

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time	Age Group
1	Richard Bateson	Yeovil Town RRC	133	1 Top Fin		34:44.0	34:44.1	M 15 to 39
2	Callum Stanforth	Ryston Runners	143	2 Top Fin		35:01.5	35:02.5	M 15 to 39
3	Danny Rock	Ryston Runners	77	3 Top Fin		36:40.3	36:40.3	M 15 to 39
4	Paul Muffett	North Norfolk Beach Runners	66	1 M 55-59		37:10.2	37:10.2	M 55 to 59
5	Justin Kinsey	Ryston Runners	138	1 M 15-39		37:13.4	37:14.9	M 15 to 39
6	Nigel Arnold	Norfolk Gazelles AC	128	2 M 55-59		37:22.5	37:23.6	M 55 to 59
7	Darren Neale	North Norfolk Beach Runners	147	2 M 15-39		37:43.6	37:48.8	M 15 to 39
8	Richard Hayes		95	1 M 40-44		38:14.1	38:16.0	M 40 to 44
9	Jamie Conyard		82	3 M 15-39		38:12.8	38:16.4	M 15 to 39
10	Mark Garret	Norwich Road Runners	63	1 M 50-54		39:08.8	39:10.7	M 50 to 54
11	Richardson Glen	City Of Norwich AC	142	4 M 15-39		39:28.0	39:29.4	M 15 to 39
12	George Gay	City Of Norwich AC	73	5 M 15-39		39:32.2	39:32.4	M 15 to 39
13	John Jervis		121	6 M 15-39		39:40.6	39:40.6	M 15 to 39
14	Simon Baxter		18	7 M 15-39		40:31.4	40:33.3	M 15 to 39
15	Dale Hurren	Norfolk Gazelles AC	87	3 M 55-59		40:38.8	40:40.2	M 55 to 59
16	Trevor Wood		146	1 M 45-49		40:41.8	40:41.8	M 45 to 49
17	Sean Robson	North Norfolk Beach Runners	136	2 M 45-49		40:51.2	40:55.1	M 45 to 49
18	Stephen Dady	Wymondham AC	39	1 M 60-99		40:55.6	40:57.8	M 60+
19	Mark Solway	City Of Norwich AC	54	3 M 45-49		41:26.2	41:30.5	M 45 to 49
20	John Gay	North Norfolk Beach Runners	72	4 M 55-59		41:59.8	42:05.1	M 55 to 59
21	Mark Mountain	Great Yarmouth Road Runners	43	2 M 40-44		42:08.0	42:10.6	M 40 to 44
22	Dan Claflin		56	8 M 15-39		42:19.0	42:22.4	M 15 to 39
23	Neil Walpole	Norwich Road Runners	118	4 M 45-49		42:26.5	42:26.5	M 45 to 49
24	Ben Snelling	Norwich Road Runners	89	3 M 40-44		42:31.0	42:35.9	M 40 to 44
25	Chris Moore	Norfolk Gazelles AC	52	2 M 50-54		42:48.2	42:56.0	M 50 to 54
26	Pete Thompson	Norfolk Gazelles AC	33	5 M 55-59		43:14.2	43:18.3	M 55 to 59
27	Pete Thompson		36	9 M 15-39		43:23.0	43:25.4	M 15 to 39
28	Chris Chorley	Bungay Black Dog RC	47	3 M 50-54		43:32.9	43:44.4	M 50 to 54
29	Andy Rowles	Dereham Runners & AC	22	4 M 50-54		43:46.4	43:48.4	M 50 to 54
30	Rowena Leary	Norfolk Gazelles AC	100	1 Top Fin		43:52.2	44:00.3	F 15 to 39
31	James Fowler		78	10 M 15-39		44:01.8	44:04.7	M 15 to 39

32	Shaun Conway		26	5 M 50-54	44:03.8	44:09.8	M 50 to 54
33	Gary Perryman	Tiptree Road Runners	2	4 M 40-44	44:14.5	44:18.3	M 40 to 44
34	Roly Cook	Norwich Road Runners	13	6 M 50-54	44:28.5	44:29.8	M 50 to 54
35	John Morgan	Reepham Runners	106	7 M 50-54	44:45.6	44:50.7	M 50 to 54
36	Charles Allen	Norwich Road Runners	17	11 M 15-39	45:00.2	45:05.7	M 15 to 39
37	Lisa Hall	Norwich Road Runners	55	2 Top Fin	45:00.3	45:06.1	F 15 to 39
38	Natasha Rout	Wymondham AC	4	3 Top Fin	45:12.1	45:14.9	F 15 to 39
39	Niki Park	Norwich Road Runners	132	1 F 45-49	45:37.5	45:42.9	F 45 to 49
40	James Chaplin ? Madden	Great Yarmouth Road Runners	35	12 M 15-39	45:56.8	45:56.8	M 15 to 39
41	Peter Fox	Longdale Striders	137	6 M 55-59	45:53.4	46:08.6	M 55 to 59
42	William Wall	Harlow RC	131	13 M 15-39	46:38.6	46:55.8	M 15 to 39
43	Joseph Kiddell	Norwich Road Runners	38	5 M 40-44	47:30.6	47:36.0	M 40 to 44
44	Paul Smithson		84	8 M 50-54	47:30.0	47:36.2	M 50 to 54
45	Mark Ring	Norwich Road Runners	148	5 M 45-49	47:49.7	47:56.8	M 45 to 49
46	Haydon Lyon	City Of Norwich AC	62	14 M 15-39	47:54.5	48:00.4	M 15 to 39
47	Jonathan Leunis		71	15 M 15-39	47:58.0	48:17.3	M 15 to 39
48	Ian Morgan		122	16 M 15-39	48:08.3	48:19.3	M 15 to 39
49	Darren Collison		150	6 M 45-49	48:12.0	48:27.6	M 45 to 49
50	Keith Hood	Wymondham AC	126	7 M 55-59	48:20.5	48:29.1	M 55 to 59
51	Kaylee Brown	City Of Norwich AC	53	1 F 15-39	48:25.5	48:31.2	F 15 to 39
52	Gavin Thouless	Norwich Road Runners	80	7 M 45-49	48:32.4	48:40.6	M 45 to 49
53	Warren Newell		5	9 M 50-54	48:30.8	48:42.4	M 50 to 54
54	Josh Neale	Coltishall Jaguars RC	111	17 M 15-39	48:48.4	48:55.9	M 15 to 39
55	Peter Downing		50	2 M 60-99	49:04.0	49:04.0	M 60+
56	Kirk Price	North Norfolk Beach Runners	88	18 M 15-39	49:16.9	49:26.5	M 15 to 39
57	Michelle Bull	City Of Norwich AC	120	2 F 45-49	49:38.5	49:41.7	F 45 to 49
58	Christopher Gay	Great Yarmouth & District AC	79	10 M 50-54	49:47.3	49:59.2	M 50 to 54
59	Lorraine Dawson	Great Yarmouth Road Runners	76	1 F 55-59	50:05.8	50:09.2	F 55 to 59
60	Ivan Colman	Wymondham AC	151	11 M 50-54	50:43.1	50:55.1	M 50 to 54
61	Adrian Woods	North Norfolk Beach Runners	86	6 M 40-44	51:13.5	51:22.5	M 40 to 44
62	Calum Weston		37	19 M 15-39	51:19.2	51:32.2	M 15 to 39
63	Bobbie Sauerzapf	Bungay Black Dog RC	48	2 F 55-59	51:29.0	51:40.0	F 55 to 59
64	Rhianwen Smee	North Norfolk Beach Runners	152	2 F 15-39	51:31.5	51:42.1	F 15 to 39
65	Sam Robotham		81	20 M 15-39	51:48.9	52:08.0	M 15 to 39
66	Chris Baldwin	Norfolk Gazelles AC	91	21 M 15-39	52:16.4	52:16.4	M 15 to 39
67	Fisher Wendy	Ryston Runners	144	1 F 50-54	52:10.9	52:17.4	F 50 to 54
68	Martyn Taylor		149	12 M 50-54	52:10.9	52:26.2	M 50 to 54

69	Graham Sampson	Bungay Black Dog RC	21	3 M 60-99	52:29.8	52:34.0	M 60+
70	Paul Gerber	Coltishall Jaguars RC	58	8 M 45-49	52:32.9	52:39.7	M 45 to 49
71	Darren Chapman		94	7 M 40-44	52:43.5	53:00.1	M 40 to 44
72	Jody Donaldson	Great Yarmouth Road Runners	25	3 F 45-49	53:20.4	53:22.9	F 45 to 49
73	Julie Webster	Great Yarmouth Road Runners	41	4 F 45-49	53:19.8	53:24.1	F 45 to 49
74	Christina Lakey	Wymondham AC	28	3 F 15-39	53:17.9	53:32.3	F 15 to 39
75	Ian Odgers		135	9 M 45-49	53:42.0	53:42.0	M 45 to 49
76	Morris Keith	Ryston Runners	140	8 M 55-59	53:41.6	53:49.3	M 55 to 59
77	Nigel Mulford		97	22 M 15-39	53:37.8	53:52.2	M 15 to 39
78	Ashby Jane	Ryston Runners	141	1 F 60-99	53:46.5	53:53.8	F 60+
79	Neil Hardingham		29	23 M 15-39	53:39.9	53:59.9	M 15 to 39
80	Philip Norman	St Neots Riverside Runners	101	4 M 60-99	54:00.5	54:10.1	M 60+
81	Adele Bushell	Coltishall Jaguars RC	83	5 F 45-49	54:11.7	54:20.7	F 45 to 49
82	Debra Rumsby	Longdale Striders	112	6 F 45-49	54:06.6	54:22.4	F 45 to 49
83	Don Tiffin	Bungay Black Dog RC	49	5 M 60-99	54:17.3	54:29.1	M 60+
84	Karen Glenister		69	1 F 40-44	54:17.6	54:29.9	F 40 to 44
85	Gill Woodhouse	Dereham Runners & AC	46	2 F 60-99	54:19.7	54:30.9	F 60+
86	Louise Leunis		70	4 F 15-39	54:21.5	54:41.1	F 15 to 39
87	Rebecca Clarke	Longdale Striders	124	2 F 40-44	54:51.1	55:07.0	F 40 to 44
88	Carla Hall		109	5 F 15-39	55:00.0	55:11.6	F 15 to 39
89	Carol Cooper	Norfolk Gazelles AC	145	2 F 50-54	54:58.2	55:17.4	F 50 to 54
90	Jude Durrant	Longdale Striders	117	7 F 45-49	55:05.6	55:24.2	F 45 to 49
91	Maxine Bugg	Wymondham AC	40	3 F 40-44	55:13.9	55:29.1	F 40 to 44
92	Rowley Kurtz		65	9 M 55-59	55:42.0	55:45.3	M 55 to 59
93	Charlotte Richardson	Wymondham AC	10	6 F 15-39	55:30.7	55:45.7	F 15 to 39
94	Susan Moore	Norfolk Gazelles AC	51	3 F 60-99	55:38.3	55:48.7	F 60+
95	Geraint Castleton-White		96	10 M 55-59	55:43.9	55:55.0	M 55 to 59
96	Partridge Sarah	Ryston Runners	139	3 F 55-59	56:02.2	56:09.9	F 55 to 59
97	Brenda Fee	Barnet & District AC	42	4 F 60-99	56:07.7	56:18.6	F 60+
98	James Pallant		107	24 M 15-39	56:18.3	56:30.8	M 15 to 39
99	Jackie Gooch	Coltishall Jaguars RC	125	3 F 50-54	56:29.1	56:37.9	F 50 to 54
100	Andy Harrod	Ryston Runners	110	13 M 50-54	56:34.2	56:41.0	M 50 to 54
101	Simon Bowles		32	10 M 45-49	56:27.0	56:41.0	M 45 to 49
102	Cheryl Brown	Ryston Runners	99	8 F 45-49	57:10.1	57:17.1	F 45 to 49
103	Rob Bailey	Great Yarmouth Road Runners	57	14 M 50-54	57:50.4	58:01.0	M 50 to 54
104	Ayshea Christian		15	4 F 40-44	57:49.6	58:06.0	F 40 to 44
105	Alexandra Watson	North Norfolk Beach Runners	16	4 F 50-54	57:56.1	58:13.1	F 50 to 54

106	Samantha O'Hara	Great Yarmouth Road Runners	102	9 F 45-49	58:23.7	58:33.7	F 45 to 49
107	Brian Moore	Norwich Road Runners	103	6 M 60-99	58:27.2	58:45.5	M 60+
108	Helen Lakey	Wymondham AC	27	5 F 60-99	58:40.6	58:54.9	F 60+
109	Danny Bell-Tye	Bungay Black Dog RC	9	25 M 15-39	58:42.1	59:03.7	M 15 to 39
110	Pandora Buck	Great Yarmouth Road Runners	129	5 F 50-54	59:36.2	59:45.9	F 50 to 54
111	Mike Marshall	North Norfolk Beach Runners	19	7 M 60-99	1:00:09.3	1:00:27.2	M 60+
112	Leon Raby	Longdale Striders	115	26 M 15-39	1:00:36.0	1:00:52.5	M 15 to 39
113	Linda Melton	North Norfolk Beach Runners	113	4 F 55-59	1:00:48.2	1:01:05.1	F 55 to 59
114	Timothy Campbell		92	27 M 15-39	1:01:24.5	1:01:39.0	M 15 to 39
115	Jennifer Rowley	Longdale Striders	93	6 F 60-99	1:01:24.7	1:01:40.9	F 60+
116	Jacquie Wood	Dereham Runners & AC	134	7 F 60-99	1:01:32.4	1:01:45.9	F 60+
117	Roger Brown		23	8 M 40-44	1:01:41.7	1:02:02.4	M 40 to 44
118	Sarah Melton	North Norfolk Beach Runners	108	7 F 15-39	1:02:11.5	1:02:28.3	F 15 to 39
119	Lynda Moore	Norwich Road Runners	104	8 F 60-99	1:02:23.9	1:02:42.1	F 60+
120	Philip Neave	Bungay Black Dog RC	61	8 M 60-99	1:02:30.9	1:02:43.4	M 60+
121	Sharon Lakey		12	8 F 15-39	1:02:32.5	1:02:52.5	F 15 to 39
122	Adrian Driver		31	15 M 50-54	1:02:54.1	1:03:06.0	M 50 to 54
123	Melanie Watts	Ryston Runners	123	9 F 15-39	1:02:58.9	1:03:07.2	F 15 to 39
124	Hazel Cason	Dereham Runners & AC	60	5 F 55-59	1:03:34.4	1:03:48.3	F 55 to 59
125	Robert Darnell		74	9 M 60-99	1:03:44.6	1:03:57.7	M 60+
126	Danielle Crane		3	10 F 15-39	1:04:15.8	1:04:35.9	F 15 to 39
127	Jenna Kemp	Great Yarmouth Road Runners	85	11 F 15-39	1:04:49.0	1:04:58.7	F 15 to 39
128	Samantha Reddy	Norwich Road Runners	98	10 F 45-49	1:05:13.2	1:05:30.7	F 45 to 49
129	Tony Britt	UK Net Runners	127	11 M 55-59	1:05:15.1	1:05:33.6	M 55 to 59
130	Hazel Flower	Norfolk Harriers RC	75	5 F 40-44	1:06:23.0	1:06:41.9	F 40 to 44
131	Paul Bird		130	16 M 50-54	1:06:30.9	1:06:44.0	M 50 to 54
132	Helen Brown		24	6 F 40-44	1:07:22.4	1:07:42.7	F 40 to 44
133	Sue Smith	Ryston Runners	90	6 F 50-54	1:09:54.3	1:10:08.8	F 50 to 54
134	Claire Scott	North Norfolk Beach Runners	64	11 F 45-49	1:10:28.1	1:10:45.9	F 45 to 49
135	Elaine Haggarty	Great Yarmouth & District AC	68	6 F 55-59	1:11:42.7	1:11:56.5	F 55 to 59
136	Anita Betts	Great Yarmouth Road Runners	67	9 F 60-99	1:11:43.5	1:11:57.1	F 60+
137	Pat Brightman	Great Yarmouth & District AC	105	10 F 60-99	1:11:47.2	1:12:00.1	F 60+
138	Michelle Allen		6	12 F 15-39	1:19:19.5	1:19:35.7	F 15 to 39
139	Cristina Simpson	Norwich Road Runners	8	13 F 15-39	1:25:22.5	1:25:44.2	F 15 to 39