:30	F 40 to 44	Bungay Black Dog RC
372	Lucie	Morran	304	3:54:51	3:55:30	F 50 to 54	
373	Stephanie	Deeks	135	3:56:09	3:56:53	F 40 to 44	Great Yarmouth Road Runners
374	Kim	Lumbis	273	3:58:12	3:58:54	F Senior	
375	Fi	Hawkins	194	3:58:52	3:59:29	F 45 to 49	Diss and District AC
376	Jamie	Harkin	188	3:59:48	4:00:26	F Senior	Coltishall Jaguars RC
377	Melanie	Greer-Wall	182	3:59:44	4:00:26	F 45 to 49	Dulwich Park Runners
378	Jackie	Eastough	143	4:00:49	4:01:22	F 55 to 59	Norwich Road Runners
379	Jenny	Sparkes	420	4:00:56	4:01:30	F Senior	Norwich Road Runners
380	Sue	Carver	89	4:01:07	4:01:31	F 60 to 64	Norwich Road Runners
381	Sharon	Corden	109	4:00:56	4:01:31	F 50 to 54	Norwich Road Runners
382	Annabel	Cresswell	114	4:01:17	4:01:43	F Senior	
383	ROCHINE	SYMONDS	436	4:01:05	4:01:47	F 50 to 54	Great Yarmouth Road Runners
384	Jo	Pinkney	350	4:02:14	4:02:58	F 40 to 44	Great Yarmouth Road Runners
385	Sue	Curtis	118	4:03:21	4:03:32	F 55 to 59	
386	Tracy	Vingoe	462	4:05:40	4:05:54	F 40 to 44	
387	Sarah	Daniels	120	4:05:49	4:06:15	F Senior	
388	Pat	Brightman	1	4:07:14	4:07:14	F 65+	Great Yarmouth and District AC
389	Rebecca	Clarke	95	4:07:13	4:07:58	F 40 to 44	
390	Jennifer	Rowley	383	4:07:13	4:07:58	F 65+	
391	Tim	Hirst	204	4:09:17	4:09:42	M 65+	Bungay Black Dog RC
392	Melissa	Baines	23	4:10:32	4:11:06	F 40 to 44	Norwich Road Runners
393	Elizabeth	Green	180	4:11:59	4:12:34	F Senior	Norwich Road Runners
394	Ellie	Witt	490	4:12:37	4:13:19	F Senior	
395	Amanda	Butler	80	4:12:44	4:13:22	F 40 to 44	
396	Sophie	Macrae	274	4:13:17	4:13:52	F Senior	Norwich Road Runners
397	Robyn	Khan	247	4:15:09	4:15:50	F Senior	
398	Kathryn	Heaney	197	4:18:03	4:18:43	F Senior	
399	Chantelle	Cox	111	4:29:12	4:29:53	F Senior	
400	Hanna	Dean	133	4:32:10	4:32:55	F Senior	Bungay Black Dog RC
401	Anna	Spackman	418	4:32:10	4:32:55	F Senior	Great Yarmouth Road Runners