

**REEDHAM TEN 2010 - Sunday 28th Febuary**

| Posn | Race No. | FirstName   | LastName   | Club                        | Cat               | FinishTime | Perf  |
|------|----------|-------------|------------|-----------------------------|-------------------|------------|-------|
| 1    | 327      | Paul        | Higham     | Norwich Road Runners        | Senior Men        | 00:59:24   | 75.20 |
| 2    | 334      | Richard     | Scott      | Wimbledon Windmilers        | Senior Men        | 01:00:07   | 74.30 |
| 3    | 278      | Steve       | Bates      | Coltishall Jaguars          | Senior Men        | 01:01:21   | 73.84 |
| 4    | 367      | Mark        | Haynes     | Coltishall Jaguars          | Senior Men        | 01:02:05   | 71.95 |
| 5    | 357      | Roger       | Stone      | Felixstowe Road Runners     | Vet Men: 40-44    | 01:03:13   | 73.19 |
| 6    | 256      | Tim         | Vials      |                             | Vet Men: 45-49    | 01:03:27   | 76.25 |
| 7    | 147      | Mark        | Betts      | Norwich Road Runners        | Senior Men        | 01:03:48   | 70.51 |
| 8    | 50       | Colin       | Robilliard | Coltishall Jaguars          | Vet Men: 55-59    | 01:03:53   | 81.50 |
| 9    | 254      | Peter       | Johnson    | Norfolk Gazelles            | Vet Men: 55-59    | 01:04:25   | 80.83 |
| 10   | 59       | Mark        | Garrett    | Norwich Road Runners        | Vet Men: 45-49    | 01:05:18   | 73.51 |
| 11   | 233      | Paul        | Davies     | Norwich Road Runners        | Vet Men: 40-44    | 01:06:08   | 69.96 |
| 12   | 158      | Steven      | Neaves     | Stowmarket Striders         | Vet Men: 50-54    | 01:06:19   | 76.53 |
| 13   | 174      | Darren      | Edridge    | Coltishall Jaguars          | Vet Men: 40-44    | 01:06:27   | 69.63 |
| 14   | 266      | Andrew      | Houghton   |                             | Vet Men: 50-54    | 01:06:32   | 75.03 |
| 15   | 364      | Edward      | Greenland  | Wymondham A.C.              | Vet Men: 40-44    | 01:06:35   | 71.04 |
| 16   | 209      | Mark        | Merrywest  | Norwich Road Runners        | Senior Men        | 01:06:43   | 66.95 |
| 17   | 311      | David       | Maslen     | Tri-Anglia                  | Vet Men: 45-49    | 01:07:38   | 70.45 |
| 18   | 130      | Christopher | Turner     | City of Norwich A.C.        | Vet Men: 45-49    | 01:07:42   | 70.90 |
| 19   | 275      | Graham      | Moore      |                             | Vet Men: 45-49    | 01:08:15   | 71.43 |
| 20   | 212      | Matthew     | Frary      | Norwich Road Runners        | Senior Men        | 01:08:29   | 65.25 |
| 21   | 119      | Racheal     | Leathwood  | Norwich Road Runners        | Senior Ladies     | 01:08:33   | 72.04 |
| 22   | 340      | Ray         | Lindsay    | Norwich Road Runners        | Vet Men: 50-54    | 01:08:36   | 74.59 |
| 23   | 257      | Andrew      | Savory     | Norwich Road Runners        | Vet Men: 45-49    | 01:08:54   | 69.16 |
| 24   | 339      | Leslie      | Scott      | Ryston Runners              | Vet Men: 50-54    | 01:09:00   | 72.34 |
| 25   | 84       | Carl        | Wright     | Norwich Road Runners        | Vet Men: 45-49    | 01:09:01   | 70.10 |
| 26   | 42       | Chris       | Seymour    | Stowmarket Striders         | Vet Men: 40-44    | 01:09:17   | 66.78 |
| 27   | 88       | Nick        | Baldwin    | Wymondham A.C.              | Senior Men        | 01:10:38   | 63.24 |
| 28   | 312      | Peter       | Nelson     |                             | Vet Men: 40-44    | 01:10:54   | 64.81 |
| 29   | 202      | Stephen     | Dady       | Gt. Yarmouth RRC            | Vet Men: 55-59    | 01:10:57   | 74.02 |
| 30   | 137      | Philip      | Gagen      |                             | Senior Men        | 01:11:05   | 62.84 |
| 31   | 247      | Jonathan    | Wiles      | Bungay Black Dog A.C.       | Senior Men        | 01:11:07   | 63.70 |
| 32   | 219      | Tim         | Woods      | Norfolk Gazelles            | Vet Men: 45-49    | 01:11:29   | 68.20 |
| 33   | 105      | Steven      | Guy        | City of Norwich A.C.        | Senior Men        | 01:11:41   | 62.33 |
| 34   | 86       | Matthew     | Pask       | Norwich Road Runners        | Vet Men: 40-44    | 01:11:52   | 65.33 |
| 35   | 96       | David       | Brammer    | March Braza                 | Vet Men: 45-49    | 01:11:53   | 67.31 |
| 36   | 157      | Chris       | Chorley    | Bungay Black Dog A.C.       | Vet Men: 45-49    | 01:12:06   | 67.11 |
| 37   | 165      | Marcel      | Braat      | Lowestoft Road Runners      | Vet Men: 40-44    | 01:12:19   | 63.54 |
| 38   | 177      | Neville     | Clarke     | Newmarket Joggers           | Vet Men: 55-59    | 01:12:26   | 71.88 |
| 39   | 51       | Richard     | Dye        | Bungay Black Dog A.C.       | Vet Men: 45-49    | 01:12:36   | 67.15 |
| 40   | 81       | Keith       | Brighty    | Norwich Road Runners        | Vet Men: 45-49    | 01:12:46   | 65.96 |
| 41   | 183      | Scott       | Sherman    | Stowmarket Striders         | Senior Men        | 01:13:09   | 61.06 |
| 42   | 146      | Mary        | Narey      | Stowmarket Striders         | Vet Ladies: 40-44 | 01:13:16   | 71.16 |
| 43   | 328      | Gavin       | Barron     |                             | Senior Men        | 01:13:37   | 60.67 |
| 44   | 220      | Martin      | Yeomans    | Norwich Road Runners        | Vet Men: 55-59    | 01:13:55   | 71.70 |
| 45   | 360      | Richard     | Collyer    | Coltishall Jaguars          | Vet Men: 40-44    | 01:14:20   | 62.24 |
| 46   | 135      | Patrick     | Larke      | Wymondham A.C.              | Vet Men: 50-54    | 01:14:24   | 68.21 |
| 47   | 374      | Fiachra     | Barry      | Colchester & Tenrering A.C. | Senior Men        | 01:14:36   | 59.87 |
| 48   | 358      | Chris       | Cooper     |                             | Senior Men        | 01:14:46   | 59.74 |
| 49   | 246      | Tom         | Pullinger  | Bungay Black Dog A.C.       | Senior Men        | 01:14:53   | 60.49 |
| 50   | 375      | Stuart      | Baird      |                             | Senior Men        | 01:14:55   | 59.64 |
| 51   | 215      | John        | Bone       | Gt. Yarmouth RRC            | Vet Men: 60-64    | 01:15:05   | 74.05 |
| 52   | 350      | Adrian      | Galvin     |                             | Vet Men: 45-49    | 01:15:22   | 63.22 |

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| 53  | 95 Chris     | Meadows      |                             | Senior Men        | 01:15:26 | 59.21 |
| 54  | 228 Jason    | Cole         |                             | Senior Men        | 01:15:35 | 59.10 |
| 55  | 16 William   | Buck         | Norwich Road Runners        | Vet Men: 45-49    | 01:15:48 | 64.31 |
| 56  | 354 Mark     | Ring         |                             | Vet Men: 40-44    | 01:15:56 | 61.39 |
| 57  | 294 Andrew   | Baker        |                             | Vet Men: 40-44    | 01:16:00 | 61.34 |
| 58  | 282 Julian   | Allaker      | Norwich Road Runners        | Senior Men        | 01:16:08 | 58.67 |
| 59  | 383 David    | Hall         | Norwich Road Runners        | Vet Men: 40-44    | 01:16:14 | 60.28 |
| 60  | 201 Stephen  | Elliott      |                             | Senior Men        | 01:16:30 | 58.39 |
| 61  | 341 Matt     | Plunkett     | Dereham Runners A.C.        | Senior Men        | 01:16:36 | 59.14 |
| 62  | 348 Adrian   | Jay          | Coltishall Jaguars          | Vet Men: 40-44    | 01:16:39 | 59.95 |
| 63  | 238 Martin   | Bagnall      | Coltishall Jaguars          | Vet Men: 45-49    | 01:16:40 | 62.61 |
| 64  | 292 Tim      | Tyler        | Norwich Road Runners        | Vet Men: 50-54    | 01:16:42 | 66.17 |
| 65  | 8 Thomas     | Lincoln-Kemp | Norwich Road Runners        | Vet Men: 40-44    | 01:16:54 | 60.62 |
| 66  | 260 Marie    | Clark        | Norwich Road Runners        | Vet Ladies: 35-39 | 01:16:59 | 65.04 |
| 67  | 111 Matt     | Ellis        | Lowestoft Road Runners      | Senior Men        | 01:17:00 | 58.42 |
| 68  | 70 Dave      | Spooner      | North Norfolk Beach Runners | Senior Men        | 01:17:09 | 58.31 |
| 69  | 303 Denver   | Slowther     |                             | Senior Men        | 01:17:12 | 57.88 |
| 70  | 363 Graham   | Coleman      | Wymondham A.C.              | Vet Men: 45-49    | 01:17:20 | 63.04 |
| 71  | 381 John     | Knight       | Tri-Anglia                  | Senior Men        | 01:17:24 | 57.71 |
| 72  | 155 Ben      | Snelling     |                             | Senior Men        | 01:17:36 | 58.78 |
| 73  | 274 John     | Yare         |                             | Vet Men: 45-49    | 01:17:56 | 62.55 |
| 74  | 207 Jon      | Holland      | Norwich Road Runners        | Senior Men        | 01:18:29 | 56.91 |
| 75  | 370 Andrew   | Fretwell     | Norwich Road Runners        | Vet Men: 50-54    | 01:18:47 | 62.85 |
| 76  | 293 Kevin    | Gee          | Norwich Road Runners        | Vet Men: 45-49    | 01:18:53 | 62.29 |
| 77  | 298 Vincent  | Coustham     | City of Norwich A.C.        | Senior Men        | 01:18:53 | 56.62 |
| 78  | 154 Lisa     | Godwin       | Norwich Road Runners        | Vet Ladies: 35-39 | 01:18:58 | 63.91 |
| 79  | 313 Stephen  | Panting      | Norwich Road Runners        | Vet Men: 40-44    | 01:19:06 | 58.93 |
| 80  | 203 Gavin    | Thouless     | Norwich Road Runners        | Vet Men: 40-44    | 01:19:15 | 58.38 |
| 81  | 63 Stephen   | Warncken     |                             | Vet Men: 50-54    | 01:19:34 | 63.26 |
| 82  | 80 Nigel     | Gilham       | Bungay Black Dog A.C.       | Vet Men: 55-59    | 01:19:37 | 65.40 |
| 83  | 52 Richard   | Gilham       | Norfolk Gazelles            | Vet Men: 45-49    | 01:19:46 | 60.66 |
| 84  | 343 Barry    | Bye          | Ryston Runners              | Vet Men: 60-64    | 01:20:15 | 68.60 |
| 85  | 347 Sarah    | Jay          | Coltishall Jaguars          | Vet Ladies: 40-44 | 01:20:40 | 65.17 |
| 86  | 175 Duncan   | Cardwell     |                             | Senior Men        | 01:21:12 | 56.18 |
| 87  | 192 Luke     | Sutherland   |                             | Senior Men        | 01:21:22 | 54.90 |
| 88  | 213 Stephen  | Niblett      | Coltishall Jaguars          | Vet Men: 40-44    | 01:21:41 | 56.64 |
| 89  | 85 Paul      | Wright       |                             | Vet Men: 45-49    | 01:21:52 | 58.63 |
| 90  | 168 Bobbie   | Sauerzapf    | Bungay Black Dog A.C.       | Vet Ladies: 50-54 | 01:21:55 | 68.85 |
| 91  | 61 Craig     | Jennings     | Coltishall Jaguars          | Senior Men        | 01:22:04 | 54.45 |
| 92  | 12 Andy      | Brown        |                             | Senior Men        | 01:22:12 | 54.34 |
| 93  | 123 David    | Waterman     | Bungay Black Dog A.C.       | Vet Men: 45-49    | 01:22:37 | 59.47 |
| 94  | 376 Emily    | Hannant      | Coltishall Jaguars          | Senior Ladies     | 01:22:40 | 59.74 |
| 95  | 349 Ian      | Ogles        |                             | Senior Men        | 01:22:43 | 54.00 |
| 96  | 287 Margaret | McSweeney    | Peel Road Runners           | Vet Ladies: 50-54 | 01:22:54 | 68.68 |
| 97  | 259 Neil     | Clark        | Norwich Road Runners        | Senior Men        | 01:23:03 | 54.55 |
| 98  | 78 Gemma     | Sullivan     |                             | Senior Ladies     | 01:23:05 | 59.44 |
| 99  | 309 Jonathan | Boucher      |                             | Senior Men        | 01:23:07 | 53.74 |
| 100 | 372 Chris    | Jenkins      |                             | Senior Men        | 01:23:08 | 53.73 |
| 101 | 338 Mark     | Peach        | Gt. Yarmouth RRC            | Senior Men        | 01:23:46 | 53.70 |
| 102 | 276 Richard  | Farrar       |                             | Senior Men        | 01:23:50 | 54.04 |
| 103 | 186 David    | Lane         | Ryston Runners              | Vet Men: 45-49    | 01:23:56 | 56.77 |
| 104 | 91 Matt      | Rowland      |                             | Senior Men        | 01:24:02 | 53.91 |
| 105 | 342 Neil     | Thomas       | Bungay Black Dog A.C.       | Vet Men: 40-44    | 01:24:07 | 55.42 |
| 106 | 380 Joy      | Isherwood    | Norwich Road Runners        | Senior Ladies     | 01:24:09 | 58.68 |

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| 107 | 366 David       | Simpson     | Coltishall Jaguars          | Vet Men: 55-59    | 01:24:10 | 62.40 |
| 108 | 295 Nicola      | Baker       |                             | Vet Ladies: 40-44 | 01:24:40 | 61.57 |
| 109 | 336 Leigh       | Marshall    |                             | Senior Men        | 01:24:45 | 52.70 |
| 110 | 320 Robert      | Ewin        | Wymondham A.C.              | Vet Men: 60-64    | 01:25:01 | 64.75 |
| 111 | 332 Philippa    | Rudd        | Norwich Road Runners        | Vet Ladies: 45-49 | 01:25:17 | 63.24 |
| 112 | 333 Christopher | Groves      |                             | Vet Men: 55-59    | 01:25:18 | 62.13 |
| 113 | 351 Toby        | Redington   |                             | Senior Men        | 01:26:12 | 51.82 |
| 114 | 352 Ian         | Welch       |                             | Senior Men        | 01:26:15 | 51.79 |
| 116 | 57 Gary         | Pearson     |                             | Vet Men: 40-44    | 01:26:30 | 53.89 |
| 117 | 153 Sheridan    | Carver      | Norfolk Gazelles            | Vet Ladies: 35-39 | 01:26:32 | 58.78 |
| 118 | 270 David       | Hutcheon    | Coltishall Jaguars          | Vet Men: 65-69    | 01:26:38 | 65.49 |
| 119 | 365 David       | Kelf        | AXE VALLEY RUNNERS          | Vet Men: 60-64    | 01:26:48 | 64.06 |
| 120 | 133 Julian      | Holland     |                             | Senior Men        | 01:26:59 | 51.35 |
| 121 | 353 Graham      | Edmond      |                             | Senior Men        | 01:27:03 | 52.40 |
| 122 | 161 Kevin       | Howard      |                             | Vet Men: 45-49    | 01:27:15 | 55.45 |
| 123 | 55 Simon        | Wicks       | Thetford A.C.               | Senior Men        | 01:27:25 | 51.10 |
| 124 | 198 John        | Crawford    | Ely Runners                 | Vet Men: 55-59    | 01:27:37 | 60.49 |
| 125 | 121 Jeremy      | Sinclair    |                             | Vet Men: 55-59    | 01:27:48 | 59.30 |
| 126 | 378 Keith       | Dyke        |                             | Vet Men: 55-59    | 01:27:58 | 59.19 |
| 127 | 359 Jethro      | Walters     |                             | Senior Men        | 01:27:59 | 50.77 |
| 128 | 379 Victoria    | Dyke        |                             | Senior Ladies     | 01:28:00 | 56.12 |
| 129 | 290 Trevor      | Horrex      | Norwich Road Runners        | Vet Men: 50-54    | 01:28:23 | 56.02 |
| 130 | 308 Stephen     | Cunningham  |                             | Vet Men: 50-54    | 01:28:45 | 55.79 |
| 131 | 361 Jill        | Copeland    | Norwich Road Runners        | Vet Ladies: 50-54 | 01:29:07 | 62.71 |
| 132 | 191 Shona       | Bendix      |                             | Vet Ladies: 40-44 | 01:29:21 | 58.83 |
| 133 | 187 Gill        | Hart        | Ryston Runners              | Vet Ladies: 55-59 | 01:29:30 | 66.83 |
| 134 | 152 Mandy       | Fulton      | Norwich Road Runners        | Vet Ladies: 35-39 | 01:30:10 | 56.41 |
| 135 | 368 Alison      | Haynes      | Coltishall Jaguars          | Senior Ladies     | 01:30:22 | 54.65 |
| 136 | 269 Brenda      | Hutcheon    | Coltishall Jaguars          | Vet Ladies: 60-64 | 01:30:23 | 69.87 |
| 137 | 200 Michael     | Jewiss      | Dereham Runners A.C.        | Vet Men: 55-59    | 01:30:43 | 57.89 |
| 138 | 112 Faye        | Ellis       | Lowestoft Road Runners      | Senior Ladies     | 01:31:00 | 54.27 |
| 139 | 306 Helen       | Oghenegweke | Norwich Road Runners        | Vet Ladies: 35-39 | 01:31:19 | 54.41 |
| 140 | 369 Colin       | Whale       |                             | Vet Men: 45-49    | 01:31:40 | 53.18 |
| 141 | 382 Mike        | Davis       |                             | Senior Men        | 01:31:56 | 49.27 |
| 142 | 162 Gwyneth     | Jones       |                             | Vet Ladies: 50-54 | 01:32:07 | 61.23 |
| 143 | 235 Carole      | Spong       | Gt. Yarmouth RRC            | Vet Ladies: 65+   | 01:32:10 | 71.88 |
| 144 | 371 Alexandra   | Nichol      | Tri-Anglia                  | Senior Ladies     | 01:32:22 | 53.46 |
| 145 | 62 Kate         | McCabe      |                             | Vet Ladies: 35-39 | 01:33:00 | 53.84 |
| 146 | 122 Anne        | Sinclair    |                             | Vet Ladies: 50-54 | 01:33:01 | 61.80 |
| 147 | 346 Kurtis      | Grimmette   |                             | Senior Men        | 01:33:09 | 47.95 |
| 148 | 117 Timothy     | Johnson     |                             | Senior Men        | 01:33:20 | 47.86 |
| 149 | 314 Chloe       | Wigg        |                             | Senior Ladies     | 01:33:21 | 52.90 |
| 150 | 377 Peter       | Wigg        |                             | Vet Men: 50-54    | 01:33:22 | 53.03 |
| 151 | 148 Lisa        | Howard      | Norwich Road Runners        | Senior Ladies     | 01:33:23 | 52.88 |
| 152 | 223 Becky       | Ingham      |                             | Vet Ladies: 35-39 | 01:33:34 | 53.94 |
| 153 | 224 Andy        | Bruce       |                             | Vet Men: 45-49    | 01:33:34 | 51.71 |
| 154 | 33 Judith       | Berry       |                             | Vet Ladies: 35-39 | 01:34:32 | 52.56 |
| 155 | 197 Fran        | Crawford    | Ely Runners                 | Vet Ladies: 55-59 | 01:34:38 | 63.21 |
| 156 | 118 Margaret    | Newman      |                             | Vet Ladies: 35-39 | 01:34:57 | 53.15 |
| 157 | 73 Sarah        | Chowdhury   |                             | Senior Ladies     | 01:34:57 | 52.01 |
| 158 | 355 Laurine     | Hanna       |                             | Senior Ladies     | 01:35:26 | 51.75 |
| 159 | 98 Carol        | Hardy       | Norfolk Gazelles            | Vet Ladies: 45-49 | 01:35:38 | 57.91 |
| 160 | 324 Tom         | Taylor      |                             | Vet Men: 45-49    | 01:35:43 | 50.93 |
| 161 | 234 Mike        | Marshall    | North Norfolk Beach Runners | Vet Men: 65-69    | 01:35:46 | 61.26 |

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| 162 | 127 Jayne         | Cook          | Norwich Road Runners        | Vet Ladies: 45-49 | 01:36:00 | 56.18 |
| 163 | 362 Anthony       | Balls         |                             | Vet Men: 45-49    | 01:36:20 | 49.46 |
| 164 | 94 Marianne       | Saunders      | Norfolk Gazelles            | Vet Ladies: 40-44 | 01:36:55 | 52.91 |
| 165 | 262 Brian         | Moore         | Norwich Road Runners        | Vet Men: 55-59    | 01:37:42 | 54.74 |
| 166 | 286 Tony          | Britt         |                             | Vet Men: 50-54    | 01:37:55 | 52.26 |
| 167 | 28 Phillip        | Neave         | Bungay Black Dog A.C.       | Vet Men: 60-64    | 01:37:58 | 55.65 |
| 168 | 267 Jacques       | Groen         | Bungay Black Dog A.C.       | Vet Men: 60-64    | 01:38:12 | 55.52 |
| 169 | 32 Rachel         | Ingram        |                             | Vet Ladies: 40-44 | 01:38:21 | 52.57 |
| 170 | 261 Lynda         | Moore         | Norwich Road Runners        | Vet Ladies: 55-59 | 01:38:40 | 60.00 |
| 171 | 239 Kathryn       | Bagnall       | Coltishall Jaguars          | Vet Ladies: 45-49 | 01:38:45 | 55.58 |
| 172 | 9 Gillian         | Petts-Hannant | Bungay Black Dog A.C.       | Senior Ladies     | 01:39:01 | 49.87 |
| 173 | 243 Rebecca       | Durant        | Coltishall Jaguars          | Vet Ladies: 55-59 | 01:39:30 | 60.12 |
| 174 | 36 Ivan           | Lees          | Gt. Yarmouth RRC            | Vet Men: 50-54    | 01:40:20 | 50.58 |
| 175 | 6 Andrea          | Osborne       | North Norfolk Beach Runners | Vet Ladies: 55-59 | 01:41:14 | 57.89 |
| 176 | 7 Robert          | Osborne       | North Norfolk Beach Runners | Vet Men: 50-54    | 01:41:14 | 48.91 |
| 177 | 56 Stacey Daniele | Owen          | Thetford A.C.               | Senior Ladies     | 01:41:21 | 48.73 |
| 178 | 72 Moses          | Chowdhury     |                             | Vet Men: 40-44    | 01:41:41 | 45.50 |
| 179 | 69 Lorraine       | Robertson     | Norwich Road Runners        | Vet Ladies: 35-39 | 01:41:54 | 49.53 |
| 180 | 325 Louisa        | Rodwell       |                             | Senior Ladies     | 01:42:18 | 48.27 |
| 181 | 68 Clare          | Denzey        | Norwich Road Runners        | Senior Ladies     | 01:43:50 | 47.56 |
| 182 | 373 Grahame       | Walkingshaw   |                             | Vet Men: 45-49    | 01:44:22 | 46.36 |
| 183 | 178 Joanne        | Flegg         |                             | Vet Ladies: 40-44 | 01:44:31 | 49.47 |
| 184 | 97 Lisa           | Rodgers       |                             | Vet Ladies: 40-44 | 01:44:31 | 50.30 |
| 185 | 21 Justine        | Griffin       |                             | Vet Ladies: 35-39 | 01:45:32 | 47.44 |
| 186 | 22 Daniel         | Griffin       |                             | Vet Men: 45-49    | 01:45:35 | 45.13 |
| 187 | 204 Colin         | Thouless      | Norwich Road Runners        | Vet Men: 70+      | 01:49:18 | 57.09 |
| 188 | 156 Wendy         | Larke         | Wymondham A.C.              | Vet Ladies: 40-44 | 01:52:16 | 47.22 |
| 189 | 25 Sharon         | Armes         | Norwich Road Runners        | Vet Ladies: 40-44 | 01:52:31 | 45.58 |
| 190 | 24 Michael        | Armes         | Norwich Road Runners        | Vet Men: 40-44    | 01:52:32 | 42.03 |
| 191 | 283 Richard       | High          | Norwich Road Runners        | Senior Men        | 01:52:32 | 40.54 |
| 192 | 317 Karen         | Emery         | North Norfolk Beach Runners | Vet Ladies: 35-39 | 02:02:23 | 41.24 |
| 193 | 344 Katrine       | Middleton     | North Norfolk Beach Runners | Vet Ladies: 45-49 | 02:02:25 | 45.24 |
| 194 | 299 Lou           | Miller        |                             | Vet Men: 70+      | 02:22:14 | 47.89 |