



<b>Overall Male</b>								
1	00:57:31	00:57:30	Richard	Bateson	M	Yeovil Town Road Running Club	M 15 - 39	24
2	00:59:10	00:59:10	Chris	Merrylees	M	North Norfolk Beach Runners	M 15 - 39	130
3	00:59:31	00:59:31	Jamie	Seamark	M	North Norfolk Beach Runners	M 40 - 49	129
<b>Male 15 - 39</b>								
1	00:59:51	00:59:51	Daniel	Rock	M	Ryston Runners AC	M 15 - 39	59
2	01:03:32	01:03:31	Toby	Morrell	M	Triharder	M 15 - 39	81
3	01:03:37	01:03:36	Ian	Milburn	M	Ryston Runners AC	M 15 - 39	31
<b>Male 40 - 49</b>								
1	01:03:12	01:03:11	Tim	Larke	M	Stowmarket Striders RC	M 40 - 49	46
2	01:04:52	01:04:50	Shaun	Webb	M	Reepham Runners	M 40 - 49	75
3	01:05:14	01:05:13	Mark	Clues	M	Tri Anglia	M 40 - 49	124
<b>Male 50 - 59</b>								
1	00:59:47	00:59:46	John	Moore	M	Norfolk Gazelles	M 50 - 59	107
2	01:04:35	01:04:34	Dale	Hurren	M	Norfolk Gazelles	M 50 - 59	57
3	01:06:01	01:05:59	Mark	Garrett	M	Norwich Road Runners	M 50 - 59	11
<b>Male 60+</b>								
1	01:08:00	01:07:59	Stephen	Dady	M	Wymondam AC	M 60+	105
2	01:23:54	01:23:46	Bob	Paul	M	Bungay Black Dog	M 60+	128
3	01:26:26	01:26:22	Graham	Sampson	M	Bungay Black Dog RC	M 60+	58