

Pos.	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	1649	30:53	Alastair Watson	Notts AC	Male	1	MS	1	30:52	1
2	1861	31:43	Luke Humphreys	Bedford & County AC	Male	2	MS	2	31:43	2
3	971	32:28	Adrian Mussett	Colchester Harriers AC	Male	3	M40-49	1	32:27	3
4	1460	32:43	Jonathan Laybourn	Highgate Harriers	Male	4	MS	3	32:42	4
5	1371	33:05	Steven Cannell	Bure Valley Harriers	Male	5	MS	4	33:04	5
6	1860	33:19	Carl Goose	Bure Valley Harriers	Male	6	MS	5	33:17	6
7	1763	33:27	John Pike	Newham & Essex Beagles AC	Male	7	M40-49	2	33:26	7
8	2165	33:32	James Oneill	Ryston Runners	Male	8	MS	6	33:31	8
9	828	33:56	Matt Pyatt	Ryston Runners	Male	9	MS	7	33:56	9
10	907	34:15	Ian Turner	Huntingdonshire AC	Male	10	MS	8	34:13	10
11	684	34:21	Callum Stanforth	Ryston Runners	Male	11	MS	9	34:19	11
12	1228	34:27	Spencer Goodall	City Of Norwich AC	Male	12	M40-49	3	34:26	12
13	1539	34:30	Thomas Trimble	Lincoln Wellington Athletic Cl	Male	13	MJ	1	34:28	13
14	1216	34:40	Samuel Allin	City Of Norwich AC	Male	14	MS	10	34:37	14
15	567	34:49	Istvan Jacso	Cambridge & Coleridge AC	Male	15	MS	11	34:48	15
16	714	34:53	Jonathan Nears	Colchester Harriers AC	Male	16	M40-49	4	34:52	17
17	1884	34:53	Mark Grubb	Norfolk Gazelles AC	Male	17	MS	12	34:51	16
18	1730	35:00	Michal Wegrzyn		Male	18	MS	13	34:57	18
19	1374	35:01	Alan Oliver	Sleaford Striders AC	Male	19	MS	14	35:00	19
20	2199	35:10	Aaron Cooper	Herts Phoenix AC	Male	20	MJ	2	35:08	20
21	660	35:16	Daniel Rock	Ryston Runners	Male	21	MS	15	35:13	21
22	1822	35:19	Elizabeth Janes	Herts Phoenix AC	Female	1	FS	1	35:18	23
23	1303	35:19	Steve Barnes	Newbury AC	Male	22	M40-49	5	35:17	22
24	1826	35:20	Rachel Humphreys	Bedford & County AC	Female	2	FS	2	35:20	24
25	314	35:31	Simon Mead	Ramsey Road Runners	Male	23	M40-49	6	35:30	25
26	1609	35:33	Malcolm Tuff	Ryston Runners	Male	24	M40-49	7	35:31	26
27	910	35:35	Nicholas Bensley	Ryston Runners	Male	25	M40-49	8	35:34	27
28	1562	35:40	Nicholas Marsh	Louth AC	Male	26	M40-49	9	35:39	28
29	1129	35:43	John Siddens	Sleaford Striders AC	Male	27	M40-49	10	35:42	30
30	1416	35:44	Jake Butterworth		Male	28	MS	16	35:40	29
31	1202	35:44	Colin Ridley	Colchester Harriers AC	Male	29	M50-59	1	35:43	31
32	1599	35:55	Justin Kinsey	Ryston Runners	Male	30	MS	17	35:51	32
33	1085	35:59	Adam Matthews	Ryston Runners	Male	31	MJ	3	35:57	33
34	1682	36:01	Darren Paine	Ramsey Road Runners	Male	32	MS	18	35:58	34
35	1361	36:06	Lawrence Wade	Bure Valley Harriers	Male	33	M40-49	11	36:04	35
36	1090	36:08	Eleanor Matthews	City Of Norwich AC	Female	3	FS	3	36:06	36
37	1168	36:11	Claire Somerton	Cambridge & Coleridge AC	Female	4	FS	4	36:08	37
38	2064	36:15	David Barber	Cambridge & Coleridge AC	Male	34	M40-49	12	36:15	40
39	741	36:16	Jevan Robertson	Nene Valley Harriers	Male	35	MJ	4	36:14	39
40	1404	36:19	Chris Redmond		Male	36	MS	19	36:13	38
41	396	36:29	Ross Payne	Ely Runners	Male	37	MJ	5	36:26	41
42	6	36:32	Sarah Stradling	Colchester Harriers AC	Female	5	FS	5	36:30	42
43	1748	36:45	Warren Armstrong		Male	38	M40-49	13	36:43	43
44	870	36:46	Andrew Brett	Ramsey Road Runners	Male	39	MS	20	36:43	44
45	1454	36:52	Daniel Guppy		Male	40	MS	21	36:49	45
46	1396	36:58	Paul Grocock		Male	41	MS	22	36:56	46
47	1768	37:00	Philippa Taylor	Nene Valley Harriers	Female	6	F40-49	1	36:58	47
48	1719	37:03	F Silva	Wymondham AC	Male	42	M50-59	2	37:02	48
49	1167	37:07	Graeme Kennedy	Cambridge & Coleridge AC	Male	43	MS	23	37:05	49
50	2185	37:13	Dave Cox	Woodford Green AC with Essex L	Male	44	M60-69	1	37:13	52
51	1185	37:14	Richard Johnson	Norwich Road Runners	Male	45	MS	24	37:09	50
52	435	37:14	Sam Russell		Male	46	MS	25	37:11	51
53	1758	37:17	Tom Walker	Huntingdonshire AC	Male	47	MS	26	37:14	53
54	1144	37:21	Jason Mountain	Wymondham AC	Male	48	MS	27	37:17	54
55	522	37:21	Daniel Waite		Male	49	MS	28	37:18	55
56	2182	37:27	Jo Coates	Saint Edmund Pacers	Female	7	FS	6	37:24	56
57	2107	37:31	Paul Ryan	Swindon Striders	Male	50	MS	29	37:27	57
58	2207	37:36	Martin Jennings	Fenland Running Club	Male	51	M40-49	14	37:32	58
59	105	37:37	Ian Kd Milburn	Ryston Runners	Male	52	MS	30	37:34	59
60	183	37:38	Wayne Alan Lathwell		Male	53	MS	31	37:35	60
61	1166	37:44	James Goddard		Male	54	MS	32	37:41	61
62	1862	37:46	Andrew Plume	Fenland Running Club	Male	55	MS	33	37:43	62
63	1397	37:50	Martin Adcock	Bure Valley Harriers	Male	56	M40-49	15	37:45	63
64	1398	37:52	Matthew Paul Stone	Bure Valley Harriers	Male	57	M40-49	16	37:48	64
65	1770	37:56	Nathaniel Taylor	Nene Valley Harriers	Male	58	MJ	6	37:48	65
66	364	38:03	Ross Obey		Male	59	MS	34	37:52	66
67	1888	38:18	Kevin King		Male	60	MS	35	38:13	68
68	1123	38:20	Shaun Mann	Ryston Runners	Male	61	M40-49	17	38:17	70
69	1944	38:23	Joshua Holman		Male	62	MS	36	38:07	67
70	1310	38:24	Kenny Addis		Male	63	M40-49	18	38:20	71

71	1382	38:28	Ian Bray		Male	64	MS	37	38:25	72
72	327	38:30	Martin Sheldrick	Ryston Runners	Male	65	M40-49	19	38:26	73
73	1988	38:34	Tom Bennett		Male	66	MS	38	38:15	69
74	484	38:36	Darren Bruschi		Male	67	M40-49	20	38:32	75
75	1762	38:36	Andrew Preston	Wymondham AC	Male	68	M40-49	21	38:32	76
76	1256	38:36	Luke Clark		Male	69	MS	39	38:34	80
77	1334	38:36	Ryan Jones		Male	70	MS	40	38:32	77
78	1412	38:37	Richard Hammond	Fenland Running Club	Male	71	M40-49	22	38:33	78
79	1263	38:37	Rod Mckee	Huntingdonshire AC	Male	72	M40-49	23	38:33	79
80	689	38:38	Chris Haylock	Lowestoft Road Runners	Male	73	M40-49	24	38:28	74
81	324	38:39	Adam Howard	Ryston Runners	Male	74	MS	41	38:35	81
82	1377	38:44	Simon John Able	Ryston Runners	Male	75	M40-49	25	38:42	83
83	734	38:46	Richard Hill	Ely Runners	Male	76	MS	42	38:43	84
84	86	38:46	Alistair Doig		Male	77	M40-49	26	38:44	85
85	356	38:49	Melissa Neal	March AC	Female	8	FS	7	38:47	87
86	2174	38:49	Kevin Garrick		Male	78	MS	43	38:41	82
87	761	38:50	Marcus Hawkins	Ryston Runners	Male	79	M40-49	27	38:48	88
88	1574	38:50	Ben Walker	Tri-Anglia Triathlon Club	Male	80	MS	44	38:46	86
89	1336	38:58	Benjamin Collison	West Norfolk AC	Male	81	MS	45	38:55	89
90	1294	39:00	Pete Johnson	Ryston Runners	Male	82	M60-69	2	38:56	90
91	1330	39:08	Mark Merrywest		Male	83	MS	46	39:03	91
92	1934	39:23	John Drewry		Male	84	M40-49	28	39:16	92
93	361	39:29	Simon Baxter		Male	85	MS	47	39:19	93
94	899	39:30	Jacob Kelman		Male	86	MJ	7	39:26	94
95	1732	39:34	Martin Ive	Ryston Runners	Male	87	M40-49	29	39:29	95
96	733	39:38	Phil Twite	Ryston Runners	Male	88	MS	48	39:32	96
97	1343	39:39	Gary Bligh	Fenland Running Club	Male	89	M40-49	30	39:36	99
98	1882	39:40	Sze Ming Cheung	Coltishall Jaguars RC	Male	90	M40-49	31	39:35	97
99	1957	39:41	Ben Dennington		Male	91	MS	49	39:35	98
100	1951	39:47	Mark Bredin		Male	92	M50-59	3	39:41	100
101	1233	39:48	Andrew Enticknap	Huntingdonshire AC	Male	93	M40-49	32	39:45	104
102	512	39:49	Mark Collins		Male	94	MS	50	39:44	103
103	1764	39:51	Karl Chapman	Wymondham AC	Male	95	M40-49	33	39:41	101
104	1331	39:54	Stuart Follen	Fenland Running Club	Male	96	M40-49	34	39:50	108
105	1007	39:55	Stuart Bennett		Male	97	MS	51	39:48	106
106	602	39:56	Jack Gover		Male	98	MS	52	39:51	109
107	1585	39:57	Tomas Manleika		Male	99	MS	53	39:49	107
108	552	39:57	John Fagan		Male	100	M40-49	35	39:42	102
109	515	39:58	Malcolm De Silva		Male	101	M50-59	4	39:54	110
110	1872	40:02	Adam King		Male	102	MS	54	39:59	112
111	1855	40:03	Anthony Richard Cude		Male	103	MS	55	39:45	105
112	1338	40:04	Ian Haigh		Male	104	MS	56	39:57	111
113	1474	40:09	Richard Watson	Ryston Runners	Male	105	MS	57	40:05	114
114	197	40:09	Paul Griffin	Fenland Running Club	Male	106	M50-59	5	40:04	113
115	369	40:11	Alex Haggart	Ely Runners	Male	107	MS	58	40:09	117
116	1463	40:13	Carrie Bedingfield	Cambridge & Coleridge AC	Female	9	FS	8	40:07	115
117	621	40:18	Rod Sinnott	Fenland Running Club	Male	108	M40-49	36	40:14	121
118	1117	40:20	David Iain Stunell		Male	109	MS	59	40:07	116
119	2009	40:20	Craig Jackson		Male	110	MS	60	40:12	119
120	788	40:23	Shaun Mckenna		Male	111	MS	61	40:13	120
121	2098	40:23	Elliot Young		Male	112	MJ	8	40:10	118
122	881	40:25	Max Harrison		Male	113	MS	62	40:16	122
123	632	40:27	Chris Rolfe		Male	114	MS	63	40:16	123
124	1616	40:36	Will Honeybone	Ryston Runners	Male	115	M40-49	37	40:30	125
125	1672	40:39	Myles Duffield	Great Yarmouth Road Runners	Male	116	M40-49	38	40:30	126
126	402	40:40	Andrew Larham	March AC	Male	117	M50-59	6	40:31	127
127	1777	40:44	Sam Nicholls		Male	118	MJ	9	40:27	124
128	471	40:50	Phil Hurr	North Norfolk Beach Runners	Male	119	M50-59	7	40:47	130
129	74	40:53	Darren Thomad Easter	Ryston Runners	Male	120	M40-49	39	40:49	133
130	460	40:54	Stefan Rider	Tri-Anglia Triathlon Club	Male	121	M40-49	40	40:48	131
131	2128	40:56	Richard Smith		Male	122	MS	64	40:48	132
132	1486	40:57	Stu Barnard	Wymondham AC	Male	123	MS	65	40:38	128
133	1966	40:59	S Harrington		Male	124	M40-49	41	40:52	134
134	1184	41:00	Jonathan Hawes		Male	125	M40-49	42	40:39	129
135	1799	41:03	Allan Ramsay		Male	126	M40-49	43	40:54	135
136	2096	41:05	Robert Palmer		Male	127	MS	66	41:01	136
137	1598	41:14	Sean Robson		Male	128	M40-49	44	41:07	138
138	338	41:18	Ellen Leggate	Cambridge & Coleridge AC	Female	10	FS	9	41:06	137
139	1716	41:20	Gary David Daw		Male	129	M40-49	45	41:09	139
140	1918	41:22	Andy Armsby		Male	130	MS	67	41:11	140

141	2086	41:30	Tom Bobbins		Male	131	MS	68	41:17	141
142	1300	41:34	Steven Cooling	Hayle Runners	Male	132	MS	69	41:26	144
143	278	41:35	Matthew Mason	Ely Runners	Male	133	M40-49	46	41:28	145
144	1747	41:40	Wayne Daw		Male	134	M40-49	47	41:29	147
145	315	41:41	Stephen W Mead		Male	135	M60-69	3	41:19	142
146	562	41:42	Nicholas Summers		Male	136	MS	70	41:28	146
147	773	41:43	Elgan Hallett		Male	137	MS	71	41:30	149
148	1703	41:47	Dean Clark		Male	138	MJ	10	41:34	152
149	1466	41:48	Neil Walpole	Norwich Road Runners	Male	139	M40-49	48	41:39	153
150	1324	41:49	Lee William Tatum		Male	140	MS	72	41:29	148
151	1224	41:50	Gavin Pottle		Male	141	MS	73	41:48	160
152	158	41:51	Gary Walker		Male	142	M60-69	4	41:41	154
153	708	41:52	Jason Sparkes		Male	143	MS	74	41:42	155
154	1743	41:53	Graham Milham	Fenland Running Club	Male	144	MS	75	41:22	143
155	1376	41:54	Charlie Ritchie	Cambridge & Coleridge AC	Male	145	M60-69	5	41:31	151
156	366	41:55	Zoe Shakleton	Ely Runners	Female	11	FS	10	41:48	161
157	1975	41:56	Stephen Dady	Wymondham AC	Male	146	M60-69	6	41:43	157
158	1492	41:56	Dave Burton	Sleaford Striders AC	Male	147	M40-49	49	41:43	158
159	1250	41:56	Maciej Malyszka		Male	148	MS	76	41:46	159
160	49	41:58	Francesca Hall		Female	12	FJ	1	41:54	164
161	1715	41:59	Andre Pittock	Fenland Running Club	Male	149	M40-49	50	41:30	150
162	371	42:01	Andrew Richardson	Huntingdonshire AC	Male	150	M50-59	8	41:57	167
163	1557	42:04	Trevor Sexton		Male	151	MS	77	41:42	156
164	1662	42:08	Adam Leech		Male	152	MS	78	41:49	162
165	1388	42:08	Daryl Booth		Male	153	MS	79	41:49	163
166	2074	42:10	Robert Feenan		Male	154	MS	80	41:57	168
167	1693	42:11	Steven Rix	Dereham Runners & AC	Male	155	MS	81	42:01	170
168	1600	42:12	Jordan Beaumont	Ipswich Jaffa RC	Male	156	MS	82	41:55	165
169	1655	42:19	Callum Lawrence		Male	157	MS	83	42:07	172
170	1435	42:21	Leslaw Pawlaczyk		Male	158	MS	84	41:56	166
171	722	42:22	Daren Darlington		Male	159	M40-49	51	42:05	171
172	821	42:25	B Chamberlain	Cambridge & Coleridge AC	Male	160	MS	85	41:58	169
173	1118	42:27	Duane Daugherty	100 Marathon Club	Male	161	M50-59	9	42:19	175
174	35	42:29	Aaron Parker		Male	162	MS	86	42:19	176
175	1555	42:30	Neil Watson		Male	163	M40-49	52	42:17	174
176	902	42:31	Richard Downs		Male	164	M40-49	53	42:20	179
177	103	42:34	Andy Wicklen	Ryston Runners	Male	165	MS	87	42:16	173
178	972	42:37	James Blood		Male	166	MS	88	42:19	177
179	1530	42:38	Mat Eyre		Male	167	M40-49	54	42:19	178
180	915	42:40	Nicholas Gurney	Norwich Road Runners	Male	168	MS	89	42:32	183
181	2117	42:41	Tom Skinner	Bristol and West AC (est. 1882)	Male	169	MS	90	42:23	180
182	1833	42:42	Daniel Plowright		Male	170	MS	91	42:42	189
183	744	42:46	A Savage	Ryston Runners	Male	171	M50-59	10	42:28	181
184	589	42:47	Andrew Bonnett		Male	172	MS	92	42:31	182
185	965	42:52	Dan Pratt		Male	173	MS	93	42:37	187
186	1327	42:54	Mark Pearson		Male	174	M40-49	55	42:34	184
187	1638	42:56	Richard Sargeant	Norwich Road Runners	Male	175	M40-49	56	42:48	190
188	1887	42:59	Dan Webster		Male	176	MS	94	42:52	192
189	357	43:00	Wayne Stimson	March AC	Male	177	M40-49	57	42:52	193
190	1706	43:02	Charlie Stone		Male	178	MJ	11	42:41	188
191	2153	43:04	William Halgarth		Male	179	M40-49	58	42:34	185
192	1079	43:06	J Woodford Cook		Male	180	M40-49	59	42:59	197
193	2079	43:07	Mark Goodson		Male	181	M40-49	60	42:52	194
194	1375	43:08	Richard Eagle		Male	182	M40-49	61	42:54	195
195	163	43:09	Adam Pack		Male	183	MS	95	42:59	198
196	1177	43:16	Dominic Howell		Male	184	MJ	12	42:36	186
197	36	43:18	S Cane		Male	185	MS	96	42:50	191
198	1229	43:20	Matthew Taylor		Male	186	M40-49	62	43:03	201
199	110	43:21	Mark Doughty	Ryston Runners	Male	187	M40-49	63	43:07	202
200	597	43:22	Andrew Williams		Male	188	MS	97	42:58	196
201	1134	43:23	Katrina Wasteneay	West Norfolk AC	Female	13	F40-49	2	43:11	205
202	770	43:23	Sarah Edwards	Cleethorpes and District AC	Female	14	FS	11	43:01	200
203	1689	43:26	Melanie Murdoch	Fenland Running Club	Female	15	FS	12	43:08	203
204	1751	43:29	Ruben Clemente		Male	189	MS	98	43:19	207
205	1525	43:29	Kyle Staples		Male	190	MJ	13	43:15	206
206	2008	43:30	Nick Minns		Male	191	M40-49	64	43:10	204
207	1788	43:31	Emma Pottercampbell	Dereham Runners & AC	Female	16	F40-49	3	43:19	208
208	1779	43:31	C Rogers	Dereham Runners & AC	Male	192	MS	99	43:19	209
209	2032	43:37	Lee Thompson	Ely Runners	Male	193	MS	100	43:26	211
210	1685	43:37	Andy Naylor		Male	194	M40-49	65	43:29	215

211	1380	43:38	Paul Rogers	Bure Valley Harriers	Male	195	M40-49	66	43:30	216
212	1275	43:38	James Ord		Male	196	MS	101	43:26	212
213	1522	43:39	James Stock	City Of Norwich AC	Male	197	MS	102	43:32	218
214	108	43:39	Miles Thomas		Male	198	M40-49	67	43:31	217
215	29	43:43	Barry Smith		Male	199	M40-49	68	43:32	219
216	853	43:45	Matthew Sewell		Male	200	M40-49	69	43:26	213
217	1718	43:46	Clive Harrod	Fenland Running Club	Male	201	M50-59	11	43:34	220
218	234	43:47	A Dickinson	Sleaford Striders AC	Male	202	M50-59	12	43:35	223
219	598	43:48	Neil Bunnage		Male	203	M40-49	70	43:26	214
220	215	43:48	Graeme Leeson		Male	204	M40-49	71	43:41	228
221	2019	43:49	Richard Dickson	Ryston Runners	Male	205	M40-49	72	43:43	230
222	880	43:52	Jason Elrick		Male	206	M40-49	73	43:43	231
223	1989	43:52	Robson James Pack		Male	207	MJ	14	43:34	221
224	1261	43:53	Jamie Staples		Male	208	MS	103	43:39	226
225	871	43:55	Simon Fields		Male	209	M40-49	74	43:37	224
226	693	43:55	Shaun Hurr		Male	210	MS	104	43:23	210
227	1567	43:56	Amy Chapman	Ryston Runners	Female	17	FS	13	43:48	233
228	1445	43:56	Iain Hamilton		Male	211	MS	105	43:34	222
229	1661	44:00	Andy Leech		Male	212	M40-49	75	43:40	227
230	530	44:02	Darren Murfitt	Ely Runners	Male	213	M50-59	13	43:46	232
231	1622	44:03	Martin Colley	Bure Valley Harriers	Male	214	MS	106	43:56	238
232	201	44:05	Richard Betts	Fenland Running Club	Male	215	M50-59	14	43:53	237
233	1325	44:06	Josh Wille		Male	216	MS	107	43:37	225
234	100	44:07	Jerry Green		Male	217	M50-59	15	44:07	245
235	1014	44:07	Sam Turpin		Male	218	MS	108	43:56	239
236	666	44:08	C Williamson Chambers		Male	219	MS	109	43:42	229
237	1219	44:13	Gary Donald	Victoria Park Harriers and Tow	Male	220	Male WheelChair		44:13	252
238	2186	44:14	Darren Moat	March AC	Male	221	M40-49	76	44:04	243
239	1051	44:15	R Cawthorne		Male	222	MS	110	43:58	240
240	787	44:17	Wayne Gayton		Male	223	MS	111	44:06	244
241	123	44:17	Karl Bedingfield		Male	224	M50-59	16	44:01	241
242	831	44:18	Matthew Yates		Male	225	MJ	15	43:49	234
243	1239	44:18	Pete Reed		Male	226	MS	112	43:51	235
244	352	44:20	Neil Leeds		Male	227	MS	113	43:52	236
245	154	44:20	Lorena Latisaite	Ryston Runners	Female	18	FS	14	44:12	251
246	1835	44:23	George Wacey		Male	228	MJ	16	44:08	248
247	839	44:25	Andy Rowles	Dereham Runners & AC	Male	229	M50-59	17	44:14	254
248	1765	44:25	Daniel Royall		Male	230	MJ	17	44:07	246
249	1095	44:26	Robert Coxhill		Male	231	MS	114	44:11	249
250	1843	44:27	Neil Lewis Gayton		Male	232	MS	115	44:15	256
251	1952	44:29	Audrius Jasiulaitis		Male	233	M40-49	77	44:22	264
252	1735	44:30	Colin Hewes	UKnetrunner.co.UK	Male	234	M60-69	7	44:24	266
253	1617	44:31	Tom Richards	Fenland Running Club	Male	235	M40-49	78	44:01	242
254	1293	44:32	Kevin Smith	Ryston Runners	Male	236	MS	116	44:19	260
255	721	44:32	Ben Darlington		Male	237	MJ	18	44:15	257
256	1809	44:35	Tim Woods	Norfolk Gazelles AC	Male	238	M50-59	18	44:20	261
257	343	44:35	Benjamin Swift		Male	239	M40-49	79	44:20	262
258	1253	44:35	Jason Stone		Male	240	M40-49	80	44:13	253
259	485	44:37	Jon Fisher		Male	241	MS	117	44:33	277
260	1999	44:37	Jaime Arribas Toldos		Male	242	MS	118	42:59	199
261	1973	44:38	Jane Hannah	Bungay Black Dog RC	Female	19	FS	15	44:25	267
262	1059	44:40	Guy Shearwood	Norwich Road Runners	Male	243	M50-59	19	44:07	247
263	1364	44:42	Martin Bell		Male	244	M50-59	20	44:26	269
264	1805	44:42	Kenny Anderson	Harborough AC	Male	245	M40-49	81	44:11	250
265	1640	44:43	Robert Caven	Sleaford Striders AC	Male	246	M40-49	82	44:29	271
266	399	44:44	Pete Thompson		Male	247	MS	119	44:34	278
267	615	44:44	Timothy Howard		Male	248	M50-59	21	44:15	258
268	810	44:45	John Turner		Male	249	M40-49	83	44:35	280
269	944	44:45	Ruth Nunn	Dartford Harriers AC	Female	20	FS	16	44:30	272
270	943	44:45	James Nunn	Bristol and West AC (est. 1882)	Male	250	M40-49	84	44:30	273
271	1063	44:47	Jason Porter		Male	251	M40-49	85	44:23	265
272	1451	44:48	Digby Frammingham		Male	252	M50-59	22	44:18	259
273	472	44:49	Andrew Osborne Smith	Fenland Running Club	Male	253	M50-59	23	44:32	275
274	1468	44:50	Tom Graves		Male	254	MS	120	44:25	268
275	422	44:51	John Glover	Ely Runners	Male	255	M50-59	24	44:27	270
276	80	44:51	Jacky Walsingham		Female	21	F40-49	4	44:42	284
277	846	44:52	Haydn Lyon	City Of Norwich AC	Male	256	MS	121	44:14	255
278	1664	44:52	Steven Goldsmith		Male	257	M50-59	25	44:32	276
279	2211	44:53	Jack Wright		Male	258	MS	122	44:30	274
280	1834	44:54	Daren Wacey		Male	259	M40-49	86	44:39	282

281	1060	44:57	Richard Crewe		Male	260	M40-49	87	44:48	287
282	742	45:01	Peter French		Male	261	M60-69	8	44:35	281
283	1990	45:02	Richard Moulds		Male	262	MS	123	44:20	263
284	635	45:03	Ian Milburn	Fenland Running Club	Male	263	M70+	1	44:45	285
285	1389	45:05	Jonathan Foot	Bure Valley Harriers	Male	264	M50-59	26	44:34	279
286	1467	45:10	Roderick Morrison	Norfolk Harriers RC	Male	265	MS	124	44:51	289
287	1508	45:11	Doug Hall		Male	266	M40-49	88	44:54	291
288	1943	45:14	Philip Haslam		Male	267	M40-49	89	44:46	286
289	61	45:15	Justin Elvidge	March AC	Male	268	M40-49	90	44:54	292
290	375	45:16	Natasha Rout	Wymondham AC	Female	22	FS	17	44:39	283
291	2210	45:17	James Walsgrove	Tri-Anglia Triathlon Club	Male	269	MS	125	44:55	293
292	685	45:18	Corin Thoday		Male	270	MS	126	45:01	297
293	2152	45:18	Edward Cottingham		Male	271	MS	127	44:57	295
294	606	45:21	Andrew Thompson	Ely Runners	Male	272	M50-59	27	44:58	296
295	1924	45:25	Simon Nightingale	Ely Runners	Male	273	M40-49	91	45:02	299
296	1858	45:28	Matthew Bowles		Male	274	MS	128	44:49	288
297	884	45:28	Brian Harding	March AC	Male	275	M50-59	28	44:56	294
298	1206	45:30	Nick Butler		Male	276	M40-49	92	45:09	302
299	1653	45:30	Kirsty Butters		Female	23	FS	18	45:23	318
300	1196	45:30	Chris Howling		Male	277	M40-49	93	45:13	307
301	1556	45:33	Jo Isbill	Ryston Runners	Female	24	F50-59	1	45:22	315
302	1277	45:34	Jonathan Mott		Male	278	M40-49	94	45:22	316
303	623	45:34	Siobhan Casey		Female	25	FJ	2	45:06	300
304	206	45:35	Matthew Thrower		Male	279	MS	129	45:07	301
305	1840	45:36	Richard Agger		Male	280	MS	130	45:12	304
306	1626	45:38	Liam O Grady	Cambridge & Coleridge AC	Male	281	MS	131	45:13	308
307	1521	45:39	Jamie Mcrann		Male	282	M40-49	95	45:10	303
308	1578	45:40	Gary Wathan		Male	283	MS	132	45:12	305
309	210	45:41	Stewart David Robins	Ryston Runners	Male	284	M40-49	96	45:29	321
310	2036	45:41	Neil Davies		Male	285	M40-49	97	45:22	317
311	1602	45:43	Sarah Stubbs	Bure Valley Harriers	Female	26	F40-49	5	45:13	309
312	1652	45:43	Joe England		Male	286	MS	133	45:19	313
313	1169	45:44	Ray Harding		Male	287	M60-69	9	45:12	306
314	452	45:47	Marc Lake		Male	288	MS	134	45:23	319
315	1866	45:49	D Brailey	Coltishall Jaguars RC	Male	289	M40-49	98	45:37	323
316	1878	45:49	Alan Bushell	Coltishall Jaguars RC	Male	290	M40-49	99	45:37	324
317	1103	45:51	Simon Watson		Male	291	MS	135	45:01	298
318	178	45:52	Rachel Real	BRJ Run and Tri	Female	27	F40-49	6	45:15	310
319	2208	45:52	James Russell		Male	292	M40-49	100	45:15	311
320	999	45:53	Harry Thompson		Male	293	MJ	19	45:27	320
321	936	45:54	Karen Allen		Female	28	FS	19	45:41	327
322	673	45:57	Daniel Walker		Male	294	MS	136	45:19	314
323	1831	45:57	James Plowright		Male	295	MS	137	45:44	330
324	304	45:59	Darren Nockels		Male	296	M40-49	101	45:50	336
325	1360	46:02	Colin Burdfield		Male	297	M50-59	29	45:58	338
326	1042	46:04	Ricci Wilson		Male	298	MS	138	45:39	326
327	2213	46:09	Andrew Belfield		Male	299	MS	139	45:44	331
328	397	46:10	Sadie Spring	Ely Runners	Female	29	FS	20	46:00	339
329	290	46:11	Brad Tennant		Male	300	MS	140	45:42	328
330	2151	46:13	Adam Woolley		Male	301	MJ	20	45:42	329
331	1402	46:15	Luke Croucher		Male	302	MJ	21	45:47	334
332	1776	46:17	Lee Wright		Male	303	MS	141	45:56	337
333	656	46:17	W Dryden		Male	304	M50-59	30	45:16	312
334	2013	46:18	Ian Burbidge		Male	305	M40-49	102	45:49	335
335	1240	46:19	Stephen Lawson	Ramsey Road Runners	Male	306	M40-49	103	46:05	344
336	1164	46:20	Martin Smith	North Norfolk Beach Runners	Male	307	M40-49	104	45:45	332
337	1875	46:21	Stephen Grove		Male	308	MS	142	46:06	346
338	1922	46:24	Simon Cuthell		Male	309	MS	143	45:34	322
339	1774	46:25	Richard Lane		Male	310	M40-49	105	46:03	342
340	695	46:25	Oliver Hutton		Male	311	MS	144	45:37	325
341	1264	46:26	Mark Garrett		Male	312	M40-49	106	46:15	352
342	1243	46:26	Phillip Seaman		Male	313	M60-69	10	46:13	351
343	1109	46:31	Stuart Singletery		Male	314	M40-49	107	46:01	340
344	544	46:33	Jon Scotland		Male	315	MS	145	46:05	345
345	140	46:34	Stuart Rhodes		Male	316	MS	146	46:08	349
346	1347	46:34	C Scamell		Male	317	MJ	22	46:06	347
347	1061	46:36	Nick Mackay		Male	318	M50-59	31	46:17	354
348	711	46:39	Debbie James		Female	30	F40-49	7	46:18	355
349	1456	46:39	Simon Cook		Male	319	M40-49	108	46:06	348
350	973	46:45	Matthew Baxter		Male	320	MS	147	46:26	366

351	1844	46:45	Andrew Blunt		Male	321	MS	148	46:25	363
352	1483	46:46	Jason Blackwell		Male	322	M40-49	109	45:45	333
353	1069	46:46	Richard Morrish		Male	323	M50-59	32	46:32	369
354	2065	46:47	Silvia Chiappa	Cambridge & Coleridge AC	Female	31	F40-49	8	46:20	356
355	1385	46:47	Emma Fox	Bure Valley Harriers	Female	32	FS	21	46:15	353
356	2202	46:50	Jane Paterson Todd		Female	33	F50-59	2	46:23	359
357	1541	46:52	Charlotte Barrett		Female	34	FS	22	46:21	357
358	785	46:53	Kevin Took		Male	324	MS	149	46:25	364
359	983	46:55	Steve Robinson	Sleaford Striders AC	Male	325	MS	150	46:23	360
360	1814	46:56	Zoe Jones	Wymondham AC	Female	35	F40-49	9	46:34	373
361	299	46:57	Thomas Culshaw		Male	326	MJ	23	46:25	365
362	743	46:58	Simon Render	March AC	Male	327	M50-59	33	46:33	370
363	477	46:58	Barry Graves	Ely Runners	Male	328	M50-59	34	46:41	380
364	889	46:59	Lee Tunmore		Male	329	M40-49	110	46:36	374
365	1789	47:00	Claire Brooke	Wymondham AC	Female	36	F40-49	10	46:39	376
366	951	47:00	Chris Marshall		Male	330	M40-49	111	46:28	368
367	2145	47:01	Julian Howard		Male	331	M40-49	112	46:23	361
368	1419	47:01	Martin Heeley		Male	332	M40-49	113	46:43	384
369	1493	47:02	Michael Brentnall	Cambridge & Coleridge AC	Male	333	M60-69	11	46:33	371
370	2169	47:03	Paul Sanderson		Male	334	M50-59	35	46:47	386
371	1854	47:04	Daniel Lowthorpe		Male	335	MS	151	46:24	362
372	2015	47:05	Simon Stafford Allen		Male	336	MS	152	46:27	367
373	1363	47:09	Ian Cleminson	Bure Valley Harriers	Male	337	M40-49	114	46:39	377
374	676	47:10	David Cordingley		Male	338	MJ	24	46:50	387
375	2190	47:11	Kieran Gilbert		Male	339	MS	153	46:42	381
376	931	47:12	Brett Rix		Male	340	MS	154	47:00	396
377	1537	47:13	Mark Smith		Male	341	MS	155	46:42	382
378	2147	47:18	Noel Adam Terry		Male	342	MS	156	46:33	372
379	892	47:18	Gary Howes		Male	343	MS	157	46:42	383
380	1058	47:20	Graeme Cooper		Male	344	MS	158	46:44	385
381	368	47:20	Robert Haggart	Ely Runners	Male	345	M50-59	36	46:22	358
382	1847	47:20	David Clarke		Male	346	MS	159	46:02	341
383	586	47:20	Danny Pegg		Male	347	MS	160	47:05	403
384	1339	47:21	Rory Butterworth		Male	348	MS	161	46:10	350
385	1542	47:21	David Neale		Male	349	M50-59	37	46:54	389
386	627	47:22	Andrew Fysh		Male	350	M40-49	115	47:06	405
387	1729	47:23	Chris Hosier	Dereham Runners & AC	Male	351	MS	162	46:39	378
388	1791	47:23	Mark Robson		Male	352	MS	163	46:58	395
389	1992	47:25	Stephen Wheatley		Male	353	M50-59	38	46:55	390
390	2119	47:26	Tara Skinner		Female	37	FS	23	47:08	408
391	678	47:28	Stephen Reeve		Male	354	MS	164	44:53	290
392	577	47:30	Rob Pritchard	Ashbourne Running Club	Male	355	M50-59	39	46:36	375
393	1369	47:31	Sally Juby	Dereham Runners & AC	Female	38	FS	24	47:15	417
394	1749	47:32	Max Pearson	Fenland Running Club	Male	356	MS	165	47:08	409
395	1697	47:33	David Howlett		Male	357	M40-49	116	47:06	406
396	247	47:33	Edd Hodson		Male	358	MS	166	46:57	394
397	1431	47:34	Karen Collins		Female	39	F40-49	11	47:12	412
398	1433	47:34	Christopher Wood		Male	359	M40-49	117	47:12	413
399	1666	47:35	Stephen Twell		Male	360	MS	167	47:01	398
400	806	47:35	Nick Locks		Male	361	MS	168	47:00	397
401	2132	47:38	Matthew Smith		Male	362	MS	169	47:02	399
402	1314	47:39	Maureen Wolfe	Ryston Runners	Female	40	F50-59	3	47:25	427
403	1565	47:42	Craig Robinson	North Norfolk Beach Runners	Male	363	MS	170	47:02	400
404	1429	47:44	Jason Hutches		Male	364	MS	171	46:56	391
405	433	47:44	Jason Batterbee		Male	365	M40-49	118	46:56	392
406	1193	47:45	Steven Greenwood		Male	366	MS	172	47:04	401
407	1714	47:45	Connor Daniels		Male	367	MJ	25	46:03	343
408	1318	47:46	Michael Small		Male	368	MS	173	47:08	410
409	1130	47:47	Dean Langley		Male	369	MS	174	47:05	404
410	1849	47:48	Dean Chapman	Bushfield Joggers	Male	370	M50-59	40	47:07	407
411	1018	47:48	Harry Sands		Male	371	MJ	26	46:56	393
412	905	47:50	Ciaran John Brennan		Male	372	MS	175	47:26	428
413	383	47:51	Julian Johnson	Wymondham AC	Male	373	M40-49	119	47:13	416
414	825	47:51	Cassie Barker	Wymondham AC	Female	41	FS	25	47:15	418
415	291	47:53	Ian Steward		Male	374	MS	176	47:19	420
416	1673	47:54	Alan Buckberry	Sleaford Striders AC	Male	375	M60-69	12	47:33	435
417	1727	47:54	Matthew Castellan		Male	376	MJ	27	47:35	438
418	1677	47:54	Claire Louise Apted		Female	42	FS	26	47:20	422
419	1841	47:55	Stephen Clarke	Bushfield Joggers	Male	377	M40-49	120	47:15	419
420	2077	47:56	Andrew Long		Male	378	MS	177	47:45	453

421	1091	47:56	Leyton Dempsey		Male	379	M40-49	121	47:20	423
422	514	47:56	Thomas Wray	North Norfolk Beach Runners	Male	380	MS	178	47:12	414
423	1471	47:57	Graham Hardingham	Norfolk Gazelles AC	Male	381	M50-59	41	47:43	449
424	1268	47:58	Jason Jeary		Male	382	M40-49	122	47:30	431
425	32	47:59	Nigel Elvidge		Male	383	M40-49	123	47:59	465
426	1273	48:00	Matthew Hitchcock		Male	384	MS	179	47:37	440
427	590	48:00	Julian Stebbing		Male	385	M40-49	124	46:40	379
428	1515	48:01	Nik Mitchell		Male	386	M40-49	125	47:32	432
429	401	48:02	Rafal Mank		Male	387	MS	180	47:04	402
430	781	48:02	Jason Black		Male	388	M40-49	126	47:33	436
431	1162	48:03	Ellie Gallagher		Female	43	FS	27	47:32	433
432	300	48:04	Damon Finney		Male	389	MS	181	46:51	388
433	2040	48:05	Martin Williams		Male	390	M40-49	127	47:42	447
434	970	48:06	Anita Mussett	Colchester Harriers AC	Female	44	F40-49	12	47:41	446
435	549	48:07	Lorna Bramich		Female	45	FS	28	47:34	437
436	1359	48:09	Radoslaw Mroz		Male	391	MS	182	47:12	415
437	1139	48:13	Neil Peter Andrews		Male	392	MS	183	47:38	441
438	869	48:14	Lewis Kimber		Male	393	MS	184	47:43	450
439	713	48:16	J Massingham		Male	394	MJ	28	47:38	442
440	715	48:16	R Massingham		Male	395	M60-69	13	47:39	444
441	2022	48:18	Isaac Linford		Male	396	MJ	29	47:27	429
442	233	48:19	Adam Nunn		Male	397	MS	185	47:19	421
443	1829	48:22	Paul Smithson		Male	398	M50-59	42	47:50	455
444	691	48:22	Scott Whiley		Male	399	M40-49	128	47:24	426
445	1394	48:24	Peter Gotts		Male	400	MS	186	48:02	467
446	610	48:24	A Scaites Stokes		Male	401	M50-59	43	47:52	458
447	1811	48:25	Keith Moore	Dereham Runners & AC	Male	402	M50-59	44	47:38	443
448	777	48:26	Mark Mitchell		Male	403	MS	187	48:12	474
449	960	48:27	Colin Apps		Male	404	M40-49	129	47:32	434
450	81	48:29	Jamie Walsingham		Male	405	MJ	30	48:20	481
451	731	48:30	Wis Wangkoh		Female	46	FS	29	47:20	424
452	214	48:30	Nigel Pigott		Male	406	M40-49	130	47:54	460
453	1011	48:31	Neil Stapleton		Male	407	M40-49	131	47:54	461
454	1886	48:32	Vivienne Lain	City Of Norwich AC	Female	47	F40-49	13	47:50	456
455	1125	48:32	Keith White	Fenland Running Club	Male	408	M60-69	14	47:55	463
456	829	48:33	Adam Griggs	North Norfolk Beach Runners	Male	409	MS	188	47:52	459
457	482	48:34	Cara Finney		Female	48	FS	30	47:22	425
458	2116	48:35	Paul Woodhouse		Male	410	M50-59	45	47:54	462
459	2184	48:35	Judy Scott		Female	49	F50-59	4	47:58	464
460	2160	48:35	Oliver White		Male	411	MJ	31	48:22	485
461	1524	48:35	David Lane	Ryston Runners	Male	412	M50-59	46	47:47	454
462	1362	48:35	Luke Foster	West Norfolk AC	Male	413	MS	189	48:01	466
463	1857	48:36	Lizzie Bennett	Cambridge & Coleridge AC	Female	50	Female Wheelchair		48:36	497
464	2007	48:38	James Edge		Male	414	M40-49	132	48:18	479
465	1507	48:40	Dirk James		Male	415	M40-49	133	47:35	439
466	1285	48:41	Matthew Cook		Male	416	M40-49	134	47:29	430
467	1717	48:43	Philip England	Fenland Running Club	Male	417	M50-59	47	48:05	469
468	1244	48:46	Adrian Hall		Male	418	M40-49	135	48:25	486
469	1186	48:46	Jay Guy		Male	419	MS	190	48:05	470
470	605	48:46	Jamie Burns		Male	420	MS	191	48:08	472
471	690	48:48	Russell Brett		Male	421	M40-49	136	48:25	487
472	1328	48:49	Rob Curtis		Male	422	MS	192	48:34	493
473	876	48:50	Thomas Clements		Male	423	M50-59	48	47:50	457
474	1690	48:50	Jamie Gray		Male	424	MS	193	47:44	451
475	565	48:50	Luke Pinner	Fenland Running Club	Male	425	MS	194	47:42	448
476	1135	48:51	Ricky Bailey		Male	426	M40-49	137	48:15	477
477	700	48:52	Anwar Ali		Male	427	M40-49	138	48:21	484
478	332	48:52	Linda Marshall	Ryston Runners	Female	51	F50-59	5	48:25	488
479	1411	48:52	Shaun Dugard		Male	428	MS	195	48:20	482
480	1353	48:55	David Martin		Male	429	M60-69	15	48:15	478
481	786	48:56	Christopher Waters		Male	430	MS	196	48:12	475
482	949	48:57	Richard Booth		Male	431	MS	197	48:32	491
483	1322	48:58	Pauline Drewery	Ryston Runners	Female	52	F40-49	14	48:43	504
484	67	49:00	Nick Overy		Male	432	M40-49	139	48:13	476
485	1552	49:00	James Kilcoin		Male	433	MS	198	47:44	452
486	1022	49:02	Ian Pridham		Male	434	M40-49	140	48:28	490
487	2188	49:03	Ruby Bye		Female	53	FS	31	48:05	471
488	813	49:04	Steve Franklin		Male	435	MS	199	48:34	494
489	391	49:04	Hazel Wray	North Norfolk Beach Runners	Female	54	F40-49	15	48:20	483
490	1787	49:05	Elton Aliaj		Male	436	MS	200	48:32	492

491	647	49:07	Jay Martin		Male	437	M40-49	141	48:09	473
492	1736	49:09	Matthew Reynolds	Lowestoft Road Runners	Male	438	MS	201	48:38	500
493	959	49:15	Craig Rogerson		Male	439	MS	202	47:09	411
494	790	49:15	Daniel Clifton		Male	440	MJ	32	48:50	506
495	948	49:17	Billy Overton		Male	441	MS	203	48:51	507
496	1846	49:17	Ellie Savory		Female	55	FS	32	48:57	515
497	1255	49:18	Simon Hardy		Male	442	M40-49	142	49:14	530
498	2018	49:18	Andrew Cooper		Male	443	MS	204	48:51	508
499	1837	49:20	Roly Cook	Norwich Road Runners	Male	444	M50-59	49	48:03	468
500	1754	49:20	Suzanne Holt		Female	56	F50-59	6	49:11	527
501	1019	49:21	David Haines	Dereham Runners & AC	Male	445	M60-69	16	48:37	499
502	1040	49:23	Colin Galer		Male	446	MS	205	48:57	516
503	517	49:24	Keith Blake		Male	447	M50-59	50	48:40	503
504	1780	49:26	Jon Creasey		Male	448	M50-59	51	48:52	509
505	222	49:26	Stewart Dempsey		Male	449	MS	206	49:20	538
506	1993	49:27	Mark Sleath		Male	450	M50-59	52	48:36	498
507	298	49:28	Sophie Culshaw		Female	57	FJ	3	48:55	510
508	143	49:30	Andrew Kelman		Male	451	M50-59	53	49:04	522
509	1836	49:30	Julie Wacey		Female	58	F40-49	16	49:16	533
510	998	49:32	Roger King		Male	452	M40-49	143	48:56	512
511	1088	49:32	Darren James Dempsey		Male	453	MJ	33	48:56	513
512	1969	49:33	Andrew Deacon		Male	454	M40-49	144	48:38	501
513	1920	49:35	David Wiseman		Male	455	M50-59	54	48:58	517
514	1141	49:35	David Bunker		Male	456	M50-59	55	48:45	505
515	548	49:38	David Waugh	Doncaster Athletic Club	Male	457	MS	207	48:39	502
516	1752	49:38	Philip Worlledge		Male	458	M40-49	145	48:18	480
517	308	49:43	Scott Evans		Male	459	MS	208	49:01	519
518	1853	49:43	Tracy Lowthorpe		Female	59	F40-49	17	49:04	523
519	379	49:44	Howard Foale	North Norfolk Beach Runners	Male	460	M50-59	56	49:24	541
520	1807	49:45	Sam Kent		Male	461	MS	209	49:23	540
521	157	49:53	Jillian Davis	Ryston Runners	Female	60	F60-69	1	49:18	537
522	1671	49:55	Jamie Bransgrove		Male	462	MS	210	49:04	524
523	756	49:57	Callum Woodward		Male	463	MS	211	49:02	520
524	1818	49:58	Bob Arthur		Male	464	M40-49	146	48:58	518
525	55	49:58	Mark Peter Blazey		Male	465	M40-49	147	49:30	545
526	1358	49:59	George Bower	Ryston Runners	Male	466	MJ	34	48:25	489
527	1379	49:59	David Collin		Male	467	M50-59	57	49:42	556
528	483	49:59	David Savage		Male	468	MS	212	49:12	528
529	1996	50:03	M Strowger	Dereham Runners & AC	Male	469	M40-49	148	49:47	562
530	1783	50:03	Louise Barker		Female	61	F40-49	18	49:26	542
531	2200	50:06	R Miguel Ferreira Da Silva		Male	470	MJ	35	49:53	574
532	1785	50:09	Tobias Hoare		Male	471	MJ	36	48:34	495
533	1587	50:10	Ben Talbot Williams		Male	472	MJ	37	47:39	445
534	1908	50:10	Nick Osborn		Male	473	M40-49	149	49:52	572
535	675	50:10	Steven Boss		Male	474	MS	213	48:55	511
536	1062	50:10	Joseph Rawnsley		Male	475	MS	214	49:47	563
537	1964	50:11	Jordan Basford		Male	476	MJ	38	49:35	549
538	600	50:12	Stuart Riches		Male	477	M40-49	150	49:09	526
539	1816	50:12	Tom Richard Perry		Male	478	MS	215	49:03	521
540	1026	50:13	Richard Bircham		Male	479	MS	216	48:35	496
541	988	50:14	Juliette Meek	Ryston Runners	Female	62	FS	33	49:48	565
542	894	50:15	Julia Norman	Ryston Runners	Female	63	FS	34	49:48	566
543	1440	50:15	Andrew Jakins		Male	480	M40-49	151	48:56	514
544	516	50:15	Jason Steven Buet		Male	481	M40-49	152	49:14	531
545	1207	50:16	Tom Butler		Male	482	MS	217	49:55	575
546	1121	50:17	Martyn Bond		Male	483	MS	218	49:40	555
547	1351	50:19	Sarah Morris		Female	64	FS	35	49:38	552
548	113	50:19	Mark Grover		Male	484	M40-49	153	49:49	569
549	128	50:20	Ian Barlow		Male	485	M40-49	154	49:35	550
550	2205	50:21	Rhoda Hincks	City Of Norwich AC	Female	65	FS	36	50:01	581
551	1984	50:24	Rachel Lubbock		Female	66	FS	37	49:42	557
552	1068	50:24	Scott Broughton		Male	486	MS	219	49:12	529
553	1971	50:25	Elizabeth Bastian		Female	67	FS	38	50:06	586
554	1800	50:25	Chris Dye		Male	487	M40-49	155	49:17	535
555	1235	50:29	Lewis Tibbs		Male	488	MS	220	49:57	578
556	608	50:32	Matt Bryant		Male	489	MS	221	49:32	547
557	2170	50:32	Kate Penn		Female	68	FS	39	49:44	560
558	129	50:32	Kerry Balmer		Female	69	FS	40	49:47	564
559	1772	50:35	Peter Bloom		Male	490	MS	222	49:48	567
560	1803	50:36	Sam Robert Fraser		Male	491	MS	223	49:17	536

561	131	50:36	Martin Blackburn	Ryston Runners	Male	492	M50-59	58	50:06	587
562	1415	50:36	Anna Thompson	Sleaford Striders AC	Female	70	F40-49	19	49:51	571
563	990	50:37	Brian Wilson	Norwich Road Runners	Male	493	MS	224	49:27	543
564	1919	50:37	Sean Mansfield		Male	494	M40-49	156	50:21	601
565	1681	50:37	Jack Bishop		Male	495	MS	225	49:50	570
566	445	50:38	Alan Johns		Male	496	M40-49	157	49:38	553
567	1157	50:38	Jon Usher		Male	497	MJ	39	50:07	589
568	17	50:39	Richard Eggleton		Male	498	M40-49	158	50:13	594
569	1100	50:39	Ray Barnett		Male	499	M40-49	159	50:08	590
570	1005	50:39	Ian Taylor		Male	500	MS	226	49:39	554
571	373	50:40	Robbie Ferri		Male	501	MS	227	49:32	548
572	2156	50:41	Ramune Raicheliene	Fenland Running Club	Female	71	FS	41	49:57	579
573	1280	50:42	Anna Seaman	Ryston Runners	Female	72	FS	42	50:05	584
574	1227	50:44	Cain Hutchinson		Male	502	MS	228	50:10	592
575	883	50:45	Dave Lines	Tri-Anglia Triathlon Club	Male	503	M40-49	160	49:56	577
576	1592	50:46	Timothy Rudd		Male	504	M40-49	161	49:52	573
577	1082	50:47	Richard Bathe		Male	505	M40-49	162	50:29	608
578	1093	50:47	Jonathan Paul Bathe	Hartlepool Burn Road Harriers	Male	506	M40-49	163	50:30	609
579	510	50:47	Michael Shaw		Male	507	M40-49	164	49:44	561
580	1823	50:48	Callum Mcdermid		Male	508	MJ	40	49:08	525
581	1579	50:49	Andy Parish	North Norfolk Beach Runners	Male	509	M40-49	165	50:09	591
582	1839	50:50	Paulina Zub	Fenland Running Club	Female	73	FS	43	50:02	583
583	1308	50:52	Peter Elsegood		Male	510	M40-49	166	50:21	602
584	1329	50:54	Stuart Jones		Male	511	MS	229	50:40	627
585	636	50:55	David Hart		Male	512	M40-49	167	50:14	595
586	1323	50:55	Katie Heading	Barton & District AC	Female	74	FS	44	50:16	597
587	555	50:56	Peter Rice	Norfolk Gazelles AC	Male	513	M40-49	168	50:05	585
588	1422	50:57	Johnathan Vinson		Male	514	MS	230	49:55	576
589	1923	50:58	S Williamsonchambers		Female	75	FS	45	49:48	568
590	1965	50:59	Adrian Basford		Male	515	M40-49	169	50:16	598
591	149	50:59	Karen Wood	Ryston Runners	Female	76	F50-59	7	50:44	633
592	1589	51:00	Terry Barrett		Male	516	MS	231	49:22	539
593	1211	51:01	Scott Andrew Dean		Male	517	MS	232	50:12	593
594	393	51:01	Deborah Williams		Female	77	FS	46	50:37	620
595	242	51:02	Chris Davis		Male	518	MS	233	49:36	551
596	8	51:04	Wendy Fisher	Ryston Runners	Female	78	F50-59	8	50:31	612
597	633	51:05	Jonny Leach		Male	519	MS	234	50:00	580
598	1399	51:06	Luke Antony Barrett		Male	520	MJ	41	50:49	641
599	450	51:06	Alan Clarke		Male	521	M40-49	170	50:32	614
600	96	51:08	Kevin Piggott		Male	522	M50-59	59	50:36	618
601	1827	51:08	Matthew Daw		Male	523	MJ	42	49:29	544
602	1400	51:08	Chris Denham		Male	524	MS	235	50:52	648
603	699	51:09	Jon Rowell		Male	525	M40-49	171	50:34	616
604	1000	51:09	Emma Louise Cuthell		Female	79	FS	47	50:19	600
605	1023	51:12	Trudy Sayell		Female	80	FS	48	50:35	617
606	2062	51:12	Mark Jarman		Male	526	M40-49	172	49:30	546
607	1601	51:14	Sian Abbott	Ipswich Jaffa RC	Female	81	FS	49	50:17	599
608	2017	51:16	Rebecca Hamilton		Female	82	F60-69	2	50:31	613
609	207	51:16	Laura Bailey		Female	83	FS	50	50:30	610
610	144	51:16	Barbara Johnson	Yaxley Runners & Joggers	Female	84	F60-69	3	50:41	629
611	1740	51:17	Michael Cooper		Male	527	MS	236	50:41	630
612	1052	51:18	M Freezer	Dereham Runners & AC	Male	528	MS	237	50:14	596
613	1576	51:21	Shaun Sleight		Male	529	M40-49	173	50:01	582
614	654	51:22	David Webb		Male	530	M50-59	60	49:43	558
615	59	51:25	Bill Rayner	Sleaford Striders AC	Male	531	M60-69	17	50:44	634
616	270	51:26	David Edward Eaves		Male	532	MS	238	50:39	626
617	893	51:26	Garry Ward		Male	533	M60-69	18	50:50	642
618	2056	51:27	Abigail Cunningham		Female	85	FJ	4	51:11	668
619	2010	51:27	Richard Sennett		Male	534	MS	239	50:41	631
620	1317	51:28	Samuel Judd		Male	535	MJ	43	50:57	652
621	771	51:28	Andrew Wilson		Male	536	M40-49	174	51:28	685
622	1296	51:29	Rosalind Innes	BRJ Run and Tri	Female	86	FS	51	50:44	635
623	1724	51:29	Peter Goodson		Male	537	M50-59	61	50:51	644
624	275	51:29	Derek Alan Stock		Male	538	M50-59	62	50:57	653
625	2111	51:31	Mark Avery	Ipswich Jaffa RC	Male	539	M40-49	175	50:48	639
626	776	51:31	Tiffinie Frankland		Female	87	FS	52	49:43	559
627	535	51:32	Stuart Williams		Male	540	MS	240	49:16	534
628	1683	51:33	Clare Graves	Ely Runners	Female	88	FS	53	50:44	636
629	162	51:35	Diane Turner		Female	89	F40-49	20	51:13	674
630	1590	51:36	Stephen Mark Thrower		Male	541	M50-59	63	50:57	654

631	1899	51:36	David Mummery		Male	542	M40-49	176	50:51	645
632	569	51:37	Kerry Hopper	Wyndham AC	Male	543	M40-49	177	50:58	655
633	739	51:39	Heidi Bunn		Female	90	F40-49	21	50:30	611
634	1013	51:39	Emma Mccartney		Female	91	FS	54	51:16	679
635	2198	51:40	Tomasz Kowalczyk		Male	544	MS	241	51:01	658
636	1820	51:41	Svidron Miroslav		Male	545	M40-49	178	50:06	588
637	2041	51:41	Adam Dye		Male	546	MS	242	50:55	651
638	1128	51:41	Phillip Clarke		Male	547	M40-49	179	50:27	605
639	1645	51:44	Toby Foulkes		Male	548	MS	243	50:59	656
640	323	51:45	K Hewitt		Male	549	MJ	44	50:37	621
641	939	51:45	Kevin English		Male	550	MS	244	51:05	663
642	2159	51:46	J Whitehouse		Male	551	MS	245	51:46	706
643	638	51:47	Chris Groves	Tri-Anglia Triathlon Club	Male	552	M60-69	19	50:26	603
644	414	51:48	Anthony David Jolley		Male	553	M50-59	64	51:17	680
645	716	51:49	H Allen		Female	92	F40-49	22	51:12	671
646	289	51:51	Callie Sharpin		Female	93	FS	55	50:38	622
647	1845	51:51	Richard Grant		Male	554	M40-49	180	51:31	689
648	127	51:53	Judith Berry		Female	94	F40-49	23	51:04	662
649	2142	51:54	Jason Richardson		Male	555	MS	246	50:38	623
650	542	51:55	Darrell Williamson	Sleaford Striders AC	Male	556	M40-49	181	51:11	669
651	1821	51:55	Chris Girdlestone		Male	557	MS	247	50:40	628
652	1978	51:55	Kerry Ellington		Female	95	FS	56	51:39	696
653	1879	51:55	Daniel Gipp		Male	558	MS	248	51:02	660
654	2173	51:56	Paul Roney		Male	559	MS	249	50:38	624
655	1790	51:56	Malcolm Wiltshire		Male	560	MS	250	51:33	690
656	1312	51:57	Lance Bowyer Lowe		Male	561	M40-49	182	50:53	649
657	404	51:57	Jason Smith		Male	562	M40-49	183	51:15	678
658	1311	51:57	Robert Brian Tarry		Male	563	M50-59	65	50:53	650
659	1254	52:00	Ashley Walters		Male	564	MS	251	50:43	632
660	882	52:01	Andrew Pears		Male	565	M40-49	184	51:01	659
661	865	52:01	Ian Boon		Male	566	M50-59	66	50:28	607
662	1723	52:02	Tamlin Hegarty		Female	96	FS	57	51:09	666
663	982	52:03	Leo Kindred		Male	567	MS	252	50:26	604
664	1981	52:04	Robert Child		Male	568	MS	253	51:14	676
665	1997	52:05	Simon Toop		Male	569	M40-49	185	51:39	697
666	1868	52:05	Nick Riches		Male	570	M50-59	67	50:47	637
667	1630	52:06	Hannah Lacey		Female	97	FS	58	49:14	532
668	1916	52:08	Stephen Short		Male	571	M50-59	68	51:50	709
669	1151	52:08	Kevin Whitby		Male	572	MS	254	50:51	646
670	1991	52:10	Lee Garrod		Male	573	MS	255	51:14	677
671	1949	52:11	Dave Carter		Male	574	M50-59	69	51:44	702
672	259	52:14	Will Davis		Male	575	MS	256	50:48	640
673	2103	52:15	Richard Saddleton		Male	576	M40-49	186	50:27	606
674	916	52:16	Rachel Miller	Norwich Road Runners	Female	98	F40-49	24	51:43	701
675	1650	52:17	Paul Verrando		Male	577	M40-49	187	51:28	686
676	1469	52:20	C Milnes	Ryston Runners	Male	578	M50-59	70	51:42	700
677	2134	52:20	Robert Twell		Male	579	MS	257	50:32	615
678	254	52:21	Simon Tarling	Ryston Runners	Male	580	M50-59	71	51:48	707
679	209	52:23	Derek Gilfillan		Male	581	M40-49	188	51:25	683
680	1551	52:23	Simon Bullimore		Male	582	MS	258	51:20	681
681	2085	52:24	Archie Bobbins		Male	583	MJ	45	51:41	699
682	1531	52:24	Stephen Jackson		Male	584	MS	259	51:05	664
683	1824	52:27	Jacob Mcdermid		Male	585	MJ	46	50:50	643
684	1073	52:28	Daniel Mallet		Male	586	MS	260	52:18	736
685	667	52:30	Camille Davila		Female	99	FS	59	51:57	713
686	1712	52:31	Louise Walker		Female	100	FS	60	51:44	703
687	1547	52:33	Jonathan Lambert		Male	587	MS	261	50:36	619
688	940	52:33	Michael Harris		Male	588	M40-49	189	51:36	693
689	1043	52:35	David Neve		Male	589	M40-49	190	51:10	667
690	930	52:36	Aimee Rix		Female	101	FS	61	52:05	720
691	236	52:37	Jeffrey Reed	Ryston Runners	Male	590	M70+	2	51:37	694
692	1932	52:40	Deren Tumkaya		Male	591	MS	262	51:52	711
693	1931	52:40	Tom Hill		Male	592	MS	263	51:52	712
694	504	52:40	Gina Preston	Norwich Road Runners	Female	102	F40-49	25	51:13	675
695	525	52:41	David Grimes		Male	593	M40-49	191	51:45	705
696	1856	52:42	Steve Treavett		Male	594	M40-49	192	51:23	682
697	513	52:42	Carl Taylor		Male	595	MS	264	51:03	661
698	1876	52:44	Eleanor Moore		Female	103	FS	62	51:34	691
699	2108	52:44	Carlos Nodar		Male	596	MS	265	51:29	688
700	1725	52:45	Antony John Leigh		Male	597	M50-59	72	51:50	710

701	22	52:45	Sine Garvie Mcinally		Female	104	F50-59	9	52:18	737
702	15	52:45	Aylisha Cain	Ryston Runners	Female	105	FJ	5	52:19	739
703	1413	52:47	Thomas Pegg		Male	598	MS	266	51:48	708
704	1209	52:52	Simon Andrew Dean		Male	599	M50-59	73	52:02	718
705	1594	52:53	Martin Doy		Male	600	M40-49	193	52:12	730
706	706	52:54	Jana Campbell		Female	106	FS	63	52:24	745
707	302	52:56	Rachel Chester		Female	107	F40-49	26	51:59	714
708	993	52:57	Gordon Pennington		Male	601	M40-49	194	51:44	704
709	2181	52:58	Graeme Robertson	March AC	Male	602	M40-49	195	51:40	698
710	282	53:02	David James		Male	603	M40-49	196	50:47	638
711	1982	53:03	Joe Kierman		Male	604	MS	267	51:35	692
712	626	53:03	Andrew Mcnamara		Male	605	M40-49	197	51:00	657
713	523	53:04	Jamie Gamble		Male	606	MS	268	51:12	672
714	2072	53:06	Clare Howard		Female	108	F40-49	27	52:24	746
715	424	53:09	Wendy Burgess	Wymondham AC	Female	109	FS	64	52:22	742
716	268	53:09	Robert Thomson		Male	607	MS	269	51:28	687
717	753	53:10	David Youngs		Male	608	M40-49	198	51:11	670
718	1720	53:10	Reece Jordan		Male	609	MJ	47	53:10	798
719	1181	53:11	Craig Neep		Male	610	MS	270	52:24	747
720	868	53:11	Sophie Cole		Female	110	FS	65	52:09	723
721	1573	53:11	Stephen Paul Allen		Male	611	M40-49	199	52:14	733
722	358	53:11	Seb Moore		Male	612	M60-69	20	52:11	726
723	661	53:14	Tabatha Sims		Female	111	F40-49	28	52:38	762
724	283	53:15	Rowley Kurtz		Male	613	M50-59	74	52:07	722
725	377	53:16	Mark Dessain		Male	614	MS	271	52:15	734
726	9	53:16	Ben Whitmore		Male	615	MS	272	52:58	785
727	1810	53:16	Andrew Hanna		Male	616	M40-49	200	51:38	695
728	344	53:16	Lauren Day		Female	112	FS	66	52:27	752
729	2014	53:17	Adrian Allen		Male	617	M40-49	201	51:59	715
730	726	53:17	Guy Tavener		Male	618	MS	273	52:20	740
731	2121	53:18	Charlie Harwood		Female	113	FS	67	52:02	719
732	624	53:19	Colin Alford		Male	619	M50-59	75	52:12	731
733	1172	53:20	Peter Donger	Ryston Runners	Male	620	MS	274	52:34	760
734	255	53:21	Cindy Aldin		Female	114	F40-49	29	52:52	777
735	1046	53:22	Keith Melton		Male	621	M40-49	202	52:58	786
736	1851	53:22	J Hornigold		Female	115	F50-59	10	52:55	781
737	1911	53:24	David Cleland		Male	622	MS	275	52:11	727
738	2035	53:25	Hannah Martin		Female	116	FS	68	52:46	770
739	2048	53:26	Pauline Sparrow		Female	117	F60-69	4	52:58	787
740	292	53:27	Karl Antony Hewitt		Male	623	M50-59	76	52:20	741
741	1654	53:27	John Bowen		Male	624	M40-49	203	52:10	724
742	2105	53:28	Nick Turner		Male	625	MS	276	52:28	753
743	388	53:29	Ben Bateson		Male	626	MS	277	52:41	763
744	709	53:29	Teresa Rains		Female	118	FS	69	52:44	767
745	745	53:29	Marc Stephen Skeldon		Male	627	MS	278	52:26	751
746	1152	53:30	Marc Anderson		Male	628	MS	279	52:24	748
747	2102	53:31	Wesley Richmond		Male	629	MS	280	52:31	756
748	1392	53:31	Andrew Poucher		Male	630	MS	281	52:25	749
749	449	53:33	Joanne Clarke		Female	119	FS	70	53:01	790
750	161	53:33	Mark Eastwood		Male	631	MS	282	52:11	728
751	1395	53:35	Sonya Doherty		Female	120	FS	71	52:53	778
752	2204	53:39	Steven White		Male	632	MS	283	51:59	716
753	1108	53:41	Sam Lyddiatt	Fenland Running Club	Female	121	F40-49	30	52:29	754
754	1921	53:41	Lee Garrett		Male	633	MS	284	51:08	665
755	906	53:41	Sarah Counsell		Female	122	F40-49	31	52:12	732
756	665	53:41	Thomas Brennan		Male	634	M40-49	204	50:38	625
757	580	53:42	L Luke Fray		Male	635	MS	285	52:44	768
758	1794	53:42	Philip Pilbeam		Male	636	M50-59	77	52:56	784
759	994	53:44	Robert Eve		Male	637	M50-59	78	53:21	809
760	1796	53:44	James Butler		Male	638	M40-49	205	52:10	725
761	509	53:45	Simon Bailey		Male	639	MS	286	52:41	764
762	818	53:45	Kayleigh Wales		Female	123	FS	72	52:59	789
763	229	53:45	David Briars		Male	640	M40-49	206	53:45	842
764	1242	53:49	Owen Stannard		Male	641	MJ	48	50:51	647
765	1414	53:49	Jamie O Neil		Male	642	MS	287	53:37	832
766	546	53:53	Laura Garlick		Female	124	FS	73	51:59	717
767	2082	53:53	Simone Brammer		Female	125	FS	74	53:26	817
768	470	53:54	Charlotte Hutton		Female	126	FJ	6	52:55	782
769	1286	53:54	Tracey Cook		Female	127	F40-49	32	52:42	765
770	1462	53:55	Peter John Wright		Male	643	M40-49	207	52:50	774

771	2045	53:56	Roger Ottley		Male	644	M60-69	21	52:29	755
772	106	53:58	Gemma Wright		Female	128	FS	75	52:48	771
773	1333	53:58	Larissa Follen	Fenland Running Club	Female	129	F40-49	33	53:05	795
774	1496	53:59	Shaun Mckenna		Male	645	M50-59	79	53:16	806
775	166	54:01	Paula Underwood		Female	130	F40-49	34	52:51	775
776	681	54:01	Craig Gage		Male	646	MS	288	52:11	729
777	230	54:02	Victoria Green		Female	131	FS	76	51:12	673
778	802	54:03	James Histon		Male	647	MS	289	52:55	783
779	1481	54:04	Andrew Howard		Male	648	MS	290	53:23	812
780	1008	54:04	Andre Marques Afonso		Male	649	MS	291	52:25	750
781	2071	54:06	Josh Gay		Male	650	MJ	49	52:32	757
782	1510	54:07	Laura Bullimore		Female	132	FS	77	53:04	793
783	1744	54:10	Rachael Lockwood	Wymondham AC	Female	133	F40-49	35	52:37	761
784	1426	54:11	Gary Childs		Male	651	M40-49	208	53:29	820
785	891	54:12	Sharon Cook	Wymondham AC	Female	134	F40-49	36	53:26	818
786	1430	54:12	Joanne Hurst		Female	135	F40-49	37	52:44	769
787	497	54:13	Julie Mercer		Female	136	FS	78	53:08	797
788	1260	54:14	Sarah Rounce		Female	137	FS	79	52:51	776
789	854	54:15	Sarah Hood		Female	138	FS	80	53:12	801
790	1291	54:16	Chris Cook		Female	139	FS	81	51:27	684
791	1366	54:16	Simon Adams		Male	652	MS	292	52:49	772
792	2069	54:17	Leona Broughton		Female	140	FS	82	52:22	743
793	2067	54:18	Leigh Nobes		Male	653	MS	293	52:22	744
794	755	54:18	Anna Carter		Female	141	F50-59	11	53:03	792
795	1441	54:19	Lucas Cooper		Male	654	MS	294	52:43	766
796	532	54:19	Nigel Kelk		Male	655	M50-59	80	53:31	822
797	1848	54:22	David Allen		Male	656	MS	295	53:04	794
798	643	54:23	Paul Simpson		Male	657	MS	296	53:40	835
799	1607	54:24	Julia Lloyd	Wymondham AC	Female	142	F40-49	38	52:33	759
800	1832	54:24	John Newell	Wymondham AC	Male	658	M40-49	209	52:32	758
801	1980	54:26	Ian Mitchell		Male	659	M50-59	81	53:34	828
802	122	54:27	Andrew Scotney		Male	660	M50-59	82	53:06	796
803	918	54:29	Simon Kimmins	Wingerworth Wobblers	Male	661	M50-59	83	53:10	799
804	1262	54:30	Linus Marray Woods		Male	662	M40-49	210	53:34	829
805	932	54:30	Jonathan Wilcox		Male	663	MS	297	52:15	735
806	164	54:30	Brianne Turner		Female	143	FS	83	53:24	813
807	630	54:31	Alastair Rigby		Male	664	MS	298	53:24	814
808	1721	54:32	Richard Gilbert		Male	665	M50-59	84	53:37	833
809	95	54:33	Teresa Mcquaid		Female	144	F50-59	12	54:04	863
810	1595	54:35	Amy Doy		Female	145	FJ	7	53:29	821
811	418	54:36	Malcolm Gooderson		Male	666	M40-49	211	54:12	875
812	1874	54:36	John Holman		Male	667	MS	299	53:34	830
813	139	54:36	Steven Collins		Male	668	M40-49	212	53:11	800
814	1204	54:36	Stuart Durham	Ryston Runners	Male	669	MS	300	53:33	826
815	1613	54:38	Susie Gosby		Female	146	FS	84	53:41	836
816	1953	54:39	Bethany Harper		Female	147	FS	85	53:41	837
817	1773	54:39	Christopher High		Male	670	M40-49	213	53:22	811
818	419	54:41	Tracey Howard	Fenland Running Club	Female	148	FS	86	53:32	825
819	94	54:43	Sophie Bates		Female	149	FS	87	53:21	810
820	582	54:46	Allan Clark		Male	671	M50-59	85	53:43	840
821	1979	54:46	Angie Bear	Wymondham AC	Female	150	F50-59	13	52:54	780
822	503	54:47	Adam Lloyd Carter		Male	672	MS	301	53:15	805
823	2078	54:48	Andrew Bly		Male	673	M40-49	214	54:20	885
824	1584	54:49	Karen Kent	Wymondham AC	Female	151	F40-49	39	54:04	864
825	494	54:50	Claire Geary	Ely Runners	Female	152	F40-49	40	53:13	803
826	897	54:50	Luke Hills		Male	674	MS	302	53:51	849
827	1713	54:51	Danny Belltye	Bungay Black Dog RC	Male	675	MS	303	52:05	721
828	493	54:51	Alan Dix		Male	676	M40-49	215	53:49	847
829	1637	54:52	Nick Welham		Male	677	M40-49	216	52:53	779
830	1472	54:53	Andrew Dewing		Male	678	MS	304	53:37	834
831	182	54:53	Oliver Morgan		Male	679	MS	305	53:31	823
832	2179	54:54	Abigail Grand		Female	153	FS	88	52:58	788
833	2051	54:54	Jemma Riches		Female	154	FJ	8	53:31	824
834	23	54:55	Marie Doughty		Female	155	F40-49	41	54:00	858
835	758	54:58	John Sidney Lambert	Ipswich Jaffa RC	Male	680	M70+	3	53:46	843
836	199	54:59	Keith Morris	Ryston Runners	Male	681	M50-59	86	52:49	773
837	1930	54:59	Catherine Dennis		Female	156	FS	89	53:36	831
838	946	55:01	Ian Keys	Ely Runners	Male	682	M50-59	87	54:28	894
839	458	55:04	Jim Millar	Sleaford Striders AC	Male	683	M50-59	88	54:05	865
840	692	55:04	Becky Hardy	Dereham Runners & AC	Female	157	FS	90	54:42	914

841	607	55:04	Philip Websdale		Male	684	M40-49	217	54:42	915
842	2127	55:06	Keith Boyall		Male	685	M50-59	89	53:12	802
843	1680	55:07	Ramhari Poudyal		Male	686	M40-49	218	54:58	944
844	1276	55:07	Sven Siemer		Male	687	M40-49	219	53:16	807
845	2177	55:09	Andrew Chapman		Male	688	MS	306	53:47	844
846	2066	55:11	Audrey Batchelor	Norfolk Gazelles AC	Female	158	F60-69	5	54:03	861
847	808	55:12	Ross Lovewell		Male	689	MS	307	53:24	815
848	1705	55:13	Sara Wroth		Female	159	FS	91	54:08	872
849	442	55:13	H Searle		Female	160	FS	92	54:27	891
850	272	55:17	Tim Wilkes		Male	690	M40-49	220	52:18	738
851	888	55:18	Joanne Clark		Female	161	FS	93	54:18	884
852	1210	55:18	Matthew Dick		Male	691	MS	308	54:23	887
853	1076	55:18	Tony Gentry	North Norfolk Beach Runners	Male	692	M40-49	221	53:54	852
854	958	55:19	Alison Wray		Female	162	FS	94	53:14	804
855	97	55:19	Fabia Pollard	Ryston Runners	Female	163	F50-59	14	54:10	874
856	325	55:20	Bill Murrin		Male	693	M40-49	222	53:42	839
857	2030	55:20	Charlie Lake		Male	694	MJ	50	53:41	838
858	1138	55:21	Sarah Bradley		Female	164	FS	95	54:14	878
859	1566	55:21	Andrea Kidman		Female	165	F40-49	42	53:33	827
860	1065	55:21	Joseph Daniel Joyce		Male	695	MJ	51	53:19	808
861	1156	55:22	John Bolderstone		Male	696	M40-49	223	54:33	899
862	1341	55:22	Timothy Skerritt		Male	697	M50-59	90	54:00	859
863	1038	55:23	Tim Charlton		Male	698	MS	309	53:02	791
864	1534	55:24	Marianne Armstrong	Norwich Road Runners	Female	166	FS	96	54:32	897
865	2054	55:25	Alex James Emmins		Male	699	MS	310	54:51	927
866	463	55:25	Jenny Rotella		Female	167	F50-59	15	54:23	888
867	872	55:25	Lisa Hurry		Female	168	F50-59	16	54:27	892
868	981	55:26	David C		Male	700	M40-49	224	53:44	841
869	24	55:26	Sarah Kimberley		Female	169	FS	97	54:39	910
870	1533	55:27	Stewart Ingram	Tri-Anglia Triathlon Club	Male	701	M60-69	22	54:34	903
871	1194	55:27	Paul Bryan		Male	702	M40-49	225	53:58	857
872	1954	55:27	Barry Bye		Male	703	M60-69	23	54:41	912
873	1742	55:28	Ed Weightman		Male	704	M40-49	226	54:52	928
874	974	55:29	Hannelore Baxter		Female	170	FS	98	54:06	868
875	804	55:29	Clare Wells	Sleaford Striders AC	Female	171	F40-49	43	54:31	896
876	541	55:30	Daryl Brooke		Male	705	MS	311	54:03	862
877	1170	55:30	Kirstie Relf		Female	172	FS	99	54:15	880
878	1032	55:31	Paul Vine		Male	706	MS	312	54:06	869
879	1031	55:31	Wayne Gray		Male	707	MS	313	54:06	870
880	2146	55:32	Erna Gotyar		Female	173	FS	100	54:46	921
881	1828	55:32	Harry Daw		Male	708	MJ	52	53:52	851
882	331	55:32	Ryan Bensley		Male	709	MS	314	54:45	917
883	1781	55:32	Sylvia Dady	Wymondham AC	Female	174	FS	101	54:45	918
884	1994	55:33	Marcus Ringwood		Male	710	MS	315	54:36	906
885	2016	55:34	Gavin Hawes		Male	711	MS	316	54:05	866
886	587	55:35	Richard Pegg		Male	712	M50-59	91	55:19	961
887	98	55:35	Christopher Cann		Male	713	MS	317	54:44	916
888	1812	55:36	Paul Millar		Male	714	M40-49	227	54:02	860
889	984	55:36	Laura Leach	Ely Runners	Female	175	FS	102	53:54	853
890	2043	55:37	Steve Garrod		Male	715	M40-49	228	55:12	954
891	764	55:38	Chris Mills		Male	716	M50-59	92	53:28	819
892	1220	55:39	Stuart Mayhew		Male	717	MS	318	54:16	881
893	2138	55:41	Angelika Gudkova		Female	176	FS	103	55:16	958
894	465	55:41	Tom Salway	Fenland Running Club	Male	718	M60-69	24	54:23	889
895	2189	55:41	Justin Showell	Fenland Running Club	Male	719	M40-49	229	54:23	890
896	476	55:42	Gwen Graves	Ely Runners	Female	177	F50-59	17	54:57	942
897	1778	55:42	Mark Nicholls		Male	720	M50-59	93	54:30	895
898	1582	55:42	Jodie Ward		Female	178	FS	104	55:19	962
899	1945	55:43	David Machin		Male	721	M40-49	230	53:56	854
900	1782	55:43	Paul Baker		Male	722	MS	319	53:57	855
901	1545	55:45	Denise Abrahams		Female	179	F40-49	44	53:57	856
902	345	55:46	Simon Emery		Male	723	M40-49	231	54:45	919
903	7	55:47	Andy Harrod	Ryston Runners	Male	724	M50-59	94	55:13	955
904	1370	55:47	Leanne Hitchin		Female	180	F40-49	45	54:05	867
905	2167	55:47	Elizabeth Blakie	Ryston Runners	Female	181	F50-59	18	54:37	907
906	2101	55:49	Mick Futter		Male	725	M50-59	95	55:34	983
907	44	55:49	Gary Howe		Male	726	M40-49	232	54:54	938
908	1885	55:51	Martyn Barker		Male	727	MS	320	53:25	816
909	132	55:52	Jack Parnell		Male	728	MS	321	54:16	882
910	1745	55:53	Jemima Rae		Female	182	FJ	9	54:17	883

911	1417	55:55	Frances Rayner		Female	183	F40-49	46	54:27	893
912	262	55:56	Tracey Fisher		Female	184	F40-49	47	55:56	1003
913	835	55:56	Lilith Cooper		Female	185	FS	105	54:22	886
914	263	55:56	Gary Sandercock		Male	729	M40-49	233	54:33	900
915	429	56:00	Laura Harper		Female	186	FS	106	54:53	932
916	478	56:00	Carl Walters		Male	730	MS	322	54:53	933
917	1670	56:01	Michael Haines		Male	731	M40-49	234	55:31	978
918	557	56:02	Dave Cook		Male	732	M50-59	96	54:35	904
919	413	56:03	Anne Harper		Female	187	F50-59	19	53:48	846
920	2161	56:04	Joni Lambert		Female	188	FS	107	53:49	848
921	996	56:05	Ryan Purvey		Male	733	MJ	53	54:56	940
922	662	56:06	Duncan Freeman		Male	734	M50-59	97	54:59	946
923	1015	56:07	Naomi Mills		Female	189	FS	108	54:47	923
924	997	56:07	Donna King		Female	190	F40-49	48	54:46	922
925	803	56:10	Michael Mcdermid		Male	735	M40-49	235	54:33	901
926	38	56:10	Jennifer Sefton		Female	191	F60-69	6	54:52	929
927	2139	56:10	Catalina Meghea		Female	192	FS	109	54:45	920
928	1489	56:11	Claudia Willis		Female	193	FS	110	54:53	934
929	2029	56:12	Thomas Alexander		Male	736	MJ	54	54:49	925
930	1793	56:13	Alan Charles Cushing	Ely Runners	Male	737	M60-69	25	54:09	873
931	508	56:13	Richard Wright		Male	738	M40-49	236	54:13	876
932	2025	56:13	Tammy Chapman		Female	194	FS	111	54:49	926
933	2026	56:14	Ian Capps		Male	739	MS	323	54:48	924
934	1180	56:17	Martin Gibbs		Male	740	MJ	55	55:54	1002
935	1315	56:17	Jan Smith		Female	195	F50-59	20	54:41	913
936	46	56:18	Hayley Bunn		Female	196	F40-49	49	55:02	948
937	395	56:18	Jo Margereson		Female	197	F40-49	50	55:05	950
938	271	56:20	Jodie Clark		Female	198	F40-49	51	55:30	977
939	2120	56:20	Matthew Whitehead		Male	741	M40-49	237	54:53	935
940	1160	56:21	Stephanie Gray		Female	199	FS	112	54:56	941
941	719	56:24	Steve Curtis		Male	742	M50-59	98	54:39	911
942	611	56:25	Johan Saunders		Male	743	M40-49	238	53:47	845
943	2131	56:26	Trevor Richardson		Male	744	MS	324	55:26	970
944	1895	56:26	Donna Seal		Female	200	FS	113	55:38	990
945	1071	56:27	S Cawston		Male	745	MS	325	54:14	879
946	320	56:27	John Welbourn		Male	746	M50-59	99	55:35	985
947	1701	56:29	Iain Robinson		Male	747	MS	326	55:29	976
948	1605	56:30	Richard Lamb		Male	748	MS	327	54:38	909
949	78	56:31	Eric Kasper		Male	749	MS	328	54:37	908
950	193	56:31	Will Simper		Male	750	MS	329	55:26	971
951	1897	56:32	Ryan Lockey		Male	751	MS	330	55:20	964
952	2114	56:32	Mark Farge		Male	752	MS	331	54:53	936
953	1571	56:33	Catherine Lawrance		Female	201	FS	114	54:57	943
954	622	56:34	Julie Ryan		Female	202	FS	115	55:43	994
955	2088	56:35	Alan Thompson		Male	753	M50-59	100	54:54	939
956	1738	56:37	Carole Seaman		Female	203	F50-59	21	55:33	981
957	521	56:38	Ben Beech		Male	754	MS	332	53:51	850
958	454	56:38	Josh Kierman		Male	755	MJ	56	55:27	973
959	88	56:38	Tobie Fysh		Male	756	MS	333	55:16	959
960	545	56:41	Anna Frammingham		Female	204	FS	116	55:11	952
961	554	56:42	Paul Evans		Male	757	MS	334	55:31	979
962	301	56:42	Simon Hilton		Male	758	M50-59	101	55:31	980
963	1588	56:43	T Scott Heagerty		Male	759	MS	335	54:13	877
964	355	56:45	David Lamb		Male	760	M40-49	239	54:58	945
965	584	56:46	Harry Rose		Male	761	MJ	57	55:37	989
966	2057	56:47	Mark Hallam		Male	762	MS	336	54:52	930
967	65	56:48	Bryan Freeman		Male	763	M40-49	240	55:43	995
968	1570	56:51	Simon Ruff		Male	764	M40-49	241	55:53	1001
969	335	56:51	Jackie Orford		Female	205	F40-49	52	55:27	974
970	1473	56:55	Rebecca Ash		Female	206	FS	117	56:15	1016
971	1055	56:55	Carl Collins		Male	765	M40-49	242	54:53	937
972	1004	56:56	James Wilkinson		Male	766	MS	337	54:52	931
973	2109	56:58	Helen Ryan		Female	207	FS	118	55:47	998
974	969	56:59	Ian Price		Male	767	MS	338	55:08	951
975	1187	56:59	Tracy Hall		Female	208	F40-49	53	55:28	975
976	1700	56:59	Mercedes Reece		Female	209	FS	119	55:59	1004
977	1092	57:00	Colin Rutty		Male	768	M40-49	243	56:09	1011
978	20	57:01	Kiri Chiakli		Male	769	MS	339	55:11	953
979	1564	57:02	Lucy Carberry		Female	210	FS	120	56:22	1024
980	1270	57:02	Sally Ann Halls		Female	211	F40-49	54	55:35	986

981	1265	57:02	S Halls		Male	770	M40-49	244	55:35	987
982	1792	57:04	N Lawton		Female	212	F40-49	55	55:22	966
983	1755	57:04	Robert Scarfe	Wymondham AC	Male	771	M60-69	26	55:35	988
984	1423	57:06	Philip Kenyon		Male	772	M60-69	27	55:42	993
985	203	57:06	Rory Main		Male	773	MJ	58	55:04	949
986	1947	57:10	Cindy Drinnan	Saffron Striders RC	Female	213	FS	121	55:40	992
987	1403	57:11	Julie Garner	Fenland Running Club	Female	214	F50-59	22	56:18	1021
988	2172	57:11	Merwyn Agcaoili		Male	774	MS	340	56:03	1009
989	1387	57:13	Michael John Judkins		Male	775	M60-69	28	54:35	905
990	1054	57:14	Nicholas White		Male	776	MS	341	54:07	871
991	938	57:15	Richard Lord		Male	777	M40-49	245	56:24	1032
992	1230	57:16	Paul Heseltine		Male	778	M50-59	102	56:24	1033
993	612	57:22	Lucan King		Male	779	MS	342	56:43	1050
994	466	57:23	Sophie De Winton		Female	215	F50-59	23	56:22	1025
995	1903	57:25	Simon Springall		Male	780	MS	343	55:34	984
996	52	57:25	Raymond Hunt		Male	781	MS	344	54:33	902
997	349	57:26	Sam Yare		Male	782	MS	345	55:33	982
998	2155	57:31	Katie Wilson	Ryston Runners	Female	216	FS	122	56:57	1068
999	682	57:31	Gerard Newman	Cotswold Allrunners	Male	783	M60-69	29	56:02	1008
1000	1597	57:32	Ciaran Dunne		Male	784	M40-49	246	55:21	965
1001	336	57:33	Jacqueline Butcher		Female	217	F40-49	56	56:26	1036
1002	202	57:36	Roderick Main		Male	785	M40-49	247	54:32	898
1003	107	57:37	Nathaniel Chang		Male	786	MS	346	55:18	960
1004	1995	57:38	Carl Ringwood		Male	787	MS	347	56:40	1044
1005	1120	57:38	Richard Kew		Male	788	MS	348	55:15	957
1006	2034	57:39	Angie Martin	Wymondham AC	Female	218	F50-59	24	57:00	1072
1007	1337	57:39	Cheryl Brown		Female	219	F40-49	57	56:16	1017
1008	732	57:39	Ivonne Torres		Female	220	FS	123	56:36	1042
1009	1618	57:40	Jackie Richards	Fenland Running Club	Female	221	F40-49	58	54:59	947
1010	1024	57:41	Richard Stone	Ramsey Road Runners	Male	789	M40-49	248	56:13	1013
1011	962	57:42	Georgie Harrington		Female	222	FS	124	55:13	956
1012	34	57:43	Daryl Smith		Male	790	MS	349	56:52	1061
1013	1237	57:44	Kenneth Burgess		Male	791	M60-69	30	56:11	1012
1014	1586	57:46	Russell Hellwig		Male	792	M40-49	249	56:51	1059
1015	2149	57:46	Rose Garner		Female	223	FS	125	56:16	1018
1016	679	57:48	Amy Rolfe		Female	224	FS	126	56:57	1069
1017	133	57:51	Laura Sandle		Female	225	FS	127	56:37	1043
1018	591	57:51	Ian Clark		Male	793	MS	350	56:32	1041
1019	857	57:53	Nicky Howard		Female	226	F40-49	59	56:23	1028
1020	858	57:53	Paul Howard		Male	794	M40-49	250	56:22	1026
1021	121	57:55	Ashley Ward		Male	795	MJ	59	56:45	1051
1022	1316	57:55	Caroline Tiller		Female	227	F40-49	60	56:27	1037
1023	688	57:57	Rebecca Schrooder		Female	228	FS	128	57:07	1079
1024	1956	57:57	Daniel Moore		Male	796	MS	351	56:53	1064
1025	2055	57:58	Paul Talbot		Male	797	M50-59	103	57:17	1093
1026	746	57:59	Richard Cvijetic		Male	798	MS	352	56:01	1007
1027	60	58:00	Sara Tansley		Female	229	FS	129	56:14	1015
1028	1802	58:00	Johannes Ahrenfeldt		Male	799	M40-49	251	55:39	991
1029	2154	58:01	Rachael Cox		Female	230	FS	130	55:22	967
1030	797	58:02	Joe Fradley		Male	800	MS	353	55:43	996
1031	775	58:02	Kelly Sherwood		Female	231	FS	131	56:47	1053
1032	795	58:02	Alex Booth		Female	232	FS	132	55:43	997
1033	2093	58:03	Jonathan Cowan		Male	801	M50-59	104	56:49	1055
1034	717	58:03	Georgina Allen	Ryston Runners	Female	233	F50-59	25	56:41	1046
1035	1305	58:09	Danielle Marie Mayes		Female	234	FS	133	55:26	972
1036	1056	58:10	Kirsty Bunting		Female	235	FS	134	57:18	1094
1037	1561	58:10	Richard Gagen		Male	802	MS	354	57:57	1145
1038	1199	58:10	Richard Dye		Male	803	M40-49	252	56:40	1045
1039	2004	58:12	Sian Childs		Female	236	F40-49	61	56:08	1010
1040	989	58:14	Jonathan Edge		Male	804	M40-49	253	57:06	1077
1041	170	58:14	Lisa Rawlinson		Female	237	F40-49	62	56:48	1054
1042	225	58:15	Michael Parker		Male	805	M40-49	254	56:57	1070
1043	56	58:18	Gary Smith		Male	806	MS	355	56:23	1029
1044	1356	58:19	Aaron Bird		Male	807	MJ	60	55:19	963
1045	235	58:19	Tracey Dickinson	Sleaford Striders AC	Female	238	F40-49	63	57:21	1097
1046	830	58:20	Ali Woodward		Female	239	FS	135	55:23	968
1047	111	58:20	Jane Perham		Female	240	F40-49	64	57:02	1074
1048	573	58:22	Peter Warren	City Of Norwich AC	Male	808	M50-59	105	57:18	1095
1049	2046	58:23	Matthew Green		Male	809	MS	356	57:28	1106
1050	1704	58:23	Stephen Eke		Male	810	M40-49	255	56:25	1035

1051	531	58:23	Steven Stock		Male	811	MS	357	57:45	1126
1052	873	58:24	Tamsin Hurry		Female	241	FS	136	57:25	1103
1053	1711	58:24	Richard Bulman		Male	812	M60-69	31	55:24	969
1054	1126	58:24	Emma Jeffrey		Female	242	FS	137	56:00	1006
1055	1568	58:26	Natalie Fay Smith		Female	243	F40-49	65	56:52	1062
1056	70	58:26	Helen Procter		Female	244	F50-59	26	56:54	1065
1057	427	58:28	Helen Foster		Female	245	F40-49	66	56:55	1067
1058	119	58:28	M Lindsay		Female	246	F40-49	67	57:11	1083
1059	1148	58:29	Virginia Middleton	Team Balancise AC	Female	247	F40-49	68	56:49	1056
1060	475	58:30	Shane Barker		Male	813	MS	358	57:43	1124
1061	585	58:30	Tony Hatton Gore		Male	814	M60-69	32	57:36	1116
1062	1418	58:31	Emma Benefer		Female	248	FS	138	56:42	1049
1063	491	58:32	Willem Kandjou		Male	815	MS	359	58:10	1161
1064	945	58:32	Colin Jackson		Male	816	MS	360	55:51	999
1065	279	58:33	James Frusher		Male	817	MS	361	56:49	1057
1066	1686	58:34	Claire Southgate		Female	249	F40-49	69	57:29	1107
1067	374	58:34	Catherine Dodsworth	Dragons Running Club (Sale)	Female	250	F40-49	70	56:22	1027
1068	428	58:35	Emily Hall		Female	251	FS	139	57:29	1108
1069	1484	58:37	Jeremy Dowsing		Male	818	M40-49	256	56:23	1030
1070	1283	58:41	Miriam Walden		Female	252	FS	140	56:13	1014
1071	423	58:41	Cindy Burgess	Wymondham AC	Female	253	F60-69	7	56:30	1038
1072	571	58:41	Steven Davies		Male	819	M50-59	106	57:22	1098
1073	1459	58:42	C Dallas Goncalves		Female	254	F40-49	71	57:26	1104
1074	966	58:42	Josh Whitaker		Male	820	MS	362	55:51	1000
1075	1039	58:42	A Crome		Male	821	M70+	4	58:35	1192
1076	505	58:42	Robin Uttin		Male	822	M40-49	257	57:13	1088
1077	381	58:43	J Murray		Female	255	F40-49	72	57:07	1080
1078	1003	58:43	Liz Wright		Female	256	FS	141	57:26	1105
1079	1656	58:44	Andrew Green		Male	823	M50-59	107	57:22	1099
1080	1083	58:46	Kirsty Bathe		Female	257	F40-49	73	58:13	1165
1081	1593	58:46	Cheryl Chapman	Fenland Running Club	Female	258	F40-49	74	57:38	1120
1082	1146	58:47	Blanka Culyer		Female	259	FS	142	57:14	1090
1083	1983	58:48	John Bell		Male	824	MS	363	56:57	1071
1084	646	58:48	Paul Waterfield		Male	825	M50-59	108	58:05	1151
1085	1509	58:48	Susannah Naylor	Ryston Runners	Female	260	FS	143	57:13	1089
1086	1086	58:50	Jimmy Corley		Male	826	MJ	61	58:14	1167
1087	347	58:53	Tim Allen		Male	827	M40-49	258	56:54	1066
1088	1309	58:53	Denise Mcpartlin		Female	261	F40-49	75	56:19	1022
1089	1627	58:53	Christopher Walker		Male	828	M40-49	259	55:59	1005
1090	601	58:54	Emma Stephenson		Female	262	FS	144	56:50	1058
1091	2168	58:54	Colin Kirtley		Male	829	MS	364	56:23	1031
1092	1516	58:56	Imran Yasin Malik		Male	830	MS	365	57:06	1078
1093	914	58:57	Stuart Atling		Male	831	M50-59	109	57:24	1101
1094	1625	58:57	Sarah Leeder		Female	263	FS	145	56:41	1047
1095	1746	58:58	Jacquie Wood	Dereham Runners & AC	Female	264	F60-69	8	58:10	1162
1096	856	59:03	Russell James Wolsey		Male	832	MS	366	57:49	1132
1097	2039	59:03	James Thompson		Male	833	MJ	62	58:10	1163
1098	855	59:03	Sarah Wolsey		Female	265	FS	146	57:49	1133
1099	226	59:05	Carey Ferguson		Female	266	F40-49	76	56:16	1019
1100	1272	59:06	Stephan Gruber		Male	834	MS	367	57:14	1091
1101	1958	59:06	Christina Foster		Female	267	FS	147	57:02	1075
1102	898	59:07	Teilo Pearce	March AC	Male	835	MS	368	57:33	1112
1103	192	59:07	Bernie Lee		Male	836	M40-49	260	57:32	1110
1104	861	59:08	Paul Basham		Male	837	M40-49	261	56:19	1023
1105	266	59:09	Christopher Brown		Male	838	MS	369	57:48	1130
1106	929	59:09	Jason Kite		Male	839	M40-49	262	56:41	1048
1107	1926	59:10	Stephen Brooks		Male	840	M50-59	110	57:04	1076
1108	807	59:11	Stuart Hale		Male	841	MS	370	57:14	1092
1109	239	59:12	Mick Yates		Male	842	M50-59	111	56:30	1039
1110	1458	59:12	Danny Bowley		Male	843	M40-49	263	57:00	1073
1111	1838	59:14	Caroline Allen		Female	268	FS	148	57:53	1137
1112	1457	59:15	Jennifer Cook		Female	269	F40-49	77	57:40	1122
1113	10	59:16	J Gaisford		Male	844	M60-69	33	57:44	1125
1114	295	59:16	Simon Gaisford		Male	845	M40-49	264	57:41	1123
1115	1442	59:16	Viv Malt	London City Athletics Club	Female	270	F40-49	78	57:37	1118
1116	1504	59:16	Kate Broadhurst		Female	271	F40-49	79	57:36	1117
1117	1045	59:16	Annette June Crowley		Female	272	F50-59	27	57:53	1138
1118	1753	59:17	Zoe Worlledge		Female	273	F40-49	80	56:17	1020
1119	1591	59:17	Brian Smith		Male	846	M50-59	112	58:34	1189
1120	1037	59:20	Sarah Kaye		Female	274	FS	149	57:37	1119

1121	534	59:20	Matthew Kelk		Male	847	MJ	63	58:31	1183
1122	663	59:20	James Balloch		Male	848	MS	371	57:10	1081
1123	1173	59:23	Hayley Relf		Female	275	FS	150	58:08	1157
1124	1174	59:23	Dave Barrett		Male	849	MS	372	58:08	1158
1125	1948	59:24	Steven Alderson		Male	850	M50-59	113	57:12	1086
1126	1410	59:25	Mark Ryan		Male	851	M40-49	265	56:24	1034
1127	1503	59:26	Vicky Fysh		Female	276	FS	151	57:45	1127
1128	1696	59:27	Jane Greenwood	Fenland Running Club	Female	277	F50-59	28	57:49	1134
1129	412	59:28	Graham Wade		Male	852	M50-59	114	57:11	1084
1130	750	59:29	A Goodbourn		Male	853	MS	373	57:39	1121
1131	1896	59:29	Paul Lockey		Male	854	M40-49	266	58:17	1171
1132	1558	59:31	Helen Mitchell		Female	278	F40-49	81	58:47	1202
1133	1976	59:33	Abigail Wright		Female	279	FS	152	57:29	1109
1134	583	59:33	Tracy Wood		Female	280	F40-49	82	57:48	1131
1135	48	59:33	Liam Leys		Male	855	MJ	64	57:46	1128
1136	2150	59:34	Michael Kundu		Male	856	MS	374	56:30	1040
1137	1041	59:34	Beth Hamilton		Female	281	FS	153	58:32	1184
1138	231	59:34	Andrew Whisler		Male	857	MS	375	56:45	1052
1139	2100	59:35	Hayley Booth		Female	282	FS	154	57:34	1115
1140	350	59:35	D Anderson		Male	858	M50-59	115	58:34	1190
1141	73	59:36	Willow Thomas		Female	283	FS	155	58:05	1152
1142	362	59:36	Sally Kelly		Female	284	F50-59	29	58:09	1159
1143	720	59:36	Paullette Judd		Female	285	F40-49	83	58:19	1175
1144	592	59:37	Matthew Martin		Male	859	MS	376	58:17	1172
1145	213	59:38	Alex Pigott		Male	860	MJ	65	58:16	1169
1146	1183	59:39	Richard Barnes		Male	861	M40-49	267	58:09	1160
1147	1620	59:39	Beryl Barber		Female	286	F50-59	30	57:55	1140
1148	815	59:40	Graham Rout		Male	862	M40-49	268	57:10	1082
1149	2031	59:40	Paul Mitchelmore		Male	863	M50-59	116	56:52	1063
1150	1153	59:41	Andrew Hyde		Male	864	MS	377	57:33	1113
1151	83	59:41	Lucy Barnes		Female	287	FJ	10	57:57	1146
1152	1432	59:45	John Plowright	Ryston Runners	Male	865	M60-69	34	58:35	1193
1153	533	59:45	Tracy Farr		Female	288	F40-49	84	58:07	1154
1154	28	59:45	Jo Brooks	Ryston Runners	Female	289	F40-49	85	58:35	1194
1155	784	59:45	Jenny Took		Female	290	FS	156	58:32	1185
1156	723	59:46	Roy Fowkes		Male	866	M60-69	35	57:56	1142
1157	556	59:47	Simon Woodhouse		Male	867	M40-49	269	57:33	1114
1158	961	59:47	Peter Andrew Holman		Male	868	M50-59	117	58:17	1173
1159	346	59:47	Claire Emery		Female	291	FS	157	58:47	1203
1160	82	59:48	Nicola Ward	UKnetrunner.co.UK	Female	292	F40-49	86	58:03	1150
1161	1737	59:49	Joanne Toop		Female	293	F40-49	87	59:03	1218
1162	1154	59:50	Katie Kavanagh		Female	294	FS	158	57:56	1143
1163	249	59:50	Angela Ward		Female	295	F40-49	88	57:54	1139
1164	50	59:50	Michelle Meads		Female	296	FS	159	57:56	1144
1165	248	59:50	Gary Warren		Male	869	M40-49	270	57:55	1141
1166	1632	59:51	Shane Walker		Male	870	MS	378	56:51	1060
1167	168	59:51	Vicky Corielle		Female	297	FS	160	58:13	1166
1168	196	59:51	Alan Bird	Fenland Running Club	Male	871	M40-49	271	57:11	1085
1169	194	59:52	Sharon Bird	Fenland Running Club	Female	298	F40-49	89	57:12	1087
1170	1659	59:53	James Jay		Male	872	MS	379	58:33	1187
1171	54	59:53	Cathryn Smith		Female	299	FS	161	57:58	1147
1172	2094	59:54	James Grimes		Male	873	MS	380	58:15	1168
1173	1614	59:54	Chris Tyler		Male	874	MS	381	58:57	1214
1174	1615	59:54	Brydie Warden		Female	300	FS	162	58:59	1217
1175	246	59:58	Natalie Sayer		Male	875	M40-49	272	58:36	1196
1176	18	59:58	Sarah Jane Eggleton		Female	301	F40-49	90	58:34	1191
1177	1203	1:00:00	Valerie Ann Butters		Male	876	M50-59	118	58:43	1201
1178	1074	1:00:00	Ralph Bayley		Male	877	M50-59	119	57:52	1136
1179	205	1:00:01	Neil Bailey	Fenland Running Club	Male	878	MS	382	57:20	1096
1180	1075	1:00:02	Paula Gentry	North Norfolk Beach Runners	Female	302	F40-49	91	58:20	1177
1181	77	1:00:02	James Hearn		Male	879	M50-59	120	58:38	1197
1182	76	1:00:03	Emmajean Hearn		Female	303	FS	163	58:39	1198
1183	198	1:00:04	Denise Griffin	Fenland Running Club	Female	304	F50-59	31	57:24	1102
1184	1938	1:00:07	Eddie Balls		Male	880	M70+	5	58:17	1174
1185	310	1:00:07	Peter Drew	Ryston Runners	Male	881	M60-69	36	59:33	1250
1186	842	1:00:11	Carole Locke		Female	305	F40-49	92	58:58	1215
1187	625	1:00:13	Karen Alford		Female	306	F50-59	32	59:04	1219
1188	735	1:00:15	Laura Hill	Ely Runners	Female	307	FS	164	58:32	1186
1189	2001	1:00:18	James Paul		Male	882	MS	383	58:07	1155
1190	2000	1:00:18	Jeanette Paul		Female	308	F50-59	33	58:07	1156

1191	1892	1:00:19	Cara Trotti		Female	309	FS	165	57:23	1100
1192	519	1:00:19	Peter Saunders		Male	883	M50-59	121	57:32	1111
1193	2020	1:00:19	Sarina Gaughan		Female	310	FS	166	58:26	1181
1194	1455	1:00:22	Martin Sanders		Male	884	MS	384	58:58	1216
1195	1974	1:00:22	Daniel Coates		Male	885	MS	385	59:18	1235
1196	1044	1:00:25	John Anthony Crowley		Male	886	M50-59	122	58:40	1200
1197	506	1:00:26	Katie Woodcock		Female	311	FJ	11	57:47	1129
1198	125	1:00:27	Lynsey Warren		Female	312	F40-49	93	58:35	1195
1199	1517	1:00:28	Elizabeth Gatward		Female	313	F50-59	34	59:12	1227
1200	372	1:00:31	Charlotte Robinson		Female	314	FS	167	58:54	1211
1201	403	1:00:33	David Llewellyn		Male	887	M60-69	37	58:52	1208
1202	1731	1:00:34	Paul Wilson		Male	888	M40-49	273	1:00:06	1291
1203	1795	1:00:35	Ashley Chimes		Male	889	MS	386	59:32	1249
1204	964	1:00:36	Colin Arterton		Male	890	M40-49	274	57:51	1135
1205	1034	1:00:36	Adele Evenden		Female	315	F40-49	94	58:10	1164
1206	99	1:00:38	Cammille Simmons		Female	316	F40-49	95	59:25	1244
1207	718	1:00:39	Kerry Gandesha		Female	317	FS	168	59:13	1229
1208	1475	1:00:39	Natalie Hulley		Female	318	FS	169	59:33	1251
1209	1282	1:00:40	Sharon Fettes		Female	319	F50-59	35	59:08	1223
1210	2024	1:00:40	Mark Southwood		Male	891	M40-49	275	58:51	1207
1211	1647	1:00:41	Katie Sutton		Female	320	F40-49	96	58:52	1209
1212	1709	1:00:43	Jacob Day		Male	892	MJ	66	59:23	1241
1213	2058	1:00:44	Dean Paul		Male	893	MS	387	59:50	1269
1214	1461	1:00:44	Andrew Wilson		Male	894	MS	388	59:27	1246
1215	2148	1:00:44	Helen Townshend		Female	321	FS	170	59:51	1272
1216	481	1:00:46	Daniel Jermany		Male	895	MS	389	59:35	1255
1217	1864	1:00:47	Victoria Ellis		Female	322	FS	171	58:00	1148
1218	26	1:00:48	Louise Prosser		Female	323	FS	172	58:23	1179
1219	27	1:00:48	Gary Waddison		Male	896	MS	390	58:23	1180
1220	1642	1:00:48	Josh Day		Male	897	MS	391	59:29	1248
1221	1499	1:00:49	Hayley Pink		Female	324	F40-49	97	59:28	1247
1222	1610	1:00:54	Gazita Gillick		Female	325	F40-49	98	59:58	1277
1223	1674	1:00:55	Judith Stoutt		Female	326	FS	173	59:34	1254
1224	863	1:00:57	N Barnard		Female	327	FS	174	58:50	1206
1225	150	1:00:58	Ian Gooda		Male	898	MS	392	59:38	1260
1226	877	1:00:59	Marian Clements		Female	328	F60-69	9	59:59	1280
1227	603	1:01:00	Nick Barnard		Male	899	M50-59	123	58:52	1210
1228	2195	1:01:01	Caroline Williams	North Norfolk Beach Runners	Female	329	FS	175	59:19	1238
1229	1307	1:01:01	Louise Kimber		Female	330	FS	176	58:47	1204
1230	1306	1:01:01	Louise Thompson		Female	331	FS	177	58:48	1205
1231	564	1:01:02	Denise Winfield	Mansfield Harriers	Female	332	F50-59	36	58:26	1182
1232	751	1:01:03	Nathan Mitchell		Male	900	MS	393	59:13	1230
1233	1873	1:01:03	Ashleigh Smith		Female	333	FS	178	58:05	1153
1234	1133	1:01:04	Aidan Clarkson		Male	901	MS	394	58:01	1149
1235	738	1:01:07	Len Parnell		Male	902	M60-69	38	59:58	1278
1236	2089	1:01:08	Robin Thompson		Female	334	FS	179	59:25	1245
1237	1658	1:01:09	Pete Whitehurst		Male	903	M40-49	276	59:46	1267
1238	801	1:01:10	Paula Banks		Female	335	F50-59	37	1:00:16	1310
1239	1205	1:01:10	Steve Small		Male	904	M50-59	124	59:09	1224
1240	1163	1:01:11	Jackie Gallagher		Male	905	M50-59	125	1:00:37	1343
1241	710	1:01:11	Brian Kett	Fenland Running Club	Male	906	M60-69	39	59:50	1270
1242	1842	1:01:11	Ivor Sanderson		Male	907	M50-59	126	58:21	1178
1243	1914	1:01:12	Anne Martin	Wymondham AC	Female	336	F70+	1	1:00:46	1350
1244	1893	1:01:13	Beth Penney		Female	337	FS	180	58:16	1170
1245	238	1:01:13	Sarah Jinks		Female	338	FS	181	59:05	1220
1246	200	1:01:14	Samantha Doughty		Female	339	F40-49	99	59:05	1221
1247	211	1:01:14	Rebecca Salmon		Female	340	FS	182	59:17	1233
1248	1766	1:01:14	Steve Heggie		Male	908	M40-49	277	59:36	1258
1249	1901	1:01:16	John Holden		Male	909	M60-69	40	1:00:13	1300
1250	1902	1:01:16	Kiley Holden		Female	341	FS	183	1:00:14	1303
1251	104	1:01:17	Nathan Bunting		Male	910	MS	395	59:43	1263
1252	1248	1:01:17	Mark House		Male	911	M40-49	278	58:19	1176
1253	1302	1:01:18	Nicola Smith		Female	342	F40-49	100	1:00:24	1321
1254	780	1:01:20	Cheryl Lenton		Female	343	FS	184	1:00:30	1333
1255	1444	1:01:22	Sally Davenport		Female	344	F50-59	38	59:18	1236
1256	306	1:01:22	Philip Neave	Bungay Black Dog RC	Male	912	M60-69	41	1:00:18	1312
1257	480	1:01:24	Julia Jermany		Female	345	F40-49	101	1:00:13	1301
1258	1635	1:01:25	L Molineux Wilkes		Female	346	FS	185	59:10	1225
1259	66	1:01:26	Kane Link		Male	913	MJ	67	58:33	1188
1260	1559	1:01:26	Sarah Godwin		Female	347	FS	186	1:00:35	1341

1261	1267	1:01:27	Marie Mulryan		Female	348	FS	187	59:23	1242
1262	180	1:01:27	Emma Earnshaw		Female	349	FS	188	59:23	1243
1263	1448	1:01:28	Tony Hill		Male	914	M40-49	279	1:00:07	1292
1264	705	1:01:28	Suzie Thurlow		Female	350	F40-49	102	59:07	1222
1265	1436	1:01:29	Katarzyna Cisek		Female	351	FS	189	59:42	1261
1266	1372	1:01:31	Duncan Garrick		Male	915	M40-49	280	59:55	1274
1267	1215	1:01:34	Anil Chakrabarti		Male	916	M50-59	127	59:15	1232
1268	963	1:01:36	Katie Pruden		Female	352	FS	190	1:00:56	1362
1269	2070	1:01:37	Sophie Dickson		Female	353	FS	191	1:00:26	1325
1270	1900	1:01:38	Andrea Mummery		Female	354	F40-49	103	59:35	1256
1271	538	1:01:39	Izzy Bennett		Female	355	F50-59	39	1:00:18	1313
1272	927	1:01:40	Jess Marlow		Male	917	MS	396	1:00:04	1288
1273	740	1:01:40	Lisa Gore		Female	356	FS	192	59:33	1252
1274	779	1:01:41	Louise Franklin		Female	357	FS	193	1:00:14	1304
1275	727	1:01:42	Lisa Hiles		Female	358	F40-49	104	59:44	1264
1276	1171	1:01:43	Graham Giles		Male	918	M50-59	128	58:39	1199
1277	1053	1:01:43	Hayley Cawthorne		Female	359	FS	194	58:55	1212
1278	1470	1:01:43	Allen Kisson		Male	919	M50-59	129	1:00:52	1356
1279	1871	1:01:45	Kerry Heaphey		Female	360	FS	195	59:20	1239
1280	1501	1:01:46	Joanna Lowe		Female	361	FS	196	1:00:07	1293
1281	2176	1:01:47	Samantha Howe		Female	362	F40-49	105	1:00:07	1294
1282	1643	1:01:48	Julie Winner	Wymondham AC	Female	363	F40-49	106	58:56	1213
1283	1691	1:01:49	Sharron Jayne Bosley		Female	364	FS	197	1:00:14	1305
1284	529	1:01:49	Jessica Hodges		Female	365	FS	198	1:00:24	1322
1285	527	1:01:49	Livvi Hodges		Female	366	FS	199	1:00:25	1323
1286	926	1:01:51	Richard Golding		Male	920	MS	397	1:00:15	1308
1287	1950	1:01:51	Lisa Sunshine		Female	367	FJ	12	59:13	1231
1288	502	1:01:53	L Carter		Male	921	M50-59	130	1:00:22	1320
1289	1241	1:01:53	Isabel Florance		Female	368	F40-49	107	59:59	1281
1290	1342	1:01:54	Ricky Foxwell		Male	922	MS	398	1:00:29	1329
1291	2206	1:01:54	Matthew Hills		Male	923	MS	399	1:00:55	1359
1292	2183	1:01:55	James Lindner		Male	924	MS	400	1:00:09	1297
1293	1232	1:01:57	Lisa Green		Female	369	F40-49	108	1:00:48	1353
1294	118	1:01:59	Lewis Sims		Male	925	MS	401	59:45	1266
1295	117	1:01:59	Michael Battley		Male	926	MS	402	59:46	1268
1296	257	1:02:01	Ann Riddell	Sleaford Striders AC	Female	370	F50-59	40	1:01:02	1364
1297	258	1:02:01	Graham Riddell	Sleaford Striders AC	Male	927	M50-59	131	1:01:02	1365
1298	85	1:02:03	Liz Thomson		Female	371	F50-59	41	1:00:19	1315
1299	596	1:02:04	Karina Obrien		Female	372	FS	200	59:37	1259
1300	1761	1:02:05	Neil Richardson		Male	928	M50-59	132	59:35	1257
1301	220	1:02:07	Stephen Roe		Male	929	M40-49	281	1:00:04	1289
1302	1825	1:02:08	Mandy Fisher		Female	373	F40-49	109	1:00:15	1309
1303	62	1:02:08	Tony Goodridge		Male	930	M50-59	133	1:00:19	1316
1304	1198	1:02:08	Justin Turner		Male	931	M40-49	282	59:58	1279
1305	2135	1:02:08	Leanne Tuck		Female	374	FS	201	1:00:33	1338
1306	1608	1:02:09	Sue Tuff	Ryston Runners	Female	375	F40-49	110	1:00:08	1296
1307	1644	1:02:09	Robert Winner	Wymondham AC	Male	932	M40-49	283	59:18	1237
1308	326	1:02:10	Will Schwer	Felixstowe RRC	Male	933	MS	403	1:00:18	1314
1309	367	1:02:10	Claire Haggart	Ely Runners	Female	376	F50-59	42	59:33	1253
1310	189	1:02:13	Chris Lorraine		Male	934	MS	404	1:00:37	1344
1311	385	1:02:13	Jacqueline Keeling	Wymondham AC	Female	377	F40-49	111	59:59	1282
1312	511	1:02:14	Dawn Rimington		Female	378	F40-49	112	59:11	1226
1313	1733	1:02:14	Julie Ive		Female	379	F50-59	43	1:00:13	1302
1314	1728	1:02:15	Peter Vrabec		Male	935	MS	405	1:01:04	1368
1315	941	1:02:16	James Casey		Male	936	MS	406	59:20	1240
1316	995	1:02:16	Estelle Hawkins		Female	380	F40-49	113	1:01:05	1369
1317	1354	1:02:16	Shayney Blyth		Female	381	F40-49	114	59:17	1234
1318	68	1:02:17	Louise Taylor		Female	382	FS	202	1:01:07	1371
1319	1929	1:02:18	Ryan Bunten		Male	937	MJ	68	1:00:20	1318
1320	473	1:02:21	Tim Poultney	Lordshill Road Runners	Male	938	MS	407	59:12	1228
1321	498	1:02:24	Freya Bateman		Female	383	FS	203	1:01:18	1378
1322	640	1:02:24	Terry Maley		Male	939	M50-59	134	59:42	1262
1323	1775	1:02:25	David Wootler		Male	940	M50-59	135	1:00:21	1319
1324	1226	1:02:25	Andy Beeston		Male	941	M60-69	42	1:00:02	1286
1325	1214	1:02:27	Roma Chakrabarti		Female	384	F50-59	44	1:00:07	1295
1326	1523	1:02:28	Gill Hart	Ryston Runners	Female	385	F60-69	10	1:01:39	1395
1327	1335	1:02:31	Judith Williams		Female	386	F40-49	115	1:00:55	1360
1328	645	1:02:33	Jeanette Simpson		Female	387	FS	204	59:44	1265
1329	650	1:02:33	Brenda King	Rotherham Harriers and AC	Female	388	F60-69	11	59:50	1271
1330	1797	1:02:34	Paul Duhig		Male	942	M40-49	284	1:00:29	1330

1331	1801	1:02:36	Joanne Ahrenfelt		Female	389	FS	205	1:00:14	1306
1332	1961	1:02:37	Stephanie V Peel		Female	390	FS	206	1:01:08	1373
1333	1960	1:02:37	Sarah Jane Dimblebee		Female	391	F50-59	45	1:01:09	1374
1334	173	1:02:38	Glen Daren Squire		Male	943	MS	408	1:00:43	1348
1335	93	1:02:38	Cassie Wildey		Female	392	FS	207	1:00:43	1349
1336	1905	1:02:40	Adam Johnson		Male	944	M40-49	285	59:55	1275
1337	187	1:02:40	Richard Ian Mann	Cambridge Harriers	Male	945	M60-69	43	1:00:00	1283
1338	461	1:02:40	Graham Tibbs		Male	946	M40-49	286	1:01:44	1399
1339	1511	1:02:41	Martin Jolley		Male	947	MJ	69	1:01:06	1370
1340	188	1:02:41	Catherine Ann Crisp		Female	393	F60-69	12	1:00:51	1355
1341	1094	1:02:41	Michael Willgress		Male	948	MS	409	1:00:29	1331
1342	816	1:02:44	Liam Richardson		Male	949	MS	410	1:00:14	1307
1343	1295	1:02:46	Sarah Cullum		Female	394	FS	208	59:54	1273
1344	1438	1:02:47	Julia Pepperell		Female	395	F50-59	46	1:00:38	1345
1345	978	1:02:47	Sally Hollick	Sleaford Striders AC	Female	396	F40-49	116	1:00:16	1311
1346	51	1:02:48	Joanne Davison		Female	397	FS	209	1:01:22	1383
1347	53	1:02:48	Julian Sutton		Male	950	M40-49	287	1:01:22	1384
1348	2038	1:02:49	Emily Curtis		Female	398	FS	210	1:00:46	1351
1349	2191	1:02:50	Mark Drake		Male	951	M50-59	136	1:00:10	1299
1350	1428	1:02:52	Stephen Hernandez		Male	952	MJ	70	1:02:52	1445
1351	1452	1:02:54	Hayley Thompson		Female	399	FS	211	59:55	1276
1352	2081	1:02:55	Lindsey Clare		Female	400	FS	212	1:01:02	1366
1353	1676	1:02:55	C Stacey		Female	401	FS	213	1:00:38	1346
1354	616	1:02:55	Hayley Wright		Female	402	FS	214	1:00:04	1290
1355	1453	1:02:58	Graham Page		Male	953	M50-59	137	1:00:50	1354
1356	447	1:02:58	Wendy Jane Spaul		Female	403	F50-59	47	1:00:29	1332
1357	448	1:02:59	Martin John Spaul		Male	954	M50-59	138	1:00:28	1328
1358	799	1:03:01	Matthew Karl Parker		Male	955	M40-49	288	1:01:18	1379
1359	2061	1:03:01	Paul Delph		Male	956	M40-49	289	1:01:18	1380
1360	1192	1:03:02	Chelsey Fisher		Female	404	FS	215	1:00:52	1357
1361	1910	1:03:03	Christopher Brown		Male	957	MS	411	1:01:26	1387
1362	172	1:03:03	Rachel Fincham		Female	405	F40-49	117	1:01:49	1404
1363	171	1:03:03	Lisa Taylor		Female	406	FS	216	1:01:49	1405
1364	1350	1:03:03	Alison Patterson	Fenland Running Club	Female	407	F40-49	118	1:01:01	1363
1365	875	1:03:04	Claire Brown		Female	408	F40-49	119	1:01:09	1375
1366	1001	1:03:05	Clive Cartner	Norwich Road Runners	Male	958	MS	412	1:00:00	1284
1367	1002	1:03:06	Angela Bell	Norwich Road Runners	Female	409	F40-49	120	1:00:01	1285
1368	2092	1:03:06	Christina Nicol		Female	410	FS	217	1:00:09	1298
1369	1287	1:03:08	Annette Jones		Female	411	F40-49	121	1:00:31	1336
1370	241	1:03:09	Hannah Ford		Female	412	FS	218	1:00:27	1327
1371	1190	1:03:10	Helen Cox		Female	413	FS	219	1:00:26	1326
1372	1165	1:03:10	Paddy Fenton		Male	959	MS	413	1:02:01	1411
1373	1158	1:03:10	Tony Wilson		Male	960	MS	414	1:02:02	1412
1374	1865	1:03:11	Melanie Moore	North Norfolk Beach Runners	Female	414	F40-49	122	1:00:30	1334
1375	1883	1:03:12	Alexandra Watson	North Norfolk Beach Runners	Female	415	F50-59	48	1:00:30	1335
1376	425	1:03:12	Chris Poultney	Fetch Everyone	Male	961	M40-49	290	1:00:02	1287
1377	407	1:03:14	Teresa Maria Solomon		Female	416	F50-59	49	1:01:20	1382
1378	1485	1:03:15	Steve Cook		Male	962	M40-49	291	1:01:36	1392
1379	1391	1:03:17	Joanna Carr		Female	417	F40-49	123	1:00:34	1339
1380	265	1:03:18	Rajan Verma		Male	963	M40-49	292	1:00:19	1317
1381	1420	1:03:18	Marianne Saunders		Female	418	F40-49	124	1:01:37	1393
1382	42	1:03:19	Bridget Plowright		Female	419	F50-59	50	1:01:54	1407
1383	1345	1:03:19	Charlotte Snare		Female	420	FJ	13	1:02:10	1420
1384	1344	1:03:20	Graham John Baker		Male	964	M50-59	139	1:02:10	1421
1385	1119	1:03:22	Bob Hibberd		Male	965	M50-59	140	1:00:25	1324
1386	277	1:03:23	Ivan Nunn	Ryston Runners	Male	966	M50-59	141	1:00:47	1352
1387	2087	1:03:24	Amy Bobbins		Female	421	FS	220	1:01:42	1397
1388	488	1:03:25	Michael Wyard		Male	967	M50-59	142	1:00:34	1340
1389	1006	1:03:27	Michelle Fuller		Female	422	F40-49	125	1:01:23	1385
1390	2083	1:03:27	Mark Bobbins		Male	968	M50-59	143	1:01:46	1401
1391	1494	1:03:28	Sue Brentnall	Fen Edge Runners	Female	423	F50-59	51	1:00:41	1347
1392	1213	1:03:31	Dave Shaw		Male	969	M40-49	293	1:01:56	1408
1393	330	1:03:34	Henry Needham		Male	970	MJ	71	1:02:00	1410
1394	694	1:03:34	Barbara Hurley		Female	424	F60-69	13	1:02:19	1428
1395	250	1:03:35	Beckie Clarkstone		Female	425	FJ	14	1:02:26	1431
1396	576	1:03:35	Lianne Grimes		Female	426	FS	221	1:00:32	1337
1397	2133	1:03:36	Emma Lee		Female	427	FJ	15	1:01:40	1396
1398	2123	1:03:38	Andy Dye		Male	971	M40-49	294	1:00:36	1342
1399	341	1:03:39	Catherine Hodds		Female	428	F40-49	126	1:01:17	1377
1400	1904	1:03:40	Martin Newbury		Male	972	MS	415	1:00:55	1361

1401	923	1:03:41	Stephen Brunton	Fenland Running Club	Male	973	MS	416	1:01:38	1394
1402	12	1:03:41	Debra Skapoullis		Female	429	F50-59	52	1:01:19	1381
1403	1142	1:03:41	Phil Bridges		Male	974	M40-49	295	1:01:03	1367
1404	434	1:03:43	Paul Freeman		Male	975	M40-49	296	1:02:17	1427
1405	293	1:03:45	Shane Cole		Male	976	MS	417	1:02:51	1442
1406	928	1:03:46	Mark Andrew Gaskins	Ryston Runners	Male	977	M40-49	297	1:02:54	1447
1407	1269	1:03:46	Debbie Wilding		Female	430	FS	222	1:02:54	1448
1408	1251	1:03:46	Molly Sands	Ryston Runners	Female	431	FJ	16	1:02:54	1449
1409	1299	1:03:46	Shareen Hannan		Female	432	FS	223	1:02:54	1450
1410	1288	1:03:46	Lesley Robins		Female	433	F40-49	127	1:02:55	1452
1411	1393	1:03:46	Emma Thompson	Ryston Runners	Female	434	FS	224	1:02:54	1451
1412	1035	1:03:47	Laura Locking		Female	435	FS	225	1:01:24	1386
1413	1513	1:03:49	Sally Jane Green		Female	436	F40-49	128	1:00:52	1358
1414	1009	1:03:50	C Mendes Bulhao		Female	437	FS	226	1:01:27	1388
1415	1760	1:03:51	Jonathan Rose		Male	978	M40-49	298	1:01:48	1403
1416	1278	1:03:52	Michael Rose		Male	979	MS	418	1:02:36	1435
1417	186	1:03:56	Lesley Raby		Female	438	F50-59	53	1:02:10	1422
1418	319	1:03:59	Simon Welbourn		Male	980	MJ	72	1:02:06	1415
1419	185	1:04:02	Claire Manning Coe		Female	439	FS	227	1:02:48	1439
1420	1596	1:04:03	Laura Micklethwaite		Female	440	FS	228	1:01:07	1372
1421	2002	1:04:06	Elizabeth Nockolds		Female	441	F60-69	14	1:01:31	1390
1422	2003	1:04:06	Claire Christopher		Female	442	F40-49	129	1:01:30	1389
1423	79	1:04:07	Michael Ennis	Ryston Runners	Male	981	M70+	6	1:02:57	1454
1424	874	1:04:08	Alison Fletcher		Female	443	F50-59	54	1:02:12	1423
1425	901	1:04:09	Elina Lizunova		Female	444	FJ	17	1:02:07	1417
1426	72	1:04:10	Olwen Batty		Female	445	FS	229	1:02:16	1425
1427	849	1:04:11	Megan Marshall		Female	446	FJ	18	1:02:51	1443
1428	1548	1:04:12	Linda Ianson		Female	447	F50-59	55	1:02:04	1413
1429	1606	1:04:15	Ewelina Auguscik		Female	448	FS	230	1:01:43	1398
1430	648	1:04:15	Rodney King		Male	982	M60-69	44	1:01:32	1391
1431	1759	1:04:16	Sue Davies		Female	449	F40-49	130	1:02:13	1424
1432	921	1:04:18	Bethany Fretwell		Female	450	FJ	19	1:02:21	1430
1433	237	1:04:18	Helen Reed	Ryston Runners	Female	451	F40-49	131	1:01:15	1376
1434	543	1:04:20	Kayleigh Darling		Female	452	FS	231	1:02:06	1416
1435	102	1:04:20	Maria Fray		Female	453	F50-59	56	1:02:48	1440
1436	1049	1:04:22	Darina Stoda		Female	454	FS	232	1:02:42	1438
1437	851	1:04:27	Victoria Norris		Female	455	FJ	20	1:01:51	1406
1438	518	1:04:34	Paul Blake		Male	983	M50-59	144	1:01:47	1402
1439	1386	1:04:35	Christopher Hamill		Male	984	M50-59	145	1:02:16	1426
1440	1935	1:04:36	Anna Morrison		Female	456	FS	233	1:01:45	1400
1441	2021	1:04:37	G Collison		Female	457	FJ	21	1:03:45	1496
1442	1881	1:04:37	Justine Cotton		Female	458	FJ	22	1:03:46	1497
1443	1271	1:04:38	Derek Harman		Male	985	M60-69	45	1:03:16	1468
1444	1017	1:04:39	Hannah Taylor		Female	459	FS	234	1:02:31	1434
1445	19	1:04:42	Paul Bird		Male	986	M50-59	146	1:02:30	1433
1446	87	1:04:43	John Wray		Male	987	M50-59	147	1:02:19	1429
1447	867	1:04:43	Alison Lee		Female	460	F50-59	57	1:02:51	1444
1448	814	1:04:46	James Whelan		Male	988	MS	419	1:02:04	1414
1449	822	1:04:46	Thomas David Taylor		Male	989	MS	420	1:02:57	1455
1450	2115	1:04:47	Miriam Evison		Female	461	F40-49	132	1:03:00	1457
1451	1357	1:04:50	Emma Lockwood		Female	462	FS	235	1:02:07	1418
1452	1355	1:04:51	Lucy Price		Female	463	FS	236	1:02:08	1419
1453	1200	1:04:54	Colin Ferra		Male	990	M40-49	299	1:03:22	1473
1454	736	1:04:54	Claire Rotman		Female	464	FS	237	1:03:25	1477
1455	737	1:04:55	Karen Dolman		Female	465	F40-49	133	1:03:25	1478
1456	1808	1:04:57	Mark Kent		Male	991	M40-49	300	1:03:34	1485
1457	947	1:04:58	Lorraine Sarkies		Female	466	F40-49	134	1:02:55	1453
1458	579	1:04:58	Jasmine Pridemore		Female	467	FS	238	1:02:36	1436
1459	260	1:05:01	Ted Preston	Sleaford Striders AC	Male	992	M60-69	46	1:01:57	1409
1460	499	1:05:04	Katie Grief		Female	468	FS	239	1:04:22	1520
1461	1446	1:05:06	Emma Broomfield		Female	469	FS	240	1:03:02	1458
1462	953	1:05:07	Rebecca Jane Wright		Female	470	FS	241	1:02:39	1437
1463	980	1:05:08	Emma Henry		Female	471	FS	242	1:03:11	1461
1464	1465	1:05:16	Cameron Ross	West Norfolk AC	Male	993	MJ	73	1:04:06	1514
1465	1464	1:05:17	Stuart Ross	West Norfolk AC	Male	994	M50-59	148	1:04:06	1515
1466	1963	1:05:20	Hayley Cobb		Female	472	F40-49	135	1:04:46	1542
1467	89	1:05:23	Barry Norton		Male	995	M60-69	47	1:04:07	1516
1468	387	1:05:23	Sophie Keen	North Norfolk Beach Runners	Female	473	FS	243	1:03:42	1493
1469	284	1:05:24	Andrew Breen		Male	996	M50-59	149	1:03:39	1489
1470	1898	1:05:25	Chris Abbs		Male	997	MS	421	1:03:14	1465

1471	2095	1:05:25	Darren Abbs		Male	998	MS	422	1:03:13	1463
1472	1025	1:05:26	Kayleigh Bailey		Female	474	FS	244	1:02:49	1441
1473	1495	1:05:26	Shaun Mellish		Male	999	M40-49	301	1:03:57	1508
1474	618	1:05:29	Jane Stasiak		Female	475	F40-49	136	1:03:06	1459
1475	1669	1:05:30	Giedre Jasukaitiene		Female	476	FS	245	1:03:14	1466
1476	1657	1:05:30	Inga Seskunaite		Female	477	FS	246	1:03:15	1467
1477	2005	1:05:30	Charles Staples		Male	1000	MS	423	1:02:29	1432
1478	91	1:05:32	Emma Fysh		Female	478	FS	247	1:03:11	1462
1479	1819	1:05:33	Tony Miles		Male	1001	MS	424	1:04:34	1535
1480	426	1:05:33	Noel Meehan		Male	1002	M40-49	302	1:03:49	1500
1481	1223	1:05:35	Juliette Hawkins		Female	479	FS	248	1:03:18	1469
1482	2080	1:05:37	Robert Clare		Male	1003	MS	425	1:03:44	1495
1483	1641	1:05:43	Keith Saward	March AC	Male	1004	M70+	7	1:03:07	1460
1484	147	1:05:43	Rosie Stevenson		Female	480	FJ	23	1:03:42	1494
1485	297	1:05:48	Angela Culshaw		Female	481	F40-49	137	1:03:54	1506
1486	2129	1:05:49	Joanne Gibbs		Female	482	F40-49	138	1:03:34	1486
1487	462	1:05:50	Terry Tibbs		Male	1005	M40-49	303	1:04:54	1546
1488	581	1:05:50	John Harrison		Male	1006	M60-69	48	1:04:26	1524
1489	148	1:05:50	Kate Stevenson		Female	483	F40-49	139	1:03:49	1501
1490	2037	1:05:50	Henrietta Green		Female	484	FS	249	1:02:59	1456
1491	1739	1:05:53	David Andrew Hardy		Male	1007	M40-49	304	1:04:00	1511
1492	487	1:05:54	Gaetan Vawser		Male	1008	M40-49	305	1:04:35	1537
1493	1284	1:05:55	Steven Robert Bailey		Male	1009	M40-49	306	1:04:34	1536
1494	604	1:05:55	Rod Smith	North Norfolk Beach Runners	Male	1010	M70+	8	1:02:52	1446
1495	1258	1:05:56	Julie Bell	Mansfield Harriers	Female	485	F50-59	58	1:03:21	1471
1496	649	1:05:56	Samantha Hamilton		Female	486	FS	250	1:03:51	1502
1497	1010	1:05:58	Helen Sewell	Ryston Runners	Female	487	F60-69	15	1:04:45	1541
1498	886	1:05:58	Clare Sillis		Female	488	F40-49	140	1:04:33	1534
1499	852	1:05:58	Nerissa Peacock		Female	489	FJ	24	1:03:23	1475
1500	1201	1:05:59	Gary Crossley		Male	1011	M40-49	307	1:03:51	1503
1501	2201	1:06:04	Anneli Reeve		Female	490	F40-49	141	1:04:56	1547
1502	33	1:06:05	Richard Tabor		Male	1012	MS	426	1:03:13	1464
1503	1425	1:06:07	Sharon Childs		Female	491	F40-49	142	1:05:24	1564
1504	887	1:06:07	Samantha Simper		Female	492	FS	251	1:05:24	1565
1505	1191	1:06:07	Chris Hodgson		Male	1013	M40-49	308	1:03:56	1507
1506	1390	1:06:09	S Humphrey		Female	493	F40-49	143	1:04:26	1525
1507	2215	1:06:09	Trudy Kenworthy		Female	494	FS	252	1:03:39	1490
1508	1064	1:06:10	Carolyn Hayes		Female	495	F50-59	59	1:04:56	1548
1509	1757	1:06:14	Sarah Jane Barley		Female	496	F40-49	144	1:04:21	1519
1510	1699	1:06:17	Nathan Cant		Male	1014	MS	427	1:03:52	1505
1511	1179	1:06:18	Russell Gibbs		Male	1015	M50-59	150	1:04:04	1513
1512	1249	1:06:18	Alan Drinnan		Male	1016	M60-69	49	1:04:44	1540
1513	879	1:06:19	Stephanie Lucas		Female	497	F50-59	60	1:03:21	1472
1514	866	1:06:19	Gillian Boon		Female	498	F50-59	61	1:03:22	1474
1515	155	1:06:19	Rachel Macphail	Haverhill Running Club	Female	499	F40-49	145	1:03:24	1476
1516	2068	1:06:20	Marentia De Villiers		Female	500	F40-49	146	1:03:31	1482
1517	1532	1:06:22	Joanne Jackson		Female	501	FS	253	1:05:10	1555
1518	1029	1:06:22	L Brackley		Female	502	FS	254	1:04:23	1521
1519	1348	1:06:23	Amelia Paget		Female	503	FS	255	1:03:39	1491
1520	2053	1:06:23	Odette Gould	Werrington Joggers	Female	504	FS	256	1:03:19	1470
1521	1624	1:06:24	Elizabeth Owens		Female	505	F40-49	147	1:04:51	1543
1522	614	1:06:27	Susan Knapman		Female	506	FS	257	1:03:25	1479
1523	613	1:06:27	James Knapman		Male	1017	MS	428	1:03:25	1480
1524	1116	1:06:27	Andrew Ford		Male	1018	MS	429	1:03:30	1481
1525	1115	1:06:27	Sarah Hibberd		Female	507	FS	258	1:03:31	1483
1526	1575	1:06:30	Rachel Steel		Female	508	F40-49	148	1:04:57	1549
1527	1047	1:06:31	Andrew Pryor		Male	1019	M40-49	309	1:04:29	1529
1528	1048	1:06:31	Nicola Lloyd		Female	509	FS	259	1:04:29	1530
1529	1535	1:06:31	Debra Keeling		Female	510	F50-59	62	1:05:43	1581
1530	1536	1:06:32	Bamber Keeling		Male	1020	M50-59	151	1:05:43	1582
1531	269	1:06:32	Magda Browning		Female	511	F40-49	149	1:03:33	1484
1532	890	1:06:32	Debbie Costley	Wyndham AC	Female	512	F40-49	150	1:05:18	1561
1533	924	1:06:33	Anthony Stannard		Male	1021	M40-49	310	1:03:35	1487
1534	677	1:06:33	Nicola Young		Female	513	F40-49	151	1:03:35	1488
1535	109	1:06:33	Sara Davis	Yaxley Runners & Joggers	Female	514	F40-49	152	1:04:28	1527
1536	112	1:06:34	Tamara Cook	Yaxley Runners & Joggers	Female	515	F40-49	153	1:04:28	1528
1537	934	1:06:37	Ann Elrick		Female	516	F40-49	154	1:04:02	1512
1538	1726	1:06:38	Johanna Antonelli		Female	517	FS	260	1:04:13	1517
1539	1036	1:06:38	Christine Barker		Female	518	F50-59	63	1:04:27	1526
1540	772	1:06:39	Pamela Lynn		Female	519	F60-69	16	1:04:53	1545

1541	1890	1:06:39	Lavinia Seward	March AC	Female	520	F70+	2	1:03:46	1498
1542	908	1:06:40	John Loveless		Male	1022	M70+	9	1:03:57	1509
1543	659	1:06:40	Gill Eddy		Female	521	F60-69	17	1:04:31	1532
1544	400	1:06:40	Catherine Coppinger		Female	522	F50-59	64	1:04:32	1533
1545	754	1:06:40	Jade Dillon		Female	523	F40-49	155	1:03:51	1504
1546	1147	1:06:45	Peter Coldman		Male	1023	M60-69	50	1:03:41	1492
1547	2144	1:06:46	Diana Black		Female	524	F50-59	65	1:03:58	1510
1548	446	1:06:48	Steve Tucker		Male	1024	M40-49	311	1:03:47	1499
1549	11	1:06:49	John Ripley		Male	1025	M50-59	152	1:05:17	1558
1550	2106	1:06:51	Thomas Mrlton		Male	1026	MS	430	1:04:42	1539
1551	1195	1:06:54	Faye Rudland		Female	525	FS	261	1:05:02	1552
1552	925	1:06:56	Lucy Golding		Female	526	F40-49	156	1:05:19	1562
1553	2158	1:07:00	Mark Watling		Male	1027	MS	431	1:06:04	1590
1554	540	1:07:01	S Melton Whitelam		Female	527	FS	262	1:04:24	1522
1555	138	1:07:01	Lauren Wellings		Female	528	FS	263	1:05:49	1585
1556	317	1:07:01	Bryony Ding		Female	529	FJ	25	1:05:49	1586
1557	307	1:07:03	Omar Malleck Amode		Male	1028	MS	432	1:04:52	1544
1558	1634	1:07:08	Marie Reidie		Female	530	FS	264	1:04:14	1518
1559	1077	1:07:12	Laura Knock		Female	531	FS	265	1:04:25	1523
1560	1257	1:07:17	Chris Elliott		Male	1029	M40-49	312	1:06:10	1593
1561	492	1:07:19	Julia Oram		Female	532	F50-59	66	1:05:01	1551
1562	992	1:07:19	M Beale	Wyndham AC	Female	533	FS	266	1:04:41	1538
1563	747	1:07:22	Lindsay Smith		Female	534	F40-49	157	1:05:24	1566
1564	757	1:07:23	Olivia Pritchard		Female	535	FS	267	1:04:29	1531
1565	2049	1:07:25	George Holden		Male	1030	MJ	74	1:05:13	1556
1566	2050	1:07:25	Nathan Hudson		Male	1031	MJ	75	1:05:13	1557
1567	937	1:07:28	Rebecca Warner		Female	536	F40-49	158	1:05:42	1579
1568	1212	1:07:34	Zoe Wilson		Female	537	FS	268	1:05:36	1575
1569	134	1:07:38	Alison Thorne		Female	538	F40-49	159	1:05:44	1583
1570	843	1:07:40	Andy Lovell		Male	1032	M50-59	153	1:04:57	1550
1571	1326	1:07:40	Gary McGuinness		Male	1033	MS	433	1:07:40	1642
1572	1102	1:07:42	Glen Watson		Male	1034	M50-59	154	1:05:17	1559
1573	1301	1:07:42	J Lawrence		Male	1035	M40-49	313	1:06:17	1596
1574	1281	1:07:43	Michelle Grodkiewicz		Female	539	FJ	26	1:05:56	1587
1575	933	1:07:51	Adam Sharples		Male	1036	MS	434	1:05:39	1577
1576	539	1:07:55	Lauren Murrell		Female	540	FS	269	1:05:09	1554
1577	2075	1:07:57	Gregg Baker		Male	1037	M40-49	314	1:06:29	1603
1578	2126	1:08:01	Marysol Bell		Female	541	F40-49	160	1:05:31	1570
1579	1939	1:08:02	Glenis Balls		Female	542	F60-69	18	1:05:44	1584
1580	2187	1:08:07	Sarah Frances Watson		Female	543	F50-59	67	1:05:31	1571
1581	1132	1:08:08	Gail Clarkson		Female	544	F40-49	161	1:05:04	1553
1582	550	1:08:11	Matthew Gaisford		Male	1038	M40-49	315	1:05:34	1572
1583	2140	1:08:12	John Nash		Male	1039	M60-69	51	1:06:07	1592
1584	360	1:08:13	Vicki Hunt		Female	545	F50-59	68	1:05:17	1560
1585	1906	1:08:14	Sean Warden		Male	1040	MJ	76	1:05:28	1568
1586	1907	1:08:14	Ashley Symonds		Male	1041	MS	435	1:05:29	1569
1587	438	1:08:15	Megan Shackcloth		Female	546	FS	270	1:05:27	1567
1588	69	1:08:16	Lucy Morley		Female	547	FS	271	1:05:35	1573
1589	698	1:08:16	Sophy Tarsey	Ryston Runners	Female	548	F40-49	162	1:05:35	1574
1590	40	1:08:16	Chris Flanagan		Male	1042	M50-59	155	1:05:41	1578
1591	1182	1:08:19	Laura Tighe		Female	549	FJ	27	1:05:36	1576
1592	1225	1:08:20	Louise Lawrence		Female	550	F40-49	163	1:05:22	1563
1593	41	1:08:20	Salina Cumbridge		Female	551	F40-49	164	1:06:34	1610
1594	39	1:08:20	Dave Cumbridge		Male	1043	M40-49	316	1:06:34	1611
1595	1912	1:08:23	Angela Yare		Female	552	F50-59	69	1:06:31	1605
1596	1913	1:08:23	John Yare		Male	1044	M50-59	156	1:06:31	1606
1597	1583	1:08:24	Trevor Ashton		Male	1045	M40-49	317	1:07:29	1631
1598	913	1:08:24	Gabrielle Atling		Female	553	F40-49	165	1:06:52	1618
1599	1786	1:08:25	William Moore		Male	1046	MJ	77	1:06:27	1602
1600	2130	1:08:25	Rachael Richmond		Female	554	FS	272	1:07:28	1629
1601	2110	1:08:26	Lucy Turner		Female	555	FS	273	1:07:28	1630
1602	2099	1:08:26	Stacey Baxter		Female	556	FJ	28	1:07:27	1628
1603	195	1:08:29	Stacey Martin		Female	557	FS	274	1:05:42	1580
1604	43	1:08:29	Rachel Duffey		Female	558	FS	275	1:06:39	1615
1605	1612	1:08:32	Lucy Clark		Female	559	FS	276	1:07:34	1636
1606	1502	1:08:36	C Hornigold		Male	1047	M50-59	157	1:06:58	1619
1607	2047	1:08:36	Janet Nash		Female	560	F40-49	166	1:06:32	1607
1608	1016	1:08:43	Jake Morrell		Male	1048	MS	436	1:06:34	1612
1609	1427	1:08:51	James Easter		Male	1049	M40-49	318	1:07:30	1632
1610	398	1:08:53	Chris Nelson		Male	1050	M50-59	158	1:06:06	1591

1611	1722	1:08:53	Stephen John Osborne		Male	1051	MS	437	1:06:24	1599
1612	1629	1:08:54	Kirsty Walker		Female	561	FS	277	1:06:00	1588
1613	1628	1:08:55	Sheena Walker		Female	562	F40-49	167	1:06:00	1589
1614	1702	1:08:56	Dan Cooper		Male	1052	M40-49	319	1:06:32	1608
1615	1692	1:08:56	Lynsey Hare		Female	563	FS	278	1:06:33	1609
1616	1113	1:08:57	Claire Scott		Female	564	FS	279	1:06:29	1604
1617	1332	1:09:00	James Boote		Male	1053	MS	438	1:06:15	1594
1618	664	1:09:01	Sarah Scoles		Female	565	FS	280	1:06:37	1613
1619	862	1:09:01	H Roycroft		Female	566	F40-49	168	1:07:35	1637
1620	92	1:09:07	Janet Norton		Female	567	F60-69	19	1:07:51	1650
1621	820	1:09:11	Miranda Keedy	Ryston Runners	Female	568	FS	281	1:06:20	1598
1622	2212	1:09:11	Tegan Rose Ellis		Female	569	FJ	29	1:06:25	1600
1623	1188	1:09:12	Peter Relf		Male	1054	M50-59	159	1:07:56	1660
1624	63	1:09:13	Anthony Whibley	March AC	Male	1055	M60-69	52	1:06:38	1614
1625	637	1:09:13	Angela Reeve		Female	570	FS	282	1:08:17	1665
1626	333	1:09:16	Karen Girtton		Female	571	F40-49	169	1:06:26	1601
1627	885	1:09:16	Lynnette Ryan		Female	572	F50-59	70	1:08:24	1673
1628	1529	1:09:16	Ashley Corden		Male	1056	MS	439	1:08:23	1671
1629	1987	1:09:18	Derek France		Male	1057	M60-69	53	1:06:16	1595
1630	789	1:09:21	Rachael Hilton		Female	573	F40-49	170	1:06:47	1616
1631	1131	1:09:21	Chris Clarkson		Male	1058	M50-59	160	1:06:17	1597
1632	1937	1:09:23	Jennifer Jary		Female	574	FS	283	1:06:50	1617
1633	952	1:09:28	Tracey Jago		Female	575	FS	284	1:07:01	1621
1634	1687	1:09:29	Hannah Allgood		Female	576	FJ	30	1:06:58	1620
1635	153	1:09:34	Nick Huizar		Male	1059	M50-59	161	1:07:18	1625
1636	152	1:09:34	Lyn Slingsby		Female	577	F50-59	71	1:07:18	1626
1637	114	1:09:38	Jon Goult		Male	1060	M40-49	320	1:08:00	1662
1638	101	1:09:44	Sarah Byatt		Female	578	F50-59	72	1:07:01	1622
1639	1688	1:09:53	Claire Cox		Female	579	F40-49	171	1:07:31	1635
1640	800	1:09:53	K Parker		Female	580	FS	285	1:07:30	1633
1641	917	1:09:55	Lloyd Rawling		Male	1061	M50-59	162	1:07:37	1639
1642	975	1:09:56	Kristy Burton		Female	581	FS	286	1:07:46	1647
1643	655	1:09:58	Sarah Rogerson		Female	582	FS	287	1:07:58	1661
1644	252	1:09:58	Annemarie Utting		Female	583	F40-49	172	1:07:54	1657
1645	251	1:09:59	Mark Mattless		Male	1062	M40-49	321	1:07:55	1659
1646	421	1:10:01	Isabel Alvarez		Female	584	FS	288	1:07:01	1623
1647	1784	1:10:06	Brian Hall		Male	1063	M40-49	322	1:07:16	1624
1648	261	1:10:07	Gillian Holmes	Fenland Running Club	Female	585	F60-69	20	1:08:53	1683
1649	45	1:10:07	Sharon Smalls		Female	586	F40-49	173	1:07:48	1648
1650	47	1:10:08	Jonathan Mark Smalls		Male	1064	M40-49	323	1:07:48	1649
1651	378	1:10:08	Kerrie Page		Female	587	FS	289	1:07:51	1651
1652	1176	1:10:09	Tara Inns		Female	588	F40-49	174	1:07:25	1627
1653	1320	1:10:09	Sharon Frary		Female	589	FS	290	1:07:53	1655
1654	316	1:10:10	Tony Tarrant		Male	1065	M60-69	54	1:07:45	1643
1655	13	1:10:11	Denika Brooker		Female	590	FS	291	1:07:45	1644
1656	14	1:10:11	David Gascoyne		Male	1066	MS	440	1:07:45	1645
1657	536	1:10:12	Alice Kelk		Female	591	FS	292	1:09:24	1693
1658	859	1:10:13	Emma McCarthy		Female	592	FS	293	1:07:36	1638
1659	793	1:10:16	Helen Fradley		Female	593	F50-59	73	1:07:54	1658
1660	1066	1:10:18	Lisa Bourn		Female	594	F50-59	74	1:07:52	1652
1661	955	1:10:19	Michele Busby		Female	595	FS	294	1:07:52	1653
1662	437	1:10:19	Steven Busby		Male	1067	M40-49	324	1:07:53	1656
1663	1421	1:10:25	Judith Haslam		Female	596	F60-69	21	1:07:52	1654
1664	281	1:10:25	Richard Skoyles		Male	1068	M50-59	163	1:08:19	1667
1665	280	1:10:25	Jackie Skoyles		Female	597	F50-59	75	1:08:19	1668
1666	334	1:10:26	Katy Whicker		Female	598	FS	295	1:08:22	1669
1667	1520	1:10:26	Aron Benefer		Male	1069	MS	441	1:07:38	1640
1668	294	1:10:29	Sue Smith	Ryston Runners	Female	599	F50-59	76	1:08:05	1663
1669	486	1:10:30	Elizabeth Bond		Female	600	FS	296	1:07:30	1634
1670	1490	1:10:30	Carol Mckean		Female	601	F40-49	175	1:08:31	1675
1671	464	1:10:33	Sue Moffat		Female	602	F50-59	77	1:08:45	1680
1672	363	1:10:35	Susan Richardson		Female	603	F50-59	78	1:07:38	1641
1673	245	1:10:36	Emma Manning		Female	604	FS	297	1:08:17	1666
1674	30	1:10:38	Hayley Duncalf		Female	605	FS	298	1:07:45	1646
1675	2214	1:10:44	Philip French		Male	1070	M50-59	164	1:09:14	1689
1676	37	1:10:45	Alex Bird		Male	1071	MS	442	1:08:46	1681
1677	474	1:10:45	Lisa Addis		Female	606	FS	299	1:08:22	1670
1678	459	1:10:47	Sarah Hennig		Female	607	F40-49	176	1:08:29	1674
1679	619	1:10:48	Christopher Williams		Male	1072	M40-49	325	1:09:08	1687
1680	1020	1:10:52	Carolyn Farmer		Female	608	F60-69	22	1:09:43	1704

1681	1274	1:10:55	Paul Fossitt		Male	1073	M40-49	326	1:09:36	1699
1682	609	1:10:56	Suzanne Saunders		Female	609	F40-49	177	1:08:16	1664
1683	1553	1:11:00	Deborah Sheils		Female	610	F50-59	79	1:08:32	1676
1684	1554	1:11:00	Rachel Rouncefield		Female	611	F50-59	80	1:08:33	1677
1685	1349	1:11:03	Lisa Howell		Female	612	F40-49	178	1:09:40	1701
1686	313	1:11:06	Ross Haddow	North Norfolk Beach Runners	Male	1074	M60-69	55	1:08:23	1672
1687	778	1:11:11	Jane Stow		Female	613	F40-49	179	1:08:35	1678
1688	794	1:11:18	Alex Fradley		Male	1075	MS	443	1:08:57	1684
1689	376	1:11:19	Kevin Walker		Male	1076	MS	444	1:09:40	1702
1690	811	1:11:29	Deborah Mcglynn Hale		Female	614	F40-49	180	1:09:33	1697
1691	1111	1:11:30	Frances Salter		Female	615	FS	300	1:09:11	1688
1692	1863	1:11:33	Antoinette Rendle	Bushfield Joggers	Female	616	F60-69	23	1:09:34	1698
1693	796	1:11:35	Howard Fradley		Male	1077	M50-59	165	1:09:14	1690
1694	1298	1:11:37	Hannah Cooper		Female	617	FS	301	1:08:46	1682
1695	1665	1:11:38	Jon Benstead		Male	1078	M50-59	166	1:09:02	1685
1696	1528	1:11:40	Carol Ann Evans		Female	618	F70+	3	1:09:29	1694
1697	1114	1:11:42	Michael De Whalley		Male	1079	M40-49	327	1:08:38	1679
1698	1208	1:11:44	Andy Yaxley		Male	1080	M40-49	328	1:10:01	1711
1699	1178	1:11:48	Marie Boon		Female	619	FS	302	1:09:06	1686
1700	443	1:11:55	Sandra Rhodes		Female	620	F50-59	81	1:09:37	1700
1701	1439	1:11:58	Amy Anderson		Female	621	FS	303	1:09:51	1706
1702	1057	1:12:00	Jacob Marshall Grint		Male	1081	MJ	78	1:09:58	1708
1703	1072	1:12:00	Stephanie Clark	Fenland Running Club	Female	622	F50-59	82	1:09:14	1691
1704	1028	1:12:00	Adam Chown	Fenland Running Club	Male	1082	MS	445	1:09:14	1692
1705	2084	1:12:08	Heather Bobbins		Female	623	F40-49	181	1:11:29	1734
1706	2163	1:12:13	Sam Staight		Male	1083	MS	446	1:10:17	1713
1707	305	1:12:16	Beccy Smith		Female	624	FS	304	1:10:17	1714
1708	431	1:12:19	Oliver Gaisford		Male	1084	MJ	79	1:09:29	1695
1709	430	1:12:20	Joanne Gaisford		Female	625	F40-49	182	1:09:29	1696
1710	1549	1:12:24	Rebecca Thompson		Female	626	F40-49	183	1:10:28	1716
1711	1155	1:12:27	Debbie Dack		Female	627	FS	305	1:09:47	1705
1712	526	1:12:30	Hilary Roberts		Female	628	F50-59	83	1:10:06	1712
1713	1078	1:12:31	Rebecca Sheldrake		Female	629	FS	306	1:10:53	1721
1714	469	1:12:39	Michaela Sears		Female	630	F40-49	184	1:09:58	1709
1715	847	1:12:40	Haidee Norman		Female	631	F40-49	185	1:11:20	1732
1716	672	1:12:41	Laura Baxter Wilson		Female	632	FS	307	1:10:40	1720
1717	204	1:12:45	Emma Main		Female	633	F40-49	186	1:09:42	1703
1718	1636	1:12:51	S Molineux Wilkes		Male	1085	MS	447	1:10:36	1719
1719	1478	1:12:56	Lindsey Benstead		Female	634	F50-59	84	1:09:55	1707
1720	490	1:12:58	Chris Wray	North Norfolk Beach Runners	Male	1086	M40-49	329	1:10:58	1723
1721	440	1:12:59	R Williams		Male	1087	M50-59	167	1:10:00	1710
1722	2197	1:13:01	Danielle Fysh		Female	635	FS	308	1:12:26	1751
1723	71	1:13:01	Philip Medcalf		Male	1088	MS	448	1:12:26	1752
1724	2137	1:13:05	Melanie Grange		Female	636	F40-49	187	1:10:18	1715
1725	1942	1:13:13	Stacey Gorman		Female	637	FS	309	1:10:33	1717
1726	1710	1:13:13	Sasha Hares		Female	638	FS	310	1:10:33	1718
1727	318	1:13:13	Robert Heavey		Male	1089	M50-59	168	1:11:18	1730
1728	1577	1:13:28	Amanda Sleight		Female	639	F40-49	188	1:10:59	1726
1729	976	1:13:34	D Freeburn		Male	1090	M60-69	56	1:11:59	1744
1730	1639	1:13:35	Ruth Bate		Female	640	F40-49	189	1:11:06	1727
1731	2124	1:13:36	Alex Belyaev		Male	1091	M40-49	330	1:11:16	1729
1732	244	1:13:44	Lynn Cook		Female	641	F40-49	190	1:11:26	1733
1733	191	1:13:47	Kellie Stevens		Female	642	FS	311	1:11:47	1740
1734	1955	1:13:52	Grant Cotton		Male	1092	MJ	80	1:12:17	1747
1735	1769	1:13:53	Victoria Wass		Female	643	F40-49	191	1:10:57	1722
1736	321	1:13:57	Barbara Welbourn		Female	644	F40-49	192	1:11:44	1738
1737	267	1:13:58	Sallyanne Boyle		Female	645	FS	312	1:10:58	1724
1738	1756	1:13:59	Dave Boyd		Male	1093	MS	449	1:10:58	1725
1739	1321	1:13:59	Cliff Ellis		Male	1094	M40-49	331	1:11:15	1728
1740	651	1:14:06	Michelle Purvis		Female	646	FS	313	1:11:37	1737
1741	1407	1:14:09	Jill Whiley		Female	647	F40-49	193	1:13:04	1759
1742	1526	1:14:11	Julieann Kittle		Female	648	FS	314	1:12:13	1745
1743	408	1:14:12	Gemma Marie Hatson		Female	649	FS	315	1:12:18	1748
1744	1972	1:14:13	C Williamson		Female	650	FS	316	1:11:44	1739
1745	1750	1:14:13	Charlotte Pulley		Female	651	FS	317	1:12:14	1746
1746	1678	1:14:13	Nicola Durrant		Female	652	F40-49	194	1:11:53	1742
1747	1143	1:14:19	David Farr		Male	1095	M50-59	169	1:11:18	1731
1748	311	1:14:20	Michael Dee	Henfield Joggers	Male	1096	M70+	10	1:11:47	1741
1749	2141	1:14:21	Rachel Richardson		Female	653	FS	318	1:13:05	1760
1750	1707	1:14:24	Lucy Blunden		Female	654	FS	319	1:12:22	1749

1751	264	1:14:26	R Williamson		Female	655	FS	320	1:11:54	1743
1752	2011	1:14:30	Robert James Overton		Male	1097	M70+	11	1:11:29	1735
1753	2052	1:14:30	Ian Overton		Male	1098	M40-49	332	1:11:29	1736
1754	1080	1:14:37	Catherine Goult	Wigston Phoenix RC	Female	656	FS	321	1:12:37	1754
1755	160	1:14:42	Timothy Read		Male	1099	M40-49	333	1:13:13	1762
1756	1150	1:14:53	Jayde U E Darlow		Female	657	FS	322	1:13:06	1761
1757	392	1:14:55	Laura Stevenson		Female	658	F40-49	195	1:12:25	1750
1758	174	1:15:10	Christelle Savary		Female	659	F40-49	196	1:13:42	1765
1759	415	1:15:11	A Yaxley		Female	660	F50-59	85	1:12:41	1755
1760	1708	1:15:14	Victoria Day		Female	661	F40-49	197	1:12:43	1756
1761	286	1:15:19	Christine Pitcher		Female	662	FS	323	1:12:27	1753
1762	1101	1:15:42	Andi Woolley		Male	1100	M40-49	334	1:15:42	1799
1763	967	1:15:42	Lisa Whitaker		Female	663	F40-49	198	1:12:47	1757
1764	520	1:15:46	Leon May		Male	1101	MS	450	1:12:59	1758
1765	809	1:16:11	Kirk Connor		Male	1102	MS	451	1:14:25	1776
1766	179	1:16:11	Andrew Read	Witham RC	Male	1103	MS	452	1:14:26	1779
1767	730	1:16:11	Sarah Roche	Bedford Harriers AC	Female	664	FS	324	1:14:25	1777
1768	181	1:16:11	Emma Morgan		Female	665	FS	325	1:14:25	1778
1769	1830	1:16:12	Katie Webb		Female	666	FJ	31	1:13:50	1767
1770	1621	1:16:12	Katie Rolfe		Female	667	FJ	32	1:13:51	1768
1771	2027	1:16:14	Joanna King		Female	668	F40-49	199	1:13:25	1763
1772	683	1:16:24	Catherine Tipling		Female	669	FS	326	1:14:19	1774
1773	686	1:16:25	Carl Tipling		Male	1104	MS	453	1:14:20	1775
1774	2059	1:16:25	David Blatcher		Male	1105	M70+	12	1:13:41	1764
1775	2060	1:16:27	Siam Calton		Female	670	FJ	33	1:14:29	1780
1776	1927	1:16:30	Ellie Sheils		Female	671	FS	327	1:14:03	1770
1777	1909	1:16:32	Sherri Adams		Female	672	FS	328	1:13:46	1766
1778	1998	1:16:42	Paul White		Male	1106	M40-49	335	1:14:00	1769
1779	276	1:16:54	Cindy Nunn		Female	673	F50-59	86	1:14:17	1773
1780	628	1:16:54	Cheryl Joanne Fysh		Female	674	F50-59	87	1:14:04	1771
1781	1340	1:16:56	Karen Ratcliff		Female	675	FS	329	1:14:12	1772
1782	1852	1:16:57	Jan Hoddy		Female	676	F50-59	88	1:15:02	1787
1783	115	1:16:59	Sarah Lee		Female	677	F40-49	200	1:14:45	1782
1784	560	1:16:59	Natalie Ebbs		Female	678	F40-49	201	1:14:46	1784
1785	979	1:17:10	Brendan Henry		Male	1107	MS	454	1:15:02	1788
1786	844	1:17:10	Peter Carl Emeleus		Male	1108	M40-49	336	1:15:04	1790
1787	629	1:17:10	Diane Camp		Female	679	FS	330	1:14:45	1783
1788	1968	1:17:10	Pawel Polinski		Male	1109	MS	455	1:15:03	1789
1789	496	1:17:18	Rosie Walker		Female	680	F40-49	202	1:14:31	1781
1790	674	1:17:25	Nadia Moeil		Female	681	FS	331	1:14:54	1785
1791	696	1:17:25	Hannah Marsters		Female	682	FS	332	1:14:55	1786
1792	1667	1:17:40	Patrick Hickey		Male	1110	M50-59	170	1:17:06	1818
1793	1894	1:17:42	Nicole Waller		Female	683	FS	333	1:15:10	1792
1794	768	1:17:42	Stephen Mooney		Male	1111	M40-49	337	1:16:48	1816
1795	1850	1:17:43	Georgina Jackman	March AC	Female	684	F70+	4	1:15:08	1791
1796	329	1:17:48	Kayla Yates		Female	685	FS	334	1:15:39	1797
1797	142	1:17:48	Carol Ann Webster		Female	686	F50-59	89	1:16:19	1812
1798	2104	1:17:55	Tracy Woodhouse		Female	687	F40-49	203	1:15:35	1796
1799	957	1:17:55	Julie Peacock		Female	688	F40-49	204	1:15:34	1795
1800	288	1:18:06	Jonathan Middleton		Male	1112	MS	456	1:15:46	1802
1801	833	1:18:12	Alison Coad		Female	689	F50-59	90	1:18:12	1827
1802	834	1:18:12	Michael Coad		Male	1113	M60-69	57	1:15:41	1798
1803	848	1:18:21	Natasha Marshall		Female	690	FS	335	1:15:31	1794
1804	1231	1:18:23	Amy Rankin		Female	691	FS	336	1:16:14	1807
1805	1384	1:18:25	Barry John Baxter		Male	1114	M40-49	338	1:16:00	1806
1806	1544	1:18:25	Helen Boyle		Female	692	F40-49	205	1:15:23	1793
1807	912	1:18:37	Philip Pearson		Male	1115	M50-59	171	1:15:45	1801
1808	432	1:18:41	Isabel Rowe		Female	693	FS	337	1:15:42	1800
1809	1401	1:18:42	Sarah Loose		Female	694	F40-49	206	1:16:15	1808
1810	1368	1:18:44	Claire Sands		Female	695	FS	338	1:16:16	1810
1811	977	1:18:49	Andrew David Preston	Sleaford Striders AC	Male	1116	M40-49	339	1:16:18	1811
1812	599	1:18:53	Rob Johnston		Male	1117	M40-49	340	1:16:25	1813
1813	900	1:18:54	Claire Johnston		Female	696	FS	339	1:16:25	1814
1814	1449	1:18:55	Ricky Ashley		Male	1118	MS	457	1:15:54	1803
1815	1498	1:18:55	Sophie Owens		Female	697	FS	340	1:15:58	1804
1816	1500	1:18:55	Jessica Woodrow		Female	698	FS	341	1:15:58	1805
1817	1021	1:19:01	Katie Sarah Tunnell		Female	699	FS	342	1:17:04	1817
1818	566	1:19:04	B Pinner		Male	1119	M60-69	58	1:17:12	1819
1819	1189	1:19:06	Daniel Smith		Male	1120	MS	458	1:16:15	1809
1820	137	1:19:21	Vicki Nicol		Female	700	FS	343	1:17:23	1820

1821	156	1:19:25	Ali Clift Lands		Female	701	F40-49	207	1:16:28	1815
1822	353	1:19:27	Colin Taylor		Male	1121	M50-59	172	1:17:28	1822
1823	1962	1:19:36	Bethany Gedge		Female	702	FJ	34	1:17:39	1823
1824	1946	1:19:49	James Cohen		Male	1122	MJ	81	1:17:52	1824
1825	837	1:20:15	Cheryl Harrison		Female	703	F40-49	208	1:17:25	1821
1826	136	1:20:31	Sandra Wellings		Female	704	F50-59	91	1:18:33	1828
1827	219	1:20:33	Bernadette Woodyard		Female	705	FS	344	1:17:55	1825
1828	1238	1:20:54	Jason Hall		Male	1123	M40-49	341	1:17:59	1826
1829	1373	1:20:56	V Mccarthy		Female	706	FJ	35	1:19:09	1832
1830	1859	1:21:06	Robert Bartholomew		Male	1124	M50-59	173	1:18:39	1829
1831	836	1:21:08	Abigail Melton		Female	707	FS	345	1:18:58	1830
1832	2178	1:21:45	Darran Farrer		Male	1125	MS	459	1:20:31	1842
1833	2006	1:21:47	Rachel Hartopp		Female	708	FS	346	1:20:32	1843
1834	2192	1:21:53	Amy Roseanne Gee		Female	709	FS	347	1:19:30	1835
1835	2193	1:21:53	Simon Murden		Male	1126	MS	460	1:19:30	1836
1836	223	1:22:02	Hannah Youngs		Female	710	FS	348	1:19:13	1834
1837	365	1:22:02	Lewis Youngs		Male	1127	MS	461	1:19:12	1833
1838	75	1:22:03	Ann Nanson		Female	711	F60-69	24	1:19:03	1831
1839	1546	1:22:20	Nina Mckenna		Female	712	FS	349	1:19:31	1837
1840	218	1:22:20	Helen Driver		Female	713	F40-49	209	1:20:51	1847
1841	1487	1:22:25	Joanne Rust		Female	714	F40-49	210	1:20:37	1845
1842	1488	1:22:25	Emilia Rust		Female	715	FS	350	1:20:35	1844
1843	909	1:22:33	Pamela Loveless		Female	716	F70+	5	1:20:18	1839
1844	1633	1:22:59	Karrienne Myhill		Female	717	FJ	36	1:19:57	1838
1845	31	1:23:06	Hannah Fisher	Ryston Runners	Female	718	FJ	37	1:20:37	1846
1846	216	1:23:06	Jax Sesstein	Sleaford Striders AC	Female	719	F50-59	92	1:20:27	1840
1847	217	1:23:06	Jackie Hallett		Female	720	F60-69	25	1:20:27	1841
1848	1611	1:24:48	Lesley Fixter		Female	721	F50-59	93	1:21:48	1848
1849	1259	1:24:53	Peter Downing		Male	1128	M60-69	59	1:22:19	1849
1850	1675	1:25:05	Gina Martin		Female	722	F50-59	94	1:24:09	1858
1851	763	1:25:20	Lee Pearce		Male	1129	MS	462	1:22:34	1850
1852	762	1:25:20	Nicola Pearce		Female	723	F40-49	211	1:22:34	1851
1853	410	1:25:37	Ruth Barber		Female	724	F40-49	212	1:23:27	1854
1854	547	1:25:42	Katie Marie Frost		Female	725	FS	351	1:23:11	1853
1855	766	1:25:43	Cristina Simpson	Norwich Road Runners	Female	726	FS	352	1:22:57	1852
1856	1550	1:25:55	Elaine Francis		Female	727	F40-49	213	1:23:59	1857
1857	1290	1:26:14	Sophie Matthews		Female	728	FJ	38	1:23:53	1855
1858	1289	1:26:14	John Matthews		Male	1130	M50-59	174	1:23:53	1856
1859	1925	1:26:18	Georgie Archer		Female	729	FJ	39	1:24:20	1860
1860	950	1:26:51	Neddie Mzungu		Male	1131	MS	463	1:24:22	1861
1861	1149	1:26:53	Kerrie Ann Beale		Female	730	FS	353	1:25:05	1863
1862	792	1:26:53	Chris Clark		Male	1132	M50-59	175	1:24:19	1859
1863	359	1:27:35	Amanda Barnes		Female	731	F40-49	214	1:24:50	1862
1864	985	1:28:32	Abbie Norman		Female	732	FS	354	1:26:05	1864
1865	986	1:28:32	Amy Robson		Female	733	FS	355	1:26:06	1865
1866	1197	1:28:48	Barbara Cruickshank		Female	734	F60-69	26	1:26:47	1867
1867	176	1:29:10	Antonia Moussakou		Female	735	F40-49	215	1:26:12	1866
1868	2209	1:29:51	Jade Chasney		Female	736	FS	356	1:28:21	1873
1869	919	1:29:51	Donna Rix		Female	737	FS	357	1:28:20	1872
1870	1623	1:29:53	Barkway Tina		Female	738	F40-49	216	1:26:53	1868
1871	120	1:30:00	Mary Elizabeth Roper		Female	739	F60-69	27	1:27:01	1871
1872	1292	1:30:02	Julia Paul		Female	740	F60-69	28	1:26:58	1869
1873	1734	1:30:02	Julie Sizeland	Brandon Fern Hoppers	Female	741	F40-49	217	1:27:00	1870
1874	922	1:30:55	Christiane Groom		Female	742	F50-59	95	1:29:26	1875
1875	920	1:30:55	Sally Fretwell		Female	743	F50-59	96	1:29:26	1876
1876	1563	1:31:17	Lisa White		Female	744	FS	358	1:29:21	1874
1877	386	1:32:03	Emma Louise Bird		Female	745	F40-49	218	1:29:43	1879
1878	495	1:32:12	Emma Wedderburn		Female	746	FS	359	1:29:37	1877
1879	455	1:32:13	V Dewson		Female	747	FS	360	1:29:37	1878
1880	167	1:33:24	Jennifer Mary Cobby	Henfield Joggers	Female	748	F60-69	29	1:30:43	1880
1881	312	1:33:25	Cynthia Dee	Henfield Joggers	Female	749	F60-69	30	1:30:44	1881
1882	184	1:35:50	Rebekah Ginn		Female	750	F40-49	219	1:33:29	1882
1883	64	1:35:50	Rachel Walker		Female	751	F50-59	97	1:33:29	1883

1	Ryston Runners James Oneill (9), Matt Pyatt (10), Callum Stanforth (12) & Daniel Rock (22)	53
2	Bure Valley Harriers Steven Cannell (6), Carl Goose (7), Lawrence Wade (34) & Martin Adcock (57)	104
3	Ryston Runners Malcolm Tuff (25), Nicholas Bensley (26), Justin Kinsey (31) & Adam Matthews (32)	114
4	Huntingdonshire AC Ian Turner (11), Tom Walker (48), Rod Mckee (73) & Andrew Enticknap (94)	226
5	Cambridge & Coleridge AC Istvan Jacso (16), David Barber (35), Graeme Kennedy (44) & Charlie Ritchie (146)	241
6	Ryston Runners Ian Kd Milburn (53), Shaun Mann (62), Martin Sheldrick (66) & Adam Howard (75)	256
7	Wymondham AC Fernando Marinho Da Silva Silva (43), Jason Mountain (49), Andrew Preston (69) & Karl Chapman (96)	257
8	Fenland Running Club Martin Jennings (52), Andrew Plume (56), Richard Hammond (72) & Gary Bligh (90)	270
9	Ryston Runners Simon John Able (76), Marcus Hawkins (80), Pete Johnson (83) & Martin Ive (88)	327
10	Ely Runners Ross Payne (38), Richard Hill (77), Alex Haggart (108) & Matthew Mason (134)	357
11	Sleaford Striders AC Alan Oliver (20), John Siddens (28), Dave Burton (148) & Andrew David Dickinson (203)	399
12	Ramsey Road Runners Simon Mead (24), Darren Paine (33), Andrew Brett (40) & Stephen Lawson (307)	404
13	Ryston Runners Phil Twite (89), Richard Watson (106), Will Honeybone (116) & Darren Thomad Easter (121)	432
14	Fenland Running Club Stuart Follen (97), Paul Griffin (107), Rod Sinnott (109) & Graham Milham (145)	458
15	City Of Norwich AC Spencer Goodall (13), Samuel Allin (15), James Stock (198) & Haydn Lyon (257)	483
16	Norwich Road Runners Richard Johnson (46), Neil Walpole (140), Nicholas Gurney (169) & Richard Sargeant (176)	531
17	Ryston Runners Andy Wicklen (166), Anthony Michael Savage (172), Mark Doughty (188) & Richard Dickson (206)	732
18	Bure Valley Harriers Matthew Paul Stone (58), Paul Rogers (196), Martin Colley (215) & Jonathan Foot (265)	734
19	March AC Andrew Larham (118), Wayne Stimson (178), Darren Moat (222) & Justin Elvidge (269)	787
20	Fenland Running Club Andre Pittock (150), Clive Harrod (202), Richard Betts (216) & Tom Richards (236)	804
21	Dereham Runners & AC Steven Rix (156), Craig Christopher Rogers (193), Andy Rowles (230) & Chris Hosier (352)	931
22	Ely Runners Lee Thompson (194), Darren Murfitt (214), John Glover (256) & Andrew Thompson (273)	937
23	Tri-Anglia Triathlon Club Ben Walker (81), Stefan Rider (122), James Walsgrove (270) & Dave Lines (503)	976
24	Norfolk Gazelles AC Mark Grubb (18), Tim Woods (239), Graham Hardingham (382) & Peter Rice (513)	1152
25	North Norfolk Beach Runners Phil Hurr (120), Martin Smith (308), Craig Robinson (364) & Thomas Wray (381)	1173
26	Wymondham AC Stu Barnard (124), Stephen Dady (147), Julian Johnson (374) & Kerry Hopper (543)	1188
27	Fenland Running Club Andrew Osborne Smith (254), Ian Milburn (264), Max Pearson (357) & Keith White (409)	1284
28	Ryston Runners Kevin Smith (237), Stewart David Robins (285), David Lane (413) & George Bower (466)	1401
29	Sleaford Striders AC Robert Caven (247), Steve Robinson (326), Alan Buckberry (376) & Bill Rayner (531)	1480
30	Ely Runners Simon Nightingale (274), Barry Graves (329), Robert Haggart (346) & Ian Keys (682)	1631

31 Dereham Runners & AC	1846
Keith Moore (403), David Haines (446), Martin David Strowger (469) & Matthew James Oliver Freezer (528)	
32 March AC	2041
Brian Harding (276), Simon Render (328), Graeme Robertson (602) & Teilo Pearce (835)	
33 North Norfolk Beach Runners	2071
Adam Griggs (410), Howard Foale (460), Andy Parish (509) & Tony Gentry (692)	
34 Norwich Road Runners	2140
Guy Shearwood (244), Roly Cook (445), Brian Wilson (493) & Clive Cartner (958)	
35 Ryston Runners	2240
Martin Blackburn (492), Christopher Jonathan Milnes (578), Simon Tarling (580) & Jeffrey Reed (590)	
36 Fenland Running Club	2281
Philip England (418), Luke Pinner (426), Tom Salway (718) & Justin Showell (719)	
37 West Norfolk AC	2483
Benjamin Collison (82), Luke Foster (414), Cameron Ross (993) & Stuart Ross (994)	
38 Ryston Runners	2694
Peter Donger (620), Stuart Durham (669), Keith Morris (681) & Andy Harrod (724)	
39 Sleaford Striders AC	3158
Darrell Williamson (556), Jim Millar (683), Graham Riddell (927) & Ted Preston (992)	
40 Fenland Running Club	3628
Alan Bird (871), Neil Bailey (878), Brian Kett (906) & Stephen Brunton (973)	
41 Ryston Runners	3689
John Plowright (865), Peter Drew (881), Ivan Nunn (966) & Mark Andrew Gaskins (977)	

1	Cambridge & Coleridge AC Claire Somerton (4), Carrie Bedingfield (9), Ellen Leggate (10) & Silvia Chiappa (31)	54
2	Ryston Runners Amy Chapman (17), Lorena Latisaite (18), Jo Isbill (24) & Maureen Wolfe (40)	99
3	Wymondham AC Natasha Rout (22), Zoe Jones (35), Claire Brooke (36) & Cassie Barker (41)	134
4	Ryston Runners Linda Marshall (51), Pauline Drewery (52), Jillian Davis (60) & Juliette Meek (62)	225
5	Ely Runners Zoe Shakleton (11), Sadie Spring (29), Clare Graves (88) & Claire Geary (152)	280
6	Fenland Running Club Melanie Murdoch (15), Ramune Raicheliene (71), Paulina Zub (73) & Sam Lyddiatt (121)	280
7	Ryston Runners Julia Norman (63), Anna Seaman (72), Karen Wood (76) & Wendy Fisher (78)	289
8	Dereham Runners & AC Emma Pottercampbell (16), Sally Juby (38), Becky Hardy (157) & Jacquie Wood (264)	475
9	Wymondham AC Wendy Burgess (109), Rachael Lockwood (133), Sharon Cook (134) & Julia Lloyd (142)	518
10	Ryston Runners Aylisha Cain (105), Fabia Pollard (163), Elizabeth Blakie (181) & Katie Wilson (216)	665
11	Wymondham AC Angie Bear (150), Karen Kent (151), Sylvia Dady (174) & Angie Martin (218)	693
12	Fenland Running Club Larissa Follen (129), Tracey Howard (148), Julie Garner (214) & Jackie Richards (221)	712
13	Norwich Road Runners Rachel Miller (98), Gina Preston (102), Marianne Armstrong (166) & Angela Bell (409)	775
14	Sleaford Striders AC Anna Thompson (70), Clare Wells (171), Tracey Dickinson (238) & Ann Riddell (370)	849
15	Ely Runners Laura Leach (175), Gwen Graves (177), Laura Hill (307) & Claire Haggart (376)	1035
16	North Norfolk Beach Runners Hazel Wray (54), Paula Gentry (302), Caroline Williams (329) & Melanie Moore (414)	1099
17	Fenland Running Club Cheryl Chapman (258), Jane Greenwood (277), Sharon Bird (298) & Denise Griffin (304)	1137
18	Ryston Runners Georgina Allen (233), Susannah Naylor (260), Jo Brooks (289) & Sue Tuff (375)	1157
19	Wymondham AC Cindy Burgess (253), Anne Martin (336), Julie Winner (363) & Jacqueline Keeling (377)	1329
20	Ryston Runners Gill Hart (385), Molly Sands (431), Emma Thompson (434) & Helen Reed (451)	1701
21	Ryston Runners Helen Sewell (487), Sophy Tarsey (548), Miranda Keedy (568) & Sue Smith (599)	2202

1	King's Lynn Triathlon Club Daniel Guppy (46), Kevin King (68), Alistair Doig (85) & Mark Collins (103)	302
2	Team Alive Fitness Mark Bredin (101), Shaun Mckenna (121), Ruben Clemente (205) & Jack Wright (280)	707
3	Bespak Adam Leech (165), Callum Lawrence (170), Andy Leech (230) & Steven Goldsmith (279)	844
4	Terrington Tigers Tom Bobbins (142), Mark Goodson (194), Robson James Pack (224) & Chris Howling (301)	861
5	Cromwell Cc Trevor Sexton (164), Mark Pearson (187), Rachel Real (319) & James Russell (320)	990
6	King's Lynn Triathlon Club Kyle Staples (206), Miles Thomas (215), Jamie Staples (225) & David Neale (386)	1032
7	Kings Lynn Cycle Club Maciej Malyszka (160), Francesca Hall (161), Phillip Seaman (343) & Michael Small (409)	1073
8	Palm Paper Ltd Nick Minns (207), James Ord (213), Jonathan Mott (303) & Matthew Hitchcock (427)	1150
9	Team Maxview Jack Gover (107), Siobhan Casey (304), David Cordingley (375) & Stuart Riches (538)	1324
10	Jolly Sailors James Goddard (62), Colin Burdfield (326), Ellie Savory (497) & Richard Grant (647)	1532
11	Bespak Stephen Twell (400), Matthew Smith (402), Martin Williams (434) & Adam Dye (637)	1873
12	Team Snap-on Jonathan Hawes (135), Steven Greenwood (407), Jay Guy (470) & Paul Bryan (871)	1883
13	Accent Fresh Ltd Andy Armsby (141), David Wiseman (514), Sean Mansfield (564) & Stephen Short (668)	1887
14	West Winch Jfc Gary David Daw (140), Callum Mcdermid (580), Matthew Daw (601) & Jacob Mcdermid (683)	2004
15	Team Alive Fitness Mark Mitchell (449), Oliver White (461), Ricardo Miguel Ferreira Da Silva (531) & Sonya Doherty (751)	2192
16	Team Downham Tandoori & Castle Stuart Singleterry (344), Anwar Ali (478), Daniel Clifton (495) & Joe Fradley (1030)	2347
17	Palm Paper Ltd James Edge (465), Sam Kent (520), Jamie O Neil (765) & Sven Siemer (844)	2594
18	Kings Lynn Cycle Club Simon Hardy (498), Peter Elsegood (583), Kevin Piggott (600) & Carole Seaman (956)	2637
19	Terrington Tigers Jamie Bransgrove (522), Archie Bobbins (681), Joanne Elizabeth Hornigold (736) & Simone Brammer (767)	2706
20	Bespak Robert Twell (677), Pauline Sparrow (739), John Bowen (741) & Roger Ottley (771)	2928
21	Fakenham Academy Norfolk David Savage (528), David Edward Eaves (616), Tim Wilkes (850) & Christopher Brown (1105)	3099
22	Aaakes_against_cancer Matthew Taylor (199), Josh Gay (781), Martyn Barker (908) & Martin Jolley (1339)	3227
23	Lynnsport Ladybirds Ruby Bye (488), Claudia Willis (928), Jan Smith (935) & Cheryl Brown (1007)	3358
24	Thetford Parkrunners Jason Elrick (223), Richard Crewe (282), Kayleigh Bailey (1472) & Ann Elrick (1537)	3514
25	Bespak Jemma Riches (833), Steve Garrod (890), Angelika Gudkova (893) & Michael Haines (917)	3533
26	Team Edmundsons Electrical Kin Steve Franklin (489), David Grimes (695), Graham Rout (1148) & Louise Franklin (1274)	3606
27	Medic Madness Marham Victoria Green (777), Chris Cook (790), Carey Ferguson (1099) & Andrew Whisler (1138)	3804
28	King's Lynn Triathlon Club Emma Louise Cuthell (604), Andrea Kidman (859), Kirsty Bunting (1036) & Julia Pepperell (1344)	3843
29	Cromwell Cc Jon Scotland (345), Laura Garlick (766), Caroline Tiller (1022) & Hilary Roberts (1712)	3845
30	I Thought You Said Rum Julie Mercer (787), Laura Harper (915), Emily Hall (1068) & Simon Woodhouse (1157)	3927

31	Reepham Runners Shaun Hurr (227), Richard Bulman (1053), Shayney Blyth (1317) & Hayley Thompson (1351)	3948
32	West Norfolk Mind Shaun Dugard (480), Annette June Crowley (1117), Peter Andrew Holman (1158) & John Anthony Crowley (1196)	3951
33	West Winch Jfc Charlie Lake (857), Harry Daw (881), Daniel Moore (1024) & Aidan Clarkson (1234)	3996
34	Bespak Catalina Meghea (927), Trevor Richardson (943), Matthew Green (1049) & Andrew Green (1079)	3998
35	Dma Gulls Mark Eastwood (750), Georgina Allen (1034), Michael Parker (1042) & Andrew Wilson (1214)	4040
36	Kings Lynn Community Runners Linus Marray Woods (804), Tony Hatton Gore (1061), Chris Tyler (1173) & Brydie Warden (1174)	4212
37	Terrington Tigers Andrew Bly (823), Alan Thompson (955), Paul Wilson (1202) & Robin Thompson (1236)	4216
38	Lynnsport Ladybirds Amy Rolfe (1016), Rebecca Schrooder (1023), Helen Procter (1056) & Sally Kelly (1142)	4237
39	Kings Lynn Patriots Ian Price (974), Kiri Chiakli (978), Adam Phillip Goodbourn (1130) & Nathan Mitchell (1232)	4314
40	Team Snap-on Tracy Hall (975), Richard Dye (1038), Richard Barnes (1146) & Justin Turner (1304)	4463
41	Mcrunners 150 Christopher James Scamell (347), Sarah Bradley (858), Michelle Grodkiewicz (1574) & Jayde U E Darlow (1756)	4535
42	Team Mb Tobias Hoare (532), Jess Marlow (1272), Richard Golding (1286) & Lucy Golding (1552)	4642
43	Lynnsport Ladybirds Beryl Barber (1147), Michelle Meads (1164), Sharon Fettes (1209) & Liz Thomson (1298)	4818
44	A.f. Holman Keith Blake (504), Peter Saunders (1192), Paul Blake (1438) & Leon May (1764)	4898
45	Team Alive Fitness Richard Gagen (1037), Stephen Eke (1050), Jonathan Rose (1415) & Sue Davies (1431)	4933
46	The Norfolk Hospice David Mummery (631), Paul Talbot (1025), Andy Lovell (1570) & Cheryl Harrison (1825)	5051
47	Bespak James Jay (1170), Pete Whitehurst (1237), Leanne Tuck (1305) & Emma Lee (1397)	5109
48	Palm Paper Ltd Stephan Gruber (1100), Michael Rose (1416), Derek Harman (1443) & Mark Kent (1456)	5415
49	Terrington Tigers Lindsey Clare (1352), Amy Bobbins (1387), Mark Bobbins (1390) & Robert Clare (1482)	5611
50	Team Snap-on Chelsey Fisher (1360), Helen Cox (1371), Colin Ferra (1453) & Chris Hodgson (1505)	5689
51	Cornerways Jonathan Lambert (687), Emma Henry (1463), Brendan Henry (1785) & Pawel Polinski (1788)	5723
52	Lynnsport Ladybirds Bridget Plowright (1382), Lesley Raby (1417), Maria Frary (1435) & Pamela Lynn (1540)	5774
53	Fakenham Academy Norfolk Mark House (1252), Rajan Verma (1380), Magda Browning (1531) & Sarah Scoles (1618)	5781
54	Team Downham Tandoori & Castle Alex Booth (1032), Rachael Hilton (1630), Helen Fradley (1659) & Alex Fradley (1688)	6009
55	Bespak Giedre Jasukaitiene (1475), Inga Seskunaite (1476), George Holden (1565) & Nathan Hudson (1566)	6082
56	Team Edmundsons Electrical Kin Liam Richardson (1342), Bethany Fretwell (1432), James Whelan (1448) & Jade Chasney (1868)	6090
57	Lynnsport Ladybirds Gill Eddy (1543), Lauren Wellings (1555), Bryony Ding (1556) & Alison Thorne (1569)	6223
58	Vodafone East Anglia Nathan Cant (1510), Johanna Antonelli (1538), Dan Cooper (1614) & Lynsey Hare (1615)	6277
59	Bespak John Nash (1583), Janet Nash (1607), Jon Benstead (1695) & Melanie Grange (1724)	6609
60	Lynnsport Ladybirds Lyn Slingsby (1636), Carol Ann Evans (1696), Lynn Cook (1732) & Vicki Nicol (1820)	6884

Grand East Anglian Run

3rd May 2015

Team Results

61	Fakenham Academy Norfolk Isabel Alvarez (1646), Robert Andrew Williams (1721), Sallyanne Boyle (1737) & Emma Wedderburn (1878)	6982
62	Dma Gulls Timothy Read (1755), Christelle Savary (1758), Carol Ann Webster (1797) & Helen Driver (1840)	7150
63	Lynnsport Ladybirds Sandra Wellings (1826), Ann Nanson (1838), Amanda Barnes (1863) & Mary Elizabeth Roper (1871)	7398