



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	6213	32:56	Adrian Mussett	Colchester Harriers AC	Male	1	M45	1	32:56	1
2	6193	33:25	Andrew Leach	North Herts RRC	Male	2	M50	1	33:25	2
3	6206	33:34	Malcolm Muir	Ilford AC	Male	3	M40	1	33:34	3
4	4446	33:34	Daniel Brock		Male	4	M	1	33:34	4
5	5510	33:36	Carl Goose	Bure Valley Harriers	Male	5	M	2	33:36	6
6	5950	33:37	Jeff Prest	Trafford Athletic Club	Male	6	M40	2	33:37	7
7	5822	33:37	Joshua Holman		Male	7	M	3	33:36	5
8	5621	33:52	Daniel Middleton	Norwich Road Runners	Male	8	M35	1	33:51	8
9	6390	33:56	Matt Pyatt		Male	9	M35	2	33:56	9
10	5607	34:13	Steven Cannell	Bure Valley Harriers	Male	10	M	4	34:13	10
11	4006	34:35	Thomas Trimble	Lincoln Wellington Athletic Cl	Male	11	M	5	34:35	11
12	4002	34:43	Chris North	Sleaford Striders AC	Male	12	M	6	34:41	12
13	5601	34:46	Scott Walford	Bure Valley Harriers	Male	13	M45	2	34:45	13
14	4796	34:51	Matthew Allen	Ryston Runners	Male	14	M40	3	34:50	14
15	6209	34:54	Lewis Harknett	Harlow AC	Male	15	M	7	34:54	15
16	6204	35:05	Faye Fullerton	Havering AC	Female	1	F	1	35:05	16
17	5459	35:28	Jake Stearman	Dereham Runners & AC	Male	16	M	8	35:26	17
18	5058	35:40	Adam Matthews	Ryston Runners	Male	17	M	9	35:39	18
19	5136	35:40	Richard Ebbs		Male	18	M45	3	35:39	19
20	5668	35:44	Nathan Risbey	Tri-Anglia Triathlon Club	Male	19	M	10	35:43	20
21	5529	36:00	Samuel Coyne	Bure Valley Harriers	Male	20	M	11	36:00	21
22	6037	36:01	Nathan Jones		Male	21	M	12	36:00	22
23	4248	36:12	Nicholas Bensley	Ryston Runners	Male	22	M45	4	36:10	23
24	4004	36:15	John Siddens	Sleaford Striders AC	Male	23	M50	2	36:14	24
25	5731	36:26	Sam Todd	City Of Norwich AC	Male	24	M	13	36:24	25
26	6067	36:32	Mark Pople	Stamford Striders	Male	25	M	14	36:30	26
27	4247	36:39	Adam Howard	Ryston Runners	Male	26	M35	3	36:33	27
28	5667	36:42	Emma Risbey	Winchester & District AC	Female	2	F35	1	36:40	28
29	5569	37:01	John Hudson	Norwich Road Runners	Male	27	M35	4	36:57	29
30	5833	37:05	Lee Tatum	Ely Runners	Male	28	M35	5	37:03	30
31	4323	37:20	Warren Armstrong	Ryston Runners	Male	29	M40	4	37:19	31
32	5461	37:25	Ed Turner	Dereham Runners & AC	Male	30	M	15	37:23	32
33	5347	37:27	Martin Jennings	Fenland Running Club	Male	31	M45	5	37:25	33
34	6344	37:41	Andrew Reynolds		Male	32	M	16	37:40	35
35	4657	37:47	Daniel Guppy	Ryston Runners	Male	33	M35	6	37:40	34
36	5559	38:08	Simon Wright	Norwich Road Runners	Male	34	M35	7	38:05	36
37	4567	38:15	James Goddard		Male	35	M35	8	38:10	37
38	5714	38:15	Anthony Alborough	Coltishall Jaguars RC	Male	36	M45	6	38:12	38
39	6167	38:24	Laura Thomas	Ipswich Jaffa RC	Female	3	F	2	38:22	40
40	4036	38:25	Andrew Brett	Ramsey Road Runners	Male	37	M35	9	38:18	39
41	5422	38:26	Todd Lake	Dereham Runners & AC	Male	38	M50	3	38:24	41
42	4360	38:30	John Hopgood	Ryston Runners	Male	39	M35	10	38:24	42
43	4073	38:32	Martin Sheldrick	Ryston Runners	Male	40	M45	7	38:27	43
44	5813	38:33	Neil Tween	Cambridge & Coleridge AC	Male	41	M	17	38:31	45
45	5233	38:38	Jacob Kelman		Male	42	M	18	38:30	44
46	88	38:41	Josh Baker		Male	43	M	19	38:32	46
47	5029	38:45	Banjamin Collison	West Norfolk AC	Male	44	M	20	38:43	47
48	5349	38:55	Gavin Caney		Male	45	M	21	38:52	50
49	5897	38:55	Daniel Jones	Harling Athletic Club	Male	46	M	22	38:51	49
50	5560	38:56	Graham Watering	Norwich Road Runners	Male	47	M40	5	38:53	51
51	5447	38:59	Matthew Stone	Bure Valley Harriers	Male	48	M45	8	38:55	52
52	6279	39:05	Alfie Bobbins		Male	49	M	23	38:50	48
53	5745	39:08	Chris Yeates	City Of Norwich AC	Male	50	M	24	38:58	53
54	5435	39:18	Guzel Sari	Dereham Runners & AC	Male	51	M35	11	39:15	57
55	4538	39:18	Kevin King		Male	52	M35	12	39:13	56
56	6161	39:19	Neil Houchen		Male	53	M40	6	39:13	54
57	4258	39:20	Neil Stapleton	Ryston Runners	Male	54	M40	7	39:13	55
58	4581	39:25	Lynton Battrick	North Norfolk Beach Runners	Male	55	M40	8	39:21	58
59	4857	39:26	Kenny Addis		Male	56	M50	4	39:23	60
60	5636	39:28	Stuart Bennett	Coltishall Jaguars RC	Male	57	M	25	39:22	59
61	5505	39:32	Kimberley Morrison		Female	4	F	3	39:28	61
62	6210	39:35	Owen Harknett	Harlow AC	Male	58	M	26	39:33	64
63	5867	39:40	Thomas McCarthy	West Suffolk AC	Male	59	M	27	39:32	62
64	4347	39:42	Ian Milburn	Ryston Runners	Male	60	M	28	39:37	65
65	4299	39:45	Darren Easter	Ryston Runners	Male	61	M45	9	39:39	66
66	6248	39:48	Leon Clement	London Frontrunners	Male	62	M	29	39:46	71
67	5771	39:49	Phil Hurr	North Norfolk Beach Runners	Male	63	M60	1	39:45	68
68	4842	39:50	David Starling		Male	64	M	30	39:45	70
69	4343	39:50	Stewart Robins	Ryston Runners	Male	65	M	31	39:45	69
70	4937	39:52	Steven Greenwood		Male	66	M35	13	39:48	73
71	1543	39:53	Vinnie Lau		Male	67	M	32	39:47	72
72	4476	39:55	Harry Sands		Male	68	M	33	39:32	63
73	4098	39:56	Jason Stone		Male	69	M45	10	39:50	74
74	4673	39:57	Pete Johnson	Ryston Runners	Male	70	M60	2	39:51	75
75	6070	40:06	Chirag Godhania	BRJ Run and Tri	Male	71	M40	9	39:55	76



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	5331	40:17	Ryan Jones	Fenland Running Club	Male	72	M	34	39:42	67
77	6229	40:20	Tim Minshall		Male	73	M	35	40:14	78
78	5682	40:31	Matt Howard		Male	74	M	36	40:27	79
79	4056	40:33	Shaun Mann	Ryston Runners	Male	75	M45	11	40:14	77
80	4677	40:38	Catherine Gould		Female	5	F40	1	40:29	80
81	4807	40:39	Paul MacLean		Male	76	M50	5	40:35	82
82	4899	40:39	Gavin Pottle		Male	77	M35	14	40:34	81
83	6202	40:44	Jennifer Ansell	East London Runners	Female	6	F	4	40:37	83
84	6166	40:45	Stephen Mead	Stowmarket Striders RC	Male	78	M65	1	40:39	84
85	4259	40:49	Dan Pratt	Ryston Runners	Male	79	M35	15	40:41	85
86	6052	40:58	Russell Limbert	Ludlow Runners	Male	80	M50	6	40:53	87
87	5709	41:01	John Gay	North Norfolk Beach Runners	Male	81	M55	1	40:53	89
88	4076	41:03	Alistair Doig		Male	82	M40	10	40:57	91
89	1527	41:04	Mark Colley		Male	83	M	37	41:01	92
90	4032	41:05	James Rodgers		Male	84	M	38	40:43	86
91	5265	41:06	Alan Bird	Fenland Running Club	Male	85	M45	12	40:56	90
92	5691	41:08	Robert Groves		Male	86	M	39	41:02	94
93	5612	41:09	Mark Storey	City Of Norwich AC	Male	87	M50	7	41:01	93
94	5466	41:11	Philip Cooper		Male	88	M55	2	41:05	95
95	4448	41:13	Laurie Whitehair		Male	89	M	40	40:53	88
96	4031	41:17	Ian Marshall	Huntingdonshire AC	Male	90	M35	16	41:09	98
97	5561	41:17	David Wright		Male	91	M	41	41:05	96
98	5832	41:18	Karl Bedingfield	Ely Runners	Male	92	M50	8	41:11	99
99	6001	41:20	Christian Snelgrove		Male	93	M	42	41:14	101
100	5567	41:21	Alexandra Smith	Wymondham AC	Female	7	F40	2	41:18	103
101	6170	41:21	Brian Rogers	Ipswich Jaffa RC	Male	94	M60	3	41:14	100
102	5412	41:31	Martin Pope		Male	95	M45	13	41:07	97
103	5518	41:33	Neil Walpole	Norwich Road Runners	Male	96	M45	14	41:14	102
104	4334	41:34	Neil Gayton		Male	97	M	43	41:28	104
105	5584	41:36	Nick Gurney	Norwich Road Runners	Male	98	M	44	41:32	106
106	4100	41:39	Jon Cockerill		Male	99	M	45	41:35	107
107	4053	41:43	Lorena Latisaite	Ryston Runners	Female	8	F	5	41:37	108
108	4537	41:44	Richard Jessop		Male	100	M55	3	41:38	109
109	6180	41:46	Vince Butler	Tri-Anglia Triathlon Club	Male	101	M45	15	41:39	111
110	4420	41:48	Greg Brown		Male	102	M	46	41:30	105
111	4835	41:49	Nick Minns		Male	103	M45	16	41:38	110
112	5458	41:52	Pete Thompson		Male	104	M	47	41:44	113
113	5729	41:58	Ian Todd		Male	105	M55	4	41:51	117
114	5847	42:00	Matthew Mason	Ely Runners	Male	106	M45	17	41:53	118
115	4104	42:01	Jonathan Lambert		Male	107	M	48	41:49	116
116	4419	42:01	Barry Ward		Male	108	M	49	41:49	115
117	4214	42:01	Matthew Bowles		Male	109	M	50	41:39	112
118	5278	42:03	Chris Rose		Male	110	M40	11	41:54	120
119	5637	42:04	Martin Adcock	Bure Valley Harriers	Male	111	M45	18	41:53	119
120	4241	42:07	Simon Hardy		Male	112	M45	19	41:47	114
121	4215	42:09	Dave Neale		Male	113	M60	4	41:58	123
122	6000	42:11	Richard Downs		Male	114	M40	12	42:05	125
123	6137	42:12	Oliver Fudge		Male	115	M	51	41:54	121
124	4566	42:13	Richard Herrington		Male	116	M40	13	41:57	122
125	4748	42:14	Samual Brown		Male	117	M	52	42:06	126
126	5866	42:17	Maureen McCarthy	West Suffolk AC	Female	9	F55	1	42:06	127
127	4985	42:19	Gavin Stokes	Ramsey Road Runners	Male	118	M55	5	42:06	128
128	6293	42:23	Robert Edwards		Male	119	M	53	42:18	132
129	5695	42:24	Nick Bowden		Male	120	M60	5	42:18	133
130	4187	42:26	Owen Norris		Male	121	M	54	42:08	129
131	6093	42:27	Ian Johnson		Male	122	M50	9	42:19	134
132	4037	42:29	Michelle Brett	Ramsey Road Runners	Female	10	F	6	42:17	131
133	4020	42:30	Bill Rayner	Sleaford Striders AC	Male	123	M60	6	42:29	139
134	6145	42:34	Ben Chamberlain	Cambridge & Coleridge AC	Male	124	M35	17	42:24	137
135	4951	42:36	Wayne Stimson	March AC	Male	125	M40	14	42:32	141
136	6171	42:36	Marcus Alderton		Male	126	M	55	42:21	135
137	5596	42:40	Matthew Crane	Bure Valley Harriers	Male	127	M40	15	42:28	138
138	4217	42:41	Neil Watson	West Norfolk AC	Male	128	M40	16	42:21	136
139	5433	42:43	Stuart Rose	Dereham Runners & AC	Male	129	M40	17	42:12	130
140	5419	42:43	Stephen Lee	Dereham Runners & AC	Male	130	M35	18	42:41	147
141	4268	42:45	Tony Savage	Ryston Runners	Male	131	M55	6	42:38	144
142	5794	42:47	Chris Chorley	Bungay Black Dog RC	Male	132	M50	10	42:35	142
143	4296	42:51	Graeme Leeson	Ryston Runners	Male	133	M45	20	42:41	145
144	4117	42:53	Sally Hurst		Female	11	F35	2	42:41	146
145	6186	42:55	Leo Hallihan		Male	134	M50	11	42:51	150
146	5192	42:55	Chris Ward		Male	135	M40	18	42:35	143
147	4775	42:56	Chris Rolfe		Male	136	M	56	42:48	148
148	4253	43:02	James Blood		Male	137	M	57	42:50	149
149	4500	43:05	Wayne Daw		Male	138	M50	12	42:51	151
150	4017	43:05	Dave Burton	Sleaford Striders AC	Male	139	M50	13	42:59	157



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	4717	43:05	Gary Daw		Male	140	M50	14	42:52	152
152	4162	43:08	Ian Kidman		Male	141	M45	21	43:03	162
153	6006	43:09	Duane Daugherty	100 Marathon Club	Male	142	M55	7	42:54	153
154	4616	43:09	Sarah Juggins		Female	12	F45	1	42:03	124
155	4264	43:10	Mark Doughty	Ryston Runners	Male	143	M40	19	42:59	156
156	5514	43:16	Stefan Rider		Male	144	M40	20	43:01	158
157	4290	43:17	Martin Heeley	Ryston Runners	Male	145	M40	21	43:06	163
158	5239	43:18	Daniel Spiller	Fenland Running Club	Male	146	M35	19	43:02	160
159	6148	43:21	Charlie Ritchie	Cambridge & Coleridge AC	Male	147	M60	7	43:08	165
160	5495	43:22	Sam Cane		Male	148	M	58	42:58	155
161	4421	43:22	Ian Stephenson		Male	149	M45	22	42:58	154
162	5840	43:23	Chris Marshall		Male	150	M55	8	43:02	161
163	5790	43:23	Andrew Lane	Wymondham AC	Male	151	M60	8	43:14	167
164	4353	43:25	Daniel Plowright		Male	152	M35	20	43:16	168
165	4836	43:26	Jonathan Mott		Male	153	M40	22	43:13	166
166	5776	43:28	Nick Slade		Male	154	M	59	43:06	164
167	4630	43:30	Carl Manning	Ryston Runners	Male	155	M55	9	43:21	169
168	6042	43:34	Steve Sinnott	Kettering Town Harriers	Male	156	M45	23	43:24	176
169	4046	43:34	Tomas Manleika		Male	157	M	60	43:02	159
170	4605	43:34	Richard Eagle		Male	158	M40	23	43:27	177
171	5523	43:34	John Dungar	Bure Valley Harriers	Male	159	M35	21	43:29	179
172	4233	43:35	Carl Weatherall		Male	160	M40	24	43:21	170
173	5651	43:36	Stephen Dady	Wymondham AC	Male	161	M65	2	42:29	140
174	6177	43:38	Simon Sinclair		Male	162	M50	15	43:23	174
175	6419	43:39	Steven Fisher		Male	163	M	61	43:21	171
176	6269	43:40	Alex Gay		Male	164	M	62	43:22	172
177	6208	43:43	Cindy Drinnan	Saffron Striders RC	Female	13	F	7	43:33	180
178	5925	43:44	Jason Elrick		Male	165	M45	24	43:24	175
179	4591	43:46	Wes Hornigold		Male	166	M35	22	43:34	181
180	4414	43:49	Steven Franklin		Male	167	M40	25	43:39	182
181	5624	43:55	Claire Emerson		Female	14	F35	3	43:48	186
182	4319	43:59	Gavin Reynolds		Male	168	M	63	43:23	173
183	6135	44:00	Lucy Wallwork		Female	15	F	8	43:50	192
184	6134	44:00	Tom Kilmister		Male	169	M	64	43:51	193
185	5044	44:00	Sam Spencer		Male	170	M	65	43:43	184
186	6292	44:03	Matthew Earl		Male	171	M40	26	43:44	185
187	6028	44:04	Dave Waugh	Doncaster Athletic Club	Male	172	M40	27	43:49	187
188	4824	44:04	Matt Gray		Male	173	M40	28	43:56	197
189	5323	44:05	Richard Agger	Fernwood Running Club	Male	174	M35	23	43:40	183
190	6334	44:05	Rob Page	Ipswich Jaffa RC	Male	175	M35	24	43:50	191
191	6312	44:06	Colin Hazell		Male	176	M45	25	43:52	194
192	4568	44:08	Aaron Howell		Male	177	M	66	43:49	188
193	4868	44:09	Christopher Drew		Male	178	M	67	44:06	201
194	6085	44:13	Chris Spinks		Male	179	M	68	43:58	198
195	5248	44:18	Aaron Parker		Male	180	M35	25	44:07	203
196	4962	44:21	Brian Harding	March AC	Male	181	M55	10	43:53	195
197	4893	44:22	Mark Goodson		Male	182	M40	29	44:09	204
198	4510	44:24	Jason Batterbee		Male	183	M45	26	43:56	196
199	5733	44:24	Tessa Jones		Female	16	F50	1	44:10	206
200	5540	44:25	Claudia Milburn	Fenland Running Club	Female	17	F	9	44:09	205
201	5515	44:26	Mark Thorpe	Norfolk Gazelles AC	Male	184	M50	16	44:07	202
202	5445	44:26	Chris Vernon		Male	185	M	69	44:14	209
203	6323	44:27	Andy Leech		Male	186	M50	17	43:27	178
204	4295	44:27	Oliver Foxwell		Male	187	M	70	44:01	199
205	4101	44:29	Lesley Robins	Ryston Runners	Female	18	F45	2	44:05	200
206	5116	44:29	Andy Rowles	Dereham Runners & AC	Male	188	M50	18	44:25	214
207	5653	44:31	Adam Griggs	North Norfolk Beach Runners	Male	189	M40	30	44:17	210
208	5955	44:34	Rob Russell		Male	190	M40	31	44:22	211
209	6077	44:37	Stephen Norris		Male	191	M45	27	44:10	207
210	5318	44:39	Justin Showell	March AC	Male	192	M45	28	44:24	213
211	4631	44:42	Jan Manning	Ryston Runners	Female	19	F35	4	44:33	217
212	4571	44:43	Ash Miles		Male	193	M35	26	44:34	218
213	4599	44:45	Nigel Billing		Male	194	M50	19	44:22	212
214	6262	44:48	Mark Passmore		Male	195	M35	27	44:36	219
215	4948	44:48	Justin Elvidge		Male	196	M45	29	44:26	215
216	5312	44:49	Leigh Bindley		Male	197	M	71	44:38	220
217	5944	44:50	Stuart Compton	Cambridge & Coleridge AC	Male	198	M45	30	44:38	221
218	4136	44:50	Daniel Walker		Male	199	M40	32	44:13	208
219	5597	44:51	Graham Chaplin		Male	200	M40	33	44:28	216
220	6219	44:52	Oliver Hutton		Male	201	M	72	43:50	190
221	5708	44:56	Sam Weller	North Norfolk Beach Runners	Male	202	M65	3	44:41	222
222	4974	44:58	Darren Moat	March AC	Male	203	M45	31	44:43	227
223	5675	44:59	Ricci Wilson		Male	204	M	73	44:41	223
224	4341	45:00	Mark Sweeney		Male	205	M	74	44:57	235
225	6183	45:03	Richard Crewe		Male	206	M45	32	44:43	226



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	4012	45:05	Robert Caven	Sleaford Striders AC	Male	207	M50	20	44:42	225
227	4177	45:05	Ollie John		Male	208	M	75	45:02	241
228	5852	45:10	Barry Graves	Ely Runners	Male	209	M55	11	45:02	240
229	5425	45:15	Chris Hosier	Dereham Runners & AC	Male	210	M40	34	44:43	228
230	5706	45:16	Arron Coe	Bure Valley Harriers	Male	211	M	76	44:56	234
231	4933	45:19	Paul Carter	Ryston Runners	Male	212	M45	33	45:05	243
232	6307	45:20	Steven Goldsmith		Male	213	M55	12	45:01	239
233	5511	45:21	Guy Shearwood	Norwich Road Runners	Male	214	M55	13	44:45	229
234	6144	45:21	Peter French		Male	215	M60	9	44:53	232
235	5672	45:22	Daryl London		Male	216	M35	28	45:01	238
236	6340	45:22	Mark Quinn		Male	217	M45	34	44:52	231
237	4254	45:25	Tom Hinks		Male	218	M	77	45:13	250
238	4647	45:26	John Turner		Male	219	M50	21	45:10	245
239	4461	45:26	Charlotte Barrett		Female	20	F	10	44:50	230
240	5814	45:27	Michael Brentnall	Cambridge & Coleridge AC	Male	220	M65	4	45:03	242
241	4257	45:31	Lee Tunmore	West Norfolk AC	Male	221	M40	35	45:22	257
242	4756	45:31	Steven Bowdery		Male	222	M35	29	45:13	251
243	4761	45:32	Chris Bone		Male	223	M35	30	44:58	236
244	5078	45:32	Noyon Islam		Male	224	M	78	45:10	246
245	4870	45:33	Ben Hall		Male	225	M35	31	45:09	244
246	4289	45:33	Martyn Benstead		Male	226	M40	36	45:21	256
247	5827	45:34	Andrew Thompson	Ely Runners	Male	227	M55	14	45:12	249
248	4212	45:37	Miles Easey		Male	228	M	79	45:34	268
249	4660	45:39	Anna Seaman	Ryston Runners	Female	21	F35	5	45:16	252
250	5837	45:40	Chrissie King		Female	22	F55	2	45:32	263
251	6420	45:41	Benjamin Steeves		Male	229	M35	32	45:31	261
252	5717	45:45	Jason Sparkes		Male	230	M35	33	45:33	266
253	5590	45:46	Joseph Kiddell	Norwich Road Runners	Male	231	M45	35	45:19	254
254	90	45:47	Chris Turner		Male	232	M35	34	45:29	259
255	6194	45:47	Tom Clements		Male	233	M55	15	45:27	258
256	6354	45:48	Barry Smith		Male	234	M45	36	45:29	260
257	5715	45:49	Scott Shrubsall	Coltishall Jaguars RC	Male	235	M35	35	45:10	247
258	4694	45:49	Nigel Kenny		Male	236	M50	22	45:34	271
259	5324	45:50	Ellen Connolly	Fenland Running Club	Female	23	F35	6	45:32	265
260	4802	45:51	Pete Reed	Ryston Runners	Male	237	M35	36	45:34	270
261	6311	45:51	Ray Harding		Male	238	M60	10	45:31	262
262	4923	45:53	Jamie Bransgrove		Male	239	M35	37	45:46	280
263	6104	45:55	Conor Mallen		Male	240	M	80	44:42	224
264	5945	45:56	Sam Peters		Male	241	M	81	44:59	237
265	4819	45:58	James Carton		Male	242	M	82	45:32	264
266	4703	45:58	Callum Lawrence		Male	243	M	83	45:35	272
267	4352	46:01	Olivia Morris		Female	24	F	11	45:34	269
268	4726	46:02	Neil Harries		Male	244	M55	16	45:17	253
269	5600	46:04	Roly Cook	Norwich Road Runners	Male	245	M50	23	45:39	275
270	1647	46:04	William McInerney		Male	246	M	84	45:43	277
271	4418	46:06	Adam Rodwell		Male	247	M	85	44:54	233
272	4478	46:07	Paul Richardson		Male	248	M	86	45:38	274
273	5061	46:08	Mark Rollings		Male	249	M35	38	45:44	279
274	4122	46:10	Christian Pick		Male	250	M35	39	45:21	255
275	1553	46:11	Jonathan Pearson		Male	251	M35	40	45:12	248
276	4096	46:12	Lucas Cooper		Male	252	M	87	45:36	273
277	4832	46:12	Matthew Hitchcock		Male	253	M35	41	45:55	282
278	4280	46:13	Tim Rudd		Male	254	M45	37	45:57	284
279	5146	46:14	Andy Armsby		Male	255	M	88	45:43	278
280	5702	46:19	Nina Atkinson		Female	25	F40	3	45:39	276
281	4359	46:21	Gary Walker		Male	256	M65	5	46:02	288
282	5423	46:21	Shaun Conway		Male	257	M50	24	46:06	292
283	91	46:21	Daniel Barnes		Male	258	M	89	46:00	285
284	4335	46:24	Chris Wood		Male	259	M	90	46:03	290
285	4814	46:26	Sabrina Ostrom		Female	26	F35	7	46:00	286
286	4887	46:27	Kevin Farquhar		Male	260	M35	42	46:04	291
287	4090	46:29	Gedihinas Jurkaitis		Male	261	M	91	46:00	287
288	5629	46:30	Simon Ottaway		Male	262	M45	38	45:50	281
289	4649	46:31	Darren Pybus		Male	263	M45	39	46:14	295
290	4008	46:31	Bryan Brockington	Sleaford Striders AC	Male	264	M50	25	46:14	296
291	5465	46:32	Grace Bird	Dereham Runners & AC	Female	27	F	12	46:28	304
292	4496	46:33	David Webb		Male	265	M60	11	46:03	289
293	5364	46:36	Ben Coxford		Male	266	M	92	46:26	301
294	4518	46:38	Pauline Drewery	Ryston Runners	Female	28	F45	3	46:28	306
295	5829	46:38	Andrew Kelman		Male	267	M50	26	46:22	299
296	5617	46:39	George Webster		Male	268	M	93	45:55	283
297	4210	46:42	Milika Buurman		Female	29	F40	4	46:28	305
298	4182	46:43	Aj Bonnett		Male	269	M	94	46:26	302
299	5693	46:44	Vivienne Lain		Female	30	F50	2	46:10	293
300	5585	46:44	Joanna Durrant		Female	31	F35	8	45:34	267



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	5307	46:44	Carol Bowett	Fenland Running Club	Female	32	F35	9	46:29	308
302	5363	46:45	Matthew McClure		Male	270	M	95	46:37	315
303	5371	46:45	Stewart Buttriss		Male	271	M45	40	46:37	316
304	4193	46:51	Carlton Mason		Male	272	M40	37	46:32	311
305	5280	46:52	Ian Milburn	Fenland Running Club	Male	273	M70	1	46:34	313
306	5966	46:54	Joshua Allis		Male	274	M	96	46:19	298
307	5158	46:54	Steve Lawson	Ramsey Road Runners	Male	275	M50	27	46:42	320
308	5680	46:54	Claire Rackham	Norwich Road Runners	Female	33	F40	5	46:13	294
309	5549	46:54	Peter Crowley		Male	276	M35	43	46:15	297
310	5503	46:56	Jim Hayes	North Norfolk Beach Runners	Male	277	M70	2	46:37	317
311	4211	46:56	Conor Easey		Male	278	M	97	46:30	310
312	4018	46:57	Andy Dickinson	Sleaford Striders AC	Male	279	M50	28	46:41	319
313	5080	46:57	Moyn Uddin		Male	280	M	98	46:35	314
314	5941	47:01	Gavin Clark		Male	281	M	99	46:29	307
315	4720	47:05	Matthew Daw		Male	282	M	100	46:52	326
316	4238	47:05	Katrina Wasteneay	West Norfolk AC	Female	34	F45	4	46:51	324
317	5462	47:06	James Nice	Dereham Runners & AC	Male	283	M50	29	46:33	312
318	5145	47:08	Jamie Youngs		Male	284	M	101	46:26	303
319	5377	47:09	Andrew Blunt		Male	285	M	102	46:50	323
320	6397	47:09	Simon Wilson		Male	286	M	103	46:37	318
321	5134	47:10	Jack Holman		Male	287	M	104	46:59	334
322	5135	47:10	Kevin Holman		Male	288	M55	17	46:58	333
323	5253	47:11	Heidi Bunn		Female	35	F40	6	46:57	331
324	4314	47:19	William Dryden		Male	289	M55	18	46:25	300
325	4282	47:21	Liam Cannon		Male	290	M	105	46:55	329
326	4338	47:22	Christian Manning		Male	291	M35	44	46:30	309
327	5983	47:22	Rowan Booth		Female	36	F	13	46:54	328
328	4292	47:22	Nigel Girling		Male	292	M45	41	47:12	342
329	5563	47:27	Edward Wood		Male	293	M35	45	47:02	335
330	4846	47:27	Helen Foster		Female	37	F40	7	46:58	332
331	4186	47:29	Ian Wiggins		Male	294	M35	46	47:06	338
332	5397	47:35	Julia Oram		Female	38	F60	1	47:10	340
333	6423	47:36	Jim Morris		Male	295	M50	30	47:21	345
334	4783	47:42	Nick MacKay		Male	296	M55	19	47:23	347
335	4641	47:44	James Wilkinson		Male	297	M	106	46:53	327
336	5571	47:47	Josh Dyde	North Norfolk Beach Runners	Male	298	M	107	47:05	336
337	5875	47:47	Mark Channell		Male	299	M45	42	47:22	346
338	6101	47:48	Lee Bramham		Male	300	M	108	47:26	349
339	4082	47:48	Shaun Hamer		Male	301	M35	47	46:48	322
340	4727	47:48	Richard Morrish		Male	302	M50	31	47:26	350
341	5019	47:49	Neil Bussey		Male	303	M45	43	47:31	355
342	4218	47:50	Oliver Freeman		Male	304	M	109	47:06	339
343	6399	47:50	David Bunker		Male	305	M50	32	47:29	353
344	6107	47:51	Julia Norman	Ryston Runners	Female	39	F	14	47:27	351
345	5139	47:53	Mark Nicholson		Male	306	M45	44	46:48	321
346	5373	47:55	Debbie Schwarz	West Norfolk Athletics Club	Female	40	F45	5	47:14	344
347	5237	47:55	Jonny Clark	Three Counties Running Club	Male	307	M40	38	46:55	330
348	6359	47:57	Simon Stafford Allen		Male	308	M35	48	46:51	325
349	1540	48:03	Ruaraidh Britton		Male	309	M	110	47:56	375
350	5743	48:04	Adam Beckett		Male	310	M45	45	47:13	343
351	4740	48:05	Brett Rix		Male	311	M	111	47:56	374
352	4790	48:06	Craig Wright		Male	312	M35	49	47:41	361
353	4579	48:07	Jack Parnell		Male	313	M	112	47:31	354
354	6374	48:08	Brendan Bourne		Male	314	M40	39	47:36	357
355	4049	48:10	Mark Ryan		Male	315	M50	33	47:11	341
356	4672	48:10	Craig Rogers	Dereham Runners & AC	Male	316	M35	50	47:39	359
357	5111	48:11	Matthew Freezer	Dereham Runners & AC	Male	317	M	113	47:38	358
358	4792	48:12	Andy Artess		Male	318	M	114	47:49	367
359	5956	48:16	Dave Allen	PB Fitness RC	Male	319	M40	40	47:40	360
360	5348	48:25	Nicky Jennings	Fenland Running Club	Female	41	F40	8	48:00	378
361	5449	48:26	Luke Ellis		Male	320	M	115	47:44	363
362	4833	48:29	Sam Kent		Male	321	M	116	47:59	377
363	4425	48:30	David Howlett		Male	322	M45	46	48:16	394
364	6427	48:30	James Crockett		Male	323	M35	51	48:00	379
365	5767	48:31	Steve Wheatley		Male	324	M55	20	48:11	389
366	4060	48:31	Jerry Green		Male	325	M50	34	48:00	380
367	4920	48:32	Liam Peart		Male	326	M	117	47:24	348
368	6351	48:33	Tim Shattock		Male	327	M35	52	48:07	386
369	4645	48:33	Matthew King		Male	328	M40	41	48:16	396
370	4337	48:34	Elizabeth Bastian		Female	42	F40	9	48:20	399
371	4336	48:34	Emma Wood		Female	43	F	15	48:13	392
372	5289	48:36	Lee Whyatt		Male	329	M	118	47:28	352
373	4481	48:36	Stuart Rhodes		Male	330	M	119	47:46	364
374	4487	48:36	Brandon Tarsey		Male	331	M	120	48:04	384
375	4942	48:38	Ash Anderson		Male	332	M	121	47:53	370

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	4964	48:38	Vicky Ellis		Female	44	F	16	47:53	372
377	6425	48:39	Matthew Bullock		Male	333	M	122	48:04	383
378	4175	48:39	Peter Bloom		Male	334	M	123	48:08	387
379	4121	48:41	Miles Thomas		Male	335	M45	47	48:13	391
380	4910	48:41	Nick Curtis		Male	336	M	124	47:50	368
381	4269	48:42	George Bower		Male	337	M	125	48:36	422
382	5231	48:45	Jake Jackson		Male	338	M	126	48:16	395
383	6320	48:45	Dave King		Male	339	M50	35	48:28	406
384	4626	48:46	Brian Black		Male	340	M55	21	48:04	382
385	4545	48:47	Stuart Deadman		Male	341	M	127	47:53	371
386	5799	48:47	Lynn Roberts	Cambridge & Coleridge AC	Female	45	F50	3	48:26	403
387	4346	48:49	Anthony Jolley		Male	342	M55	22	48:33	411
388	6392	48:51	Christopher Salmon		Male	343	M35	53	47:35	356
389	4362	48:53	Billy Overton		Male	344	M35	54	48:19	397
390	94	48:54	Jani Campbell		Female	46	F40	10	48:26	404
391	6073	48:55	Andrew Jakins		Male	345	M45	48	48:00	381
392	4070	48:55	Stuart Durham	Ryston Runners	Male	346	M	128	48:06	385
393	5055	48:55	Frances Rayner		Female	47	F45	6	48:23	402
394	6337	48:57	Paul Phillips		Male	347	M	129	47:48	365
395	5552	48:57	Steven Brown		Male	348	M	130	48:11	390
396	4617	48:57	Andrew Wilson		Male	349	M50	36	48:41	428
397	1884	49:01	Rob Slaski		Male	350	M50	37	47:48	366
398	1577	49:04	Simon Fields		Male	351	M45	49	48:36	420
399	5162	49:05	Stephen Clarke	Bushfield Joggers	Male	352	M45	50	47:44	362
400	6169	49:05	Christopher Worrall		Male	353	M50	38	48:41	427
401	6343	49:06	Arran Reeve		Male	354	M	131	47:57	376
402	5333	49:08	Harry Pratt	Three Counties Running Club	Male	355	M	132	48:09	388
403	4180	49:09	Elliot Branford		Male	356	M	133	48:34	413
404	4786	49:10	Jan Knight		Male	357	M40	42	48:35	419
405	6091	49:11	David Cullen		Male	358	M55	23	48:35	418
406	6375	49:12	Ash Bower		Male	359	M	134	49:02	450
407	4886	49:13	Martin Blackburn	Ryston Runners	Male	360	M55	24	48:54	443
408	5707	49:14	Poppy Arnold-Sargeant	Bure Valley Harriers	Female	48	F	17	48:36	421
409	6386	49:15	Luke Kerr		Male	361	M	135	49:04	452
410	6149	49:15	Lisa Redman	Newmarket Joggers	Female	49	F40	11	48:35	417
411	5948	49:16	David Martin		Male	362	M60	12	48:45	434
412	4713	49:16	Dave Grimes		Male	363	M45	51	48:42	429
413	4416	49:17	Andrew McNamara	Ryston Runners	Male	364	M45	52	47:55	373
414	4648	49:18	Sam Turpin		Male	365	M	136	48:42	430
415	5689	49:20	Julie Dougty		Female	50	F45	7	48:40	426
416	4201	49:20	Daniel Howlett		Male	366	M	137	48:44	433
417	4462	49:22	Mark Collins		Male	367	M35	55	48:55	444
418	4592	49:23	Jackie Wrout		Female	51	F50	4	48:51	438
419	6303	49:23	Richard Fussell		Male	368	M35	56	48:20	398
420	4913	49:23	Matthew Eldridge		Male	369	M	138	48:40	424
421	5550	49:24	James Sharman		Male	370	M40	43	47:51	369
422	5916	49:26	John Gooch		Male	371	M50	39	48:59	445
423	4412	49:27	Leyton Dempsey		Male	372	M40	44	48:20	400
424	5077	49:27	Anwar Ali		Male	373	M40	45	49:05	453
425	5153	49:27	Shane Goldsmith		Male	374	M45	53	48:52	440
426	4411	49:28	Kevin Whitby		Male	375	M35	57	48:53	441
427	4492	49:29	Matthew Jennings		Male	376	M	139	48:35	415
428	6228	49:30	Luke Minshall		Male	377	M50	40	49:02	451
429	4541	49:30	Gemma Wright		Female	52	F35	10	48:50	437
430	6280	49:31	Steven Burge		Male	378	M40	46	48:37	423
431	4068	49:33	Irena Marcinek		Female	53	F35	11	48:44	432
432	4821	49:34	Nigel Fisher		Male	379	M45	54	49:07	456
433	4900	49:36	Catherine Shona Simpson		Female	54	F40	12	49:02	448
434	4523	49:36	Sam Judd		Male	380	M	140	48:29	408
435	5930	49:38	Craig Gage		Male	381	M	141	48:34	414
436	5170	49:40	David Collin		Male	382	M50	41	49:18	474
437	4166	49:40	Jody Rolfe		Male	383	M35	58	48:34	412
438	4475	49:40	Maureen Wolfe	Ryston Runners	Female	55	F55	3	49:14	465
439	5442	49:40	Thomas Brennan		Male	384	M45	55	48:21	401
440	4667	49:41	Suzanne Nelson		Female	56	F45	8	49:00	446
441	6291	49:41	Adam Dye		Male	385	M	142	49:22	476
442	4371	49:41	Ian Taylor		Male	386	M35	59	49:18	473
443	5232	49:42	Colin Hewes	UKnetrunner.co.UK	Male	387	M60	13	49:30	497
444	4206	49:42	Andrew Tsang		Male	388	M45	56	49:13	462
445	5793	49:42	Oliver Morgan		Male	389	M35	60	48:16	393
446	5752	49:43	Sam Carpenter		Male	390	M	143	49:05	454
447	4287	49:44	Graeme Cooper		Male	391	M35	61	48:26	405
448	5592	49:48	Paul Smith	Norwich Road Runners	Male	392	M45	57	48:31	409
449	5591	49:48	Claire Smith	Norwich Road Runners	Female	57	F45	9	48:31	410
450	5375	49:49	Nigel Marlow		Male	393	M55	25	49:02	449

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	4047	49:50	Gerry Leverett		Male	394	M	144	48:48	436
452	5446	49:50	Hannah Stone	Bure Valley Harriers	Female	58	F	18	49:21	475
453	5457	49:50	Philip Websdale	Dereham Runners & AC	Male	395	M40	47	49:17	470
454	5428	49:50	Malcolm Fisher	Dereham Runners & AC	Male	396	M35	62	49:30	495
455	4348	49:50	Joseph Pembery		Male	397	M	145	49:18	472
456	4625	49:51	Jamie McRann	West Norfolk AC	Male	398	M40	48	49:26	488
457	5121	49:51	Justeene Hammond		Female	59	F45	10	49:35	505
458	5120	49:51	Joseph Hammond		Male	399	M	146	49:35	503
459	5090	49:52	Harry Fletcher		Male	400	M	147	49:09	459
460	4069	49:55	Bruce Reeve		Male	401	M	148	49:16	468
461	5038	49:55	Richard Evans		Male	402	M	149	48:52	439
462	4279	49:55	Alex Peart		Female	60	F	19	48:28	407
463	4925	49:56	Mark Garrett		Male	403	M45	58	49:15	466
464	6075	49:56	Chris Harding		Male	404	M	150	49:17	471
465	6421	49:57	Marc Williams		Male	405	M35	63	49:29	493
466	4285	49:58	Christopher Parnhan		Male	406	M45	59	49:09	458
467	1599	49:59	Paul Stables		Male	407	M40	49	48:35	416
468	6422	50:00	David Fermer		Male	408	M	151	49:28	492
469	6384	50:00	Dale Hornsby		Male	409	M35	64	49:29	494
470	5896	50:00	Ian Bruce		Male	410	M45	60	49:14	463
471	4614	50:01	Wayne Gayton		Male	411	M	152	49:23	479
472	4383	50:02	Sam Hewitt		Male	412	M	153	49:27	490
473	5536	50:03	Simon Carnell		Male	413	M45	61	48:44	431
474	5252	50:04	Filipe Silva		Male	414	M	154	49:41	521
475	6275	50:05	Steve Bennington		Male	415	M45	62	49:36	507
476	5554	50:06	Ruth Gaunt	Norwich Road Runners	Female	61	F50	5	49:24	481
477	4179	50:06	John Bowen		Male	416	M45	63	49:43	526
478	4148	50:06	Matthew Scoles		Male	417	M45	64	49:39	513
479	5888	50:08	Jane Williams		Female	62	F35	12	49:08	457
480	4243	50:08	Ian Smith		Male	418	M40	50	49:40	520
481	4087	50:09	Mark Breeze		Male	419	M35	65	49:40	518
482	5403	50:09	Dave Lawrence	Three Counties Running Club	Male	420	M	155	49:54	538
483	5558	50:10	Christopher Groves	Absolute Tri	Male	421	M65	6	48:54	442
484	5047	50:11	Jerry Rose		Male	422	M50	42	49:40	517
485	4791	50:12	Alan McAleer		Male	423	M35	66	49:16	467
486	4704	50:13	Steve Eke		Male	424	M50	43	49:39	516
487	5710	50:13	Paul Smithson		Male	425	M50	44	49:14	464
488	5791	50:14	James O'Grady		Male	426	M40	51	49:35	506
489	6264	50:16	Claire Tolladay		Female	63	F35	13	49:01	447
490	5328	50:16	Nick Osborn		Male	427	M45	65	49:42	524
491	4655	50:16	Adrian Allen		Male	428	M45	66	49:39	515
492	5606	50:17	Graham Hardingham	Norfolk Gazelles AC	Male	429	M55	26	49:54	540
493	4635	50:18	Antony Leigh		Male	430	M50	45	49:36	509
494	4486	50:18	Samantha Stringer		Female	64	F35	14	48:47	435
495	6299	50:20	Chris Fisher		Male	431	M	156	49:39	514
496	4164	50:20	Matthew Taylor		Male	432	M45	67	43:50	189
497	4912	50:20	William Witting		Male	433	M	157	49:11	461
498	6214	50:20	Anita Mussett	Colchester Harriers AC	Female	65	F45	11	49:49	533
499	4074	50:21	Luke Croucher		Male	434	M	158	49:34	502
500	4040	50:21	Martyn Bond		Male	435	M	159	49:50	534
501	4780	50:21	Graham Spark		Male	436	M50	46	49:25	484
502	4435	50:22	Stephen Brooks		Male	437	M55	27	49:45	530
503	5614	50:22	Richard Peters		Male	438	M40	52	49:27	491
504	5812	50:22	David James		Male	439	M45	68	49:25	486
505	5865	50:23	Andrew Maley		Male	440	M	160	49:25	485
506	4636	50:23	Beth Shaw		Female	66	F	20	49:32	500
507	5566	50:24	Tim Woods	Norfolk Gazelles AC	Male	441	M55	28	50:05	553
508	1652	50:24	Chris Theaker		Male	442	M35	67	49:32	499
509	4914	50:25	Kieran Gilbert		Male	443	M	161	49:59	548
510	4698	50:26	George Pettit		Male	444	M	162	49:06	455
511	4355	50:27	Jack Massingham		Male	445	M	163	49:47	531
512	4356	50:27	Ray Massingham		Male	446	M65	7	49:47	532
513	5211	50:28	Darren Burgess		Male	447	M40	53	49:44	528
514	5819	50:28	Adrian Scaites-Stokes	Ely Runners	Male	448	M55	29	49:24	480
515	5543	50:29	Karl Pitkin		Male	449	M	164	49:45	529
516	4063	50:29	Alan Colby		Male	450	M35	68	49:35	504
517	6122	50:29	Nick Overy		Male	451	M45	69	49:43	527
518	1503	50:30	Steven White		Male	452	M35	69	49:16	469
519	4110	50:30	James Heron		Male	453	M40	54	49:37	510
520	4747	50:31	Ashley Mayes		Male	454	M	165	49:38	511
521	4982	50:31	Ben Beech		Male	455	M	166	49:11	460
522	1593	50:33	Stephen Southern		Male	456	M50	47	49:25	483
523	5625	50:34	Mike Jolly		Male	457	M45	70	49:41	522
524	4526	50:35	Andrew Reeve		Male	458	M	167	49:23	478
525	1511	50:36	Dino Beech		Male	459	M40	55	50:14	559



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	6368	50:36	Cailum Wilson		Male	460	M	168	49:30	496
527	6281	50:38	Scott Burrell		Male	461	M	169	49:39	512
528	4398	50:38	Isaac Diwa		Male	462	M40	56	49:57	543
529	4438	50:39	Linda Marshall	Ryston Runners	Female	67	F50	6	50:12	558
530	4505	50:40	Gary Ward		Male	463	M50	48	49:40	519
531	5332	50:41	Gary Pratt	Three Counties Running Club	Male	464	M45	71	49:42	523
532	5542	50:42	Robert Jones		Male	465	M40	57	50:17	560
533	4009	50:42	Vince McNiffe	Sleaford Striders AC	Male	466	M50	49	49:25	482
534	4062	50:42	Jack Boykew		Male	467	M	170	49:55	541
535	4351	50:43	Ciara Morris		Female	68	F	21	50:00	549
536	4684	50:44	Mark Germany		Male	468	M40	58	49:26	487
537	4007	50:44	Alan Buckberry	Sleaford Striders AC	Male	469	M65	8	50:05	552
538	6003	50:45	Malcolm Senior		Male	470	M65	9	50:04	551
539	5901	50:46	Malcolm Jones		Male	471	M55	30	49:27	489
540	4666	50:46	Rachel Fox		Female	69	F40	13	49:53	536
541	5519	50:49	Vicky Jones	Norwich Road Runners	Female	70	F35	15	49:32	498
542	4485	50:50	Ben Talbot-Williams		Male	472	M	171	47:05	337
543	4030	50:51	Graham Riddell	Sleaford Striders AC	Male	473	M55	31	50:05	554
544	5137	50:51	Mark Wright		Male	474	M	172	49:58	546
545	5660	50:52	Becky Garratt	North Norfolk Beach Runners	Female	71	F35	16	49:57	542
546	6132	50:53	John Hirst		Male	475	M50	50	49:51	535
547	5396	50:57	David Briars		Male	476	M45	72	50:03	550
548	5725	50:57	Matt Howes	Norwich Road Runners	Male	477	M40	59	49:53	537
549	5048	50:58	Liam Thompson		Male	478	M	173	50:30	572
550	5786	50:58	Robert Winner	Wymondham AC	Male	479	M45	73	50:18	563
551	4652	50:59	Ray Hunt		Male	480	M	174	48:40	425
552	1653	51:02	John Moore		Male	481	M45	74	49:36	508
553	5098	51:03	Rigil Kent		Male	482	M40	60	50:18	561
554	6241	51:04	James Godwin		Male	483	M	175	50:42	585
555	6129	51:04	Howard Harper		Male	484	M45	75	49:33	501
556	5976	51:07	Ian Holmes		Male	485	M40	61	50:50	592
557	4005	51:08	Mark Page	Sleaford Striders AC	Male	486	M40	62	49:58	545
558	4329	51:09	Carl Tipling		Male	487	M35	70	50:33	575
559	4267	51:10	Craig Dunbar		Male	488	M	176	50:05	555
560	6321	51:11	Phil King		Male	489	M60	14	50:29	571
561	5287	51:13	Ian King	Fenland Running Club	Male	490	M45	76	50:55	602
562	5393	51:13	Josh Kierman		Male	491	M	177	50:05	556
563	5532	51:15	Ben Wilson		Male	492	M50	51	49:22	477
564	4721	51:15	Martin Williams		Male	493	M45	77	50:34	576
565	4408	51:17	Chris Ghent		Male	494	M	178	50:49	591
566	4071	51:18	Julija Kova		Female	72	F	22	50:11	557
567	4773	51:20	Chris Chapman	Ryston Runners	Male	495	M60	15	50:56	605
568	5385	51:20	Andrew Carson		Male	496	M	179	50:23	565
569	5383	51:20	Lewis Tibbs		Male	497	M	180	50:23	566
570	4972	51:24	Teilo Pearce	March AC	Male	498	M35	71	50:27	569
571	4705	51:24	Paul Waterson		Male	499	M	181	50:42	584
572	5071	51:24	Martin Hayes		Male	500	M40	63	50:55	604
573	6008	51:25	Andrew Carter		Male	501	M	182	50:32	574
574	6142	51:27	Claudius Hempstead		Male	502	M60	16	50:28	570
575	6151	51:27	Claire Myers		Female	73	F45	12	50:44	587
576	5995	51:27	Edward Porcher		Male	503	M45	78	50:25	568
577	6332	51:29	Samuel Mount		Male	504	M	183	50:38	579
578	4171	51:30	Stephen Yates		Male	505	M	184	49:57	544
579	4811	51:33	Chris Levy		Male	506	M40	64	51:05	621
580	6020	51:35	Adam Melton		Male	507	M	185	50:54	601
581	1579	51:36	Matt Wood		Male	508	M40	65	51:15	627
582	5356	51:36	Mark Rose		Male	509	M50	52	50:56	607
583	4856	51:37	Andrew McNulty		Male	510	M45	79	51:19	632
584	6002	51:37	Simon Kimmins	Wingerworth Wobblers	Male	511	M55	32	50:56	608
585	5626	51:38	Steve Gowing		Male	512	M60	17	50:23	567
586	5097	51:38	Kelly Dennis		Female	74	F35	17	50:51	596
587	5095	51:38	David Eastwood		Male	513	M40	66	50:52	599
588	6021	51:40	Adam Carter		Male	514	M	186	50:48	590
589	4501	51:40	Colin Farrow		Male	515	M35	72	51:32	646
590	4922	51:40	Wayne Jackson		Male	516	M45	80	50:31	573
591	6031	51:41	Adrian Hall		Male	517	M40	67	50:40	580
592	4601	51:41	Ali Borrman		Female	75	F	23	50:18	562
593	5292	51:42	Steven Busby		Male	518	M50	53	51:04	619
594	87	51:43	Andrew Hyde		Male	519	M35	73	50:36	578
595	4503	51:43	Richard Gray		Male	520	M60	18	50:41	583
596	5526	51:44	Lee Kristensen		Male	521	M35	74	49:43	525
597	4340	51:45	Lizzie Parry		Female	76	F	24	50:56	609
598	1518	51:46	Matt Rowley		Male	522	M	187	51:30	645
599	5132	51:47	Nick Arnst		Male	523	M	188	51:24	639
600	5998	51:48	Clare Robinson		Female	77	F40	14	50:44	589

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	1547	51:48	Jamie Nellist		Male	524	M	189	51:32	647
602	4596	51:51	Graham Osborne		Male	525	M45	81	50:40	581
603	5623	51:52	Colin Alford		Male	526	M50	54	50:50	595
604	5669	51:52	Matt Harmer	North Norfolk Beach Runners	Male	527	M	190	51:01	612
605	4168	51:52	Stephanie Gray		Female	78	F	25	50:50	594
606	6335	51:54	Jit Patel		Male	528	M60	19	51:02	615
607	4109	51:55	David Beardall		Male	529	M	191	51:08	623
608	4473	51:56	Karen Collins		Female	79	F40	15	49:54	539
609	5631	51:56	Clement Rouillard		Male	530	M35	75	51:22	636
610	4307	51:57	Christopher Milnes	Ryston Runners	Male	531	M55	33	51:12	625
611	4560	51:57	Stuart Marsden		Male	532	M	192	51:04	618
612	6024	52:00	Dave Benstead		Male	533	M50	55	51:07	622
613	5677	52:01	Richard Grant	Lincoln & District Runners	Male	534	M45	82	51:02	614
614	5984	52:04	Paul Catlow		Male	535	M45	83	51:21	633
615	6225	52:04	Carl Collins		Male	536	M40	68	51:13	626
616	5315	52:05	Martin Rowell		Male	537	M45	84	51:02	616
617	5314	52:05	Pam Reynolds	Fenland Running Club	Female	80	F45	13	51:03	617
618	6023	52:06	Martin Carter	Grantham Running Club	Male	538	M	193	50:55	603
619	4011	52:07	John Hutton	Sleaford Striders AC	Male	539	M40	69	51:47	664
620	4629	52:08	Andy Doyle		Male	540	M45	85	51:34	650
621	6301	52:08	Georgia Freeman		Female	81	F	26	50:43	586
622	4242	52:09	Ryan Bensley		Male	541	M	194	51:39	658
623	5336	52:10	Amy Baxter		Female	82	F35	18	51:26	641
624	6069	52:10	Jon Gibbs		Male	542	M45	86	51:01	613
625	5441	52:12	Simon Bullimore		Male	543	M35	76	51:29	643
626	5440	52:12	Laura Bullimore		Female	83	F	27	51:29	642
627	5630	52:13	Leon Carrara		Male	544	M55	34	50:20	564
628	4983	52:14	Alasdair Walton		Male	545	M40	70	50:56	606
629	5453	52:14	Matthew Johnson		Male	546	M	195	50:52	597
630	5803	52:14	Chris Poultney	Fetch Everyone	Male	547	M40	71	51:22	638
631	4281	52:15	Bryan Freeman		Male	548	M45	87	51:38	655
632	6163	52:16	Mark Avery	Ipswich Jaffa RC	Male	549	M50	56	51:21	635
633	5147	52:16	Donovan Bunten		Male	550	M40	72	50:57	611
634	6195	52:18	Stephen Atkins	Biggleswade AC	Male	551	M60	20	50:57	610
635	4345	52:19	Colin George		Male	552	M	196	51:44	661
636	4221	52:19	Sarah Pemberton		Female	84	F40	16	51:39	659
637	5360	52:20	Mark Mattless		Male	553	M40	73	51:36	652
638	1641	52:20	Antony Sheriff		Male	554	M50	57	51:50	668
639	5507	52:21	Garry Hobart	North Norfolk Beach Runners	Male	555	M50	58	51:51	669
640	4125	52:21	Chris Tyler		Male	556	M	197	51:16	629
641	5977	52:21	James King		Male	557	M	198	51:38	656
642	5555	52:24	Chris Baldwin		Male	558	M35	77	51:05	620
643	5304	52:25	Jane Greenwood	Fenland Running Club	Female	85	F60	2	51:21	634
644	4138	52:26	Tony Major		Male	559	M	199	50:52	598
645	4971	52:26	Jon Long	March AC	Male	560	M40	74	51:12	624
646	6236	52:27	Alan Johns	Wadhurst Runners	Male	561	M40	75	50:50	593
647	4706	52:28	Martin Schrooder		Male	562	M45	88	51:15	628
648	4628	52:29	Jeffrey Reed	Ryston Runners	Male	563	M70	3	51:46	663
649	4294	52:29	Ben Foxwell		Male	564	M	200	52:04	680
650	5082	52:30	Bradley Boyd		Male	565	M45	89	51:24	640
651	5056	52:30	Peter Waterfield		Male	566	M50	59	52:10	684
652	6328	52:30	Peter McCarthy		Male	567	M	201	49:59	547
653	5985	52:31	Ian Starbuck	Sleaford Striders AC	Male	568	M60	21	51:44	662
654	5395	52:32	John Welbourn		Male	569	M55	35	50:53	600
655	4413	52:33	Louise Franklin		Female	86	F35	19	52:02	678
656	6055	52:33	Przemyslaw Walusiak		Male	570	M35	78	50:44	588
657	4127	52:33	Wesley Houghton		Male	571	M	202	52:02	679
658	5580	52:35	Matt Rump		Male	572	M	203	51:18	630
659	5444	52:39	Mark Smith		Male	573	M50	60	51:29	644
660	4388	52:39	Clayton Wong		Male	574	M	204	51:22	637
661	6150	52:40	Jason Callcutt		Male	575	M45	90	51:56	672
662	4928	52:40	Simone Brammer		Female	87	F40	17	51:33	649
663	5520	52:41	Samantha Appleyard-Smith		Female	88	F40	18	50:36	577
664	4643	52:42	Wendy Fisher	Ryston Runners	Female	89	F50	7	52:08	682
665	6369	52:44	Stephen Wiseman		Male	576	M50	61	51:47	665
666	4349	52:44	Michael Pembery		Male	577	M50	62	52:11	685
667	5665	52:44	Hazel Wray	North Norfolk Beach Runners	Female	90	F45	14	50:41	582
668	5795	52:45	Bobbie Sauerzapf	Bungay Black Dog RC	Female	91	F55	4	51:37	654
669	5124	52:46	Josh MacKie		Male	578	M	205	52:11	686
670	5009	52:47	John Sayer		Male	579	M35	79	51:33	648
671	5683	52:49	Mike Ottley		Male	580	M70	4	52:07	681
672	5758	52:51	Steve Bradley	Wymondham AC	Male	581	M60	22	51:56	673
673	5045	52:52	Tom Spencer		Male	582	M	206	52:35	716
674	5881	52:52	John Munday		Male	583	M50	63	51:57	675
675	5167	52:55	Simon Phillips		Male	584	M45	91	51:55	671



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	5065	52:57	Ben Penfold		Male	585	M	207	52:13	688
677	5033	52:57	Alex Batt		Male	586	M	208	52:13	689
678	4927	52:58	Tony Chisam		Male	587	M40	76	51:35	651
679	4442	53:02	Emma Cuthell		Female	92	F	28	52:16	693
680	4054	53:06	Michael Brodie		Male	588	M35	80	52:31	713
681	4867	53:10	Jon Duncan		Male	589	M40	77	52:20	700
682	4739	53:11	Judith Berry		Female	93	F40	19	52:12	687
683	4873	53:11	Tom Lockwood		Male	590	M	209	51:49	667
684	5208	53:12	Rebecca Burrell		Female	94	F	29	52:32	714
685	4572	53:13	Gary Newstead		Male	591	M45	92	51:49	666
686	5658	53:13	Karen Bell		Female	95	F35	20	52:17	695
687	4507	53:14	Tamlin Hegarty		Female	96	F40	20	52:20	701
688	6056	53:15	Keith Stanley		Male	592	M60	23	51:37	653
689	5553	53:15	Alex Gaunt	Norwich Road Runners	Male	593	M45	93	52:21	702
690	4632	53:17	Helen Procter		Female	97	F50	8	52:45	724
691	4196	53:19	Jason Hawes	Ryston Runners	Male	594	M45	94	52:37	718
692	4728	53:19	Adam Hitchcock		Male	595	M	210	52:52	734
693	4010	53:19	Jekaterina Hutton	Sleaford Striders AC	Female	98	F	30	52:15	692
694	5143	53:19	Greg Rowe		Male	596	M50	64	52:34	715
695	6182	53:20	Kayleigh Bailey	Thetford AC	Female	99	F	31	52:23	705
696	52	53:23	Jason Cannon		Male	597	M45	95	52:14	690
697	5081	53:23	Bobbie-Jo Boyd		Female	100	F40	21	52:53	737
698	5306	53:24	Damon Lloyd		Male	598	M35	81	51:40	660
699	4276	53:26	Matthew Cornwell		Male	599	M	211	51:58	676
700	4766	53:28	Nicola Andrewartha		Female	101	F	32	52:21	703
701	4038	53:29	Siāgn White	Ramsey Road Runners	Female	102	F45	15	52:24	708
702	5994	53:29	Marcus Synan	Witham Runners	Male	600	M40	78	52:19	698
703	4547	53:30	John Bolderstone		Male	601	M45	96	52:24	709
704	5645	53:30	Paul Taylor	Coltishall Jaguars RC	Male	602	M50	65	52:01	677
705	5922	53:31	Sean Dyer		Male	603	M	212	52:20	699
706	5990	53:31	Michael Poole		Male	604	M35	82	52:53	741
707	6260	53:32	Paul Westwood	Tone Zone Runners	Male	605	M60	24	52:19	697
708	5986	53:32	Steven Hollingworth		Male	606	M45	97	52:51	732
709	4956	53:33	Julie Campbell		Female	103	F35	21	52:23	706
710	5565	53:34	Emily Smith	Tri-Anglia Triathlon Club	Female	104	F40	22	52:14	691
711	5809	53:34	Adam Gledhill		Male	607	M	213	52:09	683
712	4019	53:34	Tracey Dickinson	Sleaford Striders AC	Female	105	F45	16	52:29	711
713	5108	53:34	Steve Collins		Male	608	M40	79	52:28	710
714	4092	53:35	Stephen De'Ath		Male	609	M40	80	52:45	723
715	5893	53:36	Christine Czerwonka		Female	106	F35	22	52:18	696
716	4906	53:37	Oliver Jones		Male	610	M	214	52:30	712
717	99	53:37	Claire Evans		Female	107	F40	23	51:39	657
718	5051	53:38	Tim Ryan		Male	611	M40	81	52:49	729
719	5370	53:40	Nicola Buttriss		Female	108	F40	24	52:42	719
720	5311	53:40	Robert Elbury		Male	612	M40	82	52:42	720
721	4851	53:47	Stephen Hussey		Male	613	M45	98	51:57	674
722	4291	53:47	Melanie Heeley		Female	109	F40	25	53:16	760
723	4782	53:48	Jason Buet		Male	614	M45	99	53:01	747
724	4061	53:51	Sean Hozier		Male	615	M	215	51:19	631
725	6016	53:51	Cliff Driscoll		Male	616	M45	100	52:17	694
726	4953	53:52	Mark Sleath		Male	617	M50	66	52:50	731
727	1551	53:53	David Palethorpe		Male	618	M35	83	53:20	765
728	6127	53:55	Joseph Stacey		Male	619	M	216	51:52	670
729	4931	53:56	David Robertson		Male	620	M	217	52:22	704
730	4288	53:56	Kelly Gray		Female	110	F35	23	53:22	768
731	5119	53:57	David Plumtree		Male	621	M45	101	52:49	728
732	4023	54:01	Dawn Bailey	Sleaford Striders AC	Female	111	F45	17	52:52	735
733	4033	54:04	Sharon Rodgers		Female	112	F	33	52:24	707
734	5639	54:04	Jonathan Foot	Bure Valley Harriers	Male	622	M55	36	53:11	754
735	4403	54:06	Gary Whitby	Ryston Runners	Male	623	M45	102	52:53	738
736	4919	54:07	Joanne Hornigold		Female	113	F50	9	53:18	762
737	5756	54:08	Amy Grewe		Female	114	F	34	52:53	740
738	5500	54:09	Seb Moore		Male	624	M65	10	52:54	742
739	5246	54:09	Leanne Hitchin		Female	115	F40	26	52:48	726
740	5512	54:10	Liz Jones	Norwich Road Runners	Female	116	F35	24	52:53	736
741	6357	54:11	Stewart South		Male	625	M65	11	52:59	746
742	6405	54:11	Mark Grover		Male	626	M45	103	52:50	730
743	5372	54:11	Matthew Hunter		Male	627	M40	83	52:45	722
744	4752	54:12	Anna Frammingham		Female	117	F35	25	52:54	743
745	5734	54:14	Nick Riches		Male	628	M55	37	52:52	733
746	4157	54:15	Larry Russen		Male	629	M60	25	53:15	757
747	4622	54:15	Sarah Ellis		Female	118	F40	27	53:35	787
748	4663	54:17	Andrew Dewing		Male	630	M35	84	53:11	752
749	5299	54:19	Tracey Else	Three Counties Running Club	Female	119	F40	28	53:35	785
750	5838	54:19	Robin Utting		Male	631	M50	67	52:36	717



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	5824	54:19	Sarah Piotrowski		Female	120	F35	26	52:48	725
752	4715	54:20	Barney Holland		Male	632	M	218	53:08	748
753	4151	54:21	Daniel Moore		Male	633	M	219	53:26	771
754	4203	54:21	Mick Yates		Male	634	M50	68	53:19	764
755	4898	54:22	John Stacey		Male	635	M	220	52:43	721
756	4823	54:24	Grant Foster		Male	636	M	221	52:57	744
757	5785	54:24	Julie Winner	Wymondham AC	Female	121	F45	18	53:11	753
758	5780	54:26	Dave Lines	Tri-Anglia Triathlon Club	Male	637	M45	104	53:10	750
759	4777	54:27	Anna Carter		Female	122	F55	5	53:38	791
760	6306	54:29	Matthew Gill		Male	638	M	222	53:08	749
761	5971	54:29	Andy Stubbings		Male	639	M45	105	53:21	767
762	4876	54:29	Ian Pridham		Male	640	M45	106	53:26	772
763	4088	54:29	Linus Marray-Woods		Male	641	M45	107	53:29	776
764	4564	54:31	Sophie De Winton		Female	123	F50	10	53:15	758
765	4064	54:31	Stephen Halls		Male	642	M45	108	53:10	751
766	5853	54:32	Gwen Graves	Ely Runners	Female	124	F55	6	54:01	823
767	5638	54:34	Emma Fox	Bure Valley Harriers	Female	125	F	35	53:56	812
768	5474	54:35	Rick Bennett		Male	643	M	223	53:23	770
769	4608	54:35	Ian Hoddy		Male	644	M	224	53:50	800
770	4552	54:35	Matthew Garrard		Male	645	M	225	53:33	778
771	5861	54:35	Joanne Allsebrook		Female	126	F	36	53:37	790
772	4768	54:36	Richard Chalkley		Male	646	M60	26	53:21	766
773	4465	54:36	Stewart Green		Male	647	M35	85	54:06	827
774	4084	54:37	Martyn Barker		Male	648	M	226	53:26	773
775	5353	54:37	Scott Green		Male	649	M35	86	53:35	784
776	4059	54:38	Keith Morris	Ryston Runners	Male	650	M55	38	54:00	822
777	4724	54:40	Mark Simpson		Male	651	M45	109	53:39	792
778	4263	54:41	Marie Doughty		Female	127	F40	29	53:52	804
779	5845	54:41	Madeleine King		Female	128	F35	27	53:42	794
780	4941	54:43	Graeme Dedman		Male	652	M45	110	53:16	759
781	4024	54:43	Dawn Bailey		Female	129	F45	19	53:34	781
782	5844	54:45	Simon Gow		Male	653	M50	69	53:50	798
783	4426	54:45	Emma Thompson	Ryston Runners	Female	130	F35	28	53:57	815
784	4529	54:45	Karen Wood	Ryston Runners	Female	131	F50	11	53:57	816
785	92	54:45	Kelly De-Gol		Female	132	F35	29	53:57	817
786	4176	54:46	Cliff Gosling		Male	654	M55	39	54:39	870
787	5828	54:48	James Lee		Male	655	M45	111	53:17	761
788	4710	54:48	Aidan Clarkson		Male	656	M	227	53:12	755
789	4120	54:48	Emma Peak		Female	133	F	37	53:43	795
790	5240	54:49	Paula Russell		Female	134	F40	30	53:48	796
791	5443	54:50	Dan Smith		Male	657	M	228	53:40	793
792	4194	54:50	Erica Laws		Female	135	F45	20	53:54	807
793	5883	54:51	Sarah Coulter		Female	136	F45	21	53:51	801
794	5041	54:52	David Lane	Ryston Runners	Male	658	M50	70	53:34	779
795	5438	54:52	Daniel Green		Male	659	M35	87	53:35	786
796	4080	54:54	Gabriel Deacon-Mendez		Male	660	M	229	53:49	797
797	4642	54:55	Victoria Howell		Female	137	F35	30	53:13	756
798	6380	54:55	Thomas Foy		Male	661	M	230	53:55	810
799	6336	54:55	Connor Phillips		Male	662	M	231	53:22	769
800	4550	54:56	Claire Southgate		Female	138	F45	22	53:54	809
801	6412	54:56	Paul Bryan		Male	663	M45	112	53:34	780
802	4875	54:57	George Lawrence	Three Counties Running Club	Male	664	M	232	53:51	802
803	4077	54:59	Karolina Bruska		Female	139	F35	31	53:56	813
804	4324	55:00	Gary Hannam		Male	665	M	233	54:25	853
805	4955	55:01	Tina Lambert	March AC	Female	140	F40	31	53:34	782
806	4613	55:01	Duncan Garrick		Male	666	M40	84	54:35	866
807	5343	55:06	Samantha Lyddiatt	Fenland Running Club	Female	141	F45	23	54:02	824
808	4838	55:07	Trevor Richardson		Male	667	M40	85	54:00	821
809	4357	55:07	Bethany Harper		Female	142	F	38	54:08	830
810	6071	55:08	Alan Hurst		Male	668	M55	40	54:15	843
811	4169	55:08	Philip Kenyon		Male	669	M65	12	54:12	837
812	5317	55:08	Joice Bandoquillo Showell	March AC	Female	143	F35	32	53:28	774
813	4519	55:09	Tim Gower		Male	670	M55	41	54:32	861
814	4515	55:09	Nigel Kelk		Male	671	M50	71	54:32	862
815	5076	55:09	Katie Ogden		Female	144	F	39	54:06	826
816	5609	55:10	Garry Ward		Male	672	M60	27	53:55	811
817	6080	55:12	Jody Raggo		Male	673	M35	88	53:50	799
818	5093	55:12	Andy Bazeley-Smith		Male	674	M40	86	53:59	819
819	4543	55:13	Richard Williams		Male	675	M55	42	54:16	845
820	1633	55:14	Steve Spencer		Male	676	M35	89	53:36	789
821	5091	55:17	Caroline Tiller	Ramsey Road Runners	Female	145	F40	32	54:16	846
822	5334	55:17	Tracy Pratt	Three Counties Running Club	Female	146	F45	24	53:59	818
823	6263	55:18	Sarah Passmore		Female	147	F	40	54:26	854
824	6106	55:19	Russell Brett		Male	677	M45	113	54:06	828
825	6289	55:20	Heidi Dawson		Female	148	F	41	54:32	858

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	6288	55:20	Andrew Dawson		Male	678	M35	90	54:32	859
827	4397	55:20	Joe Harvey		Male	679	M	234	54:19	849
828	6372	55:22	Jamie Armstrong		Male	680	M35	91	52:49	727
829	4058	55:23	Miro Svidron		Male	681	M45	114	52:58	745
830	4753	55:23	Nicky Howard		Female	149	F45	25	54:11	835
831	5535	55:25	Iain White		Male	682	M65	13	54:09	831
832	6330	55:27	Heidi McWade		Female	150	F35	33	53:54	806
833	4767	55:29	Jenny Chalkley		Female	151	F60	3	54:14	841
834	4439	55:29	Amy Fox		Female	152	F	42	53:59	820
835	5036	55:31	Sian Law		Female	153	F	43	53:52	803
836	4595	55:33	Pauline Sparrow	Ryston Runners	Female	154	F65	1	55:06	903
837	5242	55:35	Sarah Melton-Whitelam	Three Counties Running Club	Female	155	F35	34	54:14	842
838	6266	55:37	Matthew Gaisford		Male	683	M40	87	53:30	777
839	5960	55:37	Jonathan Bathe	Hartlepool Burn Road Harriers	Male	684	M40	88	54:11	836
840	4771	55:38	Bethany Brown		Female	156	F	44	54:43	875
841	5952	55:38	Brianne Turner	Bury Athletic Club	Female	157	F	45	54:42	874
842	4551	55:38	Julie Garrard		Female	158	F45	26	54:36	868
843	4986	55:38	Jenny Rotella		Female	159	F55	7	54:22	850
844	4943	55:39	Karen Dando	March AC	Female	160	F45	27	54:12	838
845	5392	55:39	Serena Garner		Female	161	F35	35	55:01	897
846	4935	55:40	Jane Perham		Female	162	F45	28	55:07	905
847	6234	55:41	Simon Gaisford		Male	685	M45	115	53:57	814
848	5742	55:41	Roderick Main	Tri-Anglia Triathlon Club	Male	686	M50	72	52:53	739
849	4759	55:41	Stephen Short		Male	687	M50	73	54:13	839
850	5940	55:42	Julian Johnson-Munday		Male	688	M55	43	54:10	834
851	4583	55:43	Philip Paddy		Male	689	M35	92	54:49	880
852	5251	55:43	Paddy Thompson	Ryston Runners	Male	690	M45	116	54:55	891
853	5107	55:44	Karen Butler		Female	163	F50	12	55:18	918
854	5074	55:44	Tina Cawkwell		Female	164	F50	13	55:18	919
855	5250	55:45	Gemma Morley		Female	165	F	46	54:57	894
856	5063	55:45	Edwin Hurrell		Male	691	M35	93	53:54	808
857	5488	55:46	Caroline Stacey	North Norfolk Beach Runners	Female	166	F40	33	54:50	883
858	5236	55:47	Jodie Clark	Three Counties Running Club	Female	167	F45	29	54:27	855
859	6329	55:48	Dee McClagish		Female	168	F40	34	54:30	856
860	5720	55:49	Julian Jardine		Male	692	M45	117	54:18	848
861	4754	55:50	Paul Howard		Male	693	M50	74	54:38	869
862	4137	55:51	Thomas Pegg		Male	694	M	235	54:13	840
863	5300	55:52	Chris Garner	Three Counties Running Club	Male	695	M50	75	54:51	887
864	5849	55:53	Michael Campbell		Male	696	M50	76	54:16	844
865	5007	55:55	Lauren Dineley		Female	169	F	47	54:50	882
866	5008	55:55	Mark Dineley		Male	697	M45	118	54:51	885
867	4984	55:56	Andrew Eldridge		Male	698	M60	28	54:09	833
868	5339	55:56	Ciaran Brennan		Male	699	M	236	54:36	867
869	5424	55:57	Helen Harrison	Dereham Runners & AC	Female	170	F35	36	55:24	926
870	5418	55:58	Sally Lee	Dereham Runners & AC	Female	171	F	48	55:25	928
871	5152	55:59	Jonathan Young		Male	700	M	237	55:06	904
872	4260	55:59	Keith Boyall		Male	701	M55	44	54:04	825
873	5655	56:02	Andy Parish	North Norfolk Beach Runners	Male	702	M45	119	55:10	907
874	5656	56:02	Zoe Parish	North Norfolk Beach Runners	Female	172	F	49	55:11	909
875	1687	56:03	Sharon Brooks		Female	173	F45	30	54:39	871
876	6198	56:03	Mark Procter		Male	703	M	238	54:33	863
877	5473	56:03	Natalie Sayer		Female	174	F50	14	54:33	864
878	5842	56:03	Lowell Reitz		Male	704	M50	77	55:17	916
879	5789	56:04	Nerys Botwright		Female	175	F40	35	54:32	860
880	6341	56:04	Mark Rainey		Male	705	M40	89	53:29	775
881	4106	56:07	Bruce Hindmarsh		Male	706	M40	90	54:17	847
882	5932	56:08	Julie Ebbage		Female	176	F50	15	53:18	763
883	5942	56:08	Katie Adkins		Female	177	F35	37	54:50	884
884	4816	56:11	Mark Groom		Male	707	M45	120	55:04	898
885	5270	56:11	James England		Male	708	M60	29	55:16	914
886	6429	56:12	Claire Trump		Female	178	F40	36	54:23	852
887	5079	56:12	Tony Payne		Male	709	M50	78	53:53	805
888	5701	56:13	Michael Wyard		Male	710	M50	79	54:56	893
889	6325	56:14	Ellona Marriott		Female	179	F	50	55:13	913
890	4105	56:14	Matthew Oakes		Male	711	M	239	54:46	876
891	5485	56:15	Anna Mitchell		Female	180	F45	31	54:34	865
892	4317	56:16	Sarah Partridge	Ryston Runners	Female	181	F60	4	55:36	940
893	6190	56:18	Anita Huntley		Female	182	F45	32	55:11	908
894	6022	56:18	Simon Palmer		Male	712	M45	121	54:49	879
895	4455	56:24	Robert Deacon		Male	713	M45	122	55:19	922
896	4342	56:26	David Wing		Male	714	M40	91	53:34	783
897	4066	56:26	Peter Holman		Male	715	M50	80	56:10	992
898	4102	56:29	Ian Capps		Male	716	M	240	53:35	788
899	6061	56:29	Dexter Bole		Male	717	M	241	54:51	886
900	5581	56:31	Andy Scottow		Male	718	M	242	54:07	829



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	6049	56:31	Jamie Tassell		Male	719	M45	123	55:25	929
902	4730	56:31	Timothy Sandover		Male	720	M50	81	54:54	889
903	5186	56:32	Mark Haighton		Male	721	M40	92	55:40	943
904	4460	56:32	Hilary Sowden		Female	183	F50	16	55:26	930
905	4108	56:34	John Holden		Male	722	M60	30	55:44	948
906	5224	56:36	Teresa Walton		Female	184	F50	17	55:11	910
907	6246	56:36	Rachel Heley		Female	185	F	51	54:48	877
908	5537	56:37	Emma-Louise Fern		Female	186	F45	33	55:17	917
909	5759	56:38	Daniel Durrant		Male	723	M35	94	55:20	923
910	5772	56:38	Christopher High		Male	724	M40	93	55:38	942
911	5774	56:39	Katherine Wright	North Norfolk Beach Runners	Female	187	F	52	55:04	900
912	5066	56:41	James Penfold		Male	725	M	243	55:56	975
913	6159	56:42	Chris Marsh		Male	726	M	244	54:55	890
914	6160	56:42	Jon Marsh		Male	727	M	245	54:56	892
915	5407	56:43	Juliana Hanslip		Female	188	F35	38	54:41	872
916	4402	56:44	Paul Cook		Male	728	M45	124	55:49	959
917	1504	56:46	Lausen Blair-Park		Male	729	M50	82	55:19	921
918	4834	56:47	Chris Mills		Male	730	M45	125	54:42	873
919	5997	56:48	Rachel Tyler		Female	189	F55	8	54:23	851
920	4489	56:49	Sophy Tarsey		Female	190	F40	37	55:19	920
921	6216	56:49	David Hart		Male	731	M40	94	54:52	888
922	5054	56:50	Ben Rayner		Male	732	M	246	55:17	915
923	5882	56:51	Will Munday		Male	733	M	247	54:49	878
924	4380	56:51	Tiffany Meredith		Female	191	F35	39	55:04	899
925	5921	56:53	Sarah Cooper		Female	192	F	53	54:31	857
926	4316	56:53	Nichola Lane		Female	193	F40	38	55:06	902
927	4966	56:54	David Muffett		Male	734	M55	45	55:26	931
928	4891	56:54	Karl Tordoff		Male	735	M55	46	55:25	927
929	4354	56:54	Samantha Simper	Ryston Runners	Female	194	F	54	55:58	979
930	6259	56:54	Judith Bazeley	Tone Zone Runners	Female	195	F40	39	55:42	944
931	6284	56:55	Sharon Childs		Female	196	F45	34	55:59	980
932	5060	56:55	Andrew Chase		Male	736	M45	126	54:09	832
933	4369	56:56	Beryl Barber		Female	197	F60	5	55:23	924
934	6099	57:00	Danny Dorgan		Male	737	M	248	55:05	901
935	4994	57:02	Jo Ahrenfelt		Female	198	F35	40	56:21	1008
936	4963	57:03	Tracey Dickerson		Female	199	F50	18	55:36	941
937	5979	57:03	Jackie Kirman		Female	200	F45	35	55:51	964
938	4894	57:03	Emma Jeffrey		Female	201	F	55	55:34	937
939	4089	57:03	Kinga Malyszka		Female	202	F35	41	56:14	997
940	4286	57:03	Tilly Riches		Female	203	F	56	55:53	967
941	4284	57:04	Rosie Parnham		Female	204	F	57	55:53	970
942	4718	57:04	Harry Daw		Male	738	M	249	56:50	1044
943	4364	57:04	Ed Weightman		Male	739	M40	95	55:59	981
944	4283	57:05	Ellie Parnham		Female	205	F	58	55:54	972
945	5755	57:05	Oliver Cann		Male	740	M	250	55:50	961
946	4452	57:05	Elizabeth Rawlings		Female	206	F	59	56:31	1022
947	5911	57:05	Martin Lloyd		Male	741	M50	83	55:31	934
948	4491	57:05	Jane Hallwood		Female	207	F40	40	54:58	895
949	4134	57:07	Patryk Bortnik		Male	742	M	251	56:49	1041
950	5254	57:07	Linda Speechley		Female	208	F40	41	55:12	912
951	4374	57:07	Teresa McQuaid		Female	209	F50	19	56:25	1015
952	4542	57:07	Fiona Johnson		Female	210	F45	36	56:28	1016
953	4860	57:10	Darren Shaw		Male	743	M45	127	55:27	932
954	5342	57:10	Adam Hircock		Male	744	M40	96	54:59	896
955	5884	57:11	Chris Edwards		Male	745	M55	47	54:49	881
956	6245	57:11	Vinod Aithal		Male	746	M35	95	55:24	925
957	4540	57:12	Gemma Williams		Female	211	F35	42	55:47	956
958	4573	57:12	Hannah Nicol		Female	212	F40	42	55:47	955
959	4574	57:12	Kerry Thorpe		Female	213	F	60	55:47	957
960	4266	57:14	Charlotte Trenowath		Female	214	F45	37	55:35	938
961	4132	57:15	Peter Booth		Male	747	M40	97	55:53	968
962	5130	57:16	James Knapman		Male	748	M35	96	55:36	939
963	6112	57:17	Louise Bish		Female	215	F50	20	57:00	1055
964	4758	57:17	Ollie Short		Male	749	M	252	55:49	958
965	4449	57:18	Richard Gagen		Male	750	M	253	56:23	1013
966	4365	57:19	Lisa Austin		Female	216	F	61	56:07	990
967	4055	57:20	Erna Gotyar		Female	217	F	62	55:58	978
968	5241	57:20	Simon Howling		Male	751	M	254	55:10	906
969	6326	57:21	Carlton Mason		Male	752	M40	98	55:57	977
970	5902	57:21	David Olley	Dereham Runners & AC	Male	753	M45	128	56:49	1042
971	6227	57:22	Caroline Flasse		Female	218	F50	21	55:50	962
972	4837	57:23	Peter Oughtbridge		Male	754	M35	97	56:08	991
973	5335	57:27	Stephen Rhodes	Three Counties Running Club	Male	755	M50	84	55:33	936
974	6223	57:28	Stuart Atling	Rochford Running Club	Male	756	M55	48	55:56	976
975	5426	57:30	Vanessa Smith		Female	219	F50	22	56:02	983



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	5463	57:30	Victor Leeder		Male	757	M70	5	55:47	954
977	5534	57:31	Elaine Hudson		Female	220	F60	6	55:49	960
978	6282	57:31	Amy Burrell-Cory		Female	221	F	63	56:03	985
979	6207	57:32	Jennie Sefton		Female	222	F55	9	56:22	1009
980	4142	57:32	Claudia Willis		Female	223	F	64	56:22	1010
981	5879	57:33	Adrian Wilson		Male	758	M45	129	56:07	989
982	6126	57:35	Beth Hamilton		Female	224	F	65	56:13	995
983	6191	57:37	Olwen Batty	Fairlands Valley Spartans	Female	225	F	66	56:11	993
984	4321	57:37	Craig Deverson		Male	759	M35	98	55:30	933
985	5903	57:37	Paula Olley	Dereham Runners & AC	Female	226	F40	43	57:04	1067
986	5262	57:38	Clare Kenealy		Female	227	F45	38	55:43	945
987	5223	57:38	Zoe Parla		Female	228	F35	43	56:14	996
988	4430	57:38	Fabia Pollard		Female	229	F50	23	55:44	949
989	4637	57:39	Tessa Perrem		Female	230	F35	44	56:32	1024
990	5259	57:40	Denas Bilalovas		Male	760	M	255	55:44	947
991	4532	57:40	Zea Minns		Female	231	F35	45	55:53	969
992	4531	57:40	Christian Minns		Male	761	M35	99	55:53	971
993	4697	57:40	Matthew Dick		Male	762	M35	100	56:18	1006
994	5271	57:40	Tim Lee		Male	763	M40	99	55:45	951
995	5222	57:41	Joanne Baker		Female	232	F50	24	56:17	1002
996	4161	57:43	Andrea Kidman		Female	233	F45	39	56:20	1007
997	4385	57:44	Thomas Holt		Male	764	M	256	56:18	1005
998	5301	57:46	Jo Garner	Three Counties Running Club	Female	234	F40	44	55:51	965
999	5648	57:46	Barbara Button		Female	235	F45	40	56:18	1003
1000	5649	57:46	Neil Button		Male	765	M45	130	56:18	1004
1001	4029	57:46	Ann Riddell	Sleaford Striders AC	Female	236	F55	10	56:07	988
1002	5087	57:46	Gary Heading		Male	766	M	257	56:12	994
1003	4845	57:47	Ryan Oakes		Male	767	M	258	55:12	911
1004	6068	57:49	Simon Popple		Male	768	M60	31	56:30	1020
1005	5494	57:50	Madeleine Heley		Female	237	F	67	56:02	982
1006	4932	57:50	John Greenwood		Male	769	M	259	55:31	935
1007	4027	57:52	Sarah Breeds	Sleaford Striders AC	Female	238	F40	45	55:46	952
1008	6319	57:54	Sam Jarvis		Male	770	M	260	56:29	1017
1009	4722	57:55	Peter Lemon		Male	771	M50	85	56:47	1039
1010	89	57:55	Shaun Hurr		Male	772	M40	100	55:51	963
1011	5688	57:56	Hayley Thompson		Female	239	F35	46	55:52	966
1012	5586	57:57	Joanna Durrant		Female	240	F35	47	56:46	1038
1013	4774	57:57	Mandy Clothier		Female	241	F50	25	56:46	1037
1014	4488	57:57	Paul Tarsey		Male	773	M45	131	56:38	1029
1015	6315	57:59	Helen Hobson		Female	242	F	68	55:55	973
1016	4582	57:59	Sam Dack		Male	774	M35	101	55:44	950
1017	1767	58:00	Leon Stacey		Male	775	M40	101	57:01	1059
1018	4861	58:02	Lucy Barnes		Female	243	F	69	56:23	1012
1019	5973	58:03	Danny Pegg		Male	776	M35	102	57:25	1098
1020	5974	58:03	Richard Pegg		Male	777	M55	49	57:24	1095
1021	4755	58:03	Sophie Bates		Female	244	F35	48	55:55	974
1022	6400	58:06	Aaron Petts		Male	778	M35	103	57:01	1058
1023	4234	58:07	Carl Taylor		Male	779	M	261	57:04	1066
1024	6308	58:08	Zoe Gourley		Female	245	F40	46	56:22	1011
1025	4665	58:10	Peter Balmforth-Lambert		Male	780	M45	132	56:31	1021
1026	5247	58:10	Jeremy Ransome		Male	781	M45	133	57:31	1104
1027	4610	58:11	Dean Blackburn		Male	782	M45	134	56:33	1025
1028	5092	58:12	Helen McLean	Ramsey Road Runners	Female	246	F45	41	57:11	1079
1029	5244	58:13	Harry Whitelam	Three Counties Running Club	Male	783	M	262	56:16	1001
1030	5290	58:14	Heidi Chapman		Female	247	F	70	56:15	999
1031	6128	58:16	Anthony Henry		Male	784	M60	32	56:41	1032
1032	5841	58:19	Caroline Brown	Ely Runners	Female	248	F40	47	56:30	1019
1033	5261	58:19	Cheryl Lenton	Three Counties Running Club	Female	249	F40	48	57:01	1056
1034	6189	58:20	Steve Allwood		Male	785	M60	33	56:42	1033
1035	6162	58:22	James Scott	Ipswich Jaffa RC	Male	786	M50	86	56:38	1030
1036	4904	58:22	Andrew Bly		Male	787	M45	135	57:13	1081
1037	6339	58:23	Matthew Pudney		Male	788	M45	136	57:06	1071
1038	5101	58:25	Michael Wade		Male	789	M65	14	56:44	1036
1039	4776	58:26	Emily Young		Female	250	F	71	57:15	1084
1040	4917	58:30	Danielle Cooke		Female	251	F	72	56:25	1014
1041	1665	58:31	Ruth Dowling		Female	252	F40	49	57:07	1074
1042	5310	58:32	Jane Clarke		Female	253	F45	42	56:05	987
1043	6035	58:33	Norman Smith		Male	790	M60	34	57:42	1120
1044	1702	58:33	Claire Slade		Female	254	F40	50	57:20	1089
1045	5646	58:34	Rachel Martell		Female	255	F	73	57:05	1069
1046	5376	58:35	Peter Donger	Ryston Runners	Male	791	M35	104	57:13	1082
1047	5399	58:36	Tony Watson		Male	792	M	263	56:54	1048
1048	4370	58:37	Richard Barnes		Male	793	M50	87	57:01	1057
1049	4013	58:37	Valerie Oliver	Sleaford Striders AC	Female	256	F45	43	56:32	1023
1050	4344	58:42	Colin Rutty		Male	794	M45	137	57:06	1070



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	5480	58:42	Daryl Bunting		Male	795	M45	138	56:36	1028
1052	5276	58:42	Gemma Read		Female	257	F35	49	56:33	1026
1053	5023	58:44	Lorna Kitt		Female	258	F	74	57:25	1100
1054	4522	58:46	Priscilla Williams		Female	259	F35	50	57:04	1062
1055	95	58:47	Clara Aranda		Female	260	F	75	57:02	1060
1056	5632	58:47	Robert Scarfe		Male	796	M60	35	58:01	1148
1057	6396	58:47	Stephen Thrower		Male	797	M50	88	56:57	1052
1058	4423	58:48	Sally Kelly		Female	261	F55	11	56:53	1047
1059	5633	58:50	Daniel Porter	Bure Valley Harriers	Male	798	M	264	56:03	984
1060	5272	58:50	Sarah-Jane MacDonald	Three Counties Running Club	Female	262	F40	51	56:50	1043
1061	5876	58:50	Mary Channell		Female	263	F40	52	56:43	1035
1062	4799	58:50	Pete Westwood		Male	799	M35	105	57:04	1064
1063	5825	58:51	Johnny Glover	Ely Runners	Male	800	M50	89	56:48	1040
1064	5573	58:51	Marianne Saunders		Female	264	F45	44	57:09	1075
1065	4620	58:52	Gaey Congreve		Male	801	M40	102	57:55	1138
1066	4472	58:53	Amy Doy		Female	265	F	76	57:19	1088
1067	4586	58:53	Lee Camps		Male	802	M40	103	56:30	1018
1068	5390	58:53	Douglas Lant		Male	803	M55	50	57:09	1077
1069	4882	58:54	Dawn Pammenter		Female	266	F45	45	58:27	1187
1070	6318	58:55	John Jarvis		Male	804	M50	90	57:04	1063
1071	4468	58:56	Sarah Dennis		Female	267	F50	26	58:26	1184
1072	4471	58:56	Scott Knight		Male	805	M45	139	58:26	1183
1073	4682	58:56	Anthony Hatton-Gore		Male	806	M60	36	57:13	1080
1074	4725	58:57	Gary Madge		Male	807	M50	91	57:09	1076
1075	6316	58:57	Debbie Holland		Female	268	F45	46	56:14	998
1076	4067	58:58	Lucyna Kniola		Female	269	F45	47	58:10	1160
1077	4128	58:58	Daniel Gipp		Male	808	M	265	56:34	1027
1078	5698	58:59	Charlotte Mears		Female	270	F35	51	56:55	1051
1079	6242	58:59	Rachel Smith		Female	271	F	77	56:42	1034
1080	5308	58:59	Jessica Colella		Female	272	F35	52	57:29	1103
1081	4275	59:00	Cheryl Brown		Female	273	F45	48	57:02	1061
1082	5028	59:02	Dawn Rimington		Female	274	F45	49	57:35	1109
1083	5004	59:03	Bob Sleigh		Male	809	M50	92	56:04	986
1084	4621	59:03	Alan Bedwell		Male	810	M50	93	57:18	1087
1085	4858	59:04	Ashley Haslam		Male	811	M35	106	57:24	1097
1086	5730	59:04	Kathryn Todd		Female	275	F	78	57:04	1065
1087	4034	59:05	Donna Bell		Female	276	F	79	57:22	1091
1088	5220	59:06	Ivor Sanderson		Male	812	M60	37	57:46	1125
1089	4315	59:06	Mandy Fisher		Female	277	F40	53	57:13	1083
1090	5225	59:07	Nicola Pocklington	Victory AC	Female	278	F40	54	57:07	1072
1091	4778	59:08	Claire Emery	Ryston Runners	Female	279	F40	55	57:46	1124
1092	5843	59:09	Kirstie Rogers		Female	280	F	80	56:58	1054
1093	5548	59:11	Helen Crowley		Female	281	F35	53	56:51	1045
1094	5716	59:11	Jane King		Female	282	F60	7	56:51	1046
1095	5131	59:12	Ian Patmore		Male	813	M50	94	55:43	946
1096	4973	59:13	Hayley Bradshaw		Female	283	F35	54	58:15	1167
1097	5021	59:13	Lauren Seamons		Female	284	F	81	56:41	1031
1098	5988	59:15	Matthew Eggleton	Skegness & District RC	Male	814	M	266	57:37	1111
1099	4097	59:19	Gary Freeman		Male	815	M40	104	57:37	1112
1100	6179	59:19	Natalie King		Female	285	F40	56	57:37	1115
1101	4905	59:19	Sarah Hodgson		Female	286	F	82	57:37	1113
1102	4548	59:20	Maria Lambert		Female	287	F40	57	57:31	1105
1103	6095	59:22	Kerry Hudson	Fetch Everyone	Female	288	F55	12	57:17	1085
1104	4395	59:22	Kevin English		Male	816	M40	105	57:44	1122
1105	6278	59:23	Jonathan Blayney		Male	817	M	267	58:17	1170
1106	1649	59:23	Kelly Carrotte		Female	289	F35	55	57:53	1131
1107	4840	59:24	Jacqui Saunders		Female	290	F45	50	57:40	1118
1108	4554	59:24	Lisa Taylor		Female	291	F40	58	58:21	1174
1109	4553	59:24	Lisa Rawlinson		Female	292	F45	51	58:21	1176
1110	4261	59:25	Keith Doughty		Male	818	M70	6	57:53	1133
1111	6113	59:25	Emma Wild		Female	293	F	83	58:26	1186
1112	4674	59:29	Jo Margereson		Female	294	F40	59	57:07	1073
1113	5185	59:29	Jessica Haighton		Female	295	F	84	58:39	1200
1114	5640	59:29	Stuart Sayer	Norwich Road Runners	Male	819	M	268	57:20	1090
1115	4332	59:29	Danny Gladwin		Male	820	M	269	57:44	1123
1116	6393	59:30	Noel Spruce		Male	821	M70	7	57:25	1099
1117	5209	59:32	Anna Thompson	Sleaford Striders AC	Female	296	F50	27	55:47	953
1118	5367	59:33	Rachael Bateman		Female	297	F40	60	58:01	1147
1119	5564	59:36	Rachel Butlin		Female	298	F35	56	57:34	1108
1120	4274	59:37	Ashley Brown		Male	822	M50	95	58:04	1152
1121	4153	59:38	Peter Whitehurst		Male	823	M40	106	58:59	1227
1122	5513	59:39	Oliver Page		Male	824	M	270	56:54	1050
1123	4789	59:40	Abigail Wright		Female	299	F	85	57:54	1136
1124	5628	59:40	Lyn Ottaway	Wymondham AC	Female	300	F40	61	58:03	1150
1125	5848	59:41	James Houlston		Male	825	M35	107	57:34	1106



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	5634	59:42	Geoff Porter	Bure Valley Harriers	Male	826	M55	51	56:54	1049
1127	6089	59:43	Vanessa Winters	Stamford Striders	Female	301	F45	52	57:56	1141
1128	6424	59:43	Tom Abbott		Male	827	M35	108	57:05	1068
1129	6007	59:44	Hilary Povey		Female	302	F60	8	57:58	1144
1130	4016	59:44	Charlotte Robinson	Sleaford Striders AC	Female	303	F35	57	57:44	1121
1131	4535	59:44	Jane Lincoln		Female	304	F	86	57:55	1139
1132	5249	59:46	Jade Ingarm		Female	305	F	87	58:46	1210
1133	4207	59:46	Mel Tibbs		Male	828	M50	96	58:30	1191
1134	4447	59:46	Ben Tibbs		Male	829	M	271	58:30	1189
1135	6258	59:47	Matthew Jones		Male	830	M	272	57:54	1137
1136	5996	59:48	Chris Tyler		Male	831	M55	52	57:23	1092
1137	5043	59:49	John Gaisford		Male	832	M65	15	57:40	1117
1138	4866	59:51	Teresa Rains		Female	306	F40	62	58:19	1173
1139	4670	59:52	Anil Chakrabarti		Male	833	M50	97	58:01	1146
1140	4930	59:53	Sarah Lensen		Female	307	F45	53	57:53	1134
1141	4391	59:54	Rebecca South		Female	308	F	88	58:24	1180
1142	6046	59:55	Sarah Kaye		Female	309	F35	58	58:18	1171
1143	4897	59:56	Bernie Lee		Male	834	M45	140	57:37	1114
1144	1664	59:58	Paul Thompson		Male	835	M50	98	57:23	1093
1145	1795	59:58	Guy Green		Male	836	M45	141	57:23	1094
1146	5210	59:59	Deborah Wing		Female	310	F40	63	57:28	1102
1147	4881	59:59	David Wootler		Male	837	M50	99	58:12	1163
1148	4297	1:00:00	Mathew Smalley		Male	838	M	273	58:47	1212
1149	5448	1:00:01	Paul Strutt		Male	839	M60	38	57:17	1086
1150	6378	1:00:02	Johnathan Crow		Male	840	M	274	56:16	1000
1151	5544	1:00:03	Tom Collier		Male	841	M35	109	58:26	1185
1152	6081	1:00:03	Craig Tuplin	Skegness & District RC	Male	842	M35	110	58:25	1182
1153	1619	1:00:03	Stephen Irving		Male	843	M35	111	57:34	1107
1154	5489	1:00:04	Jacqueline Gilchrist		Female	311	F50	28	58:35	1198
1155	1637	1:00:04	Debbie Smart		Female	312	F45	54	56:58	1053
1156	5777	1:00:04	Martyn Woodgate	Bungay Black Dog RC	Male	844	M40	107	57:36	1110
1157	5161	1:00:04	Gary Marshall	Bushfield Joggers	Male	845	M60	39	57:25	1101
1158	4847	1:00:05	Mark Webb		Male	846	M35	112	57:41	1119
1159	4255	1:00:07	Nancy Barnard		Female	313	F	89	57:49	1126
1160	5699	1:00:07	Richard Bulman		Male	847	M65	16	58:16	1168
1161	5700	1:00:07	Shayney Blyth		Female	314	F45	55	58:17	1169
1162	4464	1:00:08	Nathan Hudson		Male	848	M	275	58:45	1209
1163	5781	1:00:08	Jayne Capps-Jenner	Bungay Black Dog RC	Female	315	F55	13	57:40	1116
1164	4252	1:00:08	Julian Young		Male	849	M40	108	57:54	1135
1165	6273	1:00:10	Mark Asplin		Male	850	M50	100	59:20	1269
1166	5174	1:00:11	Lucy Rudd		Female	316	F35	59	59:12	1247
1167	5760	1:00:11	Paul Mitchelmore		Male	851	M60	40	57:53	1132
1168	6302	1:00:12	Teresa Frost		Female	317	F40	64	58:21	1175
1169	4170	1:00:13	Nerissa Peacock		Female	318	F	90	58:39	1201
1170	4828	1:00:13	Nathan Hallam		Male	852	M	276	57:57	1143
1171	6152	1:00:15	Nathan Hubbard		Male	853	M35	113	57:24	1096
1172	5744	1:00:15	Claire Beckett		Female	319	F40	65	58:06	1154
1173	6270	1:00:16	Jason Wilkinson		Male	854	M45	142	58:04	1151
1174	5001	1:00:18	Steve Small		Male	855	M55	53	58:21	1177
1175	6367	1:00:19	Alistair Wilson		Male	856	M50	101	58:43	1205
1176	4764	1:00:21	Carl Reeves		Male	857	M50	102	57:56	1142
1177	5886	1:00:22	Paula McQue		Female	320	F50	29	58:14	1165
1178	4415	1:00:22	Dale Etheridge		Male	858	M	277	58:15	1166
1179	4765	1:00:23	Yasmine Reeves		Female	321	F	91	57:58	1145
1180	5472	1:00:23	Claire Williamson		Female	322	F35	60	58:06	1155
1181	5122	1:00:25	Jonathan Rose		Male	859	M40	109	58:52	1218
1182	5430	1:00:25	Malcolm McAllister		Male	860	M35	114	58:50	1214
1183	4536	1:00:26	Adam Leech		Male	861	M	278	57:11	1078
1184	5094	1:00:27	Norma Burgess		Female	323	F55	14	59:07	1234
1185	4760	1:00:27	Andy Beeston		Male	862	M65	17	58:30	1190
1186	4139	1:00:28	Alan Dix		Male	863	M45	143	58:50	1215
1187	5149	1:00:28	Chris Howlett		Male	864	M35	115	58:58	1226
1188	5989	1:00:28	Sarah-Jane Eggleton	Skegness & District RC	Female	324	F40	66	58:50	1216
1189	6366	1:00:29	Richard Wilkins		Male	865	M50	103	58:06	1153
1190	6324	1:00:29	Joe Manzur		Male	866	M45	144	59:10	1241
1191	5587	1:00:31	Shauna Gooch		Female	325	F	92	57:51	1129
1192	6123	1:00:31	Adrian George		Male	867	M50	104	58:10	1161
1193	6084	1:00:32	Katie Woodcock		Female	326	F	93	57:55	1140
1194	6348	1:00:32	Louise Scotney		Female	327	F40	67	58:02	1149
1195	6371	1:00:33	Scott Young		Male	868	M40	110	58:09	1158
1196	5663	1:00:34	Nicola Rands		Female	328	F50	30	58:32	1193
1197	5969	1:00:34	Dawn Meredith		Female	329	F	94	58:56	1224
1198	5965	1:00:34	Robert Drummond		Male	869	M50	105	58:51	1217
1199	6379	1:00:36	Aimee Edwards		Female	330	F	95	58:32	1192
1200	4742	1:00:36	Maria Farrant		Female	331	F45	56	58:34	1196



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	4143	1:00:36	Deborah Castellan		Female	332	F45	57	58:34	1195
1202	5205	1:00:36	Lisa Gore		Female	333	F35	61	58:25	1181
1203	5718	1:00:39	James Pallant		Male	870	M35	116	58:40	1203
1204	4156	1:00:39	Sarah Buhlemann		Female	334	F	96	59:07	1236
1205	4890	1:00:39	Brad Clarke		Male	871	M	279	58:40	1202
1206	5905	1:00:40	Carolyn Cordner		Female	335	F50	31	57:50	1128
1207	4795	1:00:40	Faye Pritchard		Female	336	F	97	59:15	1254
1208	6017	1:00:40	Sarah Driscoll		Female	337	F	98	59:07	1231
1209	6102	1:00:41	Mathew Tuckwood		Male	872	M40	111	59:13	1249
1210	4232	1:00:41	Ellie Roberts		Female	338	F40	68	59:13	1248
1211	5906	1:00:41	David Cordner		Male	873	M45	145	57:52	1130
1212	5748	1:00:42	Stewart Gillion	Wymondham AC	Male	874	M60	41	58:13	1164
1213	6044	1:00:43	Roy Fowkes		Male	875	M65	18	58:45	1208
1214	4406	1:00:44	Harry Tipple		Male	876	M	280	58:32	1194
1215	4116	1:00:44	Giedre Jasukaitiene		Female	339	F	99	59:40	1294
1216	5926	1:00:45	Kevin Finch		Male	877	M50	106	57:50	1127
1217	5024	1:00:46	Jo Evans		Female	340	F45	58	58:09	1159
1218	6005	1:00:47	Rodney King		Male	878	M65	19	58:19	1172
1219	5975	1:00:48	Mike Hands		Male	879	M	281	59:31	1289
1220	4429	1:00:48	Ashish Rastogi		Male	880	M40	112	58:28	1188
1221	4079	1:00:49	Karianne Jordan		Female	341	F35	62	58:56	1225
1222	5266	1:00:52	Sharon Bird	Fenland Running Club	Female	342	F45	59	58:42	1204
1223	4549	1:00:53	Karen Hall		Female	343	F40	69	1:00:13	1350
1224	5337	1:00:54	Hannah Ryan		Female	344	F40	70	58:44	1207
1225	6090	1:00:55	Richard Lord		Male	881	M45	146	59:11	1243
1226	6038	1:00:56	Kirsty Bathe		Female	345	F40	71	59:30	1285
1227	6039	1:00:56	Richard Bathe		Male	882	M45	147	59:30	1286
1228	4328	1:00:57	Michael Green		Male	883	M50	107	58:23	1178
1229	6178	1:00:57	Angela Ward		Female	346	F40	72	59:17	1260
1230	4853	1:00:58	Bunny Warren		Male	884	M45	148	59:17	1261
1231	4810	1:00:58	Charlotte Drew		Female	347	F45	60	59:22	1271
1232	4812	1:00:58	Adam Garrett		Male	885	M	282	59:18	1263
1233	4809	1:00:58	Harriette Coates		Female	348	F	100	59:22	1273
1234	5919	1:00:58	Shane Walker		Male	886	M	283	58:08	1156
1235	5346	1:00:58	Gary Axten-Mattingley		Male	887	M	284	59:18	1264
1236	4474	1:00:59	Emma Wilding		Female	349	F	101	59:15	1255
1237	4358	1:01:00	Sara Tansley		Female	350	F35	63	59:07	1235
1238	4072	1:01:01	Connie Louro		Female	351	F40	73	58:08	1157
1239	5177	1:01:03	Lisa Gill		Female	352	F40	74	58:37	1199
1240	4580	1:01:04	Len Parnell		Male	888	M60	42	59:12	1245
1241	5509	1:01:04	Anna Thorpe	Norwich Road Runners	Female	353	F	102	59:19	1267
1242	5110	1:01:05	Shelley Yeaman		Female	354	F45	61	59:19	1266
1243	5958	1:01:05	Rob Colledge		Male	889	M35	117	58:35	1197
1244	5238	1:01:06	Frances Salter	Three Counties Running Club	Female	355	F35	64	59:07	1233
1245	5049	1:01:06	Livvi Hodges		Female	356	F	103	59:11	1244
1246	5524	1:01:06	Gina Preston	Norwich Road Runners	Female	357	F50	32	59:10	1239
1247	6383	1:01:06	Maggie Harriss		Female	358	F40	75	58:43	1206
1248	5611	1:01:07	Linda Storey	Norwich Road Runners	Female	359	F50	33	59:10	1240
1249	5831	1:01:07	Michael Parker		Male	890	M40	113	58:12	1162
1250	4051	1:01:08	Rachel Lawson		Female	360	F45	62	59:14	1251
1251	6286	1:01:08	Ryan Clare		Male	891	M	285	59:23	1274
1252	5993	1:01:08	Gary Parkes		Male	892	M35	118	58:47	1211
1253	6401	1:01:08	Natalie Smith		Female	361	F45	63	59:23	1275
1254	5890	1:01:09	Sue Meadows		Female	362	F50	34	59:08	1237
1255	6026	1:01:09	Tracey-Anne Bath		Female	363	F40	76	58:49	1213
1256	5968	1:01:10	Rachel Trawally	St Theresa's A.C.	Female	364	F35	65	59:14	1252
1257	5112	1:01:11	Christopher Sandell		Male	893	M55	54	58:53	1219
1258	6428	1:01:12	Lianne Grimes		Female	365	F35	66	1:00:19	1354
1259	5274	1:01:13	Vani Mauremootoo		Female	366	F	104	59:09	1238
1260	6237	1:01:13	Amelia Dodds		Female	367	F	105	59:11	1242
1261	5298	1:01:13	Kayleigh Ridgewell		Female	368	F	106	59:24	1276
1262	6247	1:01:14	Rachel Hubbard		Female	369	F	107	58:24	1179
1263	5327	1:01:15	Tony Lamb	Three Counties Running Club	Male	894	M50	108	59:16	1257
1264	4712	1:01:15	Graham Giles		Male	895	M50	109	59:40	1293
1265	4083	1:01:16	Jennifer Badcock		Female	370	F	108	59:16	1258
1266	4417	1:01:16	Steven Middleton		Male	896	M	286	59:44	1297
1267	5319	1:01:17	Kim Whyatt		Female	371	F	109	1:00:09	1341
1268	4708	1:01:18	Fay Baker		Female	372	F45	64	59:22	1272
1269	4372	1:01:18	Lisa Cook		Female	373	F35	67	59:30	1284
1270	6345	1:01:23	Victoria Robson		Female	374	F	110	59:19	1268
1271	4293	1:01:24	Lisa Anderson		Female	375	F45	65	59:54	1316
1272	4322	1:01:25	Emma Norris		Female	376	F40	77	59:25	1277
1273	5172	1:01:26	Danny Fitzjohn		Male	897	M35	119	59:07	1232
1274	1787	1:01:29	Jimmy Hearn	Skegness & District RC	Male	898	M50	110	58:55	1222
1275	1788	1:01:29	Emmajean Hearn	Skegness & District RC	Female	377	F40	78	58:56	1223



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	4850	1:01:31	Charlotte Hussey		Female	378	F	111	59:27	1278
1277	5528	1:01:33	Lesley Oliver		Female	379	F70	1	59:12	1246
1278	5477	1:01:34	Sarah Robertson		Female	380	F	112	59:17	1262
1279	4309	1:01:36	Anthony Crome		Male	899	M75+	1	1:00:35	1370
1280	4422	1:01:37	Michael Ennis	Ryston Runners	Male	900	M75+	2	1:00:52	1385
1281	4312	1:01:37	Tobie Fysh		Male	901	M35	120	59:29	1283
1282	6118	1:01:38	Rachael De Wyrall		Female	381	F	113	58:54	1220
1283	5102	1:01:38	Rachael Fellowes		Female	382	F35	68	58:54	1221
1284	6353	1:01:38	Arcadian Smith		Male	902	M	287	59:04	1230
1285	4735	1:01:39	Michelle Boon		Female	383	F	114	59:15	1253
1286	4751	1:01:40	Lynsey Warren		Female	384	F40	79	59:39	1291
1287	4404	1:01:40	Robert Bartholomew		Male	903	M55	55	59:54	1317
1288	5547	1:01:41	Cassie Wildey		Female	385	F35	69	59:45	1298
1289	5141	1:01:42	Andrew Pryor		Male	904	M40	114	1:00:36	1371
1290	5864	1:01:42	Kelly Dargan		Female	386	F	115	59:31	1288
1291	5398	1:01:43	Janie Green		Female	387	F35	70	1:00:01	1329
1292	5017	1:01:43	Simon Brearley		Male	905	M45	149	59:52	1311
1293	5191	1:01:43	Kris Dowse		Male	906	M40	115	59:19	1265
1294	6197	1:01:43	Peter Ware		Male	907	M45	150	59:16	1256
1295	6267	1:01:43	Steven Heggie		Male	908	M45	151	59:57	1325
1296	4611	1:01:45	Justine Hill		Female	388	F40	80	59:50	1303
1297	6119	1:01:45	Emma Johnstone		Female	389	F40	81	59:17	1259
1298	6389	1:01:46	Martine Pound		Female	390	F40	82	59:42	1295
1299	6430	1:01:48	Sarah Gauvin		Female	391	F45	66	1:01:01	1395
1300	5320	1:01:48	Melissa Millward		Female	392	F35	71	1:01:01	1396
1301	4246	1:01:49	Cathryn Smith		Female	393	F	116	59:50	1304
1302	5118	1:01:50	Jenna Gotts		Female	394	F35	72	59:50	1306
1303	4165	1:01:50	Amy Rolfe		Female	395	F	117	1:00:37	1373
1304	4188	1:01:50	David Dimech		Male	909	M55	56	1:00:01	1328
1305	5437	1:01:51	Neil Richardson		Male	910	M50	111	59:28	1280
1306	5436	1:01:51	Grace Richardson		Female	396	F	118	59:29	1282
1307	4189	1:01:51	Jean Streeter		Female	397	F65	2	1:00:01	1331
1308	5169	1:01:51	Natalie Mason		Female	398	F35	73	59:30	1287
1309	4469	1:01:52	Joanne Toop		Female	399	F45	67	1:00:49	1377
1310	1736	1:01:52	Steven Preston		Male	911	M35	121	1:01:19	1410
1311	5150	1:01:54	Dani Kent		Female	400	F35	74	1:00:25	1363
1312	4863	1:01:54	Adam Burt		Male	912	M40	116	59:02	1229
1313	6174	1:01:54	Steve Curtis		Male	913	M50	112	59:57	1324
1314	5486	1:01:55	Susie Abram		Female	401	F40	83	59:47	1299
1315	4508	1:01:56	Chris Betts		Male	914	M40	117	1:00:10	1345
1316	4509	1:01:56	Tricia Betts		Female	402	F40	84	1:00:10	1346
1317	5171	1:01:58	Clair Beckett		Female	403	F40	85	59:37	1290
1318	4022	1:01:58	Jim Millar	Sleaford Striders AC	Male	915	M50	113	59:52	1310
1319	4251	1:01:59	Emma Langley		Female	404	F40	86	59:58	1326
1320	4654	1:01:59	Ivan Nunn	Ryston Runners	Male	916	M55	57	59:22	1270
1321	5898	1:02:00	Peter Vrabec		Male	917	M35	122	1:00:03	1332
1322	5635	1:02:01	Sally Porter	Bure Valley Harriers	Female	405	F50	35	59:14	1250
1323	6403	1:02:02	Chris Hamill		Male	918	M55	58	1:00:08	1339
1324	6235	1:02:02	Sadie Burgess		Female	406	F	119	1:00:27	1365
1325	4223	1:02:03	Claire Risebrow		Female	407	F35	75	1:00:27	1366
1326	5103	1:02:03	Sarah Kimberley		Female	408	F35	76	59:51	1309
1327	6108	1:02:03	Kerrie Page		Female	409	F35	77	59:51	1308
1328	5030	1:02:05	Sam Yare		Male	919	M	288	1:00:23	1360
1329	4965	1:02:06	Josh Coulson		Male	920	M40	118	1:00:11	1349
1330	6276	1:02:07	Lindsay Bird		Female	410	F	120	59:55	1320
1331	4908	1:02:08	Lindsey Clare	Ryston Runners	Female	411	F40	87	1:00:14	1351
1332	4483	1:02:08	John Crowley		Male	921	M55	59	1:00:09	1344
1333	5322	1:02:08	Gilly Anderson		Female	412	F35	78	59:53	1313
1334	6032	1:02:09	Nathan Wood		Male	922	M45	152	59:39	1292
1335	4124	1:02:09	Helen Peak		Female	413	F35	79	1:00:01	1330
1336	5972	1:02:11	Karl Reid		Male	923	M	289	1:00:54	1386
1337	5900	1:02:11	Wendy Spaul		Female	414	F50	36	59:49	1302
1338	5899	1:02:11	Martin Spaul		Male	924	M55	60	59:49	1300
1339	4141	1:02:12	Katie Kavanagh		Female	415	F	121	1:00:24	1361
1340	6047	1:02:12	Christoper Edwards		Male	925	M	290	1:00:05	1335
1341	4191	1:02:13	Carole Locke		Female	416	F45	68	1:00:19	1355
1342	4042	1:02:16	Ken Drummond		Male	926	M45	153	1:00:24	1362
1343	5935	1:02:18	Lisa Plumb	Brandon Fern Hoppers	Female	417	F50	37	59:29	1281
1344	5187	1:02:19	Lucy Neal		Female	418	F	122	59:53	1314
1345	5046	1:02:20	Cara Rose		Female	419	F	123	1:01:26	1414
1346	6310	1:02:20	Robert Green		Male	927	M	291	59:53	1315
1347	5439	1:02:21	Henrietta Green		Female	420	F35	80	1:00:15	1353
1348	4401	1:02:22	Emma Henry		Female	421	F40	88	59:53	1312
1349	5538	1:02:23	Stephen Wingrove		Male	928	M40	119	59:49	1301
1350	5551	1:02:24	Chloe Harcourt		Female	422	F	124	1:00:03	1334



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	6045	1:02:25	Victoria Brooke		Female	423	F35	81	59:55	1318
1352	4685	1:02:25	Laura Tighe		Female	424	F	125	1:00:10	1347
1353	5686	1:02:28	Heidi Cate		Female	425	F35	82	59:59	1327
1354	5749	1:02:29	Hanna Dean		Female	426	F35	83	1:00:07	1338
1355	6074	1:02:30	Philip Boyd		Male	929	M45	154	1:01:08	1401
1356	4729	1:02:33	Georgia Sandover		Female	427	F	126	1:00:56	1387
1357	5358	1:02:37	Jamie Warden		Male	930	M50	114	59:56	1321
1358	4126	1:02:37	Brydie Warden		Female	428	F	127	59:56	1322
1359	5164	1:02:38	Richard Gilbert		Male	931	M50	115	1:00:48	1376
1360	5166	1:02:38	Jo Phillips		Female	429	F50	38	1:00:22	1359
1361	5165	1:02:38	Alexandra Phillips		Female	430	F	128	1:00:22	1358
1362	6062	1:02:41	Jacqui Smith		Female	431	F35	84	1:00:19	1356
1363	1602	1:02:42	Igor Marencin		Male	932	M35	123	1:01:32	1421
1364	6100	1:02:43	Heidi Wright		Female	432	F40	89	1:01:29	1418
1365	4150	1:02:46	Paul Greenfield		Male	933	M50	116	1:00:35	1369
1366	4325	1:02:47	Dave Cook		Male	934	M50	117	1:01:33	1424
1367	4300	1:02:48	Andrew Walder		Male	935	M55	61	59:28	1279
1368	6382	1:02:49	Holly Hanslip		Female	433	F35	85	1:00:46	1375
1369	4813	1:02:49	Samantha Charlesworth		Female	434	F40	90	1:01:17	1407
1370	4952	1:02:49	Alan Hayes		Male	936	M50	118	1:00:28	1367
1371	5593	1:02:49	Chris Bolderstone		Male	937	M	292	59:00	1228
1372	4539	1:02:50	Joann Birkhead		Female	435	F40	91	59:55	1319
1373	5726	1:02:50	Rachel Hirst	Bungay Black Dog RC	Female	436	F50	39	1:00:05	1337
1374	5727	1:02:50	Tim Hirst	Bungay Black Dog RC	Male	938	M70	8	1:00:05	1336
1375	5889	1:02:51	Richard Woodward	Tri-Anglia Triathlon Club	Male	939	M55	62	59:50	1305
1376	4172	1:02:51	Charles Staples		Male	940	M	293	1:00:58	1390
1377	5874	1:02:51	Susan Renaut	Diss and District AC	Female	437	F50	40	59:50	1307
1378	5987	1:02:52	Carolyn Barnes		Female	438	F35	86	1:00:52	1381
1379	4803	1:02:52	Jez Dowsing		Male	941	M45	155	1:00:52	1382
1380	5454	1:02:52	Katie Thomas		Female	439	F	129	1:00:29	1368
1381	6165	1:02:53	Karen Howlett		Female	440	F45	69	1:00:15	1352
1382	6063	1:02:53	Esme Johnson		Female	441	F35	87	1:00:09	1342
1383	6060	1:02:53	Laura Hardwood		Female	442	F35	88	1:00:09	1343
1384	5492	1:02:54	Shaun Woodrow		Male	942	M40	120	1:00:50	1379
1385	6416	1:02:54	Justin Siggins		Male	943	M40	121	1:00:11	1348
1386	5572	1:02:56	Rebecca Dyde	North Norfolk Beach Runners	Female	443	F	130	1:00:52	1383
1387	5594	1:02:57	David Marks	Norwich Road Runners	Male	944	M50	119	1:00:08	1340
1388	5479	1:02:57	Mike Marshall	North Norfolk Beach Runners	Male	945	M75+	3	1:00:27	1364
1389	4095	1:02:59	Jan Smith		Female	444	F55	15	1:02:12	1456
1390	5302	1:03:00	Kathryn Betts	Three Counties Running Club	Female	445	F	131	1:00:59	1392
1391	4975	1:03:01	Frances Mason		Female	446	F	132	1:01:00	1393
1392	4707	1:03:02	Rebecca Schrooder		Female	447	F40	92	1:01:49	1436
1393	5763	1:03:03	Paul Blake		Male	946	M60	43	1:01:01	1394
1394	6109	1:03:05	Darryn Everett		Male	947	M45	156	1:00:36	1372
1395	5464	1:03:05	Deborah Warner		Female	448	F40	93	59:56	1323
1396	5557	1:03:07	Donna Dingle		Female	449	F35	89	1:01:05	1399
1397	5123	1:03:09	Sue Rose		Female	450	F45	70	1:01:36	1425
1398	5878	1:03:09	Lorraine Collett		Female	451	F35	90	1:01:04	1397
1399	5384	1:03:09	Tom Melton		Male	948	M	294	1:01:21	1411
1400	5369	1:03:11	Elizabeth Gatward	Royston Runners	Female	452	F50	41	1:00:20	1357
1401	6295	1:03:11	Poppy Everitt		Female	453	F	133	1:02:23	1468
1402	5283	1:03:13	Lisa Mayes		Female	454	F40	94	1:00:03	1333
1403	6395	1:03:19	Sophie Thornley		Female	455	F	134	1:00:46	1374
1404	4155	1:03:20	Elizabeth Thomson		Female	456	F55	16	1:01:13	1403
1405	5321	1:03:20	Angela Culshaw		Female	457	F50	42	1:01:10	1402
1406	5740	1:03:20	Madeline Beale	Wymondham AC	Female	458	F35	91	1:01:24	1412
1407	1523	1:03:21	Paddy Meade		Male	949	M	295	1:00:52	1384
1408	4445	1:03:23	Maxine Neale		Female	459	F50	43	1:01:30	1420
1409	4103	1:03:24	Sophie Caudwell		Female	460	F	135	1:00:56	1388
1410	5999	1:03:25	Melissa Downs		Female	461	F35	92	1:01:42	1428
1411	6287	1:03:26	John Codrington		Male	950	M40	122	1:02:15	1459
1412	5402	1:03:28	Hannah Chown	Three Counties Running Club	Female	462	F	136	1:01:29	1417
1413	5159	1:03:29	Greg Marshall	Bushfield Joggers	Male	951	M	296	1:00:49	1378
1414	4244	1:03:30	Lucilla Smith		Female	463	F40	95	1:01:19	1409
1415	4195	1:03:31	Samantha Smith		Female	464	F35	93	1:02:00	1445
1416	4256	1:03:31	Karen Olley		Female	465	F40	96	1:02:02	1448
1417	6201	1:03:36	Mark Drake		Male	952	M60	44	59:43	1296
1418	5031	1:03:39	Michelle Allan		Female	466	F35	94	1:01:48	1434
1419	5129	1:03:39	Emma Clements		Female	467	F35	95	1:01:48	1433
1420	5064	1:03:39	Tina Hurrell		Female	468	F40	97	1:01:48	1435
1421	6013	1:03:43	Lindsay Smith		Female	469	F45	71	1:01:26	1415
1422	4929	1:03:43	Paul Wilson		Male	953	M45	157	1:02:32	1476
1423	5329	1:03:46	Darina Stoda		Female	470	F	137	1:02:18	1461
1424	4896	1:03:46	Leo Munson		Female	471	F40	98	1:01:33	1423
1425	5687	1:03:47	Nikki Findlay		Female	472	F35	96	1:01:18	1408



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	5429	1:03:48	Caroline Kennell		Female	473	F35	97	1:01:50	1438
1427	4130	1:03:48	Hannah Hornigold		Female	474	F	138	1:01:30	1419
1428	4373	1:03:50	Gavin Hawes		Male	954	M	297	1:02:09	1454
1429	6196	1:03:52	Wis Wang-Koh	Mornington Chasers	Female	475	F	139	1:03:52	1553
1430	6254	1:03:54	Roma Chakrabarti		Female	476	F55	17	1:02:02	1449
1431	5154	1:03:55	Susan Pawson	Bushfield Joggers	Female	477	F65	3	1:01:06	1400
1432	6338	1:03:57	Claire Pudney		Female	478	F40	99	1:01:27	1416
1433	4570	1:03:57	Liam Leverett		Male	955	M	298	1:01:47	1432
1434	4877	1:03:58	Chris Cutche		Male	956	M35	124	1:02:21	1465
1435	4892	1:03:58	Lewis Jameson		Male	957	M	299	1:02:21	1466
1436	4624	1:04:04	Stuart Skerry		Male	958	M40	123	1:01:04	1398
1437	4112	1:04:07	Annie Thompson		Female	479	F45	72	1:01:43	1429
1438	4174	1:04:07	Emma Stephenson		Female	480	F	140	1:01:43	1430
1439	4502	1:04:07	Kevin Piggott	Ryston Runners	Male	959	M55	63	1:03:18	1529
1440	1640	1:04:08	John Siddall		Male	960	M50	120	1:00:57	1389
1441	4303	1:04:08	Paul Talbot		Male	961	M50	121	1:02:06	1452
1442	5877	1:04:09	Christine Barker		Female	481	F50	44	1:02:07	1453
1443	6233	1:04:09	Oliver Gaisford		Male	962	M	300	1:01:51	1439
1444	1822	1:04:10	Jane Ali-Ogley		Female	482	F45	73	1:00:58	1391
1445	4456	1:04:10	Stuart Bunting		Male	963	M	301	1:01:38	1426
1446	4477	1:04:10	Molly Sands		Female	483	F	141	1:03:17	1524
1447	4272	1:04:10	Shareen Hannan		Female	484	F40	100	1:03:17	1525
1448	5125	1:04:11	Helen Driver		Female	485	F45	74	1:03:18	1530
1449	1722	1:04:11	Glen Cullen		Male	964	M	302	1:02:28	1475
1450	4745	1:04:12	Naomi Mills		Female	486	F35	98	1:01:58	1442
1451	6030	1:04:12	Steve Thomas		Male	965	M40	124	1:02:21	1467
1452	5450	1:04:13	Barry Hall		Male	966	M55	64	1:01:46	1431
1453	4220	1:04:15	Sandra Manning		Female	487	F65	4	1:03:04	1512
1454	1603	1:04:15	Marie Hemingway		Female	488	F35	99	1:01:53	1441
1455	6211	1:04:16	Michael Warwick		Male	967	M60	45	1:02:37	1487
1456	5482	1:04:17	James Lindner		Male	968	M	303	1:02:25	1471
1457	6086	1:04:18	Catherine Burbage		Female	489	F50	45	1:01:14	1405
1458	5368	1:04:19	Robert Bateman		Male	969	M45	158	1:02:48	1497
1459	5275	1:04:20	Carol Slater-Garner	Fenland Running Club	Female	490	F40	101	1:02:10	1455
1460	4146	1:04:20	Lisa Easter		Female	491	F45	75	1:01:42	1427
1461	5608	1:04:21	Lynn Gray	Norwich Road Runners	Female	492	F50	46	1:02:24	1469
1462	6048	1:04:23	Laura Locking		Female	493	F	142	1:01:58	1443
1463	4852	1:04:23	Valinda Hussey		Female	494	F45	76	1:02:18	1463
1464	4230	1:04:25	Amy Mason		Female	495	F	143	1:02:43	1493
1465	4326	1:04:25	Emma Pollington		Female	496	F40	102	1:02:43	1492
1466	4901	1:04:26	Phil Bennell		Male	970	M40	125	1:02:05	1450
1467	5197	1:04:26	Thomas Duce		Male	971	M40	126	1:02:05	1451
1468	5018	1:04:27	Sophie Brearley		Female	497	F45	77	1:02:36	1479
1469	4499	1:04:28	Anna Hagberg		Female	498	F40	103	1:01:25	1413
1470	5206	1:04:29	Phil Maddison		Male	972	M35	125	1:02:18	1462
1471	4609	1:04:30	Tony Hill		Male	973	M45	159	1:01:58	1444
1472	5735	1:04:33	Rachael Sutcliffe		Female	499	F	144	1:02:01	1446
1473	4050	1:04:35	Andrew Howe		Male	974	M45	160	1:03:09	1517
1474	6088	1:04:36	Darren Barratt	Stamford Striders	Male	975	M45	161	1:01:32	1422
1475	5394	1:04:40	Barbara Welbourn		Female	500	F50	47	1:02:24	1470
1476	4980	1:04:41	Liam O'Rourke		Male	976	M40	127	1:00:51	1380
1477	4831	1:04:43	Robert Hicks		Male	977	M40	128	1:02:37	1484
1478	5040	1:04:43	Gill Hart	Ryston Runners	Female	501	F60	9	1:03:24	1533
1479	6105	1:04:43	Alison Sharp		Female	502	F	145	1:01:13	1404
1480	5768	1:04:45	Nancy Crow	North Norfolk Beach Runners	Female	503	F45	78	1:02:02	1447
1481	4494	1:04:45	John Lambert		Male	978	M60	46	1:01:16	1406
1482	4646	1:04:45	Diane Turner		Female	504	F50	48	1:03:24	1532
1483	5455	1:04:46	Julie Hopcroft		Female	505	F40	104	1:02:38	1489
1484	4633	1:04:46	Izzy Bennett		Female	506	F55	18	1:03:24	1534
1485	4052	1:04:46	Beth Lombardi		Female	507	F	146	1:02:38	1488
1486	4716	1:04:48	Bridget Plowright		Female	508	F60	10	1:02:53	1504
1487	4045	1:04:49	Jonathan Stocks		Male	979	M45	162	1:02:44	1494
1488	5654	1:04:50	Haley Griggs		Female	509	F35	100	1:02:54	1505
1489	6203	1:04:51	Alice Dargan		Female	510	F	147	1:01:49	1437
1490	5126	1:04:53	Julia Pepperell	Kings Lynn Triathlon Club	Female	511	F50	49	1:01:51	1440
1491	5002	1:04:53	Donna Haslam		Female	512	F40	105	1:03:29	1540
1492	4598	1:04:56	Amanda Billing		Female	513	F40	106	1:02:36	1481
1493	4589	1:04:56	Michelle Hurr		Female	514	F35	101	1:02:36	1482
1494	4597	1:04:56	Sarah Osborne		Female	515	F35	102	1:02:36	1483
1495	5183	1:04:56	Pete Stafford		Male	980	M55	65	1:02:26	1474
1496	5140	1:04:58	Rebecca Nicholson		Female	516	F45	79	1:02:47	1496
1497	5362	1:04:58	Leslie Carter		Male	981	M55	66	1:03:17	1526
1498	5003	1:04:58	Jen Lewis		Female	517	F40	107	1:04:13	1571
1499	4618	1:04:59	Adam Whiting		Male	982	M	304	1:02:12	1458
1500	4880	1:05:00	Julie Whiskens		Female	518	F45	80	1:03:27	1537



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	4988	1:05:01	Mark Gaskins		Male	983	M45	163	1:02:46	1495
1502	6285	1:05:01	Rebekah Chilvers		Female	519	F	148	1:02:37	1486
1503	4433	1:05:03	Daniel Wallage		Male	984	M35	126	1:03:15	1521
1504	4094	1:05:04	Carrie Day		Female	520	F	149	1:03:08	1514
1505	4839	1:05:04	Michael Rose		Male	985	M	305	1:02:50	1498
1506	4829	1:05:05	Derek Harman		Male	986	M60	47	1:02:50	1499
1507	4902	1:05:06	Peter Brown		Male	987	M55	67	1:03:47	1550
1508	4723	1:05:08	Lauren Williams		Female	521	F	150	1:02:37	1485
1509	4843	1:05:09	Mark Stubbs		Male	988	M45	164	1:03:03	1510
1510	4173	1:05:10	Layla Smolen		Female	522	F40	108	1:03:16	1522
1511	4772	1:05:13	Jemma Brown		Female	523	F	151	1:03:33	1542
1512	5264	1:05:15	Bob Hibberd		Male	989	M60	48	1:02:51	1500
1513	4185	1:05:16	Russell Hellwig		Male	990	M50	122	1:03:28	1538
1514	4848	1:05:16	Tara Webb		Female	524	F40	109	1:02:52	1503
1515	6143	1:05:18	Amanda Freemantle	Haverhill Running Club	Female	525	F35	103	1:02:25	1472
1516	6385	1:05:18	Claire James		Female	526	F35	104	1:03:15	1520
1517	4431	1:05:19	Andrew Port		Male	991	M45	165	1:02:15	1460
1518	6072	1:05:21	Mary Webber	Bushfield Joggers	Female	527	F65	5	1:02:32	1477
1519	6309	1:05:22	Matthew Green		Male	992	M	306	1:02:43	1491
1520	5245	1:05:24	Steve Whitelam	Three Counties Running Club	Male	993	M45	166	1:02:34	1478
1521	4057	1:05:26	Ingrid Gafrikova		Female	528	F40	110	1:03:01	1508
1522	6220	1:05:28	Rebecca Statham		Female	529	F	152	1:02:20	1464
1523	4216	1:05:33	Jon Plumb		Male	994	M45	167	1:02:36	1480
1524	4576	1:05:34	Allen Kissock		Male	995	M55	68	1:03:48	1551
1525	4273	1:05:35	Sarah Jay		Female	530	F	153	1:04:50	1605
1526	6232	1:05:36	Joanne Gaisford		Female	531	F40	111	1:03:18	1527
1527	6381	1:05:36	Birute Gaurilovaite-Chamsin		Female	532	F	154	1:02:51	1501
1528	6387	1:05:36	Lukoseviciene Lilija		Female	533	F40	112	1:02:51	1502
1529	4428	1:05:38	Robert Williams		Male	996	M60	49	1:03:57	1556
1530	4123	1:05:40	Christopher Cann		Male	997	M	307	1:02:39	1490
1531	5938	1:05:41	Leanne Mills		Female	534	F	155	1:04:06	1566
1532	1820	1:05:42	Lisa Hurry		Female	535	F50	50	1:03:16	1523
1533	4696	1:05:42	Kevin Walker		Male	998	M40	129	1:05:29	1624
1534	5279	1:05:43	Simon Bailey		Male	999	M35	127	1:03:18	1528
1535	4512	1:05:44	Melissa Ashley		Female	536	F35	105	1:03:45	1548
1536	5100	1:05:44	Kazza Hughes		Female	537	F40	113	1:03:46	1549
1537	5818	1:05:48	Nikki Fitzgerald		Female	538	F50	51	1:03:24	1535
1538	5052	1:05:51	Julie Bee		Female	539	F50	52	1:04:35	1594
1539	6243	1:05:51	Jo Brooks	Vegetarian Cycling & AC	Female	540	F40	114	1:03:03	1509
1540	4741	1:05:53	Simon Burton		Male	1000	M35	128	1:03:04	1511
1541	5351	1:05:53	Donna Johnson		Male	1001	M40	130	1:02:25	1473
1542	6322	1:05:53	Amber Lawrence		Female	541	F	156	1:03:22	1531
1543	5917	1:05:55	Chris Walker		Male	1002	M50	123	1:03:05	1513
1544	5802	1:05:56	Jo Jaggard	Fen Edge Runners	Female	542	F40	115	1:03:59	1560
1545	5801	1:05:57	David Jaggard	Fen Edge Runners	Male	1003	M40	131	1:03:58	1557
1546	4144	1:05:59	Daniel Ess		Male	1004	M35	129	1:03:39	1545
1547	4081	1:06:00	Steve Osborne		Male	1005	M	308	1:03:34	1543
1548	5026	1:06:01	Carolyn Hayes		Female	543	F60	11	1:02:56	1507
1549	4661	1:06:03	Jo Sedgley		Female	544	F40	116	1:03:57	1555
1550	6226	1:06:04	Richard Mann	Cambridge Harriers	Male	1006	M60	50	1:02:12	1457
1551	5057	1:06:05	Helen Sewell	Ryston Runners	Female	545	F70	2	1:04:26	1580
1552	4443	1:06:10	Louise Goate		Female	546	F	157	1:03:59	1562
1553	4482	1:06:10	Annette Crowley		Female	547	F50	53	1:04:12	1570
1554	5053	1:06:11	Andy Rayner		Male	1007	M50	124	1:04:35	1595
1555	5005	1:06:11	Charlotte Dixon		Female	548	F	158	1:04:32	1589
1556	5508	1:06:14	Laura Foster		Female	549	F	159	1:03:08	1515
1557	5711	1:06:18	Angela Morgan		Female	550	F50	54	1:03:40	1546
1558	4339	1:06:18	Karen Manning		Female	551	F35	106	1:04:26	1576
1559	5493	1:06:19	Zoe Emmerson		Female	552	F	160	1:03:14	1519
1560	4205	1:06:23	Kevin Gittins		Male	1008	M45	168	1:02:54	1506
1561	6079	1:06:25	Jackie Hallett		Female	553	F60	12	1:04:06	1565
1562	4199	1:06:25	Dave Cumbridge		Male	1009	M45	169	1:04:49	1602
1563	4200	1:06:25	Salina Cumbridge		Female	554	F45	81	1:04:49	1603
1564	4903	1:06:26	Alan Bartrum		Male	1010	M40	132	1:04:42	1598
1565	6388	1:06:29	Natalja Maslakova		Female	555	F	161	1:04:26	1577
1566	4015	1:06:29	Samantha Tate	Sleaford Striders AC	Female	556	F40	117	1:03:10	1518
1567	5769	1:06:31	Tony Miles		Male	1011	M40	133	1:03:59	1559
1568	6305	1:06:33	David Fysh		Male	1012	M	309	1:03:49	1552
1569	5732	1:06:36	Tommy Taylor		Male	1013	M	310	1:03:44	1547
1570	4382	1:06:37	Joanne Rust		Female	557	F50	55	1:03:37	1544
1571	5895	1:06:37	Michael Holben		Male	1014	M	311	1:03:59	1561
1572	5894	1:06:37	Kara Holben		Female	558	F	162	1:03:59	1558
1573	5104	1:06:37	Andrew Richardson		Male	1015	M40	134	1:05:29	1625
1574	6231	1:06:39	Scott Cripps		Male	1016	M35	130	1:04:29	1582
1575	4701	1:06:39	Sarah Dignam		Female	559	F	163	1:04:29	1584



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1576	4762	1:06:40	Sally Green		Female	560	F40	118	1:05:31	1627
1577	5873	1:06:43	Ronnie Long		Male	1017	M45	170	1:04:35	1596
1578	5788	1:06:43	Jayne Cook		Female	561	F50	56	1:03:54	1554
1579	4528	1:06:44	Kathryn Bithray		Female	562	F40	119	1:04:34	1592
1580	4525	1:06:47	Matilda Suiter		Female	563	F	164	1:04:05	1564
1581	5934	1:06:48	Laura Palmer		Female	564	F	165	1:03:09	1516
1582	4524	1:06:50	Becki Suiter		Female	565	F45	82	1:04:08	1568
1583	5105	1:06:52	Chris Smith		Male	1018	M45	171	1:04:26	1579
1584	5106	1:06:52	Donna Smith		Female	566	F40	120	1:04:27	1581
1585	5851	1:06:53	Daryl Brooke		Male	1019	M35	131	1:03:32	1541
1586	4585	1:06:53	Debbie Craven		Female	567	F45	83	1:03:29	1539
1587	5970	1:06:56	Martin Bare		Male	1020	M55	69	1:04:05	1563
1588	6352	1:07:04	Simon Slater		Male	1021	M40	135	1:04:10	1569
1589	4871	1:07:04	Sarah Mitchell		Female	568	F35	107	1:05:15	1619
1590	5961	1:07:04	Ian Wales		Male	1022	M45	172	1:04:46	1600
1591	4604	1:07:04	Lisa Cockin		Male	1023	M45	173	1:04:46	1601
1592	5741	1:07:06	Emma Main		Female	569	F45	84	1:04:16	1572
1593	6082	1:07:07	Barry Norton	Skegness & District RC	Male	1024	M70	9	1:04:26	1578
1594	5499	1:07:08	Jamie Smith		Female	570	F35	108	1:04:49	1604
1595	5025	1:07:10	Martin Evans		Male	1025	M50	125	1:04:33	1590
1596	4936	1:07:10	Karen Dolman		Female	571	F40	121	1:04:34	1593
1597	4239	1:07:14	Graham Rout		Male	1026	M40	136	1:03:27	1536
1598	5582	1:07:14	Harriet Tacey		Female	572	F	166	1:04:51	1606
1599	4085	1:07:18	Tien Do		Male	1027	M40	137	1:05:00	1612
1600	5982	1:07:22	Michael Booth		Male	1028	M40	138	1:05:35	1630
1601	4350	1:07:25	Suzanne Pembery		Female	573	F50	57	1:05:18	1622
1602	6116	1:07:28	Tammy De Freitas		Female	574	F40	122	1:04:25	1574
1603	6103	1:07:29	Judith Williams		Female	575	F50	58	1:05:06	1616
1604	5487	1:07:30	Miranda Money		Female	576	F40	123	1:04:31	1587
1605	5497	1:07:30	Joanne Riseborough		Female	577	F40	124	1:04:32	1588
1606	5175	1:07:30	Katrina Browning		Female	578	F50	59	1:04:08	1567
1607	5234	1:07:31	Kate Chapman		Female	579	F35	109	1:04:31	1586
1608	4911	1:07:32	Sarah Witting		Female	580	F40	125	1:05:38	1631
1609	5860	1:07:33	Alicia Bailey		Female	581	F	167	1:04:57	1610
1610	5470	1:07:40	Karen Philpott		Female	582	F	168	1:04:34	1591
1611	5951	1:07:40	Lucy Scott		Female	583	F40	126	1:04:29	1585
1612	4511	1:07:45	Hayley Cobb		Female	584	F40	127	1:04:55	1607
1613	5820	1:07:46	Alan Cushing	Ely Runners	Male	1029	M60	51	1:04:41	1597
1614	4969	1:07:47	Sarah Cowley		Female	585	F	169	1:04:24	1573
1615	4960	1:07:48	Chloe Schunmann		Female	586	F	170	1:04:26	1575
1616	5070	1:07:51	Karen Wilson		Female	587	F50	60	1:04:43	1599
1617	5674	1:07:52	Ann Smith		Female	588	F65	6	1:05:02	1613
1618	4945	1:08:01	Chris Lorraine		Male	1030	M35	132	1:04:57	1608
1619	6362	1:08:02	Steve Warman		Male	1031	M45	174	1:05:00	1611
1620	6092	1:08:05	Jax Sesstein	Sleaford Striders AC	Female	589	F50	61	1:05:47	1639
1621	5615	1:08:08	Joanne Mason		Female	590	F45	85	1:05:08	1617
1622	5618	1:08:08	Teresa Simons		Male	1032	M40	139	1:05:09	1618
1623	5196	1:08:08	Jenny Vangemeren		Female	591	F40	128	1:04:29	1583
1624	4607	1:08:08	Andrea Mummery		Female	592	F45	86	1:05:49	1641
1625	4664	1:08:08	Tracey McGarrell		Female	593	F40	129	1:05:48	1640
1626	5469	1:08:08	Robert Futter		Male	1033	M40	140	1:06:16	1660
1627	5694	1:08:09	Laura Cornwell		Female	594	F45	87	1:04:57	1609
1628	6050	1:08:09	David Whitehouse		Male	1034	M	312	1:06:15	1659
1629	6051	1:08:10	Sara Whitehouse		Female	595	F	171	1:06:15	1658
1630	5032	1:08:10	Steven Stock		Male	1035	M	313	1:05:33	1628
1631	4627	1:08:11	Helen Reed	Ryston Runners	Female	596	F50	62	1:05:34	1629
1632	5946	1:08:14	Stephanie Tonino		Female	597	F35	110	1:05:19	1623
1633	5807	1:08:16	Fiona Hodge		Female	598	F45	88	1:06:03	1652
1634	5354	1:08:18	Lloyd Rawling		Male	1036	M50	126	1:05:41	1633
1635	4114	1:08:18	Daryl Smith		Male	1037	M	314	1:05:17	1620
1636	5539	1:08:18	Jo Thompson		Female	599	F45	89	1:05:17	1621
1637	6391	1:08:19	Helen Robinson		Female	600	F	172	1:06:16	1662
1638	6426	1:08:24	Miranda Horne		Female	601	F45	90	1:06:11	1655
1639	6298	1:08:26	Julie Fell		Female	602	F45	91	1:05:41	1632
1640	6297	1:08:26	Jonathon Fell		Male	1038	M	315	1:05:41	1634
1641	4584	1:08:26	Margaret Daly		Female	603	F55	19	1:05:44	1638
1642	6290	1:08:28	Lisa Doyle		Female	604	F35	111	1:05:06	1614
1643	5173	1:08:28	Andrea Wade		Female	605	F	173	1:05:06	1615
1644	4562	1:08:29	Judith Haslam		Female	606	F65	7	1:06:10	1654
1645	1698	1:08:31	Neil Eccles		Male	1039	M40	141	1:06:03	1653
1646	6406	1:08:32	Martin King		Male	1040	M40	142	1:06:24	1667
1647	4817	1:08:33	Stacey Belding		Female	607	F	174	1:06:50	1682
1648	6222	1:08:39	Gabrielle Atling	Rochford Running Club	Female	608	F50	63	1:05:44	1637
1649	5011	1:08:40	Holly Campbell		Female	609	F	175	1:05:42	1635
1650	5854	1:08:41	Liz Sullivan		Female	610	F	176	1:05:42	1636



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1651	6327	1:08:42	Peter Mason		Male	1041	M35	133	1:06:14	1657
1652	4454	1:08:47	Katie Louise Wilson	Ryston Runners	Female	611	F40	130	1:07:17	1699
1653	6364	1:08:47	Helen West		Female	612	F45	92	1:05:30	1626
1654	6296	1:08:50	Jamie Farr		Male	1042	M	316	1:06:36	1672
1655	4306	1:08:50	Fay Middleton		Female	613	F40	131	1:06:27	1669
1656	5811	1:08:51	Sharon Woodrooffe	Newmarket Joggers	Female	614	F55	20	1:05:55	1649
1657	5268	1:08:51	Sarah Clark		Female	615	F	177	1:05:52	1643
1658	5338	1:08:55	Lilly Milsome		Female	616	F	178	1:06:01	1651
1659	4190	1:08:55	Tom Alexander		Male	1043	M	317	1:06:01	1650
1660	6363	1:08:56	Suzie Warman		Female	617	F45	93	1:05:54	1648
1661	5782	1:08:56	Harpreet Thandi	Bungay Black Dog RC	Female	618	F	179	1:05:53	1647
1662	4743	1:08:57	Jane Edwards		Female	619	F50	64	1:05:53	1644
1663	5947	1:08:58	Graham Page	Saint Edmund Pacers	Male	1044	M60	52	1:06:27	1668
1664	4381	1:09:00	Trevor Defty		Male	1045	M60	53	1:08:10	1737
1665	4366	1:09:02	Matt Chappell		Male	1046	M45	175	1:06:12	1656
1666	93	1:09:02	Rebecca Scott		Female	620	F	180	1:06:20	1666
1667	6009	1:09:13	David Hunt		Male	1047	M	318	1:06:31	1671
1668	4830	1:09:15	Gero Hempel		Male	1048	M50	127	1:06:37	1673
1669	4115	1:09:16	Peter Drew	Ryston Runners	Male	1049	M60	54	1:06:37	1674
1670	5527	1:09:16	Marika Valiaho		Female	621	F35	112	1:07:14	1696
1671	4763	1:09:19	Ella Hoyos		Female	622	F40	132	1:05:49	1642
1672	5277	1:09:20	Paul Freeman		Male	1050	M50	128	1:06:43	1677
1673	4209	1:09:22	Keri Williamson		Female	623	F35	113	1:07:21	1705
1674	6373	1:09:22	Toni Arnold		Female	624	F	181	1:06:37	1675
1675	5408	1:09:23	Lucy Hicks		Female	625	F	182	1:06:18	1665
1676	4996	1:09:34	Nicky Exley		Female	626	F	183	1:08:17	1747
1677	4331	1:09:34	Kelly Hardaker		Female	627	F35	114	1:08:03	1731
1678	6188	1:09:35	Beccy Smith		Female	628	F35	115	1:07:18	1702
1679	5496	1:09:38	Linda Wills-Gillings		Female	629	F40	133	1:07:19	1704
1680	5075	1:09:39	Hayley Hissett		Female	630	F35	116	1:08:23	1754
1681	4578	1:09:40	Deborah Sheils		Female	631	F55	21	1:06:58	1686
1682	6342	1:09:40	Donna Rebbetts		Female	632	F45	94	1:06:18	1664
1683	6185	1:09:41	Malcolm McClymont		Male	1051	M55	70	1:06:49	1678
1684	5405	1:09:41	Louise Larkins		Female	633	F45	95	1:06:16	1661
1685	4236	1:09:42	Sarah Jastrzebski		Female	634	F	184	1:07:50	1723
1686	4702	1:09:42	Leanne Jackson		Female	635	F35	117	1:08:18	1748
1687	4222	1:09:42	Charley Hall		Female	636	F	185	1:07:50	1724
1688	5404	1:09:42	Miriam Evison		Female	637	F45	96	1:06:16	1663
1689	4119	1:09:43	Nathan Chenery		Male	1052	M	319	1:08:35	1759
1690	4160	1:09:45	Jon Benstead		Male	1053	M50	129	1:07:48	1716
1691	6230	1:09:47	Peter Relf		Male	1054	M60	55	1:06:54	1683
1692	6111	1:09:48	Laura Hornigold		Female	638	F35	118	1:06:38	1676
1693	4733	1:09:49	Katherine Brittain		Female	639	F	186	1:06:55	1685
1694	6350	1:09:53	Inga Seskunaite		Female	640	F	187	1:07:18	1703
1695	5846	1:09:53	Terry Maley		Male	1055	M55	71	1:09:16	1785
1696	6059	1:09:57	Rebecca Cochrane	Bushfield Joggers	Female	641	F40	134	1:07:07	1690
1697	5160	1:09:57	Hannah Marshall	Bushfield Joggers	Female	642	F	188	1:07:11	1694
1698	5326	1:09:58	Sarah Lamb	Three Counties Running Club	Female	643	F45	97	1:07:31	1710
1699	5127	1:09:59	Laura Baxter-Wilson		Female	644	F	189	1:07:49	1717
1700	4277	1:09:59	Katie Inns		Female	645	F	190	1:07:36	1712
1701	5128	1:09:59	Michael Wilson		Male	1056	M	320	1:07:49	1719
1702	4603	1:10:00	Sarah Byatt		Female	646	F50	65	1:06:49	1679
1703	4862	1:10:00	Nicola Ward		Female	647	F40	135	1:06:49	1680
1704	5235	1:10:01	Shaun Mott		Male	1057	M	321	1:07:00	1687
1705	4864	1:10:03	Ellie Burt		Female	648	F	191	1:07:11	1692
1706	4308	1:10:03	Bethany Fretwell		Female	649	F	192	1:07:11	1693
1707	6014	1:10:04	Christopher Mumby	Notfast RC	Male	1058	M60	56	1:07:11	1691
1708	4699	1:10:09	Sharon Hanson		Female	650	F45	98	1:07:00	1688
1709	4237	1:10:09	Joe Rudd		Male	1059	M	322	1:08:03	1730
1710	5746	1:10:10	Stuart Main		Male	1060	M	323	1:05:53	1645
1711	5747	1:10:11	Victoria Main		Female	651	F	193	1:05:53	1646
1712	4386	1:10:11	Lucy Wilson		Female	652	F45	99	1:08:19	1749
1713	5598	1:10:13	Dawn Cook	Norwich Road Runners	Female	653	F50	66	1:07:17	1698
1714	6012	1:10:13	Helen Roycroft		Female	654	F45	100	1:07:06	1689
1715	5908	1:10:14	Bridget Griffin		Female	655	F50	67	1:06:30	1670
1716	6120	1:10:16	Alison Bilyard	Great Yarmouth Road Runners	Female	656	F45	101	1:07:18	1700
1717	4615	1:10:19	Dawn Course		Female	657	F45	102	1:08:29	1758
1718	4874	1:10:20	Jodie Neal		Female	658	F35	119	1:08:50	1772
1719	4250	1:10:21	Teighlor Allen		Female	659	F	194	1:08:51	1773
1720	4872	1:10:21	Emma Benefer	Royston Runners	Female	660	F40	136	1:08:49	1771
1721	5859	1:10:22	Caroline Kluckow		Female	661	F	195	1:06:49	1681
1722	5815	1:10:26	Terrance Norman		Male	1061	M60	57	1:06:54	1684
1723	5775	1:10:27	Claire Scott	North Norfolk Beach Runners	Female	662	F45	103	1:07:44	1715
1724	4363	1:10:27	Adam Talbot		Male	1062	M	324	1:07:27	1708
1725	5736	1:10:30	Lucy Dye		Female	663	F	196	1:07:58	1728



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	4653	1:10:33	Cindy Nunn		Female	664	F50	68	1:07:18	1701
1727	5839	1:10:35	Emma Smith		Female	665	F40	137	1:08:05	1732
1728	5325	1:10:35	Emma Chenery	Three Counties Running Club	Female	666	F35	120	1:08:09	1736
1729	6360	1:10:35	Myles Thorne		Male	1063	M35	134	1:07:49	1718
1730	6283	1:10:36	Tim Casey		Male	1064	M45	176	1:07:49	1721
1731	5750	1:10:36	Pete Dean		Male	1065	M50	130	1:07:22	1706
1732	6414	1:10:37	Andrew Fell		Male	1066	M45	177	1:07:49	1720
1733	4992	1:10:41	Marie-Louise Howard		Female	667	F35	121	1:07:12	1695
1734	6252	1:10:43	Carolyn Farmer		Female	668	F60	13	1:07:50	1722
1735	4140	1:10:46	Michelle Meads		Female	669	F	197	1:08:10	1740
1736	6083	1:10:48	Janet Norton	Skegness & District RC	Female	670	F65	8	1:08:07	1735
1737	6398	1:10:51	Eva Zakalicka		Female	671	F35	122	1:07:24	1707
1738	5144	1:10:56	Bernadette Carson		Female	672	F35	123	1:09:34	1793
1739	6394	1:10:57	David Swannack		Male	1067	M50	131	1:07:28	1709
1740	4939	1:10:57	Kelly Bargewell		Female	673	F35	124	1:08:22	1752
1741	4940	1:10:57	Steven Bargewell		Male	1068	M40	143	1:08:23	1753
1742	5918	1:11:01	Kirsty Walker		Female	674	F	198	1:08:10	1738
1743	5924	1:11:01	Ann Elrick		Female	675	F40	138	1:08:27	1755
1744	5920	1:11:01	Sheena Walker		Female	676	F45	104	1:08:10	1741
1745	4330	1:11:02	Catherine Tipling		Female	677	F35	125	1:07:42	1713
1746	5957	1:11:02	Michelle Allen		Female	678	F35	126	1:08:16	1744
1747	1	1:11:03	Roger Partridge		Male	1069	M55	72	1:07:52	1725
1748	4737	1:11:04	Claire Rotman		Female	679	F35	127	1:08:28	1757
1749	4377	1:11:07	Kirsty Bunting		Female	680	F35	128	1:07:17	1697
1750	5411	1:11:07	Alice Johnson		Female	681	F	199	1:07:33	1711
1751	4498	1:11:09	Charlotte Ward		Female	682	F	200	1:07:56	1727
1752	5039	1:11:09	Emma Stoves		Female	683	F	201	1:09:14	1783
1753	4565	1:11:10	David Howell		Male	1070	M45	178	1:08:05	1733
1754	5010	1:11:10	Carmen Johnson		Female	684	F	202	1:09:15	1784
1755	4689	1:11:11	Jay Kittle		Female	685	F	203	1:08:27	1756
1756	5361	1:11:15	Anne-Marie Utting		Female	686	F40	139	1:08:40	1763
1757	1807	1:11:16	Mike Last		Male	1071	M60	58	1:08:10	1739
1758	5797	1:11:25	Andrew Stratton	Wymondham AC	Male	1072	M55	73	1:08:02	1729
1759	5834	1:11:26	Jeanette Simpson		Female	687	F35	129	1:07:43	1714
1760	6004	1:11:26	Brenda King	Rotherham Harriers and AC	Female	688	F65	9	1:07:55	1726
1761	4590	1:11:29	Heather Pocklington		Female	689	F60	14	1:08:16	1745
1762	98	1:11:29	Lesley Akers		Female	690	F55	22	1:08:16	1746
1763	5255	1:11:31	Ruth Baldry		Female	691	F55	23	1:08:16	1743
1764	5491	1:11:37	Jo Farnworth		Female	692	F45	105	1:08:22	1751
1765	6164	1:11:38	Matt Brewer		Male	1073	M45	179	1:08:57	1776
1766	5273	1:11:43	Catherine Spencer		Female	693	F45	106	1:08:49	1770
1767	5099	1:11:43	Sue Moffat		Female	694	F55	24	1:08:11	1742
1768	4978	1:11:45	Amy Course		Female	695	F35	130	1:08:21	1750
1769	5692	1:11:47	Trevor Groves		Male	1074	M55	74	1:08:39	1762
1770	5929	1:11:49	Dianne Calvert		Female	696	F50	69	1:08:06	1734
1771	4546	1:11:51	Dawn Coote		Female	697	F60	15	1:08:37	1761
1772	4921	1:11:51	Felicity MacAulay		Female	698	F	204	1:11:02	1842
1773	5316	1:11:52	Steve Clarke	Three Counties Running Club	Male	1075	M40	144	1:09:01	1778
1774	5471	1:11:52	Anna Mitchell		Female	699	F	205	1:08:47	1768
1775	4736	1:11:53	Niki Green		Female	700	F50	70	1:08:36	1760
1776	4946	1:11:53	Karen Lorraine		Female	701	F35	131	1:08:48	1769
1777	4719	1:11:53	Julie Daw		Female	702	F45	107	1:08:45	1766
1778	4711	1:11:53	Gail Clarkson		Female	703	F50	71	1:10:18	1816
1779	5374	1:11:57	Jodie Price		Female	704	F35	132	1:09:08	1781
1780	4384	1:11:59	Carol Evans		Female	705	F75+	1	1:08:46	1767
1781	4680	1:12:01	Gaetan Vawser		Male	1076	M50	132	1:09:29	1790
1782	1625	1:12:04	Danielle Pinder		Female	706	F	206	1:09:42	1802
1783	4361	1:12:05	Vic Rogers		Female	707	F40	140	1:09:51	1804
1784	6257	1:12:06	Michael Dee	Henfield Joggers	Male	1077	M75+	4	1:08:56	1775
1785	4907	1:12:08	Samantha Henriques	Fenland Running Club	Female	708	F35	133	1:09:03	1779
1786	6121	1:12:10	Paul Bird	Bungay Black Dog RC	Male	1078	M50	133	1:09:23	1789
1787	5821	1:12:10	Alex Trense		Male	1079	M40	145	1:09:57	1806
1788	4318	1:12:11	Emma Manning		Female	709	F35	134	1:10:48	1832
1789	6054	1:12:14	Rebecca Thompson		Female	710	F45	108	1:08:53	1774
1790	5291	1:12:19	Paul Chapman		Male	1080	M50	134	1:09:14	1782
1791	5681	1:12:20	Jennifer Winterbone		Female	711	F40	141	1:09:19	1787
1792	5912	1:12:28	Peter Brown		Male	1081	M	325	1:08:43	1764
1793	5913	1:12:29	Kellie Stevens		Female	712	F	207	1:08:43	1765
1794	5778	1:12:36	Jennie Craig	Bungay Black Dog RC	Female	713	F40	142	1:09:33	1792
1795	5779	1:12:36	Toby Craig	Bungay Black Dog RC	Male	1082	M45	180	1:09:32	1791
1796	4409	1:12:40	Amy Anderson		Female	714	F	208	1:09:00	1777
1797	5690	1:12:40	Georgina Sutton	Tri-Anglia Triathlon Club	Female	715	F35	135	1:09:44	1803
1798	4463	1:12:45	Amy Bilham		Female	716	F40	143	1:09:36	1794
1799	6025	1:12:46	Tess Melton		Female	717	F50	72	1:09:21	1788
1800	4183	1:12:50	David Farr		Male	1083	M60	59	1:09:06	1780

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1801	5481	1:12:52	Tracey Bunting		Female	718	F40	144	1:09:38	1796
1802	5880	1:12:54	Gill Munday		Female	719	F55	25	1:09:40	1800
1803	5267	1:12:55	Hilary Roberts		Female	720	F55	26	1:09:42	1801
1804	4441	1:12:58	Jodie McGill		Female	721	F	209	1:09:39	1798
1805	6184	1:12:59	Stephanie McGill		Female	722	F50	73	1:09:39	1799
1806	4757	1:13:01	Andrew Gold		Male	1084	M35	135	1:09:17	1786
1807	5269	1:13:06	Caroline Goodchild		Female	723	F40	145	1:09:38	1795
1808	5504	1:13:10	Ross Haddow	North Norfolk Beach Runners	Male	1085	M60	60	1:09:38	1797
1809	5088	1:13:11	Chris Uden		Male	1086	M55	75	1:10:12	1812
1810	4559	1:13:13	Fabia Preece		Female	724	F	210	1:10:19	1817
1811	4557	1:13:13	Nicholas Borrman		Male	1087	M	326	1:10:20	1818
1812	5214	1:13:14	Steve Tucker		Male	1088	M45	181	1:10:00	1807
1813	5295	1:13:14	Carol Hawkins		Female	725	F50	74	1:09:53	1805
1814	5887	1:13:14	Debbie Costley		Female	726	F50	75	1:10:11	1810
1815	5228	1:13:21	Joely Apps	Three Counties Running Club	Female	727	F	211	1:10:13	1813
1816	4888	1:13:23	Wendy Farquhar		Female	728	F45	109	1:10:34	1821
1817	4800	1:13:28	Al Whitton		Male	1089	M45	182	1:10:40	1828
1818	5575	1:13:30	Kathleen Howat		Female	729	F45	110	1:10:42	1829
1819	4043	1:13:35	David Wallington		Male	1090	M40	146	1:10:06	1809
1820	4634	1:13:37	Rachel Earl		Female	730	F35	136	1:10:12	1811
1821	5401	1:13:39	Lydia Burrows		Female	731	F	212	1:10:35	1822
1822	5034	1:13:39	Dawn Tegerdine		Female	732	F40	146	1:10:15	1815
1823	5199	1:13:39	Katie Baxter		Female	733	F40	147	1:10:00	1808
1824	4798	1:13:40	Jo Westwood		Female	734	F35	137	1:11:54	1870
1825	5576	1:13:42	Martin Howat		Male	1091	M50	135	1:10:54	1838
1826	4801	1:13:42	Lynne Whitton		Female	735	F40	148	1:10:53	1835
1827	5483	1:13:44	Chris Abbs		Male	1092	M40	147	1:11:41	1865
1828	4987	1:13:45	Peter Davis		Male	1093	M55	76	1:11:29	1862
1829	6029	1:13:48	Suzanne Davies		Female	736	F	213	1:10:33	1820
1830	4749	1:13:49	Sharon Moreton		Female	737	F45	111	1:10:40	1827
1831	4495	1:13:51	Jon Goult		Male	1094	M45	183	1:10:36	1825
1832	4681	1:13:52	Eleanor Spall		Female	738	F	214	1:10:51	1833
1833	5627	1:13:54	Esther Glover		Female	739	F35	138	1:10:44	1830
1834	4198	1:13:54	Gena Ritchie		Female	740	F45	112	1:10:47	1831
1835	4154	1:13:56	Trevor Ashton		Male	1095	M45	184	1:12:06	1878
1836	6212	1:13:56	Sarah Willson		Female	741	F45	113	1:10:24	1819
1837	5804	1:13:57	Jayne Bashford		Female	742	F45	114	1:10:52	1834
1838	5015	1:13:58	Andrew Sisley		Male	1096	M50	136	1:11:01	1840
1839	4825	1:13:58	Beate Gruber		Female	743	F40	149	1:10:13	1814
1840	6251	1:14:00	Ian Friday		Male	1097	M60	61	1:11:07	1846
1841	6250	1:14:01	Carol Friday		Female	744	F60	16	1:11:08	1848
1842	5516	1:14:01	Miriam Tyler		Female	745	F	215	1:10:35	1823
1843	5517	1:14:02	Xenia Tyler		Female	746	F55	27	1:10:35	1824
1844	4506	1:14:05	Hayley Webb		Female	747	F50	76	1:10:54	1837
1845	5757	1:14:10	Nina Pigg		Female	748	F50	77	1:11:16	1852
1846	4440	1:14:15	Reshma Sannakki		Female	749	F35	139	1:12:47	1900
1847	6064	1:14:18	Lisa Hogg		Female	750	F35	140	1:11:23	1857
1848	5657	1:14:19	Carol McKean		Female	751	F45	115	1:11:24	1858
1849	5766	1:14:20	Victoria Bell		Female	752	F35	141	1:10:39	1826
1850	1693	1:14:21	Kevin Colbert		Male	1098	M55	77	1:11:43	1867
1851	6218	1:14:22	Pam Savill		Female	753	F50	78	1:11:01	1839
1852	6217	1:14:22	Keith Savill		Male	1099	M50	137	1:11:01	1841
1853	5431	1:14:24	Rebecca Warner		Female	754	F50	79	1:11:05	1845
1854	5421	1:14:24	Tim Warner		Male	1100	M50	138	1:11:05	1844
1855	5570	1:14:26	Amanda Anderson		Female	755	F35	142	1:10:54	1836
1856	4278	1:14:29	Tara Inns		Female	756	F45	116	1:12:06	1879
1857	6244	1:14:34	Susie Neves		Female	757	F35	143	1:11:38	1863
1858	5151	1:14:35	Abbie Watts		Female	758	F	216	1:13:05	1907
1859	5184	1:14:37	Carolyn Aldis		Female	759	F40	150	1:11:11	1849
1860	1806	1:14:38	Rob Harper		Male	1101	M50	139	1:11:08	1847
1861	4396	1:14:42	Ryan Taylor		Male	1102	M	327	1:11:14	1850
1862	4041	1:14:42	Stephanie Lucas		Female	760	F55	28	1:11:22	1856
1863	4039	1:14:42	Gillian Boon		Female	761	F55	29	1:11:22	1855
1864	4393	1:14:42	Amy Carpenter		Female	762	F	217	1:11:14	1851
1865	5962	1:14:45	Andy Mayfield		Male	1103	M50	140	1:11:28	1860
1866	5963	1:14:45	Kim Mayfield		Female	763	F50	80	1:11:28	1861
1867	4298	1:14:47	Hayley Smith		Female	764	F	218	1:11:56	1871
1868	5050	1:14:47	Emma Fielding		Female	765	F	219	1:11:19	1853
1869	5416	1:14:47	Laura Denton		Female	766	F	220	1:11:19	1854
1870	5927	1:14:48	Liz Elliott	Brandon Fern Hoppers	Female	767	F40	151	1:11:04	1843
1871	6410	1:14:51	Helen Mileham		Female	768	F40	152	1:12:57	1904
1872	4375	1:14:55	Rebecca Baker		Female	769	F35	144	1:11:52	1869
1873	5858	1:14:57	Janette Coles		Female	770	F55	30	1:11:24	1859
1874	4990	1:15:01	David Elvidge		Male	1104	M70	10	1:13:15	1909
1875	5676	1:15:04	Caroline Woodgate	Bungay Black Dog RC	Female	771	F40	153	1:11:47	1868

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1876	6356	1:15:06	Lorraine Smuth		Female	772	F45	117	1:11:42	1866
1877	6010	1:15:09	Rebecca Hunt		Female	773	F	221	1:12:31	1887
1878	5193	1:15:11	Mel Johnson		Female	774	F	222	1:12:35	1893
1879	5202	1:15:11	Laura Clarke		Female	775	F45	118	1:12:40	1895
1880	6261	1:15:14	John May		Male	1105	M55	78	1:13:33	1920
1881	5243	1:15:14	Esme Whitelam	Three Counties Running Club	Female	776	F	223	1:12:06	1880
1882	5754	1:15:14	Bethany Studd		Female	777	F	224	1:12:02	1874
1883	5753	1:15:15	Philip Neave	Bungay Black Dog RC	Male	1106	M65	20	1:12:02	1875
1884	5133	1:15:15	Nat Ebbs		Female	778	F45	119	1:12:05	1876
1885	4815	1:15:15	Sarah Lee		Female	779	F45	120	1:12:05	1877
1886	6097	1:15:17	Anna Drysdale		Female	780	F	225	1:12:00	1872
1887	6098	1:15:17	Nicola Drysdale		Female	781	F45	121	1:12:00	1873
1888	5072	1:15:17	Becky Judge		Female	782	F40	154	1:13:30	1917
1889	5073	1:15:18	Mary Edwards		Female	783	F40	155	1:13:30	1918
1890	6347	1:15:21	Rebecca Russell		Female	784	F	226	1:12:50	1902
1891	1797	1:15:22	Lynnette Gould		Female	785	F35	145	1:11:40	1864
1892	5808	1:15:28	Vicky Tripp		Female	786	F	227	1:12:31	1888
1893	5805	1:15:30	Rebecca Ercole		Female	787	F45	122	1:13:08	1908
1894	4623	1:15:32	Laura Skerry		Female	788	F35	146	1:12:32	1889
1895	4534	1:15:33	Tom Nicholls		Male	1107	M	328	1:13:41	1924
1896	5910	1:15:39	Karen Lloyd		Female	789	F45	123	1:12:32	1890
1897	4379	1:15:52	Andrew Keens		Male	1108	M	329	1:12:51	1903
1898	5498	1:15:53	Georgina Studd		Female	790	F55	31	1:12:35	1892
1899	4432	1:15:55	Denise Port		Female	791	F55	32	1:12:48	1901
1900	5475	1:15:55	Gregory Hill		Male	1109	M40	148	1:12:41	1897
1901	4479	1:15:57	Gillian Kersey		Female	792	F70	3	1:13:00	1906
1902	4981	1:15:57	Laura Palmer		Female	793	F35	147	1:12:33	1891
1903	4304	1:15:58	Ademola Adesanoye		Male	1110	M35	136	1:12:09	1881
1904	5664	1:16:01	Chris Wray	North Norfolk Beach Runners	Male	1111	M45	185	1:12:30	1886
1905	4135	1:16:03	Caroline Groves		Female	794	F35	148	1:12:47	1899
1906	6187	1:16:06	Sarah Lucas		Female	795	F50	81	1:12:23	1882
1907	4387	1:16:07	Amanda Elsegood		Female	796	F40	156	1:12:58	1905
1908	4147	1:16:07	Martin Elsegood		Male	1112	M50	141	1:12:24	1883
1909	4407	1:16:08	Robert Overton		Male	1113	M70	11	1:12:25	1885
1910	4158	1:16:08	Ian Overton		Male	1114	M45	186	1:12:24	1884
1911	1793	1:16:11	Ken Hurst		Male	1115	M	330	1:12:47	1898
1912	5939	1:16:19	Ursula Kilroy		Female	797	F35	149	1:12:39	1894
1913	5933	1:16:20	Lindsey Scott		Female	798	F	228	1:12:40	1896
1914	4444	1:16:33	Rebecca Sheppard		Female	799	F35	150	1:13:18	1911
1915	4998	1:16:33	Peter Henry		Male	1116	M55	79	1:13:17	1910
1916	5016	1:16:40	Louise Sisley		Female	800	F45	124	1:13:44	1925
1917	5068	1:16:48	George Taylor		Male	1117	M55	80	1:13:20	1913
1918	6377	1:16:48	Melissa Casey		Female	801	F	229	1:15:58	1962
1919	5659	1:16:51	Michelle Gibbons	North Norfolk Beach Runners	Female	802	F40	157	1:13:20	1912
1920	4669	1:16:54	Claire Cook		Female	803	F35	151	1:13:38	1921
1921	4376	1:16:54	Tom Wellings		Male	1118	M35	137	1:13:41	1923
1922	4999	1:16:55	Sally Henry		Female	804	F40	158	1:13:39	1922
1923	4924	1:17:00	Christopher Wood		Male	1119	M40	149	1:14:39	1937
1924	5578	1:17:01	Gary Ball		Male	1120	M35	138	1:13:30	1916
1925	6313	1:17:02	Stephen Hinchliffe		Male	1121	M	331	1:13:31	1919
1926	4563	1:17:15	Costas Eleftheriades		Male	1122	M65	21	1:13:50	1926
1927	4457	1:17:15	Shaun Lawrence		Male	1123	M35	139	1:13:26	1915
1928	4731	1:17:15	Diane Camp		Female	805	F	230	1:13:26	1914
1929	5579	1:17:21	Jenny Ball		Female	806	F	231	1:13:51	1928
1930	5713	1:17:24	Karen Stubberfield	North Norfolk Beach Runners	Female	807	F50	82	1:13:52	1929
1931	4400	1:17:24	Heidi Nicol		Female	808	F40	159	1:15:13	1949
1932	4129	1:17:24	Adam Stoutt		Male	1124	M40	150	1:15:10	1948
1933	4514	1:17:26	Alice Kelk		Female	809	F	232	1:15:06	1947
1934	4504	1:17:31	Zara Lambert		Female	810	F	233	1:14:50	1942
1935	4544	1:17:32	Aimmie Etherington		Female	811	F	234	1:14:51	1943
1936	5792	1:17:32	Emma Morgan		Female	812	F35	152	1:13:50	1927
1937	5765	1:17:37	Helen Matthews		Female	813	F50	83	1:14:12	1931
1938	5991	1:17:37	Rosie Watson		Female	814	F50	84	1:14:12	1932
1939	6249	1:17:48	Malcolm Cammack		Male	1125	M45	187	1:14:49	1941
1940	4026	1:17:53	Lucy Carpenter	Sleaford Striders AC	Female	815	F	235	1:14:42	1939
1941	4784	1:17:55	Jane Hipperson		Female	816	F45	125	1:14:41	1938
1942	5678	1:17:56	Karen Chapman-Hammond		Female	817	F45	126	1:14:32	1933
1943	5980	1:17:57	Angela Harper		Female	818	F45	127	1:14:42	1940
1944	4208	1:17:58	Carla Andrews		Female	819	F35	153	1:14:11	1930
1945	1706	1:17:59	Tina Dhimar		Female	820	F	236	1:14:35	1935
1946	5783	1:18:03	Nicki Burfoot		Female	821	F50	85	1:14:38	1936
1947	4458	1:18:07	Carrie Smith		Female	822	F35	154	1:14:33	1934
1948	4859	1:18:11	Kelly Pindar		Female	823	F35	155	1:15:20	1950
1949	5855	1:18:18	Kim Askew		Female	824	F	237	1:15:21	1951
1950	4021	1:18:20	Carol Dudley	Sleaford Striders AC	Female	825	F55	33	1:15:01	1946

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1951	4131	1:18:20	Samantha Barber		Female	826	F40	160	1:15:21	1952
1952	4333	1:18:26	Amanda Barnes		Female	827	F45	128	1:15:27	1953
1953	5285	1:18:28	Christine Calver		Female	828	F	238	1:15:31	1954
1954	1699	1:18:28	Katy Colbert		Female	829	F	239	1:15:50	1958
1955	4516	1:18:38	Paula Kelk		Male	1126	M50	142	1:15:58	1961
1956	6409	1:18:39	Catherine Goult		Female	830	F35	156	1:15:56	1960
1957	5366	1:18:41	Kate E Malkin		Female	831	F40	161	1:14:56	1945
1958	5284	1:18:41	Simon Allington		Male	1127	M50	143	1:14:55	1944
1959	4976	1:18:45	Avril Wisdom		Female	832	F55	34	1:16:11	1966
1960	4734	1:18:47	Megan Boon		Female	833	F	240	1:16:32	1971
1961	5288	1:18:47	Sally King		Female	834	F55	35	1:15:49	1957
1962	4167	1:18:58	Gary Crossley		Male	1128	M45	188	1:16:00	1964
1963	4099	1:19:04	Jenna Ballard		Female	835	F	241	1:15:41	1955
1964	5773	1:19:14	Adam Bishop		Male	1129	M50	144	1:15:59	1963
1965	4320	1:19:19	Andy Harrod	Ryston Runners	Male	1130	M50	145	1:17:07	1979
1966	5069	1:19:19	Melanie Watts	Ryston Runners	Female	836	F40	162	1:17:07	1980
1967	4152	1:19:24	James Boote		Male	1131	M35	140	1:15:52	1959
1968	4826	1:19:31	Ruediger Gruber		Male	1132	M45	189	1:15:46	1956
1969	5180	1:19:34	Georgia-Mae Bailey		Female	837	F	242	1:16:09	1965
1970	5388	1:19:35	Maxine Read		Female	838	F50	86	1:16:11	1967
1971	4854	1:19:40	Shaun Mellish		Male	1133	M45	190	1:16:59	1977
1972	4133	1:19:41	Graham Miles		Male	1134	M45	191	1:16:59	1978
1973	6317	1:19:48	Katie Houston		Female	839	F	243	1:16:17	1969
1974	4219	1:19:51	Emma Melton		Female	840	F	244	1:16:17	1968
1975	4688	1:19:52	Marie Boon		Female	841	F	245	1:17:27	1983
1976	4368	1:19:57	Hannah Marsters	West Norfolk AC	Female	842	F35	157	1:16:53	1975
1977	5113	1:20:06	Maria Frew		Female	843	F35	158	1:16:37	1973
1978	4997	1:20:06	Emma Clark		Female	844	F40	163	1:16:37	1972
1979	4245	1:20:08	Jennifer Collins		Female	845	F35	159	1:16:25	1970
1980	4093	1:20:16	Ricky Ashley		Male	1135	M35	141	1:17:49	1988
1981	6265	1:20:17	Claire Finn		Female	846	F35	160	1:18:29	1998
1982	5227	1:20:21	Colin Apps	Three Counties Running Club	Male	1136	M50	146	1:17:11	1981
1983	4533	1:20:22	Mark Gregory		Male	1137	M60	62	1:17:28	1984
1984	5182	1:20:26	Nicola Lyon		Female	847	F45	129	1:16:45	1974
1985	5644	1:20:33	Donna Monk		Female	848	F40	164	1:16:55	1976
1986	4249	1:20:59	Daniel Cook		Male	1138	M	332	1:18:02	1992
1987	5616	1:21:03	Penny Murray		Female	849	F45	130	1:17:25	1982
1988	4001	1:21:17	Ted Preston	Sleaford Striders AC	Male	1139	M65	22	1:17:30	1985
1989	5770	1:21:19	Sandra Wilkinson	North Norfolk Beach Runners	Female	850	F55	36	1:17:49	1987
1990	5258	1:21:24	Jordan English		Female	851	F	246	1:18:29	1997
1991	4313	1:21:24	Melanie Grange		Female	852	F40	165	1:18:29	1996
1992	4738	1:21:29	Katie Frost		Female	853	F	247	1:17:37	1986
1993	4806	1:21:31	Linda MacLean		Female	854	F50	87	1:18:15	1994
1994	5386	1:21:32	Jayne Carson		Female	855	F50	88	1:18:02	1990
1995	5379	1:21:33	Maxine Else		Female	856	F50	89	1:18:02	1991
1996	6408	1:21:37	Mark Britton		Male	1140	M	333	1:18:25	1995
1997	6076	1:21:38	Sanjiv Jain	Skegness & District RC	Male	1141	M50	147	1:17:51	1989
1998	5226	1:21:52	Kelly Pattinson		Female	857	F35	161	1:18:08	1993
1999	6053	1:21:56	Helena Rose		Female	858	F50	90	1:18:35	1999
2000	5434	1:21:59	Andreas Djiakouris		Male	1142	M50	148	1:18:39	2000
2001	4410	1:21:59	Angela Reeve		Female	859	F35	162	1:20:26	2020
2002	4459	1:22:01	Elliott Sowden		Male	1143	M	334	1:18:48	2005
2003	4750	1:22:01	Sarah Merritt		Female	860	F35	163	1:18:43	2002
2004	4744	1:22:01	Nicola McDonald		Female	861	F40	166	1:18:44	2003
2005	5215	1:22:13	Sue Tucker-Reynolds		Female	862	F45	131	1:18:47	2004
2006	5670	1:22:14	Stacey Coleman	North Norfolk Beach Runners	Female	863	F35	164	1:18:43	2001
2007	4451	1:22:30	Jack Broughton		Male	1144	M	335	1:19:27	2011
2008	4399	1:22:33	Fay Martyn		Female	864	F	248	1:19:33	2012
2009	4466	1:22:36	Emma Davis		Female	865	F35	165	1:19:18	2010
2010	5478	1:22:36	Helena Wright		Female	866	F	249	1:19:10	2008
2011	4118	1:22:37	Victoria Benefer		Female	867	F	250	1:19:12	2009
2012	5309	1:22:47	Amanda Reeve		Female	868	F45	132	1:18:59	2006
2013	5176	1:22:54	Samantha Tinkler		Female	869	F35	166	1:19:10	2007
2014	5872	1:22:56	Kathy Eaton		Female	870	F45	133	1:19:53	2017
2015	5286	1:23:04	Janet Everrett		Female	871	F60	17	1:20:06	2019
2016	4602	1:23:08	Lydia Groom		Female	872	F	251	1:19:44	2015
2017	5387	1:23:08	Kate Evans		Female	873	F	252	1:19:45	2016
2018	5666	1:23:08	Nicola Wray		Female	874	F	253	1:19:36	2013
2019	4691	1:23:11	Milly Poynter		Female	875	F	254	1:20:27	2021
2020	5179	1:23:28	Katie Booth		Female	876	F35	167	1:19:44	2014
2021	5721	1:23:36	Julie Jardine		Female	877	F50	91	1:19:57	2018
2022	4014	1:23:42	Margaret Lennard	Sleaford Striders AC	Female	878	F40	167	1:20:31	2024
2023	4025	1:23:43	Emma Carpenter	Sleaford Striders AC	Female	879	F40	168	1:20:31	2023
2024	4467	1:23:47	Gareth Davis		Male	1145	M35	142	1:20:28	2022
2025	4714	1:23:56	Lucy Stocker		Female	880	F	255	1:22:21	2036



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2026	4732	1:23:58	Katherine Butcher		Female	881	F35	168	1:21:44	2029
2027	6110	1:24:13	David Freeburn		Male	1146	M65	23	1:21:03	2026
2028	5892	1:24:29	Louise Adams		Female	882	F50	92	1:20:58	2025
2029	6253	1:24:51	Jenny Cobby	Henfield Joggers	Female	883	F65	10	1:21:05	2027
2030	4405	1:25:12	Hayley Bennett		Female	884	F35	169	1:21:36	2028
2031	4302	1:25:34	Jasmine Walder		Female	885	F	256	1:22:11	2034
2032	4301	1:25:34	Francesca Walder		Female	886	F	257	1:22:13	2035
2033	4918	1:25:36	Kaysie Page		Female	887	F	258	1:21:46	2030
2034	4916	1:25:36	Leanne Juckert		Female	888	F35	170	1:21:46	2031
2035	5380	1:25:38	Sabrina Nimmo		Female	889	F50	93	1:22:30	2037
2036	4787	1:25:42	Mel Bentley		Female	890	F	259	1:22:03	2032
2037	4793	1:25:43	Natasha Balfe		Female	891	F	260	1:22:03	2033
2038	5296	1:25:53	Kristy Brown	Fenland Running Club	Female	892	F35	171	1:22:46	2040
2039	100	1:26:10	Verity Gamble		Female	893	F	261	1:22:35	2038
2040	5168	1:26:15	Shiovonne Stevenson		Female	894	F45	134	1:23:13	2043
2041	5198	1:26:24	Tracy Whitmore		Female	895	F50	94	1:22:43	2039
2042	6268	1:26:49	Michelle Ashworth		Female	896	F40	169	1:22:59	2041
2043	5027	1:26:49	Liz Marqueiro		Female	897	F45	135	1:22:59	2042
2044	5216	1:27:26	Abbie Curtis		Female	898	F	262	1:24:27	2049
2045	1686	1:27:26	Lisa White		Female	899	F35	172	1:24:07	2046
2046	5163	1:27:28	Wendy Benton		Female	900	F35	173	1:23:50	2044
2047	6058	1:27:28	Charlene Elliott	Bushfield Joggers	Female	901	F35	174	1:23:50	2045
2048	5728	1:27:41	Lillia Shooter		Female	902	F	263	1:24:07	2047
2049	6043	1:27:56	Alison Yates		Female	903	F45	136	1:24:22	2048
2050	4993	1:28:14	Katja Galea		Female	904	F	264	1:24:32	2050
2051	6066	1:28:15	Cherie Hammond		Female	905	F	265	1:24:32	2051
2052	4600	1:28:18	Joanne Taylor		Female	906	F	266	1:24:43	2052
2053	4520	1:28:20	Donna Seal		Female	907	F	267	1:25:39	2057
2054	4517	1:28:20	Claire Nash		Female	908	F45	137	1:25:40	2058
2055	5415	1:28:28	Hilary Ranger		Female	909	F70	4	1:25:00	2053
2056	6158	1:28:32	Scarlett Middleton		Female	910	F	268	1:25:12	2055
2057	6157	1:28:32	Laura Middleton		Female	911	F45	138	1:25:12	2054
2058	4044	1:28:47	Janeane Wilkins		Female	912	F35	175	1:25:17	2056
2059	5476	1:29:41	Mandy Spicer		Female	913	F50	95	1:26:14	2061
2060	4808	1:29:46	Cindy Babbington		Female	914	F50	96	1:26:22	2062
2061	4086	1:29:49	Samantha Allard		Female	915	F	269	1:26:27	2065
2062	6331	1:29:55	Amber-Rose Menzies		Female	916	F	270	1:26:05	2059
2063	6314	1:29:57	Charlotte Hirst		Female	917	F	271	1:26:07	2060
2064	5190	1:30:06	Lisa Williamson		Female	918	F	272	1:26:23	2063
2065	5189	1:30:06	John Gosling		Male	1147	M35	143	1:26:23	2064
2066	6168	1:30:40	Jo Hopkins		Female	919	F45	139	1:26:47	2066
2067	4961	1:30:52	Kylie Denson		Female	920	F	273	1:27:13	2067
2068	4184	1:30:57	Sue Smith	Ryston Runners	Female	921	F50	97	1:27:36	2068
2069	4558	1:31:30	Ellen Gooding		Female	922	F50	98	1:27:40	2069
2070	5218	1:31:38	Richard Hill		Male	1148	M45	192	1:27:50	2070
2071	5217	1:31:38	Joanne Corbett		Female	923	F45	140	1:27:50	2071
2072	5891	1:31:54	Sue Matthews		Female	924	F45	141	1:28:50	2072
2073	4656	1:32:24	Lee Bunkle		Male	1149	M45	193	1:28:57	2074
2074	5904	1:32:24	Sophie Bunkle		Female	925	F	274	1:28:57	2073
2075	6065	1:32:33	Amanda Green		Female	926	F35	176	1:29:10	2075
2076	96	1:33:11	Rebecca Schaffstein		Female	927	F35	177	1:29:26	2076
2077	5936	1:33:37	Heidi Spicer		Female	928	F40	170	1:29:53	2077
2078	5981	1:34:32	Matthew Waddingham		Male	1150	M	336	1:30:45	2078
2079	1694	1:34:49	Babs Irving		Female	929	F40	171	1:31:52	2081
2080	5156	1:34:55	Katie Brennand		Female	930	F	275	1:31:02	2079
2081	6256	1:35:06	Cynthia Dee	Henfield Joggers	Female	931	F70	5	1:31:18	2080
2082	5294	1:36:01	Emma Stevens		Female	932	F	276	1:32:53	2084
2083	6175	1:36:20	Alison Coad		Female	933	F50	99	1:32:37	2082
2084	6176	1:36:20	Mike Coad		Male	1151	M65	24	1:32:37	2083
2085	5203	1:36:44	Donna Maggs		Female	934	F35	178	1:32:57	2085
2086	5201	1:36:59	Trish Wilks		Female	935	F55	37	1:33:13	2086
2087	5204	1:37:00	Gazita Gillick		Female	936	F45	142	1:33:13	2087
2088	5344	1:37:00	Amanda Marshall		Female	937	F45	143	1:33:14	2088
2089	5345	1:37:01	Andrew Marshall		Male	1152	M40	151	1:33:15	2089
2090	4327	1:37:14	Chloe Veal		Female	938	F	277	1:33:39	2092
2091	4968	1:37:23	Toby Rideout		Male	1153	M35	144	1:33:29	2090
2092	4967	1:37:23	Amy Rideout		Female	939	F	278	1:33:30	2091
2093	5417	1:40:30	Michelle Wallington		Female	940	F40	172	1:37:03	2093
2094	4865	1:43:48	Kirsty Pote		Female	941	F	279	1:39:56	2094
2095	6358	1:43:48	Deborah Speers		Female	942	F40	173	1:39:56	2095
2096	4770	1:43:49	Jude Yarsley-Adams		Female	943	F	280	1:39:57	2096
2097	5340	1:47:05	Rachel Roberts		Female	944	F	281	1:43:57	2099
2098	97	1:47:20	Donnie Bridgett		Female	945	F	282	1:43:36	2097
2099	4700	1:47:21	Jane Smith		Female	946	F50	100	1:43:45	2098
2100	4915	1:51:18	Louise Banks		Female	947	F50	101	1:47:42	2100



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
------	-----	------	------	------	--------	------------	-------	-----------	-----------	----------