

<b>The Mike Groves 10k Run</b>							
<b>Sunday 4th June 2017</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	00:30:45	00:30:45	Nick Earl	City of Norwich AC	Male	Male 15 - 39	361
2	00:34:03	00:34:03	Jonny Earl	Hercules Wimbledon	Male	Male 15 - 39	360
3	00:34:29	00:34:29	Jamie Short	Leicester Coritanian	Male	Male 15 - 39	221
4	00:34:44	00:34:44	Matthew Allen	Ryston Runners AC	Male	Male 40 - 44	322
5	00:35:54	00:35:54	Simon Partridge		Male	Male 15 - 39	182
6	00:36:14	00:36:14	George Gay	City of Norwich AC	Male	Male 15 - 39	295
7	00:36:34	00:36:34	Radoslaw Siankiewicz	LKB Bracl Petk	Male	Male 15 - 39	355
8	00:36:39	00:36:39	Jake Stearman	Dereham Runners AC	Male	Male 15 - 39	246
9	00:37:02	00:37:02	Richard Johnson	Wymondham AC	Male	Male 40 - 44	132
10	00:37:17	00:37:17	Kristin Barnard	Wymondham AC	Male	Male 40 - 44	21
11	00:37:31	00:37:31	Warren Armstrong	Ryston Runners AC	Male	Male 40 - 44	14
12	00:37:34	00:37:34	Marc Evans	Great Yarmouth Road Runners	Male	Male 15 - 39	93
13	00:37:38	00:37:38	Alan Hume		Male	Male 40 - 44	123
14	00:37:42	00:37:41	Chris Bullock	Norwich Road Runners	Male	Male 40 - 44	44
15	00:38:02	00:38:00	Darren Easter	Ryston Runners AC	Male	Male 45 - 49	86
16	00:38:12	00:38:09	Richard Doyle		Male	Male 15 - 39	80
17	00:38:52	00:38:51	Ashley Hobbs	Norwich Road Runners	Male	Male 15 - 39	354
18	00:38:56	00:38:55	Mark Garrett	Norwich Road Runners	Male	Male 50 - 54	332
19	00:38:57	00:38:57	Marc Coles	Norwich Road Runners	Male	Male 40 - 44	60
20	00:39:01	00:39:00	Steve Ely	Wymondham AC	Male	Male 45 - 49	342
21	00:39:34	00:39:33	John Fagan	North Norfolk Beach Runners	Male	Male 40 - 44	326
22	00:40:29	00:40:28	Pete Thompson		Male	Male 15 - 39	260
23	00:40:34	00:40:30	John Gay	North Norfolk Beach Runners	Male	Male 55 - 59	305
24	00:41:00	00:40:56	Christopher Meadows	Bracknell Forest Runners	Male	Male 15 - 39	159
25	00:41:16	00:41:10	Terry Medler		Male	Male 40 - 44	161
26	00:41:25	00:41:25	Andrew Dormer	Great Yarmouth Road Runners	Male	Male 45 - 49	78
27	00:41:32	00:41:28	Nathan Edwards		Male	Male 15 - 39	87

28	00:41:37	00:41:35	Stephen Andrews	Great Yarmouth Road Runners	Male	Male 50 - 54	10
29	00:41:38	00:41:36	Chris Vernon		Male	Male 15 - 39	311
30	00:41:44	00:41:44	Stephen Dady	Wymondham AC	Male	Male 65 - 69	68
31	00:41:58	00:41:57	Sarah Peachey	Wymondham AC	Female	Female 15 - 39	183
32	00:42:01	00:41:58	Daniel Smith		Male	Male 15 - 39	226
33	00:42:06	00:42:06	Calum Weston	Norwich Road Runners	Male	Male 15 - 39	276
34	00:42:11	00:41:58	Gavin Mercer		Male	Male 45 - 49	162
35	00:42:22	00:42:19	Jonny Ray		Male	Male 15 - 39	194
36	00:42:27	00:42:13	Matthew Grimwood		Male	Male 40 - 44	106
37	00:42:43	00:42:43	Matt Buckoke	Great Yarmouth Road Runners	Male	Male 40 - 44	43
38	00:42:44	00:42:41	Karl Bedingfield	Ely Runners	Male	Male 50 - 54	26
39	00:42:54	00:42:48	Billy Underdown	Waveney Valley AC	Male	Male 15 - 39	297
40	00:42:58	00:42:58	Alexandra Smith	Wymondham AC	Female	Female 40 - 44	229
41	00:43:02	00:43:01	Lorena Latisaite	Ryston Runners AC	Female	Female 15 - 39	142
42	00:43:04	00:42:51	Gareth Allen	BMRC	Male	Male 40 - 44	319
43	00:43:17	00:43:14	Matt Earl		Male	Male 15 - 39	83
44	00:43:30	00:43:23	James McFarlane	Norwich Road Runners	Male	Male 40 - 44	155
45	00:43:40	00:43:35	James Carass	Great Yarmouth Road Runners	Male	Male 15 - 39	46
46	00:43:45	00:43:36	Paul Gibbons		Male	Male 40 - 44	328
47	00:43:46	00:43:41	Mark Stone	Great Yarmouth Road Runners	Male	Male 45 - 49	247
48	00:43:47	00:43:34	Jim Fitch		Male	Male 40 - 44	306
49	00:43:58	00:43:50	Rowena Leary	Norfolk Gazelles	Female	Female 15 - 39	143
50	00:43:59	00:43:48	Howard Harper		Male	Male 45 - 49	301
51	00:44:05	00:43:49	Gary Cheesman		Male	Male 15 - 39	51
52	00:44:11	00:44:06	Ashley Yellop	Norwich Road Runners	Male	Male 40 - 44	293
53	00:44:21	00:44:18	Carl Manning	Ryston Runners AC	Male	Male 55 - 59	149
54	00:44:26	00:44:19	Jake Church	Saxmundham Saxons	Male	Male 15 - 39	299
55	00:44:29	00:44:15	Paul Cross		Male	Male 15 - 39	65
56	00:44:43	00:44:43	Warren Newell		Male	Male 50 - 54	175
57	00:44:51	00:44:43	Adrian Leddy		Male	Male 15 - 39	312
58	00:44:53	00:44:44	David Mower	Waveney Valley AC	Male	Male 60 - 64	307

59	00:44:57	00:44:51	Clive Steward	Longdale Striders	Male	Male 55 - 59	310
60	00:45:02	00:44:45	Guy Shearwood	Norwich Road Runners	Male	Male 55 - 59	218
61	00:45:03	00:45:01	Natasha Rout	Wymondham AC	Female	Female 15 - 39	330
62	00:45:04	00:44:52	Brian Henderson	North Norfolk Vikings Tri Club	Male	Male 45 - 49	321
63	00:45:08	00:45:00	Shaun Sparkes		Male	Male 15 - 39	240
64	00:45:09	00:44:58	Jonathan Bolam		Male	Male 15 - 39	33
65	00:45:10	00:45:00	Stephen Curnow	Norwich Road Runners	Male	Male 15 - 39	67
66	00:45:12	00:45:08	Gary Grand	Norwich Road Runners	Male	Male 50 - 54	105
67	00:45:16	00:45:13	Martin Heeley	Ryston Runners AC	Male	Male 40 - 44	113
68	00:45:21	00:45:06	Paul Reeve		Male	Male 45 - 49	195
69	00:45:32	00:45:19	Helen Terry		Female	Female 15 - 39	257
70	00:45:43	00:45:33	Andrew Wicks		Male	Male 40 - 44	281
71	00:45:51	00:45:38	Rebecca Pountain		Female	Female 15 - 39	190
72	00:45:53	00:45:50	Garry Whiting	Wymondham AC	Male	Male 50 - 54	358
73	00:45:57	00:45:30	Lee Bryer		Male	Male 40 - 44	42
74	00:45:57	00:45:37	Daniel Rix		Male	Male 40 - 44	199
75	00:46:01	00:45:57	Richard Tubb	Wymondham AC	Male	Male 15 - 39	267
76	00:46:01	00:45:26	Glyn Ingram	Runner-Next-The-Sea	Male	Male 45 - 49	125
77	00:46:21	00:46:17	Keith Blake		Male	Male 55 - 59	30
78	00:46:30	00:46:00	Chris Speakman	Tri-Anglia	Male	Male 55 - 59	242
79	00:46:38	00:46:33	Penny Studley	Great Yarmouth Road Runners	Female	Female 40 - 44	341
80	00:46:41	00:46:25	Gary Tuttle		Male	Male 50 - 54	268
81	00:46:42	00:46:33	Nick Richards		Male	Male 40 - 44	196
82	00:46:45	00:46:40	Shaun Kay	Lowestoft Road Runners	Male	Male 40 - 44	333
83	00:46:55	00:46:55	Antony Jackson	Norwich Road Runners	Male	Male 40 - 44	314
84	00:46:59	00:46:49	Colin Richards		Male	Male 70 +	197
85	00:47:03	00:46:58	Ashley Speight		Male	Male 15 - 39	243
86	00:47:22	00:47:01	Keith Brighty		Male		336
87	00:47:26	00:47:20	Colin Oswald		Male	Male 40 - 44	179
88	00:47:29	00:47:21	Matt Whitehouse		Male	Male 15 - 39	279
89	00:47:33	00:47:02	Graham Cornish	North Norfolk Beach Runners	Male	Male 45 - 49	63

90	00:47:38	00:47:04	Giles Kerkham		Male	Male 45 - 49	137
91	00:47:43	00:47:27	Dave Aust	Stamford Striders	Male	Male 50 - 54	323
92	00:47:48	00:47:31	Gavin Thouless	Norwich Road Runners	Male	Male 45 - 49	263
93	00:47:56	00:47:48	Toni George	Great Yarmouth Road Runners	Female	Female 40 - 44	101
94	00:47:57	00:47:50	Andy Ives	Team Dunerunner	Male	Male 40 - 44	126
95	00:47:58	00:47:52	Sam Appleyard-Smith		Female	Female 40 - 44	12
96	00:48:12	00:47:46	Ian Edwards	Norfolk Gazelles	Male	Male 40 - 44	315
97	00:48:14	00:47:44	David Jay		Male	Male 40 - 44	131
98	00:48:14	00:47:49	Michael Norman		Male	Male 15 - 39	176
99	00:48:20	00:48:02	Jack Stuttle		Male	Male 15 - 39	252
100	00:48:21	00:48:18	Matthew Cole	Wymondham AC	Male	Male 40 - 44	59
101	00:48:23	00:48:09	Luke Fairweather		Male	Male 15 - 39	94
102	00:48:23	00:48:17	Nicholas Dash	North Norfolk Beach Runners	Male	Male 15 - 39	317
103	00:48:25	00:48:17	Ian Hawkes		Male	Male 55 - 59	112
104	00:48:26	00:47:46	David Wilson		Male	Male 45 - 49	284
105	00:48:35	00:48:24	Karen Balcombe	North Norfolk Beach Runners	Female	Female 50 - 54	20
106	00:48:41	00:48:11	Andrew Hart		Male	Male 50 - 54	111
107	00:48:43	00:48:24	Jon Shorten		Male	Male 45 - 49	222
108	00:48:51	00:48:45	John Glover	Ely Runners	Male	Male 50 - 54	103
109	00:48:56	00:48:46	Michelle Pinnington		Female	Female 15 - 39	188
110	00:49:07	00:48:47	Jonathan Pearson		Male	Male 40 - 44	184
111	00:49:08	00:48:52	Wayne Ramsbottom		Male	Male 50 - 54	192
112	00:49:09	00:48:58	Simon Bowles		Male	Male 45 - 49	35
113	00:49:10	00:48:41	Richard Moore		Male	Male 15 - 39	169
114	00:49:12	00:49:03	Andrew Taylor	Newmarket Joggers	Male	Male 40 - 44	254
115	00:49:15	00:49:08	Jason Sparkes		Male	Male 15 - 39	241
116	00:49:17	00:48:57	Naomi Pearson		Female	Female 15 - 39	185
117	00:49:20	00:49:16	Dominic West		Male	Male 40 - 44	275
118	00:49:24	00:49:19	Neil Sturman		Male	Male 15 - 39	250
119	00:49:33	00:49:14	Christopher Carr	Norwich Road Runners	Male	Male 15 - 39	48
120	00:49:37	00:49:13	Helen Thacker		Female	Female 45 - 49	258

121	00:49:39	00:49:27	Emma Dawson	Great Yarmouth Road Runners	Female	Female 15 - 39	73
122	00:49:39	00:49:26	Ross Vogel		Male	Male 15 - 39	352
123	00:49:51	00:49:36	Elizabeth Earwaker		Female	Female 15 - 39	84
124	00:49:56	00:49:39	Anna Frostwick	Tri-Anglia	Female	Female 15 - 39	98
125	00:50:05	00:49:18	Neil Ashley		Male	Male 40 - 44	296
126	00:50:06	00:50:00	Tom Orr		Male	Male 15 - 39	178
127	00:50:07	00:49:43	Chris Groves	Tri-Anglia	Male	Male 65 - 69	107
128	00:50:13	00:50:09	Pete Sharpe	Wymondham AC	Male	Male 40 - 44	216
129	00:50:19	00:50:01	Ian Smith		Male	Male 40 - 44	227
130	00:50:27	00:50:02	Kevin Clark		Male	Male 45 - 49	54
131	00:50:30	00:50:23	Keelan Smith	Saxmundham Saxons	Male	Male 15 - 39	298
132	00:50:32	00:50:00	Mark Ramsden		Male	Male 45 - 49	193
133	00:50:34	00:50:31	Nick Eagle		Male	Male 15 - 39	82
134	00:50:39	00:50:14	Dennis Simpson	Norwich Road Runners	Male	Male 55 - 59	224
135	00:50:48	00:50:40	Callum Davenport		Male	Male 15 - 39	70
136	00:50:55	00:50:34	Emmaalouise Smith		Female	Female 15 - 39	230
137	00:50:59	00:50:30	Jordi Sola-Collado		Male	Male 40 - 44	237
138	00:51:06	00:50:26	Michael Sudds		Male	Male 40 - 44	253
139	00:51:13	00:50:57	Kathryn Hammond	Norwich Road Runners	Female	Female 40 - 44	109
140	00:51:15	00:50:36	Phillip Bazley		Male	Male 40 - 44	22
141	00:51:16	00:50:46	Julie Doughty	Reepham Runners	Female	Female 45 - 49	362
142	00:51:19	00:50:54	Martin Sanders		Male	Male 15 - 39	207
143	00:51:32	00:51:14	Barry Hipwell	Norwich Road Runners	Male	Male 55 - 59	116
144	00:51:58	00:51:53	Michael Wilkinson		Male	Male 15 - 39	282
145	00:51:59	00:51:29	Jonathan Mulley		Male	Male 50 - 54	173
146	00:52:09	00:51:37	Darren Adams	Team Dunerunner	Male	Male 45 - 49	3
147	00:52:24	00:52:14	Chris Adams		Male	Male 45 - 49	1
148	00:52:47	00:52:39	Debra Kay	Lowestoft Road Runners	Female	Female 40 - 44	334
149	00:52:51	00:52:26	Paul Strowger		Male	Male 40 - 44	249
150	00:52:54	00:52:28	Gary Davison		Male	Male 15 - 39	72
151	00:52:54	00:52:31	Helen Lambert		Female	Female 15 - 39	313

152	00:53:02	00:52:55	Nigel Cutting		Male	Male 45 - 49	331
153	00:53:10	00:52:49	Natalie Freeman		Female	Female 15 - 39	96
154	00:53:11	00:52:53	Estelle Corner	Norfolk Gazelles	Female	Female 40 - 44	62
155	00:53:12	00:52:48	Timothy Witting	Coltishall Jaguars	Male	Male 45 - 49	288
156	00:53:27	00:53:11	Lorna Aust	Stamford Striders	Female	Female 50 - 54	324
157	00:53:27	00:53:16	Emma May		Female	Female 45 - 49	152
158	00:53:29	00:53:01	Hasier Otaduy		Male	Male 15 - 39	180
159	00:53:29	00:53:18	Eleanor Adamson		Female	Female 45 - 49	325
160	00:53:29	00:53:18	Neil May	Team Dunerunner	Male	Male 45 - 49	153
161	00:53:35	00:53:04	P Thurston		Male	Male 15 - 39	264
162	00:53:35	00:52:58	Michael Lozano		Male	Male 40 - 44	300
163	00:53:38	00:53:24	Katherine Wright	North Norfolk Beach Runners	Female	Female 15 - 39	290
164	00:53:46	00:53:14	Tim Cheesman		Male	Male 15 - 39	52
165	00:53:46	00:53:39	Andrew Smith		Male	Male 15 - 39	294
166	00:53:49	00:53:40	Jude Durrant	Fetch Everyone	Female	Female 45 - 49	340
167	00:53:51	00:53:29	Simon Darren Ludkin		Male	Male 45 - 49	144
168	00:53:53	00:53:32	Abigail Ottolangui		Female	Female 15 - 39	335
169	00:53:58	00:53:43	Laura Goldsworthy		Female	Female 15 - 39	104
170	00:53:58	00:53:42	Craig Cluley		Male	Male 15 - 39	57
171	00:53:58	00:53:37	Sophie Saunders	North Norfolk Beach Runners	Female	Female 15 - 39	210
172	00:54:04	00:53:42	Ian Gardner		Male	Male 60 - 64	100
173	00:54:06	00:53:39	Justine Davenport	Norfolk Gazelles	Female	Female 45 - 49	71
174	00:54:09	00:53:31	Kieron McFarlane	Norwich Road Runners	Male	Male 15 - 39	156
175	00:54:19	00:53:51	Brais Vila		Male	Male 15 - 39	270
176	00:54:22	00:54:20	Matt Plunkett	Dereham Runners AC	Male	Male 45 - 49	189
177	00:54:27	00:54:12	Stephen Terry		Male	Male 40 - 44	256
178	00:54:32	00:54:15	Graham Fryer		Male	Male 45 - 49	99
179	00:54:32	00:54:20	Sarah Bird	Bure Valley Harriers	Female	Female 15 - 39	28
180	00:54:39	00:54:11	John Kerrigan		Male	Male 45 - 49	138
181	00:54:41	00:54:28	Camilla Darling	Waveney Valley AC	Female	Female 15 - 39	69
182	00:54:41	00:54:14	Martin Yaxley		Male	Male 15 - 39	291

183	00:54:54	00:54:34	Emma Waterworth		Female	Female 15 - 39	273
184	00:54:59	00:54:25	Karen Evans		Female	Female 45 - 49	92
185	00:55:00	00:54:20	Julian Jardine		Male	Male 45 - 49	130
186	00:55:14	00:54:37	Christopher High		Male	Male 40 - 44	302
187	00:55:30	00:55:20	Darrell Roper		Male	Male 40 - 44	202
188	00:55:43	00:55:26	Jena White		Female	Female 15 - 39	278
189	00:55:44	00:55:33	Jackie Eastaugh-King		Female	Female 55 - 59	85
190	00:55:52	00:55:20	Adrian Vivian		Male	Male 45 - 49	271
191	00:55:54	00:55:28	David Smith	Lowestoft Road Runners	Male	Male 45 - 49	225
192	00:56:24	00:55:51	Glen Scott	Team Dunerunner	Male	Male 40 - 44	215
193	00:56:28	00:56:08	Robert Whalen	Tri-Anglia	Male	Male 15 - 39	277
194	00:56:38	00:56:15	Monica Maijio Ferre		Female	Female 15 - 39	148
195	00:56:46	00:56:36	Thomas James		Male	Male 15 - 39	127
196	00:56:56	00:56:25	Hayley Thompson	Reepham Runners	Female	Female 15 - 39	261
197	00:57:04	00:56:57	Charlie Tooke		Female	Female 15 - 39	265
198	00:57:10	00:57:00	Amanda Haslam	Coltishall Jaguars	Female	Female 40 - 44	344
199	00:57:11	00:56:44	Nina Atkinson		Female	Female 40 - 44	16
200	00:57:12	00:56:43	Charlotte Mears	Reepham Runners	Female	Female 15 - 39	160
201	00:57:14	00:56:55	Peter Walpole		Male	Male 15 - 39	320
202	00:57:15	00:56:41	Claire Jones		Female	Female 45 - 49	133
203	00:57:22	00:56:46	Stephen Andrews		Male	Male 55 - 59	11
204	00:57:24	00:57:12	Andrew Bird	Bure Valley Harriers	Male	Male 55 - 59	27
205	00:57:26	00:57:08	Phil Soanes		Male	Male 15 - 39	236
206	00:57:26	00:57:09	Emma Soanes		Female	Female 15 - 39	235
207	00:57:29	00:57:23	Sue Emmett		Female	Female 40 - 44	91
208	00:57:30	00:57:01	Jeremy Sinclair		Male	Male 60 - 64	351
209	00:57:35	00:57:10	Adam Catling		Male	Male 15 - 39	304
210	00:57:36	00:57:11	Mark Catling		Male	Male 15 - 39	50
211	00:57:36	00:57:21	Trcey Else	Three Countries RC	Female	Female 40 - 44	89
212	00:57:49	00:57:27	Guadalupe Rubiales		Female	Female 15 - 39	204
213	00:57:54	00:57:22	Lucas Gardener		Male	Male 15 - 39	329

214	00:57:58	00:57:49	Sarah James	Lowestoft Road Runners	Female	Female 15 - 39	128
215	00:58:12	00:57:46	Stuart Sayer	Norwich Road Runners	Male	Male 55 - 59	213
216	00:58:20	00:58:06	David Girling		Male	Male 55 - 59	343
217	00:58:27	00:58:09	Amy Husband		Female	Female 15 - 39	124
218	00:58:30	00:58:30	Rod Harmer		Male	Male 40 - 44	349
219	00:58:34	00:58:10	Shane Tovell		Male	Male 45 - 49	266
220	00:58:41	00:58:22	Jemma Thorne	RMR	Female	Female 15 - 39	262
221	00:58:41	00:58:10	Emma Bolam		Female	Female 15 - 39	34
222	00:58:45	00:58:18	Sheree Sheldon		Female	Female 40 - 44	219
223	00:58:49	00:58:41	Sally Nicholson		Female	Female 40 - 44	350
224	00:58:55	00:58:32	Jodie Minns		Female	Female 45 - 49	347
225	00:59:01	00:58:22	Kevin Marriott		Male	Male 45 - 49	150
226	00:59:09	00:58:39	Shayney Blyth	Reepham Runners	Female	Female 45 - 49	32
227	00:59:15	00:59:09	Juliet Tillyard		Female	Female 50 - 54	327
228	00:59:17	00:58:53	Brenda Kinch	North Norfolk Beach Runners	Female	Female 70 +	139
229	00:59:22	00:58:51	Richard Bulman	Reepham Runners	Male	Male 65 - 69	45
230	00:59:34	00:59:02	Sean Newbury		Male	Male 45 - 49	337
231	00:59:50	00:59:22	Julie Musk		Female	Female 50 - 54	345
232	00:59:53	00:59:18	Tatyana Spiers	Holme Pierrepont	Female	Female 50 - 54	245
233	00:59:53	00:59:18	Andrew Breen		Male	Male 55 - 59	36
234	00:59:58	00:59:41	Georgina Jones		Female	Female 15 - 39	303
235	00:59:59	00:59:45	Fiona Williams	Great Yarmouth Road Runners	Female	Female 45 - 49	283
236	01:00:00	00:59:27	Claudia Roe	Coltishall Jaguars	Female	Female 15 - 39	201
237	01:00:09	00:59:33	Kim Carr		Female	Female 50 - 54	47
238	01:00:12	01:00:00	Graham Sampson	Bungay Black Dog RC	Male	Male 70 +	206
239	01:00:23	01:00:02	Magda Arrowsmith		Female	Female 15 - 39	15
240	01:00:23	00:59:49	Luke Audus		Male	Male 15 - 39	18
241	01:01:09	01:00:30	Naomi Bridgman		Female	Female 15 - 39	37
242	01:01:09	01:00:30	Jack Taylor		Male	Male 15 - 39	255
243	01:01:12	01:00:50	Kelly Shaw		Female	Female 15 - 39	217
244	01:01:15	01:01:02	Roger Andrews	Great Yarmouth Road Runners	Male	Male 70 +	9



245	01:01:31	01:01:05	Vicky Last	North Norfolk Beach Runners	Female	Female 15 - 39	141
246	01:01:32	01:01:14	Diane Thompson	City of Norwich AC	Female	Female 50 - 54	259
247	01:01:49	01:01:32	Sharon Saunders		Female	Female 45 - 49	209
248	01:01:49	01:01:32	Tammy De Freitas		Female	Female 40 - 44	75
249	01:01:50	01:01:15	Teresa Solomon		Female	Female 55 - 59	238
250	01:01:58	01:01:41	Lucilla Smith		Female	Female 40 - 44	228
251	01:02:02	01:01:39	Tina Cloney	Thorpe St Andrews Ladies RC	Female	Female 45 - 49	56
252	01:02:10	01:01:36	Tim Miller		Male	Male 15 - 39	164
253	01:02:12	01:01:58	Charlotte Jones		Female	Female 15 - 39	134
254	01:02:17	01:01:55	Suzanne Winter		Female	Female 15 - 39	287
255	01:02:23	01:01:42	Dennis Wells		Male	Male 65 - 69	274
256	01:02:28	01:02:01	Jamie Musk		Male	Male 40 - 44	346
257	01:02:32	01:01:49	Simone Holloway		Female	Female 15 - 39	118
258	01:02:37	01:02:37	Trevor Potter	Norwich Road Runners	Male	Male 60 - 64	338
259	01:03:18	01:02:37	Joanna Cottrell		Female	Female 15 - 39	64
260	01:03:26	01:03:08	Lucy Browne	Viking Fitness	Female	Female 15 - 39	40
261	01:03:27	01:03:08	Colin Browne	Viking Fitness	Male	Male 40 - 44	41
262	01:03:38	01:02:58	Antony Money	North Norfolk Beach Runners	Male	Male 45 - 49	166
263	01:03:38	01:02:59	Miranda Money		Female	Female 40 - 44	167
264	01:03:55	01:03:21	Rebecca Howard	Diss AC	Female	Female 15 - 39	121
265	01:04:27	01:03:55	Lesley Winston	North Norfolk Beach Runners	Female	Female 55 - 59	286
266	01:04:27	01:03:56	Amy Worley	North Norfolk Beach Runners	Female	Female 15 - 39	289
267	01:04:31	01:03:52	Rachael Cole	Coltishall Jaguars	Female	Female 15 - 39	58
268	01:04:38	01:04:02	Jenna Daykin		Female	Female 15 - 39	74
269	01:05:01	01:04:23	Tanya Manners		Female	Female 15 - 39	359
270	01:05:05	01:04:19	Pete Dean		Male	Male 50 - 54	77
271	01:05:12	01:04:50	Hanna Dean		Female	Female 15 - 39	76
272	01:05:16	01:04:36	Melissa Baines		Female	Female 15 - 39	19
273	01:05:17	01:04:54	Sarah Pearson		Female	Female 15 - 39	348
274	01:05:47	01:05:06	Catherine Whiting		Female	Female 15 - 39	280
275	01:05:47	01:05:21	Terry Norman		Male	Male 60 - 64	177

276	01:05:52	01:05:19	Lisa Adams		Female	Female 40 - 44	2
277	01:06:05	01:05:24	Jenny Sparkes		Female	Female 15 - 39	239
278	01:07:08	01:06:27	Anita Wilson		Female	Female 45 - 49	285
279	01:07:47	01:07:10	Julie Hicks		Female	Female 15 - 39	115
280	01:08:13	01:07:48	Tracy Kirby		Female	Female 45 - 49	140
281	01:08:13	01:07:33	Simon Alcock	Norwich Road Runners	Male	Male 45 - 49	4
282	01:08:51	01:08:20	Angela Mower	Waveney Valley AC	Female	Female 60 - 64	308
283	01:09:01	01:08:25	Julian Giles		Male	Male 55 - 59	102
284	01:09:14	01:08:46	Tony Friend		Male	Male 50 - 54	97
285	01:09:50	01:09:12	Dawn Sykes	Coltishall Jaguars	Female	Female 40 - 44	316
286	01:09:55	01:09:28	Sophie Sanders	North Norfolk Beach Runners	Female	Female 15 - 39	208
287	01:10:02	01:09:51	Rob Hopwood		Male	Male 50 - 54	120
288	01:10:29	01:09:46	Debbie Hall	Wymondham AC	Female	Female 50 - 54	108
289	01:10:37	01:10:01	Sharn Emery		Female	Female 45 - 49	90
290	01:10:45	01:10:08	Stephanie Brighton		Female	Female 15 - 39	39
291	01:11:16	01:10:35	Donna Monk		Female	Female 40 - 44	168
292	01:12:23	01:11:39	Kevin Storey		Male	Male 40 - 44	248
293	01:12:59	01:12:33	Joanne Mason		Female	Female 45 - 49	151
294	01:14:33	01:14:00	Katherine Audus	Great Yarmouth Road Runners	Female	Female 15 - 39	17
295	01:14:36	01:14:02	Rebecca Sturman	Great Yarmouth Road Runners	Female	Female 15 - 39	251
296	01:15:06	01:14:26	Penny Murray		Female	Female 45 - 49	174
297	01:15:09	01:14:39	Carolyn Anderson		Male	Male 50 - 54	7
298	01:15:25	01:14:44	Maria Soames	Wymondham AC	Female	Female 15 - 39	234
299	01:15:51	01:15:05	Paul Bloomfield	Coltishall Jaguars	Male	Male 50 - 54	31
300	01:15:51	01:15:06	Caren Maidment		Female	Female 50 - 54	147
301	01:17:11	01:16:28	Alison Holloway		Female	Female 50 - 54	117
302	01:18:34	01:17:51	Jo Hopkins		Female	Female 45 - 49	119
303	01:19:30	01:18:47	Julie Jardine		Female	Female 50 - 54	129
304	01:20:10	01:19:48	Wendy Moss		Female	Female 50 - 54	172
305	01:22:46	01:22:02	Debby Prickly	Coltishall Jaguars	Female	Female 55 - 59	357
306	01:22:47	01:22:02	Beverly Jenkins	Coltishall Jaguars	Female	Female 50 - 54	356

307	01:23:02	01:23:02	Darren Honour		Male	Male 45 - 49	353
308	01:23:12	01:23:00	Matthew Morley	BMRC	Male	Male 45 - 49	171
309	01:23:12	01:23:07	Dean Saunders	Great Yarmouth Road Runners	Male	Male 40 - 44	211
310	01:26:34	01:26:10	Michelle Allen		Female	Female 15 - 39	6
311	01:27:55	01:27:32	Amelia Choat		Female	Female 15 - 39	53
312	01:27:56	01:27:56	George Rodgers		Male	Male 15 - 39	200
313	01:38:18	01:37:40	Mandy Spicer		Female	Female 50 - 54	244
314	01:38:19	01:37:42	Lucy Harrison		Female	Female 40 - 44	110