

The Mad March Hare 10k									
Sunday 19th March 2017									
Pos	Gun Time	Chip Time	Name	Club	Gender	Category	Race No	Category Pos	Gender Pos
1	00:36:11	00:36:11	Radoslaw Stankiewicz		Male	Male 15 - 39	524	1	1
2	00:36:16	00:36:16	Sean Jermy	Great Yarmouth Road Runners	Male	Male 15 - 39	237	2	2
3	00:36:27	00:36:26	Tony Heather		Male	Male 15 - 39	206	3	3
4	00:37:05	00:37:05	James Chapman		Male	Male 15 - 39	71	4	4
5	00:37:25	00:37:24	Simon Partridge		Male	Male 15 - 39	335	5	5
6	00:37:31	00:37:31	Neil Adams	North Norfolk Beach Runners	Male	Male 15 - 39	1	6	6
7	00:37:40	00:37:39	John Hudson	Norwich Road Runners	Male	Male 15 - 39	224	7	7
8	00:38:09	00:38:09	Darren Honour	Great Yarmouth Road Runners	Male	Male 45 - 49	522	1	8
9	00:38:45	00:38:45	Chris Merrylees	North Norfolk Beach Runners	Male	Male 15 - 39	517	8	9
10	00:38:50	00:38:47	David Hook	City of Norwich AC	Male	Male 15 - 39	216	9	10
11	00:38:51	00:38:50	Marc Evans	Great Yarmouth Road Runners	Male	Male 15 - 39	144	10	11
12	00:38:51	00:38:50	Phil Whiting	Norfolk Gazelles	Male	Male 40 - 44	515	1	12
13	00:39:17	00:39:15	Daniel Perry	Tri Anglia	Male	Male 15 - 39	338	11	13
14	00:39:31	00:39:30	Christopher Pimlott	Waveney Valley AC	Male	Male 40 - 44	342	2	14
15	00:39:37	00:39:37	Adam Smart	North Norfolk Beach Runners	Male	Male 15 - 39	396	12	15
16	00:39:37	00:39:33	Graham Watering	Norwich Road Runners	Male	Male 40 - 44	467	3	16
17	00:39:40	00:39:39	Daniel Vencovsky		Male	Male 15 - 39	459	13	17
18	00:39:42	00:39:40	Matthew Stone	Bure Valley Harriers	Male	Male 45 - 49	426	2	18
19	00:40:04	00:40:03	Richard Price-Thomas	North Norfolk Beach Runners	Male	Male 55 - 59	354	1	19
20	00:40:10	00:40:09	James Dunne	Norwich Road Runners	Male	Male 45 - 49	129	3	20
21	00:40:31	00:40:27	Mark Garrett	Norwich Road Runners	Male	Male 50 - 54	167	1	21
22	00:40:34	00:40:31	Chris Linehan		Male	Male 15 - 39	272	14	22
23	00:40:46	00:40:44	Todd Lake	Dereham Runners	Male	Male 50 - 54	256	2	23
24	00:40:55	00:40:48	Chris Yeates	City of Norwich AC	Male	Male 15 - 39	513	15	24
25	00:40:58	00:40:55	Steven Pyne		Male	Male 40 - 44	357	4	25
26	00:40:59	00:40:54	Lynton Battrick	North Norfolk Beach Runners	Male	Male 40 - 44	22	5	26
27	00:41:10	00:41:06	Neal Gurney		Male	Male 15 - 39	189	16	27
28	00:41:19	00:41:19	Nicky Alford		Female	Female 15 - 39	519	1	1
29	00:41:35	00:41:31	Dan Claflin	Tri Anglia	Male	Male 15 - 39	79	17	28
30	00:41:43	00:41:43	Pete Johnson	Ryston Runners	Male	Male 60 - 64	238	1	29
31	00:41:50	00:41:49	David Houghton	Norwich Road Runners	Male	Male 45 - 49	219	4	30
32	00:41:55	00:41:53	Clive Cartner	Norwich Road Runners	Male	Male 15 - 39	68	18	31
33	00:41:59	00:41:52	Daniel Smith		Male	Male 15 - 39	401	19	32
34	00:42:01	00:41:59	Glen Nelson	Team Skipper	Male	Male 60 - 64	315	2	33
35	00:42:20	00:42:15	Robert Groves	Reepham Runners	Male	Male 15 - 39	188	20	34
36	00:42:21	00:42:16	Sarah Peachey	Wymondham AC	Female	Female 15 - 39	337	2	2
37	00:42:26	00:42:22	David Tandy	Norwich Road Runners	Male	Male 45 - 49	431	5	35
38	00:42:34	00:42:34	Nathan Edwards		Male	Male 15 - 39	135	21	36
39	00:42:41	00:42:38	Andrew Lane	Wymondham AC	Male	Male 60 - 64	259	3	37
40	00:42:42	00:42:40	Mark Tufts	Wymondham AC	Male	Male 45 - 49	451	6	38
41	00:42:47	00:42:42	Richard Doyle		Male	Male 15 - 39	126	22	39
42	00:42:54	00:42:53	Philip Wright		Male	Male 40 - 44	490	6	40
43	00:42:55	00:42:53	Cat Cummings	Wymondham AC	Female	Female 15 - 39	107	3	3
44	00:43:01	00:42:54	Stuart Rose	Dereham Runners	Male	Male 40 - 44	375	7	41
45	00:43:02	00:42:54	Niek Slade	North Norfolk Beach Runners	Male	Male 15 - 39	395	23	42
46	00:43:02	00:42:58	Stephen Andrews	Great Yarmouth Road Runners	Male	Male 50 - 54	9	3	43
47	00:43:07	00:43:01	Christopher Meadows	Bracknell Forest Runners	Male	Male 15 - 39	293	24	44
48	00:43:08	00:42:45	Tom Bush		Male	Male 15 - 39	61	25	45
49	00:43:09	00:43:07	Lacey Barcham	Dereham Runners	Female	Female 15 - 39	19	4	4
50	00:43:11	00:43:09	John Dungar	Bure Valley Harriers	Male	Male 15 - 39	506	26	46
51	00:43:14	00:43:13	Jason Elrick		Male	Male 45 - 49	138	7	47
52	00:43:21	00:43:07	William Robb		Male	Male 15 - 39	371	27	48
53	00:43:22	00:43:21	Stuart Roberts		Male	Male 50 - 54	512	4	49
54	00:43:22	00:43:11	Laszlo Pall	Norwich Road Runners	Male	Male 15 - 39	328	28	50
55	00:43:30	00:43:24	Darren Tubby		Male	Male 15 - 39	450	29	51
56	00:43:41	00:43:37	Steven Franklin		Male	Male 15 - 39	155	30	52
57	00:43:47	00:43:39	Will Morris		Male	Male 15 - 39	290	31	53
58	00:43:49	00:43:43	Gavin Mercer		Male	Male 45 - 49	295	8	54
59	00:43:52	00:43:49	Martin Heeley	Ryston Runners	Male	Male 40 - 44	207	8	55
60	00:43:56	00:43:51	Miss Behan	Norwich Road Runners	Female	Female 15 - 39	26	5	5
61	00:43:56	00:43:52	Des Vahinsbergh		Male	Male 45 - 49	457	9	56
62	00:43:56	00:43:50	Matt Baldry	Waveney Valley AC	Male	Male 40 - 44	16	9	57
63	00:43:59	00:43:59	Thomas Persich		Male	Male 15 - 39	339	32	58
64	00:44:01	00:43:56	Russell Parkins		Male	Male 45 - 49	331	10	59
65	00:44:05	00:43:49	Neil Bunnage	Norwich Road Runners	Male	Male 50 - 54	504	5	60
66	00:44:12	00:44:10	Thomas Lincoln-Kemp	Tri Anglia	Male	Male 45 - 49	271	11	61
67	00:44:15	00:44:13	Nicholas Eley	Coltishall Jaguars	Male	Male 55 - 59	508	2	62
68	00:44:17	00:44:02	Michael Wilkinson		Male	Male 15 - 39	476	33	63
69	00:44:19	00:44:13	Victoria Quantrill	Great Yarmouth Road Runners	Female	Female 40 - 44	359	1	6
70	00:44:19	00:44:08	Gary Cheesman	Norwich Road Runners	Male	Male 15 - 39	72	34	64
71	00:44:20	00:44:18	Connor Harwood		Male	Male 15 - 39	200	35	65
72	00:44:23	00:44:17	Wayne Freeman	Waveney Valley AC	Male	Male 55 - 59	159	3	66
73	00:44:26	00:44:19	Billy Underdown	Waveney Valley AC	Male	Male 15 - 39	455	36	67
74	00:44:29	00:44:12	Ian Moore	Norwich Road Runners	Male	Male 15 - 39	310	37	68

75	00:44:32	00:44:25	Keith Brighty	Norwich Road Runners	Male	Male 50 - 54	55	6	69
76	00:44:35	00:44:33	Stephen Dady	Wymondham AC	Male	Male 60 - 64	110	4	70
77	00:44:39	00:44:31	Daryl London	North Norfolk Beach Runners	Male	Male 15 - 39	277	38	71
78	00:44:49	00:44:47	Richard Crewe		Male	Male 45 - 49	101	12	72
79	00:44:52	00:44:44	Chris Lee	City of Norwich AC	Male	Male 15 - 39	265	39	73
80	00:44:56	00:44:55	Darren Pipe		Male	Male 15 - 39	343	40	74
81	00:45:04	00:44:52	Lewis Spurgin		Male	Male 15 - 39	420	41	75
82	00:45:05	00:44:56	David Moody		Male	Male 40 - 44	303	10	76
83	00:45:12	00:45:12	Ben Dean	Diss & District AC	Male	Male 15 - 39	122	42	77
84	00:45:17	00:45:14	Tim Rudd	Ryston Runners	Male	Male 45 - 49	379	13	78
85	00:45:22	00:45:22	Mark Thorpe	Norfolk Gazelles	Male	Male 50 - 54	444	7	79
86	00:45:24	00:45:20	Ashley Yellop	Norwich Road Runners	Male	Male 40 - 44	495	11	80
87	00:45:28	00:45:11	Peter Fox		Male	Male 55 - 59	153	4	81
88	00:45:30	00:45:08	Nick Thorpe		Male	Male 15 - 39	445	43	82
89	00:45:33	00:45:30	Samuel Huetson		Male	Male 15 - 39	227	44	83
90	00:45:34	00:45:03	Chris Chorley	Bungay Black Dog	Male	Male 50 - 54	76	8	84
91	00:45:35	00:45:23	Howard Harper		Male	Male 45 - 49	198	14	85
92	00:45:37	00:45:27	Adrian Ebbs		Male	Male 50 - 54	134	9	86
93	00:45:37	00:45:17	Gareth Allen		Male	Male 15 - 39	3	45	87
94	00:45:38	00:45:13	Jack Taylor		Male	Male 15 - 39	435	46	88
95	00:45:42	00:45:36	Sam Weller	North Norfolk Beach Runners	Male	Male 65 - 69	472	1	89
96	00:45:53	00:45:32	Simon Beckett		Male	Male 50 - 54	25	10	90
97	00:45:56	00:45:53	Andy Rowles	Dereham Runners	Male	Male 50 - 54	377	11	91
98	00:46:03	00:45:57	Matthew Freezer	Dereham Runners	Male	Male 15 - 39	161	47	92
99	00:46:06	00:45:49	Shaun Braybrook		Male	Male 15 - 39	52	48	93
100	00:46:29	00:46:05	Emma Potter-campbell	Dereham Runners	Female	Female 45 - 49	349	1	7
101	00:46:37	00:46:30	Mark Wornack	Great Yarmouth Road Runners	Male	Male 45 - 49	486	15	94
102	00:46:40	00:46:32	Rebecca Pountain		Female	Female 15 - 39	351	6	8
103	00:46:40	00:46:32	Phil Henry	Bungay Black Dog	Male	Male 55 - 59	208	5	95
104	00:46:44	00:46:37	Chris Pitman	Waveney Valley AC	Male	Male 40 - 44	344	12	96
105	00:46:51	00:46:39	Jonny Cracknell		Male	Male 15 - 39	98	49	97
106	00:46:54	00:46:42	Gary Tuttle		Male	Male 50 - 54	453	12	98
107	00:46:54	00:46:54	Jonathan Mcmanus	Norwich Road Runners	Male	Male 40 - 44	289	13	99
108	00:46:58	00:46:52	Nigel Lambert		Male	Male 55 - 59	257	6	100
109	00:46:59	00:46:34	Nicholas Dash	North Norfolk Beach Runners	Male	Male 15 - 39	112	50	101
110	00:46:59	00:46:41	Robert Crockford	Dereham Runners	Male	Male 45 - 49	103	16	102
111	00:47:01	00:46:53	Marieke Vermue	City of Norwich AC	Female	Female 15 - 39	460	7	9
112	00:47:05	00:46:51	Lee Bryer		Male	Male 40 - 44	56	14	103
113	00:47:07	00:46:50	Ally Hadden	Norwich Road Runners	Male	Male 45 - 49	190	17	104
114	00:47:08	00:47:00	Eleanor Stevens	City of Norwich AC	Female	Female 15 - 39	424	8	10
115	00:47:11	00:46:55	John Wheeler		Male	Male 50 - 54	474	13	105
116	00:47:16	00:47:04	Laura Parry	City of Norwich AC	Female	Female 15 - 39	332	9	11
117	00:47:22	00:47:13	Alan Dawson		Male	Male 15 - 39	119	51	106
118	00:47:26	00:47:08	Shaune Gooch	Norwich Road Runners	Male	Male 40 - 44	176	15	107
119	00:47:31	00:47:16	Jacqueline Wilson		Female	Female 50 - 54	482	1	12
120	00:47:31	00:47:17	Bill Kingaby	Waveney Valley AC	Male	Male 65 - 69	250	2	108
121	00:47:32	00:47:32	William Faulkner		Male	Male 15 - 39	147	52	109
122	00:47:34	00:47:25	Toni George	Great Yarmouth Road Runners	Female	Female 40 - 44	170	2	13
123	00:47:35	00:47:22	Warren Newell		Male	Male 50 - 54	316	14	110
124	00:47:41	00:47:28	Steve Mcnamara	Stowmarket Striders	Male	Male 45 - 49	291	18	111
125	00:47:43	00:47:05	Eirrin Thompson	Team Dunerunner	Male	Male 45 - 49	441	19	112
126	00:47:45	00:47:35	Alison Stewart	Norwich Road Runners	Female	Female 55 - 59	425	1	14
127	00:47:47	00:47:45	Konrad Pytlarz		Male	Male 15 - 39	358	53	113
128	00:47:48	00:47:45	Malcolm Fisher	Dereham Runners	Male	Male 15 - 39	149	54	114
129	00:47:51	00:47:43	Kathryn Head	Norfolk Gazelles	Female	Female 15 - 39	205	10	15
130	00:47:51	00:47:33	Caroline Houghton	Norwich Road Runners	Female	Female 40 - 44	218	3	16
131	00:47:58	00:47:37	Mike Harrington	Virgin Active	Male	Male 45 - 49	199	20	115
132	00:48:02	00:47:47	Brian Wilson	Norwich Road Runners	Male	Male 15 - 39	481	55	116
133	00:48:04	00:47:58	Jenny Humphrey		Female	Female 40 - 44	229	4	17
134	00:48:06	00:47:44	Richard Dye	Bungay Black Dog	Male	Male 55 - 59	131	7	117
135	00:48:07	00:47:55	Paul Woodyatt	City of Norwich AC	Male	Male 55 - 59	488	8	118
136	00:48:08	00:47:56	Pete Jones		Male	Male 45 - 49	240	21	119
137	00:48:16	00:47:57	Kevin Parsons		Male	Male 45 - 49	334	22	120
138	00:48:19	00:48:02	Matt Howes	Norwich Road Runners	Male	Male 40 - 44	221	16	121
139	00:48:22	00:47:45	David Rose		Male	Male 40 - 44	374	17	122
140	00:48:23	00:48:09	Darren Matthewson		Male	Male 45 - 49	286	23	123
141	00:48:25	00:48:15	Gavin Thouless	Norwich Road Runners	Male	Male 45 - 49	446	24	124
142	00:48:30	00:48:20	Paul Westgate	Great Yarmouth Road Runners	Male	Male 55 - 59	473	9	125
143	00:48:33	00:48:26	Emily Smith	Tri Anglia	Female	Female 40 - 44	403	5	18
144	00:48:33	00:48:33	Mark Philo	Tri Anglia	Male	Male 45 - 49	341	25	126
145	00:48:35	00:48:21	Colin Oswald		Male	Male 15 - 39	323	56	127
146	00:48:37	00:48:18	Susanna Moore		Female	Female 15 - 39	304	11	19
147	00:48:40	00:48:32	Anne Millett	Norwich Road Runners	Female	Female 60 - 64	298	1	20
148	00:48:44	00:48:33	James Bishop		Male	Male 40 - 44	38	18	128
149	00:48:56	00:48:47	Karen Balcombe	North Norfolk Beach Runners	Female	Female 50 - 54	15	2	21
150	00:49:00	00:48:41	Claire Rudrum		Female	Female 15 - 39	380	12	22
151	00:49:02	00:48:58	Philip Websdale	Dereham Runners	Male	Male 40 - 44	470	19	129
152	00:49:08	00:48:37	Callum Davenport		Male	Male 15 - 39	113	57	130
153	00:49:12	00:49:10	Adam Kobylecks		Male	Male 15 - 39	520	58	131
154	00:49:12	00:48:53	Hannah Stone	Bure Valley Harriers	Female	Female 15 - 39	427	13	23

155	00:49:22	00:49:07	Charles Allen	Norwich Road Runners	Male	Male 40 - 44	4	20	132
156	00:49:23	00:49:06	Louise Grinsdale	Norwich Road Runners	Female	Female 40 - 44	185	6	24
157	00:49:23	00:49:09	Lucy Walker		Female	Female 60 - 64	463	2	25
158	00:49:26	00:49:19	Kate Childs		Female	Female 40 - 44	74	7	26
159	00:49:27	00:49:12	Tim Woods	Norfolk Gazelles	Male	Male 55 - 59	487	10	133
160	00:49:31	00:49:29	Clive Banner		Male	Male 50 - 54	18	15	134
161	00:49:41	00:49:29	Chris Scott		Male	Male 15 - 39	389	59	135
162	00:49:51	00:49:44	Emma Dawson	Great Yarmouth Road Runners	Female	Female 15 - 39	118	14	27
163	00:49:51	00:49:41	Gary Jamson		Male	Male 45 - 49	235	26	136
164	00:49:52	00:49:36	Rebecca Langford	Waveney Valley AC	Female	Female 40 - 44	260	8	28
165	00:49:52	00:49:49	Matt Plunkett	Dereham Runners	Male	Male 45 - 49	348	27	137
166	00:49:56	00:49:35	Matthew Morley		Male	Male 40 - 44	311	21	138
167	00:50:09	00:50:02	Marianne Armstrong	Norwich Road Runners	Female	Female 15 - 39	10	15	29
168	00:50:12	00:49:52	Neal Hussey		Male	Male 50 - 54	233	16	139
169	00:50:18	00:50:08	Helen Thacker		Female	Female 45 - 49	438	2	30
170	00:50:28	00:49:50	Wayne Hallam	Team Dunerunner	Male	Male 40 - 44	192	22	140
171	00:50:29	00:50:02	Alison Cook		Female	Female 45 - 49	94	3	31
172	00:50:32	00:50:26	Ian Hawkes		Male	Male 55 - 59	204	11	141
173	00:50:35	00:50:25	Stephanie Clouston	Thetford AC	Female	Female 45 - 49	84	4	32
174	00:50:40	00:50:10	William Wilson	Norfolk Gazelles	Male	Male 40 - 44	483	23	142
175	00:50:45	00:50:41	Anthony Elsey	Dereham Runners	Male	Male 15 - 39	141	60	143
176	00:50:48	00:50:15	Steven Owen		Male	Male 55 - 59	325	12	144
177	00:50:49	00:50:33	Jodie Causar	Norwich Road Runners	Female	Female 15 - 39	70	16	33
178	00:50:55	00:50:35	Phil Rapley		Male	Male 45 - 49	361	28	145
179	00:50:55	00:50:55	Maren Duvendack	Norfolk Gazelles	Female	Female 40 - 44	130	9	34
180	00:51:03	00:50:43	Mark Townsend		Male	Male 45 - 49	449	29	146
181	00:51:04	00:50:52	Brendan Wilson	City of Norwich AC	Male	Male 45 - 49	480	30	147
182	00:51:14	00:50:55	Mark Drysdale	Norfolk Gazelles	Male	Male 40 - 44	498	24	148
183	00:51:15	00:51:02	Vikki Harper		Female	Female 40 - 44	197	10	35
184	00:51:19	00:51:12	Chris Ghent		Male	Male 15 - 39	171	61	149
185	00:51:22	00:51:08	David Wright		Male	Male 15 - 39	492	62	150
186	00:51:28	00:51:20	Jennifer Bettinson	Tri Anglia	Female	Female 15 - 39	32	17	36
187	00:51:28	00:51:14	Chris Groves	Tri Anglia	Male	Male 65 - 69	186	3	151
188	00:51:30	00:51:17	Emmalouise Smith		Female	Female 15 - 39	405	18	37
189	00:51:42	00:51:04	Aston Martin		Male	Male 15 - 39	523	63	152
190	00:51:42	00:51:28	Brooke Clarke		Female	Female 15 - 39	80	19	38
191	00:51:50	00:51:42	Lorrain Dawson	Great Yarmouth Road Runners	Female	Female 55 - 59	120	2	39
192	00:51:52	00:51:20	Debbie Powles		Female	Female 45 - 49	352	5	40
193	00:51:53	00:51:33	Jonathan Cole		Male	Male 15 - 39	87	64	153
194	00:51:54	00:51:29	Tim McClean		Male	Male 50 - 54	287	17	154
195	00:52:01	00:51:55	Claire Hews		Female	Female 15 - 39	212	20	41
196	00:52:01	00:51:55	Ian Hews		Male	Male 50 - 54	211	18	155
197	00:52:13	00:51:46	Mark Ramsden		Male	Male 45 - 49	360	31	156
198	00:52:13	00:52:02	Gary Rowley		Female	Female 15 - 39	378	21	42
199	00:52:16	00:52:01	Kim Blazer		Female	Female 45 - 49	40	6	43
200	00:52:16	00:52:01	Ann Hughes	Norwich Road Runners	Female	Female 45 - 49	228	7	44
201	00:52:17	00:52:14	David Olley	Dereham Runners	Male	Male 45 - 49	321	32	157
202	00:52:20	00:52:03	Philip Carr		Male	Male 15 - 39	67	65	158
203	00:52:35	00:52:26	Ian Smith		Male	Male 40 - 44	406	25	159
204	00:52:45	00:52:25	Sarah Reynolds		Female	Female 15 - 39	368	22	45
205	00:52:51	00:52:33	Samuel Parsons		Male	Male 15 - 39	333	66	160
206	00:52:57	00:52:34	Oliver Dack		Male	Male 15 - 39	109	67	161
207	00:52:58	00:52:39	James Kybird		Male	Male 15 - 39	255	68	162
208	00:53:03	00:52:45	Christopher Milnes	Ryston Runners	Male	Male 55 - 59	521	13	163
209	00:53:04	00:52:29	Bobbie Sauerzapf	Bungay Black Dog	Female	Female 55 - 59	385	3	46
210	00:53:10	00:52:57	Sarah Norman	Waveney Valley AC	Female	Female 40 - 44	319	11	47
211	00:53:11	00:53:02	Shirley Standley		Female	Female 45 - 49	421	8	48
212	00:53:11	00:53:04	Ali Howard		Female	Female 15 - 39	220	23	49
213	00:53:13	00:53:04	Natalie King	Thetford AC	Female	Female 40 - 44	248	12	50
214	00:53:16	00:53:05	Stephen Terry		Male	Male 40 - 44	437	26	164
215	00:53:24	00:53:04	Sarah Cole		Female	Female 15 - 39	89	24	51
216	00:53:25	00:53:16	Emma Waterworth		Female	Female 15 - 39	469	25	52
217	00:53:29	00:52:48	Colin Lockwood		Male	Male 15 - 39	276	69	165
218	00:53:35	00:53:09	Martin Burgess		Male	Male 40 - 44	59	27	166
219	00:53:44	00:53:12	Thomas Beach		Male	Male 15 - 39	23	70	167
220	00:53:48	00:53:44	Sarah Bird	Bure Valley Harriers	Female	Female 15 - 39	36	26	53
221	00:53:49	00:53:37	Darrell Roper		Male	Male 15 - 39	373	71	168
222	00:53:52	00:53:39	Verónica Méndez		Female	Female 15 - 39	294	27	54
223	00:53:59	00:53:27	Tracey Goodrum		Female	Female 45 - 49	525	9	55
224	00:54:00	00:53:35	Emily Moll		Female	Female 15 - 39	302	28	56
225	00:54:04	00:53:31	Laura Waters		Female	Female 40 - 44	468	13	57
226	00:54:13	00:53:51	Duncan Frazer		Male	Male 50 - 54	157	19	169
227	00:54:15	00:53:47	Dennis Simpson	Norwich Road Runners	Male	Male 55 - 59	393	14	170
228	00:54:21	00:54:17	Neil Thomas	Bungay Black Dog	Male	Male 45 - 49	439	33	171
229	00:54:24	00:54:03	Martin Sanders		Male	Male 15 - 39	384	72	172
230	00:54:25	00:54:14	Peter Harwood		Male	Male 45 - 49	201	34	173
231	00:54:31	00:54:11	Andrew Curson		Male	Male 15 - 39	108	73	174
232	00:54:31	00:54:31	John Greenwood		Male	Male 15 - 39	184	74	175
233	00:54:35	00:53:57	Alex Wallace		Male	Male 15 - 39	465	75	176
234	00:54:39	00:54:04	Ian Constance	Wymondham AC	Male	Male 45 - 49	91	35	177

235	00:54:42	00:54:20	Stewart Life	North Norfolk Vikings Triathlon Club	Male	Male 45 - 49	269	36	178
236	00:54:45	00:54:11	Jonathan Mulley		Male	Male 50 - 54	313	20	179
237	00:54:49	00:50:43	James Crockett		Male	Male 15 - 39	102	76	180
238	00:54:50	00:54:20	Mandy Foyster	Norwich Road Runners	Female	Female 50 - 54	154	3	58
239	00:54:50	00:54:19	Charles Wood	Norwich Road Runners	Male	Male 55 - 59	516	15	181
240	00:54:54	00:54:49	Samantha Lyddiatt	Fenland Running Club	Female	Female 45 - 49	282	10	59
241	00:54:56	00:54:36	Samantha Stedman-Jones	Bungay Black Dog	Female	Female 50 - 54	423	4	60
242	00:54:57	00:54:40	Hitesh Patel		Male	Male 15 - 39	336	77	182
243	00:54:57	00:54:34	Kathryn Sanders		Female	Female 15 - 39	383	29	61
244	00:55:01	00:54:22	Tom Blyth		Male	Male 15 - 39	44	78	183
245	00:55:04	00:54:21	Sarah Tutt		Female	Female 40 - 44	505	14	62
246	00:55:06	00:54:53	Cat Morrison		Female	Female 15 - 39	312	30	63
247	00:55:06	00:55:01	Tracey Else	Fenland RC	Female	Female 40 - 44	140	15	64
248	00:55:13	00:55:04	Hayley Knight		Female	Female 15 - 39	253	31	65
249	00:55:13	00:55:04	Kayleigh Bailey	Thetford AC	Female	Female 15 - 39	14	32	66
250	00:55:19	00:55:15	Laura Ellis		Female	Female 15 - 39	137	33	67
251	00:55:21	00:55:16	Kim Carr		Female	Female 50 - 54	65	5	68
252	00:55:25	00:55:17	Louise Hudson		Female	Female 15 - 39	225	34	69
253	00:55:33	00:55:20	David Paver	City of York AC	Male	Male 60 - 64	518	5	184
254	00:55:37	00:55:02	Kirsty Longhurst		Female	Female 15 - 39	278	35	70
255	00:55:40	00:55:17	Abigail Davis		Female	Female 15 - 39	117	36	71
256	00:55:41	00:55:17	Ben Davis		Male	Male 40 - 44	116	28	185
257	00:55:46	00:55:19	Natalie Freeman		Female	Female 15 - 39	158	37	72
258	00:55:46	00:55:39	Jodie Lee	Great Yarmouth Road Runners	Female	Female 15 - 39	264	38	73
259	00:55:54	00:55:32	Lizza Frary	Norwich Road Runners	Female	Female 15 - 39	156	39	74
260	00:56:00	00:55:33	Tim Cheesman		Male	Male 15 - 39	73	79	186
261	00:56:04	00:55:52	Zsolt Benedek		Male	Male 15 - 39	29	80	187
262	00:56:04	00:55:45	Simon Darren Ludkin		Male	Male 45 - 49	281	37	188
263	00:56:06	00:55:33	Lucy Vahinsbergh		Female	Female 45 - 49	458	11	75
264	00:56:08	00:55:40	Sophie Saunders	North Norfolk Beach Runners	Female	Female 15 - 39	386	40	76
265	00:56:09	00:55:49	Clare Gooch	Norwich Road Runners	Female	Female 40 - 44	177	16	77
266	00:56:17	00:55:58	Estelle Corner		Female	Female 40 - 44	497	17	78
267	00:56:27	00:56:03	Trudi Bradley		Female	Female 45 - 49	49	12	79
268	00:56:27	00:56:03	Graham Allison		Male	Male 15 - 39	5	81	189
269	00:56:33	00:55:51	Glenn Sharman		Male	Male 55 - 59	390	16	190
270	00:56:35	00:56:10	David Barnard		Male	Male 15 - 39	21	82	191
271	00:56:43	00:56:09	Catherine O'Neill	Wymondham AC	Female	Female 40 - 44	322	18	80
272	00:56:44	00:56:33	David Jones		Male	Male 15 - 39	239	83	192
273	00:56:53	00:56:16	Jonathan Blayney		Male	Male 15 - 39	39	84	193
274	00:56:53	00:56:23	Justine Davenport	Norfolk Gazelles	Female	Female 45 - 49	114	13	81
275	00:56:58	00:56:33	John Bowen		Male	Male 55 - 59	46	17	194
276	00:57:00	00:56:36	Danielle Crane	Norwich Road Runners	Female	Female 15 - 39	100	41	82
277	00:57:01	00:56:51	Elaine Hudson		Female	Female 60 - 64	226	3	83
278	00:57:03	00:56:35	Jackie Eastaugh-King		Female	Female 55 - 59	133	4	84
279	00:57:04	00:56:37	George Mak-Pearce		Male	Male 55 - 59	503	18	195
280	00:57:06	00:56:28	Mark Riseborough		Male	Male 40 - 44	369	29	196
281	00:57:06	00:56:44	Rachael Macro	Norwich Road Runners	Female	Female 15 - 39	283	42	85
282	00:57:08	00:56:34	Martin Yaxley		Male	Male 15 - 39	494	85	197
283	00:57:10	00:56:37	Phil Soanes		Male	Male 15 - 39	413	86	198
284	00:57:11	00:56:37	Emma Soanes		Female	Female 15 - 39	412	43	86
285	00:57:15	00:56:52	Kate Moore	Norwich Road Runners	Female	Female 40 - 44	308	19	87
286	00:57:16	00:57:03	Jan Totterdale	Derham Runners	Female	Female 55 - 59	447	5	88
287	00:57:20	00:57:00	Graham Sampson	Bungay Black Dog	Male	Male 70 +	382	1	199
288	00:57:20	00:57:05	Darren Gladden		Male	Male 40 - 44	173	30	200
289	00:57:22	00:57:06	Amanda Haslam		Female	Female 40 - 44	202	20	89
290	00:57:24	00:56:54	Rob Emery	North Norfolk Beach Runners	Male	Male 45 - 49	507	38	201
291	00:57:24	00:56:53	Angela Bell	Norwich Road Runners	Female	Female 40 - 44	27	21	90
292	00:57:36	00:57:31	Andrew Bird	Bure Valley Harriers	Male	Male 55 - 59	35	19	202
293	00:57:44	00:57:22	Tanya Cable	Norwich Road Runners	Female	Female 15 - 39	62	44	91
294	00:57:46	00:57:34	Stephanie Hall		Female	Female 15 - 39	191	45	92
295	00:57:49	00:57:16	Christopher High		Male	Male 40 - 44	213	31	203
296	00:57:52	00:57:26	David Smith	Lowestoft Road Runners	Male	Male 45 - 49	398	39	204
297	00:57:58	00:57:36	Louise Blazey	Norwich Road Runners	Female	Female 15 - 39	41	46	93
298	00:58:00	00:57:35	Stuart Hatfield	Norwich Road Runners	Male	Male 45 - 49	203	40	205
299	00:58:00	00:58:00	Peter Downing		Male	Male 65 - 69	125	4	206
300	00:58:03	00:57:36	Andrew Wade	Norwich Road Runners	Male	Male 50 - 54	462	21	207
301	00:58:04	00:57:51	Camilla Darling	Waveney Valley AC	Female	Female 15 - 39	111	47	94
302	00:58:05	00:57:46	Carole Spong	Great Yarmouth Road Runners	Female	Female 70 +	418	1	95
303	00:58:29	00:57:54	Lisa Brand		Female	Female 45 - 49	51	14	96
304	00:58:30	00:58:01	Brian Moore	Norwich Road Runners	Male	Male 65 - 69	307	5	208
305	00:58:34	00:58:07	J Primera		Male	Male 45 - 49	527	41	209
306	00:58:37	00:58:10	Sarah Sayers		Female	Female 40 - 44	387	22	97
307	00:58:50	00:58:35	Philip Hewitt		Male	Male 45 - 49	210	42	210
308	00:58:57	00:58:17	John Kerrigan		Male	Male 45 - 49	245	43	211
309	00:58:58	00:58:43	Amanda Scarff	Waveney Valley AC	Female	Female 15 - 39	388	48	98
310	00:58:59	00:58:27	Katherine Wright	North Norfolk Beach Runners	Female	Female 15 - 39	493	49	99
311	00:59:02	00:58:30	Hayley Thompson	Reepham Runners	Female	Female 15 - 39	442	50	100
312	00:59:05	00:58:39	Cindy Burgess	Wymondham AC	Female	Female 65 - 69	60	1	101
313	00:59:12	00:58:36	Adrian Vivian		Male	Male 45 - 49	461	44	212
314	00:59:14	00:58:36	Susan Jones		Female	Female 50 - 54	243	6	102

315	00:59:14	00:58:35	Jo Davenport		Female	Female 45 - 49	115	15	103
316	00:59:16	00:58:40	Katie Whitmore		Female	Female 40 - 44	500	23	104
317	00:59:26	00:58:49	Pandora Buck	Great Yarmouth Road Runners	Female	Female 50 - 54	57	7	105
318	00:59:27	00:58:52	Lou Boyce		Female	Female 45 - 49	48	16	106
319	00:59:35	00:58:59	Catriona Beare		Female	Female 40 - 44	24	24	107
320	00:59:35	00:59:00	Donna Lorne		Female	Female 40 - 44	279	25	108
321	00:59:39	00:59:15	Jamie Bradley		Male	Male 15 - 39	50	87	213
322	00:59:39	00:59:08	Marjon Breteler		Female	Female 55 - 59	54	6	109
323	00:59:41	00:59:26	Catherine Tansley	Beccles & Bungay Harriers	Female	Female 15 - 39	432	51	110
324	00:59:44	00:59:14	Claire Berridge		Female	Female 15 - 39	31	52	111
325	00:59:48	00:59:34	Demelza Hammond	Waveney Valley AC	Female	Female 15 - 39	194	53	112
326	00:59:54	00:59:30	Kitty Rosser	Tri Anglia	Female	Female 15 - 39	376	54	113
327	00:59:56	00:59:37	Johanna Lloyd	Norwich Road Runners	Female	Female 40 - 44	274	26	114
328	01:00:00	00:59:15	Scott Cruickshank		Male	Male 15 - 39	105	88	214
329	01:00:01	00:59:40	Ben Turner		Male	Male 15 - 39	452	89	215
330	01:00:01	00:59:16	Hollie Cruickshank		Female	Female 15 - 39	106	55	115
331	01:00:04	00:59:45	Shauna Gooch	Norwich Road Runners	Female	Female 15 - 39	175	56	116
332	01:00:12	00:59:55	Daniel Ryan		Male	Male 15 - 39	381	90	216
333	01:00:13	00:59:45	Nadine Baldwin	Great Yarmouth Road Runners	Female	Female 45 - 49	17	17	117
334	01:00:14	00:59:47	Fiona Williams	Great Yarmouth Road Runners	Female	Female 40 - 44	479	27	118
335	01:00:15	00:59:53	Rachael Pizey	Norwich Road Runners	Female	Female 15 - 39	346	57	119
336	01:00:19	00:59:38	Michael Twigg		Male	Male 15 - 39	454	91	217
337	01:00:26	00:59:44	Inger Mak-Pearce		Female	Female 50 - 54	502	8	120
338	01:00:34	01:00:01	Anna Plunkett		Female	Female 15 - 39	347	58	121
339	01:00:35	01:00:01	Jodie Minns		Female	Female 45 - 49	301	18	122
340	01:00:35	01:00:01	Paul Minns		Male	Male 50 - 54	300	22	218
341	01:00:36	01:00:06	Stephen Andrews		Male	Male 55 - 59	7	20	219
342	01:00:37	01:00:10	Vicky Hampson	North Norfolk Beach Runners	Female	Female 15 - 39	195	59	123
343	01:00:40	01:00:10	Andy Evans	City of Norwich AC	Male	Male 60 - 64	143	6	220
344	01:00:50	01:00:17	Samantha Thompson		Female	Female 15 - 39	440	60	124
345	01:00:54	01:00:22	Shayney Blyth	Reepham Runners	Female	Female 45 - 49	45	19	125
346	01:00:54	01:00:21	Richard Bulman	Reepham Runners	Male	Male 65 - 69	58	6	221
347	01:00:55	01:00:46	Elizabeth Green		Female	Female 15 - 39	182	61	126
348	01:01:02	01:00:35	Chloe Harcourt		Female	Female 15 - 39	196	62	127
349	01:01:04	01:00:22	Catherine Fuller		Female	Female 45 - 49	164	20	128
350	01:01:08	01:00:47	Rachel Page		Female	Female 15 - 39	327	63	129
351	01:01:12	01:01:03	Paul Greenfield		Male	Male 50 - 54	183	23	222
352	01:01:14	01:00:57	Anders Poulsen		Male	Male 45 - 49	350	45	223
353	01:01:17	01:00:56	Christina Lister		Female	Female 15 - 39	273	64	130
354	01:01:35	01:01:08	Jane Ray		Female	Female 45 - 49	363	21	131
355	01:01:36	01:00:53	Gay Webster		Male	Male 50 - 54	471	24	224
356	01:01:37	01:01:09	Hazel Coates		Female	Female 15 - 39	85	65	132
357	01:01:48	01:01:35	Sue Emmett		Female	Female 40 - 44	142	28	133
358	01:01:51	01:01:27	James Pallant		Male	Male 15 - 39	329	92	225
359	01:01:59	01:01:44	Ruby Clift		Female	Female 15 - 39	82	66	134
360	01:02:09	01:02:01	Lucilla Smith		Female	Female 40 - 44	407	29	135
361	01:02:10	01:01:47	Danniella Ciarla		Female	Female 15 - 39	78	67	136
362	01:02:10	01:01:47	Giuseppe Ciarla	Coltishall Jaguars	Male	Male 45 - 49	77	46	226
363	01:02:16	01:01:48	Jules Mason		Female	Female 40 - 44	510	30	137
364	01:02:16	01:01:48	Caroline Daichow		Female	Female 40 - 44	511	31	138
365	01:02:32	01:02:29	Beth Cook		Female	Female 45 - 49	97	22	139
366	01:02:34	01:02:02	Deborah Eves		Female	Female 15 - 39	145	68	140
367	01:02:35	01:02:13	Vicky Last	North Norfolk Beach Runners	Female	Female 15 - 39	263	69	141
368	01:02:35	01:01:51	Jenny King		Female	Female 40 - 44	249	32	142
369	01:02:38	01:02:06	Kerry Smith	North Norfolk Beach Runners	Female	Female 40 - 44	402	33	143
370	01:02:46	01:02:04	Anne Farthing		Female	Female 40 - 44	146	34	144
371	01:02:54	01:02:36	Roger Andrews	Great Yarmouth Road Runners	Male	Male 70 +	8	2	227
372	01:03:10	01:02:27	Louise Wiseman		Female	Female 40 - 44	485	35	145
373	01:03:13	01:02:28	Kath Ellis		Female	Female 40 - 44	136	36	146
374	01:03:13	01:02:31	Melanie Hambidge		Female	Female 40 - 44	193	37	147
375	01:03:46	01:03:03	Mike Marshall	North Norfolk Beach Runners	Male	Male 70 +	284	3	228
376	01:04:00	01:03:39	Malcolm Stedman-Jones	Bungay Black Dog	Male	Male 50 - 54	422	25	229
377	01:04:04	01:03:47	Nicole Cole		Female	Female 40 - 44	86	38	148
378	01:04:15	01:04:01	Tammy De Freitas		Female	Female 40 - 44	121	39	149
379	01:04:45	01:04:30	Dawn Cook	Norwich Road Runners	Female	Female 50 - 54	93	9	150
380	01:04:45	01:04:31	Roly Cook	Norwich Road Runners	Male	Male 50 - 54	92	26	230
381	01:04:49	01:04:46	Jen Willcox	Thetford AC	Female	Female 15 - 39	477	70	151
382	01:04:52	01:04:30	Helen Mason		Female	Female 50 - 54	285	10	152
383	01:05:02	01:04:31	Teresa Solomon	Great Yarmouth Road Runners	Female	Female 55 - 59	414	7	153
384	01:05:06	01:04:26	James Bailey		Male	Male 15 - 39	13	93	231
385	01:05:06	01:04:49	Emma Jennings		Female	Female 45 - 49	236	23	154
386	01:05:22	01:04:41	Tina Cloney		Female	Female 45 - 49	83	24	155
387	01:05:24	01:04:56	Lynda Moore	Norwich Road Runners	Female	Female 60 - 64	306	4	156
388	01:06:35	01:06:10	Sarah Lanchbury		Female	Female 45 - 49	258	25	157
389	01:06:43	01:06:10	Graham Jackson	Waveney Valley AC	Male	Male 50 - 54	234	27	232
390	01:06:53	01:06:11	Anne-marie Palmer		Female	Female 45 - 49	330	26	158
391	01:06:55	01:06:16	Annelize Taylor		Female	Female 40 - 44	434	40	159
392	01:06:57	01:06:50	Robyn Freeman	Virgin Active	Female	Female 15 - 39	160	71	160
393	01:07:03	01:06:23	Ellen Bell		Female	Female 15 - 39	28	72	161
394	01:07:11	01:06:33	Claire Riseborough		Female	Female 15 - 39	370	73	162

395	01:07:15	01:06:46	Jeremy Bak		Male	Male 15 - 39	509	94	233
396	01:07:26	01:06:47	Andrew Breen		Male	Male 55 - 59	53	21	234
397	01:07:33	01:06:50	Jennifer Winterbone		Female	Female 40 - 44	484	41	163
398	01:07:39	01:07:02	Alison Bilyard	Great Yarmouth Road Runners	Female	Female 45 - 49	33	27	164
399	01:07:39	01:07:03	Jenna Kemp	Great Yarmouth Road Runners	Female	Female 15 - 39	499	74	165
400	01:08:04	01:07:26	Julian Giles		Male	Male 55 - 59	172	22	235
401	01:08:05	01:07:36	Ita Flude		Female	Female 15 - 39	150	75	166
402	01:08:18	01:08:01	Tony Friend		Male	Male 50 - 54	163	28	236
403	01:08:30	01:08:25	Chloe Larkins		Female	Female 15 - 39	261	76	167
404	01:08:31	01:08:05	Samantha Reddy	Norwich Road Runners	Female	Female 45 - 49	365	28	168
405	01:08:45	01:08:20	Rebecca Low		Female	Female 15 - 39	280	77	169
406	01:08:45	01:08:14	Mark Wright		Male	Male 45 - 49	489	47	237
407	01:08:46	01:08:17	Kerri Clarke	Coltishall Jaguars	Female	Female 15 - 39	81	78	170
408	01:08:59	01:08:50	Emily Cole		Female	Female 45 - 49	88	29	171
409	01:09:30	01:08:49	Hazel Cason	Dereham Runners	Female	Female 60 - 64	69	5	172
410	01:09:34	01:08:57	Trevor Groves		Male	Male 55 - 59	187	23	238
411	01:09:50	01:09:06	Emma Taylor		Female	Female 15 - 39	433	79	173
412	01:10:21	01:09:37	Emma Reney		Female	Female 40 - 44	366	42	174
413	01:10:31	01:09:47	Kelley Chisman		Female	Female 15 - 39	75	80	175
414	01:10:32	01:09:48	Anna Lewis		Female	Female 15 - 39	268	81	176
415	01:10:36	01:09:52	Clare Prowse		Male	Male 15 - 39	355	95	239
416	01:10:39	01:10:03	Emma Lincoln		Female	Female 15 - 39	270	82	177
417	01:11:31	01:11:05	Hayley Smith		Female	Female 15 - 39	400	83	178
418	01:11:40	01:11:17	Ann Elrick		Female	Female 40 - 44	139	43	179
419	01:12:50	01:12:09	George Bolan		Male	Male 15 - 39	526	96	240
420	01:13:00	01:12:48	Flora Szalacs		Female	Female 15 - 39	430	84	180
421	01:13:01	01:12:34	Craig Russell		Male	Male 40 - 44	501	32	241
422	01:13:19	01:12:49	Rachel Gale		Female	Female 15 - 39	165	85	181
423	01:13:28	01:13:06	Robbie Spicer		Male	Male 15 - 39	417	97	242
424	01:13:36	01:12:54	Elizabeth Letzer	North Norfolk Beach Runners	Female	Female 70 +	267	2	182
425	01:13:42	01:13:03	Emily Blyth		Female	Female 15 - 39	42	86	183
426	01:14:12	01:13:41	Gina Hopkinson		Female	Female 45 - 49	217	30	184
427	01:14:13	01:13:42	Jo Springall		Female	Female 40 - 44	419	44	185
428	01:14:52	01:14:11	Maria Soames		Female	Female 15 - 39	411	87	186
429	01:14:52	01:14:13	John Robinson	Norwich Road Runners	Male	Male 45 - 49	372	48	243
430	01:15:00	01:14:23	Hannah Corah		Female	Female 15 - 39	96	88	187
431	01:15:06	01:14:32	Carolyn Anderson		Female	Female 50 - 54	6	11	188
432	01:15:10	01:14:44	Christine Kingwell	Bungay Black Dog	Female	Female 15 - 39	251	89	189
433	01:15:10	01:14:44	David Neeve	Bungay Black Dog	Male	Male 15 - 39	314	98	244
434	01:15:50	01:15:14	Katherine Audus		Female	Female 15 - 39	12	90	190
435	01:15:50	01:15:13	Ivan Lees	Great Yarmouth Road Runners	Male	Male 60 - 64	266	7	245
436	01:16:32	01:15:51	Laura Wright		Female	Female 15 - 39	491	91	191
437	01:16:58	01:16:17	Jayne Primera		Female	Female 15 - 39	528	92	192
438	01:19:14	01:18:34	Adam Bishop		Male	Male 50 - 54	37	29	246
439	01:19:24	01:18:43	Karen Milam		Female	Female 15 - 39	297	93	193
440	01:19:51	01:19:19	Karen Bird		Female	Female 50 - 54	34	12	194
441	01:19:51	01:19:19	Kevin Dungey		Male	Male 55 - 59	128	24	247
442	01:20:27	01:20:04	Stephen Pizey	Norwich Road Runners	Male	Male 50 - 54	345	30	248
443	01:22:14	01:21:30	Kim Howson		Female	Female 15 - 39	222	94	195
444	01:31:39	01:31:01	Zelda Swanpoel		Female	Female 45 - 49	429	31	196