



## Wissey Half Marathon 2013

Sunday 1 September 2013. 10:30 am

### Wheelchair Competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	1:23:38	DONALD, Gary	Victoria Park Harriers	Vet Men 55	06:22.9	3	1
2	1:36:25	DOWNING, Peter		Vet Men 60+	07:21.5	147	2

### Main Race Competitors

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/mile</i>	<i>Race</i>	<i>Race</i>
1	1:12:47	STEVENS, Thomas	Cambridge & Coleridge AC	Senior Men	05:33.2	164	1
2	1:15:28	MOORE, Michael	Nene Valley Harriers	Vet Men 40	05:45.5	149	2
3	1:16:35	GOODALL, Spencer	Wymondham AC	Vet Men 45	05:50.7	88	3
4	1:18:15	STAITE, Dan		Vet Men 40	05:58.3	81	4
5	1:18:56	ASHTON, James	Norwich Road Runners	Senior Men	06:01.4	241	5
6	1:19:03	MANLOW, John	Ely Runners	Vet Men 45	06:01.9	288	6
7	1:19:08	MUFFETT, Paul	North Norfolk Beach Runners	Vet Men 55	06:02.3	228	7
8	1:19:10	JONES, Andy	City of Norwich AC	Vet Men 40	06:02.5	249	8
9	1:19:16	TUFF, Malcolm	Ryston Runners AC	Vet Men 45	06:02.9	307	9
10	1:19:49	HAWES, Joseph	Norfolk Gazelles	Senior Men	06:05.5	305	10
11	1:20:15	COCKRELL, Steven	St Albans Striders	Senior Men	06:07.4	251	11
12	1:20:49	KENNEDY, Graeme	Cambridge & Coleridge AC	Senior Men	06:10.0	117	12
13	1:21:58	PARKER, Robin	West Norfolk AC	Vet Men 45	06:15.3	127	13
14	1:22:49	HALE, Francis	Team Balacize	Vet Men 45	06:19.2	156	14
15	1:22:58	MOORE, John	Norfolk Gazelles	Vet Men 50	06:19.9	287	15
16	1:23:49	JUDD, Garry	Brighton Phoenix AC	Senior Men	06:23.8	86	16
17	1:24:01	HUGHES, David		Vet Men 45	06:24.7	272	17
18	1:24:18	MORLEY, Dean	Serpentine Running Club	Vet Men 45	06:26.0	21	18
19	1:24:43	LAKE, Todd	Dereham Runners	Vet Men 45	06:27.9	298	19
20	1:25:34	ROBILLIARD, Colin	Coltishall Jaguars	Vet Men 60+	06:31.8	141	20
21	1:25:57	ROSE, Charlotte	City of Norwich AC	Senior Ladies	06:33.5	33	21
22	1:26:27	JOHNSON, Pete	Norfolk Gazelles	Vet Men 55	06:35.8	261	22
23	1:27:02	KAVANEY, Shaun		Senior Men	06:38.5	295	23
24	1:27:04	BARBER, David	Cambridge & Coleridge AC	Vet Men 40	06:38.7	319	24
25	1:27:13	AUGER, Martin		Vet Men 55	06:39.3	103	25
26	1:27:30	BARNARD, Stuart		Senior Men	06:40.6	45	26
27	1:27:48	BENSLEY, Nick	Ryston Runners AC	Vet Men 40	06:42.0	306	27
28	1:27:52	WINGHAM, Christopher		Senior Men	06:42.3	294	28
29	1:27:55	ABLE, Simon	Ryston Runners AC	Vet Men 40	06:42.5	300	29
30	1:28:12	GARRETT, Mark	Norwich Road Runners	Vet Men 50	06:43.8	131	30
31	1:28:17	KIRWIN, Peter	Eye Community Runners	Vet Men 40	06:44.2	223	31
32	1:28:33	ARNOLD, Paul	Fenland RC	Vet Men 40	06:45.4	311	32
33	1:28:33	HAMMOND, Richard	Fenland RC	Vet Men 40	06:45.4	309	33
34	1:28:36	WILLIAMSON, Neil	Newmarket Joggers	Senior Men	06:45.7	171	34
35	1:28:43	CHEUNG, Sze-Ming	Coltishall Jaguars	Senior Men	06:46.2	322	35
36	1:29:09	HOSKING, Doug	Ryston Runners AC	Vet Men 40	06:48.2	130	36
37	1:29:20	PHILLIPS, Alexander		Senior Men	06:49.0	238	37
38	1:29:34	HAZELHURST, Mark	Yaxley Runners	Vet Men 55	06:50.1	229	38
39	1:29:37	GREENLAND, Eddie	Wymondham AC	Vet Men 45	06:50.3	265	39
40	1:29:52	HUBBARD, Tom		Senior Men	06:51.5	237	40
41	1:29:56	SHACKLETON, Peter		Vet Men 50	06:51.8	101	41
42	1:30:23	BELSOM, Robin		Vet Men 50	06:53.8	163	42
43	1:30:29	FRAZER, Kevin		Vet Men 50	06:54.3	121	43
44	1:30:33	ROBINS, Stewart	Ryston Runners AC	Vet Men 45	06:54.6	145	44
45	1:31:14	WILLIAMSON, Marianne	Bedford Harriers	Vet Ladies 40	06:57.7	218	45
46	1:31:37	GILBERT, Ashley	Dereham Runners	Senior Men	06:59.5	323	46
47	1:31:44	LANE, Andrew	Wymondham AC	Vet Men 55	07:00.0	80	47
48	1:31:47	TANDY, David	Norwich Road Runners	Vet Men 40	07:00.3	302	48
49	1:32:08	ELLIS, Stewart	Halstead Road Runners	Senior Men	07:01.9	240	49
50	1:32:14	HOWLETT, Kevin	Ryston Runners AC	Vet Men 55	07:02.3	151	50
51	1:32:29	BLAKE, Richard	North Norfolk Beach Runners	Vet Men 60+	07:03.5	154	51
52	1:33:15	BLOMFIELD, Steve		Vet Men 45	07:07.0	61	52
53	1:33:18	REGAN, Daniel	Ely Runners	Senior Men	07:07.2	99	53
54	1:33:27	MASTERSON, Adam	Wymondham AC	Senior Men	07:07.9	214	54
55	1:33:28	WATERING, Graham		Vet Men 40	07:08.0	202	55
56	1:33:31	DADY, Stephen	Wymondham AC	Vet Men 60+	07:08.2	209	56
57	1:33:52	BRUNT, Jason		Vet Men 40	07:09.8	227	57

58	1:33:56	BARNES, Darren		Senior Men	07:10.1	222	58
59	1:33:59	PECK, Andy	Great Yarmouth Road Runners	Vet Men 40	07:10.3	195	59
60	1:34:21	FLORES, Miguel	City of Norwich AC	Senior Men	07:12.0	256	60
61	1:34:23	ELY, Steve	Norwich Road Runners	Vet Men 40	07:12.2	283	61
62	1:34:36	KNIGHTS, Neville	Dereham Runners	Vet Men 50	07:13.2	290	62
63	1:34:37	SMITH, Alexandra	Norwich Road Runners	Vet Ladies 35	07:13.2	208	63
64	1:35:05	BOWERMAN, Steven	Ryston Runners AC	Vet Men 45	07:15.4	259	64
65	1:35:05	SCOTT, Les	Ryston Runners AC	Vet Men 55	07:15.4	296	65
66	1:35:47	COLLISON, Ben	West Norfolk AC	Senior Men	07:18.6	150	66
67	1:36:31	EDWARDS, Penny	Norwich Road Runners	Vet Ladies 55+	07:21.9	124	67
68	1:36:38	BLAKE, Dean	Coltishall Jaguars	Senior Men	07:22.5	231	68
69	1:36:45	WHITING, Phil	Norfolk Gazelles	Senior Men	07:23.0	257	69
70	1:36:50	CHORLEY, Chris	Bungay Black Dog	Vet Men 50	07:23.4	137	70
71	1:36:56	CLARKE, Neville	Newmarket Joggers	Vet Men 55	07:23.8	292	71
72	1:37:09	BENNETT, Stuart	Tri-Anglia	Senior Men	07:24.8	79	72
73	1:37:20	MARDEN, Stewart	Coltishall Jaguars	Vet Men 50	07:25.7	161	73
74	1:37:23	PURBROOK, Clive	Newmarket Joggers	Vet Men 55	07:25.9	46	74
75	1:37:31	FERGUSON, Colin	Fenland RC	Vet Men 60+	07:26.5	303	75
76	1:37:33	BAILEY, Cliff	Thetford AC	Vet Men 50	07:26.7	108	76
77	1:37:38	MARTIN, Peter		Vet Men 55	07:27.0	193	77
78	1:37:40	WIEGAND, Paul	Fenland RC	Vet Men 50	07:27.2	155	78
79	1:37:41	CAHIR, John	Tri-Anglia	Vet Men 40	07:27.3	2	79
80	1:37:48	CARTER, Allison	Tri-Anglia	Vet Ladies 40	07:27.8	54	80
81	1:37:55	TAYLER, Mark	Norwich Road Runners	Vet Men 60+	07:28.3	186	81
82	1:37:56	WOODRUFF, Glenn		Vet Men 40	07:28.4	207	82
83	1:38:06	GOLDIE, Craig		Vet Men 45	07:29.2	98	83
84	1:38:13	MILBURN, Ian	Ryston Runners AC	Senior Men	07:29.7	162	84
85	1:38:14	KELLAWAY, David	Dereham Runners	Vet Men 50	07:29.8	297	85
86	1:38:24	REYNOLDS, Miranda	Ely Runners	Vet Ladies 40	07:30.6	280	86
87	1:38:28	ISBILL, Jo	Ryston Runners AC	Vet Ladies 45	07:30.9	270	87
88	1:38:29	PARKER, Yvonne	Road Runners Club	Vet Ladies 55+	07:30.9	213	88
89	1:38:47	SQUIRREL, Chris	City of Norwich AC	Senior Men	07:32.3	253	89
90	1:38:50	COLLYER, Richard	Coltishall Jaguars	Vet Men 45	07:32.5	277	90
91	1:39:08	HOLLEY, Kevin		Vet Men 45	07:33.9	184	91
92	1:39:11	BALLANTYNE, Kyle	Yaxley Runners	Senior Men	07:34.1	144	92
93	1:39:17	WILLITS, Judy	St Albans Striders	Vet Ladies 45	07:34.6	50	93
94	1:39:20	FORD, John		Vet Men 55	07:34.8	92	94
95	1:39:29	HARMER, Mark	Coltishall Jaguars	Senior Men	07:35.5	165	95
96	1:39:32	BETTS, Richard	Fenland RC	Senior Men	07:35.7	282	96
97	1:39:37	HUDSON, David	Tri-Anglia	Vet Men 40	07:36.1	321	97
98	1:39:41	GRAY, Keith	Bedford Harriers	Vet Men 45	07:36.4	217	98
99	1:39:55	ROBINS, Lesley	Ryston Runners AC	Vet Ladies 40	07:37.5	260	99
100	1:39:57	GAUNT, Alex	Norwich Road Runners	Vet Men 40	07:37.7	247	100
101	1:40:00	CONWAY, Shaun		Vet Men 50	07:37.9	174	101
102	1:40:19	RING, Mark	Norwich Road Runners	Vet Men 45	07:39.3	189	102
103	1:40:32	ZIMBRON, Jorge		Senior Men	07:40.3	318	103
104	1:40:41	RAGAN, Pawel		Senior Men	07:41.0	219	104
105	1:40:43	BONE, John	Great Yarmouth Road Runners	Vet Men 60+	07:41.2	221	105
106	1:40:55	MAGNER, Reanna		Senior Ladies	07:42.1	246	106
107	1:40:55	BENSON, Brett		Vet Men 40	07:42.1	176	107
108	1:41:07	BRIGHTY, Keith	Norwich Road Runners	Vet Men 50	07:43.0	286	108
109	1:41:15	STONE, Mark	Great Yarmouth Road Runners	Vet Men 40	07:43.6	119	109
110	1:41:49	SHENTON, Tanya	Ely Runners	Vet Ladies 40	07:46.2	279	110
111	1:41:52	LATISAITE, Lorena	Ryston Runners AC	Senior Ladies	07:46.4	115	111
112	1:42:02	IVES, Karen	Yaxley Runners	Vet Ladies 45	07:47.2	203	112
113	1:42:15	DREWERY, Pauline	Ryston Runners AC	Vet Ladies 40	07:48.2	271	113
114	1:42:28	TODD, Ian	Ryston Runners AC	Vet Men 50	07:49.2	243	114
115	1:42:49	WRIGHT, Karl	Thetford AC	Senior Men	07:50.8	125	115
116	1:42:51	CARMAN, Eddie	North Norfolk Beach Runners	Vet Men 45	07:50.9	72	116
117	1:43:03	DUTTON, Scott	Skegness Coasters	Senior Men	07:51.8	314	117
118	1:43:23	WICKLEN, Andy		Senior Men	07:53.4	116	118
119	1:43:24	PITTOCK, Andre	Fenland RC	Vet Men 45	07:53.5	267	119
120	1:43:28	MILLETT, Anne	Norwich Road Runners	Vet Ladies 55+	07:53.8	188	120
121	1:43:45	DYE*, Richard	Bungay Black Dog	Vet Men 50	07:55.1	142	121
122	1:43:53	BRITTAIN, Christopher	Road Runners Club	Vet Men 60+	07:55.7	212	122
123	1:43:58	NAVRADY, Jeremy	Ryston Runners AC	Vet Men 45	07:56.0	200	123
124	1:44:03	ALDERTON, Paul		Vet Men 50	07:56.4	316	124
125	1:44:28	HEWES, Colin		Vet Men 55	07:58.3	180	125
126	1:44:44	SHEARWOOD, Guy		Vet Men 50	07:59.6	194	126
127	1:44:50	REED, Melanie	Ryston Runners AC	Senior Ladies	08:00.0	146	127
128	1:45:00	SHOWELL, Justin	Fenland RC	Vet Men 40	08:00.8	173	128
129	1:45:29	GAUVIN, Sarah	Fenland RC	Vet Ladies 40	08:03.0	266	129
130	1:45:33	THURSTON, Les		Vet Men 60+	08:03.3	128	130
131	1:45:36	EDWARDS, Kirsty		Senior Ladies	08:03.5	100	131
132	1:45:46	VERTIGAN, Ian		Senior Men	08:04.3	56	132
133	1:46:19	MALONEY, Ian		Vet Men 50	08:06.8	263	133
134	1:46:20	TOMKINS, Debbie		Vet Ladies 50	08:06.9	215	134
135	1:46:40	HUTCHINS, Victor	Gloucester Athletics Club	Vet Men 55	08:08.4	129	135
136	1:46:42	PLUNKETT, Matt	Dereham Runners	Vet Men 40	08:08.6	226	136
137	1:47:07	BRAMMER, David	Fenland RC	Vet Men 50	08:10.5	310	137
138	1:47:14	STEELE, Ruth	Norwich Road Runners	Vet Ladies 45	08:11.0	234	138

139	1:47:19	SMITH, Kevin	Ryston Runners AC	Senior Men	08:11.4	157	139
140	1:47:33	LONG, Tim	Cambridge & Coleridge AC	Vet Men 50	08:12.5	264	140
141	1:47:55	TITCHINER, Brian	Dereham Runners	Vet Men 50	08:14.1	159	141
142	1:47:56	MCDONALD, Susan Pearson	St Albans Striders	Vet Ladies 45	08:14.2	48	142
143	1:48:05	WILSON, Kirk	Norwich Road Runners	Vet Men 40	08:14.9	27	143
144	1:48:22	NEILL, Edwin		Vet Men 45	08:16.2	289	144
145	1:48:23	ARGENT, Mark		Vet Men 40	08:16.3	232	145
146	1:48:43	DOWDY, Nick	Ely Runners	Vet Men 50	08:17.8	301	146
147	1:48:59	NEEP, Craig		Senior Men	08:19.0	91	147
148	1:49:06	DALTON, Graham		Senior Men	08:19.6	236	148
149	1:49:15	DE-GOL, Kelly	Ryston Runners AC	Senior Ladies	08:20.2	201	149
150	1:49:18	JASIVLAITIS, Audrius		Vet Men 45	08:20.5	255	150
151	1:49:23	ATKINS, Paul		Vet Men 40	08:20.8	7	151
152	1:49:26	WOLFE, Maureen	Ryston Runners AC	Vet Ladies 50	08:21.1	152	152
153	1:49:36	WRIGHT, Brian	Thetford AC	Vet Men 60+	08:21.8	126	153
154	1:50:13	BAYES, Kevin		Vet Men 50	08:24.7	168	154
155	1:50:29	RYE, David		Senior Men	08:25.9	308	155
156	1:51:01	WORBOYS, Deb	North Norfolk Beach Runners	Senior Ladies	08:28.3	97	156
157	1:51:18	MIXER, Adam		Vet Men 40	08:29.6	284	157
158	1:51:20	DUNGAY, Paul		Senior Men	08:29.8	38	158
159	1:51:21	MATHIS, William		Vet Men 45	08:29.9	304	159
160	1:51:33	BRUMBY, Sue		Vet Ladies 45	08:30.8	94	160
161	1:51:37	DENWOOD, Paul		Vet Men 45	08:31.1	78	161
162	1:51:44	SAUERZAPF, Bobbie	Bungay Black Dog	Vet Ladies 50	08:31.6	138	162
163	1:51:46	HAMMOND, Andrew		Vet Men 55	08:31.8	158	163
164	1:51:49	BRADLEY, Kevin	Stowmarket Striders	Vet Men 50	08:32.0	262	164
165	1:51:55	MANLY, Veronica		Vet Ladies 55+	08:32.5	112	165
166	1:51:56	MILNES, Chris	Ryston Runners AC	Vet Men 55	08:32.5	269	166
167	1:51:58	GREAVES, Emma	Ely Runners	Vet Men 40	08:32.7	278	167
168	1:52:03	SMITH, Karen	Ryston Runners AC	Vet Ladies 45	08:33.1	233	168
169	1:52:04	HUTCHINSON, Anthony	White Horse Harriers	Vet Men 55	08:33.1	57	169
170	1:52:12	KNIGHT, Jan		Vet Men 40	08:33.7	169	170
171	1:52:18	GIBBONS, Chris	North Norfolk Beach Runners	Vet Men 45	08:34.2	113	171
172	1:52:29	LLOYD, Helen	Ryston Runners AC	Vet Ladies 50	08:35.0	197	172
173	1:52:47	HAMMOND, Martin	Ryston Runners AC	Vet Men 45	08:36.4	191	173
174	1:53:21	WRAY, Hazel	North Norfolk Beach Runners	Vet Ladies 45	08:39.0	83	174
175	1:53:22	JONES, Joanne		Senior Men	08:39.1	106	175
176	1:53:24	MCMARTIN, Alicia		Senior Ladies	08:39.2	179	176
177	1:53:24	PRESTON, James	Wymondham AC	Senior Men	08:39.2	276	177
178	1:53:24	STURMAN, Paul	Tri-Anglia	Vet Men 45	08:39.2	167	178
179	1:53:50	TAYLER, Caroline	Norwich Road Runners	Vet Ladies 55+	08:41.2	185	179
180	1:54:07	MOUNTAIN, Mark	Great Yarmouth Road Runners	Vet Men 40	08:42.5	120	180
181	1:54:54	WARD, Beres	Wymondham AC	Vet Ladies 55+	08:46.1	199	181
182	1:54:57	MANNING, Karen	Great Yarmouth Road Runners	Vet Ladies 40	08:46.3	196	182
183	1:54:58	DESBOROUGH, Tamsin	Great Yarmouth Road Runners	Senior Ladies	08:46.4	198	183
184	1:55:07	NAYLOR, Victoria	Eye Community Runners	Senior Ladies	08:47.1	58	184
185	1:55:12	BRUMBY, Frank		Senior Men	08:47.5	93	185
186	1:55:14	HAINES, David	Dereham Runners	Vet Men 60+	08:47.6	312	186
187	1:55:14	OSBORNE, Andi	North Norfolk Beach Runners	Vet Ladies 55+	08:47.6	136	187
188	1:55:17	BRADLEY, Patsy	Wymondham AC	Vet Men 50	08:47.9	204	188
189	1:55:35	HAMMOND, Kathryn	Norwich Road Runners	Vet Ladies 35	08:49.2	166	189
190	1:55:43	ANTLIFF, Joanne		Vet Ladies 45	08:49.9	10	190
191	1:55:44	GOODSON, Peter		Vet Men 50	08:49.9	220	191
192	1:56:18	PAUL, Bob	Bungay Black Dog	Vet Men 60+	08:52.5	291	192
193	1:56:46	CASELL, Paul		Senior Men	08:54.7	293	193
194	1:56:55	MICKELBURGH, Stephen	Ryston Runners AC	Vet Men 55	08:55.3	216	194
195	1:57:02	MEEK, Juliette	Ryston Runners AC	Senior Ladies	08:55.9	60	195
196	1:57:05	WHITTALL, Paul		Vet Men 50	08:56.1	175	196
197	1:57:32	ROBERTS, Rachel	Cambridge & Coleridge AC	Vet Ladies 40	08:58.2	105	197
198	1:57:41	RICHARDSON, Andrew		Senior Men	08:58.9	24	198
199	1:57:49	BLOOMFIELD, Graham		Senior Men	08:59.5	139	199
200	1:58:34	TIFFIN, Donald	Bungay Black Dog	Vet Men 60+	09:02.9	172	200
201	1:58:52	BROWN, Colin		Vet Men 45	09:04.3	65	201
202	1:58:52	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 55+	09:04.3	143	202
203	1:59:01	CLARKE, David		Vet Men 40	09:05.0	122	203
204	1:59:02	GENTRY, Tony	North Norfolk Beach Runners	Vet Men 40	09:05.0	68	204
205	1:59:09	WRAY, Tom	North Norfolk Beach Runners	Senior Men	09:05.6	84	205
206	1:59:17	PRESCOTT, Gary		Vet Men 40	09:06.2	34	206
207	1:59:21	PILCH, Richard		Vet Men 60+	09:06.5	140	207
208	1:59:31	REED, Jeffrey	Ryston Runners AC	Vet Men 60+	09:07.3	132	208
209	1:59:47	FOSTER, Tina	North Norfolk Beach Runners	Vet Ladies 45	09:08.5	66	209
210	2:00:53	VICKERS, Nathan		Senior Men	09:13.5	182	210
211	2:00:56	EMERY, Rob	North Norfolk Beach Runners	Vet Men 40	09:13.7	258	211
212	2:00:57	COLLYER, Dawn	Coltishall Jaguars	Senior Ladies	09:13.8	41	212
213	2:01:02	VEENENDAAL, Tracy	Fenland RC	Vet Ladies 45	09:14.2	248	213
214	2:01:10	GILL, Diane	Eye Community Runners	Vet Ladies 45	09:14.8	313	214
215	2:01:18	GREEN, Steve		Vet Men 40	09:15.4	275	215
216	2:01:39	HALFORD, Emma		Vet Ladies 35	09:17.0	62	216
217	2:01:42	TROPEANO, Mandy	Eye Community Runners	Vet Ladies 45	09:17.3	317	217
218	2:01:46	PEGG, Thomas		Senior Men	09:17.6	170	218
219	2:02:29	BLAKE, Emma	Coltishall Jaguars	Vet Ladies 35	09:20.8	230	219

220	2:02:49	EARLE, Ken		Vet Men 60+	09:22.4	96	220
221	2:02:58	REYNOLDS, Nigel	Ely Runners	Vet Men 50	09:23.1	281	221
222	2:03:39	GILLESPIE, Stuart		Vet Men 40	09:26.2	40	222
223	2:03:57	GARNER, Julie	Fenland RC	Vet Ladies 45	09:27.6	250	223
224	2:04:17	BARBER, Owen	Coltishall Jaguars	Vet Men 45	09:29.1	242	224
225	2:04:40	GRANT, Murray		Senior Men	09:30.8	47	225
226	2:05:03	BINGHAM, Paul	Thetford AC	Senior Men	09:32.6	239	226
227	2:05:22	WILLIAMS, Will		Senior Men	09:34.0	187	227
228	2:05:30	MELVILLE, Helen	Ryston Runners AC	Vet Ladies 35	09:34.7	320	228
229	2:05:37	DOUGLAS, Zoe		Vet Ladies 40	09:35.2	89	229
230	2:06:03	DADY, Sylvia	Great Yarmouth Road Runners	Senior Ladies	09:37.2	210	230
231	2:06:39	DE GRANDIS, Jenny	North Norfolk Beach Runners	Senior Ladies	09:39.9	75	231
232	2:06:39	DE GRANDIS, Carmine	North Norfolk Beach Runners	Vet Men 40	09:39.9	324	232
233	2:07:10	MACRAE, Louise	Norwich Road Runners	Senior Ladies	09:42.3	325	233
234	2:07:14	LAURIER, Phillip		Vet Men 60+	09:42.6	148	234
235	2:07:15	BURTON, Shelley	North Norfolk Beach Runners	Vet Ladies 40	09:42.7	252	235
236	2:07:24	WADE, Julie	Reepham Runners	Vet Ladies 45	09:43.4	51	236
237	2:07:34	DOCHERTY, Stewart		Senior Men	09:44.1	181	237
238	2:08:07	WALL, Simon	Fetch Everyone	Vet Men 40	09:46.6	109	238
239	2:08:11	WARREN, Peter	City of Norwich AC	Vet Men 55	09:46.9	183	239
240	2:08:28	BLACKBURN, Martin		Vet Men 55	09:48.2	235	240
241	2:08:30	THACKER, Samantha	Norwich Road Runners	Vet Ladies 35	09:48.4	274	241
242	2:08:46	DOAK, Colin		Vet Men 45	09:49.6	6	242
243	2:09:16	CORK, Beth		Vet Ladies 40	09:51.9	19	243
244	2:09:51	YATES, Scott		Senior Men	09:54.6	74	244
245	2:09:55	FARRAR, Robin	Bungay Black Dog	Vet Men 60+	09:54.9	190	245
246	2:10:13	TAMULONES, Alana		Vet Ladies 45	09:56.3	245	246
247	2:10:48	MERRITT, Gemma		Senior Ladies	09:58.9	22	247
248	2:10:48	ANDREWARTHA, Nicola		Senior Ladies	09:58.9	32	248
249	2:10:59	HARGADON, Sue		Vet Ladies 55+	09:59.8	205	249
250	2:12:07	WILLIAMS, Bradley		Senior Men	10:05.0	244	250
251	2:12:29	HOUGHTON, Heather		Vet Ladies 40	10:06.6	273	251
252	2:13:11	SMITH, Barry		Vet Men 45	10:09.8	30	252
253	2:13:11	TERRETT, Jane		Vet Ladies 40	10:09.8	90	253
254	2:14:18	MOULTON, Sarah		Vet Ladies 35	10:14.9	35	254
255	2:14:19	LLOYD, Joahanna		Vet Ladies 35	10:15.0	36	255
256	2:14:41	ALDERTON, Ann		Vet Ladies 50	10:16.7	315	256
257	2:16:38	STROWGER, Martin	Dereham Runners	Vet Men 45	10:25.6	16	257
258	2:17:36	RICHARDSON, John	Dereham Runners	Vet Men 55	10:30.1	123	258
259	2:18:44	ASHTON, Libby	North Norfolk Beach Runners	Senior Ladies	10:35.3	69	259
260	2:19:31	BRITT, Tony	UKNet Runners	Vet Men 55	10:38.8	254	260
261	2:20:58	GROOM, Catherine		Vet Ladies 35	10:45.5	23	261
262	2:21:47	WEAIT, Kirstie		Vet Ladies 40	10:49.2	5	262
263	2:22:44	SMITH, Sue	Ryston Runners AC	Vet Ladies 45	10:53.6	76	263
264	2:23:03	BURDAKOVA, Christina		Vet Ladies 40	10:55.0	133	264
265	2:24:07	CHAPMAN, Innes		Vet Ladies 40	10:59.9	11	265
266	2:24:08	LE FUR, Vicky		Vet Ladies 40	11:00.0	12	266
267	2:24:22	THOMPSON, Amy	North Norfolk Beach Runners	Senior Ladies	11:01.0	70	267
268	2:24:22	BERESFORD, Mandy	North Norfolk Beach Runners	Vet Ladies 45	11:01.0	71	268
269	2:24:43	COOKE, Rachel		Senior Ladies	11:02.7	67	269
270	2:28:53	BENNETT, Gracey		Senior Ladies	11:21.7	82	270
271	2:30:56	COUSENS, Andrew		Vet Men 55	11:31.1	285	271
272	2:38:39	MCGUIGAN, Mark		Senior Men	12:06.5	42	272
273	2:39:18	NAYLOR, Sue	Ryston Runners AC	Vet Ladies 35	12:09.4	299	273
274	2:39:18	WITLEY, Peter	Ryston Runners AC	Vet Men 60+	12:09.4	153	274
275	2:44:14	JACK, Bob	Bungay Black Dog	Vet Men 50	12:32.0	73	275
276	2:52:18	READER, Frank		Vet Men 60+	13:09.0	268	276