

<u>Forename</u>	<u>Surname</u>	<u>Gender</u>	<u>Club</u>	<u>Race Category</u>	<u>Race Number</u>	<u>Arrived</u>	<u>Position</u>	<u>Finishing Time</u>	<u>Position in Category</u>
BENVENUTO	BALDELLI	Male	cambridge and coleridge	Male 40-49	126		1	0:56:29	1
Gavin	Davies	Male	Ipswich JAFFA Running Club	Male	120		2	0:57:57	
PAUL	HENSBY	Male	MARCH AC	Male 40-49	80		3	1:00:59	2
andy	kett	Male	North Norfolk Beach Runners	Male	158		4	1:01:15	
robert	kett	Male	Norwich roadrunners	Male	117		5	1:01:26	
Colin	Robilliard	Male	Coltishall Jaguars RC	Male 50-59	51		6	1:03:19	1
steve	bates	Male	coltishall jaguars	Male	151		7	1:03:44	
Chris	Watson	Male	Ryston Runners	Male	122		8	1:03:56	
David	Evans	Male	Muddy Mucky Munkeys	Male 40-49	15		9	1:04:28	3
Ian	Thomas	Male	UKNETRUNNER	Male 50-59	10		10	1:06:53	2
Jonathan	Howe	Male	Coltishall Jaguars	Male 50-59	78		11	1:07:32	3
robert	howlett	Male	fenland running club	Male	133		12	1:08:28	
Tony	Savage	Male	Ryston Runners	Male 40-49	82		13	1:08:31	4
chris	beck	Male	Tri-Anglia	Male	101		14	1:08:51	
Paul	Britt	Male		Male	100		15	1:09:20	
Kevin	HOWLETT	Male	RYSTON RUNNERS	Male 50-59	150		16	1:09:25	4
Richard	Hammond	Male	Fenland Running Club	Male	168		17	1:09:37	
Darren	Moat	Male	March AC	Male	161		18	1:09:49	
ED	HEADFORD	Male	RAF MARHAM	Male 40-49	111		19	1:10:24	5
Ian	Crutchley	Male	Wymondham AC	Male 40-49	137		20	1:10:32	6
simon	grange	Male		Male	139		21	1:10:47	
Chris	Chorley	Male	Bungay Black Dog Running Club	Male 40-49	74		22	1:10:49	7
Darren	Miller	Male	Bedford Harriers	Male 40-49	5		23	1:11:08	8
Kieren	Oxley	Male	RAF MARHAM	Male	175		24	1:11:35	
adam	craske	Male	Bungay Black Dog Running Club	Male	79		25	1:12:15	
Debra	Wait	Female	March A C	Female 45-54	99		26	1:12:27	1
Robin	Belsom	Male	Ipswich Jaffa	Male 50-59	71		27	1:12:52	5
MATT	PLUNKET	Male	DEREHAM RUNNERS	Male	148		28	1:13:01	
Tanya	Crofts	Female	Wymondham Athletic Club	Female 35-44	157		29	1:13:15	1
John	Yare	Male		Male 40-49	24		30	1:13:35	9
mike	king	Male		Male 60-69	23		31	1:14:02	1
Sean	Chambers	Male		Male	29		32	1:14:10	
Rob	Bishop	Male	Bedford Harriers	Male 50-59	135		33	1:14:10	6
agata	chelchowska	Female	march ac	Female	105		34	1:14:21	
Tony	Knight	Male		Male 40-49	49		35	1:15:03	10
Tim	Coates	Male	West Norfolk Athletics Club	Male 40-49	172		36	1:15:25	11
Paul	Arnold	Male	Fenland Running Club	Male	163		37	1:15:37	
DAVID	Kellaway	Male	Tri-Anglia	Male 40-49	162		38	1:15:43	12
Ian	Saunders	Male	Ryston Runners AC	Male	37		39	1:15:53	
Steven	Bowerman	Male	Ryston Runners	Male 40-49	134		40	1:16:33	13
David	Gillespie	Male		Male	13		41	1:16:47	
Keith	White	Male	Fenland Running Club	Male 60-69	110		42	1:17:03	2
Keith	Willey	Male		Male	166		43	1:17:17	
Barry	Bye	Male	Ryston Runners	Male 60-69	165		44	1:17:22	3
Stefan	Rider	Male	Norwich Road Runners	Male	53		45	1:17:27	
Peter	Johnson	Male	FRA	Male 50-59	171		46	1:18:00	7
Ian	Milburn	Male	Fenland Running Club	Male 60-69	55		47	1:18:18	4
rory	thorp	Male	Serpentine Running Club	Male	64		48	1:18:29	
John	Ford	Male		Male 50-59	121		49	1:19:02	8
John	Walshe	Male	East Cork AC	Male 50-59	173		50	1:19:13	9
Andrew	Atkins	Male		Male	149		51	1:19:29	

Kevin	Marshall	Male	Ilford AC	Male 50-59	116	52	1:19:43	10
PAULINE	DREWERY	Female	RYSTON RUNNERS	Female 35-44	21	53	1:20:07	2
stuart	evans	Male		Male	32	54	1:20:22	
Malcolm	Hunt	Male	March Athletic Club	Male 50-59	115	55	1:20:42	11
gavin	thouless	Male	Norwich roadrunners	Male 40-49	91	56	1:20:54	14
Ian	Edwards	Male		Male	169	57	1:21:43	
Christina	Walker	Female	North Norfolk Beach Runners	Female 35-44	130	58	1:22:05	3
Jacky	Walsingham	Female		Female 35-44	11	59	1:22:24	4
Violet	Sauerzapf	Female	Bungay Black Dog Running Club	Female 45-54	75	60	1:22:41	2
PHILLIP	SEAMAN	Male	ryston runners	Male 50-59	50	61	1:23:24	12
KATRINA	WASTENEY	Female	WEST NORFOLK AC	Female 35-44	147	62	1:23:48	5
NICKY	NEILL	Female	RAF MARHAM	Female 35-44	146	63	1:23:48	6
Perry	Gear	Male	Garden City Runners	Male 40-49	63	64	1:23:56	15
Christine	Thorne	Female	North Norfolk Beach Runners	Male 50-59	132	65	1:24:12	13
Brian	Harding	Male		Male 50-59	33	66	1:24:13	14
David	Burgess	Male		Male	144	67	1:24:15	
pasquale	ruggiero	Male	fenland	Male 40-49	124	68	1:24:18	16
Emma	Tuck	Female		Female 35-44	143	69	1:24:28	7
Danny	Mills	Male	York Postal Harriers	Male 50-59	164	70	1:24:39	15
paul	fisher	Male		Male 60-69	92	71	1:25:30	5
Stuart	Fitch	Male		Male	52	72	1:25:42	
craig	mcperson	Male	Hunts AC	Male	128	73	1:25:44	
Brenda	Kinch	Female	North Norfolk Beach Runners	Female 65+	125	74	1:25:47	1
Ian	Bigland	Male		Male	176	75	1:26:10	
Micheal	Burton	Male		Male	73	76	1:26:14	
Abdul 'sid'	Siddiqi	Male	RAF Coningsby	Male	60	77	1:26:19	
Mark	Smith	Male	Unattached	Male 40-49	77	78	1:26:25	17
Serena	Smith	Female	West Norfolk Athletics Club	Female	178	79	1:26:26	
Anthony	Smith	Male	West Norfolk Athletics Club	Male 50-59	177	80	1:26:30	16
Helen	Oghenegweke	Female	Norwich Road Runners	Female 35-44	108	81	1:26:45	8
EVANS	SCOTT	Male		Male	35	82	1:27:04	
michael	hannon	Male	none	Male	87	83	1:27:33	
Michael	Sothorn	Male	Three Civvies and a Hat	Male	154	84	1:27:40	
Catherine	Abbott	Female	stowmarket striders	Female 35-44	118	85	1:27:47	9
HELEN	LLOYD	Female	RYSTON RUNNERS	Female 45-54	107	86	1:28:04	3
steven	gaylor	Male	none	Male 50-59	88	87	1:28:15	17
doyle	symonds	Male		Male	94	88	1:28:47	
Malcolm Robert A'	Ball	Male	North Norfolk Beach Runners	Male 70+	86	89	1:28:58	1
Rob	Osborne	Male	North Norfolk Beach Runners	Male 50-59	8	90	1:29:21	18
Donna-Marie	Crane	Female		Female	89	91	1:29:24	
Peter	Young	Male		Male 40-49	109	92	1:29:45	18
Sarah	Bedingfield	Female	Downham Dollies	Female	68	93	1:29:53	
lewis	smith	Male		Male	95	94	1:30:06	
Tom	Warnes	Male		Male	167	95	1:30:49	
LUCY	BATTERSBY	Female	RAF HALTON	Female	156	96	1:31:33	
Jane	Greenwood	Female	Fenland Running Club	Female 45-54	142	97	1:32:09	4
joanne	Rust	Female		Female 35-44	179	98	1:32:43	10
DAVID	DIXON	Male		Male 50-59	123	99	1:32:59	19
Carla	Baker	Female	Downham Dollies	Female 45-54	85	100	1:34:03	5
David	Haines	Male		Male 60-69	20	101	1:34:16	6
Daniel	Fowler	Male		Male	56	102	1:34:33	
emma	cross	Female		Female	69	103	1:36:17	

Ryan	Bigland	Male		Male	103	104	1:37:26	
marie	patmore	Female		Female 35-44	76	105	1:37:31	11
Simon	Easthope	Male	Wymondham AC	Male	160	106	1:37:35	
James	Francis	Male		Male	70	107	1:37:46	
jayne	cook	Female	NNR	Female 45-54	145	108	1:37:58	6
JAY	MORRIS	Male	THETFORD AC	Female	58	109	1:38:12	
Mike	Creasor	Male	Road Runners Club	Male 70+	28	110	1:38:19	2
wendy	Turner	Female		Female 45-54	12	111	1:38:40	7
DAVID	White	Male		Male 40-49	174	112	1:39:31	19
Tony	Denmade	Male		Male 40-49	170	113	1:39:43	20
Andrea	Osborne	Female	North Norfolk Beach Runners	Female 55-64	9	114	1:39:45	1
Bruce	Davidson	Male		Male 50-59	66	115	1:39:52	20
Trish	Miller	Female	Bedford Harriers	Female 35-44	4	116	1:39:58	12
elise	howard	Female	downham doliies	Female	140	117	1:40:02	
Martin	Strowger	Male	Dereham	Male 40-49	36	118	1:40:03	21
helen	smith	Female	downham doliies	Female	93	119	1:40:24	
karen	smith	Female	ryston runners	Female 35-44	155	120	1:41:11	13
FRANCES	HUMPHRIES	Female	VEGAN RUNNERS UK	Female 55-64	38	121	1:41:56	2
NINA	SANDERSON	Female	DOWNHAM DOLLIWA	Female	114	122	1:42:18	
Tony	Britt	Male	Uknetrunner	Male 50-59	98	123	1:42:25	21
joanne	jesney	Female	-	Female	119	124	1:42:28	
Emma	Fickling	Female	Wymondam Athletics Club	Female	138	125	1:42:28	
EMMA	YERBY - SMITH	Female	REEPHAM ROAD RUNNERS	Female 35-44	84	126	1:43:21	14
Philip	Cooper	Male	Reepham Runners	Male 40-49	102	127	1:43:22	22
PENNY	SCOTT	Female		Female 35-44	113	128	1:44:47	15
sandie	jardine	Female		Female 45-54	19	129	1:47:28	8
Mary	Davidson	Female		Female 55-64	65	130	1:48:29	3
sheila	gillie	Female	Thrift Green Trotters	Female 55-64	43	131	1:49:58	4
Lesley	Guest	Female	Bedford Harriers	Female 45-54	14	132	1:50:55	9
colin	thouless	Male	Norwich roadrunners	Male 70+	90	133	1:50:59	3
Tracey	Sharp	Female		Female 35-44	159	134	1:51:03	16
Nigel	booth	Male		Male 50-59	6	135	1:54:21	22
MARK	SHRIMPTON	Male		Male	129	136	1:56:24	
John	Innes	Male		Male 50-59	42	137	1:57:13	23
george	forrester	Male		Male 60-69	97	138	1:59:41	7
Stuart	Yates	Male		Male 40-49	136	139	1:59:41	23
Robin	Parker	Male	Fenland Running Club	Male 40-49	83	DNF	DNF	