

Mike Groves 10k

6th June 2021

Please find your name to see your start wave and allotted time window and try to arrive at the start area in line with this

Bibs marked TBC will be available for collection on race day at the Jaguars gazebo.

Surname	Forename	Wave	Start Window	Bib	Club	Projected Time
Abendroth	Luke	4	10:15 to 10:35	169		01:05:00
Adie	Naomi	1	09:15 to 09:34	15	City of Norwich AC	00:45:00
Alcock	Simon	2	09:35 to 9:54	193	Bure Valley Harriers	00:54:00
Anderson	Taylor	2	09:35 to 9:54	348	non affiliated	00:54:00
Anderton	Neil	2	09:35 to 9:54	147	Dereham Runners AC	00:52:00
Andrew	Gareth	1	09:15 to 09:34	342		00:45:00
Andrew	Julie	2	09:35 to 9:54	341		00:50:00
Andrews	Joanna	3	09:55 to 10:14	361	Beccles and Bungay Harriers	01:00:00
Andrews	Stuart	2	09:35 to 9:54	362	Beccles and Bungay Harriers	00:49:00
Annison	Thom	2	09:35 to 9:54	391		00:50:00
Armstrong	Alison	1	09:15 to 09:34	110	Wymondham AC	00:43:00
Aryal	Kamal	4	10:15 to 10:35	TBC		01:10:00
Atkin	Steven	2	09:35 to 9:54	75	Lingwood Legits	00:50:00
Atkins	Kate	2	09:35 to 9:54	336	Norfolk Gazelles RC	00:55:00
Bailey	Rob	3	09:55 to 10:14	199	Great Yarmouth Road Runners	00:58:00
Barker	Michelle	1	09:15 to 09:34	287	Wymondham AC	00:45:00
Barker	Steven	2	09:35 to 9:54	67	Lonely Goats RC	00:50:00
Barrett	Peter	2	09:35 to 9:54	114	Attleborough Athletics Academy	00:50:00
Bartram	Katharine	3	09:55 to 10:14	397	Norwich Road Runners	01:00:00
Bartram	Philip	2	09:35 to 9:54	396		00:50:00
Bartram	Will	1	09:15 to 09:34	395	Norwich Road Runners	00:38:00
Beckett	Adam	2	09:35 to 9:54	330	Lonely Goats RC	00:50:00
Beckett	Claire	3	09:55 to 10:14	329	Lonely Goats RC	00:58:00
Bell	Dan	1	09:15 to 09:34	140	Norwich Road Runners	00:45:00
Bell	Rachel	2	09:35 to 9:54	60		00:55:00
Bellingall	Antony	3	09:55 to 10:14	54		00:58:00
Belsom	Alistair	1	09:15 to 09:34	18	Lonely Goats RC	00:38:00
Belsom	Robin	1	09:15 to 09:34	21	Ipswich JAFFA RC	00:47:00
Ben-aroja	Yitzhak	1	09:15 to 09:34	101	Wymondham AC	00:41:00
Bettis	Caroline	3	09:55 to 10:14	52		00:57:00
Bird	Andrew	3	09:55 to 10:14	377	Bure Valley Harriers	01:00:00
Bird	Sarah	2	09:35 to 9:54	378	Bure Valley Harriers	00:50:00
Blake	Keith	1	09:15 to 09:34	131	Wymondham AC	00:45:00
Bligh	Andrew	4	10:15 to 10:35	192		01:10:00
Boldy	Kevin	2	09:35 to 9:54	180	Great Yarmouth Road Runners	00:52:00
Bolton	Lin	2	09:35 to 9:54	301	Rickinghall Runners	00:55:00
Bolton	Peter	4	10:15 to 10:35	302	Rickinghall Runners	01:05:00
Bond	Susan	3	09:55 to 10:14	58		00:58:00
Bool	James	1	09:15 to 09:34	210	Great Yarmouth Road Runners	00:43:00

Surname	Forename	Wave	Start Window	Bib	Club	Projected Time
Boswell	Chrissie	2	09:35 to 9:54	105	Tri-Anglia TC	00:50:00
Bowler	Frank	1	09:15 to 09:34	117	Wymondham AC	00:39:00
Boyce	Neil	1	09:15 to 09:34	272	Norwich Road Runners	00:42:00
Brasnett	Jonathan	1	09:15 to 09:34	62		00:40:00
Bray	Ian	1	09:15 to 09:34	44	Norwich Road Runners	00:38:00
Brooker	Lewis	2	09:35 to 9:54	255	Norwich Road Runners	00:50:00
Brooks	Pete	1	09:15 to 09:34	100	Norwich Road Runners	00:45:00
Browell	Shirley	4	10:15 to 10:35	151	Runners-next-the-Sea	01:15:00
Bufton	David	3	09:55 to 10:14	352	KJ Running Buddies	01:00:00
Bufton	Linda	4	10:15 to 10:35	351		01:10:00
Bullock	Chris	1	09:15 to 09:34	238	Norwich Road Runners	00:37:00
Burdett	Sara	4	10:15 to 10:35	240		01:10:00
Burrell	Jonny	2	09:35 to 9:54	86		00:55:00
Burton	Danny	1	09:15 to 09:34	381	Lonely Goats RC	00:46:00
Byford	Nicola	2	09:35 to 9:54	304	Thetford AC	00:55:00
Byford	Westley	1	09:15 to 09:34	303		00:45:00
Campling	Frankie	4	10:15 to 10:35	185	Lonely Goats RC	01:15:00
Carter	Ian	4	10:15 to 10:35	246	Lonely Goats RC	01:05:00
Carver	Kevin	4	10:15 to 10:35	309		01:12:00
Carver	Susan	3	09:55 to 10:14	310		01:01:00
Cason	Stu	3	09:55 to 10:14	135		00:56:00
Catling	Mark	1	09:15 to 09:34	382	Lonely Goats RC	00:46:00
Chamberlin	James	4	10:15 to 10:35	128	Lonely goat Running club	01:10:00
Chapman	Steve	2	09:35 to 9:54	TBC	Reepham Runners	00:52:00
Charge	Andrew	2	09:35 to 9:54	219	Waveney Valley AC	00:55:00
Cheesman	Gary	2	09:35 to 9:54	30		00:49:00
Cheesman	Tim	3	09:55 to 10:14	119		01:00:00
Chorley	Chris	2	09:35 to 9:54	332	Bungay Black Dog RC	00:50:00
Clark	Kevin	2	09:35 to 9:54	228	Bungay Black Dog RC	00:55:00
Clarke	Daniel	1	09:15 to 09:34	20		00:42:00
Clayton	Tracey	2	09:35 to 9:54	276	Lonely Goats RC	00:50:00
Cloke	Lora	2	09:35 to 9:54	TBC		00:55:00
Cloney	John	2	09:35 to 9:54	261	Pound Lane Running Club	00:55:00
Cole	Jonathan	2	09:35 to 9:54	35		00:50:00
Cole	Nicole	3	09:55 to 10:14	139		00:59:00
Coles	Marc	1	09:15 to 09:34	29	Norwich Road Runners	00:37:00
Collier	Tom	1	09:15 to 09:34	79		00:40:00
Collyer	Dawn	2	09:35 to 9:54	318	Norfolk Harriers	00:49:00
Collyer	Richard	1	09:15 to 09:34	317	Norfolk Harriers	00:42:00
Conway	Shaun	1	09:15 to 09:34	133		00:44:00
Coulborn	Anna	2	09:35 to 9:54	208	Great Yarmouth Road Runners	00:50:00
Coulson	Karl	1	09:15 to 09:34	206	Great Yarmouth Road Runners	00:45:00
Cox	Ralph	1	09:15 to 09:34	31		00:48:00
Cox	Stuart	3	09:55 to 10:14	364		00:58:00
Crane	Emma	4	10:15 to 10:35	10		01:20:00
Crow	Nancy	4	10:15 to 10:35	153	North Norfolk Beach Runners	01:15:00
Currington	Peter	1	09:15 to 09:34	23	Rugby & Northampton AC	00:34:00
Cutts	Bea	3	09:55 to 10:14	236		00:58:00

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Cutts	Lotte	2	09:35 to 9:54	298		00:54:00
Czerwonka	Christopher	3	09:55 to 10:14	16		01:00:00
Dade	Richard	1	09:15 to 09:34	129	Wymondham AC	00:45:00
Dady	Stephen	1	09:15 to 09:34	14	Wymondham AC	00:43:00
Darling	Camilla	3	09:55 to 10:14	262	Waveney Valley AC	00:56:00
Davies	Gareth	2	09:35 to 9:54	202	Great Yarmouth Road Runners	00:55:00
Davies	Laura	4	10:15 to 10:35	187		01:15:00
Davis	Connor	1	09:15 to 09:34	326		00:45:00
Davis	Natasha	1	09:15 to 09:34	384	Lonely Goats RC	00:44:00
Davis	Richard	3	09:55 to 10:14	325		00:59:00
Daykin	Jenna	4	10:15 to 10:35	349		01:10:00
De Freitas	Tammy	4	10:15 to 10:35	218		01:10:00
De Marco	Paolo	1	09:15 to 09:34	137	Tri-Anglia TC	00:43:00
Dean	Theresa	3	09:55 to 10:14	59		00:57:00
Dekeyzer	Kirsty	4	10:15 to 10:35	115		01:15:00
Demmen	Roxanne	3	09:55 to 10:14	155		00:59:00
Diaper	Alan	1	09:15 to 09:34	200	Great Yarmouth Road Runners	00:44:00
Dicks	Justin	2	09:35 to 9:54	380		00:53:00
Down	Sue	4	10:15 to 10:35	72		01:15:00
Downing	Peter	3	09:55 to 10:14	108		01:00:00
Drake	Natalie	1	09:15 to 09:34	161	North Norfolk Beach Runners	00:48:00
Drzymala	Dominik	1	09:15 to 09:34	263	Norwich Road Runners	00:48:00
Duckett	Mark	3	09:55 to 10:14	71		01:00:00
Dungar	John	2	09:35 to 9:54	32	Bure Valley Harriers	00:54:00
Dunmore	Lisa	4	10:15 to 10:35	282		01:15:00
Durbin	Polly	4	10:15 to 10:35	324		01:10:00
Durbin	Simon	4	10:15 to 10:35	323		01:10:00
Duthie	James	2	09:35 to 9:54	227		00:55:00
Dye	Stephen	1	09:15 to 09:34	77	Defra AC	00:45:00
Edwards	Clare	4	10:15 to 10:35	51		01:15:00
Eglington	Robert	3	09:55 to 10:14	TBC		01:00:00
Ekkerd	Marli	3	09:55 to 10:14	66		00:57:00
Elgood	John	2	09:35 to 9:54	74		00:55:00
Elliff	Kingsley	4	10:15 to 10:35	8		01:10:00
Elliott	Peter	1	09:15 to 09:34	11	Thetford AC	00:42:00
Elvin	Steven	1	09:15 to 09:34	98	unaffiliated	00:39:00
Evans	David	3	09:55 to 10:14	136	Wymondham AC	00:57:00
Fagan	John	1	09:15 to 09:34	165	North Norfolk Beach Runners	00:39:00
Farr	Craig	1	09:15 to 09:34	42	Reepham Runners	00:46:00
Fell	Jim	2	09:35 to 9:54	296	Werrington Joggers	00:52:00
Finch	Rachael	3	09:55 to 10:14	222	Waveney Valley AC	00:58:00
Flanagan	Anne	1	09:15 to 09:34	69	Norwich Road Runners	00:46:00
Ford	Colin	3	09:55 to 10:14	256		01:00:00
Foreman	Elizabeth	2	09:35 to 9:54	112		00:53:00
Foster	Debbie	3	09:55 to 10:14	211	Waveney Valley AC	00:58:00
Fowler	James	1	09:15 to 09:34	286	Norfolk Gazelles RC	00:35:00
Fowler	James	3	09:55 to 10:14	295	Run DMC	01:00:00
Fox	Nigel	2	09:35 to 9:54	TBC	Spa Striders	00:50:00

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Fox	Simon	1	09:15 to 09:34	70	Great Yarmouth Road Runners	00:47:00
Franklin	Gary	2	09:35 to 9:54	TBC		00:55:00
Frazer	Lewis	2	09:35 to 9:54	33	Norwich Road Runners	00:50:00
Freestone	Paul	1	09:15 to 09:34	34		00:48:00
Garnham	Juliet	2	09:35 to 9:54	3	Stowmarket Striders RC	00:50:00
Gatward	Daniel	1	09:15 to 09:34	57		00:45:00
Gent	Donna	4	10:15 to 10:35	205		01:14:00
Gibb	Dawn	4	10:15 to 10:35	12	Wayland Hares	01:10:00
Gillion	Stewart	2	09:35 to 9:54	107	Wymondham AC	00:52:00
Glenister	Karen	3	09:55 to 10:14	TBC		01:00:00
Golden	Debbie	4	10:15 to 10:35	321		01:05:00
Goodge	Nick	2	09:35 to 9:54	234	Bungay Black Dog RC	00:54:00
Goodwin	Julie	4	10:15 to 10:35	350		01:10:00
Gosnell	Robert	2	09:35 to 9:54	290	West Norfolk AC	00:49:00
Gray	Michael	4	10:15 to 10:35	80	Lonely Goats RC	01:17:00
Green	Alison	3	09:55 to 10:14	TBC	Wymondham AC	01:00:00
Greengrass	Lisa	1	09:15 to 09:34	TBC	Wymondham AC	00:48:00
Greenland	Eddie	1	09:15 to 09:34	216	Great Yarmouth Road Runners	00:45:00
Grimes	Nicola	3	09:55 to 10:14	383	Lonely Goats RC	00:58:00
Groombridge	William	4	10:15 to 10:35	TBC		01:10:00
Groves	Robert	1	09:15 to 09:34	316	Reepham Runners	00:46:00
Groves	Trevor	4	10:15 to 10:35	315		01:05:00
Grucelski	Michal	1	09:15 to 09:34	249		00:42:00
Hagg	Simon	3	09:55 to 10:14	82	Tri-Anglia TC	00:59:00
Hammond	Andrew	2	09:35 to 9:54	130	Norfolk Gazelles RC	00:49:00
Hannant	Kira	4	10:15 to 10:35	144		01:40:00
Harper	Stuart	1	09:15 to 09:34	83		00:47:00
Harris	Craig	2	09:35 to 9:54	387	Ryston Runners	00:50:00
Harris	Jo	4	10:15 to 10:35	61		01:10:00
Harris	Lisa	2	09:35 to 9:54	388	Ryston Runners	00:52:00
Harris	Nick	2	09:35 to 9:54	285	Jarrold Run Club	00:50:00
Harrison	Lucy	4	10:15 to 10:35	152	Runners-next-the-Sea	01:25:00
Harrison	Tony	2	09:35 to 9:54	85		00:50:00
Harvey	Hannah	3	09:55 to 10:14	127	Wymondham AC	00:56:00
Harvey	Stephen	2	09:35 to 9:54	94	Beccles and Bungay Harriers	00:54:00
Hawkes	Matt	1	09:15 to 09:34	73	Lonely Goats RC	00:44:00
Hay	Nichola	4	10:15 to 10:35	372		01:20:00
Hayhoe	Nichola	3	09:55 to 10:14	17		01:00:00
Hazell	Phil	3	09:55 to 10:14	226	Waveney Valley AC	00:59:00
Henderson	Brian	2	09:35 to 9:54	179	Tri-Anglia TC	00:50:00
Henley	Pete	2	09:35 to 9:54	122		00:50:00
Herrmann	Lisa	4	10:15 to 10:35	269	Lonel	01:11:00
Hicks	Esme	3	09:55 to 10:14	257	Norwich Road Runners	00:58:00
Hill	Amelia	3	09:55 to 10:14	333		01:00:00
Hill	Spencer	3	09:55 to 10:14	334		00:57:00
Hinde	Stephen	2	09:35 to 9:54	279		00:50:00
Hinsley	Andrew	3	09:55 to 10:14	264		01:00:00
Hodges	Clare	4	10:15 to 10:35	212	Great Yarmouth Road Runners	01:15:00

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Hodgson	Charlotte Lucy	1	09:15 to 09:34	186	Norwich Road Runners	00:47:00
Holland	Kevin	1	09:15 to 09:34	124	Wymondham AC	00:32:00
Hollington	James	2	09:35 to 9:54	102		00:53:00
Hornby	Andrew	3	09:55 to 10:14	170	Pirate Ship Of Fools	01:00:00
Houston	Rebecca	4	10:15 to 10:35	91		01:20:00
Hovell	James	3	09:55 to 10:14	320		01:00:00
Hovell	Paul	3	09:55 to 10:14	319	Wikiwiki Triathlon	01:00:00
Howard	Lloyd	4	10:15 to 10:35	214		01:05:00
Howard	Martin	1	09:15 to 09:34	143	Norwich Road Runners	00:48:00
Howard	Matt	1	09:15 to 09:34	TBC	Norwich Road Runners	00:37:00
Howard	William	1	09:15 to 09:34	154		00:41:00
Howell	David	2	09:35 to 9:54	291		00:50:00
Howes	Alison	2	09:35 to 9:54	376		00:55:00
Howlett	James	1	09:15 to 09:34	81	Framlingham Flyers	00:43:00
Hudson	John	1	09:15 to 09:34	25	Norwich Road Runners	00:35:00
Hunter	Paul	1	09:15 to 09:34	177	Great Yarmouth Road Runners	00:47:00
Hurren	Mark	1	09:15 to 09:34	232	Worlingham Roadrunnerz	00:40:00
Ireson	Nicola	4	10:15 to 10:35	TBC	Run Mummy Run	01:05:00
Jackman	Daniel	2	09:35 to 9:54	167	Lonely Goats RC	00:55:00
Jackson	Yvonne	4	10:15 to 10:35	275		01:10:00
Jade	Warnes	4	10:15 to 10:35	50		01:15:00
Jolly	Mark	2	09:35 to 9:54	209		00:55:00
Jones	Gary	3	09:55 to 10:14	360	Waveney Valley AC	01:00:00
Jones	Louise	4	10:15 to 10:35	266		01:10:00
Jones	Theresa	4	10:15 to 10:35	359	Waveney Valley AC	01:10:00
Jones	Vanessa	4	10:15 to 10:35	96		01:20:00
Kading	Jan	1	09:15 to 09:34	6	Stowmarket Striders RC	00:40:00
Keene	Vicky	4	10:15 to 10:35	273		01:15:00
Kendall	Ben	1	09:15 to 09:34	268	Norwich Road Runners	00:48:00
Kibblewhite	Gaynor	4	10:15 to 10:35	56	Lonely Goats RC	01:25:00
Kieran	Price	3	09:55 to 10:14	344		01:00:00
Kilpatrick	Marcus	2	09:35 to 9:54	253	Lonely goat Running club	00:55:00
King	Grant	1	09:15 to 09:34	134	Dereham Runners AC	00:45:00
King	James	2	09:35 to 9:54	99	Norfolk Harriers	00:55:00
King	Jane	4	10:15 to 10:35	394		01:05:00
King	Matt	1	09:15 to 09:34	2	Saint Edmund Pacers	00:42:00
Kiskiene	Indre	3	09:55 to 10:14	196		00:58:00
Kolczynski	Marek	1	09:15 to 09:34	190		00:43:00
KUMAR	BHASKAR	1	09:15 to 09:34	TBC	Bure Valley Harriers	00:39:00
Kwiatkowski	Tomasz	2	09:35 to 9:54	197		00:50:00
Lain	Diane	3	09:55 to 10:14	46	Longdale Striders	01:00:00
Lam	Oliver	4	10:15 to 10:35	259		01:10:00
Lancaster	Denise	4	10:15 to 10:35	223		01:08:00
Lankester	Mark	1	09:15 to 09:34	19	Kesgrave Kruisiers	00:45:00
Law	Martin	1	09:15 to 09:34	45	Reepham Runners	00:45:00
Leaper	David	4	10:15 to 10:35	164		01:20:00
Lebon	Tallulah	3	09:55 to 10:14	252		01:00:00
Lee	Emma	4	10:15 to 10:35	345		01:10:00

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Leeder	Danny	3	09:55 to 10:14	148		00:59:00
Lees	Ivan	3	09:55 to 10:14	213	Great Yarmouth Road Runners	00:57:00
Letzer	Elizabeth	4	10:15 to 10:35	55	North Norfolk Beach Runners	01:05:00
Liffen	Daniella	2	09:35 to 9:54	220	Waveney Valley AC	00:55:00
Lincoln	Clare	4	10:15 to 10:35	251		01:30:00
Lincoln	Julie	2	09:35 to 9:54	95		00:52:00
Lingley	Morgan	1	09:15 to 09:34	78		00:42:00
Lozano	Luis	1	09:15 to 09:34	356		00:45:00
Lozano	Michael	2	09:35 to 9:54	355		00:55:00
Ludlam	James	2	09:35 to 9:54	357	Great Yarmouth Road Runners	00:52:00
Ludlam	Tony	3	09:55 to 10:14	358	Great Yarmouth Road Runners	01:00:00
Lushington	Perry	1	09:15 to 09:34	183		00:42:00
MacWilliam	Tim	3	09:55 to 10:14	120	Wymondham AC	00:57:00
Mahoney	William	1	09:15 to 09:34	104	City of Norwich AC	00:31:00
Manning	Patrick	3	09:55 to 10:14	307	Lonely Goats RC	01:02:00
Manning	Samantha	4	10:15 to 10:35	308	Lonely Goats RC	01:10:00
Matthewson	Rosemary	3	09:55 to 10:14	93	Bungay Black Dog RC	01:00:00
Mattless	Anne-Marie	4	10:15 to 10:35	386	Three Counties Running Club	01:05:00
Mattless	Jason	1	09:15 to 09:34	TBC	Dereham Runners AC	00:41:00
Mattless	Mark	1	09:15 to 09:34	385	Three Counties Running Club	00:48:00
Maud	Hayley	4	10:15 to 10:35	217	Waveney Valley AC	01:10:00
McClean	Tim	2	09:35 to 9:54	297		00:50:00
McKillop	Robert	3	09:55 to 10:14	138	Lonely Goats RC	01:00:00
McMorris	Will	1	09:15 to 09:34	63		00:41:00
Meaks	Noel	4	10:15 to 10:35	TBC	Coltishall Jaguars RC	01:20:00
Mercer	Ethan	2	09:35 to 9:54	389		00:52:00
Milk	Agata	2	09:35 to 9:54	271		00:50:00
Moon	Harly	3	09:55 to 10:14	103		01:00:00
Moore	John	1	09:15 to 09:34	142	Norfolk Gazelles RC	00:37:00
Moore	Susan	3	09:55 to 10:14	26	Norfolk Gazelles RC	00:57:00
Moorhouse	Laura	2	09:35 to 9:54	88		00:52:00
Mordecai	Jamie	2	09:35 to 9:54	215	Great Yarmouth Road Runners	00:50:00
Morley	Matthew	2	09:35 to 9:54	49	TriHarman Norfolk Tri Club	00:50:00
Moss	Wendy	4	10:15 to 10:35	87	Lonely Goats RC	01:30:00
Moyse	Keith	2	09:35 to 9:54	181	Great Yarmouth Road Runners	00:49:00
Munns	Brian	1	09:15 to 09:34	300	Newmarket Joggers	00:45:00
Murrell	Aaron	3	09:55 to 10:14	118		01:00:00
Neave	Philip	2	09:35 to 9:54	109	Bungay Black Dog RC	00:50:00
Neenan	John	4	10:15 to 10:35	166	Lonely Goats RC	01:10:00
Newell	Warren	1	09:15 to 09:34	121	Lonely Goats RC	00:45:00
Nobbs	Nicola	4	10:15 to 10:35	39		01:15:00
North	Dan	1	09:15 to 09:34	367		00:44:00
North	Mary	4	10:15 to 10:35	368		01:06:00
Nunn	Caroline	2	09:35 to 9:54	149		00:50:00
Orford	Glenn	1	09:15 to 09:34	328	Bungay Black Dog RC	00:45:00
Orford	Joanne	3	09:55 to 10:14	327	Bungay Black Dog RC	00:58:00
Osborn	Craig	2	09:35 to 9:54	7	Heveningham Hares	00:55:00
Ottley	Mike	4	10:15 to 10:35	288	Reepham Runners	01:06:00

Surname	Forename	Wave	Start Window	Bib	Club	Projected Time
Overton	Simon	3	09:55 to 10:14	89		00:57:00
Palgrave	Ross	1	09:15 to 09:34	243		00:48:00
Palmer	Joe	2	09:35 to 9:54	195		00:52:00
Panting	Cameron	1	09:15 to 09:34	194		00:37:00
Parker	Jessica	4	10:15 to 10:35	28	Norfolk Gazelles RC	01:17:00
Paterson	Luke	2	09:35 to 9:54	174	Bure Valley Harriers	00:49:00
Pauling	Gavin	2	09:35 to 9:54	244		00:55:00
Peacock	Daren	1	09:15 to 09:34	292	Brandon Fern Hoppers	00:42:00
Peacock	Lewis	4	10:15 to 10:35	322		01:05:00
Penn	Carolyn	4	10:15 to 10:35	283		01:07:00
Pennington	Tom	1	09:15 to 09:34	225		00:43:00
Penny	Peter	2	09:35 to 9:54	106	Tri-Anglia TC	00:52:00
Piesse	Kelly	4	10:15 to 10:35	90		01:05:00
Pimble	Adam	1	09:15 to 09:34	203	Team Dunerunner	00:45:00
Pinch	Edward	1	09:15 to 09:34	373	Tri-Anglia TC	00:48:00
Pinch	Victoria	3	09:55 to 10:14	374	Tri-Anglia TC	00:56:00
Pitchers	Martin	1	09:15 to 09:34	48		00:40:00
Pleasants	Angela	4	10:15 to 10:35	40	Coltishall Jaguars RC	01:20:00
Potter	Trevor	4	10:15 to 10:35	248	Norwich Road Runners	01:08:00
Powles	Kevin	1	09:15 to 09:34	365	Wymondham AC	00:45:00
Powles	Lauraine	3	09:55 to 10:14	366	Wymondham AC	01:00:00
Powles	Philip	2	09:35 to 9:54	204		00:50:00
Price	James	1	09:15 to 09:34	398	City of Norwich AC	00:31:00
Price	Julie	2	09:35 to 9:54	400	City of Norwich AC	00:54:00
Price	Lauren	3	09:55 to 10:14	343		01:00:00
Price	Paul	1	09:15 to 09:34	399	City of Norwich AC	00:44:00
Purbrook	Clive	2	09:35 to 9:54	1	Newmarket Joggers	00:55:00
Ramm	Stephen	1	09:15 to 09:34	284		00:45:00
Ransome	Angela	2	09:35 to 9:54	178	Lonely Goats RC	00:50:00
Rawlings	Edward	1	09:15 to 09:34	158	North Norfolk Beach Runners	00:45:00
Read	Beverley	3	09:55 to 10:14	116	Wymondham AC	01:00:00
Reynolds	Glen	2	09:35 to 9:54	43		00:49:00
Reynolds	Matthew	3	09:55 to 10:14	229	Lowestoft Road Runners	00:58:00
Rivett	Chris	4	10:15 to 10:35	41		01:10:00
Roberts	Jim	2	09:35 to 9:54	172	Lonely Goats RC	00:50:00
Robertson	Stacy	4	10:15 to 10:35	97	Lonely Goats RC	01:05:00
Robson	Sean	1	09:15 to 09:34	173	North Norfolk Beach Runners	00:45:00
Rose	Charlotte	1	09:15 to 09:34	146	North Norfolk Beach Runners	00:36:00
Rose	Mark	1	09:15 to 09:34	5	Ipswich JAFFA RC	00:44:00
Roth	Lee	3	09:55 to 10:14	224	Lowestoft Road Runners	00:58:00
Rowles	Andy	1	09:15 to 09:34	294	Dereham Runners AC	00:43:00
Rumsby	Shannon	4	10:15 to 10:35	390		01:05:00
Sampson	Graham	4	10:15 to 10:35	235	Bungay Black Dog RC	01:10:00
Sanders	Martin	2	09:35 to 9:54	157	North Norfolk Beach Runners	00:55:00
Sauerzapf	Bobbie	3	09:55 to 10:14	331	Bungay Black Dog RC	00:57:00
Saunders	Sharon	4	10:15 to 10:35	221		01:10:00
Saxton	Emma	3	09:55 to 10:14	245		00:56:00
Sayer	Jonny	2	09:35 to 9:54	159	Breakfast Club	00:52:00

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Sayer	Stuart	3	09:55 to 10:14	76	Norwich Road Runners	00:58:00
Sellick	Mark	1	09:15 to 09:34	TBC		00:46:00
Sharp	Steve	2	09:35 to 9:54	278		00:53:00
Shaw	Kelly	2	09:35 to 9:54	201	Team Dunerunner	00:49:00
Shiplee	Stacey	4	10:15 to 10:35	231	Beccles and Bungay Harriers	01:13:00
Shorten	Louise	3	09:55 to 10:14	312	Vibes Tribe	01:00:00
Shorten	Matthew	2	09:35 to 9:54	311	Vibes Tribe	00:50:00
Showers	Tracey	2	09:35 to 9:54	162	North Norfolk Beach Runners	00:52:00
Simpson	Bec	4	10:15 to 10:35	346		01:10:00
Simpson	Dennis	4	10:15 to 10:35	188	Norwich Road Runners	01:10:00
Skarin	Camilla	4	10:15 to 10:35	274		01:10:00
Smith	Adam	2	09:35 to 9:54	171	Tri-Anglia	00:55:00
Smith	David	3	09:55 to 10:14	84	Lowestoft Road Runners	00:56:00
Smith	Debbie	4	10:15 to 10:35	92	Lonely Goats RC	01:15:00
Smith	Diane	3	09:55 to 10:14	289	Reepham Runners	01:00:00
Smith	Elaine	4	10:15 to 10:35	65		01:10:00
Smith	Hayley	4	10:15 to 10:35	258		01:07:00
Smith	Jamie	1	09:15 to 09:34	280	Norwich Road Runners	00:43:00
Smith	Kevin	2	09:35 to 9:54	375		00:55:00
Smith	Lindsay	3	09:55 to 10:14	163		00:59:00
Smith	Mandi	2	09:35 to 9:54	306		00:50:00
Smith	Mark	2	09:35 to 9:54	305		00:50:00
Smith	Mark	2	09:35 to 9:54	13	Lonely Goats RC	00:52:00
Smith	Sophie	2	09:35 to 9:54	347	North Norfolk Beach Runners	00:54:00
Smith	Stuart	1	09:15 to 09:34	260		00:43:00
Smith	Tony	3	09:55 to 10:14	TBC		01:00:00
Smithson	Paul	2	09:35 to 9:54	53		00:55:00
Solomka	Olexandra	4	10:15 to 10:35	22		01:05:00
Spinks	Deborah	3	09:55 to 10:14	189		01:00:00
Stares	John	1	09:15 to 09:34	68	North Norfolk Beach Runners	00:45:00
Starling	Robbie	1	09:15 to 09:34	TBC	Wymondham AC	00:44:00
Stearman	Aaron	1	09:15 to 09:34	38	North Norfolk Beach Runners	00:45:00
Stearman	Nathan	2	09:35 to 9:54	265	Norwich Roadrunners	00:55:00
Stevens	David	1	09:15 to 09:34	267		00:40:00
Stevens	Gareth	2	09:35 to 9:54	150		00:52:00
Stevenson	Anna	3	09:55 to 10:14	241	Lonely Goats RC	01:00:00
Stokes	Heather	3	09:55 to 10:14	354		00:57:00
Stone	Kelly	4	10:15 to 10:35	207		01:15:00
Stone	Mark	1	09:15 to 09:34	TBC	Great Yarmouth Road Runners	00:45:00
Sturley	Chris	2	09:35 to 9:54	230		00:50:00
Sturman	Kirsty	4	10:15 to 10:35	182		01:05:00
Sudds	Michael	2	09:35 to 9:54	123		00:55:00
Sullivan	Thomas	2	09:35 to 9:54	64		00:55:00
Swanepoel	Zelda	4	10:15 to 10:35	239		01:10:00
Swann	Daniel	2	09:35 to 9:54	156	Vegan Runners UK	00:50:00
Symonds	Kareana	1	09:15 to 09:34	339	Dereham Runners AC	00:47:00
Symonds	Memphis	1	09:15 to 09:34	340	City of Norwich AC	00:43:00
Taylor	Jack	1	09:15 to 09:34	184		00:42:00

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Taylor	Robin	2	09:35 to 9:54	47	NA	00:55:00
Teeuw	Ro	4	10:15 to 10:35	247		01:10:00
Terry	Helen	1	09:15 to 09:34	TBC	Norfolk Gazelles RC	00:44:00
Thompson	Oliver	1	09:15 to 09:34	141	Norfolk Gazelles RC	00:44:00
Thomson	Anne	4	10:15 to 10:35	191		01:13:00
Thorne	Jemma	3	09:55 to 10:14	TBC		01:00:00
Thrussell	Tony	2	09:35 to 9:54	TBC		00:55:00
Timson	Paul	4	10:15 to 10:35	111	Wymondham AC	01:20:00
Townshend	Rachel	4	10:15 to 10:35	393		01:05:00
Townshend	Thomas	1	09:15 to 09:34	392		00:43:00
Treble	Anthony	3	09:55 to 10:14	254		01:00:00
Trudgill	Fleur	4	10:15 to 10:35	363		01:17:00
Tufts	Mark	1	09:15 to 09:34	113	Wymondham AC	00:43:00
Tuttle	Denis	2	09:35 to 9:54	337	Lonely Goats RC	00:50:00
Tuttle	Will	2	09:35 to 9:54	125	Lonely Goats RC	00:52:00
Tye	Matthew	1	09:15 to 09:34	9	Bungay Black Dog RC	00:42:00
van Niekerk	Madelie	3	09:55 to 10:14	371		01:00:00
Vogwill	Charlie	1	09:15 to 09:34	353	Norwich Knights	00:43:00
Wakefield	Phil	2	09:35 to 9:54	145	Dereham Runners AC	00:53:00
Walker	Steve	1	09:15 to 09:34	TBC		00:38:00
Wall	Ben	2	09:35 to 9:54	369		00:54:00
Wall	Sarah	2	09:35 to 9:54	370		00:52:00
Walpole	Neil	1	09:15 to 09:34	27		00:39:00
Walsingham	Jacky	1	09:15 to 09:34	293		00:45:00
Walwyn	Olivia	1	09:15 to 09:34	237	City of Norwich AC	00:37:00
Wardrope	Stuart	3	09:55 to 10:14	314		01:00:00
Wardrope	Vicky	3	09:55 to 10:14	313		01:00:00
Waters	Laura	3	09:55 to 10:14	24		01:00:00
Wells	Barry	3	09:55 to 10:14	36	Norwich Road Runners	01:00:00
Wesley	Matthew	1	09:15 to 09:34	4	-	00:40:00
West	Richard	3	09:55 to 10:14	160	North Norfolk Beach Runners	00:58:00
White	Elizabeth	3	09:55 to 10:14	242		01:01:00
Whitehead	Lauren	4	10:15 to 10:35	37		01:10:00
Whitmore	Katie	2	09:35 to 9:54	126	Wymondham AC	00:55:00
Wickham	Matthew	1	09:15 to 09:34	277		00:45:00
Wilby	Ruth	4	10:15 to 10:35	175		01:15:00
Willey	Dave	3	09:55 to 10:14	198		01:00:00
Williamson	Sylvia	3	09:55 to 10:14	281	Norwich Road Runners	00:59:00
Winzor Saile	Ewan	1	09:15 to 09:34	233	Worlingham Roadrunnerz	00:41:00
Withers	Jim	2	09:35 to 9:54	299	Newmarket Joggers	00:53:00
Wlodarczyk	Kate	2	09:35 to 9:54	379		00:53:00
Wood	Jacque	3	09:55 to 10:14	132	Dereham Runners AC	00:56:00
Wood	Martin	2	09:35 to 9:54	TBC	Attleborough Athletics Academy	00:55:00
Woodyatt	Paul	3	09:55 to 10:14	270	Bure Valley Harriers	00:56:00
Wright	James	2	09:35 to 9:54	335	Norfolk Gazelles RC	00:53:00
Wright	Paul	2	09:35 to 9:54	168		00:50:00
Young	Tyrone	1	09:15 to 09:34	176	Team Dunerunner	00:42:00
Youngs	Lee	3	09:55 to 10:14	250		00:58:00