

# Run Norwich 2016

10k - 7th August 2016

# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	1	32:23	Nick Earl	City of Norwich AC	Male	1	MS	1	32:23	1
2	43	32:41	Piers Arnold	City of Norwich AC	Male	2	MS	2	32:40	2
3	1180	32:44	Dave Roper	Cheltenham and County Harriers	Male	3	MS	3	32:43	3
4	3	33:01	Adrian Musset	Colchester Harriers AC	Male	4	M40-44	1	33:01	4
5	787	33:47	George King	Winchester & District AC	Male	5	MS	4	33:46	5
6	1263	34:42	Logan Smith	Dereham Runners & AC	Male	6	MS	5	34:41	6
7	5	35:19	Tracy Barlow	Thames Valley Harriers	Female	1	FS	1	35:19	7
8	1023	35:42	Dominic Oliver	City of Norwich AC	Male	7	MS	6	35:41	8
9	1288	36:00	Ben Spratling	City of Norwich AC	Male	8	MS	7	35:59	9
10	1399	36:04	Scott Walford	Bure Valley Harriers	Male	9	M45-49	1	36:03	10
11	1227	36:31	Ruth Senior	City of Norwich AC	Female	2	FS	2	36:30	11
12	294	36:37	Jamie Conyard		Male	10	MS	8	36:36	12
13	354	36:48	Helen Davies	Ipswich Jaffa RC	Female	3	FS	3	36:47	13
14	540	37:00	Richard Ginn	Pocklington Runners	Male	11	M45-49	2	36:58	14
15	135	37:04	Paul Blazey	Norwich Road Runners	Male	12	MS	9	37:02	15
16	70	37:09	Laurence Ball		Male	13	MS	10	37:07	16
17	15	37:13	Luke Alden	City of Norwich AC	Male	14	MS	11	37:11	17
18	670	37:22	Kevin Holland	Crawley AC	Male	15	M40-44	2	37:21	18
19	962	37:30	John Moore	Norfolk Gazelles AC	Male	16	M55-59	1	37:27	19
20	1519	37:32	Simon Wright		Male	17	MS	12	37:29	20
21	156	37:50	James Bowen	City of Norwich AC	Male	18	MS	13	37:49	22
22	1311	37:51	Jonathan Stockwell		Male	19	MS	14	37:48	21
23	42	38:03	Nigel Arnold	Norfolk Gazelles AC	Male	20	M55-59	2	38:01	23
24	1500	38:04	Tony Witmond	North Norfolk Beach Runners	Male	21	M45-49	3	38:02	24
25	6	38:04	Sarah Stradling	Colchester Harriers AC	Female	4	F40-44	1	38:03	25
26	1403	38:16	Thomas Walker	Huntingdonshire AC	Male	22	MS	15	38:13	27
27	76	38:16	Tom Bamford		Male	23	MS	16	38:11	26
28	1538	38:19	Aaron Wright		Male	24	MS	17	38:17	29
29	114	38:23	James Bendall		Male	25	MS	18	38:16	28
30	1053	38:25	Simon Partridge		Male	26	MS	19	38:22	30
31	458	38:30	Craig Fiddaman	Ipswich Jaffa RC	Male	27	MS	20	38:29	31
32	1179	38:32	Stephen Rolfe	Norfolk Gazelles AC	Male	28	M60-64	1	38:30	33
33	635	38:34	Richard Hayes		Male	29	M40-44	3	38:30	32
34	295	38:37	Daniel Cook	Northampton Road Runners	Male	30	MS	21	38:34	34
35	1302	38:40	Richard Stevenson	Clayton-le-Moors Harriers	Male	31	M40-44	4	38:38	35
36	1336	38:42	Philippa Taylor	Nene Valley Harriers	Female	5	F45-49	1	38:40	36
37	695	38:45	John Hudson	Norwich Road Runners	Male	32	MS	22	38:42	37
38	698	38:47	Dominic Hughes		Male	33	MS	23	38:45	38
39	1054	38:51	Emma Patel	Winchester & District AC	Female	6	FS	4	38:50	40
40	919	38:52	Steven Mcnicholas	Saffron Striders RC	Male	34	MS	24	38:47	39
41	1108	38:57	Andrew Preston	Wymondham AC	Male	35	M50-54	1	38:55	41
42	386	39:01	Richard Doyle		Male	36	MS	25	38:59	42
43	1446	39:13	Shaun Webb		Male	37	M40-44	5	39:10	43
44	168	39:14	Ian Bray		Male	38	MS	26	39:11	44
45	1118	39:17	Jack Quin		Male	39	MS	27	39:13	45
46	1535	39:17	Samuel Coyne	Bure Valley Harriers	Male	40	MS	28	39:16	46
47	436	39:19	Marc Evans	Great Yarmouth Road Runners	Male	41	MS	29	39:16	47
48	74	39:24	Adam Bamford		Male	42	MS	30	39:20	49
49	1197	39:26	Sam Russell	Wymondham AC	Male	43	MS	31	39:23	50
50	35	39:38	Danny Andrews		Male	44	MS	32	39:33	52
51	237	39:40	Andrew Carrier		Male	45	MS	33	39:19	48
52	389	39:41	Nico Drinkwater		Male	46	MS	34	39:36	53
53	663	39:43	David Hirst		Male	47	MS	35	39:28	51
54	1329	39:45	Daniel Tarr		Male	48	MS	36	39:43	56
55	809	39:45	Todd Lake	Dereham Runners & AC	Male	49	M50-54	2	39:43	55
56	337	39:57	Lee Cullingford		Male	50	MS	37	39:57	62
57	609	39:59	Richard Hanson	Tri-Anglia Triathlon Club	Male	51	M50-54	3	39:41	54
58	258	40:00	Ben Churchman	Diss and District AC	Male	52	MS	38	39:49	57
59	311	40:00	Jonathan Cordle	Tri-Anglia Triathlon Club	Male	53	M50-54	4	39:55	60
60	1229	40:03	Tim Sexton	Norfolk Gazelles AC	Male	54	M45-49	4	39:54	58
61	36	40:04	Jo Andrews	Bungay Black Dog RC	Female	7	F40-44	2	40:02	63
62	1076	40:11	Mark Persich		Male	55	MS	39	39:56	61
63	493	40:13	Kevin Frazer		Male	56	M50-54	5	40:09	65
64	672	40:16	Ross Hollinworth		Male	57	MS	40	39:54	59
65	1372	40:17	Nicholas Towell	Serpentine RC	Male	58	MS	41	40:08	64
66	738	40:19	John Jervis	Lowestoft Road Runners	Male	59	MS	42	40:16	67
67	1541	40:21	Matthew Pask	Norwich Road Runners	Male	60	M45-49	5	40:11	66
68	92	40:26	Simon Baxter		Male	61	MS	43	40:21	69
69	701	40:27	Tom Hull		Male	62	MS	44	40:24	70
70	1283	40:30	Craig Speirs		Male	63	MS	45	40:27	71
71	298	40:35	Simon Cook		Male	64	MS	46	40:19	68
72	285	40:37	Marc Coles		Male	65	M40-44	6	40:32	73
73	627	40:39	Kris Hart		Male	66	MS	47	40:32	72
74	1427	40:41	Sam Ward		Male	67	MS	48	40:36	75
75	21	40:42	Nicky Alford	City of Norwich AC	Female	8	FS	5	40:38	76

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	1438	40:45	Graham Watering	Norwich Road Runners	Male	68	M40-44	7	40:40	77
77	665	40:51	Ashley Hobbs	Norwich Road Runners	Male	69	MS	49	40:48	80
78	822	40:52	Sam Laugher		Male	70	MS	50	40:44	78
79	443	40:53	John Fagan		Male	71	M40-44	8	40:48	79
80	403	40:55	Darren Easter	Ryston Runners	Male	72	M40-44	9	40:35	74
81	1422	40:57	Robert Wapshott		Male	73	MS	51	40:49	81
82	918	40:58	Will Mcmorris		Male	74	MS	52	40:50	82
83	520	40:59	Mark Garrett		Male	75	M50-54	6	40:55	88
84	14	40:59	Anthony Alborough		Male	76	M45-49	6	40:54	86
85	682	41:00	David Houghton		Male	77	M45-49	7	40:57	89
86	526	41:00	Charlie Gauvain		Male	78	M40-44	10	40:53	85
87	1181	41:02	Nick Roper	Bungay Black Dog RC	Male	79	M40-44	11	40:59	91
88	266	41:05	Peter Clarke		Male	80	M50-54	7	41:01	93
89	392	41:07	Mike Duckworth		Male	81	MS	53	40:52	83
90	1443	41:09	Jack Watts		Male	82	MS	54	40:58	90
91	1038	41:09	Stuart Palmer		Male	83	MS	55	41:01	92
92	1294	41:11	Neil Stapleton	Ryston Runners	Male	84	M40-44	12	40:52	84
93	564	41:15	Ben Grant	Tri-Anglia Triathlon Club	Male	85	MS	56	41:13	101
94	1203	41:16	Lee Sadler		Male	86	MS	57	41:09	97
95	51	41:17	David Asker	Tri-Anglia Triathlon Club	Male	87	MS	58	41:10	98
96	1207	41:19	Duncan Samwell	Tri-Anglia Triathlon Club	Male	88	M40-44	13	41:04	94
97	753	41:20	Daniel Jones		Male	89	MS	59	41:15	102
98	203	41:22	Chris Bullock	Norwich Road Runners	Male	90	M40-44	14	41:18	104
99	772	41:23	Jacob Kelman		Male	91	MS	60	41:10	99
100	1344	41:24	Laura Thomas	Ipswich Jaffa RC	Female	9	FS	6	41:23	108
101	1474	41:24	Phil Whiting	Norfolk Gazelles AC	Male	92	M40-44	15	41:16	103
102	686	41:26	Matt Howard		Male	93	MS	61	41:20	106
103	1274	41:28	Mark Solway	City of Norwich AC	Male	94	M45-49	8	41:21	107
104	195	41:30	Simon Bryant		Male	95	MS	62	41:28	110
105	1239	41:33	Martin Sheldrick	Ryston Runners	Male	96	M45-49	9	41:13	100
106	766	41:36	Andy Keeler		Male	97	M50-54	8	41:30	111
107	377	41:37	Dominic Doggett		Male	98	MS	63	41:33	113
108	438	41:37	Sam Evans		Male	99	M40-44	16	41:33	114
109	1312	41:38	Ian Stokes		Male	100	MS	64	41:35	115
110	1468	41:38	Carl White		Male	101	MS	65	41:25	109
111	896	41:45	Paul Martin	Norwich Road Runners	Male	102	MS	66	41:43	118
112	491	41:48	Matthew Frary	Norwich Road Runners	Male	103	M40-44	17	41:44	120
113	1314	41:51	Jason Stone		Male	104	M45-49	10	41:31	112
114	95	41:53	James Beadle		Male	105	MS	67	41:48	122
115	622	41:53	Chris Harrison	Norwich Road Runners	Male	106	MS	68	41:50	124
116	1237	42:03	Alistair Shearer		Male	107	MS	69	41:55	127
117	630	42:04	Ed Harvey	Bungay Black Dog RC	Male	108	MS	70	41:37	116
118	198	42:04	Tom Buckham		Male	109	MS	71	41:59	128
119	370	42:05	Carol Devlin	Dereham Runners & AC	Female	10	F50-54	1	42:00	131
120	1374	42:07	Michael Townsend		Male	110	MS	72	41:47	121
121	388	42:09	John Drewry		Male	111	M50-54	9	42:02	132
122	1027	42:09	Thomas Osborne		Male	112	MS	73	41:49	123
123	1482	42:10	Jon Wiles	Bungay Black Dog RC	Male	113	M40-44	18	41:44	119
124	589	42:14	Adrian Hall	Wymondham AC	Male	114	M50-54	10	42:10	136
125	847	42:15	Sam Lindsay		Male	115	MS	74	42:00	130
126	1450	42:16	Colin Weller	Norwich Road Runners	Male	116	M45-49	11	42:06	133
127	802	42:18	Kevin Knights		Male	117	MS	75	42:08	134
128	1340	42:18	Sam Thelwell	Norfolk Gazelles AC	Male	118	MS	76	42:09	135
129	131	42:21	Alex Blakely		Male	119	MS	77	41:39	117
130	1006	42:23	Stephen Nixholls	City of Norwich AC	Male	120	M40-44	19	42:15	140
131	1352	42:25	Pete Thompson		Male	121	MS	78	42:19	143
132	245	42:27	Matthew Catchpole		Male	122	MS	79	41:19	105
133	1520	42:28	Christopher Wyburn-Powell		Male	123	MS	80	42:19	142
134	941	42:30	Chris Millsted		Male	124	MS	81	41:54	126
135	1445	42:31	Mathew Webb	City of Norwich AC	Male	125	MS	82	42:26	147
136	171	42:31	Phillip Bray		Male	126	MS	83	42:17	141
137	1230	42:32	Peter Shackleton		Male	127	M50-54	11	42:23	146
138	1439	42:32	Rose Waterman	Tri-Anglia Triathlon Club	Female	11	FS	7	42:29	151
139	371	42:32	Tate Devlin	Dereham Runners & AC	Male	128	MS	84	42:31	153
140	1219	42:34	Sabine Schaefer	Thetford AC	Female	12	FS	8	42:22	145
141	1338	42:35	Paul Terreros		Male	129	MS	85	42:15	139
142	201	42:36	Rachel Bull		Female	13	FS	9	42:27	148
143	930	42:38	Desmond Michael	Barnet & District AC	Male	130	M65-69	1	42:35	155
144	1058	42:38	Luke Pavey		Male	131	MS	86	42:31	152
145	1287	42:39	Paul Spooner		Male	132	MS	87	42:00	129
146	109	42:40	Gareth Bell		Male	133	MS	88	42:21	144
147	30	42:41	David Allum	Norfolk Harriers RC	Male	134	MS	89	42:39	158
148	472	42:43	Tim Ford		Male	135	MS	90	42:28	150
149	238	42:44	Jack Carroll		Male	136	MS	91	42:12	137
150	1184	42:45	Stuart Rose	Dereham Runners & AC	Male	137	M40-44	20	42:42	163

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	432	42:45	Andrew Enticknap	Huntingdonshire AC	Male	138	M45-49	12	42:34	154
152	39	42:48	Michael Armes	Norwich Road Runners	Male	139	M50-54	12	42:43	165
153	1516	42:49	David Wright		Male	140	MS	92	42:28	149
154	1432	42:50	Robert Warner		Male	141	M40-44	21	42:41	160
155	710	42:50	Nathan Hunt		Male	142	MS	93	42:42	162
156	1420	42:51	Niall Wapshott		Male	143	MS	94	42:43	166
157	357	42:52	Matt Dawson	Norwich Road Runners	Male	144	MS	95	42:38	157
158	1572	42:54	Pete Waters		Male	145	M45-49	13	42:42	161
159	315	42:54	Tristan Cossey		Male	146	M45-49	14	42:15	138
160	711	42:58	Paul Hunt		Male	147	MS	96	42:41	159
161	177	43:00	Simon Brighten		Male	148	MS	97	42:54	174
162	2513	43:02	Paul Owen		Male	149	MS	98	40:55	87
163	1284	43:03	Robert Spence		Male	150	M40-44	22	42:58	175
164	946	43:06	Dylan Mitchard		Male	151	MS	99	43:03	178
165	667	43:06	Rich Hoey	Tri-Anglia Triathlon Club	Male	152	MS	100	42:52	172
166	1165	43:06	Stewart Robins	Ryston Runners	Male	153	M45-49	15	42:48	168
167	1003	43:09	Sam Nicholls		Male	154	MS	101	43:05	183
168	1010	43:10	Leigh Nobes		Male	155	MS	102	43:05	182
169	885	43:11	Jamie Marrison		Male	156	MS	103	43:01	177
170	208	43:11	Andrew Burcham		Male	157	MS	104	43:05	181
171	1525	43:11	Chris Yeates	City of Norwich AC	Male	158	MS	105	42:49	170
172	293	43:12	Shaun Conway		Male	159	M50-54	13	42:59	176
173	704	43:14	James Humphreys		Male	160	MS	106	42:44	167
174	1297	43:15	David Stevens		Male	161	MS	107	42:53	173
175	551	43:16	Martin Gooderham	Harling Athletic Club	Male	162	MS	108	43:06	184
176	324	43:16	Matthew Crane	Bure Valley Harriers	Male	163	MS	109	43:09	187
177	421	43:17	Jason Elrick		Male	164	M45-49	16	43:08	186
178	408	43:19	Alan Edwards		Male	165	M40-44	23	42:50	171
179	118	43:19	Stephen Benson		Male	166	M45-49	17	42:49	169
180	1281	43:23	Rob Sparkes		Male	167	MS	110	43:10	190
181	2306	43:25	Chris Keen	Dacorum & Tring AC	Male	168	MS	111	41:09	96
182	1301	43:25	Simon Stevens		Male	169	M40-44	24	43:05	180
183	721	43:27	Les Hutchinson		Male	170	MS	112	43:22	194
184	89	43:29	Holly Bateman		Female	14	FS	10	43:22	195
185	1410	43:31	Nigel Walsh		Male	171	M60-64	2	43:21	192
186	708	43:33	William Moncur-Brown	I understand	Male	172	MS	113	43:28	201
187	584	43:34	Nick Gurney	Norwich Road Runners	Male	173	MS	114	43:28	200
188	996	43:36	David Neeve	Bungay Black Dog RC	Male	174	MS	115	43:09	188
189	1536	43:38	Jonathan Tucker		Male	175	MS	116	43:32	205
190	394	43:38	John Dungar	Bure Valley Harriers	Male	176	MS	117	43:36	212
191	687	43:38	Matt Howard		Male	177	M40-44	25	43:25	197
192	1401	43:40	Karl Walker	Norfolk Gazelles AC	Male	178	M40-44	26	43:34	209
193	488	43:40	James Francis		Male	179	MS	118	43:32	206
194	853	43:41	Michael Loiacono		Male	180	M45-49	18	43:33	208
195	231	43:41	Archie Campbell		Male	181	MS	119	43:27	198
196	830	43:42	Will Layton		Male	182	MS	120	43:25	196
197	1537	43:42	Anna Kirkham	Norwich Road Runners	Female	15	FS	11	43:10	189
198	575	43:42	Marc Gridley		Male	183	M40-44	27	43:30	204
199	112	43:43	Cameron Belton		Male	184	MS	121	43:22	193
200	995	43:45	Steven Neaves	Bungay Black Dog RC	Male	185	M55-59	3	43:19	191
201	179	43:45	Joshua Brighty	Norwich Road Runners	Male	186	MS	122	43:40	216
202	1087	43:45	Matthew Plane		Male	187	MS	123	42:38	156
203	1476	43:46	William Whittam		Male	188	MS	124	43:33	207
204	1256	43:50	Daniel Smith		Male	189	MS	125	43:29	202
205	1596	43:50	Omar Alameen		Male	190	MS	126	43:49	224
206	1345	43:52	Matt Thomas		Male	191	MS	127	43:03	179
207	401	43:52	Wayne Easlea		Male	192	M40-44	28	43:41	218
208	769	43:54	David Kellaway	Dereham Runners & AC	Male	193	M55-59	4	43:50	225
209	598	43:55	James Halls		Male	194	MS	128	43:35	211
210	1079	43:56	Thomas Persich		Male	195	MS	129	43:41	219
211	1000	43:59	Martin Newstead		Male	196	M40-44	29	43:27	199
212	849	44:02	Matthew Linger		Male	197	MS	130	43:49	223
213	1353	44:02	Sean Thompson	Wymondham AC	Male	198	M45-49	19	43:42	220
214	648	44:03	Neil Hendrey	Alchester Running Club	Male	199	M40-44	30	43:41	217
215	368	44:03	Joe Denton	Harling Athletic Club	Male	200	M45-49	20	43:30	203
216	1125	44:04	Stephen Ramm	Tri-Anglia Triathlon Club	Male	201	MS	131	43:57	234
217	1247	44:05	Nigel Sinclair		Male	202	M40-44	31	43:52	227
218	110	44:06	Jeremy Bell		Male	203	M45-49	21	43:46	221
219	545	44:06	Craig Goldie	Thetford AC	Male	204	M45-49	22	43:54	230
220	64	44:08	Richard Baker		Male	205	MS	132	43:54	229
221	528	44:09	John Gay	North Norfolk Beach Runners	Male	206	M55-59	5	43:39	215
222	929	44:10	Helen Mian	Norfolk Gazelles AC	Female	16	F45-49	2	43:55	233
223	571	44:12	Steven Greenwood		Male	207	MS	133	43:50	226
224	1504	44:12	Emily Woodfield	Tri-Anglia Triathlon Club	Female	17	FS	12	43:39	214
225	1096	44:13	Andrew Pond	Tri-Anglia Triathlon Club	Male	208	M50-54	14	44:09	239

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	1317	44:14	Richard Storr		Male	209	MS	134	44:10	240
227	1144	44:17	Howard Revell	Framlingham Flyers	Male	210	M50-54	15	44:04	235
228	140	44:17	Andy Bobbin		Male	211	M40-44	32	44:11	242
229	260	44:18	Dan Clafin		Male	212	MS	135	44:12	244
230	1132	44:19	Jonny Ray		Male	213	MS	136	43:38	213
231	1539	44:20	Tomas Boza		Male	214	MS	137	43:53	228
232	733	44:21	Matt Jenkins		Male	215	MS	138	43:35	210
233	1266	44:22	Paul Smith	Norwich Road Runners	Male	216	M45-49	23	44:07	238
234	50	44:23	Ross Ashton		Male	217	M40-44	33	44:15	247
235	418	44:24	Mark Ellis		Male	218	M45-49	24	44:18	249
236	977	44:25	Ronnie Mount		Male	219	M40-44	34	44:14	245
237	975	44:27	Anthony Moss		Male	220	M40-44	35	44:17	248
238	1015	44:29	Liam Nudd		Male	221	MS	139	43:54	231
239	1327	44:31	David Tandy	Norwich Road Runners	Male	222	M45-49	25	44:27	257
240	563	44:31	Adrian Grand	Norwich Road Runners	Male	223	M50-54	16	44:20	250
241	1448	44:32	Lee Webster		Male	224	M40-44	36	44:21	251
242	727	44:33	Aaron Jackson	Bungay Black Dog RC	Male	225	MS	140	44:06	237
243	583	44:33	Neal Gurney		Male	226	MS	141	43:48	222
244	696	44:35	Nicholas Hudson	Coltishall Jaguars RC	Male	227	MS	142	44:11	243
245	945	44:38	Darren Minns		Male	228	MS	143	44:30	262
246	514	44:39	Paul Gardner	Tri-Anglia Triathlon Club	Male	229	M40-44	37	44:05	236
247	1426	44:39	Michael Ward		Male	230	MS	144	44:24	255
248	1331	44:40	Andy Taylor		Male	231	MS	145	44:24	254
249	749	44:43	Tom Johnson	Coltishall Jaguars RC	Male	232	MS	146	44:37	272
250	12	44:43	Martin Adcock	Bure Valley Harriers	Male	233	M45-49	26	44:36	269
251	1250	44:43	Andrew Skiggs	Tri-Anglia Triathlon Club	Male	234	M40-44	38	44:15	246
252	715	44:45	Shaun Hurr		Male	235	M40-44	39	44:22	253
253	714	44:45	Phil Hurr	North Norfolk Beach Runners	Male	236	M55-59	6	44:22	252
254	448	44:45	Martin Farr		Male	237	MS	147	44:29	260
255	1359	44:46	Matthew Thurston		Male	238	M40-44	40	44:40	274
256	204	44:47	Gavin Bunn		Male	239	MS	148	44:41	275
257	529	44:47	Erik Gibbons		Male	240	MS	149	44:40	273
258	775	44:49	Anthony Kendrick		Male	241	MS	150	44:28	259
259	1532	44:50	James Youngs		Male	242	M40-44	41	44:33	267
260	953	44:50	Benjamin Moon		Male	243	MS	151	44:30	264
261	1149	44:53	Nicholas Richardson		Male	244	MS	152	44:41	276
262	570	44:53	Eddie Greenland	Wymondham AC	Male	245	M50-54	17	44:42	278
263	473	44:54	Lee Forder		Male	246	MS	153	44:47	282
264	1133	44:55	Sam Rayner		Male	247	MS	154	44:36	270
265	59	44:55	Ian Bailey		Male	248	M40-44	42	44:10	241
266	1528	44:55	Elliot Young		Male	249	MS	155	44:42	277
267	865	44:56	Haydn Lyon	City of Norwich AC	Male	250	MS	156	44:45	280
268	960	44:57	Darren Moore		Male	251	M40-44	43	44:47	284
269	1243	44:58	Jackson Simmons		Male	252	MS	157	44:47	283
270	1434	44:59	Eddie Warren		Male	253	MS	158	44:55	289
271	2605	45:00	Antony Riches		Male	254	MS	159	42:43	164
272	689	45:01	Lauren Howe	City of Norwich AC	Female	18	FS	13	44:44	279
273	1280	45:02	Nicky Sparkes	Bungay Black Dog RC	Male	255	MS	160	44:35	268
274	159	45:02	Kyle Bowles	Waveney Valley AC	Male	256	MS	161	44:31	265
275	912	45:03	James Mcfarlane	Norwich Road Runners	Male	257	M40-44	44	44:48	286
276	1367	45:04	Ian Todd		Male	258	M55-59	7	44:29	261
277	3118	45:05	Stephen Bonnot		Male	259	MS	162	41:04	95
278	1100	45:05	Robert Pope		Male	260	MS	163	44:30	263
279	3706	45:09	Ryan Kennedy		Male	261	MS	164	44:25	256
280	58	45:09	Mark Bailes		Male	262	MS	165	45:01	294
281	441	45:13	Paul Eves	Norwich Road Runners	Male	263	MS	166	44:50	287
282	956	45:13	Keith Mooney		Male	264	M50-54	18	45:04	300
283	1394	45:15	Chris Vernon		Male	265	MS	167	45:02	296
284	1124	45:16	Kevin Raisborough		Male	266	M50-54	19	44:36	271
285	649	45:16	Catherine Henery		Female	19	F50-54	2	45:06	303
286	425	45:19	Lee Emmett		Male	267	MS	168	45:02	297
287	192	45:20	Thomas Brown		Male	268	MS	169	45:00	293
288	1019	45:21	Mark Ogden		Male	269	M45-49	27	44:28	258
289	1224	45:21	Austin Seales		Male	270	MS	170	45:01	295
290	227	45:22	Andrew Callen	Diss and District AC	Male	271	MS	171	45:12	309
291	1313	45:24	Charlie Stone	Thetford AC	Male	272	MS	172	45:06	302
292	1082	45:25	James Pettit		Male	273	MS	173	44:55	290
293	1193	45:25	Andy Rowles	Dereham Runners & AC	Male	274	M50-54	20	45:21	319
294	1137	45:26	Alice Rees	City of Norwich AC	Female	20	FS	14	45:23	321
295	1279	45:27	Jason Sparkes		Male	275	MS	174	45:15	312
296	495	45:28	Paul Freeman		Male	276	M40-44	45	44:45	281
297	492	45:31	George Frazer		Male	277	MS	175	45:28	329
298	271	45:32	Shaun Cleworth		Male	278	M40-44	46	45:22	320
299	997	45:32	Emily Neilan	Serpentine RC	Female	21	FS	15	45:18	315
300	1154	45:34	Thomas Rivett	North Norfolk Beach Runners	Male	279	M40-44	47	45:05	301

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	619	45:35	Stacey Harper		Female	22	FS	16	45:21	318
302	1209	45:36	Matt Sanders		Male	280	MS	176	45:27	328
303	1064	45:36	Adam Pearce		Male	281	MS	177	45:24	324
304	314	45:36	Adam Cory		Male	282	MS	178	44:57	292
305	820	45:37	James Larnder		Male	283	MS	179	44:31	266
306	1356	45:37	Andrew Thorpe		Male	284	M40-44	48	45:25	325
307	1139	45:38	Gary Reeve		Male	285	M50-54	21	45:08	308
308	904	45:39	Jack Massie		Male	286	MS	180	45:03	298
309	66	45:39	Matt Baldry	Waveney Valley AC	Male	287	M40-44	49	44:56	291
310	854	45:40	Oliver Lomax		Male	288	MS	181	45:08	307
311	1417	45:41	Alex Walton		Male	289	M40-44	50	44:51	288
312	680	45:41	Chris Hosier	Dereham Runners & AC	Male	290	MS	182	45:20	317
313	277	45:43	Stuart Coe		Male	291	MS	183	45:07	304
314	1049	45:44	Tim Parr		Male	292	MS	184	45:30	331
315	400	45:46	Matt Earl		Male	293	MS	185	45:07	305
316	82	45:52	Lee Barker		Male	294	MS	186	45:13	311
317	1376	45:53	Katherine Trehane	Norfolk Gazelles AC	Female	23	FS	17	45:12	310
318	1472	45:54	Garry Whiting	Wymondham AC	Male	295	M45-49	28	45:34	333
319	265	45:55	Jane Clarke	City of Norwich AC	Female	24	F55-59	1	45:36	334
320	253	45:57	Gary Cheesman	Norwich Road Runners	Male	296	MS	187	45:23	323
321	1508	46:01	Sean Woodvine		Male	297	M45-49	29	45:26	326
322	1169	46:03	Richard Bracey		Male	298	M50-54	22	45:56	363
323	645	46:03	Stewart Helsdon		Male	299	MS	188	45:27	327
324	1257	46:04	Gav Smith		Male	300	MS	189	45:55	358
325	1494	46:04	Mark Winfield		Male	301	M45-49	30	45:32	332
326	1065	46:04	Justin Pearce		Male	302	M40-44	51	45:49	346
327	431	46:05	Tom English		Male	303	MS	190	45:18	316
328	256	46:06	Chris Chorley	Bungay Black Dog RC	Male	304	M50-54	23	45:39	336
329	1213	46:07	James Savage		Male	305	MS	191	45:40	338
330	27	46:07	Neil Allen		Male	306	MS	192	45:41	339
331	1444	46:08	Matt Watts		Male	307	MS	193	45:58	367
332	378	46:10	Richard Dolman	Thetford AC	Male	308	M50-54	24	45:52	352
333	1260	46:11	Joe Smith		Male	309	MS	194	46:06	384
334	554	46:11	Dan Goodwin		Male	310	MS	195	45:16	313
335	17	46:13	Luke Alderton		Male	311	MS	196	46:05	383
336	647	46:13	Brian Henderson		Male	312	M45-49	31	45:43	342
337	723	46:14	Lucian Iftimie Hau		Male	313	MS	197	46:08	387
338	716	46:14	Gary Hurrell	Norwich Road Runners	Male	314	M40-44	52	46:01	368
339	367	46:15	Christopher Dent		Male	315	M50-54	25	45:43	341
340	1183	46:16	Paul Rose		Male	316	M40-44	53	45:39	337
341	356	46:16	Iain Dawson	Tri-Anglia Triathlon Club	Male	317	MS	198	46:07	386
342	326	46:16	Richard Crewe		Male	318	M40-44	54	46:07	385
343	1161	46:16	James Roberts		Male	319	MS	199	45:56	360
344	376	46:16	Chris Doggett		Male	320	M55-59	8	45:57	365
345	1120	46:17	Gregory Quinn		Male	321	M55-59	9	45:54	356
346	866	46:18	Ruth Mackenzie		Female	25	FS	18	46:08	388
347	329	46:18	David Cross	Durham City Harriers & AC	Male	322	MS	200	46:17	403
348	1319	46:19	Sarah Stubbs	Bure Valley Harriers	Female	26	F40-44	3	46:10	392
349	1176	46:20	Paul Rogers	Bure Valley Harriers	Male	323	M40-44	55	46:10	393
350	1315	46:20	Mark Stone	Great Yarmouth Road Runners	Male	324	M40-44	56	45:49	347
351	333	46:20	David Crow	Norwich Road Runners	Male	325	MS	201	45:58	366
352	1545	46:21	Jim Fitch		Male	326	M45-49	32	45:43	343
353	1304	46:21	Scott Steward		Male	327	MS	202	46:02	371
354	1109	46:22	Dean Preston		Male	328	MS	203	46:04	380
355	915	46:22	Jay Mcllelland-Player		Male	329	MS	204	46:10	395
356	957	46:22	Ben Moore		Male	330	MS	205	45:47	345
357	190	46:23	Paul Brown	Waveney Valley AC	Male	331	M50-54	26	46:03	375
358	1013	46:23	Simon Norton	Bungay Black Dog RC	Male	332	M55-59	10	45:50	349
359	471	46:23	Michael Ford		Male	333	MS	206	46:04	379
360	1466	46:23	Bernie Whelan		Male	334	MS	207	46:19	409
361	494	46:23	Ben Freeman		Male	335	MS	208	46:09	391
362	652	46:24	Martin Hewetson	Bure Valley Harriers	Male	336	M40-44	57	46:19	408
363	411	46:24	Leon Edwards		Male	337	MS	209	45:51	351
364	144	46:25	Andrew Bonner		Male	338	MS	210	45:30	330
365	1095	46:25	Nathan Polley		Male	339	MS	211	45:56	361
366	1442	46:25	Gerry Watson	Wymondham AC	Male	340	M60-64	3	46:04	381
367	539	46:26	Rachel Gillings	Norwich Road Runners	Female	27	FS	19	46:20	413
368	933	46:27	Claudia Milburn		Female	28	FS	20	45:55	357
369	166	46:28	Simon Bransby		Male	341	M45-49	33	46:02	372
370	373	46:28	Justin Dicks		Male	342	M45-49	34	46:01	370
371	380	46:29	Theresa Dooley		Female	29	F45-49	3	46:09	390
372	196	46:29	Jay Buck		Male	343	MS	212	46:20	411
373	263	46:29	Stuart Clark		Male	344	MS	213	45:55	359
374	2034	46:30	Jack Edwards		Male	345	MS	214	43:55	232
375	1293	46:30	Richard Stanley		Male	346	MS	215	46:11	397

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	1039	46:31	Chris Pape		Male	347	M40-44	58	45:23	322
377	895	46:32	Michael Martin		Male	348	M50-54	27	45:37	335
378	629	46:32	John Hartley		Male	349	M50-54	28	45:44	344
379	1055	46:33	Chris Paton		Male	350	MS	216	45:52	353
380	1299	46:34	Max Stevens		Male	351	MS	217	46:17	402
381	943	46:34	Robert Milner	Waveney Valley AC	Male	352	MS	218	46:05	382
382	1269	46:35	Richard Smith	Clapham Pioneers	Male	353	MS	219	46:18	405
383	304	46:36	Andrew Cooper		Male	354	MS	220	46:22	414
384	666	46:36	Nigel Hodge	City of Norwich AC	Male	355	M45-49	35	46:08	389
385	381	46:39	Mark Doughty	Ryston Runners	Male	356	M40-44	59	46:01	369
386	779	46:40	Stephen Kenworthy		Male	357	M45-49	36	46:02	373
387	1594	46:40	Christine Faulkner		Female	30	FS	21	46:03	376
388	1159	46:41	Steven Rix	Dereham Runners & AC	Male	358	MS	221	46:23	415
389	816	46:42	Tim Lamb		Male	359	MS	222	46:03	377
390	1513	46:42	Graham Worsfold		Male	360	MS	223	45:49	348
391	385	46:43	Paul Dowson		Male	361	MS	224	46:16	401
392	729	46:44	Dave James		Male	362	MS	225	46:24	416
393	1483	46:46	Eva Wilkes		Female	31	FS	22	45:53	355
394	1116	46:47	Paul Quantrill	Tri-Anglia Triathlon Club	Male	363	M50-54	29	46:45	452
395	123	46:48	Mark Bircham		Male	364	MS	226	46:10	394
396	210	46:49	Ben Burgess		Male	365	MS	227	45:42	340
397	1371	46:51	Claire Towell		Female	32	FS	23	46:26	417
398	1285	46:52	Andrew Spencer		Male	366	M45-49	37	46:13	398
399	108	46:52	Christopher Bell		Male	367	MS	228	46:03	378
400	1104	46:53	Emma Potter-Campbell	Dereham Runners & AC	Female	33	F45-49	4	46:33	427
401	519	46:54	Dudley Garner	Norfolk Gazelles AC	Male	368	MS	229	46:44	451
402	1526	46:54	Ashley Yellop		Male	369	M40-44	60	46:40	441
403	379	46:55	Danilo Dondici		Male	370	MS	230	46:39	436
404	235	46:55	Nicholas Carding		Male	371	MS	231	46:27	419
405	276	46:55	Arron Coe	Bure Valley Harriers	Male	372	MS	232	46:46	453
406	1008	46:55	Lloyd Nobbs		Male	373	MS	233	46:40	440
407	1081	46:55	Steven Peters		Male	374	MS	234	46:40	442
408	62	46:57	James Baird		Male	375	MS	235	46:30	421
409	1083	46:58	Julien Pike		Male	376	M40-44	61	46:41	446
410	1361	46:58	Barry Tierney		Male	377	MS	236	46:20	410
411	404	46:59	Mark Easter		Male	378	MS	237	46:20	412
412	4083	47:05	Tom Crossley		Male	379	MS	238	41:52	125
413	1001	47:05	Gareth Nicholls		Male	380	MS	239	46:41	444
414	813	47:06	Mark Lamb		Male	381	MS	240	46:27	418
415	685	47:08	Dean Howard		Male	382	M40-44	62	46:13	399
416	832	47:08	Rowena Leary	Norfolk Gazelles AC	Female	34	FS	24	46:53	467
417	1406	47:08	Keith Walpole		Male	383	M40-44	63	47:02	489
418	1407	47:08	Neil Walpole	Norwich Road Runners	Male	384	M45-49	38	47:02	487
419	269	47:08	Tom Clarke		Male	385	MS	241	46:40	439
420	397	47:09	Adrian Dyde	North Norfolk Beach Runners	Male	386	M55-59	11	46:50	461
421	502	47:09	James Fullam		Male	387	MS	242	46:34	430
422	868	47:09	Roger Madle		Male	388	M50-54	30	47:02	488
423	484	47:09	Peter Fox		Male	389	M55-59	12	46:40	443
424	1463	47:10	Stephen Wheatley		Male	390	M50-54	31	46:33	426
425	1452	47:10	Sam Weller	North Norfolk Beach Runners	Male	391	M65-69	2	46:54	470
426	1382	47:11	Greg Tunmore	Diss and District AC	Male	392	M40-44	64	46:57	477
427	3820	47:11	Yan Martin		Male	393	MS	243	43:07	185
428	922	47:11	Chris Meadows		Male	394	MS	244	46:38	432
429	1490	47:11	Carl Willimott		Male	395	M45-49	39	46:48	457
430	805	47:11	Peter Laddiman	Norfolk Harriers RC	Male	396	M55-59	13	47:00	484
431	834	47:12	Chris Lee	City of Norwich AC	Male	397	MS	245	46:56	474
432	1325	47:13	Ben Swift		Male	398	M40-44	65	46:34	429
433	1238	47:13	Guy Shearwood	Norwich Road Runners	Male	399	M55-59	14	46:51	462
434	1141	47:13	Sean Reeve		Male	400	M45-49	40	47:00	483
435	961	47:13	Ian Moore	Norwich Road Runners	Male	401	MS	246	46:39	437
436	990	47:14	Alan Murray		Male	402	MS	247	46:39	435
437	1433	47:14	Simon Warner	St Albans Striders	Male	403	MS	248	46:31	424
438	1527	47:15	Martin Yeomans	Norwich Road Runners	Male	404	M65-69	3	47:08	500
439	1370	47:17	Stacy Tovell		Male	405	M45-49	41	45:03	299
440	2334	47:17	James Lake		Male	406	MS	249	45:08	306
441	1486	47:19	Becky Willett		Female	35	FS	25	46:34	428
442	969	47:20	Shane Morgan		Male	407	MS	250	47:00	481
443	1107	47:20	Kevin Powles		Male	408	M45-49	42	46:41	445
444	1342	47:21	Corin Thoday	100KM Association	Male	409	M40-44	66	46:57	478
445	1388	47:21	James Utting		Male	410	MS	251	46:55	473
446	2757	47:22	Sam Thorpe		Male	411	MS	252	45:17	314
447	344	47:22	Richard Dade	Wymondham AC	Male	412	M45-49	43	46:44	449
448	282	47:23	Matthew Cole		Male	413	M40-44	67	47:06	495
449	741	47:23	Graham Johnson	Coltishall Jaguars RC	Male	414	M50-54	32	46:58	479
450	1470	47:23	Sam Whitham		Male	415	MS	253	46:50	460

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	1430	47:24	Jody Warner		Male	416	MS	254	47:10	502
452	1220	47:25	Paul Schwer	Felixstowe RRC	Male	417	M55-59	15	46:52	464
453	1392	47:25	Marieke Vermue	City of Norwich AC	Female	36	FS	26	47:08	498
454	810	47:26	Phil Laker		Male	418	MS	255	46:54	471
455	1447	47:28	George Webster		Male	419	MS	256	46:31	422
456	2436	47:29	Grand Michael		Male	420	M45-49	44	44:48	285
457	439	47:29	Scott Evans		Male	421	M40-44	68	46:53	469
458	1067	47:30	Stuart Peck	City of Norwich AC	Male	422	MS	257	46:37	431
459	1255	47:30	Barry Smith	Ryston Runners	Male	423	M50-54	33	47:13	509
460	1148	47:31	Nick Richards		Male	424	M40-44	69	47:21	518
461	1559	47:31	Helen Terry		Female	37	FS	27	47:07	497
462	437	47:31	Rob Evans		Male	425	M40-44	70	46:48	456
463	29	47:33	Tim Allen	Norwich Road Runners	Male	426	MS	258	47:02	486
464	1323	47:34	Luke Sutherland		Male	427	MS	259	46:53	466
465	1208	47:36	Mark Sanders		Male	428	M45-49	45	46:49	459
466	693	47:37	James Hoyle		Male	429	MS	260	46:57	475
467	907	47:38	Dan Mayers		Male	430	M40-44	71	47:05	493
468	454	47:38	John Fensom	Bungay Black Dog RC	Male	431	MS	261	46:42	448
469	1254	47:38	Anthony Smith		Male	432	M50-54	34	46:57	476
470	500	47:39	Gary Fryer	Tri-Anglia Triathlon Club	Male	433	MS	262	46:53	468
471	226	47:40	Darren Cains		Male	434	MS	263	47:08	499
472	480	47:40	James Fowler		Male	435	MS	264	47:09	501
473	694	47:41	Terry Hubbard		Male	436	M40-44	72	47:26	527
474	1195	47:42	Craig Ruggles		Male	437	MS	265	47:38	548
475	128	47:43	Keith Blake		Male	438	M55-59	16	47:37	544
476	1412	47:43	Steven Walsh		Male	439	MS	266	46:58	480
477	989	47:44	Chris Murphy		Male	440	M55-59	17	47:13	508
478	1088	47:44	James Plant		Male	441	MS	267	47:07	496
479	699	47:46	Gary Hughes	Tri-Anglia Triathlon Club	Male	442	MS	268	47:38	550
480	182	47:47	Daniel Brocklehurst	Wymondham AC	Male	443	MS	269	47:05	494
481	460	47:48	Simon Fields		Male	444	M45-49	46	47:29	531
482	28	47:48	Paul Allen	Coltishall Jaguars RC	Male	445	MS	270	47:23	522
483	321	47:48	Jonny Cracknell		Male	446	MS	271	47:05	492
484	1036	47:49	David Palmer		Male	447	M40-44	73	47:41	553
485	1233	47:50	James Sharman		Male	448	M40-44	74	47:25	526
486	892	47:50	Amy Martin		Female	38	FS	28	46:44	450
487	1531	47:50	Tyrone Young		Male	449	MS	272	47:10	503
488	1106	47:50	Matthew Powell		Male	450	MS	273	47:32	540
489	884	47:51	Oliver Marriott		Male	451	MS	274	47:12	507
490	807	47:51	Alistair Laidlaw		Male	452	MS	275	47:39	551
491	98	47:54	Darren Beard		Male	453	M40-44	75	47:11	505
492	879	47:56	Stewart Marden	Coltishall Jaguars RC	Male	454	M50-54	35	47:30	535
493	1555	47:56	Stuart Whiley		Male	455	MS	276	47:20	515
494	760	47:57	Robert Jones		Male	456	M40-44	76	47:23	524
495	998	47:58	Anton Newell	Sutton in Ashfield Harriers &	Male	457	M45-49	47	46:55	472
496	837	47:58	Adam Leech		Male	458	MS	277	47:01	485
497	1475	47:59	James Whittaker	Norwich Road Runners	Male	459	M45-49	48	46:52	463
498	872	48:00	Hannah Maher	City of Norwich AC	Female	39	FS	29	47:43	557
499	1375	48:01	Jonathan Travis		Male	460	MS	278	47:38	549
500	172	48:02	Shaun Braybrook		Male	461	MS	279	47:11	504
501	498	48:03	Alexandra French	Tri-Anglia Triathlon Club	Female	40	F40-44	4	47:21	517
502	1089	48:04	Ben Player		Male	462	MS	280	47:46	565
503	1377	48:04	Robert Tribe		Male	463	M45-49	49	47:44	559
504	1046	48:05	Russell Parkins		Male	464	M45-49	50	47:33	541
505	2238	48:06	James Hopgood		Male	465	MS	281	46:02	374
506	2039	48:07	Richard Edwards		Male	466	MS	282	45:53	354
507	726	48:07	Andy Ives	Tri-Anglia Triathlon Club	Male	467	M40-44	77	47:34	542
508	891	48:08	Adrian Martin		Male	468	M50-54	36	47:32	539
509	600	48:08	Andrew Hammond	Norfolk Gazelles AC	Male	469	M60-64	4	47:56	579
510	552	48:09	Justin Goodrum		Male	470	MS	283	47:29	533
511	880	48:09	Roisin Marks		Female	41	FS	30	47:40	552
512	744	48:10	Neil Bunnage	Norwich Road Runners	Male	471	M45-49	51	47:21	519
513	2415	48:12	Craig Mccann		Male	472	MS	284	45:56	362
514	597	48:12	Tom Halliwell		Male	473	MS	285	47:55	575
515	402	48:12	David Eastaugh		Male	474	M40-44	78	48:04	591
516	928	48:13	Matthew Metcalf		Male	475	MS	286	47:50	570
517	507	48:14	Oliver Furzer		Male	476	MS	287	47:37	546
518	34	48:15	Nathaniel Anderson		Male	477	MS	288	47:59	588
519	596	48:15	Sam Hall		Male	478	MS	289	47:42	556
520	1261	48:15	Julian Smith		Male	479	M45-49	52	47:49	569
521	1506	48:16	Thomas Woods		Male	480	MS	290	48:06	596
522	465	48:16	Malcolm Fisher	Dereham Runners & AC	Male	481	MS	291	48:11	608
523	466	48:16	Steven Fisher		Male	482	MS	292	47:41	554
524	525	48:17	Ruth Gaunt	Norwich Road Runners	Female	42	F50-54	3	47:16	512
525	2602	48:17	Dom Richardson		Male	483	MS	293	46:11	396

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	980	48:18	E Mulhall		Male	484	MS	294	47:45	563
527	690	48:19	Gary Howes	RAF Marham Running Club	Male	485	MS	295	48:05	594
528	1289	48:20	Craig Spurr		Male	486	MS	296	47:53	572
529	643	48:20	Martin Heeley		Male	487	M40-44	79	47:55	576
530	1591	48:21	Tim Ward		Male	488	M50-54	37	47:30	537
531	107	48:22	Ian Beggs		Male	489	M45-49	53	48:08	600
532	934	48:23	Ian Milburn	Fenland Running Club	Male	490	M70+	1	47:50	571
533	1196	48:25	Matthew Rump		Male	491	MS	297	47:44	561
534	771	48:25	Andrew Kelman		Male	492	M50-54	38	48:09	603
535	2166	48:25	Ben Guyton		Male	493	MS	298	46:19	407
536	450	48:25	Simon Farrow		Male	494	M40-44	80	47:37	545
537	2490	48:26	Mark Nickerson	Vegan Runners UK	Male	495	MS	299	46:19	406
538	1298	48:29	Eleanor Stevens	City of Norwich AC	Female	43	FS	31	48:11	611
539	499	48:29	Andrew French	Tri-Anglia Triathlon Club	Male	496	M40-44	81	47:47	566
540	1057	48:30	James Paul		Male	497	MS	300	48:19	619
541	1172	48:30	Debbie Rodwell		Female	44	F50-54	4	48:15	614
542	547	48:31	Shaune Gooch	Norwich Road Runners	Male	498	M40-44	82	48:07	599
543	303	48:31	Clare Coombes	Vegan Runners UK	Female	45	F40-44	5	47:28	529
544	375	48:32	Joe Dixon		Male	499	MS	301	47:29	534
545	1062	48:33	Sarah Peachey	Norwich Road Runners	Female	46	FS	32	48:10	604
546	748	48:33	Richard Johnson	Norwich Road Runners	Male	500	M40-44	83	48:10	605
547	800	48:34	Adam Knights		Male	501	MS	302	47:44	560
548	138	48:35	Mark Bloomfield		Male	502	M45-49	54	48:11	607
549	1320	48:35	James Sturman		Male	503	MS	303	48:29	631
550	68	48:37	Steve Baldwin		Male	504	MS	304	48:08	601
551	917	48:38	Jonathan Mcmanus	Norwich Road Runners	Male	505	M40-44	84	47:58	584
552	162	48:38	Tom Braddock		Male	506	MS	305	48:30	633
553	105	48:39	Karl Bedingfield	Ely Runners	Male	507	M50-54	39	48:09	602
554	1488	48:39	Mark Williams		Male	508	M50-54	40	48:23	623
555	1034	48:39	Kemal Ozkoruyucu		Male	509	MS	306	47:44	558
556	2675	48:39	Anthony Smith		Male	510	M40-44	85	46:18	404
557	306	48:40	James Cooper		Male	511	MS	307	48:26	627
558	2168	48:40	Myles Hague	Norwich Road Runners	Male	512	MS	308	46:31	423
559	275	48:40	Alex Coburn		Male	513	M40-44	86	48:03	590
560	1429	48:41	Andrew Warner		Male	514	MS	309	48:23	624
561	889	48:42	Tim Marshall		Male	515	MS	310	47:59	587
562	2371	48:42	Steve Love	100 Marathon Club	Male	516	M55-59	18	46:32	425
563	898	48:43	Steve Martin	Newark Striders Running Club	Male	517	M50-54	41	47:57	580
564	2786	48:43	Ollie Vincent		Male	518	MS	311	46:28	420
565	1073	48:45	Lewis Perkins		Male	519	MS	312	48:17	616
566	1035	48:46	Adam Palmer		Male	520	MS	313	48:04	592
567	2419	48:47	Daniel Mckail		Male	521	MS	314	46:38	433
568	1134	48:49	Chris Read	Norwich Road Runners	Male	522	MS	315	48:36	640
569	856	48:50	Caroline Long		Female	47	FS	33	48:13	613
570	362	48:51	Matthew Debnam		Male	523	M40-44	87	48:36	642
571	664	48:53	Steven Hitcham	Norwich Road Runners	Male	524	MS	316	47:56	577
572	1928	48:54	Sean Cockrell		Male	525	M45-49	55	46:39	434
573	360	48:56	Samantha Dearing		Female	48	FS	34	48:11	610
574	578	48:59	Adam Griggs	North Norfolk Beach Runners	Male	526	MS	317	48:40	652
575	470	48:59	John Ford		Male	527	M60-64	5	48:36	643
576	851	48:59	Mick Liston		Male	528	M65-69	4	48:20	620
577	2072	49:00	Simon Feakes	Diss and District AC	Male	529	MS	318	46:40	438
578	2069	49:02	Lee Fairweather		Male	530	M40-44	88	46:13	400
579	382	49:02	Darren Douglass	Tri-Anglia Triathlon Club	Male	531	M50-54	42	48:44	659
580	982	49:03	Wayne Munns		Male	532	MS	319	48:07	598
581	653	49:05	Mark Higgins		Male	533	MS	320	48:10	606
582	250	49:09	Chris Chapman		Male	534	MS	321	48:30	634
583	249	49:11	Scott Chadwick	Coltishall Jaguars RC	Male	535	MS	322	48:33	636
584	2740	49:13	Martin Taylor		Male	536	MS	323	46:48	458
585	97	49:13	Tony Beales	Wymondham AC	Male	537	M50-54	43	48:52	668
586	342	49:13	Sally Cushing	Norwich Road Runners	Female	49	F50-54	5	49:07	692
587	1202	49:14	Ian Sadler		Male	538	MS	324	48:20	621
588	217	49:14	Lewis Burrridge		Male	539	MS	325	48:05	595
589	1248	49:16	Peter Single		Male	540	M55-59	19	48:40	651
590	1251	49:18	Stuart Slattery	Dereham Runners & AC	Male	541	MS	326	48:50	666
591	206	49:18	Daniel Bunnage		Male	542	MS	327	48:30	635
592	1185	49:19	Nick Ross	Norfolk Gazelles AC	Male	543	M45-49	56	48:37	644
593	416	49:19	Anne Ellen	Norfolk Gazelles AC	Female	50	F60-64	1	48:42	656
594	1167	49:20	Will Robinson		Male	544	MS	328	48:24	625
595	1351	49:20	Ethan Thompson		Male	545	MS	329	48:39	649
596	80	49:21	Doug Barber		Male	546	M50-54	44	49:05	687
597	605	49:21	Andrew Hannant		Male	547	M40-44	89	49:10	697
598	2625	49:23	George Sanders		Male	548	MS	330	46:41	447
599	1324	49:25	Tim Sweeting		Male	549	MS	331	48:58	676
600	512	49:27	Louise Gardiner		Female	51	F45-49	5	48:54	670



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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	1473	49:27	Mark Whiting		Male	550	M55-59	20	48:28	630
602	2135	49:27	Oliver Gillard-Eastop		Male	551	M50-54	45	47:19	514
603	1436	49:28	David Washer	Tri-Anglia Triathlon Club	Male	552	M40-44	90	48:26	626
604	243	49:28	Wayne Carver		Male	553	MS	332	48:37	645
605	778	49:28	James Kent		Male	554	MS	333	48:18	617
606	23	49:28	Katie Allan		Female	52	FS	35	48:19	618
607	229	49:28	Bob Cameron		Male	555	M45-49	57	49:11	702
608	888	49:30	Raymond Marshall	Norwich Road Runners	Male	556	M50-54	46	48:21	622
609	353	49:30	Chris Davies		Male	557	M40-44	91	48:56	674
610	1074	49:31	Dan Perrin		Male	558	M40-44	92	48:45	661
611	803	49:31	Josef Konieczny		Male	559	MS	334	48:46	663
612	722	49:31	Rebecca Hylton		Female	53	FS	36	48:43	657
613	57	49:32	Susan Aves	Springfield Striders RC	Female	54	F50-54	6	48:55	671
614	395	49:33	Paul Durrant		Male	560	M40-44	93	49:07	693
615	1905	49:33	James Chaplin – Madden	Great Yarmouth Road Runners	Male	561	MS	335	47:27	528
616	1105	49:33	Richard Potts		Male	562	M40-44	94	48:26	628
617	2630	49:34	Ricardo Santos		Male	563	MS	336	47:21	520
618	712	49:35	Jimmy Hupton		Male	564	MS	337	49:23	718
619	322	49:35	Toby Craig	Bungay Black Dog RC	Male	565	M45-49	58	49:07	691
620	1975	49:35	Guy Culpin	Norwich Road Runners	Male	566	MS	338	47:28	530
621	1503	49:36	Graeme Wooden		Male	567	MS	339	48:55	673
622	1168	49:36	Andrew Rochford		Male	568	M40-44	95	48:48	664
623	1145	49:37	Matthew Reynolds		Male	569	MS	340	49:20	713
624	2408	49:38	Dean Matless		Male	570	MS	341	47:31	538
625	625	49:38	Andy Hart		Male	571	M50-54	47	49:09	696
626	2308	49:38	Andrea Kelly		Female	55	F45-49	6	47:00	482
627	2796	49:39	Frances Wall		Female	56	FS	37	46:52	465
628	2116	49:39	Paul Gallop		Male	572	MS	342	47:23	523
629	1758	49:40	Daniel Banks		Male	573	MS	343	47:20	516
630	737	49:41	Matthew Jermy		Male	574	MS	344	49:19	712
631	736	49:43	Carly Jermy	City of Norwich AC	Female	57	FS	38	49:05	688
632	1996	49:44	Ben Dean	Diss and District AC	Male	575	MS	345	47:24	525
633	1044	49:44	Matthew Parkhouse		Male	576	MS	346	49:05	686
634	1191	49:45	Matthew Rowe		Male	577	MS	347	48:37	646
635	1570	49:46	Alistair Wardale		Male	578	M55-59	21	48:41	654
636	120	49:47	Graeme Bentley		Male	579	MS	348	49:03	683
637	1557	49:48	William Wilson		Male	580	M40-44	96	49:11	700
638	2129	49:48	Dr Navin Kumar Ghosh		Male	581	MS	349	47:19	513
639	1305	49:49	Alison Stewart	Norwich Road Runners	Female	58	F55-59	2	49:10	699
640	955	49:50	Gary Mooney		Male	582	MS	350	49:33	733
641	183	49:52	Claire Brooke	Wymondham AC	Female	59	F45-49	7	49:30	727
642	310	49:52	Shaun Copland		Male	583	MS	351	48:44	660
643	489	49:53	Daniel Frankland		Male	584	MS	352	49:05	685
644	1056	49:53	David Woods		Male	585	MS	353	49:01	680
645	703	49:53	Jenny Humphrey		Female	60	F40-44	6	49:42	747
646	127	49:54	Deborah Blackwell		Female	61	FS	39	49:46	756
647	2009	49:55	Neil Dobson		Male	586	MS	354	47:37	547
648	671	49:55	Richard Holland		Male	587	MS	355	49:31	729
649	1573	49:56	Adrian Woods	North Norfolk Beach Runners	Male	588	M40-44	97	49:39	742
650	974	49:57	Stephen Moseley	Norwich Road Runners	Male	589	M45-49	59	47:15	511
651	659	49:58	Nicola Hill	Norwich Road Runners	Female	62	F40-44	7	49:15	708
652	541	49:59	Tom Ginn		Male	590	MS	356	49:53	773
653	1259	50:00	Iain Smith		Male	591	MS	357	49:15	710
654	407	50:00	Martin Edgar		Male	592	MS	358	48:55	672
655	767	50:00	Joseph Keeping		Male	593	MS	359	49:43	749
656	2559	50:01	Stephen Pointer	Coltishall Jaguars RC	Male	594	MS	360	47:45	564
657	688	50:02	Timothy Howard		Male	595	M55-59	22	49:22	716
658	2038	50:02	Nathan Edwards		Male	596	MS	361	47:42	555
659	1330	50:02	Richard Tatterton	Ipswich Jaffa RC	Male	597	MS	362	49:15	709
660	2653	50:03	Andy Sexton		Male	598	M50-54	48	47:59	586
661	1365	50:05	Oliver Timson	Wymondham AC	Male	599	M40-44	98	49:06	690
662	2041	50:05	Gavin Eke		Male	600	M40-44	99	47:48	567
663	1332	50:05	Bob Taylor	Witham RC	Male	601	M55-59	23	49:33	734
664	1805	50:06	Martin Blench		Male	602	M40-44	100	47:54	573
665	1411	50:06	Peter Walsh		Male	603	MS	363	47:29	532
666	886	50:07	Jason Marsh		Male	604	M40-44	101	49:13	705
667	1050	50:08	Laura Parry	City of Norwich AC	Female	63	FS	40	49:50	765
668	838	50:08	Andrew Leech		Male	605	M50-54	49	49:11	701
669	1153	50:09	Mark Ring	Norwich Road Runners	Male	606	M45-49	60	49:09	695
670	1037	50:09	Richard Palmer		Male	607	MS	364	49:26	721
671	1524	50:11	Keith Yaxley	Bungay Black Dog RC	Male	608	M40-44	102	49:25	720
672	633	50:11	Ian Hawkes		Male	609	M55-59	24	49:54	777
673	1028	50:12	Simon Ottaway		Male	610	M45-49	61	49:22	717
674	1788	50:12	Patrick Benson		Male	611	MS	365	47:58	583
675	1464	50:13	Kirsty Wheeler	Hercules Wimbledon AC	Female	64	FS	41	50:00	789

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	1163	50:13	Alan Robertson		Male	612	M60-64	6	50:02	791
677	85	50:14	George Barnard		Male	613	MS	366	49:13	704
678	2782	50:14	Ian Van Battum		Male	614	M40-44	103	47:54	574
679	1060	50:14	Jonathan Payne		Male	615	MS	367	49:13	706
680	1988	50:18	Jack Davies		Male	616	MS	368	48:00	589
681	538	50:20	Matthew Gill		Male	617	MS	369	49:31	728
682	497	50:20	Matthew Freezer	Dereham Runners & AC	Male	618	MS	370	49:53	774
683	734	50:21	Max Jennings		Male	619	M45-49	62	50:03	795
684	1051	50:21	Julia Parsley		Female	65	FS	42	49:32	732
685	921	50:22	Steven Mead		Male	620	MS	371	50:04	797
686	1360	50:23	Luke Thurtle		Male	621	MS	372	49:48	762
687	1080	50:23	Richard Peters		Male	622	M40-44	104	49:43	752
688	288	50:24	Darren Collison		Male	623	M45-49	63	49:34	735
689	675	50:24	Anna Hood		Female	66	FS	43	49:53	772
690	2573	50:25	James Pritchard		Male	624	M50-54	50	47:30	536
691	702	50:26	Damian Humphrey		Male	625	M40-44	105	50:14	812
692	2076	50:27	Chris Fisher		Male	626	MS	373	48:12	612
693	417	50:28	Peter Elliott		Male	627	M45-49	64	49:53	771
694	555	50:28	Stephen Gook		Male	628	M50-54	51	49:36	737
695	1405	50:29	Joanne Walmsley		Female	67	F50-54	7	49:36	739
696	1582	50:30	Terry Wright		Male	629	MS	374	50:15	815
697	1122	50:30	Michael Quinton		Male	630	M50-54	52	50:11	808
698	299	50:30	Tim Cook	Norfolk Gazelles AC	Male	631	M40-44	106	50:18	818
699	1242	50:30	Tony Shipley		Male	632	MS	375	49:48	763
700	1542	50:31	Ian Delaney		Male	633	MS	376	50:18	819
701	3461	50:32	David Gibbs		Male	634	MS	377	45:56	364
702	2775	50:33	Mark Tunneycliff		Male	635	MS	378	47:03	491
703	464	50:33	John Fisher		Male	636	MS	379	49:59	787
704	1047	50:34	Jack Parnell		Male	637	MS	380	49:37	741
705	2742	50:38	Peter Taylor		Male	638	MS	381	48:29	632
706	654	50:38	Paul Higgins		Male	639	MS	382	49:43	750
707	2550	50:38	Jo Phillips		Female	68	FS	44	50:38	852
708	681	50:38	Caroline Houghton		Female	69	F40-44	8	50:22	824
709	700	50:39	Julie Hughes	Sherfield Park Runners	Female	70	F50-54	8	49:44	753
710	1381	50:40	Howard Tully		Male	640	M65-69	5	49:52	769
711	446	50:41	Tracie Farmer		Female	71	F45-49	8	49:47	759
712	348	50:43	Chris Dann		Male	641	MS	383	50:08	802
713	160	50:44	David Boyce	Tri-Anglia Triathlon Club	Male	642	M45-49	65	49:35	736
714	992	50:44	Paul Myhill		Male	643	MS	384	50:03	793
715	186	50:45	Chris Brown		Male	644	MS	385	49:55	779
716	612	50:46	Andrew Hardy		Male	645	M60-64	7	50:20	822
717	1977	50:47	Stephen Curnow	Norwich Road Runners	Male	646	MS	386	48:36	639
718	815	50:47	Ned Lamb		Male	647	MS	387	48:40	650
719	1728	50:47	Mark Armstrong		Male	648	MS	388	48:11	609
720	13	50:48	David Addy		Male	649	MS	389	49:49	764
721	1460	50:48	Neil Weston-Stokes		Male	650	MS	390	50:14	814
722	1511	50:50	Steve Woolston		Male	651	MS	391	49:56	781
723	4059	50:50	Josh Robotham		Male	652	MS	392	46:47	454
724	999	50:51	Warren Newell		Male	653	M50-54	53	50:41	856
725	1568	50:51	Lewis Weatherburn		Male	654	MS	393	48:41	655
726	993	50:51	Jessica Neave	Wymondham AC	Female	72	FS	45	50:07	799
727	187	50:52	Claire Brown		Female	73	F50-54	9	50:22	825
728	230	50:52	Angus Campbell		Male	655	M50-54	54	50:01	790
729	676	50:52	Keith Hood		Male	656	M55-59	25	50:31	840
730	113	50:53	Scott Bemment		Male	657	M40-44	107	50:41	857
731	90	50:55	Brittany Bathgate		Female	74	FS	46	50:10	805
732	2007	50:56	Tim Dixon		Male	658	MS	394	47:45	562
733	305	50:56	Dale Cooper	Norfolk Harriers RC	Male	659	M55-59	26	50:35	845
734	462	50:58	Ian Fisher		Male	660	M55-59	27	49:50	766
735	2392	50:59	Nicci Manning		Female	75	F45-49	9	48:33	637
736	99	51:00	Chris Beare		Male	661	M40-44	108	49:57	784
737	2097	51:00	Jamie Forshaw		Male	662	MS	395	45:51	350
738	618	51:01	Laura Harper		Female	76	FS	47	50:47	870
739	1743	51:01	Martin Ayling		Male	663	MS	396	48:49	665
740	2828	51:03	Edward Wharton		Male	664	M45-49	66	48:39	647
741	1368	51:05	Debbie Tooke		Female	77	F40-44	9	50:36	846
742	746	51:05	Michael Johnson	Norwich Road Runners	Male	665	M45-49	67	50:36	848
743	2142	51:07	Matthew Goldspink		Male	666	MS	397	48:59	677
744	677	51:07	Nicholas Hood		Male	667	MS	398	50:37	850
745	2802	51:08	Al Ward	Vegan Runners UK	Male	668	M50-54	55	48:59	678
746	925	51:09	Gary Melton		Male	669	MS	399	50:27	832
747	2259	51:10	Owen Hudson		Male	670	M45-49	68	47:57	581
748	1749	51:10	Stuart Baird		Male	671	M40-44	109	48:53	669
749	1343	51:11	Dylan Thomas		Male	672	MS	400	50:11	807
750	104	51:13	Chris Beckwith		Male	673	MS	401	50:29	838

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	594	51:13	Lisa Hall	Norwich Road Runners	Female	78	FS	48	50:26	831
752	1267	51:14	Paul James Smith	Norwich Road Runners	Male	674	M40-44	110	50:26	830
753	1030	51:14	Nick Overy		Male	675	M45-49	69	50:42	859
754	1192	51:16	Liam Rowlands		Male	676	MS	402	50:36	849
755	369	51:17	Daniel Devaux		Male	677	M40-44	111	51:05	899
756	2499	51:18	Lisa Oakley		Female	79	F40-44	10	48:46	662
757	2800	51:19	Thomas Walton		Male	678	MS	403	49:14	707
758	1300	51:20	Neil Stevens		Male	679	M45-49	70	50:25	828
759	1534	51:21	Duncan Yuile		Male	680	M40-44	112	50:12	809
760	503	51:22	Jerry Fuller		Male	681	M40-44	113	50:15	816
761	346	51:22	Cathal Daly	City of Norwich AC	Male	682	M45-49	71	51:17	918
762	954	51:22	Dean Mooney		Male	683	MS	404	51:14	910
763	2492	51:23	Darren Nockels		Male	684	M45-49	72	48:58	675
764	765	51:23	Peter Kean-Cockburn	Coltishall Jaguars RC	Male	685	M55-59	28	50:57	887
765	1160	51:24	Raymond Robb		Male	686	M55-59	29	48:05	593
766	241	51:24	Christopher Carver		Male	687	MS	405	50:38	851
767	501	51:25	Anthony Fullam		Male	688	M40-44	114	50:46	866
768	1007	51:25	Rebecca Willcox		Female	80	FS	49	50:42	860
769	323	51:28	Jagan Crane		Male	689	MS	406	50:31	839
770	1730	51:29	Matthew Arnold		Male	690	MS	407	49:25	719
771	2604	51:31	Hayley Richardson-Gunn		Female	81	F40-44	11	48:27	629
772	2395	51:31	Glyn Manton	Norwich Road Runners	Male	691	M45-49	73	49:26	723
773	2174	51:33	Richard Hancock		Male	692	MS	408	49:29	726
774	1583	51:35	Michael Wilkinson		Male	693	MS	409	51:20	924
775	937	51:37	Anne Millett	Norwich Road Runners	Female	82	F60-64	2	51:21	925
776	743	51:37	Luke Johnson		Male	694	MS	410	50:54	881
777	2545	51:38	David Pentin		Male	695	M45-49	74	49:02	682
778	1777	51:39	Dan Bell		Male	696	MS	411	49:26	722
779	1456	51:39	Nick Welsh		Male	697	MS	412	50:54	882
780	1384	51:39	Scott Turner		Male	698	M50-54	56	51:11	906
781	199	51:40	James Bugg		Male	699	MS	413	51:08	904
782	1912	51:42	Ian Chillely	Lowestoft Road Runners	Male	700	M50-54	57	49:32	730
783	1590	51:43	Chris Wright		Male	701	MS	414	50:53	879
784	1599	51:43	Richard Wood		Male	702	MS	415	50:46	867
785	668	51:43	Alex Holland		Male	703	MS	416	50:46	869
786	2149	51:44	Daniel Gorton		Male	704	MS	417	48:16	615
787	2368	51:45	Daryl London		Male	705	MS	418	49:32	731
788	2594	51:45	Adam Reynolds		Male	706	MS	419	49:27	724
789	4931	51:46	Rebecca Ottaway		Female	83	FS	50	47:12	506
790	188	51:46	Geoff Brown		Male	707	MS	420	51:06	901
791	2472	51:47	Adrian Moulam		Male	708	M50-54	58	49:22	715
792	1734	51:48	James Ashworth		Male	709	MS	421	49:36	740
793	1826	51:50	Angela Bower		Female	84	F40-44	12	49:45	755
794	1550	51:50	Paul Youngman	Tri-Anglia Triathlon Club	Male	710	M40-44	115	50:48	871
795	2043	51:50	Emma Elliot		Female	85	FS	51	49:41	744
796	580	51:51	Mark Grover		Male	711	M45-49	75	51:28	941
797	164	51:51	Sarah Bradley	Norwich Road Runners	Female	86	F50-54	10	51:35	953
798	1491	51:52	Lee Wilson		Male	712	M40-44	116	51:19	921
799	524	51:52	Jason Gaul	Norwich Road Runners	Male	713	MS	422	49:42	748
800	911	51:52	Steve Mccarthy		Male	714	M50-54	59	50:59	890
801	1584	51:53	Rachel Wigger		Female	87	FS	52	50:57	885
802	2704	51:54	Tom Stevens		Male	715	MS	423	49:19	711
803	18	51:55	Craig Alexander	Tri-Anglia Triathlon Club	Male	716	MS	424	51:24	928
804	876	51:55	Nathan Mann		Male	717	MS	425	51:06	900
805	2557	51:55	Matt Plunkett	Dereham Runners & AC	Male	718	M40-44	117	49:47	761
806	214	51:55	Neil Burrage		Male	719	M40-44	118	51:03	895
807	783	51:57	Joseph Kiddell	Norwich Road Runners	Male	720	M45-49	76	49:52	768
808	2723	51:57	Min Su		Male	721	MS	426	49:41	745
809	3997	51:57	Adam Pope		Male	722	MS	427	47:56	578
810	1480	51:57	Emma Wilcock	Coltishall Jaguars RC	Female	88	FS	53	51:14	913
811	1924	51:59	Daniel Clements		Male	723	MS	428	49:41	746
812	2672	52:00	Dean Skutela		Male	724	MS	429	49:50	767
813	2243	52:00	Chris Howard		Male	725	MS	430	49:52	770
814	1072	52:00	Jon Periam		Male	726	M50-54	60	51:02	893
815	798	52:00	Daniel Knight		Male	727	MS	431	51:31	945
816	442	52:00	Nick Excell		Male	728	M60-64	8	49:04	684
817	2136	52:00	Mary Gillings		Female	89	F45-49	10	49:54	776
818	1385	52:01	Denis Tuttle		Male	729	M60-64	9	51:16	916
819	1258	52:02	Glenn Smith		Male	730	M50-54	61	51:32	947
820	869	52:03	Daren Maeer	Waveney Valley AC	Male	731	MS	432	48:34	638
821	750	52:03	Kirsty Johnstone	Barnet & District AC	Female	90	F55-59	3	51:58	996
822	2387	52:03	Ben Makepeace		Male	732	MS	433	49:08	694
823	2316	52:05	Chris Kidd		Male	733	MS	434	48:52	667
824	1492	52:05	Philip Wilton	Tri-Anglia Triathlon Club	Male	734	M45-49	77	51:16	915
825	391	52:05	James Ducker		Male	735	MS	435	51:36	955

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	697	52:06	Richard Huggins		Male	736	MS	436	51:24	930
827	1341	52:08	Jonathan Thetford		Male	737	M40-44	119	51:29	942
828	1152	52:09	Stefan Rider		Male	738	M40-44	120	51:24	933
829	1115	52:09	Konrad Pytlarz		Male	739	MS	437	52:03	1010
830	1908	52:11	Stephen Charman		Male	740	MS	438	50:02	792
831	806	52:13	Charlie Ladyman	Victoria Park Harriers and Tow	Female	91	FS	54	52:06	1015
832	1969	52:15	Richard Crossland		Male	741	M50-54	62	50:08	803
833	855	52:16	Simon Lomax		Male	742	M50-54	63	51:42	962
834	1995	52:16	Simon Dazeley	Bungay Black Dog RC	Male	743	M45-49	78	50:04	796
835	2572	52:18	Kirk Price	North Norfolk Beach Runners	Male	744	MS	439	49:43	751
836	102	52:18	Adam Beckett		Male	745	M45-49	79	51:12	908
837	636	52:18	Adam Haylett		Male	746	MS	440	51:32	948
838	768	52:20	Tim Kefford		Male	747	M40-44	121	51:26	937
839	964	52:21	Kirk Moore		Male	748	M50-54	64	52:12	1031
840	1190	52:21	Jon Rowden		Male	749	M50-54	65	51:12	907
841	2501	52:22	Chloe O'Hara		Female	92	FS	55	49:06	689
842	482	52:23	Emma Fox	Bure Valley Harriers	Female	93	FS	56	52:15	1037
843	1383	52:23	Francesca Turner	Great Yarmouth Road Runners	Female	94	FS	57	51:51	980
844	1461	52:23	Ian Whalebelly		Male	750	M45-49	80	51:32	949
845	1282	52:26	Simon Sparkes	Bungay Black Dog RC	Male	751	M40-44	122	51:58	995
846	705	52:27	Jon Humphreys		Male	752	M55-59	30	51:35	954
847	481	52:28	Mark Fowler		Male	753	MS	441	51:57	993
848	2210	52:28	Cameron Heath		Male	754	M45-49	81	49:40	743
849	3640	52:29	Richard Hubbard		Male	755	MS	442	47:36	543
850	2003	52:30	Laura Devereux	Bungay Black Dog RC	Female	95	F40-44	13	50:18	820
851	574	52:31	Martin Greiller		Male	756	MS	443	51:31	944
852	1993	52:32	Gary Davison		Male	757	MS	444	49:54	775
853	1188	52:32	Natasha Rout	Wymondham AC	Female	96	FS	58	51:47	966
854	75	52:33	Philip Bamford	City of Norwich AC	Male	758	M60-64	10	52:22	1058
855	2187	52:34	Howard Harper		Male	759	M40-44	123	47:48	568
856	325	52:35	Morgan Crane		Male	760	M40-44	124	51:48	969
857	1093	52:35	Christopher Pointer		Male	761	M60-64	11	52:17	1044
858	1515	52:36	Chris Wright		Male	762	M45-49	82	52:09	1018
859	2089	52:37	Mark Fletcher		Male	763	MS	445	50:31	841
860	96	52:37	Julie Beales		Female	97	F40-44	14	51:27	939
861	2627	52:38	William Sanders		Male	764	MS	446	49:55	780
862	2160	52:38	Richard Greenwood		Male	765	M40-44	125	50:24	826
863	3716	52:39	Alexander King		Male	766	MS	447	47:14	510
864	582	52:39	Indunil Gunawardne		Male	767	M40-44	126	52:28	1076
865	146	52:40	Sarah Boosey	Norwich Road Runners	Female	98	FS	59	51:53	984
866	602	52:41	Paul Hann		Male	768	M65-69	6	52:22	1061
867	2226	52:41	Kim Hirst		Female	99	FS	60	50:11	806
868	638	52:42	Rebecca Hazlewood		Female	100	FS	61	52:06	1014
869	1175	52:43	Nicole Rogers		Female	101	FS	62	51:59	1000
870	691	52:43	Matt Howes	Norwich Road Runners	Male	769	M40-44	127	51:57	994
871	1530	52:43	Stuart Young	Bungay Black Dog RC	Male	770	M50-54	66	52:09	1021
872	662	52:43	Michelle Himsworth		Female	102	FS	63	51:48	968
873	661	52:43	Matt Himsworth		Male	771	MS	448	51:48	967
874	1086	52:45	Andrew Pittam		Male	772	M45-49	83	52:33	1090
875	745	52:46	Matthew Johnson		Male	773	M40-44	128	52:02	1007
876	1471	52:46	Amelia Whiting	Norfolk Gazelles AC	Female	103	FS	64	52:05	1012
877	130	52:46	Vicki Blake		Female	104	FS	65	52:38	1104
878	53	52:47	Brett Atkins		Male	774	MS	449	52:06	1016
879	101	52:47	Emily Beavis	Norwich Road Runners	Female	105	FS	66	52:09	1019
880	1592	52:47	Jon Bolam		Male	775	MS	450	52:01	1004
881	641	52:48	Leanne Heavens		Female	106	FS	67	52:02	1009
882	906	52:48	Glenn Matthews		Male	776	MS	451	49:57	783
883	1291	52:48	Jane Stafford	Norwich Road Runners	Female	107	F50-54	11	52:27	1072
884	455	52:50	Silvia Ferretti		Female	108	F50-54	12	52:34	1095
885	1549	52:50	Jason Brunt	Norfolk Gazelles AC	Male	777	M40-44	129	51:49	976
886	2286	52:50	Emma Jay	Norfolk Gazelles AC	Female	109	FS	68	51:49	977
887	1973	52:50	Peter Crowley		Male	778	MS	452	50:08	804
888	544	52:51	Alex Goff		Male	779	MS	453	52:01	1003
889	2274	52:51	Derek Jackson		Male	780	MS	454	50:20	823
890	219	52:53	George Burton		Male	781	MS	455	50:36	847
891	2624	52:53	Neil Sallis		Male	782	M40-44	130	50:03	794
892	4303	52:54	Jacob Wardrop		Male	783	MS	456	46:47	455
893	1767	52:54	Kalina Bartol		Female	110	FS	69	49:46	757
894	2566	52:54	Anya Pover		Female	111	FS	70	50:43	861
895	2409	52:55	Rebecca Maun	North Norfolk Beach Runners	Female	112	F45-49	11	50:40	855
896	684	52:55	Richard Houston		Male	784	M45-49	84	52:20	1055
897	2769	52:56	Martin Tropman		Male	785	MS	457	50:28	835
898	751	52:57	Mike Jolly		Male	786	M45-49	85	52:19	1051
899	2150	52:58	Tom Goswell		Male	787	MS	458	49:47	760
900	1014	52:58	Alastair Notley	Birmingham Swifts	Male	788	MS	459	52:19	1052

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	221	52:59	Heather Bush		Female	113	F40-44	15	52:01	1006
902	2794	53:00	Andrew Walker-Hall		Male	789	MS	460	50:39	853
903	1012	53:01	Sabrina Norton	Bungay Black Dog RC	Female	114	FS	71	52:26	1070
904	1262	53:01	Justin Smith		Male	790	MS	461	52:10	1023
905	557	53:01	John Gostling	City of Norwich AC	Male	791	MS	462	52:10	1026
906	2445	53:02	David Brown		Male	792	MS	463	50:07	800
907	531	53:02	Andrew Gibson		Male	793	M50-54	67	52:31	1087
908	861	53:03	Gisle Lund		Male	794	M40-44	131	52:18	1048
909	2237	53:05	Tris Holtzer		Male	795	MS	464	49:36	738
910	2515	53:05	Rick Page		Male	796	M50-54	68	50:44	863
911	1018	53:05	Kieran O'Connor		Male	797	MS	465	51:55	989
912	2464	53:05	Susanna Moore		Female	115	FS	72	50:55	883
913	1489	53:06	Rachel Williamson		Female	116	F40-44	16	52:29	1080
914	2319	53:06	Joanna Killingworth		Female	117	F40-44	17	50:29	836
915	308	53:06	Chris Cope		Male	798	MS	466	52:30	1082
916	327	53:07	Darren Crisp		Male	799	M45-49	86	48:36	641
917	2393	53:07	Jose Manrique		Male	800	MS	467	50:28	834
918	2609	53:07	Paul Robbins	Norwich Road Runners	Male	801	M45-49	87	50:49	873
919	2462	53:08	Patrick Moore		Male	802	MS	468	50:29	837
920	1457	53:08	Dominic West		Male	803	M40-44	132	52:39	1106
921	270	53:08	Ian Cleminson	Bure Valley Harriers	Male	804	M50-54	69	52:11	1028
922	2209	53:08	Jonathan Haywood		Male	805	MS	469	50:52	876
923	1755	53:10	Alan Ballantyne		Male	806	MS	470	49:58	786
924	991	53:11	Anita Mussett	Colchester Harriers AC	Female	118	F45-49	12	52:30	1081
925	938	53:11	Tony Millett	Norwich Road Runners	Male	807	M60-64	12	52:56	1151
926	819	53:11	Wendy Langley		Female	119	F40-44	18	52:23	1062
927	1498	53:12	Eleanor Wiseman		Female	120	FS	73	52:46	1130
928	1249	53:12	John Sizer		Male	808	M40-44	133	52:16	1042
929	2254	53:13	Daniel Howlett		Male	809	MS	471	50:05	798
930	254	53:13	Lee Cheung		Male	810	MS	472	51:08	902
931	1402	53:15	Lucy Walker		Female	121	F60-64	3	52:11	1030
932	2779	53:15	Will Tuttle		Male	811	MS	473	50:58	889
933	2265	53:15	Louise Hurr		Female	122	F45-49	13	50:35	844
934	278	53:18	Theresa Colby		Female	123	F40-44	19	53:01	1164
935	1563	53:19	Ian Linnett		Male	812	M40-44	134	52:36	1099
936	2180	53:19	Amanda Hards		Female	124	F45-49	14	51:05	897
937	1853	53:19	Steve Brockes		Male	813	MS	474	51:08	903
938	364	53:19	Jo Delf	Wymondham AC	Female	125	FS	74	52:35	1098
939	1703	53:19	Matthew Abram		Male	814	M40-44	135	50:12	810
940	153	53:19	Alex Bowen		Male	815	MS	475	52:35	1097
941	1714	53:20	Karen Lisa Allen		Female	126	FS	75	51:14	911
942	1211	53:20	Violet Sauerzapf	Bungay Black Dog RC	Female	127	F55-59	4	52:34	1096
943	623	53:21	Max Harrison		Male	816	MS	476	52:30	1084
944	2798	53:21	Pat Wallace		Male	817	M45-49	88	50:14	813
945	2071	53:21	Stephen Faragher		Male	818	MS	477	50:48	872
946	604	53:21	Gregory Hannam		Male	819	MS	478	52:25	1068
947	2245	53:23	Simon Howard		Male	820	M40-44	136	51:11	905
948	2731	53:23	Lisa Symon		Female	128	FS	76	50:16	817
949	390	53:24	Matthew Driver		Male	821	MS	479	52:14	1035
950	1771	53:25	James Baxter		Male	822	MS	480	51:16	914
951	4010	53:25	Lloyd Quinton		Male	823	MS	481	47:21	521
952	1252	53:26	Adam Smith		Male	824	MS	482	52:17	1045
953	2510	53:27	Gemma Ottaway		Female	129	FS	77	51:04	896
954	1501	53:28	Andy Wood		Male	825	M55-59	31	52:57	1152
955	1974	53:28	Matthew Cubitt		Male	826	M45-49	89	50:57	886
956	646	53:31	Robert Hemmens		Male	827	M45-49	90	52:53	1144
957	1085	53:32	Chris Pitman	Waveney Valley AC	Male	828	M40-44	137	53:00	1161
958	1264	53:33	Mark Smith	Waveney Valley AC	Male	829	M40-44	138	53:01	1166
959	1922	53:33	Daisy Claxton-Pearce		Female	130	FS	78	51:24	929
960	2519	53:35	Andy Palmer	Norwich Road Runners	Male	830	M50-54	70	50:53	880
961	1221	53:35	Paul Scibilia	Tri-Anglia Triathlon Club	Male	831	M50-54	71	52:25	1065
962	2055	53:35	Russell Evans		Male	832	M50-54	72	51:20	923
963	2878	53:36	Philip Wright		Male	833	M40-44	139	51:23	927
964	913	53:36	Joseph Mcfarlane		Male	834	MS	483	52:41	1109
965	1066	53:36	Rita Peck		Female	131	F70+	1	52:41	1111
966	2276	53:36	Paul Jackson		Male	835	MS	484	50:52	874
967	1719	53:37	Dave Andrews		Male	836	MS	485	50:40	854
968	2325	53:37	Mike Kingston		Male	837	MS	486	50:25	827
969	1989	53:38	Rob Davies		Male	838	MS	487	50:13	811
970	2112	53:38	Ben Fulcher		Male	839	MS	488	51:25	935
971	774	53:39	Alison Kendall		Female	132	F40-44	20	53:12	1186
972	1813	53:41	Jason Bodmer		Male	840	M50-54	73	51:14	912
973	1759	53:41	Stuart Barber		Male	841	MS	489	51:13	909
974	2616	53:41	Stephen Roe	North Norfolk Beach Runners	Male	842	M50-54	74	51:26	938
975	585	53:42	Ally Hadden	Norwich Road Runners	Male	843	M45-49	91	52:41	1114

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	1393	53:43	Andy Verney	Tri-Anglia Triathlon Club	Male	844	M50-54	75	53:01	1167
977	1738	53:44	Tiffany Atkinson	Norwich Road Runners	Female	133	F40-44	21	51:00	892
978	1579	53:44	Charles Wood	Norwich Road Runners	Male	845	M55-59	32	53:13	1189
979	2614	53:48	Michael Robinson		Male	846	MS	490	51:03	894
980	1961	53:50	Alvin Cox		Male	847	M40-44	140	51:33	950
981	4232	53:50	Adam Thompson		Male	848	MS	491	49:11	703
982	2235	53:52	Chris Holmes		Male	849	M40-44	141	51:24	931
983	3575	53:53	Jeremy Haslett		Male	850	M55-59	33	49:46	758
984	1565	53:55	Philip Websdale		Male	851	M40-44	142	53:14	1191
985	1136	53:55	David Reading		Male	852	M45-49	92	53:34	1237
986	2230	53:55	Daniel Hobden		Male	853	MS	492	49:45	754
987	331	53:56	Carole Crouch		Female	134	F60-64	4	53:25	1216
988	1753	53:56	Chris Baldwin		Male	854	MS	493	51:47	965
989	2455	53:57	Robert Moerdyk		Male	855	M40-44	143	51:38	958
990	2778	53:57	Steven Tuttle		Male	856	M55-59	34	51:51	981
991	731	53:57	Victoria Jeffery		Female	135	FS	79	51:49	975
992	2348	53:58	Jonathan Leunis		Male	857	MS	494	50:44	864
993	843	53:58	John Leney		Male	858	M50-54	76	53:04	1172
994	2329	53:58	Jason Knights		Male	859	M40-44	144	51:36	956
995	1455	53:58	David Welsh	Norwich Road Runners	Male	860	M50-54	77	51:36	957
996	626	53:58	David Hart		Male	861	MS	495	53:43	1257
997	1173	53:59	Matthew Roebuck		Male	862	MS	496	51:52	983
998	2257	53:59	Ruth Hoyle	City of Norwich AC	Female	136	FS	80	51:53	985
999	1897	54:00	John Cashen		Male	863	M50-54	78	51:55	990
1000	2151	54:00	Josh Gowen		Male	864	MS	497	50:34	843
1001	717	54:00	Luke Hurren	Norwich Road Runners	Male	865	MS	498	53:11	1183
1002	40	54:00	Alison Armstrong		Female	137	FS	81	51:20	922
1003	3243	54:02	Paul Clarke		Male	866	MS	499	49:58	785
1004	2656	54:04	Daniel Shanks		Male	867	MS	500	50:52	875
1005	2596	54:05	Matthew Reynolds	Lowestoft Road Runners	Male	868	MS	501	51:41	961
1006	1970	54:05	Emma Crow	Great Yarmouth Road Runners	Female	138	FS	82	51:05	898
1007	2571	54:06	Amber Preston		Female	139	F40-44	22	51:27	940
1008	873	54:06	Roderick Main	Tri-Anglia Triathlon Club	Male	869	M50-54	79	52:59	1159
1009	2539	54:06	Matt Peck	Ealing Half Marathon	Male	870	MS	502	51:25	936
1010	863	54:08	Amy Lyes		Female	140	FS	83	53:25	1219
1011	1737	54:09	Nina Atkinson		Female	141	F40-44	23	50:58	888
1012	2119	54:10	Christopher Gay	Great Yarmouth & District AC	Male	871	M50-54	80	51:30	943
1013	1801	54:11	Rick Bisset		Male	872	MS	503	51:39	959
1014	2413	54:11	Malcolm Mcallister		Male	873	MS	504	51:56	992
1015	2632	54:11	Nick Saunders		Male	874	MS	505	50:46	868
1016	1265	54:11	Martin Smith		Male	875	M50-54	81	53:17	1197
1017	706	54:13	Adrian Hunt	Bungay Black Dog RC	Male	876	M60-64	13	53:24	1213
1018	1379	54:13	Martin Truelove		Male	877	MS	506	53:19	1203
1019	1723	54:13	Samantha Appleyard-Smith		Female	142	FS	84	51:50	979
1020	707	54:14	David Hunt		Male	878	MS	507	53:38	1244
1021	255	54:14	Michael Childs		Male	879	M65-69	7	53:55	1283
1022	2617	54:15	Natalie Roebuck		Female	143	FS	85	52:09	1020
1023	1041	54:15	Dean Parker		Male	880	MS	508	53:35	1238
1024	1839	54:16	Karl Brady		Male	881	M50-54	82	51:53	987
1025	1848	54:16	Sam Brighten		Female	144	FS	86	52:10	1025
1026	2883	54:16	George Young		Male	882	MS	509	51:54	988
1027	655	54:16	Christopher High		Male	883	M40-44	145	53:48	1267
1028	2736	54:17	Jon Taylor		Male	884	MS	510	51:25	934
1029	189	54:17	Kevin Brown		Male	885	MS	511	53:28	1223
1030	581	54:18	Chris Groves	Tri-Anglia Triathlon Club	Male	886	M65-69	8	51:51	982
1031	3415	54:19	Darren Flatt		Male	887	M40-44	146	47:03	490
1032	496	54:20	Richard Freeman		Male	888	MS	512	53:22	1210
1033	2285	54:20	David Jay		Male	889	M40-44	147	51:33	952
1034	150	54:20	Azzeddine Bouaouina		Male	890	M45-49	93	54:02	1297
1035	1373	54:21	Mark Townsend		Male	891	M45-49	94	53:38	1243
1036	2750	54:23	Charli Thomas		Female	145	FS	87	52:17	1047
1037	422	54:23	Mohamed Elsheemy		Male	892	MS	513	53:36	1240
1038	2025	54:24	Paul Dunthorne		Male	893	M45-49	95	52:20	1054
1039	1421	54:24	Peter Wapshott		Male	894	M65-69	9	53:41	1249
1040	2620	54:24	Phillip Rooke		Male	895	MS	514	52:10	1024
1041	2431	54:25	Emma Meiring	Woodbridge Shufflers RC	Female	146	F45-49	15	51:59	999
1042	261	54:26	James Clark		Male	896	M40-44	148	53:25	1215
1043	978	54:28	Lee Mountain		Male	897	MS	515	53:31	1227
1044	234	54:28	Stuart Canwell	Great Yarmouth Road Runners	Male	898	M40-44	149	53:57	1288
1045	1865	54:30	Frank Brumby		Male	899	M40-44	150	51:59	998
1046	2302	54:30	Malcolm Jones		Male	900	M50-54	83	51:33	951
1047	449	54:31	Martin Farrimond		Male	901	M50-54	84	54:05	1307
1048	1451	54:31	Ed Weller		Male	902	MS	516	48:41	653
1049	16	54:32	Kerry Alderton		Female	147	FS	88	53:34	1235
1050	2561	54:32	Stuart Popham		Male	903	MS	517	52:04	1011

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	1923	54:33	David Clayton		Male	904	M40-44	151	52:22	1060
1052	867	54:33	Alfie Maddison		Male	905	MS	518	51:22	926
1053	2465	54:35	Zara Moore	Tri-Anglia Triathlon Club	Female	148	F45-49	16	51:48	971
1054	2799	54:36	Ian Walters		Male	906	M40-44	152	52:16	1041
1055	200	54:37	Michelle Bull		Female	149	F45-49	17	54:00	1295
1056	1588	54:39	Marc Ward		Male	907	MS	519	53:32	1232
1057	1705	54:41	Paul Adams		Male	908	M50-54	85	52:16	1043
1058	1917	54:41	Kevin Clark	Bungay Black Dog RC	Male	909	M45-49	96	52:20	1056
1059	614	54:42	Tracy Harker		Female	150	F50-54	13	54:11	1322
1060	2461	54:42	Martin Moore		Male	910	M40-44	153	51:59	997
1061	2506	54:43	Dan Osborne		Male	911	MS	520	52:07	1017
1062	2442	54:43	Gregory Mills		Male	912	M55-59	35	52:28	1073
1063	2104	54:43	Richard Foyster		Male	913	M45-49	97	52:14	1033
1064	870	54:45	Tony Magee		Male	914	M65-69	10	54:41	1390
1065	2685	54:45	Richard Smith		Male	915	MS	521	52:25	1067
1066	3187	54:47	Ciaran Buttress		Male	916	MS	522	49:10	698
1067	2504	54:48	Ed Orchin		Male	917	MS	523	52:15	1039
1068	1971	54:49	Daniel Crowder		Male	918	MS	524	52:29	1079
1069	2618	54:51	Paul Rogerson		Male	919	MS	525	52:26	1071
1070	2322	54:52	Natalie King		Female	151	F40-44	24	52:41	1110
1071	3092	54:52	Neil Bird		Male	920	M50-54	86	50:42	858
1072	121	54:52	Hazel Berry		Female	152	FS	89	54:04	1301
1073	48	54:52	Lee Ashford		Male	921	M45-49	98	53:56	1286
1074	485	54:53	Daniel Foyster		Male	922	MS	526	54:15	1332
1075	1387	54:53	Luke Tyce		Male	923	MS	527	54:11	1321
1076	487	54:53	Mandy Foyster	Norwich Road Runners	Female	153	F45-49	18	54:15	1331
1077	1272	54:53	Ian Snowsill		Male	924	MS	528	51:59	1001
1078	11	54:55	Louise Adamson	Waveney Valley AC	Female	154	F55-59	5	53:49	1269
1079	2021	54:56	Alan Duncan		Male	925	MS	529	52:16	1040
1080	2294	54:57	Paul Johnson		Male	926	M45-49	99	54:57	1432
1081	1551	54:57	Elsie Friel		Female	155	F40-44	25	54:26	1354
1082	3877	54:57	Benjamin Morgan		Male	927	MS	530	50:07	801
1083	2698	54:58	Shirley Standley		Female	156	F45-49	19	52:47	1132
1084	2585	54:58	Frances Rayner		Female	157	F45-49	20	52:15	1036
1085	1828	54:59	Simon Bowles		Male	928	M45-49	100	52:45	1127
1086	2290	54:59	Susanna Johns	Tri-Anglia Triathlon Club	Female	158	F40-44	26	52:46	1128
1087	1710	55:00	Colin Alford		Male	929	M50-54	87	52:29	1077
1088	1409	55:01	Natasha Walsh	Norwich Road Runners	Female	159	FS	90	54:00	1292
1089	2311	55:01	Ben Kendall		Male	930	MS	531	52:17	1046
1090	1875	55:01	Anna Burbidge		Female	160	FS	91	52:46	1131
1091	2060	55:02	Tony Eves		Male	931	MS	532	52:43	1119
1092	1792	55:03	Stephen Best		Male	932	MS	533	51:39	960
1093	1862	55:03	Martin Brown		Male	933	M45-49	101	52:44	1124
1094	2483	55:03	Joel Nelson		Male	934	MS	534	52:53	1143
1095	1914	55:04	Martin Churcher		Male	935	M45-49	102	52:54	1145
1096	2309	55:05	Heidi Kemp		Female	161	F40-44	27	51:55	991
1097	2773	55:05	Richard Tubb		Male	936	MS	535	52:55	1150
1098	3914	55:05	Andy Ninham		Male	937	M45-49	103	50:43	862
1099	1821	55:06	Martha Bostock		Female	162	FS	92	52:57	1154
1100	1880	55:06	Alan Butterworth	Norfolk Gazelles AC	Male	938	M40-44	154	52:01	1005
1101	1574	55:07	Sarah Whitelock	Itchen Spitfires Running Club	Female	163	FS	93	54:18	1336
1102	2228	55:07	Imogen Hobbis		Female	164	F45-49	21	52:58	1156
1103	1335	55:10	Nick Taylor		Male	939	MS	536	54:11	1323
1104	971	55:11	Terry Morris	Bentham Beagles Running Club	Male	940	M45-49	104	54:37	1379
1105	2493	55:12	Daniel Nolan		Male	941	M50-54	88	52:43	1118
1106	2603	55:12	Lisa Richardson		Female	165	F40-44	28	53:04	1170
1107	959	55:15	Christopher Moore		Male	942	M45-49	105	54:28	1359
1108	650	55:16	John Lynch		Male	943	M50-54	89	54:34	1371
1109	4100	55:18	Ian Scales		Male	944	M50-54	90	47:58	585
1110	2730	55:19	Matt Sykes		Male	945	M45-49	106	52:38	1103
1111	3433	55:20	Marc Fraser		Male	946	MS	537	51:19	919
1112	1721	55:21	Stuart Andrews		Male	947	MS	538	51:49	974
1113	2275	55:22	Michael Jackson		Male	948	M55-59	36	53:04	1171
1114	788	55:22	Grant King		Male	949	MS	539	54:15	1328
1115	2535	55:22	Gareth Payne		Male	950	MS	540	53:03	1168
1116	2110	55:23	Stephen Frost		Male	951	MS	541	52:50	1138
1117	2500	55:23	James O'Grady		Male	952	MS	542	52:54	1146
1118	2444	55:24	Steven Mills		Male	953	MS	543	52:32	1088
1119	2049	55:24	Charlie Ennals	North Norfolk Beach Runners	Female	166	FS	94	52:22	1059
1120	789	55:26	Ian King	Fenland Running Club	Male	954	M45-49	107	54:32	1364
1121	2103	55:26	Chris Foyle		Male	955	MS	544	52:33	1094
1122	2123	55:26	Scott George		Male	956	M40-44	155	53:17	1201
1123	1939	55:28	Edward Collyer		Male	957	MS	545	52:54	1148
1124	878	55:28	Annette Manning	Bungay Black Dog RC	Female	167	F55-59	6	54:36	1377
1125	1378	55:28	Jane Trudgill	Great Yarmouth & District AC	Female	168	F40-44	29	54:29	1362

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	1146	55:28	Shirley Reynolds	Reading Roadrunners	Female	169	F55-59	7	52:31	1086
1127	2288	55:28	Belinda Jennings		Female	170	F40-44	30	52:41	1113
1128	1005	55:29	Peter Nichols		Male	958	MS	546	54:51	1413
1129	1843	55:29	Russell Brett		Male	959	M45-49	108	52:42	1117
1130	2450	55:30	Paul Minns		Male	960	M50-54	91	52:25	1069
1131	1991	55:32	Daniel Davis		Male	961	M40-44	156	53:04	1169
1132	170	55:33	Kevin Bray	Norwich Road Runners	Male	962	M40-44	157	55:18	1486
1133	2770	55:34	William Trow		Male	963	MS	547	52:51	1141
1134	2563	55:34	Robert Posey		Male	964	MS	548	52:50	1139
1135	2579	55:34	Mark Ramsden		Male	965	M45-49	109	52:21	1057
1136	1979	55:35	Mark Cutting		Male	966	M50-54	92	53:22	1209
1137	611	55:35	Graham Hardingham	Norfolk Gazelles AC	Male	967	M55-59	37	54:55	1428
1138	1043	55:35	Jon Parker		Male	968	M40-44	158	55:25	1506
1139	2484	55:36	Andrew Nesbitt-Clarke		Male	969	MS	549	52:52	1142
1140	2478	55:36	Katie Murdoch		Female	171	FS	95	53:09	1179
1141	2165	55:38	Gavin Gunn		Male	970	M40-44	159	52:33	1091
1142	1587	55:38	Stacey Kerrigan		Female	172	FS	96	52:33	1092
1143	2367	55:39	Matthew Lomax		Male	971	MS	550	53:23	1211
1144	1890	55:39	Natalie Cant	Norwich Road Runners	Female	173	FS	97	52:58	1158
1145	2649	55:39	Harriet Seatter		Female	174	FS	98	52:54	1147
1146	567	55:41	Stephen Greatbanks	Wymondham AC	Male	972	M50-54	93	53:06	1175
1147	511	55:42	Stephen Ganson		Male	973	M60-64	14	54:57	1433
1148	1830	55:43	Dane Boyle-Smith		Male	974	MS	551	52:31	1085
1149	302	55:43	Rachel Cooke		Female	175	FS	99	54:43	1399
1150	1899	55:43	Harriet Catterall		Female	176	FS	100	53:24	1212
1151	2190	55:43	Kieran Harrington-Ball		Male	975	MS	552	52:25	1066
1152	2111	55:43	Melanie Froude	Norwich Road Runners	Female	177	FS	101	53:17	1199
1153	1981	55:44	Patrick Cutting		Male	976	M45-49	110	53:24	1214
1154	115	55:45	Alison Bennett		Female	178	F55-59	8	55:09	1460
1155	2553	55:46	Toby Phipps		Male	977	M40-44	160	53:19	1204
1156	2580	55:47	Jack Raven		Male	978	MS	553	53:15	1195
1157	1101	55:49	Robert Porter		Male	979	M40-44	161	55:14	1475
1158	4189	55:49	Neil Staveley		Male	980	MS	554	51:44	963
1159	2269	55:50	Chris Hyam		Male	981	MS	555	53:45	1261
1160	755	55:50	Jonathan Jones		Male	982	M60-64	15	54:42	1393
1161	2537	55:52	David Pearce		Male	983	MS	556	51:49	972
1162	2711	55:52	Robert Stokes		Male	984	MS	557	53:34	1236
1163	2503	55:52	Greg Oparowski		Male	985	MS	558	52:43	1121
1164	2474	55:53	Mandi Moyse		Female	179	F45-49	22	53:06	1176
1165	2121	55:53	Alex George		Male	986	MS	559	53:16	1196
1166	2554	55:53	Jason Pilbrow		Male	987	M40-44	162	53:34	1234
1167	2403	55:54	Emma Marshall		Female	180	FS	102	53:40	1246
1168	2751	55:54	Clare Thomas		Female	181	FS	103	53:32	1229
1169	2446	55:55	Thu-Hang Millsted		Female	182	FS	104	52:58	1157
1170	4213	55:56	Neil Symonds		Male	988	MS	560	51:49	973
1171	2378	55:56	Blair Luther-Veitch		Male	989	MS	561	49:59	788
1172	433	55:56	Lance Escobar		Male	990	MS	562	53:09	1180
1173	1877	55:57	David Burlingham		Male	991	MS	563	53:39	1245
1174	259	55:59	Cristian Ciurlic		Male	992	MS	564	54:53	1424
1175	2215	56:00	Neil Henery		Male	993	M55-59	38	52:48	1136
1176	2761	56:01	Victoria Tolchard	Sudbury Joggers	Female	183	FS	105	53:52	1279
1177	3330	56:02	Mark Davison		Male	994	MS	565	51:24	932
1178	2156	56:02	Paula Greatbanks	Wymondham AC	Female	184	F40-44	31	53:27	1222
1179	2176	56:04	Matthew Hand		Male	995	MS	566	53:49	1272
1180	2175	56:04	Anne Hand		Female	185	FS	106	53:50	1274
1181	2511	56:05	Simon Overton		Male	996	MS	567	53:54	1280
1182	1206	56:05	Graham Sampson	Bungay Black Dog RC	Male	997	M70+	2	55:37	1539
1183	2540	56:06	Leon Pedro		Male	998	MS	568	53:46	1262
1184	2713	56:06	Sophie Stratford		Female	186	FS	107	53:49	1271
1185	579	56:06	Thomas Grimes		Male	999	MS	569	55:15	1479
1186	3651	56:06	Alex Hunton		Male	1000	MS	570	51:31	946
1187	3407	56:07	Martin Ferguson		Male	1001	MS	571	52:02	1008
1188	2177	56:07	Pippa Hannant		Female	187	FS	108	53:10	1182
1189	1706	56:07	David Adderson		Male	1002	MS	572	53:42	1253
1190	3658	56:08	David Ingram		Male	1003	MS	573	49:55	778
1191	284	56:09	Lucy Coleman	Norwich Road Runners	Female	188	FS	109	55:06	1453
1192	836	56:09	Robinson Lee		Male	1004	M40-44	163	55:22	1494
1193	905	56:10	Ken Mathews	Tri-Anglia Triathlon Club	Male	1005	M60-64	16	55:12	1468
1194	2623	56:10	Stephen Ryan		Male	1006	M45-49	111	53:26	1220
1195	71	56:10	Indre Sedbaraitė		Female	189	FS	110	55:58	1589
1196	1231	56:11	Jonathan Shackshaft		Male	1007	MS	574	55:24	1505
1197	2788	56:11	Alan Wadsworth	Northampton Road Runners	Male	1008	MS	575	53:55	1284
1198	1793	56:11	Matthew Betts		Male	1009	M40-44	164	52:44	1123
1199	3742	56:11	Tom Lardner		Male	1010	MS	576	52:10	1027
1200	2085	56:12	Tom Flahive		Male	1011	MS	577	53:43	1255



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	3936	56:13	Lee Oxbury		Male	1012	M45-49	112	52:11	1029
1202	2599	56:13	Peter Rice	Norfolk Gazelles AC	Male	1013	M45-49	113	53:08	1178
1203	2652	56:13	Laura Sercombe		Female	190	FS	111	54:08	1316
1204	2377	56:14	Stuart Lusher		Male	1014	M50-54	94	54:06	1311
1205	2062	56:14	Mat Ewing		Male	1015	MS	578	54:08	1315
1206	2315	56:14	Cheryl Kershaw		Female	191	F40-44	32	53:01	1163
1207	1838	56:14	Nigel Bradley		Male	1016	M55-59	39	54:01	1296
1208	2305	56:14	Tabitha Keeble	Norwich Road Runners	Female	192	FS	112	54:04	1302
1209	2718	56:15	Simon Strudwick		Male	1017	M40-44	165	53:42	1251
1210	673	56:15	Heather Hollister	Coltishall Jaguars RC	Female	193	F65-69	1	55:31	1528
1211	2514	56:15	Nico Paganini		Male	1018	M45-49	114	53:58	1289
1212	2333	56:16	Richard Lain-Smith		Male	1019	M45-49	115	54:06	1312
1213	1156	56:16	Martin Rix		Male	1020	MS	579	54:06	1310
1214	1873	56:16	Simon Bullimore		Male	1021	MS	580	54:06	1309
1215	252	56:16	Rosie Chapman		Female	194	F50-54	14	55:25	1507
1216	2433	56:17	Andrew Menin	Wymondham AC	Male	1022	M55-59	40	54:12	1325
1217	796	56:18	Lee Kirby		Male	1023	MS	581	54:12	1324
1218	2690	56:18	Timothy Smith		Male	1024	MS	582	52:46	1129
1219	2749	56:18	Sarah Thacker		Female	195	FS	113	53:06	1177
1220	1913	56:18	Steven Chilvers		Male	1025	M55-59	41	54:03	1299
1221	1571	56:18	Charlotte Richardson	Wymondham AC	Female	196	FS	114	53:43	1256
1222	2530	56:18	Alison Parsons		Female	197	FS	115	54:05	1305
1223	2768	56:19	Paul Tripp		Male	1026	M40-44	166	52:55	1149
1224	2345	56:19	Ruth Leeming		Female	198	F40-44	33	54:10	1320
1225	4188	56:19	John Stares		Male	1027	M50-54	95	50:52	878
1226	1955	56:21	Jonathan Coulson		Male	1028	MS	583	53:48	1266
1227	1841	56:22	Karyn Bray	Bure Valley Harriers	Female	199	F45-49	23	53:31	1226
1228	2141	56:23	Sam Goldsmith		Male	1029	MS	584	53:55	1285
1229	3136	56:24	Robbie Breach		Male	1030	MS	585	50:25	829
1230	1518	56:25	Lucy Wright		Female	200	FS	116	56:03	1606
1231	1123	56:25	Beverley Rackham		Female	201	F55-59	9	56:03	1607
1232	474	56:25	Keith Forman		Male	1031	MS	586	55:49	1566
1233	981	56:25	Jonathan Mulley		Male	1032	M50-54	96	55:56	1585
1234	2760	56:25	Lee Todd		Male	1033	M40-44	167	53:54	1281
1235	1987	56:26	Nicholas Dash		Male	1034	MS	587	53:17	1198
1236	1270	56:27	Sheila Smith		Female	202	F60-64	5	56:02	1603
1237	4119	56:27	Helen Shearing		Female	203	FS	117	52:23	1063
1238	2568	56:28	Philip Powles		Male	1035	M40-44	168	54:16	1334
1239	1198	56:28	Ashley Ruthven		Female	204	FS	118	56:01	1600
1240	1713	56:29	Caroline Allen	Norwich Road Runners	Female	205	FS	119	53:47	1264
1241	877	56:30	Roberta Manners		Female	206	F60-64	6	55:51	1575
1242	1817	56:30	Benjamin Boorman		Male	1036	MS	588	53:18	1202
1243	2469	56:30	Viv Morley	Avon Valley Runners	Female	207	FS	120	53:37	1241
1244	2636	56:31	Rebecca Savage		Female	208	F40-44	34	53:59	1291
1245	313	56:31	Ben Corrigan		Male	1037	MS	589	55:33	1532
1246	2312	56:31	Sophie Kendall		Female	209	FS	121	53:47	1263
1247	840	56:32	Victor Leeder		Male	1038	M70+	3	55:56	1584
1248	2370	56:34	Stephen Long		Male	1039	MS	590	54:21	1342
1249	239	56:34	Anna Carter		Female	210	F55-59	10	56:06	1613
1250	4302	56:34	Liam Ward		Male	1040	MS	591	52:05	1013
1251	3817	56:34	David Martin		Male	1041	MS	592	52:30	1083
1252	4155	56:35	Justin Smith		Male	1042	M45-49	116	52:33	1093
1253	1942	56:35	Ian Constance	Bentham Beagles Running Club	Male	1043	M45-49	117	53:52	1278
1254	1764	56:35	Jayne Barnes		Female	211	FS	122	53:59	1290
1255	2304	56:37	Vlado Kabat		Male	1044	MS	593	54:28	1360
1256	2405	56:38	Daniel Martin		Male	1045	MS	594	54:19	1338
1257	2090	56:38	Greg Floyd		Male	1046	MS	595	53:17	1200
1258	3760	56:38	Alan Lee		Male	1047	M45-49	118	52:18	1049
1259	1918	56:39	Michael Clark		Male	1048	MS	596	54:31	1363
1260	2172	56:39	Maureen Hamis	Norwich Road Runners	Female	212	F40-44	35	53:56	1287
1261	640	56:39	Sarah Heatley		Female	213	F40-44	36	55:55	1582
1262	4783	56:40	Daniel Henery		Male	1049	MS	597	48:39	648
1263	46	56:40	Roy Arthurton		Male	1050	M65-69	11	55:33	1531
1264	2127	56:43	Hayley Gerrard	Norwich Road Runners	Female	214	F45-49	24	54:25	1350
1265	1234	56:43	Suzanne Sharman		Female	215	FS	123	55:42	1550
1266	2612	56:44	Darryl Robinson		Male	1051	M40-44	169	54:00	1294
1267	1822	56:45	Christina Boswell		Female	216	FS	124	54:21	1343
1268	194	56:45	Susan Brumby		Female	217	F50-54	15	54:14	1327
1269	1309	56:45	Sue Stirling	Wymondham AC	Female	218	F50-54	16	55:43	1552
1270	1510	56:46	Jordan Woolnough		Male	1052	MS	598	55:42	1546
1271	1731	56:46	Jessica Ashley		Female	219	F40-44	37	53:32	1233
1272	2482	56:46	Lucy Naylor		Female	220	FS	125	53:35	1239
1273	3141	56:46	Steven Britton		Male	1053	MS	599	50:55	884
1274	1852	56:47	Mike Brock		Male	1054	MS	600	54:25	1351
1275	1204	56:49	Leo Saffin		Male	1055	MS	601	55:49	1568

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	1232	56:49	Matthew Shannon		Male	1056	MS	602	56:00	1594
1277	1847	56:49	Michael Briggs	Tri-Anglia Triathlon Club	Male	1057	M45-49	119	54:04	1300
1278	2682	56:49	Lewis Smith		Male	1058	MS	603	47:57	582
1279	1733	56:50	Christine Ashton		Female	221	FS	126	54:32	1367
1280	1893	56:51	Christopher Carr		Male	1059	MS	604	53:44	1260
1281	4069	56:52	Andrew Ross		Male	1060	M40-44	170	51:48	970
1282	2787	56:52	Will Wade		Male	1061	MS	605	54:08	1314
1283	559	56:53	Steve Gowing		Male	1062	M60-64	17	56:15	1635
1284	2790	56:53	Louis Wahl		Male	1063	M45-49	120	54:20	1340
1285	2093	56:53	Jonathan Foot	Bure Valley Harriers	Male	1064	M55-59	42	54:03	1298
1286	4825	56:53	Hayden Jones		Male	1065	MS	606	48:44	658
1287	2272	56:56	Esther Jack		Female	222	F45-49	25	53:40	1248
1288	2876	56:57	Mark Wright		Male	1066	MS	607	54:35	1373
1289	2314	56:57	Iain Kermodie		Male	1067	MS	608	53:37	1242
1290	3923	56:57	Charles Ohsten		Male	1068	MS	609	50:32	842
1291	513	56:57	Julie Gardner		Female	223	F50-54	17	56:22	1650
1292	3879	56:57	Oliver Morgan		Male	1069	MS	610	52:57	1155
1293	2331	56:58	Rowley Kurtz		Male	1070	M55-59	43	54:51	1416
1294	2687	56:58	Stephen Smith		Male	1071	MS	611	54:46	1404
1295	3373	56:59	Robert Duncan		Male	1072	MS	612	51:46	964
1296	2364	56:59	James Loftus		Male	1073	MS	613	54:00	1293
1297	1276	56:59	Chris Southwell		Male	1074	M65-69	12	55:49	1569
1298	1946	57:01	Dean Cook		Male	1075	MS	614	54:41	1391
1299	3933	57:02	Colin Oswald		Male	1076	MS	615	52:57	1153
1300	2246	57:03	Simon Howard		Male	1077	M40-44	171	54:25	1353
1301	3097	57:03	Stuart Bishop		Male	1078	MS	616	53:00	1160
1302	2179	57:04	Neil Hardingham		Male	1079	MS	617	53:49	1268
1303	286	57:05	Jackie Collins	Felixstowe RRC	Female	224	F50-54	18	56:28	1672
1304	1872	57:05	Laura Bullimore		Female	225	FS	127	54:55	1426
1305	3072	57:06	Matthew Richardson		Male	1080	MS	618	52:40	1108
1306	2380	57:06	David Luton		Male	1081	MS	619	54:45	1402
1307	845	57:07	Andrew Lillycrop		Male	1082	MS	620	56:58	1741
1308	3218	57:07	Jodie Causer		Female	226	FS	128	52:39	1105
1309	2118	57:07	Michelle Gardiner		Female	227	F45-49	26	55:00	1440
1310	3548	57:08	Matthew Hamm		Male	1083	MS	621	52:13	1032
1311	613	57:08	Becky Hardy	Dereham Runners AC	Female	228	FS	129	56:27	1669
1312	2729	57:09	Peter Swordy		Male	1084	M50-54	97	54:53	1423
1313	1727	57:09	Marianne Armstrong	Norwich Road Runners	Female	229	FS	130	54:27	1356
1314	1876	57:10	Sarah Burbidge		Female	230	F45-49	27	54:55	1429
1315	147	57:10	Ian Boreham		Male	1085	M60-64	18	56:09	1624
1316	1158	57:11	Simon Rix		Male	1086	M40-44	172	56:24	1656
1317	1861	57:12	Faye Brown		Female	231	FS	131	54:38	1383
1318	2404	57:13	Steve Marshall		Male	1087	MS	622	54:50	1410
1319	2662	57:13	James Shreeve		Male	1088	MS	623	54:49	1409
1320	3333	57:13	Stacey Davy		Female	232	FS	132	52:44	1125
1321	2298	57:14	Dan Jones		Male	1089	MS	624	54:28	1361
1322	2747	57:14	James Taylor-Bennett		Male	1090	MS	625	54:51	1415
1323	2449	57:15	Dionne Minns		Female	233	F40-44	38	53:51	1277
1324	1462	57:15	Robert Whalen		Male	1091	MS	626	56:34	1688
1325	1424	57:15	Garry Ward		Male	1092	M60-64	19	56:38	1697
1326	2677	57:17	Emmaalouise Smith		Female	234	FS	133	55:12	1471
1327	1467	57:17	Spencer Whiley		Male	1093	M50-54	98	56:53	1729
1328	2642	57:18	Chris Scott		Male	1094	MS	627	53:47	1265
1329	1842	57:19	Thomas Brennan		Male	1095	M45-49	121	54:20	1341
1330	1358	57:20	Mark Thorpe		Male	1096	M50-54	99	56:08	1617
1331	2452	57:20	Paul Mirgaux		Male	1097	M40-44	173	54:53	1419
1332	2733	57:20	Christopher Taylor		Male	1098	MS	628	54:04	1304
1333	2033	57:20	Craig Edwards		Male	1099	MS	629	55:08	1456
1334	1071	57:20	Peter Pepper		Male	1100	M40-44	174	56:30	1682
1335	1949	57:21	Stephanie Cooke		Female	235	FS	134	55:01	1441
1336	5155	57:21	Mark Waters		Male	1101	MS	630	54:06	1308
1337	1724	57:22	Katherine Aram		Female	236	FS	135	54:50	1411
1338	22	57:23	Mohammed Ali		Male	1102	MS	631	56:33	1686
1339	2070	57:24	Martin Falkingham		Male	1103	MS	632	54:15	1333
1340	1747	57:25	Michael Bailey		Male	1104	MS	633	53:51	1275
1341	908	57:25	Emily Mayhew		Female	237	FS	136	55:18	1484
1342	1785	57:25	John Bennett		Male	1105	MS	634	55:13	1473
1343	2004	57:25	Rakesh Dholiwar		Male	1106	M55-59	44	54:26	1355
1344	3348	57:26	Chris Derrick		Male	1107	MS	635	53:22	1208
1345	1916	57:27	Adam Clark		Male	1108	M40-44	175	54:58	1435
1346	2020	57:27	Christopher Drumme		Male	1109	M50-54	100	54:05	1306
1347	2280	57:28	Carl Jaggard		Male	1110	MS	636	54:42	1397
1348	2283	57:28	Keith James		Male	1111	M45-49	122	55:12	1469
1349	4877	57:28	Christopher Mace		Male	1112	M40-44	176	49:21	714
1350	1846	57:29	Michael Briggs		Male	1113	MS	637	55:15	1477

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	2242	57:30	Alix Howard		Female	238	FS	137	55:15	1480
1352	2425	57:32	Andrew Mcnamara	Ryston Runners	Male	1114	M45-49	123	54:37	1380
1353	2271	57:33	Suzanne Ives		Female	239	FS	138	55:22	1495
1354	475	57:33	Stewart Forton		Male	1115	M40-44	177	55:20	1490
1355	2807	57:34	Matthew Ware	Norwich Road Runners	Male	1116	MS	638	55:02	1443
1356	1704	57:34	Rob Adam		Male	1117	M45-49	124	55:04	1447
1357	852	57:34	Phil Little		Male	1118	M50-54	101	55:10	1463
1358	2726	57:36	Rose Swain		Female	240	FS	139	54:52	1418
1359	1891	57:36	Lizzy Cantwell		Female	241	FS	140	54:41	1392
1360	3234	57:36	Marie Clark		Female	242	F40-44	39	52:39	1107
1361	2598	57:37	Sarah Reynolds		Female	243	FS	141	55:28	1514
1362	932	57:38	Dee Middleton-Hall	Wymondham AC	Female	244	F50-54	19	56:52	1727
1363	679	57:39	Victoria Hook		Female	245	F50-54	20	54:23	1347
1364	2683	57:39	Lizzie Smith		Female	246	FS	142	54:52	1417
1365	1389	57:39	Alan Varle	Waveney Valley AC	Male	1119	M70+	4	56:43	1708
1366	4040	57:39	Jack Richards		Male	1120	MS	639	52:20	1053
1367	2591	57:40	Jon Regester		Male	1121	M50-54	102	55:02	1444
1368	44	57:40	Tobias Arnup		Male	1122	M60-64	20	55:30	1521
1369	1097	57:41	Vanessa Pooley	Tri-Anglia Triathlon Club	Female	247	F55-59	11	55:31	1524
1370	785	57:41	Adam Kimberley		Male	1123	MS	640	56:30	1683
1371	1811	57:41	Mark Bobby		Male	1124	M50-54	103	54:08	1317
1372	1222	57:41	Alex Scott		Male	1125	MS	641	56:36	1691
1373	2679	57:41	Ian Smith	North Norfolk Beach Runners	Male	1126	M50-54	104	55:04	1449
1374	2626	57:41	Steve Sanders		Male	1127	MS	642	55:03	1446
1375	608	57:41	Martin Hanner		Male	1128	M60-64	21	55:27	1513
1376	3145	57:41	Lewis Brooker		Male	1129	MS	643	53:05	1174
1377	1363	57:43	Dianne Tilbrook		Female	248	F60-64	7	54:40	1387
1378	1844	57:44	Shane Brett		Male	1130	MS	644	55:26	1510
1379	3865	57:44	Lukasz Mioduszewski		Male	1131	MS	645	53:44	1259
1380	167	57:45	Liz Branson		Female	249	F55-59	12	55:20	1492
1381	2379	57:45	Shane Lutkin		Male	1132	M55-59	45	55:20	1488
1382	2158	57:45	Darrell Green		Male	1133	MS	646	54:38	1382
1383	3164	57:45	Aidan Bull		Male	1134	MS	647	53:01	1165
1384	2825	57:46	Chris Wells		Male	1135	MS	648	55:24	1500
1385	2439	57:46	Luke Miles	Norwich Road Runners	Male	1136	MS	649	55:21	1493
1386	1945	57:47	Matthew Conway		Male	1137	MS	650	54:14	1326
1387	383	57:48	Nicky Dowson	Norwich Road Runners	Female	250	F50-54	21	55:07	1454
1388	2766	57:48	Matthew Tremayne		Male	1138	MS	651	55:36	1537
1389	4393	57:49	Kerry Lymbery		Female	251	FS	143	51:50	978
1390	2674	57:49	David Sloman		Male	1139	MS	652	55:16	1483
1391	2601	57:49	Claire Richardson		Female	252	FS	144	54:43	1400
1392	1854	57:50	Jason Brook		Male	1140	MS	653	54:57	1431
1393	2608	57:50	Mark Riseborough		Male	1141	M40-44	178	55:13	1474
1394	2342	57:51	Billy Ledain		Male	1142	MS	654	54:59	1436
1395	124	57:51	Dianne Bird		Female	253	F50-54	22	52:45	1126
1396	2397	57:52	Declan Marks		Male	1143	MS	655	55:20	1491
1397	1850	57:52	Alison Brister		Female	254	F45-49	28	55:46	1557
1398	1894	57:53	Darren Carter		Male	1144	MS	656	55:34	1534
1399	3916	57:53	Owen Noble		Male	1145	MS	657	52:29	1078
1400	3954	57:54	Tom Parsley		Male	1146	MS	658	52:36	1100
1401	340	57:55	Linda Cusack		Female	255	F60-64	8	56:50	1724
1402	2783	57:55	Vera Van Der Velpen		Female	256	FS	145	55:26	1509
1403	272	57:56	Steve Clinnick		Male	1147	M60-64	22	57:05	1755
1404	2659	57:57	Pete Sharpe	Wymondham AC	Male	1148	M40-44	179	55:02	1442
1405	3123	57:57	Nic Bowker		Male	1149	MS	659	53:25	1217
1406	2560	57:58	Sharn Ponsford	Coltishall Jaguars RC	Female	257	F40-44	40	54:42	1394
1407	2780	57:58	Beth Underwood		Female	258	FS	146	54:42	1396
1408	5150	57:59	Christopher Rymarz		Male	1150	M40-44	180	49:56	782
1409	3525	57:59	Andrew Griffiths		Male	1151	M45-49	125	53:13	1190
1410	3002	57:59	Jonathan Abbs		Male	1152	MS	660	53:54	1282
1411	1600	58:00	Fay Wheeler		Female	259	F40-44	41	55:30	1519
1412	1762	58:01	Will Barker		Male	1153	MS	661	55:27	1512
1413	3822	58:01	Glenn Marvell-James		Male	1154	M40-44	181	50:46	865
1414	1775	58:02	Laura Belcher		Female	260	FS	147	55:49	1565
1415	2134	58:02	Neil Gilding		Male	1155	M40-44	182	55:13	1472
1416	3317	58:03	Richard Daly	Dereham Runners & AC	Male	1156	M45-49	126	52:47	1134
1417	2281	58:03	David James		Male	1157	M45-49	127	54:35	1374
1418	2657	58:04	Leanne Shanks	Bure Valley Harriers	Female	261	FS	148	55:05	1451
1419	2107	58:05	James Fray		Male	1158	MS	662	55:24	1503
1420	2663	58:05	Alan Sillett		Male	1159	M45-49	128	55:44	1555
1421	2234	58:05	Richard Hollings	Norwich City Community Sports	Male	1160	M45-49	129	55:58	1588
1422	2734	58:05	Daniel Taylor		Male	1161	MS	663	55:42	1547
1423	2383	58:05	David Machin		Male	1162	M50-54	105	54:47	1405
1424	2691	58:05	Emma Smythe		Female	262	F40-44	42	54:47	1406
1425	3600	58:06	John Hirst		Male	1163	M50-54	106	53:20	1206

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	2402	58:06	Steve Marsh		Male	1164	M50-54	107	55:38	1540
1427	1408	58:06	Darren Walsgrove		Male	1165	M40-44	183	55:05	1450
1428	2059	58:06	Abigail Everitt		Female	263	FS	149	55:05	1452
1429	2621	58:07	Louise Rump		Female	264	FS	150	55:09	1461
1430	2714	58:08	Hayley Strivens		Female	265	FS	151	55:23	1499
1431	1566	58:09	Rebecca Pountain		Female	266	FS	152	57:13	1774
1432	2337	58:10	Joni Lambert		Female	267	FS	153	55:04	1448
1433	2255	58:10	Lindsay Howlett	Waveney Valley AC	Female	268	F45-49	29	55:31	1529
1434	3931	58:12	Edward O'Rourke		Male	1166	M45-49	130	53:42	1252
1435	2643	58:12	James A Scott	Ipswich Jaffa RC	Male	1167	M50-54	108	56:07	1615
1436	4045	58:13	Carol Riley		Female	269	FS	154	53:43	1258
1437	1919	58:13	Imogen Clarke		Female	270	FS	155	55:07	1455
1438	4135	58:14	Jim Skinner		Male	1168	MS	664	52:15	1038
1439	1701	58:14	Luke Abendroth		Male	1169	MS	665	55:50	1572
1440	2606	58:16	Jemma Riches		Female	271	FS	156	55:58	1592
1441	2369	58:16	Jurgen Long		Male	1170	MS	666	56:03	1608
1442	3673	58:17	Linzi Joanne	Norfolk Harriers RC	Female	272	F40-44	43	53:01	1162
1443	1980	58:17	Michelle Cutting	Norwich Road Runners	Female	273	F40-44	44	55:57	1587
1444	5161	58:18	Benjamin Warren		Male	1171	MS	667	48:07	597
1445	2178	58:18	Julian Hanton		Male	1172	M45-49	131	55:24	1501
1446	534	58:18	David Gilbert	Tri-Anglia Triathlon Club	Male	1173	M70+	5	58:01	1901
1447	1496	58:19	Lesley Winston	North Norfolk Beach Runners	Female	274	F50-54	23	57:13	1776
1448	2074	58:19	George Firth		Male	1174	MS	668	55:49	1570
1449	2738	58:19	Loren Taylor		Female	275	FS	157	55:23	1498
1450	1347	58:19	Trevor Thomas		Male	1175	M50-54	109	57:13	1773
1451	1810	58:20	Peter Boal		Male	1176	MS	669	55:18	1485
1452	24	58:20	Chas Allen	Norwich Road Runners	Male	1177	MS	670	55:40	1544
1453	1967	58:21	Dominic Crook		Male	1178	MS	671	56:08	1623
1454	2162	58:21	Louise Grinsdale	Norwich Road Runners	Female	276	F40-44	45	55:41	1545
1455	2139	58:21	Patrick Goff		Male	1179	M40-44	184	54:07	1313
1456	216	58:22	James Burrell		Male	1180	MS	672	57:26	1799
1457	1827	58:23	Ian Bower		Male	1181	MS	673	56:08	1622
1458	780	58:24	Alan Kenyon		Male	1182	M60-64	23	58:17	1941
1459	1752	58:24	Jason Baldry		Male	1183	MS	674	55:10	1464
1460	4738	58:24	Leon Gooch		Male	1184	MS	675	49:28	725
1461	3162	58:25	Adam Buffin		Male	1185	MS	676	52:44	1122
1462	1768	58:25	Matt Barton		Male	1186	MS	677	55:40	1543
1463	176	58:26	John Brighten		Male	1187	M65-69	13	56:21	1649
1464	2063	58:27	Sarah Ewing		Female	277	F40-44	46	56:20	1645
1465	1068	58:28	Louise Pegg		Female	278	F50-54	24	58:11	1929
1466	1212	58:29	Dan Savage		Male	1188	MS	678	58:07	1917
1467	2048	58:29	Matthew English		Male	1189	MS	679	56:08	1616
1468	2117	58:30	Gary Gannon	Norwich Road Runners	Male	1190	M45-49	132	55:16	1482
1469	2296	58:31	Robin Jolly		Male	1191	M50-54	110	52:32	1089
1470	1744	58:32	Mark Bagnall		Male	1192	M40-44	185	56:10	1627
1471	1952	58:33	Hannah Cordle		Female	279	FS	158	56:24	1658
1472	2028	58:33	Chris Dye		Male	1193	M45-49	133	55:43	1551
1473	3835	58:33	Paul Sycamore		Male	1194	MS	680	53:15	1194
1474	3833	58:34	Gordon Mcateer		Male	1195	M50-54	111	53:30	1225
1475	2658	58:35	Mark Sharman		Male	1196	MS	681	55:28	1516
1476	3681	58:36	Callum Jolly		Male	1197	MS	682	52:37	1101
1477	4250	58:36	Agnieszka Tkacz		Female	280	FS	159	52:37	1102
1478	3117	58:36	Lauren Bond		Female	281	FS	160	52:19	1050
1479	857	58:36	Blazey Louise	Norwich Road Runners	Female	282	FS	161	57:35	1828
1480	2533	58:37	Samantha Patton		Female	283	FS	162	56:25	1661
1481	1739	58:37	David Attridge		Male	1198	MS	683	55:42	1549
1482	3297	58:37	Marian Crossland		Female	284	F45-49	30	54:36	1375
1483	2390	58:38	Helen Mann		Female	285	F40-44	47	55:26	1511
1484	2622	58:38	Tim Russell		Male	1199	MS	684	53:27	1221
1485	4326	58:38	Simon Webster		Male	1200	M50-54	112	52:50	1140
1486	2394	58:38	Laura Mansell		Female	286	FS	163	55:42	1548
1487	414	58:39	Roger Eglen		Male	1201	M70+	6	58:04	1911
1488	3422	58:40	Colin Forshaw		Male	1202	M55-59	46	53:31	1228
1489	2336	58:40	Jess Lamb		Female	287	FS	164	56:32	1684
1490	926	58:40	Linda Melton	North Norfolk Beach Runners	Female	288	F55-59	13	57:34	1826
1491	1866	58:40	Alison Buck		Female	289	FS	165	56:04	1609
1492	2125	58:40	Paul Gerber	Coltishall Jaguars RC	Male	1203	M45-49	134	56:24	1655
1493	2031	58:40	Dave Eaves		Male	1204	MS	685	56:29	1673
1494	1840	58:42	Hazel Brain	Tri-Anglia Triathlon Club	Female	290	F45-49	31	55:55	1583
1495	1892	58:42	Simon Carnell		Male	1205	M45-49	135	55:19	1487
1496	4563	58:42	James Brabben		Male	1206	MS	686	50:19	821
1497	1423	58:42	Beres Ward	Wymondham AC	Female	291	F60-64	9	58:16	1940
1498	151	58:43	John Bound	Great Yarmouth Road Runners	Male	1207	M65-69	14	57:53	1881
1499	1748	58:43	Nathan Bailey		Male	1208	MS	687	55:47	1559
1500	718	58:44	Lisa Hurry		Female	292	F50-54	25	58:19	1951

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	735	58:44	Nicola Jepson		Female	293	FS	166	55:33	1533
1502	2122	58:45	Lee George		Male	1209	MS	688	56:36	1693
1503	3917	58:45	Michael Norman		Male	1210	MS	689	52:25	1064
1504	476	58:46	Bob Fossey		Male	1211	M60-64	24	57:53	1880
1505	2236	58:46	David Holmes		Male	1212	MS	690	56:18	1638
1506	1131	58:47	Ben Ray		Male	1213	M40-44	186	58:04	1914
1507	4196	58:47	Tom Steverson		Male	1214	MS	691	51:53	986
1508	827	58:47	Deborah Lawrence		Female	294	F50-54	26	58:19	1949
1509	3474	58:47	Lara Gilman		Female	295	FS	167	54:25	1352
1510	3634	58:47	Rachel Hoxley-Carr		Female	296	FS	168	54:15	1330
1511	3609	58:48	Richard Holt		Male	1215	MS	692	52:14	1034
1512	3995	58:48	Andy Pomfret		Male	1216	MS	693	53:32	1231
1513	2437	58:49	Stephen Mickelburgh		Male	1217	M55-59	47	56:01	1597
1514	3471	58:49	Martyn Gillett		Male	1218	M50-54	113	54:32	1366
1515	2287	58:50	Carl Jenkins		Male	1219	M40-44	187	56:30	1679
1516	1709	58:51	Steven Alderson		Male	1220	M55-59	48	56:42	1705
1517	1902	58:51	Matthew Cawston		Male	1221	MS	694	56:15	1633
1518	453	58:51	Brenda Fee	Barnet & District AC	Female	297	F65-69	2	57:50	1867
1519	1580	58:51	Lewis Wylde		Male	1222	MS	695	57:58	1892
1520	1901	58:52	Gabriella Cawston		Female	298	FS	169	56:15	1636
1521	2597	58:52	Nathan Reynolds		Male	1223	MS	696	56:18	1641
1522	2640	58:52	Neil Scarborough		Male	1224	M50-54	114	56:28	1671
1523	3886	58:52	Laura Morton		Female	299	FS	170	54:44	1401
1524	754	58:53	Gwyneth Jones		Female	300	F55-59	14	57:50	1865
1525	2458	58:53	Jonathon Montgomerie		Male	1225	MS	697	56:23	1652
1526	2485	58:53	Lisa Netto	Norfolk Gazelles AC	Female	301	F40-44	48	55:48	1562
1527	2613	58:54	John Robinson	Norwich Road Runners	Male	1226	M45-49	136	56:13	1630
1528	3918	58:55	Phillip Nottingham		Male	1227	M40-44	188	54:33	1369
1529	336	58:56	Oliver Cudmore		Male	1228	MS	698	58:02	1902
1530	56	58:56	Steve Avery		Male	1229	M45-49	137	53:50	1273
1531	2244	58:56	Lisa Howard	Norwich Road Runners	Female	302	F40-44	49	55:49	1567
1532	2496	58:57	Caitlin Notley		Female	303	FS	171	56:40	1700
1533	2497	58:57	Mark Notley		Male	1230	M45-49	138	56:40	1701
1534	1832	58:59	Kate Bradbrook	Leeds City Athletic Club	Female	304	FS	172	56:10	1625
1535	2213	58:59	Fiona Henderson		Female	305	FS	173	55:49	1563
1536	3294	58:59	Iain Crawford		Male	1231	M40-44	189	54:37	1378
1537	1720	58:59	Flora Andrews		Female	306	F40-44	50	56:33	1687
1538	2534	58:59	Eric Payne		Male	1232	MS	699	55:34	1536
1539	2441	59:00	Chris Mills	Waveney Valley AC	Male	1233	M55-59	49	55:48	1561
1540	3408	59:01	David Ferreira		Male	1234	MS	700	52:00	1002
1541	3520	59:01	Andrew Gregory		Male	1235	M40-44	190	54:53	1425
1542	2467	59:02	Jamie Mordecai		Male	1236	MS	701	53:49	1270
1543	2098	59:03	Roddy Forster		Male	1237	MS	702	56:26	1668
1544	2184	59:03	Matt Harmer	North Norfolk Beach Runners	Male	1238	MS	703	56:26	1666
1545	3676	59:03	Graeme Johnson		Male	1239	MS	704	54:23	1348
1546	3772	59:03	Jonathan Littlewood		Male	1240	MS	705	54:55	1427
1547	1366	59:03	Katrina Tipler		Female	307	FS	174	58:14	1935
1548	2081	59:03	Liza Fitchew		Female	308	FS	175	56:50	1720
1549	1819	59:04	Rosalind Borham	City of Norwich AC	Female	309	F45-49	32	52:42	1115
1550	3171	59:04	Kelly Burgess		Female	310	F40-44	51	54:09	1318
1551	1904	59:06	Melanie Chaplin		Female	311	F40-44	52	56:10	1626
1552	1364	59:06	John Tilbrook		Male	1241	M70+	7	56:00	1595
1553	1235	59:06	John Sharpe		Male	1242	M65-69	15	56:21	1648
1554	776	59:07	Deborah Kennedy		Female	312	F50-54	27	58:04	1912
1555	4991	59:07	Mark Routledge		Male	1243	MS	706	51:00	891
1556	2671	59:07	Paul Skippins		Male	1244	M50-54	115	56:08	1619
1557	1803	59:08	Margaret Blair		Female	313	F40-44	53	55:40	1542
1558	434	59:08	Andy Evans	City of Norwich AC	Male	1245	M60-64	25	58:27	1974
1559	2084	59:08	Robert Flack		Male	1246	MS	707	55:44	1554
1560	3712	59:08	Thomas Kerin		Male	1247	MS	708	54:40	1389
1561	2338	59:10	Kate Lawrence		Female	314	FS	176	57:00	1744
1562	2005	59:11	Jon Dicks	Wymondham AC	Male	1248	MS	709	56:42	1706
1563	2061	59:11	Alex Ewbank		Male	1249	MS	710	56:30	1681
1564	3583	59:11	Claire Hendrick		Female	315	FS	177	54:34	1372
1565	3421	59:12	Matthew Forrester		Male	1250	MS	711	54:51	1414
1566	565	59:13	Anne Graveling		Female	316	F60-64	10	58:47	2028
1567	374	59:13	Julie Dilrew		Female	317	F55-59	15	58:47	2026
1568	725	59:13	Stewart Ingram	Tri-Anglia Triathlon Club	Male	1251	M65-69	16	56:30	1680
1569	2615	59:14	Lewis Rodgers		Male	1252	MS	712	56:02	1604
1570	3881	59:14	Jonathan Morris		Male	1253	MS	713	53:25	1218
1571	3570	59:14	Chris Harvey		Male	1254	M45-49	139	55:00	1439
1572	2748	59:15	Gillian Thacker		Female	318	F45-49	33	57:00	1745
1573	2647	59:16	Maria Seago		Female	319	FS	178	57:06	1759
1574	2592	59:16	Leslie Reilly		Male	1255	M45-49	140	57:05	1754
1575	883	59:17	Joe Marriott		Male	1256	MS	714	58:38	1998

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1576	2339	59:18	Richard Lawson		Male	1257	M50-54	116	56:50	1723
1577	3364	59:18	Belinda Downing		Female	320	FS	179	53:09	1181
1578	4684	59:20	Anthony Elsey	Dereham Runners & AC	Male	1258	MS	715	51:19	920
1579	2258	59:20	Adrian Hubbard		Male	1259	M45-49	141	56:53	1728
1580	2181	59:20	Cassandra Hards		Female	321	FS	180	56:49	1716
1581	4346	59:20	David Willey		Male	1260	M50-54	117	55:12	1470
1582	4935	59:22	James Parker		Male	1261	MS	716	50:52	877
1583	149	59:22	Chris Bottomley		Male	1262	MS	717	56:51	1725
1584	4098	59:22	Peter Sayer		Male	1263	M40-44	191	52:28	1074
1585	1469	59:23	Iain White		Male	1264	M60-64	26	56:57	1739
1586	384	59:23	Paul Dowson	Norwich Road Runners	Male	1265	M55-59	50	56:41	1703
1587	2154	59:24	Dean Gray	Norwich Road Runners	Male	1266	M55-59	51	56:44	1709
1588	817	59:24	Angela Lambard		Female	322	F55-59	16	58:33	1990
1589	3286	59:25	Tom Cowan		Male	1267	MS	718	55:03	1445
1590	4305	59:26	Alison Warner		Female	323	F45-49	34	54:49	1408
1591	2077	59:26	Mark Fisher		Male	1268	M50-54	118	57:18	1783
1592	2078	59:26	Marselle Fisher		Female	324	FS	181	57:18	1784
1593	2086	59:27	Jim Flatt		Male	1269	MS	719	56:57	1740
1594	1593	59:28	Sam Williams		Male	1270	MS	720	56:47	1714
1595	1770	59:28	Laura Bateman		Female	325	FS	182	56:50	1722
1596	1911	59:29	Kate Childs		Female	326	F40-44	54	56:15	1634
1597	3889	59:29	Manuela Moxon		Female	327	FS	183	53:13	1188
1598	560	59:29	Cheryl Goymer	Waveney Valley AC	Female	328	F50-54	28	58:44	2018
1599	2743	59:30	Rachel Taylor		Female	329	F40-44	55	57:11	1770
1600	603	59:31	Ewing Hannah		Female	330	FS	184	57:24	1797
1601	1769	59:32	Dan Bartram		Male	1271	MS	721	55:29	1518
1602	2578	59:33	Jason Ramsbottom		Male	1272	MS	722	57:27	1801
1603	2087	59:35	Kirsty Fleetcroft		Female	331	FS	185	57:14	1777
1604	3891	59:35	Robert Muncaster		Male	1273	MS	723	54:24	1349
1605	2310	59:37	William Kemp		Male	1274	MS	724	57:08	1763
1606	355	59:37	Camille Davila		Female	332	FS	186	56:26	1663
1607	1886	59:37	Paul Campling		Male	1275	M40-44	192	56:08	1621
1608	2440	59:37	Steven Miller		Male	1276	M40-44	193	56:59	1742
1609	2137	59:38	Stewart Gillion		Male	1277	M55-59	52	56:08	1620
1610	2026	59:38	Tom Dutton		Male	1278	MS	725	53:11	1185
1611	459	59:38	Emma Fielding		Female	333	FS	187	58:31	1983
1612	2426	59:39	Ivor Mcnaugher		Male	1279	M50-54	119	57:19	1786
1613	2120	59:39	Darin Geary		Male	1280	M40-44	194	56:39	1699
1614	319	59:39	Danielle Cox		Female	334	FS	188	58:31	1985
1615	3668	59:39	Paul Jenkins		Male	1281	M50-54	120	55:37	1538
1616	3369	59:39	Matthew Drew		Male	1282	MS	726	54:42	1395
1617	657	59:40	Chris Hill		Male	1283	MS	727	58:51	2038
1618	2569	59:40	Vikki Powles		Female	335	FS	189	56:29	1674
1619	860	59:40	Chris Lubbock		Male	1284	M60-64	27	58:31	1984
1620	3103	59:42	Anthony Blakemore		Male	1285	MS	728	54:19	1337
1621	2546	59:43	Angela Perkins		Female	336	F40-44	56	57:27	1802
1622	2227	59:44	Leanne Hitchin		Female	337	F40-44	57	56:18	1639
1623	2693	59:44	Ian Sparkes		Male	1286	MS	729	56:30	1678
1624	3030	59:44	Ruth Arden		Female	338	FS	190	52:47	1133
1625	2577	59:45	Samantha Rajasingham		Female	339	F40-44	58	55:31	1525
1626	1818	59:45	Keri Boorman		Female	340	FS	191	56:32	1685
1627	1936	59:47	Jusrin Coles		Male	1287	M40-44	195	57:28	1803
1628	4354	59:49	Nick Willis		Male	1288	MS	730	55:46	1556
1629	537	59:51	Nigel Gilham	Bungay Black Dog RC	Male	1289	M60-64	28	58:59	2057
1630	2406	59:53	Shaun Mary		Male	1290	M40-44	196	57:42	1847
1631	3768	59:53	Dave Lincoln		Male	1291	MS	731	53:20	1205
1632	4395	59:54	Louise Warnes		Female	341	FS	192	55:51	1574
1633	2459	59:54	Andrew Moore		Male	1292	M45-49	142	57:44	1854
1634	2012	59:56	Marie Doughty		Female	342	F40-44	59	57:29	1805
1635	2435	59:57	Douglas Merton		Male	1293	MS	732	57:22	1794
1636	163	59:57	William Braddock		Male	1294	M65-69	17	57:46	1858
1637	2447	1:00:00	Claire Mingay	Norwich Road Runners	Female	343	F40-44	60	56:27	1670
1638	2706	1:00:00	Deborah Stevenson	Trawden Athletic Club	Female	344	FS	193	56:25	1659
1639	2249	1:00:00	Daniel Howes		Male	1295	MS	733	57:29	1811
1640	1816	1:00:01	Martyn Bond		Male	1296	MS	734	57:13	1772
1641	2277	1:00:02	Sam Jackson		Male	1297	MS	735	57:50	1869
1642	2574	1:00:04	Timothy Puttick		Male	1298	M50-54	121	57:59	1898
1643	1732	1:00:05	Kari Ashling		Female	345	FS	194	56:54	1730
1644	2075	1:00:05	Colin Fish		Male	1299	M50-54	122	57:05	1753
1645	2543	1:00:05	David Pemberton		Male	1300	MS	736	57:52	1875
1646	4166	1:00:05	Simon Snell		Male	1301	M45-49	143	54:39	1386
1647	4073	1:00:06	Lorna Rowlands		Female	346	FS	195	53:28	1224
1648	1761	1:00:06	Stephen Barker		Male	1302	M50-54	123	57:32	1817
1649	5156	1:00:06	Brian Watkins		Male	1303	M55-59	53	56:03	1605
1650	4709	1:00:06	Adam Ford		Male	1304	MS	737	55:24	1504

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1651	5649	1:00:07	Chris Priest		Male	1305	MS	738	49:01	681
1652	3101	1:00:07	Ollie Blackmore		Male	1306	M40-44	197	55:44	1553
1653	1851	1:00:07	Rhianna Broadway		Female	347	FS	196	56:57	1738
1654	4012	1:00:08	Claire Rackham		Female	348	F40-44	61	55:09	1462
1655	2040	1:00:08	Simon Edwards		Male	1307	M40-44	198	57:51	1872
1656	2131	1:00:10	Nicholas Gibbs	Norwich Road Runners	Male	1308	M55-59	54	57:30	1812
1657	2147	1:00:11	Matthew Goodfellow		Male	1309	MS	739	55:29	1517
1658	2551	1:00:11	Melissa Philpott		Female	349	FS	197	57:40	1844
1659	5798	1:00:12	Karl Roberts		Male	1310	MS	740	57:33	1821
1660	1790	1:00:13	Judith Berry		Female	350	F40-44	62	57:04	1752
1661	2661	1:00:13	Sarah Shipley	Tri-Anglia Triathlon Club	Female	351	F40-44	63	57:37	1838
1662	1934	1:00:15	Gary Coleman		Male	1311	MS	741	57:05	1756
1663	858	1:00:15	Ian Love		Male	1312	M45-49	144	59:28	2125
1664	4363	1:00:15	Daniel Winter		Male	1313	MS	742	52:43	1120
1665	3567	1:00:15	Simon Harrison		Male	1314	M40-44	199	55:56	1586
1666	4286	1:00:15	Ross Wacey		Male	1315	MS	743	54:23	1346
1667	607	1:00:16	Lesley Hanner		Female	352	F60-64	11	59:23	2113
1668	469	1:00:16	Robert Flint		Male	1316	MS	744	57:13	1775
1669	4964	1:00:16	Robert Prowse		Male	1317	M40-44	200	51:17	917
1670	3016	1:00:16	Ben Ambrose		Male	1318	MS	745	54:36	1376
1671	3027	1:00:17	Alan Anthony		Male	1319	M50-54	124	55:54	1577
1672	228	1:00:17	Jonathon Callingham		Male	1320	MS	746	54:59	1437
1673	4251	1:00:18	Alex Tobin		Male	1321	MS	747	54:53	1420
1674	2453	1:00:19	Susannah Mitchell		Female	353	FS	198	58:06	1916
1675	2552	1:00:20	Richard Philpott		Male	1322	MS	748	57:52	1874
1676	2335	1:00:22	Christina Lakey	Wymondham AC	Female	354	FS	199	57:18	1785
1677	1578	1:00:22	James Windley		Male	1323	MS	749	57:54	1885
1678	2102	1:00:23	Jo Fox		Female	355	FS	200	57:09	1767
1679	2219	1:00:23	Steven Hewkin	Vegan Runners UK	Male	1324	MS	750	58:11	1928
1680	3620	1:00:24	Andy Hounslow		Male	1325	MS	751	55:34	1535
1681	2522	1:00:24	Louise Panter		Female	356	F40-44	64	58:05	1915
1682	2487	1:00:24	Kate Newman		Female	357	FS	201	57:19	1787
1683	3785	1:00:26	Jack Long-Martinez		Male	1326	MS	752	54:22	1345
1684	593	1:00:26	Lesley Hall		Female	358	F50-54	29	59:33	2141
1685	268	1:00:27	Ruth Clarke		Female	359	F50-54	30	1:00:05	2213
1686	2079	1:00:27	Daniele Fisichella		Male	1327	MS	753	57:29	1809
1687	713	1:00:28	Sheila Hurdwell		Female	360	F60-64	12	59:33	2138
1688	2418	1:00:29	Louise Mcgreevy		Female	361	FS	202	57:21	1792
1689	3426	1:00:29	Hannah Fox		Female	362	FS	203	56:26	1665
1690	683	1:00:30	Heather Houghton		Female	363	F40-44	65	59:18	2106
1691	1998	1:00:30	Donna Decooper Wride		Female	364	F40-44	66	56:01	1599
1692	1094	1:00:31	David Pointer		Male	1328	M60-64	29	59:43	2158
1693	2185	1:00:31	Russell Harmer		Male	1329	MS	754	57:50	1868
1694	2479	1:00:32	Michael Murphy		Male	1330	MS	755	58:07	1919
1695	2146	1:00:32	Emily Goodey		Female	365	FS	204	57:46	1859
1696	1763	1:00:32	Catherine Barnard		Female	366	FS	205	58:19	1948
1697	1858	1:00:33	Alex Brown		Male	1331	MS	756	57:36	1832
1698	2645	1:00:33	Michael Scott		Male	1332	M55-59	55	58:19	1952
1699	1215	1:00:33	Elaine Savvas		Female	367	F55-59	17	57:04	1751
1700	2231	1:00:34	Jon Hogg		Male	1333	M45-49	145	58:08	1922
1701	4211	1:00:34	Charlotte Sutton		Female	368	FS	206	56:05	1611
1702	3199	1:00:34	Joanne Campbell		Female	369	FS	207	55:47	1558
1703	1794	1:00:37	Thomas Bevan		Male	1334	MS	757	58:15	1936
1704	1774	1:00:37	John Bee		Male	1335	MS	758	57:32	1819
1705	3685	1:00:37	Gavin Jones		Male	1336	MS	759	54:32	1365
1706	2133	1:00:38	Simon Gibson		Male	1337	M40-44	201	49:01	679
1707	3587	1:00:38	Rick Herdman		Male	1338	M50-54	125	56:19	1643
1708	1245	1:00:38	Jeremy Sinclair		Male	1339	M60-64	30	57:41	1846
1709	2224	1:00:40	Carl Hipperson		Male	1340	MS	760	57:36	1835
1710	2030	1:00:40	Lizzie Earwaker		Female	370	FS	208	57:42	1848
1711	3371	1:00:42	Amanda Dudley		Male	1341	M40-44	202	55:59	1593
1712	515	1:00:42	Geoffrey Garfoot	Tri-Anglia Triathlon Club	Male	1342	M40-44	203	59:56	2189
1713	1878	1:00:43	Jeremy Burton		Male	1343	M55-59	56	58:35	1991
1714	2521	1:00:44	Stuart Palmer		Male	1344	M45-49	146	57:37	1837
1715	5041	1:00:44	Karl Steward		Male	1345	M40-44	204	52:42	1116
1716	72	1:00:45	Rosemarie Ball		Female	371	F55-59	18	59:37	2148
1717	3507	1:00:45	Leigh Grand		Male	1346	MS	761	56:11	1628
1718	405	1:00:46	Lesia Easton		Female	372	F50-54	31	59:42	2156
1719	3196	1:00:46	Stefano Calleja		Male	1347	MS	762	55:30	1520
1720	2065	1:00:47	Andy Eyres		Male	1348	M45-49	147	58:20	1956
1721	2864	1:00:47	Rachel Woodier		Female	373	F45-49	35	58:40	2004
1722	341	1:00:47	James Cushing		Male	1349	MS	763	54:27	1358
1723	4035	1:00:49	Gavin Reynolds		Male	1350	MS	764	56:38	1696
1724	3741	1:00:49	Doug Lant		Male	1351	M55-59	57	56:37	1695
1725	5142	1:00:50	Paul Sell		Male	1352	M40-44	205	52:49	1137

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	2307	1:00:50	Shane Kehoe		Male	1353	M40-44	206	58:43	2013
1727	2279	1:00:50	Sylvia Jackson		Female	374	FS	209	57:20	1788
1728	4285	1:00:51	Charlotte Vogel		Female	375	FS	210	56:19	1642
1729	4289	1:00:51	Helen Walden		Female	376	F40-44	67	55:55	1580
1730	1589	1:00:52	Kelly Wilkinson	Norwich Road Runners	Female	377	FS	211	58:42	2010
1731	2320	1:00:53	Beth King		Female	378	F40-44	68	58:46	2022
1732	2524	1:00:55	Antonio Papaleo		Male	1354	MS	765	57:29	1806
1733	2140	1:00:55	Clementine Gold		Female	379	FS	212	57:59	1896
1734	2420	1:00:56	Gemma Mckail		Female	380	FS	213	58:44	2014
1735	3215	1:00:56	Amy Castleton-White		Female	381	FS	214	56:14	1632
1736	1883	1:00:57	Stephanie Callen	Diss and District AC	Female	382	FS	215	58:36	1993
1737	2171	1:00:57	David Hall		Male	1355	M40-44	207	55:20	1489
1738	642	1:00:57	Shenda Hedtke		Female	383	F50-54	32	59:53	2184
1739	3962	1:00:58	Barry Payne		Male	1356	MS	766	54:27	1357
1740	3505	1:00:59	Abigail Grand		Female	384	FS	216	55:58	1591
1741	3863	1:00:59	Ed Millsted		Male	1357	MS	767	55:30	1523
1742	1926	1:01:00	Oliver Clifford		Male	1358	MS	768	58:36	1994
1743	2528	1:01:00	Sharon Parr		Female	385	FS	217	58:23	1962
1744	1927	1:01:01	Neil Cockerton		Male	1359	M40-44	208	58:24	1967
1745	2094	1:01:01	Joanne Ford		Female	386	FS	218	58:07	1918
1746	2278	1:01:01	Sammy Jackson		Male	1360	MS	769	57:32	1818
1747	1920	1:01:04	Jeremy Clarke		Male	1361	M40-44	209	58:58	2053
1748	2035	1:01:04	Kate Edwards		Female	387	FS	219	56:49	1719
1749	1983	1:01:05	Mark Dagless		Male	1362	MS	770	58:52	2039
1750	3915	1:01:06	Laura Noakes		Female	388	FS	220	55:32	1530
1751	3455	1:01:07	Rikki George		Male	1363	MS	771	54:39	1385
1752	2106	1:01:07	Michael Franks		Male	1364	M55-59	58	58:49	2031
1753	4295	1:01:07	Daniel Wallace		Male	1365	MS	772	55:09	1459
1754	2340	1:01:09	Matthew Laxton	Norwich Road Runners	Male	1366	MS	773	58:17	1943
1755	2197	1:01:10	Stephanie Harvey		Female	389	F45-49	36	59:04	2067
1756	1898	1:01:10	Nick Catchpole		Male	1367	MS	774	58:44	2016
1757	3450	1:01:11	Daniel Garrod		Male	1368	MS	775	57:09	1768
1758	3635	1:01:12	Jenni Hoye		Female	390	FS	221	56:24	1654
1759	2347	1:01:12	Richard Lennox		Male	1369	MS	776	53:11	1184
1760	2681	1:01:12	Keelan Smith	Saxmundham Sports Running & Fi	Male	1370	MS	777	58:41	2007
1761	988	1:01:13	Peter Murdoch		Male	1371	M60-64	31	56:07	1614
1762	1711	1:01:13	James Alger		Male	1372	M45-49	148	58:26	1973
1763	2374	1:01:13	Michael Lozano		Male	1373	M40-44	210	58:02	1905
1764	2385	1:01:14	Olivia Maguire		Female	391	FS	222	58:26	1972
1765	2821	1:01:14	Sarah Watts		Female	392	FS	223	58:57	2052
1766	1859	1:01:16	Caroline Brown		Female	393	FS	224	57:59	1895
1767	3157	1:01:16	Tom Bruce		Male	1374	MS	778	57:01	1746
1768	2412	1:01:17	Joel Mcallister		Male	1375	MS	779	58:52	2044
1769	3537	1:01:18	Henry Hale		Male	1376	MS	780	56:23	1651
1770	4327	1:01:20	Cassie Weller		Female	394	FS	225	55:22	1496
1771	365	1:01:22	Iain Dempster		Male	1377	M65-69	18	1:00:17	2245
1772	5145	1:01:22	James Davis	Dereham Runners AC	Male	1378	MS	781	53:21	1207
1773	2002	1:01:22	Gav Dent		Male	1379	MS	782	58:50	2035
1774	1754	1:01:23	Dylan Baldwin		Male	1380	M40-44	211	58:39	2000
1775	3308	1:01:23	Paul Cushing		Male	1381	MS	783	56:01	1596
1776	2352	1:01:23	Nathan Limbach		Male	1382	MS	784	52:41	1112
1777	1712	1:01:23	Lily Alger		Female	395	FS	226	58:38	1997
1778	2721	1:01:24	Becky Studd		Female	396	FS	227	59:12	2090
1779	2161	1:01:24	Ben Grice		Male	1383	MS	785	55:14	1476
1780	4147	1:01:24	Dominic Smith		Male	1384	MS	786	55:55	1581
1781	2182	1:01:25	Robert Hardy		Male	1385	M40-44	212	58:43	2012
1782	2381	1:01:26	Craig Lyon	City of Norwich AC	Male	1386	M50-54	126	59:07	2076
1783	3723	1:01:26	Paul Knightley		Male	1387	MS	787	55:15	1478
1784	3701	1:01:26	Andrew Kelsall		Male	1388	M45-49	149	57:02	1748
1785	3347	1:01:27	Melanie Derbyshire		Female	397	F45-49	37	56:05	1612
1786	592	1:01:27	Edward Hall		Male	1389	M65-69	19	1:01:13	2387
1787	2680	1:01:28	Josh Smith		Male	1390	MS	788	59:05	2070
1788	3654	1:01:28	Kate Hutson	Ipswich Jaffa RC	Female	398	FS	228	56:25	1662
1789	4190	1:01:28	Lucia Stebbens		Female	399	F45-49	38	56:04	1610
1790	2248	1:01:30	William Howell		Male	1391	M50-54	127	58:44	2015
1791	2607	1:01:30	Elisabeth Rickard		Female	400	FS	229	58:33	1988
1792	3568	1:01:31	Sally Hart		Female	401	FS	230	57:16	1780
1793	4400	1:01:31	Anthony Field		Male	1392	M40-44	213	56:16	1637
1794	3836	1:01:32	Tim Mcclean		Male	1393	M50-54	128	55:26	1508
1795	2044	1:01:33	Claire Ellis		Female	402	FS	231	58:20	1954
1796	3861	1:01:33	Peter Milam		Male	1394	M45-49	150	56:24	1657
1797	5315	1:01:33	Deane Anderton		Male	1395	MS	789	52:28	1075
1798	2667	1:01:34	Dennis Simpson	Norwich Road Runners	Male	1396	M55-59	59	58:07	1920
1799	2542	1:01:34	Jack Pellegrini		Male	1397	MS	790	58:50	2033
1800	2451	1:01:34	Steven Minns		Male	1398	M50-54	129	59:03	2064



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1801	3208	1:01:35	James Carter		Male	1399	M40-44	214	55:49	1564
1802	2247	1:01:35	Nick Howe		Male	1400	MS	791	59:25	2117
1803	2758	1:01:38	Laura Tighe		Female	403	FS	232	59:30	2130
1804	2362	1:01:38	Beth Loaker		Female	404	FS	233	58:51	2036
1805	2719	1:01:39	Claire Stuart		Female	405	FS	234	59:12	2089
1806	4331	1:01:39	Ivan Westley		Male	1401	M45-49	151	56:55	1731
1807	2781	1:01:40	Hayley Upson		Female	406	FS	235	57:25	1798
1808	3191	1:01:41	Tom Buxton		Male	1402	MS	792	56:29	1676
1809	158	1:01:42	Andrew Bowles		Male	1403	MS	793	1:00:44	2317
1810	1960	1:01:42	Andy Cowan		Male	1404	M40-44	215	59:27	2120
1811	2717	1:01:43	Stephanie Strowger	Lowestoft Road Runners	Female	407	FS	236	58:19	1946
1812	3280	1:01:43	Line Copland		Female	408	FS	237	56:01	1601
1813	2477	1:01:44	Will Munday		Male	1405	MS	794	58:12	1932
1814	2660	1:01:45	Chris Shearing		Male	1406	MS	795	59:38	2152
1815	202	1:01:45	Nigel Bullen	Norfolk Gazelles AC	Male	1407	M60-64	32	1:01:29	2439
1816	1831	1:01:46	Sharon Bracey		Female	409	F45-49	39	58:30	1981
1817	3872	1:01:46	James Montgomery		Male	1408	M40-44	216	57:41	1845
1818	3281	1:01:46	Richard Cornelius		Male	1409	M40-44	217	52:48	1135
1819	5120	1:01:46	Shohei Yamaguchi		Male	1410	MS	796	53:41	1250
1820	3189	1:01:47	Andrew Buxton		Male	1411	MS	797	56:35	1690
1821	1702	1:01:47	Karen Abigail		Female	410	FS	238	59:12	2091
1822	1577	1:01:48	Kerry Porteous	North Norfolk Beach Runners	Female	411	F40-44	69	59:12	2092
1823	2797	1:01:48	Samantha Wall	Norwich Road Runners	Female	412	F45-49	40	59:05	2072
1824	1915	1:01:48	Giuseppe Ciarla		Male	1412	M45-49	152	58:58	2055
1825	2638	1:01:49	Stuart Sayer		Male	1413	M55-59	60	59:05	2071
1826	3378	1:01:49	Amy Dymond		Female	413	FS	239	56:26	1664
1827	2204	1:01:50	Mark Hawkins		Male	1414	MS	798	59:08	2082
1828	730	1:01:50	Nigel Janes		Male	1415	M60-64	33	58:22	1960
1829	3911	1:01:52	Ben Nicholls		Male	1416	MS	799	57:38	1839
1830	4066	1:01:52	Darrell Roper		Male	1417	MS	800	57:02	1750
1831	2232	1:01:53	William Holden		Male	1418	M55-59	61	58:36	1995
1832	1024	1:01:53	Lesley Oliver		Female	414	F70+	2	1:01:28	2436
1833	3998	1:01:53	Sam Pope		Male	1419	MS	801	55:28	1515
1834	1820	1:01:53	Robin Bostin		Male	1420	M40-44	218	58:21	1957
1835	1984	1:01:54	Lucy Daisley-Cramp		Female	415	FS	240	58:54	2046
1836	1598	1:01:55	Paul Wisdom		Male	1421	M50-54	130	1:00:55	2341
1837	1597	1:01:55	Kelly Wisdom		Female	416	F45-49	41	1:00:55	2340
1838	1746	1:01:56	Kayleigh Bailey		Female	417	FS	241	59:45	2162
1839	1963	1:01:56	Robert Cox		Male	1422	M50-54	131	59:45	2161
1840	2456	1:01:56	Ian Monk		Male	1423	M45-49	153	57:06	1757
1841	3119	1:01:56	Tom Bool		Male	1424	MS	802	53:51	1276
1842	2567	1:01:57	Bradley Powell		Male	1425	MS	803	59:28	2126
1843	2343	1:01:57	Andrew Leeder		Male	1426	M50-54	132	58:39	2001
1844	1986	1:01:58	Madeleine Danher-Barber		Female	418	FS	242	59:33	2139
1845	1835	1:01:58	Andrew Bradley		Male	1427	M40-44	219	58:23	1965
1846	3122	1:01:58	Stephen Bowgen		Male	1428	MS	804	57:53	1882
1847	1804	1:01:58	Sherralyn Blakely		Female	419	F45-49	42	58:46	2021
1848	4081	1:01:59	Daniel Ryan		Male	1429	MS	805	56:50	1721
1849	1740	1:02:01	Simon Avery		Male	1430	M45-49	154	59:30	2131
1850	1556	1:02:02	Andrew Elvin		Male	1431	M50-54	133	59:06	2073
1851	510	1:02:03	Helen Ganson		Female	420	F55-59	19	1:01:18	2402
1852	4244	1:02:04	Paul Thurston		Male	1432	MS	806	54:45	1403
1853	3755	1:02:04	Helen Leach		Female	421	FS	243	58:03	1909
1854	2505	1:02:04	Jackie Orford		Female	422	F45-49	43	58:37	1996
1855	2448	1:02:04	Joanne Minnis		Female	423	F40-44	70	59:57	2193
1856	440	1:02:05	Sarah Everett		Female	424	FS	244	1:01:06	2368
1857	4392	1:02:06	Chris Smith		Male	1433	MS	807	54:38	1384
1858	1716	1:02:06	Richard Allsworth		Male	1434	M40-44	220	59:15	2100
1859	2143	1:02:06	Caroline Gooch		Female	425	FS	245	58:52	2041
1860	4632	1:02:07	Emma Court		Female	426	FS	246	53:14	1192
1861	4973	1:02:07	Joseph Rejek		Male	1435	MS	808	53:14	1193
1862	4064	1:02:07	Michael Rooney		Male	1436	M55-59	62	57:21	1790
1863	4063	1:02:07	Joe Rooney		Male	1437	MS	809	57:22	1793
1864	1033	1:02:08	Roy Owen		Male	1438	M65-69	20	57:23	1796
1865	5424	1:02:08	Paul Davidson		Male	1439	M40-44	221	50:28	833
1866	3652	1:02:08	Katie Hupton		Female	427	FS	247	57:29	1810
1867	1772	1:02:10	Nick Bayfield		Male	1440	M50-54	134	54:58	1434
1868	4245	1:02:11	Christine Thurtell		Female	428	FS	248	57:40	1842
1869	4111	1:02:11	George Seamons		Male	1441	MS	810	57:39	1841
1870	1978	1:02:12	Keith Cutting		Male	1442	M55-59	63	59:16	2101
1871	4261	1:02:12	Louise Truswell		Female	429	FS	249	58:11	1927
1872	3786	1:02:13	Jack Lonsdale		Male	1443	MS	811	57:32	1816
1873	1932	1:02:14	Dale Coleman		Male	1444	M55-59	64	59:53	2182
1874	3778	1:02:14	Colin Lockwood		Male	1445	MS	812	56:36	1694
1875	3176	1:02:15	Teighan Burrows		Female	430	F40-44	71	56:55	1733

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1876	3819	1:02:16	Jodi Martin	Norwich Road Runners	Female	431	FS	250	57:54	1886
1877	4394	1:02:16	Steve Curtis		Male	1446	M40-44	222	55:53	1576
1878	1933	1:02:16	Darren Coleman		Male	1447	MS	813	59:07	2075
1879	719	1:02:17	Brenda Hutcheon	Bure Valley Harriers	Female	432	F65-69	3	1:01:17	2398
1880	4352	1:02:17	Mark Willis		Male	1448	M40-44	223	58:01	1900
1881	3826	1:02:18	Rachel Matthews		Female	433	F40-44	72	55:50	1571
1882	3740	1:02:19	Ryan Langston		Male	1449	MS	814	57:43	1849
1883	4275	1:02:20	Ross Urry		Male	1450	MS	815	57:36	1833
1884	4276	1:02:20	Sophie-Anne Urry		Female	434	FS	251	57:36	1830
1885	4386	1:02:21	Emma Yardy		Female	435	FS	252	56:12	1629
1886	799	1:02:21	Julie Knight		Female	436	F50-54	33	1:01:47	2477
1887	3204	1:02:22	Leon Carrara		Male	1451	M50-54	135	55:24	1502
1888	2088	1:02:23	Lucy Fleming		Female	437	FS	253	58:54	2045
1889	3858	1:02:25	Ryan Middleton	Dereham Runners & AC	Male	1452	MS	816	57:08	1765
1890	435	1:02:26	Justin Evans		Male	1453	MS	817	57:08	1764
1891	1717	1:02:26	Khamees Alothman		Male	1454	MS	818	55:31	1527
1892	3454	1:02:27	Kate George		Female	438	FS	254	57:22	1795
1893	3367	1:02:28	Jodie Drake		Female	439	FS	255	56:47	1713
1894	3750	1:02:29	Samantha Laurie		Female	440	FS	256	58:28	1977
1895	461	1:02:30	Louise Firman		Female	441	FS	257	58:56	2048
1896	3612	1:02:31	Claire Honess		Female	442	F40-44	73	58:02	1903
1897	3087	1:02:32	Julia Besley		Female	443	FS	258	57:29	1807
1898	4101	1:02:33	Leon Schulz		Male	1455	MS	819	57:58	1894
1899	3380	1:02:33	Tracy Eaton		Female	444	F40-44	74	57:02	1749
1900	4806	1:02:34	Jonathan Howes		Male	1456	M45-49	155	57:07	1762
1901	2250	1:02:34	Joe Howes		Male	1457	MS	820	57:08	1766
1902	3459	1:02:34	Christipher Ghent		Male	1458	MS	821	55:58	1590
1903	5167	1:02:34	Matt Walker		Male	1459	MS	822	54:32	1368
1904	4192	1:02:35	Becca Stephen		Female	445	FS	259	58:27	1976
1905	1564	1:02:35	Dirk James		Male	1460	M45-49	156	1:01:29	2440
1906	2042	1:02:35	Marli Ekkerd		Female	446	FS	260	59:32	2136
1907	1789	1:02:36	Tiffany Bentley		Female	447	FS	261	59:07	2080
1908	5147	1:02:36	Paul Bentley		Male	1461	M45-49	157	54:17	1335
1909	3690	1:02:36	Tony Jones		Male	1462	M55-59	65	56:36	1692
1910	4365	1:02:37	Kate Wood		Female	448	FS	262	58:32	1986
1911	2188	1:02:37	Vikki Harper		Female	449	F40-44	75	57:48	1862
1912	4146	1:02:37	David Smith	Lowestoft Road Runners	Male	1463	M45-49	158	57:06	1758
1913	4978	1:02:38	Alison Riches		Female	450	F40-44	76	54:15	1329
1914	3942	1:02:38	Anna Palmer		Female	451	FS	263	58:30	1979
1915	3949	1:02:39	Daniel Parkinson		Male	1464	MS	823	56:19	1644
1916	2212	1:02:40	Lily Hemmens		Female	452	FS	264	1:00:02	2207
1917	3866	1:02:40	Negar Mirshekar		Female	453	FS	265	56:01	1598
1918	3056	1:02:40	Adam Barker		Male	1465	MS	824	55:23	1497
1919	3060	1:02:41	Steven Barraclough		Male	1466	MS	825	56:13	1631
1920	1966	1:02:41	Sarah Crockett		Female	454	FS	266	59:46	2163
1921	2372	1:02:42	Andrew Loveday		Male	1467	MS	826	1:00:04	2212
1922	4809	1:02:42	Jordan Hunt		Male	1468	MS	827	54:20	1339
1923	4370	1:02:43	David Woods		Male	1469	MS	828	57:32	1815
1924	148	1:02:43	Nicola Borel		Female	455	F50-54	34	1:01:37	2458
1925	1751	1:02:43	Helen Baldry		Female	456	FS	267	59:29	2128
1926	2326	1:02:43	Leo Kleinberg		Male	1470	MS	829	58:21	1958
1927	1757	1:02:45	Georgia Banbury		Female	457	FS	268	57:52	1877
1928	2152	1:02:45	Tiffinie Gowing		Female	458	FS	269	57:52	1876
1929	4267	1:02:46	Karl Tutt		Male	1471	M45-49	159	57:43	1851
1930	2454	1:02:47	Simon Mitton		Male	1472	M40-44	224	59:55	2187
1931	2017	1:02:48	David Drew		Male	1473	MS	830	59:51	2174
1932	1114	1:02:48	Megan Puttick		Female	459	F50-54	35	1:01:44	2467
1933	3852	1:02:48	Tracey Melville		Female	460	F40-44	77	58:14	1934
1934	2355	1:02:49	Dean Linge		Male	1474	M50-54	136	59:53	2183
1935	5070	1:02:49	Jack Tungate		Male	1475	MS	831	52:10	1022
1936	2696	1:02:49	Geoff Spencer		Male	1476	M50-54	137	59:33	2137
1937	756	1:02:50	Juliet Jones		Female	461	F55-59	20	1:01:48	2482
1938	2812	1:02:51	Lisa Warvill		Female	462	F40-44	78	59:37	2149
1939	116	1:02:52	John Bennett		Male	1477	M65-69	21	57:47	1861
1940	2251	1:02:53	Martin Howes		Male	1478	MS	832	56:18	1640
1941	1575	1:02:53	Tracy Williamson		Female	463	F40-44	79	58:39	2002
1942	2365	1:02:53	Kelly-Marie Loftus		Female	464	FS	270	1:00:30	2274
1943	2206	1:02:54	Shara Hayes	Ely Runners	Female	465	F40-44	80	1:00:41	2313
1944	1569	1:02:54	Steven Williams		Male	1479	M50-54	138	58:36	1992
1945	3005	1:02:54	Ross Adams		Male	1480	MS	833	57:31	1814
1946	2494	1:02:54	Jack Northwood		Male	1481	MS	834	1:00:30	2276
1947	3318	1:02:54	Rachel Dance		Female	466	FS	271	55:54	1578
1948	3682	1:02:54	Ashley Jones		Male	1482	MS	835	56:56	1734
1949	4256	1:02:54	Sarah Tovell	Norwich Road Runners	Female	467	FS	272	58:41	2006
1950	3440	1:02:55	David Friend		Male	1483	MS	836	56:35	1689

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1951	2260	1:02:55	Andy Hughes		Male	1484	M50-54	139	1:00:33	2288
1952	3781	1:02:55	Ross Lomax		Male	1485	MS	837	58:19	1953
1953	4279	1:02:55	Chris Varley		Male	1486	M45-49	160	57:57	1890
1954	1829	1:02:55	Neil Boyce	Norwich Road Runners	Male	1487	M40-44	225	1:00:45	2320
1955	3270	1:02:56	Russell Cook		Male	1488	MS	838	58:00	1899
1956	903	1:02:58	Sue Mason		Female	468	F50-54	36	1:01:51	2487
1957	3357	1:03:00	Alan Dix		Male	1489	M45-49	161	58:22	1961
1958	2512	1:03:00	Claire Owen	Coltishall Jaguars RC	Female	469	F40-44	81	58:19	1950
1959	2096	1:03:00	Mark Fordham		Male	1490	MS	839	58:25	1969
1960	5186	1:03:00	Yueying Bao		Female	470	FS	273	55:00	1438
1961	3874	1:03:01	Marc Moore		Male	1491	MS	840	58:25	1971
1962	1155	1:03:01	Liz Rix		Female	471	F50-54	37	1:02:04	2514
1963	1778	1:03:02	Richard Bell		Male	1492	M45-49	162	58:42	2009
1964	720	1:03:02	David Hutcheon	Bure Valley Harriers	Male	1493	M70+	8	1:02:03	2508
1965	1860	1:03:03	Caroline Brown		Female	472	F45-49	44	1:00:24	2261
1966	3326	1:03:04	Hanna Davies		Female	473	FS	274	59:03	2065
1967	248	1:03:04	Zaneta Cegielska		Female	474	FS	275	59:03	2066
1968	3112	1:03:06	Stephanie Boer		Female	475	FS	276	57:07	1760
1969	4697	1:03:07	Adam Fiddament		Male	1494	MS	841	54:53	1421
1970	4260	1:03:07	Bhargav Trivedi		Male	1495	MS	842	58:42	2011
1971	2575	1:03:08	Jessica Pye		Female	476	FS	277	59:52	2176
1972	2013	1:03:09	Matthew Downing		Male	1496	MS	843	1:00:36	2296
1973	3314	1:03:09	Nicola Dalton		Female	477	FS	278	59:07	2078
1974	3313	1:03:09	Graham Dalton		Male	1497	M40-44	226	59:07	2077
1975	3677	1:03:11	Jennifer Johnson		Female	478	FS	279	59:04	2068
1976	2113	1:03:11	Peter Fullalove		Male	1498	M50-54	140	57:51	1870
1977	4761	1:03:12	Martin Hale		Male	1499	MS	844	54:53	1422
1978	3216	1:03:13	Geraint Castleton-White		Male	1500	M55-59	66	58:30	1982
1979	4607	1:03:13	Sam Church		Male	1501	MS	845	54:04	1303
1980	1825	1:03:13	Naomi Bowditch	Norwich Road Runners	Female	479	FS	280	1:00:31	2278
1981	2722	1:03:14	Amanda Sturgeon		Female	480	FS	281	58:45	2020
1982	4854	1:03:15	Neil Lawes		Male	1502	M45-49	163	54:55	1430
1983	2793	1:03:15	Katy Walker		Female	481	FS	282	1:01:07	2370
1984	3048	1:03:15	Carol Baker	Norfolk Gazelles AC	Female	482	F40-44	82	59:02	2062
1985	3539	1:03:15	James Hall		Male	1503	M40-44	227	57:07	1761
1986	1869	1:03:16	Liam Buffin		Male	1504	MS	846	57:34	1823
1987	3396	1:03:16	Ras Ertan		Male	1505	MS	847	58:11	1930
1988	3395	1:03:16	Kate Ertan		Female	483	F40-44	83	58:12	1931
1989	4087	1:03:16	Richard Sage		Male	1506	MS	848	57:17	1782
1990	1976	1:03:17	Lauren Cunningham		Female	484	FS	283	59:58	2194
1991	4160	1:03:18	Nick Smith		Male	1507	M45-49	164	58:16	1938
1992	4044	1:03:19	Jemima Ridley		Female	485	FS	284	54:37	1381
1993	4103	1:03:19	Rachael Scoones		Female	486	FS	285	58:48	2030
1994	2791	1:03:20	Miriam Walden		Female	487	FS	286	59:13	2096
1995	4079	1:03:21	Mini Rutterford		Female	488	F40-44	84	57:40	1843
1996	3831	1:03:21	Keeley Mayes		Female	489	FS	287	55:38	1541
1997	251	1:03:21	Kirsty Chapman		Female	490	FS	288	1:00:57	2345
1998	4015	1:03:21	Murray Raff		Male	1508	MS	849	59:13	2094
1999	2648	1:03:22	Robert Sears		Male	1509	MS	850	1:00:26	2264
2000	1129	1:03:22	Lee Rathbone		Male	1510	MS	851	56:48	1715
2001	2699	1:03:22	Hector Stanley		Male	1511	MS	852	1:00:40	2311
2002	3255	1:03:23	Steve Coe		Male	1512	MS	853	56:49	1718
2003	2192	1:03:23	Alex Harrison		Male	1513	MS	854	1:00:40	2309
2004	3094	1:03:23	Kurt Bish		Male	1514	MS	855	57:58	1893
2005	2000	1:03:24	Neil Dennis		Male	1515	MS	856	1:00:02	2208
2006	2199	1:03:24	Peter Harwood		Male	1516	M45-49	165	1:00:26	2266
2007	4233	1:03:25	Jamie Thompson		Male	1517	MS	857	56:51	1726
2008	1567	1:03:26	Jane Williams		Female	491	FS	289	56:46	1711
2009	81	1:03:26	Christine Barker		Female	492	F50-54	38	1:02:28	2563
2010	4364	1:03:26	Tim Witting	Norwich Road Runners	Male	1518	M45-49	166	57:47	1860
2011	5101	1:03:27	David Whistlecraft		Male	1519	M50-54	141	54:33	1370
2012	4287	1:03:27	Graham Wade		Male	1520	M50-54	142	57:54	1883
2013	3829	1:03:30	Helen Maund		Female	493	F45-49	45	59:00	2060
2014	2697	1:03:30	Gemma Spink		Female	494	FS	290	1:00:33	2286
2015	1357	1:03:31	Caroline Thorpe		Female	495	F50-54	39	1:03:06	2650
2016	893	1:03:31	Angie Martin	Wymondham AC	Female	496	F55-59	21	1:03:06	2651
2017	2211	1:03:31	Melanie Heeley		Female	497	F40-44	85	1:01:19	2404
2018	2756	1:03:32	Andrew Thorpe		Male	1521	M55-59	67	1:00:47	2322
2019	4381	1:03:33	Jamie Wright		Male	1522	MS	858	56:55	1732
2020	5178	1:03:33	Richard Woodard		Male	1523	M45-49	167	55:31	1526
2021	1900	1:03:33	Ashley Cawston		Male	1524	MS	859	1:01:16	2395
2022	2548	1:03:33	Julia Perry		Female	498	FS	291	58:50	2034
2023	3084	1:03:34	David Bennett		Male	1525	M55-59	68	58:58	2056
2024	1815	1:03:34	Chris Bolderstone		Male	1526	MS	860	1:00:40	2312
2025	871	1:03:34	David Maguire		Male	1527	M65-69	22	1:00:46	2321

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2026	1885	1:03:34	Tim Campbell		Male	1528	MS	861	1:01:11	2384
2027	3310	1:03:34	Janine Cushway		Female	499	FS	292	56:41	1704
2028	3153	1:03:35	Steven Brown		Male	1529	M55-59	69	58:47	2029
2029	1187	1:03:35	Suzanne Rouse	City of Norwich AC	Female	500	F50-54	40	1:02:46	2599
2030	3757	1:03:35	Darren Leck		Male	1530	M40-44	228	56:39	1698
2031	3932	1:03:36	Craig Osben		Male	1531	MS	862	57:35	1827
2032	1985	1:03:37	Katie Dalrymple		Female	501	FS	293	1:00:14	2242
2033	4122	1:03:37	James Shelton		Male	1532	MS	863	57:10	1769
2034	2416	1:03:38	Neil Mccoll		Male	1533	M50-54	143	1:01:02	2357
2035	2108	1:03:38	Lizza Fray		Female	502	FS	294	59:24	2115
2036	1855	1:03:38	Paul Brookes		Male	1534	M40-44	229	1:00:06	2214
2037	5051	1:03:39	Chak Hin Tam		Male	1535	MS	864	53:32	1230
2038	2588	1:03:39	Helen Reeve		Female	503	FS	295	1:01:19	2405
2039	1718	1:03:39	Matthew Anderson		Male	1536	MS	865	57:16	1779
2040	3608	1:03:40	Tom Holmes		Male	1537	MS	866	58:07	1921
2041	2264	1:03:41	David Hupton	Bungay Black Dog RC	Male	1538	M55-59	70	59:02	2063
2042	3565	1:03:42	Melanie Harrison		Female	504	FS	296	56:43	1707
2043	4986	1:03:42	Aaron Rodgers		Male	1539	MS	867	55:11	1465
2044	4388	1:03:42	Claire Youngs		Female	505	F40-44	86	59:40	2154
2045	2332	1:03:43	James Kybird		Male	1540	MS	868	1:01:32	2449
2046	2221	1:03:43	Richard High	Norwich Road Runners	Male	1541	M45-49	168	1:01:03	2359
2047	3743	1:03:43	Susan Larke		Female	506	F40-44	87	59:27	2119
2048	2457	1:03:43	Paul Monteverde		Male	1542	MS	869	1:01:09	2376
2049	366	1:03:44	Hannah Dennis	Norfolk Gazelles AC	Female	507	FS	297	1:01:09	2377
2050	3273	1:03:44	Lee Coolahan		Male	1543	MS	870	57:52	1878
2051	3683	1:03:44	Carl Jones		Male	1544	MS	871	57:31	1813
2052	3436	1:03:45	David Freezer		Male	1545	MS	872	59:12	2093
2053	3749	1:03:45	Magda Lauchard		Female	508	F40-44	88	57:16	1778
2054	2538	1:03:46	Rob Pearce		Male	1546	MS	873	1:01:03	2360
2055	1244	1:03:47	Anne Sinclair		Female	509	F55-59	22	1:00:50	2325
2056	1742	1:03:48	Philip Ayers		Male	1547	M45-49	169	1:00:28	2269
2057	1741	1:03:48	Marie Ayers		Female	510	F45-49	46	1:00:28	2270
2058	4051	1:03:49	Daniel Rix		Male	1548	MS	874	56:29	1675
2059	3245	1:03:50	James Claxton		Male	1549	M40-44	230	57:39	1840
2060	2225	1:03:51	Baz Hipwell	Norwich Road Runners	Male	1550	M55-59	71	1:01:09	2380
2061	1396	1:03:51	Adrian Vivian		Male	1551	M45-49	170	1:03:31	2702
2062	5421	1:03:52	Nick Dann		Male	1552	MS	875	53:40	1247
2063	129	1:03:52	Paul Blake		Male	1553	M60-64	34	1:00:58	2347
2064	4312	1:03:52	Ryan Warr		Male	1554	MS	876	58:08	1924
2065	3670	1:03:53	Carl Jessup		Male	1555	MS	877	53:42	1254
2066	2358	1:03:53	Tim Linstead		Male	1556	M50-54	144	1:01:47	2478
2067	2375	1:03:54	Harry Luff		Male	1557	MS	878	1:00:27	2267
2068	3751	1:03:54	Simon Lawler		Male	1558	M55-59	72	57:46	1857
2069	826	1:03:54	Carolyn Lawler		Female	511	F50-54	41	57:45	1856
2070	2291	1:03:55	Gemma Johnson		Female	512	FS	298	1:00:36	2297
2071	197	1:03:55	Christopher Buckham		Male	1559	M60-64	35	1:02:52	2623
2072	3406	1:03:55	Simon Feilden		Male	1560	MS	879	57:36	1834
2073	2195	1:03:56	Jonathan Harvey		Male	1561	MS	880	1:01:04	2361
2074	2411	1:03:56	Brian Mcallister		Male	1562	M50-54	145	1:01:31	2447
2075	3952	1:03:58	Nick Parry		Male	1563	MS	881	58:09	1925
2076	4099	1:03:58	Darin Scales		Male	1564	M45-49	171	59:49	2173
2077	3346	1:03:59	Amy Derbyshire		Female	513	F40-44	89	58:56	2047
2078	1791	1:03:59	Nichola Besley		Female	514	FS	299	58:56	2049
2079	1225	1:03:59	Angela Seamons		Female	515	F50-54	42	1:03:20	2676
2080	4983	1:03:59	Martin Roberts		Male	1565	M55-59	73	55:55	1579
2081	2327	1:04:01	Sarah Knapp	Norfolk Gazelles AC	Female	516	FS	300	1:00:33	2289
2082	1502	1:04:01	Jacquie Wood	Dereham Runners & AC	Female	517	F60-64	13	1:03:20	2675
2083	2634	1:04:03	Peter Saunders		Male	1566	M55-59	74	1:01:27	2431
2084	4199	1:04:03	Kevin Stockwell		Male	1567	MS	882	59:38	2151
2085	1941	1:04:04	Adam Conolly		Male	1568	MS	883	1:01:27	2434
2086	2488	1:04:04	Aaron Nice		Male	1569	MS	884	1:01:28	2435
2087	4117	1:04:04	Claire Sharpe		Female	518	FS	301	59:44	2159
2088	5171	1:04:05	Matt Woods		Male	1570	MS	885	55:48	1560
2089	2186	1:04:05	Bethany Harper		Female	519	FS	302	1:00:56	2343
2090	4134	1:04:07	Annmarie Sizer		Female	520	F45-49	47	1:00:04	2211
2091	289	1:04:07	Lesley Cologne		Female	521	F60-64	14	1:03:32	2705
2092	2590	1:04:07	Michelle Reeve		Female	522	FS	303	1:00:39	2306
2093	4335	1:04:09	Emma White	North Norfolk Beach Runners	Female	523	FS	304	57:51	1871
2094	424	1:04:09	Robert Emery	North Norfolk Beach Runners	Male	1571	M45-49	172	57:52	1873
2095	2388	1:04:10	Stephanie Makins		Female	524	FS	305	1:01:55	2493
2096	3085	1:04:10	Steff Bennett		Female	525	FS	306	1:00:07	2217
2097	4252	1:04:10	Kathryn Todd		Female	526	FS	307	59:20	2111
2098	3599	1:04:11	David Hilton		Male	1572	MS	886	57:43	1850
2099	3921	1:04:11	Tom Oakley		Male	1573	MS	887	59:27	2122
2100	2727	1:04:12	Karen Swash		Female	527	FS	308	1:00:39	2307

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2101	3042	1:04:13	Cheryl Bailey		Female	528	FS	309	56:44	1710
2102	2222	1:04:13	Hannah Higham		Female	529	FS	310	1:01:02	2358
2103	5678	1:04:15	Chris Saddleton		Male	1574	MS	888	53:13	1187
2104	2289	1:04:15	Charlotte Jessop		Female	530	F45-49	48	1:01:23	2417
2105	3059	1:04:16	Rose Barnes		Female	531	FS	311	58:08	1923
2106	4654	1:04:17	Alex Dalgleish		Male	1575	MS	889	54:09	1319
2107	3961	1:04:18	Laura Patton		Female	532	FS	312	59:44	2160
2108	3241	1:04:20	Liz Clarke		Female	533	F40-44	90	59:15	2098
2109	3506	1:04:20	Gillian Grand		Female	534	F45-49	49	58:10	1926
2110	3974	1:04:20	Richard Pendergast		Male	1576	MS	890	56:49	1717
2111	2399	1:04:21	Tom Markwell		Male	1577	MS	891	57:54	1884
2112	4341	1:04:21	Danny Wicks		Male	1578	MS	892	58:58	2054
2113	2047	1:04:22	Sue Emmett		Female	535	F40-44	91	1:02:03	2509
2114	1781	1:04:23	Joanne Bemment		Female	536	F45-49	50	1:02:01	2503
2115	2295	1:04:23	Julian Johnson-Munday		Male	1579	M50-54	146	1:02:16	2541
2116	3957	1:04:24	Anna Paterson		Female	537	FS	313	59:53	2180
2117	2745	1:04:25	Sam Taylor		Male	1580	MS	893	57:50	1866
2118	3769	1:04:25	Boguslaw Linka		Male	1581	MS	894	57:01	1747
2119	3104	1:04:26	Craig Blakemore		Male	1582	MS	895	59:01	2061
2120	3586	1:04:26	Paula Herdman		Female	538	F45-49	51	1:00:06	2215
2121	3895	1:04:26	Jennifer Nash		Female	539	FS	314	59:36	2145
2122	5037	1:04:26	Rachel Starling		Female	540	FS	315	56:21	1647
2123	2703	1:04:29	Liz Stevens		Female	541	F45-49	52	1:01:04	2362
2124	3417	1:04:29	Melanie Floyd	100 Marathon Club	Female	542	F45-49	53	58:56	2050
2125	3598	1:04:29	Stephanie Hillier		Female	543	FS	316	59:54	2185
2126	4544	1:04:30	Dale Benton		Male	1583	MS	896	54:22	1344
2127	2366	1:04:30	Jason Loke		Male	1584	M45-49	173	1:02:02	2505
2128	2516	1:04:30	Stephen Page		Male	1585	M40-44	231	1:02:12	2532
2129	3623	1:04:30	Charlie Howarth		Female	544	FS	317	1:00:03	2210
2130	3009	1:04:30	Victoria Albert	Dulwich Park Runners	Female	545	FS	318	57:45	1855
2131	3948	1:04:31	Simon Parker		Male	1586	M40-44	232	1:00:01	2203
2132	4158	1:04:32	Louise Smith	Dereham Runners & AC	Female	546	F45-49	54	58:25	1970
2133	4941	1:04:32	Mark Peacher		Male	1587	M40-44	233	55:15	1481
2134	1059	1:04:32	Jane Payne		Female	547	F50-54	43	1:03:21	2683
2135	3093	1:04:32	Sarah Bird		Female	548	FS	319	59:09	2083
2136	3078	1:04:33	Robert Belcher	Norwich Road Runners	Male	1588	M55-59	75	58:23	1966
2137	3225	1:04:34	Hannah Chapman		Female	549	FS	320	1:00:14	2237
2138	4104	1:04:35	Louisa Scott		Female	550	FS	321	59:10	2086
2139	3862	1:04:38	Michael Mills		Male	1589	MS	897	58:03	1907
2140	25	1:04:38	David Allen	Norwich Road Runners	Male	1590	M40-44	234	1:03:36	2712
2141	428	1:04:38	Deborah English	Norwich Road Runners	Female	551	FS	322	1:03:37	2715
2142	936	1:04:38	Rachel Miller	Norwich Road Runners	Female	552	F40-44	92	1:03:38	2717
2143	3624	1:04:38	Paul Howarth		Male	1591	MS	898	1:00:11	2228
2144	3508	1:04:39	Ben Grange		Male	1592	MS	899	1:00:00	2199
2145	3529	1:04:39	Harrison Grogutt		Male	1593	MS	900	57:29	1808
2146	3327	1:04:40	Kieron Davies		Male	1594	M45-49	174	1:00:12	2230
2147	3573	1:04:40	Laura Harvey		Female	553	FS	323	1:00:37	2298
2148	5141	1:04:40	Lawrence Hill		Male	1595	MS	901	55:51	1573
2149	4140	1:04:40	Amy Smith		Female	554	FS	324	58:30	1980
2150	4209	1:04:41	Natasha Sumner	North Norfolk Beach Runners	Female	555	F40-44	93	59:08	2081
2151	4221	1:04:41	Paul Tarsey	Ryston Runners	Male	1596	M45-49	175	59:31	2133
2152	4185	1:04:41	Caroline Stacey	North Norfolk Beach Runners	Female	556	FS	325	1:00:32	2283
2153	3894	1:04:42	Rachel Murray		Female	557	FS	326	1:00:07	2216
2154	1552	1:04:42	Chris Cole		Male	1597	MS	902	53:04	1173
2155	4169	1:04:43	Phil Soanes		Male	1598	MS	903	59:35	2143
2156	4294	1:04:43	Yvonne Walker		Female	558	F40-44	94	1:00:33	2284
2157	4168	1:04:43	Emma Soanes		Female	559	FS	327	59:36	2144
2158	3919	1:04:44	Callum Oakley		Male	1599	MS	904	1:00:24	2259
2159	3555	1:04:44	Chris Hardwell		Male	1600	M50-54	147	58:59	2058
2160	3456	1:04:44	Carolyn Gerber	Coltishall Jaguars RC	Female	560	F45-49	55	1:00:00	2202
2161	3947	1:04:44	Aimee Parker		Female	561	FS	328	1:00:14	2241
2162	4336	1:04:45	Glynn White		Male	1601	M55-59	76	58:13	1933
2163	3633	1:04:45	Claire Hoxley		Female	562	FS	329	1:00:12	2231
2164	2495	1:04:46	Tim Norton		Male	1602	MS	905	1:01:59	2500
2165	2789	1:04:46	Andrew Wadsworth		Male	1603	MS	906	1:02:30	2566
2166	3602	1:04:47	Darren Hoadley		Male	1604	MS	907	57:55	1887
2167	3981	1:04:50	Lisa Petherick		Female	563	F40-44	95	1:02:31	2571
2168	3657	1:04:51	Jen Inglis	Norwich Road Runners	Female	564	FS	330	1:00:37	2299
2169	3375	1:04:52	Tim Dunthorne		Male	1605	M45-49	176	59:48	2170
2170	3368	1:04:52	Neville Draper		Male	1606	M55-59	77	1:00:14	2240
2171	747	1:04:52	Paul Johnson		Male	1607	M40-44	235	57:35	1829
2172	4342	1:04:53	Elizabeth Wilbourn		Female	565	FS	331	59:43	2157
2173	3229	1:04:53	Amy Cheau		Female	566	FS	332	58:24	1968
2174	818	1:04:54	Sara Lambert		Female	567	F50-54	44	1:01:52	2490
2175	2173	1:04:55	Graham Hammond		Male	1608	M50-54	148	1:00:32	2281

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2176	3720	1:04:55	Mark Kingston		Male	1609	M55-59	78	1:00:32	2280
2177	1951	1:04:55	Sam Cooper		Male	1610	MS	908	58:18	1944
2178	2481	1:04:56	Cara Nash		Female	568	F40-44	96	1:01:25	2422
2179	3591	1:04:56	Ian Hicks		Male	1611	M50-54	149	1:00:51	2327
2180	4067	1:04:56	Alice Rose		Female	569	FS	333	58:02	1904
2181	5064	1:04:57	Bartosz Tomaszewicz		Male	1612	MS	909	54:50	1412
2182	3516	1:04:57	Duncan Green		Male	1613	M50-54	150	1:00:53	2335
2183	3488	1:04:57	Claire Goldstone	Thetford AC	Female	570	FS	334	59:52	2178
2184	1143	1:04:57	Emma Renouf		Female	571	F40-44	97	54:43	1398
2185	3224	1:04:58	Dawn Chapman	Coltishall Jaguars RC	Female	572	F45-49	56	1:00:14	2239
2186	2629	1:04:58	Jamie Sandy		Male	1614	MS	910	1:02:36	2576
2187	3953	1:04:59	Sonny Parsan	Spenborough & Dist AC	Male	1615	M45-49	177	1:00:21	2251
2188	3721	1:04:59	Erica Kintz		Female	573	FS	335	58:17	1942
2189	1162	1:04:59	Nigel Roberts		Male	1616	MS	911	56:29	1677
2190	1369	1:04:59	Jan Totterdale	Dereham Runners & AC	Female	574	F55-59	23	1:01:47	2480
2191	3630	1:05:01	Adrian Howes		Male	1617	M50-54	151	59:55	2186
2192	2710	1:05:02	Nicholas Stocker		Male	1618	MS	912	57:34	1824
2193	3037	1:05:02	Andrea Auburn		Female	575	FS	336	1:00:58	2346
2194	1493	1:05:03	Gary Winders		Male	1619	M45-49	178	1:04:37	2826
2195	5138	1:05:03	Emily-Joy Robinson		Female	576	FS	337	56:02	1602
2196	4131	1:05:03	Georgie Sims		Female	577	FS	338	1:00:59	2349
2197	2273	1:05:03	Charles Jackson		Male	1620	MS	913	59:52	2177
2198	4130	1:05:03	Ellie Sims		Female	578	F40-44	98	1:01:00	2351
2199	180	1:05:04	Daniel Brock		Male	1621	MS	914	1:04:04	2769
2200	4016	1:05:04	Guillaume Ravaux		Male	1622	MS	915	58:52	2042
2201	3913	1:05:05	Philip Nicholson		Male	1623	MS	916	59:00	2059
2202	4259	1:05:05	Chloe Travis		Female	579	FS	339	1:00:43	2316
2203	3963	1:05:05	Lee Payne		Male	1624	MS	917	59:47	2168
2204	3663	1:05:05	Rebecca Jackson	Diss and District AC	Female	580	FS	340	57:36	1831
2205	2741	1:05:05	Paul Taylor		Male	1625	MS	918	54:48	1407
2206	4630	1:05:06	Paul Cosgrove		Male	1626	M40-44	236	56:08	1618
2207	2407	1:05:06	Wayne Mathews		Male	1627	MS	919	1:02:51	2615
2208	786	1:05:06	Sarah Kimberley	Ryston Runners	Female	581	FS	341	1:04:07	2775
2209	4041	1:05:06	Laura Richardson		Female	582	FS	342	1:00:37	2300
2210	2396	1:05:07	Concettina Marchione		Female	583	FS	343	1:02:52	2624
2211	2670	1:05:07	Chris Skippins		Male	1628	MS	920	1:02:07	2519
2212	3291	1:05:07	Danielle Crane		Female	584	FS	344	1:00:37	2301
2213	3747	1:05:08	Laura Latimer		Female	585	FS	345	1:00:15	2243
2214	3766	1:05:08	Toby Limbach		Male	1629	MS	921	56:21	1646
2215	2057	1:05:09	Adam Everett		Male	1630	MS	922	58:16	1937
2216	2359	1:05:10	David Litchfield		Male	1631	M40-44	237	59:25	2116
2217	3130	1:05:12	Joanne Bramble		Female	586	FS	346	1:00:40	2308
2218	5165	1:05:12	Ben Warminger		Male	1632	MS	923	59:47	2167
2219	4304	1:05:12	Caroline Warminger		Female	587	FS	347	59:47	2169
2220	4510	1:05:12	Georgia Apsitis		Female	588	FS	348	56:57	1736
2221	4979	1:05:13	Lisa Rickman		Female	589	FS	349	56:56	1735
2222	4093	1:05:13	Sophie Saunders	North Norfolk Beach Runners	Female	590	FS	350	59:41	2155
2223	4224	1:05:15	Matthew Taylor		Male	1633	MS	924	59:27	2124
2224	4967	1:05:15	Ellen Ratcliffe		Female	591	FS	351	56:59	1743
2225	3675	1:05:16	Clive Johnson		Male	1634	M45-49	179	1:01:06	2367
2226	4078	1:05:16	Adrian Rutterford	City of Norwich AC	Male	1635	M55-59	79	1:00:34	2292
2227	4610	1:05:16	Luke Clements		Male	1636	MS	925	56:26	1667
2228	2417	1:05:16	Paula Mcgrath		Female	592	F40-44	99	1:02:52	2622
2229	2429	1:05:16	Calum Mcpherson		Male	1637	M45-49	180	1:03:02	2639
2230	3237	1:05:16	Alan Clarke		Male	1638	M40-44	238	58:29	1978
2231	37	1:05:16	Margery Argo		Female	593	F50-54	45	1:04:40	2833
2232	3351	1:05:17	David Dickens		Male	1639	MS	926	59:48	2172
2233	3254	1:05:17	Rebecca Cockerill		Female	594	FS	352	1:00:38	2305
2234	413	1:05:17	Ruth Edwards		Female	595	F50-54	46	1:04:58	2866
2235	3355	1:05:19	Helen Dingle		Female	596	FS	353	58:19	1947
2236	3231	1:05:19	Anne-Marie Chilvers		Female	597	FS	354	1:00:40	2310
2237	2400	1:05:20	Ryan Marrs		Male	1640	MS	927	1:02:16	2542
2238	2341	1:05:20	David Leatham		Male	1641	M50-54	152	1:02:16	2544
2239	3699	1:05:21	Laura Keggin		Female	598	FS	355	1:00:10	2225
2240	2144	1:05:21	Shauna Gooch	Norwich Road Runners	Female	599	FS	356	1:02:15	2539
2241	958	1:05:22	Brian Moore	Norwich Road Runners	Male	1642	M65-69	23	1:02:40	2587
2242	4585	1:05:23	Philip Caley		Male	1643	MS	928	57:21	1791
2243	5077	1:05:23	Karley Wade		Female	600	FS	357	55:11	1466
2244	3535	1:05:23	Emily Haffenden		Female	601	FS	358	59:31	2132
2245	4268	1:05:23	Fraser Tuttle		Male	1644	MS	929	1:01:01	2356
2246	4236	1:05:24	Rachel Thompson		Female	602	FS	359	1:00:48	2324
2247	4379	1:05:24	Mike Wray	Wymondham AC	Male	1645	M50-54	153	1:01:05	2366
2248	4834	1:05:25	Marcus Kilpatrick		Male	1646	MS	930	56:46	1712
2249	4207	1:05:25	John Sturgeon		Male	1647	MS	931	1:00:34	2291
2250	3530	1:05:28	Lucy Grubb		Female	603	F40-44	100	59:31	2134

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2251	887	1:05:28	Mike Marshall	North Norfolk Beach Runners	Male	1648	M70+	9	1:04:17	2793
2252	923	1:05:28	Sue Meadows		Female	604	F50-54	47	1:04:30	2809
2253	4262	1:05:28	Amber Tsoi		Female	605	FS	360	59:29	2127
2254	4152	1:05:29	Ian Smith		Male	1649	M40-44	239	58:52	2043
2255	777	1:05:31	Kelly Kenny		Female	606	F50-54	48	1:05:25	2936
2256	2724	1:05:32	Georgina Sutton		Female	607	FS	361	59:15	2097
2257	262	1:05:33	Pete Clark		Male	1650	M60-64	36	1:04:51	2851
2258	4102	1:05:34	Kirsty Schwier		Female	608	FS	362	1:00:01	2204
2259	4501	1:05:34	Kevin Abbs		Male	1651	M55-59	80	57:28	1804
2260	290	1:05:34	David Colvin		Male	1652	M45-49	181	55:12	1467
2261	4271	1:05:35	Michael Twigg		Male	1653	MS	932	59:57	2191
2262	2728	1:05:35	Phil Swash		Male	1654	MS	933	1:02:02	2506
2263	3460	1:05:35	Andrew Gibbs		Male	1655	MS	934	1:00:08	2219
2264	3026	1:05:36	Stephen Andrews		Male	1656	M55-59	81	1:00:52	2331
2265	2468	1:05:36	Nicky Morley		Female	609	FS	363	1:03:11	2657
2266	2644	1:05:36	Jo Scott		Female	610	FS	364	1:03:10	2655
2267	4144	1:05:38	Claire Smith	Norwich Road Runners	Female	611	F45-49	57	1:00:22	2253
2268	617	1:05:38	Anne Harper	Norwich Road Runners	Female	612	F50-54	49	1:00:22	2255
2269	1194	1:05:38	Philippa Rudd	Tri-Anglia Triathlon Club	Female	613	F50-54	50	1:00:22	2254
2270	3499	1:05:38	Anthony Goodrum		Male	1657	M45-49	182	59:19	2107
2271	2164	1:05:38	Paula Gundry		Female	614	F45-49	58	1:00:22	2256
2272	1766	1:05:39	Marie Barrowcliffe		Female	615	FS	365	1:00:51	2328
2273	4552	1:05:40	Emma Blackham		Female	616	F40-44	101	57:34	1822
2274	3812	1:05:41	Thomas Marjoram		Male	1658	MS	935	58:46	2023
2275	4385	1:05:41	Jolanta Wysocki		Female	617	FS	366	1:01:15	2393
2276	1871	1:05:41	Matthew Buller		Male	1659	MS	936	1:03:23	2684
2277	3166	1:05:41	Anna Burda		Female	618	FS	367	1:00:32	2282
2278	3441	1:05:42	James Fryer	Norwich Road Runners	Male	1660	M40-44	240	1:00:21	2252
2279	3996	1:05:43	Martin Pond		Male	1661	M45-49	183	59:20	2108
2280	3796	1:05:44	Jack Luther		Male	1662	MS	937	58:03	1906
2281	4240	1:05:44	Gemma Thrower		Female	619	FS	368	1:01:22	2414
2282	3830	1:05:44	Ashley Mayes		Male	1663	MS	938	1:01:09	2378
2283	3462	1:05:45	David Gibbs		Male	1664	M45-49	184	1:00:25	2262
2284	205	1:05:46	Sarah Bunn		Female	620	F50-54	51	1:04:58	2862
2285	3434	1:05:46	Ian Freel		Male	1665	M55-59	82	1:00:28	2272
2286	3370	1:05:47	Chris Ducker		Male	1666	M40-44	241	1:01:40	2461
2287	1273	1:05:48	Teresa Solomon	Great Yarmouth Road Runners	Female	621	F55-59	24	1:04:43	2839
2288	536	1:05:48	Rosemarie Gilbert		Female	622	F60-64	15	1:05:04	2879
2289	4195	1:05:49	Anna Stevenson		Female	623	F40-44	102	59:33	2140
2290	2050	1:05:49	Nagine Ershadi		Female	624	FS	369	1:02:39	2585
2291	3003	1:05:50	John Adams		Male	1667	M55-59	83	1:01:41	2463
2292	4204	1:05:50	Hannah Stroud		Female	625	FS	370	59:37	2150
2293	2705	1:05:50	Tracy Stevens	Wymondham AC	Female	626	F45-49	59	1:02:32	2573
2294	1350	1:05:52	Diane Thompson		Female	627	F50-54	52	1:01:26	2428
2295	2423	1:05:52	Sophie Mclellan		Female	628	FS	371	1:00:34	2295
2296	2576	1:05:53	Katy Quigley		Female	629	FS	372	1:02:23	2558
2297	3235	1:05:54	Neil Clark		Male	1668	M40-44	242	1:00:50	2326
2298	4272	1:05:54	Jess Upton		Female	630	FS	373	1:01:46	2473
2299	5170	1:05:55	Imogen Wright		Female	631	FS	374	57:48	1863
2300	3312	1:05:55	Alice Dalton		Female	632	FS	375	1:00:02	2206
2301	1836	1:05:56	Jacinta Bradley		Female	633	FS	376	1:01:30	2442
2302	4512	1:05:58	Margarita Armenteras		Female	634	FS	377	57:21	1789
2303	4332	1:05:58	Danielle Whatling	Diss and District AC	Female	635	FS	378	59:27	2123
2304	1098	1:06:00	Elizabeth Poor		Female	636	F50-54	53	1:05:05	2881
2305	518	1:06:01	Annette Garner		Female	637	F50-54	54	1:05:17	2916
2306	1823	1:06:01	Caroline Botwood		Female	638	FS	379	1:03:12	2662
2307	2052	1:06:02	Craig Evans		Male	1669	MS	939	1:03:02	2640
2308	2356	1:06:02	Hannah Linger	Ipswich Triathlon Club	Female	639	FS	380	1:02:56	2628
2309	4265	1:06:03	Harry Turner		Male	1670	MS	940	1:00:33	2287
2310	4282	1:06:03	Toby Vernon		Male	1671	M40-44	243	58:18	1945
2311	3956	1:06:05	Jyoti Patel		Female	640	FS	381	1:02:03	2507
2312	1135	1:06:05	Julie Read		Female	641	F50-54	55	57:57	1891
2313	5634	1:06:06	Alex Payne		Male	1672	MS	941	55:09	1458
2314	2767	1:06:06	Lee Trett		Male	1673	MS	942	58:50	2032
2315	2692	1:06:07	Peter Snares		Male	1674	MS	943	1:02:55	2627
2316	3135	1:06:08	Kelly Bray		Female	642	FS	382	1:01:46	2476
2317	3251	1:06:08	Richard Clinnick		Male	1675	MS	944	59:30	2129
2318	3604	1:06:09	Susan Hoadley		Female	643	FS	383	59:17	2102
2319	4255	1:06:09	Sarah Tolland		Female	644	FS	384	1:00:01	2205
2320	4347	1:06:09	Ben Willgress		Male	1676	MS	945	59:15	2099
2321	4696	1:06:09	Rachel Feilden		Female	645	FS	385	57:12	1771
2322	3322	1:06:10	Jay Dashwood		Male	1677	MS	946	55:30	1522
2323	3810	1:06:10	Jo Margereson		Female	646	F40-44	103	1:02:04	2515
2324	4511	1:06:10	Charlotte Archer		Female	647	FS	386	1:01:35	2453
2325	4704	1:06:11	Dan Fisher		Male	1678	MS	947	58:04	1913

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2326	2502	1:06:11	Fiona O'Hara		Female	648	F45-49	60	1:03:49	2743
2327	3284	1:06:11	Dieter Coulson		Male	1679	M50-54	154	1:00:13	2235
2328	3331	1:06:12	Sonia Davison		Female	649	F45-49	61	1:01:10	2381
2329	55	1:06:12	Kerry Avery		Female	650	F55-59	25	1:05:07	2885
2330	359	1:06:12	Kathryn (Kate) De Vries		Female	651	F55-59	26	1:05:07	2886
2331	3043	1:06:12	Frances Bailey		Female	652	FS	387	59:33	2142
2332	5796	1:06:13	Joshua Lane		Male	1680	MS	948	54:40	1388
2333	4309	1:06:13	Louis Warnes		Male	1681	M40-44	244	1:01:18	2400
2334	3719	1:06:13	Jess King		Female	653	FS	388	1:01:24	2420
2335	924	1:06:14	Sarah Medd-Sygrove		Female	654	F50-54	56	1:05:02	2873
2336	949	1:06:14	Faith Mixer		Female	655	F50-54	57	1:01:43	2466
2337	2015	1:06:14	Tracey Drake		Female	656	FS	389	59:52	2179
2338	3560	1:06:15	Sarah Harris		Female	657	FS	390	59:53	2181
2339	3613	1:06:15	David Horn		Male	1682	M45-49	185	1:02:09	2521
2340	3665	1:06:15	Alan Jary		Male	1683	MS	949	1:01:59	2499
2341	3841	1:06:16	Nadine Mcintosh		Female	658	FS	391	59:58	2195
2342	3680	1:06:16	Mark Johnstone		Male	1684	MS	950	1:01:05	2364
2343	3039	1:06:16	Milly Ayton		Female	659	F40-44	104	1:01:07	2373
2344	1110	1:06:17	Gail Preston		Female	660	F55-59	27	1:05:12	2902
2345	3170	1:06:17	Helen Burgess		Female	661	F40-44	105	1:01:18	2401
2346	2755	1:06:17	David Thornhill		Male	1685	M40-44	245	1:03:24	2690
2347	1937	1:06:17	Amy Collingsworth		Female	662	FS	392	1:03:33	2706
2348	4744	1:06:18	Jason Gotts		Male	1686	MS	951	58:03	1908
2349	4828	1:06:18	Emma Keen		Female	663	FS	393	58:03	1910
2350	2324	1:06:19	Stuart Kingsley		Male	1687	M50-54	155	56:23	1653
2351	825	1:06:20	Phillip Laurier	Lowestoft Road Runners	Male	1688	M65-69	24	1:05:16	2913
2352	3443	1:06:21	Hugh Furness		Male	1689	M45-49	186	59:10	2084
2353	1896	1:06:21	Clive Cartner	Norwich Road Runners	Male	1690	MS	952	1:02:50	2609
2354	1776	1:06:21	Angela Bell	Norwich Road Runners	Female	664	F40-44	106	1:02:50	2610
2355	4378	1:06:22	Karen Wraighte	Bure Valley Harriers	Female	665	FS	394	59:56	2190
2356	2678	1:06:22	Gary Smith		Male	1691	MS	953	1:01:23	2415
2357	3114	1:06:23	Emma Bolam		Female	666	FS	395	58:41	2008
2358	1881	1:06:24	Laura Button	Bungay Black Dog RC	Female	667	FS	396	1:04:12	2784
2359	1025	1:06:24	Mitzy O'Loughlin	Bungay Black Dog RC	Female	668	F50-54	58	1:02:51	2616
2360	5776	1:06:24	Rick Roydes		Male	1692	M40-44	246	55:08	1457
2361	1837	1:06:24	Nick Bradley		Male	1693	MS	954	57:33	1820
2362	3678	1:06:24	Nick Johnson		Male	1694	M50-54	156	1:00:18	2247
2363	4153	1:06:24	James Smith		Male	1695	M40-44	247	1:00:56	2344
2364	2051	1:06:25	Vicky Ershadi	100 Marathon Club	Female	669	FS	397	1:03:15	2664
2365	3788	1:06:25	Jamie Loudoun		Male	1696	MS	955	1:00:44	2318
2366	4182	1:06:25	Stevie Spencer		Female	670	FS	398	1:00:02	2209
2367	4003	1:06:25	Linda Price		Female	671	FS	399	57:34	1825
2368	4784	1:06:26	Emma Herbert		Female	672	FS	400	58:23	1964
2369	3596	1:06:27	Stephen Hill		Male	1697	M45-49	187	1:00:08	2218
2370	2130	1:06:27	Kayleigh Gibbons		Female	673	FS	401	1:03:53	2749
2371	3482	1:06:27	Mark Godfrey		Male	1698	M50-54	157	1:01:54	2492
2372	2361	1:06:28	Tom Lloyd		Male	1699	MS	956	56:25	1660
2373	3985	1:06:28	Julian Phillips		Male	1700	M40-44	248	59:21	2112
2374	1321	1:06:28	Gemma Sullivan		Female	674	FS	402	1:05:58	2999
2375	3230	1:06:28	Keith Chilver		Male	1701	M50-54	158	1:01:52	2488
2376	1477	1:06:28	Lorna Wigg		Female	675	FS	403	1:05:59	3000
2377	4769	1:06:29	Sara Hardy		Female	676	FS	404	57:48	1864
2378	4124	1:06:29	James Shiplee		Male	1702	MS	957	1:01:24	2421
2379	2774	1:06:30	Paul Tucker		Male	1703	M45-49	188	1:04:14	2791
2380	3049	1:06:30	Damien Baker		Male	1704	M45-49	189	1:01:30	2441
2381	3212	1:06:30	Rachel Carter		Female	677	FS	405	59:13	2095
2382	4396	1:06:30	Jon Ames		Male	1705	MS	958	59:51	2175
2383	3880	1:06:30	Lianne Morley		Female	678	FS	406	1:00:00	2198
2384	3179	1:06:31	Jack Burton		Male	1706	MS	959	57:27	1800
2385	3167	1:06:31	Teresa Burdett		Female	679	F40-44	107	1:02:16	2540
2386	1428	1:06:31	Nicola Wardale		Female	680	F55-59	28	1:05:44	2975
2387	4836	1:06:32	Aaron King		Male	1707	MS	960	57:36	1836
2388	3205	1:06:33	Hannah Carroll		Female	681	FS	407	1:01:26	2430
2389	3029	1:06:34	Jon Archer		Male	1708	MS	961	1:00:09	2222
2390	3939	1:06:34	Lauren Page		Female	682	FS	408	1:00:13	2234
2391	3134	1:06:34	Amanda Brand		Female	683	FS	409	1:00:13	2236
2392	3700	1:06:35	Jack Kelleher		Male	1709	MS	962	1:02:14	2536
2393	2529	1:06:35	James Parslow-Williams		Male	1710	M40-44	249	1:03:03	2643
2394	1595	1:06:35	Adam Want		Male	1711	M45-49	190	57:53	1879
2395	2183	1:06:36	Bradley Hargreaves		Male	1712	MS	963	1:03:57	2756
2396	3616	1:06:38	Jim Hosier		Male	1713	M45-49	191	1:00:38	2303
2397	3632	1:06:38	Roseanne Howlett		Female	684	FS	410	1:01:20	2408
2398	4149	1:06:40	Emily Smith	Norfolk Gazelles AC	Female	685	F40-44	108	1:00:14	2238
2399	1773	1:06:41	Alison Beales		Female	686	FS	411	1:04:36	2824
2400	2686	1:06:42	Robin Smith		Male	1714	MS	964	1:04:35	2823



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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2401	3622	1:06:42	Catherine Howard	North Norfolk Beach Runners	Female	687	FS	412	1:02:40	2586
2402	1048	1:06:42	Len Parnell		Male	1715	M60-64	37	1:05:43	2974
2403	3625	1:06:42	Abbey Howe		Female	688	FS	413	1:00:08	2220
2404	4750	1:06:42	Frazer Green		Male	1716	M40-44	250	58:27	1975
2405	3775	1:06:43	Michaela Loades		Female	689	F45-49	62	1:01:36	2455
2406	3753	1:06:43	Victoria Lawrence		Female	690	FS	414	1:02:41	2589
2407	3704	1:06:44	Joseph Kendrick-Eriksen		Male	1717	MS	965	1:01:13	2386
2408	3801	1:06:44	Lois Mack		Female	691	FS	415	1:00:20	2250
2409	2346	1:06:44	Cristina Lemus		Female	692	FS	416	1:01:00	2350
2410	2349	1:06:45	Louise Leunis		Female	693	FS	417	1:03:27	2695
2411	5143	1:06:45	Luke Perry		Male	1718	MS	966	58:21	1959
2412	3113	1:06:46	Andrew Boggis		Male	1719	MS	967	59:17	2104
2413	3825	1:06:46	Sophie Mathieson		Female	694	FS	418	1:00:43	2315
2414	4112	1:06:46	Ian Sears		Male	1720	M50-54	159	1:00:19	2249
2415	3870	1:06:46	Paul Mitchelmore		Male	1721	M55-59	84	1:00:18	2246
2416	2424	1:06:46	Claire Mcmorran		Female	695	FS	419	1:04:11	2781
2417	550	1:06:48	Andrew Goodchild	Tri-Anglia Triathlon Club	Male	1722	M45-49	192	1:02:47	2602
2418	3439	1:06:48	Georgie French		Female	696	FS	420	1:00:45	2319
2419	3494	1:06:48	Rachel Goodchild	Tri-Anglia Triathlon Club	Female	697	FS	421	1:02:47	2604
2420	3365	1:06:49	Matthew Downing		Male	1723	MS	968	1:02:10	2525
2421	3547	1:06:50	Chris Hamm		Male	1724	MS	969	1:01:56	2495
2422	2229	1:06:51	Louis Hobbs		Male	1725	M40-44	251	1:01:56	2496
2423	3671	1:06:52	James Jewson		Male	1726	MS	970	59:07	2074
2424	4077	1:06:52	Beth Russell		Female	698	FS	422	1:02:44	2598
2425	4068	1:06:52	Graham Rose		Male	1727	M50-54	160	1:02:34	2574
2426	4389	1:06:53	Kirsty Dyer		Female	699	FS	423	1:01:01	2353
2427	4822	1:06:53	Rose Jenkins		Female	700	FS	424	58:39	2003
2428	987	1:06:53	Marina Murdoch	Wymondham AC	Female	701	F50-54	59	1:00:16	2244
2429	4248	1:06:54	Daniel Tindall		Male	1728	MS	971	57:44	1853
2430	5159	1:06:54	Katherine Wright	North Norfolk Beach Runners	Female	702	FS	425	57:44	1852
2431	2701	1:06:55	Paul Steed		Male	1729	MS	972	59:36	2146
2432	3979	1:06:56	Carmel Perrin		Female	703	F40-44	109	1:02:03	2511
2433	3202	1:06:56	Lorna Carman		Female	704	FS	426	1:00:52	2329
2434	3131	1:06:56	Martin Bramble		Male	1730	MS	973	1:00:52	2332
2435	3264	1:06:57	Donna Conneely		Female	705	F40-44	110	1:01:49	2486
2436	3349	1:06:57	Ines Desanlis	City of Norwich AC	Female	706	FS	427	1:00:42	2314
2437	3614	1:06:58	Sarah Hornsby		Female	707	F45-49	63	1:00:31	2277
2438	3303	1:07:00	Hannah Cunningham		Female	708	FS	428	1:02:09	2524
2439	5163	1:07:01	Mark Fitch	Norfolk Gazelles AC	Male	1731	M45-49	193	58:38	1999
2440	2196	1:07:03	Jonathan Harvey		Male	1732	M50-54	161	1:04:14	2789
2441	4897	1:07:03	Mark Middleton		Male	1733	M40-44	252	58:47	2027
2442	3143	1:07:03	Helen Brockington		Female	709	FS	429	1:03:00	2637
2443	3172	1:07:04	Lee Burgess		Male	1734	M40-44	253	1:01:25	2423
2444	2688	1:07:04	Steve Smith		Male	1735	M40-44	254	1:00:38	2304
2445	5129	1:07:06	Vangelis Tatsis		Male	1736	MS	974	58:45	2019
2446	181	1:07:06	Phil Brockington		Male	1737	M40-44	255	1:03:03	2642
2447	3148	1:07:07	Donna Brown		Female	710	FS	430	1:00:10	2223
2448	3102	1:07:07	Danielle Blackwell	City of Norwich AC	Female	711	FS	431	1:00:52	2334
2449	4219	1:07:07	Donna Tarr		Female	712	FS	432	1:00:10	2224
2450	3159	1:07:08	Nic Buck		Female	713	FS	433	1:00:10	2226
2451	3926	1:07:08	David Olley		Male	1738	M45-49	194	1:02:43	2592
2452	2198	1:07:08	Stuart Harvey		Male	1739	M55-59	85	1:04:33	2813
2453	3692	1:07:09	Nicole Justine	City of Norwich AC	Female	714	FS	434	1:00:55	2339
2454	4776	1:07:09	Chris Hartley		Male	1740	MS	975	58:51	2037
2455	4384	1:07:10	Alex Wynn		Female	715	FS	435	1:01:20	2406
2456	3398	1:07:13	Charlotte Everett		Female	716	FS	436	1:01:55	2494
2457	3783	1:07:13	Lynsey Long		Female	717	F40-44	111	1:01:08	2374
2458	1722	1:07:14	Tim Andrews		Male	1741	M40-44	256	1:02:18	2549
2459	3541	1:07:14	Kristen Hall		Female	718	FS	437	1:01:37	2457
2460	3589	1:07:14	Sarah Hewitt		Female	719	F40-44	112	1:02:01	2504
2461	5153	1:07:15	Leon Raby		Male	1742	MS	976	59:05	2069
2462	4796	1:07:16	Philip Hopgood		Male	1743	M45-49	195	59:07	2079
2463	4330	1:07:16	Clare West	Bungay Black Dog RC	Female	720	FS	438	1:01:23	2419
2464	5793	1:07:16	Krisstopher Lyles		Male	1744	MS	977	56:41	1702
2465	3896	1:07:18	Katherine Nash		Female	721	FS	439	1:02:56	2630
2466	2427	1:07:19	James Mcneilly		Male	1745	MS	978	1:03:49	2740
2467	4591	1:07:19	Gary Carruthers		Male	1746	M40-44	257	59:10	2085
2468	3636	1:07:20	Xiaoxu Huang		Male	1747	MS	979	1:02:17	2545
2469	3791	1:07:21	Jeni Love		Female	722	FS	440	1:01:05	2363
2470	4628	1:07:23	Isla Cornish		Female	723	FS	441	59:23	2114
2471	1806	1:07:24	Kevin Block		Male	1748	M50-54	162	1:04:58	2865
2472	136	1:07:24	Sioux Block		Female	724	F50-54	60	1:04:58	2863
2473	4090	1:07:24	Matthew Sanders		Male	1749	M50-54	163	1:01:17	2397
2474	3650	1:07:25	Rachel Hunt		Female	725	FS	442	1:00:47	2323
2475	3897	1:07:26	Stephen Naylor		Male	1750	MS	980	1:02:17	2547

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2476	4002	1:07:26	Sarah Preston		Female	726	F40-44	113	1:02:46	2600
2477	3876	1:07:26	Laura Moorhouse		Female	727	FS	443	1:02:47	2601
2478	2558	1:07:28	Danielle Pointer		Female	728	FS	444	1:04:14	2787
2479	4390	1:07:28	Sophie Gleeson		Female	729	FS	445	1:01:48	2484
2480	2795	1:07:29	Heather Walker-Sim		Female	730	FS	446	1:00:00	2201
2481	3132	1:07:29	David Brammer	Fenland Running Club	Male	1751	M50-54	164	1:02:39	2584
2482	4030	1:07:30	Jack Reeve		Male	1752	MS	981	1:01:59	2501
2483	3387	1:07:31	Anna Ellis		Female	731	FS	447	1:03:12	2661
2484	5152	1:07:31	James Wright		Male	1753	MS	982	58:46	2024
2485	4092	1:07:32	Kevin Sanford		Male	1754	M45-49	196	1:03:29	2699
2486	3247	1:07:34	James Clements		Male	1755	MS	983	59:59	2197
2487	4669	1:07:35	Robert Dowe		Male	1756	M45-49	197	58:57	2051
2488	3382	1:07:35	Brendan Edwards		Male	1757	MS	984	59:11	2087
2489	4351	1:07:35	Nick Williams		Male	1758	MS	985	1:02:59	2632
2490	3850	1:07:36	Anna Mellows		Female	732	FS	448	1:01:10	2382
2491	3089	1:07:37	Ryan Bigland		Male	1759	MS	986	1:03:08	2652
2492	3851	1:07:37	Sarah Melton	North Norfolk Beach Runners	Female	733	FS	449	1:01:22	2412
2493	2299	1:07:38	Georgina Jones		Female	734	FS	450	1:04:58	2864
2494	2732	1:07:39	Kelly Tatterton		Female	735	FS	451	1:04:48	2849
2495	4217	1:07:39	Catherine Tansley	Beccles & Bungay Harriers	Female	736	FS	452	1:03:15	2665
2496	3553	1:07:41	Rosie Hannant		Female	737	FS	453	1:03:38	2718
2497	3256	1:07:41	Carla Cole		Female	738	FS	454	1:03:39	2719
2498	4075	1:07:41	Jason Rush		Male	1760	M45-49	198	1:00:29	2273
2499	4123	1:07:42	Naomi Shelton		Female	739	FS	455	1:01:15	2392
2500	4872	1:07:42	Shaun Lowthorpe		Male	1761	M40-44	258	58:52	2040
2501	3467	1:07:43	George Gilbert		Male	1762	MS	987	1:01:15	2394
2502	3756	1:07:44	James Leach		Male	1763	MS	988	1:01:09	2379
2503	4382	1:07:45	Lisa Wright		Female	740	F40-44	114	1:03:42	2729
2504	4054	1:07:46	Jesse Roberts		Female	741	FS	456	1:02:08	2520
2505	3268	1:07:47	Amanda Cook	Dereham Runners & AC	Female	742	F40-44	115	1:02:30	2569
2506	5046	1:07:49	Hanako Suzuki		Female	743	FS	457	59:47	2166
2507	3149	1:07:50	Frances Brown		Female	744	F40-44	116	1:01:45	2470
2508	1729	1:07:50	Kerry Arneil		Female	745	F40-44	117	1:03:20	2678
2509	3299	1:07:50	Vicki Culling		Female	746	F40-44	118	1:03:20	2677
2510	93	1:07:51	Jill Bazire		Female	747	F60-64	16	1:04:43	2837
2511	3006	1:07:51	Elise Aho		Female	748	FS	458	1:01:13	2389
2512	4735	1:07:52	Jonny Goldsmith		Male	1764	M40-44	259	59:31	2135
2513	5017	1:07:52	Andrew Slattery		Male	1765	MS	989	59:12	2088
2514	3021	1:07:52	Lindsey Anderson		Female	749	FS	459	1:01:28	2437
2515	3111	1:07:53	David Blyth-Clarke		Male	1766	M40-44	260	57:16	1781
2516	1833	1:07:53	Clare Bradbury	Wymondham AC	Female	750	F40-44	119	1:05:26	2939
2517	4375	1:07:54	Barry Woolnough		Male	1767	MS	990	1:00:34	2294
2518	1334	1:07:54	Martyn Taylor		Male	1768	M50-54	165	1:04:19	2795
2519	240	1:07:54	Kevin Carter	Norwich Road Runners	Male	1769	MS	991	1:00:34	2293
2520	2737	1:07:54	Kayleigh Taylor		Female	751	FS	460	1:04:20	2796
2521	191	1:07:54	Stuart Brown	Waveney Valley AC	Male	1770	MS	992	1:00:34	2290
2522	4377	1:07:54	Sarah Worthy	Vegan Runners UK	Female	752	FS	461	1:01:37	2456
2523	4161	1:07:55	Sadie Smith		Female	753	F40-44	120	1:02:48	2605
2524	4174	1:07:55	James Spaans		Male	1771	MS	993	1:02:30	2565
2525	2555	1:07:57	Paul Pitcher		Male	1772	M50-54	166	1:01:38	2459
2526	2058	1:07:57	Dominic Everett		Male	1773	M50-54	167	1:00:52	2330
2527	2191	1:07:57	Dennis Harris	Sunderland Strollers	Male	1774	M50-54	168	1:05:23	2930
2528	3903	1:07:57	Mitch Neville		Female	754	F40-44	121	1:00:52	2333
2529	3240	1:07:57	Elizabeth Clarke		Female	755	FS	462	1:03:55	2752
2530	4350	1:07:58	Neil Williams		Male	1775	M40-44	261	1:01:18	2399
2531	5069	1:07:58	Franky Tripp		Female	756	FS	463	58:47	2025
2532	3982	1:07:59	Nicola Pettit		Female	757	FS	464	1:03:54	2750
2533	3128	1:08:00	Clare Bradley	Wymondham AC	Female	758	FS	465	1:01:23	2418
2534	4551	1:08:02	Dominique Bivar Segurado		Female	759	FS	466	59:47	2164
2535	4311	1:08:02	Simone Warnes		Female	760	F45-49	64	1:01:41	2462
2536	3971	1:08:02	Alex Pease		Male	1776	MS	994	57:59	1897
2537	4165	1:08:03	Mark Smithson		Male	1777	MS	995	1:01:44	2469
2538	4359	1:08:03	Rebecca Wilson		Female	761	FS	467	1:01:45	2471
2539	4057	1:08:04	Graham Robinson		Male	1778	M45-49	199	1:03:05	2647
2540	5042	1:08:04	Paul Stimpson		Male	1779	M45-49	200	59:57	2192
2541	3501	1:08:04	Lisa Gore		Female	762	FS	468	1:02:11	2531
2542	3803	1:08:05	Phil Maddison		Male	1780	MS	996	1:02:11	2529
2543	3579	1:08:06	Mike Hawthorne		Male	1781	M55-59	86	1:07:38	3179
2544	4107	1:08:06	Bethia Seager		Female	763	FS	469	1:03:15	2668
2545	2631	1:08:08	Jonathan Sapsford		Male	1782	MS	997	1:05:39	2961
2546	3352	1:08:08	Samantha Dickens		Female	764	F45-49	65	1:01:23	2416
2547	3124	1:08:08	Nicola Bowles		Female	765	FS	470	1:02:19	2551
2548	4014	1:08:09	Teresa Radcliffe		Female	766	F45-49	66	1:02:19	2552
2549	426	1:08:09	John England	Great Yarmouth & District AC	Male	1783	M65-69	25	1:00:53	2336
2550	1856	1:08:09	Clare Broughton		Female	767	F40-44	122	1:05:01	2870

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2551	3453	1:08:09	Ian George		Male	1784	M45-49	201	1:02:48	2606
2552	3293	1:08:09	Jessica Cranthorne		Female	768	FS	471	1:02:22	2557
2553	2414	1:08:11	Lucy McCallum		Female	769	FS	472	1:02:44	2597
2554	4367	1:08:11	Peter Woodcock		Male	1785	M55-59	87	1:01:06	2369
2555	3201	1:08:12	Claire Cardon		Female	770	FS	473	1:02:42	2591
2556	2611	1:08:13	Derek Robertson		Male	1786	M45-49	202	1:00:00	2200
2557	4627	1:08:13	Allyson Cornish		Female	771	F45-49	67	1:00:12	2232
2558	3160	1:08:13	Thomas Buckland		Male	1787	MS	998	1:02:44	2595
2559	1553	1:08:14	Ed Balls		Male	1788	M45-49	203	1:07:20	3145
2560	4218	1:08:14	James Tarling		Male	1789	MS	999	1:02:06	2518
2561	1957	1:08:14	Jon-Paul Court		Male	1790	MS	1000	1:05:00	2869
2562	3127	1:08:15	Shane Boyle		Male	1791	MS	1001	1:02:05	2516
2563	3140	1:08:15	Caroline Britton		Female	772	F40-44	123	1:00:56	2342
2564	4254	1:08:15	Richard Todd		Male	1792	M50-54	169	1:01:11	2385
2565	4559	1:08:16	Graham Bolt		Male	1793	M40-44	262	59:55	2188
2566	4074	1:08:17	Gary Rowley		Male	1794	MS	1002	1:03:26	2692
2567	4163	1:08:18	Simon Smith		Male	1795	MS	1003	1:03:30	2701
2568	850	1:08:19	Peter Lis		Male	1796	M60-64	38	1:05:28	2942
2569	3964	1:08:19	Simone Payne		Female	773	FS	474	1:03:28	2697
2570	5736	1:08:20	Andrew Wall		Male	1797	MS	1004	57:57	1888
2571	412	1:08:20	Richard Edwards		Male	1798	M65-69	26	57:57	1889
2572	1930	1:08:20	Mark Cole		Male	1799	M40-44	263	1:03:52	2747
2573	3873	1:08:20	Claire Moore		Female	774	FS	475	1:01:25	2424
2574	3688	1:08:20	Mike Jones		Male	1800	M40-44	264	1:02:11	2530
2575	2360	1:08:21	Tom Lloyd		Male	1801	MS	1005	1:01:26	2429
2576	1308	1:08:22	Liz Stirling		Female	775	F55-59	29	1:07:16	3137
2577	1391	1:08:22	Jose Veloso		Male	1802	M45-49	204	1:06:15	3039
2578	4027	1:08:22	Megan Rees		Female	776	FS	476	1:02:27	2562
2579	3987	1:08:23	Simon Piff		Male	1803	M55-59	88	1:02:38	2582
2580	3693	1:08:23	Magdalena Kapuscinska		Female	777	FS	477	1:00:58	2348
2581	3617	1:08:25	Tor Hosier		Female	778	FS	478	1:02:25	2561
2582	3427	1:08:25	Adam Francis		Male	1804	MS	1006	1:02:37	2579
2583	2549	1:08:25	Marcel Pfrang		Male	1805	M40-44	265	1:05:12	2903
2584	3428	1:08:25	Clare Francis		Female	779	FS	479	1:02:37	2581
2585	4241	1:08:25	Ian Thurbon		Male	1806	M40-44	266	1:04:03	2764
2586	3928	1:08:26	Robin Owen		Male	1807	MS	1007	1:02:59	2635
2587	3941	1:08:27	James Pallant		Male	1808	MS	1008	1:02:51	2614
2588	94	1:08:27	Stephen Bazire		Male	1809	M60-64	39	1:05:18	2917
2589	1217	1:08:28	Dennis Sayer	Wymondham AC	Male	1810	M65-69	27	1:05:33	2951
2590	3603	1:08:28	Garry Hoadley		Male	1811	MS	1009	1:02:40	2588
2591	5010	1:08:29	Carl Sheppard		Male	1812	MS	1010	1:00:28	2268
2592	669	1:08:30	Carla Holland		Female	780	FS	480	1:07:59	3222
2593	387	1:08:30	Andy Dransfield		Male	1813	M40-44	267	1:07:59	3221
2594	212	1:08:33	Norma Burgess		Female	781	F55-59	30	1:03:23	2685
2595	3481	1:08:34	Jonny Godbold		Male	1814	MS	1011	1:03:44	2732
2596	3479	1:08:34	Amy Godbold		Female	782	FS	481	1:03:45	2734
2597	5036	1:08:36	Crystal Stanley		Female	783	FS	482	1:00:25	2263
2598	4751	1:08:36	Nina Green		Female	784	FS	483	1:00:24	2260
2599	3849	1:08:36	Charlotte Mears		Female	785	FS	484	1:03:36	2711
2600	1560	1:08:38	Jumara Mulcahy		Female	786	FS	485	1:07:52	3203
2601	4383	1:08:38	Michael Wyard		Male	1815	M50-54	170	1:02:10	2526
2602	5327	1:08:38	Neil Barlow		Male	1816	M45-49	205	58:16	1939
2603	5030	1:08:38	Anna Spendlove		Female	787	FS	486	56:57	1737
2604	5322	1:08:39	Leigh Atterbury		Male	1817	MS	1012	58:23	1963
2605	4089	1:08:41	Nicola Sandell	North Norfolk Beach Runners	Female	788	FS	487	1:02:24	2560
2606	3061	1:08:41	Cecilia Basnett		Female	789	F40-44	124	1:04:33	2816
2607	5023	1:08:42	Matt Smith		Male	1818	MS	1013	58:20	1955
2608	3958	1:08:42	Zoe Paterson		Female	790	F40-44	125	1:01:48	2483
2609	3182	1:08:42	Charlotte Butcher		Female	791	FS	488	1:04:32	2812
2610	3483	1:08:42	William Godfrey		Male	1819	MS	1014	1:04:08	2777
2611	4299	1:08:42	Thomas Walsh		Male	1820	MS	1015	1:00:24	2258
2612	1909	1:08:42	Tim Cheesman		Male	1821	MS	1016	1:05:52	2989
2613	4206	1:08:43	Peter Studer		Male	1822	M50-54	171	1:04:00	2759
2614	4028	1:08:44	Phoebe Rees		Female	792	FS	489	1:02:49	2607
2615	3687	1:08:45	Mark Jones		Male	1823	MS	1017	1:02:30	2567
2616	398	1:08:45	Jonathan Eagle	Norwich Road Runners	Male	1824	MS	1018	1:05:30	2947
2617	2153	1:08:46	Molly Grange		Female	793	FS	490	1:05:31	2948
2618	3824	1:08:46	Giles Massingham		Male	1825	M45-49	206	1:03:46	2736
2619	1864	1:08:46	Aaron Browne		Male	1826	MS	1019	1:04:27	2807
2620	2708	1:08:47	Damo Steward		Male	1827	M40-44	268	1:05:39	2960
2621	1166	1:08:49	Cath Robinson		Female	794	F55-59	31	1:07:44	3190
2622	3298	1:08:49	Helen Crowley		Female	795	FS	491	1:03:47	2738
2623	3446	1:08:49	Tobie Fysh		Male	1828	MS	1020	1:04:22	2798
2624	3015	1:08:49	Julia Allum		Female	796	FS	492	1:02:30	2568
2625	1241	1:08:49	Sarah Shiplee		Female	797	F50-54	61	1:08:05	3233

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2626	3116	1:08:50	Toby Bolton		Male	1829	MS	1021	1:01:14	2391
2627	3055	1:08:52	Emma Banks		Female	798	FS	493	1:03:23	2686
2628	3091	1:08:52	Charlotte Bird		Female	799	FS	494	1:03:24	2688
2629	4150	1:08:52	Hannah Smith		Female	800	FS	495	1:02:35	2575
2630	5491	1:08:53	Samuel Grimmer		Male	1830	MS	1022	58:33	1989
2631	2157	1:08:53	Andrew Green	Ryston Runners	Male	1831	M50-54	172	1:06:18	3045
2632	3489	1:08:54	Clare Gooch		Female	801	F40-44	126	1:03:26	2694
2633	3180	1:08:54	Alaina Busby		Female	802	FS	496	1:02:47	2603
2634	3994	1:08:55	Victoria Pollington		Female	803	FS	497	1:02:20	2554
2635	3580	1:08:55	Faye Haywood		Female	804	FS	498	1:04:03	2765
2636	4200	1:08:57	Samantha Stokes		Female	805	FS	499	1:02:10	2528
2637	3432	1:08:58	Maddy Fray		Female	806	FS	500	1:03:18	2670
2638	3158	1:08:59	Laura Bryce		Female	807	FS	501	1:03:47	2737
2639	5362	1:08:59	Matt Brickley		Male	1832	MS	1023	58:44	2017
2640	3993	1:08:59	Claire Pointer		Female	808	FS	502	1:03:09	2653
2641	3019	1:08:59	Shelley Ames		Female	809	FS	503	1:02:20	2555
2642	3655	1:09:01	Uzoma Ihedoro		Male	1833	MS	1024	1:04:46	2845
2643	3924	1:09:01	Rita Okeke		Female	810	FS	504	1:04:46	2846
2644	2811	1:09:02	Chris Warvill		Male	1834	MS	1025	1:02:03	2512
2645	145	1:09:02	Helen Boon		Female	811	F50-54	62	1:07:59	3225
2646	20	1:09:03	Karen Alford		Female	812	F50-54	63	1:06:30	3067
2647	4314	1:09:03	Jonathan Warren		Male	1835	MS	1026	1:02:15	2537
2648	3888	1:09:07	Amanda Moscou		Female	813	FS	505	1:01:47	2481
2649	4868	1:09:09	Hannah Limbach		Female	814	FS	506	1:00:26	2265
2650	3927	1:09:10	Paula Olley		Female	815	F40-44	127	1:04:44	2841
2651	692	1:09:10	Donna Howlett		Female	816	F55-59	32	1:08:06	3236
2652	3031	1:09:11	Cameron Argo		Male	1836	MS	1027	1:04:05	2770
2653	3274	1:09:12	Tammy Coombes		Female	817	F40-44	128	1:05:09	2888
2654	2587	1:09:12	Anna Rees		Female	818	FS	507	1:06:02	3008
2655	3457	1:09:14	Rachel Germon		Female	819	FS	508	1:03:24	2687
2656	2401	1:09:14	Sarah Marsh		Female	820	FS	509	1:05:43	2973
2657	3686	1:09:15	Laetitia Jones		Female	821	FS	510	1:00:54	2337
2658	4838	1:09:15	Paul King		Male	1837	M45-49	207	1:00:55	2338
2659	4565	1:09:16	Helen Briggs	Beaumont RC	Female	822	FS	511	1:01:08	2375
2660	3207	1:09:16	Ian Carter		Male	1838	M50-54	173	1:04:09	2778
2661	3174	1:09:18	Abigail Burrell		Female	823	FS	512	1:04:14	2788
2662	5536	1:09:18	Claire Johnson		Female	824	FS	513	58:40	2005
2663	2527	1:09:19	Rebecca Parke	Norfolk Gazelles AC	Female	825	FS	514	1:05:06	2882
2664	3898	1:09:20	Sally Nayman		Female	826	FS	515	1:05:07	2883
2665	1186	1:09:20	Alison Rostron		Female	827	F65-69	4	1:08:45	3313
2666	5054	1:09:20	Joanne Taylor	Bungay Black Dog RC	Female	828	F40-44	129	1:01:01	2354
2667	4970	1:09:20	Louise Reed	Bungay Black Dog RC	Female	829	F40-44	130	1:01:01	2355
2668	5118	1:09:21	Chris Wrycraft		Male	1839	MS	1028	1:01:13	2388
2669	2053	1:09:21	David Evans		Male	1840	M50-54	174	1:02:01	2502
2670	1745	1:09:22	Yash Bahuguna		Male	1841	MS	1029	1:07:07	3122
2671	5169	1:09:22	Rebecca Colman		Female	830	FS	516	1:01:21	2411
2672	3391	1:09:22	Sharon Emery		Female	831	F40-44	131	1:03:01	2638
2673	2036	1:09:22	Laura Edwards		Female	832	FS	517	1:06:43	3095
2674	3013	1:09:23	Gareth Allen		Male	1842	MS	1030	1:03:02	2641
2675	5158	1:09:24	Simon Warr		Male	1843	M50-54	175	1:03:40	2722
2676	73	1:09:24	Davina Balls		Female	833	F55-59	33	1:07:15	3134
2677	1756	1:09:24	Michael Balls		Male	1844	MS	1031	1:07:15	3135
2678	5128	1:09:24	Brandon Broughton		Male	1845	MS	1032	1:01:20	2409
2679	3503	1:09:26	Jenna Gotts		Female	834	FS	518	1:05:17	2914
2680	5011	1:09:28	Rob Sillett		Male	1846	MS	1033	1:01:10	2383
2681	4137	1:09:28	Amanda Small		Female	835	F40-44	132	1:03:12	2660
2682	4017	1:09:28	Daniel Raven		Male	1847	MS	1034	1:03:00	2636
2683	3014	1:09:29	Emma Allright	North Norfolk Beach Runners	Female	836	F40-44	133	1:03:13	2663
2684	5114	1:09:31	Christine Wright		Female	837	F40-44	134	59:17	2105
2685	3429	1:09:31	Emily Francis		Female	838	FS	519	1:01:28	2438
2686	3442	1:09:32	Catherine Fuller		Female	839	F45-49	68	1:04:41	2835
2687	4562	1:09:33	Steven Boyd		Male	1848	M45-49	208	1:00:30	2275
2688	2398	1:09:33	Ria Markwell		Female	840	FS	520	1:03:10	2654
2689	3338	1:09:33	Jasmine Daynes		Female	841	FS	521	1:03:43	2730
2690	273	1:09:33	Chris Clow		Male	1849	MS	1035	1:01:07	2371
2691	4139	1:09:34	Steve Small		Male	1850	M55-59	89	1:03:19	2672
2692	4997	1:09:34	Donna Sayer		Female	842	FS	522	59:27	2121
2693	3511	1:09:35	Trudi Grant		Female	843	FS	523	1:04:14	2790
2694	2720	1:09:35	Matt Stuart		Male	1851	MS	1036	1:07:08	3124
2695	4310	1:09:37	Lydia Warnes		Female	844	FS	524	1:03:15	2666
2696	3335	1:09:37	Emma Dawson	Great Yarmouth Road Runners	Female	845	FS	525	1:04:41	2834
2697	3036	1:09:37	Mike Atterbury		Male	1852	MS	1037	1:03:40	2723
2698	3258	1:09:37	Holly Colebrooke		Female	846	FS	526	1:03:39	2721
2699	3165	1:09:37	Ashley Bunn		Male	1853	MS	1038	1:03:40	2724
2700	3079	1:09:38	Clare Belfield-Smith		Female	847	FS	527	1:01:25	2425

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2701	1512	1:09:39	Liz Wootton		Female	848	F50-54	64	1:03:30	2700
2702	5016	1:09:39	Ellen Sizeland		Female	849	FS	528	1:01:26	2426
2703	4969	1:09:39	Richard Read		Male	1854	M50-54	176	1:01:30	2443
2704	3465	1:09:39	David Giblett		Male	1855	M55-59	90	1:04:39	2828
2705	530	1:09:39	Anne Giblett		Female	850	F55-59	34	1:04:38	2827
2706	5528	1:09:39	Daniel Hurrell		Male	1856	MS	1039	59:17	2103
2707	4820	1:09:40	Stephanie Jayne		Female	851	FS	529	1:01:39	2460
2708	3305	1:09:42	Sean Curran		Male	1857	M45-49	209	1:02:50	2611
2709	3910	1:09:42	Aoife Ni Neachtain		Female	852	FS	530	1:03:26	2693
2710	4058	1:09:42	Scott Robinson		Male	1858	MS	1040	1:04:30	2808
2711	4234	1:09:45	Mark Thompson		Male	1859	M55-59	91	1:06:01	3003
2712	3967	1:09:45	Gemma Pearson		Female	853	FS	531	1:03:15	2667
2713	4193	1:09:46	Emma Stephenson		Female	854	FS	532	1:03:59	2758
2714	3776	1:09:47	Carole Locke		Female	855	F45-49	69	1:04:45	2844
2715	5692	1:09:48	Adam Sheppard		Male	1860	MS	1041	58:32	1987
2716	4049	1:09:48	Nicola Rivett		Female	856	F45-49	70	1:02:14	2535
2717	1307	1:09:49	Carol Stimpson		Female	857	F50-54	65	1:04:43	2838
2718	3287	1:09:49	Natasha Cox		Female	858	F40-44	135	1:03:35	2709
2719	3034	1:09:50	Sarah Atkinson		Female	859	F40-44	136	1:04:11	2782
2720	4852	1:09:51	Sam Larnder		Male	1861	MS	1042	59:39	2153
2721	3512	1:09:52	Sarah-Jayne Graves		Female	860	FS	533	1:04:43	2836
2722	1972	1:09:53	Daniel Crowe		Male	1862	MS	1043	1:01:42	2464
2723	4216	1:09:53	Mark Tanguay		Male	1863	MS	1044	1:05:04	2878
2724	4215	1:09:53	Laura Tanguay		Female	861	FS	534	1:05:05	2880
2725	5166	1:09:54	Carole White		Female	862	FS	535	1:01:44	2468
2726	3702	1:09:55	Rachele Kelsall		Female	863	F45-49	71	1:05:26	2938
2727	1956	1:09:55	Ness Coulson		Female	864	FS	536	1:07:23	3154
2728	3925	1:09:56	Frank O'Leary		Male	1864	M40-44	269	1:03:49	2744
2729	5131	1:09:58	Samantha Henry		Female	865	FS	537	1:01:45	2472
2730	4274	1:09:59	Lynne Urquhart	City of Norwich AC	Female	866	F45-49	72	1:05:53	2993
2731	3554	1:09:59	Chloe Harcourt		Female	867	FS	538	1:03:51	2745
2732	3044	1:09:59	John Bailey	Marple Runners	Male	1865	MS	1045	1:05:19	2920
2733	4172	1:09:59	Clare Sowinski		Female	868	FS	539	1:05:41	2968
2734	4731	1:09:59	Kerry Gilmore		Female	869	FS	540	59:47	2165
2735	3647	1:10:01	Claire Humphries		Female	870	F45-49	73	1:04:47	2848
2736	3965	1:10:02	Jesse Payne-Wilkins		Male	1866	MS	1046	59:58	2196
2737	1121	1:10:02	Declan Quinton		Male	1867	MS	1047	1:02:56	2629
2738	4875	1:10:02	Marc Lynas		Male	1868	M40-44	270	1:01:27	2432
2739	5132	1:10:03	Jane Hannah	Bungay Black Dog RC	Female	871	FS	541	1:01:57	2498
2740	4371	1:10:03	Kirsty Woods		Female	872	FS	542	1:01:56	2497
2741	4293	1:10:03	Ursula Walker		Female	873	F45-49	74	1:04:06	2773
2742	5137	1:10:03	Charley Smith		Female	874	FS	543	1:01:46	2475
2743	4686	1:10:04	Tracie Emerson		Female	875	F45-49	75	1:01:47	2479
2744	4214	1:10:05	Kyle Talbot		Male	1869	MS	1048	1:05:30	2946
2745	5095	1:10:05	Sheree Webster		Female	876	FS	544	1:01:26	2427
2746	3004	1:10:06	Neil Adams		Male	1870	M45-49	210	59:37	2147
2747	4863	1:10:06	Mark Lemmon		Male	1871	MS	1049	1:01:22	2413
2748	3077	1:10:06	Nicola Beevis		Female	877	F40-44	137	1:01:30	2444
2749	3109	1:10:06	Hannah Bloomfield	Reading Joggers	Female	878	FS	545	1:02:52	2620
2750	4504	1:10:07	Emma Allen		Female	879	FS	546	1:01:30	2445
2751	3847	1:10:07	Andy McLennan		Male	1872	M40-44	271	1:05:12	2900
2752	3656	1:10:07	Rachel Ijaopo		Female	880	FS	547	1:05:02	2871
2753	4758	1:10:07	Kevin Gunton		Male	1873	M50-54	177	1:01:27	2433
2754	4798	1:10:07	Emma Howard		Female	881	FS	548	1:01:16	2396
2755	2083	1:10:09	Nicola Flack		Female	882	F40-44	138	1:06:04	3013
2756	4636	1:10:12	Lee Cozens		Male	1874	MS	1050	1:01:42	2465
2757	5619	1:10:12	Alison Naylor		Female	883	FS	549	1:00:09	2221
2758	794	1:10:12	Tracy Kingsley		Female	884	F50-54	66	1:00:13	2233
2759	3814	1:10:12	Leyla Marriott	Norwich Road Runners	Female	885	FS	550	1:05:10	2894
2760	3908	1:10:12	Pippa Newman		Female	886	FS	551	1:05:10	2895
2761	2001	1:10:13	Max Dennison		Male	1875	MS	1051	1:02:04	2513
2762	3725	1:10:13	Louise Knights		Female	887	FS	552	1:05:52	2992
2763	3540	1:10:15	Kayleigh Hall		Female	888	FS	553	1:04:46	2847
2764	1576	1:10:15	Tracy Wood		Female	889	F40-44	139	1:05:14	2908
2765	4048	1:10:18	Lucy Rivett		Female	890	FS	554	1:03:28	2696
2766	1808	1:10:18	Shayney Blyth		Female	891	F45-49	76	1:07:36	3172
2767	2752	1:10:18	Hayley Thompson		Female	892	FS	555	1:07:37	3174
2768	1178	1:10:20	Sarah Rogers		Female	893	F50-54	67	1:04:01	2760
2769	3581	1:10:21	Ryan Heaphy		Male	1876	MS	1052	1:05:04	2877
2770	3920	1:10:21	Colin Oakley		Male	1877	M55-59	92	1:05:37	2959
2771	644	1:10:22	Georgia Hegarty		Female	894	F50-54	68	1:09:10	3351
2772	1400	1:10:23	Jill Walker		Female	895	F50-54	69	1:07:43	3188
2773	4694	1:10:24	Dariush Fassihi		Male	1878	MS	1053	1:02:19	2553
2774	811	1:10:25	Helen Lakey	Wymondham AC	Female	896	F60-64	17	1:09:18	3366
2775	3340	1:10:25	Louise Deacon		Female	897	FS	556	1:05:53	2994

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2776	2421	1:10:26	Robert Mckenna		Male	1879	M50-54	178	1:08:09	3240
2777	3628	1:10:27	Sarah Howe		Female	898	FS	557	1:03:55	2751
2778	4108	1:10:28	Gemma Seager		Female	899	FS	558	1:06:14	3036
2779	3353	1:10:28	Kris Dicker		Male	1880	MS	1054	1:06:19	3049
2780	3590	1:10:28	Peter Hibbit		Male	1881	M45-49	211	1:06:14	3037
2781	3797	1:10:28	Neal Luther		Male	1882	M50-54	179	1:04:31	2810
2782	5344	1:10:29	Georgia Biscaro		Female	900	FS	559	1:00:28	2271
2783	4202	1:10:30	Rachael Storr		Female	901	FS	560	1:05:40	2965
2784	2508	1:10:31	Angela O'Suillivan		Female	902	F40-44	140	1:03:10	2656
2785	3184	1:10:31	Mercedes Butler		Female	903	FS	561	1:03:04	2645
2786	4808	1:10:31	Rosie Humphrey		Female	904	FS	562	1:02:28	2564
2787	3813	1:10:32	Richard Marks		Male	1883	M55-59	93	1:05:20	2924
2788	3185	1:10:33	Tim Butler		Male	1884	M50-54	180	1:03:06	2649
2789	3095	1:10:33	Chris Bishop		Male	1885	M45-49	212	1:05:19	2921
2790	5029	1:10:33	Helen Spencer Smith		Female	905	FS	563	1:02:18	2550
2791	5117	1:10:33	Nicola Wright		Female	906	FS	564	1:02:15	2538
2792	3152	1:10:34	Roger Brown		Male	1886	M45-49	213	1:02:51	2618
2793	1797	1:10:34	Kaylie Bickle		Female	907	FS	565	1:08:28	3275
2794	940	1:10:34	Robert Mills		Male	1887	M60-64	40	1:09:53	3426
2795	3063	1:10:35	Lloyd Baxter		Male	1888	MS	1055	1:03:46	2735
2796	3096	1:10:35	Simon Bishop		Male	1889	MS	1056	1:06:02	3007
2797	4372	1:10:35	Rachael Woods		Female	908	FS	566	1:06:03	3010
2798	5703	1:10:36	Trevor Smith		Male	1890	M50-54	181	1:00:11	2227
2799	4171	1:10:37	Helen Southgate		Female	909	FS	567	1:06:20	3051
2800	2654	1:10:37	Sienna Sexton	City of Norwich AC	Female	910	FS	568	1:07:56	3216
2801	2650	1:10:39	Carla Seed		Female	911	F40-44	141	1:08:24	3268
2802	4061	1:10:40	Lynsey Rodway		Female	912	FS	569	1:04:25	2804
2803	4120	1:10:41	Cat Shelton		Female	913	FS	570	1:06:10	3029
2804	5172	1:10:42	Helen Watts		Female	914	F40-44	142	1:01:53	2491
2805	3667	1:10:43	David Jefferies		Male	1891	MS	1057	1:05:20	2922
2806	3827	1:10:43	Sam Matthews		Male	1892	MS	1058	1:03:56	2754
2807	2776	1:10:43	Amy Turner		Female	915	FS	571	1:07:12	3128
2808	5028	1:10:44	Sarah Sparkes	Bungay Black Dog RC	Female	916	F40-44	143	1:02:24	2559
2809	2520	1:10:47	Rory Potter		Male	1893	MS	1059	1:06:18	3046
2810	986	1:10:47	Hilary Murdoch		Female	917	F60-64	18	1:05:43	2972
2811	3784	1:10:48	Stewart Long		Male	1894	M45-49	214	1:04:44	2840
2812	3818	1:10:49	Gavin Martin		Male	1895	MS	1060	1:00:32	2279
2813	3339	1:10:49	Chris De Main		Male	1896	MS	1061	1:04:16	2792
2814	332	1:10:49	Colin Crouch		Male	1897	M70+	10	1:10:17	3450
2815	3674	1:10:50	Michael Jobson		Male	1898	MS	1062	1:05:09	2887
2816	4345	1:10:51	Andrew Wilkes		Male	1899	MS	1063	1:06:16	3043
2817	4749	1:10:51	Cj Green		Female	918	FS	572	1:02:36	2577
2818	2838	1:10:52	Craig Wilkins		Male	1900	MS	1064	1:08:32	3283
2819	5555	1:10:53	Pritesh Kothari		Male	1901	MS	1065	59:26	2118
2820	5439	1:10:53	Drew Durrant		Male	1902	MS	1066	1:00:38	2302
2821	3288	1:10:54	Rachael Cozens		Female	919	FS	573	1:05:04	2875
2822	3519	1:10:54	Lesley Greenwood		Female	920	FS	574	1:05:04	2876
2823	984	1:10:54	Jayne Munson		Female	921	F50-54	70	1:10:01	3433
2824	1084	1:10:56	Sharon Pitcher		Female	922	F50-54	71	1:09:49	3418
2825	3024	1:10:56	Joanna Andrews		Female	923	FS	575	1:03:24	2689
2826	3846	1:10:59	Michelle Mcknespiey		Female	924	F45-49	77	1:05:55	2997
2827	3012	1:10:59	Vivienne Allday		Female	925	FS	576	1:01:52	2489
2828	4253	1:10:59	Lucy Todd		Female	926	F40-44	144	1:03:55	2753
2829	3420	1:10:59	Karena Foreman		Female	927	FS	577	1:04:54	2853
2830	2391	1:11:00	Stuart Mann	Norwich Road Runners	Male	1903	M50-54	182	1:06:19	3048
2831	3806	1:11:00	Katherine Mann		Female	928	F40-44	145	1:06:18	3047
2832	4191	1:11:01	Helen Steele		Female	929	FS	578	1:06:43	3093
2833	3342	1:11:03	Theresa Dean		Female	930	FS	579	1:03:43	2731
2834	2082	1:11:04	Charlotte Fitzgerald		Female	931	FS	580	1:02:41	2590
2835	4667	1:11:05	Tertia Douglas		Female	932	FS	581	1:02:51	2617
2836	4239	1:11:06	Rob Thornley		Male	1904	M40-44	272	1:05:54	2995
2837	4328	1:11:06	Jason Wells		Male	1905	M40-44	273	59:20	2109
2838	4589	1:11:07	Andi Canham		Male	1906	MS	1067	59:20	2110
2839	1102	1:11:07	Sally Porter	Bure Valley Harriers	Female	933	F50-54	72	1:02:10	2527
2840	5027	1:11:09	Kevin Southwell		Male	1907	M40-44	274	1:02:57	2631
2841	5087	1:11:09	Stuart Warner		Male	1908	MS	1068	1:02:59	2634
2842	3607	1:11:09	David Holdsworth		Male	1909	MS	1069	1:05:51	2987
2843	4228	1:11:10	Nicola Teasdale		Female	934	FS	582	1:05:12	2899
2844	3811	1:11:10	Sam Margetson		Male	1910	MS	1070	1:05:12	2901
2845	3577	1:11:11	Quinton Haverson		Male	1911	M40-44	275	1:06:08	3023
2846	4344	1:11:11	Emma Wilding		Female	935	FS	583	1:06:43	3094
2847	1453	1:11:12	Dennis Wells		Male	1912	M65-69	28	1:10:02	3438
2848	3546	1:11:12	Jen Hamilton-Emery	North Norfolk Beach Runners	Female	936	F45-49	78	1:07:03	3117
2849	4939	1:11:13	Sam Payne		Female	937	FS	584	1:02:51	2619
2850	4052	1:11:14	Sally Rix		Female	938	FS	585	1:04:40	2832

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# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2851	4713	1:11:16	Gabriella Fox		Female	939	F50-54	73	1:02:59	2633
2852	2639	1:11:17	Tim Scales		Male	1913	MS	1071	1:06:08	3024
2853	4273	1:11:17	Chloe Urquhart	City of Norwich AC	Female	940	FS	586	1:07:11	3127
2854	5770	1:11:18	Lucy Woodrow		Female	941	FS	587	1:01:00	2352
2855	3980	1:11:18	Andrea Peters		Female	942	F40-44	146	1:07:16	3138
2856	5734	1:11:18	Remus Vultur		Male	1914	MS	1072	1:00:19	2248
2857	3986	1:11:19	Sarah Phillips	Waveney Valley AC	Female	943	F45-49	79	1:03:49	2742
2858	3973	1:11:19	Paul Peek	Waveney Valley AC	Male	1915	M55-59	94	1:03:49	2741
2859	350	1:11:19	Teresa Darfi		Female	944	F50-54	74	59:48	2171
2860	3989	1:11:19	Michelle Pipe		Female	945	FS	588	1:05:00	2867
2861	3722	1:11:20	Csilla Kisfoldi		Female	946	FS	589	1:07:17	3140
2862	84	1:11:20	Sarah Barley		Female	947	F50-54	75	1:10:24	3462
2863	5006	1:11:21	Jo Segasby		Female	948	F40-44	147	1:02:55	2626
2864	2220	1:11:23	Esme Hicks		Female	949	FS	590	1:03:21	2679
2865	1954	1:11:25	Glyn Cotton		Male	1916	MS	1073	1:01:20	2407
2866	5323	1:11:28	Garry Avery		Male	1917	M55-59	95	1:01:07	2372
2867	3955	1:11:28	Michael Parsons		Male	1918	MS	1074	1:05:22	2929
2868	1867	1:11:29	Jane Buck		Female	950	F40-44	148	1:08:44	3312
2869	1009	1:11:30	Tracey Nobbs		Female	951	F50-54	76	1:10:17	3453
2870	1824	1:11:30	Nerys Botwright		Female	952	F40-44	149	1:05:10	2891
2871	3011	1:11:30	Carolyn Allan		Female	953	FS	591	1:07:17	3139
2872	3228	1:11:30	Samantha Charlesworth		Female	954	F40-44	150	1:05:10	2893
2873	5168	1:11:31	Eilbhe Whelan		Female	955	FS	592	1:03:19	2673
2874	3840	1:11:31	Kate Mcintosh		Female	956	FS	593	1:05:13	2905
2875	3022	1:11:32	Anwen Andrew		Female	957	FS	594	1:05:13	2907
2876	5674	1:11:32	Aaron Russell		Male	1919	MS	1075	1:01:32	2448
2877	3319	1:11:33	Helena Daniell		Female	958	FS	595	1:03:21	2681
2878	5338	1:11:33	Martyn Bell		Male	1920	M40-44	276	1:01:31	2446
2879	3210	1:11:33	Kristian Carter		Male	1921	MS	1076	1:07:17	3141
2880	3698	1:11:33	Robyn Keers		Female	959	FS	596	1:04:39	2829
2881	3008	1:11:34	Helen Albert		Female	960	FS	597	1:05:25	2934
2882	3126	1:11:36	Hannah Boyd		Female	961	FS	598	1:02:36	2578
2883	5591	1:11:36	Maria Martinez De Alvaro		Female	962	FS	599	1:00:33	2285
2884	4701	1:11:38	Michelle Finch		Female	963	FS	600	1:01:35	2454
2885	4036	1:11:39	Julie Reynolds		Female	964	FS	601	1:05:20	2923
2886	4037	1:11:39	Phil Reynolds		Male	1922	MS	1077	1:05:21	2927
2887	1091	1:11:40	Bethany Plummer		Female	965	FS	602	1:02:37	2580
2888	3485	1:11:40	Amanda Goldsmith		Female	966	F45-49	80	1:02:52	2621
2889	3468	1:11:40	Joanne Gilding		Female	967	FS	603	1:07:37	3175
2890	994	1:11:41	Philip Neave	Bungay Black Dog RC	Male	1923	M65-69	29	1:11:07	3544
2891	3203	1:11:42	Sophie Carpenter		Female	968	FS	604	1:06:28	3061
2892	3557	1:11:42	Lucy Hardy		Female	969	F45-49	81	1:05:35	2956
2893	3336	1:11:42	Natalie Day		Female	970	FS	605	1:05:46	2978
2894	4148	1:11:43	Emily Smith		Female	971	FS	606	1:07:18	3142
2895	4847	1:11:43	Ben Lambert		Male	1924	MS	1078	1:01:32	2451
2896	5078	1:11:43	William Wadsley		Male	1925	MS	1079	1:01:32	2452
2897	5437	1:11:45	Joseph Dooley		Male	1926	MS	1080	1:01:14	2390
2898	5723	1:11:45	Robert Thorpe		Male	1927	MS	1081	1:01:05	2365
2899	3563	1:11:46	Helen Harrison		Female	972	FS	607	1:01:18	2403
2900	3821	1:11:47	Mayte Martinez		Female	973	F45-49	82	1:05:41	2967
2901	3217	1:11:47	Emma Cattermull	Bure Valley Harriers	Female	974	FS	608	1:05:21	2926
2902	4714	1:11:47	Rupert Fox		Male	1928	MS	1082	1:03:41	2728
2903	3532	1:11:48	Francis Guildea		Male	1929	M45-49	215	1:06:37	3076
2904	1585	1:11:48	Stephen West		Male	1930	M45-49	216	1:02:50	2612
2905	2665	1:11:48	Summer Simmons		Female	975	FS	609	1:08:27	3274
2906	1765	1:11:48	Victoria Barr		Female	976	F40-44	151	1:08:27	3273
2907	5311	1:11:49	Himan Amarawickrama		Male	1931	M40-44	277	1:00:23	2257
2908	5731	1:11:49	Ryan Turner		Male	1932	MS	1083	1:00:11	2229
2909	4888	1:11:50	Christopher Mccloskey		Male	1933	MS	1084	1:03:44	2733
2910	5175	1:11:50	Peter Whear		Male	1934	M50-54	183	1:01:46	2474
2911	4606	1:11:50	Ken Chung		Male	1935	M45-49	217	1:03:41	2726
2912	4605	1:11:50	Emma Chung		Female	977	FS	610	1:03:41	2727
2913	4664	1:11:50	Hannah Dolman		Female	978	FS	611	1:03:32	2704
2914	4665	1:11:50	Victoria Dolman		Female	979	FS	612	1:03:32	2703
2915	4594	1:11:51	Annelies Carver		Female	980	F40-44	152	1:03:36	2710
2916	1994	1:11:52	Salena Dawson	Wymondham AC	Female	981	F40-44	153	1:08:48	3318
2917	4811	1:11:52	Suzanne Hurn		Female	982	FS	613	1:03:36	2713
2918	3032	1:11:55	Oliver Askew		Male	1936	MS	1085	1:06:02	3004
2919	3515	1:11:55	Claire Green	Dulwich Park Runners	Female	983	F40-44	154	1:04:40	2830
2920	762	1:11:55	Paula Jordan	Dulwich Park Runners	Female	984	F50-54	77	1:04:40	2831
2921	4257	1:11:56	Stacey Townsend		Female	985	F40-44	155	1:06:35	3072
2922	3410	1:11:57	Jo Fisk	Waveney Valley AC	Female	986	F40-44	156	1:05:11	2896
2923	3081	1:11:57	Beth Bell		Female	987	FS	614	1:05:11	2897
2924	2330	1:11:57	Suzy Knights	Waveney Valley AC	Female	988	FS	615	1:05:11	2898
2925	3192	1:11:57	Melissa Bye		Female	989	FS	616	1:05:22	2928

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2926	3737	1:11:58	Will Lancefield		Male	1937	MS	1086	1:05:33	2952
2927	2635	1:11:59	Laura Savage		Female	990	FS	617	1:09:19	3367
2928	3010	1:11:59	Steven Alexander		Male	1938	M45-49	218	1:04:26	2806
2929	5720	1:11:59	Stephen Terry		Male	1939	M40-44	278	1:01:32	2450
2930	3458	1:11:59	Sophie Getley		Female	991	FS	618	1:07:37	3178
2931	4306	1:12:01	Emily Warner	Redway Runners	Female	992	FS	619	1:05:14	2909
2932	4391	1:12:03	Susana Prieto		Female	993	FS	620	1:04:34	2819
2933	65	1:12:04	Kim Balding	North Norfolk Beach Runners	Female	994	F55-59	35	1:05:47	2981
2934	3098	1:12:07	Miranda Bissonnet		Female	995	FS	621	1:05:39	2963
2935	3464	1:12:07	Steve Gibbs		Male	1940	MS	1087	1:07:31	3171
2936	5005	1:12:08	Charlotte Searle		Female	996	FS	622	1:04:06	2771
2937	4113	1:12:09	Glenn Seeger		Male	1941	MS	1088	1:06:42	3089
2938	3393	1:12:09	Briony English		Female	997	FS	623	1:06:42	3091
2939	3478	1:12:09	Clemmie Gleeson	North Norfolk Beach Runners	Female	998	FS	624	1:05:59	3001
2940	4133	1:12:10	Alice Sizeland		Female	999	FS	625	1:03:57	2755
2941	2784	1:12:10	Tanna Van Poortvliet		Female	1000	FS	626	1:03:57	2757
2942	4114	1:12:10	Amy Sewell		Female	1001	FS	627	1:02:06	2517
2943	3856	1:12:11	Lesley Mfazwe		Female	1002	F45-49	83	1:05:09	2890
2944	533	1:12:12	Valerie Gidney	City of Norwich AC	Female	1003	F50-54	78	1:07:37	3177
2945	3648	1:12:12	Natalie Humphries		Female	1004	F40-44	157	1:04:57	2858
2946	1521	1:12:12	Marc Wyrer		Male	1942	MS	1089	1:04:57	2860
2947	3431	1:12:12	Kirsty Frary		Female	1005	FS	628	1:07:47	3194
2948	3977	1:12:12	Ruth Penning		Female	1006	FS	629	1:04:57	2859
2949	5176	1:12:13	Rebecca Wass	Bungay Black Dog RC	Female	1007	FS	630	1:03:53	2748
2950	3041	1:12:14	Katie Bacon		Female	1008	FS	631	1:06:17	3044
2951	3362	1:12:16	Ian Doughy		Male	1943	M45-49	219	1:05:00	2868
2952	3697	1:12:16	Jacqueline Keeling	Wymondham AC	Female	1009	F45-49	84	1:05:40	2964
2953	3190	1:12:16	Harry Buxton		Male	1944	MS	1090	1:07:57	3217
2954	2491	1:12:17	Stefania Nobbs		Female	1010	FS	632	1:10:12	3444
2955	4683	1:12:19	Neville Edwards		Male	1945	M45-49	220	1:02:14	2534
2956	3054	1:12:20	Chris Ballam		Male	1946	M50-54	184	1:06:08	3025
2957	5154	1:12:22	John Wilson	Tri-Anglia Triathlon Club	Male	1947	M50-54	185	1:04:02	2762
2958	3758	1:12:22	Charlotte Leclair		Female	1011	FS	633	1:06:10	3026
2959	5073	1:12:24	Danielle Turrin		Female	1012	FS	634	1:02:12	2533
2960	1910	1:12:24	Iain Chettleburgh		Male	1948	M45-49	221	1:06:13	3035
2961	2593	1:12:27	Tommy Rennie		Male	1949	MS	1091	1:09:03	3336
2962	3028	1:12:27	Emma Archer		Female	1013	FS	635	1:07:06	3120
2963	2655	1:12:27	Jazmine Shalders		Female	1014	FS	636	1:09:03	3338
2964	4223	1:12:28	Luke Taylor		Male	1950	MS	1092	1:06:06	3017
2965	4222	1:12:30	Sophy Tarsey		Female	1015	F40-44	158	1:05:31	2949
2966	1002	1:12:31	Nicky Nicholls		Female	1016	F50-54	79	1:08:28	3277
2967	5644	1:12:31	Laura Porter		Female	1017	FS	637	1:02:17	2548
2968	5573	1:12:32	Marc Locke		Male	1951	MS	1093	1:02:09	2523
2969	3181	1:12:32	Allan Bush		Male	1952	MS	1094	1:05:36	2958
2970	4903	1:12:32	Heidi Milner		Female	1018	F45-49	85	1:02:30	2570
2971	5680	1:12:34	Becky Saunders		Female	1019	FS	638	1:02:21	2556
2972	3363	1:12:35	Katherine Doveston		Female	1020	FS	639	1:08:22	3264
2973	3653	1:12:36	Rachel Hutchinson		Female	1021	FS	640	1:07:30	3167
2974	3108	1:12:37	Tim Block		Male	1953	M50-54	186	1:06:16	3040
2975	3572	1:12:37	Georgina Harvey		Female	1022	FS	641	1:06:30	3066
2976	5063	1:12:40	Meg Titterton		Female	1023	FS	642	1:03:34	2708
2977	2019	1:12:42	Adrian Driver		Male	1954	M50-54	187	1:08:24	3266
2978	973	1:12:43	Claire Mortimer	Hadleigh Hares AC	Female	1024	F50-54	80	1:11:32	3584
2979	4786	1:12:43	Claire Hewett		Female	1025	F45-49	86	1:04:20	2797
2980	444	1:12:43	Margaret Faherty	Norwich Road Runners	Female	1026	F70+	3	1:12:06	3623
2981	3419	1:12:45	Dean Forbes		Male	1955	M40-44	279	1:08:14	3247
2982	4138	1:12:45	Andrew Small		Male	1956	MS	1095	1:06:28	3063
2983	4126	1:12:45	Stephen Side		Male	1957	M55-59	96	1:08:20	3258
2984	3950	1:12:46	Rob Parr		Male	1958	MS	1096	1:06:00	3002
2985	4109	1:12:46	Emma Seaman		Female	1027	FS	643	1:06:05	3016
2986	4722	1:12:46	Rachel Garrod		Female	1028	FS	644	1:04:22	2800
2987	5086	1:12:46	Deborah Warner		Female	1029	F40-44	159	1:04:22	2801
2988	5134	1:12:48	Heidi Mckay		Female	1030	F40-44	160	1:04:13	2786
2989	3629	1:12:48	Sam Howell		Female	1031	F45-49	87	1:08:01	3228
2990	3492	1:12:49	Katie Gooch		Female	1032	FS	645	1:05:50	2986
2991	4708	1:12:49	Emma Folan		Female	1033	FS	646	1:04:19	2794
2992	4945	1:12:49	Charlotte Perry		Female	1034	FS	647	1:03:21	2680
2993	944	1:12:51	Julianne Mindham		Female	1035	F50-54	81	1:11:46	3602
2994	5103	1:12:52	Emma Whiting		Female	1036	FS	648	1:02:03	2510
2995	5110	1:12:52	Dawn Wood		Female	1037	F40-44	161	1:04:02	2763
2996	2874	1:12:53	Lee Wright		Male	1959	MS	1097	1:02:50	2613
2997	5328	1:12:53	Kristina Barnard		Female	1038	FS	649	1:02:49	2608
2998	3266	1:12:54	Siobhan Conway		Female	1039	FS	650	1:05:39	2962
2999	3727	1:12:54	Richard Knode		Male	1960	M50-54	188	1:08:33	3289
3000	3802	1:12:56	Rob Mack		Male	1961	MS	1098	1:06:32	3070



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3001	4173	1:12:56	Rebecca Sowinski		Female	1040	FS	651	1:08:38	3295
3002	3960	1:12:56	James Pattison		Male	1962	MS	1099	1:08:38	3297
3003	972	1:12:57	Fiona Morrison	North Norfolk Beach Runners	Female	1041	F60-64	19	1:04:34	2820
3004	5061	1:12:57	Mandie Thorpe		Female	1042	F40-44	162	1:02:43	2594
3005	3739	1:12:58	Emma Langley		Female	1043	F40-44	163	1:05:16	2912
3006	4681	1:12:58	Joanna Durrant		Female	1044	FS	652	1:04:56	2856
3007	4085	1:12:59	Daniel Sadler		Male	1963	MS	1100	1:01:21	2410
3008	2526	1:13:02	James Park		Male	1964	M40-44	280	1:10:38	3491
3009	4616	1:13:03	Nikki Collins		Female	1045	FS	653	1:04:04	2768
3010	3491	1:13:03	James Gooch	Waveney Valley AC	Male	1965	M40-44	281	1:07:59	3223
3011	3493	1:13:04	Michaela Gooch	Waveney Valley AC	Female	1046	F45-49	88	1:07:59	3224
3012	4614	1:13:04	Jack Collins		Male	1966	MS	1101	1:04:22	2799
3013	3403	1:13:05	Rosie Farrell		Female	1047	FS	654	1:08:40	3299
3014	4615	1:13:05	Katherine Collins		Female	1048	F45-49	89	1:04:23	2803
3015	4086	1:13:05	Sophie Sadler		Female	1049	FS	655	1:06:20	3050
3016	2532	1:13:06	Shayne Paterson		Male	1967	MS	1102	1:09:39	3400
3017	3090	1:13:06	Andrew Bird		Male	1968	M55-59	97	1:07:15	3136
3018	5085	1:13:07	Elizabeth Ward		Female	1050	FS	656	1:04:31	2811
3019	2746	1:13:08	Sasha Taylor		Female	1051	FS	657	1:09:41	3405
3020	4957	1:13:08	Geoffrey Porter	Bure Valley Harriers	Male	1969	M55-59	98	1:04:11	2783
3021	3551	1:13:10	Vicky Hampson		Female	1052	FS	658	1:07:37	3176
3022	3267	1:13:11	Leanne Conyard		Female	1053	FS	659	1:08:50	3322
3023	4707	1:13:14	Samuel Flower		Male	1970	MS	1103	1:05:07	2884
3024	5123	1:13:15	Louise Young		Female	1054	FS	660	1:04:06	2772
3025	3394	1:13:15	Jane English		Female	1055	F40-44	164	1:06:57	3112
3026	3823	1:13:15	Joanne Mason		Female	1056	F45-49	90	1:08:35	3291
3027	452	1:13:17	Victoria Favish		Female	1057	F50-54	82	1:05:15	2911
3028	4859	1:13:17	Steve Lee		Male	1971	M45-49	222	1:01:48	2485
3029	3561	1:13:18	Abby Harrison		Female	1058	FS	661	1:08:47	3315
3030	4324	1:13:18	Laura Webster		Female	1059	FS	662	1:08:48	3317
3031	5162	1:13:18	Peter Scott		Male	1972	M45-49	223	1:03:04	2646
3032	4186	1:13:19	Heidi Standley		Female	1060	FS	663	1:09:06	3342
3033	3884	1:13:19	Frances Morter		Female	1061	FS	664	1:09:06	3341
3034	3381	1:13:20	Sally-Ann Edmonds		Female	1062	F45-49	91	1:08:09	3241
3035	3486	1:13:20	Amy Goldsmith		Female	1063	FS	665	1:08:16	3251
3036	5303	1:13:20	Christopher Adcock		Male	1973	M50-54	189	1:03:18	2671
3037	3559	1:13:21	Barbara Harmer		Female	1064	FS	666	1:07:46	3193
3038	4703	1:13:22	Lynn Finnemore		Female	1065	F40-44	165	1:05:21	2925
3039	5031	1:13:24	Jon Spink		Male	1974	MS	1104	1:03:16	2669
3040	3316	1:13:25	Jonathan Daly		Male	1975	MS	1105	1:06:04	3014
3041	1982	1:13:25	Daniel Dack		Male	1976	MS	1106	1:06:49	3104
3042	3360	1:13:25	Wilf Dooley		Male	1977	M55-59	99	1:02:54	2625
3043	4283	1:13:26	Rhys Vertigans		Male	1978	MS	1107	1:02:16	2543
3044	5657	1:13:26	Alice Reeve		Female	1066	FS	667	1:02:17	2546
3045	2261	1:13:29	Dave Hughes		Male	1979	MS	1108	1:06:38	3078
3046	3644	1:13:29	Christopher Hughes		Male	1980	MS	1109	1:06:38	3079
3047	3402	1:13:31	Christopher Faraday		Male	1981	MS	1110	1:06:39	3080
3048	4719	1:13:32	Zara Gardner		Female	1067	FS	668	1:04:37	2825
3049	4865	1:13:32	Sarah Levett		Female	1068	FS	669	1:05:29	2944
3050	2203	1:13:32	Chris Hawkins		Male	1982	M45-49	224	1:03:03	2644
3051	3543	1:13:32	Melanie Hambidge		Female	1069	F40-44	166	1:08:31	3281
3052	875	1:13:32	Linford Mann		Male	1983	MS	1111	1:09:08	3348
3053	3805	1:13:32	Abigail Mann		Female	1070	FS	670	1:09:07	3347
3054	4053	1:13:33	Rita Robbins		Female	1071	F45-49	92	1:08:32	3285
3055	3337	1:13:33	Vicky Day		Female	1072	F40-44	167	1:05:26	2937
3056	3728	1:13:33	Katy Knowles	Norfolk Harriers RC	Female	1073	FS	671	1:06:47	3099
3057	5531	1:13:33	Helen James		Female	1074	FS	672	1:02:31	2572
3058	5641	1:13:34	James Plunkett		Male	1984	MS	1112	1:03:12	2659
3059	3200	1:13:34	Carina Campbell-Gedge		Female	1075	FS	673	1:07:10	3125
3060	3155	1:13:35	Tonia Browning		Female	1076	F45-49	93	1:07:10	3126
3061	5035	1:13:38	Carl Staff		Male	1985	MS	1113	1:04:57	2861
3062	4296	1:13:38	Daniel Wallage		Male	1986	MS	1114	1:08:46	3314
3063	4608	1:13:39	Rebecca Clayton		Female	1077	FS	674	1:05:23	2931
3064	4985	1:13:39	Luke Robson		Male	1987	MS	1115	1:05:23	2933
3065	3445	1:13:39	Emma Fysh		Female	1078	FS	675	1:09:12	3356
3066	965	1:13:39	Lynda Moore	Norwich Road Runners	Female	1079	F60-64	20	1:10:24	3465
3067	566	1:13:39	Amanda Gray		Female	1080	F60-64	21	1:07:03	3116
3068	5122	1:13:42	Stephen Yaxley		Male	1988	M45-49	225	1:05:13	2906
3069	2027	1:13:42	Louise Duxbury		Female	1081	FS	676	1:09:00	3332
3070	4540	1:13:43	Richard Bell		Male	1989	MS	1116	1:04:35	2821
3071	4520	1:13:43	Danielle Bailey		Female	1082	FS	677	1:04:35	2822
3072	4869	1:13:43	Emma Lincoln		Female	1083	FS	678	1:05:35	2954
3073	3400	1:13:43	Alison Ewin		Female	1084	F40-44	168	1:06:10	3030
3074	4876	1:13:44	Rosanna Lynch		Female	1085	FS	679	1:05:42	2971
3075	1111	1:13:44	David Pugh		Male	1990	M65-69	30	1:12:54	3686

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3076	5732	1:13:44	Chantelle Tyrrell		Female	1086	FS	680	1:02:43	2593
3077	3855	1:13:45	Stephanie Metcalfe-Mason		Female	1087	FS	681	1:05:42	2970
3078	4943	1:13:45	Chloe Peek		Female	1088	FS	682	1:05:42	2969
3079	5508	1:13:46	Rebecca Heginbotham-Blount		Female	1089	FS	683	1:02:44	2596
3080	3183	1:13:47	Kerri-Ann Butcher		Female	1090	FS	684	1:07:05	3119
3081	5454	1:13:47	Karen Evans		Female	1091	F45-49	94	1:03:39	2720
3082	4747	1:13:50	Katherine Graham		Female	1092	FS	685	1:05:44	2976
3083	5455	1:13:50	Tina Everitt		Female	1093	FS	686	1:02:09	2522
3084	5135	1:13:51	Nikki Wigger		Female	1094	FS	687	1:03:37	2716
3085	5127	1:13:51	Emma Finn		Female	1095	FS	688	1:03:37	2714
3086	2376	1:13:51	Jessica Lunken		Female	1096	FS	689	1:10:26	3466
3087	4778	1:13:53	Charlie Harvey		Male	1991	MS	1117	1:05:28	2941
3088	5331	1:13:53	Yvonne Barrett		Female	1097	F40-44	169	1:03:25	2691
3089	3475	1:13:54	Nick Ginn		Male	1992	M45-49	226	1:06:38	3077
3090	5794	1:13:54	Luvuyo Mfazwe		Male	1993	MS	1118	1:03:05	2648
3091	3637	1:13:56	Nathan Hubbard		Male	1994	MS	1119	1:06:47	3100
3092	4656	1:13:56	Liam Davison		Male	1995	MS	1120	1:05:02	2872
3093	4662	1:13:56	Ben Dixon		Male	1996	MS	1121	1:03:49	2739
3094	4824	1:13:57	Emily Jones		Female	1098	FS	690	1:05:19	2919
3095	4727	1:13:58	Carmen Gessler-Stillman		Female	1099	FS	691	1:05:29	2943
3096	4639	1:14:00	Andy Cross		Male	1997	MS	1122	1:05:45	2977
3097	3871	1:14:00	Lucy Monk		Female	1100	FS	692	1:09:03	3337
3098	4032	1:14:02	Julie Reeves		Female	1101	F45-49	95	1:09:38	3398
3099	4536	1:14:04	Sam Bartram		Male	1998	MS	1123	1:05:35	2957
3100	3177	1:14:05	Sarah Burston		Female	1102	F40-44	170	1:06:57	3113
3101	1505	1:14:07	Simon Woods		Male	1999	M40-44	282	1:02:38	2583
3102	4866	1:14:09	Hannah Lewis		Female	1103	FS	693	1:04:03	2766
3103	4867	1:14:09	Paul Lewis		Male	2000	MS	1124	1:04:04	2767
3104	1052	1:14:09	Louise Partridge		Female	1104	F50-54	83	1:13:01	3699
3105	4201	1:14:10	Gary Stone		Male	2001	MS	1125	1:09:59	3431
3106	3206	1:14:11	Daniella Carter		Female	1105	FS	694	1:08:02	3229
3107	5320	1:14:11	Emma Arthurton		Female	1106	FS	695	1:04:10	2780
3108	4096	1:14:11	Emma Saxton		Female	1107	F45-49	96	1:08:40	3301
3109	1786	1:14:12	Sophie Bennett		Female	1108	FS	696	1:06:03	3011
3110	3238	1:14:14	Celia Clarke	Tri-Anglia Triathlon Club	Female	1109	FS	697	1:09:46	3412
3111	3550	1:14:14	Terri Hammond		Female	1110	F40-44	171	1:09:46	3414
3112	4601	1:14:15	Ian Chisholm		Male	2002	M40-44	283	1:05:14	2910
3113	864	1:14:15	Kim Lynas		Female	1111	F55-59	36	1:05:40	2966
3114	587	1:14:16	Elaine Haggarty	Great Yarmouth & District AC	Female	1112	F60-64	22	1:13:21	3723
3115	3794	1:14:16	Kim Lusher		Female	1113	FS	698	1:06:13	3034
3116	5563	1:14:17	Alice Larke		Female	1114	FS	699	1:03:51	2746
3117	4895	1:14:17	Julie Merrywest		Female	1115	FS	700	1:05:51	2988
3118	4361	1:14:18	Hannah-Rose Wiltshire		Female	1116	FS	701	1:08:25	3271
3119	4360	1:14:18	Fleur Wiltshire		Female	1117	FS	702	1:08:25	3269
3120	3449	1:14:18	Harriet Gardner		Female	1118	FS	703	1:09:21	3373
3121	4810	1:14:19	Katie Hunt		Female	1119	FS	704	1:05:47	2979
3122	3497	1:14:22	Kate Gooding		Female	1120	FS	705	1:07:30	3165
3123	3354	1:14:22	Stuart Dickerson		Male	2003	M40-44	284	1:09:20	3369
3124	5719	1:14:23	Nicola Taylor		Female	1121	FS	706	1:04:22	2802
3125	4145	1:14:25	Daniel Smith		Male	2004	MS	1126	1:06:12	3033
3126	4569	1:14:25	Kathryn Brooke		Female	1122	FS	707	1:06:12	3032
3127	5771	1:14:26	Alex Woods		Female	1123	F40-44	172	1:03:11	2658
3128	1032	1:14:26	Mary Owen		Female	1124	F65-69	5	1:09:40	3403
3129	3075	1:14:28	Claire Beckett		Female	1125	F40-44	173	1:07:52	3202
3130	3500	1:14:29	Louise Goodson		Female	1126	FS	708	1:07:07	3121
3131	3017	1:14:30	Bernadette Ambrose		Female	1127	F40-44	174	1:07:42	3185
3132	3018	1:14:30	Clive Ambrose		Male	2005	M45-49	227	1:07:42	3186
3133	4617	1:14:33	Anna Collison		Female	1128	FS	709	1:06:28	3062
3134	4582	1:14:34	Steven Burrell		Male	2006	M40-44	285	1:06:16	3042
3135	3549	1:14:34	James Hammond		Male	2007	MS	1127	1:07:47	3195
3136	5084	1:14:35	Kathryn Want		Female	1129	F45-49	97	1:05:52	2991
3137	242	1:14:36	Sue Carver		Female	1130	F55-59	37	1:12:01	3614
3138	5094	1:14:36	Marcus Webb		Male	2008	MS	1128	1:04:01	2761
3139	4740	1:14:36	Matt Goode		Male	2009	MS	1129	1:06:02	3005
3140	4918	1:14:37	Victoria Newstead		Female	1131	F40-44	175	1:04:34	2818
3141	1814	1:14:39	Louise Taylor		Female	1132	FS	710	1:09:25	3378
3142	4151	1:14:39	Heidi Smith		Female	1133	F40-44	176	1:06:57	3114
3143	3808	1:14:40	Lisa Manning		Female	1134	F40-44	177	1:10:24	3460
3144	3302	1:14:40	Salina Cambridge		Female	1135	F45-49	98	1:09:49	3419
3145	3301	1:14:40	Dave Cambridge		Male	2010	M40-44	286	1:09:49	3420
3146	3088	1:14:40	Amiee Bickel		Female	1136	FS	711	1:06:22	3055
3147	2868	1:14:40	Scott Woods		Male	2011	M45-49	228	1:10:24	3463
3148	5316	1:14:41	Lorna Annison		Female	1137	FS	712	1:04:10	2779
3149	4901	1:14:41	Laura Millican		Female	1138	FS	713	1:08:21	3261
3150	1454	1:14:42	Sandy Wells		Female	1139	F65-69	6	1:13:42	3746

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3151	4756	1:14:43	Sarah Groves		Female	1140	FS	714	1:04:33	2815
3152	3435	1:14:44	Natalie Freeman		Female	1141	FS	715	1:07:41	3183
3153	4006	1:14:46	Juliette Puig		Female	1142	FS	716	1:10:30	3477
3154	1736	1:14:46	Elsa Athanasia		Female	1143	FS	717	1:10:30	3478
3155	4767	1:14:47	Paul Hardwick		Male	2012	MS	1130	1:06:14	3038
3156	3082	1:14:47	Karen Bell		Female	1144	FS	718	1:10:30	3475
3157	5146	1:14:48	Kate Skipper		Female	1145	FS	719	1:06:04	3015
3158	4319	1:14:48	Hayley Watson		Female	1146	FS	720	1:08:31	3279
3159	3930	1:14:48	Glenn Orford		Male	2013	M45-49	229	1:09:46	3413
3160	1290	1:14:49	Graham Stafford		Male	2014	M45-49	230	1:07:43	3187
3161	4539	1:14:49	Joe Baxter		Male	2015	MS	1131	1:06:35	3071
3162	5601	1:14:49	John Mccluskey		Male	2016	MS	1132	1:03:29	2698
3163	3472	1:14:50	Helen Gilligan		Female	1147	F40-44	178	1:08:11	3244
3164	3473	1:14:50	Richard Gilligan		Male	2017	MS	1133	1:08:11	3242
3165	5799	1:14:51	Stacey Nobbs		Female	1148	FS	721	1:04:34	2817
3166	4159	1:14:52	Lucilla Smith		Female	1149	F40-44	179	1:08:16	3249
3167	1940	1:14:52	Dan Connelly		Male	2018	MS	1134	1:12:38	3667
3168	3726	1:14:55	Sarah Knights		Female	1150	F40-44	180	1:08:16	3250
3169	4380	1:14:56	Hayley Wright		Female	1151	F40-44	181	1:09:25	3380
3170	3257	1:14:56	Nicole Cole		Female	1152	F40-44	182	1:07:37	3173
3171	5039	1:14:57	Leah Stenning		Female	1153	FS	722	1:06:10	3028
3172	3938	1:14:57	Bethan Page		Female	1154	FS	723	1:08:40	3300
3173	2641	1:14:58	Sarah Schofield		Female	1155	FS	724	1:06:11	3031
3174	4745	1:14:58	Dotte Gowing		Female	1156	FS	725	1:05:57	2998
3175	3325	1:14:58	Craig Davies		Male	2019	MS	1135	1:10:27	3469
3176	4780	1:14:59	Jade Hawes		Female	1157	FS	726	1:06:41	3088
3177	5080	1:14:59	Amy Walsh		Female	1158	FS	727	1:06:40	3086
3178	4297	1:14:59	Ian Walsh	Norwich Road Runners	Male	2020	M50-54	190	1:06:40	3083
3179	5081	1:14:59	Jordan Walsh		Female	1159	FS	728	1:06:40	3085
3180	3448	1:15:00	Katy Gant		Female	1160	FS	729	1:09:00	3333
3181	3053	1:15:00	Deborah Baldwin		Female	1161	F45-49	99	1:09:39	3401
3182	5565	1:15:00	Thoang Le Thi Thanh		Female	1162	FS	730	1:03:19	2674
3183	4009	1:15:01	Freya Pywell		Female	1163	FS	731	1:10:45	3507
3184	3194	1:15:01	Hannah Byrne		Female	1164	FS	732	1:07:39	3182
3185	3885	1:15:01	Heather Morton		Female	1165	F45-49	100	1:03:21	2682
3186	3142	1:15:02	Claire Broadwater		Female	1166	FS	733	1:08:48	3316
3187	1800	1:15:02	Paul Bird	Bungay Black Dog RC	Male	2021	M50-54	191	1:12:09	3628
3188	5639	1:15:03	Rosemary Plant		Female	1167	FS	734	1:04:44	2842
3189	3538	1:15:04	Lisa Hale		Female	1168	FS	735	1:08:44	3311
3190	4321	1:15:05	Nick Watts		Male	2022	M55-59	100	1:07:56	3214
3191	3107	1:15:05	Samantha Blayney		Female	1169	FS	736	1:10:18	3455
3192	5545	1:15:06	Graham Kemp		Male	2023	MS	1136	1:04:33	2814
3193	3236	1:15:06	Sophie Clark		Female	1170	FS	737	1:08:21	3262
3194	5600	1:15:08	Dean Mccall		Male	2024	MS	1137	1:04:52	2852
3195	4397	1:15:08	Jo Cooper		Female	1171	F40-44	183	1:09:12	3357
3196	3582	1:15:08	Ruth Hedge		Female	1172	F40-44	184	1:09:12	3355
3197	3390	1:15:09	Karen Emery	North Norfolk Beach Runners	Female	1173	F45-49	101	1:08:56	3328
3198	4960	1:15:09	James Powell		Male	2025	MS	1138	1:06:20	3052
3199	4907	1:15:09	Angela Morgan		Female	1174	F45-49	102	1:05:03	2874
3200	4743	1:15:09	Sophie Goss-Garnham		Female	1175	FS	738	1:06:20	3054
3201	3272	1:15:11	James Cooke		Male	2026	M40-44	287	1:10:17	3451
3202	4924	1:15:11	John O'Halloran		Male	2027	MS	1139	1:06:24	3056
3203	5112	1:15:12	Rebecca Woods		Female	1176	FS	739	1:06:47	3101
3204	3619	1:15:12	Peter Hosking		Male	2028	MS	1140	1:06:47	3102
3205	3969	1:15:12	James Peart		Male	2029	MS	1141	1:03:34	2707
3206	4651	1:15:13	James Cushing		Male	2030	M40-44	288	1:06:55	3109
3207	859	1:15:14	Jane Lowrie	Wymondham AC	Female	1177	F50-54	84	1:08:37	3294
3208	2509	1:15:14	Denis O'Sullivan		Male	2031	M40-44	289	1:07:54	3207
3209	5687	1:15:14	Jane Seager		Female	1178	F45-49	103	1:04:55	2854
3210	5595	1:15:14	Akemi Masuda		Female	1179	F45-49	104	1:04:56	2855
3211	3526	1:15:14	Haley Griggs	Run Mummy Run	Female	1180	FS	740	1:10:57	3522
3212	4517	1:15:15	Jan August		Female	1181	F45-49	105	1:06:20	3053
3213	1218	1:15:15	Pam Sayle	City of Norwich AC	Female	1182	F60-64	23	1:06:43	3092
3214	3618	1:15:15	Ebony Hoskin		Female	1183	FS	741	1:10:59	3524
3215	5079	1:15:15	Hannah Wallace-Goodall		Female	1184	FS	742	1:06:10	3027
3216	3504	1:15:15	Jack Goy		Male	2032	MS	1142	1:10:59	3527
3217	4602	1:15:18	Melanie Chisholm		Female	1185	F45-49	106	1:05:09	2889
3218	5411	1:15:18	Suzie Cubitt		Female	1186	FS	743	1:04:57	2857
3219	4264	1:15:18	Graham Turner		Male	2033	MS	1143	1:03:40	2725
3220	4938	1:15:18	Lisa Payne		Female	1187	F40-44	185	1:06:46	3097
3221	5356	1:15:18	Rachel Boyce		Female	1188	FS	744	1:04:26	2805
3222	1016	1:15:19	Marion Nurse		Female	1189	F40-44	186	1:06:46	3098
3223	3564	1:15:19	Jo Harrison		Female	1190	FS	745	1:09:57	3428
3224	4368	1:15:21	Joe Woodley		Male	2034	MS	1144	1:10:12	3445
3225	4619	1:15:21	Sharon Colman		Female	1191	F45-49	107	1:07:03	3118

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3226	3385	1:15:22	Eve Edwards		Female	1192	FS	746	1:09:43	3411
3227	4125	1:15:22	James Side		Male	2035	MS	1145	1:10:58	3523
3228	4157	1:15:22	Louise Smith		Female	1193	FS	747	1:07:20	3148
3229	5546	1:15:22	Sheryl Kemp		Female	1194	FS	748	1:04:49	2850
3230	4856	1:15:22	Lisa Leach		Female	1195	FS	749	1:07:21	3150
3231	4873	1:15:23	Rachel Lummis		Female	1196	F45-49	108	1:07:21	3149
3232	2353	1:15:23	Mia Linehan		Female	1197	FS	750	1:04:08	2776
3233	3595	1:15:23	Lydia Hill		Female	1198	FS	751	1:10:28	3472
3234	1337	1:15:24	Shirley Taylor		Female	1199	F50-54	85	1:05:23	2932
3235	3498	1:15:24	Kevin Goodings		Male	2036	M45-49	231	1:07:58	3220
3236	3859	1:15:24	Steven Middleton		Male	2037	MS	1146	1:09:11	3354
3237	3069	1:15:26	Claire Beard		Female	1200	F40-44	187	1:11:08	3545
3238	3787	1:15:26	Donna Lorne		Female	1201	F40-44	188	1:08:59	3331
3239	5394	1:15:27	Katherine Coates		Female	1202	FS	752	1:05:17	2915
3240	3832	1:15:27	Rebecca Mayhew		Female	1203	FS	753	1:11:01	3532
3241	4535	1:15:27	Katharine Bartram		Female	1204	F40-44	189	1:06:32	3069
3242	3139	1:15:28	Vanja Briggs		Female	1205	F45-49	109	1:08:36	3292
3243	5784	1:15:29	Neil Brant		Male	2038	MS	1147	1:04:13	2785
3244	3279	1:15:29	Katherine Cooper		Female	1206	FS	754	1:07:23	3155
3245	5541	1:15:30	Richard Joyner		Male	2039	M50-54	192	1:05:18	2918
3246	1581	1:15:30	Mark Wright		Male	2040	M40-44	290	1:09:17	3365
3247	4623	1:15:31	Natasha Cooper		Female	1207	FS	755	1:07:30	3164
3248	3907	1:15:32	Caroline Newman		Female	1208	FS	756	1:09:11	3352
3249	3800	1:15:32	Colin Macewan		Male	2041	M50-54	193	1:10:28	3473
3250	1931	1:15:33	Sarah Cole		Female	1209	FS	757	1:08:42	3308
3251	279	1:15:33	Bridget Cole		Female	1210	F60-64	24	1:08:42	3309
3252	4329	1:15:36	Alan Welton		Male	2042	MS	1148	1:08:14	3248
3253	5786	1:15:38	Lisa Snary		Female	1211	F40-44	190	1:05:10	2892
3254	4800	1:15:39	Frances Howard		Female	1212	F45-49	110	1:06:40	3084
3255	4181	1:15:39	Fiona Spencer		Female	1213	F45-49	111	1:06:40	3081
3256	4914	1:15:40	Kirsty Murrell		Female	1214	FS	758	1:07:12	3129
3257	1070	1:15:40	Graham Penning		Male	2043	M65-69	31	1:14:33	3804
3258	1414	1:15:40	Mike Walters	Wymondham AC	Female	1215	FS	759	1:07:24	3158
3259	5083	1:15:40	Robyn Walters		Female	1216	FS	760	1:07:24	3156
3260	4508	1:15:40	Clare Ansbro		Female	1217	FS	761	1:05:32	2950
3261	4754	1:15:41	Paul Greenfield		Male	2044	M45-49	232	1:07:14	3130
3262	3269	1:15:42	Rory Cook		Male	2045	MS	1149	1:10:46	3510
3263	5520	1:15:42	Katie Horner		Female	1218	FS	762	1:05:35	2955
3264	5417	1:15:42	Joshua Dale		Male	2046	MS	1150	1:04:07	2774
3265	4739	1:15:42	Simon Gooch		Male	2047	MS	1151	1:06:29	3064
3266	3746	1:15:42	Helena Last		Female	1219	FS	763	1:09:21	3372
3267	3946	1:15:43	Sarah Parish		Female	1220	F40-44	191	1:09:22	3374
3268	4840	1:15:44	Vikki Kirk		Female	1221	F40-44	192	1:07:24	3159
3269	3571	1:15:44	Ellie Harvey	East Harling Sports & Social C	Female	1222	FS	764	1:10:34	3485
3270	4626	1:15:45	Paul Corder	Norwich Road Runners	Male	2048	M55-59	101	1:07:26	3161
3271	3707	1:15:48	Stephen Kennedy		Male	2049	M50-54	194	1:08:31	3280
3272	334	1:15:48	Allison Crowe		Female	1223	F50-54	86	1:10:38	3492
3273	3244	1:15:48	Simon Clarke		Male	2050	M45-49	233	1:10:40	3494
3274	4142	1:15:50	Cathryn Smith		Female	1224	FS	765	1:10:48	3514
3275	3694	1:15:50	Katie Kavanagh		Female	1225	FS	766	1:10:48	3513
3276	4050	1:15:51	Catherine Rix		Female	1226	FS	767	1:08:36	3293
3277	5395	1:15:53	Rachael Cocker		Female	1227	FS	768	1:05:30	2945
3278	3418	1:15:54	Sarah Foote	Diss and District AC	Female	1228	F45-49	112	1:08:21	3260
3279	49	1:15:55	Robert Ashton		Male	2051	M60-64	41	1:13:27	3732
3280	3514	1:15:55	Chris Green		Male	2052	M50-54	195	1:08:48	3319
3281	2159	1:15:55	Rebecca Green		Female	1229	FS	769	1:08:49	3320
3282	4599	1:15:55	Leighton Chipperfield		Male	2053	MS	1152	1:07:47	3196
3283	4600	1:15:55	Tamson Chipperfield		Female	1230	FS	770	1:07:47	3197
3284	5139	1:15:56	Maurice Vertigans		Male	2054	M65-69	32	1:04:45	2843
3285	3790	1:15:56	Ibrahim Loutfi		Male	2055	MS	1153	1:11:32	3585
3286	3377	1:15:58	Charlotte Dyball		Female	1231	FS	771	1:08:17	3255
3287	4008	1:15:58	Kate Purling		Female	1232	FS	772	1:11:03	3536
3288	3641	1:15:59	Claire Hudson		Female	1233	F40-44	193	1:09:42	3406
3289	4556	1:15:59	Sarah Blyth		Female	1234	FS	773	1:07:20	3146
3290	4266	1:15:59	Hannah Tuthill	Bungay Black Dog RC	Female	1235	FS	774	1:07:20	3147
3291	5523	1:15:59	Sophie Hudson		Female	1236	F45-49	113	1:05:27	2940
3292	732	1:16:00	Beverly Jenkins		Female	1237	F50-54	87	1:07:55	3210
3293	4821	1:16:00	Amy Jenkins		Female	1238	FS	775	1:07:55	3212
3294	4925	1:16:02	Ryan O'Hara		Male	2056	MS	1154	1:06:47	3103
3295	3083	1:16:02	Liam Bell		Male	2057	MS	1155	1:11:42	3596
3296	5013	1:16:03	Teresa Simons		Female	1239	F40-44	194	1:05:54	2996
3297	5015	1:16:03	Melanie Sinclair	Wymondham AC	Female	1240	F40-44	195	1:06:03	3012
3298	4948	1:16:04	Helen Pidgeon		Female	1241	FS	776	1:07:14	3133
3299	4947	1:16:04	Chris Pidgeon		Male	2058	MS	1156	1:07:14	3132
3300	4724	1:16:05	Steven George		Male	2059	M50-54	196	1:07:59	3226

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3301	3615	1:16:06	Suzy Horth		Female	1242	F40-44	196	1:09:20	3371
3302	4661	1:16:06	James Desborough		Male	2060	MS	1157	1:07:58	3219
3303	477	1:16:09	Catherine Foster		Female	1243	F55-59	38	1:08:04	3231
3304	4258	1:16:09	Jonathan Tozer		Male	2061	M40-44	291	1:11:44	3598
3305	4944	1:16:09	Vicki Penrose		Female	1244	FS	777	1:08:04	3232
3306	3798	1:16:10	Ross Luther-Veitch		Male	2062	MS	1158	1:10:29	3474
3307	4816	1:16:10	Manjinder Jagdev	Norwich Road Runners	Female	1245	F45-49	114	1:09:59	3429
3308	5689	1:16:10	Stephanie Segens		Female	1246	FS	778	1:05:25	2935
3309	468	1:16:11	Mervyn Flatman		Male	2063	M65-69	33	1:09:09	3350
3310	3780	1:16:11	Marianne Loke		Female	1247	F45-49	115	1:09:56	3427
3311	5480	1:16:11	Deborah Gilbert		Female	1248	FS	779	1:06:02	3006
3312	3476	1:16:12	Gemma Girdlestone		Female	1249	FS	780	1:10:24	3464
3313	1326	1:16:14	Desmonde Talbot		Female	1250	F65-69	7	1:14:06	3772
3314	4596	1:16:14	Adam Chambers		Male	2064	MS	1159	1:06:06	3019
3315	3345	1:16:15	Alison Dennis		Female	1251	FS	781	1:08:40	3302
3316	4850	1:16:15	Louise Lange		Female	1252	FS	782	1:06:07	3022
3317	4550	1:16:15	Joshua Birmingham		Male	2065	MS	1160	1:06:06	3018
3318	3058	1:16:15	Helen Barnes		Female	1253	FS	783	1:09:22	3375
3319	4210	1:16:16	Elizabeth Sumners		Female	1254	FS	784	1:09:23	3376
3320	3978	1:16:16	Charley Penwarden		Female	1255	FS	785	1:07:22	3152
3321	4568	1:16:16	Samantha Bron		Female	1256	FS	786	1:07:22	3153
3322	5637	1:16:17	Gary Pinyoun		Male	2066	M40-44	292	1:05:48	2983
3323	1355	1:16:17	Mavis Thomson		Female	1257	F60-64	25	1:08:06	3237
3324	3536	1:16:20	Catherine Hale		Female	1258	FS	787	1:11:23	3572
3325	3232	1:16:22	Mei-Ling Choi		Female	1259	FS	788	1:10:32	3481
3326	5522	1:16:22	Rebecca Howard		Female	1260	FS	789	1:06:02	3009
3327	4076	1:16:25	Sonia Rush		Female	1261	F40-44	197	1:09:28	3383
3328	3606	1:16:25	Abby Holden		Female	1262	FS	790	1:09:07	3346
3329	770	1:16:26	Pete Kelley		Male	2067	M65-69	34	1:14:04	3771
3330	4695	1:16:27	Simon Faure	Norwich Road Runners	Male	2068	M50-54	197	1:08:07	3239
3331	3495	1:16:28	Rebecca Goodenough		Female	1263	FS	791	1:09:07	3345
3332	2145	1:16:28	Richard Goodenough		Male	2069	MS	1161	1:09:07	3344
3333	3639	1:16:28	Rachel Hubbard		Female	1264	FS	792	1:09:20	3368
3334	4542	1:16:28	Jack Bentley		Male	2070	MS	1162	1:07:26	3160
3335	5140	1:16:29	Karen Dawson	Norwich Road Runners	Female	1265	F50-54	88	1:08:18	3257
3336	5413	1:16:29	Emma Curran		Female	1266	F40-44	198	1:05:12	2904
3337	1306	1:16:30	Wendy Stewart		Female	1267	F50-54	89	1:08:17	3253
3338	3129	1:16:31	Jo Brakenbury		Female	1268	FS	793	1:06:07	3021
3339	338	1:16:31	Julie Cullum		Female	1269	F50-54	90	1:10:20	3458
3340	4353	1:16:31	Melita Willis		Female	1270	F40-44	199	1:06:16	3041
3341	4543	1:16:31	John Bentley		Male	2071	M50-54	198	1:07:29	3163
3342	4574	1:16:32	Josh Brown		Male	2072	MS	1163	1:07:48	3199
3343	2673	1:16:33	Louise Slaughter		Female	1271	FS	794	1:07:39	3181
3344	5100	1:16:34	Paula Weston		Female	1272	F40-44	200	1:07:39	3180
3345	4763	1:16:34	Jessica Hamilton		Female	1273	FS	795	1:08:03	3230
3346	3929	1:16:34	Steven O'Reilly		Male	2073	MS	1164	1:06:26	3060
3347	2101	1:16:35	Marie Fowle	Run Mummy Run	Female	1274	FS	796	1:13:12	3716
3348	3869	1:16:35	Ruth Mitchell		Female	1275	F45-49	116	1:09:35	3393
3349	3868	1:16:35	Gemma Mitchell		Female	1276	FS	797	1:09:35	3392
3350	3988	1:16:35	Joanne Pipe		Female	1277	FS	798	1:11:57	3610
3351	4779	1:16:36	Emma Hauserman		Female	1278	FS	799	1:07:30	3166
3352	174	1:16:37	Freddie Brennan		Female	1279	F50-54	91	1:16:18	3880
3353	3178	1:16:37	Rachel Burt		Female	1280	FS	800	1:12:30	3658
3354	4910	1:16:38	Stewart Muller		Male	2074	MS	1165	1:08:07	3238
3355	4237	1:16:39	Anne Thomson		Female	1281	F40-44	201	1:09:43	3408
3356	5109	1:16:40	Louise Wiseman		Female	1282	F40-44	202	1:06:25	3057
3357	2091	1:16:41	Livvy Flynn		Female	1283	FS	801	1:13:10	3713
3358	4793	1:16:42	Emma Holmes	100 Marathon Club	Female	1284	FS	802	1:05:34	2953
3359	218	1:16:43	Sue Burt		Female	1285	F60-64	26	1:12:36	3666
3360	3552	1:16:44	Alex Hand		Female	1286	FS	803	1:10:26	3467
3361	3661	1:16:45	Bob Jack	Bungay Black Dog RC	Male	2075	M55-59	102	1:10:13	3446
3362	3035	1:16:47	Nicola Atter		Female	1287	FS	804	1:12:01	3615
3363	3610	1:16:48	Paul Holton		Male	2076	MS	1166	1:10:33	3483
3364	5618	1:16:48	Monika Mydlarz		Female	1288	FS	805	1:05:52	2990
3365	1558	1:16:50	Andrea Curson		Female	1289	FS	806	1:09:16	3363
3366	3186	1:16:50	Andrew Buttress		Male	2077	M50-54	199	1:10:59	3528
3367	4843	1:16:51	Chris Kozlik		Male	2078	M50-54	200	1:06:56	3111
3368	1310	1:16:52	Martin Stirna	South Cheshire Harriers	Male	2079	M60-64	42	1:06:36	3075
3369	3890	1:16:52	Chris Mulligan		Male	2080	MS	1167	1:12:50	3682
3370	5503	1:16:54	James Harvey		Male	2081	MS	1168	1:05:49	2984
3371	3534	1:16:54	John Guymer		Male	2082	M55-59	103	1:10:37	3490
3372	5735	1:16:54	Grace Walden		Female	1290	FS	807	1:05:50	2985
3373	5788	1:16:54	Nicholas Emerick		Male	2083	M50-54	201	1:05:47	2980
3374	5787	1:16:55	Nicola Kibble		Female	1291	F50-54	92	1:05:48	2982
3375	3542	1:16:56	Laura Halstead		Female	1292	FS	808	1:09:27	3381

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3376	3306	1:16:56	Ashley Curry		Male	2084	M45-49	234	1:10:32	3482
3377	4829	1:16:58	Helen Kennedy		Female	1293	FS	809	1:06:42	3090
3378	4728	1:16:58	Colleen Giacomelli		Female	1294	F40-44	203	1:08:13	3246
3379	4857	1:16:59	Gabrielle Lee		Female	1295	F45-49	117	1:07:43	3189
3380	5157	1:16:59	Lisa Wright		Female	1296	FS	810	1:07:54	3208
3381	3937	1:17:00	Julianne Pachico		Female	1297	FS	811	1:09:46	3415
3382	3883	1:17:00	Peter Morris		Male	2085	MS	1169	1:11:53	3607
3383	4062	1:17:00	Matthew Roll		Male	2086	MS	1170	1:10:44	3504
3384	3714	1:17:01	Wayne Kett		Male	2087	MS	1171	1:12:39	3671
3385	3713	1:17:01	Lisa Kett		Female	1298	FS	812	1:12:40	3672
3386	3984	1:17:02	Anna Phillips		Female	1299	FS	813	1:06:36	3074
3387	5494	1:17:02	Demelza Hammond		Female	1300	FS	814	1:06:36	3073
3388	1127	1:17:03	Andrea Ramsden		Female	1301	F50-54	93	1:12:16	3637
3389	5685	1:17:03	Glen Scott		Male	2088	MS	1172	1:06:40	3082
3390	5001	1:17:03	Claire Scott		Female	1302	F45-49	118	1:08:41	3306
3391	5055	1:17:05	Leigh Taylor		Male	2089	M40-44	293	1:08:54	3326
3392	4981	1:17:06	Jordane Roberts		Female	1303	FS	815	1:08:30	3278
3393	4994	1:17:06	Joanna Rudram		Female	1304	FS	816	1:06:56	3110
3394	178	1:17:08	Pat Brightman	Great Yarmouth & District AC	Female	1305	F60-64	27	1:16:12	3878
3395	4292	1:17:08	Lauren Walker		Female	1306	FS	817	1:10:14	3447
3396	5024	1:17:09	Rachel Smith		Female	1307	F40-44	204	1:07:53	3204
3397	4845	1:17:09	Norman Lamb		Male	2090	M55-59	104	1:08:43	3310
3398	5645	1:17:09	Rachel Potter		Female	1308	FS	818	1:07:07	3123
3399	5025	1:17:10	Louise Somner		Female	1309	F45-49	119	1:08:24	3267
3400	573	1:17:10	Lyn Greiller		Female	1310	F50-54	94	1:16:03	3869
3401	5535	1:17:12	Fern Jest		Female	1311	F40-44	205	1:06:50	3105
3402	5136	1:17:12	Karren Dix	Norwich Road Runners	Female	1312	F50-54	95	1:09:06	3340
3403	3839	1:17:13	Will Mcdaniel		Male	2091	MS	1173	1:08:12	3245
3404	4524	1:17:14	Richard Baines		Male	2092	MS	1174	1:09:05	3339
3405	4226	1:17:15	Toni Taylor		Female	1313	FS	819	1:12:15	3635
3406	3290	1:17:16	Lisa Craggs		Female	1314	FS	820	1:11:10	3547
3407	3248	1:17:16	John Clements		Male	2093	MS	1175	1:09:40	3404
3408	5628	1:17:19	Daniel Oakenfold		Male	2094	MS	1176	1:06:06	3020
3409	4984	1:17:20	Sarah Robertson		Female	1315	FS	821	1:08:53	3325
3410	351	1:17:22	Sally Davenport		Female	1316	F55-59	39	1:08:59	3330
3411	3732	1:17:23	Yvonne Laird		Female	1317	FS	822	1:10:10	3442
3412	5130	1:17:23	Karen O'Donoghue		Female	1318	FS	823	1:07:24	3157
3413	4772	1:17:23	Anna Harrison		Female	1319	FS	824	1:08:25	3270
3414	5570	1:17:27	Lucie Legg		Female	1320	F40-44	206	1:06:25	3059
3415	5335	1:17:27	Tracey Bayliss		Female	1321	F45-49	120	1:06:25	3058
3416	548	1:17:28	Brian Gooda		Male	2095	M60-64	43	1:11:05	3540
3417	5769	1:17:32	James Woodcock		Male	2096	M55-59	105	1:06:41	3087
3418	5780	1:17:32	Tania Figueiredo		Female	1322	F40-44	207	1:06:43	3096
3419	5380	1:17:33	Tanya Cable		Female	1323	FS	825	1:07:19	3143
3420	5792	1:17:34	Amelia Hunt		Female	1324	F45-49	121	1:06:30	3065
3421	1390	1:17:34	Anne Varley		Female	1325	F60-64	28	1:07:31	3169
3422	4992	1:17:34	Abi Rudd		Female	1326	FS	826	1:06:31	3068
3423	4220	1:17:35	Nick Tarrant		Male	2097	M50-54	202	1:11:33	3587
3424	4398	1:17:36	Charlotte Gurney		Female	1327	FS	827	1:11:03	3534
3425	3966	1:17:36	Andy Pearson		Male	2098	MS	1177	1:12:27	3652
3426	4587	1:17:38	Ali Calvert		Female	1328	F45-49	122	1:08:17	3254
3427	4889	1:17:38	Lucinda Mccombe		Male	2099	MS	1178	1:07:31	3168
3428	3912	1:17:39	Owen Nicholls	100 Marathon Club	Male	2100	MS	1179	1:08:28	3276
3429	3304	1:17:40	Caroline Curran		Female	1329	FS	828	1:10:46	3512
3430	844	1:17:41	Sophie Leney		Female	1330	F50-54	96	1:11:04	3538
3431	3645	1:17:42	Jonny Hughes		Male	2101	MS	1180	1:10:41	3497
3432	4788	1:17:42	Caroline Hill		Female	1331	FS	829	1:08:56	3327
3433	4795	1:17:42	Ali Hood		Female	1332	F40-44	208	1:09:28	3384
3434	5173	1:17:43	Rachael Brown		Female	1333	F40-44	209	1:07:41	3184
3435	5612	1:17:44	Kerry Morrison		Female	1334	FS	830	1:07:00	3115
3436	3588	1:17:44	Marcus Herges		Male	2102	MS	1181	1:10:54	3519
3437	709	1:17:44	Maxine Hunt		Female	1335	F50-54	97	1:16:36	3892
3438	5038	1:17:45	Julie Stearman		Female	1336	F45-49	123	1:09:34	3390
3439	5733	1:17:45	Darren Utting		Male	2103	M45-49	235	1:07:31	3170
3440	5717	1:17:46	Ceri Sumner		Female	1337	FS	831	1:07:28	3162
3441	2132	1:17:48	Hannah Gibson		Female	1338	FS	832	1:13:31	3735
3442	3882	1:17:49	Lynda Morris	Bentham Beagles Running Club	Female	1339	F45-49	124	1:11:21	3571
3443	5304	1:17:49	Emma Adcock		Female	1340	F40-44	210	1:06:53	3107
3444	1884	1:17:52	Clarice Campbell	Wymondham AC	Female	1341	F40-44	211	1:11:15	3560
3445	2570	1:17:53	Bethany Prentice		Female	1342	FS	833	1:10:34	3486
3446	3631	1:18:00	Graham Howlett		Male	2104	M45-49	236	1:11:40	3592
3447	939	1:18:02	Donna Mills		Female	1343	F50-54	98	1:14:51	3821
3448	1499	1:18:03	Sonia Witham		Female	1344	F40-44	212	1:13:03	3703
3449	4127	1:18:03	Jane Sidebottom		Female	1345	FS	834	1:07:49	3200
3450	3490	1:18:03	Danielle Goch		Female	1346	FS	835	1:09:59	3430

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3451	4689	1:18:04	Ann Evans		Female	1347	FS	836	1:07:50	3201
3452	5368	1:18:06	Theo Burne		Male	2105	MS	1182	1:06:51	3106
3453	4588	1:18:07	Cesar Jr Campomanes		Male	2106	M45-49	237	1:09:53	3424
3454	1760	1:18:08	Mathew Bardwell		Male	2107	M40-44	294	1:15:47	3853
3455	814	1:18:08	Mary Lamb		Female	1348	F55-59	40	1:09:42	3407
3456	4717	1:18:09	Kerrie Gallagher		Female	1349	FS	837	1:10:02	3437
3457	4839	1:18:09	Richard King		Male	2108	M40-44	295	1:10:02	3435
3458	5407	1:18:09	James Croft		Male	2109	M40-44	296	1:06:54	3108
3459	5149	1:18:09	Jordan Cowell		Male	2110	MS	1183	1:10:04	3441
3460	4132	1:18:11	Esther Sinclair-Russell		Female	1350	FS	838	1:07:47	3198
3461	4659	1:18:11	Thomas Dennis		Male	2111	MS	1184	1:09:09	3349
3462	4564	1:18:12	Benjamin Branfield		Male	2112	MS	1185	1:09:49	3417
3463	3990	1:18:13	Verity Plant		Female	1351	FS	839	1:12:24	3646
3464	3246	1:18:13	Jo Clayton		Female	1352	FS	840	1:12:24	3647
3465	4989	1:18:14	Holly Rous		Female	1353	FS	841	1:07:53	3205
3466	5357	1:18:14	Matthew Bray		Male	2113	MS	1186	1:07:53	3206
3467	244	1:18:16	Hazel Cason	Dereham Runners & AC	Female	1354	F60-64	29	1:09:28	3385
3468	4366	1:18:17	Lucy Wood		Female	1355	FS	842	1:07:56	3215
3469	5082	1:18:17	Amy Walters		Female	1356	FS	843	1:07:57	3218
3470	5436	1:18:18	Damien Distill		Male	2114	MS	1187	1:07:55	3211
3471	5712	1:18:20	Karen Stimpson		Female	1357	FS	844	1:07:14	3131
3472	5646	1:18:21	Debbie Powles		Female	1358	F45-49	125	1:07:45	3192
3473	1199	1:18:21	Karen Ruthven		Female	1359	F55-59	41	1:17:56	3949
3474	4033	1:18:22	Kim Reeves		Female	1360	FS	845	1:14:12	3778
3475	4031	1:18:22	Amanda Reeves		Female	1361	F50-54	99	1:14:12	3779
3476	1863	1:18:23	Spencer Brown		Male	2115	MS	1188	1:09:24	3377
3477	5177	1:18:25	Megan Whitney		Female	1362	FS	846	1:10:01	3432
3478	4577	1:18:26	Martina Browne		Female	1363	F45-49	126	1:08:22	3263
3479	5768	1:18:26	Lewis Wood		Male	2116	MS	1189	1:07:45	3191
3480	4946	1:18:27	Elizabeth Phillips		Female	1364	FS	847	1:09:36	3394
3481	4968	1:18:27	Tom Ray		Male	2117	MS	1190	1:08:21	3259
3482	5599	1:18:28	Nigel Mayes		Male	2118	M40-44	297	1:08:06	3235
3483	2373	1:18:28	Blaine Lowthorpe		Male	2119	MS	1191	1:08:06	3234
3484	3522	1:18:28	Suzanne Grieverson-James		Female	1365	F40-44	213	1:09:20	3370
3485	5610	1:18:30	Lea Morgan		Male	2120	M40-44	298	1:07:54	3209
3486	5377	1:18:31	Natasha Butler		Female	1366	FS	848	1:08:11	3243
3487	3282	1:18:32	Jenny Corser		Female	1367	FS	849	1:12:09	3629
3488	3253	1:18:33	Dan Cobbett		Male	2121	M40-44	299	1:08:26	3272
3489	4711	1:18:33	Laura Foster		Female	1368	FS	850	1:10:30	3476
3490	3816	1:18:35	Melissa Martell		Female	1369	FS	851	1:09:25	3379
3491	3276	1:18:35	Christopher Cooper		Male	2122	MS	1192	1:13:08	3710
3492	3463	1:18:35	Nell Gibbs		Female	1370	FS	852	1:13:09	3711
3493	4871	1:18:37	Chloe Locke		Female	1371	FS	853	1:08:31	3282
3494	3638	1:18:37	Neil Hubbard		Male	2123	M50-54	203	1:13:02	3702
3495	4525	1:18:39	Jane Baker		Female	1372	F40-44	214	1:10:31	3479
3496	3703	1:18:39	Ruth Kemp		Female	1373	FS	854	1:11:20	3570
3497	4712	1:18:40	Paul Fowler		Male	2124	M45-49	238	1:10:24	3461
3498	4118	1:18:45	Amy Shawcross	Wymondham AC	Female	1374	FS	855	1:11:25	3575
3499	1200	1:18:45	John Rutkowski		Male	2125	M65-69	35	1:14:40	3815
3500	761	1:18:45	Stephanie Jones		Female	1375	FS	856	1:11:11	3549
3501	3734	1:18:45	Emma Lamb		Female	1376	FS	857	1:12:16	3636
3502	3735	1:18:46	Kevin Lamb		Male	2126	M40-44	300	1:12:16	3638
3503	4506	1:18:47	Jocelyn Anderson-Wood		Female	1377	FS	858	1:08:38	3296
3504	5629	1:18:48	Lucy O'Mara		Female	1378	FS	859	1:07:19	3144
3505	3562	1:18:50	Emma Harrison		Female	1379	FS	860	1:11:27	3579
3506	4555	1:18:50	Britt Blokker		Female	1380	FS	861	1:10:11	3443
3507	281	1:18:51	Kevin Cole		Male	2127	M60-64	44	1:11:58	3611
3508	5398	1:18:51	Anna Collins		Female	1381	FS	862	1:08:23	3265
3509	5738	1:18:52	Clare Walton		Female	1382	FS	863	1:08:33	3288
3510	4001	1:18:53	Stephen Powers		Male	2128	MS	1193	1:12:51	3683
3511	5511	1:18:56	Stephen Hewett		Male	2129	M50-54	204	1:08:00	3227
3512	5096	1:18:58	Claire Wells	North Norfolk Beach Runners	Female	1383	FS	864	1:10:18	3454
3513	3853	1:18:59	Claire Merrilees		Female	1384	FS	865	1:14:38	3812
3514	3275	1:19:00	Alexandra Cooper		Female	1385	FS	866	1:12:39	3670
3515	4387	1:19:00	Deborah Young		Female	1386	FS	867	1:14:40	3814
3516	4966	1:19:00	Mark Randall		Male	2130	M45-49	239	1:10:31	3480
3517	3233	1:19:02	Kate Christopher		Female	1387	FS	868	1:14:41	3816
3518	5493	1:19:04	Michael Hallett		Male	2131	MS	1194	1:08:17	3256
3519	1799	1:19:04	Philippa Bindley		Female	1388	FS	869	1:15:34	3845
3520	4308	1:19:04	Michala Warner		Female	1389	F40-44	215	1:12:06	3622
3521	4757	1:19:04	Trevor Groves		Male	2132	M55-59	106	1:10:45	3506
3522	2764	1:19:05	Michael Townsend		Male	2133	MS	1195	1:15:37	3847
3523	3223	1:19:05	Craig Chandler		Male	2134	MS	1196	1:12:06	3621
3524	3691	1:19:05	Charmaine Chandler		Female	1390	FS	870	1:12:05	3620
3525	3068	1:19:05	Gary Chandler		Male	2135	M50-54	205	1:12:05	3619

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3526	5548	1:19:06	Adele Kermode-Robb		Female	1391	FS	871	1:07:56	3213
3527	4529	1:19:07	Lucy Barrett		Female	1392	FS	872	1:09:37	3395
3528	3265	1:19:07	Terrie Consterdine		Female	1393	FS	873	1:13:12	3717
3529	4896	1:19:08	Harriet Miah	100 Marathon Club	Female	1394	FS	874	1:08:41	3304
3530	5614	1:19:08	Adrian Munn		Male	2136	M45-49	240	1:08:53	3323
3531	3197	1:19:08	Laura Calnan		Female	1395	FS	875	1:14:51	3820
3532	4842	1:19:09	Aimee Konieczny		Female	1396	FS	876	1:08:59	3329
3533	5410	1:19:09	Joe Cruse		Male	2137	MS	1197	1:07:22	3151
3534	2100	1:19:11	Tina Foster	Norwich Road Runners	Female	1397	F45-49	127	1:09:01	3334
3535	5487	1:19:11	Tom Greenhill		Male	2138	MS	1198	1:08:50	3321
3536	5056	1:19:11	Tommy Taylor		Male	2139	MS	1199	1:10:27	3470
3537	4693	1:19:13	Sarah Falkingham		Female	1398	FS	877	1:11:09	3546
3538	3999	1:19:14	Holly Postle		Female	1399	FS	878	1:14:25	3793
3539	3517	1:19:14	Lynn Greenfield		Female	1400	F40-44	216	1:14:25	3794
3540	4955	1:19:16	Mandy Pooley		Female	1401	F40-44	217	1:11:05	3542
3541	4956	1:19:16	Stuart Pooley		Male	2140	M40-44	301	1:11:05	3543
3542	5499	1:19:18	Kerry Harper		Female	1402	F40-44	218	1:09:14	3360
3543	3389	1:19:18	George Ellis		Male	2141	MS	1200	1:10:42	3498
3544	4725	1:19:18	Vicky George		Female	1403	F45-49	128	1:11:03	3533
3545	3569	1:19:18	Marie Hartley		Female	1404	F45-49	129	1:11:03	3535
3546	4922	1:19:19	Karen Norman		Female	1405	FS	879	1:11:01	3531
3547	4356	1:19:23	Linda Wills-Gillings		Female	1406	F40-44	219	1:12:08	3624
3548	3133	1:19:24	Priscilla Branchu		Female	1407	FS	880	1:13:12	3715
3549	4187	1:19:26	Bethany Stapleton		Female	1408	FS	881	1:12:41	3675
3550	3397	1:19:26	Charlotte Evans		Female	1409	FS	882	1:12:41	3676
3551	4679	1:19:26	Martyn Dunsdon		Male	2142	MS	1201	1:10:19	3457
3552	4247	1:19:27	Katie Tierney		Female	1410	FS	883	1:12:27	3651
3553	4339	1:19:27	Jean Whiting		Female	1411	F45-49	130	1:12:08	3627
3554	5004	1:19:28	Sarah Scott		Female	1412	FS	884	1:09:14	3361
3555	3070	1:19:30	Tim Beard		Male	2143	MS	1202	1:13:08	3708
3556	5124	1:19:31	Melanie Young		Female	1413	FS	885	1:10:43	3501
3557	2010	1:19:31	Karl Dodgson		Male	2144	M40-44	302	1:10:44	3503
3558	3906	1:19:32	Ruth Newing		Female	1414	FS	886	1:13:10	3712
3559	5160	1:19:32	Toby Embleton		Male	2145	MS	1203	1:09:29	3386
3560	4545	1:19:33	Emily Benton		Female	1415	FS	887	1:09:11	3353
3561	5764	1:19:34	Stephen Wingrove		Male	2146	M40-44	303	1:09:07	3343
3562	5009	1:19:35	Helen Shepherd		Female	1416	FS	888	1:09:34	3389
3563	5722	1:19:35	Jo Thompson		Female	1417	F45-49	131	1:08:17	3252
3564	5670	1:19:36	Caroline Rothschild		Female	1418	FS	889	1:09:15	3362
3565	5459	1:19:37	Emma-Louise Fern		Female	1419	F45-49	132	1:08:41	3303
3566	5007	1:19:37	Ayman Sharief		Male	2147	MS	1204	1:11:14	3559
3567	5789	1:19:39	Tom Leigh		Male	2148	MS	1205	1:08:33	3286
3568	3392	1:19:41	Alecs Engling		Female	1420	FS	890	1:15:04	3825
3569	2695	1:19:41	Austin Spence		Male	2149	MS	1206	1:15:04	3826
3570	4531	1:19:42	Paul Barrett		Male	2150	M45-49	241	1:11:33	3588
3571	2544	1:19:43	Joanne Pendergast		Female	1421	FS	891	1:12:24	3645
3572	4645	1:19:45	Chester Curtis		Male	2151	MS	1207	1:10:44	3505
3573	3763	1:19:45	Rob Leigh		Male	2152	M45-49	242	1:08:39	3298
3574	4715	1:19:45	Sophie Franklin		Female	1422	FS	892	1:10:59	3526
3575	3067	1:19:45	Christine Beake		Female	1423	F40-44	220	1:13:28	3734
3576	2318	1:19:46	Simon Killingback		Male	2153	MS	1208	1:10:59	3529
3577	4646	1:19:47	Joey Curtis		Female	1424	FS	893	1:10:46	3509
3578	4121	1:19:47	Clare Shelton		Female	1425	FS	894	1:12:57	3693
3579	4269	1:19:49	Nicola Twaites		Female	1426	FS	895	1:08:53	3324
3580	4546	1:19:51	Claire Berridge		Female	1427	FS	896	1:08:41	3307
3581	5422	1:19:51	Justine Davenport		Female	1428	F45-49	133	1:08:41	3305
3582	2475	1:19:51	Phillippa Marsh		Female	1429	FS	897	1:13:44	3747
3583	4018	1:19:51	James Rawlins		Male	2154	MS	1209	1:11:42	3594
3584	5375	1:19:54	Joseph Bush		Male	2155	MS	1210	1:09:31	3387
3585	5476	1:19:54	Hannah Garner		Female	1430	FS	898	1:09:31	3388
3586	5098	1:19:55	Richard West	North Norfolk Beach Runners	Male	2156	M45-49	243	1:11:15	3561
3587	3710	1:19:55	Matt Kent		Male	2157	MS	1211	1:12:32	3660
3588	4988	1:19:56	Lindsay Rose		Female	1431	FS	899	1:09:43	3409
3589	4732	1:19:56	Shona Gilmore		Female	1432	FS	900	1:09:43	3410
3590	5550	1:19:57	Andrew Kerrison		Male	2158	M40-44	304	1:09:53	3425
3591	3809	1:19:58	Melanie Manson		Female	1433	F40-44	221	1:13:31	3737
3592	5067	1:19:59	Gabrielle Tregidga		Female	1434	FS	901	1:10:50	3516
3593	3350	1:19:59	Nilixa Devlukia		Female	1435	F45-49	134	1:09:02	3335
3594	5453	1:19:59	Jonathan Evans		Male	2159	MS	1212	1:09:50	3421
3595	3777	1:20:02	Klaire Locke		Female	1436	FS	902	1:09:40	3402
3596	427	1:20:02	Maureen England	Great Yarmouth & District AC	Female	1437	F70+	4	1:13:48	3753
3597	631	1:20:04	Thomas Harvey		Male	2160	MS	1213	1:10:03	3440
3598	5034	1:20:04	Lauren Squence		Female	1438	FS	903	1:10:02	3439
3599	5447	1:20:05	Kath Ellis		Female	1439	F40-44	222	1:10:02	3436
3600	4741	1:20:06	Julian Goodrum		Male	2161	M40-44	305	1:11:45	3599



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3601	3513	1:20:07	Bethany Gray		Female	1440	FS	904	1:14:41	3817
3602	4706	1:20:07	Rachel Flatt		Female	1441	F40-44	223	1:11:19	3568
3603	4230	1:20:09	Lloyd Thomas		Male	2162	MS	1214	1:12:48	3681
3604	3945	1:20:09	Jennifer Panting		Female	1442	FS	905	1:12:47	3680
3605	5642	1:20:09	Carl Polley		Male	2163	MS	1215	1:08:32	3284
3606	5414	1:20:10	Ross Curran		Male	2164	MS	1216	1:08:33	3287
3607	4613	1:20:11	Alice Collier		Female	1443	FS	906	1:09:47	3416
3608	3733	1:20:11	Andrew Lamb		Male	2165	MS	1217	1:13:11	3714
3609	328	1:20:12	Sheila Crisp		Female	1444	F55-59	42	1:11:18	3566
3610	7	1:20:12	Teresa Abel		Female	1445	F50-54	100	1:16:49	3906
3611	5530	1:20:12	Rory Ives		Male	2166	MS	1218	1:09:37	3396
3612	3341	1:20:12	Sarah Deacon	Run@Willis	Female	1446	FS	907	1:13:37	3743
3613	4055	1:20:12	Keely Roberts		Female	1447	F40-44	224	1:08:34	3290
3614	5626	1:20:13	Terry Norman		Male	2167	M55-59	107	1:09:27	3382
3615	4880	1:20:15	Sarah Man		Female	1448	FS	908	1:11:55	3608
3616	3975	1:20:16	Iliana Peneva		Female	1449	FS	909	1:14:17	3781
3617	5043	1:20:18	Fran Stone		Female	1450	FS	910	1:12:13	3634
3618	4653	1:20:21	Nigel Dale		Male	2168	M45-49	244	1:10:52	3518
3619	3057	1:20:21	Wendy Barker		Female	1451	F45-49	135	1:15:33	3843
3620	1834	1:20:24	Mandy Bradfield		Female	1452	FS	911	1:11:12	3557
3621	4993	1:20:24	Shuna Rudd		Female	1453	FS	912	1:11:11	3551
3622	4603	1:20:24	Sarah Chow		Female	1454	FS	913	1:11:12	3558
3623	4823	1:20:24	Lisa Johnson		Female	1455	FS	914	1:11:12	3556
3624	4846	1:20:25	Sophie Lamb		Female	1456	FS	915	1:12:08	3626
3625	4650	1:20:25	Debbie Cushing		Female	1457	F40-44	225	1:12:08	3625
3626	5697	1:20:27	Ben Smith		Male	2169	M40-44	306	1:09:13	3358
3627	5701	1:20:27	Sam Smith		Female	1458	F40-44	226	1:09:13	3359
3628	4026	1:20:32	Mark Reed		Male	2170	M45-49	245	1:13:14	3719
3629	4657	1:20:36	Stephen Daykin		Male	2171	M55-59	108	1:10:23	3459
3630	4567	1:20:36	Julie Bromfield		Female	1459	F40-44	227	1:11:28	3580
3631	358	1:20:36	Mary Daykin		Female	1460	F60-64	30	1:10:26	3468
3632	4815	1:20:36	Lisa Jacobs		Female	1461	FS	916	1:12:30	3659
3633	5442	1:20:37	Julie Elden		Female	1462	F40-44	228	1:09:52	3423
3634	1103	1:20:37	Rodney Potter		Male	2172	M70+	11	1:16:58	3918
3635	5088	1:20:38	Tim Warner		Male	2173	M50-54	206	1:11:31	3582
3636	1431	1:20:38	Rebecca Warner		Female	1463	F50-54	101	1:11:31	3583
3637	4949	1:20:39	Hannah Pinchen		Female	1464	FS	917	1:12:10	3631
3638	5423	1:20:45	Becka David		Female	1465	FS	918	1:10:36	3487
3639	3296	1:20:46	Lynn Crombie		Female	1466	F45-49	136	1:13:25	3730
3640	4853	1:20:48	Colette Lassman		Female	1467	FS	919	1:12:42	3677
3641	5562	1:20:49	Daniel Lane		Male	2174	M40-44	307	1:09:16	3364
3642	5777	1:20:51	Craig Loxton		Male	2175	MS	1219	1:10:02	3434
3643	5752	1:20:52	Lynsey Weston		Female	1468	FS	920	1:10:17	3452
3644	4977	1:20:53	Mark Richardson		Male	2176	M50-54	207	1:10:39	3493
3645	5483	1:20:53	Hannah Gorton		Female	1469	FS	921	1:10:40	3495
3646	968	1:20:53	Ian Morgan		Male	2177	MS	1220	1:09:38	3397
3647	5524	1:20:54	Gemma Huggett		Female	1470	FS	922	1:09:38	3399
3648	5517	1:20:57	Amy Hollingworth		Female	1471	FS	923	1:10:37	3489
3649	5775	1:20:57	Natalia Zielonka		Female	1472	FS	924	1:10:36	3488
3650	5757	1:20:57	Oliver Whitwood		Male	2178	MS	1221	1:09:34	3391
3651	1090	1:20:58	Jenny Plumb		Female	1473	F50-54	102	1:12:29	3656
3652	5125	1:20:58	Cheryl Zeebroek		Female	1474	FS	925	1:12:19	3640
3653	5580	1:20:59	Michael Macbeth		Male	2179	MS	1222	1:10:46	3511
3654	5579	1:20:59	Abby Macbeth		Female	1475	FS	926	1:10:46	3508
3655	4831	1:20:59	Jaclyn Kettley		Female	1476	FS	927	1:12:38	3668
3656	4637	1:21:00	Paul Cracknell		Male	2180	M40-44	308	1:12:33	3665
3657	3289	1:21:00	Heather Cracknell		Female	1477	FS	928	1:12:33	3664
3658	549	1:21:01	Ruth Gooda		Female	1478	F50-54	103	1:20:07	4019
3659	155	1:21:01	Helen Bowen	Fit 2 Run	Female	1479	F50-54	104	1:12:01	3616
3660	2712	1:21:01	Ruth Stokes		Female	1480	FS	929	1:09:52	3422
3661	5529	1:21:02	Harriet Hurrell		Female	1481	FS	930	1:10:40	3496
3662	3902	1:21:06	Nicolette Neile		Female	1482	FS	931	1:14:11	3777
3663	4777	1:21:08	Nicola Hartley		Female	1483	FS	932	1:11:00	3530
3664	4593	1:21:08	Caroline Carty	Eye Community Runners	Female	1484	F40-44	229	1:10:51	3517
3665	5144	1:21:11	Charlotte Dawdry		Female	1485	FS	933	1:12:02	3617
3666	4212	1:21:14	Susanna Sweatman		Female	1486	FS	934	1:16:44	3900
3667	3438	1:21:15	Darren French		Male	2181	MS	1223	1:14:03	3770
3668	3437	1:21:15	Chris French		Male	2182	MS	1224	1:14:02	3769
3669	5710	1:21:19	Clare Stasiak		Female	1487	F40-44	230	1:10:56	3521
3670	10	1:21:19	Sue Adams		Female	1488	F55-59	43	1:11:10	3548
3671	3309	1:21:21	David Cushway		Male	2183	MS	1225	1:14:41	3818
3672	4764	1:21:22	Tom Hamling		Male	2184	MS	1226	1:13:07	3706
3673	5677	1:21:23	Thomas Ryan		Male	2185	MS	1227	1:10:15	3448
3674	5313	1:21:24	Dan Anderson		Male	2186	MS	1228	1:10:15	3449
3675	3611	1:21:28	Kate Holtzer		Female	1489	FS	935	1:14:33	3803

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3676	4870	1:21:32	Sharon Lister		Female	1490	F40-44	231	1:13:25	3731
3677	4833	1:21:33	Suzanne Kidgell		Female	1491	FS	936	1:11:24	3574
3678	2214	1:21:33	Matthew Henderson		Male	2187	MS	1229	1:11:24	3573
3679	5613	1:21:37	Lisa Moss		Female	1492	F45-49	137	1:10:18	3456
3680	804	1:21:37	Elaine Kozlik		Female	1493	F50-54	105	1:11:42	3595
3681	4837	1:21:39	Nicola King		Female	1494	F40-44	232	1:13:17	3721
3682	4566	1:21:40	Tony Britt	UKnetrunner.co.UK	Male	2188	M60-64	45	1:12:57	3691
3683	5049	1:21:44	Lewis Swift		Male	2189	MS	1230	1:12:32	3661
3684	5572	1:21:46	Laura Lingard		Female	1495	F50-54	106	1:10:28	3471
3685	5659	1:21:47	Kirsten Remer		Female	1496	F45-49	138	1:11:19	3567
3686	4644	1:21:47	Paul Cunningham		Male	2190	MS	1231	1:11:36	3591
3687	5365	1:21:48	Janette Brown		Female	1497	F45-49	139	1:10:59	3525
3688	5696	1:21:52	Andrew Smith		Male	2191	MS	1232	1:11:27	3577
3689	4143	1:21:52	Christopher Smith		Male	2192	MS	1233	1:11:27	3578
3690	5533	1:21:52	Sab Jcqs		Female	1498	FS	937	1:10:42	3499
3691	5018	1:21:52	Hayley Smith		Female	1499	FS	938	1:13:51	3756
3692	5044	1:21:53	Andrew Stratton	Wymondham AC	Male	2193	M55-59	109	1:13:07	3707
3693	5433	1:21:54	Idal Denmar		Female	1500	FS	939	1:11:05	3541
3694	3430	1:21:56	Daniel Frappell		Male	2194	MS	1234	1:11:11	3550
3695	5569	1:21:56	Joanna Lees		Female	1501	FS	940	1:11:12	3552
3696	4516	1:21:57	Claire Atkinson		Female	1502	F45-49	140	1:12:57	3692
3697	5751	1:21:57	Charlotte West		Female	1503	FS	941	1:10:49	3515
3698	5699	1:22:00	Clare Smith		Female	1504	FS	942	1:10:34	3484
3699	1479	1:22:01	Betty Wilby		Female	1505	F60-64	31	1:11:46	3601
3700	4998	1:22:01	Amanda Scarff	Waveney Valley AC	Female	1506	FS	943	1:13:58	3766
3701	4906	1:22:01	Cheryl Moore		Female	1507	F40-44	233	1:11:46	3600
3702	457	1:22:02	Juliet Fewtrell		Female	1508	F50-54	107	1:15:09	3831
3703	4792	1:22:03	Robert Holdsworth		Male	2195	M40-44	309	1:13:52	3757
3704	4912	1:22:03	Emma Murphy		Female	1509	FS	944	1:13:53	3758
3705	4884	1:22:03	Sophie Marriott		Female	1510	FS	945	1:13:50	3755
3706	4270	1:22:04	Sarah Twaits		Female	1511	FS	946	1:17:37	3937
3707	4862	1:22:05	Chris Legood		Male	2196	M45-49	246	1:13:27	3733
3708	4951	1:22:05	Donna Plumstead		Female	1512	F45-49	141	1:13:53	3759
3709	5762	1:22:05	Laura Wilson		Female	1513	FS	947	1:11:49	3604
3710	5106	1:22:05	Jon Wilson		Male	2197	MS	1235	1:11:49	3603
3711	5791	1:22:06	Kate Cooper		Female	1514	FS	948	1:10:54	3520
3712	4813	1:22:06	Sharon Ingham		Female	1515	F45-49	142	1:13:53	3760
3713	4530	1:22:07	Martyn Barrett		Male	2198	MS	1236	1:11:59	3612
3714	5615	1:22:09	David Murison		Male	2199	MS	1237	1:11:35	3590
3715	4789	1:22:09	Melanie Hinde		Female	1516	FS	949	1:12:59	3696
3716	4572	1:22:11	Jodee Brown		Female	1517	FS	950	1:11:15	3562
3717	4278	1:22:11	Ane Van Den Berg		Female	1518	FS	951	1:11:26	3576
3718	4819	1:22:14	Laura Jay		Female	1519	F45-49	143	1:13:56	3764
3719	4666	1:22:14	Michelle Doughty		Female	1520	FS	952	1:13:56	3765
3720	5683	1:22:14	Linzi Sawyer		Female	1521	F40-44	234	1:10:43	3500
3721	3717	1:22:15	Andrew King		Male	2200	M40-44	310	1:10:43	3502
3722	4680	1:22:15	Nicola Dunsdon		Female	1522	FS	953	1:13:08	3709
3723	5310	1:22:15	Robert Alves		Male	2201	MS	1238	1:12:00	3613
3724	5481	1:22:16	Tracey Goodrum		Female	1523	F45-49	144	1:11:40	3593
3725	5068	1:22:16	Elizabeth Tribe		Female	1524	F45-49	145	1:13:45	3748
3726	4595	1:22:19	Ana Casanova		Female	1525	F40-44	235	1:13:22	3724
3727	2610	1:22:20	Helen Robertshaw		Female	1526	FS	954	1:18:00	3950
3728	3544	1:22:22	Gavin Hamilton	Waveney Valley AC	Male	2202	MS	1239	1:14:59	3823
3729	586	1:22:27	Ross Haddow	North Norfolk Beach Runners	Male	2203	M60-64	46	1:11:51	3606
3730	5668	1:22:27	Susan Roos		Female	1527	FS	955	1:12:25	3648
3731	5622	1:22:27	Louise Newson		Female	1528	FS	956	1:11:18	3565
3732	3168	1:22:28	Cheryl Burgess		Female	1529	FS	957	1:13:22	3725
3733	5472	1:22:29	Laura Gabell		Female	1530	FS	958	1:11:12	3554
3734	3666	1:22:29	Tom Jeal		Male	2204	MS	1240	1:11:12	3553
3735	5373	1:22:29	Lucy Burton		Female	1531	FS	959	1:11:12	3555
3736	5071	1:22:30	Amy Tunneycliff		Female	1532	FS	960	1:11:34	3589
3737	5097	1:22:31	Tasha Wellstead		Female	1533	FS	961	1:13:47	3750
3738	4797	1:22:31	Felicity Hopper		Female	1534	FS	962	1:13:35	3740
3739	5446	1:22:32	Deborah Ellis		Female	1535	F40-44	236	1:12:30	3657
3740	5092	1:22:33	Sarah Watts		Female	1536	FS	963	1:12:28	3653
3741	4534	1:22:33	Gary Bartram		Male	2205	MS	1241	1:14:21	3786
3742	4537	1:22:34	Sarah Bartram		Female	1537	FS	964	1:14:21	3787
3743	5765	1:22:35	Alex Wiseman		Male	2206	MS	1242	1:12:19	3641
3744	3626	1:22:35	Mandy Howe		Female	1538	F45-49	146	1:11:04	3537
3745	4519	1:22:35	Rachel Austin		Female	1539	F40-44	237	1:11:04	3539
3746	4799	1:22:36	Erin Howard		Female	1540	FS	965	1:13:48	3754
3747	2218	1:22:36	Karen Hepple		Female	1541	FS	966	1:12:11	3632
3748	5656	1:22:36	Beverley Read		Female	1542	F40-44	238	1:12:11	3633
3749	562	1:22:36	Karen Grainger		Female	1543	F50-54	108	1:11:20	3569
3750	5108	1:22:38	Suzanne Winter		Female	1544	FS	967	1:12:33	3663

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3751	5778	1:22:39	Martha Cook		Female	1545	FS	968	1:11:18	3564
3752	345	1:22:40	James Dalrymple		Male	2207	M60-64	47	1:12:26	3649
3753	639	1:22:40	Laura Head	Waveney Valley AC	Female	1546	F50-54	109	1:21:37	4075
3754	1286	1:22:40	Jane Spendlove		Female	1547	F55-59	44	1:21:36	4074
3755	4560	1:22:41	Keith Bond		Male	2208	M50-54	208	1:12:23	3644
3756	4775	1:22:41	Tasha Hart		Female	1548	FS	969	1:13:53	3761
3757	4861	1:22:42	Grace Lees-Maffei		Female	1549	F40-44	239	1:14:08	3774
3758	3193	1:22:43	Carrie Byrne		Female	1550	FS	970	1:13:23	3726
3759	4526	1:22:44	Claudia Bangs		Female	1551	F40-44	240	1:12:27	3650
3760	5594	1:22:45	Joanne Masterson		Female	1552	FS	971	1:12:28	3654
3761	4507	1:22:46	Samantha Andrews		Female	1553	F45-49	147	1:12:03	3618
3762	4624	1:22:48	Sam Copeman		Male	2209	MS	1243	1:14:26	3795
3763	4883	1:22:48	Simon Marjoram		Male	2210	M40-44	311	1:12:40	3674
3764	4882	1:22:49	Laura Marjoram		Female	1554	F40-44	241	1:12:40	3673
3765	5592	1:22:49	Martin Massingham		Male	2211	M45-49	247	1:11:17	3563
3766	4621	1:22:49	Becky Cooper	Wymondham AC	Female	1555	F45-49	148	1:14:38	3813
3767	5102	1:22:49	Gary White		Male	2212	MS	1244	1:14:26	3797
3768	5000	1:22:49	Alysia Schuetzle		Female	1556	FS	972	1:14:27	3798
3769	4579	1:22:51	Melanie Bryce		Female	1557	FS	973	1:13:36	3741
3770	4642	1:22:52	Liz Crowley		Female	1558	F45-49	149	1:13:54	3763
3771	5486	1:22:56	Matt Green		Male	2213	MS	1245	1:11:32	3586
3772	4692	1:22:58	Caroline Falgate		Female	1559	F40-44	242	1:11:43	3597
3773	3045	1:22:59	Stuart Bailey		Male	2214	M45-49	248	1:15:37	3846
3774	5341	1:23:00	Kirsty-Louise Bentley		Female	1560	FS	974	1:11:30	3581
3775	3051	1:23:00	Claire Baldock		Female	1561	FS	975	1:12:55	3690
3776	5075	1:23:00	Jennifer Vaughan		Female	1562	FS	976	1:12:55	3689
3777	3592	1:23:01	Beth Hill		Female	1563	F40-44	243	1:18:31	3969
3778	4629	1:23:02	Jenny Cornwell		Female	1564	FS	977	1:13:47	3752
3779	4929	1:23:07	Katie O'Reilly		Female	1565	FS	978	1:13:02	3700
3780	5115	1:23:07	Emma Wright		Female	1566	FS	979	1:12:46	3679
3781	4070	1:23:07	Billy Ross		Male	2215	MS	1246	1:18:05	3952
3782	3770	1:23:10	Faye Lipscombe	Wymondham AC	Female	1567	FS	980	1:20:43	4037
3783	4300	1:23:12	Katy Walters		Female	1568	F40-44	244	1:12:39	3669
3784	4024	1:23:12	Samantha Reddy		Female	1569	F45-49	150	1:16:43	3899
3785	4976	1:23:12	Sarah Rhoden		Female	1570	F40-44	245	1:14:27	3799
3786	1514	1:23:12	Sharon Wray	Wymondham AC	Female	1571	F50-54	110	1:22:47	4107
3787	5708	1:23:13	Brindley Spinks		Male	2216	MS	1247	1:12:53	3684
3788	4638	1:23:13	Sarah Crane		Female	1572	F45-49	151	1:14:23	3792
3789	5652	1:23:13	Rachel Rackham		Female	1573	FS	981	1:12:33	3662
3790	2753	1:23:15	Ian Thomson		Male	2217	M45-49	249	1:17:08	3924
3791	3718	1:23:16	Barry King		Male	2218	MS	1248	1:16:48	3904
3792	3173	1:23:19	Sally Burns		Female	1574	FS	982	1:14:35	3808
3793	1386	1:23:19	Lorraine Tweedy		Female	1575	F50-54	111	1:12:17	3639
3794	4533	1:23:20	Samantha Barrs		Female	1576	FS	983	1:12:09	3630
3795	5492	1:23:20	Barry Grimwood		Male	2219	M50-54	209	1:12:22	3642
3796	399	1:23:20	Alison Earl		Female	1577	F50-54	112	1:12:22	3643
3797	5501	1:23:21	Adrian Harris		Male	2220	M50-54	210	1:13:16	3720
3798	4879	1:23:22	Colin Makin		Male	2221	M45-49	250	1:15:17	3837
3799	3533	1:23:23	Stefan Gurney		Male	2222	M40-44	312	1:21:05	4051
3800	3793	1:23:23	Thomas Lunken		Male	2223	MS	1249	1:16:10	3876
3801	3664	1:23:24	Michelle Janion		Female	1578	FS	984	1:16:10	3875
3802	4705	1:23:24	Lucia Fitzpatrick		Female	1579	F45-49	152	1:14:19	3783
3803	5505	1:23:26	Heidi Hawkshaw		Female	1580	F45-49	153	1:13:13	3718
3804	4818	1:23:27	Donna Jarvis		Female	1581	F40-44	246	1:13:01	3698
3805	5465	1:23:27	Joanne Forster		Female	1582	F40-44	247	1:13:01	3697
3806	4950	1:23:28	Joanne Pitcher		Female	1583	F40-44	248	1:11:56	3609
3807	5695	1:23:28	Aaron Smith		Male	2224	MS	1250	1:11:50	3605
3808	5650	1:23:28	Clare Prowse		Female	1584	FS	985	1:13:02	3701
3809	100	1:23:30	Gail Beasley		Female	1585	F50-54	113	1:20:39	4035
3810	2205	1:23:30	Mo Hay		Female	1586	F45-49	154	1:20:39	4036
3811	3767	1:23:30	Aine Lincoln		Female	1587	FS	986	1:13:18	3722
3812	3799	1:23:31	Louise Macduff	Wymondham AC	Female	1588	FS	987	1:13:04	3704
3813	5405	1:23:34	Bethany Crickmore		Female	1589	FS	988	1:12:42	3678
3814	3764	1:23:34	Martin Lewis		Male	2225	M40-44	313	1:17:48	3942
3815	4890	1:23:35	Gillian McGill		Female	1590	FS	989	1:15:34	3844
3816	5525	1:23:43	Emily Huggins		Female	1591	FS	990	1:12:54	3685
3817	4670	1:23:45	Jess Down		Female	1592	FS	991	1:14:35	3807
3818	4677	1:23:45	Nicola Dunger		Female	1593	FS	992	1:14:35	3809
3819	1796	1:23:47	Michelle Bezant		Female	1594	FS	993	1:20:26	4028
3820	4532	1:23:48	Jenny Barrs		Female	1595	FS	994	1:15:10	3832
3821	4995	1:23:49	Sarah Sanders		Female	1596	FS	995	1:15:44	3852
3822	3724	1:23:49	Daisy Knights		Female	1597	FS	996	1:18:57	3986
3823	3593	1:23:50	Clare Hill		Female	1598	F40-44	249	1:18:30	3968
3824	4982	1:23:51	Laetitia Roberts		Female	1599	FS	997	1:13:31	3738
3825	5498	1:23:52	Hannah Harper		Female	1600	FS	998	1:12:54	3687

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3826	5521	1:23:54	Amanda Hornsby		Female	1601	FS	999	1:12:28	3655
3827	5133	1:23:54	Penny Hickman		Female	1602	F45-49	155	1:13:42	3745
3828	4716	1:23:55	Rachel Gale		Female	1603	FS	1000	1:15:22	3840
3829	935	1:23:57	Celia Miller		Female	1604	F50-54	114	1:20:45	4039
3830	5019	1:23:59	Jennifer Smith		Female	1605	F40-44	250	1:13:53	3762
3831	2114	1:24:00	Lorna Furness	Norwich City Community Sports	Female	1606	FS	1001	1:16:46	3902
3832	5475	1:24:06	Claire Gallant		Female	1607	F45-49	156	1:13:59	3767
3833	763	1:24:06	Young Judith		Female	1608	F55-59	45	1:16:03	3871
3834	2839	1:24:08	Donna Wilkins		Female	1609	F45-49	157	1:21:47	4079
3835	5783	1:24:09	Suzanne Eaglen		Female	1610	FS	1002	1:19:20	4000
3836	5308	1:24:10	Tracey Aldous		Female	1611	F40-44	251	1:12:58	3694
3837	5148	1:24:10	Heidi Anderton		Female	1612	F40-44	252	1:12:59	3695
3838	4238	1:24:10	Martin Thornhill		Male	2226	M40-44	314	1:18:43	3977
3839	2840	1:24:12	Emma Wilkins		Female	1613	FS	1003	1:21:51	4083
3840	4911	1:24:15	Fiona Munn		Female	1614	F40-44	253	1:15:25	3842
3841	490	1:24:17	Janette Franks		Female	1615	F55-59	46	1:18:02	3951
3842	628	1:24:17	Sindy Hart		Female	1616	F50-54	115	1:14:15	3780
3843	5355	1:24:21	Paul Bowyer		Male	2227	M45-49	251	1:13:41	3744
3844	4688	1:24:22	Andrea English		Female	1617	F40-44	254	1:15:16	3836
3845	5560	1:24:23	Sarah Lanchbury		Female	1618	F45-49	158	1:14:08	3773
3846	4658	1:24:25	Paolo De Marco	Tri-Anglia Triathlon Club	Male	2228	M55-59	110	1:14:22	3788
3847	831	1:24:25	Corinne Le Quéré		Female	1619	F50-54	116	1:14:22	3789
3848	283	1:24:25	Sharon Cole		Female	1620	F50-54	117	1:18:54	3983
3849	5711	1:24:27	Edward Stibbon		Male	2229	MS	1251	1:14:11	3776
3850	5378	1:24:28	Donna Buttolph		Female	1621	FS	1004	1:14:22	3790
3851	3188	1:24:28	Kori Buttress		Female	1622	FS	1005	1:18:37	3974
3852	222	1:24:28	Danielle Bussell		Female	1623	FS	1006	1:21:32	4071
3853	1879	1:24:28	James Bussell	Grange Farm & Dunmow Runners	Male	2230	M50-54	211	1:21:33	4072
3854	5121	1:24:29	Kristi Yarham		Female	1624	F45-49	159	1:16:10	3877
3855	5053	1:24:30	Annelize Taylor		Female	1625	F40-44	255	1:15:16	3835
3856	5390	1:24:31	Lindsay Churchman		Female	1626	FS	1007	1:13:05	3705
3857	5021	1:24:32	Kelly Smith		Female	1627	F45-49	160	1:13:24	3727
3858	758	1:24:32	Pam Jones		Female	1628	F50-54	118	1:13:24	3728
3859	5568	1:24:32	Sharon Lee		Female	1629	F45-49	161	1:13:25	3729
3860	4926	1:24:34	Emma O'Kelly		Female	1630	F45-49	162	1:15:24	3841
3861	4685	1:24:34	Gem Senior		Female	1631	FS	1008	1:20:27	4029
3862	5318	1:24:35	Serena Aris		Female	1632	FS	1009	1:14:20	3784
3863	5596	1:24:36	Liga Matroze		Female	1633	FS	1010	1:14:34	3806
3864	4920	1:24:37	Alice Nicholls		Female	1634	FS	1011	1:14:29	3800
3865	1004	1:24:37	Sheila Nicholls		Female	1635	F55-59	47	1:14:30	3801
3866	4881	1:24:39	John Manders		Male	2231	M55-59	111	1:12:55	3688
3867	4025	1:24:41	Becks Redgrave		Female	1636	FS	1012	1:14:21	3785
3868	5151	1:24:41	Lauren Wood		Female	1637	FS	1013	1:14:22	3791
3869	5164	1:24:42	Jim Woodcock		Male	2232	M45-49	252	1:13:31	3736
3870	5759	1:24:42	Jo Wicker		Female	1638	F40-44	256	1:13:31	3739
3871	4570	1:24:43	Hazel Brookes		Female	1639	F40-44	257	1:15:51	3857
3872	4046	1:24:45	Lucy Ring		Female	1640	FS	1014	1:18:15	3958
3873	247	1:24:49	Sally Cazier	Norfolk Gazelles AC	Female	1641	F50-54	119	1:15:40	3849
3874	5099	1:24:51	Holly Westgarth		Female	1642	FS	1015	1:16:08	3874
3875	5624	1:24:51	Jess Nobbs		Female	1643	FS	1016	1:13:36	3742
3876	4663	1:24:52	Joanne Doleman		Female	1644	F45-49	163	1:16:23	3883
3877	506	1:24:52	Wendy Fullerton		Female	1645	F55-59	48	1:15:57	3863
3878	2267	1:24:54	Joanne Hurst		Female	1646	F45-49	164	1:18:23	3962
3879	1147	1:24:56	Sarah Rhoades		Female	1647	F50-54	120	1:16:42	3898
3880	1092	1:24:56	Ann Marie Pointer		Female	1648	F55-59	49	1:16:42	3897
3881	5314	1:24:58	Lindsay Anderson		Female	1649	F45-49	165	1:14:37	3811
3882	4770	1:24:59	Hannah Harper		Female	1650	FS	1017	1:15:53	3860
3883	3738	1:24:59	Adrian Land		Male	2233	MS	1252	1:17:18	3929
3884	553	1:25:00	Rosie Goodsell		Female	1651	F55-59	50	1:16:06	3873
3885	5588	1:25:00	Colin Marriott		Male	2234	M55-59	112	1:14:33	3802
3886	5466	1:25:02	Naomi Forster		Female	1652	F40-44	258	1:14:34	3805
3887	3384	1:25:03	Edie Edwards		Female	1653	FS	1018	1:19:47	4010
3888	5470	1:25:05	David Frostdick		Male	2235	MS	1253	1:14:17	3782
3889	3689	1:25:07	Richard Jones		Male	2236	MS	1254	1:19:04	3990
3890	3105	1:25:09	Roseann Blamey		Female	1654	FS	1019	1:15:05	3827
3891	1416	1:25:09	Rosemary Walters		Female	1655	F60-64	32	1:15:04	3824
3892	963	1:25:09	Karen Moore		Female	1656	F50-54	121	1:15:52	3858
3893	5076	1:25:11	Lesley Villiers		Female	1657	F40-44	259	1:15:58	3864
3894	4553	1:25:13	Toni Bladon		Female	1658	FS	1020	1:14:51	3822
3895	4521	1:25:14	Hannah Bailey		Female	1659	FS	1021	1:15:08	3830
3896	1223	1:25:15	Lee Scottow		Male	2237	M40-44	315	1:13:46	3749
3897	5749	1:25:18	Sarah Wengrow		Female	1660	F40-44	260	1:13:47	3751
3898	881	1:25:18	Stephen Marks		Male	2238	M65-69	36	1:24:13	4127
3899	882	1:25:18	Wendy Marks		Female	1661	F60-64	33	1:24:13	4128
3900	2517	1:25:19	Jennifer Pallister		Female	1662	FS	1022	1:22:33	4101

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3901	3386	1:25:22	Hazel Ellard		Female	1663	F40-44	261	1:15:07	3828
3902	5406	1:25:22	Tom Crisp		Male	2239	MS	1255	1:14:47	3819
3903	4807	1:25:25	Jane Hubbard		Female	1664	F45-49	166	1:19:50	4011
3904	4904	1:25:29	Zoe Moloney		Female	1665	FS	1023	1:15:18	3838
3905	5432	1:25:29	Sophie Windsor		Female	1666	FS	1024	1:15:18	3839
3906	4921	1:25:30	Heather Nicholls		Female	1667	FS	1025	1:13:59	3768
3907	5725	1:25:40	Theresa Tompson-Whyte		Female	1668	F40-44	262	1:14:09	3775
3908	4652	1:25:44	Rachel Cushing		Female	1669	F40-44	263	1:16:56	3914
3909	5559	1:25:47	Ian Lambert		Male	2240	M50-54	212	1:15:13	3833
3910	4301	1:25:47	Simon Walton		Male	2241	M50-54	213	1:15:13	3834
3911	5426	1:25:56	Tim Davy		Male	2242	MS	1256	1:15:40	3850
3912	942	1:25:57	June Millwood		Female	1670	F65-69	8	1:24:48	4133
3913	5544	1:25:58	Donna Kelly		Female	1671	FS	1026	1:14:35	3810
3914	5449	1:26:00	Sarah Elmes		Female	1672	FS	1027	1:15:47	3854
3915	4898	1:26:02	Karen Milam		Female	1673	FS	1028	1:15:59	3866
3916	4773	1:26:03	Deanne Harrod		Female	1674	FS	1029	1:17:19	3931
3917	1214	1:26:04	Lisa Savage		Female	1675	F50-54	122	1:15:08	3829
3918	5500	1:26:05	Abbie Harris		Female	1676	FS	1030	1:14:26	3796
3919	4175	1:26:05	Aaron Spalding		Male	2243	MS	1257	1:21:49	4082
3920	4575	1:26:06	Matthew Brown		Male	2244	MS	1258	1:17:15	3926
3921	4573	1:26:06	Jodie Brown		Female	1677	FS	1031	1:17:15	3927
3922	5700	1:26:09	Jenny Smith		Female	1678	FS	1032	1:15:51	3856
3923	1523	1:26:10	Tracy Yates		Female	1679	F50-54	123	1:17:00	3920
3924	5074	1:26:12	Nicola Uglow		Female	1680	FS	1033	1:15:54	3861
3925	505	1:26:19	Tricia Fuller		Female	1681	F60-64	34	1:15:53	3859
3926	4933	1:26:21	Anne-Marie Palmer		Female	1682	F45-49	167	1:16:06	3872
3927	4042	1:26:21	Alex Rickaby		Male	2245	MS	1259	1:18:57	3987
3928	5489	1:26:23	Julie Gribben		Female	1683	F45-49	168	1:15:39	3848
3929	4909	1:26:23	Charlotte Moss		Female	1684	FS	1034	1:17:34	3933
3930	5393	1:26:24	Emma Cluett		Female	1685	FS	1035	1:15:57	3862
3931	5585	1:26:29	Emma Main		Female	1686	F45-49	169	1:15:42	3851
3932	1205	1:26:29	Tracey Salisbury	Wymondham AC	Female	1687	F55-59	51	1:17:44	3941
3933	3521	1:26:33	David Gribben		Male	2246	M45-49	253	1:15:50	3855
3934	970	1:26:35	Jeannie Morley		Female	1688	F60-64	35	1:20:01	4017
3935	5665	1:26:40	Paul Rochford		Male	2247	M40-44	316	1:16:36	3893
3936	5589	1:26:40	Lilyella Hart		Female	1689	FS	1036	1:16:39	3896
3937	5669	1:26:42	Gareth Ross		Male	2248	MS	1260	1:16:12	3879
3938	4817	1:26:45	Jeff James		Male	2249	MS	1261	1:17:37	3938
3939	5781	1:26:46	Marius Pop		Male	2250	MS	1262	1:16:32	3888
3940	5603	1:26:46	Marcia Osorio Mendes		Female	1690	FS	1037	1:16:32	3889
3941	3484	1:26:52	Shameem Golamy		Male	2251	MS	1263	1:19:40	4005
3942	4590	1:26:53	David Carlin		Male	2252	MS	1264	1:18:41	3976
3943	5415	1:26:56	Race Number 5415		Male	2253	MS	1265	1:16:55	3913
3944	3845	1:26:56	Charlotte Mcknespiey		Female	1691	FS	1038	1:16:55	3911
3945	5460	1:26:57	Kate Fielder		Female	1692	FS	1039	1:16:38	3895
3946	4975	1:27:00	Victoria Reynolds		Female	1693	FS	1040	1:18:32	3970
3947	3649	1:27:00	Emma Hunt		Female	1694	FS	1041	1:18:32	3971
3948	3447	1:27:02	Brittany Gage		Female	1695	FS	1042	1:17:53	3945
3949	5651	1:27:03	Amanda Quelly		Female	1696	FS	1043	1:17:00	3921
3950	5404	1:27:03	Patrick Crehan		Male	2254	MS	1266	1:16:33	3890
3951	3399	1:27:04	Naomi Everett		Female	1697	FS	1044	1:18:19	3961
3952	3518	1:27:05	Samantha Greenland		Female	1698	FS	1045	1:21:11	4055
3953	5302	1:27:07	Charlotte Adams		Female	1699	FS	1046	1:16:45	3901
3954	5358	1:27:09	Aaron Brazier		Male	2255	MS	1267	1:16:52	3908
3955	900	1:27:11	Helen Mason		Female	1700	F50-54	124	1:16:48	3903
3956	5549	1:27:12	Jade Kerridge		Female	1701	FS	1047	1:16:58	3919
3957	4298	1:27:15	Katie Walsh		Female	1702	FS	1048	1:20:44	4038
3958	5003	1:27:15	Laura Scott		Female	1703	F40-44	264	1:16:19	3882
3959	1349	1:27:15	Viven Thomas		Female	1704	F55-59	52	1:19:53	4015
3960	3576	1:27:15	Gemma Hatson	Wymondham AC	Female	1705	FS	1049	1:21:07	4053
3961	1348	1:27:15	Vaughan Thomas		Male	2256	M60-64	48	1:19:53	4014
3962	5434	1:27:15	Joanne Devaney		Female	1706	FS	1050	1:15:59	3865
3963	5409	1:27:16	Karleen Crunkhorn		Female	1707	FS	1051	1:15:59	3868
3964	5747	1:27:16	Becky Webster		Female	1708	FS	1052	1:15:59	3867
3965	5305	1:27:16	Suzy Adcock		Female	1709	F40-44	265	1:16:57	3917
3966	5772	1:27:21	Elly Wrighton		Female	1710	FS	1053	1:16:24	3885
3967	4892	1:27:21	Anna Mcmorris		Female	1711	FS	1054	1:16:23	3884
3968	4578	1:27:22	Vikki Brownsell		Female	1712	F40-44	266	1:19:21	4001
3969	4930	1:27:24	Emma Osborn		Female	1713	F40-44	267	1:16:57	3916
3970	4611	1:27:24	Joanna Cockrell		Female	1714	FS	1055	1:16:56	3915
3971	3062	1:27:25	Catherine Batch		Female	1715	FS	1056	1:18:24	3963
3972	4893	1:27:26	Lauren McNulty		Female	1716	FS	1057	1:18:24	3964
3973	5663	1:27:30	Fel Roberts		Female	1717	F45-49	170	1:16:18	3881
3974	4781	1:27:34	Zoe Haydon		Female	1718	FS	1058	1:18:39	3975
3975	1138	1:27:45	Claire Reeve		Female	1719	F50-54	125	1:16:34	3891

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
3976	5661	1:27:45	Rebecca Riddoch	Wymondham AC	Female	1720	FS	1059	1:17:34	3934
3977	4571	1:27:45	Jessica Brown		Female	1721	FS	1060	1:17:35	3936
3978	38	1:27:46	Rachel Arkieson		Female	1722	F50-54	126	1:17:35	3935
3979	874	1:27:48	Leticia Manders		Female	1723	F50-54	127	1:16:03	3870
3980	5346	1:27:50	Michelle Blazey		Female	1724	F45-49	171	1:17:06	3923
3981	4887	1:27:51	Sonya Mattless		Female	1725	F45-49	172	1:19:03	3989
3982	3121	1:27:52	Ralf Bowes	Norwich Road Runners	Male	2257	M50-54	214	1:21:57	4089
3983	5040	1:27:55	Clare Stevenson		Female	1726	F45-49	173	1:19:29	4002
3984	4787	1:27:57	Leah High		Female	1727	F40-44	268	1:16:26	3886
3985	4020	1:27:57	Danielle Read	Run Mummy Run	Female	1728	FS	1061	1:22:26	4097
3986	5575	1:28:00	Alice Lomax		Female	1729	FS	1062	1:16:49	3905
3987	78	1:28:00	Keith Banham		Male	2258	M65-69	37	1:27:06	4181
3988	2438	1:28:00	Chrissi Middleton		Female	1730	FS	1063	1:22:29	4099
3989	5633	1:28:01	Kalpana Patel		Female	1731	F45-49	174	1:16:50	3907
3990	5482	1:28:03	Tracey Goodson		Female	1732	FS	1064	1:16:52	3909
3991	5361	1:28:03	Tony Brice		Male	2259	M45-49	254	1:16:36	3894
3992	3771	1:28:03	Gabrielle Littlewood		Female	1733	FS	1065	1:23:45	4116
3993	4934	1:28:03	Catherine Parfitt		Female	1734	FS	1066	1:17:55	3946
3994	5679	1:28:04	Melissa Sadler		Female	1735	FS	1067	1:16:27	3887
3995	3259	1:28:05	Chris Coleman		Male	2260	M40-44	317	1:16:55	3912
3996	5623	1:28:09	Helen Newstead		Female	1736	F40-44	269	1:17:49	3943
3997	5640	1:28:09	Anna Plunkett		Female	1737	FS	1068	1:17:49	3944
3998	1415	1:28:11	Philip Walters		Male	2261	M65-69	38	1:18:05	3953
3999	1174	1:28:13	Christine Rogers		Female	1738	F50-54	128	1:27:15	4184
4000	4940	1:28:14	Emma Peacher		Female	1739	F40-44	270	1:18:26	3966
4001	4803	1:28:14	Kathleen Howat	Active Training World	Female	1740	F40-44	271	1:18:26	3965
4002	3748	1:28:16	Emily Latoy		Female	1741	FS	1069	1:22:55	4110
4003	5452	1:28:18	Marcelle Evand		Female	1742	FS	1070	1:17:02	3922
4004	4830	1:28:20	Lauren Kent		Female	1743	FS	1071	1:20:15	4025
4005	5574	1:28:27	Alexandra Logue		Female	1744	FS	1072	1:17:18	3930
4006	4894	1:28:37	Jessica Medd - Sygrove		Female	1745	FS	1073	1:17:12	3925
4007	4942	1:28:38	Sarah Peak		Female	1746	FS	1074	1:19:38	4004
4008	5440	1:28:41	William Eaglesham		Male	2262	MS	1268	1:16:54	3910
4009	5581	1:28:42	Lucy Macdonald		Female	1747	FS	1075	1:17:17	3928
4010	5552	1:28:46	Jennifer King		Female	1748	F40-44	272	1:18:43	3978
4011	5554	1:28:46	Mark King		Male	2263	M45-49	255	1:18:43	3979
4012	5382	1:28:46	Katie Campbell		Female	1749	F40-44	273	1:17:20	3932
4013	3066	1:28:47	Lyndsay Bayles		Female	1750	FS	1076	1:21:35	4073
4014	5345	1:28:50	James Bishop		Male	2264	M40-44	318	1:17:42	3940
4015	5593	1:28:50	Ali Masterson		Female	1751	FS	1077	1:17:41	3939
4016	5425	1:28:52	Jan Davies		Female	1752	F45-49	175	1:18:50	3982
4017	5584	1:28:52	Caren Maidment		Female	1753	F50-54	129	1:18:49	3981
4018	5324	1:28:56	Allyson Bailey	Norwich Road Runners	Female	1754	F40-44	274	1:18:12	3954
4019	5551	1:28:58	Carolyn Kett		Female	1755	FS	1078	1:17:55	3947
4020	5761	1:28:58	Tina Williment		Female	1756	F45-49	176	1:17:56	3948
4021	4902	1:29:00	Amy Mills		Female	1757	FS	1079	1:20:48	4042
4022	3672	1:29:02	Katie Jewson		Female	1758	FS	1080	1:21:17	4057
4023	739	1:29:02	Susan Jewson		Female	1759	F55-59	53	1:21:17	4058
4024	5334	1:29:20	Isabel Baumber		Female	1760	F45-49	177	1:19:05	3994
4025	5448	1:29:20	Amelia Ellis-Baumber		Female	1761	FS	1081	1:19:05	3995
4026	5750	1:29:21	Stephanie Wenn		Female	1762	FS	1082	1:18:12	3957
4027	5742	1:29:22	Kerri-Anne Watson		Female	1763	FS	1083	1:18:55	3984
4028	5743	1:29:22	Mark Watson		Male	2265	MS	1269	1:18:55	3985
4029	5534	1:29:22	Emma Jennings		Female	1764	F45-49	178	1:18:26	3967
4030	5693	1:29:24	Georgina Siggins		Female	1765	F40-44	275	1:19:06	3996
4031	5635	1:29:26	Lucy Penning Reilly		Female	1766	FS	1084	1:18:36	3973
4032	5658	1:29:26	Jamie Reilly		Male	2266	MS	1270	1:18:36	3972
4033	349	1:29:26	Joce Darch		Female	1767	F55-59	54	1:24:05	4125
4034	5369	1:29:31	Laura Burroughs		Female	1768	FS	1085	1:18:15	3960
4035	5389	1:29:31	Samantha Chubbock		Female	1769	FS	1086	1:18:15	3959
4036	296	1:29:33	Dawn Cook	Norwich Road Runners	Female	1770	F50-54	130	1:18:49	3980
4037	5758	1:29:34	Thomas Whitwood		Male	2267	MS	1271	1:18:12	3955
4038	4791	1:29:34	David Hobart		Male	2268	MS	1272	1:18:12	3956
4039	4827	1:29:35	Miranda Keedy	Ryston Runners	Female	1771	FS	1087	1:21:29	4067
4040	3376	1:29:35	Victoria Dunthorne		Female	1772	F45-49	179	1:25:27	4143
4041	5111	1:29:37	Iain Wood	Ackworth Road Runners	Male	2269	MS	1273	1:19:10	3998
4042	4932	1:29:37	Emily Page		Female	1773	FS	1088	1:21:30	4069
4043	5766	1:29:38	Clare Wood	Ackworth Road Runners	Female	1774	FS	1089	1:19:10	3999
4044	3736	1:29:39	Mark Lambert		Male	2270	M50-54	215	1:21:03	4049
4045	4848	1:29:41	Gabriele Lambert		Female	1775	FS	1090	1:21:05	4050
4046	812	1:29:47	Jo-Anne Lamb		Female	1776	F50-54	131	1:21:29	4068
4047	4952	1:29:48	Rachel Plumstead		Female	1777	FS	1091	1:21:44	4078
4048	347	1:29:50	Allison Daniels		Female	1778	F50-54	132	1:29:04	4209
4049	5647	1:29:51	Sharon Powles		Female	1779	F45-49	180	1:19:07	3997
4050	4612	1:29:53	Emma Cohen		Female	1780	F40-44	276	1:21:18	4059

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
4051	5354	1:29:55	Garry Bowman		Male	2271	M40-44	319	1:19:45	4008
4052	5706	1:29:59	Fay Spencer		Female	1781	FS	1092	1:19:01	3988
4053	4634	1:29:59	Emma Cox		Female	1782	F45-49	181	1:19:34	4003
4054	5666	1:30:00	George Rodgers		Male	2272	MS	1274	1:19:54	4016
4055	3221	1:30:00	Sarah Cave		Female	1783	FS	1093	1:23:51	4119
4056	4726	1:30:06	Samantha Gerrard		Female	1784	FS	1094	1:21:27	4065
4057	5638	1:30:08	Glenn Pitcher		Male	2273	MS	1275	1:19:04	3991
4058	4671	1:30:12	Matthew Downes		Male	2274	M40-44	320	1:19:46	4009
4059	5383	1:30:22	Zoey Campbell		Female	1785	FS	1095	1:19:52	4012
4060	5333	1:30:22	Melissa Bassett		Female	1786	FS	1096	1:19:52	4013
4061	4246	1:30:23	Graham Tibbs		Male	2275	M45-49	256	1:21:55	4085
4062	5728	1:30:25	Sarah Tufts		Female	1787	FS	1097	1:20:08	4020
4063	4322	1:30:26	Sarah Watts	Diss and District AC	Female	1788	F45-49	182	1:23:53	4120
4064	3138	1:30:29	Charles Brient		Male	2276	MS	1276	1:21:26	4062
4065	1540	1:30:38	Anthony Stables		Male	2277	MS	1277	1:19:05	3993
4066	5709	1:30:38	Kate Stables		Female	1789	FS	1098	1:19:04	3992
4067	5468	1:30:40	Anthony Friend		Male	2278	M50-54	216	1:19:44	4007
4068	5339	1:30:42	Guy Bennett	Bungay Black Dog RC	Male	2279	M45-49	257	1:20:18	4027
4069	4640	1:30:42	Nancy Crow		Female	1790	F45-49	183	1:20:04	4018
4070	5774	1:30:42	Nazlinda Zamani		Female	1791	FS	1099	1:19:41	4006
4071	4841	1:30:48	Jo Knox		Female	1792	FS	1100	1:21:48	4080
4072	5012	1:30:48	Gemma Silman		Female	1793	FS	1101	1:21:48	4081
4073	5537	1:31:00	Eleanor Johnson		Female	1794	FS	1102	1:20:29	4030
4074	4399	1:31:04	Nikki Groves		Female	1795	FS	1103	1:20:08	4022
4075	5325	1:31:04	Sophie Baker		Female	1796	FS	1104	1:20:08	4021
4076	5401	1:31:06	Wendy Cooper		Female	1797	F40-44	277	1:20:47	4040
4077	5456	1:31:06	Alison Ewbank		Female	1798	F40-44	278	1:20:47	4041
4078	4581	1:31:07	Robin Buffin		Male	2280	M60-64	49	1:22:55	4109
4079	5606	1:31:10	Donna Milner	Waveney Valley AC	Female	1799	FS	1105	1:20:29	4031
4080	5381	1:31:11	Christina Calver		Female	1800	FS	1106	1:21:01	4048
4081	793	1:31:11	Sally King	Fenland Running Club	Female	1801	F55-59	55	1:21:01	4047
4082	4765	1:31:11	Emma Hardesty		Female	1802	FS	1107	1:22:00	4090
4083	4580	1:31:15	Caroline Buck		Female	1803	FS	1108	1:22:30	4100
4084	4874	1:31:15	Sarah Lyden		Female	1804	F45-49	184	1:20:08	4023
4085	5386	1:31:16	Jacqueline Chambers		Female	1805	FS	1109	1:20:09	4024
4086	4953	1:31:18	Mark Pointer		Male	2281	M45-49	258	1:21:10	4054
4087	5686	1:31:21	Josephine Scott		Female	1806	FS	1110	1:20:56	4044
4088	31	1:31:27	Carolyn Anderson		Female	1807	F50-54	133	1:21:14	4056
4089	1278	1:31:29	Mark Britton		Male	2282	MS	1278	1:22:38	4102
4090	5779	1:31:30	Jennifer Percy		Female	1808	FS	1111	1:21:06	4052
4091	4753	1:31:38	Sophie Greene		Female	1809	FS	1112	1:21:31	4070
4092	1277	1:31:45	Hilary Sowden		Female	1810	F50-54	134	1:22:54	4108
4093	5648	1:31:46	Katy Poynter		Female	1811	FS	1113	1:20:31	4033
4094	5542	1:31:46	Sarah Karim		Female	1812	F40-44	279	1:20:31	4032
4095	5513	1:31:47	Lisa Hogan-Green		Female	1813	F45-49	185	1:20:33	4034
4096	5330	1:31:47	Kirsty Barrett		Female	1814	FS	1114	1:21:19	4060
4097	5688	1:31:49	Rachel Seaman		Female	1815	F40-44	280	1:20:17	4026
4098	4937	1:32:00	Richard Paterson	Gordonian's Running Club	Male	2283	M45-49	259	1:22:58	4111
4099	5062	1:32:05	Bonnie Thurlow		Female	1816	FS	1115	1:23:49	4117
4100	3451	1:32:05	Tom Garwood		Male	2284	MS	1279	1:23:49	4118
4101	5609	1:32:08	Elise Morgan		Female	1817	FS	1116	1:21:54	4084
4102	1485	1:32:13	Sandra Wilkinson	North Norfolk Beach Runners	Female	1818	F55-59	56	1:21:56	4088
4103	5360	1:32:19	Allie Brice	Alfie's Striders	Female	1819	F45-49	186	1:20:53	4043
4104	4280	1:32:23	Kerry Varley		Female	1820	F40-44	281	1:25:08	4138
4105	4235	1:32:23	Peter Thompson		Male	2285	M40-44	321	1:25:08	4139
4106	1170	1:32:23	Lisa Rodgers	Wymondham AC	Female	1821	F50-54	135	1:26:39	4176
4107	4021	1:32:23	Gina Read		Female	1822	F40-44	282	1:26:38	4173
4108	3991	1:32:23	Darren Plowman		Male	2286	M40-44	322	1:26:38	4175
4109	3745	1:32:24	Siobhan Laskey		Female	1823	F45-49	187	1:26:39	4177
4110	5312	1:32:26	Jenny Amos		Female	1824	FS	1117	1:21:41	4076
4111	3292	1:32:29	Jane Crane		Female	1825	FS	1118	1:20:57	4045
4112	4203	1:32:30	Charlotte Stringer		Female	1826	FS	1119	1:20:58	4046
4113	5477	1:32:33	Julie Garrett		Female	1827	F45-49	188	1:21:55	4087
4114	3940	1:32:34	Stacey Page		Female	1828	FS	1120	1:26:09	4160
4115	4936	1:32:35	Katherine Parry		Female	1829	FS	1121	1:24:06	4126
4116	5399	1:32:37	Lisa Cook		Female	1830	F40-44	283	1:22:25	4095
4117	1870	1:32:37	Claire Bull		Female	1831	F40-44	284	1:22:26	4098
4118	5795	1:32:37	Caitlin Jones		Female	1832	FS	1122	1:22:26	4096
4119	88	1:32:41	Karen Bassett		Female	1833	F55-59	57	1:22:10	4091
4120	4687	1:32:41	Leanne Emmett		Female	1834	FS	1123	1:21:26	4063
4121	1522	1:32:41	Fiona Wynes		Female	1835	F60-64	36	1:21:26	4064
4122	591	1:32:42	Deborah Hall		Female	1836	F50-54	136	1:22:13	4093
4123	4668	1:32:46	Claire Dove		Female	1837	FS	1124	1:24:19	4129
4124	4170	1:32:54	Sabrina Souris		Female	1838	FS	1125	1:21:23	4061
4125	5566	1:32:55	Victoria Leamon Leamon		Female	1839	FS	1126	1:21:41	4077

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
4126	3679	1:32:56	Lucy Johnston	Bungay Black Dog RC	Female	1840	FS	1127	1:22:44	4103
4127	4243	1:32:56	Loretta Thurston	Bungay Black Dog RC	Female	1841	FS	1128	1:22:44	4105
4128	4156	1:32:56	Larissa Smith	Bungay Black Dog RC	Female	1842	FS	1129	1:22:44	4106
4129	4503	1:32:56	Mark Alger		Male	2287	M45-49	260	1:22:44	4104
4130	4699	1:32:57	Julie Field		Female	1843	F45-49	189	1:23:10	4113
4131	3409	1:32:57	Peter Field		Male	2288	M45-49	261	1:23:09	4112
4132	5739	1:32:59	Lisa Warner		Female	1844	FS	1130	1:21:27	4066
4133	5471	1:33:09	Maria Fry		Female	1845	FS	1131	1:21:55	4086
4134	976	1:33:10	Wendy Moss		Female	1846	F50-54	137	1:22:22	4094
4135	5458	1:33:11	Alexandra Fegan Read		Female	1847	F40-44	285	1:22:11	4092
4136	3556	1:33:22	John Hardy		Male	2289	M40-44	323	1:27:15	4185
4137	5636	1:33:55	Alison Perry		Female	1848	FS	1132	1:23:38	4115
4138	983	1:33:55	Teri Munro		Female	1849	F50-54	138	1:25:36	4148
4139	4804	1:33:56	Lucy Howe		Female	1850	FS	1133	1:25:37	4149
4140	5767	1:33:56	Kayleigh Wood		Female	1851	FS	1134	1:24:52	4135
4141	4178	1:34:00	Vicki Spalding		Female	1852	FS	1135	1:23:57	4122
4142	5104	1:34:01	Maria Whiting		Female	1853	FS	1136	1:24:57	4137
4143	821	1:34:06	Maree Latham		Female	1854	F50-54	139	1:25:45	4154
4144	5451	1:34:10	Sara Etheridge		Female	1855	F40-44	286	1:23:57	4123
4145	3470	1:34:10	Lucie Gillett		Female	1856	FS	1137	1:23:58	4124
4146	5385	1:34:12	Daisy Cavell		Female	1857	FS	1138	1:23:53	4121
4147	5353	1:34:19	Andrew Bowen		Male	2290	M50-54	217	1:23:18	4114
4148	4673	1:34:19	Emma Doyle		Female	1858	FS	1139	1:24:51	4134
4149	5397	1:34:47	Stacey Coleman		Female	1859	FS	1140	1:24:29	4130
4150	4541	1:34:49	Roberta Bennett		Female	1860	FS	1141	1:25:34	4146
4151	5519	1:34:52	Katherine Hornbrook		Female	1861	FS	1142	1:24:48	4132
4152	5443	1:34:54	Janice Elliott		Female	1862	FS	1143	1:24:35	4131
4153	5620	1:34:58	Serena Neat		Female	1863	FS	1144	1:24:56	4136
4154	4974	1:35:07	Ashlea Reuben		Female	1864	FS	1145	1:26:43	4178
4155	4971	1:35:58	Natalie Reed		Female	1865	FS	1146	1:27:46	4189
4156	4635	1:35:59	Laura Cox		Female	1866	FS	1147	1:25:33	4145
4157	979	1:35:59	Mary Muir		Female	1867	F50-54	140	1:25:35	4147
4158	5740	1:36:03	Laura Warren		Female	1868	FS	1148	1:25:43	4153
4159	5577	1:36:04	Suzanna Long		Female	1869	F45-49	190	1:25:23	4142
4160	5336	1:36:11	Sarah Beardsmore		Female	1870	FS	1149	1:26:05	4158
4161	5384	1:36:14	Clare Cavell		Female	1871	F45-49	191	1:25:16	4140
4162	5558	1:36:14	Victoria Lamb		Female	1872	FS	1150	1:26:05	4159
4163	4315	1:36:19	Nicholas Warren		Male	2291	MS	1280	1:26:27	4168
4164	5090	1:36:20	Jenny Warren		Female	1873	FS	1151	1:26:28	4169
4165	5507	1:36:21	Kathryn Heal		Female	1874	FS	1152	1:25:33	4144
4166	4980	1:36:29	Adele Rix		Female	1875	FS	1153	1:26:10	4161
4167	5698	1:36:36	Claire Smith		Female	1876	F45-49	192	1:25:43	4151
4168	5702	1:36:36	Steve Smith		Male	2292	M45-49	262	1:25:43	4152
4169	5716	1:36:37	Karen Stubberfield	North Norfolk Beach Runners	Female	1877	F45-49	193	1:26:19	4162
4170	5392	1:36:41	Laura Clayton		Female	1878	FS	1154	1:25:42	4150
4171	4999	1:36:44	Isabell Schneider		Female	1879	FS	1155	1:27:16	4186
4172	5412	1:36:44	Bea Curham		Female	1880	F40-44	287	1:25:17	4141
4173	5704	1:36:53	Julia Snowling		Female	1881	FS	1156	1:25:50	4156
4174	5553	1:36:53	Kerry King		Female	1882	F40-44	288	1:25:53	4157
4175	3983	1:36:56	Abigail Phillips		Female	1883	FS	1157	1:29:53	4214
4176	5391	1:36:59	Nick Clarke		Male	2293	MS	1281	1:26:38	4172
4177	5607	1:36:59	Sophie Mitchell		Female	1884	FS	1158	1:26:38	4174
4178	4691	1:37:01	Mark Everard		Male	2294	MS	1282	1:26:50	4179
4179	5326	1:37:11	Katherine Balls		Female	1885	FS	1159	1:26:25	4167
4180	5741	1:37:14	Rhiannon Wassell		Female	1886	FS	1160	1:26:20	4165
4181	1437	1:37:14	Stephen Wassell		Male	2295	M70+	12	1:26:21	4166
4182	5337	1:37:19	Anthony Bell		Male	2296	M40-44	324	1:25:47	4155
4183	5694	1:37:32	Hollie Smerdon		Female	1887	FS	1161	1:26:57	4180
4184	3643	1:37:34	Brien Hueppauff		Male	2297	M45-49	263	1:28:33	4206
4185	5047	1:37:34	Sadie Swainson		Female	1888	FS	1162	1:28:45	4207
4186	4746	1:37:35	Jennifer Graham		Female	1889	FS	1163	1:26:34	4170
4187	5463	1:37:35	Ruth Flaherty		Female	1890	FS	1164	1:26:34	4171
4188	5756	1:37:38	Elizabeth Creed		Female	1891	FS	1165	1:27:20	4187
4189	3875	1:37:55	Vicky Moore		Female	1892	FS	1166	1:26:19	4163
4190	3311	1:37:55	Chelsea Dale		Female	1893	FS	1167	1:26:20	4164
4191	4505	1:38:04	Michelle Allen	Run Mummy Run	Female	1894	FS	1168	1:27:53	4191
4192	4557	1:38:04	Sam Boarder		Female	1895	FS	1169	1:27:54	4192
4193	4197	1:38:04	Paige Stocker		Female	1896	FS	1170	1:30:33	4217
4194	5604	1:38:06	Ann Merryweather		Female	1897	F40-44	289	1:27:33	4188
4195	5467	1:38:07	Donna Fray		Female	1898	FS	1171	1:27:14	4182
4196	5430	1:38:07	Melissa Day		Female	1899	F40-44	290	1:27:14	4183
4197	3864	1:38:08	Leanne Minister		Female	1900	FS	1172	1:33:29	4229
4198	5557	1:38:09	Oliver Lam		Male	2298	MS	1283	1:28:03	4195
4199	5556	1:38:16	Gemma Lam		Female	1901	FS	1173	1:28:10	4199
4200	307	1:38:27	Jayne Cooper		Female	1902	F50-54	141	1:28:21	4201



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
4201	5540	1:38:31	Stephanie Jones		Female	1903	FS	1174	1:28:08	4196
4202	5773	1:38:33	Michael Wyatt		Male	2299	MS	1284	1:28:23	4202
4203	5490	1:38:54	Jennifer Grimes		Female	1904	FS	1175	1:27:49	4190
4204	4733	1:38:55	Lauren Gipson		Female	1905	F40-44	291	1:28:09	4197
4205	5419	1:38:55	Chloe Dalton		Female	1906	FS	1176	1:28:10	4198
4206	5746	1:39:01	Beverley Webb		Female	1907	FS	1177	1:28:26	4203
4207	5673	1:39:06	Isabelle Rundle		Female	1908	FS	1178	1:28:00	4193
4208	5387	1:39:07	Farah Chaudry		Female	1909	FS	1179	1:28:00	4194
4209	5340	1:39:34	Howard Bennett		Male	2300	MS	1285	1:28:26	4204
4210	5713	1:39:35	Jasmine Stone		Female	1910	FS	1180	1:28:26	4205
4211	4766	1:39:42	Katie Hardesty		Female	1911	FS	1181	1:30:31	4216
4212	5435	1:39:53	Emma Dicks		Female	1912	F40-44	292	1:28:16	4200
4213	5567	1:40:01	Pei San Lee		Female	1913	FS	1182	1:29:54	4215
4214	5366	1:40:08	Mel Buckingham		Female	1914	F45-49	194	1:29:18	4210
4215	5496	1:40:08	Amy Hardingham		Female	1915	FS	1183	1:28:53	4208
4216	5343	1:40:17	Charlotte Bindley		Female	1916	FS	1184	1:29:24	4211
4217	5690	1:40:28	Joanna Shad		Female	1917	FS	1185	1:29:25	4212
4218	3480	1:40:29	Emma Godbold		Female	1918	F40-44	293	1:29:26	4213
4219	4604	1:40:38	Nina Christophi	Norwich City Community Sports	Female	1919	FS	1186	1:32:12	4220
4220	5621	1:41:26	Marie Neve		Female	1920	F40-44	294	1:30:37	4218
4221	4598	1:42:27	Marie Charles		Female	1921	F40-44	295	1:32:16	4221
4222	5418	1:42:28	Sarah Dale		Female	1922	F40-44	296	1:30:52	4219
4223	5630	1:43:03	Toni Page		Female	1923	FS	1187	1:32:53	4222
4224	4648	1:43:32	Steven Curtis		Male	2301	MS	1286	1:33:24	4227
4225	4647	1:43:32	Marie Curtis		Female	1924	FS	1188	1:33:25	4228
4226	4088	1:43:49	Jenny Saggars		Female	1925	FS	1189	1:39:39	4234
4227	5754	1:44:37	Esme Whitelam		Female	1926	FS	1190	1:33:09	4223
4228	5484	1:44:40	Misha-Zee Grant		Female	1927	FS	1191	1:33:12	4225
4229	1061	1:44:40	Wendy Paynter		Female	1928	F50-54	142	1:33:12	4224
4230	5755	1:44:40	Steve Whitelam		Male	2302	M45-49	264	1:33:13	4226
4231	5363	1:44:59	Judy Brooks Ba		Female	1929	F45-49	195	1:34:33	4230
4232	5445	1:47:20	Annette Ellis		Female	1930	F40-44	297	1:36:54	4231
4233	5497	1:48:37	Rachel Hardingham		Female	1931	FS	1192	1:37:13	4232
4234	5578	1:49:52	Eleanor Lovick-Norley		Female	1932	FS	1193	1:39:31	4233
4235	5504	1:50:19	Terri Hatton		Female	1933	FS	1194	1:40:10	4235
4236	5662	1:50:41	Jasmin Rix		Female	1934	FS	1195	1:40:22	4236
4237	5730	1:53:27	Kerry Turner		Female	1935	F40-44	298	1:43:15	4237
4238	5676	1:55:21	Angie Ryan		Female	1936	F45-49	196	1:45:10	4238
4239	5727	1:56:30	Sarah Tranquillo		Female	1937	FS	1196	1:46:05	4239
4240	3804	1:56:55	Karen Mallett		Female	1938	F40-44	299	1:51:49	4240