

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	5331	32:46	Adrian Mussett	Colchester Harriers AC	Male	1	M40	1	32:46	1
2	5391	33:32	James O'Neill	Ryston Runners	Male	2	M	1	33:32	2
3	4234	33:34	Kieran Brady	Cambridge & Coleridge AC	Male	3	M	2	33:34	3
4	6192	33:41	Andrew Leach	North Herts RRC	Male	4	M50	1	33:41	4
5	6244	33:46	Jonathan Laybourn	Highgate Harriers	Male	5	M	3	33:46	5
6	6727	34:00	Michael Eccles	Bure Valley Harriers	Male	6	M	4	34:00	6
7	5798	34:03	Callum Stanforth	Ryston Runners	Male	7	M	5	34:03	7
8	5931	34:05	Mark Vaughan	North Herts RRC	Male	8	M40	2	34:05	8
9	5219	34:44	Adam Matthews	Ryston Runners	Male	9	M	6	34:42	9
10	6220	34:44	Ben Keeley	Ryston Runners	Male	10	M	7	34:43	10
11	4583	34:54	Richard Ebbs	Ryston Runners	Male	11	M40	3	34:52	11
12	6598	34:54	Krzysztof Rocko		Male	12	M	8	34:53	12
13	5938	35:00	Lawrence Wade	City Of Norwich AC	Male	13	M40	4	34:58	13
14	5622	35:12	David Roy	Wymondham AC	Male	14	M	9	35:10	14
15	4070	35:12	Kirk Bagge	Wymondham AC	Male	15	M	10	35:10	15
16	4147	35:46	Nicholas Bensley	Ryston Runners	Male	16	M40	5	35:44	16
17	6056	35:47	Nicholas Wittred		Male	17	M	11	35:45	17
18	6551	35:49	Jon Ashford	Ryston Runners	Male	18	M40	6	35:46	18
19	4939	35:57	John Hopgood	Ryston Runners	Male	19	M	12	35:53	19
20	5854	36:28	Lee Tatum	Ely Runners	Male	20	M	13	36:25	20
21	4245	36:44	Andrew Brett	Peterborough AC	Male	21	M	14	36:42	21
22	4852	36:49	Morgan Harrison		Male	22	M	15	36:47	22
23	5182	36:57	Shaun Mann	City Of Norwich AC	Male	23	M40	7	36:55	23
24	5362	36:59	Jack Noble	Bure Valley Harriers	Male	24	M	16	36:56	24
25	4100	37:17	Sam Barker	Wymondham AC	Male	25	M	17	37:11	25
26	5654	37:17	Lewis Saunders	Fenland Running Club	Male	26	M	18	37:13	26
27	6615	37:25	Dominic Hughes	Ryston Runners	Male	27	M	19	37:21	27
28	5805	37:32	Jake Stearman	Bure Valley Harriers	Male	28	M	20	37:30	28
29	1520	37:48	Stephen Higgins		Male	29	M	21	37:47	30
30	5567	37:50	Gavin Reynolds	Ryston Runners	Male	30	M	22	37:46	29
31	4579	37:55	Darren Easter	Dereham Runners & AC	Male	31	M40	8	37:52	31
32	5845	37:57	Finlay Swanson	North Norfolk Beach Runners	Male	32	M	23	37:52	32
33	6740	38:22	Frederick Pettit		Male	33	M	24	38:10	33
34	4670	38:23	Oliver Foxwell	Ryston Runners	Male	34	M	25	38:21	34
35	4729	38:34	James Goddard		Male	35	M	26	38:26	35
36	4420	38:35	Benjamin Collison	West Norfolk AC	Male	36	M	27	38:32	36
37	6419	38:39	Todd Lake	Dereham Runners & AC	Male	37	M50	2	38:36	37
38	5802	38:41	Neil Stapleton	Ryston Runners	Male	38	M40	9	38:37	38
39	4840	38:42	Stephen Harrington		Male	39	M50	3	38:39	39
40	5218	38:45	Kathryn Mathias	City Of Norwich AC	Female	1	F40	1	38:42	43
41	6338	38:45	Marc Wall	BRJ Run and Tri	Male	40	M	28	38:39	40
42	5014	38:46	Ryan Jones	Fenland Running Club	Male	41	M	29	38:40	41
43	5042	38:52	Scot Kimber		Male	42	M	30	38:47	44
44	5761	38:57	Paul Smith	Norwich Road Runners	Male	43	M40	10	38:41	42
45	4814	39:01	Richard Hammond		Male	44	M40	11	38:55	45
46	4019	39:04	Kenny Addis		Male	45	M50	4	39:00	46
47	4112	39:18	Will Bartram		Male	46	M	31	39:12	47
48	6514	39:20	Neil Candler		Male	47	M40	12	39:15	49
49	6242	39:21	Jonny Lambert		Male	48	M	32	39:17	50
50	4411	39:24	Arron Coe	Bure Valley Harriers	Male	49	M	33	39:19	51
51	5812	39:24	Martin Stevens	Werrington Joggers	Male	50	M40	13	39:19	52
52	6574	39:27	Louis Hardaker		Male	51	M	34	39:23	54
53	6095	39:28	Chris Yeates		Male	52	M	35	39:12	48
54	6468	39:32	Phil Large		Male	53	M	36	39:19	53
55	6246	39:33	Phil Hurr	Bure Valley Harriers	Male	54	M60	1	39:28	55
56	6656	39:35	Ben Richards	West Norfolk AC	Male	55	M	37	39:33	59
57	6250	39:37	Simon Hardy		Male	56	M50	5	39:31	56
58	5172	39:38	Conor Mallen		Male	57	M	38	39:35	61
59	6276	39:39	Luvuyo Mfazwe		Male	58	M	39	39:32	58
60	5380	39:40	Sam Oakes		Male	59	M	40	39:35	62
61	6334	39:42	Jesse Tierney		Male	60	M	41	39:34	60
62	6625	39:44	Kevin King		Male	61	M	42	39:37	63
63	5795	39:44	Ian Stafford-Allen		Male	62	M	43	39:32	57
64	6267	39:47	Stephen Nicholls		Male	63	M40	14	39:38	64
65	5702	39:47	Peter Sibbett	North Herts RRC	Male	64	M50	6	39:42	68
66	4102	39:47	Daniel Barnes		Male	65	M	44	39:40	66
67	5367	39:47	Owen Norris		Male	66	M	45	39:42	69
68	6427	39:47	Will Honeybone		Male	67	M40	15	39:39	65
69	5688	39:51	Rebecca Sharpe	Ely Runners	Female	2	F	1	39:48	71
70	6341	39:52	Paul Ward	Bure Valley Harriers	Male	68	M40	16	39:42	67
71	6134	39:52	Warren Armstrong		Male	69	M40	17	39:46	70
72	4301	40:00	Owen Burge		Male	70	M	46	39:57	73
73	6470	40:00	Robert Simmonds		Male	71	M	47	39:53	72
74	4713	40:09	Neil Gayton		Male	72	M	48	40:02	75
75	5600	40:19	James Rodgers		Male	73	M	49	39:59	74

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	6672	40:26	Stuart Simpson-Biles		Male	74	M40	18	40:16	76
77	5866	40:29	Paul Terreros		Male	75	M	50	40:26	78
78	5285	40:35	Ian Moore	Wymondham AC	Male	76	M50	7	40:28	79
79	6199	40:37	George Munford	Ramsey Road Runners	Male	77	M40	19	40:25	77
80	5714	40:42	Rod Sinnott	Fenland Running Club	Male	78	M50	8	40:32	80
81	5980	40:42	Neil Watson	West Norfolk AC	Male	79	M40	20	40:37	83
82	5840	40:45	Fenella Sunaway	Bure Valley Harriers	Female	3	F	2	40:34	81
83	4302	40:47	Steven Burge		Male	80	M40	21	40:45	85
84	4619	40:47	Kevin Farquhar	Ryston Runners	Male	81	M	51	40:36	82
85	6509	40:53	Malcolm Tuff	Ryston Runners	Male	82	M50	9	40:49	86
86	4282	40:58	Jason Brunt	Norfolk Gazelles AC	Male	83	M40	22	40:52	87
87	5117	41:00	Oliver Lewin		Male	84	M	52	40:44	84
88	5341	41:00	Melissa Neal	March AC	Female	4	F40	2	40:57	90
89	5588	41:02	Keith Rix		Male	85	M	53	40:55	88
90	5263	41:04	Ian Milburn	Ryston Runners	Male	86	M	54	41:01	93
91	5506	41:04	Gavin Pottle		Male	87	M40	23	40:59	92
92	4798	41:07	Autumn Hales	Bure Valley Harriers	Female	5	F	3	40:56	89
93	4868	41:09	Gary Hawkins		Male	88	M	55	40:59	91
94	5675	41:14	Nigel Seale	Fenland Running Club	Male	89	M50	10	41:05	94
95	4390	41:24	Jane Clarke	City Of Norwich AC	Female	6	F50	1	41:17	96
96	5842	41:30	Tim Suswain		Male	90	M	56	41:21	98
97	5001	41:30	Pete Johnson	Ryston Runners	Male	91	M60	2	41:23	99
98	6609	41:31	Richard Maisey		Male	92	M	57	41:20	97
99	6618	41:32	Joseph Matshazi		Male	93	M40	24	41:25	100
100	4844	41:32	Mark Harris		Male	94	M	58	41:15	95
101	4671	41:35	Digby Frammingham	Ryston Runners	Male	95	M50	11	41:26	102
102	4059	41:36	Matthew Askham		Male	96	M	59	41:25	101
103	4967	41:43	Sally Hurst		Female	7	F40	3	41:35	104
104	6006	41:49	Laurie Whitehair		Male	97	M	60	41:44	106
105	6703	41:50	Steve Walker		Male	98	M	61	41:43	105
106	4320	41:52	Trevor Byng		Male	99	M	62	41:33	103
107	5437	41:54	James Paul		Male	100	M	63	41:45	108
108	5820	41:57	Wayne Stimson	March AC	Male	101	M40	25	41:51	110
109	6062	41:58	Emma Wood		Female	8	F	4	41:49	109
110	5614	42:03	Dominic Rose		Male	102	M	64	41:52	112
111	5226	42:06	Will Mayes		Male	103	M	65	41:45	107
112	6733	42:08	Jez Cook		Male	104	M	66	42:04	122
113	5388	42:08	Liam O'Grady		Male	105	M	67	41:55	113
114	4602	42:09	Jason Elrick	Thetford AC	Male	106	M50	12	42:03	117
115	6536	42:11	Richard Agger	Fenland Running Club	Male	107	M40	26	42:01	116
116	4550	42:11	Richard Downs		Male	108	M40	27	42:04	121
117	5272	42:13	Nick Minns		Male	109	M40	28	41:59	115
118	5825	42:13	Charlie Stone	Thetford AC	Male	110	M	68	42:09	123
119	6720	42:15	Pete Reed		Male	111	M	69	42:04	120
120	4606	42:18	Justin Elvidge	East Hull Harriers & AC	Male	112	M40	29	42:04	119
121	4183	42:21	Jason Black	Norfolk Gazelles AC	Male	113	M40	30	42:15	127
122	1506	42:22	Adam Wedgwood		Male	114	M40	31	41:56	114
123	6575	42:25	Chris Hargraves		Male	115	M40	32	42:16	129
124	5483	42:26	Christian Pick		Male	116	M	70	42:03	118
125	5657	42:26	Tony Savage	Ryston Runners	Male	117	M50	13	42:15	128
126	4180	42:27	Andrew Black		Male	118	M	71	42:13	126
127	4669	42:30	Ben Foxwell	Ryston Runners	Male	119	M	72	42:27	133
128	5379	42:32	Ryan Oakes		Male	120	M	73	41:52	111
129	4281	42:32	Thomas Brown		Male	121	M	74	42:09	124
130	5593	42:34	Lesley Robins	Ryston Runners	Female	9	F40	4	42:25	132
131	5882	42:38	Darren Thorpe		Male	122	M	75	42:30	134
132	5599	42:40	John Robson		Male	123	M40	33	42:11	125
133	6266	42:42	Harry Neale		Male	124	M	76	42:30	135
134	4662	42:43	Mark Fountain	Ryston Runners	Male	125	M40	34	42:33	138
135	4382	42:46	Chris Chorley	Bungay Black Dog RC	Male	126	M50	14	42:32	136
136	4111	42:48	Tom Bartram		Male	127	M	77	42:41	141
137	6507	42:49	Bailey Took	Ryston Runners	Male	128	M	78	42:24	131
138	6484	42:51	James Shelley		Male	129	M	79	42:41	140
139	5612	42:51	Mark Rollings	Ryston Runners	Male	130	M	80	42:42	142
140	6077	42:54	David Wright		Male	131	M	81	42:44	144
141	5723	42:55	Tom Skinner		Male	132	M	82	42:23	130
142	5621	42:57	Andy Rowles	Dereham Runners & AC	Male	133	M50	15	42:53	149
143	5885	42:59	Andrew Thwaites		Male	134	M	83	42:44	143
144	5915	42:59	Mark Tufts	Wymondham AC	Male	135	M50	16	42:51	147
145	4490	42:59	Duane Daugherty	100 Marathon Club	Male	136	M50	17	42:47	145
146	6098	43:03	Kevin Youngs	Norfolk Gazelles AC	Male	137	M70+	1	42:55	152
147	6289	43:08	Lewis Scott		Male	138	M	84	42:54	150
148	4995	43:11	Richard Jessop		Male	139	M50	18	43:00	155
149	6526	43:11	Richard Dickson		Male	140	M40	35	42:57	153
150	4681	43:11	Matthew Freezer	Dereham Runners & AC	Male	141	M	85	42:59	154

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	6413	43:12	Rosie Booth	Ryston Runners	Female	10	F	5	43:09	163
152	4120	43:13	Jason Batterbee		Male	142	M40	36	43:05	158
153	4728	43:18	Johnny Glover		Male	143	M50	19	42:54	151
154	6354	43:19	Dave Wood		Male	144	M50	20	42:52	148
155	6288	43:21	Joseph Scott		Male	145	M	86	43:06	159
156	6388	43:21	Richard Matson		Male	146	M	87	43:07	160
157	6635	43:22	Kirsty Hollier-Cox		Female	11	F	6	42:38	139
158	4806	43:22	Shaun Hamer	Ryston Runners	Male	147	M	88	43:10	164
159	4039	43:22	Kenny Anderson		Male	148	M40	37	43:08	162
160	4230	43:23	Neil Boyce	Norwich Road Runners	Male	149	M40	38	43:13	165
161	6151	43:23	Jamie Forshaw		Male	150	M	89	42:49	146
162	4146	43:25	Steve Bennington	Fenland Running Club	Male	151	M50	21	43:15	166
163	4192	43:27	Jason Blackwell		Male	152	M40	39	43:08	161
164	6639	43:28	Anthony Lashmar	Victoria Park Harriers and Tower Hamlets AC	Male	153	M40	40	43:20	168
165	4928	43:35	Mark Holland		Male	154	M	90	43:21	169
166	4480	43:35	Jack Cummins		Male	155	M	91	42:32	137
167	5734	43:38	Barry Smith	Ryston Runners	Male	156	M50	22	43:28	176
168	5492	43:39	Jamie Plummer		Male	157	M	92	43:24	170
169	4502	43:40	Kevin Day	Fenland Running Club	Male	158	M50	23	43:04	157
170	6453	43:44	Alastair Hall		Male	159	M40	41	43:35	178
171	5032	43:44	Nigel Kenny		Male	160	M50	24	43:24	172
172	1534	43:45	Peter Allison		Male	161	M	93	43:24	171
173	5988	43:47	Jonathan Weedon		Male	162	M	94	43:26	174
174	6381	43:49	Andre Pittock	Fenland Running Club	Male	163	M50	25	43:38	182
175	6442	43:50	Wayne Daw		Male	164	M50	26	43:35	177
176	6597	43:51	Alastair Rigby		Male	165	M	95	43:01	156
177	4191	43:53	David Blackmore		Male	166	M	96	43:36	180
178	4226	43:53	Isaac Bower	City Of Norwich AC	Male	167	M	97	43:17	167
179	5684	43:53	Christopher Sexton	Tri-Anglia Triathlon Club	Male	168	M	98	43:37	181
180	5461	43:53	Joseph Pembury		Male	169	M	99	43:28	175
181	4943	43:56	Wes Hornigold		Male	170	M	100	43:46	186
182	6660	43:58	Glenn Perkins		Male	171	M	101	43:46	187
183	5970	44:02	Julie Wargent	Higham Harriers	Female	12	F40	5	43:49	190
184	6717	44:03	Joe Mortlock		Male	172	M	102	43:42	184
185	4999	44:03	Chris Johnson	Coltishall Jaguars RC	Male	173	M	103	43:44	185
186	4461	44:04	Mark Crook	Ryston Runners	Male	174	M50	27	43:56	195
187	5865	44:05	Brad Tennant		Male	175	M	104	43:48	189
188	4404	44:05	Andy Clifton		Male	176	M	105	43:26	173
189	5168	44:05	Paul MacLean		Male	177	M50	28	43:56	194
190	5524	44:07	Ryan Purvey		Male	178	M	106	43:46	188
191	4890	44:07	Catherine Henery	City Of Norwich AC	Female	13	F50	2	43:59	199
192	4457	44:09	Richard Crewe	Thetford AC	Male	179	M40	42	44:03	204
193	6015	44:10	Andrew Wicks	Coltishall Jaguars RC	Male	180	M40	43	43:51	191
194	5774	44:12	Graham Spark		Male	181	M50	29	43:40	183
195	4368	44:17	Ben Chamberlain	Cambridge & Coleridge AC	Male	182	M	107	43:57	198
196	5458	44:18	Danny Pegg		Male	183	M	108	44:03	205
197	4152	44:20	Martyn Benstead		Male	184	M40	44	43:56	196
198	4880	44:20	Colin Hazell		Male	185	M40	45	43:57	197
199	6497	44:20	Jamie Tilley		Male	186	M	109	44:09	214
200	6687	44:23	Lucy Steven		Female	14	F	7	44:02	201
201	4463	44:27	Neil Cropper		Male	187	M40	46	44:04	206
202	4389	44:27	Jonny Clark		Male	188	M40	47	43:51	192
203	4336	44:28	Thomas Cannon	Lonely Goat Running Club	Male	189	M	110	44:07	210
204	5075	44:28	Gavin Lane	West Norfolk AC	Male	190	M50	30	44:14	221
205	6630	44:29	Ewan Meacham		Male	191	M	111	43:53	193
206	6016	44:29	Ian Wiggins		Male	192	M40	48	44:02	200
207	6188	44:29	Christian Pawsey		Male	193	M50	31	44:09	213
208	5884	44:30	Luke Thurlow		Male	194	M	112	44:03	202
209	5741	44:32	Dale Smith		Male	195	M	113	44:20	226
210	5416	44:32	Aaron Parker		Male	196	M	114	44:20	225
211	5571	44:32	Benji Richardson		Male	197	M	115	44:06	209
212	5592	44:33	Stuart Roberts		Male	198	M50	32	44:21	227
213	4595	44:33	Matthew Eldridge		Male	199	M	116	44:08	212
214	6451	44:33	Luke Bell		Male	200	M	117	44:17	223
215	5870	44:35	Andrew Thompson	Ely Runners	Male	201	M50	33	44:04	207
216	4972	44:37	Tom Hutchings		Male	202	M40	49	44:03	203
217	4387	44:37	Jennifer Clark		Female	15	F	8	44:13	220
218	4466	44:38	Peter Crowley		Male	203	M	118	44:06	208
219	4574	44:39	Adam Dye		Male	204	M	119	44:21	228
220	4993	44:40	Lee Jay		Male	205	M	120	43:36	179
221	5918	44:40	John Turner		Male	206	M50	34	44:28	232
222	6105	44:41	Steven Bargewell		Male	207	M40	50	44:18	224
223	6084	44:41	Mark Wright		Male	208	M	121	44:23	230
224	4296	44:42	Paisley Burch		Male	209	M	122	44:22	229
225	4325	44:44	Philip Caley	Lonely Goat Running Club	Male	210	M40	51	44:35	237

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	4131	44:45	David Beardall		Male	211	M	123	44:16	222
227	6340	44:45	Robert Walthew		Male	212	M40	52	44:28	233
228	5513	44:46	Dean Preston		Male	213	M	124	44:27	231
229	6527	44:47	Daryl Bendel		Male	214	M50	35	44:13	219
230	4242	44:48	Mark Breeze		Male	215	M40	53	44:10	216
231	4162	44:52	Scott Berry		Male	216	M	125	44:33	236
232	6252	44:53	Max Harrison		Male	217	M	126	44:10	215
233	6293	44:53	George Rawlings		Male	218	M	127	44:08	211
234	6059	44:55	Chris Wood		Male	219	M	128	44:45	249
235	4847	44:58	James Harrison		Male	220	M	129	44:32	234
236	5893	44:58	Carl Tipling		Male	221	M	130	44:11	218
237	4578	44:59	Matthew Earl		Male	222	M40	54	44:32	235
238	5977	45:00	Katrina Wasteneay	West Norfolk AC	Female	16	F40	6	44:48	252
239	4149	45:01	Dave Benstead	Hatton Darts	Male	223	M50	36	44:37	238
240	6437	45:01	Mr Johnson		Male	224	M40	55	44:39	241
241	5595	45:04	Dawn Robinson	Ryston Runners	Female	17	F	9	44:40	244
242	6718	45:04	Olivia Jones	Nene Valley Harriers	Female	18	F	10	44:39	243
243	4084	45:05	Kerry Balmer	Yaxley Runners & Joggers	Female	19	F	11	44:49	255
244	6129	45:06	Michelle Brown		Female	20	F	12	44:42	247
245	5103	45:10	Adam Leech		Male	225	M	131	44:41	246
246	5509	45:12	Dan Pratt		Male	226	M40	56	44:48	254
247	6580	45:12	Lee Johnson		Male	227	M	132	44:48	253
248	4077	45:12	Stuart Baker		Male	228	M40	57	44:39	242
249	4591	45:14	Ross Edwards		Male	229	M	133	45:03	264
250	5921	45:15	Chris Tyler		Male	230	M	134	44:38	239
251	5929	45:19	David Vass	City Of Norwich AC	Male	231	M	135	44:53	259
252	4588	45:24	Jonathan Edwards	Bure Valley Harriers	Male	232	M50	37	44:58	261
253	4980	45:26	Craig Jackson		Male	233	M	136	44:11	217
254	4593	45:28	Steve Eke		Male	234	M50	38	45:05	266
255	5775	45:30	Jason Sparkes		Male	235	M	137	45:08	267
256	4202	45:30	Chris Bolderstone		Male	236	M	138	44:57	260
257	6174	45:30	Rickie Day		Male	237	M40	58	45:04	265
258	6714	45:31	Lewis Pearson		Male	238	M	139	45:12	272
259	4366	45:31	Mark Chalkley		Male	239	M	140	44:43	248
260	5104	45:32	Andy Leech		Male	240	M50	39	45:02	263
261	6384	45:32	Darren Moat		Male	241	M40	59	45:18	276
262	5576	45:33	Paul Richardson		Male	242	M	141	45:10	269
263	6160	45:34	Philip Eardley		Male	243	M50	40	44:39	240
264	6101	45:36	John Connolly		Male	244	M	142	45:11	270
265	6426	45:36	Kevin Holman		Male	245	M50	41	45:20	278
266	6204	45:37	Ryan Howsham		Male	246	M	143	44:51	257
267	6486	45:38	Carl Silvester		Male	247	M40	60	45:22	281
268	5078	45:38	Tristan Langley	Ryston Runners	Male	248	M	144	45:15	275
269	6230	45:38	Mark Goodale		Male	249	M	145	44:41	245
270	6120	45:41	Chris Bone		Male	250	M40	61	45:08	268
271	6257	45:42	James Ord		Male	251	M	146	45:25	285
272	5428	45:43	Chris Patchett		Male	252	M	147	45:13	273
273	4585	45:45	Chris Eddy		Male	253	M	148	44:47	251
274	5312	45:45	Mark Mountain	Great Yarmouth Road Runners	Male	254	M40	62	45:25	282
275	5913	45:47	Richard Tucker		Male	255	M	149	45:20	277
276	5943	45:47	Thomas Waldron		Male	256	M	150	45:21	280
277	6149	45:48	Keith Blake	Northwich Running Club	Male	257	M50	42	45:43	304
278	4776	45:49	Robert Greeves		Male	258	M	151	45:31	289
279	5901	45:50	Mark Tremelling		Male	259	M40	63	45:32	290
280	4783	45:50	Adam Griggs	North Norfolk Beach Runners	Male	260	M40	64	45:21	279
281	6458	45:50	Kirsty Butters		Female	21	F	13	45:41	300
282	5063	45:53	Richard Knight		Male	261	M	152	44:51	256
283	4385	45:54	Nick Clarey	Three Counties Running Club	Male	262	M40	65	45:15	274
284	6040	45:55	Ben Wilson		Male	263	M50	43	45:40	299
285	5489	45:56	Jon Plumb		Male	264	M40	66	45:31	288
286	6027	45:56	Mark Williams		Male	265	M	153	45:33	291
287	4515	45:57	Mark Demonty		Male	266	M40	67	45:41	301
288	4987	45:58	Laurie James		Male	267	M60	3	45:30	287
289	1531	45:58	Mark Colley		Male	268	M	154	45:00	262
290	4142	45:59	Oliver Bell	Almost Athletes	Male	269	M40	68	45:39	297
291	5669	45:59	Debbie Schwarz	West Norfolk AC	Female	22	F40	7	45:45	305
292	4337	45:59	Lewy Carby		Male	270	M	155	45:52	317
293	6657	46:01	Ian Richardson	Cambridge & Coleridge AC	Male	271	M50	44	45:42	303
294	4734	46:01	Steven Goldsmith		Male	272	M60	4	45:45	306
295	6331	46:04	Mark Whiskens		Male	273	M50	45	45:25	283
296	6236	46:04	Albert Koulman		Male	274	M40	69	45:28	286
297	4263	46:05	Callum Brooks		Male	275	M	156	45:25	284
298	4865	46:05	Hayley Hawes	Ryston Runners	Female	23	F	14	45:39	298
299	5933	46:06	Miguel Vaz Guedes		Male	276	M	157	45:12	271
300	5015	46:07	Rowan Jordan		Male	277	M	158	46:02	328

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	5508	46:08	Kevin Powles		Male	278	M50	46	45:38	296
302	4459	46:08	James Crockett		Male	279	M	159	45:45	307
303	5115	46:12	Chris Levy		Male	280	M40	70	45:47	309
304	1515	46:12	Steve Martin		Male	281	M50	47	45:58	324
305	6716	46:14	Matthew Bocking	Ryston Runners	Male	282	M	160	44:46	250
306	5452	46:15	Greg Pearson	Reepham Runners	Male	283	M40	71	45:57	323
307	4839	46:16	Neil Harries		Male	284	M50	48	45:51	314
308	5548	46:17	Paul Rayner	Thetford AC	Male	285	M50	49	46:00	325
309	5107	46:17	Antony Leigh		Male	286	M50	50	45:41	302
310	5873	46:18	Liam Thompson		Male	287	M	161	45:56	322
311	4267	46:19	Alex Broome	Norwich Road Runners	Male	288	M	162	45:45	308
312	6510	46:19	Gintaras Valiuska		Male	289	M40	72	45:48	311
313	5022	46:20	Sarah Keeble		Female	24	F40	8	45:48	310
314	5434	46:21	Ross Paton		Male	290	M	163	45:49	312
315	6161	46:23	Carl Endersby		Male	291	M40	73	45:37	295
316	4294	46:27	Mitchel Bunn		Male	292	M	164	45:52	316
317	5777	46:28	Simon Sparkes		Male	293	M40	74	45:53	318
318	4733	46:29	Shane Goldsmith		Male	294	M50	51	46:03	329
319	4376	46:31	Hayden Chapman Pell		Male	295	M	165	45:56	320
320	6361	46:31	Charlotte Barrett		Female	25	F	15	46:10	334
321	4896	46:31	James Heron		Male	296	M40	75	46:02	327
322	6374	46:33	Simon Spencer		Male	297	M40	76	46:18	342
323	4483	46:34	Paul Curson		Male	298	M40	77	45:56	321
324	4918	46:34	Matthew Hitchcock		Male	299	M	166	46:21	348
325	6671	46:35	Juozas Redeckas		Male	300	M	167	45:50	313
326	5065	46:39	Jason Knights		Male	301	M40	78	45:37	294
327	6476	46:40	Andrew Lenton	Three Counties Running Club	Male	302	M40	79	46:00	326
328	5003	46:40	Gareth Johnston		Male	303	M	168	46:26	360
329	5307	46:40	Flynn Mott		Male	304	M	169	46:11	336
330	4871	46:41	Poppy Hawkins		Female	26	F	16	46:24	354
331	4869	46:41	Marcus Hawkins		Male	305	M40	80	46:25	355
332	5799	46:41	Keith Stanley	Eye Community Runners	Male	306	M60	5	46:05	331
333	4508	46:41	Stewart Dean		Male	307	M	170	46:19	343
334	4628	46:43	Del Fergusson		Male	308	M50	52	46:06	332
335	4133	46:44	Adam Beckett		Male	309	M40	81	45:56	319
336	5013	46:45	Malcolm Jones		Male	310	M50	53	46:11	335
337	5511	46:45	Andrew Preston	Sleaford Striders AC	Male	311	M40	82	46:14	339
338	4412	46:45	Ben Coghill		Male	312	M	171	45:52	315
339	4223	46:51	Steven Bowdery		Male	313	M40	83	46:16	341
340	6676	46:51	Jake Whitehouse	Ryston Runners	Male	314	M40	84	46:38	375
341	6730	46:52	Julie Austin		Female	27	F40	9	46:38	373
342	5543	46:52	Ashish Rastogi		Male	315	M40	85	46:25	357
343	6073	46:53	Philip Worledge	Waveney Valley AC	Male	316	M40	86	46:11	337
344	6610	46:53	Carl Manning		Male	317	M50	54	46:21	349
345	4530	46:54	Isaac Diwa		Male	318	M40	87	46:19	345
346	4771	46:55	Stuart Greenhill		Male	319	M40	88	46:30	367
347	6249	46:55	Ben Hardy		Male	320	M	172	44:51	258
348	4657	46:55	Helen Foster		Female	28	F40	10	46:27	362
349	5786	46:55	Daniel Spiller	Fenland Running Club	Male	321	M	173	46:30	366
350	4273	46:57	Caroline Brown	Ely Runners	Female	29	F40	11	46:25	356
351	6479	46:57	Jon Long	March AC	Male	322	M40	89	46:40	378
352	4343	46:57	Adam Carter		Male	323	M	174	46:25	358
353	5261	46:58	Steven Middleton		Male	324	M	175	46:20	347
354	4486	46:58	Emma Cuthell		Female	30	F	17	46:13	338
355	5474	46:59	Laurynas Petreikis		Male	325	M	176	46:04	330
356	4759	47:01	Jud Gray		Male	326	M40	90	46:22	350
357	6215	47:01	Tomas Manleika		Male	327	M	177	46:23	353
358	4859	47:01	Erika Harvey		Female	31	F40	12	46:20	346
359	6360	47:02	Mark Avery	Ipswich Jaffa RC	Male	328	M50	55	46:37	372
360	5165	47:04	Nick MacKay		Male	329	M50	56	46:38	377
361	5403	47:05	Daniel Pacey		Male	330	M	178	46:22	351
362	5794	47:05	Simon Stafford Allen		Male	331	M	179	46:25	359
363	4290	47:06	David Bunker		Male	332	M50	57	46:48	384
364	6104	47:06	Simon Cook		Male	333	M40	91	46:30	364
365	4428	47:07	Andrew Cook		Male	334	M50	58	46:58	392
366	6123	47:07	Michael Brentnall	Cambridge & Coleridge AC	Male	335	M60	6	46:10	333
367	6054	47:07	Julian Witting		Male	336	M40	92	46:38	374
368	4433	47:09	Roly Cook	Norwich Road Runners	Male	337	M50	59	46:37	371
369	5957	47:09	Jacky Walsingham	Ryston Runners	Female	32	F40	13	46:50	386
370	4990	47:10	Owen Jary		Male	338	M40	93	46:32	368
371	5028	47:12	Andrew Kelman		Male	339	M50	60	46:53	389
372	6601	47:12	Luke Garrigan		Male	340	M	180	46:26	361
373	4716	47:14	Toni George	Great Yarmouth Road Runners	Female	33	F40	14	46:30	365
374	5594	47:15	Stewart Robins	Ryston Runners	Male	341	M50	61	46:41	379
375	5190	47:15	Irena Marcinek		Female	34	F40	15	46:46	383

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	6260	47:18	Emma Potter-Campbell	Dereham Runners & AC	Female	35	F40	16	46:33	369
377	4682	47:18	Peter French		Male	342	M60	7	46:50	387
378	6329	47:19	Shane Westby		Male	343	M	181	46:42	380
379	5803	47:20	Richard Stapleton	Three Counties Running Club	Male	344	M40	94	46:38	376
380	4978	47:25	Gary Ingrey	Three Counties Running Club	Male	345	M50	62	46:43	381
381	5286	47:26	Kyle Moore		Male	346	M	182	46:19	344
382	5575	47:26	Paul Richardson	Dereham Runners & AC	Male	347	M60	8	47:14	411
383	5911	47:30	Andrew Tsang		Male	348	M40	95	47:08	398
384	5036	47:31	Peter Keogh	Norwich Road Runners	Male	349	M40	96	46:55	391
385	5130	47:32	Gary Linder	North Norfolk Beach Runners	Male	350	M60	9	46:22	352
386	5220	47:33	Ben Matthews		Male	351	M	183	47:12	407
387	4057	47:33	Alex Ashley		Male	352	M	184	47:12	409
388	4304	47:34	Simon Burke		Male	353	M50	63	46:59	393
389	5405	47:38	Steven Paddy		Male	354	M40	97	47:10	404
390	6576	47:38	Gerrit Heemskerck		Male	355	M	185	45:36	293
391	6680	47:38	Lloyd Saintierney		Male	356	M	186	45:35	292
392	6219	47:39	Eriks Kalliss		Male	357	M	187	46:50	385
393	4941	47:39	James Horne		Male	358	M	188	46:14	340
394	5308	47:40	Jonathan Mott		Male	359	M40	98	47:11	406
395	5439	47:41	Mark Payler		Male	360	M40	99	47:23	419
396	5754	47:45	Justin Smith	Ely Runners	Male	361	M40	100	46:45	382
397	4744	47:49	Cliff Gosling		Male	362	M50	64	47:30	437
398	6343	47:49	Gary Wathan		Male	363	M	189	47:24	424
399	4772	47:50	Nicola Greenough		Female	36	F	18	46:51	388
400	6710	47:50	Rosie Hill		Female	37	F	19	47:22	418
401	4441	47:50	Russell Cooper		Male	364	M40	101	47:22	417
402	5315	47:50	Emma Mulley		Female	38	F	20	47:17	414
403	5477	47:51	Aaron Petts	Fenland Running Club	Male	365	M40	102	47:08	399
404	5095	47:52	Bernie Lee		Male	366	M50	65	46:54	390
405	5601	47:52	Sharon Rodgers		Female	39	F	21	47:01	394
406	6425	47:53	Jack Holman		Male	367	M	190	47:37	447
407	5668	47:56	Martin Schrooder		Male	368	M40	103	47:15	412
408	6604	47:57	James Godwin		Male	369	M	191	47:10	405
409	4565	47:58	William Dryden		Male	370	M60	10	47:09	401
410	6327	47:58	Thomas Vowles		Male	371	M40	104	47:04	395
411	6131	47:58	Aidan Clarkson		Male	372	M	192	47:24	422
412	5083	48:00	James Larkin		Male	373	M	193	47:04	396
413	5062	48:02	Phil Kitney		Male	374	M	194	47:09	403
414	4105	48:02	Laura Barnham		Female	40	F50	3	47:34	443
415	4293	48:03	Heidi Bunn		Female	41	F40	17	47:27	432
416	4970	48:03	Jason Hutches		Male	375	M	195	47:25	426
417	5349	48:04	Patrick Nelson	Bure Valley Harriers	Male	376	M40	105	47:29	435
418	6007	48:05	Matt Whitehouse		Male	377	M	196	47:24	421
419	5950	48:06	Richard Walker		Male	378	M50	66	47:05	397
420	5027	48:06	Annie Kelly		Female	42	F	22	47:32	439
421	6482	48:07	Sam Lowe		Male	379	M	197	47:40	451
422	4920	48:08	Garry Hobart	North Norfolk Beach Runners	Male	380	M50	67	47:32	438
423	5991	48:08	Mitchell Wesley		Male	381	M50	68	46:29	363
424	6169	48:09	Marcus Hodges		Male	382	M	198	47:50	463
425	6145	48:09	Clare Campbell		Female	43	F	23	47:21	416
426	4981	48:10	Jake Jackson		Male	383	M	199	47:43	455
427	6407	48:11	Matthew Atkinson		Male	384	M	200	48:00	480
428	5639	48:12	Andrew Ryan		Male	385	M40	106	47:25	428
429	5721	48:12	Robert Skillings		Male	386	M	201	47:12	408
430	6087	48:12	Richard Wright		Male	387	M40	107	48:02	482
431	4449	48:13	Pedro Costa		Male	388	M	202	47:14	410
432	5789	48:13	Sadie Spring		Female	44	F	24	47:33	442
433	4227	48:14	Lance Bowyer Lowe		Male	389	M40	108	47:30	436
434	4224	48:14	John Bowen		Male	390	M40	109	47:27	431
435	6067	48:15	Jason Woodford-Cook		Male	391	M40	110	47:33	440
436	4594	48:20	Robert Elbury		Male	392	M40	111	47:27	430
437	6593	48:20	Ewan France		Male	393	M	203	47:28	434
438	4626	48:21	Julian Faulkner		Male	394	M	204	47:38	449
439	4241	48:23	Mark Breen		Male	395	M40	112	47:08	400
440	6729	48:23	Gediminas Jurkaitis	Coltishall Jaguars RC	Male	396	M	205	47:26	429
441	5296	48:23	Oliver Morgan		Male	397	M	206	47:16	413
442	6310	48:24	Ben Swift		Male	398	M	207	46:36	370
443	4717	48:25	Matthew Gibbard		Male	399	M	208	47:24	423
444	4715	48:25	Clive George	Grantham Running Club	Male	400	M50	69	47:24	425
445	6107	48:26	Elizabeth Bastian		Female	45	F40	18	47:55	471
446	4317	48:26	Milika Buurman		Female	46	F40	19	47:53	468
447	5455	48:27	Victoria Peat		Female	47	F	25	47:58	475
448	6725	48:27	Jon Spencer		Male	401	M50	70	47:23	420
449	5760	48:27	Mark Smith		Male	402	M50	71	47:49	462
450	5425	48:28	Christopher Parnhan		Male	403	M50	72	47:41	453

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	6332	48:28	Sophie Whiskens		Female	48	F	26	48:00	479
452	5202	48:29	Linda Marshall	Ryston Runners	Female	49	F50	4	47:57	473
453	5175	48:32	Paul Mallett		Male	404	M	209	47:36	444
454	6422	48:34	Anna Frammingham		Female	50	F40	20	47:42	454
455	5157	48:36	Jon Ludlow		Male	405	M	210	48:23	521
456	5992	48:37	Dominic West		Male	406	M40	113	47:49	461
457	5204	48:37	Ed Marsters		Male	407	M	211	47:48	459
458	5174	48:38	Daniel Mallet		Male	408	M	212	48:21	517
459	6585	48:39	Chris Hodson		Male	409	M40	114	47:33	441
460	6261	48:40	Benjamin Pratt		Male	410	M	213	48:17	510
461	6555	48:40	Agata Chelchowska		Female	51	F	27	47:49	460
462	4915	48:40	Adam Hitchcock		Male	411	M	214	48:13	503
463	4123	48:41	Amy Baxter	Three Counties Running Club	Female	52	F	28	47:57	474
464	5332	48:43	Anita Mussett	Colchester Harriers AC	Female	53	F40	21	48:04	487
465	5999	48:44	Steve Wheatley		Male	412	M50	73	47:56	472
466	4805	48:44	Stephen Halls		Male	413	M50	74	48:17	509
467	5617	48:45	Wayne Rostant		Male	414	M40	115	48:14	505
468	6607	48:45	Alfie Grant		Male	415	M	215	48:08	491
469	6130	48:46	Nigel Clark		Male	416	M50	75	48:09	493
470	6700	48:50	Jake Tobin		Male	417	M	216	47:50	465
471	5302	48:50	Richard Morrish		Male	418	M50	76	48:29	532
472	5053	48:50	Tom Kinge		Male	419	M	217	48:28	528
473	4710	48:50	Ruth Gaunt	Norwich Road Runners	Female	54	F50	5	47:52	467
474	4754	48:51	Steve Gowing		Male	420	M60	11	48:04	488
475	6410	48:51	Alistair Fisher		Male	421	M	218	48:28	529
476	4117	48:51	Jonathan Bathe	Hartlepool Burn Road Harriers	Male	422	M40	116	48:16	507
477	6399	48:51	Birute Gaurilovaite-Chamsin		Female	55	F	29	47:54	470
478	6111	48:51	Ash Anderson		Female	423	M	219	48:24	522
479	6280	48:52	Katherine Marsden		Female	56	F40	22	47:25	427
480	4225	48:53	Angela Bower		Female	57	F40	23	47:54	469
481	5316	48:54	Jonathan Mulley		Male	424	M50	77	48:19	514
482	6138	48:54	Stephen Carter		Male	425	M	220	48:10	497
483	5454	48:55	Liam Peart		Male	426	M	221	47:59	478
484	4801	48:57	Lisa Hall	Norwich Road Runners	Female	58	F40	24	47:28	433
485	6441	48:58	Antony Coultard	Three Counties Running Club	Male	427	M	222	48:14	504
486	4927	48:59	Louise Holland	Wymondham AC	Female	59	F40	25	48:09	495
487	5686	49:00	Joe Shade		Male	428	M	223	47:09	402
488	5806	49:00	Julian Stebbing		Male	429	M50	78	48:18	512
489	6682	49:01	Judy Scott		Female	60	F50	6	48:27	527
490	4169	49:01	Finley Bidwell		Male	430	M	224	48:10	496
491	5552	49:01	Lisa Redman	Ely Runners	Female	61	F40	26	48:02	485
492	5390	49:01	Chris Oloughlin		Male	431	M40	117	48:06	490
493	4208	49:02	Louise Bonner		Female	62	F	30	48:22	519
494	6737	49:03	Robert Palmer		Male	432	M	225	48:45	557
495	6125	49:05	Mark Brockway	Kettering Town Harriers	Male	433	M50	79	48:13	502
496	4099	49:06	Cassie Barker	Wymondham AC	Female	63	F40	27	48:16	508
497	4509	49:06	Stephen De'Ath		Male	434	M40	118	48:25	523
498	6443	49:07	Kevin Dawson		Male	435	M	226	48:16	506
499	5161	49:07	Pete Lunt		Male	436	M40	119	48:43	551
500	6485	49:08	Justin Showell	March AC	Male	437	M40	120	48:12	501
501	4678	49:08	Nick Freeman		Male	438	M	227	47:19	415
502	4672	49:10	Max Francis		Male	439	M	228	47:36	445
503	4407	49:11	Stephanie Clouston	Thetford AC	Female	64	F40	28	48:12	500
504	5359	49:12	Mark Nind	Lincoln & District Runners	Male	440	M50	80	48:42	549
505	4110	49:12	Philip Bartram		Male	441	M40	121	47:38	448
506	5956	49:12	Elenor Walsh		Female	65	F	31	48:39	542
507	5467	49:12	Jonathan Pentelow		Male	442	M	229	48:29	531
508	5722	49:14	Tara Skinner		Female	66	F	32	48:42	547
509	6488	49:14	Lucy Prior		Female	67	F	33	48:03	486
510	6433	49:14	Alan Clarke		Male	443	M40	122	47:47	457
511	6483	49:14	Jon Rowell	Fenland Running Club	Male	444	M40	123	47:48	458
512	6417	49:18	Lester Knight		Male	445	M40	124	48:11	499
513	5451	49:18	Darren Pearson		Male	446	M	230	47:39	450
514	4455	49:18	Joshua Craske		Male	447	M	231	48:09	494
515	4513	49:19	Wayne Delahoy		Male	448	M50	81	48:38	539
516	5423	49:21	Jack Parnell		Male	449	M	232	48:21	515
517	5462	49:23	Mike Pembery		Male	450	M50	82	48:26	524
518	5573	49:23	Karen Richardson		Female	68	F40	29	48:35	534
519	6648	49:23	Mark Norton		Male	451	M50	83	48:21	518
520	5385	49:24	Adam O'Connor		Male	452	M	233	47:50	466
521	5730	49:24	George Smart		Male	453	M	234	49:00	575
522	4605	49:25	Robert Elston		Male	454	M	235	47:37	446
523	4838	49:25	Thomas Harper		Male	455	M	236	49:00	576
524	4058	49:25	Leon Ashton-Leatherland		Male	456	M	237	49:13	596
525	6614	49:26	David Howlett		Male	457	M40	125	49:04	584

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	5156	49:28	Steve Lucas	Ware Joggers	Male	458	M50	84	48:39	540
527	4551	49:29	Andy Doyle		Male	459	M50	85	49:05	587
528	5518	49:29	Daniel Price		Male	460	M	238	48:26	525
529	5310	49:29	Jason Mottram	March AC	Male	461	M40	126	47:46	456
530	4761	49:31	Richard Gray		Male	462	M60	12	48:39	541
531	4862	49:31	Tom Harvey		Male	463	M	239	48:02	481
532	4762	49:31	Stephanie Gray		Female	69	F	34	48:39	543
533	5283	49:32	Charles Moore		Male	464	M	240	48:29	530
534	4072	49:32	Ricky Bailey	West Norfolk AC	Male	465	M50	86	49:11	595
535	5919	49:32	Jonathan Turpin		Male	466	M	241	49:16	606
536	5485	49:33	Simon Pickett		Male	467	M40	127	48:42	546
537	5420	49:33	Matty Parker		Male	468	M40	128	48:50	560
538	4158	49:33	Gary Berry		Male	469	M50	87	48:36	535
539	6191	49:34	Jose Perez	Ely Runners	Male	470	M40	129	48:42	550
540	5350	49:34	Suzanne Nelson		Female	70	F40	30	48:37	538
541	6268	49:35	Callum Nicol		Male	471	M	242	47:50	464
542	4724	49:36	Nigel Girling		Male	472	M40	130	48:32	533
543	5342	49:36	Carl Neale	North Norfolk Beach Runners	Male	473	M50	88	48:23	520
544	6613	49:38	Julian Howard		Male	474	M50	89	48:02	484
545	6405	49:39	Neil Andrews		Male	475	M40	131	48:54	564
546	5357	49:39	Sam Nicole		Male	476	M	243	48:45	554
547	4926	49:39	Barney Holland		Male	477	M	244	48:02	483
548	6072	49:40	Paul Woodyatt	City Of Norwich AC	Male	478	M50	90	48:56	569
549	6471	49:40	Michael Small		Male	479	M	245	48:59	573
550	4311	49:42	Nick Butler		Male	480	M50	91	48:45	556
551	4155	49:42	Sean Berrigan		Male	481	M	246	47:59	476
552	4986	49:43	Dirk James		Male	482	M50	92	48:36	536
553	5609	49:44	Jody Rolfe		Male	483	M	247	48:58	571
554	1595	49:45	Will Frame		Male	484	M	248	48:52	563
555	5718	49:46	Fay Skerritt		Female	71	F	35	48:42	548
556	4604	49:46	Nathan Elsegood		Male	485	M	249	48:40	544
557	4233	49:48	Jack Boykew		Male	486	M	250	48:43	552
558	6529	49:50	Archie Bobbins		Male	487	M	251	48:55	567
559	6515	49:51	Edward Cottingham		Male	488	M	252	48:09	492
560	4922	49:51	Barney Holden		Male	489	M	253	48:19	513
561	6605	49:51	Joanna Godwin	Wymondham AC	Female	72	F40	31	49:11	594
562	5807	49:51	Alistair Steel		Male	490	M40	132	47:59	477
563	6504	49:51	George Wacey		Male	491	M	254	48:36	537
564	4258	49:52	Shaun Britton		Male	492	M	255	49:39	632
565	4174	49:52	Alan Bird	Fenland Running Club	Male	493	M40	133	49:09	590
566	5856	49:52	Carl Taylor		Male	494	M	256	49:08	589
567	4487	49:53	Sam Dack		Male	495	M	257	49:09	591
568	6367	49:55	Vicki Newton	Three Counties Running Club	Female	73	F	36	49:13	597
569	6461	49:55	Lauren Day		Female	74	F	37	49:14	600
570	6014	49:56	Andy Wicklen		Male	496	M40	134	49:21	612
571	4893	49:56	Joseph Henry		Male	497	M	258	48:42	545
572	5690	49:56	Tim Shattock		Male	498	M	259	49:17	607
573	4673	49:57	Louise Franklin		Female	75	F40	32	49:10	593
574	4674	49:57	Steven Franklin		Male	499	M40	135	49:10	592
575	4745	49:58	Robert Gosnell		Male	500	M	260	49:04	580
576	5387	49:58	James O'Grady		Male	501	M40	136	48:27	526
577	4573	49:59	Stuart Durham	Ryston Runners	Male	502	M	261	48:49	559
578	4891	50:00	Paul Henery	City Of Norwich AC	Male	503	M50	93	48:44	553
579	5363	50:01	Carlos Nodar		Male	504	M40	137	49:06	588
580	4546	50:01	Sam Doughty		Male	505	M	262	48:55	568
581	4310	50:02	Neil Bussey		Male	506	M40	138	49:21	613
582	5146	50:03	Claire Loft		Female	76	F40	33	48:45	555
583	4962	50:03	Dharan Hunter		Male	507	M50	94	49:14	601
584	4524	50:06	Paul Dewfall		Male	508	M50	95	49:04	583
585	4355	50:06	Deborah Castellan		Female	77	F50	7	48:17	511
586	4001	50:08	Craig Gage		Male	509	M	263	48:55	565
587	5733	50:10	Ashley Smith		Male	510	M	264	48:05	489
588	5890	50:13	Mark Tilbrook		Male	511	M	265	49:19	608
589	6226	50:15	Will Lowry		Male	512	M	266	49:59	660
590	6404	50:15	Dave Allen	Blaydon Harriers & AC	Male	513	M40	139	49:28	624
591	5473	50:15	Richard Peters	Coltishall Jaguars RC	Male	514	M40	140	48:47	558
592	4017	50:16	Simon Adams		Male	515	M	267	49:16	605
593	4170	50:17	Richard Bidwell		Male	516	M40	141	49:26	619
594	5017	50:17	Bec Judge		Female	78	F	38	49:04	581
595	5817	50:17	Kevin Steward		Male	517	M50	96	49:05	586
596	5907	50:18	Luke Trigg-Hayes		Male	518	M	268	48:11	498
597	6634	50:19	Toby Holland		Male	519	M	269	47:40	452
598	5268	50:19	Ade Mills		Male	520	M50	97	49:20	611
599	6705	50:19	Mike Ward		Male	521	M40	142	49:19	609
600	5711	50:19	Paul Simpson		Male	522	M	270	49:48	645

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	5346	50:20	Sarah Nelis	Wymondham AC	Female	79	F40	34	49:04	582
602	6150	50:20	Colin Forshaw		Male	523	M50	98	49:46	641
603	6153	50:20	Alistair Garner		Male	524	M	271	49:28	621
604	6431	50:20	Ryan Jarvis	Lonely Goat Running Club	Male	525	M40	143	48:55	566
605	6317	50:20	Louise Walker		Female	80	F40	35	49:28	625
606	5040	50:21	Gavin Kimber		Male	526	M	272	49:01	578
607	6650	50:22	Mike Palmer		Male	527	M40	144	49:42	637
608	4137	50:23	Chloe Bedford		Female	81	F	39	49:05	585
609	5685	50:23	Georgina Sexton	Tri-Anglia Triathlon Club	Female	82	F	40	49:31	627
610	5788	50:24	Paul Spooner		Male	528	M	273	48:21	516
611	4054	50:24	Marianne Armstrong	Norwich Road Runners	Female	83	F	41	49:40	633
612	5135	50:24	Ross Linnett		Male	529	M	274	50:10	679
613	6595	50:25	Andrew Fysh		Male	530	M50	99	49:41	635
614	6228	50:25	Jasmine Lockett		Female	84	F	42	48:50	562
615	6000	50:25	Ben Whicker		Male	531	M	275	48:50	561
616	5194	50:25	Nigel Marlow		Male	532	M50	100	49:22	615
617	6668	50:25	Jason Quant		Male	533	M	276	49:48	644
618	5853	50:25	Robert Tarry		Male	534	M50	101	49:42	636
619	5415	50:25	Zoe Parish	North Norfolk Beach Runners	Female	85	F	43	49:49	649
620	5404	50:26	Philip Paddy		Male	535	M	277	49:29	626
621	5886	50:26	Graham Tibbs		Male	536	M50	102	50:04	668
622	6279	50:26	Garry Marsden		Male	537	M50	103	48:59	572
623	6686	50:26	Stephen Starr	March AC	Male	538	M50	104	50:10	677
624	4828	50:27	Graham Hardingham	Norfolk Gazelles AC	Male	539	M50	105	49:54	654
625	4764	50:28	Daniel Green		Male	540	M	278	49:26	618
626	6270	50:28	Darren Nockels		Male	541	M40	145	49:35	629
627	5750	50:29	Ian Smith		Male	542	M40	146	49:15	603
628	6380	50:31	Lee Pittam	Halmer Harriers	Male	543	M	279	49:34	628
629	6339	50:31	Martin Wallis		Male	544	M50	106	49:35	630
630	5442	50:33	Hilary Peachment		Female	86	F	44	49:28	622
631	4810	50:36	James Hammond		Male	545	M	280	49:53	653
632	4963	50:36	Matthew Hunter	Three Counties Running Club	Male	546	M40	147	49:13	599
633	5755	50:37	Karen Smith	Three Counties Running Club	Female	87	F	45	49:14	602
634	5534	50:37	Mark Radford		Male	547	M	281	49:46	640
635	6277	50:38	Ian Milburn	Fenland Running Club	Male	548	M70+	2	49:25	617
636	4222	50:40	Nerys Botwright		Female	88	F40	36	49:22	614
637	6305	50:40	Neil Rumbelow		Male	549	M	282	49:46	643
638	6611	50:40	Stephen Marshall		Male	550	M50	107	49:03	579
639	5546	50:41	Frances Rayner		Female	89	F50	8	49:46	642
640	5566	50:42	Tracey Renshaw		Female	90	F50	9	49:27	620
641	4642	50:42	Wendy Fisher	Ryston Runners	Female	91	F50	10	49:50	650
642	5429	50:43	Jit Patel		Male	551	M60	13	49:28	623
643	6094	50:43	Shelley Yeaman		Female	92	F40	37	49:40	634
644	6711	50:43	Matthew Carman		Male	552	M	283	49:01	577
645	6467	50:44	Jeremy Lamb		Male	553	M	284	48:56	570
646	4119	50:44	Richard Bathe		Male	554	M40	148	50:10	678
647	4809	50:45	Alicia Hammod		Female	93	F	46	50:01	664
648	6535	50:48	Ruaraidh Britton		Male	555	M	285	50:41	720
649	4867	50:51	Jason Hawes		Male	556	M40	149	50:22	693
650	1619	50:51	James Watson		Male	557	M40	150	49:00	574
651	6569	50:52	Rich Cole		Male	558	M	286	49:15	604
652	4997	50:52	Alan Johns		Male	559	M40	151	49:13	598
653	4364	50:53	Jamie Chalke		Male	560	M40	152	50:14	683
654	4779	50:54	John Charles Griffin		Male	561	M50	108	50:06	672
655	6626	50:55	Lee Kirby		Male	562	M	287	50:25	697
656	6026	50:56	Mark Williams		Male	563	M	288	50:01	666
657	6558	50:57	Andrew Catton		Male	564	M	289	49:37	631
658	4935	50:59	Lydia Holmes		Female	94	F	47	49:59	661
659	5607	51:00	Chris Rolfe		Male	565	M40	153	49:49	648
660	4156	51:00	Allistair Berry		Male	566	M40	154	49:56	657
661	4052	51:00	Andy Armsby		Male	567	M	290	50:20	689
662	4730	51:00	Max Godfrey		Male	568	M	291	50:05	669
663	4375	51:01	Steve Chapman	Stowmarket Striders RC	Male	569	M40	155	49:58	659
664	4181	51:02	Brian Black		Male	570	M60	14	50:25	699
665	5414	51:03	Andy Parish	North Norfolk Beach Runners	Male	571	M50	109	50:27	702
666	5758	51:04	Lionel Smith	Ely Runners	Male	572	M60	15	50:00	663
667	6146	51:05	Rick Bennett		Male	573	M	292	50:43	721
668	6681	51:06	Paul Sanderson		Male	574	M60	16	50:23	695
669	4874	51:07	Jim Hayes	North Norfolk Beach Runners	Male	575	M70+	3	49:58	658
670	5029	51:08	Phoebe Kelman		Female	95	F	48	50:48	731
671	5779	51:08	Pauline Sparrow	Ryston Runners	Female	96	F60	1	50:35	716
672	5291	51:10	Seb Moore	Runners Next The Sea	Male	576	M70+	4	50:16	686
673	6608	51:11	David Mabley		Male	577	M40	156	50:05	671
674	4244	51:11	Thomas Brennan		Male	578	M40	157	49:44	638
675	6106	51:11	Shane Barker		Male	579	M	293	50:33	712

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	6429	51:11	Tom Hutton		Male	580	M	294	49:20	610
677	5831	51:13	Samantha Stringer	West Norfolk AC	Female	97	F	49	50:28	704
678	6679	51:14	Brandon Wilmore		Male	581	M	295	50:44	723
679	4846	51:15	Damian Harrison		Male	582	M40	158	50:23	696
680	6641	51:16	Stevi Levi		Male	583	M	296	50:45	725
681	4889	51:16	Claudius Hempstead		Male	584	M60	17	50:35	714
682	5237	51:16	Andrew McNamara	Ryston Runners	Male	585	M40	159	50:06	673
683	4615	51:19	Richard Evans		Male	586	M	297	49:48	646
684	6168	51:20	Luke Hillard		Male	587	M40	160	50:50	734
685	6512	51:21	Tom Burton		Male	588	M	298	50:11	681
686	5748	51:22	Glenn Smith		Male	589	M50	110	50:00	662
687	4758	51:24	Harvey Gray		Male	590	M	299	50:45	724
688	5099	51:25	Jeremy Lee		Male	591	M50	111	51:10	755
689	6447	51:25	Luke Brown	March AC	Male	592	M	300	50:30	708
690	5262	51:26	Tom Middleton		Male	593	M	301	50:08	676
691	4378	51:26	Peter Charman		Male	594	M40	161	50:01	665
692	6457	51:29	Matthew Brown		Male	595	M40	162	50:21	690
693	6649	51:31	Liam O'Connor		Male	596	M	302	50:21	691
694	5613	51:32	Benjamin Rooke		Male	597	M	303	51:18	764
695	6243	51:33	Richard Lane		Male	598	M40	163	50:55	739
696	5340	51:33	John Nash		Male	599	M60	18	50:25	698
697	6336	51:34	Lee Tunmore	West Norfolk AC	Male	600	M40	164	50:17	687
698	6337	51:34	Poppy Tunmore	West Norfolk AC	Female	98	F	50	50:17	688
699	5277	51:34	Catherine Monument		Female	99	F	51	51:34	791
700	6627	51:35	Ash Kirwan		Male	601	M	304	50:02	667
701	5241	51:37	Heidi McWade		Female	100	F	52	50:33	713
702	6719	51:38	Jack Wilson		Male	602	M	305	50:35	715
703	6466	51:38	Harry Lamb		Male	603	M	306	49:51	651
704	6349	51:40	Marie Williamson	Ramsey Road Runners	Female	101	F40	38	50:45	726
705	5917	51:41	Diane Turner		Female	102	F50	11	50:51	736
706	6364	51:41	Robert Alflatt		Male	604	M	307	50:50	735
707	6391	51:43	Dennis Osmond		Male	605	M50	112	50:11	680
708	5319	51:44	John Munday		Male	606	M50	113	50:28	703
709	5946	51:45	Kayleigh Wales		Female	103	F	53	50:30	709
710	5945	51:45	Daniel Wales		Male	607	M	308	50:31	710
711	5244	51:47	Jacob Medlock		Male	608	M	309	50:05	670
712	4768	51:47	Stewart Green		Male	609	M	310	51:25	775
713	5768	51:49	Mark Southwood		Male	610	M40	165	50:27	701
714	6619	51:49	Chris McGurk		Male	611	M40	166	50:22	692
715	5708	51:51	Jeanette Simpson		Female	104	F	54	51:01	747
716	6284	51:53	Mark Rose	Fenland Running Club	Male	612	M50	114	50:46	728
717	5158	51:54	Elaine Lumley		Female	105	F40	39	50:36	719
718	4535	51:54	Sonya Doherty		Female	106	F40	40	51:17	763
719	6623	51:55	Terence Jones		Male	613	M50	115	51:29	784
720	5192	51:55	Tom Margitson		Male	614	M	311	51:35	792
721	6351	51:56	Tony Wilson		Male	615	M50	116	50:54	738
722	4985	51:57	David James		Male	616	M50	117	50:16	685
723	6028	51:58	Martin Williams		Male	617	M50	118	50:27	700
724	4210	51:59	Sally Bonnett		Female	107	F40	41	50:36	717
725	4021	51:59	Lucy Akintaro		Female	108	F	55	50:36	718
726	5173	51:59	Clare Mallet		Female	109	F	56	51:21	771
727	6439	51:59	Jason King		Male	618	M40	167	50:07	675
728	4283	52:02	Paul Bryan		Male	619	M40	168	50:59	744
729	5960	52:02	Garry Ward		Male	620	M60	19	51:14	761
730	6584	52:06	Daniel High		Male	621	M	312	51:19	767
731	4833	52:06	Dom Hargrave		Male	622	M	313	50:31	711
732	4392	52:06	Phillip Clarke		Male	623	M40	169	50:53	737
733	5381	52:06	Tim Oakes		Male	624	M60	20	50:46	727
734	5498	52:07	Graeme Pomfret		Male	625	M50	119	50:49	732
735	6038	52:08	Alan Wilson		Male	626	M40	170	51:11	759
736	5597	52:08	Iain Robinson		Male	627	M	314	50:22	694
737	4654	52:08	Jonathan Foot	Bure Valley Harriers	Male	628	M60	21	50:49	733
738	4204	52:08	Emily Bollom		Female	110	F	57	50:55	740
739	6540	52:09	Kevin Barnes		Male	629	M40	171	50:47	729
740	6142	52:09	Stuart Brown		Male	630	M	315	50:47	730
741	4660	52:10	Alan Fountain		Male	631	M60	22	51:29	783
742	6248	52:10	Toby James		Male	632	M	316	50:28	705
743	4632	52:11	Joshua Field		Male	633	M	317	49:45	639
744	6186	52:12	Troy Doherty		Male	634	M	318	50:56	742
745	6622	52:12	Ollie Jones		Male	635	M	319	50:07	674
746	5521	52:13	Helen Procter		Female	111	F50	12	51:03	749
747	5309	52:13	Jonathan Mott		Male	636	M40	172	50:13	682
748	6620	52:16	Sarah Johnson	Three Counties Running Club	Female	112	F	58	51:10	756
749	4061	52:16	Stephen Atkins	Biggleswade AC	Male	637	M60	23	51:11	757
750	6274	52:17	Ashley Mayes		Male	638	M	320	51:04	750

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	6643	52:17	Mark Prior		Male	639	M50	120	51:06	752
752	5629	52:18	Paul Rumbellow		Male	640	M50	121	51:25	777
753	5324	52:18	Jason Murfitt		Male	641	M40	173	51:15	762
754	4765	52:21	Henrietta Green		Female	113	F	59	51:02	748
755	5577	52:21	Steve Richardson		Male	642	M	321	49:54	655
756	5260	52:22	Stephanie Middleton		Female	114	F	60	51:26	779
757	6691	52:23	James Woodhouse		Male	643	M	322	51:21	769
758	5333	52:23	Claire Myers		Female	115	F40	42	51:04	751
759	4523	52:23	Stephen Devlin		Male	644	M50	122	49:55	656
760	4344	52:24	Andrew Carter		Male	645	M	323	51:24	774
761	4666	52:25	Peter Fox		Male	646	M	324	49:48	647
762	6301	52:25	Trevor Richardson		Male	647	M40	174	51:28	782
763	4651	52:25	Wayne Floate		Male	648	M	325	51:21	772
764	4324	52:26	Jason Calcutt		Male	649	M40	175	51:07	754
765	4274	52:28	Cheryl Brown		Female	116	F50	13	51:18	765
766	4341	52:31	Leon Carrara		Male	650	M50	123	52:17	837
767	5962	52:32	Gary Ward		Male	651	M50	124	51:14	760
768	4910	52:33	Rhoda Hincks		Female	117	F	61	51:42	802
769	6175	52:33	Rikki Day		Male	652	M	326	51:40	796
770	4203	52:33	John Bolderstone		Male	653	M40	176	51:47	806
771	5986	52:33	Heidi Webb		Female	118	F	62	51:42	801
772	4197	52:34	Peter Bloom		Male	654	M	327	51:18	766
773	4232	52:34	Nick Boydd		Male	655	M	328	51:33	787
774	6370	52:35	Graeme Reynolds		Male	656	M40	177	51:27	780
775	4327	52:37	Cat Cameron	Runners Next The Sea	Female	119	F40	43	51:07	753
776	4305	52:38	Adam Burt		Male	657	M40	178	51:30	785
777	4020	52:40	Jo Ahrenfelt		Female	120	F	63	52:22	844
778	5667	52:41	Craig Schranz		Male	658	M	329	51:25	776
779	1513	52:43	Stephen Bicknell		Male	659	M60	24	52:04	819
780	4168	52:44	Roland Bewick		Male	660	M60	25	51:33	788
781	4047	52:47	Samantha Appleyard-Smith		Female	121	F40	44	51:11	758
782	4451	52:49	Sarah Cowley		Female	122	F	64	51:40	798
783	4048	52:51	Gaurav Aravind		Male	661	M	330	50:14	684
784	4217	52:53	Richard Booth		Male	662	M	331	51:20	768
785	4447	52:53	Ryan Cornforth		Male	663	M	332	51:56	813
786	4667	52:54	Rachel Fox		Female	123	F40	45	51:36	794
787	6502	52:58	Steve Yates		Male	664	M	333	50:59	746
788	4791	53:00	Christopher Groves	Tri-Anglia Triathlon Club	Male	665	M60	26	50:59	745
789	5248	53:01	Sarah Melton-Whitelam	Three Counties Running Club	Female	124	F	65	52:14	831
790	5206	53:01	Keith Martin		Male	666	M50	125	52:18	838
791	4371	53:02	Joanne Chapman		Female	125	F40	46	51:25	778
792	5163	53:03	Sarah-Jane MacDonald	Three Counties Running Club	Female	126	F40	47	51:57	814
793	5891	53:03	Caroline Tiller		Female	127	F40	48	52:09	824
794	4727	53:06	Dean Joseph Glenn		Male	667	M40	179	51:24	773
795	4367	53:07	Richard Chalkley		Male	668	M60	27	51:38	795
796	5671	53:08	Jacqui Scott		Female	128	F40	49	52:02	817
797	6154	53:09	Adrian Hall		Male	669	M40	180	52:19	839
798	5347	53:10	Allan Nelson		Male	670	M40	181	52:05	821
799	6669	53:10	Adz Ras		Male	671	M40	182	51:27	781
800	6532	53:11	Simone Brammer		Female	129	F40	50	52:23	848
801	5844	53:11	Miro Svidron		Male	672	M50	126	51:47	807
802	4751	53:11	Jon Goult		Male	673	M40	183	51:40	797
803	5843	53:11	Philip Sutton		Male	674	M40	184	51:43	803
804	4248	53:12	David Briars		Male	675	M40	185	51:41	799
805	5826	53:13	Gary Stone		Male	676	M50	127	52:11	828
806	5713	53:15	Paula Sinnott	Kettering Town Harriers	Female	130	F40	51	52:27	852
807	1626	53:15	Carlos Bernardo Jr		Male	677	M	334	52:22	845
808	4811	53:18	Joseph Hammond		Male	678	M	335	52:10	825
809	4399	53:18	Emma Clements		Female	131	F	66	52:10	826
810	6156	53:20	Jane Hallwood		Female	132	F40	52	53:02	887
811	5628	53:20	Tye Rugg		Male	679	M	336	50:43	722
812	6481	53:21	Mai Loram		Female	133	F	67	52:13	829
813	4402	53:21	Steven Clews		Male	680	M	337	52:16	836
814	4919	53:23	Leanne Hitchin		Female	134	F40	53	52:00	816
815	6460	53:23	Alaa Chamsin		Male	681	M	338	51:52	809
816	5507	53:24	Ramhari Poudyal		Male	682	M40	186	52:47	870
817	5253	53:26	Matteo Merlo		Male	683	M	339	51:33	789
818	5086	53:28	Vicky Last	North Norfolk Beach Runners	Female	135	F	68	52:19	840
819	6492	53:28	Nick Williams		Male	684	M40	187	49:24	616
820	6456	53:28	John Hardy		Male	685	M50	128	52:02	818
821	5766	53:29	Stewart South		Male	686	M70+	5	52:34	857
822	6206	53:30	Ian Keys	Ely Runners	Male	687	M50	129	52:07	822
823	6581	53:30	Mark Johnson		Male	688	M40	188	52:19	841
824	6577	53:31	Sanna Hekkala-Rolfe		Female	136	F40	54	52:20	843
825	4499	53:32	Jillian Davis		Female	137	F60	2	52:27	851

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	5651	53:32	Vivikth Sannakki		Male	689	M	340	50:55	741
827	6296	53:32	Adrian Searle	Fenland Running Club	Male	690	M40	189	52:15	832
828	4338	53:33	Emma Carpenter	Sleaford Striders AC	Female	138	F40	55	50:58	743
829	4384	53:34	Wendette Christian	Werrington Joggers	Female	139	F40	56	52:09	823
830	6172	53:36	David Cullen		Male	691	M50	130	52:36	860
831	4653	53:37	Kevin Foley		Male	692	M40	190	51:46	805
832	4686	53:37	Stuart Froud		Male	693	M40	191	51:46	804
833	5535	53:37	Matt Rake		Male	694	M50	131	52:54	882
834	4851	53:38	Madeline Harrison		Female	140	F	69	52:23	847
835	1557	53:39	Lisa Murray		Female	141	F	70	52:49	872
836	4706	53:40	Sine Garvie Mcinally		Female	142	F60	3	52:42	862
837	4287	53:42	Jason Buet		Male	695	M40	192	52:11	827
838	5745	53:46	David Smith		Male	696	M	341	51:59	815
839	6583	53:47	David Henley-Smith		Male	697	M60	28	52:16	835
840	4956	53:48	Desmond Humberston		Male	698	M50	132	51:54	811
841	4401	53:49	Mike Cleverley		Male	699	M50	133	52:04	820
842	6728	53:52	James Spooner		Male	700	M	342	51:54	810
843	6352	53:53	William Witting		Male	701	M	343	51:48	808
844	5232	53:53	Jennifer McGee Butler		Female	143	F	71	53:20	916
845	5964	53:54	Glenn Ward		Male	702	M60	29	53:04	893
846	4571	53:54	Paul Dunthorne		Male	703	M50	134	52:42	866
847	4842	53:54	Lisa Harris		Female	144	F40	57	52:43	867
848	6546	53:55	Amanda Fennell	Reading Roadrunners	Female	145	F50	14	53:22	921
849	5850	53:57	Samuel Tann		Male	704	M	344	52:25	850
850	5633	53:59	Paula Russell		Female	146	F40	58	52:51	878
851	5830	54:02	Jean Streeter		Female	147	F60	4	52:23	846
852	5046	54:02	Ian King	Fenland Running Club	Male	705	M50	135	49:53	652
853	5465	54:03	Ben Penfold		Male	706	M	345	52:50	875
854	5525	54:03	Hannah Purvis	Wymondham AC	Female	148	F	72	52:47	871
855	6379	54:04	Connor Phillips		Male	707	M	346	51:41	800
856	4088	54:06	Joanna Banaszek		Female	149	F40	59	52:42	865
857	5284	54:06	Daniel Moore		Male	708	M	347	52:35	859
858	5822	54:06	Derek Stock		Male	709	M50	136	53:36	943
859	6495	54:07	Peter Tassone		Male	710	M40	193	52:54	883
860	5317	54:07	Andrea Mummery		Female	150	F50	15	52:54	881
861	5620	54:07	Martin Rowell		Male	711	M40	194	52:40	861
862	4269	54:08	Leona Broughton	Reepham Runners	Female	151	F40	60	53:03	888
863	4954	54:11	Daniel Hughes		Male	712	M	348	50:30	707
864	6699	54:11	Philip Tiller		Male	713	M40	195	52:14	830
865	5570	54:12	Bryn Richards		Male	714	M	349	53:10	902
866	4861	54:12	Joe Harvey		Male	715	M	350	51:35	793
867	4506	54:13	Ashley Dean		Male	716	M	351	52:15	833
868	6709	54:14	Damon Finney		Female	152	F	73	52:29	854
869	6298	54:14	Callie Sharpin		Female	153	F	74	52:30	855
870	6415	54:14	Iain Braid		Male	717	M50	137	51:34	790
871	4063	54:14	Stuart Atling	Hockley Trail Runners	Male	718	M50	138	52:50	876
872	5270	54:15	Christopher Milnes	Ryston Runners	Male	719	M60	30	53:03	890
873	5089	54:15	Sam Laws		Male	720	M	352	52:45	869
874	5079	54:17	Douglas Lant		Male	721	M60	31	52:28	853
875	4024	54:17	Bradley Allen		Male	722	M	353	53:11	904
876	5259	54:20	Stephen Mickelburgh		Male	723	M60	32	52:44	868
877	4164	54:20	Tara Betts		Female	154	F	75	52:50	877
878	4547	54:21	Tom Doughty		Male	724	M	354	52:16	834
879	4531	54:22	Alan Dix		Male	725	M50	139	52:24	849
880	6207	54:22	Hayley Kirman		Female	155	F	76	52:42	864
881	1570	54:23	Chris Groome		Male	726	M	355	53:55	964
882	5659	54:24	John Sayer		Male	727	M40	196	53:04	892
883	6678	54:24	Julie Williamson		Female	156	F	77	52:52	880
884	4468	54:25	Jackie Croxford		Female	157	F50	16	52:57	884
885	6255	54:26	Mirka Norocka		Female	158	F	78	53:05	895
886	4569	54:30	Jon Duncan		Male	728	M40	197	53:42	951
887	6430	54:30	Oliver Ison		Male	729	M	356	53:35	940
888	5984	54:31	David Webb		Male	730	M60	33	52:35	858
889	6178	54:35	Lisa Defty		Female	159	F	79	52:49	874
890	6273	54:36	Mark Mattless	Three Counties Running Club	Male	731	M40	198	53:53	961
891	5616	54:38	Lindsey Rosella	Bushfield Joggers	Female	160	F	80	52:34	856
892	6078	54:38	Hayley Wright	Runners Next The Sea	Female	161	F40	61	53:08	900
893	4892	54:40	Emma Henry		Female	162	F40	62	54:23	1001
894	4085	54:41	Sandra Balmforth		Female	163	F50	17	53:23	922
895	4076	54:41	Paul Baker		Male	732	M50	140	53:15	910
896	6222	54:42	John George		Male	733	M40	199	52:42	863
897	5624	54:44	Jennifer Rudd		Female	164	F	81	53:50	957
898	5409	54:44	Geoff Palmer		Male	734	M60	34	53:08	898
899	6506	54:45	John Welbourn		Male	735	M60	35	54:16	985
900	5662	54:45	Adrian Scaites-Stokes		Male	736	M50	141	52:49	873

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	5426	54:48	Lizzie Parry		Female	165	F	82	54:21	992
902	4592	54:49	Sarah-Jane Eggleton		Female	166	F40	63	52:58	885
903	5720	54:51	Tim Skerritt		Male	737	M50	142	53:12	906
904	4877	54:51	Shara Hayes	Ely Runners	Female	167	F40	64	53:27	928
905	5407	54:51	Kerrie Page		Female	168	F	83	53:29	933
906	5224	54:51	Stuart Mattless		Male	738	M40	200	53:06	896
907	4624	54:52	Shelly Farrow		Female	169	F40	65	53:29	932
908	5871	54:53	Hayley Thompson		Female	170	F	84	53:03	889
909	4432	54:53	Lucy Cook		Female	171	F	85	53:20	917
910	5568	54:54	Pam Reynolds		Female	172	F40	66	53:24	923
911	4414	54:54	Christopher Cole		Male	739	M	357	50:29	706
912	4638	54:54	Chris Fisher		Male	740	M	358	53:33	938
913	6170	54:54	Alan Holman		Male	741	M50	143	53:05	894
914	4857	54:54	Bethan Harvey		Female	173	F	86	53:25	925
915	4212	54:55	Ian Boon		Male	742	M50	144	53:21	918
916	6224	54:55	Karen Glenister		Female	174	F40	67	52:20	842
917	5112	54:56	Bryony Lever		Female	175	F	87	53:14	909
918	5701	54:58	Stephen Short		Male	743	M50	145	53:39	947
919	5321	54:59	Leo Munson		Female	176	F40	68	53:07	897
920	1644	54:59	Christopher Mann		Male	744	M40	201	53:30	935
921	5640	55:02	Mark Ryan		Male	745	M50	146	53:25	924
922	4200	55:05	Shayney Blyth		Female	177	F40	69	53:14	908
923	4968	55:07	Stephen Hussey		Male	746	M50	147	52:58	886
924	6589	55:07	Amanda Follen	Ryston Runners	Female	178	F40	70	53:38	944
925	4452	55:10	Robert Coxhill		Male	747	M40	202	53:39	948
926	4319	55:12	Graham Byng		Male	748	M	359	54:14	984
927	5490	55:12	Lily Plumb		Female	179	F	88	53:22	920
928	5041	55:12	Marc Kimber		Male	749	M	360	53:15	911
929	4633	55:13	Mat Fielding		Male	750	M	361	53:15	912
930	6263	55:13	John Owen		Male	751	M50	148	53:59	969
931	6503	55:13	Sue Vaughan	North Herts RRC	Female	180	F50	18	53:39	949
932	1559	55:13	Simon Fields		Male	752	M50	149	53:39	945
933	4361	55:14	Anil Chakrabarti		Male	753	M50	150	53:19	914
934	5048	55:15	Lucan King		Male	754	M	362	53:28	929
935	4416	55:15	Rob Colledge		Male	755	M	363	53:35	941
936	6647	55:15	Megan Norman		Female	181	F	89	54:19	989
937	6128	55:16	Hannah Brown		Female	182	F	90	54:22	995
938	6513	55:16	Emmanuel Cabales		Male	756	M40	203	54:50	1045
939	6177	55:16	Charlie Defty		Male	757	M	364	53:29	930
940	6179	55:17	Mary Defty		Female	183	F	91	53:29	931
941	6382	55:17	Hayley Missin		Female	184	F	92	53:55	963
942	5216	55:18	Ray Massingham		Male	758	M70+	6	53:49	956
943	6345	55:20	Ed Weightman		Male	759	M40	204	54:13	981
944	5231	55:21	Ken McErlain		Male	760	M	365	52:51	879
945	4517	55:21	Kelly Dennis		Female	185	F	93	54:49	1043
946	4581	55:22	David Eastwood		Male	761	M40	205	54:49	1044
947	4187	55:25	Dean Blackburn		Male	762	M40	206	53:58	968
948	6606	55:25	George Gordon		Male	763	M	366	53:14	907
949	5541	55:26	Debbie Rankin	Red Lodge Running Club	Female	186	F40	71	53:16	913
950	6333	55:27	Fiona White		Female	187	F50	19	53:43	952
951	6258	55:27	Renata Petruskaite		Female	188	F	94	54:00	970
952	5898	55:28	Helen Townshend		Female	189	F	95	54:03	973
953	6368	55:28	Katie Ogden		Female	190	F	96	53:57	965
954	1554	55:28	Steven Hollingworth		Male	764	M50	151	54:22	994
955	6306	55:29	Larry Russen		Male	765	M60	36	53:41	950
956	4817	55:29	Joanna Hancock		Female	191	F40	72	54:04	976
957	4445	55:29	Carolyn Cordner		Female	192	F50	20	53:39	946
958	4848	55:29	Karl Harrison		Male	766	M	367	53:58	966
959	5880	55:30	Anna Thorpe	Norwich Road Runners	Female	193	F	97	53:48	955
960	6590	55:30	Zacharias Ford		Male	767	M	368	53:19	915
961	6088	55:30	Simon Wright	Norwich Road Runners	Male	768	M	369	53:48	954
962	4948	55:31	David Howell		Male	769	M40	207	53:12	905
963	6211	55:31	Nigel Puttock		Male	770	M50	152	51:30	786
964	4647	55:31	Caroline Fletcher	Dereham Runners & AC	Female	194	F	98	53:09	901
965	5536	55:33	Debbie Ramasso		Female	195	F40	73	54:38	1026
966	6387	55:33	Darryl Mallet		Male	771	M	370	54:55	1056
967	6480	55:33	Jody Loram		Male	772	M40	208	53:54	962
968	4089	55:36	Christian Bannister		Male	773	M40	209	53:32	937
969	5258	55:37	Liam Mews		Male	774	M	371	54:02	972
970	6304	55:37	Valter Rotter		Male	775	M40	210	54:16	986
971	4656	55:38	Joe Forshaw		Male	776	M	372	53:32	936
972	6644	55:38	Dawn Protheroe		Female	196	F40	74	54:04	974
973	4286	55:39	John Buckley		Male	777	M50	153	53:08	899
974	5300	55:40	Richard Morris	Wymondham AC	Male	778	M	373	54:14	983
975	5995	55:41	Kirsty West		Female	197	F40	75	53:52	960

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	5007	55:42	Darren Jones		Male	779	M50	154	53:10	903
977	4253	55:43	Hayley Briggs		Female	198	F	99	54:25	1004
978	4752	55:46	Zoe Gourley		Female	199	F40	76	54:04	975
979	6594	55:46	James Frusher		Male	780	M	374	55:31	1118
980	4534	55:47	Karen Dodsworth	North Herts RRC	Female	200	F50	21	54:28	1007
981	4474	55:48	Sophie Culley		Female	201	F	100	54:14	982
982	1545	55:48	Jimmy Hearn		Male	781	M50	155	51:21	770
983	4177	55:49	Zoe Birt		Female	202	F40	77	54:43	1036
984	5252	55:49	Tiffany Meredith		Female	203	F40	78	54:02	971
985	6159	55:50	Beverley Downham		Female	204	F40	79	53:51	958
986	6290	55:50	Keeleigh Scriven		Female	205	F	101	54:28	1005
987	6531	55:50	Stephen Bolt		Male	782	M40	211	53:45	953
988	4543	55:50	Marie Doughty		Female	206	F40	80	54:35	1020
989	6012	55:52	Alex Whiting		Male	783	M	375	53:52	959
990	5549	55:52	Gemma Read	Fenland Running Club	Female	207	F	102	54:23	1000
991	5245	55:53	Richard Medlock		Male	784	M40	212	54:10	978
992	6578	55:53	Malcolm Hunt	March AC	Male	785	M60	37	53:36	942
993	5243	55:53	Andrew Medlock		Male	786	M40	213	54:10	979
994	6241	55:55	Nina Koulman	Ryston Runners	Female	208	F	103	54:31	1011
995	5765	55:56	David Snodgrass		Male	787	M40	214	54:56	1057
996	5495	55:57	Fabia Pollard		Female	209	F50	22	54:29	1008
997	4726	55:57	Katie Gladman		Female	210	F	104	53:21	919
998	4979	55:58	Stephen Ingrey		Male	788	M40	215	53:30	934
999	5193	55:58	Jess Marlow		Male	789	M	376	54:30	1009
1000	5638	55:58	Colin Rutty		Male	790	M40	216	54:23	997
1001	4437	55:59	Dean Cooper		Male	791	M	377	53:26	927
1002	5660	55:59	Natalie Sayer		Female	211	F50	23	54:39	1030
1003	6628	55:59	Alex Lacey		Male	792	M40	217	54:23	996
1004	6046	56:03	Paul Wilson		Male	793	M	378	54:17	987
1005	4188	56:04	Martin Blackburn	Ryston Runners	Male	794	M60	38	54:59	1060
1006	5281	56:04	Andy Moore		Male	795	M50	156	54:58	1058
1007	5183	56:09	Stacie Mann		Female	212	F	105	54:34	1015
1008	4209	56:10	Amanda Bonnett		Female	213	F	106	54:35	1019
1009	6052	56:11	Alex Wiseman		Male	796	M	379	54:38	1027
1010	4720	56:12	Jacqueline Gilchrist		Female	214	F50	24	54:30	1010
1011	6184	56:13	Andrew Dewing		Male	797	M	380	54:21	991
1012	4471	56:14	Steve Crumpton		Male	798	M50	157	53:34	939
1013	5436	56:14	Allen Pattison		Male	799	M40	218	55:13	1096
1014	4270	56:14	Samantha Broughton		Female	215	F	107	53:26	926
1015	6373	56:16	Hayley Smith		Female	216	F40	81	54:35	1021
1016	6544	56:16	Elizabeth Evans		Female	217	F	108	54:51	1047
1017	5005	56:16	Mike Jolly	Redhill Road Runners	Male	800	M40	219	54:22	993
1018	5242	56:17	Charlotte Mears		Female	218	F	109	54:23	998
1019	4646	56:17	Ian Fleming		Male	801	M60	39	54:38	1025
1020	6549	56:17	Scott Annan		Male	802	M	381	54:39	1029
1021	6450	56:18	Alan Bedwell		Male	803	M50	158	54:10	977
1022	4748	56:18	Kevin Goude		Male	804	M	382	54:17	988
1023	4365	56:18	Jenny Chalkley		Female	219	F60	5	54:52	1050
1024	5271	56:18	Christian Minns		Male	805	M40	220	55:09	1086
1025	6653	56:19	Sergei Mineev		Male	806	M	383	55:12	1090
1026	6403	56:20	Suzanne Green		Female	220	F40	82	54:54	1054
1027	1551	56:20	Emmajean Hearn		Female	221	F40	83	51:54	812
1028	4599	56:21	Tim Elliott		Male	807	M50	159	54:32	1012
1029	6662	56:22	Tia Pitchers		Female	222	F	110	54:47	1042
1030	4118	56:22	Kirsty Bathe		Female	223	F40	84	55:27	1115
1031	5484	56:22	Carl Pickett		Male	808	M50	160	54:45	1038
1032	6137	56:22	Beryl Barber		Female	224	F60	6	54:54	1053
1033	6326	56:23	Mark Vincent		Male	809	M	384	54:39	1028
1034	5790	56:23	Jayne Spurrier		Female	225	F40	85	54:54	1051
1035	6325	56:23	Amy Vincent		Female	226	F	111	54:40	1031
1036	5716	56:25	Andrew Sisley		Male	810	M50	161	54:24	1002
1037	4400	56:26	Geoff Clements		Male	811	M	385	55:03	1070
1038	4442	56:29	Sarah Cooper		Female	227	F	112	55:06	1077
1039	5719	56:29	Lucy Skerritt		Female	228	F	113	54:54	1052
1040	6004	56:29	Nigel White		Male	812	M60	40	54:41	1032
1041	5303	56:30	Eleanor Morrison		Female	229	F40	86	54:42	1034
1042	6543	56:30	Kristina Basaraba	Halmer Harriers	Female	230	F	114	55:06	1078
1043	1564	56:32	Alistair Cameron		Male	813	M40	221	53:03	891
1044	6414	56:32	Patsy Bradley	Wymondham AC	Female	231	F50	25	55:05	1074
1045	5217	56:32	Sarah Masterson		Female	232	F	115	55:05	1075
1046	6670	56:33	Richard Reade	Wymondham AC	Male	814	M40	222	55:08	1084
1047	4060	56:33	Richard Atkins		Male	815	M	386	54:35	1016
1048	4514	56:34	Colin Delderfield		Male	816	M	387	54:45	1037
1049	6383	56:34	Deana Mitchison		Female	233	F	116	54:43	1035
1050	5314	56:35	Katie Moyle	Ryston Runners	Female	234	F	117	55:12	1088

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	5550	56:36	Miss Jemma Read		Female	235	F40	87	55:37	1124
1052	6424	56:37	David Hicks		Male	817	M40	223	54:52	1049
1053	4707	56:38	Laura Gascoyne		Female	236	F	118	54:35	1017
1054	4544	56:38	Mark Doughty		Male	818	M40	224	55:14	1100
1055	5625	56:38	Lesley Rudd		Female	237	F60	7	55:08	1085
1056	1574	56:40	Steven Wordsworth		Male	819	M	388	55:03	1069
1057	5352	56:41	Nicola New		Female	238	F	119	55:34	1121
1058	5170	56:41	Tony Major		Male	820	M	389	54:42	1033
1059	4529	56:41	David Dimech		Male	821	M60	41	55:02	1067
1060	5418	56:42	Lorraine Parker	Three Counties Running Club	Female	239	F50	26	54:59	1059
1061	6113	56:43	Peter Booth		Male	822	M60	42	55:42	1128
1062	1593	56:44	Milly Finch		Female	240	F	120	55:07	1079
1063	6328	56:44	Peter Vrabec		Male	823	M40	225	54:35	1022
1064	5299	56:47	Keith Morris	Ryston Runners	Male	824	M50	162	55:03	1068
1065	4924	56:48	John Holden		Male	825	M60	43	56:01	1164
1066	4925	56:49	Kiley Holden		Female	241	F	121	56:01	1165
1067	5066	56:50	Damian Kruszewski		Male	826	M	390	56:34	1203
1068	6559	56:51	Lucy Chadderton		Female	242	F	122	55:31	1119
1069	6197	56:51	Catriona Morrison		Female	243	F	123	55:07	1081
1070	4945	56:52	Dianne Houghton		Female	244	F40	88	55:02	1066
1071	6176	56:52	Wobine De Sitter		Female	245	F40	89	55:28	1116
1072	6406	56:52	Michael Asker		Male	827	M	391	55:00	1063
1073	5551	56:52	Jemma Redhead		Female	246	F40	90	55:03	1071
1074	4746	56:53	Jenna Gotts		Female	247	F40	91	55:04	1073
1075	5448	56:56	Emma Peak		Female	248	F	124	55:04	1072
1076	6408	56:56	Emma Fade		Female	249	F	125	54:46	1040
1077	4159	56:56	Judith Berry	Ryston Runners	Female	250	F40	92	54:45	1039
1078	4532	56:57	Megan Dix		Female	251	F	126	54:51	1048
1079	6652	56:59	Phil Mills		Male	828	M	392	54:47	1041
1080	4866	56:59	James Hawes		Male	829	M	393	55:47	1139
1081	6685	57:00	Frazer Stanford		Male	830	M	394	55:51	1148
1082	5373	57:01	Caroline Nunn		Female	252	F50	27	55:12	1092
1083	5348	57:02	Carl Nelson		Male	831	M40	226	54:23	999
1084	4897	57:04	Andy Hewitt		Male	832	M	395	55:13	1095
1085	5275	57:04	Paul Mitchelmore		Male	833	M60	44	54:55	1055
1086	4829	57:06	Andrew Hardy		Male	834	M50	163	55:02	1064
1087	4545	57:06	Rachel Doughty		Female	253	F40	93	55:02	1065
1088	1544	57:10	Dan Goldsbrough		Male	835	M	396	53:58	967
1089	4863	57:10	Anthony Hatton-Gore		Male	836	M60	45	55:14	1099
1090	6565	57:10	Brady Eastgate		Male	837	M	397	54:12	980
1091	5514	57:10	Mark Preston		Male	838	M40	227	55:39	1126
1092	5781	57:13	Bradley Speed		Male	839	M	398	55:35	1122
1093	5644	57:13	Martin Sanders	North Norfolk Beach Runners	Male	840	M	399	55:28	1117
1094	4699	57:13	Adam Garnett		Male	841	M	400	55:43	1131
1095	5151	57:14	Connie Louro		Female	254	F40	94	56:13	1177
1096	4966	57:14	Alan Hurst		Male	842	M60	46	54:28	1006
1097	4184	57:15	Sally Black	Norfolk Gazelles AC	Female	255	F50	28	55:58	1159
1098	6110	57:17	Tim Abberley		Male	843	M	401	55:46	1138
1099	4374	57:17	Sarah Chapman		Female	256	F	127	55:13	1098
1100	6554	57:18	Tim Charlton		Male	844	M	402	55:45	1132
1101	4655	57:18	Ryan Foreman		Male	845	M	403	54:35	1018
1102	5043	57:19	Sarah Kimberley		Female	257	F40	95	55:58	1157
1103	5739	57:20	Cathryn Smith		Female	258	F	128	55:25	1114
1104	5998	57:21	Pete Westwood		Male	846	M	404	55:20	1105
1105	4235	57:22	Jo Brakenbury		Female	259	F40	96	55:46	1135
1106	4334	57:22	Frankie Camppling		Male	847	M	405	55:24	1112
1107	5320	57:25	Will Munday		Male	848	M	406	56:09	1170
1108	4345	57:25	Anna Carter		Female	260	F60	8	55:21	1107
1109	5167	57:29	Lindsay MacLean		Female	261	F50	29	54:32	1013
1110	4066	57:30	Lisa Austin		Female	262	F	129	56:14	1180
1111	5235	57:30	Helen McLean	Ramsey Road Runners	Female	263	F40	97	55:49	1143
1112	4236	57:30	David Brammer		Male	849	M50	164	56:14	1181
1113	5441	57:31	Stephanie Payne		Female	264	F50	30	56:00	1162
1114	1586	57:31	Joanne Graham		Female	265	F	130	55:55	1152
1115	4845	57:31	Sean Harris		Male	850	M	407	55:57	1155
1116	5897	57:31	Lisa Todd		Female	266	F50	31	55:47	1140
1117	6684	57:32	Robin Smith		Male	851	M40	228	55:20	1106
1118	4800	57:32	Jason Hall		Male	852	M40	229	54:24	1003
1119	5377	57:34	Angela Oâ€™sullivan		Female	267	F40	98	55:13	1097
1120	4982	57:37	Tracy Jackson		Female	268	F40	99	54:50	1046
1121	6651	57:38	Pawel Mezynski		Male	853	M50	165	55:51	1146
1122	6500	57:38	Andrew Woolley		Male	854	M50	166	55:58	1160
1123	5098	57:39	James Lee	Ely Runners	Male	855	M50	167	56:35	1206
1124	6278	57:39	Alex Milliken		Male	856	M	408	55:43	1130
1125	6233	57:40	Christopher Knoglinger		Male	857	M50	168	54:36	1024

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	6295	57:41	Kyle Scriven		Male	858	M	409	55:58	1158
1127	4507	57:41	Simon Dean		Male	859	M60	47	55:54	1151
1128	4279	57:41	Peter Brown		Male	860	M50	169	57:22	1273
1129	4314	57:41	Neil Butterfield		Male	861	M40	230	55:13	1094
1130	6245	57:43	Lucinda Humberston		Female	269	F	131	55:24	1111
1131	6401	57:43	Catherine Gould		Female	270	F40	100	54:33	1014
1132	6234	57:43	Corey Knoop		Male	862	M40	231	55:23	1109
1133	5295	57:44	Lea Morgan		Male	863	M40	232	55:51	1147
1134	5975	57:45	Bunny Warren		Male	864	M40	233	55:55	1153
1135	4193	57:46	Katie Blair		Female	271	F	132	55:07	1082
1136	4822	57:46	Ryan Hardes		Male	865	M	410	55:07	1080
1137	6421	57:46	Emily Fitch		Female	272	F	133	56:34	1202
1138	4027	57:48	Georgina Allen		Female	273	F60	9	55:48	1141
1139	5150	57:48	Veronika Lothian	Lynnsport Ladybirds	Female	274	F40	101	54:21	990
1140	5113	57:48	Liam Leverett		Male	866	M	411	56:11	1176
1141	5267	57:49	Paul Millar		Male	867	M50	170	57:05	1245
1142	4091	57:50	Nigel Banyard		Male	868	M	412	56:56	1238
1143	6524	57:50	Gareth Davies		Male	869	M40	234	56:22	1190
1144	5073	57:51	Tomasz Lancucki		Male	870	M	413	56:39	1214
1145	4255	57:52	Stephen Brimson		Male	871	M40	235	56:13	1179
1146	4199	57:52	Ron Bloomfield		Male	872	M40	236	56:13	1178
1147	5072	57:53	Anna Lancucka		Female	275	F	134	56:41	1218
1148	5109	57:54	Cheryl Lenton		Female	276	F40	102	55:46	1134
1149	6602	57:54	Hayley Gerrard	Lonely Goat Running Club	Female	277	F50	32	55:20	1104
1150	6732	57:55	Jan Smith		Female	278	F50	33	56:10	1172
1151	5916	57:56	Brianne Turner		Female	279	F	135	56:30	1200
1152	6032	57:58	Claire Williamson		Female	280	F40	103	56:15	1183
1153	5273	57:58	Zea Minns		Female	281	F	136	56:49	1227
1154	5128	57:58	Krystal Lincoln		Female	282	F	137	56:49	1230
1155	6511	57:59	Neil Burton		Male	873	M40	237	55:34	1120
1156	4709	57:59	Alex Gaunt	Norwich Road Runners	Male	874	M40	238	55:22	1108
1157	6118	58:00	Markus Blei		Male	875	M	414	57:43	1289
1158	4229	58:01	Keith Boyall		Male	876	M50	171	55:19	1103
1159	4421	58:02	Miriam Collister		Female	283	F	138	55:24	1110
1160	4965	58:03	Sally Hunter		Female	284	F50	34	56:56	1239
1161	5153	58:03	Joanna Lowe		Female	285	F	139	56:00	1163
1162	6464	58:03	Charlotte Drew		Female	286	F40	104	55:54	1150
1163	4658	58:04	Laura Foster		Female	287	F	140	56:17	1188
1164	4135	58:04	Claire Beckett		Female	288	F40	105	56:07	1168
1165	5356	58:05	Rachael Nichols		Female	289	F	141	55:46	1136
1166	4611	58:05	James England		Male	877	M60	48	56:33	1201
1167	4079	58:07	Anthony Ball		Male	878	M	415	56:42	1221
1168	4511	58:08	Kay Dedman		Female	290	F40	106	55:56	1154
1169	4510	58:08	Graeme Dedman		Male	879	M50	172	55:53	1149
1170	5849	58:08	Sara-Jayne Talley		Female	291	F40	107	58:08	1324
1171	4977	58:09	Alice Ingman		Female	292	F50	35	56:25	1194
1172	4109	58:09	Katharine Bartram		Female	293	F40	108	56:11	1173
1173	5839	58:09	Natasha Sumner	North Norfolk Beach Runners	Female	294	F40	109	56:24	1192
1174	1548	58:10	Dave Kenyon		Male	880	M50	173	55:07	1083
1175	4033	58:10	Philip Amato-Gauci		Male	881	M	416	56:06	1167
1176	5604	58:10	Kirstie Rogers		Female	295	F	142	56:37	1208
1177	5254	58:10	Ellie Merritt		Female	296	F	143	55:45	1133
1178	4067	58:12	Gary Axten-Mattingley		Male	882	M	417	55:46	1137
1179	6661	58:12	Radoslaw Piasecki		Male	883	M	418	55:35	1123
1180	5121	58:12	Jen Lewis		Female	297	F40	110	57:50	1301
1181	6612	58:12	Lewis Hopkins		Male	884	M	419	55:15	1101
1182	5653	58:13	Bobbie Sauerzapf	Bungay Black Dog RC	Female	298	F60	10	55:12	1093
1183	5240	58:13	Teresa McQuaid		Female	299	F50	36	57:15	1266
1184	6534	58:14	Nick Brigden		Male	885	M50	174	56:38	1213
1185	5008	58:14	David Jones		Male	886	M50	175	56:38	1210
1186	6731	58:15	Alexandra Wilson		Female	300	F	144	56:41	1217
1187	4259	58:16	Stephen Bromby		Male	887	M40	239	56:25	1193
1188	6232	58:17	Neil Goodwin		Male	888	M40	240	55:18	1102
1189	4417	58:20	Carl Collins		Male	889	M40	241	56:38	1211
1190	5586	58:22	Carl Ritchie		Male	890	M50	176	57:31	1282
1191	6508	58:23	Mathew Tuckwood		Male	891	M40	242	57:10	1258
1192	5841	58:25	Anoop Surendran		Male	892	M40	243	57:59	1313
1193	5238	58:25	Denise McPartlin		Female	301	F40	111	55:38	1125
1194	4129	58:26	Laura Baxter-Wilson		Female	302	F	145	55:43	1129
1195	6572	58:27	Bianca Costa		Female	303	F	146	55:09	1087
1196	5071	58:27	Mark Lammiman		Male	893	M40	244	56:17	1187
1197	4735	58:28	Claire Goldstone	Brandon Fern Hoppers	Female	304	F	147	56:08	1169
1198	6621	58:29	Anna Jones		Female	305	F50	37	58:02	1319
1199	4353	58:29	Rebecca Carter		Female	306	F	148	56:16	1184
1200	5724	58:30	Matthew Skoyles		Male	894	M	420	56:14	1182

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	5967	58:32	Brydie Warden		Female	307	F	149	56:27	1196
1202	5968	58:33	Jamie Warden		Male	895	M50	177	56:26	1195
1203	6030	58:33	Robert Williams		Male	896	M60	49	56:22	1191
1204	4448	58:33	Zoe Cornwell		Female	308	F40	112	56:06	1166
1205	5336	58:34	Julian Nakabuubi		Female	309	F	150	57:57	1309
1206	6003	58:34	Iain White		Male	897	M60	50	56:35	1204
1207	6099	58:34	Ellie Yusuf		Female	310	F	151	55:42	1127
1208	6556	58:34	Jack Ciesla		Male	898	M	421	57:08	1251
1209	4756	58:35	Rajneesh Goyal		Male	899	M	422	58:11	1329
1210	5250	58:35	Dawn Meredith		Female	311	F50	38	57:03	1242
1211	4704	58:37	Samuel Garrod		Male	900	M	423	56:41	1219
1212	6124	58:37	Susan Brentnall	Cambridge & Coleridge AC	Female	312	F50	39	56:16	1185
1213	4122	58:38	Peter Batty		Male	901	M40	245	56:38	1212
1214	4438	58:38	Emma Cooper		Female	313	F	152	56:49	1228
1215	5680	58:40	Clare Self		Female	314	F40	113	56:45	1224
1216	5067	58:40	Alex Ladell		Male	902	M	424	57:39	1287
1217	5208	58:42	Marc Martin		Male	903	M40	246	56:10	1171
1218	4408	58:43	Malcolm Coakley	St Albans Striders	Male	904	M50	178	56:29	1199
1219	4266	58:44	Stephen Brooks		Male	905	M50	179	54:36	1023
1220	6148	58:45	Lindsay Bird		Female	315	F	153	56:38	1209
1221	4247	58:46	Russell Brett		Male	906	M50	180	58:00	1314
1222	6548	58:47	Matthew Ferrie		Male	907	M40	247	56:39	1215
1223	5401	58:47	Peter Oughtibridge		Male	908	M40	248	57:50	1299
1224	4069	58:48	Jennifer Badcock		Female	316	F	154	56:18	1189
1225	6645	58:48	Michael Protheroe		Male	909	M50	181	56:35	1205
1226	6547	58:49	Ellen Ferrie		Female	317	F	155	56:41	1220
1227	5900	58:49	Rachel Trawally		Female	318	F	156	57:37	1286
1228	6043	58:49	Lisa Wilson		Female	319	F	157	55:58	1161
1229	6375	58:50	Kevin Tanser		Male	910	M40	249	56:37	1207
1230	5093	58:51	James Le Grice		Male	911	M	425	55:50	1144
1231	6173	58:51	Karen Davies		Female	320	F50	40	55:57	1156
1232	6402	58:53	Jenya Gray		Female	321	F	158	56:49	1229
1233	5663	58:53	Daniel Scase		Male	912	M	426	56:27	1197
1234	6287	58:53	Paul Scase		Male	913	M	427	56:27	1198
1235	4542	58:56	Keith Doughty		Male	914	M70+	7	57:23	1274
1236	4431	58:56	Jennifer Cook		Female	322	F40	114	57:08	1253
1237	6020	58:56	James Wilkinson		Male	915	M	428	57:15	1264
1238	4298	58:57	Simon Burdett		Male	916	M40	250	57:17	1269
1239	6312	58:58	Debbie Smart		Female	323	F40	115	55:24	1113
1240	4526	58:59	Matthew Dick		Male	917	M	429	57:55	1308
1241	6065	59:01	David Woodcock		Male	918	M50	182	57:33	1284
1242	5459	59:01	Richard Pegg		Male	919	M60	51	57:17	1268
1243	5038	59:02	Katy Kidd		Female	324	F	159	57:10	1259
1244	5902	59:03	Paul Trenholm		Male	920	M50	183	57:08	1254
1245	4518	59:03	John Denovan		Male	921	M50	184	56:46	1225
1246	4015	59:03	Karen Aberdeen		Female	325	F50	41	56:46	1226
1247	5785	59:04	Heidi Spicer		Female	326	F40	116	57:14	1263
1248	4299	59:06	Graham Burge		Male	922	M40	251	55:12	1089
1249	4300	59:06	Owen Burge		Male	923	M	430	55:12	1091
1250	5195	59:07	Linus Marray-Woods		Male	924	M50	185	57:09	1255
1251	5196	59:07	Sinead Alice Marray-Woods		Female	327	F	160	57:10	1257
1252	5889	59:08	David Tickle		Male	925	M40	252	58:14	1332
1253	6201	59:09	Katy Hopkins	Halmer Harriers	Female	328	F	161	56:40	1216
1254	4140	59:09	Jamie Bell		Male	926	M	431	56:52	1235
1255	5211	59:09	Chris Maslin		Male	927	M	432	54:59	1061
1256	4206	59:09	Alex Bone		Male	928	M	433	55:00	1062
1257	6560	59:14	Stewart Chalmers	Haverhill Running Club	Male	929	M60	52	57:06	1247
1258	6294	59:15	Terri Read	Dereham Runners & AC	Female	329	F	162	56:50	1231
1259	6344	59:15	Philip Websdale	Dereham Runners & AC	Male	930	M40	253	56:51	1232
1260	6093	59:16	Mick Yates		Male	931	M50	186	57:40	1288
1261	6231	59:17	Sally Gooderson		Female	330	F40	117	58:18	1340
1262	6330	59:17	Julie Whiskens		Female	331	F40	118	58:18	1339
1263	4731	59:17	Anamaria Goldsmith		Female	332	F40	119	57:03	1243
1264	4760	59:17	Matt Gray		Male	932	M40	254	57:03	1244
1265	4484	59:18	Steve Curtis		Male	933	M50	187	56:52	1234
1266	4536	59:18	Karen Dolman		Female	333	F40	120	57:21	1272
1267	6707	59:21	John Clements		Male	934	M	434	57:50	1300
1268	6566	59:23	Matthew Eggleton		Male	935	M	435	57:03	1241
1269	5034	59:23	Marie Kenworthy		Female	334	F50	42	57:06	1248
1270	6394	59:26	Rob Parr		Male	936	M50	188	56:44	1222
1271	6393	59:26	Abbie Parr		Female	335	F	163	56:45	1223
1272	6018	59:28	Zach Wiles-Van Dyke		Male	937	M	436	55:06	1076
1273	4835	59:30	Derek Harman		Male	938	M60	53	59:18	1420
1274	4178	59:30	Louise Bish		Female	336	F50	43	56:55	1236
1275	6713	59:31	Samantha Moore		Female	337	F	164	57:07	1250

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	6397	59:32	Fran Mills	Boston & District AC	Female	338	F50	44	57:11	1260
1277	4479	59:32	Jane Cumming		Female	339	F50	45	57:08	1252
1278	6045	59:33	Malcolm Wilson		Male	939	M50	189	56:51	1233
1279	4104	59:35	Richard Barnes		Male	940	M50	190	58:25	1347
1280	5829	59:35	Andrew Stratton	Wymondham AC	Male	941	M50	191	57:25	1276
1281	6350	59:35	Michael Wilson Wilson		Male	942	M	437	57:49	1296
1282	4179	59:38	Ashleigh Bix		Female	340	F	165	58:05	1320
1283	6155	59:39	Nathan Hallam		Male	943	M	438	57:07	1249
1284	4074	59:40	Fay Baker		Female	341	F40	121	57:13	1262
1285	5279	59:41	Leanne Mooney		Female	342	F	166	57:10	1256
1286	5353	59:42	Gwen Newbury		Female	343	F	167	57:15	1265
1287	5497	59:42	Emma Pollington		Female	344	F40	122	57:18	1270
1288	5504	59:44	Sally Porter	Bure Valley Harriers	Female	345	F50	46	57:13	1261
1289	5035	59:44	Philip Kenyon		Male	944	M60	54	58:55	1391
1290	5234	59:45	Shaun McKenna		Male	945	M50	192	58:37	1368
1291	5274	59:45	Helen Mitchell		Female	346	F50	47	58:38	1370
1292	4741	59:46	Paisley Goodrum		Female	347	F	168	56:58	1240
1293	5705	59:48	Samantha Sim		Female	348	F	169	58:01	1316
1294	5105	59:48	Gina Leech		Female	349	F	170	58:50	1384
1295	4237	59:49	Dane Branham		Male	946	M	439	55:49	1142
1296	6001	59:50	Jamie Whiley		Male	947	M	440	55:50	1145
1297	4898	59:51	Bob Hibberd		Male	948	M60	55	58:12	1331
1298	5475	59:52	George Pettit		Male	949	M40	255	56:16	1186
1299	5186	59:52	Daniel Manning		Male	950	M	441	57:45	1292
1300	4708	59:53	Mark Gaskins		Male	951	M40	256	58:35	1364
1301	6017	59:54	Emma Wilding	Ryston Runners	Female	350	F	171	58:08	1323
1302	5395	59:55	Gayna Orourke		Female	351	F40	123	57:52	1302
1303	4086	59:56	Peter Balmforth-Lambert		Male	952	M40	257	58:27	1350
1304	4362	59:57	Ilga Chakrabarti		Female	352	F50	48	58:01	1317
1305	5630	59:57	Matt Rump		Male	953	M	442	57:52	1303
1306	4934	59:57	Peter Holman		Male	954	M50	193	58:17	1337
1307	5108	59:58	Sarah Lensen		Female	353	F40	124	57:27	1278
1308	4272	59:58	Ash Brown		Male	955	M50	194	58:22	1344
1309	6195	59:59	Lukosevicene Liliija		Female	354	F40	125	58:29	1352
1310	5463	59:59	Suzanne Pembrey		Female	355	F50	49	57:28	1279
1311	5503	1:00:01	Rachel Porter		Female	356	F	172	58:15	1333
1312	6358	1:00:01	Luke Yates		Male	956	M	443	58:47	1382
1313	6140	1:00:02	Sophie Caudwell		Female	357	F	173	57:49	1297
1314	5050	1:00:02	Richard King		Male	957	M50	195	58:16	1335
1315	4575	1:00:02	Richard Dye		Male	958	M50	196	58:06	1321
1316	5674	1:00:03	Judy Seale	Fenland Running Club	Female	358	F50	50	58:38	1371
1317	5137	1:00:04	Rachel Lister		Female	359	F	174	58:28	1351
1318	4056	1:00:06	Samantha Arterton	Norfolk Gazelles AC	Female	360	F40	126	57:59	1312
1319	4351	1:00:06	Paul Carter	Ryston Runners	Male	959	M40	258	57:46	1293
1320	6300	1:00:07	James Rhodes		Male	960	M	444	57:16	1267
1321	4354	1:00:07	Sarah Carter		Female	361	F40	127	57:43	1290
1322	4902	1:00:07	Tiegan Hildon		Female	362	F	175	57:18	1271
1323	6378	1:00:07	Cloe Pegg		Female	363	F	176	58:23	1345
1324	4568	1:00:08	Kate Dunbar		Female	364	F50	51	57:06	1246
1325	5791	1:00:09	Caroline Stacey	North Norfolk Beach Runners	Female	365	F40	128	58:31	1358
1326	4837	1:00:10	Bethany Harper		Female	366	F	177	58:43	1375
1327	4665	1:00:11	Lauren Fox		Female	367	F	178	56:11	1175
1328	4160	1:00:14	Michelle Berry		Female	368	F40	129	57:55	1307
1329	5456	1:00:15	Elisabeth Peck	Thetford AC	Female	369	F40	130	58:25	1348
1330	4034	1:00:17	Robert Edward Amis		Male	961	M40	259	58:11	1327
1331	6538	1:00:17	Jordan Amis		Male	962	M	445	58:11	1328
1332	6674	1:00:21	Charlotte Smith	Ryston Runners	Female	370	F	179	58:34	1362
1333	5763	1:00:21	Veronique Smith		Female	371	F	180	59:02	1399
1334	5776	1:00:27	Sarah Sparkes		Female	372	F40	131	57:26	1277
1335	4415	1:00:29	Chris Coleman		Male	963	M	446	57:45	1291
1336	4002	1:00:30	Richard Gagen		Male	964	M	447	1:00:13	1511
1337	6395	1:00:30	Wayne Merrison		Male	965	M	448	58:11	1330
1338	5021	1:00:31	Carol Keable		Female	373	F50	52	59:13	1413
1339	4613	1:00:31	Daniel Ess		Male	966	M	449	58:39	1372
1340	5574	1:00:32	Lucy Richardson	Norwich Road Runners	Female	374	F	181	57:47	1295
1341	6357	1:00:33	Heidi Wright		Female	375	F40	132	59:17	1418
1342	6086	1:00:33	Peter Wright		Male	967	M40	260	57:32	1283
1343	6712	1:00:34	Lucas Cebrian		Male	968	M	450	56:11	1174
1344	4503	1:00:34	Wayne Day		Male	969	M40	261	57:46	1294
1345	5289	1:00:35	Rebecca Moore		Female	376	F	182	57:54	1306
1346	5247	1:00:36	Keith Melton		Male	970	M40	262	59:04	1404
1347	6256	1:00:39	Megan Obey		Female	377	F	183	58:43	1374
1348	5757	1:00:41	Linze Smith		Female	378	F40	133	58:46	1381
1349	4388	1:00:41	Jodie Clark		Female	379	F40	134	58:32	1360
1350	6528	1:00:41	Ans-Mari Bester		Female	380	F40	135	58:00	1315

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	1566	1:00:43	Matthew Walker		Male	971	M40	263	59:12	1412
1352	5496	1:00:44	Gavin Pollard		Male	972	M	451	58:33	1361
1353	4026	1:00:45	Felicity Allen		Female	381	F	184	58:10	1326
1354	5031	1:00:45	Edward Kenny		Male	973	M60	56	57:50	1298
1355	6436	1:00:46	Audrius Jasiulaitis		Male	974	M50	197	57:29	1280
1356	5584	1:00:47	Mark Riseborough	Runners Next The Sea	Male	975	M40	264	57:54	1305
1357	6459	1:00:47	Helen Cameron		Female	382	F40	136	57:30	1281
1358	5010	1:00:47	Hayley Jones	Runners Next The Sea	Female	383	F	185	57:54	1304
1359	4680	1:00:48	Thomas Freer		Male	976	M	452	58:20	1342
1360	5876	1:00:48	Elizabeth Thomson		Female	384	F60	11	58:36	1365
1361	4422	1:00:50	John Collop		Male	977	M60	57	56:55	1237
1362	6002	1:00:52	Gary Whitby		Male	978	M50	198	59:29	1439
1363	6359	1:00:53	Katrina Austin Whyatt		Female	385	F	186	58:32	1359
1364	5861	1:00:55	Luke Taylor		Male	979	M	453	57:23	1275
1365	5727	1:00:55	Sharon Smalls		Female	386	F40	137	59:22	1429
1366	6491	1:00:57	Paul Whiting		Male	980	M50	199	58:57	1393
1367	5171	1:00:58	Terence Maley		Male	981	M60	58	57:57	1310
1368	5655	1:00:59	Marianne Saunders		Female	387	F50	53	59:25	1433
1369	4318	1:00:59	Sarah Byatt		Female	388	F50	54	58:08	1322
1370	5430	1:01:00	Bob Paterson		Male	982	M40	265	58:02	1318
1371	5990	1:01:00	Barbara Welbourn		Female	389	F50	55	58:31	1356
1372	5836	1:01:01	Lyn Studman		Female	390	F40	138	59:18	1422
1373	5125	1:01:02	Zara Lewis		Female	391	F	187	58:37	1367
1374	5184	1:01:03	Tina Mann		Female	392	F40	139	58:09	1325
1375	5796	1:01:07	Katherine Staines		Female	393	F	188	58:26	1349
1376	5191	1:01:09	Jo Margereson		Female	394	F40	140	58:17	1338
1377	5019	1:01:09	Helen Karreman		Female	395	F50	56	58:57	1394
1378	5311	1:01:10	Louise Mottram		Female	396	F40	141	58:55	1389
1379	5025	1:01:11	Nigel Kelk		Male	983	M50	200	59:18	1421
1380	4185	1:01:12	Susie Black		Female	397	F	189	58:57	1392
1381	5650	1:01:13	Reshma Sannakki		Female	398	F40	142	58:37	1369
1382	6182	1:01:14	Kate Craven		Non-Binary	1	NB	1	58:30	1353
1383	6097	1:01:14	Gemma Young		Female	399	F40	143	57:59	1311
1384	4677	1:01:14	Andrew Fraser		Male	984	M	454	59:20	1426
1385	6324	1:01:16	Paul Verrando		Male	985	M50	201	58:44	1376
1386	6570	1:01:16	Coral Collison		Female	400	F	190	59:01	1397
1387	6265	1:01:16	Zoe Parla		Female	401	F	191	58:48	1383
1388	6561	1:01:19	Shaun Brooker		Male	986	M50	202	59:14	1414
1389	5149	1:01:19	Richard Lord		Male	987	M40	266	59:08	1409
1390	5239	1:01:22	Isobel McPartlin		Female	402	F	192	58:34	1363
1391	5710	1:01:24	Mark Simpson		Male	988	M50	203	59:28	1438
1392	5221	1:01:26	Lawrence Matthews		Male	989	M50	204	59:25	1434
1393	5983	1:01:26	Chris Webb		Male	990	M40	267	59:47	1464
1394	6390	1:01:28	Deborah McQuaid		Female	403	F50	57	58:36	1366
1395	4113	1:01:31	Alan Bartrum		Male	991	M40	268	58:21	1343
1396	5132	1:01:32	Dave Lines	Tri-Anglia Triathlon Club	Male	992	M40	269	58:31	1357
1397	6411	1:01:32	Mandy Fisher		Female	404	F40	144	58:44	1377
1398	4108	1:01:33	Tony Bartlett		Male	993	M60	59	58:25	1346
1399	5255	1:01:33	Perry Meshulam		Male	994	M	455	58:31	1355
1400	5904	1:01:34	Charlotte Trenowath		Female	405	F40	145	59:25	1432
1401	5883	1:01:34	Connor Thrower		Male	995	M	456	57:35	1285
1402	5860	1:01:35	Leanne Taylor	Three Counties Running Club	Female	406	F	193	58:18	1341
1403	6283	1:01:35	Michael Roberts-Anchor		Male	996	M40	270	59:02	1401
1404	4231	1:01:36	Rachel Boyce		Female	407	F40	146	58:16	1336
1405	4804	1:01:38	Heidi-Jayne Halls		Female	408	F	194	59:24	1431
1406	4430	1:01:38	Emma Cook		Female	409	F	195	58:40	1373
1407	5744	1:01:39	David Smith	Lowestoft Road Runners	Male	997	M40	271	59:07	1406
1408	5759	1:01:42	Lucilla Smith		Female	410	F40	147	58:30	1354
1409	4081	1:01:44	James Balloch	Runnymede Runners	Male	998	M40	272	58:50	1385
1410	4753	1:01:45	Tim Gower		Male	999	M50	205	59:50	1468
1411	6398	1:01:45	Philip Mills		Male	1000	M60	60	58:55	1390
1412	6033	1:01:46	Keri Williamson		Female	411	F	196	59:15	1416
1413	4182	1:01:47	Diana Black		Female	412	F50	58	59:33	1445
1414	4933	1:01:48	Annalise Holman		Female	413	F40	148	59:32	1442
1415	5818	1:01:48	Natalie Stewart		Female	414	F	197	59:02	1402
1416	5293	1:01:49	Angela Morgan		Female	415	F50	59	59:56	1478
1417	4696	1:01:51	Tobie Fysh		Male	1001	M	457	59:39	1453
1418	6632	1:01:51	Jonathan Mellor		Male	1002	M50	206	58:53	1386
1419	5478	1:01:54	Georgia Phelan	Wymondham AC	Female	416	F	198	59:09	1410
1420	5581	1:01:54	Dawn Rimington		Female	417	F50	60	1:00:06	1496
1421	4887	1:01:55	Steven Heggie		Male	1003	M40	273	59:52	1472
1422	5874	1:01:55	Richard Thompson		Male	1004	M40	274	59:20	1427
1423	4348	1:01:55	Julian Carter		Male	1005	M40	275	58:45	1378
1424	5077	1:01:56	Johanna Langley		Female	418	F40	149	59:03	1403
1425	4003	1:01:57	John Gaisford		Male	1006	M70+	8	59:54	1476

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	4132	1:01:58	Laura Bebbington		Female	419	F	199	59:19	1424
1427	4763	1:01:58	Alison Green	Wymondham AC	Female	420	F40	150	59:15	1415
1428	4885	1:01:59	Mark Heath		Male	1007	M	458	59:34	1447
1429	4260	1:01:59	Daryl Brooke		Male	1008	M40	276	59:35	1449
1430	5530	1:02:00	James Quilter		Male	1009	M	459	58:15	1334
1431	5118	1:02:00	William Lewin		Male	1010	M	460	59:01	1396
1432	5246	1:02:01	Shaun Mellish		Male	1011	M50	207	1:00:04	1495
1433	5116	1:02:01	Nikki Lewin		Female	421	F40	151	59:02	1400
1434	4380	1:02:01	Rebekah Chilvers		Female	422	F	200	59:54	1475
1435	6348	1:02:02	Richard Wilkins		Male	1012	M50	208	59:51	1469
1436	5672	1:02:03	James Scott		Male	1013	M50	209	59:45	1459
1437	6487	1:02:03	Becky Pochetty		Female	423	F	201	59:43	1456
1438	4663	1:02:04	Roy Fowkes		Male	1014	M70+	9	59:39	1454
1439	6286	1:02:05	Stuart Ross	West Norfolk AC	Male	1015	M50	210	1:00:17	1517
1440	6616	1:02:05	Wangueraydy Martins		Male	1016	M	461	1:00:45	1544
1441	4064	1:02:06	Sarah Attlesey	Notts Women Runners	Female	424	F	202	59:08	1408
1442	4045	1:02:06	Alan Anglin		Male	1017	M	462	59:58	1482
1443	6539	1:02:07	Joanne Anderson	March AC	Female	425	F	203	59:52	1471
1444	4807	1:02:08	Chris Hamill		Male	1018	M50	211	1:00:12	1508
1445	4875	1:02:08	Mark Hayes		Male	1019	M40	277	59:00	1395
1446	6019	1:02:09	Harriett Wilkinson		Female	426	F	204	1:00:48	1547
1447	5553	1:02:10	Gemma Reed		Female	427	F40	152	59:33	1443
1448	6455	1:02:10	Chad Hallam		Male	1020	M	463	59:37	1451
1449	5793	1:02:10	Pete Stafford	Halmer Harriers	Male	1021	M50	212	59:40	1455
1450	6058	1:02:11	Charlotte Wood		Female	428	F40	153	59:27	1437
1451	4321	1:02:11	Kevin Byrom		Male	1022	M50	213	59:16	1417
1452	4556	1:02:12	Emma Drew		Female	429	F40	154	59:59	1485
1453	4107	1:02:12	Derick Barsby		Male	1023	M70+	10	59:59	1484
1454	6253	1:02:12	Holly Norman		Female	430	F	205	1:00:01	1488
1455	6254	1:02:12	Nigel Norman		Male	1024	M50	214	1:00:01	1490
1456	4921	1:02:13	Fiona Hodge		Female	431	F40	155	59:01	1398
1457	4788	1:02:14	Louise Grimwood	Wymondham AC	Female	432	F40	156	59:18	1419
1458	4668	1:02:14	Stefan Fox		Male	1025	M	464	59:05	1405
1459	4025	1:02:15	Dawn Allen		Female	433	F40	157	59:44	1458
1460	5767	1:02:15	Claire Southgate		Female	434	F50	61	1:00:49	1549
1461	5337	1:02:15	Rebecca Nally		Female	435	F	206	1:00:03	1493
1462	6517	1:02:15	Emily Cullen		Female	436	F	207	59:07	1407
1463	6435	1:02:15	Kelly Codling		Female	437	F40	158	59:46	1460
1464	4073	1:02:16	Sam Bailey		Male	1026	M	465	59:49	1467
1465	1606	1:02:16	Karen Horton		Female	438	F40	159	1:00:32	1535
1466	5732	1:02:16	Anna Smith		Female	439	F40	160	59:47	1463
1467	6563	1:02:17	Jennifer Burfoot	Norfolk Gazelles AC	Female	440	F70+	1	1:00:07	1498
1468	5288	1:02:18	Rebecca Moore		Female	441	F	208	59:38	1452
1469	4991	1:02:18	Laura Jawor		Female	442	F	209	58:45	1380
1470	4053	1:02:19	Carole Armstrong		Female	443	F40	161	59:27	1436
1471	4040	1:02:20	Nicola Anderson		Female	444	F40	162	1:00:11	1505
1472	4473	1:02:20	Kathy Cullen		Female	445	F60	12	59:12	1411
1473	6567	1:02:21	Billy Elliott		Male	1027	M	466	58:45	1379
1474	4815	1:02:22	Robert Hammond		Male	1028	M	467	59:53	1474
1475	6061	1:02:22	Elizabeth Wood	West Norfolk AC	Female	446	F	210	1:00:14	1513
1476	5656	1:02:22	Sharon Saunders		Female	447	F40	163	59:23	1430
1477	5816	1:02:22	Claire Steward		Female	448	F40	164	59:46	1461
1478	6180	1:02:23	Rebecca Cooper		Female	449	F	211	58:55	1388
1479	6698	1:02:26	Stephen Thrower		Male	1029	M50	215	59:25	1435
1480	4899	1:02:27	Lucy Hicks		Female	450	F	212	1:01:00	1558
1481	5598	1:02:29	Matthew Robinson		Male	1030	M	468	1:01:57	1617
1482	4163	1:02:30	Chris Betts		Male	1031	M40	278	1:00:31	1533
1483	5177	1:02:30	Jennifer Maltby		Female	451	F40	165	59:57	1480
1484	4165	1:02:30	Tricia Betts		Female	452	F40	166	1:00:31	1534
1485	6221	1:02:33	Elizabeth Gatward		Female	453	F50	62	59:33	1444
1486	5394	1:02:33	Megan Oram	Dereham Runners & AC	Female	454	F40	167	59:36	1450
1487	5582	1:02:33	John Ripley		Male	1032	M50	216	59:31	1441
1488	6478	1:02:33	Ryan Lomas		Male	1033	M	469	1:00:29	1531
1489	5422	1:02:36	Caroline Parlett		Female	455	F50	63	1:00:03	1492
1490	5389	1:02:38	Joao Oliveira		Male	1034	M	470	59:19	1423
1491	4884	1:02:38	Liz Heath		Female	456	F40	168	1:00:15	1515
1492	5399	1:02:39	Denis O'Sullivan		Male	1035	M40	279	1:00:17	1519
1493	5753	1:02:39	Janice Smith		Female	457	F50	64	59:20	1425
1494	5189	1:02:40	Erin Marchetti		Female	458	F40	169	59:51	1470
1495	6708	1:02:42	Nathan Huny		Male	1036	M	471	59:35	1448
1496	4622	1:02:45	Maria Farrant		Female	459	F50	65	1:00:13	1510
1497	5057	1:02:46	Anne Kirk	Ramsey Road Runners	Female	460	F50	66	59:57	1479
1498	5792	1:02:47	Graham Stacey	Sleaford Striders AC	Male	1037	M60	61	59:34	1446
1499	6418	1:02:48	Natasha Ladbroke		Female	461	F	213	1:00:14	1514
1500	5687	1:02:48	Michelle Sharman		Female	462	F50	67	1:00:33	1536

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	5737	1:02:48	Callum Smith		Male	1038	M	472	1:02:32	1655
1502	1590	1:02:50	Annette Crocombe		Female	463	F40	170	59:22	1428
1503	5953	1:02:51	Daniel Wallage		Male	1039	M	473	1:00:01	1486
1504	6376	1:02:51	Ben Tansley		Male	1040	M	474	1:00:28	1529
1505	6069	1:02:55	Tasha Woodhouse	Runners Next The Sea	Female	464	F	214	1:00:02	1491
1506	5978	1:02:55	Peter Waterfield		Male	1041	M50	217	1:01:05	1564
1507	4464	1:02:56	Annette Crowley		Female	465	F50	68	1:01:17	1578
1508	4114	1:02:58	Glenn Basham	Wymondham AC	Male	1042	M50	218	59:43	1457
1509	1535	1:02:58	Vassilis Cutsuridis		Male	1043	M40	280	1:01:33	1593
1510	5729	1:02:58	Daniel Smart		Male	1044	M	475	1:00:14	1512
1511	4650	1:03:01	Louise Flett		Female	466	F	215	59:59	1483
1512	4770	1:03:01	Paul Greenfield		Male	1045	M50	219	1:00:09	1504
1513	5344	1:03:01	Elaine Neill		Female	467	F	216	59:30	1440
1514	6041	1:03:02	Charles Wilson		Male	1046	M40	281	1:00:06	1497
1515	6723	1:03:04	Steven Sykes		Male	1047	F40	171	1:00:20	1521
1516	6722	1:03:04	Dawn Sykes	Skegness & District Running Club	Female	468	F40	172	1:00:20	1523
1517	4322	1:03:05	Joanna Cain		Female	469	F	217	1:00:08	1502
1518	6637	1:03:05	David Lamb		Male	1048	M40	282	59:47	1465
1519	6552	1:03:05	Lisa Askew		Female	470	F	218	59:48	1466
1520	4478	1:03:05	Salina Cumbridge		Female	471	F40	173	1:00:09	1503
1521	6633	1:03:05	Nicola Holland		Female	472	F	219	1:00:20	1522
1522	4276	1:03:06	Emily Brown		Female	473	F	220	1:01:44	1603
1523	6694	1:03:06	Andy West		Male	1049	M40	283	1:00:29	1530
1524	4505	1:03:09	Marentia De Villiers		Female	474	F50	69	59:57	1481
1525	4694	1:03:09	Emma Fysh		Female	475	F	221	1:00:58	1555
1526	5126	1:03:09	Gareth Liddington		Male	1050	M	476	1:00:26	1526
1527	6302	1:03:09	Kayleigh Ridgewell		Female	476	F	222	1:00:19	1520
1528	5533	1:03:13	Esther Racey		Female	477	F	223	1:00:25	1525
1529	4268	1:03:14	Lucie Broomfield		Female	478	F40	174	1:00:26	1527
1530	5934	1:03:14	Chris Venables		Male	1051	M	477	1:00:03	1494
1531	6009	1:03:15	Steve Whitelam	Three Counties Running Club	Male	1052	M40	284	1:00:08	1501
1532	5626	1:03:15	Lucy Rudd		Female	479	F	224	1:01:39	1596
1533	4092	1:03:16	Aiden Barai		Male	1053	M	478	1:00:13	1509
1534	5446	1:03:20	Nerissa Peacock		Female	480	F	225	58:54	1387
1535	5887	1:03:20	Mel Tibbs		Male	1054	M50	220	1:01:05	1567
1536	4465	1:03:21	John Crowley		Male	1055	M50	221	1:01:41	1599
1537	6190	1:03:23	Stephen Pentland		Male	1056	M40	285	1:00:51	1550
1538	6194	1:03:24	Terry Lepore		Male	1057	M50	222	1:00:01	1489
1539	5000	1:03:25	Kathryn Johnson		Female	481	F	226	1:00:16	1516
1540	5547	1:03:27	Karen Rayner		Female	482	F50	70	1:00:40	1540
1541	4824	1:03:28	Will Hardie		Male	1058	M50	223	1:00:12	1507
1542	5365	1:03:28	Terrance Norman		Male	1059	M60	62	1:00:45	1545
1543	4719	1:03:29	Laura Gilbey		Female	483	F	227	1:02:48	1677
1544	4504	1:03:29	Tammy De Freitas		Female	484	F40	175	1:00:30	1532
1545	6239	1:03:30	Julie Green		Female	485	F50	71	1:01:28	1587
1546	6444	1:03:30	Caroline Bransgrove		Female	486	F	228	1:01:29	1588
1547	4363	1:03:30	Roma Chakrabarti		Female	487	F50	72	1:01:11	1574
1548	6445	1:03:30	Jamie Bransgrove	Ryston Runners	Male	1060	M40	286	1:01:29	1590
1549	6297	1:03:30	Sharvee Sempers		Female	488	F50	73	1:01:28	1586
1550	5556	1:03:31	Jeffrey Reed	Ryston Runners	Male	1061	M70+	11	1:00:36	1537
1551	6050	1:03:33	Stephen Wingrove		Male	1062	M40	287	1:00:37	1538
1552	6108	1:03:34	Andy Beeston		Male	1063	M70+	12	1:01:04	1562
1553	4894	1:03:35	Sally Henry		Female	489	F40	176	1:00:37	1539
1554	4381	1:03:36	Jo Chisam		Female	490	F40	177	1:01:00	1559
1555	5912	1:03:36	Amy Tuck		Female	491	F	229	1:00:59	1556
1556	5084	1:03:36	Nicole Larkin		Female	492	F	230	1:01:00	1557
1557	5427	1:03:36	Donna Partridge		Female	493	F40	178	1:00:48	1548
1558	5016	1:03:36	Debbie Judd		Female	494	F	231	1:01:03	1561
1559	6366	1:03:39	Phil Newton	Three Counties Running Club	Male	1064	M40	288	1:02:33	1657
1560	6259	1:03:43	Kenneth Philpot		Male	1065	M60	63	1:00:53	1551
1561	5810	1:03:43	Ian Stephenson		Male	1066	M40	289	1:00:55	1553
1562	5809	1:03:44	Annie Stephenson		Female	495	F40	179	1:00:55	1554
1563	6571	1:03:44	Darren Cooper		Male	1067	M40	290	1:00:54	1552
1564	6075	1:03:46	Daniel Wray		Male	1068	M	479	1:00:44	1542
1565	6501	1:03:46	Hazel Wray		Female	496	F50	74	1:00:44	1543
1566	6663	1:03:48	Anna Podgorska		Female	497	F	232	1:01:09	1572
1567	6642	1:03:48	Elzbieta Polom		Female	498	F40	180	1:01:10	1573
1568	5596	1:03:49	Helen Robinson		Female	499	F	233	1:01:28	1584
1569	4022	1:03:51	Dmitrijs Aleksejevs		Male	1069	M	480	59:47	1462
1570	4303	1:03:51	Fiona Burgess		Female	500	F	234	1:00:43	1541
1571	4732	1:03:51	James Goldsmith		Male	1070	M40	291	1:01:02	1560
1572	6090	1:03:53	Jason Wyer-Smith		Male	1071	M50	224	1:01:13	1575
1573	4769	1:03:54	Mark Greenacre		Male	1072	M	481	1:00:01	1487
1574	4767	1:03:55	Melvin Green	Three Counties Running Club	Male	1073	M50	225	1:01:04	1563
1575	4695	1:03:56	Rachael Fysh		Female	501	F	235	1:01:48	1608

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1576	5207	1:03:56	Lucy Martin	Vegan Runners UK	Female	502	F	236	1:00:08	1499
1577	5210	1:03:56	Natalja Maslakova		Female	503	F	237	1:01:36	1595
1578	4456	1:03:57	Lottie Creed		Female	504	F	238	1:01:25	1582
1579	4307	1:03:57	Sarah Burton		Female	505	F50	75	1:00:27	1528
1580	4436	1:03:58	Andrea Cooke	Halmer Harriers	Female	506	F40	181	1:01:28	1585
1581	5522	1:03:58	Andrew Pryor		Male	1074	M40	292	1:01:24	1581
1582	5935	1:03:59	Eduard Vezen		Male	1075	M	482	59:55	1477
1583	6412	1:03:59	Hayley Booth		Female	507	F	239	1:01:42	1600
1584	5605	1:04:00	Vera Rohrer		Female	508	F	240	1:01:29	1589
1585	4854	1:04:02	Crystal Hart		Female	509	F	241	1:01:06	1571
1586	6291	1:04:03	Natisha Ramsbottom	Dereham Runners & AC	Female	510	F	242	1:01:05	1565
1587	6292	1:04:03	Wayne Ramsbottom	Dereham Runners & AC	Male	1076	M50	226	1:01:05	1568
1588	6701	1:04:04	Lee Toll		Male	1077	M	483	1:02:10	1630
1589	5472	1:04:06	Andrea Peters		Female	511	F40	182	1:01:06	1570
1590	6193	1:04:07	Rees Leggate		Male	1078	M40	293	1:03:47	1745
1591	5756	1:04:08	Lindsay Smith		Female	512	F40	183	1:01:49	1609
1592	6035	1:04:10	Vivienne Williamson	Beverley Athletic Club	Female	513	F70+	2	1:02:00	1618
1593	6353	1:04:11	Christopher Wood		Male	1079	M50	227	1:01:39	1597
1594	5375	1:04:11	Ivan Nunn	Royston Runners	Male	1080	M60	64	1:01:16	1577
1595	4315	1:04:12	Lucy Buttery		Female	514	F	243	1:01:43	1602
1596	6070	1:04:17	Joe Woodley		Male	1081	M40	294	1:01:32	1592
1597	5678	1:04:17	Jo Sedgley		Female	515	F40	184	1:02:22	1644
1598	4154	1:04:17	Riley Bent		Male	1082	M	484	59:52	1473
1599	6603	1:04:20	Katie Gladd		Female	516	F	244	1:00:12	1506
1600	5519	1:04:23	Olivia Pritchard		Female	517	F	245	1:02:06	1622
1601	4306	1:04:23	Caine Burton		Male	1083	M	485	1:01:53	1614
1602	5520	1:04:23	Rob Pritchard	Mickleover RC	Male	1084	M50	228	1:02:07	1624
1603	6163	1:04:24	Sarah Fairbrother		Female	518	F	246	1:02:14	1635
1604	6022	1:04:24	Simon Wilkinson		Male	1085	M50	229	1:02:30	1654
1605	5366	1:04:25	Emma Norris		Female	519	F40	185	1:01:45	1604
1606	5160	1:04:30	Amy Lunn		Female	520	F	247	1:02:21	1641
1607	5229	1:04:31	Ella McCready		Female	521	F	248	1:01:17	1579
1608	5673	1:04:32	Mark Scott		Male	1086	M	486	1:00:08	1500
1609	4082	1:04:33	Eddie Balls		Male	1087	M70+	13	1:02:41	1667
1610	6522	1:04:33	Ian Grey		Male	1088	M	487	1:00:20	1524
1611	6432	1:04:37	Nicola Clarey		Female	522	F40	186	1:01:24	1580
1612	4794	1:04:40	Trevor Groves		Male	1089	M50	230	1:01:27	1583
1613	4011	1:04:42	Ellie Garlick		Female	523	F	249	1:03:01	1696
1614	4010	1:04:45	Candy Game		Female	524	F	250	1:01:05	1566
1615	5481	1:04:45	Gemma Philp		Female	525	F40	187	1:01:06	1569
1616	5602	1:04:46	Adam Rodwell		Male	1090	M	488	1:00:17	1518
1617	4697	1:04:49	Ingrid Gafrikova		Female	526	F40	188	1:01:47	1607
1618	4623	1:04:50	Melanie Farrer		Female	527	F	251	1:01:45	1605
1619	4498	1:04:53	Emma Davis		Female	528	F	252	1:02:02	1620
1620	5532	1:04:53	Lesley Raby		Female	529	F50	76	1:02:07	1626
1621	6638	1:04:54	Katja Larsen-Bendel		Female	530	F50	77	1:03:21	1716
1622	4700	1:04:54	Emma Garrard	Lowestoft Road Runners	Female	531	F40	189	1:02:51	1682
1623	4803	1:04:54	Jackie Hallett		Female	532	F60	13	1:02:42	1668
1624	6262	1:04:55	Janet Owen		Female	533	F50	78	1:01:50	1610
1625	4587	1:04:55	Jane Edwards		Female	534	F50	79	1:01:51	1612
1626	5879	1:04:56	Julie Thorold		Female	535	F40	190	1:01:46	1606
1627	6525	1:04:57	Stephanie Deeks	Great Yarmouth Road Runners	Female	536	F40	191	1:02:10	1631
1628	4488	1:04:59	Margaret Daly		Female	537	F50	80	1:02:08	1627
1629	4440	1:05:00	Michael Cooper		Male	1091	M50	231	1:00:47	1546
1630	5164	1:05:00	Eloise MacDuff		Female	538	F	253	1:02:40	1665
1631	6365	1:05:03	Sarah Murphy		Female	539	F40	192	1:02:17	1639
1632	5642	1:05:03	Frances Salter		Female	540	F	254	1:01:55	1615
1633	4998	1:05:04	Ady Johnson		Male	1092	M50	232	1:04:03	1756
1634	6187	1:05:04	Peter Donger	Royston Runners	Male	1093	M	489	1:01:34	1594
1635	5185	1:05:04	Victoria Mann		Female	541	F	255	1:01:31	1591
1636	4947	1:05:05	Samantha Howe		Female	542	F40	193	1:02:32	1656
1637	5736	1:05:06	Beccy Smith		Female	543	F40	194	1:02:48	1679
1638	4797	1:05:07	Michael Haines		Male	1094	M40	295	1:03:57	1749
1639	6596	1:05:09	Francisca Ricou Nunes Da Ponte		Female	544	F	256	1:01:51	1611
1640	4782	1:05:09	Claire Griffiths		Female	545	F40	195	1:02:11	1633
1641	4394	1:05:09	Daniel Clarkson		Male	1095	M	490	1:02:12	1634
1642	6666	1:05:10	Simon Murden		Male	1096	M	491	1:02:43	1670
1643	6667	1:05:10	Susannah Naylor	Harwell Harriers	Female	546	F40	196	1:02:44	1671
1644	5819	1:05:11	Katie Still		Female	547	F	257	1:03:05	1702
1645	4018	1:05:14	Emma Adcock	Dereham Runners & AC	Female	548	F40	197	1:03:00	1695
1646	5024	1:05:17	Alice Kelk		Female	549	F	258	1:02:34	1658
1647	5941	1:05:19	Catherine Wakeling		Female	550	F50	81	1:02:09	1628
1648	6520	1:05:20	Debbie Gray		Female	551	F50	82	1:02:11	1632
1649	5338	1:05:21	Aravind Nanjundiah		Male	1097	M40	296	1:02:42	1669
1650	4148	1:05:22	Rebekah Bensley-Mills		Female	552	F	259	1:02:52	1684

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1651	5717	1:05:23	Louise Sisley		Female	553	F50	83	1:01:41	1598
1652	5560	1:05:23	Carl Reeves		Male	1098	M50	233	1:02:16	1637
1653	4207	1:05:23	Chris Bone		Male	1099	M	492	1:01:13	1576
1654	5562	1:05:23	Yasmine Reeves		Female	554	F	260	1:02:16	1638
1655	4969	1:05:26	Valinda Hussey		Female	555	F50	84	1:02:18	1640
1656	4818	1:05:27	Nicola Hancock		Female	556	F40	198	1:02:29	1652
1657	4819	1:05:27	Peter Hancock		Male	1100	M50	234	1:02:28	1650
1658	6313	1:05:29	Sandra Snieckuviene		Female	557	F	261	1:02:23	1645
1659	4460	1:05:30	Anthony Crome		Male	1101	M70+	14	1:03:45	1741
1660	4743	1:05:31	Hannah Gore		Female	558	F	262	1:03:28	1722
1661	6166	1:05:31	Rachel Flatt		Female	559	F40	199	1:02:28	1649
1662	6423	1:05:32	Sara Freakley		Female	560	F60	14	1:02:00	1619
1663	5985	1:05:32	Hayley Webb		Female	561	F50	85	1:02:40	1664
1664	4403	1:05:33	Alex Clifton		Female	562	F	263	1:03:18	1712
1665	5009	1:05:33	Hayley Jones		Female	563	F	264	1:02:40	1663
1666	5082	1:05:34	Lorna Larham		Female	564	F	265	1:02:59	1693
1667	1632	1:05:34	Gina Chapman		Female	565	F	266	1:02:53	1687
1668	4778	1:05:34	Rachel Grief		Female	566	F	267	1:02:36	1662
1669	4333	1:05:34	Holly Campbell		Female	567	F	268	1:03:03	1699
1670	6299	1:05:35	Anneli Reeve		Female	568	F40	200	1:03:41	1737
1671	6122	1:05:35	Shirley Brammer		Female	569	F60	15	1:02:25	1646
1672	6416	1:05:37	Lewis King		Male	1102	M	493	1:02:07	1623
1673	6119	1:05:38	Chris Bloomfield		Male	1103	M40	297	1:01:52	1613
1674	6568	1:05:38	Dale Etheridge		Male	1104	M	494	1:03:43	1740
1675	4774	1:05:39	Emily Greenwood		Female	570	F	269	1:03:43	1739
1676	6587	1:05:39	Emma Fletcher		Female	571	F	270	1:03:37	1732
1677	4984	1:05:39	Claire James		Female	572	F	271	1:02:07	1625
1678	6586	1:05:39	Aaron Fletcher		Male	1105	M	495	1:03:36	1729
1679	5987	1:05:40	Tyler Webber		Male	1106	M	496	1:02:44	1672
1680	6474	1:05:41	Harriet Smith		Female	573	F	272	1:02:56	1690
1681	6494	1:05:41	Cara Williamson		Female	574	F	273	1:02:57	1691
1682	4288	1:05:42	David Bufton		Male	1107	M60	65	1:02:09	1629
1683	5955	1:05:42	Emma Walpole		Female	575	F	274	1:04:08	1760
1684	5979	1:05:43	Debbie Watson		Female	576	F	275	1:03:22	1718
1685	6523	1:05:43	Magda Czerek		Female	577	F	276	1:03:05	1701
1686	4795	1:05:44	Nigel Guppy		Male	1108	M50	235	1:01:42	1601
1687	5697	1:05:45	Rebecca Sheppard		Female	578	F	277	1:02:34	1660
1688	6688	1:05:45	Celina Taylor		Female	579	F50	86	1:02:35	1661
1689	4116	1:05:48	Robert Bateman		Male	1109	M40	298	1:03:06	1703
1690	4175	1:05:48	Sharon Bird	Fenland Running Club	Female	580	F40	201	1:03:09	1707
1691	5906	1:05:48	Annn Trett	Fenland Running Club	Female	581	F	278	1:03:10	1709
1692	6582	1:05:50	Heidi Hemeter		Female	582	F50	87	1:02:45	1673
1693	5487	1:05:50	Luke Pinner		Male	1110	M	497	1:02:56	1688
1694	5499	1:05:51	Dan Ponder		Male	1111	M	498	1:03:19	1713
1695	5096	1:05:53	Cameron Lee		Male	1112	M	499	1:02:49	1680
1696	5563	1:05:53	Gerry Reilly		Male	1113	M40	299	1:02:47	1676
1697	5824	1:05:53	Darina Stoda		Female	583	F	279	1:02:58	1692
1698	5930	1:05:54	Samantha Vassallo		Female	584	F40	202	1:04:11	1766
1699	4369	1:05:54	Alison Chaplin		Female	585	F50	88	1:02:22	1642
1700	5494	1:05:54	Heather Pocklington		Female	586	F60	16	1:02:22	1643
1701	4397	1:05:55	Clemence Claxton		Female	587	F	280	1:02:30	1653
1702	6021	1:05:57	Jo Wilkinson		Female	588	F	281	1:02:52	1683
1703	5129	1:05:59	Paul Lincoln		Male	1114	M40	300	1:02:14	1636
1704	5257	1:05:59	Evelina Metlova		Female	589	F	282	1:01:55	1616
1705	5318	1:06:03	Gill Munday		Female	590	F50	89	1:02:48	1678
1706	4501	1:06:04	Tyler Dawes		Male	1115	M	500	1:02:34	1659
1707	5894	1:06:04	Catherine Tipling		Female	591	F	283	1:03:36	1730
1708	5585	1:06:05	Natalie Riseborough		Female	592	F	284	1:02:41	1666
1709	4038	1:06:07	James Anderson		Male	1116	M	501	1:02:46	1675
1710	4691	1:06:11	Richard Fussell		Male	1117	M40	301	1:04:09	1763
1711	6048	1:06:11	Tommy Wilson		Male	1118	M	502	1:02:28	1651
1712	4477	1:06:11	Dave Cambridge		Male	1119	M40	302	1:03:21	1715
1713	5464	1:06:11	Amanda Penfold		Female	593	F	285	1:02:05	1621
1714	5329	1:06:15	Andrew Muskett		Male	1120	M40	303	1:03:02	1697
1715	5330	1:06:16	Louise Muskett		Female	594	F40	203	1:03:03	1698
1716	5512	1:06:16	Carole Preston		Female	595	F40	204	1:04:02	1755
1717	5228	1:06:16	Lee McCowen		Male	1121	M	503	1:04:13	1768
1718	4903	1:06:17	Gregory Hill		Male	1122	M40	304	1:04:12	1767
1719	5652	1:06:17	Chloe Sarsby		Female	596	F	286	1:04:22	1775
1720	4781	1:06:19	Peter Griffin		Male	1123	M40	305	1:03:49	1746
1721	6044	1:06:20	Lucy Wilson		Female	597	F50	90	1:03:07	1705
1722	4802	1:06:20	Julia Hallam	Grantham Running Club	Female	598	F	287	1:03:00	1694
1723	5081	1:06:21	Stuart Large		Male	1124	M50	236	1:02:52	1685
1724	6655	1:06:25	Natalia Mocewicz		Female	599	F	288	1:03:47	1744
1725	6591	1:06:27	Michelle Foreman		Female	600	F40	205	1:02:56	1689



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	6036	1:06:27	Linda Wills-Gillings		Female	601	F40	206	1:03:37	1733
1727	4359	1:06:29	Richard Cave		Male	1125	M40	306	1:03:25	1720
1728	5666	1:06:31	Clare Schofield		Female	602	F40	207	1:02:49	1681
1729	6091	1:06:34	Emma Yarham		Female	603	F	289	1:03:37	1731
1730	4652	1:06:37	Emma Flynn		Female	604	F40	208	1:03:40	1736
1731	4955	1:06:37	Rachel Hughes		Female	605	F	290	1:03:58	1751
1732	5412	1:06:37	Sally Panks		Female	606	F40	209	1:03:59	1753
1733	6592	1:06:41	Janet Foxwell		Female	607	F50	91	1:03:25	1721
1734	4250	1:06:41	Paul Bridges		Male	1126	M	504	1:03:36	1728
1735	6659	1:06:42	Rebecca Richardson	Fenland Running Club	Female	608	F	291	1:03:09	1706
1736	6008	1:06:43	Peter Whitehurst		Male	1127	M40	307	1:03:15	1711
1737	6121	1:06:44	Shauna Bonnar-Ford		Female	609	F40	210	1:04:38	1787
1738	4138	1:06:44	Julie Bee		Female	610	F50	92	1:04:38	1788
1739	6692	1:06:44	David Wootler		Male	1128	M50	237	1:03:10	1708
1740	4423	1:06:46	Paula Connolly		Female	611	F50	93	1:03:33	1725
1741	4012	1:06:48	Annette Garner		Female	612	F50	94	1:03:41	1738
1742	4213	1:06:49	Paul Boon		Male	1129	M50	238	1:03:06	1704
1743	4470	1:06:49	Lisa Crumpton		Female	613	F50	95	1:04:09	1765
1744	1658	1:06:50	Paul Pickering		Male	1130	M40	308	1:03:23	1719
1745	6498	1:06:50	Helen Timson		Female	614	F40	211	1:03:21	1717
1746	5951	1:06:51	Sonia Walker		Female	615	F40	212	1:03:10	1710
1747	5406	1:06:51	Abi Page		Female	616	F	292	1:04:43	1794
1748	4049	1:06:54	Sahana Aravind		Female	617	F40	213	1:04:33	1783
1749	4689	1:06:55	Karen Fuller		Female	618	F	293	1:02:26	1647
1750	6646	1:06:56	Kathryn Nethercott		Female	619	F40	214	1:02:27	1648
1751	4913	1:06:58	Jyoti Hiremath		Female	620	F	294	1:04:22	1777
1752	4331	1:06:59	Claire Campbell		Female	621	F50	96	1:04:43	1793
1753	5623	1:06:59	Helen Roycroft		Female	622	F50	97	1:04:14	1769
1754	4278	1:06:59	Marie Brown		Female	623	F40	215	1:04:44	1795
1755	6385	1:07:00	Shaun Mott		Male	1131	M	505	1:02:53	1686
1756	6477	1:07:00	James Lindner		Male	1132	M	506	1:04:34	1785
1757	5564	1:07:03	Peter Relf		Male	1133	M60	66	1:05:29	1834
1758	6377	1:07:05	Jude Tansley		Male	1134	M	507	1:05:11	1817
1759	4630	1:07:05	Alex Field		Male	1135	M	508	1:04:24	1779
1760	5994	1:07:05	Helen West		Female	624	F40	216	1:03:31	1723
1761	4145	1:07:07	Izzy Bennett		Female	625	F50	98	1:04:57	1811
1762	6396	1:07:08	Steven Miller		Male	1136	M	509	1:02:45	1674
1763	5134	1:07:09	Marie Linley		Female	626	F50	99	1:05:01	1813
1764	5491	1:07:09	Lisa Plumb		Female	627	F50	100	1:04:46	1798
1765	4037	1:07:10	Darrell Anderson		Male	1137	M50	239	1:04:06	1758
1766	4644	1:07:11	Leigh Flaherty		Male	1138	M	510	1:04:09	1761
1767	4645	1:07:11	Ruth Flaherty		Female	628	F	295	1:04:09	1762
1768	6139	1:07:11	Gill Cash		Female	629	F60	17	1:03:56	1748
1769	5306	1:07:14	Sarah Morton		Female	630	F40	217	1:04:42	1792
1770	4723	1:07:14	Alexandra Gills	Halmer Harriers	Female	631	F50	101	1:03:19	1714
1771	5932	1:07:16	Gaetan Vawser		Male	1139	M50	240	1:05:06	1815
1772	4350	1:07:16	Les Carter		Male	1140	M60	67	1:04:35	1786
1773	6282	1:07:17	Karen Martin		Female	632	F40	218	1:03:03	1700
1774	6600	1:07:17	Adam Garrett		Male	1141	M	511	1:04:53	1805
1775	4931	1:07:23	Steve Hollick	Team Anstey Amblers and Runners	Male	1142	M50	241	1:04:17	1770
1776	4929	1:07:23	Rebecca Hollick	Team Anstey Amblers and Runners	Female	633	F40	219	1:04:17	1771
1777	4712	1:07:25	Claire Gayton		Female	634	F40	220	1:05:11	1818
1778	5106	1:07:25	Graeme Leeson		Male	1143	M40	309	1:04:22	1776
1779	6223	1:07:26	Lisa Gill		Female	635	F40	221	1:04:23	1778
1780	5421	1:07:26	Toby Parker		Male	1144	M	512	1:04:25	1780
1781	4426	1:07:30	Paige Convoy		Female	636	F	296	1:04:50	1800
1782	5899	1:07:37	Rachel Townshend		Female	637	F	297	1:04:21	1773
1783	5047	1:07:37	Jane King		Female	638	F60	18	1:04:21	1774
1784	5410	1:07:37	Lyn Palmer		Female	639	F40	222	1:04:31	1782
1785	5101	1:07:38	Rhiannon Lee		Female	640	F40	223	1:03:34	1727
1786	5922	1:07:42	Louise Unwin		Female	641	F	298	1:05:38	1842
1787	5905	1:07:43	Alex Trens		Male	1145	M40	310	1:04:57	1810
1788	6080	1:07:45	Karin Wright		Female	642	F40	224	1:03:58	1752
1789	5783	1:07:45	Kate Spencer		Female	643	F40	225	1:03:33	1724
1790	4115	1:07:45	Nina Batchelor		Female	644	F	299	1:03:59	1754
1791	5537	1:07:47	Roberto Ramasso		Male	1146	M40	311	1:04:51	1803
1792	6272	1:07:47	Anne-Marie Mattless	Three Counties Running Club	Female	645	F40	226	1:04:40	1789
1793	4957	1:07:49	Susan Humphrey		Female	646	F40	227	1:04:51	1801
1794	5707	1:07:50	Joanna Simon		Female	647	F	300	1:04:09	1764
1795	6264	1:07:51	Alice Parker		Female	648	F	301	1:05:08	1816
1796	6092	1:07:51	Kayla Yates		Female	649	F	302	1:05:21	1825
1797	4603	1:07:55	Martin Elsegood		Male	1147	M50	242	1:05:42	1849
1798	5936	1:07:58	Richard Vincent		Male	1148	M60	68	1:05:44	1851
1799	6489	1:08:03	Cathy Raven		Female	650	F40	228	1:03:46	1742
1800	4639	1:08:03	Darren Fisher		Male	1149	M40	312	1:03:34	1726

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1801	1602	1:08:03	Rachel Harris-Raven		Female	651	F40	229	1:03:47	1743
1802	6309	1:08:04	Natalie Stewart		Female	652	F	303	1:05:17	1821
1803	5618	1:08:05	Claire Rotman		Female	653	F40	230	1:03:58	1750
1804	6689	1:08:06	Vanessa Winters	Stamford Striders	Female	654	F40	231	1:04:54	1806
1805	4013	1:08:08	Emma Garner		Female	655	F	304	1:05:25	1828
1806	4683	1:08:08	Verity Fretwell		Female	656	F	305	1:05:25	1829
1807	5693	1:08:10	Deborah Sheils		Female	657	F50	102	1:05:17	1822
1808	5179	1:08:12	Chris Mann		Male	1150	M50	243	1:05:18	1823
1809	5154	1:08:13	Jane Lowrie	Wymondham AC	Female	658	F50	103	1:04:41	1791
1810	6734	1:08:15	Teilo Pearce		Male	1151	M	513	1:03:38	1734
1811	4975	1:08:15	Miranda Hyder		Female	659	F50	104	1:05:13	1819
1812	5139	1:08:15	Harry Littlemore		Male	1152	M50	244	1:03:39	1735
1813	4065	1:08:17	Jordan Aucote		Male	1153	M	514	1:03:51	1747
1814	6355	1:08:18	Alastair Woodruff		Male	1154	M50	245	1:04:03	1757
1815	5398	1:08:18	Steve Osborne		Male	1155	M	515	1:05:21	1826
1816	6469	1:08:19	Gemma Lawrence		Female	660	F	306	1:04:46	1796
1817	6420	1:08:19	Sara Fisher		Female	661	F40	232	1:04:46	1797
1818	4475	1:08:20	Bethany Cullimore-Pike		Female	662	F	307	1:04:06	1759
1819	5100	1:08:20	Lisa Lee		Female	663	F50	105	1:06:00	1856
1820	4785	1:08:21	Haley Griggs		Female	664	F40	233	1:05:35	1840
1821	4141	1:08:21	Karen Bell		Female	665	F40	234	1:05:35	1839
1822	5127	1:08:21	Nicola Lilley		Female	666	F	308	1:05:35	1841
1823	6205	1:08:22	Madeleine Kelly		Female	667	F	309	1:04:27	1781
1824	4097	1:08:23	Samantha Barber		Male	1156	M	516	1:04:49	1799
1825	4171	1:08:27	Clare Biggie		Female	668	F	310	1:04:51	1802
1826	6060	1:08:27	Christopher Wood		Male	1157	M40	313	1:05:33	1837
1827	6389	1:08:28	Chienne McMurray		Female	669	F	311	1:04:52	1804
1828	6490	1:08:30	Sharon Reast		Female	670	F50	106	1:04:55	1809
1829	5012	1:08:31	Kate Jones		Female	671	F	312	1:05:44	1852
1830	4144	1:08:32	Sandra Bell	Dereham Runners & AC	Non-Binary	2	NB	2	1:05:42	1848
1831	4799	1:08:34	Barry Hall		Male	1158	M60	69	1:06:36	1888
1832	4629	1:08:37	Maria Clara Ferreira De Simao		Female	672	F	313	1:05:20	1824
1833	5369	1:08:39	Stephen Norris	Coltishall Jaguars RC	Male	1159	M	517	1:04:58	1812
1834	4323	1:08:40	Nick Caistor		Male	1160	M70+	15	1:04:54	1808
1835	5203	1:08:40	Mike Marshall	North Norfolk Beach Runners	Male	1161	M70+	16	1:05:02	1814
1836	4562	1:08:40	Helen Driver		Female	673	F40	235	1:06:20	1873
1837	4577	1:08:43	Steph Eagling		Female	674	F60	19	1:05:27	1830
1838	6116	1:08:44	Bill Brakes		Male	1162	M70+	17	1:05:31	1835
1839	5940	1:08:45	Andrew Wagg		Male	1163	M40	314	1:06:27	1880
1840	4489	1:08:45	Stephen Darker		Male	1164	M40	315	1:06:54	1898
1841	4679	1:08:45	Nichola Freer		Female	675	F40	236	1:06:18	1870
1842	4189	1:08:45	Judith Blackman		Female	676	F50	107	1:04:41	1790
1843	4548	1:08:46	Matthew Downes		Male	1165	M40	316	1:04:18	1772
1844	5026	1:08:47	Emma Kelley		Female	677	F	314	1:05:22	1827
1845	6311	1:08:47	Lucy Tennant		Female	678	F	315	1:06:00	1854
1846	4601	1:08:48	Jack Ellwood		Male	1166	M	518	1:06:00	1855
1847	4864	1:08:49	Gavin Hawes		Male	1167	M	519	1:06:05	1861
1848	4739	1:08:50	Tracey Goodhew		Female	679	F40	237	1:04:33	1784
1849	4032	1:08:52	Charlotte Amato-Gauci		Female	680	F	316	1:05:34	1838
1850	6235	1:08:58	Nicola Knott		Female	681	F40	238	1:05:41	1847
1851	6696	1:09:00	Andrew Whisler		Male	1168	M	520	1:04:54	1807
1852	6144	1:09:02	Kirsty Bunting		Female	682	F	317	1:06:14	1868
1853	4747	1:09:03	Joanna Goude		Female	683	F	318	1:07:03	1906
1854	4373	1:09:03	Liam Chapman		Male	1169	M	521	1:07:01	1905
1855	5266	1:09:04	Tony Miles		Male	1170	M40	317	1:06:01	1859
1856	6240	1:09:05	Debbie Gromett		Female	684	F40	239	1:05:32	1836
1857	5966	1:09:05	Sam Ward		Male	1171	M	522	1:06:25	1879
1858	4538	1:09:05	Stephen Donoclift		Male	1172	M50	246	1:05:29	1833
1859	5054	1:09:07	Maxine Kinghorn		Female	685	F40	240	1:05:16	1820
1860	5339	1:09:09	Janet Nash		Female	686	F40	241	1:06:12	1865
1861	6658	1:09:11	Lee Richardson		Male	1173	M	523	1:05:43	1850
1862	5039	1:09:12	Nicola Kierman		Female	687	F40	242	1:07:14	1920
1863	1625	1:09:13	Linda-Claire Smith		Female	688	F50	108	1:06:05	1862
1864	6089	1:09:15	Jackie Wrout		Female	689	F50	109	1:06:01	1857
1865	5292	1:09:16	Suzanne Moore		Female	690	F50	110	1:05:55	1853
1866	6055	1:09:17	Sarah Witting		Female	691	F40	243	1:06:03	1860
1867	6063	1:09:17	Nathan Wood		Male	1174	M40	318	1:06:52	1897
1868	4216	1:09:19	Kelly Booth		Female	692	F	319	1:07:01	1903
1869	5559	1:09:20	Angela Reeve		Female	693	F	320	1:07:06	1908
1870	5061	1:09:21	Allen Kissock		Male	1175	M50	247	1:07:40	1935
1871	4075	1:09:21	Gregg Baker		Male	1176	M40	319	1:06:55	1899
1872	4796	1:09:24	Claudia Gyton		Female	694	F50	111	1:06:10	1864
1873	5044	1:09:25	Antony King		Male	1177	M	524	1:07:40	1936
1874	4564	1:09:26	Ken Drummond		Male	1178	M50	248	1:06:35	1886
1875	5233	1:09:28	Carol McKean		Female	695	F40	244	1:06:15	1869

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1876	6141	1:09:30	Stuart Chaplin		Male	1179	M40	320	1:05:28	1832
1877	6553	1:09:33	Kate Chapman		Female	696	F40	245	1:06:27	1881
1878	4469	1:09:35	Brett Cruickshank		Male	1180	M40	321	1:07:09	1911
1879	6225	1:09:36	Kirsty Longhurst		Female	697	F	321	1:05:27	1831
1880	4813	1:09:37	Rachel Hammond		Female	698	F	322	1:06:09	1863
1881	4377	1:09:37	Samantha Charlesworth		Female	699	F40	246	1:06:01	1858
1882	5214	1:09:37	Peter Mason		Male	1181	M40	322	1:06:19	1871
1883	4029	1:09:38	Edwin Allingham		Male	1182	M50	249	1:05:38	1843
1884	4908	1:09:41	Sarah Hilton		Female	700	F40	247	1:06:19	1872
1885	6115	1:09:41	Adrian Bradley		Male	1183	M50	250	1:05:41	1844
1886	6152	1:09:42	Sharon Forster		Female	701	F50	112	1:05:41	1846
1887	4953	1:09:43	Rachel Hubbard		Female	702	F	323	1:06:23	1878
1888	4951	1:09:43	Jo Hubbard		Female	703	F	324	1:06:23	1877
1889	4952	1:09:43	Nathan Hubbard		Male	1184	M	525	1:06:23	1876
1890	5180	1:09:43	Ellie Mann		Female	704	F	325	1:05:41	1845
1891	6440	1:09:51	Dave Cook		Male	1185	M50	251	1:06:13	1867
1892	4157	1:09:52	Charlotte Berry		Female	705	F	326	1:07:13	1916
1893	5872	1:09:54	Josh Thompson		Male	1186	M	526	1:07:21	1928
1894	5528	1:09:56	Elaine Pygall		Female	706	F50	113	1:06:41	1893
1895	5976	1:09:57	Chloe Warren		Female	707	F	327	1:06:37	1890
1896	5681	1:10:01	Jax Sesstein		Female	708	F50	114	1:07:49	1940
1897	5187	1:10:01	Terry Marchent		Male	1187	M40	323	1:06:30	1882
1898	4882	1:10:04	Iain Hazlewood		Male	1188	M50	252	1:06:21	1874
1899	4883	1:10:05	Kirsty Hazlewood		Female	709	F40	248	1:06:22	1875
1900	5634	1:10:08	Sarah Russell		Female	710	F	328	1:06:31	1883
1901	5989	1:10:09	Tracey Weight		Female	711	F40	249	1:08:08	1957
1902	5952	1:10:09	Libby Wall		Female	712	F	329	1:08:08	1956
1903	4262	1:10:13	Victoria Brooke		Female	713	F40	250	1:06:49	1894
1904	6143	1:10:14	Amanda Buchan		Female	714	F50	115	1:07:03	1907
1905	5542	1:10:21	Donna Rankin	Lonely Goat Running Club	Female	715	F40	251	1:07:09	1912
1906	4705	1:10:26	Emily Garry	March AC	Female	716	F	330	1:07:10	1913
1907	6285	1:10:26	Sarah Rosella		Female	717	F40	252	1:06:51	1896
1908	5579	1:10:26	David Rider		Male	1189	M60	70	1:08:02	1948
1909	5908	1:10:27	James Trim		Male	1190	M	527	1:07:53	1941
1910	4964	1:10:27	Max Hunter		Male	1191	M	528	1:08:03	1949
1911	6400	1:10:29	Shelly Gotora		Female	718	F	331	1:06:34	1884
1912	6200	1:10:30	Gary Murphy		Male	1192	M50	253	1:06:40	1891
1913	5213	1:10:30	Kayla Mason		Female	719	F50	116	1:06:59	1902
1914	4757	1:10:33	Melanie Grange		Female	720	F40	253	1:07:06	1909
1915	4308	1:10:36	Sussane Burton		Female	721	F40	254	1:08:06	1954
1916	5558	1:10:37	Andrew Reeve		Male	1193	M	529	1:08:52	1975
1917	4634	1:10:37	Daniele Filipaite		Female	722	F	332	1:08:52	1976
1918	4930	1:10:39	Sally Hollick	Sleaford Striders AC	Female	723	F50	117	1:07:26	1929
1919	4973	1:10:40	Marcus Hutchinson		Male	1194	M	530	1:06:12	1866
1920	6212	1:10:41	Samantha Puttock		Female	724	F40	255	1:06:40	1892
1921	6117	1:10:41	Anne-Marie Bramley		Female	725	F	333	1:07:07	1910
1922	6081	1:10:41	Katharine Wright		Female	726	F40	256	1:07:30	1931
1923	5212	1:10:42	Joanne Mason		Female	727	F40	257	1:07:31	1932
1924	6516	1:10:42	Liz Cox	Great Yarmouth Road Runners	Female	728	F40	258	1:07:56	1943
1925	6677	1:10:44	Jessica Williams		Female	729	F	334	1:06:35	1887
1926	6409	1:10:46	Steven Farquhar		Male	1195	M	531	1:06:49	1895
1927	4558	1:10:47	Chris Drewery		Male	1196	M	532	1:07:13	1918
1928	5895	1:10:47	Nigel Tipping		Male	1197	M50	254	1:07:14	1919
1929	5091	1:10:48	Ian Lawson		Male	1198	M40	324	1:06:57	1900
1930	4525	1:10:48	Katherine Di Carlo		Female	730	F	335	1:06:35	1885
1931	5133	1:10:48	Ian Linley		Male	1199	M50	255	1:08:40	1971
1932	6114	1:10:50	Susan Booth		Female	731	F50	118	1:07:21	1927
1933	5102	1:10:52	Sarah Lee		Female	732	F40	259	1:07:48	1939
1934	5476	1:10:52	Sarah Pettit		Female	733	F40	260	1:07:17	1923
1935	5469	1:10:53	Marc Perris		Male	1200	M40	325	1:07:14	1921
1936	5696	1:10:53	Simon Shelton		Male	1201	M	533	1:09:04	1980
1937	4994	1:10:57	Rebecca Jennings		Female	734	F40	261	1:07:42	1937
1938	5006	1:10:58	Anita Jones		Female	735	F40	262	1:07:43	1938
1939	4749	1:11:01	Catherine Goult		Female	736	F	336	1:06:36	1889
1940	6371	1:11:02	Hilary Roberts		Non-Binary	3	NB	3	1:07:01	1904
1941	6530	1:11:03	Mark Bobbins		Male	1202	M50	256	1:08:21	1963
1942	5814	1:11:03	Laura Stevenson	Dereham Runners & AC	Female	737	F40	263	1:08:13	1958
1943	5531	1:11:04	Georgina Quinn		Female	738	F	337	1:07:12	1915
1944	6724	1:11:04	Victoria Slade		Female	739	F	338	1:07:11	1914
1945	5140	1:11:04	Kathy Littler		Female	740	F50	119	1:08:32	1966
1946	4161	1:11:05	Sarah Berry		Female	741	F50	120	1:08:32	1967
1947	4878	1:11:06	Dicky Haylock		Male	1203	M40	326	1:06:59	1901
1948	5090	1:11:06	Cameron Lawson		Male	1204	M	534	1:07:15	1922
1949	6216	1:11:07	Chris Marchington		Male	1205	M60	71	1:07:38	1933
1950	4198	1:11:08	Paul Brian Bloomfield	Coltishall Jaguars RC	Male	1206	M50	257	1:07:28	1930

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1951	6133	1:11:09	Shelley Clynych		Female	742	F	339	1:07:39	1934
1952	4620	1:11:11	Wendy Farquhar	Ryston Runners	Female	743	F50	121	1:08:04	1950
1953	6362	1:11:19	Davina Barrett		Female	744	F40	264	1:08:02	1946
1954	6005	1:11:21	Samantha White		Female	745	F40	265	1:08:06	1952
1955	6493	1:11:22	Rebecca Williams		Female	746	F40	266	1:07:18	1925
1956	5947	1:11:24	Amanda Walker		Female	747	F	340	1:07:13	1917
1957	4326	1:11:31	Dianne Calvert	Brandon Fern Hoppers	Female	748	F50	122	1:09:07	1982
1958	4429	1:11:34	Dawn Cook	Norwich Road Runners	Female	749	F50	123	1:08:07	1955
1959	5751	1:11:34	Jack Smith		Male	1207	M	535	1:07:18	1924
1960	6739	1:11:35	Eleanor Smith		Female	750	F	341	1:07:19	1926
1961	6023	1:11:35	Vicky Wilkinson		Female	751	F40	267	1:08:51	1974
1962	5942	1:11:36	Charlene Waldron		Non-Binary	4	NB	4	1:07:59	1944
1963	5928	1:11:39	Alice Vanhinsbergh		Female	752	F	342	1:08:20	1960
1964	6303	1:11:40	Jane Rimmer		Female	753	F60	20	1:08:28	1964
1965	4313	1:11:41	Shelley Butler		Female	754	F	343	1:08:37	1969
1966	6473	1:11:41	Donna Smith		Female	755	F	344	1:09:13	1985
1967	5256	1:11:43	Amy Metcalfe		Female	756	F	345	1:09:40	1997
1968	6704	1:11:49	Karen Wallis		Female	757	F50	124	1:07:55	1942
1969	4598	1:11:52	Liz Elliott		Female	758	F40	268	1:09:30	1990
1970	5466	1:11:54	Carol Penney		Female	759	F50	125	1:08:20	1961
1971	5355	1:11:59	Nicola Newcombe		Female	760	F	346	1:08:31	1965
1972	4439	1:12:01	Jade Cooper	Ryston Runners	Female	761	F	347	1:08:02	1947
1973	5085	1:12:06	Louise Larkins		Female	762	F50	126	1:08:17	1959
1974	5725	1:12:07	Andrew Skuse		Male	1208	M50	258	1:08:36	1968
1975	4976	1:12:07	Elaine Hyde-Watson		Female	763	F	348	1:08:06	1953
1976	6011	1:12:07	Rosemary Whitelaw		Female	764	F	349	1:08:21	1962
1977	4485	1:12:09	Alan Cushing		Male	1209	M60	72	1:08:05	1951
1978	5313	1:12:10	Antonia Moussakou		Female	765	F40	269	1:12:10	2074
1979	5374	1:12:16	Cindy Nunn		Female	766	F50	127	1:08:01	1945
1980	4938	1:12:17	Tina Hooper		Female	767	F50	128	1:09:23	1987
1981	4937	1:12:17	Kelsey Hooper		Female	768	F	350	1:09:23	1988
1982	4427	1:12:17	Sandy Convoy		Female	769	F	351	1:09:37	1993
1983	6599	1:12:18	Joanne Rust		Female	770	F50	129	1:08:59	1979
1984	4098	1:12:20	Angie Barker	Runners Next The Sea	Female	771	F50	130	1:08:51	1973
1985	4621	1:12:32	David Farr		Male	1210	M60	73	1:10:23	2022
1986	4153	1:12:32	Robert Benstead		Male	1211	M70+	18	1:08:56	1978
1987	5683	1:12:33	Helen Sewell	Ryston Runners	Female	772	F70+	3	1:10:25	2023
1988	6363	1:12:42	Karen Akers		Female	773	F40	270	1:09:11	1984
1989	5554	1:12:48	Helen Reed	Ryston Runners	Female	774	F50	131	1:09:41	1998
1990	4285	1:12:52	Ben Buck		Male	1212	M	536	1:08:47	1972
1991	5431	1:12:52	Jacqueline Paterson		Female	775	F40	271	1:09:10	1983
1992	4830	1:12:54	Carol Hardy		Female	776	F50	132	1:09:21	1986
1993	5772	1:12:54	Eleanor Spall		Female	777	F	352	1:10:45	2030
1994	6082	1:12:55	Kathryn Wright		Female	778	F	353	1:08:37	1970
1995	4186	1:12:56	Anita Blackburn		Female	779	F50	133	1:09:53	2004
1996	4614	1:13:00	Carol Evans		Female	780	F70+	4	1:09:07	1981
1997	6454	1:13:00	Natalie Hall		Female	781	F50	134	1:08:55	1977
1998	5236	1:13:05	Melanie McLellan		Female	782	F	354	1:10:06	2009
1999	4127	1:13:07	Matthew Baxter		Male	1213	M40	327	1:10:07	2010
2000	4125	1:13:07	Hannelore Baxter		Female	783	F	355	1:10:07	2011
2001	6185	1:13:11	Jon Di-Bella		Male	1214	M50	259	1:09:39	1995
2002	5914	1:13:11	Steve Tucker		Male	1215	M40	328	1:09:43	1999
2003	6213	1:13:11	William Lunn		Male	1216	M	537	1:09:39	1996
2004	4458	1:13:14	Catherine Crisp		Female	784	F60	21	1:09:57	2007
2005	5111	1:13:16	Di Lettice		Female	785	F50	135	1:09:47	2001
2006	4988	1:13:18	Lucy-Summer James		Female	786	F	356	1:12:47	2086
2007	5645	1:13:20	Sarah Sanders		Female	787	F	357	1:09:43	2000
2008	5011	1:13:20	Helen Jones		Female	788	F	358	1:10:36	2024
2009	4766	1:13:24	Matthew Dominic Green		Male	1217	M	538	1:11:32	2052
2010	4239	1:13:24	Betsy Branyan		Female	789	F50	136	1:10:04	2008
2011	5510	1:13:28	Lorraine Prestidge		Female	790	F40	272	1:09:51	2003
2012	6037	1:13:31	Sarah Willson		Female	791	F50	137	1:10:40	2027
2013	4823	1:13:35	Kerry Hardie		Female	792	F40	273	1:10:19	2018
2014	4841	1:13:35	Jacqui Harris		Female	793	F50	138	1:10:20	2019
2015	6542	1:13:37	Darren Barratt	Stamford Striders	Male	1218	M40	329	1:10:13	2015
2016	4042	1:13:40	Lee Anderton	Dereham Runners & AC	Male	1219	M40	330	1:10:55	2038
2017	4043	1:13:40	Tracey Anderton		Female	794	F50	139	1:10:54	2037
2018	6269	1:13:40	Irene Njoki		Female	795	F	359	1:09:38	1994
2019	4023	1:13:46	Samantha Allard		Non-Binary	5	NB	5	1:10:22	2021
2020	6449	1:13:47	Clair Beckett		Female	796	F40	274	1:09:33	1991
2021	6271	1:13:47	Natalie Mason		Female	797	F	360	1:09:33	1992
2022	5937	1:13:49	Gail Voyle	Tewkesbury AC	Female	798	F50	140	1:10:08	2012
2023	4576	1:13:50	Deidre Dyer		Female	799	F40	275	1:10:11	2013
2024	4916	1:13:50	Kerry Hitchcock		Female	800	F	361	1:10:22	2020
2025	5230	1:13:52	Ivan McCready		Male	1220	M50	260	1:10:38	2026

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2026	4589	1:13:59	Karen Edwards	Team Anstey Amblers and Runners	Female	801	F60	22	1:09:55	2006
2027	4495	1:14:03	Suzanne Davies		Female	802	F	362	1:09:27	1989
2028	5981	1:14:05	Bridgette Watts		Female	803	F40	276	1:10:49	2032
2029	4497	1:14:12	Becky Davis		Female	804	F	363	1:10:12	2014
2030	5402	1:14:14	Robert Overton		Male	1221	M70+	19	1:09:53	2005
2031	6392	1:14:14	Ian Overton		Male	1222	M40	331	1:09:51	2002
2032	4195	1:14:16	Jon Blayney		Male	1223	M	539	1:10:53	2033
2033	4196	1:14:16	Samantha Blayney		Female	805	F	364	1:10:53	2034
2034	4853	1:14:20	Laura Harrod		Female	806	F	365	1:10:43	2029
2035	5855	1:14:21	Adrienne Taylor		Female	807	F40	277	1:10:58	2039
2036	4434	1:14:21	Tamara Cook		Female	808	F40	278	1:10:58	2040
2037	4500	1:14:25	Gj Davison		Male	1224	M	540	1:10:16	2017
2038	5471	1:14:25	Bruce Peterkin		Male	1225	M50	261	1:10:16	2016
2039	6438	1:14:27	Steve Jubey		Male	1226	M	541	1:12:10	2073
2040	5835	1:14:34	Georgina Studd		Female	809	F60	23	1:11:19	2044
2041	6465	1:14:35	Jo Evans		Female	810	F50	141	1:12:02	2064
2042	4790	1:14:36	Caroline Groves		Female	811	F40	279	1:10:54	2036
2043	6673	1:14:36	Amanda Singleton		Female	812	F40	280	1:12:03	2066
2044	1610	1:14:37	Gillian Claire Bennett		Female	813	F50	142	1:11:19	2043
2045	4519	1:14:39	Kylie Denson	March AC	Female	814	F	366	1:10:47	2031
2046	5545	1:14:40	Andy Rayner		Male	1227	M50	262	1:11:51	2058
2047	6227	1:14:47	Stephanie Lucas		Female	815	F50	143	1:11:26	2049
2048	4211	1:14:47	Gillian Boon		Female	816	F50	144	1:11:25	2048
2049	5712	1:14:51	Nicole Sinnott		Female	817	F	367	1:12:19	2079
2050	4316	1:14:52	Kerry Buttriss		Female	818	F40	281	1:11:32	2051
2051	5045	1:14:53	Brenda King	Rotherham Harriers and AC	Female	819	F60	24	1:11:47	2056
2052	5119	1:14:58	Bianca Lewis		Female	820	F40	282	1:11:25	2047
2053	4540	1:14:58	Morna Dorricott		Female	821	F	368	1:10:36	2025
2054	4340	1:15:00	Kerry Carr		Female	822	F40	283	1:11:53	2063
2055	4635	1:15:01	Kevin Finch		Male	1228	M50	263	1:11:53	2062
2056	6203	1:15:02	Callie Houghton		Female	823	F	369	1:11:02	2041
2057	4692	1:15:04	Martin Futter		Male	1229	M50	264	1:11:23	2045
2058	5997	1:15:04	Robert West		Male	1230	M	542	1:11:30	2050
2059	5444	1:15:05	Jordan Peacock		Female	824	F	370	1:10:41	2028
2060	4280	1:15:09	Shelly Brown	Ryston Runners	Female	825	F	371	1:11:24	2046
2061	5963	1:15:09	Georgina Ward	Ryston Runners	Female	826	F	372	1:12:17	2078
2062	5502	1:15:17	Geoff Porter	Bure Valley Harriers	Male	1231	M50	265	1:10:54	2035
2063	4405	1:15:24	Jon Clifton		Male	1232	M40	332	1:12:40	2085
2064	5868	1:15:32	Charles Thomas		Male	1233	M	543	1:11:13	2042
2065	4992	1:15:33	James Jay		Male	1234	M	544	1:12:07	2069
2066	4005	1:15:38	Bethany Gall		Female	827	F	373	1:12:29	2081
2067	5328	1:15:39	Vanessa Murray		Female	828	F40	284	1:11:43	2055
2068	4218	1:15:41	Virginia Borrman		Female	829	F50	145	1:11:40	2053
2069	6550	1:15:42	Sharon Armes		Female	830	F40	285	1:12:14	2077
2070	4612	1:15:42	Michael Ennis	100 Marathon Club	Male	1235	M70+	20	1:14:00	2125
2071	5282	1:15:44	Beth Moore		Female	831	F	374	1:11:50	2057
2072	5833	1:15:52	Bethany Studd	Bungay Black Dog RC	Female	832	F	375	1:12:03	2065
2073	5354	1:15:52	Catherine Newcombe		Female	833	F40	286	1:12:07	2070
2074	4101	1:15:52	Amanda Barnes		Female	834	F50	146	1:12:08	2071
2075	5834	1:15:52	Bethany Studd		Female	835	F	376	1:12:03	2067
2076	5557	1:15:59	Alison Reeve		Female	836	F40	287	1:11:51	2059
2077	5689	1:15:59	Adam Sharples		Male	1236	M	545	1:11:43	2054
2078	4596	1:16:00	Victoria Eldridge		Female	837	F	377	1:11:52	2061
2079	5301	1:16:04	Sue Morris		Female	838	F60	25	1:12:10	2075
2080	4942	1:16:05	James Hornigold		Male	1237	M50	266	1:12:12	2076
2081	5155	1:16:09	Sarah Lucas		Female	839	F50	147	1:11:52	2060
2082	4496	1:16:11	Victoria Davies		Female	840	F40	288	1:12:33	2082
2083	5538	1:16:14	Lynn Randall		Female	841	F60	26	1:12:09	2072
2084	5747	1:16:20	Gary Smith		Male	1238	M	546	1:12:23	2080
2085	6237	1:16:26	Julie Gray		Female	842	F50	148	1:12:06	2068
2086	5064	1:16:33	Sasha Knight		Female	843	F	378	1:13:03	2097
2087	6695	1:16:37	Cassandra Whelan		Female	844	F	379	1:13:09	2098
2088	6208	1:16:40	Lainey Knight		Female	845	F	380	1:13:14	2100
2089	4888	1:16:42	Russell Hellwig		Male	1239	M50	267	1:13:33	2109
2090	6636	1:16:46	Caroline Holmes		Female	846	F40	289	1:12:35	2084
2091	4396	1:16:46	Louise Clarkson		Female	847	F	381	1:12:49	2087
2092	6229	1:16:48	Katherine Goller		Female	848	F40	290	1:12:34	2083
2093	4533	1:16:55	Ada Dobie		Female	849	F40	291	1:13:45	2116
2094	5749	1:16:55	Hayley Smith		Female	850	F	382	1:13:45	2120
2095	4816	1:16:55	Steph Hammond-Rye		Female	851	F	383	1:13:45	2119
2096	4062	1:16:58	Gabrielle Atling	Hockley Trail Runners	Female	852	F50	149	1:12:54	2088
2097	4031	1:16:59	Eric Allright		Male	1240	M50	268	1:13:14	2101
2098	4820	1:17:02	Claire Handley		Female	853	F	384	1:13:02	2096
2099	6693	1:17:02	Holly Webb		Female	854	F	385	1:12:55	2089
2100	4858	1:17:04	Catherine Harvey		Female	855	F50	150	1:12:59	2091

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	4687	1:17:05	Claire Froude		Female	856	F	386	1:14:01	2126
2102	5637	1:17:05	Tina Rust		Female	857	F50	151	1:13:00	2093
2103	4257	1:17:05	Rachael Brittain		Female	858	F40	292	1:13:00	2094
2104	5555	1:17:10	Jack Reed		Male	1241	M	547	1:12:58	2090
2105	6314	1:17:11	Anna Spackman	Great Yarmouth Road Runners	Female	859	F	387	1:13:29	2106
2106	4277	1:17:11	Georgie Brown		Female	860	F	388	1:12:59	2092
2107	4917	1:17:12	Madison Hitchcock		Female	861	F	389	1:13:00	2095
2108	5201	1:17:14	Alec Marshall		Male	1242	M	548	1:15:09	2164
2109	5378	1:17:18	Mark Oakerbee	March AC	Male	1243	M	549	1:13:34	2111
2110	4742	1:17:18	Clair Goodson		Female	862	F40	293	1:13:35	2113
2111	5731	1:17:30	Angela Smith	North Norfolk Beach Runners	Female	863	F60	27	1:13:34	2110
2112	4873	1:17:33	Carolyn Hayes		Female	864	F60	28	1:13:29	2107
2113	5561	1:17:35	Niki Reeves		Female	865	F	390	1:13:23	2102
2114	4252	1:17:37	Dean Briggs		Male	1244	M	550	1:16:38	2192
2115	1651	1:17:39	Christopher Mumby		Male	1245	M60	74	1:13:28	2105
2116	5627	1:17:41	Heather Rugg		Female	866	F40	294	1:13:35	2114
2117	5460	1:17:44	Ryan Pegg		Male	1246	M	551	1:13:12	2099
2118	4214	1:17:47	James Boote		Male	1247	M	552	1:14:35	2146
2119	1600	1:17:48	Angela Harper		Female	867	F50	152	1:14:06	2130
2120	4832	1:17:52	David Hardy		Male	1248	M40	333	1:13:35	2112
2121	4289	1:17:53	Linda Bufton		Female	868	F60	29	1:14:01	2127
2122	1598	1:17:55	Lisa Hurry		Female	869	F50	153	1:13:52	2121
2123	6102	1:17:57	Simon Conway		Male	1249	M40	334	1:13:33	2108
2124	6683	1:17:59	Kiernan Shine		Male	1250	M	553	1:13:27	2103
2125	5698	1:17:59	Phillippa Shine		Female	870	F	391	1:13:28	2104
2126	6541	1:17:59	Rebecca Barnes		Female	871	F	392	1:14:03	2128
2127	4083	1:18:00	Glenis Balls		Female	872	F60	30	1:14:24	2141
2128	4014	1:18:01	Teresa Abel	Runners Next The Sea	Female	873	F50	154	1:14:08	2132
2129	6475	1:18:01	Denise Leeder	Runners Next The Sea	Female	874	F60	31	1:14:08	2131
2130	5382	1:18:03	Ceris Oakey-Kierman		Female	875	F	393	1:13:55	2123
2131	5383	1:18:04	Lisa Oakey-Smart		Female	876	F40	295	1:13:55	2124
2132	5358	1:18:08	Laura Nicoleau		Female	877	F	394	1:14:47	2151
2133	4566	1:18:08	Lesley Dumbleton		Female	878	F50	155	1:14:47	2152
2134	6316	1:18:12	Chris Walker		Male	1251	M50	269	1:13:45	2117
2135	5059	1:18:13	Nathan Kirk		Male	1252	M	554	1:14:09	2133
2136	6505	1:18:13	Kirsty Walker		Female	879	F	395	1:13:44	2115
2137	6319	1:18:13	Sheena Walker		Female	880	F50	156	1:13:45	2118
2138	6472	1:18:14	Claudia Smith		Female	881	F40	296	1:14:17	2136
2139	4580	1:18:14	Christine Easthall		Female	882	F	396	1:14:17	2137
2140	6323	1:18:15	Jerome Thompson		Male	1253	M	555	1:15:40	2173
2141	5002	1:18:15	Rosie Johnson		Female	883	F	397	1:15:40	2175
2142	4527	1:18:19	Jack Dickings		Male	1254	M	556	1:13:53	2122
2143	5778	1:18:19	Donna Sparrow		Female	884	F50	157	1:14:24	2140
2144	4391	1:18:20	Juliet Clarke		Female	885	F50	158	1:14:25	2142
2145	6335	1:18:22	Sue Tucker-Reynolds	Halmer Harriers	Female	886	F40	297	1:14:27	2144
2146	5074	1:18:24	David Lane	Ryston Runners	Male	1255	M50	270	1:14:22	2138
2147	6736	1:18:24	Shashidhar Mathapati		Male	1256	M	557	1:15:46	2179
2148	4855	1:18:25	Gill Hart	Ryston Runners	Female	887	F60	32	1:14:22	2139
2149	6049	1:18:29	Sandra Wingrove		Female	888	F40	298	1:14:45	2150
2150	4641	1:18:29	Sarah Fisher		Female	889	F	398	1:14:26	2143
2151	5166	1:18:29	Linda MacLean		Female	890	F50	159	1:14:15	2135
2152	4016	1:18:32	Louise Adams		Female	891	F50	160	1:14:05	2129
2153	4481	1:18:32	Paul Cunningham		Male	1257	M	558	1:14:35	2145
2154	6631	1:18:33	Juliette Meek		Female	892	F	399	1:14:42	2149
2155	4909	1:18:36	Kieran Hinchliffe		Male	1258	M	559	1:14:39	2148
2156	5709	1:18:39	Kofi Simpson		Male	1259	M	560	1:14:13	2134
2157	4443	1:18:46	Dawn Coote		Female	893	F60	33	1:16:27	2189
2158	5993	1:18:48	George West		Male	1260	M	561	1:15:13	2165
2159	4584	1:18:49	Lynne Eborall		Female	894	F40	299	1:15:40	2174
2160	4264	1:18:51	Leanne Brooks		Female	895	F	400	1:14:37	2147
2161	4911	1:18:52	Jenny Hindle		Female	896	F50	161	1:15:02	2159
2162	5846	1:19:03	Sharon Sweet		Female	897	F40	300	1:14:50	2153
2163	4914	1:19:03	Hayley Hissett		Female	898	F	401	1:14:50	2154
2164	5691	1:19:06	Laura Shaw		Female	899	F	402	1:15:17	2166
2165	5808	1:19:10	Stacy Steele		Female	900	F	403	1:15:51	2181
2166	5276	1:19:15	Donna Monk		Female	901	F40	301	1:15:04	2162
2167	6196	1:19:16	Ian Monk		Male	1261	M50	271	1:15:04	2163
2168	4522	1:19:19	Judy Devlin		Female	902	F40	302	1:15:03	2160
2169	5417	1:19:20	Kathryn Parker		Female	903	F40	303	1:15:29	2168
2170	4332	1:19:20	Gemma Campbell		Female	904	F	404	1:15:04	2161
2171	4151	1:19:20	Lindsey Benstead		Female	905	F50	162	1:15:29	2169
2172	4572	1:19:26	Vicky Dunthorne		Female	906	F50	163	1:15:34	2171
2173	4482	1:19:27	Lucy Curson		Female	907	F	405	1:14:56	2156
2174	5486	1:19:27	Hayley Pink		Female	908	F40	304	1:14:56	2155
2175	5386	1:19:28	Katy Odell		Female	909	F	406	1:14:57	2157

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2176	5578	1:19:28	Kizzy Rickett	Halmer Harriers	Female	910	F50	164	1:15:33	2170
2177	6158	1:19:30	John Downey		Male	1262	M60	75	1:16:35	2191
2178	6519	1:19:30	Samantha Grant		Female	911	F	407	1:15:21	2167
2179	4330	1:19:31	Shannen Camp		Female	912	F	408	1:15:01	2158
2180	5869	1:19:33	Fiona Thomas		Female	913	F40	305	1:15:39	2172
2181	6726	1:19:35	Dani Hanwell		Female	914	F	409	1:16:52	2197
2182	1665	1:19:41	Emma Sibley		Female	915	F50	165	1:16:22	2188
2183	4128	1:19:42	Tim Baxter	Halmer Harriers	Male	1263	M50	272	1:15:44	2176
2184	4126	1:19:42	Katherine Baxter	Halmer Harriers	Male	1264	M40	335	1:15:44	2178
2185	5927	1:19:42	Jenny Vangemerem		Female	916	F40	306	1:15:44	2177
2186	5909	1:19:46	Vicky Tripp		Female	917	F	410	1:16:19	2185
2187	5910	1:19:52	Mark Trudgian		Male	1265	M50	273	1:16:02	2183
2188	5400	1:19:54	Mike Ottley		Male	1266	M70+	21	1:15:47	2180
2189	1661	1:20:01	Sally Robinson		Female	918	F50	166	1:16:04	2184
2190	1581	1:20:11	Chris Jones		Male	1267	M50	274	1:17:22	2202
2191	4983	1:20:15	Chris James		Male	1268	M	562	1:15:55	2182
2192	6132	1:20:17	Gail Clarkson		Female	919	F50	167	1:16:21	2187
2193	5055	1:20:19	John Kirby		Male	1269	M60	76	1:18:03	2206
2194	5162	1:20:25	Georgie Lyden		Female	920	F40	307	1:16:56	2198
2195	5222	1:20:26	Rosemary Matthewson		Female	921	F50	168	1:16:38	2193
2196	4095	1:20:31	Joanne Barber		Female	922	F40	308	1:16:28	2190
2197	4419	1:20:42	Jennifer Collins		Female	923	F	411	1:16:21	2186
2198	4228	1:20:47	Abigail Boxall		Female	924	F	412	1:18:30	2209
2199	1620	1:20:48	Susan Whiteley		Female	925	F50	169	1:16:52	2196
2200	6624	1:20:52	Andrew Keens		Male	1270	M	563	1:16:45	2194
2201	5965	1:20:56	Loli Ward		Female	926	F40	309	1:17:22	2203
2202	5449	1:20:58	Shereen Pearce		Female	927	F	413	1:16:59	2199
2203	4661	1:21:03	Louise Fountain		Female	928	F	414	1:16:46	2195
2204	6617	1:21:25	Megan Mathias		Female	929	F	415	1:17:18	2201
2205	4342	1:21:26	Bernadette Carson		Female	930	F	416	1:17:40	2204
2206	4406	1:21:37	Alice Clough		Female	931	F	417	1:17:01	2200
2207	6189	1:22:00	Philip Pearson		Male	1271	M50	275	1:18:52	2215
2208	5641	1:22:02	Natasha Salawu		Female	932	F40	310	1:17:40	2205
2209	5138	1:22:29	Sharon Lister	Norfolk Harriers RC	Female	933	F40	311	1:18:30	2210
2210	4958	1:22:30	Sue Humphreys	Norfolk Harriers RC	Female	934	F50	170	1:18:28	2208
2211	5996	1:22:33	Richard West		Male	1272	M40	336	1:18:58	2221
2212	4166	1:22:35	Gill Bewick	Runners Next The Sea	Female	935	F50	171	1:18:30	2211
2213	5863	1:22:41	Rachel Taylor		Female	936	F40	312	1:18:45	2213
2214	4609	1:22:50	Victoria Ely		Female	937	F	418	1:18:58	2219
2215	5094	1:22:50	Barbara Leake		Female	938	F60	34	1:18:32	2212
2216	5646	1:22:52	Guy Sandison		Male	1273	M	564	1:18:53	2217
2217	5647	1:22:53	Rachael Sandison		Female	939	F	419	1:18:54	2218
2218	5649	1:22:53	Mahesh Sannakki		Male	1274	M40	337	1:18:19	2207
2219	6521	1:23:00	Robert Green		Male	1275	M	565	1:19:26	2229
2220	5780	1:23:02	Caroline Spaxman		Female	940	F	420	1:19:12	2224
2221	5762	1:23:05	Sue Smith	Ryston Runners	Female	941	F50	172	1:19:20	2226
2222	4425	1:23:13	Michelle Convoy		Female	942	F40	313	1:19:10	2223
2223	4357	1:23:13	Russell Castledine		Male	1276	M	566	1:18:52	2214
2224	4356	1:23:14	Bethanie Castledine		Female	943	F	421	1:18:52	2216
2225	4812	1:23:15	Justeene Hammond		Female	944	F40	314	1:19:12	2225
2226	4103	1:23:16	Rachael Barnes		Female	945	F	422	1:18:58	2220
2227	5704	1:23:18	Maisie Silverman		Female	946	F	423	1:19:08	2222
2228	4690	1:23:23	Estelle Furnell		Female	947	F50	173	1:19:30	2232
2229	4693	1:23:28	Danielle Fysh		Female	948	F	424	1:21:09	2251
2230	6181	1:23:32	Karen Cowley		Female	949	F60	35	1:19:41	2234
2231	6675	1:23:34	Laura Smith		Female	950	F	425	1:19:26	2228
2232	6654	1:23:34	Julie Minns		Female	951	F50	174	1:19:26	2230
2233	6518	1:23:34	Laura Cunningham		Female	952	F	426	1:19:27	2231
2234	4631	1:23:41	Emily Field		Female	953	F	427	1:19:24	2227
2235	6356	1:23:42	Nicola Wray		Female	954	F	428	1:19:36	2233
2236	5526	1:23:45	Charlie Pyatt		Male	1277	M70+	22	1:19:57	2237
2237	5287	1:23:46	Natalie Moore		Female	955	F	429	1:19:58	2238
2238	6247	1:23:51	Sanjiv Jain	Skegness & District Running Club	Male	1278	M50	276	1:20:21	2239
2239	4346	1:23:55	Barrie Carter		Male	1279	M40	338	1:20:29	2244
2240	4685	1:23:57	Katie Frost		Female	956	F	430	1:19:45	2235
2241	6096	1:24:05	Jane Yeates		Female	957	F60	36	1:19:57	2236
2242	4821	1:24:12	Kira Hannant		Female	958	F	431	1:20:39	2246
2243	6448	1:24:25	Gemma Beagles		Female	959	F	432	1:20:26	2243
2244	6308	1:24:25	Rachel Stanton		Female	960	F	433	1:20:26	2242
2245	4636	1:24:29	Melanie Finlay		Female	961	F50	175	1:20:23	2240
2246	4831	1:24:29	Caroline Hardy		Female	962	F40	315	1:20:23	2241
2247	6496	1:24:29	Joanna Taylor		Female	963	F40	316	1:21:55	2257
2248	5982	1:24:43	Alison Webb		Female	964	F40	317	1:21:04	2250
2249	6434	1:24:44	Rachel Clarke		Female	965	F	434	1:20:55	2247
2250	5864	1:24:45	Jacqueline Teakle		Female	966	F40	318	1:20:34	2245

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2251	6562	1:24:49	Abigail Brown		Female	967	F	435	1:22:31	2263
2252	5611	1:24:49	Katie Rolfe		Female	968	F	436	1:22:32	2264
2253	5769	1:24:51	Elliott Sowden		Male	1280	M	567	1:21:47	2256
2254	4616	1:25:07	Janet Everett		Female	969	F60	37	1:20:57	2248
2255	5223	1:25:12	Karen Mattless		Female	970	F40	319	1:21:02	2249
2256	6697	1:25:14	Myles Thorne		Male	1281	M40	339	1:21:24	2253
2257	6702	1:25:15	Ian Townsend		Male	1282	M40	340	1:21:25	2254
2258	5881	1:25:39	Caroline Thorpe		Female	971	F40	320	1:21:22	2252
2259	4567	1:25:39	Lynne Dumbleton		Female	972	F50	176	1:21:47	2255
2260	5080	1:26:09	Donella Large		Female	973	F50	177	1:21:59	2258
2261	6557	1:26:18	Anne Casey		Female	974	F50	178	1:22:20	2261
2262	1609	1:26:35	Zoe Gladden		Female	975	F	437	1:23:24	2268
2263	5878	1:26:47	Alison Thorne		Female	976	F50	179	1:22:17	2259
2264	4528	1:26:47	Teresa Dignam		Female	977	F60	38	1:22:18	2260
2265	4265	1:26:54	Richard Brooks		Male	1283	M40	341	1:22:28	2262
2266	4491	1:27:09	Elizabeth Davies		Female	978	F	438	1:23:02	2266
2267	5445	1:27:09	Julie Peacock		Male	1284	M40	342	1:22:44	2265
2268	5959	1:27:38	Sam Wandera		Female	979	F50	180	1:23:11	2267
2269	6715	1:27:51	Pam Kirk	Barnsley Harriers	Female	980	F40	321	1:23:37	2269
2270	6347	1:28:04	Bethany Whitelam		Female	981	F	439	1:23:49	2270
2271	5771	1:28:07	Bethany Spalding		Female	982	F	440	1:23:52	2271
2272	4410	1:28:08	Abbie-Louise Coe		Female	983	F	441	1:23:54	2272
2273	4560	1:28:22	Clodagh Drewry		Female	984	F40	322	1:23:56	2273
2274	5376	1:28:32	Sarah Nunn		Female	985	F40	323	1:24:55	2276
2275	5540	1:28:32	Hilary Ranger	Solent Running Sisters	Female	986	F70+	5	1:24:30	2274
2276	5801	1:28:52	Jeanette Stapleton		Female	987	F70+	6	1:24:34	2275
2277	4106	1:29:09	Carole Barsby		Female	988	F60	39	1:26:32	2293
2278	5408	1:29:09	Janice Painter		Female	989	F60	40	1:26:32	2294
2279	5505	1:29:16	William Porter		Male	1285	M	568	1:27:18	2299
2280	5500	1:29:18	Finlay Pope		Male	1286	M	569	1:25:26	2280
2281	6665	1:29:23	Rachel Morgan		Female	990	F50	181	1:26:13	2291
2282	5676	1:29:25	Michaela Sears		Female	991	F50	182	1:25:13	2278
2283	5677	1:29:25	Nushka Sears		Female	992	F	442	1:25:14	2279
2284	6738	1:29:25	Lauren Obey		Female	993	F	443	1:25:11	2277
2285	6706	1:29:36	Emma Berycz		Female	994	F40	324	1:25:27	2281
2286	4775	1:29:43	Lisa Greep		Female	995	F	444	1:25:51	2286
2287	6109	1:29:48	Wendy Benton		Female	996	F	445	1:25:35	2282
2288	4597	1:29:48	Charlene Elliott	Bushfield Joggers	Female	997	F	446	1:25:35	2283
2289	4068	1:30:06	Cindy Babbington		Female	998	F50	183	1:26:10	2290
2290	6721	1:30:07	Malcolm Cammack		Male	1287	M50	277	1:25:47	2285
2291	5606	1:30:10	Lewis Roles		Male	1288	M	570	1:25:38	2284
2292	6210	1:30:11	Ross Prince		Male	1289	M40	343	1:25:56	2287
2293	6209	1:30:11	Gail Prince		Female	999	F40	325	1:25:56	2288
2294	5804	1:30:18	Rosalyn Stapleton		Non-Binary	6	NB	6	1:26:00	2289
2295	4360	1:30:35	Diane Cavenche		Female	1000	F50	184	1:26:14	2292
2296	1607	1:30:47	Matthew Horton		Male	1290	M40	344	1:26:53	2295
2297	5848	1:31:29	Richard Tabor		Male	1291	M	571	1:26:59	2297
2298	5847	1:31:29	Hayley Tabor		Female	1001	F	447	1:26:59	2296
2299	4349	1:31:34	Kelly Carter		Female	1002	F40	326	1:28:08	2301
2300	4462	1:31:34	Michelle Cropley		Female	1003	F40	327	1:27:17	2298
2301	5360	1:32:12	Amber Niven		Female	1004	F	448	1:28:02	2300
2302	5501	1:32:21	Sarah Pope		Female	1005	F50	185	1:28:28	2302
2303	4093	1:32:53	Daniel Barber		Male	1292	M	572	1:28:29	2303
2304	4094	1:32:56	Daniel Barber		Male	1293	M	573	1:28:32	2304
2305	6428	1:33:02	Ellie Hook		Female	1006	F50	186	1:29:04	2305
2306	5297	1:33:24	Susan Morgan		Female	1007	F50	187	1:29:06	2306
2307	4750	1:33:58	Jean Goult		Female	1008	F40	328	1:29:35	2307
2308	6083	1:34:14	Lorraine Wright		Female	1009	F50	188	1:31:13	2310
2309	4370	1:34:19	Charlotte Chapman		Female	1010	F	449	1:30:59	2309
2310	4372	1:34:19	Lee Chapman		Male	1294	M	574	1:30:59	2308
2311	5143	1:35:27	Robert Loake		Male	1295	M60	77	1:34:24	2313
2312	5068	1:36:13	Corrina Lake		Female	1011	F	450	1:32:04	2311
2313	4675	1:37:26	Lesley Frary		Female	1012	F40	329	1:36:33	2319
2314	4676	1:37:26	Luke Frary		Male	1296	M	575	1:36:33	2318
2315	5944	1:38:21	Charlotte Wales		Female	1013	F40	330	1:33:54	2312
2316	6735	1:39:26	Merrick Holloway		Male	1297	M	576	1:35:01	2314
2317	4220	1:39:37	Sam Bothamley		Male	1298	M	577	1:35:56	2316
2318	4221	1:39:37	Simon Bothamley		Male	1299	M50	278	1:35:56	2315
2319	4219	1:39:37	Erin Bothamley		Female	1014	F	451	1:35:57	2317
2320	4435	1:49:50	Alistair Cooke		Male	1300	M40	345	1:45:18	2320
2321	6372	1:50:40	Laura Roles		Female	1015	F	452	1:46:08	2321
2322	5679	1:50:44	Helen Seims		Female	1016	F60	41	1:46:42	2322
2323	6034	1:51:26	Sally Williamson		Female	1017	F40	331	1:47:37	2323
2324	5516	1:54:14	Ted Preston		Male	1301	M60	78	1:49:32	2324
2325	5515	1:54:14	Ted Preston	Achilles Club	Male	1302	M60	79	1:49:33	2325

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2326	5632	1:54:31	Emma Russell		Female	1018	F	453	1:51:21	2326
2327	4923	1:57:27	Bob Holden		Male	1303	M60	80	1:52:57	2327
2328	5345	1:58:38	Spencer Neilly		Male	1304	M40	346	1:54:01	2328
2329	6321	1:58:39	Molly Thomas		Female	1019	F	454	1:54:02	2329