

<b>The Coltishall Jaguars Mike Groves 10k</b>							
<b>Sunday 5th June 2016</b>							
<b>Pos</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Name</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>	<b>Race No</b>
1	00:35:11	00:35:11	Callum Stanforth	Ryston Runners AC	Male	Male 15 - 39	263
2	00:35:25	00:35:25	Tom Greenacre	City of Norwich AC	Male	Male 15 - 39	237
3	00:35:42	00:35:42	Michal Wegrzyn		Male	Male 15 - 39	288
4	00:36:15	00:36:15	Alistair Robinson	Norfolk Gazelles	Male	Male 15 - 39	100
5	00:37:16	00:37:16	Michael Savvas		Male	Male 15 - 39	226
6	00:37:26	00:37:25	Steve Ely	Wymondham AC	Male	Male 40 - 44	296
7	00:37:35	00:37:35	Darren Honour	Great Yarmouth Road Runners	Male	Male 45 - 49	352
8	00:37:43	00:37:41	Simon Wright		Male	Male 15 - 39	44
9	00:37:48	00:37:48	Robert Cheverton	Lowestoft Road Runners	Male	Male 55 - 59	315
10	00:38:14	00:38:10	David Asker	Tri-Anglia	Male	Male 15 - 39	210
11	00:38:20	00:38:20	Ian Bray		Male	Male 15 - 39	300
12	00:38:27	00:38:27	Simon English	Norwich Road Runner	Male	Male 40 - 44	162
13	00:38:31	00:38:30	Stephen Nicholls	City of Norwich AC	Male	Male 40 - 44	307
14	00:38:43	00:38:40	John Walshaw	City of Norwich AC	Male	Male 45 - 49	360
15	00:38:45	00:38:45	Simon Baxter		Male	Male 15 - 39	75
16	00:38:49	00:38:46	Oliver Jones		Male	Male 15 - 39	119
17	00:38:52	00:38:51	Mark Garrett	Norwich Road Runner	Male	Male 50 - 54	83
18	00:39:19	00:39:13	Will McMorris		Male	Male 15 - 39	271
19	00:39:28	00:39:28	Sze-Ming Cheung	Norwich Road Runners	Male	Male 40 - 44	366
20	00:39:32	00:39:30	Paul Cassels	RAF Triathlon	Male	Male 15 - 39	259
21	00:39:46	00:39:45	Mark Betts	Norwich Road Runner	Male	Male 40 - 44	45
22	00:39:49	00:39:43	Zac Mace	Coltishall Jaguars	Male	Male 40 - 44	176
23	00:39:52	00:39:49	Simon Bekker	Great Yarmouth Road Runners	Male	Male 40 - 44	351
24	00:39:52	00:39:48	Chris Bullock	Norwich Road Runner	Male	Male 40 - 44	279
25	00:40:04	00:40:01	Ian KD Milburn	Ryston Runners AC	Male	Male 15 - 39	113
26	00:40:24	00:40:21	Steven Pyne		Male	Male 40 - 44	198
27	00:40:27	00:40:25	James Lambert	Coltishall Jaguars	Male	Male 15 - 39	147
28	00:40:33	00:40:32	Tom Johnson	Coltishall Jaguars	Male	Male 15 - 39	344
29	00:40:34	00:40:30	David Houghton	Norwich Road Runner	Male	Male 45 - 49	248
30	00:40:37	00:40:30	James Sturgess		Male	Male 15 - 39	337

31	00:40:43	00:40:36	Robert Milner	Waveney Valley AC	Male	Male 15 - 39	220	
32	00:40:46	00:40:45	Glen Nelson	Tri-Anglia	Male	Male 60 - 64	314	
33	00:40:53	00:40:50	Marc Coles		Male	Male 15 - 39	284	
34	00:41:05	00:41:03	Alexandra Smith	Wymondham AC	Female	Female 40 - 44	295	
35	00:41:10	00:41:00	Myles Duffield	Great Yarmouth Road Runners	Male	Male 40 - 44	318	
36	00:41:11	00:41:10	Anthony Alborough		Male	Male 45 - 49	149	
37	00:41:17	00:41:17	Gary Penn	City of Norwich AC	Male	Male 15 - 39	274	
38	00:41:20	00:41:02	Dave Aust	Stamford Striders	Male	Male 50 - 54	173	
39	00:41:37	00:41:33	David Tandy	Norwich Road Runner	Male	Male 45 - 49	53	
40	00:41:38	00:41:37	Pete Thompson		Male	Male 15 - 39	120	
41	00:41:43	00:41:38	Simon Brighten		Male	Male 15 - 39	313	
42	00:41:44	00:41:37	Steven Baker	Great Yarmouth Road Runners	Male	Male 40 - 44	194	
43	00:41:45	00:41:43	Siew Yen Loke	City of Norwich AC	Female	Female 15 - 39	301	
44	00:42:03	00:42:00	Sarah Peachey	Norwich Road Runner	Female	Female 15 - 39	221	
45	00:42:04	00:42:04	James Fowler		Male	Male 15 - 39	292	
46	00:42:11	00:41:56	Richard Hayes		Male	Male 40 - 44	183	
47	00:42:13	00:42:10	Adam Howard	Ryston Runners AC	Male	Male 15 - 39	266	
48	00:42:13	00:42:10	Lorena Latisaite	Ryston Runners AC	Female	Female 15 - 39	261	
49	00:42:18	00:42:12	Matthew Jones	City of Norwich AC	Male	Male 45 - 49	187	
50	00:42:20	00:42:17	Tim Ford		Male	Male 15 - 39	326	
51	00:42:25	00:42:01	Scott Shrubsall	Coltishall Jaguars	Male	Male 15 - 39	145	
52	00:42:29	00:42:18	Terry Medler		Male	Male 40 - 44	67	
53	00:42:30	00:42:26	Frank Bowler	Wymondham AC	Male	Male 15 - 39	285	
54	00:42:33	00:42:27	Ben Snelling	Norwich Road Runner	Male	Male 40 - 44	3	
55	00:42:38	00:42:32	Paul Smith	Norwich Road Runner	Male	Male 45 - 49	106	
56	00:42:40	00:42:37	Wayne Gibbs	North Norfolk Beach Runners	Male	Male 40 - 44	98	
57	00:42:40	00:42:31	Samuel Wilcock		Male	Male 15 - 39	291	
58	00:42:42	00:42:37	Keith Brighty	Norwich Road Runner	Male	Male 50 - 54	132	
59	00:42:44	00:42:37	Andrew Hawes	Reepham Runners	Male	Male 15 - 39	13	
60	00:42:51	00:42:51	Mark Tufts	Wymondham AC	Male	Male 45 - 49	265	
61	00:43:05	00:43:05	Luke Guy	Norwich Road Runner	Male	Male 15 - 39	62	
62	00:43:08	00:43:04	Sharon Hurren	Wymondham AC	Female	Female 45 - 49	245	
63	00:43:10	00:43:08	James Offord		Male	Male 45 - 49	215	
64	00:43:18	00:42:59	Alex Curtis		Male	Male 15 - 39	200	
65	00:43:23	00:43:09	Calum Weston		Male	Male 15 - 39	169	

66	00:43:26	00:43:25	Andy Rowles	Dereham Runners	Male	Male 50 - 54	58	
67	00:43:27	00:43:20	Dean Saunders	Great Yarmouth Road Runners	Male	Male 40 - 44	319	
68	00:43:35	00:43:30	Michael Johson	Norwich Road Runner	Male	Male 45 - 49	87	
69	00:43:41	00:43:38	Richard Baker		Male	Male 15 - 39	244	
70	00:43:43	00:43:43	Dai Smoldon		Male	Male 40 - 44	214	
71	00:43:46	00:43:37	Mark Holroyd		Male	Male 45 - 49	270	
72	00:43:48	00:43:44	Stacey Harper	Norwich Road Runner	Female	Female 15 - 39	63	
73	00:43:49	00:43:45	Josh Brighty	Norwich Road Runner	Male	Male 15 - 39	330	
74	00:43:50	00:43:42	Matthew Grimwood		Male	Male 40 - 44	109	
75	00:43:50	00:43:30	Michael Ward		Male	Male 15 - 39	324	
76	00:43:53	00:43:43	Shalexandra Bland	Norwich Road Runners	Female	YOB	365	
77	00:43:54	00:43:34	Chris Chorley	Bungay Black Dog RC	Male	Male 50 - 54	8	
78	00:43:54	00:43:45	Shaune Gooch	Norwich Road Runner	Male	Male 40 - 44	305	
79	00:44:00	00:43:44	Neil May		Male	Male 40 - 44	267	
80	00:44:01	00:43:56	Debbie Tooke	Norwich Road Runner	Female	Female 40 - 44	101	
81	00:44:02	00:43:57	Charles Allen	Norwich Road Runner	Male	Male 15 - 39	202	
82	00:44:09	00:44:09	Penny Studley	Great Yarmouth Road Runners	Female	Female 40 - 44	356	
83	00:44:10	00:44:06	Phil Henry	Bungay Black Dog RC	Male	Male 50 - 54	19	
84	00:44:11	00:44:03	David Crow	Norwich Road Runner	Male	Male 15 - 39	303	
85	00:44:12	00:44:03	Deborah English	Norwich Road Runner	Female	Female 15 - 39	165	
86	00:44:30	00:44:20	Mathew Baldry	Waveney Valley AC	Male	Male 40 - 44	219	
87	00:44:34	00:44:23	Paul Cross		Male	Male 15 - 39	297	
88	00:44:45	00:43:59	Matthew Dawson	Norwich Road Runner	Male	Male 15 - 39	323	
89	00:45:01	00:44:45	Sam Hodgson		Male	Male 15 - 39	321	
90	00:45:05	00:45:01	Nicholas Hudson	Coltishall Jaguars	Male	Male 15 - 39	331	
91	00:45:07	00:44:43	Richard Lawes		Male	Male 55 - 59	311	
92	00:45:13	00:44:44	Paul Gibbons		Male	Male 40 - 44	368	
93	00:45:18	00:45:00	Malcolm Fisher	Dereham Runners	Male	Male 15 - 39	167	
94	00:45:23	00:45:09	Gary Hurrell	Norwich Road Runner	Male	Male 40 - 44	310	
95	00:45:23	00:45:09	Joseph Kiddell	Norwich Road Runner	Male	Male 45 - 49	22	
96	00:45:26	00:45:15	Don Beatty	Stowmarket Striders	Male	Male 60 - 64	302	
97	00:45:30	00:45:24	Daniel Brocklehurst	Wymondham AC	Male	Male 15 - 39	157	
98	00:45:33	00:45:16	Kevin Sadd		Male	Male 40 - 44	275	
99	00:45:50	00:45:44	Will Layton		Male	Male 15 - 39	343	
100	00:45:55	00:45:45	Mark Williams		Male	Male 45 - 49	185	

101	00:46:02	00:45:57	Stephen Curnow	Norwich Road Runner	Male	Male 15 - 39	66	
102	00:46:06	00:46:04	Tamsin Desborough	Bungay Black Dog	Female	Female 15 - 39	375	
103	00:46:07	00:46:00	Alison Stewart	Norwich Road Runner	Female	Female 55 - 59	216	
104	00:46:08	00:46:01	James McFarlane	Norwich Road Runner	Male	Male 40 - 44	278	
105	00:46:08	00:45:56	Andrew Hammond	Norfolk Gazzeles	Male	Male 60 - 64	372	
106	00:46:15	00:46:04	Stephen Sadd		Male	Male 55 - 59	373	
107	00:46:21	00:46:08	Neil Button		Male	Male 45 - 49	124	
108	00:46:31	00:46:22	Mal Taylor	Reepham Runners	Male	Male 55 - 59	29	
109	00:46:32	00:46:21	Philippa Wright		Female	Female 15 - 39	168	
110	00:46:42	00:46:30	Nick Ross	Norfolk Gazelles	Male	Male 45 - 49	257	
111	00:46:47	00:46:41	Ali Middleton	Norwich Road Runner	Female	Female 15 - 39	227	
112	00:46:53	00:46:40	Paul Gallop		Male	Male 15 - 39	308	
113	00:46:55	00:46:36	Sally Cushing	Norwich Road Runner	Female	Female 50 - 54	78	
114	00:46:55	00:46:36	Neil Walpole	Norwich Road Runner	Male	Male 45 - 49	129	
115	00:47:13	00:46:58	Ady Woods	North Norfolk Beach Runners	Male	Male 40 - 44	10	
116	00:47:25	00:47:09	Mark Leon Garrod		Male	Male 55 - 59	171	
117	00:47:27	00:47:01	Anne Ellen	Norfolk Gazelles	Female	Female 60 - 64	294	
118	00:47:38	00:47:26	Paul Smithson		Male	Male 50 - 54	256	
119	00:47:42	00:47:36	Lucy Anderson	Coltishall Jaguars	Female	Female 15 - 39	32	
120	00:47:46	00:47:23	Stephen Moseley	Norwich Road Runner	Male	Male 45 - 49	94	
121	00:47:46	00:47:16	Sam Appleyard-Smith		Female	Female 15 - 39	123	
122	00:47:47	00:47:24	Andrew Cooper	Norwich Road Runner	Male	Male 15 - 39	163	
123	00:47:50	00:47:40	Rick Voutt	Norfolk Gazelles	Male	Male 40 - 44	91	
124	00:47:57	00:47:43	Claire Brooke	Wymondham AC	Female	Female 45 - 49	197	
125	00:48:03	00:47:34	Paul Thurston		Male	Male 15 - 39	116	
126	00:48:05	00:47:47	Stuart Slattery	Dereham Runners	Male	Male 15 - 39	103	
127	00:48:05	00:47:54	Lisa Hall	Norwich Road Runner	Female	Female 15 - 39	52	
128	00:48:06	00:48:00	Natalie Cant	Norwich Road Runner	Female	Female 15 - 39	61	
129	00:48:06	00:48:06	Rob Osborne	Longdale Striders	Male	Male 55 - 59	26	
130	00:48:07	00:47:48	Catherine Henery	Norwich Road Runner	Female	Female 50 - 54	322	
131	00:48:19	00:48:16	Brian Wilson	Norwich Road Runner	Male	Male 15 - 39	6	
132	00:48:31	00:47:55	Phillip Bazley		Male	Male 40 - 44	242	
133	00:48:37	00:48:28	Caroline Houghton	Norwich Road Runner	Female	Female 40 - 44	247	
134	00:48:55	00:48:55	Peter Downing		Male	Male 60 - 64	164	
135	00:49:00	00:48:14	Glyn Manton	Norwich Road Runner	Male	Male 45 - 49	64	

136	00:49:01	00:48:14	Danny Bond	Norwich Road Runner	Male	Male 40 - 44	76	
137	00:49:05	00:48:57	Alex Hall		Male	Male 15 - 39	254	
138	00:49:07	00:48:54	Maria Spillane		Female	Female 15 - 39	40	
139	00:49:09	00:48:46	Clare Vassallo		Female	Female 15 - 39	209	
140	00:49:10	00:48:53	Anthony Elsey	Dereham Runners	Male	Male 15 - 39	172	
141	00:49:13	00:49:00	Graham Cox	Bure Valley Harriers	Male	Male 65 - 69	276	
142	00:49:19	00:49:02	Mark Cator		Male	Male 45 - 49	272	
143	00:49:21	00:48:58	Matthew Reynolds	Lowestoft Road Runners	Male	Male 15 - 39	289	
144	00:49:32	00:49:31	Rowley Kurtz		Male	Male 55 - 59	54	
145	00:49:34	00:48:59	Mark Circuit		Male	Male 15 - 39	334	
146	00:49:38	00:49:23	Richard Tubb		Male	Male 15 - 39	206	
147	00:49:40	00:49:19	Bobbie Sauerzapf	Bungay Black Dog RC	Female	Female 55 - 59	7	
148	00:49:44	00:49:26	Peter Rice	Norfolk Gazelles	Male	Male 45 - 49	348	
149	00:49:47	00:49:32	Jonathan Eagle	Norwich Road Runner	Male	Male 15 - 39	86	
150	00:49:52	00:49:34	Jason Gaul	Norwich Road Runner	Male	Male 15 - 39	205	
151	00:49:53	00:49:36	Jane Trudgill		Female	Female 40 - 44	273	
152	00:49:54	00:49:36	Craig Boyles		Male	Male 15 - 39	137	
153	00:49:55	00:49:38	Chaz Sizeland	Norwich Road Runner	Male	Male 15 - 39	346	
154	00:50:02	00:49:33	Simon Bowles		Male	Male 45 - 49	153	
155	00:50:04	00:49:43	Jonathan Leunis		Male	Male 15 - 39	359	
156	00:50:07	00:49:54	Kevin Clark	Bungay Black Dog RC	Male	Male 45 - 49	5	
157	00:50:11	00:49:41	Tiffinie Gowing		Female	Female 15 - 39	357	
158	00:50:15	00:50:11	Jane Stafford	Norwich Road Runner	Female	Female 50 - 54	80	
159	00:50:15	00:50:11	Steven Utting	Norwich Road Runner	Male	Male 45 - 49	72	
160	00:50:19	00:50:00	Colin Alford		Male	Male 50 - 54	181	
161	00:50:21	00:50:12	Jayne Hudson		Female	Female 40 - 44	127	
162	00:50:25	00:50:06	Simon Overton		Male	Male 15 - 39	115	
163	00:50:30	00:50:13	Warren Newell		Male	Male 50 - 54	77	
164	00:50:40	00:50:22	Richard Houston	Diss Heywood Joggers	Male	Male 45 - 49	229	
165	00:50:48	00:50:34	Lizzie Arthur		Female	Female 40 - 44	212	
166	00:51:20	00:50:51	Tony Sorensen		Male	Male 15 - 39	379	
167	00:51:28	00:51:01	Claire Smith	Norwich Road Runner	Female	Female 45 - 49	107	
168	00:51:35	00:51:13	Stu Haysman		Male	Male 40 - 44	148	
169	00:51:35	00:51:00	Andi Osborne		Female	Female 60 - 64	25	
170	00:51:41	00:51:23	Michael Smith	Wymondham AC	Male	Male 70 +	59	

171	00:51:47	00:51:40	Susannah Towning	Reepham Runners	Female	Female 50 - 54	371	
172	00:51:51	00:51:44	Lorrain Dawson	Great Yarmouth Road Runners	Female	Female 55 - 59	195	
173	00:51:56	00:51:32	Ryan Middleton	Dereham Runners	Male	Male 15 - 39	335	
174	00:51:59	00:51:37	Charles Wood	Norwich Road Runner	Male	Male 55 - 59	161	
175	00:52:00	00:51:49	Graham Hardingham	Norfolk Gazelles	Male	Male 55 - 59	158	
176	00:52:02	00:51:34	Natasha Walsh	Norwich Road Runner	Female	Female 15 - 39	223	
177	00:52:15	00:51:49	David Stansbury		Male	Male 50 - 54	316	
178	00:52:15	00:51:49	Dave Wilson		Male	Male 45 - 49	317	
179	00:52:19	00:52:05	Michael Lozano		Male	Male 40 - 44	128	
180	00:52:23	00:51:53	Catherine Wager		Female	Female 15 - 39	118	
181	00:52:30	00:51:47	Ruth Gaunt	Norwich Road Runner	Female	Female 45 - 49	90	
182	00:52:30	00:51:47	Liz Jones	Norwich Road Runner	Female	Female 15 - 39	102	
183	00:52:33	00:52:27	Christopher Milnes		Male	Male 55 - 59	377	
184	00:52:43	00:52:22	Neil Hardingham		Male	Male 15 - 39	213	
185	00:52:45	00:52:22	James Dorman		Male	Male 15 - 39	201	
186	00:52:51	00:52:09	Nicky Dowson	Norwich Road Runner	Female	Female 50 - 54	239	
187	00:52:53	00:52:08	Paul Dowson	Norwich Road Runner	Male	Male 55 - 59	240	
188	00:52:56	00:52:36	Paul Gerber	Coltishall Jaguars	Male	Male 45 - 49	339	
189	00:53:08	00:52:45	Lorna Aust	Stamford Striders	Female	Female 50 - 54	174	
190	00:53:09	00:52:54	Robert Cox		Male	Male 50 - 54	264	
191	00:53:12	00:53:01	Emmaalouise Smitt		Female	Female 15 - 39	358	
192	00:53:13	00:53:07	Will Wade		Male	Male 15 - 39	355	
193	00:53:18	00:52:46	Estelle Corner		Female	Female 40 - 44	70	
194	00:53:20	00:52:41	Stewart Gillion	Wymondham AC	Male	Male 55 - 59	312	
195	00:53:25	00:53:03	Jude Durrant		Female	Female 45 - 49	68	
196	00:53:37	00:53:08	John Newell	Wymondham AC	Male	Male 50 - 54	349	
197	00:53:40	00:53:17	Sarah Reynolds		Female	Female 15 - 39	190	
198	00:53:41	00:53:30	Graham Sampson	Bungay Black Dog RC	Male	Male 70 +	9	
199	00:53:50	00:53:07	Baz Hipwell	Norwich Road Runner	Male	Male 55 - 59	1	
200	00:53:52	00:53:10	Hayley Gerrard	Norwich Road Runner	Female	Female 45 - 49	238	
201	00:53:59	00:53:46	David Haines	Dereham Runners	Male	Male 65 - 69	196	
202	00:54:26	00:53:49	Robert Belcher	Norwich Road Runner	Male	Male 55 - 59	299	
203	00:54:27	00:54:07	Leyla Marriott	Norwich Road Runner	Female	Female 15 - 39	281	
204	00:54:30	00:54:03	Wendy Vacca		Female	Female 50 - 54	378	
205	00:54:36	00:54:00	Lisa Howard	Norwich Road Runner	Female	Female 40 - 44	253	

206	00:54:40	00:54:16	Gill Woodhouse	Dereham Runners	Female	Female 65 - 69	20	
207	00:54:49	00:54:24	Lisa Netto	Norfolk Gazelles	Female	Female 40 - 44	193	
208	00:54:53	00:54:40	Jeremy Sinclair		Male	Male 60 - 64	141	
209	00:54:59	00:54:51	Claire Moore		Female	Female 15 - 39	246	
210	00:55:02	00:54:34	Rob Bailey	Great Yarmouth Road Runners	Male	Male 50 - 54	204	
211	00:55:22	00:54:57	Anne-Marie Coe		Female	Female 45 - 49	24	
212	00:55:29	00:54:52	Dean Gray	Norwich Road Runner	Male	Male 55 - 59	159	
213	00:55:44	00:55:24	Nicholas Gibbs	Norwich Road Runner	Male	Male 55 - 59	18	
214	00:55:46	00:55:14	Maureen Harris	Norwich Road Runner	Female	Female 15 - 39	38	
215	00:55:46	00:55:29	Carol Baker	Norfolk Gazelles	Female	Female 40 - 44	217	
216	00:55:47	00:55:14	Linda Storey	Norwich Road Runner	Female	Female 50 - 54	92	
217	00:55:50	00:55:27	Rebecca Norman		Female	Female 15 - 39	11	
218	00:55:53	00:55:36	Susan Moore	Norfolk Gazelles	Female	Female 60 - 64	143	
219	00:55:59	00:55:29	Anne Killett	Hadleigh Hares	Female	Female 50 - 54	304	
220	00:56:05	00:55:57	Richard Beastall		Male	Male 15 - 39	249	
221	00:56:07	00:55:41	Neil Cockerton		Male	Male 40 - 44	112	
222	00:56:11	00:55:50	Samantha Wall	Norwich Road Runner	Female	Female 45 - 49	154	
223	00:56:18	00:55:49	Emma Mortimer	Coltishall Jaguars	Female	Female 15 - 39	336	
224	00:56:33	00:56:10	Henry Neal	Coltishall Jaguars	Male	Male 15 - 39	258	
225	00:56:37	00:56:37	Karen Glenister		Female	Female 40 - 44	126	
226	00:56:39	00:56:20	Katy Turner		Female	Female 15 - 39	136	
227	00:56:39	00:56:00	Karen Wraighte	Bure Valley Harriers	Female	Female 15 - 39	135	
228	00:56:41	00:56:26	Anne Sinclair		Female	Female 55 - 59	140	
229	00:56:45	00:56:15	Jill Cole	Coltishall Jaguars	Female	Female 60 - 64	374	
230	00:56:56	00:56:31	Linda Melton	North Norfolk Beach Runners	Female	Female 55 - 59	33	
231	00:57:05	00:56:40	Kirsty Freezer	Norfolk Gazelles	Female	YOB	421	
232	00:57:21	00:56:54	Tim Campbell		Male	Male 15 - 39	290	
233	00:57:22	00:57:13	Michael Ottley	Reepham Runners	Male	Male 70 +	28	
234	00:57:26	00:56:59	Stuart Sayer	Norwich Road Runner	Male	Male 55 - 59	105	
235	00:57:37	00:57:15	Alison Jones		Female	Female 45 - 49	186	
236	00:57:39	00:57:07	Charlotte Everett		Female	Female 15 - 39	130	
237	00:57:42	00:57:13	Clare Gooch		Female	Female 40 - 44	306	
238	00:57:44	00:57:18	David Silk	Great Yarmouth Road Runners	Male	Male 45 - 49	236	
239	00:57:45	00:57:18	Lisa Smith	Great Yarmouth Road Runners	Female	Female 40 - 44	235	
240	00:57:46	00:57:18	Danielle Crane		Female	Female 15 - 39	138	

241	00:58:13	00:57:51	Lynda Howard		Female	Female 45 - 49	36	
242	00:58:24	00:57:51	Juliet Tillyard		Female	Female 50 - 54	329	
243	00:58:41	00:58:28	James Pallant		Male	Male 15 - 39	142	
244	00:58:44	00:58:01	Sadie Smith		Female	Female 40 - 44	55	
245	00:58:52	00:58:19	Paul Reeve		Male	Male 45 - 49	144	
246	00:58:54	00:58:27	Emma Dawson	Great Yarmouth Road Runners	Female	Female 15 - 39	191	
247	00:59:07	00:58:40	Sally Aspin	Norwich Road Runner	Female	Female 60 - 64	121	
248	00:59:08	00:58:27	Anna Thorpe	Norwich Road Runner	Female	Female 15 - 39	262	
249	00:59:09	00:58:26	Victoria Utting	Norwich Road Runner	Female	Female 45 - 49	71	
250	00:59:11	00:58:32	Sonia Davison	Norwich Road Runner	Female	Female 45 - 49	139	
251	00:59:12	00:58:35	Rosaleen O'Brien		Female	Female 40 - 44	286	
252	00:59:12	00:58:31	Andy Palmer	Norwich Road Runner	Male	Male 50 - 54	184	
253	00:59:18	00:58:40	Sharon Grady		Female	Female 45 - 49	287	
254	00:59:19	00:58:41	Karen Hepple		Female	Female 15 - 39	108	
255	00:59:29	00:58:55	Robert Tillyard	Saint Edmund Pacers	Male	Male 50 - 54	328	
256	00:59:41	00:59:02	Melita Willis		Female	Female 40 - 44	4	
257	00:59:44	00:59:10	Francis Woodcock	Wymondham AC	Male	Male 50 - 54	170	
258	00:59:50	00:59:07	Anna Dean	Thetford AC	Female	Female 40 - 44	225	
259	00:59:59	00:59:21	Evan Hancock		Male	Male 15 - 39	252	
260	01:00:06	00:59:28	Hayley Thompson	Reepham Runners	Female	Female 15 - 39	207	
261	01:00:14	00:59:43	Pandora Buck	Great Yarmouth Road Runners	Female	Female 50 - 54	327	
262	01:00:17	00:59:46	Dianne Crosby	Great Yarmouth Road Runners	Female	Female Vet 70	177	
263	01:00:27	00:59:54	Rory Campbell	Dereham Runners	Male	Male 55 - 59	342	
264	01:00:43	01:00:05	Shayney Blyth	Reepham Runners	Female	Female 45 - 49	211	
265	01:01:16	01:00:43	Trevor Potter	Norwich Road Runner	Male	Male 60 - 64	155	
266	01:01:27	01:00:52	Sarah Circuit		Female	Female 15 - 39	333	
267	01:01:44	01:01:20	Jacquie Wood	Dereham Runners	Female	Female 60 - 64	14	
268	01:01:45	01:01:19	Sarah Melton	North Norfolk Beach Runners	Female	Female 15 - 39	85	
269	01:01:45	01:01:10	Barbara Button		Female	Female 45 - 49	125	
270	01:01:49	01:01:05	Sarah Morter		Female	Female 50 - 54	56	
271	01:02:02	01:01:23	Sharon Jones		Female	Female 45 - 49	277	
272	01:02:03	01:02:03	Garrick Fox	Bungay Black Dog RC	Male	Male 65 - 69	231	
273	01:02:03	01:01:24	Helen Debbage		Female	Female 40 - 44	150	
274	01:02:14	01:01:31	Tina Foster	Norwich Road Runner	Female	Female 45 - 49	93	
275	01:02:16	01:01:47	Joanne Mason		Female	Female 45 - 49	122	



276	01:02:43	01:02:07	Cheryl Dodd		Female	Female 15 - 39	104	
277	01:02:55	01:02:22	Angela Bell	Norwich Road Runner	Female	Female 40 - 44	234	
278	01:02:56	01:02:23	Clive Cartner	Norwich Road Runner	Male	Male 15 - 39	233	
279	01:03:01	01:02:35	Kim Harrower		Female	Female 55 - 59	345	
280	01:03:06	01:02:31	Louis Cooper	Wymondham AC	Male	Male 70+	376	
281	01:03:07	01:02:39	Linda Drew	Great Yarmouth Road Runners	Female	Female 45 - 49	250	
282	01:03:11	01:02:36	Jodie Minns		Female	Female 45 - 49	361	
283	01:03:12	01:02:38	Paul Minns		Male	Male 50 - 54	362	
284	01:03:15	01:02:43	Mark Drysdale		Male	Male 40 - 44	69	
285	01:03:16	01:03:09	Abbie Clements		Female	Female 15 - 39	354	
286	01:03:24	01:02:42	Claire Scott	North Norfolk Beach Runners	Female	Female 45 - 49	30	
287	01:04:08	01:03:30	Natalie Shrubbsall		Female	Female 15 - 39	146	
288	01:04:14	01:03:53	Paul Bird	Bungay Black Dog RC	Male	Male 50 - 54	48	
289	01:04:14	01:03:53	David Neever	Bungay Black Dog RC	Male	Male 15 - 39	175	
290	01:04:41	01:04:04	Steph Brighty	Norwich Road Runners	Female	Female 15 - 39	363	
291	01:04:41	01:04:03	David Marks	Norwich Road Runner	Male	Male 45 - 49	251	
292	01:04:42	01:04:06	Richard High	Norwich Road Runner	Male	Male 45 - 49	37	
293	01:04:44	01:04:08	Kevin Dobson		Male	Male 15 - 39	340	
294	01:05:11	01:04:47	Katie Kavanagh		Female	Female 15 - 39	180	
295	01:05:18	01:04:38	Samantha Reddy	Norwich Road Runner	Female	Female 45 - 49	51	
296	01:05:24	01:04:49	Danny Bell-Tye	Norwich Road Runner	Male	Male 15 - 39	65	
297	01:05:30	01:04:49	Jules Stops		Female	Female 15 - 39	325	
298	01:05:51	01:05:05	Mark Wright		Male	Male 40 - 44	131	
299	01:05:51	01:05:06	Alan Dean	Thetford AC	Male	Male 55 - 59	224	
300	01:06:36	01:06:07	Rorie Bradshaw		Male	Male 15 - 39	31	
301	01:06:52	01:06:10	Alice Greenwood		Female	Female 15 - 39	114	
302	01:07:00	01:06:51	Lorna Wigg		Female	Female 15 - 39	97	
303	01:07:01	01:06:51	Gemma Sullivan		Female	Female 15 - 39	96	
304	01:07:11	01:06:46	Cathryn Smith		Female	Female 15 - 39	255	
305	01:07:29	01:06:52	Tony Britt	UK Net Runners	Male	Male 60 - 64	88	
306	01:08:10	01:07:29	Ruth Cutter		Female	Female 45 - 49	332	
307	01:08:13	01:07:36	Sam Kemp		Female	Female 45 - 49	364	
308	01:08:20	01:07:49	Bob Arnell	Great Yarmouth Road Runners	Male	Male 70 +	338	
309	01:08:57	01:08:14	Lynda Moore	Norwich Road Runner	Female	Female 60 - 64	42	
310	01:08:57	01:08:13	Wendy Smith	Norwich Road Runner	Female	Female 50 - 54	81	

