

The Jolly Jaguars 10K							
Sunday 25th September 2016							
Chip timing provided by Nice Work Timing							
Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No
1	00:34:10	00:34:09	Dominic Oliver	City of Norwich AC	Male	Male 15 - 39	227
2	00:35:30	00:35:30	Tom Greenacre	City of Norwich AC	Male	Male 15 - 39	118
3	00:35:32	00:35:31	Chris Merrylees	North Norfolk Beach Runners	Male	Male 15 - 39	338
4	00:36:20	00:36:19	Toby Morrell	North Norfolk Beach Runners	Male	Male 15 - 39	213
5	00:36:31	00:36:30	Simon Wright		Male	Male 15 - 39	334
6	00:36:37	00:36:37	Matthew Allen		Male	Male 40 - 44	7
7	00:37:21	00:37:21	Simon Partridge		Male	Male 15 - 39	236
8	00:38:02	00:38:02	Stuart Smith		Male	Male 15 - 39	339
9	00:38:16	00:38:15	Chris Parker	North Norfolk Beach Runners	Male	Male 15 - 39	356
10	00:39:17	00:39:16	Nick Pullen		Male	Male 15 - 39	350
11	00:39:22	00:39:21	Neil Stapleton	Ryston Runners	Male	Male 40 - 44	288
12	00:39:31	00:39:30	Marc Evans	Great Yarmouth Road Runners	Male	Male 15 - 39	92
13	00:39:49	00:39:47	Mark Garrett	Norwich Road Runner	Male	Male 50 - 54	105
14	00:39:52	00:39:47	Will McMorris		Male	Male 15 - 39	191
15	00:39:54	00:39:50	Paul Spooner		Male	Male 15 - 39	287
16	00:39:59	00:39:59	Gareth Hunt	Ryston Runners	Male	Male 15 - 39	147
17	00:40:03	00:40:00	Chris Bullock	Norwich Road Runner	Male	Male 40 - 44	37
18	00:40:17	00:40:17	Will Hall	Tri-Anglia	Male	Male 15 - 39	123
19	00:40:41	00:40:41	Nigel Horney	Keswick AC	Male	Male 55 - 59	140
20	00:40:43	00:40:40	James Humphreys	Ipswich Jaffa	Male	Male 15 - 39	146
21	00:40:44	00:40:40	Ian Moore	Wymondham AC	Male	Male 45 - 49	210
22	00:40:52	00:40:46	Chris Tomlinson		Male	Male 45 - 49	304
23	00:40:56	00:40:54	Marc Coles	Norwich Road Runner	Male	Male 40 - 44	56
24	00:41:04	00:40:59	Robert Warner		Male	Male 40 - 44	316

25	00:41:32	00:41:30	Glen Nelson	Tri-Anglia	Male	Male 60 - 64	217
26	00:41:41	00:41:40	Pete Thompson		Male	Male 15 - 39	298
27	00:41:43	00:41:43	David Tandy	Norwich Road Runner	Male	Male 45 - 49	295
28	00:41:52	00:41:45	Terry Medler		Male	Male 40 - 44	193
29	00:42:00	00:41:57	Daniel Smith		Male	Male 15 - 39	278
30	00:42:24	00:42:19	Frank Bowler	Wymondham AC	Male	Male 15 - 39	28
31	00:42:39	00:42:34	Andrew Dormer	Great Yarmouth Road Runners	Male	Male 45 - 49	81
32	00:42:58	00:42:56	Matthew Dawson	Norwich Road Runner	Male	Male 15 - 39	75
33	00:43:02	00:42:56	Steven Baker	Great Yarmouth Road Runners	Male	Male 40 - 44	16
34	00:43:04	00:42:59	Robert James		Male	Male 45 - 49	149
35	00:43:05	00:43:03	Mike Ward	Norwich Road Runner	Male	Male 15 - 39	315
36	00:43:10	00:43:06	Phil Henry	Bungay Black Dog Running Club	Male	Male 50 - 54	134
37	00:43:18	00:43:18	Paul Cassels		Male	Male 15 - 39	42
38	00:43:24	00:43:19	Gary Pillar	Great Yarmouth Road Runners	Male	Male 50 - 54	239
39	00:43:33	00:43:27	Ben Snelling	Norwich Road Runner	Male	Male 45 - 49	281
40	00:44:02	00:43:57	Laszlo Pall		Male	Male 15 - 39	230
41	00:44:07	00:44:03	Neville Clarke	Newmarket Joggers	Male	Male 60 - 64	51
42	00:44:10	00:44:10	Paul Lyons		Male	Male 50 - 54	179
43	00:44:14	00:44:04	Robert Spence		Male	Male 40 - 44	284
44	00:44:20	00:44:13	James Chaplin-Madden	Great Yarmouth Road Runners	Male	Male 15 - 39	47
45	00:44:26	00:44:09	Ashley Simpson		Male	Male 15 - 39	274
46	00:44:26	00:44:25	Andy Rowles	Dereham Runners AC	Male	Male 50 - 54	257
47	00:44:34	00:44:28	Steven Boast		Male	Male 15 - 39	27
48	00:44:39	00:44:22	Simon Feakes	Diss District AC	Male	Male 15 - 39	94
49	00:44:44	00:44:40	Keith Brighty	Norwich Road Runner	Male	Male 50 - 54	33
50	00:44:47	00:44:42	Robert Czako		Male	Male 15 - 39	342
51	00:44:53	00:44:50	Steven Franklin		Male	Male 15 - 39	99
52	00:45:00	00:44:49	Gavin Mercer		Male	Male 45 - 49	196
53	00:45:22	00:45:19	Janice Manning	Ryston Runners	Female	Female 15 - 39	183
54	00:45:38	00:45:31	Nicola John	Coltishall Jaguars	Female	Female 15 - 39	151
55	00:45:55	00:45:48	Adam Griggs	North Norfolk Beach Runners	Male	Male 15 - 39	120

56	00:45:57	00:45:45	Simon Tyrrell		Male	Male 40 - 44	311
57	00:46:05	00:45:59	Sam Weller	North Norfolk Beach Runners	Male	Male 65 - 69	320
58	00:46:17	00:46:14	Kevin Hardingham	Norfolk Gazelles	Male	Male 55 - 59	124
59	00:46:21	00:46:05	Alex Coburn		Male	Male 40 - 44	54
60	00:46:44	00:46:34	Maria Spillane		Female	Female 15 - 39	286
61	00:46:57	00:46:51	Alison Stewart	Norwich Road Runner	Female	Female 55 - 59	345
62	00:46:58	00:46:49	Stuart Slattery	Dereham Runners AC	Male	Male 15 - 39	275
63	00:47:00	00:46:53	Tom Townsend		Male	Male 55 - 59	306
64	00:47:12	00:46:51	Chris Holmes		Male	Male 40 - 44	139
65	00:47:16	00:47:04	Jason Tracy		Male	Male 15 - 39	308
66	00:47:19	00:47:09	Sabina Spence	City of Norwich AC	Female	Female 45 - 49	285
67	00:47:27	00:47:16	Tony Wenlock		Male	Male 60 - 64	322
68	00:47:33	00:47:28	Nigel Lambert		Male	Male 55 - 59	166
69	00:47:48	00:47:40	Mal Taylor	Reepham Runners	Male	Male 55 - 59	296
70	00:47:50	00:47:50	Peter Downing		Male	Male 60 - 64	82
71	00:47:52	00:47:41	Robert Sharratt	Burton AC	Male	Male 55 - 59	269
72	00:47:53	00:47:50	Dudley Garner	Norfolk Gazelles	Male	Male 15 - 39	103
73	00:47:53	00:47:34	Jessica Behan		Female	Female 15 - 39	353
74	00:48:03	00:47:51	Colin Oswald		Male	Male 15 - 39	228
75	00:48:16	00:48:11	Warren Newell		Male	Male 50 - 54	219
76	00:48:25	00:48:17	Gavin Thouless	Norwich Road Runner	Male	Male 45 - 49	301
77	00:48:34	00:48:25	Shaun Braybook		Male	Male 15 - 39	32
78	00:48:39	00:48:28	Lisa Hall	Norwich Road Runner	Female	Female 15 - 39	122
79	00:48:39	00:48:28	Paul Smith	Norwich Road Runner	Male	Male 40 - 44	354
80	00:48:42	00:48:33	Matthew Freezer	Dereham Runners AC	Male	Male 15 - 39	102
81	00:48:42	00:48:32	Mark Thorpe		Male	Male 50 - 54	300
82	00:48:47	00:48:24	Brian Wilson	Norwich Road Runner	Male	Male 15 - 39	327
83	00:48:51	00:48:41	Silve Hovstad	City of Norwich AC	Female	Female 15 - 39	357
84	00:48:57	00:48:50	Josh Dyde	North Norfolk Beach Runners	Male	Male 15 - 39	86
85	00:49:12	00:49:04	Rebecca Morrell		Female	Female 15 - 39	214
86	00:49:35	00:49:24	Charlie Watson		Male	Male 55 - 59	317

87	00:49:35	00:49:16	Rebecca Pountain		Female	Female 15 - 39	243
88	00:49:44	00:49:26	Robert Miller		Male	Male 50 - 54	199
89	00:49:53	00:49:32	Michael Wilkinson		Male	Male 15 - 39	326
90	00:49:54	00:49:44	Howard Tully		Male	Male 65 - 69	309
91	00:50:00	00:50:00	Colin Alford		Male	Male 50 - 54	5
92	00:50:06	00:49:52	Robin Ashe	Bungay Black Dog Running Club	Male	Male 65 - 69	12
93	00:50:19	00:50:01	Bethan Abbs		Female	Female 15 - 39	1
94	00:50:37	00:50:27	Vicky Jones	Norwich Road Runner	Female	Female 15 - 39	157
95	00:50:43	00:50:35	Philip Powles		Male	Male 40 - 44	244
96	00:50:49	00:50:16	Mark Ramsden		Male	Male 45 - 49	247
97	00:50:49	00:50:40	Sam Bartram		Male	Male 15 - 39	22
98	00:50:49	00:50:46	Tim Cook	Norfolk Gazelles	Male	Male 40 - 44	59
99	00:50:51	00:50:21	Emma Yardy		Female	Female 15 - 39	337
100	00:50:54	00:50:34	Matthew Morley	BMRC	Male	Male 40 - 44	346
101	00:50:57	00:50:45	Julie Webster	Great Yarmouth Road Runners	Female	Female 45 - 49	318
102	00:50:59	00:50:34	David Adderson		Male	Male 15 - 39	3
103	00:51:03	00:50:45	Caroline Allen		Female	Female 15 - 39	6
104	00:51:07	00:51:01	Andrew Smith	St Edmund Pacers	Male	Male 45 - 49	279
105	00:51:12	00:51:07	Zsolt Benedell		Male	Male 15 - 39	344
106	00:51:16	00:51:04	Gregory Howard		Male	Male 15 - 39	143
107	00:51:30	00:51:20	Helen Thacker		Female	Female 45 - 49	297
108	00:51:33	00:51:17	Jodie Causer		Female	Female 15 - 39	44
109	00:51:33	00:51:17	Maureen Hamis	Norwich Road Runner	Female	Female 15 - 39	127
110	00:51:48	00:51:40	Abigail Davis		Female	Female 15 - 39	71
111	00:51:49	00:51:41	Ben Davis		Male	Male 40 - 44	72
112	00:51:52	00:51:43	Ryan Middleton	Dereham Runners AC	Male	Male 15 - 39	340
113	00:52:00	00:51:44	Charles Wood	Norwich Road Runner	Male	Male 55 - 59	331
114	00:52:05	00:51:57	Lorrain Dawson	Great Yarmouth Road Runners	Female	Female 55 - 59	74
115	00:52:09	00:51:38	Sam Appleyard-smith		Female	Female 15 - 39	9
116	00:52:21	00:52:00	Simon Leeder		Male	Male 15 - 39	169
117	00:52:30	00:52:21	Mike Jolly	Reepham Runners	Male	Male 45 - 49	153

118	00:52:38	00:52:33	Ally Mcgilvray		Male	Male 15 - 39	363
119	00:52:40	00:52:21	Sarah Reynolds		Female	Female 15 - 39	252
120	00:52:51	00:52:34	Phil Rapley		Male	Male 45 - 49	249
121	00:53:01	00:52:47	Beth King	Norfolk Gazelles	Female	Female 40 - 44	162
122	00:53:08	00:52:50	Stuart Mann	Norwich Road Runner	Male	Male 50 - 54	182
123	00:53:09	00:52:36	Philip Bland		Male	Male 50 - 54	26
124	00:53:09	00:52:52	Catherine Wager		Female	Female 15 - 39	313
125	00:53:09	00:52:57	Mike Ottley	Reepham Runners	Male	Male 70 +	360
126	00:53:14	00:53:07	Robert Cox		Male	Male 50 - 54	64
127	00:53:23	00:52:55	Lesley Torun		Female	Female 60 - 64	305
128	00:53:47	00:53:31	Samantha Stedman-Jones	Bungay Black Dog Running Club	Female	Female 50 - 54	359
129	00:53:49	00:53:11	Bob Cloughton	Norwich Road Runner	Male	Male 65 - 69	53
130	00:53:55	00:53:41	Rob Whalen		Male	Male 15 - 39	324
131	00:54:01	00:53:49	Robert Bailey	Great Yarmouth Road Runners	Male	Male 50 - 54	15
132	00:54:07	00:53:52	Kirsty Dekeyzer		Female	Female 15 - 39	77
133	00:54:08	00:53:53	Lisa Netto	Norfolk Gazelles	Female	Female 40 - 44	218
134	00:54:09	00:54:05	Keith Chambers	Huncote Harriers AC	Male	Male 55 - 59	45
135	00:54:09	00:54:05	Sandra Ankers	Huncote Harriers AC	Female	Female 65 - 69	8
136	00:54:11	00:54:06	Zsolt Bendell		Male	Male 15 - 39	366
137	00:54:23	00:54:02	Andrew Goodman	Birstall Running Club	Male	Male 65 - 69	115
138	00:54:24	00:54:04	Rebecca Norman		Female	Female 15 - 39	225
139	00:54:26	00:54:10	Nicholas Gibbs	Norwich Road Runner	Male	Male 55 - 59	107
140	00:54:33	00:54:00	Manuela Moxon		Female	Female 15 - 39	216
141	00:54:36	00:54:28	Anthony Elsey	Dereham Runners AC	Male	Male 15 - 39	90
142	00:54:38	00:54:14	Anne-Marie Coe		Female	Female 45 - 49	55
143	00:54:40	00:54:05	Colin Lockwood		Male	Male 15 - 39	174
144	00:54:42	00:54:34	Emma Dawson	Great Yarmouth Road Runners	Female	Female 15 - 39	73
145	00:54:45	00:54:20	Ian Smith		Male	Male 40 - 44	280
146	00:54:55	00:54:30	Stevi-ann levy		Female	Female 15 - 39	170
147	00:54:57	00:54:34	Wendy Vacca		Female	Female 50 - 54	312
148	00:54:58	00:54:45	Glenn Bee		Male	Male 50 - 54	351

149	00:54:59	00:54:26	Ivan Westley		Male	Male 45 - 49	323
150	00:55:02	00:54:42	James Nice	Dereham Runners AC	Male	Male 50 - 54	220
151	00:55:03	00:54:48	Rosemary Jackson	Coltishall Jaguars	Female	Female 60 - 64	148
152	00:55:10	00:54:56	Graham Sampson	Bungay Black Dog Running Club	Male	Male 70 +	262
153	00:55:11	00:54:51	Mark Heath		Male	Male 15 - 39	131
154	00:55:18	00:55:01	Louise Grinsdale	Norwich Road Runner	Female	Female 40 - 44	121
155	00:55:18	00:55:01	Stuart Sayer	Norwich Road Runner	Male	Male 55 - 59	265
156	00:55:24	00:55:11	Jon Humphreys		Male	Male 55 - 59	145
157	00:55:30	00:55:18	Gill Woodhouse	Dereham Runners AC	Female	Female 65 - 69	332
158	00:55:38	00:55:23	Christine Ashe	Bungay Black Dog Running Club	Female	Female 55 - 59	11
159	00:55:46	00:55:14	William Delf		Male	Male 55 - 59	78
160	00:55:53	00:55:31	Pat Rolph		Male	Male 55 - 59	254
161	00:56:10	00:55:50	Chris Hardwell	Tri-Anglia	Male	Male 50 - 54	125
162	00:56:13	00:55:43	Lisa Wilson	Waveney Valley AC	Female	Female 40 - 44	328
163	00:56:17	00:55:57	Fearn Ainsworth		Female	Female 15 - 39	366
164	00:56:26	00:56:09	Anna Palmer		Female	Female 15 - 39	232
165	00:56:31	00:56:06	Christopher Ghent		Male	Male 15 - 39	106
166	00:56:39	00:56:25	Laura Button	Bungay Black Dog Running Club	Female	Female 15 - 39	38
167	00:56:50	00:56:15	Mark Drysdale		Male	Male 40 - 44	84
168	00:56:59	00:56:30	Rachel Goodchild	Tri-Anglia	Female	Female 15 - 39	114
169	00:57:13	00:57:00	Sarah-Jayne Graves		Female	Female 15 - 39	117
170	00:57:14	00:56:41	Michael Twigg		Male	Male 15 - 39	310
171	00:57:15	00:57:00	Susan Moore	Norfolk Gazelles	Female	Female 60 - 64	209
172	00:57:19	00:56:57	Hayley Thompson	Reepham Runners	Female	Female 15 - 39	299
173	00:57:24	00:57:04	Karen Nye		Female	Female 40 - 44	226
174	00:58:02	00:57:40	Dawn Chapman	Coltishall Jaguars	Female	Female 45 - 49	355
175	00:58:07	00:57:52	Pandora Buck	Great Yarmouth Road Runners	Female	Female 50 - 54	36
176	00:58:11	00:57:43	Phil Soanes		Male	Male 15 - 39	283
177	00:58:12	00:57:51	Julie Knight		Female	Female 50 - 54	165
178	00:58:17	00:57:55	Linda Melton	North Norfolk Beach Runners	Female	Female 55 - 59	194
179	00:58:26	00:57:59	Gary Rowley		Male	Male 15 - 39	258

180	00:58:28	00:58:06	Charlotte Everett		Female	Female 15 - 39	93
181	00:58:29	00:58:01	Emma Soanes		Female	Female 15 - 39	282
182	00:58:43	00:58:27	Kate Moore	Norwich Road Runner	Female	Female 40 - 44	208
183	00:58:50	00:58:22	Baz Hipwell	Norwich Road Runner	Male	Male 55 - 59	137
184	00:58:51	00:58:21	Tanya Cable		Female	Female 15 - 39	39
185	00:58:53	00:58:24	Rachae Macro		Female	Female 15 - 39	136
186	00:59:03	00:58:45	Vicky Day		Female	Female 40 - 44	76
187	00:59:04	00:58:40	Rebecca Perry	North Norfolk Beach Runners	Female	Female 15 - 39	238
188	00:59:13	00:58:36	Nicola Bowles		Female	Female 15 - 39	29
189	00:59:13	00:58:36	Teresa Radcliffe		Female	Female 45 - 49	246
190	00:59:24	00:59:08	Malcolm Tims		Male	Male 50 - 54	303
191	00:59:33	00:59:17	Aaron Monson		Male	Male 15 - 39	204
192	00:59:47	00:59:07	James Barnaby		Male	Male 15 - 39	20
193	01:00:01	00:59:41	Lynda Howard		Female	Female 45 - 49	142
194	01:00:09	00:59:44	Jo Smithson		Female	Female 45 - 49	348
195	01:00:11	01:00:10	Christine Barker	Diss Heywood Joggers	Female	Female 50 - 54	19
196	01:00:12	00:59:47	Simone Payne		Female	Female 15 - 39	237
197	01:00:13	00:59:45	Mark Champion		Male	Male 15 - 39	46
198	01:00:14	00:59:46	Deborah Gillespie	North Norfolk Beach Runners	Female	Female 50 - 54	109
199	01:00:18	01:00:08	Dianne Crosby	Great Yarmouth Road Runners	Female	Female 70 +	65
200	01:00:21	01:00:06	Chloe Locke		Female	Female 15 - 39	173
201	01:00:30	01:00:05	Andy Palmer-randle		Male	Male 40 - 44	233
202	01:00:30	01:00:05	Jo Hocking		Female	Female 15 - 39	138
203	01:00:44	01:00:25	Jodie Minns		Female	Female 45 - 49	201
204	01:00:44	01:00:24	Paul Minns		Male	Male 50 - 54	200
205	01:00:47	01:00:15	Angela Morgan		Female	Female 45 - 49	212
206	01:00:55	01:00:43	Carol Ann Sharratt	Hatton Darts RC	Female	Female 55 - 59	270
207	01:01:08	01:00:39	Joanna McIlwee		Female	Female 40 - 44	190
208	01:01:18	01:00:49	Claire Scott	North Norfolk Beach Runners	Female	Female 45 - 49	266
209	01:01:34	01:01:02	Katy Mitchell		Female	Female 15 - 39	202
210	01:01:40	01:01:12	Ruth Hedge	FFMA	Female	Female 40 - 44	132

211	01:01:40	01:01:13	Jo Cooper	FFMA	Female	Female 40 - 44	60
212	01:01:40	01:01:14	Sam Hele	FFMA	Female	Female 40 - 44	133
213	01:01:41	01:01:07	Joanna Roberts		Female	Female 15 - 39	341
214	01:01:50	01:01:14	Garrick Fox	Bungay Black Dog Running Club	Male	Male 65 - 69	98
215	01:02:15	01:01:58	Susan Jones		Female	Female 50 - 54	158
216	01:02:17	01:02:05	Jacquie Wood	Dereham Runners AC	Female	Female 60 - 64	330
217	01:02:42	01:02:18	Sarah Morter		Female	Female 50 - 54	215
218	01:02:48	01:02:19	Emma Goldsmith		Female	Female 40 - 44	112
219	01:02:49	01:02:22	Emma Adcock		Female	Female 40 - 44	2
220	01:02:56	01:02:29	Nilixa Devlukia		Female	Female 45 - 49	80
221	01:03:08	01:02:47	Marianne Saunders	Longdale Striders	Female	Female 45 - 49	264
222	01:03:08	01:02:44	Paul Greenfield		Male	Male 50 - 54	119
223	01:03:24	01:02:48	Jazmine Shalders		Female	Female 15 - 39	267
224	01:03:36	01:03:04	Bradley Mitchell		Male	Male 15 - 39	203
225	01:04:00	01:03:36	Johanna Lliyid		Female	Female 40 - 44	172
226	01:04:10	01:03:35	Paul Baldwin		Male	Male 15 - 39	17
227	01:04:17	01:03:49	Hazel Ellard		Female	Female 40 - 44	89
228	01:04:19	01:03:48	Johanna Brakenbury		Female	Female 40 - 44	31
229	01:04:29	01:04:00	James Pallant		Male	Male 15 - 39	231
230	01:04:34	01:03:52	Kevin Storey		Male	Male 40 - 44	289
231	01:04:39	01:04:30	Gemma Sullivan		Female	Female 15 - 39	291
232	01:04:39	01:04:30	Lorna Wigg		Female	Female 15 - 39	325
233	01:04:42	01:04:06	Malcolm Randall		Male	Male 55 - 59	248
234	01:04:48	01:04:19	Trevor Potter	Norwich Road Runner	Male	Male 60 - 64	241
235	01:04:52	01:04:18	Tracey Barnes		Female	Female 45 - 49	21
236	01:04:53	01:04:30	Sarah Mapes	North Norfolk Beach Runners	Female	Female 15 - 39	184
237	01:04:53	01:04:30	Kevin Colman		Male	Male 15 - 39	362
238	01:05:00	01:04:22	Janette Franks		Female	Female 55 - 59	100
239	01:05:13	01:04:34	Dennis Wells		Male	Male 65 - 69	321
240	01:05:19	01:05:19	Malcolm Stedman-Jones	Bungay Black Dog Running Club	Male	Male 50 - 54	358
241	01:05:20	01:04:52	Jenny Cadman	Norwich Road Runner	Female	Female 15 - 39	40

242	01:05:22	01:05:01	Samantha Blayney		Female	Female 15 - 39	365
243	01:05:26	01:04:57	Sally Davenport		Female	Female 55 - 59	68
244	01:05:36	01:05:10	Anita Miah		Female	Female 15 - 39	198
245	01:06:10	01:05:45	Joanne Forster		Female	Female 40 - 44	97
246	01:06:10	01:05:45	Donna Jarvis		Female	Female 40 - 44	150
247	01:06:11	01:05:33	Hilda Mears	Coltishall Jaguars	Female	Female 45 - 49	192
248	01:06:32	01:06:11	Lisa Glasel		Female	Female 15 - 39	110
249	01:06:47	01:06:22	Katherine Mann		Female	Female 40 - 44	361
250	01:06:48	01:06:17	Teresa Simons		Female	Female 40 - 44	272
251	01:06:48	01:06:18	Joanne Mason		Female	Female 45 - 49	186
252	01:07:05	01:06:44	Julie Glasel	Coltishal Jaguars	Female	Female 60 - 64	111
253	01:07:06	01:06:41	Mark Wright		Male	Male 40 - 44	335
254	01:07:50	01:07:40	Bob Arnell	Great Yarmouth Road Runners	Male	Male 70 +	10
255	01:08:04	01:07:38	Julian Giles		Male	Male 55 - 59	108
256	01:08:24	01:07:53	Tony Britt	UK Net Runners	Male	Male 60 - 64	34
257	01:08:27	01:07:57	Megan Walbyoff		Female	Female 15 - 39	314
258	01:08:38	01:08:07	Helen Mason		Female	Female 50 - 54	187
259	01:08:49	01:08:22	Clarice Campbell	Wymondham AC	Female	Female 40 - 44	41
260	01:09:00	01:08:46	George Rodgers		Male	Male 15 - 39	253
261	01:09:03	01:08:26	Jennifer Winterbone		Female	Female 40 - 44	329
262	01:09:38	01:09:04	Tanja Cox		Female	Female 15 - 39	63
263	01:09:41	01:09:07	Lorna Dams		Female	Female 15 - 39	66
264	01:09:53	01:09:18	Charles Weigand	Great Yarmouth Road Runners	Male	Male 70 +	319
265	01:14:50	01:14:27	Caitlin Stursberg		Female	Female 15 - 39	349
266	01:16:30	01:15:54	Andrew Denny		Male	Male 45 - 49	79
267	01:16:31	01:15:55	Samantha Metcalfe		Female	Female 15 - 39	197
268	01:18:18	01:17:45	Julie Garrett		Female	Female 45 - 49	104
269	01:18:50	01:18:15	Jenny Lane-Smith		Female	Female 15 - 39	167
270	01:19:54	01:19:18	Kim Howson		Female	Female 15 - 39	144
271	01:19:55	01:19:32	Karen Stubberfield	North Norfolk Beach Runners	Female	Female 45 - 49	290
272	01:19:57	01:19:21	Anna Lewis		Female	Female 15 - 39	171

273	01:20:29	01:19:57	Colin Thouless	Norwich Road Runner	Male	Male 70 +	302
	01:21:54	01:21:41	Laura Fletcher		Female	Female 15 - 39	96