

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
1	226	Rick Ward	Male	15-39	1	CONAC	00:33:53	00:33:51
2	283	Steve Gibbs	Male	15-39	2	Norwich Road Runners	00:33:59	00:33:57
3	48	Andy Kett	Male	15-39	3	North Norfolk Beach Runners	00:34:56	00:34:54
4	300	Martyn Bath	Male	15-39	4	CONAC	00:36:07	00:36:06
5	140	Grant Harradence	Male	15-39	5		00:36:19	00:36:15
6	242	Eleanor Matthews	Female	15-34	1	CONAC	00:36:35	00:36:32
7	215	Kelly Rushton	Female	15-34	2	CONAC	00:36:42	00:36:41
8	297	Michael Eccles	Male	15-39	6	Norfolk Gazelles	00:37:05	00:37:04
9	47	Martin Hewetson	Male	15-39	7	Norwich Road Runners	00:37:08	00:37:05
10	183	Paul Muffett	Male	50-54	1	North Norfolk Beach Runners	00:37:15	00:37:13
11	237	Lawrence Wade	Male	15-39	8	Coltishall Jaguars	00:37:19	00:37:17
12	293	Andrew Terry	Male	40-44	1	Wymondham AC	00:37:26	00:37:23
13	253	Todd Lake	Male	45-49	1	Dereham Runners	00:37:40	00:37:38
14	287	Andy Vinsen	Male	15-39	9	Wymondham AC	00:37:41	00:37:38
15	249	Colin Stark	Male	15-39	10	North Norfolk Beach Runners	00:37:47	00:37:43
16	191	Paul Lyon	Male	15-39	11	Lowestoft Road Runners	00:38:14	00:38:12
17	280	Anthony Witmond	Male	45-49	2	North Norfolk Beach Runners Masters	00:38:16	00:38:12
18	75	Mark Garrett	Male	45-49	3	Norwich Road Runners	00:38:30	00:38:27
19	206	Richard Hayes	Male	15-39	12		00:38:32	00:38:29
20	275	James Beadle	Male	15-39	13	Reepham Runners	00:39:06	00:39:02
21	34	David Tandy	Male	40-44	2	Norwich Road Runners	00:39:29	00:39:25
22	45	Alex Copley	Male	15-39	14		00:39:40	00:39:38
23	43	Steven Guy	Male	15-39	15	CONAC	00:39:49	00:39:45
24	106	Trevor Wood	Male	40-44	3		00:39:54	00:39:51
25	255	Warren Brayn	Male	15-39	16		00:39:58	00:39:54
26	286	Adrian Waters	Male	45-49	4	Norfolk Gazelles	00:40:01	00:39:58
27	174	Jason Mountain	Male	15-39	17	Wymondham AC	00:40:35	00:40:30
28	98	Michael Sadler	Male	45-49	5	North Norfolk Beach Runners	00:40:44	00:40:37
29	28	Cat Ricketts	Female	35-39	1	Norwich Road Runners	00:40:48	00:40:43
30	214	Ben Dennington	Male	15-39	18	Coltishall Jaguars	00:40:50	00:40:43
31	8	Gavin Vogt	Male	50-54	2		00:40:54	00:40:54
32	122	Rod Bye	Male	50-54	3	Coltishall Jaguars	00:40:55	00:40:49
33	192	Richard Fay	Male	15-39	19		00:40:56	00:40:52
34	241	Steve Childerhouse	Male	40-44	4	Wymondham AC	00:41:01	00:40:51
35	142	Rowena Leary	Female	15-34	3		00:41:13	00:41:05
36	161	Glen Nelson	Male	55-59	1	Tri-Anglia	00:41:20	00:41:16
37	85	Robert Thompson	Male	45-49	6	Spa Striders RC	00:41:23	00:41:16
38	205	Richard Lesslie	Male	15-39	20		00:41:26	00:41:22
39	302	David Jones	Male	15-39	21	Tri Anglia	00:41:29	00:41:22
40	139	Ian Hyzer	Male	15-39	22		00:41:41	00:41:37
41	233	Timothy Bragger	Male	15-39	23		00:41:45	00:41:40

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
42	155	Vincent Ellis	Male	55-59	2	CONAC	00:41:46	00:41:41
43	292	John Bassinder	Male	55-59	3	Stainland Lions Road Runners	00:41:51	00:41:45
44	116	Chris Haylock	Male	40-44	5	Lowestoft Road Runners	00:41:53	00:41:48
45	203	Karen Doak	Female	35-39	2	Norwich Road Runners	00:41:55	00:41:50
46	181	Daniel Guest	Male	15-39	24		00:41:56	00:41:49
47	316	Benjamin Gaskins	Male	15-39	25	Tri Anglia	00:41:56	00:41:49
48	128	Iain Milligan	Male	40-44	6	St Edmunds Pacers	00:42:05	00:41:56
49	232	Samuel Cross	Male	15-39	26		00:42:19	00:42:14
50	265	Matthew Frary	Male	15-39	27	Norwich Road Runners	00:42:44	00:42:40
51	36	Nigel Sinclair	Male	15-39	28		00:42:49	00:42:40
52	33	Stephen Moseley	Male	45-49	7	Norwich Road Runners	00:42:57	00:42:52
53	73	Stewart White	Male	15-39	29	St Edmunds Pacers	00:43:02	00:42:54
54	222	Kevin Snelling	Male	45-49	8	Norwich Road Runners	00:43:09	00:43:01
55	97	Eddie Carman	Male	45-49	9	North Norfolk Beach Runners	00:43:19	00:43:10
56	123	Ellie Bye	Female	15-34	4	Coltishall Jaguars	00:43:22	00:43:16
57	204	Robert Bakewell	Male	15-39	30		00:43:26	00:43:20
58	263	Paul Lewis	Male	50-54	4	Great Yarmouth Road Runners	00:43:31	00:43:27
59	25	Chris Chorley	Male	45-49	10	Bungay Black Dog RC	00:43:33	00:43:16
60	218	Sharon Hurren	Female	40-44	1	Wymondham AC	00:43:43	00:43:34
61	307	Lee Gladwell	Male	15-39	31	Ashford Tri Club	00:43:45	00:43:38
62	115	Ken Bowman	Male	60-69	1	Coltishall Jaguars	00:43:46	00:43:39
63	194	Nick Caley	Male	15-39	32	Reepham Runners	00:43:50	00:43:43
64	261	Stephen Leeves	Male	55-59	4	Great Yarmouth Road Runners	00:43:52	00:43:46
65	74	Iain Sanders	Male	15-39	33		00:43:54	00:43:38
66	120	Rob Warne	Male	15-39	34		00:44:00	00:43:37
67	95	Tim Parr	Male	15-39	35		00:44:05	00:43:52
68	172	Stephen Dady	Male	60-69	2	Great Yarmouth Road Runners	00:44:05	00:44:01
69	67	Vicky Knight	Female	35-39	3	Tiptree Road Runners	00:44:16	00:44:04
70	306	Aaron Jackson	Male	15-39	36	Dereham Runners	00:44:19	00:44:09
71	159	Vitalijus Sivakovas	Male	15-39	37		00:44:24	00:44:20
72	257	David Hudson	Male	40-44	7	Tri-Anglia	00:44:28	00:44:20
73	4	Jim Hayes	Male	60-69	3	North Norfolk Beach Runners	00:44:33	00:44:25
74	216	Michael Small	Male	15-39	38		00:44:34	00:44:21
75	157	Sharon Bardwell	Female	40-44	2	Norwich Road Runners	00:44:44	00:44:31
76	80	Marc Coles	Male	15-39	39		00:44:52	00:44:46
77	240	Mal Garwood	Male	40-44	8	Wymondham AC	00:44:52	00:44:41
78	21	Darren Chapman	Male	15-39	40		00:45:04	00:44:51
79	309	Jonathon Kuttschreuter	Male	15-39	41		00:45:27	00:45:22
80	72	Nick Gurney	Male	15-39	42	Norwich Road Runners	00:45:28	00:45:24
81	219	Gary Gannon	Male	40-44	9		00:45:43	00:45:35
82	16	Iain Smith	Male	40-44	10	CONAC	00:45:49	00:45:30

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
83	295	Haydn Lyon	Male	15-39	43		00:45:50	00:45:32
84	71	Ian Cleminson	Male	45-49	11		00:45:51	00:45:42
85	244	Mark Ring	Male	45-49	12	Norwich Road Runners	00:46:17	00:46:09
86	193	Colin Browning	Male	45-49	13	Norwich Road Runners	00:46:21	00:46:13
87	284	Matthew Lowe	Male	15-39	44		00:46:28	00:46:17
88	267	Guy Shearwood	Male	50-54	5		00:46:29	00:46:10
89	270	Mark Caddy	Male	15-39	45		00:46:36	00:46:10
90	81	Neil Walpole	Male	40-44	11	Norwich Road Runners	00:46:40	00:46:34
91	281	Polly Wake	Female	35-39	4	Reepham Runners Masters	00:46:45	00:46:39
92	105	Wayne Crowe	Male	45-49	14		00:46:54	00:46:38
93	184	Sophie Newman	Female	15-34	5		00:46:56	00:46:36
94	23	Henry Mahalski	Male	15-39	46		00:47:02	00:46:51
95	171	Simon Blackmore	Male	45-49	15		00:47:04	00:46:40
96	126	Mark Tayler	Male	60-69	4	Norwich Road Runners	00:47:07	00:46:52
97	247	Alex Hall	Male	15-39	47		00:47:18	00:47:09
98	152	Richard Grimsdell	Male	40-44	12	St Edmunds Pacers	00:47:20	00:47:07
99	266	Phillip Bazley	Male	15-39	48		00:47:28	00:47:14
100	89	Gavin Thouless	Male	40-44	13	Norwich Road Runners	00:47:40	00:47:19
101	42	Miranda Johnson	Female	15-34	6		00:47:41	00:47:28
102	186	Harriet Boughton	Female	15-34	7		00:47:43	00:47:33
103	303	Hans Allnutt	Male	15-39	49		00:47:43	00:47:33
104	315	Ben Swift	Male	15-39	50		00:47:48	00:47:48
105	158	Jon Betson	Male	15-39	51		00:47:50	00:47:29
106	127	Sarah Jay	Female	45-49	1	Coltishall Jaguars	00:47:57	00:47:46
107	17	Andrew Hawes	Male	15-39	52		00:48:08	00:48:00
108	234	Dale Larwood	Male	15-39	53		00:48:28	00:48:16
109	39	Brian McKinney	Male	50-54	6	Norwich Road Runners	00:48:46	00:48:39
110	246	Jon Holt	Male	15-39	54	Wymondham AC	00:48:59	00:48:49
111	121	Jackie Bye	Female	50-54	1	Coltishall Jaguars	00:49:02	00:48:50
112	134	Matthew Reynolds	Male	15-39	55	Lowestoft Road Runners	00:49:08	00:48:45
113	285	Derek Sadler	Male	55-59	5	North Norfolk Beach Runners	00:49:14	00:48:42
114	145	Neil Thomas	Male	40-44	14	Bungay Black Dog RC	00:49:17	00:49:14
115	130	John Bennett	Male	15-39	56		00:49:25	00:49:12
116	177	Jo Godwin	Female	35-39	5	Norwich Road Runners	00:49:27	00:49:14
117	231	Steve Starr	Male	45-49	16	Ely Runners	00:49:36	00:49:29
118	277	Kelly Townshend	Female	35-39	6		00:49:38	00:49:31
119	3	Rob Osborne	Male	50-54	7	North Norfolk Beach Runners	00:49:40	00:49:26
120	66	Anthony Knight	Male	40-44	15	Tiptree Road Runners	00:49:42	00:49:29
121	117	Phillip Seaman	Male	55-59	6	Ryston Runners	00:49:42	00:49:24
122	147	Mary Yeadon	Female	15-34	8	UEA Triathlon Club	00:49:55	00:49:45
123	196	Ed Proffitt	Male	40-44	16		00:49:55	00:49:41

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
124	24	Bobbie Sauerzapf	Female	50-54	2	Bungay Black Dog RC	00:50:00	00:49:41
125	304	Angie Bear	Female	55-59	1	Wymondham AC	00:50:04	00:49:46
126	82	Sarah Stubbs	Female	35-39	7		00:50:06	00:49:40
127	149	Matt Williams	Male	15-39	57	UEA Triathlon Club	00:50:14	00:50:02
128	170	Stephen Nicholl	Male	40-44	17		00:50:19	00:49:56
129	317	Steven Field	Male	15-39	58		00:50:24	00:50:16
130	272	William Delf	Male	50-54	8	CONAC	00:50:24	00:50:04
131	113	Andrew Osborne	Male	15-39	59		00:50:28	00:50:16
132	289	Tim Russell	Male	15-39	60		00:50:32	00:50:16
133	78	Lorrain Dawson	Female	50-54	3	Great Yarmouth Road Runners	00:50:37	00:50:10
134	56	David Waterman	Male	50-54	9	Bungay Black Dog RC	00:50:46	00:50:44
135	190	Tony Heath	Male	60-69	5	North Norfolk Beach Runners	00:50:52	00:50:26
136	262	Pauline Richardson	Female	50-54	4	Great Yarmouth Road Runners	00:50:52	00:50:41
137	7	John Lockett	Male	55-59	7		00:50:54	00:50:36
138	35	Ivan Lees	Male	55-59	8	Great Yarmouth Road Runners	00:50:54	00:50:54
139	40	David Hart	Male	15-39	61		00:50:59	00:50:42
140	224	Chris Proops	Male	15-39	62		00:51:13	00:51:08
141	220	Robert Scarfe	Male	60-69	6	Wymondham AC	00:51:16	00:50:56
142	167	Mike Smith	Male	70+	1	Wymondham AC	00:51:19	00:51:01
143	278	Alan Carter	Male	15-39	63		00:51:23	00:51:05
144	162	Veronica Manly	Female	60+	1	Eastern Vets	00:51:24	00:51:04
145	144	Gordana Hills	Female	35-39	8		00:51:25	00:51:20
146	210	Christine Cooke	Female	50-54	5	Coltishall Jaguars	00:51:29	00:51:02
147	135	Tara Dugdale	Female	15-34	9		00:51:30	00:51:18
148	310	Kate Wyatt	Female	15-34	10		00:51:30	00:51:07
149	46	Sophie Janacek	Female	15-34	11		00:51:31	00:51:22
150	225	Beres Ward	Female	55-59	2	Wymondham AC	00:51:36	00:51:16
151	51	Geraldine Jordan	Female	45-49	2	Dereham Runners	00:51:38	00:51:24
152	245	Anna Needs	Female	40-44	3	Wymondham AC	00:51:41	00:51:22
153	299	Jayne Allan	Female	45-49	3	Wymondham AC	00:51:42	00:51:23
154	99	Tim MacWilliam	Male	50-54	10	Wymondham AC	00:51:50	00:51:39
155	235	James Chase	Male	45-49	17		00:51:52	00:51:45
156	211	Gemma Dullea	Female	15-34	12	Norwich Road Runners	00:52:00	00:51:44
157	264	Cameron Starling	Male	15-39	64		00:52:15	00:51:59
158	163	Beth Hill	Female	35-39	9		00:52:18	00:51:56
159	164	Emma Renouf	Female	35-39	10		00:52:18	00:51:55
160	61	Adam Jones	Male	15-39	65		00:52:25	00:51:59
161	68	Georgina Taylor	Female	15-34	13		00:52:26	00:52:12
162	169	Trevor Horrex	Male	50-54	11	Norwich Road Runners	00:52:27	00:52:04
163	131	Gemma Sullivan	Female	15-34	14		00:52:30	00:52:16
164	112	Robert Ashton	Male	55-59	9		00:52:32	00:52:19

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
165	296	Craig Lyon	Male	50-54	12		00:52:33	00:52:15
166	77	Andrea Usher	Female	40-44	4		00:52:43	00:52:26
167	55	Iain Tibbitt	Male	40-44	18		00:53:03	00:52:57
168	288	Elizabeth Barran	Female	15-34	15	Norfolk Gazelles	00:53:04	00:52:47
169	166	Philip Neave	Male	60-69	7	Bungay Black Dog RC	00:53:11	00:53:11
170	228	Jackie Gowing	Female	40-44	5	Norwich Road Runners	00:53:11	00:52:55
171	236	Brenda Kinch	Female	60+	2	North Norfolk Beach Runners	00:53:15	00:52:57
172	124	Tabatha Sims	Female	40-44	6		00:53:18	00:52:54
173	151	Thomas Wetherell	Male	15-39	66		00:53:18	00:53:03
174	207	Alec Fraser	Male	70+	2	North Norfolk Beach Runners	00:53:27	00:52:56
175	125	Caroline Taylor	Female	55-59	3	Norwich Road Runners	00:53:37	00:53:13
176	254	Alison Norrington	Female	45-49	4	Thrift Green Trotters	00:53:41	00:53:26
177	175	Patsy Bradley	Female	50-54	6	Wymondham AC	00:53:48	00:53:28
178	301	Anna Goodley	Female	15-34	16		00:54:03	00:53:46
179	148	Georgia Hill	Female	15-34	17	UEA Triathlon Club	00:54:04	00:53:52
180	239	Noel Spruce	Male	60-69	8	North Norfolk Beach Runners	00:54:13	00:53:42
181	259	Jessica Lane	Female	15-34	18		00:54:16	00:54:02
182	41	Anna Cain	Female	15-34	19		00:54:18	00:53:51
183	269	Jane Ashby	Female	60+	3	Ryston Runners	00:54:18	00:54:00
184	250	tom Warnes	Male	15-39	67	Uknetrunner	00:54:22	00:53:57
185	108	William Perks	Male	55-59	10		00:54:23	00:54:15
186	217	Steve Small	Male	50-54	13		00:54:26	00:54:11
187	59	Lisa Symon	Female	15-34	20	Coltishall Jaguars	00:54:27	00:54:03
188	182	Emma Muffett	Female	35-39	11	North Norfolk Beach Runners	00:54:32	00:54:10
189	44	Gina Preston	Female	45-49	5		00:54:39	00:54:18
190	143	Sarah Thawley	Female	15-34	21		00:54:45	00:54:36
191	52	Graham Sampson	Male	60-69	9	Bungay Black Dog RC	00:54:52	00:54:40
192	188	Cheryl OSullivan	Female	35-39	12		00:54:58	00:54:46
193	2	Andi Osborne	Female	55-59	4	North Norfolk Beach Runners	00:55:14	00:54:52
194	168	Gill Woodhouse	Female	60+	4	Dereham Runners	00:55:15	00:54:56
195	57	Rebecca Smith	Female	15-34	22	Ellesmere Port RC	00:55:49	00:55:24
196	58	Vikas Bhalla	Male	15-39	68		00:55:49	00:55:22
197	84	Andrew Smith	Male	40-44	19	St Edmunds Pacers	00:56:00	00:55:35
198	119	Donald Tiffin	Male	60-69	10	Bungay Black Dog RC	00:56:13	00:56:03
199	65	Anne Harper	Female	45-49	6	Dereham Runners	00:56:15	00:56:00
200	212	Sharon Jones	Female	45-49	7	Bungay Black Dog RC	00:56:25	00:55:54
201	312	Peter Walwyin	Male	70+	3		00:56:59	00:56:44
202	92	Dennis Bartram	Male	60-69	11	Wymondham AC	00:57:04	00:56:44
203	305	Mart Blackburn	Male	55-59	11	Ryston Runners	00:57:14	00:56:52
204	37	Melanie Sinclair	Female	35-39	13		00:57:18	00:56:53
205	260	Kate Reynolds	Female	15-34	23	Norwich Road Runners	00:57:22	00:57:13

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
206	268	Rebecca Laughton	Female	15-34	24	Norwich Road Runners	00:57:22	00:57:12
207	29	Steve Cummings	Male	40-44	20	Norwich Road Runners	00:57:31	00:57:05
208	109	Anne Sinclair	Female	55-59	5		00:57:34	00:57:10
209	79	Peter Warren	Male	55-59	12	CONAC	00:57:38	00:57:16
210	213	Terence Jones	Male	60-69	12	Bungay Black Dog RC	00:57:46	00:57:15
211	94	Emma Parr	Female	35-39	14		00:57:47	00:57:17
212	311	Carey Cake	Male	40-44	21		00:58:00	00:57:37
213	54	Andrew Stratton	Male	50-54	14	Wymondham AC	00:58:13	00:57:52
214	185	Sharon Cook	Female	40-44	7	Wymondham AC	00:58:14	00:57:54
215	136	Ali Middleton	Female	15-34	25		00:58:16	00:57:50
216	137	Becky Henderson	Female	15-34	26		00:58:18	00:57:51
217	49	Dawn Rimington	Female	45-49	8		00:58:21	00:58:06
218	180	Dianne Crosby	Female	60+	5	Great Yarmouth Road Runners	00:58:24	00:57:55
219	83	Mike Creasor	Male	70+	4	Norwich Road Runners	00:58:39	00:58:09
220	200	Brian Moore	Male	60-69	13	Norwich Road Runners	00:58:49	00:58:22
221	104	Carol Hart	Female	45-49	9		00:58:59	00:58:48
222	282	Debbie Bowers	Female	15-34	27	Tri-Anglia	00:58:59	00:58:39
223	64	Sheena Ickes	Female	15-34	28		00:59:22	00:59:22
224	114	Ashley Szarek	Female	15-34	29		00:59:22	00:59:03
225	279	Sarah Barley	Female	45-49	10		00:59:24	00:58:52
226	274	Emily Blakesley	Female	15-34	30	Tri-Anglia	00:59:51	00:59:25
227	11	Nicola Wilkins	Female	40-44	8	Bungay Black Dog RC	01:00:00	00:59:36
228	9	Jean Whiting	Female	45-49	11		01:00:05	00:59:53
229	189	Jennifer Burfoot	Female	60+	6	Norfolk Gazelles	01:00:13	00:59:59
230	150	Cliffy Williamson	Male	60-69	14		01:00:48	01:00:33
231	199	Kate McCabe	Female	40-44	9		01:01:04	01:00:40
232	62	Tony Britt	Male	55-59	13	Uknetrunner	01:01:21	01:00:56
233	298	Joanne Lawn	Female	40-44	10		01:01:21	01:01:05
234	179	Charles Weigand	Male	60-69	15	Great Yarmouth Road Runners	01:01:23	01:00:55
235	5	Andy Beeston	Male	60-69	16		01:01:26	01:01:11
236	32	Jacqueline Raskovic	Female	40-44	11	Norwich Road Runners	01:01:27	01:01:03
237	10	Becci Vogt	Female	15-34	31		01:01:36	01:01:36
238	276	Elizabeth Senior	Female	55-59	6		01:01:37	01:01:04
239	223	Rebecca Durant	Female	60+	7	Coltishall Jaguars	01:01:38	01:01:13
240	156	Timothy Johnson	Male	15-39	69	Wymondham AC	01:01:40	01:01:18
241	273	Sherry Gowing	Female	40-44	12	Norfolk Gazelles	01:01:44	01:01:34
242	314	Claire Trayers	Female	15-34	32		01:02:07	01:01:48
243	141	Becky Chignell	Female	15-34	33		01:02:33	01:02:21
244	208	Jackie Bridges	Female	35-39	15		01:02:41	01:02:11
245	38	Lindsay Barker	Female	50-54	7	Norwich Road Runners	01:02:42	01:02:18
246	178	Claire Jones	Female	35-39	16		01:03:01	01:02:48

Position	Race No	Competitor Name	Gender	Category	Cat Pos	Club	Finish Time	Chip Time
247	201	Lynda Moore	Female	55-59	7	Norwich Road Runners	01:03:09	01:02:41
248	271	Jenny Adams	Female	15-34	34		01:03:56	01:03:30
249	86	Jackie Eastaugh-King	Female	50-54	8	Norwich Road Runners	01:04:27	01:04:03
250	230	Diane Renshaw	Female	50-54	9	Dereham Runners	01:04:36	01:04:08
251	87	Diane Cushine	Female	45-49	12	Norwich Road Runners	01:05:07	01:04:42
252	22	Natasha Peachment	Female	35-39	17		01:05:22	01:04:52
253	103	Helen Hayes	Female	35-39	18		01:06:06	01:05:54
254	227	Bob Arnell	Male	60-69	17	Great Yarmouth Road Runners	01:07:26	01:06:58
255	1	John Morgan-Hughes	Male	70+	5		01:07:46	01:07:14
256	176	Charles Fenech	Male	60-69	18		01:08:34	01:08:17
257	63	Sarah Cooper	Female	40-44	13	Tri-Anglia	01:09:22	01:08:55
258	318	Helen Stokes	Female	40-44	14		01:09:22	01:08:53
259	290	Andrew Russell	Male	50-54	15	Norwich Road Runners	01:10:08	01:09:39
260	93	Lester Pearson	Male	70+	6	Diss AC	01:11:59	01:11:45
261	132	Donna King	Female	35-39	19	Reepham Runners	01:13:03	01:12:33
262	18	Jean Gowing	Female	60+	8	Reepham Runners	01:13:05	01:12:35
263	291	Denise Russell	Female	50-54	10	Norwich Road Runners	01:17:01	01:16:32
264	294	Ivan Colman	Male	50-54	16	Norwich Road Runners	01:17:03	01:16:32
265	248	Louis Miller	Male	70+	7		01:29:56	01:29:24