

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:27:30	MERRYLEES, Chris	North Norfolk Beach Runners	Men unattached	05:29.9	77	1
2	0:28:56	MANNING, Andrew	Great Yarmouth Road Runners	Men 40-49	05:47.1	67	2
3	0:30:05	BRIGHTY, Joshua	Norwich Road Runners	Men unattached	06:00.9	72	3
4	0:30:11	THOMPSON, Mark	Great Yarmouth Road Runners	Men unattached	06:02.1	85	4
5	0:30:26	MULLIGAN, Andrew	Coltishall Jaguars RC	Men unattached	06:05.1	48	5
6	0:30:30	CLUES, Mark	Tri-Anglia	Men 40-49	06:05.9	40	6
7	0:30:56	BROCK, David	Orion Harriers	Men 50-59	06:11.1	44	7
8	0:31:13	KRISTIN, Bernard	Norfolk Harriers RC	Men unattached	06:14.5	74	8
9	0:31:25	BLAZEY, Paul	Unattached	Men unattached	06:16.9	60	9
10	0:31:58	PYWELL, Keelan	Gt Yarmouth & District AC	Men unattached	06:23.5	52	10
11	0:32:11	YEOMANS, Martin	Norwich Road Runners	Men 60+	06:26.1	8	11
12	0:32:20	HOGARTH, Ian	Ryston Runners	Men unattached	06:27.9	56	12
13	0:32:50	BRIGHTY, Keith	Norwich Road Runners	Men 40-49	06:33.9	73	13
14	0:32:52	MOUNTAIN, Jason	Wymondham AC	Men unattached	06:34.3	54	14
15	0:33:03	EMMETT, Lynn	Bungay Black Dog RC	Ladies 40-49	06:36.5	89	15
16	0:33:07	FAIRCLOTH, Rebecca	Wymondham AC	Ladies unattached	06:37.3	71	16
17	0:33:10	LEE, Catherine	Gt Yarmouth & District AC	Ladies unattached	06:37.9	51	17
18	0:33:11	CHORLEY, Chris	Bungay Black Dog RC	Men 40-49	06:38.1	7	18
19	0:33:14	PECK, Andy	Great Yarmouth Road Runners	Men 40-49	06:38.7	70	19
20	0:33:34	WAITY, Phil	Wymondham AC	Men unattached	06:42.7	41	20
21	0:33:47	GREEN, Duane	Unattached	Men unattached	06:45.3	58	21
22	0:34:24	WATSON, Gerry	Wymondham AC	Men 50-59	06:52.7	49	22
23	0:34:27	GRIBBEN, Frank	Unattached	Men 50-59	06:53.3	75	23
24	0:34:35	THOMPSON, Peter	Norfolk Gazelles	Men 50-59	06:54.9	5	24
25	0:34:43	CHILDERHOUSE, Steve	Wymondham AC	Men 40-49	06:56.5	98	25
26	0:35:38	BUCK, Will	Norwich Road Runners	Men 50-59	07:07.4	81	26
27	0:35:42	BEACHAMP, Gary	Unattached	Men 40-49	07:08.2	26	27
28	0:35:45	TUFTS, Mark	Wymondham AC	Men 40-49	07:08.8	80	28
29	0:35:51	COLEMAN, Graham	Wymondham AC	Men 40-49	07:10.0	69	29
30	0:35:54	HILL, Les	Norfolk Gazelles	Men 40-49	07:10.6	91	30
31	0:35:58	GREAVES, Maria	Norfolk Harriers RC	Ladies unattached	07:11.4	34	31
32	0:36:26	DYE, Richard	Bungay Black Dog RC	Men 40-49	07:17.0	31	32
33	0:36:48	EDWARDS, Penny	Norwich Road Runners	Ladies 50-59	07:21.4	53	33
34	0:37:00	GARWOOD, Kevin	Wymondham AC	Men 50-59	07:23.8	42	34
35	0:37:35	COOPER, Philip	Reepham Runners	Men 50-59	07:30.8	66	35
36	0:37:46	HARDINGHAM, Graham	Norfolk Gazelles	Men 50-59	07:33.0	33	36
37	0:37:51	MILNES, Christopher	Ryston Runners	Men 50-59	07:34.0	65	37
38	0:38:10	DURRANT, Jude	Reepham Runners	Ladies 40-49	07:37.8	79	38
39	0:38:18	COSTELLO, Marion	Unattached	Ladies 40-49	07:39.4	62	39
40	0:38:18	TOWNSHEND, Thomas	Norwich Road Runners	Men unattached	07:39.4	9	40
41	0:38:26	KELLY, John	Unattached	Men unattached	07:41.0	29	41
42	0:38:43	FITZHARRIS, Dan	Unattached	Men unattached	07:44.4	45	42
43	0:38:55	BARTRAM, Dennis	Wymondham AC	Men 60+	07:46.8	19	43
44	0:39:07	SAUERZAPF, Bobbie	Bungay Black Dog RC	Ladies 50-59	07:49.2	6	44
45	0:39:11	BETTS, Carol	Norfolk Gazelles	Ladies 50-59	07:50.0	32	45
46	0:39:32	FORKES, John	Eastern Veterans	Men 60+	07:54.2	47	46
47	0:39:36	FAULKNER, Jon	Unattached	Men unattached	07:55.0	50	47
48	0:39:54	BURROWS, Julie	Unattached	Ladies unattached	07:58.6	57	48
49	0:40:19	NEAVE, Philip	Bungay Black Dog RC	Men 60+	08:03.6	2	49
50	0:40:23	HORREX, Trevor	Norwich Road Runners	Men 50-59	08:04.4	23	50
51	0:40:38	BRADLEY, Patsy	Wymondham AC	Ladies 50-59	08:07.4	55	51
52	0:40:40	ALFORD, Colin	Unattached	Men 40-49	08:07.8	18	52
53	0:40:43	ENGLAND, John	Gt Yarmouth & District AC	Men 60+	08:08.4	93	53
54	0:40:59	BYE, Barry	Ryston Runners	Men 60+	08:11.6	63	54
55	0:41:15	SULLIVAN, Gemma	Unattached	Ladies unattached	08:14.8	14	55
56	0:42:04	SPANDLER, Paul	Great Yarmouth Road Runners	Men 40-49	08:24.6	4	56
57	0:42:11	ADCOCK, Mark	Unattached	Men unattached	08:26.0	12	57

All Proceeds to Quidenham Children's Hospice

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportssystem.co.uk Webresults on www.runnerswebuk.com *

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
58	0:42:23	WRIGHT, Lucy	Unattached	Ladies unattached	08:28.4	76	58
59	0:42:32	LLOYD, Julia	Wymondham AC	Ladies 40-49	08:30.2	38	59
60	0:42:33	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:30.4	1	60
61	0:43:31	SCARFE, Robert	Wymondham AC	Men 50-59	08:42.0	78	61
62	0:43:36	LEONG, Kai-Hui	Unattached	Men unattached	08:43.0	30	62
63	0:43:44	O'BRIEN, Rosaleen	Unattached	Ladies unattached	08:44.6	36	63
64	0:43:45	SPANDLER, Peter	Great Yarmouth Road Runners	Men 50-59	08:44.8	3	64
65	0:43:51	JORDAN, Emma	Unattached	Ladies 40-49	08:46.0	35	65
66	0:44:03	GAINSFORD, Ruth	Unattached	Ladies 40-49	08:48.4	94	66
67	0:44:14	BURDETT, Teresa	Unattached	Ladies unattached	08:50.6	20	67
68	0:44:57	ALFORD, Karen	Unattached	Ladies 40-49	08:59.2	17	68
69	0:45:07	MARTIN, Peter	Highnorth RC	Men 60+	09:01.2	86	69
70	0:45:20	ACKLAND, Sacha	Eton Manor AC	Ladies unattached	09:03.8	43	70
71	0:45:53	OSBORNE, Andi	North Norfolk Beach Runners	Ladies 50-59	09:10.4	24	71
72	0:45:53	OSBORNE, Rob	North Norfolk Beach Runners	Men 50-59	09:10.4	25	72
73	0:47:18	HOUGHTON, Jeremy	Unattached	Men 40-49	09:27.4	83	73
74	0:47:21	MOORE, Brian	Norwich Road Runners	Men 60+	09:28.0	27	74
75	0:47:46	PARKER, Sean	Unattached	Men unattached	09:33.0	59	75
76	0:47:47	PARKER, Christopher	North Norfolk Beach Runners	Men unattached	09:33.2	68	76
77	0:48:33	HARDY, Carol	Norfolk Gazelles	Ladies 50-59	09:42.4	82	77
78	0:48:34	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-49	09:42.6	39	78
79	0:48:57	MOORE, Lynda	Norwich Road Runners	Ladies 50-59	09:47.2	28	79
80	0:49:31	WAITE, Melonie	Unattached	Ladies 40-49	09:54.0	21	80
81	0:50:26	ADCOCK, Susan	Unattached	Ladies 40-49	10:05.0	11	81
82	0:50:27	BARRET, Nick	Unattached	Men 40-49	10:05.2	13	82
83	0:52:49	WILLIS, Adrian	Unattached	Men unattached	10:33.6	87	83
84	0:54:06	GRAPES, Karen	Unattached	Ladies 40-49	10:49.0	97	84
85	0:54:08	WESTON, Sharon	Unattached	Ladies 40-49	10:49.4	88	85
86	0:54:09	CLARKE, Heather	Unattached	Ladies unattached	10:49.6	90	86
87	1:03:15	BRIGHTMAN, Pat	Gt Yarmouth & District AC	Ladies 50-59	12:38.8	92	87
88	1:06:49	MILLER, Louis	Unattached	Men 60+	13:21.6	64	88

There were 88 finishers in the All Competitors category.