

Results compiled by Rod Baron - 10th May 2007

GEAR 2007 Individual consolidated Results (To search for an individual or club result click on binoculars and enter name accordingly)

First name	Last name	Race No.	Gend	Age cat.	Cat. Pos	Team name	Finish time	Net time	Overall Pos	Gend Pos	Nrfolk champs	School team	Corporate team	Sports team
Jean	Ndayisenga	1645	M	Senior	1	Birchfield Harriers	00:30:45	00:30:45	1	1	Y			
Rob	Joy	1153	M	Senior	2	Norfolk Gazelles Ac	00:31:45	00:31:45	2	2	Y			
Kevin	Murphy	1801	M	Senior	3	Bury St Edmunds Pacers	00:32:13	00:32:11	3	3	N			
Adam	Lewis	1130	M	Senior	4	City Of Norwich Athletic Club	00:33:12	00:33:12	4	4	Y			
Andy	Jones	1188	M	Senior	5	City Of Norwich Athletic Club	00:33:30	00:33:30	5	5	Y			
Derek	Lines	778	M	Vet 40	1	Nene Valley Harriers	00:34:04	00:34:04	6	6	N			
James	Robinson	1205	M	Junior	1	West Norfolk AC	00:34:15	00:34:15	7	7	Y			
Craig	Holgate	1371	M	Senior	6	Ely Runners	00:34:26	00:34:26	8	8	N			
Stanley	Owen	1697	M	Vet 50	1	Nene Valley Harriers	00:34:30	00:34:30	9	9	N			
Paul	Smith	1379	M	Senior	7	Norwich Road Runners	00:34:31	00:34:28	10	10	Y			
Janis	Krekovskis	1736	M	Junior	2	Fenland Running & Ac	00:34:39	00:34:39	11	11	N			
David	Reed	1739	M	Vet 40	2	St Edmund Pacers	00:34:40	00:34:40	12	12	N			
Carl	Prewer	137	M	Senior	8	Lowestoft Road Runners	00:34:42	00:34:42	13	13	N			
Michael	Beamish	1086	M	Senior	9	City Of Norwich Athletic Club	00:35:03	00:35:03	14	14	Y			
Steven	Cockrell	106	M	Senior	10	Fenland Running & Ac	00:35:13	00:35:13	15	15	Y			
Andrew	Walpole	275	M	Senior	11	City Of Norwich Athletic Club	00:35:16	00:35:15	16	16	Y			
Phil	Rudd	725	M	Senior	12	Brj Huntingdon	00:35:16	00:35:16	17	17	N			
William	Barnes-smith	1737	M	Junior	3	Thurston Community College	00:35:16	00:35:15	18	18	N		Thurston Community College	
Wigley	Timothy	1798	M	Vet 40	3	Bourne Town Harriers	00:35:22	00:35:20	19	19	N			
Christopher	Clarke	1523	M	Vet 40	4	Nene Valley Harriers	00:35:23	00:35:23	20	20	N			
Shaun	Kavaney	900	M	Senior	13	Ryston Runners Ac	00:35:24	00:35:22	21	21	Y			
Robert	Prady	783	M	Senior	14	Reading Road Runners	00:35:27	00:35:24	22	22	N			
Peter	Tuttle	1435	M	Vet 40	5	Disqualified	00:35:31	00:35:31	23	23	Y			
Ian	Aunger	1132	M	Vet 40	6	Nene Valley Harriers	00:35:32	00:35:32	24	24	N			
Jonathan	Laybourn	1303	M	Junior	4	KES - Pupils	00:35:32	00:35:32	25	25	Y		KES - Pupils	
Simon	Millett	975	M	Junior	5	Norwich Road Runners	00:35:33	00:35:33	26	26	Y			
Alex	Copley	1458	M	Senior	15	Cambridge University Orienteering Club	00:35:36	00:35:36	27	27	N			Cambridge University Orienteering Club
Steven	Baldwin	1306	M	Senior	16	Norfolk Gazelles Ac	00:35:41	00:35:41	28	28	Y			
Ian	Tivey	880	M	Senior	17	Herne Hill Harriers	00:35:42	00:35:41	29	29	N			
Chris	Merrylees	1314	M	Senior	18	North Norfolk Beach Runners	00:36:02	00:36:02	30	30	Y			
Les	Heath	1811	M	Vet 40	7	St Edmund Pacers	00:36:15	00:36:15	31	31	N			
Malcolm	Tuff	1263	M	Vet 40	8	Ryston Runners Ac	00:36:40	00:36:37	32	32	Y			
Andy	Waterhouse	1730	M	Junior	6	Thurston Community College	00:36:44	00:36:44	33	33	N		Thurston Community College	
Tim	Chapman	1351	M	Vet 40	9	Fenland Running & Ac	00:36:47	00:36:45	34	34	N			
Michael	Cripps	1710	M	Junior	7	Thurston Community College	00:36:47	00:36:47	35	35	N		Thurston Community College	
Ian	Marshall	1550	M	Senior	19	Hunts Ac	00:36:49	00:36:46	36	36	N			
Peter	Sibbett	1159	M	Vet 40	10	North Herts Road Runners	00:36:52	00:36:52	37	37	N			
Andrew	Houghton	113	M	Vet 40	11		00:36:56	00:36:54	38	38	N			
Andrew	Jakeman	661	M	Junior	8		00:36:59	00:36:59	39	39	N			
Andrew	Merrett	1009	M	Senior	20	Ryston Runners Ac	00:36:59	00:36:56	40	40	Y			
Pete	Johnson	589	M	Vet 50	2	Norfolk Gazelles Ac	00:37:02	00:36:58	41	41	Y			
Kevin	Youngs	592	M	Vet 50	3	Norfolk Gazelles Ac	00:37:06	00:37:02	42	42	Y			

Oliver	Milk	210	M	Senior	21	Wymondham Ac	00:37:14	00:37:12	43	43	Y		
Robert	Lornie	1740	M	Senior	22	Nene Valley Harriers	00:37:17	00:37:15	44	44	N		
Paul	Higham	968	M	Senior	23	Norfolk Gazelles Ac	00:37:24	00:37:20	45	45	Y		
Alex	Dunbar	1723	M	Junior	9	Thurston Community College	00:37:24	00:37:24	46	46	N		Thurston Community College
Sam	Phillips	1385	M	Senior	24	Norfolk Gazelles Ac	00:37:26	00:37:22	47	47	Y		
Richard	Blake	942	M	Vet 50	4	Great Yarmouth Road Runners	00:37:33	00:37:31	48	48	Y		
Jane	Clarke	525	F	Vet 40	1	Norfolk Gazelles Ac	00:37:35	00:37:33	49	1	Y		
Nicola	Rogers	665	F	Senior	1	Colchester & Tendring Ac	00:37:44	00:37:41	50	2	N		
Steve	Kenyon	413	M	Vet 40	12	Waveney Valley Fc	00:37:48	00:37:48	51	49	N		
Mark	Garrett	1107	M	Vet 40	13	Norwich Road Runners	00:37:59	00:37:52	52	50	Y		
Oliver	Bradbury	1806	M	Junior	10	Ryston Runners Ac	00:38:15	00:38:15	53	51	Y		
Wesley	Hornigold	342	M	Senior	25	Last but not Least	00:38:16	00:38:12	54	52	Y		Last but not Least
Nigel	Booth	1349	M	Vet 40	14		00:38:19	00:38:15	55	53	N		
Stephen	Pettit	844	M	Vet 40	15	Ely Runners	00:38:20	00:38:16	56	54	N		
David	Bamford	636	M	Senior	26	Walthamstow Athletic Club	00:38:30	00:38:18	57	55	N		
Jeremy	Bolam	1530	M	Vet 40	16	North Norfolk Beach Runners	00:38:32	00:38:28	58	56	Y		
Martin	Barnes-smith	1741	M	Vet 40	17	St Edmund Pacers	00:38:36	00:38:35	59	57	N		
Mark	Collinson	1797	M	Senior	27	City Of Norwich Athletic Club	00:38:36	00:38:34	60	58	Y		
Andrew	Bunn	1643	M	Junior	11	Liverpool Harriers & Ac	00:38:42	00:38:42	61	59	Y		
Mark	Tooke	1607	M	Vet 40	18		00:38:53	00:38:50	62	60	N		
Richard	Crown	1259	M	Vet 40	19		00:38:54	00:38:36	63	61	Y		
Benjamin	Blowes	1765	M	Senior	28	Newmarket Joggers	00:38:55	00:38:55	64	62	N		
Andrew	Aldridge	548	M	Senior	29		00:39:01	00:39:01	65	63	N		
Daniel	Middleton	1804	M	Senior	30		00:39:07	00:38:50	66	64	N		
Emma	Smith	616	F	Senior	2	Loughborough Students AC	00:39:11	00:39:08	67	3	Y		
Steve	Sandy	453	M	Senior	31		00:39:17	00:39:15	68	65	N		
Paul	Mayer	1809	M	Junior	12	Thurston Community College	00:39:18	00:39:17	69	66	N		Thurston Community College
Stephen	Jarvis	1040	M	Senior	32		00:39:20	00:39:18	70	67	N		
Peter	Nelson	1307	M	Senior	33		00:39:21	00:39:11	71	68	Y		
Jeff	Helmore	1592	M	Vet 40	20	Great Yarmouth Road Runners	00:39:23	00:39:20	72	69	Y		
Matthew	Levanda	1777	M	Junior	13	Cowa - Student Team	00:39:25	00:39:20	73	70	Y	Cowa - Student Team	
Gary	Zoller	1369	M	Vet 40	21	Last but not Least	00:39:28	00:39:24	74	71	Y		Last but not Least
Emma	Coombs	706	F	Senior	3	Norwich Road Runners	00:39:33	00:39:27	75	4	Y		
Mark	Bestbier	580	M	Senior	34		00:39:34	00:39:34	76	72	Y		
Alan	Smith	84	M	Vet 40	22	Jeremy Wright Wateraid	00:39:36	00:39:36	77	73	N		Jeremy Wright Wateraid
Darren	Moat	256	M	Senior	35	March Athletics Club	00:39:37	00:39:28	78	74	N		
Michael	Howlett	985	M	Senior	36	Ryston Runners Ac	00:39:39	00:39:16	79	75	Y		
Adrian	Preston	618	M	Vet 40	23	Wymondham Ac	00:39:40	00:39:34	80	76	Y		
Emma	Rudd	1155	F	Junior	1		00:39:41	00:39:36	81	5	Y		
Mike	Spragg	1333	M	Vet 60	1	Great Yarmouth Road Runners	00:39:44	00:39:41	82	77	Y		
Wayne	Chappell	791	M	Senior	37		00:39:45	00:39:08	83	78	Y		
Ryan	Curtis	1782	M	Junior	14	Cowa - Student Team	00:39:45	00:39:37	84	79	Y	Cowa - Student Team	
Alex	Toll	27	M	Vet 40	24	Barrow Runners	00:39:46	00:39:43	85	80	Y		
Neil	Sibley	1517	M	Vet 40	25	Great Yarmouth Road Runners	00:39:49	00:39:49	86	81	Y		
Kevin	Howlett	986	M	Vet 50	5	Ryston Runners Ac	00:39:50	00:39:26	87	82	Y		
Jon	Queripel	1418	M	Senior	38	Coltishall Jaguars	00:39:51	00:39:48	88	83	Y		
Phylip	Scott	949	M	Senior	39		00:39:52	00:39:23	89	84	Y		
Martin	Yeomans	1503	M	Vet 50	6	Norwich Road Runners	00:39:54	00:39:49	90	85	Y		
Lynton	Batrick	989	M	Senior	40		00:39:57	00:39:48	91	86	Y		

Alister	Biggar	1280	M	Senior	41	Teviotdale Harriers	00:39:58	00:39:52	92	87	N		
Cameron	Young	1721	M	Senior	42	Stilton Striders	00:40:03	00:39:59	93	88	N		
Jim	Hayes	151	M	Vet 60	2	North Norfolk Beach Runners	00:40:06	00:40:06	94	89	Y		
Darren	White	1613	M	Senior	43	Riversiders Running Club	00:40:09	00:40:05	95	90	N		
Maurice	Reed	1555	M	Vet 40	26	Ely Runners	00:40:16	00:40:15	96	91	N		
Shawn	Mason	815	M	Senior	44	Great Yarmouth & District Ac	00:40:17	00:40:06	97	92	Y		
Kevin	Fox	523	M	Senior	45	Ely Runners	00:40:27	00:40:15	98	93	N		
Tremayne	Johnson	840	M	Senior	46	Great Yarmouth Road Runners	00:40:27	00:40:03	99	94	Y		
Nicky	Alford	1366	F	Senior	4	City Of Norwich Athletic Club	00:40:28	00:40:23	100	6	Y		
Mary	Green	857	F	Vet 40	2	Fastway Couriers	00:40:36	00:40:31	101	7	N		Fastway Couriers
David	Oliver	1072	M	Senior	47		00:40:38	00:40:32	102	95	Y		
Paul	Cassels	1452	M	Senior	48		00:40:54	00:40:32	103	96	N		
Leslie	Scott	648	M	Vet 40	27	Ryston Runners Ac	00:40:55	00:40:39	104	97	Y		
Darren	Smith	123	M	Junior	15	Ryston Runners Ac	00:40:58	00:40:47	105	98	Y		
Antony	Kennedy	1459	M	Senior	49		00:41:03	00:40:56	106	99	N		
Molly	Mckay	1424	F	Senior	5	Norfolk Farm Vet Knackers	00:41:09	00:41:03	107	8	Y		Norfolk Farm Vet Knackers
Duane	Daugherty	602	M	Vet 40	28		00:41:12	00:40:56	108	100	N		
Ian	Moore	915	M	Vet 40	29	Norwich Road Runners	00:41:13	00:40:49	109	101	Y		
John	Hudson	1802	M	Senior	50		00:41:13	00:40:55	110	102	Y		
Anthony	Savage	1025	M	Vet 40	30	Ryston Runners Ac	00:41:19	00:41:12	111	103	Y		
Charlie	Barker	1175	M	Vet 50	7	Ely Runners	00:41:19	00:41:08	112	104	N		
Christopher	Finbow	1793	M	Senior	51		00:41:19	00:40:42	113	105	N		
Jamie	Young	1109	M	Junior	16	KES - Pupils	00:41:20	00:41:20	114	106	Y		KES - Pupils
Edwin	Neill	719	M	Vet 40	31		00:41:21	00:41:03	115	107	Y		
Trevor	Emery	1328	M	Vet 50	8	North Norfolk Beach Runners	00:41:22	00:41:14	116	108	Y		
Colin	Stark	169	M	Senior	52		00:41:26	00:41:18	117	109	Y		
Lee	Tunmore	349	M	Senior	53	West Norfolk AC	00:41:29	00:41:29	118	110	Y		
Gary	Hawkins	1630	M	Senior	54	KES Partnership	00:41:29	00:41:25	119	111	N		KES Partnership
Stephen	Cornell	1709	M	Vet 50	9	March Athletics Club	00:41:34	00:41:29	120	112	N		
Ray	Harding	649	M	Vet 50	10	BCKLWN	00:41:44	00:41:31	121	113	Y		BCKLWN
Alun	Nicholas	485	M	Vet 40	32		00:41:46	00:41:03	122	114	Y		
Ged	Forster	555	M	Vet 40	33	Qegs	00:41:46	00:41:40	123	115	N		Qegs
Victoria	Townsend	1425	F	Senior	6		00:41:47	00:41:41	124	9	N		
Carl	James	1312	M	Senior	55		00:41:51	00:40:51	125	116	N		
Robert	Cooke	1772	M	Vet 40	34	Cowa - Corporate Team: Teaching	00:41:53	00:41:47	126	117	Y		Cowa - Corporate Team: Teaching
Lee	Mallott	1771	M	Senior	56	Cowa - Corporate Team: Teaching	00:41:54	00:41:54	127	118	Y		Cowa - Corporate Team: Teaching
Paul	Needham	1347	M	Vet 50	11	Ely Runners	00:41:55	00:41:48	128	119	N		
Steve	Manning	1705	M	Senior	57		00:41:55	00:41:41	129	120	Y		
Neville	Knights	1603	M	Vet 40	35	Dereham Runners Ac	00:41:56	00:41:48	130	121	Y		
David	Sheldrick	140	M	Vet 40	36		00:42:04	00:41:54	131	122	N		
John	Bone	813	M	Vet 60	3	Great Yarmouth Road Runners	00:42:04	00:41:52	132	123	Y		
Antony	Croucher	1527	M	Senior	58	Great Yarmouth Road Runners	00:42:09	00:41:42	133	124	Y		
Kenny	Addis	619	M	Vet 40	37	Jaeger	00:42:14	00:42:10	134	125	Y		Jaeger
Ian	Bailey	1049	M	Senior	59		00:42:16	00:42:01	135	126	N		
Nicholas	Bensley	201	M	Senior	60		00:42:17	00:41:48	136	127	Y		
John	Jacobs	1678	M	Senior	61		00:42:20	00:42:13	137	128	Y		
Sary	Rahma	1714	M	Junior	17		00:42:20	00:42:20	138	129	Y		
Michael	Smith	1588	M	Vet 40	38		00:42:21	00:41:44	139	130	N		

Steven	France	1619	M	Senior	62		00:42:27	00:42:21	140	131	N		
Kevin john	Cross	112	M	Senior	63		00:42:28	00:42:16	141	132	Y		
Terry	Quigley	1213	M	Vet 50	12	North Norfolk Beach Runners	00:42:31	00:42:24	142	133	Y		
Stephen	Woonton	762	M	Senior	64		00:42:33	00:42:33	143	134	Y		
Chris	Clark	765	M	Senior	65	RAF Marham	00:42:36	00:42:36	144	135	Y		
Nick	Wells	638	M	Senior	66		00:42:38	00:42:26	145	136	Y		
John	Castleton	91	M	Vet 40	39		00:42:40	00:42:32	146	137	Y		
Gavin	Mckee	1206	M	Senior	67		00:42:45	00:42:38	147	138	Y		
Christopher	Roach	1299	M	Senior	68		00:42:46	00:42:35	148	139	Y		
Daniel	Pratt	733	M	Senior	69	West Winch FC	00:42:47	00:42:28	149	140	Y		West Winch FC
Corin	Thoday	208	F	Senior	7		00:42:48	00:42:37	150	10	Y		
Jim	Hudson	364	M	Vet 40	40	London Bike Hash	00:42:51	00:42:05	151	141	N		London Bike Hash
Russell	Matthews	1059	M	Vet 40	41		00:42:51	00:42:42	152	142	N		
Marcus	Hunt	1392	M	Senior	70		00:42:52	00:42:24	153	143	Y		
Ruth	Sturgess	1516	F	Senior	8	Wymondham Ac	00:43:00	00:42:37	154	11	Y		
Nigel	Ford	876	M	Vet 40	42	Ryston Runners Ac	00:43:01	00:42:52	155	144	Y		
Keith	Wagg	551	M	Vet 40	43	Fenland Running & Ac	00:43:02	00:42:22	156	145	Y		
Ian	Sturgess	1546	M	Vet 40	44	Wymondham Ac	00:43:04	00:42:47	157	146	Y		
John	Leach	1622	M	Vet 40	45	North Norfolk Beach Runners	00:43:06	00:42:59	158	147	Y		
Tristan	Haskins	400	M	Senior	71		00:43:08	00:42:51	159	148	Y		
Antony	Money	912	M	Senior	72		00:43:08	00:43:02	160	149	Y		
Thomas	Courtney	1779	M	Junior	18	Cowa - Student Team	00:43:08	00:43:02	161	150	Y	Cowa - Student Team	
Tim	Suswain	1258	M	Senior	73	Hardley Runners	00:43:11	00:42:51	162	151	N		
Steve	Peck	1398	M	Vet 40	46	Newmarket Cycling & Triathlon Club	00:43:14	00:43:05	163	152	N		
Melvyn	Porter	1712	M	Senior	74	Coltishall Jaguars	00:43:15	00:42:51	164	153	Y		
Jonathon	Reader	1341	M	Senior	75	Coltishall Jaguars	00:43:16	00:43:12	165	154	Y		
David	Betts	1644	M	Senior	76		00:43:16	00:43:06	166	155	Y		
Emma	Potter-campbell	803	F	Senior	9	Dereham Runners Ac	00:43:21	00:43:10	167	12	Y		
Stephen	Abrams	1766	M	Vet 40	47		00:43:27	00:42:57	168	156	N		
Mike	Gullis	1442	M	Vet 40	48	Brj Huntingdon	00:43:31	00:43:27	169	157	N		
Lee	Barker	1544	M	Junior	19		00:43:31	00:43:19	170	158	N		
Lee	Dickinson	1441	M	Senior	77		00:43:32	00:43:19	171	159	N		
Goodson	Mark	97	M	Senior	78		00:43:33	00:43:24	172	160	N		
Gilbert	Ashley	1448	M	Senior	79	Staffs University	00:43:33	00:43:25	173	161	N		
Neil	Bannister	1085	M	Vet 40	49		00:43:34	00:42:51	174	162	N		
Alexis	Atkinson	544	M	Senior	80		00:43:35	00:43:15	175	163	Y		
David	Brammer	1699	M	Vet 40	50	March Athletics Club	00:43:37	00:43:27	176	164	Y		
Gary	Rudd	164	M	Senior	81	Bedford Harriers Ac	00:43:39	00:43:21	177	165	Y		
Thom	Bateman	1574	M	Senior	82		00:43:39	00:43:25	178	166	N		
Verne	Barltrop	1481	M	Vet 60	4	100 Marathon Club	00:43:41	00:43:21	179	167	N		
Geoff	Ward	1617	M	Vet 50	13		00:43:41	00:43:26	180	168	N		
Emma	Blackwell	1342	F	Junior	2	Bedford & County Athletic Club	00:43:42	00:43:31	181	13	N		
Benjamin	Tatt	392	M	Senior	83		00:43:43	00:43:24	182	169	Y		
Roy	Betts	1293	M	Vet 40	51	Vale Of Evesham	00:43:48	00:43:32	183	170	N		Vale Of Evesham
Steve	Smedley	24	M	Vet 40	52		00:43:49	00:43:29	184	171	N		
Joshua	Brighty	1302	M	Junior	20	Norwich Road Runners	00:43:50	00:43:36	185	172	Y		
David	Robertson	1012	M	Senior	84	Uknetrunners	00:43:51	00:43:43	186	173	N		
Gary	Walker	158	M	Vet 50	14		00:43:52	00:43:20	187	174	Y		

Andre	Pittock	1732	M	Vet 40	53	Fenland Running & Ac	00:43:53	00:43:45	188	175	Y		
Steven	Goldsmith	1227	M	Vet 40	54	BESPAK	00:43:58	00:43:40	189	176	Y		BESPAK
James	Buckingham	711	M	Junior	21		00:43:59	00:43:53	190	177	Y		
Alexandra	Smith	1334	F	Senior	10	Norwich Road Runners	00:44:00	00:43:50	191	14	Y		
Philip	England	1044	M	Vet 40	55	Fenland Running & Ac	00:44:02	00:43:48	192	178	N		
Nicola	Wastenev	1368	F	Senior	11	West Norfolk AC	00:44:04	00:43:54	193	15	Y		
Kevin	Robinson	65	M	Senior	85		00:44:06	00:43:55	194	179	Y		
Mark	Drake	1180	M	Senior	86		00:44:07	00:43:35	195	180	Y		
Martin	Edmunds	262	M	Vet 40	56		00:44:10	00:43:56	196	181	Y		
Gavin	Thouless	1087	M	Senior	87	Norwich Road Runners	00:44:11	00:44:04	197	182	Y		
Gregory	Tunmore	452	M	Senior	88		00:44:13	00:43:51	198	183	Y		
Chris	Teanby	1627	M	Senior	89	KES Partnership	00:44:13	00:44:06	199	184	Y		KES Partnership
Mark	Earthrowl	343	M	Senior	90		00:44:14	00:43:51	200	185	N		
Stuart	Bennett	80	M	Senior	91	Argos	00:44:20	00:43:29	201	186	Y		Argos
Barry	Bye	1067	M	Vet 50	15	Team Royal Mail	00:44:21	00:44:12	202	187	Y		Team Royal Mail
Chris	Boother	1780	M	Junior	22	Cowa - Student Team	00:44:30	00:44:24	203	188	N		Cowa - Student Team
Paul	Jones	1589	M	Senior	92	Colchester & Tendring Ac	00:44:33	00:44:24	204	189	N		
Kathryn	Johnson	1477	F	Vet 40	3	West Norfolk AC	00:44:34	00:43:55	205	16	Y		
Luke	Birmingham	1119	M	Junior	23		00:44:39	00:44:21	206	190	Y		
Keith	Moore	1006	M	Vet 40	57		00:44:40	00:44:26	207	191	Y		
Simon	Howling	43	M	Vet 40	58		00:44:42	00:44:42	208	192	Y		
Christopher	Gay	565	M	Vet 40	59	Great Yarmouth & District Ac	00:44:45	00:44:27	209	193	Y		
James	Edge	1131	M	Senior	93		00:44:45	00:44:33	210	194	Y		
Andrew	Marsh	1332	M	Vet 40	60	West Norfolk AC	00:44:45	00:44:08	211	195	Y		
Christopher	Milnes	1367	M	Vet 40	61	Ryston Runners Ac	00:44:45	00:44:36	212	196	Y		
Sam	Penniston	1121	M	Junior	24		00:44:47	00:44:31	213	197	Y		
Richard	Fettes	510	M	Vet 50	16		00:44:49	00:44:39	214	198	Y		
Paul	Rayner	809	M	Vet 40	62	Hunts Ac	00:44:56	00:44:40	215	199	N		
Richard	Clayton	1487	M	Senior	94	Falmouth Road Runners	00:44:57	00:44:15	216	200	N		
Julian	Howard	1597	M	Vet 40	63	Norfolk Farm Vet Knackers	00:44:57	00:44:43	217	201	Y		Norfolk Farm Vet Knackers
Michael	Sup	1429	M	Junior	25	Hylton Gott Ltd	00:44:58	00:44:24	218	202	Y		Hylton Gott Ltd
Alan	Bushell	1680	M	Senior	95	Coltishall Jaguars	00:44:59	00:44:45	219	203	Y		
Tony	Millett	973	M	Vet 50	17	Norwich Road Runners	00:45:01	00:44:50	220	204	Y		
Sophie	Croft	1453	F	Senior	12	City Of Norwich Athletic Club	00:45:05	00:44:58	221	17	N		
Lee	Boughen	1707	M	Junior	26		00:45:05	00:44:36	222	205	Y		
Adam	Baker	990	M	Senior	96	Suffolk Sport	00:45:08	00:44:37	223	206	N		Suffolk Sport
Rex	Wade	1524	M	Vet 60	5	Great Yarmouth Road Runners	00:45:08	00:44:52	224	207	Y		
Chris	Wood	549	M	Senior	97		00:45:12	00:44:52	225	208	Y		
Brian	Grossland	671	M	Vet 40	64		00:45:15	00:44:13	226	209	Y		
David	Ward	532	M	Vet 40	65		00:45:17	00:44:53	227	210	Y		
Adam	Keer	669	M	Senior	98	Suffolk Sport	00:45:20	00:43:44	228	211	N		Suffolk Sport
Neil	Osborne	796	M	Vet 40	66	Wymondham Ac	00:45:20	00:44:56	229	212	N		
Ian	Bell	828	M	Senior	99	Anglian Water Wateraid	00:45:20	00:44:40	230	213	N		Anglian Water Wateraid
Smales	Wayne	514	M	Senior	100		00:45:21	00:43:28	231	214	Y		
Mark	Salmons	1216	M	Senior	101	March Athletics Club	00:45:21	00:45:00	232	215	N		
Paresh	Chauhan	646	M	Senior	102		00:45:24	00:45:14	233	216	N		
Katie	Ward	1149	F	Senior	13	March Athletics Club	00:45:24	00:44:34	234	18	Y		
John	Pitcher	535	M	Senior	103		00:45:26	00:45:09	235	217	Y		
Kevin	Gee	1509	M	Vet 40	67	Norwich Road Runners	00:45:26	00:45:14	236	218	Y		
Andrew	Hardy	639	M	Senior	104	Chalcroft Construction	00:45:28	00:45:06	237	219	N		Chalcroft Construction

Michael	Smith	1110	M	Vet 60	6	Wymondham Ac	00:45:28	00:44:58	238	220	Y		
Graham	Keeley	327	M	Vet 40	68	Last but not Least	00:45:29	00:45:17	239	221	Y		Last but not Least
Gordon	Booth	346	M	Vet 70+	1	Longwood Harriers	00:45:32	00:45:21	240	222	N		
Steven	Raines	264	M	Senior	105		00:45:34	00:44:59	241	223	Y		
Bonner	Andrew	1713	M	Senior	106		00:45:34	00:45:23	242	224	N		
Jon	Kelly	1744	M	Senior	107		00:45:34	00:44:59	243	225	N		
Lindsey	Woods	1658	F	Senior	14	Bushfield Joggers	00:45:35	00:45:11	244	19	N		
Sean	Kent	980	M	Vet 40	69	Norfolk Gazelles Ac	00:45:36	00:45:07	245	226	Y		
Dale	Cooper	992	M	Vet 40	70	Wymondham Ac	00:45:37	00:45:25	246	227	Y		
Tim	Tyler	1508	M	Vet 50	18	Norwich Road Runners	00:45:38	00:45:25	247	228	Y		
Jason	Black	1539	M	Senior	108	Norfolk Gazelles Ac	00:45:38	00:45:10	248	229	Y		
Matthew	Herbert	1748	M	Senior	109	Ingoldisthorpe Fc	00:45:38	00:45:38	249	230	Y		Ingoldisthorpe Fc
Malcolm	Hunt	351	M	Vet 40	71	March Athletics Club	00:45:39	00:45:17	250	231	N		
Adrian	Stokes	723	M	Vet 40	72		00:45:39	00:45:30	251	232	N		
Allan	Hamilton	1492	M	Senior	110		00:45:39	00:43:09	252	233	Y		
Emma	Thorpe	511	F	Vet 40	4	Newmarket Cycling & Triathlon Club	00:45:40	00:45:12	253	20	N		
Richard	Dolman	939	M	Vet 40	73	Hylton Gott Ltd	00:45:41	00:45:16	254	234	Y		Hylton Gott Ltd
Deryck	Gilham	901	M	Vet 50	19	Kings Lynn Cycling Club	00:45:43	00:45:30	255	235	N		Kings Lynn Cycling Club
Mark	Riches	311	M	Vet 40	74		00:45:44	00:45:28	256	236	Y		
Matthew	Smith	1256	M	Senior	111	BESPAK	00:45:46	00:45:46	257	237	Y		BESPAK
Jamie	Sparrow	1242	M	Senior	112	BESPAK	00:45:48	00:45:31	258	238	Y		BESPAK
Vince	Rapley	1655	M	Senior	113		00:45:48	00:44:49	259	239	N		
John	Hipkin	319	M	Vet 60	7	Ryston Runners Ac	00:45:51	00:45:46	260	240	Y		
Martin	Doy	175	M	Senior	114		00:45:52	00:45:08	261	241	Y		
Steven	Page	482	M	Senior	115		00:45:52	00:44:50	262	242	Y		
Sarah	Taylor	650	F	Vet 40	5	Ryston Runners Ac	00:45:54	00:45:49	263	21	Y		
Philip	Wilkinson	987	M	Vet 50	20		00:45:55	00:45:31	264	243	Y		
Justin	Boak	130	M	Senior	116		00:45:59	00:45:10	265	244	Y		
Allister	Hodson	1792	M	Senior	117		00:45:59	00:45:33	266	245	Y		
Shaun	Watts	1704	M	Senior	118		00:46:01	00:44:28	267	246	N		
Phil	Holden	1114	M	Vet 40	75		00:46:08	00:45:27	268	247	N		
Kevin	Graves	8	M	Vet 40	76		00:46:09	00:45:08	269	248	N		
michael													
Ian	Jackson	716	M	Senior	119	Suffolk Sport	00:46:11	00:45:34	270	249	N		Suffolk Sport
Keith	Brighty	1202	M	Vet 40	77	Norwich Road Runners	00:46:11	00:46:03	271	250	N		
Wayne	Dewing	1268	M	Senior	120		00:46:13	00:44:01	272	251	Y		
Sarah	Moffatt	547	F	Senior	15		00:46:16	00:45:41	273	22	N		
Phillip	Wicklen	428	M	Senior	121		00:46:19	00:46:07	274	252	N		
Natalie	Staff	571	F	Senior	16	Last but not Least	00:46:20	00:46:10	275	23	Y		Last but not Least
Stephen	Harrington	1282	M	Vet 40	78	Jaeger	00:46:20	00:45:54	276	253	Y		Jaeger
Mark	Little	583	M	Senior	122	Jaeger	00:46:22	00:46:05	277	254	Y		Jaeger
Mark	Peach	1623	M	Senior	123	Great Yarmouth Road Runners	00:46:23	00:45:55	278	255	Y		
Wayne	Daw	469	M	Vet 40	79		00:46:31	00:44:47	279	256	Y		
Gary	Dan	615	M	Vet 40	80		00:46:32	00:44:20	280	257	Y		
Peter	Schofield	322	M	Vet 40	81	Jeremy Wright Wateraid	00:46:33	00:46:19	281	258	N		Jeremy Wright Wateraid
Kevin	Boughen	1706	M	Vet 40	82		00:46:33	00:46:08	282	259	Y		
Dean	Wright	777	M	Senior	124		00:46:35	00:46:10	283	260	N		
Christopher	Clark	102	M	Senior	125		00:46:36	00:44:47	284	261	Y		
Simon	Rees	490	M	Senior	126	Anglian Water Wateraid	00:46:37	00:46:26	285	262	Y		Anglian Water Wateraid

Tooke	Jodie	1703	M	Senior	127		00:46:38	00:46:18	286	263	Y		
Matthew	Houchen	561	M	Senior	128		00:46:41	00:46:04	287	264	Y		
Nigel	Wagg	81	M	Vet 40	83	Ryston Runners Ac	00:46:42	00:46:02	288	265	Y		
Bryan	Cooper	675	M	Vet 50	21		00:46:43	00:46:13	289	266	Y		
Keith	White	1528	M	Vet 60	8	Fenland Running & Ac	00:46:44	00:46:00	290	267	N		
Claire	Vaughan-Arbuckle	363	F	Senior	17		00:46:45	00:46:12	291	24	N		
Rachel	Roberts	810	F	Senior	18	Ely Runners	00:46:46	00:45:48	292	25	N		
Ian	Pickering	1631	M	Senior	129		00:46:49	00:45:44	293	268	Y		
Michael	Harvey	1632	M	Senior	130		00:46:49	00:45:55	294	269	Y		
Steve	Newell	1569	M	Senior	131		00:46:50	00:45:05	295	270	Y		
Stewart	Dempsey	1065	M	Senior	132	Team Royal Mail	00:46:53	00:46:24	296	271	Y	Team Royal Mail	
George	Rowe	1540	M	Junior	27		00:46:53	00:45:57	297	272	Y		
Gregory	Rowe	1541	M	Vet 40	84		00:46:53	00:45:55	298	273	Y		
Kenneth	Overy	1082	M	Vet 70+	2	Great Yarmouth Road Runners	00:46:54	00:46:18	299	274	Y		
Steven	Bowerman	68	M	Vet 40	85		00:46:56	00:46:22	300	275	Y		
Christian	Manning	1388	M	Senior	133		00:46:56	00:44:37	301	276	Y		
Jamie	Lawson	748	M	Senior	134	West Winch FC	00:46:57	00:45:18	302	277	Y		West Winch FC
Simon	Able	1498	M	Senior	135		00:46:58	00:46:53	303	278	Y		
Carl	Higgins	1164	M	Vet 40	86		00:46:59	00:46:19	304	279	Y		
Mel	Cox	1335	M	Vet 40	87	Thorney Runners	00:47:03	00:46:18	305	280	N		
Kevin	Curran	1056	M	Vet 40	88	Anglian Water Wateraid	00:47:05	00:46:59	306	281	Y	Anglian Water Wateraid	
Mark	Higgins	1708	M	Senior	136		00:47:06	00:46:48	307	282	Y		
Gary	Wright	904	M	Vet 40	89		00:47:07	00:45:37	308	283	N		
Martin	Williams	1239	M	Senior	137	BESPAK	00:47:08	00:47:00	309	284	Y	BESPAK	
Elizabeth	Barry	1402	F	Senior	19		00:47:08	00:45:40	310	26	N		
Timothy	Boyd	399	M	Vet 40	90		00:47:10	00:46:33	311	285	N		
Arthur	Nicholl	52	M	Vet 50	22		00:47:12	00:46:41	312	286	N		
Terry	Smith	710	M	Vet 50	23		00:47:12	00:46:46	313	287	Y		
Rory	Campbell	804	M	Vet 40	91	Dereham Runners Ac	00:47:14	00:46:54	314	288	Y		
Susan	Westgarth	78	F	Vet 40	6		00:47:16	00:47:01	315	27	N		
Matt	Oakes	533	M	Senior	138		00:47:20	00:45:14	316	289	Y		
Robert	Franklin	564	M	Senior	139		00:47:21	00:45:13	317	290	N		
Tony	Heath	1181	M	Vet 50	24	North Norfolk Beach Runners	00:47:27	00:47:07	318	291	Y		
Robert	Dawson	1384	M	Senior	140		00:47:28	00:46:47	319	292	N		
Steven	Whitaker	668	M	Vet 40	92		00:47:32	00:46:50	320	293	N		
Chris	Playford	259	M	Senior	141		00:47:33	00:46:49	321	294	Y		
Lee	Champion	1244	M	Senior	142	BESPAK	00:47:34	00:47:29	322	295	N	BESPAK	
Andrew	Brown	184	M	Senior	143		00:47:35	00:47:16	323	296	N		
Veronica	Manly	859	F	Vet 50	1	Wymondham Ac	00:47:35	00:47:18	324	28	Y		
Andrea	Osborne	2	F	Vet 50	2	North Norfolk Beach Runners	00:47:36	00:46:45	325	29	Y		
Ian	Burbidge	1311	M	Senior	144		00:47:37	00:46:09	326	297	Y		
Tom	Wright	620	M	Junior	28	Jeremy Wright Wateraid	00:47:40	00:46:14	327	298	N	Jeremy Wright Wateraid	
Richard	Morrish	370	M	Vet 40	93	Greyfriars Primary School	00:47:41	00:47:21	328	299	Y	Greyfriars Primary School	
Max	Moncrieff	644	M	Junior	29		00:47:41	00:46:15	329	300	N		
Chris	Bayes	1493	M	Senior	145		00:47:41	00:46:21	330	301	Y		
John	Costin	1639	M	Senior	146		00:47:42	00:45:04	331	302	Y		
Debbie	Moore	423	F	Vet 40	7	Norfolk Gazelles Ac	00:47:45	00:47:25	332	30	Y		
Michael	Futter	883	M	Vet 50	25		00:47:47	00:47:11	333	303	Y		

Paul	Mccaskey	546	M	Vet 40	94	Springwood Rhythmic Runners	00:47:48	00:47:16	334	304	N		Springwood Rhythmic Runners	
Matthew	Freezer	560	M	Junior	30		00:47:49	00:46:53	335	305	Y			
John	Franklin	563	M	Vet 40	95		00:47:50	00:45:15	336	306	Y			
Annie	Bradbury	1753	F	Vet 40	8	Ryston Runners Ac	00:47:50	00:47:43	337	31	Y			
Matthew	Lancaster	362	M	Senior	147	Anglian Water Wateraid	00:47:53	00:45:48	338	307	N		Anglian Water Wateraid	
Stuart	Bayne	800	M	Vet 40	96		00:47:56	00:47:19	339	308	N			
Stephen	Broad	704	M	Vet 40	97		00:47:58	00:47:43	340	309	Y			
Will	Stevenson	1423	M	Senior	148	Norfolk Farm Vet Knackers	00:47:59	00:47:18	341	310	Y		Norfolk Farm Vet Knackers	
Malcolm	De silva	165	M	Vet 40	98		00:48:00	00:47:32	342	311	Y			
Benjamin	Hall	187	M	Senior	149		00:48:02	00:47:07	343	312	Y			
Robin	Joly	373	M	Senior	150	Greyfriars Primary School	00:48:02	00:47:35	344	313	Y		Greyfriars Primary School	
Ian	Wilcockson	520	M	Vet 40	99	Anglian Water Wateraid	00:48:03	00:47:12	345	314	N		Anglian Water Wateraid	
Ian	Milburn	841	M	Vet 60	9	Fenland Running & Ac	00:48:03	00:46:33	346	315	N			
Paul	Dewfall	167	M	Vet 40	100		00:48:04	00:47:29	347	316	Y			
James	Plowright	735	M	Senior	151	West Winch FC	00:48:04	00:46:48	348	317	Y			West Winch FC
John	Lambert	1430	M	Vet 60	10	Ipswich Jaffa	00:48:04	00:47:05	349	318	N			
Jamie	Sands	850	M	Junior	31		00:48:11	00:48:06	350	319	Y			
Ady	Girton	1078	M	Vet 40	101		00:48:11	00:48:02	351	320	Y			
William	Rodgers	1231	M	Vet 50	26	BESPAK	00:48:12	00:48:03	352	321	N		BESPAK	
Shaun	Davies	1260	M	Senior	152		00:48:12	00:46:20	353	322	Y			
Stuart	Jack	1476	M	Vet 50	27		00:48:13	00:48:13	354	323	Y			
Graham	Borer	387	M	Senior	153		00:48:16	00:47:58	355	324	N			
Jane	Wright	776	F	Senior	20		00:48:16	00:47:50	356	32	N			
Paul	James	819	M	Senior	154	RAF Marham	00:48:16	00:48:16	357	325	Y			
Mark	Dick	12	M	Senior	155		00:48:18	00:46:23	358	326	Y			
Gregory	Norman	1585	M	Senior	156		00:48:18	00:45:56	359	327	N			
Wayne	Smith	121	M	Senior	157		00:48:19	00:47:31	360	328	Y			
Carwyn	James	1545	M	Vet 40	102	Norfolk Farm Vet Knackers	00:48:20	00:48:04	361	329	Y		Norfolk Farm Vet Knackers	
Martin	Brigden	506	M	Vet 50	28		00:48:23	00:47:30	362	330	Y			
Catherine	Lambert	1201	F	Vet 40	9		00:48:23	00:47:50	363	33	N			
Marianne	Defernez	1189	F	Senior	21		00:48:24	00:47:36	364	34	Y			
Emma	Greaves	554	F	Senior	22	Ely Runners	00:48:25	00:48:08	365	35	N			
Ian	Guest	1679	M	Senior	158		00:48:26	00:47:38	366	331	N			
Susan	Holmes	79	F	Vet 50	3		00:48:27	00:48:09	367	36	N			
William	Dryden	218	M	Vet 40	103		00:48:27	00:47:01	368	332	Y			
Jason	Ellis	326	M	Senior	159		00:48:29	00:47:58	369	333	Y			
John	Roller	193	M	Vet 40	104		00:48:30	00:48:00	370	334	Y			
Daniel	Evans	1218	M	Senior	160	BESPAK	00:48:32	00:48:22	371	335	N		BESPAK	
Viv	Malt	1297	F	Senior	23		00:48:35	00:46:53	372	37	Y			
Vicky	Easthall	1674	F	Senior	24	LA Fitness	00:48:35	00:45:52	373	38	Y		LA Fitness	
Martin	Doig	873	M	Vet 40	105	Brj Huntingdon	00:48:37	00:47:29	374	336	Y			
Joanna	Ingold	1460	F	Senior	25		00:48:37	00:48:11	375	39	Y			
Iain	Brown	863	M	Vet 40	106		00:48:42	00:47:14	376	337	Y			
Mike	Mcdonnell	1234	M	Vet 50	29	BESPAK	00:48:43	00:48:09	377	338	Y		BESPAK	
Sarah	Morris	1265	F	Senior	26		00:48:44	00:48:16	378	40	N			
Kate	Davies	1738	F	Senior	27	West Norfolk AC	00:48:44	00:48:07	379	41	Y			
Adrian	Gosling	1275	M	Vet 40	107		00:48:45	00:47:51	380	339	N			
Nigel john	Elvidge	3	M	Senior	161		00:48:47	00:48:30	381	340	Y			
Christopher	Marshall	552	M	Senior	162		00:48:47	00:48:19	382	341	Y			

Nathan	Young	1593	M	Senior	163		00:48:47	00:48:11	383	342	Y		
Clive	Veal	1757	M	Vet 40	108	Ryston Runners Ac	00:48:47	00:48:37	384	343	Y		
John	Turner	50	M	Vet 40	109		00:48:49	00:48:24	385	344	Y		
Carole	Spong	934	F	Vet 60	1	Great Yarmouth Road Runners	00:48:49	00:48:13	386	42	N		
George	Freeman	471	M	Senior	164		00:48:50	00:47:34	387	345	N		
Jo	Isbill	1015	F	Vet 40	10	Ryston Runners Ac	00:48:50	00:48:35	388	43	N		
Jane	Scotney	529	F	Senior	28	Springwood Rhythmic Runners	00:48:53	00:48:23	389	44	N	Springwood Rhythmic Runners	
Lee	Gunns	758	M	Senior	165		00:48:53	00:47:51	390	346	Y		
David	Mummery	766	M	Vet 40	110	Fenton Insurance Solutions	00:48:53	00:48:17	391	347	Y	Fenton Insurance Solutions	
George	Forrester	1558	M	Vet 60	11		00:48:54	00:47:49	392	348	Y		
Noel	Terry	822	M	Senior	166	RAF Marham	00:48:55	00:46:16	393	349	Y		
Linda	Marshall	995	F	Vet 40	11	Ryston Runners Ac	00:48:56	00:48:25	394	45	Y		
Mayoh	Paul	656	M	Senior	167	Mucky Duckers	00:48:57	00:48:28	395	350	N	Mucky Duckers	
Alfred	Penn	1330	M	Vet 60	12		00:48:58	00:48:05	396	351	Y		
Larke	Patrick	1611	M	Vet 50	30		00:48:59	00:48:06	397	352	Y		
Adrian	Peirson	1663	M	Senior	168	City Of Hull Ac	00:49:00	00:47:43	398	353	N		
Shaun	Smith	129	M	Senior	169		00:49:01	00:48:17	399	354	Y		
David	Brailey	1640	M	Senior	170		00:49:04	00:48:19	400	355	N		
David	Ballard	320	M	Vet 60	13		00:49:05	00:48:57	401	356	Y		
Sally	Cushing	1301	M	Vet 40	111	Norwich Road Runners	00:49:05	00:48:07	402	357	Y		
Christopher	Faulkner	1432	M	Vet 40	112		00:49:07	00:48:33	403	358	N		
Rebecca	Cousins	1774	F	Junior	3	Cowa - Student Team	00:49:08	00:48:54	404	46	N	Cowa - Student Team	
Jon	Platten	666	M	Vet 40	113		00:49:09	00:48:23	405	359	Y		
Luke	Mapp	1397	M	Senior	171		00:49:10	00:48:36	406	360	Y		
Michael	Shaw	204	M	Vet 40	114		00:49:11	00:48:52	407	361	N		
Andy	Dowling	889	M	Senior	172	Chalcroft Construction	00:49:11	00:48:28	408	362	N	Chalcroft Construction	
Andrew	Cousins	358	M	Senior	173		00:49:14	00:48:58	409	363	Y		
Paul	Hoggett	1628	M	Senior	174	KES Partnership	00:49:16	00:47:57	410	364	Y	KES Partnership	
James	Barwick	739	M	Senior	175	West Winch FC	00:49:17	00:47:36	411	365	Y		West Winch FC
Colin	Fox	336	M	Senior	176		00:49:18	00:48:52	412	366	N		
Michelle	Moden	462	F	Senior	29		00:49:18	00:48:18	413	47	N		
Melissa	Ludlam	1537	F	Senior	30		00:49:18	00:49:02	414	48	Y		
Louise	Barber	228	F	Vet 40	12		00:49:22	00:48:43	415	49	Y		
Steven	Neeve	1807	M	Senior	177	Suffolk Sport	00:49:22	00:47:53	416	367	N	Suffolk Sport	
David	Steward	1165	M	Vet 40	115	Anglian Water Wateraid	00:49:23	00:49:16	417	368	Y	Anglian Water Wateraid	
Douglas	Baker	1325	M	Vet 60	14	Eastern Veterans AC	00:49:24	00:48:59	418	369	N		
Thomas	Collison	1538	M	Senior	178		00:49:27	00:48:45	419	370	Y		
David	Collin	684	M	Vet 40	116		00:49:28	00:48:22	420	371	Y		
Alan	Bennett	1725	M	Vet 60	15		00:49:28	00:48:39	421	372	Y		
Trevor	Brown	629	M	Vet 40	117	Sleaford Striders AC	00:49:29	00:48:40	422	373	N		
Abigail	Paton	1016	F	Senior	31	Stowmarket Striders Running Club	00:49:29	00:49:29	423	50	N		
Timothy	Pike	1028	M	Senior	179		00:49:29	00:47:04	424	374	Y		
Richard	Day	1455	M	Senior	180	Stowmarket Striders Running Club	00:49:29	00:48:55	425	375	N		
James	Bamfield	1813	M	Senior	181		00:49:32	00:48:53	426	376	Y		
Charlie	Thompson	206	M	Senior	182		00:49:34	00:49:12	427	377	Y		
Edward	Getley	893	M	Senior	183	Chalcroft Construction	00:49:34	00:48:00	428	378	Y	Chalcroft Construction	
Stephen	Brooks	100	M	Vet 40	118		00:49:35	00:49:04	429	379	Y		

Stephen	Auker	858	M	Vet 50	31		00:49:36	00:49:13	430	380	Y		
Ian	Francis	938	M	Senior	184		00:49:36	00:48:42	431	381	Y		
Peter	Warren	1547	M	Vet 50	32		00:49:36	00:49:21	432	382	N		
David	Noye-allen	484	M	Senior	185		00:49:38	00:48:39	433	383	Y		
Mark	Galbraith	1562	M	Senior	186		00:49:38	00:48:00	434	384	N		
England	John	607	M	Vet 50	33	Great Yarmouth & District Ac	00:49:40	00:48:33	435	385	Y		
Darren	Sullivan	837	M	Senior	187		00:49:40	00:47:56	436	386	Y		
Nicholas	Moulton	1177	M	Senior	188		00:49:40	00:48:53	437	387	Y		
Angela	Chapman	972	F	Senior	32	Ely Runners	00:49:41	00:49:19	438	51	N		
Tim	Oakes	1327	M	Vet 50	34		00:49:42	00:48:00	439	388	Y		
Anthony	Crome	70	M	Vet 70+	3		00:49:44	00:49:34	440	389	Y		
Matthew	Collins	1400	M	Senior	189		00:49:44	00:48:20	441	390	Y		
Stephen	Gilbert	1446	M	Vet 50	35		00:49:46	00:49:25	442	391	N		
Craige	Warren	1799	M	Junior	32		00:49:48	00:47:36	443	392	Y		
Meg	Phillips	1814	F	Senior	33		00:49:48	00:48:59	444	52	N		
Eurwyn	Jones	1345	M	Vet 40	119	Norfolk Gazelles Ac	00:49:49	00:49:18	445	393	N		
Gerard	Smith	487	M	Senior	190		00:49:50	00:48:19	446	394	N		
James	Atkin	420	M	Vet 40	120	March Athletics Club	00:49:52	00:49:20	447	395	N		
Scott	Sexton	1373	M	Junior	33	System 3 Business Solutions	00:49:52	00:48:56	448	396	Y	System 3 Business Solutions	
Martin	Mcmechan	834	M	Senior	191	LA Fitness	00:49:53	00:49:09	449	397	Y	La Fitness	
Matt	Clarey	1344	M	Senior	192		00:49:54	00:49:41	450	398	Y		
Roger	Sayle	1451	M	Vet 40	121	Ryston Runners Ac	00:49:54	00:49:11	451	399	Y		
Andy	Smith	1520	M	Vet 40	122	Ryston Runners Ac	00:49:54	00:49:42	452	400	Y		
Nazim	Mukadam	35	M	Senior	193		00:49:56	00:49:48	453	401	N		
Emma	Newton	1609	F	Senior	34		00:49:58	00:49:16	454	53	N		
Letty	Wright	1610	F	Senior	35		00:49:58	00:49:19	455	54	N		
James	Hayward	1568	M	Senior	194	Tapping House Hospice	00:49:59	00:49:02	456	402	Y	Tapping House Hospice	
Dave	Saunderson	5	M	Vet 40	123	BCKLWN	00:50:03	00:49:37	457	403	Y	BCKLWN	
Gavin	Clark	673	M	Senior	195	Phoenix Judo Kwai BJA1241	00:50:05	00:49:14	458	404	Y		Phoenix Judo Kwai BJA1241
Dianna	Gregory	1491	F	Senior	36		00:50:05	00:47:41	459	55	Y		
Simon	Wilbraham	1499	M	Senior	196		00:50:07	00:48:51	460	405	N		
Luke	Cann	780	M	Senior	197	Anglian Water Wateraid	00:50:08	00:49:05	461	406	N	Anglian Water Wateraid	
Adrian	Hall	1004	M	Senior	198		00:50:08	00:49:13	462	407	N		
Paul	Leake	1062	M	Senior	199	Team Royal Mail	00:50:08	00:50:08	463	408	Y	Team Royal Mail	
Gary	Taylor	526	M	Vet 40	124	Woodbridge Shufflers RRC	00:50:09	00:49:05	464	409	N		
Robert	Haggart	528	M	Vet 40	125		00:50:09	00:49:11	465	410	N		
Lee	Chapman	1127	M	Junior	34		00:50:09	00:48:54	466	411	N		
Karl	Belding	1778	M	Junior	35	Cowa - Student Team	00:50:09	00:50:04	467	412	N	Cowa - Student Team	
James	Crowe	460	M	Senior	200		00:50:11	00:49:08	468	413	N		
Lorraine	Toll	26	F	Vet 40	13	Barrow Runners	00:50:12	00:49:49	469	56	N		
Iain	Johnson	1421	M	Senior	201		00:50:12	00:48:57	470	414	N		
Nick	Bloy	1567	M	Vet 40	126		00:50:14	00:47:46	471	415	Y		
Joanne	Porter	1199	F	Senior	37	Ryston Runners Ac	00:50:15	00:50:08	472	57	Y		
Nicola	Floyd	1576	F	Senior	38	Fenland Running & AC	00:50:16	00:49:23	473	58	Y		
Shaun	Germaney	1750	M	Senior	202	Ingoldisthorpe Fc	00:50:16	00:48:51	474	416	Y		Ingoldisthorpe Fc
Jane	Manley	144	F	Vet 40	14		00:50:18	00:50:01	475	59	N		
Nick	Gollaglee	699	M	Vet 40	127	Fastway Couriers	00:50:18	00:47:52	476	417	Y	Fastway Couriers	
Catherine	Jordan	498	F	Vet 50	4	Norfolk Gazelles Ac	00:50:19	00:48:23	477	60	Y		

Mark	Jarman	1099	M	Senior	203	Topps United Football Club	00:50:20	00:49:44	478	418	Y		Topps United Football Club
Steven	Clare	1374	M	Senior	204	System 3 Business Solutions	00:50:20	00:49:23	479	419	Y		System 3 Business Solutions
James	Michelle	1313	F	Senior	39		00:50:21	00:49:22	480	61	N		
John	Richardson	886	M	Vet 50	36	Dereham Runners Ac	00:50:24	00:49:30	481	420	Y		
Adrian	Skipper	801	M	Vet 40	128		00:50:25	00:49:53	482	421	Y		
Trudy	Smith	442	F	Senior	40	LA Fitness	00:50:26	00:50:15	483	62	Y		LA Fitness
Michael	Campbell	569	M	Vet 40	129		00:50:30	00:49:55	484	422	Y		
Stewart	Robins	617	M	Senior	205		00:50:31	00:48:25	485	423	Y		
Malcolm	Horn	1556	M	Vet 50	37		00:50:32	00:49:58	486	424	Y		
Mary	Gates	296	F	Vet 40	15	Ely Runners	00:50:34	00:50:13	487	63	N		
Andrea	Lowe	870	F	Vet 40	16		00:50:34	00:49:42	488	64	N		
Jason	Smith	1167	M	Senior	206		00:50:35	00:50:18	489	425	Y		
Ray	Richter	993	M	Vet 40	130		00:50:40	00:50:18	490	426	Y		
Kevin	Borley	1064	M	Vet 40	131	Team Royal Mail	00:50:40	00:49:41	491	427	Y		Team Royal Mail
Colin	Alford	159	M	Vet 40	132		00:50:41	00:49:10	492	428	Y		
Bob	Arthur	829	M	Senior	207	RAF Marham	00:50:42	00:48:34	493	429	Y		
John	Mortimer	480	M	Senior	208		00:50:44	00:49:30	494	430	Y		
Matthew	Garrod	1115	M	Senior	209		00:50:44	00:47:39	495	431	Y		
David	Wright	913	M	Senior	210		00:50:46	00:49:15	496	432	N		
Timothy	Sandover	1595	M	Vet 40	133		00:50:46	00:49:26	497	433	Y		
Rachael	Higgins	953	F	Senior	41		00:50:49	00:50:06	498	65	Y		
Simon	Wood	1176	M	Vet 40	134		00:50:49	00:50:05	499	434	Y		
Anna	Welch	899	F	Senior	42		00:50:50	00:50:00	500	66	N		
Kalpesh	Kapasiawala	406	M	Senior	211		00:50:52	00:50:38	501	435	Y		
Alan	Law	273	M	Vet 50	38	Ryston Runners Ac	00:50:53	00:50:19	502	436	Y		
Trevor	Lloyd	998	M	Vet 60	16		00:50:54	00:50:09	503	437	N		
David	Maynard	1649	M	Senior	212		00:50:56	00:49:12	504	438	Y		
Paul	Mellor	1635	M	Senior	213	Belgrave Harriers	00:50:57	00:50:16	505	439	N		
Geoff	Floyd	1092	M	Vet 50	39	Fenland Running & Ac	00:50:59	00:50:06	506	440	Y		
Charlotte	Clarke	1170	F	Junior	4	KES - Pupils	00:51:00	00:50:43	507	67	Y		KES - Pupils
Beres	Ward	1179	M	Vet 50	40		00:51:00	00:49:08	508	441	Y		
Neil	Watson	1747	M	Senior	214	Jaeger	00:51:01	00:50:47	509	442	Y		Jaeger
Martin	Sup	1427	M	Vet 40	135	Hylton Gott Ltd	00:51:05	00:50:11	510	443	Y		Hylton Gott Ltd
Michael	Wade	101	M	Vet 50	41		00:51:06	00:50:39	511	444	Y		
Paul	Morley	888	M	Senior	215	Chalcroft Construction	00:51:06	00:50:23	512	445	Y		Chalcroft Construction
Gavin	Lane	586	M	Senior	216	West Norfolk AC	00:51:07	00:49:43	513	446	Y		
Gavin	Booth	884	M	Senior	217		00:51:07	00:50:40	514	447	N		
Andy	Nichols	1413	M	Senior	218		00:51:09	00:50:34	515	448	Y		
Tommy	Goode	1773	M	Senior	219	Cowa - Corporate Team: Teaching	00:51:10	00:49:03	516	449	Y		Cowa - Corporate Team: Teaching
Nic	Cartwright	1014	M	Senior	220		00:51:12	00:49:16	517	450	N		
Alicja	Lim	632	F	Vet 40	17	LA Fitness	00:51:13	00:51:08	518	68	Y		LA Fitness
Allen	Kissock	1358	M	Vet 40	136		00:51:13	00:51:07	519	451	Y		
Simon	Hunt	341	M	Senior	221		00:51:16	00:50:28	520	452	Y		
Emile	Breytenbach	318	M	Senior	222		00:51:17	00:50:29	521	69	Y		
Susan	Bravo rodriguez	613	F	Vet 40	18	Ryston Runners Ac	00:51:17	00:50:53	522	70	Y		
Pasquale	Ruggiero	541	M	Vet 40	137	Fenland Running & Ac	00:51:21	00:50:46	523	453	N		
Nick	Arthur	517	M	Senior	223		00:51:23	00:50:52	524	454	N		

Neil	Hunt	1245	M	Senior	224		00:51:23	00:49:12	525	455	Y		
David	Black	1659	M	Vet 40	138		00:51:23	00:48:34	526	456	Y		
Phillip	Seaman	540	M	Vet 50	42		00:51:24	00:51:03	527	457	Y		
Matthew	Talbot	1726	M	Senior	225	Active Norfolk	00:51:24	00:49:25	528	458	Y		Active Norfolk
Jackie	Delf	1355	F	Vet 40	19		00:51:25	00:50:40	529	71	N		
Carl	Cox	401	M	Junior	36		00:51:28	00:50:42	530	459	Y		
Thomas	Kellie	751	M	Senior	226		00:51:32	00:50:12	531	460	N		
Jane	Taylor	149	F	Vet 50	5		00:51:33	00:51:14	532	72	Y		
Gary	Smith	1670	M	Junior	37	M C Nurse Builders Ltd	00:51:33	00:49:31	533	461	N		M C Nurse Builders Ltd
Wayne	Gayton	950	M	Senior	227		00:51:34	00:49:54	534	462	Y		
Abigail	Pigney	1696	F	Junior	5		00:51:35	00:51:13	535	73	Y		
Terry	Braverman	843	M	Vet 60	17	Haverhill Running Club	00:51:36	00:49:05	536	463	N		
Hannah	Mason	1641	F	Senior	43		00:51:36	00:51:01	537	74	Y		
Graham	Martyn	1647	M	Senior	228		00:51:40	00:51:05	538	464	Y		
Ronald	Jackson	705	M	Vet 50	43	Cambridge & Coleridge AC	00:51:41	00:51:01	539	465	N		
Rob	Cumming	36	M	Senior	229		00:51:42	00:49:05	540	466	Y		
Sarah	Loughlin	1483	F	Junior	6	West Norfolk AC	00:51:44	00:51:30	541	75	Y		
Richard	Bathe	131	M	Senior	230		00:51:45	00:50:56	542	467	N		
Jon	Bathe	132	M	Senior	231		00:51:45	00:50:53	543	468	N		
Dale	Twate-smith	1810	M	Senior	232		00:51:47	00:49:39	544	469	Y		
Shaun	Robinson	866	M	Senior	233	Team C.f	00:51:48	00:50:09	545	470	Y		Team C.f
Robert	Bramham	44	M	Vet 40	139		00:51:49	00:49:23	546	471	Y		
Julie	Garrett	1106	F	Senior	44	Norwich Road Runners	00:51:50	00:51:25	547	76	Y		
Mark	Flint	138	M	Senior	234		00:51:51	00:50:31	548	472	N		
Daniel	Lewis	818	M	Junior	38	RAF Marham	00:51:51	00:50:07	549	473	Y		
Simon	Wilson Stephens	29	M	Senior	235		00:51:55	00:50:29	550	474	True		
Steve	Small	753	M	Vet 40	140		00:51:59	00:50:04	551	475	Y		
Jody	Lane	1749	M	Junior	39	Ingoldisthorpe Fc	00:52:01	00:50:12	552	476	Y		Ingoldisthorpe Fc
Mark	Green	1510	M	Vet 40	141		00:52:02	00:51:14	553	477	Y		
Adam	Archard	742	M	Junior	40	West Winch FC	00:52:03	00:49:54	554	478	Y		West Winch FC
Simon	Powell	874	M	Senior	236		00:52:03	00:50:14	555	479	N		
Simon	Hunter	1186	M	Senior	237		00:52:04	00:51:49	556	480	Y		
Chris	Hall	1223	M	Vet 40	142	BESPAK	00:52:05	00:51:19	557	481	Y		BESPAK
Alf	Powell	292	M	Vet 50	44		00:52:07	00:50:56	558	482	N		
Natalie	Mann	848	F	Senior	45	Cambridge Harriers	00:52:08	00:52:05	559	77	N		
David	Morris	1061	M	Vet 40	143		00:52:08	00:49:37	560	483	N		
Colette	Medland	944	F	Senior	46		00:52:10	00:51:11	561	78	N		
John	Gaisford	67	M	Vet 50	45		00:52:11	00:49:58	562	484	Y		
Stuart	Medland	110	M	Vet 50	46		00:52:11	00:51:03	563	485	True		
David	Bishop	1578	M	Senior	238		00:52:12	00:50:13	564	486	N		
Susan	Taylor	660	F	Vet 40	20	LA Fitness	00:52:13	00:51:30	565	79	Y		La Fitness
Alistair	Poll	769	M	Junior	41		00:52:13	00:50:56	566	487	Y		
Robert	Scarfe	852	M	Vet 50	47	Wymondham Ac	00:52:13	00:51:28	567	488	Y		
Daniel	Plowright	741	M	Senior	239	West Winch FC	00:52:15	00:50:56	568	489	Y		West Winch FC
Steve	Websdale	1318	M	Vet 40	144	Norwich Road Runners	00:52:15	00:51:24	569	490	Y		
Steven	Swann	640	M	Vet 40	145		00:52:16	00:50:28	570	491	Y		
Keith sutton	Sutton	1718	M	Senior	240	Active Norfolk	00:52:16	00:49:57	571	492	Y		Active Norfolk
Amanda	Mayhew	1743	F	Vet 40	21		00:52:18	00:51:26	572	80	N		
Fiona	Taylor	1795	F	Senior	47		00:52:18	00:52:07	573	81	Y		

Elaine	Burrows	1742	F	Vet 40	22	Suffolk Sport	00:52:19	00:51:37	574	82	N		Suffolk Sport
Andy	Beeston	945	M	Vet 50	48		00:52:20	00:49:58	575	493	Y		
John	Plowright	685	M	Vet 50	49		00:52:24	00:51:23	576	494	Y		
Basil	Crisp	458	M	Vet 50	50	Norfolk Gazelles Ac	00:52:25	00:50:52	577	495	Y		
John	Fincham	1634	M	Vet 60	18		00:52:25	00:51:42	578	496	Y		
Gillian	Holmes	1386	F	Vet 50	6	Fenland Running & AC	00:52:26	00:52:18	579	83	N		
Nigel	Tarratt	293	M	Vet 40	146		00:52:27	00:50:43	580	497	Y		
Eddie	Balls	936	M	Vet 60	19		00:52:29	00:51:24	581	498	Y		
Jenny	Kumah	595	F	Senior	48		00:52:30	00:50:57	582	84	Y		
Jordan	Jenner	676	M	Junior	42	KES - Pupils	00:52:30	00:52:11	583	499	Y		KES - Pupils
Neil	Meachem	932	M	Vet 50	51	Fastway Couriers	00:52:30	00:49:37	584	500	Y		Fastway Couriers
Sam	Hubbard	1338	M	Junior	43		00:52:32	00:51:24	585	501	Y		
Daniel	Razaz	1504	M	Junior	44		00:52:32	00:50:44	586	502	Y		
Aaron	Blows	82	M	Senior	241		00:52:33	00:50:45	587	503	Y		
Emily	Spray	1300	F	Senior	49	Norfolk Gazelles Ac	00:52:33	00:50:35	588	85	Y		
Peter	Hamilton	14	M	Vet 40	147		00:52:34	00:52:08	589	504	Y		
Clare	Juggins	181	F	Senior	50		00:52:35	00:51:49	590	86	Y		
Carolyn	Poole	943	F	Vet 50	7	Norfolk Gazelles Ac	00:52:36	00:51:25	591	87	Y		
Adam	Flett	1654	M	Senior	242		00:52:36	00:50:43	592	505	Y		
Martin	Blackburn	6	M	Vet 40	148		00:52:40	00:51:58	593	506	Y		
Robert	Hammond	1549	M	Senior	243		00:52:40	00:51:56	594	507	Y		
William	Fell	1060	M	Junior	45	Jeremy Wright Wateraid	00:52:41	00:51:19	595	508	N		Jeremy Wright Wateraid
Julie	Ward	513	F	Senior	51		00:52:42	00:51:12	596	88	Y		
Mark	Smith	1579	M	Senior	244		00:52:42	00:50:38	597	509	N		
Rachael	Bowie	767	F	Senior	52		00:52:44	00:51:39	598	89	Y		
Laurence	Atkinson	345	M	Vet 40	149		00:52:46	00:50:59	599	510	Y		
Judith	Berry	146	F	Senior	53		00:52:47	00:52:27	600	90	Y		
Craig	Campbell	1135	M	Senior	245		00:52:47	00:51:26	601	511	Y		
Julie	Allum	1027	F	Senior	54	Ryston Runners Ac	00:52:48	00:52:29	602	91	N		
Simon	Ruff	1354	M	Senior	246		00:52:48	00:51:08	603	512	N		
Andrew	Bell	1058	M	Vet 40	150		00:52:50	00:52:23	604	513	N		
Sarah	Boneham	1279	F	Senior	55		00:52:50	00:50:56	605	92	N		
Richard	Eke	321	M	Senior	247		00:52:54	00:51:53	606	514	Y		
Maire	Irlam	1506	F	Vet 40	23	Fenland Running & AC	00:52:54	00:51:09	607	93	N		
Phil	Young	103	M	Senior	248		00:52:55	00:51:53	608	515	True		
Paul	Bottone	414	M	Vet 40	151		00:52:55	00:52:18	609	516	N		
Richard	Bly	946	M	Senior	249		00:52:55	00:51:23	610	517	Y		
Anna	Carter	49	F	Vet 40	24		00:53:00	00:51:14	611	94	Y		
Tim	Humphreys	1395	M	Vet 40	152		00:53:00	00:52:32	612	518	N		
Bob	Hibberd	171	M	Vet 50	52		00:53:02	00:51:20	613	519	N		
Joe	Whitmore	223	M	Senior	250		00:53:02	00:51:34	614	520	Y		
Keith	Boyall	1054	M	Vet 40	153		00:53:02	00:52:13	615	521	N		
Andrew	Richardson	1728	M	Senior	251		00:53:02	00:51:53	616	522	N		
Emma	Stratton	46	F	Senior	56		00:53:04	00:50:35	617	95	Y		
Paul	Brittain	380	M	Senior	252		00:53:04	00:51:11	618	523	Y		
Jon	Gibbs	1636	M	Senior	253		00:53:04	00:51:18	619	524	Y		
David	Sallis	192	M	Junior	46		00:53:05	00:52:37	620	525	Y		
Pauline	Sparrow	238	F	Vet 50	8	Ryston Runners Ac	00:53:06	00:52:35	621	96	Y		
Francois	Nieuwoudt	473	M	Senior	254		00:53:06	00:52:28	622	526	Y		
Steven	Davies	225	M	Vet 40	154	Thorney Runners	00:53:07	00:52:00	623	527	N		

George	Smart	1372	M	Senior	255	System 3 Business Solutions	00:53:07	00:52:10	624	528	Y		System 3 Business Solutions	
Anne	Martin	1501	F	Vet 70+	1	Wymondham Ac	00:53:09	00:52:47	625	97	Y			
Jane	Wilson	997	F	Vet 40	25		00:53:10	00:52:22	626	98	N			
Syed	Tariq	1724	M	Vet 50	53		00:53:11	00:51:42	627	529	Y			
Gary	Howe	188	M	Senior	256		00:53:13	00:52:05	628	530	Y			
Jacky	Wilkinson	988	F	Vet 50	9		00:53:14	00:52:32	629	99	Y			
Richard	Fussell	1254	M	Senior	257	BESPAK	00:53:14	00:51:51	630	531	Y		BESPAK	
Lee	Ward	402	M	Junior	47		00:53:16	00:52:30	631	532	Y			
Michael	Dennis	1158	M	Vet 40	155	Dereham Runners Ac	00:53:18	00:51:09	632	533	Y			
David	Barnes	1608	M	Vet 40	156		00:53:18	00:52:19	633	534	Y			
Nicholas	Wittred	496	M	Senior	258		00:53:19	00:52:27	634	535	Y			
Jamie	Ord	743	M	Senior	259	West Winch FC	00:53:20	00:51:41	635	536	Y			West Winch FC
Neil	Thorneywork	921	M	Vet 40	157	Castle Acre Pre-School	00:53:20	00:50:46	636	537	Y		Castle Acre Pre-School	
Paul	Myhill	881	M	Senior	260		00:53:21	00:51:12	637	538	Y			
Daniel	Fisher	728	M	Junior	48		00:53:25	00:52:49	638	539	Y			
Cliff	Lear	1803	M	Vet 40	158	Thetford AC	00:53:25	00:51:22	639	540	Y			
Terence	Gamble	1336	M	Vet 60	20	West Norfolk AC	00:53:27	00:53:18	640	541	Y			
Jack	Marshall-grint	461	M	Junior	49	KES - Pupils	00:53:28	00:53:18	641	542	Y		KES - Pupils	
Neil	Gayton	737	M	Senior	261	West Winch FC	00:53:28	00:51:54	642	543	Y			West Winch FC
Rebecca	Coates	781	F	Senior	57		00:53:30	00:52:55	643	100	N			
Sharon	Burch	1070	F	Senior	58		00:53:30	00:53:15	644	101	Y			
Chloe	Burch	1120	F	Junior	7		00:53:31	00:53:20	645	102	Y			
Richard	Napthen	1662	M	Vet 40	159		00:53:32	00:52:31	646	544	Y			
Sam	Mutton	417	M	Junior	50		00:53:33	00:51:30	647	545	Y			
Sharon	Hoare	197	F	Senior	59		00:53:37	00:51:21	648	103	Y			
Ryan	Wilson	359	M	Junior	51		00:53:37	00:51:20	649	546	Y			
Robyn	Doyle	207	F	Vet 40	26		00:53:38	00:53:18	650	104	N			
Shane	Walker	773	M	Junior	52		00:53:38	00:53:09	651	547	Y			
Jack	Parnell	40	M	Senior	262		00:53:39	00:52:03	652	548	Y			
Natalie	Beckett	1144	F	Senior	60		00:53:39	00:52:35	653	105	Y			
Adam	Dye	1253	M	Junior	53	BESPAK	00:53:39	00:51:48	654	549	Y		BESPAK	
Kim	Bramham	42	F	Vet 40	27		00:53:40	00:51:09	655	106	Y			
Paul	Freear	928	M	Senior	263	Kuk Sool Won of King's Lynn	00:53:40	00:52:48	656	550	Y		Kuk Sool Won of King's Lynn	
Harry	Nuttall	861	M	Vet 60	21	London Heathside Runners AC	00:53:41	00:53:16	657	551	N			
Mckinna	Simon	1577	M	Senior	264		00:53:44	00:52:25	658	552	Y			
Robert	Daykin	1212	M	Vet 60	22		00:53:45	00:52:13	659	553	Y			
Martin	Barwell	47	M	Vet 50	54		00:53:46	00:53:02	660	554	Y			
Jeremy	Brown	1410	M	Vet 40	160		00:53:47	00:52:30	661	555	Y			
Simon	Harvey	740	M	Junior	54	West Winch FC	00:53:48	00:52:06	662	556	Y			West Winch FC
Simon	Cook	1364	M	Senior	265		00:53:48	00:52:11	663	557	Y			
David	Fendley	339	M	Senior	266		00:53:49	00:53:20	664	558	Y			
John	Holden	1011	M	Vet 50	55	LA Fitness	00:53:49	00:53:08	665	559	Y		La Fitness	
Andrew	Doyle	472	M	Senior	267		00:53:51	00:53:14	666	560	Y			
Derek	Harvey	297	M	Vet 50	56		00:53:53	00:52:27	667	561	Y			
Grant	Harwood	173	M	Senior	268	Brandon Fern Hoppers	00:53:54	00:53:02	668	562	Y			
Jim	Legrove	303	M	Vet 50	57		00:53:55	00:51:56	669	563	N			
Gordon	Greenhalgh	614	M	Senior	269		00:53:55	00:51:24	670	564	N			
Luther	Buckhurst	1094	M	Vet 50	58		00:53:56	00:53:23	671	565	Y			
Michael	Beckett	1143	M	Vet 40	161		00:53:56	00:52:54	672	566	Y			

Ian	Stevenson	500	M	Senior	270		00:53:58	00:51:16	673	567	Y		
Roger	Tubby	647	M	Vet 40	162		00:53:59	00:51:51	674	568	Y		
Michael	Bailey-griffiths	1270	M	Senior	271		00:53:59	00:52:33	675	569	Y		
David	Lane	1090	M	Vet 40	163	Ryston Runners Ac	00:54:01	00:51:59	676	570	Y		
Terry	Brunton	1304	F	Senior	61		00:54:03	00:52:51	677	107	Y		
Nadeem	Nowrung	926	M	Junior	55	Kuk Sool Won of King's Lynn	00:54:04	00:53:02	678	571	Y		Kuk Sool Won of King's Lynn
Colin	Goldspink	782	M	Vet 60	23	Fenland Running & Ac	00:54:05	00:51:51	679	572	Y		
Rosalind	English	291	F	Vet 40	28		00:54:06	00:52:45	680	108	Y		
Dean	Lawrence	1515	M	Senior	272		00:54:07	00:52:03	681	573	Y		
Paul	Norris	774	M	Vet 40	164		00:54:09	00:53:45	682	574	Y		
Ian	Arnold	189	M	Senior	273		00:54:10	00:53:47	683	575	Y		
Roger	Williams	1309	M	Vet 50	59	Fenland Running & Ac	00:54:10	00:52:39	684	576	Y		
Seb	Moore	1215	M	Vet 50	60	Smithdon High School	00:54:12	00:52:29	685	577	Y	Smithdon High School	
Andrew	Buffham	1521	M	Senior	274		00:54:13	00:52:01	686	578	N		
Jane	Holmes	71	F	Senior	62	Fenland Running & AC	00:54:14	00:53:48	687	109	Y		
Imogen	West	1182	F	Vet 40	29	Dereham Runners Ac	00:54:14	00:52:47	688	110	Y		
Claudia	Milburn	1269	F	Senior	63	Fenland Running & AC	00:54:14	00:53:48	689	111	N		
Amanda	Marks	224	F	Vet 40	30		00:54:15	00:52:22	690	112	N		
Donna	Powell	1769	F	Vet 40	31	Cowa - Corporate Team: Teaching	00:54:15	00:52:15	691	113	Y		Cowa - Corporate Team: Teaching
Janice	Moore	1005	F	Vet 40	32		00:54:16	00:52:31	692	114	Y		
John	Buckle	1754	M	Vet 50	61		00:54:16	00:53:11	693	579	Y		
Julie	Barton	1796	F	Senior	64		00:54:16	00:52:59	694	115	Y		
Simon	Mace	745	M	Senior	275	West Winch FC	00:54:19	00:53:01	695	580	Y		West Winch FC
David	Peck	1359	M	Vet 70+	4	Newmarket Cycling & Triathlon Club	00:54:20	00:51:17	696	581	N		
Andy	Howard	983	M	Senior	276	Ryston Runners Ac	00:54:21	00:53:12	697	582	Y		
Richard	Hunt	269	M	Vet 50	62	Thetford AC	00:54:24	00:53:12	698	583	Y		
Susan	Fox	1081	F	Vet 40	33		00:54:24	00:52:18	699	116	N		
Richard	Lord	449	M	Senior	277		00:54:27	00:53:30	700	584	N		
Susan	Cooke	907	F	Vet 40	34		00:54:27	00:53:56	701	117	Y		
Michael	Robinson	1286	M	Senior	278		00:54:30	00:51:54	702	585	Y		
Malcolm	Stevens	1008	M	Vet 50	63		00:54:31	00:53:01	703	586	N		
David	Howell	237	M	Senior	279		00:54:33	00:51:48	704	587	Y		
Andy	Hudson	1321	M	Senior	280		00:54:34	00:52:42	705	588	N		
Abigail	Riddoch	376	F	Senior	65		00:54:36	00:53:31	706	118	N		
Ian	Ashford	855	M	Vet 40	165		00:54:37	00:52:49	707	589	Y		
Paul	Boughton	1251	M	Vet 50	64	BESPAK	00:54:37	00:53:14	708	590	N	BESPAK	
Michael	Darby	1428	M	Senior	281		00:54:37	00:53:34	709	591	Y		
John	Wilkinson	885	M	Vet 50	65		00:54:41	00:54:13	710	592	N		
Wayne	Anderson	923	M	Senior	282	Castle Acre Pre-School	00:54:42	00:52:29	711	593	Y	Castle Acre Pre-School	
David	Wickerson	13	M	Vet 60	24		00:54:44	00:54:26	712	594	Y		
Darren	Hooker	871	M	Senior	283		00:54:44	00:52:20	713	595	Y		
Martin	Hodgson	601	M	Senior	284		00:54:45	00:53:32	714	596	Y		
Sharon	Hall	1337	F	Vet 40	35		00:54:45	00:53:35	715	119	Y		
Lucy	Mason	836	M	Senior	285		00:54:46	00:53:44	716	597	Y		
David	Jones	1542	M	Senior	286		00:54:46	00:52:50	717	598	Y		
Ian	Jarvis	1489	M	Vet 40	166		00:54:47	00:52:52	718	599	Y		
Stacey	Owen	426	F	Senior	66	Thetford AC	00:54:48	00:51:47	719	120	Y		

Jonathan	Barnes	694	M	Senior	287		00:54:48	00:53:43	720	600	Y		
Dennis	Bartram	827	M	Vet 50	66	Wymondham Ac	00:54:48	00:54:10	721	601	Y		
James	Spooner	1126	M	Junior	56		00:54:50	00:53:28	722	602	N		
Jo	Payne	1203	F	Senior	67		00:54:51	00:52:35	723	121	N		
Mark	Scott	145	M	Senior	288		00:54:52	00:53:57	724	603	Y		
Dean	Pruden	1409	M	Senior	289		00:54:53	00:53:46	725	604	Y		
Hannah	Shepherd	1020	F	Senior	68		00:54:54	00:53:38	726	122	N		
Ian	Crutchley	1495	M	Vet 40	167		00:54:55	00:53:15	727	605	Y		
Amukela	Ncube	1266	M	Senior	290		00:54:57	00:54:29	728	606	Y		
Kristine	Oliver	1071	F	Senior	69		00:55:00	00:54:40	729	123	Y		
Graham	Darley	842	M	Vet 40	168		00:55:01	00:53:41	730	607	Y		
Helen	Rowe	1113	F	Vet 40	36		00:55:01	00:54:27	731	124	N		
Glenn	House	1252	M	Vet 40	169		00:55:03	00:54:07	732	608	N		
Melanie	Evans	906	F	Vet 40	37		00:55:05	00:54:31	733	125	Y		
Chris	Abbs	126	M	Senior	291		00:55:06	00:53:56	734	609	Y		
Paul	Elliott	177	M	Senior	292		00:55:06	00:52:30	735	610	Y		
Adam	Chester	1431	M	Senior	293	RAF Marham	00:55:07	00:53:00	736	611	Y		
Michael	Sands	155	M	Vet 50	67		00:55:09	00:53:44	737	612	Y		
Sally	Whitby	267	F	Vet 40	38	Ryston Runners Ac	00:55:09	00:54:26	738	126	Y		
Sinead	Thorpe	1133	F	Junior	8		00:55:09	00:52:56	739	127	Y		
Chaz	Houghton	1221	M	Vet 50	68	BESPAK	00:55:11	00:53:08	740	613	Y		BESPAK
Terry	Mcentee	1756	M	Vet 50	69	Suffolk Sport	00:55:11	00:54:12	741	614	N		Suffolk Sport
Jonathan	Taylor	282	M	Senior	294		00:55:12	00:52:30	742	615	N		
Karen	Williams	492	F	Senior	70	Pig's Trotters	00:55:12	00:53:37	743	128	N		Pig's Trotters
Giles	Williams	491	M	Senior	295	Pig's Trotters	00:55:13	00:53:38	744	616	N		Pig's Trotters
Sandra	Lubbock	1419	F	Vet 40	39	City Of Norwich Athletic Club	00:55:15	00:53:22	745	129	Y		
Matthew	Kerrison	21	M	Senior	296		00:55:18	00:54:25	746	617	Y		
Carl	Easter	911	M	Senior	297	Chalcroft Construction	00:55:18	00:54:42	747	618	N		Chalcroft Construction
Lucy	Battersby	1214	F	Senior	71	Marham Caterers	00:55:18	00:53:00	748	130	Y		Marham Caterers
Latchford	Dax	1017	M	Senior	298		00:55:21	00:52:39	749	619	Y		
Nigel	Garrard	1018	M	Senior	299		00:55:21	00:53:11	750	620	Y		
Chris	Lloyd	191	M	Senior	300		00:55:24	00:54:06	751	621	N		
Stephen	Garrod	1226	M	Senior	301	BESPAK	00:55:25	00:53:34	752	622	Y		BESPAK
Adam	Bartholomew	1702	M	Senior	302		00:55:25	00:54:27	753	623	Y		
Ryan	Corbyn	1587	M	Senior	303		00:55:26	00:53:22	754	624	N		
Peter	Walmsley	1735	M	Junior	57	Jeremy Wright Wateraid	00:55:26	00:53:59	755	625	N		Jeremy Wright Wateraid
Jamie	Buckhurst	1095	M	Junior	58		00:55:31	00:54:57	756	626	Y		
Lucy	Hearn	1586	F	Senior	72		00:55:36	00:53:23	757	131	N		
Kathryn	Waite	910	F	Senior	73		00:55:37	00:53:50	758	132	N		
Joanne	Chapman	1281	F	Senior	74		00:55:38	00:52:54	759	133	Y		
Steve	Seekings	1485	M	Vet 40	170		00:55:38	00:55:03	760	627	N		
Lynn	Williams	566	F	Vet 40	40		00:55:42	00:55:03	761	134	N		
Mario	Marganelli	1761	M	Senior	304	Active Norfolk	00:55:44	00:54:17	762	628	Y		Active Norfolk
Mark	Nurse	1669	M	Vet 40	171	M C Nurse Builders Ltd	00:55:45	00:53:33	763	629	N		M C Nurse Builders Ltd
Phillip	Worlledge	1598	M	Senior	305		00:55:46	00:53:57	764	630	Y		
Claire	Ashton	1003	F	Senior	75	Brj Huntingdon	00:55:49	00:54:20	765	135	N		
Lorna	Holden	1112	F	Vet 40	41		00:55:50	00:55:11	766	136	N		
David	Buglar	633	M	Senior	306		00:55:51	00:53:27	767	631	N		
Rachel	Begbie	516	F	Vet 40	42		00:55:54	00:55:21	768	137	N		
Paul	Robinson	1194	M	Vet 40	172		00:55:54	00:53:59	769	632	N		

Ian	Pantling	247	M	Senior	307		00:55:55	00:54:44	770	633	Y		
Shaun	Rippon	1030	M	Senior	308		00:55:55	00:55:25	771	634	Y		
Sheila	Ely	347	F	Vet 60	2	Longwood Harriers	00:55:56	00:54:58	772	138	N		
Lucie	Tierney	448	F	Senior	76		00:55:57	00:54:39	773	139	Y		
Stephen	Taylor	642	M	Vet 50	70		00:55:58	00:54:19	774	635	Y		
Sophie	De winton	263	F	Vet 40	43	Brancaster Primary School	00:55:59	00:54:41	775	140	Y		Brancaster Primary School
Philip	Neave	69	M	Vet 50	71		00:56:02	00:55:31	776	636	Y		
Robert	Wyatt	1412	M	Vet 40	173		00:56:02	00:54:43	777	637	N		
Kirsty	Walker	772	F	Junior	9		00:56:06	00:55:30	778	141	Y		
Paul	Hickey	952	M	Senior	309	Anglian Water Wateraid	00:56:06	00:54:50	779	638	N		Anglian Water Wateraid
Rachael	Cave	1486	M	Senior	310		00:56:06	00:55:17	780	639	N		
Robert	Benstead	214	M	Vet 60	25		00:56:08	00:55:58	781	640	Y		
Christopher	Cole	384	M	Senior	311	Catalina Software	00:56:08	00:54:20	782	641	Y		Catalina Software
Darren	Abbs	652	M	Senior	312		00:56:08	00:54:45	783	642	Y		
Steve	Gower	672	M	Vet 40	174	Phoenix Judo Kwai BJA1241	00:56:08	00:55:27	784	643	Y		Phoenix Judo Kwai BJA1241
Joanne	Grove	653	F	Senior	77		00:56:09	00:55:02	785	142	Y		
Gerry	Walder	148	M	Vet 60	26		00:56:12	00:55:47	786	644	Y		
Breeda	O'leary	1348	F	Vet 40	44		00:56:12	00:54:58	787	143	N		
Orla	Jupp	1098	F	Senior	78	Dereham Runners Ac	00:56:13	00:54:40	788	144	Y		
Sara	Frampton	1383	F	Vet 40	45		00:56:13	00:54:47	789	145	N		
Lisa	Orr	1671	F	Senior	79		00:56:13	00:54:11	790	146	Y		
Samantha	Collins-shirley	605	F	Senior	80		00:56:14	00:55:10	791	147	N		
Katrina	Wastenev	1672	F	Senior	81	Cowa - Corporate Team: Teaching	00:56:14	00:55:33	792	148	Y		Cowa - Corporate Team: Teaching
Paul	Johnson	1759	M	Vet 50	72		00:56:14	00:54:04	793	645	Y		
Mario	Jacobs	1673	M	Senior	313		00:56:15	00:55:49	794	646	Y		
William	Barber	227	M	Vet 40	175		00:56:16	00:55:45	795	647	Y		
David	Haines	133	M	Vet 50	73		00:56:17	00:54:40	796	648	Y		
Santiago	Nield	194	M	Senior	314		00:56:17	00:54:31	797	649	N		
David	Hobbs	790	M	Vet 60	27	Tapping House Hospice	00:56:17	00:55:29	798	650	Y		Tapping House Hospice
Michael	Dee	1191	M	Vet 60	28	Henfield Joggers	00:56:17	00:56:03	799	651	N		
Andrew	Catton	1042	M	Senior	315		00:56:18	00:54:20	800	652	N		
Bhavna	Gami	1560	M	Senior	316	G 2	00:56:18	00:54:34	801	653	Y		G 2
Martin	Hewitt	1035	M	Vet 50	74	Royal Air Force AA	00:56:19	00:54:39	802	654	Y		
Steve	Mann	982	M	Vet 40	176		00:56:20	00:53:43	803	655	Y		
Matthew	Curwen	1396	M	Senior	317		00:56:21	00:55:25	804	656	Y		
Julie	Dilrew	966	F	Vet 40	46		00:56:22	00:55:02	805	149	Y		
Darryl	Playford	32	M	Vet 40	177		00:56:23	00:55:02	806	657	Y		
Mark	Doughty	467	M	Senior	318		00:56:23	00:54:40	807	658	Y		
Adam	Oakes	1066	M	Senior	319	Team Royal Mail	00:56:23	00:55:22	808	659	Y		Team Royal Mail
Johanna	Coe	612	F	Vet 40	47		00:56:26	00:55:54	809	150	Y		
Christopher	Brown	621	M	Senior	320		00:56:27	00:55:00	810	660	Y		
Rebecca	Wilburn	1007	F	Senior	82		00:56:27	00:55:15	811	151	N		
Cindy	Aldin	1591	F	Senior	83		00:56:29	00:55:43	812	152	Y		
Robert	Day	905	M	Senior	321		00:56:32	00:55:25	813	661	Y		
Louise	Kellie	750	F	Senior	84		00:56:35	00:55:27	814	153	N		
Angela	Garcia	246	F	Vet 40	48	March Athletics Club	00:56:36	00:55:11	815	154	Y		
Kevin	May	260	M	Senior	322		00:56:36	00:56:03	816	662	N		
Chris	Hornigold	1261	M	Vet 40	178	Jaeger	00:56:36	00:55:08	817	663	Y		Jaeger

Debbie	Forster	1454	F	Vet 40	49		00:56:37	00:54:46	818	155	N		
Kirsty	Butters	608	F	Senior	85		00:56:41	00:53:50	819	156	N		
Elizabeth	Blake	1626	F	Vet 40	50	King's Lynn Gym Club	00:56:41	00:54:38	820	157	Y		King's Lynn Gym Club
Caroline	Chapman	775	F	Vet 40	51		00:56:42	00:55:46	821	158	N		
Peter	Howard	371	M	Vet 40	179	Greyfriars Primary School	00:56:43	00:54:53	822	664	Y		Greyfriars Primary School
Adam	Potter	814	M	Senior	323		00:56:43	00:55:20	823	665	Y		
Chris	Trump	1683	M	Senior	324		00:56:43	00:55:11	824	666	N		
Lindsay	Bird	232	F	Junior	10		00:56:44	00:55:29	825	159	Y		
Daniel	Cook	677	M	Junior	59		00:56:45	00:55:45	826	667	Y		
Sarah	Mitchell	378	F	Vet 40	52		00:56:46	00:55:34	827	160	Y		
Michael	Sampson	727	M	Vet 70+	5		00:56:46	00:56:04	828	668	Y		
Steve	Dickinson	860	M	Vet 40	180		00:56:47	00:55:37	829	669	Y		
Joanna	Getley	894	F	Senior	86	Chalcroft Construction	00:56:49	00:55:26	830	161	Y		Chalcroft Construction
Peter	Bloom	464	M	Senior	325		00:56:51	00:55:34	831	670	Y		
Tristan	Baldry	1719	M	Senior	326	Active Norfolk	00:56:51	00:54:49	832	671	Y		Active Norfolk
Adrian	Gent	808	M	Vet 40	181		00:56:52	00:54:54	833	672	Y		
Andrew	Payne	1204	M	Senior	327		00:56:55	00:54:51	834	673	N		
Andrew	Brown	1447	M	Senior	328		00:56:55	00:55:31	835	674	Y		
Daniel	Nicholl	53	M	Junior	60		00:56:56	00:56:22	836	675	N		
Ian	Gutteridge	37	M	Vet 50	75	Fenton Insurance Solutions	00:56:57	00:55:52	837	676	Y		Fenton Insurance Solutions
Elaine	Gray	77	F	Vet 50	10	Hunts Ac	00:56:58	00:56:18	838	162	N		
Gill	Hart	1091	F	Vet 50	11	Ryston Runners Ac	00:56:58	00:56:20	839	163	Y		
Busisiwe	Khumalo	290	F	Vet 40	53	LA Fitness	00:57:00	00:54:44	840	164	Y		LA Fitness
Rob	Copeman	1150	M	Vet 40	182	Chalcroft Construction	00:57:00	00:56:15	841	677	Y		Chalcroft Construction
Nicole	Walsh	1414	F	Senior	87		00:57:01	00:54:42	842	165	N		
Nick	Wright	1701	M	Vet 40	183	M C Nurse Builders Ltd	00:57:01	00:54:33	843	678	N		M C Nurse Builders Ltd
Steven	Crown	536	M	Vet 40	184		00:57:03	00:55:48	844	679	Y		
Stuart	Ashley	537	M	Senior	329		00:57:03	00:55:48	845	680	Y		
Maria	Gaskins	365	F	Senior	88		00:57:04	00:55:23	846	681	Y		
Helen	Sewell	538	F	Vet 60	3	Ryston Runners Ac	00:57:04	00:56:26	847	166	Y		
Jason	Woods	623	M	Senior	330		00:57:04	00:56:20	848	682	Y		
Carol	Hardy	1057	F	Vet 40	54	Norfolk Gazelles Ac	00:57:04	00:55:50	849	167	Y		
Mark	Bristow	1139	M	Vet 40	185		00:57:04	00:54:32	850	683	N		
Liam	Walker	1407	M	Senior	331		00:57:04	00:55:40	851	684	N		
Stephen	Streater	1241	M	Vet 40	186	BESPAK	00:57:05	00:54:40	852	685	N		BESPAK
Martin	Aldin	1590	M	Vet 40	187		00:57:05	00:56:17	853	686	Y		
Anthony	Collins	1346	M	Senior	332		00:57:06	00:56:17	854	687	Y		
Beth	Reid	1436	F	Senior	89	Anglian Water Wateraid	00:57:06	00:55:14	855	168	N		Anglian Water Wateraid
Karl	Murphy-barnes	356	M	Senior	333		00:57:07	00:55:48	856	688	N		
Richard	Southgate	1013	M	Senior	334		00:57:08	00:57:08	857	689	N		
Jim	Cunningham	1284	M	Vet 60	29	Harpley Village	00:57:08	00:55:44	858	690	N		Harpley Village
Nicola	Buttriss	961	F	Senior	90		00:57:09	00:56:46	859	169	Y		
Andrew	Dahl	1310	M	Vet 40	188		00:57:09	00:55:03	860	691	Y		
Anna	Seaman	10	F	Senior	91		00:57:11	00:55:43	861	170	N		
Christopher	Flanagan	965	M	Vet 50	76		00:57:11	00:55:15	862	692	Y		
Shaun	Mckenna	918	M	Vet 40	189	Castle Acre Pre-School	00:57:12	00:54:56	863	693	Y		Castle Acre Pre-School
Derek	France	1620	M	Vet 60	30		00:57:12	00:56:33	864	694	Y		
Thomas	Good	1604	M	Vet 40	190		00:57:15	00:54:32	865	695	N		
David	Harris	488	M	Vet 50	77	Fenland Running & Ac	00:57:16	00:55:54	866	696	N		

Francesca	Smith	85	F	Junior	11	Jeremy Wright Wateraid	00:57:18	00:57:18	867	171	N		Jeremy Wright Wateraid
Ian	Todd	1356	M	Vet 40	191	West Norfolk AC	00:57:19	00:56:46	868	697	Y		
Michael	Small	1564	M	Senior	335		00:57:19	00:55:24	869	698	N		
Gillian	Paremain	1805	F	Vet 50	12	Thetford AC	00:57:19	00:54:48	870	172	Y		
Jessica	Drew	186	F	Senior	92		00:57:20	00:55:51	871	173	Y		
Sam	Green	1616	M	Senior	336		00:57:20	00:56:09	872	699	Y		
John	Smith	1444	M	Vet 50	78		00:57:28	00:56:48	873	700	N		
Anne	Millett	976	F	Vet 50	13	Norwich Road Runners	00:57:30	00:56:09	874	174	Y		
Helen	Vincent	383	F	Vet 40	55		00:57:36	00:54:51	875	175	N		
Paul	Johnson	590	M	Vet 50	79		00:57:38	00:56:37	876	701	Y		
Steven	Tamcken	1494	M	Vet 50	80		00:57:38	00:57:07	877	702	Y		
Heidi	Hemeter	712	F	Vet 40	56		00:57:40	00:55:23	878	176	Y		
David	Hodkinson	314	M	Vet 40	192		00:57:41	00:56:15	879	703	N		
Peter	Thurlow	831	M	Vet 50	81	Ipswich Jaffa	00:57:41	00:55:41	880	704	N		
Barry	Smith	1375	M	Vet 40	193	LA Fitness	00:57:42	00:56:37	881	705	Y	LA Fitness	
Jonathan	Folkard	1618	M	Vet 40	194	North Norfolk Beach Runners	00:57:42	00:55:59	882	706	Y		
David	Head	443	M	Vet 40	195		00:57:46	00:55:27	883	707	Y		
Vicki	Brindle	288	F	Senior	93	LA Fitness	00:57:49	00:56:09	884	177	Y	LA Fitness	
Ross	Dryden	220	M	Junior	61		00:57:50	00:56:25	885	708	Y		
Alford	Karen	160	F	Vet 40	57		00:57:51	00:56:42	886	178	Y		
Jackie	Gallagher	1462	F	Vet 40	58		00:57:51	00:57:29	887	179	N		
Nigel	Claxton	465	M	Vet 40	196		00:57:53	00:56:38	888	709	Y		
Richard	Gaylard	1229	M	Vet 40	197	BESPAK	00:57:55	00:56:03	889	710	Y	BESPAK	
John	Graham	1731	M	Senior	337		00:57:57	00:56:33	890	711	N		
David	Llewellyn	34	M	Vet 50	82		00:57:58	00:56:46	891	712	Y		
Crystal	Gardner	1405	F	Senior	94		00:57:58	00:57:21	892	180	Y		
Simon	Russell	57	M	Senior	338		00:57:59	00:57:44	893	713	Y		
Kerry	Hudson	909	F	Vet 40	59		00:57:59	00:56:28	894	181	N		
Adam	Page	1105	M	Junior	62		00:57:59	00:55:34	895	714	Y		
Joanne	Westwood	379	F	Senior	95		00:58:01	00:55:37	896	182	Y		
Daniel	Ford	1169	M	Senior	339		00:58:02	00:55:48	897	715	Y		
Tony	Miles	16	M	Senior	340		00:58:03	00:55:57	898	716	N		
Julie	Thurlow	832	F	Vet 50	14	Ipswich Jaffa	00:58:05	00:56:05	899	183	N		
David	Carter	1522	M	Vet 40	198		00:58:05	00:55:54	900	717	Y		
Carl	Dowle	92	M	Senior	341		00:58:06	00:57:53	901	718	Y		
Sarah	Collins	898	F	Vet 40	60		00:58:06	00:56:23	902	184	Y		
Marianne	Neave	1001	F	Senior	96	Norfolk Gazelles Ac	00:58:06	00:56:52	903	185	Y		
Julie	Foreman	1045	F	Senior	97	Ely Runners	00:58:06	00:57:02	904	186	N		
Sharon	Fettes	509	F	Vet 40	61	Lynnsport Ladybirds	00:58:10	00:58:10	905	187	Y		
Colin	Thouless	1088	M	Vet 70+	6	Norwich Road Runners	00:58:11	00:57:29	906	719	Y		
Roger	Glazebrook	446	M	Vet 60	31		00:58:13	00:56:38	907	720	Y		
Lucy	Hill	1637	F	Senior	98		00:58:13	00:55:31	908	188	Y		
Phillip	Wood	1638	M	Senior	342		00:58:14	00:55:31	909	721	Y		
Tracy	Hall	1512	F	Senior	99		00:58:15	00:57:29	910	189	N		
Ed	Weightman	550	M	Senior	343		00:58:18	00:56:47	911	722	Y		
Colin	Butler	718	M	Vet 40	199		00:58:19	00:57:18	912	723	Y		
Ellen	McPhillips	1276	F	Vet 40	62	Ryston Runners Ac	00:58:20	00:57:30	913	190	Y		
Irena	Spence	302	F	Vet 40	63		00:58:21	00:57:11	914	191	N		
Linda	Bewsey	1340	F	Vet 40	64		00:58:21	00:57:04	915	192	N		
Claire	Wilkinson	395	F	Senior	100		00:58:22	00:57:48	916	193	Y		

Michael	Barker	1152	M	Vet 60	32		00:58:25	00:57:17	917	724	N		
Nicky	Gibson	799	F	Senior	101		00:58:26	00:55:53	918	194	Y		
Nivien	Macrae	1148	F	Vet 50	15	March Athletics Club	00:58:26	00:56:50	919	195	Y		
Richard	Hines	1665	M	Senior	344		00:58:26	00:57:06	920	725	N		
Barry	Hall	1353	M	Vet 40	200		00:58:28	00:58:21	921	726	N		
Jamie	Mccabe	1552	F	Junior	12		00:58:28	00:56:01	922	196	Y		
Sarah	Finch	1781	F	Senior	102		00:58:28	00:56:48	923	197	N		
Lisa	Thompson	505	F	Senior	103		00:58:29	00:56:09	924	198	Y		
Nigel	Reddington	503	M	Vet 40	201		00:58:30	00:56:23	925	727	Y		
Andrew	Howe	1605	M	Senior	345		00:58:30	00:56:55	926	728	Y		
David	Ballard	1531	M	Vet 50	83	Fenton Insurance Solutions	00:58:31	00:57:24	927	729	Y	Fenton Insurance Solutions	
Duncan	Freeman	674	M	Vet 40	202		00:58:32	00:57:13	928	730	Y		
Lorna	Jermyn	1511	F	Senior	104		00:58:32	00:57:01	929	199	Y		
Andrew	Witting	141	M	Senior	346		00:58:33	00:58:13	930	731	Y		
Mike	Baldock	1283	M	Vet 50	84	LA Fitness	00:58:35	00:57:49	931	732	Y	La Fitness	
Frederica	Baxter	1141	F	Vet 40	65		00:58:36	00:57:58	932	200	Y		
Andrew	Fraser	397	M	Senior	347		00:58:38	00:56:35	933	733	Y		
Bestbier	Megan	581	F	Senior	105		00:58:38	00:57:56	934	201	Y		
Melanie	Mace	643	F	Senior	106		00:58:38	00:57:51	935	202	Y		
Stephen	Nixon	209	M	Vet 50	85		00:58:39	00:56:20	936	734	Y		
Maureen	Hassell	1370	F	Vet 60	4		00:58:41	00:56:55	937	203	Y		
Claire	Trump	1682	F	Senior	107		00:58:42	00:57:09	938	204	Y		
Mark	Nash	1729	M	Senior	348		00:58:42	00:55:44	939	735	Y		
Jon	Marks	226	M	Vet 40	203		00:58:43	00:56:47	940	736	N		
Peter	Turner	1010	M	Senior	349		00:58:47	00:56:07	941	737	N		
Richard	Howell	1195	M	Senior	350		00:58:47	00:56:57	942	738	Y		
Jonathan	Glenn	1228	M	Senior	351	BESPAK	00:58:52	00:57:48	943	739	N	BESPAK	
Ian	Milburn	94	M	Junior	63		00:58:56	00:58:38	944	740	Y		
Allan	Clark	521	M	Vet 40	204		00:58:56	00:56:52	945	741	Y		
Ben	Clark	522	M	Junior	64		00:58:57	00:57:17	946	742	Y		
Alex	Moffat	261	F	Vet 40	66		00:58:59	00:58:34	947	205	N		
Fiona	Munn	917	F	Senior	108		00:59:00	00:57:27	948	206	N		
Shaun	Briggs	890	M	Senior	352		00:59:01	00:56:17	949	743	Y		
Richard	Blunt	1198	M	Vet 50	86	Jaeger	00:59:01	00:58:10	950	744	Y	Jaeger	
Adrian	Munn	916	M	Senior	353		00:59:02	00:57:48	951	745	N		
Kenneth	Renshaw	1026	M	Vet 40	205	Dereham Runners Ac	00:59:02	00:56:47	952	746	Y		
Sallyanne	Edwards	340	F	Vet 40	67		00:59:03	00:57:06	953	207	Y		
Duncan	Hall	1675	M	Senior	354		00:59:03	00:56:55	954	747	Y		
Lindsay	Marriott	584	F	Vet 40	68	Ryston Runners Ac	00:59:06	00:57:06	955	208	Y		
Nick	Bitray	176	M	Senior	355		00:59:08	00:57:31	956	748	Y		
Ruth	Convery	325	F	Senior	109		00:59:11	00:58:44	957	209	Y		
Matt	Laver	999	M	Senior	356		00:59:11	00:59:11	958	749	N		
Andrew	Small	892	M	Junior	65		00:59:13	00:57:16	959	750	N		
Anthony	Turner	1575	M	Junior	66		00:59:13	00:58:49	960	751	Y		
Fliss	Bourlet	1394	F	Vet 40	69		00:59:15	00:58:07	961	210	N		
Gail	Hawson	111	F	Vet 40	70		00:59:17	00:57:54	962	211	True		
Frazer	Clement	317	M	Vet 50	87		00:59:17	00:58:05	963	752	Y		
Kim	Chapman	98	F	Vet 50	16		00:59:18	00:58:34	964	212	Y		
Richard	Hewitt	433	M	Vet 40	206		00:59:18	00:57:19	965	753	Y		
Stuart	O neill	697	M	Senior	357		00:59:19	00:58:11	966	754	N		

Rebecca	Wolf	1668	F	Senior	110	Arthur Levin Day Surgery	00:59:24	00:58:22	967	213	Y		Arthur Levin Day Surgery
Amanda	Fletcher	382	M	Vet 40	207		00:59:30	00:57:36	968	755	N		
Derrick	Murphy	1108	M	Vet 50	88		00:59:30	00:58:48	969	756	N		
Graeme	Whiting	698	M	Senior	358	Catalina Software	00:59:31	00:58:25	970	757	Y		Catalina Software
Tessa	Melton	58	F	Vet 40	71		00:59:38	00:58:57	971	214	N		
Elizabeth	Jones	731	F	Senior	111		00:59:39	00:56:53	972	215	Y		
Indira	Grossland	670	F	Senior	112		00:59:40	00:58:46	973	216	Y		
Karen	Smith	1376	F	Vet 40	72	LA Fitness	00:59:40	00:58:38	974	217	Y		LA Fitness
Suzy	Jermyn	1513	F	Senior	113		00:59:40	00:58:08	975	218	Y		
Caroline	Linford	877	F	Senior	114		00:59:41	00:58:57	976	219	N		
Peter	Hare	1378	M	Vet 40	208		00:59:44	00:58:26	977	758	Y		
Kelly	Jackman	1734	F	Senior	115	Norwich Road Runners	00:59:44	00:57:53	978	220	Y		
Graham	Kitt	1255	M	Vet 40	209	BESPAK	00:59:46	00:57:08	979	759	Y		BESPAK
Sarah	Whiteman	630	F	Senior	116		00:59:47	00:57:24	980	221	Y		
Nick	Blackmore	631	M	Senior	359		00:59:47	00:57:00	981	760	Y		
Anne	Lawton	1238	F	Vet 40	73	BESPAK	00:59:47	00:57:20	982	222	Y		BESPAK
Steve	Sands	88	M	Senior	360		00:59:50	00:58:22	983	761	Y		
Jennifer	Burfoot	543	F	Vet 50	17	Norfolk Gazelles Ac	00:59:50	00:58:02	984	223	Y		
Rachel	Beck	195	F	Senior	117		00:59:52	00:59:05	985	224	Y		
Georgina	Allen	659	F	Vet 50	18		00:59:56	00:57:51	986	225	Y		
Ken	Jones	1660	M	Vet 50	89		00:59:56	00:56:52	987	762	N		
Deborah	Lilwall	333	F	Senior	118		00:59:57	00:58:52	988	226	Y		
David	Loades	667	M	Vet 50	90	Stowmarket Striders Running Club	00:59:57	00:57:57	989	763	N		
Robert	Elwes	233	M	Vet 40	210		00:59:58	00:58:13	990	764	Y		
Bridget	Woods	622	F	Senior	119		00:59:59	00:59:12	991	227	Y		
Sharon	Fox	1080	F	Vet 40	74		01:00:00	00:57:53	992	228	N		
Julie	Seamark	1625	F	Vet 40	75		01:00:03	00:58:50	993	229	N		
Robert	Hafes	756	M	Junior	67	KES - Pupils	01:00:04	00:59:47	994	765	Y		KES - Pupils
Sherry	Johnstone	798	F	Senior	120		01:00:04	00:57:31	995	230	Y		
Maureen	Wolfe	701	F	Vet 40	76		01:00:06	00:57:56	996	231	Y		
Matthew	Dick	11	M	Senior	361		01:00:08	00:58:11	997	766	Y		
James	Mayhew	475	M	Senior	362		01:00:08	00:58:07	998	767	Y		
Jackie	Wood	826	F	Senior	121	RAF Marham	01:00:18	00:58:00	999	232	Y		
Joanne	Caldwell	948	F	Senior	122		01:00:19	00:59:07	1000	233	Y		
Sonya	Smith	969	F	Senior	123		01:00:23	00:57:25	1001	234	Y		
Jonathan	Whybrow	1505	M	Junior	68		01:00:27	00:58:24	1002	768	Y		
Ian	Plowman	403	M	Senior	363	Suffolk Sport	01:00:29	00:59:27	1003	769	N		Suffolk Sport
Chris	Mcpherson	481	M	Senior	364		01:00:29	00:59:27	1004	770	Y		
Elizabeth	Nockolds	1601	F	Vet 50	19		01:00:29	01:00:29	1005	235	Y		
James	Curtis	1196	M	Senior	365	Anglian Water Wateraid	01:00:31	00:58:08	1006	771	N		Anglian Water Wateraid
Teresa	Guyton	258	F	Vet 40	77		01:00:32	00:59:46	1007	236	Y		
Rob	Houghton	755	M	Vet 40	211		01:00:35	00:58:54	1008	772	N		
Hilary	Aldridge	1000	F	Senior	124		01:00:35	00:58:57	1009	237	N		
Georgina	Daniels	588	F	Junior	13		01:00:36	01:00:13	1010	238	Y		
Siobhan	Boylan	754	F	Senior	125		01:00:36	00:58:55	1011	239	N		
David	Melton	59	M	Vet 40	212		01:00:39	00:59:33	1012	773	Y		
Sharon	Williams	1685	F	Senior	126		01:00:40	01:00:01	1013	240	N		
Andrew	Wilkins	479	M	Senior	366		01:00:45	00:59:59	1014	774	Y		
Shaun	Gayton	747	M	Senior	367	West Winch FC	01:00:45	00:59:22	1015	775	Y		West Winch FC

Gena	Jackman	328	F	Vet 60	5	March Athletics Club	01:00:50	00:59:34	1016	241	N		
Kathryn	Le serve	1573	F	Vet 40	78		01:00:54	00:58:40	1017	242	Y		
Kenneth	Burgess	350	M	Vet 60	33		01:00:57	01:00:11	1018	776	N		
Susan	Tuff	1264	F	Vet 40	79	Ryston Runners Ac	01:00:59	01:00:59	1019	243	N		
Helen	Johnson	1123	F	Vet 40	80		01:01:00	00:59:37	1020	244	N		
Matthew	Skoyles	925	M	Junior	69	Kuk Sool Won of King's Lynn	01:01:01	00:59:54	1021	777	Y	Kuk Sool Won of King's Lynn	
Tori	Rogers	1580	F	Senior	127		01:01:01	00:58:49	1022	245	N		
Richard	Williams	1247	M	Vet 40	213	BESPAK	01:01:02	01:00:13	1023	778	Y	BESPAK	
Patsy-ann	Hodgson	1633	F	Vet 40	81	Norwich Road Runners	01:01:03	00:58:59	1024	246	Y		
William	Plant	434	M	Vet 50	91	Greyfriars Primary School	01:01:05	00:59:55	1025	779	Y	Greyfriars Primary School	
Kathryn	Darke	951	F	Senior	128	Anglian Water Wateraid	01:01:05	01:00:00	1026	247	N	Anglian Water Wateraid	
Kevin	Mummery	289	M	Vet 40	214	M&s Softwood Ltd	01:01:08	00:58:53	1027	780	Y	M&s Softwood Ltd	
Hayley	Porter	1536	F	Vet 40	82	Lynnsport Ladybirds	01:01:08	00:59:28	1028	248	Y		
Leigh	Ely	1535	F	Vet 40	83	Lynnsport Ladybirds	01:01:09	00:59:45	1029	249	Y		
Rachel	Taffs	687	F	Senior	129		01:01:11	00:59:15	1030	250	Y		
Steve	Bramham	903	M	Senior	368	Hughes Electrical	01:01:11	00:59:33	1031	781	Y	Hughes Electrical	
Amanda	Crown	689	F	Senior	130		01:01:12	00:58:47	1032	251	Y		
Sharon	Elsdon	1381	F	Senior	131		01:01:12	00:58:51	1033	252	Y		
Val	Butters	717	F	Vet 50	20	Lynnsport Ladybirds	01:01:13	00:59:23	1034	253	Y		
Shirley	Child	931	F	Vet 40	84	Lynnsport Ladybirds	01:01:13	00:58:50	1035	254	Y		
Mark	Bradley	1246	M	Vet 40	215	BESPAK	01:01:14	00:59:34	1036	782	Y	BESPAK	
Miles	Gardner	255	M	Junior	70		01:01:15	00:58:59	1037	783	Y		
Hayley	Carroll	853	F	Senior	132		01:01:15	00:59:56	1038	255	N		
Ben	King	1220	M	Senior	369	BESPAK	01:01:25	00:59:48	1039	784	Y	BESPAK	
Sue	Woodham	887	F	Vet 40	85	LA Fitness	01:01:29	01:00:18	1040	256	Y	La Fitness	
Michelle	Chamberlain	978	F	Senior	133		01:01:29	00:59:09	1041	257	N		
Ian	Mutton	416	M	Vet 40	216		01:01:30	01:01:30	1042	785	Y		
Janet	Hewitt	432	F	Senior	134		01:01:30	00:59:48	1043	258	Y		
Pauline	Freeman	979	F	Vet 40	86		01:01:32	00:59:18	1044	259	N		
Kathryn	Robb	567	F	Vet 40	87		01:01:33	01:00:49	1045	260	N		
Paul	Le serve	1572	M	Vet 40	217		01:01:33	00:59:19	1046	786	Y		
Peter	Strudwick	1581	M	Vet 40	218	Springwood Rhythmic Runners	01:01:33	00:58:43	1047	787	Y	Springwood Rhythmic Runners	
Helen	Melville	599	F	Senior	135		01:01:34	00:59:34	1048	261	Y		
Ann	Trett	1450	F	Senior	136		01:01:34	00:59:05	1049	262	Y		
Cheryl	Jackson	1482	F	Senior	137		01:01:35	00:59:05	1050	263	Y		
Dean	Howe	1745	M	Senior	370	Ingoldisthorpe Fc	01:01:35	01:00:12	1051	788	Y	Ingoldisthorpe Fc	
Glen	Knight	1267	M	Senior	371		01:01:36	00:59:30	1052	789	Y		
David	Cawston	1361	M	Senior	372		01:01:38	00:59:45	1053	790	Y		
Helen	Buning	353	F	Vet 40	88		01:01:42	00:59:18	1054	264	Y		
Alice	Barnes	55	F	Senior	138		01:01:43	00:59:03	1055	265	N		
Lucy	Wright	1475	F	Junior	14	Wymondham Ac	01:01:43	01:00:43	1056	266	Y		
Jacob	Cornelius	1357	M	Senior	373		01:01:44	00:58:40	1057	791	N		
Cheryl	Clarke	1243	F	Senior	139	BESPAK	01:01:45	01:00:11	1058	267	Y	BESPAK	
Les	Kindleysides	1755	M	Vet 60	34		01:01:45	00:59:10	1059	792	N		
Mike	Marshall	1758	M	Vet 60	35		01:01:45	01:00:00	1060	793	Y		
Merwyn	Agcaoili	1406	M	Senior	374		01:01:47	00:59:34	1061	794	Y		
Steve	Bennington	300	M	Senior	375		01:01:48	01:00:46	1062	795	Y		
Sarah	Bradley	902	F	Senior	140		01:01:49	01:00:12	1063	268	Y		
Graeme	Futter	882	M	Senior	376		01:01:50	01:01:23	1064	796	Y		

David	Webb	190	M	Vet 50	92		01:01:52	01:01:26	1065	797	Y		
John	Hardy	1024	M	Vet 40	219		01:01:52	00:59:49	1066	798	Y		
Peter	Woodhouse	1790	M	Senior	377		01:01:58	00:59:38	1067	799	Y		
Hayley	Gerrard	1022	F	Senior	141	Norfolk Gazelles Ac	01:02:02	01:00:22	1068	269	Y		
Stuart	Robertson	1472	M	Senior	378	Royal Air Force AA	01:02:04	00:59:56	1069	800	Y		
John	Metcalfe	451	M	Senior	379		01:02:05	01:00:59	1070	801	Y		
Amanda	Thorpe	1134	F	Vet 40	89		01:02:08	00:59:55	1071	270	Y		
Smith	Kelly	1437	F	Senior	142		01:02:10	01:00:49	1072	271	N		
Maureen	England	606	F	Vet 60	6	Great Yarmouth & District Ac	01:02:11	01:00:06	1073	272	Y		
Jenny	May	582	F	Senior	143		01:02:21	01:00:26	1074	273	Y		
Iain	Dempster	691	M	Vet 50	93		01:02:25	01:00:47	1075	802	Y		
David	Storey	1621	M	Senior	380		01:02:25	01:01:31	1076	803	Y		
Anna	Gunn	369	F	Vet 40	90	Greyfriars Primary School	01:02:26	01:00:36	1077	274	Y	Greyfriars Primary School	
Debbie	Low	575	F	Vet 40	91		01:02:26	00:59:47	1078	275	N		
Rona	Pelz	683	F	Senior	144		01:02:27	01:01:25	1079	276	N		
Jason	Ess	1751	M	Senior	381	Ingoldisthorpe Fc	01:02:28	01:01:06	1080	804	Y		Ingoldisthorpe Fc
Steve	Mackinder	1329	M	Vet 40	220		01:02:30	01:00:12	1081	805	Y		
Ann	Wren	720	F	Senior	145	West Winch Windmills	01:02:31	01:00:21	1082	277	Y	West Winch Windmills	
Keith	Marriott	585	M	Vet 40	221	Ryston Runners Ac	01:02:32	01:00:31	1083	806	Y		
Ellen	Joly	374	F	Senior	146	Greyfriars Primary School	01:02:33	01:02:11	1084	278	Y	Greyfriars Primary School	
Graham	Smith	1161	M	Vet 50	94		01:02:35	01:00:43	1085	807	Y		
Rosie	Rogers	1174	F	Vet 40	92	Norfolk Gazelles Ac	01:02:35	01:00:54	1086	279	Y		
Anna	Bellamy	1308	F	Senior	147		01:02:35	01:00:11	1087	280	N		
Rachel	Price	73	F	Senior	148		01:02:37	01:02:10	1088	281	Y		
Nathan	Young	1594	M	Junior	71		01:02:37	01:01:45	1089	808	Y		
Large	Jon	557	M	Vet 40	222		01:02:38	01:01:35	1090	809	Y		
Claire	Merrey	15	F	Senior	149		01:02:39	01:01:02	1091	282	Y		
Julia	Kerrigan	645	F	Senior	150		01:02:39	01:00:49	1092	283	N		
Sue	Davies	1677	F	Senior	151		01:02:39	00:59:42	1093	284	Y		
Honor	Porter	411	F	Senior	152		01:02:41	01:01:27	1094	285	Y		
Ian	Boggan	454	M	Vet 40	223		01:02:41	01:00:43	1095	810	Y		
Kim	Chatten	455	F	Vet 40	93		01:02:41	01:01:12	1096	286	Y		
James	Leet	724	M	Senior	382		01:02:42	01:00:37	1097	811	N		
Peter	Harrison	779	M	Vet 60	36	Great Yarmouth Road Runners	01:02:46	01:01:27	1098	812	Y		
Alan	Drinnan	838	M	Vet 50	95		01:02:50	01:02:22	1099	813	Y		
Jane	Moore	940	F	Vet 40	94	Norfolk Gazelles Ac	01:02:51	01:01:39	1100	287	Y		
Sarah	Marciano	1168	F	Senior	153		01:02:52	01:00:37	1101	288	Y		
Sam	Baines	1606	M	Senior	383		01:02:56	01:01:53	1102	814	N		
Margaret	Edwards	1553	F	Senior	154		01:02:58	01:00:37	1103	289	Y		
Paul	Edwards	1554	M	Senior	384		01:02:58	01:01:10	1104	815	Y		
Sue	Hibberd	172	F	Vet 40	95		01:03:00	01:01:49	1105	290	N		
Michael	Heppell	991	M	Senior	385		01:03:07	01:01:22	1106	816	Y		
Marc	Stowell	64	M	Senior	386	Tapping House Hospice	01:03:13	01:01:22	1107	817	Y	Tapping House Hospice	
Wendy	Larke	1612	F	Vet 40	96		01:03:13	01:01:58	1108	291	Y		
Sian	Burke	1667	F	Vet 40	97		01:03:14	01:01:00	1109	292	N		
Julian	Faulkner	234	M	Senior	387		01:03:15	01:02:06	1110	818	N		
Jon	Di-bella	277	M	Senior	388		01:03:15	01:02:24	1111	819	Y		
Brian	Kett	152	M	Vet 50	96	Fenland Running & Ac	01:03:18	01:01:46	1112	820	Y		
Julie	Lovell	1584	F	Vet 40	98		01:03:19	01:00:44	1113	293	N		
Sonia	Marwood	1415	F	Senior	155		01:03:20	01:01:26	1114	294	N		

Andy	Lovell	1583	M	Vet 40	224	Fenton Insurance Solutions	01:03:20	01:00:51	1115	821	N		Fenton Insurance Solutions
Sharon	Govan	1147	F	Vet 40	99	March Athletics Club	01:03:21	01:00:42	1116	295	N		
Natalie	Prodget	1122	F	Senior	156		01:03:22	01:00:29	1117	296	N		
Jennie	Clarke	1055	F	Senior	157	LA Fitness	01:03:29	01:00:46	1118	297	Y		La Fitness
Vicki	Boulding	1162	F	Senior	158	LA Fitness	01:03:29	01:01:18	1119	298	Y		La Fitness
Marnie	Barsby	1163	F	Senior	159	LA Fitness	01:03:29	01:01:13	1120	299	Y		La Fitness
Julie	Tebb	7	F	Senior	160		01:03:33	01:01:39	1121	300	N		
Katie	Phillips clyne	1271	F	Vet 40	100		01:03:36	01:00:44	1122	301	N		
Lorraine	Bone	1467	F	Senior	161		01:03:38	01:02:00	1123	302	Y		
Richard	Brown	1339	M	Vet 40	225	KES Partnership	01:03:39	01:03:28	1124	822	N		KES Partnership
Rachel	Elliott	178	F	Senior	162		01:03:40	01:00:59	1125	303	Y		
Pauline	Boyd	1382	F	Senior	163		01:03:40	01:00:59	1126	304	N		
Stephanie	Payne	301	F	Vet 40	101		01:03:41	01:02:20	1127	305	Y		
Mark	Collins	786	M	Senior	389		01:03:41	01:01:43	1128	823	Y		
Richard	Young	693	M	Senior	390		01:03:45	01:01:30	1129	824	Y		
Daniel	Weight	1681	M	Senior	391		01:03:45	01:02:49	1130	825	Y		
Peter	Drew	185	M	Vet 50	97		01:03:47	01:02:55	1131	826	Y		
Jill	Day	696	F	Senior	164	Great Yarmouth Road Runners	01:03:47	01:02:49	1132	306	Y		
Albert	Spong	933	M	Vet 60	37	Great Yarmouth Road Runners	01:03:48	01:02:29	1133	827	N		
Jessica	Helgesen	1711	F	Senior	165		01:03:48	01:02:21	1134	307	N		
Joanna	Ward	1240	F	Senior	166	BESPAK	01:03:49	01:01:23	1135	308	Y		BESPAK
John	Gant	994	M	Vet 40	226		01:03:52	01:01:44	1136	828	N		
Jane	Stasiak	1137	F	Senior	167		01:03:54	01:02:21	1137	309	Y		
Michael	Chaney	816	M	Senior	392	RAF Marham	01:03:59	01:01:41	1138	829	Y		
Michael	Hornberger	1518	M	Senior	393		01:04:00	01:02:11	1139	830	N		
John	Houghton	421	M	Senior	394		01:04:01	01:02:45	1140	831	Y		
Helen	Boyle	18	F	Senior	168		01:04:03	01:02:50	1141	310	N		
Louise	Hames	1416	F	Senior	169		01:04:05	01:01:28	1142	311	N		
Collette	Cross	1764	F	Senior	170		01:04:05	01:01:43	1143	312	N		
Ruth	Barber	447	F	Senior	171		01:04:06	01:02:51	1144	313	Y		
Susan	Parsons	1233	F	Vet 40	102	BESPAK	01:04:06	01:04:06	1145	314	Y		BESPAK
Hamish	Breach	1021	M	Senior	395		01:04:10	01:02:32	1146	832	N		
Christopher	Fisher	1118	M	Junior	72		01:04:12	01:02:26	1147	833	Y		
Paul	Breach	457	M	Senior	396		01:04:14	01:02:37	1148	834	N		
Jane	Rix	787	F	Vet 40	103	Lynnsport Ladybirds	01:04:14	01:01:23	1149	315	Y		
Steve	Tibbs	1480	M	Senior	397		01:04:14	01:01:18	1150	835	Y		
Gary	Wilson	1411	M	Vet 50	98		01:04:15	01:02:45	1151	836	N		
Richard	Thompson	1488	M	Senior	398	Springwood Rhythmic Runners	01:04:21	01:01:30	1152	837	Y		Springwood Rhythmic Runners
Sarah	Hibberd	170	F	Senior	172		01:04:26	01:03:04	1153	316	Y		
Janet	Needham	107	F	Vet 50	21		01:04:28	01:03:26	1154	317	Y		
Debbie	Taylor	527	F	Vet 40	104		01:04:29	01:02:32	1155	318	Y		
Donna	Pratley	1389	F	Senior	173		01:04:30	01:02:18	1156	319	Y		
Jane	Jones	1390	F	Vet 40	105		01:04:30	01:02:03	1157	320	Y		
Emma	Bell	830	F	Senior	174	Anglian Water Wateraid	01:04:34	01:03:31	1158	321	N		Anglian Water Wateraid
Joanna	Cotgrove	1209	F	Senior	175		01:04:36	01:03:11	1159	322	Y		
Paul	Barrett	1249	M	Vet 40	227	BESPAK	01:04:36	01:02:53	1160	838	Y		BESPAK
Stephen	Barnes	1457	M	Senior	399		01:04:37	01:03:18	1161	839	Y		
Katy	Nash	393	F	Senior	176		01:04:40	01:02:45	1162	323	Y		
Phoebe	Gale	1715	F	Senior	177		01:04:41	01:01:54	1163	324	Y		

Jo	Mutton	419	F	Vet 40	106		01:04:42	01:02:41	1164	325	Y		
Ben	Delves	272	M	Vet 60	38	West Norfolk AC	01:04:45	01:02:07	1165	840	Y		
Christopher	Allen	1315	M	Senior	400		01:04:48	01:03:15	1166	841	Y		
Lynsey	Mccoy	1438	F	Senior	178	Royal Air Force AA	01:04:50	01:02:09	1167	326	Y		
Adrian	Parr	1439	M	Vet 40	228	Royal Air Force AA	01:04:50	01:02:29	1168	842	Y		
Dave	Shaw	1422	M	Vet 40	229		01:04:51	01:02:35	1169	843	Y		
Eneida	Hornberger	1519	F	Senior	179		01:04:52	01:03:25	1170	327	N		
Rosie	Kitchen	38	F	Vet 40	107		01:04:55	01:02:05	1171	328	Y		
Rebecca	Hogger	849	F	Junior	15	KES - Pupils	01:05:01	01:04:41	1172	329	Y	KES - Pupils	
Stephen	Bumfrey	283	M	Vet 40	230		01:05:02	01:03:27	1173	844	Y		
Ian	Waterson	868	M	Senior	401		01:05:02	01:03:18	1174	845	Y		
Lee	Ashford	1502	M	Senior	402		01:05:02	01:03:28	1175	846	Y		
Andrew	Green	1225	M	Vet 40	231	BESPAK	01:05:04	01:03:20	1176	847	Y	BESPAK	
Jenny	Eagle	587	F	Senior	180		01:05:08	01:03:47	1177	330	Y		
Elaine	Haggarty	438	F	Vet 50	22	Great Yarmouth & District Ac	01:05:11	01:02:41	1178	331	Y		
Elizabeth	Tarry	1652	F	Vet 40	108		01:05:11	01:02:30	1179	332	Y		
Louise	Martin	962	F	Senior	181		01:05:12	01:04:54	1180	333	Y		
Philip	Kenyon	1624	M	Vet 50	99		01:05:12	01:03:59	1181	848	Y		
Bridget	Plowright	686	F	Vet 50	23		01:05:13	01:03:51	1182	334	Y		
Katy	Barwell	680	F	Senior	182	Stephenson Smart	01:05:14	01:04:19	1183	335	Y	Stephenson Smart	
Veronique	Engelmann	681	F	Senior	183		01:05:14	01:03:57	1184	336	Y		
Janice	Gant	996	F	Vet 40	109		01:05:17	01:04:52	1185	337	N		
James	Nicholls	33	M	Junior	73		01:05:18	01:03:38	1186	849	N		
Jeremy	Sandford	96	M	Vet 40	232	Norfolk Gazelles Ac	01:05:19	01:03:04	1187	850	Y		
Gabriele	Stankute	1752	F	Junior	16		01:05:21	01:05:03	1188	338	Y		
Janet	Robinson	1596	F	Vet 50	24	She00328	01:05:24	01:03:17	1189	339	N		
Charlotte	Moriarty	1320	F	Senior	184		01:05:25	01:04:03	1190	340	Y		
Roler	O'brien	1100	M	Vet 40	233		01:05:26	01:04:30	1191	851	Y		
James	Flatt	1566	M	Senior	403		01:05:27	01:03:41	1192	852	Y		
Carl	Walters	1692	M	Junior	74		01:05:27	01:03:16	1193	853	Y		
Helen	Baldry	1717	F	Senior	185	Active Norfolk	01:05:27	01:03:27	1194	341	Y	Active Norfolk	
Dean	Flanagan	1688	M	Junior	75		01:05:28	01:04:10	1195	854	Y		
Richard	Booth	1691	M	Junior	76	KL Air Training Corps	01:05:28	01:04:08	1196	855	Y	KL Air Training Corps	
Caroline	Haslam	862	F	Senior	186		01:05:30	01:03:10	1197	342	Y		
Sarah	Watson	1653	F	Vet 40	110		01:05:33	01:04:35	1198	343	Y		
Myra	Bailey	31	F	Vet 60	7		01:05:36	01:04:45	1199	344	N		
Sharon	Elton-petts	1053	F	Senior	187	Team C.f	01:05:41	01:04:03	1200	345	Y	Team C.f	
Roger	Wilson	415	M	Vet 40	234		01:05:51	01:03:39	1201	856	Y		
Beverley	Gosling	1274	F	Vet 40	111		01:05:52	01:04:11	1202	346	N		
Vince	Murray	410	M	Vet 50	100		01:05:53	01:04:48	1203	857	Y		
Ian	Smith	579	M	Vet 40	235		01:05:57	01:02:51	1204	858	Y		
Rachael	Pape	869	F	Senior	188		01:05:57	01:03:25	1205	347	N		
Darren	Brown	927	M	Senior	404	Kuk Sool Won of King's Lynn	01:05:57	01:04:45	1206	859	Y	Kuk Sool Won of King's Lynn	
Julie	Belding	1496	F	Vet 40	112		01:06:02	01:03:32	1207	348	N		
Graham	Exton	833	M	Vet 50	101	Anglian Water Wateraid	01:06:04	01:03:18	1208	860	Y	Anglian Water Wateraid	
Georgina	Howard	1785	F	Junior	17	Cowa - Student Team	01:06:04	01:03:35	1209	349	Y	Cowa - Student Team	
Andrea	Smith	709	F	Vet 40	113		01:06:09	01:03:38	1210	350	Y		
Roy	Burfoot	542	M	Vet 50	102	Norfolk Gazelles Ac	01:06:12	01:03:51	1211	861	Y		
Elizabeth	Mccloskey	408	F	Senior	189		01:06:14	01:03:08	1212	351	N		
Seb	Hoyle	470	M	Senior	405		01:06:14	01:03:08	1213	862	Y		

Robert	Galliard	230	M	Vet 50	103	Springwood Rhythmic Runners	01:06:15	01:03:47	1214	863	Y		Springwood Rhythmic Runners
Lisa	Buckle	1762	F	Senior	190		01:06:16	01:05:15	1215	352	Y		
John	Black	682	M	Vet 50	104		01:06:18	01:05:13	1216	864	N		
Caroline	Symington	1529	F	Vet 50	25		01:06:20	01:03:32	1217	353	Y		
Stephen	Sanderson	398	M	Senior	406		01:06:23	01:04:42	1218	865	Y		
John	Loveless	730	M	Vet 60	39	Lynnsport Joggers	01:06:26	01:03:49	1219	866	Y		Lynnsport Joggers
Sue	Smith	872	F	Vet 40	114		01:06:26	01:05:36	1220	354	Y		
Lesley	Hennessey	1615	F	Vet 60	8	North Norfolk Beach Runners	01:06:29	01:04:43	1221	355	Y		
Susan	Johnson	279	F	Vet 40	115		01:06:31	01:04:18	1222	356	Y		
Paul	Johnson	280	M	Vet 40	236		01:06:31	01:04:35	1223	867	Y		
Philippa	Rees	489	F	Senior	191	Anglian Water Wateraid	01:06:32	01:06:18	1224	357	Y		Anglian Water Wateraid
Claire	Hobbs	788	F	Senior	192		01:06:32	01:05:37	1225	358	Y		
Lee	Ludford	789	M	Senior	407		01:06:33	01:05:36	1226	868	Y		
Debbie	Lewis	266	F	Senior	193		01:06:36	01:05:40	1227	359	Y		
Harish	Chauhan	658	M	Vet 50	105		01:06:37	01:06:24	1228	869	Y		
Lucy	Garwood	250	F	Senior	194		01:06:41	01:03:58	1229	360	Y		
Tobie	Fysh	19	M	Senior	408		01:06:42	01:05:15	1230	870	Y		
Glenis	Balls	937	F	Vet 50	26		01:06:43	01:04:14	1231	361	Y		
Katie	Balls	1183	F	Senior	195		01:06:43	01:04:21	1232	362	Y		
Butler	Alison	116	F	Senior	196		01:06:44	01:05:39	1233	363	N		
Tracey	Wright	812	F	Vet 40	116		01:06:45	01:06:04	1234	364	Y		
Karl	Rogerson	1230	M	Senior	409	BESPAK	01:06:49	01:04:43	1235	871	Y		BESPAK
Samantha	Allen	1273	F	Senior	197		01:06:50	01:06:16	1236	365	Y		
Layla	Dennis	700	F	Senior	198		01:07:10	01:05:23	1237	366	Y		
Alan	Bantoft	1571	M	Senior	410		01:07:10	01:05:20	1238	872	Y		
Jo	Hammond	1222	F	Senior	199	BESPAK	01:07:11	01:05:37	1239	367	Y		BESPAK
Paul	Haydon	854	M	Senior	411		01:07:12	01:05:04	1240	873	Y		
Dot	Lloyd	507	F	Vet 40	117		01:07:14	01:05:18	1241	368	Y		
Jac	Sandy	508	F	Vet 40	118		01:07:14	01:05:12	1242	369	Y		
Mary	Woodcock	1093	F	Vet 50	27	Fenland Running & AC	01:07:14	01:06:04	1243	370	Y		
John	Mccomish	570	M	Senior	412		01:07:17	01:05:35	1244	874	Y		
Mandy	Graves	1184	F	Senior	200		01:07:20	01:05:46	1245	371	N		
Eric	Drury	72	M	Vet 60	40		01:07:24	01:06:00	1246	875	N		
Kate	Walker	690	F	Senior	201		01:07:24	01:05:09	1247	372	Y		
Helen	Denny	28	F	Senior	202		01:07:25	01:05:16	1248	373	True		
Karen	Hall	1079	F	Vet 40	119		01:07:29	01:05:48	1249	374	Y		
Rebecca	Smith	305	F	Senior	203		01:07:31	01:06:19	1250	375	N		
Karen	Napthen	1661	F	Vet 40	120		01:07:33	01:06:33	1251	376	Y		
Elisabeth	Crabbe	183	F	Senior	204		01:07:34	01:05:27	1252	377	N		
Jane	Savage	757	F	Senior	205	Lynnsport Ladybirds	01:07:34	01:06:59	1253	378	Y		
Sarah	Handley	703	F	Senior	206	Lynnsport Ladybirds	01:07:35	01:07:02	1254	379	Y		
Sally	Alexander	929	F	Senior	207	Lynnsport Ladybirds	01:07:35	01:06:49	1255	380	Y		
Judith	Smith	1445	F	Vet 50	28		01:07:35	01:06:37	1256	381	N		
Diane	Renshaw	1029	F	Vet 40	121	Dereham Runners Ac	01:07:37	01:05:50	1257	382	Y		
Pamela	Loveless	729	F	Vet 60	9	Lynnsport Joggers	01:07:42	01:05:48	1258	383	Y		Lynnsport Joggers
Janice	Baker	1324	F	Vet 50	29	Eastern Veterans AC	01:07:43	01:07:19	1259	384	N		
Ian	Lockheart	1236	M	Senior	413	BESPAK	01:07:49	01:06:20	1260	876	Y		BESPAK
Emma	Fysh	20	F	Senior	208		01:07:51	01:06:38	1261	385	Y		
Kathy	Cullen	1124	F	Vet 40	122	Lynnsport Ladybirds	01:07:53	01:05:05	1262	386	Y		

Ann	Smith	213	F	Senior	209	Lynnsport Ladybirds	01:07:54	01:06:45	1263	387	Y		
Helen	Smith	355	F	Senior	210		01:07:55	01:07:27	1264	388	Y		
Claire	Hynde	908	F	Senior	211		01:07:55	01:06:01	1265	389	Y		
Amanda-jayne	Barnes	1456	F	Senior	212	Lynnsport Ladybirds	01:07:57	01:06:16	1266	390	Y		
Michelle	Brindle	963	F	Senior	213	Lynnsport Ladybirds	01:07:59	01:05:11	1267	391	Y		
Jill	Davies	981	F	Senior	214	Dereham Runners Ac	01:08:00	01:06:12	1268	392	Y		
Gwyneth	Thorneywork	920	F	Senior	215	Castle Acre Pre-School	01:08:01	01:05:04	1269	393	Y	Castle Acre Pre-School	
Heidi	Weight	1664	F	Senior	216		01:08:04	01:07:09	1270	394	Y		
Daniel	Sharples	202	M	Senior	414		01:08:10	01:05:10	1271	877	Y		
Adam	Sharples	254	M	Senior	415		01:08:12	01:05:12	1272	878	Y		
Susan	Townsend	486	F	Vet 40	123		01:08:14	01:07:34	1273	395	Y		
Paul	Batterham	502	M	Vet 50	106		01:08:14	01:07:31	1274	879	Y		
Tasha	Colman	534	F	Senior	217		01:08:19	01:07:05	1275	396	Y		
Emma	Terry	821	F	Senior	218	RAF Marham	01:08:19	01:06:00	1276	397	Y		
Paul	Willson	120	M	Senior	416		01:08:21	01:07:34	1277	880	Y		
Sarah	Byatt	161	F	Vet 40	124		01:08:24	01:07:10	1278	398	Y		
Jenny	Hamilton	1687	F	Vet 40	125		01:08:29	01:06:33	1279	399	Y		
David	Martin	1391	M	Vet 40	237		01:08:33	01:07:10	1280	881	N		
Caroline	Payne	1727	F	Senior	219		01:08:40	01:07:25	1281	400	Y		
Michael	Gill	1690	M	Junior	77	KL Air Training Corps	01:08:41	01:07:20	1282	882	Y	KL Air Training Corps	
Steven	Chambers	179	M	Senior	417	Tapping House Hospice	01:08:42	01:07:13	1283	883	Y	Tapping House Hospice	
Dave	Price	1	M	Senior	418		01:08:43	01:06:32	1284	884	N		
Jane	Swann	641	F	Vet 40	126		01:08:53	01:06:13	1285	401	Y		
Beverley	Setchell	331	F	Vet 40	127		01:08:55	01:08:20	1286	402	Y		
Marie	Muffitt	878	F	Senior	220		01:08:57	01:08:03	1287	403	N		
Rachael	Bateman	1208	F	Senior	221		01:08:57	01:06:54	1288	404	Y		
Amey	Wicks	1272	F	Senior	222		01:08:57	01:06:41	1289	405	Y		
Helen	Allton	1248	F	Senior	223	BESPAK	01:09:09	01:06:46	1290	406	N	BESPAK	
Sheena	Walker	771	F	Senior	224		01:09:10	01:08:45	1291	407	Y		
David	Blatcher	1473	M	Vet 60	41		01:09:12	01:06:50	1292	885	Y		
Lloyd	Rawling	338	M	Vet 40	238		01:09:17	01:08:16	1293	886	Y		
Carol	Schofield	323	F	Vet 40	128	Jeremy Wright Wateraid	01:09:23	01:07:18	1294	408	N	Jeremy Wright Wateraid	
Caroline	Hardy	1285	F	Vet 40	129	Jeremy Wright Wateraid	01:09:23	01:07:34	1295	409	N	Jeremy Wright Wateraid	
David	Southey	867	M	Junior	78	Team C.f	01:09:28	01:07:51	1296	887	N	Team C.f	
Laurie	Betts	959	M	Senior	419	Wilson and Betts for Tapping House	01:09:30	01:07:12	1297	888	Y	Wilson and Betts for Tapping House	
Debbie	Kidd	1657	F	Vet 40	130		01:09:32	01:08:52	1298	410	Y		
Alison	Barnes	1666	M	Senior	420		01:09:34	01:08:35	1299	889	Y		
Deborah	Sheils	1760	F	Vet 40	131		01:09:36	01:07:38	1300	411	Y		
Kathleen	Chan-seem	1387	F	Vet 50	30	Lynnsport Ladybirds	01:09:49	01:09:09	1301	412	Y		
Alison	Scoles	217	F	Vet 40	132		01:09:59	01:08:24	1302	413	Y		
Clare	Hanna	1039	F	Senior	225		01:10:06	01:08:54	1303	414	N		
Shameena	Tamachi	1650	F	Senior	226		01:10:07	01:08:31	1304	415	N		
Barry	Munson	1235	M	Vet 40	239	BESPAK	01:10:08	01:07:19	1305	890	Y	BESPAK	
Dawn	Cooper	240	F	Senior	227		01:10:15	01:08:58	1306	416	Y		
Kerry	Palmer	474	F	Senior	228		01:10:15	01:07:49	1307	417	Y		
Sharon	Hodgson	215	F	Senior	229		01:10:16	01:08:37	1308	418	Y		
Mike	Diffey	1461	M	Vet 70+	7		01:10:21	01:08:16	1309	891	Y		
Helen	Foreman	493	F	Vet 40	133		01:10:33	01:09:32	1310	419	Y		

Lucie	Green	1614	F	Senior	230		01:10:34	01:09:22	1311	420	Y		
Lucy	Brown	1746	F	Vet 40	134		01:10:36	01:08:57	1312	421	Y		
Reader	Frank	1200	M	Vet 60	42		01:10:39	01:08:36	1313	892	Y		
Ellyn	Richardson	1083	F	Junior	18	KES - Pupils	01:10:43	01:10:16	1314	422	Y		KES - Pupils
Hannah	Tibbs	1478	F	Junior	19		01:10:46	01:10:26	1315	423	Y		
Lisa	Watson	1686	F	Senior	231		01:10:47	01:09:46	1316	424	Y		
Katherine	Ebbage	1684	F	Senior	232		01:10:48	01:10:00	1317	425	Y		
Rebecca	Morris	63	F	Senior	233		01:10:53	01:09:03	1318	426	Y		
Mike	Jones	75	M	Senior	421		01:10:55	01:10:25	1319	893	Y		
Rachel	Neave	74	F	Senior	234		01:10:56	01:10:27	1320	427	Y		
Hazel	Platt	334	F	Senior	235	Queen Victoria 'ac'	01:11:01	01:08:28	1321	428	N		Queen Victoria 'ac'
Marie	Beech	243	F	Senior	236	Queen Victoria 'ac'	01:11:02	01:08:29	1322	429	N		Queen Victoria 'ac'
Jenny	Warburton	435	F	Vet 40	135	Queen Victoria 'ac'	01:11:02	01:08:48	1323	430	Y		Queen Victoria 'ac'
Marie	Ratcliff	285	F	Senior	237		01:11:07	01:09:52	1324	431	Y		
Carol	Mckean	418	F	Senior	238		01:11:08	01:09:41	1325	432	Y		
Emma	Harper	914	F	Senior	239		01:11:08	01:08:16	1326	433	N		
Kate	Banks	977	F	Senior	240		01:11:08	01:09:46	1327	434	Y		
Deborah	Holt	430	M	Junior	79		01:11:09	01:09:07	1328	894	Y		
Patricia	Harrison	1278	F	Senior	241		01:11:09	01:09:52	1329	435	N		
Louise	Tills	1317	F	Senior	242		01:11:09	01:09:55	1330	436	N		
Amanda	Faulkner	1433	F	Vet 40	136		01:11:09	01:08:45	1331	437	N		
Simon	Peach	1068	M	Senior	422	Team Royal Mail	01:11:11	01:08:52	1332	895	Y		Team Royal Mail
Karl	Peach	1656	M	Senior	423		01:11:11	01:09:32	1333	896	Y		
Sarah	Acres	807	F	Senior	243		01:11:19	01:08:59	1334	438	N		
Leanne	Watson	1514	F	Junior	20	KES - Pupils	01:11:20	01:11:04	1335	439	Y		KES - Pupils
Elizabeth	Lloyd-stenton	1693	F	Junior	21	KL Air Training Corps	01:11:20	01:09:10	1336	440	Y		KL Air Training Corps
Joanna victoria	Shinn	388	F	Senior	244		01:11:28	01:09:35	1337	441	Y		
Sally	Parker	572	F	Senior	245		01:11:28	01:09:35	1338	442	Y		
Rishi	Beeharry	405	M	Vet 40	240		01:11:31	01:10:37	1339	897	Y		
Nicola	Pocklington	1187	F	Vet 40	137		01:11:34	01:10:54	1340	443	Y		
Samantha	Anthony	312	F	Senior	246		01:11:36	01:11:04	1341	444	Y		
John	Bryant	1426	M	Vet 70+	8	March Athletics Club	01:11:38	01:09:15	1342	898	N		
H	Buscall	1676	M	Vet 40	241		01:11:39	01:09:14	1343	899	Y		
Patricia	Wilkinson	805	F	Vet 50	31	Lynnsport Ladybirds	01:11:40	01:10:23	1344	445	Y		
Andy	Thompson	1331	M	Vet 50	107		01:11:41	01:10:12	1345	900	Y		
Ross	Haddow	1449	M	Vet 50	108	Norfolk Farm Vet Knackers	01:11:43	01:09:05	1346	901	Y		Norfolk Farm Vet Knackers
Kathryn	Palmer	1117	F	Junior	22		01:11:47	01:11:28	1347	446	Y		
Stacy	Bunton	450	F	Senior	247		01:11:52	01:10:45	1348	447	Y		
Elaine	Hewitt	1037	F	Vet 50	32	Civil Service Runners & Riders	01:11:52	01:09:45	1349	448	Y		
Diana	Edwards	284	F	Vet 40	138		01:11:54	01:09:28	1350	449	N		
Sue	Bland	556	F	Vet 50	33		01:11:55	01:09:37	1351	450	N		
Maura	Brown	764	F	Vet 60	10	March Athletics Club	01:11:55	01:09:44	1352	451	N		
Jamie	Noyce	955	M	Senior	424	Wilson and Betts for Tapping House	01:11:59	01:09:44	1353	902	Y		Wilson and Betts for Tapping House
Simon	Hardwick	1173	M	Junior	80		01:12:04	01:09:24	1354	903	Y		
Simon	Hardwick	1172	M	Senior	425		01:12:05	01:08:58	1355	904	Y		
Honor	Howell	125	F	Senior	248	BCKLWN	01:12:09	01:10:22	1356	452	Y		BCKLWN
Diane	Kendle	726	F	Vet 40	139	Lynnsport Ladybirds	01:12:14	01:11:13	1357	453	N		
Mark	Anderson	265	M	Senior	426		01:12:15	01:10:28	1358	905	Y		

Nicola	Delves	268	F	Senior	249		01:12:15	01:09:37	1359	454	Y			
Ian	Turrell	1298	M	Vet 40	242	Lincoln & District Runners	01:12:21	01:10:34	1360	906	N			
Martin	Monaghan	1125	M	Vet 40	243	Brandon Fern Hoppers	01:12:25	01:11:37	1361	907	N			
Patricia	Barnes	54	F	Vet 50	34		01:12:28	01:09:48	1362	455	N			
Lucy	Akintaro	591	F	Senior	250		01:12:30	01:09:31	1363	456	N			
Emma	Inns	316	F	Senior	251		01:12:31	01:09:32	1364	457	Y			
Kerry	Lynch	425	F	Senior	252		01:12:31	01:09:32	1365	458	Y			
Kelly	Ryder	1789	F	Junior	23	Cowa - Student Team	01:12:31	01:11:00	1366	459	Y	Cowa - Student Team		
Isabel	Ibanez-mahiques	407	F	Vet 40	140		01:12:32	01:11:22	1367	460	Y			
Claire	Campbell	1102	F	Vet 40	141		01:12:32	01:11:09	1368	461	Y			
Wayne	Anderson	1103	M	Senior	427		01:12:32	01:11:10	1369	908	Y			
Fiona	Gooch	1768	F	Senior	253	Cowa - Pulse8	01:12:39	01:11:32	1370	462	Y		Cowa - Pulse8	
Mike	Wilson	958	M	Senior	428	Wilson and Betts for Tapping House	01:12:42	01:10:27	1371	909	Y		Wilson and Betts for Tapping House	
Robert	Shimmon	1038	M	Vet 40	244		01:12:46	01:10:27	1372	910	N			
Jon	Goult	1380	M	Senior	429		01:12:54	01:10:28	1373	911	Y			
Ann	Drinnan	839	F	Vet 50	35		01:12:56	01:12:56	1374	463	Y			
Claire	Elston	679	F	Senior	254	Stephenson Smart	01:13:05	01:11:44	1375	464	Y		Stephenson Smart	
Julie	Garner	56	F	Vet 40	142		01:13:06	01:11:38	1376	465	N			
Jo	White	244	F	Vet 40	143		01:13:08	01:10:54	1377	466	Y			
Elaine	Calvert	797	F	Vet 50	36		01:13:13	01:11:26	1378	467	Y			
Kerry	Fittler	1720	F	Senior	255	Active Norfolk	01:13:14	01:10:49	1379	468	Y		Active Norfolk	
Elizabeth	Sharman	235	F	Senior	256	Lynnsport Ladybirds	01:13:16	01:11:16	1380	469	Y			
Judith	Spalding	1526	F	Senior	257		01:13:17	01:12:16	1381	470	Y			
Pamela	Parish	1185	F	Vet 40	144		01:13:18	01:12:28	1382	471	N			
Roger	Fisher	1217	M	Vet 40	245	BESPAK	01:13:25	01:11:40	1383	912	Y		BESPAK	
Fiona	Barnes	360	F	Senior	258		01:13:27	01:11:10	1384	472	N			
Andrew	Harrod	212	M	Vet 40	246		01:13:33	01:12:44	1385	913	Y			
Mark	Dicks	456	M	Senior	430		01:13:44	01:11:07	1386	914	N			
Jason	Lingling	1237	M	Senior	431	BESPAK	01:13:47	01:10:53	1387	915	Y		BESPAK	
Stuart	Bowie	768	M	Senior	432		01:13:48	01:12:53	1388	916	Y			
Manisha	Kapaslawala	404	F	Senior	259		01:13:57	01:13:04	1389	473	Y			
Alexandra	Saunders	231	F	Junior	24	Springwood Rhythmic Runners	01:13:58	01:11:31	1390	474	Y		Springwood Rhythmic Runners	
Joan	Gill	539	F	Vet 50	37	Ryston Runners Ac	01:14:03	01:11:08	1391	475	Y			
Ann	Lankester	795	F	Vet 50	38	Friends Of The Stroke Unit	01:14:03	01:11:08	1392	476	Y		Friends of the Stroke Unit	
Ludencio	Falculan	257	M	Senior	433		01:14:04	01:11:29	1393	917	Y			
George	Robinson	545	M	Vet 50	109		01:14:28	01:13:15	1394	918	Y			
Hannah	Darby	198	F	Senior	260		01:14:39	01:12:34	1395	477	Y			
Georgina	Darby	199	F	Junior	25		01:14:39	01:11:57	1396	478	Y			
Pat	Brightman	1211	F	Vet 50	39	Great Yarmouth & District Ac	01:14:41	01:13:35	1397	479	Y			
Shona	Hutton	1689	F	Junior	26	KL Air Training Corps	01:14:48	01:13:28	1398	480	Y		KL Air Training Corps	
Alec	Knibbs	1360	M	Vet 70+	9		01:14:53	01:14:53	1399	919	Y			
Helen	Keogh	1136	F	Senior	261		01:14:59	01:13:04	1400	481	N			
Lisa	Tibbs	1479	F	Senior	262		01:15:02	01:12:30	1401	482	Y			
Dannyella	Wells	657	F	Senior	263		01:15:04	01:14:21	1402	483	Y			
John	Greenwood	1533	M	Junior	81		01:15:04	01:14:47	1403	920	Y			
Anne	Seaman	1377	F	Vet 40	145		01:15:28	01:13:38	1404	484	Y			
Alan	Bocock	66	M	Vet 60	43		01:15:38	01:13:29	1405	921	Y			

Glenda	Skipper	61	F	Vet 50	40	Tapping House Hospice	01:15:42	01:13:02	1406	485	Y		Tapping House Hospice
Jamie	Standen	1784	M	Vet 40	247		01:15:42	01:13:08	1407	922	Y		
Allan	Maxwell	1582	M	Vet 40	248		01:15:43	01:13:39	1408	923	Y		
Rachael	Edwards	1786	F	Senior	264		01:15:43	01:14:10	1409	486	Y		
Lisa	Taylor	182	F	Senior	265	Anglian Water Wateraid	01:15:50	01:14:02	1410	487	N		Anglian Water Wateraid
Paula	Faulkner	239	F	Senior	266		01:16:07	01:14:57	1411	488	Y		
Sarah	Davies	1469	F	Senior	267		01:16:11	01:13:06	1412	489	N		
Paul	Davies	1470	M	Senior	434		01:16:11	01:14:03	1413	924	N		
Iain	Wallis	1033	M	Senior	435		01:16:26	01:13:53	1414	925	Y		
Stephanie	Whitehouse	436	F	Vet 40	146		01:16:29	01:15:13	1415	490	Y		
Katy	Armiger	444	F	Senior	268		01:16:34	01:16:22	1416	491	Y		
Alice	Rawling	337	F	Junior	27		01:16:56	01:15:57	1417	492	Y		
Emily	Carter	335	F	Junior	28		01:16:57	01:15:58	1418	493	Y		
Kirsty	Poll	770	F	Junior	29		01:16:59	01:15:42	1419	494	Y		
Lena	Gostling	568	F	Senior	269	M&s Softwood Ltd	01:17:02	01:16:37	1420	495	Y		M&s Softwood Ltd
Stevens	Catherine	835	F	Senior	270	LA Fitness	01:17:09	01:14:52	1421	496	Y		La Fitness
Diane	Bensley	964	F	Vet 40	147	Lynnsport Ladybirds	01:17:09	01:14:51	1422	497	Y		
Nikki	Smith	216	F	Senior	271		01:17:11	01:15:37	1423	498	Y		
Katie	Starling	368	F	Vet 40	148	Greyfriars Primary School	01:17:14	01:14:38	1424	499	Y		Greyfriars Primary School
Michael	Starling	367	M	Vet 40	249	Greyfriars Primary School	01:17:15	01:14:58	1425	926	Y		Greyfriars Primary School
Rebecca	Allan	104	F	Senior	272		01:17:36	01:17:36	1426	500	Y		
Carolyn	Wardale	105	F	Senior	273		01:17:37	01:15:44	1427	501	Y		
Vanessa	Goodson	117	F	Senior	274		01:17:37	01:15:50	1428	502	N		
Vicky	Klyn	118	M	Senior	436		01:17:37	01:16:07	1429	927	N		
Sue	Offley	422	F	Vet 40	149		01:17:38	01:15:52	1430	503	Y		
Michaela	Marshall	424	F	Vet 40	150		01:17:38	01:16:10	1431	504	Y		
Helen	Roycroft	41	F	Senior	275		01:17:39	01:15:55	1432	505	Y		
Vivienne	Manning	1034	F	Senior	276		01:17:40	01:16:21	1433	506	N		
Michael	Hart	1031	M	Vet 50	110		01:17:53	01:14:56	1434	928	Y		
Peter	Jackson	1698	M	Vet 60	44		01:17:59	01:16:16	1435	929	Y		
Gemma	Hart	1032	F	Senior	277		01:18:00	01:15:26	1436	507	Y		
Andrew	Martin	139	M	Vet 40	250		01:18:12	01:16:51	1437	930	N		
Abigail	Mather	947	F	Senior	278	Lynnsport Ladybirds	01:18:17	01:16:13	1438	508	Y		
Sarah	Di-bella	1154	F	Senior	279	Lynnsport Ladybirds	01:18:17	01:16:44	1439	509	Y		
Rachel	Cyton	445	F	Senior	280		01:18:25	01:18:13	1440	510	Y		
William	Davey	329	M	Vet 70+	10		01:18:27	01:16:29	1441	931	Y		
Dawn	Brown	864	F	Senior	281	Lynnsport Ladybirds	01:18:42	01:17:24	1442	511	Y		
Brian	Earthrowl	344	M	Vet 60	45		01:19:14	01:16:21	1443	932	N		
David	Collis	1193	M	Vet 60	46		01:19:20	01:17:06	1444	933	Y		
Dawn	Dack	497	F	Senior	282		01:19:46	01:18:37	1445	512	Y		
Helen	Bettinson	1250	F	Junior	30	BESPAK	01:19:48	01:18:17	1446	513	Y		BESPAK
Joan	Roberts	313	F	Vet 40	151	Lynnsport Ladybirds	01:19:50	01:17:53	1447	514	Y		
Susan	Wright	1365	F	Vet 50	41	Lynnsport Ladybirds	01:19:50	01:17:50	1448	515	Y		
Jane	Pears	298	F	Vet 50	42		01:19:51	01:18:14	1449	516	Y		
Linda	Howling	845	F	Vet 40	152	Ryston Runners Ac	01:20:00	01:17:43	1450	517	N		
Kayleigh	Scott-pillow	1783	F	Junior	31	Cowa - Student Team	01:20:02	01:17:34	1451	518	Y		Cowa - Student Team
Sophie	Watson	1787	F	Junior	32	Cowa - Student Team	01:20:02	01:17:32	1452	519	Y		Cowa - Student Team
Linda	Ledwidge	381	F	Vet 50	43		01:21:32	01:19:40	1453	520	Y		
Janet	Teather	1207	F	Vet 60	11		01:22:20	01:20:53	1454	521	Y		
Lynn	Lockheart	1190	F	Senior	283	Jaeger	01:22:22	01:19:53	1455	522	Y		Jaeger

Elizabeth	Thomson	1084	F	Vet 40	153	Lynnsport Ladybirds	01:22:56	01:21:28	1456	523	Y		
Mary	Roper	128	F	Vet 50	44	Lynnsport Ladybirds	01:22:57	01:21:23	1457	524	Y		
Angela	Melton	324	F	Vet 40	154	Lynnsport Ladybirds	01:22:57	01:21:25	1458	525	Y		
Phillip	Yates	375	M	Senior	437	Greyfriars Primary School	01:23:18	01:20:56	1459	934	Y	Greyfriars Primary School	
Kevin	Raworth	734	M	Vet 40	251	West Winch FC	01:23:18	01:22:01	1460	935	Y		West Winch FC
Julie	Pochetty	1599	F	Vet 40	155	Greyfriars Primary School	01:23:19	01:20:57	1461	526	Y	Greyfriars Primary School	
Karen	Wagge	924	F	Senior	284	Kuk Sool Won of King's Lynn	01:23:36	01:22:44	1462	527	Y	Kuk Sool Won of King's Lynn	
Jo	Hodkinson	315	F	Senior	285		01:23:57	01:22:45	1463	528	N		
Amy	Allen	1316	F	Senior	286		01:24:02	01:21:29	1464	529	Y		
Kate	Webster	310	F	Junior	33		01:24:29	01:22:53	1465	530	Y		
Jenny	Ingram	846	F	Vet 50	45	Ryston Runners Ac	01:24:44	01:21:42	1466	531	N		
Jemma	Simpson	847	F	Vet 40	156	Ryston Runners Ac	01:24:45	01:21:43	1467	532	N		
Mark	Walker	1051	M	Vet 40	252	Team C.f	01:24:50	01:23:08	1468	936	Y	Team C.f	
Adam	Walker	1052	M	Junior	82	Team C.f	01:24:50	01:23:07	1469	937	Y	Team C.f	
Rachel	Walker	1262	F	Junior	34	Team C.f	01:24:56	01:23:14	1470	533	Y	Team C.f	
Rose	Miller	1722	F	Vet 50	46		01:25:08	01:23:58	1471	534	Y		
Craig	Ellis	23	M	Senior	438		01:25:11	01:24:13	1472	938	Y		
Amanda	Pantling	248	F	Senior	287		01:25:20	01:22:42	1473	535	N		
Sarah	Cook	695	F	Senior	288		01:25:52	01:23:51	1474	536	Y		
Andy	Ward	499	M	Senior	439	Queen Victoria 'ac'	01:26:08	01:23:07	1475	939	Y	Queen Victoria 'ac'	
Ian	Kitchen	39	M	Vet 60	47		01:26:23	01:24:02	1476	940	Y		
Natalie	Anderson	295	F	Senior	289	Queen Victoria 'ac'	01:26:24	01:23:50	1477	537	N	Queen Victoria 'ac'	
Keeley	Hall	1440	F	Senior	290	Jaeger	01:26:25	01:23:57	1478	538	Y	Jaeger	
Suzanne	Bly	1151	F	Senior	291	Fosa	01:27:08	01:24:44	1479	539	Y	Fosa	
Suzanne	Williams	1145	F	Senior	292	Fosa	01:27:09	01:24:15	1480	540	Y	Fosa	
Sheryl	Thompson	1257	F	Senior	293	Fosa	01:27:09	01:24:38	1481	541	Y	Fosa	
Aimee	Petch	1232	F	Senior	294	BESPAK	01:27:11	01:25:01	1482	542	Y	BESPAK	
Alison	Fisher	919	F	Vet 40	157	Castle Acre Pre-School	01:27:13	01:25:00	1483	543	Y	Castle Acre Pre-School	
Rosalind	Czarnowska	1791	F	Senior	295		01:27:13	01:25:12	1484	544	Y		
Tracy	Churchill	127	F	Vet 40	158		01:27:19	01:25:42	1485	545	N		
Marie	Rees	749	F	Vet 40	159	West Winch Windmills	01:27:24	01:25:23	1486	546	Y	West Winch Windmills	
Janet	Davey	330	F	Vet 70+	2		01:28:33	01:26:55	1487	547	Y		
Colin	Milburn	93	M	Vet 50	111		01:28:43	01:27:56	1488	941	Y		
Keelen	Todd	752	F	Senior	296	West Winch Windmills	01:29:42	01:27:57	1489	548	Y	West Winch Windmills	
Edward	Etheridge	440	M	Senior	440		01:29:49	01:28:36	1490	942	N		
Cynthia	Dee	1192	F	Vet 60	12	Henfield Joggers	01:29:49	01:26:46	1491	549	N		
Heather	Pitt	308	M	Vet 50	112		01:30:40	01:29:05	1492	943	Y		
Nigel	Borley	1063	M	Vet 50	113	Team Royal Mail	01:31:51	01:29:32	1493	944	Y	Team Royal Mail	
Rachel	Yates	609	F	Senior	297	Greyfriars Primary School	01:32:19	01:30:21	1494	550	Y	Greyfriars Primary School	
Rebecca	Austin	372	F	Senior	298	Greyfriars Primary School	01:32:20	01:30:36	1495	551	Y	Greyfriars Primary School	
Linda	Ross	954	F	Vet 40	160	Wilson and Betts for Tapping House	01:32:37	01:30:52	1496	552	Y	Wilson and Betts for Tapping House	
Eloise	Wilson	960	F	Senior	299	Wilson and Betts for Tapping House	01:32:38	01:30:19	1497	553	Y	Wilson and Betts for Tapping House	
Katie	Hunt	352	F	Vet 40	161	March Athletics Club	01:32:45	01:30:27	1498	554	N		
Peter	Jackman	409	M	Vet 70+	11	March Athletics Club	01:32:46	01:30:25	1499	945	N		
Keeley	Loughran	89	F	Junior	35		01:37:05	01:36:08	1500	555	N		
Monica	Fitzjohn	1694	F	Vet 50	47		01:37:06	01:34:20	1501	556	N		
Jennifer	Cole	309	F	Senior	300		01:39:30	01:38:18	1502	557	N		
Mick	Follen	794	M	Vet 60	48	Friends Of The Stroke Unit	01:40:32	01:37:36	1503	946	Y	Friends of the Stroke Unit	

