

| The Mad March Hare 10k | | | | | | | |
|-------------------------------|----------|-----------|-------------------|--------|-------------|-----------------------------|---------|
| Pos | Gun Time | Chip Time | Name | Gender | Category | Club | Race No |
| 1 | 00:33:42 | 00:33:42 | Carl Goose | Male | Male 1839 | Bure Valley Harriers | 259 |
| 2 | 00:35:07 | 00:35:03 | Marcus Sladden | Male | Male 1839 | Bungay Black Dog RC | 294 |
| 3 | 00:35:17 | 00:35:13 | Jack Gillick | Male | Male 1839 | Wymondham AC | 315 |
| 4 | 00:35:21 | 00:35:21 | Tom Greenacre | Male | Junior Male | City Of Norwich AC | 325 |
| 5 | 00:35:24 | 00:35:22 | Scott Walford | Male | Male 4549 | Bure Valley Harriers | 279 |
| 6 | 00:36:15 | 00:36:15 | Neil Pollard | Male | Male 1839 | Newmarket Joggers | 233 |
| 7 | 00:36:37 | 00:36:34 | Toby Morrell | Male | Male 1839 | Tri-Anglia | 255 |
| 8 | 00:36:49 | 00:36:49 | Richard Johnson | Male | Male 1839 | Norwich Road Runners | 189 |
| 9 | 00:36:51 | 00:36:46 | Chris Mickleburgh | Male | Male 1839 | Norwich Road Runners | 263 |
| 10 | 00:37:25 | 00:37:21 | George Cardwell | Male | Junior Male | City Of Norwich AC | 321 |
| 11 | 00:37:28 | 00:37:23 | Tom Bamford | Male | Male 1839 | | 224 |
| 12 | 00:37:36 | 00:37:31 | Josh Brighty | Male | Male 1839 | Norwich Road Runners | 316 |
| 13 | 00:37:56 | 00:37:49 | Lee Sadler | Male | Male 1839 | | 18 |
| 14 | 00:38:04 | 00:38:04 | Phil Whiting | Male | Male 4044 | Norfolk Gazelles | 333 |
| 15 | 00:38:15 | 00:38:10 | Michael Savvas | Male | Male 1839 | | 144 |
| 16 | 00:38:44 | 00:38:40 | Craig Speirs | Male | Male 1839 | Norwich Road Runners | 305 |
| 17 | 00:38:54 | 00:38:53 | Sarah Imbush | Female | Female 1839 | Southend AC | 245 |
| 18 | 00:39:13 | 00:39:08 | Sze-Ming Cheung | Male | Male 4044 | Norwich Road Runners | 287 |
| 19 | 00:39:21 | 00:39:15 | Mark Betts | Male | Male 4044 | Norwich Road Runners | 207 |
| 20 | 00:39:55 | 00:39:55 | Eddie Alford | Male | Male 1839 | Reepham Runners | 202 |
| 21 | 00:39:57 | 00:39:45 | Simon Wright | Male | Male 1839 | | 193 |
| 22 | 00:40:21 | 00:40:14 | Matthew Dawson | Male | Male 1839 | Norwich Road Runners | 328 |
| 23 | 00:40:42 | 00:40:35 | Duncan Cardwell | Male | Male 4044 | Tri-anglia | 322 |
| 24 | 00:40:46 | 00:40:37 | John Gay | Male | Male 5559 | North Norfolk Beach Runners | 271 |
| 25 | 00:40:48 | 00:40:45 | John Dungan | Male | Male 1839 | Bure Valley Harriers | 317 |
| 26 | 00:40:50 | 00:40:46 | Glen Nelson | Male | Male 6064 | Tri-Anglia | 283 |
| 27 | 00:40:51 | 00:40:47 | Matt Howard | Male | Male 4044 | City Of Norwich AC | 227 |
| 28 | 00:40:59 | 00:40:55 | Kyle Bowles | Male | Male 1839 | Waveney Valley AC | 128 |

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|----|----------|----------|-------------------|--------|-------------|-----------------------------|-----|
| 29 | 00:41:07 | 00:41:01 | Simon Baxter | Male | Male 1839 | | 132 |
| 30 | 00:41:09 | 00:41:01 | Mark Saunders | Male | Male 4044 | | 113 |
| 31 | 00:41:12 | 00:41:02 | Paul Cooper | Male | Male 4549 | | 296 |
| 32 | 00:41:18 | 00:41:12 | David Tandy | Male | Male 4549 | Norwich Road Runners | 121 |
| 33 | 00:41:14 | 00:41:08 | John Christopher | Male | Male 5054 | North Norfolk Beach Runners | 336 |
| 34 | 00:41:25 | 00:41:15 | Neil Stapleton | Male | Male 4044 | Ryston Runners | 201 |
| 35 | 00:41:31 | 00:41:24 | Martin Adcock | Male | Male 4549 | Bure Valley Harriers | 291 |
| 36 | 00:41:33 | 00:41:22 | Richard Dade | Male | Male 4549 | Reepham Runners | 96 |
| 37 | 00:41:38 | 00:41:32 | Paul Smith | Male | Male 4549 | Norwich Road Runners | 82 |
| 38 | 00:41:51 | 00:41:43 | Stephen Haughton | Male | Male 5054 | North Norfolk Beach Runners | 304 |
| 39 | 00:41:54 | 00:41:48 | Sarah Peachey | Female | Female 1839 | Norwich Road Runners | 190 |
| 40 | 00:41:56 | 00:41:50 | Ashley Hobbs | Female | Female 1839 | Norwich Road Runners | 119 |
| 41 | 00:41:59 | 00:41:49 | Dan Pratt | Male | Male 1839 | Ryston Runners | 280 |
| 42 | 00:42:13 | 00:42:05 | Sean Robson | Male | Male 4549 | North Norfolk Beach Runners | 312 |
| 43 | 00:42:19 | 00:42:09 | Steven Baker | Male | Male 4044 | Great Yarmouth Road Runners | 74 |
| 44 | 00:42:25 | 00:42:12 | Ben Snelling | Male | Male 4044 | Norwich Road Runners | 11 |
| 45 | 00:42:27 | 00:42:17 | Julia Parsley | Female | Female 1839 | City of Norwich AC | 330 |
| 46 | 00:42:38 | 00:42:31 | Michael Townsend | Male | Male 1839 | | 105 |
| 47 | 00:42:40 | 00:42:29 | Anthony Alborough | Male | Male 4549 | | 197 |
| 48 | 00:42:42 | 00:42:27 | Rachel Gillings | Female | Female 1839 | Norwich Road Runners | 133 |
| 49 | 00:42:45 | 00:42:39 | Andrew Coleby | Male | Male 4044 | Martham Runners | 274 |
| 50 | 00:42:54 | 00:42:43 | Tim Angell | Male | Male 5054 | City Of Norwich AC | 320 |
| 51 | 00:42:57 | 00:42:47 | Lorena Latisaite | Female | Female 1839 | Ryston Runners | 165 |
| 52 | 00:42:58 | 00:42:58 | Adrian Jay | Male | Male 4549 | Bure Valley Harriers | 298 |
| 53 | 00:43:07 | 00:43:00 | Ryan Gangloff | Male | Male 1839 | | 115 |
| 54 | 00:43:09 | 00:42:58 | Andrew Hawes | Male | Male 1839 | Reepham Runners | 40 |
| 55 | 00:43:20 | 00:43:05 | Ben Freeman | Male | Male 1839 | Norwich Road Runners | 2 |
| 56 | 00:43:20 | 00:43:11 | Neil Walpole | Male | Male 4549 | Norwich Road Runners | 226 |
| 57 | 00:43:39 | 00:43:39 | Nigel Hodge | Male | Male 4549 | City Of Norwich AC | 162 |
| 58 | 00:43:42 | 00:43:33 | Dave Spooner | Male | Male 4044 | North Norfolk Beach Runners | 185 |
| 59 | 00:43:46 | 00:43:29 | Gary Cheesman | Male | Male 1839 | Norwich Road Runners | 98 |

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| 60 | 00:44:15 | 00:44:05 | James Hoyle | Male | Male 1839 | | 131 |
| 61 | 00:44:18 | 00:44:05 | Keith Brighty | Male | Male 5054 | Norwich Road Runners | 230 |
| 62 | 00:44:20 | 00:44:20 | Mark Philo | Male | Male 4549 | Tri-Anglia | 45 |
| 63 | 00:44:21 | 00:44:21 | Stephen Greatbanks | Male | Male 5054 | Wymondham AC | 51 |
| 64 | 00:44:25 | 00:44:19 | Pete Thompson | Male | Male 1839 | | 167 |
| 66 | 00:44:33 | 00:44:01 | Jared Lowe | Male | Male 1839 | | 303 |
| 65 | 00:44:33 | 00:44:30 | Trevor Imbush | Male | Male 5054 | | 244 |
| 67 | 00:44:36 | 00:44:31 | Andy Rowles | Male | Male 5054 | Dereham Runners | 81 |
| 68 | 00:44:41 | 00:44:32 | Christina Walker | Female | Female 4044 | North Norfolk Beach Runners | 186 |
| 69 | 00:44:47 | 00:44:43 | Tom Townsend | Male | Male 5559 | | 102 |
| 70 | 00:44:52 | 00:44:45 | Phil Henry | Male | Male 5054 | Bungay Black Dog RC | 63 |
| 71 | 00:45:02 | 00:44:46 | Richard Black | Male | Male 1839 | Norwich Road Runners | 306 |
| 72 | 00:45:08 | 00:45:08 | Marieke Vermue | Female | Female 1839 | City Of Norwich AC | 200 |
| 73 | 00:45:27 | 00:45:11 | James McFarlane | Male | Male 4044 | Norwich Road Runners | 277 |
| 74 | 00:45:38 | 00:45:22 | Myles Hague | Male | Male 1839 | Norwich Road Runners | 276 |
| 75 | 00:45:39 | 00:45:39 | Simon Tyrrell | Male | Male 4044 | | 269 |
| 76 | 00:45:45 | 00:45:31 | Guy Shearwood | Male | Male 5559 | Norwich Road Runners | 6 |
| 77 | 00:45:51 | 00:45:51 | Carl Willimott | Male | Male 4549 | Reepham Runners | 205 |
| 78 | 00:46:12 | 00:46:12 | Robert Groves | Male | Male 1839 | Reepham Runners | 249 |
| 79 | 00:46:21 | 00:46:06 | Ali Middleton | Female | Female 1839 | Norwich Road Runners | 122 |
| 80 | 00:46:24 | 00:46:24 | Paul Woodyatt | Male | Male 5054 | City Of Norwich AC | 30 |
| 81 | 00:46:28 | 00:46:14 | Sharon Bardwell | Female | Female 4549 | Norwich Road Runners | 42 |
| 83 | 00:46:31 | 00:46:19 | Malcolm Fisher | Male | Male 1839 | Dereham Runners | 258 |
| 82 | 00:46:31 | 00:46:31 | Sally` Cushing | Female | Female 5054 | Norwich Road Runners | 59 |
| 85 | 00:46:33 | 00:46:12 | Mal Taylor | Male | Male 5559 | Reepham Runners | 110 |
| 84 | 00:46:33 | 00:46:26 | Rick Voutt | Male | Male 4044 | Norfolk Gazelles | 256 |
| 86 | 00:46:38 | 00:46:26 | Paul Smithson | Male | Male 5054 | | 147 |
| 87 | 00:46:39 | 00:46:25 | Will Buck | Male | Male 5559 | Norwich Road Runners | 114 |
| 88 | 00:46:50 | 00:46:31 | Stephen Curnow | Male | Male 1839 | Norwich Road Runners | 289 |
| 89 | 00:46:56 | 00:46:40 | Russell Parkins | Male | Male 4549 | | 184 |
| 90 | 00:47:03 | 00:46:45 | Max Jennings | Male | Male 4549 | | 250 |

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| 91 | 00:47:06 | 00:46:47 | Karen Balcombe | Female | Female 5054 | North Norfolk Beach Runners | 284 |
| 92 | 00:47:13 | 00:47:05 | John Wharton | Male | Male 6064 | Bungay Black Dog RC | 77 |
| 93 | 00:47:29 | 00:47:18 | Stuart Slattery | Male | Male 1839 | Dereham Runners | 195 |
| 94 | 00:47:33 | 00:47:02 | Lisa Hall | Female | Female 1839 | Norwich Road Runners | 239 |
| 95 | 00:47:46 | 00:47:34 | Eleanor Stevens | Female | Female 1839 | City Of Norwich AC | 85 |
| 96 | 00:47:56 | 00:47:37 | Ady Woods | Male | Male 4044 | North Norfolk Beach Runners | 33 |
| 98 | 00:48:00 | 00:47:36 | Richard Dye | Male | Male 5054 | Bungay Black Dog RC | 178 |
| 97 | 00:48:00 | 00:47:42 | Sam Weller | Male | Male 6569 | North Norfolk Beach Runners | 65 |
| 99 | 00:48:01 | 00:47:49 | Mark Smith | Male | Male 4549 | | 261 |
| 100 | 00:48:03 | 00:47:52 | Philip Bamford | Male | Male 6064 | City Of Norwich AC | 214 |
| 102 | 00:48:03 | 00:47:32 | Sarah Boosey | Female | Female 1839 | Norwich Road Runners | 209 |
| 103 | 00:48:03 | 00:47:36 | Tim Rudd | Male | Male 4549 | | 92 |
| 101 | 00:48:03 | 00:47:43 | Zachary Mills | Male | Male 1839 | | 137 |
| 104 | 00:48:06 | 00:47:52 | Natalie Cant | Female | Female 1839 | Norwich Road Runners | 127 |
| 105 | 00:48:14 | 00:48:14 | Alison Stewart | Female | Female 5559 | Norwich Road Runners | 176 |
| 106 | 00:48:20 | 00:48:10 | Karen Rix | Female | Female 4549 | Norfolk Gazelles | 72 |
| 107 | 00:48:31 | 00:48:21 | Ian Windley | Male | Male 6064 | North Norfolk Beach Runners | 225 |
| 108 | 00:48:40 | 00:48:07 | Adam Mixer | Male | Male 4044 | | 288 |
| 109 | 00:48:46 | 00:48:33 | Mike Ottley | Male | Male 70 | Reepham Runners | 163 |
| 110 | 00:48:54 | 00:48:35 | Carl Neale | Male | Male 4549 | North Norfolk Beach Runners | 260 |
| 111 | 00:48:56 | 00:48:56 | Brian Wilson | Male | Male 1839 | Norwich Road Runners | 19 |
| 112 | 00:49:00 | 00:48:42 | Jason Sparkes | Male | Male 1839 | | 5 |
| 113 | 00:49:06 | 00:48:37 | David Prior | Male | Male 6064 | | 135 |
| 114 | 00:49:07 | 00:49:03 | Thomas Carroll | Male | Male 1839 | Birchfield Harriers | 134 |
| 115 | 00:49:08 | 00:48:48 | Warren Newell | Male | Male 5054 | | 104 |
| 116 | 00:49:13 | 00:48:40 | Jane Pfrang | Female | Female 1839 | | 107 |
| 117 | 00:49:19 | 00:49:19 | Ben Smith | Male | Male 4044 | | 43 |
| 118 | 00:49:20 | 00:49:20 | Sarah Jay | Female | Female 4549 | Bure Valley Harriers | 297 |
| 119 | 00:49:25 | 00:49:25 | Stuart Kenrick | Male | Male 4044 | | 222 |
| 120 | 00:49:27 | 00:49:03 | Richard High | Male | Male 4549 | Norwich Road Runners | 150 |
| 121 | 00:49:30 | 00:49:11 | Matt Whitehouse | Male | Male 1839 | | 9 |

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| 122 | 00:49:32 | 00:49:32 | Sarah Bradley | Female | Female 5054 | Norwich Road Runners | 175 |
| 123 | 00:49:38 | 00:49:11 | Rob Osborne | Male | Male 5559 | Longdale Striders | 101 |
| 124 | 00:49:40 | 00:49:17 | Bobbie Sauerzapf | Female | Female 5559 | Bungay Black Dog RC | 22 |
| 125 | 00:49:48 | 00:49:30 | Alex Hall | Male | Male 1839 | | 154 |
| 126 | 00:49:50 | 00:49:13 | Brendan Wilson | Male | Male 4549 | City Of Norwich AC | 187 |
| 127 | 00:49:59 | 00:49:42 | Philip Semmence | Male | Male 1839 | | 80 |
| 128 | 00:50:02 | 00:49:46 | Lucy Anderson | Female | Female 1839 | Coltishall Jaguars | 125 |
| 129 | 00:50:03 | 00:49:45 | Maria Spillane | Female | Female 1839 | | 174 |
| 130 | 00:50:04 | 00:49:39 | Cathal Daly | Male | Male 4549 | City Of Norwich AC | 158 |
| 131 | 00:50:11 | 00:50:03 | Graham Hardingham | Male | Male 5559 | Norfolk Gazelles | 326 |
| 132 | 00:50:16 | 00:50:02 | Tony Millett | Male | Male 6064 | Norwich Road Runners | 94 |
| 133 | 00:50:33 | 00:50:13 | Greg Tinder | Male | Male 1839 | | 242 |
| 134 | 00:50:40 | 00:50:24 | Anne Millett | Female | Female 6064 | Norwich Road Runners | 93 |
| 135 | 00:50:44 | 00:50:44 | Philippa Wright | Female | Female 1839 | | 252 |
| 136 | 00:51:01 | 00:51:01 | Vicky Jones | Female | Female 1839 | Norwich Road Runners | 39 |
| 137 | 00:51:06 | 00:50:41 | Helen Wass | Female | Female 5054 | Newmarket Joggers | 273 |
| 138 | 00:51:13 | 00:50:56 | Stewart Life | Male | Male 4549 | NN Vikings Triathlon | 198 |
| 139 | 00:51:17 | 00:51:17 | Jude Durrant | Female | Female 4549 | Longdale Striders | 293 |
| 140 | 00:51:28 | 00:51:16 | Anthony Elsey | Male | Male 1839 | Dereham Runners | 120 |
| 141 | 00:51:32 | 00:51:32 | Hannah Pollard | Female | Female 1839 | Newmarket Joggers | 232 |
| 143 | 00:51:34 | 00:51:20 | Jane Stafford | Female | Female 5054 | Norwich Road Runners | 332 |
| 142 | 00:51:34 | 00:51:11 | Kevin Clark | Male | Male 4549 | Bungay Black Dog RC | 17 |
| 145 | 00:51:35 | 00:51:35 | Hugh Roberts | Male | Male 6569 | Bungay Black Dog RC | 295 |
| 144 | 00:51:35 | 00:51:09 | Michael Smith | Male | Male 70 | Wymondham AC | 266 |
| 146 | 00:51:55 | 00:51:33 | Lucy Coleman | Female | Female 1839 | Norwich Road Runners | 149 |
| 147 | 00:51:57 | 00:51:57 | Neil Goward | Male | Male 5054 | | 151 |
| 148 | 00:52:05 | 00:51:35 | Tiffinie Gowing | Female | Female 1839 | | 138 |
| 149 | 00:52:16 | 00:52:02 | Andy Evans | Male | Male 6064 | City Of Norwich AC | 141 |
| 150 | 00:52:20 | 00:51:59 | Ivan Allen | Male | Male 5054 | North Norfolk Beach Runners | 257 |
| 151 | 00:52:27 | 00:51:58 | Martin Burgess | Male | Male 4044 | | 84 |
| 152 | 00:52:41 | 00:52:04 | Ashley Simpson | Male | Male 1839 | | 313 |

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| 153 | 00:52:42 | 00:52:14 | Andi Osborne | Female | Female 6064 | Longdale Striders | 100 |
| 154 | 00:52:55 | 00:52:26 | Neil Hardingham | Male | Male 1839 | | 210 |
| 155 | 00:53:18 | 00:52:46 | Trevor Horrex | Male | Male 5559 | Norwich Road Runners | 212 |
| 156 | 00:53:23 | 00:53:23 | Ruth Hoyle | Female | Female 1839 | City Of Norwich AC | 130 |
| 157 | 00:53:30 | 00:53:30 | Catherine Wager | Female | Female 1839 | | 240 |
| 159 | 00:53:31 | 00:53:20 | Philip Carr | Male | Male 1839 | | 54 |
| 158 | 00:53:31 | 00:52:49 | Thomas Nudd | Male | Male 1839 | | 237 |
| 160 | 00:53:35 | 00:53:19 | Baz Hipwell | Male | Male 5559 | Norwich Road Runners | 1 |
| 161 | 00:53:42 | 00:53:14 | Julia Kennelly | Female | Female 4044 | Wymondham AC | 148 |
| 162 | 00:53:56 | 00:53:56 | Claire Hews | Female | Female 1839 | | 35 |
| 163 | 00:53:56 | 00:53:18 | Ian Hews | Male | Male 5054 | | 34 |
| 164 | 00:54:05 | 00:54:05 | Wendy Smith | Female | Female 5054 | Norwich Road Runners | 171 |
| 165 | 00:54:17 | 00:54:17 | Steve Bradley | Male | Male 6064 | Wymondham AC | 246 |
| 167 | 00:54:21 | 00:54:21 | Kevin Sadd | Male | Male 4044 | | 79 |
| 166 | 00:54:21 | 00:53:44 | Mark Cator | Male | Male 4549 | | 218 |
| 168 | 00:54:25 | 00:54:04 | Lesley Winston | Female | Female 5054 | North Norfolk Beach Runners | 161 |
| 169 | 00:54:34 | 00:54:22 | Gill Woodhouse | Female | Female 6569 | Dereham Runners | 64 |
| 170 | 00:54:37 | 00:54:37 | Beth Smith | Female | Female 1839 | | 145 |
| 171 | 00:54:41 | 00:54:41 | Anne Killett | Female | Female 5054 | Hadleigh Hares | 116 |
| 172 | 00:54:43 | 00:54:16 | Hermione Moore | Female | Female 1839 | | 323 |
| 173 | 00:54:58 | 00:54:58 | Jeff Carroll | Male | Male 5559 | | 319 |
| 174 | 00:55:16 | 00:54:43 | Mark Ramsden | Male | Male 4549 | | 231 |
| 175 | 00:55:20 | 00:55:20 | Marcel Pfrang | Male | Male 4044 | | 106 |
| 176 | 00:55:23 | 00:54:46 | Neil Staveley | Male | Male 1839 | | 7 |
| 177 | 00:55:24 | 00:54:45 | Anne-Marie Coe | Female | Female 4549 | | 88 |
| 178 | 00:55:34 | 00:55:09 | Wendy Vacca | Female | Female 5054 | | 99 |
| 179 | 00:55:40 | 00:55:40 | Graham Sampson | Male | Male 70 | Bungay Black Dog RC | 31 |
| 180 | 00:55:42 | 00:55:00 | Julie Knight | Female | Female 5054 | | 188 |
| 181 | 00:55:43 | 00:55:22 | Sarah Reynolds | Female | Female 1839 | | 90 |
| 182 | 00:55:45 | 00:55:26 | Richard Beastall | Male | Male 1839 | | 152 |
| 183 | 00:55:48 | 00:55:27 | Alexandra Watson | Female | Female 5054 | North Norfolk Beach Runners | 67 |

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| 184 | 00:56:00 | 00:55:23 | Mary Cordeaux | Female | Female 4549 | City Of Norwich AC | 208 |
| 185 | 00:56:24 | 00:56:24 | Andrew Smith | Male | Male 4044 | | 168 |
| 186 | 00:56:27 | 00:56:27 | Rob Winner | Male | Male 4044 | Wymondham AC | 191 |
| 187 | 00:56:29 | 00:55:55 | Julie Dilrew | Female | Female 5559 | | 285 |
| 188 | 00:56:31 | 00:55:52 | Guy Heseltine | Male | Male 4549 | | 4 |
| 189 | 00:56:31 | 00:56:05 | Susan Moore | Female | Female 6064 | Norwich Gazelles | 314 |
| 190 | 00:56:36 | 00:56:00 | Graham Allison | Male | Male 1839 | | 235 |
| 191 | 00:56:37 | 00:56:03 | Trudi Bradley | Female | Female 4549 | | 236 |
| 192 | 00:56:42 | 00:56:42 | Russell Turner | Male | Male 4044 | | 108 |
| 193 | 00:56:45 | 00:56:13 | Dennis Simpson | Male | Male 5559 | Norwich Road Runners | 70 |
| 194 | 00:56:54 | 00:56:25 | Cindy Burgess | Female | Female 6569 | Wymondham AC | 87 |
| 195 | 00:57:05 | 00:56:48 | Carolyn Gerber | Female | Female 4549 | Coltishall Jaguars | 216 |
| 196 | 00:57:05 | 00:56:48 | Paul Gerber | Male | Male 4549 | Coltishall Jaguars | 215 |
| 197 | 00:57:09 | 00:56:31 | Rebecca Norman | Female | Female 1839 | | 38 |
| 198 | 00:57:10 | 00:56:35 | David Smith | Male | Male 4044 | Lowestoft Road Runners | 118 |
| 199 | 00:57:12 | 00:56:38 | Sadie Smith | Female | Female 4044 | | 248 |
| 200 | 00:57:18 | 00:56:54 | Lisa Warvill | Female | Female 4044 | | 337 |
| 201 | 00:57:22 | 00:56:58 | Kate Childs | Female | Female 1839 | | 338 |
| 202 | 00:57:24 | 00:56:59 | Jack Daly | Male | Junior Male | | 159 |
| 203 | 00:57:25 | 00:57:00 | Rachel Presnail | Female | Female 1839 | | 309 |
| 204 | 00:57:54 | 00:57:23 | Laura Latimer | Female | Female 1839 | | 136 |
| 205 | 00:57:56 | 00:57:26 | Anders Poulsen | Male | Male 4549 | | 251 |
| 206 | 00:58:00 | 00:57:31 | Charlotte Leclair | Female | Female 1839 | | 126 |
| 207 | 00:58:01 | 00:57:30 | Julie Winner | Female | Female 4044 | Wymondham AC | 192 |
| 208 | 00:58:03 | 00:57:28 | Claire Moore | Female | Female 1839 | | 180 |
| 209 | 00:58:22 | 00:57:35 | Martin Bredican | Male | Male 4549 | | 56 |
| 210 | 00:58:23 | 00:58:23 | Sophie Overall | Female | Female 1839 | | 213 |
| 211 | 00:58:33 | 00:57:59 | Maisie Beastall | Female | Female 1839 | | 153 |
| 212 | 00:58:38 | 00:57:59 | Debra Rumsby | Female | Female 4549 | | 57 |
| 213 | 00:58:44 | 00:58:44 | Russell Hellwig | Male | Male 4549 | | 95 |
| 214 | 00:58:46 | 00:58:05 | Melissa Gray | Female | Female 1839 | Norwich Road Runners | 335 |

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| 215 | 00:58:48 | 00:58:07 | Dean Gray | Male | Male 5559 | Norwich Road Runners | 334 |
| 216 | 00:58:49 | 00:58:49 | Jo Margereson | Female | Female 4044 | | 221 |
| 217 | 00:59:05 | 00:58:44 | Katherine Mann | Female | Female 4044 | | 139 |
| 218 | 00:59:06 | 00:58:45 | Stuart Mann | Male | Male 5054 | Norwich Road Runners | 140 |
| 219 | 00:59:09 | 00:58:44 | Patsy Bradley | Female | Female 5559 | Wymondham AC | 247 |
| 220 | 00:59:10 | 00:58:46 | Danielle Crane | Female | Female 1839 | | 28 |
| 221 | 00:59:11 | 00:58:40 | Sarolta H A Bland | Female | Female 1839 | Norwich Road Runners | 286 |
| 222 | 00:59:13 | 00:59:13 | Claire Smith | Female | Female 4549 | Norwich Road Runners | 83 |
| 223 | 00:59:20 | 00:58:57 | Deborah Yaxley | Female | Female 4044 | Norwich Road Runners | 53 |
| 224 | 00:59:22 | 00:58:59 | Emma Cattermull | Female | Female 1839 | Bure Valley Harriers | 292 |
| 225 | 00:59:53 | 00:59:15 | Peter Walwyn | Male | Male 70 | | 281 |
| 226 | 01:00:03 | 00:59:23 | Nic Sharp | Male | Male 4549 | | 123 |
| 227 | 01:00:08 | 00:59:29 | Lynda Howard | Female | Female 4549 | | 143 |
| 228 | 01:00:09 | 00:59:39 | Kate Wenlock | Female | Female 1839 | | 169 |
| 229 | 01:00:11 | 01:00:11 | Mike Marshall | Male | Male 70 | North Norfolk Beach Runners | 220 |
| 230 | 01:00:20 | 01:00:08 | Jacquie Wood | Female | Female 6064 | Dereham Runners | 41 |
| 231 | 1:00:22 | 0:59:38 | Julie Barrow | Female | Female 1839 | Ryston Runners | 179 |
| 232 | 01:00:23 | 00:59:45 | Theresa Dean | Female | Female 1839 | | 181 |
| 233 | 01:00:53 | 01:00:14 | Kate Moore | Female | Female 1839 | | 318 |
| 235 | 01:01:11 | 01:00:52 | Katrina Wharton | Female | Female 1839 | Framlingham Flyers | 66 |
| 234 | 01:01:17 | 01:00:51 | Kim Balding | Female | Female 5054 | North Norfolk Beach Runners | 270 |
| 236 | 01:01:17 | 01:00:35 | Lyn Ottaway | Female | Female 4044 | | 194 |
| 237 | 01:01:23 | 01:01:02 | Joanne Mason | Female | Female 4549 | | 36 |
| 238 | 01:01:26 | 01:01:26 | Hayly Gladden | Female | Female 4044 | | 329 |
| 239 | 01:02:09 | 01:01:30 | Jenny Rowley | Female | Female 6569 | | 86 |
| 240 | 01:02:33 | 01:01:45 | Victoria Pollington | Female | Female 1839 | | 14 |
| 241 | 01:02:34 | 01:01:45 | Melissa Bye | Female | Female 1839 | | 15 |
| 242 | 01:02:48 | 01:02:06 | Caroline Nair | Female | Female 4044 | | 229 |
| 243 | 01:03:02 | 01:02:16 | Kirsty Gray | Female | Female 4044 | | 55 |
| 244 | 01:03:22 | 01:02:39 | Nichola Thatcher | Female | Female 4549 | Wymondham AC | 68 |
| 245 | 01:04:03 | 01:03:23 | Natalie Shrubbsall | Female | Female 1839 | | 146 |

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|-----|----------|----------|--------------------|--------|-------------|-----------------------------|-----|
| 246 | 01:04:04 | 01:03:24 | Stephanie Brighty | Female | Female 1839 | Norwich Road Runners | 264 |
| 247 | 01:04:36 | 01:03:51 | Lynda Moore | Female | Female 6064 | Norwich Road Runners | 183 |
| 248 | 01:04:43 | 01:04:10 | Louis Cooper | Male | Male 70 | Wymondham AC | 238 |
| 249 | 01:04:55 | 01:04:12 | Dawn Cook | Female | Female 5054 | Norwich Road Runners | 61 |
| 250 | 01:05:18 | 01:05:18 | Samantha Reddy | Female | Female 4549 | Norwich Road Runners | 228 |
| 251 | 01:05:19 | 01:04:36 | Liz Sumners | Female | Female 1839 | | 308 |
| 252 | 01:05:21 | 01:04:55 | Claire Scott | Female | Female 4549 | North Norfolk Beach Runners | 117 |
| 253 | 01:05:24 | 01:04:56 | Wendy Larke | Female | Female 5054 | Wymondham AC | 243 |
| 254 | 01:05:59 | 01:05:14 | Hazel Cason | Female | Female 5559 | Dereham Runners | 166 |
| 255 | 01:06:04 | 01:06:04 | Mark Wright | Male | Male 4044 | | 20 |
| 256 | 01:06:18 | 01:06:18 | Sarah Morter | Female | Female 5054 | | 253 |
| 257 | 01:06:21 | 01:06:21 | Trevor Groves | Male | Male 5054 | | 203 |
| 258 | 01:07:00 | 01:06:27 | Paul Talbot | Male | Male 5054 | | 206 |
| 259 | 01:07:32 | 01:06:56 | Allison Stevens | Female | Female 5054 | Wymondham AC | 234 |
| 260 | 01:08:17 | 01:07:36 | Martyn Dunsdon | Male | Male 1839 | | 173 |
| 261 | 01:08:17 | 01:07:52 | Paul Bird | Male | Male 5054 | Bungay Black Dog RC | 211 |
| 262 | 01:08:43 | 01:08:16 | Trevor Ashton | Male | Male 4549 | | 331 |
| 263 | 01:09:21 | 01:08:44 | Natasha Pritchard | Female | Female 1839 | | 75 |
| 264 | 01:09:41 | 01:09:01 | Nicola Dunsdon | Female | Female 1839 | | 172 |
| 265 | 01:09:48 | 01:09:05 | Sharon Lakey | Female | Female 1839 | | 282 |
| 266 | 01:10:39 | 01:10:01 | Donna Berry | Female | Female 1839 | | 78 |
| 267 | 01:10:41 | 01:10:12 | Sally Cazier | Female | Female 5054 | Norfolk Gazelles | 44 |
| 268 | 01:12:30 | 01:12:00 | Joanne Doleman | Female | Female 4044 | | 48 |
| 269 | 01:13:54 | 01:13:09 | Jackie Henley | Female | Female 4549 | Newmarket Joggers | 290 |
| 270 | 01:13:54 | 01:13:08 | Keith Page | Male | Male 5559 | Newmarket Joggers | 265 |
| 271 | 01:17:32 | 01:16:47 | Allyson Bailey | Female | Female 1839 | Norwich Road Runners | 311 |
| 273 | 01:21:26 | 01:20:39 | Michelle Allen | Female | Female 1839 | | 27 |
| 276 | Query | Query | Chris Chorley | Male | Male 5054 | Bungay Black Dog RC | 23 |
| 275 | Query | Query | Ivan Colman | Male | Male 5054 | Wymondham AC | 324 |
| 277 | Query | Query | John Lockett | Male | Male 5559 | | 155 |
| 278 | Query | Query | Jordi Sola-Collado | Male | Male 1839 | | 124 |

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|-----|-------|-------|------------|------|-----------|-----------------|-----|
| 272 | Query | Query | Shaun Hurr | Male | Male 1839 | Reepham Runners | 310 |
| 274 | Query | Query | Tony Britt | Male | Male 6064 | Uknetrunner | 302 |